

SCIENTIFIC COMMITTEE

DAY 1: February 26, 2024 (Monday)		
0900 -1000hrs	VENUE A Block Auditorium	Registration
1000 - 1015hrs		Welcome of Dignitaries and Participants
1015 - 1100hrs		(K-01) Keynote Address Physical Activity and Reduction in Chronic Disease
1100 - 1230hrs		Inaugural Ceremony
1230 -1330hrs		LUNCH

INVITED PRESENTATIONS								
Time	VENUE:1 A Block Auditorium		VENUE: 2 B Block Auditorium		VENUE: 3 AT-16		VENUE: 4 AF-14	VENUE: 5 AT-17
	Title	Invited Speaker	Title	Invited Speaker	Title	Invited FLV presentations		
1330 -1400hrs	(S-01): Concussion in Schools Rugby: Are We winning the Battle?	Prof. Hans De Ridder (South Africa), President, BRICSCESS President, Board of Directors, the GCH Foundation Senior Vice-President, ISAK Director, School of Human Movement Sciences, North-West University-Potchefstroom South Africa	(S-02): Innovative Integration of Technology in Physical Education, Physical Activity and Active Living	Mr. Ben Wells (USA) Physical Educator Lü Ambassador CDE Trainer/ Presenter SHAPE America 2016 SHAPE Colorado Bennett Ranch Elementary Falcon, CO USA	(S-03): Tourism and Leisure in the Post COVID Digital Era	Dr. Zornitza Plamenova (Bulgaria), President, Association of Touristic Animators Bulgaria		
1400 - 1430hrs	(S-04): Using Digital Technologies in the Competence Physical Education, Sport and Fitness According to WorldSkills Russia Standards	Assoc. Prof. Maria Abulkhanova (Russia), Founding Member and Vice President of BRICSCESS	(S-05): Physical Education, Well-Being and Health among Brazilian Children During the Social Distancing Period	Assoc. Prof. Nara Rejane Cruz De Oliveira (Brazil), Human Movement Sciences Dept., Federal University of Sao Paulo, Brazil	(S-06): Relationship of BMI on the agility and strength skills of six- to eight-year-old learners in the North West Province of South Africa. The PERF-FIT study	Prof. Dané Coetzee (South Africa), Faculty of Health Science School of Human Movement Sciences North-West University, South Africa		
1430 -1500hrs	(S-07): The Effect of Physical Activity-Based Brain Breaks on Gain Score	Prof. Gıyasettin Demirhan (Turkey), Board of Directors, GCH Former President, Turkish Sports Sciences Association Former Dean, Faculty of Sports Sciences, Hacettepe University Turkey	(S-08): Influence of a Physical Activity and Psychosocial Intervention on Risk Factors Associated with NCD among Adolescents	Assoc. Prof. Maya Van Gent (South Africa), Human Movement Science Department, Faculty of Health Sciences, University of Fort Hare, South Africa	(S-09): The Effects of Brain Breaks© Physical Activity Videos on Focus, Task Tracking and Academic Achievement in Turkey	Assoc. Prof. Dr. Bijen Filiz (Turkey), Department of Coaching Education Afyon Kocatepe University Turkey		
1500 -1630hrs	Workshop (S-10): Learn How to Establish Lifelong Healthy Behaviours in Children and Youth Using a Science-based, Child-friendly, Sustainable Approach.	Dr. Michelle Lombardo (USA), President, The Organ Wise Guys Inc. USA	OR-01 Oral Presentations		OR-02 Oral Presentations		OR-03 Oral Presentations	OR-04 Oral Presentations

DAY 2: February 27, 2024 (Tuesday)

INVITED PRESENTATIONS

Time	VENUE:1 A Block Auditorium	VENUE: 2 B Block Auditorium	VENUE: 3 AT-16	VENUE: 4 AF-14	VENUE: 5 AT-17	
0915-0930hrs	Thematic Orientation					
0930-1015hrs	(K-02): Keynote Address Holistic Development of Fitness in Children and Youth in India: Need for Development of a Sustainable Model	Prof. G. L. Khanna (India), Founding Member & Vice President – BRICSESS and Pro Vice Chancellor Manav Rachna International Institute of Research and Studies, India				
1030-1100hrs	(S-11) Research Development Centre on Sport and Leisure Policies: Regional Partnership through Physical Activity, Exercise, and Health Science	Prof. Ricardo R. Uvinha (Brazil), Founding Member and Secretary General of BRICSESS, Dean, School of Arts, Sciences and Humanities, University of Sao Paul, Brazil	(S-12): Youth Health in Focus: Integrating Pharmacology and Epidemiology for Comprehensive Sports Science Advancements	Prof. Gushchina Yulia (Russia), Deputy Director for International Affairs and Public Relations MIRUDN, People's Friendship University of Russia.	(S-13): Best Practice, Enhancing Children's PA in Kindergartens by Connecting Music and Movement in Pre-school Education	Dr. Antonin Kuban (Czech Republic), Faculty of Physical Education and Sports Charles University Czech Republic
1100-1145hrs	Symposium - Scientific Advances in Dietary Supplements	Col Dr Anup Krishnan (Retd) Mr Prasanna Choudhari Dr Samuel Pullinger Dr. Pooja Gaur Ms Aradhana Sharma Ms Vibha Acharya	(S-14) Physical Activity Level and Psychological well being of University students and possibilities for its improvement: Case Study from North Macedonia	Assoc. Prof. Dr. Biljana Popeska (North Macedonia), Faculty of Educational Sciences Goce Delcev University Stip Republic of North Macedonia		
1145-1200 hrs	Brain Break					
1200-1230hrs	Cultural Programme (A Block Auditorium)					
12300-1330hrs	LUNCH					
Time	VENUE:1 A Block Auditorium	VENUE: 2 B Block Auditorium	VENUE: 3 AT-16	VENUE: 4 AF-14	VENUE: 5 AT-17	
1330-1500hrs	Meeting – Board of Directors (Venue – A Block Meeting Room)					
	Workshop (S-15) Young and Old Alike: Agility Skills Testing and Training within a Long-term Physical Development Model	Prof. Erika ZEMKOVA (Slovakia), Comenius University in Bratislava Slovakia	OR-05 Oral Presentations	OR-06 Oral Presentations	OR-07 Oral Presentations	OR-08 Oral Presentations

