



Establishing Culture of Wellbeing, through United Consciousness

“One Earth, One Health, One Consciousness:

Yoga for Global Well-Being” – Online

13-21st June 2026

The current UN / IDY theme is **“Yoga for One Earth, One Health”** highlighting that individual well-being and planet health are interconnected.

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Concept Note

One Earth, One Health, One Consciousness: Yoga for Global Well-Being
International Online Conference
13 – 21 June 2026 | Culminating on United Nations International Day of Yoga

1. Background & Rationale

In today's world, health is no longer just about the absence of disease. From rising **non-communicable diseases (NCDs)** causing **43 million deaths annually (WHO, 2023)**, to the global **mental health crisis affecting over 1 billion people (WHO, 2025)**, to the silent epidemic of **loneliness and social disconnection** — the challenges of well-being are multi-dimensional and interconnected.

Simultaneously, climate change threatens **250,000 additional deaths per year from malnutrition, malaria, and heat stress (WHO, 2023)**, while workplace burnout and stress cost the global economy **USD 300 billion annually (World Bank/ILO)**.

In this fragile landscape, **Yoga** emerges as a **timeless yet modern tool** — an evidence-backed, accessible, and holistic practice that addresses **body, mind, emotions, spirit, society, profession, and planet** together.

The United Nations declared **21st June as the International Day of Yoga** to celebrate this gift of India to the world. Aligning with this spirit, United Consciousness is proud to announce a **7-day International Online Conference** from **15–21 June 2026**, culminating on **UN International Yoga Day**.

2. Theme

Main Theme: "One Earth, One Health, One Consciousness: Yoga for Global Well-Being"

Sub-Themes:

1. Yoga for **Physical Well-Being**
2. Yoga for **Emotional Well-Being**
3. Yoga for **Mental Well-Being**
4. Yoga for **Spiritual Well-Being**
5. Yoga for **Professional Well-Being**

6. Yoga for **Social Well-Being**

7. Yoga for **Global Well-Being**

Each sub-theme resonates with **United Nations Sustainable Development Goals (SDGs)** and the **mandate of the World Health Organization (WHO)**, ensuring the conference is globally relevant, policy-aligned, and deeply human.

3. Objectives

- To explore **yoga as a multidimensional response** to global health and well-being crises.
- To connect yoga philosophy and practices with **evidence-based research, public policy, and community well-being models**.
- To provide a **global platform** for Spiritual masters, yoga masters, experts, policymakers, scientists, practitioners, and thought leaders from **120+ countries**.
- To highlight how yoga can contribute to **SDGs 3 (Health), 4 (Education), 5 (Gender Equality), 8 (Work), 10 (Inequality), 13 (Climate Action), 16 (Peace), and 17 (Partnerships)**.
- To culminate in a **Global Declaration on Yoga for Well-Being**, to be released on **21st June 2026 (UN International Day of Yoga)**.

4. Conference Structure

 **Dates:** 15th – 21st June 2026

 **Format:** Online (Global participation, multilingual access)

 **Participants:** Representatives from **120+ countries** — policymakers, yoga masters, researchers, educators, UN officials, WHO experts, corporates, and youth leaders.

Day-Wise Flow

- **Day 1 (13 June):** Inaugural Session + Yoga for Global Well-Being
- **Day 2 (14 June):** Yoga for Physical Well-Being
- **Day 3 (15 June):** Yoga for Emotional Well-Being
- **Day 4 (16 June):** Yoga for Mental Well-Being
- **Day 5 (17 June):** Yoga for Spiritual Well-Being
- **Day 6 (18 June):** Yoga for Professional Well-Being
- **Day 7 (19 June):** Yoga for Social Well-Being
- **Day 8 (20 June):** Yoga for Holistic Well-Being
- **Day 9 (21 June):** Yoga for Global Well-Being + **UN International Yoga Day Celebration + Global Declaration**

Conference Formats

- **Keynote Speeches** – Global thought leaders, Spiritual masters, UN/WHO representatives
- **Panel Discussions** – 70 thought-provoking dialogues across 7 sub-themes
- **Research Presentations** – evidence-based findings linking yoga & well-being
- **Workshops & Demonstrations** – practical sessions for physical, emotional, mental, and spiritual practices
- **Global Youth Forum** – voices of young leaders shaping the future of yoga
- **Valedictory Session** – adoption of the **Global Yoga & Well-Being Declaration 2026**

