

**1ST EDITION
2023**

**JANUARY-JUNE
2023**

VOL.02

THE PHYSIOWORKS



Bengaluru, KA, India
1st Main Road, Kumaraswamy Layout, Bengaluru,
560111, KA, India
Lat 12°54'26.1774"N, Long 77°33'58.3169"E
07/07/2023 11:12 AM GMT+05:30



A COPT NEWSLETTER

CHIEF PATRONS

Dr D. Hemachandra Sagar
Chairman – MGVPT and
Chancellor – DSU

Dr. D. Premachandra Sagar
Vice Chairman - MGVPT
Pro Chancellor - DSU

PATRONS

Sri Galiswamy
Secretary-MGVPT
Ms Tintisha Sagar
Joint Secretary-MGVPT
Mr Rohan P Sagar
Joint secretary-MGVPT

Ms Natasha Sagar
Joint Secretary-MGVPT
Mr Nishan H Sagar
Joint Secretary-MGVPT

EDITORIAL BOARD

Dr. Sai Bhavani
Editor-in-chief
Assistant Professor

Dr. Feba Roy
Executive Editor
Assistant Professor

Mr. Shoaib
Secretary
MPT 1st Year

Mr. Dheerav
Secretary
BPT 4th Year

Ms. Shraddha
Joint Secretary
BPT 4th Year

Ms. Shweta
Student Editor
MPT 2nd Year

Mr. Waleed
Student Editor
BPT 3rd Year

Ms. Amritha
Student Editor
BPT 3rd Year

Ms. Smriti
Student Editor
BPT 3rd Year

Ms. Ashwini
Student Editor
BPT 2nd Year

Ms. Khushi
Student Editor
BPT 2nd Year

MESSAGE

VICE CHANCELLOR

I appreciate the efforts of the students and staff of College of Physiotherapy, DSU for publishing the Volume-2, first edition of the bi-annual newsletter PHYSIOWORKS. Newsletter, is a documented booklet of information about the institution to all stakeholders. DSU is adopting a competency-centered approach where in learning can be personalised to focus on the competency of students. This newsletter exhibits these skills

– BEST WISHES



Dr. K N B Murthy



Dr. Puttamadappa C

REGISTRAR

I heartily congratulate the students and faculty members of DAYANANDA SAGAR UNIVERSITY- COLLEGE OF PHYSIOTHERAPY on publishing this NEWSLETTER-PHYSIOWORKS Volume-2, First 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.

BEST WISHES

DEAN

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.

Appreciating the efforts for publishing Volume-2, First edition of bi-annual newsletter PHYSIOWORKS



Dr. Pushpa Sarkar



Dr. Sathya Guruprasad

PRINCIPAL AND CHAIRMAN, EDITORIAL BOARD

I am happy that DAYANANDA SAGAR UNIVERSITY, COLLEGE OF PHYSIOTHERAPY is publishing its Volume 2, First Edition 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 endeavours.

