

1ST EDITION
VOL 3

DAYANANDA SAGAR UNIVERSITY



**COLLEGE OF
PHYSIOTHERAPY**
SCHOOL OF HEALTH SCIENCES

THE PHYSIOWORKS

JANUARY- JUNE 2024



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MESSAGE

I am delighted to share my thoughts on the biannual newsletter, PHYSIOWORKS, a wonderful initiative by the College of Physiotherapy. This platform not only highlights the vibrant events and achievements within our college but also reflects the passion and dedication of our students and faculty. It is inspiring to witness how PHYSIOWORKS brings our community closer and fosters a culture of learning and growth. I extend my heartfelt congratulations to all the students and faculty members for their efforts and look forward to see this newsletter and continue to inspire and inform.

Dr. Amit R. Bhatt
VICE CHANCELLOR



I heartily congratulate the students and faculty members of College of Physiotherapy, Dayananda Sagar University on publishing this newsletter-**PHYSIOWORKS** Volume-3, Second Edition. At DSU, we are committed to open vast avenues of learning, especially in cutting edge technologies with thrust on creation & innovation. We, with our committed faculty and staff, assure you our full extended support and enough freedom to explore your full potential. We are committed to meet the needs of our students in an innovative and flexible curriculum, excellence, effectiveness, academic rigor and personalised services

Dr. Puttamadappa C
REGISTRAR

A cordial welcome to College of Physiotherapy, DSU newsletter- PHYSIOWORKS. I am excited about this unique opportunity for students to discover who they are and where they stand. I am happy that our students are gaining knowledge, skills, and values to create a sustainable world. My best wishes to the entire faculty and students. I hope this newsletter plays a pivotal role in continuing the trajectory of excellence.

Dr. Pushpa Sarkar
DEAN



I am happy that we College of Physiotherapy, DSU are publishing its first edition, volume 3 of the bi- annual newsletter-Physioworks. Newsletters have a great educative value. They encourage students to think and write. In fact, young talents find its exposure through this. The newsletter also records the achievements and various activities of the institution. I hope that this publication would be successful in achieving these objectives. My best wishes for the entire endeavors.

Dr. Sathya Guruprasad
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STUDENT EDITOR

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7. Faculty Publication and Research

CONFERENCES

25TH INTERNATIONAL CONFERENCE ON FRONTIERS IN YOGA RESEARCH & ITS APPLICATIONS

- We are pleased to announce the active participation of our postgraduate students in the 25th International Conference on Frontiers in Yoga Research & Its Applications, held on 22nd January 2024, at SVYASA University. Our staffs & postgraduate students showcased their academic rigor and dedication by presenting papers on various topics.
- Dr. Srihari, associate professor secured the 2nd prize in the oral presentation category.



KRUPTACON INTERNATIONAL CONFERENCE

- Dr. Gayathri , (Assistant Professor) and Dr. Kanchan, (Assistant Professor), participated in the Kruptacon International Conference hosted by Krupanidhi College of Physiotherapy. Dr. Gayatri was awarded 3rd prize among faculty paper presentations.



IMUM Conference DSU

We are pleased to highlight the commendable dance performance of Ms. Meghana, a student of 1st year of the BPT program, at the recent IMUM conference



PARTICIPATION OF College of Physiotherapy, DSU STUDENTS IN RVPGCON CONFERENCE

- Students from the College of Physiotherapy (College of Physiotherapy) participated in the RVPGCON (RV Postgraduate Conference) held at RV College. The conference was tailored for postgraduate students to showcase their research and exchange ideas in a scholarly environment. 15 students actively participated in poster and paper presentations & 7 students participated in hands-on workshops.



