

## **SBS UNIVERSITY ORGANIZED TWO DAYS WORKSHOP ON PLYOMETRICS AND FUNCTIONAL TRAINING**



Sardar Bhagwan Singh University, Dehradun organized two days workshop on Plyometrics and Functional Training for MPT first-year students from 30<sup>th</sup> September to 01<sup>st</sup> October. On this occasion alumni of the University Dr. Rohit Bahuguna, Director of Fitness and Allied Health Center, Noida was present as a resource person.

Prof. Maneesh Arora (Dean Students Welfare) and Prof. Reena Kumari (Head of the Department, School of Physiotherapy and Allied Health) welcomed Dr. Rohit Bahuguna with a memento as a token of gratitude.

The workshop mainly focused on the importance of plyometric exercise for the better improvement of coordination, fitness, and athletic performance. Dr. Rohit Bahuguna discussed the minute details of the technique through Hands-on Training. The program was coordinated by

Prof. Reena Kumari and Dr. Niranjana Shah. The workshop came to an end with a formal vote of thanks given by Prof. Reena Kumari. All the faculty members and students were present during the workshop.

