

1ST EDITION
VOL 4

DAYANANDA SAGAR UNIVERSITY



**COLLEGE OF
PHYSIOTHERAPY**
SCHOOL OF HEALTH SCIENCES

THE PHYSIOWORKS

JANUARY-JUNE 2025



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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 seeing this newsletter 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 UNIVESITY 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 by this unique opportunity for students to let them enjoy who they are, where they stand. I am happy that our students are gaining knowledge, skills and values to create a more and sustainable world. My best wishes for entire faculty and students. I hope this newsletter plays a pivotal role in continuing 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
Principal

FACULTY, COLLEGE OF PHYSIOTHERAPY-DSU



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Qualification: BPT



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Qualification: BPT

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MOU WITH OTHER INSTITUTIONS

CURRENTLY FUNCTIONING

S.NO.	MoU's
1	Dharma foundation –International Classification of Functioning, Disability and Health
2	Padukone-Draavid Centre
3	Samagra Shikshanana Karnataka
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

WORKSHOPS/SEMINARS

BASIC LIFE SUPPORT WORKSHOP

College of Physiotherapy conducted a basic life support workshop in collaboration with Jeevan raksha trust on February 19, 2025.

The workshop aimed to equip participants with essential life saving skills , including CPR, airway management and emergency response techniques.

Experienced trainers from Jeeva Raksha Trust provided hands on training ensuring a practical learning experience for students and faculty.



SEMINAR ON PARA-SPORTS: EMPOWERING ABILITIES

College of Physiotherapy organised a seminar on 27th February at the F-block auditorium pertaining to para-sports and aimed at creating awareness regarding the same amongst the students and faculty.

We also witnessed eminent speakers like :

1. Mr. Gopinath K - National and International para-athlete, gold and silver medalist in parabadminton, athletics and para-tennis.
2. Dr. (Maj) Ameya Kagali - Chief Team Physician in Paris Paralympics - 2024, Tokyo paraolympics 2020, Hangzhou Asian para games 2022; Consultant, Ramaiah memorial hospital and Karnataka State Cricket Association.
3. Dr. Rajesh Lamechwal - sports psychologist, expert in mental conditioning for para-athletes
4. Mr. Madesh Chandra - Founder - Parishrama Divyang Sports Academy



EXTENSION ACTIVITIES ORGANISED

FIELD VISIT TO MOBILITY INDIA

- UG and PG students from College of Physiotherapy, DSU visited Mobility India on 7th and 8th January ,2025.
- The aim of the visit is to enhance students knowledge on orthoses , prosthesis and recent advances in assisting technology and rehabilitation



SWATCHH BHARAT ABHIYAN(NSS ACTIVITY)

- As a part of Swachh Bharat Abhiyan, NSS activity was conducted at Urdu school, Kanakapura on 22nd January, 2025, where the following activities were conducted:
- A short film prepared by students of the College of Physiotherapy, DSU was played, which highlighted awareness about tree conservation, hygiene, safety, and pollution.
- Saplings plantation.
- A drawing competition was conducted for school children.
- As a part of this, the rally was conducted and 70 participants took part at DSU campus on 28th January, 2025, raising awareness through powerful slogans and placards, promoting cleanliness and a greener future.



ACTIVE AND AWARE - DIABETES PHYSIOTHERAPY CAMP

- College of physiotherapy, DSU conducted a diabetic physiotherapy camp on 11th January 2025 at Government Lower Primary school , Tamasandra , Kanakapura Taluk benefitting 80 patients with essential physiotherapy care and guidance.



GOOD WILL DRIVE - A STUDENT COUNCIL ACTIVITY

- Student council of the College of Physiotherapy marked the beginning of the New year with a meaningful and compassionate initiative, the goodwill gift drive aimed at bringing smiles to children at Amrutha Shishu Nivasa, Basavangudi, Bangalore, benefitting orphaned children aged 1 to 15 years.
- With Active participation and contribution from both students and staff, new stationery items like books, pens, pencil boxes, colours, etc were gifted to support the children's education and bring them joy.
- The event was a heartwarming success, reflecting the spirit of compassion and unity within the college community and setting a positive tone for the year ahead.



