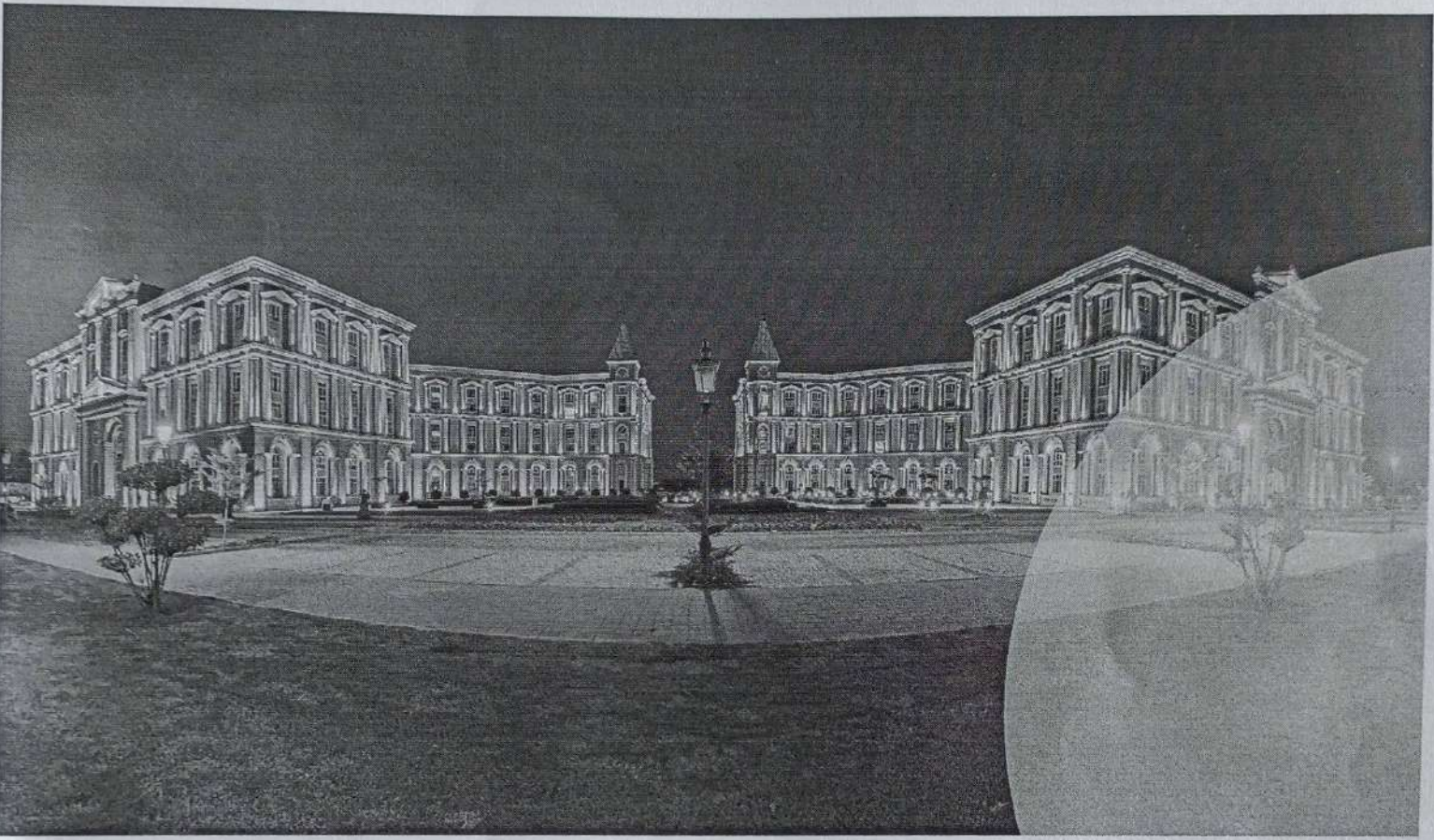




DAYANANDA SAGAR
UNIVERSITY



NAAC



ALUMINI CONNECT - 2026

DR. KOUSHIK(PT) & DR.SUMEETA DAVID (PT)

“FROM PHYSIOTHERAPIST TO ENTREPRENEUR”

**COLLEGE OF PHYSIOTHERAPY,
SCHOOL OF HEALTH SCIENCES.**

DR GAYATHRI POOJARY (PT), DR R MUKESH KUMAR (PT)

Faculty Coordinator, College of Physiotherapy.

