

REGISTRATION INFORMATION AND PAYMENT:

Those who want to participate in the conference need to register themselves in the following link or QR code:



<https://forms.gle/uYsSuUMhnYKEyTgj8>

REGISTRATION FEES:

Registration fee includes conference kits, working lunch, tea & certificate.

Registration with category	Before 30 th January, 2025	After 1 st February, 2025
Students' / Research Scholar delegates	₹ 2000	₹ 3000
National delegates	₹ 4000	₹ 5000
International delegates	\$100	\$120

MODE OF PAYMENT FOR REGISTRATION

Account Name : National Sports University 01
Bank Name : HDFC
Account Number : 50100366687337
IFSC Code : HDFC0004744

NATIONAL SPORTS UNIVERSITY

National Sports University (NSU), established in 2018 in Imphal, Manipur under the Ministry of Youth Affairs and Sports, is India's first fully residential institution dedicated to sports education, research, and training. Currently operating from its temporary campus at Khuman Lampak Sports Complex, NSU boasts a diverse student body representing nearly 27 states. In just a few years, NSU has garnered numerous accolades, including the prestigious Pierre de Coubertin Award. The university is a research partner for the Quality Physical Education (QPE) Survey in India and is receiving ICMR funding for key projects. NSU is also a proud member of global organizations such as the International Council of Sports Science and Physical Education (ICSSPE) and the International Society for Comparative Physical Education and Sports (ISCPES). Students have the unique opportunity for international exposure through programs like the IOC Young Leader Certification and volunteering at the Special Olympics. NSU's commitment to excellence is shaping the future of sports education in India while positioning itself as a global leader in the field.

GOA UNIVERSITY

Goa University was established under the Goa University Act of 1984 (Act No. 7 of 1984) and commenced operations on 1 June 1985. The university provides higher education in the Union Territory of Goa. It is located on Taleigao Plateau overlooking Zuari estuary on a picturesque campus spread over 402 acres with state-of-the-art infrastructure such as faculty blocks, administrative building, library, sports facilities, student hostels, bank, post-office, staff quarters, etc. Campus-Wide Internet connectivity with strong bandwidth is available for all 24 hours a day.

DON BOSCO COLLEGE, GOA

Don Bosco College, Panjim, founded in 2001 by the Goa Salesian Society and later transferred to the Don Bosco Society for Higher Education, stands as a leading institution in Goa, committed to holistic education. Rooted in the educational philosophy of St. John Bosco, which emphasizes Reason, Religion, and Loving Kindness, the college focuses on the integral development of students, especially those from marginalized communities. Its vision is to promote education that transforms youth into agents of positive change for society. The college offers a diverse range of academic programs, including undergraduate and postgraduate courses in Commerce, Mass Communication, and Psychology, alongside its renowned Bachelor of Physical Education (BPEd) program. This program, in particular, is recognized for its emphasis on developing skilled and ethical professionals in the field of physical education, sports, and fitness.

HOW TO REACH GOA UNIVERSITY

Goa University is located within 7 km from Capital City, Panaji, atop the Taleigao Plateau. The campus is 29 km (a 45-minute drive) from Dabolim Airport and 35 km (a 60-minute drive) away from Madgaon railway station, on the Konkarn Railway. Depending on how you are travelling to Goa, here are the details of reaching the University.

BY AIR

All other major airlines fly daily flights connecting Mumbai (BOM), Delhi (DEL) and Bangalore (BLR) to Goa (GOI). There are 2 (two) Airport in Goa (Dabolim Airport & Manohar International Airport). A taxi service from Dabolim Airport to the University is available.

