



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

SCHOOL OF PHYSIOTHERAPY AND REHABILITATION SCIENCES

NEWS LETTER OCT TO DEC-2024



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FROM EDITOR'S DESK



DR. MANSI DEWAN (P.T.)

Assistant Professor, SPRS



DR. SHIKHA DUTT SHARMA

Assistant Professor, SOHS

IQAC Coordinator

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.

Let this newsletter serve as a source of inspiration and a platform to amplify our shared vision for progress in healthcare and rehabilitation.

Happy Reading!

Editors

MESSAGE FROM THE LEADERSHIP



This initiative serves as a valuable platform to showcase academic excellence, research contributions, and the remarkable strides taken by the faculty and students in the field of physiotherapy and rehabilitation sciences. The continuous advancements in physiotherapy and rehabilitation demand a commitment to learning and excellence, and I commend the efforts of the school in nurturing this ethos.

I am delighted to extend my warm wishes to the School of Physiotherapy and Rehabilitation Sciences on the release of this edition of the newsletter. This initiative serves as a valuable platform to showcase academic excellence, research contributions, and the remarkable strides taken by the faculty and students in the field of physiotherapy and rehabilitation sciences.

The continuous advancements in physiotherapy and rehabilitation demand a commitment to learning and excellence, and I commend the efforts of the school in nurturing this ethos.

As we move forward, I encourage the faculty and students to remain steadfast in their pursuit of excellence, research, and holistic healthcare advancements. Your dedication to improving lives through physiotherapy and rehabilitation is truly commendable, and I look forward to seeing more groundbreaking contributions from this esteemed school.

Wishing you continued success in all your academic and professional endeavours.

Prof. (Dr.) Tania Gupta

Director, IQAC

FROM THE DEAN'S DESK



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.

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

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

EXPERT SESSION ON PROFESSIONAL ETHICS FOR EDUCATORS

On 06-12-24, School of Physiotherapy and Rehabilitation Sciences, organized an Expert Session on Professional Ethics for Educators, which was coordinated by Dr. Barnali Bhattacharjee (P.T.), Associate Professor, SPRS; Dr. Mansi Dewan (P.T.), Assistant Professor, SPRS. Dr. Nitesh Bansal (P.T.) was the resource person for the event. He has a rich experience (C-suite level) in academic administration in new-age Universities, including an Institution of Eminence (IoE); internationalization; developing & maintaining high standards in imparting higher education & training; developing statutes, ordinances, regulations & guidelines for conducting various functions of the University. He explained professional ethics and values are essential for educators to establish trust, ensure fairness, create a safe learning environment, promote personal and professional growth, and uphold legal and ethical standards. He emphasized that teachers, as professionals, are engaged in the process of making all other professions happen. Teachers have massive



Dr. Nitesh Bansal interacting with the audience

responsibilities as they are the inspiration, role models and motivators for thousands of students. His words encouraged the faculty members to abide by ethical practice and acted as an eye opener. The event concluded with felicitation of Dr. Bansal by Dr. Mamta Shankar, School Coordinator, SPRS.



Dr. Nitesh Bansal with the faculty members



Dr. Mamta (P.T.) and Dr. Barnali (P.T.) felicitating Dr. Nitesh Bansal

CELEBRATIONS AT SPRS

Children's Day

On 14th Nov, 2024, School of Physiotherapy and Rehabilitation Sciences celebrated Children's Day. This celebration served as a platform for bonding, education, and advocacy. It aimed at bringing joy, fun, and awareness to the students. The faculty of SPRS participated enthusiastically by distributing sweets to the students. For adults, the day serves as a reminder of their responsibility to

provide a nurturing environment for children. It encourages reflection on how society can better support and empower its younger generations.

Celebrating Children's Day is not just about fun and games but about fostering a supportive environment where children can thrive and achieve their full potential. It's a day to honour their importance in society and work towards building a better world for them.



