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# International Conference on Yoga, Human Consciousness and Artificial Intelligence: In Special reference to Global Peace & Well-being

योग, मानव चेतना एवं कृत्रिम बुद्धिमत्ता: वैश्विक शांति एवं कल्याण के विशेष संदर्भ में  
20 to 21 September, 2024



Organized by

## Department of Yogic Science

Gurukula Kangri (Deemed to be University), Haridwar

## Yoga, Human Consciousness and Artificial Intelligence: In Special Reference to Global Peace & Well-being

### Background

As the world experiencing technological advancements, the integration of Artificial Intelligence (AI) with yoga education and practice opens new window for enhancing the experience and efficacy of sacred yogic practices. AI has its great significance that refine the optimal learning and practice of yoga, fostering a healthy integration of ancient Indian wisdom and modern tools. Yoga has its roots deeply embedded in ancient Indian philosophy and has gained global recognition for promoting well-being, happiness, peace, and prosperity across the world. AI is a fast-growing topic that has attracted a lot of interest recently due to its potential to change many facets of society, such as how people communicate, work, and access information. Interfacing human consciousness, AI, and traditional practices like yoga offers a singular and significant chance to investigate the possibilities for promoting world peace and wellbeing. Yoga is a science of ancient Indian philosophy that includes physical, mental, and spiritual activities meant to bring the individual into balance with the universe and with themselves. AI, on the other hand, is the forefront of technology and has the potential to change many aspects of human life. The importance of the conference is in identifying possible connections between these ostensibly unrelated fields. Through the incorporation of yoga concepts with new developments in artificial intelligence and technology, our goal is to investigate innovative methods for tackling worldwide issues and enhancing the overall welfare of humankind. The conference aims to investigate how human consciousness, AI, and yogic science work together to promote global well-being and holistic development. Novel strategies are required to advance sustainable development and peace in a global community confronted with complex challenges like inequality, climate change, and mental health concerns.

### Relevance, Scope, Area & issues

This academic conference would offer a platform for the sharing of ideas, research findings, and practical insights by bringing together specialists from a variety of disciplines, including technology, psychology, philosophy, and spirituality. We may handle modern issues by utilizing the transformative potential of technology while staying rooted in traditional wisdom through interdisciplinary communication & cooperation. Moreover, the growing interest in holistic well-being and the ethical implications of AI and technology breakthroughs highlight the significance of this meeting. Investigating the interaction between human consciousness and AI offers a route towards responsible innovation and societal peace as societies struggle with issues of ethics, purpose, and the destiny of humankind in the digital age. Sustainable Development Goals (SDGs) of United Nations provide a framework for addressing global issues and promoting sustainable development. The conference on the constructive collaboration of human consciousness and AI, interfacing yoga with emerging trends of technology, has its associations with SDGs like SDG3 wherein the conference seeks to integrate yoga with AI for better personalized and flexible learning experiences for well-being, AI can be a key tool in fulfilling this demand; SDG4 i.e., quality education wherein the conference would foster learning and capacity-building in areas relevant to human consciousness and Yoga through interdisciplinary dialogue and knowledge exchange among participants; SDG9 i.e., Industry, Innovation, and Infrastructure wherein the conference aimed to examine cutting-edge methods for using AI and technology to advance society while maintaining inclusivity and ethical principles (shaped by yoga); SDG16 i.e., Peace, Justice, and Strong Institutions wherein the conference will help create inclusive and peaceful societies by fostering global peace and well-being through the symbiotic relationship between human consciousness and artificial intelligence.

Moreover (in SDG3, SDG4, and SDG16), the traditional approach of yoga instruction involves special assistance from recognized educators and teachers. But when the need for yoga instruction increases on a worldwide scale, it must be scaled up and made available to more people. This is the time where it has reached to the optimum level. With its ability to provide personalized and flexible learning experiences, AI can be a key tool in fulfilling this demand. Intuitive algorithms may track each learner's progress, adapt methods to fulfil individual requirements, and give appropriate (and immediate) feedback to create a more efficient and strong learning environment for strengthening human consciousness. Additionally, AI-equipped tools (e.g., apps, websites, audio-video systems) can help in the preservation and dissemination of perfect teachings by creating virtual repositories of yogic science and human consciousness.

