भारतीय खेल प्राधिकरण
नेताजी सुभाष राष्ट्रीय खेल संस्थान: पटियाला
SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS: PATIALA
(Academics Section)

Date: 06.11.2026

Chasing Glory, Avoiding Overtraining: Optimizing Recovery, Injury Prevention and Doping Control for Sustainable Athletic Performance

(3rd International Conference): 29–30 January 2027

Website for registration: https://conf.nsnis.in

Online Registration Start Date: 15 November 2026

The Sports Authority of India, through its Academic Wing at Netaji Subhas National Institute of Sports (NSNIS), Patiala, is delighted to announce the **3rd International Conference** on "Chasing Glory, Avoiding Overtraining: Optimizing Recovery, Injury Prevention and Doping Control for Sustainable Athletic Performance", scheduled to be held on **29–30 January 2027 at SAI NS NIS Patiala.**

The conference aims to bring together national and international experts, coaches, sports scientists, healthcare professionals and policymakers to promote a scientifically informed and integrated approach to athlete performance and well-being in India. It seeks to address the growing challenges of excessive training loads, inadequate recovery, sports injuries and doping by encouraging evidence-based practices, interdisciplinary collaboration and clean-sport initiatives.

Conference Highlights

- **Expert Sessions & Keynote Lectures** by national and international specialists in recovery, overtraining, injury prevention and anti-doping.
- **Panel Discussions** on training-load management, athlete health, return-to-sport and sustainable performance.
- **Workshops & Applied Demonstrations** on fatigue monitoring, recovery planning, biomechanics, nutrition and sports technology.
- **Research Paper Presentations** addressing overtraining, recovery, injury-risk reduction and clean-sport practices.
- **Networking Opportunities** for sports professionals, academicians and industry partners.
- **Interactive Case Study Dialogues** on managing overload, injury rehabilitation, burnout and doping prevention.

Key Takeaways for Participants

- Understanding functional and non-functional overreaching and overtraining syndrome.
- Methods for monitoring fatigue, readiness, training loads and recovery.
- Applied strategies for injury prevention, rehabilitation and safe return to sport.
- Knowledge of clean-sport education, anti-doping responsibilities and supplement risks.
- Interdisciplinary support involving physiology, psychology, nutrition and sports medicine.
- Opportunities to exchange research and improve sustainable athlete-support practices.

The conference seeks to promote evidence-based recovery, injury prevention and clean, sustainable athletic performance.

Details of Registration Fees:

Category	Registration Fees (15 Nov–31 Dec 2026)	Late Registration Fee (05–15 Jan 2027)	On-the-spot Fee* (29 January 2027)
National Delegates			
Students/ Research scholars	Rs. 2000/-	Rs. 2500/-	Rs. 3000/-
Academicians/ Professionals	Rs. 3000/-	Rs. 4000/-	Rs. 5000/-
International Delegates			
Students/ Research scholars	$100/-	$125/-	$150/-
Academicians/ Professionals	$200/-	$250/-	$300/-

***On-the-spot registration will close at 11:00 AM on 29 January 2027. No registrations will be accepted thereafter.**

The registration fee will cover the following:

1. Lunch and high tea for two days.
2. Gala dinner.
3. Conference kit and booklet.

Website for registration: https://conf.nsnis.in

Refund and Certificate Policy

1. The registration fee once paid is non-refundable and non-transferable under any circumstances.
2. Participants who have registered and paid the fee but fail to attend the conference will not be eligible for a participation certificate or any other entitlement associated with the conference.
3. A participation certificate will be issued to all registered candidates attending the conference.
4. All participants presenting oral or poster presentations shall receive a presentation certificate in addition to the participation certificate.
5. Best Oral Presentation and Best Poster presentation awards will be conferred. Awardees will receive separate award certificates in recognition of their achievement.

Guidelines for Abstract, oral and poster presentation:

1. Abstract:

Authors are invited to submit **original research (Review papers will not be accepted)** related to the conference theme. Abstracts must be submitted via the conference email address: conference.nsnis@gmail.com.

The abstract should be concise and informative, containing the following sections:
Title: Should be clear, specific, and written in sentence case (maximum 20 words).
Authors and Affiliations: Include full names, institutional affiliations, and email addresses of all authors. Indicate the presenting author with an asterisk (*).

Introduction/Purpose: Brief background and objectives of the study.

Methods: Summary of methodology, study design, and key measurements.

Results: Main findings or expected outcomes (quantitative or qualitative as applicable).

Conclusion: Key implications, relevance, or application of findings to training recovery, injury prevention and clean sport.

Keywords: 3–5 relevant terms.

2. Formatting of abstract:

Word Limit: 250–300 words (excluding title, authors, and keywords).

