



International Conference

**Movement,
Mindfulness,
and Mastery:**

**Reimagining the Future
of Physical Well-Being**

Date :- 24th & 25th June 2025



Organized By:

Department of Physical Education

Under the aegis of IQAC

In collaboration with

Physical Education Foundation of India (PEFI)

International Association of Physical Education & Sports Inc.

Dr. C.V. RAMAN UNIVERSITY

(Accredited "A" Grade by NAAC)

**Kargi Road, Kota, Dist. Bilaspur (C.G.) Phone: 07753-253801,
Website: www.cvru.ac.in, e-mail: info@cvru.ac.in**



**SCAN QR CODE
FOR
REGISTRATION**

About the University

Dr. C.V. Raman University was set up as Chhattisgarh's first private university on 3rd November 2006 and inaugurated on 14th October 2007, over a vast area of 70 acres with excellent infrastructure in the tribal region of Kota, District Bilaspur in Chhattisgarh. The university was established under Niji Vishwavidyalaya Adhiniyam 2005. Over the years, the university has established itself as the research and educational hub of the region, covering a wide expanse of courses and fields like engineering, management, arts, science, education, law, IT, etc. The university started functioning as per its approved status and ordinances from the academic year (2007-08). It is recognized by UGC and approved by AICTE, NCTE, BCI as well as certified by ISO:9001:2008, a member of AIU, listed in NIRF ranking. It is listed in Top 30 Engineering Colleges in India (INDIA TODAY 2018).



Dr. C.V. Raman University is a renowned Higher education centre of Central India for Research and innovation, matching the leading universities in the country in attracting researchers, innovators and scholars of the highest quality. The University exhibits a higher education brand synonymous with the finest standards of academic excellence, assembling and maintaining research teams applying pioneering approaches to the major global challenges. The University is actively engaged in refining its Research & Development (R&D) ecosystem to strengthen its academic & research competence encompassing a multidisciplinary approach. A distinctive feature of the University is its commitment to a social responsibility agenda, aimed at enhancing the lives of all people, from local communities to international populations, through knowledge transfer, education & Research. The University is currently ranked gradually in the Ranking frameworks carried out annually by the various Higher education bodies & Councils of the Country as well as accredited '**A**' Grade by NAAC in the year 2023.

About the Department

The Department of Physical Education was established in 2011. The department through its community of scholars and practitioners, working in an atmosphere of support and concern, provides educational opportunities via excellence in teaching, professional advisement and counseling, development. The Department accomplishes its mission by utilizing a multi-disciplinary approach that ensures a well-rounded education. The curriculum's emphasis is to provide student-centered instruction, experiential learning. Physical Education is based upon the acquisition of knowledge and skills that are the foundation for engaging in physical activity. However, the mere acquisition of knowledge and skills is not enough. The mission of Physical Education is to empower all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life. The department's approach to teaching physical education is student centered and participation based. It seeks to address students' needs for a healthy body and lifestyle. Our courses vary according to experience and skill level..

Preamble

In an era where physical well-being is increasingly recognized as a vital component of holistic health, the synergy between movement, mindfulness, and mastery offers a transformative approach to human wellness. The modern lifestyle, characterized by technological advancements and sedentary routines, necessitates a reevaluation of traditional physical education paradigms. This conference seeks to reimagine the future of physical well-being by integrating research, innovative practices, and interdisciplinary approaches. By fostering dialogue among educators, researchers, practitioners, and policymakers, we aim to create a global platform for exchanging ideas and exploring solutions to enhance physical and mental resilience.

About the Conference

The International Conference on Movement, Mindfulness, and Mastery is designed to address the critical intersections of physical movement, mental awareness, and skill development, paving the way for sustainable well-being. Hosted by the Department of Physical Education, Dr. C.V. Raman University, this conference will feature keynote sessions, panel discussions, and research presentations. It brings together experts from diverse fields—including sports science, psychology, medicine, and education—to explore emerging trends and innovations in physical health and wellness. Participants will have the opportunity to engage with leading academicians and practitioners, fostering knowledge exchange and collaborative partnerships.

