

NATIONAL CONFERENCE ON

YOGA & HOLISTIC HEALTH

THEME: CURRENT CHALLENGES FOR MIND, BODY & SOUL



12-13 DECEMBER, 2026
(SATURDAY - SUNDAY)



SRI SWAMINARAYAN ASHRAM,
RISHIKESH, UTTARAKHAND



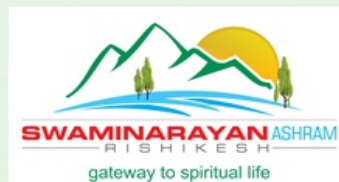
*Yoga is the journey
of the self, through the self,
to the self.*



ORGANISED BY

NATIONAL INSTITUTE
OF HOLISTIC HEALTH
(NIHH)

CO-POWERED BY



IN-ASSOCIATION WITH



YOGAPEACE SANSTHAN
From health to happiness...



DELHI INSTITUTE
OF NATUROPATHY



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INTRODUCTION

Health is a state of complete physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity.

Holistic Health includes **Yoga, Naturopathy, Acupressure, Acupuncture, Neurotherapy, Electro Homeopathy** and other drugless system which are ancient Indian theories and practices, focusing on unifying mind, body, spirit and promoting strength, balance & flexibility.



Health and well being can be influenced by our present lifestyle change and psychological stress.



Holistic Health mainly emphasizes on returning to the nature by correcting our lifestyle by following simple natural laws,



application of simple treatments based on the principles.



*Holistic Health is not just about curing disease,
it is about nurturing a life in harmony with nature.*





MESSAGE & BLESSINGS FROM SUNIL BHAGAT JI



President,
Shri Swaminarayan Ashram, Rishikesh

*Dear Respected Guests, Eminent Speakers,
Scholars, Delegates, Students
and Participants,*

It is with immense joy and divine grace that I welcome you all to the **National Conference on Yoga & Holistic Health 2026 (December)** in the holy city of Rishikesh — the land of sages, saints and spiritual awakening.



Shri Swaminarayan Ashram, Rishikesh has always been a center of spirituality, service, and holistic well-being. Our mission is to nurture values, promote a healthy lifestyle and inspire humanity to walk on the path of dharma, discipline and devotion.

Yoga is not just a practice, it is a profound science that unites the body, mind and soul. Holistic health is the foundation of a peaceful, balanced and meaningful life. This conference is a beautiful initiative that brings together ancient wisdom and modern knowledge for the welfare of all.

I extend my heartfelt blessings to the organizers, speakers and all participants. May this conference be a grand success and a source of inspiration, learning and transformation for each one of you.

May the divine energy of Maa Ganga, the Himalayas and Rishikesh guide you, uplift you and help you achieve health, happiness and harmony.

My blessings and best wishes are always with you.



“ *Yoga is the journey
of the self, through the self,
to the self.* ”

*Let us come together
to build a healthier,
happier and more
spiritual world.* ”

