

Report of Three Days Workshop on Sports Medicine an Emerging Field in Ayurveda

29 to 31 July 2019



Department of Physical Education, Swarnim Gujarat Sports University, Gandhinagar and State Model Institute of Ayurveda Sciences, Kolavada jointly organize Three Days Workshop on 'Sports Medicine an Emerging Field in Ayurveda' from 29th to 31st July 2019 at State Model Institute of Ayurveda Sciences, Kolavada.



29th July 2019 first day started with Inauguration Ceremony of the Workshop. **Dr Jatin Soni, Vice Chancellor, Swarnim Gujarat Sports University, Gandhinagar** graced the ceremony and motivated the faculties and participants of the workshop. **Dr. Parulben A. Joshi, Principal, SMIAS, Kolavada**, briefed the participants about the objectives of the workshop. **Dr. Sangram Mishra**, Department of Samhita Siddhanta compared the ceremony. **Dr. Sudhir Kumar Sharma**, Coordinator, Department of Physical Education, SGSU, Gandhinagar and **Dr. Yajuvendrasinh Jethwa**, Assistant Professor, SGSU, Gandhinagar and **Dr. Rahulsinh Barad, Dr. Kamlesh Sharma**, Department of Kriya Sharir, SMIAS, **Dr. Rajesh Dodiya**, Department of Roga Nidan, SMIAS and other faculties from SMIAS were remain present during the ceremony.



During the first day the participants of the workshop shall be engaged in the session of Dinacharya Mechanism for Sports Person by Vd S. Mishra, Importance of Knowledge of Anatomy by Vd Aprita Mathur whereas the post lunch sessions shall be engaged by Vd L P Pandey and Vd Mihir Vaja covering the subjects like Yoga as Performance Booster, Science, Mechanism and Scientific Methods of Abhyanga and Demonstration of Abhyanga.

The second day started with Yogabhyas in the Yoga Abhyas Kendra of SMIAS, Vd. L P Pandey ji has taken the first session and described the importance of yoga and pranayama to the teacher-pupils present there. In the second session the learned Preparation of Kharjurmanth at the Department of RSVK. In the third session Vd Pankaj Jain described the Physiology of Muscles in relation to sports. In his lecture he has informed the students how the muscles can be prehabbed through use of Ayurvedic Medicine. In the third lecture Vd Omkar Singh informed the students about the Marma Therapy and its importance in Sports. In the fourth Lecture Vd Hetal S Gusai teach the students-teachers that how Science, Mechanism and Scientific Methods of Svedana and be used in sports. In the fifth lecture Vd. Rajesh Dodia informed the students about the Science, Mechanism and Scientific Methods of Sirodhara and demonstrated that also using the student-teacher as subject. It was Very useful for the students.





The third day started with the Yoga Session and Tratak by Vd L. P. Pandey. All the students practiced Tratak and feel that in the natural environment created in the Laboratory. In the second session of the day Vd Kamlesh Sharms described the Role of Prakriti in Choosing of Sports at basic and advanced level. In the third lecture Vd Bhawna Pandey informed the student-teachers about the Science, Mechanism and Scientific Methods of Nasya and oral Hygiene. In the third session Vd Parulben Joshi informed the students how they can impact of Sports Medicine through Ayurveda and rehabilitate them perfectly. In his lecture on Stress Management, Mechanism and Scientific methods of Siropichu Vd Sreedhar Rao taught the students about the impact of Siropichu on relieving stress. It has been also demonstrated on the studetns using as subject.

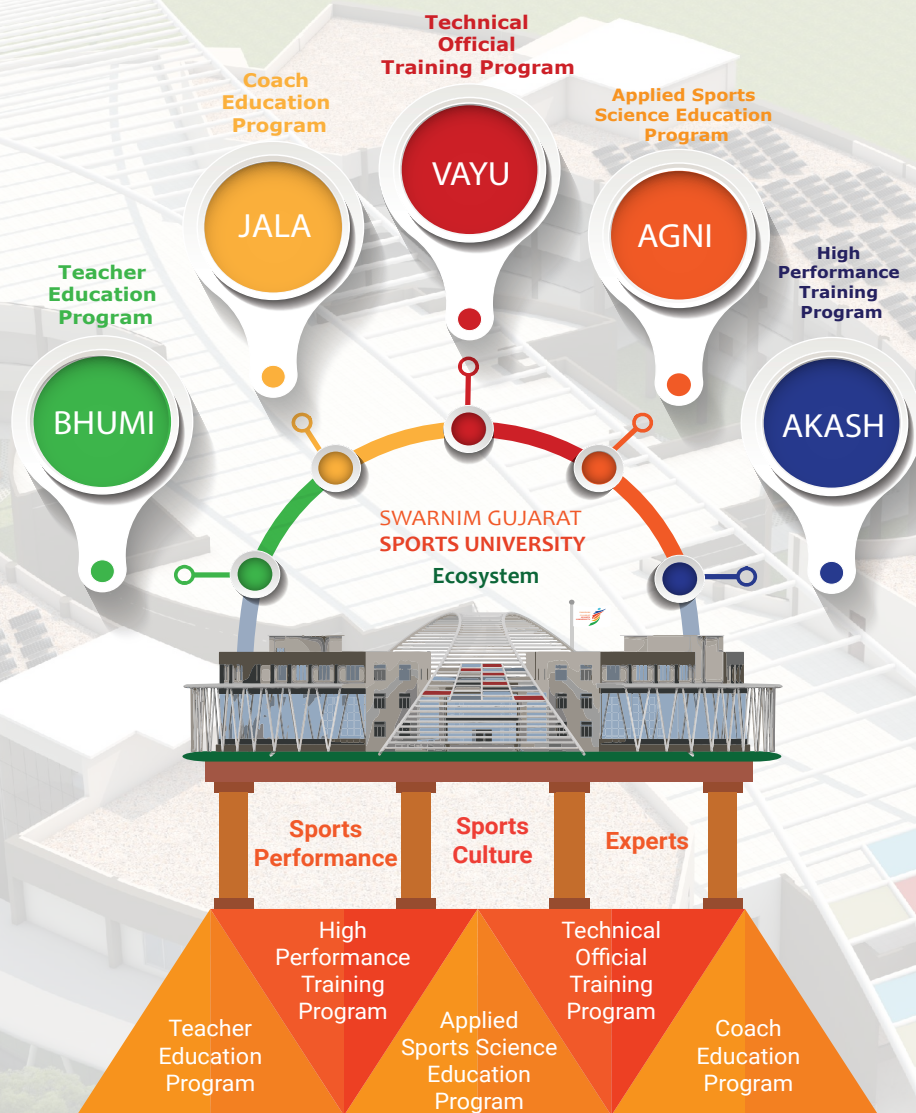




In the Validictory function feedback forms was got filled by the Coordinators and gfound that the response was found good. Vd Parulben Joshi in her blessing to the gathering informed the students that China and Japan are getting better performance in the Olympic games because they are following their local system of medicine and gave stress on using of Ayurvedic medicine in life. The speakers was given certificates of appreciation and the participants was given Certificate of Participation bhy the Chief Guest.

14 Teacher - pupils of M.P.Ed. Semester III, Dr. Y. L. Jethwa and Dr. Rahulsinh Barad was remain present all the three days at the venue. The entire workshop was coordinated by **Dr. Sudhir Kumar Sharma**, SGSU and **Dr. S. Mishra**, SMIAS, Kolavada under the abled leadership and guidance of Vice Chancellor, SGSU and Principal, SMIAS.





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