

Conference Report
of
2nd National Conference on Yoga Nisargopachar

YOGA NISARGOPACHAR SAMBHASHA 2024

on the occasion of 1st World Meditation Day

Organized by
Darshan University
and
International Naturopathy Organization





MINISTRY OF AYUSH
GOVERNMENT OF INDIA

Conference Report of

2nd National Conference on Yoga Nisargopachar

Yoga Nisargopachar Sambhasha – 2024

Relevance of Yoga and Nisargopachar for Self and Society

On the occasion of First World Meditation Day

December 21 and 22, 2024

Jointly Organized by



Darshan
UNIVERSITY

योग: कर्मसु कौशलम्



**INTERNATIONAL
NATUROPATHY
ORGANISATION**

At

Darshan University

Rajkot

Knowledge Partner



Affiliate Partner



YOGA NISARGOPACHARA SAMBHASHA–2024”

**Conference Report of 2nd National Conference on
Yoga Nisargopachar Yoga Nisargopachar Sambhasha 2024**

EDITORS:
Prof. Manish V. Sanghani

CO-EDITOR :
Mr. Hardik K. Lakhani | Dr. Alka V. Gohel | Dr. Nimesh K. Jotangia

Published by:
The Registrar,
Darshan University
Rajkot-Morbi Highway
Hadala, Rajkot, Gujarat-(India) Pincode–363650.

Date of Release: 7th January, 2025

P-ISBN: 978-81-983826-8-9 | E-ISBN:978-81-983826-0-3

All rights reserved. No part of this publication may be reproduced, transmitted, or stored in a retrieval system, in any form or by any means, without permission in writing from the publisher.

ISBN issued by: Raja Rammohun Roy ISBN Agency, Department of Higher Education, Ministry of Human Resource Development , New Delhi, India

Book Organized and Compiled by: **Dr. Nimesh K. Jotangia, Librarian, Darshan University.**
Graphics Designer: **Mr. Chandresh Gosai, Darshan University.**

Content

Compilation of abridged papers presented on the day of **Yoga Conference** as a part of National Conference (**YOGA NISARGOPACHARA SAMBHASHA–2024**) organized by Darshan University
on

21st & 22nd December 2024 at Darshan University Campus, Rajkot, Gujarat (India)

Note: This book cannot be sold for commercial purpose without permission of Registrar, Darshan University.

Printing:

Silicon Computer

Copyright © Darshan University

Index

Contents

Introduction	1
The objectives of the conference.....	1
Theme for the Conference	1
Organizers	1
Darshan University	1
Darshan Institute of Humanities	1
International Naturopathy Organisation (INO).....	2
Event Partners.....	2
Knowledge Partners	2
Affiliate Partner	2
Letter from Governor of Gujarat.....	3
Various Committees.....	4
Circular or/and Brochure	6
Registration	7
Brochure Inaugurated at Talkatora Stadium New Delhi.....	8
Major Invitations.....	8
Banner/s.....	9
Schedules	10
Program Schedule	10
Inaugural Session	11
Detailed Schedule	12
Paper Presentation.....	14
Poster Presentation.....	16
Valedictory Ceremony.....	17
Event Description	18
Inaugural Ceremony.....	18
Keynote Speeches	18
Scientific Presentation	19
Closing Ceremony	19
List of Research Papers	20
List of Posters.....	21
List of Delegates.....	23
Conference Publications	32
Important Links	32

Publications.....	33
Abridge Proceedings of 2 nd National Conference	33
Proceedings of National Conference on Nisargopachar Sambhasha 2024.....	35
Poster Proceedings of National Conference on Yoga Nisargopachar Sambhasha 2024.....	37
Certificates	38
Certificate for Paper Presentation	38
Certificate for Poster Presentation	38
Certificate for Delegates	39
Certificate for Guest Speakers	39
Photographs of Event.....	40
Media Clippings.....	44

Appendix – 1 Knowledge Partner Letters

Introduction

The Annual Yoga and Naturopathy Conference "Yoga Nisargopachar Sambhasha 2024, held on 21 & 22 December, 2024 at Darshan University, brought together a diverse group of practitioners, researchers, and enthusiasts dedicated to exploring the intersections of holistic health and wellness. This year's theme, "Relevance of Yoga & Nishargopachar for Self & Society," emphasized the integration of yoga and naturopathy as complementary modalities that promote physical, mental, and spiritual well-being.

The objectives of the conference

- Education and Training: To provide a platform for Yoga & Naturopathy practitioners, instructors, and enthusiasts to enhance their knowledge and skills.
- Research and Innovation: To showcase the latest research and innovations in the field of Yoga & Naturopathy, including scientific studies and new yoga & Naturopathy techniques.
- Health and Wellness Promotion: To emphasize the role of Yoga & Naturopathy in promoting physical and mental health.
- Community Building: To create a sense of community and support among attendees, fostering a positive and motivating environment for Yoga & Naturopathy professionals.
- Inspiration and Motivation: To inspire and motivate attendees by featuring renowned yoga teachers, Naturopathy practitioner and gurus who can deepen their understanding about Yoga & Naturopathy.

Theme for the Conference

- Discussion about the application of the principles of practice.
- Research of various Yoga & Naturopathy practices.
- Yoga & Naturopathy practices for Well-being.
- Effect of Yoga & Naturopathy practices on various systems of a human being.
- Yoga & Naturopathy in Psychology.
- Knowledge Upliftment in Yoga & Naturopathy.

Organizers

Darshan University

Darshan University, located in Rajkot, Gujarat, is a vibrant academic institution dedicated to fostering innovative education and research across various disciplines. Established with a vision to empower students through holistic learning, the university offers a diverse range of undergraduate and postgraduate programs, including engineering, management, arts, and health sciences. With a strong emphasis on practical knowledge and skill development, Darshan University is equipped with state-of-the-art facilities, experienced faculty, and a dynamic campus environment. The institution actively promotes research and collaboration, encouraging students to engage in community service and entrepreneurial initiatives. Through its commitment to excellence, Darshan University aims to nurture future leaders who can contribute meaningfully to society and the global community.

Darshan Institute of Humanities

The 'Darshan Institute of Humanities' is a highly acclaimed institution at Darshan University that offers a comprehensive program in the study of yoga and its various aspects. The Darshan Institute of Humanities is committed to imparting a deep and extensive understanding of yoga—its philosophy, practices, and applications—to aspiring students from different backgrounds.

The focus of the institute is to train individuals to become compassionate, skillful yogis with a deep knowledge of the subject. The institute offers various courses in the field of Yoga. It includes 6 Months Certificate Courses and 2 Years M.A. in Yoga. These courses are designed to provide fundamental knowledge and training in Yogic concepts.

International Naturopathy Organisation (INO)

The International Naturopathy Organisation (INO) is a global body dedicated to advancing naturopathy as a holistic approach to health and wellness. By promoting naturopathy methods, preventive care, and patient education, INO aims to integrate these principles into mainstream healthcare. The organization facilitates collaboration among practitioners, educators, and researchers through workshops and conferences, enhancing professional development and raising awareness about the benefits of naturopathy. Committed to evidence-based practices, INO strives to increase the credibility and acceptance of naturopathy worldwide, emphasizing the importance of treating the body, mind, and spirit in achieving optimal health.

INO was Awarded by the title "Biggest Naturopathy Organisation in the world".

Event Partners

Knowledge Partners



Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organisation registered under the Societies Registration Act, 1860, and functioning under the Ministry of Ayush, Govt. of India. MDNIY came into existence on 01.04.1998 by upgrading the erstwhile Central Research Institute for Yoga (CRIY) which was established in the year 1976.



Lakulish Yoga University is the first private university of Gujarat which focuses solely on yoga and established by Swami Rajashi Muni in April 2013 under the Private Universities Act 2009, and inaugurated by former Chief Minister of Gujarat and presently Prime Minister of India, Shri Narendrabhai Modiji on 23rd May, 2013 which blossoms in Lotus View on S. G. Highway, Ahmedabad.



National Institute of Naturopathy (NIN) is an autonomous body functioning under Ministry of AYUSH, Government of India. Furthermore, with the ultimate object of creating from it a “Nature cure university” the National institute of Naturopathy, Pune came into existence on 22.12. 1986. This Institute has a "Governing Body" headed by the Union Minister of AYUSH as its President.



Shree Somnath Sanskrit University believes that today the quest for learning Sanskrit world over witnesses a revival. Assessing the inevitability of Sanskrit education and promoting Vedic studies on traditional lines in Gujarat state, our Former Chief Minister Shri Narendra Modi decided to establish Sanskrit University in Gujarat. Our visionary leadership committed to provide the facility of imparting knowledge of Sanskrit and therefore, established Shree Somnath Sanskrit University at Veraval, District - Gir Somnath, Gujarat.

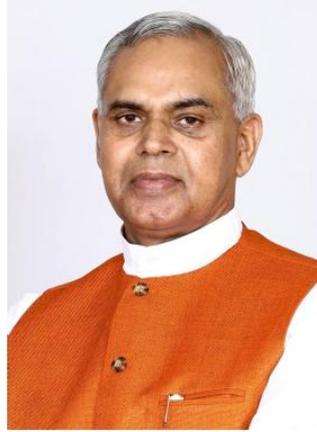
Affiliate Partner



Gujarat State Yoga Board formed by the Government of Gujarat, the purpose is to promote yoga activities and spread yoga to the masses in the entire state and to create an atmosphere about yoga among the people and to improve the mental health and physical health of the people through yoga.

Letter from Governor of Gujarat

Letter from Governor of Gujarat



Acharya Devvrat
Governor, Gujarat
Gandhinagar-382021



આચાર્ય દેવવ્રત
રાજ્યપાલ, ગુજરાત
ગાંધીનગર-૩૮૨૦૨૧

MESSAGE

I extend my warm greetings to all the distinguished guests, speakers, and participants at the 2nd National Conference on Yoga & Nisargopachara, YOGA NISARGOPACHARA SAMBHASHA-2024, themed "Relevance of Yoga & Nisargopachara for Self & Society."

This event, organized by Darshan University and the International Naturopathy Organization (INO), highlights your commitment to Yoga and Naturopathy. Darshan University, with its innovative academic programs, proudly supports this initiative, offering a unique Master's program in Yoga that blends ancient wisdom with modern science.

The International Naturopathy Organization, with its exemplary efforts over the last two decades, has significantly contributed to bringing Yoga and Naturopathy into the mainstream, fostering awareness and accessibility for individuals at the grassroots level and beyond. The INO's efforts in promoting these practices globally are invaluable.

This conference offers a platform for knowledge sharing and discussions on the relevance of Yoga and Nisargopachara in today's society. I wish everyone a successful and enriching experience.


(Acharya Devvrat)

Various Committees

Organizing Committee



CHIEF PATRON

Dr. Ramnik G. Dhamsaniya
President, Darshan University



ORGANIZING SECRETARY

Mr. Jay Dhamsaniya
Registrar - Darshan University



PATRON

Prof. M. V. Sanghani
Provost - Darshan University



Dr. Gaurang J. Vyas

*Dean,
Darshan Institute of Humanities*



Mr. Anant Biradar

*National President - INO
New Delhi*



Mr. Vijay Sheth

General Secretary - INO Gujarat



CHAIRMAN

Mr. Mukeshbhai Shah
President - INO Gujarat



Nt. Mr. Hitesh Parmar

General Secretary - INO Saurashtra



VICE CHAIRMAN

Mr. Jitubhai Panchal
Executive President - INO Gujarat



SECRETARY

Mr. Hardik Lakhani
Admin Officer - Darshan University



Mr. Amarjitsinh Ahalivalia

President - INO Saurashtra

Registration Committee

Ms. Anita Gajera - Chairman
Ms. Rupal Chhag - Co-Chairman
Ms. Amruta Shukla - Convener
Ms. Rushita Parmar - Co-Convener
Ms. Sweety Bhatt - Co-Convener
Ms. Nilam Rathod
Ms. Neema Patel
Ms. Vaishali Bavalia
Ms. Aruna Davra
Ms. Pallavi Khatri

Stage Committee

Ms. Rupal Chhag - Chairman
Ms. Bharati Oza - Convener
Ms. Neeta Chauhan
Ms. Priti Vaghela
Ms. Urvashi Dave
Ms. Varsha Patel
Ms. Renu Dahiya
Ms. Beena Shah
Ms. Vashali Pandit
Ms. Dhruvi Rupapara

Research Paper Scientific Committee

Dr. Alka Gohel - Chairman
Dr. Nimesh Jotangiya - Co-Chairman
Mr. Jasmin Panchasara - Convener
Ms. Khushbu Garach
Ms. Madhavi Malaviya

Practical Demonstration Committee

Hitesh Parmar - Chairman
Raghav Pujara - Convener
Ms. Ameer Bhatt
Ms. Anita Gajera
Ms. Rupal Chhag

Announcement Committee

Ms. Ameer Bhatt - Chairman
Ms. Swati Dave - Convener
Ms. Madhavi Malaviya
Ms. Hardi Oza
Ms. Hetal Kotecha
Ms. Nisha Gor

VIP Guest Cordination Committee

Mr. Gaurang Vyas - Chairman
Ms. Sonal Sanghani - Convener
Ms. Rupal Trivedi
Ms. Hetal Kotecha
Ms. Meghana Makwana
Ms. Zalak Patel

Accommodation Committee

Mr. Darshan Sheth - Chairman
Ms. Neema Patel - Convener
Ms. Rushita Parmar
Ms. Riddhi Solanki
Ms. Nikita Lakkad
Ms. Riya Dodia
Mr. Dashrath Parmar

Yogic Game Committee

Jagruti Babaria - Chairman
Urvashi Dave - Convener
Ms. Rupal Trivedi
Ms. Manasi Visapara
Ms. Namrata Patel
Ms. Nisha Gor

Food Committee

Mr. Darshan Sheth - Chairman
Ms. Anuradha Ingale - Convener
Ms. Vali Odedara
Ms. Trupti Trada
Ms. Bhagavati Kapadi

Transportation Committee

Mr. Vijay Sheth - Chairman
Ms. Varsha Vithalani - Convener
Mrs. Anand Jani
Mr. Kartik Gedia
Mr. Karan Sagaparia
Ms. Vibhuti Vayeda
Ms. Hardi Vora
Ms. Kusum Chovatia
Ms. Vaishali Bavalia

Cultural Event Committee

Snehal Panara - Chairman
Vidya Patil - Convener
Ms. Vali Odedara
Ms. Nisha Gor

Circular or/and Brochure

Guideline for Paper Presentation

We invite original research or review papers from enthusiastic researcher active in field of Yoga & Naturopathy.

Language	English	Hindi
Font Type	Times New Roman	Mangal
Size	Heading - 14 (Bold) Text - 12 (Regular)	Heading - 16 (Bold) Text - 14 (Regular)
Line Spacing	1.5 Lines	1.5 Lines
Page Margin	1" All Side	1" All Side

Guideline for Poster Presentation

- Images, Tables, Charts & Graphs may be used in posters.
- Size of the Poster : 3' X 2' (width X height).

Language	English	Hindi
Font Type	Times New Roman	Mangal

For details of Final Guidelines for Paper & Poster Presentation kindly visit : conference.darshan.ac.in

For Scientific Presentation Contact : +91 94264 50428

Registration Details

₹ 600	DU Students / Staff / INO Registered Members / Staff
₹ 800	Other University Students / Students Paper Presenter Students of other Yoga & Naturopathy Institute
₹ 1,000	Other University Teaching Staff / Other Yoga & Naturopathy Institute Staff Other Paper Presenter / Yoga Teachers / Naturopathy Therapist Yoga & Naturopathy Practitioner / All Other Participant

Note:

- Pay the Registration fee & then finish the Registration process.
- Spot Registration is not allowed.
- Accommodation available on chargeable & sharing basis.
- Complimentary Transportation is available for Registered Delegates from Specific Pickup Points from Rajkot City.

