



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

SCHOOL OF PHYSIOTHERAPY AND REHABILITATION SCIENCES

NEWSLETTER JULY TO SEPTEMBER- 2025



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FROM EDITOR'S DESK



It gives us immense pleasure to present this special edition of the newsletter, a testament to the remarkable journey of the School of Physiotherapy and Rehabilitation Sciences. As the Event Coordinator and editor of this edition, I am proud to showcase the achievements, innovations, and impactful initiatives undertaken by our faculty and students.

This publication reflects our collective commitment to advancing the field of physiotherapy and rehabilitation sciences while fostering a culture of collaboration and excellence. I extend my heartfelt gratitude to everyone who contributed to this edition, making it a true celebration of our milestones.

Dr. Mansi Dewan (P.T.)

Assistant Professor, SPRS

FROM EDITOR'S DESK



It gives me immense pleasure to address all readers of our Quarterly Newsletter. This edition once again reflects the academic vibrancy, clinical excellence, and progressive outlook that define the School of Physiotherapy and Rehabilitation Sciences.

At IQAC, our continuous endeavour is to foster a culture of quality, accountability, and innovation in every academic and clinical activity. Over the past quarter, the School has demonstrated commendable commitment toward outcome-based education, skill-oriented training, interdisciplinary collaboration, and evidence-based practice. The active involvement of faculty and students in workshops, research initiatives, community outreach programs, and clinical skill development activities showcases our shared vision of academic excellence aligned with societal needs.

We are particularly proud of the consistent efforts made toward strengthening teaching–learning processes through structured feedback mechanisms, curriculum enrichment, and integration of emerging trends in rehabilitation sciences. Our focus remains on nurturing competent, ethical, and compassionate physiotherapy professionals equipped to meet global healthcare challenges.

I appreciate the dedication of our faculty, the enthusiasm of our students, and the support of all stakeholders in upholding quality benchmarks. Let us continue to work together towards innovation, inclusivity, and excellence in physiotherapy education and rehabilitation services.

Dr. Shikha Dutt Sharma

Assistant Professor (Selection Grade), SOLA

IQAC Coordinator

MESSAGE FROM THE LEADERSHIP



I am thrilled to congratulate the School of Physiotherapy and Rehabilitation Sciences on this latest edition of the SPRS Newsletter. This publication brilliantly highlights our academic achievements, innovative research, and the inspiring progress of faculty and students in advancing physiotherapy and rehabilitation. In a field driven by relentless innovation, your unwavering commitment to lifelong learning and excellence stands out. I urge everyone to keep pushing boundaries in research, education, and patient-centered care.

We at the K.R.Mangalam University are proud that the Department on hand continues to excel in their academic ventures but on the hand the students play a very vital role in the out-reach activities and relentlessly serve the neighbouring village. I am sure that the Department shall continue to keep the flag of the University very high.

Your passion for transforming lives through rehabilitation is admirable, and I eagerly anticipate your future breakthroughs. Best wishes for ongoing success in all endeavors

Dr. Mehraj Uddin Mir

Chair Professor (Motilal Nehru Chair)

FROM THE DEAN'S DESK



We continue to integrate technology as well as social consciousness into the teaching learning process, focusing on holistic growth. Since its inception, SPRS has created a learning experience that encompasses 'inside classroom' as well as 'outside classroom' learning.

Over the years, I have seen physiotherapy grow as a profession and gain the respect of society as more and more people understand its importance. In a parallel, I have seen the School of Physiotherapy and Rehabilitation Sciences make a mark within the university as well as in professional circles. Our students continue to make us proud with their achievements, while our faculty and staff nurture them and plan for even more accolades.

We continue to integrate technology as well as social consciousness into the teaching learning process, focusing on holistic growth.

Since its inception, SPRS has created a learning experience that encompasses inside classroom as well as outside classroom learning. With the passion of the faculty and the enthusiasm of our students, we have taken strides in establishing academic rigour, skill-based education, clinical competence and personality building for all the students.

I look forward to continuing the efforts of bringing to the readers all our efforts and invite suggestions.

