

NATIONAL SEMINAR

Empowering the Current Age Adolescents
with
Special Reference to Health & Yoga

वर्तमान युग में किशोर
स्वास्थ्य और योग के विश्व मंच में
02nd & 03rd February, 2018



Sponsored By
DEPARTMENT OF HIGHER EDUCATION, U.P.



Organized By
Department of Home Science
H.N.D. Govt. Post Graduate College
Naini, Allahabad

Chief Patron :-
Secretary, Dept. Of Higher Education, U.P. Govt., Allahabad

In-Presence :-
Dr. H.P. Singh
Principal

Organizing Secretaries :-
Dr. Neta Singh, Assistant Professor, Home Sc.
Dr. Rajat Ansh, Assistant Professor, Home Sc.

Co-organizers :-
Dr. Sakshina Sarkar
Dr. Binodini Bhattacharya

About the College

Hansraj Nandan Bahuguna Post Graduate College, Naini, Allahabad was established by the Government of Uttar Pradesh in 1993. The College offers post graduate and undergraduate degree courses in Arts, Commerce and Science. It is situated in the industrial hub of Allahabad called Naini and is at a distance of around 12 kms from the railway station. It has a vast, vibrant campus and Progression facilities in a desirable academic ambience.

About Allahabad- City of Allahabad had golden history and has notable places which are worth visiting to feel the historical richness of the city. Sangam the confluence of three most pious river of India makes a unique and unparallel scene of beauty and splendor which most of the visitors do not fail to admire.

It is a centrally located place linked by road, air and rail with connectivity at 220 kms from Lucknow and 120kms from Varanasi.

Welcome to the Seminar

It gives us immense pleasure to invite you to participate in a National Seminar on "Empowering the current Age Adolescents with special Reference to Health and Yoga".

New and continuing challenges exist for adolescents in the post modern world. This generation faces health challenges coupled with economic challenges. Adolescent empowerment is very essential in today's context in India as there is rapid globalization and urbanization with breaking up of joint families and the traditional support system. This seminar strives to sensitise on various adolescent related issues especially nutrition and health, stress and behavioral problem, personality development and many more. Seminar will also give way for adolescents to develop critical thinking, build their self esteem, communicate effectively and solve problems in a cooperative way.

Call for Papers

Participants are requested to send their abstracts not exceeding 300 words in English or Hindi using Times New Roman font for English and Kruti Dev 010 font for Hindi with a Character size of 14 points and line spacing 1.5 on A4 size paper. The abstract containing title, author's name, affiliation contents and key words should be submitted by e-mail to seminar.naini2018@gmail.com on or before 20th January 2018. Two hard copies and one softcopy of the full paper must be provided to the organizers at the time of seminar otherwise it would be difficult to include it in the seminar proceedings-with ISBN.

Sub themes-

- Major health issues of adolescents.
- Yogic capacity building in adolescents.
- Role of media and society in adolescent empowerment.
- Empowering adolescents with life skills education.
- Role of meditation in solving stress and behavioral problems of adolescents.
- Safety and security related issues in adolescents.
- Social and Regional perspective on the status of adolescent girls.
- Empowerment through multi-cultural education.
- Youth empowerment programmes/ strategies.
- Role of literature in Adolescent empowerment.
- Music therapy and stress relief.
- Changing roles of youth in post independent India.
- Political participation and youth empowerment.





