



WORKSHOP CUM TRAINING



by

**Department of Community Medicine
University College of Medical Sciences, Delhi**

and

**Department of Respiratory Sciences
University of Leicester, UK**

on

PULMONARY REHABILITATION FOR COPD

Who can attend?

PG Students
Junior / Senior Residents
Faculty
Medical Practitioners
Physiotherapists
Occupational Therapists

Date: 15th-16th April, 2026

Time: 9 AM - 5 PM

Venue: University College of Medical Sciences, Delhi



Scan to apply

or click on the link given below:

<https://forms.gle/PtbTjUXQcPyE6Qv98>

RESOURCE PERSONS



DR. SALLY SINGH

- Professor & Head, Pulmonary and Cardiac Rehabilitation – University of Leicester and University Hospitals of Leicester, NHS Trust
- Associated with Royal College of Physicians, National Institute for Health and Care Research, and British Thoracic Society (Pulmonary Rehabilitation Quality Standards Committee)
- Research published in European Respiratory Journal and The Lancet



DR. ENYA DAYNES

- Clinician-researcher associated with University Hospitals of Leicester NHS Trust and Heart of England NHS Foundation Trust
- Member, American Thoracic Society Pulmonary Rehabilitation Committee; contributor to National Institute for Health and Care Excellence – Early Value Assessment Programme
- Featured on American Thoracic Society and BBC radio podcasts



DR. SHRUTI SAHASRABUDHE

- Leads the Global-RECHARGE initiative in India; PhD scholar at University of Leicester
- Research focus: Digital rehabilitation
- Publications in European Respiratory Journal, BMJ Open Respiratory Research, and Journal of Global Health



DR. AMIT KUMAR VERMA

- Director Professor & Head, Department of Respiratory Medicine, UCMS and GTBH
- Authored book on COPD, Publications international Journal of Scientific Research, International Journal of Scientific Study
- Member, NAMS, recipient of Dr. Ganguli Theme Topic Silver Medal and Gold Medal for Best Poster at national conferences



DR. SOMDATTA PATRA

- Director Professor, Department of Community Medicine, University College of Medical Sciences, Delhi
- Member, State Task Force for National Tuberculosis Elimination Programme and HIV Sentinel Surveillance Programme
- Areas of interest: Medical Education, Health System Strengthening, and Tuberculosis

PROGRAMME

Day 1

Session / Topic	Resource person(s)
Epidemiology of COPD in India	Dr. Somdatta Patra
Challenges in COPD Management in India	Dr. A. K. Verma
Q&A on Epidemiology and Management of COPD	All Resource persons
Benefits of Pulmonary Rehabilitation	Dr. Sally Singh
Referral & Patient Selection for Pulmonary Rehabilitation	Dr. Enya Danes
Panel Discussion & Q&A	All Resource persons
Rehabilitation in Non-COPD CRDs	Dr. Sally Singh
Rehabilitation in TB & Post-COVID	Dr. Shruti Sahasrabudhe & Dr. Enya Danes
Alternative Forms of Rehabilitation	Dr. Sally Singh
Use of RECHARGE Programme in India	Dr. Shruti Sahasrabudhe
Patient Perspective: Lived Experiences	Patients
Panel Discussion	All Resource persons

Day 2

Session / Topic	Resource person(s)
Initial Assessment & Data Collection	Dr. Enya Danes
Exercise Testing & Q&A	Dr. Sally Singh
Demonstration & Practice: 6MWT & ISWT	All Resource persons
Practical Demonstration of RECHARGE Intervention	Dr. Shruti Sahasrabudhe
Exercise Prescription (Aerobic)	Dr. Sally Singh
Exercise Prescription (Strength)	Dr. Enya Danes
Practical Session on Exercise Prescription	All Resource persons
Integration of Yoga	Dr. Shruti Sahasrabudhe
Assessment of Quality of Life & Outcomes	Dr. Sally Singh
Case Studies & Group Discussion	All Resource persons
Final Discussion, Certificate Distribution & Feedback	All Resource persons

ABOUT THE WORKSHOP



PROF. DHEERAJ SHAH
Patron
Principal, UCMS



PROF. A. K. SHARMA
Organising Chairperson
HoD, Community Medicine, UCMS

The workshop is a two-day event aimed at strengthening the knowledge and clinical skills of healthcare professionals in the management of chronic obstructive pulmonary disease (COPD) and the delivery of pulmonary rehabilitation. The programme focuses on rehabilitation approaches for COPD, Tuberculosis, etc. It also includes practical demonstrations of exercise testing, exercise prescription and the use of digital rehabilitation tools.

- **Number of seats: 50 (First come, first served basis)**
- **Registration fee: Rs. 2000/-**
- **Last date of registration: 10th April, 2026**

For further details, contact

Email: workshop.copd@gmail.com

Tel: +91 9811339344

Prof. A. K. Sharma (HoD, Community Medicine)

