

SWAMI
VIVEKANANDA
UNIVERSITY



NEWSLETTER

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**Theme:- "From Training to
Triumph: Physiotherapy In sports
and Endurance performance**



DEPARTMENT OF PHYSIOTHERAPY
SCHOOL OF ALLIED HEALTH
SCIENCES

About The University



Swami Vivekananda University was established in the year 2019 by the Swami Vivekananda Group of Institutions (REFI), a trusted name in the education sector of West Bengal. Although young in years, the University has already made impressive progress toward becoming a reputed centre of quality higher education. REFI, the parent body, stands as one of the leading educational conglomerates in the region with over 28 well-established institutions. These institutions are dedicated to providing demand-driven and industry-oriented education across a wide spectrum of disciplines including Pure and Applied Sciences, Engineering, Technology, Management, Agriculture, Life Science, Allied Health Sciences, Humanities & Social Sciences, and Journalism & Mass Communication. The Group focuses on high-quality education at undergraduate, postgraduate, and doctoral levels, nurturing professionals who meet evolving global standards.

Swami Vivekananda University (SVU) was founded with the profound mission of bringing to life Swami Vivekananda's vision of education—one that shapes not only intellectual capabilities but builds strong character, confidence, ethics, and humanity. His educational philosophy emphasized blending India's rich cultural and spiritual legacy—rooted in values such as shraddha (faith), devotion to truth, and sacredness

of knowledge—with the best of Western scientific temperament, innovation, rationality, and technological advancement. In alignment with this ideology, every academic program, extracurricular initiative, and institutional effort at SVU is designed to promote mankind's holistic development, preparing students to become responsible global citizens with a strong sense of purpose



The Hon'ble Chairman's guiding principles—Excellence, Innovation, and Entrepreneurship—drive SVU toward continuous growth and transformation. New age educational initiatives are being implemented to enhance academic quality, expand research contributions, and develop collaborations with industry and global institutions. The University gives equal importance to personality development, leadership enhancement, experiential learning, and real-world problem solving. With a strong focus on outcome-based education, SVU aims to empower students to become innovators, entrepreneurs, skilled professionals, and change-makers in society.

The University was established under Act No. /V of 2019 of the West Bengal State Legislature and officially commenced operation from 5th December 2019. Within just a year, it was enlisted by the University Grants Commission (UGC) as a State Private University in 2020. SVU has ensured continuous internal monitoring and quality self-compliance through its Internal Quality Assurance Cell (IQAC), signifying its strong commitment to academic excellence, accreditation readiness, and institutional transparency from the very beginning.

Strategically located in the lush and serene township of Barrackpore, the University campus is spread across 12 acres of greenery, providing a refreshing environment that supports learning, creativity, and overall well-being. The campus enjoys excellent tri-modal connectivity—rail, road, and air—with the Kolkata Airport just 15 km away, and key access points like Barrackpore-Barasat junction (Wireless More) and Kalyani Expressway situated nearby. Close proximity to Barrackpore Railway Station further enhances accessibility for students commuting from various parts of the state.

Despite being in its early years, the University has already achieved a robust student community of over 2000+ learners, including around 150 active research scholars, demonstrating its rapidly growing academic reputation. SVU offers a learner-centric atmosphere supported by advanced infrastructure and modern facilities. The academic blocks comprise fully equipped laboratories, smart classrooms, seminar halls, auditoriums, a technologically advanced Computer Centre, Central Library, Conference Halls, and designated research spaces. The campus also supports a variety of extracurricular and student welfare facilities including a well-maintained gymnasium, medical support, campus store, clean and hygienic canteen services, and complete Wi-Fi connectivity—enabling a digitally empowered learning ecosystem.

SVU strongly believes that higher education is not just about academics but shaping personalities and enabling lifelong success. Therefore, the University promotes a culture of active learning through practical sessions, field training, industrial internships, workshops, guest lectures, and skill development programs. Alongside academic rigor, SVU emphasizes co-curricular and extracurricular involvement—arts, sports, cultural celebrations, community outreach, and innovation-driven activities—ensuring that students evolve into adaptable and confident individuals.

Research, innovation, and entrepreneurship are the pillars of SVU's developmental roadmap. The University encourages a strong research culture through funded projects, research labs, conferences, and collaborations. Students are motivated to engage in discovery, creativity, and real-world applications of knowledge. Entrepreneurship development cells, incubation support, and mentorship opportunities ensure that innovative ideas from young minds can transform into sustainable ventures and contribute to the nation's economic advancement.

Swami Vivekananda University remains deeply rooted in the belief that every student has the potential to rise and excel. Therefore, equal attention is given to inclusivity, ethics, discipline, and academic freedom. Faculty members at SVU are highly qualified, student-friendly, and dedicated to guiding learners through both academic challenges and personal growth. The faculty continuously upgrade their knowledge through professional development programs, ensuring that the University remains aligned with global educational standards.

Looking ahead, SVU aims to expand its global visibility through international collaborations, advanced research centres, and industry partnerships that enrich student exposure and career opportunities. The University's long-term mission is to earn recognition as a University of Excellence—one that leads innovation, promotes value-based education, and creates leaders who contribute meaningfully to society.

Swami Vivekananda said, "Education is the manifestation of the perfection already in man." Guided by this philosophy, Swami Vivekananda University is committed to inspiring students to discover that inner perfection, empowering them to become enlightened individuals ready to serve the world with knowledge, kindness, courage, and purpose.

From the Vice Chancellor's Desk



It is indeed a great privilege and honour to be at the forefront of an emerging and rapidly progressing institution—our Swami Vivekananda University (SVU). Being a part of this illustrious journey fills us with immense pride and satisfaction. Since its inception in 2020, SVU has consistently demonstrated a strong commitment toward excellence in Higher Education, Research, Innovation, and Community Extension activities. With the visionary guidance and strong leadership of our Hon'ble Chancellor, and the relentless dedication of our esteemed colleagues—our University has been able to build a strong academic foundation in a remarkably short span of time.

SVU today offers a wide spectrum of Undergraduate, Postgraduate, and Doctoral programs across various disciplines including Engineering, Management, Agriculture, Computer Science, Life Sciences, Allied Health Sciences, Humanities, and Social Sciences. Each of these programs is carefully designed to align with global standards, industry needs, and future technological advancements. Our objective has always been to nurture competent, responsible, and socially conscious professionals who will shape the future of our nation and the world.

Research remains at the very heart of our institutional growth. At SVU, research programs are being strengthened across all disciplines, promoting a culture of innovation and knowledge creation. Total commitment from faculty, scholars, and students is essential to achieve our research goals, and I am proud to note that SVU is steadily progressing toward becoming a centre of excellence in multidisciplinary research.

As we envision the future, there is no doubt that knowledge and technology will continue to be the most powerful resources for development. The world is evolving rapidly, and higher education institutions must not only adapt to this change but must play a crucial role in leading societal transformation. Therefore, it becomes our paramount responsibility to develop ideas, innovations, and human resources that will benefit society at large. We aim to impart education that is forward-thinking, skill-based, and capable of addressing global challenges.

To keep pace with the emerging trends, our emphasis is also on establishing strong collaborations and alliances—whether with national and international universities, government bodies, research organizations, or industrial sectors. These partnerships will foster opportunities for joint research, knowledge exchange, internships, and real-world exposure for our students. It is both our moral and academic obligation to ensure that SVU becomes a trusted hub for academic brilliance, impactful research, and meaningful extension activities. The progress SVU has witnessed so far is not the result of a single entity—it is the collective outcome of the unwavering dedication, teamwork, and concerted efforts of every stakeholder—faculty, administrative.

staff, students, alumni, governing bodies, and well-wishers. In the vast, fast-changing educational scenario of today, a university must be adaptable, resilient, and future-oriented. I firmly believe that SVU embodies these qualities and is continuously evolving to meet the highest standards of educational excellence.

