



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.

IMPORTANT DATES

28 JULY, 2023

Registrations
Open

15 SEPTEMBER, 2023

Paper
Submission
Deadline

22 SEPTEMBER, 2023

Seminar Date

More Information:

Dr. Anju Luthra
9873251901

Dr. Garima Bajaj
8595350671

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 than four.

- 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 spacing and 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 New Roman, 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:
deptofphysicaleducation.jmc@gmail.com

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

PATRON



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



Dr. Deepak Dangwal
Counsellor
University Counselling
and Guidance Centre



Dr. Deepak Surya
Head Physiotherapist
Delhi and District Cricket
Association

PLENARY SESSION



Prof. Ajita D Singh
Director Sports
Punjabi University, Patiala



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Dean Faculty of Physical Education
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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