

NATIONAL SEMINAR ON HEALTH CONCERNS OF WOMEN IN SPORTS

Organized by the Department of Physical Education, Jesus and Mary College, University of Delhi (22nd September, 2023)

PROGRAMME SCHEDULE

TIME	ACTIVITY DETAILS			
9:00AM-10:00AM	REGISTRATION			
10:00AM-12:00AM	INAUGURAL SESSION			
	DIGNITARIES			
10:00AM-10:05AM	Lighting of the Lamp			
10:05AM-10:10AM	Introduction and Felicitation of Guests			
10:10AM-10:25AM	Welcome Address: Prof. Sandra Joseph , Principal, Jesus and Mary College			
10:25AM-10:40AM	Keynote Address: Dr. Alok Mathur , Additional Deputy Director General Central Tuberculosis Division			
10:40AM-10:55AM	Special Address by the Chief Guest, Dr. Daisy Panna , Consultant Epidemiologist, Integrated Disease Surveillance Programme, National Centre for Disease Control			
10:55AM-11:00AM	Vote of Thanks: Dr. Garima Bajaj , Assistant Professor, Department of Physical Education, Jesus and Mary College			
11:00AM-11:15AM	TEA BREAK			
11:15AM-11:25AM	Address by Dr. Shallu Gupta , Chief Medical Officer, Samshudhi Residential Naturopathy and Panchkarma Hospital			
11:25AM-11:35AM	Address by Dr. Deepak Surya , Head Physiotherapist, Delhi and District Cricket Association			
11:35AM-11:45AM	Address by Dr. Namrata Devgun , Homeopathic Physician			
11:45AM-11:55AM	Address by Dr. Deepak Dangwal , Counsellor, University Counselling and Guidance Centre			
11:55AM-12:00PM	Vote of Thanks: Ms. Nancy Gupta , Assistant Professor, Department of Physical Education, Jesus and Mary College			
12:00PM-1:30PM	TECHNICAL SESSION I (THEVENET HALL)		TECHNICAL SESSION II (MPH 2)	
	Chairperson	Co- Chairperson	Chairperson	Co- Chairperson
	Dr. Rekha Dayal Former Faculty Jesus And Mary College	Dr. Shipra Verma Assistant Professor Maitreyi College	Prof. Vibha Mathur Professor Jesus And Mary College	Ms. Anju Bala , BL Kapoor Hospital
	1. महिला खिलाड़ियों की स्वास्थ्य संघर्ष: स्थिति और समाधान (Ms. Kumari Swatee), U. O. U. Haldwani	2. Sports Achievement in Indian Universities: Special Reference to 100 Years Celebrations of University of Delhi (Dr. Anju Luthra, Dr. Parul Lau, Dr. Suresh Lau), University of Delhi	1. Women's Participation in Sports and Active Recreation: A Summary Review (Ms. Meenakshi) Assistant Professor, Lakshmibai College (Dr. Yudhishter Singh Bagal)	2. Exploring the Efficacy of Psychological Interventions and Relaxation Techniques in Pain Management for Sportswomen: A Comprehensive Review (Ms. Karnika Sehgal), Lakshmibai College
	3. A Fitness Component Essential for Acquiring Skill in the Sport of Badminton (Mr. Vikas Sudhakar Shelar), Late. K.G. Kataria College, Daund, Pune	4. Most Common Doping Violations Among Indian Female Athletes and their Associated Health Risk (Dr. Anju Luthra, Dr Amita Rana and Prof. Seema Kaushik Sharma), University of Delhi	3. Women's Participation in Sports and Active Recreation: A Summary Review (Ms. Vanshika Choudhary), Lakshmibai College	4. Transactional Analysis of Female Adolescent Athletes (Ms. Shalini Chaudhary), Amity University
	5. Exploring the Female Athlete Triad in Indian Judo Players (Dr. Rajender Lal and Ms. Anju Bala), Deshbandhu College	6. Hormonal Disorder And Mindfulness In Indian Football Players (Ms. Nancy Gupta), Research Scholar, Mewar University, Rajasthan	5. Comparison of Emotional Regulation and Achievement Goal between Male and Female Inter University Level Judo Players (Mr. Deepak M P), Department of Physical Education and Sports Sciences, University of Delhi	6. Impact of Yoga on Polycystic Ovarian Syndrome (Ms. Yashvi Ahuja), Shri Khushal Das University, Rajasthan

	7. Analysis of Vital Air Capacity on Different Body Mass Index Levels of Sedentary Female Teachers (Ms. Anita Kumari), Amity School of Physical Education and Sports Sciences	7. Exploring the Efficacy of Psychological Interventions and Relaxation Techniques in Pain Management for Sports women: A Comprehensive Review (Mr. Godishala Satyanarayana Goud), Lakshmibai College
	8. Integrating Sports into Mainstream Curriculum (Ms. Omshri Bharadwaj, Dr Rahul Kumar, Dr. Ajit Kumar), Amity University	8. Health is Wealth (Ms. Warisha Shahid), Gargi College
	9. Impact of Sports-Paracanoe on the Growth and Development of Women in India (Dr. Deepshikha Beniwal), International Canoe Federation & Department of Sports Medicine, PGIMS Rohtak	9. Empowering Women in Sports: Breaking Stereotypes and Rising Beyond Limits (Ms. Ankita Kamra), German Sports University Cologne
	10. Poster Presentation (Dr. Anupama Srivastava), Jesus and Mary College	
1:30 PM-2:30PM	LUNCH	
2:30 PM-4:00PM	PLENARY SESSION	
Moderators	Address by Prof. Ajita D. Singh , Director Sports, Punjab University Patiala	
Dr. Rekha Dayal Former Faculty Jesus And Mary College	Address by Dr. Rajeev Choudhary , Professor. Physical Education, Dean, Faculty of Physical Education, Pt. Ravishankar Shukla University	
Dr. Manmohan Kaur Former Faculty Jesus And Mary College	Address by Dr. Manju Deorari , Assistant Professor, Department of Physical Education, DAV University, Jalandhar	
	Address by Dr. Vikram Singh , Professor, Jawaharlal Nehru University	
	Address by Prof. Seema Kaushik Sharma , Professor, Department of Physical Education and Sports Lakshmibai College, University of Delhi	
4:00PM-5:00PM	VALEDICTORY SESSION	
	DIGNITARIES	
4:00PM-4:15PM	Felicitation of Guests by Dr. Anju Luthra	
4:15PM-4:25PM	Address: Dr. Jwaha L. Jain , Former Chief Medical Officer, University of Delhi, Sports Medicine Specialist	
4:25PM-4:35PM	Address: Dr. Shelly , Senior Consultant Obstetrics and Gynaecology Rainbow Hospital, Fortis La Femme and Rosewalk Health Care	
4:35PM-4:45PM	Address by the Chief Guest, Ms. Kavita Suresh , General Secretary, Cerebral Palsy Sports Federation of India	
4:45PM-4:55PM	Report of the Seminar & Vote of Thanks: Dr. Anju Luthra , Head, Department of Physical Education, Jesus and Mary College	
4:55PM	National Anthem	
5:00PM	HIGH TEA	
5:00PM ONWARDS	DISTRIBUTION OF CERTIFICATES AT THE REGISTRATION DESK	