



**डा० शकुन्तला मिश्रा राष्ट्रीय पुनर्वास विश्वविद्यालय, लखनऊ**  
**Dr. Shakuntala Misra National Rehabilitation University, Lucknow**  
उत्तर प्रदेश सरकार

पत्रांक- 514 / फा० सं०-240 (चतुर्थ) / डा० श० मि० रा० पु० वि० / 2025-26

दिनांक: 11 जून, 2025

**// कार्यालय-ज्ञाप //**

विश्वविद्यालय में दिनांक 16 जून, 2025, पूर्वाह्न 11:00 बजे ऑनलाइन अन्तर्राष्ट्रीय वेबिनार "YOGA FOR EMPOWERMENT: INCLUSION FOR DIVYANGJANS" विषय पर आयोजित किया जाना है।

उक्त सेमिनार में प्रतिभाग करने वाले इच्छुक शिक्षकवृन्द, अतिथि व्याख्याता, संविदा शिक्षक, शोधार्थियों एवं विद्यार्थियों द्वारा दिनांक 13 जून, 2025 तक निम्नलिखित लिंक पर पंजीकरण कराया जा सकता है:-

[https://docs.google.com/forms/d/e/1FAIpQLScrKnt\\_21XHvKmtBmFz7WU0kjq\\_5F\\_7-edXnJR0DOy\\_7Ebsm0g/viewform?usp=dialog](https://docs.google.com/forms/d/e/1FAIpQLScrKnt_21XHvKmtBmFz7WU0kjq_5F_7-edXnJR0DOy_7Ebsm0g/viewform?usp=dialog)

अतः इस सम्बन्ध में समस्त शिक्षकवृन्द, अतिथि व्याख्याता, संविदा शिक्षक एवं शोधार्थियों से अपेक्षा है कि उक्त वेबिनार में निर्धारित समयावधि में पंजीकरण कराते हुए प्रतिभाग करना सुनिश्चित करें।

**संलग्नक:- वेबिनार से सम्बन्धित दिशा-निर्देश।**

(रोहित सिंह)  
कुलसचिव

**प्रतिलिपि-निम्नलिखित को सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित:-**

1. वैयक्तिक सहायक कुलपति, मा० कुलपति महोदय के सादर अवलोकनार्थ।
2. निदेशक, क्रीड़ा एवं योग प्रकोष्ठ, विश्वविद्यालय।
3. अधिष्ठाता/विभागाध्यक्ष को इस आग्रह के साथ कि तदनुसार अधीनस्थ विभागों के शिक्षकवृन्द एवं शोधार्थियों को प्रतिभाग करने हेतु अपने स्तर से निर्देशित करने का कष्ट करें।
4. समस्त अधिकारी, विश्वविद्यालय।
5. कार्यक्रम संयोजिका, अन्तर्राष्ट्रीय वेबिनार, विश्वविद्यालय।
6. सिस्टम एनालिस्ट, विश्वविद्यालय की वेबसाइट पर अपलोड किये जाने हेतु।
7. गार्ड फाइल।

(रोहित सिंह)  
कुलसचिव

# INTERNATIONAL WEBINAR ON

## **“YOGA FOR EMPOWERMENT: INCLUSION FOR DIVYANGJANS”**

Monday , June 16, 2025. 11:00 AM



**Smt. Anandiben Mafatbhai Patel**  
**Hon'ble Governor, U.P.**

**Visitor**

**Dr. Shakuntala Misra National Rehabilitation University**



**Shri Yogi Adityanath**  
**Hon'ble Chief Minister of U.P.**

**Chairperson General Council**

**Dr. Shakuntala Misra National Rehabilitation University**



**Key Note Speaker**  
**Padmashri Dr H R Nagendra Guruji**  
**Chancellor**

**Swami Vivekananda Yoga**  
**Anusandhana Samsthana**  
**University**



**Prof. Sanjay Singh**  
**Hon'ble Vice-Chancellor,**  
**Dr. Shakuntala Misra National Rehabilitation**  
**University,**