5. Relevance & Impact

- **Health:** NCDs, mental illness, and obesity are global epidemics. Yoga is a **low-cost, scalable prevention tool**.
- **Emotions:** Loneliness and grief are surging; yoga builds **empathy, compassion, and resilience**.
- **Mind:** 1 billion people suffer from mental health conditions; yoga enhances **focus, cognition, and resilience**.
- **Spirit:** In an age of conflict, yoga offers **inner peace and universal ethics**.
- **Profession:** Burnout and stress damage productivity; yoga fosters **balanced, ethical leadership**.
- **Society:** Inequalities erode cohesion; yoga strengthens **inclusion, social bonds, and volunteerism**.
- **Planet:** Climate and ecological crises demand new consciousness; yoga aligns with **One Health and planetary well-being**.

This conference addresses the world's deepest concerns by bridging ancient wisdom with modern science and policy.

6. Expected Outcomes

- **Global Yoga & Well-Being Declaration 2026** to be shared with UN, WHO, UNESCO, and participating governments.
- Cross-sector partnerships between **Spiritual masters, academia, corporates, civil society, and governments**.
- New frameworks for integrating **yoga/Spirituality/ wellbeing into health systems, education, workplaces, and communities**.

- A digital **repository of research, case studies, and practices** accessible to all participants.

7. Organizers

United Consciousness – A global movement across 120+ countries, committed to integrating **ancient wisdom with modern science** to foster holistic well-being, peace, and sustainable living.

 Website: unitedconsciousness.in

8. Call to Action

Why attend?

Because your **body, mind, emotions, work, relationships, and planet** are all at stake.

Because solutions need **global cooperation, consciousness, and courage**.

Because **Yoga is more than exercise** — it is a **global blueprint for well-being**.

Join us from **15–21 June 2026**.

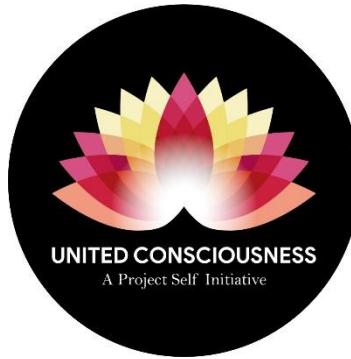
Be part of the **global shift towards “One Earth, One Health, One Consciousness.”**



Global Relevance Framework

One Earth, One Health, One Consciousness: Yoga for Global Well-Being

Sub-Theme	UN SDG Alignment	WHO Mandate Alignment
1. Yoga for Physical Well-Being	SDG 3 (Good Health & Well-Being), SDG 2 (Zero Hunger), SDG 6 (Clean Water and Sanitation)	Prevention of NCDs, lifestyle change, promotion of healthy diets & physical activity, universal health coverage
2. Yoga for Emotional Well-Being	SDG 3 (Health), SDG 5 (Gender Equality), SDG 10 (Reduced Inequalities)	Mental health promotion, emotional resilience, psychosocial support, address social determinants of health
3. Yoga for Mental Well-Being	SDG 3 (Mental health), SDG 4 (Quality Education), SDG 9 (Innovation & Research)	Depression & suicide prevention, school based programs, workplace mental health, reducing stigma
4. Yoga for Spiritual Well-Being	SDG 16 (Peace, Justice), SDG 17 (Partnerships), SDG 12 (Responsible Consumption)	WHO's holistic definition of health (physical, mental, social), compassion & dignity in “One Health” values
5. Yoga for Professional Well-Being	SDG 8 (Decent Work), SDG 9 (Innovation & Resilient Infrastructure), SDG 5 (Gender Equality)	Occupational health & safety, prevent workplace burnout, workforce wellness “Health in All Policies”
6. Yoga for Social Well-Being	SDG 10 (Reduced Inequalities), SDG 5 (Gender Equality), SDG 11 (Sustainable Cities), SDG 16 (Peace & Justice)	Addressing social determinants of health, community well-being, inclusion, access to health equity
7. Yoga for Global Well-Being	SDG 13 (Climate Action), SDG 14 (Life Below Water), SDG 15 (Life on Land), SDG 16 (Peace), SDG 17 (Global Partnerships)	One Health approach (human-animal-environment), global health diplomacy, cooperation for climate & planetary health resilience



