

Registration Form

Name :

Designation:

Affiliated University:

Full Postal Address:

Email:

Phone / Mobile:

Title of Paper (In Capital):

Accommodation Required: Yes: No:

Details of Registration Fees: **Cash / D.D./on-line**

Receipt No:

DD No.:

Bank Name:

Branch:

Amount:

For research Scholars Registration form will be forwarded by the Dean/Director/HOD/Supervisor

Signature and Seal

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Hon'ble Vice Chancellor

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Prof. (Dr.) G.S. Shukla

Convener

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Co-Convener

Dr. Atul Kumar Mishra

Organizing Secretary

Dr. Shruti

Co-Organizing Secretary

Mr. I.B. Pandey

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Technical Team

Mr. Neeraj Mishra

Mr. Shivam Mishra

Mr. Dheeraj Rawat

Mr. Shahbaj Ahmad

Contact Numbers:

Prof. (Dr.) G.S. Shukla : 07525048001

Dr. R.P.S. Yadav : 07525048021

Dr. G. K. Dwivedi : 07525048009

Dr. Shruti : 07525048051

Dr. Atul Mishra : 07525048059

E-mail: nwcsyh2017@gmail.com

National Workshop - cum - Seminar

On

Yoga & Health

योग एवं स्वास्थ्य



8-9 November, 2017

Organized by

**U. P. Rajarshi Tandon Open University
Allahabad**

Patron

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Venue

**Saraswati Campus (Academic Block)
U.P. Rajarshi Tandon Open University
Shantipuram, Sector - F, Phaphamau
Allahabad - 211021 (U.P.) India**

www.uprtou.ac.in

About the Yoga and Health

An overview-

Yoga and health concepts are not generally perceived correctly by public today. An analytical look at the goal of yoga shows that it is a holistic way of life leading to a state of complete physical, social, mental, and spiritual well-being and harmony with nature. This is in contrast to purely economic and material developmental goal of modern civilization, which has brought social unrest and ecological devastation. Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes are various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation. Yoga is in fact means union of individual consciousness with the supreme consciousness. It include yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, and samadhi. Intense practice of these leads to self-realization, which is the primary goal of yoga. Yoga can provide relief from the hustle and bustle of modern life. Health too is not a mere absence of diseases. It is a dynamic expression of life – "Without health, none of the other dimensions of our life mean anything to us. Our work, family, wealth, possessions will mean nothing if we have no health."

Yoga has been the subject of research in the past few decades for therapeutic purposes for modern epidemic diseases like mental stress, obesity, diabetes, hypertension, coronary heart disease, and chronic obstructive pulmonary disease. Yoga harmonizes our body, mind, and spirit. Basic Yoga poses correct body alignment, breathing techniques, and relaxation, develop strength, flexibility, endurance, and grace. It helps in reducing clinical concerns such as wrist, knee, neck and back pain, and stress etc. Practice of Yoga addresses the requirements of physical health and inner peace. Yoga, which has its roots in India, has evolved over the last 2000 years. Man is a physical, mental and spiritual being; yoga helps in promoting a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spirituality.

As we all know that stressful life is a universal problem now a days that have detrimental effect on mental, physical and psychological health of individuals. In this perspective this very significant topic is selected for discussion and debate on national platform. Actually OUR whole life and our day to day work can become yoga. Yoga is the science of modern living and should be incorporated into daily life.

Sub-themes of the Seminar :

1. Conceptual overview of yoga and health
2. Impact of yoga on health Issues
3. Popular Mental and Physical Health Promotion Strategies based on yoga
4. Effect of yoga on stress Management
5. Role of multimedia in promoting practices of yoga for good health
6. Life and health education through yoga

Instruction regarding Sending Paper:

You have to send your complete paper latest by Oct. 30, 2017 and abstract latest by Oct. 27, 2017. You are directed to send your paper /abstract in MS-word format in the standard paper format. You can also send your abstract /paper via e-mail to the given below e-mail address.

Boarding & Lodging:

- University will provide accommodation to only invited guests and dignitaries only during seminar days. All participants are directed to arrange their accommodation during the Seminar at Allahabad.
- No T.A./D.A. will be paid to the participants.
- University will provide Tea/High-tea and Lunch only to the participant during seminar.
- Invited guests & Dignitaries are entitled for TA and other facility during the seminar.

Registration Fees: - 500/-

Registration fees is to be paid cash/through Demand Draft/Online payment in favour of "Finance Officer, UPRTOU, Allahabad", & should be sent to the organizing secretary at the university address along with the registration form before the last date. MO & cheque will not be allowed/accepted. Prior confirmation of participation either through e-mail or telephone shall be required. (On spot registration fee is to be paid in cash.) Online payment can be made through event web portal www.uprtou.ac.in

Address for sending abstract/paper:

Dr. Shruti
Assistant Professor, School of Sciences
Saraswati Campus (Academic Block)
U.P. Rajarshi Tandon Open University
Shantipuram, Sector – F, Phaphamau
Allahabad -211021 (U.P.) India

E-mail: nwcsyh2017@gmail.com

About the University:

U.P. Rajarshi Tandon Open University has been established through the UP Act No. 10 of 1999 as passed by the Uttar Pradesh Legislature. This University was named after the name of Bharat Ratna Rajarshi Purushottam Das Tandon, an illustrious son of Mother India who made great sacrifices for Independence and dedicated himself to the cause of Hindi as a national language. The jurisdiction of the University is across the State of Uttar Pradesh. The university has carved a niche for itself among the premier academic institution of open learning and distance education. It has witnessed a very rapid expansion of its activities in various spheres of education. This University conducts its academic activities through a diversity of means of distance and continuing education, and function in co-operation with the existing Universities, colleges and institution of higher learning, and makes full use of the infrastructure of these organizations. The courses offered by UPRTOU are recognized by the joint committee of UGC-AICTE and DEC. The University offers wide range of educational programmes related to general education, training, research and extension work through open and distance learning. The University started functioning from the session 1999-2000 with 3344 distance learners. In the current session i.e. session 2016-2017 more than 50,000 distance learners were enrolled for 111 programmes at more than 750 study centers located in different parts of the state of Uttar Pradesh. These study centers are supervised by our 10 regional centers situated in Lucknow, Varanashi, Bareilly, Gorakhpur, Agra, Meerut, Gaziabad, Kanpur, Jhansi and Allahabad. The head quarter of the university is at Shantipuram Sector-F, Phaphamau, Allahabad equipped with good infrastructure facility like Buildings Library, Wi-Fi network campus etc.

About Allahabad :

It is in the North Indian state of Uttar Pradesh, Allahabad is one of the fastest growing cities in India at present. It is located 205 kilometres (127mi) south of the state capital, Lucknow. It is one of four sites of the mass Hindu pilgrimage Kumbh Mela, the others being Haridwar, Ujjain and Nashik. It has a position of importance in Hindu scriptures for it is situated at Triveni Sangam, the confluence of the holy rivers Ganges, Yamuna and Sarasvati river. Hindi, Urdu and English are the languages that are spoken in Allahabad. The dialect of Hindi spoken in Allahabad is Awadhi, although Khariboli is most commonly used in the city area. In the eastern non-doaba part of Allahabad district Bagheli dialect is more common. Bengali and Punjabi are also spoken in some quarters. All major religions are practiced in Allahabad. Major tourist destinations are Anand Bhawan, Chandra Shekher Azad Park, Allahabad Museum, Khusaro Bagh, Akbar, Fort, Nag Basuki Temple, All Saint Cathedral Church, High Court etc.