What truly strengthens our institution is its diversity—diversity in talent, culture, ideas, perspectives, and ambitions. The richness of this diversity enables us to build a vibrant academic environment that inspires creativity, critical thinking, and leadership. Every member of the SVU community contributes uniquely to the growth story of our University, and together, we move ahead with a shared vision of progress and purpose.

With many milestones yet to be achieved and countless opportunities ahead, let us continue to shoulder our responsibilities with dedication and enthusiasm. I encourage each one of us to uphold the core values of discipline, innovation, compassion, and academic integrity—values that symbolize the spirit of SVU.

Let us join hands and move forward with unwavering determination to take this institution to even greater heights of recognition, excellence, and societal impact. The journey ahead is promising, and together we shall make SVU a beacon of knowledge and a pioneer of transformative education.

“Many more miles to go—but with unity, vision, and collective effort, success is inevitable.”

From the Chief Operating Officer's Desk



It is a great privilege and honour to be a part of the mission to make “Swami Vivekananda University” a name to reckon within the academic fraternity by giving a strong impetus to creating an environment of knowledge, application and holistically inspiring youth to become leaders of tomorrow. I believe that the rigours of the contemporary world will require knowledgeable professionals who could withstand the dynamics of the fast-changing world. It is a great privilege and honour to be a part of the mission to make

“Swami Vivekananda University” a name to reckon within the academic fraternity by giving a strong impetus to creating an environment of knowledge, application and holistically inspiring youth to become leaders of tomorrow. I believe that the rigours of the contemporary world will require knowledgeable professionals who could withstand the dynamics of the fast- changing world. Hence “Making a Difference in the Life of Every Student” is the Priority of my administration. We look forward to a deep engagement with Students, Industry, Faculty, and Community to position Andhra university as the national leader in delivering value to its students and offering a transformative educational and life experience.

The Vice Chancellor office works collaboratively across the University Constituent and affiliated Colleges to ensure that every student has the best possible education and experience. In the journey, there will be tough times and there will be easier ones, but we shall work hard with no regrets, and be victorious. The University faculty are here to be the mentors and facilitators to help the students in all round progress. The parents are here to understand the strength and weaknesses of their wards and encourage them, in choosing a study of their passion. The students are here to understand that the rules and regulations in the university are put in a place to help them in achieving dreams.

There must be an aspiration to excel and serve the society, and hence there must be measuring standards. We the faculty and students as an University must excel and set standards to impact society and future generations.

Let’s move ahead with a clear line of action to excel in academics, fortify our research initiatives through quality publications, strengthened industry – institute interactions, product development, Start-Up ventures and honestly contributing for the upliftment and growth of people and humanity at large.

Our challenge is to help to generate ideas that will benefit society, and to educate and train people to work in fields where they will be valued both for their knowledge, and for their ability to research, communicate and solve problems. I offer my best wishes to all students, faculty and staff to grow and excel in this challenging and competitive era and the pinnacle of success.

From the Registrar's Desk



We have pleasure in welcoming you to Swami Vivekananda University, Barrackpore. The University is striving hard to have qualitative improvement in the level of education, environment and economy of this region. The university has a visionary mission to contribute in multidimensional growth and development of the region in general and holistic development of the students in particular. We hope that the inspiring students, under the guidance of dedicated teachers and a far-sighted leadership of the top administration would lead this University to a coveted and recognized position in the galaxy of higher education in the country.

Swami Vivekananda University's aspiration is to be a world class centre of excellence in training, research and innovation in cutting edge technologies. We are in the sincere process of creating a positive image whereby our name becomes synonymous with excellence, innovation, honour, integrity and outstanding quality and service. Always we will keep our vision goal focused ensuring to reach greater heights in the days ahead. As we embark on developing the University, all the dedicated personnel at SVU need to be unswerving in defending our vision. We shall focus on the individuals' strengths and use their strengths in a very goal-directed niche within our institution.

Our primary objective is to enrich and support the individual in his/her endeavour towards the attainment of knowledge and wisdom to apply that knowledge in coherence with the aims and ambitions of the individual in particular and for the greater good of human kind in general. Industries and renowned institutions are always welcome to collaborate for R & D activities with faculty members and research scholars. As regards to the students who are our main stakeholders, we look forward to a healthy working relationship where dialogue becomes the pillar of our understanding. We remain open to your deserved needs and not demands and our focus will be to make you all-round graduates ready for the market and responsible citizens of this great country. I assure you best academic, administrative and research atmosphere in the campus.

About The Department



Physiotherapy is an important branch of rehabilitative medicine that focuses on restoring, maintaining, and enhancing physical function and movement throughout the lifespan. Physiotherapists work with individuals affected by injury, illness, disability, or age-related conditions, aiming to improve mobility, reduce pain, and enhance independence. By using detailed assessment, provisional diagnosis, therapeutic exercises, manual



techniques, electrotherapy, and education, physiotherapists play a vital role in promoting health and overall well-being.

With the growing need for rehabilitation services in today's world—due to lifestyle changes, rising chronic diseases, sports and work-related injuries, and increased life expectancy—qualified physiotherapy

professionals are in high demand. Physiotherapy not only supports recovery but also helps prevent future complications, enabling individuals to lead active and productive lives.

Recognizing the importance of skilled rehabilitation experts, the Department of Physiotherapy at Swami Vivekananda University was established in 2020. The Bachelor of Physiotherapy (BPT) program aims to provide students with strong theoretical knowledge supported by hands-on clinical training. Students are exposed to hospitals, community centers, and advanced physiotherapy laboratories equipped with modern treatment technologies.

To expand learning and research opportunities, the Master of Physiotherapy (MPT) program was introduced in 2024. This specialized program focuses on advanced therapeutic practice, clinical reasoning, and evidence-based treatment approaches, preparing graduates for leadership roles in healthcare and academics.

The department is driven by a team of dedicated and experienced faculty members who prioritize student development, professional ethics, and excellence in patient care. Our mission is to develop competent, compassionate physiotherapists who contribute meaningfully to improving the health and quality of life of individuals and communities.

From the HOD's Desk



Welcome to the Department of Physiotherapy at Swami Vivekananda University. Our department firmly believes that education is a powerful tool that shapes individuals into capable professionals and responsible members of society. We strive to create an environment where students are encouraged to explore their potential, pursue academic excellence, and engage in continuous personal development. With the unwavering support of our experienced faculty members, strong institutional vision, and well-equipped infrastructure, we aim to foster dedication, perseverance, and empathy among our students—qualities essential for success in the healthcare profession. Physiotherapy plays a vital role in the modern healthcare system. As a specialized discipline of rehabilitative medicine, it focuses on restoring, maintaining, and enhancing physical function and mobility. Physiotherapists work closely with patients to manage pain, improve movement, and enhance their ability to participate in daily activities. Through scientific assessment, provisional diagnosis, therapeutic exercises, manual therapy, electrotherapy, and preventive care, they help individuals regain independence and improve their overall quality of life

Beyond treating health conditions, physiotherapists significantly contribute to the prevention of disability, reduction in long-term medication dependency, and avoidance of invasive procedures such as surgeries. Their role spans across hospitals, sports rehabilitation centres, community health programs, geriatric care, occupational health, and wellness promotion—making them a key asset in society's pursuit of better health.

The growing demand for rehabilitation services emphasizes the need for highly trained and compassionate physiotherapy professionals. At our department, we remain committed to providing a comprehensive curriculum that integrates theoretical knowledge with extensive clinical exposure. We encourage students to cultivate critical thinking, professional ethics, and evidence-based practice, ensuring their readiness for diverse healthcare challenges.

We are proud of our achievements and excited about the promising path ahead. We warmly welcome all aspiring students to join our department and contribute to the advancement of physiotherapy. Together, let us strive to serve humanity, promote well-being, and uphold the values of this noble profession.

