

## CALL FOR ABSTRACTS/PAPERS

The last date of receiving the abstract (up to 300 words) is February 15, 2016. Full paper should also have to be submitted on or before February 17, 2016 to the Director of seminar on A4 size paper with one and half spacing, and font size 12, in both hard and soft copies. The abstract and full paper should be either in Hindi (Kruti Dev 010 font) or in English (Times New Roman font). Soft copy of the abstracts and full paper may also be submitted on nsjvbu@gmail.com. Selected free papers will be allowed for Poster presentation and the size of poster should not be exceed 75cm X 105cm.

## REGISTRATION FEE

Category	Before 15/02/2016	On Spot
Teachers/Professionals	Rs. 1000/-	Rs. 1200/-
Research Scholars	Rs. 500/-	Rs. 600/-
Students	Rs. 300/-	Rs. 400/-
Accompanying Person	Rs. 700/-	Rs. 900/-

The demand draft towards the registration fee should be drawn in the favors of the "Registrar", Jain Vishva Bharati Institute, Ladnun payable at SBI, SBBJ or OBC Ladnun branch and should reach along with duly filled registration form to the Director of seminar on or before February 15, 2016.

**The registration fee will include the boarding, lunch, dinner during seminar days and seminar material.**

**Only those abstracts will be included in the Book of Abstract which will be received on or before February 15, 2016 along with Demand Draft of the requisite registration fee. Registration will be confirmed only after getting the full paper on or before February 15, 2016.**

## THE CITY

Rajasthan is a magical land set amidst the desolate desert beauty. It is synonymous with romance and chivalry and is immensely rich in culture, history and natural beauty. Everything about Rajasthan fascinates from miles of golden stretches of sand to the kaleidoscope of magnificent forts, opulent palaces and marvellous havelies, each a splendid architectural creation having a legend of its own.

Ladnun is a Tehsil Headquarter in Nagaur District. It is the city of Jain Temples and one of the most visited pilgrim place of Jain community after Shri Mahaveerji. Ladnun is

famous for Jain Vishva Bharati University, Jain Temples of exquisite marble work, Old Dargah of Umarshah Peer and other old temples of pilgrimage and architectural importance.

This city is also famous for the birth place of sacred Jain Muni Acharya Tulsi. The excursions from Landnun within 40-45 kms are Dungar Balaji, Salasar Balaji Dham, Tirupati Balaji at Sujangarh. Ladnun is well connected by road from Delhi, Jaipur, Jodhpur, Bikaner, Ajmer and Ahmedabad and by rail services from Delhi via Ratangarh on the Delhi-Bikaner-Jodhpur route.

## PATRON

SAMANI CHARITRA PRAJNA  
Vice-Chancellor

## DIRECTOR

DR. Pradyumna Singh Shekhawat  
Head, Deptt. of Yoga and Science of Living

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Shri Alok Kumar Pandey, I/C Transport, 07877041776

## IMPORTANT DATES

Last date for submission of abstract and advance registration form : **15 February, 2016**  
Last date for full paper submission: **17 February, 2016**

## FOR ANY FURTHER ENQUIRY PLEASE CONTACT

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# NATIONAL SEMINAR

ON

## Yoga and Naturopathy for Managing Psycho-Somatic Disorders

**February 20-22, 2016**



Organized by  
**DEPARTMENT OF YOGA AND  
SCIENCE OF LIVING**

Sponsored by  
**Dept. of AYUSH**

**Jain Vishva Bharati Institute**

(Deemed University u/s 3 of the UGC Act, 1956)

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## THE INSTITUTE

Jain Vishva Bharati Institute is committed to provide highest quality of educational services to the utmost satisfaction of the students and give them an opportunity to cultivate an integrated personality backed by spirituality and moral values. JVBI was established with the inspiration of late Gurudev Tulsi, a great seer, saint and scholar of the modern era. In 1991, Government of India notified JVBI as Deemed to be University under Section 3 of University Grants Commission Act, 1956. Late Gurudev Shri Tulsi remained its first constitutional Anushasta (moral and spiritual guidance) followed by Acharya Shri Mahaprajna as its second Anushasta. Acharya Mahashraman is its present Anushasta. The goal of the JVBI has been clearly spelt out in the Preamble of its Constitution (Memorandum and Articles of Association) which reads as under:

"The Jain Vishva Bharati Institute is an endeavour in the direction of putting into practice, promote and propagate the high ideals of Anekant, Ahimsa, Tolerance and Peaceful Co-existence for the weal of the mankind. We, the members of the Jain Vishva Bharati, therefore resolve to constitute and establish the said Institute of Advanced Studies, Research & Training in Jainology in the context of comparative studies in Indology, World Religions, Ahimsa and World Peace."

