



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

SCHOOL OF PHYSIOTHERAPY AND REHABILITATION SCIENCES

NEWSLETTER JULY-SEP 2024





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FROM EDITOR'S DESK

Dear Readers,

Greetings from the editor. Our entire school community's commitment and diligence are demonstrated in this publication. Highlighting cutting-edge research, academic distinction, and community involvement, every page embodies the dynamic spirit of our university. We are all inspired by the successes of our faculty and students, who have reached important milestones.

Through mutual support and encouragement, let's cultivate a collaborative and growth-oriented culture. We appreciate the readers' ongoing interest and support as well as the contributions from everyone who worked on this edition.



Happy Reading

Editors

Dr. Mansi Dewan (P.T.)

School of Physiotherapy and Rehabilitation Sciences

Dr Shikha Dutt Sharma

IQAC Coordinator

K R Mangalam University





MESSAGE FROM THE LEADERSHIP



Prof. Varuna Tyagi
Dean- Academic Affairs

As one of the most promising healthcare professions, physiotherapy has experienced enormous growth in recent years. It is encouraging to see that the School of Physiotherapy and Rehabilitation Sciences is emphasizing both community service and academic performance. In addition to guaranteeing success in their chosen field, I have no doubt that the talents the students have gained during these formative years will be used to improve society.

I want to congratulate the SPRS faculty and students on their accomplishments and wish them well.





FROM THE DEAN'S DESK



Dr. Mamta Shankar (PT)
School Coordinator, SPRS.

As the new Academic Year commences, I welcome the freshmen joining the School of Physiotherapy and Rehabilitation Sciences and wish them the best in charting a new path in their professional and personal journeys. This newsletter highlights the activities, achievements and endeavours of the faculty and students of SPRS and gives a glimpse of the vibrant atmosphere. We pride ourselves on including both academic as well as social aspects into the teaching learning process, focusing on holistic showcasing the activities, events, collaborations and achievements over the past months.

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





ABOUT SCHOOL

The School of Physiotherapy & Rehabilitation Sciences (SPRS) is dedicated to establishing a centre of excellence 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

STUDENT INDUCTION PROGRAMME- DEEKSHARAMBH 2024-2025

The induction program for the newly admitted Bachelor of Physiotherapy (BPT) students at K.R. Mangalam University (KRMU) was held over four days, from 27th August to 30th August 2024. The sessions were designed to introduce students to their academic journey, promote team building, encourage creativity, and provide a deeper understanding of the field of physiotherapy. The program included various interactive and engaging activities, and field visits, aimed at familiarizing students with the university's culture, academic expectations, and their role as future physiotherapists.

Following were the sessions organized on the first day

Day 1 - 27th August 2024

KAUN KAHAN SE

The day began with a welcoming session where Dr. Mamta Shankar provided an overview of the BPT program, its structure, and the importance of clinical placements and ethics in physiotherapy. Students were introduced to the faculty and staff, and the session highlighted the role of physiotherapy in healthcare.

Chitrakala

A creative art session on "Futuristic Approach in Environment" encouraged students to express their artistic visions regarding environmental sustainability. Students showcased innovative ideas, fostering both creativity and environmental awareness.

BUJHO TO JANEIN

This session involved an interactive quiz designed to challenge students' knowledge. The event



PIC 1- Dr. Mamta introducing the leaders of K.R. Mangalam to the students



PIC 2: Students actively engaged in "Chitrakala"

encouraged active participation and helped build team spirit among the students.

