



# International Conference on Unraveling Indian Knowledge Across Asia (UNIKAA 2024)

Centre for Indian Knowledge Systems, Indian Institute of Technology (IIT) Guwahati



Day 1 (Oct 03, 2024)		
07:45 - 08:45	Breakfast	Conference Hall Lounge
07:45 - 08:45	Registration	Conference Centre Entrance
09:00 - 10:45	Session 1	Conference Halls (Please Refer to the Next Page)
11:00 - 12:30	Venue: Mini Auditorium	<b>Inaugural Session</b> Chief Guest: His Excellency Honorable Governor of Assam Guests of Honor: Shri Phurpa Tshering, Vice Consul, Royal Bhutanese Consulate General, Guwahati, and Prof. Brahma Deo, MGM Chair Professor, Indian Institute of Technology (IIT) Bhubaneswar
12:45 - 13:45	Lunch (Conference Hall Lounge)	



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Day 1 (03.10.2024)	Theme: Practicing Yoga and its Influence on the Intellectual and Cultural Landscape	Theme: Uncovering Medicinal and Ayurvedic Significance	Theme: Imbibing Different Aspects and Philosophy of Gita	Theme: Ethics and Sociological Studies about Ramayana and Mahabharata
Time	<b>Session 1A</b> Venue: Conference Hall 1 Chair: Prof. Sampadananda Mishra and Prof. U.S. Dixit	<b>Session 1B</b> Venue: Conference Hall 2 Chair: Prof. M. L. Sharma and Prof. Sachin Kumar	<b>Session 1C</b> Venue: Conference Hall 3 Chair: Shri Siddhartha Krishna and Prof. Ramgopal V. S. Uppaluri	<b>Session 1D</b> Venue: Conference Hall 4 Chair: Prof. Ashok Khanna and Dr. Suvrokamal Dutta
09:00 - 09:30	<b>IL-001:</b> Prof. Sampadananda Mishra, Rishihood University <b>Title:</b> Samatvam Yoga Ucyate: The Path to Spiritual Equality and Inner Peace	<b>IL-005:</b> Prof. M. L. Sharma, Tribhuvan University, Nepal <b>Title:</b> Himalayan Environment, Resource Management, Population Growth, Livelihood and Ancient Knowledge System	<b>IL-008:</b> Shri Siddhartha Krishna, Iyengar Yoga Centre Patanjala Yoga Kendra, Rishikesh, India <b>Title:</b> The Three Rare Quintessential Meanings of the Bhagavad Gita	<b>IL-011:</b> Prof. Ashok Khanna, IIT Kanpur <b>Title:</b> Living Ramayana- Then & Now
09:30 - 09:45	<b>OP-001:</b> Prof. Uday S. Dixit, IIT Guwahati <b>Title:</b> Importance of Yoga in Brahma Vaivarta Purana	<b>OP-021:</b> Dr. Veeresh Kumar G B, National Institute of Technology Andhra Pradesh <b>Title:</b> A review of importance & applications of castor oil in Commercial applications and Ayurvedic medicine	<b>OP-034:</b> Dr. Jayashree Aanand Gajjam, IIT Kharagpur <b>Title:</b> Metacognition in Nītiśataka	<b>OP-046:</b> Dr. Aruna Shukla, IIIT Naya Raipur <b>Title:</b> Sita's Saga: A Narratological Analysis of The Forest of Enchantments as a Gateway to Cultural Preservation
09:45 - 10:00		<b>OP-022:</b> Soumyajit Das, IIT Guwahati <b>Title:</b> Shellac: An Ayurvedic Treasure with Mythological and Historical Significance	<b>OP-035:</b> Dr. Madhan Borah, Mahapurusha Srimanta Sankaradeva Vishwavidyalaya, Guwahati <b>Title:</b> The Ethical and Social Philosophy of the Bhagavad Gita	<b>OP-047:</b> Dr. Shivangi Verma, Indira Gandhi Delhi Technical University for Women, Delhi <b>Title:</b> From Bits to Dharma: Unraveling Techno-Ethics Through Indian Knowledge Systems
10:00 - 10:15	<b>OP-002:</b> Abira Sharma, Kasturba Medical College, Mangalore, Karnataka <b>Title:</b> An EEG Perspective on Breath-Based Novice Meditation: The Impact of Breath Counting Characteristics on Cognitive Workload	<b>OP-023:</b> Kavita Bakshi, University of Patanjali <b>Title:</b> Comparative Efficacy of Ayurvedic Herbo-Mineral Formulation vs Conventional Care in Managing Knee Osteoarthritis: A Randomized Trial	<b>OP-036:</b> Tanya Sharma, Central University of Haryana <b>Title:</b> Emotional Intelligence: A Perspective based on Srimad Bhagavad Gita	<b>OP-048:</b> Kanupriya Pandey, IIT Tirupati <b>Title:</b> Peripheral Roles with Central Motives: An Eco-conscious Reading of Marginal Characters of Rāmāyaṇa
