

IASMCON 2022



Restart to Restore

42nd Annual Conference of Indian Association
of Sports Medicine

18th March 2022

Pre-Conference Workshops

19th & 20th March 2022

Main Conference

Highlights

- ★ Completely **ONLINE**
- ★ Plenary Lectures
- ★ Comprehensive Scientific Sessions
- ★ Free Paper Presentations
- ★ E Poster Presentations

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Conducted by



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Deemed to be University)



Dear Colleagues

As the entire world is facing the COVID challenge, the Sports Medicine fraternity needs to rise to the occasion, constantly upskilling ourselves faster than the Virus itself. We need to support our sportspersons who are in the forefront, traveling in bio-bubbles and going through physically and psychologically demanding phase of their lives.

The Centre for Sports Science of Sri Ramachandra Institute of Higher Education & Research (deemed to be university) has great pleasure in hosting the 42nd Annual Conference of the Indian Association of Sports Medicine, in a virtual mode. The theme for this meet would be "Restart to Restore" highlighting the current global scenario.

I invite all our colleagues from various fields of sports medicine and sports sciences along with coaches, administrators, policymakers, players and parents to take part in this special event to exchange our knowledge and experiences for mutual benefit.

The scientific programme has been conceived meticulously to make the conference interesting and beneficial for all.

Hoping to virtually meet you all at the conference platform.

With warm regards
Prof. Arumugam S
President, IASM
Organising Chairman, IASMCN 2022

IASMCN 2022 Organising Committee

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For Whom

Sports Medicine Doctors

Trainers

Physiotherapists

Students

Coaches

Sports Science Experts

Pre-Conference - Friday 18th March 2022 Common Hall

IASM Combined Sports Physicians & Sports Rehab Course

TIME	EVENT	TOPIC	SPEAKERS
01.30 pm	Lecture 1	Role and Responsibility of Team Physician	Anup Krishnan
02.00 pm	Lecture 2	Drug Testing & Anti Doping Measures in Sports	Alka Beotra
02.30 pm	Lecture 3	On field assessment and management of injuries	S K Ghai
03.00 pm	Lecture 4	Effective Functional Progression in Sports Rehab	Amrinder Singh
03.30 pm	Lecture 5	Extrinsic & Intrinsic factors in Sports Injuries	Jaspal Sandhu
04.00 pm	Lecture 6	The Pre-Participation Examination	Ashok Ahuja
04.30 pm	Lecture 7	Sports Nutrition and Hydration	Shweta Shenoy
05.00 pm	Panel Discussion		

Hall A

TIME		
09.00-09.30	Plenary Lecture 1 - Sports Medicine & Sports Science in India / Prof Jaspal Singh Sandhu, India	
	Session I - KNEE SURGERY	
	EVENT	SPEAKERS
09.30-09.45	Personalised Treatment of ACL Injury	Philippe Landreau, UAE
09.45-10.00	Post ACL reconstruction Graft strength & its impact on rehab	Ramakanth
10.00-10.15	LEAT in ACL	Jaoa Mendes, Portugal
10.15-10.30	Pros & cons of partial meniscectomy & meniscal repair for an athlete	Milind Pimprikar
10.30-10.45	Patellar Instability – An overview of its management	Swetabh Rai
10.45-11.00	Panel Discussion - Moderator	Vikram Sharma
11.00-11.30	INAUGURATION - Welcome Address - Dr. K.A. Thiagarajan President's Address - Prof Arumugam S President Elect address - Dr. Vikram Sharma Vote of Thanks - Dr. Vikram Rao	
	Session II - SHOULDER SURGERY	
11.30-11.45	Periscapular pain	Denny Lie - Singapore
11.45-12.00	Recurrent shoulder dislocation: Tailor making treatment for athlete	Nikhil Iyer
12.00-12.15	Soft tissue shoulder injuries in sports	Raju Easwaran
12.15-12.30	AC Joint injuries	Ayyappan Nair
12.30-12.45	Post traumatic cuff tears	Chirag Chudasma
12.45-13.00	Panel Discussion - Moderator	Bhupesh Karthik
13.00-13.30	LUNCH	
13.30-14.00	Plenary Lecture 2 - ACL surgery- Lessons learned from Freddie Fu / Willem van der Merve, South Africa	
	Session III - SPORTS REHAB	
14.00-14.30	Maximizing Physiotherapy Outcomes during Sports Injury Rehab	Steve Milanese, Australia
14.30-14.45	Biomechanics in Sports	Amrinder Singh
14.45-15.00	Stiff Shoulder Rehabilitation	Chan Kin Yuen, Malaysia
	Moderator	Narasimman
	Session IV - SPORTS REHAB	
15.00-15.30	Principles of Assessment and Rehabilitation of Running Injuries	Lewis Ingram, Australia
15.30-15.45	Proprioceptive Training for Performance & Injury Prevention	Apurv Shimpi
15.45-16.00	Current Trends in Manual Therapy	Jibu George Varghese
	Moderator	Thiagarajan
	Session V - SPORTS COACHING	
16.00-16.15	The Science of Coaching in Hockey	V. Baskaran
16.15-16.30	The Tale of Indian Success in Squash	Cyrus Poncha
16.30-17.00	Panel Discussion	
17:30	Exececutive Committee Meeting	
18:30	General Body Meeting	