Ali Baba and 60 Chor

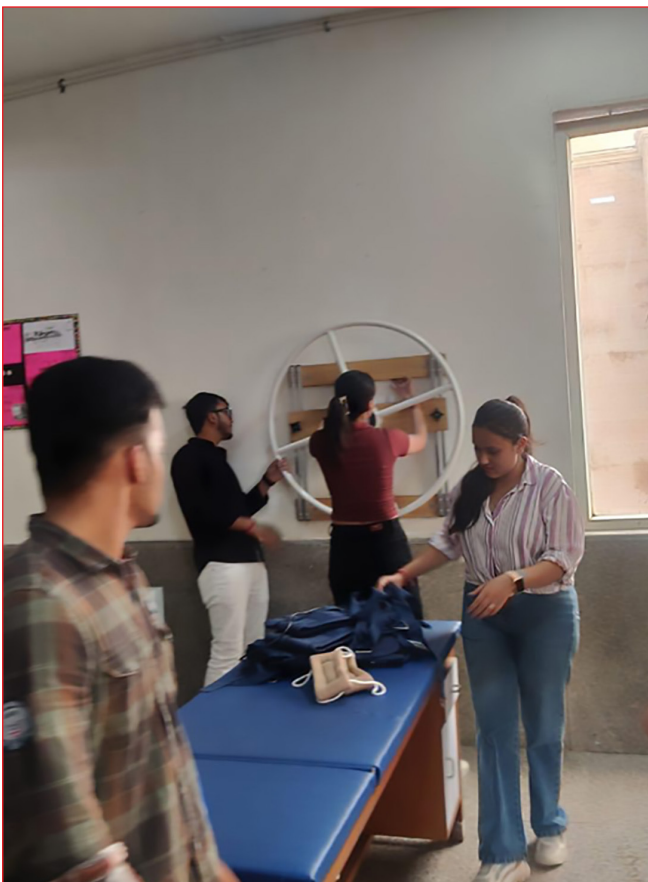
A treasure hunt was organized to familiarize students with the university's infrastructure. Students were divided into teams and followed clues leading them to different labs, faculty members, and ending with solving a puzzle. This activity promoted teamwork and helped students get to know their environment.

Hum Saath Saath Hain

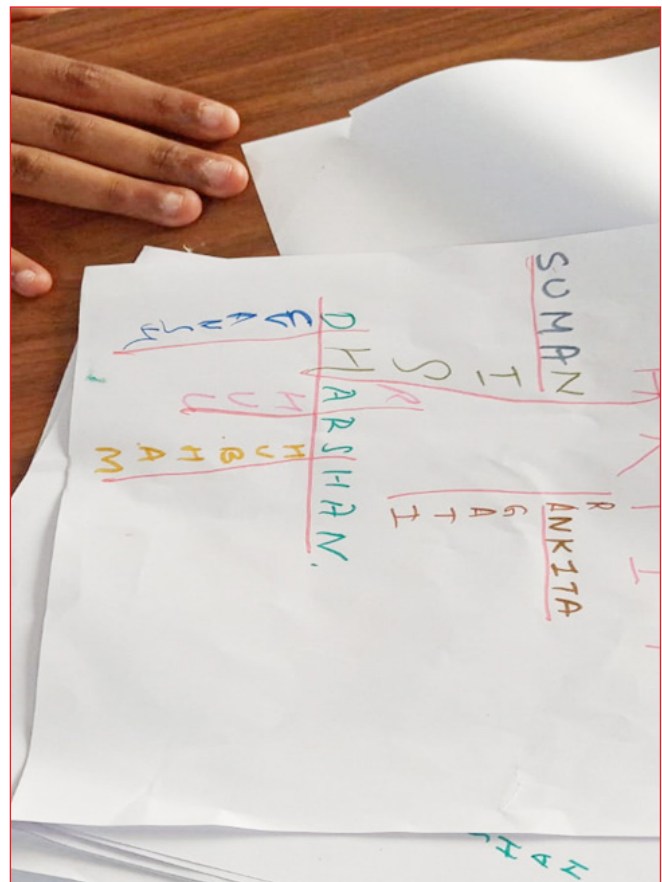
The activity focused on unity and team spirit. Students were tasked with creating as many names as possible from a single name on paper, promoting collaboration and strengthening bonds among them.



PIC 3- Students being instructed for Bujho To Jaanein



PIC 4: Students looking for clues



PIC 5- Students playing Hum Saath Saath Hain



Day 2 - 28th August 2024

Introduction to Student Grievance, Anti-Ragging, Discipline

Dr. Mamta Shankar briefed students on the grievance redressal mechanisms, anti-ragging policies, and the roles of various committees. Students were encouraged to ask questions and familiarize themselves with these essential procedures.