DAY 3: February 28, 2024 (Wednesday)

INVITED PRESENTATIONS

Time	VENUE:1 A Block Auditorium	VENUE: 2 B Block Auditorium	VENUE: 3 AT-16	VENUE: 4 AF-14				
0915- 0930hrs	Thematic Orientation							
0930 -1015hrs	<p>(K-03) Keynote Address Connecting Holistic Health to Interactive Technology in Youth and Community through the United Nations Sustainable Development Goals 2030.</p>	<p>Prof. Mingkai Chin (USA) Founder and President, The Foundation for Global Community Health (GCH) Founding & Immediate Past President, BRICS Council of Exercise & Sports Science (BRICSESS) Co-Founder & Former President Asian Council of Exercise & Sports Science (ACCESS) Vice President, Global Affairs & Research HOPSports Inc., USA (2010-2022) Hong Kong-China</p>						
1015 -1100hrs	<p>(K-04) Keynote Address Promoting Holistic and Sustainable Physical Education and Physical Activity for Children and Youth</p>	<p>Prof. Uri Schaefer (Israel), President, International Council of Sport Sciences and Physical Education (ICSSPE) Past President and Board member, International Council of Coaching Excellence (ICCE) International Adviser, BRICSESS Executive Director, Israel Coaching Association Start Up Consultant: Fantasticwv.com Israel</p>						
1115-1145hrs	<p>(S-16): Prevention of Knee Joint Injuries among Prepubertal and Pubertal Children:11+ and FIFA 11+</p>	<p>Prof. Serap Inal (Turkey), Dean and HOD, Department of Physiotherapy and Rehabilitation, Istanbul Galata University, Turkey</p>	<p>(S-17) Using the OMNI Rate of Perceived Exertion (RPE) Scale to Self-Regulate Exercise Intensity to Induce Cardiovascular and Peripheral Adaptations During Soccer Training</p>	<p>Assoc. Prof. G. Balasekaran (Singapore), President, Asian Council & Exercise Sports Science, ACSM Health Fitness Director. National Institute of Education Nanyang Technological University Singapore</p>	<p>(S-18) Does External Pneumatic Compression Help with Recovery and Improve Performance after Cycle Ergometer Anaerobic Exercise?</p>	<p>Yew Cheo NG (Singapore), Nanyang Technological University Singapore</p>		
1145-1215hrs	<p>(S-19) Influence of Sports Participation, Genetic Factor and Nutritional Supplementation on Bone Health and Muscular Performance in Young Population.</p>	<p>Assoc. Prof. Foong Kiew Ooi (Malaysia), Lecturer and Former Programme Chairman, Exercise and Sports Science Programme, School of Health Sciences, Universiti Sains Malaysia.</p>	<p>(S-20) The Innovative Approach of Using Music for Health and Sport: From Conceptual Underpinnings to Applications</p>	<p>Prof. Garry Kuan (Malaysia), Secretary-General, Asian-South Pacific Association of Sport Psychology. Executive Board Member, Asian Council of Exercise and Sports Science (ACCESS) Exercise and Sports Science Programme Universiti Sains Malaysia</p>	<p>(S-21) Mental Health, resilient coping strategies and hope of residents of the city of São Paulo during the period of social distancing in the COVID-19 pandemic</p>	<p>Larissa Pires (Brazil), Health Sciences Federal University of São Paulo-Santos Brazil</p>		

1215 -1245hrs	PLENARY SESSION					
1245- 1330hrs	LUNCH					
1330 -1500hrs	Workshop (S-22) Synergy of Gratitude and Mindfulness in Sports and Physical Fitness: Harnessing the Science of Human Flourishing and Wellbeing	Prof. Dr. Waheeda Khan (India) , Department of Clinical Psychology Faculty of Behavioural Sciences Advisor - SGT University Gurugram	OR-09 Oral Presentation	OR-10 Oral Presentation	OR-11 Oral Presentation	
1500-1630hrs	Prof. S K Verma Memorial Award "Poster Presentation"		OR-13 Oral Presentation	OR-14 Oral Presentation	OR-15 Oral Presentations	
1730hrs onwards	GALA DINNER (CENTRAL LAWN)					

