



**Vivekananda Kendra Academy for Indian Culture, Yoga And Management
(VK AICYAM)**

BHUBANESWAR

**Plot no – 1561(P), Gandamunda, Khandagiri - Pokhariput Road, Bhubaneswar-751030, Odisha.
Ph- 9223586912; 9937730414, Email- vkaicyam@vkendra.org**

National Seminar on Yoga, Sunday June 28th 2026 (9AM to 5PM), VK-AICYAM

Dear Sir/Madam,

Vivekananda Kendra, was founded at Kanyakumari in 1972 as a spiritually oriented service mission with 'Man-Making' and 'Nation Building' as its twin objectives, central to the philosophy of Swami Vivekananda. The Kendra is centered around the noble thought that "Service to Mankind is Worship of God", guided by the national ideals of Renunciation and Service. For actualizing the twin objectives, the Kendra operates through 1,332 branch centres spread across 26 states of India, working for all layers of society to rebuild the nation.

In 2020, the Vivekananda Kendra Academy for Indian Culture, Yoga and Management (VK-AICYAM) was established in Bhubaneswar, Odisha as a dedicated initiative of Vivekananda Kendra to undertake a wide range of activities in the fields of Indian culture, yoga, and management, with a particular focus on the Eastern region of India. As a part of its activities, every year VK-AICYAM is organizing Yoga Seminar and Vimarsha.

The theme for the 12th International Day of Yoga (June 21, 2026) is "**Yoga for Healthy Ageing**" with a focus to champion longevity, mobility, preventive healthcare, and holistic well-being across all generations. The theme underscores that healthy ageing is not merely the absence of disease but also the preservation of functional ability, mental resilience, emotional balance, and social engagement. Yoga supports these dimensions by enhancing flexibility, balance, strength, cardiovascular health, cognitive function, stress management, and overall quality of life. ***The ancient yogic tradition recognizes longevity not merely as a longer lifespan but as a life lived with vitality, awareness, purpose, and balance.***

With this as the background, VK-AICYAM is organising one-day National Seminar on Yoga – **scheduled on Sunday, June 28th 2026 (9 AM to 5 PM) at its premises**. The morning session shall have a focused discussion on 'Yoga for Healthy Ageing' and the afternoon session shall focus on 'Yoga Parampara of Odisha – Learning from Ancient Literature'. Both the sessions shall have key note address, panel discussion, and 'paper presentation'. The following is the guideline for 'Paper Submission':

*Original articles (research papers) are invited from prospective authors on the above themes and related areas. The full paper should not exceed **2,000 words** and must be prepared in **MS Word format**, using **Times New Roman, font size 12, and 1.5 line spacing**. The manuscript must have the following details:*

- *Name (Title, First Name, and Last Name)*
- *Designation*
- *Institutional Affiliation*
- *Contact E-mail ID*
- *Mobile Number*
- *Article Title*
- *Article Abstract (with 70-80 words)*

The paper submission is through email only and the interested participants must send the email on or before June 21st. **No request for paper submission will be entertained after June 21st.**

Kindly send your final version of the article to the E-mail: vkaicyam@vkendra.org

Kindly mention in the E-mail subject header “Paper Submission for June 28th 2026 Seminar at VK-AICYAM”. The organising team has setup a review team to review the originality and contextual relevance of the document. By June 24th evening, the organising team will communicate to authors through email regarding the status of submitted article – (a) Accepted and to be presented in the Seminar (b) Accepted (C) Not Accepted. The organising team shall not entertain any further query on the status of your submitted article. The digital copy of all the accepted articles (as one bind) shall be circulated to all the participants of the seminar. While we will value every author’s article, the organising team will be able to accommodate maximum 15 articles for presentation at the seminar (across both the sessions). Therefore, write your article as best as you can to get a slot for the presentation in the seminar.

Participation in the National Seminar:

Participation in the Seminar is by ‘invitation only’ and kindly fill the request form for participation through this link: <https://forms.gle/A3CxyzLwwB7FmcJh7>

The link (Request for Participation) is open from June 4th to June 21st 2026.

Important Information:

- Participation in the seminar is **by invitation only**.
- Online Request to Participate in the Seminar: (Last Date: June 21st 2026)
- Article submission through Email (vkaicyam@vkendra.org): (Last Date: June 21st 2026)
- Confirmation on Article Acceptance Status to Participants: June 24th 2026
- Confirmation on Seminar Participation Request: June 24th 2026
- Participation Fee: There is NO PARTICIPATION FEE.
- **Venue:** Vivekananda Kendra Academy for Indian Culture, Yoga and Management (VK-AICYAM) Khandagiri–Pokhariput Road, Gandamunda (Adjacent to Punjab National Bank/Canara Bank) Near Kala Bhoomi Bus Stop, Bhubaneswar, Odisha.
- **Route Map Link:** <https://maps.app.goo.gl/5x6AjLohHjXu8d5Z7>
- **Contact Email:** vkaicyam@vkendra.org
- **Contact Mobile:** VK-AICYAM Members – Ajaya Kumar Sahoo (70646 40108), Bijayalaxmi Pattanaik (70086 73415), and Samarendra Nayak (94388 36456)

We look forward to your cooperation and best wishes for a successful National Seminar on Yoga.

Regards,

Shri Ajaya Kumar Sahoo
(VK-AICYAM – Yoga Lead)

Annex: Broad Subject Areas for Article (Research Paper) Submission

- Yoga and Geriatric Health: Promoting Physical, Mental, and Social Well-being in Older Adults.
- Prāṇāyāma and Healthy Ageing: Enhancing Vitality, Respiratory Health, and Quality of Life.
- Meditation: Yogic Approaches to Brain Health and Emotional Well-being.
- Yoga as a Preventive and Promotive Healthcare Strategy for Healthy Ageing.
- Holistic Ageing through Yoga: Integrating Physical Health, Mental Balance, and Spiritual Growth
- Healthy Ageing: Learning based on Indian Scriptures
- Literature on Yoga Parampara of Odisha – Theory and Practices
- Contextual Relevance of Yoga Parampara of Odisha based on learning and understanding.
- The Bhagavad Gītā as a Guide for Lifelong Health, Purpose, and Successful Ageing.