

Registration Form

for

National Seminar cum Workshop on 'Therapeutic Yoga'

(3rd - 4th February, 2023)

U.P. Rajarshi Tandon Open University, Prayagraj

Name (in capital letters):

Designation:

Registration Fee Transaction Detail:

Bank & Transaction ID:

Amount:

Date:

Faculty/Scientist/Students/Research Scholar/Other (Please specify)
.....

Name of the Institution & Address:

Mobile Number:

E-mail Address:

Date:/...../.....

Signature of the Candidate

Bank detail for transaction:

Bank Name: Bank of Baroda

Branch Name: UPRTOU, Prayagraj

Account No.: 86020100001623

IFSC: BARB0VJRTOU (Fifth letter is Zero)

Note: Please send the scanned/screen-shot of the filled in registration form to:

therapeuticyoga2023@gmail.com

For any query, please contact:

+91-7275054263, 7525048052, 9454699750, 9532187580

Patron

Prof. Seema Singh, Hon'ble Vice Chancellor

Convener

Prof. (Dr.) G. S. Shukla, Director, (Health Sciences)

Organizing Secretary

Prof. J. P. Yadav, Professor (Zoology)

Joint Organizing Secretaries

Dr. Meera Pal, Associate Prof. (Food, Nutrition & Dietetics)

Shri Amit Kumar Singh, Asstt. Professor (Yoga)

Dr. Deepti Srivastav, Asstt. Professor (Home Science)

Advisory Committee

Prof. K. B. Pandey, (Former Chairman, Lok Sewa Aayog, U.P.)

Prof. Ruchi Vajpai

Prof. Vinod Kumar Gupta

Prof. Chhatrasal Singh

Prof. Ajender Kumar Malik

Shri Shashi Bhushan Singh Tomar (F.O.)

Shri D. P. Singh (Controller of Examination)

Dr. Gyan Prakash Yadav (Admission incharge)

Dr. Himanshu Pandey, Registrar (CIHTS, Sarnath Varanasi)

Prof. R. P. Tiwari (MNNIT)

Dr. Animesh Ojha (MNNIT)

Dr. Shailendra Mishra (UoA, Prayagraj)

Dr. Shashi Kant Tiwari (K.A.P.G.C., Prayagraj)

Prof. Archana Chandra (Dean, R.B.U., Prayagraj)

Dr. G. K. Dwivedi

Dr. Dinesh Kumar Singh

Technical Team

Mr. Dheeraj Rawat, Mr. Shahbaz, Mr. Nipendra



National Seminar cum Workshop on 'Therapeutic Yoga'

(February 3 - 4, 2023)

Funded by

'Inter University Centre for Yogic Sciences'
Bengaluru

Organized by

School of Health Sciences
U. P. Rajarshi Tandon Open University, Prayagraj

Patron

Prof. Seema Singh
Hon'ble Vice Chancellor

Convener

Prof. (Dr.) G. S. Shukla
Director, Health Sciences

Organizing Secretary

Prof. J. P. Yadav
Professor (Zoology)



Venue: Atal Auditorium

U.P. Rajarshi Tandon Open University
Shantipuram, Sector - F, Phaphamau,
Prayagraj (U.P.), India-211021

About the University:

"Reaching to Unreached" is the main objective of U.P. Rajarshi Tandon Open University, Prayagraj. It was established on November 2, 1998 and is the only State Open University in Uttar Pradesh and has been graded B+ recently by the NAAC, Bangalore. This University was named after Bharat Ratna Rajarshi Purushottam Das Tandon, an illustrious son of India from Allahabad who made great sacrifices for the sake of our independence and dedicated himself to the cause of Hindi as a National Language. The jurisdiction of University is entire Uttar Pradesh with 12 regional centers and having more than 1300 study centers. University has embossed a niche for itself among the premier academic institutions of open learning and distance education. University conducts its academic activities through a diversity of means of distance and long-lasting education, and functions in cooperation with the existing Universities, Colleges and Institutions of higher learning. Also it makes full use of the infrastructure of these organizations. The courses offered by UPRTOU are recognized by the joint committee of UGC, AICTE and DEB. The University offers wide range of educational programs related to general & professional education, training, research and extension work through open and distance learning mode. The head quarter of the University is located at Shantipuram Sector-F, Phaphamau, Prayagraj which is equipped with good infrastructure facilities like Buildings, Library, Wi-Fi network, Guest House, Media Centre, Post office, Bank etc.

