



**ALAGAPPA UNIVERSITY**  
**KARAIKUDI**

**INCOFLEE - 09**

( A State University Estd. by the Govt. of Tamil Nadu )  
(Accredited with 'A' Grade by NAAC)

**BIRTH CENTENARY CELEBRATION OF VALLAL Dr. RM. ALAGAPPA CHETTIAR**

**INTERNATIONAL CONFERENCE ON  
EMERGING TRENDS IN FITNESS FOR LONGEVITY &  
EDUCATION FOR EMPOWERMENT**

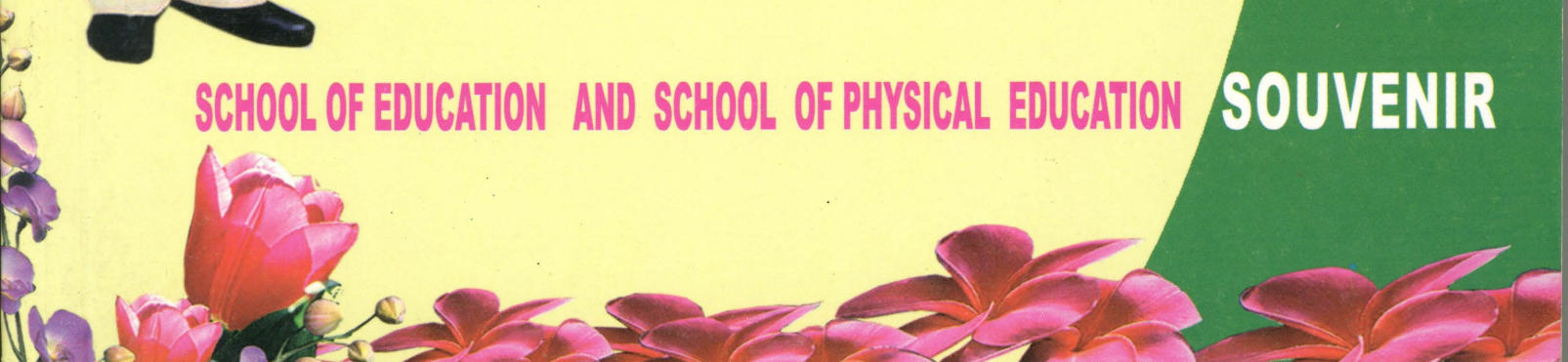


On  
**March 5<sup>th</sup> and 6<sup>th</sup> , 2009**

Venue

**L.C.T.L. PALANIAPPA CHETTIAR MEMORIAL AUDITORIUM,  
KARAIKUDI, TAMILNADU, INDIA**

**SCHOOL OF EDUCATION AND SCHOOL OF PHYSICAL EDUCATION SOUVENIR**

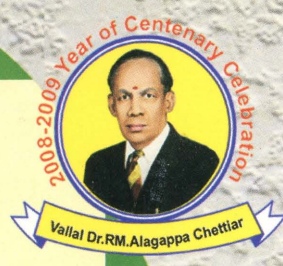






# ALAGAPPA UNIVERSITY

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## SCHOOL OF EDUCATION & SCHOOL OF PHYSICAL EDUCATION KARAIKUDI , TAMILNADU, SOUTH INDIA.

*Cordially invite you for the Inaugural Function of the*

### INTERNATIONAL CONFERENCE ON EMERGING TRENDS IN FITNESS FOR LONGEVITY & EDUCATION FOR EMPOWERMENT ( INCOFLEE - 09 )

*On Thursday, 5<sup>th</sup> march 2009 at 10.00 a.m. in the  
L.C.T.L. Palaniappa Chettiar Memorial Auditorium,  
Alagappa University, Karaikudi*

- Welcome Address : **Dr. E. ILAMATHIAN**  
Registrar, Alagappa University
- Thematic Introduction : **Dr.(Mrs) P. PREMA**  
Dean, Faculty of Education  
Chairperson, School of Education
- Dr.(Mrs) A. SHENBAGAVALLI**  
Chairperson  
School of Physical Education
- Presidential Address : **Prof. P. RAMASAMY**  
Vice - Chancellor  
Alagappa University
- Inaugural Address : **Dr. R. KARPAGA KUMARAVEL**  
Vice -Chancellor  
Madurai Kamaraj University
- Prof. S.K. VERMA**  
Dean, Sports Sciences  
Punjabi University, Patiala
- Felicitations : **OVERSEAS EXPERTS**
- Vote of Thanks : **Dr. C.R. VASANTHA**  
Principal, Alagappa University  
College of Education

**\*Dr.K.Balasubramanian, \*\*A.Ananthi**

\*Reader, DPE &HS, Alagappa University Karaikudi.

\*\*Lecturer, DIET, Kalayarakoil

Everyday the media bombards us with new information and medical evidence support the claims on the benefits associated with physical activity as it relates to aging. Our primary care physicians urge us to participate in some form of physical fitness. Baby Boomers are the fastest growing population. Soon, the largest segment of the Americans will be 65 and older. According to statistics from the National Institute on Aging, 60% of the adult population leads a sedentary lifestyle. The reasons for not exercising are many, but for older persons, fear of hurting oneself is the hardest obstacle to overcome. Becoming pro-active with exercising increases the odds of living a longer, healthier, happier and more active life.

### YOGA FOR GERIATRIC FITNESS

**\*Dr.PL.Balasubramanian, \*Mr.Josebaby Alappett , \*Mr.K.John Bosco**

\*Lecturer, Koviloor Andavar College of Physical Education, Koviloor.

Yoga is the process of reuniting our finite microcosmic individual self with the infinite, absolute, pure, macrocosmic consciousness, upgrading man to man, superman, Godman and ultimately to Godhood. It hold the key for self-enfoldment and self-improvement. Yoga affirms the ultimate unity of everything. Our senior population is growing rapidly as is their interest in leading active fitness. Geriatric yoga is a great option for many looking to restore their health to a more youthful state. Geriatric yoga has many benefits. With an improved flexibility and core strength, yoga offers excellent blood and tissue vigor as well enhanced balance. All these improvements combined makes yoga for geriatric a wonderful health fitness. In addition, many problems that occur with age can be avoided altogether if a geriatric yoga program is regularly engaged in. The common Geriatric health problems and suitable Asanas, Pranayamas and Kriyas are mentioned below: (I) Reduced Joint flexibility, Poor blood circulation - \*Pavanamuktasana \*Bujangasana \*Ardhasalabasana \*Akarnadhanurasana (II) Breathing difficulty- \*Kapal-bhathi \*Seetkari \*Anuloma-viloma (III) Stress related symptoms, Inability to sleep peacefully - \*Savasana (15 min) (IV) Vision Problem - \*Trataka Kriya (V) Lower Back Pain - \*Bujangasana \*Ardha-chakrasana Yoga can prevent their above mentioned senile problems and also to promote their longevity. In addition to health benefits, yoga offers a healthy environment for seniors.

### POSTNATAL FITNESS

**Mrs. Bhavani**, Ph.D Scholar, Department of Physical Education and Sports Science. Annamalai University

The Human body designed for action. The elongated muscle groups, tendons, and ligaments allow the arms and legs to engage in a wide variety of foot work and sport activities, while the brain coordinates delivery of blood, oxygen and fuel from the heart and lungs. All of the various systems of the body communicate with one another through chemical and nervous pathways to ensure a precise coordination of activity. Physical fitness is a condition in which an individual has sufficient energy and vitality to accomplish daily tasks and active recreational pursuits without undue fatigue. Meaning of the word of postnatal is occurring immediately after birth. The exercises for postnatal fitness for mothers after the delivery.