Warm Regards

Dr. Mamta Shankar (PT)

School Coordinator, SPRS

ABOUT SCHOOL

The School of Physiotherapy & Rehabilitation Sciences (SPRS) is dedicated to establishing a standard of professional education that promotes independent thought and a strong commitment to society. The school emphasises evidence-based practice to meet the population's needs with skilled, efficient, and accessible care. SPRS offers an undergraduate program, the Bachelor of Physiotherapy (BPT), with the goal of creating a skilled workforce of rehabilitation professionals to address society's healthcare needs. The school prioritises clinical training, evidence-based practice, and ethical values. The BPT course is designed to enhance clinical and diagnostic skills, foster research-oriented practices, and promote the learning of life skills essential for developing ethical, empathetic, and skilled physiotherapy professionals.

SCHOOL VISION AND MISSION

Vision

To be a premier institution reputed nationally for excellence in physiotherapy and rehabilitation education.

Mission

The mission of the School of Physiotherapy and Rehabilitation Sciences is to:

Impart evidence-based practical and hands-on learning. Focus on novel areas of research in physiotherapy, rehabilitation and interdisciplinary domains. Create a learning experience integrating advanced methods, techniques and technology in the field of physiotherapy and rehabilitation. Inculcate holistic education and entrepreneurial skills among students.



EVENTS AT SPRS

DEEKSHARAMBH, 2025

The Student Induction Programme – DEEKSHARAMBH 2025, conducted from 25th to 29th August 2025, warmly welcomed the new batch of Bachelor of Physiotherapy (BPT) students into the academic, professional, and cultural fabric of K.R. Mangalam University. The five-day programme was thoughtfully designed to blend orientation, values, creativity, and experiential learning.

Day 1 commenced with ARIMUGAM: The Introduction, where Dr. Mamta Shankar oriented students to the BPT

programme structure, professional ethics, and the scope of physiotherapy. This was followed by TARRUF: Speed Bonding, an engaging session aimed at strengthening peer connections through interactive activities. Students also visited the Central Library under the guidance of Dr. Helaluddin, gaining familiarity with essential academic resources. Informative sessions on International Relations broadened global perspectives, while Kalakaari – Exploring Creative Talent encouraged students to express their artistic side.



Dr. Mamta Shankar delivering her lecture.



Students participating in interactive group discussions as part of the TARRUF: Speed Bonding session



Professor Mehraj Uddin Mir Sir Interacting with the students.



Session Introduced By Ms. Pravanya to Freshemen



Students Exchanging Friendship Bands

Day 2 focused on values and career readiness. A session on the Code of Conduct emphasized discipline and professionalism, followed by an expert talk on Value Proposition Fit and Business Fit by Dr. Dewanshu Sindwani,

highlighting entrepreneurial opportunities in healthcare. Activities such as Ji Aayaan Nu (team-building games), career guidance by CDC, and Mukto Kontho – Open Mic fostered confidence, collaboration, and creativity.



Dr. Mamta Shankar (PT) discussing with the students



Dr. Dewanshu Sindwani (PT) interacting with the students



Ms. Tannu explaining about CDC Department procedures



Students Doing Dance Performance

Day 3 emphasized Professional Ethics and Gender Sensitisation, nurturing socially responsible healthcare professionals. Students participated in meaningful and engaging activities including Aabhari Rahe – Gratitude

Tree, Khojo to Jaane – Treasure Hunt, and Attam – Sports Activities, promoting positivity, problem-solving, and team spirit.



Explaining About Gender Sensitization.



Students making leaves.



Gratitude Tree



1st Year students trying to find the clue



Students Performing in the race

Day 4 provided valuable clinical exposure through an Industry Visit to Target Walk Neuro and Spine Rehabilitation Centre, where students observed advanced rehabilitation practices and innovations. The day concluded with an inspiring film screening, Saulo Citra (Chandu Champion), reinforcing themes of perseverance and determination.

Overall, DEEKSHARAMBH 2025 was an enriching and memorable experience, successfully integrating academic orientation, ethical grounding, creativity, career insight, and real-world exposure. The programme laid a strong and inspiring foundation for the students as they embark on their journey in the field of physiotherapy.



