



P.G. DEPARTMENT OF SANSKRIT
UTKAL UNIVERSITY, VANIVIHAR
BHUBANESWAR – 751004

International Seminar
Topic: “Yoga and Life Style Management”
Date: 5th & 6th February 2016

INVITATION

Now a day's lifestyle disease is increasing very fast in the world. The most accurate thought would be that people lead a hectic lifestyle with lack of daily routine. This condition is growing due to the wrong eating habits, passion for unhealthy food and lopsided sleep pattern. And also this condition is aggravated by the heavy Stress and lack of physical exercises. It is high time to look into the modern aspects of Yogic Science to change our life style. In this regard, the P.G. Department of Sanskrit, Utkal University is going to organize a two days International Seminar on the topic- **“Yoga and Life Style Management” on 5th & 6th February 2016.**

As you are an expert in this field, you are cordially invited to present a paper on any one of the following topics as mentioned below. Your active participation will help us for the success of the Seminar. A line of confirmation is highly solicited.

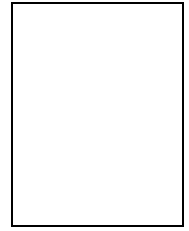
1. Yoga & Stress
2. Yoga & Food Habits
3. Yoga for Professionals
4. Yoga for the Students
5. Yoga for Women
6. Yoga for Old age
7. Yoga for Common People
8. Yoga for Sports Personnel
9. Yoga for Common Diseases
10. Yoga & Diabetes
11. Yoga for Drugs De-addiction
12. Other relevant topics not covered above

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***N.B. The alumni meet of the Yoga Programme will also be organized on this occasion.**

REGISTRATION FORM



1. Name :
2. Designation :
3. Organization/Institute :
4. Address :
5. Mobile No. :
6. E-Mail :
7. Date and Time of Arrival :
8. Title of the Paper :
9. Whether you need accommodation :

Date

Signature

N.B: Registration Fees- Rs. 500/-