Students with the faculty during Children's Day celebrations



Faculty and Students at the Children's Day celebrations

CHRISTMAS CELEBRATION

On 24th Dec, 2024, SPRS hosted a fun and heart-warming Secret Santa celebration, bringing joy and festive spirit to the team. Colleagues exchanged thoughtful gifts, shared laughter, and enjoyed a sense of camaraderie. The event

fostered team bonding and appreciation, making the workplace feel even more cheerful and united. It was a wonderful way to end the year on a positive note, strengthening relationships and boosting morale.




Christmas Tree at Physiotherapy OPD



Physiotherapy Faculty During the Christmas Celebration

RESEARCH AND INNOVATION

Dr. Barnali Bhattacharjee (P.T.), Associate Professor, and Dr. Mansi Dewan (P.T.) Assistant Professor, SPRS published a journal article titled- Effect of Different Back Pack Loading on Static and Dynamic Balance among Middle school children using Humac Balance System, in African Journal of Biomedical Research, Vol 27 (4s) which is SCOPUS Q3 on 07th Oct, 2024, 2024.



<https://africanjournalofbiomedicalresearch.com/index.php/AJBR>
Afr. J. Biomed. Res. Vol. 27(3s) (October); 2337 - 2343
Research Article

Effect Of Different Backpack Loading On Static And Dynamic Balance Among Middle School Children Using The Humac Balance System

Prachi Sapra¹, Sohrab Ahmed Khan², Nishat Quddus², Mansi Dewan³, Barnali Bhattacharjee^{4*}, Lopa Das Deka⁵

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³Assistant Professor, K.R.Mangalam University, Sohna Road, Gurugram, Haryana
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ABSTRACT:
Background: School-aged children experience pain and incapacity as a result of the growing trend of young pupils wearing large backpacks, which is said to create a substantial forward tilt of the head and trunk. The purpose of the current study was to ascertain how various backpack loading scenarios affected middle school students' static and dynamic balance.
Methods: In this study, 24 young, healthy school-age participants were recruited. (13 males with 11 females, average age = 11.17 years ± 1.04, mean Body Mass Index (BMI) = 11.88 kg ± 1.08). Baseline values were established for static and dynamic balance using the Humac Balance System. Backpacks weighing 10%, 15%, and 20% of the child's body weight were given to them. Limits of stability (LOS) in dynamic balance and sway velocity categorized into four static balancing modes (Eyes open firm surface EOFS, Eyes closed firm surface ECFS, Eyes open soft surface EOSS, Eyes closed soft surface ECSS) were the outcome measurements.
Results: The findings indicated significant differences between backpack loading and static balance for EOSS at 20% as well as for EOFS and ECFS at 15% and 20% backpack weight utilizing the paired t-test for statistical comparisons. Similarly, for LOS at 20% backpack weight, a significant difference was seen between dynamic balance and backpack loading.
Conclusion: According to the Humac Balance system's variations, it is optimal to maintain balance or postural stability inside a support base when the backpack weight is less than 10% or between 10% and 15%.


Keywords:- Backpack, Static balance, Dynamic balance, Children

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2337 Afr. J. Biomed. Res. Vol. 27, No.3s (October) 2024 Barnali Bhattacharjee et al.



<https://africanjournalofbiomedicalresearch.com/index.php/AJBR>
Afr. J. Biomed. Res. Vol. 27(4s) (December 2024); 4633-4640
Research Article

Repetitive Task Training For Enhancing Gait And Functional Performance In Chronic Spinal Cord Injury: An Experimental Study

