



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY

(UGC Approved University)

GURGAON, Delhi-NCR

FACULTY OF PHYSIOTHERAPY

SGTU/FPHY/2023/61

Date: - 09/02/2023

Subject: - Permission for 2 days Hands on Workshop on 28th February 2023 and 1st March 2023 by Association of Ortho Care and Rehab under the Faculty of Physiotherapy, SGT University on the topic "REFLEX RELEASE TECHIQUE".

Association of Ortho Care and Rehab under Faculty of Physiotherapy is organizing 2 days' Hands on workshop on 28th February 2023 and 1st March 2023 from 10 am onwards. The resource person for the day is **Dr. Abhishek Sharma, Senior Physiotherapist and Pain Consultant, Director Rehabilitation at Advanced Neuro Rehabilitation Centre, Dehradun, Uttarakhand** with 15 years of Academic as well as clinical experience.

The workshop will be focusing on Reflex Release technique for various musculoskeletal conditions of different regions like Head & Neck, Upper and Lower Extremity, Thoracic and Lumbar Spine. The Objective of the workshop is to make the students understand the advanced concept and neurophysiology behind the technique and also the assessment of Various musculoskeletal conditions.

The workshop is open for Bachelor's final year and Master's students. The registration for the workshop will be Rs. 600/- per student which would be paid by the students themselves as this is a training program in which they will learn the new skill. The total number of seats for the workshop is 50.

Kindly provide us permission for the Remuneration, Stay for the resource person (27th February and 28th February along with Breakfast, lunch and Dinner)

The details for estimated expenditure are given below

Sr. No.	Activity	Amount
1	Remuneration (to be collected by the Students)	50@ 600 = 30,000/-
2	Sapling	1 @100= 100/-
3	Memento	1 @500= 500/-
4	Lunch (10 people)	10@300= 3000/-
5	High Tea (10 people)	10@80=800/-
5	Breakfast and Dinner (Resource Person +1 Faculty)	1520/-
6	E banner	Nil
7	Certificate A4 (50 Students & 20 Faculty)	70@6=420/-
Total		6,340/-

30,000/- would be collected by the students and submitted to account department. The rest 6,340/- would be borne by University.

The CV of the resource person, Requisition form and Design form are attached here with.

Submitted for approval please.

submitted for committee approval

[Signature]
Dean FPHY
Faculty of Physiotherapy
SGT University
Budhera, Gurugram

[Signature]
Registrar

[Signature]
14/2/23

Phone: - 0124-2278183, 84, 85

Extn: 3298 3299

E-mail ID: dean.fphy@sgtuniversity.org

[Signature]
Dean FPHY
Registrar
SGT University
Budhera, Gurugram
14/2/23

[Signature]
Approved
14/2/23



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Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

**REFLEX – RELEASE TECHNIQUES “An
innovative way to treat Musculoskeletal problems**

ON

28.FEB & 1.MAR.2023



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Name of the faculty- Faculty of Physiotherapy

**Name of the EVENT – REFLEX – RELEASE TECHNIQUES “An innovative way to
treat Musculoskeletal problems**

On

28.FEB & 1.MAR .2023 at 10:00AM

At BASEMENT, D- Block

E Brochure-



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Association of Ortho Care & Rehab
Under the Banner of Faculty of Physiotherapy

Is organizing a 2-day workshop on

REFLEX-RELEASE TECHNIQUES

“An innovative way to treat Musculoskeletal problems”

28th February and 1st March, 2023 | 10:00 AM Onwards

Venue: D-Block Basement

WORKSHOP

Resource Person



Dr. Abhishek Sharma

Director
Advanced Neurorehabilitation Centre
Dehradun
Founder : Physioclassroom

Figure 1: E Banner

Brief Profile of Expert: Dr. Abhishek Sharma, Director at Advanced Neurorehabilitation Centre Dehradun, Uttarakhand and Founder of Physioclassroom.

Organizers: Association of Ortho Care and Rehab, Faculty of Physiotherapy

Report of the EVENT:

Faculty of Physiotherapy in association of **Ortho care & Rehab** has organized 2 days hands on workshop on the topic REFLEX – RELEASE TECHNIQUES “An innovative way to treat Musculoskeletal problems” dated 28th Feb 2023 and 1st March 2023. The resource person for this workshop is Dr. Abhishek Sharma, Director at Advanced Neurorehabilitation Centre Dehradun, Uttarakhand and Founder of Physioclassroom. The event was inaugurated at 10:00 am on 28th Feb 2023 in the presence of Prof Dr. Rakesh Kumar Sharma, Pro chancellor, SGT University, Dr. Pooja Anand (Dean & Prof, FPHY) and all the faculty members of the department. Prof Dr. Rakesh Sharma motivated all the participating students with his guiding and inspirational words.



