

MARCH 2024 ISSUE

PHYSIO QUEST

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





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OF THE STUDENT, BY THE STUDENT, FOR THE STUDENT

THE FACULTY OF PHYSIOTHERAPY NEWSLETTER



"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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WORLD CANCER DAY - TECHNICAL TALK

03 February, 2024

Faculty of Physiotherapy organized a "TECHNICAL TALK ON WORLD CANCER DAY KNOW YOUR RISK FACTORS BREAST AND CERVICAL CANCER", at Lecture Hall 14, Faculty of Physiotherapy. Around 67 students from BPT IV Year and 63 MPT 04 STUDENTS attended the event between 10:00 AM and 11:30 AM. Then the resource speaker Prof. Dr. S. Rajeswari, senior consultant preventive oncologist, gleangles health city, chennai started the session by explaining the importance of cervical cancer, breast cancer its Outcomes. Later the speaker discussed elaborately about the critical role of vaccination program for cervical cancer and surgical interventions, speaker discussed about the reconstructive surgery also. setting, with a focus on optimizing patient outcomes. To enhance patient recovery, emphasizing evidence-based practices and innovative approaches in the cervical and breast cancer.



INTERNATIONAL MOTHER LANGUAGE DAY - ORATORICAL COMPETITION

21 February, 2024

Faculty of physiotherapy organized an Oratorical competition on the Topic "Multilingual Education is Pillar of Intergenerational Learning in view of International Mother Language Day at Lecture Hall - 14 between 10.30 AM - 11.30 PM. Around 40 students participated in the program. The purpose of Day is to promote multilingualism and cultural diversity across different countries and also to preserve the disappearance of certain languages, it also highlights the implementation of multilingual education policies and transforms the education system, which aims to achieve several goals such as sustainable development goal for inclusive, quality education and lifelong learning to preserve the indigenous languages and promote their revitalization.



ESSENTIALS OF CORRECTIVE EXERCISE TRAINING- SUBJECT LECTURE

29 February, 2024

The Department of Sports, Faculty of Physiotherapy, organized a subject lecture on ESSENTIALS OF CORRECTIVE EXERCISE TRAINING on 29/2/2024, at Lecture Hall 14, from 10:00 am to 12:00 noon. Approximately 75 students participated. Dr. G. Thirulogachandar, Lecturer, started the first topic on corrective exercises for upper limb impairments, integrated assessment patterns, and integrated trainings, while Dr. S. M. Divya Mary, Assistant Professor, continued the session on corrective exercise strategies for lower limb impairments. Dr. D. Monesh, Lecturer, spoke on corrective exercise strategies for cervical spine impairments. He gave various insights on cervical spine assessment techniques and reflexes. Prof. Dr. S. Sudhakar, PhD, continued the session with valuable insights on the assessment of lumbo-sacral, pelvic, and hip complex, and corrective exercise strategies.





PILATES ON CORE MUSCLE STRENGTHENING - WORKSHOP

08 & 09 March, 2024

Faculty of physiotherapy organized the workshop "PILATES FOR CORE MUSCLES TRAINING" for BPT students & Interns of Faculty of Physiotherapy at, A.C.S Medical College and Hospital campus, Chennai between 9.30AM to 04.00PM. 61 BPT students participated in the workshop.

DAY 1

our Speaker, Dr.Shanthi Dass, MPT(Sports), STOTT Pilates, Co-Founder & Clinical Physiotherapist, Synergy the Clinic and Physiotherapy Centre headed, the session by explaining the principles of Pilates, core muscles origin and insertion, action, indications and contra-indications. Practical demonstration on Pilates were thought to students and given huge time to practice.

DAY 2

Resource speaker Dr.Shanthi Dass, MPT (Sports) started the session by methods and types of Pilates, core muscles details, and practical demonstration done to students on how to do Pilates. Various queries of the students were cleared by our Speaker.by having a discussion with students on the assessment regarding Pilates core muscles training. started the practical demonstration session It's was an amazing session and followed by practice of students on Pilates took place.