## THE CAMPUS

The Institute places a great importance to character building. Meditation practices are mandatory. Students are also encouraged to maintain high order of discipline. Even though the town is located in an arid zone, the campus is full of greenery with parks, peacocks and gardens. It is like an oasis in the middle of the desert. The environment is free from all kinds of pollution. The spiritual ambience of the campus provides a peaceful atmosphere of the traditional "Gurukul", and the environment is ideal for studies and research. The academic environment on the campus fosters self-discipline and commitment to cause.

The education offered is holistic in purpose and aims at an integrated development of the individual. The atmosphere of the campus promotes quality of life and commitment to higher values. The value based education system of the Institute is exemplary and it can be a role model particularly in this age of technology, that too when values are fast eroding.

## THE DEPARTMENT

The Department of Yoga and Science of Living is engaged in conducting two innovative and vocational two years Post-graduate Course, one year P.G. Diploma and three months Certificate Course based on Behavioral and Therapeutic approaches of Yoga and Naturopathy systems through the synthesis of spirituality and science. The aim of the department is to impart theoretical as well as practical knowledge of Science of living, Preksha Meditation and Yoga, so that one can achieve physical fitness, personality development, mental equilibrium and spiritual bliss along with the skills to treat human being suffering from turbulence, turmoil and toil.

The Department also provides the platform to the scholars for conducting research on Yoga and Meditation. The department is enriched with physiological and psychological laboratories equipped with modern computerized EEG, ECG and EMG machines, Semi Auto Analyzer, Bio-feedback machines, 8 channel Polyrite, Computerized Respiro-meter etc. as well as psychological tools, tests and instruments to assess and analyze the physiological and psychological effects of Yoga on different aspects of human behavior. The Department has been conducting Scientific research/Ph. D. programme on Science of Living, Preksha Meditation and Yoga. The thrust areas of research are: (a) Education, (b) Rehabilitation of Criminals, (c) Rehabilitation of Drug Abusers, (d) Health and (e) Sports, covering the variables of Personality, Intelligence, Creativity, Mental Health, Psychosomatic Health, Adjustment, Emotional States, Neurotic problems, Stress, insecurity feeling and Functions of CNS and ANS.

## THE SEMINAR

The lack of extensive and adequately funded public health services pushes large numbers of people to incur heavy out of pocket expenditures on services purchased from the private sector. Out of pocket expenditures arise even in public sector hospitals, since lack of medicines means that patients have to buy them. This results in a very high financial burden on families in case of severe illness. Thus there is a need of cost effective therapy system for the common man. In recent years, research has been intensified progressively on emerging health problems such as cardiovascular diseases, metabolic disorders (including diabetes mellitus), mental health problems, neurological disorders etc. Research on traditional therapies including Yoga and Naturopathy has been revived with a disease oriented approach. Attempts have been made to strengthen and streamline its therapeutic efficacy to meet the growing demands and needs of the society. All such endeavors are directed towards the national health policy which states and protects the health of common man. Thus the proposed topic is in the conformity of the declared priority areas of national health policy.

## OBJECTIVES OF THE SEMINAR

1. To discuss fundamental philosophical, psychological and physiological principles of Yoga and Naturopathy.
2. To discuss the Therapeutic efficacy of Yoga and Naturopathy.
3. To Identify the Mechanism of action for Yoga and Naturopathy.

## THRUST AREAS OF THE SEMINAR

Sub-titles or allied themes in which papers from contributors will be invited:

- Philosophy of yoga therapy & naturopathy
- Physiological basis of yoga therapy
- Psychological basis of yoga therapy
- Biochemistry of human health and yoga therapy
- Psycho-physiology of naturopathy
- Yogic lifestyle & psycho-somatic disorders
- Classified application of naturopathy