

ORGANIZING COMMITTEE



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Dept. of Physical Education



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Associate Professor
Dept. of Physical Education



Joint Secretary
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Dept. of Physical Education

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3. Dr. Samrat Hore, Department of Statistics, TU
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5. Dr. Partha Sarathi Sil, Department of Sanskrit, TU
6. Dr. Mukesh Mitra MMD College Sabroom, Tripura
7. Dr. Subal Das, GDC, Kamalpur, Tripura
8. Mr. Surujit Sarkar, Security Officer, TU
9. Mr. Pranay Pal, Assistant Registrar (Finance) DDO
10. Mr. Sm. Farooque, Guest faculty, Dept. of Phy. Edn. TU

How to Reach Tripura University

The University is located in the picturesque state of Tripura, which is composed of undulating topography with low lying hills in its northern part and dense vegetation cover. The average temperature of Agartala in summer is about 30°C and in winter is about 15°C

By Road

The state is well connected with Guwahati, Shillong, Aizawl, Imphal and other cities and towns of Northeast India by road (both Non-AC and AC buses). A daily bus service from Kolkata to Agartala is also available for which a transit visa is needed through Bangladesh.

Railway

The host city is well connected by rail to various cities in India. There is a direct railway connectivity from the national capital New Delhi to Agartala.

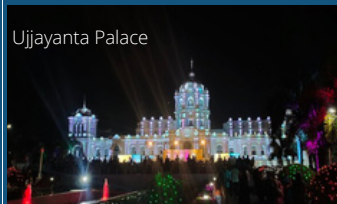
By Air

It is also well connected on air-routes by some airline, viz, Indian Airlines, Indigo, Jet Airways, Spice Jet etc. The Airport located 20km away from the Tripura University and 5.5 km away from the Agartala Railway station.

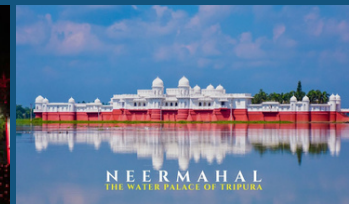
TOURIST DESTINATION

1. Tripura is a hilly state in northeast India, bordered on 3 sides by Bangladesh, and home to a diverse mix of tribal cultures and religious groups. In the capital Agartala, the imposing Ujjayanta Palace is set among Mughal gardens, and Gedu Mia's Mosque has white marble domes and towers.
2. Neermahal summer palace sits in the middle of Lake Rudrasagar and blends Hindu and Islamic architectural styles.
3. Dumboor Lake is a charming water body located in Gandacherra Sub Division 120 Km. away from Agartala. A massive and breathtaking water body of 41 sq.km. with an unending spell of luxuriant green vegetation all around stands majestic for her exceedingly charming beauty and 48 islands in the midst of the lake. Migratory birds and water sports facilities are additional attractions.
4. Tripura Sundari Temple is a Hindu temple of the Goddess Tripura Sundari, better known locally as Devi Tripureshwari. The temple is situated in the ancient city of Udaipur, about 55 km from Agartala, Tripura and can be reached by train and road from Agartala.

Ujjayanta Palace



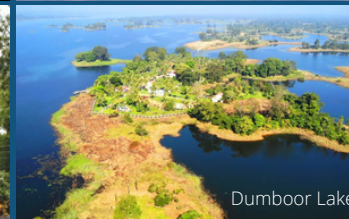
NEERMAHAL
THE WATER PALACE OF TRIPURA



Tripura Sundari Temple



Dumboor Lake



Two Day's National Seminar on

“Yoga, Health and Happiness”



In Celebration of International Day of Yoga, 2023

From 19th – 20th June, 2023

Organized by
Department of Physical Education
Tripura University
(A Central University)

Suryamaninagar, Tripura, Pin No. 799022

Website: www.tripurauniv.in

Email- phednyoga2023@gmail.com

Sponsored by: Inter University Center for Yogic Sciences
(IUC-YS)



**RESOURCE
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and Ex-Assistant Director of
Research, Kaivalyadhama Research
Institute, Lonavla



Dr. M Nodiyachand Singh
Head & Associate professor
Department of Yoga
Manipur University



Dr. Udhham Singh
Assistant Professor,
Dept of Yogic Science
Gurukula Kangri (Deemed to be
University),Haridwar

MESSAGE FROM THE CHIEF PATRON

I encourage all faculty, staff, and students to take advantage of this unique opportunity to enhance their understanding of Yoga and its profound impact on Health and Happiness. Whether you are a seasoned yoga enthusiast or a newcomer to the practice, this seminar promises to be an enriching experience for all. Let us come together as a community and embark on this transformative journey towards a healthier, happier lifestyle. By embracing the practice of yoga, we can cultivate a culture of well-being that permeates every aspect of our lives. This seminar will surely witnessing the positive impact it will have on our collective well-being.

DEPARTMENT OF PHYSICAL EDUCATION

The Department of Physical Education established in the year 2011 with an objective to produce good academic leaders in the field of Physical Education and making quality professionals for Schools, College, University along with Government and Private organization. At present department is offering Master Degree (M.P.Ed) and Doctor of Philosophy in Physical Education.

ABOUT THE SEMINAR

The event aims to inspire individuals to achieve overall well-being by exploring the profound benefits of yoga in enhancing physical, mental, and emotional health. The seminar will bring together renowned experts in the field of yoga, who will share their insights, practical knowledge, and techniques to promote a balanced and joyful lifestyle. Attendees will have the opportunity to engage in interactive sessions, learn about the science behind yoga, and discover practical ways to incorporate it into their daily lives. We believe that this seminar will provide a valuable platform for all participants, regardless of their previous experience with yoga. Whether you are a seasoned yogi or new to the practice, there will be something for everyone to take away from this enriching event.

SUB THEMES:

- Yoga for Emotional balance and Happiness
- Yoga for Mental health
- Yoga for Women’s health
- Yoga for Growth and Development
- Yoga for Healthy ageing
- Yoga and lifestyle
- Yoga for Weight management
- Yoga and Psychosomatic disorder
- Yoga and Different body system of Human body
- Spiritual and Philosophical aspects of Yoga

National Seminar

on

“Yoga, Health and Happiness”

From 19th – 20th June, 2023

Organized by

Department of Physical Education

Registration From

Name :

Designation :

Institution:

Address:.....

.....

Mobile no:

E- mail :

Participants category :

(Please tick)

Academician :

Research Scholar:

Students :

Payment Details:

Name:

Amount :

Ref. No. :

Bank & Branch:

.....

Signature of the Participants

GUIDELINES OF PAPER SUBMISSION

1. The paper should be original, unpublsh and not under review with any academic publication.
2. Research paper should be based on original research providing innovative interpretation on any of the themes listed or on the general themes of the seminar.
3. Abstract should not exceed more than 350 words and the length of the paper should not exceed more than 2500 words. At the time of submitting abstract, the author should provide detailed information of the co-author.
4. Manuscript should be typed in MS word with Times New Roman-font size 12 with 1.5 line of space.
5. All the authors are directed to submit the manuscript through the given Email-

✉ **Email:** phednyoga2023@gmail.com

For further information: 📞

Please contact: 09436472204, 09436133322, 09436485537

Registration Fee:

Research scholar/ students: 500/-

Delegates : 800/-

ACCOUNT NO:

A/C No. 35660996430

IFSC : SBIN0010495

