

# RENAISSANCE

NEWS LETTER OF COLLEGE OF PHYSIOTHERAPY



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**College of Physiotherapy**  
**Sumandeep Vidyapeeth**  
**(Deemed to be University u/s 3 OF UGC ACT OF 1956)**  
**NAAC Accredited Grade – A with CGPA 3.53/4**  
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# MISSION AND VISION

## MISSION

The mission is to educate competent autonomous Physiotherapists who, by their commitment to advance the health and quality of life for all, are leaders regionally, nationally and internationally. The faculty is dedicated to creating a collaborative environment demonstrating excellence in teaching and learning, research and creative activity and service to the community and profession.

## VISION

College of Physiotherapy, SUMANDEEP VIDYAPEETH, will excel as recognized leader nationally and internationally in education, research, and civic engagement.

## EDITORIAL BOARD

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# FAMILY PHOTO



# WELCOME NEW FACULTY



**Dr. Heli Patel BPT**  
Clinical Therapist



**Dr. Sakina Vahora BPT**  
Clinical Therapist

# Academic Activities

## PG Orientation

This year a total of 8 students joined MPT course for the academic year 2017 -18. The course commenced from Monday, 04/09/2017 and on the very first day an orientation and induction program was conducted for the new students.

Induction program was held at the PG class room of College of Physiotherapy at 10 am.



Principal Professor Dr Lata Parmar presided over the program. Dr G Palalni Kumar, Professor and PG class coordinator organized the program. Dr Kalpesh Satani, EBES coordinator, Dr Neha Mukkamala,

Clinical Incharge and Dr Megha Mehta, CCEF coordinator were present during the program. Dr Kumar welcomed Principal, faculty and students and requested Principal to welcome the students.

Principal Professor Lata Parmar welcomed the students and asked them to introduce themselves first. After their introduction she asked them about their motivation to join PG. As they shared their reasons to join PG she advised them what differences are between a UG and PG and the ways to learn in PG. She congratulated them and wished them for their successful PG studies.



Dr Kumar welcomed the PG students and informed them about the curriculum of PG studies, available elective option, rules and regulations to be followed while in the campus. The students were informed that first two to three months they will be posted in all wards to have good knowledge about the clinical facilities available so that they can make a final choice on electives after the postings. He also told about log book and its importance.

Dr Kalpesh Satani talked about EBES, unique feature of Sumandeep Vidyapeeth. He further elaborated on how it will be imparted to students, its importance in clinical practice and what is expected from PG students.

Dr Neha Mukkamala informed the students about their duties in the hospital & OPD's. She also informed about their attire to be maintained during clinical hours and to follow the instructions of the faculty.

Both Dr Kalpesh satani and Dr Neha mukkamala informed the students that they will undergo a full-fledged orientation program on EBES and Medical Education Technology (copy of reports attached)

Dr Megha Mehta, Career and Competitive Examination Forum (CCEF) coordinator, informed the students about CCEF objectives and asked the students to take maximum benefit of it.

The students would now await the details of course work and progress monitoring which will be given to them by their PG coordinator.

The program was concluded at this point at 11 am and Dr Kumar thanked Principal and all faculties.

## **UG Orientation**

College of Physiotherapy, Sumandeep Vidyapeeth, organized orientation program for First year BPT students, 2017-18 on 5<sup>th</sup> October 2017 at 1<sup>st</sup> year BPT gallery classroom, COP, SV. Almost all the fresh students admitted with their parents reached the college around 9 am. They all joined the morning assembly for prayer and university song. Afterwards, all the F.Y.BPT students along with their parents were made to sit in first year classroom. Class coordinator Dr. Niketa Patel took charge and introduced herself, distributed hard copy of handbook, academic calendar and time-table to each student. Personal detail form, declaration forms were also distributed and by 10:30 am completed declaration forms and personal detail forms were collected back from students. Refreshments were arranged at the college premises for the parents and students at 10:30 am.

By 10:45 all the students along with their parents were seated back in the gallery BPT classroom, where dignitaries reached by 11:00 am. Honourable Chancellor; Learning Resource Centre (LRC) Director,; the HOD anatomy, & I/C HOD physiology, SBKSMIRC attended the program along with Principal and other senior faculty of Physiotherapy.

The program started with prayer. After prayer, honourable Chancellor, Air Commodore, Dr G. D. Mehta welcomed the gathering. He inspired the students by quoting practical example of day to day life and motivated them for studying without stress. Sir, also brought a story which was read by a third year BPT student based on the young son and father discussing on the virtues inculcated in their son by the parents which helps the son to make a great fortune. LRC Director, Dr Kautilya Shukla also addressed the students. He welcomed them and explained them about functioning & importance of LRC.



Dr. Lata Parmar, Principal, addressed the audience and welcomed the students to Sumandeep Parivar. She explained them about significance of the physiotherapy profession and spoke about the College, and its attachment with teaching hospital, Dhiraj General Hospital and community centres. She also informed of the various courses offered by the University. Following which HOD, Anatomy dept, and HOD, Physiology dept, SBKSMIRC oriented the students regarding anatomy and physiology respectively.

First year BPT Class coordinator, Dr. Niketa Patel welcomed the students and briefed about the academic interactions of the class coordinator with the students. Following this the Dr. Kalpesh Satani, EBES coordinator, COP, welcomed the students and briefed them the evidence based practice and the role of EBES in the profession. He also informed to the students that Sumandeep Vidyapeeth being the 1<sup>st</sup> university to practice EBES. Next, Dr. Megha Mehta, Student Co-ordinator and Mentorship in- charge, COP, addressed the audience and explained the students on mentorship program and its importance.

In the end the U.G. coordinator of COP, Dr. G. P. Kumar, welcomed the students and oriented them about rules and regulations of the institution. He also delivered the vote of thanks and the program was concluded with university song. Following this lunch was announced for the students and their parents at the food court, cafeteria.