INTRODUCTION

- Upper Cross Syndrome (UCS), a condition identified by Vladimir Janda. It is characterized by a muscular imbalance involving tightness in the upper trapezius, levator scapulae, pectoralis major and minor muscles, alongside weakness in the deep cervical flexors, lower trapezius, and serratus anterior.
- This imbalance leads to poor posture, including rounded shoulders, a forward-joking chin, and a curved neck and upper back, primarily affecting individuals with sedentary lifestyles or those engaged in activities promoting bad posture.
- The study aims to analyze the effect of shoulder girdle exercises on UCS among physiotherapy students, motivated by the high prevalence of UCS and the need for effective interventions to correct the muscular imbalances and prevent further complications.



KARNATAKA PHYSIOCON CONFERENCE AT SDM COLLEGE, DHARWAD

Our students' participation encompassed a wide range of activities, reflecting their diverse interests and skills. They actively participated and excelled in various events, including:

- 6 Poster Presentations*
- 8 Model Presentations*
- 1 Group Dance*
- 1 Solo Dance*
- 1 Solo Singing*
- Quiz Participation by Everyone*

The prize winners from the College of Physiotherapy, DSU, include:

1st Prize in Quiz: Ms.Srisoujanya, for her outstanding knowledge on Pain Assessment.

1st Prize in Quiz: Ms.Tejaswini, for her expertise in Manual Therapy for Low Back Pain.

3rd Prize in Poster Presentation: Ms. Azra Tarannum, for her insightful contribution to the poster presentation.

3rd Prize in Model Presentation: Mr.Sudeep Dammalli and Ms. Prakruthi, for their innovative model presentation



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Dr. Srihari Sharma, Associate Professor, Dr. Sai Bhavani, Assistant Professor, and Ms. Shilpa Umerji, an alumna student, have successfully published a copyright on the Women's Health Questionnaire.



INTELLECTUAL
PROPERTY INDIA
Department of Industrial Property





Extracts from the
Register of
Copyrights

प्रतिनिधित्वक ब्राह्मण, भारत सरकार | Copyright Office, Government of India

Form CP-001 (01/01/2014)

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L-143586/2024

2. आवेदन, कि या नहीं कि यह आवेदन
Name, address and nationality of the applicant

DR. DEBASHIS SHARMA B.S., DAYANANDA SAGAR
UNIVERSITY, NELLAI
TAMIL NADU, INDIA
DR. DEBASHIS SHARMA B.S., DAYANANDA SAGAR
UNIVERSITY, NELLAI
TAMIL NADU, INDIA

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LITERARY: INDIAN PATENT ACT 1970
NATIONAL INVENTION PATENT ACT 1970
NATIONAL INVENTION PATENT ACT 1970
NATIONAL INVENTION PATENT ACT 1970

5. यदि कोई प्रतिनिधित्वक है तो उसका नाम
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NATIONAL INVENTION PATENT ACT 1970
NATIONAL INVENTION PATENT ACT 1970

6. यदि कोई प्रतिनिधित्वक है तो उसका नाम
Language of the work

ENGLISH, HINDI

7. आवेदनकर्ता का नाम, पता और आवेदनकर्ता का पता (यदि आवेदनकर्ता का पता नहीं है तो आवेदनकर्ता का पता)
Name, address and nationality of the author and if the author is deceased, date of his death

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8. यदि आवेदनकर्ता का पता नहीं है तो आवेदनकर्ता का पता
Whether the work is published or unpublished

UNPUBLISHED

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16. यदि आवेदनकर्ता का पता नहीं है तो आवेदनकर्ता का पता (यदि आवेदनकर्ता का पता नहीं है तो आवेदनकर्ता का पता)
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17. यदि आवेदनकर्ता का पता नहीं है तो आवेदनकर्ता का पता (यदि आवेदनकर्ता का पता नहीं है तो आवेदनकर्ता का पता)
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N/A

18. यदि आवेदनकर्ता का पता नहीं है तो आवेदनकर्ता का पता (यदि आवेदनकर्ता का पता नहीं है तो आवेदनकर्ता का पता)
Name, address and nationality of the author and if the author is deceased, date of his death

N/A

Signature
Registrar of Copyrights

PODOCON 2024 ORGANISED BY IISC , BANGLORE

- Dr.Sathya & Dr.Bhavani participated in PODOCON, 2024 organized by IISC, Bangalore



