

DAYANANDA SAGAR UNIVERSITY



THE PHYSIOWORKS

JULY-DECEMBER 2024



CHIEF PATRONS

Dr. D HEMCHANDRA SAGAR CHAIRMAN-MGVPT CHANCELLOR-DSU Dr. D PREMCHANDRA SAGAR VICE CHAIRMAN-MGVPT PRO CHANCELLOR-DSU

PATRONS

MS. TINTISHA SAGAR JOINT SECRETARY-MGVPT MS. NATASHA SAGAR JOINT SCERETARY-MGVPT

SRI. GALISWAMY SECRETARY-MGVPT

MR. ROHAN P SAGAR JOINT SECRETARY-MGVPT MR. NISHAN H SAGAR JOINT SECRETARY-MGVPT

EDITORIAL BOARD

DR. ADITHI BHAT EDITOR-IN-CHIEF ASSITANT PROFESSOR DR. JAGRUTTHI NS CO-EDITOR ASSISTANT PROFESSOR

MOHAMMAD WALEED AHMAD SECRETARY BPT-4TH YEAR

A MANASWINI STUDENT EDITOR BPT-4TH YEAR TEJASWINI JAWALKAR STUDENT EDITOR BPT-4TH YEAR

ABHISHEK R STUDENT EDITOR BPT-3RD YEAR

AYSHA SIDDIKHA KHAN STUDENT EDITOR BPT-2ND YEAR

KRISH STUDENT EDITOR BPT-2ND YEAR

MESSAGE

I am delighted to share my thoughts on the newsletter, PHYSIOWORKS, biannual initiative by the wonderful College of Physiotherapy. This platform only not events the vibrant highlights 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 seeing this newsletter continue to inspire and inform.



Dr. Amit R. Bhatt Vice Chancellor



I heartly 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

cordial welcome College of to Physiotherapy, DSU Newsletter-Physioworks. I am excited by this unique opportunity for students to let them enjoy who they are and where they stand. I am that our students are gaining happy 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 wishesfor the entire endeavors.

Dr. Sathya Guruprasad Principal

FACULTY, COLLEGE OF PHYSIOTHERAPY-DSU



Dr. Sathya Guruprasad, M.P.T, PhD Principal & Professor Specialization: Musculoskeletal & Sports Physiotherapy

> Dr. Srihari Sharma K N, MPT, PhD Associate Professor Specialization: Cardiorespiratory & General Physiotherapy





Dr. Vinod Kumar K C, MPT, PhD Associate Professor Specialization: Musculoskeletal & Sports Physiotherapy

> Dr. Sunjyoth H S, MPT, PhD Scholar Assistant Professor Specialization:Neurosciences (Adult)





Dr. Swapna Rout, MPT, PhD Scholar Assistant Professor Specialization: Musculoskeletal & Sports Physiotherapy

> Dr. Eluri Mani Sandhya Devi (PT), MPT Assistant Professor Specialization: Community Health Sciences





Dr. Aditi Bhat, MPT, PhD Scholar Assistant Professor Specialization:Neurosciences (Adult)

Dr. Gayathri Poojary, MPT, PhD Scholar Assistant Professor Specialization: Community Health Sciences





Dr. Kanchan P Sugandhi, MPT, PhD Scholar Assistant Professor Specialization: Cardio Respiratory Disorders and Intensive Care

Dr. Sai Bhavani (PT), MPT
Assistant Professor
Specialization: Obstetrics and
Gynecology PT





Dr. Feba Roy, MPT Assistant Professor Specialization: Obstetrics and Gynecology PT



Dr. Jagrruthi NS, MPT Assistant Professor Specialization: Obstetrics and Gynecology PT

Dr. Vimarsha Nayak, MPT
Assistant Professor
Specialization:Musculoskeletal
& sports Physiotherapy





Dr. Siddesh G, MPT Assistant Professor Specialization:Musculoskeletal & Sports Physiotherapy

Dr. Pramod Kashyap C, MPT
Assistant Professor
Specialization: Community Health





Dr. Satvik Acharya, MPT Assistant Professor Specialization:Musculoskeletal and Sports injuries

