

# PHYSIO QUEST

THE FACULTY OF PHYSIOTHERAPY NEWSLETTER



## VISION

- Maintain the department's long tradition of leadership and excellence in physiotherapy education
- Create innovative educational programs
- Promote the provision of ethical, efficient and cost effective physiotherapy services
- Provide a dynamic, efficient and adaptable physiotherapy program
- Serve the physiotherapy needs of the community

## MISSION

- Provide innovative physiotherapy education at undergraduate and post graduate levels
- To educate undergraduate and post graduate students to discover and apply new knowledge in physiotherapy and relating theory to practice
- Stimulate research in the various fields of physiotherapy to influence emerging health care practices and to advance the profession
- Foster leadership qualities in physiotherapy practice, education and research
- To educate undergraduate and post graduate physiotherapists to make them knowledgeable, self assured, adaptable, reflective, humanistic and as a service oriented individual.

# EVENTS CORNER

VENUE: FACULTY OF PHYSIOTHERAPY

**FACULTY OF PHYSIOTHERAPY**

IN ASSOCIATION WITH DEPARTMENT OF PLACEMENT AND TRAINING

Road map to UK for Physiotherapist

15/02/2022

## ROAD MAP TO UK

### “PLACEMENT TRAINING FOR PHYSIOTHERAPIST”

The impact is to explain the possibilities to pursue Physiotherapy in UK and how well students can use this platform for achieving greater heights in their career .

CHIEF GUEST/SPEAKER : Mr.Suraj Bafna, , MSK Physiotherapist, MSK Injection Therapist,, MSK Physiotherapist, MSK Injection Therapist, MHCPC, MSCSP, UK.



DATE:15/02/2022

## RENAL DIALYSIS

### “AN INTER-DISCIPLINARY LECTURE ON RENAL DIALYSIS TECHNOLOGY”

The students were able to explain about the particular day importance. The knowledge towards that day has been exposed by the students. Various ideas have been furnished from the students. The students were able to understand the basic needs for our society over that day. Students occurred practical knowledge on how to actively participate in upcoming events.

CHIEF GUEST/SPEAKER; Mr.M.MANIKANDAN, M.sc (Renal dialysis), DR MGR EDUCATIONAL AND RESEARCH INSTITUTE.

VENUE: FACULTY OF PHYSIOTHERAPY DATE:11/03/2022



DATE:11/05/2022 TO 13/05/2022

## REFRESHERS COURSE

### “PHYSIOTHERAPY REFRESHER COURSE”

The legal rep. power of attorney & how to prepare patent, design, where to apply, how to apply, E-filing, examination and registration of designs, details on novelty and originality were spoken. The process of application and protocols to be followed by the applicant were discussed. EVENT OUTCOME:Staff were learnt about the knowledge on Basics of Intellectual Property Rights & Pattern Right.Procedures:resource person explained about the types of ownership, various intellectual property rights(IPR).

CHIEF GUEST/SPEAKER : Dr. R. Ananth, MPT (Orthopedic & Sports), NMJ Physiotherapy Clinic, Velachery Dr. K. G. Krishna Kumar, (PT) Neuro, Muscle & Joint Clinic.

## INTEGRATED APPROACH

### “INTEGRATED APPROACH IN SCIENCE AND TECHNOLOGY FOR SUSTAINABLE

**FUTURE**” the knowledge about the integrated approach in science and technology for sustainable future and the students participated in the exhibition and have a clear knowledge about explanation at the exhibition on integrated approach in science and technology for sustainable future.

CHIEF GUEST:Dr.S.Veena@Krithika,Vice Principal, Dr.MGR Educational and Research Institute.Dr.V.Rajalaxmi, Vice Principal, Dr.MGR Educational

DATE:28/02/2022



# EVENTS CORNER

VENUE: FACULTY OF PHYSIOTHERAPY



DATE:01/04/2022

## MANAGEMENT OF AUTISM

### “AWARENESS PROGRAM ON AUTISM DISORDER ”

The purpose of this awareness program on Autism spectrum disorder is to spread awareness about autism to dissolve the cultural biases against autistic children to encourage societies and to pay attention to the symptoms of autism instead of hiding them  
CeHMI. EF GUEST/SPEAKER :Dr.J.Abinayaa, senior resident, kartikeyan, child development unit, SRIHER. Prof. P. Raghuram, HOD of Occupational therapy

## PREGNANCY IMPACTS

### “AWARNESS ABOU SAFETY OF MOTHER AND INFANT DURING COVID PANDEMIC AT HOME”

The students participated in the events got awareness about the safety and protection of mother and infant during mid corona period. It was very informative to know about the importance of medical emergency. Glad to see many students have taken efforts to create an awareness about mid COVID. Special thanks to DR. M.G.R educational and research institute.

CHIEF GUEST/SPEAKER: Dr. Jibi Paul, professor, Dr.MGR Educational and Research Institute

VENUE: FACULTY OF PHYSIOTHERAPY DATE:11/04/2022



DATE:08/04/2022

## SHOCK WAVE THERAPY

### “TALK ON SHOCKWAVE THERAPY AND ITS USES”

Our Principal Dr.C.V.Senthil Nathan delivered the welcome address and felicitated the Guest Speakers. Following that Mr.Bruno gave a detailed explanation on the history, working , indications and contraindications of SHOCK WAVE THERAPY. He also described the uses and physiological effects of shock wave therapy for various musculoskeletal conditions. Following that Dr.Mahesh demonstrated the working of Shock wave therapy. Later the speakers clarified the doubts raised by the faculty members.

