



ISSEMCON 2022

1st INTERNATIONAL CONFERENCE OF
INDIAN SOCIETY OF SPORTS AND EXERCISE MEDICINE

“ATHLETE HEALTH - MOVING BEYOND INJURIES”



**Venue: Saveetha Medical College,
Saveetha Nagar, Thandalam, Chennai - 602 105.**

Date: 24th - 26th March 2022

PATRON



Dr. N. M. VEERAIYAN
Honourable Chancellor, SIMATS



Dr. SAVEETHA RAJESH
Director, SMCH

ADVISORS AND BENEFACTORS



Dr. RAKESH KUMAR SHARMA
Vice Chancellor, SIMATS



Dr. J. DAMODHARAN
Dean, SMCH



Dr. YOGESH MOHAN
CEO - SMCH

OUR TEAM



Dr. HANJABAM BARUN SHARMA
President, ISSEM



Dr. DOBSON DOMINIC
Vice President, ISSEM



Dr. SIDHARTH UNNITHAN
General Secretary, ISSEM



Dr. KIRAN KUMAR KULKARNI
Joint Secretary, ISSEM



Dr. GAGAN KUMAR BANODHE
Treasurer, ISSEM



Dr. ASHAY JADHAV
Media and Protocol Head

COMMITTEES

ORGANISING CHAIRMAN

Dr. DOBSON DOMINIC

Associate Professor & Head,
Department of Sports Medicine & Sports Science, SMCH
Vice President, ISSEM

ORGANISING SECRETARIES

Dr. RAMYA G
Dr. SAI KISHORE
Dr. PRAVEEN

SCIENTIFIC COMMITTEE

Col. Dr. ANUP KRISHNAN
Dr. DOBSON DOMINIC
Dr. HANJABAM BARUN SHARMA
Dr. SIDHARTH UNNITHAN
Dr. GAGAN KUMAR BANODHE

Dear colleagues,

As the Chairman of the Organizing Committee and on behalf of Indian Society of Sports and Exercise Medicine (ISSEM) and Saveetha Medical College (SMC), it is my pleasure and honor to welcome you all to the 1st International Conference of Sports Medicine & Sports Science **ISSEMCON~2022** at Chennai, India, from **24th-26th March 2022**. The Conference will take place at Saveetha Medical College (SMC) Chennai, India a constituent of SIMATS (Deemed to be University) which is one of India's leading Private Universities.

The Department of Sports Medicine and Sports Science (SISSM) in SMC, the host for this mega event is one of the few departments in the country offering a wide array of professional scientific courses in sports from MD Sports Medicine to specialized sports science courses like MSc Exercise Physiology & MSc Sports Bio-mechanics.

The event will bring an outstanding group of experts from around the world to provide specific research and knowledge in the field of Sports Medicine & Sports Science. We are confident that you will find the multidisciplinary academic program invigorating and enjoyable.

The Conference theme is **“Sports Medicine & Sports Science: Athlete Health Moving beyond Injuries”**

This conference will give every opportunity for the delegates to a platform of research, essential updates and latest development in sports and exercise medicine. The scientific program is carefully planned with several key note addresses by renowned sports medicine & sports science experts from around the world. paper and poster presentations shall give opportunities to ug & pg students on day 2 and day 3 to present their research topics. we assure you that this conference will be an unique opportunity and we welcome you to be part of one of the largest scientific events in sports medicine and sport science in india.

Chennai formerly called Madras is known as the “Gateway to South India”. It is a contemporary city with an ancient history. So be sure to mark the calendar in your schedule and be part of this mega Scientific event in the medical capital of India. We at ISSEM & SMC are looking forward to meeting you all in person at **ISSEMCON-2022**

Dr. DOBSON DOMINIC

Associate Professor & Head,
Department of Sports Medicine & Sports Science, SMCH
Vice President, ISSEM

PROGRAM SCHEDULE

DAY 1. 24th March 2022. - PRE CONFERENCE WORKSHOPS

| TIME | TOPIC | SPEAKER |
|------------------|--|---|
| 08:30 - 09:00 am | WORKSHOP REGISTRATION | |
| 09:00 - 12:00 pm | Workshop 1 - Doping | Dr. Kiran K Kulkarni / Col. Dr. Anup krishnan |
| 10:30 - 10:45 am | TEA BREAK | |
| 12:00 - 01:30 pm | Workshop 2 - USG Guided Injections | Dr. Karthick Natarajan |
| 01:30 - 02:00 pm | LUNCH | |
| 02:00 - 03:30 pm | Workshop 3 - Cardio- Autonomic & HRV: Assessment & Interpretation | Dr. Gagan Kumar Banodhe & Dr. H. Barun Sharma |

