Dear Colleagues

Sportspersons of today require consistent and rigorous scientific training of very high order to compete at the international level. Even though India has enormous human potential in this field, only a few reach top levels. The onus is on us, the sports science community, to change this challenging scenario so that our athletes can avail the latest in sports medicine and sciences in order to enhance their performance.

All our brethren from Orthopaedics, Sports Medicine, Exercise Physiology, Physiotherapy, Strength & Conditioning Training, Nutrition, Biomechanics, Psychology etc., need to put in a concerted and cohesive effort to achieve this.

Sri Ramachandra University has great pleasure in inviting you for the 37th Annual Conference from 5th – 7th February 2016 in Chennai. The theme for this meet would be “Sports Science for Performance”. This event is envisaged as a common platform for all of us to exchange, share and impart our knowledge and skills for the overall benefit of each and for the larger benefit of sports in our country.

The program will consist of Live Arthroscopy surgeries, Sports Science Workshops along with didactic lectures.

Hoping to see you at the conference.

With regards,

Prof Arumugam S
Organising Chairman IASMCON 2016
ORGANISING COMMITTEE

PATRON
Shri V R Venkatachalam
The Chancellor, Sri Ramachandra University

ORGANISING CHAIRMAN
Prof Arumugam S

ORGANISING SECRETARY
Dr. Thiagarajan Alwar

JOINT ORGANISING SECRETARIES
Dr. B. Bhupesh Karthik
Dr. Tvisha Parikh
Dr. Shweta Shenoy

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IMMEDIATE PAST PRESIDENT
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PAST PRESIDENT
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TREASURER
Dr. Meenu Dhingra

EXECUTIVES MEMBERS
Prof Arumugam S
Dr. Alok Mishra
Dr. A.K. Joy Singh
Dr. Vijay Shetty
**PROGRAM AT A GLANCE**

**DAY 1**
5 February 2016, Friday
Pre-conference Workshops

FULL DAY WORKSHOPS (PAD) - AFASM Team Physician Course - Rs.2,000/-
- IASM Sports Rehabilitation Course - Rs.1,000/-
- IASM Arthroscopy Course - Rs.2,000/-

HALF DAY WORKSHOPS (FREE)
- BOS PRP Injection
- Interventional Musculoskeletal Ultrasound
- Exercise Physiology
- Sports Training & Conditioning
- Kinetic Taping
- Sports Biomechanics
- Sports Podiatry
- Sports Nutrition & Kinanthropometry

*Executive Committee Meeting*  
*Faculty Dinner*

**DAY 2**
6 February 2016, Saturday

4:00 am to 8:00 am
- Morning Run around SRU Campus
- Swim at SRASSC Indoor pool
- Networking Breakfast at SRASSC Sports Cafeteria
- Rowing at SRASSC Water Sports Centre
- Shower & change at SRASSC Fitness Centre

9:00 am onwards
- Inaugural function at University Auditorium/Hall A
- Parallel Scientific sessions in Hall A & Hall B
- 12 faculty talks of 15 mins each
- Poster presentations
- Symposium on Visco-supplementation
- Interesting Cases on the stage

*Lunch/Coffee/Tea at Hall C*  
*Commercial Exhibition / Stalls at Hall C*

5:00 pm to 6:00 pm
- Facility tour of SRASSC
- Evening Futsal Tournament at SRASSC

7:00 pm onwards
*IASM General Body Meeting at Hotel*  
*Congress Gala Dinner at Hotel*

**DAY 3**
7 February 2016, Sunday

- 2 Keynote addresses of 25 mins each at University Auditorium/Hall A
- 2 Parallel Scientific sessions in Hall A & Hall B
- 4 faculty talks of 10 mins each
- Free paper presentations
- Poster presentations

*Lunch/Tea/Coﬀee at Hall C*  
*Commercial Exhibition / Stalls at Hall C*
Each International Faculty would have at least 2 talks + 1 session as chair
Each National Faculty would have at least 1 talk + 1 session as chair
Each session would start with a talk by international faculty
Free paper sessions planned on Day 2 & 3
Panel discussion / debate

Dr. Willem Van Der Merwe, South Africa
MBChB (UOFS), Social Studies (Oxford), B. Med Sport Hons. (U.C.T), FCS (SA) Ortho
Dr. Willem van der Merwe is the President of the South African Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. He is also the Vice president of International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS). Dr. van der Merwe is recognized as an authority in knee surgery. He is well known for conservative treatment and the use of MRIs in determining diagnosis. His current research areas are double bundle ACL Reconstruction, Eccentric Muscle Training in the prevention of osteoarthritis and Patellar Femoral Pain as well as 3D Reconstruction for ACL Reconstruction and Rotational Instability.

