

1st International Conference on Contemporary Yoga Styles: Applications and Benefits for Sports Training and Sports Performance

27th to 28th December 2024

Organized by

School of Sports and Yogic Sciences,
KIIT - Deemed to be University, Bhubaneswar, Odisha

Under the Aegis of

Association of Indian Universities (AIU), New Delhi

Mode: Phygital (Onsite + Online)



Chief Patron

Prof. (Dr.) Achyuta Samanta
Founder KIIT & KISS



Co-Patron

Prof. (Dr.) Saranjit Singh
Vice Chancellor, KIIT DU



Co-Patron

Prof. (Dr.) Baljit Singh Sekhon
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Co-Patron

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Conference Chair and Convener

Prof. (Dr.) Gaganendu Dash
Director General Sports & Yoga
School of Sports and Yogic Sciences, KIIT-DU



Conference Co-Convener

Prof. (Dr.) Manmohan Rout
Professor Emeritus,
School of Sports and Yogic Sciences, KIIT-DU

Organizing Members:

Dr. Tushar Ranjan Pattnaik
Dr. Satyanarayan Mishra
Dr. Santosh Kumar Das
Dr. Debendra Nath Behera
Mr. Lalatendu Mishra
Mr. Ambika Prasad Ray
Mr. Tarini Prasad Das
Ms. Rasmita Mohanty
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Miss. Madhusmita Senapati



KALINGA INSTITUTE OF INDUSTRIAL TECHNOLOGY
Deemed to be University (Declared U/S 3 of UGC Act, 1956), Bhubaneswar, Odisha, India



KIIT Believes in Reality and Quality

SLOW AND STEADY WINS THE RACE

RANK OVER THE YEARS

KIIT has steadily improved its position in the NIRF Universities Rankings conducted annually by the Ministry of Education, Govt. of India.



KIIT Jumps to

15th



**Position in
Universities
Rankings 2024**



1st International Conference on “Contemporary Yoga Styles: Applications and Benefits for Sports Training and Sports Performance” – 2024

BHUBANESWAR- Temple City

Bhubaneswar is an ancient city in India's eastern state of Odisha, formerly Orissa. Many temples built from sandstone are dotted around Bindu Sagar Lake in the old city, including the 11th-century Hindu Lingaraja Temple. Outside Rajarani Temple are sculpted figures of the guardians of the 8 cardinal and ordinal directions. Jain antiques, weaponry and indigenous pattachitra paintings fill the Odisha State Museum. Bhubaneswar is the capital and largest city of the Indian state of Odisha, located in the Khordha district. The region, especially the old town, was historically often depicted as Chakra Kshetra and Ekamra Kshetra (Area adorned with a mango tree). Bhubaneswar is dubbed the "Temple City", a nickname earned because of the 700 temples which once stood there. In contemporary times, it has emerged as an education hub and an attractive business destination.



Bhubaneswar derived its name from Tribhubaneswar, which literally means the Lord (Eeswar) of the Three World (Tribhuban), which refers to Shiva. Along with the old town, the present day Bhubaneswar has often been illustrated as the Ekamra Khetra (Temple City). Although the modern city of Bhubaneswar was formally established only in 1948, the history of the areas in and around the present-day city can be traced to the 3rd century BCE and earlier. It is a confluence of Hindu, Buddhist and Jain heritage boasting of some of the finest Kalingan temples.



KIIT UNIVERSITY - University of Compassion and Humanitarianism

Kalinga Institute of Industrial Technology (KIIT), a household name in the education sector, has become a sought-after destination in India for professional studies. It is admired worldwide for the quality of its academic courses, community outreach work, and as a university of compassion and humanitarianism. KIIT has become a case study in the Indian education sector, as no other institution has grown in scope and scale as rapidly as KIIT in just 27 years. Its incredible journey is often described as a transformation "from Soil to Silver."

KIIT began in 1992-93 as an Industrial Training Institution. However, 1997 is considered the base year for the university when undergraduate and postgraduate

courses in Engineering, Management, and Computer Applications were introduced. In 2007, the university expanded significantly, adding new schools such as the School of Law, Biotechnology, Medical Sciences, Dental Sciences, Nursing, Mass Communication, Film and Media, Fashion, and KIIT International School. Since then, there has been no looking back. Today, KIIT offers professional education to approximately 40,000 students from across India, including 2,000 international students from 65 countries. Its alumni network, comprising over 100,000 individuals, has excelled in academics, corporate roles, civil services, and entrepreneurial ventures.



