

Dr. Madhukarrao Wasnik P.W.S. Arts and Commerce College

Accredited B+ by NAAC Bangalore

Kamptee Road, Nagpur-440026 / Phone No. (0712-2653711)

Web Site: www.pwscollege.edu.in / E-mail: principal@pwscollege.edu.in



Department of Physical Education and Sports

In Collaboration with



Organize

UGC Sponsored One-Day National Workshop on

Importance of Stretching Exercises for Enhancement of Performance levels in Sports Persons

Saturday, 24th February 2018

Venue: *Siddhartha Sabhagriha*, Dr. Madhukarrao Wasnik P.W.S. Arts and Commerce College
Campus, Kamptee Road, Nagpur-440026

About College:

Dr. M.W.P.W.S. Arts and Commerce College is one of the oldest institutions in Nagpur celebrating its Golden Jubilee of foundation in the current session 2017-2018. It is situated in suburbs of North Nagpur on Kamptee Road. Under the able guidance of the Chairman of People's Welfare Society and Ex MLC Dr. Madukarrao Wasnik, the institution has grown up into a multi-faculty College with the strength of over 4000 students catering to the higher educational needs of the weaker sections of the society in this region. The institution offers a comprehensive range of under-graduate and post-graduate degree courses and research facilities. The institution has already undergone three cycles of accreditation by NAAC Bangalore.

Vision of the Institution:

The institution envisions moulding of students who have humanitarian views, scientific approaches and are firm believers in positive social change. Such inspired youth will uphold the human values of liberty, equality and fraternity, and also shoulder the responsibilities of taking nation to a greater height.

About the City Nagpur:

The Nagpur city is named after it's the ancient Nag River and it is also popular for oranges. It is also the winter Capital of the state of Maharashtra. The city enjoys its place amongst the top ten green cities in the country. Nagpur is well connected by the Road, Railway and Air. The city has

the famous Zero Milestone, the geographical centre of the country. The city is rich in flora and fauna and cultural heritage. It is developing as *Baghpur* because the tiger population is significantly increasing in the nearby National Parks like, Tadoba, Pench, Bor, Navegaon, etc. The landmarks of the city are Deekshbhoomi, Futala lake, Ambazari Lake and Garden, Ganesh Tekadi, Seminary Hills, Gorewada Reservoir and Park, Central Historical Museum, Anthropological Museum, Small Gauge Railway Museum, and Raman Science and Planetarium, etc. Nagpur offers all kinds of cuisine for the national and overseas foodies.

Main Theme of National Workshop: *Importance of Stretching Exercises for Enhancement of Performance levels in Sports Persons*

About the Workshop:

With the growing popularity for variety of sports in the country it increases the massive opportunities to our sportspersons to participate in the competitive sports on national and international levels. Lack of flexibility and sports injuries sometimes closes the chances of sportspersons for life. Scientific methods and techniques for different sports are in vogue with respect the type of sport. Out of all the other exercises, stretching exercises not only helps developing high flexibility and performance but also helps in avoiding serious injuries. Also it helps in improving the posture, preventing Delayed Onset Muscle Soreness (DOMS) and provides relief from stress. Therefore stretching exercises are highly popular amongst sportspersons. These techniques are to be taught in a right manner by professionally trained persons. There are variety of stretching exercise are in practice for multiple sports under the major categories of static stretching, passive stretching, dynamic stretching, active isolated stretching, isometric stretching, etc. The workshop presentations by experts will be focusing upon the enhancement of sportspersons performance with the help of different stretching exercises and related practices.

Call for Research Papers for publication:

Sub themes:

1. *Isotonic and isomeric exercises*
2. *Isokinetic exercise*
3. *Therapeutic exercise*
4. *Postural deformities and exercise*
5. *Massage*
6. *Bio-Mechanical Principle and Sports Performance*
7. *Kinesiology and Sports*
8. *Exercise and Injury Rehabilitation*
9. *Exercise and Injury prevention*
10. *Exercise and Physical Fitness Development*
11. *Exercise and Motor Fitness Development*
12. *Resistance and Phometric Exercise*
13. *Any other topics related Physical Education and Sports*

Research papers are invited for publication on the subthemes of the workshop. All the papers will be sent for peer review and the finalized papers will be published in a book form with ISBN and released in the inaugural session of the Workshop

Guideline for Research Papers:

- Research papers will be accepted in MS Word for English, typed in Times New Roman, 12 font for regular text and 14 for titles. For Marathi/Hindi Font Kruti Dev10, Size 14 for regular text and 16 for titles.
- Style sheet: MLA 8th Edition
- The maximum word limit of paper will be 2500 words, including abstract in 200 words. Key words followed by abstract will be essential.
- Research papers will be accepted only in soft copy via email to principal@pwscollege.edu.in , yeshwantp5215@gmail.com
- Authors may put their names only at the right margin of the page below the main title and a short biographical note with email and contact number at the end of the paper.
- Suggestions by the peer/review committee will be communicated to the individual authors of the papers and decision of the committee will be held final for the publication.
- Research papers without registration fees will not be accepted.

