

JUNE 2023 ISSUE

# PHYSIO QUEST

*THE FACULTY OF PHYSIOTHERAPY NEWSLETTER*



# 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: 08/03/2023

VENUE: FACULTY OF PHYSIOTHERAPY



## INTERNATIONAL WOMEN'S DAY

### "CENTERING THE VOICES OF MOTHERS AT RISK FOR MATERNAL MORTALITY AND MORBIDITY"

In view of international women's Day, Faculty of Physiotherapy (Department of OBG) organized a workshop on "Perinatal Communications and Pedagogy skills for Professionals" by our invited Resource Person Ms. JENNY KOSLOW., USA on 8th March 2023. at the Seminar Hall - 01, Faculty of Physiotherapy. Time 9 am - 4.00 pm. Around 100 students participated. President Sir, Secretary Sir and vice chancellor Dr.S.Geethalakshmi Madam supported and provided the right platform for all ventures.

DATE: 24/03/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## WORLD TUBERCULOSIS DAY

### "QUIZ COMPETITION "

Faculty of Physiotherapy, organized a Quiz Competition" in view of World Tuberculosis day on March 24th 2023 between 10.30 am to 12.00 pm around 24 students from BPT 3rd year participated in the event. The event began with small introduction about World TB day by Dr.Jayabharathi., Assistant Professor .After explaining the Rules and Regulations for the Quiz Competition Dr.Ramalakhsmi., Lecturer and Dr.Annie jennet., Lecturer hosted the Competition which had 4 rounds of questions. Students answered the questions with full enthusias, Bpt 3rd year D won the first prize and participation certificate was given to all the participants.



DATE: 11/04/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## NATIONAL SAFE MOTHERHOOD DAY

### "COMMUNITY BASED AWARENESS"



Faculty of Physiotherapy, organized an awareness program on "NATIONAL SAFE MOTHERHOOD DAY" on 11 th April 2023 at the ACS medical college Rural community health center, nayyapakkam .The awareness were given to the 27 expecting mothers regarding nutrition during pregnancy, pregnancy back care, and food pyramid was expalined to the mothers. The expecting mothers were taught regarding the do's and dont's of pregnancy and pregnancy back care, posture importance, vaccination during pregnancy all were included in the awareness talk.



# EVENTS CORNER

DATE: 13/04/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## AUTISM SPECTRUM DISORDER WORKSHOP

**"TO HELP IMPROVE THE QUALITY OF LIFE OF AUTISTIC CHILDREN AND THEIR FAMILIES."**

Faculty of Physiotherapy, Department of Pediatrics organized a Workshop on Topic " Autism Spectrum Disorder - An Emerging Opportunity for Physiotherapy " on APRIL 13th 2023 10:00 AM to 3.30 PM by Resource person Dr. RadhaBalachander PhD, Director, Kids Care Rehab Center, Chennai started her session by explaining the clinicals, assessment and Physiotherapy management of Autism. She gave a practical demonstration with the kid and explained with case presentation and video presentations. The session was very informative



DATE:05/05/2023

VENUE: ASHOK LEYLAND ENNORE

## PHYSIOTHERAPY AND ERGONOMICS ON-SITE CAMP

**"FOSTERING SELF-GROWTH AND PROVIDING AN ENVIRONMENT FOR CAREER EXPLORATION"**



Faculty of Physiotherapy organized a one day Physiotherapy and Ergonomics Onsite Camp to Ashok Leyland Ennore, Chennai on 5/5/2023 from 10.am-2 pm. 17 MPT students were provided an opportunity to participate actively in the camp and was accompanied by Prof.Dr.G.Mohan Kumar, Dr.S.Sudhakar, Dr.G.Vaishnavi, Dr. Deepthi, Dr.Jayabharathi, Faculty of Physiotherapy, Dr.M.G.R Educational and Research Institute. Camp provided facilities like PFT, Trigger Release, Stress management, Ergonomics Advice, women's health Physiotherapy and obesity management, Pain relief, etc.,. Students had a wonderful opportunity to assess and treat the patient onsite practically through direct interaction.

