

DECEMBER 2023 ISSUE

# PHYSIO QUEST

OF THE STUDENT, BY THE STUDENT, FOR THE STUDENT  
THE FACULTY OF PHYSIOTHERAPY NEWS LETTER





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THE FACULTY OF PHYSIOTHERAPY NEWS LETTER



## "EMPOWERING PERSPECTIVES: CRAFTING TOMORROW'S VOICES"

### 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.

### 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.

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## TEACHERS DAY CELEBRATION

05 September, 2023

Teacher's Day celebration was organised at Center of Excellence, Faculty of Physiotherapy, A.C.S Medical College and Hospital campus. Around 41 Faculty staffs attended the Program. A speech regarding the role of teachers in the development of students was delivered. Few games and events were conducted for staff members. The cake cutting was done by Principal, Vice principals and other faculty members, and MPT Ist year students presented plant saplings to all the staff members.

## WORLD PHYSIOTHERAPY DAY

08 September, 2023

Faculty of Physiotherapy organized "Quiz competition & a Debate" in View of "WORLD PHYSIOTHERAPY DAY". Around 100 students from participated in the event. Debate was held on the Topic: "Emerging Physiotherapists and new trends: Boon or a Ban to the Profession". Students participated with full enthusiasm. Debate was judged by Dr. G. Yuvarani.



## 2 DAYS FDP ON PATENT AND PUBLICATIONS

09 September, 2023

Faculty of Physiotherapy organized 2 Days FDP on PATENT & PUBLICATIONS.

Day-1: Resource Speaker Dr. J. Arunkumar shared lot of information about the steps involved in creating an idea into an intellectual property, lot of types of Patent, Methods to file the design, benefits, initial art search etc.,

Day-2: Resource person : Dr. V. Natrajan shared lot of information about invention steps involved in the idea, how beneficial and useful it is to the society, research problem types in Patent designs etc..



# EVENTS CORNER

SEP-DEC 2023

--BEND OVER BACKWARDS--

## INTERNATIONAL DAY OF ELDERLY

30 September, 2023



Our faculty organized Free Physiotherapy camp for the Elderly people at Thanal- Our Dream Home, 52, Cauvery nagar, Mathiravedu, Thiruverkadu, Chennai-77. 2 Faculties from Physiotherapy department along with 3 MPT students assessed and treated nearly 20 elderly patients with various health problems and were enhanced by TENS, Ultrasound Therapy, Active, Passive exercise and Gait Training thereby providing importance of active and safe lifestyle. Organizing a Free health camp is vital for seniors not only to emphasize on diversity and acceptance, but also to improve their mind, body and spirit.

## WORLD HEART DAY

29 September, 2023

Our Faculty Organized a Poster Presentation Competition on the Topic "HEALTHY HEART, HAPPY LIFE". Around 33 participants from BPT I Year attended the competition. The winners were given prizes and certificates for appreciation. The participants mentioned that this event was helpful in creating awareness about the risk factors of cardiovascular diseases, the importance of healthy heart and its preventive measures to lead a active healthy lifestyle.



## WORLD DIABETES DAY

09 November, 2023

Faculty of Physiotherapy organized an interdisciplinary guest speaker in view of World diabetes Day on awareness on complications of diabetes by prof. Dr. Senthil C, HOD, Department of General Medicine, Around 70 participants attended the program. He gave a clear and amazing lecture in awareness regarding complications of diabetes and preventions. Poster competition was organised in view of world diabetes day on theme "ENHANCING WORLD HEALTH".





# EVENTS CORNER

SEP-DEC 2023

--BEND OVER BACKWARDS--

## TECHNOLOGY TALK

23 November, 2023

Faculty of Physiotherapy organized a TECHNOLOGY TALK . Around 84 students attended the event. The resource person Prof. Dr. P. SENTHIL, Dean, Chettinad School of Physiotherapy, Kelambakkam, started the session by explaining the importance of Mechanical Ventilator and it's Outcomes also critical role of cardiovascular physiotherapy in the ICU setting, with a focus on optimizing patient outcomes and to enhance patient recovery, emphasizing evidence-based practices and innovative approaches in the critical care medicine.