INTERNATIONAL WOMEN'S DAY - CELEBRATION

08 March, 2024

The welcome address was proposed by Dr.M.Reabeakkal, Lecturer, Faculty of Physiotherapy. Prof. Dr. C.V. Senthil Nathan, Principal, Faculty of Physiotherapy highlighted about the importance of women in the society. Around 40 staffs participated in the celebration. Various competitions including solo singing, group singing, solo dancing, group dancing, mehendi was conducted for the staffs. 2 teams participated in the group dancing, 4 staffs enthusiastically participated in solo dancing, 3 teams participated in group singing and 5 staffs participated in solo singing. Finally the judges Prof. Dr. V.H. Hema, Principal, Faculty of Nursing and Prof. Dr. V. Kalpana Devi, Principal, Faculty of Allied Health Sciences announced the winners of the competitions.



NATIONAL IMMUNIZATION DAY - POSTER COMPETITION

18 March, 2024

Faculty of Physiotherapy, Pediatric Department organized a Poster competition in view of National Immunization Day on topic "Awareness on Immunization" on 18/03/2024 at 2.00 PM, in Faculty of physiotherapy. Around 9 Teams (16 Final year students) participated in the competition. The competition was judged by Joint registrar and Vice principal Prof. Dr. S. Veena kirthika, Ph.D and Vice Principal Prof.Dr.V.Rajalaxmi, Ph.D. Later the the prize winners and participants received thier certificates.





--BEND OVER BACKWARDS--

WORLD TUBERCULOSIS DAY - POSTER COMPETITION

25 March, 2024



Faculty of Physiotherapy organized a Poster competition in view of world Tuberculosis Day on theme "WE CAN END TB", where final year students participated. 30 Students participated in the competition on 25/03/2024 at 12.00 PM in Lecture Hall 10, Faculty of physiotherapy. Which was judged by joint registrar and vice principal Prof. Dr. S. Veena@ kirthika, Ph.D and Research supervisor prof. Dr. Jibi paul. Best of four were selected as the winners.

2 DAYS FDP ON FUNDED PROJECTS

22 & 23 March, 2024

Faculty of Physiotherapy in association with Academic staff College Organized a 2Days FDP on FUNDED PROJECTS 22/03/2024 & 23/03/2024 at Lecture Hall - 14, between 02:00 PM to 03:00 PM. Around 30 staffs Participated.

Day 1:

The guest speaker Dr. Sathya Priya, Associate professor, Department of Biochemistry, ACS Medical College and Hospital, started the session with an introduction to various projects, research and sources of funds. The speaker explained about the Government and private sectors and their various criterias in application procedure and also how a researcher should be smart to receive the grants and how quick the works got be completed.



Day 2:

The guest speaker Major Dr. R. V. Bharath, Medical Superintendent, Holy Trinity Hospital was Felicitated by Prof. Dr. Jibi Paul, the session started with an introduction to various projects, research and sources of funds. The speaker explained about the Government and private sectors and their various websites. He also explained the risks in various methods usually researchers do. The resource organizations that have more funds to receive the grants and their policies to fund public health .





AWARENESS TALK ON TOPIC *SAFETY FOR A SUSTAINABLE FUTURE

12 January, 2024

Faculty of Physiotherapy in association with NSS Unit -VI organized an Awareness Talk on Topic *SAFETY FOR A SUSTAINABLE FUTURE * in view of NATIONAL ROAD SAFETY WEEK - 2024 on 12th January 2024 from 10.30AM to 12.00PM at Lecture Hall - 07. 50 NSS Volunteers participated in the talk. Speaker, Mr.R.Chandara Mouli, M.A., Inspector of Police, T12 Poonaemallee Traffic Police Station, Avadi Police Commissionerate, Thiruvallur District. Our Speaker headed the session by explaining basic traffic rules and regulations to be followed by the young generation for a peaceful and happy future.