One Earth, One Health, One Consciousness: Yoga for Global Well-Being

Sub-Themes, Speaker Topics & Panel Discussions

1. Yoga for Physical Well-Being

Non-communicable diseases (NCDs) such as cardiovascular illness, diabetes, cancer, and chronic respiratory diseases now account for **43 million deaths annually, about 75% of global mortality**. Alarmingly, **82% of premature NCD deaths occur in low- and middle-income countries**. Obesity rates are projected to affect **over half of adults and one-third of children by 2050**, creating unsustainable healthcare burdens. Yoga, through preventive health, physical activity, and holistic lifestyle changes, offers scalable solutions to reduce these risks, improve immunity, and lower health costs, aligning with WHO's mandate on prevention and universal health coverage

S.No	Speaker Topics (25)	Panel Discussion Topics (10)
1	Yoga as Preventive Medicine for Lifestyle Diseases	Can Yoga Outperform Modern Gyms in Building Health?
2	Yogic Breathing and Cardiovascular Strength	Preventive Health: Should Doctors Prescribe Yoga?
3	Yoga for Obesity and Weight Management	Is Obesity India's Silent Pandemic?
4	Yoga in Women's Health & Hormonal Balance	Women's Fitness: Can Yoga Replace Medicines?
5	Yoga for the Elderly: Longevity and Vitality	Is Yoga the Secret to Active Ageing?
6	Yoga for Digestive Health and Gut Care	Diet vs. Yoga: Which Matters More for Health?
7	Yoga and Musculoskeletal Strength	Are Physiotherapy and Yoga Interchangeable?
8	Surya Namaskar as Full-Body Fitness	Can 10 Minutes of Yoga Beat 1 Hour of Exercise?

9	Yoga for Immunity Boosting	Is Yoga India's Best Global Gift for Health Security?
10	Yoga for Diabetes Control	Yoga vs. Pharma for Diabetes: What Works Better?
11	Yoga for Respiratory Health (Asthma, COPD)	Is Yogic Breathing the Cure for Air Pollution Illness?
12	Yoga as an Anti-Ageing Lifestyle	Is Age Just a Number with Yogic Living?
13	Yoga for Cancer Survivors: Healing Journey	Should Cancer Therapy Include Yoga Mandatorily?
14	Yoga in Post-Surgery Recovery	Should Hospitals Have Yoga Therapy Departments?
15	Yoga for Chronic Pain and Arthritis	Can Yoga Replace Painkillers Globally?
16	Sports Yoga: Enhancing Athletic Performance	Can Yoga Replace High-Tech Sports Science?
17	Yoga and Sleep Quality	Is Insomnia a Modern Epidemic Yoga Can Solve?
18	Yoga for Posture and Spinal Health	Are Office Chairs Killing Us More Than Cigarettes?
19	Yoga in Preventing Heart Attacks	Is Cardio Overrated Compared to Yoga?
20	Yoga for Pregnancy and Maternal Care	Should Yoga Be Compulsory in Antenatal Programs?
21	Yoga for Children's Growth and Immunity	Should Schools Replace PT with Yoga?
22	Yoga for Workplace Fitness	Can Yoga Reduce Corporate Sick Leaves?
23	Yoga and Nutrition: The Physical Connection	Do We Need Yoga More or Diet More?
24	Yoga for Better Sexual and Reproductive Health	Is Yoga the Answer to Declining Fertility?
25	Yoga for Reducing Sedentary Risks	Is Sitting the New Smoking – Can Yoga Help?

2. Yoga for Emotional Well-Being

Globally, **over 1 billion people live with mental health conditions**, many struggling with unmanaged emotional stress, anxiety, and trauma. Yet, **government spending on mental health is only ~2% of health budgets**, leaving vast unmet needs. Depression and anxiety cost the global economy an estimated **USD 1 trillion annually** in lost productivity. Emotional breakdowns also fuel inequality, violence, and family instability. Yoga offers evidence-based methods for emotional regulation, empathy, and resilience, helping individuals manage grief, anger, and trauma, while strengthening family and social bonds. It directly addresses WHO's call for emotional resilience and psychosocial well-being

S.No	Speaker Topics (25)	Panel Discussion Topics (10)
1	Yoga for Managing Stress and Anxiety	Is Stress the Price We Pay for Modern Living?
2	Yoga and Emotional Intelligence	Can Yoga Build More Empathetic Leaders?
3	Yoga Nidra for Emotional Reset	Should Yoga Nidra Be Taught in Schools?
4	Yoga for Anger Management	Can Yoga Reduce Domestic Violence?