FACULTY, COLLEGE OF PHYSIOTHERAPY - DSU



Dr. Sathya Guruprasad
Principal and Professor

Dr. Vinod Kumar K C
Associate Professor

Dr. Sunjyoth H S
Assistant Professor

Dr. Humair Ahmed B M
Assistant Professor

Dr. Bhaswathi Baishya
Assistant Professor

Dr. Kanchan P Sugandhi
Assistant Professor

Dr. Feba Roy
Assistant Professor

Dr. Sahith Eranyakula
Assistant Professor

Dr Shivkumar Yadav
Tutor

Dr. Nitika Momen
Tutor

Dr. Srihari Sharma K N
Associate Professor

Dr. Suchetha P S
Associate Professor

Dr. Radhika Chintamani
Assistant Professor

Dr. Swapna Rout
Assistant Professor

Dr. Gayathri Poojary
Assistant Professor

Dr. Sai Bhavani
Assistant Professor

Dr. Aparna Jha
Assistant Professor

Dr. Janani A
Assistant Professor

Dr. Apoorva D J
Tutor

EDITORIAL COMMITTEE, COPT- DSU



Dr Sai Bhavani



Dr Feba Roy

3



Ms. Shweta



Mr. Shoaib



Mr. Dheerav



Ms. Shraddha



Mr. Waleed



Ms. Smriti



Ms. Amritha



Ms. Ashwini



Ms. Khushi

ADMINISTRATIVE STAFF OF DSU



Mrs Anitha



Mrs Rajeshwari

ASSISTANT LIBRARIAN, COPT- DSU



Ms Megha

CONTENTS

- ❖ **CONFERENCE PHYSIOCON - 2023**
- ❖ **MOU with other institutions**
- ❖ **Webinar/Seminar/CME – organized/attended by Faculty**
- ❖ **Extension activities organized**
- ❖ **Faculty and Student's achievement**
- ❖ **Academic and Administrative progress**
- ❖ **Faculty invited as resource person / Guest Lecturers**
- ❖ **Faculty Publication and Research**

CONFERENCE

The one-day National Physiotherapy Conference "DSU PHYSIOCON 2023" was held on 3rd March at Dr. Premachandra Sagar Auditorium, KS Layout. The theme of this conference was Research, Reinvention & Rehabilitation. The conference was witnessed by 746 delegates including 664 students & 75 faculties from 23 colleges from across the state and outside;



practicing Physiotherapists and health care professionals from the industry, who came together to discuss the latest research, best practices, and emerging trends in the field of physiotherapy and rehabilitation.

Prof. Dr. Dhanesh Kumar K U, Principal. NITTE Institute of Physiotherapy (NITTE Deemed to be University), Mangalore was the chief guest for the Inaugural function. Dr. Pushpa Sarkar, Dean School of Health Sciences, DSU & Mr. Abhishek Pal, National record-holder in athletics were the Guests of Honour for the event. The conference souvenir was released by the dignitaries on this occasion.

The conference featured several keynote speakers, including Dr. Pramod S Chinder, Orthopedic Oncologist; Dr. Arun Maiya, Dean of Manipal College of Health Professions, MAHE; Dr. Savitha Ravindra, Dean, Ramaiah College of Physiotherapy; Dr. Pranathi, Department of OBG, CDSIMER; and Dr. Shagufta, Women's health Physiotherapist who shared their insights and expertise on various topics related to physiotherapy as part of the plenary sessions.

In addition, the conference included a range of scientific sessions covering oral presentations from 9 faculty, 16 PG and 9 UG students, 109 poster presentation (85 UGs & 24 PGs). This was followed by a brainstorming quiz where student delegates representing 14 colleges actively participated in expanding their horizon. The conference also featured an exhibition area where several vendors showcased their latest products and services related to physiotherapy and rehabilitation. In association with DERBI, the College of Physiotherapy had invited 9 start-up companies who displayed their rehabilitation innovations before the delegates. The conference served as a forum for a panel discussion on the topic "Documentation and digital health record in Physiotherapy practice" by representatives from all sides of the knowledge triangle to interact & build a bridge. Dr Narayanappa , Former Director of Dayananda Sagar College of Physiotherapy was felicitated in the Valedictory Function



PRECONFERENCE WORKSHOPS

The Preconference workshops are conducted on the previous day of the conference with themes “Fitness assessment and role of Swiss Ball exercises in Sports injury Rehabilitation”, Basics of application of Bobath concept in assessment and treatment of neurological conditions” and “Prenatal care and Birth Plan”

The speakers were Dr Rakesh Krishna, Dr Bala Krishnan S and Dr Shagufta Parveen respectively. Mr Ravi, our Alumni along with Dr

part of Pre-conference work

Dayananda Sagar University
DSU PHYSIOCON 2023
PRE CONFERENCE WORKSHOP

Dr. Balakrishnan S
Chief Physiotherapist
VESOMA
Padakone Dravid - Center for Sports Excellence
Yelahanka Bengaluru - 562157