Hall B

TIME		
09.00-09.30	Plenary Lecture 1 - Sports Medicine & Sports Science in India / Prof Jaspal Singh Sandhu, India	
	Session I - SPORTS MEDICINE	
	EVENT	SPEAKERS
09.30-09.45	Return to Sports after COVID	Abdul Halim Bin Mokhtar - Malaysia
09.45-10.00	Talent Identification in Sports: The Indian perspective	Anup Krishnan
10.00-10.15		
10.15-10.30	Exercise is Medicine	S K Ghai
10.30-10.45		
10.45-11.00	Panel Discussion - Moderator	S K Ghai
11.00-11.30	INAUGURATION - Welcome Address - Dr. K.A. Thiagarajan President's Address - Prof Arumugam S President Elect address - Dr. Vikram Sharma Vote of Thanks - Dr. Vikram Rao	
	Session II - SPORTS MEDICINE	
11.30-11.45	Sports concussion - current management	Jon Patricios, South Africa
11.45-12.00	Skeletal Maturity and Age verification in competitive Sports	Ashok Ahuja
12.00-12.15		
12.15-12.30	Newer perspectives in Sports Medicine using Biomechanics	Rami Abboud
12.30-12.45		
12.45-13.00	Panel Discussion - Moderator	PSM Chandran
13.00-13.30	LUNCH	
13.30-14.00	Plenary Lecture 2 - ACL surgery- Lessons learned from Freddie Fu / Willem van der Merve, South Africa	
	Session III - EXERCISE PHYSIOLOGY	
14.00-14.15	Technical aspects of Tests in Exercise Physiology	Asis Goswami
14.15-14.30	Physiology of Sleep in athletes	Karuna Datta
14.30-14.45	Lactate Metabolism in Endurance Sports	Anup Krishnan
14.45-15.00	Panel Discussion - Moderator	Sarala R, NIS
	Session IV - STRENGTH & CONDITIONING	
15.00-15.15	Science of Coaching	Andrew Gray, South Africa
15.15-15.30	Indianizing' training methods for Indian sportspersons	Deckline Leitão
15.30-15.45	Physical Activity in Lifestyle Medicine	Rabbanie Tariq
15.45-16.00	Panel Discussion - Moderator	Andrew Gray
	Session V - SPORTS EDUCATION	
16.00-16.15	National Sports University - The Vision & Mission	RC Mishra, VC, NSU, Imphal
16.15-16.30	Evolution of the National Sports Institute, Patiala	RS Bishnoi, ED, SAI NSNIS, Patiala
16.30-17.00	Panel Discussion	

