

25<sup>th</sup> International Conference on Frontiers  
in Yoga Research and Its Applications

# 25<sup>th</sup> INCOFYRA



## Integrative Sports Medicine and Rehabilitation

3<sup>rd</sup> to 6<sup>th</sup> Jan 2024 | Prashanti Kutiram  
Bengaluru - 560 105, KA, India



Organised by:  
**S-VYASA, Deemed to be University**  
Bengaluru, India



# 25<sup>th</sup> INCOFYRA

## International Conference on Frontiers in Yoga Research and Its Applications

*My Dear Brothers and Sisters,*

Greetings from Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)!

We are pleased that S-VYASA is organizing its 25<sup>th</sup> International Conference on Frontiers in Yoga Research and its Applications (INCOFYRA), with the theme **Integrative Sports Medicine and Rehabilitation**. We welcome you to the 25<sup>th</sup> INCOFYRA in Bengaluru, India, 3<sup>rd</sup> – 6<sup>th</sup> January 2024.

Driven by the legacy and expertise to promote international research collaborations, INCOFYRA is the branded conference of S-VYASA. It continues to provide magnificent opportunities for the development of Yoga and Integrative medicine-based research disciplines. Every alternate year, an appropriate theme is chosen, and critical scientists and clinicians are invited to disseminate the latest research updates.

The theme for the 25<sup>th</sup> INCOFYRA is **“Integrative Sports Medicine and Rehabilitation”**, with a critical focus on optimal performance, prevention of injuries, and successful rehabilitation”. It will address the practice and future of complementary, or non-traditional, medical care to address the broad scope of Sports Medicine that produces outcomes conducive to prevention, therapy, and rehabilitation and beneficial for the athletes”.

This conference is tailored to physical therapists, integrative and conventional medicine-based sports rehabilitators, athletic trainers, primary care physicians, and concerned researchers interested in a more current and advanced understanding of sports medicine science, diagnosis, and treatment. The 25<sup>th</sup> INCOFYRA aims to achieve high levels of confidence and competence in these areas, optimizing the care of the athletes. The conference will also provide an adequate ground to explore the opportunities to work in scarce resources versus high-income settings and how we can share best practices across locations worldwide. We believe that continued multidisciplinary (international) collaboration will stimulate the development of sports medicine and rehabilitation. We request all colleagues and thought leaders to join us from across the globe for learning, sharing, and networking.

At our Congress, you will find a memorable reception, informed scientific discussions, excellent networking prospects, and enjoyable cultural events.



*With Love,*

**Dr H R Nagendra**

President, 25<sup>th</sup> INCOFYRA - 2024 and  
Chancellor, S-VYASA, Bengaluru

### Main Conference Highlights

The 25<sup>th</sup> INCOFYRA will address the practice and future of complementary, or non-traditional, medical care to address the broad scope of Sports Medicine to produce outcomes conducive to prevention, therapy, and rehabilitation for athletes.





## Dates to Remember

**Pre-Conference Workshops: 28<sup>th</sup> Dec, 2023 - 02<sup>nd</sup> Jan, 2024**

**Himalaya Yoga Olympiad Finals: 30<sup>th</sup> Dec, 2023 - 1<sup>st</sup> Jan, 2024**

**Main Conference: 3<sup>rd</sup> - 06<sup>th</sup> Jan, 2024**

**Last Date for Abstract Submission: 10<sup>th</sup> Dec, 2023**

The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **14<sup>th</sup> Dec, 2023**.

Scientific research papers and Concept papers on the theme and related topics in Integrative Sports Medicine and Rehabilitation are invited for oral and poster presentations. Please note, you need to register for the conference before submitting the abstract.

