

# INSTITUTE OF PHYSIOTHERAPY

A Constituent Unit of


**KLE ACADEMY OF HIGHER EDUCATION AND RESEARCH**

(Declared as Deemed –to-be-University u/s 3 of the UGC Act, 1956)

Accredited 'A+' Grade by NAAC (3<sup>rd</sup> Cycle) Placed in  
Category 'A' by MHRD (GoI) NEHRU NAGAR, BELAGAVI  
- 590010, KARNATAKA, INDIA




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Sl. No	Particulars	
1	Name of the program	UDEHP workshop was conducted on “Entrepreneurship for Healthcare Professionals”
2	Program organized by (Dept.)	UDEHP
3	Department/ Association involved	<b>KIPT</b>
4	Date	24th March 2025
5	Duration	1 Day
6	Location	Belagavi
7	Objective of the program	Professional Education
8	Activities carried out during the program	A UDEHP workshop was conducted on “Entrepreneurship for Healthcare Professionals” on 24th March 2025 organized by KLE Institution of Physiotherapy. Mr. Veeramani V NLP Trainer, Mentor to various startups and Founder Bizz Diagnostics was the resource persons for the workshop. There were 36 participants and they provided positive feedback for the workshop and all the sessions were very informative. Dr Sanjiv Kumar, Principal, Dr Anil Muragod UDEHP coordinator, Dr Vasudha Siddappa, Assistant coordinator of KIPT graced the function
9	No. of students participated	<b>0</b>
10	No. of Teachers participated	32
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	32
13	Photographs	
14	Press clippings	<b>Nil</b>
15	Any other information	<b>Nil</b>

*Sanjiv*  
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Sl. No	Particulars	
1	Name of the program	workshop on Proprioceptive Neuromuscular Facilitation (PNF)
2	Program organized by (Dept.)	Department of Neuro Physiotherapy
3	Department/ Association involved	Department of Neuro Physiotherapy
4	Date	17 April 2025
5	Duration	two-day workshop
6	Location	KLE Institute of Physiotherapy, Belagavi.
7	Objective of the program	The workshop is designed to enhance clinical skills and understanding of PNF — an evidence-based therapeutic approach extensively applied in neurorehabilitation, musculoskeletal therapy, and sports physiotherapy.
8	Activities carried out during the program	<p>The Department of Neuro Physiotherapy at KLE Institute of Physiotherapy successfully commenced a two-day workshop on Proprioceptive Neuromuscular Facilitation (PNF) on 17 April 2025 at KLE Institute of Physiotherapy, Belagavi. The event was inaugurated in the presence of esteemed faculty and students, marking the beginning of an intensive learning experience aimed at physiotherapy students and interns.</p> <p>Day 1 featured engaging sessions conducted by Dr. Rohit Gupta, a distinguished clinician and educator in neuro-musculoskeletal rehabilitation. Participants were introduced to the theoretical foundations of PNF, including its neurophysiological basis. The day progressed with hands-on demonstrations, covering upper and lower limb diagonal patterns, trunk and scapular facilitation, as well as core techniques such as rhythmic initiation, hold-relax, and contract-relax.</p> <p>The sessions fostered an interactive learning environment, with students actively participating and practicing under expert supervision. The practical approach and real-time feedback helped bridge the gap between theory and clinical application.</p>
9	No. of students participated	<b>45</b>
10	No. of Teachers participated	02
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	47
13	Photographs	

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Sl. No	Particulars	
1	Name of the program	a 7-day Self Defence Workshop
2	Program organized by (Dept.)	Gender Equality Cell
3	Department/ Association involved	Gender Equality Cell
4	Date	28th April to 06th May 2025
5	Duration	7-day
6	Location	KAHER Institute of Physiotherapy
7	Objective of the program	intending to empower women with practical skills to ensure personal safety and build confidence
8	Activities carried out during the program	Gender Equality Cell of KAHER Institute of Physiotherapy organised a 7-day Self Defence Workshop from 28th April to 06th May 2025, intending to empower women with practical skills to ensure personal safety and build confidence. A total of 18 participants from various years of BPT participated in the workshop. The Workshop was conducted by the trainer, Mr. Anand R. Poojari, President of Anand Academy, Belagavi. They were taught basic Defence skills and knowledge about the same was imparted. The valedictory programme was held on 06th May 2025, wherein a demo performance was done and certificates were distributed to the participants. The event was graced by Dr. Vijay Kage, Professor and Dean faculty, KAHER Institute of Physiotherapy. Nodal teacher of the Cell, staff members, and committee members were present for the programme.
9	No. of students participated	<b>18</b>
10	No. of Teachers participated	2
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	20
13	Photographs	