11/03/2026

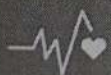


7. Letty
20/3/2026



INDEX

1. Introduction of the Event.
2. Objective of the Event.
3. Beneficiaries of the Event.
4. Brief Description of the event.
5. Photographs.
6. Brochure or creative of the event.
7. Schedule of the Event.
8. Attendance of the Event.





1. Introduction of the Event

The College of Physiotherapy, under the School of Health Sciences, Dayananda Sagar University, organized an Alumni Lecture titled **“Bridging the Gap Between Rehab and Performance”** on **9th March 2026**. The session was delivered by **Dr. Prajna Poonacha M (PT)** and was attended by IV Year BPT students and interns. The event was designed to provide participants with valuable insights into the evolving role of physiotherapists in integrating rehabilitation principles with performance enhancement strategies.

In contemporary healthcare and sports settings, physiotherapists are expected not only to restore function following injury but also to optimize movement, prevent re-injury, and enhance overall physical performance. Recognizing this growing scope of practice, the session focused on bridging the gap between traditional rehabilitation approaches and performance-based physiotherapy interventions.

The lecture provided students with exposure to evidence-based clinical practices, return-to-sport protocols, injury prevention strategies, athletic conditioning, and performance optimization techniques. Through professional experiences and practical examples, the speaker highlighted the importance of adopting a holistic and patient-centered approach in physiotherapy.

The event was aligned with the United Nations Sustainable Development Goals (SDGs), particularly:

- **SDG 3: Good Health and Well-being** – by promoting evidence-based rehabilitation and performance enhancement practices that contribute to improved health outcomes.
- **SDG 4: Quality Education** – by providing students with industry-relevant knowledge and experiential learning opportunities.
- **SDG 9: Industry, Innovation and Infrastructure** – by encouraging innovative approaches, scientific advancements, and evidence-based practices in physiotherapy and rehabilitation sciences.

The session served as an important platform for students to understand contemporary trends in physiotherapy practice and prepare themselves to become competent





healthcare professionals capable of addressing the demands of modern rehabilitation and performance settings.

2. Objective of the Event

- To provide an understanding of the relationship between rehabilitation and performance enhancement in physiotherapy practice.
- To expose students to contemporary evidence-based approaches in sports rehabilitation, injury prevention, and athletic performance.
- To enhance knowledge regarding return-to-sport decision-making, movement analysis, and performance optimization strategies.
- To bridge the gap between academic learning and professional clinical practice through meaningful alumni interaction.
- To encourage critical thinking, clinical reasoning, and evidence-based decision-making among future physiotherapists.
- To create awareness regarding emerging opportunities in sports physiotherapy, rehabilitation sciences, and performance healthcare.
- To support Sustainable Development Goals, particularly SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 8 (Decent Work and Economic Growth), and SDG 9 (Industry, Innovation and Infrastructure).

3. Beneficiaries of the Event

The Alumni Lecture significantly benefited IV Year BPT students and interns of the College of Physiotherapy, School of Health Sciences, Dayananda Sagar University. The session enhanced participants' understanding of contemporary rehabilitation and





performance-based physiotherapy practices, thereby strengthening their academic and professional competencies (**SDG 4 – Quality Education**).

Students gained valuable insights into injury prevention, functional rehabilitation, return-to-sport protocols, movement assessment, and performance enhancement strategies, contributing to improved clinical knowledge and patient-care skills (**SDG 3 – Good Health and Well-being**). Exposure to innovative approaches in sports physiotherapy and performance science encouraged evidence-based practice, professional innovation, and scientific thinking (**SDG 9 – Industry, Innovation and Infrastructure**).