VISIT OF FOREIGN DELEGATES FROM KYUNGPOOK NATIONAL UNIVERSITY CHILGOK HOSPITAL AND INTHETECH

- The visit of foreign delegates from Kyungpook National University Chigok hospital and Inthetech on February 11, 2025, aimed at exploring collaborations in Physical Medicine and rehabilitation across education and patient care services.
- The delegation engaged in lab inspections, discussions on technology integration, and potential research collaborations, expressing keen interest in our facilities.



"SMALL PRECAUTION, BIG PROTECTION! PREVENT FILARIASIS"

ಚಿಕ್ಕ ಎಚ್ಚರಿಕೆ, ದೊಡ್ಡ ಸುರಕ್ಷತೆ! ಫೈಲೀರಿಯಾಸಿಸ್ ತಡೆಗಟ್ಟಿ

- As a part of the UBA and NSS initiative, the College of Physiotherapy, Dayananda Sagar University, conducted a door-to-door awareness program on filariasis/elephantiasis in Cheeluru, Kanakapura.
- Our students effectively educated villagers on its causes, symptoms, management, and preventive measures using placards and pamphlets in an impactful and engaging way.
- The lively skit performed by our students captured attention, making the event both informative and interesting.



BLOOD DONATION CAMP

- Around 30 College of Physiotherapy students stepped forward as volunteers and donors, embracing the noble cause of saving lives in Mega Blood Donation Camp at Dayananda Sagar University, organized by the department of student affairs in collaboration with LG Electronics.



GERIATIRC CAMP

- Dr.Sandhya and PG students from College of Physiotherapy have actively participated in comprehensive geriatric screening at Ashraya Seva Trust, Bengaluru, along with CDSIMER on 24th of April, 2025.
- As a part of screening, 10 residents were screened and treated.



AWARENESS CAMPAIGN ON TUBERCULOSIS

- The NSS committee of Dayananda Sagar University, in collaboration with the College of Physiotherapy conducted a door-to-door awareness campaign on Tuberculosis in Thokkasandra, Kanakapura.
- Volunteers interacted with the villagers, spreading awareness about Tuberculosis on 24th of April.
- Informative and visually engaging pamphlets, designed by the College of Physiotherapy, helped convey key messages.
- A brief survey was conducted, collecting essential details from the residents.



EDUCATIONAL VISIT TO MANIPAL UNIVERSITY

- On 16th May, 2025, the College of Physiotherapy, DSU organized an educational visit to Manipal University.
- Dr.Vinod, Dr.Sai Bhavani, Dr.Gayatri, and postgraduate students explored the advanced research laboratory, the Kasturba Hospital Facilities, and the detailed anatomy museum at Kasturba Medical College, Manipal.
- The visit enriched clinical knowledge and research insights, showcasing a dynamic learning experience beyond traditional classrooms.



AWARENESS CAMP ON PHYSIOTHERAPY IN WOMEN'S HEALTH AND THE IMPORTANCE OF ANTENATAL EDUCATION

- An awareness camp on women's health physiotherapy and the importance of antenatal education was conducted on 9th May, 2025 at the Primary Health Centre at Kotikoppa.
- Dr.Sachidanand, medical officer addressed the gathering.
- Postgraduate students from the College of Physiotherapy performed a skit highlighting key aspects of the topic.
- Interactive Q&A session was held before conducting the event. Participants shared positive feedback, making it a valuable experience and a meaningful community engagement effort.
- The program was co-ordinated by Dr.Sai Bhavani and Dr.Jagrruthi.



FACULTY AND STUDENTS ACHIEVEMENTS

STUDENT COUNCIL INVESTITURE CEREMONY

- College of Physiotherapy has conducted its Investiture Ceremony for the academic year 2024-2025 on 24th February
- The event marked the formal of appointment of student leaders, recognising their responsibility



AUDITIONS FOR EVENTS

- Student Council of College of Physiotherapy conducted an audition round for all the students on 22nd February for internal formation of dance team, fashion show team, Musical Band, Photography club, and Sport team for representing college in various college and university level.



