

On the Occasion of National Sports Day (Birth Anniversary of Major Dhyanchand)

One Day International Multidisciplinary Online Seminar on

Active and healthy living in the Neo-Liberalized World : Role of Yoga and Daily exercise on Mental health, happiness and wellbeing.

Role of Mental Fitness / Health in our Daily life

• ABOUT THE GOVERNMENT COLLEGE

Pt. Jawaharlal Nehru Government P.G. College, Faridabad is one of the oldest and the most distinguished college of the region. Established in 1971, the college is situated in Sector 16 A, in the heart of the city. Spread out in sprawling campus of 12.5 Acres, the college boasts of a proud history, with national and international achievements in Sports, Cultural Activities and National Service Scheme. The college has on its roll of honour many distinguished alumni, beginning with hon ble Sh. Krishan Pal Gurjar, the present Minister of State for Social Justice and Empowerment in Government of India. As a Member of Parliament in the Lok Sabha, he represents the Faridabad constituency in the state of Haryana. The college has given cricketers like Vijay Yadav, Athletes like Ajay Ratra, International Wrestlers like Neha Rathi, Parkour miracle Ziley Mawai and Popular Bollywood Singers like Himani Kapoor. Dr. Rakesh Gupta, Director, Sarvodaya Group of Hospitals, too has been a product of this college, and has brought fame and glory in the domain of health services in the region.

The college has been a centre of excellence, and has received extensive patronage from the state government throughout. At present, the morning and evening shifts of the college are serving more than 6000 students. Being a Centre of IGNOU, New Delhi, the college is an important hub of distance education as well.

WhatsApp Group Link

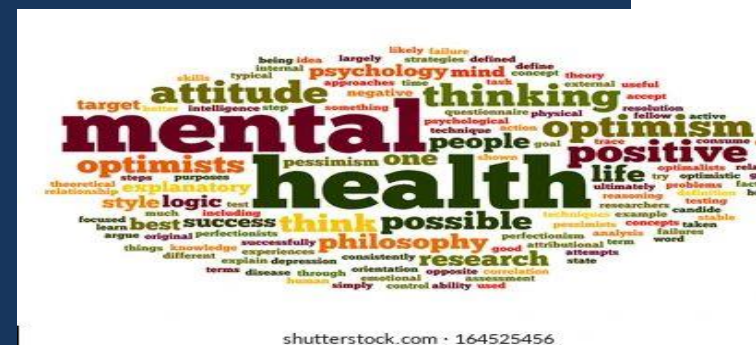
1. <https://chat.whatsapp.com/HGT5jpHol593VqC3yPD4bK>
2. <https://chat.whatsapp.com/DBHxXyVTftKAukYvTPR8Pq>

Registration Link for Conference

<https://forms.gle/qi?iQ4Lpxcsitm999>

Mail Address for Paper Submission

faridabadconf2023@gmail.com



About The International Multidisciplinary Conference

The conceptual background of yoga has its origin in ancient Indian philosophy. There are numerous modern schools or types of yoga, each having its own distinct emphasis regarding the relative content of physical postures and exercises (asanas), breathing techniques (pranayama), deep relaxation and meditation practices that cultivate awareness and ultimately more profound states of consciousness. The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psychophysiological benefits of the component practices. The physical exercises (asanas) may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation.

In this regard, Pt. Jawaharlal Nehru Government P.G. College, Faridabad College is organizing a One day Multidisciplinary International online seminar on “Active and healthy living in the Neo-Liberalised World : Role of Yoga and Daily exercise on Mental health, happiness and wellbeing.” in online mode. This conference aims to foster dialogue on yoga practices, implications and challenges for quality education. It is expected that the conference will push researchers to reflect on the issues and challenges that are prevalent in school and teacher education. It further intends to engage multidisciplinary enquiries which may help to simultaneously situate the emerging contours of school and teacher education in the context of global/national discourses, policy prescriptions, advocacies and state policies.

Organised by

PANDIT JAWAHARLAL NEHRU GOVERNMENT P.G. COLLEGE, FARIDABAD, HARYANA (INDIA)

Collaboration with

Metta Mangal Maitri Publication, Wardha (Maharashtra)

Date : August 29th, 2023 Time 10.00 AM

Chair Person



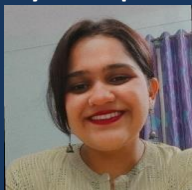
Dr. Ruchira Khulkar, HES-I (Principal)

Jawaharlal Nehru Government P.G. College, Faridabad



Inaugurator- Dr. Kathryn L. Braun,
*President ACAP, Professor & Chair, Barbara Cox Anthony
Endowment, University of Hawaii*

Keynote Speaker



Dr. Alyssa Rebello, Psychologist

Mental Health Professional, Mumbai Maharashtra, India



Dr. Anuradha Tyagi, Delhi

*Medical Yoga Therapist, Nrityayoga Therapist, Mental Health
Therapist, Alternative Medicine Healer,*



Dr. Radhika Chandrakar

*Assistant Professor Department of Yoga
Shri Rawatpura Sarkar University, Raipur (C.G.)*

Convenor



Dr. Vimal Prakash Goutam HES-I

*Ass. Professor of Physical Education
Jawaharlal Nehru Government P.G. College, Faridabad*



