

PRIOR TO INTERNATIONAL DAY OF YOGA

ONE DAY NATIONAL SEMINAR

ON

“YOGA FOR HOLISTIC HEALTH”

Jointly Organized By



Office of the Director

Physical Education, Sports, National Services and Dean of Students' Welfare

And

Department of Yogic Art and Science

Vinaya Bhavana, Visva-Bharati

Date: Sunday, 17th June, 2018 at 10 a.m.

Venue

Lipika Auditorium, Visva-Bharati

Santiniketan, West Bengal, India

INVITATION

Health care providers face the challenge of prospecting for health and disease prevention. In this century, we face more chronic illnesses related to psychophysiological conditions. Yoga is an ancient Indian holistic practice for health and wellbeing. The main objective of this seminar is to review and explore the traditional aspects of yoga as well as to understand the significance of yoga as a mind-body medicine to promote positive health.

It is really a great privilege and pride to announce that prior to the celebration of 4th International Day of Yoga, Office of the Director, Physical Education, Sports and National Services and Dean of Students' Welfare, and the Department of Yogic Art and Science, Vinaya Bhavana, Visva Bharati are going to organise jointly a national level seminar on "Yoga for Holistic Health".

We hope that this seminar will bring together the spiritual leaders, yoga practitioners, academicians, teachers, researchers, historians, trainers and students from different parts of the country, who have opted yoga as their profession and passion. Our sincere effort is to offer a platform to the professionals, where one can freely discuss, explore and evaluate the present context and future projection of this noble profession.

On behalf of the organizing committee, we take this opportunity to invite you all to Visva-Bharati, Santiniketan, West Bengal, India. We are waiting for cordially welcome to you at Santiniketan.

With best wishes and warm regards,

Prof. N.C. Mandal

Director

Physical Education, Sports,

National Services and Dean of Students' Welfare

Visva-Bharati

Prof. Samiran Mondal

Head

Department of Yogic Art and Science

Visva-Bharati

General Information and Guideline for the Participants

Theme: "YOGA FOR HOLISTIC HEALTH"

Sub-themes

1. Yoga Philosophy
2. Yoga and Spiritual Health
3. Yoga and Mental Health
4. Yoga and Physical Health
5. Yoga Education
6. Yoga Therapy
7. Yogic Diet and Nutrition
8. Yoga and Allied Sciences
9. Yoga for Fitness and Wellness
10. Yoga for Special Population

Important Dates

Abstract and Full Paper Submission – On or before 13th June, 2018

Best Paper Presentation Award

Best three paper presenters will be awarded.

Submission of Abstract and Full Paper

Interested person are requested to submit their abstract and full paper by email: dias@visva-bharati.ac.in The acceptance of the paper for presentation in the seminar is subject to the approval of the scientific review committee.

Format of Abstract (within 300 words)

Introduction/Background, Method, Results/Findings, Discussion, Conclusion and Keywords

Registration Fees: Free

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