DSU PHYSIOCUP 2025

- College of Physiotherapy, DSU proudly presents an exhilarating **Interuniversity Cricket Tournament** for both men and women.
- This grand sports event took place at the cricket stadium, DSU main campus, Harohalli, Kanakapura road on 28th and 29th of March 2025.
- We were honored to welcome Mr.Sathyannarayana, National Paralympic Coach, Paralympic Committee of India, as the chief guest for the event.
- We had 20 teams from various physiotherapy colleges across Bangalore.
- Our esteemed Guests of Honor included:
 - 1.Dr.Jaba Prabhu Abraham, Lead physiotherapist, Karnataka Ranji Team (KSCA)
 - 2.Mr.Gopinath K, International para athlete, Karnataka Rajyotsava Awardee.
 - 3.Mr. Madesh Chandra, international para-athlete and social worker.

PARENT- TEACHER MEETING

- The parent-teacher meeting for undergraduate students was held on 12th April, 2025 at the College of Physiotherapy, DSU.
- The meeting provided a platform for open communication between parents and faculty regarding the academic progress, attendance and overall development of students.



INTERNS SELECTED FOR PRESTIGIOUS PHYSIOTHERAPY ROLE AT MADRAS ENGINEER GROUP AND CENTRE

- Mr.Asutosh and Mr.Shriraj, our interns, have been selected to serve as physiotherapists for a brief period of time at Sports Rehab Centre, Depot Battalion, Madras Engineering Group.
- Their work and commitment at Kanteerava Stadium caught the attention of Brigadier and Lt. Gen. Col Rahul Sisodia, who offered them a chance to work at MEG.
- Both were selected for a prestigious internship opportunity with JSW, where they remarkably outperformed.



DSU WOMEN'S CRICKET TOURNAMENT VICTORY

- The women's cricket team from the College of Physiotherapy, DSU emerged as winner's in the DSU women's cricket tournament organized by the department of Physical Education on April 9th, 2025.
- The team showcased outstanding performance and team spirit, bringing pride to the College.



WOMENS CRICKET ACHIEVEMENT AT PARVA

- The women's cricket team from the college of physiotherapy – DSU , won the runner-up trophy at PARVA , hosted by the RV College of Physiotherapy.
- The team displayed excellent team work and sportsmanship throughout the tournament.



CULTURAL COMPETITION AT PARVA

- Ms.Aditi, MPT 2nd year, participated in a solo singing competition at the PARVA event held by RV College of Physiotherapy on 22.04.2025
- Students from College of Physiotherapy, DSU participated in a dance competition held at RV College of Physiotherapy as a part of PARVA on 23.04.2025



PHYSIOTHERAPY SUPPORT AT TCS WORLD 10K MARATHON

- The TCS world 10K marathon, held on 27th April 2025 at Field Marshal Sam Manekshaw Ground in Bengaluru, saw over 15000 participants, including elite athletes.
- Our 1st year PG students volunteered, offered injury treatment, pain management, DOMS relief, and assisted with warm-up and cool-down exercises, ensuring athletes remained active and pain-free.



STUDENT PARTICIPATION IN CONFERENCES AND WORKSHOPS

DATE	EVENT	STUDENTS
6th May 2025	Virtual conference frontiers in stroke and cerebrovascular disease - Lecture series	Mahima Deepthi Neeta Jyothi Pratheep Nirmala
15th May 2025	National symposium	

INTERNS ACHIEVEMENTS

- Mr.Ashutosh was appointed as the physiotherapist for the Indian Swimming Men's and Women's team at the World University Games 2025, which was held in Berlin, Germany, from 14th July to 25th July 2025.



Ms.Monika Ravikumar, intern completed her certification as a BPNI breastfeeding, infant and young child feeding counsellor at Rajiv Gandhi Government Women and Children hospital, Pondicherry from 19th to 25th May, 2025.



SYNAPSE OFF-STAGE EVENTS

- The Synapse off-stage event organised by the students council, **SANKALP**, was held on 19th, 26th, and 31st May, with the cultural, sports, literary, co-curricular, and discipline committees working together to create a vibrant and engaging experience.
- The activities fostered heated team spirit among the participants, and the announcement of scores added an extra spark to the excitement.



Canvas painting

Pencil sketching



Mehendi

ETHNIC DAY CELEBRATION

- On 16th May, DSU celebrated ethnic day, where students showcased their regional attire and enthusiastically participated in games and events.
- It was lively and colorful day , filled with cultural pride and a wonderful display of unity in diversity.



