

INTERNATIONAL CONFERENCE

15th & 16th January, 2024.



Strength for Nation Building . . .

Physical Education, Sports Sciences,
Yoga & Recreation for Global Wellbeing



Organize by

**Bombay Physical Culture Association's College of Physical Education,
Wadala, Mumbai- 400 031. India**



INTERNATIONAL CONFERENCE BROCHURE

15th & 16th
January,
2024.



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President
Bombay Physical
Culture Association



Shri Deepak Shete
Gen. Secretary
Bombay Physical
Culture Association

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Prof. (Dr.) G. K. Dhokrat
Principal
Bombay Physical Culture Association's
College of Physical Education,

TITLE

**Physical Education,
Sports Sciences,
Yoga & Recreation
for Global Wellbeing**



Organized by

Bombay Physical Culture Association's College of Physical Education,
Wadala, Mumbai- 400 031. India

GUEST OF HONOUR



Prof. Dr. Ravindra Kulkarni

Vice Chancellor
University of Mumbai,
Maharashtra, India

Prof. Dr. L.B. Rathod

Vice Chancellor
Palamuru University
Mahbubnagar India

Prof. Dr. Sanjeev Sonavane

Vice Chancellor
YCMOU, Nashik,
Maharashtra, India

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, it 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 on, "Physical Education, Sports Sciences, Yoga & Recreation for Global Wellbeing."

About Conference

Well-being can improve the health of those around us. It's true that happiness has positive effects on your health and longevity. Studies have found that happier people tend to have stronger immunity, maintain their weight better, and sleep better.

Global Wellbeing is significant because it bridges the gap between physical health and mental health. This means that it focuses on not only the physical aspects of health, but the health of the mind as well, and reaffirms that one cannot exist without the other.

This approach to wellness focuses on finding a long-term lifestyle, which promotes not only happiness, but physical well-being. Without the balance between mental and physical states there is no way the body can run at its full potential.

About Theme

“Physical Education, Sports Sciences, Yoga & Recreation for Global Wellbeing”

- The purpose of physical education is to learn or develop a positive relationship with physical activity, physical fitness, and health.
- Sports Sciences aims to improve performance and endurance in preparation for events and contests while reducing the risk of injury.
- Yoga emphasizes deep and relaxed breathing which prevents respiratory ailments and ensures that your breathing is always working at its optimal level.
- Yoga promotes healthy aging as it improves balance, body awareness and concentration, thus reducing the risk of falls and fractures that can come with old age.
- Yoga stimulates the nervous system and helps to expand the chest cavity, which strengthens your lungs and allows the lungs space to function fully.
- Physical Education, Yoga & Recreation boosts our body's production and helps our brains relax and stimulates us cognitively, which results in greater productivity at work. Our brains also release more serotonin, a happiness hormone, which improves our moods, relieves stress, and makes us better colleagues, friends, and family members.



Subthemes

- 1) Innovative Practices in Physical Education & Sports.
- 2) Yoga & Recreation for wellbeing.
- 3) Sports Psychology.
- 4) Sports Management.
- 5) Sports Nutrition.
- 6) Sports Biomechanics & Exercise Physiology.
- 7) Marketing, Sports Media & Journalism.
- 8) Health Education & Physical Literacy.
- 9) Exercise Medicine.
- 10) Physical Education, Rehabilitation & Adapted Sports.
- 11) Digital Health & Health Informatics.
- 12) Yoga Therapy for Sports Professionals
- 13) Alternative Healthcare & Holistic Medicine
- 14) Legal Aspects in Health care & wellbeing
- 15) Mental Health, Spirituality & Global wellbeing

GUIDELINES FOR ABSTRACT AND PAPER SUBMISSION

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

- 1) Last date for submission of Abstract of paper is 15th, Dec, 2023.
- 2) Last date for submission of full paper is 25th, Dec, 2023.
- 3) Abstracts must be in English with word limit 200 and should be sent in Microsoft Word format.
- 4) Full paper should not exceed a word limit of 2000 words in Microsoft Word format.
- 5) 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).
- 6) Research papers must follow a prescribed pattern of writing: Introduction, Objectives, Methodology, and Design of the study, Results, Discussion, Conclusion, and Future Recommendations.
- 7) 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.



The details of the registration fees

CONFERENCE REGISTRATION

Category	Early bird Registration Before 30th December, 2023	After, 30th December, 2023
Delegate International	USD 250	USD 300
Delegate Indian	Rs. 4000/-	Rs. 4500/-
Student International	USD 200	USD 250
Student Indian	Rs. 3500/-	Rs. 4000/-

Website: <https://bpcacpe.ac.in> / www.bpcacpemumbai.org Email: bpcacpemumbai.conference@gmail.com

Link for Registration: https://docs.google.com/forms/d/e/1FAIpQLSc_1cdIMnHmz7t9Uu9Pvi3SO4nltZMDHM-DPSBa37pmWHYyetw/viewform?usp=pp_url

Bank Details	
Account Name	International Conference, B.P.C.A's College of Physical Education
Account No.	09780110043660
Bank Name	UCO BANK
Branch	Wadala, Mumbai-31
IFSC Code	UCBA0000978
MIRC Code	400028036



Full Time Students must provide proof of student while submitting their Registration form & Payment. (Attested copy of Students Identity card or a letter from the college/Institution)

NOTE:

- 1) Registration fees include Conference Kit, Breakfast, Lunch hi-Tee & Paper Publication.
- 2) Registration fee does not include accommodation & dinner during conference. (Except Recourse Person/ Invited Speaker/Foreign Delegates)
- 3) Online registration is also available on www.bpcacpemumbai.org / <https://bpcacpe.ac.in>
- 4) Full papers along with Abstract, Registration form, Fee details (screen shot of payment details) should reach Organizing Secretary through conference mail only.
- 5) **All papers will be published in Reputed International Peer Reviewed and Referred Journal.**
- 6) **Spot Registration is available with late fee**