In the afternoon session, other faculties from College of Physiotherapy, introduced themselves to 1<sup>st</sup> year BPT 2017-18. Following this, students were oriented about Anatomy department, Physiology department and Biochemistry department at SBKSMI&RC by 1<sup>st</sup> year class coordinator. Students were divided into 02 batches for LRC orientation which was conducted by Dr. Dhvani along with the LRC staffs.



## GALLERY- ORIENTATION 2017-18



## Orientation to library Learning resource center (LRC)

College of physiotherapy organized the LRC orientation program on 4<sup>th</sup> Sep 2017 and 5<sup>th</sup> Oct 2017 for the fresher Postgraduate and Undergraduate students, respectively for the academic year 2017-2018. In the afternoon session, students were oriented to the central library. In that all students were made aware about general rules and guidelines to use library, value added services, searching books & journals, e-books and e-journals. Along with it all the students were informed to issue their library card as early as possible.



## **PG ACTIVITIES**

PG Students of college of physiotherapy are undergoing various clinical and academic activities throughout their two years of curriculum. PG activities include seminar presentation (Evidence based), Case presentations as well as Journal club along with the training in clinical skills. The details given below are for the period of September to December 2017.

<b>Seminar</b>	<b>33</b>
<b>Case presentation</b>	<b>07</b>
<b>Journal club</b>	<b>03</b>
<b>Skill presentation</b>	<b>30</b>

Apart from their regular Hospital postings, PG students are also having regular Community posting (Weekly once – on Saturday) at Waghodia PHC. They also visit NGO - Friends Society (weekly once – on Sunday) at Fatehgunj, Vadodara.

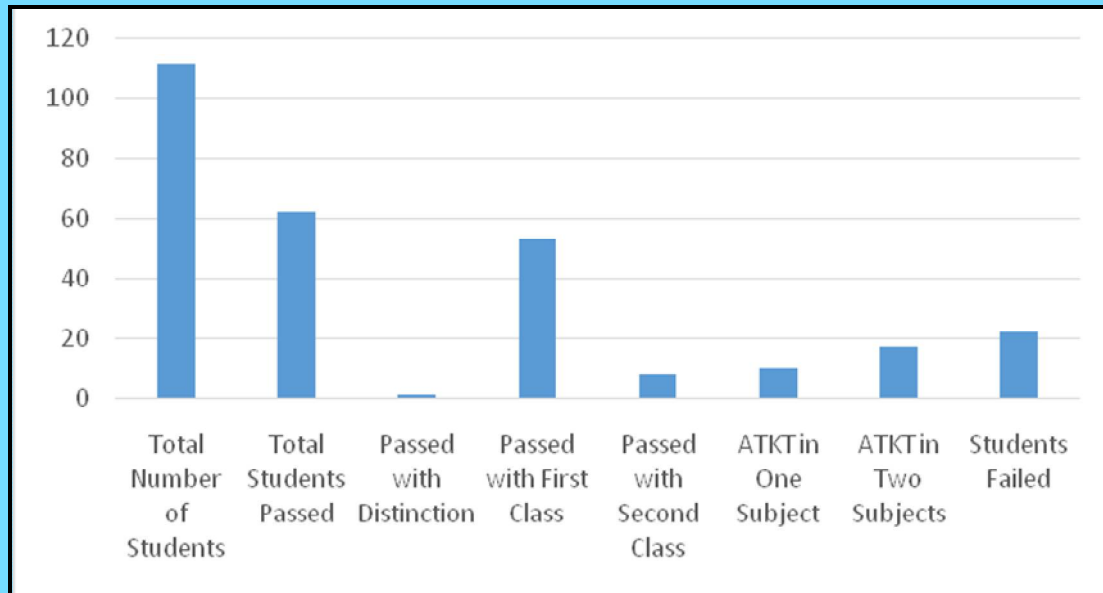
Apart from above activities, students continue with their dissertation work & Total Six Human Research Review Panel (HRRP) meeting held in this period (September to December-2017) to present their progression report of dissertation.

Post Graduate students (Both 1st & 2nd Year MPT) attended EVIDENCE BASED EDUCATION SYSTEM (EBES) Seminar on 10th Nov 2017.

# University Examination Result Analysis

The Results of 1<sup>st</sup> year BPT were announced on 1<sup>st</sup> September 2017

1<sup>st</sup> Year Result Analysis is as given below:



## Webinar

College of Physiotherapy organizes webinars regularly with Dr. Veerendra Shandilya – Bionic Rehabs Private Limited. He gives expert advices related to clinical application of orthotics and prosthetics to students.

This time session included demonstration of Endoskeletal prosthesis for below knee, transtibial, partial foot amputation and orthosis for O.A. knee patient.

## University Supplementary Exam

Supplementary examination was held in the month of December 2017

# RESEARCH ACTIVITY

**List of On Going Research Projects – Faculty**

Sr. No.	Name of Staff	Co-Investigator(s)	Title
1.	Dr. Neha Mukkamala	Prof. Dr. Lata Parmar	Physiotherapy students' preference on chalk and board v/s PowerPoint presentations

**List of On Going PhD**

Sr. No.	Principal Investigator & Department	Year of Joining	Guide Name	Title
1	Dr. Neha Mukkamala, (Physiotherapy)	2012	Dr. J. D. Lakhani	To study the profile as well as prevalence of musculoskeletal problems in patients with diabetes mellitus
2	Dr. Niketa Patel, (Physiotherapy)	2012	Dr. P. Golwala	Effect of restoration of normal hip anatomy on abductor lever arm and muscle strength after different hip surgeries
3	Dr. G. P. Kumar, (Physiotherapy)	2015	Prof Dr. Lata Parmar,	Development and Validation of a new falls efficacy scale with relevance to India
4	Dr. Kalpesh Satani, (Physiotherapy)	2016	Dr. Lata Parmar,	Effects of continuous monitoring of rehabilitation program on physiological outcomes, functional status, and health related quality of life in patients with coronary artery bypass graft
5	Dr. Noel Macwan, (Physiotherapy)	2016	Prof Dr. Lata Parmar,	Correlation of physical activity and musculoskeletal pain in elderly in the rural areas, and the effect of home based physiotherapy - A randomized control trial
6	Dr. Virendra Shandilya, (Prosthetic Orthotics)	2016	Prof Dr. Lata Parmar,	Functional Viability of an Indigenously Developed Economical Endo-skeletal Prosthetic Knee Joint for Transfemoral Amputees – Comparative Study



