ONE DAY NATIONAL SEMINAR

On the theme

Health, Fitness and Physical Activity – Navigating Contemporary Issues and Challenges

on

30-03-2026

Organized by:

GOVERNMENT ARTS AND SPORTS COLLEGE, JALANDHAR

(A constituent college of
The Maharaja Bhupinder Singh Punjab Sports University Patiala)

Sponsored by:

Indian Council of Social Science Research, North-West Regional Centre, Chandigarh

ABOUT THE UNIVERSITY

Maharaja Bhupinder Singh Punjab Sports University, Patiala, is a pioneering state university established by the Government of Punjab with the vision of transforming sports education and research in India. Established under the Punjab Act No. 11 of 2019, the university aims to nurture talent and excellence in sports education, sports sciences, and athletic training. The university integrates academic learning with practical training and scientific research in areas such as sports science, sports technology, sports management, and performance analytics. As a State Training Centre, the university adopts international best practices to enhance athletic performance and promote research-driven sports education. The university offers undergraduate, postgraduate, and diploma programmes designed to develop skilled professionals who can contribute meaningfully to the advancement of sports and physical education in India.

ABOUT THE COLLEGE

Government Arts and Sports College, Jalandhar, was established in 1961 by the then Chief Minister of Punjab, S. Partap Singh Kairon. Initially founded as the State College of Sports, it is among the earliest institutions in India dedicated to integrating higher education with professional sports training. The college is now a constituent college of Maharaja Bhupinder Singh Punjab Sports University, Patiala. Spread across a 43-acre campus, the institution offers modern sports infrastructure including playgrounds, a swimming pool, gymnasium, laboratories, smart classrooms, and a well-equipped library.The college has produced more than one hundred national and international athletes, including several Arjuna Awardees. Distinguished alumni include legendary hockey players Surjit Singh and Harcharan Singh. The institution continues to promote excellence in both academics and sports while nurturing future champions.

CHIEF PATRON



Dr. Pushpinder Singh Gill
Vice Chancellor,
The Maharaja Bhupinder Singh Punjab Sports University, Patiala

PATRON



Col. Parminder Singh
Registrar
The Maharaja Bhupinder Singh Punjab Sports University, Patiala

KEYNOTE SPEAKER

Dr. G. L. Khanna
Former Pro Vice Chancellor,
Manav Rachna International Institute of Research and Studies, Faridabad

INVITED SPEAKER

Dr. Gurmeet Singh
Professor, Department of Physical Education,
Panjab University, Chandigarh

CHIEF COORDINATOR

Dr. Ranbir Singh
Principal

CONVENOR

Dr. Mandeep Singh
Assistant Professor of Physical Education

CO-CONVENOR

Dr. Komal Jain
Assistant Professor of Physical Education

ORGANIZING COMMITTEE

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Librarian

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Assistant Professor of Yoga

Mr. Kanwal Kumar
Assistant Professor of Political Science

Ms. Amaneet K. Bhatia
Assistant Professor of English

Dr. Gurwinder Kaur
Assistant Professor of Punjabi

ABOUT ICSSR

The Indian Council of Social Science Research (ICSSR) is an autonomous organisation under the Ministry of Education, Government of India. It promotes research in the social sciences through funding projects, organising seminars and workshops, and supporting training programmes. ICSSR encourages academic dialogue and research on contemporary social issues, contributing to policy development and knowledge creation across disciplines.

ABOUT THE SEMINAR

Rapid urbanisation, technological advancements, and sedentary lifestyles have significantly reduced levels of physical activity among people across the world. These changes have contributed to a sharp rise in lifestyle-related health issues such as obesity, cardiovascular diseases, diabetes, and mental health disorders. Promoting physical activity and healthy living has therefore become a major public health priority. Educational institutions and researchers play a crucial role in developing strategies that encourage active lifestyles and improve overall well-being. This seminar seeks to provide an academic platform for scholars, researchers, educators, and practitioners to deliberate on contemporary challenges in health, fitness, and physical activity. It aims to foster interdisciplinary dialogue and share innovative research and practices that contribute to healthier societies.

OBJECTIVES OF THE SEMINAR

- To examine emerging issues related to health, fitness, and physical activity.
- To encourage interdisciplinary research in sports science and health studies.
- To explore innovative approaches for promoting active and healthy lifestyles.
- To provide a platform for academic exchange among scholars and practitioners.

SUB-THEMES OF THE SEMINAR

Mental health, stress management, and fitness

Role of physical activity in preventive and curative health

Holistic health approaches to combat lifestyle diseases

Digital fitness culture: Wearables, apps, and virtual workouts shaping new fitness paradigms.

Gender, equity, and inclusion in physical activity participation

Health, fitness and sports performance

Physical education and fitness promotion in educational institutions

Physical activity, obesity and weight management

Nutrition, physical activity, and wellness

CALL FOR PAPERS

Full papers are invited from Professionals, Academicians, Researchers, Practitioners, and Experts on the seminar themes.

GUIDELINES FOR THE AUTHOR

The abstract should be maximum 250 words and it should contain 4-5 keywords and must have the following details:

(i) Title of the manuscript
(ii) Name of authors, their designation and affiliations
(iii) E-mail id
(iv) Contact No.

The research paper text should be in MS Word format (doc./docx.) with Times New Roman, font size 12, line spacing 1.5 on an A4 size paper.

The word limit for research paper (inclusion of abstract) is of 3,000-4,000 words.

APA citation format shall be strictly followed Paper should not have been published earlier or should it be under consideration for publication.

Maximum plagiarism of 10% is allowed.

All submissions must be made to email id : icssrseminargasc@gmail.com

IMPORTANT DATES

DEADLINE FOR SUBMISSION OF ABSTRACT:
22.03.2026
LAST DATE FOR SUBMISSION OF FULL LENGTH PAPER:
26.03.2026
SEMINAR DATE:
30.03.2026

Registration Link:

https://forms.gle/7K47LvxRoopAQpjc7

OR
SCAN THE QR
CODE FOR
REGISTRATION

Registration Fee

Faculty	: Rs. 300/- (per Author)
Research Scholar/Student	: Rs. 200/- (per Author)

PAYMENT DETAILS

A/c Name : Government Arts and Sports College
Account No.: 40950951365
IFSC: SBIN0008008
Bank: State Bank of India
Branch: Sports and Surgical Complex, Jalandhar

Send your papers and screen shot of payment at icssrseminargasc@gmail.com

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