



தமிழ்நாடு ஆசிரியர் கல்வியியல் பல்கலைக்கழகம்
TAMILNADU TEACHERS EDUCATION UNIVERSITY

(The Government of Tamil Nadu enacted Act No.(33) of 2008)
Chennai – 600097, Tamil Nadu, India.

DEPARTMENT OF VALUE EDUCATION
(CENTRE FOR YOGA & MEDITATION)



organises

INTERNATIONAL
CONFERENCE (ONLINE)

On

YOGA FOR PHYSICAL
AND
MENTAL WELLBEING

Date: 24 & 25 July 2020

Registration Fee FREE

Conference Platform



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Tamil Nadu Teachers Education University

Chennai-97

Department of Value Education

(Centre for Yoga and Meditation)

Organises

A Two day International Conference (Online)

**YOGA FOR PHYSICAL AND
MENTAL WELLBEING**



About the University

The Tamil Nadu Teachers Education University was established by the government of Tamil Nadu in 2008. It is unique in nature, as it was established to promote excellence in teacher education. This University strives to nurture the talent's of teachers of tomorrow with the transformative knowledge of Indian tradition and usher in a new era of teacher Education, for the ensuing young teachers and it focuses upon the integral development them. The University has established the following six departments,

1. The Department of Pedagogical Sciences
2. The Department of Value Education
3. The Department of Educational Psychology
4. The Department of Educational Technology
5. The Department of Curriculum Planning and Evaluation
6. The Department of Educational Planning and Administration

The university is offering M.Ed., M.Phil., and Ph.D., Programmes in all departments and also planning to start various job-oriented and community related post graduate in diploma programmes on part-time basis. In addition to teaching all the six departments are engaged with major projects. The basic necessity for all the educational institutions in the country is to bring out intelligent, dynamic, excellent and brilliant teacher to disseminate the knowledge, attitude and skills in the given field. Without this basic product, no educational institution can survive and excel in any field of knowledge. It is with such a divine task and it is really proud that our university monitoring all 719 affiliated colleges including the government, government aided and self-financing colleges in Tamil Nadu.

About the Department

The department of value education was established in 2014 with an objective of bringing out effective and efficient teacher educators with the qualities of good conduct, self-confidence and high values which would help to earn a significant place in society. Thus it leads to develop student teachers who are professionally prepared to internalise their role in value inculcation and to lay a strong foundation for the development of different values.

The department is offering M.Phil., and Ph.D., programmes. The department focuses on educational research in the field of value education with professionalism and productivity. It ensures provision for maximized learning through experiences and exposure to prepare the teachers who play the most important role in shaping the students as enlightened citizen.

Objectives:

- To provide platform for Teacher Educators to share their views on Yoga and Meditation.
- To enrich the Knowledge of Teacher Educators in different types of Yoga.
- To enhance the skills of Teacher Educators in preparing society through Yoga and Meditation.
- To enhance the sense of integrity with body and Mind.
- To Improve concentration and lifestyle.
- Helps to cope up with the anxiety of covid19.

About the seminar

Yoga is beneficial to mind and body in a myriad of ways. It can also massively improve your posture, which can help you avoid or manage a variety of problems related to the way you stand and sit. Some forms of yoga are more vigorous than others, and count as aerobic exercise, while others are more gentle and less likely to make you sweat. Both types of yoga are beneficial for a number of reasons:

Like any form of exercise, yoga has been linked to decreased stress, depression anxiety. Those who do yoga also often report increased feelings of wellbeing, happiness and overall contentment. Yoga increases body awareness, relieves stress, reduces muscle tension, strain, and inflammation, sharpens attention and concentration, and calms and centers the nervous system. Yoga's positive benefits on mental health have made it an important practice tool of psychotherapy.

Amidst the pandemic, staying inside, working from home, and limited social interaction have affected the psyche of many individuals. In this situation yoga & meditation helps us to relieve from distress and rejuvenate the physical and mental health.

THEME

YOGA FOR PHYSICAL AND MENTAL WELLBEING

Sub Themes:

- ❖ Yoga for Stress Management
- ❖ Yoga for Longevity
- ❖ Yoga for Enhancing Skills
- ❖ Yoga for Personality Development
- ❖ Meditation for Spiritual Growth
- ❖ Yoga for coping with COVID-19.

Participants

The Teacher Educator, M.Phil., and Ph.D., Scholars in Education, Policy makers, Administrators and Educationists can attend the Conference.

Call for Papers

Papers are invited on any one of the sub themes in English only and paper should be typed in **1.5 spaces** in MS Word format, **Time new Roman** font style with the **font size 12** and it should **not be more than 4 pages**

Note: Papers should be **presented on the day of the Conference** through online mode.

Email ID: valueeducation20@gmail.com

Contact: 97870 96573, 97865 00262, 99761 02822

Paper will be reviewed by scrutiny committee.

Paper Submission Date

Last Date of receiving full paper with abstract: **20.07.2020**

NO REGISTRATION FEE
E-CERTIFICATE

Organizing Committee

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