



## International Yoga Day 2025

### Two Days International Multidisciplinary Conference

**“Harmonizing Inner Space, Cultivating Outer Earth: Yoga, Frontier Science for Regenerative Sustainable Development”**

**Mind Power University Bhimtal Nainital India**

**International Council for Education, Research and Training**

June 21-22, 2025

## Harmonizing Inner Space, Cultivating Outer Earth: Yoga, Frontier Science for Regenerative Sustainable Development

Commemorating **International Yoga Day 2025**, this two-day international conference brought together global scholars, researchers, and practitioners to explore the profound connection between inner well-being and outer environmental sustainability. The theme "Harmonizing Inner Space, Cultivating Outer Earth" positioned yoga not merely as a physical practice but as a frontier science for regenerative sustainable development.

### Leadership & Distinguished Dignitaries

The conference was honored by the presence of:

Role	Name	Affiliation
Chief Guest	Dr. Balraj Dhanda	Managing Director, NIILM University, Kaithal, Haryana
Host Vice Chancellor	Dr. Sweta Bhosale	Vice Chancellor, Mind Power University, Bhimtal, Nainital
Conference Chair	Prof. (Dr.) Aruna Anchal	Director & Head, Research and Publication Division, ICERT; Dean, Education, Baba Mastnath University, Rohtak, Haryana
Pro-Vice Chancellor	Dr. P.K. Dhasmana	Mind Power University, Bhimtal (Vote of Thanks)
Conference Coordinator	Ms. Parnit Tomar	Assistant Professor, Gandhi Vidya Niketan College, Budhpur, Ramala, India

### Global Keynote Speakers

Name	Affiliation	Mode
Dr. Manisha D. Bhagoji	Executive Director, Professional Development Division, ICERT, Pennsylvania, USA	Physical
Prof. Chacko Jose P, PhD	Former Principal, St. Aloysius College, Thrissur, Kerala; Fellow-ICERT; Formerly Reader, UGC-Academic Staff College, University of Calicut	Virtual

Nor Nazeranah Binti Omar Din	Programme Coordinator / Senior Lecturer, Nilai University, Nilai, Malaysia	Virtual
Dr. Marina Arnaut	Assistant Professor, Dubai Business School, University of Dubai, UAE	Virtual
Dr. Navneet Kaur	Director & Head, Education Division, ICERT	Physical

### Session Chairpersons & Coordinators

Session	Chairperson	Coordinator(s)
Technical Session 1 (Hybrid)	Dr. Kamalpreet Kaur, Associate Professor, Dept. of Commerce, NIILM University, Kaithal, Haryana	Ms. Deepika Pandey, Assistant Professor, Dept. of Botany, Mind Power University
Technical Session 2 (Online)	Dr. Chetna Gupta, Associate Professor, Government SPMR College of Commerce, Cluster University, Jammu	Dr. Aradhana, Assistant Professor, Dept. of Agriculture, NIILM University, Kaithal, Haryana
Technical Session 3 (Online)	Dr. Rajiv Pal, Associate Professor, Dept. of Mathematics, NIILM University, Kaithal, Haryana	Dr. Rano, Assistant Professor, Dept. of Mathematics, NIILM University; Ms. Bhawna Rathi, Assistant Professor, Dept. of Civil Engineering, NIILM University, Kaithal, Haryana

### Global Participation

The conference registered 317 participants, demonstrating a strong international footprint:

Region	Countries Represented
South Asia	India, Pakistan, Nepal
West Africa	Nigeria
Southeast Asia	Malaysia, Philippines
East Africa	Uganda
Middle East	UAE
North America	United States of America

**Primary Hubs:** India and Nigeria formed the core of participation, reinforcing the strong academic bridge between South Asia and West Africa.

### Awards & Recognition

"Ekalavya Award 2025" was declared during the plenary session, honoring outstanding contributions to multidisciplinary research, yoga education, and sustainable development.

### Key Outcomes

**Interdisciplinary Dialogue:** The conference successfully bridged ancient wisdom (yoga) with frontier sciences, exploring their combined potential for regenerative development.

**Global Collaboration:** Strengthened academic partnerships between ICERT, Mind Power University, NIILM University, and international institutions across Malaysia, UAE, and USA.

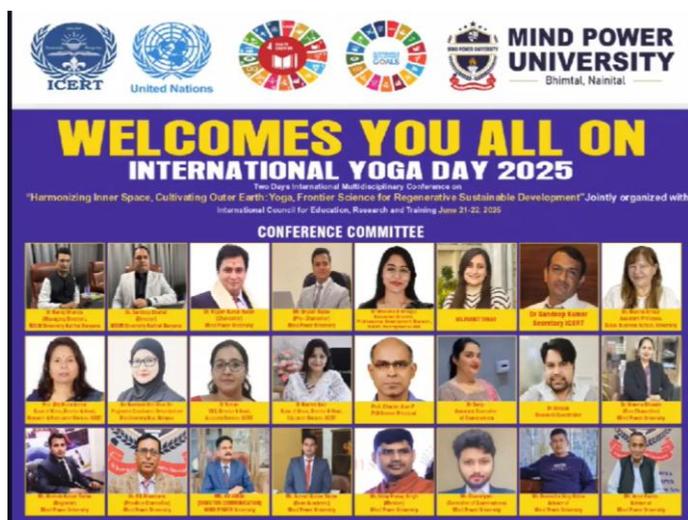
**Research Impact:** Technical sessions featured research at the intersection of mindfulness, environmental sustainability, education, and holistic health.

**Yoga as Frontier Science:** The conference positioned yoga beyond traditional boundaries—as a scientific tool for mental well-being, ecological consciousness, and sustainable living.

### Conference Recordings

**Day 1 (June 21, 2025):** [Watch on YouTube](#)

**Day 2 (June 22, 2025):** [Watch on YouTube](#)



### Global Case – WHO Traditional Medicine Centre (Jamnagar)

- India hosts WHO Global Centre for Traditional Medicine.
- Platform for integrated education and research exports.
- Roadmap to achieve global alignment of standards.

A Donor Agreement between the Ministry of Ayush, Government of India and the WHO has been signed on 31.07. 2024. The WHO Global Traditional Medicine Centre (GTMC) in Jamnagar would emerge as a Centre of global wellness, bolster evidence-based research, training, and research. It will serve as the center of the Global Wellness. That of the evidence-based Traditional Medicine