DAY 4: February 29, 2024 (Thursday)										
INVITED PRESENTATIONS										
Time	VENUE:1 A Block Auditorium		VENUE: 2 B Block Auditorium		VENUE: 3 AT-16		VENUE: 4 AF-14		VENUE: 5 BG-08	
0930-0945hrs	Thematic Orientation									
0945-1030hrs	(K-05) Keynote Address : Adapted Judo for Children with Autistic Spectrum Disorder: the AUTJUDO Project.	Prof. Myriam Guerra-Balic (Spain) , Board of Directors, GCH FPCEE-Blanquerna University Ramon Llull (Spain)								
1045-1115hrs	(S-23) Models and variations of exercise programs to improve cardiovascular and increase muscle mass.	Dr. Rina Ambar Dewanti (Indonesia) , Assistant and lecturer UNJ, state University of Jakarta	(S-24) Impact of Physical Activity Programs in the Schools for promotion of Fitness among Students.	Prof. Rajesh Kumar (India) , I/c Director of Physical Education Osmania University, T.S. Hyderabad, India	(S-25) Childhood Obesity and its Associated Factors among School Going children in Raisen, Madhya Pradesh, India	Dr. Mottakin Ahmed (India) , Sports Officer Government College Silwani, Raisen M.P., India				
1115-1145hrs	(S-26) Intergenerational a Sport Program between Youth and Elderly: A Case of Pickleball clubs	Prof. Chae-Hee Park (Republic of Korea) , ACSM Exercise is Medicine® Older Adult Committee Member, Director, Korea National Sport University, Republic of Korea	(S-27) Physical Activity Involvement from Classrooms to Houses: Case from Cappadocia Region of Turkey	Prof. Fatma Sacli Uzunoğlu (Turkey) , Department of Coaching Education, School of Sport Sciences and Technology Nevşehir Hacı Bektaş Veli University, Turkey						

PLENARY SESSIONS

February 27, 2024 (Tuesday)

VENUE: I BLOCK AUDITORIUM			VENUE: G BLOCK AUDITORIUM		
TIME	PANEL DISCUSSION	PANEL MEMBER	TIME	PANEL DISCUSSION	PANEL MEMBER
1130-1300hrs	Vision Olympic 2036 Panel Discussion-1 Academia Athletica: Fusing Education and sports	Chair Person Lt Gen (Dr.) J.S. Cheema Vice Chancellor, The Maharaja Bhupinder Singh Punjab Sports University, Patiala	1130-1300hrs	“Advances in Holistic Health & Sports for Children and Youth”	Dr. Mantu Saha Scientist F, DRDO-Defense Institute of Physiology and Allied Sciences (DIPAS)
		Moderator Dr Jatin Soni Former Vice Chancellor Swarnim Gujarat Sports University Vadodara, Gujrat			Dr. Manjunath Sharma Pro-Vice Chancellor & Director of Research, SVYASA University, Bangalore
		Col. Raj Singh Bishnoi Sr. Executive Director, Netaji Subhash National Institute of Sports, Patiala			Dr. I N Acharia Programme Officer, MDNIY New Delhi
		Mr. Tahsin Zahid Chief Executive Officer (CEO) SPEFL-SC			Dr. Raghavendra Rao Director, CCRYN. National Ayush Mission, Ministry of Ayush Govt Of India, New Delhi
		Dr. Dhananjay Shaw Head Dept. of Physical Education & Sports Sciences, DU			Prof. Surinder Kumar HOD & Dean, Faculty of Yoga & Phy Edn. Gurukul Kangri University, Haridwar
		Dr. Manohar Lal. Prof. Department of Physical Education, Punjab			Dr. UK Singh Faculty of Yoga & Physical Edn. Gurukul Kangri University, Haridwar
		Dr. Kawaljeet Singh Director Sports, Khalsa University Amritsar			
		Prof. Arjun Sinh Rana Vice Chancellor Swarnim Gujarat Sports University			
1400-1530hrs	Vision Olympic 2036 Panel Discussions -2 Rehabilitation Athletics: Redefining Recovery	Chair person Prof. Dr. Oleksandr Krasilshchikov Professor of Sports Science, Universiti Teknologi MARA (UiTM) Malaysia	1400-1530hrs	Vision Olympic 2036 Panel Discussions: 3 Tach Play: Navigating the future of sports technology	Chair Person Prof. L.B. Laxmikant Rathod Vice Chancellor Palamuru University, Mahabubnagar, Telangana
		Dr. Vivek Kumar Mathur: Moderator Specialist Sports Medicine Deputy Inspector General (Medical) I.T.B.P (Central Armed Police Forces)			Moderator: Mr. Ram Kumar Singh Founder & CEO Vradicals India Pvt Ltd
		Dr. K.A. Thiagarajan Senior Consultant Sports Medicine & Physical Medicine and Rehabilitation Sri Ramachandra Medical Centre Chennai			Mr. JKL Prasad Business Development manager A D Instruments
		Dr A G K Sinha Professor Sports Sciences, Physiotherapy, Physical Education Punjabi University Patiala Punjab			Dr. Hanjabam Barun Sharma Professor, Institute of Medical Sciences (IMS), Banaras Hindu University (BHU), Varanasi
		Dr. Dobson Dominic Prof & HOD Sports Medicines & Sports Science Saveetha Medical College Chennai, Tamil Nadu			Mr. Sujit Panigrahi Founder and CEO, Fitness365
		Dr. Aijaz Ashai Head of Department Adams Wylie Physio Rehab Centre			Prof. Sanjeev Gupta Dept of Physiotherapy, School of Allied Health Sciences, MRIIRS
					Dr Prakash Jha Professor, Kings College London
					Cak Sushilo Head of Graduate International Program & International Coordinator, Universitas Negeri Jakarta (UNJ)