Poster Presentation Competition:

Posters are invited from students and Teachers on the subthemes of the workshop for the Competition. First three winners of the competition will be awarded in the Concluding Function of the Workshop.

Guidelines for the Posters:

Poster drawing/Print must be on Paper of A3 size (297 x 420 mm) or A2 size (420 x 594 mm)

Registration Fees:

Rs. 500 for all delegates (covering workshop kit, breakfast and Lunch)

(Additional Rs. 300 will be charged as the Paper publication fees from authors who wish to send their papers for publication. In case of co-authored papers, each individual will have to pay additional fees to claim the copy of book) Details of Payment mode is given in Registration Form.

Deadline of Submission of Full length Paper along with Abstract: 12th February 2018

Deadline of Submission of Poster: 20th February 2018

Accommodation:

The accommodation for the out station delegates will be arranged on request if intimation is given before 12th February 2018. For accommodation delegates will have to pay extra charges.

Note: T.A. / D.A. will not be paid to delegates for attending this workshop.

Organizing Committee

Patron:

Dr. Madhukarrao Wasnik Ex. MLC & Chairman, People's Welfare Society, Nagpur

Adv. P.Z. Lanjewar, Vice President, People's Welfare Society, Nagpur

Dr. Siddharthvinayak Kane, Hon'ble. VC, RTM Nagpur University

Dr. Pramod Yeole, Hon'ble Pro-Vice Chancellor, RTM Nagpur University, Nagpur

Dr. Rajashree Vaishnav, Dean, Faculty of Interdisciplinary, RTM Nagpur University

Mr. Mohan Wasnik, Secretary People's Welfare Society
Mr. Manoj Wasnik, Jt. Secretary, People's Welfare Society

National Advisory Committee:

Dr. A.K. Uppal, President PEFI
Dr. Jatin Soni, Vice Chancellor, Swarnim Gujrat Sports University, Gandhi Nagar
Dr. Sopan Kanghe, Ex. Dean, Savitribai Phule University, Pune
Dr. Uday Chavhan, President, PEFI Maharashtra
Dr. Batwani Singh, Secretary PEFI, Maharashtra
Dr. Raj Pratap Singh, Secretary PEPI Karnataka
Dr. N.G. Kannur, Gulbarga University
Dr. Maniazagu, Alagappa University
Dr. Piyush Jain, New Delhi
Dr. Rajiv Chaudhary, Professor, Pt. Ravi Shankar Shukla University, Raipur
Dr. S.K. Yadav, Devi Ahiyla University, Indore
Dr. N.B. Shukla, Professor B.H.U
Dr. Vasanthi Kandhiruvan, University of Mumbai
Dr. Mali Patil, Karnataka Women's University, Vijapur
Dr. Raviraj Gola, Asso. Prof. Dept. of. Phy.Edu, Karnataka University
Dr. Rajesh Kumar, Prof. Osmania University
Dr. R.K.S. Dagar, Gurukul Kangri University, Haridwar
Dr. Dinesh Gupta, IGCPE, New Delhi
Dr. Minakshi Pahuja, Lady Sriram College, New Delhi
Dr. D. Ulpe, Ex. BoS Chairman, Shivaji University, Kolhapur
Dr. Brij Kishor, LNIPE, Gwalior
Dr. Ramesh Reddy, Warangal Institute of Kakatiya
Dr. Santosh Bajpeyi, Bilaspur
Dr. Jyoti Junghare, Govt. Girls College, Hoshangabad
Dr. Balachandra Bhate, Govt. Girls College, Khandwa (M.P.)
Dr. Hitesh Rawat, B.N. College of Phy. Edu. Udaypur
Dr. Shinku Kumar Singh, HoD, School of Physical Education, SRTM University, Nanded
Dr. Urmila Dabir, Principal, Rajkumar Kewalramani Kanya Mahavidyalaya, Nagpur
Dr. Devendra Mohture, Principal, Annasaheb Gundewar College, Nagpur

