IMPORTANT DATES

Early Bird Registration	15th September, 2026
Submission of Abstract with Full Paper	30th September, 2026
Acceptance of Full Paper	5th October, 2026

GENERAL CHAIRS OF CONFERENCE

Prof. M. Altaf Khan, Director, Centre for Online Education, OSOU

Prof. (Dr.) Laxman Kumar Tripathy, Professor & HOD, Department of Management, OSOU

CONFERENCE CHAIR

Dr. Sachidananda Boxi, Director, School of Social Sciences and Humanities, OSOU

CONFERENCE SECRETARY

Dr. Bina Kumari Oram, Assistant Professor, Department of Hindi
Contact : 8210211459
Dr. Jitendra, Assistant Professor & Head, Department of English
(Sponsorship)
Contact : 8668895281
Dr. Rinki Kumari, Assistant Professor & Head, Department of Hindi
(Media & Publicity)
Contact : 8250494903
Mr. Radhakanta Suna, Assistant Professor , Department of Odia
(Publication)
Contact : 9938043181

JOINT SECRETARY

Dr. Hemanta Kumar Murmu, Assistant Professor & Head, Department of Commerce
Contact : 9437759736
Ms. Baby Naik, Assistant Professor, Department of Odia
Contact : 7077908268

PUBLICATION COMMITTEE

Dr. Tirthajani Panda Convener : 7008944937
Dr. Roshan Ekka, Co-Convener : 9348581608

SPONSORSHIP COMMITTEE

Dr. Aditya Kumar Pandey, Convener : 6387278734
Ms. Prangya Parimita Tandi, Co-Convener : 7328080943

MEDIA AND PUBLICITY COMMITTEE

Dr. Telaram Meher, Convener : 9439927737
Mr. Abhinandan Tripathy, Co-Convener : 9040630370

TECHNICAL COMMITTEE

Dr. Guru Saran Lal, Coordinator : 9439927737
Mr. Sibananda Panda : 9853359951

CONFERENCE OBJECTIVES (PRAYAS-2026)

To promote a holistic understanding of health and wellness by integrating physical, mental, social, digital, and spiritual dimensions in line with India's vision of an Atmanirbhar Bharat.
To explore the relevance of Indian Knowledge Systems (IKS)-including Yoga, Ayurveda, and traditional wellness practices alongside modern health sciences for preventive and promotive healthcare.
To examine the role of emerging technologies such as Artificial Intelligence and digital media in health education, sports, yoga, and community wellness interventions.
To highlight inclusive and equitable wellness approaches, focusing on senior citizens, transgender communities, rural and tribal populations, and persons with disabilities through assistive technologies.
To assess the impact of governance, policy frameworks, and NEP-2020 on holistic health education, lifestyle balance, and wellness-oriented institutions.

THE 7S FOCUS AREAS :

This anual Conference aims to address "**s**" in every year as a theme of the Conference . This time **Swasthya (Health)** is the Focused area

Shiksha (Education)
Swasthya (Health)
Swabalamban (Self-reliance)
Sakshamta (Competence)
Samriddhi (Development)
Satatta (Sustainability)
Samaj (Society)

PLACES TO VISIT IN SAMBALPUR


HIRAKUD DAM



DEBRIGARH WILD LIFE SANCTURY


SAMBALPUR ZOO


ROPE WAY,HIRAKUD


SAMALESWARI TEMPLE


HUMA LEANING TEMPLE


GHANTESWARI TEMPLE

PRAYAS '26

Progessive Rejuvenation and Awakening of Youth for Atmanirbharata and Sustainability

NATIONAL CONFERENCE

Theme of the Conference

Swasthya Se Samarthya

21st & 22nd November, 2026

Pre-Conference Workshop
20th November, 2026

VENUE

OSOU HEADQUARTRES, SAMBALPUR

ORGANSIZED BY

ODISHA STATE OPEN UNIVERSITY (OSOU)
SAMBALPUR

P R A Y A S
Progressive Rejuvenation *and* Awakening *of* Youth *for* Atmanirbharata *and* Sustainability

ODISHA STATE OPEN UNIVERSITY (OSOU)

