



Faculty of physiotherapy

# PHYSIO MAG



We keep you moving

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**Dr. M.G.R.**  
EDUCATIONAL AND RESEARCH INSTITUTE  
DEEMED TO BE UNIVERSITY



University with Graded Autonomy Status

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Periyar E.V.R. High Road, Maduravoyal, Chennai-95, Tamilnadu, India.

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Mr. S. Sanjay  
Mr. K. S. Aravind krishna  
Ms. P. Tanushri

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# EVENTS



**EVENT:** World Kidney Day

**DATE:** 09<sup>TH</sup> March 2022

**MODE:** Offline

**GUESTSPEAKER:** Mr M. Manikandan

**PARTICIPANTS:** 120 Students.

**EVENT:** World Autism Day

**DATE:** 2<sup>nd</sup> April 2022

**MODE:** Offline

**GUESTSPEAKER:** Dr. J. Abinaya

**PARTICIPANTS:** 120 Students.



**EVENT:** Gender Sensitization Cell

**DATE:** 6<sup>TH</sup> April 2022

**MODE:** Offline

**GUESTSPEAKER:** Dr. Hemapriya Jayapal

**PARTICIPANTS:** 300 Students.

**EVENT:** World earth day

**DATE:** 08<sup>TH</sup> April 2022

**MODE:** Offline

**GUESTSPEAKER:** Dr. Bernard Ebenezer Cyrus & Dr. S. Ramachandran

**PARTICIPANTS:** 20 Students.



**EVENT:** National Safe Motherhood Day

**DATE:** 11<sup>th</sup> April 2022

**MODE:** Offline

**PARTICIPANTS:** 120 Students



**EVENT:** David J Magee Journal club meeting

**DATE:** 21<sup>st</sup> April 2022

**MODE:** Offline

**PARTICIPANTS:** 35 Staff.



**EVENT:** World Lymphedema Day

**DATE:** 05<sup>TH</sup> March 2022

**MODE:** Offline

**GUEST SPEAKER:** Dr.T.V.Gnanasekar

**PARTICIPANTS:** 150 students.

**EVENT:** Advanced rehabilitation techniques in breast cancer

**DATE:** 05<sup>th</sup>&06<sup>th</sup>May2022

**MODE:** Offline

**GUEST SPEAKER:**

Dr.V.Balasubramanian ,Priyank Jain&  
