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INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

25.08.2015

From

Mrs.S. J. Kanimozhiselvi ,

Tutor in Physiotherapy

Sree Balaji College of Physiotherapy,

Chennai.

To

Dr.S.S.Subramanian., Ph.D

The Dean,

Sree Balaji College of Physiotherapy,

Chennai.

Sir,

Sub: (Permission to conduct Workshop on Craniocervical Dysfunction and Myofascial Release Organized by our college and FitnessOne- Reg)

Kindly consider in permitting the Workshop on Craniocervical Dysfunction and Myofascial Release by eminent expert Mr. Y. Ramakrishna, M.SC Sports, on 29.09.2015 & 30.09.2015 for 2 days in line with our MOU with FitnessOne.

Our students shall benefit this recent trends related to physiotherapy.

Thanking You.



*J. Kanimozhiselvi*  
Yours faithfully,



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Website: www.bharath.ac.in Phone: 044-22293893

173, Agarani Road, Velachery, Tambaram,  
Chennai - 600 073, Tamil Nadu.

# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

25.08.2015

To

Mrs.S. J. Kanimozhiselvi,  
Tutor in Physiotherapy

Madam,

With reference to your communication dated on 25.08.2015

Hereby we grant permission to conduct Workshop on Craniocervical Dysfunction and Myofascial Release on 29.09.2015 & 30.09.2015 for 2 days.



Dr.S.S.Subramanian., Ph.D

The Principal,

Sree Balaji College of Physiotherapy

Dr.S.S.SUBRAMANIAN, M.P.T (Orthopaedics),  
M.S (Education), M. Phil (Education), Ph.D (Physiotherapy)  
The Principal,  
Sree Balaji College of Physiotherapy  
Velachery Main Road, Pallikaranai, Chennai



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# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

11.09.2015

To

Mr. Y. Ramakrishna, M.SC Sports  
General Manager, Faculty Academy  
Fitness one

Sir,

Further continuation of our MOU, to enrich academic and research activities kindly coordinate the proposed approve Workshop to benefit faculty and students of both our institutions. Further classification if any kindly communicate the coordinator Mrs. S. J. Kanimozhiselvi, Tutor in Physiotherapy, email Id: [sbc2007@gmail.com](mailto:sbc2007@gmail.com)

Enclosing details along with

1. Course outline, objective
2. Dates, Resource person

Thanking You,



Dr.S.S.Subramanian., Ph.D  
Dr.S.S.SUBRAMANIAN, M.P.T (Orthopaedics),  
M.S (Education), M. Phil (Education), Ph.D (Physiotherapy)  
The Principal,  
Sree Balaji College of Physiotherapy  
Velachery Main Road, Chennai  
Sree Balaji College of Physiotherapy



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# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

**Two Days Workshop on Craniocervical Dysfunction and Myofascial Release**

Date: 29.09.2015 & 30.09.2015 Time: 09.00 A.M to 04.00 P.M

**ORGANIZED BY**

**FITNESS ONE & SREE BALAJI COLLEGE OF PHYSIOTHERAPY**

**Objectives:**

To evaluate the role of Craniocervical Dysfunction and Myofascial Release in the field of physiotherapy.

**Course Outline:**

To educate Craniocervical Dysfunction - Myofascial Release Concepts- Hand on Training.

**Resource Person**

Speaker	Mr. Y. Ramakrishna, M.Sc Sports General Manager, Faculty Academy Fitness one	Craniocervical Dysfunction and Myofascial Release
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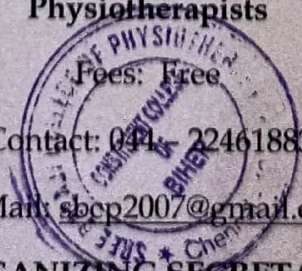
**Eligibility: II Year, III Year & IV Year B.P.T, Interns, M.P.T students, Clinical Physiotherapists**

Fees: Free

For Registration Contact: 044 - 22461883, 044 - 22462179,

e - Mail: [sbcp2007@gmail.com](mailto:sbcp2007@gmail.com)

**ORGANIZING SECRETARY**



Mrs. S. J. Kanimozhiselvi, Asst. Professor



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# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

Two Days Workshop on Craniocervical Dysfunction and Myofascial Release

Date: 29.09.2015 & 30.09.2015 Time: 09.00 A.M to 04.00 P.M

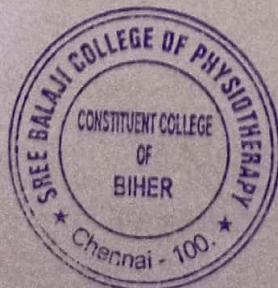
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AGENDA

