

AATMANAM SAMVARDHANAM

a journey within...



NATIONAL SEMINAR & WORKSHOP ON SPIRITUAL AND MENTAL HEALTH



Supported by Arogya Bharti & Vishwa Ayurved Parishad

DATE: 13TH AND 14TH DECEMBER 2025



Venue:

*Shubhdeep Ayurved Medical College and Hospital, Khandwa Road, Near Chokhi
Dhani Datoda Indore, Madhya Pradesh-452020*

About the seminar

In an age where nearly 80% of all health challenges arise from non-communicable diseases, the burden of stress, anxiety, and psychological imbalance continues to grow. Amidst this global concern, Ayurveda stands as a timeless guide — reminding us that true well-being blossoms only when the body, mind, and soul exist in perfect harmony.

"Aatmanam Samvardhanam", a national conference dedicated to Ayurveda (Spiritual and Mental Health), invites you to rediscover the ancient wisdom that nurtures both inner and outer healing. Rooted in the philosophy of Manas (mind) and Atma (soul), this gathering celebrates the profound connection between science and spirituality, inspiring every individual to awaken their inner potential and walk the path of holistic self-enrichment.

About college

Shubhdeep Ayurved Medical College is a private college located in Indore Founded in 2000 . It is one of Madhya Pradesh's well-known Ayurvedic colleges. Approved by the NCISM, this Institute is associated with the M.P. Medical Science University, Jabalpur (M.P.).

This Institute, is a reputed centre of excellence committed to promoting Ayurvedic education, research, and holistic healthcare. The institution holds a prestigious place in the Limca Book of Records & Golden book of World records for conducting the maximum number of health camps, reflecting its dedication to community service. The college actively participates in CCRAS research SMART and SPARK projects, operates Satellite OPDs, and organizes various health awareness programmes for societal well-being. Regular seminars featuring eminent speakers and experts provide students with valuable insights and inspiration. Along with strong academic foundations, the college emphasizes overall growth through annual sports and cultural activities, nurturing physical, mental, and emotional balance. Shubhdeep Ayurved Medical College, Indore continues to uphold the essence of Ayurveda — harmonizing body, mind, and spirit through knowledge and service.



Shubhdeep Shikshan Sansthan is society registered under the Madhya Pradesh society Act, 1973. Formed with an object to develop and provide quality education. The Society is promoted by group of Technocrats, Social Workers & Industrialists with the objective of social transformation by quality education and dynamic leadership.

INAUGURAL SESSION



Dr. Ashok Kumar Varshney
National Organizing Secretary, Arogya Bharti
Chief Guest



Dr. Raghuram Bhatt
Former President MARBISM
Chief Speaker

WORKSHOP

13-12-2025

Speaker

Dr. Shraddha Tiwari

Topic-

**Mind body balance for better Lifestyle
& Psychosomatic Health.**

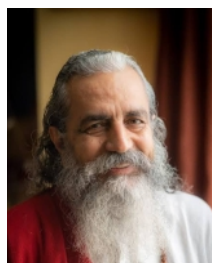
Key Note Speakers (13/12/2025)



Dr. Rajesh Sharma
Orthopedic surgeon, All India Head
Spiritual Health



Mrs. Manjusha Johri
Motivational Speaker - Art & Culture,
Life Skills



Dr. Swami Omanand Guruji
Chairman, Parmanand University, Trust



Prof. Dr. Rambabu Dwivedi
Ex Director IPGT & RA, Jamnagar, Gujarat



Dr. S. Gopakumar
Associate Professor, GAC,
Thiruvananthapuram, Kerala



Dr. Prasad Mamidi
Professor & H.O.D. RBAMC, Agra, U.P.

Key Note Speakers (14/12/2025)

Theme for Paper / Poster presentation

1. Role of Rasayana /Herbomineral drugs in mental and Spiritual health.
2. Holistic and spiritual dimensions in women's Reproductive health.
3. Lifestyle & Psychosomatic disorders.
4. Impact of Social media /Digital platforms on child psychology.
5. Diagnostic approach and tools of psychosomatic disorders in Ayurveda.

Last Date of Full paper

Submission: **07-12-2025**

Last Date of Abstract

Submission: **30-11-2025**

Rules and Regulations for Paper and Poster Presentation

- Abstract for paper presentation should not exceed 250 words, on A4 size paper.
- Font size should be 12 and Title font size should be 14, line spacing 1.5
- Sanskrit font should be in Mangal / Baraha.
- Corresponding author details should include – Name, designation, affiliation and contact number, E mail id.
- Full paper and abstract should be in M.S. Word, Times New Roman.

Note: Attach copy of registration with abstract

- Presenter should bring the poster printed in flex size 4 x 3 feet.
- Poster in the pdf format should be sent to the scientific committee.

Pre Seminar Essay Competition

Topic: Ayurveda & the path to Spiritual & Mental wellness – A journey of self-discovery.

- Soft copy of the essay (in Microsoft Word) should reach the scientific committee on or before 3rd December 2025. Send the paper to "Shubhdeepseminar2025@gmail.com"
- Essay - not more than five A4 pages including graphs and Images (Jpeg only), 16 Font size for title, 14 Font size for Subheadings and 12 font for text in Times New Roman. Line spacing should be 1.5. Sanskrit fonts typed using Mangal/Baraha only.
- AI generated content will not be accepted.

Email ID for submission of Abstract: **Shubhdeepseminar2025@gmail.com**

PRIZE

For Paper Presentation	1st - 21,000/-	2nd - 11,000/-	3rd - 5,000/-
For Poster Presentation	1st - 11,000/-	2nd - 5,000/-	-
For Essay Competition	1st - 11,000/-	2nd - 5,000/-	-

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5. Dr. Rachana Tiwari
6. Mr. Praveen Jain

QR for
Registration



Registration

Till
01-12-25

Spot Registration

UG	1000	1200
PG/ Ph.D. Scholar	1200	1500
Practitioner/ Faculty	1500	1800

QR for
Payment



Note- Accommodation not Included in registration charges.

Bank Account Details-

SHUBHDEEP AYURVED MEDICAL COLLEGE & HOSPITAL

HDFC BANK ACCOUNT NUMBER : 50200113061748

IFSC : HDFC0000036

For Accommodation please contact-

Dr. Antim Vyas 7722993337

Dr. Navin Kumar Shrivastava 9827529945

ABOUT INDORE

Indore, the commercial capital of Madhya Pradesh, is a vibrant city known for its blend of modernity and heritage. It has consistently been ranked as India's cleanest city under the Swachh Bharat Mission. Founded by Devi Ahilyabai Holkar, Indore is renowned for its historical monuments, temples, and educational excellence, being home to both IIM and IIT. The city is also celebrated for its rich culinary culture, especially the famous Sarafa and Chappan Dukan food streets. With its warm hospitality and progressive spirit, Indore beautifully represents the heart of India.

Famous Tourist Places in Indore

Khajrana Temple, Rajwada Palace, Lal Bagh Palace, Kanch Mandir Annapurna Temple, Pitra Parvat, Patalpani Waterfall, Gulawat Lotus Valley, Bada Ganpati, Sarafa Bazaar and Chappan Dukan.

Near By Places:



Jyotirling Mahakalewar, Ujjain



Jyotirling Omkareshwar



Hanumantiya Tapu



Magnificent Maheshwar

