



# 3<sup>rd</sup> INTERNATIONAL CONFERENCE



## On Global Perspective on Physical Education, Sports for Peace, Ageing Awareness, Yoga & Recreation

13<sup>th</sup> & 14<sup>th</sup>  
January,  
2025

### PATRONS



**Shri Sanjay Shete**  
Chairman  
Bombay Physical Culture Association



**Shri Deepak Shete**  
Gen. Secretary  
Bombay Physical Culture Association

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

### CONVENER

**Prof. (Dr.) G. K. Dhokrat**  
Principal  
B. P. C. A'S College of Physical  
Education, Wadala, Mumbai - 31, India



**Strength for Nation Building...**



## 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 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, "Global Perspective on Physical Education, Sports for Peace, Ageing Awareness, Yoga & Recreation "

**About the Conference** In an increasingly interconnected world, the importance of promoting holistic well-being through Physical Education, Yoga, Sports for Peace, Ageing Awareness, and Recreation is more critical than ever. This concept note outlines a global initiative aimed at fostering international dialogue and collaboration in these areas to enhance public health, encourage peace, and support the well-being of individuals across all age groups.

**Objectives: Physical Education:** To advance global standards and practices in physical education, ensuring equitable access to quality programs that promote lifelong fitness and health.

**Sports for Peace:** To harness the power of sports as a tool for conflict resolution, community building, and fostering international understanding and peace.

**Ageing Awareness:** To address the challenges and opportunities associated with an ageing global population, promoting active ageing and inclusivity.

**Yoga:** To explore and share the benefits of yoga practices worldwide, highlighting its role in physical health, mental well-being, and spiritual growth.

**Recreation:** To advocate for the importance of recreational activities in enhancing quality of life and community cohesion.

**About Theme :** The integration of Physical Education, Sports for Peace, Ageing Awareness, Yoga and Recreation into global health and peace-building strategies offers a multifaceted approach for addressing contemporary challenges. Physical Inactivity, Mental Health issues, and Social Isolation are growing concerns worldwide. By promoting these areas, we can improve health outcomes, foster social connections, and contribute to a more peaceful and inclusive society.

- **Enhanced Standards:** Improved standards and practices in Physical Education and Yoga globally, leading to better health outcomes.
- **Increased Awareness:** Greater awareness and implementation of sports as a tool for peace and social change.
- **Enhanced policies and programs** supporting active and healthy ageing.
- **Stronger Communities:** Increased access to recreational activities, fostering stronger and more inclusive communities.

**THEME: "Global Perspective on Physical Education, Yoga, Sports for Peace, Ageing Awareness & Recreation"**

### Subthemes -

- ❖ Physical Education & physical literacy
- ❖ Holistic approach for Community Wellbeing
- ❖ Traditional Recreation Games & sports
- ❖ Sports Physiology & Biomechanics
- ❖ Sports Psychology
- ❖ Sports Nutrition
- ❖ Sports Training & Athletes Performance
- ❖ Sports Medicine, Palliative Care, Sports Injury & Rehabilitation
- ❖ Technology in Sports & Physical Education
- ❖ Ageing Awareness
- ❖ Multidisciplinary approach towards Physical Education & Sports
- ❖ Innovative Practices in Physical Education & Sports
- ❖ Sports Management, Sports Media, Marketing & Journalism
- ❖ Yoga Therapy for Sports Professionals
- ❖ Alternative Healthcare & Exercise Medicine
- ❖ Yoga, Spirituality & Global wellbeing

## FOR INFORMATION

### Convener

**Prin. Prof. G. K. Dhokrat**

**+91 9930295833**

**Organizing Secretary Jt. Organizing Secretary**

**Dr. R. R. Dhakne Dr.K.J.Maru : +91 9869412807**

**+91 9821316213 Dr.N.O.Joshi : +91 9869507224**

**B.P.C. A' 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. J. P. Verma**  
Vice-Chancellor  
Sri Sri Aniruddhadeva Sports  
University (SASU)  
Dibrugarh, Mancotta Road, Assam



**Prof. Dr. Sanjeev Sonawane**  
Vice Chancellor  
YCMOU, Nashik, Maharashtra, India

## EMINENT INTERNATIONAL SPEAKERS



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



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



**Prof. Nguyen Tra Giang**  
Dean, Institute of Sports Science and  
Management, University of  
Management and Technology  
Hochiminh City, Vietnam.



