

September 27, 2024

Press Release

**JMI's Centre for Physiotherapy & Rehabilitation Sciences organizes PNF Workshop  
in collaboration with IAP Women Cell**

A hands-on workshop was conducted on the topic of "Proprioceptive Neuromuscular Facilitation" by Centre for Physiotherapy and Rehabilitation Sciences (CPRS), Jamia Millia Islamia (JMI) in collaboration with IAP WC (Indian Association of Physiotherapist-Women cell) on 20<sup>th</sup> of September, 2024 under the supervision of Prof. Zubia Veqar. Dr. Uthra Mohan, Consultant Neuro-Physiotherapist, ARH, Mumbai was the resource person for the workshop.

The session covered a wide spectrum of topics from the basics of PNF- its techniques, various patterns and principles to condition-specific techniques for stroke, parkinson's, neck pain and spasticity. Dr. Shabnam served as the faculty coordinator for the successful completion of the event along with students of MPT- Hamda Furqan and Sara Nishat as student coordinators.

The session proved to be very insightful for all the participants and provided a deeper understanding on the topic. The workshop not only provided valuable knowledge but also fostered a collaborative environment for sharing experiences and insights.

Public Relations Office  
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