45

DAYANANDA SAGAR UNIVERSITY



Workshop on:

BLOOD FLOW RESTRICTION TRAINING AND ITS CLINICAL APPLICATION IN REHAB

COLLEGE OF PHYSIOTHERAPY
SCHOOL OF HEALTH SCIENCES

NAME OF COORDINATOR: Dr. Vinod Kumar (PT), Dr. Olivia, Dr. Jagrruthi

Date of Event: 13th November, 2025



20/11/25

IQAC CELL
COLLEGE OF PHYSIOTHERAPY
DAYANANDA SAGAR UNIVERSITY

27/11/2025

Principal
College of Physiotherapy
DAYANANDA SAGAR UNIVERSITY
Devarakaggalahalli, Harohalli,
Kanakapura Road, Ramanagar Dist
Karnataka-562 112

COLLEGE OF PHYSIOTHERAPY
HAROHALLI
562112
DAYANANDA SAGAR UNIVERSITY

INDEX

Note- Page number may not be required and delete the optional index which is not applicable (10 /12 only)

1. **Introduction of the Event**
2. **Objective of the Event**
3. **Beneficiaries of the Event**
4. **Details of the Guests**
5. **Brief Description of the event**
6. **Photographs (3 to 5 max all aligned– with geo tagging)**
7. **Brochure or creative of the event**
8. **Schedule of the Event**
9. **Attendance of the Event**
10. **News Publication** (optional)
11. **Feedback of the Event**
12. **Link of website- if uploaded on portal** (optional)

Note- all above points are mandatory other than 10 and 12.





1. Introduction of the Event

Blood Flow Restriction (BFR) Training is an advanced rehabilitation and strength-conditioning technique that allows patients and athletes to gain muscular strength and hypertrophy using low-load resistance exercises. Recognising the growing clinical relevance of this technique, the Department of Physiotherapy organised a Workshop on Blood Flow Restriction Training **on** 13th November 2025.

The workshop aimed to bridge the gap between theoretical understanding and clinical application by providing both online theory sessions and an in-person hands-on training module for students.

2. Objective of the Event

To introduce students to the principles and scientific basis of Blood Flow Restriction (BFR) Training.

To enhance the clinical skills of students in applying BFR safely and effectively in rehabilitation.

To provide practical exposure through hands-on training sessions.

To evaluate students' understanding through an examination and certify them upon successful completion.

3. Beneficiaries of the Event

- IV Year BPT Students
- Internship Students
- Post Graduate Students

The event primarily benefited physiotherapy students by enhancing their practical and evidence-based clinical knowledge.

This event aligns with the **Vision and Mission of Dayananda Sagar University**, which

emphasizes academic excellence, experiential learning, innovation in healthcare education, and commitment to producing globally competent healthcare professionals. The exposure encourages research thinking, ethical care, and professional development in line with the university's goals.

4. Details of the Guests

Dr. Durga Pratap Ganesan, Director and Chief Physiotherapist at Dr GD Physiotherapy and Fitness, and India's first Blood Flow Restriction (BFR) Training and Strength & Conditioning Instructor.

His professional journey includes significant roles such as:

- Former Assistant Professor at Lovely Professional University
- Director at Dr. GD Physiotherapy and Fitness
- India's first BFR Instructor with a course accredited worldwide (BFOTbyDrGD©)

Dr. Durga has trained over 1000 physiotherapists and students in Blood Flow Restriction Training and Strength & Conditioning since March 2020. He actively mentors university students in their BFR clinical trials and serves as a Board of Studies member at GNA University, contributing to curriculum development and research initiatives

5. Brief Description of the event

The workshop was conducted in a hybrid format, beginning with online theory classes delivered to students before the actual workshop date. These preparatory sessions ensured that participants had a strong conceptual foundation before attending the hands-on training.