DATE:11/03/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## WORLD KIDNEY DAY

**"INTERDISCIPLINARY LECTURE ON RENAL HEALTH"**

Faculty of physiotherapy organized a lecture on renal health on 11/03/23 from 10:00am to 11:00pm. Inaugural address was rendered by Prof.Dr.Jibi Paul. Guest Speaker Mrs. Chandan Bala (Renal Dialysis and Technology). Faculty of Allied Health Sciences, started her presentation on Renal Health Know your kidneys to live in well-being she gave a clear explanation on the factors for renal failure and importance of balanced diet and regular exercise for healthy responsible well-being. How to treat and control the symptoms of kidney failure and reduce the symptoms and improve quality of life.



# EVENTS CORNER

DATE: 07/04/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## GUEST LECTURE ON ICMR GUIDELINES AND CLINICAL REGISTRY

**"THE CODE OF CONDUCT FOR PHYSICIANS WAS WELL LAID OUT IN TRADITIONAL INDIAN SYSTEMS OF MEDICINE"**



Dr.G.Vaishnavi Assistant Professor. Subsequently our Guest Speaker, Dr. Ramakrishnan Ramachandran Scientist Gand Consultant (Retd.). National Institute of Epidemiology presented on topic&quot; ICMR GUIDELINES AND CLINICAL TRIAL REGISTRY &quot; and gave a clear explanation about the history and principle of Ethics and also shared his experience about clinical trial registry on April 7 2023 from 10:00am-1:00pm , Around 50 students participated.

DATE: 02/03/2023-03/03/2023

VENUE: BASEMENT AUDITORIUM

## LECTURE SERIES ON ADVANCED DIGITAL TECHNOLOGY

**"TO ENHANCE LEARNING AND BETTER COMMUNICATION"**

Faculty of Physiotherapy. Dr. M.G.R. Educational and Research Institute, Chennai organized in collaboration with International relations and Collaboration cell is organized a two days Lecture series on the topic "Advanced Digital Technologies in Enhancing Learning Process" on March 2 nd 2023 10:30 AM to 1.00 PM. The session was taken over by our invited Resource Person Dr. D. Kesavan, PhD, Assistant Professor, SRM College of Science & Technology, Vadapalani Campus&quot;. Around 100 students participated in the event. The speaker highlighted the importance of advanced digital tools in learning engaged the students with case study. online polling system also explained about the augmented virtual reality. The event started on 3 rd March 2023 with the lecture by Mr. Kishore Kumar from Western Ontario Canada, alumni of Dr. MGR Educational and Research Institute. The resource person expained in detail about the digital technologies in learning as well as in clinical



DATE: 04/03/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## TECHNOLOGY TALK ON ASSESSMENT OF UPPER AND LOWER QUADRANT IN ATHLETIC POPULATION

**"TO DETERMINE A NONSPECIFIC PATHOLOGY AND A CHANGE IN ROM"**



Guest Speaker Dr. S. Kishore Kumar, MPT (Sports), Dip Acu. Senior Physiotherapist SPARRC, Assistant Professor IISM, Chennai Around 100 students participated in the event. The speaker highlighted the importance of assessing the althetic with various conditions in upper and lower quadrants. Various special tests. fine motor assessments and arthrometric assessment were explained cleared to the students by the speaker



# EVENTS CORNER

VENUE: FACULTY OF PHYSIOTHERAPY

DATE: 28/04/2023

## WORKSHOP ON NEURAL MOBILIZATION

### "TO UNDERSTAND THE MECHANICS OF NEURODYNAMICS"

Faculty of Physiotherapy, organized an NEURAL MOBILIZATION on April 28th 2023 between 9:00 AM to 4.00 PM by Dr. ANNIE THOMAS. This was followed by felicitation of the Guest Speaker by Prof. Dr. C. V. Senthil Nathan Principal, Faculty of Physiotherapy. Introduction of speaker by Dr. K. Kamatchi Assistant professor. Inaugural address was rendered by Prof. Dr. Jibi Paul. Guest Speaker, started her presentation on Neural Mobilization she gave a clear explanation on Anatomy, physiology, pathophysiology behind Neural Mobilization, Mechanism, Pathology. Assessment and Techniques for Pathoneurodynamics.



DATE: 29/04/2023-30/04/2023

VENUE: NEHRU COLLEGE OF PHYSIOTHERAPY, COIMBATORE

## NATIONAL PHYSIO CONFERENCE

### "TRIP TO COIMBATORE TO PARTICIPATE IN NATIONAL PHYSIO CONFERENCE BY FACULTY OF PHYSIOTHERAPY"



Faculty of Physiotherapy, Dr. MGR Educational and Research Institute Attended the 1st National level Intercollegiate meet conducted and organised by Nehru College of Physiotherapy, Coimbatore. Around 30 colleges from different parts of South India participated in this grand mega event. This mega event included Academic scientific events, Cultural events and various on field, indoor sports events.

