

### **3<sup>rd</sup> BRICSCESS 2024-New Delhi Keynote Speaker**

Prof. Dr.G L KHANNA  
Pro Vice Chancellor  
ManavRachna International Institute of Research and Studies  
India



**Prof.Dr.Gulshan Lal Khanna** is Pro-Vice-Chancellor at MRIIRS, Delhi-NCR. Previously he worked SGT University, Gurugram as a Vice-Chancellor (In-charge). He is Visiting Professor (Sports Sciences) of Tsukuba University, Japan since 2012 and he was also a visiting Prof of University of Pedidikan Sultan Idris, Malaysia. Graduated with Honors from Presidency College Kolkata and completed his Doctorate from Punjabi University Patiala.He is the member of Prime Minister Olympic Task force 2020, 2024 and 2028. He was past President of Asian Council of Exercise & Sports Science. Presently he is vice president of BRICS Council of Exercise and Sports Sciences. He has received many Laurels, Oration Awards such as S.R Maitra Oration Award, B.B Sarkar Memorial Oration Award and Dr B R Ambedkar National Award. He was given an appreciation award by National Association of Physical Education and Sports Sciences .He has worked with many Indian Sports persons as Physiologist for Asian Games/Commonwealth/Olympics.He was a member of sports policy action plan of Govt. of India. He has produced 10 Ph.D's and presented and delivered Key note address and published papers in National and International Conferences and published more than 120 research papers in National and International Journals. He has published and edited 10 Books. His area of research interest is High Performance Physiology, Hydration, Nutritional Supplements and Performance analysis and Health Promotions.

#### **Holistic Development of Fitness in Children and Youth in India: Need for Development of a Sustainable Model**

Globally, many of the major causes of death connect to non-communicable diseases (NCDs) associated with physical inactivity, such as obesity, heart disease, stroke, cancer, chronic respiratory disease, and diabetes. It has been reported that 10% of all deaths, from NCDs, can be attributed to physical inactivity. There are 300 million school-going and 80 million out-of-school children in India between the age group of 5 to 18 years. Survey of Indian council

of Medical research has indicated that 20% of Children are is overweight or obese; another survey indicated that 40% of Primary School Children are underweight and Obesity in 12 to 19 years and the number has tripled since 1970. 90% Indians believe that Schools and Workplaces are responsible for creating a healthy and active environment. Several Studies have shown that extending of focus beyond Academics to Sports and other activities improves classroom attendance and interest in studies. Sports and physical activity requires innovative and scientific model which can play a crucial role in the implementation of health-related SDGs and further help in the achievement of "Healthy/fit India". Sports science and technology in India has changed the way sport is and physical activity are played and perceived. India has developed a sports ecosystem that is leading to increased participation in sport and physical activity. The Government of India has taken number of measures for the development of Sports and physical activity. India has launched Fit India plan to achieve health-related SDGs through sport and physical activity. Application of scientific research and innovative technology on or off the field has impacted sport outcomes in a profound way and is essential to sporting success. However, India need to make an impactful change by focusing on building a sports and fitness culture in the country, to create a generation of fitter, healthier kids, socially aware, and have the right life skill. A sustainable model for holistic fitness of children and youth needs to be designed which can include more innovative approaches, collaboration between school and community, multidisciplinary approach. Redesigning curriculum of schools by incorporating physical activity like yoga, dance and sport to promote fitness and cognitive development is an urgent need.