Dr. Bancha Chernchujit, Bangkok
MD (Siriraj Hospital), Residencies of Orthopaedics Surgery (Siriraj Hospital), Fellowship in Sports Orthopaedics (TUM, Germany), Fellowship in Shoulder Surgery (DWA, Germany)
Dr. Bancha Chernchujit is Thailand’s leading Orthopedic Surgeon with expertise in shoulder, knee and elbow surgery with a sub specialty in sports medicine and orthothesis. Dr. Chernchujit, has authored and contributed to many books, papers and articles like the Prevention Of Osteoporosis, published for the 10th year Anniversary of Thammasart University Hospital. He is also the recipient of numerous awards for excellence in Arthroscopic Research as well as 3D Reconstruction for ACL Reconstruction and Rotational Instability.

Dr. Denny Lie Tijaw Tjoen, Singapore
MBBS, FRCS (Eng), FAMS
Dr. Denny Lie Tijaw Tjoen is an Orthopedic Surgeon who has completed his PhD research in Biomechanics at the Imperial College, University of London, UK, and has been practicing in the Singapore General Hospital since 2004. He has many awards to his credit including the Singapore General Hospital Service Quality Award 2008. He also has many publications and research/trials to his credit on Orthroplasty and sports medicine.

Dr. S. Venkateswaran, UK
MBBS, FRCS (Glas), MS. ORTHO, FRCS ORTHO
Dr. S. Venkateswaran is a Consultant Orthopaedic Surgeon based at King George Hospital in London, UK. He specialises in Hip and Knee Surgery with an interest in Sports Medicine and Arthroscopy of the Knee. He is an active member of the British Orthopaedic Association and local orthopaedic forums. He is also a visiting professor at MGR Medical University, Chennai.

Mr. Andrew Gray, South Africa
B.Sc (Med) (Hons) Exercise Science, U.T.C. (SA)
Andrew Gray runs Grayhound Training and is the academic development manager at ETA (Exercise Teachers Academy), an international company which trains personal trainers, coaches and sports managers amongst others. Andrew was hired by Cricket South Africa, to travel with the National Team as Proteas’ Trainer. He was involved in both training and rehabilitation of injured cricketers. Andrew was contracted to the Ahmedabad Rockets in the ICL, and completed a series in this time. He specialises in assisting injured athletes back to competitive sport.

Mr. Sandile Sibeko, South Africa
Human Movement Science, UJ (S.A), Honours Degree – Biokinetics, UJ (S.A), PG. Dip Management Practice, U.C.T (S.A) Master of Philosophy – Biokinetics, (U.C.T (S.A)
Sandile Sibeko is the Senior Biokineticist & HPC Manager – Sri Ramachandra Sports Science Centre, Sri Ramachandra University, Chennai, Tamil Nadu, India.
In the past he has been associated with the South African Football Association School of Excellence – as a Biokineticist conducting and managing fitness testing and training of the South African Football Association Youth Development Programme. He has worked with various Football Academies and Sports Institutes and has rich experience in catering to several youth and children’s sports and wellness programs. His academic experience includes working as the Academic Faculty Head of the Sports Management Diploma and as a course lecturer on the Fitness Professional Diploma at ETA College.

Professor R J Abboud, UK
Dr. Janine Gray, South Africa
Dr. Mohd Razi, Iran
Dr. Chen Chee Keong, Malaysia
Dr. E B S Ramanathan, Muscat
Dr. Dale Rae, South Africa
Dr. K. Raveendran, Malaysia
Dr. Danish Zaheer, Brunei

†Each International Faculty would have at least 2 talks + 1 session as chair
†Each National Faculty would have at least 1 talk + 1 session as chair
†Free paper sessions planned on Day 2 & 3
†Panel discussion / debate
**REGISTRATION DETAILS OF DELEGATES**