7	Dr. Prajakta Patil, (Physiotherapy)	2016	Prof Dr. Lata Parmar, (Physiotherapy)	Efficacy of Bubble PEP on Breathlessness, Cough, Sputum Scale & Functional Capacity in hospitalized COPD patients – A Randomized Control Trial
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<b>List of On Going Research Projects - Student-PG</b>			
<b>Sr. No.</b>	<b>Name of Student &amp; Department</b>	<b>Co-Investigator(s)</b>	<b>Title</b>
1.	Anishma Chungath	Prof Dr. Lata Parmar	To establish norms of unipedal stance with eyes open in healthy adults.
2.	Ashu Sharma	Dr. Neha Mukkamala	To establish normative values for grip strength amongst elderly
3.	Nandini Kushwaha	Dr. Kalpesh Satani	A study of chest expansion measurement in healthy adults with two different instructions
4.	Pooja Vala	Dr. G.P. Kumar	To assess distal muscles strength in geriatric population
5.	Kanal Sumaker	Dr. G.P. Kumar	To establish norms of modified four square step test in elderly population and its correlation with timed up and go test
*Recruitment ongoing, data analysis ongoing, study report prepared/paper prepared, paper presented sent for publication.			

<b>List of Completed Intern project (assigned in groups)</b>				
<b>Sr. No.</b>	<b>Group</b>	<b>Intern's name</b>	<b>Guide</b>	<b>Title of project</b>
1	A	Amin Riya, Patel Anjali, Upasana Bajaj Bhagat archi Bhatt Premsharan Bhikhadiya Sweety	Dr. Maitry Shukla	To Measure Hamstring flexibility in college students




2	B	Dani Jalak Desai Rahi Gandhi Mitva Gandhi Vallabhi Goswami Swati Jayswal Nikita	Dr. Dhvani Chanpura	To see the changes after Physiotherapy in patients with trepezities
3	C	Joshi Janvi Kaishwariya B. Khatri lavina KHosla Simran Lakhia Preksha Maharana Jigneshwari	Dr. Noel Macwan	To see the changes after physiotherapy in post natal care in patients with LSCS
4	D	Mistry Dhvani Mistry Nikita Panchal Disha Parekh Archi Parmar Nidhi Patel Ayushi	Dr.Jay Soni	To see the changes after physiotherapy treatment in individuals with neck pain
5	E	Patel Dhruva Patel jinal Patel Krishna Patel Krunal Patel Monali	Dr.Parth Devmurari	To see the changes after Physiotherapy in patients with mastectomy
6	F	Patel Nehal Patel Pankti Patel Shivangini Patel Vrutti Pathak HImani	Dr.Nalina Gupta	Neck Flexion measurement among college going smart phone users
7	G	Pawar Yogita Prajapati Rutvi Raval Akshata Raval Shivani Shah Asana	Dr.Kalpesh Satani	Assessment of functional capacityin the patients with abdominal surgeriesat the time of discharge
8	H	Shah Astha Shah Anjali Shah Ayushi Shah Diya Shah Ekta	Dr.Niketa Patel	To see the changes following physiotherapy in patients with osteoarthritis of knee
9	I	Shah Hardi Shah Jeel Shah Krupali Shah Nishi Shah Shivani	Dr.Deepak Kumar	To see the changes after physiotherapy in patients with non specific low back pain

10	J	Shah Swara Shruti Talniker Soni Bhumika Soni Tanvi Thakkar Archana	Dr. Nabil Desai	To see the changes after physiotherapy in planter fasciitis
11	K	Thakkar Hetvi Thaker Pooja Vyas Aishwariya Vyas Himalaya Zala Viraj	Dr.Purvi Patel	To see the changes following physiotherapy in post abdominal surgical cases
12	L	Bloch Nasima Desai son Maniar Surbhi Patel Priya Patel Riya	Dr. Megha Mehta	To see the changes after physiotherapy in patients with spinal cord injuries
13	M	Patel Vishranti Shah Krutika Shah Maitry Shaikh Ameena Gamit Damini	Dr. Neha Mukkamala	To see the changes following physiotherapy in patients with hip surgeries

<b>CONF. COMMITTEE MEMBER/CHAIRPERSON/SPEAKER/GUEST LECTURE DELIVERED/JUDGE/PANEL DISCUSSION/WORKSHOP RESOURCE PERSON</b>				
<b>Sr. No.</b>	<b>Name of Faculty</b>	<b>Contribution</b>	<b>Type &amp; Venue of Program (Conference/CME/ Workshop/FDP/ others)</b>	<b>Date</b>
1	Dr.G.P.Kumar	Facilitator	EBES workshop, SV	10 <sup>th</sup> Nov 2017
2.	Dr.Kalpesh Satani	Facilitator	EBES workshop, SV	10 <sup>th</sup> Nov 2017

<b>PAPER PUBLISHED</b>				
<b>Sr.No.</b>	<b>Author</b>	<b>Title</b>	<b>Name of Journal</b>	<b>Volume &amp; Issue</b>
1.	Prof.Dr. Lata Parmar	Measurement of Elbow Range of Motion in Full Term Neonates	International journal of scientific research and education	Volume-5 Issue-11
2.	Dr.Rishee kumar patel	Leisure time physical activity patterns in Odisha, india	Diabetes & Metabolic Syndrome	Available online

