

Shri Ram College of Commerce

Department of Physical Education and Sports

Posture, Athletic Care and First Aid

Semester IV

Assignment

2019-2020

S.No.	Name of Students	Roll No.	Topic
1	V Sushanth	96	Concepts of Posture and Good posture
2	Gulshan kumar	620	Significance & Benefits of Good Posture
3	Vanshika Sachar	621	Bad Posture (Sitting , Standing, walking & Lying down)
4	Arpan Sodani	622	Effects of Bad Posture on Our Body
5	Harshit Thakwani	623	Postural Deformities- Types & Causes
6	Niteshi Saini	624	Illnesses due to Improper Posture
7	Sachi Mahajan	626	Corrective Exercises for different Postural Deformities(kyphosis, Scoliosis, Lordosis)
8	Vibahnshu Tiwari	627	Concept of Sports Medicine & Athletics Care
9	Shailesh Dravid	628	Significance of Sports Medicine & Athletics Care
10	Jeet Bhupendra Jain	629	Factors Causing Sports Injuries
11	Pradeep Singh	630	Prevention of Injuries
12	Utsav Tambi	631	Common Sports Injuries
13	Rajat Sharma	632	Management of Injuries (Strain, Sprain, frozen Shoulder, Lower Back Strain , Tennis & Golfer's Elbow
14	Shubh Goel	633	Sports Injuries & First Aid (PRICE)
15	Durvish Handa	635	Rehabilitation – Aim & Objective

16	Ajay Damodaran	636	Recovery – (Ice bath, Contrast bath, Hot Fomentation)
17	Lovejeet Singh	637	Therapeutic Modalities (Therapeutic Ultrasound, Interferential Therapy & TENS)
18	Surya Maan	638	Therapeutic Modalities (Infrared Lamp, Wax Bath, Short Wave Diathermy)
19	Dilchirag kaur Baidwan	639	Muscle Strengthening through Active Exercise
20	Aditya Singh	640	Muscle Strengthening through passive Exercise
21	Jasmine Gurung	641	Correctives Exercise (Knock Knees, Bow Legs, Flat Foot, Back Pain & Neck pain)
22	Riya Tyagi	648	Management of Injuries (Runners Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration Haematoma, Fracture, Dislocation)
23	Upasana	169	Asanas With Therapeutic Value (Karnapeedasana, Padmasana, Dhanurasana, Sarvangasana, Paschimottanasana, Chakrasana, Halasana)
24	Deepak	172	Asanas With Therapeutic Value (Matsyasana, Ardhmatsyendrasana, Usthrasana, Mayurasana, Shirshasana, Vajrasana)

Note

- Dr.Kuljeet kaur will remain available on WhatsApp and Email with students in case of any quarry.
- Students may submit Assignment through Email or WhatsApp before 31st March 2020.