Gender Sensitivity and ICC

Dr. Shobhna Jeet, Associate Professor, SOLS, KRMU discussed gender sensitivity, gender as a spectrum, and legal frameworks around gender identity. The session also covered the Internal Complaints Committee (ICC) and its role in addressing complaints related to gender issues.

Vartalap

Dr. Umair Anwar, a renowned sports physiotherapist,

led a discussion on the scope of sports physiotherapy, focusing on communication and collaboration in athletic training and performance.

Baar Baar Dekho

The session introduced the students to the Learning Management System (LMS) Moodle, where they could access course materials, assignments, and other academic resources. The session included a Q&A to address students' concerns about online learning.

Khelein Hum Jee Jaan Se

This was a fun ice-breaking activity that promoted teamwork. Students participated in various physical tasks like relay races and ball throwing, fostering camaraderie and collaboration.



PIC 6- Dr. Mamta briefing the students



PIC 7- Dr. Shobhna questioning the students.



PIC 8: Group of freshers with Dr. Umair Answer



PIC 9- Dr. Barnali Interacting with the students



PIC 10- Students during Khelein Hum Jee Jaan se



Day 3 - 29th August 2024

Training Programme on Code of Conduct

Dr. Mamta Shankar reviewed the university's code of conduct, emphasizing accountability, ethics, and the behavioral standards expected from students during their academic journey.

Training Programme on Professional Ethics

This session highlighted the importance of professional ethics in physiotherapy, focusing on principles like beneficence, non-maleficence, autonomy, and justice. Students were encouraged to uphold these ethical standards in their future careers.

Chintan Manthan

A session by the Career Development Cell (CDC) provided an overview of student services related to fees, scholarships, placements, and exams. Students were informed about the available resources and how to access them.

Zaika Sabka

The students expressed gratitude towards the university's housekeeping staff by preparing and offering a small food treat. This activity emphasized recognizing and appreciating the support staff's contributions.

Gratitude Tree

Students were encouraged to create a "Gratitude Tree," writing down things they were thankful for on paper leaves. This activity promoted positivity and a sense of belonging within the student community.

Open Mic

An open mic session allowed students to showcase their talents through poetry, singing, or storytelling. This helped foster a sense of community and boosted student confidence.



PIC 11- Dr. Mamta briefing the students



PIC 12- Dr. Shweta discussing Code of Conduct



PIC 13- Students with CDC Staff



PIC 14- Students setting the plates for the housekeeping staff



PIC 15- Students preparing the leaves for the gratitude tree.



PIC 16- Students singing during open mic.

Day 4 - 30th August 2024

Lakshya Career Path - Field Visit to Serensa Health

The field visit provided students with practical exposure to the physiotherapy profession. The visit aimed to inspire and educate students about career opportunities and the real-world applications of their academic training.

Reflections on SIP

The feedback activity was conducted using a combination of video depicting students delivering their feedback in the most innovative methods. A significant number of students appreciated the warm and welcoming atmosphere created by the staff and senior students. They felt that the activities were designed to make them feel at home.



PIC 17- Students at Serensa HealthCare



PIC 18- Demonstration by therapist at Serensa



EXPERT SESSION ON SOFT SKILLS REQUIRED FOR AN INTERNATIONAL CAREER

School of Physiotherapy and Rehabilitation Sciences in collaboration with International Engagements, K.R. Mangalam University, organized an expert session on Soft Skills Required for an International Career for students of B.P.T. Good soft skills enhance one's ability to communicate clearly and persuasively. Employers often prioritize soft skills because they are critical for leadership, teamwork, and customer relations. Strong soft skills distinguish one from other candidates and contribute to career growth and opportunities for advancement.

The expert session started with the welcome address of Dr. Sneha Chakravarty (P.T.) by Dr. Mansi Dewan (P.T.), Assistant Professor, SPRS, K.R. Mangalam University. Dr. Sneha is a faculty of K.R. Mangalam who is currently pursuing her PhD from Department of Exercise and Sports Rehabilitation, Northumbria University, New Castle, U.K. She completed her postgraduation in neurology from Indian Spinal Injuries Centre, Delhi in 2019 and since then has been actively involved in several research projects. She has numerous publications in well indexed

journals. She qualified for her PhD entrance with good scores and was also successful in receiving a scholarship to pursue the same.

