

Registration Form

Name: Mr./Ms./Dr./Prof.....

Designation:.....

Phone: (Off./Mob).....

Email:.....

Address for Communication:
.....
.....

Title of the paper
.....

(The Registration form and the full paper should reach to the Convener on or before the date cited. On-the-spot registration is also available at the venue)

Convener & Organizing Secretary

All communications to the seminar shall be sent to the Convener/Organizing Secretary

Mrs. Divya S.R
(Asst. Professor, Dept. of Physical Education,
All Saints' College)

Email: divoyaraj.rajesh@gmail.com;
Mob.9544395466

Venue & Registration

The venue for the seminar is the Conference Hall in the college. Computer and power point presentation facility are available in the hall. All registered delegates will receive seminar materials, lunch and refreshments

Important Dates

Seminar announcement : 01-01-2014
Submission of full paper : 01-02-2014
Programme announcement : 07-02-2014
Registration : 01-02-2014

Resource Persons

Dr. K. Murugavel
(Professor and Director, Bharathiar University)
Dr. K. Suresh kuttu
(Asso. Prof, Kannur University)
Dr. Shylaja Mohan
(Asso. Prof. LNCPE. Tvm)
Dr. Manoj . T. I
(Assoc. Prof. College of Agriculture, Vellayani)
Dr. Razeena K I
(Asst. Prof. Iqbal College)
Dr. George Thomas
(Asso. Prof. St Xaviers College, Thumba)
Soni John
(Asst. Prof. Christ College Irinjalakuda)

Organizing Committee

Prof. Susan Edel Lopez
(Principal, All Saints' College)
Mrs. Margrette Leena. V
(Asst. Prof, All Saints' College)
Ms. Nayana Anand
(Asst. Prof, All Saints' College)

DEPARTMENT OF PHYSICAL EDUCATION



All Saints' College
Thiruvananthapuram, Kerala, India
(Accredited by NAAC)



Organizes
National Seminar
on
**Prevention of Life Style Diseases through
Participation in Physical Activities**
*in Commemoration with Golden Jubilee
Celebrations of the College*
10-11 February 2014



Sponsored by
University Grants Commission
New Delhi

Dear Sir/Madam

We have great pleasure to inform you that we are organizing a two day national seminar on 'Prevention of Life Style Diseases through Participation in Physical Activities' on 10 & 11 February 2014. We solicit your esteemed presence and active participation in the seminar to make it a grand success.

Prof. Susan Edel Lopez
Principal

Mrs. Divya SR
Convener

About the College

All Saints' College was established in 1964 by 'The Congregation of the Carmelite Religious Sisters' of Thiruvananthapuram to provide value-based education to girls of all castes and creeds. The college envisages a combination of excellence in education with a strong moral base. Moulding young women into conscious citizens of strong ethical values and financial independence through sustainable education is the chosen vision.

The Department of Physical Education was started with the inception of the college in 1964. The Physical Education Department's objective is to assist in developing students into a well adjusted individuals: physically, mentally, emotionally, and socially. Our programs produce well-rounded individuals through regularized activity, sportsmanship, positive social interaction and exemplifying ethical conduct.

The self-realization of the participants, with a strong emphasis on health and fitness, is integral to our mission. Our contribution to the overall educational experience is of importance.

About the Seminar

Lifestyle disease: A disease associated with the way a person or group of people live that potentially can be prevented by changes in diet, environment, and lifestyle. Lifestyle diseases include atherosclerosis, heart disease, and stroke; obesity and type 2 diabetes; and diseases associated with smoking, alcohol and drug abuse.

Around the world, diabetes, obesity and cardiovascular diseases are affecting the health and well-being of hundreds of millions of people. These diseases are no longer confined to the developed world as millions of people in developing countries are adopting a westernized lifestyle and are being affected by these diseases also. *Physical activity* is defined as any bodily movement produced by skeletal muscles that results in energy expenditure beyond resting expenditure. The benefits of physical activity are profound. It is widely recognized as a means for the primary prevention of chronic diseases as well as in patients' treatment and rehabilitation. Moreover, activity has beneficial effects on an individual's health and well-being. Regular physical activity using large muscle groups, such as walking, running, or swimming, produces cardiovascular adaptations that increase exercise capacity, endurance, and skeletal muscle strength.

Purpose

Exercise plays a very important role in making a man physically fit. In today's scenario, most youngsters lead a sedentary lifestyle, which is a major threat to the quality of life. This seminar aims at creating awareness among the young generation about the role of exercise and other physical activities in improving ones general health.

Focal Themes

- Diet , Nutrition , And Prevention of Chronic Diseases.
- Role of Exercise in Health and Diseases
- Power of Physical activity to prevent Diseases
- Aging and Preventive Health
- Youth, Sports, Lifestyle and Physical activity

Presentations

The seminar will include key note lectures by national experts and professionals in the field, presentations by invited speakers on the focal theme and presentations by academicians and research scholars.

Publication of Papers

Papers will be published on the proceedings of 'Prevention of Lifestyle diseases through participation in physical activities'.