

TWO-DAY INTERNATIONAL SEMINAR ON

YOGA IN LIFE AND EDUCATION : ITS RELEVANCE IN THE

21ST CENTURY



To Be Organized by

Department of Education, University of Gour Banga,

Mokdumpur, Malda, West Bengal, India, PIN-732103

www.ugb.ac.in

On

3rd and 4th June, 2017

At

Department of Education ,

3rd Floor, Aharya Binoy Sarkar Kala Bhavan

University of Gour Banga

Mokdumpur, Malda, West Bengal, India.

Dear Sir/Madam,

With immense pleasure we would like to inform you that our Department is going to organize a two-day international seminar on “**Yoga in Life and Education : Its Relevance in the 21st Century**” on **12-13 May,2017** in our the Department..

We cordially invite you to actively participate in the programme and share your valuable thoughts on the subject to make the seminar a grand success.

Looking forward to the moment of your august presence in the programme.

Dr. Debabrata Debnath,
HoD & Organizing Secretary,
Seminar Organizing Committee.

Dr. Pradip debnath
Convener,
Seminar Organizing Committee.

ABOUT THE UNIVERSITY

The ‘University of Gour Banga’, Malda, West Bengal established under the West Bengal Act XXVI of 2007 over 30 acres of land near Rabindra Bhawan beside the NH-34. It initiated its academic journey with –PG Departments. At present 21 PG departments are running very smoothly. The General Degree Colleges of Malda, North Dinajpur and South Dinajpur are affiliated to the University of Gour Banga. The university has received the much coveted 2F as well as 12B status of the UGC Act, 1956. It has also been accredited by NAAC with Grade ‘B’.

ABOUT THE DEPARTMENT

The Department of Education which is a part of the Faculty of Education and Law of the University of Gour Banga was established in the year 2008. It started its academic journey with PG programme only. But now the Department offers M.Phil and Ph.D programmes as well. The semester system is in vogue in evaluating the students’ achievement. At present Two Associate Professors, and Three Assistant Professors are serving in the department. It has a wall magazine entitled as ‘*Educere*’. It has a strong Alumni Association which publishes ‘*Eduvision*’ on a regular basis. The department is housed in the 3rd floor of Aharya Binoy Sarkar Kala Bhavan, UGB, Mokdumpur, Malda.

PERSPECTIVE OF THE SEMINAR

The root of yoga lies in Indian culture and tradition. It has been practised in India for several thousands of years. With the theories and concepts unchanged, the increased understanding has changed its application only. During the early years it was practised for physical fitness and beautification of the body. Then it came to be practiced for reducing stress and anxiety, and finding mental peace.

To-day people have become over-ambitious; their desires know no bounds. They are always busy with their activity, and achievement of their own and other family members. Naturally, workplace and home have been the breeding ground of conflict and tensions. The emergence of meditation in yogic field has made it possible to resolve the same. Herein lies the relevance of yoga in modern human life. Yoga is an effective mechanism for improving our health and preventing psychosomatic and chronic diseases.

Yoga can integrate the body, mind and spirit through a system of asana, pranayama and meditation. It helps to gain control over the mind, and so concentration and intelligence of students increase. So yoga can be integrated in the modern system of education starting from lower to the higher standard of classes in schools, colleges and universities. It should be treated as a boon, not as a burden. Students are the future citizens of the country. So their concentration, memory, intelligence, creativity and physical as well as mental well-being must be taken care of. Thus yoga can bring about holistic development of personality of the prospective citizens of the society which is extremely essential. At this backdrop, the seminar will be organized with the hope of getting some thoughtful deliberations on the present status of yoga in modern life and education and its future course so that appropriate roles may be played in this regard.

OBJECTIVES OF THE SEMINAR

The seminar will be organized with the expectations of fulfilling the following objectives----

- (i) To have the knowledge of the evolution of yoga in India
- (ii) To know the importance of yoga practices in human life in the present century

- (iii) To know how yoga influences memory, intelligence, creativity and concentration of students
- (iv) To have a view of the existing practices of yoga in academic institutions
- (v) To come up with some practical recommendations for sending to the MHRD through the university authority for its furtherance.

THEME OF THE SEMINAR :

Yoga in Life and Education: Its Relevance in the 21st Century

SUB-THEMES OF THE SEMINAR :

- ❖ Evolution of yoga in Indian Tradition
- ❖ Contributions of Different Schools of Yoga
- ❖ Astanga Yoga of Patanjali
- ❖ Paradigm Shifts of Yoga
- ❖ Yoga as Therapy for Diseases
- ❖ Yoga for Building Peace
- ❖ Yoga and Spiritual Development
- ❖ Relevance of Yoga in the 21st Century
- ❖ Place of Yoga in Education
- ❖ Yoga and Physical Development
- ❖ Yoga and Personality Development
- ❖ Yoga and Cognitive Development
- ❖ Yoga and Mental Health
- ❖ Yoga and Stress Relaxation
- ❖ Existing Practices of Yoga in Academic Institutions
- ❖ Yoga as Teaching Profession
- ❖ Prospects of Yoga Education
- ❖ Practices of Yoga in other Countries
- ❖ World Status of Yoga Educations

EXPECTED PARTICIPANTS

The faculties, the professionals, the M.Phil. & Ph.D. scholars, the academicians and the PG / B. Ed / M. Ed / B.P. Ed / M.P. Ed students --all will find interest in participating in the seminar actively.