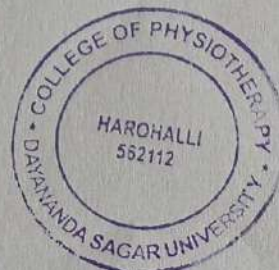
The session also highlighted emerging career pathways and professional opportunities within sports medicine, rehabilitation centers, athletic performance facilities, and healthcare organizations. This enhanced students' awareness of future employment prospects and professional development opportunities, thereby supporting **SDG 9 – Industry, Innovation and Infrastructure**.

Furthermore, interaction with a distinguished alumnus provided practical insights into real-world clinical practice, inspiring students to pursue excellence, lifelong learning, and professional growth. The event reinforced the vision and mission of Dayananda Sagar University by fostering competent, innovative, and socially responsible healthcare professionals.

4. Brief Description of the Event

The College of Physiotherapy, under the School of Health Sciences, Dayananda Sagar University, conducted an Alumni Lecture titled **“Bridging the Gap Between Rehab and Performance”** on **9th March 2026** in the Lecture Hall. The session was delivered by **Dr. Prajna Poonacha M (PT)** and was attended by IV Year BPT students and interns.

The lecture focused on the expanding role of physiotherapists in bridging the continuum between rehabilitation and performance enhancement. Dr. Prajna shared valuable professional experiences and highlighted the importance of extending clinical practice beyond injury recovery to include performance optimization, injury prevention, and long-term athlete development.





Key topics discussed during the session included functional rehabilitation, movement analysis, return-to-sport assessment, athletic conditioning, performance monitoring, and evidence-based strategies for maximizing physical performance. The speaker emphasized the importance of integrating scientific knowledge, clinical expertise, and individualized patient care to achieve optimal rehabilitation outcomes.

Students actively participated throughout the session and engaged in meaningful discussions regarding contemporary challenges and opportunities in sports physiotherapy. The interactive nature of the program enabled participants to gain practical insights into clinical decision-making, professional development, and emerging trends within rehabilitation and performance sciences.

The event facilitated experiential learning and strengthened the connection between academic knowledge and real-world clinical practice. It encouraged students to develop a broader perspective on physiotherapy by understanding the significance of performance-focused interventions in modern healthcare and sports settings.

Aligned with the United Nations Sustainable Development Goals, the event effectively supported

SDG 3 – Good Health and Well-being through the promotion of effective rehabilitation and preventive healthcare strategies;

SDG 4 – Quality Education through experiential and professional learning opportunities;

SDG 9 – Industry, Innovation and Infrastructure by encouraging innovation and evidence-based advancements in physiotherapy practice.

Overall, the alumni lecture successfully bridged academic learning with clinical practice, empowering students to become competent physiotherapy professionals committed to excellence, innovation, lifelong learning, and the advancement of healthcare services.





