



**Dolphin (PG) Institute of Biomedical & Natural Sciences,**  
V.P.O.-Manduwala, Chakrata Road, Dehradun – 248 007 (Uttarakhand) India  
Affiliated to H.N.B. Garhwal Central University, Srinagar, Approved by Government of Uttarakhand)  
N AAC Accredited 'B++' (2<sup>nd</sup> Cycle)

Tel No. +91 9568002232

E-mail: mail@dolphininstitute.in

Website: www.dolphininstitute.in

<b>EVENT REPORT</b>	
<b>TITLE</b>	<b>MYOFASCIAL RELEASE</b>
<b>NAME OF THE ACTIVITY</b>	<b>ENTREPRENEURSHIP DEVELOPMENT PROGRAM</b>
<b>DATE</b>	<b>19-20<sup>TH</sup> APRIL, 2023</b>
<b>VENUE</b>	<b>OLD AUDITORIUM, DOLPHIN(PG)INSTITUTE OF BIOMEDICAL &amp; NATURAL SCIENCES, DEHRADUN</b>
<b>ORGANIZED BY</b>	<b>DEPARTMENT OF PHYSIOTHERAPY, DOLPHIN(PG)INSTITUTE OF BIOMEDICAL &amp; NATURAL SCIENCES, DEHRADUN</b>
<b>RESOURCE PERSON</b>	<b>DR. R. ARUNMOZHI</b>
<b>NO. OF PARTICIPANTS</b>	<b>40</b>
<b>EVENT OBJECTIVE</b>	<b>1. ENHANCE STUDENTS' MYOFASCIAL RELEASE PROFICIENCY FOR ADVANCED PHYSIOTHERAPY PRACTICE. 2. FOSTER AN ENTREPRENEURIAL MINDSET BY INTEGRATING BUSINESS ELEMENTS, ENABLING STUDENTS TO ENVISION AND PLAN MYOFASCIAL RELEASE CLINICS.</b>
<b>EVENT OUTCOME</b>	<b>1. PARTICIPANTS DEMONSTRATE EXPERTISE IN MYOFASCIAL RELEASE, ELEVATING CLINICAL SKILLS. 2. GRADUATES CRAFT BUSINESS PLANS, FOSTERING ENTREPRENEURIAL GROWTH IN MYOFASCIAL RELEASE PHYSIOTHERAPY PRACTICES.</b>



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**PHOTOGRAPHS**



**MYOFASCIAL RELEASE EDP ON 19-20<sup>TH</sup> APRIL, 2022**

**EVENT COORDINATOR:**

*Seelha*  
*Dr. Rishi*

**HEAD OF DEPARTMENT:**

*Apb*

Head  
Department of Physiotherapy  
Dolphin (PG) Institute of Biomedical  
& Natural Sciences, Dehradun



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## DEPARTMENT OF PHYSIOTHERAPY

### CIRCULAR

DIBNS/PHY/EDP/2022-23

Date: 01/04/2023

This is to inform you that Department of Physiotherapy is going to organize an Entrepreneurship Development Program on, 'Myofascial Release' on 19-20<sup>th</sup> April 2022. You are cordially invited and requested to convey to all students of your department.

#### Schedule of event:

Topic: **MYOFASCIAL RELEASE**  
Guest Speaker: Dr R. Arunmozhi, Professor, SBS University, Dehradun  
Date: **19-20 APRIL-2023**  
Time: 10:00 AM  
Venue: Old Auditorium

Dr. Depte Warikoo

(HOD)

CC to:

1. Chairman office (for kind information please)
2. The Principal Office
3. The Director Office
4. IQAC Coordinator
5. All HODs



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Website: www.dolphininstitute.in

DATE: 20/03/23

To

The Principal,


DIBNS,

Dehradun.

Sub: Permission for Entrepreneurship Development Program

Respected Madam,

We would like to inform you that Department of Physiotherapy is planning to organize an Entrepreneurship Development Program on, 'Myofascial Release' on 19-20<sup>th</sup> April 2023. Dr R. Arunmozhi, Professor, SBS University, Dehradun will be the resource person for the event. I would request your good-self to grant permission for the same.