Dr.T.V.Gnanasekar



**PARTICIPANTS:** 118 students.



**EVENT:** Physiotherapy refresher course

**DATE:** 11<sup>th</sup>to13<sup>th</sup>May 2022

**MODE:** Offline

**GUEST SPEAKER:** Dr. R. Ananth and Dr. K. G. Krishna Kumar

**PARTICIPANTS:** 38 Staff.

**EVENT:** Intellectual Property Rights - A 360 Degree perspective

**DATE:** 30<sup>th</sup> July 2022

**MODE:** Offline

**GUEST SPEAKER:** resource person Dr. T. Poovishu Devi

**PARTICIPANTS:** 118 Participants.



**EVENT:** Breastfeeding week awareness camp.

**DATE:** 05<sup>th</sup> August 2022

**MODE:** Offline

**GUEST SPEAKER:** Dr. R.N.V. Deepthi & Dr.J.CarlinJersha Rachel

**PARTICIPANTS:** 15 Students & 05 Staff.

**EVENT:** International Youth Day

**DATE:** 12<sup>th</sup> August 2022

**MODE:** Offline

**GUEST SPEAKER:** Dr.K. Kamatchi & Dr.G.Tharani

**PARTICIPANTS:** 100 students.



**EVENT:** Strength and conditioning for athletes

**DATE:** 27<sup>th</sup> August 2022

**MODE:** Offline

**GUEST SPEAKER:**  
Prof.Dr.J.MuthuKumaran

**PARTICIPANTS:** 100 students.



# NATIONAL SERVICE SCHEME

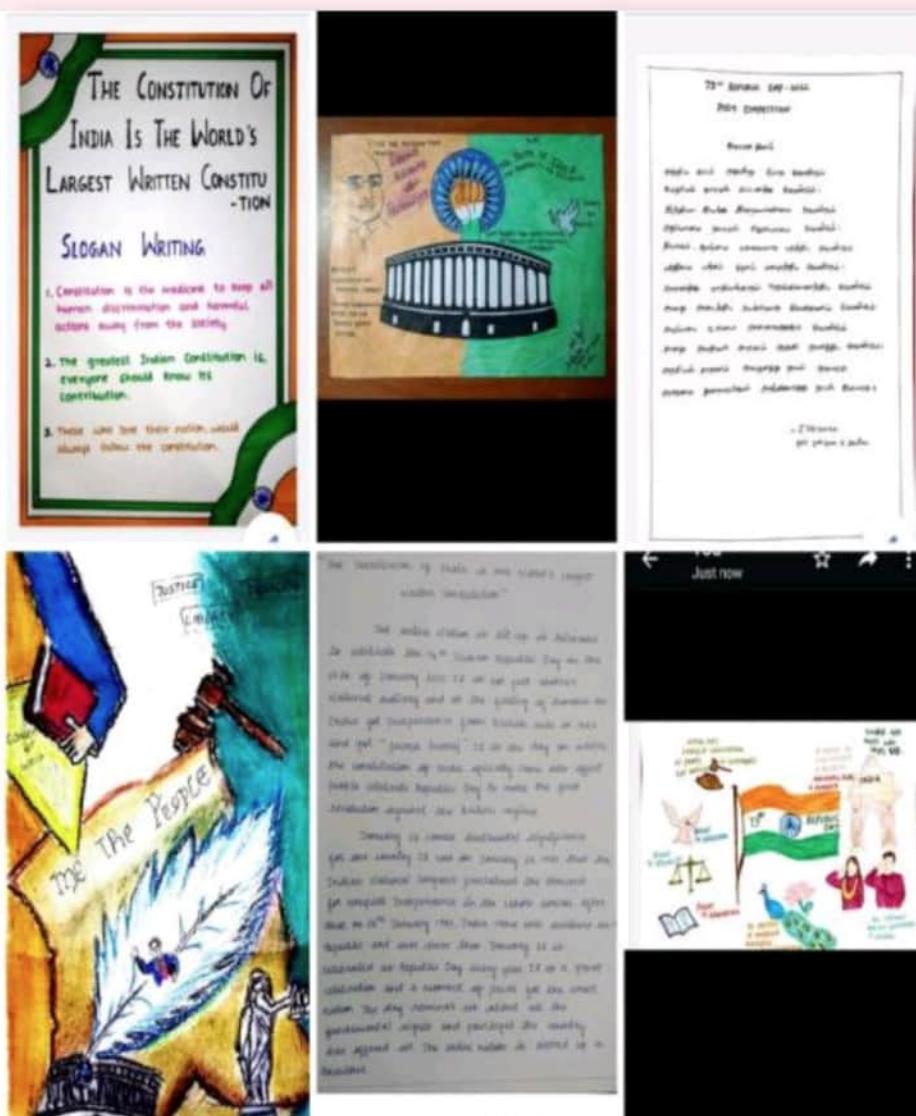
## NSS-2022

**EVENT:** Human rights awareness program

**Date:** 17th February 2022

**MODE:** Online – CISCO WEBEX

**PARTICIPANTS:** 150 Students



**EVENT:** Special Camp 2022

**DATE:** 16-03-2022 to 23-03-2022

**VENUE:** Aayapakkam village

**PARTICIPANTS:** 55 Students



**EVENT:** World Water Day – Awareness Rally

**DATE:** 23rd March 2022

**VENUE:** Nayapakkam village

**PARTICIPANTS:** 55 Students



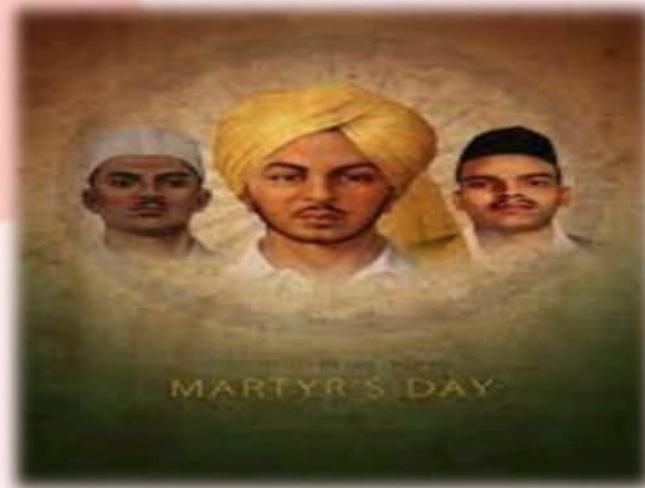
**EVENT: MARTYRS DAY – Poster Presentation**

