



**BOMBAY PHYSICAL CULTURE ASSOCIATION'S
COLLEGE OF PHYSICAL EDUCATION,
WADALA, MUMBAI- 400 031. INDIA**



**ONE DAY INTERNATIONAL CONFERENCE ON
PHYSICAL EDUCATION, SPORTS SCIENCE AND HOLISTIC
APPROACH OF YOGA
ORGANISED ON
ON 15th JANUARY 2023**



Shri. Sanjay B. Shete
Chairman
B.P.C.A



Shri. Deepak B. Shete
Secretary
B.P.C.A



Prof.(Dr.) G.K. Dhokrat
Principal
B.P.C.A-C.P.E



Dr. R. R. Dhakne
Organizing-Secretary
B.P.C.A-C.P.E



Dr. J. M. Hotkar
Joint Organizing-Secretary
B.P.C.A-C.P.E



ABOUT THE CONFERENCE

It is a great pleasure to announce that BPCA's College of Physical Education is organizing one day international conference on 15th January, 2023. The theme of the conference is **“Physical Education, Sports Science and Holistic Approach of Yoga”**. On behalf of the organizing committee, we extend warm and cordial invitation to all the fraternities of Physical Education, Sports and Yoga Scholars for active participation. The prime goal of the organizing this International conference to provide the common platform for research scholars, academicians and coaches to share and discuss the recent advances in the field of Physical Education, Sports Science and Holistic Health.

In fact, the expression Physical Education originally means “education through the body”. It is using the work with the body as a strategy to reach the noblest goals of education: autonomy and ethics in our relationships with each other and the environment. It is necessary to remember that sports and gymnastics belong to the scope of Physical Education. Once there was a time when people said “it is not the winning itself but the competing nobly that really matters”, when the place where competitions took place was sacred and The respect between competitors was essential. Both Yoga and Physical Education in their origin use the body as a tool for developing attitudes and abilities that are important to achieve physical and mental health.

Health has become the most popular aspect of yoga today, which attracts the attention of the people everywhere in the world. Yoga and Health are both very broad terms. They can be interchangeable. Yoga is Health and Health is Yoga. Yoga is basically a way of life. It is related to every aspect i.e. – spiritual, Social, emotional, mental and physical. It is a system of self-improvement which has been cherished over thousands of years of its documented existence. This holistic approach leads to better health and eradication of physical and mental disorders. Yoga can best be defined as the science of maintaining a healthy mind in a healthy body and it has always been known as preventive therapy. Thus, Yoga is interested in leading a person from the experience of disturbance to the consciousness of equilibrium and tranquility. Body-mind-spirit integration is a fundamental tenet in yoga and therefore the approach of yoga is holistic.

ABOUT THE ORGANIZER

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 programs 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 recently awarded BEST COLLEGE AWARD by the University of Mumbai for its Academic excellence. At present, ours is the only college in the state which has been re-accredited by NAAC with 'A' Grade in 3 cycle of assessment and accreditation. BPCACPE invites you to participate in this International Conference on , “Physical Education, Sports Science and Holistic Approach of Yoga”

SUB THEMES/AREAS

- Wellness, Well-being and Quality of Life
- Society and Well-being
- Innovations & Legal aspects in Healthcare and Well-being
- Environment and Well-being
- Spirituality and Well-being
- Yoga, Meditation and Well-being
- Yoga Therapy for Sports Performance
- Scientific Exercise Prescription and Physical Fitness
- Sports Performance and Nutrition
- Sports Science, Training and Coaching
- Sports Management
- Importance of Physical Education

CALL FOR PAPERS (The organizing committee invites oral presentation on the above themes.)

- Abstract (upto 250 words) on or before 25th December, 2022
- Full paper (upto 2000 words) on or before 04th January, 2023
- Full paper should consist of following:

Abstract of paper in 250 words in English should include Name, Designation, Institutional Affiliation, Contact Details, Title, Aim, Objectives, Methodology, Result and Discussion of the study in Arial Font 11 and full Text in 12 Font and not more than 3 Pages in A4 size letter. Tables and Graphs must be in Black & White. The full paper should be sent on conference Email i.e. bpcacpemumbai.conference@gmail.com to the organizing secretary on or before 31st December 2022.

Full paper along with Abstract, Registration Form, Fees Details should reach organizing Secretary through conference Mail only.