TOPIC - FITNESS ASSESSMENT AND ROLE OF SWISS BALL EXERCISES IN SPORTS INJURY REHABILITATION
2nd March 2023

Venue - CD Sagar Auditorium - DSU
[Building Number 11]
Dayanand Sagar University
Kumaraswamy Layout
Bengaluru - 560111

REPORTING:
At 8:00 Am
CD Sagar Auditorium

REGISTRATION FEES PRE CONFERENCE
₹ 1700/-
Students and Professionals

Eligibility- BPT - 3rd and 4th Year, MPT 3rd and 2nd Years, Interns, PhD Scholars, Academicians & Clinicians

SCAN FOR PRE-CONFERENCE WORKSHOP REGISTRATION AND PAYMENT

FOR QUERIES CONTACT: Dr. Swapna +91 9861463371

COLLEGE OF PHYSIOTHERAPY
DAYANANDA SAGAR UNIVERSITY

DSU PHYSIOCON 2023
PRE CONFERENCE WORKSHOP

Dr. RAKESH KRISHNA
ASSOCIATE PROFESSOR,
NITTE INSTITUTE OF PHYSIOTHERAPY
(NITTE DEEMED TO BE UNIVERSITY) MANGALORE
CERTIFIED BOBATH PRACTITIONER
CERTIFIED SENSORY INTEGRATION THERAPIST

TOPIC-BASICS OF APPLICATION OF BOBATH CONCEPT IN ASSESSMENT AND TREATMENT OF NEUROLOGICAL CONDITIONS

Eligibility- BPT (4th years & Interns), MPT's, PG's, PhD scholars, Academicians & Clinicians

VENUE- CD SAGAR AUDITORIUM, DSU, KS LAYOUT (BUILDING NO- 11)

DATE- 02/03/2023 TIME- 8AM

REGISTRATION AMOUNT- 1700/-
coptnc3r@dsu.edu.in

FOR QUERIES CONTACT:
DR. HUMAIR AHMED: +91 8105318383

SCAN FOR REGISTRATION & PAYMENT

COLLEGE OF PHYSIOTHERAPY
DAYANANDA SAGAR UNIVERSITY

DSU PHYSIOCON 2023
PRE CONFERENCE WORKSHOP

DR. SHAGUFTA PARVEEN
CO-FOUNDER
THE BIRTH HOME MIDWIFERY CARE & BIRTH CENTER,
DIRECTOR & FOUNDER HERWELLNESS INDIA'S BEST
MATERNITY SERVICES PROVIDER CHAIR DIRECTOR,
WOMEN'S HEALTH
INTERNATIONAL HEALTH FITNESS ASSOCIATION
INFA FACULTY OF THE INTERNATIONAL WOMEN'S HEALTH
REHABILITATION TRAINING & CERTIFICATION
INFA CHILD BIRTH TRAINING PROGRAM

TOPIC: PRENATAL CARE AND BIRTH PLAN

Eligibility- BPT (3rd year, 4th year, Interns), MPT's, PhD scholars, Academicians & Clinicians

VENUE- CD SAGAR AUDITORIUM, DSU, KS LAYOUT, (BUILDING NO- 10)

DATE- 2ND MARCH, 2023

TIME - 8AM

REGISTRATION AMOUNT - 1700/-
coptnc3r@dsu.edu.in

SCAN FOR REGISTRATION & PAYMENT

FOR QUERIES CONTACT: DR. FEBA ROY: +919071063739

MEMORANDUM OF UNDERSTANDING

Current MoU's

A total of 9 activities has been conducted in association with below mentioned MoU's

Sl.no	MoUs'
1.	DERBI foundation for research collaboration
2.	Abalashrama for clinical collaboration
3.	HEART Health technologies private limited for research collaboration
4.	Bangalore Institute of Movement Research & Analysis for knowledge sharing & research collaboration
5.	Manonandana for clinical collaboration
6.	BBMP Maternity Hospital, N R Colony for clinical collaboration
7.	Padukone-Draavid Centre for Sports Excellence
8.	Exercise Testing & prescription INDIA for skill enhancement

