

Pulmonary Rehabilitation

Basics to Best Practices

Sakra Dept. of Respiratory Medicine & Sakra Institute of Rehabilitation Sciences



09:30		Registration, Welcoming	
10:00	Patient Perspectives	From struggle to Strength; my journey	
10:10	Perspectives from Sr. Healthcare Leaders	Sakra as a global leader in respiratory solutions	
10:20	Clinician Perspectives	The burden of respiratory Diseases - An overview	Dr. Ajay Handa-San
10:30		Managing Chronic Respiratory Diseases - Thinking beyond Medicine	Dr. Sachin Kumar-San
10:40		Rehabilitating the lungs; emergence of a distinct rehab specialty	Dr. Maheswarappa.B.M-San
10:50		Refreshments	
11:00		From research to Reality; Translating science into a real world	Komal Agarwal-San
11:10		Assessment & clinical outcome, Oxygen Assessment and Titration	Gladwin Mahiban-San
11:20		Individualized Treatment Plan (ITP)	Preeti Kumari-San
11:30		Clinical Nutrition	Prachi Chandra-San
11:40		Psychosocial Aspects	Shilpi Saraswat-San
11:50		Clinical Yoga Therapy	Santhosh K N-San
12:00		Healthy Ageing with CRDs	Ashuthosh Nayak-San
12:30	Lunch		
13:30		Sakra Rehab - Facility Tour Digital Assessment of balance & Fall Risk	Ashuthosh Nayak-San
14:30	Practical skill development	Hands on practice: Digital 6 Minute Walk Test Digital Inspiratory Muscle Testing, Unsupported Upper Limb Endurance Testing, Patient Report creation	Narendiran C-San Sivaguru Kasan-San
15:30		Assessment of Dyspnoea and Quality of Life Case Scenario based ITP Designing (Practical Session) Patient Education and Continuity of Care – Designing Home based PR	P Ramanathan-San Aswin K R-San
16:30		Q&A - Interactive Session	

Why Attend

- Sakra World Hospital is India's first Pulmonary Rehabilitation centre of Excellence with global Quality Accreditation in Pulmonary Rehabilitation (American Association of Cardiovascular & Pulmonary Rehabilitation)
- First of its kind learning opportunity in India from AACVPR Certified therapists
- Practical Skill training on PR program Development & Implementation



Who could benefit?

Pulmonologists, Rehab Clinical Practitioners, HOD and Rehab Admin staff, PMR, Occupational Therapy students, Physiotherapy students, Academicians, Clinic Owners, Rehab Entrepreneurs

Date, Time Venue

Monday, 22nd September 2025 | 09:00 – 16:00 IST
Auditorium, Sakra World Hospital, Bangalore

Registration Fee

1500 INR



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