



|| Yoga Karmashu Kaushalam ||



**Shree Hanuman Vyayam Prasarak Mandal, Amravati (M.S.) INDIA**

## 2<sup>nd</sup> INTERNATIONAL CONFERENCE ON YOGA FOR GLOBAL WELL-BEING

**Bridging the Gap Between Yogic Sciences and Diverse Communities**

**Workshop**

**3<sup>rd</sup> Feb 2023 to 4<sup>th</sup> Feb 2023**

**Conference and Yogasana Competition**

**5<sup>th</sup> Feb 2023 to 6<sup>th</sup> Feb 2023**

**Venue:- Business Centre, Dubai**

### **HOST ORGANIZATIONS**

**Shree Hanuman Vyayam Prasarak Mandal,  
Amravati, (MS) India**

**Degree College of Physical Education, Amravati, (MS) India**

### **PARTNERS ORGANIZATIONS:**

**Burhan Maharashtra Yoga Parisad  
Nehru Mahavidyalaya, Nerparsopant, Distt. Yavatmal**

### **Introduction:**

*Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today, more than ever the world needs to be in harmony and peace not just with the outer environment but also internally for a wholesome well-being of body, mind and soul. Hence experts from diverse communities representing physical education, elite sports, sport for all, management, social sciences, Medical Sciences and Neuro engineering are invited to discuss dimensions of Yogic Sciences and its applicability via research papers and symposiums at the international conference in the divinely scenic 'Pearl Nation'.*

### **Shree H. V. P Mandal, Amravati (M.S.), India**

*Established in 1914 - promotes traditional sports, games and physical culture of India. A voluntary, social, non-political and secular institute; managed with democratic principles. Recognized NGO by UNESCO ICH NGO- Forum, a member of ICSSPE and TAFISA among other national & international organizations. Proudly celebrating golden jubilee of its premier Degree College of Physical Education, Amravati in 2017-18. Also, focusing on Engineering, Technology and Sports Management through its College of Engineering & Technology, Amravati.*

## ***Degree College of Physical Education (D.C.P.E.), Amravati (M.S.), India***

*D.C.P.E. is a premier Multi-Faculty Autonomous College in Central India. Celebrated 50 years of excellence in the 2017, D.C.P.E. has emerged as one of the top institutes of choice among students from across India for Physical Education, Computer Application, Management, Commerce, Yogic Sciences faculties for graduation and post-graduation programs. Sports & Academics Infrastructure of 120 Acres in heart of the city.*

### ***Bruhan Maharashtra Yoga Parishad.***

*BMHYP is a registered and recognised by Sports council of Maharashtra Govt. and Maharashtra Olympic Association founded by a group of Yoga and Ayurveda experts of the Maharashtra in 1977. The purpose of foundation is to propagate Yoga in all district of Maharashtra through to organise National and State yoga conferences; competitions; run short term Yoga courses; Published yogic literature; deputed the office bearers to the National International Conference etc. Near about all the districts of Maharashtra are affiliated to BMHYP. 15 National and state Yoga Sammelan and 40 State Competitions are being organised up till.*

### ***Objectives of Conference & Competition***

- *Promotion of Yogic Sciences in Afro-Asian countries. Development of harmonic & peaceful relations among international communities.*
- *Developing inclination of young boys and girls across nationalities towards the mental and physical benefits of Yogic practices.*
- *Providing a platform to research scholars in the area of health, education, ayurveda, sports, naturopathy and allied disciplines.*
- *Promoting wellness tourism through Yoga across South- Asian nations.*

### ***Conference Theme***

***International Conference on Yoga  
For Global Well- Being  
Bridging the Gap Between Yogic  
Sciences & Diverse Communities***

### ***Sub Themes***

- *Application of yoga in education, sports and health.*
- *Role of yoga in reduction of crimes and de-addiction.*
- *Philosophical approach to yoga.*
- *Commercial practices in yoga. Yoga as therapeutic Modality.*
- *Global promotion of yoga.*
- *Psychosomatic problems & remedies through yoga.*
- *Naturopathy, Diet therapy and Ayurveda.*