**DATE: 23rd March 2022**

**JUDGE: Principal - Dr. C.V. Senthil nathan,  
vice principal - Dr. V.Rajalaxmi**

**MODE: Virtual Mode**

**PARTICIPANTS: 25 Students**



**EVENT: Voting or Voters Awareness Program**

**DATE: 28th March 2022**

**VENUE: Dr. MGR Educational and Research  
Institute Auditorium.**

**PARTICIPANTS: 10 Students**



**EVENT:** Rifle and Ammunition webinar

**DATE:** 05th April 2022

**MODE:** Online – Google Meet

**PARTICIPANTS:** 100 Students



**EVENT:** WORLD NO TOBACCO DAY

**DATE:** 31th May 2022

**MODE:** Online - Poster Presentation.

**JUDGE:** Dr.S. Sudhakar.

**PARTICIPANTS:** 50 Students.



**EVENT: WORLD ENVIRONMENTAL DAY**

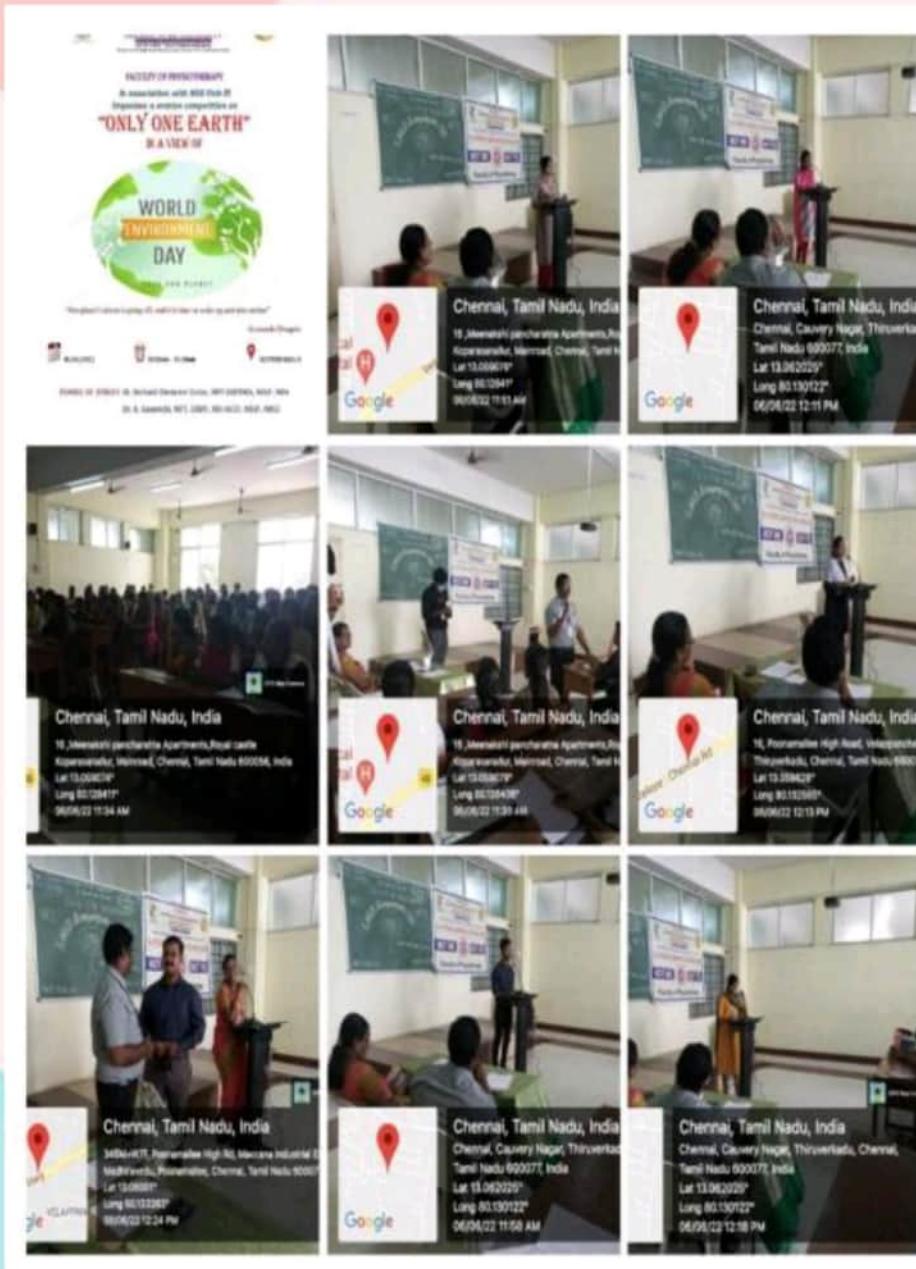
**DATE: 06th June 2022**

**MODE: Oration Competition**

**JUDGES: Dr.K.Kamatchi,**

**Dr.Bernard Ebenezer Cyrus**

**PARTICIPANTS: 50 Students**



## **EVENT: INTERNATIONAL DAY OF YOGA**

**DATE:** 21st June 2022

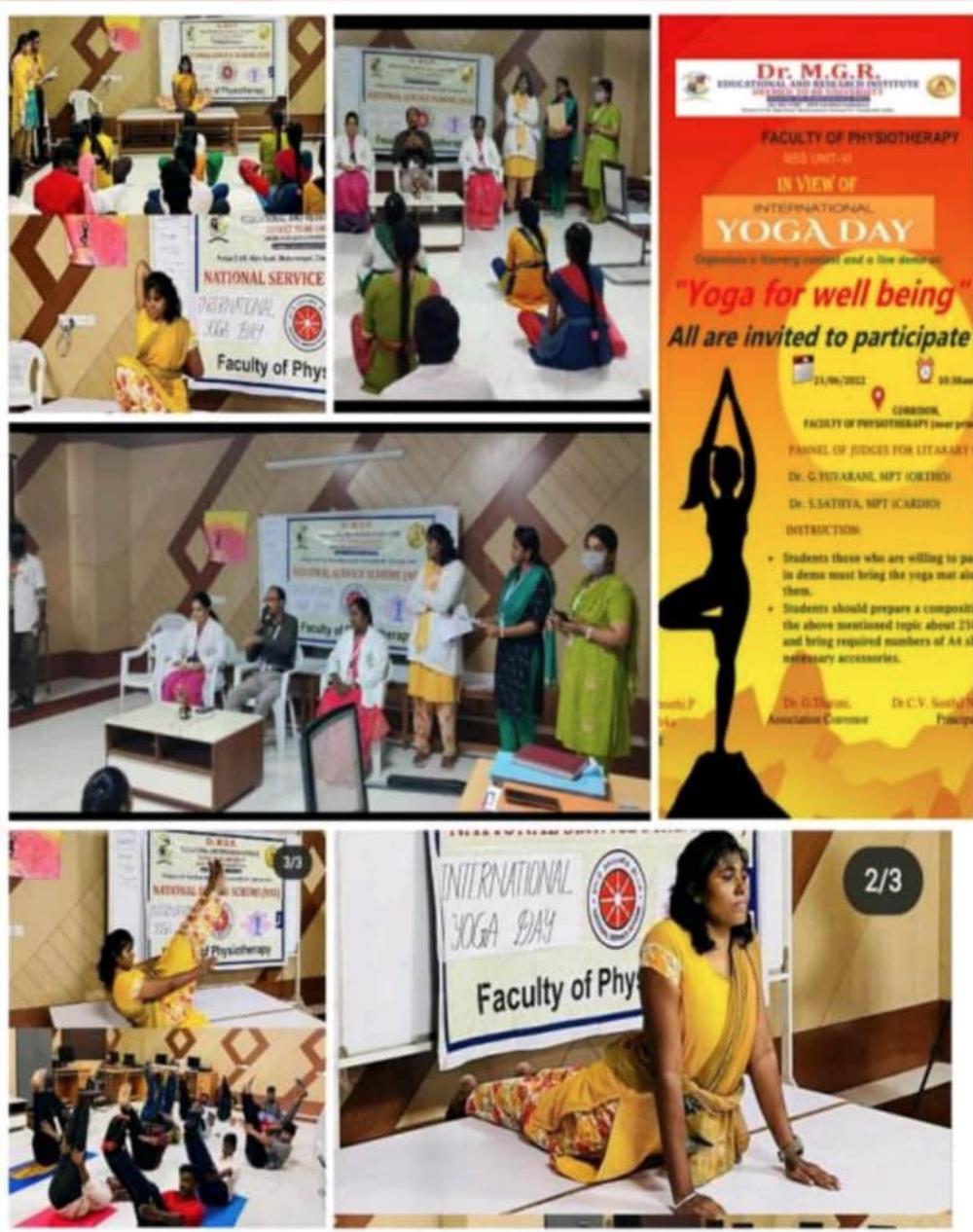
**MODE:** Live Demo & Essay Writing Competition

