

Date: 07.01.2025

## Harmonizing Movement: Integrating Yoga with Sports Science for Peak Performance (International Conference)- 21st–22nd March, 2025

**Website for registration: <http://yoga.nsnis.in>**

**Online Registration Open: 07 January, 2025 (05:00 p.m.)**

**Last date for registration (without late fee) : 28 February, 2025**

The Sports Authority of India, through its Academic Wing, is delighted to announce International Conference on Harmonizing Movement: Integrating Yoga with Sports Science for Peak Performance, scheduled to be held on **21st–22nd March, 2025** at the Netaji Subhas National Institute of Sports (NSNIS), Patiala, India.

This conference will delve into the integration of yoga and sports science to enhance athletic performance, mental resilience, and overall well-being. It offers an unparalleled platform for sports scientists, yoga practitioners, coaches, trainers, and students to exchange insights, present research, and discuss practical approaches to optimizing training and recovery.

### **Conference Highlights**

- **Keynote Speeches by Renowned Experts**  
Gain insights from world-class speakers in the fields of sports science and yoga, sharing their groundbreaking research, innovative practices, and success stories in high-performance sports.
- **Panel Discussions**  
Engage in thought-provoking discussions featuring distinguished panelists
- **Interactive Workshops**  
Participate in hands-on sessions led by experienced yoga trainers and sports scientists. Workshops will include practical demonstrations on:
  - Advanced yoga techniques for athletes.
  - Breathwork and mindfulness for mental toughness.
  - Data-driven approaches to blending yoga with modern training regimens.
- **Research Presentation Sessions**  
Academics and students will showcase their latest findings through paper and poster presentations, offering fresh perspectives on the integration of yoga and sports science.
- **Networking Events**  
Build meaningful connections with fellow delegates, experts, and thought leaders through breakout sessions, a gala dinner, and networking breaks.
- **Certification of Participation**  
All attendees will receive a certificate acknowledging their participation and contributions to this prestigious conference.

### **Key Takeaways**

- **Enhanced Knowledge:** Understand the integration of yoga and sports science for peak performance and recovery.
- **Practical Skills:** Learn actionable techniques for physical and mental conditioning.
- **Research Insights:** Discover the latest findings and innovations in yoga and sports science.
- **Networking Opportunities:** Build connections with global experts, peers, and thought leaders.

**Details of Registration fees:**

Category	Registration Fees (07 <sup>th</sup> Jan-28 <sup>th</sup> Feb, 2025)	Late Registration Fees (01 <sup>st</sup> March-20 <sup>th</sup> March, 2025)	On the spot Registration Fees (21 <sup>st</sup> March, 2025)
<b>National Delegates</b>			
Students/ Research scholars	Rs. 2000/-	Rs. 2500/-	Rs. 3000/-
SAI Staff members	Rs. 2500/-	Rs. 3000/-	Rs. 3500/-
Academicians/ Professionals	Rs. 3000/-	Rs. 4000/-	Rs. 5000/-
<b>International Delegates</b>			
Students/ Research scholars	\$100/-	\$125/-	\$150/-
Academicians/ Professionals	\$200/-	\$250/-	\$300/-

The registration fee will cover the following:

1. Lunch and high tea for two days.
2. Gala dinner on 21st March 2025.
3. Conference kit and booklet.

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**Abstract for oral and poster presentation:**

Participants are invited to submit abstracts for oral and poster presentations related to the conference topic

Submission Guidelines:

- **Abstract Submission Deadline** : 09 February, 2025
- Abstracts must be written in English, limited to 200 words, Times New Roman font (text size 12) and include the title, author(s), affiliation, and keywords.
- Paper and poster presentation should be on original research.
- Review papers will not be accepted.
- Attach your document in PDF format on registration portal.

**Topics for abstract:**

- Role of Sports Sciences in Yogasana sports
- Yoga for rehabilitation and recovery
- Yoga for improving physiological characteristics of athletes
- Herbal supplements and sports performance
- Integrating Yoga and biomechanics
- Meditation and mental conditioning in sports
- Yoga for improving strength, balance and flexibility in sports
- Age and gender specific benefits of Yoga in sports
- Challenges and opportunities in Yogasana as a sport
- Pranaayam and breath control in athletic performance
- Body composition characteristics in Yogasana sports
- Application of Ayurveda principles for improving sports performance
- Any other topic relevant to the theme of the Conference

SAI NS NIS Patiala invite all interested participants to join this transformative Conference to foster the integration of yoga and sports science for achieving peak performance.

  
09/01/25

Sibananda Mishra  
Deputy Director (A)  
SAI NS NIS Patiala

