



|| Yoga Karmashu Kaushalam ||



3rd INTERNATIONAL CONFERENCE ON YOGA & SPORTS FOR GLOBAL WELL-BEING

Bridging the Gap Between Yogic Sciences and Diverse Communities

Jointly Organized by:
Directorate of Physical Education & Sports
University of Kashmir, Srinagar, (Jammu & Kashmir), India

AND
Shree Hanuman Vyayam Prasarak Mandal, Amravati (M.S.), India

In Collaboration with:
Degree College of Physical Education, Amravati (M.S.), INDIA
H.V.P.M. Indian Knowledge Systems, Amravati (M.S.), INDIA
Bruhan Maharashtra Yoga Parishad (State Yoga Association)

Conference and Yogasana Competition
24th June 2024 to 25th June 2024
Venue:-Ground B, University of Kashmir, Srinagar, J&K

Introduction:

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today, more than ever the world needs to be in harmony and peace not just with the outer environment but also internally for a wholesome well-being of body, mind and soul. Hence experts from diverse communities representing physical education, elite sports, sport for all, management, social sciences, Medical Sciences and Neuro engineering are invited to discuss dimensions of Yoga and Sports Sciences and its applicability via research papers and symposiums at the international conference in the divinely scenic 'Pearl Nation'.

University of Kashmir Srinagar, J&K, India

The University of Kashmir, located in the picturesque city of Srinagar, is one of the leading higher education institutions in India. Established in 1948, the university has grown significantly over the decades, becoming a hub of academic excellence and research innovation in the region.

Nestled in the heart of the Kashmir Valley, the University of Kashmir offers a serene and conducive environment for learning and intellectual growth. The university's sprawling campus is set against the breathtaking backdrop of the Himalayan mountains and the famous Dal Lake, providing an inspiring setting for students and scholars alike.

The University of Kashmir is renowned for its diverse range of academic programs across various disciplines, including arts, science, commerce, law, education, social sciences, and technology. It offers undergraduate, postgraduate, and doctoral programs designed to meet the evolving needs of society and the global job market.

With a commitment to fostering a culture of research and innovation, the university hosts numerous research Centres and institutes that contribute to cutting-edge advancements in various fields. The faculty comprises distinguished scholars and researchers dedicated to imparting knowledge and guiding students towards academic and professional success.

In addition to its academic endeavors, the University of Kashmir places a strong emphasis on extracurricular activities and holistic development. The Directorate of Physical Education & Sports at the university is particularly notable for its comprehensive programs promoting physical fitness, wellness, and sports. One of the key offerings of the Directorate is its yoga program, which integrates traditional practices with modern fitness principles to promote mental and physical well-being.

The yoga program at the University of Kashmir is designed to cater to all levels, from beginners to advanced practitioners. It emphasizes the holistic benefits of yoga, including stress reduction, improved flexibility, and enhanced mental clarity. The Directorate of Physical Education & Sports regularly organizes yoga workshops, seminars, and international conferences, fostering a deeper understanding of this ancient practice.

Directorate of Physical Education and Sports, University of Kashmir

The Directorate of Physical Education and Sports at the University of Kashmir is a vibrant and dynamic department dedicated to promoting physical fitness, wellness, and sportsmanship among students, faculty, and the broader community. As an integral part of the university, the Directorate plays a crucial role in fostering a holistic educational environment that values both academic excellence and physical well-being.

Located in the scenic surroundings of the Kashmir Valley, the Directorate offers a wide range of programs and activities designed to cater to diverse interests and fitness levels. From traditional sports like football, cricket, and basketball to modern fitness regimes and wellness practices, the Directorate provides comprehensive facilities and expert guidance to help individuals achieve their physical health goals.

A standout feature of the Directorate is its extensive yoga program. Recognizing the profound benefits of yoga for both the mind and body, the Directorate integrates this ancient practice into its curriculum, offering regular classes, workshops, and specialized sessions. These programs are designed to enhance flexibility, strength, and mental clarity, promoting a balanced lifestyle among participants.

The Directorate is equipped with state-of-the-art facilities, including well-maintained sports grounds, indoor and outdoor courts, and fitness Centres. These facilities are managed by a team of experienced and qualified professionals who are committed to ensuring that every participant receives the best possible training and support.