ENTREPRENEURSHIP AND RURAL DEVELOPMENT CONCLAVE

18 January, 2024

Faculty of Physiotherapy in association with NSS Unit -VI attended the entrepreneurship and rural development conclave 2024 organized by IIT madras research park on 18th January 2024 from 10.00AM to 5.00PM. 01 NSS Program Officer participated in the conclave. The program was inaugurated by our honorable governor of tamilnadu. The program enlightened the entrepreneurship in the rural areas by the students and various ideas regarding the patents, funds projects and seed projects have been explained how to do it and where to implement and get huge funds in various organization including in the IIT Madras Research Park. It was an informative session for all of us. Various examples with real people have been demonstrated.



NATIONAL VOTERS DAY - AWARENESS PLEDGE"

24 January, 2024

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized an Awareness Pledge in view of "NATIONAL VOTERS DAY - 2024" on 24/01/2024 at Faculty of Physiotherapy Department, Lecture Hall - 07 between 3.00PM to 3.30PM. Around 100 Students Participated along with Staff Members and NSS Volunteers. Awareness Pledge was taken in English Language that every citizen should vote fearlessly without any religion, race, caste, community, language or any inducement. Prof.Dr.Jibi Paul, Research Coordinator, Faculty of Physiotherapy graced the program along with all staff members, NSS Volunteers and BPT students



75TH REPUBLIC DAY- ELOCUTION COMPETITION

25 January, 2024

In the View Of 75th Republic Day Celebration on 26/01/2024, The Faculty of Physiotherapy In Association with NSS Unit -VI Organized an Elocution Competition on the Topic "INDIA – THE MOTHER OF DEMOCRACY" on 25/01/2024 at the Center Of Excellence, Faculty of Physiotherapy from 10.30 AM – 12.45 PM. Totally 27 Students of both BPT & MPT have participated actively in this Elocution Competition. At the end of the competition judges appreciated the Students who have actively participated and have enlightened the knowledge about the Indian democracy. Participation certificate was provided to all the participants.

75TH REPUBLIC DAY - MARCH PAST

26 January, 2024

The faculty of physiotherapy in coordination with National Service Scheme (NSS) Unit-VI conducted the march-past in the view of National day on 26th of January, on the occasion of 75th Republic Day at A.C.S. Medical College and Hospital, playground. India is commemorating its 75th Republic Day on 26 January 2024. It serves as a tribute to the democratic ideas laid out in our Constitution, guiding the nation. Dr. PRAGNA B DOLIA, Dean, ACS Medical College and Hospital, Prof. Dr. C.V. SENTHIL NATHAN, Principal, Faculty of Physiotherapy; Dr. HEMA, Principal, Faculty of Nursing, were invited as the chief guest for the march past. Then, around 9:00 am, the march past was started, followed by a brief discussion by the chief guest, Dean Dr. Pargana B Dolia discussed in brief about significance of Republic day and hoisted the flag.



OBSERVANCE OF SILENCE PLEDGE FOR UNTOUCHABILITY

30 January, 2024

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized an Pledge Against Untouchability and Observance of Silence inview of "MARTYRS DAY" on 30/01/2024 at Faculty of Physiotherapy Department, Lecture Hall - 06 between 11.30AM to 11.45AM. 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 Observance of Silence for 2minutes and Pledge Against Untouchability was taken in Tamil Language.

WORLD WATER DAY - SAPLINGS PLANTING

23 March, 2024

In continuation with programs conducted, "WORLD WATER DAY - 2024" program at GOVT WELFARE PRIMARY SCHOOL, AYANAMBAKKAM, CHENNAI at 11.00am to 12.00pm has been done this year also.

The program was graced by our Joint Registrar and Vice-Principal, Prof.Dr.Veena Kirthika, Faculty of Physiotherapy planted saplings and watered the plants along with our volunteers and discussed about the water wastage and management. 20 volunteers and 02 staffs participated.