BY RAIL

The nearest major stations to the University are Thivim (30 Kms) and Karmali (20 Kms) in North Goa, and Madgaon (35 Kms) and Vasco (30 Kms) in South Goa. All trains stop at Madgaon. Trains like Goa Express, Amravathi Express (Hawrah - Vasco), Chennai Mail and Vasco Yeshvantpur Express terminate at Vasco-da-Gama railway station. Some of the trains coming from Delhi, Gujrat, Mumbai, Kerala via the Konkarn Railway route stop additionally at Thivim and/or Karmali

BY ROAD

There are daily buses running from Mumbai, Bangalore and Pune to Goa (Panaji). The buses usually stop opposite Kadamba Bus Station in Panaji. However, it is better to confirm where the bus will stop when you book your ticket. Regular Buses from 7.00 am to 7 pm are available from Panaji Bus Station (Kadamba Bus Stand) to University. These operate from City Bus stand of this Station. In addition, Autos and taxis are available from the Panaji bus station to the campus.

PLACES TO VISIT



SHANTADURGA TEMPLE



DONA PAULA BEACH



BAMBOLIM BEACH



FONTAINHAS



THE CHURCH OF OUR LADY, PANJIM, GOA



ODXEL BEACH



AGUADA FORT



CHURCHES OF OLD GOA



TROPICAL SPICE PLANTATION



NATIONAL SPORTS UNIVERSITY

(A Central University)

Ministry of Youth Affairs & Sports, Govt. of India.

Presents

International Conference

on
"Fit For Life: Empowering Youth Through
Physical Education, Sports, And Traditional Sports"

18th - 20th February, 2025



Jointly Organized By:

National Sports University, Manipur

&

Goa University, Goa

In Partnership with: Don Bosco College, Panjim, Goa

Conference Venue: Goa University, Taleigao, Goa

For any queries, please contact:

Dr. Shyam Sunder Rath
Associate Professor, NSU, Manipur
Joint Organising Secretary
Contact No. +91 7008564825

Dr. S. Premananda Singh
Assistant Professor, NSU, Manipur
Joint Organising Secretary
Contact No. +91 8787307764

Mr. Balachandra B Jadar
Assistant Director of Physical
Education & Sports, Goa University
Joint Organising Secretary
Contact No. +91 9511762465

Dr. Ajith Gopi
Assistant Professor,
Don Bosco College, Goa
Joint Organising Secretary
Contact No. +91 9834971280

Conference Email : icffl2025@gmail.com

INTRODUCTION

Youth are the foundation of a nation's future, and their health, well-being, and development are crucial to sustainable progress. Physical Education (PE), Sports, and Physical Activity (PA) play a pivotal role in shaping young people into healthy, resilient, and socially engaged individuals. In India, where the majority of the population is under the age of 35, it is imperative to channel the energy of the youth toward productive activities that promote well-being and national development.

This international conference stems from one of the key points raised during the Viksit Bharat @ 2047 Round Table Meet of academia and industry leaders, which emphasized the crucial role of youth development in realizing India's future goals. As a young nation, India must harness the potential of its youth to drive productivity and growth. The conference will focus on how sports and physical education can contribute to the holistic development of youth, improve their health, and foster social responsibility.

The event will also focus on traditional Indian sports such as Silambam, Kalaripayattu, Mallakhamb, Gatka and Thang-Ta highlighting their cultural significance and their ability to enhance physical fitness and well-being at the grassroots level. By integrating both traditional and modern sports, India can preserve its rich sporting heritage while encouraging the next generation to lead active and healthy lives.

THEME

"Fit for Life: Empowering Youth through Physical Education, Sports, and Traditional Sports"

This theme emphasizes the transformative role of physical education, sports, and physical activity in developing youth potential. It highlights the importance of both traditional and modern sports in building healthy, resilient, and socially responsible individuals. The conference will showcase innovative strategies for promoting lifelong fitness, leadership, and community cohesion.