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Sl. No	Particulars	
1	Name of the program	Level A Workshop on Kinetic Chain Activation Technique (K-CAT)
2	Program organized by (Dept.)	Department of Orthopaedic Physiotherapy
3	Department/ Association involved	Department of Orthopaedic Physiotherapy
4	Date	24th and 25th of May 2025
5	Duration	2 Days
6	Location	KAHER Institute of Physiotherapy
7	Objective of the program	to enhance clinical skills and understanding of kinetic chain-based physiotherapeutic interventions.
8	Activities carried out during the program	The resource person for the workshop was Dr. K. M. Annamalai, a renowned expert in the field, who conducted an in-depth and interactive training session for the attendees. The workshop was attended by postgraduate students, interns, and faculty members from the field of physiotherapy. In total, around 60 delegates participated, including 12 faculty members. In addition to theoretical discussions, participants were given hands-on training in Kinetic Chain Activation Techniques, enabling them to apply their learning in practical settings. The workshop received highly positive feedback from the participants for its scientific content, practical utility, and the engaging teaching style of Dr. Annamalai. The Department of Orthopaedic Physiotherapy extends its heartfelt gratitude to Dr. Annamalai for his valuable contribution and remains committed to organizing such knowledge-enriching programs in the future.
9	No. of students participated	<b>60</b>
10	No. of Teachers participated	12
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	72
13	Photographs	

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Sl. No	Particulars	
1	Name of the program	workshop on innovative teaching-learning methods
2	Program organized by (Dept.)	The Department of Physiotherapy Education
3	Department/ Association involved	The Department of Physiotherapy Education
4	Date	9th August 2025
5	Duration	1Day
6	Location	KIPT
7	Objective of the program	to enhance the teaching skills and introduce modern pedagogical approaches to improve student engagement and learning outcomes
8	Activities carried out during the program	The Department of Physiotherapy Education, KAHER Institute of Physiotherapy, Belagavi, organized a workshop on innovative teaching-learning methods for the newly recruited faculty members of the institute on 9th August 2025. The workshop aimed to enhance the teaching skills and introduce modern pedagogical approaches to improve student engagement and learning outcomes. A total of 13 faculty members participated and benefitted from the sessions. Dr. Rinku Porwal and Dr. Supriya Kulkarni from KLE Homoeopathic Medical College, Belagavi, served as the resource persons, sharing their expertise and practical insights on implementing innovative strategies in physiotherapy education.
9	No. of students participated	0
10	No. of Teachers participated	15
11	No. of NSS Volunteers present	0
12	No. of Beneficiaries Benefited from the programme	15
13	Photographs	

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Sl. No	Particulars	
1	Name of the program	one-day pre-conference workshop on “Recent Updates and Manual Therapy that works in Spine, Knee and Shoulder: Hands on Workshop”
2	Program organized by (Dept.)	KIPT
3	Department/ Association involved	<b>KIPT</b>
4	Date	20th November 2025.
5	Duration	1 Day
6	Location	KIPT
7	Objective of the program	Currents Trends, Innovative Strategies and Case Based learning
8	Activities carried out during the program	A one-day pre-conference workshop on “Recent Updates and Manual Therapy that works in Spine, Knee and Shoulder: Hands on Workshop” was conducted on 20th November 2025. The session was delivered by Dr. Deepak Kumar, Director & Sr Consultant physiotherapist at Capri Institute of Manual Therapy-Delhi NCR, and was attended by 23 delegates, including clinicians, faculty, and postgraduate students. The workshop focused on Currents Trends, Innovative Strategies and Case Based learning. Dr. kumar discussed key contributors to persistent pain using evidence-based concepts supported by relevant clinical examples. Participants actively engaged in interactive discussions and supervised hands-on practice sessions, which enhanced their understanding of assessment-driven manual therapy techniques and their practical application in clinical settings. discussed.
9	No. of students participated	<b>23</b>
10	No. of Teachers participated	01
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	24
13	Photographs	