10:15 - 10:30	<b>OP-003:</b> Pritam Chakraborty, IIT Kharagpur <b>Title:</b> Exploring the Influence of Hatha Yoga Practices on Mental Health: A Systematic Analysis of the Haṭha Yoga Pradīpikā	<b>OP-024:</b> Shashank Barnwal, Central University of Haryana <b>Title:</b> Ancient Epics, Modern Medicine: Ayurvedic Significance Through the Ages	<b>OP-037:</b> Arushi Kende, Cornell University, New York <b>Title:</b> Sewa and Nishkama Karma: Bridging Spiritual Practice and Social Harmony Across Cultures	<b>OP-049:</b> Bithika Ray, IIT Guwahati <b>Title:</b> Exploring Dharma in the Mahabharata: Righteousness and Reality
10:30 - 10:45	Tea			



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Day 1 (03.10.2024)	Theme: Practicing Yoga and its Influence on the Intellectual and Cultural Landscape	Theme: Uncovering Medicinal and Ayurvedic Significance	Theme: Imbibing Different Aspects and Philosophy of Gita	Theme: Discovering Archaeological Evidence from the Ancient Era
Time	<b>Session 2A</b> Venue: Conference Hall 1 Chair: Prof. Richa Chopra and Shri Shiva Pandeya	<b>Session 2B</b> Venue: Conference Hall 2 Chair: Prof. Neelam S Sangwan and Prof. Pankaj Tiwari	<b>Session 2C</b> Venue: Conference Hall 3 Chair: Prof. Diganta Biswa Sarma and Prof. Lalit M. Pandey	<b>Session 2D</b> Venue: Conference Hall 4 Chair: Prof. Brahma Deo and Prof. Sukanya Sharma
14:00 - 14:15	<b>IL-002:</b> Prof. Richa Chopra, IIT Kharagpur <b>Title:</b> Yoga Darśana and the Upaniśads: Realizing NEP 2020's Vision of Holistic and Multidisciplinary Education	<b>IL-006:</b> Prof. Neelam S Sangwan, Central University of Haryana <b>Title:</b> Traditional Ayurveda plant ashwagandha: From Indian system to the leading the way to modern medicines	<b>IL-009:</b> Prof. Diganta Biswa Sarma, Professor of Practice, Dibrugarh University <b>Title:</b> Gita's triune steps and three kinds of knowledge through the lens of Sri Aurobindo	<b>OP-055:</b> Dr. Meenakshi, University of Delhi <b>Title:</b> Copper Metallurgy in Ancient India: In the Light of Archaeological and Textual Evidence
14:15 - 14:30				<b>OP-056:</b> Dr. Rajshree Charan, M.S. University, Baroda <b>Title:</b> Ancient Construction Practices: Heritage Conservation Case Study
14:30 - 14:45	<b>OP-004:</b> Dr. Maske Ujjwal Arun, Mahapurusha Srimanta Sankaradeva Viswavidyalaya <b>Title:</b> Yogasanas and Sankaradeva's Mati Akhara: A Comparative Study	<b>OP-025:</b> Bimal K Chetri, Royal University of Bhutan, Kanglung, Trashigang <b>Title:</b> Herbal diversity in Bhutan's unexplored landscapes: ethnobotanical insights, unlocking treasures, and conservation perspective	<b>OP-038:</b> Madhusmita Goswami, Mahapurusha Srimanta Sankaradeva Viswavidyalaya, Guwahati <b>Title:</b> The Role of Desire, Emotions, and Mental States: An analysis of psychological elements in the Bhagavad Gita	<b>OP-057:</b> Vishnu K Suresh, School of Planning and Architecture Bhopal <b>Title:</b> Imagining & Visualizing Vedic India's Military Architecture
14:45 - 15:00	<b>OP-005:</b> Nisha Barman, Government Ayurvedic College and Hospital, Guwahati <b>Title:</b> Practicing Yoga and it's Influence on the Intellectual and Cultural Landscapes	<b>OP-026:</b> Dikpal Kumar Shahi, Tribhuvan University, Nepal <b>Title:</b> Antioxidant, Antimicrobial and Phytochemical Analysis of Fruit Extract of Thakal Plant (Phoenix acaulis Roxb.) of Panchapuri, Surkhet, Nepal	<b>OP-039:</b> Neha Bhargava, Central University of Kerala <b>Title:</b> Consciousness: A Comparative Study of Gita's Concept with Other Indian Philosophical Systems	<b>OP-058:</b> Anubhav Pandey, Dr. B.R. Ambedkar University, New Delhi <b>Title:</b> Archaeological Insights into Ancient India: Dholavira and Beyond
15:00 - 15:15	<b>OP-006:</b> Satyam Tiwari, IIT Mandi <b>Title:</b> Nasal versus Oral Breathing and Implications for Mental Health	<b>OP-028:</b> Chahek Agarwala, Dr. D. Y. Patil Vidyapeeth, Pune <b>Title:</b> Phytochemical, Biochemical, and Antimicrobial Profiling of Medicinal Plants: An Integrated Approach	<b>OP-040:</b> Dakshita Bansal, St. Xavier's College, Jaipur <b>Title:</b> Mental Health Insights from Bhagavad Gita: A Qualitative Study	<b>OP-059:</b> Neha Sen, Central University of Punjab <b>Title:</b> Discovering Glacio-Archaeological Evidences from the Ancient Era
