INTERNATIONAL CONFERENCE 2012

Theme: YOGA IN EDUCATION

November 27-28, 2012 | Tumkur University, Tumkur

Post Conference Workshop
Nov 29 - Dec 5, 2012 | Prashanti Kutiram, Bengaluru

Jointly Organized by
TUMKUR UNIVERSITY
Tumkur
S-VYASA YOGA UNIVERSITY
Bengaluru

Inauguration
H H Dalai Lama

Conference Office Tumkur University
Dr Parashurama K G
Chairman, Department of studies and research in social work
Tumkur University, Tumkur – 572 103
Mobile: +91 99004 12819, +91 81622 71924
Email: yogatumkuruniversity@rediffmail.com

Conference Office S-VYASA Yoga University
Sri Anil Kumar Gajjala
#19, Eknath Bhavan, Gavipuram circle
K G Nagar, Bengaluru - 560 019
Mobile: +91 94834 67443
Ph: +91 2263 9960/03/75 | Telefax: +91 80 2263 9905
Email: icye@svyasa.org

website
http://tumkuruniversity.in/index.php/icye2012
www.svyasa.org
ABOUT THE INTERNATIONAL CONFERENCE

Yoga is a body of knowledge dealing with physical, mental, emotional and spiritual discipline, originating in ancient India dating back more than 5000 years. Earliest archaeological evidence of Yoga’s existence could be found in the stone seals which depict Yogic postures.

Ancient Yogis had a belief that in order for man to be in harmony with himself and his environment, he has to integrate the body, mind and the spirit. For these three to be integrated; emotion, action and intelligence must be in balance. The Yogis formulated a way to achieve and maintain this balance through asana (physical postures), pranayama (voluntary regulated breathing), and dhyana (Meditation) - the three main Yoga techniques. The yoga system evolved as a ‘system of liberation’ to allow man to discriminate between his ego-self and pure consciousness, and as such, its health benefits are really its’ ‘off shoots’. Integral yoga practice, however, with which many other self-regulatory somato-psychic approaches have been much in common, consists of a holistic technology which functions to restore optimal homeostasis by a variety of special techniques not found in other approaches.

It is said that “He who refuses to be a student is refusing to be a Teacher”. Learning is a continuous process. Teaching is becoming increasingly challenging and demanding with varied student background, capability and interest on the one hand and compelling needs of the end user on the other hand. With rapidly advancing technology, globalization and multinational, multi centered business activity empowerment of human resource through appropriate education has become the need of the hour. Based on Swami Vivekananda’s proclamation ‘Education is the manifestation of Perfection already in Man’, this program is aimed at enriching the delegates with a blend of theory and practice specially designed, based on Indian ethos viz., traditional knowledge and Yoga to enhance the quality of Teaching – Learning process in higher education and prepare aspirants of higher education equipped with the right knowledge, skill, attitude and personality who can contribute to the economic, cultural and harmonious development of the society and nation at large.

Yoga being a path of self-development and self-realization, was an integral part of ancient Indian education. Although yoga is adopted in primary education and in some cases higher secondary education, its’ fullest potential is yet to be realized. Adopting yoga in the main stream education at all levels would bring the benefits of yoga as a philosophy; spiritual path; psychology and therapy. To adopt Yoga in education, there is a need to work on a framework to generate more empirical evidence; to evolve suitable curriculum; to build capacities; to educating policy makers about Yoga as a secular means of self-development and to learn from the past experiences of integrating yoga in education. Hence this international conference on ‘Yoga in Education’ is an attempt to explore the possibilities of new avenues and opportunities for the advancement of yoga in education. This conference would focus on ‘yoga in education’ in active partnership of Tumkur University and S-VYASA Yoga University.
ABOUT TUMKUR UNIVERSITY, KARNATAKA, INDIA

Tumkur University, although was established only in the year 2004, has been quickly marching towards the spread of higher education, with its adage ‘Sevastume Gnana Vignana Dhara’. Having taken upon itself the mission of addressing the growing aspirations of the young generation, who hail predominantly from rural and traditional socio-economic contexts, the University is striving hard to transform the region into truly developed one with its integrated, quality educational system. The University presently has 20 postgraduate departments and 86 affiliated colleges including those who are involved in research.

