

# 2<sup>nd</sup> Interdisciplinary National Level Conference on YOGA FOR SUSTAINABLE HEALTH : COMBATING LIFESTYLE DISORDERS

Offline / Online

Date : 31<sup>st</sup> January 2026

Inspiration and Endorsement



**Pradnyawant  
Nandkumar G. Bendale**  
President, K.C.E. Society, Jalgaon

Eminent Speaker



**Prof. Dr. Makarand Newalkar**  
Karma Sannyasi - Bihar School of Yoga  
Ghantali Mitra Mandal, Thane

Key Note Speaker



**Shri Mahesh Purnapatre Guruji**  
Ved and Sanskrit Visharad  
Chhatrapati Sambhajinagar

Eminent Speaker



**Aacharya Vinay Kaushik**  
Founder & Director, JeevMoksha Yoga Gurukul  
Rishikesh, Dehradun & Spain

Patrons



**Prof. Dr. Mrunalini Fadanvis**  
Director of Academics  
K.C.E. Society, Jalgaon

Patrons



**Prof. Dr. S. N. Bharambe**  
Principal  
M. J. (Autonomous) College, Jalgaon

Convener



**Dr. Devanand S. Sonar**  
Dean : Faculty of Interdisciplinary Studies  
Director : Soham Dept. of Yoga & Naturopathy

Organized by



Khandesh College Education Society's



## MOOLJI JAITHA (AUTONOMOUS) COLLEGE, JALGAON SOHAM DEPARTMENT OF YOGA & NATUROPATHY

(An Autonomous College Affiliated to K.B.C. North Maharashtra University, Jalgaon)

NAAC Reaccredited Grade - A (CGPA : 3.15) (3<sup>rd</sup> Cycle) | UGC honoured "College of Excellence" (2014-2019) | DST(FIST) Assisted College

Jalgaon, Maharashtra, Pin - 425001

- Contact -

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Prof. Pankaj Khajbage  
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Dr. Shraddha Vyas  
7276775101

## About Khandesh College Education Society

Khandesh College Education Society (KCES) is a premier educational institution in North Maharashtra, spread over 26 acres with state-of-the-art infrastructure. Established in 1944 by visionary leaders from Khandesh, KCES was founded with a deep concern for the educational welfare of students. Today, it comprises 19 institutions offering a wide range of academic programs at primary, secondary, and higher secondary levels, as well as higher education in Arts, Sciences, Commerce, Law, Education, Management, and Engineering. It also provides skill-based programs such as B. Voc., APJ Skill Development Centre, Geoinformatics, Animation, and Multimedia.

To foster artistic talents and spiritual awareness among students, the institution has established various departments with a visionary approach, including arts, music, yoga, and naturopathy. It has also implemented modern systems to align with the new educational policy.

The institution's success is credited to the zealous efforts of Late Annasaheb Dr. G. D. Bendale, an eminent surgeon whose academic vision and practical approach laid a strong foundation for KCES, making it a renowned name in education. Celebrating 75 years of inclusive education, KCES continues its legacy of knowledge dissemination and holistic development.

## About Moolji Jaitha (Autonomous) College

Moolji Jaitha College is one of the premier academic institutions, having junior and senior wings, with Arts, Science, Commerce and Management Interdisciplinary studies streams. The institution is committed to achieve the highest academic standards and provides an opportunity to the students to choose and enrol in programmes that are best suited to them. It is well known for its educational, cultural, social and spiritual enterprises. As a result, the college has been conferred with the status of 'College of Excellence' by UGC and 'Star college' by Ministry of Science and Technology.

We believe that in the present competitive environment, only the fittest will survive. With the help of Dnyanjyot Institution, we provide in-house training for MPSC, UPSC and other competitive examinations. Since 2015, our college has initiated two dream projects, 'Sports Talent Search' and "Art Talent Search, to identify talented students in and around Jalgaon district and nurture them to rise at national and international horizons. Therefore, our mission is to impart quality education to our students with a global vision and holistic perspective.



## About Soham Department of Yoga and Naturopathy

The Soham Department of Yoga and Naturopathy, established in 2005 under the guidance of Pradnyawant Nandkumar Bendale, Chairman of K.C.E. Society, operates under the leadership of Principal Prof. S.N. Bharambe. The department is affiliated with an international yoga organization and implements schemes related to the Ministry of AYUSH. It actively promotes the well-being of society and students through regular online and offline yoga classes, as well as short- and long-term academic programs, including B.A. and M.A. degrees in Yoga, certificate and diploma courses ranging from one month to one year. Also conducts courses under YCMOU (Yashwantrao Chavan Maharashtra Open University).

The department conducts regular awareness programs on Yoga and Naturopathy and focuses on research-based studies beneficial to students and society. A Naturopathy clinic, established in 2015, offers natural treatments such as massage therapy, steam baths, sauna baths, vibro massage, magneto therapy, acupressure, water therapy, mud therapy, and enemas.

Dedicated to achieving holistic health, the department provides scientific training in Yoga and evidence-based Naturopathy treatments to benefit individuals and the community.

