

# Sports Conclave

## SPORTS PLUS

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## Global Dialogue on Sports, Science and Social Well-Being

### Fourth International Conference: A Powerful Beginning of Holistic Thinking

With the objective of undertaking in-depth deliberation on contemporary issues related to physical education, sports science, yoga and social well-being, the B.P.C.A. College of Physical Education, Wadala (Mumbai) successfully organised the 4th International Conference and Global Conclave on 13 and 14 January 2026. The

conference went far beyond academic discussions and emerged as a global platform advocating a broader vision of building a healthy and balanced society.

In today's rapidly changing lifestyle, increasing physical inactivity, stress-related disorders, health challenges and social imbalance have made the role of physical education and sports

science more crucial than ever. Against this backdrop, the conference emphasised the integration of research, technology, yoga and social well-being. Experts, scholars and researchers from India and several other countries came together to exchange knowledge and experiences, marking a significant achievement of the conclave.

Strengthening national

and international collaboration, encouraging research, and highlighting holistic development through physical education were the key objectives of the conference. The deliberations provided new direction to the sports and health sector and laid a strong foundation for future policy-oriented initiatives.

### Inaugural Session: Thought, Inspiration and Direction

The inaugural ceremony of the Fourth International Conference and Global Conclave was held in a highly inspiring atmosphere. The conference was formally inaugurated in the presence of Prof. Dr. Ravindra D. Kulkarni, Vice-Chancellor of the University of Mumbai. The presence of eminent personalities from the academic and sports fraternity added special significance to the opening session.

The dais included Dr. A. K. Uppal (Former Vice-Chancellor, LNIPE, Gwalior), Dr. Young-Ki Lee (South Korea), Dr. Naoki Suzuki (Japan), Yogacharya Zdravko

Miklec (Croatia), and Prof. Natalia Solve (Argentina), along with several national and international experts. The institution's Secretary Mr. Deepak Shete was also present and extended his best wishes to the organisers.

Conference Convenor and Principal Dr. Ghanshyam K. Dhokrat delivered the welcome address, outlining the vision of the conference and emphasising that physical education, sports and yoga are powerful tools for holistic social development. The keynote speakers highlighted the need to promote social well-being through sports and physical education, setting a clear intellectual direction for the entire conference.

### Physical Education: The Foundation of Holistic Social Development

One of the central themes of the conference was to underline the interrelationship between physical education, sports science, yoga and social well-being. In an era dominated by technology and fast-paced lifestyles, declining physical activity and rising health concerns have expanded the scope of physical education beyond competitive sports, transforming it into an instrument of social change.

Experts stressed the need to make physical education an integral part of the education system. Regular exercise, sports participation and a strong sporting culture from an early age not only improve physical fitness but

also enhance mental strength, discipline, leadership qualities and social values. The discussions highlighted that sports can become a medium for health promotion, equality and social integration rather than being limited to winning competitions.

Another key focus was to provide new direction to sports and health through research, innovation and international collaboration. Participation of scholars from different countries brought a global perspective to physical education, reinforcing the message that it is an essential component of holistic human development.



## Exchange of Knowledge, Technology and Ideas

The first day of the conference featured keynote addresses and technical sessions focusing on physical education, sports science and social well-being. In his keynote speech, Dr. Young-Ki Lee from South Korea highlighted the importance of recreation and an active lifestyle in society, explaining the positive impact of physical activity and mental well-being on overall health.

Following this, Dr. A. K. Uppal discussed the growing role of technology in physical education and sports. He elaborated on the application of artificial intelligence,

digital tools and data-driven training methods in enhancing sports performance. This session offered participants a new vision for modern sports education.

Three parallel technical sessions were conducted on the first day. One hall hosted lectures by national and international experts, while researchers presented their research papers in the other two halls. These diverse discussions highlighted emerging trends in physical education and sports science, strengthening the intellectual foundation of the conference.

## Yoga, AI and Sports Science: Exploring New Opportunities

Special sessions focusing on the integration of yoga, artificial intelligence and sports science drew significant attention. Yogacharya Zdravko Miklec from Croatia explained the functional aspects of the air element and its importance in the human body, elaborating on the relationship between breathing, oxygen and physical performance.

Prof. Natalia Solve from Argentina discussed the physical, mental and social benefits of traditional yoga practices, emphasising

yoga as a balanced lifestyle solution for today's stressful environment. Experts also discussed how AI and modern technology can make training more personalised, safe and effective by analysing performance, reducing injury risks and improving training planning.

