



IISWBM

MANTRATM
Lifestyle Health Club



FITSCON 2026

FITNESS • INNOVATION • TRAINING
SPORTS MANAGEMENT

FIRST EVER IN INDIA

A 2-Day National Conference

Theme: Integrating Sports, Wellness and Metabolic Health: A Multidisciplinary Approach to healthy living.

A bridge between Sports, Education, and Healthy-Living.

2026
SEPTEMBER



Venue:

IISWBM Campus,
Management House, College
Square West, Kolkata - 700073
West Bengal, India

About The Event

A unique platform bringing together students, researchers, academicians, health professionals, fitness coaches, nutritionists, athletes, players, sports managers, gym owners, and yoga instructors.

This conference aims to explore the synergy of Sports, Education, Fitness, Wellness, Yoga, and Nutrition.

In Collaboration With



IISWBM

Department of Sports Management,
IISWBM (Indian Institute of Social
Welfare & Business Management)
(The First Management Institute of India)



In association with



Mantra Lifestyle Health Club
(The first Lifestyle Health Club of Kolkata)



The Kidney Care Society
Kolkata

Event Highlights

- ✓ Keynote lectures
- ✓ Scientific sessions and panel discussions.
- ✓ Research presentations and poster showcase.
- ✓ Mantra High Performance Test Lab workshop.
- ✓ FITSCON Emerging Athlete Award 2026.
- ✓ National Metabolic Fitness Challenge Competition
- ✓ Networking with experts, industry, and academics.
- ✓ Release of Abstract book with ISBN.
 - Poster Presentation
 - Oral Presentation

Call for Abstracts

FITSCON 2026 invites abstracts from **students, educators, clinicians, fitness professionals, trainers, coaches, researchers and practitioners** for presentation at the conference.

Abstracts based on **original research, clinical cases, field-based studies, innovative practices and evidence-based work** are welcome across a broad range of contemporary topics related to fitness, sports, health and human performance.

Suggested Areas of Submission

- Fitness & Exercise Science
- Sports & Sports Performance
- Sports Management
- Exercise Physiology
- Sports Nutrition & Clinical Nutrition
- Metabolic Health & Lifestyle Medicine
- Physical Activity & Public Health
- Health, Wellness & Preventive Health
- Yoga & Yoga Therapy
- Sports Psychology & Mental Well-being
- Strength & Conditioning
- Athletic Performance & Talent Identification
- Sports Technology & Innovation
- Fitness Assessment & Performance Testing
- Clinical Exercise & Rehabilitation
- Exercise, Ageing & Healthy Ageing
- Community Health & Physical Activity
- Emerging Trends and Innovations in Fitness and Sports

Abstracts addressing clinical cases, innovative interventions, practical applications, technological advancements, interdisciplinary approaches and emerging research are particularly encouraged.

Two Presentation Formats

FITSCON 2026 welcomes abstracts in the following formats:

1. Oral Paper Presentation

Selected authors will present their work as an oral scientific presentation before the conference audience and Scientific Committee.

2. Scientific Poster Presentation

Selected authors will present their research or clinical work through a scientific poster, with an opportunity for interaction and discussion with delegates and experts.

The final presentation format will be determined by the **FITSCON 2026 Scientific Committee** based on the quality, relevance and suitability of the submitted abstract.

Who Can Submit?

Abstracts are invited from:

Students Educators Clinicians Researchers Fitness Professionals Trainers Coaches Sports Managers Yoga Professionals Healthcare Professionals Academicians Industry Professionals

We encourage submissions that contribute to the advancement of **Fitness, Innovation, Training and Sports Management** and demonstrate meaningful applications to **human performance, health and community well-being**.

Submit your research. Share your innovation. Inspire the future of fitness, sports and health.

Abstract Submission Guidelines

1. Abstract Format

- Submit the abstract in Microsoft Word (.doc or .docx) format.
- Use Times New Roman, 12-point font, with single-line spacing.
- The abstract must be in English and should not exceed 300 words.
- Ensure the content is clear, concise, and scientifically accurate.
- Avoid unnecessary formatting, graphics, tables, and references, unless specifically requested by the Scientific Committee.

2. Recommended Abstract Structure

Where applicable, abstracts should include: **Title, Background/Introduction, Aim/Objectives, Methodology, Results/Key Findings, Conclusion, and Keywords.** The title should be concise and accurately reflect the subject.

3. Authors & Affiliations

Please provide the Presenting Author and Co-Author(s) names, designation/affiliation, institution/organization, city, country, and email address of the corresponding/presenting author.

4. Number of Submissions

There is no limit on the number of abstracts or proposals an individual may submit. An individual may participate as a First Author, Presenting Author, Co-Author, or Co-Presenter in multiple submissions, subject to Scientific Committee approval.

5. Multiple Presenters

Each abstract should normally have one designated presenting author. Any additional presenter requires prior approval from the FITSCON 2026 Scientific Committee.

6. Oral Presentation

Each oral presentation will be allocated **7 minutes: 5 minutes** for presentation and **2 minutes** for discussion. Presenters must adhere strictly to the allotted time. The Scientific Committee may revise the schedule or duration based on the final programme.

7. Review & Notification

All abstracts will be reviewed by the FITSCON 2026 Scientific Committee. Authors will receive an acknowledgement of submission and subsequent notification regarding acceptance, rejection, or revision. The Committee's decision on acceptance and presentation format will be final.

