



National Conclave on Sports Science

22 - 24 March 2024 | Coimbatore

40+ Speakers | 10+ Panel Discussions | 5+ Key Note Sessions

Day 1 – Friday, March 22, 2024

Inauguration Session

10:00 Hrs	Welcome	Dr. Vijila Edwin Kennedy Principal, KCLAS
10:05 Hrs	Presidential Address	Shri Shankar Vanavarayar President, Kumaraguru Institutions
10:20 Hrs	Keynote Address	Mr. Ravneet Gill Founder, New Horizons Alliance Pvt Ltd
10:45 Hrs	Felicitation	Dr. David Rajan Founder, Ortho-One Orthopaedic Specialty Centre
10:55 Hrs	Vote of thanks	Mr. Rajmohan Associate Dean, School of Sports Science, KCLAS

11.00 – 11.30 Hrs | Technical Session 1 | [Maximizing Human Performance](#)

Conversation

Mr. Himanshu Bishnoi
Founder, The AthletesLab, Gurugram

In conversation with
Dr. Saju Joseph
Former Director High Performance, SAI
Mr. Yuvaraj Ramasamy,
Sports Biomechanist,
National Sports Institute of Malaysia

Tea Break | 11.30 – 11.50

11.50 – 12.20 Hrs | Technical Session 2 | Track and Field Training to build Olympians.

Power Talk

Mr. Karan Singh
Founder, The Track Foundation
New Delhi

12.20 – 13.00 Hrs | Technical Session 3 | Game Changing Technologies in Sports

Conversation

Mr. Soorya Senthil Kumar
S&C Coach, Chennai Tennis Center, Chennai

In conversation with
Mr. Murugesh Kumar
Co-Founder, Atium Sports, Bengaluru
Mr. Chelston Pinto
Co-Founder, Rapid Sports Fitness,
Bengaluru

13.00 – 13.30 Hrs | Technical Session 4 | Trends in Global Sports Education

Conversation

Ms. Kalyani Kaizzad Capadia
CEO, K11 Education Pvt Ltd
Mumbai
and
Mr. Mayur Sabnis
Director,
K11 School of Fitness Science

Lunch Break | 13.30 – 14.15 Hrs

14.15 – 15.00 Hrs | Technical Session 5 | Thriving Career Paths in Sports Science

Dialogue

Ms. Keerthana Swaminathan
President – INSPA, Pune
and
Mr. Pratiek Ninawe
Founder – Superform, Pune

15.00 – 15.30 Hrs | Technical Session 6 | The mental Game of Sports Psychology

Power Talk

Dr. M L Kamlesh
Patron, SPAI

Dr. Anil Ramachandran
General Secretary, SPAI

15.30 – 16.15 Hrs | Technical Session 7 | Biomechanics and Performance Analysis

Conversation

Mr. Vijay Dhamu

Sports Performance Management Consultant
SDAT, Chennai

In conversation with

Dr. Sidharth Unnithan

Sports Medicine Consultant, Kochi

Dr. Rajinikumar Palaniyappan

Head – High Performance Center, TNPESU
Chennai

16.15 – 16.45 Hrs | Technical Session 8 | Nutrition for Sports Success

Conversation

Ms. Sugaragamani

Performance Nutritionist, TN Women's cricket
Team

Ms. Sadhika Srinivas

Chief Nutritionist, Saavi Nutrition, Chennai

Tea | Networking

Sports Psychology Association of India

31st National Conference

On

SPORTS PSYCHOLOGY

**“SPORT PSYCHOLOGY – INSIGHTS AND PATHWAYS
AHEAD”**

**23-24 March 2024,
Coimbatore**

In association with the

National Conclave on Sports Sciences

Organized by

**Kumarguru College of Liberal Arts and Science
Coimbatore 22-24 March 2024**

*In Collaboration
With*



**Sports Psychology
Association of India
NEW-DELHI**

Organized By

Kumarguru College of Liberal Arts and Science
Coimbatore, Tamil Nadu

Day 2 – Saturday, March 23, 2024

Inauguration Session

10:00 Hrs	Welcome	Dr. Vijila Edwin Kennedy Principal, KCLAS
10:10 Hrs	Introductory remarks	Dr. Anil Ramachandran General Secretary, SPAI
10:30 Hrs	Presidential address	Dr. Anil Karwande President, SPAI
10:50 Hrs	Keynote address	Dr. M L Kamlesh Patron, SPAI
11:10 Hrs	Vote of thanks	Mr. Rajmohan Associate Dean, School of Sports Science, KCLAS