Faculty Members of Physiotherapy Department



Dr. Sourav Mitra (PT)
Assistant Professor & HOD,
Department of Physiotherapy, MPT
Neurology



Dr. Sunayana Ghosh Dostider (PT)
Assistant Professor
Department of Physiotherapy MPT
Orthopaedics



Dr. Sanhita Bose (PT)
Assistant Professor,
Department of Physiotherapy MPT
Orthopaedics



Dr. Raveena Kothari (PT)
Assistant Professor
Department of Physiotherapy
MPT Cardiopulmonary



Dr. Swarup Ghosh (PT)
Assistant Professor
Department of Physiotherapy
MPT Orthopaedics



Dr. Saptarshi Mondal (PT)
Assistant Professor
Department of Physiotherapy
MPT Sports



Dr. Paramita Biswas (PT)
Assistant Professor
Department of Physiotherapy
MPT Orthopaedics

Guest Faculty Members



Dr. Akhilesh Humnekar
Assistant Professor AIIMS Kalyani
MBBS, MS, MCH (Burns &
Plastic Surgery)



Dr. Saikat Roy
Assistant Professor
College of Medicine and JNM Hospital Kalyani
PhD Anatomy

Board of studies



Dr. Satyen Bhattacharya (PT)

*External Expert from Academia Associate
Professor, Burdwan
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Dr. Anwesh Prodhan (PT)

*External Expert from Academia
Associate Professor, Nopany Institute
of Healthcare Studies*



Dr. Shazad Anwar (PT)

*External Expert from Academia
Associate Professor & Principle Burdwan
Institute of Medical & Life Sciences*



Dr. Amartya Mallick (PT)

*External Expert from Academia Assistant
Professor, Burdwan
Institute of Medical & Life Sciences*



Dr. Sampurna Sett (PT)

*External Expert from Academia
Chief Physiotherapist Woodlands
Hospital*



Dr. Subhanjan Das (PT)

*External Expert from Academia
Consultant Physiotherapist
Ex-Associate Professor, Garden City
University*



From Training to Triumph: Physiotherapy in sports and Endurance Performance

From training to triumph, physiotherapy plays a vital and increasingly essential role in shaping success in sports and endurance performance. In today's competitive athletic environment, achieving victory is not only determined by natural talent, dedication, and intense practice, but also by the ability of an athlete to remain injury-free, recover efficiently, and consistently perform at their highest potential. Physiotherapy serves as a bridge between the physical demands of rigorous training and the ultimate goal of peak performance in competition.

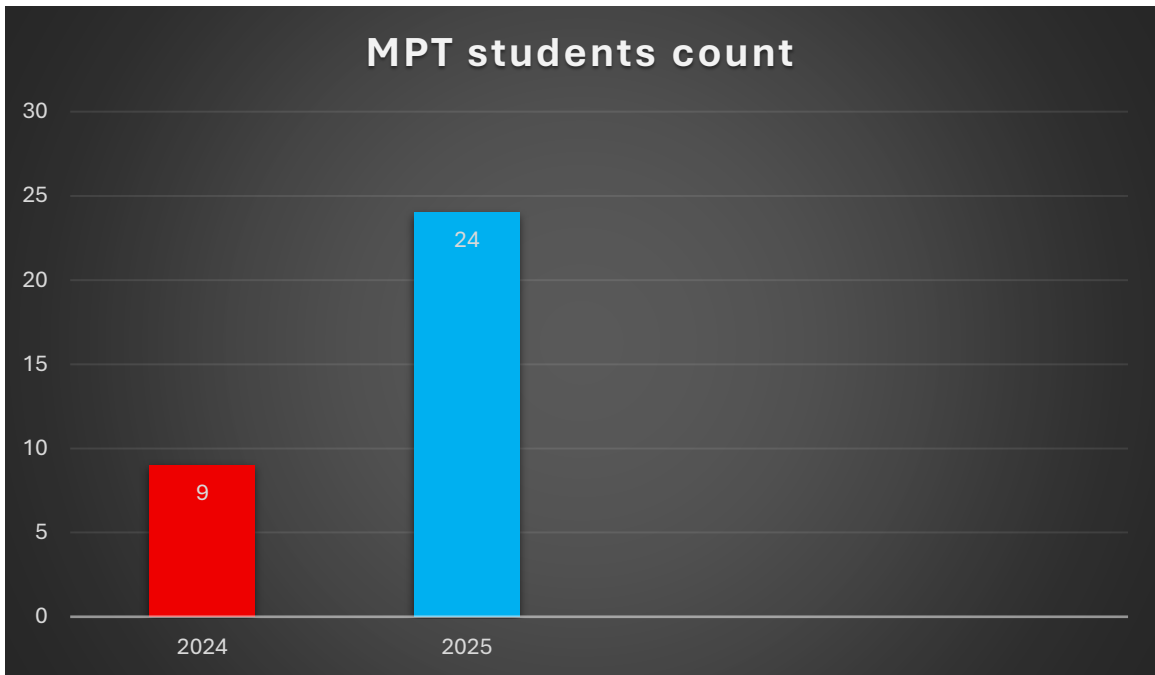
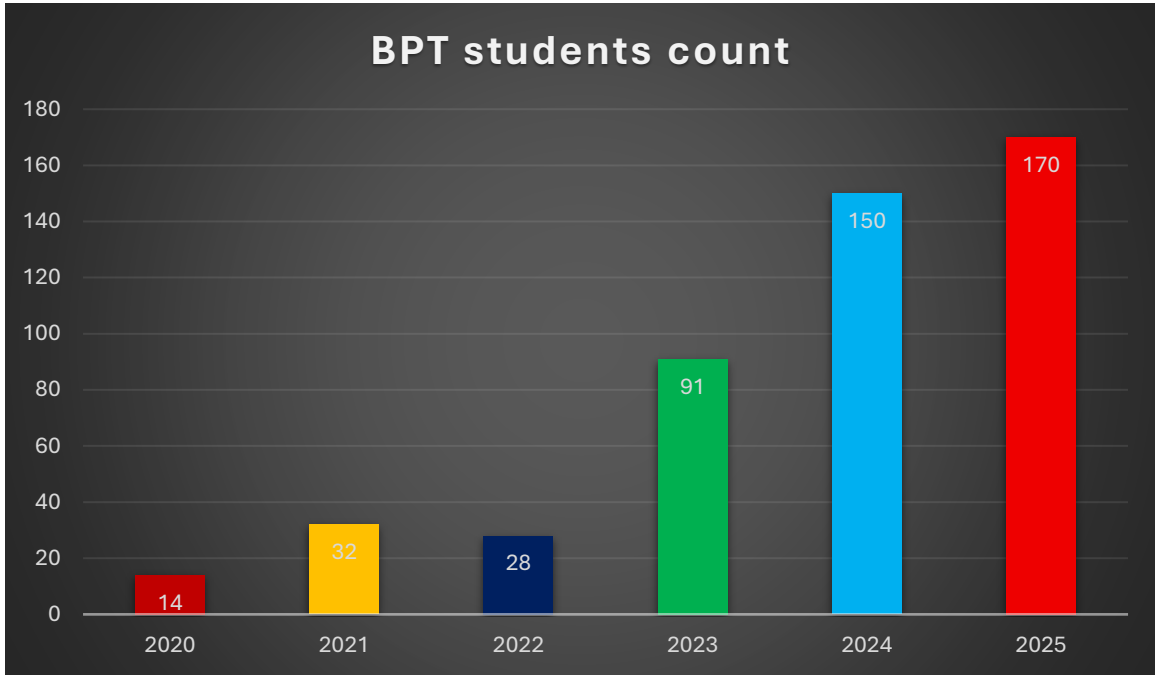
It focuses not only on the treatment of injuries but also on prevention, rehabilitation, strength enhancement, mobility improvement, and overall performance optimization. Athletes involved in endurance-based sports such as marathon running, cycling, football, cricket, swimming, and volleyball place enormous repetitive stress on their muscles, joints, ligaments, and cardiovascular systems. Without proper recovery strategies and biomechanical support, these continuous demands often lead to overuse injuries, fatigue, muscle imbalances, and reduced athletic efficiency

Sports physiotherapists play a crucial role in identifying movement dysfunctions, correcting posture and technique, and designing individualized training and rehabilitation programs that enhance flexibility, strength, balance, coordination, and endurance capacity. They also apply evidence-based therapeutic interventions such as manual therapy, stretching techniques, taping, electrotherapy, and progressive exercise rehabilitation to promote faster healing and a safe return to sport after injury.

