

Sir/Madam,

The Government College of Physical Education (GCPE) is a pioneer institution in Kerala offering a Teacher Education Programme in Physical Education. It was founded in 1957. Our college is the only college of its kind directly under the Govt. of Kerala. The college has given birth to a large number of international professionals and outstanding sportspersons. The college now offers 2-year BPEd. degrees, 4-year integrated BPEd. degrees, and 2-year MPEd. degrees.

Registration Details

Registration Includes:

Seminar Access, Seminar Kit
Lunch and Refreshments for 3 Days

Registration Link

Fill out google form

<https://forms.gle/UCcLmBbgbHZzRGAA9>

Guidelines for paper presentation

No paper will be accepted without registration. However, spot registration is available. Acceptance of papers is subject to review. Research papers are invited from experts, teachers, scholars, and students on the listed themes.

Essential format for paper writing

Contributors are requested to send an abstract (not more than 250 words) along with a full paper of 3000 words on or before October 5, 2023.

Paper Publishing: Selected papers will be published in web of science index journal as a special edition in **International Journal of Zoological Investigation** provided paper should include a clinical variable

Important dates

Submission of the full paper on October 5, 2023, should be sent to the following:
seminargcpe2023@gmail.com

Seminar Details

Seminar Theme: " Emerging Trends in Sports Medicine and Allied Sports Sciences"

Seminar Sub-Themes:

1. Sports Injury Prevention Strategies
2. Sports Rehabilitation Innovations
3. Nutrition and Performance
4. Sports Psychology and Mental Health
5. Biomechanics and Performance Analysis
6. Sports Technology and Wearables
7. Sports Medicine in Extreme Environments
8. Recovery and Regeneration Techniques
9. Sports Pharmacology and Doping Control
10. Global Trends in Sports Medicine Research

Chairman

Dr. Sunil Alphonse
Principal

Organizing Secretary

Dr. Aruna Raj A
Assistant Professor

Co-ordinator

Mr. Vinod A
HOD

National Seminar on *Emerging Trends in Sports Medicine and Allied Sports Sciences*

Hosted by

**GOVERNMENT COLLEGE OF
PHYSICAL EDUCATION**
EAST HILL, KOZHIKODE



10th, 11th and 12th October, 2023

Sponsored by



**Directorate of
COLLEGIATE EDUCATION**
Government of Kerala

PROGRAMME SCHEDULE

Day 1: 10.10.2023 Tuesday

9.00 am: Registration

9.30 am: Inaugural Session

10.00 am: Session 1

Dr. SAJU JOSEPH
High Performance Director
Sports Authority of India,
Bangalore



Topic: A Multi-Disciplinary Approach to Enhance Sports Performance

11.15 am: Tea Break

11.30 am Session 2: Identifying Technical Problems and Prevention of Sports Injuries

1.00 pm: Lunch Break

2.00 pm: Session 3

Dr. JITHESH CHANDRAN
Associate Professor
Dept. of Rachana Shareeram
Ashtangam Ayurveda
Chikitsalayam and
Vidyapeedham, Palakkad.



Topic: Role of Ayurveda in Sports medicine

3.30. pm: Tea Break

3.45 pm: Paper Presentations

Day 2: 11.10.2023 Wednesday

9.30 am: Session 1

Dr. VIJAYAN GURUKKAL V. M
Founder of Gopalan Gurukkal
Smaraka C.V.N Kalari
East Hill, Kozhikode



Topic: Injury Prevention Through Kalari

11.00 am: Tea Break

11. 15 am: Session 2

Dr. RIJI MADHUSUDHANAN
Assistant Professor &
Nutritionist
Centre for Physical Education
University of Calicut



Topic: Sustainable Eating Through Personalised Nutrition in Sports

1.00 pm: Lunch Break

2.00 pm: Session 3

Dr. SAJU JOSEPH
High Performance Director
Sports Authority of India, Bangalore
Topic: Running mechanics

3.30.pm: Tea Break

3.45 pm: Paper Presentations

Day 3: 12.10.2023 Thursday

9.30 am: Session 1

Prof. SUHAS K P
MPT Ortho
Consultant Chief
Physiotherapist,
Asthen Ortho Hospital, Pantheerankavu, Calicut



Topic: How Real Physiotherapy Interventions become the Cornerstone of Sports Injury Rehabilitation

11.00 am: Tea Break

11. 15 am: Session 2

Mrs. JIJI P V
Former Dietitian, RCC, Tvpm



Topic: Athletes are at risk, pay attention to Vitamin D & Iron.

1.00 pm: Lunch Break

2.00 pm: Session 3

Dr. AUGUSTINE GEORGE
Professor in Physical Education
Govt. Medical College,
Kottayam, Kerala



Topic: Growth mindset: the key to a speedy and successful injury recovery

3.00 pm: Valedictory Session

Contact Information

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