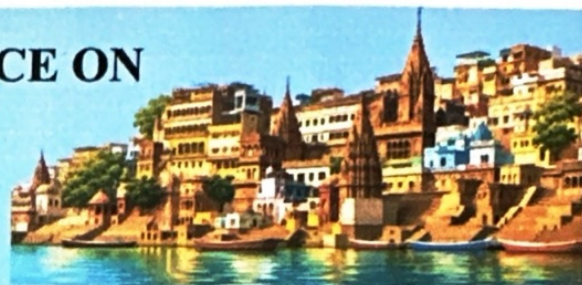




NATIONAL CONFERENCE ON BHARTIYA DRISHTI SE KHEL SRISHTI

Building a Viksit Bharat through Sports, Yoga,
Wellness and Physical Activity



About Banaras Hindu University

Banaras Hindu University (BHU) is an internationally renowned institution of higher learning situated in the holy city of Varanasi. Founded in 1916 by the great nationalist leader Pandit Madan Mohan Malaviya. BHU was established under the B.H.U. Act, 1915, enacted by the Parliament.

The University played a significant role in India's freedom movement and has evolved into one of the country's foremost centres of education and research. The main campus extends over 1,300 acres, featuring well-planned roads, lush green landscapes, a temple, an airstrip, and architecturally significant buildings. Another campus at Barkachha, Mirzapur, spread across 2,700 acres, is being developed.

BHU comprises 6 Institutes, 14 Faculties, 144 Departments, 4 Interdisciplinary Centres, one constituent Women's College, and 3 constituent schools, covering a wide spectrum of disciplines in humanities, social sciences, science, technology, medicine, fine arts, and performing arts. The University also houses 6 Centres of Advanced Studies, 10 Departments under the Special Assistance Programme, and several specialized research centres.

The renowned Bharat Kala Bhavan Museum preserves an invaluable collection of rare artefacts. The University's 927-bed Sir Sunderlal Hospital is equipped with modern healthcare facilities. BHU also offers excellent infrastructure for sports, recreation, cultural activities, and research, including large playgrounds, an auditorium, a flying club, publication facilities, subsidized canteens, and numerous student support services.

क्रीड़ा से निर्माण चरित्र का
चरित्र से निर्माण राष्ट्र का



Conference Date: 3rd & 4th August, 2026

About the Conference

The National Conference on "Bhartiya Drishti Se Khel Srishti: Building a Viksit Bharat through Sports, Yoga, Physical Activity and Wellness (NCBDKS-2026)" is founded on the philosophy that physical activity is fundamental to building a healthy, productive, and developed India, in alignment with the national vision of Viksit Bharat 2047.

The conference will provide a dynamic platform for academicians, researchers, practitioners, policymakers, and professionals to exchange innovative ideas and research findings in the fields of physical education, sports sciences, yoga, and wellness. The scientific programme includes keynote lectures, panel discussions, and technical sessions covering contemporary themes such as sports science, nutrition, coaching, mental health, and emerging technologies in sports.

Swasth Vyakti, Swasth Parivar aur Swasth Samaj, Yahi Naye
Bharat Ko Shreshth Bharat Banane Ka Raasta Hai.
— Shri Narendra Modi, Hon'ble Prime Minister of India

Objectives of the Conference

- Promote physical literacy across all age groups.
- Foster excellence in sports and athletic performance.
- Advance health, fitness, and holistic wellness.
- Ensure inclusivity and accessibility in physical education and sports.
- Strengthen partnerships among educational institutions, government agencies, and community organizations.
- Highlight the role of Yoga and Paramparagat Khel (Traditional Indian Sports) in promoting holistic education, mental well-being, and the integration of Kreedha evam Bhartiya Darshan.

• Sub-Themes

- Exercise Science and Sports Performance
- Nutrition and Performance Strategies
- Talent Identification and Development
- Adaptive Physical Education
- Corporate Wellness
- Artificial Intelligence and Data Analytics in Sports
- Sports Management
- Yoga, Mental Health and Wellness
- Sports Governance and Policy
- Women in Sports
- Traditional Sports (Paramparagat Khel)
- Traditional Vyayam Paddhati
- Local Recreation Games (Micro Play Activities)
- Cultural Sports Activities and symbolic cultural sports
- Kreedha evam Vyayam: Bhartiya Darshan (Philosophy of Physical Education and Sports)

Organised By:

Department of Physical Education in Association with Krida Bharti, Kashi Prant