

4th BRICSCESS Conference

26-29 October 2026

Moscow, Russia

Theme: Empowering Future Generations through Holistic, Science-Based Health Solutions

Venue: Peoples' Friendship University of Russia (RUDN) in Moscow, RUSSIA

***** Preliminary Programme *****

Monday – 26 October 2026

08:00 – 09:00 Registration

09:00 – 10:30 Official opening of the BRICSCESS 2026 Conference & Award Ceremony of President's Awards

10:30 – 11:30 Keynote Address : **Prof. Mingkai Chin (China)**
(Plenary Session) Session Chair : **Prof. Ricardo Uvinha (Brazil)**

11:30 – 12:00 Tea/Coffee

12:00 – 13:30 3 Parallel Sessions. Invited Speakers & Oral presentations (Total: 9 orals)

Session 1 (Orals)	Session 2 (Orals)	Session 3 (Orals)
Session Chair: Prof. Maya van Gent (South Africa) Invited Speaker: Dr. Farah Fauzi (Malaysia) - 30 min	Session Chair: Prof. Daga Makaza (Zimbabwe) Invited Speaker: Prof. Leon van Niekerk (South Africa) - 30 min	Session Chair: Prof. Garry Kuan (Malaysia) Invited Speaker: Dr. Dessalegn Wase (Ethiopia) - 30 min
1. Christian Gendemeh (India) 2. Abdi Gudeta Taye (Ethiopia) 3. MA Xiaoran (China) (15 min each)	1. Zong Dongyun (China) 2. Zixuan Wang (China) 3. Shengjun Wang (China) (15 min each)	1. R.Venkatesan (India) 2. L. Mithileswar (India) 3. Hemanth Kumar (India) (15 min each)

13:30 – 14:30 Lunch

14:30 – 15:30 Keynote Address : **Prof. Ricardo Uvinha (Brazil)**

(Plenary Session) Session Chair : **Prof. Roman Khanferyan (Russia)**

15:30 – 17:00 3 Parallel Sessions. Invited Speakers & E-posters (Total: 18 e-posters)

Tuesday – 27 October 2026

09:00 – 10:00 Keynote Address : **Prof. Hans de Ridder (South Africa)**

(Plenary Session) Session Chair: **Prof. Mingkai Chin (China)**

10:00 – 11:30 3 Parallel Sessions. Invited Speakers & Oral presentations (Total: 12 orals)

Session 7 (Orals)	Session 8 (Orals)	Session 9 (Orals)
<u>Session Chair</u> : Dr. Bertus le Roux (South Africa) Invited Speaker: Prof. Munir Muhamed (Malaysia) - 30 min	<u>Session Chair</u> : Dr. Farah Fauzi (Malaysia) Invited Speaker: Prof. Daga Makaza (Zimbabwe) – 30 min	<u>Session Chair</u> : Prof. Gıyasettin Demirhan (Turkey) Invited Speaker: Prof. Gulshan Khanna (India) - 30 min
1. Tilahun Asrat Mandefro (Ethiopia) 2. R.Venkatesan (India) 3. Nikita Barabanov (China) 4. Xiaochen Zhang (China) (15 min each)	1. Milkessa Bayissa Midekssa (Ethiopia) 2. Zhang Han (Malaysia) 3. Gurdeep Singh (India) 4. Chuchen Liu (China) (15 min each)	1. Zhe Lu (China) 2. Cai Zhengze (Malaysia) 3. Wenjun Wang (China) 4. Dr. Berkay Ayverdi (Turkey) (15 min each)

11:30 – 12:00 Tea/Coffee

12:00 – 13:30 3 Parallel Sessions. Invited Speakers & E-posters (Total: 15 e-posters)

Session 10 (Posters)	Session 11 (Posters)	Session 12 (Posters)
<u>Session Chair</u> : Dr. Dessalegn Wase (Ethiopia)	<u>Session Chair</u> : Prof. Pooja Anand (India) 2 Invited Speakers: Prof. Garry Kuan	<u>Session Chair</u> : Prof. Cinthia Lopes Da Silva (Brazil) 2 Invited Speakers: Prof. Sunday Onagbiye (Nigeria) and Ei Thandar Win

2 Invited Speakers: Khanyile Dlamini (Zimbabwe) and Ksenia Alekseeva (Russia) - 20 min each	(Malaysia) and Ting Yu (China) - 20 min each	(Myanmar) - 20 min each
1. Zhou Shuo (China) 2. Baofeng Zhang (China) 3. Biye Cai (China) 4. Ruidong Gao (China) (7 min each)	1. Chunhui Zhou (China) 2. Ganfeng Yang (China) 3. Sarika Bhati (India) 4. Peng Xiang (China) (7 min each)	1. Peng Xiang (China) 2. Tingting Zhang (China) 3. Yu Li (China) 4. Yan Zhou (China) (7 min each)

13:30 – 14:30 Lunch

14:30 – 17:00 Russian delegates: 2 Parallel Sessions. Invited Speakers & Oral presentations (Total: 14 orals)

