



**D Y PATIL**  
DEEMED TO BE  
UNIVERSITY  
NAVI MUMBAI



**D Y PATIL**  
SPORTS &  
HIGH PERFORMANCE  
CENTRE



**D Y PATIL**  
DEEMED TO BE  
UNIVERSITY  
SCHOOL OF  
SPORTS, EXERCISE &  
NUTRITION SCIENCES  
NAVI MUMBAI



# IASMC N

## 2025

**45<sup>TH</sup> ANNUAL CONFERENCE OF  
INDIAN ASSOCIATION OF SPORTS MEDICINE**

**1<sup>st</sup> & 2<sup>nd</sup> March 2025**  
**D Y Patil University, Nerul, Navi Mumbai**



APPLIED FOR  
**MMC**  
CREDITS POINTS

PLATINUM SPONSOR



**GRANDSLAM  
FITNESS**

Click here to register : [bit.ly/iasmcon2025](https://bit.ly/iasmcon2025)

# OFFICE BEARERS

## CHIEF PATRONS



**Padmashree Dr. D Y Patil**

Founder - DY Patil Group  
Former Governor - Tripura,  
West Bengal, Bihar



**Dr. Vijay D Patil**

Chancellor & President  
DY Patil Deemed to be University



**Dr. Shivani V Patil**

Pro Chancellor & Vice President  
DY Patil Deemed to be University

## PATRON



**Prof. Dr. Jaspal Singh Sandhu**

## PRESIDENT | PRESIDENT ELECT | IMM. PAST PRESIDENT



**Dr. Vijay Shetty**



**Dr. Sachin Tapasvi**



**Dr. Vikram Sharma**

## PAST PRESIDENTS



**Dr. E.B.S.Ramanathan**



**Dr. Parag Sancheti**



**Dr. Sivaraman Arumugam**



**Dr. S R Sundararajan**



**Dr. Mandeep Dhillon**

# OFFICE BEARERS

## VICE PRESIDENTS



**Dr. Alka Beotra**



**Dr. Dinshaw Pardiwala**



**Dr. Anup Krishnan**

## SECRETARY GENERAL | TREASURER | JOINT SECRETARY



**Prof. Dr. Shweta Shenoy**



**Dr. Amrinder Singh**



**Dr. Vivek Kumar Mathur**

## EXECUTIVE MEMBERS



**Dr. Thiagarajan Alwar**



**Dr. Inderdeep Singh**



**Dr. Suneet Ghai**



**Dr. Sarvdeep Singh Dhatt**

## CO-OPTED MEMBERS



**Dr. Mahendra S Kudchadkar**



**Dr. Raju Easwaran**

# OFFICE BEARERS

## SCIENTIFIC COMMISSION



Dr. Roli Dave



Dr. Mahesh Prakash



Dr. Santosh Shetty



Dr. Jasmine Chawla

## LIAISON COMMISSION



Dr. Vivekanand Upadhyay



Dr. Rajesh Rohila



Dr. Pawan Sharma



Dr. Chintan Hedge

## ANTI DOPING COMMISSION



Dr. Dipankar Bhattacharya



Dr. Clevio Desouza