## UNIQUE DAYS , UNIQUE CELEBRATION

WORLD DIABETES DAY



WORLD CANCER DAY

WORLD KIDNEY DAY



INTERNATIONAL WOMEN'S DAY



INTERNATIONAL YOGA DAY



WORLD OBESITY DAY

WORLD AUTISM AWARENESS DAY



WORLD PHYSIOTHERAPY DAY



WORLD HEART DAY



NATIONAL DISABILITY DAY





## SOCIAL JUSTICE DAY- PLEDGE

15 September, 2023

Our Faculty in association with NSS Unit-VI, organized a Awareness Pledge inview of "SOCIAL JUSTICE DAY - 2023". Around 100 Students Participated along with Staff Members and NSS Volunteers. The Program started with Awareness Pledge which was taken in Tamil Language about social justice to be followed everywhere.

## AWARENESS PLEDGE - NATIONAL UNITY DAY - 2023"

31 October, 2023

Faculty of Physiotherapy in association with NSS Unit-VI, organized an Awareness Pledge inview of "NATIONAL UNITY DAY"- "RASHTRIYA EKTA DIWAS". Around 100 Students Participated along with Staff Members and NSS Volunteers. The Program started with a welcome Address by Dr.P.Anu Preethi & NSS Program Officer Unit - VI followed by Awareness Pledge which was taken in English Language to honour the brave freedom fighters who sacrificed their lives for our Independence.



## SHRAMDAAN FOR SWACHHATA - AT PUBLIC PLACES"

01 October, 2023

Faculty of Physiotherapy in association with NSS Unit-VI, participated in the "Shramdaan for Swachhata - a Cleanliness Program of our nation" as a part of Swachh Bharat on 01/10/2023 at various part the volunteers living area between 10:00 AM-11:00 AM Around 20 Volunteers Participated.



# CHeNNai TaiwaN



**ASIA UNIVERSITY, TAIWAN CONDUCTED A SUMMER PROGRAM**



**10 MPT students and one staff member from the faculty of physiotherapy had attended the summer program - Healthy aging and anti-aging in Asia university, Taiwan**

**10TH JULY 2023 TO 21 JULY 2023**



# STUDENTS CORNER



--EAGER BEAVER--



**Shree Varshini. M**  
BPT II Year B Section



**Sri Sruthika.S**  
BPT II Year -C section



**Harini.N**  
BPT II Year B section



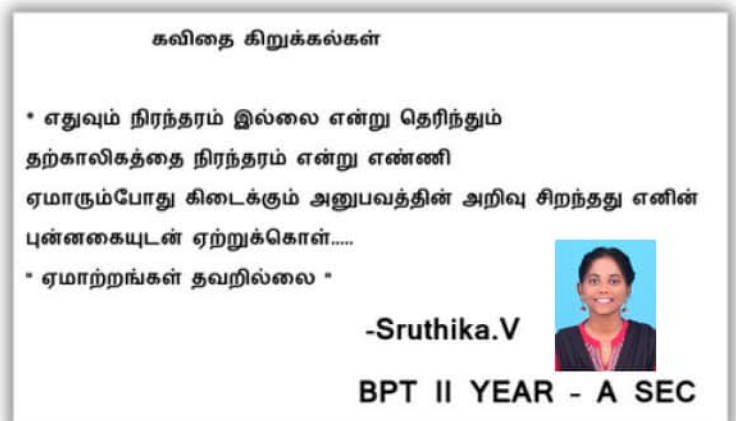
**Shree Varshini.M**  
BPT II YEAR - A SEC



**ANDREW JOSEPH.R**  
1ST PRIZE IN KARATHE COMPETITION



**V.MAGESH**  
BPT IV YEAR - A SECTION



**-Sruthika.V**  
BPT II YEAR - A SEC



# STUDENTS CORNER

--EAGER BEAVER--



## NPTEL TOPPERS

**Elite**  
**NPTEL Online Certification**  
(Funded by the MoE, Govt. of India)

This certificate is awarded to  
**SUBASHINI A**  
for successfully completing the course  
**Psychology of Learning**  
with a consolidated score of **96 %**  
Online Assignments | 22.19/25 | Proctored Exam | 73.5/75  
Total number of candidates certified in this course: 2709

Jul-Oct 2023  
(12 week course)

Indian Institute of Technology Kharagpur

Ref No: NPTEL23H00003417738 To verify the certificate

No. of credits recommended: 3 or 4

**Elite**  
**NPTEL Online Certification**  
(Funded by the MoE, Govt. of India)

This certificate is awarded to  
**SUBETHAV**  
for successfully completing the course  
**Psychology of Learning**  
with a consolidated score of **91 %**  
Online Assignments | 20.94/25 | Proctored Exam | 70.5/75  
Total number of candidates certified in this course: 2709