15:15 - 15:30	<b>OP-007:</b> Rohit Pandey, IIT Delhi <b>Title:</b> Integrating Yoga into Pre-Primary Education: Insights from Expert Practitioners	<b>OP-027:</b> Anju Kumari Thakur, Career Point University <b>Title:</b> Revitalizing Traditional Wisdom: The Role of Vrikshayurveda in Preserving Tulsi and Ayurvedic Practices amidst Modern Agricultural Challenges	<b>OP-041:</b> Ansu Agarwal, IIT Mandi <b>Title:</b> The Profound Wisdom and Bhagavad Gita and it's Applications in Individual's Holistic Growth, Organizational Excellence and Overall Societal Harmony	<b>OP-060:</b> Elsa Roy, School of Planning and Architecture, Bhopal <b>Title:</b> Sun Temple at Konark a Geo - Heritage site on the Mahanadi Delta, Odisha
15:30 - 16:00	Tea			



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Day 1 (03.10.2024)	Theme: Reflection on Literature, Art, and Management Skills
Time	<b>Session 3</b> Venue: Conference Hall 2 Chair: Dr. Parul Popat and Dr. Surabhi Shukla
16:00 - 17:00	<b>IL-013:</b> Dr. Padma Subrahmanyam, Bharata-Ilango Foundation for Asian Culture (BIFAC), Chennai Title: Indic links in South East Asia
17:00 - 17:15	<b>OP-061:</b> Dr. Parul Popat, Sardar Patel University, Vallabh Vidyanagar, Gujarat Title: A Feminist Narratological Study of Parva by SL Bhyrappa
17:15 - 17:30	<b>OP-062:</b> Dr. Sheeba CV, St. Thomas College, Thrissur, Kerala Title: Exploring Indian Knowledge Systems in Ramacharitham- A 12 <sup>th</sup> -Century Malayalam Text
17:30 - 17:45	<b>OP-063:</b> Gopinath Sreeram, IIT Madras Title: The Saṃyoga-meru: A Combinatorial Tool in the Saṅgīta-ratnākara
17:45 - 18:00	<b>OP-064:</b> Jayashree Dey, IIT Kharagpur Title: Envisioning Kāvyaśāstra as a Knowledge System
19:30 - 21:30	<b>Dinner (Conference Hall Lounge)</b>



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Day 2 (04.10.2024)	Theme: Tracking down Mathematics and Astronomy Self-enriching humane management - Cosmic Proposition
Time	<b>Session 4</b> Venue: Conference Hall 2 Chair: Shri Pradeep Chaturvedi and Prof. Uday S. Dixit
09:15 - 09:45	<b>IL-014:</b> Shri Pradeep Chaturvedi, Joint Secretary (Retd.), Rajya Sabha Secretariat, Parliament of India <b>Title:</b> Cosmic cycle of Action and its relevance in modern life
09:45 - 10:00	<b>OP-065:</b> Brigadier Subhash Sharma, Chapter Chairman, ICAS Noida Chapter <b>Title:</b> Management & Shrimadbhagwad Gita
10:00 - 10:15	<b>OP-066:</b> Smt. Neerja Dabas, Vice Chairman, ICAS Noida Chapter <b>Title:</b> Cosmic Principles & The Five Elements
10:15 - 10:30	<b>OP-067:</b> Smt. Shefali R. Mittal - Secretary, ICAS Noida Chapter <b>Title:</b> VAASTUSHASTRA: A Holistic Approach to Living
10:30 - 10:45	<b>OP-068:</b> Shri Alok Tiwari - Senior Faculty, ICAS Noida Chapter <b>Title:</b> Astronomy as the mathematical base to Vedic Astrology
10:45 - 11:00	<b>OP-069:</b> Shri Nikhil Mehra, Faculty, ICAS Noida Chapter <b>Title:</b> Unveiling the Rhythms of Time
11:00 - 11:15	<b>OP-070:</b> Ms. Mukta Chopra, Faculty, ICAS Noida Chapter <b>Title:</b> Palm of the Hand and Sub-Conscious Mind
11:15 - 11:30	Tea



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Day 2 (04.10.2024)	Theme: Practicing Yoga and its Influence on the Intellectual and Cultural Landscape	Theme: Exploring Diverse Business Opportunities and Commercialization	Theme: Contemporary Adaptations of Philosophical Traditions from the Epic Ancient Scriptures	Theme: Cultural Resonance and Heritage Preservation
Time	<b>Session 5A</b> Venue: Conference Hall 1 Chair: श्री चन्द्रकांत पाठक and Dr. Amit Mishra	<b>Session 5B</b> Venue: Conference Hall 2 Chair: Dr. W Chandbabu Singh and Prof. Konjengbam Darunkumar Singh	<b>Session 5C</b> Venue: Conference Hall 3 Chair: Shri Janardhan Prabhu and Prof. Hanumant Singh Shekhawat	<b>Session 5D</b> Venue: Conference Hall 4 Chair: Prof. Anurag Tripathi and Shri Aldrin Herwany
11:30 - 12:00	<b>IL-003:</b> श्री चन्द्रकांत पाठक, रामाश्रम सत्संग मथुरा आध्यात्मिक अनुसंधान संस्थान, मथुरा <b>Title:</b> शांति का विचारधारा से सम्बन्ध	<b>IL-016:</b> Dr. W Chandbabu Singh, Manipur University <b>Title:</b> Exploring the Traditional Cultural Practices and Commercialization of Ideas for its Sustainability	<b>IL-020:</b> Shri Janardhan Prabhu, Hare Krishna Movement Guwahati <b>Title:</b> Relevance of the message of Srimad Bhagavatam in Modern Age	<b>IL-022:</b> Prof. Ni Kadek Surpi, Universitas Hindu Negeri I Gusti Bagus Sugriwa, Indonesia <b>Title:</b> Parabrahman Symbolism and the Majesty of Prambanan Temple: An Analysis of Its Role in Global Hindu Tradition