FAREWELL FOR OUTGOING BATCH

- The farewell event for outgoing interns and 2nd year MPT students was held on 24th May, 2025 at the HS building.
- The event was hosted by 4th year BPT and 1st year MPT students, the event embraced a masquerade theme.
- Students bid a warm and heartfelt goodbye, sharing memories and extending best wishes to the outgoing batch for their future endeavors.



STUDENT ACHIEVEMENTS

Sl. No	Event	Name	Position
1	Participated in Photography workshop conducted by school of engineering	Mr.Dharan -4th year BPT Ms. Saniba - 2nd year BPT	-
2	Taranga - group competition	College of Physiotherapy dance team- Synchro	1st prize
3	MANTHAN- poetry writing competition, Taranga	Mr.Samarth 3rd year BPT	1st prize
4	Invited as judge for the prelim round for the dance competition at Taranga event.	Ms.Rachana, BPT alumna	-

FACULTY PUBLICATION AND RESEARCH

Research Publications

SL NO	Title	Journal	Faculty Name
1.	Suspension Training : a Viable Resistance Training Mode for Increasing Muscular Fitness in Adults a Scoping Review	Journal of Chemical Health Risks	Dr. Srihari Sharma (PT)
2.	Prevalence of Hyperextension of the Thumb and Reduced Handgrip among Manual Therapists.	Journal of Ecophysiology and Occupational health	Dr Vinod (PT)
3.	Prevalence of Shoulder Pain in Overhead Occupation Workers Associated with Impingement Syndrome	Journal of Ecophysiology and Occupational Health	Dr Jagrruthi (PT)
4.	Early Childhood Assessment Tool for Children with Developmental and Intellectual Concerns : An Individual Care Plan (ICP) based on International Classification of Functioning (ICF)	Copyright	Dr Gayathri (PT)

Sl. No	Title	Journal	Faculty Name
5	Clinical Validation of a Novel Mobile Application Tool-Posture Screen to Assess Posture in Normal Pregnant Women in Comparison with Traditional Plumb Line Method	Bulletin Faculty of Physical Therapy - Springer Nature	Dr. Sai Bhavani
6	Physiotherapy Treatment Strategies in Axonal type of Charcot-Marie-Tooth Disease: A case Report	Journal of Health and Allied Sciences (JHAS) NU	Dr. Aditi Bhat
7	Prevalence of activity limitation due to work- related musculoskeletal disorders in long-standing station worker	International journal of Research in Medical Sciences.	Dr. Gayathri
8	Comparing the Effectiveness of Wobble Board and Uniaxial Rocker Board Balance Training in Functional Recovery of Subjects with Sub- Acute Grade 2 Inversion Ankle Sprain	Journal of Ecophysiology and Occupational Health	Dr Vinod

Sl.no	Title	Journal	Faculty name
9	Hyperextension of the Thumb: Prevalence and its Impact on Grip Strength in Manual Therapy Practitioners	Journal of Ecophysiology and Occupational Health	Dr. Vinod
10	BOOK CHAPTER : Effects of Retro-Walking Training on Kinesiophobia and Cognition in Geriatric Population – A Quasi-Experimental Study	Bhumi Publishers	Dr. Sathya & Dr. Feba

Sl.no	Title	Journal Name	Faculty Name
11	Prevalence of Adolescent Idiopathic Scoliosis among School Going Girls in Bangalore Journal	International Journal of Multidisciplinary Research	Dr. Kanchan Sugandhi
12	Book Chapter- Prevalence of Depression, Anxiety and Stress among Physiotherapy Students during Clinical Postings, post COVID-19.	Trends in Pharmaceutical and Health Sciences- Book	Dr. Kanchan Sugandhi

Sl. No	Title	Journal	Faculty Name
13	Chair Height Chronicles: Unveiling The Tightness Of The Hamstring- An Observation Study.	Journal of Ecophysiology and Occupational Therapy	Dr Feba Roy
14	Menstrual Migraine Scale	Copyright	Dr Srihari Sharma K N Dr Feba Roy