ORAL PRESENTATIONS

OP 01: Iron deficiency among female Football Players

Pritee Singha, Gurjeet Kaur Chawla, Indranil Manna

OP 02: Effect of recreational games on enjoyment and attitude of millets as potential solution to address reproductive health challenges in young female adults- A Comprehensive Review

Kanika Anand, Gurjeet Kaur Chawla

OP 03: Medical nutrition therapy for the management of gestational diabetes mellitus – A Comprehensive Review

Swati Aggarwal

OP 04: Antioxidant potential of Aswagandha Root and Athletic Performance

Sharmistha Samanta, Dr. Sridip Chatterjee, Prof. Runu Chakraborty

OP 05: Impact of Omega 3 fatty acids on different organs of SOFA score involved in sepsis.

Swati, Madhvi Awasthi, Nameet Jerath

OP 06: Nutritional status, psycho-physiological, and performance of vegetarian versus non-vegetarian athletes: A pilot observation study

Raushan Kumar, Keren Harish Tiwari, A. Yuvaraj, Harish Kumar Tiwari

OP 07: Product development and nutritional evaluation of beetroot jam for athletic performance enhancement

Jyoti Prasad, Divya Sanghi

OP 08: Association of dietary intake of omega-6/omega-3 ratio with body mass index

Gurseen Rakhra, Kaavya Nair

OP 09: A study on nutrient quality and shelf life of pearl millet microgreen grown under sunlight

Ashima, Awasthi M

OP 10: Effect of product developed from foxtail millet and jackfruit seed on blood glucose response among middle aged population.

Muskan Bansal, Mahak Sharma

OP 11: The Indian football: from a social and scientific perspective

Soumyadeep Mukhopadhyay, Upasana Chowdhury, Snehunsu Adhikari, Bithin Kumar Maji, Somnath Gangopadhyay

OP 12: Differences in the stride to stride variability while prolonged running on treadmill and track: A crossover study

Zaheen A. Iqbal, Prof. Daniel H.K. Chow

OP 13: A study on applications of engineering education in sports and physical education

Tara Singh Thakur, Kumar Neeraj

OP 14: Estimation of the changes in the field hockey penalty stroke technique by using non-linear analysis

Viswanath Sundar, Sabarathinam Srinivasan, Rajinikumar Palaniappan

OP 15: A comparative study of personality profile and cognitive abilities between physical education and general students

Namchan Norbu Bhutia, Atanu Ghosh

OP 16: Effect of hand grip strength, heart rate and anxiety on the shooting efficacy of female 10M pistol shooting

J S Soodan, Sandeep Kaur

OP 17: Innovative integration of yogic and SUJOK (oriental) practices for holistic development of school children

SN Karthikeyan, Shaheen Ahmed

OP 18: Youth experiences of a rural South African sport development programme

Leepile Cyril Motlhalwa

OP 19: Science of Archery traced from ancient Indian literatures

Samiran Mondal

OP 20: Effect of recreational games on enjoyment and attitude of adolescent girls

Ashoke Kumar Biswas, Nurun Nabi

OP 21: Assessing the effect of three different pre-match warm-up structures on male professional basketball players' physiological parameters

Vikas Singh, Ciocan Vasile Catalin, Tenzing Norzom Bhutia, Ravindra Singh Rajpurohit, Carmen Pârvu, Ashish Sharma

OP 22: Comparative study on mental toughness between national and state level male archers

Rajibul Islam, Manabendra Majhi

OP 23: Measure of depression between the male and female athletes of district players

Suresh Babu Nannapaneni

OP 24: Importance of morphological, physical fitness and physiological variables in talent identification in sports

Atanu Jana, Gulshan Lal Khanna, Indranil Manna

OP 25: HRV guided training in improving swimming performance of elite junior swimmers – A Randomized control trial

Sneha T, Dobson Dominic, Harshavardhini A

OP 26: Performance status of Indian female athletes in the international competitions

Khatun N, Konar A, Das S, Chatterjee S, Polley S

OP 27: Physiology of soccer: An update in Indian context

Indranil Manna

OP 28: A comparative study on level of sports confidence between team game and individual game athletes

Adrija Biswas, Prof. Ashoke Kumar Biswas

OP 29: Influence of aerobic fitness on cardiac autonomic function in regular exercisers: an observational pilot study

