



ICPR SPONSORED ONE DAY INTERNATIONAL SEMINAR



ON

Yoga and its Utility in Daily Life



To
Celebrate International Yoga Day



Date & Time

17th August, 2024 (Saturday)

9:30am to 5:30pm

Organized by:

Department of Philosophy

Turku Hansda Lapsa Hemram Mahavidyalay

Mallarpur, Birbhum, West Bengal

In Collaboration with

IQAC

Turku Hansda Lapsa Hemram Mahavidyalay

Venue:

Seminar Hall, THLH Mahavidyalay

List of Speakers

<p>Professor Md. Sirajul Islam</p> <p>Professor, Department of Philosophy and Religion</p> <p>Visva-Bharati University</p>	
<p>Professor Raj Kumar Modak</p> <p>Professor, Department of Philosophy</p> <p>Sidho-Kanho-Birsha University</p>	
<p>Professor Laxmikanta Padhi</p> <p>Professor, Department of Philosophy</p> <p>University of North Bengal</p>	
<p>Dr. Parthasarathi Pal</p> <p>Physical Education Teacher (Senior Boys)</p> <p>ABU DHABI INDIAN SCHOOL</p> <p>P.O. BOX: 46492, ABU DHABI- U.A.E.</p>	

Chief Patron:

Shri Abhijit Roy
President, Governing Body
THLH Mahavidyalay

Patron:

Dr Suman Mukherjee
TIC, THLH Mahavidyalay

Coordinator:

Dr Sk Nur Upsar

Assistant Professor and Head, Department of Philosophy
& Coordinator, IQAC

Turku Hansda Lapsa Hemram Mahavidyalay

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Organising Committee Members:

Dr. Bratati Chakraborty, NAAC Coordinator & Assistant Professor of Sanskrit
Dr. Monalisa Ghosh, Program Host & Faculty, Dept. of Political Science
Dr. Jagannath Mondal, Assistant Professor of Geography
Dr. Md Hasan Askari, Assistant Professor of Geography
Dr. Washim Raja, TCS & Assistant Professor of Chemistry
Prof. Amit Chandra Das, Assistant Professor of Physics
Prof. Ruksar Sultana, Faculty, Dept. of Philosophy
Prof. Bidyut Kr. Mondal, Faculty, Dept. of English
Prof. Chandan Mondal, Faculty, Dept. of Bengali
Prof. Mrigen Mondal, ATCS & Faculty, Dept. of English

Payment for Registration:

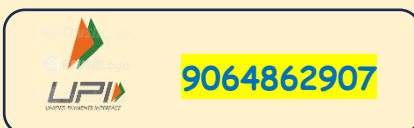
QR code for registration fee payment



- * Academicians/Faculty members/Professionals (Paper presentation)- **Rs 800/-**
- * Research Scholars/Students (Paper presentation)- **Rs 500/-**
- * Other Participants without Paper Presentation- **Rs 400/-**
- * Participation of Students for THLH Mahavidyalay only- **Rs 100/-**

For NEFT, Bank details are:

State Bank of India
Mollarpur Branch (02087)
Account No. 30546110124
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Registration Link:

[Click here](#) or Scan the Bar Code



E-mail id for communication:

philosophythlhm@gmail.com

Important Date & Schedule:

- Last Date of Registration: 14.08.2024
Last Date of Abstract Submission: 14.08.2024
Last Date of Full Paper Submission: 17.08.2024
Date of Seminar: 17.08.2024
- All academicians / Research scholars/ Students related to the Seminar theme are kindly requested to submit original abstract for presentation.
- The abstract and full paper should be submitted via email as an attachment in MS Word only. Do not use abbreviations in the title. Abstracts and papers should be arranged as follows:
Word Limit for Abstract: 200-250 Maximum.
Keywords: Maximum 5
Word Limit for Full Paper: Maximum 4000
Paper Contents: Abstract, Keywords, Introduction, Content and References (End Note).
The papers will be reviewed, and the decision of the reviewers will be communicated. Selected full Paper will be published in reputed review "Book Format" with ISBN.
- For any queries please contact: Dr. Sk Nur Upsar --- 90648 62907 (call or WhatsApp)

Main Theme of the seminar:

Yoga and its Utility in Daily Life

Sub-theme:

- Importance of Yoga for healthy and balanced living
- Yoga for Physical and Mental Harmony
- Yoga and Religion: Hinduism, Islam and Buddhism
- The Role of Yoga in Pandemic Situation
- Therapeutic Value of Yoga
- Social Impact of Yoga
- The growth and development of the practice of Yoga
- Sri Aurobindo's Philosophy of Integral Yoga for all-round development
- Yoga: Fostering Unity and Well-Being for a Harmonious World
- History of Yoga
- Yoga and Inner Peace
- Yoga as A Pathway to Heal the Mental Anxiety
- Need of Yoga in Present-Day World
- Yoga and Aestheticism
- Yoga, Naturopathy and *Āyurveda*
- Yoga and Modern Medical Sciences
- Yoga for Youth Empowerment
- Yoga for Women Empowerment
- Yoga for Personality Development
- Yoga for Emotional Balance and Happiness
- Yoga and Music
- Yoga and Media
- Yoga Philosophy and Practice in Everyday Life
- Yoga for Mental Health
- Yoga and Lifestyle
- Spiritual, Historical, and Philosophical Aspects of Yoga
- Other relevant topic related to Yoga



All are Cordially Invited