WEBINAR/SEMINAR/ CME- ORGANIZED

❖ PILATES WORKSHOP

Basic Pilates Certification a skill enhancement course as a part of the value-added course for UGs & PGs was organized from 14/01/2023 to 19/02/2023. The classes were conducted in a hybrid mode. Dr. Chandramohan R (PT), founder of The Exercise Testing and Prescription Organization introduced the resource person Dr. P Rupesh (PT), Pilates Instructor at PEAK Health Studio during.

The workshop witnessed 21 participants including 9 UG students, 8 PG students and two other participants from outside DSU attended the workshop. We were honored to have an International participant Mrs.Jeyanthi Ganesan (Clinical Physiotherapist, Physiotherapy clinic, Al jabriya, Kuwait.) and a national participant from West Bengal Ms.Tanu Singh (Senior Physiotherapist, Ruby General Hospital) among us.



❖ BASIC CARE AND LIFE SUPPORT

College of Physiotherapy organized a Basic care life support program on 19 -01-2023 & 20-01-2023 from the Jeeva Raksha trust associated with the Rajiv Gandhi University. Basic care life support for health care professionals trained the participants to promptly recognize several life-threatening emergencies, give quality CPR, deliver appropriate compression, relieve choking and provide early use of an AED. The faculty and students gained good insights from the workshop.



❖ RESEARCH PROPOSAL WRITING WORKSHOP

College of Physiotherapy organized an exclusive workshop on research writing on 9th & 20th February at CD Sagar, auditorium. The workshop was attended by various colleges in & around Bangalore. “The Physio works”, A 2nd Edition COPT



Newsletter from June'2022 to December'2022 was released during the event by dignitaries on Dias. A total of 170 participants in the workshop from College of Physiotherapy, Dayananda Sagar University, Narayana Hrudayala, RV College of Physiotherapy, Garden city University, College of Nursing Sciences, Dayananda Sagar University, College of Pharmaceutical Sciences, Dayananda Sagar University.

The objectives of the workshop are

- To generate awareness of clinical research as a specialty and of its scope, intricacies, and potential in India
- To establish a forum of exchange of learning and imparting training
- To provide various methods and guidelines for conducting clinical research
- To enhance research in young minds which helps in creative and innovative thoughts that can be used in their core area.
- To help overcome barriers during clinical exposure, conducting

research which further enhances good clinical practice among faculty and the students.

The guest speakers for the workshop were Dr Nalini G K , Professor and HOD Pharmacology, Sri Atal Bihari Vajpayee Medical College and Research Centre, Bangalore, Dr Sundar, HOD & Professor, Department of Community Medicine, CDSIMER, Dr Santhosh Yetnatti, Associate Professor, Department of Community medicine, CDSIMER, Dr Ravi D Mala, Associate Professor, Department of Pharmacology, CDSIMER, Dr Ganga Booriah, Professor, Statistics.



FACULTY DEVELOPMENT PROGRAMME

❖ INTRICACIES IN CURRICULUM DEVELOPMENT FOR HEALTH SCIENCE PROGRAMMES



The college of physiotherapy conducted a week-long FDP from 24th April to 29th April. The objective of this program was to enhance the skills, knowledge, principles and the practices of curriculum development, to engage the faculty members to engage in evidence-based curriculum design and development that aligns with learning outcomes and strategies of faculty members in various disciplines. A total of 22 participants had benefited from the program which included faculties from various college in Bangalore.

