



ACHARYA'S NR INSTITUTE
OF PHYSIOTHERAPY

ACHARYA PHYSIO NEWS 2025

VOLUME - V



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ACHARYA'S NR INSTITUTE OF PHYSIOTHERAPY

Vision

Delivery of physiotherapy education with high-quality, yet equitable, affordable, exemplary and evidence-based practices to be not just the best in the world but the best for the world.

Mission

To ensure quality in delivery of basic or fundamental physiotherapy principles and ethics in the education system. Observed Learning and hands-on training provided at all levels of the professional organization, the institution and community which focuses on superlative health care and character development to ensure an effective learning environment that is aligned with the needs of our society.



i ♥ ACHARYA

ABOUT ACHARYA'S NR INSTITUTE OF PHYSIOTHERAPY

Acharya's NR Institute of Physiotherapy (ANRIPT) which started in 2019, has been known for its comprehensive curriculum and excellent faculty. The college offers undergraduate programs in physiotherapy, ensuring a strong foundation in theory and practical skills.

Our institute has mastered a shift toward using research and scientific evidence to guide practical decisions, which is why we hold the title being among the top Physiotherapy Colleges in Bangalore. For decades, the practice of physical therapy has been criticized for its lack of research. Despite a generally positive attitude towards evidence-based practice, most physical therapists used treatment techniques with little scientific support. Researchers at Acharya's NR Institute of Physiotherapy conduct studies in all areas of physiotherapy including musculoskeletal disorders and sports, neurology and psychosomatic disorder, cardio-respiratory disorder, community physiotherapy, paediatrics etc.

ANRIPT emphasizes hands-on training through internship program and clinical postings. It has well equipped advanced laboratories and state of the art facilities.

The Indian Council of Medical Research (ICMR) has funded our researchers 'to explore the effect of task oriented behavioural regulation training on the amount of functional activity engagement among community dwelling subacute stroke survivors'. Our strength is in updating ourselves in recent advances in the clinical field as well as supporting ourselves with evidence-based practice and make our own clinical practice guidelines. We aim to explicitly use best current evidence to make decisions about individual patients and is a concept of growing significance for physiotherapy.

We believe in beholding the title of being one the best physiotherapy colleges in Bangalore. We definitely are a top choice for aspiring physiotherapists in Bangalore.



EDITORIAL TEAM

STAFF EDITORIAL TEAM

Dr. Divya, PT. Assistant Professor Senior

Dr. Akshay Kumar S, PT. Assistant Professor

Dr. Alisha Fernandes, PT. Associate Professor

Dr. Rajameena R, PT. Assistant Professor

STUDENT EDITORIAL TEAM

Name	Year
Mitali Chauhan	3rd year BPT
Neorah Fernandes	3rd year BPT
Sonika Kanthraju	2nd year BPT
Drishya R	2nd year BPT
Pavitra Belure	2nd year BPT
Nusaif Kavungal	1st year BPT
Sai Sankar	1st year BPT
Vijay Mundaragi	1st year BPT
Janvi Yadav	1st year BPT
Reese Marie Martins	1st year BPT

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FACULTY PROFILE

Dr. Mallikarjunaiah H. S., Principal of Acharya's NR Institute of Physiotherapy, is a distinguished academician and clinician with a Ph.D from Nitte University, Mangalore, and a Gold Medal in Master of Physiotherapy in Neurology and Psychosomatic Disorders. A certified manual therapy practitioner (FIMT), he specializes in neurological and pediatric rehabilitation. He serves on editorial boards of reputed national and international journals and is a sought-after resource person for educational methodology workshops and physiotherapy conferences. With numerous publications to his credit, Dr. Mallikarjunaiah is a dynamic leader committed to academic excellence and innovation in physiotherapy education.



**Dr. Mallikarjunaiah H S,
Professor And Principal**

Dr. Nice Mathew, PT, Associate Professor

Dr. Nice Mathew (PT) is an Associate Professor at Acharya's NR Institute of Physiotherapy, bringing over nine years of academic experience and a combined 15 years in clinical and teaching practice. She is currently pursuing her Ph.D. under RGUHS, with Ramaiah Medical College as her research center, where her work focuses on advancing physiotherapy research in women's health. She holds certifications in Research Methodology, Ergonomics and Good Clinical Practice (GCP) and has made significant contributions to the academic community as a reviewer for national journals, a published author in reputed peer-reviewed journals, and a paper evaluator and external examiner for various academic institutions.

Dr. Nice has a strong academic and research interest in women's health physiotherapy, especially in the areas of pelvic floor dysfunction and rehabilitation. She was awarded First Prize in the Ph.D. category for paper presentation at Karnataka PhysioCon 2025.

She also holds an official copyright to her name for her original academic work, further establishing her commitment to innovation and academic integrity. Her dedication to teaching, scholarly excellence, and community education continues to drive the advancement of physiotherapy practice and inspire future healthcare professionals.



Dr. Alisha Fernandes, PT, Associate Professor

Dr. Alisha Fernandes serves as an Associate Professor at Acharya's NR Institute of Physiotherapy, bringing over a decade of experience that bridges clinical practice and teaching in Musculoskeletal and Sports Physiotherapy. With more than seven years in academia, she has mentored both undergraduate and postgraduate students, guiding their research and academic growth.

Her professional journey includes authorship in reputed peer-reviewed journals and contributions as a reviewer for a national physiotherapy journal, reflecting her commitment to advancing the field through both practice and publication. She's certified in Mulligan's Mobilization Techniques and continues to sharpen her expertise through active participation in workshops on Health Research, Methodology, Evidence-Based Medicine, and Basic Life Support, equipping students with a strong foundation in evidence-based care.



Dr. Divya, PT, Assistant Professor Senior

Dr. Divya M., MPT (Musculoskeletal & Sports), BPT is an enthusiastic physiotherapist and academician, currently serving as Assistant Professor at Acharya's NR Institute of Physiotherapy, Bangalore. A postgraduate from JSS College of Physiotherapy, Mysuru, and alumnus of Manipal University, she combines clinical expertise with academic passion. She has presented and published research at national and international platforms, guided RGUHS-funded student projects, and is pursuing her PhD under RGUHS. With certifications in biomedical research, BCLS, chiropractic basics, and JAMOVI statistics, she actively contributes to physiotherapy education and research. Outside work, she enjoys sketching, painting, and exploring creative arts.



Dr. Suruchi. V. Rao, PT, Assistant Professor Senior

Dr Suruchi V Rao is senior assistant professor with 5 years of experience in the clinical and academic field specialised in Neurological and Psychosomatic Disorders under RGUHS and currently pursuing PhD in DSU and her work mainly focuses on fall and fall risk in geriatric population

She holds certifications in Research Methodology, Data analysis using SPSS, Jamovi and JMP Software, Good Clinical Practice (GCP), Certification course in making splints in physiotherapy in leprosy: TLM Hospital, Naini, Allahabad, Uttar Pradesh, Certified in wheelchair training for Spinal cord injury, Cupping, IASTM, dry needling, pilates.

She also holds two official copyright to her name for her original academic work.



Dr. Meghna Pradhan, PT, Assistant Professor

Dr. Meghna Pradhan, PT, An accomplished MPT (Sports Rehabilitation) Gold Medallist, this dynamic professional serves as a National Sports Physiotherapist under the All India Football Federation (AIFF), bringing expertise to India's top-tier football athletes. As a high-altitude cyclist and the official physiotherapist for Indian Army cycling teams operating above 12,000 ft, she has demonstrate resilience and specialized training in extreme environments. With a strong foundation in competitive sports, they are a National-level Cricket and Throwball player, a State-level Taekwondo athlete, and a proud recipient of the prestigious Rajya Puraskar. The unique blend of academic excellence, elite athleticism, and clinical skill makes them a standout figure in sports physiotherapy in India.



Dr. Rajameena R, PT, Assistant Professor

Dr. Rajameena R., PT (MPT Neurology), is a dedicated physiotherapist and academician with three years of experience. A graduate of Saveetha College of Physiotherapy, SIMATS, her research includes SCOPUS and Google Scholar-indexed work on stroke rehabilitation, aerobic exercise, and developmental coordination disorder.

She has served as a resource person in neurodynamic mobilization webinars and global physiotherapy conferences. Actively engaged in workshops and certified in BLS and CPR, Dr. Rajameena continually updates her clinical skills. Her commitment to research, education, and professional growth reflects her passion for advancing neurological physiotherapy practice.



Dr. Sumedha Govindaswamy, PT, Assistant Professor

Dr. Sumedha Govindaswamy PT, a spirited Assistant Professor at Acharya Institute of Physiotherapy and a musculoskeletal physiotherapy enthusiast with a knack for turning spine care into an art form. With a Master's degree in Orthopedic Physiotherapy from the renowned KLE Institute, Sumedha brings both academic finesse and clinical sharpness to the classroom and clinic alike.

Her physiotherapy journey started in Vijayawada and now thrives at the intersection of evidence-based practice and compassionate care. A proud holder of a Certificate in Orthopedic Manual Therapy (C.O.M.T), she's deeply rooted in hands-on healing—be it through McKenzie's method for spinal rehabilitation or kinetic chain activation techniques.

When not crafting treatment protocols or decoding tendon mechanics, Sumedha can be found empowering students with her vibrant teaching style, sparking curiosity with a smile, and blending science with storytelling. She's also a published researcher, known for her pilot study on Matrix Rhythm Therapy and clinical trials on lateral epicondylitis.

Sumedha is more than just a physio—she's a mentor, communicator, and lifelong learner. Beyond the clinic and classroom, Sumedha finds joy in the world of creativity and connection. She's deeply passionate about art and music, often losing track of time sketching, painting, or tuning into soulful melodies. She cherishes spending quality time with her loved ones and believes that a life well-lived is one filled with purpose, passion, and meaningful relationships.



Dr. Ajay Kumar. S, PT, Assistant Professor

Dr. Ajay kumar. S, PT, A dedicated Master of Physiotherapy (MPT) in Neurological and Psychosomatic Disorders, with advanced certifications in Neurodevelopmental Treatment (NDT), Dry Needling, and Kinesio Taping. Completed the Advanced Trauma Life Support (ATLS) course at SDUMC, showcasing strong expertise in trauma response and emergency physiotherapy care. Experienced in the assessment and management of a wide range of neurological and psychosomatic conditions, with a particular proficiency in applying NDT techniques for neurorehabilitation. Has actively presented clinical work and research at both national and international conferences, reflecting a commitment to evidence-based practice and continuous professional growth.



Dr. Akshay Kumar. S, PT, Assistant Professor

Dr. Akshay Kumar.S, PT, A highly qualified Master of Physiotherapy (MPT) in Neurological and Psychosomatic Disorders, with multiple clinical certifications including Neurodevelopmental Treatment (NDT), Dry Needling, Kinesio Taping, and Basic Life Support (BLS). Completed the Advanced Trauma Life Support (ATLS) course at SDUMC, with strong skills in trauma care and emergency physiotherapy. Experienced in managing complex neurological and psychosomatic conditions, and proficient in applying NDT techniques for neurorehabilitation. Additionally, certified in Scientific Writing in Health Research by ICMR-NIE, and has presented clinical and research work at both national and international conferences, demonstrating a strong commitment to academic excellence and evidence-based practice.



Dr. Deekshith. G, PT, Assistant Professor

Dr. Deekshith. G, PT, A competent and dynamic physiotherapist with a Master of Physiotherapy (MPT) in Musculoskeletal and Sports Physiotherapy, backed by practical experience in managing sports injuries and orthopedic trauma. Holds certifications in Clinical and Sports Dry Needling (Level 1 & 2), Taping Techniques, and has completed specialized workshops in Sports Rehabilitation and Injury Prevention. Demonstrated academic engagement by presenting research posters at national and international conferences, reflecting a strong commitment to continuous learning and evidence-based clinical practice. Skilled in delivering targeted rehabilitation for athletes and active populations, with a focus on recovery, performance enhancement, and injury prevention.



Dr. Chinmayi Rangaraju, PT, Assistant Professor

Dr. Chinmayi Rangaraju, PT, A postgraduate in Master of Physiotherapy (MPT) in Neurological Sciences, with a strong passion for neurorehabilitation and clinical research. Demonstrates a deep sense of curiosity, along with a genuine commitment to continuous learning and professional development. Dedicated to advancing knowledge and skills in neurological physiotherapy, with the aim of contributing meaningfully to both clinical practice and academic research in the field.



Dr. Umme Uzma M, Research Associate

Dr. Umme Uzma. M, PT, A qualified Master of Physiotherapy (MPT) in Paediatrics, with over three years of clinical experience as a Paediatric Physiotherapist at Therakinos, specializing in the assessment and management of developmental and neuro-motor disorders in children. Currently serving as a Research Associate on a DHR-ICMR funded project, demonstrating a strong integration of clinical expertise with active involvement in research. Committed to advancing paediatric physiotherapy through evidence-based practice and scientific inquiry.

Mr. Manjunath H S, Admin Office Staff

Manjunath H S is a Bcom graduate from Bangalore University. With over five years of professional experience, he began his career at acharya's NR institute of physiotherapy. Currently, he holds the position of Assistant Administrator at Acharya's NR Institute of Physiotherapy, where he has been serving for five years.



Mr. Sudarshan H G, Admin Office Staff

Sudarshan H G is a Bcom graduate from Bangalore University. With over five years of professional experience, he began his career at Hinduja Global Solutions (HGS), where he served as a Senior Process Consultant for three years. Currently, he holds the position of Assistant Administrator at Acharya's NR Institute of Physiotherapy, where he has been serving for the past two years and five months.



Mrs. Siddamma, Assistant Librarian

Ms Siddamma is an assistant Librarian with 2.5 years experience. She is an alumni of University of Mysore and has received 6 Gold Medals and 1 Cash Prize. She also holds Diploma in Human Resource Management



PREFACE...

The vibrant corridors of Acharya's NR Institute of Physiotherapy once again resonate with renewed energy, enthusiasm, and endless possibilities as we embark on a fresh academic voyage.

With immense pride and joy, we present the 5th Edition of our Acharya Physio Newsletter for the year 2024–2025. This annual publication serves as a reflection of our collective journey a mosaic of achievements, academic pursuits, cultural vibrance, and student endeavors.

More than just a newsletter, this volume is a testament to the dynamic spirit of our institute. It bridges the past with the present and sets the tone for an inspiring future. Through these pages, we aim to share milestones, showcase talents, and highlight the vibrant life that makes our campus truly unique.

With curiosity as our compass and commitment as our fuel, we stride ahead into another year of growth, learning, and celebration. Here's to capturing the heartbeats of our institution — one story at a time!

MESSAGE FROM THE DESK OF THE MANAGING DIRECTOR

It's always a great moment to connect with young minds—especially those shaping the future of healthcare like our brilliant physiotherapy students.

Let's face it—healthcare is evolving fast. Technology, lifestyle, and even patient expectations are changing every year. And physiotherapy sits right at that intersection of science, movement, and human connection. That's powerful.

What excites me most is seeing how our students aren't just learning—they're thinking, experimenting, and pushing boundaries. You're not waiting for the future. You're building it.

At Acharya, we're not just about degrees—we're about direction. And if there's one thing I believe in strongly, it's this: success doesn't come from following a path. It comes from understanding it, questioning it, and sometimes... redesigning it.

So, stay curious. Be bold. Build solutions that matter. The world needs practical dreamers like you—those who think big, but execute even better.

Proud to be part of your journey,

Mr. Krishna Basani
Managing Director,
Acharya Institutes.



MESSAGE FROM THE PRINCIPAL'S DESK

Dear Readers,

Warm greetings to all from Acharya's NR Institute of Physiotherapy (ANRIPT)!

