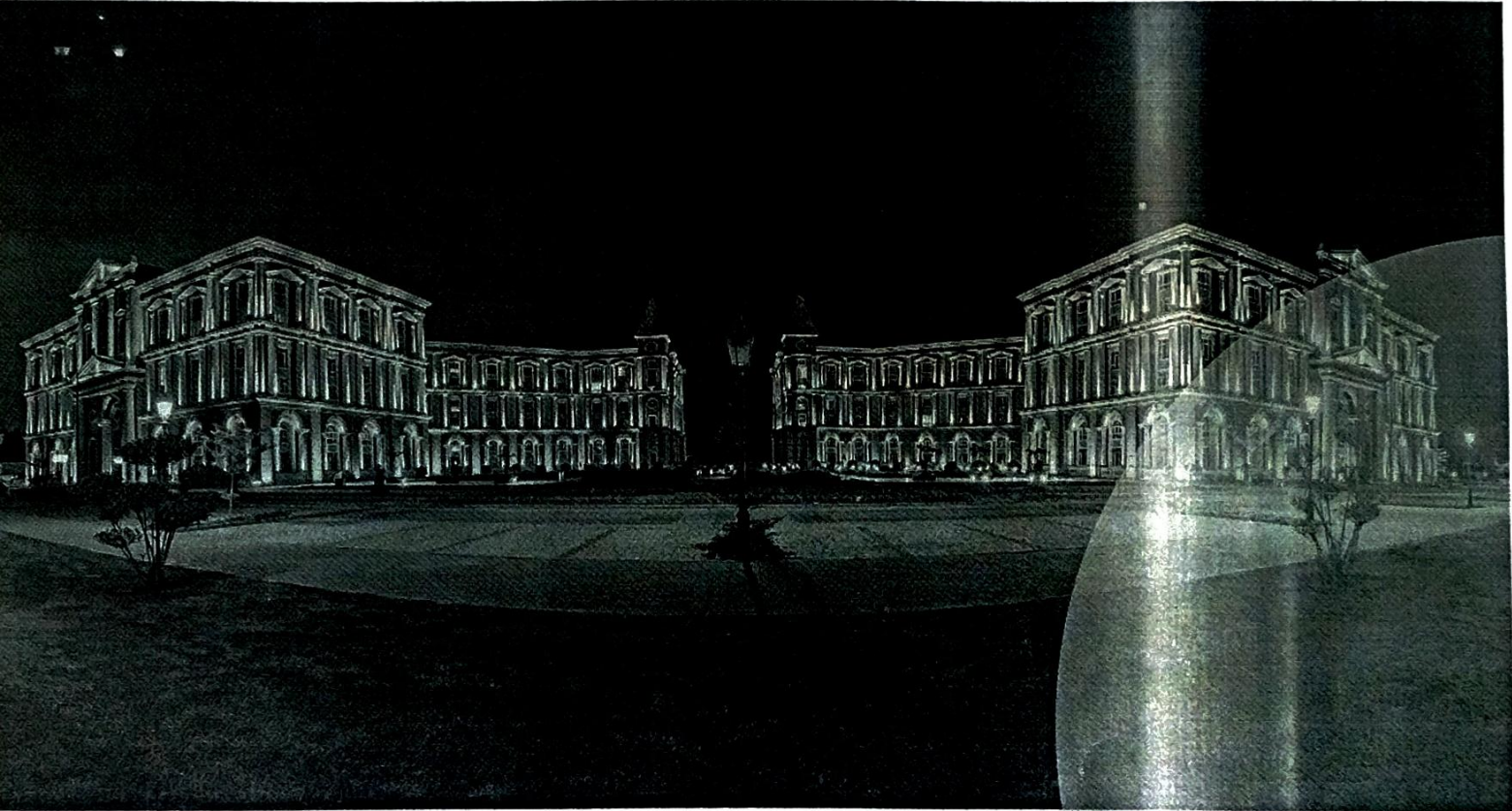




DAYANANDA SAGAR
UNIVERSITY



HANDS-ON WORKSHOP

SCHOOL OF HEALTH SCIENCES
COLLEGE OF PHYSIOTHERAPY


Integrated Approach for Performance Optimization and Injury Prevention in
Overhead Athlete

Dr Vinod Kumar K C
Dr Anitha M

24.04.2025



IQAC CELL
COLLEGE OF PHYSIOTHERAPY
DAYANANDA SAGAR UNIVERSITY


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



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1. Introduction of the Event

This hands-on workshop, in collaboration with VESOMA, focuses on advancing sports rehabilitation through an integrated approach to performance enhancement and injury prevention in overhead athletes. By promoting health education, physical well-being, and professional skill-building, the event supports *UN Sustainable Development Goal 3: Good Health and Well-being*. It aims to empower physiotherapists and sports professionals with sustainable practices that enhance long-term athlete care and community health outcomes.