DAY - I

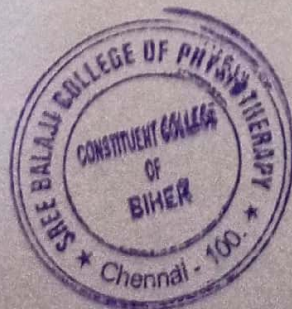
Time	Events
09.00 - 10.00	Introduction & Anatomy of Cranio Cervical Region
10.00 - 10.45	Definition and basics of Fitness
10.45 - 11.00	Tea Break
11.00 - 12.00	Causes of Impairment
12.00 - 01.00	Hands on Special Tests
01.00 - 01.30	Lunch Break
01.30 - 02.00	Diagnosis & Outcome Measures
02.00 - 02.45	Hands on Physical therapy Assessment & Management with Patient
02.45 - 03.00	Tea Break
03.00 - 04.00	Ergonomics & Conditioning



## AGENDA

### DAY - II

Time	Events
09.00 - 09.30	Myofascial Release - Introduction
09.30 - 10.00	Fascia- Anatomy & Function
10.00 - 10.45	Role of fascia in Human Muscle Function
10.45 - 11.30	Assessment of Myofascial Dysfunction
11.30 - 11.45	Tea Break
11.45 - 12.30	Theories in Myofascial Release
12.30 - 01.00	Concepts in Myofascial Release
01.00 - 01.30	Lunch Break
01.30 - 02.00	Hands on Training in Myofascial Release Technique- Upper Limb, Cervical, Scapulothoracic
02.00 - 02.30	Hands on Training in Myofascial Release Technique- Lower Limb, Lumbo Pelvic
02.30- 03.00	Self Myofascial Release
03.00 - 03.15	Tea Break
03.15 - 04.00	Myofascial Release- Evidences







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# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

Workshop on Craniocervical Dysfunction and Myofascial Release- Participant List

Date: 29.09.2015 & 30.09.2015

S.NO	NAME	REG. NUMBER	NAME OF THE INSTITUTION
1.	Binita Gurung	U14PT002	
2.	Ganesh Balaji. L	U14PT003	
3.	Gladis Sherin. R	U14PT004	
4.	Hema. S	U14PT005	
5.	Jeevitha. G	U14PT006	
6.	Madhan kumar. R	U14PT007	
7.	Mohammed Shabeer.N	U14PT008	
8.	Nivetha.S	U14PT009	
9.	P. Prasanth	U14PT010	
10.	Priyanka.M	U14PT011	
11.	Saranya Devi. M	U14PT012	
12.	Sathiya Priya. K	U14PT013	
13.	Shabana. S	U14PT014	
14.	Shadab Ahmed. V.M	U14PT015	
15.	Shalini.S	U14PT016	
16.	Suganthi.S	U14PT017	
17.	Sumithra.M	U14PT018	



18.	Thinakaran.C	U14PT020	
19.	Abinaya P	U15PT001	
20.	Akila V	U15PT002	
21.	Anu Priya K	U15PT003	
22.	Ashmika R	U15PT005	
23.	Atchaya G	U15PT006	
24.	Bhavana S	U15PT007	
25.	Bhuvaneshwari B	U15PT008	
26.	Boopathi S	U15PT009	
27.	Divya J	U15PT010	
28.	Gayathri M	U15PT011	
29.	Gayathri S	U15PT012	
30.	Hemalatha E	U15PT013	
31.	Ilakia S	U15PT014	
32.	Jagan B	U15PT015	
33.	Jeevitha K	U15PT016	
34.	Kalaiarasi K	U15PT017	
35.	Kalaivani E	U15PT018	
36.	Karthickeyan R	U15PT019	
37.	Kavitha N	U15PT020	
38.	Keerthika S	U15PT021	
39.	Kumutha R	U15PT022	
40.	Latha B	U15PT023	
41.	Madhumitha. M	U15PT024	
42.	Masthura Haseena	U15PT025	
43.	Noorunnisha S	U15PT026	



44.

45.

