BOMBAY PHYSICAL CULTURE ASSOCIATION'S

College of Physical Education

WADALA, MUMBAI – 400 031

ESTD. 1978

5TH INTERNATIONAL CONFERENCE – 2027

WISDOM × SCIENCE



MUMBAI · INDIA

PHYSICAL EDUCATION, SPORTS SCIENCE AND YOGA FOR HOLISTIC HEALTH, HUMAN PERFORMANCE AND GLOBAL WELLBEING

"Integrating Traditional Wisdom with Modern Scientific Approaches"

14-15 JANUARY 2027

In Association with IQAC of BPCA's College of Physical Education

Bharatiya Kreeda Mandir, Naigaon Cross Rd, Sahakar Nagar, Wadala, Mumbai, Maharashtra 400031, India

https://bpcacpe.ac.in

ABOUT THE ORGANIZER

WHO WE ARE

BPCA is situated in the heart of mega cosmopolitan Mumbai city, which is the state capital of Maharashtra. The college which has been established by the Bombay Physical Culture Association (popularly known as BPCA) in 1978, conducts various programmes in Physical Education & Sports viz. B.P.Ed, M.P.Ed & Ph. D as well as Certificate Courses in Fitness, Yoga & various games & sports. The College has been awarded **BEST COLLEGE AWARD** by the University of Mumbai for its Academic excellence. Ours is the only college in the state which has faced 4 cycles of assessment and accreditation by NAAC. BPCA CPE invites you to participate in this International Conference.

1978
Established by the Bombay Physical Culture Association (BPCA)

BEST
COLLEGE AWARD from the University of Mumbai for academic excellence

4×
cycles of assessment and accreditation by NAAC – the only college in the state to do so

B.P.Ed UG
M.P.Ed PG
Ph.D. DOCTORAL
plus Certificate Courses in Fitness, Yoga & various games & sports

ABOUT THE CONFERENCE

WHY THIS CONFERENCE

In the contemporary world, rising lifestyle-related health challenges, psychological stress and physical inactivity highlight the need for an integrated approach to health and wellbeing. Physical Education, Sports Science and Yoga provide complementary pathways to enhance physical fitness, mental resilience and overall human development.

The conference aims to bring together academicians, researchers, sports professionals, yoga practitioners, healthcare experts and students to share knowledge, explore scientific innovations and integrate traditional wisdom with modern science.

The conference seeks to promote:

- **Holistic health**
- **Excellence in human performance**
- **Sports for peace**
- **Healthy ageing**
- **Recreation**
- **Sustainable global wellbeing**

...through interdisciplinary research, international collaboration and knowledge exchange.

WELCOME MESSAGE

A WARM WELCOME

On behalf of the Organising Committee of B.P.C.A.'s College of Physical Education, Mumbai, we warmly welcome all distinguished guests, international delegates, academicians, researchers, sports scientists, yoga experts and students to the International Conference on "Physical Education, Sports Science and Yoga for Holistic Health, Human Performance and Global Wellbeing: Integrating Traditional Wisdom with Modern Scientific Approaches."

The conference provides a platform to integrate traditional yogic wisdom with modern scientific research, promoting holistic health, physical fitness, mental wellbeing and human performance.

We look forward to fruitful discussions, knowledge sharing, research collaborations and meaningful academic interactions. We sincerely thank all participants and collaborators and wish everyone a successful and enriching conference.

CONFERENCE THEME

HOLISTIC HEALTH, HUMAN PERFORMANCE AND GLOBAL WELLBEING

through the Integration of Physical Education, Sports Science and Yoga

The central theme highlights the interconnectedness of physical fitness, mental health, athletic excellence and social wellbeing. It encourages the integration of traditional yogic practices with contemporary scientific advancements to develop comprehensive approaches to human development and performance.

Join us in integrating the wisdom of tradition with the power of modern science to build a healthier, stronger and more harmonious world.

CONFERENCE RATIONALE

WHY IT MATTERS

The integration of Physical Education, Sports Science and Yoga is increasingly significant in addressing the multidimensional challenges of modern society. The conference emphasizes:

01 Promoting physical activity and healthy lifestyles across all age groups.

02 Enhancing athletic performance through scientific training and evidence-based practices.

03 Integrating Yoga and mindfulness into health, education and sports.

04 Strengthening mental health, emotional resilience and psychological wellbeing.

05 Encouraging inclusive, sustainable and globally relevant health practices.

06 Bridging the gap between traditional wisdom, scientific research and practical applications.

WHO SHOULD PARTICIPATE?

