



**NATIONAL PUBLIC SCHOOL, KENGERI, BENGALURU**  
**Report on Sports Injury and Rehabilitation Orientation Program**



*“An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head.”*

*The Sports Injury and Rehabilitation Orientation Program was organized on 5<sup>th</sup> March 2025. The program aimed to educate students on sports injuries, their prevention, and rehabilitation techniques, ensuring their safety and well-being in their athletic pursuits.*

*The session commenced with an inspiring introduction, emphasizing that sports is not just about winning but also about endurance, discipline, and pushing one’s limits. The event underscored the importance of understanding sports injuries and managing them effectively to ensure a long and successful sporting journey.*

*The program was graced by esteemed dignitaries, Vice Principal Ms. Suman Singh, Resource Person Dr. Pradeep Kocheppan, Krishne Gowda (DGM Admin of Apollo Hospitals, Bengaluru), and physiotherapists Joice Paul and Sudip Chaudhary from Apollo Hospital. Their presence and contribution added immense value to the event.*

*The highlight of the event was the presence of Dr. Pradeep Kocheppan, a distinguished orthopedic surgeon affiliated with Apollo Hospitals, Bengaluru. With vast experience in the field, Dr. Kocheppan provided valuable insights into sports injuries, its causes and recovery techniques.*

*The session included live demonstrations and healthy tips shared by Dr. Pradeep. His firsthand experiences and professional knowledge provided students with practical understanding and strategies to prevent and rehabilitate injuries. The interactive nature of the session ensured that students actively participated, gaining crucial knowledge that would benefit them in their sports endeavours.*

*The program concluded with an expression of gratitude towards the resource persons, faculty, and students who made the event a success. The session was not only informative but also an essential step in fostering a culture of safety and awareness in sports.*