Dr. Kapil Garg



Dr. Sidak Dhillon

## MEDIA COMMISSION



Dr. Kanwar Mandeep  
Singh Dhillon



Dr. Aditya Sai



Dr. AK Joy Singh



Dr. Rajat Jangir

# SCIENTIFIC PROGRAM

DAY 01 | SATURDAY, 1ST MARCH 2024

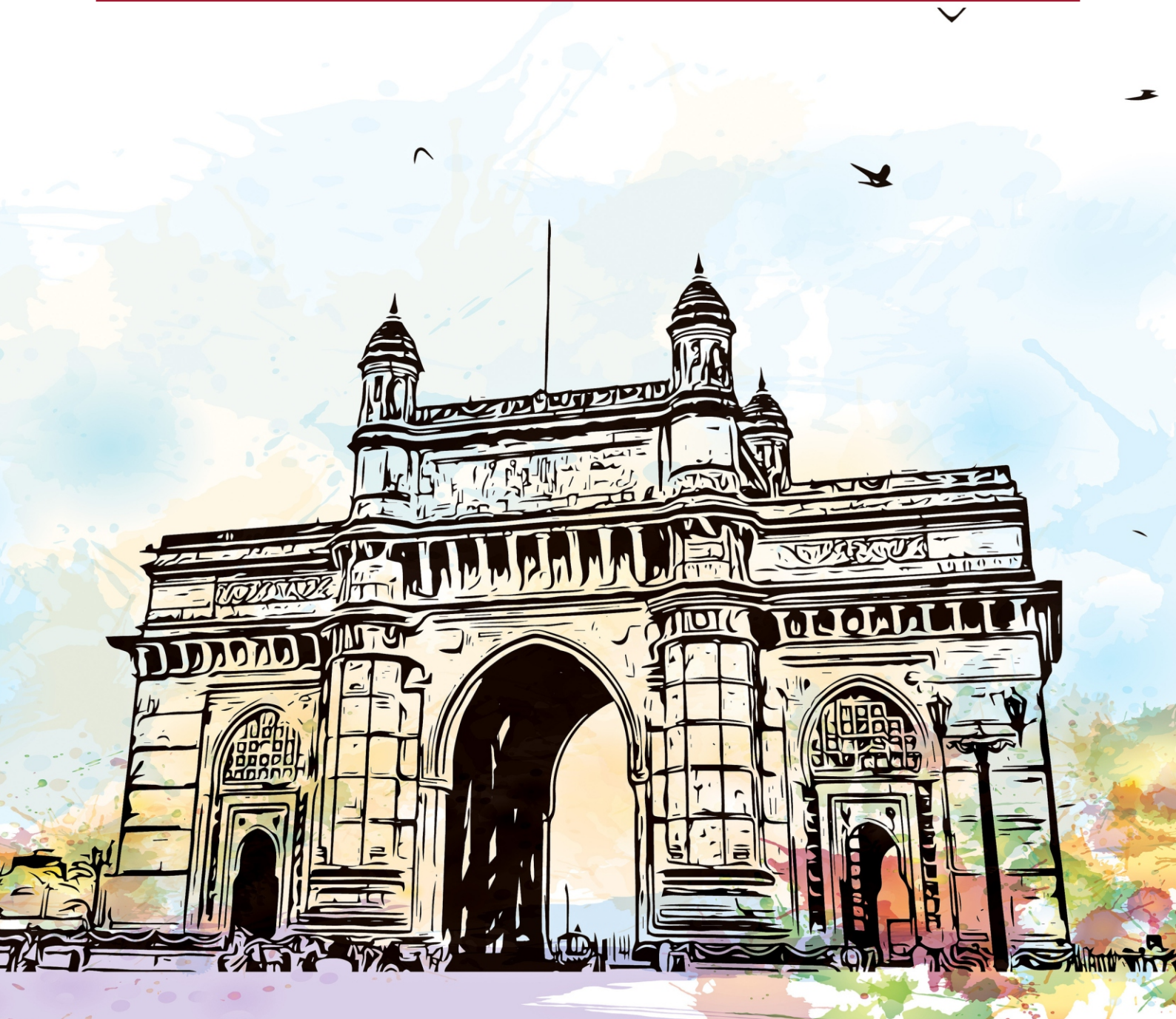
TIME	Hall A (Sports Science)	Hall B (Orthopedics)
09.00 - 09.15 am	Space Physiology: New Horizons in Human Performance	Biomechanics of ACL Deficient Knee
09.15 - 09.30 am	Integration of New Technologies in Sports Physiology	ACL reconstruction simplified Recent advancements in ACL / meniscus surgery
09.30 - 09.45 am	Heart Rate Variability – Relevance in Sports Performance	ACL deficient knee & case scenario
09.45 - 10.00 am	Rest, Recharge, Repeat: Harnessing the Benefits of Sleep for Athletes	Case scenario discussion
<b>10.00 - 11.00 am</b>	<b>INAUGURATION BY CHIEF GUEST &amp; WELCOME CEREMONY</b>	
11.00 - 11.15 am	Engineering the sporting movement, breaking down the chronic pain - (ACL injury Preventive measure for athletes)	Understanding Patellar instability
11.15 - 11.30 am	Functional Rehabilitation of Sports Injuries	Clinical Examination of the knee: ACL + Meniscus
11.30 - 11.45 am	Fine tuning the recovery - markers & strategies	PCL
11.45 - 12.00 pm	Adolescent athletes & introductory level in specific sport	
<b>12.00 - 01.00 pm</b>	<b>LUNCH &amp; NETWORKING</b>	
01.00 - 01.15 pm	Reimagining therapeutic techniques: Advancements in psychological intervention techniques	Pune Shoulder Rehab Program - Dr. Ashish Babulkar & Team (1:00 - 5:00 pm)
01.15 - 01.30 pm	Beyond the physical: Futuristic psychological approaches for performance enhancement and dealing with modern age stressors	
01.30 - 01.45 pm	A shift from traditional to new age educational practices in Sports Psychology	
01.45 - 02.00 pm	Revolutionizing sports psychology evaluations: Charting the future with brain mapping	
02.00 - 03.00 pm	Panel Discussion - Holistic Approach in Athlete Development	
03.00 - 03.30 pm	Keynote Address - Dr. Ashok Ahuja	
03:30 - 03:45 pm	Sports Conditioning Training	



