



Call for Papers
NATIONAL SEMINAR
on
Yoga and Human Well-Being: Emerging Perspectives

organised by

Nagaland University, Lumami HQRS, Nagaland

in cooperation with

Inter University Centre for Yogic Sciences, Bangaluru

on

20th June 2022

venue

Nagaland University HQRS, LUMAMI Campus

CONCEPT NOTE

Yoga, the ancient Indian technique that is recognised and celebrated by the United Nations as International Yoga Day on 21st June every year. Yoga certainly gives us improved well being of mind and body but it is definitely not restricted to this only but goes beyond that as well. It helps to connect true human nature and the nature of the universe itself. This is one of the reasons why Yoga has been received by the whole world whole-heartedly. Although the concept of wellbeing is constantly evolving, it is popularly regarded as a multifaceted concept of human flourishing. Aspects of human freedom, agency, passionate connectedness with other individuals or social groups, good mental health, better cultural sensitivity towards environment and moral strength etc. constitute key to comprehensive wellbeing and human flourishing. Industrialization, mechanisation and technological innovations have expanded the scope of comfort, human productivity, efficiency, but not without its ailments resulting in an increased role of technology governed social lives. This disbalance between mental, social, cultural and spiritual

dimensions of life in the fast paced world of globalisation can be addressed by revisiting Yoga as not simply a physical fitness approach or merely a religious worldview but as an overall human well-being imagination. It allows us to bring together physiological, cognitive, social, moral and economic elements. In today's world, all the countries are striving towards success, development and material prosperity. While striving to achieve these goals, societies neglect and ignore crucial dimensions of optimum balance between individual and social, body and soul, material and spiritual, creative and harmful, fear and hope, love and hate. India offers to the world an ancient method, philosophy and practice called 'Yoga' that is based on the foundation of peace, integration and healing. Yoga literally means union, aggregation of humans with the universe. It offers a possibility to negotiate between inner and outer worlds, and gain insights and knowledge about the real world and our human presence in it.

Objectives:

1. To make students and participants understand the significance of Yoga in its social, cultural and health aspects of wellbeing and healing.
2. To familiarise students and participants with the impact of Yoga on socio-economic outlook of societies in the context of growing technocentric approach of societal development.
3. To engage with Yoga as a method of moral self-awareness, collective thinking and realisation of the necessity of harmonious balance between society and nature today as never before.

Important Dates:

Last date of Abstract Submission: 15.06.2022

Notification of Acceptance of Abstract: **17.06.2022**

Submission of Full Papers: **30.06.2022**

Seminar Date: 20.06.2022

Presenters can submit papers broadly on the following themes in relation to Yoga:

Nature- Society relations

Human Wellbeing and Healing

Cultural Belonging & Connectedness with Environment

Human freedom and flourishing

Physical Fitness and Spiritual Strength

Moral Stamina and Technological Dependency

Community Participation and Individual Self

An abstract of 300-500 words on the proposed presentation may be submitted via this google form link:

<https://forms.gle/wYg7geBtLnRXePMw5>

The papers should be submitted and presented in English. Any clarification if needed, may be sought by contacting the Organising Secretary: Dr. Deepak Bhaskar at email: deepakbhaskar@nagalanduniversity.ac.in, Phone No.: 7838186472

The Programme schedule of the Seminar will be circulated via email after the selection of abstracts. Please register for Seminar participation via the following link:

<https://forms.gle/x1oMobLo6s8PsXGa7>

The Seminar/Webinar will be divided into two Technical Sessions based on the themes. First Technical Session will deal with new perspectives on Yoga and Human Well-being and second will enquire about challenges faced by human civilisation today.

Initiating and Funding Agency: Inter University Centre for Yogic Science (8th IUC-YS)

Note: TA will be considered based on the funds availability.

Organising Agency:

Nagaland University, HQRS: Lumami
Nagland, India.

Chief Patron:

Prof. Pardeshi Lal, Honourable Vice-Chancellor, Nagaland University

Chairperson of the Organising Committee:

Prof. M. K. Sinha, IQAC- Chairperson

Organising Secretary:

Dr. Deepak K. Bhaskar, Asst. Professor, Deptt. of Political Science,

Organising Team Members:

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Mr. Ashish Kumar, Hindi Officer

Mr. Somnath Chakraborty- Coach, Judo

Dr. Suraj Beri, Asst. Professor, Deptt. of Sociology