It gives me immense pleasure to pen down this message for the fifth edition of our yearly newsletter, ACHARYA PHYSIO NEWS (APN-5). Each edition of APN is more than a record of events; it is a reflection of the unwavering spirit, dedication, and collective achievements of our institute over the past year. At ANRIPT, our mission is deeply rooted in shaping physiotherapy professionals who are clinically competent, ethically grounded, and committed to lifelong learning and service to humanity. I am proud to share that this year has been a testament to these values in action, thanks to the consistent efforts of our students, faculty, and the support from our management and well-wishers.

As I walk you through some of the key highlights that made this academic year truly remarkable:

Promoting Research Culture – RGUHS Student Research Grants. We continue to nurture a strong culture of research and scientific inquiry among our students. This year, several undergraduate and postgraduate students successfully secured prestigious research grants from Rajiv Gandhi University of Health Sciences (RGUHS). Their research topics ranged from advanced rehabilitation protocols, neurorehabilitation techniques, community health physiotherapy, women's health, and sports physiotherapy interventions.

Workshops, Seminars, Hands-on Learning: In line with our commitment to holistic education, ANRIPT organized and hosted a range of skill-enhancing workshops and guest lectures-

- Manual Therapy Techniques & Joint Mobilization
- Sports Taping and Kinesiology Applications
- Proprioceptive Training & Shoulder Rehabilitation

Renowned experts from India and abroad shared their expertise, providing our students with practical exposure and deepening their understanding of contemporary physiotherapy approaches.

Excellence in Sports – RGUHS Achievements, beyond academics, our students excelled in sports, participating actively in RGUHS intercollegiate sports competitions. Their dedication and teamwork highlight the importance we place on overall personality development and a healthy, balanced lifestyle.



Academic Achievements & Consistent Results: Academically, our students achieved excellent results in RGUHS examinations-

- High pass percentages across all batches
- Several students secured distinctions and university ranks, reaffirming our institute's academic rigor.
- Steady improvement year after year, reflecting the effectiveness of our teaching methods, mentoring, and student support systems.

These results are a testament to the hard work and synergy between faculty and students.

Social Responsibility: Police Marshals Embodying our vision of community engagement, ANRIPT participated in the Police Marshals Event, such initiatives emphasize our commitment to extending physiotherapy knowledge beyond classrooms and clinics, contributing to public health and societal well-being.

National & International Recognition: Poster and Paper Presentations- Our students and faculty showcased their academic strength at various state, national, and international conferences, winning prizes for best poster and paper presentations. These achievements motivate us to keep striving for academic and research excellence.

Looking ahead, reflecting on these accomplishments, I am filled with pride and gratitude. Each milestone is a shared victory made possible by the dedication of our students, the tireless efforts of our faculty, and the steadfast support from our management and alumni.

As we look ahead, our focus remains on:

- Fostering interdisciplinary research and collaborations
- Integrating technology and simulation into physiotherapy education
- Enhancing student support and international exposure
- Strengthening our commitment to community health and rehabilitation services

In closing, I thank everyone who has been part of this journey — students, faculty, alumni, parents, and partners. Let us continue to move forward with curiosity, compassion, and courage, making ANRIPT a place where learning transforms into service and knowledge becomes action.

Wishing everyone an insightful and inspiring read! Together, let us create another year of impactful growth and meaningful achievements.

Warm regards,

Dr. Mallikarjunaiah H S
Principal
Acharya's NR Institute of Physiotherapy

MESSAGE FROM THE STUDENT'S EDITORIAL DESK

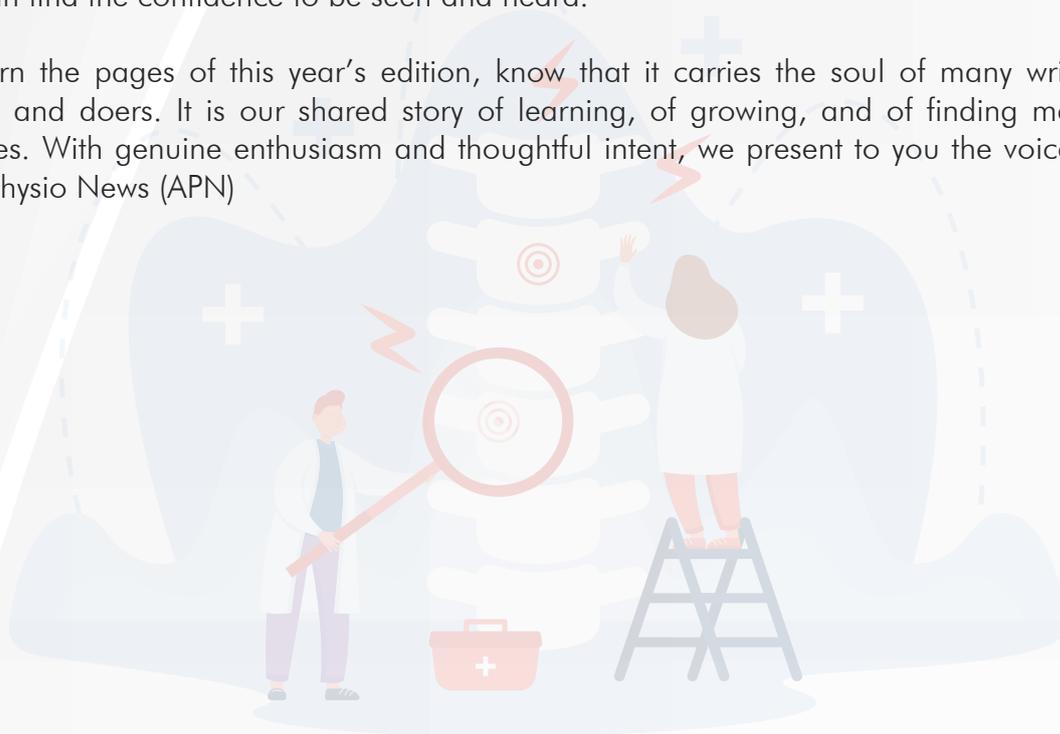
Every institution has its own character shaped by the ideas, ambitions, and creativity of its people. At Acharya's NR Institute of Physiotherapy, that character comes alive through APN - our annual magazine "Acharya Physio Newsletter". Far beyond a simple collection of writings, APN is a resourceful showcase of student talent, academic excellence, and expressive freedom. It stands as a tribute to the voices of our campus, capturing not only what we learn, but also how we grow, reflect, and inspire.

The Students' Editorial Team is not merely a committee, but as a collective spirit entrusted with the honour of preserving and presenting the diverse stories of our campus. With every edition, we don't just compile articles, we weave together voices, values, and visions into a lasting legacy. APN is more than a publication, it is a canvas of expression, a platform of potential, and a mirror to our academic, creative, and cultural life. Empowered by the unwavering support of our faculty and senior management, we operate with responsibility and passion. From conceptualizing themes and collecting contributions to designing compelling layouts and curating visual aesthetics, every stage of this magazine is the product of dedicated teamwork. Each member of the editorial team brings to the table their peerless perspective, a spark of imagination, and an uncompromising drive for excellence. Together, we form a force that transforms ideas into impact.

The APN showcases a brilliant spectrum of staff and student submissions - each one a reflection of the vibrant intellect, creativity, and spirit thriving within the walls of our college: Scientific articles, highlighting innovations, emerging research, and academic milestones in physiotherapy; non-scientific articles including personal reflections, critical opinions, and narratives that explore emotions, society, and the self; Poems - a symphony of language, where feelings, philosophy, and imagination meet in lyrical form; Sketches & photographs, visual storytelling at its finest bringing depth and beauty to the magazine's every page.

Additionally, we proudly spotlight the achievements and milestones of students from every academic year be it in academics, research or cultural pursuits, honouring the hard work and brilliance of our community. Through APN, we ensure that any expression never goes unheard and talent is never overlooked. Our campus is a space where voices matter, where words hold power, and where every student can find the confidence to be seen and heard.

As you turn the pages of this year's edition, know that it carries the soul of many writers, thinkers, dreamers, and doers. It is our shared story of learning, of growing, and of finding meaning in our experiences. With genuine enthusiasm and thoughtful intent, we present to you the voice of ANRIPT - Acharya Physio News (APN)



ACHIEVEMENTS



FACULTY ACHIEVEMENTS

	Name & Designation	Achievements
	<p>Dr. Mallikarjunaiah H S, Ph.D, Professor and Principal, Neurology and Psychosomatic Disorders</p>	<p>Article Published: –Author of the study titled ‘The Association between Gadget use and neck pain in bus conductors in Karnataka’, published in the RGUHS Journal of Physiotherapy. DOI:10.26463/rjpt.5_1_6</p>
	<p>Dr. Nice Mathew, PT Associate Professor Department of Musculoskeletal and Sports Physiotherapy Pursuing Ph.D. (Batch 2021)</p>	<p>1. Article Published: - First author for ‘Linguistic Validation of the Kannada Language Version of the Pelvic Girdle Questionnaire’, published in the RGUHS Journal of Physiotherapy. DOI:10.26463/rjpt.4_3_3</p> <p>2. Conference Presentation: - Presented paper under PhD category at International conference “PHYSIOCON 2025” (25–26 April). - Study titled ‘Knowledge, Attitudes and Barriers of Pregnant Women Toward Exercise for Pelvic Girdle Pain: Cross-Sectional Study’. - Won 1st prize – PhD paper presentation category.</p>
	<p>Dr. Sumedha Govindaswamy PT, Assistant Professor, Department of Musculoskeletal Physiotherapy</p>	<p>1. Conference Presentation: Presented a poster under faculty category at International conference “PHYSIOCON 2025” on 25th & 26th April. The study, titled ‘Artificial Intelligence in Musculoskeletal Physiotherapy - A scoping Review’.</p>

	Name & Designation	Achievements
	<p>Dr. Suruchi V Rao PT, Assistant Professor, Department of Neurological and Psychosomatic disorders Pursuing Ph.D. (Batch 2023)</p>	<p>1. Article Published: -First author for 'Impact of speed and inclination variants of treadmill on gait velocity in patients with Parkinson's disease', published in the Journal of Medical Pharmaceutical and Allied Sciences. DOI:10.55522/jmpas.V1316.67</p> <p>2. Conference Presentation: - Presented poster under PhD category at International conference "PHYSIOCON 2025" (25–26 April). - Study titled 'Effect of agility on fall and fall risk in community dwelling older adults: A scoping review'. - Won 1st prize – PhD poster presentation category.</p>
	<p>Dr. Divya PT, Senior Assistant Professor, Department of Musculoskeletal and Sports Physiotherapy Pursuing Ph.D. (Batch 2025)</p>	<p>1. Article Published: – Comparison of Scapulohumeral rhythm in individuals with and without Forward Shoulder Posture, published in F1000Research. DOI:10.12688/f1000research.158183.1</p> <p>2. Conference Presentation: – Presented paper under faculty category at National conference "AHSCON 2025" (17–18 January 2025). – Study titled 'Sleep Supporters and Spine Alignment in Adults: A Literature Review'.</p>

	Name & Designation	Achievements
	<p>Dr. Rajameena R PT, Assistant Professor, Department of Neurological and Psychosomatic disorders</p>	<p>1. Conference Presentation: –presented a poster under faculty category at International conference “PHYSIOCON 2025” on 25th & 26th April. The study, titled ‘Mapping the impact of Clinical Pilates on balance in Parkinson’, provided valuable evidence on the benefits of balance in Parkinson rehabilitation. Presented a paper under faculty category at National conference “AHSCON 2025” on 17th & 18th January 2025. The study, titled, ‘Comparing Cervical Manipulation and Cervical Exercises Along with UST on Postpartum Women with Cervicogenic Pain’</p>
	<p>Dr. Meghna Pradhan, PT, Assistant Professor, Department of Sports Rehabilitation</p>	<p>1. Article Published: - Co- author of the study article titled, ‘The Association between Gadget use and neck pain in bus conductors in Karnataka’ in “RGUHS Journal of Physiotherapy”. DOI:10.26463/rjpt.5_1_6</p>

STUDENT ACHIEVEMENTS

CELEBRATING EXCELLENCE: STUDENT ACHIEVEMENTS

In this year's newsletter, we proudly shine a spotlight on the exceptional accomplishments of our students. From progressive research to artistic brilliance, their dedication and hard work continue to inspire and elevate our community. Join us in celebrating their remarkable achievements and the bright futures they are creating.

Celebrating Our Second Graduated Stars!!

We proudly celebrate the milestone of our second graduated batch of 2020 at Acharya Physio Samarpan-2 from Acharya's NR Institute of Physiotherapy on 18th July 2025. Our graduates have demonstrated remarkable achievements throughout their academic journey reflecting their hard work, dedication and growth. Beyond the classrooms the students actively participated in seminar, paper Presentation and co - curricular competitions.

Our Graduate Stars



Wishing you all the best as you embark on your future journey. May your paths be filled with success and fulfilment.

SPECIAL AWARDS

ANRIPT Congratulates the graduates who received the special awards:



Ms. Abirami R for being awarded with the title of "Institutional Topper and Best Intern", from topping the Institution to excelling as the best Intern - this graduate has truly achieved it all.



Mr. Anand Hitendra Joshi for being awarded with the title of "Emerging Scholar", you are equipped with brilliance and a thirst for knowledge, the future is yours to shape.



Mr. Pradyumna Reddy M H , for being awarded with the title of "Best sportsperson", our best Sportsperson is ready to conquer anything , WELL DONE !



Mr. Pratham Uday Mani, for being awarded with the title of "Best volunteer", your tireless dedication made a real difference, huge congrats to the best volunteer!



Ms. Borra Vasavi, for being awarded with the title of "Best outgoing Student", stepping into the future with well-deserved accolades!

Honouring Our Top Rank and Distinction Holders

4th YEAR RANK HOLDERS- (Batch 2020)



Ms. Abirami R
1st Rank Holder (82.7%)
Distinction holder



Ms. Borra Vasavi
2nd Rank Holder (81.6%)
Distinction holder



Ms. Rakshitha A J
3rd Rank Holder (79%)
Distinction Holder

DISTINCTION HOLDERS:

- Anand Hitendra Joshi- 78%
- Shwetha B- 77 %
- Utkarsha- 76.7 %
- Shah Mansi- 75.

3rd YEAR RANK HOLDERS- (Batch 2021)



Ms. Anupriya B N
1st Rank Holder (79.2%)
Distinction Holder



Ms. Sushree Sabita Mallik
2nd Rank Holder (78.5%)
Distinction Holder



Mr. Hekmat Ali
3rd Rank Holder (77.2%)
Distinction Holder

DISTINCTION HOLDERS:

- Amaryllis Wahlang- 76.2%
- Anurag Chakraborty- 75.7%
- Tuba Shaikh- 75.4%
- Achsa Anil- 75.4%
- Soujanya D- 75.1%
- Mohammed Zanad K P- 75%

2nd YEAR RANK HOLDERS- (Batch 2022)



Ms. Neha Rathore
1st Rank Holder (84.3%)
Distinction Holder



Ms. Gopika M
2nd Rank Holder (84.2%)
Distinction Holder



Ms. Priya R
3rd Rank Holder (82.3%)
Distinction Holder

DISTINCTION HOLDERS:

- Mitali Chauhan- 77.7%
- Neorah Fernandes- 77.7%
- Shreya Y- 77.2%
- SK Riyan- 75.2%

1st YEAR RANK HOLDERS- (Batch 2023)



Ms. Sonika Kanthraju
1st Rank Holder (84.3%)
Distinction Holder



Ms. Drishya R
2nd Rank Holder (83.4%)
Distinction Holder



Ms. Saniya
3rd Rank Holder (74.9%)

SUBJECT TOPPERS

2020 - 2021 Batch- 4th Years

Shwetha B	-	Neurology and Neurosurgery (89)
	-	Community medicine (79)
Anand Hithendra Joshi	-	Neurophysiotherapy (172)
Abhirami R	-	Community Physiotherapy (181)
Shah Mansi Shah	-	Research and biostatistics (78)

2021 - 2022 Batch-3rd years

Nithya M	-	Orthopedics and Traumatology (86)
Anupriya B N	-	General Medicine (82)
	-	Musculoskeletal and sports Physiotherapy (174)
Anurag Chakraborty	-	General Surgery (77)
Achsah Anil	-	Cardiorespiratory and general Physiotherapy (167)

2022- 2023 Batch -2nd years

Shreya Y	-	Pathology and microbiology (84)
Neha Rathore	-	Pharmacology (98)
Gopika M	-	Exercise Therapy (171)
Fayis Mohammed	-	Electro Therapy (164)

2023-2024 Batch - 1st years

Sonika Kanthraju	-	Anatomy (163)
	-	Biochemistry (87)
Drishya R	-	Physiology (182)
	-	Biomechanics (177)
	-	Psychology and Sociology (76)

CONFERENCE PRESENTATIONS



Anand Hitendra Joshi (Batch 2020)

2nd prize for scientific paper presentation at JSS PHYSIOCON 2024 topic, 'Effects of wearing formal shoes in dailywear on dynamic balance in adults-an observational study'.