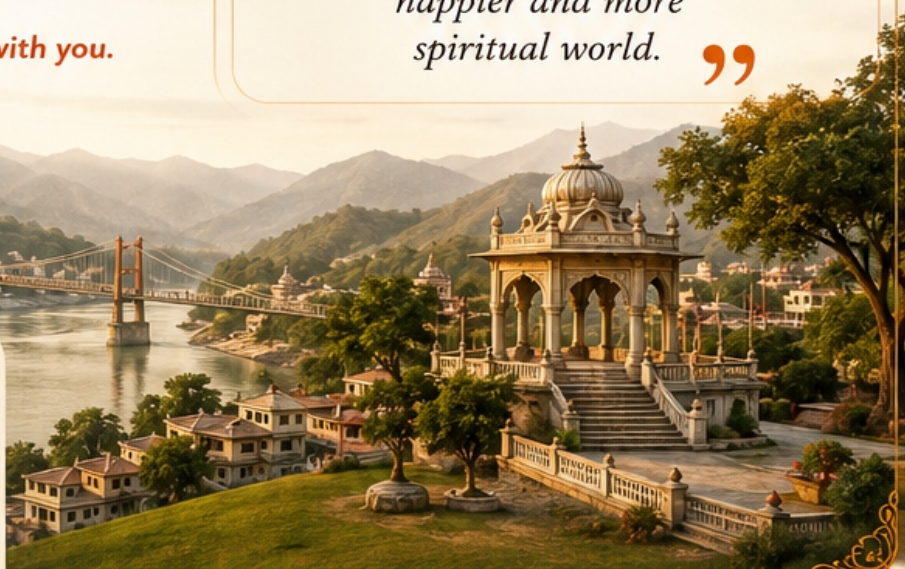


Sunil Bhagat

Sunil Bhagat

President

Shri Swaminarayan Ashram
Rishikesh, Uttarakhand



MESSAGE FROM THE CHAIRMAN

Dear Esteemed Guests

**Eminent Speakers, Distinguished Delegates,
Scholars, Practitioners and Dear Participants
from Across the Globe,**

It is with great honor and privilege that I extend a warm and heartfelt welcome to all of you to the National Conference on Yoga and Holistic Health 2026 (December), being held in the sacred land of Rishikesh, reverently known as Rishiyon ki Nagri — the land of sages.

We are deeply grateful for your presence and participation. Your valuable knowledge, experience, and dedication to the fields of yoga, wellness, and holistic health enrich this conference and make it a truly global confluence of wisdom, science, and spirituality.

Rishikesh is not merely a destination; it is a spiritual and divine energy center. Nestled in the foothills of the Himalayas and blessed by the holy river Ganga, this ancient city has been a sanctuary for sages, yogis, and seekers for thousands of years. It is here that yoga evolved as a way of life — integrating body, mind, and soul.

The spiritual vibrations of Rishikesh naturally support inner healing, mental clarity, and spiritual awakening. The serene environment, sacred temples, ashrams, and the continuous flow of the Ganga create an atmosphere ideal for meditation, self-reflection, and holistic well-being. Practicing yoga and meditation in this divine city enhances physical health, reduces stress, balances emotions, and nurtures inner peace.

Rishikesh stands as a global capital of yoga and holistic health, inspiring humanity to live in harmony with nature, promote preventive healthcare, and embrace a balanced lifestyle rooted in ancient wisdom and modern science.

On behalf of the organizing committee, I once again extend my sincere gratitude to all our honored guests, speakers, and delegates. May this conference foster meaningful dialogue, knowledge exchange, and collaborative efforts toward global health, peace, and well-being.

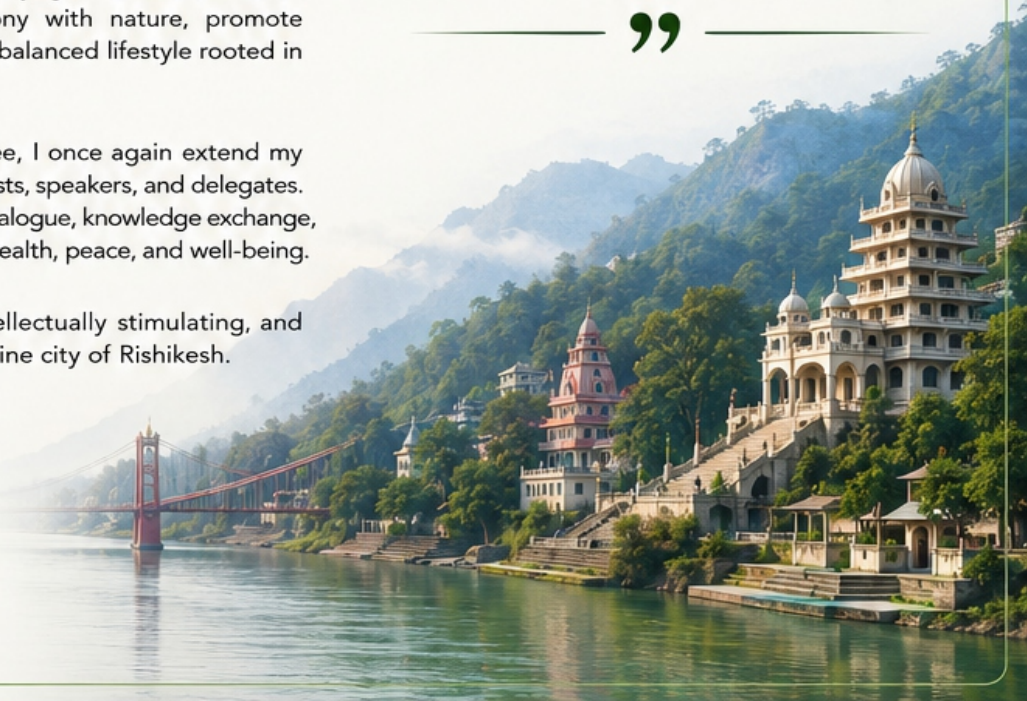
I wish you a spiritually enriching, intellectually stimulating, and memorable experience here in the divine city of Rishikesh.