The sessions clearly demonstrated that the integration of traditional yoga practices with modern science can bring transformative change to physical education and sports.

## Research, Poster Presentations and Academic Interaction

Research presentations formed a major component of the conference. A total of 85 research papers on physical education, sports science, yoga and social well-being were presented by researchers from various Indian states and abroad. These presentations enabled in-depth discussion on contemporary issues from a research-based perspective.

Poster presentation sessions held on the college campus provided a platform for students and young researchers to showcase their work. The posters were evaluated by Dr. Shatrujanjay Kote and Dr. Shivam Mishra based on innovation, presentation skills and practical relevance, thereby encouraging academic excellence.

## Sports Science and Health Management: Injury, Doping and Ethical Sports

On the second day, discussions focused on sports science, health management and ethics. Dr. Naoki Suzuki from Japan spoke about future technological innovations in sports training. Dr. Shivam Mishra elaborated on the principles and practical applications of Ashtanga Yoga, while Dr. Anoop Krishnan addressed sports injuries, their

management and prevention. Dr. Kiran Kulkarni highlighted the consequences of doping in sports, stressing awareness about banned substances and ethical responsibility among athletes. These sessions emphasised the importance of balancing health, ethics and scientific training.

## Panel Discussion: Women, Society and New Perspectives in Sports

A thought-provoking panel discussion chaired by Dr. A. K. Uppal focused on inclusivity in physical education, sports and social well-being. Eleven national and international experts discussed policy planning, women's participation and social equality in sports.

The panel emphasised the need

for policy support, safe facilities and social change to enhance women's participation in sports. It was highlighted that sports can empower women by building confidence, leadership and self-reliance, while physical education should be inclusive for all age groups and abilities.

## Recognition of Research Excellence

To promote research quality and presentation skills, outstanding contributions were recognised. The Best Paper Presenter Award was conferred upon Harish Vaydande and Nilesh

Jalanawala, while Ashwini Manjrekar received the Best Poster Presentation Award. These recognitions boosted confidence among young researchers and inspired future academic pursuits.



## Resolutions, Valedictory Session and Future Direction

The conference concluded with strong resolutions and a positive outlook towards holistic health. It was unanimously resolved to make physical education compulsory at all levels

without gender discrimination, promote research and innovation in sports science, integrate AI for personalised training, and recognise yoga as an essential component of education and sports

science. Special emphasis was placed on increasing women's participation and promoting sports culture through media. The valedictory session, held in the presence of

Dr. Vu Hong Yen, reaffirmed the belief that the conference marked a significant step towards holistic human development and the creation of a healthy society.

## Recreation Education

# The Foundation of a Balanced, Empowered, and Cultured Society: Dr. Young Ki Lee

An international sports conference was organized at BPCA College of Physical Education in Wadala. This is an interview with the keynote speaker, the renowned Dr. Young Kee Lee from South Korea, conducted by Dr. Pandharinath Rokade and Dr. Prasad Kulkarni on the occasion of this conference...

**- How has the journey of recreation education developed at the international level?**

**Young Kee Lee:** In the early days, recreation was seen merely as a means of leisure or passing the time. However, in the last few decades, recreation education has gained recognition at the international level as an essential component of holistic education. Scholars from various countries have prominently highlighted the importance of recreation education for healthy, balanced, and cultured human development. In this process, policymakers, ministers, senior government officials, and even prime ministers were invited for special lectures to explain the social value of recreation education. Influential figures such as artists and cultural leaders were also involved to increase public awareness. Furthermore, emphasis was placed on developing trained and competent recreation leaders, thereby creating professionalism and sustainability in this field.

**- What challenges were faced in including recreation education in the national education system?**

**Young Kee Lee:** The biggest challenge was the misconception that 'recreation is merely entertainment'. It had to be consistently emphasized that true education is not only intellectual but also fosters moral, physical, and emotional development. Healthy recreation plays a crucial role in building public health and a robust social culture. That is why I have strongly advocated for the inclusion of



recreation education as a compulsory subject in primary, secondary, and higher education. Along with this, providing formal recreation training to teachers and social leaders is equally essential, as it directly impacts the well-being of future generations.