2. Objective of the Event

- Promote an evidence-based and integrated method for enhancing performance and preventing injuries in overhead athletes.
- Enhance the clinical and practical skills of physiotherapy students and professionals through sessions led by experts.
- Foster interdisciplinary collaboration among physiotherapists, fitness coaches, and sports scientists.
- Bridge the gap between academic knowledge and practical application in elite sports environments.
- Familiarize participants with the latest advancements and global best practices in sports physiotherapy.
- Support Sustainable Development Goals (Good Health and Well-being) by promoting long-term athlete health and sustainable care strategies.

3. Beneficiaries of the Event

This event supports Dayananda Sagar University's vision of building knowledge, skill, and innovation to serve society.

- **Physiotherapy Students:**
Will learn the latest techniques and ideas from experts, helping them grow into skilled and confident professionals.
- **Practicing Physiotherapists:**
Will update their knowledge to provide better care and stay current with new trends in sports physiotherapy.





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- **Sports Coaches and Trainers:**
Will learn how to prevent injuries and improve athlete performance using proven methods.
- **Researchers:**
Will get new ideas for teaching and research, and build valuable connections with experts in the field.

This event helps everyone involved move toward **better health, better learning, and real-world impact**, which is at the heart of DSU's mission.

4. Details of the Guests

- **Mr. Nikos Katikas**
Head Coach, Torpedoes Volleyball Academy
- **Dr. Balakrishnan P. T.**
*Centre Head & Chief Physiotherapist,
Sports Medicine Centre, VESOMA – Dravid Centre for Sports Excellence*
- **Dr. Ravikumar P. T.**
*Fitness Manager and Strength & Conditioning Coach,
Sports Medicine Centre, VESOMA – Dravid Centre for Sports Excellence*
- **Dr. Sathya Guruprasad P. T., Ph.D.**
Dean & Principal, College of Physiotherapy, Dayananda Sagar University

5. Brief Description of the event

On 24th April 2025, the College of Physiotherapy, Dayananda Sagar University, in association with VESOMA, successfully hosted a one-day hands-on workshop on the theme: **“Performance Optimization and Injury Prevention in Overhead Athletes.”** The event took place at the university's Health Sciences Campus in Ramanagara, Karnataka.

This international physiotherapy conference brought together leading experts and practitioners to deliver advanced training focused on overhead athletes, such as those involved in volleyball, tennis, and cricket. The sessions featured *interactive learning, live demonstrations, and evidence-based strategies* designed to bridge the gap between theoretical concepts and real-world clinical applications.

Renowned professionals from elite sports institutions, including the **Dravid Centre for Sports Excellence**, facilitated the training. They offered deep insights into injury prevention protocols, rehabilitation techniques, and performance enhancement practices, emphasizing practical exposure and clinical excellence.





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The workshop attracted a diverse audience comprising undergraduate and postgraduate physiotherapy students, practicing clinicians, academic faculty, and sports coaches. It promoted interdisciplinary collaboration and professional development across sectors.

In alignment with **UN Sustainable Development Goal (Good Health and Well-being)**, the event emphasized sustainable physiotherapy practices and long-term athlete care. It also reaffirmed **Dayananda Sagar University's** dedication to academic excellence, skill enhancement, and community well-being.

Overall, the workshop was a resounding success, equipping participants with actionable skills and knowledge to elevate their clinical practice in sports physiotherapy.