### NON RESIDENTIAL PACKAGES*

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>UP TO 15(^{th}) DECEMBER 2015</th>
<th>INR UP TO 15(^{th}) JANUARY 2016</th>
<th>INR FROM 15(^{th}) JANUARY 2016 / SPOT</th>
</tr>
</thead>
<tbody>
<tr>
<td>IASM MEMBER</td>
<td>4000</td>
<td>6000</td>
<td></td>
</tr>
<tr>
<td>NON IASM MEMBER</td>
<td>5000</td>
<td>7000</td>
<td></td>
</tr>
<tr>
<td>STUDENT**</td>
<td>2000</td>
<td>4000</td>
<td></td>
</tr>
<tr>
<td>ACCOMPANYING PERSON</td>
<td>3000</td>
<td>5000</td>
<td></td>
</tr>
</tbody>
</table>

*Non Residential Package includes Registration + Lunch on Day 2 & 3 + Gala Dinner
**For students - certificate from HOD mandatory

### RESIDENTIAL PACKAGES AT THE ANNEXE, SRI RAMACHANDRA UNIVERSITY (CONFERENCE VENUE)

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>UP TO 15(^{th}) DECEMBER 2015</th>
<th>INR UP TO 15(^{th}) JANUARY 2016</th>
<th>INR FROM 15(^{th}) JANUARY 2016 / SPOT</th>
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</thead>
<tbody>
<tr>
<td>IASM MEMBER Twin Sharing**</td>
<td>6000</td>
<td>8000</td>
<td></td>
</tr>
<tr>
<td>IASM MEMBER Single Occupancy</td>
<td>8000</td>
<td>10000</td>
<td></td>
</tr>
<tr>
<td>IASM MEMBER + Accompanying** person</td>
<td>11000</td>
<td>13000</td>
<td></td>
</tr>
<tr>
<td>NON MEMBER Twin Sharing**</td>
<td>7000</td>
<td>9000</td>
<td></td>
</tr>
<tr>
<td>NON MEMBER Single Occupancy</td>
<td>9000</td>
<td>11000</td>
<td></td>
</tr>
<tr>
<td>NON MEMBER + Accompanying** person</td>
<td>12000</td>
<td>14000</td>
<td></td>
</tr>
<tr>
<td>STUDENT Twin Sharing***</td>
<td>3000</td>
<td>5000</td>
<td></td>
</tr>
</tbody>
</table>

*Non Residential Package includes Registration + Lunch on Day 2 & 3 + Gala Dinner + Accommodation for 2 nights + 3 days at the venue (5\(^{th}\) February check in - 7\(^{th}\) February check out)
**Bed only; Breakfast not included.
***Students will be accommodated on a Twin Sharing basis in Non AC rooms at the rate of Rs 500 per night

### PRE-CONFERENCE WORKSHOPS (DAY 1)

- Pre-conditions for registration for the workshops
- Registration for the conference is a must to register for the workshops
- You can choose any one of the Full-Day Workshops OR any 2 Half-Day workshops

### RESIDENTIAL PACKAGES FOR DAY 1*

- Please add Rs 1000 for Twin Sharing Accommodation & Rs 2000 for Single Occupancy
- Registration for these workshops need to be done along with the registration for the conference

### WORKSHOPS

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>DURATION</th>
<th>UP TO 15(^{th}) DEC 2015</th>
<th>INR UP TO 15(^{th}) JANUARY 2016</th>
<th>INR FROM 15(^{th}) JANUARY 2016 / SPOT</th>
</tr>
</thead>
<tbody>
<tr>
<td>AFSM Team Physician Course</td>
<td>FULL-DAY</td>
<td>2000</td>
<td>2500</td>
<td>3000</td>
</tr>
<tr>
<td>IASM Sports Rehabilitation Workshop</td>
<td>FULL-DAY</td>
<td>1000</td>
<td>1500</td>
<td>2000</td>
</tr>
<tr>
<td>IASM Arthroscopy Course with live demos</td>
<td>FULL-DAY</td>
<td>2000</td>
<td></td>
<td></td>
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<tr>
<td>IBOS PRP Injection</td>
<td>HALF-DAY</td>
<td></td>
<td></td>
<td>FREE</td>
</tr>
<tr>
<td>Kinesio Taping</td>
<td>HALF-DAY</td>
<td></td>
<td></td>
<td>FREE</td>
</tr>
<tr>
<td>Interventional Musculoskeletal Ultrasound</td>
<td>HALF-DAY</td>
<td></td>
<td></td>
<td>FREE</td>
</tr>
<tr>
<td>Sports Biomechanics</td>
<td>HALF-DAY</td>
<td></td>
<td></td>
<td>FREE</td>
</tr>
<tr>
<td>Exercise Physiology</td>
<td>HALF-DAY</td>
<td></td>
<td></td>
<td>FREE</td>
</tr>
<tr>
<td>Sports Podiatry</td>
<td>HALF-DAY</td>
<td></td>
<td></td>
<td>FREE</td>
</tr>
<tr>
<td>Sports Training &amp; Conditioning</td>
<td>HALF-DAY</td>
<td></td>
<td></td>
<td>FREE</td>
</tr>
<tr>
<td>Sports Nutrition &amp; Kinanthropometry</td>
<td>HALF-DAY</td>
<td></td>
<td></td>
<td>FREE</td>
</tr>
</tbody>
</table>