# ACCOLADES AND HONOR

Honors / Awards / Recognition received by faculty				
S.N.	Name of faculty	Details	Name of awarding body/ agency	Date
1	Prof. Dr.Lata Shroff Parmar	PhD Subject Expert	Gujarat University	12 <sup>th</sup> Sep 2017
2	Prof. Dr.Lata Shroff Parmar	Member of 'Board of Academics of Gujarat State Council For Physiotherapy (GSCPT)	Government Spine Institute, Civil Hospital campus, Ahmedabad.	22 <sup>nd</sup> Sep 2017 2017
3	Prof. Dr.Lata Shroff Parmar	<p>"University Research Award 2016-17"</p> 	Sumandeep Vidyapeeth	10 <sup>th</sup> Oct 2017

# COLLEGE EVENTS

## World Physical Therapy Day (as uploaded on WCPT website)

The College of Physiotherapy (COP), Sumandeep Vidyapeeth University (SVU) celebrated this day with great enthusiasm as it is done each year. This year the College started the activity much in advance as the plan in the first phase was to assess **how physically active our own students were??**

Student coordinator, Dr Megha Mehta, Assistant Professor, COP along with her team of few faculties screened **309 undergraduate students** (age  $20.69 \pm 1.13$  years) for their level of physical activity with the help of “Global Physical Activity Questionnaire (GPAQ)” developed by WHO. The data of this would be presented on the World Physical therapy Day, 8th of September 2017. This year’s theme “**Physical activity for life**, the College decided to conduct program in two sessions.

The 1st session began at 10 am in the morning where honorable Chancellor, SVU, Air (Com) Dr G. D. Mehta; I/c Dean, SBKS MI&RC, Dr Paresh Golwala; Medical Superintendent, DGH, Dr. (Col) Rakesh Sareen; Principal, COP, SVU Professor Dr Lata Parmar addressed the gathering of our students (approx. 500) and faculties about importance of physical activity and role of Physiotherapist promoting physical activity in all age groups. Dr Kalpesh Satani, Associate Professor, COP, spoke on the recommended levels of physical activity for all age groups and means of incorporating necessary physical activity in daily routine.



At the end of this session the student coordinator, Dr Megha Mehta, presented data and report of level of physical activity (survey conducted phase I). It was found, **59.5 %** of our students were ***not meeting WHO recommended Physical activity level for health***. She also laid down the strategy / action plan to improve and bring in change both physical fitness & mind set.





**Inspiration to all: Honorable Chancellor, SVU, Air (Com) Dr G. D. Mehta  
exercising on treadmill**

**The 2nd session** was the actual physical activity session started by 11:30 am and was conducted by other faculties of COP. All the undergraduate students were divided in 6 batches. One by one all batches performed a program including warm up, stretching, upper & lower body strengthening, aerobic exercises and cool down.



All the students enjoyed the session and overall feedback from them was *positive and encouraging*

## **"World Cerebral Palsy Day 2017"**

Every year college of physiotherapy observes the world cerebral palsy day on 6<sup>th</sup> October.

This year college of physiotherapy decided to organize a pediatric camp.

One week prior to the camp the following villages were identified within 5 km radius of the campus:

1. Piparia
2. Ropa
3. Mastupura
4. Kuwarvada
5. Narmadpura and Bakrol farm
6. Amodar

To create awareness of camp and free physiotherapy treatment facilities we decided to distribute pamphlets. The pamphlets contain information on Date, Time, and venue of the camp along with common pediatric problems which included congenital problems, Developmental Delay, any Neurological or Musculoskeletal abnormalities. House to house distribution of the pamphlets was done by a team of our interns along with two faculties on 26/9/2017 & 27/9/2017.

On 6<sup>th</sup> October, day of world cerebral palsy day pediatric camp was held at college pediatric OPD from 10a.m. to 1 pm. one patient with diagnosis of Rt. hemiplegia came to the camp and was assessed by Dr.Lata Parmar & Dr.Dhwani Chanpura and treatment plan was explained to the mother and was asked for follow up.



Similarly in college to create awareness in students we arranged poster making completion for 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> year B.P.T students. Topics for the posters were distributed one day prior to the completion. Topics like definition, classification, types of cerebral palsy, abnormal postures of cerebral palsy, gross and fine motor milestones till 5 years of age and handling and carrying techniques were allotted.

On the day 9:30 to 11 am time was given to the students for preparation of the posters at 11 to 12 all the posters were presented to the 3<sup>rd</sup> students and at 12 noon Dr.G.P.Kumar and Dr.Nalina Gupta were called to judge the posters and they finalize the winner group.

**Shraddha & Nehal of 2<sup>nd</sup> year B.P.T. were winners.**



## **“Fresher’s party (2017-18) – NOVATO FIESTA 2K17”**

Every year, second year BPT students of College of Physiotherapy (COP), SV organizes Fresher’s party for first year BPT students. This year also present Second year BPT students had organized a fresher’s party – NOVATO FIESTA 2K17 on 14th October 2017 for first year BPT students (2017–18) at COP Auditorium. Party started with warm welcome of faculties and freshers at 9:15 am. Prof Dr Lata Parmar, PhD, Principal, COP, SV also welcomed freshers on behalf of SV parivaar. Next, there was formal introduction ceremony where 2nd year introduced themselves to the fresher following which freshers introduced them self to everyone.

