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काशी हिन्दू
विश्वविद्यालय BANARAS HINDU
UNIVERSITY

Department of Physical Education, Faculty of Arts, BHU, Varanasi-India

Date: July 10-11, 2020



In Collaboration with

The British Association of Sport and Exercise Sciences (BASES)



Organizing an International Webinar Series

Physical Education, Sport and Exercise Sciences in Context to Covid-19



Prof. Rakesh Bhatnagar
Chief Patron
Vice Chancellor
Banaras Hindu University
Varanasi, India



Dr. Neeraj Tripathi
Patron
Registrar
Banaras Hindu University
Varanasi, India



Prof. Vijay Bahadur Singh
Patron
Dean Faculty of Arts
Banaras Hindu University
Varanasi, India

Speakers



Dr. Adam Hawkey FBASES
Associate Professor and Head
Sport Science and Performance
Solent University, Southampton, UK



Dr. Andy Lane FBASES
Professor of Sport Psychology
Associate Dean Research
Faculty of Education, Health and Well-being
University of Wolverhampton, UK



Dr. Andy Smith
Retired Professor
Exercise and Sports Science
Former BASES Chair, UK



Mark Faghy
Senior Lecturer in Exercise Physiology
School of Human Sciences
Human Sciences Research Centre
University of Derby, Derby, UK



Dr. Jasraj Singh
Retired Professor
Lakshmi Bai National Institute of
Physical Education
Gwalior, India



Dr. Anuradha Solanky
Psychologist
Sports Authority of India
New Delhi India



Dr. Arvind Malik
Professor
Department of Physical Education
Kurukshetra University, Kurukshetra
Haryana, India



Dr. Rahul Tiwari (PT)
Assistant Professor Cum Research Fellow
Ashok & Rita Patel Institute of Physiotherapy (ARIP)
Faculty of Medical Sciences
Charotar University of Science & Technology
(CHARUSAT) Gujarat, India



Dr. Abhimanyu Singh
Director
Professor and Head
Department of Physical Education
Faculty of Arts
Banaras Hindu University, Varanasi



Dr. Sushma Ghildyal
Convener
Professor
Department of Physical Education
Faculty of Arts
Banaras Hindu University, Varanasi



Dr. Rajiv Vyas
Co-convener
Associate Professor
Department of Physical Education
Faculty of Arts
Banaras Hindu University, Varanasi



Dr. Pradeep Singh Chahar
Organizing Secretary
Assistant Professor
Department of Physical Education
Faculty of Arts
Banaras Hindu University, Varanasi

Organizing Committee members

- Prof. B.C. Kapri
- Dr. Vikram Singh
- Dr. Onima Reddy
- Dr. Akhil Mehrotra
- Dr. Binayak Kumar Dubey
- Dr. Krishnkant
- Dr. Deepak Dogra
- Dr. Abhishek Verma
- Dr. Shailesh Kumar
- Dr. Linet Khakha



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Note: All the registered participants will join the event through Google Meet, Facebook and YouTube Live



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SPEAKERS

DAY-1 (JULY 10, 2020)



Prof. Jasraj Singh
(11:00 AM – 11:55 AM IST) (06:30 AM – 07:25 AM BST)

Topic: Research in Physical Education-A Contemporary Approach

Prof. Singh is a Retired Professor Lakshmi Bai National Institute of Physical Education an illustrious sports educationist. He has been serving the genre of 'Physical Education' in various capacities for over three and a half decades. He had served as a Professor and was the head of the Department of Research and Advanced Studies, UNIFE Gwalior. He has completed MS-Management & Planning of Physical Education and Sport from Leipzig University (Germany) in 1985. Being a gem of an academic world during the initial years of his career as a sports educationist, he zero in on the ways to promote professionalism for effective management of education, research, sports and training of youths.



Dr. Andy Smith, MBE, CSci, FBASES, SFHEA
(12:05 PM – 01:00 PM IST) (07:35 AM – 08:30 AM BST)

Topic: The role of the exercise sciences in the COVID-19 Endemic

Andy is a recently 'retired' Professor of Exercise and Sports Science and former BASES Chair. He is a co-author of the BASES Expert Statement on COVID-19 and Convenor of the BASES COVID-19 Special Interest Group.