DAY 2. 25th March 2022. - SPORTS & EXERCISE MEDICINE

| | | |
|------------------|--|--|
| 08:00 - 09:00 am | REGISTRATION | |
| 09:00 - 09:30 am | On field management of catastrophic medical events in athlete | Moderator: Dr. Ashok Ahuja |
| 09:00 - 09:15 am | Sudden Cardiac Death in Young Athletes | Dr. Dobson Dominic |
| 09:15 - 09:30 am | On – Field Management of a Concussed Athlete | Dr. Kenjom Ngomdir |
| 09:30 - 10:00 am | KEY NOTE 1 Team Physician in International Sporting Events | Dr. Ashok Ahuja |
| 10:00 - 10:30 am | Inauguration | Chancellor, Director |
| 10.30 - 11:00 am | KEY NOTE 2 Football Medicine Recent Advances in Recovery | Dr. Alejandro Soler Colombia |
| 11:00 - 11:15 am | TEA BREAK | |
| 11.15 - 11:30 am | Exercise Medicine Exercise as medicine in managing cardio-metabolic illness | Moderator: Col. Dr. Anup Krishnan Dr. H. Barun Sharma |
| 11.30 - 11.45 am | Exercise as Medicine for chronic musculo-tendino-fasciopathy | Dr. Gagan Kumar Banodhe |
| 11.45 - 12:00 pm | Medical Aspects of Sports & Exercise during COVID-19 | Dr. Chandrasekara Guru |
| 12:00 -12.30 pm | KEY NOTE 3 -Doping in Football | Dr. Francisco Arroyo (Mexico) Moderator: Dr. H Barun Sharma |
| 12:30 -12.45 pm | Chrono-biology and Sleep for Injury-free Performance | Col. Dr. Karuna Dutta |
| 12.45 - 01.00 pm | Relative Energy Deficiency in sport: Identification and correction: The Practical Approach | Dr. Ramya G |
| 01.00 - 2.00 pm | LUNCH & POSTER DISCUSSION | |
| 02:00 - 02:30 pm | MSK & Athlete-Recent guidelines | Moderator: Dr. Kiran Kulkarni |
| 02.00 - 02.15 pm | Skeletal age verification- current guidelines | Dr. Rana Chengappa |
| 02:15 - 02:30 pm | Nomenclature of Groin pain in Athletes - Latest updates | Dr. Sidharth Unnithan |
| 02:30 - 03:00 pm | Latest Updates in Sports Medicine | Moderator: Dr Satbir Singh |
| 02:30 - 02.45 pm | Sports Dentistry- glimpse into the future | Dr. Tvisha Parikh |
| 02.45 - 03.00 pm | Biologics & regenerative medicine in Sports Medicine: The Evidence & The Practice | Dr. Shikha Dhaundiyal |
| 03.00 - 03.30 pm | PANEL DISCUSSION Sports Medicine Management For Professional Athletes: Why It is Important ? | Chair: Dr.Ashok Ahuja Moderator: Dr. Dobson Dominic Mr. Raman Vijayan, Dr. Satbir Singh Dr. Ahuja, Dr.Rana Chengappa Col.Dr. Anup Krishnan, Dr. Nitesh |

* - Parallel paper presentation sessions shall happen after the key note address-1 is delivered.

PROGRAM SCHEDULE

DAY 3 26th March 2022 : SPORTS SCIENCES

| TIME | TOPIC | SPEAKER |
|------------------|--|--|
| 08:30 - 09:30 am | Sports Science & Athlete | Moderator- Col. Dr. Anup Krishnan |
| 08:30 - 08:45 am | Role of sports sciences in athletes | Col. Dr. Bibhu Nayak |
| 08:45 - 09:00 am | RTP after ACL injury- current criteria and the dilemma when to return | Dr. Satbir Singh |
| 09:00 - 09:30 am | KEY NOTE 1 Msk Imaging In Sports Medicine | Col. Dr. Anup Krishnan |
| 09.30 - 10.00 am | Sports Nutrition - The Missing Element | Moderator - Dr. H. Barun Sharma |
| 09:30 - 09:45 am | Diet fads in athlete, how do we keep up? | Dr. Bharath |
| 09:45 - 10:00 am | Body composition analysis in athlete- what are the current trends? | Dr. Sai Kishore (PT) |
| 10:00 -10:30 am | Sports Rehabilitation | Moderator- Dr Sidharth Unnithan |
| 10:00 - 10:15 am | Rehabilitation of shoulder in overhead athletes | Dr. Praveen Ravi |
| 10:15 -10:30 am | Exercise prescription- principles & current guidelines | Dr. Kiran Kulkarni |
| 10.30- 11:00 am | Sports Psychology | Moderator - Dr. Kiran Kulkarni |
| 10:30 -10:45 am | Role of sports psychology in prevention of overtraining | Luqman Nulhakim, Exercise Physiology, Singapore |
| 10:45 - 11:00 am | Mental Health of Athletes in Bio Bubble | Dr. Aditya Sood |
| 11:00 -11:15 am | TEA BREAK | |
| 11:15 - 01:00 pm | Live Demo Workshop- Biomechanics | |
| 01.00 - 02.00 pm | Lunch & Poster Discussion | |
| 02:00 - 03:00 pm | Strength & Conditioning in sports | Moderator - Dr. Dobson Domic |
| 02:00 - 02:30 pm | KEY NOTE 2: Developing a high performance culture: - Strength & conditioning | Wayne Lombard, South Africa |
| 02.30 - 03:00 pm | Blood Flow Restriction (BFR), Pre-Exhaustion (PE) & No-Load Resistance (NLR) Training: The Physiology & The Intervention | Dr. H. Barun Sharma |
| 03:00 - 03:30 pm | KEY NOTE 3 Sports & exercise science : where we have come From, where we are now, and where we are going? | Prof. Adam Hawkey (UK) |
| 03:30 - 04:00 pm | KEY NOTE 4 Sports Technology- Latest Updates | Nicolas Vignais, Associate Professor University of Paris, Saclay. |
| 04:00 - 04:30 pm | Validictory | |

* - Parallel paper presentation sessions shall happen after the key note address-1 is delivered.