DAYANANDA SAGAR
UNIVERSITY

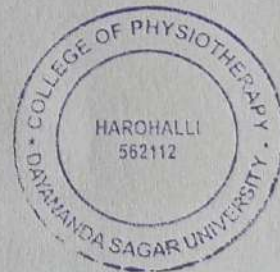


NAAC

5. Photographs



Pic 1 – Dr Prajna Poonacha been felicitated with Certificate of Appreciation



3 GOOD HEALTH
AND WELL-BEING

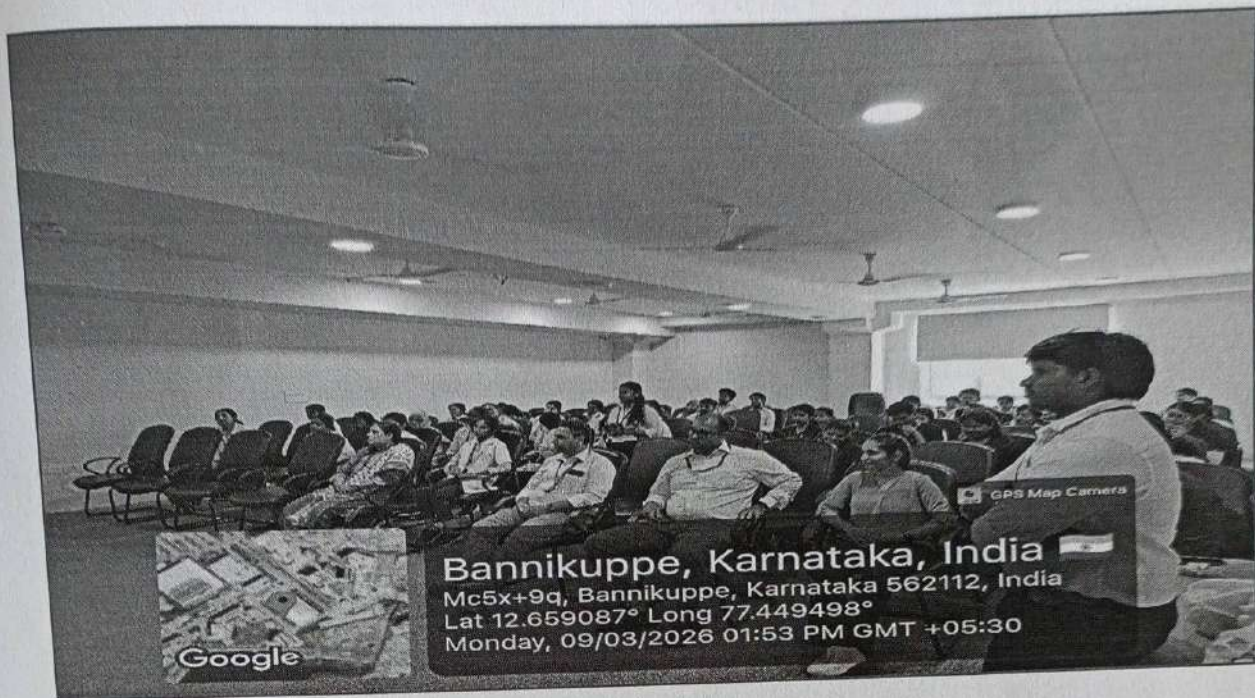


9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



4 QUALITY
EDUCATION





Pic 2 - Faculties, final years and interns attending the seminar



Pic 3 - Dr Prajna demonstrating Functional movement screening to final year student



DAYANANDA SAGAR
UNIVERSITY



NAAC

6. Brochure of the event



ALUMNI CONNECT 2026

09/03/2026 | Offline mode

**TOPIC - "BRIDGING THE GAP BETWEEN
REHAB AND PERFORMANCE"**



Dr Prajna Poonacha (PT)
Batch 2021-22 (MPT)
Consulting Physiotherapist
Praxion Sports Science & Physiotherapy Clinic
JP Nagar, Bengaluru

**CNE Hall, Ground floor,
Health Science Building, DSU,
Harohalli, Bengaluru-562112**

Event Coordinators
Dr R Mukesh Kumar (PT) +91 96772 73370
Dr Gayathri Poojary (PT) +91 91081 69985

**Principal and Faculty
College of Physiotherapy**

**Dean
School of Health Sciences**

**SUPERCHARGING INDIA'S AI FUTURE WITH DSU
INDIA'S AI-FIRST UNIVERSITY**





7. Schedule of the Event

Title: Bridging the Gap Between Rehab and Performance

Date: Monday, 9th March 2026

Time: 10:00 AM to 12:30 PM

Mode: Offline

Target Audience: IV Year BPT Students and Interns

Resource Person: Dr. Prajna Poonacha M (PT)

Theme: Integrating Rehabilitation Principles with Performance Enhancement for Optimal Patient Outcomes