She in detail explained the students of B.P.T the process of qualifying entrance for several renowned foreign universities. She shared the list of various national and international funding agencies that help students arrange funds for completing the process of pursuing higher education abroad. Various soft skills such as effective communication, being aware of and adapting to cultural norms, critical thinking etc were discussed in detail. She also conducted a short mock drill to help students understand the importance of improving their communication skills.

She also discussed SOPs of Northumbria University, New Castle UK in order to help students relate to the selection process. The students participated by discussing their queries with Dr. Sneha and this expert session ended with a warm vote of thanks by Dr. Mamta Shankar (P.T.), School Coordinator, SPRS, K.R. Mangalam University.



PIC 1- Dr. Sneha interacting with the students



PIC 2- Dr. Sneha discussing about the selection procedures of several foreign universities.

WORLD PHYSIOTHERAPY WEEK 2024

9th September 2024 to 13th September 2024

The School of Physiotherapy and Rehabilitation Sciences at K.R. Mangalam University celebrated World Physiotherapy Week from 9th to 13th September 2024, organizing a series of impactful events. Day 1 featured a Preventive Health Camp at the Akarshan NGO in collaboration with Spark Minda Foundation, where consultations in gynaecology, orthopaedics, neurology, and cardiology were provided to Bhondsi Village residents.

Day 2 continued with a health camp on campus, serving over 100 patients with specialized consultations, supported by experts from C.K. Birla and Cloud Nine Hospitals. On Day 3, students

showcased their creativity with a poster and reel competition focused on "Low Back Pain," judged by Dr. Shikha Dutt Sharma. Day 4 highlighted a Yoga and Fitness Mantra session led by Dr. Aatika Waheed, focusing on core strengthening and flexibility exercises to prevent and manage low back pain.

Concluding the week on Day 5, SPRS faculty and students visited the Earth Savors Foundation in Bhandhwari, interacting with elderly residents and donating essentials, including clothing and dry rations. This outreach underscored SPRS's dedication to preventive health and the therapeutic value of physiotherapy in enhancing quality of life.



Pic 1: Day 1- Students assessing the patients at event.



Pic 2: Day 2- Students, faculty and consultants at the camp



Pic3- Day 3- Students explaining their poster to Dr. Shikha



Pic 4: Day 4- Students performing fitness exercises



PIC 5- DAY 5- Students and faculty at earth saviours

INDUSTRY CONNECT

Field visit to Serensa Health, Gurugram

On August 30, 2024, the School of Physiotherapy and Rehabilitation Sciences (SPRS) organized an engaging and informative visit to the Serensa Health, Sector-41, Gurugram, for newly admitted students. This excursion, part of the students' introductory orientation, was led by Dr. Mamta Shankar (PT), School coordinator, SPRS and supervised by our dedicated faculty members Dr. Shweta Kumar (PT) Dr. Sadhana Mukhi (PT), Assistant Professor, SPRS. The students had an engaging talk with Dr. Nidhi Arora, General manager, Serensa Health on the

Scope and implementation of physiotherapy in post operative phase and critical care. This facility runs on the motto of "Multidisciplinary team approach for Holistic Development". The Outpatient and Inpatient department of the facility caters to wide arena of patient clientele such as neuro rehab, critical care, stroke rehab, liver transplant among many more. They also showcased their assisted living rehab room for weaning off the patients post discharge. Our students understood the role of physiotherapy and rehabilitation in cases post discharge from hospital.



PIC 1- Students at Serensa HealthCar



PIC 2- Demonstration of parallel bar training by a therapist of Serensa



RESEARCH AND INNOVATION

Dr. Barnali Bhattacharjee (P.T.), Associate Professor, SPRS published a journal article titled- Beyond the Operating Room: Physiotherapy Techniques for Abdominal Surgery Rehabilitation in African Journal of Biomedical Research, Vol 27 which is SCOPUS Q4 on 28th Sep, 2024.



