



Press Release

New Delhi: 13th Jan 2022

SAI in association with the University of Birmingham hosts a day-long joint workshop on 'Applied Sports Science for Performance'

New Delhi, 13th January 2022: Sports Authority of India (SAI) in association with the University of Birmingham (UoB), the United Kingdom on Thursday, January 13th, 2022 virtually hosted a day-long joint workshop and symposium on the topic of 'Applied Sports Science for Performance.'

In the Key note address, Mr. Rohit Bharadwaj, Secretary, Sports Authority of India (SAI), reiterated role of Sports Science in promotion of sports excellence, especially in the last few decades. He then went on to add "SAI now asks for the recommendations of all the experts that are present here, on how to get coaches and athletes at the grassroots level to incorporate sports science as a part of their daily routines besides amalgamating the SSSM as a part of their training sessions. We also need your recommendations on how to get the junior athletes to understand that sports science is an important aspect of sports, especially with regards to their performance."

Eminent Sports Experts addressed the audience over the day which covered topics such as - How can applied sports science support elite performance in India, Applied Sports Science in Hockey by Dr (Col) Bibhu Nayak of SAI, Applied Sports Medicine by Dr. S.R. Sarla of SAI, Applied Sports Physiology by Professor Barry Drust from UoB, Applied Sports Psychology by Professor Joan Duda of UoB, and Applied Sports Nutrition by Dr. Gareth Wallis of UoB.

The multiple addresses covered the topic of intervention of the topic of Sports Science in Indian sports and what is the outcome of these interventions. The lectures were followed by questions and answer session which was very invigorating diligently moderated by none other than an ace journalist Sri Vijay Lokpally.

The workshop was telecasted live on SAI and University of Birmingham's Facebook pages with SAI representatives from all over the country being part of the virtual sessions. This opportune symposium was attended by all scientific faculty and personnel, High Performance Managers, Chief Coaches, Head Coaches and National Camp Coaches besides Sports Administrators and head of Divisions. The senior athletes were encouraged to also benefit from the occasion.



The sessions were also attended by Lord Karan Bilimoria, Chancellor, UoB, who gave the closing remarks for the event and said such collaborations help build stronger relationships between the two countries and that he is happy to be a part of this initiative.

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