### Central purpose of the conference

With the need, importance, and relevance, the Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar, is organizing a two-day International conference entitled "Yoga, Human Consciousness and Artificial Intelligence: Special reference to Global Peace & Well-being" wherein it is aimed to investigate the transformative potential of fusing cutting-edge technology like AI with Indian wisdom traditions like yoga in order to promote world peace and wellbeing. The conference seeks to spark interdisciplinary discussion and collaboration by bringing together professionals from many sectors. This should result in creative solutions for urgent social issues that are in line with sustainable development goals.

### Objectives of the conference

- To give academics, researchers, practitioners, and policymakers a forum to share knowledge, research findings, and best practices about the relationship between yoga, AI, and human consciousness.
- To foster conversation about the ways in which the tenets and practices of yoga can be combined with innovative technological developments, especially AI, to improve human well-being, advance sustainable development, and advance world peace.
- To explore the potential issues, problems, and challenges of integrating AI with yoga practice.
- The conference is to sensitize participants about AI-driven instructions based on individual preferences, abilities, and goals and to discuss the implementation and availability of AI-based virtual yoga instructors that guide practitioners through individualized sessions, offering real-time feedback on alignment, breathing, and posture.
- To investigate how data collected from wearable devices and sensors can be analyzed using AI system to provide insights into practitioners' physiological responses during & after yoga practice. Basically, it is to explore innovative applications in yoga which includes virtual instructors, individualized suggestions, and biofeedback systems.
- To explore how AI systems can complement and enhance traditional yoga practices, promoting rich engagement, personalization, and accessibility for diverse populations (healthy and unhealthy persons).
- To know how AI can be used to create customized, immersive, and life-changing yoga experiences and to understand how AI algorithms give practitioners valuable data about their physical, emotional, mental, intellectual, and social states during yoga practice.
- To address new directions for further study, innovation, and collaboration in this interdisciplinary field; and identifying emerging trends, possibilities, and problems in the integration of AI and yoga.

## Thematic Sessions

**Individualized Yoga Practice:** Investigating how AI systems may evaluate personal preferences, aptitudes, and objectives to customize meditation methods, yoga poses, and sequences for unique experiences.

**Virtual Yoga educators:** Talking about the creation and application of AI-powered virtual yoga educators who lead students through customized classes and provide instant feedback on posture, breathing, and alignment.

**Analytics of Bio-feedback mechanism in yoga practice through AI:** Examine how AI techniques can be used to evaluate data from wearables and sensors to provide information on the physiological responses, stress levels, and progress of yoga practitioners. This will allow for the optimization of yoga practices.

**Yoga and Emotional AI:** Finding the possibility of using AI to identify and react to the emotional states of yoga practitioners, improving self-awareness, self-esteem, emotional control, and mindfulness.

**Yoga and AI for mental health and emotional well-being:** Evaluating the ethical and privacy concerns of using AI-driven yogic solutions to help mental health diagnosis, treatment, and emotional well-being.

**Ethical Considerations in AI-based Yoga:** Discussing the possible ethical implications surrounding the use of AI in yoga, including privacy concerns, algorithmic bias, cultural sensitivities, and ensuring responsible implementation and use of AI technologies.

**AI-driven Yoga Education and Research:** Addressing the moral issues that arise from using AI in yoga, such as prejudice, privacy problems, cultural sensitivity, and making sure AI systems are used and implemented perfectly.

**AI system for Accessibility of Yoga:** Highlight of how AI-driven machines are expanding our understanding of the advantages of yoga for physical, mental, emotional, and social well-being by collecting and analysing massive amounts of textual, audio, and visual content.