It is hard to believe that such a globally celebrated institution was established by the humble and visionary Dr. Achyuta Samanta, Founder of KIIT and KISS. Starting with just ₹5,000, Dr. Samanta founded KIIT in two rented rooms with 12 students and 2 staff members. From these modest beginnings, the institution has grown into an expansive 36-square-kilometer academic township with 30 lush green campuses. Today, KIIT employs over 3,000 faculty and researchers and 15,000 staff members, making it a family of over 100,000 people when combined with KISS. The campus boasts a 2,600-bedded super-speciality hospital (KIMS), a central research facility, a multi-storey central library, a 22-storey research and innovation wing, auditoriums (including one with a seating capacity of 5,000), 18 sports complexes, numerous international-standard stadiums, 30 food courts, and a beautiful rose garden. KIIT is also proud to be recognized as the greenest campus in India.

The institution's excellence has earned it accreditations and affiliations from prestigious national and international bodies, including the Accreditation Board for Engineering and Technology (ABET), USA, and the Institution of Engineering and Technology (IET), UK. KIIT is renowned for its quality research, innovation, and outstanding academic publications, consistently achieving high citation metrics. It has maintained an excellent placement record since its inception, thanks to its quality teaching, learning processes, and strong brand value. In the Times Higher Education (THE) World University Rankings 2024, KIIT ranks in the cohort of 601-800 overall, while its Computer Science Engineering ranks in the cohort of 301-400, and its overall Engineering ranking is 401-500 globally. KIIT is also accredited with an A++ grade by the National Assessment and Accreditation Council (NAAC) and holds an all-India 16th rank by the National Institutional Ranking Framework (NIRF) under the Ministry of Education.

KIIT's contribution to sports is immense. Currently, 23 Olympians are pursuing their education at KIIT. The university has received the Sportstar Award, the FICCI India Sports Award for the promotion of sports, and the CII Sports Business Award 2023 for the best sports facility. It serves as a nodal center for the FIFA Football For Schools Programme in Asia and has been awarded the Rashtriya Khel Protsahan Puruskar 2022 for its encouragement of sports through Corporate Social Responsibility. Four KIIT students brought pride to the institution by winning 2 Gold and 2 Silver medals at the Asian Games 2022 in China.

Beyond academics and sports, KIIT has made significant contributions to the development of Odisha and its capital city. It has promoted local art, culture, sculpture, rural development, literature, and spiritualism. KIIT's story stands as a shining example of what determination, vision, and compassion can achieve, inspiring countless individuals around the world.

OUR INSPIRATION

Prof. Achyuta Samanta's life story is a compelling saga of grit, determination, and social responsibility. Born into poverty in a remote village in Odisha, his early years were marked by immense hardship. At the tender age of four, he faced a devastating loss—the death of his father. This tragedy plunged his family into extreme poverty, turning the next 15 years into a relentless struggle for food and education. Despite these challenges, Prof. Samanta persevered, joining the teaching profession at the age of 22. By 25, he embarked on a journey that would not only change his own life but also transform the lives of thousands. Armed with just ₹5000, he established KIIT (Kalinga Institute of Industrial Technology) and KISS (Kalinga Institute of Social Sciences) in two rented houses.





Today, KIIT and KISS stand as beacons of hope, delivering world-class education and earning national and international accolades. KIIT has become one of India's most sought-after universities for professional education, hosting 40,000 students, including representation from 65 countries. KISS provides holistic care—education, healthcare, sports, and vocational training—to 80,000 disadvantaged tribal students, all free of cost in a residential campus. It encompasses a school, a college, and the KISS Deemed to be University, the world's first and only university exclusively dedicated to tribal education. By promoting education, KISS has played a pivotal role in addressing societal issues such as naxalism, trafficking, malnutrition, illiteracy, and superstitions.

In addition to these remarkable achievements, Prof. Samanta founded the Kalinga Institute of Medical Sciences, Kalinga Institute of Dental Sciences, and Kalinga Institute of Nursing Sciences. These institutions are complemented by a state-of-the-art 2600-bedded hospital, a superspeciality center, and a cancer care hospital. His vision extends beyond education and healthcare. Prof. Samanta developed Asia's first smart village—Kalarabanka Smart Village—and a model panchayat in Odisha, both powered entirely by solar energy.

