

**2ND EDITION
2023**

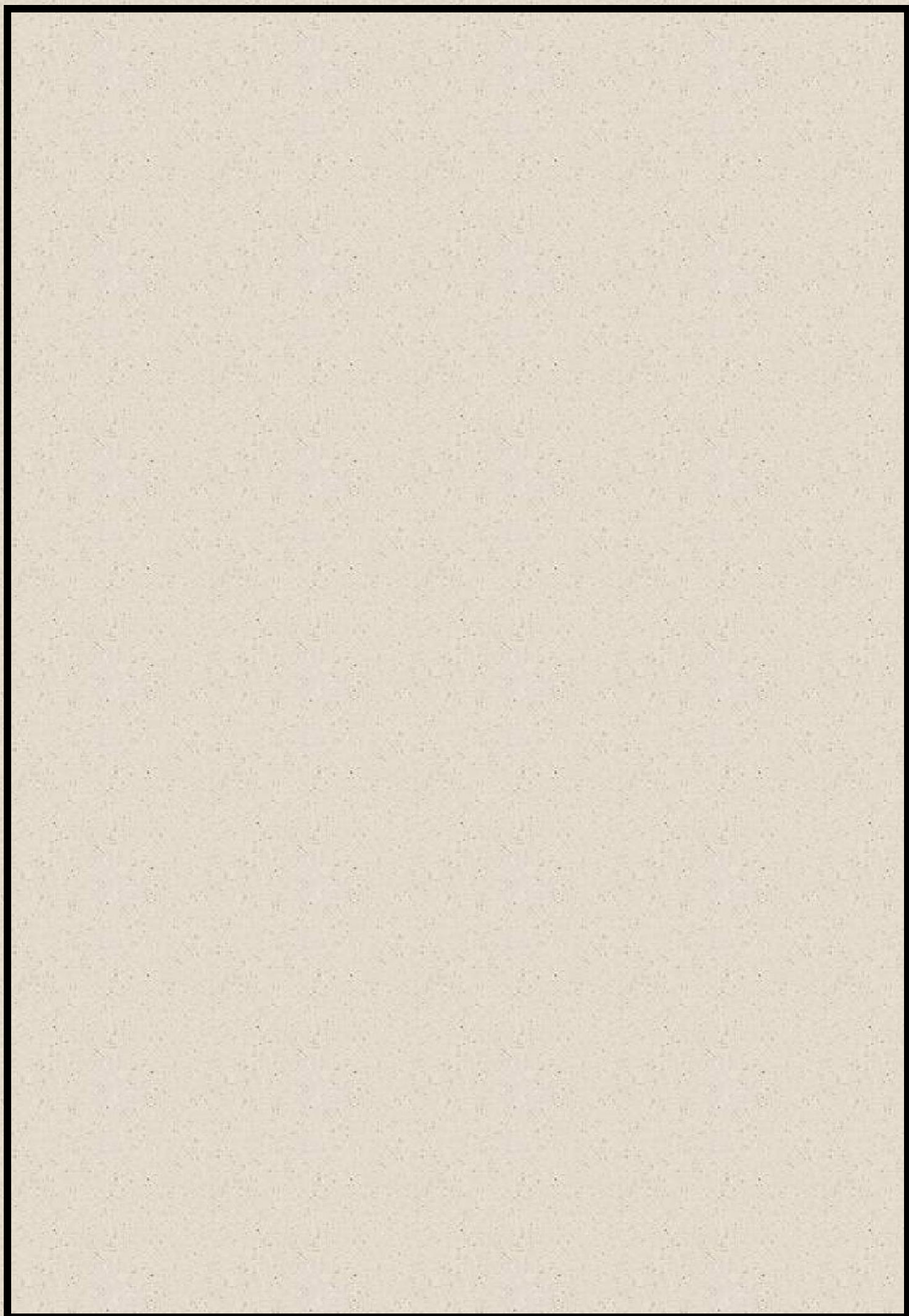
**JULY-DECEMBER
2023**

VOL.02

THE PHYSIOWORKS



A COPT NEWSLETTER



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MESSAGE

(FORMER) PRO-VICE CHANCELLOR

I appreciate the efforts of the students and staff of College of Physiotherapy, DSU for publishing the second edition, volume 2 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 these skills