5	Yoga and Self-Compassion	Is Self-Compassion the Missing Piece of Well-Being?
6	Yoga for Forgiveness and Healing	Is Forgiveness a Yogic Practice or Weakness?
7	Breathwork for Emotional Regulation	Does Breath Control Mean Emotion Control?
8	Yoga for Grief and Loss	Can Yoga Help Us Say Goodbye Gracefully?
9	Yoga and Relationships	Can Couples Therapy Be Replaced by Couples Yoga?
10	Yoga and Parenting	Can Yogic Parenting Shape Future Generations?
11	Yoga for Trauma Healing	Should Yoga Be Standard in Post-War Rehabilitation?
12	Yoga for Building Patience	Is Patience a Lost Virtue?
13	Yoga and Body Positivity	Can Yoga Heal Image Disorders?
14	Yoga and Jealousy Control	Is Jealousy the Silent Destroyer of Peace?
15	Yoga for Emotional Balance in Teenagers	Are Teens Ready for Yogic Emotional Training?
16	Yoga for Love and Compassion	Can Yoga Create a More Loving World?
17	Chanting and Emotions	Does Sound Therapy Beat Talk Therapy?
18	Yoga and Workplace Burnout	Can Yoga Save Corporate Mental Health?
19	Yoga and Emotional Detachment	Is Detachment Healthy or Escapist?
20	Yoga for Building Resilient Families	Is Yoga the Key to Stronger Family Bonds?
21	Yoga for Mood Disorders	Can Yoga Treat Depression Without Drugs?
22	Yoga and Fear Management	Can Yoga Defeat the Age of Anxiety?
23	Yoga in Cultivating Gratitude	Can Gratitude Be Taught via Yoga?
24	Yoga for Enhancing Joy	Is Happiness a Skill We Can Train Through Yoga?
25	Yoga for Conflict-Free Living	Can Emotional Yoga Bring Global Peace?

3. Yoga for Mental Well-Being

Mental disorders affect nearly **one in eight people worldwide**, with depression, anxiety, and substance abuse on the rise. Suicide remains among the **top 20 causes of death globally**, with over **700,000 lives lost each year**. WHO estimates **lost productivity from mental health issues at USD 1 trillion annually**, while the **global mental health workforce remains at just 13 workers per 100,000 people**. Schools, workplaces, and communities are unequipped to cope. Yoga strengthens cognitive function, enhances focus, reduces stress, and complements therapy—making it a powerful ally in achieving WHO's Mental Health Action Plan 2013–2030

S.No	Speaker Topics (25)	Panel Discussion Topics (10)
1	Yoga and Concentration Power	Can Yoga Beat Smart Drugs for Focus?
2	Meditation for Cognitive Enhancement	Is Meditation the Future of Learning?
3	Yoga for Memory Improvement	Can Yoga Delay Alzheimer's?
4	Yoga and Creativity	Can Yoga Spark Innovation?
5	Yoga for Students Under Exam Stress	Should Exams Include Yoga Breaks?
6	Yoga and Critical Thinking	Can Yoga Improve Decision-Making in

