

**National Seminar  
on  
Nutrition & Wellness  
November 07-08, 2016**

**Organized by**



**The Physical Education Unit  
Palli Siksha Bhavana (Institute of Agriculture)  
Visva-Bharati, Sriniketan, Birbhum  
West Bengal - 731236**

**At  
Palli Siksha Bhavana (Institute of Agriculture)  
Visva-Bharati, Sriniketan, Birbhum  
West Bengal - 731236**

## Theme of the Seminar

Balanced nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, our diet can help us to reach and maintain a healthy weight, reduce our risk of chronic diseases (like heart disease and vascular diseases, etc.), and promote our overall health. Nutrition is becoming more important aspect of health, not only for the individual but for the nation. Healthcare costs have skyrocketed and there doesn't seem to be relief coming anytime soon. Really though who enjoys going to the doctors? The best way to avoid illnesses and accidents is to maintain our health through preventative care. The science of nutrition has been explored and researched for a greater understanding of how food impacts every part of our daily lives. Nutrigenomics is a science that looks at the link between our genetic makeup, our diet and our environment and how they relate to our overall health. The way we use food determines much of our overall wellness. Prevention is always better than cure. People now have a greater awareness about their own health and about taking care of their bodies. Health and wellness mean the ability to live life fully with vitality and meaning. Wellness is optimal health and vitality, encompassing physical, emotional, intellectual, spiritual, interpersonal and social, and environmental well-being. Nutrition is one of the important aspects of wellness. Therefore, it is essential to discourse this important area of life with technical and academic prevalence. The specific objectives of this National Seminar are:

- To promote and develop awareness about nutrition and wellness.
- To enhance the conceptual knowledge of nutrition and wellness.
- To understand and explore the latest trends of research in the field of Health Sciences, Physical Education and Sports Sciences.

## Sub-Themes

The sub-themes of this National Seminar are enumerated below:

- Sociological, Physiological and Psychological aspects of Fitness & Wellness
- Yoga for complete Wellness
- Health hazards and Wellness
- Health hazards of the labours of agriculture & mines
- Balanced Diet for sedentary people and Sports Specific Athletic Diet
- Nutrition, Malnutrition & Food adulteration
- Drugs and Doping in Sports
- Wellness in Sports training and Competition
- Aging and Exercises
- Stress Management
- Nutritional aspects of school going children
- Nutritional aspects of girl child and pregnant women

## About the Venue

Visva-Bharati was founded by the first non-European Nobel Laureate Rabindranath Thākura (as Tagore to the world) in 1921, Visva-Bharati was declared to be a central university and an institution of national importance by an [Act of Parliament in 1951](#). The President of India is the Paridarsaka (Visitor) of the University, the Governor of West Bengal is the Pradhana (Rector), and the Prime Minister of India acts as the Acharya (Chancellor). Visva-Bharati represents India

where she has her wealth of mind which is for all. Visva-Bharati acknowledges India's obligation to offer to others the hospitality of her best culture and India's right to accept from others their best. Palli-SikshaBhavana (Institute of Agriculture) was established on September 1, 1963 as Palli SikshaSadana and later renamed as PalliSikshaBhavana in the Visva-Bharati Act, as amended in 1984. Palli SikshaBhavana (Institute of Agriculture) imparts education in Agricultural Sciences both at undergraduate and post-graduate levels. It offers four-years (eight semesters) B.Sc(Ag.) Honours Course and two-years M.Sc (Ag.) courses in Agronomy, Plant Protection, Agricultural Extension, Soil Science & Agricultural Chemistry, Plant Breeding, Horticulture and M.Sc in Poultry Science with semester system of examination. There are facilities for research leading to Ph.D. degree in all branches of Agricultural Sciences. Apart from teaching and research, PalliSikshaBhavana is also engaged in extension activities in the field of agriculture in the surrounding villages and elsewhere. Rural Awareness Work Experience (RAWE) and Experiential Learning are compulsory and a part of the academic curriculum for undergraduate students. Other academic support units are Agricultural Farm, Horticultural Farm, Dairy and Poultry Farm, Soil Testing Laboratory, Library and RathindraKrishiVigyan Kendra. The institute has its own placement cell. Generally, November is pleasant in Santiniketan. Participants are recommended to wear light winter clothes during this time.

### How to reach

Visva-Bharati, Santiniketan is ensconced in a rural setting in the district of Birbhum, about 160 km by road from Kolkata i.e. the capital city of West Bengal. Bolpur is connected both by railway line and road. It takes around 3 hours either by road/train to reach Bolpur. There are several Express/mail/local trains either from Howrah / Sealdah those who will come from South/West and from Bardhaman those who will come from North. The nearest railway station is Bolpur-Santiniketan on the Eastern Railway and the air-terminal is Kolkata Netaji Subhas Chandra Bose International Airport.

