



**One Day
Interdisciplinary International e-Conference
on**

**Role of Physical Activities,
Health and Fitness in Today's Crisis**

16th October, 2021

Jointly Organized by

IQAC and Department of Physical Education & Sports

**Mahatma Jyotiba Fule Mahavidyalaya,
Amravati, Maharashtra, India.**

**Late Dattatraya Pusadkar Arts College,
Nandgaon Peth, Amravati, Maharashtra, India.**

**Narayanrao Rana Mahavidyalaya,
Badnera, Amravati, Maharashtra, India.**

Invitation:

Dear Sir / Madam,

Mahatma Jyotiba Fule Mahavidyalaya, Amravati, Late Dattatraya Pusadkar Arts College, Nandgaon Peth, Amravati and Narayanrao Rana Mahavidyalaya, Badnera, Amravati, jointly organising one day **Interdisciplinary International e-Conference on “Role of Physical Activities, Health and Fitness in Today's Crisis”** to be held on 16 October 2021. We are pleased to invite you to register, participate and contribute high quality deliberation and make the event a success.

About Conference:

International e-Conference on **“Role of Physical Activities, Health and Fitness in Today's Crisis”** aims to bring together leading academic scientists, researchers and research scholars to exchange and share their experiences and research results on all aspects of Physical Exercises, Health and fitness. It also provides a premier interdisciplinary platform for researchers, practitioners and educators to present and discuss the most recent innovations, trends, and concerns as well as practical challenges encountered and solutions adopted in the fields of Physical Activities, Health and fitness.

Physical activity and exercise can be effective treatment strategies for symptoms of both depression and anxiety. Each day is now opportunity to engage in physical activity and exercise that can bring short and long-term benefits for mood, sleep, and physical health. Consistency and sustained motivation may be enhanced by peer support, family support, or electronic platforms offering exercise programs.

Theme : “Role of Physical Activities, Health and Fitness in Today's Crisis”

Sub Themes:

1. Yoga pranayama and breathing technique in music.
2. Role of music for mental fitness and health.
3. Role of Psychology in mental fitness and health.
4. Application of psychology in the field of physical education.
5. Obesity and weight control
6. Importance of sociology in sports.
7. Nutrition's and sports performance of students.
8. Contributions of other therapy like Reiki, Aerobics, Music, Yoga, Herbal treatment for Fitness.
9. Physical fitness, Nutrition's and sports performance.
10. Social impact of physical fitness on society.

Call for Research Paper / Articles:

- All Papers should be the original one and it should not be published in any manner before and after the e-conference.
- All Authors and co-authors should write the correct affiliation inside the paper.
- Research papers/articles for publication should be only in MS Office Word file format. (PDF format not accepted)
- Fonts for English, Times New Roman, Size-12
- It should be categorized in title Page (Title of paper, Name of Author, Designation, Name of the College, Email Address and Mobile Number), Abstract, Introduction, Methodology, Result of the study, Discussion of the Findings and Reference form.
- The selected papers will be published in **Research Nebula (J-Gate Indexed) An International Refereed, Peer Reviewed and Indexed Quarterly ISSN 2277-8071 with Impact Factor 7.399 (SJIF).**
- Please check Plagiarism policy on Research Nebula Journal website.

Paper Submission Guidelines:

The paper/ article should be sent through e-mail in prescribed format to shrikantmahulkar72@gmail.com on or before **12 October 2021** along with Certificate of Authorship/Originality form and screen-shot image of your payment transferred. Late papers will not be entertained. Paper will not be published without registration fee and certificate of Authorship/Originality form.

Registration Link: <https://forms.gle/9GkTBfQi96uLr8F39>

Telegram Link: <https://t.me/joinchat/nRXcXV3NrtJjZTNl>

Registration Fees:

Category	Registration	Research Papers Publication per Author*
Faculty / Delegates / Research Scholar / Students	FREE	INR 500/- \$ 10/-

* Note: Author & Co-Author has to register and fees payment separately. Fee is Non-refundable

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Kindly follow the details for online payment and kindly send the screen-shot image of your payment transferred on email - shrikantmahulkar72@gmail.com OR Telegram Link for confirmation.

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