

National conclave on Allied Sciences in Enhancing the performance of sports athletes in Olympics 2021

CONCEPT NOTE

Playing sports entails more than just training and having the stamina to compete. Athletes also require a team of professionals to oversee their nutrition and keep them in peak condition. This enables them to win tournaments. The sporting events physio has been one of the experts that collaborates with these sportsmen. Physiotherapists assist athletes in enhancing one's competition performance. The athlete is first assessed, and his or her strengths and weaknesses are identified. These are then matched to athletic activities under which the areas of deficiency, such as adaptability or resilience, are described in a precise fitness regime. Follow-up evaluations are performed over time to adjust the training course and track the athletes' progress. This enables athletes to perform at their peak during competition, ensuring their success. Sportsmen and international players frequently work with physiotherapists to stay in shape. These professionals collaborate with nutritionists to ensure that athletes are in peak condition.

A physiotherapist treats injuries, aids in rehabilitation, and encourages athletes to compete in tournaments to perform well. It takes effort, especially to keep up with athletes' training and sessions. The majority of these physiotherapists facilitate the team to competitions and assist them in staying on top of their games. Throughout the strength and conditioning and tournament seasons, they team up with each athlete and the other practitioners.

To address this concern and to provide sustainable solutions, a “**Enhancing the performance of sports athletes in Olympics**” event is being organized by Chandigarh University on 1st Sept 2021 through virtual mode.

The main objective of this flagship event is to uphold the Sustainable Development Goal-3 “Investing in quality health care for all” established by the United Nations in September 2015.

The following expert panelist will be joining us for this conclave to share their thoughts and opinions about the theme:

1. Dr. Saumya Jyoti Halder (PT)
 - a. Currently working full time with the **Six Time World Champion in Boxing and Olympic Medalist M C Mary Kom** since year 2019
 - b. **Senior Wrestling Asian Championship 2018** Kazakhstan
 - c. **World Women's Boxing Championship 2019** Ulan Ude Russia
 - d. **Asia- Oceania Olympic Boxing Qualification 2020** Jordan Amman
 - e. **President Cup 2019 Women's Boxing Tournament 2019**
 - f. **Boxam Tournament 2021** Spain

2. Dr. Umair Anwer (PT)
 - a. **Senior Team Sports Physiotherapist, Men & Women Team, South Asian Rugby Championship**, Delhi Hurricanes Rugby Football Club, Mumbai Gymkhana, Mumbai, September 2018.
 - b. **Senior Team Sports Physiotherapist, Junior Asian Wrestling Championships**, IG Stadium, Chief Sports Physiotherapist, Indian Medical Team, July 2018.
 - c. **Senior Event Sports Physiotherapist, Super Boxing League (SBL)**, Season 1, Siri Fort Sports Complex, July-September 2017 to September 2017.
3. Dr. Tajinder Kaur –
 - a. 6 years of working with both abled-body and para-athletes from the sports like **badminton, shooting, archery, athletics, wrestling and boxing**.
 - b. She is a senior sports nutritionist to **Olympians** and other elite athletes from different sports. She takes care of end-to-end nutritional management of athletes to improve their sports performance
4. Dr. Gagan Kapoor (PT)
 - a. Worked as **chief consultant at Sports Health Inc. for a period of 8 years**.
 - b. Worked as a **Team Physiotherapist for Northeast United Football Club**.
 - c. Worked as **Team Physiotherapist for Indian National Football Team for 5 years**.
 - d. Also worked as Physiotherapist at AIIMS.
5. Dr. Pradeep Pahwa (PT)
 - a. **Awarded with gold medal** for best research poster presentation in International Conference at AIIMS, New Delhi, 2019
 - b. **Awarded for best therapeutic services** in camp organized by Indian Muscular Dystrophy Association (IMDA), Solan (H.P), in 2013
 - c. **Awarded for best therapeutic activities** in camp by Late Chief Minister Himachal Pradesh Late Sh. Virbhadra Singh held in District Shimla.