12:00 - 12:15	<b>OP-008:</b> Kanchan Kumari, Mahatma Gandhi Central University, Motihari <b>Title:</b> Career Development Perspective for Creating a Sustainable World Amid Digitalization with Yoga Philosophy	<b>IL-024:</b> Prof. Alok R. Chaturvedi, Daniels School of Business, Purdue University, USA <b>Title:</b> Data, Models, and AI	<b>OP-084:</b> Tanavi Behera, National Council of Educational Research and Training <b>Title:</b> Emotional Intelligence and Public Administration Through the Perspective of Buddhist Philosophy: Transforming Theories into Practice	<b>OP-092:</b> Dr. Rajesh NS, IIT Dharwad <b>Title:</b> Voices of Heritage: Strategies and Innovations for Preserving Indigenous Languages in India
12:15 - 12:30	<b>OP-009:</b> Kumari Nilu Karishma Das, Mahapurusha Srimanta Sankaradeva Viswavidyalaya <b>Title:</b> The Impact of Yoga Practice on the Intellectual and Cultural Landscape: Investigating the Effects on Hypertension and Overall Well-Being		<b>OP-085:</b> Aahana Sadhu, IIT Jammu <b>Title:</b> The Multifaceted Effect of Shloka Recitation on Perceived Calmness, Memory, and Attentional Abilities	<b>OP-093:</b> Priya Devi, Tezpur University <b>Title:</b> Scientific Investigation and Conservation of Endangered Tulapat Manuscripts of Medieval Assam
12:30 - 12:45	<b>OP-010:</b> Sanjoy Majhi, Ramakrishna Mission Vivekananda Educational and Research Institute <b>Title:</b> The Practice of Vedic Suryanamaskar and its Cardiorespiratory Benefits	<b>OP-075:</b> Pragya Dwivedi, SR University Warangal <b>Title:</b> Reinvigorate the Notion of Indian Saga Aiming the Defiance of Emotional Quotient in Context of Academia	<b>OP-086:</b> Shashwat Pandeya, IIT Tirupati <b>Title:</b> Indulgence or Creating Eco-balance? Reading Kāma as a Method of Eco-harmony in the Śiva Mahāpurāṇa	<b>OP-094:</b> Dr. Mrunal Risbud, Sir Parashurambhau College, Pune <b>Title:</b> Study of Hindavi Samrajya – Legacy Shield and its Contribution to Cultural Resonance
12:45 - 13:00	<b>OP-011:</b> Jullie Rani, Independent Researcher <b>Title:</b> Revisiting Yoga in Sri Aurobindo's Writings: The Context of Indian Knowledge Systems	<b>OP-076:</b> Reshmi Das, ICFAI University, Tripura <b>Title:</b> Inscribing the 'oral' within the 'written': Traditional Spirituality as a Tool of Resistance across Indigenous Communities of Tripura	<b>OP-087:</b> Tushita Tandon, Indraprastha College for Women, University of Delhi <b>Title:</b> Cultivating Positive Mindsets: The Role of Gratitude in Fostering Pratipaksha Bhavana in Young Adults	<b>OP-095:</b> Simran Kashyap, Dr. B.R Ambedkar National Institute of Technology Jalandhar <b>Title:</b> Revisiting Indian Mythology through a study of Selected Novels of Chitra Banerjee Divakaruni
13:00 - 13:15	<b>OP-074:</b> Deepak Khurana, IIT Kharagpur <b>Title:</b> Towards a Non-Violent World: A Bhāratīya Model of Ahimsā based on Maharṣi Patañjali Yogasūtras	<b>OP-077:</b> Anil Kumar, MIT ADT University, Pune <b>Title:</b> A Novel Indic framework for Organizational Role Mapping: Towards Conscious Organizations	<b>OP-130:</b> Nayan Kakati, Socio-Economic and Environmental Foundation, Sualkuchi, Assam <b>Title:</b> Challenges of Handloom Craftsmanship in Assam & Mitigation Strategies	<b>OP-098:</b> Vishal Chaudhari, National Institute of Fashion Technology (NIFT) <b>Title:</b> Traditional Wood Carving: Preserving the Timeless Religious Beliefs and Cultural Practices of the Wancho Tribes in Arunachal Pradesh
13:00 - 14:00	Lunch	Conference Hall Lounge		



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Day 2 (04.10.2024)	Theme: Practicing Yoga and its Influence on the Intellectual and Cultural Landscape	Theme: Exploring Diverse Business Opportunities and Commercialization	Theme: Tracking down Mathematics and Astronomy	Theme: Cultural Resonance and Heritage Preservation