Sl. No	Title	Journal	Faculty Name
15	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 Therapy	Dr. Sathya Guruprasad Dr Feba Roy
16	Comparison of Instrument-Assisted Soft Tissue Mobilization and Myofascial Decompression (Cupping Therapy) on Sprint Speed and Flexibility in Fast Bowlers with Tight Hamstrings.	Journal of Ecophysiology and Occupational Therapy	Dr. Sathya Guruprasad Dr Feba Roy
17	Comparison of Instrument-Assisted Soft Tissue Mobilization and Myofascial Decompression (Cupping Therapy) on Sprint Speed and Flexibility in Fast Bowlers with Tight Hamstrings.	Journal of Health and Allied Sciences.	Dr. Vinod Kumr KC

Sl. NO	Title	Journal	Faculty Name
18	Questionnaire to evaluate the knowledge of ASHA workers on prenatal and postnatal care.	Copyright	Dr Gayathri
19	Association Between Camera Weight and Neck Pain Amongst Wedding Photographers in Bengaluru - A Cross-Sectional Study	Journal of Ecophysiology and Occupational Therapy	Dr. Vimarsha
20	Prevalence of Shoulder Pain in Overhead Occupation Workers Associated with Impingement Syndrome.	Journal of Ecophysiology and Occupational Therapy	Dr. Jagrruthi

CONTRIBUTIONS BY FACULTY MEMBERS

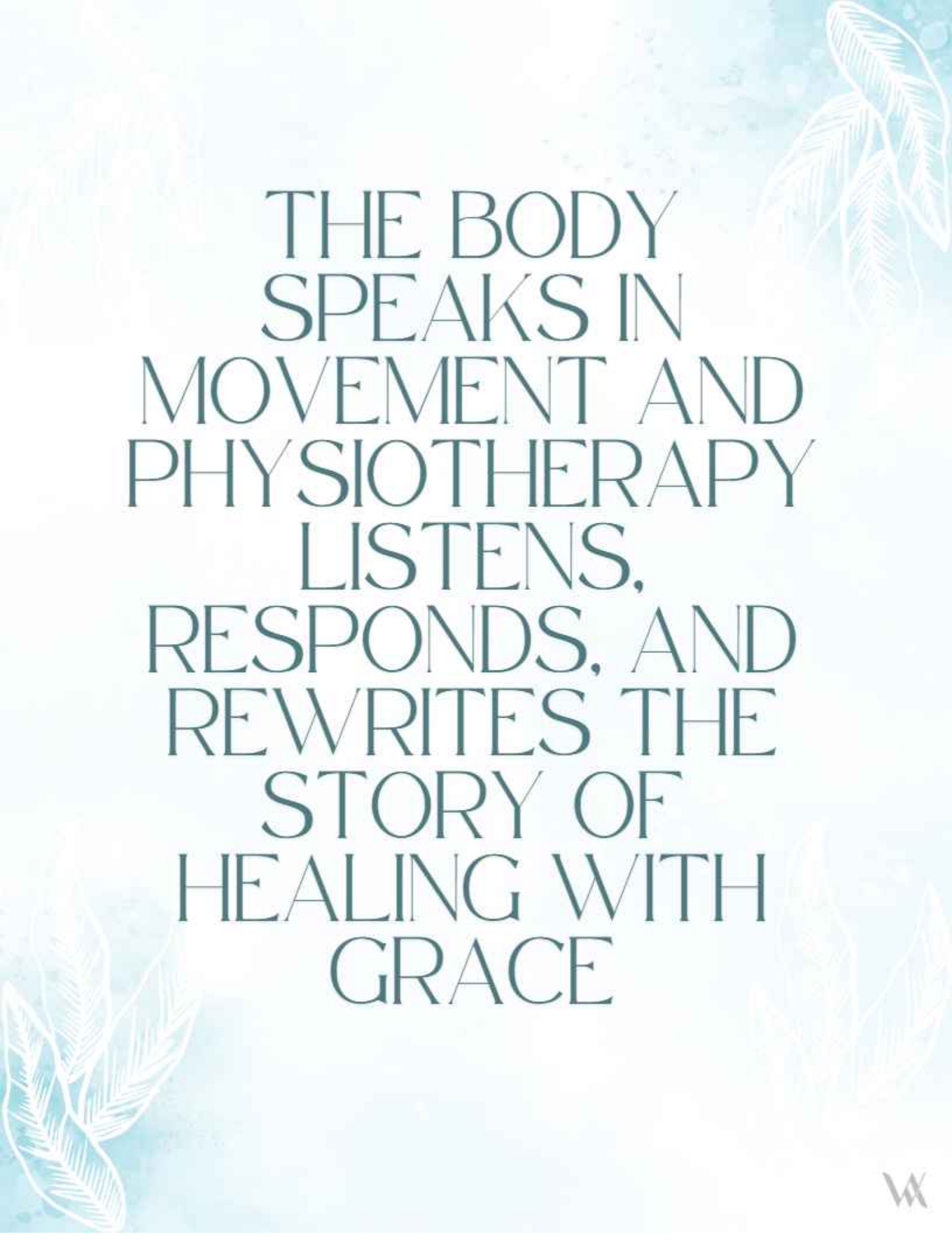
Faculty Name	EVENT	DATE AND PLACE
Dr.Jagrruthi along with 10 PG students	Annual CME on onco-rehabilitation	20 and 21st January, TATA Memorial Hospital, Mumbai
DrAditi bhatt	Cleared PhD entrance exam	
Dr.Vinod Kumar	Speaker in AHSCON conference	17th Jan, at Bengaluru
Dr.Vinod Kumar	Resource person at Drug Abuse Awareness Program organised by Ramanagaram District Police Department and rural college, Kanakapura	8th Feb, 2025 at Rural college, Kanakapura.
Dr.Kanchan Sugandhi and Dr.Anitha M	AI for researchers workshop at Koverge, 2025	22nd March, 2025 at Jain,Deemed to be University