Tea Break | 11.15 – 11.30

11.30 – 12.30 Hrs | Technical Session 1 | [Plenary session 1](#)

Moderator

Dr. Anil Karwande
President, SPAI

Speakers

Dr. Jolly Roy
Prof. SRIHER, Chennai
[Quantifying Psychological Support During
Injury Rehabilitation](#)

Ms. Jayaveena
[Performance Nutrition and Psychology](#)

12.30 – 13.30 Hrs | Technical Session 2 | Plenary session 2

Moderator

Prof (Dr) Elangovan
Secretary, IYA

Speakers

Dr. Sony John
Christ College, Kerala
Flow and Elite Performance

Col. (Dr) Arvind Jha
Psychologist, Indian Army
Mental Training among Athletes

Lunch Break | 13.30 – 14.15 Hrs

14.15 – 15.30 Hrs | Technical Session 3 | Sports Science and Sports Psychology

Moderator

Dr. Shijila P S
Kannur University

Panelist

Dr. Jolly Roy, Professor - SRIHER
Dr. P Nanda, Founder - BMC wellness Chennai
Dr. Sony John, Christ College - Kerala
Ms. Priyanka, Cofounder – Kinetic Edge
Mr. Deepak, Cofounder – Kinetic Edge

15.30 – 16.45 Hrs | Technical Session 4 | Paper Presentations

Moderator

Dr. M K Singh

Finance Secretary, SPAI
Prof., LNIPE

16.45 Hrs | Tea break | Networking

Day 3 – Sunday, March 24, 2024

10.00 – 11.00 Hrs | Technical Session 5 | Plenary session 3

Moderator

Col (Dr) Arvind Jha
Psychologist, Indian Army

Speakers

Dr. Stalin Raphel
St. Joseph's College, Kerala
**Managing Mental Pressure: Coping
Mechanisms**
Dr. Shahin Ahmed
Professor, TNPESU, Chennai
**Fostering Resilience and Managing Emotional
Upheavals among Elite Athletes**

11.00 – 12.00 Hrs | Technical Session 6 | Plenary session 4

Moderator

Dr. Shahin Ahmed
Professor, TNPESU, Chennai

Speakers

Dr. M K Singh
Finance Secretary, SPAI
Get Set after Setback
Prof (Dr) Elangovan Secretary - IYA
Yoga and Sports Performance

12.00 – 13.00 Hrs | Technical Session 7 | Plenary session 5

Moderator

Dr. Jolly Roy, Professor - SRIHER

Speakers

Dr. Anil Ramachandran
General Secretary, SPAI
Prof., Kannur University
**Positive Psychology - Applications
in Sports Psychology**
Mr. Raj Mohan
Associate Dean – School of Sports Science
KCLAS
High Performance and Sports Psychology

Lunch Break | 13.00 – 14.00 Hrs

14.00 – 14.45 Hrs | Technical Session 8 | Plenary session 5

Moderator

Ms. Priyanka

Co-Founder, Kinetic Edge, Chennai

Speakers

Mr. P Nanda, Founder BMC Wellness, Chennai
Sports Therapy and Rehabilitation

Ms. Atchaya, Co-Founder, SCube, Haryana
Sports Science and High Performance

14.45 – 15.00 Hrs | Tea | Networking

15.00 – 16.00 Hrs | Technical Session 9 | Panel discussion 2

Future of Sports Science & Sports Psychology

Moderator

Dr. Anil Ramachandran

Prof. Kannur University

Panelist

Dr. M L Kamlesh, Patron - SPAI

Ms Atchaya, Cofounder – Scube, Chennai

Mr. Sudarsan V P, NCA-BCCI, Bangalore

Mr Deepak, Cofounder – Kinetic Edge, Chennai

Ms Jayaveena, Nutritionist, Chennai

16.00 Hrs | Valedictory Session

Welcome	:	Dr. M K Singh, Finance Secretary
Report of the Conference	:	Prof Anil Ramachandran, Secretary - SPAI
Valedictory Address	:	Dr. Anil Kharwande, President - SPAI
Feedback from participants	:	
Vote of Thanks	:	Mr. Rajmohan, Organizing Secretary, KCLAS

Mr. Rajmohan, KCLAS
Organizing Secretary

Dr. Anil Kharwande
President, SPAI

Dr. Anil Ramachandran
General Secretary, SPAI