Important Dates

LAST DATE OF REGISTRATION	13 DECEMBER, 2024
LAST DATE OF ABSTRACT SUBMISSION	30 NOVEMBER, 2024
LAST DATE OF FULL PAPER SUBMISSION	08 DECEMBER, 2024
LAST DATE OF POSTER SUBMISSION	13 DECEMBER, 2024

All the Present Participants will be Issued Certificates.

Organizing Committee

CHIEF PATRON

Dr. R. G. Dhamsaniya
President - Darshan University

PATRON

Prof. M. V. Sanghani
Provost - Darshan University

Mr. Anant Biradar
National President - INO

ORGANISING SECRETARY

Mr. Jay Dhamsaniya
Registrar - Darshan University

Dr. Gaurang J. Vyas
Dean,
Darshan Institute of Humanities

SECRETARY

Mr. Hardik Lakhani
Admin Officer
Darshan University

CHAIRMAN

Mr. Mukeshbhai Shah
President - INO Gujarat

VICE CHAIRMAN

Mr. Jitubhai Panchal
Executive President - INO Gujarat

Mr. Amarjit Singh Ahluwalia
President - INO Saurashtra

Mr. Vijay Sheth

General Secretary - INO Gujarat

Nt. Mr. Hitesh Parmar
General Secretary
INO Saurashtra

For Registration Contact

84600 10160 / 99098 77891
63560 66019 / 98257 09990
94280 37300 / 96620 33852



Conference Venue:

📍 Rajkot-Morbi Highway, Rajkot – 363650.

☎ +91 94263 85864

🌐 conference.darshan.ac.in

✉ dihsconference@darshan.ac.in



On the occasion of 1st World Meditation Day

2nd National Conference
**YOGA NISARGOPACHAR
SAMBHASHA 2024**
Relevance of Yoga & Nishargopachar for Self & Society
Darshan University, Rajkot

21st & 22nd December, 2024



About Darshan University

Darshan University is a prominent institute offering a broad slate of academic programs and professional courses for undergraduate, graduate and postgraduate programs in Engineering, Management & Humanities. Our University is Located in peaceful and sylvan surroundings with distinctive collegiate structure, about 15km from Rajkot, Gujarat, India. The University is approved by the UGC, New Delhi. The Institute was established in the year 2009, by Shree G. N. Patel Education & Charitable Trust.

Darshan University is managed by the technical experienced & well-qualified management team, under the leadership of Dr. R. G. Dhamsaniya. From its inception, the college has grown steadily and is imparting quality technical education. The Institute has well experienced, highly qualified and dedicated faculty for committed education.

We, the team of Darshan University perceive that for education to be consistently significant, it needs to be managed efficiently. The management team at Darshan drafts strategies and guidelines oversees its implementation and takes charge of the regulated administration together with long-term plans.

Darshan Institute of Humanities

The 'Darshan Institute of Humanities' is a highly acclaimed institution at Darshan University that offers a comprehensive program in the study of yoga and its various aspects. The Darshan Institute of Humanities is committed to imparting a deep and extensive understanding of yoga—its philosophy, practices, and applications—to aspiring students from different backgrounds. The focus of the institute is to train individuals to become compassionate, skillful yogis with a deep knowledge of the subject. The institute offers various courses in the field of Yoga. It includes 6 Months Certificate Courses and 2 Years M.A. in Yoga. These courses are designed to provide fundamental knowledge and training in Yogic concepts.

About INO

Surya Foundation Naturopathy Think Tank has been regularly discussing at length about the developmental activities of Naturopathy. The brain storming sessions by the Naturopathy experts say that the Naturopathy system must have a strong platform for its holistic development. This resulted in the formation of "International Naturopathy Organisation" (INO) in the year 2003 under the able leadership of Sh. Jaiprakash Agarwal, an ardent follower of Naturopathy and a renowned Industrialist.

INO is a non-profit organization dedicated to the promotion and propagation of Naturopathy at the grass root level. It focuses on the overall development of this ancient and miraculous science at global level and endeavours to bring this at par with the other medical sciences.

INO is the country's largest Naturopathy organisation with its branches in 24 States with over lakhs of active members and sympathizers in India and abroad.

INO was awarded as "Biggest Naturopathy Organisation in the World."

Objective of Conference

Education and Training: To provide a platform for Yoga & Naturopathy practitioners, instructors, and enthusiasts to enhance their knowledge and skills.

Research and Innovation: To showcase the latest research and innovations in the field of Yoga & Naturopathy, including scientific studies and new yoga & Naturopathy techniques.

Health and Wellness Promotion: To emphasize the role of Yoga & Naturopathy in promoting physical and mental health.

Community Building: To create a sense of community and support among attendees, fostering a positive and motivating environment for Yoga & Naturopathy professionals.

Inspiration and Motivation: To inspire and motivate attendees by featuring renowned yoga teachers, Naturopathy practitioner and gurus who can deepen their understanding about Yoga & Naturopathy.

Theme for Conference

- Discussion about the application of the principles of practice.
- Research of various Yoga & Naturopathy practices.
- Yoga & Naturopathy practices for Well-being.
- Effect of Yoga & Naturopathy practices on various systems of a human being.
- Yoga & Naturopathy in Psychology.
- Knowledge Upliftment in Yoga & Naturopathy.

Eligibilities Criteria

- Yoga, Naturopathy & Allied Sciences courses **Students**
- Ph.D. Scholar
- Yoga Teacher / YCB Certified Yoga Professionals
- Yoga / Wellness Coach
- Yoga, Naturopathy & Allied Sciences courses **Faculty Member**
- Naturopaths

Speakers

- ▶ **Dr. Hitesh A. Vyas**
Dean Academics
ITRA - Jamnagar
- ▶ **Prof. Vd. Arpan Bhatt**
Dean, Planning & Dev.,
ITRA - Jamnagar
- ▶ **Prof Vivek Maheshwari**
Provost
Lakulish Yoga University
- ▶ **Dr. Hitesh Jani**
Ex. Principal - SGAM
Jamnagar
- ▶ **Dr. Bharat Shah**
Chief Physician
Vinoba Nature Cure - Gotri
- ▶ **Dr. D. N. Sharma**
Sr. National Vice President
INO - New Delhi
- ▶ **Dr. Jayesh Parmar**
Director
AYUSH - Gujarat
- ▶ **Dr. Sangeeta Nehra**
Director
AYUSH - Haryana
- ▶ **Vd. Falgun Patel**
Deputy Director - Training
AYUSH - Gujarat
- ▶ **Dr. C Nagraj**
HOD, Yoga Therapy,
Lakulish Yoga University
- ▶ **Dr. Charu Sharma**
Asst. Prof., Dept. of Yoga
GASC - Jalandhar, Punjab
- ▶ **Dr. Jitendra Arya**
Director
Health Naturally @ Durset

Registration

Registration Website: <https://conference.darshan.ac.in/Conference/YNS24>

2nd National Conference
on
Relevance of Yoga & Nishargopachar for Self & Society
YOGA NISARGOPACHAR
SAMBHASHA 2024
 at
Darshan University, Rajkot
21st & 22nd December, 2024

Buttons: About Conference, Register Now, Guidelines for Paper, Guidelines for Poster, Speaker, Program Schedule, Organizers, Organizing Committees, Other Committees, Contact Us

About Conference

Darshan University and International Naturopathy Organization (INO) jointly organize two days 2nd National Conference on Yoga & Nisargopachara on Date 21 & 22, December, 2024 with Title **YOGA NISARGOPACHARA SAMBHASHA – 2024** with theme of **Relevance of Yoga & Nisargopachara for Self & Society**. The conference is supported by Ministry of AYUSH, Government of India.

During the conference, eminent speakers from renowned organizations will share their views and experience on different aspect of Yoga & Naturopathy. Parallel to that the scholars will also present their conceptual & research views / work by the Paper presentation or Poster presentation.

The objectives of the conference include

- To provide a platform for yoga practitioners, instructors, and enthusiasts to enhance their knowledge and skills.
- To showcase the latest research and innovations in the field of yoga, including scientific studies and new yoga techniques.
- To emphasize the role of yoga in promoting physical and mental health and well-being.
- To create a sense of community and support among attendees, fostering a positive and motivating environment for yoga professionals.
- To inspire and motivate attendees by featuring renowned yoga teachers and gurus who can deepen their understanding and practice of yoga.

[Register Now](#)

Date of the Conference	21 st & 22 nd December, 2024
Venue	Darshan University, Rajkot, Gujarat
Last Date of Registration	13 th December, 2024
Last Date of Abstract Submission	20 th November, 2024
Last Date of Submission	Full Paper: 1 st December, 2024 Poster: 13 th December, 2024 Click here for Paper/Poster Guidelines
Registration Fee	<ul style="list-style-type: none"> • ₹ 600 for Darshan University Staff & Students / INO Members • ₹ 800 for Other University / Yoga-Naturopathy Institute Students • ₹ 1,000 for Others
Contact Details for Query	+ 91 84600 10160, + 91 94263 85864, + 91 90998 81155, + 91 94268 13640

Brochure Inaugurated at Talkatora Stadium New Delhi

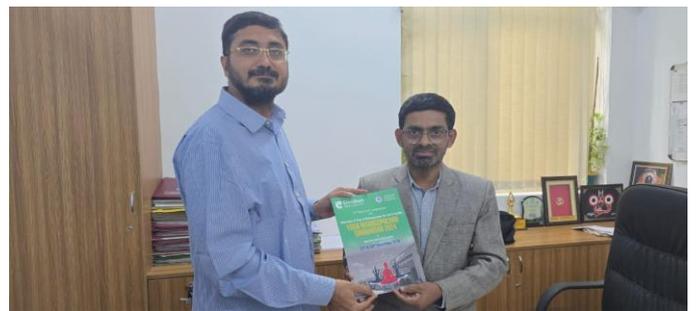


The Brochure for the 2nd National Conference on the occasion of 1st World Meditation Day "Yoga Nisargopachar Sambhasha 2024" was inaugurated on the occasion of 7th Naturopathy Day National Conference for contribution of Yoga Naturopathy in shaping Viksit Bharat 2047 on 18-11-2025 organized by International Naturopathy Organization in the presence of Members of Parliament Mr. Yogendra Chandolia – North West Delhi, Dr. Bhola Singh – Bulandshahr, Mr. Rajendra Agrawal(Ex-Mp) – Meerut and Nigam Parshad – Delhi Dr. Amit Nagpal.

Major Invitations



Dr Kashinath Samagandi – Director, MDNIY



Dr. Ishwar N. Acharya - Programme Officer, MDNIY



Mr. N.K. Kansara - Principal Consultant - YCB



Mr. Shishpal Rajput – Chairman, Gujarat State Yog Board

Banner/s

Darshan UNIVERSITY
योग-कर्मधु-कीर्षतन्

MINISTRY OF AYUSH
GOVERNMENT OF INDIA

INTERNATIONAL NATUROPATHY ORGANISATION
I.N.O.

On the occasion of 1st World Meditation Day

2nd National Conference

YOGA NISARGOPACHAR SAMBASHA 2024

Relevance of Yoga & Nisargopachar for Self & Society

21st & 22nd December, 2024

KNOWLEDGE PARTNER

AFFILIATE PARTNER

MINISTRY OF AYUSH
GOVERNMENT OF INDIA

Darshan UNIVERSITY
योग-कर्मधु-कीर्षतन्

INTERNATIONAL NATUROPATHY ORGANISATION
I.N.O.

Welcomes You

on the occasion of 1st World Meditation Day

2nd National Conference

YOGA NISARGOPACHAR SAMBASHA 2024

Relevance of Yoga & Nisargopachar for Self & Society

21st & 22nd December, 2024

KNOWLEDGE PARTNER

AFFILIATE PARTNER

MINISTRY OF AYUSH
GOVERNMENT OF INDIA

Darshan UNIVERSITY
योग-कर्मधु-कीर्षतन्

INTERNATIONAL NATUROPATHY ORGANISATION
I.N.O.

International Naturopathy Organisation (INO)
&
Darshan University - Rajkot (Gujarat)

Supported by
Ministry of AYUSH, Govt of India

Celebrating

1st World Meditation Day
21 December 2024

Schedules

Program Schedule



MINISTRY OF AYUSH
GOVERNMENT OF INDIA



International
Naturopathy
Organisation

On Occasion of 1st WORLD MEDITATION DAY
2nd National Conference
Relevance of Yoga and Nisargopachar for Self and Society
Yoga Nisargopachar Sambhasha – 2024
December 21 and 22, 2024

:: Programme Schedule ::

**Venue: H BLOCK, Auditorium 4 (Patanjali Sabhagruha)
Auditorium 6 (Mahatma Gandhi Sabhagruha)**

DATE: 21.12.2024

08:00 to 09:00	REGISTRATION & BREAKFAST
09:00 to 11:00	INAUGURAL SESSION & CELEBRATION OF 1 ST WORLD MEDITATION DAY
11:00 to 13:00	PARALLEL PLENARY SESSION – I
13:00 to 14:30	LUNCH
14:30 to 16:30	PARALLEL PLENARY SESSION – II PAPER PRESENTATION SESSION - I
17:00 to 18:30	PAPER PRESENTATION SESSION – II NATUROPATHY PRACTICAL DEMONSTRATION INO MEMBERS MEETING
18:45 to 19:45	DINNER
19:45 to 21:15	CULTURAL EVENT

DATE: 22.12.2024

06:00 to 07:30	MEDITATION / SHATKARMA ABHYASA
07:30 to 09:00	BREAKFAST
09:00 to 11:00	PARALLEL PLENARY SESSION & PAPER PRESENTATION SESSION - III
11:15 to 13:15	PARALLEL PLENARY SESSION – IV & PAPER PRESENTATION SESSION - IV
13:15 to 14:00	VALEDICTORY FUNCTION
14:00 to 16:00	LUNCH & CERTIFICATE DISTRIBUTION

Inaugural Session



MINISTRY OF AYUSH
GOVERNMENT OF INDIA



**International
Naturopathy
Organisation**

On Occasion of 1st WORLD MEDITATION DAY
2nd National Conference
Relevance of Yoga and Nisargopachar for Self and Society
Yoga Nisargopachar Sambhasha – 2024
December 21 and 22, 2024

:: Inauguration Schedule ::

DATE: 21.12.2024

**Venue H Block, Auditorium 4 (Patanjali Sabhagruha)
Auditorium 6 (Mahatma Gandhi Sabhagruha)**

09:00 to 09:05	WELCOME THE GUEST Pa. Pu. Ma. Medhajanandji, Vice President, Ramkrishna Ashram Dr. Anant Biradarji, National President, INO Mr. Mukeshbhai Shah, Gujarat State President, INO Dr. R. G. Dhamsaniya Sir – President, Darshan University Pro. M. V. Sanghani – Provost, Darshan University	
09:05 to 09:10	PRAYER & LAMP LIGHTNING	BY GUEST
09:10 to 09:15	INTRODUCTION & WELCOME OF GUEST	
09:15 to 09:20	INTRODUCTION TO UNIVERSITY	Pro. M. V. Sanghani
09:20 to 09:25	INTRODUCTION ABOUT CONFERENCE	Dr. Gaurang Vyas
09:25 to 09:30	WORLD MEDITATION DAY INFORMATION	Ms. Hardi Vora
09:30 to 09:35	GUEST SPEECH	Mr. Mukesh Shah
09:35 to 09:45	KEY NOTE SPEECH	Dr. Anant Biradar
09:45 to 09:55	SPEECH OF PRESIDENTSIR	Dr. R. G. Dhamsaniya
09:55 to 10:20	ASHIRVACHAN Pa .Pu. Ma. Medhajanandaji, Ramkrishna Ashram, Rajkot Real Understanding about Dhyana	
10:20 to 10:40	MEDITATION PRACTICE	Pa. Pu. Medhajanandaji
10:40 to 10:45	VOTE OF THANKS & NATIONAL ANTHEM	