**Question:** How does recreation education make society healthier and more balanced? **Young Ki Lee:** Health is not merely the absence of disease, but a complete state of physical, mental, emotional, and social well-being. Recreational activities such as sports, games, and creative leisure enhance physical fitness, mental resilience, and social harmony. Through recreation, values such as cooperation, communication, and empathy are internalized. As a result, society becomes happier, more harmonious, and balanced.

**- How important is recreation education for mental health in today's fast-paced lifestyle?**

**Young Kee Lee:** Today's competitive, materialistic, and digital society is pushing many towards stress, value confusion, and

loneliness. Consequently, problems like depression, anxiety, and unfortunately, suicides are on the rise. Recreation education is an effective tool for stress relief, emotional healing, and building social connections. Including recreation education in mental health promotion policies is crucial, especially for youth and vulnerable groups.

**- What is the role of teacher training programs?**

**Young Kee Lee:** Teacher training is the backbone of recreation education. In many countries, recreation education is provided by accredited institutions, lifelong learning centers, or professional organizations. These trainings are recognized through credit systems by the Ministries of Education. When trained teachers apply this knowledge in the classroom, the impact of holistic education spreads throughout schools and society.

**- How should developing countries adopt global best practices?**

**Young Kee Lee:** Korea also faced economic difficulties at one

time. Even during that period, I said that recreation is even more necessary during difficult times. It builds self-confidence, leadership, communication skills, stress management, and self-expression. Investing in recreation education makes society more capable and resilient.

**- What is your message for governments and education authorities?**

**Young Kee Lee:** Firstly, recreation education should be mandatory in school education. Secondly, recreation is an effective medium for international friendship and world peace. The sports and leisure traditions of different countries should be preserved with respect. Thirdly, recreation education stimulates job creation and economic development. Fourthly, a strong recreational culture is essential for the leisure industry and sustainable tourism.

While observing the recreational activities at BPCA College, I was overwhelmed by the characteristics and richness of India's sports and leisure culture. Along with sports for the Olympics, recreation in daily life is equally important. My definition of recreation is: "An inclusive leisure activity that yields socially acceptable, constructive, educational, and creative results."

History tells us that societies with creative recreation flourish, while destructive recreation leads to the decline of society. Therefore, it is essential that the government promotes positive and responsible recreation at the national level.



## International Sports Conference

# Emphasizes the Need for Collective Efforts for a Robust Sports Culture : Sanjay Shete

Mumbai: The two-day International Sports Conference concluded successfully with great enthusiasm. The thought-provoking address by the chief speaker, Sanjay Shete, at the closing ceremony proved to be a guiding light for the attending athletes, coaches, researchers, and dignitaries from the sports field. He expressed his opinion that the conference, which was held successfully and on schedule on January 13th and 14th, was highly commendable in terms of its organization.

In his speech, Sanjay Shete clarified India's global standing, stating that while India is emerging as the world's fourth-largest economic power, which is certainly a matter of pride, we must accept the reality that we have not yet achieved the desired position in the global sports rankings. He firmly emphasized that to bridge this gap, collective efforts are necessary in sports management, training, science, and the process of developing athletes.

Speaking about the opportunities available to athletes from rural areas, he specifically praised organizations like BPS. He stated that holding international-level sports conferences in cities



like Mumbai allows colleges and athletes from rural areas to access world-class knowledge within the country. Otherwise, he pointed out, attending such conferences abroad would have cost lakhs of rupees.

Highlighting the legacy of traditional Indian knowledge, Sanjay Shete said that Indian exercise methods, dietetics, and education systems are extremely rich. Referring to the Ramayana and Mahabharata,

he reminded the audience of India's original sporting skills. He emphasized the need to integrate this traditional knowledge with modern science.

He clearly stated that merely practicing and discussing is not enough; our efforts must translate into medals at the Olympic, Asian, and Commonwealth Games. He appealed to the athletes to aim for winning medals and not be satisfied with mere participation.

He expressed confidence that the guidance provided by experts on modern subjects such as physical education, sports science, artificial intelligence (AI), and yoga at this conference would certainly be beneficial for the athletes. He also praised Principal Dhokar and his entire team for the successful organization of the event and concluded his speech by wishing all the athletes a bright future.





# A New Awakening in Physical Education and Social Health: Deepak Shete

In today's fast-paced and technology-driven lifestyle, physical health and social wellness are no longer just topics of discussion, but have become a necessity. With this objective, the fourth International Conference and Global Summit was organized by the Mumbai Physical Education Association (BPCA) and BPCA College of Physical Education. This event has written a new chapter in the field of physical education and sports science.



