

**TWO DAYS NATIONAL SEMINAR ON RELEVANCE
OF YOGA IN MODERN SOCIETY**

FROM

20 -21 JUNE 2018.



ORGANIZED BY

DEPARTMENT OF PHYSICAL EDUCATION
MAHARSHI DAYANAND UNIVERSITY, ROHTAK

124001, HARYANA

About The University

Maharshi Dayanand University, Rohtak, named after a great visionary and social reformer, Maharshi Dayanand, established in 1976 is located in Rohtak District of Haryana, about 75 KMs from Delhi on NH-10. It is Spread over a sprawling area of over 665 acres and is well laid with state- of –art building and magnificent road network and present a spectacle of harmony in architecture and natural beauty. The history of this university is closely linked with educational, cultural, political and economic growth of modern Haryana. It is making fast progress to emerge as a leading educational institution of the nation and is developing as an academic hub for traditional as well as employment- oriented professional courses. Presently, it is teaching- cum- affiliating university with 38 Post Graduate Departments, 11 Faculties, Directorate of Distance Education, Institute of Law and Management Studies at Gurugram and more than 250 affiliated colleges of General Education, Engineering, Technology, Computer science and Management Sciences located in 11 Districts of Haryana State. For more information, one may visit its Website: www.mdurohtak.ac.in

About The Department

The department of Physical Education, M.D.University, Rohtak was established in the year 1992. It is housed in a building of sports stadium which is well illuminated and spacious with internet connectivity and good infrastructure facilities. Department is running Yoga, B.P.Ed., M.A. Physical Education M.P.Ed., M.Phil , PG From Yoga Science and Ph.D. Course work programme. The Department has been making excellent strides in the area of academics and research for last number of years. Department aims at organizing workshops/Conference/ Seminars in order to develop the skills and competencies of researchers & teachers from various disciplines. Apart from it department organizes outreach programmes for the community in order to promote healthy lifestyle and practices among common people and students.

About The Seminar

Yoga is a system of holistic living, having the roots in Indian tradition and culture. Evolved thousands of year back by the Rishis, yoga techniques are being widely used for meeting the changing health care needs of mankind. This national seminar to sensitize the participants towards value of yoga and healthy life practices. This two days national seminar on yoga is being conducted as an outreach programme by the Department of Physical Education, M.D.U., Rohtak on the demand of the researchers and teachers. It may prove a legendary practice among all other practices in sensitizing and equipping the participants towards health issues and dealing with health problems of now a days.

Content to be covered:-

- History and Philosophy of Yoga.
- Stress and Anxiety.
- Mental Peace and Happiness.
- Develop of Resiliency patience through Yoga.
- Dealing with Negative through with the help of Yoga.
- Integration of Mindfulness through Yoga.
- Health and Wellness through Yoga.
- Healthy Weight through Yoga.
- Lower Blood Pressure through Yoga.
- Cure of Diabetes through Yoga.
- Improve Sense of Balance through Yoga.

Resource Person:-

Resource Person for the seminar shall be form the discipline of Yoga for example- Yoga Institute of Patanjali Haridwar, Morarji Desai Institute of New Delhi, Jain Vishva Bharti Vishwavidyala Ladnun Rajstan.

Registration Fees-

A sum of rupees of 500/- shall be charge from all the participants. But in case of Research Scholar and Students fees shall be 200/- Rupees. This collection shall be collected by giving the University receipt of prescribed fee given above.

Hospitality-

Lunch will be provided to the entire participant and no T.A, D.A will pay to the participant.

Organising Team-

- Chief Patron. :- Professor. B. K. Punia.
- Co- Coordinator-Prof. Kultaj Singh, Dr. Tejpal. and Prof .R.P.Garg
- Convener and Organising Secretary- Prof. B. S. Rathee.
- Technical Advisor- Dr. Nirmala Bhaskhar.

REGISTRATION FORM

02 Days National Seminar on "Relevance of Yoga in Modern Society"

From June 20-21, 2018

Name _____

(IN CAPITALS)

Date of Birth: _____ Gender Male Female

Date of Registration of Ph. D. _____

Qualifications: _____

Department _____

University _____

College _____

Complete Address: _____

Mobile: _____

E-mail (please write neatly) _____

Category: ST _____ SC _____ BC/OBC _____ PHC _____ General _____

Please tick Are you a: Teacher
Ph.D. Research Scholar
M. Phil Students

Signature of the Applicant

Date: _____

RECOMMENDATION:

Certified that the information given by the applicant is true and the applicant will be relieved in time to participate in the above Training Workshop, if selected.

Chairperson of the University Department /Principal of College

