



युवा कार्यक्रम  
और खेल मंत्रालय  
MINISTRY OF  
YOUTH AFFAIRS  
AND SPORTS

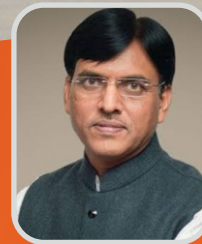
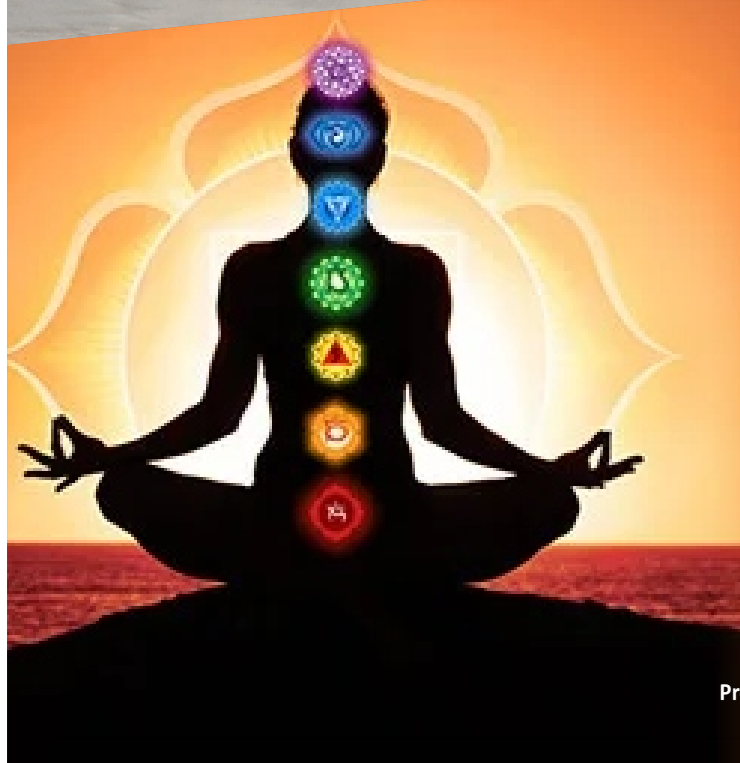


# INTERNATIONAL SEMINAR

on

## WELLNESS RENAISSANCE: REIMAGINING HEALTH THROUGH YOGA, AYURVEDA AND SPORTS SCIENCES

18-20 March 2026



**Dr. Mansukh Mandaviya**  
Hon'ble Youth Affairs & Sports Minister  
Patron in chief



**Smt. Raksha Nikhil Khadse**  
Hon'ble Youth Affairs & Sports Minister of State  
Patron



**Prof. Kalpana Sharma**  
Vice Chancellor  
Convener



**Prof. Pallavi Jain Govil, IAS**  
Youth Affairs, Secretary  
Co-Patron



**Prof. Yatendra Kumar Singh**  
Registrar  
Co-Convener

Sponsored by

**DEPARTMENT OF YOUTH AFFAIRS**  
Ministry of Youth Affairs and Sports,  
Government of India

Organized by

**LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION**  
(Deemed University)  
Department of Sports, Ministry of Youth Affairs and Sports  
Government of India



## ABOUT LNIPE GWALIOR

Lakshmibai National Institute of Physical Education (LNIPE), Gwalior, was established in August 1957 by the Ministry of Education and Culture, Government of India, as Lakshmibai College of Physical Education (LCPE), marking the centenary year of the First War of Indian Independence (1857). The institute is located in the historic city of Gwalior, where Rani Lakshmibai of Jhansi, a distinguished heroine of the freedom struggle, attained martyrdom. In recognition of its exemplary contributions to physical education, sports, and research, the Government of India, Ministry of Human Resource Development, conferred upon the institute the status of a \* Deemed to be University\* under Section 3 of the UGC Act, 1956, in September 1995 (Notification No. F.9-14/92-U.3 dated 21.09.1995). Consequently, the institution was renamed Lakshmibai National Institute of Physical Education (LNIPE). LNIPE is the first institution in India to be accorded the status of a Deemed University in the field of Physical Education and occupies a distinguished position in South Asia.



## ABOUT THE SEMINAR

The Department of Youth Affairs, in collaboration with the Lakshmibai National Institute of Physical Education, Gwalior, is organising an International Seminar on “Wellness Renaissance: Reimagining Health through Yoga, Ayurveda and Sports Sciences” from March 18th to 20th, 2026. The seminar aims to provide a global platform for scholars, researchers, health professionals, academicians, practitioners, and policymakers to engage in meaningful dialogue on integrative approaches to health and well-being. Emphasising the synergy of traditional Indian knowledge systems such as Yoga and Ayurveda with contemporary Sports Sciences, the seminar seeks to explore innovative strategies for holistic wellness, preventive healthcare, physical performance, and mental resilience. Through keynote lectures, technical sessions, panel discussions, and research presentations, the event will foster interdisciplinary exchange, promote evidence-based practices, and contribute to the evolving discourse on sustainable and inclusive health paradigms in the modern world.