3rd prize at Karnataka PHYSIOCON 2025 for Scientific paper presentation for topic, 'Effectiveness of Ortho-optic Exercises in Treating Convergence Insufficiency-A Quasi Experimental study'.



Ms. Nithya M (Batch 2021)

1st prize for scientific paper presentation at AHSCON 2025 for topic, 'Impact of core stability in badminton players'

CHAMPIONS AMONG US: SPOTLIGHT ON SPORTS ACHIEVEMENTS

In the realm of sports, the pursuit of excellence is a journey marked by dedication, perseverance, and an unyielding spirit. Every victory on the field, court, or track is a testament to the athlete's hard work, resilience, and passion. We celebrate the extraordinary achievements of athletes who have pushed the boundaries of human potential and inspired us all. Their stories of triumph not only highlight their exceptional talents but also the values of teamwork, discipline, and unwavering determination.

KTG PHYSIO LEAGUE

The physio league held on 24th and 25th September 2024, the final match was the highlight of the tournament. It was an intense match. Every team showed sportsmanship and respect. Overall, the tournament brought students together, encouraged teamwork, and gave everyone a chance to enjoy the spirit of cricket.

CRICKET(GIRLS): RUNNERS - UP:

01. MEGHNA
02. KRUPA
03. SONIKA
04. ARYA
05. PRAICEY
06. DRISHYA
07. SHAMINI
08. VEDA
09. AMRUTHA
10. POORVIKA
11. RAKSHITHA
12. SAMRUDDHI



Proud movements from the NITTE Physio League 2025 with girls team.

NITTE PHYSIO LEAGUE

The physio league held on 9th and 10th April 2025, the tournament not only showcased talent but also encouraged unity, discipline, and sportsmanship among students. It was a well-organized event and a proud moment for everyone who participated or supported.

CRICKET (BOYS) RUNNERS:

01. VETRISELVAN R (Captain)
02. MUHAMMED SHAHIN (Vice-Captain)
03. PREMKUMAR
04. SK RIYAN SK RAJIK
05. ARUN KUMAR KV
06. ALAN JOHN
07. HAMEEM
08. SREEHARI
09. NIKHIL P BALAN
10. NEBIN JHON
11. MOHMMAD ZANAD
12. ARUNDAS K M
13. MUHAMMED SIDAN
14. KISHORE VIKRAM



Proud movements from the NITTE Physio League 2025 with boy's team.



The Man of the Match Award was presented to Muhammed Shahin and Vetriselvan R for their outstanding performance on the field.

HEALTH KREEDOTSAVA 2025

Health care Departments together organized an exciting event titled “Health Kreedostava ” held on 28th February. This special event was conducted to promote physical fitness, teamwork, and sportsmanship among students.

The tournament saw enthusiastic participation from physiotherapy students across all years. Teams played with great energy and discipline, showcasing their skills along with their love for sports and health.

1. BASKETBALL GIRLS RUNNERS:

01. SONIKA KANTHRAJU
02. NEHA RATHORE
03. SONALICA
04. KRUPA
05. ZENITH VIVIENNE BHARATHI
06. NITHYA



With grace, grit, and skill, our Basketball runners-up girls team showcased exceptional talent and sportsmanship.

2. KABADI BOYS RUNNER:

01. VETRISELVAN (C)
02. MANJUNATH
03. KISHORE (vc)
04. JAYESH
05. SOBIN
06. SAILESH
07. RAVIKUMAR
08. PRIYAKANTH
09. AFZAL
10. DANISH
11. SREEDEV



Well-earned recognition for the kabaddi boys as they claim the runners-up award.

RGUHS SPORTS MEET

Rajiv Gandhi University of Health Sciences (RGUHS) not only excels in academic excellence but also champions the importance of sports and physical well-being. The university organizes a wide range of intercollegiate tournaments across disciplines such as football, volleyball, athletics, badminton, and more, encouraging students from medical and allied health sciences to showcase their talent.

1. CHESS GIRLS RUNNERS:

01. Drishya R
02. Akshaya
03. Nithya
04. Samrudhi



A proud moment for the girls' chess team, awarded second place for their skill and strategy."

2. TABLE TENNIS BOYS (4th PRIZE)

- 01. SHAWN
- 02. VETRI
- 03. ALAN
- 04. ZANAD
- 05. ARUN KUMAR



Table tennis team honored for securing 4th place with great effort and determination

ACHARYA PHYSIO LEAGUE 2025

The "Acharya Physio League" is an exciting and much-awaited cricket tournament organized by the Department of Physiotherapy at Acharya College. Open to both boys and girls, the league celebrates sportsmanship, teamwork, and the spirit of healthy competition. This event not only promotes physical fitness and recreational involvement among students but also strengthens unity within the college community. With high energy, competitive matches, and enthusiastic participation from all batches, the Acharya Physio League has become a signature sporting event that fosters both athletic talent and college pride.



"Acharya Physio League 2025", Celebrating Sportsmanship, Unity, and the Spirit of Healthy Competition.

RGUHS SPORTS ZONE TOURNAMENT

The Table Tennis team of Acharya's NR Institute of Physiotherapy (ANRIPT) has brought laurels to the institution by securing 3rd place in the prestigious RGUHS North Zone Tournaments.

The team comprising Saanya, Sonalica, Darshini, and Zenith demonstrated remarkable skill, focus, and sportsmanship throughout the competition. Their achievement is a testament to the dedication, discipline, and relentless practice sessions carried out in the ANRIPT TT room under the guidance and encouragement of the college sports faculty.



ANRIPT TT Team Clinches 3rd Place at RGUHS North Zone

HIGHLIGHTS 2024-2025



HIGHLIGHTS 2024-2025

WORLD PHYSIOTHERAPY DAY

“Don’t limit your challenges, challenge your limits.”

Physio Fair- World Physiotherapy Day celebration held on 10th September by ANRIPT, focused on low back pain and emphasised the importance of exercise as a preventative measure through a walkathon. The importance of physiotherapy in managing the low back pain was highlighted by a poster exhibition by our talented students.



A rally by the ANRIPT showcasing the awareness of physiotherapy

ORIENTATION PROGRAMME (2024-25)

“The journey of a thousand miles begins with a single step”

Acharya’s NR Institute of Physiotherapy conducted an orientation programme on September 19th for the students of 2024-25 BPT Batch. The newly joined students were oriented to the college's functioning and the curriculum during the program.

The program also witnessed the release of Acharya Physio Newsletter 4th Volume, comprising both scientific and non-scientific articles from students and faculties alike.

The program was graced by Chief guest Dr. Bhavani P, HOD, Dept of Physiotherapy, St. Martha's Hospital.



Lamp lighting ceremony



Release of APN- 4

AQUATIC THERAPY

"Making Waves in Rehabilitation: Unlocking the Healing Power of Aquatic Therapy" was conducted by Acharya's NR Institute of Physiotherapy on 10/10/2024 and 16/10/2024 with Dr. Joshua Samuel Rajkumar as the resource person.



Inauguration of the workshop



Techniques in hydrotherapy

ACHARYA FRESHERS WEEK (2024)

Mr. Vijay Mundargi fresher who's just begun his journey participated talent show held on 25th October 2024 during acharya fresher's week. He has made it all the way to the final round of the talent show a true sign of potential and amazing artist from ACHARYA NR INSTITUTE OF PHYSIOTHERAPY. This is just the beginning of an exciting path ahead!



Our first-year student Mr. Vijay, making us proud!

ACADEMIC EXCELLENCE AWARD CEREMONY

Celebrating Excellence at ANRIPT!

Acharya's NR Institute of Physiotherapy hosted its first-ever Academic Achievement Award Ceremony on 25th February 2025, a day filled with pride, gratitude, and inspiration!

The event honoured outstanding academic achievers and also recognized students for best discipline, best attendance, and best class representative. Additionally, we celebrated our UG grant recipients, poster winners, and their dedicated guides, acknowledging their hard work and commitment. Graced by the inspiring presence of Dr. Vijaykumar RV.

A heartfelt thank you to everyone who made this event special!

Here's to many more milestones ahead!



Our rank holders from all the batches

HEALTH KALASANGAMA-2025

Health Kalasangama is a vibrant celebration held on 28th Feb 2025 that blends health awareness with the richness of art and culture. It serves as a creative platform for students and professionals from the health sciences to express their talents beyond academics. Through music, dance, painting, drama, and other art forms, participants highlight themes related to wellness, mental health, and social harmony. This unique fusion of health and art not only encourages creative expression but also promotes important health messages in an engaging and meaningful way. Kalasangama fosters unity, cultural exchange, and emotional well-being, making it a joyful and impactful event in the healthcare community.



First prize in group singing competition
by 2nd year students
(TEAM HARMONIZERS) of ANRIPT

Second prize in group singing competition
by 1st year students (TEAM CHROMATICS)
of ANRIPT



Second prize in flashmob competition by ANRIPT student

FRESHERS DAY - ESPERANZA

ESPERANZA – the name itself means hope, and that's exactly what this day is all about. On 13th Mar 2025, the celebration filled with vibrant energy, laughter, talent, and the promise of a future shaped by courage and curiosity. Freshers' Day is more than a function; it's a curtain-raiser to the beautiful story you're about to write in the coming years. From music to memories, from new friends to fresh inspiration – ESPERANZA is your moment to shine.



Mr. Fresher: Nusaif Kavungal & Ms. Fresher: Minnah Mary Thomas
from Batch 2024

KARNATAKA PHYSIOCON- (2025)

Karnataka PhysioCon an International Physiotherapy Conference 2025 was held on April 25–26, 2025, at the iconic Palace Grounds in Bengaluru, bringing together physiotherapy professionals, educators, researchers, and students from across the state and beyond. It offered a dynamic mix of keynote addresses, panel discussions, workshops, and poster presentations covering cutting-edge topics in rehabilitation, mental health, sports physiotherapy, and pediatric care. The event also featured cultural preliminaries for students held on April 21–22 at Acharya Campus, fostering inter-college engagement through performances in dance, skits, music, mime, and fashion shows. The conference served as a powerful platform to highlight emerging research, enhance professional networking, and celebrate the next generation of physiotherapy talent in Karnataka.



Our students and faculties representing ANRIPT in Karnataka Physiocon-2025

FAREWELL DAY OF BATCH 2020 - INIZIO

A farewell event “Physio INIZIO” held on 31st May 2025, was a heartfelt tribute organized by 4th year students of Acharya’s NR Institute of Physiotherapy to bid a warm goodbye to the outgoing batch. The event was filled with emotion, gratitude, and celebration, marking the end of a memorable journey and the beginning of new chapters in the lives of our beloved seniors.

The program began with a traditional welcome and lamp lighting, followed by speeches from the faculty who shared inspiring words and cherished memories.

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The program began with a traditional welcome and lamp lighting, followed by speeches from the faculty who shared inspiring words and cherished memories.



“Juniors bring the games; seniors bring the fame!”



The departing 2020 batch

WORLD YOGA DAY 2025

Breathe In. Stretch Out. Feel Alive.

Acharya's NR Institute of Physiotherapy celebrates the power of yoga – for the mind, body & soul. Acharya's NR Institute of Physiotherapy organised the International yoga day on 21st June, 2025 in the Acharya Campus. Prof. Subramanyam and Dr. Raguram Ganeshan led the sessions. It was a day celebrating holistic growth and balance. On World Yoga Day, we come together to celebrate the ancient practice of yoga, which promotes harmony between the body, mind, and spirit. Observed globally on June 21st, this day serves as a reminder of the immense physical and mental health benefits that yoga offers, including improved flexibility, strength, focus, and inner peace.



Celebrating Yoga day by practicing Yoga together

SHOULDER REHAB RE-INVENTED

An Inspiring workshop held on 3rd July 2025 on “Integrating Strength and Conditioning into Shoulder Rehabilitation” by incredible Dr.Zubair Khan PT a true leader in sports Physiotherapy together we move towards startup performance-based rehab.



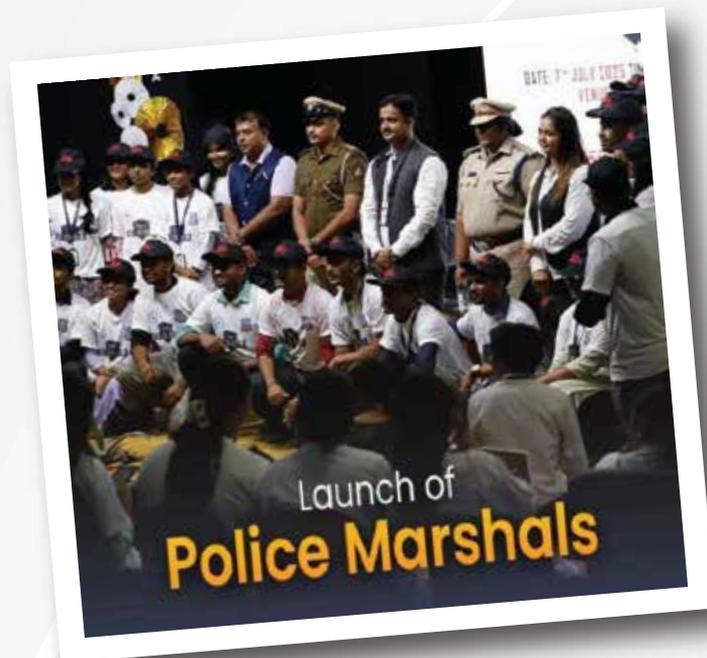
Concepts learned, certificates secured!

LAUNCH OF POLICE MARSHALS

Empowering Safety, Inspiring Responsibility!

Acharya NR Institutes of Physiotherapy proudly hosted the Police Marshal Event on 7th July 2025 — an initiative dedicated to fostering awareness, discipline, and a sense of community protection. Acharya's NR Institute of Physiotherapy conducted a comprehensive Awareness Campaign on Drug Abuse and Cyber Crime on 3rd June 2025.

The "Police Marshals Concept" is a campus-based initiative in collaboration with law enforcement agencies aimed at promoting safety, security, and legal awareness among students. This program focuses on training selected students as Police Marshals to act as peer educators and safety ambassadors within their academic community. This specific campaign is centered around creating awareness and combating the dual threats of drug abuse and cybercrime – two critical issues affecting youth today. Together let's take a step toward a safer, stronger tomorrow.



A drug awareness mime act done by the 1st year students of ANRIPT

WOMEN'S HEALTH EVENT

ANRIPT Women's Cell in association with Health For Women's Organisation held an Awareness Program on Menstrual Hygiene on 9th July 2025. Mrs. Vedashree R S – the speaker for the event has successfully conducted women's health programs in many schools & colleges across Karnataka and motivated many to change their menstrual practice.



