

ICON-2026

13th INTERNATIONAL CONFERENCE ON

SPIRITUALITY: A TESTED PARADIGM FOR GLOBAL WELL-BEING, SUSTAINABILITY, AND DIGITAL MINDFULNESS

SPIRITUAL TOUR
OF VARANASI
AND AYODHYA

(March 14th and 15th, 2026)

Venue: SMS, Varanasi

SELECTED
PAPERS SHALL BE
CONSIDERED FOR
PUBLICATION IN A
SCOPUS-INDEXED
JOURNAL



Organized by:

School of Management Sciences, Varanasi

Conference Secretariat

Centre for Spiritualism & Human Enrichment

School of Management Sciences

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About School of Management Sciences

The School of Management Sciences was established in 1995 as an institution of higher learning in Varanasi, one of the most ancient cities of the world and the cultural and spiritual capital of India. The institute was established to provide management and technical education of the highest quality to the students and to make them not only skilful but also human beings full of ethical and moral attributes.

SMS, Varanasi is an autonomous college approved by AICTE-Ministry of Education, New Delhi, affiliated to Dr. A.P.J. Abdul Kalam Technical University, Lucknow, Mahatma Gandhi Kashi Vidyapith, Varanasi and recognized under section 2(f) & 12 B of UGC Act. SMS has been making sincere efforts since then, towards its objective and has been continuously ranked as one of the best Business Schools by reputed magazines and rating agencies. SMS has also been ranked as an 'A' category B-School by NAAC. SMS offers MBA, MCA, M.COM, BBA, BCA, B.COM, B.COM (H) and BA(H)-Mass. Comm Programmes.

SMS boasts one of the finest, ultra-modern campuses, featuring lush green spaces with Wi-Fi connectivity, centrally air-conditioned classrooms, and seven computer labs. The institute emphasizes global exposure through international summer placements, student exchange programs, and foreign industrial visits. Through a dynamic curriculum and diverse learning activities, SMS aims to instill a strong value system in student managers, shaping them into responsible citizens who contribute meaningfully to the advancement of the business world.

Centre For Spiritualism And Human Enrichment

The Centre for Spiritualism and Human Enrichment was established by the School of Management Sciences in the year 2003 with the noble objective to create a strong platform for all those who are interested in contributing towards enriching human lives and the modern management science through spirituality.

This Centre has been established to explore the possibility of blending spirituality and human values with modern management principles and practices to create a new, sustainable and holistic model of management. Since its inception in the year 2003, this Centre has been making sincere efforts to fulfill the objective for which it has been established. Centre has already organized numerous conferences, seminars and workshops of national and international level to gather and disseminate ways and methods for inculcating spirituality and human values in management theory and practice. Publications of journals and books have also been a regular feature of the Centre for spreading the relevant knowledge. Its Journal 'Purushartha' has a worldwide presence and is also indexed in Scopus (Elsevier). The Centre is also making sincere efforts to develop free e-content knowledge material based on the objectives of the Centre for reaching the people across the world.

About the Conference

In a rapidly evolving world marked by technological disruptions, environmental challenges, and rising mental health concerns, the role of spirituality has become increasingly relevant. Spirituality, beyond religious boundaries, emphasizes inner peace, compassion, ethical living, interconnectedness, and a deeper understanding of human existence. Integrating these values into contemporary systems can guide individuals, organizations, and societies toward holistic development.

Global Well-Being:

Modern life often leads to stress, anxiety, and loss of purpose. Spiritual perspectives help individuals cultivate resilience, meaning, emotional balance, and stronger social relationships. Spiritual practices such as mindfulness, meditation, gratitude, and service promote mental, emotional, and physical well-being - essential for a thriving global community.

वसुधैव कुटुम्बकम् ||

(Vasudhaiva Kutumbakam)

Maha Upanishad (VI.71-73)

"The whole world is truly one family."

Sustainability:

Sustainability requires a shift from exploitation to stewardship. Spirituality reinforces respect for nature and responsible consumption, reminding humanity of its ecological obligations. Ancient wisdom traditions like Vasudhaiva Kutumbakam - "the world is one family" - advocate harmony between humans and the environment, enriching sustainability frameworks with moral and ethical grounding.

पृथ्वी माता सर्वजनपरीतिः ||

(Prithvi mata sarvajanparitah)

Atharva Veda (XII.1.1)

"Earth is our mother, may she nourish all beings."