Paul P, Chatterjee S

OP 30: Effect of in-season linear sprint training on sprint kinematics of amateur soccer players

Avinash Kharel, Sangey Tsering, Sonam Ramchiary

OP 31: Effectiveness of high intensity circuit training with body weight on lower limb strength, agility and speed in badminton players: A comparative study

Vallari Sharma, Neeraj Singh, Vijay Kaushik, Ramhari Meena, Preeti Taneja

OP 32: Effects of upper limb training and ergonomic interventions in youth esports players - A Quasi experimental study

Koushik K V S, Dobson Dominic, Praveen R, Nikhil Roy M, Sai Kishore

OP 33: Role of training intensity distribution in endurance sports: A review

Manish Nagpal, Nitesh Malhotra

OP 34: Role of low-intensity training and nutritional supplementation in subjects with fibromyalgia and visceral disorders - Case Report

Mahek Arora, Priyanka Sethi, Preeti Saini

OP 35: A longitudinal study on prevalence of doping and the perception towards anti-doping among Tamil Nadu youth football players

Nikhil Roy M, Dobson Dominic, Praveen R, Koushik K V S

OP 36: Breathing exercises in lung cancer: A Systematic Review

Bhaskara Rao Jagurothula, Kshitija Bansal

OP 37: Diastolic Blood Pressure: An Independent Predictor for Cardiac Autonomic Neuropathy in Type-2 Diabetes Patients

Saima Zaki, Saurabh Sharma

OP 38: The effect of pep devices in chronic obstructive pulmonary disease patients: A Systematic Review

Chanakya Singh, Nitesh Malhotra, Preeti Saini, Priyanka Sethi

OP 39: The effect of backpack load on pulmonary function: A Systematic Review

Megha Singh, Preeti Saini, Nitesh Malhotra, Priyanka Sethi

OP 40: Effect of asana and exercise on speed, strength and endurance among eumenorrhic women athletes during various phases of menstrual cycle

P Ashwini, K Deepla

OP 41: Effect of Wim Hof breathing method for the enhancement of sports performance: A Systematic Review

Jamil Ahmad Butt, Jai Prakash Bhukar, Farooq Ahad Kumar, Towseef Ahmad Taily

OP 42: Ergonomics modifications and improving well-being as an early disease prevention in school going children in developing countries

Pooja Kumari Mahaseth, Ndahiriwe Chance Christian, Tanpreet Kaur, Tejaswini Kalyan Pwar, Rinkle Malani

OP 43: The impact of poverty and gender inequality on the psychological risk factors of adolescents at risk for NCD's in the Eastern Cape, South Africa

Van Niekerk RL, Van Gent MM

OP 44: Physical fitness, cardiovascular and musculoskeletal health, and occupational performance in firefighters

Jaron Ras, Denise L. Smith, Andre P. Kengne, Elpidoforos S. Soteriades, Lloyd Leach

OP 45: Comparing the impacts of video-based and face-to-face yoga practices on the depression level, pain, fatigue and quality of life of sedentary individuals

Nahide Kocer, Feyza Baca Bicer, Habibe Serap Inal

OP 46: A systematic review protocol for the effectiveness of psycho-educational intervention programmes in addressing the psychological risk factors associated with non-communicable diseases among adolescents

Nokwanda Bokolo, Rudolph Leon Van Niekerk, Verona Mathews, Lloyd Leach

OP 47: Are the video-based yoga exercises effective on musculoskeletal pain and quality of life of discharged patients in post-covid-19 stage

Mehmet Durbulu, Habibe Serap Inal

OP 48: Comparative effects of selected exercises on motor fitness of normal and deaf secondary schools students in katsina state

Sule Idris

OP 49: The best interest of the child clause and setting a legal framework for sustaining sport in low to medium income countries (LMIC)

Ushotanefe Useh

OP 50: A comparative study of the effect of ACBT (active cycle of breathing technique) versus postural drainage in pulmonary rehabilitation. A Systematic Review

Megha Sharma, Preeti Saini, Nitesh Malhotra, Priyanka Sethi, Pooja Sharma

OP 51: School and university: An extension experience from leisure in southern Brazil

Silva CL, Vendruscolo R, Moro VL, Godoy L, Camargo M

OP 52: Impact of aerobic fitness on selected respiratory indices: an observational pilot study

Roy D, Chatterjee S

OP 53: Study on the effects of short-term resistance training on body-composition, strength, power and aerobic performance of football players