**AI-tailored Yoga for Stress Management and holistic health:** Addressing the application of AI-based modules and therapies to yoga as a means of reducing stress, fostering relaxation, and enhancing holistic health in general.

**Yoga and AI for overall peace and well-being:** To discuss how yoga and AI may support the progress of SDGs, which include the peace, good health & well-being. Other themes related to Artificial intelligence, human consciousness, and yoga; Study of yoga, consciousness, and AI-Bridging intersections; Development of peace through combined use of AI and yoga initiatives; Yoga, technology, and global peace.

**AI-enabled Yoga Therapy programs:** Analytical presentation of how AI can help people manage their health disorders by providing individualized practices, tracking progress, and personalizing yoga therapy applications.

**AI system for Accessibility of Yoga:** Highlight of how AI-driven machines are expanding our understanding of the advantages of yoga for physical, mental, emotional, and social well-being by collecting and analysing massive amounts of textual, audio, and visual content.

**Yoga and Emotional AI:** Finding the possibility of using AI to identify and react to the emotional states of yoga practitioners, improving self-awareness, self-esteem, emotional control, and mindfulness.

**AI-tailored Yoga for Stress Management and holistic health:** Addressing the application of AI-based modules and therapies to yoga as a means of reducing stress, fostering relaxation, and enhancing holistic health in general.

**AI-tailored yoga practices:** Exploring the application of AI systems to make machine-based yoga instructors for teaching appropriate yoga packages for cognitive functions, behavioural modifications, memory enhancement, innovations, reasoning, and creativity.

**Effective academic and scientific writing in Yoga research:** Present how the AI-based systems can be used to write manuscripts, research papers, and other scientific papers by disseminating the information of yoga related subjects.

**Disseminating creative and rich sources of Indian Traditional Knowledge system:** Presentation and discussing how AI can be helpful in disseminating information of Indian Traditional knowledge system.

**Future Directions and Challenges:** Addressing new directions for further study, innovation, and collaboration in this interdisciplinary field; and identifying emerging trends, possibilities, and problems in the integration of AI and yoga.

**Other themes:** Any other related topics and issues around role of AI in yoga education and practice.

## Abstract Submission Guidelines

- Abstract can be submitted and presented in both English and Hindi language.
- Abstract Topic – abstracts must be written on the specific Theme, Topic and Sub-Topic.
- Use Times New Roman 12-point font, double spaced. Abstract title in UPPER CASE
- Abstract text – limited to 250 words including Keywords.
- Presenting author's contact details (should be the same details as the submitting author so that the presenting author receives the correspondence about the abstract) - Email address.

## Poster Submission Guidelines

For poster presentation, presenters will be given a space of A0 size (84.1 cm x 118.9 cm). they can use this space creatively for the presentation of their submission idea with relevant contents. You are encouraged to take this opportunity to ignite your creativity in the presentation. Presenters have to bring their printed posters with them; the space will be assigned to paste the poster. Pins will be provided to paste the poster. **Abstract submission is mandatory for poster presentation.**

### Specifications:

- A0 size (84.1 cm x 118.9 cm or 33.1 inches x 46.8 inches).
- Include the title of submission, names of author co-authors, and the affiliation(s) and the email address of corresponding author.

### Font Size for the poster

Main title: 72 (bold), Authors: 60 (bold) Affiliation(s): 40 (Normal), Email address of corresponding author: 32 (Normal) Subheadings: 40 (bold); Body of text: 32(Normal) and Smaller fonts may be used in citations/Reference.

The poster presenter (author or co-author) must be present at the assigned space during the designated time to discuss the work presented.

## Full Paper Submission Guidelines

- Submit your Full paper of 3000-4000 words with 1.5 line spacing in MS word should be emailed to [udham.singh@gkv.ac.in](mailto:udham.singh@gkv.ac.in) till 30<sup>th</sup> August, 2024. Papers will be selected through the peer review process and may be considered for publication in reputed journal and Edited Book after the conference is over.
- paper can be submitted and presented in both English and Hindi language. Please see instructions for full paper submission.
- High quality papers describing unpublished work on the areas and topics mentioned above. Those paper are not acceptable which is submitted to other journals for publication.

