



3rd ISSEMCON

Indian Society of Sports and Exercise Medicine

FROM SIDELINE TO SPOTLIGHT:
EVIDENCE, INNOVATION AND EXCELLENCE IN SPORTS MEDICINE

ORGANIZED BY:
Sports Injury Centre,
VMMC & Safdarjung Hospital, New Delhi



11th - 12th
April, 2026

Pre-conference Workshop on
10th April 2026



CONFERENCE
BROCHURE

Pre Conference Venue:

📍 Sports Injury Centre, VMMC & Safdarjung Hospital

Conference Venue:

📍 NDMC convention centre



3rd ISSEMCON

Welcome Message

Dear Colleagues,

Greetings from New Delhi, India!

On behalf of the Organizing Committee, it is our great pleasure to welcome you to the **3rd International Conference of Indian Society of Sports and Exercise Medicine** being organized in association with **Sports Injury Research Society** and **Indian Society of Sports and Exercise Medicine**.

Over the years, this conference has evolved into a prominent academic platform, bringing together sports physicians, orthopaedic surgeons, physiotherapists, researchers, and allied professionals dedicated to advancing the science and practice of sports injury management and exercise medicine.

The conference is themed “**From Sideline to Spotlight: Evidence, Innovation and Excellence in Sports Medicine**” and aims to promote meaningful dialogue on evidence-based practices, emerging innovations, and clinical excellence across the spectrum of sports and exercise medicine. The scientific program has been carefully curated to encourage knowledge exchange, interdisciplinary collaboration, and practical insights that translate into improved athlete care.

The **3rd International Conference** will be held on **11th and 12th April 2026**, at the **NDMC Convention Centre, New Delhi** with **Pre-Conference Workshops on 10th April 2026**, at the **Sports Injury Centre, VMMC and Safdarjung Hospital**.

This academic event is being organized by the **Sports Injury Centre, VMMC & Safdarjung Hospital, New Delhi**, and will serve as an excellent platform for academic enrichment, professional networking, and collaboration with peers and experts in the field of sports and exercise medicine.

We warmly invite you to be a part of this enriching academic experience and contribute to shaping the future of sports medicine through shared learning and innovation.

We look forward to welcoming you to New Delhi in April 2026.

Warm regards,
Organizing Committee
3rd International Conference
Sports Injury Research Society



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Registration Details

“Concession is available for group/bulk registrations.”

Registration Category	Early Bird Registration Till 15th Feb 2026		Regular Registration Till 31st March 2026		On Spot Registration	
	ISSEM Members	Non Members	ISSEM Members	Non Members	ISSEM Members	Non Members
Conference Registration	INR 5000	INR 6000	INR 6500	INR 7500	INR 9000	
Students Registration	INR 3000	INR 4000	INR 3500	INR 4500	INR 7000	
International Delegate	USD 200		USD 200		USD 200	
Workshop Registration	INR 1500		INR 1500		INR 1500	

***Inaugural Dinner: Extra Charge of INR1500 (INR 1000 for ISSEM Members, INR 2000 for accompanying person for gala dinner) per head is applicable**

Please Note:

Inclusive of 18% GST

Workshop Registration: Subject to availability of seats; registration is permitted for only one workshop per delegate.

On-Spot Registration: Delegate kit will be provided subjects to availability.

Note: Discount on bulk registration, specially for students. Please contact Organizing committee at issemcon2026@gmail.com

The payment can be made Online or through Cheque / DD

The details of the bank account is below:

Account Name : Indian Society of Sports and Exercise Medicine

Account No.: 5012500133094101

Bank Name: Karnataka Bank

Branch Name: Koppadakere, Dharwad, Maratha Colony Road, Koppadakere, Dharwad- 580008

Branch Code: 000501

MICR: 580052304

IFSC: KARB0000501

Term & Condition

- Registration fee are inclusive of 18% GST and transaction charges, as applicable
- Registration fee includes access to scientific sessions, trade exhibition, conference lunches, Inaugural dinner, Conference kit and Banquets.
- Organizing Committee shall not be liable in any form in case of changes in date / venue due to unforeseen reasons.
- By registering for this event, all delegates agree that their contact details will be shared with the exhibitors and that exhibitors may contact them in future.
- Delegates will have the right to request exhibitors to OPT OUT of future contact at any time, and that request will be honored

Cancellation Policy

“Fee once remitted, shall not be refunded under any circumstances”

Note: After the deposition of the required fee (Conference + Gala Dinner + Workshop(s), as applicable), please send the screenshot/prrof of payment with all the details to issemcon2026@gmail.com, and copy to issemofficial@gmail.com