Detailed Schedule



Established Under Gujarat Private Universities Amendment Act. 15 of 2021



MINISTRY OF AYUSH
GOVERNMENT OF INDIA



International
Naturopathy
Organisation

On Occasion of 1st WORLD MEDITATION DAY
2nd National Conference
Relevance of Yoga and Nisargopachar for Self and Society
Yoga Nisargopachar Sambhasha – 2024
December 21 and 22, 2024

:: PLENARY SESSION - I ::

Date: 21.12.2024 | Time: 11:00 to 13:00 | Venue: H Block

Venue: Auditorium 4 (Patanjali Sabhagruha)

11:00 to 12:00 Speaker – I

Dr. Vivek Sharma – Prof. & HoD, Physiology Department, AIIMS, Rajkot
Yoga & Stress Resilience

12:00 to 13:00 Speaker – II

Dr. Pradip Barde – Associate Prof., Physiology Department, AIIMS, Rajkot
Research Techniques & tools for Yoga & Naturopathy

Venue: Auditorium 6 (Mahatma Gandhi Sabhagruha)

11:00 to 12:00 Speaker – I

Dr. Bharatbhai Shah – CMO, Vinoba Ashram Nature Cure, Gotri, Vadodara
Panchakosha, Holistic Health & Life Style

12:00 to 13:00 Speaker – II

Dr. D. N. Sharma – CEO, Wellness Mahotsav
Treatment Modalities & Management in Naturopathy Centre

:: PLENARY SESSION - II ::

Date: 21.12.2024 | Time: 14:30 to 16:30 | Venue: H Block

Venue: Auditorium 4 (Patanjali Sabhagruha)

14:30 to 15:30 Speaker – I

Dr. Karishma Narwani – Director of Garbhonishad Foundation Jamnagar
Yoga & Naturopathy for Women Hormonal Imbalance

15:30 to 16:30 Speaker – II

Dr. Arpan Bhatt – Dean, Planning & Development, ITRA, Jamnagar
Chakras & their relevance in Yoga Practices

Venue: Auditorium 6 (Mahatma Gandhi Sabhagruha)

14:30 to 14:50 Speaker – I

Dr. Jiten Bhatt – Sr. Naturopath & Yoga Master, Vadodara
Become a Super-Doctor with DNA Power

- 14:50 to 15:40 Speaker – II
Dr. Rajendra Shende – Founder Director Green TERRE Foundation
Yoga & Naturopathy Addressing Climate Change
- 15:40 to 16:30 Speaker – III
Dr. Jitendra Arya – Dean, Planning & Development, ITRA, Jamnagar
Management of Acute & Chronic disease through Naturopathy

:: PLENARY SESSION - III ::

Date: 22.12.2024 | Time: 09:00 to 11:00 | Venue: H Block

Venue: Auditorium 4 (Patanjali Sabhagruha)

- 09:00 to 10:00 Speaker – I
Dr. C. Nagraj – Professor, Lakulish Yoga University, Ahmedabad
Evidence based Integrated aproach of Yoga Therapy for healthier & harmonious Society
- 10:00 to 11:00 Speaker – II
Dr. Kamal Parikh – Consulting & Physician, Internal Medicine, Rajkot
How Yoga Boosts your Mental Health

Venue: Auditorium 6 (Mahatma Gandhi Sabhagruha)

- 09:00 to 10:00 Speaker – I
Dr. Hitesh Jani – Ex. Principal, Shree Gulabkunverba Ayurved College
Satvik Ahara: Cook Right, Eat Right
- 10:00 to 11:00 Speaker – II
Vd. Falgun Patel – Deputy Director (Training & Research) – AYUSH, Gujarat
Know your Prakruti (Body Constitution)

:: PLENARY SESSION - IV ::

Date: 22.12.2024 | Time: 11:15 to 13:15 | Venue: H Block

Venue: Auditorium 4 (Patanjali Sabhagruha)

- 11:15 to 12:15 Speaker – I
Dr. Vivek Maheshwari – Provost, Lakulish Yoga University, Ahmedabad
Yoga and Nature Cure : An Integrated Therapeutic Tool for Well – Being
- 12:15 to 13:15 Speaker – II
Dr. Hitesh Vyas – Dean – Academics, ITRA, Jamnagar
Itrogenic Disorder in Yoga: How, Why?

Venue: Auditorium 6 (Mahatma Gandhi Sabhagruha)

- 11:15 to 12:15 Speaker – I
Dr. Chirag Andharia – CMO, Shanku Naturopathy Centre
Clinical Establishment Act
- 12:15 to 13:15 Speaker – II
Dr. Anant Biradar – National President – INO, New Delhi
Registration Process for Naturopathy Personnel

Paper Presentation



MINISTRY OF AYUSH
GOVERNMENT OF INDIA



International
Naturopathy
Organisation

On Occasion of 1st WORLD MEDITATION DAY
2nd National Conference
Relevance of Yoga and Nisargopachar for Self and Society
Yoga Nisargopachar Sambhasha – 2024
December 21 and 22, 2024

:: Paper Presentation Schedule ::

DATE: 21.12.2024 | Venue: H BLOCK

Session 1 Time: 02:30 PM to 04:30 PM Venue: Auditorium 3 (Vasistha Sabhagruha)

Sr. No	Paper Code No.	Name Of The Scholars
1	YNS2413	Ameek Bhatt
2	YNS2423	Bhoomi Davada
3	YNS2416	Rushita Parmar
4	YNS2417	Hinaben B Soni
5	YNS2414	Neema Patel
6	YNS2415	Nita Chauhan
7	YNS2433	Nilam Rathod
8	YNS2427	Dr Rekha Arora
9	YNS2443	Parul Ambani

Session 2A Time: 04:45 PM to 06:45 PM Venue: Auditorium 3 (Vasistha Sabhagruha)

Sr. No	Paper Code No.	Name Of The Scholars
1	YNS2407	Rachna V Kharabanda
2	YNS2420	Bharti Dave
3	YNS2435	Chandani Patel
4	YNS2403	Dr Ronakkumar Parmar
5	YNS2402	Manali U. Radadiya
6	YNS2429	Ashokkumar J Parmar
7	YNS2401	Sonal Sanghani
8	YNS2442	Archana Kumari
9	YNS2438	Tulshi Shiyani

Session 2B Time: 04:45 PM to 06:45 PM Venue: Auditorium 4 (Patanjali Sabhagruha)

Sr. No	Paper Code No.	Name Of The Scholars
1	YNS2437	Anita Gajera
2	YNS2425	Madhavi A Malaviya
3	YNS2426	Rupal Chag
4	YNS2411	Velmanirajan K
5	YNS2424	Odedara Vali
6	YNS2404	Palak P Babaria
7	YNS2410	Shrimati Kadambari Mane
8	YNS2422	Varsha Vithalni
9	YNS2409	Vd. Akshay G Prajapat

DATE: 22.12.2024 | Venue: H BLOCK

Session 3 Time: 09:00 AM to 11:00 AM Venue: Auditorium 3 (Vasistha Sabhagruha)

Sr. No	Paper Code No.	Name Of The Scholars
1	YNS2432	Anand Jani
2	YNS2428	Anuradha Ingle
3	YNS2405	Dr. Parul Patel
4	YNS2419	Dr. Neerja Shukla
5	YNS2408	Vidhi R. Patel
6	YNS2439	Jagruti Babariya
7	YNS2431	Khushboo
8	YNS2406	Vd. Ragini R. Rajmane
9	YNS2444	Dr. Pooja Patel

Session 4 Time: 11:15 AM to 01:15 PM Venue: Auditorium 3 (Vasistha Sabhagruha)

Sr. No	Paper Code No.	Name Of The Scholars
1	YNS2430	Vidya Patil
2	YNS2436	Ghomasara Snehal
3	YNS2421	Jasmin Panchasara
4	YNS2412	Vd. Mugdha Gore
5	YNS2434	Vaghela Priti
6	YNS2418	Rupal Trivedi
7	YNS2441	Riddhi Solanki
8	YNS2440	Sarjerao S. Kativale

Poster Presentation



MINISTRY OF AYUSH
GOVERNMENT OF INDIA



International
Naturopathy
Organisation

On Occasion of 1st WORLD MEDITATION DAY
2nd National Conference
Relevance of Yoga and Nisargopachar for Self and Society
Yoga Nisargopachar Sambhasha – 2024
December 21 and 22, 2024

:: Poster Presentation::

Date: 21.12.2024 & 22.12.2024

Venue: Block – H

Sr.	Poster Code	Candidate Name
1	YNSP2401	Bavaliya Vaishali
2	YNSP2402	Bhatt Sweety
3	YNSP2403	Sojitra Kusumben
4	YNSP2404	Gor Nisha
5	YNSP2405	Jani Urvashi
6	YNSP2406	Kansodiya Varsha
7	YNSP2407	Karatela Pallavi
8	YNSP2408	Kotecha Hetal
9	YNSP2409	Lakkad Nikita
10	YNSP2410	Makwana Meghna
11	YNSP2411	Mistry Nehal
12	YNSP2412	Patel Namrata
13	YNSP2413	Patel Zalak
14	YNSP2414	Sagpariya Karan
15	YNSP2415	Sanghavi Beena
16	YNSP2416	Pandit Vaishali
17	YNSP2417	Sheth Vijaykumar
18	YNSP2418	Dahiya Renu
19	YNSP2419	Talsania Dipali
20	YNSP2420	Trada Trupti
21	YNSP2421	Vayedha Vibhuti
22	YNSP2422	Visapara Mansi
23	YNSP2423	Vora Hardi
24	YNSP2424	Oza Hardi
25	YNSP2425	Ashapuri Bhagvati

Sr.	Poster Code	Candidate Name
26	YNSP2426	Dodiya Riya
27	YNSP2427	Ushma Dhruv
28	YNSP2428	Kajliwala Bilkis
29	YNSP2429	Bhalodiya Om
30	YNSP2430	Bhatt Chetna
31	YNSP2431	Upadhyay Hiren
32	YNSP2432	Shrimali Vinodkumar
33	YNSP2433	Shrimali Gauriben
34	YNSP2434	Patel Rajeshkumar
35	YNSP2435	Rathod Siddharaj
36	YNSP2436	Arya Utkarsha
37	YNSP2437	Chaudhari Bhavisha
38	YNSP2438	Jadhav Mahesh
39	YNSP2439	Barua Pampa
40	YNSP2440	Johri Yogendranath
41	YNSP2441	Bheda Neha
42	YNSP2442	Rama Vats
43	YNSP2443	Rupapara Dhruvi
44	YNSP2444	Sachiv Chhaya
45	YNSP2445	Dr Mahesh Solanki

Valedictory Ceremony



Established Under Gujarat Private Universities Amendment Act. 15 of 2021



MINISTRY OF AYUSH
GOVERNMENT OF INDIA



International
Naturopathy
Organisation

On Occasion of 1st WORLD MEDITATION DAY
2nd National Conference
Relevance of Yoga and Nisargopachar for Self and Society
Yoga Nisargopachar Sambhasha – 2024
December 21 and 22, 2024

:: Valedictory Schedule ::

DATE: 22.12.2024

Venue H Block, Auditorium 6 (Mahatma Gandhi Sabhagruha)

01:00 to 01:05	WELCOME THE GUEST Dr. Anant Biradarji – National President, INO Pro. M. V. Sanghani – Provost, Darshan University Dr. Hitesh Jani – Director Animal Welfare Board, Gol Vd. Falgun Patel – Dy. Director Training & Research, AYUSH Gujarat Mr. Ramnikbhai Shah – Managing Trustee, Oshwal Edu. Trust, Jamnagar	
01:05 to 01:10	PRAYER & LAMP LIGHTNING	BY GUEST
01:10 to 01:15	INTRODUCTION & WELCOME OF GUEST	
01:15 to 01:20	REMARKS ON NATIONAL CONFERENCE	Pro. M. V. Sanghani
01:20 to 01:25	CONFERENCE REPORT	Dr. Gaurang Vyas
01:25 to 01:30	SPEECH	Dr. Anant Biradar
01:30 to 01:50	FELICITATION CEREMONY	By GUEST
01:50 to 01:55	INTRODUCING NEXT YEAR CONFERENCE	
01:55 to 02:00	CONCLUDING REMARKS & VOTE OF THANKS &	Dr. Gaurang Vyas

Event Description

The "Yoga Nisargopachar Sambhasha – 2024" was organized at Darshan University on **December 21 and 22, 2024**. This conference was held on the occasion of the **First World Meditation Day**, highlighting the significance of yoga and naturopathy from the perspectives of self and society. The event was a collaborative effort between **Darshan University** and the **International Naturopathy Organization (INO)**, with support from *Shri Somnath Sanskrit University, Lakulish Yoga University, Morarji Desai National Institute of Yoga*, and the *National Institute of Naturopathy*. The conference also received official backing from the *Gujarat State Yoga Board (GSYB)*. Over **16 expert speakers** presented valuable insights on various aspects of yoga and naturopathy. A total of **44 research papers** and **45 posters** were showcased, covering scientific perspectives and innovative methodologies in yoga. **More than 400 delegates** participated, including students and enthusiasts of yoga and naturopathy.

Inaugural Ceremony

The conference commenced on December 21. The chief guest, revered **Meghjanandji** (*Vice President, Ramakrishna Ashram, Rajkot*), shared thoughts on the importance and relevance of meditation and also guided a meditation practice. **Dr. Anant Biradar** (*National President, INO*), **Mr. Mukeshbhai Shah** (*Gujarat State President, INO*), **Dr. R. G. Dhamasaniya** (*President, Darshan University*), and **Prof. M. V. Sanghani** (*Provost, Darshan University*) discussed the necessity and objectives of the conference. Prof. M. V. Sanghani highlighted the university's achievements and its contributions to the fields of yoga and naturopathy. Special emphasis was placed on the concept of World Meditation Day, along with a practical meditation session. The scientific and spiritual significance of meditation was underscored during the inaugural session. Dr. R. G. Dhamasaniya expressed that through yoga and naturopathy, not only can physical and mental health be enhanced, but collective awareness can also be fostered within society. He thanked the organizing committee and all participants for the successful execution of the conference.

Keynote Speeches

Four plenary sessions were held during the conference, where expert speakers engaged in in-depth discussions on various aspects of yoga and naturopathy. *In the first plenary session*, **Dr. Vivek Sharma** from *AIIMS-Rajkot* presented on yoga and stress management, explaining how yoga is an effective means of reducing stress and achieving mental peace. **Dr. Pradeep Barde** discussed research techniques and tools in yoga and naturopathy. In another hall, **Dr. Bharatbhai Shah** shed light on the principles of Panchkosha and overall health, detailing how Panchkosha is beneficial for human health. **Dr. D. N. Sharma**, *CEO of Wellness Festival*, elaborated on treatment methods and management in naturopathy.

In the second plenary session, **Dr. Karishma Narvani**, *Director of Garbhopenishad Foundation*, lectured on yoga and naturopathy for hormonal imbalances in women, emphasizing their effectiveness in maintaining women's health. **Dr. Arpan Bhatt** discussed the importance of chakras in yoga and their supportive role in practice. In another hall, **Dr. Jiten Bhatt** talked about the concept of becoming a super doctor with DNA power, explaining how health plans can be tailored based on individual DNA. **Dr. Rajendra Shende** presented solutions to climate change through yoga and naturopathy, asserting their significant role in mitigating environmental issues. **Dr. Jitendra Arya** emphasized the

effectiveness of natural healing in addressing the root causes of acute and chronic diseases, providing a holistic solution for physical, mental, and emotional health.