About Prayagraj:

Prayagraj is one of the traditional cities of the world having enriched cultural heritage and splendid history in the arena of religion, politics, independence, academia and judiciary as well. City is situated at the confluence of holy rivers Ganga, Yamuna and invisible Swaraswati called Triveni. Every year in the month of January Magh Mela is organized at Sangam while after every 6th year Ardh Kumbh and 12th year Maha Kumbh (Biggest gala of the World) is organized. It is

one of the fastest growing cities in India. During Kumbh mela Prayagraj stands as one of the most populous city in the world. The city is also known as "Tirth Raj". It is located 201 Km South - East of the state capital Lucknow, 121 Km East from spiritual city Varanasi, 199 Km North- East from industrial city Kanpur and 423 Km. East from the historical city Jhansi. Prayagraj has an area of about 70 sq. km. and is 98 mt. (332ft) above sea level. The city temperature during February is usually between 12° C to 20°C.

Theme:

Health is a state wherein all organs function perfectly under the intelligent control of the mind. Yoga is the only exercise system known today that massages the internal organs and all associated endocrine glands, thus balancing the secretion of hormones responsible for our emotional states. The word 'yoga' comes from the Sanskrit root 'Yuj' means union or to join. Yoga is an art and takes into purview the mind, the body, and the soul of man with its aim of reaching divinity. In Yoga therapy, the body must be purified and strengthened through Ashtanga Yogas- Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi. The yoga asanas gently encourage us to become more aware of our body, mind, and environment. They open the energy channels, chakras, and psychic centers of the body while increasing the flexibility of the spine, strengthening bones, and stimulating the circulatory and immune systems. Along with proper breathing or pranayama, asanas also calm the mind and reduce stress, and thus become beneficial to a number of diseases such as diabetes, hypertension, arthritis etc. In therapeutic yoga, applications of yogic principles will be used with the objectives of achieving, physical, physiological, and psychological goals intelligently and relieving a particular disease.

This seminar will cover topics on: Cardiac, Neuro, Gastro, Musculo-skeletal, Respiratory System, etc.

Registration Fee

Faculty Members:	Rs. 1000/-
Research Scholars and students:	Rs. 500/-
Online payment can be made through	
Bank Name:	Bank of Baroda
Branch Name:	UPRTOU, Prayagraj
Account No.:	86020100001623
IFSC:	BARB0VJRTOU (Fifth letter is Zero)

Kindly attach the **screen-shot** or **pdf** of online transactions on given email.

The participant should send their prior Information through phone, e-mail and filled registration form to the organizers through e-mail on or before **January 31, 2023**.

Accommodation & Fooding: The university has its own Guest House in which accommodation may be provided to the limited number of outstation delegates, on their demand well in advance. University will provided breakfast, lunch & dinner in breaks between the sessions only.

Contact detail:

Please send your confirmation about registration & travel plan on E-mail:

therapeuticyoga2023@gmail.com

Contact Person:

Professor (Dr.) G. S. Shukla:	9415077392
Professor J. P. Yadav:	7275054263
Dr. Meera Pal:	7525048052
Mr. Amit Kumar Singh:	9454699750
Dr. Deepti Srivastava:	9532187580



National Seminar cum Workshop

on 'Therapeutic Yoga'

(3rd - 4th February, 2023)

U.P. Rajarshi Tandon Open University, Prayagraj

Paper Submission

Oral/Poster Presentation

The abstract of the paper and poster presentations should not exceed more than 300 words. Paper must be in MS Word file using Times New Roman set at font size of 12 in English/Hindi font Kruti Dev 10. Poster size should be in 2' x 3' and should include title, author name and address for the communication.

Themes of Oral/Poster Presentation :

1. Yoga and Health
2. Yoga and Cardiology
3. Yoga and Pulmonology
4. Yoga and Immunology
5. Yoga and Nervous System

Manuscript must be submitted before 31/01/2023 by 5:00 PM on Email id: **therapeuticyoga2023@gmail.com**

For any query, please contact:

+91-7275054263, 7525048052, 9454699750, 9532187580



Registration Form
for
National Seminar on ‘Therapeutic Yoga’
(3rd-4th February, 2023)
U.P. Rajarshi Tandon Open University, Prayagraj

Name (in capital letters):

Designation:

Registration Fee Transaction Detail-

Bank & Transaction ID: Amount: Date:

Faculty/Scientist

Students/Research Scholar

Other Delegate

(Please specify)

Name of the Institution & Address:

.....

Mobile Number: e-mail ID

Signature of the Candidate

Date :/...../.....

.....

Bank detail for transaction-

Name of beneficiary - Finance Officer

Band A/C No. - 86020100001623

IFSC CODE - BARB0VJRTOU (Fifth Character is Zero)

Address - Bank of Baroda, UPRTOU, Prayagraj - 211021

Note:

Please send the scanned/screen shot of the filled in registration form to: therapeuticyoga2023@gmail.com

For any query, please contact:- +91-7275054263, 7525048052, 9454699750, 9532187580.