# SCIENTIFIC PROGRAM

DAY 01 | SATURDAY, 1ST MARCH 2024

TIME	Hall A (Sports Science)	Hall B (Orthopedics)
03:45 - 04:00 pm	Load Monitoring Systems	
04:00 - 04:15 pm	Strength Training in Para Athletes	
04:15 - 04:30 pm	In Season S&C	
04:30 - 05:00 pm	HIGH TEA & NETWORKING	
05:00 - 06:00 pm	GBM IASM	
07:00 - 10:00 pm	GALA DINNER & NETWORKING	



# SCIENTIFIC PROGRAM

DAY 02 | SUNDAY, 2ND MARCH 2024

TIME	Hall A (Sports Science)	Hall B (Orthopedics)
09.00 - 09.15 am	Traveling with the team: A Team Doctor's perspective	Ankle sprain: Indication for surgery
09.15 - 09.30 am	Prevention of Sudden Cardiac Death in active population	Role of Rehab after Ankle sprain
09.30 - 09.45 am	Role of 3D Motion analysis in Injury Prevention in Cricket	Chronic ankle pain in an athlete
09.45 - 10.00 am	Classification and Challenges in Para Sports	Stress fractures around the ankle and foot
10.10 - 10.15 am	Evidence Based Practice to leverage sports science for patient care: Interdisciplinary Perspective	Footwear for athletes
10.15 - 10.30 am	Photobiomodulation therapy for Sports Performance	Plantar fasciitis management is current concept
10.30 - 10.45 am	NCSSR & its role in Sports Sciences in India	Achilles Tendon in Athletes
10.45 - 11.00 am	MSK Ultrasound & Orthobiologics in Sports	
<b>11.00 - 11.30 am</b>	<b>Keynote Address</b>	<b>Keynote Address: Dr. Dinshaw Pardiwala</b>
11.30 - 11.45 am	Sensor Fusion: Integrating Biomechanics into Performance Analysis	Introduction to Sports Dentistry - Importance, Scope & emerging trends
11.45 - 12.00 pm	Breaking Barriers: Exploring Biomechanics in Paralympic Sports	
12.00 - 12.15 pm	Advanced Biomechanics of Muscle-Driven Performance: Innovations, Integration, and Interdisciplinary Insights	Panel Discussion - Challenges, opportunities and innovation in Sports Dentistry
12.15 - 12.30 pm	Footwear Revolution: Intelligent Designs for Adaptive Performance	(3-4 panelists including sports dentists, sports medicine specialists, and researchers) Moderator from IASD
12.30 - 12.45 pm	Gut Microbiome Manipulation for Performance	Advances in Sports Dentistry: Mouthguard fabrication & trauma management
12.45 - 01.00 pm	Cultivating a Healthy Relationship with Food in Athletes	
01.00 - 01.15 pm	The Gut-Brain Connection: How Gut Health Impacts Athletic Performance	
01.15 - 01.30 pm	Optimizing Weight Management in Combat Sports: Strategies for Performance Enhancement	

# SCIENTIFIC PROGRAM

DAY 02 | SUNDAY, 2ND MARCH 2024

TIME	Hall A (Sports Science)	Hall B (Orthopedics)
01.30 - 01.45 pm	Hypermobility Syndrome - Exploring the enigmatic phenomenon in sports and musculoskeletal health	Sports Dentistry Quiz
01.45 - 02.00 pm	Road to 2036 Olympics: Challenges with Indian Sports Ecosystem	
<b>02.00 - 03.00 pm</b>	<b>LUNCH &amp; NETWORKING</b>	
03.00 - 04.00 pm	<b>Paper Presentation + Poster Presentation</b>	
<b>04.00 - 04.30 pm</b>	<b>VALEDICTORIAN SPEECH &amp; CLOSING CEREMONY</b>	