The conference welcomes:

- Academicians and faculty members
- Researchers and research scholars
- Physical education teachers and sports educators
- Sports scientists, coaches and fitness professionals
- Yoga teachers, practitioners and researchers
- Healthcare professionals and exercise specialists
- Sports administrators and policymakers
- Undergraduate and postgraduate students

HOLISTIC HEALTH

Physical, mental, emotional and social wellbeing

HUMAN PERFORMANCE

Scientific training, recovery and injury prevention

GLOBAL WELLBEING

Partnerships, inclusion and sustainable practices

OBJECTIVES OF THE CONFERENCE

NINE MISSIONS

01
Promote Holistic Health
Explore integrated approaches to physical, mental, emotional and social wellbeing through Physical Education, Sports Science and Yoga.

02
Advance Sports Science Research
Encourage evidence-based research and innovation in exercise physiology, biomechanics, sports psychology, sports nutrition and performance analysis.

03
Enhance Human Performance
Examine scientific training methodologies, performance optimization strategies, recovery techniques and injury prevention approaches.

04
Integrate Yoga with Modern Science
Investigate the role of traditional yogic practices, meditation, pranayama and mindfulness in health promotion and human performance.

05
Strengthen Physical Education
Promote innovative pedagogies, curriculum development, lifelong physical activity and health-oriented educational practices.

06
Promote Mental Health and Wellbeing
Explore strategies for stress management, emotional regulation, psychological resilience and burnout prevention.

07
Encourage Inclusive Participation
Address the needs of diverse populations, including children, older adults, persons with disabilities and individuals with specific health requirements.

08
Facilitate Global Collaboration
Establish academic, research and professional partnerships among institutions, researchers, sports organizations and yoga practitioners worldwide.

09
Support Sustainable Health Practices
Encourage community-based initiatives and policies that contribute to global health, social harmony and sustainable wellbeing.

CONFERENCE SUB-THEMES

FIVE TRACKS

1 Physical Education, Holistic Health and Lifelong Wellness

- Innovative Physical Education curriculum and pedagogy
- Physical literacy, fitness and lifelong physical activity
- Health promotion, inclusive education and active lifestyles

2 Sports Science, Human Performance and Technology

- Exercise physiology, sports biomechanics and performance analysis
- Scientific training, strength and conditioning and sports nutrition
- Sports technology, artificial intelligence, recovery and injury prevention

3 Yoga and Integrative Health

- Traditional yogic wisdom and modern scientific research
- Yogic practices such as Pranayama and Meditation for holistic health
- Stress management, rehabilitation and mental wellbeing

4 Sports Psychology, Exercise Medicine and Mental Wellbeing

- Psychological preparation, motivation and mental resilience
- Exercise prescription, disease prevention and health promotion
- Athlete wellbeing, burnout prevention and healthy ageing

5 Inclusive Sports, Social Wellness and Global Wellbeing

- Adapted physical activity, inclusive sports and disability participation
- Gender equality, social inclusion and community development
- Sports for peace, global health and sustainable wellbeing

CALL FOR PAPERS

YOUR RESEARCH. OUR STAGE.

Research scholars, academicians, professionals and students are invited to submit original research papers, review articles and innovative practices related to the conference theme and sub-themes. The conference aims to encourage meaningful academic dialogue, scientific innovation and collaborative efforts toward holistic health, enhanced human performance and global wellbeing.

25 DEC 2026
Last date for submission of Abstract

31 DEC 2026
Early bird registration ends

01 JAN 2027
Last date for submission of Full Paper

14-15 JAN 2027
The Conference

GUIDELINES FOR ABSTRACT & PAPER SUBMISSION

1. Abstracts must be in English with word limit 200 and should be sent in Microsoft Word format (not more than 3 pages).
2. Full paper should not exceed a word limit of 2000 words in Microsoft Word format.
3. The title (font size 14) should be in bold and in capital letters followed by Author's name(s) and affiliation (institute, city and country) in italics (font size 09).
4. Research papers must follow a prescribed pattern of writing: Introduction, Objectives, Methodology and Design of the study, Results, Discussion, Conclusion and Future Recommendations.
5. Abstract and paper should be in Times New Roman in A4 format (font size 10) margins of 1" on top, right, bottom and 1.5" as left margins.

