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SRHU

SWAMI RAMA HIMALAYAN UNIVERSITY

— LEARN. APPLY. CREATE. —

1-Day National Seminar



20th July, 2022

On

Social Restructuring Through Yoga

Sponsored by



ICPR

Indian Council of Philosophical Research
(ICPR), New Delhi



Organized by

Himalayan School of Yoga Sciences
Swami Rama Himalayan University,
Dehradun, Uttarakhand

Concept Note

Yoga is welcomed world over for its health promoting and wellness creating aspects. Research over three decades both at this University and elsewhere has shown the efficacy of yoga practices including meditation in establishing homeostasis in noncommunicable diseases by reducing stress levels and promoting healthy life style. Interconnectedness of the mind and body and correcting the imbalances have been intensively investigated to provide a holistic framework for the health of individuals.

Viewed against this backdrop, a 1-day seminar at a national level is being organized by Himalayan School of Yoga Sciences, Swami Rama Himalayan University, Jolly Grant, Dehradun, Uttarakhand on 20th July, 2022. The focal theme of this seminar is Social Restructuring Through Yoga.

Objectives

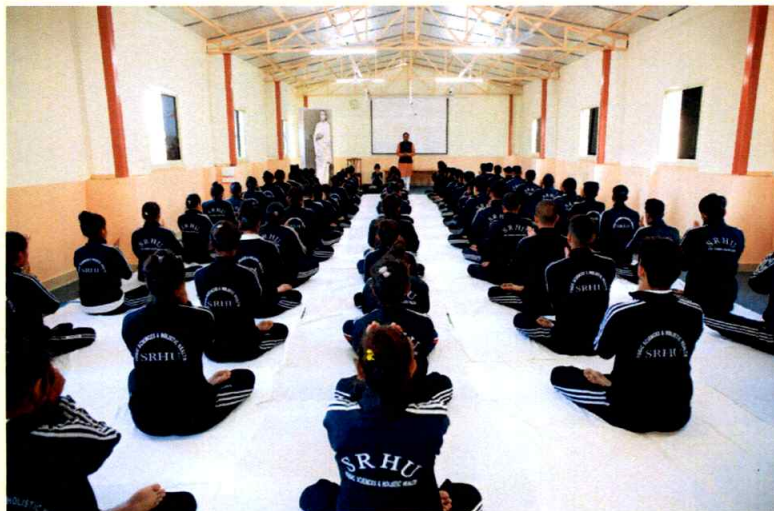
- Maintaining the human values through Yoga
- Importance of Yoga in modern society
- Role of Yoga in social resurgence
- Introduction of traditional knowledge through Yoga
- Overcoming Kleshas through Yoga techniques



About the School

Himalayan School of Yoga Sciences has been established with the objective to deliver training in advanced areas of Yoga Science and Holistic health as also high moral values in keeping with the teachings of Swami Rama and ancient Indian gurus. The main aim is to develop the department as a Center of Excellence and deliver high quality teaching-learning matching the needs of the contemporary world of education and health industry. Yoga Science here, intersects with other allied sciences.

The school adopts combined student-centric methodology enabling them to imbibe effectively so as to match with the present-day needs of the Society. Students and Yoga aspirants are exposed to Inter-disciplinary programs & Projects, Guest key note Speakers, Lectures Group Activities, and one-on-one discussion, along with use of Multimedia. External exposure includes conferences, seminars, symposia, special yoga workshops and camps, research/evidence based projects & practical work including therapeutic yoga training in SRHU Medical setup with the core team of senior medical faculties.



Eminent Guest & Speakers

- Prof. A. D. Sharma, Head, Department of Philosophy, Dr. Hari Singh Gaur University, Sagar, Madhya Pradesh
- Dr. Montu Saha Scientist-F Head Exercise Physiology & Yoga, Defense Institute of Physiology & allied Sciences, DRDO, Delhi 54
- Prof. Ishwar Bhardwaj, Former Dean, Gurukul Kangri University
- Dr. Vijendra D. Chauhan, Pro Vice-Chancellor, SRHU
- Dr. Prakash Keshaviah, Finance Advisor, SRHU
- Dr. Somlata Jha, Assistant Professor, Himalayan School of Yoga Sciences, SRHU
- Dr. Arpit Dubey, Assistant Professor, MDNIY, New Delhi
- Dr. Sunil, Assistant Professor, Department of Yoga, Sri Guru Ram Rai University, Dehradun



Organizing Committee

Chief Patron

Dr. Vijay Dhasmana, Honorable VC, SRHU

Convenor

Dr. Somlata Jha

Co-Convenor

Dr. Anvita Singh

Organizing Secretary

Dr. Ramnarayan Mishra

Joint Secretary

Dr. Ankit Sharma
Rahul Baluni

Technical Support

Shri. Vinay Prabhakar

Time

10:00 AM to 05:00 PM



For Further Information Visit

<https://www.srhu.edu.in>

For Registration

https://bit.ly/SRHU_Yoga_Seminar

Contact

(9:00 AM to 5:00 PM)

yogicsciences@srhu.edu.in

+91 7982962996, +91 7015448399

Note: e-Certificate will be provided

We are now inviting abstract submissions for oral paper presentations in two tracks:

1. Scientific Papers
2. Philosophical Papers

Please submit abstracts of your original unpublished research on the broad topic of theme - **Social Restructuring Through Yoga**, maximum of 300 words, by 19th July, 2022.



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One day National Seminar Summary Report:

"Social restructuring through yoga"

A one day National Seminar was organized by Himalayan School of Yoga Science under the joint aegis of Swami Rama Himalayan University and Indian Council of Philosophical Research, New Delhi on 20 July 2022 at Nursing Auditorium Swami Rama Himalayan University. Title of the seminar "Social restructuring through yoga" At the beginning of the seminar, lamp lighting was done by the lotus blessings of Pro Vice Chancellor Dr. Vijendra D Singh Chauhan.

Seminar Structure-

This Seminar was organized and hosted by Department of Yogic Science and Holistic.

Health, Himalayan School of Yoga Sciences, Swami Ram Himalayan University, with Joint collaboration with Indian council of Philosophical Research, Govt. of

India. Chief patron of this webinar was Dr. Vijay Dashmana, Honorable vice Chancellor,

Swami Ram Himalayan University. Convener was Dr. Somlata Jha, Organizing Secretary was Dr. Ram Narayan Mishra. Technical Support for webinar was given by Shri Vinay

Prabhakar from IT department of Swami Ram Himalayan University.

Speakers-

The keynote speaker of the seminar, Dr. Ishwar Bharadwaj, Dean Academic Dev Sanskriti Vishwavidyalaya, gave various lectures on social restructuring through yogic methods, he told that if we follow Yama and Niyama in our life, then it will create a civilized society. Dr. Vijendra Chauhan gave a detailed lecture on holistic health and yoga and he laid special emphasis on the scientific side of yoga.

Professor Vikram Singh of Jawaharlal Nehru University had a detailed discussion on the socio-spiritual side of Yoga, Dr. Arpit Dubey Assistant Professor Morarji Desai National Institute of Yoga, Delhi gave his lecture on social reconstruction through yoga as described in Bhagwat Geeta. Dr. Sunil Kumar Srivas Assistant Professor of Sri Guru Ram Rai University gave a detailed lecture on the meditative aspect of Yoga.



Authorised Signatory
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jollygram, Dehradun, Uttarakhand-248010