Location: Lecture Hall, College of Physiotherapy, School of Health Sciences, Dayananda Sagar University, Harohalli Campus, Kanakapura Road, Bengaluru – 562112

TIME	EVENT NAME
10:00 AM – 10:10 AM	Welcome Address and Introduction of the Speaker
10:10 AM – 11:15 AM	Alumni Expert Session: Bridging the Gap Between Rehab and Performance
11:15 AM – 11:45 AM	Case-Based Discussion on Rehabilitation and Performance Optimization
11:45 AM – 12:15 PM	Interactive Question and Answer Session
12:15 PM – 12:25 PM	Felicitation of the Speaker





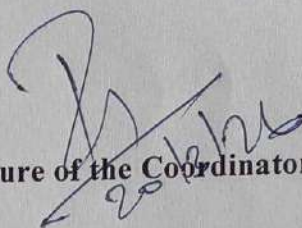
DAYANANDA SAGAR
UNIVERSITY

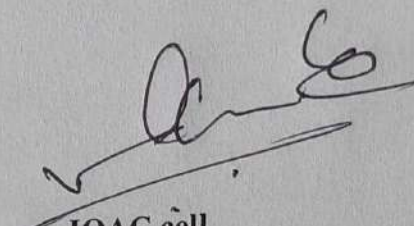


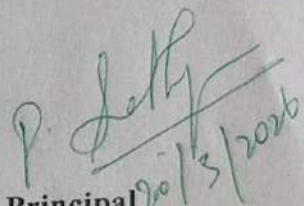
NAAC

8. Attendance of the Event.

Attendance has been attached with the coordinator's signature.


Signature of the Coordinator


IQAC cell


Principal 20/3/2026

COLLEGE OF PHYSIOTHERAPY
DAYANANDA SAGAR UNIVERSITY

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





COLLEGE OF PHYSIOTHERAPY

Topic- Bridging the gap between rehab and performance

Date - 09-03-2026

Sr. no	Name	USN No.	Batch	Signature
01.	ABHISHEK. R	HSC22PT0001	YEAR IV BPT	Abhishek.R
02.	A. Pallavi	HSC22PT0008	YEAR IV BPT	Pallavi
03.	Aripita. S	HSC22PT0007	Year IV BPT	Aripita.S
04.	Tharangi. V	HSC22PT0004	Year IV BPT	U. T. f.
05.	Anuska. S	HSC22PT0005	IV BPT	Alex
06.	chandana	HSC22PT0014	IV BPT	Chn
07.	Anushree. M	HSC22PT0006	IV BPT	Anu
08.	Shreuti	HSC22PT0041	IV BPT	ST
09.	Philomena	HSC22PT0039	IV BPT	Pou
10.	P. Sujana	HSC22PT0035	IV BPT	P. Sujana
11.	Goutham Krishna	HSC22PT0020	IV BPT	Goutham
12.	Diya Praetham	HSC22PT0016	IV BPT	Diya
13.	Ginija. H	HSC22PT0019	IV BPT	Ginija
14.	Manjushree. S	HSC22PT0031	IV BPT	Manjushree.S
15.	Sakshi	HSC22PT0042	4th BPT	Sakshi
16.	chhaya.	HSC22PT0015	4th BPT	Chhaya
17.	nishu	HSC22PT0018	4th	nishu
18.	Palak	HSC22PT0032	4th	Palak
19.	Indu	HSC22PT0012	4th	Indu
20.	monchan	HSC22PT0033	4th	mon
21.	Priyanka	HSC22PT0002	4th ya	Priyanka
22.	Bushra Mariyam	HSC22PT0012	4th ya	Bushra
23.	Thaqiya Tazeen	HSC22PT0053	4th ya	Thaqiya
24.	Swati	HSC22PT0050		Swati
25.	Jwirlingin	HSC22PT0025	4th ya	Jwirlingin

Program coordinator

Principal



Date - 09-03-2026

[illegible]

Program coordinator

Principal *P. Sathy* *20/3/2026*