

National Seminar
On
“Yoga, Peace and Happiness: Environmental, Psychological and Physiological Dimensions”
21 June, 2018

CONCEPT NOTE

Quoting Sri Sri Ravi Shankar, “Yoga is not just exercise and asanas. It is the emotional integration and spiritual elevation with a touch of mystic element, which gives you a glimpse of something beyond all imagination.”

The origin of the word ‘yoga’ comes from the Sanskrit word ‘yuj’, which translates to ‘*union of the individual consciousness or soul with the Universal Consciousness or Spirit*’.

The Prime Minister of India Shri Narendra Modi, in 2017, stated that ‘Yoga is India’s recommendation of wellness to the world’. Similarly the UN General Assembly President Peter Thomson aptly said “yoga has now assumed a global identity and the ancient art of physical, mental and spiritual balance that helps people achieve a sense of wellbeing. It guides us towards being in harmony with our fellow humans and with nature.”

In the recent years Yoga has established itself as a way of living. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. At a time when the whole world is struggling for sustainable development yoga could provide an important contribution in attaining a healthier lifestyle as well as promote wellbeing for one and all. Yoga emphasizes on the unity of all things and of all people, a concept that is very close to the UN values of sustainability and peace. It is a matter of ultimate contentment for all nations to create ‘sustainable global peace’ on the earth. However, at the same time, intermittent and severe societal unrest; including religious intolerance, terrorism, territorial disputes, political and ethnic tensions are causing greater challenge around the globe. The interpersonal conflict may escalate to institutional aggression, hostility and war. Therefore, world peace is anticipated and once achieved peace can bring both material and spiritual benefit to all societies.

Even though it might take immense amount of time for positive transformation within individuals, nevertheless, the practice of yoga can be critical to the transformation of those individuals who may create and are creating the institutions with replaced or transformed organizations that are based on the ethos of peaceful co-existence. Once peaceful environment is established happiness follows. Happiness is not external and neither is it manifested in material possessions. Happiness comes from within. Yoga helps a person to attain peace and in turn experience ‘santosh’ or gratitude.

It is becoming exceptionally evident that much of the revered ancient philosophy and science of yoga will be practiced in various forms around the world and will continue to grow in popularity. Furthermore, UNESCO has listed Yoga as an “Intangible Cultural Heritage” on 1st December, 2016. Yoga as a holistic approach can make a significant contribution to human health and wellbeing, sustainability, peace of the world population that is striving to achieve sustainable development goals.

Thus a close relationship exists between yoga, peace and happiness. Their interrelationship and the dimensions apparent from their relationships: environmental, psychological, and physiological, will be discussed in this seminar on 21st June, 2018 in the Department of Anthropology, University of Delhi.

The one day national seminar will have lectures and presentations by eminent scholars of the country. The purpose of this seminar will be to reach an understanding about the relevance of yoga in the context of peace.

National Seminar

On

“Yoga, Peace and Happiness: Environmental, Psychological and Physiological Dimensions”

21st June, 2018

Venue: Department of Anthropology, University of Delhi

Abstract and full length paper submission guidelines:

The abstract not exceeding 300 words, typed in MS Word, Times New Roman in English (font size 12), with 1.5 space along the borders, mentioning the title in capital (font size 18) and the affiliations in font size 14 should reach the organisers by email (anthroyogaday18@gmail.com) by 5th June, 2018. Full length papers, not exceeding 2500 words should reach the organisers on or by 15th June, 2018.

The seminar will cover the following themes:

- Yoga and Physical Health
- Yoga and Environment
- Yoga and Emotional Health
- Yoga and Stress
- Yoga and Lifestyle diseases
- Yoga and Quality of life
- Yoga and Happiness

Participants are requested to register through e-mail for attending/presenting the paper in seminar. It will help the organisers for the arrangement of logistics and food.

Organising Committee:

Contact Details:

Chairperson: Head of the Department,

Department of Anthropology

Prof. A.K.Kapoor

University of Delhi,

RSG Convenors: Dr. MeenalDhall

Delhi- 110007.

Dr. M. Kennedy Singh

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REGISTRATION FORM

Name:

Age:

Course:

Department:

Affiliation:

Presenting a paper: Yes/ No

If yes, Title of the paper:

E-mail Id.:

Contact no.:

Date:

Signature: