

SEPTEMBER 2023 ISSUE

# PHYSIO QUEST

*THE FACULTY OF PHYSIOTHERAPY NEWSLETTER*



# PHYSIO QUEST

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## 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: 07/07/2023-08/07/2023

VENUE: BASEMENT AUDITORIUM, ACS  
MEDICAL COLLEGE AND HOSPITAL

## CURRENT CONCEPTS IN HAND REHABILITATION

"INTERNATIONAL CONFERENCE CENTERING THE IMPORTANCE OF HAND REHABILITATION "



Department of Orthopaedics, Faculty of Physiotherapy organized an International Workshop on the Topic 'Current Concepts in Hand Rehabilitation'. Introduction of Speaker, Dr. D. Kishore Kumar, MPT(Hand), Ph.D. M.D(Acu), MIAP, Senior Physiotherapist, Director-Manuszeal Healthcare Academy & KK Physio and Hand Therapy Centre, Chennai was done by Dr. P. AnuPreethi, Assistant Professor, Faculty of Physiotherapy. The Speaker started the First Session by explaining the functions, injuries, causes, indications, assessment and rehabilitation of hand. Mr. Anil Kumar, D.P.O, Director-Clinical Services, South Zone, Ottobock Healthcare India Pvt Ltd. Speaker presented the video on Pre-Prosthetic Management, Parts of Myoelectric Prosthesis and its connections, working methods and EMG study using Myoelectric Prosthesis on 07/07/23.

On 08/07/23 Speaker Dr. D. Kishore Kumar explained the replantation surgeries and rehabilitation of hand. Dr. Sabari Girish Ambat, MBBS, MS(General Surgery), MCh(Plastic Surgery), DNB(Plastic Surgery), Hand and Microvascular Surgeon. The speaker presented various case scenarios related to hand injury surgeries and rehabilitation to regain the functions of the hand.

Third Session Speaker, Odeyoyin Yusuph Abiodun, M.O.T(Neuro), Hand & Ergonomics, Occupational Therapist, Fordham Nursing and Rehabilitation Centre, Newyork who as connected with online through the Zoom Meeting. The speaker explained the hand assessment and treatment Approaches in hand rehabilitation. Dr. D. Kishore Kumar demonstrated the Hand Therapy Kit practically to all the students in various groups. Over 150 participants attended the workshop, Students gained more knowledge in learning hands-on therapy.

DATE: 14/07/2023

VENUE: PG HALL, FACULTY OF  
PHYSIOTHERAPY

## OPTIC NEURITIS

"AN INTERDISCIPLINARY GUEST LECTURE"



Faculty of Physiotherapy organized an interdisciplinary guest lecture on optic neuritis in PG HALL between 2.00 PM to 3.00 PM on 14<sup>th</sup> July 2023, where 60 students attended the guest lecture. DR. K KANMANI, M.S. (OPHTHALMOLOGY). HOD, DEPARTMENT OF OPHTHALMOLOGY presented the topic on "OPTIC NEURITIS" and gave a clear explanation about Optic Neuritis causes, features and treatment. He also explained about acute onset of monocular eye pain and vision loss in a young adult.



# EVENTS CORNER

DATE: 04/08/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## AXILLARY WEB SYNDROME

**"OUTLINES POSSIBLE CAUSES, AND RECOMMENDS CURRENT THERAPEUTIC OPTIONS FOR THIS AWS"**

Faculty of Physiotherapy organized a guest lecture on "AXILLARY WEB SYNDROME"-A PHYSIOTHERAPIST PERSPECTIVE. The Speaker Professor Dr. S. Mercy Clara MPT (Musculoskeletal and sports), College of Physiotherapy NIEPMD, spoke on Axillary Web Syndrome, gave a clear explanation about the Anatomy of lymphatic system, Breast Cancer in India, Clinical presentation, Assessment and diagnostics, Management, Physiotherapy Rehabilitation, Case studies, Complications and prognosis, Current research and emerging trends.



DATE:21/07/2023-22/07/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## WHEELCHAIR ASSESSMENT AND PRESCRIPTION

**"TO ENSURE SAFE AND EFFICIENT USE OF THEIR NEW WHEELCHAIR"**

Faculty of Physiotherapy, organized a Two Days Workshop on Topic " WHO GUIDELINES on WHEELCHAIR ASSESSMENT and PRESCRIPTION" on July 21ST and 22nd July 2023. The Speaker was Dr.SAMA RAJU, MPT (MSK & Sports), ATP (RESNA-USA) Asst. General Manager Therapy and Assistive Technology Services, Mobility India, Hyderabad and Mr. MOHAMMED NAYAZ, Associate Prosthetist & Orthotist, Certified Wheelchair Service Provider Clinical Manager, Education & Research Department, Mobility India Rehabilitation Research & Training Centre. Both the speakers gave a clear explanation about wheelchair prescription, Students were more interactive and practically gained knowledge.



DATE:25/08/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## GROSS MOTOR SKILLS FOR CHILDREN WITH DOWN'S SYNDROME

**"FOCUSING ON SOME SPECIFIC ACTIVITIES THAT HELP CHILDREN IMPROVE GROSS MOTOR SKILLS THROUGH PRACTICE"**

Faculty of Physiotherapy, organized a Workshop on Topic "GROSS MOTOR SKILLS FOR CHILDREN WITH DOWN'S SYNDROME" on August 25 2023, 2.00 PM to 3.30 PM by Resource person Dr. Arun selvi, Assistant professor Faculty of Physiotherapy, Chennai. Dr.J.Arunselvi, Assistant Professor started her session by explaining the clinical assessment and Physiotherapy management of gross motor skills of Down's syndrome and she also focussed on the physiotherapy management and various approaches used for children with Down's syndrome.



# EVENTS CORNER

DATE: 04/08/2023-05/08/2023

VENUE: FACULTY OF PHYSIOTHERAPY



## WORLD BREASTFEEDING WEEK

**"BREAST MILK IS THE NATURE'S WAY TO GIFT IMMUNITY."**

Department of Obstetrics and Gynaecology , Faculty of Physiotherapy organized a poster and slogan competition in view of " WORLD BREAST FEEDING WEEK" between August 1st - 7th at Lecture Hall 7, Dr. M.G.R. Educational and Research Institute between 2.00 pm to 4.00 pm around 26 students attended the competition. The event is organized by P. Revathi, Lecturer, Faculty of Physiotherapy and the judge for the competition was Prof. Dr. VEENA @ KIRTHIKA Vice principal, Faculty of Physiotherapy. Students actively participated in the competition and presented innovative posters and slogans. The winners and runners of the competition was announced by the judge at the end of the competition.

DATE: 15/08/2023

VENUE: ACS CAMPUS GROUND

## 77 TH INDEPENDENCE DAY

**"NATION FIRST, ALWAYS FIRST"**

Faculty of physiotherapy in association with NSS unit - VI organized a March Fast event in view of 77TH INDEPENDENCE DAY. The program was hosted by Mr.R Ranjith, final year student faculty of Physiotherapy . The program started around 9:00 AM with Thamizhthai Vazhthu in continuation with this our Honourable Secretary Sir discussed in brief the significance of Independence Day Then our Honorable Secretary Sir hoisted the National Flag and then all staff and students saluted the flag and sang National Anthem together., Followed by this balloons and Dove was released in the air. Students performed the Parade with the Indian flag to pay tribute to mother INDIA. In addition to this cultural programs were also held in which students from all the department participated.



DATE: 11/08/2023-12/08/2023

VENUE: BASEMENT AUDITORIUM

## MSK IMAGING INTERPRETATION IN 2D ANIMATION

**"AN OVERVIEW OF EXTREMITIES AND  
SPINE RADIOLOGY"**

Faculty of Physiotherapy organized CONTINUING PHYSIOTHERAPY EDUCATION (CPE) on "MSK IMAGING INTERPRETATION IN 2D ANIMATION:AN OVERVIEW OF EXTREMITIES & SPINE RADIOLOGY" between 9.00AM to 4.00PM. Resource Person Dr. C. Prabhu , Principal, MVM college of Physiotherapy, Bangalore, was felicitated by our Respected Principal, Prof. Dr. C. V. Senthil Nathan PhD, Faculty of Physiotherapy. Respected Speaker Dr. C. Prabhu began the session with an introduction to radiology & Key Concepts in spine radiology followed by a practical session. On Day- 2 (12/08/2023) Resource Person Dr. C. Prabhu, started the session with an introduction to CT, MRI, all arthritic conditions, coronal and sagittal views, Extremities joints, and differential diagnosis.





# EVENTS CORNER

DATE: 05/08/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## INTRA PHYSIO SPORTS MEET

### 'National Sports Day'



Faculty of Physiotherapy, Department of Sports Physiotherapy, Dr.M.G.R. Educational and Research Institute, Chennai, in View of 'National Sports Day' organized INTRA PHYSIO SPORTS MEET on 05/08/2023 at ACS Medical College Campus Play Ground from 9.00 AM to 4 PM. Around 100 players from BPT & MPT participated.

The Sports Meet was inaugurated by The Principal, Prof.Dr.C.V.Senthil Nathan, Faculty of Physiotherapy.

#### Events:

Throw ball for girls and Volleyball for boys.

Throw ball Winners : BPT III year Team A.

