NATIONAL INSTITUTE OF TRAINING IN AYUSH

NATIONAL AYUSH MISSION KERALA | Government of Kerala

SHORT TERM COURSE ON
SPORTS AYURVEDA

DURATION
10 DAYS

The course covers Sports Medicine, Traditional marma techniques, Injury prevention and management, Rehabilitation, Taping techniques, Sports nutrition, Hands-on marma therapy, and On-field care.

VENUE

THEORY SESSIONS

National Institute of Training in AYUSH (NITIA), Iranimuttam, Thiruvananthapuram, Kerala

PRACTICAL SESSIONS

Kerala Institute of Sports Ayurveda and Research, Thrissur, Kerala

NATIONAL INSTITUTE OF TRAINING IN AYUSH

TEN- DAYS SHORT TERM COURSE ON

SPORTS AYURVEDA

DAY	SESSION & TOPICS	
DAY 1	**S** 1	Introduction to sports medicine
	S 2	Kalari marma manipulation techniques
	S 3	Applied Kinesiology
DAY 2	**S** 1	Basic Anatomy of upper limb
	S 2	Common Sports Injuries, Diagnosis and management
	S 3	Ayurvedic management of Delirium, Sleep disturbance, Fatigue, Brief description on palliative emergencies.
	S 4	Repetitive Stress Injuries and Orthotics
DAY 3	**S** 1	Lower limb, spine & injury prevention and neck and back injuries and prevention of Sports injuries
	S 2	Neck and back injuries and prevention of Sports injuries
DAY 4	**S** 1	Sports psychology
	S 2	Supportive care
	S 3	Bandaging techniques
	S 4	Basic management of common fractures and dislocations
DAY 5	**S** 1	Modern diagnostic techniques in sports injuries
	S 2	Therapeutic exercises in Sports medicine

TEN- DAYS SHORT TERM COURSE ON
SPORTS AYURVEDA

DAY	SESSION & TOPICS	
DAY 6	**S 1**	On-field management
	S 2	Hands-on therapy
	S 3	Hands on therapy on Marma points
DAY 7	**S 1**	Para surgical techniques
	S 2	Taping techniques
	S 3	Basics of Taping Techniques
DAY 8	**S 1**	Sports nutrition
	S 2	Clinical management
	S 3	OP management of Sports injuries
	S 4	IP management of Sports injuries
DAY 9	**S 1**	Experience sharing
	S 2	Experience sharing Law & professionalism
DAY 10	**S 1**	Outreach & field exposure

FACILITIES OFFERED

*World class training facilities
*Perfect academic ambience
*Accredited faculties
*Rental accommodation based on requirement

Course fee - Rs 30,000/- *per head*
(25% Discount for Government-Sponsored Candidates)

THEORY SESSIONS	**PRACTICAL SESSIONS**
Scan for Location	*Scan for Location*

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