– Best Wishes



Dr. K N B Murthy



Dr. Puttamadappa C

REGISTRAR

I heartily congratulate the students and faculty members of COPT, DSU 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 COPT, 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



Dr. Sathya Guruprasad

PRINCIPAL AND CHAIRMAN, EDITORIAL BOARD

I am happy that we COPT, DSU are publishing its second edition, volume 2 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.

FACULTY, COLLEGE OF PHYSIOTHERAPY - DSU



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Assistant professor

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Orientation Program

College of Physiotherapy at Dayananda Sagar University, Harohalli proudly conducted a week-long orientation program for its incoming 1st-year BPT and MPT students.

Esteemed guests, including Dr. Dhanajeyan Jayavel, Senior Physiotherapist, Founder, Bangalore Physiotherapy network and Dr. Rajagopalan, Medical Superintendent, CDSIMER Medical College and Hospital accompanied by Dr. Pushpa Sarkar, the Dean of School of Health Science, marked the occasion. Dr. Sathya Guruprasad, Principal, extended a warm welcome, highlighting the importance of professionalism and empathy in physiotherapy. The comprehensive orientation, attended by students and parents, offered insights into the curriculum, and campus tour. Detailed subject introductions, ERP system overviews, and personality development sessions, were inducted on the subsequent days creating a positive foundation for our students' educational journey.



Memorandum of understanding (MOU)

✦ Currently functioning

Sl.no	MoU's
1.	DERBI foundation for research collaboration
2.	Abalashrama for clinical collaboration
3.	Bangalore Institute of Movement Research & Analysis for knowledge sharing & research collaboration
4.	Manonandana for clinical collaboration
5.	BBMP Maternity Hospital, N R Colony for clinical collaboration
6.	Padukone-Draavid Centre for Sports Excellence
7.	Exercise Testing & prescription INDIA for skill enhancement
8.	Sarva Shikha Abhiyan, Kanakapura
9.	Dharma foundation –International Classification of Functioning, Disability and Health

MOU was signed between College of Physiotherapy, Dayananda Sagar University

and *Padukone Dravid Centre for Sports Excellence – Vesoma* to enhance hands on experience in the sports rehabilitation sector of physiotherapy. This collaboration marks a significant milestone in our commitment to providing students with real-world scenarios, working closely with athletes and experts from the Padukone-Dravid Centre



MOU was signed between College of Physiotherapy, Dayananda Sagar University and *Sarva Shikha Abhiyan, Kanakapura* to extend services and diversify clinical experience

