

Who can join this Workshop?

- ◆ Yoga and Physical Education Teacher (School/College/University)
- ◆ Research Scholars
- ◆ PG Students
- ◆ UG Students

Pre-requisites:

In order to apply for participating in the workshop, applicants must have background knowledge and practice of Yoga. We shall give preference to Physical Education and Yoga background personnel.

Registration Fee:

Rs.200/- only

Important information:

- ◆ Number of seats for participation in the workshop is limited to 30 only (if the number of applicant crosses the seat limit, than the selection will be made as per the policy of selection).
- ◆ Certificate will be provided to participants after the completion of workshop.
- ◆ The workshop will be conducted in offline mode only.
- ◆ Participants are required to fill up and submitted the registration form in the Department (by hand or by e-mail; sanjibbhowmik@tripurauniv.ac.in) on or before 1st April 2022.
- ◆ List of selected candidates will be published on 3rd April, 2022.
- ◆ Lodging and boarding facility will not be provided available (participants have to arrange by themselves).
- ◆ For any other query please contact: 9436133322 (Dr. Sanjib Kumar Bhowmik, Organising Secretary).

ABOUT THE WORKSHOP

Pranayama, which literally means stretching or expansion of prana, the vital force, involves breath control and helps train and prepare the mind for concentration. Pranayamas are a great tool to cope with life's challenges and our innate emotions. It has ability to quickly enhance our energy, release stress, improve our mental clarity, and improve our physical health. This special workshop will go in-depth with how to become aware of ourselves and control our life force. We will experience deep inner joy as an after effect of the practices. Join this workshop and discover how to quickly increase your energy, release stress, improve your mental clarity, and physical health. You will learn how to make the practice of Pranayama your own or teach it to your students.

Objectives of the Workshop:

- ◆ To learn about definitions of Pranayama.
- ◆ To know the importance of Pranayama in our daily life.
- ◆ To Learn the types of Pranayama.
- ◆ Preparation for Pranayama (asanas & breathing)
- ◆ Sequencing of Pranayama
- ◆ Step by step practice of different pranayama, their benefits and contraindications & Interactive learning with Q&A
- ◆ Effect of pranayama on respiratory system.



7-Days National Level Workshop on Pranayama



6 -12 April, 2022



TRIPURA UNIVERSITY
A Central University
|| Pursuit of Excellence ||

Organized by: -

Department of Physical Education
Tripura University (A Central University)
Suryamaninagar, 799022

ABOUT THE DEPARTMENT

The Department of Physical Education established in the year 2011 with an objective to produce good leaders in the field of Physical education and preparing teachers for senior secondary level as well as professor/directors/sports officers in colleges, teacher educators in Colleges of Physical Education and University Departments of Physical Education. Master of Physical Education (M.P.Ed) is IV semesters Degree course.

In M.P.Ed, main thrust is to provide theoretical and critical understanding in professional and allied subjects. Here, aptitude for research is inculcated besides carrying out advanced studies in the realm of physical education. Students are also trained in a sport of their own choice both in practical and theoretical aspects of a sport under sports specialization. In order to make them a specialist for imparting advance coaching.



REGISTRATION FORM

*7-Days National Level Workshop on Pranayama
6-12 April, 2022*

*Organised by
Department of Physical Education
Tripura University (A Central University)*

REGISTRATION FORM

Participant's Name (Block Letter).....

Mother's Name:.....

Father's Name:.....

Occupation:

Institution's Name.....

Home Address

State.....Pin.....

Mobile Number.....

E-mail.....

*I promise to obey the rules of the workshop and
the university.*

*(Signature with date)
Participant*

DECLARATION

*I son/daughter/wife
of declare that
I am very much fit to undertake the practical
classes of this workshop from 6 to 12 April,
2022.*

*I am not suffering from any critical or contami-
nant disease.*

*(Signature with date)
Participant*

ORGANISING COMMITTEE

CHIEF PATRON

Prof. Ganga Prasad Prasain
Hon'ble Vice Chancellor
Tripura University

PATRON

Prof. Shyamal Das
Dean, Faculty of Arts and Commerce

CHAIRMAN

Prof. Prasanta Kumar Das
Head Department of Physical Education
Tripura University

ORGANISING SECRETARY

Dr. Sanjib Kumar Bhowmik
Assistant Professor
Department of Physical Education

JOINT ORG. SECRETARY

Dr. Sudip Das
Associate Professor
Department of Physical Education

JOINT ORG. SECRETARY

Dr. Krishnendu Dhar
Assistant Professor
Department of Physical Education