

## :| Seminar Registration Details |:

### Registration Link:



<https://forms.gle/7VQKDUMY19niqdZT7>

Submission Email ID:  
**seminar@vidyamandir.org**

### Important Dates

|    |                                             |            |
|----|---------------------------------------------|------------|
| 1. | Last Date for Abstract submission           | 15-09-2026 |
| 2. | Last Date for Paper Submission              | 25-09-2026 |
| 3. | Last Date of Registration for Participation | 30-09-2026 |
| 4. | Date of Event                               | 10-10-2026 |

### Registration Fee Details:

| Details                                                                                                | Registration Fees for Presentation (INR.) | Publication (Peer Reviewed Refereed ISSN Journal (Soft Copy with Certificate) (INR.) |
|--------------------------------------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------------------------------------------------|
| Faculty/Academician/Professionals                                                                      | 800                                       | 1500                                                                                 |
| Research Scholar                                                                                       | 600                                       | 1300                                                                                 |
| UG/PG Students                                                                                         | 300                                       | 1000                                                                                 |
| * Registration fee for participation only (without presentation): Rs.300/- (Certificate will be given) |                                           |                                                                                      |

Fee Payment Account Details : **Non-refundable**  
 Bank Name : **Axis Bank**  
 Account Name : **VIDYAMANDIR TRUST A/C KDP CENTRE FOR VOCA GUID & COUNS**  
 Account No : **256010100057406**  
 IFSC Code : **UTIB0000256**  
 Branch Name : **Palanpur, Gujarat**

**Accommodation:** Accommodation will be provided to delegates on a paid basis upon prior intimation

### More Information

#### ♦ CO-CONVENER, NATIONAL SEMINAR ♦

**Ms. Khushbu Modi**  
 Asst. Counsellor  
 Shri K. D. Parikh Vocational Guidance & Counseling Centre  
**Mo.99137 74344**

#### ♦ REGISTRATION & PAYMENT RELATED INQUIRY ♦

**Mr. Snehal Chauhan**  
 EA to the Director  
 Vidyamandir Trust, Palanpur  
**Mo.63530 97677**

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 Joint Director  
 Vidyamandir Trust, Palanpur

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 Smt. S. P. Kothari English Medium College of Secondary Education  
 Vidyamandir Trust, Palanpur

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 Smt. L & C Mehta Arts College, A'bad

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 Professor & Head  
 Research Program  
 Children's Uni., G.Nagar

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 HOD, Psy. Dept.  
 P.K. Kotawala Arts College, Patan

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 Asso.Prof.  
 Gujarat Art & Comm. College, A'bad

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 Smt. R.K.D.K. M.Ed. College, Palanpur

**Dr. Nilesh Pandya**  
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 Centre of Training,  
 Children's Research University, G.Nagar

**Dr. Ronak Parmar**  
 Asst. Prof.,  
 School Education,  
 Children's University, G.Nagar

**Dr. Bharat Vaid**  
 Asst. Prof.  
 Department of Psychology,  
 M.N. College, Visnagar

**Dr. Arefa Mansuri**  
 Asso. Prof.  
 St. Xavier's College (Autonomous) A'bad.

**Dr. Dhanjay Deshmukh**  
 Asst. Prof. (Spl.)  
 IITE, Gandhinagar

**Dr. Vinod Prajapati**  
 Asso. Prof.  
 Gujarat College A'bad

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 General Manager - HR  
 Vidyamandir Trust, Palanpur

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 General Manager - Finance  
 Vidyamandir Trust, Palanpur

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 Asst. Director EMS  
 Vidyamandir Trust, Palanpur

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 All Centres  
 Vidyamandir Trust, Palanpur

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 Public Relations Coordinator  
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**Dr. Atin Joshi**  
 Incharge  
 Mamtandir  
 Vidyamandir Trust, Palanpur



