



11th-12th October 2022

TWO DAYS ONLINE
INTERDISCIPLINARY NATIONAL SEMINAR
ON

'SPORTS, LIFESTYLE AND WELL-BEING'



Organized by,

DEPARTMENT OF PSYCHOLOGY &
DEPARTMENT OF SPORTS AND CULTURE

WOMEN'S COLLEGE SAMASTIPUR

KASHIPUR SAMASTIPUR-848101 (BIHAR)
NAAC ACCREDITED GRADE 'B'



LALIT NARAYAN MITHILA UNIVERSITY
Accredited with 'B' Grade by NAAC



ABOUT WOMEN'S COLLEGE SAMASTIPUR

Women's College, Samastipur was established in 1956 by late Dr. Badri Narayan Singh. It is a leading government college which was initially set up as a Girl's tutorial college and imparted education up to the graduation level.

The mission of the institution was to ensure that the privilege of education reached the young women, especially those from the weaker sections of society. It was later converted into Women's College, Samastipur and was accorded its first affiliation in 1964 by the Bihar University, Muzaffarpur up to Degree standard. The College became a constituent unit under Lalit Narayan Mithila University, Kameshwar Nagar, Darbhanga in 1980.

At present the college offers honours courses in the faculties of Science, Social Science and Humanities. It is only center for women's higher education in the district and the oldest one in North Bihar. It got affiliation under the U.G.C Act, 2f in the year 1977.

ABOUT SEMINAR

The two days interdisciplinary seminar on "Sports, Lifestyle and Well-Being" intends to catch on the recent developments in the area of sports psychology, physical education and its association with the health and well-being of individuals. It gives an opportunity to focus and explore various links between the disciplines. The seminar also offers a platform to students, research scholars and academicians to meet virtually, share their ideas and discuss their understanding about the various themes of the seminar.

KEYNOTE SPEAKER



Prof. (Dr.) K. K. Debnath
Former Retired principal
HVPM Degree College of Physical
Education, Amravati Maharashtra



Dr. Sudhanshu Shekhar Roy
Special Advisor,
Sports Development Authority of Bihar



Prof. (Dr.) Abhimanyu Singh
Department of Physical Education &
General Secretary University Sports Board
Banaras Hindu University

SUB THEMES

- Sports and mental health
- Sports and physical health
- Physical activity and well-being
- Sports and youth development
- Physical activity and lifestyle diseases
- Sports and youth development
- Physical activity and lifestyle
- Sports and positive psychology
- Sports as a building block of personality
- Sports and emotion regulation
- Sports and Psychosocial development
- Yoga and well-being of individuals





AWARD

BEST PAPER AWARD FOR EACH SESSION WILL BE GIVEN



<https://forms.gle/d8Ps98c8HdBpfYGEA>

REGISTRATION FEE

Participants	Fee	Certificate
STUDENTS (UG & PG)	Rs 250/-	✓
OTHER MEMBERS	Rs 400/-	✓
RESEARCH SCHOLARS	Rs 500/-	✓
FACULTY MEMBERS	Rs 750/-	✓

Note: - Hard copy certificate will be posted at the address given on registration. (Approx. Time: Two weeks)

KINDLY SUBMIT YOUR ABSTRACT TO:

sportsseminar29Aug@gmail.com

Last date of abstract submission: you can submit your abstract on or before the 9th October 2022. Abstract should not exceed more than 250 words. You are also invited to present your original paper related with seminar themes. The content of the paper should be written in as per the APA guidelines.

SAMASTIPUR AT A GLANCE

Samastipur is a district in Bihar which is spread over an area of 2904 sq. kms. It is bounded on the north by the Bagmati River which separates it from Darbhanga district. On the west it is bordered by Vaishali and some part of Muzaffarpur district, on the south by the Ganges, while on its east it has Begusarai and some part of Khagaria district. The district headquarters is located at Samastipur.

Infrastructure wise Samastipur is very strong. It is the Divisional Headquarters of the East Central Railway (ECR). The district has direct train linkswith Patna, Kolkata, Delhi, Dhanbad, Jamshedpur and other places of importance. National Highway No. 28 passes through the district.

The people of Samastipur mainly speak Hindi. According to the 2011 census, Population Density in the District is 1465 per sq.km. and the total population is 4.25 million. The district comprises of 4 sub-divisions, and 20 Blocks. It has one Nagar Parishad(Samastipur) and two Nagar Panchayats (Dalsighsarai & Rosera).



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