



## *Rajiv Gandhi National Institute of Youth Development*

(Institution of National Importance by the Act of Parliament No. 35/2012)  
Ministry of Youth Affairs & Sports, Government of India  
Sriperumbudur – 602 105, Tamil Nadu

&

## *Tamil Nadu Physical Education and Sports University*

Melakottaiyur, Chennai 600127

Organizes

## *Three-Days Orientation Program on “Sensitizing Youth Towards Quality of Life Through Indigenous and Modern Lifestyle Activities”*

Under the Scheme

*Programmes for Development of Youth through National Institutes /  
Central Universities / State Universities and Affiliated Colleges*

*Date: 21.02.2024 – 23.02.2024 (3 Days) – Offline Mode*

*Venue*

**Tamil Nadu Physical Education and Sports University, Chennai.**

## *Three-Days Orientation Program on “Sensitizing Youth Towards Quality of Life Through Indigenous and Modern Lifestyle Activities”*

### *Organizing Committee*

**Chief Patron**

**Dr. M. Sundar**

Vice-Chancellor, TNPESU

**Patron**

**Dr. I. Lilly Pushpam**

Registrar

**Organizing Secretary & Programme Coordinator**

**Dr. S. Selvalakshmi**

Associate Professor,  
Department of Yoga, TNPESU

**Registration Link**

<https://docs.google.com/forms>

**FREE  
REGISTRATION**

## ABOUT RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

The Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur, Tamil Nadu, is an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India. The RGNIYD was set up in 1993 under the Societies Registration Act, XXVII of 1975.

The RGNIYD functions as a vital resource centre with its multi-faceted functions of offering academic programmes at Post Graduate level encompassing various dimensions of youth development, engaging in seminal research in the vital areas of youth development and coordinating Training Programmes for state agencies and the officials of youth organisation, besides the Extension and Outreach initiatives across the country.

The Institute functions as a think-tank of the Ministry and premier organization of youth-related activities in the country. As the apex institute at the national level, it works in close cooperation with the NSS, NYKS and other youth organizations in the implementation of training programmes. The Institute is a nodal agency for training youth as a facilitator of youth development activities in rural, urban as also tribal areas.

The RGNIYD serves as a youth observatory and depository in the country thereby embarking on youth surveillance on youth-related issues.

## ABOUT TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

The Tamil Nadu Physical Education and Sports University established by an act of the government of Tamilnadu in 2004, is unique and the first of its kind in India as an affiliating university, exclusively for physical education and sports.

Vision: "To engage in relentless pursuit of excellence in the promotion and development of Physical Education and Sports through innovative programmes in teaching, coaching, research and outreach activities and evolve a holistic approach to the betterment of human resources through a harmonious blend of body, mind and spirit".

**Motto: "EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS"**

## ABOUT THE PROGRAMME

The three-day orientation program aims to sensitize youth to enhance their quality of life through a balanced blend of indigenous and modern lifestyle activities. Participants will explore the dimensions of well-being, understanding both traditional practices and modern challenges. Engaging sessions include expert talks on indigenous lifestyles, discussions on the impact of modern living, and practical applications for incorporating the best of both worlds. The program also emphasizes mindfulness practices, encourages personal goal setting, and promotes community engagement for a holistic approach to improved quality of life.

## OBJECTIVES OF THE PROGRAM

1. To create awareness among youth about the importance of a balanced and healthy lifestyle that integrates both indigenous and modern practices.
2. To explore and promote indigenous activities that contributes to physical, mental social emotional well-being and health.
3. To examine the role of indigenous dietary practices in promoting nutrition and overall health among youth.
4. To understand the social and cultural significance of indigenous activities and their potential contribution to community building.
5. To encourage the incorporation of sustainable and eco-friendly practices from indigenous traditions into modern lifestyles.
6. To identify and promote indigenous recreational activities that enhance both physical fitness and social interaction.
7. To provide opportunity to manage emotional health and stress in youth through indigenous and modern lifestyle activities.
8. To replicate the means of promoting mindfulness and its impact on mental well-being among youth.

## TARGET AUDIENCE

Student Youth

## KEY POINTS

- ▲ Last date for registration: 19/02/2024, 5.00 pm. (Google form)
- ▲ Free Registration
- ▲ The maximum number of seats allotted is 100 participants (First-cum First serve)
- ▲ Certificate will be provided for all the participants.
- ▲ The list of short-listed candidates will be announced on 20/02/ 2024.
- ▲ Refreshment and Working Lunch will be provided for all three days.
- ▲ The programme includes both Theory and Practical sessions.
- ▲ Dress code should be suitable for Educational Institution to undergo theory and practical sessions.

*Address for Communication*

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