**JUDGES:** Principal - Dr. C.V.Senthilnathan,

Vice Principals - Dr.V.Rajalaxmi and

-Dr. S. Veena@kirthika

**PARTICIPANTS:** 50 Students



**EVENT:** 75th Independence Day – 20,000 Students National Flag Formation

**DATE:** 08th August 2022

**VENUE:** ACS Medical College and Hospital, Play ground.

**GUEST:** Dr. Christopher, Thiru. Annamalai and Dr. Jagadeeshan

**PARTICIPANTS:** 250 Students



**EVENT:** Drive against Drug – Awareness Pledge

**DATE:** 11th August 2022

**GUEST:** Chief Minister, M.K.Stalin

Principal - Dr. C.V.Senthilnathan

**PARTICIPANTS:** 100 Students



**EVENT:** INTERNATIONAL YOUTH DAY

**DATE:** 12th August 2022

**MODE:** Oration Competition

**JUDGES:** DR.K.Kamatchi, Dr.G.Tharani,

**PARTICIPANTS:** 100 Students



**EVENT:** Drive against Drug – Awareness Rally

**DATE:** 16th August 2022

**VENUE:** Cooperative Nagar, around ACS  
Medical College and Hospital.

**GUEST:** Secretary Thiru.A.Ravi kumar, Dean,  
Dr.M.G.R Educational and Research  
Institute.

**PARTICIPANTS:** 150 Students



**EVENT:** Mega Blood Donation – 75th  
Independence Day

**DATE:** 10th August 2022

**VENUE:** Sri Lalitha Mookambikai Medical  
College and Hospital

**PARTICIPANTS:** 10 Students



**EVENT:** Nutrition month - mahila and swaasthiya (health)

**DATE:** 16th september 2022

**VENUE:** Seminar Hall – 01, Faculty of Physiotherapy

**GUEST:** Dr.S. VEENA @ KIRTHIKA

**PARTICIPANTS:** 15 House Keeping Female Staffs



**EVENT:** Special Camp 2022 – Social Service

**DATE:** 19-09-2022 to 20-09-2022

**VENUE:** Ayapakkam

**PARTICIPANTS:** 5 Students



**EVENT:** NATIONAL NSS DAY – TALK ON TOXIC  
POSITIVITY & QUOT

**DATE:** 24th September 2022

**VENUE:** Lecture Hall – 08,  
Faculty of Physiotherapy

**SPEAKER:** Dr.S.G.Thirulogachandar

**PARTICIPANTS:** 100 Students



**EVENT:** Workshop – Disaster Management

**DATE:** 01st October 2022

**VENUE:** The Tamilnadu Open University

**PARTICIPANTS:** 05 NSS Volunteers



**EVENT:** International Day of Non-Violence

**DATE:** 03st October 2022

**MODE:** Online Poster Presentation

**JUDGE:** Dr.S.Sudhakar,

Faculty of Physiotherapy,

Dr.MGR Educational and Research

Institute.