EXPECTED OUTCOMES

From the two days' expert deliberations, discussions, interactions and presentations a practical view of the existing practices of yoga in the educational institutions and its significance in human life and education in the present century may be gathered to send to the appropriate authority for implementation.

CALL FOR PAPERS

Those who are interested are earnestly requested to send an abstract within 350 words with key words. by **14 May, 2017** and a soft copy of full paper within 3500 words by **25 May, 2017** to the following mail-ID: **ugbpdn@gmail.com**

Hard copy of the full paper must be submitted before presenting the paper.

PUBLICATION OF PAPERS

Selected papers, after review, will be published with **ISBN** in the form of book, which will be available only on payment basis. Original research-based works will be preferred for the purpose.

GUIDELINES FOR WRITING

- ✓ The authors must provide their names, affiliation, mobile number, and e-mail.
- ✓ The language of writing the paper must be **English** only.
- ✓ The participants should attach a **self-declaration** mentioning that it is plagiarism free.
- ✓ A **short bio-note** of the author should be attached to the self-declaration.
- ✓ Text should be typed in **Times New Roman** with **Font Size 12 and 1.5 Line Spacing**.
- ✓ The **APA 6th Edition** must be followed for referencing style.

- ✓ The participants should submit their papers as **MS Word** format with 1 inch margin on all sides.
- ✓ They must mention the **Sub-Theme** under which they would like to submit their papers.
- ✓ In case of more than one author, separate registration for each author is mandatory.

REGISTRATION FEES

Registration will be done on the spot only on the first day of the seminar. The fees for registration are as below---

Teachers---Rs. 500/-

Scholars---Rs. 400/-

Students---Rs. 300/-

FOOD AND STAY

No T.A./D.A. will be provided to the participants; but refreshment, tea and lunch will be served on the two seminar days. The Organizing Committee is not in a position to provide accommodation to the outstation participants. However, necessary information regarding nearby hotels and lodge with their tariff plan may be provided on request.

IMPORTANT DATES

- Last date for Abstract Submission—**14 May, 2017**
- Intimation of Acceptance of Abstracts---**18 May,2017**
- Last Date for Submission of Soft-copy of Full Paper---**25 May, 2017**
- Informing about Session Schedule---**30 May, 2017.**

HOW TO REACH MALDA

Located at the central part of West Bengal, Malda is a district town. It is well-connected to the entire India through rail services, and one can avail oneself of bus services as well from different parts of the state and the country. By road the distance from Kolkata is 326 km. and from Siliguri 253 km. The railway distance is 350 km. from Sealdah/ Kolkata/ Howrah and 237 km. from Newjalpaiguri/ Siliguri. The University of Gour Banga is located 4 km away from the

Malda Town Rail Station (MLDT) near Rabindra Bhawan beside NH-34. Auto/ Toto/ Rickshaw/ Taxi services are available from the station at any time of the day and night.

DISTINGUISHED SPEAKERS

Prof. Gopalchandra Misra,

Hon'ble Vice-Chancellor, University of Gour Banga, Malda.

Prof. Mita Banerjee

Hon'ble Vice-Chancellor, The West Bengal University of Teachers' Training, Education Planning and Administration, Kolkata.

Luccy Divya Prabha

SSVV, OXON, United Kingdom

Sri Saktipada Patra, Banga Ratna (2017)

Formerly Associate Prof. of English (W.B.E.S.) &

Formerly Hornby Scholar of the British Council

Prof. B.N. Panda,

Head, Department of Education, RIE, Bhubaneswar, Odisha

Prof. Shambhu Charan Roy

Retd. Prof. of Physical Education, Vinaya Bhavana, VU.

Md. Mozibur Rahaman,

Lecturer, Govt. College of Physical Education, Dhaka, Bangladesh

Mr. H. B. Viswa

Rtd. Education Officer, Royal Govt. of Bhutan

Swami Tattwasarananda

Principal, Ramakrishna Mission Sikshan Mandir, Belur

Dr. Malay Mukherjee

Asstt. Prof. and OSD, Deptt. of Higher Edn. Govt. of W.B.

ORGANIZING COMMITTEE

President: Prof. Gopalchandra Misra, Hon'ble Vice-Chancellor, UGB

Vice-President: Dr. Tripti Dutta, Associate Professor, Deptt. of Education

Organizing Secretary: Dr. Debabrata Debnath, HoD, Deptt. of Education, UGB

Jt. Organizing Secretary: Dr. Bapi Mishra, Assistant Professor, Deptt. of Education, UGB
Convener:

Dr. Pradip Debnath, Assistant Professor, Deptt. of Education, UGB

Jt. Convener: Dr. Ujjwal Kumar Halder, Assistant Professor, Deptt. of Education, UGB

Members: All PG students & M.Phil and Ph. D scholars of the Deptt. of Education, UGB

ADVISORY COMMITTEE

Prof. Gopal chandra Misra

Hon'ble Vice-Chancellor,
University of Gour Banga

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Vidya Bhawan, VU

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Deptt. of Education, KU

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School of Education, NSOU

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Dr. Sudipta Kr. Shil

Assistant Registrar (A/C)

Dr. Apurba Chakraborty

Inspector of Colleges, UGB

Dr. Rajib Putitundi

Development Officer, UGB

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