**Asso. Prof. Dr. Garry Kuan, PhD,**  
University Sains Malaysia,  
Secretary-General, Asian Council of Exercise  
and Sports Science (ACCESS)



**Prof. Natalia Solvey**  
Director Atmabodha Yoga  
Institute, Argentina



**Eduardo Gianola Cabrera**  
Spain  
Yoga Education



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



**Aurelie Garcia**  
Switzerland  
Yoga Education

## ORGANIZING COMMITTEE

### PATRONS

- 1) **Shri Sanjay Shete:** President, Bombay Physical Culture Association
- 2) **Shri Deepak Shete:** Gen. Secretary, Bombay Physical Culture Association
- 3) **Prof. (Dr.) G. K. Dhokrat :** **Convener-** Principal - B. P. C. A' S College of Physical Education Wadala, Mumbai - India

## CORE COMMITTEE



**Dr. R. R. Dhakne**  
Organizing Secretary



**Dr. K. J. Maru**  
Jt. Organizing Secretary



**Dr. N. O. Joshi**  
Jt. Organizing Secretary

COMMITTEE	CONVENERS
● Registration Committee	Dr.S.N.Chougule 9321399480
● Scientific Committee (Oral Presentation)	Dr.R.R.Dhakne- 9821316213 Dr.N.O.Joshi 7977493952, Dr.K.J.Maru 9869412807
● Catering Committee	Dr.R.C.Kawade 9869540039
● Transport Committee	Dr.R.N.Shelke 7021437635
● Accommodation Committee	Dr.R.R.Dhakne 9821316213
● Cultural Committee	Dr.J.M.Hotkar 7021437635
● Certificate Committee	Dr. M.A.Samant 9869034588
● Media Committee (Photos,Videos & Press news, Press Conference)	Dr.K.K.Asai 9271355707

## EMINENT NATIONAL SPEAKERS



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



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



**Dr. Piyush Jain**  
Secretary,  
PEFI, New Delhi



**Dr. C. P. Singh**  
Associate Professor,  
Head (Department of  
Yogic Sciences)



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



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



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



**Dr. C. Veerendra**  
Counseling Psychologist  
Madhapur, Hyderabad



**Prof. Nita Bandopadhyay**  
Department of Physical  
Education University of  
Kalyani, India



**Dr. T. K. Bera**  
Founder, Kadambini  
Womens College of Education  
Medinipu, West Bengal



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



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



**Dr. Sopan Kangane**  
Principal, Chandrashekhar  
Agashe College of Physical  
Education, Gultekadi, Pune



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



**Prof. Shatrunjay Kote**  
Prof. MSM's  
College of Physical  
Education, Chhatrapati  
Sambhaji Nagar, India



**Dr. Suman Pandey**  
Associate Professor  
Savitribai Phule Pune  
University, Pune, India



**Dr. Pradeep Borkar**  
Head- Sports Physiotherapy  
Department, India



**Dr. V. V. Jadhav**  
Asst. Prof. Department of  
Physical Education & Senate  
Member University of Mumbai, India



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



**Dr. Manoj Reddy**  
Director of Sports and Physical  
Education University of Mumbai,  
University Sports Pavilion,  
Marine Lines, Mumbai, India



**Prof.(Dr.) Vithal Singh Parihar**  
Principal,  
College of Physical Education,  
New Kautha, Nanded, India

## 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](mailto:bpcacpemumbai.conference@gmail.com).



- Last date for submission of Abstract of paper is 15<sup>th</sup> Decemer, 2024.
  - Last date for submission of full paper is 25<sup>th</sup> Decemer, 2024.
- 1) Abstracts must be in English with word limit 200 and should be sent in Microsoft Word format (not more than 3 pages)
  - 2) Full paper should not exceed a word limit of 2000 words in Microsoft Word format.
  - 3) 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).
  - 4) Research papers must follow a prescribed pattern of writing: Introduction, Objectives, Methodology, and Design of the study, Results, Discussion, Conclusion, and Future Recommendations.
  - 5) 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.

Category	Early bird Registration Before 30 <sup>th</sup> Decemer, 2024	After, 30 <sup>th</sup> Decemer, 2024
Delegate International	USD 300	USD 350
Delegate Indian	Rs. 3000/-	Rs. 3500/-
Student International	USD 250	USD 300
Student Indian	Rs. 2500/-	Rs. 3000/-

Note - The organizing Committee is also conducting Pre-Conference works shop on "Sports Massage" on 12<sup>th</sup> January, 2025

- form 9.00 a.m. to 4.00 p.m. by Sports Massage Expert Dr. Lim Boon Hooi from Malaysia.
- Fees for Pre-Conference workshop : Rs. 500/-
- During Pre-Conference workshop accommodation and lunch will not be provided by the organizer.