Please visit the conference webpage for details. For any queries please write to [incofyra@svyasa.edu.in](mailto:incofyra@svyasa.edu.in)

## Conference Objectives

- To bring researchers, physicians, academicians, and therapists from various disciplines of medicine under one platform.
- To provide information on the latest research and clinical practices in integrative sports medicine and rehabilitation.
- To offer opportunities for networking and collaboration among professionals from conventional medicine and complementary therapies in the field of integrative sports medicine and rehabilitation.
- To educate healthcare providers on the prevention, diagnosis, and treatment of sports injuries using Complementary and Alternative Medical (CAM) practices.
- To promote the importance of integrative sports medicine and rehabilitation for the physical and mental well-being of athletes.
- To get acquainted with the use of acupuncture, massage therapy, and other CAM practices in the treatment of sports injuries.
- To identify strategic actions towards an effective and efficient inclusion of Yoga and Allied Systems of Traditional Medicine in an Integrative Health care Delivery System.
- To create awareness of integrated medical policies from a global perspective.

## Who should Participate

- Medical professionals
- Practitioners of Indian medicine (AYUSH)
- Yoga researchers and yoga therapists
- Wellness and health industry persons
- Sports Psychologists and Sports Nutritionists
- Physiotherapists, Coaches and Sports Scientists
- Researchers, Occupational therapists and Policymakers



## Main Conference Program Highlights

<b>3<sup>rd</sup> Jan 2024: Inaugural Ceremony</b>	
<b>6<sup>th</sup> Jan 2024: Valedictory Programme</b>	
<b>4<sup>th</sup> - 6<sup>th</sup> Jan 2024: Morning Yoga Session</b>	
5:30 – 6:30 am	General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques
<b>Common Morning Session: Maitri Milan</b>	
7:00 – 8:00 am	Bhagavad Gita Chanting
<b>4<sup>th</sup> Jan 2024: Scientific Sessions</b>	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster/ Oral Presentation Sessions
4:00 – 5:00 pm	Panel Discussion
<b>5<sup>th</sup> Jan 2024: Scientific Sessions</b>	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster Presentations
<b>6<sup>th</sup> Jan 2024: Scientific Sessions</b>	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
<b>Refreshments</b>	
8:00 am - Breakfast   10:30 am - Tea Break   1:00 pm - Lunch 3:30 pm - Tea Break   7:30 pm - Dinner	





## Where is the Conference - Bengaluru

Bengaluru, the capital of Karnataka, is the fifth largest city in India. It is also known as the 'Garden City of India'. The beautiful parks and gardens and tree-lined streets of Bengaluru make travel to the city a pure pleasure. The year 2000 saw the introduction of Information Technology in Bengaluru and since then, the city has not looked back. It has reaped the most out of the IT Boom in India and boasts of the highest concentration of IT companies in the country. Today, Bengaluru is known as 'The IT Capital of India' and "The Silicon Valley of India'. There are a number of places in Bengaluru that are worth visiting, including gardens, museums, palaces, temples, etc. One of the major attractions of the city is the Vidhana Soudha, the State Secretariat, adorned with delicate Dravidian architecture. For the nature lovers, there is the famous Cubbon Park, stretching over an area of 250 acres. Bannerghatta National Park, 65,127.5 acres a wide range of diverse wildlife to the explorers. Not to be missed are the amazing museums in the city, especially the Visvesvaraya Technological and Industrial Museum. The Ulsoor Lake of Bengaluru is also quite known for its beautiful locales and boating facilities. Even from an education point of view, Bengaluru is very popular. A large number of students come to Bengaluru every year to enroll in the various undergraduate as well as postgraduate programs. The city also boasts of two excellent institutions, namely Indian Institute of Management and Indian Institute of Science.

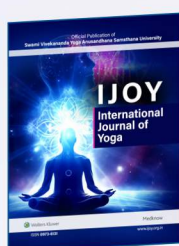
**Welcome home to experience Bengaluru!**

## Conference Venue: Prashanti Kutiram, Jigani, Bengaluru

Prashanti Kutiram is the residential headquarters of Swami Vivekananda Yoga Anusandhana Samsthana. It is located 32 kms away from Bengaluru city. The serene atmosphere, Gurukula lifestyle, modern technology, top-notch research facilities are the unique features of this campus. In its nearly 100-acre spacious campus it houses the following:

S-VYASA is a Deemed to be University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post Graduate and Doctoral programs in Yoga.