Insightful session on Menstrual hygiene

GRADUATION CEREMONY: (PHYSIO SAMARPAN-2)

With pride, we celebrated the Graduation Day of Acharya's NR Institute of Physiotherapy Samarpan-2 held on 18th July. Bidding farewell to our BPT Batch of 2020. Shine on, future professionals! After years of dedication, sleepless nights, and endless practical's, today's batch of 2020 graduates as a Physiotherapist, not just with a degree, but with the power to heal, restore, and make a difference. This is more than a milestone; it's the beginning of a lifelong journey to help others move better and live stronger.



The graduates are coming through!



Mission graduation- Accomplished!

BASIC LIFE SUPPORT

The Basic Life Support (BLS) workshop, conducted by ANRIPT in collaboration with RedVersity on 24th July 2025, was a highly impactful session designed specifically for BPT students. This hands-on training provided participants with essential skills and knowledge required to respond effectively in emergency situations. The workshop covered crucial life-saving procedures such as CPR, managing airway obstruction, and handling unconscious patients with confidence and precision.



Ms. Sneha V, the mentor and speaker of the event



Workshop participants a hands-on, practical learning experience

The Basic Life Support (BLS) workshop was led by an esteemed team of professionals from RedVersity and RED Health. Mr. Naman Goel, the visionary CEO of RedVersity, also serves as the Director of RED TACT Academy for Clinical Training and Head of People & Organization at RED Health. Mr. Naveen Pratap Jangam, a certified BLS, ACLS, and PALS instructor under the American Heart Association, contributed as the Lead Instructor representing both Red Health and RedVersity. Ms. Sneha V, the Senior Emergency Response Instructor and Program Manager at RedVersity, brought extensive expertise to the session. She is an American Heart Association-certified BLS and ACLS instructor and a Prehospital Trauma Care Instructor under the Royal College of Surgeons, UK.

SPOT HANDS-ON TRAINING WORKSHOP



Exploring the future of physiotherapy — “SPOT Hands-On Training Workshop at ANRIPT.”

On 7th August 2025, Acharya's NR Institute of Physiotherapy hosted a SPOT Hands-On Training Workshop at the Electrotherapy Lab, introducing postgraduate students and faculty to SPOT – an innovative IoT-based rehabilitation device by Ropods Technologies. Led by Dr. Reddysai E (PT) and Ms. Tulika Gogoi, the session featured engaging presentations, live demonstrations, and practical training on integrating technology-driven, data-based protocols into physiotherapy practice. The workshop fostered enthusiasm for digital innovation in rehabilitation and encouraged participants to explore advanced clinical decision-making tools.



A MOMENT TO REMEMBER

Mr. Pradyumna Reddy MH from batch 2020 meeting Indian football legend and captain Sunil Chhetri during internship at Dravid-Padukone Sports Academy.



ACHARYA PREMIER LEAGUE (2025)

Acharya premier league 2025 winners team masterminds, Mr. Pradyumna Reddy MH from batch 2020 played a key role in powerplay and death overs as a bowler.



Interns of batch 2020, Rakshitha, Vishnu Priya and Borra Vasavi met badminton world champion PV Sindhu at Dravid Padukone centre.



Acharya premier league 2025, Mr.Vetri Selvan from batch 2021 is a member of the runners team powerstar.



VASTRA- (2025)

Mr. Vijay Mundaragi from batch 2024 won best colour combination in VASTRA fashion walk conducted by Acharya Institute and also won first prize in VIGILANTE CARNIVAL- runway to the crime fashion walk conducted by criminology department of Acharya Institutes.



ANRIPT DEPARTMENT AND BATCH PHOTOGRAPHS



ANRIPT FACULTIES



ANRIPT FAMILY



ANRIPT MPT BATCH: (2024-2026)



ANRIPT 1st YEAR BATCH: (2024)



ANRIPT 2nd YEAR BATCH: (2023)



ANRIPT 3rd YEAR BATCH: (2022)



ANRIPT 4th YEAR BATCH: (2021)



SCIENTIFIC ARTICLES



FACULTY SCIENTIFIC ARTICLES

RIISING IMPORTANCE OF PELVIC HEALTH PHYSIOTHERAPY IN INDIA

Dr. Nice Mathew (PT)
Associate Professor

In recent years, more people — especially young adults — have started actively seeking information and care for their reproductive and pelvic health. Research shows that persistent pelvic pain is becoming a common complaint among young individuals. Experts estimate that pelvic floor dysfunction (PFD) may increase by 35% over the next 12 years. This highlights a growing need for healthcare professionals skilled in pelvic health — such as OB-GYNs, pelvic physiotherapists, urologists, and midwives. So, what does this mean for the future of pelvic health physiotherapy, especially in India?

1. Awareness is the First Step

Many people still hesitate to talk about pelvic floor issues due to lack of awareness, shame, or social stigma. A study found that around 32–34% of women over age 40 seen in primary care have at least one form of PFD, such as urinary incontinence or pelvic organ prolapse — and many weren't even aware of it. While such large-scale data is limited in India, similar patterns are observed, especially in rural and underserved communities.

This is why educating the public is critical. As physiotherapists, we must take pelvic health beyond clinics — into schools, community centres, and rural health camps. Simple tools like pamphlets in local languages, free awareness talks, and short social media videos can make a big difference. Early education in schools about body awareness and menstrual health can help reduce the stigma and encourage early help-seeking.

2. Pelvic Health in the BPT Curriculum

Despite its growing importance, pelvic health is still underrepresented in many BPT curricula. Most programs offer only a brief introduction to pelvic anatomy and very limited clinical exposure. In some colleges, pelvic health is covered through guest lectures or optional workshops — not always enough for real-world application.

Understanding how to screen for pelvic floor dysfunction and when to refer to a specialist is essential for all budding physiotherapists. Pelvic floor health should be given the same emphasis as other major systems — such as the lumbar spine or shoulder complex — because it plays a central role in overall musculoskeletal, urogenital, and functional health.

3. The Way Forward

As future physiotherapists, we must take initiative — both in expanding our learning and serving our communities. Pelvic health is not just a specialised field — it's an essential part of holistic care. Whether you're in your internship or early in your practice, consider attending certified workshops, participating in public health initiatives, and advocating for better inclusion of pelvic health in physiotherapy education. Let's build a future where no one suffers in silence, and physiotherapists play a vital role in promoting dignity, awareness, and healing — one patient at a time.



References:



**Dr. Alisha Fernandes, PT
Associate Professor, Anript**

‘A patient picks virtual apples using a paretic hand, guided by a therapist in the real world while immersed in a digital one’.

Scenes like this aren’t fiction anymore. They’re slowly making their way into rehab clinics. Virtual Reality (VR) in physiotherapy is no longer just experimental. It’s real, it’s happening, and it’s evolving. But here’s the real question: Are we truly ready to rely on it?

Why It’s Gaining Attention?

Virtual reality is a computer-generated environment that you can interact with as if it’s real. You wear a headset that blocks out the real world and replaces it with a 3D world. It could be anything from a game to a training simulation. Sensors track your movements, so when you turn your head or move your hands, the virtual world responds. It’s basically a way to trick your brain into thinking you’re somewhere else. VR allows therapists to create immersive, task-specific, and repetitive environments that mimic real-life activities, a key component in neuroplastic recovery. It’s especially useful in stroke rehab, Parkinson’s, traumatic brain injury, and even in paediatric rehab, orthopaedics and balance training.

Making therapy feel like a game boosts motivation and therapy compliance, particularly in younger or cognitively fatigued patients. And modern VR systems can track movements and give real-time feedback, helping monitor progress in a more objective, data-driven way.

The Evidence So Far

Research supports the use of VR as a supplement to conventional therapy. Studies have reported improvements in upper limb function, coordination, and gait. It’s especially effective in early stages of rehabilitation, when engagement is critical. However, long-term outcomes remain under-researched, and evidence quality still varies. According to the Cochrane Reviews, VR shows promise, but most effective when used with traditional methods, not as a replacement.

What’s Holding It Back?

Despite its benefits, VR isn’t widely adopted, mainly

due to high costs, lack of standard protocols, and the need for therapist training. Some patients struggle with the technology or experience discomfort with headsets. Others simply prefer human interaction. Also, VR can’t replicate the nuance of therapeutic touch, hands-on facilitation, or individualized clinical reasoning, all of which remain irreplaceable.

Where Do We Stand?

We’re not quite “there” yet. But we’re close. As faculty and clinicians, we need to equip students to critically evaluate emerging tools - not just adopt them blindly. Virtual Reality is exciting, but it’s only as good as the context in which it’s used. In the end, rehabilitation is not about technology. It’s about people – their goals, their struggles, and their progress. Technology should enhance that, not replace it.

What’s Holding It Back?

Despite its advantages, several barriers limit widespread adoption:

- High equipment costs
- Lack of standardized protocols
- Therapist training requirements
- Discomfort or confusion for some patients
- Preference for human interaction

Additionally, VR cannot replicate the nuanced, hands-on elements of therapy, such as manual facilitation, tactile feedback, or individualized clinical reasoning—all central to effective care.

Where Do We Stand?

We’re not quite there yet—but we’re close.

As educators and clinicians, we have a responsibility to prepare students to critically evaluate emerging tools rather than adopt them blindly. Virtual Reality is an exciting innovation, but like any modality, it’s only as effective as the clinical context in which it’s applied.

References:



Dr. Divya, PT
Assistant Professor Senior

Before the first whistle blows or the starting gun fires, there's one essential checkpoint every athlete must pass: the pre-participation sports evaluation (PPE). Whether you're an amateur athlete dreaming of big leagues or a school player gearing up for the season, a PPE is your gateway to safe and confident participation.

Sports participation brings tremendous physical and mental benefits but it can also unearth hidden health risks. PPEs are designed not just to screen athletes for potential medical issues but also to guide them toward safe participation. They help detect silent but serious conditions, from heart abnormalities to musculoskeletal injuries, and offer tailored advice on managing health concerns like asthma, nutrition, or past concussions.

The evaluation begins with a detailed review of your personal and family medical history, followed by a physical exam focusing on the heart, lungs, joints, nervous system, and more. Doctors look out for warning signs of fainting spells, chest pain, irregular heartbeats, or old injuries that might resurface on the field. For female athletes, menstrual health is also reviewed. Even supplements, medications, and vaccination status are discussed to ensure nothing compromises your game or safety.

Sudden cardiac arrest, though rare, is a serious concern in competitive sports. Conditions like hypertrophic cardiomyopathy, long QT syndrome, or even past viral infections like COVID-19 could pose risks. That's why timely detection through PPEs is vital — saving not just careers but lives. Today's PPEs go deeper than just the physical. Mental health, stress levels, and signs of depression are also evaluated, recognizing that emotional wellbeing is crucial for athletic success. Tools like the PHQ-9 help screen for mental health concerns, while open conversations with clinicians provide a safe space for athletes to speak up. A PPE isn't just

another form to fill, it's your personal passport to a healthy, high-performance season. Whether you're sprinting on the track, dribbling down the court, or diving into the pool, start smart and stay strong with a complete pre-participation check-up.

References:



Dr. Suruchi V Rao, PT
Assistant Professor Senior

WHAT IS A FALL?

According to WHO, ageing results from the impact of accumulation of molecular and cellular damage at a biological level over a period of time which leads to a gradual decrease in physical, mental capacity which is usually the physiological, psychological and socioeconomic changes that occur during the lifespan of all the organisms. Aging describes bodily changes, behavioural and brain changes and as we age, we experience disability, decrease in physical, social and cognitive function. People who are above 65 years are considered to be “aged” or “elderly”.

According to the national policy for Older Persons (NPOP) in India, there is an increase in the number and proportion of older persons that are above 60 years and their disadvantaged status in terms of general social, economic and physical well-being. As we age, there is an inability to maintain balance which is characterized by instability or fall. The aging process tends to reduce a person's balancing ability which is clinically seen as instability or, in severe cases, as a fall. In a 2019 study, it is reported that 25% prevalence of falls in the elderly.

As we age, there is decline in both physical and cognitive functions with an increase in the likelihood of age-related disorders. Physical degradation results in diminished muscular strength and coordination of the lower limbs. These deficiencies, combined with diminished cognitive functions, increase the elderly's risk of falling. Inactivity is thought to hasten the decline of physical functioning, which has a negative impact on balance control. Fall is a multifaceted condition and is an event that leads to a person coming to rest inadvertently at a lower level which might be unintentional or accidental. Usually falls results due to imbalance, sensory deficit, muscle weakness, loss of coordination etc. Falls are common in the elderly due to the aging process which is associated with declining

physical health status, lifestyle factors such as nutrition and diet, physical activity, behavioural and psychosocial factors.

HOW FALLS CAN BE PREVENTED

Fear of falling is one of the most prevalent issues among elderly people, and it is more frequently seen in those who have fallen before, Therefore there is a need to find out the fall prevention strategies.

According to the literature search, there are various strategies which help in preventing the fall of the elderly.

Balance training helps to reduce the physiological deterioration of balance control in the elderly, and it has been shown to be an effective choice for improving balance and postural control.

Physical activity has been found to improve dynamic and static balance, fear of falling, balance confidence, quality of life, and physical performance in older persons.

Otago exercise program has been shown to effectively improve cognitive function, balance ability, lower limb muscle strength, functional physical fitness of older adults, prevent falls in older adults, accelerate physical function recovery.

In a RCT, it was established that Perturbation based Balance Training (PBT) with single task, dual task and analogy training helped in reducing falls. We can conclude by stating Physical exercise is an effective treatment to improve static and dynamic balance and reduce the number of falls and fallers.

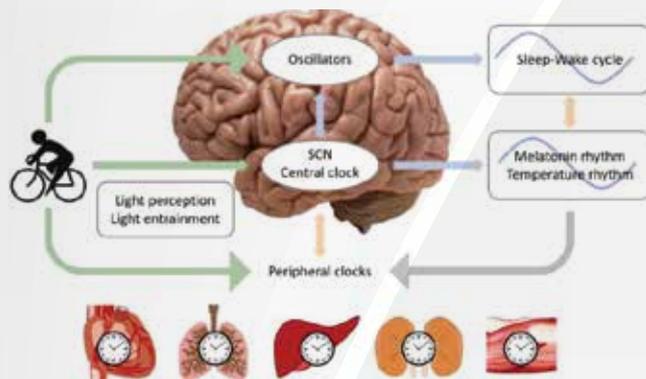
References:



Dr. Deekshith G, PT
Assistant Professor

Introduction

In physiotherapy, most treatment plans focus on what exercises to perform and how to perform them, but rarely on when to perform them. However, timing can significantly influence the effectiveness of rehabilitation. Chronotherapy is the concept of aligning medical interventions, including physiotherapy, with the body's circadian rhythms—the internal 24-hour biological clock. By considering "when" therapy is provided, physiotherapists can enhance treatment efficiency, reduce pain, minimize injury risk, and support faster recovery (1,2). Chronotherapy shifts the focus from a one-size-fits-all schedule to a personalized, time-based rehabilitation strategy that respects the body's natural cycles (3).



What Are Circadian Rhythms?

Circadian rhythms are natural biological processes that follow a roughly 24-hour cycle, regulating essential functions like sleep, hormone release, body temperature, and metabolism(5). The term "circadian" comes from the Latin words "circa" (about) and "diem" (day)—meaning "about a day."

These rhythms are controlled by the suprachiasmatic nucleus (SCN), a group of neurons in the hypothalamus, often referred to as the body's master clock. The SCN responds primarily to light exposure, adjusting sleep-wake patterns, hormone levels, pain perception, and physical performance throughout the day (5).

Disruptions in circadian rhythms can affect healing, exercise tolerance, mood, and even immune function, which is why aligning therapy with these cycles can be crucial for rehabilitation (3,5).



