

About the conference

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 would offer a significant chance to increase the possibilities for promoting global peace and wellbeing. Yoga is a science of ancient Indian philosophy that includes physical, mental, and spiritual activities meant to bring individuals to remain balanced with external world. AI, on the other hand, is the forefront of technology and has the potential to affect many aspects of human life. In special reference to ensure global peace & well-being, Dept. of Yogic Science, Gurukula Kangri (Deemed to be University), is organizing a two-day international conference wherein it is aimed to discuss the possibility of bringing AI system with Yoga and human consciousness to promote global peace and wellbeing. The conference would ensure the promotion of SDG16 i.e., Peace, Justice, and Strong Institutions wherein the conference will help create inclusive and peaceful societies by fostering global peace & well-being through strong relationship of Yoga and human consciousness with AI system. The conference seeks to have interdisciplinary discussion and collaboration by bringing together professionals from academic sectors. The possibility of ensuring global peace and well-being would be done through following objectives: -

- To give academicians, researchers, and practitioners a forum to share knowledge and research findings about integration of Yoga, human consciousness, and AI.
- To explore the potential issues, problems, and challenges of integrating AI with Yoga practice.
- To know how AI can be used to create customized, immersive, and life-changing yoga experiences.
- To understand how AI give practitioners valuable data about their physiological parameters and consciousness during yoga practices.

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 till 30th 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 papers are not acceptable which are 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

Timeline

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|---|----------------------------------|
| Abstract Submission: | 10 th September, 2024 |
| Notification due of Abstract Acceptance | 15 th September, 2024 |
| Full paper submission | 30 th September, 2024 |
| Notification due of Paper Acceptance | 05 th October, 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 th September, 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 September, 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

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 M.L.S.8-6/2018 (DU) dated 1 Feb, 2019.



Conference organizing Committee

Patrons

Dr. Satyapal Singh

Chancellor

Gurukula Kangri (Deemed to be University) Haridwar

Prof. Hemalatha K.

Vice Chancellor

Gurukula Kangri (Deemed to be University) Haridwar

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Head, Department of Yogic Science

Dean, Faculty of Yoga and Physical Education

Director, International Conference

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Dr. Udham Singh

Assistant Professor

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Gurukula Kangri (Deemed to be University) Haridwar

Organized by

Department of Yogic Science

Gurukula Kangri (Deemed to be University), Haridwar