MOU WITH OTHER INSTITUTIONS

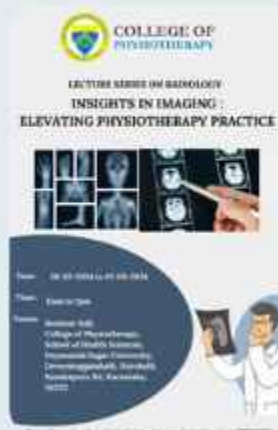
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4	Manonandana
5	Abalashrama
6	DERBI foundation
7	Exercise Testing & prescription INDIA
8	Bangalore Institute of Movement Research & Analysis
9	BBMP Maternity Hospital, N R Colony

SEMINARS / WEBINARS / CME ORGANISED BY FACULTY / ATTENDED BY FACULTY

LECTURE SERIES ON RADIOLOGY: INSIGHT IN IMAGING - ELEVATING PHYSIOTHERAPY PRACTICES.

The College of Physiotherapy organized a comprehensive series aimed at providing participants with a deeper understanding of radiological imaging techniques and their applications in the field of physiotherapy. The series, with a duration of 15 hours, was conducted in a hybrid mode, combining both in-person and virtual attendance, from February 26th to March 7th, 2024. A total of 180 participants took part, including students from the College of Physiotherapy and eleven other esteemed colleges from in and around Bangalore, Karnataka. The practice sessions extended from February 26th to March 12th, 2024. Eleven resource persons from the Departments of Radiology and Orthopaedics contributed to the series, which comprised 13 lectures attended by all participants.



UNLOCK YOUR GLOBAL POTENTIAL: A SEMINAR ON HIGHER STUDIES ABROAD

- This seminar aimed to enlighten 4th-year BPT and MPT students about various opportunities available for global education in the field of physiotherapy.
- It sought to equip them with knowledge regarding different paths they could pursue to further academic and professional careers.



COLLEGE OF
PHYSIOTHERAPY



DAYANANDA SAGAR
UNIVERSITY

"UNLOCK YOUR GLOBAL POTENTIAL: A SEMINAR ON HIGHER STUDIES ABROAD"

by

SIEC EDUCATION

Join us for an enlightening session on pursuing
higher education opportunities abroad

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Shaping Careers Since 1995

Date - 6th March 2024

Time - 2pm to 4pm

Venue - Seminar Hall (2nd floor),
Physiotherapy block



ALIGNING PERSPECTIVES: INTEGRATING VESTIBULAR REHABILITATION IN PHYSIOTHERAPY PRACTICE

- College of Physiotherapy conducted a seminar on " Aligning perspectives : Integrating Vestibular Rehabilitation in Physiotherapy Practice " by our alumnus Dr.Rajesh VL , physiotherapist at NIMHANS , Bangalore.
- He highlighted the unique aspect of physiotherapy rehabilitation in Vestibular issues.



WORKSHOP ON ESSENTIAL COMPUTING SKILLS FOR RESEARCH METHODOLOGY

A workshop was conducted by Department of Computer Science & Engineering in association with the College of Physiotherapy, DSU, on the topic “Essential Computing Skills for Research Methodology” for 2nd-year & 4th year BPT & MPT 1st-year students.

Dr. Seema Tharannum (Prof. Dep of Biological Sciences) & Dr. Savutha Hiremath (Asso. Prof. Dep of CSE) were the resource persons.



EXTENSION ACTIVITIES ORGANISED

CapABLE Sports Fiesta at Manonandana Centre

This event provided an opportunity for interaction and participation among intellectually and physically challenged children. The event featured a variety of interactive games tailored to the abilities and interests of the participants. These games not only promoted physical activity but also stimulated cognitive skills and social interaction. With the collaborative efforts of Dr. Kanchan, Dr. Feba, volunteers, and the staff of Manonandana Centre, the event was a resounding success, fostering joy, camaraderie, and empowerment.