The inauguration of PHYSIO BEAST 2023 happened on 29th April 2023 by 9am at P. K. Das Memorial Auditorium. The cordial inauguration was presided by Dr. P. Krishnakumar., CEO/Secretary of Nehru Group of Institutions. At the end of day 1 students enthusiastically enjoyed the DJ Night arranged by the college.

On day 2 30.04.2023 Final matches of various Sports events held up and On Field Athletic events took place. Winners and Runners of all the events were announced. Cultural Overall trophy and runner up - Dr. M.G.R. Educational & Research Institute (Deemed to be University), Chennai

# EVENTS CORNER

DATE: 21/06/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## INTERNATIONAL YOGA DAY

### "YOGA FOR SUCCESS"



Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a Live Demonstration of Yoga on the Theme, "YOGA FOR SUCCESS" in view of INTERNATIONAL DAY OF YOGA on 21/06/2023 at Faculty of Physiotherapy Department PG Lecture Hall - 06 between 10.30 AM to 12.30 PM. Around 50 Students Participated along with NSS Volunteers. Event hosted by Ms.C.Srileka, Tutor, Faculty of Physiotherapy. The program started with Tamil Thai Valzthu. Guest Speaker Prof.Dr.S.Malathi started the session with the explanation of the Nadi shudi pranayama followed by various yoga poses lively with their benefits. Students were very enthusiastic in doing the poses.

### "YOGA ASANAS"

Faculty of physiotherapy in association with NSS unit - VI organized a PHOTO CLIPPINGS OF YOGA POSE BY VOLUNTEERS THEIR FRIENDS AND FAMILY in view of "INTERNATIONAL DAY OF YOGA-2023". Every year 21ST, June 2023 is observed as INTERNATIONAL DAY OF YOGA on 20/06/2023 through online mode. Around 50 NSS Volunteers and BPT & MPT students Participated.



### "KAYAKALPA EXERCISE "

DATE: 22/06/2023



Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a Lecture on the Theme, "KAYAKALPA EXERCISE " in view of INTERNATIONAL DAY OF YOGA on 22/06/2023 at Faculty of Physiotherapy Department PG Lecture Hall - 06 between 10.30 AM to 11.30APM. Guest speaker Dr.R Nithya nisha started the explanation of kayakalpa exercise, a kind of ayurvedic rejuvenation therapy that retards the ageing process by boosting immunity, vitality, and vigour. Around 50 Students Participated along with NSS Volunteers.



# NSS ACTIVITIES

DATE: 31/05/2023

VENUE: FACULTY OF PHYSIOTHERAPY

## WORLD TOBACCO DAY

**"WE NEED FOOD, NOT TOBACCO"**

Faculty of physiotherapy in association with NSS unit - VI conducted a poster competition in the theme "WE NEED FOOD, NOT TOBACCO" in view of WORLD NO TOBACCO DAY. Every year 31TH MAY is observed as WORLD NO TOBACCO DAY. The purpose of World No Tobacco Day is for to raise awareness on the harmful and deadly effects of tobacco use. This theme is chosen to spread awareness among tobacco farmers about alternative sustainable and nutritious crops. After hearing to their explanations Dr.V.Rajalaxmi, Vice Principal, Faculty of Physiotherapy, Dr. MGR Educational and Research Institute announced the prize winners. Ranjth R and Rutthiya. S from IV Year D section had won first prize, Muthu Monisha. Kand Gethsiyal. Y from I year A had won second Prize and Tarunika from IV year Chad won third prize in the Poster making Competition. While the rest of the participants were given the Participation certificate.



DATE: 05/06/2023

## ECOSYSTEM RESTORATION

**"LECTURE ON ECOSYSTEM-TO BEAT THE PLASTIC"**

"Faculty of physiotherapy in association with NSS unit - VI organized a Lecture in view of WORLD ENVIRONMENT DAY on the theme "ECOSYSTEM RESTORATION" - To Beat the plastic. Every year 5th, June 2023 is observed as WORLD ENVIRONMENT DAY. The purpose of World Environment Day is to encourage awareness and action for the protection of environment. This theme is chosen to focuses on solutions to plastic pollution and to restore the ecosystem, Our Speaker Mrs.R.Gladia M.A SOCIOLOGY, Faculty of Physiotherapy, Dr. MGR Educational and Research Institute started her presentation on "Ecosystem Restoration" -To Beat the Plastic, she gave an explanation about Ten things that can be done to help to save our planet. Which enlightens the students with great knowledge of how to protect our planet.

