



*International Conference*

**Movement,  
Mindfulness,  
and Mastery:**

**Reimagining the Future  
of Physical Well-Being**

**Date :- 24<sup>th</sup> & 25<sup>th</sup> June 2025**



**Organized By:**  
Department of Physical Education  
Under the aegis of IQAC  
**In collaboration with**  
Physical Education Foundation of India (PEFI)  
International Association of Physical Education & Sports Inc.

**Dr. C.V. RAMAN UNIVERSITY**

(Accredited "A" Grade by NAAC)

Kargi Road, Kota, Dist. Bilaspur (C.G.) Phone: 07753-253801,  
Website: [www.cvrु.ac.in](http://www.cvrु.ac.in), e-mail: [info@cvru.ac.in](mailto:info@cvru.ac.in)



SCAN QR CODE  
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### About the University

Dr. C.V. Raman University Bilaspur (CVRU Bilaspur) is the first private university in Chhattisgarh, established in 2006. Recognised as the best private university in Chhattisgarh, it offers a wide range of courses in various fields and is recognised by UGC, approved by AICTE, NCTE, and BCI, and certified by ISO:9001:2008. This university in Bilaspur, Chhattisgarh, has received numerous awards and rankings, proving its excellence in education. It boasts a vast campus with modern infrastructure and is listed among the top engineering colleges in India.



### About the Department

The Faculty of Education at Dr. C. V. Raman University has pioneered advanced-level teacher training and sports training programs in Kota and Bilaspur since its inception. The faculty has been evolving and growing in response to social and technological changes, particularly in the educational environment and sports sector. As a leading education and physical education college in Chhattisgarh, the faculty is committed to addressing the ever-emerging issues in teacher education and sports education. It actively works to discover remedial measures, promote research and innovation, and enhance teaching methodologies. Being a premier education and physical education college in Bilaspur, Chhattisgarh the faculty also focuses on promoting gender equality awareness among teachers, ensuring an inclusive and progressive educational framework. Through its dedicated programs, the university continues to set new benchmarks in teacher training and physical education across the region.

### Preamble

In an era where physical well-being is increasingly recognized as a vital component of holistic health, the synergy between movement, mindfulness, and mastery offers a transformative approach to human wellness. The modern lifestyle, characterized by technological advancements and sedentary routines, necessitates a reevaluation of traditional physical education paradigms. This conference seeks to reimagine the future of physical well-being by integrating research, innovative practices, and interdisciplinary approaches. By fostering dialogue among educators, researchers, practitioners, and policymakers, we aim to create a global platform for exchanging ideas and exploring solutions to enhance physical and mental resilience.

### About the Conference

The International Conference on Movement, Mindfulness, and Mastery is designed to address the critical intersections of physical movement, mental awareness, and skill development, paving the way for sustainable well-being. Hosted by the Department of Physical Education, Dr. C.V. Raman University, this conference will feature keynote sessions, panel discussions, and research presentations. It brings together experts from diverse fields—including sports science, psychology, medicine, and education—to explore emerging trends and innovations in physical health and wellness. Participants will have the opportunity to engage with leading academicians and practitioners, fostering knowledge exchange and collaborative partnerships.

### Objectives

The conference aims to:

Explore the integration of movement, mindfulness, and mastery in contemporary physical education and health practices. Promote interdisciplinary collaboration among professionals in sports science, neuroscience, mental health, and education to advance holistic well-being. Highlight the significance of mindfulness in improving performance, mental resilience, and stress management. Encourage innovative research and pedagogical approaches in physical education to enhance learning outcomes and practical implementation. Foster discussions on policy frameworks and institutional strategies for incorporating physical wellness into mainstream education and professional training. Provide a global networking opportunity for scholars, educators, and practitioners to share insights and develop future collaborations.

**Theme:**

Movement, Mindfulness, and Mastery: Reimagining the Future of Physical Well-Being

**Subthemes:**

1. **Neuroscience of Movement:** Exploring how physical activity influences cognitive functions, emotional health, and learning, especially in youth populations.
2. **Integrative Training Approaches:** Merging yoga, mindfulness, and indigenous knowledge systems with contemporary sports science for holistic training.
3. **Sustainable Fitness & Well-Being:** Promoting eco-conscious sports infrastructure and green practices in physical education, with emphasis on tribal and rural community engagement.
4. **Tech Meets Tradition:** The role of AI, virtual reality, wearables, and biomechanics in advancing training, rehabilitation, and personal wellness.
5. **Yoga as Therapy:** Evidence-based mind-body practices for managing stress, chronic conditions, and performance enhancement—especially relevant for youth, educators, and tribal healers.
6. **Sports & Ethics:** Exploring governance, gender inclusivity, indigenous representation, and fair play within athletic systems.
7. **Empowering Youth & Tribes through Sports:** Highlighting successful models and challenges in promoting physical education and wellness among tribal populations and youth in Chhattisgarh.

**Call for Papers**

We invite researchers, scholars, and professionals to submit their work aligned with the conference themes. Selected papers will be included in the conference proceedings and considered for publication.

**Guide Lines for Paper Submission**

General Guidelines:

**English**

1. Paper should be original and unpublished.
2. Submit in APA (7th edition) style.
3. Font: Times New Roman, 12-point.
4. Spacing: Double-spaced.
5. Margin: 1 inch on all sides.

**Hindi**

1. Paper should be original and unpublished.
2. Submit in APA (7th edition) style.
3. Font: Kruti Dev 010, 16-point.
4. Spacing: Double-spaced.
5. Margin: 1 inch on all sides.

**Submission Requirements:**

1. Paper length: 3,000 Words.
2. Abstract: 150-250 words.
3. Keywords: 3-5.
4. References: APA style, listed alphabetically.
5. Tables, figures, and images: Embedded, with captions.

**Submission Process:**

1. Email paper to : [physicaleducation.cvru@gmail.com](mailto:physicaleducation.cvru@gmail.com)
2. Use subject line: Paper Submission for Title of the Paper.
3. Attach paper in Word (.docx) format and PDF.

**Deadline: Abstract Submission:**

Date: 11<sup>th</sup> June 2025,

**Full Length Paper:** Date: 15<sup>th</sup> June 2025

This Conference welcomes academicians, researchers, policymakers, and students to contribute and engage in meaningful discussions.

**For more details, contact:**

Email: [physicaleducation.cvru@gmail.com](mailto:physicaleducation.cvru@gmail.com)

Phone: 9827994647, 7974697090

**Dr. C.V. RAMAN UNIVERSITY**

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#### Conference Registration Fees

Certificate will be issued only to registered candidates.

Faculty Members/Academicians/Research Scholar/Industry Persons

: Rs 1000/-

UG Student/PG Students

: Rs 500/-

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#### Registration Link :

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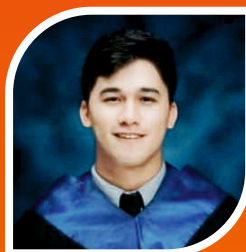
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District Youth Officer  
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