After introduction ceremony, there were games & performances by both 1st and 2nd year students were as follow;

<b>Sr No.</b>	<b>Performance</b>	<b>Student/s</b>	<b>Year</b>
1	Prayer dance	Aarvi	1st year BPT
2	Solo singing	Kush	2nd year BPT
3	Group Dance	Kesha, Aesha and Vidita	2nd year BPT
4	Solo dance	Jiviksha	1st year BPT
5	Solo singing	Shreya	1st year BPT
6	Game	-	1st & 2nd year BPT
7	Solo dance	Ritu	2nd year BPT
8	Group Dance	Ayushi, Nisha, Yukta & Rajika	1st year BPT
9	Group Dance	Vistasp, Mohit, Rithik, Harpreet, Dhyan, Piyush, Hardik and Heet	1st year BPT
10	Game	-	1st & 2nd year BPT

Following performances and games there was DJ for about 1 hour. After DJ, there were refreshments (Samosa, puff, pastry and cold drinks) for students (1st & 2nd year), faculties and non teaching staffs arranged at COP porch by 2nd year BPT students. Total expense for entire event was paid by 2<sup>nd</sup> year BPT students. Total 115 students contributed 135 rupees per head (Total Rs 15,525/-) for the same.

### Gallery





## **“International Day of People with Disability”**

Every Year College of Physiotherapy, SV observes “International Day of People with Disability” on 3<sup>rd</sup> December. This year, we organized ‘Physiotherapy awareness camp’ in Waghodiya on 1<sup>st</sup> December 2017 (as 3<sup>rd</sup> Dec’17 falls on Sunday). This entire activity was planned in two phases. The details of which are as below:

**Phase 1** – A door to door survey in Waghodiya to assess the need:

Prior to camp, a door to door survey was conducted in Waghodiya to have an idea of various types of disability that limits the activities of daily living in the community; this would help us to plan ‘Physiotherapy camp’ for the same. The survey was completed in 4 days i.e. from 17<sup>th</sup> – 21<sup>st</sup> November 2017. A faculty with 16 interns and 4 PGs were divided into 4 teams to survey.

Total 1902 houses were surveyed. In our survey we found that majority of people in Waghodiya complained of knee pain, followed by back pain which was interfering in their mobility and day to day activity. Hence it was decided to conduct an awareness camp regarding physiotherapy treatment addressing back pain, knee pain, heel pain and leg pain.

For camp venue, Balwadi, Waghodiya was found to be suitable place as it was in area with maximum density and easily approachable for the people.

**Phase 2** – Physiotherapy Treatment and Awareness camp

The camp was started at 10 am, on 1<sup>st</sup> December 2017 (as 3<sup>rd</sup> Dec’17 falls on Sunday). Along with principal, Prof Dr Lata Parmar, one Associate professor, Dr Kalpesh Satani; four Assistant professor, Dr Neha Mukkamala, Dr Megha Mehta, Dr Niketa Patel & Dr Parth

Devmurari; and four interns Simaran Khosla, Lavina Khatri, Krunal Patel, and Premsharan Bhatt attended the camp. All the participants were arranged in a room where awareness program was arranged.

Prof. Dr Lata Parmar, Principal, addressed the gathering and educated them about the common factors causing knee and back pain and how to avoid or modify them. As many of the participants were predominantly near or above 50 years of age, she emphasized on healthy aging. They were counseled to remain as active as possible in daily chores. They were shown various videos demonstrating consequences of faulty postures. There was a live demonstration where audiences were educated on how to correct sitting and standing posture. Benefits of simple life style changes like activities that promotes movements of all joint, exercises, sit to stand, squatting and brisk walking, healthy eating habits, back care advices were explained to them.

Following awareness program, registered participants who wish to get screen personally consulted the faculties of COP, SV. Total of 84 patients registered for awareness program among which 63 participants (Mean age 57.9 years; minimum = 7 years; maximum = 84 years; M:F = 1 : 2.15) waited for screening. Majority of them were suffering from knee pain followed by back pain and leg pain. We also had one patient with dyspnea and one 7 year old boy with bilateral knee pain. Faculties assessed them and advised them accordingly. We also collected feedback from those who came for individual screening. All of them agreed that the guidance provided was easy to understand, helpful and useful. They all agreed to takes physiotherapy treatment. Out of 63 screened participants, 50 reported it was difficult for them to visit Physiotherapy Department, DGH due to lack of transportation facility. Two of them reported additionally reason of their busy schedule to be hindrance in visiting the department. With overall good & encouraging feedback, the camp was concluded at 3 pm and we returned to the Sumandeep Vidyapeeth campus by 4 pm.

## Gallery



# College Annual Function

## “Physiozest 2017”

Every year the annual event of college of physiotherapy (COP), SV - “Physiozest” is celebrated in the month of December. This year also, Physiozest 2017 was celebrated from 27<sup>th</sup> - 29<sup>th</sup> December 2017. During these three days, various sports and cultural activities were organized by student council, COP, SV in which all students participated enthusiastically.

### Day 1:

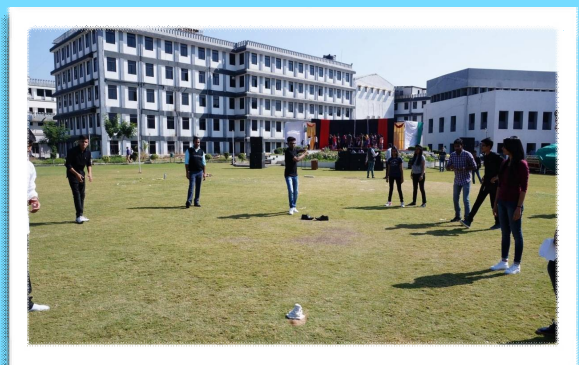
27<sup>th</sup> December 2017, very first day of Physiozest 2017 theme was Villain & Halloween Day’, started with the inauguration and lamp lighting ceremony at 9:15 am by honorable Chancellor Air Commodore Dr. G.D. Mehta and Principal Prof. Dr. Lata Parmar in the porch of COP. The inauguration ceremony further continued with the felicitation of dignitaries & the faculties with home chocolates specially prepared by students. Students were in their utmost best Halloween outfits enjoying the ceremony which was declared open with waving of the balloons by our Chancellor Sir.







