

Sir H. N.



Reliance
Foundation Hospital

RESPECT FOR LIFE



Prepare. *Repair.* *Perform.*

Join International and National Experts for a 2 day Sports Science and Medicine Conference on Athlete Training, Injury Management and High Performance.



Dates: 14th- 15th February, 2026

Applied for
MMC Points



Venue: Convention Centre,
1st Floor, Kapol Niwas,
Sir H. N. Reliance Foundation Hospital,
Prarthana Samaj,
Girgaon, Mumbai - 400004



Meet Our Speakers

Patron



Dr. Tarang Gianchandani
Group CEO - Healthcare Initiatives,
Chief Executive Officer - Sir H. N. Reliance Foundation Hospital

Sports Surgeons



Dr. Abhishek Kini
Foot & Ankle Surgeon -
Advanced Orthopaedics



Dr. Abhay Nene
Spine Surgeon



Dr. Deepak Bhatia
Shoulder, Elbow,
Wrist & Hand Surgeon,
Director - SportsDocs



Dr. Dinshaw Pardiwala
Director, Arthroscopy &
Sports Orthopaedics,
Head, Centre for Sports Medicine -
Kokilaben Dhirubhai Ambani Hospital



Dr. Miten Sheth
Knee Surgeon,
Director - Advanced Orthopaedics



Dr. Vaibhav Bagaria
Director, Orthopaedics &
Joint Replacement -
Sir H. N. Reliance Foundation Hospital

Sports Radiologist



Dr. Aditya Daftary
Musculoskeletal Radiologist

High Performance Coach



James Hillier
Track & Field Coach, RF Athletics Director,
Former Commonwealth Games 400m Hurdler

Data Analyst



CKM Dhananjai
Chief Officer, Performance Data &
Innovation - Mumbai Indians

Sports Physicians



Dr. Aashish Contractor
Director, Rehabilitation &
Sports Medicine -
Sir H. N. Reliance Foundation Hospital



Dr. Anup Krishnan
Director and Professor,
School of Sports Exercise &
Nutrition Sciences - D. Y. Patil University



Dr. Harini Muralidharan
Team Doctor - India Women's Cricket Team,
RCB Women's Team &
Founder & Director - The Performance Doctor



Dr. Roshani Sanghani
Founder - Reisaan Health,
A Lifestyle First Medically Supervised Practice,
Author of Turn Around Diabetes



Dr. Tvisha Parikh
Sports Medicine Physician -
Reliance Foundation;
Dy CMO Team India - 2024 Paris Olympic Games

Sports Nutritionists



Krushmi Chedda
Sports Scientist & Nutritionist
Founder of CORE



Mihira Khopkar
Lead Sports Nutritionist -
Reliance Foundation Youth Sports,
Nutritionist - 2024 Paris Olympics Games
Author, National Swimmer



Nancy Clark
Sports Nutritionist to Olympians,
Boston Red Sox
Author - Sports Nutrition Guidebook
(8 lakh copies sold)

Sports & Performance Psychologists



Mugdha Bavare
Sports and Counseling Psychologist
Founder - Mindsports
Sports Psychologist with BCCI, OGQ



Dr. Sanjana Kiran
High-performance Mind Coach,
Sports Educator, Global Senior Consultant,
Elite & Olympic-Level Athletes

Strength & Conditioning Experts



Durva Vahia
Performance Manager -
Reliance Foundation Youth Sports, Athletics



Kshitij Bhoite
Lead Strength & Conditioning
Coach - Reliance Foundation Athletics



Sohrab Khushrushahi
Founder at SOHFIT / Co-Founder at
The Func. Lab / Fitness & Wellness

Sports Physiotherapists



Anuja Dalvi
Founder and Consultant -
Liveactive Physiotherapy,
Physiotherapist - IPL, BCCI, WPL



Christopher Pedra
Head, Sports Medicine -
Sir H. N. Reliance Foundation Hospital,
Chief Physiotherapist &
Head of Recovery - 2024 Paris Olympic Games



