



3RD INTERNATIONAL RESEARCH CONFERENCE ON MINDFULNESS IRCM 2026

Business, Mindfulness, and Society



ABOUT INTERNATIONAL RESEARCH CONFERENCE ON MINDFULNESS

In an era of rapid technological advancement and constant change, the pervasive influence of technology shapes our lives continuously. Simultaneously, mindfulness has emerged as a beacon of hope amidst widespread stress. Mindfulness acts as a guiding thread, anchoring the mind amidst the chaos, akin to a string that directs a kite's flight and prevents it from drifting astray. It serves as a transformative force, shaping individuals into better human beings for themselves and society.

As a proponent of mindfulness, the Indian Institute of Management, Bodh Gaya, India, #TheEnlighteningIIM, spearheads the International Research Conference on Mindfulness. Organized under the banner of Samatvam, the Mindfulness Center of IIM Bodh Gaya, this biennial conference serves as a global platform. It unites researchers, practitioners, and academicians worldwide, facilitating the exchange of mindfulness-related ideas and their associated domains.

The conference, featuring keynote speakers, panel discussions, paper presentations, and workshops, covers a diverse range of topics within the realm of mindfulness. These discussions extend to various aspects, including but not limited to:

- The Science of Mindfulness
- The Practice of Mindfulness
- The Applications of Mindfulness in Business, Education, Healthcare, etc.

IRCM 2024



ABOUT IRCM 2024



In recent years, businesses have increasingly adopted mindfulness for organizational well-being, self-awareness, and emotional regulation among leaders. It improves workplace relationships, resilience, and performance, achieving sustainable goals and competitive advantage. Mindfulness is also applied in stress reduction, chronic pain management, and behavioral therapy, highlighting its versatile and beneficial role in various contexts.

In the post-pandemic era, businesses increasingly seek practical applications of mindfulness for sustainable practices. There is a growing necessity to unite researchers, practitioners, and academicians to exchange experiences and research findings in "Mindfulness for Sustainable Business and Innovation." This initiative aims to explore the integration of mindfulness into business, fostering sustainable and innovative organizations. The interdisciplinary platform emphasizes the development of mindful leaders and employees, underlining the importance of creating mindful workplaces.

The conference also featured keynote sessions from distinguished speakers including Dr. Shalini Bahl (Educator, Researcher & Consultant in Mindfulness and Marketing; Founder, Know Your Mind, Massachusetts, US), Dr. William Van Gordon (Chartered Psychologist and Associate Professor of Contemplative Psychology, University of Derby, UK), Dr. Oleg Medvedev (Editor, Mindfulness Journal, University of Waikato, New Zealand), Ms. Ruchika Sikri (General Partner, Wisdom Ventures; Former Head of Well-being Learning, Google), Dr. Ashish Pandey (Professor, Shailesh J. Mehta School of Management, Indian Institute of Technology Bombay), Dr. Jyoti Bachani (Associate Professor, Saint Mary's College of California, US), Dr. Dona Hicks (Author of Leading with Dignity and Associate at the Weatherhead Center for International Affairs, Harvard University), and Dr. Atul Parvatiyar (Professor of Marketing and Supply Chain Management, Rawls College of Business).

IRCM 2024 Link

<https://iimbg.ac.in/ircm-2024/>



ABOUT IRCM 2026

The International Research Conference on Mindfulness 2026, hosted by IIM Bodh Gaya, serves as a premier platform for scholars, practitioners, and industry professionals to explore the intersection of mindfulness with business, society, and sustainable development. With the theme “Business, Mindfulness, and Society,” the conference invites interdisciplinary dialogue on how mindfulness can enhance leadership, decision-making, innovation, and organizational well-being.

In an era of rapid technological change, social diversity, and complex global challenges, mindfulness offers transformative potential—fostering resilience, ethical governance, and adaptive strategies across industries. From AI integration to sustainable marketing, the conference’s wide-ranging sub-themes reflect mindfulness’s relevance to both human well-being and strategic advantage. By bringing together global experts and emerging researchers, IRCM 2026 aims to advance impactful research, promote mindful leadership, and encourage sustainable, inclusive business practices.



**The present moment is filled with joy and love.
If you are attentive, you will see it.
– Thich Nhat Hanh**



IIM Bodh Gaya, stands as a beacon of excellence among India's esteemed Indian Institutes of Management. Situated in the historical land associated with Lord Buddha, the institution embodies a rich legacy intertwined with enlightenment teachings. In a transformative event on January 14, 2020, His Holiness the Dalai Lama conferred a new mission upon IIM Bodh Gaya, marking its evolution into "#TheEnlighteningIIM". This momentous occasion accentuated the institution's dedication to nurturing socially responsible business leaders, aligning with the principles of meaningful living and societal betterment espoused by Lord Buddha. IIM Bodh Gaya aspires to be a preeminent management school renowned for cultivating mindful and socially responsible individuals. It stands as a testament to the fusion of academic excellence and ethical values, shaping a new generation of leaders devoted to the holistic betterment of society.

IIM Bodh Gaya is dedicated to cultivating mindful leaders who are deeply aware of the impact of their actions on others and are committed to creating a positive impact on the world. The institution strives for academic excellence, focusing on innovative learning practices and cutting-edge research initiatives. With a robust foundation in education and research, the institute has empowered its alumni to excel in leadership roles, both within India and internationally, leading businesses to new heights of success.