Prof. Samanta's contributions span diverse fields, including art, culture, literature, media, spirituality, rural development, and sports. His impact on sports is extraordinary, nurturing 15 Olympians through his institutions, developing world-class sports infrastructure, and promoting athletes who contribute to physical fitness, national unity, and social integration.

Despite his towering achievements, Prof. Samanta remains a humble and compassionate individual. He leads a simple life, embodying humility and selflessness while dedicating himself to uplifting society.

Prof. Achyuta Samanta's journey is a testament to the indomitable human spirit and the transformative power of perseverance, hard work, and social responsibility. His unwavering commitment to societal betterment serves as an enduring source of inspiration and a shining example for generations to come.

Awards, Recognition, and Achievements of Prof. Achyuta Samanta

Prof. Achyuta Samanta's remarkable contributions to society, education, and sports have earned him numerous prestigious awards and honors. Below are some of the highlights:

Honorary Doctorates

- Conferred **60 Honorary Doctorates** from universities across India and the world, making him the Indian with the highest number of honorary doctorates.

Awards and Achievements

- **Rashtriya Khel Protsahan Puruskar 2022** in the category of **Encouragement to Sports through Corporate Social Responsibility**, by the Ministry of Youth Affairs & Sports, Government of India.
- **CII Sports Business Awards 2023** in the category of **Best Sports Facility**, by the Confederation of Indian Industry.
- **FICCI India Sports Award 2022**, by the Federation of Indian Chambers of Commerce & Industry (FICCI).
- **Biju Patnaik Sports Award 2019** for the **Best Contribution to Promotion of Sports and Games**, by the Government of Odisha.
- **Sports Star Aces Award 2022** in the category of **Best University for Promotion of Sports in the Country**, by the Hindu Group.
- Recipient of **55 International and National Awards** and over **200 State-level awards**.

Two Prestigious International Civilian Awards:

1. **ISA Award for Service to Humanity**, from the Kingdom of Bahrain, with a \$1 million cash prize.
2. **Best Worker Award**, from the Republic of Mongolia.



Fellowships

- Honored with fellowships from organizations such as **ISTE, CSI, ICA, APACH**, and the **Royal Society of Chemistry, UK**.

Key Roles

- Served twice as a **UGC Commission Member** and as an executive member of **AICTE** and **NCTE**, Government of India.
- Former **President of Volleyball Federation of India**.
- Former President of the **Indian Science Congress, World Congress of Poets**, and **Indian Economic Association**.

Political Career

- Elected to **Rajya Sabha** in 2018.
- Serving as **Member of Parliament (Lok Sabha)** from Kandhamal (2019-2024).

Grand Cross Award

- Received the **Grand Cross Award**, the highest honor from the **International Volleyball Federation (FIVB)**, during the **39th FIVB World Congress** held in Porto, Portugal (November 15–17, 2024), becoming the only Indian to receive this honor.

Prof. Achyuta Samanta's unwavering dedication to education, sports, and social welfare has not only earned him global recognition but also inspired countless individuals worldwide.

OUR DEPARTMENT

KIIT School of Sports and Yogic Sciences is committed to pursue excellence in teaching and learning to bring about improvement in life. The School strives to adopt best practices of modern sports sciences, physical education methodologies and traditional yogic sciences. More than 1.5 lakh sports persons participate in different sports events every year organized by KIIT where we motivate and teach them the management skill. We give them a path to make their career through Sports and Physical Education. This School aims at shaping the individuals physically fit duly adopting mentally resilient and spiritually attuned. The students will start their journey through rigorous training, theoretical cognizance and spiritual practices with strict discipline. Innovative pedagogy for participative and experiential learning at the School will enhance their skill and empower them to achieve peak performance.



School of Sports & Yogic Sciences was established by KIIT to foster yogic culture throughout the world. It imparts courses for the beginners as well as specialized courses for the practitioners. The School seeks to create a yoga community where one can share daily matters, stress at work or problems in life and to inspire the community to live empowered, creative, vibrant lives through the practices of yoga and meditation. Besides that the school nurture and trained players to achieve highest performance in the respective games and sports

About the Conference (ICCYS1 -2024)

School of Sports and Yogic Sciences of KIIT Deemed to be University, Bhubaneswar takes great pleasure in welcoming you to the 1st International Conference on Contemporary Yoga Styles: Applications and Benefits for Sports Training and Sports Performance" which is going to be held in phygital mode on 27th-28th December 2024.