Time	<b>Session 6A</b> Venue: Conference Hall 1 Chair: Prof. Amritesh and Prof. Gaurav Trivedi	<b>Session 6B</b> Venue: Conference Hall 2 Chair: Dr. Suvrokamal Dutta and Prof. Vivek Padmanabha	<b>Session 6C</b> Venue: Conference Hall 3 Chair: Prof. Ramesh Chandra Bhardwaj and Prof. Uday S. Dixit	<b>Session 6D</b> Venue: Conference Hall 4 Chair: Prof. Narayan Rao and Dr. Subhajit Choudhury
14:00 - 14:30	<b>IL-004:</b> Prof. Amritesh, IIT Ropar <b>Title:</b> Indian Minimalism: Exploring the Roots in Yogic Tradition of India	<b>IL-018:</b> Prof. S. Maheswaran, University of Peradeniya, Peradeniya, Sri Lanka <b>Title:</b> Self-recovery as an Agency for Entrepreneurial Resilience in the Time of Crisis: Swami Vivekanda's Perspective	<b>IL-015:</b> Prof. Ramesh Chandra Bhardwaj, Maharshi Valmiki Sanskrit University, Haryana <b>Title:</b> Global Journey of Indian Mathematics	<b>IL-025:</b> Dr. Subhajit Choudhury, IIT Guwahati <b>Title:</b> Horizon of Cross Border Cultural Exchange of Indian Diaspora in Malaysia: A case study of selected Hindu community in Malaysia
14:30 - 14:45	<b>OP-012:</b> Jaya Bharti Singh, IIT Guwahati <b>Title:</b> Exploring the Impact of Yoga on Mental Health: A Comprehensive Review	<b>OP-078:</b> Dr. Joyeeta Deb, Assam University, Silchar <b>Title:</b> Examining Regional Export Competitiveness of Indigenous Handloom Products in India and its Macroeconomic Determinants	<b>OP-071:</b> Shri Basudeba Mishra, Independent Researcher <b>Title:</b> Vedic Theory of Fundamental Interaction with Special Emphasis on Gravitation & Precise Value of "G"	<b>OP-096:</b> Prof. Narayan Rao, Central University of Himachal Pradesh <b>Title:</b> Cultural Heritage and Oral History of the Tutas of the Tirap Valley Arunachal Pradesh
14:45 - 15:00	<b>OP-014:</b> Kakali Mahanta, Mahapurusha Srimanta Sankaradeva Viswavidyalaya <b>Title:</b> Essence of Bhakti Yoga in Sankaradeva's Philosophy at Intellectual Level	<b>OP-079:</b> Dr. Ankita Sarmah, Indian Institute of Information Technology Guwahati <b>Title:</b> Exploring the Potential of Barpeta's Doulutsav in Ushering Economic and Socio-Spiritual Development in Assam through Religious Tourism		<b>OP-097:</b> Dr. Dharitri R. Gohel, L D College of Engineering, Ahmedabad <b>Title:</b> Affective Narratological Study of Mrityunjay by Shivaji Sawant
15:00 - 15:15	<b>OP-015:</b> Irfana Rahman, Mahapurusha Srimanta Sankaradeva Viswavidyalaya <b>Title:</b> Collective Approach of the Principles of Ayurveda and Yoga Towards a Harmonious Life	<b>OP-127:</b> Dr. Chandan Kumar, Patliputra University, Patna <b>Title:</b> पंडित दीनदयाल उपाध्याय का आर्थिक चिंतन एवं भारत निर्माण स्वदेशी से सशक्तिकरण की ओर	<b>OP-073:</b> Tanima Chatterjee, IIT Kanpur <b>Title:</b> Methods of Multiplication in Ganitasārasaṅgraha	<b>OP-099:</b> Richa Xalxo, National Institute of Technology Raipur <b>Title:</b> Cultural Loss and Recovery through Storytelling: A Study of Mamang Dai's The Legends of Pensam
15:15 - 15:30	<b>OP-013:</b> Dushyant Soni, IIT Delhi <b>Title:</b> Dimensional Analysis of Novice Meditative Experiences: A Correlational and PCA Analysis of Behavioral Breath Meditation Factors	<b>OP-128:</b> Anusree S L, Rishihood University <b>Title:</b> Nalambala Darshana in Karkkidakam: Integrating Pilgrim Tourism with Indian Knowledge Systems in Kerala	<b>OP-131:</b> Garima Devi, Yoga Therapist, Swasti Aaashram, Rangia <b>Title:</b> Spiritual Aspect of Yoga in Modern Times	<b>OP-100:</b> Manashi Ghosh, Jawaharlal Nehru University <b>Title:</b> Warrior Ethics and Administration in Ancient India: Analyzing the Nītiprakāsikā
15:30 - 16:00	Tea			





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Day 2 (04.10.2024)	Theme: Practicing Yoga and its Influence on the Intellectual and Cultural Landscape	Theme: Exploring Diverse Business Opportunities and Commercialization	Theme: Interdisciplinary	Theme: Interdisciplinary
Time	<b>Session 7A</b> Venue: Conference Hall 1 Chair: Dr. Ankita Borthakur and Prof. Lalit M. Pandey	<b>Session 7B</b> Venue: Conference Hall 2 Chair: Shri. Partho Dasgupta and Prof. Alok R. Chaturvedi	<b>Session 7C</b> Venue: Conference Hall 3 Chair: Prof. Amrithesh and Prof. Pankaj Kalita	<b>Session 7D</b> Venue: Conference Hall 4 Chair: Prof. G. Ravi Kiran Sastry and Prof. Raghvendra Gupta