On 13th November 2025, Dr. Durga Pratap conducted a comprehensive on-site session, which included:

- A detailed explanation of BFR training techniques and protocols
- Demonstration of cuff application and safety guidelines
- Practical hands-on training where students practised under expert supervision

At the end of the workshop, students were required to appear for an examination. Only those who successfully cleared the exams were awarded certificates of completion, thereby ensuring quality and accountability in learning.

The workshop was highly interactive and provided valuable real-time clinical exposure to students, strengthening their professional competencies in advanced rehabilitation techniques.

6. Photographs (3 to 5 max all aligned– with geo tagging)



Pic1- Group photo of BFR Workshop

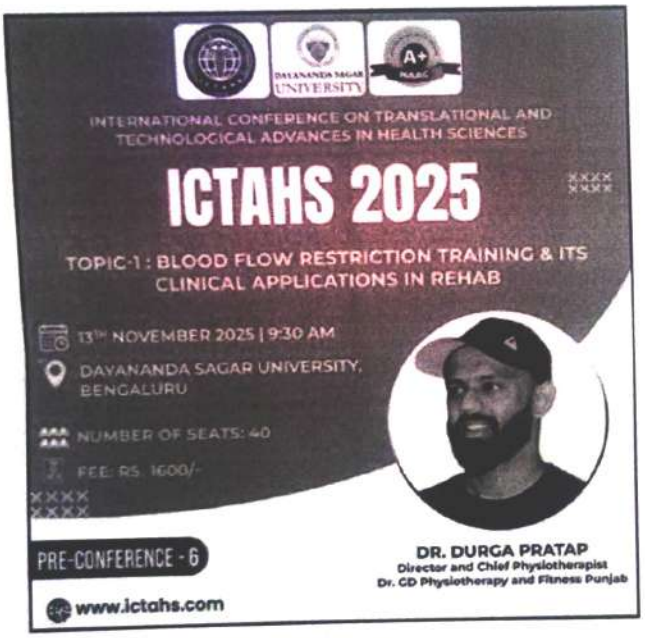


Pic 2- Dr. Durga Pratap Ganesan demonstrating techniques in BFR training

COLLEGE OF PHYSIOTHERAPY
HAROHALLI
562112
DAYANANDA SAGAR UNIVERSITY

7. **Brochure or creative of the event**

Attach the brochure/creative of the event



COLLEGE OF PHYSIOTHERAPY
HAROHALLI
562112
DAYANANDA SAGAR UNIVERSITY

8. Schedule of the Event

Date- 13th November 2025

Time of the event- 8am to 6pm

9. Attendance of the Event

Attached at the end of the report

10. News Publication

Nil

11. Feedback of the Event

Nil

12. Link of website- if uploaded on portal

Nil

Signature of the Coordinator

Seal and Signature of the Head of Department/Unit with date

Digital Signature certificate is also acceptable

Principal
College of Physiotherapy
DAYANANDA SAGAR UNIVERSITY
Devarakaggalahalli, Haroh
Kanakapura Road, Ramanagar Dist.
Karnataka-562 112

