

DPU

Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY
Dr. D. Y. PATIL VIDYAPEETH, PUNE

(Deemed to be University)

Accredited (3rd Cycle) by NAAC with a CGPA of 3.64 on four point scale at 'A++' Grade
(An ISO 9001:2015 Certified University)

Taping Techniques & Applications

For common musculoskeletal conditions

Resource Person



Dr. Vidhi Shah (PT)
Associate Professor

*Dr. D. Y. Patil College of Physiotherapy,
Pune.*

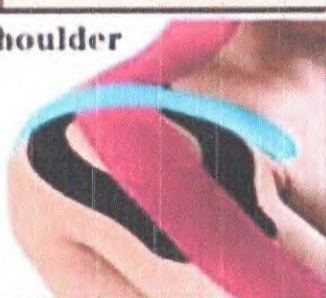
Value Added Course

Course Content

- Introduction to Medical Taping Concept
- Properties
- Application Guidelines
- Clinical Indications
- Hands on Practice



Shoulder




ASSOCIATE PROFESSOR
Dr.D.Y. PATIL COLLEGE
OF PHYSIOTHERAPY
PUNE- 411026

Date: 6th, 13th, 20th & 27th January 2024
Time : 2.00pm to 6.00pm

Venue:

Dr. D. Y. Patil College of Physiotherapy, Pune


(Dr. Tushar U. Palekar Ph.D.)
Principal

Dr. D.Y.Patil College of Physiotherapy
Pune-18.

CIRCULAR

All Teaching staff and Students are informed that Dr. D.Y. Patil College of Physiotherapy, Pune is organizing a value added course on **Taping Techniques and Applications** on 6th, 13th, 20th and 27th January 2024 by Dr. Vidhi Shah, Associate Professor at Dr. D.Y. Patil College of Physiotherapy, Pune between 2:00 pm to 6:00 pm

Final year BPT Students and should attend the course.


Principal
(Dr. Tushar J. Palekar Ph.D.)
Principal
Dr. D.Y. Patil College of Physiotherapy
Pune-18.

VALUE ADDED COURSE

Taping Techniques and Applications

TIME TABLE

Date-06/01/2024

Time	Topics
2pm - 3pm	Inauguration by Principal Characteristics of different type of tapes
3pm- 4pm	General Guidelines for Taping
4pm- 5pm	Taping Objectives
5pm- 6pm	Specific to regional joint and pathological conditions

Date-13/01/2024

Time	Topics
2pm - 3pm	Taping techniques for Shoulder and Elbow joint
3pm- 4pm	Special Conditions Shoulder sprain
4pm- 5pm	Shoulder dislocation and subluxations
5pm- 6pm	Elbow Hyperextension

Date-20/01/2024

Time	Topics
2pm - 4pm	Techniques for wrist and hand
4pm- 6pm	Techniques for Knee and Thai

Date-27/01/2024

Time	Topics
2pm - 4pm	Techniques for Foot and Ankle
4pm- 6pm	Techniques for Spine and Scapula

Shahvidhis
Course Coordinator
ASSOCIATE PROFESSOR
Dr.D.Y. PATIL COLLEGE
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PUNE-18

J
(Dr. Tushar J. Palekar Ph.D.)
Principal
Dr. D.Y. Patil College of Physiotherapy
Pune-18.

List of students attended the value added course on Taping Techniques and Applications