16:00 - 16:30	<b>OP-016:</b> Dr. Ankita Borthakur, AIIMS Guwahati <b>Title:</b> Effect of Four Key Attributes- Achara, Vichara, Ahara, Vihara, on Holistic Development: A Study from the Yoga Shastras	<b>IL-019:</b> Shri. Partho Dasgupta, Visionaize Inc. <b>Title:</b> Is Art and Management Both Are Cosing Up With Each Other Than The World Think They Are?	<b>OP-105:</b> Dr. Radhika PR, Central Sanskrit University, Guruvayoor Campus, Kerala <b>Title:</b> A Multidisciplinary Approach to Vedic Literature - Special Reference with Atareya Aranyaka <b>OP-107:</b> Pranab Jyoti Das, Mahapurusha Srimanta Sankaradeva Viswavidyalaya <b>Title:</b> Guru-Shishya Parampara - An Ethical Learning with Special Reference to Yoga Vashistha	<b>OP-111:</b> Prof. G. Ravi Kiran Sastry, NIT Andhra Pradesh <b>Title:</b> Guru Shishya Parampara
16:30 - 16:45	<b>OP-017:</b> Satyam Tiwari, IIT Mandi <b>Title:</b> The Effects of Yogic Breathing Techniques on Mental Health: Systematic Review	<b>OP-080:</b> Dr. Akhaya Kumar Nayak, IIM Indore <b>Title:</b> Professional excellence and Job satisfaction: An Indian model based on Bhagavad Gita	<b>OP-109:</b> Sanjaya Paudel, Tribhuvan University, Nepal <b>Title:</b> Fabrication and Characterization of Nardostachys jatamansi Extract-Loaded Electrospun Nanofibrous Scaffolds for Biomedical Application	<b>OP-113:</b> Khim Prasad Panthi, Tribhuvan University, Nepal <b>Title:</b> Food to Food Preservation: Gluten-Curcumin Composite Film for Intelligent Food Packaging
16:45 - 17:00	<b>OP-018:</b> Pranami Talukdar, Mahapurusha Srimanta Sankaradeva Viswavidyalaya <b>Title:</b> The Impact of Yoga in Enhancing Mindfulness and Problem Solving	<b>OP-081:</b> Dr. Ameeta Singh, Government MLB Girls PG College, Bhopal <b>Title:</b> A Study of Bundelkhand's Historical Water Management System	<b>OP-106:</b> Mohan Pandey, IIT Madras <b>Title:</b> Language and Maturation of Rasa: A Cognitive Approach	<b>OP-114:</b> Samsina Jasmin Laskar, Govt. Ayurvedic College, Guwahati <b>Title:</b> Graceful Transition of Menopause Through Ayurveda and Yoga
17:00 - 17:15	<b>OP-019:</b> Alma Ali, Indraprastha College for Women, New Delhi <b>Title:</b> Comprehending Novice Meditation: Awareness, Discontinuity, and Theory of Mind Across Academic Disciplines within the Framework of Dhyana and Chitta	<b>OP-082:</b> Neetu Bradoo, Central University of Jammu <b>Title:</b> NāprāpyamabhivāñcantiNaṣṭam NecchantiŚocitumĀpatsu Ca Na MuhyantiNarāḥPaṇḍitaBuddhayaḥ: Vedic Knowledge and Management Skills	<b>OP-108:</b> Arjun Anand, Jawaharlal Nehru University <b>Title:</b> Exploring Itihāsa and Paurāṇika Narratives vis-à-vis Pañcatīrtha in Hajo	<b>OP-115:</b> Ali Ahmed, Cotton University <b>Title:</b> Logic and the Role of Scientific Arguments in the Tradition of Scientific Inquiry
17:15 - 17:30	<b>OP-020:</b> Laxmi devi, Mahapurusha Srimanta Sankaradeva Viswavidyalaya <b>Title:</b> Yoga and Meaning of Life among Adults	<b>OP-083:</b> Shruti Parmar, Patna University <b>Title:</b> Eco-Consciousness Through Indian Philosophy	<b>OP-110:</b> Maithili Kulkarni, Somaiya Vidyavihar University, Vidyavihar, Mumbai <b>Title:</b> Study of Efficacy of an Ancient Indian Method of finding a square root as compared to Prime Factorization Method on the basis of Accuracy	<b>OP-112:</b> Dr. Deepak Kumar Saxena, IIT Jodhpur <b>Title:</b> Implications of Gandhian Ethics for Responsible Artificial Intelligence
18:30 - 21:00	Cultural Event and Dinner	Mini Auditorium and Conference Hall Lounge		





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Day 3 (05.10.2024)	Theme: Contemporary Adaptations of Philosophical Traditions from the Epic Ancient Scriptures	Theme: Imbibing Different Aspects and Philosophy of Gita	Theme: Cultural Resonance and Heritage Preservation
Time	<b>Session 8A</b> Venue: Conference Hall 1 Chair: Prof. Amritesh and Prof. Ramgopal V. S. Uppaluri	<b>Session 8B</b> Venue: Conference Hall 2 Chair: Prof. Debi Prasad Mishra and Prof. Uday S. Dixit	<b>Session 8C</b> Venue: Conference Hall 3 Chair: Prof. Anurag Tripathi and Shri Rajendra Bahadur G.C.