Chandan Poddar
Consultant, Sports Physiotherapist -
Sir H. N. Reliance Foundation Hospital



Nilesh Makwana
Lead Sports Physiotherapist -
Reliance Foundation Athletics



Nikhil Latey
Physiotherapist,
Sports Scientist - ProPhysio



Vaibhav Daga
Head, Sports Science & Rehabilitation -
Kokilaben Dhirubhai Ambani Hospital
Consultant Sports Physiotherapist -
Lucknow Super Giants

PROGRAM AGENDA

Day 1 (Saturday, 14th February)

Time	Topic	Speaker
08:00 am - 08:45 am	Registration followed by Tea	
08:45 am - 09:00 am	Introduction and Welcome	
PREPARE	Session 1 - Optimising the Athlete's Foundation	
09:00 am - 09:15 am	Long-term Athlete Development (LTAD) for Injury Prevention: Phasing training loads and skills across the lifespan	Ms. Durva Vahia
09:15 am - 09:30 am	Nutritional Periodization for Training: Fueling for Intensity vs Recovery, Focusing on Carbohydrate and Protein Timing	Ms. Mihira Khopkar
09:30 am - 09:45 am	Preparation at the Paris 2024 Olympics: A massive effort made of many small parts	Dr. Christopher Pedra / Dr. Tvisha Parikh / Ms. Mihira Khopkar
09:45 am - 10:00 am	Immunonutrition & Gut Health: The link between the Microbiome, Immune Function, and Athlete Recovery / Resilience	Ms. Krushmi Chedda
10:00 am - 10:15 am	Glimpse into a day of an IPL Sports Physio - How do I ensure readiness for Performance?	Dr. Vaibhav Daga
10:15 am - 10:30 am	Discussion	All
10:30 am - 10:45 am	Session 2 - Preparing the Weekend Warrior for Hybrid Competition	Mr. Sohrab Khushrushahi
10:45 am - 11:15 am	Coffee / Tea Break	
REPAIR	Session 3 - Acute Injury and Early Intervention	
11:15 am - 11:45 am	Basic science of Anterior Shoulder Dislocation & Elbow Instability Mechanism Basics	Dr. Deepak Bhatia
11:45 am - 12:00 pm	Ultrasound guided Management of Common Sports Injuries in Professional Sports	Dr. Aditya Daftary
12:00 pm - 12:15 pm	The science behind hot and cold applications	Dr. Anup Krishnan
12:15 pm - 12:30 pm	The role of biologics in tendon/muscle repair: Evidence-based use of PRP, stem cells, and other injectables	Dr. Harini Muralidharan
12:30 pm - 12:45 pm	Discussion	All
12:45 pm - 1:00 pm	Group CEO Address	Dr. Tarang Gianchandani
1:00 pm - 1:30 pm	Keynote Address: Injuries in Cricket: The game has changed & so have the injuries!	Dr. Dinshaw Pardiwala
1:30 pm - 2.30 pm	Lunch	
2:30 pm - 3:15 pm	Parallel Workshops <ul style="list-style-type: none"> • Live Assessment of young fast bowler - Dr. Vaibhav Daga • Designing the integrated performance mindset: A practical workshop for coaches, physiotherapists and physicians - Dr. Sanjana Kiran • Nutrition Workshop - Ms. Mihira Khopkar • Basic Life Support - Dr. Disha Pujary 	
PERFORM	Session 4 - The mental edge and performance training	
3:15 pm - 3:30 pm	The highs and lows of high performance sport: The Athlete's story	Mr. Tejas Shirse
3:30 pm - 3:45 pm	Closing the last gap: Using integrated science, medicine and mind coaching to transfer training to podium moments	Dr. Sanjana Kiran
3:45 pm - 4:00 pm	Teamwork and alignment in an elite training environment - from the gym to the track	Mr. James Hillier
4:00 pm - 4:15 pm	Concussion in sport	Dr. Harini Muralidharan
4:15 pm - 4:30 pm	Discussion	All

PROGRAM AGENDA

Day 1 (Saturday, 14th February)