### Main Objective of the Conference

This international conference was primarily organized to have in-depth discussions on the subjects of physical education, sports science, and social welfare. The legacy of the BPCA institution is not limited to sports alone, but is dedicated to the dissemination of physical education, yoga, and holistic well-being. Since its inception, the institution has emphasized the three principles of academic excellence, professional development, and social responsibility.

### Exchange of Knowledge and a Global Platform

The highlight of this conference was the participation of international speakers, renowned educationists, researchers, and delegates. It was expressed with confidence that the research presentations and seminars on this platform would not only facilitate the exchange of academic ideas but also suggest practical solutions for teachers, trainers, and policymakers.

### The Fruit of Collective Efforts

No major undertaking can be successful without teamwork. The successful organization of this conference is the result of the tireless efforts of the organizing committee, core committee, faculty, and volunteers. Their dedicated spirit is a symbol of teamwork and excellence.

### Presence and Inspiration of Dignitaries

The conference was inaugurated in the presence of the Vice-Chancellor of Mumbai University, Dr. Ravindra D. Kulkarni. Former Vice-Chancellor of Jiwaji University, Gwalior, Dr. A.K. Uppal, and President of PEFI, Dr. Piyush Jain, were also present as esteemed guests. The guidance and vision of these dignitaries inspired the students and researchers present.



This conference is not merely an academic seminar, but a significant step towards creating a healthy, inclusive, and socially connected global community through the field of physical education and sports. The slogans of 'Jai Hind' and 'Jai BPCA' doubled the enthusiasm of the ceremony, and this conference will prove to be a milestone in shaping a healthy future generation.



# A New Direction for Global Health : BPCA International Conference

- Principal Dr. Ghanshyam K. Dhokar

Physical education and sports science are not limited to the playing field; they are fundamental pillars that lay the foundation for a healthy and sensitive society. Based on this broad perspective, BPCA College of Physical Education organized a grand international conference on the theme of 'Physical Education, Sports Science & Social Wellness'. This conference was not merely an academic platform, but a global intellectual confluence bringing together science and society, performance and objectives.

The greatest highlight of this conference was the participation of renowned international experts. Dr. Young Ki Lee from South Korea presented a global perspective as the keynote speaker. The presence of Dr. Naoki Suzuki from Japan, Prof. Natalia Solve from Argentina, Dr. Jadranko Mikulec from Croatia, and Dr. Shivam Mishra and Dr. Le Lam from Vietnam truly made this conference international. The participation of researchers from various countries strengthened global cooperation in the field of

sports science.

The visionary leadership of the Vice-Chancellor of Mumbai University, Dr. Ravindra D. Kulkarni, elevated this conference to new heights. His guidance provided inspiring strength to the academic endeavor. Policy makers and researchers also benefited from the experience of Dr. A. K. Uppal, a senior figure in the Indian physical education sector and President of PEFI.

A significant achievement of this conference was the publication of 'PESY' (International Journal of Physical Education, Sports



Management and Yogic Sciences), an international peer-reviewed journal. The publication of approximately 120 research articles from around the world in this journal in a short period reflects the scope and quality of research in this field. This ensured that the discussions held at the conference were documented in written form, guaranteeing their long-term usefulness. The social message behind this conference was clear—physical fitness, scientific research, and social welfare are the three integral pillars of a healthy society. Along with the exchange of

knowledge, this platform also served as a call to inspire the younger generation to create a more humane and healthy future.

This 'mega event,' realized through the tireless efforts of the BPCA institution's president, general secretary, organizing committee, professors, volunteers, and students, is set to become a milestone in the history of physical education. The conference, which began with the slogans of 'Jai Hind' and 'Jai BPCA,' has established new benchmarks on a global level.



# Revival of Scientific Knowledge of Yoga for Modern Life

## Reflections at an International Workshop in Mumbai

Mumbai: An international workshop on the topic 'Revival of Scientific Knowledge of Yoga for Modern Life' was successfully held at BPCA College of Physical Education in Wadala, Mumbai. The main objective of this initiative was to connect the philosophy of yoga, rooted in the Indian knowledge tradition of Yoga Sutras, Upanishads, and Bhagavad Gita, with modern lifestyles. Swami Amadio Bianchi, President of the European Yoga Federation, Dr. Shivam Mishra, Vice President of GLG Yoga Vietnam, and yoga expert Dr. Manmath Gharote guided the participants.