**PARTICIPANTS:**50 Students



**EVENT:** International Day of Elderly –  
Physiotherapy Camp

**DATE:** 01st October 2022

**VENUE:** Birds nest, Oldage home, Avadi

**PARTICIPANTS:** 35 UG & PG Students



**Event:** Flag at every home

**DATE:** 13th to 15th august 2022

**MODE:** Online mode

**Participants:** 100 Students



# SRM INTER PHYSIO MEET 2022



**EVENT : KHO-KHO**  
**POSITION : WINNER**



**EVENT : ATHLETICS 1500M**  
**NAME: PAVITHRA M**  
**POSITION : WINNER**



**EVENT : ATHLETICS 100M**  
**NAME: DIVYA**  
**POSITION : WINNER**



# SRM INTER PHYSIO MEET 2022

SRM INSTITUTE AND TECHNOLOGY, KATTANKULATHUR ON MAY 5, 6&7



**EVENT : BASKET BALL**

**POSITION : WINNER**



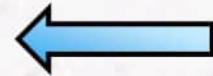
**EVENT: THROW BALL**

**POSITION : RUNNER**



**EVENT : VOLLEY BALL**

**POSITION : WINNER**



**EVENT : FOOT BALL**

**POSITION : RUNNER**

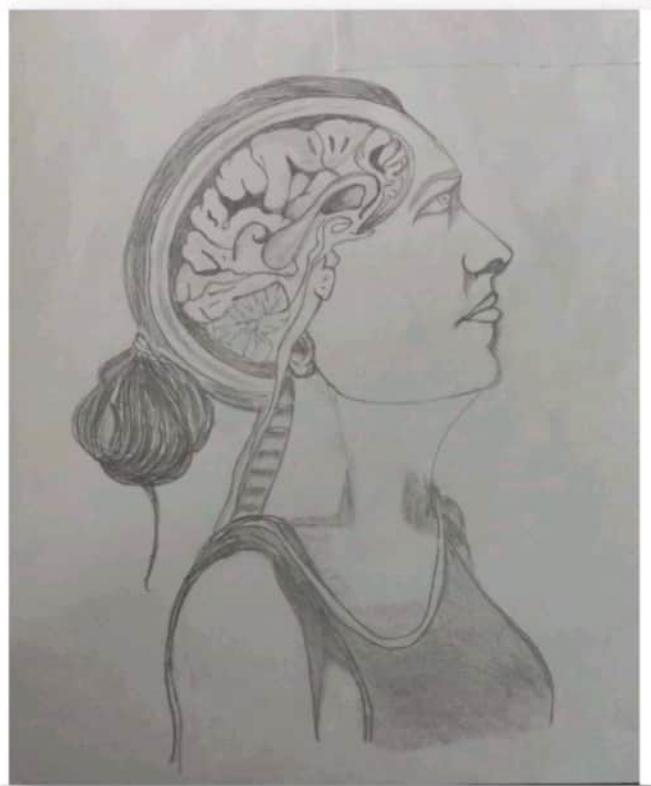


# STUDENTS CORNER

Dhivya Bharathi II year



Yamini III year

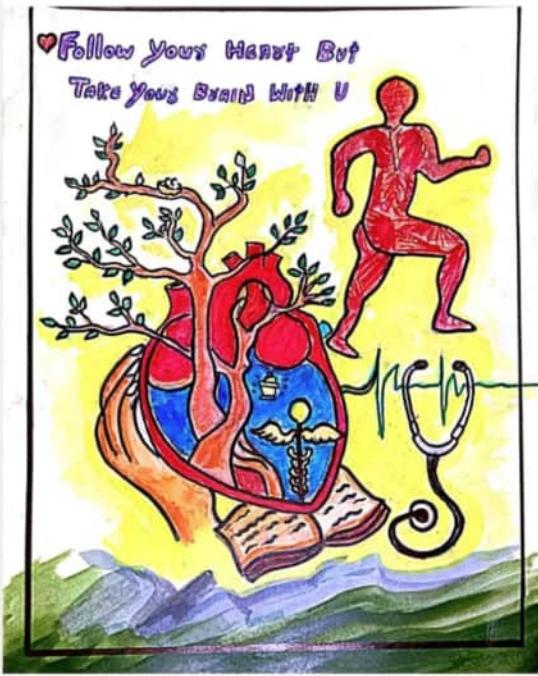


Wall painting  
Pooja III year

# Lalitha II year



Varkuzhali  
III year



Shiva priyan  
III year

## **MEME SHARING**

*In our modern world, internet and social media use has become an essential part of our daily lives. And memes can be considered as the fuel that social media runs on, without it, social media would be no fun. They are the backbone of it. Memes involve several types of it, it can be dark, deep, reaction-based, political statements turned funny, and many more.*