Following inauguration, around 10:15 am, the Rangoli competition began in the porch area which was judged by Mrs Hiral Panchal, Assistant Professor, Dept. of Physiology, SBKS MI&RC & Dr. Dhvani Chanpura, Assistant Professor, COP. The Competition was won by Aishwariya Karmariya and Bhakti Vitlani from the team Warriors. Simultaneously the other hand students were enjoying the Lemon & Spoon Race on the Shamiyana ground which was won by Parth Patel from the team Titans. At 10:45am the Sac Race had begun where some students cherished hopping while the viewers cherished watching the game. It was won by Viral Gareja(warriors). After Sack Race, students paired up for 3 legged race. The pair who successfully reached the finals and proved their coordination was Premsharan Bhatt and Sandipsingh Jadeja (group Titans).



At 11:30am in the Shamiyana Ground, Sattodiya - a game which was forgotten with times was played and enjoyed by the students. The game was won by group Incridibles. Following

Sattodiyu, Relay took place at the Shamiyana Ground at 12.30pm where the students of the groups actively participated and the winners were Incredibles (Boys) and Warriors (Girls).

From 2pm onwards an Amazing Game of Mock Cid started where students got engaged in hunting the clues all over the campus. Group Titans won this suspense game by searching the final clue, the key. Around 3:30pm carom, table tennis, and trashion went on simultaneously in college premises. The students in the table tennis and carom hall cheered their participating friends and enjoyed watching them. The winners for carom were Samira and Nisha from Warriors group and for table tennis was Devraj Patel from group warriors. The last event of the day 1, trashion was organized in college auditorium, where participants came up with outfits made out of waste material like newspapers, garbage bags, polythene bags etc. The event was judged by Dr. Kinjal Patel, Assistant Professor, Dept. of Anatomy, SBKS MI&RC, and Dr. Maitri Shukla, Assistant Professor, COP, SV. The winner of trashion was Vallari Panday, group Titan.

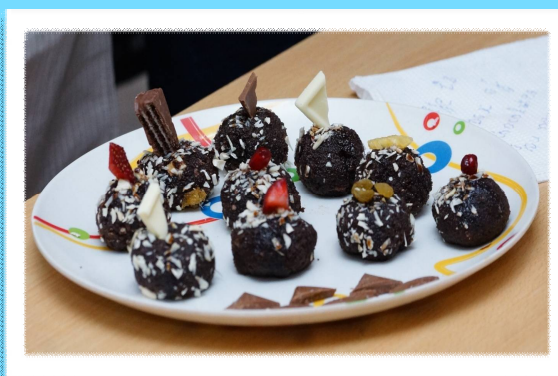
### **Day 2:**

Day 2 - 28th Dec 2017 was celebrated as Traditional Day with a royal touch. Students dressed up beautifully with a royal touch in their outfits. In the morning at 9:15 am, Mehendi Design competition was organized in the auditorium, COP, SV. It was judged by Dr. Neha Mukkamala, Assistant Professor, COP, SV and Dr. Dhvani Chanpura, Assistant Professor, COP, SV. Afroz Virani from team Titans won the first prize.

After mehendi competition, the other competition "Let Dessert be Delicious" was organized. All the participants gathered in the College Library at 10:30am. The event continued till 12pm. Mouth watering delicacies were prepared & judged by Trushna Shah, Assistant Professor, Dept. of Biochemistry & Dr. Niketa Patel, Assistant Professor, COP, SV. There was a tie between two groups; Krishna Patel, Zarin Khan and Sweta Rathod from team Warriors and; Hunita and Mayuri from PGs. Following this, students gathered in the



auditorium. All the students arranged themselves class wise and the all time famous and liked Antakshari was played. Students were then given a break till 5 pm for the most awaited Cultural night of Physiozest 2017.



Dazzling lights and an array of western and Indian attires filled the atmosphere on the cultural night evening on 28<sup>th</sup> December 2017. Around 6.30pm the stage was ready for the performers to showcase their talents. Guest of honor for the Cultural night event was Officiating Vice Chancellor, SV, Dr G. V. Shah. Along with him Professor, Dept. of Physiology Dr Harsoda also graced the occasion. The judges of the event were Dr. Rashmi Venkateshan, Professor of the Oral Pathology, Department, K.M Shah Dental College and Dr. Niketa Patel, Assistant Professor, COP, SV.





Paying Respect to the almighty is our tradition. For this the students, came on the stage for the most amazing and captivating Prayer dance performance in their Bharatnatyam outfits. The cultural night was full of surprises for all the spectators. The Faculty Performance and their fashion show in the ethnic attire was marvellous on the ramp.

Cultural night had many wonderful performances like Duet dance, Solo Dance, Solo Singing and Duet Singing which was judges had keen eyes on. There were also Group dance performances and skit which was out of the judging criteria. There was also, Students Fashion Show, where the theme for the year was Winter and Royal Ethnic was performed. Last but not the least there was Council Walk where all council member who worked hard to organize the event, walked on the ramp. The judges declared the winners for solo dance- Anjali (Intern)- solo singing- Priyal Mehta ,Duet singing Hitiksha Raval and Khyati Pillai ,Duet dance-Hitiksha Raval and Saloni Gandhi. Then After then students bagged up for the DJ night the students danced on the beats of Music.





### **Day 3:**

On 29<sup>th</sup> December 2017, we celebrated Head Gear and Sports Day. Students' creativity came out in the form of decorative head gears, hats and traditional paghdís. In the morning, around 9:15 am, students gathered in the Amphitheatre for Zumba. Music was on and students tapped their feet to the rhythm. The session continued for half an hour and all the students were fuelled up with energy for the upcoming sports events. Students participated with great enthusiasm and all the sports events were played between their respective groups- Titans, Warriors, Hercules and Incredible.



At 9:45am, "Tug of war" was played in the Amphitheatre between the groups in which Titans came out as the winners.