### Bank Details

Account Name	International Conference, B.P.C.A. College of Physical Education	
Current Account No.	09780210002322	
Bank Name Branch	UCO BANK, Wadala, Mumbai-31	
IFSC Code	UCBA0000978	
MICR Code	400028036	

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

#### NOTE:

- 1) Registration fees include Conference Kit, Breakfast, Lunch, Hi-Tea during Conference.
- 2) Registration fees of Indian delegates & students does not include accommodation & dinner during conference.
- 3) Registration fees of International delegates & Students includes sharing accommodation & dinner during conference only.
- 4) Online registration is also available on College website
- 5) Full papers along with Abstract, Registration form, Fee details (screen shot of payment details) should reach Organizing Secretary through conference mail only.
- 6) All papers will be published in Reputed International Peer Reviewed and Referred Journal by paying Rs.500 for online & Rs.1000 for hard copy (Journal Copy with all papers).
- 7) Spot Registration is available with late fees.

**Website:** <https://bpcacpe.ac.in>

**Email:** [bpcacpe](mailto:bpcacpe)

**Link for Registration:**

<https://docs.google.com/forms/d/1370tn9CCFIXp7TXrxI56Ap159WCtvApTQttjxaBsQmk>

**B.P.C. A' S COLLEGE OF PHYSICAL EDUCATION, WADALA, MUMBAI- 400 031. INDIA**

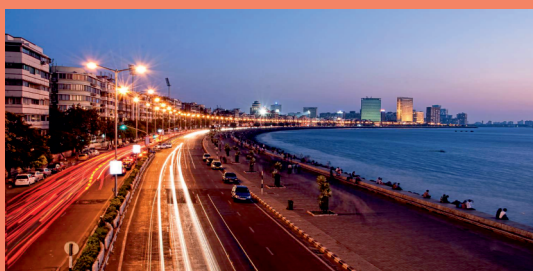
## PLACES TO VISIT IN MUMBAI



**Gateway of India**



**Shree Siddhivinayak Ganapati Mandir**



**Marine Drive**



**Juhu Beach**

## HOTELS NEAR BY



**Ramee Guest Hotel**

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](mailto:info@hotelcitypoint.com)  
Web site :- [www.hotelcitypoint.com](http://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  
E - mail [bookings@hotelavonruby.net](mailto:bookings@hotelavonruby.net)

## PUBLISHING PARTNER



## ACADEMIC PARTNERS



# INTERNATIONAL CONFERENCE ON

"Global perspective on Physical Education, Sports  
for Peace, Ageing Awareness, Yoga & Recreation"



**Schedule of Lead Talks Venue: Hall. No 1 (Fourth Floor)**

TIME	DAY 1: 13 <sup>th</sup> January, 2025 (Monday)
08.30 - 09.00 a.m.	Registration of Speakers and Delegates
09.00 - 10.00 a.m.	<b>INAUGURAL FUNCTION</b> <i>Arrival of Prof. Dr. Ravindra Kulkarni (Vice Chancellor, University of Mumbai), Prof. Dr. Sanjeev Sonawane (Vice Chancellor, YCMOU, Nashik</i>
10.15 - 11.00 a.m.	<b>Key Note Address</b> <i>Prof. J. P. Verma</i> <i>(Vice Chancellor, Sri Sri Aniruddhadeva Sports University, Dibrugarh, Assam)</i> <i>Session Chair: Prof. G. L. Khanna</i>
11.00 - 11.15 a.m.	<b>Tea Break</b>
11.20 - 11.50 a.m.	The beauty of Life: ageing with Traditional Yoga <b>Prof. Natalia Solvey</b> <i>Session Chair: Dr. M. M. Gharote</i>
11.55 - 12.25 p.m.	<b>Eduardo Gianola Cabrera</b> <i>Session Chair: Dr. Anil Karwande</i>
12.30 - 01.00 p.m.	<b>Aurelia Gracia</b> <i>Session Chair: Dr. Chandrashekhar</i>
01.05 - 01.35 p.m.	<b>Dr. M. M. Gharote</b> <i>Session Chair: Dr. T.K.Bera</i>
01.35 - 02.10 p.m.	<b>Lunch Break</b>
02.15 - 02.45 p.m.	The Collapse of Fitness Foundation. The rise of NCDs <b>Dr. Muhammad Lee CP</b> <i>Session Chair: Dr. Lim Boon Hooi</i>
02.50 - 03.20 p.m.	<b>Prof. C. D. Agashe</b> <i>Session Chair: Dr. C. Veerendra</i>
03.25 - 03.55 p.m.	Impact of Exercise on Graceful Aging of Indian Women <b>Prof. Nita Bandopadhyay</b> <i>Session Chair: Dr. C. P Singh</i>
04.00 - 04.30 p.m.	Sports Psychology: Indian View (Bhartiya Manashatra) <b>Dr. Anil Karwande</b> <i>Session Chair: Dr. C. D. Agashe</i>
04.35 - 05.05 p.m.	Recent Challenges in Research & Development in High Performance Sport <b>Prof. G. L. Khanna</b> <i>Session Chair: Prof. Rajesh Kumar</i>
05.10 - 05.40 p.m.	<b>Dr. Piyush Jain</b> <i>Session Chair: Prof. Sinku Singh</i>
05.40 - 05.55 p.m.	<b>Hi-Tea</b>
6.00 p.m. onwards	<b>Demonstration of Physical Education Activities (College Ground)</b>