CAT TOPPERS

JAN-MAR 2024



"THE EXPERT IN EVERYTHING WAS ONCE A BEGINNER"

I-ST YEAR



KRISHNA
A-SEC



KAMYA N
B-SEC



SANJANA
C-SEC



MYTHILI
B-BATCH

II-ND YEAR



MUTHU MONISHA K
A-SEC



PRIYA.K
B-SEC



SANDHIYA.S
C-SEC

III-RD YEAR



LOHIT.S
A-SEC



KOUSHIK.K
B-SEC



UDHAYA SELVI
C-SEC

IV-TH YEAR



SONIA R
A-SEC



PAVITHRA.M
B-SEC



VIRTHUSALANI J
C-SEC



DIVAKAR K
D-SEC



STUDENTS CORNER



--EAGER BEAVER--



HARINI.N

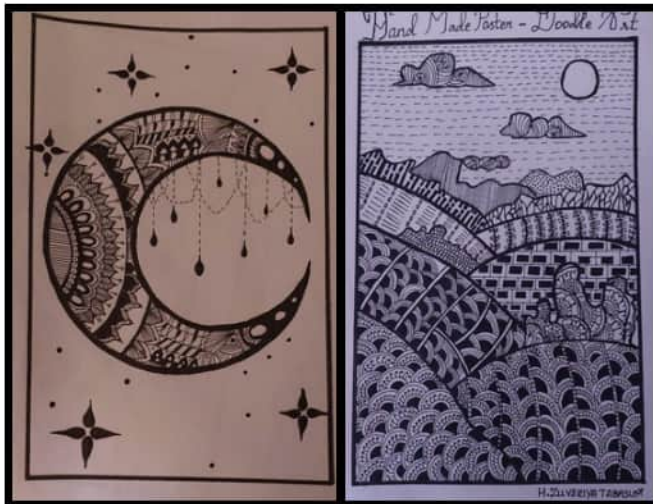
BPT II year - B section



SATHISH.S

BPT IV year

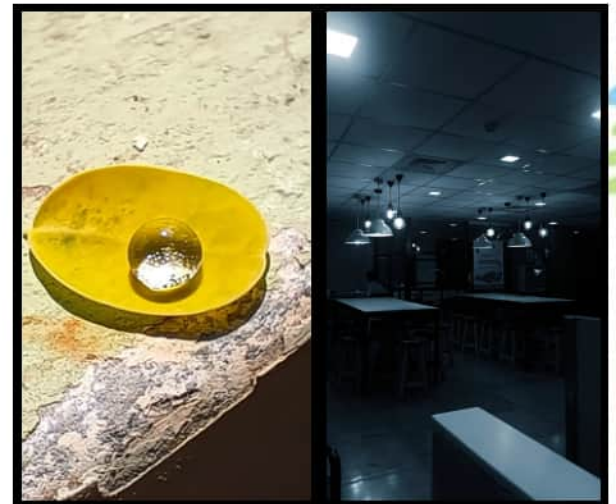
A section



ZUVERIYA TABASUM

BPT II year

C section



KISHORE KUMAR.S

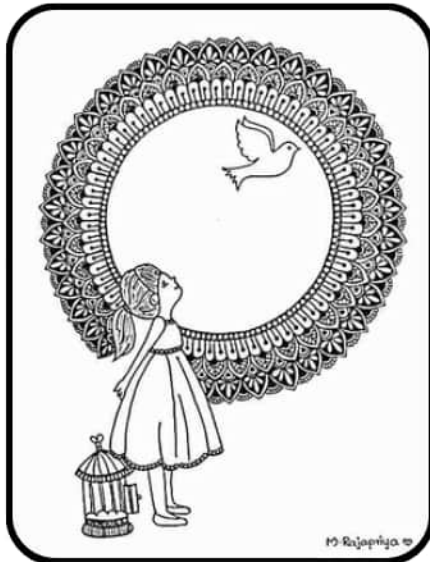
BPT IV year

C section

STUDENTS CORNER



--EAGER BEAVER--



RAJAPRIYA
BPT IV year
A section



HEMAVATHI
BPT IV year
A section



ANNA MARIA JONATHAN
BPT IV year
B section



RAJYASRI.D