Assoc Prof Adam Hawkey FBASES
(01:05 PM – 02:00 PM IST) (08:35 AM – 09:30 AM BST)

Topic: The benefits of regular physical activity during the COVID-19 lockdown

Adam is Head of Sport Science and Performance at Solent University Southampton. He is also an Honorary Lecturer in the School of Medicine at the University of Dundee and the Deputy Chair of BASES. He provides scientific support to English Premier League football teams and has had professional roles at Olympic, Paralympic, and Commonwealth Games. A prominent figure in the sport and exercise science community, Adam is regularly invited to appear on radio, television and digital media as an expert on a range of topics relating to health and human performance, including advising on projects for the BBC, Channel 4, Channel 5, Sky, National Geographic, and the Discovery Channel.



Dr. Anuradha Solanky
(02:05 PM – 03:00 PM IST) (09:35 AM – 10:30 AM BST)

Topic: Handling Anxiety and stress in sports: During and after COVID - 19

Dr. Solanky completed all her education from Bangalore University and was trained under Russian Sports Psychologist. Dr. Solanky currently working as a sports psychologist in the Human Performance Lab, Sports Authority of India, New Delhi and actively engaged in Research, providing Psychological Support to Indian National Teams, Counseling, Teaching (Diploma and Refresher Course), Mental/Cognitive/Biofeedback Training, Psychological Testing and Assessment of TOPS and Khelo India Athletes.



Prof. Andy Lane FBASES
(03:05 PM – 04:00 PM IST) (10:35 AM – 11:30 AM BST)

Topic: Delivering sport psychology with athletes during Covid19

Andy is currently a Professor of Sport Psychology and Associate Dean for Research in the Faculty of Education, Health and Well-being where he oversees the research of 350 staff, 300 doctoral students across the disciplines of sport, psychology, education, nursing, social work, social care, and health. His research has been mainly in emotion regulation, looking at how we can regulate our emotions so that they help us achieve our goals one of which can be a goal to be happy. Andy conducts consultancy for the Centre of Health and Human Performance, Harley Street, and is Health Professional Council Registered and Chartered by the British Association of Sport and Exercise Sciences. He is a Fellow BASES.

Organizing Committee members

Dr. Abhimanyu Singh
Director

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Faculty of Arts, BHU, Varanasi

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Convener

Professor
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Education Faculty of Arts,
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SPEAKERS

DAY-2 (JULY 11, 2020)



Dr. Arvind Malik
(11:00 AM – 11:55 AM IST) (06:30 AM – 07:25 AM BST)

Topic: Dietary Supplements: An Effective Tool for Prevention of COVID-19
Dr. Malik is a Professor Physical Education, Kurukshetra University, Kurukshetra, India. His area of interest is Exercise Physiology, Doping in sports, Digital Finger ratio (2d4:c) and Testosterone and having an experience more than 25 Years of Teaching & Research in Physical Education & Sports. He is a Gold Medalist at All India Interuniversity Boxing Champion, attended National Coaching Camp for 1996 Atlanta Olympics for Boxing. Dr. Malik has a vast experience in the research and was invited as research Patron/Invited Speaker in various International / National conferences of Physical Education and Sports in India and abroad.



Dr. Mark Faghy
(12:05 PM – 01:00 PM IST) (07:35 AM – 08:30 AM BST)

Topic: The role of the exercise sciences in the COVID-19 Endemic
Mark is a Senior Lecturer in Exercise Physiology in the School of Human Sciences and active researcher in the Human Science Research Centre and an accredited Sport Scientist (BASES). He uses his knowledge of the exercise sciences to lead and conduct clinical research projects that seek to improve quality of life in people living with acute and chronic respiratory conditions.



Dr. Rahul Tiwari
(01:05 PM – 02:00 PM IST) (08:35 AM – 09:30 AM BST)

Topic: The Role of Biomechanics in Sports and Assessing Movement Quality.
Dr. Tiwari is a Doctorate in Sports Science from Punjab University, Patiala, completed M.Sc. in Sports Biomechanics from Scotland, U.K. and Master in sports Physiotherapy from Manipal University. He is currently working in Charter University of Science and Technology (CHARUSAT), Gujarat, previously associated with Department of Sports Biomechanics, NSNIS, Patiala, worked in Madhya Pradesh Cricket association and Madhya Pradesh Amateur Baseball Association and also worked as personal physiotherapy and sports science expert to an Olympian shot-putter.

Panel Discussion: All the speakers will be the panellist during the panel discussion and Q&A.

(02:05 PM – 03:00 PM Indian Standard Time) (09:35 AM - 10:30 AM BST)

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