Session 13 (Orals)	Session 14 (Orals)
Session Chair: Prof. Roman Khanferyan (Russia) Invited Speaker: Prof. Alex Florindo (Brazil) (Russia) - 30 min	Session Chair: Dr. Veronika Loginova (Russia) Invited Speaker: Prof. Ke Zhou (China) (Russia) 30 min
1. K. L. Sudzhyan & L. V. Sargsyan (Armenia) 2. S. M. Akhmetov, G. D. Aleksanyants & Jiang Wenzhe (Russia) 3. T. M. Vakhidov, E. N. Bezuglov, M. A. Vinogradov (Russia) 4. O. A. Vrzhesinskaya, O. V. Kosheleva, N. A. Beketova & N. V. Zhilinskaya (Russia) 5. K. M. Ivanov & S. S. Podluzhny (Russia) 6. I. V. Kobelkova, Yu. A. Seledkova & M. M. Korosteleva (Russia) 7. I. V. Kruglova, A. S. Samoylov & I. V. Pastukhova (Russia) (15 min each)	1. Pilat T.L. & Khanferyan R.A. (Russia) 2. S. S. Podluzhny, I. V. Miroshnichenko & K. M. Ivanov (Russia) 3. B. A. Polyayev, A. A. Shishkin, A. N. Lobov, V. Yu. Levkov, N. V. Tokhtiyeva, L. B. Andronova, T. V. Milovskaya, N. A. Demin, I. V. Ulyanov, O. E. Ostanin, M. M. Krivov, M. F. Baranov, S. K. Koryukova & V. S. Dronova (Russia) 4. Radysh I. V., Khanferyan R. A., Mailyan M. S., Geyko E. V., Kostsova N. G., Skalny V. V., Kutenev A. V. & Khodorovich A. M. (Russia) 5. Riger N. A., Mustafina O. K., Solntseva T. N., Timonin A. N. & Riger Nikolay Aleksandrovich (Russia) 6. I. V. Pastukhova, A. S. Samoylov & I. V. Kruglova (Russia) (15 min each)

14:30 – 16:30 2 Parallel Workshops

1. Workshop 1 – Prof. Demet Tekin (Turkey)
Physical, Social, and Psychological Benefits of Flamenco Dance
2. Workshop 2 – Prof. Divya Sanghi & Prof. Mahak Sharma (India)
Dietary Diversity Assessment: Concepts, Methods, and Score Calculation

After 17:00 No formal activities are scheduled for the evening. Delegates are free to spend the evening at their leisure and participate in activities of their own choosing.

[illegible]

Wednesday – 28 October 2026

09:00 – 10:00 Keynote Address : **Prof. Pooja Anand (India)**
(Plenary Session) Session Chair: **Prof. Munir Che Muhamed (Malaysia)**

10:00 – 11:30 3 Parallel Sessions. Invited Speakers & E-posters (Total 10 e-posters)

Session 15 (Posters)	Session 16 (Posters)	Session 17 (Posters)
<u>Session Chair:</u> Prof. Divya Sanghi (India) <u>Invited Speaker:</u> Dr. Manola Nanayakkara (Sri Lanka) <u>Invited Speaker:</u> Nabilah Ebrahim (South Africa) - 20 min 1. Shi Lulu (China) 2. Xi Yang (China) 3. Lianfei Lei (China) (7 min each)	<u>Session Chair:</u> Prof. Mahak Sharma (India) <u>Invited Speaker:</u> Prof. Maya van Gent (South Africa) - 30 min <u>Invited Speaker:</u> Dr. Mottakin Ahmed (India) – 20 min 1. Xinyun Cui (China) 2. Cui Lin (China) 3. Zheyi Hu (China) (7 min each)	<u>Session Chair:</u> Prof. Sunday Onagbiye (Nigeria) <u>Invited Speaker:</u> Prof. Elena Kaverina (Russia) – 30 min 1. Sarika Bhati (India) 2. Shan YU (China) 3. Huang Yihang (China) 4. Teketel Abrham Kabiso (Ethiopia) (7 min each)

11:30 – 12:00 Tea/Coffee

12:00 – 13:30 3 Parallel Sessions. Invited Speakers & E-posters (Total: 20 e-posters)