* If you require accommodation at THE ANNEXE for day 1 please add:
Rs 500 for Students (Non AC twin sharing basis)
Rs 1000 for Twin Sharing Accommodation or
Rs 2000 for Single Occupancy
ABOUT CHENNAI

The city is host to the third-largest expatriate population in India after Mumbai and Delhi, with 35,000 in 2009 and steadily climbing to 82,790, in 2011 Chennai is the only city in South Asia and India to figure in the “52 places to go around the world” by The New York Times. Tourism guide publisher Lonely Planet has named Chennai as one of the top ten cities in the world to visit in 2015. Chennai is ranked as a beta-level city in the Global Cities Index and was ranked the best city in India by India Today in the 2014 annual Indian city survey.

It is also home for various popular personalities, MNC Executive, and home to IT startups. Chennai has also been named in the “hottest” cities to live in for 2015 by BBC among global cities with a mixture of both modern and traditional values. National Geographic ranked Chennai as world’s 2nd best food city and Chennai was the only Indian city to feature in the list. Chennai was also named as the 9th best cosmopolitan city in the world by Lonely Planet. As a growing metropolitan city in a developing country, Chennai confronts substantial pollution and other logistical and socio-economic problems. The Chennai Metropolitan Area as recently as January 2015 has been ranked the fourth-largest economy in India, and the third highest GDP per capital.

CANCELATION POLICY

Cancellation & Refund Policy

- Requests for cancellation for refunds must be made in writing or through e-mail. Telephone requests will not be honored. Requests must be sent to IASMCON2016 c/o Tinacca Media Pvt Limited, 3/2, Murrays Gate Road, Alwarpet, Chennai 600018. Requests may also be e-mailed to iasmcon2016chennai@tinacca.com
- 75% refund of registration fee will be provided for cancellation before December 05, 2015.
- 50% refund of registration fee will be provided for cancellation from December 06, 2015 to January 05, 2016.
- 25% refund of registration fee will be provided for cancellation from January 06, 2016 to January 20, 2016.
- No refund of registration fee will be provided for cancellation after January 21, 2016.
- The processing time for the refund will be 15 days from the time of cancellation.

Hotel Accommodation

For booking hotel accommodation in Chennai, Contact: Conference Event Organisers, Tinacca Media Private Limited, +91-98400 94706 / +91-97910 94396 / iasmcon2016chennai@tinacca.com

Payment Details

Option 1: Online Registration Payment Details
Delegates can register online at www.iasmcon2016chennai.com. Online charges as applicable

Option 2: Remittance / Wire Transfer
Beneficiary Name: Tinacca Media Private Limited
Bank Name: Standard Chartered Bank
Branch Address: Mysore, Chennal - 600 004
Account No: 4205208428
IFSC Code: SCBL0036072
Narration: Delegate Name - IASMCON2016

Option 3: Offline Registration

Registration Form
Mail the completed Registration Form along with Demand Draft favouring: Tinacca Media Private Limited - IASMCON2016” payable at Chennai.

Conference Event Organisers:

Tinacca Media Private Limited, 3/2, Murrays Gate Road, Alwarpet, Chennai 600 018
Mob: +91-98400 94706 / +91-97910 94396 Email: media360@tinacca.com
Website: www.tinacca.com