**Organized By:**

**Dr. Shakuntala Misra National Rehabilitation University**

**Our collaborators:**



## ***About the conference:***

By promoting both cultural inclusion and personal wellbeing, yoga provides Divyangjans (those with disabilities) with a great sense of empowerment. By adapting poses and techniques to accommodate a range of physical requirements, adaptive yoga makes this age-old Indian tradition available to everyone. By lowering stress, increasing attention, and boosting self-confidence, this not only improves physical strength, flexibility, and pain management but also greatly improves mental and emotional wellbeing.

Yoga gives Divyangjans the spiritual ability to connect with their inner selves, overcoming physical constraints and developing a strong feeling of resilience and purpose. It highlights that regardless of external conditions, true empowerment originates from within and embraces the entire integration of mind, body, and spirit. International Yoga Day and other inclusive yoga events serve as prime examples of this dedication to "Yoga for All," encouraging Divyangjans to have a limitless attitude and to treat others with dignity.

The possibility of ensuring “Yoga for Empowerment: Inclusion for Divyangjans” be done through following objectives: -

1. To raise awareness about the benefits of adaptive yoga for Divyangjans.
2. To deconstruct misconceptions about yoga's accessibility.
3. To showcase success stories and inspiring journeys.
4. To introduce key principles of inclusive yoga.
5. To provide practical guidance on how to start or facilitate inclusive yoga.
6. To foster a more inclusive yoga community.
7. To highlight resources and initiatives for adaptive yoga.
8. To promote the cultural and spiritual dimensions of yoga in an inclusive context.

## ***Thematic Sessions***

***Cultural & Spiritual Dimensions of Yoga for Empowerment:*** Culturally, it preserves timeless wisdom, fosters community, and promotes ethical living. Spiritually, yoga cultivates self-realization, inner peace, and a profound connection to a higher consciousness, ultimately empowering individuals to lead more purposeful and fulfilling lives.

***Adaptive Yoga & Accessibility: Breaking Barriers:*** This is crucial. Instead of a one-size-fits-all, focus on specific adaptations.

***Yoga's Transformative Power: Advantages for Divyangjans:*** How adapted asanas (postures) improve strength, flexibility, balance, coordination, and pain management. (Could include brief demonstrations or visual aids. Exploring how yoga cultivates self-awareness, inner guidance, and a sense of belonging beyond physical limitations.

***The AI Perspective on Comprehending Inclusive Yoga for Divyangjans:*** Exploring how AI-powered tools democratize access to yoga, reaching Divyangjans who might otherwise face geographical or physical barriers to traditional classes. Emphasizing that

AI complements human instruction and personal connection, rather than substituting it, in inclusive yoga.

***From Mat to Meal cultivating mindful consumption:*** The journey from the yoga mat to the dining table is a natural and powerful progression in cultivating a more mindful and harmonious life. Just as yoga teaches us to be present in our bodies, aware of our breath, and non-judgmental of our experiences, mindful eating extends these principles to our relationship with food.

***The Therapeutic Power of Sound & Vibration in Yoga for Divyangjans:*** How music can transcend physical limitations and language barriers, acting as a universal medium for instruction, relaxation, and emotional expression in yoga for Divyangjans.

***The Spiritual and Cultural Meaning of Music in Divyangjan Yoga:*** Exploring the use of traditional Indian classical music (Ragas), folk tunes, and devotional songs in yoga practices for their therapeutic and spiritual depth.

