

## M.M.E. & R.C's

### M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND RESEARCH

#### Mini Football Tournament 2023

On 10<sup>th</sup> and 11<sup>th</sup> November 2023, Maharashtra State Level Mini Football Championship was held at Agashe College, Pune. The championship was a 2-day event. Various budding students in the categories of Under-12, Under-14 and Under-17 participated in the event.

M. A. Rangoonwala College of Physiotherapy and Research had shouldered the responsibility of providing physiotherapy services to the young players. Two interns from the college were the on-field physiotherapists. Injury risks were assessed at the medical station setup and prompt hands-on care was provided to minor injuries that occurred on the playing field. Players were counseled on the importance of warm up and cool down exercises, proper hydration, cryotherapy and injury prevention. Tournament was a success, thanks to the vision of Dr. Ronika Agrawal (Principal M. A. Rangoonwala College of Physiotherapy and Research) who appointed the physiotherapists to ensure a collaborative effort in prioritizing player's health through pro-active measures.

We would specially like to thank Mrs. Abeda Inamdar (President, M.M.E&R.C), Dr. Arif Memon (Vice-President M.M.E&R.C), and Dr. Nazim Shaikh (Secretary M.M.E&R.C) for providing us the opportunity to attend this event.