Faculty Name	Role	Event	Date & Place
Dr Srihari Sharma	Speaker for Higher Education- What next after BPT.	5th Career Conclave at RV College of physiotherapy	4th April 25 RV College of Physiotherapy
Dr Feba Roy	Completed NPTEL Swayam course	Maternal Infant Young Child - IIT Bombay	26th April 2025, Bengaluru
Dr Vinod Kumar KC	Resource person- Innovative training with Blood flow restriction	Webinar	19th April 2025, St Johns Medical C. college Hospital
Dr Kanchan & Dr Anitha M	Attended 5 day virtual national level FDP	On " Advancing academic excellence through research IP, mental health and commercialization"	by Vels university May 5th to 9th 2025
Dr Feba Roy	Completed NPTEL Swayam course	Exercise and Sports Biomechanics- IIT Kharagpur	4th MAY 2025, Bengaluru
Dr Olivia	Attended CPE at NIMHANS	Topic "Myopathies Unraveled: A Multidisciplinary Approach to Diagnosis & Rehabilitation, developed by NIMHANS	17th May, NIMHANS

Faculty Name	Role	Event	Date
Dr Gayathri	Cleared PhD course work	2 background paper (cbr & cardio fitness) 1 research methodology	7th May, DSU
Dr Anitha M	Attended	SRM In:ternational Hand conclave 2025	29th & 30th organised by SRM college of physiotherapy Chennai

FACULTY CONTRIBUTIONS AT KARNATAKA PHYSIOCON 2K25

FACULTY NAME	ROLE	DATE AND PLACE
Dr.Sathya Guruprasad	Chairperson for scientific talk	26th April, 2025
Dr.Vinod Kumar KC	Resource person for scientific talk	26th April, 2025
Dr.Sathya Guruprasad	Resourcperson for preconference workshop titled "Integrated approach for performance optimization and injury prevention in overhead athletes".	24th April, 2025
Dr.Vinod Kumar KC	Resource person for preconference workshop- Kinesio Tapping workshop	22nd and 23rd April 2025, at Prudence college of physiotherapy
Dr.Srihari Sharma	Chairperson for scientific talk	26th April 2025
Dr.Aditi Dr.Sandhya Dr.Feba	Judges for Scientific paper presentation- PG category	19-21st April, 2025



THE BODY
SPEAKS IN
MOVEMENT AND
PHYSIOTHERAPY
LISTENS,
RESPONDS, AND
REWRITES THE
STORY OF
HEALING WITH
GRACE