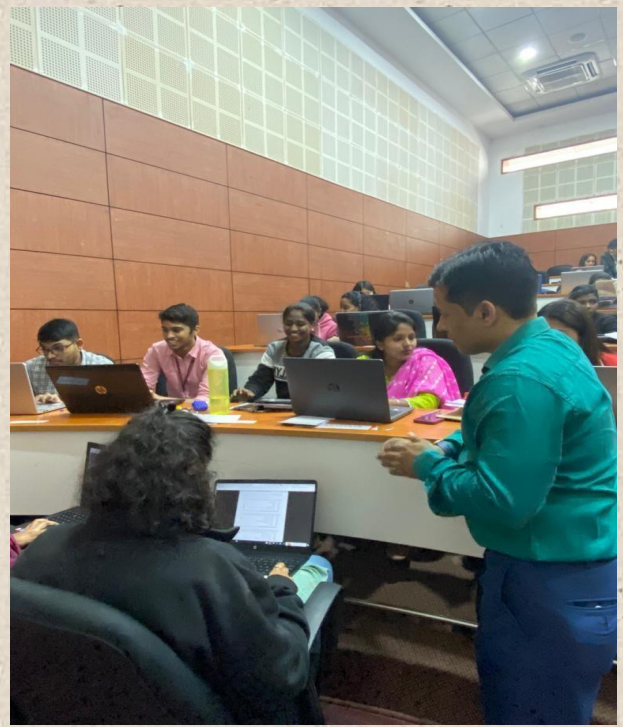


Workshops: – organized/attended

❖ International Classification of Functioning, Disability and Health workshop (ICF)

The International Classification of Functioning, Disability and Health (ICF) workshop hosted by the College of Physiotherapy from July 6th to 8th, 2023 at Dayananda Sagar University which proved to be an enriching experience for participants. The workshop's reach extended beyond DSU, with 42 participants benefiting from diverse backgrounds. Healthcare professionals from RV College of physiotherapy, Garden City College of Physiotherapy & Sapthagiri College of Physiotherapy, participated along with the faculty as well as MPT and BPT students of DSU. The workshop delved into the International Classification of Functioning, Disability, and Health, fostering a deeper understanding of its applications in physiotherapy. Dr. Catherine Skyes certified International Classification of Functioning, Disability and Health trainer member of WHO FIC- Australia, Dr. Alakananda Banerjee, along with Dr. Robins Kumar and Dr. Snehal Dharmayat, provided a comprehensive overview of key concepts, emphasizing the International Classification of Functioning, Disability-holistic approach. A spirited discussion ensued among the participants, primarily students, who actively engaged in exploring the significance of a biopsychosocial approach and its practical applications.





Dayananda Sagar
University **Bangaluru**

SHAVIGE MALLESHWARA HILLS KUMARASWAMY LAYOUT BENGALURU - 560111

SCHOOL OF HEALTH SCIENCES
COLLEGE OF PHYSIOTHERAPY

CONDUCTS A 3 DAY WORKSHOP ON ICF

IN COLLABORATION WITH



ICF EDUCATION

RESOURCE PERSONS



DR. ALAKANANDA BANERJEE

Physiotherapist
Founder Chairperson
Dharma Foundation of India



DR. ROBINS KUMAR

CERTIFIED ICF TRAINER DUTCH WHO - DCC
Occupational Therapist
Co-Founder Dharma Foundation of India



DR. SNEHAL DHARMAYAT

CERTIFIED ICF TRAINER DUTCH WHO - DCC
Physiotherapist
Member - Dharma Foundation of India

KEYNOTE SPEAKER



DR. CATHERINE SKYES

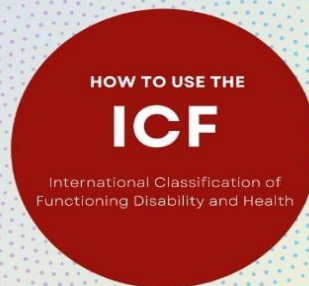
CERTIFIED ICF TRAINER
MEMBER OF WHO- FIC AUSTRALIA
Physiotherapist & Senior Research Fellow

FOR FURTHER DETAILS CONTACT

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DATES

6-8th JULY 2023



TOPICS COVERED

1. WHAT IS ICF
2. DOMAINS OF ICF
3. PRINCIPLES OF ICF
4. CODING SYSTEM
5. USES OF ICF
6. PRACTICAL HANDS - ON TRAINING



FOR REGISTRATIONS
SCAN

❖ Workshop on Kinesio- taping



On November 22nd of 2023, Kinesio taping conducted by the College of Physiotherapy, Dayananda Sagar University at Harohalli campus, featuring Dr. Vinod Kumar KC as resource person. Workshop witnessed undergraduate & postgraduate students, *Alumni* & faculty members. The event provided a comprehensive understanding of Kinesio taping techniques and their applications in physiotherapy. The engagement of both students and faculty fostered a collaborative learning environment & helped to enhance their skills and knowledge in the application of Kinesiotaping in rehabilitation.