BPT IV year
B section

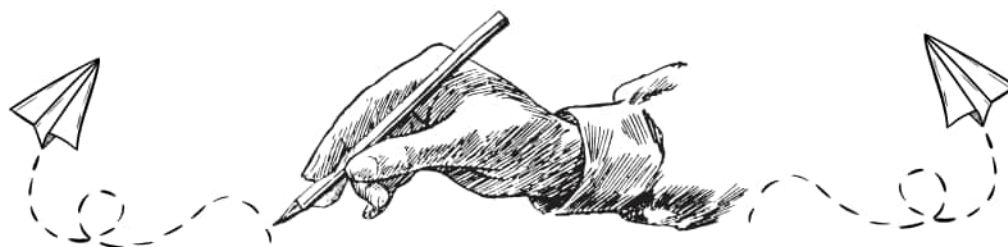


MONISH KUMAR. A
BPT 1ST YEAR
B SECTION



January - March 2024

S.NO	NAME	DESIGNATION	NO.OF JOURNAL
01	S. VEENA KIRTHIKA	VICE PRINCIPAL	01
02	G.VAISHNAVI	ASSISTANT PROFESSOR	01
03	R. JAYABHARATHI	ASSISTANT PROFESSOR	01
04	G. THIRULOGACHANDAR	LECTURER	01



1. S. VEENA KIRTHIKA, SUDHAKAR.S, G. MOHAN KUMAR, S.RAMACHANDRAN, AHALYA.S.P. Effect of Myofascial therapy and pelvic relaxation exercise combined with phonophoresis using Diclofenac sodium gel in myofascial pelvic pain syndrome. Research Journal of Pharmacy and Technology Vol 17, I 3, B 1083-E 1087.

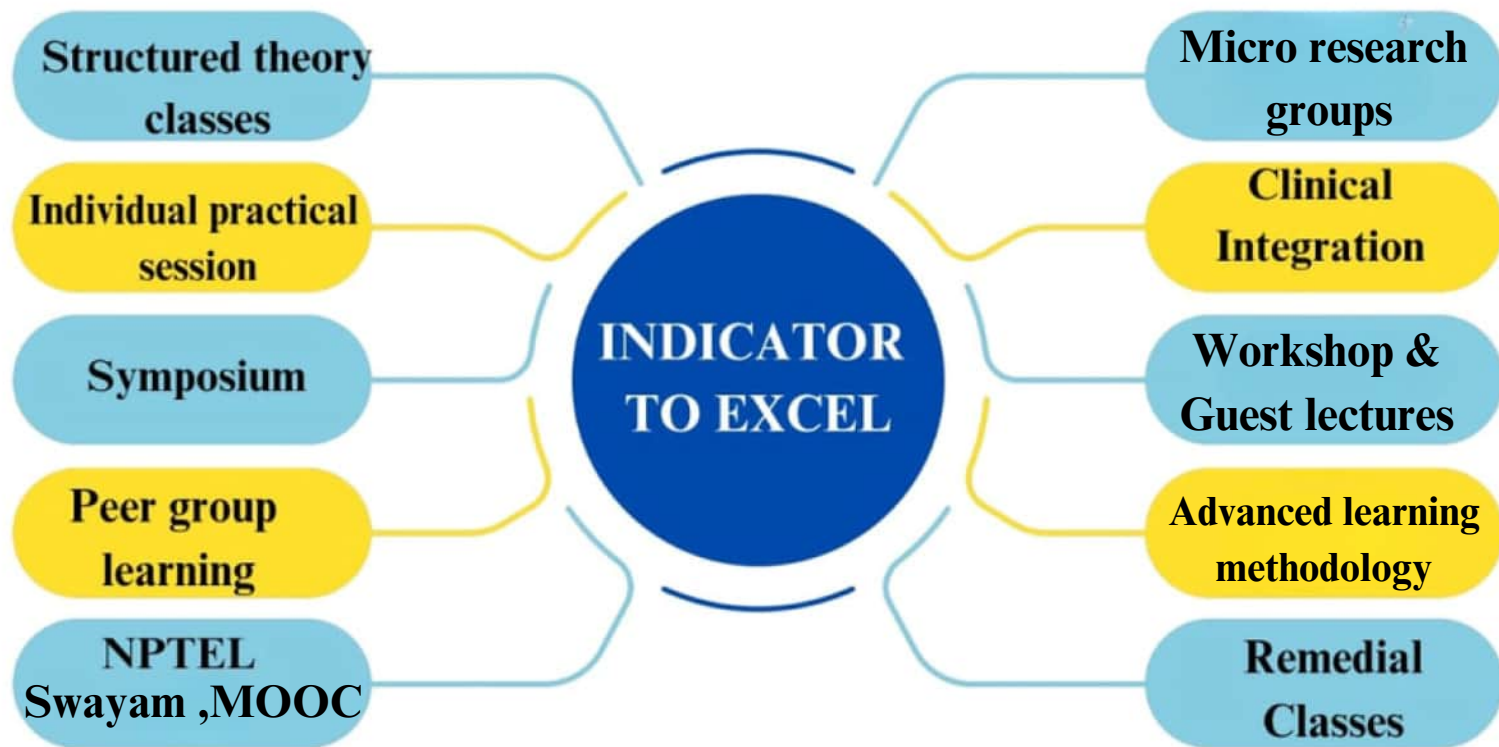
2. G.VAISHNAVI, JIBI PAUL, PRATAP SUGANTHIRABABU, C.V. SENTHIL NATHAN Navigating the frequency of cervical vertigo: Insights and statistics. Journal of Integrated Science and Technology Vol 12, I 4, B 1-E 4.