- **The School of Yoga and Naturopathic Medicine** - It offers Bachelor in Naturopathy and Yogic Sciences (BNYS), a 5 1/2 year medical graduation program
- **Arogyadhama** - A 600 bedded Integrative Medicine Hospital
- **Anvesana** – State-of-the-art research facility for yoga research. The laboratory includes Molecular biosciences, Psychophysiology, Cognitive neuroscience, Sleep medicine, Psychology and Subtle energy labs.
- **VYASA** is a registered charitable institution (1986) working for making Yoga a socially relevant Science. It is recognized as a Scientific & Industrial Research Organization (SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, GoI.
- **VYASA Health Care Pvt Ltd** - VYASA Health Care Pvt. Ltd. is an outreach partner of VYASA and industry partner of S-VYASA University, aims at establishing wellness and holistic healing centers globally under the brand names Vivekananda Health Global (VHG)<sup>TM</sup> and Vivekananda Yoga Global (VYG)<sup>TM</sup> with trade names (VH)<sup>TM</sup> & (VY)<sup>TM</sup>
- **Sushruta Ayurvedic Medical College and Hospital** - It offers Bachelor in Ayurveda, Medicine, and Surgery (BAMS), a 5 1/2 year medical graduation program.



## Research Journals of S-VYASA

- **International Journal of Yoga** (Impact Factor 1.6)
- **Journal of Applied Consciousness Studies**





### Pre-conference Program

#### What is HIMALAYA Yoga Olympiad?

It is not the usual yoga competition run throughout the country attracting thousands of youths. Swami Vivekananda said "yoga should not be a competition but should be based on cooperation" With this in mind HIMALAYA has been conceptualized & concretized as a team assessment program. Each team consisting of yoga practitioners are formed. They will be assessed first at the Taluk level. The winners will go for district level HIMALAYA and so on till they reach International HIMALAYA. Participants from abroad can apply. After selection by the selection committee, they will be allowed to participate in the National and International HIMALAYA.

**Finals: 30<sup>th</sup> Dec, 2023 - 1<sup>st</sup> Jan, 2024 at Prashanti Kutiram**

The objectives of Himalaya (A Yoga Olympiad) are to promote awareness of yoga and build up a network of yoga students, practitioners, teachers and sadhakas at the national and international levels. We hope to spread the message of yoga as a science of Holistic living to be achieved through Jnāna Yoga, Rāja Yoga, Bhakti Yoga and Karma Yoga, as proclaimed by Swami Vivekananda. The syllabus, therefore, cannot end with a physical demonstration of yogasanas only. It also assesses knowledge and grasp of the concept and definition of yoga and its various techniques, for total growth of the individual, including physical, mental, emotional and intellectual development and their spiritual basis. HIMALAYA thus aims at helping the youth of our country grow together, and expand their vision, so they leave behind the mad rush of cut throat competition and selfishness and engage in cooperative, harmonious pro-active living.

#### Pre-Conference Workshops

During the pre-conference workshop, three independent workshop tracks are offered, CME, CRE, and CYE. Participants can attend any one of the track, as all these sessions will be happening in parallel.

**28<sup>th</sup> Dec, 2023 – 2<sup>nd</sup> Jan, 2024 at Prashanti Kutiram** (Last Date for Registration is **10<sup>th</sup> Dec, 2023**)

#### Continuing Medical Education (CME)

CME on holistic healing includes 6 different diseases (Oncology, Cardiology, Pulmonology, Diabetes, Mental Health, Musculoskeletal disorders). The basic principles of Integrated Approach of Yoga Therapy (IAYT) and latest approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.

**Who can participate?** Yoga therapists, Yoga teachers and doctors

**Coordinators:** Dr. Amith Singh, Dr. Champa Panth & Dr. Remitha | **Email:** [argd.sft@svyasa.edu.in](mailto:argd.sft@svyasa.edu.in)

#### Continuing Research Education (CRE)

In order to promote more researchers in the field of AYUSH, this pre-conference workshop focusing on research is being offered. The content of the course will enable research enthusiasts to grasp basic to intermediary level of research methodology and statistics concepts. Clinicians who would like to incorporate research in their practice; masters and PhD level students who wish to learn basics of research; teachers who desire to learn various techniques and tools used in research will find this workshop useful. It is a five-days workshop, 5 hours per day with theory and practical sessions.

