



**Dayananda Sagar**  
**University** Bengaluru

COLLEGE OF PHYSIOTHERAPY  
SCHOOL OF HEALTH SCIENCES  
KUMARASWAMY LAYOUT  
BANGLORE-560078

# *THE PHYSIO WORKS*



**JUNE 22-**  
**DECEMBER 22**

**A COPT NEWS LETTER, 2ND EDITION**

## 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 Shoiab**  
Secretary  
MPT 1<sup>st</sup> Year

**Mr Dheerav**  
Secretary  
BPT 4<sup>th</sup> year

**Ms Shraddha**  
Joint Secretary  
BPT 4<sup>th</sup> year

**Ms Shweta**  
Student Editor  
MPT 2<sup>nd</sup> Year

**Mr Waleed**  
Student Editor  
BPT 3<sup>rd</sup> Year

**Ms Amritha**  
Student Editor  
BPT 3<sup>rd</sup> Year

**Ms Smriti**  
Student Editor  
BPT 3<sup>rd</sup> Year

**Ms Ashwini**  
Student Editor  
BPT 2<sup>nd</sup> Year

**Ms Khushi**  
Student Editor  
BPT 2<sup>nd</sup> Year

## MESSAGE

### VICE CHANCELLOR

I appreciate the efforts of the students and staff of College of Physiotherapy ,DSU for publishing the 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 personalized to focus on the competency of students. This newsletter exhibits this 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. 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 personalized services.

BEST WISHES

## DEAN

A cordial welcome to DAYANANDA SAGAR UNIVERSITY-COLLEGE OF PHYSIOTHERAPY NEWSLETTER-PHYSIOWORKS. I am excited by this unique opportunity for students to let them know who they are, where they stand. I am happy that our students are gaining the knowledge, skills and values to create a more humane 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**



**Dr. Sathya Guruprasad**

## PRINCIPAL AND CHAIRMAN EDITORIAL BOARD

I am happy that DAYANANDA SAGAR UNIVERSITY COLLEGE OF PHYSIOTHERAPY is publishing its second edition of the bi-annual NEWSLETTER - PHYSIO WORKS. Newsletters have a great educative value. They encourage students to think and write. In fact, young talents find its exposure through this medium. 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**  
Assistant Professor

**Dr Bhaswathi Baishya**  
Assistant Professor

**Dr Kanchan Sugandi**  
Assistant Professor

**Dr Feba Roy**  
Assistant Professor

**Dr Shivkumar Yadav**  
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**  
Assistant Professor

**Dr Apoorva D J**  
Tutor

## ADMINISTRATIVE STAFF OF DSU



**Mrs. Anitha**



**Mrs. Rajeshwari**



**Mr. Rama chandra**

## EDITORIAL COMITTEE



**Dr. Sai Bhavani**



**Dr. Feba Roy**



**Ms. Shweta**



**Mr. Shoiab**



**Mr. Dheerav**



**Mr. Waleed**



**Ms. Shradda**



**Ms. Smriti**



**Ms. Amritha**



**Ms. Ashwini**



**Ms. Kushi**

College  
Of  
Physiotherapy



Ms FOUZIYA P  
2<sup>ND</sup> BPT

## FRAMEWORK OF STUDENT COUNCIL

### A framework of the College of Physiotherapy

Dean of Health Sciences- Dr. Pushpa Sarkar

Principal of COPT-Dr. Sathya Guruprasad

Student Council Coordinator- Dr. Sunjyoth, Assistant Professor

General Secretary- Mr. Sai Karthik, MPT 1st Year

Co-General Secretary- Ms. Saujanya, BPT 4th Year



YEAR	SPORTS	CULTURAL	CO CURRICULUM	LITERARY	TREASURER
<b>STAFF</b>	-Dr Vinod Kumar K C -Dr Swapna Rout	-Dr Suchetha PS -Dr Bhaswati Baishya	-Dr Srihari Sharma -Dr Gayatri Poojary	-Dr Sai Bhavani -Dr Feba Roy	-Dr Sunjyoth H S
<b>4<sup>th</sup> BPT</b>	<b>SECRETARY</b> <i>Mr Gulam</i>	<b>SECRETARY</b> <i>Ms Rachana</i>	<b>SECRETARY</b> <i>Ms Shrikruti</i>	<b>SECRETARY</b> <i>Mr Dheerav</i>	<b>SECRETARY</b> <i>Ms Amrutha</i>
	<b>JOINT SECRETARY</b> <i>Ms Chandana</i>	<b>JOINT SECRETARY</b> <i>Mr Puneeth</i>	<b>JOINT SECRETARY</b> <i>Ms Mahima</i>	<b>JOINT SECRETARY</b> <i>Ms Shraddha</i>	<b>JOINT SECRETARY</b> <i>Ms Akshitha</i>
<b>3<sup>rd</sup> BPT</b>	<i>Mr Ashutosh</i> <i>Mr Akhil</i>	<i>Mr Rohith</i> <i>Ms Muskhan</i>	<i>Mr Pratyush</i> <i>Mr Noel</i>	<i>Mr Waleed</i> <i>Ms Amritha</i> <i>Ms Smriti</i>	
<b>2<sup>nd</sup> BPT</b>	<i>Mr Sudeep</i> <i>Ms Jeevan</i>	<i>Ms Nidhi</i> <i>Ms Poojitha</i>	<i>Ms Neha</i> <i>Ms Fouziya</i>	<i>Ms Ashwini</i> <i>Mr Kushi</i>	
<b>1<sup>st</sup> BPT</b>	<i>Ms Bhavana Reddy</i> <i>Mr Sai Charan</i>	<i>Ms Vaishnavi Joshi</i> <i>Mr Bivek Thakur</i>	<i>Ms Indu Lather</i> <i>Mr Pranav Kumar</i>	<i>Ms Sakshi Modi</i> <i>Mr Siddhanth Gupta</i>	
<b>2<sup>ND</sup>MPT</b>	<i>Mr Tilak</i>	<i>Ms Spoorthi</i>	<i>Ms Keerthana</i>	<i>Ms Shweta</i>	
<b>1<sup>ST</sup> MPT</b>	<b>SECRETARY</b> <i>Ms Bhanushree</i>	<i>Ms Monsa</i>	<i>Ms Smrity</i>	<b>SECRETARY</b> <i>Mr Shoab</i>	

