

## UNIVERSITY OF MUMBAI



Re-accredited with 'A' Grade by NAAC

Seminar on

**SOCIAL HEALTH**

September 30, 2015

Organised by

Department of Physical Education

University of Mumbai

### UNIVERSITY OF MUMBAI

The University of Mumbai is one of the oldest and premier universities in India. It was established on 18<sup>th</sup> July 1857. It is one amongst the first three universities in India, including Calcutta and Madras. It has been **Re-Accredited with 'A' grade by NAAC** and University with **Potential for Excellence** award by UGC.

### ABOUT THE DEPARTMENT OF PHYSICAL EDUCATION

The Department of Physical Education was established in the year 2004. The Department conducts Post Graduate and Graduate degree, course as well as Doctorate in Physical Education.

### ABOUT THE SEMINAR

**Social health** is how you get along with other people, how other people react to you, and how you interact with society. It can be difficult for someone with autism to form relationships and make friends due to difficulties with **social** skills. It involves your ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings. Spouses, co-workers and acquaintances can all have healthy relationships with one another. Each of these relationships should include strong communication skills, empathy for others and a sense of accountability. In contrast, traits like being withdrawn, vindictive or selfish can have a negative impact on your social health. Overall, stress can be one of the most significant threats to a healthy relationship. Stress should be managed through proven techniques such as regular physical activity, deep breathing and positive self-talk. The social determinants of health (SDH) are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems.

## **THEME: SOCIAL HEALTH**

### **SUB-THEMES**

1. Social Health and Fitness.
2. Social Health and Technology.
3. Challenges in Building Relationships and Communication Skills
4. Research in Social Health
5. Social Health, Sports and Physical Education

### **OBJECTIVES OF THE SEMINAR**

1. To discuss the need, importance and processes of developing relationships, the challenges in maintaining relationships, overcoming the challenges and building communication skills.
2. To discuss the research findings and scope of further research in social health.
3. To discuss the role of sports and physical education in social health.

### **CALL FOR PAPERS-**

We welcome papers from teachers of various disciplines, teacher educators and researchers. The Abstract for the presentation should be approximately 250 words and full length papers 2500 words. The complete paper should be submitted before or on due date. **The abstract/paper should be sent by e-mail only. Accepted paper will be published in Souvenir.**

In case there is a joint paper, both participants have to register separately and both have to make it convenient to attend the seminar and make a joint presentation.

### **TARGET AUDIENCE**

The target groups are the student teachers, players, physical trainers, teachers, teacher educators, administrators, and others who are interested in how to improve physical, mental and social health in day today practice.

### **REGISTRATION FEES**

Registration fee: Rs.400/- (to be paid in cash).

Last date for Registration: September 25, 2015

### **Important Dates**

For abstract submission-20<sup>th</sup> September 2015

For full paper submission-25<sup>th</sup> September 2015

### **Format for Paper**

Page size	: A-4
Margin	: 1”Top, Bottom1.25”and1”Right
Line spacing	: 1.5
Alignment	: Justified
Font name	: Times New Roman
Font size	: 12 points
Title of the Paper	: Bold Style and Central Alignment
Font size	: 14 points
Author’s name	: Right Alignment below the Title of the Paper, Italic Style
References	:APA style only.

**The registration fee includes seminar kit, lunch, tea and snacks.**

**For details contact:**

Department of Physical Education, Sports Complex, Vidyanagari Campus, Kalina, Santacruz (E)  
Mumbai 400 098, Maharashtra.

Telephone: (O) 022-26530282

**Website:** - [www.mu.ac.in](http://www.mu.ac.in) E-mail- [seminarpe2015@gmail.com](mailto:seminarpe2015@gmail.com)

**Seminar Director**

Dr Sunita Magre I/c, Head ,Department of Physical Education, university of mumbai.

**Organizing Secretary**

Dr Vishwambhar Jadhav Assistant Professor, Department of Physical Education, University of Mumbai.  
Dr. Madhuri Sadgir Assistant Professor, Department of Physical Education, University of Mumbai.

**Advisory Committee**

Dr. S.R. Pandya Professor, Department of Education , University of Mumbai.  
Dr. Hemlata Chari Deputy Director, (Academic), IDOL, University of Mumbai.  
Dr. Vasanthi Kadhiravan, Professor, Department of Physical Education , University of Mumbai.  
Mr. Bapu Chougule, Assistant Professor, Department of Physical Education, University of Mumbai

**Organizing Committee**

Dr. Manohar Mane, Assistant Professor, Department of Physical Education, University of Mumbai  
Dr. Nilesh Lohar, Assistant Professor, Department of Physical Education, University of Mumbai  
Smt. Jasbir Kaur, Assistant Professor, Department of Physical Education, University of Mumbai

**Contact No. for Communication**

Dr Vishwambhar Jadhav : - 9833425189  
Dr. Madhuri Sadgir : - 9860955477  
Mr. Bapu Chougule. : - 9967711499  
Dr. Manohar Mane. : - 8692869995  
Dr. Nilesh Lohar. : - 9833924114  
Smt. Jasbir Kaur : - 9769344490

**Department of Physical Education**

**University of Mumbai**

**Seminar on**

**SOCIAL HEALTH**

**September 30, 2015**

**REGISTRATION FORM**

Name: \_\_\_\_\_

Institution: \_\_\_\_\_

Address of the Institution: \_\_\_\_\_

Qualifications: \_\_\_\_\_

Title of the paper:

-----  
-----  
-----

Telephone: (O)

(M)

Email ID: -----

Signature of the Participant

(Make photocopies if additional forms are required)