❖ Pediatrics workshop

On December 11th and 12th, 2023, the College of Physiotherapy at Dayananda Sagar University hosted a two-day hands-on workshop focusing on "*key success: strategies for working with infants and children with CP -Physiotherapy perspective.*" A total of 45 participants actively engaged in the event, which was inaugurated by Chief Guest Dr. Asha Benakappa, HOD Dept of Pediatrics at CDSIMER, and Guest of Honor Dr. Pushpa Sarkar, Dean of the School of Health Sciences, DSU. Dr. Rakesh Krishna Kovala, Associate Professor, Nitte Institute of Physiotherapy served as the resource person, guiding participants through practical sessions that covered recent advances, approaches, and essential skills in Pediatric Physiotherapy.



❖ Workshop on Prepare, Birth and Care (Attended)

Around 26 Delegates from the College of Physiotherapy, Dayananda Sagar University, attended a workshop on "*Preparing for Birth and Postnatal Care*" hosted by NITTE College of Physiotherapy in Mangalore from November 23 to November 24, 2023. The participants included both undergraduate and postgraduate students. Through interactive sessions and practical demonstrations, participants gained insights into the latest advancements in physiotherapy related to childbirth and postnatal care.



Alumni Engagement

❖ Your Financial Future: Investment Awareness

As a staff welfare program organized by the College of Physiotherapy at Dayananda Sagar University under the guidance of Dr. Sathya Guruprasad, Principal, COPT, DSU, the "Empowering Your Financial Future" Investment Awareness Discussion aimed to provide our esteemed employees with the knowledge and tools necessary to secure their financial futures was conducted.

We were honored to host distinguished guest speakers, Mr. Shreyas Purushotham, Manager – ND Channel SBI Mutual Fund, Mr. Shiv Prasad from NJ Wealth Group, and Dr. Koushik BPT, MBA, *Alumnus* of COPT, DSU, and Partner – NJ Wealth. Their valuable insights and expertise provided our teaching and non-teaching faculty with a comprehensive understanding of various investment strategies, systematic investment plans, and ways to plan for better financial future.



Continuing Medical Education (CME)

❖ Inflammatory Arthritis: A Resounding Success

On September 8, 2023, the College of Physiotherapy orchestrated an enlightening Continuing Medical Education (CME) event centered on tackling the complexities of Inflammatory Arthritis. Aptly themed "IGNITE HOPE, NOT PAIN: Fighting Inflammatory Arthritis Together," the event drew enthusiastic engagement from 50 students and 10 faculty members, totaling an impressive 60 participants. The sessions delved deep into the pathophysiology, clinical manifestations, diagnostic methodologies, and diverse management strategies tailored for patients grappling with inflammatory arthritis. Renowned speakers, including Dr. M.N Kumar, Professor at the Department of Orthopedics, CDSIMER, and Ms. Dharitri Rajbangshi, Zonal Head at Physiotattva and Operations Head for Corporate Wellness Program in Bangalore, esteemed *Alumnus* of COPT, DSU, graced the occasion with their expertise. Additionally, post-graduate students of COPT, DSU showcased their insights on "Recent Advances in Physiotherapy Management of Various Inflammatory Arthritis." This CME wasn't merely about theoretical discourse; it aspired to bridge the chasm between knowledge acquisition and practical implementation, highlighting the indispensability of a multidisciplinary approach in the holistic care of patients battling inflammatory arthritis. Concurrently, the event marked the release of the **third edition** of **Physioworks** COPT, DSU newsletter, further enriching the academic atmosphere and fostering ongoing dialogue on pertinent healthcare topics.