Empower Play - Celebrating Abilities" at SSA, Kanakapura

- An Extension activity held at SSA in Kanakapura brought together 50 students with various intellectual and locomotor challenges, along with their supportive parents. This event aimed to promote inclusivity, empowerment, and joy through interactive play and engagement. Activities such as adaptive sports, sensory play, art and craft, and music and dance were organized to provide a holistic and enjoyable experience for all. The event also provided a platform for students with intellectual and locomotor challenges to showcase their abilities, build confidence, and experience joy.

ಕನ್ನಡಪ್ರಭ

ವಿಶೇಷಚೇತನ ಮಕ್ಕಳ ಸದೃಢತೆಗೆ ವ್ಯಾಯಾಮವೂ ಪೂರಕ

• ಕಟ್ಟಡವ್ಯಭಿ ವಾರ್ತೆ ಕಾರ್ಯವು

ವಿಶೇಷವೇನು ಮಾಡಲು ಪ್ರತಿಜ್ಞೆ ತನ್ನದೇ ಹೃದಯವು
ಮನವುಪ್ಪವೆಂಬ ಅನುಭವವು ಹೃದಯವು ಮನವು
ಸದ್ಭಾವವಾಗುವುದು ಎಂದು ಬೋಧಿಸುವ ಸಾಧನ
ಅನುಭವವು ಹೃದಯವು ಮನವು

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ವಿಶೇಷವಾಗಿರುವ ಮಕ್ಕಳು ಪ್ರತಿನಿತ್ಯ ಹ್ಯಾಂಡ್‌ಮಾಡು ಮಾಸ್ಕುಗಳನ್ನು ಮಕ್ಕಳ ವೈಕಲ್ಯವಿರುವ ಮೂಲಕ ಮಾಂಸಗಳಲ್ಲಿ ಹತ್ತಿ ಬದಲಿಸಿ, ಮಕ್ಕಳಲ್ಲಿ ನೋವಿನ ಹತ್ತಿ ಜೊತೆಗೆ ಏಕಾಂಗಿ ತಪಸ್ಸಾಗುವುದು, ಮಕ್ಕಳಿಗೆ ಸಂಪೂರ್ಣ



ಚಿಕ್ಕ ಕೊಪ್ಪಳದಿಂದ ಮಳೆ ಸುರಿಸುವಾಗ
ಬೀದಿನಲ್ಲಿ ಸಾಧ್ಯ ಎಂದು ಹೇಳಿದರು.

ಹಾ. ವಿಜಯಲಕ್ಷ್ಮಮ್ಮ ಮಾತನಾಡಿ, ತಾಯಂದಿರು ವಿಶೇಷ ಜೀವನ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿನ ಮುಖಾಮುಖಿಯಿಂದ ನೋಡಬೇಕಾಗಿದೆ. ಆ ಮಟ್ಟದಲ್ಲಿ ಬದಲಾವಣೆ ತರುವ ನಿಟ್ಟಿನಲ್ಲಿ ಕಾಲದ ಮೂಲವಿದೆ. ಈ ಮಟ್ಟವು ಕಡಿಗೇಗಿರುವುದು ಎಂಬ ಸಲಹೆ ನೀಡಿದರು.

ವಿಶೇಷವಿರುವ ಮಕ್ಕಳಿಗಾಗಿ ವಿವಿಧ ಕ್ರೀಡೆ ಹಾಗೂ

[illegible]

A FIELD VISIT AT DYU AQUATIC CENTRE, HSR LAYOUT

- A session on the use of aquatic therapy for sports rehab & pediatrics was delivered by Dr. Joshua Samuel Rajkumar, MPT (Neuro), CSTP , Founder & Consultant Physiotherapist



**COLLEGE OF
PHYSIOTHERAPY**

**WOMAN &
CHILD CARE**

**A Field Visit to DYU Aquatic
Center:
Dive into Healing Waters:
Exploring the Therapeutic
Depths of Aquatic Therapy in
Physiotherapy Rehabilitation**