### ***Call of Paper***

**International Educational Scientific Research Journal, International Indexed Journal | Multi-Disciplinary Refereed Research Journal, E-ISSN : 2455-295X Impact Factor Value : 5.391 (SJIF) Journal DOI 10.21276/2455-295X Peer-Reviewed Journal - Equivalent to UGC Approved Journal**

***Paper Submission on : [bmhyp.org@gmail.com](mailto:bmhyp.org@gmail.com)***

***Important Dates*** : Abstract Submission (300 words) 10<sup>th</sup> January 2023, Full Paper submit (4-5 pages) on before 15<sup>th</sup> January 2023  
Notification of acceptance within 2 days

***Those are interested to published the paper in Souvenir they pay only Rs 1000/-***

## Schedule :

### Workshop Program

3<sup>rd</sup> Feb 2023 and 4<sup>th</sup> Feb 2023

(Morning 9 am to 11 am)

Workshop on Pranayama, Meditation, Awakening Kundalini Chakras.

### Conference and Yogasana Competition & Malkhamb Demonstration

5<sup>th</sup> Feb 2023 Registration 9.00 am onwards, Inaugural Ceremony,  
Keynotes addresses, Parallel Sessions, Paper Presentation  
and Poster Presentation, Panel Discussion,  
Evening- Malkhamb Presentation & Cultural Program

6<sup>th</sup> Feb 2023 7.00 am to 12.00 pm.

Meditation Expert Lectures, Symposium , Paper Presentation.  
Prize Distribution and Valedictory Ceremony

### Registration

|                       | Upto 30/11/2022 | Upto 30/12/2022 | Spot Registration |
|-----------------------|-----------------|-----------------|-------------------|
| Conference Fee        | US \$ 80        | US \$ 100       | US \$ 120         |
| Workshop Fee          | US \$ 40        | US \$ 40        | US \$ 40          |
| Competition Entry Fee | US \$ 50        | US \$ 60        | US \$ 70          |
| Total Package         | Rs. 60,000/-    | Rs. 64,000/-    | ----              |



QR-CODE For Direct Payment

**Extra Rs. 2000/- Travelling Tax**

**Note:-** Only Tea & Snacks in Pre-Conference Workshop, Registration charges for conference & Competition Cover Conference Kit, Certificate and Medal for first 3 Position holders in each group. During the conference & competition Tea + Snacks

**Remark:** After the transfer to the payment, please confirm your payment within 3 days by expected Auto Generated Email within 3 Days or Contact Conference Secretary via email.

### Money Transfer

Please transfer the registration fee to below bank details;  
**Account Name: Burhan Maharashtra Yoga Parishad, Amravati**

| Bank Details    | International       |
|-----------------|---------------------|
| Bank Name       | Bank of Maharashtra |
| Type of Account | Saving Account      |
| Account No.     | 20095003193         |
| IFSC Code       | MAHB0000559         |
| MICR Code       | 444014559           |

### Patron:

**Padmashri, P.A. Vaidya**

Gen. Sec. H.V.P. Mandal, Amravati. (M.S.) India

**Dr. S.H. Deshpande**

Director, H.V.P. Mandal, Amravati. (M.S.) India

### Contact :

Conference Organizing Chairman:

**Dr. Arun Khodaskar**

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+91 9423623967

Conference Organizing Secretary:

**Shri Vishnu M. Raut (UAE)**

[raut@value.ae](mailto:raut@value.ae)

+971 526445110

Competition Director & Convener:

**Dr. Vasistha Khodaskar**

[v.khodaskar@gmail.com](mailto:v.khodaskar@gmail.com)