How Chronotherapy Can Improve Physiotherapy Outcomes

1. Enhancing Physical Performance

- **Strength Training:** Research shows that muscle strength and power output are higher in the late afternoon and early evening due to increased muscle temperature, joint flexibility, and neuromuscular efficiency (1,2,4).
- **Flexibility Exercises:** Soft tissues like muscles and tendons are more pliable later in the day, reducing the risk of strains during stretching and mobility exercises (2,4).
- **Balance and Coordination Training:** Reaction times and proprioception are typically sharper in the afternoon, making balance training safer and more effective (4).

2. Improving Pain Management

- Pain sensitivity follows a circadian pattern:
- **Morning:** Pain perception is higher due to lower body temperature, stiff joints, and increased inflammatory markers (3,5).
- **Afternoon:** Pain thresholds are higher, and

patients tolerate therapeutic exercises better (3). This is especially relevant for individuals with fibromyalgia, osteoarthritis, and chronic pain disorders, where timing therapy can make exercises more manageable (3).

3. Facilitating Better Recovery

- Tissue Repair and Healing: The body’s repair mechanisms, such as collagen synthesis and bone remodeling, are most active during deep sleep at night (5).
- Performing intense therapy late in the evening can interfere with sleep quality, slowing recovery (3). Instead, evening sessions should focus on relaxation

techniques, breathing exercises, or gentle stretches.

4. Reducing Injury Risk

Exercising during the body's peak performance window reduces the risk of injuries, such as:

- Muscle strains
- Joint sprains
- Falls during balance exercises Working in sync with natural energy cycles ensures safer rehabilitation, especially in elderly patients or those recovering from trauma (2,4).

Applications in Specific Conditions

Condition	Recommended Timing	Why?
Osteoarthritis	Morning: Gentle mobility exercises Afternoon: Strengthening exercises	Morning stiffness is common; later sessions help improve strength without risking joint damage (3).
Post-Stroke Rehabilitation	Late morning to early afternoon	Cognitive functions, attention span, and motor learning abilities are at their best during this time (5).
Cardiac Rehabilitation	Mid-morning to early afternoon	Avoids the early morning blood pressure spike and reduces late-day fatigue risk (3).
Sports Injuries	Late afternoon strength and conditioning	Peak muscle performance reduces injury risk and enhances results (1,4).
Fibromyalgia	Evening gentle exercise and relaxation	Pain and stiffness tend to worsen in the morning, making evening sessions more comfortable (3).

Overall Benefits of Chronotherapy in Physiotherapy

Chronotherapy in physiotherapy provides numerous benefits by aligning treatment timing with the body's natural cycles. Afternoon sessions often yield better outcomes for strength, flexibility, and balance training (1,2). Pain management becomes more effective when therapy is scheduled during times of higher pain tolerance (3). Additionally, respecting the body’s rest-repair

cycle by avoiding late-night intense activities promotes faster healing and better sleep quality (5). Patients are also more likely to adhere to treatment plans when therapy is scheduled during their personal energy peaks, leading to improved compliance and motivation (3). Ultimately, chronotherapy allows for personalized, patient-centered care that enhances recovery outcomes.

Conclusion

Chronotherapy presents an innovative approach in physiotherapy by recognizing that “when” treatment is given can be just as important as “what” is given. By synchronizing rehabilitation with the body’s biological clock, physiotherapists can maximize therapy benefits, reduce patient discomfort, and promote safer, more efficient recovery. This time-based strategy reflects a shift toward precision rehabilitation, improving long-term outcomes and quality of care in modern physiotherapy practice (3,5).

References:



Dr. Rajameena R, PT
Assistant Professor

Spasticity is a clinical condition that is expected to develop following a lesion in the descending tracts of the central nervous system (CNS), at any level (i.e., cortex, internal capsule, brain stem, or spinal cord) (Burke [1988]).

It is a common neurological impairment with a reported prevalence of between 20% and 80% (this will depend on the population under study and the method of measurement), which is considered clinically important.

DEFINITION

- Denny Brown, defines spasticity in capsular hemiplegia as the presence of a soft yielding resistance that appears only towards the end of a passive stretch, and is associated with increased amplitude stretch reflex (Denny-Brown [1966]).
- A motor disorder characterised by a velocity dependent increase in tonic stretch reflexes (muscle tone) and increased tendon jerks resulting from
- disinhibition of the stretch reflex, as one component of an upper motoneuron lesion (Lance [1980b])
- Disordered sensori-motor control, resulting from an upper motoneuron lesion, presenting as intermittent or sustained involuntary activation of muscles (Pandyan et al. [2005])

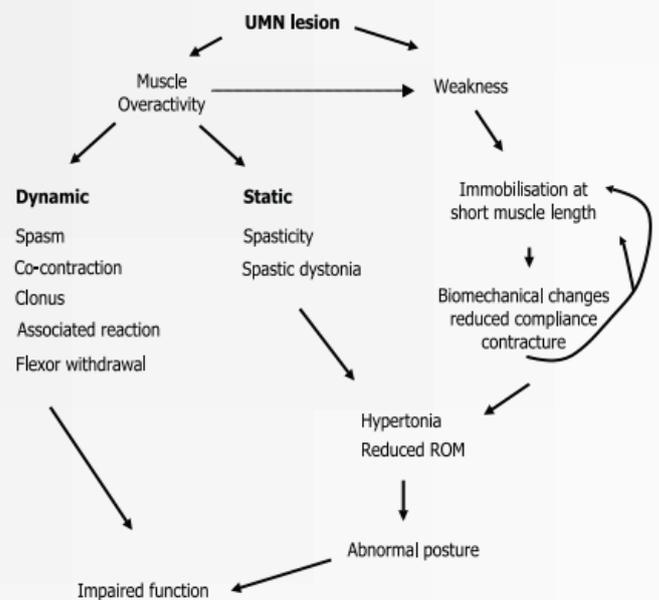
CLASSIFICATION OF SPASTICITY

- Spasms (A transient but continuous muscular contraction which can be triggered by a combination of cutaneous and/or visceral triggers).
- Clonus (A transient but intermittent rhythmic muscle contraction with proprioceptive and/or cutaneous triggers).
- Abnormal activation of muscles to an externally imposed stretch, which can present as a combination of:
 - Velocity-dependent response;
 - Position-dependent response;
 - 'Clasp-knife' response.
- A continuous activation of muscles even in a state of rest (spastic dystonia).

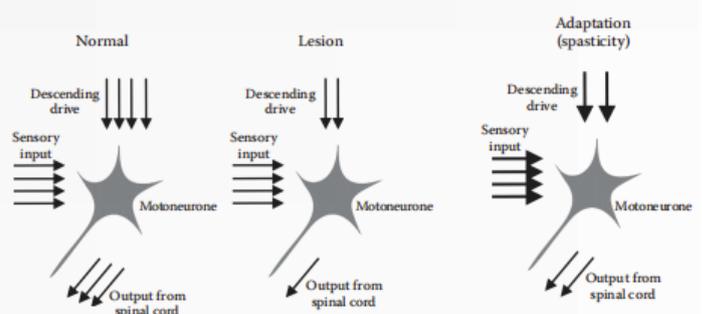
CLINICAL SCALES TO MEASURES SPASTICITY

- There are a variety of scales that measure the resistance to an externally imposed passive movement and use these to indirectly quantify spasticity (e.g., the Ashworth Score and its variations – the Tardieu Score, the Composite Spasticity Index, etc.) (Platz et al. [2005]).
- There are two scales that can be used to measure spasms: the Penn Spasm Frequency Scale and the Spasm Frequency Score (Penn et al. [1989]; Snow et al. [1990]; Biering-Sørensen et al. [2005])

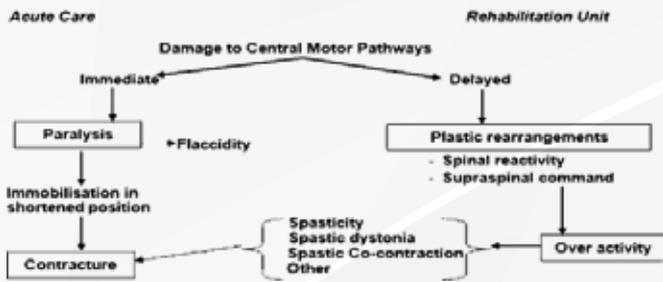
PATHOPHYSIOLOGY OF SPASTICITY



THEORETICAL CHANGES



Development of Spasticity after UMN Damage



• NEURODYNAMIC MOBILIZATION

- Neurodynamic Mobilization (NM) is a therapeutic concept based on the idea that the mechanoreceptors and their connectivity to the central nervous system can be clinically assessed and treated by mobilization of the peripheral nerves.
- The primary treatment objective for NM is thus to “restore the natural movement of the neural tissue and surrounding mechanical tissue” and thereby “reduce the intrinsic pressure on the neural tissue to regain natural physiological function”.
- The treatment consists of manually induced movements of the limbs with the objective of inducing “sliding of the nerves relative to the surrounding structures by elongation of the structures that surrounds the nerves” by so-called “nerve gliding exercises.

• NM FOR SPASTICITY

- Neural mobilization is one of the techniques currently used to reduce spasticity in individuals suffering from
- neurological disorders (Marinzeck, 2010).
- The term refers to a group of techniques the aim of which is to place the neuraxis in tension and stretch it by means of appropriate mobilization through certain postures, followed by the application of slow, rhythmic movements directed toward the peripheral nerves and spinal cord.
- These treatment techniques evolved from the diagnostic tests proposed by Elvey to assess adverse neural tension (Butler, 2003; Junior and Teixeira, 2007).
- When a nerve is mobilized, its cross-sectional area is gradually reduced and this deformation affects the intraneural micro vascular flow, causing an

improvement in neural function; moreover, the length of the spinal canal undergoes a change during movement (Walsh, 2005).

- This therapeutic technique reduces the dynamic sensitivity of the neural tissue, and enhances the tissue compliance for alleviating the symptoms.
- Damaged nerves cause adverse tension in the entire nervous system, which limits movement and affects the adaptation capacity of the entire body and not only the injured area (Zamberlan and Kerppers, 2007).
- Davies (1997) stresses the importance of early treatment and the prevention of adaptive injuries to the peripheral nervous system following a stroke.
- The main purpose of neural mobilization is to restore the dynamic balance between the movement of neural tissue and mechanical connections of the surroundings, to promote optimal physiological function, and to restore the normal mechanical and physiological state of motion and posture. (Castilho J 2012)
- Neural dynamic technique is the technique that reduces tension of the neural tissue with the neural sliding phenomenon, and eases the flow of blood supply through the nerve, to help in recovery of the nerve and soft tissue.
- These movements allow the maintenance, elasticity, and extensibility of the nervous system, thus enhancing muscle maintenance and extensibility.

References:



THE HIDDEN RHYTHM OF MOVEMENT: UNRAVELING CENTRAL PATTERN GENERATORS (CPGS)

Dr. Chinmayi Rangaraju, PT
Assistant Professor

What if the spinal cord could "walk" without the brain?

This isn't science fiction—it's the science of Central Pattern Generators (CPGs), the intrinsic neural circuits that can generate rhythmic patterns of movement even in the absence of sensory input or descending cortical commands. In essence, they are the brain's metronomes for motion.

What Are CPGs?

CPGs are networks of interneurons found in the spinal cord and brainstem. Unlike reflex arcs that depend on external stimuli, CPGs produce stereotyped, rhythmic motor outputs (like walking, swimming, breathing, or chewing) without needing continuous sensory feedback or conscious control. They've been most clearly demonstrated in decerebrate or spinalized animal models where rhythmic stepping or swimming patterns persist without cortical or sensory input.

CPGs Are Not Reflexes

Although reflexes and CPGs both involve the spinal cord, their mechanisms and purposes differ. Reflexes are reactive, while CPGs are generative. Reflex arcs need a stimulus; CPGs do not. They are prewired rhythm generators—like having a playlist of motor rhythms stored in your spinal cord, waiting to be turned on.

Where Are They Located?

Spinal cord: Locomotor CPGs in the lumbar region control walking and stepping.

Brainstem: Respiratory CPGs located in the pre-Bötzinger complex are crucial for automatic breathing.

Hypothalamus and medulla: Involved in chewing, swallowing, and other survival-related rhythmic activities.

CPGs and Human Gait: Are We Just Giant Metronomes?

In humans, CPGs are less autonomous due to more complex cortical control, but still present. Spinal cord injury studies reveal that rhythmic leg movements

can be induced via electrical stimulation, supporting the existence of lumbar locomotor CPGs.

Moreover, body-weight-supported treadmill training in spinal cord-injured patients hints that activating these circuits can help in retraining gait patterns, even in the absence of voluntary control.

CPGs, Neuroplasticity, and Rehabilitation CPGs are emerging as key players in neurorehabilitation, especially in stroke, spinal cord injury, and Parkinson's disease. The idea is not merely to stimulate movement but to entrain the CNS to recover lost patterns. By pairing task-specific training (e.g., repetitive stepping) with neuromodulation (like epidural stimulation), therapists aim to "wake up" dormant CPG circuits and reintroduce lost motor sequences. The rhythmicity of movement itself becomes the medicine.

CPGs and Sensory Tuning

Although CPGs can function without sensory input, in practice, sensory feedback modulates and refines the motor output. Proprioceptive signals fine-tune gait to surface changes, limb loading, and fatigue. So, the real magic lies in the interaction of endogenous rhythmicity with environmental feedback.

The Future: Programmable Movement?

As brain-machine interfaces, spinal cord stimulation, and robotic gait training evolve, the potential to harness and modulate CPGs is entering clinical reality. The closed-loop CPG models—where sensory inputs modulate internal rhythmic programs—could transform gait rehabilitation from mechanical repetition to intelligent motor relearning. Imagine future therapy not just focusing on muscle strength, but on entraining the spinal orchestra back into rhythm.

References:



Dr. G. Sumedha, PT
Assistant Professor

Tendinopathies are commonly associated with overuse and present clinically as pain during activity, localized tenderness upon palpation, and reduced tolerance to tensile loading—ultimately resulting in decreased functional strength. While frequently observed in physically active individuals, tendinopathy may also develop in sedentary populations.

The precise etiology of pain in tendinopathy remains uncertain. Current hypotheses suggest that both mechanical disruption and biochemical processes contribute to symptom generation. Mechanical degradation of collagen fibers and structural disorganization within the tendon matrix are believed to play a role. Additionally, the presence of chemical mediators and neurotransmitters has been implicated in the pathophysiology of tendon pain. Eccentric exercise (EE) has emerged as a key intervention strategy in the conservative management of tendinopathies. The therapeutic benefits of EE are hypothesized to occur through three primary mechanisms:

1. Reduction of Neovascularisation

Neovascularisation—defined as the proliferation of new, often disorganized capillaries within the tendon—has been correlated with pain in chronic tendinopathy. Eccentric loading has been shown to reduce intratendinous vascularity. This effect is hypothesized to result from mechanical shear forces at the tendon-peritendon interface and the internal tensile stresses produced during eccentric contractions. By mitigating aberrant neovascular growth, EE may contribute to pain reduction.

2. Modulation of Nociceptive Input via Mechanical Stress

Eccentric exercises induce elongation of the musculotendinous unit under load, applying targeted mechanical stress to the affected tissue. This controlled mechanical stimulation may modulate nociceptive signaling and inhibit pathological vascular and neural ingrowth, thereby diminishing pain sensitivity and improving load tolerance. This

approach currently represents one of the most evidence-supported therapeutic strategies in tendinopathy rehabilitation.

