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E-copies of outer jacket / contents page of the books, chapters and papers published along with ISBN number in national / international conference-proceedings

2021 – 2022

S. No	Name of the Author(s)	Designation	No. of Books/ Chapters / Papers
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2.	Dr.S.Sivasankar	Director of Physical Education	1
Total			2

INTERNATIONAL E-CONFERENCE ON Synthesis of Traditional Yoga and Modern Science: Solution for the current Pandemic

Date: 20 & 21 June, 2021

PROCEEDINGS

Dr. Ch. VST. SAIKUMAR
Dr. E. AMUDHAN
Dr. T. THANGAMANI



Yoga for Harmony & Peace



Sri Ramakrishna Mission Vidyalaya
Maruthi College of Physical Education

(An Autonomous College Re-accredited by NAAC,
Affiliated to the Tamil Nadu Physical Education & Sports University, Chennai)
Coimbatore - 641 020

International E-conference on Synthesis of Traditional Yoga and Modern Science: Solution for the current Pandemic

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**‘INTERNATIONAL E-CONFERENCE ON SYNTHESIS OF TRADITIONAL YOGA
AND MODERN SCIENCE: SOLUTION FOR THE CURRENT PANDEMIC’**



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HEALTH IMPACTS OF YOGASANA AND PRANAYAMA ON QUALITY OF LIFE – DURING PANDEMIC

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ABSTRACT

During this ongoing coronavirus pandemic, when we are all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety. The continuous flow of negative news, the inadequacy of daily resources, everything is adding to this growing anxiety and depression. Being confined at home and restrict our movements for such long periods of time, can be mentally challenging for us. When our mind is flooded with the uncertainty of the future, we often experience sleepless nights causing stress, fatigue and all ailments. Many of us are unable to relax our mind during this time thereby increasing the stress on our minds.

During this time, it is important to understand that mental health is very important for survival. To help with this growing level of anxiety and depression, we must lead a healthy lifestyle. Many ways is there to become physically fit but Yoga is only solution to overcome these all health problems. In this pandemic situation, healthy food and increase the immunity is the main remedy to overcome this situation. Regular practices of Yoga will increase the level of immunity. Yoga can reduce the stress, anxiety and mental toughness etc. during lockdown periods. Also it will increase the physical strength and mental strength. So during this pandemic situation we must practice yoga at home at least 30 minutes to one hour. If you love Yoga, yoga also loves to by giving Good physical health, mental health and social health etc. to you and your family.

INTRODUCTION

HEALTH:

WHO's definition: A state of complete physical, mental and social well-being, and not merely the absence of disease.

YOGA:

The word Yoga has been derived from the Sanskrit term 'Yuj' which means to join, or to unite, or to blind. Different authors give different meanings. We can say that the basic meaning of the word Yoga is union or merger. It is a union of spiritual nature. It is the true union of the so-called human beings' Jeevathma with the God Paramathma.

Patanjali's Second Sutra has only four words. They are: "Yogaha Citta Vritti Nirodhaha" They denote the following: • 'Citta' – Mind stuff • 'Vritti' – Mind's Movement or Oscillation • 'Nirodhaha' - Controlling Hence, Patanjali defines that Yoga is controlling or stilling the mind's movement. The word Yoga consists of five parts, Yogasanas, Pranayama, Mudras, Bhandas and Kriyas.

ASANAS

The third limb of yoga is the most important Yogic physical exercise in promoting the health and efficiency of the vital internal organs of our body. According to traditional belief, Lord Shiva is said to have demonstrated 84 lakhs of asanas, as many as are the living species, so as. However, a selective course of 15 to 20 asanas are enough to maintain or establish our perfect health.

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STUDY HABITS AMONG THE HIGHER SECONDARY SCHOOL STUDENTS DURING COVID-19 OUTBREAK IN COIMBATORE DISTRICT

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Introduction

India which has the second largest population in the world is the suffering severely from Covid-19 disease. In the Beginning, corona virus case in India happened due to the abroad Connection rather than transmission within the country. The first three infection cases occurred on 30th January and 3rd February in Kerala as the returned from Wuhan China. Within a month later on 3rd march, two more cases were reported when patient had a travel history from Italy which the other in Hyderabad and Dubai. To control thus spread the ministry of health and family welfare issued travel advisory restrictions pandemics such as SARS, Ebola, and bubonic plague, including the imposition of self-quarantine travelers entire the country. Places of religious gathering such as temples mosques and churches for corona virus transmission in India. Where religious tourism is high and community gatherings for celebrating festivals are huge. Agra, another popular hotspot for tourists including foreigners was potential cluster. First death due to corona virus in India was reported in Karnataka on 12 March. The Indian has announced a number of preventive measures to minimize the entry and spread of corona virus. Control rooms operational 24x7 to address queries has been launched. The Hon'ble Indian Prime Minister Narendra Modi has appealed to Indians to avoid mass gatherings. The Janata curfew was a pre-cursor to the nation-wide lockdown announced on 26th march 2020. All factories, schools, colleges, offices and transportation services have been closed, while essential services such as supermarkets and pharmacies remain open.

Covid-19 in Tamilnadu : Tamil Nadu reports first case of coronavirus patient quarantined in Chennai government hospital. A 45-year-old man tested positive for corona virus the first person in Tamil Nadu. During this session infection of virus increased. So, state will be decided to impose the lock down from march 31, 6 pm on Tuesday to prevent the spread of coronavirus and CRPC section 144 will be invoked. The largest single day spike (6993 cases) was reported on 27 July. Tamil Nadu now has the 5th highest number of confirmed cases in India. All 37 districts of the state are affected by the pandemic, with capital district Chennai being the worst affected. As per the Health Department, most of the patients are asymptomatic while most of deaths were among those with comorbidities. The initial surge in cases in the state was due to cluster linked to a Tablighi Jamaat religious congregation event that took place in Delhi, which caused a spike in April. Another large local cluster in Koyambedu of Chennai was identified in May 2020. The state government has responded to the outbreak by following a contact tracing, testing and surveillance mode. The state has 85 laboratories approved by India Council of Medical Research (ICMR), capable of conducting tests. The state has been under a lockdown since march which was relaxed to an extent from may onwards. The lockdown was further extended until June 30 with significant relaxations from 1 June 2020. The state has enforced a stricter lockdown in four majorly affected districts which includes Chennai and its three neighbouring districts.

Impact of covid-19 in education : The covid-19 pandemic has affected educational systems world-wide, leading to the near-total closures of the schools, universities and colleges. School closure impact not only students, teachers and families. But have far reaching economic and societal consequences. School closures in responds to the pandemic have shed light on various social and economic issues, including student debt, digital learning, food security and homelessness as well as access to child care, healthcare, housing internet and disability services. The impact was more severe for disadvantaged children and their families,