The University has twenty nine research centers such as Centre for Science and Technology for Rural Development (CSTRD); Centre for Rural Social Documentation(CSRD); Centre for Political and Social Research (CPSR); Centre for Rural Poverty Alleviation & Community Development (CRPCD); Centre for Economic Policy Research; Centre for Biosciences and Innovation (CBAI); and Centre for Nano Science Research (CNR) etc., in the present era of globalization, the University is focusing on multidisciplinary approaches in the dissemination of knowledge with the aim of achieving overall human personality development.

ABOUT S-VYASA YOGA UNIVERSITY

(Swami Vivekananda Yoga Anusandhana Samsthana)

The VYASA has established S-VYASA Yoga University, exclusively for Yoga Studies, which is recognized under the UGC Act by the Government of India. S-VYASA is a yoga specialist university institution which has done intense scientific research in yoga and its’ application over the last few decades. It has standardized the modules of yoga suited for various applications such as Mental Health, Yoga in Education, and Yoga for Stress Management. Yoga is an ancient Indian science and a way of life. It has major domains viz., philosophy; spiritual path; psychology; and medicine. While S-VYASA’s focus is on Yoga as therapy, ever since it is a University [2002] under the four divisions, S-VYASA is exploring the role of yoga in spirituality; life sciences; physical sciences; management studies and humanities. The scientific exploration in all these five disciplines can be used in two major fields i.e., education and medicine.

- S-VYASA is recognized as centre of excellence in yoga by the government of India, Ministry of Health and Family Welfare, Dept of AYUSH , New Delhi, India.
- S-VYASA is also Recognized as an Advanced Centre of Neurophysiology by Indian Council of Medical Research, Government of India
- S-VYASA has trained a large number of yoga teachers and researchers, who continue to train many in their international headquarters in Prashanti Kutiram, Bengaluru.
S-VYASA has received many awards for its outstanding contributions to the society in the field of yoga.

S-VYASA has secured many national and international collaborative research projects and has extended its activities in 20 countries.

S-VYASA disseminates knowledge by publishing numerous research papers on yoga and its’ application.

**OBJECTIVES OF THE CONFERENCE**

- To provide a platform for interaction with regard to the yoga in Education
- To benchmark the standards for Yoga and Education
- To recap the ancient view of science and Education
- To define the modern view of science and Education
- To prepare national policy on Yoga in Education
- To discuss the effects of yoga practice with the tools of modern science

**MAJOR STAKEHOLDERS FOR THE CONFERENCE**

1. Educationists
2. Yoga experts
3. Yoga researchers
4. Senior yoga teachers in education
5. Policy makers
6. Students

**SUB-THEMES**

- Yoga in primary education
- Yoga in higher secondary education
- Yoga in graduate education
- Yoga in post-graduate education
- Yoga as a professional education
- Yoga and educational research
- Yoga education in traditional Gurukula system
- Indigenization and Internationalization of yoga

**STRUCTURE OF THE CONFERENCE**

Multi track conference for two days

**Track 1:**
Yoga in Primary & Secondary Education

**Track 2:**
Yoga in Higher Education

**Track 3:**
Yoga as a Professional Education

**Date:** November 27-28, 2012
# STRUCTURE OF THE MAIN CONFERENCE

**November 27 – 28, 2012**

<table>
<thead>
<tr>
<th>Time</th>
<th><strong>Day 1: November 27, 2012</strong></th>
<th><strong>Day 2: November 28, 2012</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>8.00 – 9.00 AM</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>9.00 – 10.00 AM</td>
<td>Registration</td>
<td>Session 4: Plenary Session: Yoga in Education</td>
</tr>
<tr>
<td>10.00 – 10.30 AM</td>
<td><strong>Inaugural Function</strong> at Dr Sri SriShivakumarSwamiji Hall, Tumkur University</td>
<td>Tea Break</td>
</tr>
<tr>
<td>10.30 – 11.00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.00 – 11.30 AM</td>
<td>Tea Break</td>
<td>Track 1: Yoga in Primary and Secondary Education</td>
</tr>
<tr>
<td>11.30 – 1.00 PM</td>
<td><strong>Session 1:</strong> Plenary Session: Yoga in Education</td>
<td>Track 2: Yoga in Higher Education</td>
</tr>
<tr>
<td>1.00 – 2.30 PM</td>
<td>Lunch Break</td>
<td>Track 3: Yoga as a Professional Education</td>
</tr>
<tr>
<td>2.30 – 4.00 PM</td>
<td><strong>Session 2:</strong> Parallel free paper session</td>
<td><strong>Session 6:</strong> Parallel Panel Discussion</td>
</tr>
<tr>
<td>4.00 – 4.30 PM</td>
<td>Tea Break</td>
<td>Track 2: Yoga in Higher Education</td>
</tr>
<tr>
<td>4.30 – 6.00 PM</td>
<td><strong>Session 3:</strong> Parallel Symposia</td>
<td>Track 3: Yoga as a Professional Education</td>
</tr>
</tbody>
</table>

