

# National Seminar on

# HEALTH CONCERNS OF WOMEN IN SPORTS

Date: 22nd September 2023

# Time: 9:00 AM onwards Venue: Jesus and Mary College

# Organized by:

Jesus and Mary College University of Delhi

# Sponsored by:

#### National Commission for Women

#### **ORGANISING COMMITTEE**



Dr. Anju Luthra Coordinator Associate Professor Jesus & Mary College



Dr. Garima Bajaj Co- Coordinator Assistant Professor Jesus & Mary College



Ms. Nancy Gupta Assistant Professor Jesus & Mary College



Prof. Vibha Mathur Professor Jesus & Mary College

## SCAN TO REGISTER



# **CONCEPT NOTE**

Women often experience unique health challenges that are not adequately addressed in mainstream healthcare. Women's health issues have historically been under-researched and under-funded, leading to significant gaps in our understanding of women's health needs and effective treatments. This especially true in the case of women in sports. By focusing on female athletes' health issues, we can advance our scientific understanding of these issues and develop new treatments and interventions that better meet the needs of these female athletes. This can lead to significant improvements in women's health outcomes and overall quality of life. This seminar is expected to spread awareness on the unique health challenges that women in sports face, promote gender equity and advance scientific understanding of women's health issues. By recognizing and addressing the unique health challenges that women in sports face, we can promote greater gender equity and create a more just and equitable playing field.

### JESUS AND MARY COLLEGE

Jesus and Mary College, established in 1968, recognized under Sections 2(f) and 12 (B) of the UGC Act is a premier constituent College of Delhi University. The College is situated in the exclusive neighbourhood of the Diplomatic Enclave in Chanakyapuri that inhabits a 14.101-acre plot with lush green landscaped lawns that enhances the College atmosphere to an educational paradise. The college was founded by Religious of Jesus and Mary, a Roman Catholic congregation founded by St. Claudine Thevenet in Lyon, France, in 1818. True to its vision and mission, JMC partnering in the vision of Christ, makes its contribution to the creation of a just, humane and inclusive society through providing transformative education. The college accompanies and mentors students so that they develop as women of competence and compassion, empowered with ignited minds and hearts to pursue the goal of social transformation. As a leading liberal arts college, the college emerges as a path breaker in the realm of higher education.

#### NATIONAL COMMISSION FOR WOMEN

The National Commission for Women was set up as a statutory body in January 1992 under the National Commission for Women Act, 1990 (Act No. 20 of 1990 of Govt. of India). Its objective is to:

- Review the Constitutional and Legal safeguards for women
- Recommend remedial legislative measures

• Facilitate redressal of grievances and advise the government on all policy matters affecting women. In keeping with its mandate, the Commission has initiated various steps to improve the status of women and worked for their economic empowerment. The Commission also conducts visits to all the States/UTs and prepares gender profiles to assess the status of women and helps in empowering them. It acts suo-motu in several cases to provide speedy justice.



## **SUB-THEMES**

- Lifestyle and dietary habits of female sportspersons.
- Occurrence of injuries and rehabilitation measures of female sportspersons.
- Diseases and disorders amongst female athletes.
- Hygiene habits of female athletes.
- Health concerns of working women in sports.

#### **GUIDELINES FOR THE PAPER SUBMISSION**

There can be more than one author for submitting articles but not more thanfour.

- The submissions are required to be original and unpublished.
- The abstract must not be exceeding 250 words without figures and tables.
- The abstract should be written in MS Word, Times New Roman, single spacingand should include:
- Title (Upper Case, Size 14 points)
- Author(s)'s Name & Affiliation (Size 12 points)
- Abstract (Font Size 12 points): Brief overview of the paper having objective, method and conclusion.
- Keywords: maximum 5 keywords
- The full paper should be approximately 3000 words, 1.5 spacing, Times NewRoman, Font Size 12.
- Title should be in 14-point size.
- The full paper should include Introduction with Objectives, Literature Review, Methodology, Data Analysis & Interpretations/ Findings, Discussions and Conclusion.
- References should be in the API Format.
- Please send your abstracts and complete papers to:

#### **BOARDING AND LODGING**

Organizing Committee will facilitate accommodation facilities at the International Youth Hostel/ Delhi Lawn Tennis Association/ YMCA Guest House. Participants may contact the organizing committee for further details on tariffs.

### **IMPORTANT INFORMATION**

- All authors and co-authors are required to register for the seminar.
- The certificate of Participation/ Presentation will be given only to those who attend the seminar.

PROGRAMME
SCHEDULE :

09:00am-10:00am ~ Registration

10:00am–11:40am ~ Inaugural Session

12:00pm-01:30pm ~ Technical Session

01:30pm-02:30pm ~ Lunch

02:30pm-04:00pm ~ Plenary Session

04:00pm-05:00pm ~ Valedictory Session

More Information:

Yashwani Suhag President 7703868110 Karishma Special Co-ordinator 8882681619 Palak Arora NSO President 7303341799





Prof. Sandra Joseph Principal Jesus & Mary College

#### **CHIEF GUESTS**



Dr. Daisy Panna Consultant-Epidemiologist Integrated Disease Surveillance Programme , National Centre for Disease Control



Ms. Kavita Suresh General Secretary CPSFI

#### **RESOURCE PERSONS**



Dr. Shallu Gupta Chief Medical Officer Samshudhi Residential Neturopathy and Panchkarma Hospital



Dr. Namrata Devgun Homeopathic Physician



Dr. Alok Mathur Additional Deputy Director General Central Tuberculosis Division

**PLENARY SESSION** 



Dr. Deepak Dangwal Counsellor University Counselling and Guidance Centre



Dr. Deepak Surya Head Physiotherapist Delhi and District Cricket Association



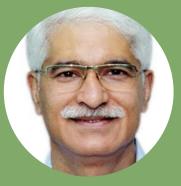
Prof. Ajita D Singh Director Sports Punjabi University, Patiala



Dr. Rajeev Chaudhary Prof. Physical Education, Dean Faculty of Physical Education Pt. Ravishankar Shukla University



Dr. Manju Deorari Assistant Professor Department of Physical Education DAV University Jalandhar



Dr Vikram Singh Professor Jawaharlal Nehru University



Dr. Seema Kaushik Sharma Professor, Department of Physical Education and Sports Lakshmibai College

#### VALEDICTORY SESSION



Prof. Jwahar L. Jain Former Chief Medical Officer Delhi University Sports Medicine Specialist



Dr. Shelly Senior Consultant Obstetrics and Gynecology Rainbow Hospital, Fortis La Femme and Rosewalk Healthcare