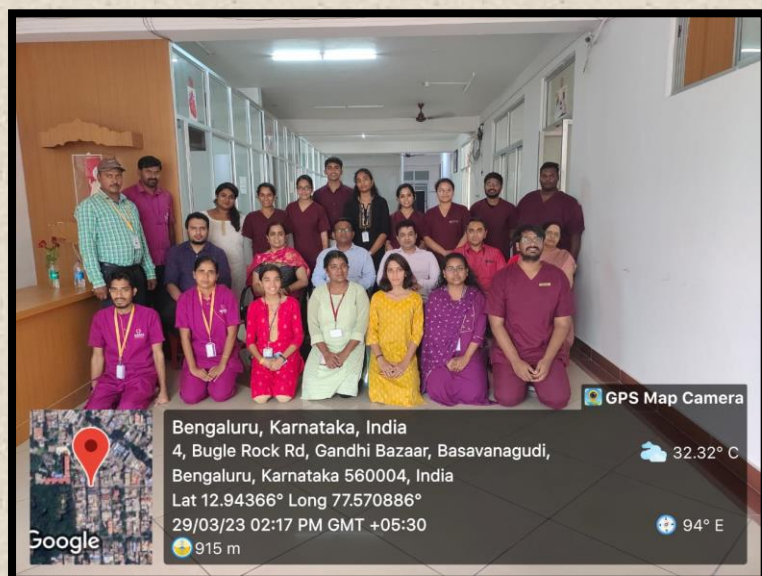


EXTENSION ACTIVITIES ORGANIZED

❖ FREE PHYSIOTHERAPY HEALTH CHECK-UP FOR WOMEN

On March 29th, 2023, a free physiotherapy health check-up was conducted specifically for women by college of physiotherapy, Dayananda Sagar University in Collaboration with Abalashrama, which was a charitable and welfare organization in Bangalore. The event was organized by College of Physiotherapy, DSU and aimed to promote awareness about the importance of physiotherapy for women's health.

This health camp was supported by Dr Sastry, Consultant Physician and specialized in Community Oncology.



❖ MR SURVEY

The post-graduate and undergraduate students from College of Physiotherapy, Dayananda Sagar University participated in the survey which aimed to assess the level of measles rubella vaccination coverage in the area and identify potential gaps in the immunization program. The survey was conducted in a door-to-door manner, covering 2000 houses in Yelachanahalli, Bangalore South.



❖ FIELD EXCURSION ON SERICULTURE: SUGGI FARMER FOR A DAY AND WOMEN HEALTH AWARENESS

Dayananda Sagar University in association with NSS organized a event for undergraduate students of school of Business and management and College of physiotherapy on 21st of February. 28 UG`s students from 4th year BPT were selected for the event as a part of Community based rehabilitation (Outreach program). The field visit was arranged at Keerenegere which is the one of the villages adopted by Dayananda Sagar University.



❖ IGNITE change- empowering a tobacco-free generation on the occasion of world no tobacco day.

An event was organised by College of Physiotherapy, Dayananda Sagar University on the occasion of “World No Tobacco Day” on 31st May 2023. The program aimed to raise awareness among future healthcare professionals about the detrimental effects of tobacco use. Additionally, the event featured a skit competition organized by the BPT II Year students.

There were 4 skit presentations by the different group of students, explaining influence towards tobacco consumption, effect of tobacco on health and quality of life and societal aspects of tobacco addiction in various real-life situations.



❖ PLASTIC FREE DRIVE

A plastic free drive was organized by the College of Physiotherapy, DSU at CDSIMER to promote a plastic free campus. The event was done as part of World environment day 2023 where the students of College of Physiotherapy have segregated single use plastic bottles and polyethylene bags which then were thrown away in the designated dustbins at CDSIMER. This was followed by inspection of the plants which were planted last year, all the plants were healthy and growing. An awareness talk was delivered to the students and everyone were actively involved by performing one-minute skits and on spot stage talks.



❖ INTERNATIONAL DAY OF YOGA CELEBRATION

The College of Physiotherapy, Dayananda Sagar University, celebrated the International Day of Yoga on June 21, 2023. The theme for the event was Yoga for Vasudeva Kutumbakam. The event took place at Campus 1, 94 participants got benefitted from the program

Mr. K. Y. Venkatesh, Indian para- athlete & recipient of Padmashree award- 2021 was the chief guest for the event. The celebration included a series of yoga demonstrations led by Dr. Srihari Sharma associate professor, College of physiotherapy and participants actively followed the instructions. It successfully promoted the holistic benefits of yoga, encouraging participants to incorporate this ancient practice into their daily lives.