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In today's session different patient approach techniques were taught which included Reflex rules, assessment of musculoskeletal functions, reflex release techniques along with practical demonstration of all the approaches.

a) Screenshots of Webinar/ Picture of Event:



Figure 2 : Felicitation of participants



Figure 3: Felicitation of Resource person by Dean, FPHY



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Figure 4: Percipients practicing the technique

b) Feedback Forms - NA

List of participants– 50 students participated.

Copy of certificate for participants -Yes





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Reflex Release
Technique

Attendance For the Workshop

Name of the student (To be printed on Certificate)	28-02-23 Morning	28-02-23 Evening	01-03-23 Morning
Vanshika	Vanshika	Vanshika	Vanshika
Ankita Chauhan	Ankita	Ankita	Ankita
Ravia	Ravia	Ravia	Ravia
Hetashri Upadhyay	Hetashri	Hetashri	Hetashri
Nishchint Banga	Nishchint	Nishchint	Nishchint
Pranali Chougule	Pranali	Pranali	Pranali
Sandhya Krishna Shah	Sandhya	Sandhya	Sandhya
Baishali Singha	Baishali	Baishali	Baishali
Silpishree Dash	Silpishree	Silpishree	Silpishree
Anuradha Dagar	Anuradha	Anuradha	Anuradha
Nisha	Nisha	Nisha	Nisha
Muskan Gupta	Muskan	Muskan	Muskan
Neha yadav	Neha	Neha	Neha
NIKITA GAUTAM	Nikita	Nikita	Nikita
Kumari muskan	Kumari Muskan	Kumari Muskan	Kumari Muskan
Pragati Gajbhiye	Pragati	Pragati	Pragati
Rinky Joshi	Rinky	Rinky	Rinky
Aashi vinod Bhatnagar	Aashi	Aashi	Aashi
Anamika Chauhan	Anamika	Anamika	Anamika
Urvi	Urvi	Urvi	Urvi
Lisha Goel	Lisha	Lisha	Lisha
Sangeeta	Sangeeta	Sangeeta	Sangeeta
PRATIBHA KASHYAP	Pratibha	Pratibha	Pratibha
Aashish Rawat	Aashish	Aashish	Aashish
Chirangani Vohra	Chirangani	Chirangani	Chirangani
Shweta das	Shweta	Shweta	Shweta
Bhanu priya	Bhanu	Bhanu	Bhanu
Manav Sarwang	Manav	Manav	Manav
Nupur	Nupur	Nupur	Nupur
Saif Ali jawhar	Saif Ali	Saif Ali	Saif Ali



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Karan bisht	Karan Bisht	Karan Bisht	Karan Bisht
Km shweta yadav	shweta yadav	shweta yadav	shweta yadav
Loge Ngomle	Loge	Loge	Loge
Sakshi Kumari	Sakshi	Sakshi	Sakshi
Ferheen	Ferheen	Ferheen	Ferheen
Ritika Choudhary	Ritika	Ritika	Ritika
Simran Sethi	Simran	Simran	Simran
Pratishtha Tripathi	Pratishtha	Pratishtha	Pratishtha
Nihita Rawat	Nihita	Nihita	Nihita
Sukanyaa Saikia	Sukanya	Sukanya	Sukanya
Swagat nayak	Swagat	Swagat	Swagat
Pinku kumari	Pinku	Pinku	Pinku
Dolly Verma	Dolly	Dolly	Dolly
Garima Rohilla	Garima	Garima	Garima
Param Manohar Thakur	Param	Param	Param
HEMANT KUMAR	Hemant	Hemant	Hemant
Epshita kakati	Epshita Kakati	Epshita Kakati	Epshita Kakati
Muskan gupta [MPT 1 st year]	Muskan	Muskan	Muskan
Muskan Jain	Muskan	Muskan	Muskan
Shilpa Prasad	Shilpa	Shilpa	Shilpa
Anuj Sehrawat	Anuj	Anuj	Anuj
Akshay mann	Akshay	Akshay	Akshay
Hemant Sehrawat	Hemant	Hemant	Hemant
Deepanshu Suri	Deepanshu	Deepanshu	Deepanshu