COLLEGE OF PHYSIOTHERAPY
HAROHALLI
562112
DAYANANDA SAGAR UNIVERSITY

ICTAHS 2025 Pre-Conference Reg. Details

Sl No.	Name	Reg No.	Mobile No.	Email Id	Transaction Number	Amount	Paid Date	Registered	Signature
1	Ms. PRIYA SIROHI		8.98E+09	ps.priyasirohi@gmail.com	ICTAHSP1762379040486	1600	11-05-2025 00:00	No	
2	Mr. DHRUV BELGAVE	13	9.82E+09	dhruvbelgave@gmail.com	ICTAHSP1761915206614	1600	10/31/2025 12:00:00 AM	Yes	
3	Dr. NITHIL M	73	8.28E+09	nithilmadhi1208@gmail.com	ICTAHSP1761858699474	1600	10/30/2025 12:00:00 AM	Yes	
4	Mr. RUPAM A. DEY	79	6.35E+09	rupamdey0807@gmail.com	ICTAHSP1761857484688	1600	10/30/2025 12:00:00 AM	Yes	
5	Dr. PRINCY CIA DA COSTA	1224	8.81E+09	princydacosta@gmail.com	ICTAHSP1761838228668	1600	10/30/2025 12:00:00 AM	Yes	
6	Ms. AMRA NIZAR	1223	7.99E+09	amranizar686@gmail.com	ICTAHSP1761827125122	1600	10/30/2025 12:00:00 AM	Yes	
7	Dr. SOMANAGOUD.N BIRADAR	833	8.15E+09	theyuva8055@gmail.com	ICTAHSP1761825655689	1600	10/30/2025 12:00:00 AM	Yes	
8	Dr. RAHUL K		7.34E+09	rahulkandgal07@gmail.com	ICTAHSP1761822735650	1600	10/30/2025 12:00:00 AM	No	
9	Dr. ASHWINI M PATIL	844	8.22E+09	ashpatil064@gmail.com	ICTAHSP1761820753782	1600	10/30/2025 12:00:00 AM	Yes	
10	Dr. VANAM KOWSHIK	832	9.97E+09	kowshikvanam2000@gmail.com	ICTAHSP1761820570507	1600	10/30/2025 12:00:00 AM	Yes	
11	Dr. PASUMARTHY SHARVANI CHANDRALEKHA	811	8.69E+09	pasumarthysharvani@gmail.com	ICTAHSP1761820410687	1600	10/30/2025 12:00:00 AM	Yes	
12	Ms. SAHANA N	809	9.54E+09	gsahanan2000@gmail.com	ICTAHSP1761820408989	1600	10/30/2025 12:00:00 AM	Yes	
13	Ms. ROCHELLE DOMNIC FERNANDES	810	8.3E+09	rochfernandes17@gmail.com	ICTAHSP1761820341584	1600	10/30/2025 12:00:00 AM	Yes	
14	Dr. ADITI SASHI	804	9.11E+09	aditisashi40@gmail.com	ICTAHSP1761820344738	1600	10/30/2025 12:00:00 AM	Yes	
15	Ms. RUCHITA RAJESH ASNOTKAR	806	9.63E+09	asnotkarruchita@gmail.com	ICTAHSP1761820345867	1600	10/30/2025 12:00:00 AM	Yes	
16	Ms. ANUSHA K	126	7.8E+09	anushakrishnappa2004@gmail.com	ICTAHSP1761732102728	1600	10/29/2025 12:00:00 AM	Yes	
17	Ms. JURINGLIU CHAWANG	36	8.84E+09	Juringchawang1@gmail.com	ICTAHSP1761731430133	1600	10/29/2025 12:00:00 AM	Yes	
18	Mr. GOUTHAM KRISHNA	15	9.66E+09	gouthamk261@gmail.com	ICTAHSP1761731202189	1600	10/29/2025 12:00:00 AM	Yes	
19	Mr. MALLIKARJUN.K.PATIL	66	7.62E+09	mallikarjun.k.p.18@gmail.com	ICTAHSP1761731202609	1600	10/29/2025 12:00:00 AM	Yes	
20	Ms. NAYANA JOSE	47	8.66E+09	chinnunayanajose31@gmail.com	ICTAHSP1761731236274	1600	10/29/2025 12:00:00 AM	Yes	
21	Mr. WILLIAM CHARLES PEREIRA	1212	8.88E+09	willy07william@gmail.com	ICTAHSP1761677391965	1600	10/28/2025 12:00:00 AM	Yes	

