

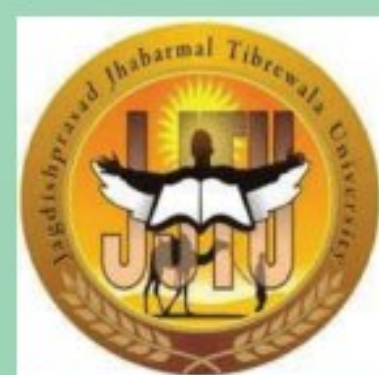
**One Day National Conference on "Yoga, Sports, and Well-being:  
A Holistic Approach"  
Organized On June 28, 2025  
By**



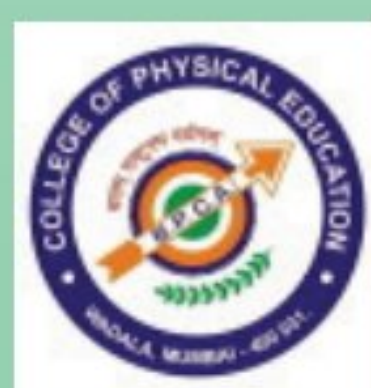
**Shishuvan School, Matunga, Mumbai  
Under the aegis of**



**Holistic Yoga Foundation**



**Shri Jyoti Tibrewala University, Rajasthan**



**BPCA's College of Physical Education, Wadala, Mumbai**



**Global Human Research & Welfare Society, Thane**



**Yog Sports Foundation, Noida (UP)**

**VENUE**

**Teju Leela Auditorium, Shishuvan School, 426,  
Shraddhanand Road, King's Circle, Matunga Central, Mumbai 400 019**



## About the Conference

**The One Day National Conference on "Yoga, Sports, and Well-being: A Holistic Approach" aims to bring together experts, educators, researchers, and students to explore the powerful connection between physical activity, mental health, and spiritual balance. The conference will highlight the role of yoga and sports in promoting overall well-being and provide a platform to share insights, research, and practices that support a holistic approach to health.**

## Conference Objectives

- 1. Promote holistic health by integrating yoga, sports, and well-being.**
- 2. Highlight yoga's role in managing stress, anxiety, and emotional health.**
- 3. Encourage sports as a means to build discipline, teamwork, and resilience.**
- 4. Bridge traditional practices and modern science in wellness approaches.**
- 5. Facilitate knowledge sharing among educators, researchers, and practitioners.**
- 6. Support policy and curriculum development for holistic health education.**
- 7. Foster a culture of wellness through sustainable lifestyle practices.**



## About the Theme:

**This conference theme, "Yoga, Sports, and Well-being: A Holistic Approach," highlights the interconnectedness of physical fitness, mental health, and overall well-being. It explores how yoga and sports complement each other in fostering resilience, mindfulness, and emotional balance. By integrating ancient wisdom with modern athletic practices, the conference aims to promote a balanced lifestyle, stress management, and enhanced performance. Experts will discuss scientific insights, practical applications, and strategies to harness the benefits of movement and mindfulness for holistic health.**

**Through interactive sessions, workshops, and discussions, we seek to highlight:**

- The role of yoga in enhancing athletic performance and injury prevention.**
- The impact of sports on mental health and emotional stability.**
- Mindfulness techniques for athletes and professionals to manage stress and anxiety.**
- Strategies to incorporate yoga and sports into educational and workplace settings.**



## **1. Yoga and Its Role in Holistic Health**

- **Traditional vs. modern perspectives on yoga and well-being**
- **Yoga therapy for mental health disorders**
- **Yoga and mindfulness: Enhancing focus and clarity**
- **The role of meditation in cognitive function and emotional regulation**
- **AI-Powered Personalized Yoga Training**

## **2. Sports and Physical Fitness for a Balanced Life**

- **Integrating yoga into athletic training**
- **AI in Injury Prediction and Prevention**
- **The influence of sports on emotional and social well-being**
- **Recovery strategies: Sleep, relaxation, and active recovery in sports.**

