

Three Days International Conference Cum Workshop on Emerging Trends in Sports Sciences Conducted by Department of Physical Education in Collaboration with D.T.S.S. College of Commerce
From 26th March 2018 to 28th March, 2018

Three Days International Conference Cum Workshop on Emerging Trends in Sports Sciences was jointly organized by Department of Physical Education University of Mumbai with D.T.S.S. College of Commerce from 26th March, 2018 to 28th March, 2018. Prin. Dr. M.S. Kurhade was the Chairman of the Conference while Prof. Dr. Vasanthi Kumavaran was the Convener of the Conference.

The Conference was inaugurated by Pro - Vice Chancellor SNDT University and Pro - Vice Chancellor Additional Charge University of Mumbai Dr. Vishnu Magare . Guest of Honour was Mr. Cavas Billimoria- Sports Director at Dhirubhai Ambani School and Chairman of Advisory Committee of Judo in India. Shodh Sangam, UGC recognized Sports Journal was released comprising of more than 75 papers written by delegates and students of sports. Inauguration was followed by address by Keynote speaker Prof. Richard Pollard from USA. Dr. A.K. Uppal spoke on Sports Training and Coaching. Ms. Heena Kanakia gave a lively presentation on Sports Enterprises.

Laughter Yoga is a new twist on an ancient practice. The second day began with a session on Laughter Yoga presented by Atmaram Torane, Mrs and Mr. Bhatt from Raheja Laughter Yoga Club. Sports injuries are the injuries that occur in atheletic activities or while exercising. A demonstration on how to avoid sports injuries was given by Mr. Heath Mathews Founder of First Sports Medicine Centre at Kokilaben Dhirubhai Ambani Hospital and Head of Sports Medicine Department at Sir. H. N. Reliance Hospital. Post lunch session “Symposium on Sports Psychology was organized by Dr. Gautam Gawli, Prof and Head Department of Applied Psychology and Councelling Centre. Panelists comprising of Ms. Amrita Deshmukh, Mr. Advait kapileshwari, Ms. Nocolé Menezes and Dr. Wilbert Gonsalves expressed their views on Sports Psychology and Sports Performance.

Last and the third day of the conference started with practical yoga session by Dr. Deepak Baghadia. Yoga was followed by Mind Power Training on Sports Performance by Dr. Jagbir Singh. Post lunch session was presented by Wellness Expert Mrs. Deepali Kadam. She spoke on Sports Nutrition. While Prof. Hasrani from Mekell University, Ethiopia gave a presentation on Sports Sciences. Apart from these, fitness sessions on Zumba and Aerobics was organized everyday. Shri.Hardeep Singh Layal, Hon. Divisional Sports Secretary, Central Railway, Mumbai was the Chief Guest at the Valedictory function. Shri. Vijay Sonigra from Brihan Mumbai Weight Lifting Association was the Guest of Honour at the occasion.

The delegates and student participants had the benefit of listening and learning from distinguished panel of experts on different aspects of Sports Psychology and Sports Sciences. The Conference was attended by more than 150 delegates, teachers and students of sports. It was an experience to learn and practice sports psychology.

Dr. Sussmita Daxini,
Organizing Secretary
&
Mr. Shailesh Padwal
Joint Organizing Secretary