



CENTRAL UNIVERSITY OF JAMMU
SCHOOL OF EDUCATION

(Pandit Madan Mohan Malviya National Mission on Teachers & Teaching)
(Department of Higher Education, MHRD, GOI)

Announces

ONE DAY WEBINAR

ON

YOGA FOR HOLISTIC HEALTH OF CHILDREN

30th JUNE, 2020

To be organized by

CENTRE FOR LEARNING AND PEDAGOGIC STUDIES,
School of Education (PMMMNTT, MHRD, GOI)

Central University of Jammu

Central University of Jammu has been established by the Central University Act, 2009 (Act No. 25 of 2009) read with the Central University (Amendment) Act, 2009. However the Central University of Jammu actually came into being on August, 08, 2011. The Campus of the Central University of Jammu is developing as “GRIHA 2 Star” Green Campus as per the norms and practices laid down by TERI green building ‘Design Evaluation System”. The University aspires to be a leading Centre of Higher Learning, integrating culture, skills, and technology, philosophy and value system of our heritage with modern and emerging concepts, skills and technology and management practices. The mission of the University is to impart education which in its breadth and scope represents the three main symbols in our logo; iridescent like the rising Sun, immortal as the Banyan Tree and infinite like the Sky. The University is committed to inculcate self-confidence; which when combined with disciplined study, leads to faith in one’s strength and conviction. So far, University has signed 10 National and 01 International MoUs. Furthermore, it has obtained membership of apex industry/ academic bodies such as United Nations Academic Impact, Confederation of Indian Industry, NHRDN, ISTD,ADITA,AIMA,ISTD, Jammu Chamber of Commerce and Industries, etc.

School of Education (PMMMNTT)

Pandit Madan Mohan Malviya National Mission on Teachers and Teaching Mission is envisaged to address comprehensively all issues related to teachers, teaching, teacher preparation and professional development. The Mission addresses, on the one hand, current and urgent issues such as supply of qualified teachers, attracting talent into teaching profession and raising the quality of teaching in schools and colleges. On the other, it is also envisaged that the Teacher Mission would pursue long term goal of building a strong professional cadre of teachers by setting Performance standards and creating top class institutional facilities for innovative teaching and professional development of teachers. The Mission focuses in a holistic manner dealing with the whole sector of education without fragmenting the programmes based on levels and sectors as school, higher, technical etc. It is considered that programmes dealing with teachers in all sectors and levels of education should grow and function in a mutually supportive manner. The Mission has several programmes envisaged under it and the Department of Education, Central University of Jammu has at its credit the sanction of School of Education

under Pandit Madan Mohan Malviya Mission on Teachers and Teaching (PMMMNTT), a national scheme of Ministry of Human Resource Development (MHRD). The School of Education under PMMMNTT) forms a vital foundation and support system for an integrated teacher education system. It offers varied academic programmes with a purpose to develop a meaningful network professionally trained teachers and administrators in school and higher education sectors. The School of Education is committed to provide a focused teacher education programme engaging teacher educators/scholars /professionals by organising comprehensive capacity building programmes. The activities of the School of Education as per the National Scheme are being organised through the following three Centres which are established as arms and wings of the School of Education.

- *Centre for Learning and Pedagogic Studies.*
- *Centre for Assessment and Evaluation.*
- *Centre for Teacher Resource and Academic Support.*

About the Centre for Learning and Pedagogic Studies

Centre for Learning & Pedagogic Studies established under the School of Education has been envisioned to be the '*Centre of Excellence*' functioning for research and innovation, capacity building of teachers, liaising with the national and international organization for informing and transforming the existing knowledge and practice in the area of learning and pedagogics. Since the inception of the School of Education in Central University of Jammu, the Centre has organized more than twenty three (23) programmes pertaining to different dimensions of its functioning including the launch of 4-Years Integrated B.A.-B.Ed. Programme.

About the Webinar

With educational institutions closed, children studying at home online, children are encountering immense stress and pressure in the present COVID 19 situation characterized by the stagnant procedural functioning and distancing. Their routine and life balance have gotten severely threatened. It is found to be challenging to limit the screen time of the children, encouragement for the physical activities and engagement in social activities. Without any unforeseeable future, it is hard not to start spiraling. It is trying times for the parents and for those who are responsible for the children in some manner of other such as teachers, caregivers etc. These are trying times and the responsibilities of those who are related to children are endless. Everyone is looking for

the ways and mechanisms through which the piling physical and mental stress in the children can get released and the coping skills amongst the children can be developed. In this type of situation, the ancient practice of Yoga can prove itself a complete combat and perfect solution through which children's physical and mental health can be promoted. Yoga, which can simply be defined as a positive life style, has the potential to keep children physically and mentally active and stress free. The practice of Yoga has long term health benefits and can help in holistic growth and development. Keeping this in the backdrop, the **objectives** of the webinar are as follows:

- *to deliberate on the specific problems and issues children facing during the Corona pandemic.*
- *to facilitate understanding of the participants on how the ancient practice of Yoga can be used creatively to promote:*
 - *physical health of the children &*
 - *mental health of the children**during the pandemic and post pandemic situations.*
- *to provide the requisite support to the participants in cultivating yogic life-style in the children for long term benefits.*

Registration

Target Population

Parents, school teachers, research scholars and other professionals functioning who invariably are supposed to deal with children can register for participation in the webinar.

Registration Procedure

- There is no Registration/presentation/Participation fee.
- Interested participants are requested to register through a Google Form link upto June 27, 2020.
- Only selected participants will be intimated through e-mail.
- The number of participants is restricted to 100.
- Only those candidates who can take part in the seminar with commitment to learn and co-learn are suggested to apply and get registered.

- E-Certificates will only be awarded to those who attend all the sessions of the workshop. The attendance will be monitored through the marking of attendance online via attendance links to be shared any time during the conduct of the sessions.

Patronage

- **Prof. Ashok Aima**, Vice Chancellor Central University of Jammu.

Co-Patronage

- **Dr. J. N. Baliya**, Programme Coordinator, School of Education (PMMMNMTT), Central University of Jammu.

Programme Coordination

Programme Cordinator

- **Dr. Kiran**, Seminar Convener and Coordinator of Centre for Learning and Pedagogic Studies, School of Education (PMMMNMTT), Central University of Jammu.

Coordination Core Team

- **Dr. Ritu Bakshi**, Coordinator, Centre for Assessment and Evaluation, School of Education (PMMMNMTT), Central University of Jammu.
- **Dr. Aman**, Co-Coordinator of Centre for Assessment and Evaluation, School of Education (PMMMNMTT), Central University of Jammu.
- **Dr. Asit Mantry**, Co-Coordinator, Centre for Teacher Resource and Academic Support, School of Education (PMMMNMTT), Central University of Jammu.
- **Dr. Ravi Vanguri**, Co-Coordinator, Centre for Learning and Pedagogic Studies School of Education (PMMMNMTT), Central University of Jammu.

Technical and Logistic Support Team

- **Mr. Rakesh**, LDC, Department of Educational Studies with additional charge of SoE (PMMMNMTT), Central University of Jammu.
- **Mr. Parveen Kumar**, Department of Educational Studies, Central University of Jammu.