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The University of Burdwan



The University of Burdwan



*Celebrates*

**International Day of Yoga 2023**

**One Day National Level Lecture**

*on*

**Yoga For Healthy Living and  
Sustainable Well-Being in Context  
of NEP-2020**

**23<sup>rd</sup> August, 2023**



**Sponsored by**  
**Indian Council of Philosophical  
Research (ICPR), New Delhi**  
**Ministry of Education**  
**Government of India**

**Organized by**  
**Department of Education**  
**The University of Burdwan**

### About The University of Burdwan:

Burdwan University started on 15th June, 1960, with Sukumar Sen, an ICS, as its first Vice-chancellor. It was after the abolition of the *Zamindari* system in the fifties that Uday Chand Mahtab, the last representative of the Burdwan Raj, showed his magnanimity in leaving almost his entire property of Burdwan at the disposal of the state government. This, coupled with the initiative of the then Chief Minister of West Bengal, Dr. Bidhan Chandra Roy, facilitated the establishment of this university. Presently, the administrative works are mostly done at *Rajbati* (the palace of Barddhaman Maharaja) campus; on the other hand, academic activities center around the *Golapbag* campus mainly.

### About The Department of Education:

The journey of the Department of Education dates back to December 1976. The department imparts two parallel streams of Post Graduate courses viz. M.A. in Education and professional education awarding B.Ed. and M.Ed. degrees which are basically teachers' training programmes. B.Ed. programme has been running since the session 1977-78 and M.Ed. programme since the session 2008-09. M.A. in Education programme commenced from the session 2014-16. The department also offers Ph.D. in Education. The Department was erstwhile known as Institute of Science, when there was only one programme running, i.e. B.Ed. However, when the other courses started to be introduced, the name was changed to the Department of Education. And ever since, the department is running with excellence and looking forward to the brightest future.

### Location and Climate:

Geographically Barddhaman (erstwhile Burdwan) is 23.16° North and 87.54° East with a mean altitude of 30 meters, about 100 kilometers northwest of Kolkata. The nearest airport is Netaji Subhash International Airport at Dumdum, Kolkata which is about one and a half hours drive through Durgapur Express Highway (NH2). Bardhaman is well connected through rails and roads to almost all the parts of the country. Nearest Railway Station is Barddhaman which is about 2 kilometers away from the university.

Average temperature of the city during summer is 35° to 40° C & during winter is 18° to 22° C.

### About the One Day Lecture

It is a matter of great pride and much happiness that the Department of Education, The University of Burdwan, Golapbag, West Bengal is going to organize a One Day Lecture on **23<sup>rd</sup> August, 2023**, celebrating the **International Day of Yoga - 2023**.

### Theme

## "Yoga For Healthy Living and Sustainable Well-Being in Context of NEP-2020"

### Lectures

- **Yoga in Sufism in the View of NEP-2020** - Prof. Md. Sirajul Islam, Department of Philosophy & Comparative Religion, Vidya Bhavana (Institute of Humanities & Social Sciences), Visva-Bharati, Santiniketan, West Bengal, India
- **Ayurveda: Wellbeing and Yoga**- Prof. Samiran Mondal, Department of Physical Education, Visva-Bharati, Santiniketan, West Bengal, India
- **Yoga As an Aid to Tension Management** - Prof. Raghunath Ghosh, UGC-Emeritus Professor, ICSSR-Senior Fellow, Department of Philosophy, The University of North Bengal, West Bengal, India
- **Sustainable Well-Being in the Light of NEP-2020** - Prof. Santosh Kumar Pal, Department of Philosophy, The University of Burdwan, Golapbag, Purba Bardhaman, West Bengal, India

### About ICPR

The Indian Council of Philosophical Research (ICPR) set up by the Ministry of Education, Government of India, was registered as a society in March 1977 under the Societies Act, 1860, but it actually started functioning in July 1981 under the Chairmanship of Professor D.P. Chattopadhyaya.

### Target Group:

Students, Research Scholars, Teachers and anyone interested in Philosophy of Education, Physical Education and allied subjects.

### Mode:

Face-to-face (*Physical Mode*)

### Important Date:

**23<sup>rd</sup> August, 2023**

### About Registration:



**IDY-2023**

<https://forms.gle/uuGpuvKERHoDm6vGA>

- No Registration Fee
- First - come - first - serve basis
- No spot registration, prior Google form fill-up required

### Certification:

Certificate will be awarded at the **end of the programme to the registered participants for attending all the sessions.**