

**WORKSHOP ON ‘RECENT ADVANCEMENTS IN ON-FIELD SPORTS INJURY MANAGEMENT’ WAS ORGANIZED IN THE INSTITUTE ON 18<sup>TH</sup> TO 20<sup>TH</sup> JULY 2019.**

A workshop on “SPORTS INJURIES MANAGEMENT ON FIELD’ was organized in the Institute on 18<sup>th</sup> to 20<sup>th</sup> July, 2019, as a value added program for 25 students going in BPT 4<sup>th</sup> year.

Dr Nidhi Kalra (PT) motivated the team of faculty members to organize and frame the contents of workshop for college students. This 3 days workshop was first of its kind organized by the institute in which Dr Davinder kumar gaur (PT), assistant professor; Dr Mohd. Asif (PT), assistant professor and Dr Jatin Maheshwari, lecturer Red Cross society, Delhi conducted various sessions of Athletic Injury Management, Emergency in sports, Sports injuries Taping, Elastic Resistance Band Exercises & Injury prevention and return to sports on different days.

Students were provided hands on practical demonstrations by the faculties therefore response to acute on field trauma or injury, transportation, CPR or cardiac massage, Theraband resistance training exercises, athletic injury tapping technique, principles and on field evaluation tests were performed. The last day of the workshop was designed to provide outcome of learning in the event and both written as well as practical assessment of all 25 participants were performed.

Towards the end of session students were delighted to learn about these topics and enthusiasm among them was top notch with suggestions to organize more number of such workshops in campus.

Students expressed their sincere gratitude to Dr Nidhi Kalra, officiating in-charge and college faculty Dr. Davinder and Dr. Asif for taking such initiative and sharing best of their knowledge with them. All students were looking forward for more such workshops in future.