3. Tendon Remodeling and Collagen Synthesis

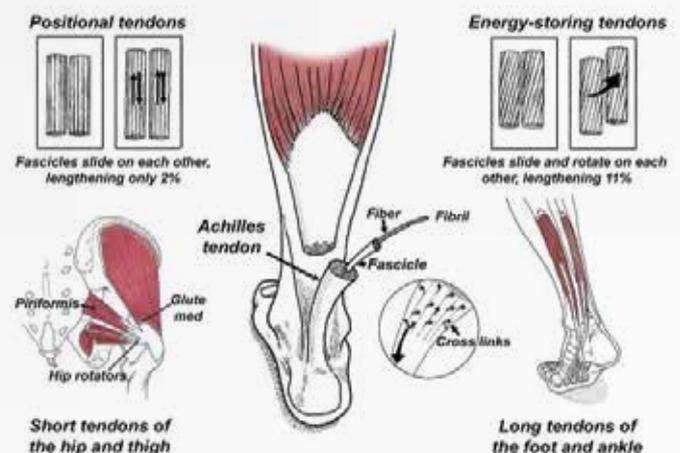
Eccentric loading has been demonstrated to stimulate anabolic responses within the tendon, including upregulation of Type I collagen synthesis—the principal collagen type in healthy tendon tissue—particularly in the peritendinous region. Importantly, this increased synthesis occurs without a concurrent rise in collagen degradation. The net effect supports tendon remodeling and structural integrity, correlating with clinical improvements in pain and function.

Clinical Application

Based on current evidence, an effective eccentric exercise protocol for managing painful tendinopathy should involve targeted loading of the affected tendon region. A commonly recommended regimen includes:

- Frequency: Once to twice daily
- Volume: 3 sets of 15 repetitions
- Duration: Minimum of 12 weeks

This approach should be individualized based on patient tolerance, stage of pathology, and functional demands, with progressive loading as symptoms permit.



Dr. Ajay Kumar, PT
Assistant Professor

Walking into the Future: Smart Gait Analysis for Fall Prediction in Older Adults

• Why We Need Smarter Steps

And just as our elderly population is expanding, so is the risk of falls, which remain the leading cause of injury-related hospitalization among people over 65. The aftermath can be devastating from fractures and functional decline to a loss of independence and higher mortality. The majority of rehabilitation is initiated after the fall has taken place. But what if physiotherapists could step in sooner?

- This is where Smart Gait Monitoring steps in — not just as a tool, but as a proactive guardian for aging bodies.
- The Innovation: “Smart Gait” System

Smart insoles – Insoles with built-in pressure sensors

Mobile IMUs (Inertial Measurement Units) – for the purpose of real-time movement monitoring

AI algorithms – to interpret fine changes in walking patterns like:

- Reduced stride length
- Asymmetrical cadence
- Delayed heel strike or toe-off timing
- Decreased foot pressure distribution

When the system recognises anomalies that are statistically associated with a risk of falls, it sends out warnings to caregivers, family members or physiotherapists, facilitating preventive measures.

• What Makes This Different?

In contrast to conventional episodic and hospital-based fall risk assessment, such as:

- Continuous- MTC recorded throughout the day during daily activities
- Individual- Everyone must have their own baseline gait against which comparisons can be made
- Portable & Affordable- For community or home use

- Predictive- Offers a window of prevention before a fall

• Pilot Implementation in Progress

This is a pilot project and hopes to be trialed in geriatric communities locally -Adult.

- Urban senior care centers
- Home-based rehabilitation patients
- Post-hip surgery elderly individuals

We intend to work with software developers and biomechanics labs to improve the accuracy and the user interface of the system.

• Physio + Technology = Safer Aging

This advancement bridges the gap between physiotherapy, biomechanics, and artificial intelligence – taking us one step closer to preventative rather than just curative care in geriatric medicine.

“Prevention is better than a fracture.”

For physiotherapists, adopting these technologies does not supplant our profession rather, it enhances our capacity to safeguard, predict and personalize the care of older adults.

• Get Involved!

If you're a researcher, app developer, community health worker, or physiotherapy intern interested in being part of the testing team or data analysis phase — reach out to:

ajay3065@acharya.ac.in
Department of Physiotherapy,
Acharya's NR institute of Physiotherapy

BREATHING TO BALANCE: THE ROLE OF RESPIRATORY BIOFEEDBACK IN TRUNK STABILITY AMONG OLDER ADULTS

Dr. Akshay Kumar S, PT
Assistant Professor

Introduction: Breathing Beyond Lungs
Breathing is a reflex action but in physiotherapy, it is something much greater than simply inspirations and expirations. In the elderly, the relationship between postural control and breathing has emerged as a new area of hope in rehabilitation. Respiratory biofeedback training (RBT) is a new approach aimed at returning the manner in which we breathe, in order to enhance core stability, trunk stability, as well as fall protection in the elderly.

This article explores how something as simple and subconscious as breathing can be trained through biofeedback to enhance postural control in aging individuals.



Why Trunk Stability Declines with Age?

With age, several physiological changes affect postural control:

- Decreased diaphragmatic strength
- Poor core muscle recruitment
- Altered sensory-motor integration
- Reduced spinal mobility

These factors compromise the ability of older adults to maintain upright posture, particularly during walking, turning, or reaching. Trunk instability is one of the leading contributors to falls, which are a major cause of morbidity in the elderly population

What Is Respiratory Biofeedback Training?

Respiratory biofeedback training (RBT) is a therapeutic technique where patients are trained to control their breathing patterns using real-time feedback. This can include:

- Visual feedback via screen monitors
- Auditory tones corresponding to breathing effort,
- Tactile cues such as belt sensors or wearable pressure biofeedback units,

RBT promotes diaphragmatic breathing, thoracoabdominal coordination, and controlled respiratory rate, all of which improve deep core muscle activation—particularly the transverse abdominis and multifidus.

Breath Meets Balance: The Scientific Link

So how does breathing improve balance?

1. Diaphragm Activation = Core Activation.
The diaphragm is not just a respiratory muscle it is a central component of the core stability system. Every breath taken with diaphragmatic control recruits core muscles responsible for spinal alignment and trunk control.

2. Improved Interception

Through biofeedback, individuals develop a heightened awareness of their body's internal signals, helping them correct posture and self-adjust more effectively.

3. Intra-Abdominal Pressure Regulation

Proper breathing helps to maintain optimal intra-abdominal pressure, essential for stabilizing the lumbar spine and preventing swaying during standing or walking.

4. Cortical Rewiring

Respiratory control tasks engage the prefrontal cortex and motor cortex, improving Neuroplasticity and coordination in dual-task conditions especially valuable in cognitive aging.

Clinical Applications in Elderly Rehabilitation

Pilot studies and clinical trials have begun showing that respiratory biofeedback training can:

- Improve seated and standing trunk balance
- Reduce sway in static postures
- Enhance performance in the Berg Balance Scale and TUG test
- Lower the risk of falls
- Improve confidence in mobility tasks

A recent clinical protocol combined RBT with pelvic stability exercises and showed significant gains in static and dynamic trunk control among participants aged 65–80. The exercises lasted 6 weeks, with 3 sessions per week using a pressure biofeedback unit placed at the lumbar spine and upper abdomen.

Practical Approaches in the Physio Room

You can integrate respiratory biofeedback training easily into geriatric rehabilitation programs:

- Use balloon blowing or straw breathing tasks while seated on an unstable surface (e.g., therapy ball).
- Employ pressure biofeedback units at the lumbar spine during abdominal breathing exercises.
- Combine visual feedback devices (like Resptrace or capnometry) with core stabilization drills.
- Teach paced breathing during balance board or tandem standing exercises.

Considerations & Contraindications

While RBT is generally safe, the following should be considered:

- Avoid in patients with severe COPD or uncontrolled hypertension
- Always begin in seated or supported standing positions
- Monitor for hyperventilation symptoms during initial sessions
- Begin with low complexity tasks, progressing gradually

Conclusion: Respiratory biofeedback training is simply a breathing exercise, a comprehensive Intervention that uses the natural systems to rebuild trunk balance, stability, and confidence. For fall-prone older adults, this easy, cost-effective approach can be a breath of new life quietly exceptional and clinically significant.

References:



STUDENT SCIENTIFIC ARTICLES



POST TRAUMATIC STIFFNESS

Sonika Kanthraju, 2nd Year BPT

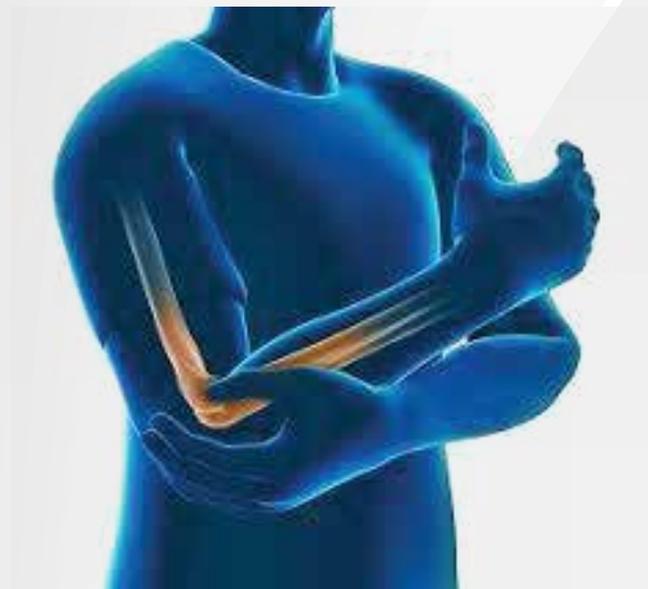
Medically, stiffness is difficulty moving a joint due to the loss of the joint's range of motion caused by an injury (trauma) or a disorder

INTRODUCTION:

Post-traumatic stiffness is a disabling complication caused by trauma resulting in reduced or loss of motion and functional impairment.

Post-traumatic stiffness in your elbow will make it difficult for you to bend or straighten the elbow and perform daily activities.

Depending on which of your joints are impacted, it'll be hard to walk, run, play sports or move like you're used to.



Causes Of Post Traumatic Stiffness:

The major causes of post-traumatic stiffness in the elbow can be:

- Bone fracture in the elbow
- Previous surgery to the joint
- Loose bodies in the elbow
- Mal-union (improper healing of a fractured bone)
- Bone dislocations in the joint
- Heterotopic ossification (bone growth in non-skeletal tissues)
- Cranial trauma (injury to brain, skull, or scalp)

- The cause of post-traumatic elbow stiffness is the basis for its diagnosis and treatment.

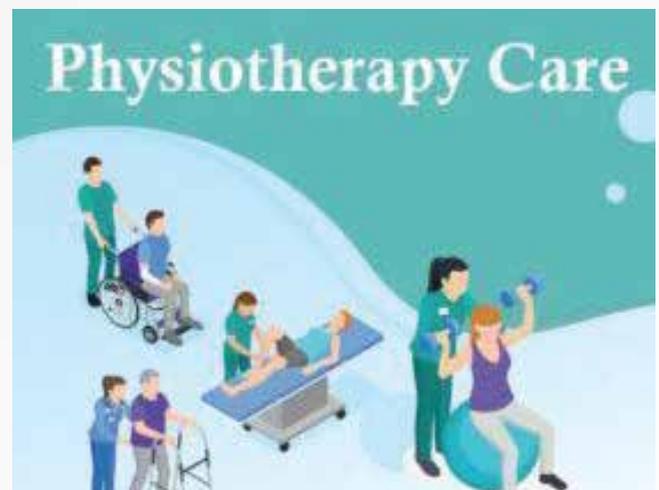
Symptoms:

Following are the apparent and main symptoms of post-traumatic stiffness in the elbow:

- Pain in the elbow
- A feeling of a locked elbow
- Decreased motion of the joint
- Diagnosis
- Evaluation of your medical history coupled with a physical examination of the affected elbow is the first step in the diagnosis of post-traumatic stiffness. Subsequently, the doctor will look for the flexion range and inflammation. An X-ray (radiograph), a CT scan or an MRI may also be ordered to confirm the initial diagnosis

Non-Operative Methods For To Overcome Stiffness:

- Physical therapy or physical therapy
- Occupational therapy
- Serial casting of the joint
- Movement exercises
- Passive mobilization
- Joint immobilization
- Manipulation under anesthesia
- Administration of NSAID
- Botulinum toxin A injections



Rehabilitation:

Postoperative rehabilitation plays an important role in the outcome of your surgery and every patient needs an individualized approach for the best result.

Rehabilitation begins with a continuous passive

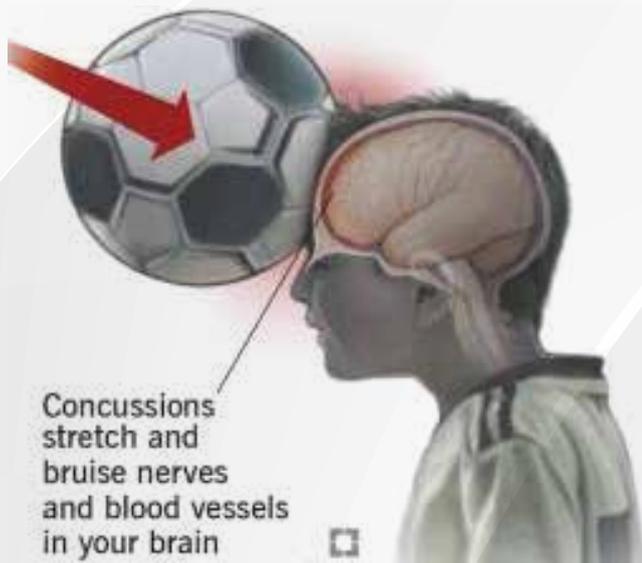
motion for flexion-extension, 72 hours after the surgery. After six weeks, you may be asked to start static progressive splinting to increase motion. Splinting, therapies and exercises may be required to maintain until a plateau is reached.



SPORTS CONCUSSIONS

Drishya R, BPT 2nd Year

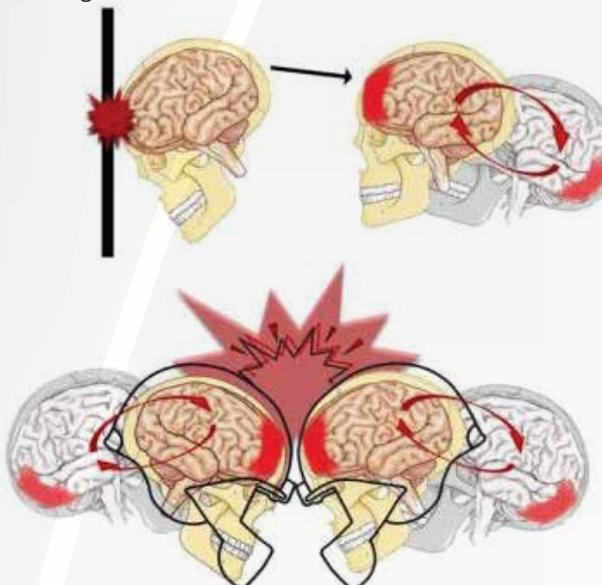
Sports-related concussions, a form of mild traumatic brain injury (mTBI), have become a significant concern in the athletic community, attracting widespread attention due to the potential immediate and long-term consequences for athletes of all ages and levels.



1. Mechanisms of injury

Concussions can result from a direct impact to the head or from forces transmitted to the head from an impact elsewhere on the body, such as whiplash.

The sudden acceleration or deceleration of the head within the skull causes the brain to move rapidly, leading to the stretching, twisting, and shearing of nerve fibers.



2. Pathophysiology:

The mechanical trauma of concussion, involving an immediate surge of neurotransmitters, particularly glutamate.

This triggers neuronal depolarization and ion channel opening, leading to an influx of calcium and efflux of potassium.