6. Photographs

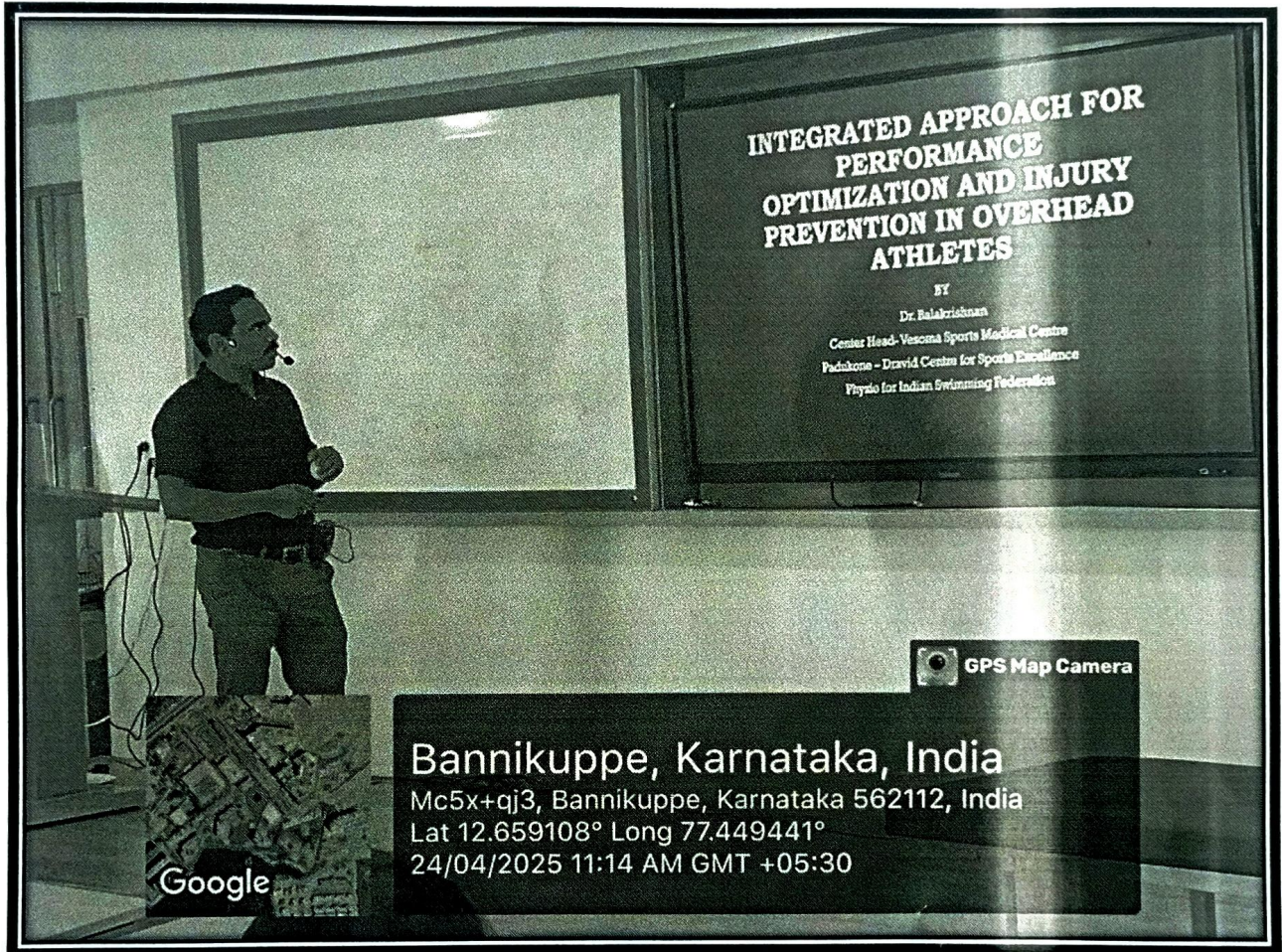


Pic 1 - Learning in action! Hands-on workshop at COPT, DSU on boosting athlete performance and preventing injuries – April 24, 2025





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Pic.2 Power-packed session on optimizing performance and preventing injuries in overhead athletes at DSU– April 24, 2025.





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7. Brochure of the event

DAYANANDA SAGAR UNIVERSITY **COLLEGE OF PHYSIOTHERAPY**
SCHOOL OF HEALTH SCIENCES

IN ASSOCIATION WITH

VESMA
Vocational Education Society's Medical Association
Research • Rehabilitation • Sports Medical Center

INTERNATIONAL PHYSIOTHERAPY CONFERENCE

Mr. Nikan Kulkarni Head, Dept. of Sports & Physical Education, Dayananda Sagar University, Bengaluru	Dr. Balakrishnan PT Senior Head and Head of Physiotherapy, Sports and Health Centre, Bangalore - West Bengal, India	Dr. Ravishanker PT Senior Manager and Manager and Head of Sports and Health Centre, Bangalore - West Bengal, India	Dr. Sathya Guruprasad PT Ph.D. Head, Dept. of Physiotherapy, Dayananda Sagar University, Bengaluru

Topic: Integrated approach for Performance optimization and Injury prevention in overhead athletes

24-04-2025
Time: 9:00 am to 4:00 pm

College of Physiotherapy
School of Health Sciences, Dayananda Sagar University
Hearty Building, 8th Floor, Hearty Building, Dayananda Sagar University,
Dayananda Sagar, Bengaluru - 562112

[Handwritten Signature]

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8. Schedule of the Event

College of Physiotherapy – School of Health Sciences
(In association with VESOMA)

Event: One-Day Hands-On Workshop

Date: Wednesday, 24th April 2025

Time: 9:00 AM to 4:00 PM

Theme: *Performance Optimization and Injury Prevention in Overhead Athletes*

Location: College of Physiotherapy, Health Sciences Campus, Harohalli, Karnataka

9. Attendance at the Event

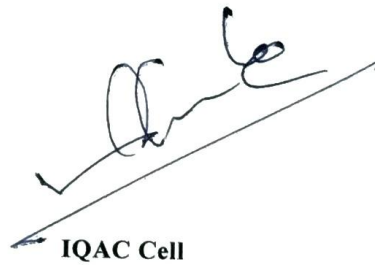
Attendance has been attached with the coordinator's signature.

10. Feedback on the Event

The feedback report has been attached.



Signature of the
Coordinator



IQAC Cell



Principal Signature

College of Physiotherapy

Dayananda Sagar University

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