#### Course syllabus (25 hours)

Introduction of research in AYUSH – Need & Scope, Research process, Visit of research facility, Developing good research question, Literature review, Softwares for organizing literature – Mendeley, Docear,



Key concepts of research methodology (NHST, Sampling, Controlling bias, research design, validity & reliability), Introduction to R for statistical analysis – Installation, descriptive stats, assumption tests, Choice of assessment tools and data collection methods, Statistical analysis using R (JASP) – Correlation, t-tests, One way ANOVA, interpretation of results and reporting, Statistical analysis using R (JASP) – chi square test, non-parametric tests, interpretation of results and reporting, Documentation of clinical information for research purpose, applying for grants.

**Who can participate?** Clinical practitioners, Academicians, MSc, MD & PhD scholars

**Coordinator:** Dr Apar Saoji | **Email:** [aparsaoji@svyasa.edu.in](mailto:aparsaoji@svyasa.edu.in)

### Continuing Yoga Education (CYE)

S-VYASA has developed several advanced yoga techniques based on traditional yoga texts. These advanced yoga techniques are very much useful in the management of NCDs and also promote positive health. Cyclic Meditation, Mind Sound Resonance Technique, Pranic Energisation Technique, Mind Imagery Technique, Mastering the Emotion Technique, Vijnana Sadhana Kausal Technique, Ananda Amruta Sincana. These advanced yoga techniques theory and practice will be conducted.

**Who can participate?** Yoga therapists and Yoga teachers

**Coordinator:** Ms. Padmashree | **Email:** [padmasri@svyasa.edu.in](mailto:padmasri@svyasa.edu.in)

### Brief about the Broad Areas

**Optimal Performance** is determined by an athlete's physical health, mental well-being, training and other external factors. Aspects such as agility, speed, endurance, balance, strength, flexibility, coordination, mindfulness, and decision-making are major determinants of performance. Achieving and maintaining optimal sporting performance is a key factor for determining the longevity of the sporting career and well-being of athletes.

**Injury Prevention** is a crucial aspect of an athlete's career. Injuries are caused by either intrinsic or extrinsic factors. Mapping the pattern of injuries particular to the sport can provide valid information for the coach and trainers to help the athletes train in a certain way, by inculcating new and research-oriented modules for injury prevention. It is vital to include injury preventive models in an athlete's training for their well-being.

**Sports Rehabilitation** is the restoration of sporting abilities to a pre-injury state. Sporting injuries are of various intensities and can be detrimental in many cases. The ultimate goal of rehabilitation is to prevent the extent of injury, reduce or reverse the functional loss and impairment, and prevent reoccurrence. Rehabilitation is a highly individualized and sport-specific procedure to restore holistic well-being and the sporting abilities of the athlete.





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## Eminent Speakers & Panelist of the Conference



**Dr. H R Nagendra,**  
Chancellor,  
S-VYASA Deemed to be University,  
Bengaluru.



**Prof. Chieko Kato,**  
Clinical and Sports Psychology,  
Toyo University, Japan.



**Prof. Diego A. Bonilla,**  
CEO and Scientific Director  
of the Dynamical  
Business & Science Society  
-DBSS International, Colombia.



**Prof. Mark Arthur King,**  
Professor of Sports Biomechanics,  
Loughborough University,  
UK.



**Dr. Youvaraj Kumar G D ,**  
Founder & Director,  
Yuvaa Yoga,  
Hong Kong.



**Dr. B R Ramakrishna,**  
Vice Chancellor,  
S-VYASA University,  
Bengaluru.



**Dr. Manjunath N K,**  
Pro-Vice Chancellor  
& Director of Research,  
S-VYASA University.



**Dr. G Kishore,**  
Director SAI,  
Thiruvananthapuram,  
Principal,  
LNCPE, Gwalior.



**Dr. Roopesh R Pillai**  
Senior Specialist Physiotherapist,  
Kuwait National Guard.



**Dr. Upasana Arora**  
Managing Director,  
Yashoda Super Speciality Hospitals,  
New Delhi.



**Dr. S Joniton**  
Senior Lecturer,  
Department of Sports Science & PE  
Sabaragamuwa University,  
Sri Lanka.



**Prof. P Hemantha Kumar,**  
HOD, Shalya Tantra,  
National Institute of Ayurveda,  
Jaipur.



**Prof. Thiagarajan Alwar,**  
HOD, Department of Arthroscopy  
& Sports Medicine,  
Sri Ramachandra Medical Centre,  
Chennai.