## CONTENTS

- ❖ **MOU with other institutions**
- ❖ **Webinar/seminar/ CME- Organized/ Attended by Faculty**
- ❖ **Extension activities organized**
- ❖ **Faculty and students' achievement**
- ❖ **Academic and administrative progress**
- ❖ **Faculty invited as resource person/ Guest Lecturers**
- ❖ **Conference attended by faculty and students**
- ❖ **Extracurricular activities**
- ❖ **Faculty publications and Research**

## MEMORANDUM OF UNDERSTANDING[MOU] WITH OTHER INSTITUTES

### ❖ DERBI FOUNDATION FOR RESEARCH COLLABORATION

MOU was signed between the College of Physiotherapy, Dayananda Sagar University and DERBI FOUNDATION to enhance research training and collaboration



### ❖ ABALASHRAMA FOR CLINICAL COLLABORATION

MOU was signed between the College of Physiotherapy, Dayananda Sagar University and Abalashrama, DVG road to enhance clinical training, and research and also to help the society in need.

### ❖ HEART HEALTH TECHNOLOGIES PRIVATE LIMITED FOR RESEARCH COLLABORATION

MOU was signed between the College of Physiotherapy, Dayananda Sagar University and HEART Health technologies private limited to enhance research training and collaboration.



### ❖ BANGALORE INSTITUTE OF MOVEMENT RESEARCH & ANALYSIS FOR KNOWLEDGE SHARING & RESEARCH COLLABORATION

MOU was signed between the College of Physiotherapy, Dayananda Sagar University and Bangalore Institute of Movement Research & Analysis for knowledge sharing & research to enhance clinical training, and research and also to help the society in need.

### ❖ **MANONANDANA FOR CLINICAL COLLABORATION**

MOU was signed between the College of Physiotherapy, Dayananda Sagar University and Manonandana to enhance clinical training, to help special children and society in need.



### ❖ **BBMP MATERNITY HOSPITAL, N R COLONY**

MOU was signed between the College of Physiotherapy, Dayananda Sagar University and BBMP Maternity Hospital, N R Colony to enhance research training and collaboration.

### ❖ **PADUKONE-DRAVID CENTRE FOR SPORTS EXCELLENCE**

The College of Physiotherapy, Dayananda Sagar University has plans to sign an MOU with PADUKONE-DRAVID CENTRE FOR SPORTS EXCELLENCE for knowledge sharing and research collaboration. (IN-PIPELINE)



### ❖ **EXRX INDIA**

The College of Physiotherapy, Dayananda Sagar University has plans to sign an MOU with EXRX INDIA for knowledge sharing and research collaboration. (IN-PIPELINE)

## WEBINAR/ CME/SEMINAR

### **CME ON “PARKINSON’S DISEASE- Bringing Shaking Palsy to a halt”**

The College of Physiotherapy, Dayananda Sagar University conducted a CME on Parkinson’s Disease on the 8th of June 2022 at CD Sagar Auditorium from 9:30 am to 4:00 pm.

#### **“Bringing Shaking Palsy to a halt”**

Dr M. Vijaykumar, Principal, COPT, welcomed the gathering. Dr Pushpa Sarkar, Dean, SAHS, inaugurated the CME and has shared her knowledge on the significance of the CME on Parkinson’s Rehabilitation.

The internal resource people for the CME were Dr Bhaswati Baishya, Dr Suchetha P.S., Dr Swaleha Vayani, Dr Sunjyoth H.S. & Dr Humair Ahmed B.M. from the College of Physiotherapy, Dayananda Sagar University.

The external resource people for the CME were Dr Prasanna Mohan, Associate Professor, Garden City College of Physiotherapy, Dr Prem Kumar BN, Associate Professor, Kempegowda Institute of Physiotherapy and Dr Mallikarjunaiah H.S, Principal, Acharya’s NR Institute of Physiotherapy.

A total of 149 participants attended the CME, out of which 71 students were from 8 colleges in Bangalore and 78 students were from Dayananda Sagar College of Physiotherapy.



## MOVEMENT ANALYSIS AND GAIT LAB VISIT

**Bangalore Institute of Movement Research & Analysis (BIMRA)** is a state-of-the-art 3D Gait Analysis laboratory for the analysis of children and adults with movement disorders. The College of physiotherapy, DSU had organized a 2-day laboratory visit and training program for its postgraduate students under the supervision of Dr Srihari Sharma, Associate Professor, COPT, DSU. The program was scheduled on the 6th & 8th of July 2022 at BIMRA, Rainbow Children's Hospital Marathahalli, Bangalore for 2 separate batches of MPT students.



The event comprised an overview of gait, its determinants and the conventional method of gait analysis led by Dr Suyameendra Kulkarni. This was followed by an orientation to the BIMRA gait laboratory and the significance of 3D gait analysis and the future of gait analysis led by Dr Jayanth S Sampath.

The practical session included pre gait analysis assessment, (including history, range of motion, body composition and anthropometry) demonstration of 3-D gait analysis and interpretation 3 D gait analysis results and was facilitated by Dr. Suyameendra Kulkarni.

Following this event, the College of Physiotherapy, DSU has signed an MoU with BIMRA for possible certificate courses in 3D Gait analysis, student internship programs and collaborative research between the two organizations.

### **Faculty Invited as Resource Persons/Guest**

- ❖ DR. SWALEHA, Assistant Professor, College of Physiotherapy, Dayananda Sagar University was invited by ST. John's College of Physiotherapy to give a guest lecture on the topic "BCLS (Choking)" on 1<sup>st</sup> June 2022.
  
- ❖ DR.SANJYOTH, Assistant Professor, College of Physiotherapy, Dayananda Sagar University was invited by ST. John's College of Physiotherapy to give a guest lecture on the topic "Primary Assessment" on 1<sup>st</sup> June 2022.
  