Dr. Vinod Kashyap
Chairman, NIHH



“
*Let us unite in our commitment
to holistic well-being and create
a healthier, happier, and more
harmonious world.*
”





MESSAGE FROM PRESIDENT OF SKM YOGA



Dear Esteemed Guests,

**Respected Speakers, Delegates, Students,
Yoga Enthusiasts and Well-wishers,**

It gives me immense joy and honor to extend a warm invitation to you all to the **National Conference on Yoga & Holistic Health 2026 (December)** in the sacred city of Rishikesh. This conference is more than an event – it is a global movement towards health, happiness and harmony.

Yoga is not just an exercise; it is a way of living, thinking and evolving. In today's fast-paced world, it is Yoga and holistic health that can truly bring balance to our body, mind and soul. This conference brings together leading experts, practitioners, therapists, researchers, academicians and students on one platform to share knowledge, experiences and innovations in the field of yoga, naturopathy and holistic wellness.

I heartily welcome students to join in large numbers and take full advantage of this golden opportunity. You will learn directly from renowned speakers, gain practical knowledge, get clarity about career opportunities and build a strong foundation for your future in the wellness industry. This is your chance to **Connect, Learn, Grow and Transform**.

Our vision is to make this conference a grand confluence of awareness, inspiration and commitment. My target is to bring together **1000 participants** from across India and abroad. Your presence will make this mission a success.

Let us unite in the divine energy of Rishikesh and take a collective pledge to build a healthier, happier and more peaceful world through yoga and holistic living.

I look forward to welcoming you in this historic conference. Together, let's make it a grand success!

Shivam Mishra

Acharya Dr. Shivam Mishra
President, SKM Yoga



“

Let us work together
to transform lives, spread
wellness and create a
better tomorrow.
Your participation
is our strength.
Your presence will
shape the future.

”



OUR TARGET
1000+
PARTICIPANTS

Let's Achieve It Together!



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YOGA & HOLISTIC HEALTH

12-13 DECEMBER, 2026

SRI SWAMINARAYAN ASHRAM,
RISHIKESH, UTTARAKHAND



OBJECTIVES OF THE CONFERENCE



01

To bring a **broader awareness** among public about the utility of Yoga Holistic Health in treatment of diseases.



02

To **disseminate** the existing knowledge of Holistic Health to the practitioners and health workers.



03

To **provide assistance** to institute and persons working in the field of Holistic Health.



04

To **strengthen** Holistic Health institutes and NGOs to plan, implement and evaluate projects in rural, urban, tribal, slums and other areas in India abroad.



05

To **promote** a holistic understanding of health through the integration of Yoga, Ayurveda, and modern wellness practices.