Vidyamandir Trust, Palanpur  
 managed

**Shri K.D. Parikh**  
 Vocational Guidance & Counseling Centre  
 &  
 Teachers' Training Colleges

### ONE DAY NATIONAL SEMINAR

On

**Mindfulness in Higher Education :  
 Indian Knowledge System for Holistic Learning  
 and Well-being**

(Hybrid Mode)

**Saturday, 10<sup>th</sup> October 2026**



Venue

**Shri Kanubhai Mehta Sanskrutik Bhavan**  
 Vidyamandir Campus, Palanpur,  
 Dist. Banaskantha-385001, Gujarat (India)

### CONTACT US

**Shri K.D. Parikh**  
 Vocational Guidance & Counseling Centre  
 Vidyamandir Trust, Palanpur, Taleybaug  
 (Vidyamandir Campus-1)  
 Palanpur Banaskantha, Gujarat-385001  
 Website : [www.vidyamandir.org](http://www.vidyamandir.org)  
 Tel : +91 - 2742 - 258547, 250215

### About the Trust :

Vidyamandir Trust, Palanpur, a prestigious institution with more than 75 years of legacy, is dedicated to providing value-oriented education from primary to post-graduate levels. Recognizing the impact of education on national character, the institution emphasizes empowering students with independence, decision-making skills, and civic responsibility. Valuing each child's uniqueness, Vidyamandir focuses on holistic development in a conducive environment, fostering academic pursuits, social engagement, and community work. From pre-primary to higher secondary schools, cocurricular activities, sports, and Mamtamandir, the institution embodies its founders' vision of translating education into a tangible reality. Vidyamandir Trust, Palanpur is a large educational conglomerate that evolved from the 1948 Shri Palanpur Shishushala, now running 164 institutes across 14 campuses in Palanpur.

### About the Centre :

Shri K.D. Parikh Vocational Guidance & Counseling Centre was established in the year 2000 with the support of Shri Kirtilal Dahyalal Parikh Charitable Trust, and ever since we have been arranging regular seminars, one-to-one counseling sessions, and tests to help our students find their true calling. Our experts then prepare them to suit their chosen vocation while guiding them to apply to the right colleges. We are also very particular about our students' mental well-being. Children might appear normal on the outside, but some of them have their own battles to fight due to their learning disabilities, childhood traumas, social stigmas, or physical and mental challenges that cause speech or behavioral difficulties. These can be effectively addressed at an early stage as long as they are diagnosed with precision. With the coordination of counsellors and educators, students are helped with counselling, therapy and activities to ensure holistic mental health.

### About the Seminar :

This seminar explores the integration of the Indian Knowledge System (IKS) with modern higher education frameworks to promote holistic learning and student well-being. Higher education today extends beyond academic achievement to encompass students' emotional, psychological, social, ethical, and overall well-being. In the context of increasing academic pressure, stress, digital distractions, and changing lifestyles, Mindfulness can support attention, self-awareness, emotional regulation, resilience, and meaningful learning. The rich Indian Knowledge System (IKS) offers holistic practices such as Yoga, Dhyana (Meditation), Pranayama, and Svadhyaya (Self-study) that emphasize harmony of body, mind, intellect, and inner well-being. This seminar aims to explore the relevance and contemporary application of Mindfulness and IKS in higher education, teacher education, inclusive and special education, student mental health, emotional intelligence, self-regulated learning, mindful teaching, and digital well-being. It will provide a platform for academicians, researchers, teachers, teacher trainees, counsellors, psychologists, and special educators to share research, innovative practices, and experiences, with the broader goal of developing holistic, mindful, inclusive, and well-being-oriented educational environments. The proposed seminar encompasses the areas to be addressed with the following objectives:

### Objectives of the Seminar :

1. To explore the significance of mindfulness and Indian Knowledge Systems in promoting holistic learning and well-being in higher education.
2. To discuss the implementation of NEP 2020 through the integration of Indian Knowledge Systems, experiential learning, and holistic education in higher education institutions.
3. To explore the role of Mindfulness in the holistic development of students.
4. To discuss the contribution of Indian knowledge traditions to modern holistic education.
5. To promote mental health, stress management, and well-being.
6. To promote indigenous approaches to wellness and preventive mental health.