Soft copy of abstract and full paper should be submitted within the stipulated date via email to: bpcacpemumbai.conference@gmail.com

CONFERENCE REGISTRATION

SECURE YOUR SEAT

DELEGATE International	DELEGATE Indian	STUDENT International	STUDENT Indian
EARLY BIRD · BEFORE 31 DEC 2026	EARLY BIRD · BEFORE 31 DEC 2026	EARLY BIRD · BEFORE 31 DEC 2026	EARLY BIRD · BEFORE 31 DEC 2026
USD 300	**Rs. 2000**	**USD 250**	**Rs. 1500**
AFTER 31 DEC 2026	AFTER 31 DEC 2026	AFTER 31 DEC 2026	AFTER 31 DEC 2026
USD 350	**Rs. 2500**	**USD 300**	**Rs. 2000**

Full Time Students (International & National) must provide proof of student status while submitting their Registration form & Payment. (Attested copy of Student's Identity Card or a letter from the college/Institution is compulsory)

REGISTER ONLINE

https://forms.gle/FZ5h6ZU3SpKihVSa9
Website: https://bpcacpe.ac.in

SCAN TO REGISTER

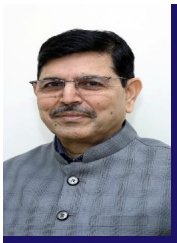
BANK DETAILS (NEFT-RTGS)

Account Name	International Conference, B.P.C. A's College of Physical Education
Account No.	09780210002322
Bank Name	UCO BANK
Branch	Wadala, Mumbai-31
IFSC Code	UCBA0000978
MICR Code	400028036

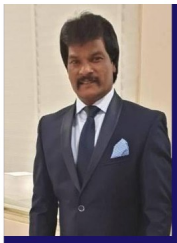
NOTE

1. Registration fees include Conference Kit, Breakfast, Lunch, Hi-Tea during Conference.
2. Registration fees of Indian delegates & students do not include accommodation & dinner during conference.
3. Registration fees of International delegates & Students include sharing accommodation & dinner during conference only.
4. Online registration is also available on hyperlink www.bpcacpe.ac.in
5. Full papers along with Abstract, Registration form, Fee details (screenshot of payment details) should reach Organizing Secretary through conference mail only.
6. All papers will be published in Reputed International Peer Reviewed and Refereed Journal by paying additional Rs.1000 for online & Rs.1500 for hard copy (Journal Copy with all papers).
7. Spot Registration is available with late fees.

GUESTS OF HONOUR



Prof. Ravindra D. Kulkarni
Hon'ble Vice-Chancellor, University of Mumbai



Padmashri Dhanraj Pillay
Recipient of Rajiv Gandhi Khel Ratna Award, Padma Shri Award, Arjun Award (Hockey)



Dr. Ajay Kumar Bansal
Dronacharya Awardee (Hockey)

EMINENT INTERNATIONAL SPEAKERS



Prof. Natalia Solvey
Director, Atmabodha Yoga Institute, Argentina

Traditional Asanas for dealing with Emotional and Cognitive Disturbance



Aurelie Garcia
Switzerland

Role of Yoga in Modern age of Gadgets and its benefits and hurdles



Eduardo Gianola
France

Seven Yoga Sutras for Work-Life Balance – A Dialogue between Psychology and Hatha Yoga



Katharina Meinhard
Germany

YOGA - Ancient Wisdom in Modern Life



Dr. Vu Hong Yen
Founder Yoga Song Khoe, Vietnam

Yoga for Mental Detox



Dr. Shivam Mishra
Vice President, GLG Yoga, Vietnam

Yoga Therapy for Sports Injuries



Dr. Nguyen Tra Giang
Professor, Bangkok Thonburi University, Thailand; Vice President, Vietnam Sport Science Association & Vietnam Chess Federation

Happy Chess: A Business-Supported Community Model for Health Promotion, Inclusive Education and Active Lifestyles

6
COUNTRIES, ONE CONFERENCE

EMINENT NATIONAL SPEAKERS

VOICES OF INDIA



Sr. Prof. Dr. Rajesh Kumar
IFPESSA & Dean, Faculty of Education, Osmania University, Hyderabad



Prof. (Dr.) Sandeep Chaudhary
Head, Department of Physical Education, Rohilkhand University



