



ACHIEVEMENTS
DEPT OF SPORTS MEDICINE
ARMED FORCES MEDICAL COLLEGE, PUNE



S.no	Rank and Name	Achievements
01	Maj Amir Khan	Awarded the AFMC Medals in securing highest marks in Course Ending Exam and MUHS Nashik during the 74 th Armed Forces Medical Conference (Batch 2022-25)
02	Wg Cdr CS Guru	Invited to talk on “Leveraging technology for injury prevention and rehabilitation: Current Update” for Sports Science and Physical Education students at School for Physical Education and Sports Sciences, Kannur University on 21 Jan 26.
03	Maj Priyaa H	Medical Cover as team Physician to the 79 th Santosh trophy, Elite Men Football tournament held at Karnataka Football stadium, Bangalore, from 19 Dec 25 – 24 Dec 25
04	Sqn Ldr Sakthi Murugan	Medical Cover as team Physician to the 74 th Inter Services Athletics Championship – 2025 held at AFS Jalahalli, from 04 Sep – 07 Sep 25



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05	Sqn Ldr Sakthi Murugan	Medical Cover as team Physician to the U-17 National Boxing Championship by held at SAI Centre, Rohtak from 18 Jun – 24 Jun 25
06	All Faculty and Residents	Uploaded videos on 'Injury Prevention Exercise Modules' on iGOT Karmayogi platform and DGAFMS Youtube channel. This was a first initiative taken among all the departments in AFMC.
07	All Faculty and Residents	Uploaded videos on 'Posture Correction, Neck and Back Strengthening exercise videos' on iGOT Karmayogi platform.
08	All Faculty and Residents	Uploaded course on 'Sports Injuries of the Knee: Rehabilitation' on the SWAYAM platform in coordination with NPTEL



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09	All Faculty and Residents	Developed TRIMS (Training Related Injury Management System) data entry software under the ANVESHAN project for management of training related injury data and to provide quality scientific inputs for injury prevention.
10	All Faculty and Residents	Medical cover by faculty & residents for college week activities from 26 May to 30 May 2025 at AFMC
11	Maj Amar singh, Sqn Ldr Sakthi Murugan, Sqn Ldr Charan KG	Medical cover by faculty & residents for first COAS Boxing Cup 2025 from 27 Apr to 01 May 2025 at ASI.
12	Maj Priyaa H	Collaborative teaching activity with Geriatrics Dept, AFMC: Exercise prescription for Neck pain and Low back pain in older adults on 08 Apr 2025.



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13	Sqn Ldr Sakthi Murugan	An integrated Seminar was conducted in collaboration with the Dept of Geriatrics Medicine, AFMC on 'Impaired Muscle Performance in Older Adults'.
14	Wg Cdr Chandra Sekara Guru S	Invited for Faculty talk on 'Evidence-Based Practice to leverage Sports Science: An Interdisciplinary perspective' during 45 th Annual Conference of Indian Association of Sports Medicine (IASMCON 2025) from 01-02 Mar 2025 at Navi Mumbai
15	Surg Cdr Jerrin Shaji K	Won the Best Paper Award titled 'Does warmup before a physical activity always need to be only of light to moderate intensity?' during 45 th Annual Conference of Indian Association of Sports Medicine (IASMCON 2025) from 01-02 Mar 2025 at Navi Mumbai
16	Maj Arun L	Awarded the AFMC Medals in securing highest marks in Course Ending Exam and MUHS Nashik during the 73 rd Armed Forces Medical Conference (Batch 2021-24)



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S.no	Rank and Name	Achievements
17	Wg Cdr Chandra Sekara Guru S	Won the best e-poster (Title: Injury Prevention in Military Trainees: Need for Novel Approach) award at 73 rd Armed Forces Medical Conference
18	Sqn Ldr A Sai Mythresh	Travelling with Diving team for 77 th Senior National Aquatic Championship 2024 wef 18 to 22 Sep 24 at Trivandrum, Kerala
19	Lt Col Rajiv R Dubey	Attended 21 st annual conference of Indian Arthroscopy Society wef 12 th -14 th Sep 2024 at Bengaluru
20	Col Hrishikesh Pande	Faculty invite as speaker for title "Return to sports in elite services sportsmen after ACL reconstruction with supervised prehab and rehab regime" at 21 st annual conference of Indian Arthroscopy Society wef 12 th -14 th Sep 2024 at Bengaluru



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S.no	Rank and Name	Achievements
21	Maj Amar Singh and Maj Priyaa H	Travelling with team and performing the duties of ring side doctor for REC open talent hunt-1 boxing tournament wef 22 to 30 Aug 24 at Greater Noida, Uttar Pradesh
22	Lt Col Rajiv R Dubey, Maj Arun L, Maj Amir Khan and Sqn Ldr A Sai Mythresh	Planning and providing medical cover for Pune Marathon on 11 Aug 24 at AFMC
23	Maj Amir Khan	Travelling with Diving team for 40 th Sub-Junior and 50 th Junior National Aquatic Championship at Indore Madhya Pradesh, from 7 to 11 Jul 24
24	Sqn Ldr Arivarasan S	Attended inter command Armed Forces CME on “Climate change and environmental susceptibility- the public health perspective”



