



Sanjay Gandhi Post Graduate Institute of Medical Sciences

Value added Certification Course on Basics of Sports Injuries

Duration : 30 Hours
Timing : 10.30AM to 12.00 P.M.
10.10.2022 to 21.10.2022
Venue : Seminar Hall , Apex Trauma Centre

Organising Secretary :

Dr Pulak Sharma
Associate Professor
Speciality of Orthopaedics
Apex Trauma Centre
SGPGI, Lucknow

Course Code: VAC102

Course objectives

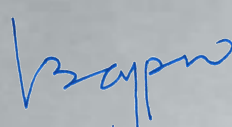
- To explain in detail about various common sports injury.
- To explain in detail about its mechanism of injury & clinical features.
- To explain in detail about assessment and management.

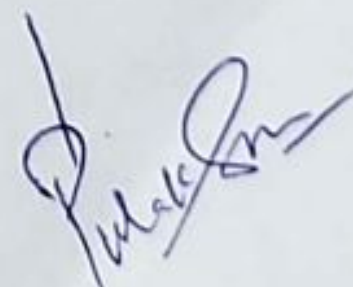
Course Outcomes

- After completion of the course students will be able to
- Identify disabilities due to sports dysfunction, plan and set treatment goals.
- Implement the physiotherapy treatment protocol for various sports injuries.

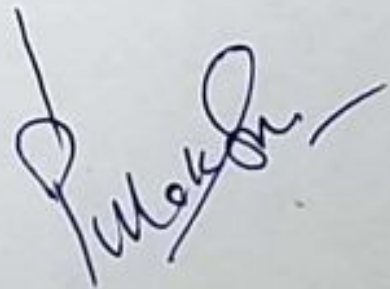
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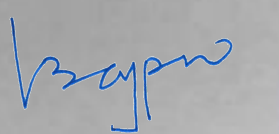
S.NO	Topic	Area of Concern/ Date	Hours
1	Introduction to sports injury & Types of sports injury	10.10.2022	03
2	Most Common injuries in cricket	Hamstring strain, Ankle sprain 11.10.2022 Throwers elbow , contusion 13.10.2022	03 03
3	Most Common injuries in Badminton	Tennis elbow, wrist tendinitis 14.10.2022	03


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		Jumpers Knee, Achills tendinitis 15.10.2022	03
4	Most Common injuries in Football	Hams Strain, Groin Strain 16.10.2022 Knee Collateral Ligament injury , Shin Splint 17.10.2022	03 03
5	Most Common injuries in Volleyball	Finger Injury ,Patellar tendinitis 18.10.2022 Ankle Sprain, ACL Injury 20.10.2022	03 03
6	Principles of Sports injury Prevention	21.10.2022	03
	Total Hours		30




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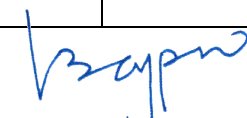
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List of enrolled students and attendance								
Sno.	Name of the student	Program	10.10.22	11.10.22	13.10.22	19.6.22	10.5.22	11.5.22
1	Dr. Payal Kaw	M.Ch.	P	P	P	P	P	A
2	Divya Bali	BSc Nursing	P	P	P	P	P	P
3	Prasad B S	PDCC	P	P	P	P	P	P
4	JYOTSANA JAISWAL	M.D.	P	P	P	P	P	P
5	Atima	Radiotherapy Technology	P	P	P	P	P	P
6	Sachin Singh	Radiotherapy Technology	P	P	P	P	P	P
7	Satya Ranjan Panda	Radiotherapy Technology	P	P	P	A	P	P


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8	Anamika Singh	Renal Dialysis Technology	P	P	P	A	P	P
9	VaishnaviJaiswal	Renal Dialysis Technology	P	A	P	P	P	P
10	ShradhaKumari	Anaesthesia Technology	P	P	P	P	P	P
11	Abhishek Vishwakarma	Bachelor of Physiotherapy	P	P	P	P	P	A
12	Arvind Kumar Chauhan	Bachelor of Physiotherapy	P	P	P	P	P	P
13	Ashutosh Singh	Bachelor of Physiotherapy	P	P	P	P	P	P
14	Astha	Bachelor of Physiotherapy	P	P	P	P	P	P
15	Dheeraj Singh	Bachelor of Physiotherapy	P	P	P	A	P	P
16	Manvendra Tripathi	Bachelor of Physiotherapy	P	P	P	A	P	P
17	Sarthak Srivastava	Bachelor of Physiotherapy	P	A	P	P	P	P
18	Shivam Sahi	Bachelor of Physiotherapy	P	P	P	A	P	P
19	Shivam Singh	Bachelor of Physiotherapy	P	P	P	A	P	P
20	Sunil Kumar Bind	Bachelor of Physiotherapy	P	A	P	P	P	P



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This is to certify that
Dr. Sanket

HAS SUCCESSFULLY COMPLETED THE VALUE ADDED CERTIFICATION COURSE
ON

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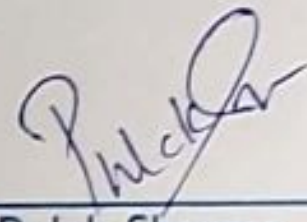
Dr. Payal Kaw

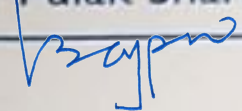
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Prasad B S

HAS SUCCESSFULLY COMPLETED THE VALUE ADDED CERTIFICATION COURSE
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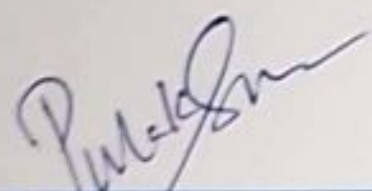
JYOTSANA JAISWAL

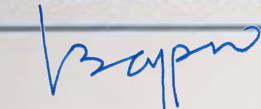
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BASICS OF SPORTS INJURIES

(Course Code VACI02)

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This is to certify that
Divya Bali

HAS SUCCESSFULLY COMPLETED THE VALUE ADDED CERTIFICATION COURSE
ON

BASICS OF SPORTS INJURIES

(Course Code VAC102)

10.10.2022 to 21.10.2022

Dr Pulak Sharma

Lt Col Varun Bajpai VSM
Executive Registrar
SGPGIMS, Lucknow