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 ٠
- Heart rate monitoring and the over • training syndrome.
- Optimal Nutrition and Hydration ٠ requirements of athletes.

Area: Psychological Interventions

(10:00am-01:00pm)

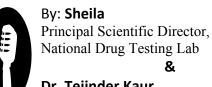
By: Dr. Geetanjali Kumar,

Practicising 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: Doping in Sports(02:00pm-05:00pm)



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: 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 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