Throw ball Runner up: IV year Team A

Volleyball Winner: MPT

Team Runner up: BPT IV year Team A.



# NSS ACTIVITIES

DATE: 03/08/2023

VENUE: FACULTY OF PHYSIOTHERAPY



## INDIAN ORGAN DONATION DAY

### "AWARENESS PLEDGE"

Faculty of physiotherapy in association with NSS unit - VI organized a Awareness Pledge in view of INDIAN ORGAN DONATION DAY on the theme "DONATE ORGAN AND TISSUES". Every year 3RD, August 2023 is observed as INTERNATIONAL DAY OF ORGAN DONATION. The purpose of International Day of organ donation is to encourage, bring awareness of donation of organs and tissues for the benefits of the patients. This theme is chosen to focus on the solutions to restore the normal human functions effectively over all activities by donating organs. In continuation with this Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a Awareness Pledge in view of "Indian Organ Donation Day - 2023" on 03/08/2023 at Faculty of Physiotherapy Department, Seminar Hall 01 between 9.30 AM to 10.00AM. Around 100 Students Participated along with NSS Volunteers. The Program started with a welcome Address by Dr.P.Anu Preethi, Assistant Professor & NSS Program Officer followed by Awareness Pledge which was taken in Tamil Language for donating Organ and Tissue after death. Our Principal, Prof.Dr.C.V.Senthil Nathan, Faculty of Physiotherapy shared his knowledge with the students about the importance of donation and social services towards the society.

DATE: 14/08/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## POSTER PRESENTATION

### "NATION FIRST, ALWAYS FIRST"

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a Poster Presentation Competition on the Theme, "NATION FIRST, ALWAYS FIRST (Different cultures of our country)" in view of 77th Independence Day on 14/08/2023 at Lecture Hall- 1. Faculty of Physiotherapy between 02.00 PM to 03.00 PM. Around 50 Students Participated along with NSS Volunteers.

The program started with Tamil Thai Valzthu. Followed by Welcome Speech by Mrs.R.Gladia, Tutor, Faculty of Physiotherapy. Then, the students presented their Art work before the judge and gave a wonderful explanation on their work. We had wonderful responses from the Physiotherapy students who participated and expressed their talents.

Prof.Dr.S.Veena@Kirthika, Joint Register & Vice Principal, Faculty of Physiotherapy, Dr.MGR Educational and Research Institute announced the Prize winners.

- 1.Ranjith.R from IV Year D section won First Prize.
2. Druga Shree.D from II year A Section won second Prize.
3. Janaki.N.T and Harini.N from I year B won third prize.

While the rest of the participants were given the Participation certificate



DATE: 15/08/2023

VENUE: BASEMENT AUDITORIUM

## SOCIAL JUSTICE DAY

### "AWARENESS PLEDGE"

Faculty of Physiotherapy in association with NSS Unit-VI. Dr.M.G.R.Educational and Research Institute, Chennai organized a Awareness Pledge in view of "SOCIAL JUSTICE DAY - 2023" on 15/09/2023 at Faculty of Physiotherapy Department, Lecture Hall - 04 between 11.30 AM to 12.00PM. Around 100 Students Participated along with Staff Members and NSS Volunteers.

The Program started with a welcome Address by Dr.P.Anu Preethi, Assistant Professor & NSS Program Officer Unit - VI followed by Awareness Pledge which was taken in Tamil Language about social justice to be followed everywhere. Our Vice - Principal and Joint Registrar, Prof.Dr.S.Veena@Kirthika, Vice - Principal, Prof.Dr.V.Rajalaxmi and Prof.Dr.G.Mohan Kumar, HOD - Orthopedics sir graced the program along with all staff members and students.





# NSS ACTIVITIES

DATE: 26/08/2023

VENUE: ANNA UNIVERSITY



## WALKATHON

### "DRUG FREE INDIA"

Faculty of Physiotherapy in association with NSS Unit VI, Dr.M.G.R.Educational and Research Institute, Chennai attended a Walkathon on the Theme, "DRUG FREE INDIA" on 26/08/2023 at Anna University Organised by "The Art of Living" between 05.00 PM to 07.30 PM. Around 20 NSS Volunteers participated along with 02 staffs.

The program started with Tamil Thai Valzthu. Followed by felicitation of the Chief Guest, Mr.Ma.Subramanian, Ministry for Health and Family Welfare of Tamilnadu. Then, the Chief Guest addressed the gathering by sharing his experience with the young dynamic students against not to use drugs and prevent India a drug free nation. Anti-Drug Pledge was taken by all the volunteers. NSS Programme Coordinator and Program Officers were felicitated with Appreciation Shield. Live Music Concert on the Theme The Live Non- violinist Project" was played. The event ended with the National Anthem Refreshments and T-Shirts were given. E-certificate QR code provided. The students were the one who left with mind and heart filled with happiness in participating in such a program.