Dr. Nitika Momen Tutor/Clinical Therapist Qualification: BPT





Dr. Apoorva D J Tutor/Clinical Therapist Qualification: BPT

> Dr. Shiv Kumar Yadav Tutor/Clinical Therapist Qualification: BPT





Dr. Manish Gowda K.S Tutor/Clinical Therapist Qualification: BPT

ADMINISTRATIVE STAFF OF DSU



Mrs. Anitha



Mrs. Rajeshwari



Ms Megha, Librarian

EDITORIAL COMMITTEE, College of Physiotherapy- DSU



Dr. Aditi Bhat (PT) Editor-in-chief



Dr. Jagrruthi NS (PT)



MOHAMMAD WALEED AHMAD SECRETARY



A MANASWINI STUDENT EDITOR



TEJASWINI JAWALKAR STUDENT EDITOR



ABHISHEK R STUDENT EDITOR



AYSHA SIDDIKHA KHAN STUDENT EDITOR



KRISH STUDENT EDITOR

CONTENTS

- 1. MOU with other institutions
- 2. Conferences
- 3. Workshops
- 3. Extension activities Organised
- 4. Faculty and Students Achievements
- 5. Faculty Publication and Research

MOU WITH OTHER INSTITUTIONS

CURRENTLY FUNCTIONING

s.no.	MoU's
1	Dharma foundation –International Classification of Functioning, Disability and Health
2	Padukone-Dravid Centre
3	Samagra Shikshanana Karnataka
4	Manonandana- Rehabilitation center for neurodivergent children
5	Abalashrama
6	DERBI Foundation
7	Exercise Testing & Prescription INDIA
8	Bangalore Institute of Movement Research & Analysis
9	BBMP Maternity Hospital, N R Colony

CONFERENCES

DSU National Symposium- 2024

- The College of Physiotherapy recently conducted the DSU National Symposium in hybrid mode on the theme "Soul to Sole: Taking a Step Towards Better Health - Podiatry Physiotherapy." This pioneering event, the first of its kind in Karnataka, saw participation from states including Maharashtra, Kerala, Tamil Nadu, Andhra Pradesh, Rajasthan, and Gujarat. The symposium emphasized bridging physiotherapy with technology, featuring plenary sessions, innovative talks, and workshops.
- We were honored to have our chief guest, Sir Petros, the Director of Bengaluru International Football Academy, boasting over two decades of experience in football management and coaching.
- He has served as Managing Director at the Academy, Technical Head of the High Performance Coaching Program at Bangalore Youth Football League, and Technical Director at Boca Juniors Football Schools India.
- On the first day, two plenary sessions featured informative speakers, followed by online scientific paper presentations by delegates and eight innovative talk sessions.
- Vice Chancellor, DSU, Dr. Amit Bhatt addressed the gathering, marking the start of this enriching symposium







Dr. Amit Bhatt, Vice Chancellor, DSU DSU National Symposium - 2024



Plenary sessions for 18th & 19th

Sl No.	Background	Topic	Speaker
1	Healthcare	Recent Advances in Podiatry- a Physiotherapist Perspective	Prof. Dr Anchit Gugnani: Director Amity Institute of Physiotherapy, Amity University Rajasthan
2	Healthcare	3D Gait Analysis in the Diagnosis of Ankle and Foot Conditions	Dr Jayanth Sampath: Senior Consultant - Pediatric Orthopedics, BIMRA
3	Healthcare	Orthopedic Solutions for Common Foot and Ankle Disorders	Dr Shekar Mudramaiah: Consultant Orthopaedic foot & ankle surgeon. Sanjay Gandhi institute of trauma & Orthopaedics, Sagar hospital
4	Healthcare	Plenary Session 2- Correction of Diabetic Foot Deformities	Dr Pradeep Raj: Assist. Professor & Incharge HOD, Dept of Plastic & Reconstructive Surgery, CDSIMER.
5	Healthcare	Assessment & Diagnosis of Diabetic Foot	Dr G Arun Maiya: Professor and Dean, Physiotherapy, MCHP, MAHE, Manipal Chief- Centre for Podiatry & Diabetic Foot Care and Research

