



**DOLPHIN (PG) INSTITUTE OF BIO-MEDICAL & NATURAL SCIENCES,
MANDUWALA, DEHRADUN
Department of Physiotherapy
ADD ON COURSE ON TAPING**

REPORT

Department of Physiotherapy, Dolphin (PG) Institute of Biomedical & Natural Sciences, Dehradun organised a 5 days add on course on taping from 27 July 2022 to 31 July 2022. The course was attended by 46 students. The course was divided into Theory and Practical sessions. Theory aspects of taping included introduction of taping to its uses, physiology behind, indications, contraindication, precautions and recent advances. The practical aspects included the application and its procedures.

The speakers of the course were Dr Piyuh Jain, Founder PhysioPanda, Dr Deptee Warikoo, HOD, DIBNS, and Dr Sunil Bhatt Ass. Prof., DIBNS, Dr Ashish Dev Gera, Ass. Prof., DIBNS. All the Speakers focussed mainly on implementation and application of Taping Technique. The hands-on was taken on last 2 days at old Auditorium, DIBNS. Speakers explained that Taping is used as one of the means of rehabilitation or prophylaxis in instances where support and stability are needed, as a first-aid tool, for the prevention of injury and protection of an injured anatomical structure while healing is taking place. The Hand on technique gave full motivation to students and everyone practiced thoroughly in the sessions.