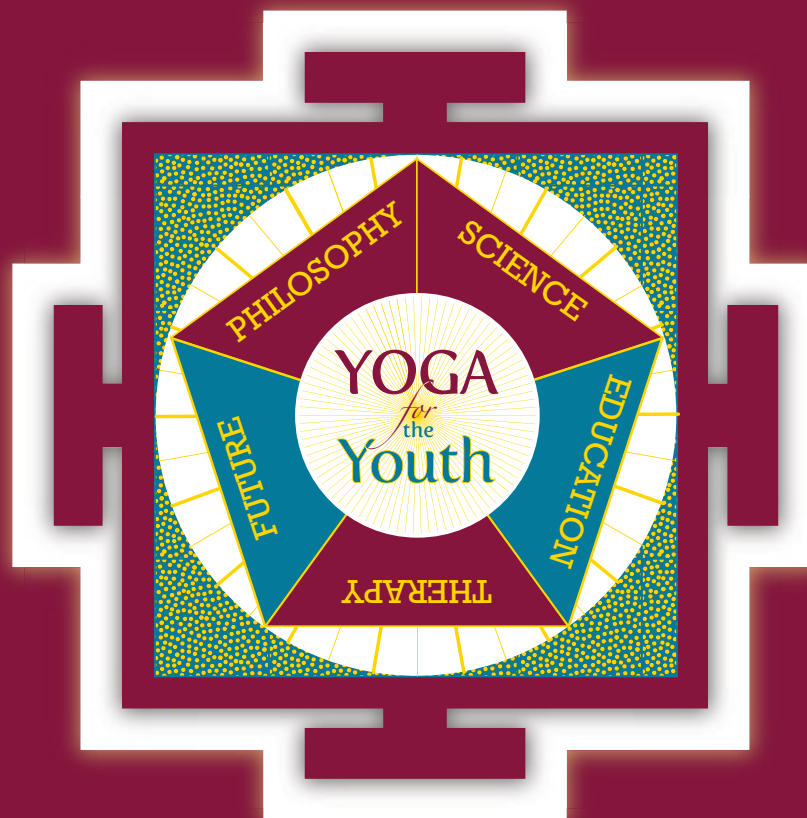


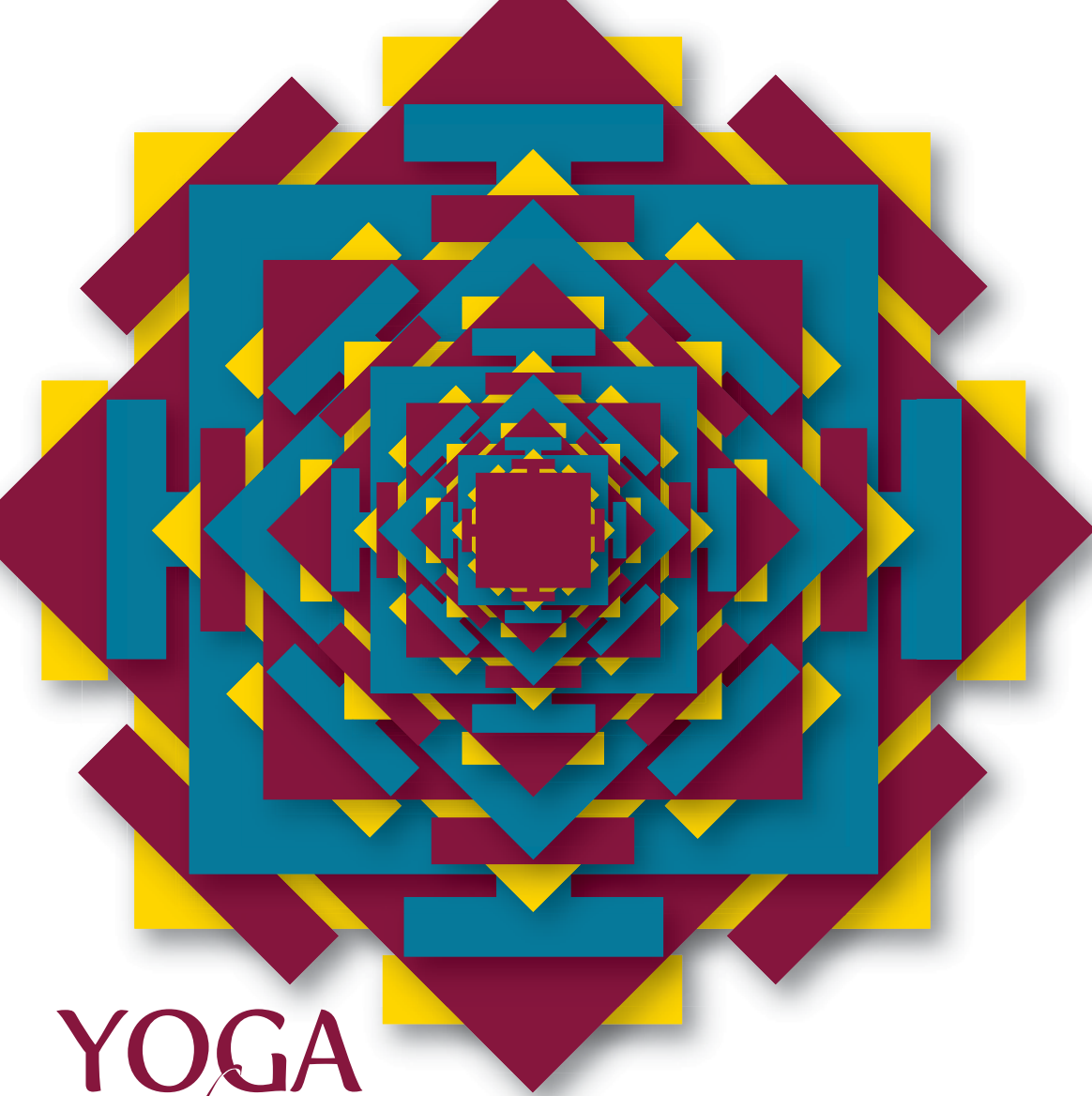
# 7<sup>th</sup> International Conference