09:30 - 10:00	<b>IL-021:</b> Shri. Dato' Kumaran Santhivaloo, Netaji Welfare Foundation, Malaysia <b>Title:</b> Philosophical Values, Principles and the Leadership Qualities of Netaji Subash Chandra Bose Based on the INA Supreme Commander's Freedom Trail in South East Asia	<b>IL-010:</b> Prof. Debi Prasad Mishra, National Institute of Technical Teachers' Training and Research (NITTTR), Kolkata <b>Title:</b> Environmental Consciousness in Shrimad Bhagavad Gita	<b>IL-023:</b> Prof. Anurag Tripathi, IIT Kanpur <b>Title:</b> Multi-disciplinary Challenges in the Study of Itihasa Texts
10:00 - 10:15	<b>OP-089:</b> Dr. Santosh Kumar Gugulothu, National Institute of Technology Andhra Pradesh <b>Title:</b> Ethical Paradigms and Sociological Dimensions of the Ramayana and Mahabharata: A Critical Exploration	<b>OP-042:</b> Dr. Pratibha R., Central Sanskrit University, Guruvayoor Campus, Kerala <b>Title:</b> भगवद्गीता गूढार्थदीपिकानुसारं भक्तियोगस्य मोक्षसाधनत्वम्	<b>OP-101:</b> Dr. Dipesh Vinod Katira, IIT Kharagpur <b>Title:</b> 'Sanskrit Bhasha' as a Knowledge System
10:15 - 10:30	<b>OP-090:</b> Sangita Singh, IIT Tirupati <b>Title:</b> Duryodhana or Suyodhana? Towards a Dialectical Study of the Anti-Hero of Mahabharata and the Hero of Urubhangam	<b>OP-044:</b> Dr. Sima Baruah, Cotton University, Guwahati <b>Title:</b> An Allegorical Depiction of the Kurukshetra War in the Context of the Bhagavad Gita	<b>OP-102:</b> Nivedita Dutta, Royal Global University <b>Title:</b> A Harmonious Blend: Integrating Digital Tools into the Practice of Yoga
10:30 - 10:45	<b>OP-091:</b> Heenal Dete, University of Mumbai, Mumbai and Bidisha Dutta, University of Delhi, Delhi <b>Title:</b> Titiksha in Modern Adversity: Exploring Resilience through the Lens of Vedantic Philosophy	<b>OP-045:</b> Dr. Pratheep Kumar R, Chinmaya Vishwavidyapeeth, Kerala <b>Title:</b> The Essence of Well-Being: Teachings from the Ashtavakra Gita	<b>OP-103:</b> Monalisha Medhi, Royal Global University <b>Title:</b> Significance of the Buddhist Repository of Literary and Cultural Heritage and Ethical Practices in the Corpus of Indian Knowledge System
10:45 - 11:00	<b>OP-088:</b> Dr. Deepak Kumar Saxena, IIT Jodhpur <b>Title:</b> Neti-Neti: Implications of Indian Philosophical Tradition for Sustainability	<b>OP-043:</b> Sai Kiran Gannamraju, IIT Mandi <b>Title:</b> Sacrifice, Well Being and Positive Psychology in the Bhagavad Gita: An Integrative Approach	<b>OP-104:</b> Antara Misra, University of Barcelona, Gran Via de les Corts Catalanes, Spain <b>Title:</b> Toward a Holistic Education: Assessing the Relevance of Tagore's Philosophies in Contemporary Indian Education
11:00 - 11:30	Tea		



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Day 3 (05.10.2024)	Theme: Ethics and Sociological Studies about Ramayana and Mahabharata	Theme: Uncovering Medicinal and Ayurvedic Significance	Theme: Interdisciplinary	Theme: Interdisciplinary
Time	<b>Session 9A</b> Venue: Conference Hall 1 Chair: Prof. M.L. Sharma and Prof. Raghvendra Gupta	<b>Session 9B</b> Venue: Conference Hall 2 Chair: Dr. Amit Mishra and Prof. Sachin Kumar	<b>Session 9C</b> Venue: Conference Hall 3 Chair: Prof. Pankaj Tiwari and Prof. Abhirup Datta	<b>Session 9D</b> Venue: Conference Hall 4 Chair: Prof. Manashi Gogoi Dutta and Prof. Vivek Padmanabha
11:30 - 11:45	<b>IL-012:</b> Prof. Lipi Ghosh, University of Calcutta <b>Title:</b> Cultural and Sociological aspects of the Ramayana- Context of South East	<b>IL-007:</b> Dr. Amit Mishra, Professor of Practice, IIT Guwahati <b>Title:</b> Reach, Relevance and Therapeutic Yoga	<b>OP-117:</b> Dr. K Suryanarayana, National Sanskrit University, Tirupati <b>Title:</b> Culinary Science and Food Technology in Ancient India: Insights from Pākaśāstra	<b>IL-017:</b> Prof. Manashi Gogoi Dutta, King Mongkut's Institute of Technology Ladkrabang, Thailand <b>Title:</b> Connecting Modern Technology with Ancient Knowledge: Utilizing Heritage for Digital Era
11:45 - 12:00	<b>OP-119:</b> Varsha Ujjwal Maske, Mahapurusha Srimanta Sankaradeva Viswavidyalaya <b>Title:</b> A Scientific Exploration of Health Management Techniques in Hatha-Ratnavali			