Odisha State Open University (OSOU) is the first and only State Open University in Odisha, dedicated to expanding access to quality higher education through Open and Distance Learning (ODL) and Online Learning (OL). The University aims to provide flexible, inclusive, and skill-oriented education to learners across the state, particularly those who are unable to pursue conventional higher education due to geographical, social, or economic constraints.
OSOU places strong emphasis on education, vocational training, and lifelong learning to enhance employability and professional competence, especially among marginalized and underserved communities. Through the integration of technology-enabled learning, industry-relevant curricula, and practice-oriented pedagogy, the University strives to bridge the gap between academic knowledge and industry requirements.
Aligned with the national vision of expanding higher education, OSOU contributes to improving the Gross Enrolment Ratio (GER) in higher education in the state and promotes accessible, affordable, and learner-centric education.
To strengthen the digital learning ecosystem, the University has adopted a Learning Management System (LMS) that facilitates online teaching–learning processes, assignment submission, and evaluation. The LMS enables learners to access digital course materials, interactive learning resources, and continuous assessment tools, ensuring transparency, flexibility, and efficiency in the evaluation system.
OSOU continues to expand its academic offerings and learning initiatives to support inclusive education, community development, and skill enhancement, contributing to the overall educational and socio-economic development of Odisha.

HOW TO REACH SAMBALPUR

- Air Connectivity: The nearest airport to Sambalpur is Veer Surendra Sai Airport Jharsuguda (JRG) which is 50.4 km away. Sambalpur's air connectivity is supported by other two major international airports:
- Swami Vivekananda Airport in Raipur (265 km away) and
- Biju Patnaik Airport in Bhubaneswar (300 km).
- Rail Connectivity: Sambalpur is a divisional headquarters of East Coast Railway, with four railway stations (Sambalpur, Sambalpur Road, Hirakud, and SambalpurCity). It offers direct rail links to major cities like Delhi, Mumbai, Kolkata, and more.
- Road Connectivity: The city is positioned along National Highways 6 (Mumbai-Kolkata) and 42 (Bhubaneswar). It has two bus terminals: the Government Bus Stand at Laxmi Talkies Chhaka and the Private Bus Stand at Ainthapali, providing frequent services for regional travel.

POSTAL COMMUNICATION

Secretary, PRAYAS-2026
Odisha State Open University
Badsinghari, PO – Goshala Chowk
Sambalpur – 768024, Odisha, India





CONCEPT NOTE

PRAYAS – Progressive Rejuvenation and Awakening of Youth for Atmanirbharata and Sustainability is the Annual National Conference of Odisha State Open University (OSOU). The conference aims to create a collaborative platform for researchers, academicians, and young scholars to present research findings, exchange ideas, and generate impactful solutions aligned with the seven developmental pillars—Shiksha, Swasthya, Swabalamban, Sakshamta, Samriddhi, Satatta, and Samaj.

Each edition of PRAYAS focuses on one of these pillars as its thematic core. The 2026 edition centers on "Swasthya Se Samarthya," emphasizing the role of holistic wellness in building an empowered and self-reliant nation. The conference explores the integration of traditional Indian health wisdom with contemporary scientific approaches to promote preventive healthcare, balanced lifestyles, and community wellbeing.

THEME OF THE CONFERENCE

- Indigenous medicinal practices in Indian Societies: Tradition, Knowledge & Cont emporary Relevance
- Yoga for Mental and Physical wellness Practices in Occupational Setting
- Mental Health and Emotional wellbeing of Police Personnel
- Role of Generic Medicine in Strengthening public health system
- Sports, discipline and Nation Development
- Life Saving Skills: -First Aid & Emergency care
- Passenger safety and emergency health preparedness in Railways
- Indian Knowledge System (IKS), Modern Health Science & Ayush Practices etc. for Preventive Health Care
- Mobility, Fitness and Cognitive Health for Senior Citizens
- AI for Health Education
- Media Campaign for Preventive Healthcare and Wellness
- NEP-2020 for Holistic Health and Wellness
- Active Living: Healthy Practices in Educational Institutions
- Play and Recreation for Mental and Social Wellness
- Work-life balance : Human devlopment, Rural & Tribal Empowerment
- Health Literacy and Community Behavior Change
- Healthy Life Style for Gen-Z
- Mahatma Gandhi's Lived Practices
- Early Childhood-Good Health Care
- Sports Education and Healthy Living
- Transgender Health and Inclusive Wellness
- Assistive Technologies and Wellness Accessibility
- Strategy for Nasha Mukta Bharat
- Digital Wellness and Balanced Digital Relationship

CALL FOR PAPERS

Odisha State Open University (OSOU) invites academicians, researchers, professionals, practitioners, and research scholars to submit original research papers and case studies for presentation and possible publication. The conference seeks to promote interdisciplinary dialogue, knowledge exchange, and innovative research aligned with the vision and objectives of the National Education Policy (NEP) 2020, particularly in the areas of holistic health, wellness, sports, yoga, and community well-being.