In the third plenary session of the second day, Dr. C. Nagaraj from Lakulish Yoga University presented an evidence-based approach to yoga therapy, stressing the need for a scientific perspective in adopting yoga therapy in society. Dr. Kamal Parikh shared experiences on the role of yoga in promoting mental health. In another hall, Dr. Hitesh Jani discussed the topic of Sattvic diet: cooking right, eating right, and how it supports physical and mental health. Vd. Falgun Patel lectured on understanding one’s nature (constitution) and how individuals can improve health by adopting diets and lifestyles according to their nature.

In the fourth and final plenary session, Dr. Vivek Maheshwari, Provost of Lakulish Yoga University, presented on yoga and naturopathy as a holistic therapeutic tool, advocating for an integrated approach. In the same session, Dr. Hitesh Vyas discussed medical disorders in yoga: how and why. In another hall, Dr. Falgun Patel provided information on the Clinical Establishments Act, explaining why it is essential for naturopathy centers to comply with legal standards. Dr. Anant Biradar discussed the registration process for naturopathy practitioners in detail.

Scientific Presentation

A total of **44 research papers** were presented during the conference, showcasing the latest research related to yoga and naturopathy. The research paper presentation session was chaired by **Dr. Rajendra Shende, Dr. Karishma Narvani,** and **Dr. Vikram Upadhyay,** with co-chairmanship by **Mrs. Anuradha Ingle.** Various dimensions were highlighted through **45 poster presentations.** Attendees described the conference as an enlightening experience.

An abridged abstract proceedings was prepared for the conference, printed with the goodwill message from the Governor of Gujarat. Full paper proceedings and poster proceedings were also published after the conference, all assigned ISBN numbers, marking the conference as a significant contribution to the field of research and knowledge enhancement.

Closing Ceremony

During the closing ceremony, all distinguished guests and key contributors were honored. **Dr. Anant Biradar** informed about the membership and benefits of the International Naturopathy Organization (INO). The vote of thanks was delivered by **Dr. Gaurang Vyas.** This conference proved to be a crucial step in disseminating research, awareness, and benefits of yoga and naturopathy to all sections of society. The conference concluded with the national anthem, followed by a grand banquet at Darshan University, Rajkot campus, fostering interaction and camaraderie among participants. It was resolved to hold the next National Yoga Naturopathy Conference in Baroda. The Yoga Nisargopachar Sambhasha – 2024 effectively presented the importance of yoga and naturopathy for self and society. This conference served as an ideal platform for research, awareness, and widespread dissemination of their benefits in the community.

List of Research Papers

Sr.	Paper Id	Candidate Name	Paper Title
1	YNS2401	SONAL MANISH SANGHANI	SHRIMAD BHAGVAT GITA KE ANUSAR TRIVIDH AAHAR KA MANAV JIVAN KE UPAR PADNE VALE PRABHAV KA EK ADHYAYAN
2	YNS2402	Manali Uday Radadiya	The Impact of Yogasana and Anulom Vilom Pranayama on Depression Among Menopausal Women: A Path to Emotional Well-Being
3	YNS2403	Dr Ronakkumar Rajubhai Parmar	Yoga Attitude among Under Graduate Students of Arts and Science Stream
4	YNS2404	Palak Pravinbhai Babaria	ROLE OF YOGA IN THE MANAGEMENT OF TENSION TYPE HEADACHE W.S.R. TO STRESS: A REVIEW STUDY
5	YNS2405	Dr. Parul Nirajkumar Patel	Effect of Yoga on Sinus and Other Nasal Diseases
6	YNS2406	Vd. Ragini Rajkumar Rajmane	THE STUDY OF MANIPURA CHAKRA AND IT'S ROLE IN HEALTH AND DISEASE: A REVIEW STUDY
7	YNS2407	Rachna V Kharabanda	Optimising Mental Health with Yoga & Prakritik Jeevan Shailee
8	YNS2408	Vidhi Rameshbhai Patel	The Impact of Yoga on the Frustration Levels of Volleyball Players
9	YNS2409	Vd. Akshay Gopal Prajapat	Role of Yogic Practices on Spiritual Well-being – A Review Study
10	YNS2410	Kadambari Bhaishailendra Mane	To study effect of regular practice of yogik breathing on oxygen level in COVID-19 infected patients.
11	YNS2411	VELMANIRAJAN K	STUDY OF DOSA WITH VARIED URAD DHAL COMPOSITION CONTAINING EQUAL MIXTURE OF BOILED AND RAW RICE
12	YNS2412	Vd. Mugdha Gore	EFFICACY OF GUIDED YOGA CHIKITSA IN GASTRO-INTESTINAL DISORDER W.S.R TO AMLAPITTA: A PILOT STUDY
13	YNS2413	Mrs Ameer Kanaiyalal Bhatt	राजकोट शहर क्षेत्र की प्राथमिक शाला की शिक्षिकाओ की आवाज पर भ्रामरी प्राणायाम का प्रभाव – सर्वेक्षण
14	YNS2414	NEEMA PATEL	राजकोट के कारखानों के कामदारों में योग विषयक अवधारणा की जाँच करना।
15	YNS2415	Nitaben Rajnikant Chauhan	माध्यमिक व्यायाम शिक्षक की योग के प्रति सजगता का एक अध्ययन
16	YNS2416	PARMAR RUSHITA DINESHBHAI	अखिल भारतीय विश्वविद्यालय खेल स्पर्धा में कबड्डी के राष्ट्रीय खिलाड़ियों में योग अभ्यास संबंधी अवधारणा
17	YNS2417	Hinaben Bhupendrabhai Soni	Dominant Nasal Breathing Cycle and Psychological Variables of Sports Persons: A Meta- Analysis
18	YNS2418	Ms RUPAL SURYAKANT TRIVEDI	मेडिकल कॉलेज के छात्रों की स्मृति पर श्वासप्रेक्षाध्यान के प्रभाव का अध्ययन
19	YNS2419	Dr. Neerja Shukla	Effect of yoga on mental health of breast cancer patients
20	YNS2420	Bharti Dave	मध्यम आयु वर्ग की महिला ऊपर नियमित जीवन का तनाव दूर करने में ओम जाप के सकारात्मक प्रभाव
21	YNS2421	Jasmin Panchasara	Impact of Bhramari Pranayama on Psychological Wellbeing among Yoga Practitioners
22	YNS2422	Varsha Bipinchandra Vithlani	Kamar Ki Rekha
23	YNS2423	Bhoomi Rajeshbhai Davda	Effect of Sukshma Vyayam on Quality of Life of Senior Citizens
24	YNS2424	Odedara Valiben Bhikhabhai	मानसिक दिव्यांग लोगों पर सुक्ष्मव्यायाम की असर

Sr.	Paper Id	Candidate Name	Paper Title
25	YNS2425	Madhavi Amit Malaviya	माध्यमिक शिक्षकों में शारीरिक और मानसिक तनाव पर आवर्तन ध्यान का प्रभाव
26	YNS2426	Rupal D.Chhag	योग शिक्षक बनने के एक साल बाद योग का प्रभाव: शारीरिक और मानसिक स्वास्थ्य में परिवर्तन"
27	YNS2427	Dr Rekha Arora	Mental Health
28	YNS2428	Ms.Anuradha Ajay Ingale	स्थिरमसुखम आसनम के सिद्धांतनुसार आसन अभ्यास से रक्तचाप और पल्स रेट पर होने वाले प्रभाव का अध्ययन।
29	YNS2429	PARMAR ASHOKKUMAR J	पतंजलि योग सूत्र के अनुसार क्रिया योग का मनो-शारीरिक विश्लेषण का अध्ययन
30	YNS2430	Vidhya Sudhakar Patil	चिकित्सको मैं तनाव युक्त जीवनशैली को कम करने में संतुलित आसनों के प्रभाव का अध्ययन
31	YNS2431	Khushboo Garach	The Sound of Serenity: Investigating the Impact of Tibetan Singing Bowl Meditation on Stress Reduction
32	YNS2432	ANAND VIRENBHAI JANI	सामान्य जन और योग अभ्यासी व्यक्तियों के बीच स्वास्थ्य का तुलनात्मक अभ्यास
33	YNS2433	RATHOD NILAM SAMANTSHINH	विविध योग संस्थानों के द्वारा करवाएं जाने वाले विभिन्न सूर्य नमस्कार पद्धतियों का तुलनात्मक अध्ययन
34	YNS2434	Vaghela Priti Janakbhai	एन.सी.सी.में अभ्यास कर रही कॉलेज की युवतियों के मानसिक स्वास्थ्य पर भ्रामरी प्राणायाम का प्रभाव
35	YNS2435	CHANDNI BHAGWAN PATEL	AWARNESS AMONG THE GOVERNMENT EMPLOYEES FOR YOGA
36	YNS2436	Ghodasara Snehal Dhirajlal	Comparative study: the effects of cyclic meditation with medicine on type-2 diabetes patient.
37	YNS2437	Gajera Anita Rajnikant	"महिला शिक्षिकाओं के कार्यस्थल के तनाव में योगनिद्रा के सकारात्मक
38	YNS2438	Tulshi Shiyani	Spirulina and it's health benefits for human wellness
39	YNS2439	Jagruti Babaria	Mindfulness in Chess: Exploring The Impact Of Mindfulness On Chess Performance
40	YNS2440	Sarjerao Shivaji Kativale	"तीरंदाजी खिलाड़ियों में एकाग्रता पर संतुलित आसनों के प्रभाव का अध्ययन"
41	YNS2441	Riddhi Solanki	महाविद्यालय के शिक्षको में योग के बारे में अवधारणाओं का अध्ययन
42	YNS2442	Archana Kumari	विपासना ध्यान के फायदे
43	YNS2443	Parul Ambani	समाज में व्याप्त विविध मनोकायिक रोगों के प्रकारों का, उनके कारणों का अध्ययन करना तथा उसमें योग की अवधारणा को जानना ।

List of Posters

Sr.	Poster ID	Candidate Name	Poster Title
1	YNSP2401	Vaishali Bavaliya	घेरण्ड संहिता के अनुसार धौति क्रिया
2	YNSP2402	Sweety Bhagwat Prasad Bhatt	बुद्धिज्म
3	YNSP2403	Kusumben Shaileshkumar Sojitra	चित्त वृत्ति
4	YNSP2404	Nisha Harilal Gor	चित्त और चित्त की भूमियाँ
5	YNSP2405	Urvashi Jani	कैवल्यधाम स्वास्थ्य एवं योग अनुसंधान केंद्र
6	YNSP2406	Varshaben N Kansodiya	कपालभाती (षट्कर्म)
7	YNSP2407	Karatela Pallavi Laxmikant	सिद्ध सिद्धांत पद्धति

Sr.	Poster ID	Candidate Name	Poster Title
8	YNSP2408	Hetal Laxmidas Kotecha	Value Education
9	YNSP2409	Lakkad Nikita Mansukhbhai	वैदिक साहित्य का अवलोकन
10	YNSP2410	Makwana Meghna Dineshbhai	योग की व्युत्पत्ति एवं व्याख्याए
11	YNSP2411	Nehal Natvarlal Mistry	योग के विकास की समय रेखा
12	YNSP2412	Patel Namrata Govindbhai	ईश्वर और ईश्वर प्रणिधान
13	YNSP2413	Zalakben Vinodkumar Patel	Devsanskriti University
14	YNSP2414	Karan Pareshbhai Sagapariya	Yog Class Management
15	YNSP2415	Beena Bharatkumar Sanghavi	Sivanandji And Sivanand Ashram
16	YNSP2416	Vaishali G Pandit	हठ - नाथ संप्रदाय
17	YNSP2417	Vijaybhai Sheth	घेरण्ड संहिता के अनुसार शुद्धीकरण की क्रिया
18	YNSP2418	Renu J. Dahiya	हृद्धौति
19	YNSP2419	Dipali Talsania	Misconceptions Of Yoga
20	YNSP2420	Trupti Rameshbhai Trada	चित्तप्रसादनम
21	YNSP2421	Mrs.Vibhuti Nilesh Khudai	एक आदर्श शिक्षक के गुण
22	YNSP2422	Mansi Shaileshbhai Visapara	स्कूल मे योग शिकशा
23	YNSP2423	Hardi Vora	पुरुषार्थ चतुष्टय
24	YNSP2424	Hardi Gautambhai Oza	Pathya and Apathya
25	YNSP2425	Bhagvati Ashapuri	मिताहार
26	YNSP2426	Riya Dodiya	Lifestyle Reboot: Yoga & Naturopathy for Mindful, Vibrant You
27	YNSP2427	Ushma Dhruv	संयम
28	YNSP2428	Dr. Bilkis H Kajleewala	Naturopathy Flag
29	YNSP2429	Bhalodiya Om Mukeshbhai	अष्टांग योग के पञ्च नियम
30	YNSP2430	Chetna Bhavin Bhatt	Yog Nindra
31	YNSP2431	Hiren Upadhyaya	अष्टांग योग
32	YNSP2432	Vinodkumar Shrimali	अष्टांग योग का प्रथम अंग - यम
33	YNSP2433	Gauriben Shrimali	श्रीमद्भागवत गीता
34	YNSP2434	Patel Rajeshkumar Somabhai	योगाहार : आहार का योग
35	YNSP2435	Siddharajsinh Ranjitsingh Rathod	पंचमहाभूत और मानव शरीर
36	YNSP2436	Utkarsha Vijay Singh Arya	Hydro-Therapy
37	YNSP2437	Vd. Bhavisha Devenbhai	Role of Yogic Practices on Burnout Syndrome
38	YNSP2438	Mahesh Jadhav	Role of Yoga on Mental Health
39	YNSP2439	Mrs. Pampa Ashish Barua	Prevention of PCOD & PCOS
40	YNSP2440	Yogendranath Johri	Bhastrika Pranayam & It's Variations
41	YNSP2441	Neha Vishal Bheda	रेकी मूलभूत अवधारणा
42	YNSP2442	Rama Vats	पंच तत्व, त्रिदोष और जीवन संतुलन - आदि शंकराचार्य की दृष्टि
43	YNSP2443	Rupapara Dhruvi Vipulbhai	हठ योग और राज योग का संबंध
44	YNSP2444	Sachiv Chhaya	Bhramari Pranayama
45	YNSP2445	Dr. Mahesh Kalubhai Solanki	अन्तर्धौति