In addition to daily activities and classes, the Directorate organizes a variety of events throughout the year. These include inter-college and inter-university competitions, intramural tournaments, fitness challenges, and international conferences. Such events not only encourage healthy competition but also foster a sense of community and teamwork among participants.

The Directorate of Physical Education and Sports also places a strong emphasis on research and development in the field of sports science and physical education. Through collaborations with national and international institutions, the Directorate engages in cutting-edge research aimed at advancing knowledge and practice in these fields.

As we prepare to host this upcoming international conference, we are excited to showcase the expertise and dedication of the Directorate. This event will provide a platform for scholars, practitioners, and enthusiasts from around the world to explore and discuss the myriad benefits of yoga, furthering its global reach and impact.

The Directorate of Physical Education and Sports at the University of Kashmir remains committed to promoting a healthy and active lifestyle, embodying the spirit of holistic education. We welcome you to join us and experience the vibrant and enriching environment we offer.

Visiting Places Around the University of Kashmir

The University of Kashmir, situated in the heart of the enchanting Kashmir Valley, is surrounded by a wealth of natural beauty and cultural landmarks. Visitors to the university can explore a variety of scenic and historical sites that showcase the region's rich heritage and breathtaking landscapes.

Dal Lake: Just a short distance from the university, Dal Lake is one of the most iconic attractions in Srinagar. Known for its stunning houseboats and shikaras (traditional wooden boats), the lake offers a serene and picturesque setting. Visitors can enjoy boat rides, visit the floating markets, or simply relax and take in the tranquil views.

Mughal Gardens: The Mughal Gardens, including Shalimar Bagh, Nishat Bagh, and Chashme Shahi, are a testament to the grandeur of Mughal horticulture. These beautifully landscaped gardens, with their terraced lawns, cascading fountains, and vibrant flowerbeds, provide a delightful escape into nature and history.

Shankaracharya Temple: Perched atop Shankaracharya Hill, this ancient Hindu temple offers panoramic views of Srinagar and Dal Lake. The temple, dedicated to Lord Shiva, is not only a place of spiritual significance but also a site of architectural and historical interest.

Hazratbal Shrine: Located on the northern shores of Dal Lake, the Hazratbal Shrine is one of the most revered Muslim shrines in Kashmir. It houses a relic believed to be a hair of the Prophet Muhammad. The serene surroundings and the beautiful white marble structure make it a must-visit.

Hari Parbat Fort: Overlooking the city of Srinagar, Hari Parbat Fort is a historic fortress perched atop Hari Parbat Hill. The fort offers a panoramic view of the entire city, Dal Lake, and the surrounding mountains. It is not only a symbol of Kashmir's rich history but also a place of spiritual significance, housing several shrines and temples within its complex.

Nigeen Lake: A quieter alternative to Dal Lake, Nigeen Lake is ideal for those seeking peace and solitude. The lake is perfect for leisurely boat rides and offers some of the best views of the surrounding mountains.

Jama Masjid: Located in the old city of Srinagar, Jama Masjid is a striking example of Indo-Saracenic architecture. This grand mosque, with its magnificent wooden pillars and peaceful courtyard, is a place of worship and a significant historical site.

Wular Lake: A bit further from the university, Wular Lake is one of the largest freshwater lakes in Asia. It is a haven for bird watchers and nature enthusiasts, offering a glimpse of the region's diverse wildlife and natural beauty.

These attractions, among others, make the area around the University of Kashmir a rich and diverse destination for visitors. Whether you are interested in history, culture, or natural beauty, the surroundings of the university provide ample opportunities for exploration and enjoyment.