VENUE: FACULTY OF PHYSIOTHERAPY



DATE: 15/06/2023

VENUE: ACS BLOOD BANK

## WORLD BLOOD DONOR DAY

**"ONCE A BLOOD DONOR, ALWAYS A LIFESAVER."**

Faculty of physiotherapy in association with NSS unit - VI organized a BLOOD DONATION in view of WORLD BLOOD DONOR DAY-2023. Every year 14th, June 2023 is observed as WORLD BLOOD DONOR DAY. The purpose of World blood donor Day is to encourage the volunteers to donate blood to save other lives and bring awareness among them.

In continuation with this Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a Blood Donation Around 10 NSS Volunteers Participated and donated blood today.





# STUDENTS CORNER



தயிரை நிதானமாக  
கடைய கடைய கிடைப்பது  
தான் வெண்ணெய்  
வெண்ணெய் திரண்டு  
வருவதற்கு முன்  
பானையை உடைத்து  
விட்டு  
தயிர் தரமாக இல்லை  
என்று சொல்வதில் எப்படி  
நியாயமில்லையோ  
அதே போல்  
ஒரு சிகிச்சையை  
முழுமையாக எடுக்காமல்  
அதை குறை சொல்வதும்  
நியாயமில்லை



Abishek Teja K  
BPT 1st year A sec.



V. Sruthika  
C 1 Year 'B'Sec



ADHAN BL CHRIS  
BPT 2yr Asection



Aysha Naz  
3 rdYear 'D' Section



DARSHAN RAJENDREN  
2nd Year 'A' Section



Rajyasri D  
3rd year D section



## CHENNAI-GOA CYCLING EXPEDITION



### "Save nature for healthy lifestyle"

III Year B section K.Udhaya kumar travelled from Chennai to Goa by bicycle and covered 4 states (TamilNadu, Andrapradesh, Karnataka, Goa) and planted trees in all the 4 states initiative of save nature for healthy lifestyle.

## PUBLICATIONS

Effect of Resistance and Flexibility Exercise Intervention on Balance in Older Adults - International Journal of Life Science and Pharma Research Vol 13. 11. B 1.273-EL280 - 2023 - C.V.Senthilnathan

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Effect of Endurance and Breathing Training Versus Circuit and Breathing Training On Blood Pressure in Prehypertensive Overweight Adults - International Journal of Life Science and Pharma Research Vol 13. I 2. B L88-E L98 - 2023 - K.Saraswathi

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Efficiency of Paecilomyces variotii in Bioremoval of Reactive Black Dye from Tannery Effluent - Nature. Environment and Pollution Technology Vol 22. I 1. B 179-E 187 - 2023 - G.Mohan Kumar

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# PHYSIO QUEST

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EDITORIAL

## TEAM

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**Prof.Dr. S. Ramachandran**

MPT., Ph.D

Professor

**Prof.Dr. S. Veena@krithika**

MPT., Ph.D

Vice Principal

**Dr. G. Yuvarani**

MPT.,

Associate Professor

**Prof.Dr. V. Rajalaxmi**

MPT., Ph.D

Vice Principal

**Dr. S.M. Divya Mary**

MPT.,

Assistant Professor

**Prof.Dr. Jibi Paul**

MPT., Ph.D

Professor

**Dr. G. Tharani**

MPT.,

Assistant Professor

**Dr. R. Nithyanisha**

MPT.,

Assistant Professor

**Dr. J.Carlin Jersha Rachel**

MPT.,

Lecturer

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MPT., Ph.D

Professor

**Dr. P. Revathi**

MPT.,

Lecturer



# PHYSIO QUEST

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EDITORIAL —————

## TEAM STUDENTS

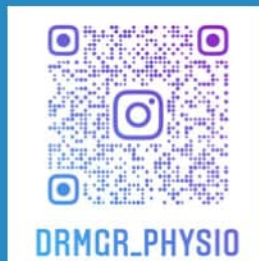
1. KARKUZHALI J III-D
2. TANUSHRI III-D
3. RAJYASRI D III-D
4. SRI PRASANNA P III-D
5. LOGESH K III-D
6. LAWRENCE J III-D

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