CHIEF GUEST/SPEAKER : Mr.Bruno Rebaejack,, Regional Sales Director, Storz Medical, Germany Dr.Mahesh, Manager, sports, Physio and Rehab, Aerobe Pvt

## INTERNATIONAL WOMEN'S DAY

### “STAFF MEMBERS SHOWCASED THEIR TALENTS IN VARIOUS COMPETITIONS AND WON PRIZES”

Faculty of Physiotherapy, Dr. M.G.R. Educational and Research Institute, Chennai celebrated the International Women's day on 08.03.2022 between 12.00PM to 1.30PM. We express our heartfelt gratitude to our Honorable President Er. A.C.S Arunkumar sir , Honorable Secretary Thiru A.Ravikumar sir, our Honorable Chairperson Smt.S.Lalitha Lakshmi Madam for gracing the occasion with their valuable presence.

SPEAKER :Dr.C.V.Senthil Nathan, Principal, Faculty of Physiotherapy, MGR Educational And Research Institute,Chennai

DATE:08/03/2022



# NSS ACTIVITY

VENUE: NAYAPAKKAM VILLAGE



DATE:23/03/2022

## WORLD WATER DAY

### Awareness Rally

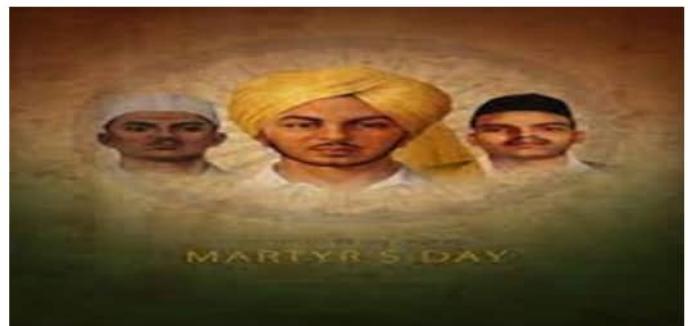
The faculty of physiotherapy in association with NSS unit - VI observed WORLD WATER DAY on 23.03.2022 by presenting pluck cards presenting awareness how to save water and to reduce water contamination in the society. About 55 students from BPT participated for this event at Nayapakkam village. Students actively presented more than 100 pluck cards in this event and showed huge interest.

## MARTYRS DAY

### Poster Presentation

The faculty of physiotherapy in association with NSS unit - VI organized MARTYRS DAY - Poster Presentation on 23.03.2022 at 11am. Followed by that, all the work was judged by Principal Dr. C.V. Senthil Nathan, Vice Principals - Dr. V. Rajalaxmi And Dr. S. Veena@Kiruthika, faculty of physiotherapy, Dr. Mgr educational and research Institute, chennai. About 25 students from BPT participated for this event. Students gained a clear knowledge about untouchability and present their work.

VENUE: FACULTY OF PHYSIOTHERAPY



23/03/2022

VENUE: DR.MGR EDUCATIONAL AND RESEARCH INSTITUTE, AUDITORIUM.

## VOTING OR VOTER AWARENESS PROGRAM

### To educate the knowledge of voting

The faculty of physiotherapy in association with NSS unit - VI attended Voting or Voters awareness program on 28.03.2022 by 10.00am at Dr.MGR Educational and Research Institute, Auditorium organized by the NSS Programme Coordinator in association with The Election Commission Of India. Our President Eng.A.C.S.Arun Kumar sir launched the logo that was come in the newspaper also. A pledge was taken by all the dignitaries, NSS Program Officers of various departments, NSS Incharges and NSS Volunteers. About 10 students from BPT along with NSS Program Officer participated for this program. Students actively participated in this event and showed huge interest by making awareness oath videos and participated in online voters competition and got certificates.

DATE:28/03/2022

## WORLD NO TOBACCO DAY

### encouraging awareness and action for the protection of the environment

Faculty of physiotherapy in association with NSS unit - VI conducted the WORLD NO TOBACCO DAY through the virtual platform. Every year 31TH MAY is observed as WORLD NO TOBACCO DAY. This program aims to inspire more people than ever before to take action to prevent Mother Earth. Dr.S.SUDHAKAR, Associate professor, Faculty of Physiotherapy, Dr. MGR Educational and Research Institute, was invited as our judge. Under their supervision the Poster Making competition was conducted for 1st year BPT students. In order to motivate the students 3 excellent works of the students were selected and was given the 1st, 2nd and 3rd prize for the event conducted. Sajitha.G from I Year had won first prize, Sowmiya. S from I year C had won second Prize and Priyanka.S from I year C and Rekha M from I year E won third prize in the Poster making Competition.



DATE:31/05/2022

# PUBLICATIONS

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

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

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• "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

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

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

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• "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

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

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• "A Comparitive 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 , I , B -E -Dr.K.Kamatchi.

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• "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, I 2, B 1261-E 1273 - DR.Jibi paul.

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• "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.

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# PUBLICATIONS

• "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-Co4 - Dr. Jibi Paul.

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

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

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• "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.

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• " 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

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• "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

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• "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.

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• "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.

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• "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.

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