



International Seminar
स्वस्थ जीवन के लिए योग
Yoga for a Healthy Life
(28 May 2022 – 29 May, 2022)

Yoga is not a religion, it's a way of living that aims towards a healthy mind in a healthy body. Human being has a physical, mental and spiritual state. Yoga helps in developing the balance between all these three. Yoga is a technique to bring the sadhak into a state where he/she see and experience reality simply the way it is. If the sadhak enables his/her energies to become exuberant and ecstatic, the sensory body expands. This enables the sadhak to experience the whole universe as a part of himself/herself, making everything one, this is the union that yoga creates. Yoga focusses on idealizing concordance between sadhak's mind, body, and soul. When the sadhak adjust himself/herself so everything functions brilliantly within him/her, the sadhak experiences out the best of his/her capabilities. The enormous Indian literature and archaeological references provide the importance of practising yoga in human life and living a healthy life. The Vedic literatures and other associated Indian literature mentions the concept of Yoga. Apart from this the Buddhist texts like Tripitaka, Deepvamsa, Mahavamsa and Jain text like Bhagawati Sutra and Agam literature also provide the importance of Yoga. Many of the available archaeological artefacts of India make us aware about the practices of yoga in ancient period.

The main aim of this International Seminar is to bring together the scholars, researchers and practitioners from the different parts of the World those who are practicing Yoga.

The Seminar consists the following sub-themes:

- Yoga for a Healthy Life
- Yoga for Peace and Harmony
- Yoga for Personality Development
- Yoga for Youth Empowerment
- Yoga and the Health
- Yoga and Modern Medical Sciences
- Yoga and Music
- Yoga for Personality Development
- Yoga in Literature/ Archaeology / Religion / Culture
- Need of Yoga in Contemporary Period
- Yoga in Global World
- Yoga and Media

The scholars interested to participate in this seminar are requested to submit their research papers on any one of the themes suggested above. But these are the only suggested themes. Researcher can include any theme of their interest and importance.

The participants should clearly mention the title, central themes, methodology employed and the conclusion.

The research papers in about 2000 words should be computer-typed in A-4 size paper in The Times Roman (English) / Mangal (Hindi) and may please be sent to the email- nssbhu05@gmail.com

Language - Hindi / English language only.

Outstanding and quality research paper will be published in the form of a book with ISBN number .

Registration – through the link - <https://forms.gle/UCVzgcWUGvF4XCzL9>

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