



NATIONAL CONFERENCE



On

"HOLISTIC YOGA: H³ (HEALTH, HARMONY AND HAPPINESS)"

(An Inter-disciplinary/Multi-disciplinary Approach)

Organized By

Department of Philosophy
Daulat Ram College, University of Delhi

Sponsors



GANDHI BHAWAN
University of Delhi



On

27th- 28th October 2017

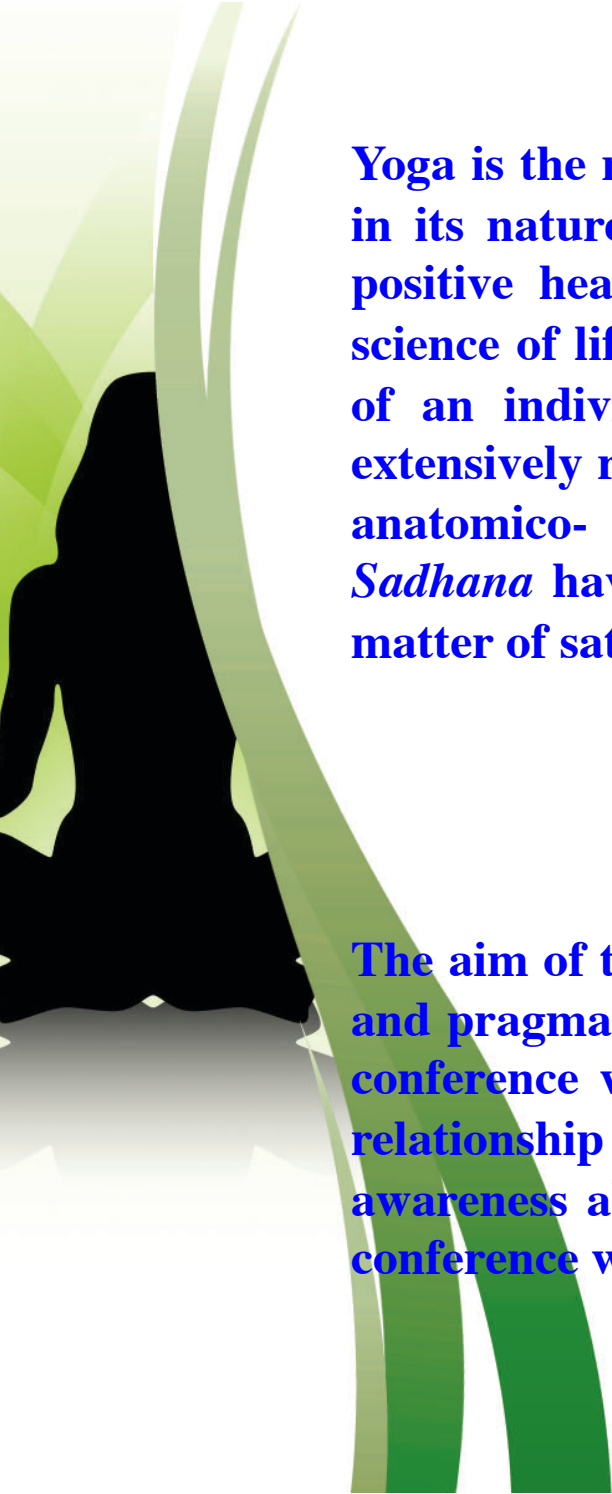
Venue: Conference Hall, Daulat Ram College



CONCEPT NOTE

The practice of Yoga is believed to have started with the very dawn of civilization. Yoga, being widely considered as an 'Immortal Cultural Outcome' of Indus valley civilization-dating back to 2700 B.C. – has proved itself catering to both material and spiritual upliftment of humanity. This is one of the oldest sciences of the world, originated in India, which is very useful for preserving and maintaining one's physical and mental health and also for spiritual evolution. In today's scenario in the midst of the 21st century urban life, Yoga is being accepted as the system of holistic health for the prevention of diseases and promotion of health. It becomes a household name everywhere and is spreading like a wildfire across the world.

