

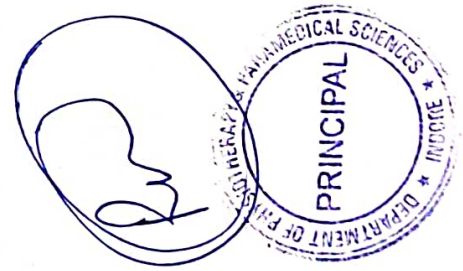


Index Department of Physiotherapy & Paramedical Sciences

Malwanchal University, Indore



Effectiveness of Core Strength



ABOUT

"Effectiveness of Core Strength: Enhancing stability, balance, and athletic performance through targeted core exercises, improving posture, reducing injury risk, and optimizing overall functional movement and physical fitness."

Eligibility Criteria :

BPT Students.

Resource Person

Ms. Elanie Tan

Registration Fees: 0

Start Date:- 31/10/23 To 02/11/23

Schedule:- 09:00 to 04:00



Module

1. Core anatomy and function
2. Assessment and testing methods
3. Exercise programming (planks, bridges, rotational exercises)
Progressive overload and periodization
4. Core strength for injury prevention and rehabilitation
5. Integrating core exercises into sports-specific training"

Course Outcome

Upon completion, students will design and implement effective core strength programs, assess core function, and apply evidence-based exercises to enhance athletic performance, reduce injury risk, and improve overall physical fitness."



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Department of Physiotherapy & Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE



Campus : Index City, NH-59A, Namwar Road, District: Indore- 452016 (M.P.) Ph: + 91 9755008280, +91 7024107465
Email : principalparamed@malwanchaluniv.ac.in, paramed@malwanchaluniv.ac.in Website: www.malwanchaluniversity/paramedical.co.in
City Office : 104, Treshal Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. -452008 (M.P.)

REF.NO.- IDOPT/PO/2023/

DATE: 11/10/2023

CIRCULAR

Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University is conducting **Effectiveness of core stabilization in physiotherapy BPT students**; the course will provide a depth knowledge on given topic

*Topic: - Effectiveness of core stabilization in physiotherapy for BPT students

*Date: 31/10/2023 - 02/11/2023

*Venue: Index department of physiotherapy and paramedical sciences.

*Resource Person: Miss. Elanie Tan

You are expected to attend the above mentioned course to facilitate in-depth understanding of the topic and enhance the skills.

Faculties can enroll the names to Course Coordinator on or before 15/10/2023

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Principal
Malwanchal University
Indore (M.P.)

Dr. Surbhi Rajput
COURSE COORDINATOR
DR. SURBHI RAJPUT

PRINCIPAL
PARAMEDICAL COURSES



INDEX

Department of Physiotherapy and Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE

Ref: - IDOPT/PO/2023/30 (A)

Date: 03/11/2023

Report: Effectiveness of Core Stabilization for Physiotherapy Students

Date:- 31/10/2023- 01/11/2023

Introduction and Overview

Core stabilization is a fundamental concept in physiotherapy, essential for maintaining optimal posture, preventing injuries, and enhancing athletic performance. The core muscles, including the transverse abdominis, multifidus, and pelvic floor muscles, play a crucial role in stabilizing the spine and pelvis. Effective core stabilization enables physiotherapists to design exercise programs that improve functional movement patterns, reduce pain, and promote overall well-being.

This two-day workshop aimed to educate physiotherapy students on the effectiveness of core stabilization in clinical practice. The objectives of this workshop were:

- To understand the anatomy and function of core muscles
- To learn assessment and testing techniques for core stability
- To design exercise programs for core stabilization
- To apply core stabilization principles to various patient populations

The workshop combined lectures, discussions, and practical sessions to provide students with a comprehensive understanding of core stabilization principles.

Day 1:

The first day of the workshop began with an in-depth review of core muscle anatomy and function. Students learned about the role of transverse abdominis, multifidus, and pelvic floor muscles in maintaining spinal stability.