CONFERENCES ATTENDED

❖ MANGALORE PHYSIOCON 2023:

The College of Physiotherapy at Dayananda Sagar University participated in the Mangalore Physiocon 2023 from September 7th to 9th, 2023. The delegation consisted of enthusiastic 3rd and 4th-year Bachelor of Physiotherapy (BPT) students, accompanied by faculty Dr. Vinod Kumar & Dr. Janani. The students also presented research posters, highlighting their academic prowess and innovative contributions to the field. The faculty members also participated in paper presentation, panel discussions, shared their expertise in specialized areas, and networked with fellow professionals.



❖ WALTcon - Congress Conference Manipal

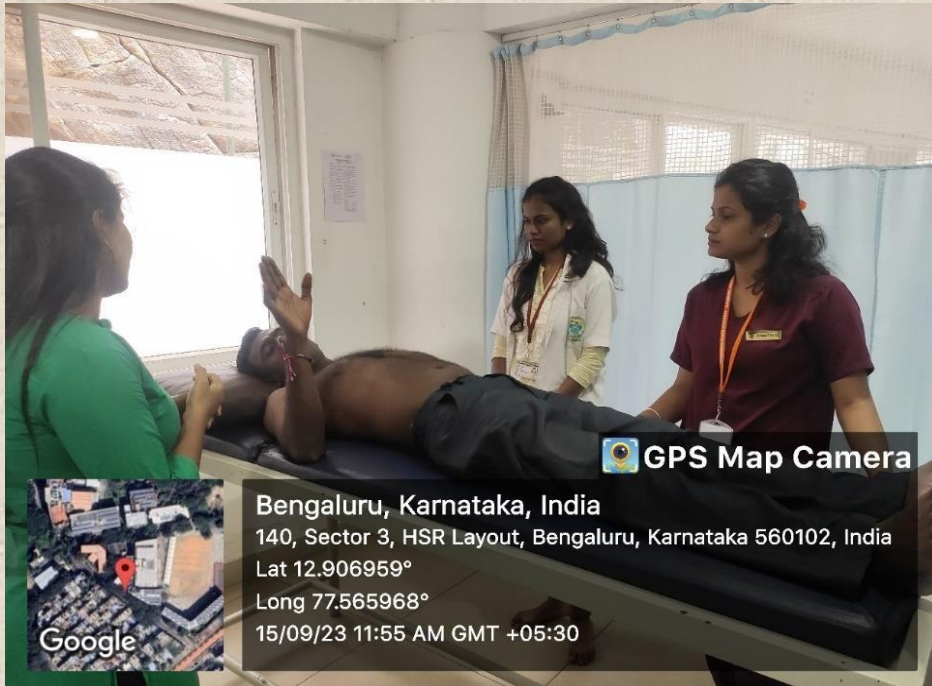
The WALTcon- congress conference at Manipal University from September 14th to 16th 2023 was a pivotal event attended by the 1st-year MPT students and Dr. Sai Bhavani faculty, the College of Physiotherapy, Dayananda Sagar University.

The delegates actively engaged in enriching sessions, fostering knowledge exchange, and building valuable connections within the physiotherapy community. Also, the student delegate as well as faculty was actively involved in scientific paper presentations.



EXTENSION ACTIVITIES ORGANIZED

❖ “PHYSIOTHERAPY AWARENESS CAMP ON ACCOUNT OF WORLD PHYSIOTHERAPY DAY 2023”



In commemoration of "World Physiotherapy Day," a three-day awareness camp was orchestrated by Dr. Radhika and Dr. Janani, Assistant Professors at COPT, DSU, at the Physiotherapy OPD in KS Layout from September 13 to 15, 2023. The

dynamic duo aimed to enlighten the public about the numerous advantages of physiotherapy. To maximize outreach, an attention-grabbing poster was strategically placed in key public areas. Participants, drawn in by the poster and referrals, visited the Physiotherapy OPD. Postgraduate students, under the expert guidance conducted assessments and offered free treatments during and after the camp days. Highlighting the importance of continued care, follow-up sessions were encouraged, benefiting a total of 40 participants.