<https://africanjournalofbiomedicalresearch.com/index.php/AJBR>

Afr. J. Biomed. Res. Vol. 27 (September 2024): 66-72

Systematic Review

"Beyond The Operating Room: Physiotherapy Techniques for Abdominal Surgery Rehabilitation"

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Abstract:

Laparotomy is now an integral component of the modern surgical practice from simple elective appendicitis to complex oncological operations. However, with the years, the operative risks have been minimized by the advancement in surgical procedures, but the postoperative period is crucial for the patient's healing and subsequent physiotherapy. This phase includes concerns like pain management, complications related to immobility, and the use of multiple approaches to improve the patient's outcome. Today, physiotherapy is considered one of the critical steps in the postoperative care of patients who have undergone abdominal surgery. They are the promotion of early mobility to avoid complications such as muscle atrophy and thromboembolism, pain management that does not involve the use of opioids, and physical therapy to enable patients to regain their mobility and hence have a better quality of life. In addition, physiotherapy addresses the psychological and emotional aspects of the patient's state and guarantees the patient's adherence to the proposed therapy. This review article is intended to describe the modern challenges and concerns in the rehabilitation of patients after abdominal surgery and to emphasize the role of physiotherapy in improving the results of the patients. Therefore, the implementation of EBP by physiotherapists is crucial in enhancing the outcomes of postoperative patients and the reduction of the overall costs of health care since the patients stay longer in the hospital and are prone to complications. Stressing the necessity of early intervention and individualized approach, this paper demonstrates the potential of physiotherapy interventions to provide comprehensive and person-centered rehabilitation after abdominal surgery.

Keywords: Physiotherapy, abdominal surgery, rehabilitation, postoperative care, early mobilization

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INTRODUCTION

Abdominal surgeries are basic operations in current practice from simple appendectomy to major organ resection for the

management of conditions like gastrointestinal diseases, trauma, and malignancy. Even though the nature of the operations and their risks have been reduced due to innovations

FACULTY ACHIEVEMENTS

Dr. Mamta Shankar, School Coordinator, SPRS was awarded ACADEMIC EXCELLENCE AWARD for her outstanding contribution in the field of physiotherapy at Physio Bharat 5 held in Aug, 2024 at Artemis Hospital, Gurugram.



Pic -1 Dr. Mamta receiving the award at the conference.

Dr. Mamta Shankar also received Excellence in Academic Leadership Award on Teachers Day held at K.R. Mangalam University in September.



Pic2 - Dr. Mamta receiving the award.



Dr. Barnali Bhattacharjee, Associate Professor, SPRS was awarded for her SIGNIFICANT CONTRIBUTION IN ACADEMICS at Physio Bharat 5 held in Aug, 2024 at Artemis Hospital, Gurugram.



Pic 3- Dr. Barnali receiving the award at the conference.

Dr. Shweta Kumar, Assistant Professor, SPRS was awarded Dedication and Service Award on Teachers Day held at K.R Mangalam University in September.



Pic 4- Dr. Shweta Kumar receiving the award on Teachers Day



PLACEMENTS AND HIGHER EDUCATION



We are pleased to announce that Harshit, a 2019 graduate, has been hired as a junior physiotherapist at DMD Centre in Solan, Himachal Pradesh. The Integrated Muscular Dystrophy Rehabilitation Centre (IMDRC), located in Solan, Himachal Pradesh, was established by Indian Association of Muscular Dystrophy (IAMD) in 2018 and offers patients complete care and management for muscular dystrophy treatment. It has transformed several lives ever since its inception and it's a proud moment for us to have our alumni associated with such a prestigious organisation.

Harshit Kumar

Clinical Therapist

Dystrophy Rehabilitation Centre (IMDRC) Solan,

Himachal Pradesh

It's a proud moment for us to share that our students Dharna and Dhruv have been selected for pursuing Masters in Physiotherapy in Gurugram University and Sourav Kundu in NIMS Jaipur for MBA in Health Care and Analytics.



