



National Workshop on
“Sports Skills : Scientific Approach”
Theme: Sports Science for Sports and Wellness

22nd OCT to 28th OCT 2017

Sponsors

Ministry of Youth Affair & Sports
Govt. of India

(Under the Scheme of Human Resource Development in Sports)

Venue

Human Resource Development Centre
Punjabi University, Patiala





7 DAYS NATIONAL WORKSHOP

SPORTS SKILLS: A SCIENTIFIC APPROACH ***(SPORTS SCIENCE FOR SPORTS AND WELLNESS)***



22nd OCTOBER, 2017

2:00 PM TO 5:00 PM

REGISTRATION

23rd OCTOBER, 2017

6:30 AM TO 8:00 AM

MORNING CAMPUS WALK

10:30 AM TO 12:00 AM

LONG TERM PLANNINGS FOR ATHLETICS

Dr. SUKHDEV SINGH

12:00 AM TO 1:00 PM

SPORTS OFFICIATING: A SCIENTIFIC PROCESS

Dr. KULDEEP SINGH CHAUDHARY

1:00 PM TO 2:00 PM

LUNCH

INAUGRAL SESSION (2:00 PM TO 4:00 PM)

2:00 PM TO 2:30 PM

WELCOME

Dr. YOGRAJ

2:30 PM TO 3:15 PM

KEY NOTE ADDRESS
SPORTS : A RISK OF INJURY

Prof. JASPAL SINGH SANDHU
(Vice-Chancellor GNDU Amritsar)

3:15 PM TO 3:40 PM

PRESIDENTIAL REMARKS

Prof. B.S. GHUMAN
(Vice-Chancellor Punjabi University Patiala)

4:00 PM

TEA

6:00 PM TO 7:00 PM

RECREATION: IMPORTANCE AND METHODS

Dr. PARAMVIR SINGH

8:00 PM

DINNER

24th OCTOBER, 2017

6:30 AM TO 8:00 AM

PHYSICAL ACTIVITY SESSION

10:30 AM TO 12:00 PM

FUNDAMENTAL SKILLS FOR SPORTS DEVELOPMENT

Dr. ARVIND MALIK

12:00 PM TO 1:00 PM

SCIENTIFIC APPROACH TO SPORTS TALENT
IDENTIFICATION

Dr. PARMINDER SINGH

1:00 PM TO 2:00 PM

LUNCH

2:00 PM TO 3:00 PM

DOPING IN SPORTS

Dr. BIKASH MEDHI

3:00 PM TO 4:00 PM

TAPING AND BRACING: SPORTS INJURY MANAGEMENT

Dr. AGK SINHA

6:00 PM TO 7:00 PM

SPORTS NUTRITIVE RECIPES

Dr. AMARJOT KAUR

8:00 PM

DINNER

25th OCTOBER, 2017

6:30 AM TO 8:00 AM

P.T. DRILLS, DUMBLES ETC.

Mr. PARAMJIT SINGH

10:30 AM TO 1:00 PM

BIOMECHANICAL ANALYSIS IN SPORTS

Dr. IKRAM HUSAIN

1:00 PM TO 2:00 PM

LUNCH

2:00 PM TO 4:00 PM

BIOMECHANICAL ANALYSIS IN SPORTS

Dr. IKRAM HUSAIN

6:00 PM TO 7:00 PM

HYDRATION, HEALTH AND SPORTS PERFORMANCE

Dr. HARISH KUMAR

8:00 PM

DINNER

26th OCTOBER, 2017

6:30 AM TO 8:00 AM	FIRST-AID ON FIELD	Shri. KAKA RAM VERMA
10:30 AM TO 12:00 PM	SPORTS INJURY PREVENTION AND REHABILITATION	Dr. M.S. DHILLON
12:00 PM TO 1:00 PM	SPORTS NUTRITION AND SPORTS PERFORMANCE	Dr. VANI BHUSHANAM
1:00 PM TO 2:00 PM	LUNCH	
2:00 PM TO 3:00 PM	SPORTS NUTRITION AND SPORTS PERFORMANCE	Dr. VANI BHUSHANAM
3:00 PM TO 4:00 PM	ROLE OF SPORTS ERGONOMICS IN TALENT IDENTIFICATION	Dr. AJITA SINGH
6:00 PM TO 7:00 PM 8:00 PM	SPORTS QUIZ DINNER	

27th OCTOBER, 2017

10:30 AM TO 12:00 PM	ADVANCED SCIENTIFIC EVALUATION OF SPORTS SKILLS	Prof. G.L. KHANNA
12:00 PM TO 1:00 PM 1:00 PM TO 2:00 PM	SPORTS GENETICS LUNCH	Dr. RAJINDER KAUR
	VALEDICTORY SESSION (2:00 PM TO 4:00 PM)	
2:00 PM TO 2:30 PM	WELCOME	Dr. YOGRAJ
2:30 PM TO 3:30 PM	COMPETITIVE STRESS: COPING THROUGH PSYCHOLOGY	Prof. DILIP KUMAR DUREHA (Vice-Chancellor LNIPE, Gwalior)
6:00 PM TO 7:00 PM 8:00 PM	CULTURAL SESSION DINNER	

28th OCTOBER, 2017

7:30 AM TO 8:00 AM	VISIT TO NSNIS, PATIALA	
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