Shazia Mattu¹, Rajeev Kumar Singh^{2*}, Prince Rohilla³, Dr. Harish Sharma⁴

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ABSTRACT
Background: Traumatic spinal injury (TSI, injury to spinal column, spinal cord, or both) commonly leads to significant impairment in the quality of life of an individual. The global incidence of TSI was 10.5 cases per 100000 people resulting in an estimated 768473 new cases annually worldwide. Conventional rehabilitation primarily provides compensatory strategies for accomplishing mobility and strengthening above the level of the lesion. Recently, new approaches to facilitate locomotor recovery have been explored in humans using locomotor training that optimizes sensory information associated with locomotion.
Method: The Subjects with spinal cord injury with neurologic lesion level below T8. Patients satisfying inclusion criteria. Patients aged between 20-55yrs, Chronic patients (more than 3 months) Complete & incomplete SCI (type A, B, C on ASIA scale. Patients were able to understand English and Hindi. A total 20 patients with Spinal cord injury included in the study. Patients received repetitive task training in high for more than 2 hours 5 times in a week. Pre intervention measurements of ABC (activity specific balance confidence scale), TUG (timed up and go test), SCIM (spinal cord injury independence measure), WISCI II (Walking Index for Spinal Cord Injury II), 6 min walk test were carried out for each patient. All the subjects received interventions for 3 months. The final reading was taken after 3 months.
Result: The data was calculated by SPSS software a paired t- test were applied. Statistically and graphically significant change is seen in pre and post treatment values of TUG, ABC, WISCI II, 6 minute walk test and SCIMS within the group. Training shows significant improvement and results individually in TUG, 6 Min Walk Test, ABC, WISCI II, SCIM which is proved statistically and graphically.
Conclusion: This study demonstrates that Repetitive Task Training is effective in improving the walking competency and functional performance in subjects with chronic spinal cord injury resulting in paraplegia. However, the significant difference in post treatment values of subjects with ASIA grade B&C showed improvement in their walking ability and functional activities. Hence, Repetitive Task Training in chronic spinal cord injury patients can also be a choice of treatment for improving walking competency and functional performance in paraplegics

Key Words: SCI; Paraplegia; Repetitive task Training; Functional Performance

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4633 Afr. J. Biomed. Res. Vol. 27, No.4s (December) 2024 Rajeev Kumar Singh et al.

Dr. Shazia Mattu (P.T.), Associate Professor and Dr. Rajeev Kumar Singh (P.T.), Assistant Professor published a journal article titled- Repetitive Task Training for enhancing Gait and Functional Performance in Chronic Spinal Cord Injury: An Experimental Study in African Journal of Biomedical Research, Vol 27 (4s) which is SCOPUS Q3 on 28th Nov, 2024.

Dr. Barnali Bhattacharjee (P.T.), Associate Professor, and Dr. Mansi Dewan (P.T.), Assistant Professor SPRS published a journal article titled- Effect of Electrical Stimulation in patients with Acute Bell's Palsy on FSG Score: An Experimental Study in African Journal of Biomedical Research, Vol 27 (4s) which is SCOPUS Q3 on 16th Dec, 2024.



<https://africanjournalofbiomedicalresearch.com/index.php/AJBR>
Afr. J. Biomed. Res. Vol. 27(4s) (December 2024); 5225 - 5232
Research Article

Effect of Electrical Stimulation in Patients with Acute Bell's Palsy on FGS Score: An Experimental Study

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ABSTRACT
Background: Bell's Palsy is the most common condition affecting the facial nerve. It causes not only facial asymmetry but also great psychological distress. Electrical stimulation is a common intervention for Bell's Palsy but there is lack of evidences to support its use especially in acute case. The study intends to find if the use of Electrical Stimulation is effective in treating facial dysfunction caused due to Bell's Palsy in acute phase.
Method: A total of 30 subjects who met the inclusion criteria were selected in the experimental study. The subjects were divided into two groups- Experimental Group A (N=15) and Control Group B(N=15) using random sampling. Group A received electrical stimulation, facial massage and guided facial exercise with mirror visual feedback. Group B received similar group A interventions without electrical stimulation. Both Pre and Post treatment Score was calculated using Sunnybrook Facial Grading System. Study duration was of 2 weeks consisting 6 days a week intervention.
Result: Paired t-test was performed to see the improvement of facial function in both Group A and Group B. The result showed significant improvement in both the groups. To compare between the groups, independent t-test was done and the results showed improvements in the Group A were significantly higher when compared to Group B.
Conclusion: The use of electrical stimulation in the subjects with acute Bell's Palsy is significantly effective in improving facial function of the subjects.

KEYWORDS: Bell's Palsy, Electrical Stimulation, Facial Massage, Facial Exercise, Mirror Feedback, Facial Grading System Score

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5225 Afr. J. Biomed. Res. Vol. 27, No.4s (December) 2024 Barnali Bhattacharjee et al.