44.	Pavithra R	U15PT027	
45.	Priyanka K	U15PT029	
46.	Ramya S	U15PT030	
47.	Ramya E	U15PT031	
48.	Rekha G K	U15PT032	
49.	Sahithya T	U15PT034	
50.	Sanjana P	U15PT035	
51.	Shanthakumar S	U15PT036	
52.	Saranya R	U15PT037	
53.	Shamlindevanisha D	U15PT038	
54.	Simran Tandon	U15PT039	
55.	Soniya Mohan	U15PT040	
56.	Srimathi S	U15PT041	
57.	Sujitha S	U15PT043	
58.	Swathi R	U15PT044	
59.	Tamizhmani V S	U15PT045	
60.	Sai Bhargavi S	U15PT046	
61.	Titus J	U15PT047	
62.	Vani Shree U	U15PT048	
63.	Venippriya PN	U15PT049	
64.	Vijay Kumar S	U15PT050	
65.	Shalini L	U15PT051	





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**Workshop on Craniocervical Dysfunction and Myofascial Release**

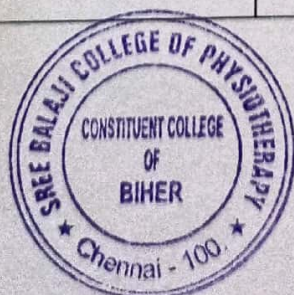
Date: 29.09.2015 & 30.09.2015 Time: 09.00 A.M to 04.00 P.M

**ORGANIZED BY**

**FITNESSONE & SREE BALAJI COLLEGE OF PHYSIOTHERAPY**

## FEEDBACK FORM Workshop

Criteria	Strongly Agree (3)	Agree (2)	Disagree (1)
Workshop was relevant to my needs	✓		
Length of Workshop was sufficient	✓		
Content was well organized	✓		
Questions were engaged	✓		
Instructions were clear and understandable		✓	
Workshop met my expectations	✓		
The presentations were effective		✓	





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 Website: www.bharathiv.ac.in



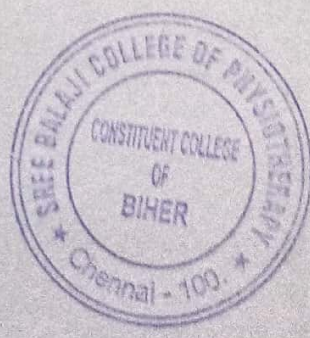
# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

DATE: 29.09.2015 & 30.09.2015

## FEEDBACK FORM

TIME: 9AM - 4 PM.

Criteria	Strongly Agree (3)	Agree (2)	Disagree (1)
Workshop was relevant to my needs	✓		
Length of Workshop was sufficient	✓		
Content was well organized	✓		
Questions were engaged	✓		
Instructions were clear and understandable		✓	
Workshop met my expectations	✓		
The presentations were effective		✓	





## SREE BALAJI COLLEGE OF PHYSIOTHERAPY

ORGANIZED BY

FITNESSONE & SREE BALAJI COLLEGE OF PHYSIOTHERAPY

### CERTIFICATE OF PARTICIPATION

This is to certify that Mr / Ms SHALINI.L U15PT051 (Reg No ) of II/III/IV  
Year / Interns B.P.T/M.P.T / Clinical Physiotherapists has participated in the Workshop on Craniocervical Dysfunction and  
Myofascial Release on 29.09.2015 & 30.09.2015

Mr. Y. Ramakrishna, M.SC SportsDr.S.S.Subramanian, Ph.D  
General Manager, Faculty Academy, Fitness one

  
Principal



**Dr.S.S.SUBRAMANIAN, M.P.T (Orthopaedics)**  
M.S (Education), M. Phil (Education), Ph.D (Physiotherapy)  
The Principal,  
Sree Balaji College of Physiotherapy  
Velachery Main Road, Pallikarai, Chennai



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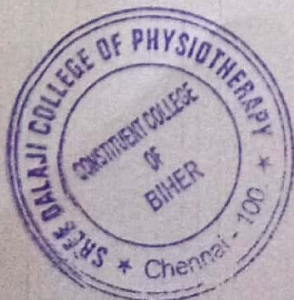
**INSTITUTE OF HIGHER EDUCATION AND RESEARCH**

Chennai - 600 072  
113 Agaram Road, Velacheri, Tambaram  
Chennai - 600 071, Tamil Nadu



# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

## Workshop on CranioCervical Dysfunction & Myofascial Release



**Dr. S. S. SUBRAMANIAN, M.P.T (Orthopaedics)**  
M.B (Education), M. Phil (Education), Ph.D (Physiotherapy)  
The Principal,  
Sree Balaji College of Physiotherapy  
Velachery Main Road, Pallikaranai, Chennai