Jul-Oct 2023  
(12 week course)

Indian Institute of Technology Kharagpur

Ref No: NPTEL23H00003418018 To verify the certificate

No. of credits recommended: 3 or 4

**Elite**  
**NPTEL Online Certification**  
(Funded by the MoE, Govt. of India)

This certificate is awarded to  
**DHANALAKSHMI T**  
for successfully completing the course  
**Yoga and Positive Psychology for Managing Career and Life**  
with a consolidated score of **76 %**  
Online Assignments | 20.83/25 | Proctored Exam | 54.75/75  
Total number of candidates certified in this course: 2216

Aug-Oct 2023  
(8 week course)

Indian Institute of Technology Bombay

Ref No: NPTEL23M0120044000402 To verify the certificate

No. of credits recommended: 2 or 3

**Elite**  
**NPTEL Online Certification**  
(Funded by the MoE, Govt. of India)

This certificate is awarded to  
**SUSMITHA S**  
for successfully completing the course  
**Psychology of Learning**  
with a consolidated score of **75 %**  
Online Assignments | 21.25/25 | Proctored Exam | 54/75  
Total number of candidates certified in this course: 2709

Jul-Oct 2023  
(12 week course)

Indian Institute of Technology Kharagpur

Ref No: NPTEL23H00003418764 To verify the certificate

No. of credits recommended: 3 or 4

**Elite**  
**NPTEL Online Certification**  
(Funded by the MoE, Govt. of India)

This certificate is awarded to  
**STEPHY AGNUS D**  
for successfully completing the course  
**Biomechanics of Joints and Orthopaedic Implants**  
with a consolidated score of **76 %**  
Online Assignments | 23.13/25 | Proctored Exam | 52.5/75  
Total number of candidates certified in this course: 303

Aug-Oct 2023  
(8 week course)

Indian Institute of Technology Kharagpur

Ref No: NPTEL23ME11757340654 To verify the certificate

No. of credits recommended: 2 or 3

**Elite**  
**NPTEL Online Certification**  
(Funded by the MoE, Govt. of India)

This certificate is awarded to  
**SANDHYA A**  
for successfully completing the course  
**Yoga and Positive Psychology for Managing Career and Life**  
with a consolidated score of **75 %**  
Online Assignments | 22.68/25 | Proctored Exam | 52.5/75  
Total number of candidates certified in this course: 1419

Feb-Apr 2023  
(8 week course)

Indian Institute of Technology Bombay

Ref No: NPTEL23M0120043357916 To verify the certificate

No. of credits recommended: 2 or 3

**Elite**  
**NPTEL Online Certification**  
(Funded by the MoE, Govt. of India)

This certificate is awarded to  
**VARSHAYA**  
for successfully completing the course  
**Psychology of Learning**  
with a consolidated score of **80 %**  
Online Assignments | 21.56/25 | Proctored Exam | 58.5/75  
Total number of candidates certified in this course: 2709

Jul-Oct 2023  
(12 week course)

Indian Institute of Technology Kharagpur

Ref No: NPTEL23H00003418498 To verify the certificate

No. of credits recommended: 3 or 4



1. C. V. SENTHIL NATHAN, J. KAVITHA LAKSHMI G. VAISHNAVI, M. MANOJ ABRAHAM Effectiveness of swallowing therapy and forced expiratory technique to prevent aspiration for dysphagia in frail elders. Biomedicine vol 43; issue 4.

2. S.VEENA KIRTHIKA, SELVARAJ SUDHAKAR, D.MONIKA, G.MOHAN KUMAR, S.RAMACHANDRAN, N.SENTHIL KUMAR. Ergonomic school bags: Can additional straps make a difference in posture. Indian Journal of Science and Technology, Vol 16, I46, B4429-E4435.

3. S.VEENA KIRTHIKA, BERNARD EBENEZER CYRUS, DEEPTHI R.N.V, K.SARASWATHI, S.SATHYA, K.ARTHISWARI. Efficacy of cushioned insoles and magnetic insoles in the treatment of chronic plantar fascitis. Indian Journal of Science and Technology, Vol 16, I41, B3657-E3664.

4. S.VEENA KIRTHIKA, SWETHA.M, SELVARAJ SUDHAKAR, J.ARUNSELVI, SARAVANAN.V, G.RAJALAKSHMI, BHARANEEDHARAN.T. The effects of pilates and conventional treatment methods in the management of stress urinary incontinence among women. International Journal of Life Science and Pharma RESEARCH. Vol 13, I6, BL516- EL521.