OBJECTIVES OF THE CONFERENCE:

1. Promote Lifelong Physical Activity and Sports Engagement
2. Empower Youth through PE, Sports, and Traditional Games
3. Fostering Physical Literacy and Sports Skills
4. Addressing Health Challenges through PE and Sports
5. Youth Sports Development
6. Inclusive PE and Sports Programs
7. Policy and Advocacy
8. Technology and Innovation in Sports and PE

SUB THEME

- Physical Education and Traditional Sports in Youth Development
- Fit for Life: Building Lifelong Habits through Physical Activity and Sports
- Inclusive PE and Sports: Ensuring Equal Access for All Youth
- Youth Talent Development and Sports Pathways
- Physical fitness
- International Best Practices in PE, Sports, and Physical Activity
- Research in PE, Sports, and Youth Well-being
- Inclusive PE & Sport
- Women and Girls in PE, Sports and Dance
- Role and Involvement of Technology for effective teaching in PE and Sports
- Gender, Culture & Sports
- Fit for Life
- Sports Nutrition & Diet
- Sports Biomechanics & Kinesiology
- Yoga & Allied Sciences
- Sports & Exercise Physiology
- Sports Technology and Innovation
- Sports performance analysis
- Traditional & Indigenous Sports
- Adapted Physical Education
- Sports Management
- Sports Training Methods
- Sports Psychology
- Sports Medicine
- Sports Sociology
- University Sports

IMPORTANT DATES

November 20, 2024	Call for Abstracts & Registration
January 20, 2025	Deadline for Abstract Submission
January 25, 2025	Notification of Abstract acceptance & call for full paper
January 30, 2025	Deadline for full paper submission
February 18-20, 2025	International Conference on Fit for Life (ICFL)

ABSTRACTS SUBMISSION GUIDELINES:

Call for Abstracts Submission:

Participants are invited to submit abstracts following guidelines provided below:

- Abstracts must be in English and limited to 300 words (excluding title and keywords).
- Abstracts must be original and not previously published or presented.
- The Title should be concise and reflect the work done in the study)
- In case of an empirical study, the Abstract should include the following sub-headings:
 - Background (Brief review, including study objective)
 - Methods (Including detailed information on study design, population, interventions, and data analysis)
 - Results (Key findings with projection of relevant data)
 - Conclusion with practical/ future implications
 - Keywords (3-5 words)
- Use Times New Roman (font: 12 pt and spacing: 1.5) in word document.
- Submissions must be given via email only. No postal or in-person submissions will be accepted.

- Incomplete or improperly submitted abstracts will be rejected without exception.
- Figures and tables are not acceptable
- Each presenting author is permitted to submit no more than two abstracts for the Conference in the capacity of main author. If two abstracts are submitted, the best abstract will be given priority and the second one will be allocated based on schedule, or may be included as a poster presentation.

Email ID for Abstract Submission: submission.icffl2025@gmail.com

FULL PAPER SUBMISSION GUIDELINES:

- Only selected papers recommended by the Review Committee will be considered for the publication in the Indiana Journal of Agriculture and Life Sciences (ISSN : 2583-1623).
- Manuscripts should be written in English and include an abstract of 300 words on a separate sheet and have 5 keywords placed below the abstract.
- The full paper should be sub divided into the followings sections and submitted as separate files:
 - Title page (including title, affiliation of authors and designating a lead or corresponding authors)
 - Manuscripts (from 3000 to 4000 words) (without author details)
 - For empirical studies, the manuscripts should content separate head such as Introduction, method, results, discussion and conclusion, along with references.
 - References should conform to the American Psychological Association format (see APA Publication Manual, 2009, 6th Edition). Internet sites must be cited according to the APA Style for citing electronic sources.
 - A total of five tables and /or figure with appropriate footnotes can be included.
- The title page and manuscripts should be send to the email id with the subject "FULL PAPER FOR ICFFL2025",-submission.icffl2025@gmail.com
- Manuscript not conforming to the above specifications will not be considered for review and consideration of award and publication.
- The applicant needs to make sure that the paper has completed suitable language and grammatical checks before submission.
- The reviewing committee retains the right to make limited editorial changes to manuscripts that have successfully completed the initial review process. If such changes are suggested, the paper will be returned to the author for approval prior to publication.