### Call for Papers

We encourage submitting paper(s) to contribute towards technical research. We invite high quality papers that should be unpublished, original, constructive either experimental or theoretical in the areas of themes and sub themes. Please read the submission & formatting instructions carefully. If the paper(s) does/do not conform to the instructions & size limit it will be rejected. E-mail address of the corresponding author must be provided for communication. Soft copy of the full paper along with abstracts to be submitted through e-mail ([nsnw.psb@gmail.com](mailto:nsnw.psb@gmail.com)) on or before 07<sup>th</sup> October, 2016. **The selected papers after peer review will be published in book form with ISBN No. following normal procedure. However, abstract of all papers will be published in Seminar Proceedings.**

Full length paper should contain (i) Title of the paper, (ii) Authors with affiliations & E-mail ID, (iii) Abstract (Not more than 250 words), (iv) Introduction, (v) Methodology, (vi) Results and Discussion and (vii) Conclusion, (viii) References. Full Paper should not exceed 2000 words. The format of the paper should follow (i) Space: Double space, (ii) Font Style: Arial, (iii) Font Size: 12, (iv) MS Word Format 97-2007.

## Registration Fees

Delegate: Rs. 1500/-  
Scholars: Rs. 1200/-  
Students: Rs. 1000/-

Registration fee is to be paid in advance on or before 15<sup>th</sup> October 2016 (with late fee) in the form of DD in favour of “NSNW-16” payable at the State Bank of India, Sriniketan Branch, Sriniketan, Birbhum (A/c No. 35913087523 Branch: Sriniketan, Birbhum IFS Code: SBIN0012391 MICR Code: 731002004 Branch Code:012391) or via On-line payment/NEFT. Payment through cheque will not be accepted. Late fee for Registration @ Rs. 500/- will be charged if not paid on or before 07<sup>th</sup> October' 2016. Money once deposited will not be refunded. Participants intending to bring accompanying persons are required to deposit Rs. 1000/- for each accompanying person. All assistance will be given to them for finding out accommodation in nearby hotels on actual cost basis.

**Participants once deposit the registration & accommodation fees, send a confirmation e-mail([nsnw.psb@gmail.com](mailto:nsnw.psb@gmail.com)) along with the scanned copy of the filled in 'Registration cum Accommodation Form' and NEFT transaction receipt/DD and bring the hard copy while coming to attend the seminar. For accommodation, local travels, venue etc., participants are requested to contact Organising Secretary/Joint Organising Secretary.**

## Organising Secretary

Dr. Ashoke Mukherjee  
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## Joint Organising Secretary

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## Important Dates

Date of National Seminar	07 <sup>th</sup> – 08 <sup>th</sup> November
Last date for submission of full length paper with abstract	07 <sup>th</sup> October
Last date for receiving registration without late fee	07 <sup>th</sup> October
Last date for receiving registration with late fee	15 <sup>th</sup> October

## Accommodation

Accommodation will be provided to the registered delegates on first come first serve and payment basis at nearby hotels charging from Rs. 700/- (twin sharing), Rs. 1800/- (single occupancy), Rs. 300/- (Dormitory) per day. Since Santiniketan is a tourist place, request for accommodation should be made well ahead latest by 15<sup>th</sup> October 2016 by sending advance payment of the full duration of stay through DD/Money transfer and registration form. No partial payment will be accepted for accommodation and it is non-refundable.



### **Chief Patron**

Prof. Swapan Datta  
Vice-Chancellor, Visva-Bharati

### **Patron**

Prof. Sarthak Chowdhury  
Principal, Institute of Agriculture, Visva-Bharati

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Former Vice-Chancellor,  
University of Kalyani, WB, India

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Scientist 'G' & Director Incharge  
National Institute of Nutrition ICMR,  
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PGGIPE, Banipur,  
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Dr. Mahesh Shawata Khetmalis

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Institute of Agriculture, Visva-Bharati

### **Joint Organising Secretary**

Dr. Kallol Chatterjee  
Dept. of Physical Education,  
Institute of Education, Visva-Bharati

### **Treasurer**

Dr. Bitan Mondal, Department of EES  
Institute of Agriculture, Visva-Bharati

### **Organising Committee**

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Prof. Arun Barik, Dept. of ASEPAN  
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Dr. S. Chakraborty, Dept. of CIHAB  
Dr. D. C. Manna, RKVK

**Registration-cum-Accommodation Form**  
**National Seminar on**  
**“Nutrition & Wellness”**

**To be held at Visva-Bharati, Sriniketan during November 07-08, 2016**

1. Name of the participant: .....
2. Designation: .....
3. Sex: Male/Female
4. Address for correspondence: .....  
.....  
.....
5. Institute/University Address: .....  
.....  
.....
6. Contacts:
  - Telephone No.:
  - Mobile No.:
  - Fax No.:
  - E-mail:
7. Accommodation Required: Yes/No. (Single/Twin/Dormitory)(01 Day/02 Days/03 Days)
8. Details of Registration and Accommodation fee:
  - (a) DD/Money Transfer No.....Date..... for Rs. ....
  - (b) Name of the Bank & Branch: .....
8. Food (Vegetarian/Non-vegetarian): .....
9. Arrival (official arrangement starts from afternoon 06-11-2016):
  - Date and Time:
  - Travel detail (Flight No./Train No. etc.):
10. Departure (official arrangement up to morning 09-11-2016):
  - Date and Time:
  - Travel detail (Flight No./Train No. etc.):
11. Accompanied Person details: .....

**Exhibition/Stall**

Registration form for participation as sponsor (both technical/non-technical for erecting exhibition/stall during the National Seminar.

We wish to Sponsor/Co-sponsor

(Yes/No):.....

We wish to exhibit the product

(Yes/No):.....

Specify the product: .....

Date:

Signature of the participant