- ❖ DR. VINOD KUMAR K C, Associate Professor, College of Physiotherapy, Dayananda Sagar University was invited by The Oxford College of Physiotherapy as a resource person for the Hands-on Workshop on "MAITLAND CONCEPT OF JOINT MOBILIZATION AND MANIPULATION WITH CLINICAL REASONING" on 9<sup>th</sup> and 10<sup>th</sup> of September,2022.
  
- ❖ DR. VINOD KUMAR K C, Associate Professor, College of Physiotherapy, Dayananda Sagar University was invited by The East Point College of Physiotherapy as a resource person for Hands-on Workshop on "KINESIO TAPING AND CLINICAL REASONING" on 4<sup>th</sup> and 5<sup>th</sup> of November,2022.


## EXTENSION ACTIVITIES ORGANIZED

### NO TOBACCO DAY

On the occasion of the **No Tobacco Day - 2022**, on May 31<sup>st</sup>, a social awareness program was planned by the College of Physiotherapy, DSU in association with Dayananda Sagar College of Dental Sciences and Karnataka Cancer Society.






A road show with a street play depicting the ill effects of tobacco consumption was played in the Banashankari TTMC, witnessed by hundreds of volunteers and the public. The students and the volunteers participated in the rally which started from the BMTC bus stand, Banashankari and culminated at the Dayananda Sagar University-Campus 1, Kumaraswamy layout.

The sequence of events which commenced in the morning by 9 am extended till 11 am which was followed by a stage program at the Dr Premchandra Sagar Auditorium in the University campus 1.

  
 COLLEGE OF  
 PHYSIOTHERAPY  
 DAYANANDA SAGAR  
 UNIVERSITY

**World No Tobacco Day-2022**  
 Social Awareness Program  
 ವಿಶ್ವ ತಂಬಾಕು ರಹಿತ ದಿನ-2022  
 ಆಚರಣೆಗೆ ಆಮಂತ್ರಣ

**Tuesday, 31st 2022 at 2:00pm**  
**Venue- College of Physiotherapy, Dayananda Sagar University**

Rally- Starts from BMTC Banashankari Bus stand at 9:00am  
 to Dayananda Sagar College-Gate 1  
 (in Association with College of Dental Sciences)

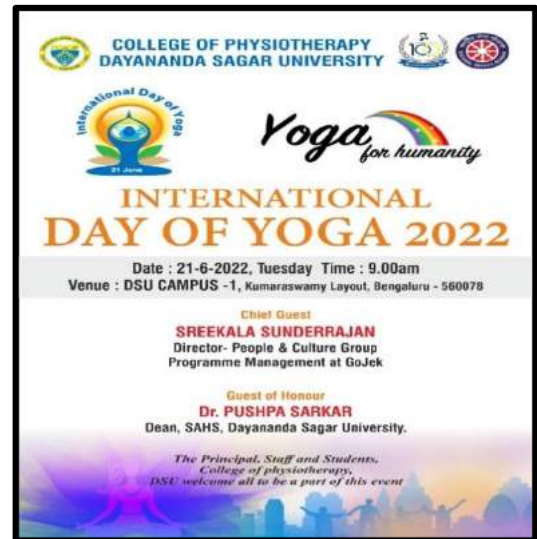
**PHYSIO ACTIVITIES**

- 2.30-3pm: Awareness program.
- 3-3.30pm: Physio Games.
- 3.30-4pm: Valedictory with refreshments

Dean: **Dr. Pushpa Sarkar**  
 Principal: **Dr. Vijaykumar**  
 Activity Co-ordinator: **Dr. Srihari Sharma**

## INTERNATIONAL YOGA DAY - 2022

The event commenced on 21<sup>st</sup> June 2022 at 9:00 am, the formal event began with the arrival of the chief guest Mrs Sreekala Sundarajan, the guest of honour, Dr Pushpa Sarkar, Dean SAHS, DSU, along with Dr Vijayakumar, Principal, College of Physiotherapy, DSU, Dr Murgan, Principal College of Pharmaceutical Sciences, DSU and Dr Sharmila, Principal College of Nursing Sciences, DSU.



The faculty, College of Physiotherapy and College of Nursing Sciences were present. The welcoming of the gathering was done by Dr Vijayakumar, Principal, COPT followed by an address by the chief guest Mrs Sreekala Sundarajan, who mesmerized the audience with her speech, during which she brought in the interpretation of some of the concepts of yoga and the importance of Young Indians to adopt Yoga as a lifestyle.

Mrs Sreekala was honoured with a memento by the dignitaries on the Dias. The event was conducted smoothly and safely without any interruptions and disturbances.

It was an overall good experience performing Yoga in a congenial atmosphere on the DSU campus 1. The take-home message was to inculcate yoga practice in our daily life.

## BLOOD DONATION CAMP AT PHYSIOTHERAPY OPD COPT DSU

A **“BLOOD DONATION CAMP”** was organized by the College of Physiotherapy, Dayananda Sagar University on the occasion of “World Blood Donors Day” on 14/06/2022 in association with Rashtrrothana Blood Center and Sagar Hospitals Banashankari from 9:30 am to 5: 00 pm.