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

## **Abstract Submission Guidelines**

- ❖ Abstract can be submitted and presented in both English and Hindi language.
- ❖ Abstract Topic – abstracts must be written on the specific Theme, Topic and Sub-Topic.
- ❖ Use Times New Roman 12, Mangal -14 point font, double spaced.
- ❖ Abstract title in UPPER CASE
- ❖ Abstract text – limited to 250-300 words including Keywords.
- ❖ Presenting author's contact details (should be the same details as the submitting author so that the presenting author receives the correspondence about the abstract)

**\*\*E- Certificate will be provided to all the participants**

### **Timeline**

Abstract Submission:	13 <sup>th</sup> June, 2025
Notification due of Abstract Acceptance	14 <sup>th</sup> June, 2025

**Register Here:**



**For any quires please feel free to contact us at: [conference@dsmnru.ac.in](mailto:conference@dsmnru.ac.in)**

## **About the University:**

Dr. Shakuntala Misra National Rehabilitation University established by Divyangjan Sashaktikaran Vibhag Uttar Pradesh, Government of Uttar Pradesh came up by an Ordinance dated August 29, 2008, later replaced by U.P. Act No. 1 of 2009, dated February 19, 2009 and U.P. Act No. 24 of 2011, dated November 28, 2011.

The first University of its kind, which also provides accessible and quality higher education to challenged students, in a completely barrier-free environment.

We are unique, much different from others...

Our mandate is primarily to serve the differently-abled segment (challenged students) of the society for which a horizontal reservation of 50% seats in all courses of the University has been provided, in addition to the normal reservation policy.

## **OUR VISION**

Strive to accomplish the goals of humanitarian society through Inclusive Education and Rehabilitation of Persons with Disabilities.

## **OUR MISSION**

To become a Global Centre of Excellence of Higher Education and Rehabilitation for Empowerment of Persons with Disabilities with their Co-peers on the Maxims of inclusiveness and togetherness.

## Conference Organising Committee

### Patrons

**Smt. Anandiben Mafatbhai Patel**  
Hon'ble Governor, U.P.  
Visitor  
Dr. Shakuntala Misra National  
Rehabilitation University

**Shri Yogi Adityanath**  
Chief Minister of U.P.  
Chairperson, General Council  
Dr. Shakuntala Misra National  
Rehabilitation University

**Prof Sanjay Singh**  
Vice-Chancellor  
Dr. Shakuntala Misra  
National Rehabilitation  
University

### Official Advisor:



**Mr. Rohit Singh**  
(Registrar)

Dr. Shakuntala Misra National Rehabilitation University

### Organisers:



#### Convenor

Dr Kaushiki Singh

#### Co-Convenor

Dr. Devesh Katiyar

#### Organising Secretary

Dr. Anu

#### Co- Organising Secretary

Dr Amita Shukla

#### Technical Expert

Mr. Gaurav Goel

### Advisory Committee:

- ❖ Prof. A.K. Dubey, DSMNRU, Lucknow
- ❖ Prof. V.K. Singh, Dean Academics, DSMNRU Lucknow
- ❖ Prof. Shephali Yadav, DSMNRU, Lucknow
- ❖ Prof. Nagendra Yadav, DSMNRU, Lucknow
- ❖ Prof. Avanish C. Mishra, , DSMNRU, Lucknow
- ❖ Prof. Shri Pandeya Rajivanayan, , Director SOC, DSMNRU Lucknow
- ❖ Prof. Chandra. K. Dixit, DSMNRU, Lucknow
- ❖ Prof. R. K. Srivastava, DSMNRU, Lucknow
- ❖ Prof. Virendra Singh Yadav, DSMNRU, Lucknow
- ❖ Prof. Yashwant Kumar Virodai, DSMNRU, Lucknow
- ❖ Dr. Narendra Singh, BBAU, Lucknow.
- ❖ Dr. Kamta Prasad Sahu, Dev Sanskriti Vishwavidyalaya

## ***Keynote Speakers***

### **Padmashri Dr H R Nagendra Guruji :**



Padmashri. Dr. H R Nagendra, globally recognized as a Yoga Guru, holds the esteemed positions of President at Vivekananda Yoga Anusandhana Samathana (VYASA) and Chancellor at Swami Vivekananda Yoga Anusandhana Samsthana University (S-VYASA University). Dr. Nagendra he earned his Bachelor's Degree in Mechanical Engineering from Bangalore University and a Ph.D. in Mechanical Engineering from the Indian Institute of Science (IISc), Bangalore, in 1968. His illustrious career includes roles as a faculty member at IISc, a Post-Doctoral Research Fellow at the University of British Columbia, Canada, and a consultant at Engineering Science Laboratory, Harvard University, USA.