  
Dr. Deepti K. Singh  
Head of Department of Physiotherapy  
HOD  
Dolphin (PG) Institute of Biomedical  
& Natural Sciences, Dehra Dun  
Department of Physiotherapy, DIBNS

  
Approved  
Shankar -

Principal  
Dolphin (P.G.) Institute of  
Bio-Medical & Natural Sciences,  
Manduwala, Dehra Dun

# ATTENDANCE SHEET

Course : BPT IV<sup>th</sup> Year

EDP on MFR

Dated : 19/4/23 & 20/4/23

Sub. : \_\_\_\_\_

Room : Old library

Paper No. 2

Time : 10

S.No.	Roll No.	Students Name	Signature
1		Deepak Pawad	
2		Aaksh Tamang	
3		Reetika Singh	
4		Sarthak Pandey	
5		Shalu Megha	
6		Pherna Bisht	
7		Yashasvi Chauhan	
8		Aastha shrestha	
9		Sandesh Basnet	
10		shiv Narayan Mandal	
11		Kshiti Chhetri	
12		Santosh Phrozobwan	
13		Sumakshi Pradhan	
14		Shreyya Khadgi	
15		Sneha Agarwal	
16		Nashaba Raza	
17		Prityanka Apte	
18		Sakshika	
19		Azeem	
20		Shivani Sharma	
21		Neha Pandaya	
22		Kanchi Varshney	
23		Nishant Singh	
24		Pooja Rawat	
25		Sneha Kumari	
26		Jaya Kirati	
27		Nishu	
28		Yasmina	
29		Abhishek Kr. Jha	
30		ANKUR	

S.No.	Roll No.	Students Name	Signature
31		Chetan Kr. Devra	
32		Sankar Singh	
33		Mubam Sumita Shrivastava	
34		Somam	
35		Muskojyoti	
36		Tajwar K K	
37		Aniket	
38		Yashish Singh	
39		MALIKA	
40		Kadmi Beyang	
41		Aarjya Khatun	
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Total : 40 (In Figure)  
forty (In Words)

Invigilator  
 1. Name \_\_\_\_\_  
 Signature   
 2. Name \_\_\_\_\_  
 Signature   
 Head Department of Physiotherapy  
 Dolphin (PG) Institute of Health & Medical Sciences, Sonapatna

Entrepreneurship Development Program  
on

MYOFASCIAL RELEASE  
DEPARTMENT OF PHYSIOTHERAPY  
DATES: 19<sup>th</sup> & 20<sup>th</sup> April 2023

DAY 1 (19 <sup>th</sup> April) TIME	ACTIVITY
9:30-10:00am	Welcome & lamp lighting
10:00-10:30am	Anatomy of Muscle & Fascia
10:30-11:00am	Tea Break
11:00-1:30pm	Introduction to MFR, Setup for patient treatment
1:30-2:30pm	Lunch
2:30-4:30pm	MFR for Neck & Thorax
DAY 2 (20 <sup>th</sup> April) TIME	ACTIVITY
9:30-10:30am	MFR for Upper Limb
10:30-11:00am	Tea Break
11:00-2:00pm	MFR for Lower Limb
2:00-3:00pm	Lunch
3:00-4:00pm	MFR for Back
4:00-4:30pm	Valediction and vote of thanks



Date:  
Day:  
By:

Signature:  
Date:  
Day:  
By:



**Entrepreneurship Development Programme**

**on**

**MYOFASCIAL RELEASE TECHNIQUES**

**Dates: 19th - 20th April, 2023**



**Venue: Old Auditorium, DIBNS**

**Organized by**

**Department of Physiotherapy  
Dolphin (PG) Institute of Biomedical and  
Natural Sciences, Manduwala, Dehradun (Uttarakhand)**



**Dr. R. Arun Mozhi, Professor**  
BPT, MPT (Sports - Rehabilitation) Ph.D, DYT,  
FCMFR (UK)

**H**e has a teaching experience of 23 years. He presented 40 papers in various conferences around the nation. He has 15 publications in various international and national journals. He has guided more than 100 dissertations for UG and PG students. He is an external examiner in 05 universities. Dr Arun has also conducted various national and international workshops as a resource person. He was awarded the "Young Achiever Award" by I.A.P in 2014, Certificate of appreciation in 2017 & Best Academician Award in 2018 & Physio Ratan Award in 2022. He has also specialized in Myofascial Release Technique, Cyriax Orthopedic Medicine, Yoga and Sports massage

## ORGANIZING COMMITTEE

### Chief Patron

**C.A. Arvind Gupta**  
Chairman

Dolphin (PG) Institute of Biomedical  
and Natural Sciences,  
Dehradun, Uttarakhand

### Patron

**Dr. Shailja Pant**  
Principal

Dolphin (PG) Institute of  
Biomedical and Natural Sciences,  
Dehradun, Uttarakhand

### Organizing Chairperson

**Dr. Deptee Warikoo**

Head, Department of Physiotherapy, DIBNS, Dehradun

### Organizing Team Members

**Dr. Richa Agrawal**  
Asst. Professor, DIBNS

**Dr. Keerty Mathur**  
Asst. Professor, DIBNS

**Dr. Sunil Bhatt**  
Asst. Prof., DIBNS, Dehradun

**Dr. Ashish Dev**  
Asst. Prof., DIBNS, Dehradun

**Dr. Diksha Bhatt**  
Asst. Prof., DIBNS, Dehradun

**Dr. Nidhi Rawat**  
Physiotherapist, DIBNS, Dehradun