Time	Topic	Speaker
4:30 pm - 4:45 pm	Coffee / Tea break	
4:45 pm - 5:15 pm	Panel discussion: Data-driven decision making - Using performance metrics (e.g. jump mat, force plate) to guide rehabilitation and training intensity	Panellists: Mr. James Hillier, Ms. Durva Vahia, Dr. Harini Muralidharan Moderator: Dr. Christopher Pedra
5:15 pm - 5:45 pm	Networking followed by Tea and Cake	

Day 2 (Sunday, 15th February)

Time	Topic	Speaker
07:15 am - 08:15 am	Pilates	Yoga
08:15 am - 09:00 am	Breakfast & Tea	
PREPARE	Session 5 - Advanced health and readiness	
09:00 am - 09:30 am	Keynote Address - The injured athlete's dilemma - To eat or not?	Ms. Nancy Clark
09:30 am - 10:00 am	Debate - Low carb vs High carb for Elite Athletic Performance	Ms. Mihira Khopkar / Dr. Roshani Sanghani
10:00 am - 10:15 am	REDS	Dr. Tvisha Parikh
10:15 am - 10:45 am	Keynote Address - Sudden Cardiac death during exercise	Dr. Aashish Contractor
10:45 am - 11:15 am	Coffee / Tea break	
REPAIR	Session 6 - The continuum from rehabilitation to performance	
11:15 am - 11:30 am	Early stage neuromuscular re-education: Initiating motor control and stability post lower limb injury	Dr. Chandan Poddar
11:30 am - 11:45 am	Joint replacements need not be an end to sports	Dr. Vaibhav Bagaria
11:45 am - 12:00 pm	How I assess a foot and ankle in my clinic?	Dr. Abhishek Kini
12:00 pm - 12:15 pm	When do I decide to operate on the back in professional athletes?	Dr. Abhay Nene
12:15 pm - 12:30 pm	Understanding surgical options in knee cartilage treatment and their implications during rehab	Dr. Miten Sheth
12:30 pm - 12:45 pm	Advanced return-to-sport testing: Criteria-based progression and objective testing for high-risk injuries (e.g. ACL / Hamstring) - Beyond timeframes	Dr. Anuja Dalvi
12:45 pm - 1:00 pm	Discussion	All
1:00 pm - 2:00 pm	Lunch and Group Photo	

PROGRAM AGENDA

Day 2 (Sunday, 15th February)

Time	Topic	Speaker
PERFORM	Session 7 - Elite performance & interdisciplinary integration	
2:00 pm - 2:45 pm	Parallel Workshops <ul style="list-style-type: none"> • Live VO2 assessment (Dr. Tvisha Parikh & Dr. Nikhil Latey) • Strength profiling & monitoring of athletes using objective measures (Mr. Kshitij Bhoite & Dr. Nilesh Makwana) • Athlete identity during injury phase: Placebo & Nocebo effect (Ms. Jaini Nisar) 	
2:45 pm - 3:15 pm	The Psychology of Injury and Rehabilitation: Addressing fear of re-injury, Adherence, and Building Confidence in the final stages of Rehab	Ms. Mugdha Bavare
3:15 pm - 3:30 pm	Linear Speed Development: How strength coaches should think and plan	Mr. Kshitij Bhoite
3:30 pm - 3:45 pm	Recovery Technologies: Separating science from hype: evidence-based review of cryotherapy, compression, and other modalities	Dr. Christopher Pedra
3:45 pm - 4:00 pm	Case Study: The high-performance team model: how different disciplines effectively integrate and communicate to maximize athlete potential (e.g. a shared decision-making framework)	Mr. CKM Dhananjai
4:00 pm - 4:15 pm	The future of athlete monitoring: wearables, ai, and predictive analytics in sports performance and injury prediction	Dr. Nikhil Latey
4:15 pm - 4:30 PM	Discussion	All
4:30 PM - 4:45 PM	Closing Remarks and Thanks	
4:45 PM - 5:15 PM	Networking followed by Tea and Cake	