Dr. Shweta Kumar (PT) Explaining The Role Of Neuro – Rehabilitation To Our Young Minds And Importance Of Startup Culture And Innovation



Students Watching The Movie

WORLD PHYSIOTHERAPY WEEK

School of Physiotherapy and Rehabilitation Sciences organised World Physiotherapy Week from 8th September 2025 to 12th September 2025. The following series of events took place in a week's long celebration.

On day-01, 8th Sep, 2025, A Free Physiotherapy Consultation Camp was organized in the OPD to mark World Physiotherapy Day. Patients with musculoskeletal complaints such as low

back pain, neck pain, and postural issues were assessed by faculty and final-year students under supervision. The camp emphasized clinical evaluation, patient education, posture correction, exercises, and lifestyle advice. Students gained practical exposure, enhancing their decision-making and communication skills.



Students assessing the patient

On Day 2- 9th September 2025, An Expert Talk Session was held featuring Dr. Yugal Karkhur, who discussed sports injuries, and Dr. Ambuj Mishra, who highlighted career opportunities in physiotherapy. The sessions enriched

students' knowledge on clinical practice, sports medicine, and professional pathways, inspiring them to excel in diverse physiotherapy domains.



Expert talk on Healthy Ageing in Athletes



Faculty Members of SPRS along with Experts

Day 3: 10th September 2025, A hands-on training session on Functional Electrical Stimulation (FES) was conducted in collaboration with Ideal Artificial Limbs Solution, New Delhi.

Students and faculty learned principles, applications, and safety aspects of FES, bridging clinical and technological perspectives in rehabilitation.



Expert talk on Career Prospects in Physiotherapy



Experts demonstrating the Orthotics



Demonstrations of Orthosis on Student

On Day 4: 11th September 2025, Students visited the Earth Saviour Foundation, engaging in donation drives and elderly interaction, fostering empathy and social responsibility. Parallel clinical visits to Neuro Link Physio & Rehab Centre

and Prokinesia Wellness Centre provided exposure to neuro-rehabilitation, Pilates-based therapy, aerial yoga, and integrative physiotherapy practices.



Students observing the management of Spinal Cord Injury Patient



Volunteer giving orientation about NGO to students



Students at Earth Saviours Foundation



Dr. Surya interacting with the students regarding aerial yoga

Day 5: 12th September 2025, An Inter-School Poster Making Competition on “Healthy Ageing – Preventing Frailty and Falls” was conducted. Students presented creative posters promoting physiotherapy’s role in healthy ageing. Judges appreciated the scientific relevance and creativity displayed.

The week-long celebration successfully combined clinical practice, community service, innovation, and student engagement, highlighting the pivotal role of physiotherapy in Healthy Ageing.



Students preparing posters.



Poster competition being judged by judges

ALUMNI INTERACTION

School of Physiotherapy and Rehabilitation Sciences, K.R. Mangalam University, organized an Alumni interaction: "Bridging the Generations" on 10th, May 2025. The aim of the event was to bring back our proud Alumna Dr. Dharna Kamra (PT) to her Alma-Mater, so, that she can share her real-life experiences with the BPT students, further strengthening the bond between alumni and the University. Dr. Dharna Kamra (PT) is currently pursuing her Masters in Physiotherapy in Sports from Gurugram University. The session commenced with a welcome note by our School Coordinator Dr. Mamta Shakar (PT), who emphasized the importance of alumni in shaping the legacy of the university. She was overwhelmed to see how well the students of the 1st batch of Physiotherapy are doing in their careers. The gathering enthusiastically participated seeking input and guidance. Alumni Dr. Dharna recently addressed an eager group of students, offering invaluable guidance on their journey towards a career in physical therapy. Her insightful session focused on the critical role of clinical training and a

dedicated internship, highlighting how practical experience bridges the gap between theoretical knowledge and real-world application. Furthermore, Dr. Dharna provided a clear roadmap on which subjects to prepare diligently to enhance their readiness for successfully cracking the MPT entrance exams of various competitive universities. Her advice underscored the importance of a well-rounded and strategic approach to both academic preparation and practical skill development. Faculty Coordinators, Dr. Ankita Samuel (PT) and Dr. Shweta Kumar (PT), ensured smooth execution of the event and engaged the attendees. The Alumna expressed heartfelt gratitude towards her mentors and cherished memories of their time at the university.