Chapter 3 The Role of Pranayama: Harnessing the Power of Breath for Cardiopulmonary Health

Barnali Bhattacharjee
K.R. Mangalam University, India

ABSTRACT

Pranayama, a controlled breathing exercise integral to yoga, has shown significant benefits for cardiopulmonary health. This review compiles recent studies on pranayama's effects on cardiovascular function, highlighting its role in reducing resting heart rate and blood pressure, thereby decreasing heart strain and helping prevent cardiovascular disorders. These benefits are driven by autonomic nervous system modulation, which promotes parasympathetic dominance, fostering relaxation and stress relief. Pranayama techniques, like alternate nostril breathing and deep-breathing exercises, demonstrate different efficiencies in improving cardiopulmonary response. Pranayama also enhances oxygenation and respiratory performance, positively influencing both physical and mental well-being. The growing body of evidence supports its inclusion in lifestyle interventions for preventing and managing cardiovascular conditions, making pranayama an essential tool for holistic health.

INTRODUCTION

Overview of Pranayama: Pranayama is a Sanskrit term derived from two words: "Prana" meaning "life force" or "vital energy," and "Ayama" meaning "extension" or "control." Therefore, pranayama translates to the "control or regulation of breath" or the "extension of life force." Pranayama is a vital component of yoga, focused on breath control to enhance physical, mental, and spiritual well-being. It involves a series of breathing exercises that regulate the flow of prana (life force) through the

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Dr. Barnali Bhattacharjee (P.T.), Associate Professor, SPRS, published a book chapter titled- The role of Pranayama: Harnessing the power of breath for Cardiopulmonary Health in a Scopus Indexed book titled Impact of Yoga and Proper Diet on Cardiopulmonary Function on 24-12-2024 - ISBN- 9798369382677.

STUDENTS ACHIEVEMENTS

We are pleased to share that Beekesh from BPT 1st Year competed in the All India Men's Boxing Championship at National Level. This significant contribution not only highlights his readiness and determination to excel in the competition but also sets the tone for an exhilarating championship ahead. The All India Men's Boxing Championship is known for its fierce competition and is a platform where only the best talents shine. His dedication and preparation is a testament to his hard work and passion for the sport.



Beekesh (First Year BPT) at the championship with Sports coordinator, KRMU

TRAINING AND INTERNSHIP

We are pleased to share that our students from 2020 batch have started their internships at various prestigious hospitals.



HARSH RAJ



RIYA



ROOSTUM



PGI PATNA



MAX HOSPITAL, GURUGRAM



CIVIL HOSPITAL

TRENDS AND TECHNOLOGY BLOG (BOON OR BANE?)

ARTIFICIAL INTELLIGENCE ENABLED TOOLS: ARE WE BECOMING BRAIN DEAD SLAVES

So many tools are available over the internet, that have caught our frenzy to toe the line of deadlines! CHATGPT, ORANGE, ILLUMINIA, BING and so on have become such a regular guy in our households that we don't realize the feeling of being brain dead that has crept on so many aspects of our daily lives. The reason we started using these applications initially was to effectively avoid the deadlines and the take a breather in general but now it has become our go getter in any and every situation.

Recently we heard the news of Mr. Balaji who was an Indian American working with the tech giant CHATGPT who recently was in news to sue this company for violating a slew of American copyright norms in general. But what happened will not only shake our conscience, but it will also create a pandemonium in our carefully AI dependent lives that will leave us wondering about the errors of our ways. So, after suing the company CHATGPT Mr. Balaji had committed suicide in New York City, so the authorities claimed that's vehemently refuted by his mother though! This teaches us that if there are so many so-called violations during the making of such applications then what will be the number on its implementation.

We garner from our report that we can use AI tools is not the problem here; we only need to keep a check on its extent. Recently, a report came in the Times of India that a survey conducted in AIIMS Delhi involving over 100 odd school students across Delhi NCR revealed the episodes of



Dr. Shweta Kumar (P.T.)

Assistant Professor, SPRS, KRMU

"blank spaces" that they are experiencing over the day after excessive social media usage. This has even been a well-researched topic in our healthcare research portals over the Covid Era as well. This reveals the dark truths of long Internet usages over the thinking and cognitive abilities of our mind.

