



Indian Council of Social Science Research
(ICSSR)
Sponsored



(MULTI-DISCIPLINARY)
NATIONAL SEMINAR

on

**"Stress Management through Yoga and
Fitness: Cultivating Inner Harmony for a
Balanced Life"**

Organized By

Department of Physical Education
Ranvir Rananjay Post Graduate College, Amethi (U.P.)

(Accredited "A" Grade by NAAC)

Affiliated to Dr. RML Avadh University Ayodhya (U.P.)

09th and 10th December, 2023

Registration Form

Name:

(In Block letters)

Designation:

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Address

Title of the paper

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Payment details: By cash on arrival/ Online

Accommodation required (on payment basis): Yes/No ☐

I wish to attend the National Seminar as

• Paper Presenter ☐

Online ☐

Offline ☐

• Participant ☐

• Poster Presenter ☐

Link- <https://forms.gle/TREpbExbiSjhrZFK7>

Date:

Signature:

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To

Prof./Dr./Mr./Mrs.

From-
Principal/Director

**National Seminar on
"Stress Management through Yoga and
Fitness: Cultivating Inner Harmony
for a Balanced Life"**

Contact No.

99846 08676, 63886 56582



(MULTI-DISCIPLINARY)

National Seminar

on

"Stress Management through Yoga and Fitness: Cultivating Inner Harmony for a Balanced Life"

09th and 10th December 2023

About the College

R.R.P.G.College, Amethi affiliated to Dr Rammanohar Lohia Avadh University Ayodhya U.P., is situated in the heart of the city Amethi. This college is accredited 'A' grade by 'NAAC' and awarded the status of College with Potential for Excellence (CPE). It is rendering great services in the field of education and welfare since its inception (1959). Ranvir Rananjay post graduate college, Amethi is one of the most prestigious colleges in U.P. It was founded by late Raja of Amethi, Rajarshi Rananjay Singh, in the memory of his elder brother Ranvir Singh. Presently the full rights and duties of the chairman of the college managing committee, are carried out by the current Amethi Naresh and Former MP (Rajya Sabha) Dr. Sanjay Singh. Due to generous support of Dr. Rani Ameeta Singh, former MLA (Amethi) and the Minister of State, Ministry Of Technical Education, U.P. Government) the Honorary Secretary of the college managing committee, college is adding several feathers in its cap constantly.

Physical Education Department was started In July 1971 under the Headship of Mr. Surendra Vikram Singh and currently this department is getting day-to-day growth under the Headship of Dr. Dusyant Pratap Singh and four learned teachers.

INTRODUCTION

In today's fast-paced world, stress has become a prevalent issue affecting physical and mental well-being. The goal of stress management is not necessarily to eliminate stress entirely, as some level of stress is a natural part of life but when it becomes chronic or overwhelming, it can have detrimental effects on both physical and mental health. Effective stress management involves adopting practices and behaviours that promote relaxation, resilience and overall well-being. Some of the important techniques of the stress management are Relaxation, Meditation and Yoga/ Fitness. Considering its importance the idea for International Yoga Day was proposed by our Hon'ble Prime Minister Narendra Modi during his address to the United Nations General Assembly in 2014. The United Nations approved June 21 as the International Day of Yoga. This seminar aims to provide participants with effective techniques and strategies for stress management through the integration of yoga and fitness practices. By combining the ancient wisdom of yoga with fitness techniques, individuals can cultivate inner harmony and build resilience to cope with daily stressors. This seminar will also explore the science behind stress, the role of yoga and fitness in stress reduction and practical techniques for incorporating these practices into everyday life.

So join us to discover powerful tools for stress management to achieve a state of balance and to enhance your overall quality of life.

