

67th Annual National Conference of Association of Physiologists and Pharmacologists of India

Preconference Workshop VI

Title: Pre-conference Workshop on Sports and Exercise Science

Organized by: Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational & Research Institute, Howrah, WB

Time and date: 10.00 am to 3.00 pm, 13th April 2022

Venue: Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational & Research Institute, Howrah, WB

Organizing Secretary: Dr. Arnab Das, Assistant Professor, Department of Sports Science and Yoga, RKMVERI, WB

Workshop faculty and resource persons: Dr. Kunal Sikder (RKMVERI, WB), Dr. Arkadeb Dutta (DIPAS, New Delhi), Subhadip Paul (NBRC, New Delhi), Mr. Manohar Kumar Pahan (LNIPE, Gwalior)

About the workshop:

Motivation, effective training, 360 degree scientific support, nutrition, tactical planning and other aspects play a role in sporting success. India's performance in the recently concluded Tokyo 2020 Summer Olympics and Paralympics, where India won 7 medals including one precious gold medal won by Neeraj Chopra in Javelin throw, signifies the importance of proper training and recovery management. An incredible 19 medals achievement in Paralympics, including 5 gold medals, further demonstrated the importance of scientific support during training.

To compete and level with the internationally leading countries in sports arena, it is necessary for Indian support staff, aspiring professionals, and students to develop skills by using latest technologies and advanced tools to analyze athletes and provide necessary suggestions to improve performance.

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Workshop Program Details

Sr. No.	Time	Event
1	10.00 am - 10.10 am	Inauguration
2	10.10 am - 10.30 am	Introduction and orientation to various departments of sports sciences, tools and modern techniques
3	10.30 am - 12.00 pm	Exercise Physiology Laboratory Demonstration and Hands on Training <ul style="list-style-type: none">- Assessment of Aerobic Quality using Metabolic Gas Analyzer Cosmed Quark CPET (Italy) and Polar Heart Rate Sens- Hands on Training on Assessment of Anaerobic Power through Wingate test using Monark Peak Bike.- Hands on Training on Assessment of Recovery Response after Exercise.- Hands on Training on Isometric Strength and Flexibility Evaluation
4	12.00 pm - 12.45 pm	Neuro-cognitive laboratory demonstration: Acquisition of Electroencephalographic (EEG) recording in a subject performing a cognitive task (demonstration) and understanding the EEG wave pattern)
5	12.45 pm - 1.30 pm	Lunch Break
6	1.30 pm - 2.30 pm	Biomechanics laboratory demonstration and training: Demonstration and Hands on Training on Acquisition and Analysis of exercise related Body movements using High Speed Video Recording
7	2.30 pm - 2.45 pm	Fun Quiz and feedback collection from the candidates
8	2.45 pm - 3.00 pm	Concluding remarks