I want to conclude by saying that let's pledge to devote time for physical activity as well as mental capacity building activities such as group discussions that we used to love in our schools. Let's restart to live in the real world. This will help us regain a semblance of reality and give us a respite from mental fatigue and anxiety episodes seen post marathon Internet usages.



STUDENT CORNER

Physiotherapy is essential for the rehabilitation and recovery of patients with breast cancer, particularly during and following treatment. It aids in managing physical symptoms, enhancing quality of life, and preventing or alleviating side effects linked to cancer treatments, including surgery, chemotherapy, or radiation therapy.

Important functions of physiotherapy in the management of breast cancer consist of:

Post-Surgical Rehabilitation: After a mastectomy or breast-conserving surgery, physiotherapy helps restore shoulder mobility, reduce scar tissue formation, and strengthen the upper body. Physiotherapists use exercises and manual techniques to minimize the risk of lymphedema, a common side effect of breast cancer treatment, by encouraging proper fluid drainage and preventing the build-up of lymph fluid in the tissues.

1. Lymphedema Management: One of the key areas where physiotherapy is vital is in the prevention and management of lymphedema, which can occur when lymph nodes are removed or damaged during cancer treatment. Physiotherapists trained in specialized techniques like manual lymphatic drainage (MLD) can help reduce swelling, improve circulation, and assist with exercises that stimulate the lymphatic system.

2. Pain Management: Breast cancer treatments often lead to chronic pain or discomfort, including joint stiffness or muscle tension, which can affect daily activities. Physiotherapy interventions, such as heat or cold therapy, ultrasound, and specific strengthening exercises, can alleviate pain, reduce inflammation, and promote faster healing.

3. Restoring Physical Strength and Function: Chemotherapy and radiation can lead to muscle weakness, fatigue, and loss of stamina. Physiotherapists design individualized exercise programs to gradually build strength, improve cardiovascular fitness, and enhance overall physical endurance, allowing



Himanshu Aggarwal
BPT THIRD YEAR

patients to regain their normal activities of daily living.

4. Improving Mental Well-Being: Regular physical activity, as guided by physiotherapists, has been shown to improve mood and reduce anxiety and depression, which are common among cancer patients. Exercise promotes the release of endorphins, which helps combat the psychological effects of cancer treatment and promotes a sense of well-being.

5. Post-Radiotherapy Rehabilitation: Radiation therapy can cause stiffness, reduced range of motion, and tissue damage in the chest wall area. Physiotherapy helps to improve mobility and prevent long-term complications by using stretching, strengthening, and other therapeutic techniques to maintain joint flexibility and reduce discomfort. In conclusion, physiotherapy is a key element in managing the physical challenges that arise from breast cancer treatment. It promotes recovery, reduces complications, and enhances the overall quality of life for individuals undergoing breast cancer treatment. A tailored physiotherapy plan, developed by experienced professionals, is essential for a holistic and comprehensive approach to cancer care.

COMMUNITY CONNECT

HEALTH CAMP IN COLLABORATION WITH NSS

The School of Physiotherapy and Rehabilitation Sciences organized an outreach activity, "Health Camp," on 5th December 2024, aimed at raising health awareness among the rural population of Lakhuwas Village. A total of twelve BPT 3rd-year students participated in this initiative. The camp saw the attendance of over thirty patients with various health concerns. The most common issues reported by women included joint pain, menstrual irregularities, and general fatigue, while men mostly complained of muscular

pain and lower back issues. This health camp allowed the students to observe and assess the health conditions faced by rural communities in India. The patients received basic physiotherapy treatment through targeted exercises, and a home exercise program was provided to help maintain their conditions. The event was coordinated and led by Dr. Shazia Mattu (P.T.), Associate Professor, SPRS, Dr. Rajeev Kumar Singh (P.T.), Assistant Professor, SPRS and Dr. Epshita Kakati (P.T.), Demonstrator, SPRS.



Students assessing a patient at Lakhuwas village camp



Students along with the faculty members at Lakhuwas



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