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Sl. No	Particulars	
1	Name of the program	workshop on "The Adult Hip – Navigating Diagnosis to Treatment"
2	Program organized by (Dept.)	KIPT
3	Department/ Association involved	<b>KIPT</b>
4	Date	20th November 2025.
5	Duration	1 Day
6	Location	KIPT
7	Objective of the program	continuous professional development and evidence-based clinical practice
8	Activities carried out during the program	A one-day pre-conference workshop on "The Adult Hip – Navigating Diagnosis to Treatment" was conducted on 20th November 2025. The session was delivered by Dr. Barry Getz, Sports and Orthopedic physiotherapist, UK and was attended by delegates, including clinicians, faculty, and postgraduate students. The inaugural ceremony of the workshop was conducted in a formal and dignified manner, marking the commencement of an important academic initiative. The event was inaugurated by Dr. Anand Heggannavar, Head of the Department of Manual Therapy, along with Dr. Barry Getz. The ceremony began with the traditional lighting of the lamp, symbolizing knowledge, wisdom, and the pursuit of academic excellence. Dr. Anand Heggannavar addressed the gathering and emphasized the significance of continuous professional development and evidence-based clinical practice. He highlighted the importance of adopting a structured and systematic approach to the assessment and management of adult hip conditions, and encouraged participants to actively engage in the learning process throughout the workshop.
9	No. of students participated	<b>35</b>
10	No. of Teachers participated	02
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	37
13	Photographs	

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Sl. No	Particulars	
1	Name of the program	Workshop on ;International Classification of Function, Health and Disability”
2	Program organized by (Dept.)	KIPT
3	Department/ Association involved	<b>KIPT</b>
4	Date	19 and 20th November 2025.
5	Duration	1 Day
6	Location	KIPT
7	Objective of the program	ICF structure, domains, codes and Linking of codes. On Patient evaluation through ICF
8	Activities carried out during the program	As a part of the “Pearl Physiocon 2025” International Physiotherapy conference ,KAHER Institute of Physiotherapy, Belagavi organized a 2Day Pre-Conference Workshop on ;International Classification of Function, Health and Disability”, in collaboration with Dharma Foundation of India (DFI)and under recognition of Central Bureau of Health Intelligence(CBHI).The workshop was conducted from 19 th to 20 th November 2025 for 18 participants. The resource persons for the workshop were Dr.Alakananda Banerjee and Dr. Robins Kumar from DFI.The workshop included ICF structure, domains, codes and Linking of codes. On Patient evaluation through ICF was also demonstrated.
9	No. of students participated	<b>18</b>
10	No. of Teachers participated	02
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	20
13	Photographs	

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2	Program organized by (Dept.)	KIPT
3	Department/ Association involved	<b>KIPT</b>
4	Date	19 and 20th November 2025.
5	Duration	1 Day
6	Location	KIPT
7	Objective of the program	ICF structure, domains, codes and Linking of codes. On Patient evaluation through ICF
8	Activities carried out during the program	As a part of the “Pearl Physiocon 2025” International Physiotherapy conference ,KAHER Institute of Physiotherapy, Belagavi organized a 2Day Pre-Conference Workshop on ;International Classification of Function, Health and Disability”, in collaboration with Dharma Foundation of India (DFI)and under recognition of Central Bureau of Health Intelligence(CBHI).The workshop was conducted from 19 th to 20 th November 2025 for 18 participants. The resource persons for the workshop were Dr.Alakananda Banerjee and Dr. Robins Kumar from DFI.The workshop included ICF structure, domains, codes and Linking of codes. On Patient evaluation through ICF was also demonstrated.
9	No. of students participated	<b>18</b>
10	No. of Teachers participated	02
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	20
13	Photographs	

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Sl. No	Particulars	
1	Name of the program	Workshop on ;” Lymphatic Therapy and Applications”
2	Program organized by (Dept.)	KIPT
3	Department/ Association involved	<b>KIPT</b>
4	Date	18,19 and 20th November 2025.
5	Duration	3Day
6	Location	KIPT
7	Objective of the program	emphasizing both theoretical knowledge and hands-on clinical skills.
8	Activities carried out during the program	A three-day intensive workshop on Lymphatic Therapy and Applications was successfully conducted, emphasizing both theoretical knowledge and hands-on clinical skills. The workshop began with registration followed by an inauguration ceremony. The session covered the basic structure and function of the lymphatics, their relation to body mechanics, and differences between the lymphatic and venous systems. The day continued with an introduction to assessment methods used to identify lymphatic dysfunctions, along with a practical segment. The second day focused mainly on manual lymphatic drainage techniques. The instructor demonstrated different manual therapy applications for the cranium and lower limb, including the hip, knee and foot. Participants had the opportunity to practise these techniques under supervision. The rest of the day was spent practising the same methods and refining hand movements, pressure and direction. The final day covered a wider range of applications, starting with visceral and thoracic lymphatic techniques. This was followed by manual therapy for the upper limb. On this day, participants were also introduced to taping methods for lymphatic conditions. Further practice was done for upper limb taping and manual techniques. The workshop ended with a certificate distribution ceremony.
9	No. of students participated	<b>35</b>
10	No. of Teachers participated	03
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	38
13	Photographs	 <p>Belagavi, Karnataka, India Vgp9+366, Nehru Nagar, Belagavi, Karnataka 590010, India Lat: 16.98545° Long 74.518896° GMT +05:30</p>