06

To provide a **global platform** for researchers, practitioners, educators, and health professionals to share knowledge and experiences in yoga and holistic health.



07

To **highlight** the role of yoga and holistic therapies in disease prevention, mental well-being, and sustainable health care.



08

To **encourage** scientific research, innovation, and evidence-based practices in yoga and holistic health.



09

To **foster** international collaboration and networking among institutions and professionals working in health and wellness.



10

To **inspire** individuals and communities to adopt healthy, balanced, and mindful lifestyles for overall well-being.

“

Yoga is the journey of the self,
through the self, to the self.

– The Bhagavad Gita



Holistic
Healing



Balanced
Living



Natural
Wellness



Healthy
Future



GLIMPSES OF INTERNATIONAL YOGA & HOLISTIC HEALTH CONFERENCE – VIETNAM 2026

📍 Hanoi, Vietnam

📅 15–20 August 2026

Organised by:



National Institute of
Holistic Health (NIHH), India

In-association with:



SUCCESSFULLY CONDUCTED IN



HANOI –
16 AUGUST 2026



DA NANG –
17 AUGUST 2026

DA NANG PROGRAMME

Hosted by
GLG Yoga School
With the valuable support of
Ms. Ho Thi Thanh



HONOURING EXCELLENCE



INTERNATIONAL YOGASHREE AWARD
Honouring Eminent Yoga Gurus &
Wellness Leaders



YOGA VIBHUSHAN AWARD
Recognising Outstanding Contribution to Yoga



YOGA RATNA AWARD
Celebrating Excellence in
Yoga & Holistic Wellness



NATUROPATHY AWARD
Honouring Distinguished Contribution
to Naturopathy

INTERNATIONAL RECOGNITION • GOLD MEDALS • AWARDS

*Celebrating India's Yoga & Holistic Health Excellence
on an International Platform*

SPECIAL GRATITUDE



Dr. Vinod Kashyap
Chairman-NIHH



Dr. Shivam Mishra Ji
Director, SKM Yog

For his exceptional support and contribution
towards the successful organization of the
Vietnam International Conference & Workshop.

ONE WEEK • TWO CITIES • ONE GLOBAL VISION

*Connecting India & Vietnam through Yoga, Wellness,
Knowledge & Cultural Exchange*

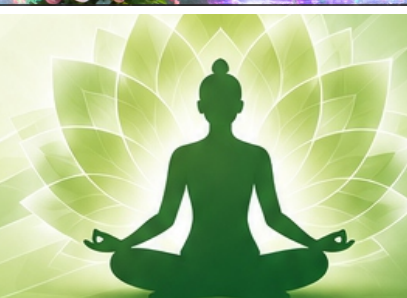
HANOI • DA NANG • VIETNAM



INTERNATIONAL CONFERENCE ON

YOGA & HOLISTIC HEALTH

— VIETNAM 2026 —



ANNOUNCEMENT-1

SPEAKERS/ EXPERTS

"Learn from the best, be your best."



Sunil Bhagat

President
Shri Swaminarayan Ashram,
Rishikesh, Uttarakhand



Dr. R. S. Dawas

Director
Delhi Institute of Naturopathy,
Delhi



Dr. M. K. Taneja

Former Member
Ministry of AYUSH, Govt. of India,
Muzaffarnagar, Uttar Pradesh



Yogacharya Dhakaram

Founder
Yoga Peace Sansthan,
Jaipur- Rajasthan



Dr. Shivam Mishra

Founder President-SKM Yoga,
Vice President-GLG Yoga-Vietnam



Dr. Vijata Arya

Managing Director
Kayakalp Yoga & Naturopathy Treatment Center



Acharya Prasanna

Founder President-Vaidic
Sanskriti Kala Kendra-Rishikesh



Dr. Govinda Trivedi

Chief Medical Officer
Balaji Wellness & Nature
Cure Hospital-Delhi



Dr. Satyendra Mishra

Deector-Kanchankaya Institute
of Yoga & Naturopathy
Faculty Member- Faculty of Yoga &
Alternative Medicine, Lucknow
University- Lucknow (UP)