5. SELVARAJ SUDHAKAR, VEENA KIRTHIKA S, CHANEMOUGAVALLY J, SHRUTHY K. M Enhancing Skeletal Muscle Rehabilitation: The Effects of Diclofenac Phonophoresis and Shock Wave Therapy on Serum Creatine Kinase in Athletes With Delayed-Onset Muscle Soreness. Cureus vol 15; issue 9.

6. R. NITHYA NISHA, JIBI PAUL, JAGATHEESAN ALAGESAN, V. RAJALAXMI A customary on shoulder pain population using simple shoulder test. Journal of Advanced Zoology vol 44; issue 2.

7. G. THARANI, Dr. JIBI PAUL, JAGATHEESAN ALAGESAN, Dr.N.HARIKRISHNAN Exploring the effectiveness of peroneal nerve flossing in alleviating diabetic peripheral neuropathy symptoms. Journal for ReAttach therapy and developmental diversities Vol 6, Issue 10s.

8. K. KAMATCHI MPT, GAURAV BHATNAGAR, SHRUTI TADMARE, Dr. I. GIRISH KUMAR, RISHA KAMBLE. Analyzing the significance of clinical experience for successful rehabilitation strategy implementation among young adult patients. Journal for ReAttach therapy and developmental diversities Vol 6, Issue 10s.

9. SRILAKSHMI MOSES, J. ARUNSELVI, P.V. HARI HARA SUBRAMANYAN, S. DHARINI, MOHANA VIDHYA MADHAVUDU, P.G. MAHESH KUMAR. To compare the effectiveness of informal dance and aerobic exercise to suppress skimming and improving functional gait in adolescent with autism spectrum disorder. Journal of Clinical Otorhinolaryngology, Head, and Neck surgery vol 27; issue 2.

10. J. ARUNSELVI, SRILAKSHMI MOSES, P.V. HARI HARA SUBRAMANYAN, N. DIVYA, SNEHAA, P.G. MAHESH KUMAR. A comparative study on the effects of tap water and normal saline Iontophoresis for idiopathic hyperhidrosis of the upper limb: enhancing quality of life. Journal of Clinical Otorhinolaryngology, Head, and Neck surgery vol 27; issue 2.

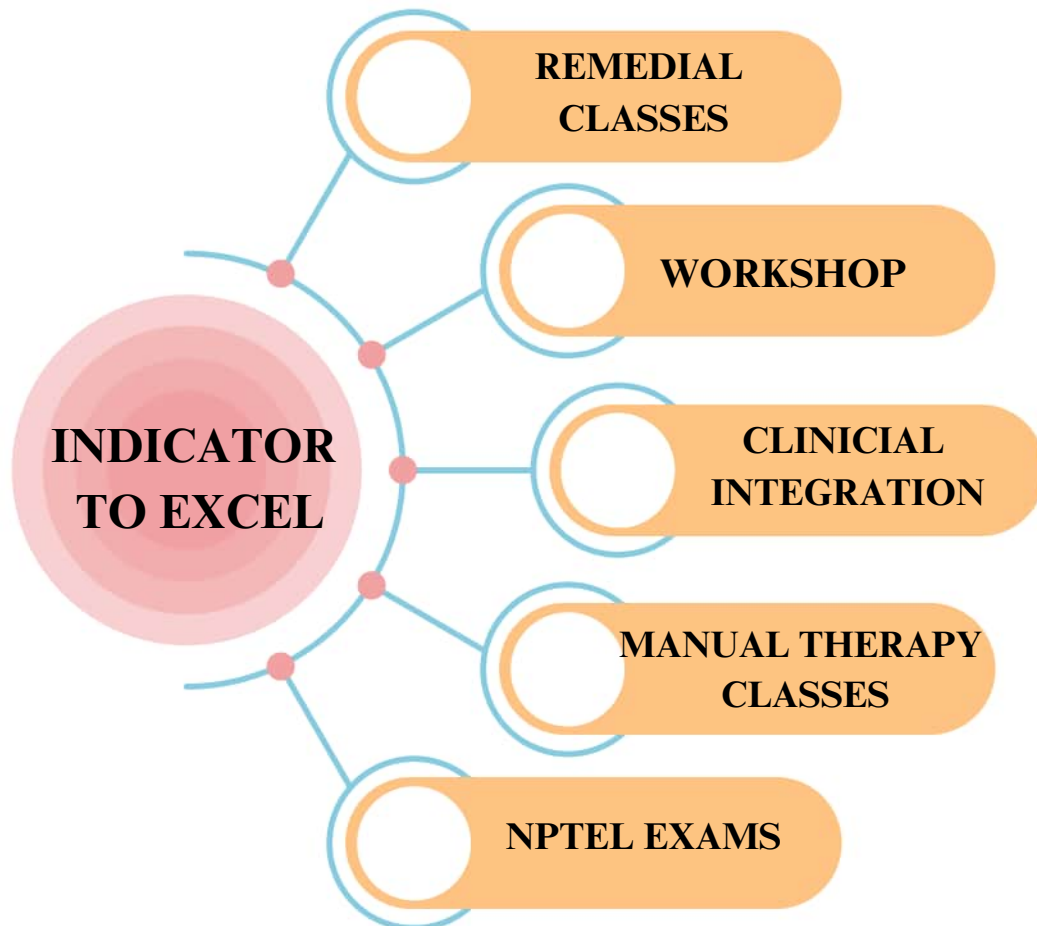
11. ANU PREETHI POORNA CHANDRAN, P.V. HARI HARA SUBRAMANYAN, P.G. MAHESHKUMAR, S. SUSENDRAN, L. JENIFER. A study to evaluate the effectiveness of isometric exercises versus closed kinetic chain exercises in individuals suffering from patellofemoral pain syndrome. Journal of Clinical Otorhinolaryngology, Head, and Neck surgery vol 27; issue 2.



