

**DR. AMBEDKAR COLLEGE
DEEKSHABHOOMI, NAGPUR**

REPORT

**International Conference
Sports Psychology and Yogic Sciences
16-17 FEBRUARY 2019**

Two Day International Conference on Sports Psychology & Yogic Sciences

organized by

Department of Physical Education and IQAC of DACN

in collaboration with

Sports Psychology Association of India

under the aegis of

Association of Indian Universities



International Conference
On
SPORTS PSYCHOLOGY



& YOGIC SCIENCES 16th & 17th February, 2019

In Collaboration With

Sports Psychology Association of India

Organized By
Department of Physical Education & Sports & IQAC
DR. AMBEDKAR COLLEGE
(NAAC Re-accredited with A Grade)
College with Potential for Excellence (UGC)
Deekshabhoomi, Nagpur - 440010. (Mah.) INDIA
www.dacn.in
E-mail : icpsy2019@gmail.com

Dear Sir / Madam,

It gives us immense pleasure to announce that the Physical Education & Sports Department and Internal Quality Assurance Cell (IQAC) of the College is organizing **International Conference on Sports Psychology & Yogic Sciences** in Collaboration with **Sports Psychology Association of India** on **16th & 17th, February 2019**.

We cordially invite you and your worthy colleagues to participate in the conference and contribute Research Papers & share your experience and knowledge. We also request you to delegate students, faculty members of your Psychology department for attending this mega event.

Wishing you a Happy & Prosperous New Year 2019

Yours Sincerely
Dr. P. C. Pawar
Conference Chairman & Principal, Dr. Ambedkar College,
Deekshabhoomi, Nagpur.

About the Institution :

Surrounded with lush green & inviting environment, Dr. Ambedkar College of Arts, Commerce, Science & Law established in the year 1964, and run under the aegis of Param Poojya Dr. Babasaheb Ambedkar Smarak Samiti, Nagpur has the privilege of being situated at the HOLY Deekshabhoomi where Dr. Babasaheb Ambedkar embraced Buddhism in 1956 where Dharmachakra an emblem of our national aspiration and the symbol of the best in human being was set in motion. The college has had the unique achievement in Central India of being reaccredited with A Grade by NAAC and awarded the distinction of College with Potential for Excellence by the UGC.

About Nagpur :

Popularly known as the Orange City, Nagpur is the second Capital of Maharashtra State, Tiger Capital of India and the second greenest city in India. Located at the very center of the heartland, almost equidistant from Kolkata, Chennai and New Delhi, it is the largest city in the entire central India belt and a key transport hub, where major national highways intersect. At the very centre of this national center is Zero Mile, marked by the stone obelisk that the British placed there, engraved on which is the list of cities, with distance to each of them.

The huge and beautiful Lord Buddha's stupa of architectural excellence is erected in the centre of the city at Deekshabhoomi which is a symbol of purity, prosperity and peace & also referred to as the eighth wonder of the world.

THEME - SPORTS PSYCHOLOGY

Sub Themes :

1. Brain Mapping
2. Psychobiology of sports and exercise
3. Arousal, Attention & Personality of the Athlete
4. Situational Factors Related to Anxiety and Mood
5. Motivation in Sports and Exercise
6. Sports psychology for the physically challenged athletes.
7. Cognitive and Behavioral Interventions
8. Social Psychology of sports

YOGIC SCIENCES

Sub Themes :

1. Scientific aspects of Asanas
2. Pranayam as a science
3. Science of Meditation
4. Yogic sciences & Holistic Health
5. Applied yoga & Human excellence
6. Career opportunities in yogic sciences
7. Yogic methods of Rehabilitation

REGISTRATION DETAILS

| | Indian Delegates | | |
|--|---------------------|---|----------------------|
| | Upto 20th Jan. 2019 | After 20th Jan. 2019 till 10th Feb. 2019 | After 10th Feb. 2019 |
| Local Delegate without accommodation | Rs. 1500.00 | Rs. 2000.00 | Rs. 2500.00 |
| Local Students without accommodation | Rs. 1000.00 | Rs. 1250.00 | Rs. 1500.00 |
| Out Station Delegate with accommodation | Rs. 2250.00 | Rs. 2500.00 | Rs. 2750.00 |
| Out Station Students with accommodation | Rs. 1750.00 | Rs. 2000.00 | Rs. 2250.00 |
| SPAI Life Members & Accompanying Person | | | |
| Out Station SPAI Members | Rs. 2000.00 | Rs. 2250.00 | Rs. 2500.00 |
| International Delegates | | | |
| | 250 US \$ | 300 US \$ | 350 US \$ |

(Note : Students means the person undergoing M.P.Ed., B.P.Ed., M.Phil., M.A. Psy. courses, Research Scholar admitted in any institution.)