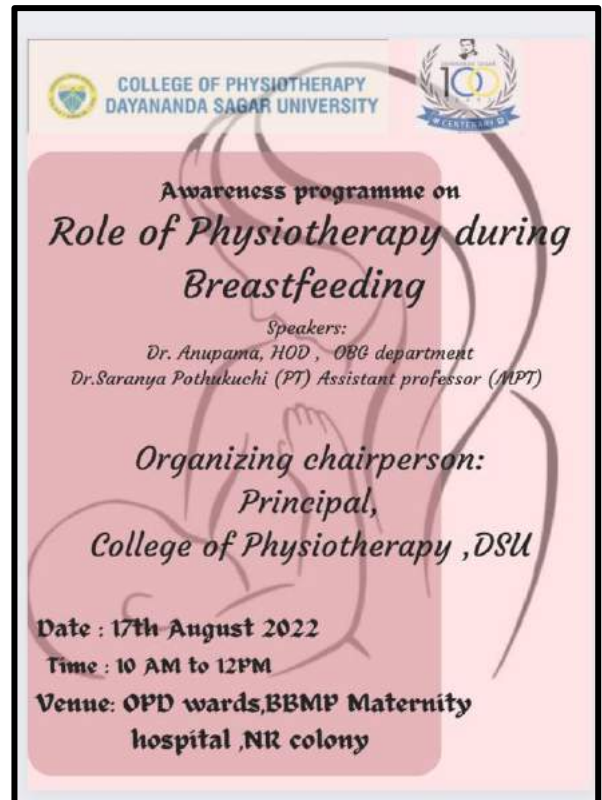


This event aimed to bring awareness regarding the importance of blood donation and to encourage blood donation. A day before the camp, i.e., on 13/06/2022, a team of 15 physiotherapy students led by Dr Srihari Sharma, Faculty, COPT, spread the awareness on blood donation by visiting the Degree College, DSI; Management and Polytechnic colleges, DSI; Mechanical, Computer Science and other departments of DSCE in an attempt to make the students aware of the benefits of blood donation and to educate the facts and myths about the blood donation.

A total of 112 volunteers had registered online through the Google registration form and 165 donors turned out to be present at the venue on the day of the camp. A total of 139 units of blood (109 units at OPD premises and 30 units were drawn from the donors under Rashtrrothana Blood Centre and Sagar Hospitals, Banashankari Blood Bank) respectively.

## AWARENESS PROGRAM ON “ROLE OF PHYSIOTHERAPY DURING BREASTFEEDING”

The College of Physiotherapy, Dayananda Sagar University has conducted an awareness program on the **“ROLE OF PHYSIOTHERAPY DURING BREASTFEEDING”** conducted from 10:00 am to 12:00 pm. The program was conducted in an OBG ward of a Government hospital where all the recently delivered mothers and expectant mothers were granted and given insights about breastfeeding. The program started with the Obstetrician Dr Anupama, HOD giving a talk on the importance of breastfeeding, followed by the paediatrician Dr Tejaswini talking about how breastfeeding is important for a child’s health.



The program was then carried on by the women’s health physiotherapists, Dr Saranya Pothukuchi and Dr Feba Roy. Dr Saranya spoke at length about the benefits of breastfeeding, breastfeeding techniques, latching breastfeeding posture, breastfeeding problems and how physiotherapy plays a pivotal role in preventing and handling the said problems and teaching the right techniques.

## “GERIATRIC HEALTH SCREENING CAMP”

On account of the commemoration of the Sagar Centenary Year, the College of Physiotherapy, DSU organized a FREE **“GERIATRIC HEALTH SCREENING CAMP”**.

Awareness about the camp was brought to the public through the door-to-door campaign to the residences around the campus, by meeting the senior citizens in the nearby parks and laughing clubs, distributing pamphlets and getting the names registered through a google form.



We communicated with all the schools, colleges and departments within Campus 1 of DSU through email and encouraged families of interested staff to register. The College of Physiotherapy also launched the “Geriatric Club” on this occasion. The Principal, faculty members and the students of the College of Physiotherapy were present.

Dr Pushpa Sarkar, in her inaugural speech, pointed out the importance of being healthy and active during old age and the purpose of the geriatric club. Recreational activities were arranged for the participants and good performers were encouraged with incentives. The event was coordinated by Dr Srihari Sharma K N and Dr Gayathri with support from the 1<sup>st</sup> and 2<sup>nd</sup> year MPT and 4<sup>th</sup> BPT students of DSU.



## INTERNATIONAL DAY OF PERSON WITH DISABILITY

An event was organized by the college of Physiotherapy, Dayananda Sagar University on the occasion of the **“INTERNATIONAL DAY OF PERSONS WITH DISABILITY”** on the 7<sup>th</sup> of December. Dr Suchetha P S and Dr Radhika Chintamani along with 3 postgraduate students reached Manonandhana Center which is a school for specially-abled children of different age groups in Bangalore.



Friendly indoor games like passing the parcel, ball in the bucket and lagori were conducted. Prize distribution was done for the winners of the games and a token of love was given to children who participated in the games. 55 students benefitted from this program.



## WORLD HEART DAY

An event was organized by the College of Physiotherapy, DSU on **“World Heart Day”** on 29<sup>th</sup> September 2022. It included the gathering of staff and students from different disciplines of Campus 1. Our staff and students reached out to different colleges on campus-1 and shared the pre-recorded video to create awareness among the staff and students about the cardiovascular disease a day before the event day.



This video, which was shared with them was a collaborative collection of statistical data and facts from recognised articles and websites such as the world heart federation and world heart organization.



This video also comprised of short bytes from the personages such as Dr A.C. Ashok, Dean and principal of the medical college, CDSIMER, Mr Johnson Solomon, Physiotherapist, Indian Badminton Team, and Mr Shine Shetty, KFI Actor.

This video was shared with 3000+ people inside and outside the campus. Dr Kishore KS, Cardiologist, at Sagar Hospitals, was the chief guest for the event. He addressed and shared informative words with the gathering. They also performed 10 minutes of mild physical activities.

## WORLD PHYSIOTHERAPY DAY

The eighth of September is observed as **World Physiotherapy Day** around the world. It is celebrated to raise awareness about the critical role of physical therapists and the day marks the unity and solidarity of the global physiotherapy community. This year's World PT Day focused on Osteoarthritis and the role of physiotherapists in the prevention and management of people affected by osteoarthritis



A free "Risk Assessment and Awareness on Osteoarthritis? The camp was organized by Dayanand Sagar college of Physiotherapy on 8th September 2022 from 10 am to 1 pm. The program has been coordinated by Dr Swapna Rout. Seven Potential centres were identified for ease of participants to avail this service. The stations were coordinated by two staff along with two 3-year BPTs & two 4th-year BPTS.

The College of Physiotherapy, Dayananda Sagar University has taken an initiative to raise awareness of the role of the physiotherapist in treating and preventing Osteoarthritis.

