



INDIAN MEDICAL ASSOCIATION CHHATRAPATI SAMBHAJINAGAR

SPORTS CON

IMA National Sports Conference-2024

Chhatrapati Sambhajinagar, Maharashtra, India.

CPD	14th & 15th November 2024
Workshop	16th November 2024.
Venue	Dyotan Hall, MGM Medical College Campus, CSN, MH.

Organising Committee-



Dr. Ketan Desai

Chief Patron

Past President IMA, MCI, WMA



Dr. Sharad Kumar Agarwal
Imm. Past National President



Dr. R. V. Asokan
National President



Dr. Anilkumar Nayak
Hon. Secretary General



Dr. Shitij Bali
Hon. Finance Secretary



Dr. Ujwala Dahiphale
Org. President



Dr. Vikas Deshmukh
Org. Secretary



Dr. Prafull Jatale
Treasurer

SPORTS CON

IMA National Sports Conference-2024



Dr. Akshay Marawar
Scientific Committee Chairman



Dr. Sidhant Goyal
Convener

Maharashtra State IMA



Dr. Dinesh Thakre
President



Dr. Saurabh Sanjanwala
Hon. Secretary



Dr. Vikarant Desai
Treasurer



Dr. Santosh Kadam
President Elect

Joint Secretaries



Dr. Kedar Sane



Dr. Renu Boralkar



Dr. Archana Sane



Dr. Vandana Kabra



Dr. Prashant Deshpande



Dr. Sunil Deshmukh

Patrons



Dr. Dilip Patwardhan



Dr. Ravindra Zavar



Dr. Sachin Phadnis

Advisory Committee



Dr. Rajendra Shewale



Dr. Maruti Lingayat



Dr. Santosh Ranjalkar



Dr. Yashwant Gade



Dr. Anupam Takalkar

AGENDA - 1st Day
14th November 2024

Time	Topic	Spekaer
08:00 to 09:00am	Registration	
09:00 to 10:00am	Is yoga a Sport?	Dr. Ajay Rotte
10:00 to 11:00am	Sports and Lifestyle	Dr. Pravin Suryawanshi
11:00 to 12:00pm	Cardiac fitness in Marathon Runners	Dr. Ajit Bhagwat
12:00 to 01:00pm	Soft Tissue injuries in sports	Dr. Ujwala Dahiphale
01:00 to 02:00pm	Lunch	
02:00 to 03:00pm	Mountain biking: an amazing world	Dr. Jiten Kulkarni
03:00 to 04:00pm	Tips and tricks to avoid Sports Injuries	Dr. Prakash Sigedar
04:00 to 05:00pm	Childhood Obesity & Sports	Dr. Renu Boralkar

AGENDA - 2nd Day
15th November 2024

Time	Topic	Spekaer
09:00 to 10:00pm	Marathoning and mortality	Dr. Vikas Deshmukh
10:00 to 11:00pm	Ankle Injuries	Dr. Maruti Lingayat
11:00 to 12:00pm	Meditation in Sports	Dr. Gitesh Dalvi
12:00 to 01:00pm	“Biomechanics of Running	Dr. Milind Pimprikar
01:00 to 02:00pm	Lunch	
02:00 to 02:30pm	Strategies to Ensure Successful Return to Performance Following Sports Injuries	Dr. Dinshaw Pardiwala
02:30 to 03:00pm	Walkathon and Fitness	Dr. Sunil Deshmukh
03:00 to 04:00pm	Life of an Ironman	Dr. Praful Jatale
04:00 to 05:00pm	Knee injury...ACL rupture	Dr. Rajendra Shewale

WORKSHOP AGENDA - 3rd Day
16th November 2024

Time	Topic	Spekaer
08:00 to 09:00am	Registration	
09:00 to 11:00am	ACLS workshop	Dr. Sidhant Goyal
11:00 to 01:00pm	Workshop on Ligaments injuries Prehab and Rehab	Dr. Abhishek Shinde
01:00 to 02:00pm	Lunch	
02:00 to 04:00pm	Orthobiologics (PRP) in Sports	Dr. Akshay Marawar

Conference Registration Fees Structure

If you have registered for IMA NATIONAL SPORTS,
DO NOT REGISTER FOR CONFERENCE.
(As Conference Registration is Complimentary for you).

<i>For Online Registration</i>	<i>Rs. 2000 + GST 18%</i>
<i>For Offline Registration</i>	<i>Rs. 4000 + GST 18%</i>

Registration Guidelines

1. Doctors registered for IMA National Sports need not register separately for SPORTSCON 2024. They will get Complimentary registration for Conference + workshop (all 3 days).
2. If registered for the SPORTSCON-2024 only - select any one of following two categories

Category A (Online mode only) - This registration is for CPD only i. e. on 14 th and 15 th November. Physical participation by delegates is not allowed for any event (Sports, CPD, Workshop, any other)

Category B (Offline mode)- This registration is for all 3 days which includes workshop on 16th November in addition to CPD on 14th & 15th November 2024.

SPORTSCON 2024 Registration Link-

<https://youtoocanrun.com/races/ima-national-sports-conference/>



Address for Communication-

IMA CSN- Mr. Shankar - 8275388759

Mr. Amol - 9371272167

Conference Secretariat:- IMA CSN MH

Address- Samarth Nagar, Chhatrapati Sambhajnagar (M.S.)

MMC Credit Rules-

1. Category A registration - Delegates will get 4 (four) MMC credit points.
2. Category B registration- Delegates will get 6 (six) MMC credit points.
3. Doctors registered for Sport Olympiad will get 6 (six) MMC credit points.

(Applied for MMC Credit Points)