**Dr. R Elangovan,**  
Professor (Retd), Secretary,  
Tamil Nadu State Chapter Committee,  
Indian Yoga Association, Chennai



**Prof. G L Khanna,**  
Pro-Vice Chancellor  
Manav Rachna International  
Institute of Research  
& Studies (MRIIS), India.



**Prof. Sasikumar Nechiyil,**  
Chief Physician,  
Nechiyil Ayurveda Vaidyasala  
& Nursing Home,  
Palakkad, Kerala.





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## Eminent Speakers & Panelist of the Conference



**Prof. Manoj Kumar,**  
Professor of Orthopaedics,  
All India Institute of Ayurveda,  
New Delhi.



**Dr. (Col) Anup Krishnan,**  
Director & Professor,  
DY Patil University,  
Maharashtra.



**Dr. Jagadeesh PC,**  
Sports Specialised  
Orthopedic Surgeon,  
Kauvery & JOSS,  
Bangalore.



**Dr. S N Omkar,**  
Honorary Professor in Yoga,  
Vedic Wellness University,  
Shankara Cancer Research  
Foundation, Bengaluru.



**Shri. Gopinath K,**  
Para Badminton Coach,  
National Wheelchair  
Fencing Classifier,  
IWAS BWF level-1.



**Dr. P. Rajini Kumar,**  
Associate Professor,  
Tamil Nadu Physical Education  
& Sports University, Chennai.



**Dr. Ramesh Killedar,**  
Associate Professor,  
KAHER Shri B M K Ayurveda  
Mahavidyalaya, Belagavi.



**Dr. Ajay Chavan,**  
Sports Scientist,  
NCCSR, SAI,  
Manipal University, Pune.



**Dr. Mahendra Sawant,**  
Assistant Professor, SAI,  
Thiruvananthapuram.



**Dr. Shahin Ahmed,**  
Professor,  
TNPESU, Chennai.



**Dr. Jothi Dayanandan,**  
Associate Professor,  
YMCA College of Physical Education,  
Chennai.



**Dr. G Sivaraman**  
Chief Siddha Physician,  
Managing Director,  
Arogyadhama Healthcare Hospital,  
Chennai.



**Prof. Dobson Dominic,**  
Head, Sports Medicine &  
Sports Science,  
Saveetha Medical College, Chennai.



**Dr. Hardik Patel,**  
Lead Physiotherapist,  
Vijayi Bharat Sports Academy,  
Gujrat.



**Dr. P Nanda Gopal,**  
Health Coach Therapist & Educator  
(Master Trainer- ITM),  
Chennai.



**Ms. Aradhana Sharma**  
Founder, Nutrigetic Wellness,  
Department of Exercise  
& Sports Science,  
Manipal University,  
Expert Trainer at OGG.



**Dr. Denny John**  
Professor of Public Health,  
M S Ramaiah University  
of Applied Sciences, Bengaluru,



**Dr. Ningthoujam Debala Chanu**  
Assistant Professor,  
Dept. of Sports Psychology,  
National Sports University,  
Imphal, Manipur.



**Dr. Chandra Kant Mishra**  
HOD Yoga,  
Netaji Subhas  
National Institute of Sports, Patiala.



**Dr. M Kannan**  
Scientist-III, CCRS,  
Sri Jayachamarajendra  
Govt. Hospital of Indian Medicine,  
Bengaluru.



**Shri. Vijay Samuel Raj V**  
Associate Professor, HOD Sports Science,  
JSS College of Physiotherapy,  
Mysure.



**Dr. Kiran Kumar Kulkarni**  
Consultant in Sports & Exercise Medicine,  
FIFA & AFC Certified  
Doping Control officer, Bengaluru.