The video slides have been prepared by Dr Sathya Guruprasad and dubbed into a regional language by Dr Radhika Chintamani. Followed by which participants received free pamphlets which contained Do's and Don'ts and risk factors for Osteoarthritis. The pamphlets which were distributed to participants were prepared by Dr Sai Bhavani.



## WORLD OBESITY DAY

A screening camp has been organized by the College of Physiotherapy, DSU. The screening was done in older children for obesity held at “Dayananda Sagar International School”, Bengaluru.

This screening camp aimed to create awareness among children regarding obesity and to inculcate a healthy lifestyle in their daily routine. Our Chief Guest for the event is Dr Pradeep T who works keenly with these lifestyle disorders. He addressed the gathering and gave a talk on awareness about healthy eating habits, inculcating physical activity in daily routine helps in reducing obesity.



**Dayananda Sagar University Bengaluru**  
COLLEGE OF PHYSIOTHERAPY  
SCHOOL OF HEALTH SCIENCES  
Shriyoga Malleleshwara Hills,  
Kumaraswamy Layout,  
Bengaluru - 560078

### Screening and Awareness camp on obesity in children

**DECEMBER 14, 2022**

Assessment and Screening by  
1. Dr. Vinod K C  
Associate Professor  
COPT, DSU  
2. Dr. Bhaswati B  
Assistant Professor  
COPT, DSU  
3. Dr. Sai Bhavani  
Assistant Professor  
COPT, DSU

**Speaker**  
Talk on hidden obesogenic dangers in fast food and soft drinks.  
Dr. Pradeep T  
Nutritional and Lifestyle  
Physiotherapy consultant

**CONTROL IT,  
BEFORE ITS TOO LATE !!**

**Venue: Dayananda Sagar International School,  
Kumaraswamy Layout  
Timings: 10 am -12:00 pm**

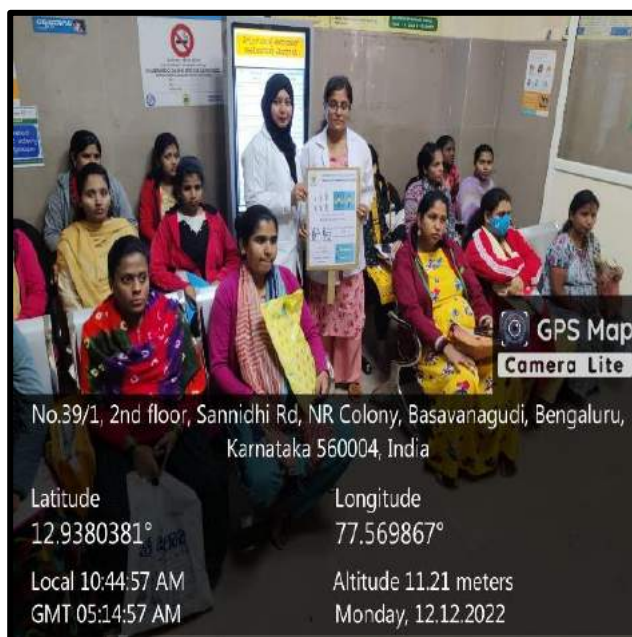
A total of 75 students got benefitted from the camp. The event was organized by Dr



Vinod Kumar K C, Dr Bhaswati Baishya, and Dr Sai Bhavani along with 5 post-graduate students.

## PATIENT'S SAFETY DAY

On **"PATIENT'S SAFETY DAY"**, the College of Physiotherapy has taken the initiative to create awareness on the theme of MEDICATION SAFETY. This was held at BBMP Maternity Hospital, N.R. Colony, Bangalore on the 12<sup>th</sup> of December, 2022. An awareness talk was given by Dr Aparna Jha with a team of Post-graduate and Undergraduate students, addressing the importance of medication safety in different conditions.



The placards were made regarding the role of physiotherapy as a substitute for medicine and safety protocols related to treatment and home exercise programs.

The placards were made regarding the role of physiotherapy as a substitute for medicine and safety protocols related to treatment and home exercise programs.

Awareness of medication safety specifically targeting the pregnant population was done through placards and was explained to them in English, Hindi, and Kannada respectively.

## STUDENTS AND FACULTY ACHIEVEMENTS

### National/District- Achievements in Sports

Ms Ramyashree B has won 2 gold medals in the event of individual patterns and individual sparring in the 21<sup>st</sup> Karnataka state-level taekwondo championship.

Mr Ashutosh P has won the 2<sup>nd</sup> Prize in the event of Karnataka State Junior and Senior Athletics Championship-2022.



### Achievements in Cultural

Ms Mahima Desai, Ms Apeksha, Ms Zainab, Ms Ramya, Ms Aryushi, Ms Isra, Ms Rodali, Ms Talha, Mr Rohit, Mr Pratyush, Mr Akhil, Mr Shehan, Mr Pranav has participated in Fashion show conducted by R V College of Physiotherapy, Bangalore and has won 1<sup>st</sup> Prize in the competition.



## Achievements in Scientific Presentations

- ❖ Mr Sai Reddy E has won **1<sup>st</sup> Prize** in Postgraduate level Poster presentation in the international conference “NITTE PHYSIOPANACEA” held at Mangalore organized by “NITTE Institute of Physiotherapy”-2022

- ❖ Ms Shraddha Anup Kumar, Undergraduate Student has won **1<sup>st</sup> Prize** in Undergraduate level Poster presentation at the international conference “NITTE PHYSIOPANACEA” held at Mangalore organized by “NITTE Institute of Physiotherapy”-2022



- ❖ Dr Vinod Kumar K C, Associate Professor, College of Physiotherapy, DSU has won **1<sup>st</sup> Prize** in Faculty Poster presentation in the international conference “NITTE PHYSIOPANACEA” held at Mangalore organized by “NITTE Institute of Physiotherapy”- 2022

- ❖ Dr Srihari Sharma, Associate Professor, College of Physiotherapy, DSU has won **2<sup>nd</sup> Prize** in Faculty Poster presentation in the international conference “NITTE PHYSIOPANACEA” held at Mangalore organized by “NITTE Institute of Physiotherapy”-2022



## ACADEMIC AND ADMINISTRATIVE PROGRESS

AAA (University level) was conducted in 2022. Dr Subhramaniyan Katte and his team reviewed the academic activities and administration of the college of Physiotherapy- Dayananda Sagar University. All faculty members attended the meeting.