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Workshop Details

S. N.	Topic	Learning Objectives	Location
1	Biomechanics	<ul style="list-style-type: none"> · Gait analysis · Posture analysis · Vertical jump profiling · Foot posture analysis 	Biomechanical Lab, SIC
2	Sideline emergency and on field care	Familiarisation to lead or assist medical staff with an airway issue utilising available equipment and manual manoeuvres. -Performs effective CPR 30:2 and safe application of AED with a team of learners understanding the team effort required to perform effective CPR. -Understands the application of the A-E approach (recognition and central pulse check). -Equipment familiarisation of extrication devices and the ability to perform MILS and a log roll under guidance. -Equipment familiarisation of splint devices and the ability to assist medical staff/ambulance crew with application. -Has an understanding of Cardiac Arrest and the Chain of Survival	8th Floor, Seminar Hall, SIC
3	Return to sports	<ul style="list-style-type: none"> · Post op Shoulder (Bankart repair, rotator cuff repair) · Post op knee (ACL Reconstruction, PCL reconstruction, Meniscus repair, multiligament reconstruction) 	9th Floor, Performance Lab, SIC
4	Musculoskeletal Ultrasound Workshop	<ul style="list-style-type: none"> · Shoulder (rotator cuff scanning, biceps tendon assessment, SASD bursa evaluation, labral tear evaluation) · Knee (quadriceps, patellar tendon pathology, ACL, MCL, LCL visualization, prepatellar bursitis & fat pad assessment) Foot & Ankle (Achilles tendon structure and tendinopathy, peroneal tendon and dynamic subluxation, planter fascia thickness and pathology) · Make Foot and Ankle · Hip & Gluteal Region Scanning 	8th Floor, Dry Lab
5	Antidoping Workshop	<ul style="list-style-type: none"> · Understanding WADA code & prohibited list (Annual update, key drug classes, recent changes) Doping control simulation (athlete selection, sample collection process, chain of custody protocols) 	9th Floor, Conference Hall
6	Cracking the Concussion Code: A Hands-On Workshop for Post-Concussion Evaluation	A comprehensive case-based and practical workshop focusing on sports-related concussion designed to bridge the gap between theory, on-field decision-making and safe return-to-play protocols. This workshop integrates sports medicine and sports psychology perspectives making it highly relevant for clinicians working with athletes at all levels.	8th Floor, Seminar Hall
7	Mental skill training for peak performance	Understand mental skills training program for enhancing cognitive skills, arousal regulation, Team dynamics and other related components for performance enhancement	9th Floor, Performance Lab
8	Clinical Exercise Physiology: From Disease Centred to Health Orientated Practice	<ol style="list-style-type: none"> 1. Physical Activity Guidelines, Position Statements and Clinical Guidelines 2. Exercise Testing Protocols and Equipment 3. Patient Reported Outcome Measures 4. Cardiopulmonary Exercise Testing and Its Practical Application 5. Motivational Interviewing and Clinical Engagement 6. Principles of Exercise Prescription – General Populations 7. Principles of Exercise Prescription – Clinical Populations 8. Case Study Practical Session 9. Clinical Exercise Physiologist - Standards, Scope of Practice and International Examples 10. Revision of Key Learnings 	Exercise Physiology Lab, 2nd floor



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3rd ISSEMCON

About Conference

400+
Delegates

100+
Speakers

30+
Sponsors

Highlights of the Conference

3rd ISSEMCON 2026, organized by the Sports Injury Research Society in association with the Indian Society of Sports and Exercise Medicine (ISSEM), is a premier academic platform dedicated to advancing sports and exercise medicine in India. Under the theme ***"From Sideline to Spotlight: Evidence, Innovation and Excellence in Sports Medicine,"*** the conference will bring together leading clinicians, researchers, and allied health professionals. The scientific program will focus on evidence-based practices, cutting-edge innovations, and multidisciplinary collaboration aimed at optimizing athlete care, injury prevention, rehabilitation, and performance. ISSEMCON 2026 promises meaningful dialogue, knowledge exchange, and excellence in sports medicine.

Who Should attend?

1. Sports physicians

2. Orthopaedic surgeons

3. Physiotherapist

4. Researcher

5. Physiologists

6. Sport Scientist

7. Psychiatrists

8. Sports Dentists and All Medical Doctors

9. Allied Professionals (Nutritionists/Psychologists/S and C Experts/Biomechnists/Coaches/PEs etc)



Call for Abstracts

Free Poster and Oral Presentations

Theme: From Sideline to Spotlight - Evidence, Innovation and Excellence in Sports Medicine

1. Research areas:

- Sports & Exercise Medicine
- Medical-Clinical Physiology and Biochemistry
- Physical Medicine & Rehabilitation, Neuro-Musculoskeletal Medicine, Orthopaedics, and Pain Medicine
- Medical and Health Sciences
- Physiotherapy and allied Health Sciences
- Physical Education, Sports-Exercise and Performance Sciences, and Coaching Sciences
- Biotechnology/Bioengineering and Life Sciences (relevant to human health & Performance)
- Biomechanics

2. Abstract must be of unpublished original research work (and unrepresented before)

3. Type of studies

- Original Research Article
- Review Article
- Systematic Review/ Metaanalysis
- Case Series
- Case Report

4. The last date of submission is 12th March 2026.

5. Registration for the conference is compulsory for poster/oral presentation.

6. Mode of presentation, time, date and venue will be intimated to selected applicants before the conference.

Competition (for students and scholars)

