

International Conference on Integrated Mental Health, Ayurveda & Digital Well-Being 2026

(ICIMHAD 2026)

Innovations in Psychology, Technology & Management

Online Conference
07 March 2026



Organized by:
Aryavart International University

Recognised Under Section 2(f) of UGC Act, 1956
Established by State Legislature of Government of Tripura by Act No 03 of 2023

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About the Conference

The International Conference on Integrated Mental Health, Ayurveda & Digital Well-Being 2026 unites leading experts from diverse fields including Ayurveda, Psychology, Computer Science, Management, Public Health, Yoga, and Neuroscience on a single global platform. Organized in full alignment with the directions issued by the University Grants Commission (UGC) on promoting mental health and well-being across educational institutions, this landmark event delves deeply into the synergies between time-honored Ayurvedic healing traditions, cutting-edge psychological research, and innovative digital technologies. As mental health challenges escalate globally amid rapid societal changes, the conference spotlights transformative, interdisciplinary strategies—such as personalized Ayurvedic dosha-based therapies, evidence-based psychological interventions, AI-powered mental health apps, workplace wellness frameworks, and practical digital detox protocols—to foster comprehensive, sustainable holistic well-being for individuals and communities.

Conference Objectives

1. To promote integrated approaches for mental health using Ayurveda, psychology, and technology.
2. To showcase digital innovations, AI tools, and emerging technologies supporting mental well-being.
3. To discuss workplace and organizational strategies for improving employee mental health.
4. To bring researchers, practitioners, industry leaders, and academicians together for knowledge exchange.
5. To encourage evidence-based research and collaboration across sectors.

Who Should Attend?

This conference welcomes participants from diverse disciplines, including:

- Ayurveda scholars & practitioners
- Psychologists, counsellors & psychiatrists
- Computer science & AI researchers
- Management, HR & business leaders
- Yoga, Naturopathy & wellness trainers
- Public health professionals
- Social workers & nursing faculty
- Students, scholars & researchers
- Entrepreneurs & start-ups in digital well-being

Conference Tracks (Themes)

Track 1: Ayurveda & Mind-Body Health

- Satvavajaya Chikitsa
- Rasayana And Herbal Interventions
- Panchakarma For Stress, Anxiety & Depression
- Ayurvedic Psychology And Lifestyle Management

Track 2: Psychology, Counselling & Mental Health Sciences

- Evidence-based Therapies (CBT, REBT, Mindfulness)
- Trauma Management & Emotional Resilience
- Adolescent Mental Health
- Positive Psychology Practices

Track 3: Digital Well-Being, AI & Emerging Technologies

- AI Tools For Stress Prediction And Early Diagnosis
- Mental Health Apps, Wearables & IoT Solutions
- Cyberpsychology And Social Media Impact
- Virtual Reality Therapies And Digital Counselling

Track 4: Management, Leadership & Workplace Wellness

- Organizational Behaviour & Emotional Intelligence
- Workplace Stress, Burnout And Productivity
- HR Wellness Policies & Leadership Coaching
- Corporate Mental Health Frameworks

Track 5: Yoga, Meditation & Integrative Practices

- Yoga Therapy For Mental Well-being
- Meditation And Neuroplasticity
- Lifestyle Interventions For Holistic Health
- Mind-body Integration For Stress Relief

Track 6: Educational Frameworks for Mental Resilience

- Emotional Regulation Training
- Mindfulness and Gratitude Practices
- Goal-Setting and Problem-Solving Skills
- Social Skills and Empathy Building



Call for Papers

Researchers, academicians, practitioners, and students are invited to submit original research papers, review articles, case studies, and innovative proposals aligned with the conference themes. You can send your abstract or full length paper to **conferences@aiuniversity.edu.in**.

Submissions are invited on (but not limited to):

- Mental Health Sciences
- Ayurveda Principles & Therapies
- AI, Machine Learning And Digital Health
- Management, HR And Workplace Wellness
- Psychology, Counselling & Behavioural Sciences
- Yoga & Mind-body Practices

Paper Publication

- All accepted abstracts will be published in the Conference Proceedings with ISBN.
- Selected full papers may be published in the *International Journal of Research in Medical Sciences and Technology (ijrmst.com)* after peer review.
- Publication fee is extra and will be as per the journal guidelines.

Important Dates

Last Date of Submission of Abstract:	10 Feb 2026
Last Date of Full Paper Submission:	20 Feb 2026
Last Date of Registration:	28 Feb 2026
Conference Date and Time:	07 March, 2026; 09:30 AM IST
Certificate Issuance:	Within 3-5 days after conference

ORGANISING COMMITTEE



PATRON

DR. SHAIJU DAVID

Vice Chancellor, Aryavart International University



CONFERENCE CHAIR

DR. A R V MURTHY

Professor Emeritus, MD, Ph.D (BHU), DIRECTOR (Academics Research and Hospital Promotion), Sri Balahanuman Ayurveda College and Hospital, Lodra Gandhinagar Gujarat 382835



CONFERENCE CO-CHAIR

DR. RAJA SINGLA

Professor, PG Department of Panchkarma, (Institute of Ayurved Studies and Research), Shri Krishna Ayush University, Kurukshetra, Haryana



SECRETARY

DR NIRMALYA GANGULY

Faculty

Aryavart School of Pharmacy, Tripura



CONVENOR

MR. BISWAJIT DAS

Faculty

Aryavart School of Pharmacy, Tripura

KEYNOTE SPEAKERS



Dr. Shekhar Annambhotla

BAMS, MD (Ayu), ERYT-500, LMT.