Digital Mindfulness:

In the digital age, hyper-connectivity often results in distraction, dependency, and digital fatigue. Digital mindfulness promotes intentional and balanced use of technology. Spiritual values can shape technological innovation to remain human-centred, ensuring that digital transformation enhances rather than diminishes well-being.

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ||

(Yogasthah kuru karmani sangam tyaktva dhananjaya)

Bhagavad Gita (3.19)

"Perform actions established in yoga, free from attachment."

This international conference, "Spirituality: A Tested Paradigm for Global Well-Being, Sustainability, and Digital Mindfulness," seeks to explore these intersections and inspire research, practice, and policy rooted in timeless wisdom for contemporary challenges.

Conference Objectives

The conference aims to achieve several key objectives that will foster meaningful discourse and collaboration across disciplines. These objectives include:

- To examine the integrated relationship between spirituality, sustainability, and technological advancement and explore their collective role in shaping a harmonious global future.
- To promote well-being frameworks grounded in spiritual and ethical values, thereby contributing to the mental, emotional, and social wellness of communities and workplaces.
- To present and analyze global best practices in eco-conscious and ethical leadership, fostering responsible decision-making for environmental and societal welfare.
- To address challenges of digital overload and technology-induced stress by encouraging mindfulness, balanced digital usage, and human-centric innovation.
- To generate actionable strategies and policy insights that contribute to building compassionate, resilient, and future-ready societies.

Thematic Clusters

The International conference explores how spirituality can guide individuals, institutions, and societies toward inner balance, social harmony, and sustainable futures in an age of rapid change. Bringing together scholars, practitioners, educators, leaders, and change-makers from diverse traditions, it invites critical reflection on how spiritual wisdom can nurture emotional resilience, mental health, ethical responsibility, and ecological consciousness. Through its thematic clusters, the conference aims to foster dialogue that bridges ancient wisdom and contemporary challenges, inspiring mindful leadership, value-based education, purpose-driven organisations, and interfaith collaboration for a more peaceful and sustainable world.

Track 1: Spirituality and Holistic Well-Being in Contemporary Society

- Emotional resilience and psychological harmony
- Mental health concerns in modern life and spiritual remedies
- Inner peace through meditation, yoga, and mindfulness
- Spiritual practices for stress management and work-life balance
- Self-awareness and personal transformation

Track 2: Spirituality and Sustainable Development

- Environmental stewardship guided by spiritual values.
- Ethical and eco-conscious lifestyle choices
- Spiritual perspectives on climate responsibility
- Community participation in sustainable living
- Harmony between humans and nature

Track 3: Mindful Leadership for a Global Future

- Integrating spiritual wisdom with leadership competencies
- Compassionate and ethical decision-making
- Governance models supporting human & planetary well-being.
- Leadership rooted in purpose, empathy, and service.
- Developing spiritually intelligent leaders for societal growth

Track 4: Digital Mindfulness and Spiritual Intelligence in the Information Age

- Cultivating mindful digital habits in fast-paced tech environments
- Balancing virtual engagement and real-world presence
- Inner awareness amidst information overload
- Digital ethics rooted in spiritual frameworks.
- Emotional well-being in AI and data-driven societies

Track 5: Spirituality in Business: Toward Purpose-Driven Organizations

- Embedding ethical principles into business culture
- Corporate social responsibility as a spiritual commitment
- Value-based leadership for employee well-being and trust
- Entrepreneurship aligned with compassion and sustainability.
- Shifting business focus from profit to purpose

Track 6: Interfaith Harmony and Global Citizenship

- Dialogue across spiritual traditions for mutual respect
- Unity in diversity as a foundation for global peace
- Spiritual responsibility in addressing global crises
- Shared values fostering solidarity and cooperation
- Community engagement for universal harmony

Track 7: Education for Spiritual and Sustainable Living

- Introducing spiritual and ethical values in academic curricula
- Youth empowerment through mindful and socially responsible learning
- Holistic educational approaches for moral development
- Building future citizens grounded in sustainability
- Role of institutions in nurturing conscious global leadership

Track 8: The Role of Ancient Wisdom in Modern Well-Being

- Reviving traditional spiritual knowledge for personal health
- Ancient practices supporting ecological and social harmony
- Integrating indigenous and Vedic wisdom with modern science
- Traditional healing systems for holistic wellness
- Preserving wisdom heritage for future generations

The given sub-themes are not exhaustive. Any paper in CONSONANCE to the main theme can be considered for participation.