## **3. Mental Well-being and Stress Management**

- **Understanding mental health in today's fast-paced world**
- **The connection between physical fitness and cognitive function**
- **The role of mindfulness and relaxation techniques in stress management**

## **4. Nutrition and Lifestyle for Overall Well-being**

- **The role of a balanced diet in mental and physical health**
- **Hydration and its impact on cognitive performance**
- **Holistic approaches to fitness: Combining diet, yoga, and exercise**
- **Superfoods for mental clarity and emotional balance**
- **Sleep and recovery: Keys to a healthy mind and body**

## **5. Integrating Yoga and Sports for a Healthier Life**

- **Synergy of yoga and sports for peak performance**
- **Breathing techniques (Pranayama) for athletes and fitness enthusiasts**
- **Mind-body coordination through movement-based therapies**
- **Strategies for creating a sustainable fitness and wellness routine**
- **The gut-brain connection: How diet influences mood and mental well-being**
- **Research tools and trends in Yoga, Health and Fitness**



## Chief Patrons

- **Mr. Chandrakant Gogri & CA Sudhir Bheda**

## Patron

- **CA Navin Shah, Dr. Vinod Tibrewala & Mr. Sanjay Shete**

## Organizing President

- **Mr. Vikas Veera**
- **Mrs. Prachi Randive (Principal)**

## Organizing Secretary

- **Dr. Balwant Singh**

## Conveners

- **Dr. Nilesh Nanasaheb Bansode**
- **Dr. Yadnyeshwar Bagrao**
- **Dr. Suchita Dhamale**

## Coordinators

- **Dr. Sameer Ambre**
- **Dr. Vijay Singh,**
- **Dr. Rashmita Sabat**
- **Dr. Vijay Tandalekar**

## Executive Advisors

- **Dr. Anil Singh** (Dean Faculty of Interdisciplinary Studies, University of Mumbai)
- **Prof. Uttam Kendre** (Somaiya Vidyavihar University, Mumbai & Former Director Sports University of Mumbai)
- **Prof. Ghansham Dhokrat** (Principal, BPCAs College of Physical Education, Mumbai)
- **Prof. Vasanthi Kadhiravan** (Former Head, Department of Physical Education, University of Mumbai)
- **Dr. Manohar Mane** (Head, Department of Physical Education, University of Mumbai)
- **Dr. Anju Singh** (Research Coordinator, JJT University, Jhunjhunu, Rajasthan)
- **Dr. Bhaskar Salvi** (Former, Sports Director MCC College, Mulund)
- **Dr. Shivam Mishra** (National Secretary, Yog Sports Foundation)
- **Dr. Nisha Joshi** (Director: Nisha Joshi Yoga Academy, Indore)
- **Dr. Sandip Shinde** (Principal College of Physical Education, Panvel)



## Technical Advisors

- Dr. Swati Desai (Mumbai)
- Dr. Mukesh Kumar Verma (NCERT Delhi)
- Dr. Makarand Joshi (Aurangabad)
- Dr. Yashwant Patil (Nagpur)
- Dr. V R Parihar (Nanded)
- Dr. Jaydeep Nikam (Nasik)
- Dr. Vikram Singh (Delhi)
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- Dr. Vishwambhar Jadhav (Mumbai)
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- Dr. Rajendra Nikumbh (Dhule)
- Dr. Yatin Rane (Mumbai)
- Dr. Panduranga Ranmal (Parbhani)
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- Dr. Brijesh Singh (Mumbai)
- Dr. Umashankar Kaushik (Mumbai)
- Dr. Vinod Kashyap (Rishikesh)
- Dr. Sunil Sirwas (Hapur)
- Dr. Mayur Thakare (Nandurbar)
- Dr. Showkat Hussain (Jammu & Kashmir)