**FRIDAY
MARCH 15th 2024**

DYU Center, 109A, 10th Main Rd, near BKA
Complex, next to Blue Breeze, Sector 3, HSR
Layout, Bengaluru, Karnataka 560092

Objectives:

1. **Observational Learning:** Provide students with the opportunity to observe real-life applications.
2. **Understanding Facility Setup:** Allow students to explore the infrastructure and equipment specific to aquatic therapy.
3. **Interacting with Experts:** Facilitate interactions with experienced professionals and therapists at Center.
4. **Hands-On Experience:** Offer students a hands-on experience with basic aquatic therapy exercises.

For More Information
Dr. Vinod Kumar K.C, College of Physiotherapy, SOHS, DSU
ppt-physio@dsu.edu.in

10:00 AM -
01:00 PM

FACULTY AND STUDENTS ACHIEVEMENT

TARANGA : 2024 SAMSKRUTI SAGARA

- The College of Physiotherapy participated in the prestigious Taranga event, conducted from 11-13th January 2024, showcasing its diverse talents in cultural, sports, and literary competitions. The event provided a platform for students to exhibit their skills and foster camaraderie among peers from different colleges.
- One of the highlights of the participation was the Fashion Show competition, where the College of Physiotherapy secured the 2nd prize.



FACULTY AND STUDENTS ACHIEVEMENT

FACULTY ACHIEVEMENT

	Rewards/Recognitions	Faculty
1	Completed National Education Policy-2020 swayam course, A Professional development program	Dr Vinod Kumar K C Associate Prof
2	Conducted 2 days workshop on "Kinesio- taping" at Akash institute of physiotherapy 2024	Dr Vinod Kumar K C Associate Prof
3	Speaker for Alumni webinar talk at NITTE on the topic- an instrument of choice for assessing diabetic neuropathy	Dr. Sunjyoth
4	Jeevaraksha - as BCLS instructor at Dhanawantari institutions	Dr Sunjyoth HS
5	ICF Trainer at SDM college of physiotherapy	Dr. Gayathri

FACULTY AND STUDENTS ACHIEVEMENT

STUDENTS ACHIEVEMENT

	Event name	Winners
1	CIRCUIT CLASH	1st Place: Utkarsh – Smriti (IV year) Aikyam – Asuthosh (IV year) 2nd Place: Aikyam – Sonica (IV year) Utkarsh – Shriraj (IV year)
2	NIRVAN A WHEEL	1st Place: Aikyam – Fiza (IV year) 2nd Place: Abhyudayh- Aliya (I year) 3rd Place: Abhyudayh – Fouzia (I year)
3	DOUBLE FACED	1st Place: Pravah – Riya Jain (I year MPT) 2nd Place: AIKYAM – Fiza (IV year) 3rd Place : Abhyudayh – Ila (II year)



FACULTY INVITED AS RESOURCE PERSON / GUEST LECTURES

RESOURCE PERSON IN RVPGCON CONFERENCE

- Dr. Vinod Kumar Associate Professor, from College of Physiotherapy, DSU served as a resource person for the pre-conference workshop on the Topic Launching Power: A Plyometric Prelude To Peak Performance held at the event. Dr. Vinod's expertise and guidance undoubtedly added value to the workshop, enhancing the learning experience for all participants.



6TH INTERNATIONAL STAFFS TOURNAMENT AT PES UNIVERSITY

- We are delighted to share that Dr. Vinod, a distinguished member of our faculty, represented DSU in the 6th International Staffs Tournament organized by PES University. The tournament was held from January 20th to 24th, 2024.





- Apart from excelling in cultural events, the College of Physiotherapy was also invited to serve as on-field physiotherapists for the sports events. This recognition speaks volumes about the institution's expertise in the field of physiotherapy and its commitment to promoting health and wellness among athletes

DSU Physio Cup at College of Physiotherapy

The DSU Physio Cup at the College of Physiotherapy brought together students, alumni, and faculty from various colleges of physiotherapy in and around Bangalore for a day of spirited competition. The event took place on January 24-25, 2024.

