



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Report of One Day Workshop on

Sports injuries: Prevention and management

Department of Physical Education organized one day workshop on 'Sports Injuries: Prevention and Management' under lead college activity, D. R. K. College of Commerce Cluster of Shivaji University, Kolhapur on 10th Feb. 2023.

Dr. M. D. Kadam gave introductory speech and Mr. G. M. Lawangare introduced the guests. The inauguration of the workshop was held by Hon. Mr. Sambhaji Patil, Chairman, Kolhapur District Kabaddi Association. He said in his speech that an injury in sports can hamper the performance and spoil entire sports career of the player. Dr. S. F. Bothekar, member, Lead College Coordination Committee, D. R. K. College of Commerce, Kolhapur was also present as a Chief Guest. He explained the importance of warming up and cooling down. Principal Dr. L. D. Kadam presided the session. He elaborated the importance of sports and physical education and appealed students to participate in regular physical activity. Smt. S. R. Majagaonkar expressed the vote of thanks and Dr. M. T. Randive anchored the programme.

In the first session Dr. Javid Sagar, Principal, Dr. D. Y. Patil College of Physiotherapy, Kolhapur has given presentation on 'Advanced Modalities used in Sports injuries. He focused on advanced treatment and therapies for sports injuries. Smt. J. T. Gavade was chairperson of this session.

In the second session Dr. Ajahar Mulla, Physiotherapist, has given an excellent presentation on 'Common Sports Injuries: Prevention & Management'. He enlightened prevention of common sports injuries and rehabilitation of players. Prof. Dr. B. N. Ulape chaired the session.

In the third session, Dr. Sunil Chavan, Vice-Principal and Director of Physical Education, S. S. K. Patil Mahavidyalaya, Kurundwad, Kolhapur has given presentation on Sports Injuries and Remedies'. He explained various sports injuries and its remedies. Dr. P. V. Patil chaired the session.

At the end of each session, students raised their doubts and resource persons cleared doubts and interacted with them.

Hon. Principal Dr. L. D. Kadam, Prof. (Dr.) S. J. Awale, Prof. (Dr.) V. V. Killedar provided valuable support and motivation for organizing the workshop. Mr. G. M. Lawangare, Dr. M. D. Kadam, Smt. S. R. Majagaonkar, Dr. V. P. Nangare, Dr. A. R. Patil and students of the Department of Physical Education gave their efforts for successful conduct of the workshop.

Outcomes:

- Players were educated about prevention, management and rehabilitation of sports injuries.
- Players will take precaution to prevent sports injuries and it leads to enhance their performance.

**No. of
Beneficiaries**

101

Mr. G. M. Lawangare

Coordinator of the Workshop

Dr. M. D. Kadam

Lead College Coordination Committee

Principal,

R.C.Shahu College, Kolhapur.



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Organized One Day Workshop on
SPORTS INJURIES: PREVENTION AND MANAGEMENT

Under Lead College Activity, D. R. K. College of Commerce Cluster, Shivaji University, Kolhapur



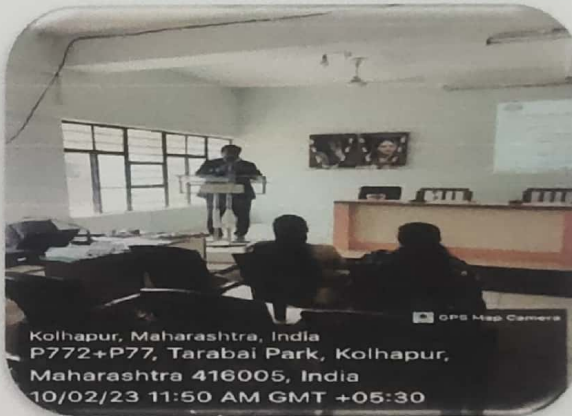
Inauguration by Mr. Sambhaji Patil



Speech by Dr. S. F. Bothekar



Presidential Speech by Dr. L. D. Kadam



Presentation by Dr. Javid Sagar



Presentation by Dr. Ajahar Mulla



Presentation by Dr. Sunil Chavan

Mr. G. M. Lawangare
 Coordinator of the Workshop

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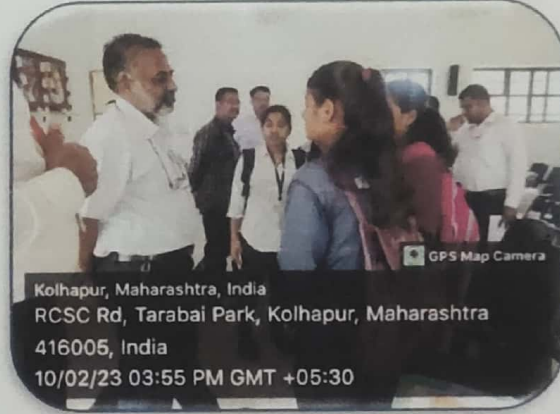
Speech by Dr. B. N. Ulape



Interaction with participants



Participants Feedback



Interaction with participants



'शाहू'मध्ये दुखापतीबाबत कार्यशाळा

कोल्हापूर, ता. ११ : रयत शिक्षण संस्थेच्या राजर्षी छत्रपती शाहू महाविद्यालयात अग्रणी महाविद्यालय योजनेतर्गत शारीरिक शिक्षण विभागातर्फे 'खेळापयोगी दुखापती : प्रतिबंध आणि व्यवस्थापन' विषयावर एकदिवसीय कार्यशाळा झाली. शिवछत्रपती पुरस्कार विजेते आणि कोल्हापूर जिल्हा कबड्डी असोसिएशनचे अध्यक्ष प्रा. संभाजी पाटील यांच्या हस्ते उद्घाटन झाले. या वेळी प्रा. डॉ. एस. एफ. बोधेकर, प्राचार्य डॉ. एल. डी. कदम, डॉ. व्हा. वाय. पाटील कॉलेज ऑफ फिजिओथेरेपीचे प्राचार्य डॉ. जाकोब सागर, अध्यक्ष ज्योती गावडे, डॉ. अक्षर मुल्का, प्रा. डॉ. बी. एन. उलपे, उपप्राचार्य डॉ. सुनील कव्हाण, डॉ. प्रशांत पाटील, प्राचार्य डॉ. एल. डी. कदम यांनी मार्गदर्शन केले. एस. आर. भाऊगावकर, डॉ. व्ही. पी. नांगरे, डॉ. एस. डी. कदम, डॉ. अर्चना पाटील, सभ्यत्वक म्हणून प्रा. लवंगरे यांनी जबाबदारी पार पाडली. डॉ. कदम यांनी प्रारंभिक केले. डॉ. पोशा प्राचार्य डॉ. एल. डी. कदम, डॉ.

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Lunch

Mr. G. M. Lawangare
Coordinator of the Workshop

Dr. M. D. Kadam
Lead College Coordination Committee

Principal,
R.C.Shahu College, Kolhapur.

