



SGRRU

SHRI GURU RAM RAI UNIVERSITY

SCHOOL OF
YOGIC SCIENCE &
NATUROPATHY



TWO DAYS INTERNATIONAL CONFERENCE ON

Yogic & Ayurvedic

Perspective of Nutrition for Lifestyle Disorders.

MAR | 27 & 28 | 2026

HYBRID MODE

SPONSORED BY

Uttarakhand State Council for Science and Technology (UCOST),
under the Aegis of IQAC and knowledges partners of the schools.

THE KEY FOCUS AREA OF THE CONFERENCE

Yogic Perspective
of Nutrition.

Mindful Eating &
Yogic Lifestyle.

Yogic Perspective
for improved
digestion.

Ayurvedic Nutrition
for Lifestyle
Disorders.

Preventive role of
Yoga and Ayurveda
based Nutrition.

The concept of
Poshan Vatika
in Yoga.

FEE DETAILS

External Faculty 700/-

Internal faculty 500/-

Research Scholar 300/-

Student 200/-



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REGISTRATION LINK <https://forms.gle/7y8dVsMSkUYrBXyP7>

VENUE

Shri Guru Ram Rai University, Dehradun

CONTACT FOR ANY QUERIES

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