Kingshuk Ghosh, Gulshan Lal Khanna, Indranil Manna

- OP 54: Study on the effects of training on body composition, physical fitness and physiological variables of young soccer players**
Sayana Jyoti Bera, Indranil Manna
- OP 55: Comparison of flexibility, foot posture and BMI in ballet dancers with and without heel pain**
Latika Areja, Kangana Kansal Juneja, Dheeraj kumar, Sanjeev Gupta
- OP 56: Comparison of glenohumeral rotational rom between leg spinners and off spinners in elite cricketers**
Manibhadra Panda, Sonali Vispute, Tabish Fahim, Ashwin Kshirsagar
- OP 57: Effect of hand training on grip strength and activities of daily living in non-ambulatory muscular dystrophy patients: A Review**
Anjali Rawat, Dr. Divya Aggarwal, Pooja Sharma
- OP 58: Effect of 6 weeks circuit training for development of endurance among soccer players of J.N.T.U. Hyderabad**
Jampana Ramesh Babu
- OP 59: Comparative evaluation of efficacy of extracorporeal shock wave therapy in addition to eccentric exercises in management of non-insertional Achilles tendinopathy in athletes**
Sushmita Kushwaha, Bhagat Singh Rathee, Firoz Azam Khan
- OP 60: 800 meter rural collegiate athletes' performance after six weeks of cardio respiratory endurance and targeted plyometrics training**
Neeraj Kumar, Anand N. Badwe
- OP 61: Effect of neuromuscular training on gait parameters in patients with knee osteoarthritis**
Sulekha Parashar, Amrinder Singh
- OP 62: Evaluating the effects of an immediate stretch-shortening cycle protocol on neuromechanical parameters in male and female players**
Monika Sharma, Amrinder Singh
- OP 63: Examining the effect of lengthening of the pectoralis minor and strengthening of the hip abductor of the non-dominant sides on throwing performance of the amateur male cricketers: A randomized controlled trial**
Mayuresh Padalkar, Manibhadra Panda, Tushmeet Kaur, Tabish Fahim, Ashwin Kshirsagar, Rohit Dawande, Akash Tandale
- OP 64: Effect of rhythmic stabilization on dynamic balance in children with down syndrome: A pilot study**
Nusrat Jahan, Nitesh Malhotra
- OP 65: Nerve conduction studies (sensory and motor) as outcome measure in hypothyroidism – A literature review**
Shubhi Pandey, Sunita kumari, Moattar Raza Rizvi
- OP 66: The effect of a 12-week web-based chair yoga program on physical performance and mood in individuals with mild cognitive impairment (MCI)**
Nahide Kocer, Beyza Baca Bicer, H. Serap Inal, Nilgun Cinar, Mustafa Yilmaz
- OP 67: Prevalence of tension- type headache in university medical students: a cross-sectional study**
Roshani Sharma, Palak Sachdeva, Jasmine Kaur Chawla, Pragya Kumar
- OP 68: Comparative analysis of heart rate variability in amateur vs professional young badminton players -A cross-sectional study**
Dobson Dominic, Harshavardhini, Sneha T
- OP 69: Effect of core strength training with nutmeg intake on sleep disorder blood pressure diabetic and erectile dysfunctions among middle aged men**
Venkatesan Ramchandran
- OP 70: Relation between physical activity, screen time, stress hormones, vitamin e level and academic performance - Gender and ethnic differences among students**
Zaheen A. Iqbal, Prof. Daniel H.K. Chow
- OP 71: Effect of recreational games on motor creativity of adolescent girls**
Nurun Nabi, Prof. Ashoke Kumar Biswas
- OP 72: Effects of eight weeks of training on strength, power and speed variables of short distance runners**
Soumyadip Ghosh, Indranil Manna
- OP 73: Effects of continuous and interval methods of circuit training on blood lactic acid accumulation**
Sudip Sundar Das, SK. Saha Alam
- OP 74: Footwear influence on mechanical translation of soleus muscle activation in flexed knee heel rise action – A cross-correlation study**
Sanjeev Gupta, Saanvi Aggarwal, Visweswara Rao, Guthi, Nagaraj Kondagunta
- OP 75: The anthropometric and biochemical parameters, compared to a ketogenic diet**
Harpreet Kour, Hanjabam Barun, Shrihari Kulkarni
- OP 76: Efficacy of dynamic neuromuscular stabilization exercises in adults with low back pain and movement control impairment: a prospective randomized controlled pilot study**
Manju Kaushik, Irshad Ahmad
- OP 77: Impact of Russian current combined with close and open kinetic chain strengthening exercises on ACL revision reconstruction using allograft - A Case Report**
Rohit Dawande, Manibhadra Panda, Tabish Fahim, Ashwin Kshirsagar, Mayuresh Padalkar, Akash Tandale
- OP 78: Evaluation of functional mobility score and star excursion balance test in individuals with Recurrent Ankle sprain**
Virag Singh, Nikhita Sharma, Irshad Ahmad
- OP 79: A review of pain management and functional improvement in stage II Adhesive Capsulitis**

Sheena Arora, Moattar Raza Rizvi, Khyatee

OP 80: The effect of chronotype on athletic physical performance and sleep quality: A Systematic Review study

Mohd. Asad, Preeti Saini, Sayed Zarnain Ahmed

OP 81: A comparative study between the occupational participation of special Olympians and non-special Olympians using scope (version 2.2)

Pallavi Nair, Vidushi Sharma

OP 82: Excessive drug use leads to neurological conditions in sports. say no to doping: A review study

Kapil Upadhyay, Bishnu Ghale, Sunita Kumari, Ankit Sharma

OP 83: The role of Artificial Intelligence in prediction and prevention of injury in athletes of various sports disciplines. A systematic review

Bhavesh Sahu, Pooja Purendra Chandrakar, Kshitija Bansal, Sunita Kumari, Divya Aggarwal