Dharna Kamra

Pursuing MPT Sports,
Gurugram University



Dhruv Mehra

Pursuing MPT Sports,
Gurugram University



Sourav Kundu

Pursuing MBA, NIMS Jaipur



SPECIAL BLOG

ALL ABOUT BURNOUT SYNDROME

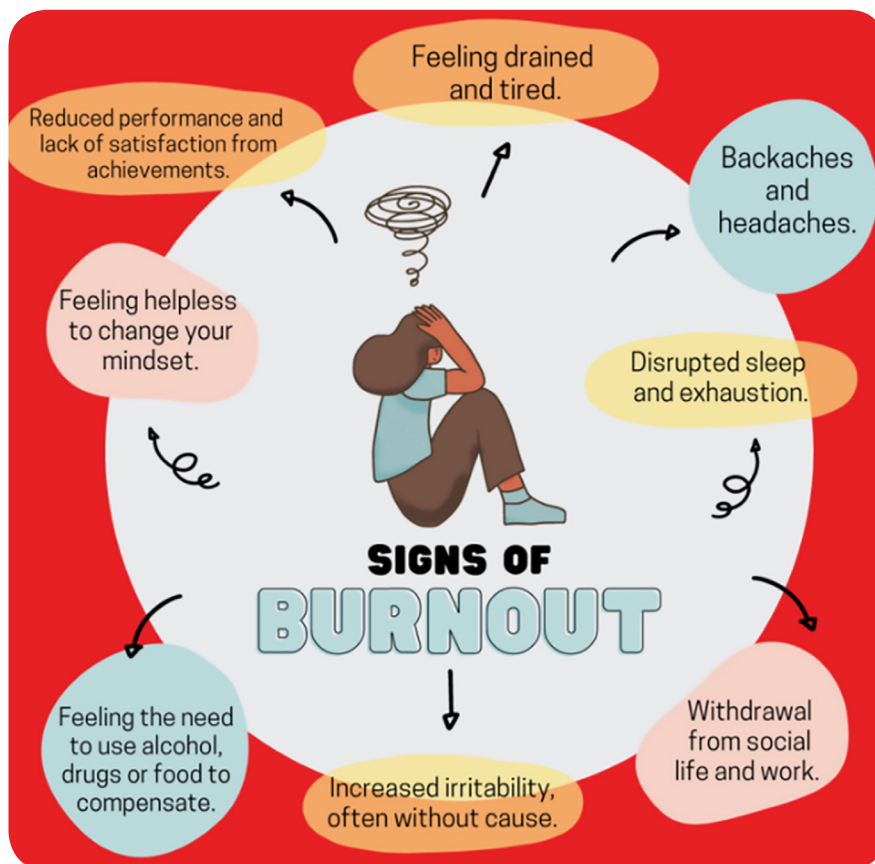
It happens to everyone at some point or another. Our lives get busy as we deal with various daily responsibilities, be it working, helping others, or taking care of our families. Sometimes, we get too busy and forget to take a step back and rest. That's when burnout can occur.

Burnout is a form of exhaustion caused by constantly feeling swamped. It happens when we experience too much emotional, physical, and mental fatigue for too long. In many cases, burnout is related to one's job. But burnout can also happen in other areas of your life and affect your health.

Burnout can be caused by stress, but it's not the same. Stress results from too much mental and physical pressure and too many demands on your time and energy. Burnout is about too little. Too little emotion, motivation, or care. Stress can make you feel overwhelmed, but burnout makes you feel depleted and used up.

The condition isn't medically diagnosed. But burnout can affect your physical and mental health if you don't acknowledge or treat it.

Burnout keeps you from being productive. It makes you feel hopeless, anxious, cynical, and resentful. The effects of burnout can hurt your home, work, and social life. Long-term burnout can make you more vulnerable to cold and flu.





Burnout vs. depression

Burnout can look like depression. So, it's critical to get a professional diagnosis. A key difference is that you can ease burnout with rest or time off. However, depression, a medical illness, needs to be treated with therapy or medication. Burnout is usually related to one aspect of your life -- your job, caregiving, or some other type of prolonged and stressful activity. Depression, on the other hand, affects every aspect of your life. Not treating burnout may raise your risk for depression.