Prof. (Dr.) Saraswati Kala

School of Yogic Sciences &
Naturopathy, S.G.R.R. University,
Dehradun



Dr. Subhash Chandra Sarangi

Naturopathy Consultant (Gold Medallist)
and Wellness Mentor
Odisha



Dr. R.P. Singh

Deputy Director, Rabisan India
Electrohomeopathy Education &
Research Foundation, Himachal Pradesh



WHO CAN ATTEND



Members of National Institute of Holistic Health (NIH)

Practitioners of Naturopathy, Yoga, Holistic Health system.
Neurotherapy, Electro Homoeopathy, Acupuncture,
Acupressure, Chiropractic and other drugless systems.



Students



Health Promoters, Medical Professionals,
Executives etc.



DELEGATE REGISTRATION

Registration will be on
'First Come First Serve basis-



Single Accommodation

₹10,000/-



Pvt. Accommodation
(Twin sharing)

₹4000/-



Without Accommodation

₹1000/-

श्री SWAMINARAYAN ASHRAM



LOCATION OF SHRI SWAMINARAYAN ASHRAM



3KM

from Yog Nagri Rishikesh Railway Station



2KM

from Rishikesh Bus Stand



42KM

from Dehradun City



20KM

from Dehradun Airport



72KM

from Mussorie



76KM

from Tehri Lake



32KM

from Haridwar



235KM

from Delhi



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CONFERENCE KIT

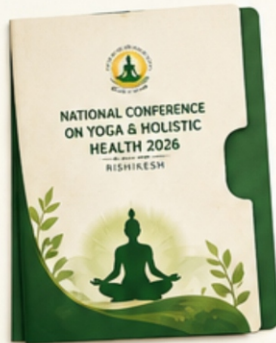
For Delegates & Participants

Every delegate/participant will receive a Conference Kit containing:



1 ID CARD

Personalized ID Card for delegate/participant.



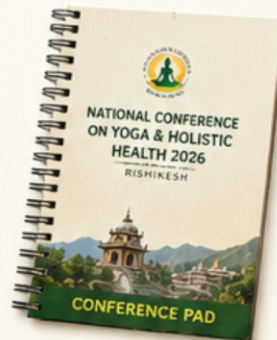
2 FOLDER

Conference folder containing important information and materials.



3 PEN

Branded pen for your convenience.



4 CONFERENCE PAD

Official notepad for note-taking during sessions.



5 FOOD COUPON

Coupons for Breakfast, Lunch & Dinner. Redeemable at the designated dining area (Sri Swaminarayan Ashram).



Food Coupons are mandatory for availing meals. Kindly present the coupon at the dining area to receive your meal.

TERMS & CONDITIONS



EARLY ARRIVAL / LATE STAY

Any delegate who arrives before the conference dates or stays after the conference dates will be charged extra. These additional days are not included in the conference package.



TRAVEL INFORMATION

Delegates must inform us in advance about their mode of travel – Bus / Car / Taxi / Flight / Train for better coordination and arrangements.



EXTRA PERSON

If any additional person accompanies the delegate (family or friend), please inform us in advance. Charges for extra person will be applicable as per the policy.



ACCOMMODATION QUERIES

For any room-related queries, availability, or assistance, kindly contact the Reception Desk or call on the numbers provided below.



GENERAL

- The conference kit is non-transferable.
- Food coupons are valid only during the conference dates.
- Organizers reserve the right to make any necessary changes for the smooth conduct of the conference.

FOR ASSISTANCE & QUERIES

KINDLY CONTACT OUR RECEPTION TEAM



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We look forward to welcoming you to Rishikesh,
the land of sages and spiritual harmony.

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CO-POWERED BY:



SKM YOGA



SHRI SWAMINARAYAN
ASHRAM, RISHIKESH

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