SI No.	Background	Topic	Speaker
6	Engineering	AI Revolutionizing Healthcare: Precision, Accessibility, and Sustainability	Dr. Pradeep: Assistant Professor, Department of Computer Science & Engineering (Artificial Intelligence & machine Learning) DSU
7	Engineering	Motion Unit Sensors And Musculoskeletal modelling	Mr. Subramanyam Murumulla: Founder, nextQ Pvt Ltd, Bangalore
8	Healthcare	Developing and validation of smart foot wear for early screening and predicting of diabetic foot syndrome	Dr.Reshwanth Koduri: Founder director Footryx, IIT Hyderabad
9	Healthcare	Foot revive integrative platform: plantar fasciitis board	Dr. Nandini :Assist Professor & Program Co- Ordinator Amity Institute of Physiotherapy, Amity University Rajasthan
10	Healthcare	Role of physiotherapist in health literacy	Dr. Alakananda Banerjee: Founder & Chair person, Dharma foundation

DSU National Symposium- 2024

- On July 19th, 2024, the College of Physiotherapy released the symposium proceedings book during the inaugural function of the DSU National Symposium.
- Published by Informatics Publishers, each article in the book is assigned a DOI number.
- Additionally, the best-selected articles will be submitted to the Web of Science journal for further publication.



DSU National Symposium Workshop

SI.No	Topie	Speaker
1	Biomechanics of Diabetic Foot	Dr. Animesh Hazari: Assot, Professor, College of Health Sciences, Gulf Medical University, UAE
2	Surgical management of diabetic foot	Dr. Amit Jain: Founder- Modem Diabetic Foot Surgery Consultant & Head
3	Rehabilitation perspectives	Dr Arnn maiya : Professor and Dean, Physiotherapy, MCHP, MAHE, Manipal Chief- Centre for Podiatry & Diabetic Foot Care and Research
4	Offloading strategies in diabetic foot	Dr. Hrirshikesh: Founder and Director- Footryx Healthcare Pvt Ltd

Post Symposium Hands-on workshop

- The College of Physiotherapy held the DSU National Symposium on the third day postsymposium at the CD Sagar Auditorium.
- Dr. Hrishikesh conducted a detailed assessment of diabetic foot using a monofilament, tuning fork, and force plate.
- Following this, students were instructed on designing insoles for offloading strategies in diabetic foot management.





WORKSHOPS

Workshop on Wrist and Hand Assessment and Rehabilitation

- On 3rd October 2024, College of Physiotherapy conducted a CPE at College of Physiotherapy, Harohalli campus.
- The resource person for the event was Dr.Tejashree Dabholkar, PhD, MPT, FAIMER, Co-founder at Advanced Physiotherapy Multi-Specialty Setup of Rehabilitation, Pune
- The Chief-guest of the event was Dr. M N Kumar, Professor at the department of Orthopedics, CDSIMER



EXTENSION ACTIVITIES ORGANISED

Awareness Program on World Physiotherapy Day

On account of World Physiotherapy Day, College of Physiotherapy, DSU conducted an awareness program on "Low Back Pain" at selected health care centers across Bangalore and Kanakpura, which was engaging and well attended. Under the guidance of Dr. Gayathri & Dr. Vimarsha our IV BPT students prepared informative posters on low back pain and its prevention.



Move to Thrive: Preventing Musculoskeletal Disorders through Active Learning and Proper Ergonomics

- The College of Physiotherapy, Dayananda Sagar University, conducted an insightful awareness talk titled " Move to Thrive " on 13th December at Aquarelle Private Ltd.
- The participants were screened and assessed for flexibility and workspace ergonomics.
- Participants received personalized ergonomic advice and were introduced to effective chair exercises.
- The event conducted was a positive note with healthier takeaways for a healthier and more effective work life



Amplifying the Leadership of Persons with Disabilities

 College of Physiotherapy Conducted a camp on 17th December at SSK, Kanakapura. A total of 28 participants, including parents, teachers, and children, enjoyed getting engaged in activities like games, dance, and a fancy dress walk. Dr. Gayatri and Dr. Jagrruthi had shared an insightful talk on Empowering individuals with disabilities and the role of physiotherapy



Autism and ADHD Awareness Program

- An awareness program was conducted on 31-08-2024 at Pragathi
 Vidyanikethana School, Harohalli to educate school teachers about Autism
 and ADHD.
- The session covered the prevalence of these conditions, identification of signs and symptoms, effective classroom strategies like using visual schedules and pictures, the role of physiotherapy, and the importance of nutrition.
- The program aimed to equip teachers with practical tools to support students with autism and ADHD, resulting in increased awareness and confidence in managing these students in the classroom.
- · Resource persons: Dr. Sunjyoth H S, Dr. Jagrruthi & Dr. Pramod Kashyap C