Principal & Convener of Workshop: Dr. Yeshwant V. Patil (9423109579)

Co-Convener: Prof. Atmaram Pande, HoD, Department of Phy. Edu. and Sports. (9326385857)

Workshop Secretary: Prof. Sudesh B. Bhowate (9823419389)

Members of Organising Committee:

Principal Dr. Mrutyunjay Singh	Principal Damodar R. Satpute
Principal Dr. Shyam Charade	Principal Dr. Deepak Kavishwar
Principal Dr. Vivek Awasare	Director Dr. Avinash Asanare
Principal Dr. Pramod Katkar	Ex. Director Dr. Dhananjay Welukar
Principal Dr. Vijay Datarkar	Principal Dr. Sanjay Singh
Principal Dr. Devendra Gawande	Principal Dr. Dilip Jaiswal
Principal C. Kumbhare	Principal Dr. Lalit Jiwani
Director Dr. Kalpana Jadhav	Dr. Madhavi Mardikar HoD
Principal Dr. Vivek Gulhane	Principal Dr. Ajay Gulhane
Principal Dr. Virendra Jumle	Principal Dr. Jayant Jagtap
Principal Dr. Sanjay Kudale	Principal Dr. Shyam Punde

Dr. Gajendra Wakde Vice Principal Dr. Arvind Joshi Vice-Principal

Mr. Bhau Kane	Dr. Ghanshyam Dhokras	Dr. Madhavi Kopulwar
Dr. Manoj Wyavhare	Dr. Vandana Ingle	Dr. Umesh Rathi
Dr. Yagya Thakur	Dr. Nitin Dewulkar	Dr. Sanjay Chaudhary
Dr. Shubhangi Damle	Dr. Vikas Tone	Dr. Ghanshyam Makkasare
Dr. Pravin Lamkhade	Dr. Indar Randhawa	Dr. Ajay Bonde
Dr. Pravin Kumar	Dr. Sanjay Aagashe	Dr. Sanghapal Narnawre
Dr. Diwakar Ruikar	Dr. Mahesh Patel	Dr. Seema Deshmukh
Dr. Dilip Malekar	Dr. Kalyan Maldure	Dr. Sagar Narkhede
Dr. Santosh Tayde	Dr. Anil Deshmukh	Dr. Sanjay Khalatkar

Local Organising Team

Dr. S.R. Mishra	Dr. M.J. Awasthi	Dr. P.M. Bagade	Dr. I.K. Orke
Dr. N.S. Bagde	Dr. C.S. Patil	Mr. S.R. Wani	Mr. K.P. Tagde
Dr. M.V. Gayakwad	Dr. V.G. Rathod	Ms. P.M. Sahare	Mr. Deepak Jaiswal

Teaching and Non-Teaching Staff of Dr. M.W.P.W.S Arts and Commerce College, Nagpur-26

National Workshop Schedule:

Registration and Breakfast: 9.00 to 10.00 AM

Inaugural Session and Key Note Address: 10.00 AM to 12.00

Tea Break: 11.45 AM to 12.00 PM

Workshop I: 12.00 PM to 1.30 PM

Lunch Break: 1.30 PM to 2.30 PM

Workshop II: 2.30 PM to 4.00 PM

Valedictory Session: 4.00 PM to 5.00 PM

Dr. Madhukarrao Wasnik P.W.S. Arts and Commerce College
Nagpur-440026

Department of Physical Education and Sports
In Collaboration with PEFI

Organize

UGC Sponsored One-Day National Workshop on
Importance of Stretching Exercises for Enhancement of Performance levels of Sports Persons
On Saturday, 24th February 2018

Registration Form

<input type="checkbox"/> Delegate	<input type="checkbox"/> Poster Presenter
-----------------------------------	---

Name: **Designation:**

Name of the Institution:

.....

Address for Correspondence:

.....

.....

Cell No:..... **E-Mail:**

Title of the Research Paper /Poster:.....

.....

I am enclosing Cash / DD No: **Amount:** **Date:**

in favour of Dr. Madhukarrao Wasnik PWS Arts and Commerce College, payable at
Nagpur or NEFT (Bank of Maharashtra, Branch:00846 Nagpur Jaripataka A/c No.
60171157903, IFSCCode:MAHB0000846) receipt No:.....

Signature