27th – 30th Dec 2012



KAIVALYADHAM

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# YOGA *for* the Youth

*Thanks to Swamiji's vision and pioneering work in yoga research, we evidence today a worldwide Yoga Awareness and interest in the objective and applied aspects of yoga.*

SWAMI KUVALAYANANDAJI

( 30 Aug. 1883 - 18 Apr.1966)



## Our Homage to the Pioneer of Scientific Research in Yoga

We seek the Blessings of the Lord. May this endeavour of the 7th International Conference be charged with our dedication, enthusiasm and joy.



# Introduction

Yoga, the great science of lore, encompasses virtually all aspects of life and has been widely accepted as the most significant means of human well being. Yoga literally, means “Integration”. It aims at harmonizing the physical, mental, social and spiritual aspects of human beings, with a view to fully tap the higher states of consciousness for human evolution.

Great visionaries of India have perceived the relevance of yoga for modern times. Swami Kuvalayananda, the founder director of Kaivalyadhama, had envisioned yoga as the practical means for the social change. Swamiji, through his scientific studies in yoga, relentlessly strove to give scientific bases and simplicity to yoga practices so that they are accepted equally by a scientist and a layman. With this noble purpose Swamiji established Kaivalyadhama in 1924 in Lonavla, India. Swamiji also established a yoga college in order to disseminate cultural and therapeutic benefits of Yoga among the youth for their welfare and thereby contributing towards nation building.

India, the land of Rishi culture, has always nurtured its educational system based on global brotherhood, communal harmony and religious tolerance. History has testified that such an approach has enabled Indian culture - Yoga included - to continue to be perennially vibrant and a torch bearer to this date. Through one of his articles, Swami Kuvalayanandaji had even proposed a scientific tenet about tapping the great potentials of yoga towards combating violence.

While globalization, population explosion and IT revolution, have made the youth greatly responsive to the ongoing phenomena of change, the same has also exposed him to many an associated existential challenge. The need of the hour is to empower and prepare the youth by teaching him yogic means and methods. This will not only help them to meet the fresh challenges of modern life but also equip future generations with the means to transform themselves physically, mentally, socially and spiritually into a vibrant and an evolved race.

- We have a responsibility and an important task before us to join hands to explore yogic ways and means to empower the youth of today for a brighter tomorrow.
- We have to explore creative fronts to conceive and implement concrete action plans to channelize the energy and enthusiasm of the youth.
- We have a conviction that we can significantly help in realizing Swamiji's dream of empowering the entire humanity through Yoga.

# OBJECTIVE of the CONFERENCE

In this era of synergy, Kaivalyadhama, through this conference, solicits valuable contribution by one and all, towards empowering today's youth with the timeless Yogic legacy for brighter prospects for the entire humanity.

The conference expects in-depth deliberations towards refining our understanding of and acquiring an insight into the psycho-social and psycho-biological nature of the youth across the globe.