List of Delegates

Sr	Candidate Name	Contact No.	Organization
1	Bansi Pobaru	9924649457	General
2	Chandrikaben Bhayani	7226085281	General
3	AASHA CHAVDA	9979475660	GSYB
4	AASHUTOSH MEHTA	8980013302	GSYB
5	ACHARYA DIPALIBEN ANILKUNAR	9265256365	Yog coch
6	Alka Goti	8980004353	Brain Park
7	Alpaba aniruddhsinh jadeja	9099024240	Individual
8	Amar Singh Kanthaliya	9825118335	Anand Yoga And Wellness Centre
9	ANAND VIRENBHAI JANI	9429577177	Darshan university
10	Ankita Babulal Patel	9925166942	No
11	ARCHANA SINGH	6354899972	Darshan university
12	ASHMI DESAI	9408779057	K.S.K.V Kachchh University, BHUJ
13	ASHOK CHAJAR	9137662945	INO member
14	Ashok Chodhray		INO
15	Badaji Nanji Ninama	9408471818	No
16	BEENA BHARATKUMAR SANGHAVI	9737377063	DARSHAN UNIVERSITY
17	BHABHOR VANDANABEN VINODBHAI	6351921994	GSYB
18	Bhagvati Ashapuri	9724862558	Darshan university student
19	Bhairavi Acharya	9429272007	Gujarat State Yog Board
20	Bhalodiya Om Mukeshbhai	7984828461	St.Xavier's College
21	Bharti Dave	9426169404	Darshan University
22	Bhaskar dornala	9022831807	International Naturopathy Organisation
23	Bhatt Bhumika Arvind bhai	8905107010	Darshan university
24	Bhavna lalitbhai gangvani	9925695178	GSYB
25	Bhoomi Rajeshbhai Davda	9428293897	Darshan University
26	BHOOMIKA VANPARIYA	7016641335	INO
27	Bhumika Nilesh kumar patel	7984278966	Yoga bhumi
28	Bijal Pramod Chandra Rana	9724320617	Yog Niketan
29	Bindu nathwani	9909125668	Self
30	CHANDNI BHAGWAN PATEL	7698485084	Darshan University
31	Chandrika Modasiya	9427389476	Retirement
32	CHAUDHARI MUKESH SINGH	9328261826	GUJARAT STATE YOG BOARD
33	CHAUDHARI NEELU MUKESH	9106585635	GUJARAT STATE YOG BOARD
34	Chauhan sheetal Hasmukhbhai	9924182653	No
35	CHAVDA GAUTAM RAMESHBHAI	9924358848	GSYB
36	CHAVDA HEENA MULCHANDBHAI	9726814600	GSYB COACH & SSSU FACULTY
37	CHAVDA MANSUKH PREM JIBHAI	9924307744	GSYB
38	Chetna Bhavin Bhatt	9925002743	Uttarakhand open University
39	Chintangiri jaysukhgiri gauswami	8780672570	Self-practice
40	Dashrath Rameshbhai Parmar	9824098206	YCB-INO
41	DEVANSHREE VISHALKUMAR PARMAR	9033643781	Gujarat state yog board
42	DEVENDRA THACKER	9879109803	Gsyb
43	DHARA PAREKH	9913991147	GSYB

Sr	Candidate Name	Contact No.	Organization
44	DHARMESH NAKUM	9054262773	INO
45	Dhrutiben Vyas	9428570769	Mudita
46	Dhvani Ketanbhai Dave	8733962784	GTU
47	Dinesh bhai Patel	9974789345	GSYB
48	Dipali Jigar Chauhan	8128103939	Rajkot
49	Dipali Talsania	9824385839	Patanjali
50	Dipika Pinakin Patel	9429225625	Z. F. Vadiya college , Surat
51	Divya purvesh rupareliya	9099065844	somnath university
52	Doshi Bharti Praful	7984122926	Ahmedabad
53	Dr Amitji ashtang yogi	9825412105	Satyam yoga Health care
54	Dr Ashwin Raval	9428624718	Gujarat State Yog Board
55	Dr BHAUTIK K PANSERIYA	9724533845	PANCHANG INSTITUTE BARODA
56	Dr chandrika indrodiya	9904438120	INO
57	Dr Hitesh Parmar	9426813640	INO
58	Dr Kruti Parmar	9428990459	INO
59	Dr Poonam Rathod	9033733361	Ghogha circle akhado
60	Dr Rekha Arora	9891337758	SRG/INO/RHF
61	DR RONAKKUMAR RAJUBHAI PARMAR	9904389163	Children's Research University, Gandhinagar
62	Dr Sai saurabh Vyavahare	9537179096	Solace Yoga Therapy And Rehabilitation Center
63	Dr. Ashok Sharma	9427053211	Maharaja Uni, Jaipur
64	Dr. Bilkis H Kajleewala	9898300378	BABJI NATURE CURE CLINIC
65	Dr. Chhotubhai Patel	9879411410	INO
66	Dr. Dipali Jayesh Shah	9920983083	Deepam Naturopathy
67	Dr. Hiral B Joshi	9106887223	Darshan University
68	Dr. Kamleshkumar R. Bharad	9427231513	BRS college, Dumyani
69	Dr. Mahesh K. Chavda	9601300480	Maha Shakti Health Center
70	Dr. Neerja shukla	9825100766	Lakulish yoga university
71	Dr. Parul Nirajkumar Patel	9428454604	ARHAM YOG CENTER
72	Dr. Pradyumansinh U Jadeja	9879461848	Darshan University
73	Dr. Priya Chandulal Vithalani	8460357193	Darshan University
74	DR. PRIYA GHOSH	7222609281	INO member
75	Dr. Priyanka Ghosh	8866455269	Dr. Priyanka Inst. for Natu. & Yoga sciences
76	Dr. Raghav Shivilal Pujara	9904469944	Ananya Naturopathy
77	Dr. Rhuta J Mehta	9428701164	Darshan University
78	Dr. Sharon V Mohtra	7573080196	Darshan University
79	Dr. Smita Vijay Patil	9869419067	Deepam Naturopathy
80	Dr. Sonali Dilip Marathe	9913351343	Mahatma Gandhi University, New Delhi
81	Dr. Sonali Malviya	9974281903	Yog Vidhya Dham, Nashik
82	Dr. Sonali P. Ladhi Selote	8160885447	Aarohant Ayurvedic College Gandhinagar
83	Dr. Ujval J Solanki	9924100758	Darshan University
84	Dr. Viram Agrawal	9322268065	Vision yoga
85	Dr. Yogesh D Teraiya	9913739332	Darshan University
86	Dr.Budh Narayan Upadhyay	9125662566	INO
87	Dr.darshna Bhatt	9727837250	INO/nd nechropeth principal in bhavnagar.
88	Dr.Gaurang vyas	9426385864	Darshan University

Sr	Candidate Name	Contact No.	Organization
89	Dr.jankhna D.Bhatti	9879167787	Individual
90	Dr.Mahesh Kalubhai solanki	8401067372	Darshan University Rajkot
91	Dr.Nikunjikumar manibharthi Goswami	9974739035	Self-practice
92	Dr.Priyanka Chauhan	7046339864	Sola Bhagvad Vidhyapeeth, Ahmedabad
93	Dr.Reshma Nilesh Suryavanshi	9327226339	Heritage foundation
94	DrPalak Trivedi	8980118960	Sole proprietor
95	DUDHAREJEEYA AJAY ASHOKBHAI	9512848008	GSYB
96	Dushyant Modi	7878146802	INO
97	Ekta Chandulal Vithalani	9408886300	ITRA, Jamnagar
98	Forum Shaileshkumar Bhagiya	9374160583	INO
99	Gajera Anita Rajnikant	9727042444	Darshan University
100	Gajera Khushi	9081055027	Mudita
101	Gauriben Shrimali	9998009117	Gsyb
102	Ghodasara snehal dhirajlal	9714084403	Darshan university
103	Gitaben Mahendrakumar Parmar	9925285499	Gujarat State Yog Board
104	Gohel Gayatriben Gaurangbhai	9228126939	Yog trainer
105	Goswami JIGNA KISHOR VAN	9016733067	Gsyb
106	GOVINDBHAI KARSHANBHAI BHANUSHALI	9724650899	Gujarat state yog Board
107	HADIYAL BHAVESH KANTILAL	8320962351	GSYB
108	HADIYAL DIVYABEN BHAVESHBHAI	8320962351	GSYB
109	Hardi Gautambhai Oza	9974248331	Food
110	Hardi Vora	8460151259	Darshan University
111	Hardik Shah	9879608018	GSYB
112	HARESH KHASIYA	8401863321	GSYB
113	Harsha Ruparelia	9624788558	Mudita
114	HARSHIDA LUNAGARIYA	8849672450	GSYB
115	Hasmukh sundarjibhai chavda	9825057109	Gsyb
116	Hetal Sanjaybhai Dalsaniya	9428467425	GSYB
117	Hetal ben Thacker	9879763860	GSYB
118	Hetal Khetani	9327186189	Student
119	HETAI LAXMIDAS KOTECHA	6358863289	Darshan uni
120	HETAL THUMAR	9265463461	INO
121	Hetalben valladhadas kanjia	9998010524	Darshan university
122	Hinaben Bhupendrabhai Soni	9725302399	Swarnim Gujarat Sports University
123	Hiral Joshi	9558813883	INO
124	HIRAL THAKKAR	9173232838	GSYB
125	Hiren Upadhyaya	7600012157	Gujarat yog board
126	Imtiyaz mansoori	9727771800	INO
127	Iva	8511990994	INO member Kutch district
128	Jagruti Babaria	7567197217	Darshan university
129	Jalpa Navnitbhai Kakkad	9925258569	GSYB
130	JANI FORAM KISHOR BHAI	8320560379	SAURASTRA UNIVERSITY
131	Janvi mansoori	9586746770	INO
132	Jasmin Panchasara	9426450428	Darshan University
133	Jayantilal poriya	9924761464	Other

Sr	Candidate Name	Contact No.	Organization
134	Jigishaben Damjibhai Khambhayata	9409041690	Gujarat State Yog Board
135	Jignaben yogeshbhai Dave	9016164803	Gsyb
136	JIGNESH PRAJAPATI	6356961317	GSYB
137	JIMEET RAJESH RAJANI	9276306334	GSYB
138	JITENDRA PANCHAL	9825009284	INO member
139	Jyoti Manish bhatt	9825198501	Gujarat state yog board
140	Jyoti Parekh	9328100310	Aum Wellness Centre
141	JYOTI PARMAR	9737416466	GSYB
142	JYOTSANA PATEL	9624703031	GSYB
143	Kacha Hiteshbhai	9824281982	GSYB
144	Kacha Rashmiben	9727835880	GSYB
145	KAILA FALGUNI	7043505202	Health Options yoga & naturotherapy centre
146	Kamal Parekh	9725020113	Aum Wellness Centre
147	Kamlesh Sitaram Prajapati	7802861112	INO
148	Kanchan Dipak Bhujbal	9922215974	Mudita Yoga
149	Kanchan Mukeshbhai Nariya	8980093155	Gujarat State Yoga Board
150	Kantilal Maheshwari	9374449516	INO
151	KANZARIYA DILIPBHAI PRABHUBHAI	9979010755	Gsyb
152	Karan Gupta	9999023425	Life NGO
153	KARAN PARESHBHAI SAGAPARIYA	9558601206	Darshan university
154	KARATELA PALLAVI LAXMIKANT	9428080259	DARSHAN UNIVERSITY
155	KARTIK B GEDIYA	9725913688	Darshan University
156	Kavita Devani	9408526168	INO
157	Kazi sahista rafikbhai	7878941797	Bhavnagar university
158	Kesava Rao Guttula	9724048328	INO&GSYB
159	Ketan Ramanuj	9016501239	L.J. Institute of Engineering and Technology
160	Khushboo Garach	9924012221	Darshan University
161	Kiran Singh	7004085370	Self
162	Kirti italiya	9825100006	MARKET FOR HOME
163	Kishor Arvind bhai Kothve	9723427734	GSYB & INO
164	Kishorkumar jani	9913045120	No
165	komal solanki	9173738221	GSYB
166	Kunal Devendra Gurav	9766134921	Global Institute of Ayurved, Rajkot
167	KUSUMBEN SHAILESHKUMAR SOJITRA	9662502872	Darshan University
168	LAKKAD NIKITA MANSUKHBHAI	8238629021	Darshan University
169	LALITHA SHEKHAR BARRY	7698061530	GSYB
170	Madhav suryavanshi	7878146802	INO
171	Madhavi Amit Malaviya	7778955996	DARSHAN UNIVERSITY
172	Mahesh Jadhav	9892292800	ITRA, Jamnagar
173	Maheshbhai Babubhai Sojitra	7777955376	Babasaheb AmbedkarOpen University
174	Maheshwari Anjana Magan	9428220122	Gujarat Rajya Yog Board
175	Makwana Meghna Dineshbhai	9106960989	Darshan university
176	Mamina Swain	7777977558	GSYB
177	Manali Uday Radadiya	9033137567	Lakulish Yoga University
178	Manju Punhani	8087580038	GSYB

Sr	Candidate Name	Contact No.	Organization
179	Mansi Chaitanya Adesara	8849738926	Vishwesh institute Rajkot
180	Mansi Shaileshbhai Visapara	9104197020	Darshan university
181	MEGHANI KAJAL MALABHAI	7623847347	SAURASTRA UNIVERSITY
182	Mevada Nileshbhai Somnath	9898698781	G.L. Patel High school,Unjha
183	Mital Rathod	9978917457	Sanskrit university
184	MITANG PARIKH	9825934208	UNIVERSAL INSTITUTE
185	Momin Ayubhbhai Abdulbhai	8160981582	GSEB
186	Monika sompura Monika upen sompura	9737916900	G.S.Y.B
187	Mr. Akash N Siddhpura	9429794513	Darshan University
188	Mr. Anil D Kansagara	9687522202	Darshan University
189	Mr. Ankur N Tank	9712804466	Darshan University
190	Mr. Ashok G Badresiya	9913131691	Darshan University
191	Mr. Bhargav A Kuriya	9979887862	Darshan University
192	Mr. Bhushan D Joshi	8485979997	Darshan University
193	Mr. Chetan G Solanki	9924955953	Darshan University
194	Mr. Chintan N Kanani	9978918186	Darshan University
195	Mr. Chintan S Raichura	9724703766	Darshan University
196	Mr. Chirag K. Sakhrani	8401191184	Darshan University
197	Mr. Deepraj K Patadia	7990475865	Darshan University
198	Mr. Dharmik K. Vegad	9925877291	Darshan University
199	Mr. Dharmik P Vasiyani	9924664064	Darshan University
200	Mr. Dhyey Bhrugulbhai Mehta	7433814024	Darshan University
201	Mr. Dipak K Jivani	9409530079	Darshan University
202	Mr. Dipamkumar M. Raval	9945801632	Darshan University
203	Mr. Divyesh R Dudhatra	8758136572	Darshan University
204	Mr. Firoz A Sherasiya	9879879861	Darshan University
205	Mr. Gavande Sanjay Devidas	9924465640	Natural Health Academic
206	Mr. Hardik H Kava	9724030056	Darshan University
207	Mr. Harnish H Pandya	9033151523	Darshan University
208	Mr. Javed S Nathani	9106634874	Darshan University
209	Mr. Jayesh D Vagadiya	9537133260	Darshan University
210	Mr. Jinesh G Tank	7567252009	Darshan University
211	Mr. Kartikraj M Dhamsaniya	9724142400	Darshan University
212	Mr. Ketan R Abhani	9512006361	Darshan University
213	Mr. Krunal D Vyas	9601901005	Darshan University
214	Mr. Madhuresh R Fichadiya	8866961282	Darshan University
215	Mr. Maulik D Trivedi	9998265805	Darshan University
216	Mr. Mayur S Padia	9925515118	Darshan University
217	Mr. Mehul D Bhundiya	9428231065	Darshan University
218	Mr. Mukeshkumar V Vekariya	9998986259	Darshan University
219	Mr. Nilesh Rasikbhai Vala	9099077696	Gujarat State Yog Board
220	Mr. Nishant J Khiraiya	9624726099	Darshan University
221	Mr. Paresh U Bhuva	9879254198	Darshan University
222	Mr. Prashant P Kachhela	9106232023	Darshan University
223	Mr. Pratik T Patel	9712260060	Darshan University