❖ Save Brain-Stroke Awareness Programme:

On November 29th 2023, College of physiotherapy organized a comprehensive stroke awareness program at Government Girls High School in Kanakapura. The



final-year students actively participated by crafting handmade posters and presenting an insightful skit on “stroke” effectively communicating the key messages. The school management expressed interest in showcasing

the informative posters in their premises for sustained awareness. Furthermore, the school Principal extended a request for career guidance in physiotherapy, positively impacting both the students and the school community. This initiative heightened awareness of stroke and fostered a collaborative atmosphere for educational engagement.



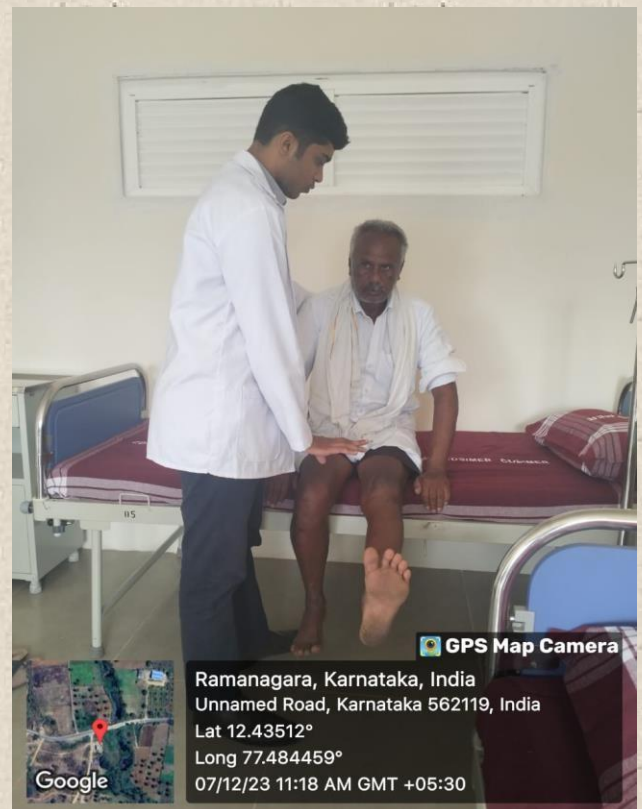
❖ Free health Checkup Camp:

In collaboration with the Department of Community Medicine, CDSIMER the College of Physiotherapy, DSU hosted a General Health Screening Camp on September 12, 2023, at the Government school in Banjaraplaya, Kanakapura Road, Bangalore. The event underscored a shared commitment to community well-being, with our faculty Dr. Gayathri and second-year MPT students leading the initiative. The camp focused on personalized health screenings and treatments, emphasizing the importance of preventive healthcare and early intervention. A total of 15 patients received tailored treatments, particularly in the realm of physiotherapy, contributing significantly to their overall physical well-being. The combined expertise of medical professionals and physiotherapists ensured a comprehensive evaluation of participants' health, addressing both medical and physiotherapeutic needs.



❖ General health community camp:

On 7th December 2023, the College of Physiotherapy, DSU in collaboration with the Department of Community Medicine CDSIMER, organized a impactful General Health Screening Camp in Kodihalli, Karnataka. 2nd year MPT student and intern played a crucial role, offering personalized care to 20 patients dealing with conditions such as Osteoarthritis and Radiculopathies. Hosted at the Rural Health Training Centre, the camp focused on screening, exercises, specialized physiotherapy maneuvers and ergonomic advice. The success of this initiative reaffirms the department's dedication to holistic healthcare and preventive measures, promising ongoing positive contributions to community health.



