

3RD INTERNATIONAL RESEARCH CONFERENCE ON MINDFULNESS 2026

Business, Mindfulness, and Society

13TH TO 15TH FEBRUARY



WELCOMES

PRE CONFERENCE WORKSHOP

DAY 1 (13TH FEBRUARY)

9:15 am - 10:00 am IST:

Registration

10:00 am - 11:30 am IST :

Mr. Shishir Arya

Founder HEAL Labs , Visiting Faculty IIM Ahmedabad , Bodhgaya and Jammu

Mindfulness – A pathway to enhancing researchers's productivity and well-being.

11:30 am - 12:00 noon IST :

Tea break

12:00 noon - 1:30 pm IST :

Dr.Surbhi Dayal

Faculty , Indian Institute of Management Indore.

Practising Mindfulness Through Mithila Art.

1:30 pm- 2:30 pm IST :

Lunch Break



INAUGURATION EVENT

DAY 2 (14TH FEBRUARY)

9:15 am-10:00 am IST:
Registration

10:00 am - 10:05 am IST:
Welcome of Dignitaries

10:05 am - 10:10 am IST:
Invocation and Lighting of Lamp

10:10 am - 10:15 am IST:
Opening remarks of conference convenor

10:15 am - 10:30 am IST:
**Welcome Address by Prof. Vinita S Sahay,
Director IIM Bodh Gaya**

KEYNOTE ADDRESSES

10:30 am-10:50 am IST:

Dr. Jyoti Bachani

Professor , Saint Mary's College of California

Wisdom in the age of AI

10:50 am - 11:10 am IST:

Dr. Vishal Gupta

Professor , Indian Institute of Management Ahmedabad

HEAL: An Indian POB Construct

11:10 am - 11:30 am IST:

Dr. Ramya Tarakad Venkateswaran

Professor , Indian Institute of Management Calcutta

Indigenous Management

11:30 am - 12:00 noon IST:

Tea Break

**PAPER
PRESENTATION
AND
CULTURAL
PROGRAM**

12:00 noon - 1:30 pm
Paper Presentations

1:30 pm - 2:30 pm
Lunch Break

3:00 pm - 4:30 pm
Paper Presentations

4:30 pm - 5:00 pm
Tea Break

6:00 pm - 7:00 pm
Cultural Program

7:00 pm - 8:00 pm
Dinner

CONFERENCE

DAY 3 (15TH FEBRUARY)

10:00 am - 11:30 am IST:
Paper Presentations

11:30 am - 12:00 noon IST:
Tea Break

12:00 noon - 1:30 am IST:
Paper Presentations

1:30 pm - 2:30 pm IST:
Lunch Break



VALEDICTORY EVENT

DAY 3 (15TH FEBRUARY)

3:15 pm-3:35 pm IST:

Dr Oleg Medvedev

Editor , Mindfulness Journal , University of Waikato New Zealand

Mindfulness and health

3:35 pm-4:00 pm IST:

Dr Prachi Thakur

Diversity Strategist & Academic ,Faculty , JAGSoM-India & Sunway University , Malaysia

Tourism and mindfulness

4:00 pm-4:30 pm IST:

Dr Yanki Hartijasti

Faculty of Economics & Business , Universitas Indonesia.

The soul of the machine: Harmonizing asian collectivism with digital age leadership

4:30 pm IST :

Closing note by conference convenor

THANK YOU!