Sr	Candidate Name	Contact No.	Organization
224	Mr. Rajkumar B Gondaliya	9723232741	Darshan University
225	Mr. RAVI ANIL KANABAR	9979655854	Darshan University
226	Mr. Sagarkumar C Joshi	8980023577	Darshan University
227	Mr. Sagarkumar S Kanjiya	9408040240	Darshan University
228	Mr. Umeshkumar H Thoriya	9714233355	Darshan University
229	Mr. Vaseem J Ghada	9879531513	Darshan University
230	Mr. Viral J Raval	9033345365	Darshan University
231	Mr. Vishal J Kansagara	8200601076	Darshan University
232	Mr. Vishal K Makwana	8671010867	Darshan University
233	Mr.Pankaj Kumar Devilal Sharma	9974363734	GSYB,INO
234	Mrs Ameer Kanaiyalal Bhatt	9825866299	Darshan Institute of Humanities
235	Mrs Bhranti Minesh Mer	9426982155	no
236	Mrs. Dolly A Bharvada	7984056731	Darshan University
237	Mrs. Pampa Ashish Barua	9819724101	Surya Foundation
238	Mrs.Vibhuti Nilesh Khudai	9099925085	Darshan university
239	Ms Nilam Rajesh Bhai Kagda	9913101190	Gujarat state yog board
240	Ms RUPAL SURYAKANT TRIVEDI	999885322	Darshan University
241	Ms. Aishwarya D Ghaghada	9537813729	Darshan University
242	Ms. Bindiya R Chauhan	6353264633	Darshan University
243	Ms. Devangi L Kotak	9228208138	Darshan University
244	Ms. Dhara D Bhut	9624109205	Darshan University
245	Ms. Dixita B Kagathara	9428081085	Darshan University
246	Ms. Kinjal R Thaker	9408330047	Darshan University
247	Ms. Krishna Thakkar	8000707749	Darshan University
248	Ms. Riddhi P. Adthakkar	8141909388	Darshan University
249	Ms. Rutu V Padhiyar	8758526745	Darshan University
250	Ms. Swati R Sharma	9428229920	Darshan University
251	Ms.Anuradha Ajay Ingale	9011314472	DARSHAN UNIVERSITY
252	NAKUM RAJENDRA DANABHAI	9687532501	GSYB
253	Nanjibhai	9898061678	Gujarat krushi University anand
254	Naresh kamal	9896053492	महाराजा अग्रसेन नेचुरोपैथी हॉस्पिटल
255	Natvargiri revagiri goswami	9974696757	Shiv natural acupuncture and ayurvedic
256	NAVANIT BHIKHABHAI SHELADIA	9428142721	Gujarat State Yog Board
257	NAVINBHAI CHHAGANLAL SINGEL	8200829422	Honey Vision
258	Nayan Gunvantray Mehta	9428066036	Yog Niketan
259	Neelam S. Thakur	8320233317	Shree Somnath Sanskrit University
260	NEEMA PATEL	9428037300	Darshan university
261	Neha Mandaliya	9924507844	Lakulish Yoga University
262	NEHA VISHAL BHEDA	9427314935	INO
263	Nehal Natvarlal Mistry	9662033852	Darshan university
264	NILESHKUMAR N PATEL	9824418042	Shivalik Paper and Packaging Surat
265	Nirali Vidhani	873508369	GSYB
266	NISHA HARILAL GOR	9924933863	No
267	Nitaben Rajnikant Chauhan	9998249730	Darshan university
268	Nitin Devjibhai Parmar	9925509945	Shree somnath Sanskrut university

Sr	Candidate Name	Contact No.	Organization
269	Nitin Parmar	09925509945	Manu Bhai M Patel Yogik science college
270	Odedara Valiben Bhikhabhai	8980749991	Darshan university
271	Palak Pravinbhai Babaria	8200079046	ITRA Jamnagar
272	PALLAVI BARAI	9428987372	GSYB
273	Pallavi Shaileshbhai Bhanderi	9904325353	Atharva institute of Naturopathy and Yoga
274	PANDA SUMITRA	7978141160	GUJARAT STATE YOG BOARD
275	Pankaj Sinha	9326653031	I2we Yoga
276	Parikta Vipulbhai Patel	8128382624	Somnath University
277	PARMAR ASHOKKUMAR J	8306056547	MDINYS, VADODARA
278	Parmar Jigna Hiteshbhai	9428227549	Somnath University
279	Parmar Premilaben Dineshbhai	8732986882	GSYB
280	PARMAR RUSHITA DINESHBHAI	6356066019	Darshan university
281	Parul Ghiya	9978501349	GSYB
282	PATEL NAMRATA GOVINDBHAI	8849555423	Gujarat University
283	Patel pooja Naginbhai	7574911320	Privet
284	PATEL PUNAMBEN UMESHBHAI	9328126197	GSYB
285	Patel Rajeshkumar Somabhai	9173602208	Yogahar Expert, Lakulish Yog University
286	Payal Rajeshkumar Madhu	9427901326	Gujarat yog board
287	Pooja Shantilala Dave	7383585879	Pooja clinic
288	Poonam Manan trivedi	9714350906	Individual
289	PRABHABEN BHANUSHALI	9913243876	Gsyb
290	Pradipbhai motibhai parmar	9638217002	No
291	Pradyuman Raha	8200145055	Gujarat State Yog Board
292	Prajapati Rahul Kumar Malubhai	9773425664	GLS Univercity
293	Prakashkumar	7820001511	INO
294	Pravina Bhavsar	7383485616	Kutch University
295	Priti Rajiv Parekh	9426148541	Sahaj prakrutik chikitsa
296	PUSHPA VADGHASIA	8553318585	INO
297	Rachna V Kharabanda	9850500592	IMANAH, IHU
298	Radhika Dipeshbhai Rajdev	7861046810	Somnath sanskrut trust
299	Radhika K Vithalani	8238199199	Shyamji Krishna verma University of kutch
300	Rajal Rajesh Parekh	9925016978	S.Y.T.A.
301	Rajeev Kumar Mishra	9426986591	Project 'Life' - Life Health & Wellness Centre
302	Rajesh Purshottambhai Patel	9427271144	Outsiders
303	Rajesh Rajani	8866436631	GSYB
304	Rajiv K Parekh	9824555631	Sahaj prakrutik chikitsa
305	Raju Parekh	9726374751	Ino
306	Rama Vats	9427716556	Samatvam Yogshala
307	Ranjita Patel	9265940764	INO
308	Rashmi Kumari	9428588572	Darshan University
309	RATHOD AARTIBA JAYPALSINH	8485921717	Darshan university
310	RATHOD NILAM SAMANTSHINH	9825709990	Darshan university
311	RAVINDRA CHHOTALAL SURANI	9898361165	OMKAR AROGYALAYA
312	Rekha dobaria	9428829152	Yog board
313	Renu J. Dahiya	9712733193	Darshan University

Sr	Candidate Name	Contact No.	Organization
314	RIDDHI SOLANKI	8511754901	Darshan university
315	Rita Kanabar	9409271188	Love Yourself Fitness Center
316	RITU J CHAVDA	7984376874	Adwaityogshala
317	Riya Dodiya	7874209990	Darshan University
318	Rupa j. Gohel	9664829336	No
319	Rupaben Nanjibhai oza	9898061678	Gujarat board
320	Rupal D.Chhag	8460010160	Darshan University,GSYB
321	RUPAL PANDYA	9426184606	GSYB
322	RUPAPARA DHRUVI VIPULBHAI	9724672169	Nil
323	Sabhaya Ghanshyam	9978823371	Kuchha uni.
324	Sachiv Chhaya	6353256810	GSYB
325	Samir Desai	9429260551	Navyug Shishu Niketan
326	Sanjay upadhyay	9824021171	Gujarat university
327	Sarjerao Shivaji Kativale	8888875486	Mudita Yoga
328	Seema Najwani	9429882936	GSYB
329	Seema Thacker	8780488603	GSYB
330	Sejal Amrutlal Darji	9723418956	Sammattva Yogshala
331	Sejal Tejas Kotak	9429168713	None
332	Sevika Ladkani	9913583222	NA
333	Shitij Mathur	6268497950	Minitoss Medicine
334	SHIV PRATAP OJHA	9825129890	GUJARAT STATE YOG BOARD
335	Shivani Kotak	9510648099	Manavbaug healthcare
336	Shrimati Kadambari Bhaishailendra Mane	7721071199	Mudita
337	SHRISTI DAHIYA	9427545419	Mudita
338	SHURTI VADAVIYA	8488841048	Mudita
339	SIDDHARAJ SINH RANJITSINGH RATHOD	7359492092	St. Xavier's college Ahmedabad
340	Smita Raval	9440582170	GSYB
341	Smt. Dakshaben K. Bharad	9427231513	Self
342	SOLANKI MINABEN VIJAYBHAI	9909910777	GUJARAT STATE YOG BOARD
343	SONAL BAGDA	7984400309	Mudita
344	Sonal Dixit	9725046995	Gandhi National Academic of Naturopathy
345	SONAL MANISH SANGHANI	9429314927	DARSHAN UNIVERSITY
346	SONAL PARMAR	7984050042	Mudita
347	Sunil Bhikhubhai Solanki	9428615091	Sanjeevani Ayurved & Natur Care
348	SURESHKUMAR MANGILAL CHAUHAN	9427136518	GUJARAT STATE YOG BOARD
349	SUSHMA DAVE	9638937257	GSYB
350	SWASTIK GOSWAMI	7862972239	GSYB
351	Swati Bhanuprasad Pandya	9427282141	Darshan University
352	Swati Jitendra Jain	9824172864	Mohanlal Sukhadiya Uni, Rajsthan
353	Sweety Bhagwat Prasad Bhatt	9913188503	Darshan uni
354	Tapan Pravinchandra Pandya	9879841048	Mission Swasthyam
355	TEJAL KISHANBHAI SIJU	9978867059	Housewife
356	Thakar Jagruti	6355250558	Mudita Yoga institute
357	Todarmal Pooja Ashokbhai	8320533122	GSYB
358	Trupti Kotak Raja	09067902924	Manavbaug healthcare

Sr	Candidate Name	Contact No.	Organization
359	Trupti Rameshbhai Trada	9426845646	Darshan University
360	TRUSHA DESAI	9427545419	INO
361	Tulshi Shiyani	9426607231	Shiyani Research Institute
362	Urmisha Bharatkumar Panjari	9909376061	GSYB
363	Urvashi Jani	7016549851	Workshop
364	Ushma Dhruv	9427457456	Mudita yog
365	Utkarsha Vijay Singh Arya	6355110755	Dhyanam Shiksha
366	Vaghela priti janakbhai	6355285813	Darshan institute of humanity
367	Vaidehiba Zala	9099713195	Not applicable
368	VAISHALI BAVALIYA	9664778026	Project life
369	Vaishali G Pandit	6352993188	Somnath Sanskrut University
370	Vaishali Walimbe	944220015640	Mudita
371	Vandana Rajani	9276306334	GSYB
372	Varsha Bipinchandra Vithlani	9824550580	Darshan University
373	Varsha s shukla	9328786218	Tatva
374	Varshaben N Kansodiya	7698513827	Somnath university
375	Vd. Akshay Gopal Prajapat	9049431579	ITRA Jamnagar
376	Vd. Bhavisha Devenbhai Chaudhari	7069881188	ITRA
377	Vd. Mugdha Gore	9405904366	ITRA, Jamnagar, Gujarat
378	Vd. Ragini Rajkumar Rajmane	8805256501	ITRA, Jamnagar, Gujarat
379	Veeramma Guttula	8160217732	GSYB
380	VELMANIRAJAN K	9080918101	Brahmalaya Research Center- Maharishi Athmagnani Santhamani Trust
381	VIBHABEN VINOD DUBEY	7043180974	GUJARAT YOG BOARD
382	Vidhi Rameshbhai Patel	757290610	Lakulish Yoga University
383	Vidhya Sudhakar Patil	7016203137	Darshan University
384	Vidushi Sinha	9373365247	i2weyoga
385	Vijay Karmur	7016174887	Minitoss Medicine
386	Vijaybhai sheth	8160760215	INO. GSYB
387	VINESH GADHAVI	9824340998	GSYB
388	VINESH JAIN	94608801220	Mudita
389	Vinod Badatya	9725964560	INO
390	Vinodbhai Thacker	9913803668	Uttarakhand Uni.
391	Vinodkumar Shrimali	9998009117	Mudita
392	VIPUL LUNAGARIYA	9725922273	GSYB
393	VIPUL SOLANKI	9714697661	INO
394	Virendra maruti Bhandare	8169194273	Vishwanand Yog foundation Trust
395	Vishakha Hasmukhbhai Shilu	9879983569	Saurashtra University
396	VISHAL BHEDA	9925560460	INO
397	VISHAL GOHEL	8140870757	GSYB
398	Vyas Bhikhu Ben ramniklal	7383198189	INO member Kutch district
399	Yash P Parmar	9537070527	GSYB yog tranor
400	YOGENDRANATH JOHRI	9428007531	RETIRED
401	YOGESH JANSARI	9998068806	INO
402	ZALAKBEN VINODKUMAR PATEL	7202883063	DARSHAN UNIVERSITY

Conference Publications

Book Title	ISBN	Product Form	Name of Author/Editor
Abridged Proceedings of the National Conference on Yoga Nisargopachar Sambhasha 2024	978-81-983826-7-2	Paperback	Editor :Mr. Jasmin Panchasara, Co-Editor :Mrs. Anita Gajera, Mrs. Rupal Chhag
Abridged Proceedings of the National Conference on Yoga Nisargopachar Sambhasha 2024	978-81-983826-3-4	Digital Download and Online	Editor :Mr. Jasmin Panchasara, Co-Editor :Mrs. Anita Gajera, Mrs. Rupal Chhag
Poster Proceedings of the National Conference on Yoga Nisargopachar Sambhasha 2024	978-81-971066-8-2	Paperback	Editor :Ms. Anuradha Ingale, Co-Editor :Mrs. Sonal Sanghani
Poster Proceedings of the National Conference on Yoga Nisargopachar Sambhasha 2024	978-81-971066-5-1	Digital Download and Online	Editor :Ms. Anuradha Ingale, Co-Editor :Mrs. Sonal Sanghani
Proceedings of the National Conference on Yoga Nisargopachar Sambhasha 2024	978-81-971066-7-5	Paperback	Editor :Dr. Gaurang J. Vyas, Co-Editor :Ms. Charmy Madhvani, Mrs. Ameer Bhatt
Proceedings of the National Conference on Yoga Nisargopachar Sambhasha 2024	978-81-971066-6-8	Digital Download and Online	Editor :Dr. Gaurang J. Vyas, Co-Editor :Ms. Charmy Madhvani, Mrs. Ameer Bhatt

Important Links

Conference Website	https://conference.darshan.ac.in/Conference/YNS24
Conference Registration	https://conference.darshan.ac.in/Conference/YNS24/Registration
Conference Facebook Page	https://www.facebook.com/share/1DxRJ8W2mF/
Abridged Proceedings of the National Conference	https://tinyurl.com/y9fxke46
Proceedings of National Conference	https://tinyurl.com/4jy38bfa
Poster Proceedings of the National Conference	https://tinyurl.com/yckxta8a
Conference Inaugural Session	https://www.youtube.com/live/ymU_qHCLz74
Expert Sessions Day 1 Sessions Day 2 Sessions	https://www.youtube.com/watch?v=Zt_S3KW0lxg https://www.youtube.com/watch?v=LLgJdv65a-E https://www.youtube.com/watch?v=VH0uhg1yrD4 https://www.youtube.com/watch?v=XLNeoWCvVQM
Valedictory Session	https://www.youtube.com/watch?v=PKGqISNsdeE
Event Photos	https://photos.app.goo.gl/MrQMXTgM3yiPcRA78
Organizers	https://darshan.ac.in/ https://www.inosurya.com/
Knowledge Partners	https://www.yogamdny.nic.in/ https://www.ninpune.ayush.gov.in/ https://sssu.ac.in/ https://lyu.ac.in/
Affiliate Partner	https://gsyb.in/

Publications

Abridge Proceedings of 2nd National Conference



Abridged Proceedings of the National Conference on

YOGA NISARGOPCHAR SAMBHASHA 2024

Organized by
Darshan University & International Naturopathy Organisation



Editors
Mr. J. V. Panchasara

Co-editors
Mrs. A. R. Gajera
Mrs. R. D. Chhag

“YOGA NISARGOPACHAR SAMBHASHA-2024”

Abride Proceedings of 2nd National Conference (2024)

EDITOR:

Mr. Jasmin Panchasara
Asst. Professor
Darshan Inst. of Humanites
Rajkot.

