

## 22 ND BIENNIAL CONFERENCE -2023

### INTERNATIONAL SOCIETY OF COMPARITIVE PHYSICAL EDUCATION AND SPORT (ISCPES)

#### HOSTED BY

#### SPORTS AUTHORITY OF INDIA

#### LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION

#### REPORT ON PRECONFERENCE WORKSHOP ON YOGA FOR HEALTH AND WELLNES (31/10/2023)

#### INTRODUCTION

INTERNATIONAL SOCIETY OF COMPARITIVE PHYSICAL EDUCATION AND SPORT (ISCPES) and SAI-LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION under Ministry of Youth affairs and Sports, New Delhi is conducting 22<sup>nd</sup> Biennial Conference at Trivandrum, India from 1/11/2023 to 3/11/2023

ISCPES is a research and educational organization found in 1978 that aims to support , encourage and assist those seeking to initiate and strengthen research and teaching programs in comparative physical education and sport throughout the world. The scope of society's academic mandate is affected by members interests and research needs from all sub disciplines of sport sciences.

SAI- LNCPE, is a prestigious academic institute which aims to provide excellent facilities for the upliftment of Physical Education and Sports in the country and serving as a model institute for teacher training by offering undergraduate, post graduate , doctoral courses.

#### PRECONFERENCE WORKSHOP ON YOGA FOR HEALTH AND WELLNESS

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control (yoke) and still the mind, recognizing a detached witness-consciousness untouched by the mind (*Chitta*) and mundane suffering (*Duḥkha*). There is a wide variety of schools of yoga, practices, and goals] in Hinduism, Buddhism, and Jainism and traditional and modern yoga is practiced worldwide.

Preconference workshop on Yoga for health and wellness was conducted at the Indoor Stadium on October 31, 2023 under the leadership of eminent leaders in the field of Yoga.

| Time (IST)    | Workshops Theme  | Speakers   |
|---------------|--|--|
| 09.30 - 11.00 | Introduction to Classical Yoga Practices for Health & Wellness                                       | Sh Vinay Kumar Bharati,<br>Yoga Therapist, MDNIY, New Delhi                    |
| 11.00 - 11.30 |  |  |
| 11.30 - 13.00 | Yoga for Stress Management & Resilience  | Prof. Rajeev Chaudhary,<br>Professor, Pt Ravishankar Shukla University, Raipur |
| 14.00 - 15.30 | The mind-body connection in Yoga practices with special reference to Pranayama & Dhyana (Meditation) | Ms Madhu Khurana<br>Yoga Therapist, MDNIY, New Delhi                           |
| 16.00 - 17.30 | Role of Yoga for Sports Personnel  | Dr I.N. Acharya,<br>Programme Officer- Yoga Therapy                            |

Sh Vinay Kumar Bharati, Yoga Therapist, MDNIY, New Delhi started the session with the Omkar chanting, setting a mystic ambience, followed with various yoga postures. He further elucidated the importance of Pranayams , Vajrasanams with practical demonstrations .e gave an overview of history of Yoga.

Prof. Rajeev Chaudhary, Professor, Pt Ravishankar Shukla University, Raipur presented an interesting session on Yoga for stress management and resilience. He emphasised the crucial relationship between yoga, mental strength & stress relief. He briefly touched on topics : Nadis, Kundalini Yoga. He further enlightened the session with various ways of relieving stress in our daily life with yoga practices. He drew the attention to the cycle of physical body : birth –development –stagnation- deterioration- death

Ms Madhu Khurana ,Yoga Therapist, MDNIY, New Delhi focussed on the connection of mind body connection with special reference to Pranayama and meditation. It seeks the importance of breathing techniques , relaxation response and activating Vagus nerve. The importance of keeping Yogic mudra in relaxation techniques, monitoring f breathing pattern in Bhrumari Pranayama, Sheetal Pranayama were the major events of the session. “Keeping mind calm in every advert situations with Yoga”.

Dr I.N. Acharya, Programme Officer- Yoga Therapy, gave an interesting session on role of Yoga for sports personal. Keeping the body free from diseases is the primary objective of every athlete to show improvement in performance. Certain basic elements like Shatkarmas , Sukshmas and stula vyayamas , Asanas , Suryanamaskar can improve the performance. Keeping the mind calm and composed is the key for better performance.

#### **OUTCOME OF THE WORKSHOP**

14 International delegates , who are the torch bearers of Physical education all over the world attended the session. 112 Students also actively participated in the session.

The workshop truly put forward the essence of Yoga and how it can make a positive change in the physical education all over the world.