The Active and Aware - Diabetes Physiotherapy Camp

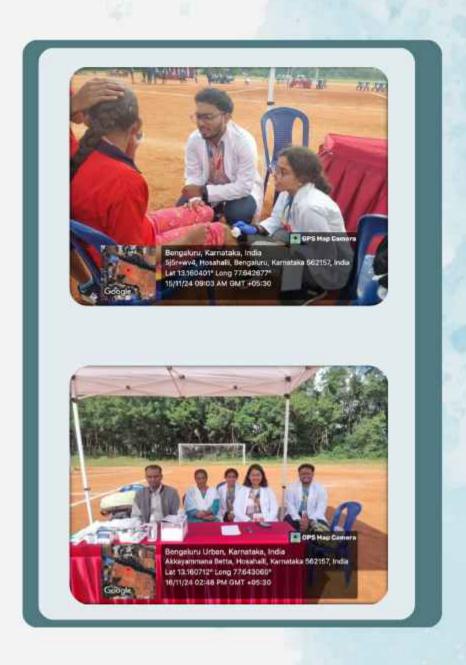
- College of Physiotherapy has successfully conducted a two-day camp combining community engagement and practical learning for students on the 25th & 26th of November 2024 at Hebidarametallu, Kanakpura Village.
- Pre-Camp Day: Students and PGs conducted social mapping, door-to-door announcements, and
 - awareness activities on early diabetes screening, fostering community interaction and learning about camp approaches.
- Camp Day: Over 75 villagers attended the camp, which featured free screenings, VibraSense testing for diabetic foot care, and educational sessions on diet, exercise, wound care,

and diabetes management. The camp provided a hands-on learning experience for students while creating a meaningful impact on the community, reflecting the success of collaborative efforts and planning.



Karnataka mini Olympic

 Karnataka Olympic Association has organized Karnataka Mini Olympics held from 14th to 20th of November 2024, it was an event organized to encourage young talents, focusing on children under 14 years of age. Six of our inters took part as on field physiotherapist for various sports in this event.



FACULTY AND STUDENT ACHIEVEMENTS

ALUMNI MEET 2024

 The College of Physiotherapy hosted an alumni meet on 20th July 2024, where former students from all previous batches reunited to share their experiences and memories at DSU. The event was a heartwarming gathering, celebrating the journey and achievements of the college's alumni.



DSU CRICKET TOURNAMENT

 College of Physiotherapy, DSU women's cricket team were runners- up in the inter- college DSU competition which was held on 24th October 2024 at Harohalli campus.



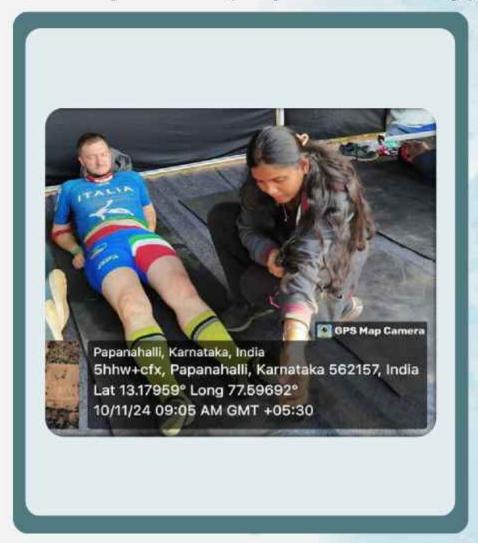
Internship Sensitization Programme - 2024-25

• College of Physiotherapy conducted a comprehensive internship sensitization program for our interns on November 12th and 13th. The two-day program aimed to familiarize interns with our institution's policies, procedures, and expectations along with soft skill training on certain important topics. The orientation program included informative sessions on:- Internship overview and rules & regulations - Evidence Based Practice in Physiotherapy - Documentation methods & Policies -Inter Personal Relationships-Ethics in patientcare. Our esteemed faculty members shared their valuable insights and expertise, providing interns with a thorough understanding of what to expect during their internship. The program concluded with an interactive Q&A session