- Best oral presentation and best poster will be awarded.
- Students need to submit Bonafide Certificate/Endorsement Letter from Guide / Supervisor/Co-Guide/Co-Supervisor/Departmental Head/Institute Head



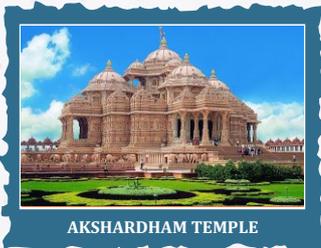
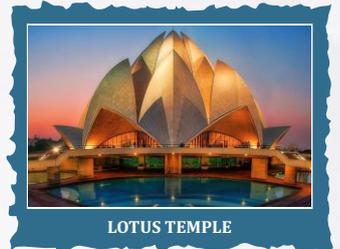
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Tourist Attraction of Delhi



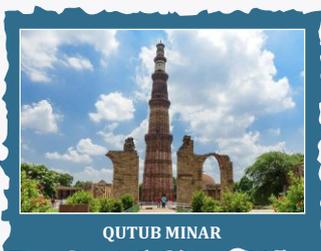
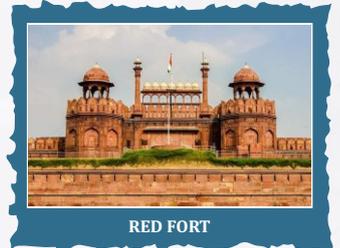
The India Gate (formerly known as All India War Memorial) is a war memorial located near the Rajpath (officially called Kartavya Path) on the eastern edge of the "ceremonial axis" of New Delhi. It stands as a memorial to 74,187 soldiers of the Indian Army who died between 1914 and 1921 in the First World War, in France, Flanders, Mesopotamia, Persia, East Africa, Gallipoli and elsewhere in the Near and the Far East, and the Third Anglo-Afghan War. 13,300 servicemen's names, including some soldiers and officers from the United Kingdom, are inscribed on the gate.

The Lotus Temple is a Bahá'í House of Worship in New Delhi, India. It was completed in December 1986. Notable for its lotus-like shape, it has become a prominent attraction in the city. Like all Bahá'í Houses of Worship, the Lotus Temple is open to all people, regardless of religion or any other qualification. The building is composed of 27 free-standing marble-clad "petals" arranged in clusters of three to form nine sides with nine doors opening onto a central hall with a height of slightly over 34 metres and a capacity of 1,300 people. The Lotus Temple has won numerous architectural awards and has been featured in many newspaper and magazine articles



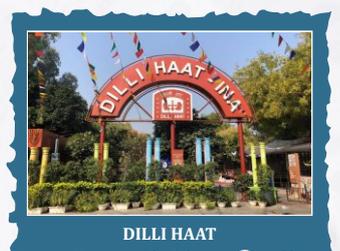
Swaminarayan Akshardham is a Hindu temple and campus in Delhi, India. The temple is close to the border with Noida. Also known as Akshardham Temple or Akshardham Delhi, the complex displays traditional and modern Hindu culture and architecture. Inspired by Yogiji Maharaj and created by Pramukh Swami Maharaj, it was constructed by BAPS.[B 1] It is the world's second-largest BAPS Hindu temple, following Akshardham, New Jersey, in the United States.

The Red Fort (Lal Qila in Hindi; Hindi pronunciation: is an historic Mughal fort located in the Old Delhi area of Delhi, India. It served as the main residence of the Mughal emperors. Commissioned by Emperor Shah Jahan on the 12th of May 1639, the fort was constructed following his decision to shift the Mughal capital from Agra to Delhi. Originally adorned in red and white, the fort's design is attributed to Ustad Ahmad Lahori, the architect of the Taj Mahal. The Red Fort is a prominent example of Mughal architecture from Shah Jahan's reign, combining Persian and Indian architectural styles.



The Qutb Minar, also spelled Qutub Minar and Qutab Minar, is a minaret and victory tower, built during the Delhi sultanate, and comprising the Qutb complex, a UNESCO World Heritage Site in Mehrauli, South Delhi, India. It was mostly built between 1199 and 1220, contains 399 steps, and is one of the most-frequented heritage spots in the city. After defeating Prithviraj Chauhan, the last Hindu ruler of Delhi before the Ghurid conquest of the region, Qutab-ud-din Aibak initiated the construction of the victory tower, but only managed to finish the first level.

Dilli Haat is a paid-entrance open-air market, food plaza, and craft bazaar located in Delhi. The area is run by Delhi Tourism and Transportation Development Corporation (DTTDC), and unlike the traditional weekly market, the village Haat, Dilli Haat is permanent. It is located in the commercial centres of South Delhi, opposite INA market. The 6 acres of land on which this complex is situated was salvaged as part of a reclamation project and transformed into a plaza. Extensive foundation work, small thatched roof cottages and kiosks give the plaza a village atmosphere.



Conference Secretariat

Dr Harleen Uppal
Organising Secretary

Dr Sushmita Kushwaha
Org. Joint Secretary

Dr Anil Yadav
Org. Joint Secretary

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Conference Manager

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