This alumni interaction actively contributes to Sustainable Development Goal 4 (SDG 4) by providing inclusive, equitable, and quality learning opportunities for physiotherapy students, empowering them with knowledge and skills essential for lifelong success in education and practice.



Dr. Dharna Kamra (PT) addressing the gathering



Group photograph of Alumni with Organising team and Students

Collaborations

Students from the School of Physiotherapy and Rehabilitation Sciences (SPRS), K.R. Mangalam University, are gaining valuable hands-on clinical exposure through their posting at Asian Hospital, Faridabad, with which the most recent Memorandum of Understanding was signed, strengthening the academic-clinical partnership between the institution and the hospital. This collaboration provides learners with an opportunity to bridge classroom knowledge with real-world patient care in a multidisciplinary healthcare environment. During their clinical rotations, students are actively observing and assisting in assessment procedures, therapeutic exercise planning, electrotherapy applications, post-operative rehabilitation, and patient education under the supervision of experienced clinicians. Exposure to diverse departments such as orthopaedics, neurology, cardiopulmonary rehabilitation, and critical care enhances their clinical reasoning, documentation skills, professional communication, and ethical practice. The hospital setting also helps them understand inter-professional teamwork, infection control protocols, and evidence-based treatment approaches. Regular interaction with patients from varied age groups and conditions builds confidence, empathy, and decision-making abilities essential for future physiotherapists. Faculty monitoring and clinical mentorship ensure structured learning outcomes during the postings. Overall, the clinical training at Asian Hospital significantly enriches students' practical competence, professional behaviour, and readiness to deliver quality physiotherapy services in dynamic healthcare settings.



Student during her internship

Research and Innovation

Dr. Barnali Bhattacharjee (PT), Associate Professor, SPRS and Dr. Kangana Juneja Kansal (PT), Assistant Professor, SPRS published a research paper titled- “Effect of sleep

disturbance at High altitude training campus on young athletes’ performance” in Journal of Carcinogenesis which is a Scopus Q4 indexed journal on 30-09-2025.

“Effect of Sleep Disturbance at High Altitude Training Camps on Young Athletes’ Performance”

Barnali Bhattacharjee¹, Sheikh Azhar², Kangana Juneja Kansal³, Dr. Sidharth Kuriyal⁴, Dr Dinesh Kumar Mishra⁵, Tanigaiselvane, D.J⁶, Muthukumaran Calyanasundaram⁷

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ABSTRACT

Background:High-altitude training is commonly used by athletes to enhance endurance performance, but hypoxic environments often disrupt sleep quality. Young athletes, due to their developing recovery systems, may be more vulnerable to the adverse effects of sleep disturbances on performance.

Objective:To investigate the impact of sleep disturbances experienced during high-altitude training camps on sleep quality, physical performance, and cognitive outcomes in young athletes.

Methods:A prospective observational study was conducted on 50 young endurance athletes (aged 16–21 years) during a 21-day training camp at 2800 meters in the Indian Himalayas. Sleep was assessed using polysomnography, actigraphy, and validated questionnaires (PSQI, ESS). Performance measures included VO_2 max, Wingate anaerobic test, reaction time (PVT), Stroop test, and Borg’s RPE scale. Data were analyzed using paired t-tests, repeated measures ANOVA, and Pearson correlations ($p < 0.05$).

Results:Sleep efficiency declined from 89% at baseline to 75% by day 7 ($p < 0.01$), and REM sleep was reduced by 22% ($p < 0.05$). PSQI scores worsened significantly. VO_2 max decreased by 8% in the first week but showed partial recovery by week 3 ($p < 0.05$). Wingate peak power decreased by 6% at day 14 ($p < 0.05$). Reaction time slowed by 15% ($p < 0.01$), while RPE scores remained consistently higher during altitude sessions. Poorer sleep efficiency correlated with lower VO_2 max ($r = 0.64$, $p < 0.01$) and slower reaction times ($r = -0.52$, $p < 0.05$).

Conclusion:Sleep disturbances at high altitude significantly impair both physical and cognitive performance in young athletes. Although partial physiological recovery occurs with prolonged exposure, persistent poor sleep may limit the intended benefits of altitude training. Coaches and practitioners should prioritize sleep monitoring and interventions to optimize training outcomes.