Session 18 (Russian Posters)	Session 19 (Russian Posters)	Session 20 (Posters)
<u>Session Chair:</u> Dr. Kirill Ustilentsev (Russia) <u>Invited Speaker:</u> Prof Roman Khanferyan (Russia) - 30 min	<u>Session Chair:</u> Larissa Vasileva (Russia) <u>Invited Speaker:</u> Dr. David Vladimirovich Musulbes (Russia) – 30 min	<u>Session Chair:</u> Dr. Cristina Ortega (Spain) <u>Invited Speaker:</u> Prof. Cinthia Lopes da Silva (Brazil) - 30 min
1. Vladimir Mikhailovich Lakhtin, G.N. Gabrichevsky, Mikhail Vladimirovich Lakhtin & Elena Vladimirovna Korsun (Russia) 2. Ruziboev K.Sh. & Nabieva U.P. (Uzbekistan) 3. E. S. Kapralova, T. M. Vakhidov & E. N. Bezuglov (Russia) 4. Beketova N.A., Vrzhesinskaya O.A., Kosheleva O.V., Radzhabkadiev R.M. & Zhilinskaya N.V. (Russia) 5. V.A. Evgrafov, E.A. Kurdenkova & T.G. Snegireva (Russia) 6. E.P. Isaeva & P.L. Okorokov (Russia) 7. Elena I. Kasikhina, Maria N. Ostretsova & Roman A. Khanferyan (Russia) (7 min each)	1. Daria V. Klimova, Anastasia V. Kosareva, Konstantin E. Anufriev & Vladislav K. Semipyatny (Russia) 2. Korosteleva M.M., Geyko E.G., Lyapunova T.V., Mroueh A., Morozova S.A., Shadrikova A.D. & Artemyeva M.S. (Russia) 3. B.A. Polyaev, A.A. Shishkin, S.A. Artemyev, I.A. Artemyeva, A.N. Lobov, <i>et al.</i> (Russia) 4. B.A. Polyaev, A.A. Shishkin, A.N. Lobov, V.Yu. Levkov, N.V. M.V. Panyukov <i>et al.</i> (Russia) 5. Risnik D.V. & Kodentsova V.M. (Russia) 6. M. Sevastianov, N. Zeziulinskiy & R. Pavlovich (Russia) 7. T.G. Snegireva, V.A. Barulina & A.M. Khodorovich (Russia) (7 min each)	1. Ovcherenko A.V. (Russia) 2. Hui Huang (China) 3. CUI Yaomin (China) 4. Tianxin Gu (China) 5. HanBo Zhang China) 6. Rajkumar Karve (India) (7 min each)

13:30 – 14:30 Lunch

14:30 – 16:30 Students and Young Investigators Symposium for Russian speakers

Students and Young Investigators Symposium

Session Chair: Prof Roman Khanferyan (Russia), Larissa Vasileva (Russia) & Prof Hans de Ridder (South Africa)

Invited Speaker: Prof. Elena Kaverina (Russia) – 20 min

1. Parsa Saedi & Ghazal Farhangi (Russia)
2. Mobin Alibafghi, Eima Abdi & Elena V. Kaverina (Russia)
3. Nora Yerznkian, Stepan (Armenia)
4. Antonova Irina Alekseevna (Russia)
5. Geiko E.G., Korosteleva M.M., cLyapunova T.V., Mrueh A., Morozova S.A., Shadrikova A.D. & Artemyeva M.S. (Russia)
6. Kolos Ekaterina & Efimushkina Anna (Russia)
7. Kolos Ekaterina & Nikitin Oleg (Russia)
8. Kazombo C. & Davydova A.E (Russia)
9. Mailyan M.S., Radysh I.V., Radysh I.V., Mailyan M.S., Geyko E.V., Kostsova N.G., Skalny V.V., Kutenev A.V., Khodorovich A.M. & Khanferyan R.A. (Russia)

15:00 – 17:00 3 Parallel Workshops

1. Workshop 1 – Dr. Bertus le Roux & Maurice Robertson (South Africa)
From Doping Control to Sports Integrity: Evolving Frameworks for Clean and Safe Sport
2. Workshop 2 – Prof. Dr. Maryam K Jahromi (Iran)
Optimizing Performance & Health: Special Considerations for young women sport and exercise
3. Workshop 3 - Chang Qing Pei (China)
Cultivating Physical and Mental Wellbeing Through Chinese Dunhuang Classical Dance

15:00 – 17:00 BRICSCESS Executive Board Meeting

Meeting with the 2028 BRICSCESS Conference Hosts

17:30 – 21:00 Gala Dinner (VIP's, keynotes, invited speakers, workshop presenters, FLV's)

[illegible]

Thursday - 29 October 2026

09:00 – 10:00 Keynote Address: **Prof. Dane Coetzee (South Africa)**

(Plenary Session) Session Chair: **Prof. Gulshan Khanna (India)**

10:00 – 11:30 2 Parallel Sessions. Invited Speakers & Oral presentations and E-posters (Total 3 orals & 4 e-posters)

Session 21 (Orals)	Session 22 (Posters)
Session Chair: Prof. Maryam Jahromi (Iran) Invited Speaker: Prof. Nara Oliveira (Brazil) - 30 min Invited Speaker: Prof. Sultan Medzhidovich Akhmetov (Russia) – 30 min	Session Chair: Prof Leon van Niekerk (South Africa) Invited Speaker: Dr. Veronika Viktorovna Loginova (Russia) - 30 min Invited Speaker: Prof. Rajesh Kumar (India) – 30 min
1. Cinthia Lopes da Silva (Brazil) 2. Song Tian (China) (15 min each)	1. Qingyun Zheng (China) 2. Biruk Hundito Lodebo (Ethiopia) 3. Jianyu Chen (China) 4. Anxun Luo (China) (7 min each)

11:30 – 12:00 Tea/Coffee

12:00 – 13:00 Closing Ceremony

13:00 – 19:00 Complimentary half day afternoon tour for all the (VIP's, keynotes, invited speakers, workshop presenters, FLV's)