# TEACHING & LEARNING

SEP - DEC 2023

--AIDING TOWARDS EXCELLENCE--







## ADVANCED CARDIOVASCULAR AND PULMONARY REHABILITATION UNIT



*"Take care of your body.,  
It's the only place you have to live"*



*Quality care for a better quality of life*



## ADVANCED NEURO REHABILITATION UNIT



*"Take care of your body.,  
It's the only place you have to live"*



*Quality care for a better quality of life*





## ADVANCED OBSTETRICS AND GYNAECOLOGY UNIT



*"Take care of your body.,  
It's the only place you have to live"*



*Quality care for a better quality of life*





## ADVANCED SPORTS REHABILITATION AND FIELD WORK



*"Take care of your body.,  
It's the only place you have to live"*



*Quality care for a better quality of life*





## ADVANCED PEDIATRIC REHABILITATION UNIT



*"Take care of your body.,  
It's the only place you have to live"*



*Quality care for a better quality of life*



## ADVANCED MUSCULOSKELETAL UNIT

*"Take care of your body.,  
It's the only place you have to live"*

*Quality care for a better quality of life*



## TREADMILL WITH HOIST

OUR FACULTY OF PHYSIOTHERAPY NEWLY INTRODUCED ADVANCED TREADMILL WITH HOIST. THIS CAN BE USED FOR REHABILITATION PURPOSES.

THE HOIST SYSTEM ASSISTS INDIVIDUALS WITH MOBILITY CHALLENGES OR THOSE UNDERGOING PHYSICAL THERAPY TO SAFELY ACCESS AND USE THE TREADMILL. IT PROVIDES SUPPORT AND HELPS CONTROL THE MOVEMENT, ALLOWING FOR GRADUAL AND CONTROLLED REHABILITATION EXERCISES.



## VIRTUAL REALITY (VR) BASED REHABILITATION

OUR FACULTY OF PHYSIOTHERAPY NEWLY INTRODUCED ADVANCED TECHNOLOGICAL EQUIPMENTS USING VIRTUAL REALITY IN REHABILITATION FOR SPORTS, GERIATRIC, AND MUSCULOSKELETAL PATIENTS.

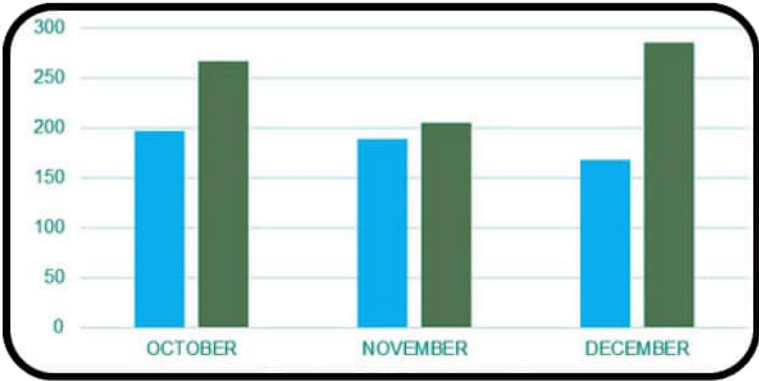
THESE OPPORTUNITIES WERE CREATED TO STUDENTS AND STAFFS RESEARCH ABILITIES AND OFFER A SURREAL LEARNING EXPERIENCE.