**Venue:** Tumkur University, Tumkur
CALL FOR PAPERS AND POSTER PRESENTATIONS

Scientific research papers on Theme and Sub themes of the conference are invited for oral presentations and poster presentations. Last date for submission of Abstracts: October 27, 2012. The papers will be peer reviewed and intimated before November 05, 2012.

The abstracts of papers should not be more than 300 words. The abstracts shall reach the Organizing Secretaries at yogatumkuruniversity@rediffmail.com. The abstracts should include the title, author affiliations, E-mail ID & telephone number. The Authors of selected papers need to submit full length paper on or before November 10, 2012. The text should be in MS Word, 12 font size, 1.5 line spacing. Please note that the paper should not be sent in PDF format. There should be auto spacing between the paragraphs. The title of the paper should be in 16 font size, bold, center-aligned. The sub-heads, if any, should be of 12 font size, bold, left-aligned. Graphs/tables in the paper if any should be prepared in MS Office (Word/Excel) only. APA Style should be followed while citing references. All citations should be end notes and not footnotes. Papers should be thoroughly spell-checked and error-free.

The details for the submission of the abstracts can be obtained from the Web: http://tumkuruniversity.in/index.php/icye2012

Email: icye@svyasa.org

REGISTRATION FEES

<table>
<thead>
<tr>
<th>Individual Programs</th>
<th>Date</th>
<th>Venue</th>
<th>Amount</th>
<th>Amount International</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main Conference</td>
<td>November 27 to 28, 2012</td>
<td>Tumkur University, Tumkur</td>
<td>₹ 2,500/-</td>
<td>$ 300/-</td>
</tr>
<tr>
<td>Post Conference</td>
<td>November 29 to December 5, 2012</td>
<td>S-VYASA Yoga University PrashanthiKutiram</td>
<td>₹ 5,000/-</td>
<td>$ 350/-</td>
</tr>
<tr>
<td>Conferences (Main &amp; Post)</td>
<td></td>
<td></td>
<td>₹ 7,500/-</td>
<td>$ 600/-</td>
</tr>
<tr>
<td>Charges per day</td>
<td></td>
<td></td>
<td>₹ 1,500/-</td>
<td>$ 125/-</td>
</tr>
</tbody>
</table>

NOTE

1. Delegation fee for main conference can be sent along with the Registration Form through DD in the favor of ‘The Organising Secretary, International Conference, Yoga in Education’, Tumkur University, Tumkur.
2. Delegation fee for Post Conference can be sent through DD in favor ‘VYASA’, Bengaluru along with Registration Form, posted to the postal address mentioned at the back.
3. Students can avail 50% concession on production of attested College ID card during the registration process.
4. Registration fee includes Dormitory Accommodation, Food and Registration Kit. Delegates can book for twin shared accommodation by booking in advance & paying an extra tariff of ₹ 250 per day, the details of which hotels can be obtained from the conference website. For Post Conference Delgates the shared accommodation will be provided & for students dormitory.
Post - Conference Workshop
Post- Conference workshop will be held at S-VYASA campus located in a Naturally serene environment from November 29, 2012 to December 5, 2012.