Date: 27/01/2024

Sr. No	Name of Student	Sign.	Sr. No	Name of Student	Sign.
1	Abhilasha Waradkar	<i>A. Waradkar</i>	26	Sakshi Mhase	<i>Sakshi</i>
2	Mukta Arkadi	<i>Mukta</i>	27	Purva Narkhede	<i>Purva</i>
3	Ashvi Desai	<i>Ashvi</i>	28	Shraddha Pardeshi	<i>Shraddha</i>
4	Avani Mangal	<i>Avani</i>	29	Priyadarshini Mariappan	<i>Priya</i>
5	Vitrag Sancheti	<i>Vitrag</i>	30	Khushi Rathi	<i>Khushi</i>
6	Bhagyashri Zope	<i>Bhagyashri</i>	31	Raunak Saluja	<i>Raunak</i>
7	Mansi Bhure	<i>Mansi</i>	32	Shadan Shaikh	<i>Shadan</i>
8	Harshita Chaudhari	<i>Harshita</i>	33	Sanskriti Kale	<i>Sanskriti</i>
9	Binaifer Chettiar	<i>Binaifer</i>	34	Akanksha Nikam	<i>Akanksha</i>
10	Vaishnavi Patil	<i>Vaishnavi</i>	35	Vidhi Shah	<i>Vidhi</i>
11	Navneet Mehta	<i>Navneet</i>	36	Navyanaveli Rajput	<i>Navyanaveli</i>
12	Aarsheel Garcha	<i>Aarsheel</i>	37	Sonali Behera	<i>Sonali</i>
13	Sakshi Gite	<i>Sakshi</i>	38	Rutuja Wable	<i>Rutuja</i>
14	Asmita God	<i>Asmita</i>	39	Nupur Muthiyan	<i>Nupur</i>
15	Sanjana Iyer	<i>Sanjana</i>	40	Harshada Shinde	<i>Harshada</i>
16	Shruti Jawale	<i>Shruti</i>	41	Sanjyot Kulkarni	<i>Sanjyot</i>
17	Gargi Joshi	<i>Gargi</i>	42	Sakshi Kashid	<i>Sakshi</i>
18	Nikhil Kale	<i>Nikhil</i>	43	Vidhi Lodha	<i>Vidhi</i>
S19	Amisha Kashyap	<i>Amisha</i>	44	Samruddhi Lokhande	<i>Samruddhi</i>
20	Arati Lande	<i>Arati</i>	45	Mahek Shaikh	<i>Mahek</i>
21	Pranidhi Ingole	<i>Pranidhi</i>	46	Simaran Madani	<i>Simaran</i>
22	Aditi Jangra	<i>Aditi</i>	47	Ananya Bag	<i>Ananya</i>
23	Shubhada Jadhav	<i>Shubhada</i>	48	Danish Bavla	<i>Danish</i>
24	Rishika Manot	<i>Rishika</i>	49	Sakshi Singh	<i>Sakshi</i>
25	Manasi Metkar	<i>Manasi</i>	50	Bhavana Patil	<i>Bhavana</i>

Shahvish
Course Co-ordinator
ASSOCIATE PROFESSOR
Dr.D.Y. PATIL COLLEGE
OF PHYSIOTHERAPY
PUNE- 411026

Tushar J. Palekar
Principal
(Dr. Tushar J. Palekar Ph.D.)
Principal
Dr. D.Y. Patil College of Physiotherapy
Pune-18.

**List of students attended the value added course on
Taping Techniques and Applications****Date: 06/01/2024**

Sr. No	Name of Student	Sign.	Sr. No	Name of Student	Sign.
1	Abhilasha Waradkar	<i>Abhilasha</i>	26	Sakshi Mhase	<i>Sakshi</i>
2	Mukta Arkadi	<i>Mukta</i>	27	Purva Narkhede	<i>Purva</i>
3	Ashvi Desai	<i>Ashvi</i>	28	Shraddha Pardeshi	<i>Shraddha</i>
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14	Asmita God	<i>Asmita</i>	39	Nupur Muthiyan	<i>Nupur</i>
15	Sanjana Iyer	<i>Sanjana</i>	40	Harshada Shinde	<i>Harshada</i>
16	Shruti Jawale	<i>Shruti</i>	41	Sanjyot Kulkarni	<i>Sanjyot</i>
17	Gargi Joshi	<i>Gargi</i>	42	Sakshi Kashid	<i>Sakshi</i>
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24	Rishika Manot	<i>Rishika</i>	49	Sakshi Singh	<i>Singh</i>
25	Manasi Metkar	<i>Manasi</i>	50	Bhavana Patil	<i>Bhavana</i>

Chahin
Course Co-ordinator

ASSOCIATE PROFESSOR
Dr.D.Y. PATIL COLLEGE
OF PHYSIOTHERAPY
PUNE- 411026

Tushar
Principal
(Dr. Tushar V. Palekar Ph.D.)
Principal

Dr. D.Y. Patil College of Physiotherapy
Pune-18.

