

International Conference on Benefits Of Yoga And Sports For Health (IC-BYSH-2024)

Conference Date: July 13-14, 2024

Online Submission

<https://isrchapter.org/online-submission>

Conference Website

<https://www.isrchapter.org/conferences>

Email Id- isr.chapter@gmail.com

****Important Dates****

Abstract Submission Open: 06 July, 2024

Conference Dates: July 13-14, 2024

Notification of Acceptance: Within 7 days of submission



**International
Society for Research**



Abstracts for the oral /poster presentation are invited on following themes

but not limited to:

- Benefits Of Yoga And Sports For Health
- Protects your spine, Low back pain
- Teaches better breathing
- Anxiety management
- Builds strength, Types of yoga
- Increased immunity
- Yoga helps with back pain relief
- Yoga can ease arthritis symptoms
- Yoga benefits heart health
- Playing Sports Makes You Happier
- Sports are a Fun Way to Lose Weight
- Helps to maintain your mental health
- Sports Helps in improving Sleep Quality
- Helps in Muscle Training
- Sprains and Strains
- Head and Neck Injuries
- Mood Disorders, Posture, Yoga
- Yoga benefits heart health
- Boosts heart health
- Breathing benefits
- **All the topics related to Benefits Of Yoga And Sports For Health**

Publication Partner

