

Conference on

YOGA *for* UNIVERSAL PEACE

FROM INNER PEACE TO GLOBAL HARMONY

05 SEPTEMBER, 2025

MAHARASHTRA SADAN, NEW DELHI

Organised by

KAIVALYADHAMA



Chief Guest

**SHRI JAGDEEP DHANKHAR,
HON'BLE VICE PRESIDENT OF INDIA**

Celebrating Kaivalyadhama's 100-year Legacy



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Background & Rationale

In a world increasingly marked by conflict, dissonance, and disharmony—whether in the form of geopolitical unrest, social fragmentation, or inner psychological turmoil—there is a growing global need to find a path back to peace, balance, and unity.

Yoga, the ancient Indian science of self-realization, offers not merely a system of physical postures, but a holistic path for inner transformation, self-regulation, emotional clarity, and societal harmony. It is a timeless, universal tool for cultivating peace—both within and without.

Kaivalyadhama, established in 1924 by Swami Kvalayananda, has spent a century exploring and validating the deeper dimensions of Yoga through scientific research, education, and outreach. As we complete 100 years of service, it is both apt and essential to host a **Conference on “Yoga for Universal Peace”**—a platform to reflect, dialogue, and inspire action toward peace through the lens of Yogic wisdom.

Objectives of the Conference

To explore how Yoga can serve as a unifying force in a fragmented world.

To bring together global thought leaders, researchers, and spiritual luminaries to deliberate on Yoga’s potential in conflict resolution, mental health, and cross-cultural harmony.

To celebrate and propagate the contributions of Kaivalyadhama to scientific Yoga over the last 100 years.

Conference Schedule *(Tentative)*

10:00 am – 11:00 am	Inaugural Session Chief Guest: Hon’ble Vice President of India Welcome Address, Keynote Speeches, Felicitations Presided by Shri Suresh Prabhu – Former Union Minister and Chairman Centenary Committee
11:00 am	TEA BREAK
11:30 am – 1:00 pm	Panel Discussion 1 Theme: <i>“Yoga as a Foundation for Inner and Outer Peace”</i> Speakers from fields of psychology, diplomacy, philosophy and Yoga Proposed speakers: Dr R.S. Bhogal - Psychologist
1:00 pm	LUNCH BREAK
2:00 pm – 2:30 pm	Y-Break (Yoga Break) & Quiz Interactive segment on Yogic trivia and a short practice session for rejuvenation
2:30 pm – 3:30 pm	Panel Discussion 2 Theme: <i>“Yoga in Global Governance and Conflict Resolution”</i> Diplomats, policy-makers, and spiritual leaders share perspectives Proposed speakers: Dr Rajeev Kumar (Policy), Justice Abhay Oka (Jurist), Mrs Meenakshi Lekhi
3:30 pm	SHORT BREAK
3:45 pm – 4:45 pm	Key Note and Conclusion Theme: <i>“Yoga for the Next Century: Collective Responsibility and Action”</i> Vision statements and resolutions for global peace through Yoga Proposed speakers: B.K. Shivani

Expected Outcomes

- A published declaration or white paper on 'Yoga for Peace' outlining key recommendations.
- Initiation of collaborations with national and international institutions.
- A blueprint for annual global dialogues on Yoga for peace and harmony.

Target Participants

- International and Indian Yoga experts
- Diplomats, conflict-resolution specialists
- Mental health professionals
- Youth representatives and students
- Academicians and researchers

Conclusion

Kaivalyadhama centenary is not just a celebration of the past, but a commitment to the future. Through this conference, we aim to reaffirm Yoga's universal relevance in building a peaceful world. We invite your support and participation in making this vision a reality.

We also launch the global outreach to organise such conferences in the following 30 countries with Kaivalyadhama associates: **Argentina, Australia, Austria, Brazil, Bulgaria, Canada, China, Canary Island, Denmark, Dubai, Finland, France, Greece, Germany, Holland, Hungary, Iceland, Ireland, Indonesia, Italy, Japan, Nepal, Portugal, Papua New Guinea, Russia, Sweden, Spain Taiwan, South Korea, USA, UK.**



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सत्यमेव जयते
Ministry of Ayush
Government of India



100
YEARS