



# 2nd International Conference of Indian Society of Sports and Exercise Medicine “ISSEMCON-2024”



**Theme: “Physiological Medicine: Fitness, Lifestyle and Performance Medicine”**

**Workshops: 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> and 17<sup>th</sup> November 2024 and Conference: 15<sup>th</sup> and 16<sup>th</sup> November 2024**

**Organized by Department of Physiology, Institute of Medical Sciences (IMS), Banaras Hindu University (BHU), Varanasi (U.P.), India  
Under the aegis of Indian Society of Sports and Exercise Medicine (www.issem.in)**

## Scientific Programs

Date (Day)	Workshops/CMEs	
12/11/2024 (Tuesday)	Session 1(A)	Exercise & Fitness Testing (CPET, Pulmonary Function Testing/Spirometry and Neuro-Muscular Fitness etc) and Principles of Exercise Training (including BFR Training and using CGM, ECG, EMG, MMT/Dynamometry and Forced Platform etc)
	Session 1(B)	Neuro-Physiological Testing and Analysis: (i) BERA [Forenoon] (ii) Sleep Analysis and Polysomnography [Afternoon]
	Session 1(C)	(i) Load Management Taping Concept in Sports Injuries (ii) Role of Fascial Distortion Model in Ankle Joint Injury (iii) Posture Perfect: Core Engaging and Mastering. (iv) Other Physical Therapy/Occupational Therapy related Topics
	Session 1(D)	#Sports-Exercise and Emergency Medical Response [combined with Session 1(A)]
13/11/2024 (Wednesday)	Session 2(A)	(i) Cardio-Autonomic Function Testing and Analysis (AFT, HRV & BRS etc) [Forenoon] (ii) Vasculo-Endothelial & Coagulation Function Testing and Analysis [Afternoon]: (a) BRS, ABI & PWV etc (b) Thromboelastography (using Point-of-care Hemostasis Analyzer & Platelet Mapping Assay)
	Session 2(B)	Neuro-Physiological Testing and Analysis: Intra-Operative Neuro-Physiology (IONP) and others (tDCS and rTMS etc)
	Session 2(C)	Doping and Biochemical Analysis in Sports: (i) Introduction to Doping, and Banned Substances and Methods by WADA (ii) Sample Collection Procedure for Doping tests (ii) Biochemical Analysis of Samples for Doping: ELISA, Flow-cytometry, Hematocrit Analysis and Mass Spectrometry etc
	Session 2 (D)	Integrative Medicine and Mind-Body Wellness: Holistic Health through Lifestyle, Meditation, and Mental Fitness
14/11/2024 (Thursday)	Session 3(A)	Skeletal Age Determination: GP method, TW3 method and BonExpert software etc
	Session 3(B)	(i) Animal Experimental Physiology for Research [Forenoon]: (a) Cardiorespiratory (CR) Parameters Recording (a) Effect of Vagal Stimulation on CR parameters (c) Effect of Common Carotid Artery Occlusion on CR parameters (ii) Recording of Contractile Activity of Rat Smooth Muscle In Vitro in Organ Bath Set Up: A Teaching and Experimental Research Tool [Afternoon] (iii) Skeletal Muscle Fiber Typing [Afternoon] (Immunohistochemistry using Monoclonal Antibodies)
	Session 3(C)	Biomechanical Movement and Gait Analysis [by Team Qualisys]
17/11/2024 (Sunday)	Session 4(A)	#Pain Medicine (Injection Therapy and others): Basics, Theory and Demonstration
	Session 4(B)	(i) Body Composition Assessment: Anthropometric Techniques and Applications (ii) Cardiorespiratory Endurance/Fitness Testing: Basics and Applied (iii) Yoga as corrective exercise (iv) Anabolic Steroids and Advanced Anabolics: Enigma, Abuse and Safety. A complete workshop on A to Z of Anabolic World

**ABI:** ankle brachial index; **AFT:** autonomic function testing; **BERA:** brainstem evoked response audiometry; **BFR:** blood flow restriction; **BRS:** baroreflex sensitivity; **CGM:** continuous glucose monitoring; **CME:** continuing medical education; **CPET:** cardiopulmonary exercise testing; **CR:** cardiorespiratory; **ECG:** electrocardiography; **EMG:** electromyography; **FMD:** flow mediated dilatation; **GP:** Greulich and Pyle; **HRV:** heart rate variability; **MMT:** manual muscle testing; **MSK:** musculoskeletal; **PWV:** pulse wave velocity; **rTMS:** repetitive transcranial magnetic stimulation; **tDCS:** transcranial direct current stimulation; **TW:** Tanner-Whitehouse.

**#Only for Registered Medical Practitioners (MBBS or equivalent and above).**



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## For Workshops/CMEs

**#Session 1 (D) (except for Basic Life Support or BLS) and Session 4(A) are only for Registered Medical Doctors. Rest all other workshops/CMEs are open for all.**

**\*Modification can be done in both type and schedule of workshops/CMEs.**

**-Separate registration fee is required for each day of workshop/CME.**

**-No registration for workshop/CME is allowed without registration for the conference.**

**-Participants can register for more than one workshop/CME on different days, but only one workshop per day is advised (certificate will be issued for only one session per day).**

**-Accommodation and Transportation are not included in workshop/CME and conference registration fee.**

**-Venues of workshops will be intimated to the registered participants.**

## **Organized by:**

**The Department of Physiology,**

**Institute of Medical Sciences (IMS), Banaras Hindu University (BHU)**

**Under the aegis of Indian Society of Sports and Exercise Medicine (ISSEM)**

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