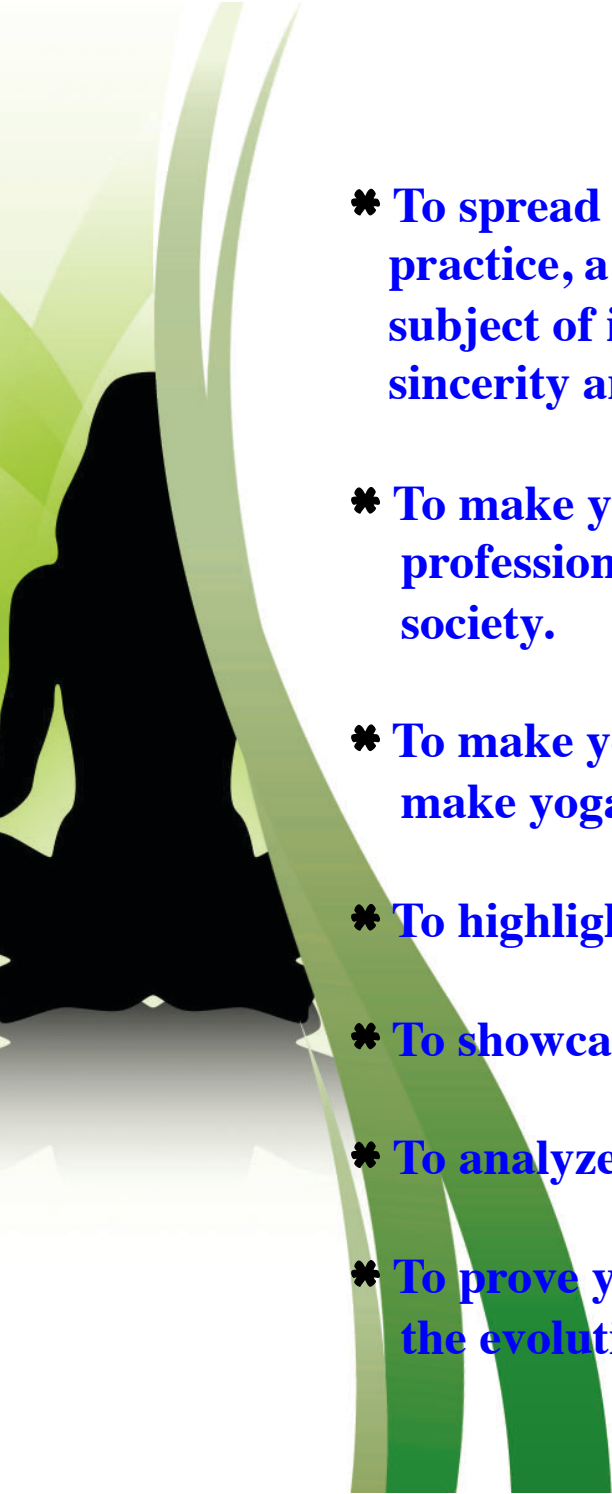
Lifestyle is the way people live and this has immense influence on the status of health or disease of an individual. Since one's lifestyle is developed early in life, it is advisable to cultivate healthy lifestyle in early childhood. Many factors determine one's lifestyle. Economic status determines incidence of under-nutrition in poor and obesity in the rich. Cultural values of the society dictate the dietary preferences in the population. Sedentary life is a major factor for coronary artery disease while personal habits like smoking and alcoholism determine the incidence of heart disease and cirrhosis of liver.




Yoga is the most perfect lifestyle module as it is comprehensive and holistic in its nature. Yogic principles of lifestyle help to strengthen and develop positive health enabling us to withstand stress better. Yoga is a holistic science of life dealing with physical, mental, emotional and spiritual health of an individual. The knowledgeable aspect of *Yoga Sadhana* is being extensively researched, with advantage to Yoga practitioners. Psychological, anatomico- physiological and philosophical phenomena underlying *Yoga Sadhana* have been commendably understood by the masses today. It is a matter of satisfaction for the entire humanity.

ABOUT THE CONFERENCE

The aim of the conference is to develop, promote and propagate the holistic and pragmatic aspect of Yoga in the midst of urban busy life. Through this conference we are taking up the challenge to promote and build a closer relationship between theory and practice, often with the goal of creating an awareness about the true essence of Yoga. Although the field is broad, the conference will have a holistic approach with the following objectives:

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- * To spread yoga from door to door and from shore to shore: as a practice, a way of, an academic subject, a subject to of research, a subject of implementing it in one's life, with the theme of seriousness, sincerity and commitment to yoga.**
 - * To make yoga part and parcel of normal day-to-day social life, professional life, family life, incorporating the systems of yoga into society.**
 - * To make you understand the precepts and the principles of yoga that make yoga a living truth, not just a philosophy or an idea.**
 - * To highlight the practical aspect of yoga.**
 - * To showcase yoga as a beacon of light for humanity.**
 - * To analyze yoga as a means and not as an end.**
 - * To prove yoga as a way to accelerate, enhance and contribute towards the evolution of mankind.**

Conference Themes

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- *Historical Background of Yoga (Vedic, Medieval and Modern)**
 - *Yoga and Philosophy**
 - *Yoga and Psychology**
 - *Yoga and Science**
 - *Yoga and Religion**
 - *Yoga and Spiritualism**
 - *Yoga and Self realization or realization of Divine within us**
 - *Yoga and Cognitive and Affective Development**
 - *Yoga and Meditation**
 - *Yoga and AUM Chanting**
 - *Yoga and Anger Management**
 - *Yoga and Stress Management**
 - *Yoga and Physical health**
 - *Yoga and Mental health**
 - *Yoga and Social health**
 - *Yoga and Life Style**
 - *Yoga and Ecology**
 - *Yoga and Sports**



Abstract Submission

In Times New Roman, Font size 12 point and not exceeding 250-300 words on any of the aforesaid themes should be sent to us through email at yogadrc17@gmail.com on or before **15th September 2017**.

Notification of the acceptance of the Abstract

The abstracts selected by editorial board will be notified to the authors through email.

Submission of Full Length Research Paper

Full length research paper with the maximum word limit of 3500-4000 words(6-7pages) should be submitted latest by **10thOctober2017** through email at yogadrc17@gmail.com

The full length research paper will be reviewed by the editorial board and accepted papers would be published in the conference proceedings.

Notification of the acceptance of the Full Paper

The authors of selected research papers would be notified through email. Submission of copyright form process can be initiated after receiving the acceptance letter of full research paper.



Important Note:

- *Undergraduate and Postgraduate students who wish to participate in the conference for oral presentation are supposed to do the same under the guidance of a Mentor.**
- *Physical presence in the conference is mandatory for participation and oral research presentation certificate.**

The conference proceedings in the form of a book with ISBN number containing selected papers presented at the National Conference would be published.

For further information and latest updates, please visit the College website: www.dr.du.ac.in

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