Beyond injury care, physiotherapy contributes significantly to long-term athletic development by improving energy efficiency, reducing risk factors, increasing resilience, and supporting mental confidence during high-pressure performance situations. Endurance performance requires not only physical stamina but also consistent training over long periods, and physiotherapy ensures that athletes can sustain their workload without breakdown. By integrating recovery, prevention, and performance strategies, physiotherapy becomes a key partner in an athlete's journey, transforming hard training into triumphant achievement. Ultimately, physiotherapy empowers athletes to overcome physical challenges, reach excellence, extend their competitive longevity, and unlock their full sporting potential.



BPT + MPT Students
Count over the Years
Analysis





Moving Smarter to Perform Stronger: The Role of Physiotherapy in Endurance Sports

Dr. Paramita Biswas (PT), Assistant Professor, Department of Physiotherapy, Swami Vivekananda University



Dr. Paramita Biswas (PT)
Assistant Professor
Department of Physiotherapy,
MPT Orthopedics

“Physiotherapy plays a crucial role in modern endurance sports by promoting efficient movement, preventing injuries, and supporting long-term athletic development. Educating athletes about their bodies empowers them to train smarter and perform better.”

Endurance sports demand far more than physical strength alone. They require efficient movement, consistent performance, and long-term physical and mental resilience. Whether a student athlete is involved in long-distance running, cycling, swimming, rowing, or multi-disciplinary endurance events, success depends not only on how hard one trains, but on how well the body adapts to continuous physical stress. Physiotherapy plays a crucial role in this process by helping athletes move smarter, recover better, and ultimately perform stronger.

For student athletes, balancing academics with demanding training schedules can place additional stress on the body. Physiotherapy helps manage this stress by focusing on injury prevention, movement efficiency, and recovery—allowing athletes to train safely while maintaining overall well-being.

From the earliest stages of training to competition readiness, physiotherapists support athletes through individualized, evidence-based programs designed according to the specific demands of their sport. These programs focus on optimizing posture, correcting muscle imbalances, improving joint mobility, and enhancing overall movement efficiency. In endurance sports, even small inefficiencies in movement can lead to early fatigue and reduced performance. By improving how the body moves, physiotherapy helps student athletes conserve energy and sustain performance for longer periods.

Physiotherapists also assess biomechanics and functional movement patterns such as running gait, cycling posture, swimming strokes, and general body alignment. These assessments help identify subtle issues that may increase injury risk or reduce performance efficiency. Simple corrections in technique, muscle activation, or posture can significantly improve comfort, endurance capacity, and performance consistency. Over time, these improvements contribute to better results and reduced physical strain.

In endurance disciplines, injury prevention is essential for long-term athletic development. Student athletes often experience overuse injuries due to repetitive movements, high training volumes, sudden increases in

intensity, or inadequate recovery. Common problems include muscle strains, tendon injuries, shin pain, and joint stress. Physiotherapists are trained to recognize early warning signs such as persistent soreness, stiffness, muscle tightness, or altered movement patterns.

Through early intervention, physiotherapists implement corrective exercises, flexibility programs, strength training, and load management strategies to prevent injuries before they become serious. They also educate athletes about proper warm-up routines, cool-down strategies, and training progression. This proactive approach allows student athletes to maintain uninterrupted training schedules and make steady progress without unnecessary setbacks.

Recovery is one of the most important yet often overlooked aspects of endurance performance. While training provides the stimulus for improvement, recovery is where the body repairs and adapts. Without proper recovery, fatigue accumulates, performance declines, and the risk of injury increases. Physiotherapy-guided recovery strategies help athletes recover more effectively and prepare for the next training session.

Recovery techniques may include stretching, mobility exercises, manual therapy, and active recovery methods that improve circulation and reduce muscle soreness. Physiotherapists also guide athletes on rest strategies, sleep quality, and managing training load. Effective recovery allows student athletes to return to training feeling refreshed, focused, and physically prepared rather than exhausted.

Physiotherapy also plays an important role in developing mental strength. Endurance sports require patience, discipline, and mental resilience, especially during long training sessions or competitions. By improving body awareness and understanding physical limits, physiotherapists help athletes gain confidence in their movements and training decisions. Student athletes who understand how their bodies respond to stress are better able to manage fatigue, recognize early signs of injury, and avoid pushing beyond safe limits.

This education-based approach empowers athletes to take responsibility for their health and performance. Learning when to push, when to modify training, and when to rest is a valuable skill that supports both athletic success and long-term physical health.

When injuries do occur, physiotherapy plays a vital role in rehabilitation and safe return to sport. Structured rehabilitation programs restore strength, flexibility, coordination, and confidence. Physiotherapists ensure that athletes return to training gradually and safely, reducing the risk of re-injury and promoting long-term performance sustainability.

By integrating training support, injury prevention, recovery, and rehabilitation, physiotherapy transforms physical effort into sustainable athletic performance. For student athletes, this holistic approach not only enhances sports performance but also supports academic life by reducing injury-related interruptions and physical stress.

In endurance sports—where consistency, efficiency, and longevity define success—physiotherapy is not just a supportive service. It is an essential part of developing stronger, smarter, and more resilient athletes.

“Success in endurance sports belongs to those who respect recovery as much as training.”

STUDENT FORUM

Training Smart, Performing Strong: The Science of Physiotherapy in Endurance Sports



MS. Anisha Yasmin
BPT 8th semester
(Batch 2022)

Ms. Anisha Yasmin , BPT , 8th semester

Introduction

Endurance sports like running, cycling, and triathlon demand more than just cardiovascular fitness. Athletes need strong muscles, efficient movement patterns, and proper recovery to perform their best. Physiotherapy plays a vital role in helping endurance athletes achieve peak performance while preventing injuries. Modern sports science shows that physiotherapy is not just about treating injuries—it's about enhancing performance through strength training, recovery strategies, and movement optimization

Strength Training: A Game-Changer for Endurance Athletes

Many endurance athletes hesitate to do strength training, thinking it might slow them down or make them bulky. However, research proves otherwise. Studies on well-trained runners, cyclists, and cross-country skiers show that adding strength training to endurance programs significantly improves performance. Research findings demonstrate that strength training leads to: - Improved running economy and efficiency - Faster race times across various distances - Better power output in cycling - Enhanced ability to produce force quickly, crucial for sprint finishes

Recovery Strategies: The Foundation of Performance

Training hard is important, but recovering properly determines how much you improve. The most effective recovery strategies include:

***Hydration** – Essential for maintaining performance and preventing fatigue*

***Proper nutrition** – Critical for muscle repair and energy restoration*

***Adequate sleep** – The body's natural recovery mechanism*

***Rest days** – Allow the body to adapt and grow stronger from training*

***Stretching and foam rolling** – Help maintain flexibility and reduce muscle tension*

Interestingly, research shows that top-performing athletes use multiple recovery methods regularly. This demonstrates that champions don't just train harder—they recover smarter.

Injury Prevention Through Physiotherapy

One of the biggest advantages of physiotherapy is preventing injuries before they happen. Athletes who follow physiotherapy-guided preventive programs experience significantly fewer injuries.

Physiotherapists identify and address key risk factors:

- *Muscle imbalances causing uneven stress on joints*
- *Poor movement patterns that waste energy and increase injury risk*
- *Inadequate recovery leading to overuse injuries*
- *Limited flexibility restricting movement efficiency*

Biomechanics: Moving Efficiently

Even small improvements in movement efficiency can lead to better performance. Physiotherapy based on biomechanical principles helps athletes use less energy at the same speed, reduce joint stress, and maintain better form when fatigued.