Value Added Course
Taping Techniques and Applications
Question Paper (Theory)**MCQs****(1x2=20 Marks)**

1. **Who first developed the Kinesio Taping Method?**
 - a) Kenzo Kase
 - b) Kerri Walsh
 - c) Lance Armstrong
2. **What company developed and marketed the first kinesiology tape?**
 - a) K-Tape
 - b) RockTape
 - c) Kinesio
3. **True or False? You can be certified as a practitioner or instructor of the Kinesio Taping Method.**
 - a) True
 - b) False
 - c) Both
4. **Dr. Kase recommends that kinesiology tape used in the Kinesio Taping Method has how much stretch to it?**
 - a) None
 - b) Ability to stretch 130% to 140% of its original length
 - c) Ability to stretch 180% to 190% of its original length
5. **What is Rock Sauce?**
 - a) Liquid kinesiology tape
 - b) Liquid adhesive used with kinesiology tape
 - c) A topical muscle pain reliever
6. **Which of the following is true about kinesiology tape?**
 - a) It's designed to restrict movement.
 - b) It can help increase the flow of blood and lymphatic fluids around muscle tissue.
 - c) It should be removed within 24 hours.
7. **How can kinesiology tape relieve pain in the muscles?**
 - a) It prevents you from moving the muscles.
 - b) It has a medication built into its adhesive.
 - c) It lifts and supports the tissue around the muscle.
8. **The first patient to receive Kinesio Taping as a treatment was being treated for what condition?**
 - a) Articular disorders
 - b) Carpal tunnel
 - c) Muscle strain during an Olympic event
9. **What is Kinesio Tape made of?**
 - a) A specially engineered nylon and a medical-grade acrylic adhesive
 - b) A porous cotton fabric and a medical-grade acrylic adhesive
 - c) A specially engineered nylon and a medical-grade rubber adhesive
10. **Which U.S. Olympic Gold Medalist created a kinesiology tape buzz in 2008?**
 - a) Kerri Walsh
 - b) Misty May-Treanor
 - c) Michael Phelps

Date: 27/01/2024

Value Added Course
Taping Techniques and Applications
Question Paper (Practical)

Practical (30 Marks)

Perform Basic Therapeutic taping techniques for following conditions

Group 1 Roll No. (1-10)	• Spiral application of taping for OA knee • Taping for PFPS
Group 2 (11-20)	• Patellar correction taping for OA knee • Quadriceps Facilitatory taping technique
Group 3 (21-30)	• Medical taping for lymphedema for lower limb • Posture taping
Group 4 (31-40)	• Taping for CTEV • Thumb spica taping
Group 5 (41-50)	• Trapezius inhibition taping • Taping technique for facial palsy


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Exam Result for value added course on Taping Techniques and Applications

Sr. No.	Name of Student	Marks (50)	Sr. No.	Name of Student	Marks (50)
1	Abhilasha Waradkar	40	26	Sakshi Mhase	42
2	Mukta Arkadi	39	27	Purva Narkhede	41
3	Ashvi Desai	37	28	Shraddha Pardeshi	40
4	Avani Mangal	37	29	Priyadarshini Mariappan	35
5	Vitrag Sancheti	40	30	Khushi Rathi	38
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Taping Techniques & Applications

Certificate

This is to certify that

has participated in value added course

“Taping Techniques & Applications”

conducted by Dr. D.Y. Patil College of Physiotherapy, Pune on 6th, 13th, 20th & 27th January 2024

Dr. Vidhi Shah (PT)

Course Co-ordinator

Dr. Tushar J. Palekar
Principal

(Dr. Tushar J. Palekar Ph.D.)

