

PROGRAMME SCHEDULE

SPOT REGISTRATION & TEA : 9:30 a.m. to 10:30 a.m.

INAUGURAL SESSION

- Introduction to the Programme 10:30 a.m. - 10:45 a.m.
- Felicitation Ceremony 10:45 a.m. - 11:00 a.m.
- Welcome speech - by Dr. Dipanwita Dasgupta Ghosh 11:00 a.m. - 11:05 a.m.
- Principal, Sammilani Teachers' Training College
- Lighting the Inaugural Lamp by the dignitaries : 11:05 a.m. - 11:15 a.m.
- Speech by Sri Kanti Ganguly ,General Secretary , Paschimbanga Rajya Pratibandhi Sammilani 11:15 a.m. - 11:25 a.m.
- Inaugural speech- by Hon'ble Vice-Chancellor, Baba Saheb Ambedkar Education University, Prof.(Dr.) Soma Bandyopadhyay, The Chief Guest of the Seminar 11:25 a.m. - 11:35 a.m.
- Speech by Prof. Maitreyee Bhattacharya,Registrar, Baba Saheb Ambedkar Education University, The Guest of honour of the Seminar 11:35 a.m. - 11:45 a.m.
- Speech by Prof. Abhijit Biswas,Controller of Examinations(Acting), Baba Saheb Ambedkar Education University, 11:45 a.m. - 11:55 a.m.
- The Guest of honour of the Seminar
- Speech by President, Sammilani Teachers' Training College, Prof.(Dr.) Shubhankar Chakraborty, Ex-Vice Chancellor, Rabindra Bharati University 11:55 a.m. - 12:05 p.m.
- Key Note address by Dr. Biswajit Bala, Assistant Professor, & HoD, Baba Saheb Ambedkar Education University(BSAEU) 12:05 noon - 12:35 p.m.
- Vote of thanks 12:35 p.m.- 12:40 p.m.

Technical Session-I on Integrated Yoga and Health by

Dr. Avijit Ghosh, Director, VYASA Bangalore 12:40 p.m. - 13:10 p.m.
Guest lecturer, Jadavpur University & Secretary Indian Yoga Association, West Bengal,
President , Arogya Bharati West Bengal,
Swami Vivekananda Yoga Anusandhana Samssthana, Kolkata, West Bengal

Demonstration by

VYASA 13:10 p.m.- 13:20 p.m.
LUNCH BREAK
13 : 20 p.m.- 14 : 00 p.m.

Technical Session -II on Yoga and Indian Culture by

Swami Siddharthanandaji Maharaj, 14:00 p.m.- 14 :30 p.m.
In-Charge of Education sector of Ghatsila & other branches of Bharat Sevasthiam Sangha, Jharkhand, previously was served in Goregaon, Haryana & Puri, Odisha

Technical Session - III on Yoga for Better Neurocognitive Health by

Dr. Sridip Chatterjee, Indian Reserach 14:30 p.m.- 15:00 p.m.
Laboratory of Yoga and Vyayama (Exercise)
Associate Professor, Dept. of Physical Edn., Jadavpur University, Kolkata, West Bengal

Technical Session - IV on Yoga discussion according to Srimad Bhagavad Gita by

Dr. Kartik Pal, Assistant Professor, Dev Sangha 15:00 p.m.- 15:30 p.m.
Institute of Professional Studies and Educational Research, Deoghar, Jharkhand

OPEN SESSION (QA Round)

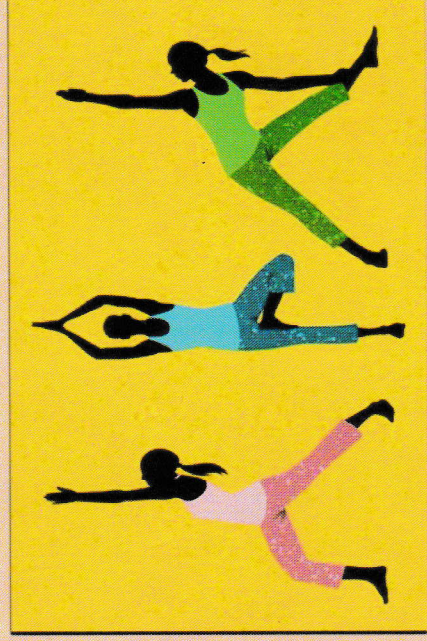
15:30 p.m.- 15:40 p.m.

PAPER PRESENTATION

15:40 p.m.- 16:40 p.m.

VALEDICTORY SESSION

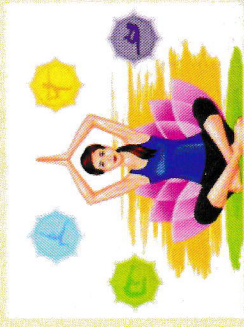
16:40 p.m.- 17:00 p.m.



ONE DAY NATIONAL SEMINAR ON

“Maintaining Quality of Life by Practising Yoga in Modern Lifestyle”

Date : 28th November, 2023
Time : 10:00 a.m.



