



THE ASSAM  
ROYAL GLOBAL UNIVERSITY  
GUWAHATI

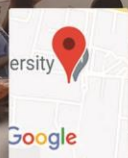
# CRITERION 1

## CURRICULAR ASPECTS

METRIC NO.  
1.3.3

# Bachelor of Physiotherapy (BPT)

Field Work / Research Project / Internship



Guwahati, Assam, India  
4P6F+QH7, Royal Path, Betkuchi, AHOM GAON, Guwahati, Assam  
781040, India  
Lat 26.112206°  
Long 91.72404°  
29/12/22 10:22 AM GMT +05:30



ROYAL GLOBAL UNIVERSITY  
— GUAHATI —

## A STUDY ON

**To determine the effects of core muscles and back muscles strengthening exercises in the performance of amateur football players.**

A Project Report submitted in the fulfillment of the requirements for the degree of Bachelor of  
Physiotherapy.

Priya Chakraborty

BPT 8<sup>th</sup> Semester

Royal School of Medical and Allied Sciences

THE ASSAM ROYAL GLOBAL UNIVERSITY

781035



ROYAL GLOBAL UNIVERSITY  
GUWAHATI

### FORWARDING CERTIFICATE

It is certified that the work contained in the report entitled "To determine the effects of core muscles and back muscles strengthening exercises in the performance of amateur football players" by Priya Chakraborty bearing Roll No 192241014 Bachelor's of Physiotherapy, 8th Semester under the Bpt department, RSMAS, under the guidance of Dr. Dikshita Rabha PT, Assistant Professor has been presented in a manner satisfactory to permit its acceptance as a prerequisite to the degree for which has been submitted.

Date: 19/06/23

Place -Guwahati

Seal and signature of HOD

Dr Lopa Das(PT)

Associate Professor/Coordinator  
Department of Physiotherapy  
Royal School of Medical & Allied Sciences  
The Assam Royal Global University  
Betkuchi, NH 37, Guwahati 781035



**PROPRIOCEPTIVE NEUROMUSCULA FACILITATION (PNF) AND LOADED  
PROGRESSIVE STRETCHING (LPS) ON INCREASING THE FLEXIBILITY OF TIGHT  
HAMSTRING MUSCLE**

**A Comparative Study**

**A Project Report submitted in fulfilment of the requirements for the degree of Bachelor of  
Physiotherapy**

*Submitted by*

**Narzuma begum (192241011)**

**BPT, 8th**

**RSMAS**

*Under the Guidance of*

**Dr. Pallabi Sarmah (PT)**

**Assistant Professor**

**Royal School of Medical and Allied Sciences**

**THE ASSAM ROYAL GLOBAL UNIVERSITY**


**GUWAHATI: 781035**

**Session: 2019-2023**

**FORWARDING CERTIFICATE**

It is certified that the work contained in the report entitled "**PROPRIOCEPTIVE NEUROMUSCULAT FACILITATION (PNF) AND LOADED PROGRESSIVE STRETCHING (LPS) ON INCREASING THE FLEXIBILITY OF TIGHT HAMSTRING MUSCLES**" by NARZUMA BEGUM bearing Roll No:192241011of BPT, 8th under the PHYSIOTHERAPY Department, RSMAS, under the guidance of Dr. PALLABI SARMAH (PT), ASSISTANT PROFESSOR has been presented in a manner satisfactory to permit its acceptance as a prerequisite to the degree for which has been submitted.

Date: 17/06/23  
Place : Guwahati

  
Name of the HOD/ Coordinator  
Dr. Lopa Das (PT) HOD/Coordinator  
Associate professor Department of Physiotherapy  
Royal School of Medical & Allied Sciences  
The Assam Royal Global University  
Bokochi, NH 37, Guwahati 781035



**ROYAL GLOBAL UNIVERSITY**  
GUWAHATI

**The Effect of Dry Needling on Muscle Tightness and Pain in  
Subjects with Piriformis Syndrome.**

A Project Report submitted  
in fulfillment of the requirements for the degree of  
**Bachelor Of Physiotherapy**

Submitted by  
**Swarnava Misra (192241010)**  
**Bachelor Of Physiotherapy, 8<sup>th</sup> Semester**  
**Royal School of Medical and Allied Sciences**

Under the guidance of  
**Dr. Pallabi Sarmah PT**  
**Assistant Professor**

**Royal School of Medical and Allied Sciences**  
**THE ASSAM ROYAL GLOBAL UNIVERSITY**  
**GUWAHATI: 781035**  
**Session: 2019-2023**



ROYAL GLOBAL UNIVERSITY  
GUWAHATI

## FORWARDING CERTIFICATE

It is certified that the work contained in the report entitled " **The Effect of Dry Needling on Muscle Tightness and Pain in Subjects with Piriformis Syndrome.**" by Swarnava Misra bearing Roll No 192241010 of BPT, 8<sup>TH</sup> Semester under the Physiotherapy Department, RSMAS, under the guidance of **Dr. Pallabi Sarma PT, Assistant Professor** has been presented in a manner satisfactory to permit its acceptance as a prerequisite to the degree for which has been submitted.

Date:

19/06/23

Place: Guwahati

  
Dr. Lopa Das PT

(Associate Professor & Co-ordinator

Department of Physiotherapy)

Department of Physiotherapy  
Royal School of Medical & Allied Sciences  
The Assam Royal Global University  
Guwahati, Assam



**TO CHECK THE EFFICACY OF POST-ISOMETRIC RELAXATION  
TECHNIQUE IN THE TREATMENT OF TIGHTENED CALF MUSCLE  
ON PATIENTS WEARING HEELS.**

A Project Report submitted in fulfilment of the requirements for the degree of

**Bachelor of Physiotherapy**

Submitted by

**RIMPI BARMAN**

**202241001(LAT)**

**BPT, 8<sup>th</sup> Semester**

**RSMAS**

Under the guidance of

**Dr DIKSHITA RABHA(PT)**

Assistant Professor RGU

**Royal School of Medical and Allied Sciences**

**THE ASSAM ROYAL GLOBAL UNIVERSITY GUWAHATI: 781035**

Session:2020-2023

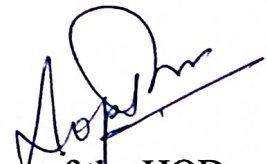


### FORWARDING CERTIFICATE

It is certified that the work contained in the report entitled "**TO CHECK THE EFFICACY OF POST-ISOMETRIC RELAXATION TECHNIQUE IN THE USE OF TIGHTENED CALF MUSCLE ON PATIENT'S WEARING HEELS**" by **RIMPI BARMAN** bearing Roll No\_202241001LAT\_ of **BACHELOR OF PHYSIOTHERAPY**, 8<sup>th</sup> Semester under the **PHYSIOTHERAPY** Department, **RSMAS**, under the guidance of **Dr Dikshita Rabha(PT)**, project has been presented in a manner satisfactory to permit its acceptance as a prerequisite to the degree for which has been submitted.

Date: 19/06/23

Place: Guwahati



Name of the HOD

Dr LOPA DAS(PT)

(Associate Professor)

Department of Physiotherapy  
Royal School of Medical & Allied Sciences  
The Assam Royal Global University  
Betkuchi, NH 37, Guwahati 781035