### **SHAREABILITY**

*As humans, we are social beings. We instinctively want to share our emotions and relate with others out and gain attention in our society and culture. Memes allow us to do all that. This makes them an easy and fast way of sharing information. Simply enjoying the joke. We all feel the same emotions, tensions, and stress in such situations, making our feelings mutual.*

*When a stressor is converted into a funny meme, most people can relate to it, talk about it, and feel that they are not alone in that situation. This makes the stressor less painful situations and that can help you to feel better because of the support and understanding you receive from your trusted circle. They help deal with heavy issues*

*And memes make it easier to understand emotion. Our parents often wonder why we can't just talk instead of sharing memes. Sometimes it's just easier to show some a picture and say, "This is how I felt today". They might understand, they might say they feel the same way. What's more comforting than that?*

*Memes make us see the humorous side of a stressful situation, help in global communication and cultural exchange, and lead to collective coping and sharing a meme is sharing our emotion and some information too.*

*-GAYATHRI.E III E*

## YOUTUBE CHANNEL & SUBSCRIPTIONS

A you tube channel is something any person can make now-a-days. It has become a common part in the world of internet. Along with the increase in the number of viewers, the rise in the number of you tube channels are rapidly increasing. There are many small budget channels facing difficulty, struggling for view and subscriptions including my mom's channels, Noxy's notes and palaharam. Me the prime and only handler, editor, camera women, manager, find it very demotivating when our contacts do not get what it deserves. Both my mom's channels are about cooking and so I got to know about her passion about cooking hacks together has become very common many of the times getting views are much easier than getting subscribers. Being a young you tube channel, Patience and motivation is must to succeed. It may take a few years but will surely be a better version with a decent number of subscribers, I would like to conclude saying subscribers for more

-RIZWIN FATHIMAI 11 E

## Memes Shaping culture

Memes are everywhere nowadays You're scrolling, your feed, and they pop out all the time. They make you laugh a bit if you can relate to them, and you may even send some to your friends every thought about how this can shape your life? Do memes inference our thinking our language? Our beliefs! Are they modifying our communication skills? Do they shape our society? Our culture ,They do. In my opinion, the meme culture has rooted in popular culture in such a way that the masses can, as a matter of fact, be shaped by it, memes change one perception of reality

The audience is easily manipulated by meme maker, whoever they are, being that their ray of influence does not depend on there level of relevance in society.

Virally transmitted remixed images with words that poke fun at cultural or social norms and that can change meaning multiple times through further sharing and remixing. Within a culture, memes can take a variety of forms, such as an idea, a skill, a behavior ,a phase, or a The particular fashion and replication and transmission of a meme occurs when one person copies a unit of cultural information comprising a meme from another person.

Memes are often built upon pop culture and current affair, which means they play a large part in teams of social commentary.

-SUHANI KUMARI.11 E

# PUBLICATIONS

## Publications by Faculty of Physiotherapy

• "Impact Of Resistance Exercise Versus Diet Supplements On Iron Deficiency Anemia In Girls". International Journal of Medical and Exercise Science, Vol 8, 1 2, B 1302-E 1310, June 2022 - S. M. Divya Mary, P.Priyadarshini .

• "Impact Of Exercise Vs Cognitive Therapy In Athletes With Chronic Fatigue Syndrome". International Journal of Medical and Exercise Science, Vol 8, 1 1, B 1181-E 1187 -S.M Divya Mary.

• "Comparative effect between Interferential Therapy and Isometric Exercise on Postural Neck Pain among Dentists". ACTA Scientific Orthopaedics, Vol.5; Issue 5; 2022. -Dr. Jibi Paul

• "Effects of Dual Task Training Versus PNF Pattern on Balance and Cognition in Geriatric Population". International Journal of Life Science and Pharma Research, Vol , 1 , B 1-E 7 - Dr. V.Rajalaxmi.

