



**JAIN**  
DEEMED-TO-BE UNIVERSITY

SCHOOL OF  
SCIENCES

Department of Psychology  
&  
Sports Club

Present

## THE MIND LEAGUE

A Two - Day  
Sports Psychology Workshop on

**"Key Psychological Skills for Peak Performance in Sports"**



14<sup>th</sup> & 15<sup>th</sup> October 2022 | 09:30 A.M. - 03:30 P.M.



Conference Hall, JAIN (Deemed-To-Be University)  
School Of Sciences, JC Road, Bangalore.

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## Topics Covered

**14<sup>th</sup> October 2022**

- Flow state: Performing to the best potential
- Motivating Athletes to Succeed
- Panel Discussion on:  
"Relationship between Coaches, Athletes and psychologist"

**15<sup>th</sup> October 2022**

- Building high-performing teams
- Goal Setting



## Speakers



Ms. Nivedita Rajan



Ms. Priyanka Prabhakar



Ms. Vaishali Chaudhary



Mr. Siva Sridhar



Dr. Chaitanya Sridharv



Mr. Santosh Nagarajachari