## Organizing Committee

- Dr. Vijay Kukareja
- Mr. Santosh Aswar
- Mr. Adhiraj Singh
- Ms. Sneha Katakdhond
- Ms. Pragati Agate
- Dr. Anamika Nimkar
- Dr. Mohammad Kaleem Ali Rizwi

## Publication Details

The papers will be published in the Entire Research Multidisciplinary International Research Journal, a peer-reviewed publication with an impact factor of 6.14 and an ISSN of 0975-5020. [www.ghrws.com](http://www.ghrws.com)

## Paper Submission Guidelines

- 1. Page Limit:** The paper should be a maximum of 5 to 6 pages in length.
- 2. Formatting Requirements:**
  - **Font:** Times New Roman
  - **Font Size:** 12 pt
  - **Format:** Standard paper format will be accepted.
- 3. Plagiarism Policy:**
  - All submissions must be free from plagiarism.
  - In case of any plagiarism, the author(s) will be solely responsible.
- 4. Submission Deadline:**
  - The last date for paper submission is June 15, 2025.



5. Please attach the fee receipt when submitting your paper. Conference Participation and Certification Guidelines

**Attendance Requirement:** Certificates will only be issued to participants who attend the conference for its full duration. Partial attendance will result in ineligibility for certification.

**Certificate Information:** Certificates will be generated based on the details provided in the registration form. Please ensure that all information entered is accurate and complete.

**Payment Confirmation:** After submitting the registration fee, participants must confirm and verify their payment to complete the registration process.

**Guidelines for the Students:** Student participants are required to submit their institutional identity card and a letter from their college.

## Conference Fee:

Particulars	Fee
Participation for All	1000
Participation and Publication	1500
Students Participation with Publication	1200

**Note:** Participants will receive a warm welcome, with morning refreshments, lunch, and evening tea, plus certificates, kits, and the opportunity to publish their research papers

## Account Details

**Beneficiary Name:** Holistic Yog Foundation

**Bank:** TJSB Bank Ltd Kalyan (W)

**Account Number:** 120100000190911

**IFSC Code:** TJSB0000058

**MICR Code:** 400109030

**Contact Us:**

**Website:** [www.holistic yog.in](http://www.holistic yog.in)

**Email:** [holistic yog09@gmail.com](mailto:holistic yog09@gmail.com)



**Note: No Accomodation or Allowances of Any Kind Will be Provided**



## **Regarding Registration & Certificates**

- Dr. Nilesh Bansode: 98205 96638
- Dr. Yadnyeshwar Bagrao: 99607 64653
- Dr. Suchita Dhamale: 90041 39557

## **Regarding Presentation**

- Dr. Vijay Singh: 91670 49371
- Dr. Vijay Tandalekar: 84220 75841

## **Regarding Publication**

- Dr. Balwant Singh: 9225 28799
- Dr. Rashmita Sabat: 99675 04832
- Mr. Vinay Savla: 99795 83723

## **About The Shishuvan :**

**Shishuvan is dedicated to fostering holistic development by creating a world-class educational environment rooted in Indian culture. Its Vision Statement emphasizes empowering students and stakeholders to navigate global challenges. The Mission Statement highlights the collective effort to optimize resources, faculty, and governance to cultivate excellence and adaptability students.**

**The school believes in shared responsibility between students, teachers, and parents; ensuring learning is meaningful, relevant, and lifelong. Guided by universal values of non-violence, tolerance, and environmental respect, Shishuvan is committed to equipping students to become responsible citizens.**

**Furthermore, the institution prioritizes a safe and inclusive learning environment through well-structured policies and procedures, fostering open communication between students, parents, and school administrators to ensure continuous improvement**



# Places You can visit in Mumbai



**Gateway of India**



**Shri Siddhivinayak Temple**



**Marine Drive**



**Juhu Beach**



**Sanjay Gandhi  
National Park**



**Global Pagoda Gorai**