

# Banarsidas Chandiwala Institute of Physiotherapy

Event Report Title: Sports Psychology

Date: 24<sup>th</sup> January 2024

## General

A seminar was organised at BCIP on Wednesday 24<sup>th</sup> January 2024.

## Objective

The objective of the seminar was to provide students insights about sports psychology and how it impacts an athlete's performance and what is the role of physiotherapy in sports psychology.

**About the Speaker:** Dr. Anuradha Solanky, an eminent personality and a leading sports psychologist from Sports Authority of India. Dr. Anuradha is currently working as a scientific officer (Psychology) at SAI, New Delhi. Dr. Anuradha is holding more than 30 years of experience.

**Topic of guest lecture: Sports Psychology**

## Attendees

**Total Students who attended the program** : 85

(BPT 4th year - 30 students, BPT 3rd Year - 52 students, MPT (Sports) - 5 students)

**Total Faculty who attended the program** : 04

## Lecture content

- Dr. Anuradha briefed about sports psychology. She explained about various approaches in psychology.
- She elaborated how sports and performance affect psychology of an athletes and how a team should work on it.
- She explained that how important it is to choose a suitable approach and what is the role of a physiotherapist in it.

## Outcome

- It was a very interactive session, students were really interested to understand the processes and asked questions.
- Students asked her about difference between psycholgy and sports psychology.



**DR. C. S. RAM Ph.D**  
Director

Banarsidas Chandiwala Institute of Physiotherapy  
Chandiwala Estate, Karkaji, New Delhi

- She answered all the questions and explained the pre-requisites of working with athletes.

### Conclusion

- Dr. Anuradha motivated students to be a good physiotherapist with good sports psychological skills then sky is the limit.
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(Dr. C.S. Ram)

Director S. RAM Ph.D

Director

Bannaratna Dhandwala Institute of Physiotherapy  
Chowdeshwar Road, Kalyan, Maharashtra

### List of documents

S. No.	List of documents
1	Attendance sheets
2	Geo tagged photographs

The main aspects of Mental Training are:-

- A.) RELAXATION
- B.) VISUALIZATION
- C.) MENTAL REHEARSAL
- D.) ... ATION

GPS Map Camera



**New Delhi, DL, India**  
Okhla Industrial Estate Phase 3, New Delhi,  
110020, DL, India  
Lat 28.544415, Long 77.266626  
01/24/2024 11:52 GMT+05:30  
Note : Captured by GPS Map Camera







GPS Map Camera

**New Delhi, DL, India**

Okhla Industrial Estate Phase 3, New Delhi, 110020,  
DL, India

Lat 28.544560, Long 77.266689

01/24/2024 11:23 AM GMT+05:30

Note : Captured by GPS Map Camera