



Manav Rachna International Institute of Research and Studies



University of Sharjah



National University of
Physical Education and Sport of Ukraine



An-Nasher Cirebon, west Java Indonesia



University Sains Malaysia

**Virtual International Conference
On
Recent Advances & Challenges in Sports
Rehabilitation
5th June to 7th June 2021**

OUR PATRONS



Dr. Prashant Bhalla
President, Manav Rachna Educational Institutions



Dr. Amit Bhalla
Vice President, Manav Rachna Educational Institutions

CHIEF GUEST



Prof. (Dr.) Sanjay Srivastava,
Vice Chancellor, MRIRS

CHAIRPERSON



Prof. (Dr.) G L Khanna,
Pro Vice Chancellor, MRIRS

GUEST OF HONOR



Prof. Olha Borysova
Vice Rector
National University of Ukraine on Physical Education and Sport, Ukraine

KEYNOTE SPEAKERS



Professor Dr. Hairul Anuar Hashim
Deputy Dean
School of Health Sciences, University Sains Malaysia



Assoc. Prof. Dr. Maria Abulkhanova
Department of Physical Education and Sport Science
Moscow State Academy of Physical Education, Russia



Dr. Hery Prambudi
Director
AAK An Nasher, Indonesia

CO-CHAIRPERSONS



Co-Chairperson
Prof. (Dr.) Moattar Raza Rizvi, Dean, FAHS



Co-Chairperson
Dr. Divya Sanghi, HOD Nutrition & Dietetics Department, FAHS

About MRIIRS

Manav Rachna International Institute of Research and Studies (MRIIRS, formerly MRIU- a NAAC Accredited ‘A’ Grade Institution), ‘Deemed-to be-University’ under Section 3 of the UGC Act 1956, offers programs from Graduate to Doctoral level that are in tune with the market dynamics. The Institution has been conferred with 5 Star rating for Teaching, Facilities, Social Responsibility and Inclusiveness by QS Rating System. It has also rated Manav Rachna International Institute of Research and Studies (MRIIRS) across two categories: Engineering (rank 174) and University (Rank band 151-200).

About Department of Physiotherapy

Department of Physiotherapy caters to the curative and rehabilitation needs of the people and thus, offers Bachelor, Master and Doctorate Physiotherapy courses which are based on research-informed teaching giving ample opportunities to students. The department runs specialized OPDs in the form of Cerebral Palsy Clinic, Stroke Clinic, Geriatric Clinic, and Sports Injury Clinic.

About Department of Nutrition & Dietetics

Nutritionists and dietitians study how diet affects both the person and the nation's health, as well as how diet can be used to treat disease. This programme teaches students how to apply nutritional science to prevent and cure disease. As a dietitian, they consult with individuals to assist them in making dietary changes by providing practical guidance. It is a health-related profession that entails translating nutrition and food sciences in order to promote good health.

About the conference

This conference is primarily aimed for bringing together International and National scholars as eminent speakers from the field of sports federations to illuminate our trivial knowledge on Recent Advances & Challenges in Sports Rehabilitation. The three-day conference program has been carefully structured to encourage mutual inspiration and fruitful debate among researchers. The first day will be centered on three distinguished keynote speakers and in-depth discussions of presentations and thereafter the conference would go as per the scheduled programs in brochure. This conference would provide a high-level opportunity for students, researchers, practitioners and academicians to present, listen and discuss the latest advances and trends in sports rehabilitation in the domain of Sports Medicine, sports rehabilitation, physiotherapy, Aging and Exercise Physiology, Women health and Nutrition in sports, biomechanical corrections on field and sports in COVID scenario.