		Leaders?
7	Yoga for Reducing Digital Addiction	Is Yoga the Antidote to Social Media?
8	Yoga and Mindfulness at Work	Should Offices Have Compulsory Meditation Rooms?
9	Yogic Practices and Brain Neurochemistry	Can Yoga Replace Cognitive Behavioral Therapy?
10	Yoga and IQ vs EQ	Is EQ More Important Than IQ in the Future?
11	Yoga and Learning Disorders	Can Yoga Help Children with Dyslexia?
12	Yoga for ADHD	Is Yoga a Non-Medical Treatment for ADHD?
13	Yoga and Mental Fatigue Recovery	Can Yoga Beat Burnout Culture?
14	Yoga and Sleep for Cognitive Health	Is Sleep the Real Brain Yoga?
15	Yoga and Digital Detox	Should We All Take Weekly "Yoga Sabbaths"?
16	Yoga for Public Speaking Confidence	Can Yoga Replace Professional Coaching?
17	Yoga and Brain Plasticity	Is Neuroplasticity Trainable Through Yoga?
18	Yoga for Mind Clarity	Can Yoga Simplify Our Overloaded Minds?
19	Yoga for Decision Making Under Pressure	Do World Leaders Need Yoga Training?
20	Yoga for Workplace Innovation	Can Innovation Be Breathed Into Reality?
21	Yoga for Better Concentration in Sports	Can Yoga Create Champions?
22	Meditation and Problem-Solving Skills	Is the Future CEO Also a Yogi?
23	Yoga for Youth Brain Development	Is Youth Potential Being Wasted Without Yoga?
24	Yoga and Lifelong Learning	Can Yoga Be an Education Model?
25	Yoga for Reducing Suicide Risks	Can Yoga Save Lives in Mental Health Crisis?

4. Yoga for Spiritual Well-Being

WHO's founding constitution defines health as "a state of complete physical, mental and social well-being" — but today, **spiritual well-being is increasingly recognized as a fourth dimension of health**. Lack of meaning, loss of purpose, and ethical voids fuel stress, conflict, and burnout. Research shows that people with higher spiritual connectedness report **greater resilience, lower depression rates, and higher quality of life**. Yoga, through ethics (yama-nyama), meditation, and conscious living, fosters peace, compassion, and inner strength. In a world torn by polarization, spiritual well-being may be the missing link to peacebuilding and holistic resilience

S.No	Speaker Topics (25)	Panel Discussion Topics (10)
1	Yoga and Self-Realization	Is Enlightenment Still Relevant Today?
2	Yoga and Dharma: Living with Purpose	Can Dharma Guide Modern Careers?
3	Yoga and Bhakti: Devotion as Transformation	Is Devotion a Weakness or a Strength?
4	Kundalini Awakening and Spiritual Power	Is Kundalini Dangerous or Divine?
5	Yoga and Karma: Action with Detachment	Can Karma Yoga Be the New Leadership Style?
6	Yoga and the Soul	Is the Soul a Scientific Reality?

7	Meditation and Moksha	Is Liberation Possible in Modern Life?
8	Yoga and Oneness: Global Brotherhood	Can Oneness Replace Nationalism?
9	Yoga and Compassion	Is Compassion the True Spiritual Currency?
10	Yoga and Inner Silence	Is Silence the Future of Spirituality?
11	Yoga and Death: Conscious Dying	Can Yoga Teach Us to Die Well?
12	Yoga and Service (Seva)	Is Service the Highest Yoga?
13	Yoga and Detachment	Can Detachment Coexist with Love?
14	Yoga and Scriptures: Timeless Wisdom	Should Spiritual Yoga Be Mandatory Education?
15	Yoga and Surrender	Is Surrender Strength or Escape?
16	Yoga and Faith: Multi-Religious Harmony	Can Yoga Bridge Religions?
17	Yoga and Peaceful Societies	Is Spirituality the Missing SDG?
18	Yoga for Transcending Ego	Is Ego the Root of All Problems?
19	Yoga and Intuition	Is Intuition More Powerful Than Logic?
20	Yoga and Global Prayer Movements	Can Prayer Change World Outcomes?
21	Yoga and Hope	Is Hope a Spiritual Practice?
22	Yoga and Divine Feminine Energy	Is Feminine Spirituality Key to Balance?
23	Yoga and Spiritual Leadership	Should Global Leaders Be Spiritual Leaders?
24	Yoga and Global Consciousness	Is Humanity Ready for a Consciousness Revolution?
25	Yoga and Bliss	Is Bliss a Sustainable State?