GUIDELINES FOR ABSTRACT & FULL PAPER SUBMISSION :

Authors are requested to submit an abstract along with the full paper and relevant keywords to **secretaryprayas26@osou.ac.in** by **30th September, 2026**. The submission should clearly outline the research problem, objectives, methodology, key findings, and relevance. The full-length paper should not exceed 3,000 words. All accepted papers will be published in the Conference Proceedings.

• Manuscripts may be submitted in English, Hindi, or Odia in MS-Word format with 1.5 line spacing (Times New Roman, Font Size 12 for English; Krutidev-10, Font Size 14 for Hindi) and must strictly follow the APA (7th edition) referencing style.

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REGISTRATION FEE DETAILS:

Category	Standard Fee (After 15.09.2026)	Fee with Early Bird Registration Discount (Closes on: 15.09.2026)
Faculty/Industry/Non-student	Rs.3500/-	Rs.3000/-
For Research Scholars/ Students	Rs. 3000/-	Rs. 2500/-
For the Students of OSOU	Rs. 2500/-	Rs. 2000/-

CONFERENCE PAYMENT DETAILS

Account Name- PRAYAS
Account No- 50200109616540
Ifsc code- HDFC0000369

PRE-CONFERENCE WORKSHOP

A pre-conference workshop will introduce participants to indigenous health traditions and contemporary wellness practices aligned with the conference theme. The workshop will explore Yoga, Ayurveda, lifestyle management, and community-based wellness approaches, highlighting how traditional knowledge systems can complement modern health sciences in promoting preventive healthcare and holistic wellbeing.

SUCCESS STORY

PRAYAS '25

PRAYAS has emerged as a vibrant national academic platform that encourages youth-led research, innovation, and socially relevant scholarship, reflecting OSOU's commitment to inclusive and future-oriented education.

PRAYAS-2025 witnessed enthusiastic participation from scholars, researchers, and academicians across India. The conference promoted interdisciplinary discussions on sustainability and social transformation, with support from ICSSR, Mahanadi Coalfields Limited, and Tata Power Western Odisha Distribution Limited, strengthening academia–industry collaboration.

Participants were provided a comprehensive conference kit that included a trolley bag, stationery, pen drive, and other useful academic resources. One of the most engaging highlights of the conference was the Podcast Session, which created an interactive platform for scholars to share research insights and academic experiences.
academic engagement.



CHIEF PATRON

Prof. Shyam Sundar Pattnaik
Hon'ble Vice Chancellor, OSOU, Sambalpur

PATRON

Dr Chittaranjan Sahu, (OES-I).Registrar, OSOU, Sambalpur

CO-PATRON

Dr. Uma Charan Pati,(COE),OSOU, Sambalpur

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Dr. Ravi Gupta, Director, Orthopedics, Fortis, Mohali
Prof. D.P. Gupta, Principal, Dental College, Panjab University
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Prof. Bidhu Bhusan Mishra, Vice-Chancellor Sambalpur University
Prof. Satish Chandra Dubey, Dept. of Philosophy and Religion, BHU
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Dr. Purushottam Agrawal, MD, Sanvani Hospital, Sambalpur
Dr. Sanjeep Kumar Mishra, VIMSAR
Padmashree Mahendra Kumar Mishra, Education Officer (Retd.)
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Dr. Amitab Thakur, Geriatrics, VIMSAR
Prof, Sunil Kumar Sharma, Head, Cardiology, VIMSAR
Prof. Sankar Prasad Mohanty, RIE, NCERT, Bhubaneswar
Prof. Pradeep Kumar Nayak, Ayurveda

CONFERENCE HIGHLIGHTS

- Podcast Presentation
- Poster presentation
- Conference Cultural Night
- Local Sightseeing

BEST PAPER AWARDS

The Best Paper Awards will be conferred on the top three research papers presented at the conference. Evaluation will be based on:

- Originality of the research
- Significance and relevance of the study
- Quality of argument and conceptual clarity
- Methodological rigor
- Effectiveness of presentation

A distinguished jury will evaluate the papers and select the awardees.