Burnout Causes

Originally, the term burnout was applied to work-related stress only. However, many psychologists see burnout as any type of prolonged, stressful condition. Studies show that women report experiencing job burnout in higher numbers than men, but more research is needed as to why.

Life and work factors that can contribute to burnout include:

- Unmanageable workloads
- Unfair treatment at work
- Confusing work responsibilities
- Lack of communication or support from managers
- Immense deadline pressure
- Too much work, not enough time to rest (downtime)
- A feeling that work or life is out of your control
- Feeling unrecognized or unrewarded
- Work or responsibilities that feel too demanding
- Boring or routine work, or chaotic or high-stress work
- Taking on too much without asking for help

- Few supportive or meaningful relationships
- Personality traits such as perfectionism, pessimism, and a need for control

Signs of Burnout

Burnout doesn't happen immediately. It's a gradual process that builds with stressors from your job. Signs and symptoms can be subtle at first. But the longer they go unaddressed, the worse they can become, which can lead to a breakdown.

Many burnout symptoms can feel like symptoms of stress, but there are three ways to differentiate them:

- Feeling tired, or exhausted
- No enthusiasm, and feelings of negativity toward your job
- Inability to perform your job

Burnout can have many symptoms. It can often be confused with stress or advance to depression. These are signs to look for if you or someone close to you is experiencing burnout:

Exhaustion: You may feel drained and unable emotionally to deal with problems around you, both professional and personal. You may feel low and experience extreme tiredness, leaving you without energy. These symptoms can show up as physical pain, and stomach (or bowel) problems.

Alienation from activities: Look out for signs of cynicism and frustration toward work and colleagues. You may start to distance yourself emotionally and feel numb about your work and environment.

Reduced performance: This can occur at work or home (when caring for family members) because you have no energy left for everyday tasks. Burnout makes it hard to concentrate, handle responsibilities,



or be creative.

Mental burnout symptoms: You may feel self-doubt, helplessness, defeat, and failure. You may feel that you are on your own, lose your sense of purpose, and feel increasingly cynical, dissatisfied, and incapable.

Physical burnout symptoms: You may feel greatly fatigued and without energy. You may get sick often, have body aches and recurring headaches, lose your appetite, or experience insomnia.

Burnout Treatment

Burnout builds over time. It's caused by stress at work or in other parts of your life, making it difficult to manage your job and other responsibilities. Once you've identified your burnout signs, there are ways to tackle your stress:

Talk with your supervisor: If you are in an environment where this is possible, try to explain how you're feeling and discuss a more manageable workload. Communication is important for creating a healthy work environment.

Get enough sleep: Sleep is vital for good physical and mental health. If you aren't getting enough because of anxiety over your job, it's likely to lead to burnout. Prioritize getting enough sleep.

Try a relaxing activity: Yoga, meditation, or tai chi can be great ways to release stress. Burnout symptoms can appear physically, as you can hold onto stress in your body. Practicing these activities can help you release the tension.

Be mindful: This gets you to focus on yourself internally, and know how you're feeling in the moment. Mindfulness can help you identify when you're feeling overwhelmed and let you take stock of your emotional well-being. It can also help you manage the challenges of life and work.

Find support: The support of trusted co-workers,

friends, and family is important. Their support can help you deal with the stressors of your job. Finding a therapist is also a great way to discuss your feelings and get support.

Risk Factors for Burnout

Burnout is a chronic state. Workers with burnout are more likely to take sick days or wind up in the emergency room. These feelings of stress and despair can result in long-term impacts on your physical and mental health!!

Burnout Prevention

If you're experiencing burnout, don't try to keep going. It will only make things worse. Instead, take a break to help yourself recognize the signs of burnout and work to lessen it.

What you can do:

Seek help in managing your stress. Burnout can make you apathetic and less likely to help yourself. Turn to friends and family to talk about how you're feeling. Spend quality time with loved ones.

Engage socially. Talk to or have lunch with colleagues. Avoid interacting with negative people. Find a volunteer effort, religious organization, or support group where you can be around and talk to people who enjoy the same activities as you.