Swami Bianchi emphasized the importance of breath, self-reflection,

and mental balance, stating that yoga is an effective path to self-discovery. He said, "We can live without food for a few days; but not even for a few moments without breath. Yet we don't think about breathing." He explained that yoga draws our attention to introspective questions such as, 'Who am I? What is my contribution to this world? What will remain after me?' He noted that yoga is essential for peace and mental balance in Europe.

Dr. Shivam Mishra presented scientific demonstrations of various asanas, explaining the physiological and psychological aspects behind yoga practice. The exchange of experiences, discussions on best practices, and interactive sessions led to enthusiastic participation from the attendees.

The workshop was attended by dignitaries including Sanjay Shete, President of Bombay Physical and Cultural Association, Deepak Shete, Secretary, BPCA Principal Dr. Ghanshyam Dhokar, C.Y. Surya, Vice President of the International Yoga Federation Delhi, Mahesh Kumbhar, Secretary of the Mumbai Yoga Association, Ruchita Thakur, Secretary of Palghar Yogasana Sports Association, and Gorilli Cristina, Bastin Nialo Mattia, Leverato Denny, Glusi Lede from Italy, among others. The event saw a large attendance of educationists, yoga practitioners, physical education teachers, researchers, health experts, and students.

As part of the nationwide Surya

Namaskar campaign being implemented according to the recommendations of 'Yoga Asana Bharat', students presented an impressive demonstration of Surya Namaskar. This highlighted the practical and health-benefiting aspects of yoga.

This workshop was not limited to just asanas and pranayama, but provided a profound insight into how the philosophy of yoga offers solutions to the stress, mental instability, and confusion of values prevalent in modern life. This is considered an important step towards spreading the scientific and humanistic approach of yoga from the Indian knowledge tradition to the rest of the world.





# One-year Diploma in Table Tennis Coaching in Thane

**A concrete step towards professionalisation of coach education in collaboration with 'BPCA'**

Mumbai: Taking a significant step towards providing an educational framework for the quality of coaches in the Indian sports sector, the 'One-Year Diploma Course in Table Tennis Coaching' was launched at Boosters Table Tennis Academy, Thane. The course is being implemented by ReSpin Sports Systems Pvt Ltd in collaboration with Bombay Physical Culture Association (BPCA) College of Physical Education and is available for B.P.Ed students.

BPCA General Secretary Deepak Shete, Principal Dr. Ghanshyam Dhokar, Dr. Sushma Chogule, Dr. Bharti Dhokar (BMC School, Kurla) and senior table tennis coach Prabhakar Bharsakhle were present at the inaugural ceremony. The programme was moderated by

Chaitanya Udare, Co-founder of ReSpin. He explained the structure, objectives and future vision of the course. Co-founder Shailaja Gohad highlighted that the role of coaches is not limited to technical skills alone but is important in instilling values, discipline and personality in the players.

Principal Dr. Dhokar urged the students to strive for excellence and expressed hope that "one day a BPCA student will win the Dronacharya Award." Deepak Shete appreciated the collaboration between BPCA and ReSpin and expressed confidence that such educational initiatives will expand in the future.

The diploma will be completed in two semesters, comprising 24 credits and seven subjects in each semester. The curriculum covers table tennis

techniques, biomechanics, strokes, footwork, match play, strategy as well as anatomy, physiology, psychology, exercise science, table tennis-specific nutrition, rules and umpiring exam preparation. Online and offline classes will be conducted at Boosters Academy under the 'blended learning' model.

The students got a glimpse of how athletes from four age groups, from novice to elite youth, are developed through live demonstrations by Boosters Academy athletes. The demonstration was helpful in understanding the Long-Term Athlete Development model.

The faculty includes Shailaja Gohad (who has developed athletes like Commonwealth Gold Medalist and Arjuna Awardee Madhurika Patkar), Chaitanya Udare, and

Boosters Grassroots Head Akshay More, who has over 30 years of experience. The Sports Science department includes physiotherapist Nikhil Latte, who worked with Mary Kom at the 2012 Olympics, IOC certified nutritionist Apoorva Kumbakoni, international umpire Rohit Shinde, strength and conditioning coach Prachi Bhosale, and sports psychologist Rituja Khopkar.

Currently, 17 students have enrolled, with more expected to join. This initiative has the visionary objective of creating a sustainable pipeline of quality table tennis coaches in India by providing academic strength to coach education.