Day 2 - Sunday 20th March 2022

Hall A

TIME		
09.00-09.30	Plenary Lecture 3 : Gender Verification in Sports - A misty journey - Dato' Dr. Gurcharan Singh, Malaysia	
	EVENT	SPEAKERS
	Session I - SPORTS NUTRITION	
09.30-09.45	Intermittent Fasting in Sports	Shweta Shenoy
09.45-10.00	Probiotics: Psychophysiological Approach in Sports Performance	Mahenderan Appukkutty, Malaysia
10.00-10.15	Exercise oxidative stress and antioxidants	V H Patel
10.15-10.30	Panel Discussion - Moderator	Shweta Shenoy
	Session II - SPORTS PSYCHOLOGY	
10.30-10.45	Importance of Self Talk in Enhancing Athletes' Performance	Mohad Anizu, Malaysia
10.45-11.00	Using Music for Enhancing Holistic Health and Wellbeing	Garry Kuan, Malaysia
11.00-11.15	Sports Psychology	Deepak Mishra
11.15-11.30	Cultural turn and its impact :Perspective of overcoming barriers by a Paralympic athlete	Anaurene Roy
	Moderator	Jolly Roy
	Session III - SPORTS BIOMECHANICS	
11.30-11.45	Foot & Ankle Biomechanics in Sports	Abboud Rami - Lebanon
11.45-12.00	What makes Bumrah so good? Bowling Technique Analysis	Marc Portus - Australia
12.00-12.15	Biomechanics of Endurance Cycling	Milind Pimprikar
12.15-12.30	Panel Discussion:	Abboud Rami
	Session IV - SPORTS SCIENCES	
12.30-12.45	Science of Anti-doping	Alka Beotra
12.45-13.00	Science of Strength Training in Women	Andrew Gray
13.00-13.15	Science of Shoulder Rehabilitation	Rajesh Rohilla
13.15-13.30	Panel Discussion	Andrew Gray
13.30	VALEDICTORY EVENT	

Day 2 - Sunday 20th March 2022

Hall B

TIME	Plenary Lecture 3 : Gender Verification in Sports - A misty journey - Dato' Dr. Gurucharan Singh, Malaysia	
	EVENT	SPEAKERS
09.00-09.30	Efficacy of Platelet Rich Plasma Injections in Patients with Adhesive Capsulitis	Anjana Vannan
	Effectiveness of ultrasound guided PRP injection in comparison with standard conservative treatment on improving pain and function among the athletes with partial Anterior Cruciate Ligament injury: A randomized controlled trial.	Laimujam Sobhasini Devi
	The Association Between Functional Movement Screen, Lower Quarter Y-Balance Test And Physical Performance Tests in Athletes	Kanika Bisht
	RELATIONSHIP BETWEEN HAMSTRING ECCENTRIC STRENGTH, FLEXIBILITY AND PERFORMANCE TESTS IN TEAM SPORT ATHLETES	Riya Chhabra
	VALIDITY AND RELIABILITY OF POLAR WATCH FOR ESTIMATION OF VERTICAL JUMP HEIGHT IN ATHLETES AND NON-ATHLETES	Tarandeep Singh
	Association between cognitive performance and autonomic function in young adults	Namrata Sharma
	Change in Living Environment and its Impact on Reactive Stress Tolerance in Preadolescent Sport Cadets of Jharkhand	Manohar Kumar Pahan
	Creative Synthesis for Sustaining Bio-Bubble Fatigue	Rashmeeka Badri Narayan
	Functional architecture of emotion regulation among athletes: Cognitive reappraisal and expressive suppression response tendencies.	Tejasvi Karanwal
	Mind Mapping: Integrating Creativity in Injury Rehabilitation	Jeykar T Lazarus
09.30-12.30	A Biomechanical Comparison of Short and Good Length Bowling in Adolescent Fast Bowlers	Aakash Katoch
	Lower Limb Kinematics Among National and University Level Players in Field Hockey: An Observational Study	Monika Sharma
	VARIATIONS IN THE KINETIC AND KINEMATIC PARAMETERS OF CRICKET FAST BOWLING OVER A PERIOD OF 12-MONTHS	Nimishanth
	A Biomechanical Comparison of Different Types of Pitching Among University Baseball Pitchers	Taniya saini
	Incidence of injuries across various tennis surfaces: A Systematic Review	Sneha Alexander
	Special Session - SPORTS ADMINISTRATION	
12.30-12.45	Advancing Sports Admin with Sports Medicine	Amit Bhalla, Co-chair FICCI Sports
12.45-13.00		Chanakya Chaudhary, Co-chair FICCI Sports
13.00-13.15	Panel Discussion	
13:30	VALEDICTORY EVENT	

Registration Information

Category	Fee
IASM member	₹750
Non IASM member	₹1000
PG Student	₹500
International Delegate	US\$ 50
International Student/PG	US\$ 25

Registration is FREE for Pre-Conference Courses | Limited Seats

Terms And Conditions:

- Registration is mandatory for all to attend the conference

Cancellation Policy :

- No refund for cancellations

Use the link given below to complete your registration as well as the payment for IASMCON 2022

Click here to register

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Conference Secretariat

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