DATE: 12/08/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## TREE PLANTATION

### "MY SOIL,MY COUNTRY"

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a "Tree Plantation" in view of 77th Independence Day on the Theme "MERI MATI MERA DESH" - "MY SOIL MY COUNTRY" on 12/08/2023 at Faculty of Physiotherapy (New Building) between 10.00AM to 10.30AM. Around 20 NSS Volunteers Participated.

2 NEEM TREES were planted in the New Building Premises of Faculty of Physiotherapy by Our Respected Principal, Prof.Dr.C.V.Senthil Nathan along with Joint Registrar and Vice Principal, Prof.Dr.S.Veena@Kirthika and Vice- Principal, Prof.Dr.V.Rajalaxmi, Prof.Dr.G.Mohan Kumar and other Staff members. Followed by, Our Principal shared his knowledge about Why we should Plant Trees? and What is the Benefit for the Human Beings and Society to the Volunteers.



DATE: 11/08/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## ANTI -DRUG PLEDGE

### "DRUG FREE TAMILNADU "

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational FACULTY OF PHYSIOTHERAPY NATIONAL SERVICE SCHEME (NSS) and Research Institute, Chennai organized a Mass Anti-Drug Pledge on the Theme "DRUG FREE TAMILNADU" on 11/08/2023 at Faculty of Physiotherapy Department, PG Lecture Hall -06 between 10.00AM to 11.00AM. Around 100 NSS Volunteers Participated. The Program started in YouTube Live Streaming with Our Honorable Chief Minister released 20minutes Video to create awareness among the students regarding the ill effects of Drug Addiction. Followed by, Awareness Pledge which was taken in Tamil Language through live streaming along with Our Principal, Prof.Dr.C.V.Senthil Nathan, Prof.Dr.S.Veena@Kirthika, Joint Registrar and Vice Principal and Prof. Dr.V.Rajalaxmi, Vice Principal, Mrs.Umamageshwari, Inspector of Police and Mr. Vellaiswamy, Sub-Inspector of Police, Thiruverukadu, NSS Programme Officer and Incharges with 100 NSS Volunteers too.





# STUDENT SHOW CORNER



**Rajyasri.D**  
BPT III Year D sec



**Varshini K**  
BPT III Year B sec



**S. Sathish**  
BPT III Year, B sec



**Jeevitha. V**  
BPT III Year B  
sec



**V. Hema Lakshmi**  
BPT III Year and 'B' sec



**S. Anita rose,**  
BPT III Year  
B'sec



**Varshini K**  
BPT III Year B sec

1. "Effectiveness of swallowing therapy and forced expiratory technique to prevent aspiration for dysphagia in frail elders". Biomedicine Vol 43, 4 (August 2023) -Senthil Nathan C.V.,Kavitha Lakshmi J.,Vaishnavi G., Manoj Abraham M.
  2. "Intra-rater and inter-rater reliability of cranio cervical flexion test in symptomatic subjects of neck pain using pressure biofeedback".Bangladesh journal of medical science Vol 22, Issue 3 (July 2023) - V.Rajalaxmi, S.Kotteswari,R.Nithya Nisha, Mohan Nallathambi.
  3. "The effectiveness of pilates exercise vs floor exercise on trunk muscle endurance among cricketers". International journal of medical and exercise science Vol 9, Issue 2 (June2023) -Jibi Paul, V.Soundarya, Annie Thomas.
  4. "Comparative Effect of Modified Constraint Induced Movement Therapy, Proprioceptive Training and Task-Oriented Training on Functions of Upper Extremity among Stroke Patients".International Journal of Physiotherapy Vol 10, Issue 2 (June 2023) -Jibi Paul,T.Yamini,Sathya PG.Rajalakshmi.
  5. "Neuroplasticity and functional gains with task specific circuit training in stroke patients". Journal for ReAttach therapy and developmental diversities Vol 6, Issue 9 (August 2023) -K.kamatchi, Dr.Jibi Paul,Jagatheesan Alagesan,Dr.N.Harikrishnan.
  6. "A comparative study to analyze the effect of tap water faradism and tap water galvanism in treating palmar hyperhidrosis". Journal of integrated science and technology Vol 11, Issue 4 (June 2023) - G.Vaishnavi, S.Yuvashree, C V Senthil Nathan, Tharani Gnanamoorthy , K.Kamatchi, R Navin, S Sathish, M .Rajapriyadharshini, K.Kalaivani.
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# PHYSIO QUEST

THE FACULTY OF PHYSIOTHERAPY NEWSLETTER

EDITORIAL

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