22	Dr. SUSHMITA SAHANI	75	6.29E+09	sushmitasahani1501@gmail.com	ICTAHSP1761481524832	1600	10/26/2025 12:00:00 AM	Yes	
23	Dr. RAMAN TAMANG		7.58E+09	ramantamang1999@gmail.com	ICTAHSP1761413646770	1600	10/25/2025 12:00:00 AM	Yes	
24	Dr. RITHIKA.E	63	7.02E+09	riturithika3158@gmail.com	ICTAHSP1761405010426	1600	10/25/2025 12:00:00 AM	Yes	
25	Ms. H N SHASHISHREE	84	9.39E+09	h.n.shashishree@gmail.com	ICTAHSP1761404693617	1600	10/25/2025 12:00:00 AM	Yes	
26	Dr. THENAMUDHAN	99	9.72E+09	thenu2002@gmail.com	ICTAHSP1761404526082	1600	10/25/2025 12:00:00 AM	Yes	
27	Mr. ROJIN DANIEL	98	9.55E+09	rojindaniel2001@gmail.com	ICTAHSP1761393439279	1600	10/25/2025 12:00:00 AM	Yes	
28	Dr. MUSKAN JEHANGIR	78	6.01E+09	andleebdar@gmail.com	ICTAHSP1761251957346	1600	10/23/2025 12:00:00 AM	Yes	
29	Dr. PRATISHTHA MATHUR	88	8.69E+09	mathurpratishtha07@gmail.com	ICTAHSP1761230577587	1600	10/23/2025 12:00:00 AM	Yes	
30	Dr. KHAN ALFIA BEGUM AFROZALI	106	8.88E+09	alfiak1979@gmail.com	ICTAHSP1761230464832	1600	10/23/2025 12:00:00 AM	Yes	
31	Ms. CHAVDA BANSARI RUDABHAI	89	7.07E+09	bansarichavda25@gmail.com	ICTAHSP1761230024899	1600	10/23/2025 12:00:00 AM	Yes	
32	Dr. ANJALI AGRAWAL PT	213	8E+09	aanjali19agrawal@gmail.com	ICTAHSP1761230027175	1600	10/23/2025 12:00:00 AM	Yes	
33	Dr. JESSICA FERRAO	70	6.37E+09	jessicablossom2001@gmail.com	ICTAHSP1761229987766	1600	10/23/2025 12:00:00 AM	Yes	
34	Ms. AIMAN	40	8.6E+09	aimanjamil279@gmail.com	ICTAHSP1760097098586	1600	10-10-2025 00:00	Yes	
35	Ms. PALAK KUMARI	44	9.11E+09	Palaksinghtvs@gmail.com	ICTAHSP1760095584249	1600	10-10-2025 00:00	Yes	
36	Ms. SHRUSTI	22	7.34E+09	shrustikb6869@gmail.com	ICTAHSP1760095285806	1600	10-10-2025 00:00	Yes	
37	Ms. VAISHNAVI JOSHI	12	9.97E+09	vaishnavi6702@gmail.com	ICTAHSP1760094248479	1600	10-10-2025 00:00	Yes	
38	Ms. TANYA JAGGI	14	9.77E+09	tanyajaggi77@gmail.com	ICTAHSP1760093540206	1600	10-10-2025 00:00	Yes	
39	Dr. AVULA PALLAVI	19	8E+09	avulapallavi72@gmail.com	ICTAHSP1760093055671	1600	10-10-2025 00:00	Yes	
40	Ms. PHILOMENA LALREMRUATI SINGSON	28	9.86E+09	philomenasingson111@gmail.com	ICTAHSP1760092897343	1600	10-10-2025 00:00	Yes	
41	Mr. KARTHIK.L	29	8.22E+09	Karthikgowda4903@gmail.com	ICTAHSP1760092810701	1600	10-10-2025 00:00	Yes	
42	Mr. SIDDHANTH DUTTA GUPTA	64	8.88E+09	siddhanthdg1@gmail.com	ICTAHSP1760092688189	1600	10-10-2025 00:00	Yes	
43	Ms. PASUPULA SUJANA	20	8.37E+09	Sujanapasupula25@gmail.com	ICTAHSP1760092708125	1600	10-10-2025 00:00	Yes	
44	Ms. ARSHIYA HUSSAIN M	427	9.94E+09	arshiyahussain510@gmail.com	ICTAHSP1758356593827	1600	9/20/2025 12:00:00 AM	Yes	

COLLEGE OF PHYSIOTHERAPY HAROHALLI 562113 DAYANANDA SAGAR UNIVERSITY