Principal

Dr. D.Y. Patil College of Physiotherapy

Pune-18



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Comprehensive Diabetic Education for Physiotherapy Students

Certificate

This is to certify that

Has participated in value added course

“Comprehensive Diabetic Education for Physiotherapy Students”

Conducted by Dr. D.Y. Patil College of Physiotherapy, Pune

on 2nd , 9th, 16th, 23rd, 30th Sept 2023

sample

(Dr. Tushar J. Palekar Ph.D.)
Principal
Dr. D.Y. Patil College of Physiotherapy
Pune-18.

Dr. Mayura Deshmukh (PT)
Course Co-coordinator

Dr. Tushar J. Palekar
Principal



Dr. D.Y. PATIL VIDYAPEETH, PUNE
(Deemed to be University)

Dr. D.Y. PATIL COLLEGE OF PHYSIOTHERAPY

Dr. D.Y. PATIL VIDYAPEETH, PUNE

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**Value Added Course on
Holistic Approach for Body Weight Management**

*This is to certify that _____ participated in Value
Added Course on "Holistic Approach for Body Weight Management"
organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy,
Pune*

Sample

(Dr. Tushar J. Palekar Ph.D.)
Dr. Manisha Rathi, Ph.D.
Principal
Resource Person

Dr. Tushar J. Palekar, Ph.D.
Principal

Dr. D.Y. Patil College of Physiotherapy
Pune-18.

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Dr. D. Y. PATIL VIDYAPEETH, PUNE

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Taping Techniques and Applications Certificate

This is to certify that:

Asmita God

has participated in value added course

"Taping Techniques & Applications"

conducted by Dr. D. Y. Patil College of Physiotherapy, Pune on 6th, 13th, 20th & 27th January 2024

Shahvidhi's

Dr. Vidhi Shah

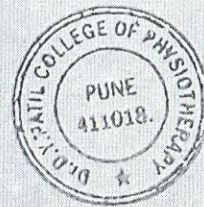
Course Co-ordinator

ASSOCIATE PROFESSOR

Dr. D. Y. PATIL COLLEGE

OF PHYSIOTHERAPY

PUNE- 411026



Tushar Palekar

Dr. Tushar J. Palekar

Principal

(Dr. Tushar J. Palekar Ph.D.)

Principal

Dr. D. Y. Patil College of Physiotherapy

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Taping Techniques and Applications Certificate

This is to certify that

Nupur Muthiyan

has participated in value added course

"Taping Techniques & Applications"

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Shachi Vidhi S.

Dr. Vidhi Shah

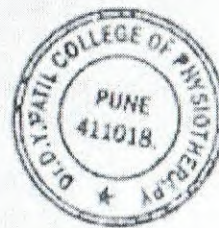
Course Co-ordinator

ASSOCIATE PROFESSOR

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Tushar J. Palekar

Dr. Tushar J. Palekar

Principal

(Dr. Tushar J. Palekar Ph.D.)

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Taping Techniques and Applications

Certificate

This is to certify that

Harshita Chaudhari

has participated in value added course

"Taping Techniques & Applications"

conducted by Dr. D. Y. Patil College of Physiotherapy, Pune on 6th, 13th, 20th & 27th January 2024

Shah Vidhi S.
Dr. Vidhi Shah

Course Co-ordinator

ASSOCIATE PROFESSOR
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OF PHYSIOTHERAPY
PUNE - 411026



Tushar J. Palekar
Dr. Tushar J. Palekar

Principal

(Dr. Tushar J. Palekar Ph.D.)

Principal

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Taping Techniques and Applications Certificate

This is to certify that

Binaifer Chettiar

has participated in value added course

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Shahvidhi S.

Dr. Vidhi Shah

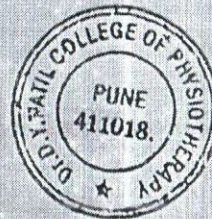
Course Co-ordinator

ASSOCIATE PROFESSOR

Dr.D.Y. PATIL COLLEGE

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Tushar J. Palekar

Dr. Tushar J. Palekar

Principal

(Dr. Tushar J. Palekar Ph.D.)