CO-EDITORS:

Mrs. Anita Gajera
Asst. Professor
Darshan Inst. of Humanites
Rajkot.

Mrs. Rupal Chhag
Asst. Professor
Darshan Inst. of Humanites
Rajkot.

Published by:

The Registrar
Darshan University
Rajkot-Morbi Highway
Hadala, Rajkot, Gujarat-(India) Pincode-363650.

Date of Release: 21st December 2024

P- ISBN : 978-81-983826-7-2

E- ISBN : 978-81-983826-3-4

All rights reserved. No part of this publication may be reproduced, transmitted, or stored in a retrieval system, in any form or by any means, without permission in writing from the publisher.

ISBN issued by: Raja Rammohun Roy ISBN Agency, Department of Higher Education, Ministry of Human Resource Development , New Delhi, India

Book Organized and Compiled by: **Dr. Nimesh K. Jotangia, Librarian, Darshan University.**
Graphics Designer: **Mr. Chandresh Gosai, Darshan University.**

Content

Compilation of abridged papers presented on the day of **Yoga Conference** as a part of National Conference (**YOGA NISARGOPACHAR SAMBHASHA-2024**) organized by Darshan University on

21st & 22nd December 2024 at Darshan University Campus, Rajkot, Gujarat (India)

Note: This book cannot be sold for commercial purpose without permission of Registrar, Darshan University.

Printing

Silicon Computer

Copyright © Darshan University



Proceedings
of the National Conference on
**YOGA NISARGOPACHAR
SAMBHASHA 2024**

Organized by
Darshan University
and
International Naturopathy Organisation



Editors
Dr. Gaurang J. Vyas

Co-editors
Ms. Charmy Madhvani
Mrs. Ameer Bhatt

“YOGA NISARGOPACHARA SAMBHASHA–2024”

Proceedings of the National Conference on Yoga Nisargopachar Sambhasha 2024

EDITORS:

Dr. Gaurang J. Vyas
Dean, Darshan Institute of Humanities

CO-EDITORS:

Ms. Charmy Madhvani
Assistant Professor
Darshan Institute of Humanities

Mrs. Ameer Bhatt
Assistant Professor
Darshan Institute of Humanities

Published by:
The Registrar,
Darshan University
Rajkot-Morbi Highway
Hadala, Rajkot, Gujarat-(India) Pincode–363650.

Date of Release: 21st December 2024

E-ISBN: 978-81-971066-6-8

P-ISBN: 978-81-971066-7-5

All rights reserved. No part of this publication may be reproduced, transmitted, or stored in a retrieval system, in any form or by any means, without permission in writing from the publisher.

ISBN issued by: Raja Rammohun Roy ISBN Agency, Department of Higher Education, Ministry of Human Resource Development, New Delhi, India

Book Organized and Compiled by: **Dr. Nimesh K. Jotangia, Librarian, Darshan University.**
Graphics Designer: **Mr. Chandresh Gosai, Darshan University.**

Content:

Compilation of Proceedings presented on the day of **Yoga & Nisargopachar Conference** as a part of National Conference (**YOGA NISARGOPACHAR SAMBHASHA–2024**) organized by Darshan University and International Naturopathy Organisation on **21st & 22nd December 2024** at Darshan University Campus, Rajkot, Gujarat (India)

Note: This book cannot be sold for commercial purpose without permission of Registrar, Darshan University.

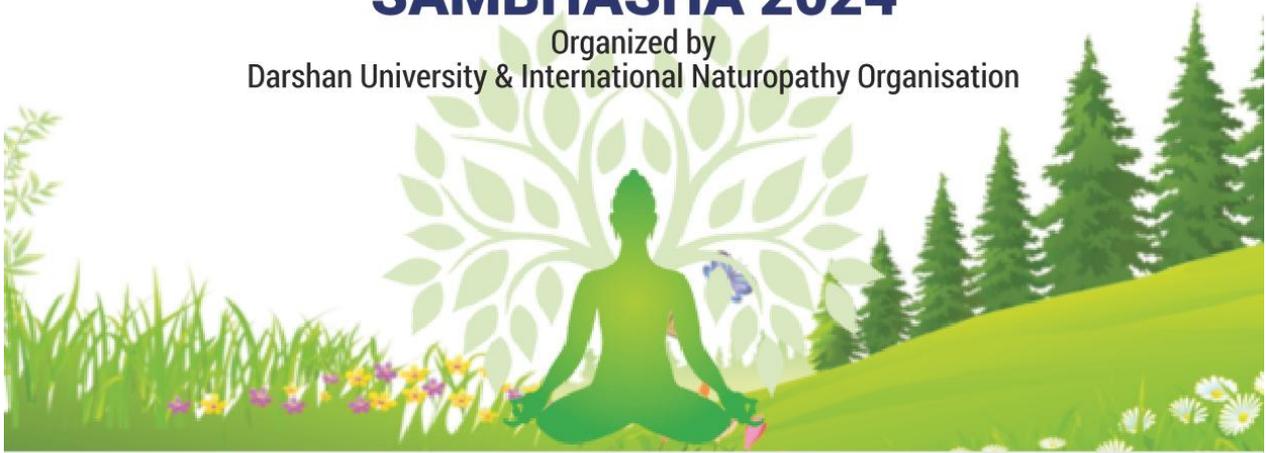
Copyright © Darshan University



Poster Proceedings
of the National Conference on

YOGA NISARGOPACHAR SAMBHASHA 2024

Organized by
Darshan University & International Naturopathy Organisation



Editor: Ms. Anuradha Ingale | Co-Editor: Mrs. Sonal Sanghani

“YOGA NISARGOPACHARA SAMBHASHA–2024”

Poster Proceedings of 2nd National Conference (2024)

Editor:

Ms. Anuradha Ingale

Asst. Professor, Darshan Inst. of Humanities, Rajkot.

Co-Editor:

Mrs. Sonal Sanghani

Asst. Professor, Darshan Inst. of Humanities, Rajkot.

Published by:

The Registrar, Darshan University, Rajkot-Morbi Highway Hadala, Rajkot, Gujarat-(India) Pincode–363650.

Edition: 1st | Date of Release: 21st December 2024 | ISBN: 978-81-971066-8-2

All rights reserved. No part of this publication may be reproduced, transmitted, or stored in a retrieval system, in any form or by any means, without permission in writing from the publisher.

ISBN issued by: Raja Rammohun Roy ISBN Agency, Department of Higher Education,
Ministry of Human Resource Development, New Delhi, India

Book Organized and Compiled by: **Dr. Nimesh K. Jotangia**, Librarian, Darshan University.
Graphics Designer: **Mr. Chandresh Gosai**, Darshan University.

Content:

Compilation of abridged papers presented on the day of Yoga Conference as a part of National Conference (**YOGA NISARGOPACHARA SAMBHASHA–2024**) organized by Darshan University on 21st & 22nd December 2024 at Darshan University Campus, Rajkot, Gujarat (India)

Note: This book cannot be sold for commercial purpose without permission of Registrar, Darshan University.

Copyright © Darshan University

Certificates

Certificate for Paper Presentation



Certificate for Poster Presentation



Certificate for Delegates



Certificate for Guest Speakers



Photographs of Event

Registration



Inaugural Session



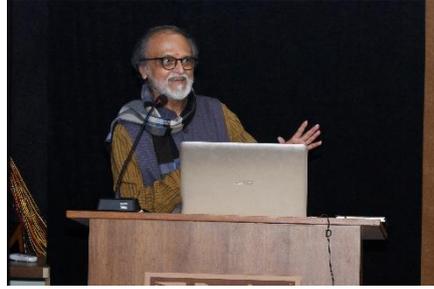
Celebration of First World Meditation Day



Key Note Speeches



Key Note Speeches



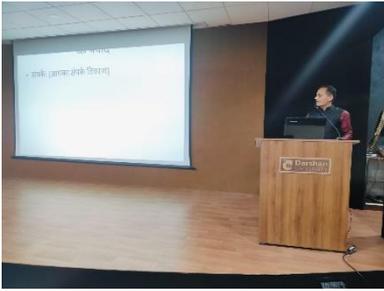
Delegates



Poster Presentation



Paper Presentation



Cultural Events



Valedictory Session

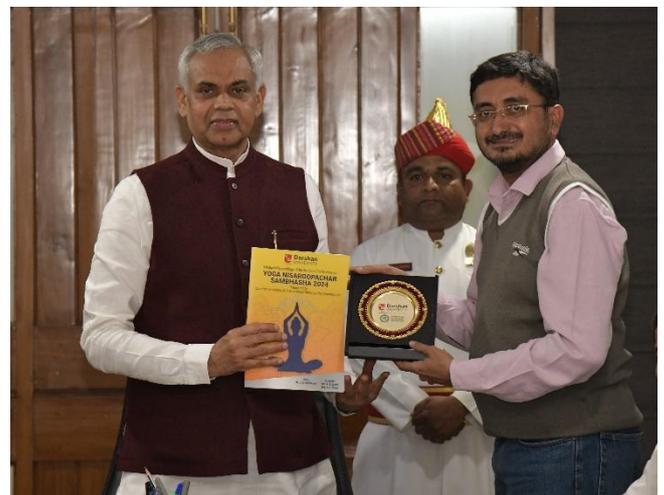


Hon. Acharya Devvratji
Governor of Gujarat State

Unveiling the Research Abstract Book
entitled

**Abridgement Proceedings of National Conference on
YOGA NISARGOPACHAR SAMBHASHA 2024**

published by
Darshan University
Rajkot



Group Photos



Media Clippings

દર્શન યુનિવર્સિટી ખાતે “યોગ નિસર્ગોપચાર સંભાષા-૨૦૨૪” યોજાયો

રાજકોટ : તાજેતરમાં દર્શન યુનિવર્સિટી તથા ઈન્ટરનેશનલ નેચરોપથી સંસ્થા નવી દિલ્હી તેમજ મિનિસ્ટ્રી ઓફ આયુષ્ય, ભારત સરકારના સંયુક્ત ઉપક્રમે દ્વિતીય રાષ્ટ્રીય પરીષદ-“યોગ નિસર્ગોપચાર સંભાષા-૨૦૨૪”



કાર્યક્રમ યોજાયેલ. આ પરીષદમાં નોબેલ પારિતોષિક વિજેતા ડૉ. સી. નાગરાજ, ડૉ. કમલ પારીખ, ડૉ. હિતેશ જાની, ડૉ. જીતેન્દ્ર આર્યા, ડૉ. કાલ્પન પટેલ, ડૉ. વિવેક માહેશ્વરી, ડૉ. હિતેશ વ્યાસ તથા ડૉ. અનંત બિરાદર પોતાના મંતવ્યો રજૂ કર્યા હતા.

આ ઉપરાંત ગુજરાત રાજ્ય યોગ બોર્ડ ગાંધીનગરનો પણ સહયોગ પ્રાપ્ત થયો હતો. આ સંમેલનની સફળતા માટે રાજ્યપાલશ્રી દ્વારા વિશેષ શુભેચ્છા સંદેશ મળેલ હોવાનું એક યાદીમાં જણાવાયું છે.

આ પરીષદમાં રાષ્ટ્રીય સ્તરના ૧૮ થી વધુ વક્તાઓ અને ડાયરેક્ટર આયુષ્ય, ડેપ્યુટી ડાયરેક્ટર આયુષ્ય દ્વારા યોગ અને નિસર્ગોપચારના વિવિધ વિષયો પર વિશેષ માર્ગદર્શન આપ્યું હતું. વિવિધ યુનિ.ના ૪૪ સંશોધન પેપરો, ૪૫ પોસ્ટરો પ્રસ્તુત કરવામાં આવ્યા હતા, પરીષદમાં ૩૫૦થી વધુ પ્રતિનિધીઓએ ભાગ લીધેલ હતો. જેમાં વિદ્યાર્થીઓ, યોગ પ્રોફેશનલ્સ તેમજ નેચરોપેથનો સમાવેશ થયેલ હતો.

મુખ્ય અધિષ્ઠિતરીકે રામકૃષ્ણ આશ્રમમાં ઉપપ્રમુખશ્રી પુજ્ય મેઘજાનંદજી એ તેમના આશિર્વાચનમાં ધ્યાનની મહત્તા સમજાવી તેમજ ધ્યાનનો આત્મસાત પણ કરાવેલ હતો. INO ન્યુ દિલ્હીના નેશનલ પ્રેસિડેન્ટ ડૉ. અનંત બિરાદરજી એ INO ની સહયતા વિશેની જાણકારી આપી હતી. ગુજરાત



રાજ્યના INO નાં પ્રેસિડેન્ટ શ્રી મુકેશભાઈ શાહ દ્વારા આ રાષ્ટ્રીય સંમેલનની આવશ્યકતા અને તેના ઉદ્દેશોની અગત્યતા જણાવી હતી. દર્શન યુનિવર્સિટીના પ્રેસિડેન્ટ ડૉ. આર. જી. ધમસાણીયા તથા પ્રોવોસ્ટ પ્રો. મનિષ સંઘાણી દ્વારા દર્શન યુનિવર્સિટીની ઉપલબ્ધીઓ જણાવી તથા યોગ અને નેચરોપથીનાં વિષયમાં આ સંમેલનની યોગદાન કેટલું રહેલું છે તે વિશે સમજૂતી આપી હતી. ત્યારબાદ ડૉ. ગોરંગ વ્યાસ દ્વારા યોગ અને નેચરોપથીના માધ્યમથી શારીરિક અને માનસિક સ્વાસ્થ્યને સક્ષત બનાવી શકાય છે, તે અંગે માર્ગદર્શન આપવામાં આવ્યું હતું.

આ કોન્ફરન્સમાં એશ્રીજ એબસ્ટ્રેક્ટ પ્રોસીડીંગ્સ તેમજ ફુલ પેપર પ્રોસીડીંગ્સ ISBN/આઈએસબીએન નંબર સાથે રજૂ કરેલ છે. જેનાંથી આ કોન્ફરન્સ શોધ અને જ્ઞાનના વિષયમાં એક મહત્વ પુર્ણ યોગદાન સાબીત થશે.

સમાપન સમારોહમાં બધા જ મુખ્ય અધિષ્ઠિતોનું સન્માન કરવામાં આવ્યું હતું અને દર્શન ઈન્સ્ટીટ્યુટ ઓફ હ્યુમીનીટીસ ના ડિન ડૉ. ગોરંગ વ્યાસ દ્વારા મહેમાનોનો આભાર વ્યક્ત કરાયેલ. (૪૦.૫)

પેરોલ ફરલો સ્કવોડના કુલદીપસિંહ દિલીપસિંહ જાડેજાનો આજે જન્મદિવસ



રાજકોટ તા. ૨૬ : શહેર પોલીસની પેરોલ ફરલો સ્કવોડમાં ફરજ બજાવતાં કોન્સ. કુલદિપસિંહ દિલીપસિંહ જાડેજા (૯૯૦૯૯ ૧ ૬૭૦૯)નો આજે ૪૦મો જન્મદિવસ છે. પોલીસમાં ભરતી થયા બાદ પોરબંદર કમલાબાગ પોલીસ સ્ટેશન સર્વેલન્સ સ્કવોડમાં, એસઓજીમાં અને બાદમાં રાજકોટ ગાંધીગ્રામમાં ડી. સ્ટાફમાં, એ પછી કાઈમ શ્રાંચમાં, બાદમાં તાલુકા પોલીસમાં નોંધપાત્ર ફરજ બજાવી હતી. હાલમાં પેરોલ ફરલોમાં ફરજ બજાવે છે. ઉચ્ચ અધિકારીઓ, મિત્રો, કુટુંબીજનો, વડિલો તરફથી તેમને શુભેચ્છાઓ મળી રહી છે. (૧૪.૫)

મણીયાર જનકલ્યાણ ટ્રસ્ટના મનદુરસ્તી પ્રોજેક્ટનો લાભ લ્યો

રાજકોટ : આજના સમયમાં શારીરિક સ્વાસ્થ્ય સાથે માનસિક સ્વાસ્થ્ય જાળવવું ખૂબ જરૂરી છે. આવારે મનદુરસ્તી પ્રોજેક્ટના અંતર્ગત...