Objectives

The conference aims to:

Explore the integration of movement, mindfulness, and mastery in contemporary physical education and health practices. Promote interdisciplinary collaboration among professionals in sports science, neuroscience, mental health, and education to advance holistic well-being. Highlight the significance of mindfulness in improving performance, mental resilience, and stress management. Encourage innovative research and pedagogical approaches in physical education to enhance learning outcomes and practical implementation. Foster discussions on policy frameworks and institutional strategies for incorporating physical wellness into mainstream education and professional training. Provide a global networking opportunity for scholars, educators, and practitioners to share insights and develop future collaborations.

Theme:

Movement, Mindfulness, and Mastery: Reimagining the Future of Physical Well-Being

Subthemes:

1. **Neuroscience of Movement:** Exploring how physical activity influences cognitive functions, emotional health, and learning, especially in youth populations.
2. **Integrative Training Approaches:** Merging yoga, mindfulness, and indigenous knowledge systems with contemporary sports science for holistic training.
3. **Sustainable Fitness & Well-Being:** Promoting eco-conscious sports infrastructure and green practices in physical education, with emphasis on tribal and rural community engagement.
4. **Tech Meets Tradition:** The role of AI, virtual reality, wearables, and biomechanics in advancing training, rehabilitation, and personal wellness.
5. **Yoga as Therapy:** Evidence-based mind-body practices for managing stress, chronic conditions, and performance enhancement—especially relevant for youth, educators, and tribal healers.
6. **Sports & Ethics:** Exploring governance, gender inclusivity, indigenous representation, and fair play within athletic systems.
7. **Empowering Youth & Tribes through Sports:** Highlighting successful models and challenges in promoting physical education and wellness among tribal populations and youth in Chhattisgarh.

Call for Papers

We invite researchers, scholars, and professionals to submit their work aligned with the conference themes. Selected papers will be included in the conference proceedings and considered for publication.

Guide Lines for Paper Submission

General Guidelines:

English

1. Paper should be original and unpublished.
2. Submit in APA (7th edition) style.
3. Font: Times New Roman, 12-point.
4. Spacing: Double-spaced.
5. Margin: 1 inch on all sides.

Hindi

1. Paper should be original and unpublished.
2. Submit in APA (7th edition) style.
3. Font: Kruti Dev 010, 16-point.
4. Spacing: Double-spaced.
5. Margin: 1 inch on all sides.

Submission Requirements:

1. Paper length: 3,000 Words.
2. Abstract: 150-250 words.
3. Keywords: 3-5.
4. References: APA style, listed alphabetically.
5. Tables, figures, and images: Embedded, with captions.

Submission Process:

1. Email paper to :
physicaleducation.cvr@gmail.com
2. Use subject line: Paper Submission for
Title of the Paper.
3. Attach paper in Word (.docx) format
and PDF.

Deadline: Abstract Submission:

Date: 11th June 2025,

Full Length Paper: Date: 15th June 2025

This Conference welcomes academicians, researchers, policymakers, and students to contribute and engage in meaningful discussions.

For more details, contact:

Email: physicaleducation.cvr@gmail.com

Phone: 9827994647, 7974697090

Dr. C.V. RAMAN UNIVERSITY

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QR Code

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Place:

Signature of Applicant

Conference Registration Fees

Certificate will be issued only to registered candidates.

Faculty Members/Academicians/Research Scholar/Industry Persons

: Rs 1000/-

UG Student/PG Students

: Rs 500/-



All the payments should be made via online gate way through University

website - www.cvr.u.ac.in

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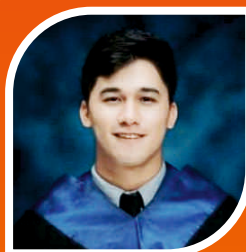
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