Note : Delegates interested in publication of paper in Conference Proceedings shall have to pay additional Rs. 300/- alongwith registration fees.

Registration Fees Includes : 1) Accommodation for International & Indian Outstation Delegates only between 15th Feb and 18th Feb 2019 Noon, on twin sharing basis. 2) Tea, Breakfast, Lunch & Tea for Conference Days only. 3) Conference material & participation in scientific sessions.

Modes of Payment : Payment should be made through a bank draft (D.D.) in Indian rupees payable at Nagpur favoring Principal, Dr. Ambedkar College, Nagpur or by Money Transfer.

Bank Name : Bank of India, Dharampath, Nagpur
Bank Account Name : Principal, Dr. Ambedkar College, Nagpur.
Account Number : 870210100017422
I.F.S.C. Code : BKID0008702 **Swift Code :** BKIDINBBNAG
Branch Code : 8702 **MICR :** 440013004
Please indicate your name on your money transfer slip. Screen Shot of Receipt if paid through Mobile.

SUBMISSION OF ABSTRACT & PAPER

Last Date for submission of Abstracts - January 20, 2019

Last Date for submission of Full Length Papers - January 31, 2019

Delegates are invited to submit Abstracts/Full Paper for Oral, Poster or Slide Presentation. Abstracts/Full Paper should be submitted in following format : Title, Author(s), Affiliation(s), Email(s), Abstract, Keywords, Introduction, Review, Method, Results, Discussion, Recommendation(s) & Conclusion(s), References.

Page Setup : Page A4 size (Portrait), Margins must Left 3.5cm & Right, Top & Bottom 2.5 cm.

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|----------------|----------------|--|---|------------------|--|--|
| Fonts : | HINDI : | <ul style="list-style-type: none"> ■ Typeface - 10 ■ Subtitle - 14 Bold ■ Affiliation(s) - 10 ■ Abstract - 12 ■ Main body full - 14 | <ul style="list-style-type: none"> ■ Title - 16 capital Bold ■ Author(s) - 12 ■ Email(s) - 10 ■ Keywords - 14 | ENGLISH : | <ul style="list-style-type: none"> ■ Times New Roman ■ Subtitle - 12 Bold ■ Affiliation(s) - 8 ■ Abstract - 12 Italic ■ Keywords - 12 Bold-Italic | <ul style="list-style-type: none"> ■ Title - 16 capital Bold ■ Author(s) - 10 ■ Email(s) - 8 ■ Main body full - 12 |
|----------------|----------------|--|---|------------------|--|--|

The Official Language of the Conference shall be English & Hindi. Author should submit Abstracts/Full Paper through Email only alongwith Registration Form, Letter of Intent and Copyright Certificate. Email Id for submission is icpsy2019@gmail.com The authors will be informed about acceptance within 10 days from the date of submission. Organizing Committee reserves the right to approve the list of selected papers for presentation during the sessions in the conference. Selected Papers/Abstracts will be published in the Conference Proceedings on payment of Rs. 300 alongwith Registration Fees which shall have ISBN Number. Modern multimedia presentation facilities will be available at the Conference site.

Poster Presentation : The presenters should not prepare more than 8 sheets of A4 size paper. The font size should be minimum 16 and labeled clearly (i.e. Introduction: Statement of the Problem: Method: Results (figures and graphs): Discussion: Conclusions and important references).

Confirmation of Registration : Upon receipt of the registration form with delegation fees confirmation will be made by mail (e-mail, if available) at the earliest. In case you do not receive the confirmation by the organizers within 15 days please get in touch with the conference office.

On-Spot Registration : The registration office will be located at the Venue of the Conference. Delegates may also register on-spot provided space is available.

Letter of invitation : Upon request Organizing Committee will be pleased to send a personal letter of invitation so as to enable participants to obtain supporting funds or Visas for attending conference. However, such solicited invitations will not offer any financial commitment, such as registration, travel and hotel accommodation etc. for the conference.