A meeting with the Dean of the school of health science was conducted on 30th September & 3rd November- All faculty members of the College of Physiotherapy- at Dayananda Sagar University attended the meeting.

The BOS meeting was held on 6th September 2022.

The orientation program for PGS was conducted on 14 September & for UGS on 14 November.

## CONFERENCES ATTENDED BY FACULTY

- ❖ Dr Srihari Sharma, Associate Professor, Dr Radhika Chintamani and Dr Kanchan Prashant Sugandhi along with 3 postgraduate students took part in the conference held at Bangalore, organized by **REVA UNIVERSITY**. Faculty and students actively participated in Scientific Presentations
- ❖ Dr Srihari Sharma, Associate Professor, Dr. Vinod Kumar K C, Associate Professor, Dr. Sunjyoth H S, Assistant Professor, Dr. Swapna Rout, Assistant Professor, Dr. Bhaswati Baishya, Assistant Professor and Dr Sai Bhavani, Assistant Professor along with 55 Postgraduate students and Undergraduate students took part in the conference held at Mangalore organized by “**NITTE INSTITUTE OF PHYSIOTHERAPY**”- **NITTE PHYSIOPANACEA**”.Faculty and students actively participated in Scientific Presentations
- ❖ Dr Gayathri Poojary, Assistant Professor, along with 2 post-graduate students took part in the conference “**RAYAT BAHRA**” held at Punjab organized by the University of Punjab. Faculty and students actively participated in Scientific Presentations.



## PLACEMENT AND CAREER GUIDANCE

### WEBINAR ON CAREER GUIDANCE AND COUNSELLING

The event was conducted by the College of Physiotherapy, Dayananda Sagar University in collaboration with **VSCAN Immigration Consultancy** for MPT, Interns and 4th-year BPT students.

Mr Gowtham Pidaparathi was the speaker, he gave a detailed talk about the prospects for students who are willing to immigrate to Canada. He spoke at length regarding different ways through which students can immigrate to Canada & a clear insight into the various courses the colleges offer. He also spoke about the financial aspect of immigration in which he mentioned the expenses. It was held on 26th July 2022.

The poster features a dark orange background with white and blue text. At the top left is the VSCAN logo, and at the top right is the Dayananda Sagar University logo. The central text reads 'Organizing Webinar on Various Opportunities for Physios to come to Canada'. Below this, a list of topics is provided: Work permit visa processing, Student permit, Permanent Residence, and Provincial nominee class. Three speakers are introduced with their photos and titles: Mr. Gowtham Pidaparathi (Registered Physiotherapist in Canada and Registered Canadian Immigration Consultant), Dr. Saranya (Convenor), and Dr. M Vijayakumar (Principal Dayananda Sagar College of Physiotherapy). The event details are listed at the bottom: 26th JULY 2022, 09:00 AM, and FREE WEBINAR. A Zoom link and website URL are also provided. The word 'CHANGE' is written in large letters at the bottom right, with a hand placing a letter on it.

**VSCAN**  
IMMIGRATION  
CONSULTANCY

**Organizing Webinar on  
Various Opportunities for Physios  
to come to Canada**

- ◊ Work permit visa processing
- ◊ Student permit
- ◊ Permanent Residence
- ◊ Provincial nominee class

**DAYANANDA SAGAR  
COLLEGE OF  
PHYSIOTHERAPY**

**Mr. Gowtham Pidaparathi**  
BPT, MPT, MCPA, IAP  
Registered Physiotherapist in Canada  
Registered Canadian Immigration  
Consultant

**Dr. Saranya**  
Convenor

**Dr. M Vijayakumar**  
Principal Dayananda Sagar  
College of Physiotherapy

**26<sup>th</sup> JULY 2022**      **09:00 AM**      **FREE WEBINAR**

ZOOM LINK: <https://us06web.zoom.us/j/2893567428>  
WEBSITE: <https://visascan.ca/>

**CHANGE**

## PLACEMENT DRIVE BY GIFTABLED

A Placement Drive was carried out on 15<sup>th</sup> November on our campus for the outgoing batches of BPT & MPT students.

GiftAbleD strives to create an ecosystem of like-minded individuals to collectively build an inclusive society. Around six students actively participated in the interview. It was done by Mr Nirakar & Mr Prateek from GiftAbleD.



## SEMINAR ON CAREER GUIDANCE AND COUNSELLING



A seminar on career guidance and counselling was conducted by the college of physiotherapy, Dayananda Sagar University in collaboration with planet education for BPT students. It was held on 25 November 2022. Mr Imran was the speaker for the day, he enlightened the students with various available courses & universities spread across Australia, the USA, UK, Canada, Ireland & New Zealand.

## EXTRA-CURRICULAR ACTIVITIES

**THE ANNUAL ALUMNI MEET- 2022** was conducted on the 21st of July, 2022 at CD Sagar Auditorium from 10:30 am to 12 pm. The event was braced by 40 alumni from outgoing batches of 2019, 2020, 2021 and 2022.

Dr Rajashree Narendra, Alumni Director, DSU and Dr Pushpa Sarkar, Dean, SAHS shared their experiences and the significance of the alumni meet and the growth of the alumni network.



## COMPETITIVE EVENT

Students of the College of Physiotherapy- Dayananda Sagar University participated in the cultural event **PARVA** organised by RV college of physiotherapy, on 26<sup>th</sup> august 2022. Around 18 students participated in various cultural events and won first prize in the fashion show.



