

# ONE DAY INTERNATIONAL

## SEMINAR

on

### *Exploring Theoretical and Practical Aspects of Yoga for Holistic Development*

Organized by

**Department of Sanskrit,  
Department of Philosophy,  
Department of Education**

&

**Department of Physical Education,**

**In Collaboration with IQAC,  
Acharya Prafulla Chandra College**



**Date: 3<sup>rd</sup> of February, 2024**

**Venue: Acharya Prafulla Chandra College,  
New Barrackpore**

## ABOUT ACHARYA PRAFULLA CHANDRA COLLEGE

**Acharya Prafulla Chandra College** was established on 16<sup>th</sup> August 1960 under the 'Dispersal Scheme'. The college, situated in the outskirts of Kolkata, has secured for itself a niche in the field of UG education in West Bengal. The college offers 25 UG courses and 8 PG courses. The college has been accredited with (2nd cycle) grade "A" with CGPA of 3.23 by NAAC. In the true spirit of Acharya Prafulla Chandra Roy, the college from its nascent state has tried to propagate the ideals of this great man and motto illustrates this: 'Service, Knowledge and Sacrifice'.

## ABOUT THE SEMINAR

Yoga, an ancient practice, deeply rooted in the Indian Knowledge System, draws from ancient philosophies, spiritual traditions and ethical principles to promote overall well-being. Yoga is a way of life that encourages self-awareness, mindfulness, and a harmonious relationship with oneself and the surrounding world. In a world often filled with hustle and stress, yoga provides a sanctuary for individuals to reconnect with themselves and cultivate a sense of balance and serenity. In essence, yoga serves as a holistic system that addresses the multidimensional nature of human existence. By integrating physical, mental, and spiritual practices, yoga provides a framework for individuals to cultivate a balanced and fulfilling life. The journey of holistic development through yoga is not a destination but a continuous process of self-discovery and growth.

## OBJECTIVES OF THE SEMINAR

- ❖ Explore profound philosophical foundations of yoga
- ❖ Uncover the ancient wisdom encapsulated in yogic scriptures
- ❖ Understand the holistic approach of yoga towards mental, physical, emotional and spiritual wellbeing

## RESOURCE PERSONS

- Dr. Emili Puig Vilaro**, Professor, Faculty of Education and Psychology, University of Girona, Spain
- Swami Kamalasthananda**, Principal, Ramakrishna Mission Vivekananda Centenary College, Rahara
- Dr. Lakshmi Narayan Kaibarta**, Principal, Post Graduate Government Institute for Physical Education, Banipur.
- Dr. Ayan Bhattacharya**, Professor, Department of Sanskrit, West Bengal State University
- Dr. Abhijit Kumar Pal**, Professor, Department of Education, West Bengal State University.
- Dr. Sabita Samanta**, Professor, Department of Philosophy, West Bengal State University
- Dr. Shaikh Sabir Ali**, Associate Professor, Department of Sanskrit, West Bengal State University
- Dr. Biswajit Bala**, Assistant Professor & Head, Department of Teacher Education, Baba Saheb Ambedkar Education University

## CALL FOR ABSTRACTS AND FULL PAPERS

As the intersection of yoga and holistic development continues to garner attention in academic, scientific, and practical circles, we invite scholars, researchers, practitioners, and educators to contribute their insights and research findings to this enriching discourse through oral and poster presentation via offline and online mode at the seminar. Some suggested themes include, but are not limited to :

- Philosophical aspects of yoga and their relevance to holistic development
- Integration of ancient yogic principles into contemporary contexts
- Yoga and Yogic Traditions
- Yoga and Mental Well being
- Yoga based interventions for emotional intelligence
- Yoga in education
- Integrating Yoga into educational curricula for holistic student development
- Yoga and Social well being
- Yoga's contribution towards inclusivity
- Yoga and Global perspectives
- Role of Yoga in Community Building
- Relation of Yoga with ancient texts

## SUBMISSION GUIDELINES

**Abstract:** Title of the paper with Author's name, designation & affiliation, within 300 words and 2 to 5 key words.

**Full Paper:** Paper should be written in English in MS word with Times New Roman, within 2500 words, font size 12, 1.5 interline spacing & referencing style APA 7<sup>th</sup> edition.

Selected papers, after scrutiny by peer review committee, will be published as an edited book with ISBN.

### ABSTRACT AND FULL PAPER SUBMISSION:

You are requested to kindly send your abstracts and full papers in the given email Id :- [seminar@apccollege.ac.in](mailto:seminar@apccollege.ac.in)

### IMPORTANT DATES

- ❖ Last date for submitting the Abstracts: 25.01.2024
- ❖ Intimation of Acceptance of Abstracts: 27.01.2024
- ❖ Last date for Online Registration: 31.01.2024
- ❖ Last date for submitting Full papers: 02.02.2024

### REGISTRATION FEE

	Participants	Paper Presenters
Teachers	700 INR	1000 INR
Research Scholars	500 INR	700 INR
Students	300 INR	500 INR

Registration Link for “*Exploring Theoretical and Practical Aspects of Yoga for Holistic Development*” at [https://cloud.apccollege.ac.in/studentregistration\\_other\\_AP CC.aspx](https://cloud.apccollege.ac.in/studentregistration_other_AP CC.aspx).

