

## Medical Education Programme for Boxers

Date	Time	Topic	Presenter
17.04.2020	11.30 am	Understanding Principles of Injury Management in Sports	Dr. Karanjeet Singh Team Doctor Elite Men Boxing Team
19.04.2020	11.30 am	Mental Fitness & Emotional Well-Being During Uncertain Times: Staying Positive Through Mindfulness	Joint Session - Dr. Samir Parikh (Psychiatrist) & Divya Jain (Sports Psychologist), Fortis Hospital
20.04.2020	11.30 am	Warm Up & Cool Down Strategies	Aayush Yekhande Team Physiotherapist Elite Women Boxing Team
21.04.2020	11.30 am	Upper Extremities : Injuries & Management	Sumya Jyoti Halder Sports Physiotherapist OGQ
22.04.2020	11.30 am	Doping Awareness	Dr. Ankush NADA
23.04.2020	12.00 pm	Approach Towards Dealing with Fever & Common Infections	Dr. Tarun Sachdeva Founder & Director FitSol Sports Medicine Clinic, Delhi
24.04.2020	11.30 am	Recovery Strategies in Boxing	Dr. Amol A. Patil Team Doctor Elite Women Boxing Team
25.04.2020	11.30 am	Hydration Strategy	Dr. Karanjeet Singh Team Doctor Elite Men Boxing Team
27.04.2020	11.30 am	Injury Prevention in Boxing	Shikha Kedia Team Physiotherapist Elite Women Boxing Team
28.04.2020	11.30 am	Myths & Facts	Dr. Karanjeet Singh Dr. Amol A. Patil Aayush Yekhande Shikha Kedia
30.04.2020	11.30 am	Weight Management in Boxing	G. Vani Bhushnam JSO Sports Nutrition SAI