Key Takeaways:

1. Assessment and testing techniques for core stability
2. Exercise programming for core stabilization (planks, bridges, rotational exercises)
3. Integration of core stabilization with other physiotherapy techniques

Practical Session:

Students participated in a practical session on core stabilization exercises, focusing on:

- Proper technique and form
- Progression and regression of exercises
- Modification for various patient populations

Day 2:

The second day of the workshop focused on applying core stabilization principles to various patient populations, including:

- Post-operative patients
- Athletes with spinal injuries
- Patients with chronic low back pain



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Case Study Presentations:

Students presented case studies, applying core stabilization principles to real-world scenarios. Discussions focused on:

- Effective exercise programming for core stabilization
- Strategies for promoting core stability in various patient populations
- Collaboration with interdisciplinary teams for optimal patient outcomes

Conclusion:

This workshop provided physiotherapy students with a solid foundation in core stabilization principles, enhancing their clinical skills and ability to design effective exercise programs. By applying these principles, students will improve patient outcomes, reduce injury risk, and promote overall well-being.

Assessment:

Students demonstrated proficiency through:

- Practical assessments (80%)
- Case study presentations (10%)
- Written quizzes (10%)

Participant Feedback:

Students reported increased confidence in designing exercise programs for core stabilization and applying core principles to various patient populations.

Attendance:

Twenty-five physiotherapy students attended the workshop, with 100% attendance on both days.

Duration:

Two days (16 hours)

Resource Persons

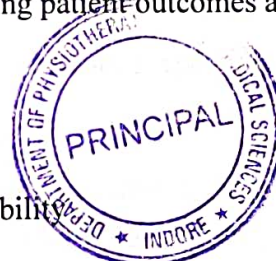
- Miss. Elanie Tan

This workshop equipped physiotherapy students with essential knowledge and skills to integrate core stabilization into their clinical practice, enhancing patient outcomes and promoting optimal functional movement patterns.

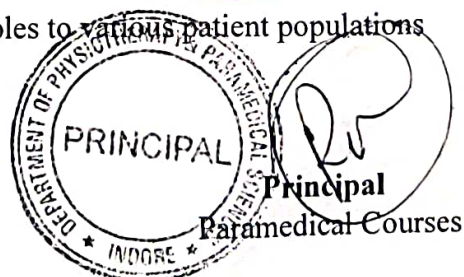
Summary of Key Takeaways:

- Anatomy and function of core muscles
- Assessment and testing techniques for core stability
- Exercise programming for core stabilization
- Application of core stabilization principles to various patient populations

Report Made by:
Dr. Surbhi Rajput



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Maitwanchal University
Indore (M.P.)





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Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

Value Added Course: Effectiveness of Core Stabilization for Physiotherapy Students

Date: 31st October - 2nd November 2023

Venue: Index Department of Physiotherapy and Paramedical Sciences College, Indore

Resource Person: Miss. Elanie Tan

Course Overview:

This 2-day value-added course aims to equip physiotherapy students with comprehensive knowledge and skills in core stabilization, enhancing their understanding of its effectiveness in rehabilitation and injury prevention.

Day 1: Foundations of Core Stabilization

The first day covers:

- Anatomy and Physiology of Core Muscles: Functional Anatomy and Biomechanics
- Concepts of Core Stabilization: Definition, Importance, and Principles
- Assessment of Core Stability: Methods and Tools
- Core Stabilization Exercises: Progression and Regression
- Case Studies: Applying Core Stabilization Principles to Clinical Scenarios

Day 2: Advanced Core Stabilization Techniques and Applications

The second day focuses on:

- Advanced Core Stabilization Exercises: Dynamic and Functional Training
- Integration of Core Stabilization with Other Physiotherapy Modalities
- Core Stabilization in Specific Populations: Pediatric, Geriatric, and Athletic
- Evidence-Based Practice: Research and Clinical Applications of Core Stabilization
- Practical Sessions: Hands-on Training and Group Discussions

Course Objectives:

Upon completion, participants will:

1. Understand the anatomy and physiology of core muscles.
2. Apply core stabilization principles and exercises.
3. Integrate core stabilization with other physiotherapy modalities.
4. Recognize the effectiveness of core stabilization in rehabilitation and injury prevention.