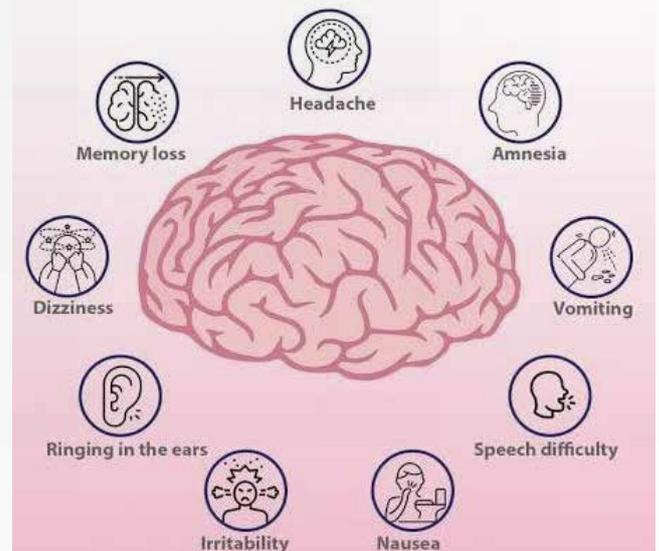
3. Signs and symptoms

Concussion symptoms can vary widely and affect physical, cognitive, emotional, and sleep-related domains.

Common symptoms include headaches, dizziness, confusion, nausea, memory problems, balance issues, irritability, and fatigue.

Neuroimaging: While standard CT and MRI scans are typically unable to detect concussions, they are used to rule out more serious structural injuries like skull fractures or bleeding.

Baseline testing: Preseason baseline assessments of symptoms, neurocognition, and balance are recommended for athletes to aid in accurate post-injury comparisons



5. Management and treatment

Initial rest: Both physical and cognitive rest are crucial in the initial days following a concussion to allow the brain to heal and avoid exacerbating symptoms.

Gradual return to activity: Once asymptomatic, a stepwise return-to-play (RTP) protocol is recommended, gradually increasing physical and cognitive demands under the guidance of a healthcare professional.

Multidisciplinary approach: Management may involve a team of healthcare professionals, including neurologists, neuropsychologists, physical therapists, and other specialists, especially for those with prolonged symptoms.



EFFECTIVENESS OF CARDIAC REHABILITATION IN PATIENTS AFTER CABG AND TRANSCATHETER AORTIC VALVE IMPLANTATION (TAVI).

Aishwarya H R, III BPT

Introduction:

The average age of patients undergoing heart surgery as well as the complexity of their medical conditions are both significantly rising. Therefore, both as a preoperative assessment and a postoperative outcome measure, the functional ability has emerged as a key signal.¹ A cardiac rehabilitation (CR) program may promote a positive impact on relevant clinical outcomes, so it is strongly recommended for patients after cardiac surgery.² Coronary Artery Bypass Surgery (CABG) is defined as open-heart surgery in which a section of a blood vessel is grafted from the aorta to the coronary artery thus redirects blood around a section of a blocked or partially blocked coronary artery in the heart to improve blood flow to the heart muscle.³ TAVI is a less invasive method that can be performed under a local anesthetic and uses a tube that is inserted into a large blood vessel in the groin to deliver the valve to the heart.⁴ Functional capacity is the ability of an individual to perform aerobic work according to the maximal oxygen uptake, which is calculated by this formula $VO_{2max} = (HR \times SV) \times a-VO_2$ that represents the product of cardiac output and arteriovenous oxygen ($a-VO_2$) difference at physical exhaustion, where HR means heart rate and SV indicates stroke volume.⁵ The 6-minute walk test (6MWT) should be performed on a flat surface with a known distance measured and marked off.⁶ In order to estimate the effectiveness of CR, functional capacity or exercise tolerance was assessed in all studies by investigating outcomes like Peak VO_2 and 6MWT. This meta-analysis aims to assess the clinical outcomes of rehabilitation commenced after cardiac surgery.

Methodology:

Information sources:

Data was collected from the studies using a systematic search in the database MEDLINE (via PubMed). The search included studies published from 2009 to 2020.

Search Strategy:

Comprehensive searches were carried out by

choosing keywords and subject headings for CABG, TAVI, and Cardiac Rehabilitation. Variations in the search terms were identified using truncations and wildcard symbols.

Study selection: There was no limitation kept concerning sample size, age of patients, or study design. Studies published between 2009 and 2020 were included.

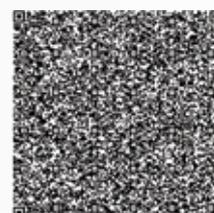
Inclusion Criteria: All eligible studies evaluating the effects of Cardiac rehabilitation in patients after cardiac bypass and TAVI. Functional capacity or exercise tolerance was assessed in all studies by investigating outcomes like Peak VO_2 and 6MWT. Studies published between 2009 and 2020. All publications that are limited to those involving human subjects and written in English.

Exclusion Criteria: Studies that are not relevant and involved other cardiac surgical procedures compared to CABG and TAVI. Articles older than 2009. The studies administering different outcomes were not included.

Results: In the initial electronic search, 793 potentially relevant studies were identified in the database MEDLINE (via PubMed). After reading their titles, 672 articles were excluded due to irrelevance with the search topic. Then, after reading the abstracts of the remaining studies, 38 relevant studies were potentially identified. According to the selection criteria, 13 clinical trials were selected for qualitative analysis, which were published in English.

Conclusion: Rehabilitation performed after cardiac surgery (CABG or TAVI) significantly improves 6MWT and improves peak VO_2 .

References:



Why Exercise is Essential for the Brain:

1. Memory And Learning:

Physical activity stimulates the release of BDNF (Brain-Derived Neurotrophic Factor), a protein that supports neuron growth, particularly in the hippocampus—the brain's memory center. Studies show that active individuals have better recall and learning abilities.

2. Stress And Anxiety Relief:

Exercise lowers cortisol levels while increasing endorphins and serotonin, naturally reducing stress and improving emotional resilience. Even a 20-minute walk can have antidepressant effects.

3. Sharper And Focused Creativity:

Increased blood flow during exercise delivers more oxygen to the brain, enhancing concentration and creative problem-solving. Many innovators, from Einstein to Zuckerberg, incorporate movement into their daily routines.

4. Better Sleep And Mental Energy:

Exercise regulates sleep cycles, ensuring deeper rest, which is crucial for cognitive function and emotional balance.

While we chase pills for quick fixes, we ignore nature's best medicine - movement. Exercise transforms not just bodies but minds, boosting memory, mood, and mental clarity. Unlike prescriptions, this free remedy has zero side effects and works for everyone. Lace up your shoes—every workout invests in a sharper, happier brain. Your future self will thank you for starting today.

TREATMENT FOR EDEMA IN PHYSIOTHERAPY

Darshitha, 2nd Year BPT

Edema is defined as a palpable swelling produced by an accumulation of fluid in the intercellular tissue that results from an abnormal expansion in interstitial fluid volume.

- Edema is mostly affecting the arms and legs
- Individual with oedema can face difficulty in fitting into their shoes or clothes, skin changes like pitting or oedema
- Individual will have reduced mobility.

Types of Edema:

Peripheral oedema - Usually affects the legs, feet, and ankles, but it can also happen in the arms. It could be a sign of problems with your circulatory system, lymph nodes, or kidneys.

Pedal oedema - Happens when fluid gathers in your feet and lower legs. It's more common if you're older or pregnant.

Lymphedema - Swelling in the arms and legs is most often caused by damage to your lymph nodes, tissues that help filter germs and waste from your body.

Pulmonary oedema - When fluid collects in the air sacs in your lungs, you have pulmonary oedema. That makes it hard for you to breathe, and it's worse when you lie down.

Cerebral oedema - This is a very serious condition in which fluid builds up in the brain. It can happen if you hit your head hard, if a blood vessel gets blocked or bursts, or you have a tumor or allergic reaction.

Macular oedema - This happens when fluid builds up in a part of your eye called the macula, which is in the center of the retina, the light-sensitive tissue at the back of the eye is affected.

Grades Of Edema:

One of the ways edema is diagnosed is through a physical exam where there is gentle pressure put over the swollen area. If there is edema, an indentation in the skin will be seen.

The edema grading scale is based on how quickly the dimple goes back to normal (rebounds) after a pitting test. Pitting test refers to pressing the swollen area on the bony prominence to grade the edema.

Grade 1: Immediate rebound with 2mm pit

Grade 2: Less than 15s rebound with 3-4mm pit.

Grade 3: Rebound greater than 15s but less than 60s with 5-6mm pit.

Grade 4: Rebound between 2-3mins with an 8mm pit.

Causes Of Oedema:

1. Low Albumin Level
2. Allergic Reaction
3. Obstruction To Flow
4. Congestive Heart Failure
5. Kidney Disease
6. Liver Disease
7. Pregnancy
8. Heart Trauma
9. Medication

Symptoms Of Edema:

Symptoms of edema typically include:

1. The skin of the swollen area may look stretched and shiny.
2. When you press the swollen area, it leaves a dent
3. Discomfort when wearing clothes.
4. Feeling of heaviness in the swollen area
5. Difficulties in moving the affected joints
6. Sensation of pain in the surrounding area.

Treatment Of Oedema In Physiotherapy

There are various treatment in physiotherapy, generally

AROM: Active range of motion exercises for the affected limb improves the mobility of the affected joint \limb.

Muscle pumping exercise :- aid in fluid drainage.

Compression therapy :-using bandage or a wrap to reduce swelling and provide support and stability to the affected limb.

Elevation :- elevating the affected limb above the heart level aids in venous drainage.

Using IFT(Interferential Therapy):-provides deep stimulation which in turn helps in improved blood supply and reduced edema.

TENS : helps in reduction of pain and reduced inflammation.

Low level laser therapy (LLLT):- LLLT reduces edema, improves tissue healing and reduces the inflammation.

ROLE OF PHYSIOTHERAPY IN ONCOLOGY SECTOR

Nusaif Kavungal, 1st Year BPT

Introduction

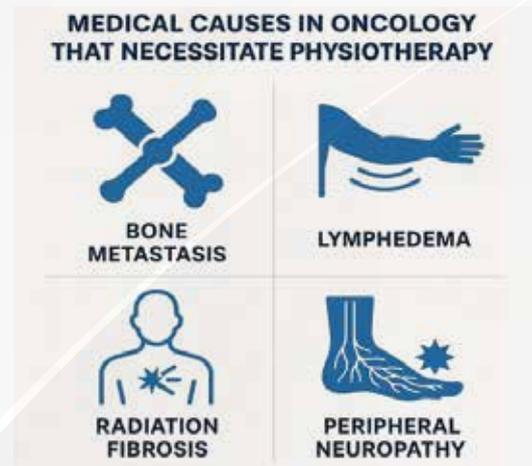
Physiotherapy is an essential component of cancer care, aiming to restore physical function, reduce treatment-related side effects, and improve quality of life for patients with cancer. The role of physiotherapy in oncology has expanded from basic rehabilitation to a specialized, evidence-based approach that spans prevention, active treatment, survivorship, and palliative care.



Medical Causes

Cancer can originate in various tissues and organs, including the breast, lungs, colon, prostate, blood (leukaemia), and lymph nodes (lymphoma). Medical causes that necessitate physiotherapy include:

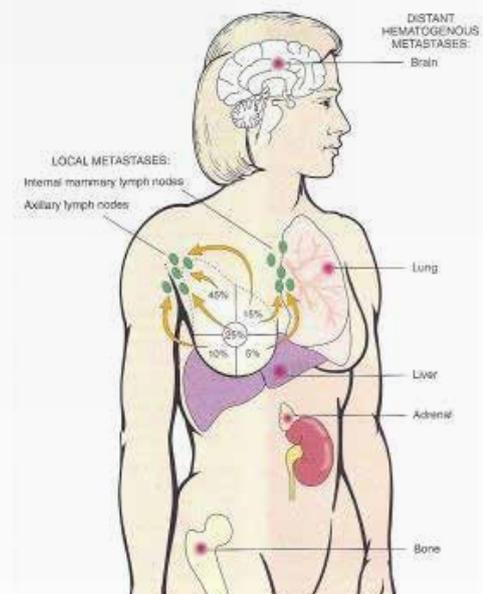
- Surgical interventions (e.g., mastectomy, tumor resection) leading to immobility or scar contracture
- Chemotherapy side effects, such as fatigue, peripheral neuropathy, and deconditioning
- Radiotherapy -induced fibrosis and loss of tissue elasticity
- Bone metastases, which increase the risk of fractures and limit physical activity
- Cancer-related fatigue (CRF), one of the most debilitating symptoms across all cancer stages



Anatomical Areas Involved

Physiotherapy interventions vary depending on the type and location of the cancer. Key anatomical regions affected include:

- Breast and shoulder complex (post-mastectomy, leading to frozen shoulder or axillary web syndrome)
- Thoracic region and lungs (in lung cancer or post-thoracotomy)
- Pelvic region (prostate, cervical, uterine cancers affecting pelvic floor muscles and mobility)
- Spine and long bones (due to metastasis, requiring safe mobilization and load-bearing techniques)
- Lymphatic system (lymphedema management, especially in breast and gynaecologic cancers)



Clinical Relevance

Physiotherapy contributes significantly to improving patient outcomes:

- Reduces pain and stiffness through manual therapy and exercises.
- Manages lymphedema with manual lymphatic drainage, compression garments, and specialized exercises.
- Improves strength and endurance through resistance training and aerobic programs.
- Enhances respiratory function with breathing exercises in thoracic and lung cancer patients.
- Restores balance and gait, especially in patients with neuropathy or post-neurosurgery.
- Prevents long-term disability, improving functional independence and quality of life.



NON-SCIENTIFIC ARTICLE

A STORY WHISPERED IN WOOD: A PERSONAL TRIBUTE TO KONDAPALLI BOMMALU

Dr. Sumedha Govindaswamy, PT
Assistant Professor

To everyone who has ever paused before a tiny wooden figure and felt an entire world stir within it.

The First Time I Heard Wood Whisper

I still remember my first visit to Kondapalli—a warm afternoon when the red earth of Andhra Pradesh clung to my sandals and the air held the mingled scents of tamarind, varnish, and fresh-cut wood. Somewhere behind a low doorway, a rhythmic tak-tak-tak rang out: chisel meeting wood, breath meeting memory. I followed the sound and stepped into a space where time folded—where toys were not made but remembered into being. That was the day Kondapalli Bommalu stopped being “craft” and became a conversation—between hands and heritage, between ancestors and children yet to hold them.

A village that breathes life into wood

At the foot of the Kondapalli Hills lies the village that lends its name to these beloved toys. A village that breathes life into wood. Here, tradition doesn't sit behind glass; it lives in courtyards, in laughter, in the sawdust that settles on sleeves. Generations of artisans—often from the Arya Kshatriya community—have carried this lineage, it is said to trace back to the sage Muktharishi, who was blessed with artistic skill by Lord Shiva. Whether held as legend, faith, or family history, this sacred story wraps each figurine in reverence. When you hold a Kondapalli toy, you hold that blessing. The Soul of Tella Poniki

The heartwood of the craft is Tella Poniki—a light, workable wood gathered from the nearby hills. Cradled in practiced hands, it yields willingly to the artisan's intent. Limbs of a dancer, the arch of a bullock's horn, the curve of a child's cheek—each begins as a block scored, pared, and coaxed into form. If you run your fingers across an unfinished piece, you can feel the grain like a pulse, waiting for its story.

Joining, Mending, Becoming Whole

Kondapalli toys are rarely carved from a single chunk. Instead, heads, arms, tools, and animals' ears are shaped separately and then joined—a quiet metaphor for village life itself. The adhesive? A humble yet ingenious paste of sawdust mixed with tamarind seed powder, pressed and smoothed until the form feels seamless. I watched an elder artisan nudge a piece into alignment, then step back and say, half to himself, “deniki ippudu jeevam vachindi”—“Now it has life.”



Color: From Earth to Radiance

Once shaped and smoothed, the figures wait in quiet rows for color. Traditionally, pigments came from nature—stones ground to powder, herbs and roots boiled into dye, plant gums used as binders. Goat-hair brushes carried these hues to wood with a softness almost like breath. Today, many artisans blend natural methods with water- and oil-based paints for durability and brilliance. The result? Saris that shimmer, parrots that flash emerald, and Krishna's skin that glows in blues that feel both earthly and divine.

Hold a finished Kondapalli figure beneath sunlight and rotate it slowly. You'll see the brushstrokes evidence of a human hand, never hidden, always honored.