## PRE-CONFERENCE WORKSHOPS FRIDAY, 28TH FEBRUARY 2024 | 09:00 AM - 05:00 PM

VENUE	WORKSHOP	FACULTY
Hall A	Hands-On Workshop on Sports Rehabilitation	Christopher Pedra Vaibhav Daga
Hall B	Anti-Doping Awareness for Sports	Dr Kiran Kulkarni Dr Dobson Dominic
Hall C (Centre for Medical Simulation)	Simulation based On Field Management of Sports Injuries	Dr Ajit Baviskar

For any Information, please contact: [info.iasmcon25@gmail.com](mailto:info.iasmcon25@gmail.com)

Scientific Program info on: [iasmcon25.committee@gmail.com](mailto:iasmcon25.committee@gmail.com)

\*This schedule is tentative & subject to change.



# REGISTRATION PACKAGES

## PRE CONFERENCE WORKSHOP REGISTRATION

Date: 28th February 2025

CATEGORY	CHARGES
1. Simulation Based on Field Management of Sports Injuries (25 Seats Only)	Rs. 6000/-
2. Hands-On Workshop on Sports Rehabilitation	Rs. 5000/-
3. Anti-Doping Awareness for Sports	Rs. 5000/-

Note: Any one Pre Conference Workshop can be availed

## NON-RESIDENTIAL REGISTRATION

CATEGORY	Up till 31st Oct 2024	1st Nov 2024 - 31st Dec 2024	1st Jan 2025 - 15th Feb 2025	Spot Registration
IASM Members	Rs. 6000/-	Rs. 7000/-	Rs. 8000/-	Rs. 9000/-
Non-IASM Members	Rs. 7000/-	Rs. 8000/-	Rs. 9000/-	Rs. 10000/-
P. G. Students	Rs. 5000/-	Rs. 6000/-	Rs. 7000/-	Rs. 8000/-

### REGISTRATION FEES INCLUDE

Registration for the Conference, Breakfast, Lunch and Tea on all days, Gala Banquet Dinner on 1st March 2025, Visit to Trade Exhibition

### CANCELLATION POLICY

- 75% of the registration fee will be refunded for cancellations received on or before 31st October 2024.
- 50% of the registration fee will be refunded for cancellations received on or before 31st December 2024.
- 25% of the registration fee will be refunded for cancellations received on or before 15th February 2025.
- No Refund for cancellation received post 16th February 2025.

Conference Secretariat:



**RNS Events & Exhibitions**

Office No. 6, Market Building, Ground Floor, Chafekar Bandhu Marg, Mulund East, Mumbai - 400081

Avani - 77670 72720 | Email: [projects@rnsevents.com](mailto:projects@rnsevents.com)

Click here to register : [bit.ly/iasmcon2025](https://bit.ly/iasmcon2025)



# 45<sup>TH</sup> ANNUAL CONFERENCE OF INDIAN ASSOCIATION OF SPORTS MEDICINE

1<sup>st</sup> & 2<sup>nd</sup> March 2025

D Y Patil University, Nerul, Navi Mumbai

## REGISTRATION FORM (PLEASE FILL IN UPPER CASE) Fields marked \* are mandatory

Surname\*: ..... First Name\*: .....

Postal Address\*: .....

City\*: ..... Pincode\*: ..... State\*: ..... Country\*: .....

Membership No.\*: ..... Medical Council No.\*: .....

Tel. (with area code): Residence: ..... GST No. ....

Active E-mail ID\*: ..... Mobile\*: .....

All future communications will be through email and mobile via SMS.

Preferred Room Partner (in case of twin sharing occupancy): .....

Category: (Please ✓ mark in the box)

### NON RESIDENTIAL REGISTRATION

- IASM Members
- Non-IASM Members
- P.G. Students

### PRE CONFERENCE WORKSHOPS (OPTIONAL)

- Simulation Based on Field Management of Sports Injuries
- Hands-On Workshop on Sports Rehabilitation
- Anti-Doping Awareness for Sports

*Note: Any one Pre Conference Workshop can be availed*

Please make payment by DD / Cheque in favour of "IASMCON" payable at Mumbai.

[www.iasm.co.in](http://www.iasm.co.in)

Please send the duly filled registration form along with DD / Cheque to:

Conference Secretariat: **RNS Events & Exhibition**  
B/8, Market Building, Ground Floor, Chafekar Bandhu Marg, Mulund East, Mumbai - 400081  
Prachi Surve: 09702272453 | Email: [projects@rnsevents.com](mailto:projects@rnsevents.com)