| JUNE 5, 2021 (Saturday) | | | |
|-------------------------|--|--|---|
| TIME(IST) | Event Details | | |
| 9:00 AM TO 10:00 AM | Inauguration | | |
| 9:00 AM TO 9:30 AM | Conference Opening & Inauguration and Lamp Lighting | | |
| 9:30 AM TO 9:35 AM | Welcome Message by Co-Chairperson, Professor (Dr.) Moattar Raza Rizvi , Dean Faculty of Allied Health Sciences, MRIIRS | | |
| 9:35 AM TO 9:45 AM | Welcome Message by Chairperson, Professor (Dr.) G.L Khanna , Pro Vice Chancellor, MRIIRS | | |
| 9:45 AM TO 9:55 AM | Welcome Message by Chief Guest, Professor (Dr.) Sanjay Shrivastava , Vice Chancellor, MRIIRS | | |
| 9:55 AM TO 10:00 AM | Inaugural Speech by Guest of Honor, Professor, Olha Borysova , Vice Rector, National University of Ukraine on Physical Education and Sport, Ukraine | | |
| SESSION -I | | | |
| 10:00 AM TO 10:45 AM | Keynote Address: <u>Utility of Progressive Muscle Relaxation in Sports & Rehabilitation</u> Professor Dr. Hairul Anuar Hashim Deputy Dean ,School of Health Sciences, University Sains Malaysia, Malaysia |  |  |
| 10:45 AM TO 11:15 AM | <u>Sports Injuries: Prevention and Management</u> Dr. Kiran Kulkarni Consultant, Sports and Exercise Medicine Specialist, AFC Medical & Doping Control Officer, Indian Fitness academy, Bengaluru, India |  |  |
| 11:15 AM TO 11:45 AM | <u>Tackling Injury Management: Optimizing Interdisciplinary Approach.</u> Professor Dr. Oleksandr Krasilshchikov Professor, School of Health Sciences, Universiti Sains Malaysia, Malaysia |  |  |
| 11:45 AM TO 12:15 PM | <u>Musculoskeletal Acupuncture and its Impact on Muscle Spasm in the Sport</u> Dr. Ir.Suhariningsih Lecturer, Airlangga University, Indonesia |  |  |
| 12:15 PM TO 1:00 PM | BREAK | | |
| SESSION- II | | | |
| 1:00 PM TO 1:30 PM | <u>Features of the Physical Therapy process conduction in the playing sports</u> Professor Nikanorov Oleksii Professor, Department of Physical Therapy, National University of Physical Education and Sport, Ukraine |  |  |
| 1:30 PM TO 2:00 PM | <u>On Field Management of Catastrophic Sports Injuries</u> Dr. Dobson Dominic HoD, Saveetha Institute of Sports Medicine & Sports Science, Chennai, India |  |  |
| 2:00 PM TO 2:30 PM | <u>Groin Strain Pre-Rehab & Post Rehab in Kabaddi Players</u> Dr. Vivek Chauhan Professor Dolphin Institute of Biomedical and Natural Sciences, Dehradun, India |  |  |
| 2:30 PM TO 3:00 PM | <u>Understanding the connection between Kinetic and Kinematic in field hockey.</u> Dr. Rahul Tiwari Lead Biomechanist, Sports Authority of India, Patiala, India |  |  |
| SESSION-III | | | |
| 3:00 PM TO 4:00 PM | PAPER PRESENTATIONS | | |

| JUNE 6, 2021 (Sunday) | | | |
|------------------------------------|--|--|---|
| SESSION-IV | | | |
| 9:15 AM TO 10:00 AM | Keynote Addresses: <u>Recovery from COVID-19 : Patients Experience & Feedback</u> Associate Professor Maria Abulkhanova Founding Member and Vice President of BRICSCESS Department of Physical Education and Sport Science Moscow State Academy of Physical Education RUSSIA |  |  |
| 10:00 AM TO 10:30 AM | <u>How to develop International competence of Sport Physiotherapy?</u> Professor Dr. Imam Waluyo Padma Association of Applied/Vocational Physiotherapy Education Program, Indonesia Consultant of An Nasher Institute of Health Sciences and Aisyiah Polytechnique |  |  |
| 10:30 AM TO 11:00 AM | <u>Sport for Pregnant Women and Impact on birth process</u> Dr. Tilawaty Aprina Director, Aisyiah Polytechnique, Jakarta, Indonesia |  |  |
| 11:00 AM TO 11:30 AM | <u>Recent Trends of Therapeutic Modalities on Sports Rehabilitation</u> Dr. Bharath Kumar Sports Medicine Doctor, Sports Authority of India, Bengaluru, India |  |  |
| 11:30 AM TO 12:00 PM | <u>Current Concepts in ACL Reconstruction Rehabilitation</u> Dr.Gagan Kapoor Director, Actio Prehab, New Delhi, India |  |  |
| 12:00 PM TO 12:30 PM | BREAK | | |
| SESSION-V | | | |
| 12:30 PM TO 1:00 PM | <u>Release Tension Stress for Preparation Sport Competition</u> Dr. Arsyad Subu Assistant Professor, Nursing, University of Sharjah, United Arab Emirates |  |  |
| 1:00 PM TO 1:30 PM | <u>Scope of Functional Rehabilitation and Artificial Intelligence in Sports Medicine-A Physiotherapist's Perspective</u> Dr. Jasmine Kaur Chawla Assistant Professor, Amity University, Noida, India |  |  |
| SYMPOSIUM ON REGENERATIVE MEDICINE | | | |
| 1:30 PM TO 2:00 PM | <u>Regenerative Medicina</u> Dr. Pankaj N Surage Interventional Pain and Spine Center, New Delhi, India |  |  |
| 2:00 PM TO 2:15 PM | <u>Role of Regenerative Interventions in Sports Injuries</u> Dr. Namrata Dabas Consultant, Interventional Pain and Spine Center, New Delhi, India |  |  |
| 2:15 PM TO 2:30 PM | <u>Sports Related Back and Spine Injuries</u> Dr. Renu Dadiala Consultant and In- Charge (Medical services and Operations), Interventional Pain and Spine Center, Bangalore, India |  |  |
| SESSION- VI | | | |
| 2:30 PM TO 3:30 PM | PAPER PRESENTATIONS | | |