8. Presentation Category

Based on scientific merit, relevance, and programme requirements, accepted abstracts may be assigned to Oral Presentation, Poster Presentation, Poster Interaction Session, or another format determined by the Scientific Committee.

9. Originality & Ethical Responsibility

Abstracts must present original, non-plagiarized work. Authors are responsible for the accuracy, authenticity, and ethical compliance of the submitted content, including obtaining necessary ethical approvals where applicable.

10. Publication Rights

The FITSCON 2026 Scientific Committee reserves the right to accept or reject abstracts, request revisions, determine the presentation format, and publish accepted abstracts in the conference proceedings, abstract book, website, digital platforms, or other official publications, in accordance with the conference policy. Submission implies acceptance of these terms.

11. Presenter Responsibility

Acceptance does not automatically guarantee presentation. The presenting author must complete the required registration and comply with all submission and presentation deadlines communicated by the FITSCON 2026 Organizing Committee.

Poster Presentation Guidelines

1. Poster Size & Format

- Maximum size: 90 cm (W) × 100 cm (H).
- Portrait orientation is recommended.
- Posters must be prepared in English and printed on Flex or equivalent high-quality digital printing material.
- Use high-resolution images, graphs, tables, and illustrations for clear reproduction.

2. Poster Content

Where applicable, posters should include: Title, Author(s), Institution/Affiliation, Background, Aim/Objectives, Methodology, Results/Key Findings, Discussion, Conclusion, Practical Implications/Recommendations, and References.

Content should be concise, scientifically accurate, clear, and easy to understand.

3. Design & Presentation

- The title should be clearly visible and readable from a reasonable distance.
- Body text should preferably be 24–28 pt or larger, with larger headings.
- Use graphs, charts, tables, photographs, diagrams, and infographics to minimise lengthy text.
- FITSCON 2026 and relevant institutional/organizational logos may be included.

4. Poster Identification & Display

Each accepted poster will receive a Poster/Abstract ID, which must be clearly displayed. Posters will remain on display throughout the designated conference day.

Presenters need not remain at their posters all day but must be available during the designated Poster Presentation/Interaction Session. The schedule will be communicated by the Organizing Committee.

5. Presentation & Interaction

Presenters should be prepared to give a brief explanation of their work and answer questions regarding their research, methodology, findings, and practical implications. Presentation and Q&A timings may be specified by the Scientific Committee.

6. Final Poster Submission

The final poster must be submitted in PDF format within the announced deadline. The printed poster must match the approved/submitted version, and presenters should retain a digital copy.

7. Originality & Ethical Standards

Posters must represent original work. All sources and previously published material must be appropriately acknowledged. Authors are responsible for the

accuracy, authenticity, and ethical compliance of the content, including required approvals for research involving human participants, patient data, or sensitive information.

8. Best Poster Award – Evaluation Criteria

Criteria	Weightage
Scientific/Technical Quality	30%
Originality & Relevance	20%
Methodology	15%
Clarity of Results/Key Findings	15%
Visual Design & Presentation Quality	10%
Oral Presentation & Response to Questions	10%
Total	100%

9. Poster Award

The Best Poster Award may be presented to the highest-scoring poster based on overall scientific quality, originality, relevance, clarity, visual communication, and presentation. The decision of the FITSCON 2026 Scientific Committee/Judging Panel will be final.

10. Poster Removal

Presenters must remove their posters after the designated display period. The Organizing Committee will not be responsible for uncollected posters.

Abstract Submission

The deadline for submission of abstracts for papers and posters is **10 September 2026**. Abstracts should be submitted to ***support@fitscon.in***.

Special Attractions

Mantra High Performance Test Lab Workshop

Practical Hands-on workshop demonstration evidence based metabolic assessment techniques use in Sports Science, Nutrition Planning, Preventive Health Care, Medico Yoga. Workshop registration fees Rs 150 (One hundred fifty only)

Students need to have additional registration apart from main conference registration.



National Metabolic Fitness Challenge

An innovative challenge to boost metabolism, enhance performance, and prevent lifestyle diseases. Participants are motivated through measurable goals.

Prizes:

🏆 **Champion:** Medal + Certificate

🏆 **Runner-Up:** Medal + Certificate

FITSCON 2026 – District Athlete Recognition Initiative:

Each district of West Bengal will nominate one outstanding and promising athlete demonstrating exceptional performance, dedication, and potential in their respective sport.

The selected athlete will be honoured at FITSCON 2026 with the FITSCON Emerging Athlete Award 2026 and receive a Scientific Fitness Assessment Package worth ₹20,000, sponsored by Mantra High Performance Lab.

The assessment will provide valuable scientific insights into the athlete's fitness, physical performance, and athletic potential, supporting informed training and future performance development.

Registration Fees

Category	Fee (Rs)
Under Graduate Students	500/-
Post Graduate Students	650/-
PhD Scholars	1000/-
Professionals (Nutritionists, Athletes, Coaches, Fitness Trainers, Yoga Teachers)	1200/-
Faculty members	1500/-

Note: Workshop Registration Fees are Rs 1500/-. Students need additional registration apart from main conference registration. National Metabolic Fitness Challenge Workshop is Rs 100/- for students.

When & Where



Date: 15 and 16 September 2026



Time: 9.30 AM to 5.30 PM



Venue: IISWBM campus, Management House, College Square West, Kolkata - 700073, West Bengal, India
(situated right behind the Calcutta University Ph.D. section)

REGISTER



For Registration & Queries

Call: Mr Robin Sanyal: 91-9836802925

Email : support@fitscon.in