Dr. Manmath M. Gharote
Director, The Lonavala Yoga Institute, Lonavala, Pune



Sr. Prof. Dr. Arvind Malik
Dept. of Physical Education, Kurukshetra University, Haryana



Dr. Anil Karwande
Former Principal, IDC College of Physical Education, Nagpur



Prof. Sushma Ghildyal
Sr. Professor, Dept. of Physical Education, BHU, Varanasi



Prof. Dr. Nibu R Krishna
HOD, Dept. of Physical Education Pedagogy, LNIPE, Gwalior



Dr. Laishram Thambal Singh
Dept. of Physical Education & Sports Science, Manipur University



Dr. Nilima Deshpande
Sr. Athletics Coach – SAI



Prof. Dr. Shatrunjay Kote
MSM's College of Physical Education, Chhatrapati Sambhajinagar



Dr. Vishwambhar Jadhav
Assistant Professor, Dept. of Physical Education, University of Mumbai



Prof. Kavita Kholgade
Director of Sports and Physical Education, SNDT Women's University, Mumbai



Dr. Astha Pandey
Head – CoE – NSTS, National Forensic Sciences University, Gujarat

TRADITION × SCIENCE

Voices from across India, united to integrate the wisdom of tradition with the power of modern science.

ORGANIZING COMMITTEE

THE TEAM

PATRONS

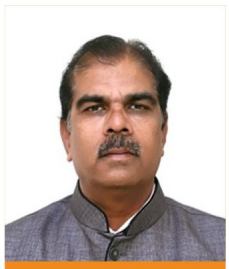


Shri Sanjay Shete
President, Bombay Physical Culture Association



Shri Deepak Shete
Gen. Secretary, Bombay Physical Culture Association

CORE COMMITTEE



I/C Prin. Prof. Dr. J. M. Hotkar
Convener



Prof. Dr. G. K. Dhokrat (OSD)
Co-Convener



Dr. N. O. Joshi
Organizing Secretary



Dr. S. N. Chougule
Jt. Organizing Secretary

COMMITTEES & CONVENERS

Registration Committee	Dr. M. A. Samant – **9869034588**
Scientific Committee (Oral Presentation)	Dr. N. O. Joshi – **9869507224** Dr. S. N. Chougule – **9321399480** Dr. K. K. Asai – **9271355707** Dr. K. J. Maru – **9869412807**
Catering Committee	Dr. R. C. Kawade – **9869540039** Dr. R. N. Shelke – **7021437635**
Transport Committee	Dr. R. N. Shelke – **7021437635** Dr. K. J. Maru – **9869412807**
Accommodation Committee	Dr. R. N. Shelke – **7021437635** Dr. R. C. Kawade – **9869540039**
Cultural Programme Committee	Dr. K. K. Asai – **9271355707** Dr. R. R. Dhakne – **9821316213**
Poster Presentation Committee	Dr. K. J. Maru – **9869412807** Dr. M. A. Samant – **9869034588**
Certificate Committee	Dr. R. C. Kawade – **9869540039**
Media Committee (Photos, Videos & Press news, Press Conference)	Dr. K. K. Asai – **9271355707**

FOR MORE INFORMATION

CONVENER
Prof. Dr. J. M. Hotkar
I/C Principal
8779869902

CO-CONVENER (OSD)
Prof. G. K. Dhokrat
9930295833

ORGANIZING SECRETARY
Dr. N. O. Joshi
9869507224

JT. ORGANIZING SECRETARY
Dr. S. N. Chougule
9321399480

B.P.C.A.'s COLLEGE OF PHYSICAL EDUCATION · WADALA, MUMBAI - 400 031

SEE YOU IN MUMBAI

14–15 JANUARY 2027

"Integrating Traditional Wisdom with Modern Scientific Approaches"

REGISTER NOW

https://forms.gle/FZ5h6ZU3SpKihVSa9

Website: https://bpcacpe.ac.in

Email: bpcacpemumbai.conference@gmail.com

SCAN TO REGISTER

Convener: Prof. Dr. J. M. Hotkar (I/C Principal) – 8779869902

Co-Convener (OSD): Prof. G. K. Dhokrat – 9930295833

Organizing Secretary: Dr. N. O. Joshi – 9869507224

Jt. Organizing Secretary: Dr. S. N. Chougule – 9321399480

5TH INTERNATIONAL CONFERENCE · 2027