**Dr. Usha Sujit Nair**  
Dean, Department of Sports Physiology,  
National Sports University, Imphal, Manipur.



**Dr. A G Sinha**  
Prof. & Ex-HOD of Physiotherapy,  
Ex-Dean-Faculty of Medicine,  
Punjab University, Patiala, Punjab.



**Ms. Keerthana Swaminathan**  
Sports and Performance  
Psychologist,  
President INSPA,  
Chennai.



## Organising Committee

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Dr. H R Nagendra

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**Organizing Secretary:** Prof. S Siva Sankara Sai

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**Himalaya Yoga Olympiad:** Dr. Vikas Rawat, Dr. Rabindra M Acharya, Dr. Vinaya, Sri. Kiran Kumar, Ms. Anupa Chantyal

### International Co-ordinators

Dr. Bharathi Dhevi, Dr. Vasudha Sharma, Dr. Vikrant Singh Tomar, Mrs. Manasa Pawan,

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**Volunteers & Coordinators:** Dr. Vikas Rawat, Dr. Swathi P S, Dr. Alok Roy, Sri. Kiran Kumar

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Dr. Shijin, Dr. Amrutha, Ms. Asima Adya Mohanty





### Conference Registration

Type	Pre-conference		Main Conference	
	SAARC Countries (INR)	Non-SAARC Countries (USD)	SAARC Countries (INR)	Non-SAARC Countries (USD)
Category 1	13500	490	9500	345
Category 2	10000	365	7500	275
Category 3	7000	NA	5500	NA
Category 4	5500	NA	4000	NA
Day Delegates	1500/ day	NA	1500/ day	NA

- **All categories include Registration with kit, food and accommodation.**
- **Categories 1 to 4:** Include Access to Conference Venue with kit, food, and accommodation.
- Day Delegates: Access to Conference Venue with kit and food.
- Registrations done before **15<sup>th</sup> December 2023** will qualify for a **10% early bird discount** on all categories.
- **S-VYASA Alumni** are entitled to a **20% concession** on all categories.  
(S-VYASA Student Certificate should be submitted during the registration process.)
- Registration at S-VYASA campus office is also available.
- For bulk registrations, contact the registration desk.
- After Online Payment, please Mail a Copy of the Payment Receipt to [accounts@svyasa.org](mailto:accounts@svyasa.org) & [registration\\_incofyra@svyasa.edu.in](mailto:registration_incofyra@svyasa.edu.in).  
Please copy to [incofyra@svyasa.edu.in](mailto:incofyra@svyasa.edu.in)

#### Cancellation Policy:

- Registration fees is non-refundable.
- Conference registration is non-transferable
- If the conference is cancelled or rescheduled due to unforeseen circumstances, such as natural disasters, pandemics, government regulations, or any other force majeure event, we will provide registrants with options, which may include a refund or a credit for a future conference.

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to Locate  
Prashanti



#### S-VYASA, Deemed to be University

'Prashanti Kutiram' Campus, Vivekananda Road, Kalluballu Post Jigani, Anekal Taluk, Bengaluru – 560 105, KA, India  
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# 25<sup>th</sup> INCOFYRA



**Integrative  
Sports Medicine  
and Rehabilitation**

**3<sup>rd</sup> to 6<sup>th</sup> Jan 2024**  
**Prashanti Kutiram**  
**Bengaluru - 560 105**  
**KA, India**

## Conference Objectives:

- To bring researchers, physicians, academicians, and therapists from various disciplines of medicine under one platform.
- To provide information on the latest research and clinical practices in integrative sports medicine and rehabilitation.
- To promote the importance of integrative sports medicine and rehabilitation for the physical and mental well-being of athletes.
- To create awareness of integrated medical policies from a global perspective.

**Pre-Conference Workshops**  
**28<sup>th</sup> Dec 2023 to 2<sup>nd</sup> Jan 2024**

## Abstract Submission

*The last date to submit  
an abstract is on or before*  
**10<sup>th</sup> Dec 2023**



## Registration

*Online and on spot  
registration also available*



Organised by:  
**S-VYASA, Deemed to be University**  
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