12:00 - 12:15	<b>OP-050:</b> Dr. Shivani Sharma, IIM Indore <b>Title:</b> (Re)imagining the Epic: Intermedial Narratives of the Mahabharata Across Popular Mediums	<b>OP-029:</b> Dr. Hari Babu Boddu, Magadh University, Bodh Gaya, Bihar <b>Title:</b> Diseases and Healing Techniques in the Chapters on Medicine of Agni Purana	<b>OP-120:</b> Pranjal Chaturvedi, IIT Indore <b>Title:</b> Stellarium as a tool for visualising ancient skies	<b>OP-123:</b> Divyansh Pandey, IIT Mandi <b>Title:</b> Analyzing the Relationship between Nomophobia, Social Networking Addiction, and the Gunas: findings from the Indian Knowledge System
12:15 - 12:30	<b>OP-051:</b> Utpreksha Devi, Gauhati University <b>Title:</b> Comparative similarities of the plot of Vālmīki-Rāmāyaṇam and Jānakījīvanam	<b>OP-030:</b> Linda Bessy Lyngdoh, North-Eastern Hill University, Shillong <b>Title:</b> Exploring Cultural Views on Prenatal and Postnatal Care in the Khasi-Jaintia Hills: A Traditional Healthcare Approach	<b>OP-122:</b> Shiva Pandeya, Tribhuvan University, Nepal <b>Title:</b> Fabrication of Self-standing CdS/TiO2 Nanofibrous Membrane for COD Removal	<b>OP-124:</b> Rajendra Bahadur G.C., Tribhuvan University, Nepal <b>Title:</b> Nanocellulose from Mankamana-3 Corncob Biomass: Synthesis, Characterization, Surface Modification and Potential Applications
12:30 - 12:45	<b>OP-052:</b> Renu Khanna, NIT Calicut <b>Title:</b> Unlocking the spiritual and cultural heritage of Mahabharata and Ramayana	<b>OP-031:</b> Akanksha Jha, Central University of Haryana <b>Title:</b> Integrating Ayurveda with Modern Medicines	<b>OP-121:</b> Subham Layek, IIT Kharagpur <b>Title:</b> Deliberating upon Certain Culture-specific Sanskrit Terms and Assessing the Propriety of their Common English Translations	<b>OP-125:</b> Navdha Bhardwaj, IIT Mandi <b>Title:</b> Automated Tool for Prakriti Assessment Involving Image Analysis
12:45 - 13:00	<b>OP-053:</b> Dr. Darshana Goswami, Gauhati University <b>Title:</b> Ethno-aesthetics in Ramayani literature: A study on Karbi Ramayana 'Sabin Alun'	<b>OP-032:</b> Dr. Manab Jyoti Sarmah, AIIMS Guwahati <b>Title:</b> Uncovering the Significance of Ayurveda Medication, Panchakarma in the Management of Overuse Sports Injury	<b>OP-118:</b> Kiran Kumar Bhuvanagiri, IIT Mandi <b>Title:</b> GPI-based Cause Effect Coupling Model to Understand Feedback Mechanism of Consciousness and Lifestyle	<b>OP-126:</b> Himasri Kalita, Mahapurusha Srimanta Sankaradeva Viswavidyalaya <b>Title:</b> Bhagavad Gita and the Concept of Self-Realization: Analyzing its Relevance in Contemporary Spiritual Practices
13:00 - 13:15	<b>OP-054:</b> Ritu Panchal, Institute of Infrastructure, Technology, Research and Management (IITRAM), Ahmedabad <b>Title:</b> Glimpses of Feminism from Indian perspective in Kunkana Ramayan	<b>OP-033:</b> Dr. Digvijay Agnihotri, AIIMS Guwahati <b>Title:</b> The Differential Effects of Pranayama when Practiced Before and After Asana (Yogic Postures)	<b>OP-116:</b> Dr. Tshering Phuntsho, Norbuling Rigter College, Paro, Bhutan <b>Title:</b> Financial Literacy of Agriculture Farmers of Doteng Geowg, Paro, Bhutan	<b>OP-129:</b> Amod Antarkar, School of Planning and Architecture Bhopal <b>Title:</b> Use of Generative AI in Interpretation of Ancient Indian Texts Related to Urban Planning
13:15 - 14:30	Lunch	Conference Hall Lounge		



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<b>14:30 - 16:00</b> <b>Venue: Mini Auditorium</b>	<b>Panel Discussion on the Importance of Indian Knowledge Systems in the Contemporary World</b> <b>Panelists: Dr. Naba Goswami, Prof. Ashok Puranik, Dr. Partha Sarathi Mahanta, Prof. U.S. Dixit and Dr. Suvrokamal Dutta</b> <b>(Moderator: Shri Pradeep Chaturvedi)</b>
<b>16:00 - 17:30</b> <b>Venue: Mini Auditorium</b>	<b>Valedictory Session</b> <b>Chief Guest: Honorable Speaker of the Assam Legislative Assembly</b> <b>Guests of Honor: Prof. Sukumar Mishra, Director, IIT (ISM) Dhanbad, and</b> <b>Prof. Varadraj Bapat, IIT Bombay</b>
<b>17:30</b>	<b>High Tea</b>