3.JAYABHARATHI. R, JIBI PAUL, SUBBIAH.L, SATHYA.P Impact of aquatic resistance training and boot camp training for Inter-collegiate athletes 100 meter sprint. Journal of Advanced Zoology Vol 45, I 01, B 442-E 446.

4. THIRULOGACHANDAR GUNASEKAR, SHIVARANJANI BALAMURUGAN, MURALI RAVI, MUTHULAKSHMI KUMARESAN, BERNARD EBENEZER CYRUS, K. SARASWATHI, BALAJI KALIYAPERUMAL An experimental study on the effect of sprint interval training versus traditional exercise programs among young obese adults. International Journal of Life science and Pharma Research Vol 14, I 1, B 17-E 23.

TEACHING & LEARNING

--AIDING TOWARDS EXCELLENCE--

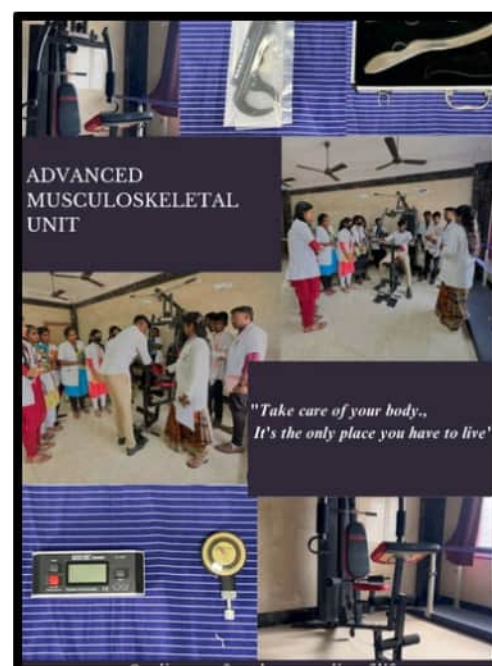
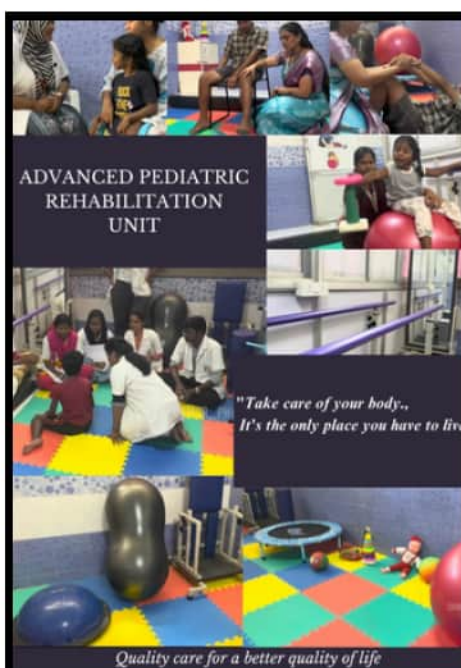
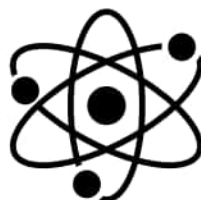
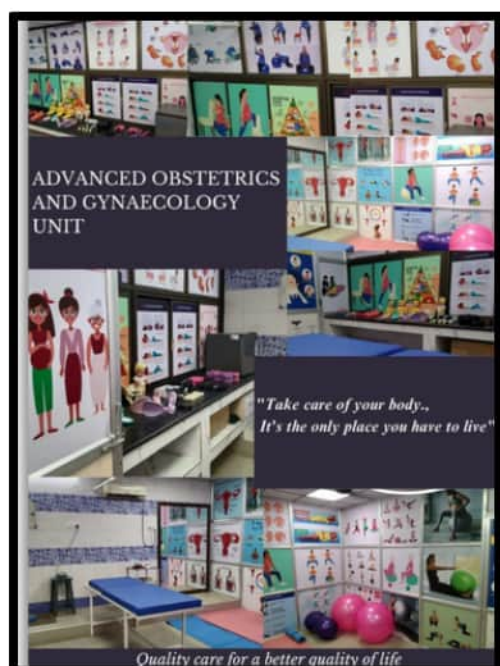
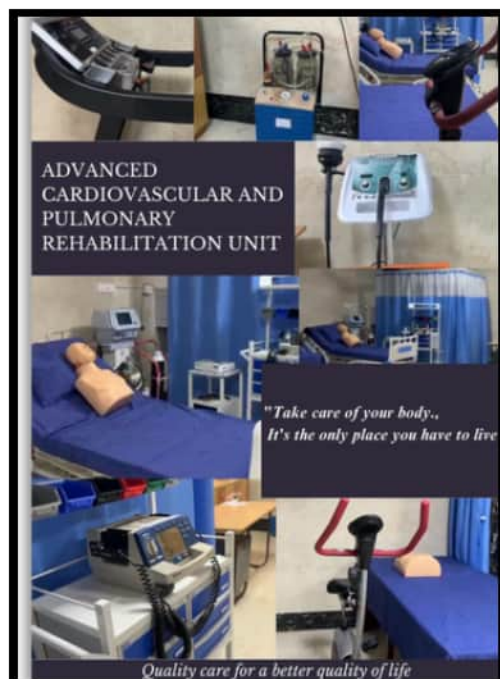


ADVANCED LABS

---BUILT FOR KNOWLEDGE ENHANCEMENT---



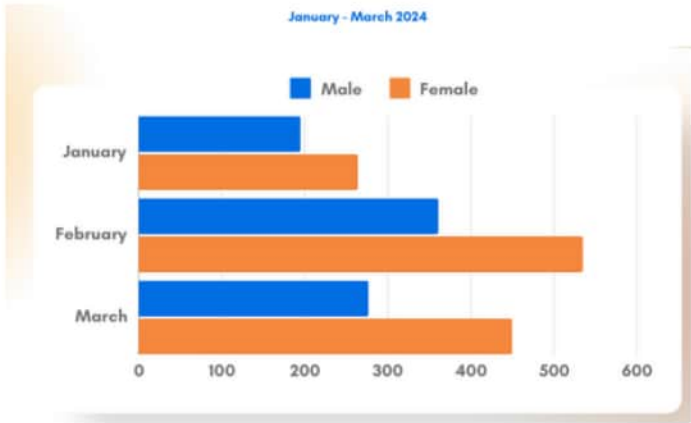
JAN - MAR 2024



QUALITY CARE FOR A BETTER QUALITY OF LIFE...



