

NATIONAL SYMPOSIUM
ON
“ RECENT TRENDS IN SPORTS HEALTH ”
March 7, 2009

Venue: Auditorium, FTK Centre for Information Technology,
Jamia Millia Islamia, New Delhi-110025

Registration		9:00- 9:30AM
Inaugural Session:		9:30- 10:30 AM
Welcome	Prof. Ejaz Hussain, Director, CPRS,JMI	
Introductory remarks	Col. R.K.Chengappa, R & R Army Hospital	
Chief Guest:	Prof. Mushirul Hasan, Vice Chancellor, JMI	
Guest of Honour :	Dr. Dev Swarup, Joint Secretary, UGC	
Vote of Thanks :	Dr. Zubia Veqar (PT), Asst. Prof., CPRS, JMI	
Tea Break 10:30-11:00 AM		
Technical Session – I (Chair : Col. R.K.Chengappa, R & R Army Hospital		
Speakers	Topic	Time
Prof. G.L.Khanna Dean, Dept of Therapies and health sciences , Manav Rachna International University, sector 43, Faridabad (Haryana)	Aerobic Training: from fitness appraisal to periodisation''	11:00- 11:45AM
Dr.Anuradha Solanki Sports Psychologist, Sports Authority of India, New Delhi	Psychological preparation of sportspersons	11:45- 12:30 AM
Dr. A. G. Sinha Reader Dept. of Physiotherapy & sports Sciences Punjab University, Patiala	Shoulder impingement syndrome : causation and management	12:30am- 1:15 PM
Discussion 1:15- 1:30 PM		
Lunch Break 1:30- 2:00 PM		
Technical Session – II (Chair : Col. S.S. Bahaduri,R & R Army Hospital)		
Prof. H. L. Nag Addl. Professor Dept. of Orthopaedic Surgery, AIIMS, New Delhi	Knee injuries and their management	2:00- 2:45 pm
Dr. Saurabh Sharma (PT) Asstt. Professor, Centre for Physiotherapy and Rehabilitation Sciences, JMI, New Delhi	Shock wave therapy in sports health	2:45- 3:30 pm
Tea Break 03:30-3:45 PM		
Dr. Shweta Shenoy Reader, Dept of Sports Sciences Gurunanak Dev University, Amritsar	Heart rate training and the Overtraining syndrome in Athletes	3:45-4:30PM
Dr. Priti Rishi Lal Dept. of Health & Nutrition Lady Irwin College, University Of Delhi	Dietary management for sports performance	4:30- 5:15PM
Discussion 5:00- 5:15 PM		
Dr.Majumi Noohu(PT) Asst. Prof., CPRS,JMI	SumUp	
Dr.Jamal Moiz (PT) , Asst. Prof. CPRS, JMI	Vote of Thanks	

Organized by
Centre for Physiotherapy and Rehabilitation Sciences
Jamia Millia Islamia, New Delhi 110025