ADVANCING TECHNOLOGY PRESENTS AN OPPORTUNITY FOR LOWER EXTREMITY REHABILITATION, ESPECIALLY FOR GAIT AND ENHANCES RAPID RECOVERY.





--CHART--

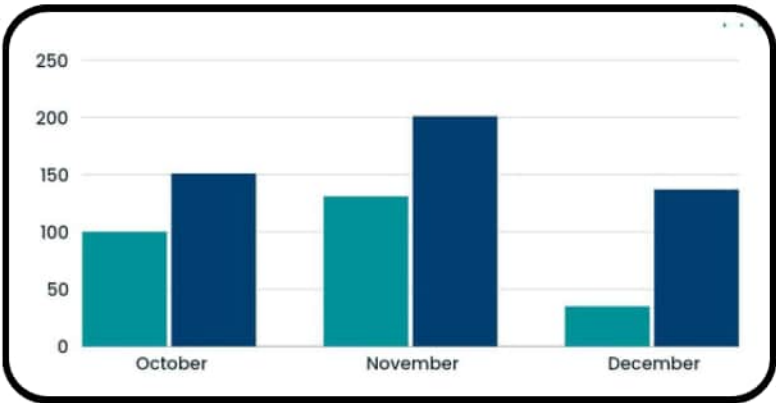


Out Patient Analysis

OCTOBER	NOVEMBER	DECEMBER
•OP MALE 197	•OP MALE 189	•OP MALE 168
•OP FEMALE 267	•OP FEMALE 206	•OP FEMALE 186

In Patient Analysis

OCTOBER	NOVEMBER	DECEMBER
•IP MALE 100	•IP MALE 131	•IP MALE 35
•IP FEMALE 151	•IP FEMALE 201	•IP FEMALE 147



Embark on a journey through the last three months of outpatient care at our hospital. Uncover the statistical landscape, exploring patient demographics, service utilization, and satisfaction levels. From the heartbeat of daily appointments to the efficiency of our healthcare delivery, this analysis provides a comprehensive view of our commitment to quality outpatient services. Stay informed about the evolving dynamics within our department outpatient care over the past quarter.

OUR FACULTY ORGANISES AN EXPERT HEALTH TALK SHOW "VAZHVOM NALAMUDAN" DEDICATED TO PROMOTE WELL-BEING AND A HEALTHY LIFESTYLE. RENOWNED HEALTH PROFESSIONALS AND SPECIALISTS SHARE VALUABLE INSIGHTS ON VARIOUS HEALTH TOPICS, COVERING PHYSICAL, MENTAL, AND EMOTIONAL ASPECTS. THE SHOW PROVIDES EVIDENCE-BASED INFORMATION, PRACTICAL TIPS AND ENGAGES VIEWERS IN DISCUSSIONS TO EMPOWER THEM WITH KNOWLEDGE FOR MAKING INFORMED HEALTH CHOICES. JOIN US IN THE JOURNEY TOWARDS A HEALTHIER LIFE, GUIDED BY EXPERT ADVICE AND A COMMITMENT TO OVERALL WELL-BEING."

## DR.MGR PHYSIO'S

### வாழ்வோம் நலமுடன் SEASON 1

- 1.மார்பக புற்றுநோய் 270
- 2.கண்குறைபாடுகள் மற்றும் கண் பாதுகாப்பு 390
- 3.நீரிழிவு நோய் 653
- 4.முகவாதம் 320
- 5.இன்றைய சூழலில் முதியோர்களின்மன நலமும் உடல் நலமும் 540
- 6.கீல்வாதம் 296
- 7.விளையாட்டு துறையில் பெண்கள் 380
- 8.பின் மகப்பேற்று மன இறுக்கம் 623
- 9.காது மூக்கு தொண்டை பிரச்சனை 264
- 10.நாளப்பட்ட நுரையீரல் அடைப்பு நோய் 438
- 11.முதுகு வலி 224
- 12.உடல் பருமன் 462
- 13.குழந்தைகளுக்கானஉணவும் சுகவாழ்வும் 233
- 14.ஆட்டிசம் ஸ்பெக்ட்ரம் கோளாறு 407



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