

## Sports Tournament (Nehru Cup U-17 National Hockey Championship)

**23<sup>rd</sup> October- 3<sup>rd</sup> November 2023**

BCIP placed MPT Sports students to Nehru Cup, a National level Hockey Tournament held at Shivaji Stadium, New Delhi. Students from BCIP were appointed as a physiotherapist by Dr. Ifra Aman (PT) FROM 23<sup>rd</sup> October to 3<sup>rd</sup> November 2023. Students were expected to tend to various sports injuries and first aid prior and post matches. Various on field injuries were treated by students. They were able to apply their theoretical knowledge in hand on practical way and learned how to swiftly respond to injuries.

BCIP students were awarded by the organizing committee to serve and provide their services to the players. BCIP students had an amazing experience at this tournament as they got the chance to work with National level hockey players, and had a great time during on-field assessments and treatment. They performed various techniques such as taping, cupping and used various modes of physical therapy such as Myofascial release, Deep Friction massage to help out the hockey players during and after their matches. Apart from PT Managements, students were also able to provide On-field First Aid treatment. Overall it was an overwhelming opportunity for us to take a look at the aspect of Sports Physiotherapy.