+ 91 7021776640

## **GUEST OF SPEAKER**

**Dr. M. M. Gharote, Lonavala, (M.S.) India**

**Dr. Jayashree Pendharkar, Nagpur, (M.S.) India**

**Dr. Sanjay Jadhav, Dubai, UAE**

**Dr. Lina Barot, Dubai, UAE**

**Dr. Prithvrajsingh R. Rajput, Amravati, M.S., India**

**Prof. Steve Elvis Thelermont, Seychelles**

**Miss. Indika Niranjala Devi Bulankumar, Srilanka**

**Dr. Suresh Bhandarkar, Mumbai, M.S., India**

**Shri. Vishnu Raut, Dubai, UAE**

**Dr. Namdeo G. Belsare, Amravati, M.S., India**

## **ADVISORY BOARD**

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**Shri. Ramchandra Patil**

**Shri. Jeevan Gadegaonkar**

**Shri. Nitin Chawale**

## Invitational International Yogasana Competition Syllabus of Afro-Asian Yoga Federation

### Sub Junior Group Boys & Girls (Age 8 to 14)



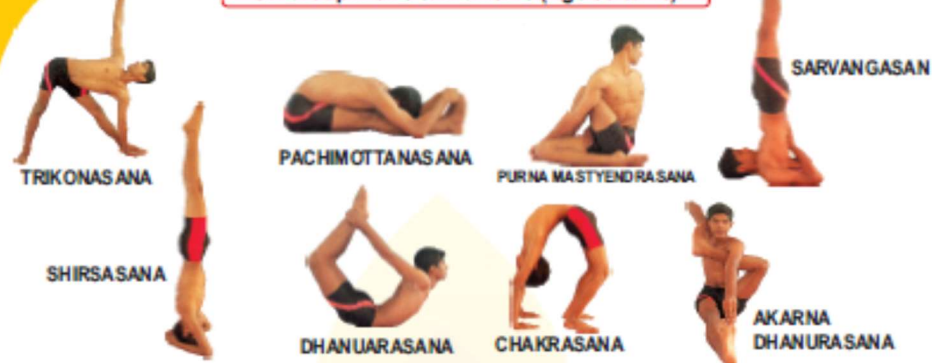
### Sub Junior Group Boys & Girls (Age 15 to 21)



### Sr. Group Men's & Women's (Age 22 to 35)



### Sr. Group Men's & Women's (Age 36 to 45)



### Sr. Group Men's & Women's (Age 46 & Above)



### Rules and Regulation of the Yogasana Competition:

1. The cut out date of birth of player will be stand on 30 June of the session of the competition.
2. Every player must 3 compulsory asanas according syllabus and every player must perform 2 optional asanas which must be out of syllabus of that particular group.
3. The Medical Fitness Certificate of the player is compulsory. Each player will submit Medical Fitness Certificate atleast from M.B.B.S. Doctor.
4. The male competitors will wear skin tight Sports Shirt and Shorts in the Yoga Competition and attractive costume.
5. The female competitors will wear skin tight Sports Shirt and Shorts / Gymnastics Costume and attractive costume.
6. The female competitors in the age groups of 22-35 years and above 35 years Yogasana Competition may wear tight track bottom and tight Sport Shirt during Yogasana Competition.

## Information of Registration and Other Links

| Particular  | Platform / Link   |
|---|---|
| <i>Paper Submission on</i>                            | <a href="mailto:bmhyp.org@gmail.com">bmhyp.org@gmail.com</a>  |
| <i>Format of the Paper</i>                            | <a href="https://docs.google.com/document/d/1OPejM87RYGUEXd4-NnQWoejA3D4RyLUR/edit?usp=sharing&amp;oid=100755277171454357892&amp;rtpof=true&amp;sd=true">https://docs.google.com/document/d/1OPejM87RYGUEXd4-NnQWoejA3D4RyLUR/edit?usp=sharing&amp;oid=100755277171454357892&amp;rtpof=true&amp;sd=true</a> |
| <i>Registration Link</i>                              | <a href="https://forms.gle/2o6VEQt67cboAuxv6">https://forms.gle/2o6VEQt67cboAuxv6</a>   |
| <i>WhatsApp Group Link</i>                            | <a href="https://chat.whatsapp.com/HCw6t7OZ0vu7KVKhPh4dre">https://chat.whatsapp.com/HCw6t7OZ0vu7KVKhPh4dre</a>   |
| <i>Important Dates</i>                                | Abstract Submission (300 words) 10 <sup>th</sup> January 2023, Notification of acceptance within 10 days  |
|   | Full Paper submit (4-5 pages) on before 15 <sup>th</sup> January 2023   |
| <i>1<sup>st</sup> International Conference Report</i> | <a href="https://drive.google.com/file/d/1Da9bFtAi0t1qQggwKbJVXJXaFLCch3Kb/view?usp=sharing">https://drive.google.com/file/d/1Da9bFtAi0t1qQggwKbJVXJXaFLCch3Kb/view?usp=sharing</a>   |