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S.no	Rank and Name	Achievements
25	Maj Arun L and Maj Amir Khan	Attended BLS and ACLS workshop held from 30 May 24 to 01 Jun 24 at AFMC, Pune
26	Sqn Ldr A Sai Mythresh	Attended Shoulder-Knee Conference held on 24 & 25 May 24 and presented poster on “no predictive significance of notch width index in ACL injury” at Madurai, Tamil Nadu
27	Lt Col Rajiv R Dubey, Sqn Ldr Arivarasan S and all residents	Attended workshop on diversified dry needling and cupping therapy, conducted by CSTA at Lokmanya hospital for special surgery, Pune on 30 & 31 Mar 24
28	Maj Amir Khan	Attended PHYSIOCON 2024 held on 16 & 17 Mar 24 at SHKM Government medical college, Nalhar, Nuh, Haryana and presented poster titled “Study to compare vertical jumps with lower limb among Indian divers”



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S.no	Rank and Name	Achievements
29	Sqn Ldr Geetika R Jadon	Attended PHYSIOCON 2024 held on 16 & 17 Mar 24 at SHKM Government medical college, Nalhar, Nuh, Haryana and presented oral paper titled "Correlation of VO2 Max with body composition in combat athletes of sports institute in western Maharashtra"
30	Maj Arun	Attended PHYSIOCON 2024 held on 16 & 17 Mar 24 at SHKM Government medical college, Nalhar, Nuh, Haryana and presented oral paper titled "Comparison of upper limb anaerobic capacity and body composition between two combat sports"
31	All Faculty and Residents	Attended NUFFOODS Spectrum sports nutrition summit 24 at ASI on 23 & 24 Feb 2024
32	All Faculty and Residents	Medical Cover during REC Western open talent hunt boxing program for sub-junior, junior, youth & elite men and women at



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S.no	Rank and Name	Achievements
33	Lt Col Manoj Yadav, Sqn Ldr Arivarasan S, Maj Amir Khan & Maj Priyaa H	Attended BFI Ringside Doctor Certificate course during 7 th Elite Women National Boxing Championship at GBU Indoor stadium, Greater Noida, UP from 19 to 20 Dec 2023
34	Maj Amir Khan	Presented paper on “A Complete Distal Biceps Tendon Tear in Elite Boxer: Integrating Trauma and Sports Medicine On Field” at ISTAC 2023 at AFMC Pune on 25 Nov 23
35	Maj Arun L and Maj Amir Khan	Attended annual conference of Indian society for trauma and acute care on 24 th and 25 th Nov 23 at AFMC Pune
36	Maj Amar Singh	Performed the duties of ring side doctor at IBA Junior world championship 2023 at Yerevan, Armenia from 22 Nov – 04 Dec 2023



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S.no	Rank and Name	Achievements
37	Sqn Ldr A Sai Mythresh	Travelling with Army Weight lifting team for 66 th inter services weight lifting championship 2023-24 at 3 BRD Airforce Station Chandigarh from 20 – 23 Nov 23
38	Maj Amir Khan	Travelling with Army boxing team for 72 nd Inter services Boxing Championship to INS Hamla from 16 to 18 Nov 23
39	All faculty and residents	Attended, sports injuries rehabilitation workshop at Armed forces arthroscopy and sports medicine update 23, at MH Kirkee on 04 and 05 Nov 23
40	Lt Col Manoj Kumar Yadav	Delivered talk on 'will I ever play again? rehabilitation strategy after knee surgery' in CME on Armed forces arthroscopy and sports medicine updates 2023 on 4-5 Nov 2023 at MH Kirkee



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S.no	Rank and Name	Achievements
41	Maj Arun L	Delivered talk on 'back to play; rehabilitation strategy after shoulder surgery' in CME on Armed forces arthroscopy and sports medicine updates 2023 on 04 - 05 Nov 2023 at MH Kirkee
42	Maj Amar Singh	Attended council of international military sports symposium at Tunis, Tunisia on 31 Oct to 03 Nov 23
43	Col Karuna Datta	Attended scientific assessment in elite (NAMSCON 23) 63 rd annual conference at M S Ramaiah Medical college Bangalore on 5 th Oct 23
44	Sqn Ldr Geetika Rani Jadon	Travelling with team for national level open boxing championship for junior and sub-junior boys and girls at SAI NBA Rohtak from 15 – 23 Sep 23



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S.no	Rank and Name	Achievements
45	Maj Jayant Rastogi	Attended CME on legal and ethical issues in health care at AFMC on 14 – 15 Sep 23
46	Lt Col Amit Kumar Singh and all residents	Attended workshop on myofascial release at LHSS hospital pune on 09 and 10 Sep 23
47	All faculty and residents	Attended workshop on Echocardiography at API-AFMS 1 st annual conference and NMUD 23 on 05 – 07 Sep 23 at AICTS Pune
48	All faculty and residents	Conducted lectures and workshop on injury prevention during training at NDA Khadakwasla on 21 Aug 23



