



Jammu 27th June, 2023.

Department of Students Welfare and Health Centre, University of Jammu jointly organized a Lecture cum Demonstration session on the topic “Exercises & importance of Physiotherapy in Management of Injuries”. Dr. Amit Kumar, MPT, BPT (Spine Neurology & Biomechanics Specialist) from New Delhi was the Resource person. Prof. Prakash Antahal, Dean Students Welfare alongwith Prof. Monika Sethi, Chairperson, Campus Cultural Committee and Dr. Bharat Bhushan, Chief Medical Officer felicitated the Resource person.

In his address, Prof. Prakash Antahal informed that such programmes are very useful and play a vital role in the wellbeing of students and employees thus making them undertake their respective responsibilities more efficiently. He emphasised on the importance of exercises for physical fitness and mental alertness.

While introducing the Resource person, Prof. Monika Sethi informed that a Senior Physiotherapist at Sir Ganga Ram Hospital, New Delhi, Dr. Amit Kumar is a decorated Physiotherapist who has the distinction of being empanelled as Sports Physiotherapist in many sports franchises including IPL, Pro Wrestling League, All India Football Federation etc.

Dr. Amit Kumar conducted a highly informative session with the employees and students of the University. He also answered the queries with relevant answers and live demonstration. The highlight of the session was a live demonstration of several exercises which help in strengthening the muscles, keeping the posture correct and managing the acute and chronic pains with the help of Physiotherapy.

Dr. Bharat Bhushan presented the vote of thanks. Prominent amongst those who attended the session included Prof. K.S Charak, Dr. Daud Iqbal Baba, Dr. Garima Gupta, Dr. Shallu Sharma, Dr. Sandeep Singh, Dr. Saloni, Dr. Nousheen Khan, Dr. Gautam Sharma, Dr. Sarweshwar Dubey, Dr. Rakesh Chib, Jai Bharat, Pawan Singh, P.D. Singh, Raj Kumar Bakshi, Ravish Vaid, Vikas Kalrupia, R.P. Singh. The event was conducted by Ifra Kak and coordinated by Sumeet Sharma.