Practical Application for Athletes

Strength Training: *Start with 2-3 sessions per week, focusing on squats, lunges, and deadlifts. After building basic strength, add plyometric exercises for explosive power.*

Recovery: *Prioritize sleep, proper nutrition, and hydration. Use stretching and foam rolling regularly, especially after hard workouts.*

Professional Guidance: *Work with a physiotherapist for personalized movement analysis and program design. What works for others may not suit your specific needs.*

Consistency: *Improvements appear with consistent strength and recovery work alongside endurance training over time.*

Conclusion:

*Physiotherapy is essential for endurance athletes who want to perform their best while staying injury-free. The research is clear: combining strength training, proper recovery, and movement optimization with traditional endurance work leads to significant performance improvements. You don't need to spend hours in the gym—just regular strength sessions and attention to recovery can transform your performance. Remember, **the best athletes aren't those who train the hardest, but those who train the smartest.***

From Signal to Strength: EMG Applications in Sports Rehabilitation



Sayan Sarkar, BPT 7th Semester (Batch 2022)

A New Era in Sports Rehabilitation

*In modern sports physiotherapy, science and technology are reshaping the way athletes recover, train, and perform. Among the most transformative tools used today is **surface electromyography (sEMG)**—a non-invasive method that records the electrical activity of muscles through surface electrodes.*

Mr. Sayan Sarkar,
BPT 7th Semester (Batch 2022)
*physiotherapists to better understand **muscle activation patterns, timing, coordination, and fatigue.** This deeper insight enables more precise rehabilitation strategies, particularly in sports-related and overuse injuries.*

Every muscle contraction produces an electrical signal. sEMG captures these micro-currents and converts them into meaningful data, allowing

Understanding EMG in Sports Rehabilitation

What EMG Measures

- *Muscle activation intensity*
- *Recruitment timing and sequencing*
- *Fatigue patterns during sustained or repetitive activity*

Why EMG Matters

- *Identifies delayed or underactive muscles*
- *Detects compensatory movement strategies*
- *Guides targeted exercise prescription*
- *Objectively tracks neuromuscular recovery*

How EMG Is Used

*From post-injury assessment to optimizing strength and conditioning programs, EMG ensures that exercises engage the **right muscles at the right time**, improving both rehabilitation efficiency and performance outcomes.*

Scientific Evidence in Clinical Practice

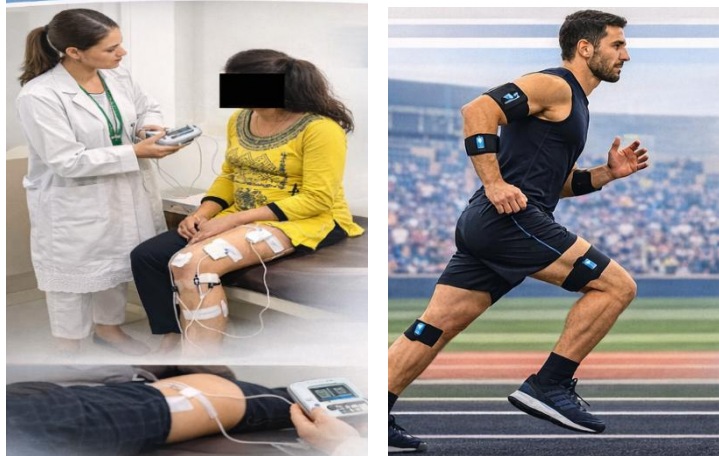
Clinical observations using EMG have demonstrated its effectiveness in refining knee rehabilitation, particularly in individuals experiencing anterior knee pain such as chondromalacia patella.

*When EMG was used to compare **open kinetic chain (OKC)** and **closed kinetic chain (CKC)** exercise programs over a six-week period, clear differences in neuromuscular activation were observed.*

Following training:

- *VMO activation increased from approximately 49% to 88% in individuals performing CKC exercises*
- *Gluteus medius activation increased from about 45% to 82% in the CKC group*
- *Improvements in OKC exercises were present but less pronounced*

These findings suggest that functional, weight-bearing exercises promote superior activation of key stabilising muscles involved in patellofemoral joint control.



Pain Sensitivity and Functional Improvement

*Beyond muscle activation, changes were also noted in pain perception. Improvements in **pressure pain threshold** around the knee joint indicated reduced pain sensitivity following rehabilitation.*

Participants performing closed kinetic chain exercises demonstrated:

- *Greater reduction in pain during daily activities*
- *Improved tolerance to load-bearing tasks*
- *Enhanced confidence during movement*

*This highlights the importance of restoring **neuromuscular control**, not merely increasing muscle strength.*

Why Closed Kinetic Chain Exercises Perform Better

Closed kinetic chain exercises encourage coordinated activation of multiple muscle groups, replicating real-life functional demands. EMG findings indicate that these exercises:

- *Improve synchronisation between the quadriceps and hip stabilisers*
- *Enhance dynamic knee control*
- *Reduce excessive joint stress during movement*

Such neuromuscular adaptations contribute to better movement efficiency and long-term joint protection.

Functional Outcomes That Matter

Functional assessments showed meaningful improvements following EMG-guided rehabilitation:

- *Improved stair climbing performance*

- *Reduced discomfort during squatting and transitional movements*
- *Higher patient-reported functional scores*

*These outcomes reinforce the clinical relevance of selecting exercises that challenge **movement quality and control**, rather than focusing solely on isolated muscle strengthening.*

Clinical Implications for Sports Physiotherapists

For clinicians, these insights offer practical guidance:

- *Early rehabilitation may utilise controlled open chain exercises when pain limits tolerance*
- *Progression to closed chain, functional tasks is essential*
- *Emphasis should be placed on **muscle firing timing, endurance, and coordination***
- *EMG can be a valuable adjunct for assessment, feedback, and progression planning*

*By integrating EMG-informed decision-making, physiotherapists can design **more precise and effective rehabilitation programs**.*

Conclusion

From Electrical Signals to Functional Strength

Surface electromyography provides a powerful window into neuromuscular function, allowing clinicians to move beyond what is visible to the eye. By identifying deficits in muscle activation and coordination, EMG supports targeted rehabilitation strategies that improve pain, function, and performance.

In sports physiotherapy, where efficient and safe return to activity is critical, EMG transforms electrical signals into meaningful clinical action—bridging the gap between science and functional recovery.

TRAIN SMART, NOT BROKEN



Mr. Anshu Ghosh,
BPT, 6th semester
Batch 2023

Do This. Not That. — The Sports Physiotherapy Playbook Every Athlete Should Know

Why This Matters

In sports, most athletes don't fail because they are unfit.

They fail because they train wrong, recover poorly, and ignore early warning signs.

Sports physiotherapy research consistently shows that performance loss and injuries usually come from small, repeated mistakes—not big accidents. This section breaks those mistakes down in a clear Do / Don't format, exactly the way your teachers expect: practical, eye-opening, and evidence-aligned.

DO: Train Load Progressively

DON'T: Increase intensity or volume suddenly

Why:

Sudden spikes in training load overload muscles, tendons, and ligaments before they adapt. This is one of the most common causes of stress fractures, tendinopathy, and chronic pain in endurance and field sports.

Physio Insight:

Physiotherapists use load monitoring and graded progression to match tissue capacity with training demand. Research summarized in the British Journal of Sports Medicine consistently links load spikes with injury risk.

DO: Warm Up with Purpose

DON'T: Stretch randomly or skip warm-up

Why:

A warm-up is not just about "feeling loose." It prepares the nervous system, improves muscle activation timing, and reduces injury risk.

Physio Insight:

Effective warm-ups include:

Dynamic mobility

Activation (glutes, core, scapula)

Sport-specific movement rehearsal

This improves movement efficiency and reaction time—critical for both endurance and team sports.

DO: Respect Pain Signals Early

DON'T: Train through persistent pain

Why:

Pain is information, not weakness. Ignoring early pain converts minor tissue overload into long-term injury.