File Format: Microsoft Word (.doc/.docx)

Font: Times New Roman, 12 pt., 1.5 line spacing, with 'justify' alignment.

Margins: 2.5 cm on all sides.

Language: English only.

File Name Convention: *FirstAuthor_ShortTitle.docx* (e.g., *Singh_Anthropometry.docx*).

Incomplete, plagiarized, or improperly formatted abstracts will not be considered for review.

3. Submission Process

- **Abstracts must be submitted via the conference email address:** conference.nsnis@gmail.com
- All submissions will undergo **peer review** by the Scientific Review Committee based on originality, relevance, clarity, and scientific merit.
- Authors will be notified of acceptance status (oral presentation, poster presentation) via email.
- NSNIS, Patiala shall have the sole authority to determine whether a submitted research paper will be presented orally or as a poster, depending on the quality and merit of the research.
- A working paper/ manuscript is to be submitted once the abstract acceptance status is updated to you via email.
- No abstract will be accepted after the deadline for abstract submission, neither any formal communication regarding such papers will be sent.
- Accepted abstracts may be included in the conference proceedings / Sports Research, NIS Journal (ISSN 2321-6557; RNI PUNENG/2012/47863), subject to editorial and publication approval.

5. Presentation Guidelines

- Presenters must be registered participants of the conference.
- Certificate of presentation will only be issued to one author presenting a paper/poster.

- **Oral Presentations:**
  - 8-minute presentation followed by 2 minutes of discussion.
  - Number of slides should not be more than 10-12 slides, and the presentation time should be strictly followed.
  - Structure: Introduction, Objectives, Materials and Methods, Results and Discussion, Conclusion
  - Brief text, illustrated by charts, graphs, tables, etc. Minimum font size should be 20.

- **Poster Presentations:**
  - Maximum poster size 90 cm (width) × 120 cm (height).
  - Poster Size: Poster size should be maximum 27 inches × 40 inches (or 0.7 meter × 1 meter) in Vertical alignment.
  - Brief text, clearly labeled and illustrated by photos, charts, graphs, tables, etc. Minimum font size should be 24.
  - Structure: Title, Authors, Introduction, Objectives, Materials and Methods, Results and discussion, Conclusion, Acknowledgement
  - Posters should be mounted at the given space at least two hours prior to the session.
  - Presenter should stand by the poster during the session for discussion and questions.

6. Working paper/ manuscript should be organized in the following order:

A working paper/ manuscript (within 4000-5000 words, including references)

- Introduction
- Methodology
- Results and Discussion [4-5 tables; 2-3 figures maximum]
- Conclusion
- Reference [not more than 30]

Adhere to the APA style guide for referencing.

Broad Areas for Paper and Poster Submissions:

Submissions should address one or more of the following tracks. Multidisciplinary, sport-specific and Indian-context evidence is particularly encouraged.

- Training-load monitoring, periodisation, workload progression and sustainable performance planning.
- Functional and non-functional overreaching, overtraining syndrome, fatigue and readiness to train.
- Mental fatigue, performance pressure, burnout, motivation, athlete behaviour and functional health.
- Coaching practices, athlete-development pathways and management of training stress in youth and elite sport.
- Sleep, circadian rhythm, travel fatigue, nutrition, hydration and recovery strategies.
- Physiological, biochemical, psychological and psychophysiological markers of fatigue and adaptation.
- Wearable technologies, data analytics and responsible AI for performance and recovery monitoring.
- Individualized recovery in women, youth, para-athletes and different competition settings.
- Injury epidemiology, screening, prevention programmes, load-related injury risk and athlete safeguarding.
- Biomechanics, movement analysis, neuromuscular control, strength and conditioning.
- Rehabilitation adherence, psychological readiness and interdisciplinary return-to-sport decisions.
- Integrated support for athletes managing recurrent injury, stress, illness and training interruptions.
- Anti-doping education, clean-sport behaviour, athlete rights, responsibilities and ethical practice.
- Supplements, contamination risks, nutrition literacy and risk communication.
- Doping-related social and psychological influences, prevention and stakeholder education.
- Governance, testing awareness and coordinated efforts to promote safe and fair sporting performance.

KEY DATES- Abstract and Manuscript Submission:

Activity	Deadline
Abstract Submission opens	10 November 2026
Abstract submission closes	20 December 2026
Notification of acceptance	30 December 2026
Working Paper/Manuscript Submission Deadline	20 January 2027

SAI NSNIS, Patiala invites coaches, sports scientists, researchers, sports medicine professionals and all interested delegates to the 3rd International Conference on 29–30 January 2027, focusing on recovery, injury prevention, clean sport and sustainable athletic performance.

06/11/2026

Deputy Director (Academics)

SAI NSNIS, Patiala