Assessment and Certification:

Participants will be assessed through written quizzes, practical sessions, and case study presentations. Successful completion will result in a certificate from Index Department of Physiotherapy and Paramedical Sciences College, Indore.

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Course Materials:

- Workshop manual
- PowerPoint presentations
- Handouts and worksheets
- Relevant journals and research articles

Note: Participants are encouraged to engage actively in practical sessions and discussions to maximize learning outcomes.



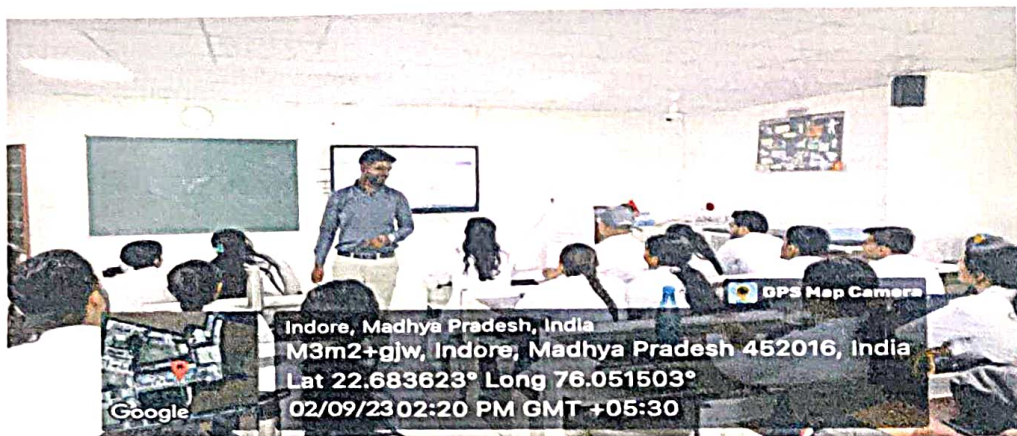
A handwritten signature in green ink, appearing to read "Sodkand".

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Jatwanchal University
Indore (M.P.)

Introduction to physical fitness injury prevention for physiotherapy in sports



Dr. Amit nagar sir taking classes



Dr.Amit nagar sir telling about physical injury preventions on field



Dr.Amit nagar sir speaking about work of physiotherapist in sports



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Registrar
Madhya Pradesh University
Indore (I.P.)



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Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

TOPIC: - Effectiveness of Core stabilization

Resources Person:-Ms. Elanie Tan

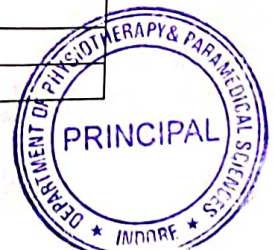
Date:-31/10/2023 – 02/11/2023

Student Attendance List

(BPT 3rd, 4th year)

| S.NO | Name of Student | Signature |
|------|---------------------------------|-----------|
| 1. | BPT 3rd Year. Anjali Jaiswal | |
| 2. | Anjali Neekhra | |
| 3. | Archie Jadhav | |
| 4. | Arpit Kushwah | |
| 5. | Bhavana Bhuriya | |
| 6. | Chandan Doriya | |
| 7. | Charu Powar | |
| 8. | Deepak Meena | |
| 9. | Deepika Goyal | |
| 10. | Dishika Agrawal | |
| 11. | Garima Sonwani | |
| 12. | Geetanjali Koushal | |
| 13. | Gourang Panchole | |
| 14. | Harsh Sharma | |
| 15. | Kapil Patidar | |
| 16. | Khan Mehvish | |
| 17. | Krishnapal Singh | |
| 18. | Kritika Patidar | |
| 19. | Kunjita Nargesh | |
| 20. | Manisha Goyal | |
| 21. | Manwani Anshul | |
| 22. | Maya Jaiswal | |
| 23. | Mehzabin Khan | |
| 24. | Mufeed Sheikh | |
| 25. | Muskan Patidar | |
| 26. | Neha | |
| 27. | Nikhil Patel | |
| 28. | Nirali Patidar | |
| 29. | Prajwal khandelwal | |
| 30. | Prathana Maske | |
| 31. | Rajput Aman Singh | |
| 32. | Rajput Vidhi Vilas | |
| 33. | Ratnesh mandloi | |
| 34. | Sakshi Joshi | |
| 35. | Shiva Rathore | |
| 36. | Shivam Meena | |
| 37. | Shivani Patidar | |