Registration Fee

Category	Registration Up to 05th January, 2026	Registration After 05th January, 2026
Academicians	INR 3500/-	INR 4000/-
Industry Delegates	INR 4000/-	INR 5000/-
Research Scholars/Students	INR 1500/-	INR 2000/-
SMS Alumni	INR 1500/-	INR 2000/-
Foreign National	USD 200/-	USD 250/-

The Registration fee will include the participation fee, conference kit, Conference Souvenir and conference meals.

Mode of Payment

Payment of Registration charges shall be paid either through a DD in favour of **“Convenor, School of Management Sciences”** payable at Varanasi (India) or through electronic transfer/ UPI in the account whose details are given below. Candidates are requested to retain the registration receipt to be produced at the registration counter of the venue.

Name of the Account : CONVENOR, SCHOOL OF MANAGEMENT SCIENCES
Account Number : 408002010007420
Bank Name : UNION BANK OF INDIA
Address : Chetganj Branch, Hathua Market, Varanasi, Uttar Pradesh
RTGS/NEFT Code : UBIN0540803
MICR Code : 221026006
Branch Code : 540803



Guidelines for papers

- The abstract of not more than 350 words, excluding title and references, should be sent by 5th January, 2025. The track under which the abstract should be considered should be clearly mentioned.
- After the acceptance of the abstract, contributors are required to send/upload a Full Paper not exceeding 5000 words, including tables and figures, by January 25th, 2026. The text should be double-spaced in 12-point Times New Roman font with a 1.5-inch margin on all sides
- The cover page should contain the title of the paper, the author's name and a brief profile along with their email ids and contact numbers.
- The author's name should not appear anywhere in the paper except on the cover page. It facilitates the blind review process.
- The author should submit one separate sheet with an abstract, a summary of the paper and keywords, along with the paper.
- References should be cited at the end of the paper. This list should mention only those sources cited in the text of the paper.
- All the tables and figures must be serially numbered.
- The author would have to certify that the material is unpublished, as well as original. It is the responsibility of the author to obtain permission to reprint previously published matters with copyright restrictions.
- Correspondence and proofs for correction will be sent to the first-named author.
- Participants may submit their abstract and full Paper online at www.icon.smsvaranasi.com or mail to icon2026@smsvaranasi.com. The paper ID generated thereafter will be used for all future references.

Selected papers will be published in the form of an ISBN edited book

Particulars	Abstracts	Full Paper
Length	350 words excluding title & references	Not over 5000 words, including title, references, tables and figures
Margins from all sides	1.5 inch	1.5 inch
Font	Times New Roman, 12 points	Times New Roman, 12 points
Spacing between lines	Double	Double
Title Page	Title, Author(s), affiliation(s), sub-theme under which abstract should be considered, contact details	Title, Author(s), affiliation(s), sub-theme under which paper has been sent, contact details
Keywords	Maximum Five	Maximum Five

Conference Sessions

The conference will comprise the following four sessions:

- Inaugural Session
- Plenary Sessions
- Technical Sessions
- Valedictory Session

Spiritual Tour of Varanasi & Ayodhya*

This tour provides participants a unique opportunity to experience the spiritual essence of two of India's most revered cities, Varanasi and Ayodhya. Known as the spiritual and cultural heart of India, Varanasi is famous for its ancient temples, sacred Ghats along the River Ganges, and its vibrant tradition of mysticism, philosophy, and Hinduism. The tour includes visits to significant sites such as Sarnath, where Lord Buddha gave his first sermon, iconic Hindu temples, and various locations of spiritual learning.

In addition to Varanasi, the tour will take participants to Ayodhya, an ancient city revered as the birthplace of Lord Rama and an important pilgrimage site for followers of Hinduism. Here, participants can immerse themselves in the spiritual ambience of temples and heritage sites that showcase Ayodhya's deep cultural and religious legacy.

This combined tour offers a profound exploration of India's spiritual heritage, allowing participants to witness rituals, traditions, and the timeless wisdom of these sacred cities.

- **Indian Nationals** : **INR 3000/-**
- **Foreign Nationals** : **USD 75/-**

*The spiritual tour is an optional feature. The cost is on a per-person basis and is over and above the conference registration fee.

Important Dates

Abstract Submission	05th January 2026
Communication of Abstract Acceptance	15th January 2026
Full-length paper Submission	25th January 2026
Communication of Full-length paper Acceptance	05th February 2026

Authors are requested to submit abstracts and full papers by clicking the button '**Online Paper Submission**' on the conference website www.icon.smsvaranasi.com



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