કંપની સમાચાર

ગીરગંગા પરિવાર ટ્રસ્ટ દ્વારા વાજડી ગઢ ખાતે

www.aajkaaldaily.com Dt. 21-12-2024, Saturday 09

દર્શન યુનિ.માં આજથી દ્વિતીય રાષ્ટ્રીય પરિષદ યોગ નિસર્ગોપચાર શરૂ

રાષ્ટ્રીય સ્તરના ૧૮થી વધુ વક્તાઓ આપશે

માર્ગદર્શન: ૩૫૦થી વધુ પ્રતિનિધિઓ રહેશે હાજર

આજકાલ કાર્યાલય
રાજકોટ
દર્શન યુનિવર્સિટી અને ઈન્ટરનેશનલ નેચરોપથી સંસ્થા નવી દિલ્હી તેમજ મિનિસ્ટ્રી ઓફ આયુષ્ય, ભારત સરકારના સંયુક્ત ઉપક્રમે દ્વિતીય રાષ્ટ્રીય પરીષદ - યોગ નિસર્ગોપચાર-૨૦૨૪નું તા. ૨૧ અને ૨૨ ડિસેમ્બર, ૨૦૨૪ના રોજ દર્શન યુનિવર્સિટી ખાતે આયોજન કરાવ્યું છે. જેની ધોમ યોગ અને નિસર્ગોપચારને ભક્તિ તથા સમજ માટે ઉપયોગી છે. આ પરીષદમાં નોબેલ પારિતોષિક વિજેતા ડૉ. સી. નાગરાજ, ડૉ. કમલ પારીખ, ડૉ. હિતેશ જાની, ડૉ. જીતેન્દ્ર આર્યા, ડૉ. કાલ્પન પટેલ, ડૉ. વિવેક માહેશ્વરી, ડૉ. હિતેશ વ્યાસ તથા ડૉ. અનંત બિરાદર પોતાના મંતવ્યો રજૂ કર્યા હતા.

આ ઉપરાંત ગુજરાત રાજ્ય યોગ બોર્ડ ગાંધીનગરનો પણ સહયોગ પ્રાપ્ત થયો છે. આ પરીષદમાં રાષ્ટ્રીય સ્તરના ૧૮થી વધુ વક્તાઓ યોગ અને નિસર્ગોપચારના વિવિધ વિષયો પર ડાયરેક્ટર આયુષ્ય, ડેપ્યુટી ડાયરેક્ટર આયુષ્ય પોતાનું વિશેષ માર્ગદર્શન આપશે. આ પરીષદમાં ફુલ વિવિધ યુનિ. ના કુલ ૪૪ સંશોધન પેપરો, ૪૫ પોસ્ટરો પ્રસ્તુત કરવામાં આવશે, તેમજ પરીષદમાં ૩૫૦થી વધુ પ્રતિનિધીઓએ ભાગ લેનાર છે. જેમાં વિદ્યાર્થીઓ, યોગ પ્રોફેશનલ્સ તેમજ નેચરોપેથનો સમાવેશ થાય છે.

પરીષદના મુખ્ય હેતુઓમાં યોગ અને નિસર્ગોપચારના શાસ્ત્રીય અને આધુનિક માળખાને વેળા, શારીરિક અને માનસિક આરોગ્ય માં તેમનું મહત્વ સમજાવવું અને યુવાનોને અને પ્રોફેશનલ્સને તથા આત્મ્યાસ માટે પ્રોત્સાહિત કરવાનો છે. દર્શન યુનિવર્સિટી ખાતે યોજનાર ઉપસ્થિત દ્વિતીય રાષ્ટ્રીય પરીષદ - યોગ નિસર્ગોપચાર - ૨૦૨૪ માં સહભાગી થયા ન્યુ દિલ્હીનાં નેશનલ પ્રેસિડેન્ટ ડૉ. અનંત બિરાદર તથા દર્શન યુનિવર્સિટીનાં પ્રોવોસ્ટ પ્રો. મનિષ સંઘાણીએ અનુરોધ કર્યો છે.



Create Account તા. ૨૩ ડિસેમ્બર ૨૦૨૪ વિક્રમ સંવત ૨૦૮૧ માગશર વદ - ૮ સોમ

સવારે ચા સાંજે
અહિલા
ન્યૂઝ.કોમ

વધુ જાણો
Skyscraper
ફરીથી ચલાવો

હોમ મુખ્ય સમાચાર રાજકોટ સૌરાષ્ટ્ર-કચ્છ ગુજરાત દેશ-વિદેશ ખેલ-જગત ફિલ્મ જગત વિડિઓ ન્યૂઝ ઇન્સ્ટોલ

સમાચાર રાજકોટ

News of Monday, 23rd December 2024

PDF Email Print

દર્શન યુનિવર્સિટી અને આઇએનઓ દ્વારા નેશનલ કોન્ફરન્સ-યોગ નિસર્ગોપચાર સંભાષા યોજાઇ ગઇ



રાજકોટ: દર્શન યુનિવર્સિટી અને ઇન્ટરનેશનલ નેચરોપથી સંસ્થા- નવી દિલ્હી તેમજ મિનિસ્ટ્રી ઓફ આયુષ, ભારત સરકારના સંયુક્ત ઉપક્રમે દ્વિતીય રાષ્ટ્રીય પરીષદ-“યોગ નિસર્ગોપચાર-૨૦૨૪” તા.૨૧ અને ૨૨ ડિસેમ્બર માટે દર્શન યુનિવર્સિટી મોરબી હાઇવે, મો.૯૭૨૭૭ ૪૭૩૧૦/૧૧ (૨ રાજકોટ) ખાતે આયોજન થયું હતું. જેની થીમ “યોગ અને નિસર્ગોપચાર” એ વ્યક્તિ તથા સમાજ માટે ઉપયોગી છે તે હતી. આ પરિષદમાં નોલેજ પાર્ટનર તરીકે લડ્ડલીશ યોગ યુનિ., નેશનલ ઇન્સ્ટી.ઓફ નેચરોપથી, મોરારજી દેસાઇ નેશનલ ઇન્સ્ટી. ઓફ યોગ અને શ્રી સોમનાથ સંસ્કૃત યુનિ.નો સમાવેશ થાય છે. આ ઉપરાંત રાજ્ય યોગ બોર્ડ ગાંધીનગરનો પણ સહયોગ પ્રાપ્ત થયો હોવાનું દર્શન યુનિ.ના રજીસ્ટ્રારની યાદી જણાવે છે.

આ પરિષદમાં રાષ્ટ્રીય સ્તરના ૧૮ થી વધુ વક્તાઓ યોગ અને નિસર્ગોપચારના વિવિધ વિષયો પર ડાયરેક્ટર આયુષ, ડેપ્યુટી ડાયરેક્ટર આયુષે પોતાનું વિશેષ માર્ગદર્શન આપ્યું હતું. વિવિધ યુનિ.ના કુલ ૪૪ સંશોધન પેપરો, ૪૫ પોસ્ટરો પ્રસ્તુત કરવામાં આવેલ, તેમજ પરિષદમાં ૩૫૦ થી વધુ પ્રતિનિધીઓ, તથા સાથે જ વિદ્યાર્થીઓ, યોગા પ્રોફેશનલ્સ તેમજ નેચરોપેથી ભાગ લીધો હતો.

પરીષદના મુખ્ય હેતુઓ યોગ અને નિસર્ગોપચારના શાકીય અને આધુનિક માળખાને જોડવા, શારીરિક અને માનસિક આરોગ્ય માં મહત્વ સમજાવવું અને યુવાનોને અને પ્રોફેશનલ્સને નવા અભ્યાસ માટે પ્રોત્સાહીત કરવાનો રહેલ. દર્શન યુનિવર્સિટી ખાતે યોજાયેલ ઉપરોક્ત દ્વિતીય રાષ્ટ્રીય પરીષદ “યોગ નિસર્ગોપચાર-૨૦૨૪”માં સહભાગી થવા ન્યુ દિલ્હીના નેશનલ પ્રેસીડેન્ટ ડો.અનંત બિરાદર તથા દર્શન યુનિવર્સિટીના પ્રોવોસ્ટ પ્રો.મનીષ સંઘાણીએ નિમંત્રણો પાઠવ્યા હતાં.

(10:08 AM IST)

આ સમાચાર શેર કરો





Invitation to join as Knowledge Partner & Give permission for Logo Support

1 message

ninpune <ninpune@bharatmail.co.in>

Fri, 22 Nov 2024 at 17:11

To: Gaurang Vyas <gaurang.vyas@darshan.ac.in>

Cc: Ananth Biradar <ananthbiradar89@gmail.com>, VC Darshan University <vc@darshan.ac.in>

Sir,

With reference to the trailing mail, I am directed to convey you the approval of competent authority for the logo support for 2nd National Conference on Yoga & Nisargopachara to be held on 21st & 22nd Dec 2024.

Please find attached the logo.

Regards,



राष्ट्रीय प्राकृतिक चिकित्सा संस्थान, पुणे

आयुष मंत्रालय, भारत सरकार

NATIONAL INSTITUTE OF NATUROPATHY, PUNE

Ministry of Ayush, Govt. of India

'Bapu Bhavan' Matoshree [Ramabai Ambedkar Road, Pune 411001](#)

Email: ninpune@bharatmail.co.in | Website: www.ninpune.ayush.gov.in

Phone: 020-26059682/3/4/5 Fax: 020-26059131

"स्वास्थ्य अवलम्बना से स्वावलम्बना "

"Self Reliance through Self Health Reliance "

#Naturopathy #IDY #NaturopathyDay

#Yoga #Ayush

[Quoted text hidden]

Report on 2nd National Conference "Yoga Nisargopachar Sambhasha – 2024"



मोरारजी देसाई राष्ट्रीय योग संस्थान
आयुष मंत्रालय, भारत सरकार
६८, अशोक रोड, नई दिल्ली – ११०००१
MORARJI DESAI NATIONAL INSTITUTE OF YOGA
Ministry of Ayush, Government of India
68, Ashok Road, New Delhi-110001

Dated 6th Dec. 2024

To
Prof. Manish Sanghani
Provost
Darshan University
Rajkot, Gujarat

Subject: Approval for Supporting the National Conference of Yoga & Nisargopachara as a Knowledge Partner-reg.

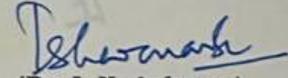
Sir,

With reference of your letter dated November 15, 2024 on the subject cited above, MDNIY acknowledge your invitation and convey that MDNIY is agreed to be a **knowledge Partner** to support the *2nd National Conference on the theme of Relevance of Yoga and Nisargopachara for Self and Society - Yoga Nisargopachara Sambhasha, 2024*, scheduled on December 21–22, 2024, at Darshan University.

Kindly share further details, including the conference agenda, and requirements to facilitate our contribution and participation in the event.

This issues with the approval of the Director, MDNIY

Yours faithfully,


(Dr. I. N. Acharya)
PO(YT)



जून २१ – अंतर्राष्ट्रीय योग दिवस

Office Telefax : 011-23730418, 23351099, 23721472
E-mail : mdniy@yahoo.co.in, dir-mdniy@nic.in
Website : www.yogamdniy.nic.in

June 21- International Day of Yoga



Report on 2nd National Conference “Yoga Nisargopachar Sambhasha – 2024”



श्रीसोमनाथसंस्कृतयुनिवर्सिटी
Shree Somnath Sanskrit University

राष्ट्रीयमूल्याङ्कनप्रत्यायनपरिषदा 'A+' श्रेण्या प्रत्यायितः
Accredited by NAAC with 'A+' Grade

राजेन्द्रभुवनमार्गः, वेरावलम् - ३६२२६६, गीरसोमनाथ-जनपदम् (गुजरातम्)
Phone: 02878-244532, E-mail: sssu.veraval@gmail.com - Website: www.sssu.ac.in



Ref No. ससयु/योग/को-इर-स/२५५९/२०२४

Date : २८/११/२०२४

To,
Dr. Guarang Vyas,
Dean & Organizing Secretary
Darshan Institute of Humanities
Darshan University,
Rajkot

विषय : Yoga Nisargopachara Sambhasha-2024 को-इर-समां Knowledge Partner तर्कि सलयोग
बाजत.

संदर्भ : आपनो ता.२७-११-२०२४नो ई-मेल. (Letter No. DU/HS/226, Dated: 17-10-2024)

माननीयश्री,

सविनय उपरोक्त विषय परत्वे जल्लाववानुं के, आपना संदर्भदृशित ई-मेल अन्वये मान.कुलपतिश्री
साथे थयेव यर्था अनुसार श्री सोमनाथ संस्कृत युनिवर्सिटी, वेरावल दर्शन युनिवर्सिटी द्वारा आयोजित थनार
Yoga Nisargopachara Sambhasha-2024 को-इर-समां Knowledge Partner तर्कि सलयोग आपवा
अनुमति आपे छे. उक्त बाजते आवश्यकता जल्लाय त्यां अत्रेना अनुस्नातक विभागना शारीरिक शिक्षलुना
आसि.प्रोफेसर डॉ.ज्येशकुमार डी. मुंगरा (M. 9824232132, E-mail: jm2714@sssu.ac.in) आपने
सलायता करशे. आ साथे आपश्रीने श्री सोमनाथ संस्कृत युनिवर्सिटीनो लोगो मोकवी आपवामां आवे छे.

विशेषमां जल्लाववानुं के उक्त कार्यक्रममां श्री सोमनाथ संस्कृत युनिवर्सिटी द्वारा कोठे प्रकारनो आर्थिक
व्यय करवामां आवशे नर्डी, जे आपश्रीने सादर विदित थाय.

आभार सल,



डा. आ. यश
(प्रो.वलितकुमार पटेल)
कुलसचिव (I/c.)

बिडाए- श्री सोमनाथ संस्कृत युनिवर्सिटी, वेरावलनो लोगो.

About Conference

Darshan University, in collaboration with the International Naturopathy Organization (INO), is proud to host the 2nd National Conference on Yoga & Nisargopachar, titled YOGA NISARGOPACHAR SAMHASHA – 2024. This two-day event is scheduled for December 21 & 22, 2024, and focuses on the compelling theme: Relevance of Yoga & Nisargopachara for Self & Society. The conference aims to bring together practitioners, scholars, and enthusiasts to explore the transformative potential of Yoga and Naturopathy in fostering individual well-being and societal harmony. Supported by the Ministry of AYUSH, Government of India, the event features esteemed partnerships with Shree Somnath Sanskrit University, Lakulish Yoga University, Morarji Desai National Institute of Yoga, National Institute of Naturopathy, and the Gujarat State Yog Board as an affiliated partner.

About Department

The 'Darshan Institute of Humanities' is a highly acclaimed institution at Darshan University that offers a comprehensive program in the study of yoga and its various aspects. The Darshan Institute of Humanities is committed to imparting a deep and extensive understanding of yoga—its philosophy, practices, and applications—to aspiring students from different backgrounds.

The focus of the institute is to train individuals to become compassionate, skillful yogis with a deep knowledge of the subject. The institute offers various courses in the field of Yoga. It includes 6 Months Certificate Courses and 2 Years M.A. in Yoga. These courses are designed to provide fundamental knowledge and training in Yogic concepts.



Published by:



योग: कर्मसु कोशलम्

Established under Gujarat Private Universities Act of 2021



📍 Rajkot - Morbi Highway, Rajkot - 363650 | 📞 +91 97277 47310/11 | 🌐 www.darshan.ac.in