SPARTAN 5K OBSTACLE COURSE RUN

- The TVS Apache Spartan 5K Sprint was held in Bengaluru on November 10, 2024. Over 2,000 participants from 12 countries (USA, Italy, Philippines, etc.) featured 20 challenging obstacles across a 5K off-road trail. 20 postgraduate physiotherapists from the College of Physiotherapy, Dayananda Sagar University (DSU) participated as onfield Physios.
- Participation and Patient Volume:
 Team Composition: 15 postgraduates, 5 undergraduates led by Dr. Satvik
 Caseload: Over 400 patient visits (~20 per student on average)



Faculty and Students Achievements

- The College of Physiotherapy fashion team performed at E-Waste Collection Drive under the Generation GREEN Campaign, a transformative initiative by OPPO Mobiles India Pvt. Ltd. In collaboration with the All-India Council for Technical Education (AICTE), Ministry of Education, Government of India, and implemented by the IMIB Foundation.
- They used e-waste for their unique costumes.



KTPO MARATHON

- It was a proud moment for Copt. Ashutosh PT iter student won 3rd place in the Bangalore midnight marathon Held in KTPO Whitefield.
- 5km Timed run finished in 16.23 min and won 10k cash prize.



Research Publications

SI No	Title	Journal/ Year	Faculty name/ Indexing
	Impact of Aquatic Resistance Training and Boost Camp Training for Inter- Collegiate Athletes- 100 Meter Sprint	Journal of Advance Zoology	Dr. Sathya
2	Construction and Validation of Self-reporting Menstrual Disorder Screening Questionnaire in	Indian Journal of Obstetrics and Gynaecology Research	Dr. Shrihari, Dr. Bhavani
3	Examining the Relationship between Cyber Sickness, Postural Instability and its Impact on Virtual Reality Experience	International Journal for Multidisciplinary Research	Dr Sunjyoth
4	Risk of Musculoskeletal Injuries Among Gymmers due to High- intensity Interval Training – An Observatyional Study	Pramana Research Journal	Dr Swapna Rout
5	Prevalence of Piriformis Tightness among IT Professionals	Journal of emerging technologies and innovative research	Dr. Sanjyoth

Research Publications

Sl No	Title	Journal/ Year	Faculty name/ Indexing
6	Effect of kinematic chain exercise protocol on throwing performance and shoulder muscle strength among university shot put athletes- a randomized controlled trial	Journal of clinical medicine	Dr. Vinod
7	Effects of early age of menarche on the health of Indian midle-aged women: A survey study	Indian journal of obstetrics and gynaecology research	Dr. Shrihari, Dr. Bhavani

Research Publications

SI No	Title	Journal	Faculty name
8	Optimizing Recovery: Comprehensive Physiotherapy Management Following Ward Mayo's Repair And Hernioplasty	International Journal of Scientific Research	Dr. Feba Roy
9	Exploring Exercise Patterns And The Challenges Hindering Physical Activity Among Burn Survivors	International Journal of Scientific Research	Dr . Janani
10	Effect Of Kinematic Chain Exercise Protocol On Throwing Performance And Shoulder Muscle Strength Among University Short-put Athletes- A Randomized Controlled Trial	Journal of Clinical Medicine	Dr. Vinod Kumar
11	Prevalence of De Quervain's Tenosynovitis Among Physical Therapists: A Cross-Sectional Study	Journal of Ecophysiology and Occupational Health	Dr. Feba Roy

sl No	Title	Journal	Faculty name
11	Effect of body height on aerobic capacity of young adults	Journal of clinical and diagnostic research	Dr. Kanchan
12	Comparing the Effectiveness of Wobble Board and Uniaxial Rocker Board Balance Training in Functional Recovery of Patients with Sub- Acute Grade 2 Inversion Ankle Sprain"	Journal of Ecophysiology and Occupational Healthy	Dr Vinod Kumar
13	Prevalence of flatfeet and it's correlation with core muscle weakness among physiotherapy students attending clinical postings.	Journal of Ecophysiology and Occupational Healthy	Dr Kanchan
14	Prevalence of Hypermobility and Functional Hand Imapairment due to habitual knuckle cracking among college going students in Bangalore	Journal of Science and Medicine in Sport	Dr Kanchan
15	A Study on Effectiveness of Plyometric Training Vs Conventional Exercises Among Recreational Fast Bowlers For Enhancing Bowling Speed and Strength - A Comparative Study	Journal of Natural Remedies	Dr. Vinod Kumar