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Sl. No	Particulars	
1	Name of the program	Workshop on ;" "Meeting in the Centre: Improving All Aspects of Function by Treating the Trunk"
2	Program organized by (Dept.)	KIPT
3	Department/ Association involved	<b>KIPT</b>
4	Date	20th November 2025.
5	Duration	1Day
6	Location	KIPT
7	Objective of the program	emphasizing both theoretical knowledge and hands-on clinical skills.
8	Activities carried out during the program	. The workshop was led by Dr. Asha Chitnis, Owner and Director of Vedanta Pediatric Centre, who served as the resource person and shared her extensive clinical experience in pediatric rehabilitation. The pre-conference workshop was formally inaugurated in the presence of Dr. Asha Chitnis, Dr. Amitesh Narayan, and Dr. Deepa Metgud, Professor and Head of the Department of Pediatric Physiotherapy. The event highlighted the significance of the trunk as the central component for functional performance. Key concepts emphasized during the workshop included the role of the trunk as the crux for working on all aspects of function and the necessity of trunk movements in all planes to facilitate functional transitions and the effective use of adaptive and assistive devices. The sessions were designed to be interactive and clinically relevant, incorporating hands-on demonstrations and case-based discussions focusing on assessment and management strategies in pediatric practice. A total of 30 participants attended the workshop and actively engaged in the sessions. The successful conduct of the workshop was supported by the dedicated efforts of all pediatric physiotherapy faculty members and postgraduate students, who made significant contributions to the smooth execution of the event.
9	No. of students participated	<b>30</b>
10	No. of Teachers participated	04
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	34
13	Photographs	

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Sl. No	Particulars	
1	Name of the program	workshop on “The Four Root Causes of Musculoskeletal Pain”
2	Program organized by (Dept.)	KIPT
3	Department/ Association involved	KIPT
4	Date	20th November 2025.
5	Duration	1Day
6	Location	KIPT
7	Objective of the program	understanding musculoskeletal pain through a root-cause-based
8	Activities carried out during the program	The session was delivered by Dr. Susan Everett, an Australian physiotherapist and academic, and was attended by 50 delegates, including clinicians, faculty, and postgraduate students. The workshop focused on clinical reasoning approach rather than symptom-based management. Dr. Everett discussed key contributors to persistent pain using evidence-based concepts supported by relevant clinical examples. Interactive discussions and practical insights enabled participants to relate theoretical concepts to clinical practice. The workshop concluded with key take-home messages and positive feedback from delegates, highlighting the clinical relevance and clarity of the session.
9	No. of students participated	65
10	No. of Teachers participated	04
11	No. of NSS Volunteers present	0
12	No. of Beneficiaries Benefited from the programme	69
13	Photographs	

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Sl. No	Particulars	
1	Name of the program	workshop on anterior cruciate ligament (ACL) rehabilitation

2	Program organized by (Dept.)	KIPT
3	Department/ Association involved	<b>KIPT</b>
4	Date	20th November 2025.
5	Duration	1Day
6	Location	<b>KIPT</b>
7	Objective of the program	a comprehensive, evidence-based overview of ACL management
8	Activities carried out during the program	A one-day workshop on provided. The program was designed to enhance participants' scientific understanding and clinical skills relevant to both pre-operative preparation and post-operative rehabilitation following ACL injury or reconstruction. The workshop combined lectures, clinical reasoning frameworks, and hands-on practical sessions, emphasizing a structured, phase-wise rehabilitation approach to restore knee stability, strength, neuromuscular control, and functional performance while minimizing re-injury and graft failure risk. Key topics included knee joint functional anatomy and biomechanics, ACL injury mechanisms and risk factors, and thorough clinical and radiological assessment methods. Participants were trained to apply objective outcome measures such as isokinetic strength testing and functional hop tests to inform clinical decisions and return-to-sport readiness. The workshop highlighted individualized rehabilitation, load management, and injury-specific adaptations, while addressing common rehabilitation pitfalls. Interactive discussions and case-based learning enhanced clinical reasoning and decision-making. Overall, the workshop was academically rigorous and clinically relevant, offering significant value to sports rehabilitation and aiming to optimize ACL rehabilitation outcomes and long-term recovery.
9	No. of students participated	<b>35</b>
10	No. of Teachers participated	04
11	No. of NSS Volunteers present	<b>0</b>
12	No. of Beneficiaries Benefited from the programme	39
13	Photographs	

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