



International Conference on
HOLISTIC WELLBEING
JAIN PERSPECTIVE

(January 31 – February 1, 2026)

Venue

Sumandeep Vidyapeeth, Vadodara, Gujarat, India



Organizers

Department of Jain Philosophy and Research,
Sumandeep Vidyapeeth Deemed to be University, Vadodara



International School for Jain Studies (ISJS)
(A Division of Amar Prerana Trust, Pune)



Vardhamana Charitable Foundation, USA

Concept Note:

In an era grappling with mental distress, health crises, and ecological degradation, Jainism offers an integrative framework for holistic well-being grounded in non-violence (Ahimsa), discipline (Tapas), and spiritual awakening. This international conference explores how timeless Jain doctrines intersect with modern sciences and social ethics to foster personal health, societal harmony, and ecological sustainability. Scholars, clinicians, scientists, and spiritual leaders will examine the relevance of Jain perspectives in shaping wellness, ethical healthcare, and sustainable lifestyles. Through scientific sessions, Paper presentations and round table meetings, the event aims to stimulate meaningful dialogue and innovation at the confluence of tradition and transformation.

This international conference, jointly organized by the Department of Jain Philosophy and Research, Sumandeep Vidyapeeth, Baroda, and the International School for Jain Studies (ISJS), seeks to explore the relevance and application of Jain philosophy in spiritual, social, and health contexts. It aims to create a vibrant platform for dialogue among scholars, health professionals, scientists, spiritual leaders, and social thinkers to examine the intersections between Jain doctrines—particularly those related to the soul, ethics, and spiritual evolution—and contemporary life sciences including biology, genetics, ecology, and physiology. Aligned with the WHO's holistic definition of health, the conference will delve into Jainism's contributions to wellness, bioethics, preventive healthcare, ecological sustainability, and applied spirituality, fostering interdisciplinary collaboration for ethical, balanced, and sustainable living.

OBJECTIVE

The primary objective of the conference on "Holistic Wellbeing: Jain Perspective" is to explore the relevance and application of Jain principles in enhancing holistic well-being. The conference aims to:

- Explore Jain spiritual principles and their impact on inner peace, mindfulness, and self-realization.
- Examine the social relevance of Jain ethics in promoting non-violence, environmental sustainability, and interpersonal harmony.
- Investigate the role of Jain dietary practices and lifestyle disciplines in modern healthcare and disease prevention.
- Foster interdisciplinary dialogue between scholars, practitioners, and thought leaders.
- Promote research and awareness of Jainism's applicability in contemporary healthcare, education, and ethical policymaking.

TOPICS

I. Spiritual Well-being and Jainism

- Right Faith (Samyak Darshan) as the foundation of inner transformation and well-being
- Jain Meditation (Dhyana) and Mindfulness: Tools for Inner Peace
- Self-Realization through Jain Philosophy and Ethics
- The Role of Karma Theory in Personal Transformation and Well-being,
- Jain Conduct and its Contemporary Relevance
- Liberation (Moksha) as the Ultimate State of Well-being and its interpretation as Living Moksha/wellness
- Path of spiritual purification and its relevance to Life sciences

II. Social Well-being through Jain Values

- Ahimsa in Action: Non-violence as a Foundation for Social Harmony
- Jain Ethics and Their Role in Conflict Resolution and Peacebuilding
- Environmental Ethics in Jainism: Ecology, Sustainability, and Compassion

- Gender, Equality, and Social Justice in Jain Thought
- Role of Jain communities in philanthropy, education, animal welfare, and rural development.
- Jainism and Interfaith Dialogue: A Path to Global Peace

III. Health and Wellness Dimensions

Focus: A multidimensional view of health (interpreted as physical, mental and social wellness) as aligned with both Jain and scientific perspectives.

- Sattvik Diet and Vegetarianism: A Scientific and Nutritional Exploration, including ingredients, time, quantity and environmental impact
- The Health Benefits of Fasting (Upavasa) and Dietary Restraints
- Physical health: disease prevention and body care
- Mental health: stress management, emotional well-being
- Social well-being: community engagement and interpersonal harmony

IV. Applications in the Healthcare and Wellness Sector

Focus: Applying Jain values and life sciences in real-world healthcare systems.

- Creating patient-centric hospital environments
- Traditional systems of medicine: Naturopathy, Ayurveda, and integration with Jain ethics
- Promoting wellness (preventive measures) instead of curing diseases models
- Ethical decision-making in healthcare: Bio-ethics (abortion, organ donation euthanasia, palliative care and implants), Santhara / Sallekhana and end of life practices.
- Jain contributions to public health policy: non-violence in food, waste generation, environmental protection, pandemic responses, purity of water for drinking, day dining
- Animal ethics: promoting alternatives to animal testing in medical education and development /testing of medicines

TARGET PARTICIPANTS

- Scholars and Researchers in Jain Studies, Philosophy, Sociology, Psychology, and Life Sciences
- Medical Doctors, Nutritionists, and Wellness Professionals
- Jain Practitioners, Spiritual Guides, and Community Leaders
- Students, Research Fellows, and Interfaith Practitioners
- NGOs and Policy Makers in Public Health, Environment, and Education

CALL FOR PAPERS

Participants are invited to present papers relevant to the conference theme and sub-themes. Both empirical and conceptual papers are welcome.

- Abstract Submission Deadline: **October 15, 2025**
- Word Limit for Abstract: **200 – 300 words**
- Full Paper Submission: **November 30, 2025**
- Email for Submission: jprsvdu@gmail.com
- Style Format: **APA | Times New Roman | 12 pt | 1.5 line spacing**
- Selected papers may be published as conference proceeding

ACCOMMODATION, ALLOWANCE AND HONORARIUM

- Accommodation, Travel Allowance (upto AC II) and an honorarium will be provided to the authors of selected papers, as per the conference guidelines.
- In the case of papers with multiple authors, only one author (preferably the presenting author) will be eligible to receive the TA and honorarium.
- Final decisions regarding the selection of papers and disbursement of support will rest with the organizing committee.

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