Co-Convenor

Dr. Veena, H.E.S. - II

*Ass. Professor of Commerce
Jawaharlal Nehru Government P.G. College, Faridabad*

----- CALL FOR PAPERS -----

It is our privilege to invite you all in the area of Academicians, Professionals, Experts to participate in the One day Multidisciplinary International Online Seminar on “Active and healthy living in the Neo-Liberised World : Role of Yoga and Daily exercise on Mental health, happiness and wellbeing.” 29 th August, 2023 at Pt. Jawaharlal Nehru Government P.G. College, Faridabad, Haryana

The papers may be in English or Hindi language. The papers should be sent as mentioned in the guidelines. The research paper may fall under the mentioned themes. However, researchers are free to submit papers beyond these themes but must be related “Active and healthy living in the Neo-Liberised World : Role of Yoga and Daily exercise on Mental health, happiness and wellbeing.” Selected papers will be published in the UGC CARE Listed Group 1 Printed journal.

WhatsApp Group Link

1. <https://chat.whatsapp.com/HGT5jpH0l593VqC3yPD4bK>
2. <https://chat.whatsapp.com/DBHxYvTfTKAukYvTPR8Pq>



Sub-Themes

- Physical Education, Sports and Health Promotion, life style Global challenges
- Role of Yoga in Stress management of Teachers Higher education
- Yoga and Mental Health
- Physical Activity and Health : Real benefits
- Importance of Yoga in Physical Education
- Exercise and Mental Health
- Effects of Yoga on Mental Health
- Role of Mental Fitness in our daily life
- Importance of Physical Health for better mental Health
- Active and healthy living in the Neo-Liberised World : Role of Yoga and Daily exercise on Mental health, happiness and wellbeing..
- Physical fitness, physical activity during Pandemic
- Current Trends in Physical Education & Sports
- Current Trends in Yoga.
- Challenges & opportunities in front of Physical Education & Sports.
- Career opportunities in Physical Education & Sports.
- Advance Technologies in Physical Education & Sports.

- New trends in Coaching & Training in Physical Education & Sports.
- Use of ICT in Physical Education & Sports.
- Role of Social Media in Physical Education & Sports.
- Impact of Politics on Physical Education & Sports.
- Research in Physical Education & Sports.
- Current Trends and Issues in Physical Education & Sports.
- Indian Society and its Challenges in front of Physical Education & Sports..
- Emerging Trends in Physical Education & Sports.
- Management of Teacher Education in Physical Education & Sports.
- Management Planning and Financing in Physical Education & Sports,
- Innovative Teaching Approaches and Its Impact on Student Learning.
- Sports Management and Women's Role in Sports and Entrepreneurship Corporate governance in sport management & institutions
- Sport Governance
- Demand for talents Sport and the labor market
- The impact on sport events on the city, region and country
- Contemporary Sport Management
- Governance of Sports
- Intellectual Property and Sports
- Sport Management: Human Resources, Economics, Politics, Lane, Marketing and Sport Facilities Issues
- Sports Administration
- Sports Analytics and Marketing
- Sports and Entertainment
- Sports Industry Management
- Sports and Entrepreneurship
- Sports and the Social Media
- Exercise prescriptions and physical fitness
- Mental health, yoga and research pedagogy

- Sports medicine, aging and exercise physiology
- Psychological interventions and sports performance
- Future trends and challenges in physical education & sports Sports nutrition, exercise metabolism and sports performance
- Recent trends in health and sports science
- Sports management and economy of nation
- Recent technical innovation and entrepreneurship in sports
- Sports industrialization, sports journalism, ethics & legal issues in sports

Organizing Team and Technical Support:

- 1). Dr. Ranjita Joon –
Assit Prof. of Computer science
- 2). Dr. Sushma, Ext. Lect. (History)
- 3). Dr. Richa Pandey, Ext. Lect. (Commerce)
- 4). Dr. Urmila Pushkar- Ext.Lect. (Commerce)
- 5). Dr. Payal Sharma-Ext. lect. (Commerce)

• **GUIDELINES FOR PAPER SUBMISSION**

- 1. Only original and unpublished work will be considered. Abstract should be written in 150-200 words with 4 to 5 keywords.
- 2. Paper should be on A4 size paper with 1500—2000 word limits & **4 to 5 pages Only**
- 3. The research papers must be written in the word For english 12pt. font size in Times New Roman or Unicode Font for Hindi & Marathi with 1.5 line spacing.
- 4. In the research paper, the title of the paper, name of the author/s, affiliation State Name and email address with Mob. Number is important.
- 5. All the references must be in APA 7th
- 5. Please send your Research paper (MS-Word file) on the email-
faridabadconf2023@gmail.com
- 6. Each article must have below 5% Plagiarism.
- 7. All papers will be scrutinized by an expert committee.

Selected papers will be published in the UGC CARE Listed Group 1 Printed journal

• Important Dates

Submission of full paper: **20th August, 2023**
Intimation of provisionally selected papers with suggestions: **22th August, 2023**

Submission of revised paper : **25th Aug 2023**
Confirmation of Invitation to paper presenters: **23th August, 2023**

International Conference: **29st–August, 2023**
Research Paper Submission, mail us at faridabadconf2023@gmail.com



For Conference Query –

- **Mr. Vimal Prakash Goutam**
9818212437

Coordinator of the Conference

- **Dr. Veena, H.E.S. – II**
8750308679

Coordinator of the Conference

- For Research Paper Submission, mail us at faridabadconf2023@gmail.com

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