Objectives
- To build awareness among faculty about the role of Yoga in Higher education
- To outline the Educational Philosophy
- To impart training in Indian ethos in Education
- To develop Yoga skills for appropriate Instructional Design and Delivery
- To review/ monitor and evaluate the intended outcome and
- To promote Research temperament

Intended Outcome
- Enhanced effectiveness in the Teaching – Learning process
- Better empowerment of students for personal, national and societal growth and
- Build a team of highly motivated, dedicated and empowered faculty

Indicative Contents
- Yoga Philosophy
- Yoga practices, Advanced Yoga techniques
- Total personality development – Memory development, Emotion culture through Yoga games
- Yoga education in traditional Gurukula system of teaching
- Teaching, Learning and Evaluation methods and
- Yoga and Education Research

CONFERENCE ORGANISING COMMITTEE

<table>
<thead>
<tr>
<th>S No</th>
<th>Committee</th>
<th>Tumkur University MEMBERS</th>
<th>S-VYASA Yoga University MEMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Treasurer</td>
<td>Sri Suresh B K</td>
<td>Sri H R Dayananda Swamy</td>
</tr>
<tr>
<td>2</td>
<td>Intl. Co-Ordinator</td>
<td></td>
<td>Dr Naveen K V</td>
</tr>
<tr>
<td>3</td>
<td>Scientific Committee</td>
<td>Dr Sharathchandra</td>
<td>Dr Naveen K V, Prof K Subrahmaniyam, Dr Manjunath N K, Dr Subramanya Pailoor</td>
</tr>
<tr>
<td>4</td>
<td>Hospitality</td>
<td>Sri Muniraj, Dr Suresh K C</td>
<td>Sri Shatrughan Singh</td>
</tr>
<tr>
<td>5</td>
<td>Publicity</td>
<td>Sri Venkat Reddy Rama Reddy, Sri Padmanabh K V</td>
<td>Sri Anil Kumar, Sri Ravi T</td>
</tr>
<tr>
<td>6</td>
<td>Publications</td>
<td>Dr Ramesh B</td>
<td>Dr Subramanya Pailoor, Sri Bharatheesha P</td>
</tr>
<tr>
<td>7</td>
<td>Public Relations</td>
<td>Dr Sreepad Bhat</td>
<td>Dr R Harish, Sri Anil Kumar, Sri Sathya Murthy</td>
</tr>
<tr>
<td>8</td>
<td>Cultural</td>
<td>Smt H Geetha Vasanth</td>
<td>Sri Subramanian A</td>
</tr>
<tr>
<td>9</td>
<td>Transport</td>
<td>Dr Basavaraj, Dr Vilas Kadrolkar, Dr Ashok Antony D’souza</td>
<td>Sri Mahadevappa, Sri Puttuswamy</td>
</tr>
<tr>
<td>10</td>
<td>Post Conference</td>
<td>.....</td>
<td>Sri Rabindra Acharya, Dr Balaram Pradhan</td>
</tr>
<tr>
<td>11</td>
<td>Email Correspondence</td>
<td>Dr Shivaling Swamy</td>
<td>Sri Ravi T</td>
</tr>
<tr>
<td>12</td>
<td>Website Management</td>
<td>Sri A Rupesh Kumar</td>
<td>.....</td>
</tr>
<tr>
<td>13</td>
<td>Venue &amp; Programme</td>
<td>Dr Lokesh M U</td>
<td>Dr Naveen K V</td>
</tr>
</tbody>
</table>
PATRONS

Prof S C Sharma
Hon’ble Vice-chancellor, Tumkur University, Tumkur

Prof H R Nagendra
Hon’ble Vice-chancellor, S-VYASA University, Bengaluru

Dr R Nagarathna
Dean, Division of Yoga & Life Sciences, S-VYASA University, Bengaluru

ORGANISING SECRETARIES

Prof D Shivalingaiah
Registrar, Tumkur University, Tumkur

Dr R Venkatram
Former Registrar, S-VYASA University, Bengaluru

JOINT-SECRETARIES

Dr M Jayaramu
Director, Departments of P.G. Studies, Tumkur University, Tumkur

Dr Sudheer Deshpande
Registrar, S-VYASA University, Bengaluru

Conference Office Tumkur University
Dr Parashurama K G
Chairman, Department of studies and research in social work
Tumkur University, Tumkur – 572 103

Mobile: +91 99004 12819, +91 81622 71924
Email: yogatumkuruniversity@rediffmail.com
Website: http://tumkuruniversity.in/index.php/icye2012

Conference Office S-VYASA Yoga University
Sri Anil Kumar Gajjala
#19, Eknath Bhavan, Gavipuram circle
K G Nagar, Bengaluru -560 019

Mob: +91 94834 67443;
Ph: +91 2263 9960/03/75 | Telefax: +91 80 2263 9905
Email: icye@svyasa.org
Website: http://www.svyasa.org/event/2012/icye.asp

Date: November 27-28, 2012