5. Yoga for Professional Well-Being

Workplace burnout is now classified by WHO as an “occupational phenomenon”, affecting millions worldwide. Stress contributes to absenteeism, reduced productivity, and mental health breakdowns across industries. Studies show workplace stress costs the global economy **USD 300 billion annually**, while poor work-life balance erodes employee health. Women professionals face unique stressors, balancing dual roles, with rising inequality in leadership and pay. Yoga improves focus, decision-making, emotional intelligence, and resilience, making it a critical intervention for healthier, more ethical, and more productive workplaces. It aligns with WHO’s **Global Plan on Workers’ Health** and SDG 8 on decent work

S.No	Speaker Topics (25)	Panel Discussion Topics (10)
1	Yoga for Work-Life Balance	Should Yoga Be Mandatory in Corporate Culture?
2	Yoga and Leadership Skills	Can Yoga Build Conscious CEOs?
3	Yoga for Stress-Free Productivity	Is Burnout the New Epidemic at Work?
4	Yoga and Decision-Making	Can Mindfulness Beat MBAs in Leadership?
5	Yoga in Creative Professions	Does Yoga Spark Innovation?
6	Yoga and Public Speaking	Is Confidence Trainable Through Breath?
7	Yoga for Lawyers & Policy Makers	Do Lawmakers Need Yoga for Better Judgement?
8	Yoga for Teachers: Reducing Burnout	Can Yoga Save the Teaching Profession?

9	Yoga for Doctors & Nurses	Should Hospitals Have Daily Yoga Breaks?
10	Yoga and Startup Founders	Can Yoga Help Entrepreneurs Survive Stress?
11	Yoga in Remote Work Era	Is Digital Work Killing Human Balance?
12	Yoga for Negotiation & Conflict Management	Can Yogic Calm Win Business Deals?
13	Yoga in Military & Police Training	Should Security Forces Include Yoga Training?
14	Yoga for Diplomats: Calm Under Pressure	Is Yoga Global Soft Power?
15	Yoga and Emotional Intelligence in Teams	Do Corporate Leaders Need Yoga More Than MBAs?
16	Yoga for HR Professionals	Can Yoga Humanize Workplaces?
17	Yoga and Financial Professionals	Can Yoga Beat Stress of Wall Street?
18	Yoga for Factory Workers	Should Yoga Be Part of Labor Rights?
19	Yoga in Hospitality & Tourism	Can Yoga Add Soul to Service Industries?
20	Yoga and Corporate Social Responsibility	Is CSR Meaningless Without Yogic Values?
21	Yoga and Productivity Science	Can Yoga Increase GDP via Workforce Health?
22	Yoga for Journalists and Media	Is Yoga an Antidote to Fake News Stress?
23	Yoga for Aviation & Transport Staff	Can Yoga Reduce Human Error?
24	Yoga in Tech Industry	Can Yogic Balance Save Tech Burnout Culture?
25	Yoga for Professional Ethics	Can Yogic Values Stop Corporate Scandals?

6. Yoga for Social Well-Being

Social determinants like poverty, inequality, and exclusion remain critical drivers of poor health outcomes. WHO notes that **inequalities in income and opportunity directly correlate with shorter life expectancy and worse population health**. Loneliness is now considered a **global epidemic**, with risks equivalent to smoking 15 cigarettes per day. Communities fragmented by inequality, conflict, or migration face unprecedented psychosocial stress. Yoga, practiced collectively, promotes inclusion, compassion, and cohesion. From slums to prisons to refugee camps, yoga is emerging as a tool for dignity, resilience, and social healing, aligned with WHO's agenda on **equity and social determinants of health**

S.No	Speaker Topics (25)	Panel Discussion Topics (10)
1	Yoga for Building Compassionate Communities	Can Yoga Heal Divided Societies?
2	Yoga in Prisons: Rehabilitation Stories	Should Yoga Be Mandatory in Jails?
3	Yoga and Gender Equality	Can Yoga Truly Empower Women?
4	Yoga for Migrants & Refugees	Can Yoga Heal Post-Displacement Trauma?
5	Yoga for Conflict Resolution	Is Yoga a Peace Tool or Escapism?
6	Yoga and Interfaith Harmony	Can Yoga Bridge Religions?