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|-----|--------------------------|------------|
| 38. | Shruti Shrivastava | J. J. |
| 39. | Simran Mehra | Simran |
| 40. | Somnath Verma | Somnath |
| 41. | Tanisha Prajapat | Tanisha |
| 42. | Tanshika Patidar | Tanshika |
| 43. | Umesh Patidar | Umesh |
| 44. | Vaishnavi Soni | Vaishnavi |
| 45. | Varsha Patidar | Varsha |
| 46. | Veena Rao | Veena |
| 47. | Vishranti Joshi | Vishranti |
| 48. | BPT- 4th year | |
| 49. | Aafrin Khan | Aafrin |
| 50. | Aastha Parmar | Aastha |
| 51. | Abhishek Chauhan | Abhishek |
| 52. | Ambika | Ambika |
| 53. | Ameesha | Ameesha |
| 54. | Anjali Dawar | Anjali |
| 55. | Ankit Rathore | Ankit |
| 56. | Asmit Patel | Asmit |
| 57. | Aayushi Maurya | Aayushi |
| 58. | Chetna Chouhan | Chetna |
| 59. | Devandra khakal | Devandra |
| 60. | Disha Baraskar | Disha |
| 61. | Divyani Chouhan | Divyani |
| 62. | Garima Rathore | Garima |
| 63. | Gedam Chaitali Yogeshwar | Gedam |
| 64. | Himanshi Satha | Himanshi |
| 65. | Ishika Yadav | Ishika |
| 66. | Karan Bopcha | Karan |
| 67. | Nandini Parmar | Nandini |
| 68. | Pooja Khandekar | Pooja |
| 69. | Pranav Jadhav | Pranav |
| 70. | Prayag Solanki | Prayag |
| 71. | Prerna Carpenter | Prerna |
| 72. | Radharaman Meena | Radharaman |
| 73. | Rane Divya Sonaji | Rane Divya |
| 74. | Ravian Dawande | Ravian |
| 75. | Ritika Bhaduriya | Ritika |
| 76. | Rohit Meena | Rohit |
| 77. | Rohit Yadav | Rohit |
| 78. | Sagar | Sagar |
| 79. | Shubham Tiwari | Shubham |
| 80. | Simrandeep Sikh | Simrandeep |
| 81. | Swapnil Thergaonkar | Swapnil |
| 82. | Vishesh Verma | Vishesh |
| 83. | Yashvi Bajpai | Yashvi |

Resource Person
Ms. Elanie Tan



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Department of Physiotherapy and Paramedical Sciences
Malwanchal University Indore

TOPIC: - Effectiveness of Core stabilization

Resources Person:-Ms. Elanie Tan

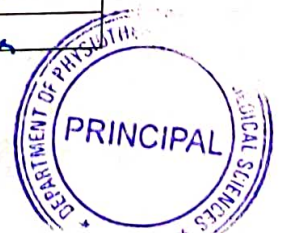
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Student Registration List

(BPT 3rd, 4th year)