Link will be open from 19.01.2024 onwards. Last date of registration is 31.01.2024.

## Greetings from the Organizing Committee

Dear friends and colleagues,

You are requested to join us for a transformative journey at the International Seminar-*Exploring Theoretical and Practical Aspects of Yoga for Holistic Development*, where we delve into the rich tapestry of both theoretical and practical dimensions of yoga, unlocking the secrets to holistic development. on 3<sup>rd</sup> of February, 2024 jointly organized by Department of Sanskrit, Department of Philosophy, Department of Education and Department of Physical Education in collaboration with IQAC, Acharya Prafulla Chandra College. Your active participation is eagerly awaited.

With regards,

Dr. Ananda Sarkar  
Co-ordinator, IQAC

Dr. Syed Rafi Ahmed  
Teacher In-charge

Dr. Dipankar Patra  
Dr. Waeza Tazien  
Joint Convenors

### ADVISORY COMMITTEE

1. Prof. Sougata Roy, Hon'ble Member of Parliament
2. Smt. Chandrima Bhattacharjee, Minister, Govt. of West Bengal
3. Sri Prabir Saha, Chairman, New Barrackpore Municipality
4. Dr. Nikhil Chandra Halder, Hon'ble President, G.B.
5. Sri Bidhan Chandra Mondal, Hon'ble Member, G.B.
6. Sri Barun Chandra Debnath, Hon'ble Member, G.B.
7. Dr. Shaikh Kamal Uddin, Hon'ble Member, G.B.
8. Prof. Purabi Das, Hon'ble Member, G.B.
9. Prof. Chaitali Bhattacharjee, Hon'ble Member, G.B.
10. Dr. Sarbani Bhattacharya, Hon'ble Member, G.B.
11. Dr. Sandip Saha, Hon'ble Member, G.B.
12. Sri Shyamsundar Das, Hon'ble Member, G.B.

### ORGANISING COMMITTEE

#### CHAIRPERSON

Dr. Syed Rafi Ahmed, Teacher In-Charge, Acharya Prafulla Chandra College

#### CONVENORS

Dr. Dipankar Patra, Associate Professor & Head, Department of Sanskrit, Acharya Prafulla Chandra College

Dr. Waeza Tazien, Assistant Professor & Head, Department of Education, Acharya Prafulla Chandra College

## CO-CONVENORS

Smt. Sima Roy, Assistant Professor & Head, Department of Philosophy, Acharya Prafulla Chandra College  
Sri. Pradyut Kumar Biswas, State Aided College Teacher & Head, Department of Physical Education, Acharya Prafulla Chandra College

## CO-ORDINATORS

Dr. Nandini Ganguli, Associate Professor, Department of Philosophy, Acharya Prafulla Chandra College  
Dr. Sarbani Bhattacharya, Associate Professor, Department of Sanskrit, Acharya Prafulla Chandra College

## CO-COORDINATORS

Dr. Gouri Kumar Nanda, Assistant Professor, Department of Education, Acharya Prafulla Chandra College  
Dr. Monalisa Bhattacharya, Assistant Professor, Department of Sanskrit, Acharya Prafulla Chandra College

## TREASURER:

Dr. Arabinda Das, Bursar, Acharya Prafulla Chandra College

## MEMBERS

Dr. Dip Chakraborty, State Aided College Teacher  
Department of Education, Acharya Prafulla Chandra College  
Sri. Tarun Samanta, State Aided College Teacher  
Department of Education, Acharya Prafulla Chandra College  
Dr. Debayan Banerjee, State Aided College Teacher  
Department of Sanskrit, Acharya Prafulla Chandra College  
Smt. Arpita Choudhury, State Aided College Teacher  
Department of Philosophy, Acharya Prafulla Chandra College  
Smt. Gopa Sarkar Dawn, State Aided College Teacher  
Department of Philosophy, Acharya Prafulla Chandra College  
Smt. Swarnali Mukhopadhyay, State Aided College Teacher  
Department of Philosophy, Acharya Prafulla Chandra College  
Sri. Khairuzzaman Mallick, State Aided College Teacher,  
Department of Physical Education, Acharya Prafulla Chandra College

## CONTACT DETAILS

Dr. Dipankar Patra: 9432939799  
Dr. Waeza Tazien: 7278290002  
Smt. Sima Roy: 9874777216  
Sri. Pradyut Kumar Biswas: 9733576585