### Day-1 (18.03.2026) ARRIVAL & ORIENTATION

Time	Event
7:00 am to 12:00 noon	Arrival and Check-in of Delegates
1:00 pm to 2:00pm	Lunch and Orientation
2:15 pm to 4:00pm	Ice breaking Session
4:00 pm to 6:00 pm	Theme-related Roundtable Discussions
7:30 pm to 9:00 pm	Networking & Dinner

### Day-2 (19.03.2026) INAUGURATION & ACADEMIC SESSIONS

Time	Event
10:00 am onwards	Inaugural Session (Lamp-lighting ceremony)
10:30 am to 11:00am	Keynote Addresses
11:00 am to 12:00noon	Roundtable Discussions on Selected Themes
12:15 pm to 1:30 pm	Paper Presentations on Selected Themes
01:30 pm to 3:00 pm	Lunch
3:00 pm to 6:00 pm	Paper Presentations on Selected Themes
6:30 pm to 8:00 pm	Cultural Program
8:15 pm to 9:30 pm	Networking & Dinner

### DAY-3 (20.03.2026) CULTURAL EXPOSURE & CLOSURE

Time	Event
9:00 am to 12:30pm	Excursion/ Local Tour, Museum/ Heritage Walks
1:00 pm to 2:00pm	Lunch
2:30 pm to 3:30pm	Valedictory Session
4:00 pm onwards	Departure of Delegates





## ALL THE SUB- THEMES ARE BASED ON TRADITIONAL AND INDIGENOUS SPORTS AS PATHWAYS TO CULTURAL REVIVAL AND NATIONAL WELL-BEING.

### Sub-Themes:

1. Stress, Mental Health, and Emotional Well-being through Yogic Practices
2. Role of Yoga in Athletic Training, Recovery, and Injury Prevention
3. Pranayama, Bioenergetics, and Neuro-Physiological Regulation
4. Nutrition and Endurance in Sports Performance
5. Scientific Validation and Evidence-Based Research in Yoga and Ayurveda
6. Preventive Healthcare Models through Sports Sciences
7. Indian Knowledge Systems(IKS) and the Contemporary Wellness Renaissance
8. Clinical Applications and Therapeutic Interventions in Yoga and Ayurveda
9. Innovation, Technology, and Research Methodologies in Integrative Health Sciences and Human Performances.



### CALL FOR PAPERS: SELECTED PAPERS WILL BE PUBLISHED IN THE UNIVERSITY PROCEEDINGS. SUBMISSION GUIDELINES.

- Abstract : 200 300 words (abstract must include the name, institutional affiliation, and title of the paper.)
- Full Paper including references: 3000 to 4000 words
- Format : MS Word, APA, Times New Roman, Font Size:12, Line Space: Double.
- All submissions must be original. Authors are required to submit a plagiarism similarity report, and the similarity index
- must be within permissible limits, i.e. below or equivalent to 10%. Papers failing to meet plagiarism standards will not be considered.
- Research papers that strictly adhere to the submission and formatting guidelines will be peer-reviewed and selected for publication.



### IMPORTANT DATES :

Registration Opens :	05.02.2026
Last Date of registration :	25.02.2026
Selected Candidates will be Informed through e-mail latest by :	06.03.2026

**\*Only the best 20 Papers (5 International & 15 National) will be presented in the Seminar.**

**\*Paper Presentations are exclusively open to people under 35 years old.**

Registration Link - <https://forms.gle/6hpZyUFh1kKHg6J7A>

#### Contact details

Organizing secretary

**Prof. Joseph Singh**

Mob. - 7409081660

Joint Organizing Secretaries

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Mob.: 9340246263



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## SEMINAR OUTCOME

Facilitation of academic exchange leading to research collaborations, joint publications, and sustained institutional partnerships at national and international levels. Enhancement of global outlook and cross-cultural understanding among participants through structured international engagement. Capacity building of young scholars and emerging leaders for active participation in global academic and policy-oriented forums. Promotion of interdisciplinary dialogue and knowledge dissemination on contemporary global challenges.

Strengthening the international academic standing and visibility of Indian higher education institutions. Integration of youth perspectives into scholarly discussions and policy-relevant recommendations



## OUR COURSES

- Bachelor of Physical Education (B.P.Ed.) - IV Years
- Master of Physical Education (M.P.Ed.) - II Years
- Master of Sports Science (MSS) - II Years
- Master of Sports Management (MSM) - II Years
- M.A. (Sports Journalism) - II Years
- M.A. (Yoga) - II Years
- Diploma in Sports Coaching (DSC) - I Year
- Post Graduate Diploma in Sports Coaching (PGDSC) - I Year
- Post Graduate Diploma in Fitness Management (PGDFM) - I Year
- Post Graduate Diploma in Strength & Sports Conditioning (PGDSSC) - I Year
- Post Graduate Diploma in Yoga Education (PGDYEd) - I Year
- Doctor of Philosophy (Ph.D) : Physical Education, Yoga, Inter Disciplinary

Advisory Committee :

**Prof. Indu Bora**

**Prof. M. K. Singh**

**Prof. C.P Bhati**

**Prof. Vinita Bajpai Mishra**

**Dr. Birendra Jhanjhar**

**Dr. Nibu R. Krishna**

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**Dr. Brij Kishore Prasad**

Organizing Secretary

**Prof. Joseph Singh**

Joint Organizing Secretaries

**Dr. Gaurav Sanotra**

**Dr. Manoj Sahu**

**Dr. Sunil Kumar Deshmukh**



**LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION**  
(Deemed to be University)

Department of Sport, Ministry of Youth Affairs & Sports, Govt. of India  
Gwalior (M.P.) India