

SHRIMAD RAJCHANDRA COLLEGE OF PHYSIOTHERAPY

REPORT OF EXPERT TALK

TOPIC OF EXPERT TALK: PLYOMETRICS: WHAT IT IS & HOW TO DO IT

RESOURCE PERSON: Dr. Bhavik Jhaveri

DATE: 14TH-15TH FEBRUARY & 19TH-20TH FEBRUARY 2024

NO. OF STUDENTS PARTICIPATED: 59

SEMESTER: 8th

WORKSHOP CONTENT:

Shrimad Rajchandra college of Physiotherapy organised an expert talk on “Plyometrics: What it is & How to do it” for 4th Year B.P.T. students.

Dr. Bhavik Jhaveri (PT), Assistant Professor, Shrimad Rajchandra College of Physiotherapy, was the expert for the session.

In this expert talk, Dr. Bhavik covered basic principles, indications, precautions & contraindications of Plyometric training. Students were also provided knowledge about various plyometric drills for upper and lower extremity for rehabilitation purpose. Throughout the session, various queries regarding the plyometric exercise & training were discussed between the speaker and students.

EXPERT TALK GALLERY (4-5 PHOTOS):