Online Registration is also available on the above mention Email ID

REGISTRATION DETAILS:

Registration fees	Delegates		Students / Scholars	
	National	Internationa	National	Internationa
Early Bird Registration 30 th December 2022	3000	150 USD	2500	100 USD
Late Registration After 31 st December 2022	3500	200 USD	3000	150 USD

Full time students must provide proof of student while submitting their Registration form and payment.
(Attested copy of students Identity card or a letter from the college/ Institution)

NOTE

- 1) Registration Fees include Conference kit, Breakfast, Lunch & high tea.
- 2) Registration fee does not include Accommodation charges and dinner.
- 3) **Accommodation responsibility will not bared by Organizing Committee.**
- 4) Last date for submission of Abstract of paper is 25th Dec, 2022.
- 5) Last date for submission of full paper is 04th January, 2023.
- 6) Full papers along with Abstract, Registration form, Fee details should reach the Organizing Secretary through mail only.
- 7) Online registration also available on www.bpcacpemumbai.org
- 8) Registration fees does not include accommodation
- 9) **All the papers will be published in Reputed International Peer Reviewed Journal.**

ACCOUNT DETIALS FOR REGISTRATION

Name of Beneficiary: International Conference B.P.C.A

College of physical education

Account no. : 09780110043660

Bank Name : UCO Bank

Bank Branch : Wadala, Mumbai-31

IFSC : UCBA0000978

ORGANIZING COMMITTEE:

Chairman: Shri. Sanjay B. Shete

Conference Director: Prof. Dr. G.K. Dhokrat

Organizing Secretary: Dr. Rajendra R. Dhakne

Joint Organizing Secretary: Dr. Jaysing M. Hotkar

For Detail Contanct:

9930295833 / 9821316213 / 8779869902



ORGANIZING COMMITTEE

CHIEF PATRON

Hon'ble Shri Sanjay Shete (President, BPCA)



PATRONS

Hon'ble Shri Deepak Shete (Secretary, BPCA)

Dr. Manmath M Gharote (Director, The Lonavla Yoga Institute)



DIRECTOR

Prof. Dr. G.K. Dhokrat (Principal, BPCA CPE)



ORGANIZING SECRETARY

Dr. Rajendra R. Dhakne



JOINT ORGANIZING SECRETARY

Dr. Jaysing M. Hotkar



COMMITTEE MEMBERS

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Dr. N. O. Joshi

Dr. K. K. Asai

Dr. S. N. Chougule

Dr. R. N. Shelke

Dr. K. J. Maru

Smt. M. A. Samant

CONFERENCE VENUE

B.P.C.A' s COLLEGE OF PHYSICAL EDUCATION.

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Eminent National & International Speaker



Prof. Natalia Solvey
(Director)
Atmabodha Yoga Institute
Argentina



M.K.A. Anoma Rathnayaka
Head- Department of Sport
Science and Physical Education
Faculty of Social Sciences
University of Kelaniya Sri Lanka



Prof. Kaukab Azeem
President, International Fed of Fitness,
Health, Physical Education
& Iron Games



Prof. L. B. Laxmikanth Rathod
Vice - Chancellor
Palamuru University
Mahbubnagar, TS, India



Prof. Rajesh Kumar
President, IFPESSA and
Professor, Department of
Physical Education
Osmania University,
Hyderabad, TS, India



Dr. Manmath Gharote
Director
The Lonavla Yoga Institute,
India.



Prof. Chandrakant D. Agashe
Dean, SoS Physical Education
& Director Institute of Teacher
Education, Pandit R. S. University
Raipur (C.G.) India.



Dr. Anil Karwande
Former Principal IDCPE Nagpur
Founder NET JRF GURUKUL
Former Member Board of Management
LNIPE, Deemed University Gwalior
Adhyaksh Kreedha Bharati
Vidarbha Prant and Maharashtra



Dr. Subrata Dey
Sports Scientist
& HoD Department of Exercise
Physiology, SAI, NCOE, Imaphal,
Manipur, India.

REGISTRATION FORM

Name (as on certificate) : _____

Gender: Male/ Female : _____

Designation : _____

University/Institute : _____

Address : _____

E-mail Id : _____

Mobile. No : _____

Title of the paper : _____

Oral Presentation : Yes/No

Note: Participants can deposit their fees direct transfer in the Conference Account by **NEFT**