MAJOR SUB THEMES OF SEMINAR

- 1- Defining stress and its impact on physical and mental health
- 2- Exploring the causes and symptoms of stress in modern society
- 3- Unveiling the benefits of yoga in reducing stress and promoting relaxation
- 4- Learning yoga techniques to calm the mind and release tension
- 5- Fitness and Stress Reduction:-Examining the connection between physical activity and stress relief
- 7- Exploring different fitness modalities that effectively alleviate stress
- 8- Mindfulness and Breathing Techniques:
- 9- Harnessing the power of mindfulness to manage stress and enhance well-being
- 10- Practicing breathing exercises for immediate relaxation and stress reduction
- 11- Discovering yoga postures that specifically target stress and anxiety
- 12- Creating a sequence of asanas for relaxation and rejuvenation
- 13- Exploring strategies to integrate fitness activities into a busy schedule
- 14- Setting realistic goals and developing an exercise routine for stress management
- 15- Exploring complementary practices such as nutrition, sleep, and self-care for stress reduction
- 16- Understanding the importance of a holistic approach to well-being

VENUE

RAJARSHI SABHAGAR

Ranvir Rananjay Post Graduate College, Amethi

HOW TO REACH

Amethi railway station has direct trains connecting with major cities like Jammu, Amritsar, Delhi, Lucknow, Varanasi, Prayagraj, Kanpur, Dehradun, Haridwar, Jaipur. Amethi is Connected by road to all major cities. The nearest Airport is Amausi, Lucknow and Babatpur, Varanasi.

PLACE WORTH SEEING

Amethi district is the 72nd district of the State of Uttar Pradesh in northern India. This district is part of Faizabad division. It covers an area of 3,070 km. Gauriganj is the administrative headquarter of the district. Lok Sabha constituency: Amethi famous places are-

Ram Nagar-Kot
Tomb of Famous Sufi Poet-Malik Mohammad Jaisi.
Ayodhya, Faizabad
N.D.U.A. & T. Kumarganj- Faizabad
Indo Gulf Fertilizer Limited- Jagdishpur
HAL (Hindustan Aeronautics Limited)- Korwa
Kalikan Dham,-Amethi
Belha Dham-Pratapgarh
Railway Coach Factory-Raibareli.
Dr. Rammanohar Lohiya, Avadh University-Ayodhya
Chandrikan Dham Pratapgarh
Ulta Garha Sahgarh, Amethi
Rajiv Gandhi Petroleum Sansthan, Jais- Amethi
Ghuaisarnath Temple, Lalganj Pratapgarh



Call for Abstract/Papers-

All the participants are requested to send their abstract or full paper along with filled registration form on or before the scheduled date.

The soft copy should be sent through email:-

hodphysicaledurrpg@gmail.com

Dr. Dusyant Pratap Singh, Convenor
(Mob.No.-9984608676)

Dr. Bhagwati Thite, Organising Secretary
(Mob. No. 6388656582)

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Dr. Umesh Singh, Academic Secretary
(Mob. No. 9415365091)

Dr. Manvendra Singh, General Secretary
(Mob. No. 9415156972)

SEMINAR GUIDELINES

Abstract	Full Paper
Length: 150-250 words	Word limit: maxi. 3000 words Maximum pages: 6 pages
Line spacing: 1.5	Line spacing 1.5
Font: Times New Roman/ Kruti Dev 10	Font: Times New Roman/Kruti Dev 10
Font Size: Heading-14, Text-12	Font Size: Heading-14, Text-12
Margin: 1.5 inch on all four sides	Margin: 1.5 inch on all four sides
Keywords: Four to Six	Keywords: Four to Six
Title Page: Title Author (S), Institute, Contact details and e-mail id	Title Page: Title Author (S), Institute, Contact details and e-mail id
Format: A4 size, MS word	Format: A4 size, MS word
(B)Poster	Canvas Paper, size 4' x 3'

One technical Session will be in Hybrid mode

SEMINAR PUBLICATION

Selected papers will be published in edited book with ISBN.

No paper will be accepted for publication after the seminar for publication Author has to submit plagiarism Certificate along with full paper

REGISTRATION FEE

1. Faculty/Academicians	Rs. 700.00
2. Research scholars	Rs. 500.00
3. Students	Rs. 200.00
4. On spot registration	Rs. 1000.00
5. Accommodation	payment basis only

Account Details

Account No. : 08820100030629
Account Name : BPED PARISHAD RRPGE COLLEGE
Bank Name : Bank of Baroda
Branch Name : Amethi,
IFS Code : BARB0AMETHI (Fifth letter is Zero)

IMPORTANT DATES

1. Last date for submission of abstract	4 December, 2023
2. Last date for submission of full papers	8 December, 2023
3. Last date for registration	8 December, 2023