Shree H. V. P Mandal, Amravati (M.S.), India

Shree H. V. P. Mandal, Amravati, established in 1914 and is registered under Bombay Public Trust Act 1950 and Societies Registration Act 1860. It is a Voluntary, Social, Non-Political & Secular Institute, managed with democratic principles & practices. It is founded by Vaidya Brothers namely Shri. Ambadasant & Shri. Anant Krishna Vaidya with their colleagues, freedom fighters on the broader principles of equality, fraternity & social justice. To standardize and popularize India's traditional system of physical culture and develop sport and allied science and employ them strategically towards welfare of the masses, Institute has timely organized various tours in India (J&K, Delhi, Calcutta, Ahmadabad, Lucknow, Amritsar, Panji, etc.) and abroad (U.S.A., U.S.S.R., Finland, France, Japan, U.K., Germany, Argentina, Brazil, Poland, Denmark, Lithuania, Sri Lanka, Indonesia, etc.) for Propagation of Indian Traditional sport since year 1928. Institute received a unique honor of a medal for its breath taking demonstrations in Berlin Olympics Games in the year 1936. After Independence, to propagate traditional Indian Sports and Yoga, the Mandal concentrated its efforts on the training of teachers in Physical Education and Yoga, and gradually diversified its activities to the field of Ayurvedic medicine, tribal and school education and Engineering and Technology.

The Mandal is the recipient of prestigious awards:

- “Adivasi Seva Sanstha Puraskar – 1997” of Maharashtra Government” for its work in tribal regions
- “State Government Award – 2002” for educational institution.
- "Paryavaran Puraskar – 2014” bestowed by Sant Gadge Baba Amravati University, Amravati.

Currently Shree H. V. P. Mandal is NGO Advisor member of UNESCO for safeguarding and promoting Intangible Cultural Heritage.

Collaboration with Jan Dlodz University in Czestochowa, Gerlev Physical Education and Sports Academy, Denmark, Russian International Olympic University, Sochi, Russia, UNESCO accredited NGO, Embodying Reconciliation from Bogota, Columbia for student, faculty and cultural exchange.

Degree College of Physical Education (D.C.P.E.), Amravati (M.S.), India

The college established in 1967 by Hanuman Vyayam Prasarak Mandal, Amravati, an NGO known for its outstanding work in the field of Indian traditional sports and physical culture.

College is affiliated to Sant Gadge Baba Amravati University, Amravati and recognized under 2(f) and 12(b) of UGC act. College is recognized by NCTE for BPed and MPed and by AICTE for MCA programme. UGC bestowed with CPE status in X-plan period and MHRD ranked at prestigious 36th position under NIRF-2017. Sant Gadge Baba Amravati University has designated this college as ‘Centre of Excellence’ for traditional sports and physical culture. Autonomous status bestowed by UGC and affiliating University from 2007-2008.

College is functioning in its own lush green campus of 38.17 acre at the heart of the city having good facility for academic and sports activities. Sufficient hostel accommodation for boys and girls with mess is available. University recognized Research Centre for ‘Physical Education’, ‘Computer Engineering’, ‘Yogashastra’, ‘English Literature’ and ‘Digital Electronics’ is available in the college.

The college is offering 15 different programmes under four different faculties, viz., Faculty of Science and Technology, Faculty of Commerce, Faculty of Humanity, and Faculty of Interdisciplinary Studies.

The students from different states and countries like Bhutan, Nepal, Tibet seek admission in this college. The college makes every attempt to cater good education, facilities and inculcate value in these students coming from diversified domain.

The admission procedure is transparent, the reservation criteria is scrupulously followed for offering admission. Qualified and sufficient faculty available. Around 40% are Ph.D., many are M.Phil and NET/SET qualified.

Objectives of Conference

- *Promotion of Yoga and Sports Sciences for the Development of harmonic & peaceful relations among international communities.*
- *Developing inclination of young boys and girls across nationalities towards the mental and physical benefits of Yoga and Sports.*
- *Providing a platform to research scholars in the area of Health, Education, ayurveda, sports, naturopathy and allied disciplines.*
- *Promoting wellness tourism through Yoga and Sports*

Conference Theme

*International Conference on Yoga & Sports for Global Well-Being:
Bridging the Gap Between Yogic, Sports Sciences & Diverse Communities*

SubThemes

- *Application of yoga and sports in Education, Physical Education, Health and Fitness.*
- *Role of yoga and sports in reduction of crimes and de-addiction.*
- *Philosophical approach to yoga.*
- *Commercial practices in yoga and sports Yoga as therapeutic Modality.*
- *Global promotion of yoga.*
- *Psychosomatic problems & remedies through yoga and sports.*
- *Naturopathy, Diet therapy and Ayurveda.*
- *Allied topics related to sports.*