Venue:

Sammilani Teachers' Training College

Barakhola, Krishakpally, Mukundapur, Kolkata-99

Ph:- 0833-2426-4743 ; www.sammilanitc.net

E-mail :- info@sammilanitc.net

Organised by



Paschimbanga Rajya Pratibandhi Sammilani
Address- 167, Barakhola, Mukundapur, Kolkata-99969



IQAC of Sammilani Teachers' Training College

In Collaboration with

Vivekananda Yoga Anusandhana Samssthana (Bangalore & Kolkata)

&

Association of Creatives for Better Living (ACBL)



INVITATION

It is a pleasant moment for Sammilani Teachers' Training College and Paschimbanga Rajya Praibandhi Sammilani to inform you about a one-day National-Level Seminar under name and style 'Maintaining Quality of Life by Practising Yoga in Modern Lifestyle' which is going to be organised on 28th November, 2023 at college premises to make life more meaningful and happy when the world around you feels insignificant. We have come to this world to enjoy every moment of a new journey and each minute of a new adventure. The path we pave now is the road we are creating for our future. When we have an impressive picture of us enjoying our life, we need to caption it perfectly. Every moment has the possibility of being a beautiful moment. Don't let life's journey pass by. Let us live it and keep our eyes forward by living in the now. In an uncertain world, right now it is all we get. We are looking for awareness, sensitization, and cognition of how to control us through yoga. Don't waste your precious time on this earth fearing the inevitable, instead, cherish each moment to the fullest extent. Today is your better day. We are inviting your participation in this seminar to make it a grand success.

The professionals and eminent persons in the field of Yoga Education will be illuminating this programme. You are requested to join us, enrich yourself and make the future generation well-acquainted with the concept of "Maintaining Quality of Life by Practising Yoga in Modern Lifestyle".

Chief Patron:

Prof. (Dr.) Subhankar Chkraborty
President,

Sammilani Teachers' Training College

Patron:

Mr. Sanya Ganguly
Secretary,

Sammilani Teachers' Training
College

Organising Committee : All faculty and staff members, Sammilani Teachers' Training college

ABOUT THE COLLEGE

Sammilani Teachers' Training College is a NCTE recognised, NAAC accredited Teachers' Training College, affiliated with Baba Saheb Ambedkar Education University and also approved by UGC u/s 20 and 12(B) of UGC Act, 1956. It runs B.Ed. and M.Ed. Programmes and enjoys as one of the Learning Centres of IGNOU at its Kolkata region. Sammilani Teachers' Training College has been maintaining excellent academic ambience since its inception, in the year 2005. The college intends to provide competency based and commitment oriented teacher education programme so that new challenges will be faced with magnificent spirit and the true concept of professionalism with a new horizon will come up in the field of Teacher Education.

ABOUT THE SEMINAR

A 3,000 year old Indian tradition, yoga, is now regarded in the Western world as holistic approach to health and is classified by the National Institutes of Health as a form of complementary and alternative medicine. Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath and energy.

The present seminar, "Maintaining Quality of Life by Practising Yoga in a Modern Lifestyle", invites all the members of society under a common framework, irrespective of their socio-economic-biological-cultural-racial-religious backgrounds, to bring everyone's life a better quality of life through yoga. Yoga is a popular exercise that focuses on breathing, strength and flexibility. Practising yoga may provide many physical and psychosocial health benefits in a today's demanding life.

OBJECTIVE OF THE SEMINAR

- To relieve anxiety during our daily work load.
- To relieve depression with the help of different yoga forms.
- To stimulating brain functions to enable it to work well in our day to day life.
- To prevent heart disease to live a healthy life.
- To increase memory and self-awareness
- To improve the quality of life to maintain a healthy lifestyle.
- To maintain physical fitness.
- To reduce stress and strain, the silent killer in today's world.



MAIN THEME

"Maintaining Quality of Life by Practising Yoga in Modern Lifestyle"

SUB-THEME

1. Yoga can improve better quality of life in modern lifestyle and related problems.
2. Yoga the mantra of fitness.
3. Yoga the new world planning.
4. Adapt yoga and maintain better quality of life.
5. Mental distress? Adapt yoga maintain better quality of life.
6. Yoga can remove strain and stress.
7. Remove Psycho-Social problems through yoga.
8. Yoga education and quality of life in teachers' education curriculum.
9. Importance of yoga education in NEP-2020.

CALL FOR PAPERS

Papers are invited on the above identified subthemes from the faculty members, students, research scholars of the Teachers' Training Institute. Each Teachers' Training Institute is requested to send their candidates to participate and present the paper in the seminar.

Quality papers on the related areas will be accepted by our Technical Team. Selected papers will be published in an edited book with ISBN with the consent of the author.

REGISTRATION

There will be spot Registration on 28-11-2023, 9:30 a.m. in the following manner :

- For the students - Rs.100/-
- For the Research Scholar - Rs.150/-
- For the Faculty members - Rs.200/-