Founder and President of the Association of Ayurvedic Professionals of North

America (AAPNA), Inc. Director, Global Ayurveda Conferences, LLC.

Founder, Ojas Ayurveda Wellness Center in Pennsylvania, USA

Title: Panchakarma for Stress, Anxiety, and Depression.



Prof. (Dr.) Warungase Hiraman Nivrutti

M.D. (Ayurveda) - Psychiatry SMBT Ayurved College, Nashik

Consultant Psychiatrist, Psychotherapist & Counselor

Disha Institute of Holistic Healing, Nashik

(Psychological Health and Neuro Sciences)

Title: Evidence Based Practices in Ayurveda for Stress Management



Dr Divyarani

Associate Professor

Department of Samhita, Siddhanta and Sanskrit, Yenepoya
Ayurveda Medical College and Hospital, Naringana, Mangaluru

Title: Mental Hygiene in Ayurveda: Ancient Tools for Modern Minds



Dr. Shivani Omprakash Gupta

Associate Professor

YMT ayurvedic medical college and hospital

Dr. G. D. Pol foundation, Kharghar, Navi Mumbai

Title: The Digital Natives And Their Mental Health Spectrum With Ayurveda

KEYNOTE SPEAKERS



Prof. Mala Kapadia

Director
Anaadi Centre for Indigenous Knowledge Systems
Anaadi Foundation

Title: Positive Psychology and Ayurveda

Professor Dr. Sureshwarnapuri M.D



Founder & President
Europe Ayurveda Academy - France
Executive Director-Association of Ayurveda Academy - London-U.K
President-Hrvatski Ayurveda Institut-Croatia
Director- Center OM Ayurveda - Ukraine
Director - Europe Ayurveda Pharmacy
Committee member-Rashtriya Ayurveda Vidyapeeth - Govt of India.
International Advisor Committee Member-NCISM [National
Commission for Indian System of Medicine} - New Delhi.

Title: The Power of Mind



Dr Suhas Kumar Shetty

Principal and Medical Director
KLE Academy of Higher Education and Research (KAHER) Shri B M
Kankanawadi Ayurveda Mahavidyalaya Shahapur, Belagavi - 590003,
Karnataka, India

Topic - Potentials of Ayurveda in Mental Health: Current Status & Futuristic Strategies



Dr P. Gourisankar

Dean - Research
Glocal University of Ayurvedic Medical Sciences and Research Centre,
Saharanpur, Uttar Pradesh - 247212

Topic - Treatment Protocol for Epilepsy

Certificates Provided

- 👉 Participation Certificate
- 👉 Paper Presentation Certificate
- 👉 Session Chair Certificate
- 👉 Speaker Certificate (for invited speakers)

Registration Details

Participants: Students, Scholars, Faculty, Practitioners, Industry Professionals

Mode: Online Participation (certificate provided)

Fee Structure

Indian Participants

- Students / Research Scholars: ₹500
- Faculty / Academicians: ₹1,000
- Professionals / Practitioners / Industry Experts: ₹1,500
- Paper Presentation (optional): +₹300 per paper
- Co-author Certificates: ₹150 each (optional)

International Participants

- Students: \$30
- Faculty / Professionals: \$40
- Paper Presentation: +\$10

Early Bird Offer

Register before
31 January 2026 →
Students: ₹400 | Faculty: ₹800
Professionals: ₹1200

Best Paper Award

No Additional
Fee

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: Associate Professor, PTSR Dept. MD OBGY (Ayu)YMTAMC, Kharghar, Navi Mumbai

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BAMS, MD (Swasthavritta & Yoga), Associate Professor at BDM Institute of Ayurveda, Jhajjar, Haryana.

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Professor, PG Department of Swasthavritta (Institute of Ayurved Studies and Research), Sri KrishnaAyush University, Kurukshetra, Haryana



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Dr. Sri Nagesh K A	:	Sri Sri College of Ayurvedic Science and Research, Kanakapura Road, Post. Udayapura, Bengaluru
Dr Ashwini S Shetty	:	Director, Directorate of Extension and Outreach Activities, Yenepoya (Deemed to be University), Karnataka
Mr. Sanu Debnath	:	Dept of Commerce and Management, Aryavart International University, Tripura
Dr Ashvini Deshmukh	:	MD, PhD, Associate Professor, Rasashastra Evam Bhaishsya Kalpana, Dr G. D. Pol Foundations, YMT Ayurved Medical College, Kharghar, Navi Mumbai



Note:

Participants will receive joining links, guidelines, and e-certificates via email/WhatsApp.

Disclaimer:

The organizers reserve the right to modify the schedule, speakers, or publication guidelines if necessary.



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