### Key Sub-Themes :

#### 1. Indian Knowledge System and NEP 2020

- Multidisciplinary and Interdisciplinary Education
- Value-Based and Ethics-Centred Education
- Indian Languages, Culture, and Knowledge Traditions in Higher Education

#### 2. Health Sciences and Psychology

- Yoga and Meditation for Mental Health
- Ayurveda and Integrative Healthcare
- Positive Psychology and Indian Philosophy
- Mindfulness-Based Stress Reduction in Higher Education
- Emotional Intelligence and Holistic Wellness
- Mindfulness for Learners with Disabilities

#### 3. Mental Health, Well-being, and Resilience

- Stress Management and Resilience through Mindfulness
- Psychological Well-being and Mental Health
- Self-Realisation and Holistic Development
- Mental Health and Well-being in Inclusive Education
- Workplace Well-Being and Stress Management
- Role of yoga, meditation, and indigenous games in holistic well-being.
- Mindfulness and Climate-Resilient Agriculture

#### 4. Social Sciences and Humanities

- Indian Philosophy and Contemporary Education
- Indigenous Knowledge for Social Harmony
- Mindfulness, Peace, and Conflict Resolution
- Gender Perspectives in Indian Knowledge Systems
- Community Engagement and Holistic Development

#### 5. Technology, Digital Well-being, and Mindfulness

- Digital mindfulness in higher education
- Managing screen time and digital stress
- AI, Technology, and conscious Learning
- Smart Technologies for Community Well-being
- Artificial Intelligence for Mental Health and Well-being

#### 6. Education and Teacher Education

- Mindfulness in Teacher Education
- Holistic Assessment and Student Well-being
- Social-Emotional Learning through Indian Traditions
- Experiential Learning and Value-Based Education
- Teacher Wellness and Professional Resilience
- Inclusive Education and Student Support

#### 7. Performing Arts & Sports Psychology

- Mindfulness through Indian Classical Music and Dance
- Art Therapy and Holistic Well-being
- Mindfulness in Sports Performance
- Traditional Indian Games and Well-being

#### 8. Mindfulness & Holistic Development

- Mindfulness as a Pathway to Holistic Learning in Higher Education
- Mindfulness and Positive Mental Health in Higher Education
- Mindfulness for Special Education Teachers
- Mindfulness and Resilience among College Students
- Mindfulness and Classroom Climate
- Student Mental Health, Psychological Well-being and Mindfulness

**Any other area relevant to the theme**

### GUIDELINES FOR SUBMISSION :

- Abstract and full paper should be sent in soft copy in Word format only.
- Contributors are requested to send the abstract (250–300 words) and full-length paper (2,500–3,000 words) if an abstract acceptance email is received. Please refer to important dates.
- Only original and unpublished papers will be accepted for the presentation.
- In the case of multiple contributors, the author and co-authors should register separately with payment.
- Before submitting the paper, participants are advised to check the paper for plagiarism and should ensure that the paper maintains academic and professional integrity.
- Paper Format: Single Column, A4 Size, 1.5 line spacing. For English, Font: Times New Roman (Size 12). For Gujarati and Hindi, preferably use Shruti/LMG font with title size 14/16, text size 12/14 with 1 spacing.
- The APA 7th Edition Style of referencing should be followed.
- **Research papers accepted for publication in Peer Reviewed Refereed ISSN Journal will be based on quality, originality and relevance to the theme (Declaration of originality will be asked before publication). Organizers may ask the author to make modifications if needed.**

### TEACHERS' TRAINING COLLEGES :

- Shri D. D. Choksi College of Secondary Education
- Shri C. K. Mehta College of Primary Education
- Shri K. J. Mehta College of Pre-Primary Education
- Shri P. K. Mehta College of Special Education
- Smt.S. P. Kothari English Medium College of Secondary Education
- Parikh Foundation College for Diploma in Special Education (MR/IDD)