The conference helps to unleash the exuberance and energies of the youth into humanity oriented activities, as well as, his self-development, through Yogic means and methods. The conference also hopes to explore means and ways to empower the youth as regards his own latent potentialities through nurturing all creative endeavours and humane values, as well as, promoting inter communal, inter-religious and international harmony for a better living.

Exploring bases and applied aspects of yoga, ensuing all-round development of an individual – physical, intellectual, social, moral and spiritual – commensurates with the objectives of education as conceived by National Policy on Education (NPE). According to NPE (1986), Yoga has a profound role and positive content for one's personal development.



# CONFERENCE PROGRAMME

The inauguration of the Conference will take place on 27th December 2012 in the evening. Full day sessions will be held on the 28th, 29th and 30th December 2012.

## Language Medium of the Conference

The proceedings of the Conference will be conducted mainly in English, with a certain number of presentations in Hindi ,Marathi and Sanskrit. If there are a sufficient number of papers in other languages like French, Italian or Spanish, separate sessions for those respective languages could be arranged.

*The salient features of the program for the full day sessions include:*

**Plenary Session: address by eminent scholars**

**Practice oriented workshops to highlight different approaches and applications of Yogic practices**

**Paper presentation session for the three best papers selected for the Swami Kuvalayananda Award**

**Paper presentation and interactive sessions with the audience**

**Panel Discussions and Symposia**

**Poster presentation**

**Satsang**



# Yoga & Youth

## Classical & Contemporary perspectives:

- Classical literature of Yoga and the Youth welfare.
- Historic surveys, archaeological records and living traditions pertaining to the yogic endeavours, for the wellbeing of the youth.
- Understanding Phylogenetic, anthropological, Psycho-Physiological and Psycho-biological aspects of the youth in the context of the reported investigations into youth behaviour and the reported possible curative, promotive and developmental applications of Yoga.
- Understanding Cultural, Sociological and Psychosocial aspects of the youth in the context of the reported investigations into youth behaviour and the reported possible curative, promotive and developmental applications of Yoga .
- Relevance of various prevailing methods of Yoga ( e.g. Vinyasa , Kundalini, Ashtanga, Hatha, Iyengar etc ) , growing fads ( hot , nude, dogga etc ) and the need to demystify and streamline the understanding of Yoga. ( for panel discussion)

## Psychological Investigations

Curative, Promotive , Recuperative & Developmental aspects  
Drug Addiction – Prevention and Eradication  
Suicidal Tendency  
Counselling  
Stress Management  
Delinquency  
Psychosomatic Disorders  
Personality development, Emotional Intelligence & Spiritual Intelligence.

## Personality

Personality Development  
Human Resource Development  
Performance/Skill Development  
Positive Personality attributes & Creativity Enhancement  
Effective decision Making , Problem Solving & Motivation Building

## Social Change/Social Service

Inculcation of Rational/Scientific Attitude to Social Change  
Moral & Ethical Development in a social structure  
National Education Policy & Yoga  
Career opportunities  
Managing Corruption in public / civic life  
National Youth Programmes and National Integration  
Youth & Social Reforms  
Yoga, Youth and Ecology

## Scientific Surveys/ Research (basic & applied) highlighting the effects of Yogic interventions in Youth Development

Psycho-physiological investigations  
Biochemical Investigations  
Physical Education related Investigations  
Neuro-psychological Investigations

## Yoga, Youth and Health Management

Yoga and Positive health  
Yoga and Mental health  
Yoga and Psycho social health  
Yoga and Health Related Fitness  
Yoga and Socioeconomic determinants of health  
Yoga and Community health  
Yoga and Ecological implications of holistic health  
Yoga and Psychiatric and neurological disorders

## Yoga , Youth and Value Education

Yoga and Value inculcation  
Yoga and Nurturance of social values  
Yoga Education as Value education  
Yoga, Social transformation and value education  
Yoga and strategies for value based education  
Yoga , national character and value education  
Yoga and value based public life  
Yogic values and biographies of yogis  
Yoga , humane values and world peace

## Yoga, Youth : Classical and Contemporary Perspectives in the thought of :

Swami Kuvalayananda  
Swami Vivekananda  
Sri Aurobindo  
Mahatma Gandhi  
Western Thinkers/ Reformers/ Educationists

YOGA  
for  
the  
Youth



# CALL FOR PAPERS / POSTER PRESENTATIONS

## Deadline for Submission of Abstracts and Posters

1. ABSTRACT - (Up to 300 words) on or before 1st August 2012
2. FULL PAPER- (Up to 2000 words) on or before 30th October 2012