Paper Submission on:

Important Dates: Abstract Submission (200 words) 15th June 2024,
Notification of acceptance within 2 days

Full Paper submit (4-5 pages) on or before 22nd June 2024

- Those who want to publish the paper in Research Journal they have to pay extra Rs. 1000/-.
- **Payment for the publishing research paper in Journal should be paid in the account details provided in the email, after the acceptance of abstract.**
- All accepted and reviewed papers will be published in an “INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS”- (IJCRT.ORG). It is an International Peer Reviewed & Refereed Journals, Open Access Journal with Impact factor: 7.97 (ISSN: 2320-2882). Download the sample template of the research paper by clicking the link below, download the word file, edit your paper and submit it. Only MS Word file type will be allowed as the research paper.

[Research Paper Format](#)

[Registration Link](#)

Money Transfer details for Conference and Competition only

Please transfer the registration fee to below bank details;
Account Name: Director, Directorate of Physical Education & Sport, University of Kashmir, Hazratbal, Srinagar, J&K

Conference Fee	Online Registration	Spot Registration
International delegates	US\$ 50	US\$ 60
Competition Entry Fee for International delegates	US \$ 50	US \$ 60
Conference fee for Indian Delegates	Rs. 600/-	Rs. 700/-
Conference fee for Indian Students	Rs. 500/-	Rs. 600/-
Competition Participation for Indian Participants	Rs. 100/-	Rs. 100/-

Bank Details	International
Bank Name	J&K Bank
Type of Account	Saving
Account No.	0007040100052817
IFSC Code	JAKA0NASEEM
MICR Code	190051042

Note:-

- Registration charges of Conference covers Conference Kit, Certificate, Breakfast and Lunch during the conference.
- Registration charges for Competitions covers Certificate and Medal for first 3 Position holders in each group.
- All delegates are requested that, after the payment, upload the screenshot of the payment in the Registration form and then join the WhatsApp Group after submitting it from the link.

Patrons

Prof. Nilofer Khan

Hon'ble Vice-Chancellor
University of Kashmir (J&K)

Padmashri, P. A. Vaidya

Gen. Sec. H.V.P.M, Amravati (M.S.)

Vice Patrons

Dr. Naseer Iqbal

Registrar University of Kashmir

Dr. Shrikant Chendke

Vice-President, H.V.P.M., Amravati

Organizing Committee

Chairman:

Dr. Mandeep Singh

Director

Directorate of P.Ed. & Sports
University of Kashmir

Co-chairman:

1. Dr. S.P. Deshpande

Principal, D.C.P.E., Amravati

2. Dr. Ajaypal Upadhyay

President, Alumni Association
& Ex- Principal, DCPE, Amravati

Secretary:

Dr. Madhuri Chendke

Secretary, H.V.P.M. Amravati

Joint Secretary:

Dr. Arun Khodaskar

Secretary,
Bruhan Maharashtra Yoga Parishad

Assistant Organizing Secretary

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Coach (Hockey & Yoga Athletics)
Directorate of P. Ed. & Sports
University of Kashmir

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Coach (Gym & Yoga Incharge)
Directorate of P. Ed. & Sports
University of Kashmir

3. Ms. Surjit Kour

Sports Assistant
Directorate of P. Ed. & Sports
University of Kashmir

5. Dr. Iqbal Kabir

Assistant Professor
Directorate of Phy. Edu. & Sports
University of Kashmir

2. Dr. Surjeet Singh

Assistant Professor
P. Ed. & Sports
University of Kashmir

3. Dr. Iftikhar Ahmad Wani

Assistant Professor
Directorate of Phy. Edu. & Sports
University of Kashmir

4. Dr. Nasir

Assistant Professor
Directorate of Phy. Edu. & Sports
University of Kashmir



Cross Country Men Intercollegiate session 2024-25

University of Kashmir

Competition Director & Convener***Prof. Sandip Mandale***Research Intern,
H.V.P.M., I. K. S. Centre**Assistant Joint Secretary*****Prof. Ashish Hatekar***Research Assistant,
H.V.P.M., I.K.S. Centre**Assistant Joint Secretary*****Dr. Lalit Sharma***