## STATE LEVEL SPORTS EVENT

Ramya Shree B 4th year BPT student of the College of Physiotherapy- Dayananda Sagar University participated in the 21st KARNATAKA STATE LEVEL TAEKWONDO ITF CHAMPIONSHIP held on the 26th and 27th of November which was conducted at KORAMANGALA INDOOR STADIUM and has secured 2 GOLD MEDALS in the event of individual patterns and individual sparring.



## SPORTS EVENT ORGANISED BY DSU

College of Physiotherapy, Dayananda Sagar university organized the 5th edition of the DSU- Physio cricket cup tournament 2022 on 17th & 18th November. The event witnessed some of the finest cricketers of the eminent physiotherapy colleges from in and around Bangalore. 12 teams participated from 11 different colleges & it was a great success.



## ETHNIC DAY

The College of Physiotherapy, Dayanand Sagar University conducted Ethnic Day on 11th June 2022 at CD Sagar Auditorium from 10:30 am to 1:00 pm.

Students from all years of BPT and MPT attended the ethnic day event. The event focused on carrying forward the tradition and diversity of our Country. All staff and students came dressed in vibrant ethnic wear. The event started with singing competitions followed by Antakshri Competition amongst the students. The annual prize distribution for the curricular and extra-curricular activities was also done at the same event. Dr Humair Ahmed, Assistant Professor, COPT, DSU delivered the vote of thanks.



## CULTURAL FEST

College of Physiotherapy, DSU conducted the **Annual Cultural Fest "SYNAPSE" -The inception 2022** on 9<sup>th</sup> June at PC Sagar auditorium. The formal event started at 2:30 pm with the presence of Chief guest Mr Shine Shetty, (celebrity Kannada Big Boss Winner), Dr Pushpa Sarkar, Dean, SAHS, Dr M Vijay Kumar, Principal, COPT, along with the BPT and MPT students. The host of the event was Miss Shaishta, a student in 4<sup>th</sup> year of BPT. The event started with a prayer song and lamp lighting by the dignitaries.



The newsletter was released at the formal event by the Chief guest Mr Shine Shetty. The prize was distributed to the Academic toppers, best outgoing students and Sports winners. After the formal function, cultural competition was held which included a fashion show, group dance, solo dance and duet dance which was judged by the guest Shine Shetty and teaching faculty from various departments. Between the cultural event 'Badging Ceremony' was done for the council committee members of COPT, DSU. The event was conducted successfully and winded up by 8 pm with dinner.

## RESEARCH PUBLICATION, PATENT AND COPYRIGHT

### PUBLICATIONS

Sl.no	NAME	TITLE	JOURNAL	INDEXING
1.	<b>DR.SATHYA GURUPRASAD</b>	<p>i. Correlation between neck strength &amp; heading performance in male football players.</p> <p>ii. Effect of theraband strengthening on hip abductors, adductors, flexors, and plantar flexors in football players with medial tibial stress syndrome.</p> <p>iii. Effect of Yogic breathing manoeuvre on Pulmonary function and VO2Max in male football players.</p> <p>iv. Effect of Bridging Exercise On Plinth Over Step Jump Exercise On Functional Ankle Instability</p>	<p>International Journal of Life science and Pharma Research Vol.12, No 6, pages 132-139</p> <p>Journal of coastal life medicine. vol. 10; issue 03, pages 109-118</p> <p>Journal of clinical and diagnostic research volume 16, issue 5, pages 1-4.</p> <p>Journal of Pharmaceutical Negative Results, Vol. 13, issue 09 pages 3608–3614.</p>	<p>WOS</p> <p>WOS</p> <p>WOS</p> <p>Scopus</p>
2.	<b>DR.BHASWATI BAISHYA</b>	Outcomes of combined visual and auditive stimulation on functions of hand grip strengths in patients with hemiplegia	Journal of health and allied sciences vol.14, issue 04, pages 2582-4287	WOS
3.	<b>DR. VINOD KUMAR K C</b>	The normative values for resting length of pectoralis minor muscles among individuals with an asymptomatic shoulder in south Bangalore; a cross-sectional pilot study	European Review for Medical and Pharmacological Sciences Vol. 26 - N. 19 Pages: 6904-6910	Wos/scopus/PubMed
4.	<b>DR.HUMAIR AHMED</b>	Effect of virtual reality-based treatment in geriatric population on static balance, dynamic balance and risk of fall	International Journal of Scientific Research in Science, Engineering and Technology volume 9, issue 5, pages number 35-43	UGC Care

7.	<b>DR.SUCHETA PADAR SHANKAR</b>	Receptor for Advanced Glycation End Product, Organ Crosstalk, and Pathomechanism Targets for Comprehensive Molecular Therapeutics in Diabetic Ischemic Stroke	Journal of biomolecule Vol.12, issue 11, page 1712	Scopus
			<b>TOTAL</b>	<b>Scopus-3 WOS- 5 UGC Care- 1</b>

## PATENTS

- ❖ **DR RADHIKA CHINTAMANI** . (ON-GOING)- Spatial Manoeuvring Electronic Device. It is a device that uses a sensor-based circuit placed at the shoe/foot/orthotic device to measure the distance of succeeding stairs and train the climbing mechanism

*Let the joy of colour  
push your creativity  
to new heights*

**-Mel Grunau**



**Mr DHRUV BELGAVE**  
**1<sup>st</sup> BPT**



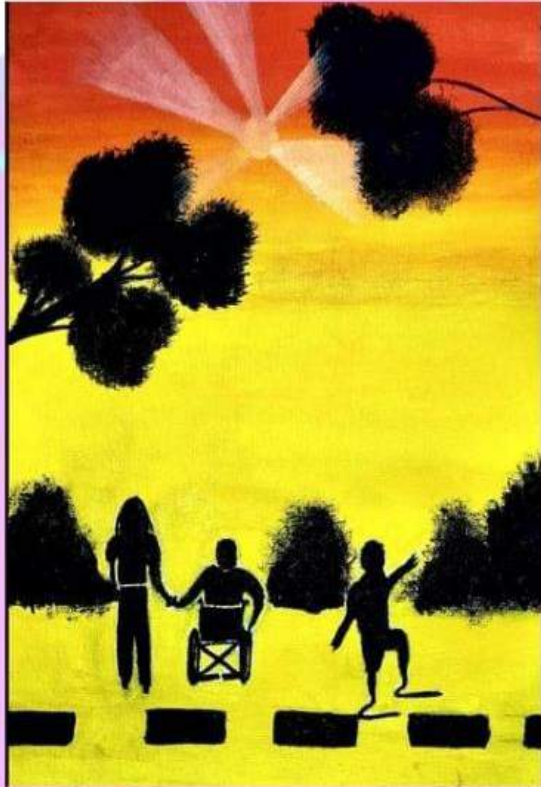
**Ms RACHANA R**  
**4<sup>th</sup> BPT**