Awards : To commemorate this International Conference, Special Awards will be presented, namely:
1. Life Time Achievement Award - Men & Women 2. Young Scientist Award (below 35 Years) - Men & Women
3. An Outstanding Poster Presentation - Men & Women 4. Distinguished Woman Scientist Award

USEFUL INFORMATION

Passport And Visa : All foreign delegates are required to hold a valid passport and visa. Please check visa regulations between your country and India before making travelling arrangements.

Currency And Exchange : The official currency in India is Rupees. Exchange rates fluctuate regularly and it is advisable to check with official sources. Foreign currency can be carried with out any restrictions. Currency can be exchanged at our official bank (Bank of India) and almost all good hotel counters.

Electricity Supply : In India electricity is supplied at 220 V. Normally all hotels provide outlets for operating electric shavers, hair dryers, etc.

Insurance : All international participants should arrange for health and travel insurance prior to their arrival. The Registration fee does not include Insurance coverage for either Indian or international participants against personal accidents, sickness, theft, or property damage. Neither the Conference 2019 nor the Organizing Committee assume any responsibility or liability for any loss or damage to the property of participant/s and accompanying person/s.

Health : Medical Service and Facilities are excellent. The water is drinkable and of high quality, but mineral water will be made available at the conference venue and at lodging places.

Climate : The weather during the conference is pleasant and enjoyable with beautiful sunshine. The temperature is around 15° - 30° C at this time of year, light clothing is recommended.

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Address for correspondence : **Dr. A. P. Joshi, Dr. Ambedkar College Deekshabhoomi, Nagpur-10.**
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International Conference On SPORTS PSYCHOLOGY & YOGIC SCIENCES - 2019 REGISTRATION FORM

KINDLY SUBMIT THIS REGISTRATION FORM THROUGH E-MAIL ALSO.

Registration No. _____ Receipt No. _____ Code No. _____ (Office use only)

Personal Information (in block letters) First Name _____ Middle _____ Surname _____

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Registration Category (tick mark in appropriate box)

Local Delegate Local Student International Delegate SPAI Member

Outstation Delegate Outstation Student Accompanying Persons

SPAI Life Membership No. _____ Year _____ Category _____

Presenting Paper : Yes No

Mode of Presentation: a) Oral 2) Poster 3) Slide 4) Multimedia

Submitted Abstract : Yes No Full Length Paper : Yes No

Payment Details :

Demand Draft : Rs. _____ No. _____ Dt. _____

Bank Money Transfer : Rs. _____ Dt. _____ Receipt No. _____

Attached a photocopy of the Bank Transfer to the registration Form OR Mobile Screen Shot.

Name/s of Accompanying person/s : _____

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International Conference On SPORTS PSYCHOLOGY & YOGIC SCIENCES - 2019 Letter of Intent & Copyright Certificate

To,
**The Organizing Committee
ICSPYS - 2019**

Please find enclosed herewith the Full Length paper for publication in the proceedings of ICSPYS - 2019.

Title of Paper : _____

Author(s) _____

Authors Signature _____

CERTIFICATE

"It is certified that this article/paper is my/our own original research work which has not been published /submitted, or accepted for publication else where.

I have the consent of the co authors for this submission and /We transfer the ownership of the copyright to the publisher of the conference, in the event of publication of this article."

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Inaugural Ceremony: 16th February 2019

The biggest battles in the world are not won upon the battleground but in the mind, as the mind is its own place; making a heaven of hell and a hell of heaven. The entire universe is nothing but a continuous ware of consciousness exhorted Chief Guest Dr. B. K. Upadhyaya, Commissioner of Police, Nagpur city. He was addressing the inaugural ceremony of the Two Day International Conference on Sports Psychology & Yogic Sciences, hosted by the Department of Physical Education and IQAC of DACN in collaboration with Sports Psychology Association of India, under the aegis of Association of Indian Universities.

The morning sun is energized and shines more brightly as this illuminated gathering of academicians and orators adorning the inaugural function. Dr. Upadhyay further cited his own experience with the

prisoners. He elaborated that the kind of language used by a person makes a world of difference for the offers. We may have made strides in developing the IQ of our children, but the EQ and SQ (Spiritual Quotient) is equally important for the overall development of a personality.