❖ An Awareness and Screening Program on Adolescent Obesity:



An 'Awareness and Screening Program on Adolescent Obesity' was conducted at Karnataka Public School, Harohalli, on 29th December 2023, which addressed the pressing issue of adolescent obesity through comprehensive health screenings and education. Dr. Vinod Kumar's insightful session emphasized the importance of a healthy lifestyle, balanced nutrition, and regular physical activity. Dr. Bhaswati and a dedicated team of student volunteers meticulously conducted screenings, procedures with anthropometric appliances. Our program focused on educating 112 students (aged 13-16 years) about preventive measures and lifestyle modifications. This holistic approach ensures effective, long-term management of their conditions.



❖ **"Nurturing Bonds: Physiotherapy Enhanced Breastfeeding Support for Mother & Child"**



An awareness program organized by the College of Physiotherapy, Dayananda Sagar University, in collaboration with BBMP Maternity Hospital, NR Colony, this insightful event aimed to promote and facilitate optimal breastfeeding practices among new mothers. With informative lectures by experienced Gynecologists and Pediatricians, alongside the expertise of our own Assistant Professors, Dr. Feba and Dr. Sai Bhavani, the camp delivered valuable insights into the benefits of breastfeeding, correct latching techniques, and the role of physiotherapy in addressing challenges associated with breast feeding. Practical demonstrations allowed mothers to gain hands-on knowledge, particularly beneficial for those navigating the initial stages of breastfeeding. The open discussions and personalized advice from experts fostered an interactive environment, addressing specific concerns and providing tailored solutions.



FACULTY AND STUDENT'S ACHIEVEMENT

STUDENT'S ACHIEVEMENT

❖ College of Physiotherapy Shines at PARVA - RV College's Intercollege Cultural Event

In a dazzling display of talent and creativity, students from the College of Physiotherapy DSU, clinched the coveted 1st prize in the Fashion Show category at PARVA, the esteemed intercollege cultural event hosted by RV College of Physiotherapy. The event, which drew participants from various colleges, showcased an impressive array of cultural and artistic performances, but it was the DSU team that stole the spotlight with their innovative and mesmerizing fashion presentation. The COPT, DSU team's victory in the Fashion Show was a testament to their unique blend of style, creativity, and choreography. The students from DSU not only showcased their fashion acumen but also demonstrated exceptional teamwork, dedication, and passion for the arts.



❖ KANNADA PARVA

During the Kannada Parva event held at CDSIMER on November 16th, 2023, our talented students showcased their artistic prowess and secured top honors. In the Fashion Show competition, the COPT, DSU teams demonstrated creativity and flair, earning them the prestigious 1st and 2nd prizes. Their innovative and captivating presentations left a lasting impression on the audience and judges alike. Furthermore, our students exhibited their synchronized talent in the Group Dance category, securing the 2nd prize. These achievements not only reflect the exceptional artistic abilities of our students but also highlight the dedication and hard work invested in their craft. .





At the South Zone Inter University Athletics Championships held at TNPESU Chennai, Mr. Ashutosh IVth year BPT COPT, DSU student showcased his endurance and skill in the finals of the 3000m steeplechase, securing a commendable 9th place. His noteworthy performance in this event caught the attention of selectors, leading to his selection for the prestigious All India Inter University Athletics Championships.

In the South Zone Inter University Athletics Championships hosted at TNPESU Chennai, Mr. Hatim, Ist year BPT student COPT, DSU emerged as a standout athlete, contributing to the spirited competition among talented participants. Hatim earned a commendable 4th place finish in the 100m heats, His athletic prowess extended seamlessly to the 200m race, where he showcased his skills by securing the 3rd spot in the heats.



FACULTY ACHIEVEMENTS

1. **Dr. Sathya Guruprasad** Principal COPT, DSU was invited as an external advisory member at RVPGCON 2024
2. **Dr. Swapna Rout** Assistant Professor COPT, DSU served as a BCLS (Basic Cardiac Life Support) instructor at the Dental, DSU



3. **Dr. Vinod Kumar** Associate Professor COPT, DSU represented the College of Physiotherapy, DSU as a consultant for Kinesio- taping hands-on workshop at Sanjay Gandhi College of Physiotherapy, Bangalore.