**Ms ASHWINI BAI M**  
**2<sup>nd</sup> BPT**



**Ms RAJALAKSHMI DEB**  
**3<sup>rd</sup> BPT**



**Ms TANHA FIZA**  
**3<sup>RD</sup> BPT**



**Ms CAROLINE SUNNY**  
**2<sup>ND</sup> BPT**

**Ms MANJARIKA R**  
**4<sup>TH</sup> BPT**



**Ms SHRIKRUTI S RAO**  
**4<sup>TH</sup> BPT**





**Mr WALEED AHMED**  
**3<sup>RD</sup> BPT**

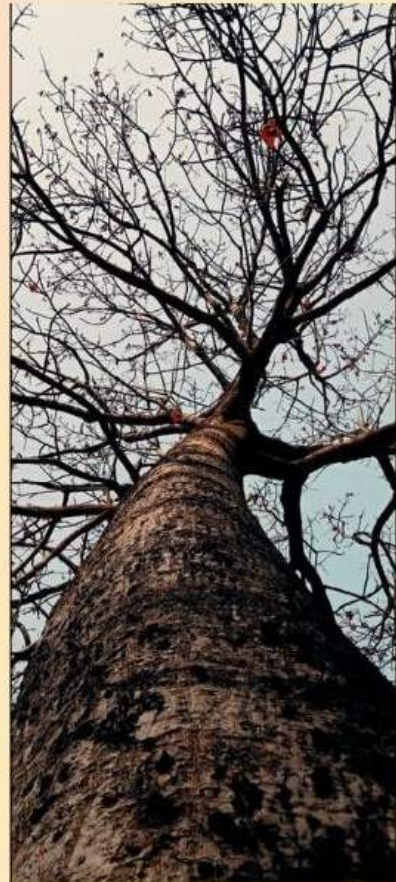


**Mr DHEERAV PRAVEEN**  
**4<sup>TH</sup> BPT**





**Ms AFREEN BANU**  
**3<sup>RD</sup> BPT**



**Mr PRANAV**  
**1<sup>ST</sup> BPT**

## **A small write-up by our undergraduate student about “THE MAGICIAN”- A physiotherapist**

Hey bro what are you up to?  
Bachelor of Physiotherapy

Do you mean you will give a massage???

No !!! Both are two separate things bro it's like pizza & toppings I mean massage is just one kind of treatment whereas physiotherapy is a practice to cure pain and disabilities using many different treatments which help in every phase of your life.

OKAY !!

Being sad knowing that most of our friends don't know about our stream and judge us by our massage makes us depressed (sometimes)

Wait a minute who are you ??

I am 31yrs old. I was suffering from lower back pain radiating to my right leg and right-side trigger point pain. Which was to a such a terrible extent, I couldn't sit, stand, or walk around comfortably. I got an MRI done and there was a disc bulge from L5-S1. I consulted a magician he boosted my energy to the next level; I got much better week by week in a total of 29 visits. I am back to my normal body now. I can happily say I can do everything. No need for any medication or surgery.

I am a 27-year-old, housewife, who has severe neck pain and was diagnosed with cervical spondylitis and shoulder pain 3 years after undergoing various treatments in India and abroad, there is no sign of relief, I contacted Magicians who tested me and explained the exact problem and gave excellent treatment. and necessary exercises. Now, After 10 sessions I am completely free from the pain and able to manage my household chores. “A SKILLFUL MAGICIAN”

Hey hello, you might have listened to stories of elders, Listen to my story, I am a 9 month old baby who was premature and was in NICU for 3 weeks and got discharged, Paediatrician referred me to a Magician with whom I enjoyed playing, I had developmental delay, for which I cannot hold my neck whereas every baby of my age was able to do it, crawling, sitting and standing was also difficult for me, this magician has taught my mommy some play activities and exercises which helped me to cope up with the activities. “ A PLAYING MAGICIAN”

I am 25-year-old Pregnant women, who have had multiple abortions for various reasons, I conceived with so much difficulty, but doctors told me to be on strict bed rest, I was so depressed that I was not able to enjoy my pregnancy journey. Every week I was confused and developed different complaints like constipation, wasting of muscles and sometimes breathing difficulties. My doctor who is specialized in Reproductive Medicine addressed my problems and referred me to a Magician, I was surprised, at what they do, I gave it a try and it worked, and all my problems vanished. Yes !! after so long bed rest, I was not able to walk, My magician helped me relearn things and I was able to walk in 4 days completely without

any support. I am very glad this helped and made my pregnancy journey enjoyable. “ AN UNDERSTANDING MAGICIAN”

Who are these magicians in the city?

Bro are you for real don't you know they're none other than PHYSIO'S

In a world full of chaos, People are having a Quality of Life. They are Recovering !!! Believe in Physios- Miracles happen every day, it can just be you walking around without a wheelchair!!

Physiotherapy is an Art not everyone is blessed with- Cheer up, keep moving to be proud indeed we Add quality to life



Bro my lower back is hurting please Do something!  
will you be my physio?

**By – Ms Afreen Banu(HSC18PT0005)**

*”Start thinking  
wellness not illness”*

*-kate Allatt*



**Dayananda Sagar**  
**University** Bengaluru

**COLLEGE OF PHYSIOTHERAPY**  
**SCHOOL OF HEALTH SCIENCES**  
*Shavige Malleshshwara Hills*  
*Kumaraswamy Layout*  
*Bangalore- 560078*