

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

DATE: 08/07/2022 TO 09/07/2022

VENUE: BASEMENT AUDITORIUM, ACS CAMPUS



WORKSHOP ON NDT PRINCIPLES OF TREATMENT FOR CEREBRAL PALSY

"TO ANALYZE THE DIFFERENT TYPES OF CEREBRAL PALSY IN RELATION TO PATHOLOGY"

The speaker explained the participants with the key points of facilitation using NDT. Later, the speaker demonstrated the NDT treatment approach on a Special child. Then he made the participants to practice the skills on each other.

EVENT OUTCOME: Learnt different treatment principles in children with Hypotonia, Hypertonia, Athetoid and Ataxic conditions. Learnt the relationship between motor control and motor learning theories in neuro developmental therapy. **RESOURCE PERSON:** Ramesh Kumar Jeyaraman, Professor, Dept of Physiotherapy, Sri Devaraj Urs Academy of higher education, (Deemed to be University).

INTELLECTUAL PROPERTY RIGHTS - A 360 DEGREE PERSPECTIVE

"STUDENTS WILL HAVE INNOVATIVE THINKING AND DEVELOP NEW IDEAS FOR THE BENEFIT OF THE SOCIETY".

Intellectual Property Rights - A 360 Degree perspective on 30/07/2022 at Seminar Hall-01 between 10.30 AM to 12:30 PM. Around 118 participants attended the Guest lecture. **EVENT OUTCOME:** At the end of the guest lecture the students were able to define what is intellectual property rights, types of IPR, its importance. **RESOUCE PERSON:** T. POOVISHNU DEVI, Dean (Academics), Krishna College of Physiotherapy, Karad, Maharashtra

DATE: 30/07/2022

VENUE: FACULTY OF PHYSIOTHERAPY



VENUE: FACULTY OF PHYSIOTHERAPY

DATE: 03/08/2022

TECHNICAL TALK ON BREAST FEEDING

"THE IMPORTANCE OF INITIATION AND EXCLUSIVE BREASTFEEDING FOR 6 MONTHS."

Students learnt proper breastfeeding position to avoid musculoskeletal pain and gained the knowledge about the importance and benefits of breast feeding. Students learnt the benefits of antenatal exercises and postnatal exercises. **CHIEF GUEST/ RESOURCE PERSON:** Dr Amudha.S.



DATE: 27/08/2022

TECHNOLOGY TALK ON STRENGTH & CONDITIONING FOR ATHLETES

"DEFINE THE PURPOSE OF STRENGTH AND CONDITIONING FOR ATHLETES"

The students were able to explain about the purpose of the strength and conditioning for athletes.

The students were able to understand the fitness - testing procedures. The students were able to the prescribe exercise and strength program for athletes.

The Students were able to identify and integrate other fitness components also. **RESOURCE PERSON:** J.Muthukumaran, Professor, Saveetha College Of Physiotherapy, Thandalam.

VENUE: FACULTY OF PHYSIOTHERAPY



NSS ACTIVITIES

VENUE: ACS MEDICAL COLLEGE AND HOSPITAL, PLAY GROUND.

DATE: 08/08/2022

75TH INDEPENDENCE DAY – 20000 STUDENTS NATIONAL FLAG FORMATION

"WORLD RECORD"

The Faculty of Physiotherapy in association with NSS unit - VI participated in the Genius Record Event at 75th Independence Day by forming National Flag by 20000 students observed on 08.08.2022 by presenting National Flags in their hand and taking selfie photo and uploading in the app and received certificate. About 250 students from BPT I & II Year students along with NSS Volunteers participated for this Event. CHIEF GUEST: DR.CHRISTOPHER, THIRU. ANNAMALAI AND DR. JAGADEESHAN



DATE: 11/08/2022

VENUE: SEMINAR HALL - 01, FACULTY OF PHYSIOTHERAPY



DRIVE AGAINST DRUG – AWARENESS PLEDGE

"AWARENESS PLEDGE"

The Faculty of Physiotherapy in association with NSS unit - VI organized DRIVE AGAINST DRIVE (DAD) – Awareness Pledge on 11.08.2022 at Seminar Hall - 01 on 10am by taking pledge against drug and drug abuse along with the honorable chief minister M.K.Stalin through online YouTube Live. About 100 students from BPT along with NSS Volunteers participated for this pledge. CHIEF GUESTS: CHIEF MINISTER, M.K.STALIN, PRINCIPAL - DR. C.V. SENTHIL NATHAN, FACULTY OF PHYSIOTHERAPY, Dr.MGR Educational and Research Institute.

VENUE: FACULTY OF PHYSIOTHERAPY

DATE: 12/08/2022

COMPETITION ON - "ITS ALL IN THE MIND"

"INTERNATIONAL YOUTH DAY ALL IN THE MIND"

Faculty of Physiotherapy in association with NSS Unit - VI organized an oration competition on the Topic *ITS ALL IN THE MIND* in view of INTERNATIONAL YOUTH DAY on 12/08/2022 at Lecture Hall - 2 between 11.00 AM to 12.30 PM. Around 100 participants attended the event. First Prize - Treprena Blessy, Second Prize - Sandhiya Shree, Third Prize - Porchelvan and Ranjith. R Students were awarded with appreciation certificate. The Students were able to identify and integrate other fitness components also. RESOURCE PERSON: Dr.K. Kamatchi, Assistant professor, Dr.G.Tharani, Assistant professor.