3. **Dr. Sai Bhavani**, Assistant Professor COPT, DSU participated in the camp organized by Bangalore Birth Network along as resource person with the 2nd PG students and spoke on the impact of physical activity on Mental Health during pregnancy and the postpartum period in UPHC Ramachandrapura



4. **Dr. Sunjyoth**, Assistant Professor COPT, DSU was awarded the distinguished position of Guest of Honour at the NITTE Institute of Physiotherapy on November 23, 2023 in the "Workshop on Prepare, Birth & Care."



5. **Dr. Vinod Kumar Associate Professor COPT, DSU** as the distinguished resource person for a comprehensive session on Kinesio Taping at in a momentous event at Acharya NR Institute of Physiotherapy.



6. **Dr. Gayathri Poojari Assistant Professor COPT, DSU** was the resource person for the recent International Classification of Functioning, Health, and Disability (ICF) Workshop at MGM School of Physiotherapy, Aurangabad.



ACADEMIC & EXTRACURRICULAR ACTIVITIES

❖ Parent-Teacher Meeting



The College of Physiotherapy, DSU recently organized a pivotal Parent-Teacher Meeting (PTM) for undergraduate students, fostering a collaborative environment for academic growth. The event provided a platform for faculty members to discuss students' progress and academic achievements, with their parents as well as to address any concerns. The interaction with parents played a crucial role in enhancing communication and understanding between educators and families. It was an opportunity to share insights into the curriculum, extracurricular activities, and the overall development of students.



❖ Onam celebration:



The College of Physiotherapy radiated with vibrant hues as it celebrated Onam with enthusiasm and unity. The festive atmosphere was brought to life by the active participation of both staff and students. The event

showcased a harmonious blend of cultural performances, traditional attire, and a grand feast.

❖ Ethnic Day:



The College of Physiotherapy recently embraced the diversity of its student body through the vibrant celebration of Ethnic Day at both the KS Layout and CDSIMER campuses. From graceful traditional dances to the diverse

array of ethnic delicacies, every aspect of the celebration radiated cultural pride. The Ethnic Day celebration not only promoted cultural exchange but also emphasized the college's commitment to fostering an inclusive environment that values.

❖ Diwali Celebration:



The College of Physiotherapy, Dayananda Sagar University, on November 15, 2023, were a vibrant hues as it celebrated Diwali with enthusiasm, The MSK lab in the COPT block became the focal point for festivities, with BPT and MPT students, along with faculty members, adding to the joyous atmosphere by donning traditional ethnic wear. The spirit of Diwali was further enhanced with the distribution of sweets, fostering a sense of community and cultural celebration.

FACULTY PUBLICATIONS AND RESEARCH

❖ Copyrights:

1. Dr. Sathya and Dr. Sahith, as their collaborative work titled "Sequential Integrated Musculoskeletal Physiotherapy Evaluation Protocol" has successfully obtained copyright approval.
2. Dr. Sathya Guruprasad and Dr. Sai Bhavani has published a copyright with the title "To Validate Witmotion Sensors to Assess Arm Speed Measurement in Cricket Bowler "

❖ Publications:

1. Dr. Srihari Sharma K N published a research article on Assessment of the diagnostic accuracy of Vibrasense compared to a biothesiometer and nerve conduction study for screening diabetic peripheral neuropathy in the Journal of Foot and Ankle Research.
2. Dr. Vinod published a research article on "Video analysis of throwing techniques in collegiate shotput athletes: a visual exploration" in Journal International journal of experimental research & review.
3. Dr. Sunjyoth published a research article in the JETIR Journal titled "Prevalence of Piriformis Tightness in IT Professionals.
4. Dr. Feba Roy published a research article in the Indian Journal of Pain titled- Prevalence of Cervical Radiculopathy among Information Technology Professionals with Neck Pain.