### Note:

Reference style: APA style-7th edition, Font and Size: Hindi (Kokila Unicode font size 14) & English (Times New Roman, font size 12) Size & spacing:A4 size with 2.54 cm, 1.5-line space, First page: Includes title of paper, author(s) names, Author(s) details with \*corresponding author Name: Designation, Department, Institution, Contact number, E-mail, Length of paper: 3000-4000 words excluding abstract, Paper types: Original article, Conceptual paper, theoretical and perspective

## Awards: Best Paper Presenter award in every session & Best Poster Presentation Award

## Timelines

Abstract Submission:	10 August, 2024
Notification due of Abstract Acceptance	15 August, 2024
Full paper submission	30th August, 2024
Notification due of Paper Acceptance	15th September, 2024

## Registration

Participants who are not interested to present paper in the conference and only want to participate, they are also most welcome. They will have to pay the conference fees and get the participation certificate. The conference fees for participation/presenters are listed down in following headings.

	Type of Delegates	Before 15 <sup>th</sup> August, 2024	Spot Registration
Local	Teachers and Professionals	1000/ with Lunch & Kit	1,200/ with Lunch & Kit
	Students/ Research Scholars	600/ with Lunch & Kit	850/ with Lunch & Kit
Out station	Teachers and Professionals	1,200/ with Lodging, Boarding & Kit	1,500/ with Lodging, Boarding & Kit
	Students/ Research Scholar	800/ with Lodging, Boarding & Kit	1,200/ with Lodging, Boarding & Kit

Last date of registration with fees : 15th August, 2024  
Registration link for conference : <https://forms.gle/6ner1vDdRZLwTvHZ8>

### ACCOMMODATION

- Shared Rooms (Non A/C): Contact organizing committee for shared room. Dormitory (Non A/C): 05-07 persons in a dormitory. Contact organizing committee for single stay and A/C rooms. Extra charge will be charged for single stay and A/C room. There will be no accommodation facility for local participants and presenters. For such participants, only lunch will be served.
- Any query related to conference please contact 91-8439353407, 9897173154 [udham.singh@gkv.ac.in](mailto:udham.singh@gkv.ac.in)

### Bank Details:

- Name of Account Holder: Registrar, Gurukula Kangri Sam Vishwavidyalaya, Haridwar
- Name of Bank- Punjab National Bank & Branch Name & Address: Gurukula Kangri, Haridwar
- Bank Account No.: 4063000100041261 • IFSC Code No.: PUNB0406300



## About the Gurukula Kangri (Deemed to be University) & Department of Yogic Science:

Gurukula Kangri University was founded on March 4, 1902 by Swami Shraddhanandaji with the sole aim to revive the ancient Indian Gurukula System of education, on the bank of river Ganges near Haridwar. This institution was established with the objective of providing an indigenous alternative to Lord Macaulay's education policy by imparting education in the areas of Vedic Literature, Indian Philosophy, Yogic Science, Indian Culture, Modern Sciences and Research. In 1984, another milestone was erected in the Faculty of Oriental studies by establishing the Department of Yoga to propagate the ancient Indian culture and science in India and abroad. The department of Yoga came in to existence in 1984 by the starting of 4 months Diploma in Yoga under the expert guidance of Prof. Ishwar Bhardwaj. Yoga department of this university has been a premier institution to start with Yoga as elective subject at graduation level in 1990; MA/M.Sc. in Yoga in 1992 and Ph.D. program in Yoga in 1996 in India & abroad. In order to strengthen this department, the proposal of setting up of the Dept. of Human Consciousness and Yogic Science was sent to UGC and got approval vide UGC letter no. F-16/2001(PES) dated 29th March, 2001 and department was established as Human Consciousness and Yogic Science in 2002. Presently the name of department has been changed from department of Human Consciousness and Yogic Science to Department of Yogic Science wide UGC approval Letter No MI.S.8-6/2018 (DU) dated 1 Feb, 2019.