This year's event was made even more special with the inclusion of the DSU, College of Physiotherapy Alumni team, and the debut of a women's cricket team, adding excitement and diversity to the festivities.

The atmosphere was filled with energy and enthusiasm as players and spectators cheered on their respective teams.



COMMUNITY-BASED REHABILITATION MODEL PRESENTATION BY 4TH YEAR BPT STUDENTS

- The College of Physiotherapy organized a comprehensive presentation on Community-Based Rehabilitation (CBR), executed by 4th-year Bachelor of Physiotherapy (BPT) students. This initiative aimed to address various pertinent issues related to rehabilitation within community settings
- The presentation covered a diverse range of topics, each shedding light on different aspects of community.



COLLEGE OF PHYSIOTHERAPY FASHION TEAM IN RVPGCON CONFERENCE

In addition to academic achievements, our college's fashion team was invited to showcase their talents with a special performance at RV College. This invitation is a testament to the consistent success of our fashion team, which has been dominating fashion show competitions with consecutive wins. Their performance not only showcased their creativity and flair but also strengthened the bond between our institution and RV College.



2ND PRIZE IN KANYATHON 2024

- Ashutosh , student of 4th year BPT secured 2nd place in Kanyathon 2024 and received award from 1983 winning player Mr.Syed Kirmani



WOMEN'S CRICKET RUNNERUP AT RV PHYSIOTHERAPY COLLEGE

- College of Physiotherapy women's team won cricket runner-up prize for gully cricket at RV College of Physiotherapy, Bangalore



Faculty Publication and Research

	Title	Journal	Faculty Name
1	Impact of aquatic resistance training and boost camp training for inter- collegiate athletes 100 meter sprint	Journal of Advance Zoology, 2024	Dr. Sathya (SCOPUS)
2	.Prevalence and risk of trapezitis in beauticians and hair dressers:: observational study	Journal of Medical Research and Reviews	Dr. Gayathri
3	Correlation of navicular drop with A-angle in flatfoot among nursing professionals- A cross sectional study	Journal of Ecophysiology and Occupational Health	Dr. Swapna, Dr. Radhika, Dr. Sreehari Sharma
4	Examining the relationship between cybersickness, Postural instability and its impact on virtual reality experience	International Journal for Multidisciplinary Research	Dr. Sunjyoth
5	Effect of task oriented training and Progressive resistance exercise on upper limb function and quality of life in chronic stroke patients	Journal of Ecophysiology and occupational Health	Dr Radhika
6	Risk of musculoskeletal injuries among gymers due to high intensity interval training- observational study	Pramana Research Journal (UGC care journal)	Dr. Swapna Rout

Seed Money Presentation

S:NO	Title	Faculty Name
1.	Title - Efficacy of Virtual Reality Rehabilitation on Balance and Proprioception Post ACL Reconstruction among Non-Athletes	Dr. Swapna Rout
2.	Developing a software application that guides about breathing control techniques and relaxation techniques to Asthmatic patients having acute episodes of dyspnoea	Dr. Kanchan Sugandhi
3.	Enhancing Early Detection and Intervention: The Impact of the 'Tell-Show-Do' Method in ASHA Workers for Children with Developmental	Dr. Gayathri
4.	Validation of Rehabilitation protocol following Total Hip replacement for Indian population	Dr. Janani
5.	Normative value of Lower Quarter Y-Balance test in Late Middle Aged Adult Population	Dr. Siddesh
6.	Comparative Analysis of Blood Flow Restriction Training Vs Traditional Strengthening Exercise on Strength and Quality of Life in Individuals with Knee Osteoarthritis	Dr. Vimarsha
7.	Assessment of Pain Pressure Threshold Algometer Validation on Superficial Pelvic Floor Muscles in a Healthy Population	Dr. Jagrruthi



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