N.B. - Send Abstract and Full paper by postal or courier service. Soft copies to be emailed to: [info@kdham.com](mailto:info@kdham.com)

*Participants, presenting papers in languages other than English, are requested to send their papers along with the English translation.*

## Poster presentation

POSTER SIZE - 3' x 4'

PHOTO SIZE - 5" x 7"

SHORT POSTER TEXT - 18 pt. Helvetica.  
Contains introduction, method, result and summary, full colour

TITLE - 90 pt Helvetica

SUB-TITLE - 72 pt. Helvetica  
Authors with designation and address, departments, University.

BORDER - (1/2 inch)

PRESENTATION - Verbal, at poster site

LANGUAGE - Concise



## Note:

Student's concession is available for Past and Present students of Kaivalyadhama and students of Yoga in universities, schools and institutions of higher learning duly recognized by the Government of India. Students need to produce their I-Card for availing the student's concessional rates.

The registration fees entitles delegates to take part in all sessions, as well as, for Vegetarian food provided at venue -breakfast, tea, lunch and dinner from 27th to 30th December 2012.

## Payment modes:

1. Cheques / DDs should be drawn in favour of "Organising Secretary, 7th International Conference", payable at Lonavla.  
For out-station cheques please add Rs.50/- extra.
2. Electronic transfer through Indian Bank (within India ):  
**Bank:** Syndicate Bank, Lonavla Branch  
**Name :** 7th International Conference  
**Account No. :** 53262160000134  
**IFSC code:** SYNB0005326  
**Swift Code:** SYNBINBB 044 (International transfer)
3. You can also pay by using our on line payment gateway at [www.kdham.com](http://www.kdham.com)

## Cancellation Policy

Fees after deduction of bank charges are refundable until 30th October 2012 and 75% is refundable for cancellations before 30th November 2012. No refund is admissible for cancellations after 1st Dec 2012.

# Discount for Early Registrations

## Registrations received up to 1st August 2012

	INDIAN*	INTERNATIONAL#
Delegate fees	Rs. 3000	US \$ 250
Students with a valid ID	Rs. 2000	US \$ 200

## After 1st August and before 30th November

	INDIAN*	INTERNATIONAL#
Delegate fees	Rs. 3500	US \$ 300
Students with a valid ID	Rs. 2500	US \$ 250

## After 30th November 2012

	INDIAN*	INTERNATIONAL#
Delegate fees	Rs. 4000	US \$ 325
Students with a valid ID	Rs. 3000	US \$ 275

## Spot Registration:

	INDIAN*	INTERNATIONAL#
Delegate fees	Rs. 4500	US \$ 325

\* Fees include dormitory accommodation with meals.

# Fees includes twin sharing room accommodation with meals.

## Accommodation outside the Kaivalyadhama campus :

Those who desire to book special accommodation i.e. their own private room in Hotels in the vicinity of the institute may communicate with the Organizing Secretary.

HOTEL DUKES RETREAT	4 Star	Rs. 10,000/- per day per person.
HOTEL LIONS DEN	1 Star	Rs. 1250/-
HOTEL MAHARAJA INN	1 Star	Rs. 1250/-
HOTEL PUROHIT	2 Star	Rs. 2000

The above rates are subject to change.

100% advance for accommodation is to be sent along with the registration fees.

The institute is assisting in making reservations on behalf of the delegates. Cancellation and extension policies of the respective Hotels will have to be accepted by the delegates.

Check in at 12.00 noon on the 27th December, 2012 and check out at 10.00 a.m. on 31st December 2012.

Supported by



Department of Philosophy, University of Mumbai



Department of Higher and Technical Education,  
Government of Maharashtra



Indian Yoga Association



Lonavala Municipal Council



Yuva.. A Movement

7th INTERNATIONAL CONFERENCE on

## Yoga & the Youth: Classical and Contemporary Perspectives

December 27 – 30, 2012

Kaivalyadhama S.M.Y.M. Samiti  
Lonavla – 410 403 (India)

### Contact:

Mobile: + 91 (0) 8805375401

Telephone: + 91 (0) 2114 273001 / 276001 / 273039

Fax: + 91 (0) 2114 271983 / 277402

### Web

[www.kdham.com](http://www.kdham.com)

[info@kdham.com](mailto:info@kdham.com)

Design : [hello@ocdesigners.in](mailto:hello@ocdesigners.in)