

General Information

- a. **Language**
Presentations and written documents will be given in English only.
- b. **Session Venue**
Bharat Kala Bhawan B.H.U. Varanasi
- c. **Weather**
Weather- Varanasi in November will be cold with temperature between 15°C to 22°C.
- d. **Accommodation**
Outstation delegates on request will be provided with free lodging and boarding at University Guest House/ University VIP Hostels.

REGISTRATION FEES

	Indian	
	Delegate	Accompanying person
Upto Sept. 20th, 2012	Rs. 900/-	Rs. 600/-
On the spot	Rs. 1000/-	Rs. 1200/-

PROGRAM OF ACTION

Day - 1		
First Session	Inauguration	09.00 am. to 10:00 am.
	Guest Speaker	10.00 am. to 10.45 am.
		10.45 a.m. to 11.00 a.m.
	Tea	11.00 a.m. to 12.30 p.m.
	Scientific Presentation	12.30pm. to 2.00 pm.
	Break	2.00 pm. to 3.00 pm.
Second Session	Guest Speaker	3.00 pm. to 4.00 pm.
	Research paper Presentation	4.00 pm. to 4.30 pm.
	Tea	4.30. pm. to 5.30 pm.
	Break	
	Guest Speaker	
Day - 2		
First Session	Guest Speaker	10.00 am. to 11.00 am.
	Tea	11.00 am to 11. 16 am.
	Break	11.15 am to 12.30 pm.
	Research paper Presentation	12.30 pm. to 1.30 pm.
	Lunch	1.30 pm. to 4.00 pm.
	Break	4.00 pm. on wards
	Yoga event	
Second Session		
	Closing Ceremony	
	followed by High Tea	

Organizing Committee

Patron

Padmshree Prof. Lalji Singh
Vice Chancellor BHU

Co-Patron

Prof. V. K. Kumra
Registrar BHU

President

Dean Faculty of Arts
Organizing Secretary
Dr. N.B. Shukla

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Executive Committee

Prof. Rajendra Rai
Prof. A. A. Ansari
Prof. R. Rai
Dr. S. K. Dwivedi
Prof. R. S. Dubey
Dr. R. N. Singh (Sagar)
Dr. Smita Mishra (Delhi)



UGC

National Seminar

On

Recent Researches

in

Physical Education Sports

Naturopathy Yoga Event, Sports Law

Ayurveda and Yoga

02 - 03 November 2012

Venue-

Bharat Kala Bhawan

B.H.U.



Organized by

CHC Athletic Association

Faculty of Arts

B.H.U., Varanasi

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RECENT RESEARCHES IN PHYSICAL EDUCATION SPORTS LAW AND YOGA EVENT

The current trend for health and fitness and an ever-growing awareness of the importance of looking ourselves on all levels-body, mind and spirit may explain the growing popularity of Physical Education & Sports over recent years.

The Physical Education technique offers a unique method of body control and conditioning stretching and strengthening the muscles, while improving flexibility and balance. It does not require you to give up your current fitness routine. On the contrary. Physical Education is an invaluable system that works in conjunction with other exercise programs. Strengthening, realigning and rebalancing the body awareness and reducing risk of injury or strain.

To fully benefit from the Physical Education system, it is essential to not only master the movements and to commit to a regular practice routine, but also to examine your current lifestyle and be prepared to make changes where necessary. On a practical level, this involves making sure you get enough rest and eat a healthy diet, as well as maintaining your level of fitness and well being, reducing stress, and keeping a positive outlook on life.

The Physical Education technique helps you to learn to recognize your strengths and your weaknesses and work toward rebalancing your body. The focus is primarily on strengthening the central core and using the abdominal muscles to control the movement, Physical Education works to stretch and lengthen the muscles, allowing the body to become stronger and firmer, without building bulk. It teaches you to focus the mind as you exercise the body, gradually improving your coordination, body

awareness, flexibility, and overall alignment.

The importance of physical activity and the need for physical education are well recognized and generally well accepted. The regular participation in sports and exercise plays an important role in the total development of mankind.

The production and dissemination of scholarly knowledge are essential to the increasing effectiveness of physical education and to its acceptance as a distant discipline by the scholarly community. This field contains professional content unique to the utilization of its activity : it also contains elements of such related disciplines as anatomy, physiology, sociology, psychology etc. Evidence of acceptance and contribution of physical educationists is widely known as well as the need of research.

Objectives:

- ◆ To promote the research culture in University programme.
- ◆ To generate the knowledge of recent researches in the area of physical education and sports on a common platform.
- ◆ To provide the assistance of research benefits of the University sports.
- ◆ To introspect the updation of research knowledge in to practical practice.
- ◆ To promote the advancement of physical education and sports disciplines in the current curriculum of the University.
- ◆ To correlate the physical education and sports discipline to other disciplines so as to revalidate the inter-disciplinary approach which is the requirement of the day.

Who Can Register

The seminar registration is open to all those involved

in sports related fields like Scientists, Physiotherapists, Nutritionists, Psychologists, Coaches, Trainers, Masseurs, Yoga expert Physical Educationists, Sport law Administrators Athletes and Ayurveda Expert.

Letter of Invitation

This announcement can be considered as the letter of invitation for the participants who need to obtain permission from their employers/ organizations / Departments. However, a separate letter of invitation can be issued on request.

Registration

To confirm your registration, please complete the attached registration form along with prescribed fee and sent by hand, Fax, Post to the Secretariat latest by 20th October 2012. Registration will be first come first serve basis, limiting the entries to 150 participants.

Address for Correspondence

Dr. N.B. Shukla

Org. Secretary

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Research Paper Presentation

Delegates can also present research paper related to the field of physical education and sports in following areas:

Fitness Regime Sport Law

Diet & Nutrition Web Journalism

Sports Training Yoga and Ayurveda

Sports Psychology Kinanthropometry

Exercise Physiology Sports medicine

Physical Education and Health