### **Hala Ismail Yacoub :**



Dedicated and passionate yoga practitioner with over a decade of experience in various forms of yoga including Yoga Dance, Acro Yoga, and Common Yoga Protocol. Trained under renowned Indian instructors and consistently participated in national yoga events across Egypt. Awarded for excellence in yoga presentation and committed to sharing the benefits of yoga through continuous

learning and teaching.

### **Prof. G.D. Sharma**



Prof. G.D. Sharma is an Internationally acclaimed Scholar in the field of Yoga, Spirituality and Indian Culture, Customs and Traditions. He is also a Motivational Speaker for Personality Development and Dynamic Will Power. Formerly he was the Chairman, Department of Yoga Studies, H.P. University, Shimla, Head, Dept. of Yoga Science, Registrar and Dean (Accad), University of Patanjali, Haridwar, Sr. Yoga Advisor and Chairperson, Yogananda Research Chair, Shoolini University, Solan, HP. He played a key role to establish this Chair.

### **Isabella Bommarito :**



Isabella Bommarito is from Italy but currently living in Cairo (Egypt). She started practicing Yoga in 2011 out of curiosity but she didn't understand the meaning of it until she joined the course at Maulana Azad Center for Indian Culture of the Indian Embassy in Cairo. Her interest started to rise so she decided to go to India for a formal training on Yoga. She completed 200-hour training in Rishikesh in 2019 and 300-hour training in Mysore in 2020.

### **Brahma Kumari Swarnlata (Soni Didi) :**



Soni Didi, is a prominent leader and spiritual mentor within the Brahma Kumaris World Spiritual Organization. She is known for her profound knowledge of Raja Yoga meditation and her ability to inspire and uplift others through her teachings.

### **Prof. Suresh Lal Barnwal**



Prof. Suresh Lal Barnwal is Dean & Head Dept. Of Yogic Sciences And Human Consciousness School Of Indology, Faculty Of Yoga And Health from Dev Sanskriti Vishwavidyalaya. He has many research publication in National and International Journal.

### **Dr. Deepeshwar Singh**



He is Associate Professor & HoD, Department of Yoga, School of Yoga, Naturopathy and Cognitive Studies, Babasaheb Bhimrao Ambedkar University (A Central University), Lucknow. He has many research publication in National and International Journal. Dr. Singh has done Ph.D. in Yoga from S-VYASA Yoga University, Bengaluru, and his Ph.D. work was on 'Neural activity and cerebral blood flow changes in meditative states as defined in yoga texts'. He had received the Manonmani Rudraiah and Laxmi Memorial Academic Excellence Award (2015) for Best PhD work at S-VYASA University.

### **Petra Maria Janssen**



Petra is a fervent nature lover, using holistic tools to connect with nature and people. Her yoga journey started in 2014 in the Netherlands as the wonderful teachings and practices changed her life completely. Yoga gave her strength, flexibility, equanimity and awareness in body and mind. A yoga course in India initiated a further on-going journey in pranayama, meditation, Ayurveda, Vedic philosophy and self-exploration. Under the guidance of Doctor Satyam Tripathi in Singapore Petra worked many years as a certified Holistic Yoga teacher and consultant. Since 2024, she choose a deeper self-exploration, in connection with nature in Europe. She is now on the verge to joyfully bring Indian Yoga practices and ancient wisdom back to a European audience, promoting to balance health, well-being and happiness.