

SHRIMAD RAJCHANDRA COLLEGE OF PHYSIOTHERAPY

REPORT OF WORKSHOP

TOPIC OF WORKSHOP: Let's Train the Core

RESOURCE PERSON: Dr. Anand Patel

DATE: 21st , 22nd July and 11th – 12th August

NO. OF STUDENTS PARTICIPATED: 47

SEMESTER: 5th semester

WORKSHOP CONTENT:

Shrimad Rajchandra college of physiotherapy organised a 4-day Expert talking I which Dr. Anand J. Patel, Assistant professor at Shrimad Rajchandra college of Physiotherapy was the expert for the topic. In during first day Students learned about the details about the core, its anatomy, action and mechanism of the core and assessment of core strength and endurance were taught. Details about the importance of the core in the human body were explained to them. On day 2, practical session regarding core strengthening exercise were given. They were explained regarding core strengthening approach to patient as well as when dealing with athelets. Throughout the expert talk various queries regarding the topic were discussed between the instructor and students.

WORKSHOP GALLERY (4-5 PHOTOS):



