Regular physical activity is essential for a healthy life. Physically inactive people are almost twice as likely to develop coronary heart disease as people who engage in regular physical activity. Thus physical inactivity poses almost as much risk for heart disease as cigarette smoking, high blood pressure, or a high cholesterol level, but is more prevalent than any of these other risk factors. People with other risk factors for coronary heart disease, such as obesity and hypertension, may particularly benefit from physical activity. It also helps older adults remain independent and enhances the quality of life for people of all ages.

Seminar Programme Include But Not Limited To…

- Issues around physical activity
- Investigating
- Healthy Eating & Nutrition
- physical activity for well-being
- Event planning for Mass Participation
- Safety management during Physical Activity
- Research methods & Ethics
- Physical Activity & Health Promotion
- Promotion of Health Education
- Skills of critical examination, identifying assumptions
- What do the teachers need to do to put this idea into action?
- Yoga and Physical wellbeing
- Mental Health and Stress management
- Modern Trends & Approaches in health industry
How to Reach
The Department of Physical Education of Aligarh Muslim University is situated in Aligarh (UP). Aligarh is located on the main Delhi-Kolkata rail route at a distance of 135 km south-east of Delhi (Approximately two hours journey from Delhi). Aligarh is only 82 km from Agra and 60 km from Mathura (by road), two very famous places of historical interest and tourist attraction. The Aligarh Muslim University is a premier Central University with several faculties and maintained institutions and draws students from all corners of India as well as from abroad. The University Page 3 of 5 Campus is 3 km away from Aligarh Railway Station. The climate remains pleasant in the month of November.

Abstracts
Abstract of the empirical data based research papers typed in English, using times new roman font with a character size of 12 points with line spacing 1.5 cm on A4 size paper be submitted preferable through email at cpeamu@gmail.com must reach on before 10th November, 2015. The Abstract without registration will not be entertained.

Registration Fee

<table>
<thead>
<tr>
<th>Category</th>
<th>Rs. (INR)</th>
</tr>
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<tbody>
<tr>
<td>Delegates</td>
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<tr>
<td>Outstation*</td>
<td>1500/-</td>
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<td>Within Aligarh</td>
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<td>Students</td>
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<td>Within Aligarh</td>
<td>800/-</td>
</tr>
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</table>

*Accommodation will be arranged on payment of Rs. 300 per day on prior request and prior payment ten (10) days before.

Expected Participants
1. Breakfast, lunch and dinner on actual days of Seminar.
2. Seminar material
3. Identity Card.

Full Name: ___________________________ (Capital Letter)
Designation: ___________________________
College/University: ___________________
Address: _______________________________
Phone (O): ____________________________
(M): _________________________________
Email: ________________________________
Registration Fee enclosed: Yes   No
Presenting Paper: Yes   No
Name of the accompanying person: ___________________________
Relationship with the delegate: ___________________________
I am enclosing Demand Draft of Rs. _________________. No. ________________ Dated on ___________________________ in favour of Organizing Secretary of NSPPHHN, AMU, Aligarh payable at Aligarh.
Date: ___________________________ Place: ___________________________

Signature of the Delegate