FOR INFORMATION

Prin. Prof. G. K. Dhokrat

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Organizing Secretary : +91 9821316213

Website: <https://bpcacpe.ac.in> / www.bpcacpemumbai.org Email: bpcacpemumbai.conference@gmail.com

Link for Registration: https://docs.google.com/forms/d/e/1FAIpQLSc_1cdIMnHmz7t9Uu9Pvi3SO4nltZMDHM_DPSBa37pmWHYyetw/viewform?usp=pp_url

EMINENT INTERNATIONAL SPEAKERS



Dr. Muhammad Lee CP
CEO Asia College of
Exercise & Sport Medicine,
Founder of Exercise Medicine
Malaysia



D.r Lim Boon Hooi,
Associate Professor,
Faculty of Education, Languages,
Psychology & Music SEGi University,
No.9, Jalan Teknologi,
Selangor, Malaysia



Dr. Yew Su Fen
Vice Chair,
World Physiotherapy-
Asian Western Pacific,
President Malaysia
Physiotherapy Association



Yogacharya Jadranko Miklec
Vice President of European
Yoga Federation, International
Secretary General of The
World Academy of Ayurved from India, Croatia



Prof. Natalia Solvey
Director Atmabodha Yoga
Institute, Argentina



Ms. Gemma Quinnell
Founder, IQ Lifestyle (UK & UAE).
Group Ex & Fitness Master Trainer

EMINENT NATIONAL SPEAKERS



Prof. G. L. Khanna
Pro.VC, Manav
Rachna University,
Faridabad



Dr. Gurdeepsingh
Fomer Joint Secretary AIU
President, Premier Academy
of Sports Science & Physical
Education, New Delhi



Pro. Dr. Rajesh Kumar
President,
IFPESSA & Dean of
PE Faculty, Hyderabad



Dr. Piyush Jain
Secretary,
PEFL, New Delhi



**Major Dr. S. Bakhtiar
Choudhary (Retd.)**
MBBS, PG. DIPL. (SS&C)
MD [A.Med]MD [Sports
Medicine] Switzerland



Dr. C. Veerendra
Counseling Psychologist
Madhapur,
Hyderabad



Dr. Anil Karwande
Founder of NET/SET
Gurukul Class & Ex. Principal
of Ishwar Deshmukh College of
Physical Education, Nagpur



Dr. Pradeep Deshmukh
President, NAPESS



Dr. Amit Malik
CEO,
Physical Literacy
Hyderabad



Prof. Chandrashekhar
Professor and Head,
Chairperson, Department
of Physical Education, Madurai



Dr. M. M. Gharote
Director The Lonavla
Yoga Institute



Dr. Brij Kishore Prasad
LNIFE, Head Department
of Physical Education Pedagogy



Dr. Anjali Thakare
Principal, Shri Shivaji
College of Physical
Education, Amravati



Dr. Sinku Kumar Singh
Prof. Director, School of
Educational Sciences, SRTM,
University, Nanded, India



Mr. Dilip Heble
CEO Gayo Fitness,
Mumbai



Dr. Sapan Kangne
Principal, Chandrashekhar
Agashe College of Physical
Education, Gultekadi, Pune



Dr. Makrand Joshi
I/C Principal, MSM's
College of Physical
Education, Chhatrapati
Sambhaji Nagar

Dr. Balwant Singh
M.A., Ph.D., (Secretary
(Global Human Research
& Welfare Society)



Dr. V. V. Jadhav
Assistant Professor
Department of Physical
Education, University of
Mumbai , Senate Member
University of Mumbai

CORE COMMITTEE



Dr. R. R. Dhakne
Organizing Secretary



Dr. J. M. Hotkar
Jt. Organizing Secretary



Dr. N. O. Joshi
Jt. Organizing Secretary

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Registration Committee

Scientific Committee

(Oral Presentation)

Catering Committee

Transport and Accommodation Committee

Cultural and Stage Committee

CONVENRES

Dr. R. C. Kawade

Dr. S. N. Chougule

Dr. K. K. Asai

Dr. K. J. Maru

Dr. R. R. Dhakne

Dr. R. N. Shelke

Dr. J. M. Hotkar

PLACES TO VISIT IN MUMBAI



Gateway of India



**Shree Siddhivinayak
Ganapati Mandir**



Marine Drive



Juhu Beach

HOTELS NEARBY



Addr.: - Plot No.3, Kohinoor Road, Opp.
Swami Narayan Temple, Dadar (E), Dadar, 400014
Mumbai, India.
Contact No. :- 91 22692 / 47900
E- mail: - reservations.dadar@rameehotels.com



Hotel City Point
Address: - Khodadad Circle, behind Imperial Mahal,
Dadar East, Mumbai, Maharashtra 400014
Contact No. :- 9820926275/920999975
E- mail :- info@hotelcitypoint.com
Web site :- www.hotelcitypoint.com



Hotel Aroma- Dadar Mumbai
Addr.: - 190, Satnam Mansion, Dr, Ambedkar Road,
Near Chitra Cinema, Dadar (East), Mumbai, India.
Contact no. :- 022-24111761.

HOTEL AVON RUBY MUMBAI
Addr. : - 87, Naigaon Cross Road, Near Dadar Railway Station,
Dadar (E), Mumbai, Maharashtra, India
Contact No. :- [22-42133600](tel:22-42133600)
E - mail bookings@hotelavonruby.net



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