Sl No	Title	Journal	Faculty name
16	Prevalence of Hyperextension of Thumb and Reduced Hand Grip among Manual Therapists	Journal of Ecophysiology and Occupational Healthy	Dr. Vinod Kumar
17	Correlation of Navicular Drop with A-angle in Flat Foot among Nursing Professionals – A Cross-Sectional Study	Journal of Ecophysiology and Occupational Healthy	Dr Swapna
18	Analysing The Functional Impairments Among Postpartum Women After Childbirth by Using the Barkin Index Maternal Functioning Assessment Scale	SN Comprehensive Clinical Medicine	Dr Janani
19	Short Term Effects of Prehabilitation On Functional Outcome in Lower Extremity Surgeries	Geriatric Orthopaedic Surgery & Rehabilitation. PubMed Central	Dr Janani
20	Prevenance of shoulder pain in overhead occupational workers associated with impingement syndrome	Journal of Ecophysiology and Occupational Healthy	Dr. Jagrruti

Sl.no	Title	Journal	Faculty Name
21	Effect of 6-week dynamic neuromuscular stabilization training on pain, disability and quality of life in patients with mechanical low back pain: a randomized controlled trial	Journal of Ecophysiology and occupational health	Dr. Sathya Dr. Feba
22	Prevalence of de quervains tenosynovitis among push cart vendors	Journal of Ecophysiology and occupational health	Dr. Gayathri
23	Effectiveness of Southeast Missouri (SEMO) Agility Drill along with Ladder Drill Exercises versus Zig-Zag Drill along with Ladder Drill Exercises on Agility in Recreational Badminton Players: A Randomized Controlled Trial	Journal of Ecophysiology and occupational health	Dr. Sathya
24	A correlational study to assess the effect of menstrual symptoms on work performance in clinical physiotherapists.	Journal of Ecophysiology and occupational health	Dr. Shrihari Dr. Feba

SUBMITTED BOOKS

Sl No	Title Of Book Chapter	Name Of The Book And Publisher	Faculty name
1	Balance Assessment	Essentials Of Physical And Functional Diagnosis	Dr.Sathya Dr.Feba Roy
2	Co-ordination Assessment	Motion Unit Sensors And Musculoskeletal modelling	Dr. Sathya
3	1.Brief pain inventory 2.Back pain functional scale 3. Neuropathy disability score	Developing and validation of smart foot wear for early screening and predicting of diabetic foot syndrome	
4	Dynamic healing: Integrating Physiotherapy post Appendectomy	Intech Open Ltd. UK	Dr. Feba Roy

Contributions by Faculty

Sl. no	Faculty Name	Course/workshop/seminar/webinar/FDP
1.	Dr.Vinod Kumar	1st prize in scientific paper presentation at BPN Conference
2.	Dr. Srihari Sharma	Guest lecturer at SVYASA university on the account of World Physiotherapy Day
3.	Dr. Pramod Kashyap	Served as a Physiotherapist and Assistant classifier in the Wheelchair Rugby Selection Trials organized by the "Divyang Para Wheelchair Rugby Association", in association with the "Wheelchair Rugby Federation of India" and the "Paralympic Committee of India".
4.	Dr. Sai Bhavani	NEP 2020 Orientation and sensitization program under Malavia Mission- Teachers training program of University Grants Commission.
5.	Dr. Sai Bhavani	Participated in Webinar- "FutureED with Al" by IIT Mandi.
6.	Dr. Sunjyoth	Completed Swayam course on Health promotion Completed 2nd RAC
7.	Dr. Swapna	Completed Swayam course on Scientific writing in health research Completed 2nd RAC

SEED MONEY PRESENTATION

Sl. no	Faculty Name	Title
1.	Dr. Srihari Sharma K N	Assessment of healthcare provider knowledge about the benefits of cardiac rehabilitation programs.
2.	Dr. Vinod Kumar K C	Effect of Lower body, Core and Upper body kinematic chain exercise protocol on throwing performance in College shotput athletes.
3.	Dr. Sunjyoth H S	Comparison of proprioceptive training versus strength training on balance in patients with diabetic peripheral neuropathy

"DOCTORS ARE THE GREAT COMFORTERS. THEY LISTEN. THEY FMPATHI7F. THEY HEAL-SOMETIMES IN WAYSBEYOND THE PHYSICAL"