NSS ACTIVITIES

DATE: 15/08/2022



COMPETITION ON COMMEMORATES THE INDEPENDENCE OF INDIA

"75TH INDEPENDENCE DAY"

Faculty of physiotherapy in association with NSS unit - VI conducted the 75 TH INDEPENDENCE DAY through the virtual platform. Every year 15 TH AUGUST is observed as Independence Day. The purpose of Independence Day is to spread awareness about the constitution of our nation. This program aims to inspire more people than ever before to take action to prevent the Mother Nation.

EVENT OUTCOME

The students were able to explain about the particular day importance. The knowledge towards that day has been exposed by the students.

VENUE: DR.MGR EDUCATIONAL AND RESEARCH INSTITUTE

DATE: 15/08/2022

75TH INDEPENDENCE DAY - BEST NSS PROGRAM OFFICER AND VOLUNTEER AWARD 2022

"FEAT AND HONOUR"

The faculty of physiotherapy in association with NSS unit - VI participated in the 75th Independence Day Program which was conducted in the university main campus Dr.MGR Educational and Research Institute on 15.08.2022 at 8.00am. Unit - VI NSS Program Officer P.Anu Preethi awarded with Best Program Officer Award 2022 for the 100% completion of Special Camp 2022 at adapted village and NSS Volunteers from BPT K.Dhilip Kumar and V.Magesh were awarded Best Volunteer Award 2022 from our Honorable Founder Chancellor Thiru. A.C.Shanmugam Sir.



DATE: 16/09/2022

VENUE: FACULTY OF PHYSIOTHERAPY



NUTRITION MONTH - MAHILA AND SWAASTHIYA (WOMEN'S HEALTH)

"WOMEN'S HEALTH"

Faculty of physiotherapy in association with NSS unit - VI conducted the Nutrition Month - Mahila And Swaasthiya (Women's Health) at Seminar Hall - 1 on 2.30pm. The purpose of this program is to spread awareness about the women's health. This program aims to inspire more people than ever before to take action to prevent the women's health issues.

NSS ACTIVITIES

VENUE: AYAPAKKAM

DATE: 19-09-2022 TO 20-09-2022

SPECIAL CAMP 2022 - SOCIAL SERVICE

"SOCIAL SERVICE"

Faculty of Physiotherapy along with NSS UNIT - VI, Dr. M.G.R. Educational, and Research Institute, Chennai took part in the NSS SPECIAL CAMP - Social Service at Ayapakkam on 19-09-2022 & 20-09-2022 as per NSS guidelines. About 1 NSS Officer, and 5 NSS Volunteers participated in this camp. The volunteers of NSS turned up in good strength for pond cleaning drive working for more than three hours removed all the waste around the pond, followed by plantation of medicinal plants like Tulasi, Neem, Adathoda, Ashoka were carried out by the volunteers.



DATE: 24/09/2022

VENUE: FACULTY OF PHYSIOTHERAPY



NATIONAL NSS DAY – TALK ON "TOXIC POSITIVITY"

"NATIONAL NSS DAY"

Faculty of physiotherapy in association with NSS unit - VI conducted Day Talk on " TOXIC POSITIVITY" inview of National NSS at Lecture Hall - 08 at 9.30am. The purpose of this program is to spread awareness about the importance of the NSS . This program aims to inspire more students than ever before to take action to provide service to the nation.

VENUE: BIRDS NEST, OLDAGE HOME, AVADI

DATE: 01/10/2022

INTERNATIONAL DAY OF ELDERLY - PHYSIOTHERAPY CAMP

"SERVICE TO THE ELDERLY"

Faculty of Physiotherapy in Association with NSS Unit -VI organized an "FREE PHYSIOTHERAPY CAMP" at BIRDS NEST old age home, Avadi, inview of INTERNATIONAL DAY OF ELDERLY 2022. Our Department Physiotherapists gave a detailed explanation on the Geriatric Fitness. Followed by that PG students assessed and treated the elder peoples in that home and they were diagnosed with Osteoarthritis, low back pain and also were given advices on Do's and Don'ts and home programs exercises.



PHYSIO QUEST

THE FACULTY OF PHYSIOTHERAPY NEWSLETTER

EDITORIAL

TEAM

PHYSIO QUEST

Prof. Dr. C.V. Senthilnathan
Principal
MPT., Ph.D

Dr. S. Sudhakar
Associate Professor
MPT., Ph.D

Prof. Dr. S. Veena@krithika
Vice Principal
MPT., Ph.D

Dr. G. Yuvarani
Associate Professor
MPT.,

Prof. Dr. V. Rajalaxmi
Vice Principal
MPT., Ph.D

Dr. S.M. Divya Mary
Assistant Professor
MPT.,

Prof. Dr. Jibi Paul
Professor
MPT., Ph.D

Dr. R. Nithyanisha
Assistant Professor
MPT.,

Prof. Dr. G. Mohankumar
Associate Professor
MPT., Ph.D

Dr. G. Tharani
Assistant Professor
MPT.,

Prof. Dr. S. Ramachandran
Associate Professor
MPT., Ph.D

Dr. J. Carlin Jersha Rachel
Lecturer
MPT.,

PHYSIO QUEST

THE FACULTY OF PHYSIOTHERAPY NEWSLETTER



EDITORIAL

TEAM STUDENTS

1. Paveen A, **IV A**
2. Vennilavan, **IV A**
3. Navin R, **III B**
4. Karkuzhali J, **III D**
5. Lawrence J, **III D**
6. Logesh K, **III D**
7. Sri Prasanna, **III D**

FOLLOW US ON SOCIAL MEDIA



YOUTUBE

DR MGR PHYSIO



INSTAGRAM

@DRMGR_PHYSIO



FACEBOOK

@DRMGR_PHYSIO