| JUNE 7, 2021 (Monday) | | | |
|-----------------------|---|--|---|
| SESSION-VII | | | |
| 9:15 AM TO 10:00 AM | Keynote Address: <u>Traditional Nutrition for Increasing Stamina</u> Dr. Hery Prambudi Director at AAK An Nasher, Indonesia |  |  |
| 10:00 AM TO 10:30 AM | <u>Yoga -Based Pulmonary Rehabilitation for the Management of Dyspnea in COPD: A Randomized Controlled Trial</u> Professor Dr. A M Moorthy Ex VC, Tamil Nadu Physical Education and Sports University, Tamil Nadu, India |  |  |
| 10:30 AM TO 11:00 AM | <u>Role of Naturopathic Medicine & Yoga Therapy in Psychological Rehabilitation in COVID 19</u> Professor Dr. Sangeeth Somanadhapai Professor & Dean, Faculty of Naturopathy & Yogic Sciences, SGT University, Gurugram, India |  |  |
| 11:00 AM TO 11:30 AM | <u>Free Radical Scavengers: Perspectives for Improvement of Muscle Performance and Recovery</u> Dr. Halyna Kuznietsova Research Associate - Taras Shevchenko National University of Kyiv, Ukraine |  |  |
| 11:30 AM TO 12:00 PM | <u>Using Probiotics in Sports Enhancement</u> Dr. Mahenderan Appukutty Associate Professor, Universiti Teknologi MARA, Faculty of Sports Science and Recreation, Malaysia |  |  |
| 12:00 PM TO 12:30 PM | BREAK | | |
| SESSION- VIII | | | |
| 12:30 PM TO 1:00 PM | <u>The Role of Sport Psychology in Injury Recovery</u> Chatkamon Singhnoy Assistant Professor, Faculty of Sport Science, Burapha University, Thailand |  |  |
| 1:00 PM TO 1:30 PM | <u>Mental Training for Peak Performance</u> Dr. Anjum Padyal HoD, Physical Education and Sports Sciences, Deshbandhu College, University of Delhi, New Delhi, India |  |  |
| 1:30 PM TO 2:00 PM | Professor Dr. Vicky Professor of Applied Disability Sport & Director of the Peter Harrison Centre for Disability Sport, UK |  |  |
| SESSION- IX | | | |
| 2:00 PM TO 3:00 PM | PAPER PRESENTATIONS | | |
| 3:00 PM TO 3:30 PM | VALEDICTORY SESSION | | |

GUIDELINES FOR PAPER PRESENTATION

Separate registration is required for paper presentation.

Link of registration for paper presentation: <https://forms.gle/dQY1rCcPhCHefuZd8>

DEADLINE FOR ABSTRACT SUBMISSION: Friday, 28 May 2021

INTIMATION FOR ACCEPTED ABSTRACT: Within 3 working days

SUB-THEMES FOR CONFERENCE ARE:

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|--|
| Sports Injuries, recovery and rehabilitation |
| Sports Nutrition, food supplements, doping control |
| Biomechanics and Kinesiology |
| Ergonomics and Anthropometry |
| Exercise prescription and performance analysis |
| Psychology and cognitive conditioning |
| Women Health in sports |
| COVID-19 and sports |
| Traditional system of medicine in sports |

Acceptance will be based on quality, relevance of sub-themes and original work of the research, systematic reviews, case studies, pilot studies etc.

All accepted abstracts would be published as **CONFERENCE PROCEEDINGS**.

GUIDELINES OF ABSTRACT SUBMISSION

The participants must submit abstract (within 300 word) through online (google form platform) in the word file document in Times New Roman, font size 12 with 1.5 spacing. The organized abstract should include Title, Name and Affiliations of the Authors (the name of the presenting author should be underlined), brief background, purpose, methodology, results and conclusion.

GUIDELINES OF E-PLATFORM PAPER PRESENTATION

- E-Paper Presentation will be conducted in two categories: Senior Category (Professionals & PhD) and Junior Category (UG & PG students).
- Maximum number of slides should be 12-20. The duration of presentation will be 7 minutes followed by 3 minutes of Discussion.
- The slides of presentation should consist of Title, Name and Affiliations of the Authors (the name of the presenting author should be underlined).
- The PowerPoint presentation should be shared early via the email (in case of technical issues).

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Manav Rachna International Institute of Research and Studies

Faculty of Allied Health Sciences

Virtual International Conference on

"Recent Advances and Challenges in Sports Rehabilitation"

5th - 7th June 2021

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<https://forms.gle/DrsWWvkgbQ9nWHrY8>