Physio Insight:

Sports physiotherapists identify whether pain is:

Normal training soreness

Mechanical overload

Early tissue damage

Early intervention often prevents weeks or months of lost training.

DO: Strengthen for Your Sport

DON'T: Rely only on cardio or skill practice

Why:

Endurance and team sport athletes often under-train strength, assuming running or playing is enough.

Physio Insight:

Physiotherapy-guided strength training:

Improves force absorption

Protects joints and tendons

Enhances movement economy

This is especially important for knees, ankles, hips, and the lower back.

DO: Train Movement Quality Under Fatigue

DON'T: Ignore technique breakdown when tired

Why:

Most injuries occur late in training or competition, when fatigue alters biomechanics.

Physio Insight:

Physiotherapists design drills that challenge:

Balance

Coordination

Control under fatigue

This trains the body to stay efficient when it matters most.

DO: Recover Like You Train

DON'T: Treat recovery as optional

Why:

Training creates adaptation only if recovery is adequate. Poor sleep, poor nutrition, and no recovery strategy increase injury risk and reduce performance gains.

Physio Insight:

Recovery strategies include:

Active recovery

Mobility work

Breathing techniques

Load adjustment

Physiotherapy helps individualize recovery—not guess it.

DO: Return to Sport Based on Readiness

DON'T: Return just because pain is gone

Why:

Pain reduction does not equal readiness. Many re-injuries occur because athletes return before regaining strength, control, and confidence.

Physio Insight:

Modern physiotherapy uses criteria-based return-to-sport, assessing:

Strength symmetry

Functional performance

Movement confidence

This reduces re-injury and improves long-term performance.

What This Teaches Us

*Sports physiotherapy is not only about treating injuries.
It is about preventing mistakes before they cost performance.*

Athletes who follow physiotherapy-guided principles:

Train more consistently

Miss fewer sessions

Perform better under pressure

> Train hard—but train Smart

*Physiotherapy doesn't just fix athletes.
It keeps them competing.*

Women-Centered Sports Physiotherapy



Ms. Uttamasha Saha

BPT, 6th semester, Batch 2023

Editor's Note

The increasing participation of women in competitive sports has highlighted the need for specialized, evidence-based physiotherapy care. Women-centered sports physiotherapy focuses on anatomical, hormonal, and biomechanical differences of female athletes to ensure injury prevention, optimal recovery, performance enhancement, and long-term musculoskeletal health.

Introduction

Women-centered sports physiotherapy is a specialized, evidence-based rehabilitation and performance model tailored specifically to female athletes.

It integrates sex-specific assessment, biomechanical analysis, injury-prevention strategies, hormonal cycle considerations, and performance optimization programs.

This ensures individualized rehabilitation planning that enhances athletic longevity and sustainability

Background – Biological & Biomechanical Considerations

1. Increased Q-Angle Due to Wider Pelvis

- Increased knee valgus tendency
- Higher patellofemoral joint stress
- Risk of PFPS, ACL injury, IT band syndrome

Physiotherapy Focus: Gluteus medius strengthening, hip external rotator activation, dynamic knee control.

2. Higher ACL Injury Incidence (2–8x more common)

- Greater knee valgus during landing
- Reduced hamstring-to-quadriceps ratio
- Delayed neuromuscular activation

Focus: Plyometric control, hamstring strengthening, landing retraining.

3. Ligament Laxity Influenced by Estrogen

- Increased joint laxity during ovulatory phase
- Reduced stability and proprioception

Application: Cycle-aware load modification and monitoring.

4. Increased Risk of Stress Fractures

- Tibia, metatarsals, pelvis
- Associated with Female Athlete Triad & RED-S

Role: Load management, bone health education, gradual return-to-run.

5. Pelvic Floor Dysfunction

- Stress urinary incontinence
- Core instability
- Common in high-impact sports

Intervention: Biofeedback, breathing correction, integrated core activation.

6. Relative Energy Deficiency in Sport (RED-S)

- Impaired menstrual function
- Bone health compromise
- Decreased performance

Physiotherapist role: Early screening, referral, education, training modification.

Expanded Intervention Approach

1. Comprehensive Biomechanical Assessment

- Lower limb alignment analysis
- Dynamic valgus screening
- Gait and running analysis
- Jump-landing assessment

Purpose: Identify faulty movement patterns and reduce long-term joint stress.

2. Neuromuscular & Proprioceptive Training

- Balance board exercises
- Single-leg drills
- Perturbation training
- Agility & reactive drills

Goal: Enhance dynamic stability and prevent ACL/ankle injuries.

3. Core & Gluteal Strengthening

- Gluteus medius & maximus activation
- Transversus abdominis focus
- Posterior chain strengthening
- Hip-pelvis control

Outcome: Reduced knee valgus and improved limb control.

4. Landing Mechanics & Movement Retraining

- Soft landing techniques
- Knee-over-toe correction
- Deceleration control
- Structured plyometric progression

Focus: Controlled force absorption.

5. Pelvic Floor Rehabilitation

- Pelvic floor assessment
- Biofeedback strengthening
- Sport-specific integration
- Intra-abdominal pressure management

Goal: Prevent incontinence & improve performance.

6. Menstrual Cycle-Aware Programming

- Load adjustments by phase
- High-intensity scheduling in optimal phase
- Ovulatory injury-risk monitoring
- Symptom tracking education

Benefit: Performance optimization & injury reduction.

7. Criteria-Based Return-to-Sport

- ³90% strength symmetry
- Functional hop testing
- Psychological readiness
- Gradual sport exposure

Purpose: Safe return & reinjury prevention.

8. Individualized Load Monitoring

- RPE tracking
- Acute: Chronic workload ratio

- *Recovery status monitoring*
9. *Multidisciplinary Collaboration*
- *Coordination with nutritionists*
 - *Sports physicians*
 - *Psychologists*
10. *Education & Athlete Empowerment*
- *Self-monitoring strategies*
 - *Injury awareness*
 - *Long-term sustainability planning.*

Results

Evidence demonstrates that women-specific physiotherapy programs:

- *Reduce ACL injury risk*
- *Improve dynamic stability*
- *Enhance muscular strength & endurance*
- *Enable faster, safer return-to-sport*
- *Increase psychological confidence.*

Discussion

Traditional rehabilitation models often overlook hormonal cycle impact, pelvic floor health, nutritional status, and biomechanical sex differences.

Women-centered physiotherapy integrates prevention with rehabilitation while addressing biological uniqueness to promote long-term athletic sustainability.

Conclusion

Women-centered sports physiotherapy bridges biological uniqueness with peak athletic performance.

By integrating injury prevention, personalized rehabilitation, hormone-aware training, pelvic health, and evidence-based strategies, it empowers female athletes toward resilience, longevity, and excellence.