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Taping Techniques and Applications **Certificate**

This is to certify that

Shraddha Pardeshi

has participated in value added course

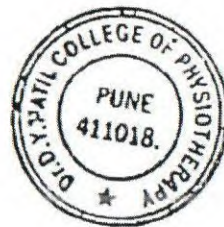
"Taping Techniques & Applications"

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Shah vidhi's.

Dr. Vidhi Shah

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Tushar Palekar

Dr. Tushar J. Palekar

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Sakshi Gite

has participated in value added course

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Shekh Vidhi's
Dr. Vidhi Shah
Course Co-ordinator
ASSOCIATE PROFESSOR
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Tushar Palekar
Dr. Tushar J. Palekar
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Taping Techniques and Applications
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This is to certify that

Vaishnavi Patil

has participated in value added course

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Shah vidhi s.

Dr. Vidhi Shah

Course Co-ordinator

ASSOCIATE PROFESSOR

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Tushar Palekar

Dr. Tushar J. Palekar

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Taping Techniques and Applications **Certificate**

This is to certify that

Vaishnavi Patil

has participated in value added course

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Shreevidhi's

Dr. Vidhi Shah

Course Co-ordinator

ASSOCIATE PROFESSOR

Dr.D.Y. PATIL COLLEGE

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Tushar Palekar

Dr. Tushar J. Palekar

Principal

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Manasi Metkar

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Dr. Vidhi Shah

Dr. Vidhi Shah

Course Co-ordinator

ASSOCIATE PROFESSOR

Dr.D.Y. PATIL COLLEGE

OF PHYSIOTHERAPY

PUNE- 411026



Dr. Tushar J. Palekar

Dr. Tushar J. Palekar

Principal

(Dr. Tushar J. Palekar Ph.D.)

Principal

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Taping Techniques and Applications

Certificate

This is to certify that

Rishika Manot

has participated in value added course

"Taping Techniques & Applications"

conducted by Dr. D. Y. Patil College of Physiotherapy, Pune on 6th, 13th, 20th & 27th January 2024

Shah Vidhi S.

Dr. Vidhi Shah

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This is to certify that

Navneet Mehta

has participated in value added course

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Shah Vidhi S.
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This is to certify that

Raunak Saluja

has participated in value added course

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Shah Vidhi's

Dr. Vidhi Shah

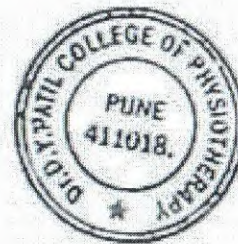
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Vidhi Shah

has participated in value added course

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Vidhi Shah
Dr. Vidhi Shah

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Aarsheel Garcha

has participated in value added course

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This is to certify that

Rutuja Wable

has participated in value added course

"Taping Techniques & Applications"

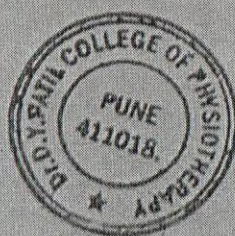
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Shubhi Shah

Dr. Vidhi Shah

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This is to certify that

Shubhada Jadhav

has participated in value added course

"Taping Techniques & Applications"

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Shahvidhi

Dr. Vidhi Shah

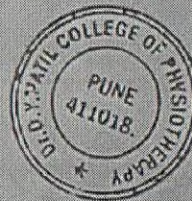
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This is to certify that

Sanjana Iyer

has participated in value added course

"Taping Techniques & Applications"

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Dr. Vidhi Shah

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Taping Techniques and Applications Certificate

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Priyadarshini Mariappan

has participated in value added course

"Taping Techniques & Applications"

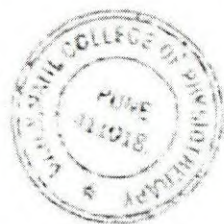
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Dr. Vidhi Shah