ICCYS1-2024 aims to bring together the academicians, physical educationists, sports scientists, nutritionists, psychologists, physiotherapists, coaches, yoga experts, policymakers and research scholars on a common platform where they can share their rich experience in research, physical and sports education, and health well-being.



CONFERENCE COVERS THE FOLLOWINGS SUB – THEMES

<ul style="list-style-type: none"> ➤ Integration of Yoga in Sports Training Programs ➤ Contemporary Yoga Styles and Their Unique Contributions to Sports ➤ Yoga for Mental Conditioning and Focus in Competitive Sports Yoga as a Complementary Practice for Elite and Professional Athletes ➤ Cross-disciplinary Approaches in Yoga as a Sport 	<ul style="list-style-type: none"> ➤ Contemporary Yoga and Women in Sports ➤ Technological Innovations in Yoga and Sports Training ➤ Mindfulness and Meditation for Athletes: Reducing Stress and Anxiety ➤ Yoga as a Tool for Injury Prevention and Rehabilitation
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Call for Topics (Not limited to...)

<ul style="list-style-type: none"> • Designing Comprehensive Training Regimens: Integrating Yoga with Athletic Practices. • Bridging Traditional Yoga Practices with Modern Athletic Training Techniques. • Contemporary Yoga Techniques Tailored for Strength and Agility in Athletes. • Exploring Hybrid Yoga Styles: Balancing Traditional Practices with Sports Demands. • A Comparative Analysis of Yoga and Traditional Mental Training Techniques in Sports. • Yoga as a Psychological Performance Booster in Professional Sports. • Collaborative Opportunities: Yoga and Modern Sports Medicine • Transdisciplinary Research on Yoga's Role in Team Sports and Individual Disciplines 	<ul style="list-style-type: none"> • Collaborative Opportunities: Yoga and Modern Sports Medicine. • Transdisciplinary Research on Yoga's Role in Team Sports and Individual Disciplines. • The Use of AI and Wearable Tech in Personalizing Yoga Training for Athletes. • Digital Platforms for Delivering Yoga-based Sports Training Programs. • Mindfulness Training Through Yoga: Enhancing Resilience in Competitive Athletes. • Meditative Techniques for Coping with Performance Anxiety in Sports. • Rehabilitative Yoga: Accelerating Recovery for Athletes with Chronic Conditions. • Evidence-based Practices: Yoga for Long-term Injury Prevention in Athletes.
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How to submit papers?

- The paper should not exceed 5000 words in length.
- Submissions must include the full name(s) of the author(s), their affiliations, and email addresses. Additionally, the paper should feature an abstract, keywords, an author biography, and properly cited references in APA format.
- The submitted paper must be original and unpublished in any form or medium.
- Send your completed paper to **iccysp1@gmail.com**, ensuring it adheres to all the specified guidelines.

INFORMATION FOR PARTICIPANTS

REGISTRATION FEE DETAILS		IMPORTANT DATES	
PERTICULAR	AMOUNT	Last date for Submission of Paper	20th December 2024
Academician	Rs. 2000/-	Early Registration Begins	25th Nov. 2024
Corporate & Industrial Delegates	Rs. 3000/-	Conference Date	27th – 28th December 2024
Research Scholars	Rs. 1500/-	Registration Link	https://forms.gle/BVZTYTUNNd4vqcc79
Foreign Delegates	US 100 \$	NOTES	
ACCOUNT DETAILS		Registration fee includes Conference Kit, Conference Session, Accommodation and Meals	
Account Name:	KIIT SPORTS	Boarding and Lodging: Boarding and lodging will be provided free of cost to all registered delegates within the university campus.	
Bank Name:	INDIAN Bank, KIIT BRANCH	Accommodation to participants who register on the spot will be subject to availability	
A/C. No:	50018702464		
IFSC Code:	IDIB000K717		
SWIFT Code:	IDIBINBBWBR		

CONTACT DETAILS : Office of the DG Sports & Yoga, Dilip Tirkey Hockey Stadium,
Campus 13, KIIT – Deemed to be University, Bhubaneswar, Odisha
Email ID – dg.kssys@kiit.ac.in & iccysp1@gmail.com, Contact No. – 7008389590, 9437130745