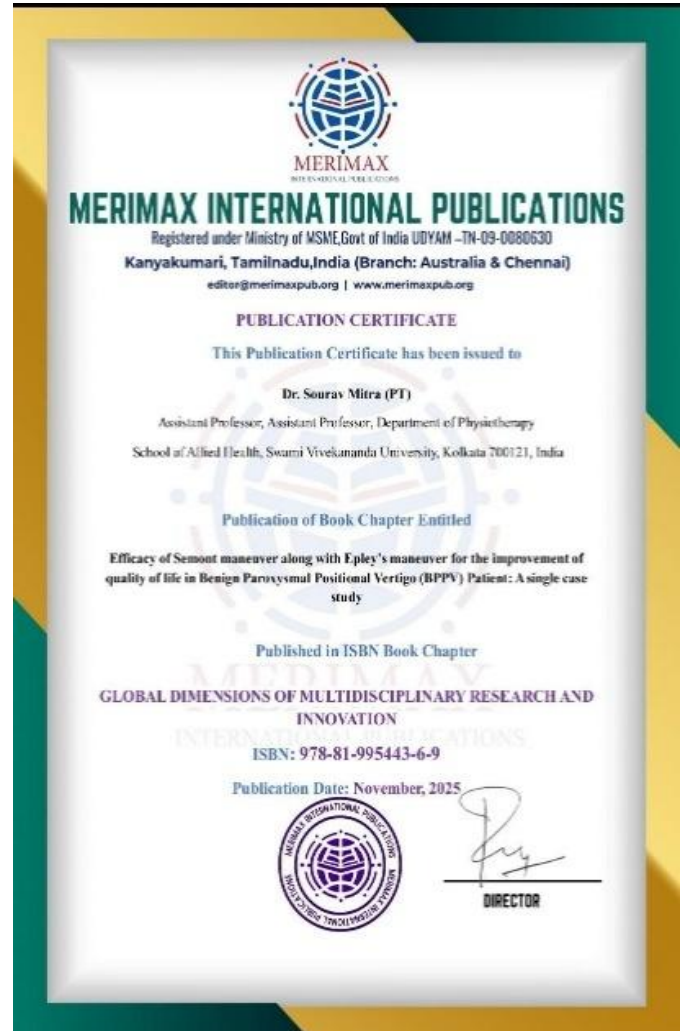
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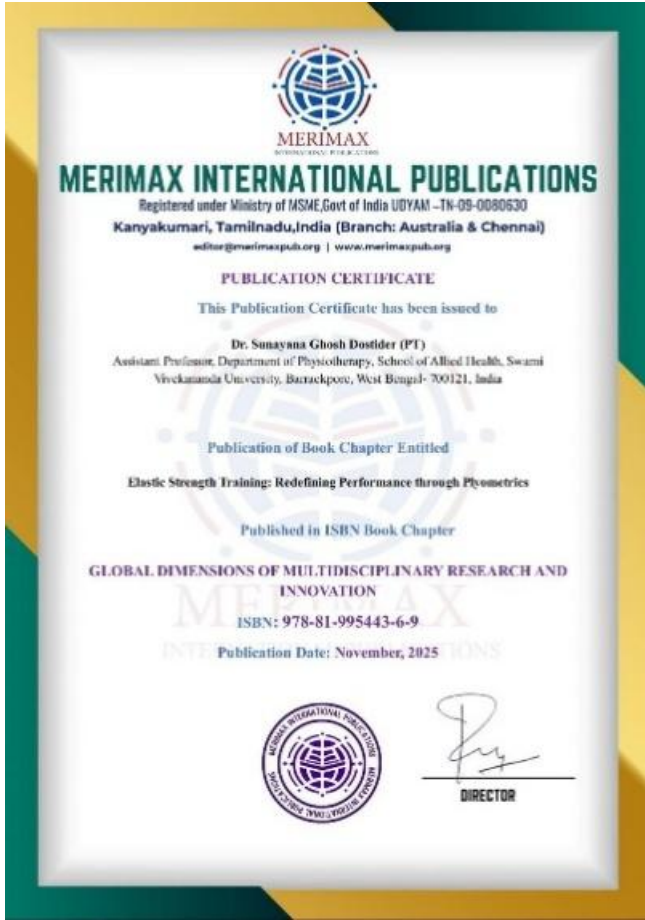
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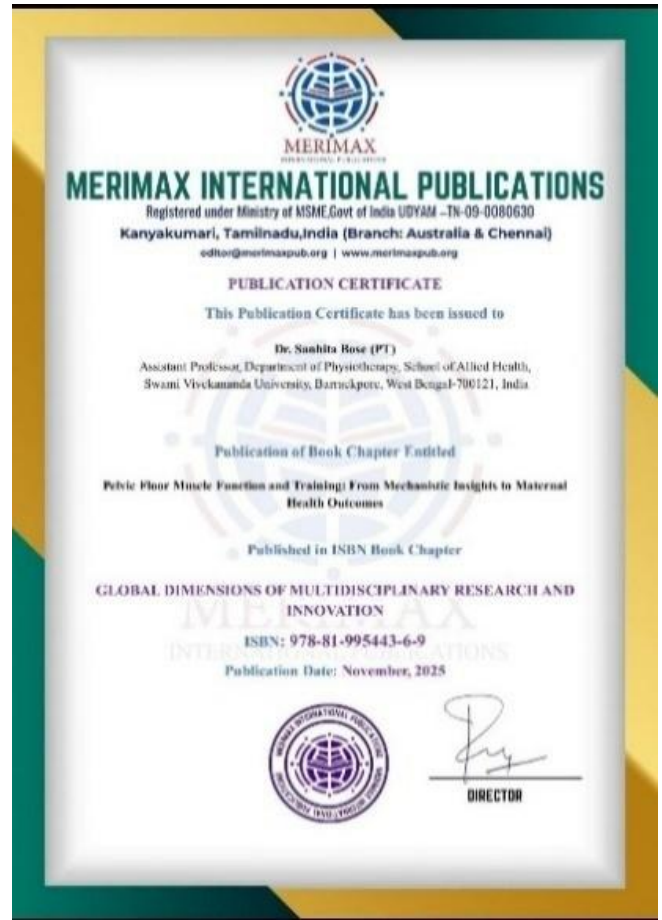
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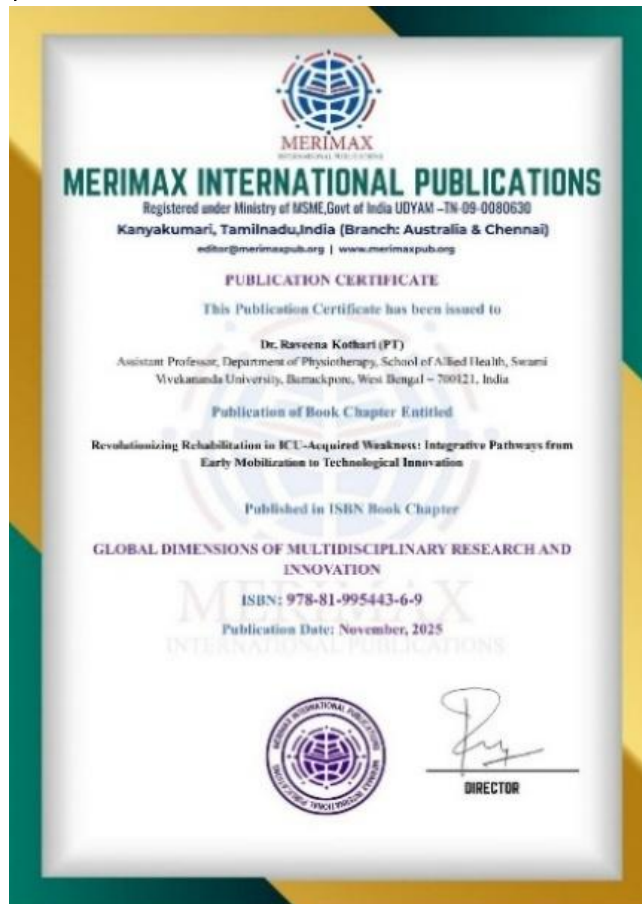
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प्रकाशक विवरण / Publisher Details: N.A.
कार्य की भाषा / Language of the Work: English
कार्य का विवरण / Description of the Work: N.A.
शर्तें / (Conditions/Remarks, if any): N.A.

अस. सं. की तारीख होने की तिथि / Date of ROC: 22/12/2025

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प्रतिरिप्याधिकार नियम का विषय 70 | Rule 70 of The Copyright Rules
प्रतिरिप्याधिकार एजेंसरी से उद्धरण | Extracts from the Register of Copyrights

अवेदन सं. / Application No.: LD-37104/2025-CO | दाखिल करने की तिथि / Date of Filing: 13/09/2025

इसका उद्देश्य यह प्रमाणित करना है कि प्रतिरिप्याधिकार अधिनियम, 1957 के प्रावधानों के अनुसार, पर्युक्त आवेदन में प्रदत्त विषय "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR NECK PAIN" नामक कार्य के लिए प्रतिरिप्याधिकार प्राप्त किया गया है।
This is to certify that a copyright has been registered for the work titled "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR NECK PAIN" as disclosed in the below mentioned application in accordance with the provisions of the Copyright Act,1957.