Asst. Prof. DCPE, Amravati

Dr. S.M. Labde

Co-PI HVPM-IKS Centre

Acharya Shreyas Kurhekar

Mentor, HVPM-IKS Centre

Co-ordinator(s)***Dr. Mayuresh Shingarup***

Co-PI HVPM-IKS Centre

Dr. Mayur Dalal

Research Interns, HVPM-IKS Centre

Mr. Pranav S. Chendke

Co-PI HVPM-IKS Centre

Surjeet Kour

Lady Sports Assistant, DPE & S

Dr. Sheela Thakare

Asst. Prof. DCPE, Amravati

Dr. Naseer Ahmad Bhat

Asst. Prof. DPE & S

Dr. Iqbal Kabir

Asst. Prof. DPE & S

Dr. Anita Gupta

Asst. Prof. DCPE, Amravati

Dr. Nasir Ahmad Bhat

Directorate of P. Ed. & Sports

Volunteers/students in the Organizing committee

- | | | | | | | | | | |
|------------|-------------|------------|------------|--------------|--------------|-------------|--------------|-------------|------------|
| 1. Hatim | 2. Ibrahim | 3. Suhail. | 4. Aadil | 5. Shahid | 6. Aamir. | 7. Mahmood. | 8. Rayees. | 9. Jahangir | 10. Yasir |
| 11. Tariq | 12. Altaf | 13. Mansi | 14. Sumi | 15. Sheeraza | 16. Riza | 17. Sabiya | 18. Khushboo | 19. Anisa | 20. Junaid |
| 21. Hijaz | 22. Tafazul | 23. Saqib | 24. Zaid | 25. Hafiz | 26. Yasmeena | 27. Gowher | 28. Rashiya | 29. Sameer. | 30. Suraj. |
| 31. Rameez | 32. Iqra | 33. Inayat | 34. Altaf. | 35. Aubid | | | | | |

Departmental Committee

- | | | | | | | | | |
|----------------------|--------------|--------------------|-----------------|----------|----------|---------|---------|-----------|
| 1. Dr. Surjeet Singh | 2. Dr. Nasir | 3. Dr. Iqbal Kabir | 4. Dr. Iftikhar | 5. Suraj | 6. Nasir | 7. Amir | 8. Azra | 9. Suhail |
|----------------------|--------------|--------------------|-----------------|----------|----------|---------|---------|-----------|

Technical Committee

- | | | | | | | | |
|-----------------|--------------------|---------|----------|---------|--------------|----------|------------------------|
| 1. Dr. Iftikhar | 2. Dr. Iqbal Kabir | 3. Iqra | 4. Saqib | 5. Arif | 6. Amir Khan | 7. Aubid | 8. Mr. Sandeep Mandale |
|-----------------|--------------------|---------|----------|---------|--------------|----------|------------------------|

Transport Committee

- | | | | | | |
|--------------|---------|----------------|-----------|---------|---------------------|
| 1. Dr. Nasir | 2. Azra | 3. Asim Bashir | 4. Danish | 5. Arif | 6. Divesh Majethiya |
|--------------|---------|----------------|-----------|---------|---------------------|

Food & Accommodation Committee

- | | | | | | |
|----------------------|----------|-----------|----------|---------------|----------------------|
| 1. Dr. Surjeet Singh | 2. Yawar | 3. Junaid | 4. Sajid | 5. Khushpreet | 7. Vaishali Waghmare |
|----------------------|----------|-----------|----------|---------------|----------------------|

Registration Committee

- | | | | | | | |
|-----------------|-----------|---------|------------|-----------|-------------------|---------------------|
| 1. Dr. Iftikhar | 2. Hatim. | 3. Sumi | 4. Ibrahim | 5. Suhail | 6. D. B. Sawarkar | 7. Dr. Kenedi Singh |
|-----------------|-----------|---------|------------|-----------|-------------------|---------------------|

Open Yogasana Competition

Sub Junior Group Boys & Girls (Age 8 to 14)



Sub Junior Group Boys & Girls (Age 15 to 21)



Sr. Group Men's & Women's (Age 22 to 35)



Sr. Group Men's & Women's (Age 36 to 45)



Sr. Group Men's & Women's (Age 46 & Above)



Rules and Regulation of the Yogasana Competition:

1. The cut out date of birth of player will be stand on 30 June of the session of the competition.
2. Every player must 3 compulsory asanas according syllabus and every player must perform 2 optional asanas which must be out of syllabus of that particular group.
3. The Medical Fitness Certificate of the player is compulsory. Each player will submit Medical Fitness Certificate atleast from M.B.B.S. Doctor.
4. The male competitors will wear skin tight Sports Shirt and Shorts in the Yoga Competition and attractive costume.
5. The female competitors will wear skin tight Sports Shirt and Shorts / Gymnastics Costume and attractive costume.
6. The female competitors in the age groups of 22-35 years and above 35 years Yogasana Competition may wear tight track bottom and tight Sport Shirt during Yogasana Competition.

Information of Registration and Other Links

Particular	Platform / Link
<i>Format of the Paper</i>	For English Font: Times New Roman, Size: 12 For Hindi or Marathi Devnagari font-Unicode, Font Size 14. Paper should be submitted in the IJCRT format only.
<i>Registration Link</i>	https://forms.gle/kj7adxmYDcQ21bQL9
<i>Send your Research Paper and Abstract</i>	dcpeconference@gmail.com Click here to download Research paper format
<i>Important Dates</i>	Abstract Submission (200 words) 15 th June 2024, Notification of acceptance within 2 days
	Full Paper submit (4-5 pages) on or before 22 nd June 2024



1st International Conference cum Workshop at Colombo, Sri Lanka



Global Conference on Traditional Physical Cultures, Sports and Games



2nd International Conference at Dubai, UAE



Annual Dusshera Function

Advisory Committee

1.	Prof. Nilofer Khan	Vice-Chancellor
2.	Prof. Farooq A. Masoodi	Dean Academics Affairs
3.	Prof. M. Sultan Bhat	Dean Research
4.	Prof. Khursheed A. Butt	Dean, College Development Council
5.	Prof. Naseer Iqbal	Registrar
6.	Dr. Majid Zaman Baba	Controller of Examinations
7.	Prof. Tasleema Jan	Dean, School of Education & Behavioural Sciences
8.	Dr. Mandeep Singh	Director, Directorate of Phy Edu & Sports
9.	Dr. Surjeet Kour	Sr. Assistant professor, Director, Directorate of Phy Edu & Sports
10.	Prof. Zulfiqar Ali Bhat	Dean, School of Applied Sciences & Technology
11.	Prof. (Dr.) Arifa Bushra	Dean, School of Arts, Languages and Literature
12.	Dr. Abdul Hamid Wani	Dean Biological Sciences
13.	Prof. Mushtaq Ahmad Darzi	Dean, School of Business Studies
14.	Prof. Gh. Jeelani	Dean, School of Earth & Environmental Sciences
15.	Prof. (Dr.) Reyaz Farooq	Dean, Faculty of Dentistry
16.	Prof. S. Muzaffar Ali Andrabi	Dean, School of Engineering
17.	Prof. Mohammad Hussain	Dean, School of Law
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19.	Prof. Manzoor Ahmad Malik	Dean, School of Physical & Mathematical Sciences
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21.	Prof. Bashir Ahmad Ganai	Dean, School of Unani & Ayurvedic Medicine
22.	Dr. Maroof Naieem Qadri	Director, IT& SS
23.	Dr. S.P. Deshpande	Principal, D.C.P.E., Amravati
24.	Dr. Madhuri Chendke	Secretary, H.V.P.M. Amravati
25.	Prof. Sandip Mandale	Research Intern, H.V.P.M., I.K.S. Centre
26.	Dr. Shrikant Chendke	Vice President, HVPM, Amravati
27.	Dr. Arun Khodaskar	Ex Principal, HVPM, DCPE, Amravati
28.	Dr. Ajaypal Upadhyay	Ex Principal, HVPM, DCPE, Amravati



Kashmir University Ice Skiing Course and Inter Collegiate Programs



Hon'ble Vice Chancellor Prof. Nilofer Khan Blessing Student Ms. Sabiya for participating in International Skiing Event in Kazakhstan



HVPM Administrative Building



DCPE Building, HVPM



Gymnastic Hall, HVPM



Open Stadium, HVPM



Swimming Pool, HVPM