## Organizing Committee

### Dr. Devanand S. Sonar

Dean : Faculty of Interdisciplinary Studies

### Prof. K. P. Narkhede

Co-ordinator IQAC

### Prof. D. S. Ingle

Vice Principal : Faculty of Humanities

### Prof. B. N. Kesur

Dean : Faculty of Humanities

### Prof. Pankaj Khajbage

Soham Dept. of Yoga & Naturopathy

### Dr. Jyoti Wagh

Soham Dept. of Yoga & Naturopathy

### Dr. Shraddha Vyas

Soham Dept. of Yoga & Naturopathy

## Guidelines for research papers

1. Your paper title should be specific concise & descriptive.
2. The research papers can be written in English, Hindi and Marathi.
3. Font for Marathi & Hindi should be - Unicode font size 12  
English - Times New Roman - font size 14.
4. Send your paper on following Email Id : [sohamdyn@kces.in](mailto:sohamdyn@kces.in)

Note : (Send your full paper in word & PDF format with your name)



## Sub themes of the conference

1. Yoga as a tool for preventing lifestyle disorders
2. Impact of Pranayama on stress and mental health
3. Yoga for metabolic syndrome & obesity management
4. Role of Yoga in hypertension and cardiovascular health
5. Yoga-based interventions for diabetes control
6. Asana alignment for safe and sustainable practice
7. Mindfulness and meditation for emotional well-being
8. Yogic diet and nutrition for healthy living
9. Yoga for hormonal balance and women's wellness
10. Yoga and workplace wellness programs
11. Therapeutic Yoga for chronic pain management
12. Yoga for enhancing immunity and vitality
13. Integrating Yoga with modern medical sciences
14. Yoga for students: reducing academic and digital stress
15. Sustainable lifestyle through Yogic principles (Yama–Niyama)

## Objectives of the conference

1. To promote Yoga as a sustainable approach for preventing lifestyle disorders.
2. To provide scientific awareness about the therapeutic benefits of Yoga.
3. To introduce evidence-based Yoga practices for physical and mental health.
4. To highlight the role of Asanas, Pranayama, and Meditation in disease management.
5. To encourage Yoga-based lifestyle modifications for long-term wellness.
6. To discuss integration of Yoga with modern healthcare systems.
7. To develop awareness about correct posture and alignment for injury-free practice.
8. To explore Yogic diet and daily routine for holistic health.
9. To inspire educators, students, and practitioners toward mindful living.
10. To create a platform for sharing research, innovations, and best practices in Yoga therapy.

## Target Participants

- Yoga Professionals
- Physical Educators
- Yoga Practitioners
- Counsellors & Life Coaches
- Researchers & Academics
- Administrators and Policy Makers
- General Educators
- Psychologist
- Therapeutic Professionals
- Social Workers
- Students and Scholars
- Persons with Disabilities
- Philosophers



**Registration Fees - Rs. 600/-**

**Registration with Research Paper Presentation Fees - Rs. 800/-**

**Registration with Paper Publication Fees - Rs. 1500/-**

**Note : Spot Registration - Rs. 100/- Extra**

**Online Registration : <https://forms.gle/qLWjVgn9ByremquN6>**

**Registration Link**



**Payment**



**Payment Details**

**Bank Name :**

The Jalgaon People co opp Bank

**A.C. Name. :**

Principal M J College Jalgaon

**A.C. No. : 00701116000010**

**IFSC Code : JPCB0000007**

## **Programme Schedule 31<sup>st</sup> January 2026**

<b>No.</b>	<b>Event</b>	<b>Time</b>
1.	Reporting	8:00 to 9:00 AM
2.	Break Fast	9:00 to 10:00
3.	Inaugural Ceremony	10:00 to 11:00
4.	Key Note address	11:00 to 12:00
5.	Plenary Session	12:00 to 01:00
6.	Lunch Break	01:00 to 02:00
7.	Research Paper Presentation	02:00 to 03:30
8.	Plenary Session	03:30 to 04:30
9.	Tea Break	04:30 to 05:00
10.	Closing Ceremony	05:00 to 06:00 PM



## Important Dates

**Kindly Confirm your Registration before 25<sup>th</sup> January 2026**

**Last date for abstract Submission : 20<sup>th</sup> January 2026**

**(Up to 250 Words)**

**Last date for Submission of full paper : 25<sup>th</sup> January 2026**

**(Up to 2500 Words)**

**Email : [sohamdyn@kces.in](mailto:sohamdyn@kces.in)**

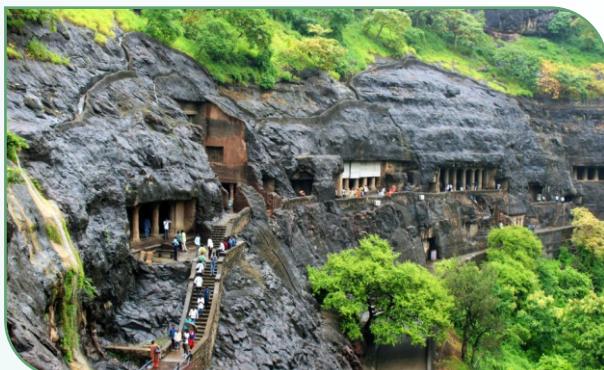
## Tourist Places



**Gandhi Teerth (Distance - 8 KM )**



**Padmalaya (Distance - 30 KM )**



**Ajanta Caves (Distance - 60 KM )**



**Patnadevi (Distance - 120 KM )**



**Ghrishneshwar Jyotirlinga  
(Distance - 162 KM )**



**Ellora Caves (Distance - 165 KM )**