IIM Bodh Gaya integrates mindfulness into its curriculum through specialized courses like Yoga, Mindfulness at Workplace, Emotional Intelligence, Sustainability, and CSR. Initiatives such as Samatvam - The Mindfulness Center, and the International Research Conference on Mindfulness (IRCM) exemplify the institution's commitment to its principles. These efforts reflect IIM Bodh Gaya's dedication to mindfulness, showcasing its unwavering pursuit of academic excellence and holistic education.

Website

<https://iimbg.ac.in/>

ABOUT SAMATVAM

The world grapples with threats to nature and human well-being in the face of pressing environmental challenges such as deforestation, animal extinction, and ecosystem damage. However, amidst these concerns, there is a rising awareness of mindfulness and sustainability. Samatvam - the Mindfulness Center, spearheaded by IIM Bodh Gaya, emerges as a beacon of hope and progress. It symbolizes a dedicated effort to promote responsible practices, promising a more mindful and sustainable future.

Samatvam, rooted in the concept of equanimity or 'evenness of mind,' signifies a state of inner tranquillity and mental stability. It embodies the art of maintaining a calm and balanced state of mind, irrespective of external circumstances. This practice enables individuals to experience positive and negative emotions without becoming excessively attached.

Samatvam: The Mindfulness Centre at IIM Bodh Gaya aims to develop mindful business leaders embodying 'samatvam' or equanimity. It integrates self-awareness and environmental consciousness into the business education curriculum, fostering a holistic learning environment. The center inspires a commitment to mindful practices, nurturing socially responsible leaders.

Sustainability, rooted in profound compassion and empathy for humanity and the natural world, is a core principle of mindfulness. It encompasses the Three **P's**: planet, profit, and people. '*People*' advocates for social equity, while '*Planet*' emphasizes environmental health. Samatvam, the Mindfulness Centre, is crucial in nurturing mindful individuals who become torchbearers for sustainability. These future leaders recognize Earth as a gift from ancestors and a responsibility to future generations. They champion sustainable practices, acting as eco-conscious advocates, ensuring a harmonious coexistence with nature. Through their efforts, they protect Earth's beauty and resources, paving the way for a greener, more compassionate world and leaving a lasting legacy for future generations.

CALL FOR PAPER

IIM Bodh Gaya invites management practitioners, faculty members, and research scholars to submit and present their research papers at the 3rd International Research Conference on Mindfulness (IRCM 2026).

It is organized in two parts. The pre-conference workshop will be held on **February 13, 2026**, including practice and discussion sessions on meditation and mindfulness practice interventions. Conference presentations will be held from **February 14 to February 15, 2026**.

Prospective authors are cordially invited to shape the conference by submitting their research ideas and papers. High-quality research contributions describing original and unpublished results of conceptual, empirical, experimental, or theoretical work in all areas on

The theme of **IRCM 2026** is **Business, Mindfulness, and Society**, including but not limited to different management areas, would be considered for presentation at the conference.

Paper Submission Link: <https://forms.gle/pQ3hLPGiyHQwEkrd6>

PUBLICATION OPPORTUNITIES

Structured abstracts of the papers selected for presentation will be published in the conference proceedings. Selected papers will be considered for publication in the regular/ special issues of the following journals/book:

- BMC Psychology
- Global Clinical Engineering journal
- Artificial Intelligence in Neurodegenerative Disease Research and Therapy (Book)
- Traditional Mindfulness Vs AI-Powered Mindfulness: A Comparative Analysis (Book)

*The papers will be processed as per the policies of the respective journals/books.

THEME OF IRCM 2026

Business, Mindfulness, and Society

SUB-THEMES OF IRCM

- Mindfulness and Artificial Intelligence/Technology
- Mindfulness and Diversity, Equity & Inclusion (DEI)
- Mindfulness and the Business World
- Mindfulness and Emerging Markets
- Mindfulness and Operations
- Mindfulness and Finance
- Mindfulness and Moral Values, Ethics, and Governance
- Mindfulness and Global Knowledge Systems (GKS)
- Mindfulness and the VUCA/BANI
- World Mindfulness and Positive Psychology
- Mindfulness and Society
- Mindfulness and Education
- Mindfulness and Health
- Mindfulness and Sustainability
- Mindfulness and Marketing
- Mindfulness and Human Resources (HR)
- Mindfulness and Neurodiversity
- Mindfulness and Tourism

IMPORTANT DATES AND SCHEDULES

15th January 2026	Last date for registration
13th February 2026	Pre-conference Workshop
14h to 15th February 2026	Conference Presentations

REGISTRATION FEES

Indian Participants (INR)

Category	Workshop fee (+GST)	Conference fee (+GST)	Both (+GST)
Delegates from Industry	₹1500	₹7000	₹8000
Delegates from Academia	₹1000	₹5000	₹5500
Research Scholars/ Students	₹750	₹3500	₹4000

International Participants (USD)

Category	Workshop fee (+GST)	Conference fee (+GST)	Both (+GST)
Delegates from Industry	\$45	\$125	\$150
Delegates from Academia	\$35	\$100	\$125
Research Scholars/ Students	\$25	\$75	\$90

PATRON



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Professor of Marketing,
Director,
IIM Bodh Gaya, Bihar, India

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FOR MORE DETAILS



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Mindfulness is the art of living in the present moment,
and fully experiencing each moment as it happens.

- Eckhart Tolle



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