व्यक्ति / Authors: सं. / SNO.	नाम / Name	पता / Address
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प्रकाशक विवरण / Publisher Details: N.A.
कार्य की भाषा / Language of the Work: English
कार्य का विवरण / Description of the Work: N.A.
शर्तें / (Conditions/Remarks, if any): N.A.

अस. सं. की तारीख होने की तिथि / Date of ROC: 22/12/2025

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4. PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR ELBOW PAIN (Certificate No.: LD-20250178928)

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प्रतिरिप्याधिकार एजेंसरी से उद्धरण | Extracts from the Register of Copyrights

अवेदन सं. / Application No.: LD-37108/2025-CO | दाखिल करने की तिथि / Date of Filing: 14/09/2025

इसका उद्देश्य यह प्रमाणित करना है कि प्रतिरिप्याधिकार अधिनियम, 1957 के प्रावधानों के अनुसार, पर्युक्त आवेदन में प्रदत्त विषय "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR ELBOW PAIN" नामक कार्य के लिए प्रतिरिप्याधिकार प्राप्त किया गया है।
This is to certify that a copyright has been registered for the work titled "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR ELBOW PAIN" as disclosed in the below mentioned application in accordance with the provisions of the Copyright Act,1957.

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प्रकाशक विवरण / Publisher Details: N.A.
कार्य की भाषा / Language of the Work: English
कार्य का विवरण / Description of the Work: N.A.
शर्तें / (Conditions/Remarks, if any): N.A.

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प्रतिरिप्याधिकार एजेंसरी से उद्धरण | Extracts from the Register of Copyrights

अवेदन सं. / Application No.: LD-37108/2025-CO | दाखिल करने की तिथि / Date of Filing: 14/09/2025

इसका उद्देश्य यह प्रमाणित करना है कि प्रतिरिप्याधिकार अधिनियम, 1957 के प्रावधानों के अनुसार, पर्युक्त आवेदन में प्रदत्त विषय "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR ELBOW PAIN" नामक कार्य के लिए प्रतिरिप्याधिकार प्राप्त किया गया है।
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प्रकाशक विवरण / Publisher Details: N.A.
कार्य की भाषा / Language of the Work: English
कार्य का विवरण / Description of the Work: N.A.
शर्तें / (Conditions/Remarks, if any): N.A.

अस. सं. की तारीख होने की तिथि / Date of ROC: 22/12/2025

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5. PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR SHOULDER PAIN (Certificate No.: LD-20250179736)

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अवधि / Application No.: LD-37180/2025-CO | चयन करने की तिथि / Date of Filing: 14/09/2025

इसका उद्देश्य यह प्रमाणित करना है कि निम्नलिखित प्रमाणपत्र, 1957 के कानून की उपधारा 17(1) के अंतर्गत उपरोक्त संकेत में उद्धृत किए गए "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR SHOULDER PAIN" नामक कार्य के लिए प्रतिलिप्याधिकार प्रदान किया गया है।
 This is to certify that a copyright has been registered for the work titled "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR SHOULDER PAIN" as disclosed in the below mentioned application in accordance with the provisions of the Copyright Act, 1957.

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प्रकाशक विवरण / Publisher Details: N.A.
 कार्य की भाषा / Language of the Work: English
 कार्य का विवरण / Description of the Work: N.A.
 (शर्तें / दिशानिर्देश, यदि कोई हों) / (Conditions/Remarks, if any): N.A.

30/12/2025
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30/12/2025
 Date of ROC: 30/12/2025

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Internship Details/ Collaboration

OBSERVATIONSHIP DETAILS: (2022 BATCH)

- *Kothari Medical Centre*
- *H P Ghosh Hospital*
- *Narayana Hospital, Barasat*
- *CMRI Hospital (CK Birla Group)*
- *Manipal Hospital*



Tata Steel Marathon 2025

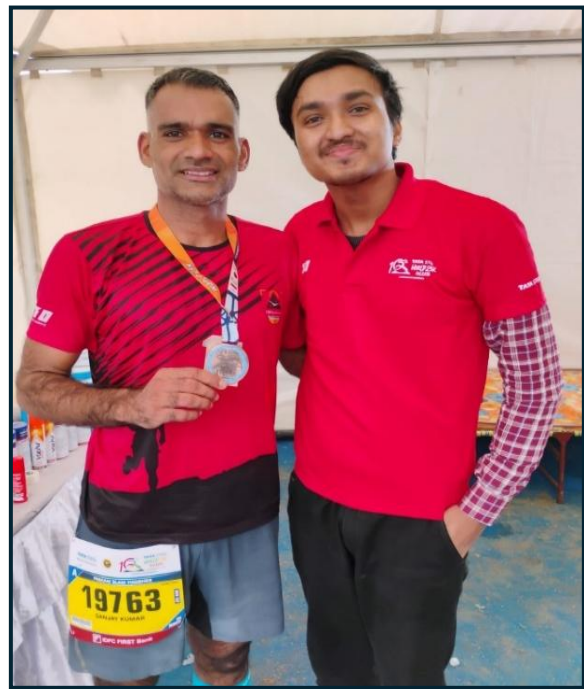


The *Tata Steel Marathon 2025, Kolkata* stands as a powerful celebration of endurance, community spirit, and the vibrant athletic culture of the city. Set against the historic and energetic streets of Kolkata, the marathon brought together professional athletes, amateur runners, fitness enthusiasts, and first-time participants with a shared passion for health and perseverance. Organized with world-class standards, the event reflected Tata Steel's long-standing commitment to promoting sports, wellness, and social responsibility. From the early morning flag-off to the final triumphant finishers, the atmosphere was charged with motivation and unity. Runners navigated iconic landmarks, cheered on by enthusiastic spectators, volunteers, and support staff who transformed the city into a living track of encouragement. Beyond competition, the marathon emphasized inclusivity, inspiring participation across age groups and abilities, including women runners and specially-abled athletes. It also highlighted important messages of sustainability, discipline, and an active lifestyle, resonating strongly with today's youth. The Tata Steel Marathon 2025 was not just a race of distance, but a journey of determination and resilience, reinforcing Kolkata's growing identity as a hub for major sporting events and leaving a lasting impact on the city's sporting legacy.





In addition, the Tata Steel Marathon 2025 served as a platform to encourage social awareness and community engagement. Various initiatives such as fitness workshops, charity runs, and health check-up camps were linked with the event, making it more than a one-day competition. Corporate teams, students, and local running clubs actively participated, fostering teamwork and collective motivation. The seamless organization, medical support, and hydration stations ensured runner safety and comfort throughout the course. Media coverage and digital engagement further amplified the marathon's impact, inspiring countless individuals to adopt running as a lifestyle. Overall, the event successfully blended sport, social responsibility, and celebration, leaving runners with memories of achievement, unity, and renewed commitment to physical fitness.



Acknowledgement



I would like to express my sincere gratitude to everyone who contributed to the successful completion of this newsletter, "From Training to Triumph: Physiotherapy in Sports and Endurance Performance." This publication would not have been possible without the collective effort, guidance, and support of many individuals. I am deeply thankful to our respected faculty members and mentors for their valuable insights, academic guidance, and constant encouragement, which helped shape the scientific and practical foundation of this work.

My heartfelt appreciation goes to the physiotherapists, sports professionals, and endurance athletes who shared their experiences and knowledge, enriching the content with real-world perspectives. Their dedication to excellence and recovery continues to inspire future professionals in the field of sports physiotherapy. I would also like to acknowledge the editorial team for their creativity, patience, and teamwork in compiling, designing, and refining the newsletter.

Special thanks to all contributors and students whose enthusiasm, research efforts, and commitment made this project meaningful and impactful. Lastly, I extend my gratitude to the readers for their interest and support. It is our hope that this newsletter motivates continued learning, innovation, and excellence in physiotherapy, bridging the journey from training to triumph in sports and endurance performance.

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