

National Conference

On

**“YOGA
For
Sports,
Education &
Fitness”**

27th June, 2015 (Saturday)



Organized by

Department of Physical Education,
Savitribai Phule Pune University, Pune

In collaboration with

Sports, Education & Fitness (SEF) Forum, Pune
Maharashtra, INDIA





“Yoga for Sports, Education & Fitness”

Yoga has a great antiquity and long tradition. It is a result of thousands of years of careful and systematic exploration by a large line of Sages and Yogis on the basis of their meticulous observations and personal experiences.

Yoga is a science of life, which helps man to attain his highest potential and highest state of consciousness. Although there are many definitions of Yoga, the term Yoga is applied to the attainment of the highest aim, i.e. 'integration of personality' by developing highest state of consciousness, as well as for the various methods and techniques used for the fulfillment of that state. Yoga uses various psycho-physiological techniques involving Asanas, Pranayama, Bandha Mudras, Kriyas and Meditation each of them having many sub-divisions.

In course of time Yoga has got shrouded in mystery and until the beginning of the 20th century there were many misconceptions about Yoga, some of which still prevail in many quarters of the society both in India and abroad. The reason is, there is a lack of authentic and traditional information about various Yogic practices and much is propagated on the basis of the knowledge of the modern Yoga teachers who may not have enough traditional background either of a particular tradition or of the traditional texts / literature.

In the recent years all over the world Yoga has gained popular acclaim among all the sections of the population. People are now showing more and more keen interest and inclination to acquire deeper knowledge regarding the guiding principles of Yoga which hold the key to the practices of asana, pranayama and the like.

As the Yogic practices acclaimed mass appeal, there has been a group of enthusiasts among the common populace which cherished genuine interest in acquiring the fundamentals of the yogic practices which hold the key to this knowledge.

The original concepts and techniques of Yogic practices as used in the traditions of Yoga are to be understood by the people. Then only they will be able to have strong resolution on the subject and can utilize this subject for the benefit in Sports, Education and Fitness.

SUB THEMES OF THE CONFERENCE

- ▶ **Yoga and Sports**
- ▶ **Yoga and Education**
- ▶ **Yoga and Fitness**
- ▶ **Utility of Yoga in modern life**
- ▶ **Yoga and Therapy**
- ▶ **Implementation of Yoga in school education**
- ▶ **Yoga and Traditional Knowledge**
- ▶ **Value of Sports in human life**
- ▶ **Value of Fitness in human life**
- ▶ **Current trends in Sports**
- ▶ **Current trends in Fitness**
- ▶ **Research in Sports, Education & Fitness**



The key speakers & Panel Discussion members for this conference will be:

- ▶ Dr. Samprasad Vinod
- ▶ Dr. M.V.Bhole
- ▶ Dr. M.M.Gore
- ▶ Shri. Vishwasrao Mandlik
- ▶ Dr. Manmath Gharote
- ▶ Dr. K. Mahesh
- ▶ Mr. Manoj Deolekar

Call for the papers:

The organizing committee invites you to submit abstract and full paper for **platform / video presentation**. Each presenter would be allotted maximum 10 minutes for presentation and 02 minutes for discussion. All submitted papers would be reviewed for final selection and intimation will be given to the respective participants. It is expected that participants would follow the deadlines strictly. **The papers will be published in the ISSN/ISBN Online Journal.**

The Paper should include following details:

- | | | |
|----------------------------|----------------|---------------------|
| 1) Title | 2) Author | 3) Introduction |
| 4) Sample | 5) Methodology | 6) Analysis of data |
| 7) Finding and conclusions | 8) References | |

Kindly note that the abstract should not be more than 500 words approx.

Format

- ▶ Paper size A4
- ▶ Font type Arial
- ▶ Font Size 12
- ▶ Single spacing in MS-Word on CD and hard copy laser printed

Abstract may also be sent through e-mail on ijsef@sefforum.in / dpeadmin@unipune.ac.in

Deadlines for submission :

Registration & Abstract : 05th June, 2015

Full length paper : 15th June, 2015

Registration fees :

Delegate : Rs. 500/-

On the spot registration: Rs. 700/-

The participants are requested to send the registration form duly filled in along with registration fee by Demand Draft in Favor of "Finance & Accounts officer, Savitribai Phule Pune University, Pune

**Food :**

Tea, Snacks and Lunch will be provided to all the participants on the day of conference

Venue of the Conference :

**Sant Namdev Sabhagruha (Auditorium),
Arts Faculty Building, Opp. Open Canteen,
Savitribai Phule Pune University,
(Formerly University of Pune)
Pune, Maharashtra, INDIA**

UN (United Nations organisations) has already decided 21st June to be celebrated as "Yoga Day" in grand manner. Considering the need for the hour we are conducting one week Yoga Workshop from 21st June to 27th June 2015 at Savitribai Phule Pune University, Pune

We expect your participation in the above mentioned conference to make this event a grand success. Kindly give this Conference a huge publicity in your organization and to other professionals in the field. We are enclosing registration form, which could be photocopied and can be downloaded from the department website: www.unipunedpe.in- or SEF Forum website: - www.sefforum.in

Address for correspondence:

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Contact No. : 020 - 25601281 / 020 - 25690343
E-mail : dpeadmin@unipune.ac.in / admin@sefforum.in



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Dr. Manmath Gharote

(Director, The Lonavla Yoga Institute, INDIA)

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REGISTRATION FORM

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Yes

No

Title of the Paper :

Details of Payment

Delegate Rs. 500/-

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Savitribai Phule Pune University
Department of Physical Education &
Sports, Education & Fitness (SEF) Forum, Pune

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