7	Yoga for Rural Empowerment	Can Yoga Reduce Rural-Urban Divide?
8	Yoga for Reducing Social Violence	Can Yoga Prevent Crime?
9	Yoga for Social Entrepreneurship	Can Yoga Inspire Ethical Businesses?
10	Yoga and Volunteerism	Is Volunteerism the Modern Karma Yoga?
11	Yoga and Elderly Communities	Is Yoga the Key to Respecting Elders?
12	Yoga for Youth Movements	Can Yoga Create Global Change Leaders?
13	Yoga and Poverty Alleviation	Can Consciousness Create Economic Equality?
14	Yoga and Slum Health Campaigns	Can Yoga Improve Public Health in Margins?
15	Yoga for Farmers' Stress	Can Yoga Reduce Farmer Suicides?
16	Yoga and Tribal Communities	Is Yoga Already Present in Indigenous Traditions?
17	Yoga for Family Harmony	Can Family Conflicts End with Yoga?
18	Yoga Festivals as Social Cohesion Models	Can Festivals Unite Communities Globally?
19	Yoga and Civic Responsibility	Can Yogic Ethics Build Better Citizens?
20	Yoga for Students' Social Skills	Should Social Skills Be Taught Through Yoga?
21	Yoga and Digital Communities	Is Social Media Compatible with Yoga?
22	Yoga for Reducing Inequalities	Can Yoga Level Social Hierarchies?
23	Yoga and Human Rights	Can Yogic Ethics Inspire Justice Movements?
24	Yoga and Sustainable Communities	Can Yoga Teach Us to Live Together Better?
25	Yoga and Philanthropy	Is Giving the Highest Form of Yoga?

7. Yoga for Global Well-Being

Global well-being is under threat from climate change, pandemics, and conflict. The WHO's **One Health approach** emphasizes the inseparable link between human, animal, and planetary health. Climate change already causes **over 250,000 additional deaths annually** from malnutrition, malaria, and heat stress, and displaces millions each year. Mental health consequences from ecological anxiety are escalating worldwide. Yoga, by fostering sustainability, planetary compassion, and global consciousness, supports resilience and cooperation across borders. In the age of fractured geopolitics, yoga offers a unifying platform for **peace, planetary health, and shared humanity**, echoing WHO's vision of "Health for All"

S.No	Speaker Topics (25)	Panel Discussion Topics (10)
1	Yoga and the United Nations: A Shared Vision	Should Yoga Be a UN-Led Global Policy?
2	Yoga as Global Soft Power	Is Yoga India's Greatest Diplomacy Tool?
3	Yoga and Climate Change Action	Can Yoga Transform Climate Politics?
4	Yoga and Sustainable Development Goals	Is Yoga the Key to Achieving SDGs?
5	Yoga and Peacekeeping	Can Yoga Be Part of UN Peace Missions?
6	Yoga for Intercultural Dialogue	Can Yoga Replace Clash of Civilizations with

		Harmony?
7	Yoga and Humanitarian Aid	Should Relief Work Include Yoga?
8	Yoga for Migrant Crisis	Can Yoga Heal Global Displacement?
9	Yoga and International Education	Should Yoga Be Compulsory in Global Schools?
10	Yoga and Human Rights Diplomacy	Can Yoga Support Freedom Movements?
11	Yoga in Refugee Camps	Can Yoga Bring Dignity to Refugee Lives?
12	Yoga as Global Health Diplomacy	Should WHO Recognize Yoga as Medicine?
13	Yoga and Global Governance	Is the World Ready for Conscious Leadership?
14	Yoga and Economic Inequality	Can Yoga Address Global Wealth Gaps?
15	Yoga for Peace Summits	Should All Negotiations Start with Meditation?
16	Yoga for International Youth Movements	Can Young Yogis Unite the Planet?
17	Yoga and Global Migration Policies	Can Yoga Change Attitudes to Migration?
18	Yoga and Technology Ethics	Can Yogic Wisdom Guide AI & Robotics?
19	Yoga for International Climate Justice	Is Yoga a Missing Voice in COP Summits?
20	Yoga and Pandemic Preparedness	Should Yoga Be in WHO's Health Agenda?
21	Yoga and Outer Space Exploration	Can Yoga Train Astronauts for Mars?
22	Yoga and Global Economics	Can Yoga Create Conscious Capitalism?
23	Yoga for World Leaders	Should Politicians Practice Yoga Before Debates?
24	Yoga and Cross-Border Peace	Can Yoga Reduce Wars?
25	Yoga for a Conscious Planet	Is Global Consciousness Humanity's Destiny?

- **7 Sub-Themes**
- **175 Speaker Topics (25 × 7)**
- **70 Panel Topics (10 × 7)**
- **Total = 245 Topics**