

Patron

Prof. R.C. Kuhad, Vice-Chancellor, Central University of Haryana

Convener

Dr. Sarika Sharma (Project Coordinator , PMMMNMTT)

Co-Conveners

Prof. Neerja Dhankar, Dr. Sanjiv Kumar, Dr. Aditya Saxena,

Organising Committee

Dr. Dinesh Chahal

Dr. Renu Yadav

Dr. Aarti Yadav

Dr. Pramod Joshi

Ms. Ritesh (Yoga Instructor)



Organized by :

**Department of Education
School of Education
Central University of Haryana
Jant-Pali, Mahendergarh-123029, Haryana, India.**



National Seminar on

YOGA

JUNE 20-21, 2018



*Under the MHRD Scheme of Pandit Madan Mohan Malaviya
National Mission on Teachers and Teaching*

PMMMNMTT Scheme

This Programme is a step to achieve the objectives of (PMMMNMTT) Scheme by addressing all issues related to teachers, teaching, teacher preparation and professional development in a comprehensive manner. The objective is to address, on the one hand current and urgent issues such as supply of qualified teachers, attracting talent in to teaching profession and raising the quality of teaching in school and colleges. On the other, it is also envisaged that the teacher mission would pursue long term goal of building a strong professional cadre of teachers by setting performance standard and creating top class institutional facilities for innovative teaching and professional development of teachers.

Concept Note

Yoga is a holistic system of purifying techniques for the body and mind. Those who sincerely practice it regularly and with devotion, develop greater sensitivity. They can attest to the existence of their inner Spirit and a better understanding of human nature. This phenomenon can be subtle or dramatic. But, it enables the yogi to objectively view himself and gracefully react to the challenges in his life. Not all students reap the full benefits of this ancient tradition, which includes philosophical study and adherence to a humbling moral code of ethics. Some simply practice the anatomically aligning postures as a sort of cross training and a way to gain some much needed flexibility. But, even these individuals will experience an improved sense of wellbeing during the time that they are practicing the yoga postures. Many will also find the poses help to combat the effects of aging, especially when they incorporate some of yoga's breathing techniques. This seminar will provide a platform to the researchers and policy makers to explore the more possible ways of engaging and motivating students in this direction.

Objectives of the Workshop

The Objective of the seminar is to equip oneself with basic knowledge of Yogic practices and importance of yoga at school and university level. It helps in introducing the yoga practices at higher education system.

Theme

1. Integrated Approach of Yoga Therapy
2. Yoga is a mission for Harmonious future for Humanity
3. Yoga: Cultural Synthesis & Value Education
4. Teaching Methodologies of Yogic Practices
5. Integration of children's physical, intellectual, emotional, social, and spiritual development
6. Yoga: A meditative means of discovering dysfunctional perception and cognition
7. Yoga Education towards Empowerment of Youth-A Holistic Approach.
8. Case Studies & Success Stories
9. Importance of Yoga for Children with Disabilities.

NOTE : There are no registration Fee to attend the Event.

Papers are Invited for Presentation before June 10, 2018, hodedu@cuh.ac.in

Contact : Dr. Sarika Sharma, Head, Department of Education (8222088814)
Prof. Neerja Dhankar, TIC, School of Education (9899840441)

Venue

Academic Block-4,
First Floor- Seminar Hall,
Central University of Haryana,
Jant-Pali, Mahendergarh-123029, Haryana