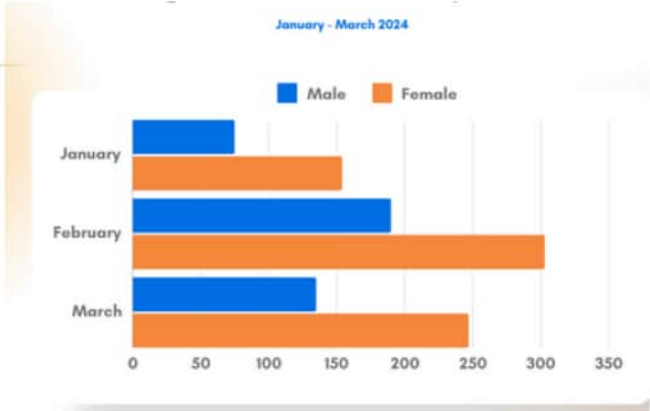
Out Patient Analysis



JANUARY	FEBRUARY	MARCH
•OP MALE 195	•OP MALE 361	•OP MALE 277
•OP FEMALE 264	•OP FEMALE 535	•OP FEMALE 450

In Patient Analysis

JANUARY	FEBRUARY	MARCH
•IP MALE 75	•IP MALE 190	•IP MALE 135
•IP FEMALE 154	•IP FEMALE 303	•IP FEMALE 237



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.

TESTIMONIAL CORNER

--ALUMINI'S GRATITUDE --



Journey of my UG life.

I am Gracelin Junias. I studied UG in Dr. MGR Educational and Research Institute. While I am entering 1st year of my college life. I don't know how to survive in medical field. When I am studying 1 year Dr. Sudhakar sir is my class co-ord. He not only taught about studies. He also many life experiences. I finished my UG with a great support of my lovely staffs. In my 2nd year Dr. Srilakshmi mam is class co-ord. She is more than a staff. She is another mom to me. In 2nd year I went to attend IAS conference. I have learnt so many things in that conference. It was a pandemic year. Lockdown feels me missing lovely college life and my friends and my lovely staffs. In 3rd year also there is a pandemic situation. On that time, Dr. Jayashanthi mam is co-ord. Even though I am in lockdown, she guided me in online session very well. I have attended parent's meeting too in an online mode. That experience is much more interesting. Coming to the end of my college life. In my final year, Dr. Nithya Nisha mam is my co-ord. She is my

guide not only in my studies. In my life personally she is a great supporter. I love her a lot. I have create so many memories in this campus. I have felt so happy to be a part of Dr. MGR Educational and Research Institute. Thank you to all my lovely staffs. Thank you all for all your support, love and care on me. Thank you Dr. MGR Educational and Research Institute.

Yours Gracelin Junias



Gracelin Junias Batch 2018-2022



https://youtu.be/XcA7zbKJ_XQ?si=Z6Rs-v3o_xDgW9qU



S. Dinesh Kumar Batch 2017-2022



https://youtu.be/cPwKOKWVDNY?si=ks3_brV7DNYD89zq

I am S. Dineshkumar, present alumni and past student of Dr. MGR Educational and Research Institute.

It gives me great pleasure and pride to say that I laid my Foundation in Dr. MGR Educational and Research Institute.

The Faculty members with their knowledge and experience always showed me a different perspective on how to view things. Which greatly helped me to handle difficult situations.

On the contrary, the Infrastructure greatly helped me to access study materials in both physical and digital forms. Which gave me a great opportunity for better understanding and put me on the way to excellence.

It feels refreshing to think that I have been part of this institute for some time. and I am sure that this bondage will go on forever.



--EXPERT HEALTH TALK SHOW--

SUBSCRIBERS -5.96K

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 2

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