| S.NO | Name of Student | Signature |
|------|---------------------------------|-----------------|
| 1. | BPT 3rd Year. Anjali Jaiswal | Anjali |
| 2. | Anjali Neekhra | Aneekhra |
| 3. | Archie Jadhav | Archie |
| 4. | Arpit Kushwah | Arpit Kushwah |
| 5. | Bhavana Bhuriya | Bhavana |
| 6. | Chandan Doriya | Chandan Doriya |
| 7. | Charu Powar | Charu |
| 8. | Deepak Meena | Deepak Meena |
| 9. | Deepika Goyal | Deepika |
| 10. | Dishika Agrawal | Dishika |
| 11. | Garima Sonwani | Garima |
| 12. | Geetanjali Koushal | Geet Koushal |
| 13. | Gourang Panchole | Gourang |
| 14. | Harsh Sharma | Harsh |
| 15. | Kapil Patidar | Kapil Patidar |
| 16. | Khan Mehvish | Mehvish |
| 17. | Krishnapal Singh | K.P. Singh |
| 18. | Kritika Patidar | Kritika |
| 19. | Kunjita Nargesh | Kunjita |
| 20. | Manisha Goyal | Manisha |
| 21. | Manwani Anshul | Anshul |
| 22. | Maya Jaiswal | Maya |
| 23. | Mehzabin Khan | Mehzabin |
| 24. | Mufeed Sheikh | Mufeed |
| 25. | Muskan Patidar | Muskan |
| 26. | Neha | Neha |
| 27. | Nikhil Patel | Nikhil |
| 28. | Nirali Patidar | Nirali |
| 29. | Prajal khandelwal | Prajal |
| 30. | Prathana Maske | Prathana |
| 31. | Rajput Aman Singh | Aman Singh |
| 32. | Rajput Vidhi Vilas | Vidhi |
| 33. | Ratnesh mandloi | Ratnesh |
| 34. | Sakshi Joshi | Sakshi |
| 35. | Shiva Rathore | Shiva |
| 36. | Shivam Meena | Shivam |
| 37. | Shivani Patidar | Shivani Patidar |

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| | | |
|-----|--------------------------|-----------------|
| 38. | Shruti Shrivastava | Shrivastava |
| 39. | Simran Mehra | Simran |
| 40. | Somnath Verma | Somnath |
| 41. | Tanisha Prajapat | Prajapat |
| 42. | Tanshika Patidar | Patidar |
| 43. | Umesh Patidar | U Patidar |
| 44. | Vaishnavi Soni | Vaishnavi |
| 45. | Varsha Patidar | Varsha Patidar |
| 46. | Veena Rao | Veena Rao |
| 47. | Vishranti Joshi | Joshi Vishranti |
| 48. | BPT- 4th year | |
| 49. | Aafrin Khan | Aafrin |
| 50. | Aastha Parmar | Aastha |
| 51. | Abhishek Chauhan | Abhishek |
| 52. | Ambika | Ambika |
| 53. | Ameesha | Ameesha |
| 54. | Anjali Dawar | Anjali |
| 55. | Ankit Rathore | Ankit |
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| 57. | Aayushi Maurya | Aayushi |
| 58. | Chetna Chouhan | Chetna |
| 59. | Devandra khakal | Devandra |
| 60. | Disha Baraskar | Disha |
| 61. | Divyani Chouhan | Divya |
| 62. | Garima Rathore | Garima |
| 63. | Gedam Chaitali Yogeshwar | Gedam Chaitali |
| 64. | Himanshi Satha | Himanshi |
| 65. | Ishika Yadav | Ishika |
| 66. | Karan Bopcha | Karan |
| 67. | Nandini Parmar | Nandini |
| 68. | Pooja Khandekar | Pooja |
| 69. | Pranav Jadhav | Pranav |
| 70. | Prayag Solanki | Prayag |
| 71. | Prerna Carpentar | Prerna |
| 72. | Radharaman Meena | Radhe |
| 73. | Rane Divya Sonaji | Rane Divya |
| 74. | Ravian Dawande | Ravian |
| 75. | Ritika Bhaduriya | Ritika |
| 76. | Rohit Meena | Rohit |
| 77. | Rohit Yadav | Rohit |
| 78. | Sagar | Sagar |
| 79. | Shubham Tiwari | Shubham |
| 80. | Simrandeep Sikh | Simrandeep |
| 81. | Swapnil Thergaonkar | Swapnil |
| 82. | Vishesh Verma | Vishesh |
| 83. | Yashvi Bajpai | Yashvi |

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Maharaja University
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(Signature)

DEPARTMENT OF PHYSIOTHERAPY & PARAMEDICAL SCIENCES
PRINCIPAL
INDORE

Resource Person
Ms. Elanie Tan

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