

## *BCIP at GGSIP UNIVERSITY 10<sup>th</sup> ANNUAL SPORTS MEET 2015*



Director Dr Sanjeev Gupta with Sports Physiotherapy Team Members & Volleyball runner up students Trophy

Guru Gobind Singh Indraprastha University organized 11<sup>th</sup> Annual Sports Meet in Dwarka campus from 29<sup>th</sup> to 31<sup>th</sup> October 2015. Many colleges participated in different games like volleyball, football, athletics (sprint & marathon), shot-put, tug of war, long jump, weight lifting & a new addition of cricket this year. Banarasidas Chandiwala Institute of Physiotherapy (BCIP) was invited again to organize a sports physiotherapy services camp in this event.

Honorable vice-chancellor, IP University - Prof. Anil K. Tyagi, along with other Guests of the university greeted the event and with the support of Prof C.S Rai, Director Student welfare, the opening of the event with lamp lighting & flying balloons was declared.



BCIP volleyball team players in flag march on 29.10.15

On the first day of event flag march was performed by all affiliated & campus colleges with the BCIPians a part of it. The day encountered significant amount of sports injuries in the form of ankle sprain, muscle cramp and bruising appeared for medical & physiotherapy support area on the field. The minor injuries of cramp, bruising or contusion of soft tissue were treated on field by sports physiotherapy team members & towards the end of the day as participants played with great enthusiasm & energy injury reports increased significantly. Physiotherapy support was provided by work force team of BCIP; Dr Davinder Kumar Gaur (PT), camp coordinator, Dr Jyoti Dahiya (PT), Faculty along with postgraduate sports specialty physiotherapists to all the needed players on the outfields of volleyball, football and cricket. Stationed task force on ground provided icing, tapping, local pain relieving sprays & various other treatment modalities to injured players of ankle sprain, muscle cramps & contusions. State of art facilities were provided by organizing committee in terms of food & infrastructure to all the official medical & sports physiotherapy team members. Last day of the event encountered a medical emergency which was transported in CATS ambulance to the nearby DDU Hospital for primary care. Over hundred cases of injury were encountered on this event depicting the need of sports physiotherapy support in such events. Valedictory of the event concluded the event on the last day with

prize distribution to winners & mementos to guest of honors. The event embedded deepest memories in the hearts of all viewers & hoped to achieve great ventures in upcoming future.



BCIP Sports Physiotherapy Team in health centre of university.