

# PRE-CONFERENCE WORKSHOPS

October 18, Tuesday, 2011

## Area: Athletic care and Rehabilitation (10:00am–1:00pm)



By: **Prof. Dr. Jaspal S. Sandhu**  
MBBS, MS (Ortho), DSM, FAIS, FASM  
Dean, Faculty of Sports Medicine,  
GNDU, Amritsar- India

&  
**Dr Shweta Shenoy,**  
Reader, Faculty of Sports medicine and  
Physiotherapy,  
GNDU, Amritsar

### Topics to be covered:

- Tapping of Knee and Ankle
- Heart rate monitoring and the over training syndrome.
- Optimal Nutrition and Hydration requirements of athletes.

## Area: Doping in Sports(02:00pm-05:00pm)



By: **Sheila**  
Principal Scientific Director,  
National Drug Testing Lab

&  
**Dr. Tejinder Kaur,**  
Sr. Scientist & Doping quality manager,  
National Drug Testing Lab  
Delhi, India

### Topics to be covered:

- The Doping menace in sports.
- Nutritional Supplements; Food or Drug?
- The ethics & moral strategy of Anti-Doping.
- Anti-Doping programs of National & International level.

## Area: Psychological Interventions (10:00am– 01:00pm)



By: **Dr. Geetanjali Kumar,**  
Practising Counselor, Family  
therapist, Trainer, an Educationist,  
Associated with Ministry of HRD and  
C.B.S.E.

### Topics to be covered:

- Strategies to cope challenges with special reference to anxiety & failure.
- Group Cohesion

## Area: Exercise Physiology (02:00pm– 05:00pm)



By: **Oleksandr Krasilshchikov,**  
Professor, Exercise & Sports Science  
Prog, School of Health Sciences,  
University Sains, Malaysia

&  
**Prof G L Khanna,**  
Dean, Faculty of Applied Sciences  
Manav Rachna International University

### Topics to be covered:

- Physiological effects of strength training.
- Strength & Power related motor performance in Children.
- Resistance training for Children.

### Note:

- A participants can register in more than one workshop.
- Registration fees to be paid separately for each workshop.
- Related resource material will be provided to the participants.
- Seats limited on first come first serve basis. For registration fees refer delegates fee at [www.igipess.com](http://www.igipess.com) fill registration form separately for workshop if not done before.
- Last date for discounted registration fees is October 3rd , 2011.

## An International Conference on “Physical Activity & Sports for Global Peace and Development”

Organized By  
Deptt. of Physical Education & Sports Sciences  
Faculty of Inter-Disciplinary & Applied Sciences,  
University of Delhi

&  
Indira Gandhi Institute of Physical Education &  
Sports Sciences

University of Delhi

Venue: Shankar Lal Hall/  
Conference Room,  
International Guest House,  
North Campus,  
University of Delhi, Delhi  
India

Date: 18/10/2011

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