









Training activities:

The Department of Sports Medicine conducts the MD Sports Medicine programme, a three-year postgraduate course with an annual intake of two medical officers. Residents undergo structured training across all aspects of sports medicine, with exposure to current developments through supervised clinical work in OPD and wards, seminars, journal clubs, case presentations and hands-on training on specialised sophisticated equipment every week. The affiliated faculty at ASI and AFSMC play an active role in the training activities of residents. There are interdepartmental collaborations with geriatric medicine, orthopaedics, neurosurgery, endocrinology, cardiology and rheumatology for training and research activities.

To support this comprehensive training, residents rotate through recognised centres at the Army Sports Institute (ASI), Armed Forces Sports Medicine Centre (AFSMC), Military Hospital Kirkee, Command Hospital (Southern Command), and the Artificial Limb Centre (ALC). Out-rotations include attachments as team physicians with sports teams during competitions, as well as a four-week rotation at the Netaji Subhash National Institute of Sports (NSNIS), Patiala, and the National Dope Testing Laboratory (NDTL), New Delhi, providing additional exposure to specialised and evolving areas of the field. Exposure to internationally recognised Biomechanics laboratory is given through a short stint at SRMC Chennai during the PG Training.

In addition to postgraduate training, the department conducts an eight-week onsite capsule course for medical officers of the three services aimed at reduction of training related musculoskeletal injuries and promoting musculoskeletal health within the military population. Sports medicine orientation is a part of the elective curriculum for undergraduates and is also a part of the internship completion capsule for interns across the AFMS hospitals.

Interdepartmental research activities have been undertaken with department of Obstetrics and gynecology, dermatology, dental surgery and medical research to augment the training activities for identifying lifestyle disorders and implementing exercise based interventions for the population.

General principles		Plyometric exercises	
Warm-up		Balance exercises	
Upper body strengthening		Cross training	
Core strengthening		Cool down	

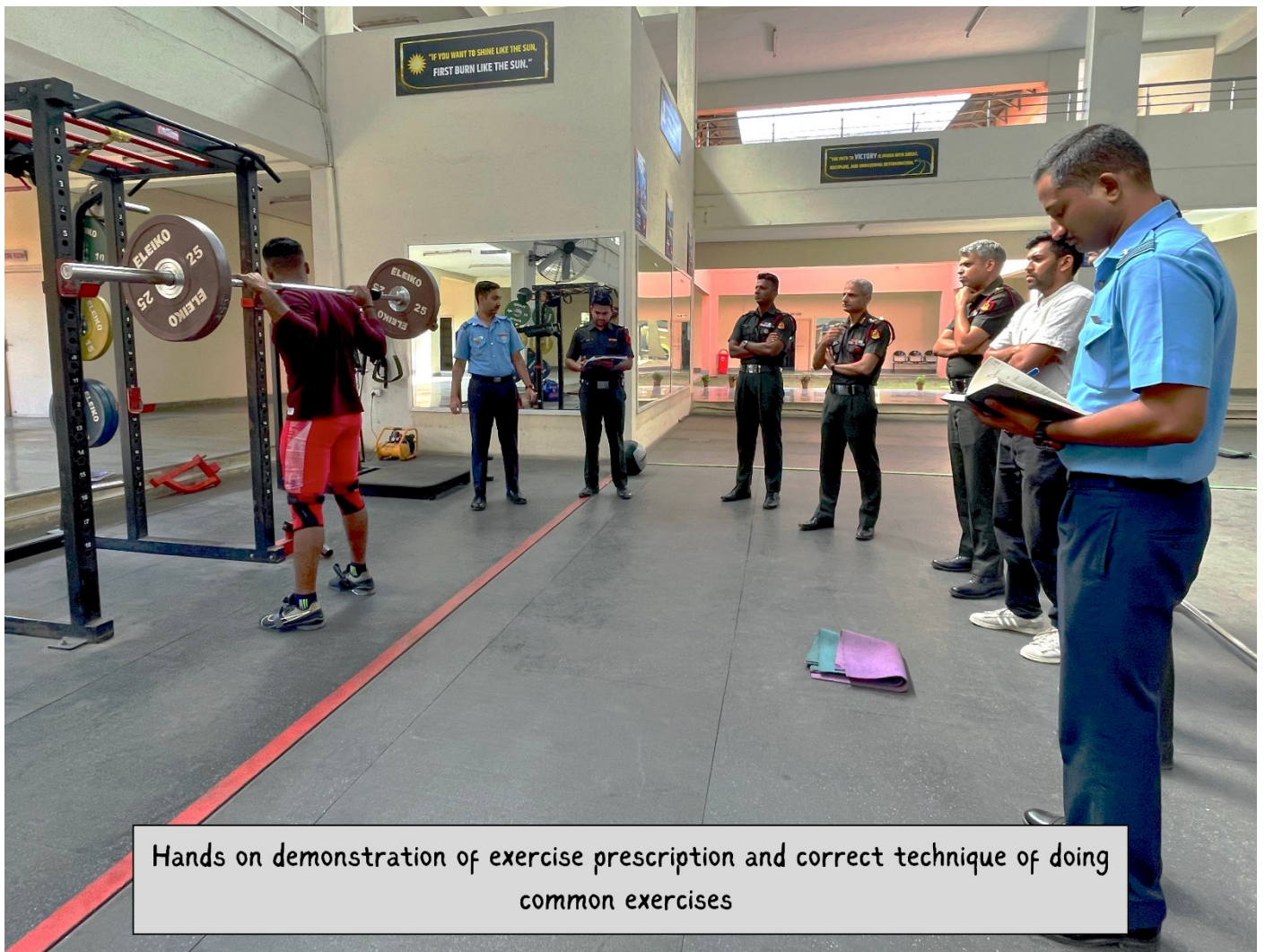
Lower body strengthening



Hands on training of sports medicine certificate course officers in exercise therapy



Hands on training of sports medicine certificate course officers in balance training



Hands on demonstration of exercise prescription and correct technique of doing common exercises



3rd Eight weeks course officers with Maj Gen Atul Seth, Dean and Dy Comdt, AFMC and faculty of the Dept of Sports Medicine



Hands on demonstration of taping techniques



Maj Priyaa K (JR3) conducting a workshop on Sarcopenia assessment and fall prevention during GERICON 2025



Residents during their out rotation to NSNIS, Patiala.