• "Effectiveness of Virtual Reality Training for Hand Dexterity in Parkinson's Subjects". International Journal of Life Science and Pharma Research, Vol 12, 1 4, B 69-E 77 - G Vaishnavi.

• "Effectiveness of Sub - Occipital Release Technique for Non-Specific Neck Pain". International Journal of Life science and Pharma Research, Vol 12, 1 4, B 47-E 55 - K Kirupa

• "Effectiveness of PNF Stretch of Pectoralis Major Muscle on Pulmonary Functionin COPD Patients". International Journal of Health Sciences, Vol , 1 , B 13332-E 13341 -Dr.Jibi Paul.

• "A Comparative Study To Analyse The Effectiveness Of Aerobic Exercise Versus Buerger's Exercise In Varicose Vein Among Security Guards". International Jornal Of Medical And Exercise Science. Vol , 1 , B -E -Dr.K.Kamatchi.

• "Comparative Effects Of Laser Therapy Over Manual Mobilization Along With Conventional Therapy On Function In Frozen Shoulder". International Journal of Medical and Exercise Science, Vol 8, 1 2, B 1261-E 1273 - DR.Jibi Paul.

• "Effectiveness of Sub - Occipital Release Technique for Non-Specific Neck Pain". International Journal of Life science and Pharma Research, Vol 12, 1 4, B 47-E 55 - K Kirupa.

# PUBLICATIONS

## Publications by Faculty of Physiotherapy

• "Effect of Yogic Breathing Manoeuvre on Pulmonary Function and VO<sub>2</sub> Max in Male Football Players". JCDR; Year: 2022; Month: May; Volume : 16; Issue : 5YC01-C04 - Dr. Jibi Paul.

• "Impact Of Alexander Technique,Mirror Therapy Versus Conventional Therapy On Musicians Cramp In Guitarist [UGC]", Biomedicine, Vol 42, I 1, B 185-E 189, March -Dr.G Mohan Kumar

• "International Journal of Medical and Exercise Science", Vol 8 (2), 1261-1273, June 2022 - Dr. Jibi Paul.

• "A Comparative effect of Aerobic Training versus Plyometric Training among Young Obese Women with Poly Cystic Ovarian Syndrome". International Journal of Medical and Exercise Science, Vol 7, I 4, B 1135-E 1147. Dr.Jibi Paul.

• "Effectiveness of Sub - Occipital Release Technique for Non-Specific Neck Pain". International Journal of Life science and Pharma Research, Vol 12, I 4, B 47-E 55 - K Kirupa

• "A Comparative Study To Analyse The Effectiveness Of Aerobic Exercise Versus Buerger's Exercise In Varicose Vein Among Security Guards". International Journal of Medical and Exercise Science, March 2022; 8(1); 1199-1209. DOI:10.36678/IJMAES.2022.Vo8I01.005 -K.Kamatchi, Rajesh kumar,N.T. Kandhasamy,S

• "Impact of Exercise VS Cognitive Therapy In Athletes With Chronic Fatigue Syndrome". International Journal of Medical and Exercise Science, March 2022; 8(1); 1181-1187. DOI:10.36678/IJMAES.2022.Vo8I01.003 -S. M. Divya Mary, N. Koushik Kumar, Nelson Arputharaj John, T. Neelamalar.

• "To Evaluate The Relationship Between Lumbar Lordosis And Forward Neck Posture Using Radiation-Free Measurement Tool". International Journal Of Advance and Innovative Research, Vol 9,I 1 (VIII January, March 2022 - NithyaNisha R, Monica S, Jayabharathi C.

• "Effects of sitting pelvic tilt exercise and pelvic floor exercise during third trimester in primigravida on low back pain". International Journal of Medical and Exercise Science, March 2022; 8(1); 1165-1171. DOI:10.36678/IJMAES.2022.Vo8I01.001 - Indhu. K. Jayabharathi. R.

# CONVOCATION

**31<sup>ST</sup> CONVOCATION** of Dr M.G.R educational and research institute held at ACS convention centre, ACS medical college and hospital campus, velapanchavadi chenni-600077  
on 07-12-2022 (Wednesday)

**CHIEF GUEST** : Dr.(Smt) Tamilisai soundararajan  
Honorable governor of telangana and  
lieutenant governor of puducherry





Dr.M.G.R.Physio

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