ANNUAL DAY – SYNAPSE

Synapse 2023 was an evening filled with talent, unity & unforgettable memories. The event was organized by the student's council. The event had witnessed various event like fashion show, dance competition, singing etc. Our chief guest- Dr Nandan Kumar, chief physiotherapist, Rajshekar multispecialty hospital.

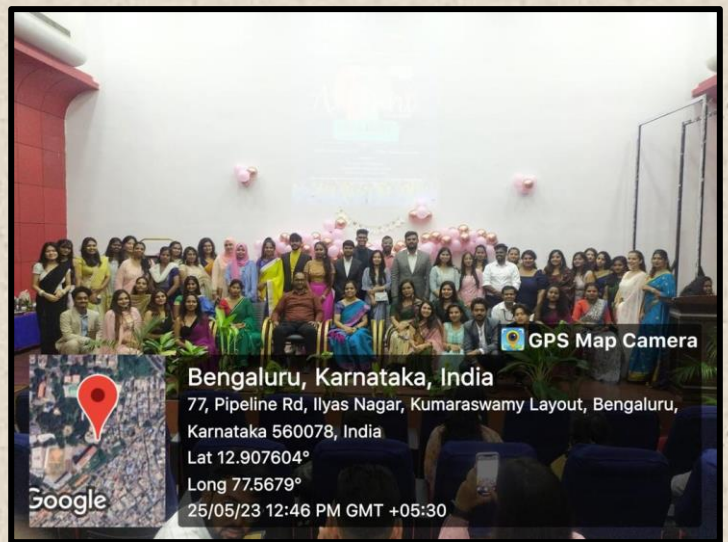


Dr Bhaswati Baishya gave the welcome speech where she welcomed all the dignitaries and the audience. Dr Sathya Guruprasad, Principal, COPT,DSU presented the Annual report for the present year which included students and staff achievements and work. Dr Sunjyoth H S chairperson of student council SANKALP spoke about the journey of student council at COPT and the student council logo “SANKALP” and the T-shirt of 4 houses - UTKARSH, AIKYAM, ABYUDAH and PRAVAH was released by the dignitaries. The event followed by Dr Puspha Sarakar address and then by Sri Galiswamy addressed the gathering. Mr Ranjan took the attention of the crowd by his speech and also with his movie dialogues



ALUMNI MEET- 2023-VIBE & REVIVE

College of Physiotherapy, Dayananda Sagar University organised Alumni meet for the previous batches of College of Physiotherapy. This event had brought together former students of the college to reconnect, reminisce, and foster a sense of college memories. The theme of event was Vibe and Revive, to commemorate mental awareness month. The event aimed to provide a platform for alumni to network, share experiences, and contribute of their alma mater



The Alumni Meet served as a platform for alumni to reconnect with old friends, expand their professional networks, and contribute to the growth and development of their alma mater. The event was successful in fostering a sense of community and camaraderie among the alumni, while also providing valuable insights and opportunities for personal and professional growth

The alumni meet witnessed students from batch of 2010 to 2022

FACULTY AND STUDENT ACHIEVEMENT

STUDENT ACHIEVEMENT

➤ Ashutosh 3rd year BPT, qualified for all India university championship, South west zone inter-university athletic championship which was at held on 1st & 12th January at Tamil Nadu physical education & sports university Chennai. Also, he was Qualified for Khelo India (16th rank overall India), held on 16th march at TNPESU ground, Chennai for athletic event.

➤ Our students have served as on-field physio for Challenger's trophy state-level volleyball championship held on 19th, 20th & 21st January at KRC stadium Jayanagar.



➤ Our students have served as on-field physio for Aerobic gymnastic National championship held from 29th to 31st march 2023, at Gopalan sports center, Hoodi.