Around 10:30am, "Badminton" was played at Bhardawaj Hostel for Titans and Warriors and at Gargi hostel for Hercules and Incredibles. The game was of 5 points and the finals were of



7 points. Vidhita Patel from Titans and Vistasp Battiwala from Hercules bagged the first prize.

From 12pm-1pm, students enjoyed playing “Kho Kho” in the Shamiana Ground (Amphitheatre) and there was a tie between two teams i.e. Hercules and Incredibles. The audience had a wonderful time cheering their team members.

After a break, the students gathered outside the college for another fascinating game “Photo scavenger Hunt” which turned out to be a brainstorming session for the young &physio minds. The smartest of them all, team Titans was successful in getting all the pictures in the allotted time.

All that goes well ends well. Unfortunately the day was about to end and time to play the last event of Physiozest 2017 had come. All the students gathered to play the most eagerly awaited game of all time, “Cricket”. Boys played their game in the Cricket ground where two teams; Team A and B were made. Team A won the match by 1 run making a total of 84 runs. It was a close call! Girls, on the other hand played their match in the Basketball court. Team A also won by 1 run making a total of 28 runs.

# UNIVERSITY EVENTS

These are the Events, organized by University in which students of college of physiotherapy participated.

## **“Gandhi Jayanti”**

The program of GANDHI JAYANTI was held on 28<sup>th</sup> September 2017 at SBKS & MIRC auditorium, for creating awareness about cleanliness at professional and personal level of the housekeeping staff of Sumandeep University.

The program commenced at 11 a.m. with welcoming of the Housekeeping staff of the university. Introduction of the father of our Nation- GANDHIJI followed by explanation of "SWACCHATA ABHIYAN" which was based on Gandhiji's dream of clean India. Then Gandhiji's favorite Bhajan “VAISHNAV JAN TO TENE KAHIE” was played. The awareness program was conducted by Dr.Dhwani Chanpura, who explained various methods of cleanliness in personal hygiene and health care profession, which is important to prevent the spread of infection from self to others and from others to self.

In the talk she first covered professional cleanliness which included;

- 1) Spillage management
- 2) Accidental Needle pricks
- 3) Bio medical waste management

Next, in personal hygiene the following were included;

- 1) Hand washing technique
- 2) Keeping surrounding environment and household clean.

This was followed by practical demonstration of hand washing technique with sanitizer and each housekeeping staff members followed the same steps to practice. The talk was concluded with OATH taking ceremony to keep our Nation clean and recitation of the University song followed by the National Anthem.





## “Sharadotsav 2017”

Sumandeep University had celebrated Sharadotsav on 5<sup>th</sup> October 2017 at Amphitheatre from 7:30 pm onwards. There were two competitions arranged in the celebration of SHARADOTSAV 2017. One was Garba and other was Arti thali decoration competition. Students of college of physiotherapy had participated in both competitions. Among them, Shruti Patel (3<sup>rd</sup> B.P.T) & Hetvi Shah (4<sup>th</sup> B.P.T) was declared as best couple Garba participants and in Arti Thali decoration competition, Hetali Patel & Prizam Kanani (3<sup>rd</sup> year B.P.T) stood first in the competition and Jharana Joshi & Riddhi Soni (3<sup>rd</sup> year B.P.T) was second runner up.



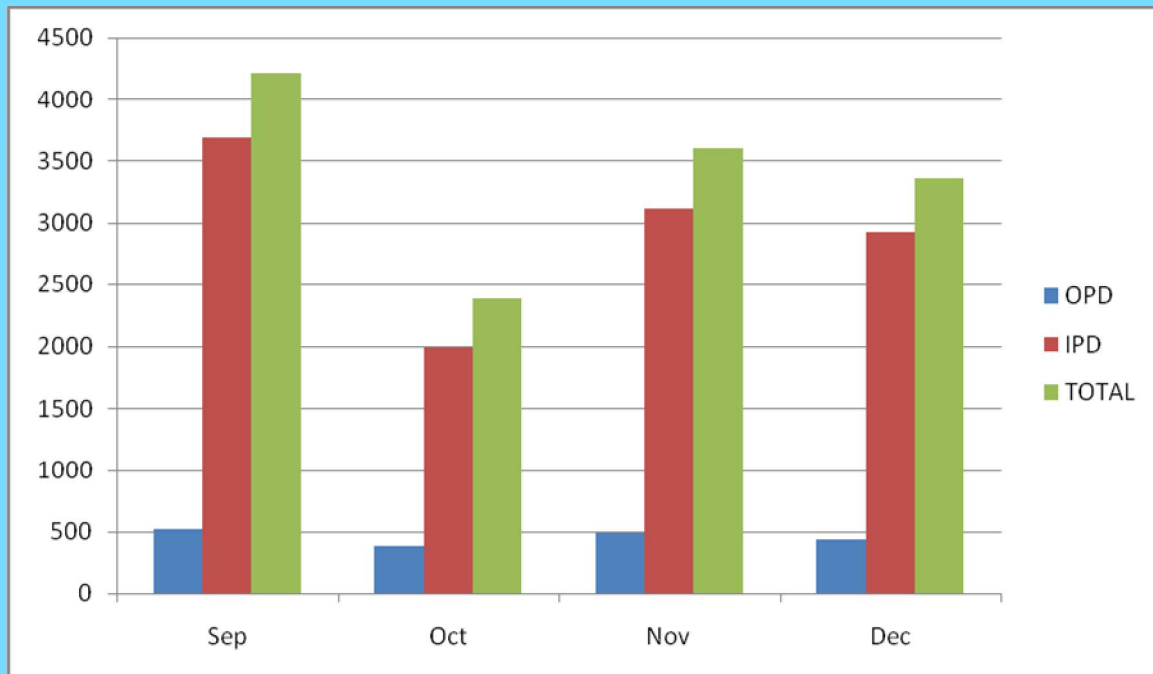
## **"Dr. A P J Abdul Kalam Day 2017"**

Sumandeep University observed Dr. A P J Abdul Kalam Day on 15th October 2017. Dr. A P J Abdul Kalam's birth anniversary has been celebrated as world Students Day. For the observance the world student Day three stickers based on the quotes of Dr. A P J Abdul Kalam were handed over to each institute and requested the institutions to stick those stickers where students can see.