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S.no	Rank and Name	Achievements
49	Sqn Ldr Geetika Rani Jadon	Presented poster on conservative management of Os Navicular in boxer at CME on oxygen in clinical and military medicine at AFMC Pune on 18 – 19 Aug 23
50	Sqn Ldr Arivarasan S and Sqn Ldr Geetika Rani Jadon	Attended CME on oxygen in clinical and military medicine at AFMC Pune on 18 – 19 Aug 23.
51	Lt Col Amit Kumar Singh	Attended board of officers to discuss observations, recommendations by HQ ARTRAC in respect of customize PT regimen of 10 week for BMT of Agniveer at AIPT Pune on 26 July 23
52	Col Karuna Datta	Attended VC on yoga modules in consultation with ministry of AYUSH at AIPT Pune on 25 July 23



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S.no	Rank and Name	Achievements
53	Maj Arun L	Travelling with team for 6 th youth men's national boxing championship at Gangtok from 12 to 19 Jun 23
54	Col Karuna Datta	Secured first rank in poster presentation in CME "Health systems research and innovation (SANGAM 2023)" IIT Mumbai on 2 nd and 3 rd Jun 23
55	Col Karuna Datta	Detailed for enhancing physical and mental preparedness of women officers volunteered for solo circumnavigation (Sagar Parikrama) held at INS Mandovi, ocean sailing from 24 May 23 to 31 May 23
56	Maj Arun L	Presented poster at Advitya conference of Bombay medical congress 2023 on 12 Mar 23



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57	Sqn Ldr Arivarasan S	Presented poster at CAPCON 2022: National conference on Clinical and Applied Physiology on 05 Feb 2023 at Gajra Raja Medical College, Gwalior (MP)
58	Sqn Ldr Arivarasan S	Presented paper at CAPCON 2022: National conference on Clinical and Applied Physiology on 04 Feb 2023 at Gajra Raja Medical College, Gwalior (MP)
59	Sqn Ldr Arivarasan S	Presented paper at APPICON 2022: 68 th Annual National Conference of Association of Physiologists and Pharmacologists of India at Chandigarh from 13 to 15 Dec 2022
60	Col Karuna Datta	Awarded best research paper in Natural health, Naturopathy and Yoga-Shushila Thaker Prakruthi Mandir Award during APPICON 2022 on 13 Dec 2022 at PGI Chandigarh for publishing the paper “electrophysiological evidence of local sleep during Yoga Nidra Practice”



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61	Col Karuna Datta	Faculty invite as speaker for APPICON 2022: 68 th Annual National Conference of association of Physiologists of India at Chandigarh from 13 to 15 Dec 2022
62	Col Karuna Datta	Faculty invite for annual research society conference on “Reversing lifestyle diseases – basics to advanced” at MIMER Medical College and Dr B.S.T.R Hospital on 08 Dec 2022
63	Lt Col Amit Kumar Singh	Attended ANCEMP held at Dept of Psychiatry, AFMC from 11 to 12 Nov 2022
64	Maj Jayant Rastogi	Attended BLS/ACLS course from 06 to 08 Nov 2022 at AFMC Pune and achieve ‘IP’ grade



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S.no	Rank and Name	Achievements
65	Maj Jayant Rastogi, Maj Arun L and Sqn Ldr Geetika Rani Jadon	Attended National CME on Health and wellness- Pragmatic shift from clinical care to holistic health care from 13 to 14 Oct 2022 at Dept of Community Medicine AFMC
66	Col Karuna Datta	Faculty invite for CME on national sports day at sports injury centre, VMMC and Safdarjung Hospital, New Delhi virtually on 27 Aug 2022
67	Col Karuna Datta	Attended conference on Diamond Jubilee medical update on 04 to 06 Aug 2022 at AFMC Pune
68	Col Karuna Datta	Talk on Chrono-Biology and Sleep for injury free performance on 25 Mar 2022



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69	Surg Cdr Ashirwad Jadhav and Dr Grishwar Sharma	Attended ISSEMCON 2022 conducted by Indian Society of Sports Exercise Medicine on 24 to 26 Mar 2022 at Saveetha Medical College and Hospital, Chennai. Dr Grishwar presented paper
70	Col Karuna Datta	Invited as virtual guest speaker on sleep technology workshop at AllIA, New Delhi from 21 to 23 Mar 2022
71	Maj Jayant Rastogi, Sqn Ldr Arivarasan S and Dr Grishwar Sharma	Attended workshop for ISAK level 1 at ASI from 21 to 25 Feb 2022
72	Maj Amar Singh	Conducted workshop on dry needling at AFMC on 19 Feb 2022



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73	Maj Suraj Bansal	Conducted workshop on PRP injections at AFMC on 19 Feb 2022
74	Col Karuna Datta	Invited in innovations in VUCA environment (IMPHE – 2021-22) to present “standardized family module: An innovative strategy to teach communication skill” at New Delhi (Virtually)
75	Lt Col Narendra Yadav	Best paper presentation on ISAMCON Jaipur on ‘Effect of intense Exercise on sleep in elite sports person’ in Feb 2020