Won 1st prize in face painting

Won 2nd prize Fashion show at
PES cultural fest



Won 1st Prize in fashion show at DSU
CULTURAL FEST

Won 1st Prize in RANGOLI
COMPETITION at DSU CULTURAL FEST





PRAGYA POKHAREL 2nd Year
MPT student was awarded
with gold medal for
academics during the
convocation

PRAJNA POONACHA 2nd Year MPT
student was awarded with silver
medal for academics during the
convocation.



MOUMITA DUTTA ROY 4th year BPT
student was awarded with gold
medal for academics during the
convocation.

FACULTY ACHIEVEMENTS

Dr. Swapna & Dr. Sunjyoth were the BCLs instructors at Jyothi Institute of Technology which was conducted on 30th march 2023.



Dr. Aparna Jha secured 2nd prize in scientific paper presentation held at Kruptacon international conference, Krupanidhi college.

Seed Money Grants:

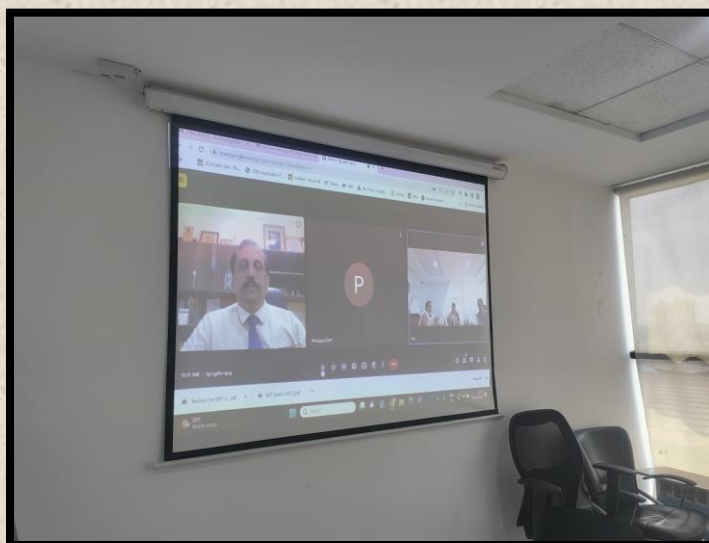
Dr. Srihari Sharma K N, Dr. Vinod Kumar K C & Dr. Sunjyoth H S received **seed money** for their research from the Dayananda Sagar University

Patents:

Dr Vinod Kumar K C and Dr Radhika Chintamani published 2 patents

ACADEMIC AND ADMINISTRATIVE PROGRESS

- ❖ AAA (University level) was conducted in May 2023.
- ❖ Dr Subramanya Katte and his team reviewed the academic activities and administration of the College of Physiotherapy, Dayananda Sagar University.
- ❖ External Auditing was held from June 5th-7th , 2023.
- ❖ The Board of Studies (BOS) was held on 16th June,2023



FACULTY INVITED AS RESOURCE PERSON

- Dr Sathya Guruprasad was Invited as Judge at RV College of Physiotherapy for poster presentation on the occasion of International Day of Women Health action.
- Dr. Feba & Dr. Sai Bhavani were the speakers at RV College of Physiotherapy for role of physiotherapy in women's health on the occasion of the International Day of Action for Women health.



- Dr. Vinod was invited as resource person at Acharya Institute of Physiotherapy for KINESIOTAPING WORKSHOP.



FACULTY PUBLICATIONS AND RESEARCH

- .Dr Sathya Guruprasad published a research article on **“Comparative Effect of Modified Constraint Induced Movement therapy, Proprioceptive Training and Task-oriented training on functions of upper extremity among stroke patients”** in Journal International Journal of Physiotherapy.
- Dr Vinod published a research article on **“Bell palsy Incidence in patients with Post-COVID: A Retrospective study”** in Journal International Journal of Nutrition, Pharmacology, Neurological Diseases.