## **"Constitution day of India"**

Sumandeep University observed the Constitution Day of India on 28<sup>th</sup> November 2017, from 11:00am to 12:00 noon. Theme of the program was **"Constitution in terms of health care system"**. Dr M M Sattegi (Registrar, SVDU) has delivered an informative talk on the critical aspects of constitution for recent and real world situations for a health care professional. From college of physiotherapy Dr. Dhvani Chanpura, Assistant Professor, COP, SV along with Final year students participated in this program.

# Patient Care



**Census of Physiotherapy OPD, Dhiraj Hospital for the Months of September to December 2017**

# COMMUNITY EXTENSION

College of Physiotherapy is providing service at community in various places like Bahadarpur, Waghodia and Frpiend society at Baroda. Our Faculties and Students visit at Friend Society every Sunday and at Primary Health Center, Waghodia every Saturday and total numbers of patients were 44 and 51 respectively during September to December 2017. Number of patients treated at Bahadarpur center as below.

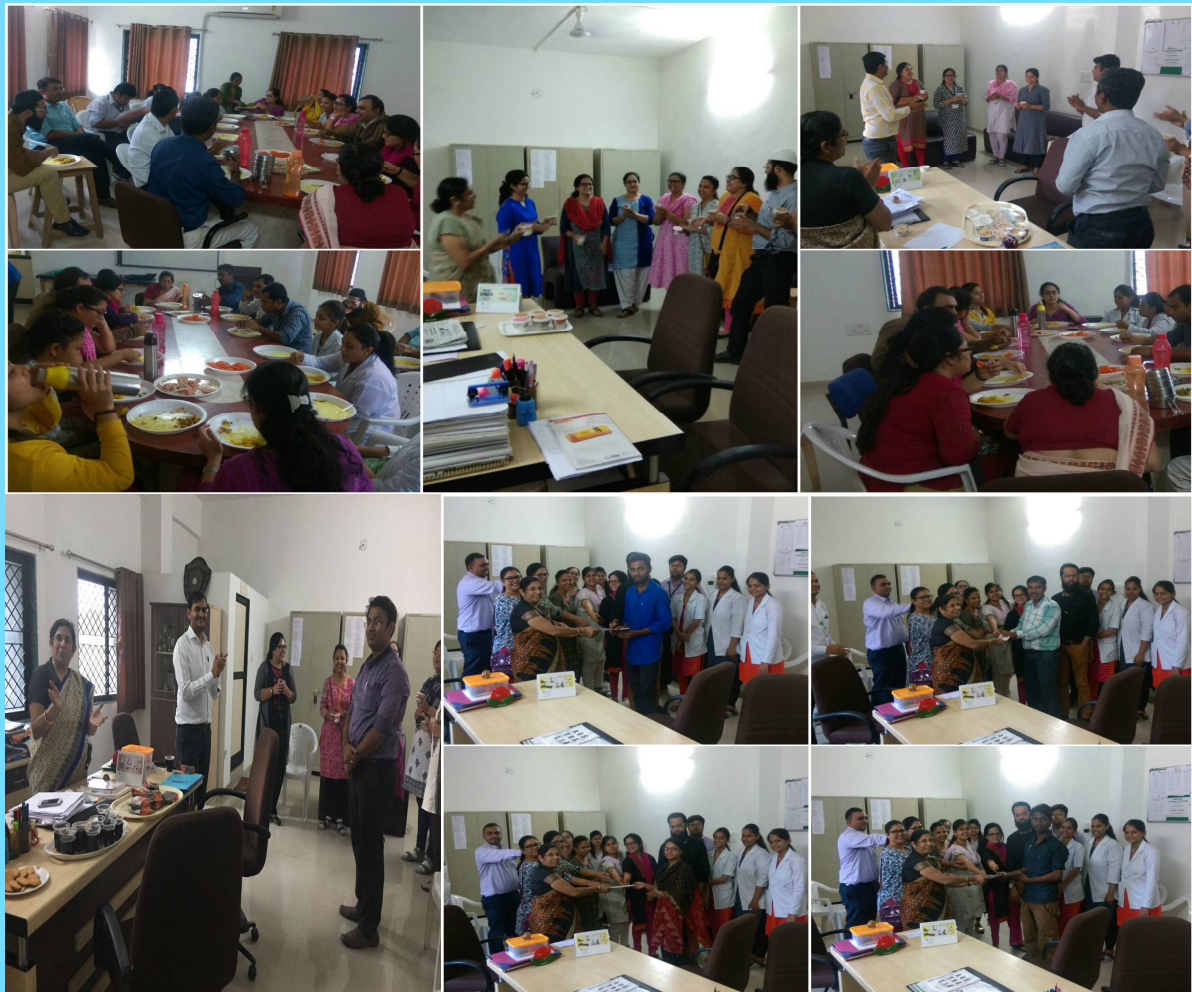


**No. of patient in Bahadarpur (Sep to Dec 2017)**

	Total No. of Patients (Sep-Dec 2017)
Friend Society, Vadodara	44
Primary Health Center, Waghodia	51

# Miscellaneous

College of Physiotherapy family is also celebrating the Birthdays of faculty. In month of September to December we celebrated birthday parties of Dr. Jay Soni, Dr. Nabil Desai, Dr. Dhvani Chanpura, Dr. Parth Devmurari, and Dr. Deepak Kumar. Dr. Heli Patel had given his joining party.







## **College of Physiotherapy**

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