Keywords: *High-altitude training, sleep disturbance, young athletes, VO_2 max, cognitive performance.*

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Placements



Rustam Chaudhary

BPT Batch 2020

We are pleased to share that Rustam Chaudhary, BPT Batch 2020 has been selected in Gurugram Univeristy to pursue Masters of Physiotherapy in Sports. The university offers a range of undergraduate, postgraduate, and doctoral programs across various disciplines, including sciences, humanities, commerce, engineering, management, and health sciences. With a strong focus on practical learning, Gurugram University emphasizes skill development, industry collaboration, and experiential education to enhance student employability.

Situated in one of India’s leading corporate and industrial hubs, the university benefits from its proximity to numerous multinational companies, research firms, and start-up ecosystems. This strategic location provides ample opportunities for internships, placements, and academic-industry partnerships. The campus is designed to be student-centric, featuring modern classrooms, laboratories, sports facilities, and a supportive academic environment.

Students Achievements

We are pleased to share that students from BPT Second year won first prize in Best Stall Category, intra-university competition held during the Diwali Mela.



Students at the stall



Students with Dr. Mamta Shankar (PT) after winning

We are also pleased to share that Priyanshi Chaddha won first prize in Kho Kho held during Sports Meet at GD Goenka University.



Priyanshi at the championship

Faculty Achievements

Dr. Mansi Dewan (PT), was awarded BEST TEACHER AWARD at Teacher's Day Celebration 2025, held at K.R. Mangalam University, Sohna Road, Gurugram.



Dr. Mansi Dewan (PT) receiving the award

Community Connect

As part of the celebrations of World Physiotherapy Week 2025, the School of Physiotherapy and Rehabilitation Sciences, K.R. Mangalam University, organized a donation drive and extension activity to the Earth Saviours Foundation on 11th September 2025. The event was an extension of our department's commitment to social responsibility, empathy, and holistic education of budding physiotherapists.

The Earth Saviours Foundation, a renowned NGO, is dedicated to the care of the underprivileged, abandoned,

and homeless individuals including the elderly, mentally challenged, and those without families. This visit provided our students with an opportunity to interact with the less fortunate and reflect upon the values of compassion and service.

This outreach activity aligned with SDG -3 Extending care and compassion – promoting Health, Equality and Dignity at Earth Saviour Foundation.



Volunteer giving orientation about NGO to students



Students interacting with elderly Individuals



Group picture of faculty and students at Earth saviour Foundation

Student's Corner



Priyanshi Chaddha

BPT 2024

As a second-year BPT student I have had an enriching and memorable learning experience through the field visits organized by the School of Physiotherapy and Rehabilitation Sciences, K.R. Mangalam University. These visits to hospitals, rehabilitation centers, sports clinics, and community health setups have played a crucial role in bridging the gap between classroom learning and real-world clinical practice.

One of the most impactful experiences was at the Serensa Healthcare, where I actively assisted in gait training sessions for stroke patients. Observing their gradual functional improvements and recovery was truly motivating and reinforced the importance of patient-centered rehabilitation.

These hands-on exposures significantly improved my clinical skills, particularly in patient interaction, treatment planning, and therapeutic interventions. Moreover, interacting with experienced physiotherapists and healthcare professionals provided valuable insights into professional ethics, teamwork, and clinical decision-making. Overall, these field visits have been instrumental in shaping my confidence, competence, and passion for physiotherapy, for which I am deeply grateful.

Alumni Message



Rustam Chaudhary

BPT Batch 2020

PURSUING MASTERS IN SPORTS PHYSIOTHERAPY FROM
GURUGRAM UNIVERSITY

As an alumni of 2020 batch, my time at K.R. Mangalam University has been genuinely life-changing. My career path was greatly influenced by the helpful professors, well-organized curriculum, and real-world experience gained from clinical placements. The education fostered confidence, critical thinking, and communication abilities, which equipped me to handle obstacles in the healthcare industry. Peer learning, extracurricular activities, and the lively campus atmosphere all contributed to my academic and personal development. I am appreciative of KRMU for providing me with a solid foundation and helping me pursue a rewarding career.



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