Yoga is important and meditation is the best technique to control the mind. He said efficiency is achieved by a stable mind and hence psychology as a subject is inevitable for the human development this extortion was that one should teach a child language, Maths and psychology to ensure that his overall personality development takes place. Psychiatrist, Dr. Barid Bhattacharya stressed on the importance of Physical activity as it affects sleep patterns and enhances creativity thus generating positively. Key note speaker Dr. J. Bains on skype from the US congratulated the organisers for the selection of such as apt theme. He also laid stress on physical activity as everyone's activity and not only for professionals. Yogic Sciences, Dr. Bains further said are responsible for the alertness, cognitive and behavioral changes in a person. Hence, one should set a goal step by step to move forward towards the final goal.

He also informed that sports management is an area which is being recognized globally among sports professionals. The popularity of yoga is on the rise since it is a dynamic combination of body mind and breath.

Lt. Col. Arvind Jha, Sports Psychologist of the Army Sports Institute, Pune was of the opinion that language, cuisine and dress can make a world of difference on the performance of our sports persons. Latent state of emotions have to be awakened in a player, hence we need to change ourselves to change the world.

National Archer Ms. Purnima Mahato and International Boxer Mrs. Aruna Mishra held the audience spell bound with their heart to heart talk citing their experiences and difficulties.

Dr. M. L. Kamlesh, Patron SPAI said that the real crux of the matter is determination and will take us where we wish to be and for that everybody will have to put their shoulder to the wheel and make it happen. The presidential address was delivered by Bhadant Arya Nagarjun Shurei Sasai and the souvenir was released at the hands of all the dignitaries present on the dais.

Earlier the portraits of the stalwarts lord Gautam Budhha and Dr. Babasaheb Ambedkar was garlanded. The guests were accorded a warm welcome by presentation of saplings and mementos.

The function was ably conducted by Dr. S. P. Kalamdhad and Mrs. F. Naaz and the vote of thanks was proposed by Dr. A. P. Joshi, organizing secretary of the conference.

February 17, 2019

“It’s out of disgust I Trust and believe that this conference is expected to be a harbinger for really accessing and fighting the past in terms of generating understanding, in terms of evoking Pragmatic research” were the introductory remarks by Dr. Vedprakash Mishra, Hon. Vice Chancellor, Krishna Institute of Medical Sciences, Karad. Dr. Mishra, the Lead Speaker, while addressing delegates from across the country on the Second day of The Two Day’s International Conference on Sports Psychology and Yogic Sciences organized by P.P. Dr. Babasaheb Ambedkar Smarak Samiti, Deekshabhoomi, Nagpur-Department of Physical Education & Sports and IQAC. The conference was organized in collaboration with Sports Psychology Association of India under the aegis of Association of Indian Universities, New Delhi.

Dr. Mishra spoke on Psychodynamics in which he said that a conscious mind is full of negativities like fear, hesitation, anxiety etc. but our subconscious mind is more superior to it. According to him, psychodynamics is arousal of subconscious into conscious mind. While discussing the theory, he highlighted on confidence, awareness saying confidence does not come alone with conscious but its subconscious which matters. Awareness adds to competence.

He also spoke on self-motivation. He made a beautiful comparison between coach and teacher and mother. Lastly, he stressed on team work and collective efforts.

The Technical Session IV, the keynote speaker of the conference was Dr. M. L. Kamlesh, Patron-SPAI. He spoke on ‘A Rational Explanation and Practical Application’. According to him, Sports Psychology, it’s not teaching in fact that inspires the students. He narrated various practical examples on this topic. He also said that yoga plays a very important role in the treatment of various disorders like distraction, attention and concentration problems and imbalanced mind. He said that chanting has great impact on different parts of our body. He also explained that above 80% of the people suffer from anxiety, depression, frustration and aggression. It is too difficult to handle these problems and stabilizing is difficult, and yoga plays important role here.

The next speaker for the session was Dr. Dhananjay Shaw, Principal, Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi. His topic was ‘A Cross Section Study of World Happiness Index 2018’. According to him, happiness is a natural state of mind. Happiness is used in the context of mental and emotional state. He defined happiness from different perspectives but he stresses mainly of internal happiness. He presented a statistical data with the help of Graphical presentation, according to which India ranks 133 out of 156 countries. He concluded that happiness cannot be gained by materialism and he put forth a question- Should we count happiness on the basis of GDP? The program was compeered by Dr. Dhanashree Borikar while a formal vote of thanks was proposed by Dr. Anil Karwande. Ex- Principal, IDCPE, Nagpur.