Change your attitude about work. You can't always change your job, but you can change how you feel about it. Find something to value in your work and create balance in your life. Take a vacation or extended leave to remove yourself from work stress. Then, disconnect from your job completely.

Set new priorities. Slow down and reconsider your goals for life and work. Practice saying no. Disconnect from technology each day and pick up a new hobby or activity.

Exercise. Exercise helps lift your mood. Aim for 30



minutes a day, but even a 10-minute walk can boost your mood for several hours.

Eat healthy. Limit sugary and carbohydrate-rich foods that can lead to a dip in energy and mood. Avoid caffeine and nicotine, two stimulants that can affect your mood. Drink alcohol moderately.

Burnout Recovery

There are ways you can help yourself recover from burnout.

Know the problem. Realizing you have burnout is the first step toward recovery.

Prioritize your health. Get more sleep, eat better, and exercise -- whatever it takes to get back on track.

Keep a healthy distance. If possible, remove yourself from your source of stress. You can't always leave a job or get rid of caregiving duties, but you may be able to take a vacation or a day or afternoon off to get a break.

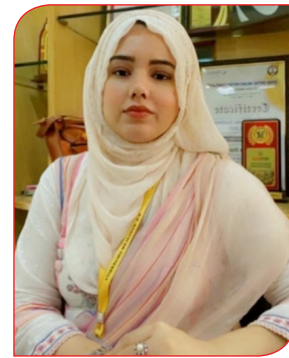
Consider what went wrong. What led to your burnout? Does your work or life reflect your values? Ask yourself what brings you joy. Think about what's most important to you.

Make changes. What can you do to avoid continued

burnout? Should you leave a job or relationship? Get help with caregiving duties? How can you make your life less stressful? Follow through with whatever changes you decide to make.

Takeaways

Burnout happens when you're overwhelmed, emotionally drained, and unable to keep up with life's endless demands. It saps your energy and reduces your productivity. Dealing effectively with burnout means admitting you have a problem and then taking proactive steps to combat it, such as seeking counselling, asking family and friends for help, and taking better care of yourself.

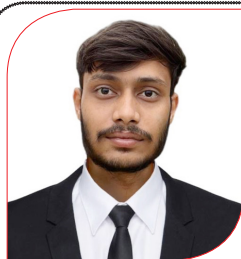


Dr. Aatika Waheed (PT),
Assistant Professor, SPRS,
KR Mangalam University.





ALUMNI CORNER



Studying at KR Mangalam University has been an enriching and transformative experience for me. As a BPT student, I gained in-depth knowledge and practical skills that are crucial in the field of physiotherapy. The university's state-of-the-art infrastructure, coupled with highly experienced faculty members, provided an excellent learning environment. The course was well-structured, offering a balanced mix of theoretical knowledge and hands-on clinical practice. One of the key highlights of my time at KR Mangalam University was the opportunity to work with diverse patients during internships and clinical rotations. This exposure helped me develop a deeper understanding of the challenges faced by patients and how physiotherapists can make a meaningful difference in their lives. The university also placed a strong emphasis on research, which inspired me to explore evidence-based practices in physiotherapy and contribute to the growing knowledge in the field.

Beyond academics, the university's focus on overall personal development helped me enhance my communication, teamwork, and leadership skills—qualities that are essential for a successful physiotherapy career. The support from faculty, who were always approachable and ready to guide, made my journey even more rewarding.

HARSHIT

BPT BATCH 2019



My journey of BPT was one of my most treasured experiences of my life. The most valuable aspect was the clinical exposure where we got to improve our hands on skills. My transformation from a student to a therapist has been quite incredible. I am proud to say that my education at KR Mangalam University laid a strong foundation for my professional career. I am now working in a well-known rehabilitation centre, where I get to apply the knowledge and skills I acquired during my studies. The university not only shaped me into a skilled physiotherapist but also instilled a sense of empathy and commitment to patient care that guides me every day.

I am forever grateful to KR Mangalam University for shaping my career and look forward to staying connected with the university community in the future."

Dharna

BPT BATCH-2019



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