# INTERNATIONAL CONFERENCE ON

## "Global perspective on Physical Education, Sports for Peace, Ageing Awareness, Yoga & Recreation"



### Schedule of Lead Talks Venue: Hall. No 1 (Fourth Floor)

TIME	DAY 2: 14 <sup>th</sup> January, 2025 ( Tuesday)
9.00 - 9.30 a.m.	<b>Prof. Nguyen Tra Giang</b> <i>Session Chair: Prof. Nita Bandopadhyay</i>
9.35-10.05 a.m.	<b>Prof. Rajesh Kumar</b> <i>Session Chair: Dr. Subrata Dey</i>
10.10-10.30 a.m.	Scientific Concepts of Yogic Techniques <b>Prof. Chandrashekhar</b> <i>Session Chair: Dr. T.K.Bera</i>
10.35-10.55 a.m.	Role of Physical Education Towards the Ageing Population <b>Dr. C. P. Singh</b> <i>Session Chair: Prof. G.L.Khanna</i>
10.55 -11.10 a.m.	<b>Tea Break</b>
11.15 -11.45 p.m.	Promoting Music for Physical Education, Sports & Recreation from Conceptual Underpinnings to Applications <b>Asso. Prof. Dr. Garry Kuan</b> <i>Session Chair: Prof. Nguyen Tra Giang</i>
11.50 -12.10 p.m.	Exercise & Sports Physiology for the High Performance Sports : From Laboratory to Field <b>Dr. Subrata Dey</b> <i>Session Chair: Dr. Shatrunjay Kote</i>
12.15 -12.35 p.m.	Basic Life Support (Workshop) <b>Dr. C. Veerendra</b> <i>Session Chair: Dr. Makarand Joshi</i>
12.40 -01.00 p.m.	<b>Dr. T. K. Bera</b> <i>Session Chair: Prof. (Dr.) Vithal Singh Parihar</i>
01.05 - 01.25 p.m.	<b>Dr. Sinku Kumar Singh</b> <i>Session Chair: Dr. Manoj Reddy</i>
01.30 - 02.10 p.m	<b>Lunch Break</b>
02.15 - 02.45 p.m.	Get Fit & Stay Fabulous with Time-Saving Home Exercises for Busy Moms <b>Dr. Lim Boon Hooi</b> <i>Session Chair: Asso. Prof. Dr. Garry Kuan</i>
02.50 - 03.20 p.m.	<b>Ms. Gemma Quinnell</b> <i>Session Chair: Mr. Dilip Heble</i>
03.25 - 03.45 p.m.	<b>Prof. (Dr.) Vithal Singh Parihar</b> <i>Session Chair: Dr. Piyush Jain</i>
03.50 - 04.10 p.m.	<b>Dr. Manoj Reddy</b> <i>Session Chair: Dr. Sinku Kumar</i>
04.15 - 4.45 p.m.	<b>Panel Discussion</b>
04.45 -5.00 p.m	<b>Hi-Tea</b>
5.00 p.m. onwards	<b>VALEDICTORY FUNCTION</b>