OP 84: Effect of agility training on the performance of athletes in different sports specialization: Systematic Review

Sajal Sharma, Jasmine Kaur Chawla, Irshad Ahmed

OP 85: Effect of regular karate practice on neurosensory cognition among school going children

Bhattacharya P, Chatterjee S, Mondal S

OP 86: Efficacy of high intensity interval training in psychological problems in medical students: A Narrative Review

Baljeet Kaur, Moattar Raza Rizvi

OP 87: Intra-rater reliability of navicular drop test for the assessment of foot posture in pronated feet subjects

Md Farhan Alam, Saurabh Sharma

OP 88: Factors associated with physical performance in strength and/or endurance athletes: A Literature Review

Eepsita Mahanta, Pooja Bhati, Jaganjyoti Das, Pooja Anand

OP 89: Effect of blood flow restriction training after Anterior Cruciate Ligament reconstruction in adolescents: A scoping review

Shivangi Sharma, Irshad Ahmad

OP 90: Identification of factors associated with non-specific low back pain among lawyers

Perna Mahto, Pragma Kumar, Jasmine Kaur Chawla, Madhumani Dubey

OP 91: Low-impact exercises for improving symptoms in Parkinson's disease: A Literature Review

Nagarjuna Narayanasetti, Kshitija Bansal, Annie Thomas

OP 92: Effect of rotator cuff strengthening exercises along with sleeper stretch program verses traditional exercises program in baseball player having glenohumeral internal rotation deficit (GIRD) - A comparative study

Ayushi Devgade, Neeraj Singh, Jharna Gupta, Priyanshu Joshi, Preeti Taneja

OP 93: Advancements in neurorehabilitation techniques

Mansi George, Jamil Ahmad Butt

OP 94: Analysis of trait anxiety among female college athletes

Yogamaya Panda

OP 95: Childhood obesity as precursor to stroke

Manu Bhati, Nitesh Malhotra

OP 96: Effects of menstrual phase wise training program versus conventional training program on speed, agility, power and psychological well-being of female sprinters: a comparative study

Ishita Dale, Neeraj Singh, Usha Singh, Ramhari Meena, Preeti Taneja, Suman Kumar

OP 97: The determinants of falls among the elderly living in long-term care facilities in the city of Cape Town

Ebrahim N, Leach L

OP 98: Virtual reality in sports training, skill acquisition and application

Antara Bishnu, Priyanka Sethi, Paramananda Roy, Pooja Sharma

OP 99: Neurodynamic mobilization in painful diabetic Peripheral Neuropathy: A narrative review

Jyoti Sharma, Irshad Ahmad, Arun Kumar Chandresh Singh

OP 100: Effect of Nordic hamstring exercise on jump performance in athletes

Jasmine Kaur Chawla, Elson James, Roshani Sharma, Pragma Kumar, Ankit Jain

OP 101: Effect of gamification in pedagogy of undergraduate physiotherapy & occupational therapy courses: A systematic review

Nitya Chopla, Rohit Kumar Halder, Divya Aggarwal

OP 102: The effect of Trans Cranial direct current stimulation on diabetic polyneuropathy: A systematic review study

Aparna Bararia, Ankit, Moattar Raza Rizvi

OP 103: Effect of massage on physical performance of athlete: A review

Aastha Varshney, Arvind Verma, Kshitija Bansal

POSTER PRESENTATIONS

PP 01: Assessment of body mass index and the association with quality of sleep in young adults

Ankita Sharma, Tanya Garg

PP 02: Impact of training volume and intensity on risk of overuse injuries in young athletes: A systematic review study

Bishnu Ghale, Mudssir Maqsud Shiekh, Jasmine Kaur Chawla, Irshad Ahmad

PP 03: A comparative study: effects of Pilates exercises v/s conventional core stability exercises on bat swing velocity and running speed in softball players.

Vidhya Mehta, Neeraj Singh, Ramhari Meena

PP 04: Comparison of immediate effect of self-myofascial release on plantar surface of foot v/s muscle energy technique for improving hamstring flexibility in contact sports players

Mudssir Sheikh, Bishnu Ghale, Jasmine Kaur Chawla

PP 05: Disorders of gut-brain axis: A review highlighting the treatments so far.

Riya Khurana, Gurseen Rakhra

PP 06: A comparative study of selected physiological parameters between middle-aged biomass using rural household women and liquefied petroleum gas using urban household women

Shubankar Singha, Papan Mondal

PP 07: Effect of mobile phone addiction on physical fitness of Indian youth

Urmila Tamta, Sampada Jahagirdar

PP 08: Post-operative rehabilitation following Osteochondritis Dessecans: A single case study

Riya Mittal, Himani Kaushik, Avi Choudhary, Divya Aggarwal, Pooja Sethi

PP 09: Effectiveness of positional release technique in cervicogenic headache among gym goers.

