



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai.

Digilearn

Join Our

ONLINE WEBINAR

From Pain to Performance: How Physical Activity Heals the Body

Physical Activity and Fitness



February 7, 2026

07:00 PM – 08:30 PM

Dr. Radhika Bharath (PT)

Founder & CEO

Emerging Fit Physiotherapy & Rehab Center
Chennai.

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Dr. Radhika Bharath (PT) is a physiotherapist, performance coach, and endurance athlete with 19+ years of clinical experience, and Founder of Emerging Fit Physiotherapy & Rehab Center, Chennai. Trained at Glasgow Caledonian University, UK, she specializes in sports and neurological rehabilitation. A firm believer in “practice what you preach,” she is a Marathoner, Ultra-runner, National-level pole vaulter, Asian Silver Medalist in Kettlebell Sports and Masters Athletics Gold Medalist. An Everest Base Camp trekker and the first female biker to Umling La, she embodies resilience, discipline, and functional fitness.



Video call link : <https://meet.google.com/xiw-ckgc-spf>

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