



Report on Pilates Workshop

Date - 14th January 2023 - 19th February 2023

Time - Online - 7 pm to 8:30 pm

Offline - 9am to 5:30pm

Venue - Hybrid mode

Online - Zoom

<https://us02web.zoom.us/j/82640526746?pwd=ZnphRENzbkxmVlIYYlhdFFyK3RVUT09>

Offline - CD Sagar Auditorium, Building No.10, DSU, Bengaluru, Campus-1

A MOU was signed between the College of Physiotherapy, Dayananda Sagar University and The Exercise Testing And Prescription Organization on 11/01/2023. Basic Pilates Certification a skill enhancement course as a part of the value-added course for UGs & PGs was organized from 14/01/2023 to 19/02/2023. The classes were conducted in a hybrid mode.

Dr.Chandramohan.R (PT) , founder of The Exercise Testing And Prescription Organization introduced the resource person Dr. P Rupesh (PT) , Pilates Instructor at PEAK Health Studio during The workshop witnessed 21 participants including 9 UG students, 8 PG students and two other participants from outside DSU attended the workshop. We were honored to have an International participant Mrs.Jeyanthi Ganesan (Clinical Physiotherapist, Physiotherapy clinic ,Al jabriya ,Kuwait.) and a national participant from West Bengal Ms.Tanu Singh (Senior Physiotherapist,Ruby General Hospital) among us.

The workshop was for 35 hours including 16 hours of hands-on. Four Credit Points were awarded for the same.

Online classes were conducted on the zoom platform twice a week from 7 pm to 8:30 pm. It was an interactive session where participants were asked to upload Pilates videos and post Postural assessments. Each class concluded with a question & answer session which reflected the active participation of the students.

The Hands-on workshop was conducted on 18th and 19th February in CD Sagar auditorium , DSU, Campus-1. The session was from 9:00 am to 5.30 pm on both the days. The workshop began with a formal introduction by Dr.Feba Roy in the presence of Dr.Sathya Guruprasad, Principal & Professor College Of Physiotherapy. Followed by exhilarating testimonials from participants. Dr.Chandramohan (PT) encouraged participants to take advantage of these workshops which help them with networking opportunities and learning new skills.

The workshop was concluded by an arduous evaluation & issuing of certificates along with transcripts. The overall feedback has been very positive. Participants found the workshop informative. Engaging & well- organized.

Course Contents :-

1. Introduction to Anatomy
2. Pilates

3. History of pilates
4. Basics of pilates
5. Effects of Pilates
6. Cardiovascular response to pilates
7. Assessment
8. Exercise physiology
9. Warm-up exercises
10. Introduction to Mat Pilates
11. Pilates for Women
12. Pilates for Geriatrics
13. Pilates for Athletes
14. Prevention of Injuries with Pilates