Roshani Sharma, Jasmine Kaur Chawla, Pradumn Kumar Rai, Pragya Kumar,

Ankit Jain

PP 10: Prevalence and associated risk factors of low back pain among salon workers of Delhi NCR: A cross-sectional study

Jasmine Kaur Chawla, Ilma Khan, Roshani Sharma, Pragya Kumar

PP 11: Differential efficacy of shoulder girdle muscles in management of Trapezius myalgia

Dheeraj Kumar, Nitesh Malhotra, Sanjeev Gupta, Pooja Sharma

PP 12: Investigating association of spasticity, functional activity and severity of the condition in Spastic diplegic Cerebral Palsy children.

Dheeraj Kumar, Sanjeev Gupta

PP 13: A prospective randomized comparative study between isolated eccentric versus conventional exercise therapy in athletes with rotator cuff tendinopathy.

Shorya

PP 14: Co-relation between characteristics of hand-held devices and disability of neck and upper extremity

Kangana Juneja Kansal, Dheeraj Kumar, Sanjeev Gupta

PP 15: Association between biomechanical measures of cervical and psychological measures in patients with Tension-type Headache

Richa Chauhan, Irshad Ahmad

KEY NOTE ADDRESS

K 01: Connecting holistic health and well being to interactive technology in youth and community through the CDC WSCC model and UNSDG 17 physical education and health

Prof. Dr. Ming-Kai Chin

K 02: Adapted judo for children with autistic spectrum disorder: the AUTJUDO project

Prof. Myriam Guerra-Balic

K 03: Holistic development of fitness in children and youth in India: need for development of a sustainable model

Prof. Dr. G L Khanna

K 04: Physical activity and reduction in chronic disease

Prof. Dr. Stephen Kopecky

K 05: Promoting holistic and sustainable physical education and physical activity for children and youth

Dr. Uri Schaefer

INVITED TALKS

I 01: Using digital technologies in the competence Physical education, sport and fitness according to worldskills Russia standards

Assoc. Prof. Dr. Maria Abulkhanova

I 02: Using the omni rate of perceived exertion (RPE) scale to self-regulate exercise intensity to induce cardiovascular and peripheral adaptations during soccer training

Assoc. Prof. Dr. Govindasamy Balasekaran

I 03: Innovative integration of technology in physical education, physical activity and active living

Mr. Ben Wells

I 04: Physical education, well-being and health among Brazilian children during the social distancing period

Assoc. Prof. Dr. Nara Rejane Cruz de Olivera

I 05: Concussion in schools rugby: are we winning the battle?

Prof. Dr. J. Hans de Ridder

I 06: The effect of physical activity-based brain breaks on gain score

Prof. Dr. Giyasettin Demirhan

I 07: Prevention of knee joint injuries among prepubertal and pubertal children:11+ and FIFA 11+

Prof. Dr. Serap Inal

I 08: The innovative approach of using music for health and sport: from conceptual underpinnings to applications

Assoc. Prof. Dr. Garry Kuan

I 09: Impact of physical activity programs in the schools for promotion of fitness among students.

Prof. Rajesh Kumar

I 10: Influence of sports participation, genetic factor and nutritional supplementation on bone health and muscular performance in young population

Asso. Prof. Dr. Foong Kiew Ooi

I 11: Intergenerational a sport program between youth and elderly: a case of pick ball clubs

Prof. Dr. Chae-Hee Park

I 12: Research development center on sport and leisure policies: regional partnership through physical activity, exercise, and health science

Prof. Dr. Ricardo R. Uvinha

I 13: Physical activity involvement from classrooms to houses: case from Cappadocia region of Turkey

Prof. Dr. Fatma Sacliuzunoz

I 14: Influence of a physical activity and psychosocial intervention on risk factors associated with NCD among adolescents

Assoc. Prof. Dr. Maya van Gent

I 15: Youth health in focus: integrating pharmacology and epidemiology for comprehensive sports science advancements

Prof. Yulia Gushchina

FLV PRESENTATIONS

F 01: Childhood obesity and its associated factors among school going children in raisen, Madhya Pradesh, India

Dr. Mottakin Ahmad

F 02: Relationship of BMI on the agility and strength skills of six-to-eight-year-old learners in the north west province of South Africa: the perf-fit study

Prof. Dr. Dané Coetzee

F 03: The effects of brain breaks® physical activity videos on focus, task tracking and academic achievement in Turkey

Assoc. Prof. Dr. Bijen Filiz

F 04: Best practice, enhancing children's pa in kindergartens by connecting music and movement in pre-school education

Dr. Antonín Kuban

F 05: Tourism and leisure in the post covid digital era

Dr. Zornitza Plamevona Mladenova

F 06: Does external pneumatic compression help with recovery and improve performance after cycle ergometer anaerobic exercise?

Ng Yew Cheo, Govindasamy Balasekaran, Nurul Shafiqah Binte Mohamed Saiful

F 07: Mental health, resilient coping strategies and hope of residents of the city of São Paulo during the period of social distancing in the COVID-19 pandemic

Larissa C. Pires, William F. Santana, Gisele H. Tavares, Filipe S. Romano, Carolin Lusby, Ricardo R. Uvinha, Nara R. C. Oliveira

F 08: Physical Activity Level and Psychological Well-being of University Students and Possibilities for its Improvement: Case Study from North Macedonia

Biljana Popeska, Katerina Mitevaska Petrusheva