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Sakshi Mhase

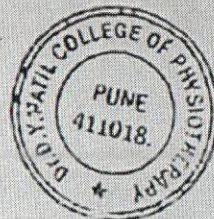
has participated in value added course

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This is to certify that

Sanskruti Kale

has participated in value added course

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Dr. Vidhi Shah

Dr. Vidhi Shah

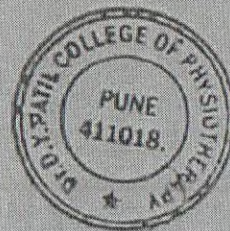
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This is to certify that

Pranidhi Ingole

has participated in value added course

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Shah Vidhi's

Dr. Vidhi Shah

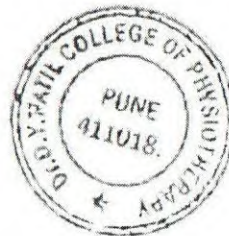
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ASSOCIATE PROFESSOR

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This is to certify that

Mukta Arkadi

has participated in value added course

"Taping Techniques & Applications"

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Shah Vidhi

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This is to certify that

Avani Mangal

has participated in value added course

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Shah Vidhi S.

Dr. Vidhi Shah

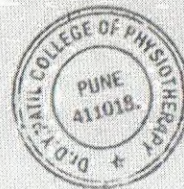
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Tushar Palekar

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This is to certify that

Ashvi Desai

has participated in value added course

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Vidhi Shah

Dr. Vidhi Shah

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Bhagyashri Zope

has participated in value added course

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Shahvidhi S.

Dr. Vidhi Shah

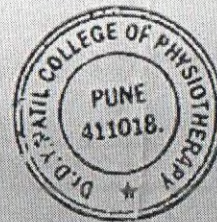
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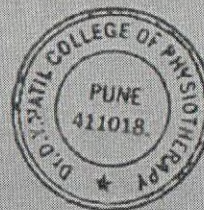
Akanksha Nikam

has participated in value added course

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This is to certify that

Shruti Jawale

has participated in value added course

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Dr. Vidhi Shah

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Taping Techniques and Applications **Certificate**

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Mansi Bhure

has participated in value added course

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Shah Vidhi's

Dr. Vidhi Shah

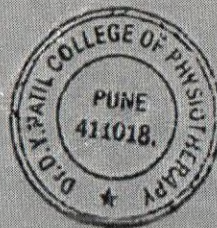
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Taping Techniques and Applications

Certificate

This is to certify that

Amisha Kashyap

has participated in value added course

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Shreevidhi's

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Taping Techniques and Applications

Certificate

This is to certify that

Pratiksha Maruti Londhe

has participated in value added course

"Taping Techniques & Applications"

conducted by Dr. D. Y. Patil College of Physiotherapy, Pune on 6th, 13th, 20th & 27th May 2023

Shahvidhi's

Dr. Vidhi Shah

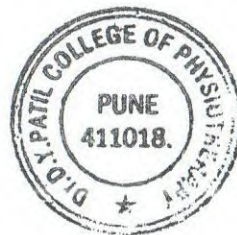
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Ref. No. DYPCPT/11(b)/2024

Date: 29/01/2024

Taping Techniques and Applications

Dr. D.Y Patil College of Physiotherapy, Pune has organized a value added Course on Taping Techniques and Applications for final year students on 6th, 13th, 20th & 27th January 2024. The course was conducted by Dr. Vidhi Shah, Associate professor, Dr. D Y Patil College of Physiotherapy, Pune.

The course included introduction to Taping Techniques and Applications, properties of the tapes application guidelines, and clinical indications. Students were given hands on practice session. Doubt clearing session was held and practical examination for the course was conducted. Total 50 students from final year were benefited with the course.



Participants Practicing Taping Techniques and Applications

Shahvidhi.S.

Course Co-ordinator
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OF PHYSIOTHERAPY
PUNE- 411026

Principal
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