WHO CAN ATTEND ?

- ★ Athletes / Sports Men
- ★ Sports Medicine Doctors
- ★ Physicians / Orthopedicians
- ★ Physiotherapist
- ★ Physical Education Directors
- ★ Psychologist / Nutritionist
- ★ Strength & Conditioning Coaches
- ★ Sports Engineers
- ★ UG / PG Students

REGISTRATION FORM

Name :
 Designation : Age and Gender
 Address :
 Phone : Email Id :
 Diet : Veg / Non Veg

CATEGORY OF DELEGATE : ISSEM Doctors / Non ISSEM Doctors / UG, PG Student /
 Sports Science Professionals / athletes / Physiotherapists / Strength & Conditioning Coaches

PAYMENT DETAILS

Amount : Dated :
 Bank Details : Transaction No :
 Signature :

(UG, PG students & Phd scholars should attach bonafide certificate from their respective head of the department)

WORKSHOP REGISTRATION

| | |
|------------|---|
| Workshop 1 | Available for all delegates |
| Workshop 2 | Available only to Medical professionals |
| Workshop 3 | Available for all delegates |

PAYMENT DETAILS

Account Name : Indian Society of Sports and Exercise Medicine

Account No : 5012500133094101

Branch : Koppadakere

Dharwad - 580008

Branch Code: 000501

Bank Name : Karnataka Bank

Address: Dharwad, Maratha Colony Road, Koppadakere,

IFSC: KARB0000501

MICR: 580052304

| CONFERENCE REGISTRATION | Early Bird (upto January 30 th) | Regular (Jan 30 th - March 23 rd) | After March 23 rd |
|--|--|---|------------------------------|
| ISSEM Doctors | 2000/- | 2500/- | 3000/- |
| NON ISSEM Doctors | 4000/- | 5000/- | 6000/- |
| UG/PG Students | 1500/- | 2000/- | 2500/- |
| Sports science professionals / Athletes / Physiotherapists / strength & conditioning coaches | 1500/- | 2000/- | 2500/- |
| International delegate | 80 USD | 100 USD | 150 USD |

WORKSHOP REGISTRATION

| | |
|---------------------|------------|
| All 3 Workshops | Rs. 1500/- |
| Individual Workshop | Rs. 750/- |

LAST DATE FOR REGISTRATION - 15.02.2022

Completed registration form and payment confirmation copy should be sent to:

CONFERENCE SECRETARIAT

Department of Sports Medicine & Sports Science,
Saveetha Medical College, Thandalam, Chennai - 602 105, India
Contact - Dr Praveen (Mob: 8428212256) | Dr Sai Kishore (Mob: 7338868012)
Email : issemofficial@gmail.com, sportsmed.smc@saveetha.com
Website : issem.in, www.saveethamedicalcollege.com

SUBMISSION OF ABSTRACT: GENERAL GUIDELINES

The abstract should be sent by e-mail attachment to sportsmed.smc@saveetha.com

Please specify the preferred mode of presentation i.e. oral or poster. Abstracts not selected for oral presentation may be accepted for poster presentation as decided by the scientific committee.

Kindly follow the format for abstract as given below

Number of Words : 250 words ; Font: Times New Roman, 12, Regular

Software: Microsoft Word

Abstract

- Title
- Name of the Authors (Name, Initials do not write Dr or designation, underline presenting author)
- Institute
- FORMAT: Introduction & Aims, Methodology, Results, Conclusion
- Mode of presentation preferred: Oral / Poster
- Do not Exceed 250 words

Note

- Only unpublished original research articles will be accepted.
- The last date for receiving abstracts is 1.03.2022.
- Poster presentation should fit within 1m x 1m area.
- The final decision regarding selection of an abstract and the mode of presentation rests with scientific committee

HOTEL DETAILS

| List of Hotels | Category | Single | Double |
|-----------------|-------------------|------------|------------|
| Pleasant days | Executive | Rs 4500/- | |
| Crescent crest | Standard / Deluxe | Rs. 2500/- | Rs. 3000/- |
| Paramount inn | Standard / Deluxe | Rs. 2500/- | Rs. 3000/- |
| Ashok residency | Standard / Deluxe | Rs. 2500/- | Rs. 3000/- |
| Floressa randa | Standard / Deluxe | Rs. 3000/- | Rs. 3500/- |
| Remisha hotel | Standard / Deluxe | Rs. 2000/- | Rs. 2500/- |
| De castle inn | Standard / Deluxe | Rs. 3000/- | Rs. 3500/- |