For your post-conference attractions in Haridwar:

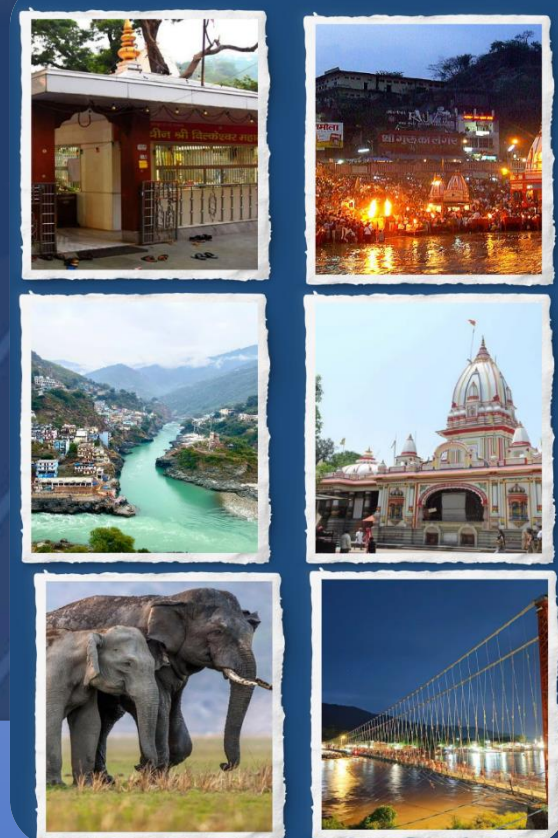
**Ganga Arti at Har Ki Pauri:** In Haridwar, you can experience the fascinating ritual of Ganga Aarti at Har Ki Pauri, a spiritual and cultural display that takes place every evening on the banks of the Ganges.

**Haridwar Darshan:** You can explore the sacred environment of Haridwar city, visiting its numerous temples (Chandi Devi, Manasa Devi, Maya Devi, Shri Bilkeshwar Mahadev, Shri Daksh temple) and Ghats. You can submerge yourself in the rich cultural heritage and spiritual ambiance.

**Yoga Capital Rishikesh:** You can experience the beautiful greenery environment of hill stations located in Rishikesh. It is a renowned yoga capital wherein you can engage in yoga practices on various hill stations, can visit ashrams, and rejuvenate & sublimate yourself amidst the serene environment.

**Rajaji National Park:** This national park is famous for its wild elephants which spread across Haridwar, Dehradun and Pauri Garhwal of Uttarakhand District. You can explore the park on a wildlife safari and can experience a thrilling encounter with nature.

**River Rafting:** River rafting is an exciting water sport that combines adventure and stunning scenery. So, you can indulge in this adventure in Ganga River.



### Patrons

**Dr. Satyapal Singh**

Chancellor  
Gurukula Kangri (Deemed to be University) Haridwar

**Prof. Somdev Shatanshu**

Vice Chancellor  
Gurukula Kangri (Deemed to be University) Haridwar

### Official Advisers

**Prof. Sunil Kumar**

Registrar  
Gurukula Kangri (Deemed to be University) Haridwar

**Prof. Devendra Kumar Gupta**

Finance Officer  
Gurukula Kangri (Deemed to be University) Haridwar

### Organizers

**Prof. Surendra Kumar**

Dean, Faculty of Yoga and Physical Education  
Head, Department of Yogic Science  
Director, International Conference  
Gurukula Kangri (Deemed to be University) Haridwar

**Dr. Udham Singh**

Assistant Professor  
Department of Yogic Science  
Organizing Secretary, International Conference  
Gurukula Kangri (Deemed to be University) Haridwar

Organized by

# Department of Yogic Science

Gurukula Kangri (Deemed to be University), Haridwar