Little Worlds, Big Stories

What stories do Kondapalli Bommalu tell? All of them. A farmer bending to his field. A woman drawing water from a well. A caparisoned

elephant with its mahout, pausing mid-procession. A raucous village market. The playful mischief of Lord Krishna. Scenes from rural life rest side by side with slices of mythology and festival celebration, creating tiny worlds that feel complete, self-contained, and joyful.

When I arrange them on a shelf, I notice how expressions differ—pride in a drum player’s brow, tenderness in a mother’s tilt, mischief in a child’s grin. These are not generic objects; they are emotional snapshots.

Bommala Koluvu: Festivals of Memory and Pride

If you truly want to understand Kondapalli toys, see them during Bommala Koluvu. During festivals like Dussehra and Sankranti, families—especially across Andhra and Telangana—display tiered arrangements of dolls and figurines. Some sets are heirlooms; others are newly added each year like chapters in a family chronicle. Children listen, wide-eyed, as grandparents narrate myths, folktales, and snippets of village history inspired by the tableaux before them.

In my own family, the Bommala Koluvu always had one shelf reserved for “new stories.” That’s where the year’s Kondapalli additions would sit—next to clay art, brass lamps, and the odd Lego figure that snuck in courtesy of a nephew. No one minded. Tradition, after all, grows when it welcomes.

Holding On in a Mass-Made World

We live surrounded by molded plastic, factory-painted perfection, and things that feel finished but not felt. Kondapalli Bommalu push back gently against that. Each carries the press of fingers, the pause of decision, the patience of drying paints. When you buy one, you do more than own an object—you enter into guardianship of a living tradition and support artisans who keep memory alive through work that is slow, skilled, and deeply rooted.

If you’ve ever wondered what “handmade” really means, pick up two similar Kondapalli figures. You’ll never find twins. One eyebrow lifts higher. One drum hangs lower. One shade of marigold leans warmer. Variation isn’t an error—it’s the signature of care.

Every Kondapalli figure is an invitation: Will you listen to the wood? Will you pass the story on? I hope you will. The artisans of Kondapalli are still carving, still painting, still teaching their children to read grain like scripture. When we choose their work—display it, discuss it, love it—we help ensure that these whispers in wood never fall silent.

May the toys you gather carry the warmth of the hands that shaped them, the blessings of the hills that grew them, and the laughter of the homes that host them. May your shelves be stories, and may your stories be shared.



References:



A NEW HOME

Reese Marie Martins, I BPT

Coming from the smallest state in India, rather known for the parties and laid back lifestyle and moving to a city where fast life is considered the normal; the feelings of loneliness, despondency, separation and fear were inevitable.

Moving from Goa to Bangalore came with hardships as well as a new found freedom. A freedom to live life as I wished, a freedom to create a new life as I hoped, but the freedom came at a cost- Family. My interconnected roots and branches. But as all plants are, a trim is required for the branches to grow.

I moved to Bangalore on the 18th of September 2024. And honestly? I couldn't wait to go back home. The sudden feeling of having to live life on my own scared me. I went from living in my own bubble to suddenly my bubble being popped and me landing face down on the ground. A little over the top? I guess so. But that's how it felt.

Packing up was a pain. They weren't only boxes but also a plethora of emotions and memories. From my study table which supported me through my toughest exams and late nights with my books, to my dad peeling tender coconut for me, hearing my siblings run down the stairs chasing after each other, or the aroma of food coming from the greatest kitchen in the world: my mom's. Being a homebody and family person made the whole process a lot more cumbersome than one would think.

It's not only the people, it's the streets that I used to walk home on, the trees I used to pluck ready to eat snacks from, the wells I used to jump and play in. And when you leave all familiarity and move to a place where you don't speak the same language as the general population, well, the shift becomes rather difficult.



But all said and done, leaving home and how evidently depressing it was doesn't sum up my entire experience. Moving taught me resilience and actually made me realise maybe I'm more independent than I had expected. As we all know, underestimating ourselves is something we shouldn't be doing. And even so, we're all guilty of doing it at least once in our lives. I am no exception.

I was skeptical of course. Am I cut out for this? Will I be able to manage? Did I perhaps romanticize it a little too much in my head? And turns out 10 months later the answer to these questions is yes.

Moving here made me redefine what home is. I went from spending everyday there to a mere maximum of 10. I never really thought I'd be going home for a so-called 'holiday' when instead I used to go out to get a break from staying home all the time instead. Moving felt like learning how to walk again. Finding a good sturdy posture and balance.

Getting settled in was a bit of a task, but what made it easier was finding my non-blood family. Who, similar to me, had absolutely no idea what they were doing. But after a few

laughs and a couple more cries later it's safe to say that we've got a firm grip on the ropes. From late night conversations to creating our own lingo, you could say we've created a family name of our own.

Now, I'm filled with a mixture of nostalgia and hope. I do of course miss home terribly. There's nothing changing that. Nevertheless I knew I couldn't stay home forever. As humans we're meant to move, to shift, to change. It's in our nature. And now as I've started to refer to this new place as 'home', I pause. It feels so strange and yet, so right.



Home isn't only where you started, it's also the place you grow. Where the unfamiliar starts becoming familiar. The uneasiness subsides. You start blooming into flowers with petals of different colours yet not forgetting your roots. And during this transition I realised, I didn't just move, I found a new home.

MUMBAI MERI JAAN

Erika Kalpesh Kandolkar, II BPT

Mumbai, often known as the City of Dreams, is a place close to my heart. Also called Bombay, a name once given by the Portuguese, I feel incredibly lucky to have been born in this vibrant city. Mumbai is a melting pot of cultures, traditions, and faiths, where people from all parts of India and the world come together and live in harmony. It's a city where unity in diversity truly comes alive—where everyone treats one another like family. Visitors always find a warm welcome here.

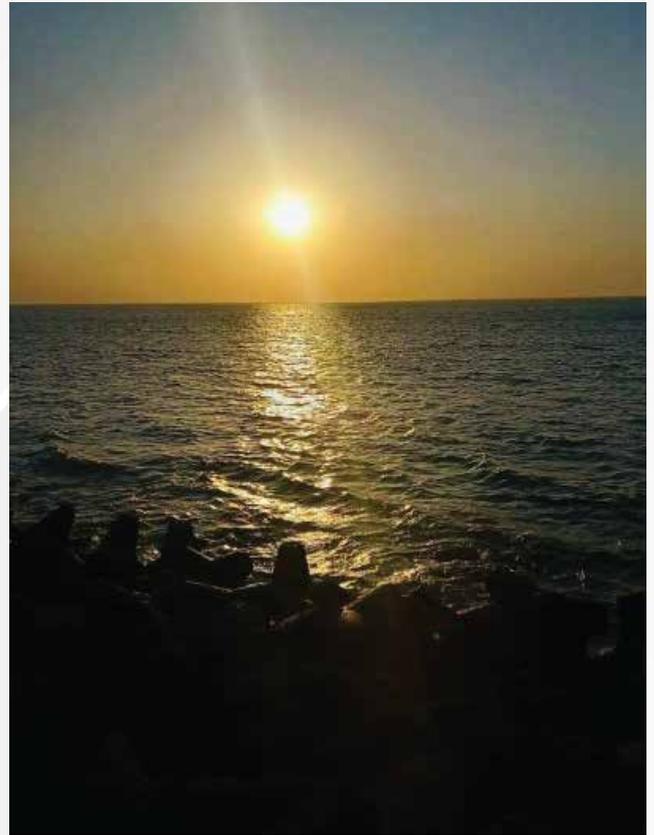


The city is a beautiful blend of the old and the new. One can especially admire the British-era architecture in South Bombay, where historic structures like the Gateway of India, Taj Mahal Palace Hotel, and Chhatrapati Shivaji Maharaj Vastu Sangrahalaya (one of the finest museums, featuring animals, birds, and even a real Egyptian mummy) showcase its rich heritage.

One of my favourite places in the city is Marine Drive, fondly called the Queen's Necklace. It's where the city meets the sea—lined with rocks that glimmer like jewels at night. The sound of the waves and the cool sea breeze make it a perfect spot to relax and forget all your worries.

Another cherished memory of mine is from Juhu Beach, a 6-kilometre stretch of soft sand bordered by the Arabian Sea. It's famous for its vibrant street food stalls, fun games, and the joyous crowd of families and tourists. I have

beautiful childhood memories here—building sandcastles and collecting seashells.



When it comes to shopping, Colaba Causeway is my all-time favourite. It's a lively market full of street vendors selling clothes, jewellery, and handicrafts, along with classy boutiques and iconic cafes like Leopold Café and Café Mondegar. This area also carries deep emotional value as the Taj Hotel, which stands tall here, was one of the sites affected during the tragic 26/11 attacks—a dark day the city still mourns.

Mumbai also boasts one of the most efficient public transportation systems—from the famous local trains, BEST buses, metros, to the iconic autorickshaws, getting around is easy and convenient.

Because Mumbai welcomes people from every corner of India, it has mastered every cuisine, be it North Indian or South Indian. The street food is unmatched—my favourites being Vada Pav and Pani Puri!

Ganesh Chaturthi is one of the most important and vibrant festivals here. The entire city comes alive with lights, music, and the echo of “Ganpati Bappa Morya” as people come together to celebrate.



Lastly, Mumbai is the heart of the Bollywood film industry, often called the entertainment capital of India. It's home to stars like Shah Rukh Khan, Salman Khan, Deepika Padukone, and many more.

Mumbai is not just a city; it's a feeling. A place of opportunities, dreams, culture, and unforgettable memories. I'm proud to call it my home.

MY JOURNEY: A STORY OF PASSION AND PERSEVERANCE

Vetriselvan R, IV BPT

Sports have always been my life and blood since I was a kid. Growing up, I was always fascinated by the thrill of competition, the rush of adrenaline, and the sense of camaraderie that comes with being part of a team. As I grew older, my love for sports only intensified, and I began to dream big. This year was a defining one for me. I got selected for the Acharya Premier League (APL) for the third time, and my team made it to the finals. I was on cloud nine, but little did I know that fate had another challenge in store for me.

On the same day as the APL final, our team was participating in a cricket tournament hosted by NITTE in Mangalore. I had to make a tough decision, but my heart told me to prioritize ANRIPT. I left the APL final and rushed to NITTE, where my team was waiting for me. The decision paid off in a big way. Under my captaincy, we won the ANRIPT trophy, and it was an incredible

feeling. For me, it was more than just a victory; it was a dream come true. I had always wanted to win a trophy for my college and our seniors, who had been a huge source of inspiration for me. This year was their last chance to make it happen, as they would be passing out soon.

Winning that trophy was a moment of pure joy and fulfillment. It validated all the hard work, sweat, and tears I had put into my craft. To top it off, I was awarded the Best Bowler and Best Player of the Tournament awards, which made the victory even more special. More importantly, it gave me the satisfaction of knowing that I had made my college and seniors proud.

Looking back, I realize that my journey has been about more than just winning trophies. It's about the friendships I've made, the lessons I've learned, and the memories I've created. Sports has taught me discipline, teamwork, and perseverance, and I'm grateful for the opportunities I've had.

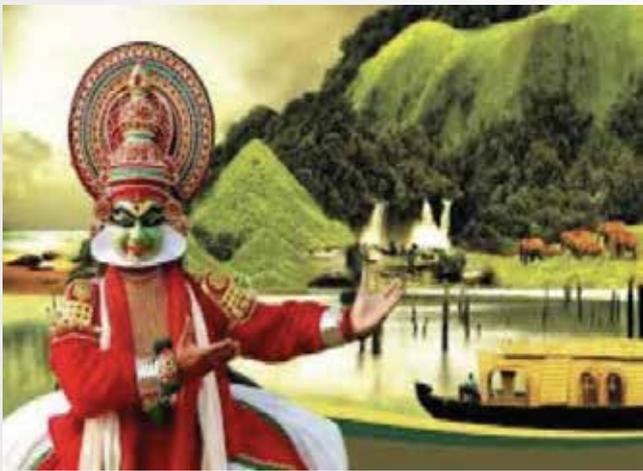


As I move forward, I know that there will be more challenges and opportunities ahead. But for now, I'm basking in the glory of our ANRIPT win, and I'm proud to have made my mark on the sports scene at NITTE.

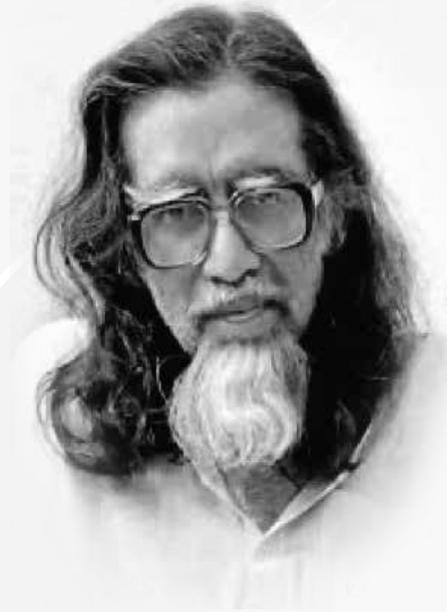
KERALA – GOD’S OWN COUNTRY

Nusaif Kavungal, I BPT

Kerala, often celebrated as “God’s Own Country,” is a state in the southern part of India renowned not only for its lush landscapes and serene backwaters, but also for its rich literary heritage. With a high literacy rate and a long-standing tradition of storytelling, Kerala has produced some of the most respected authors, poets, and playwrights in Indian literature. The region’s linguistic beauty, cultural depth, and socio-political consciousness are deeply reflected in its literary expressions, both ancient and modern.



Kerala is located on the Malabar Coast of India and is known for its scenic beauty, monsoon-fed greenery, and strong sense of community. The people of Kerala, known as Malayalis, speak Malayalam and are known for their deep appreciation of arts and literature. Language and Literature; The official language of Kerala is Malayalam, which boasts a vibrant literary tradition dating back to the 12th century. Classical works like Adhyatma Ramayanam, Bhashakautaliyam, and Krishna Gatha laid the foundations for a rich literary culture. In the modern era, writers such as Thakazhi Sivasankara Pillai, Vaikom Muhammad Basheer, O. V. Vijayan, and M. T. Vasudevan Nair has brought global recognition to Malayalam literature.



Folk and Oral Traditions

Kerala’s literary scene is also enriched by its oral traditions like vadakkan pattukal (ballads of Northern Kerala), kathakali stories, theyyam performances, and ottanthullal, which blend literature with dance and music. Kerala, with its rich cultural heritage, is home to a variety of traditional games that reflect the simplicity and community spirit of rural life. Games like Kabaddi (Kaikottikali), Kuttyum Kolum (a stick-and-stone game), Kilithatt (a form of tag), and Vattu (wrestling) were commonly played by children and youth in open fields and courtyards. These games required minimal equipment and promoted physical fitness, teamwork, and strategic thinking. Many of these traditional games were also tied to local festivals and seasonal celebrations, preserving Kerala’s folklore and oral traditions. Though modern entertainment has overshadowed them, efforts are being made to revive and promote these indigenous pastimes.

YE JAANE WALE KO NA KABHI KHABAR NAHI PADTA HAI

Janvi Yadav, I Year BPT

Ye jaane wale ko na kabhi khabar nahi padta hai
Voh dill ka adha hissa na humesha
uss dusre aadhe hisse se milne ke liye tadaptaa
hai
Sab chord ke jo naye sheher aagaye hai
Dheere Dheere hi sahi par maan se mol bhav
karna jo jaan gaye hai

Voh dill ke adhe hisse ka juda hone ka dard
Voh dard unnhe humesha chubhta hai
Par Ye jaane wale ko na kabhi khabar nahi padta
hai

MY LOST SOCK

Haroon, II BPT

I had a sock, it had a pair,
But now it's gone—just vanished—where?
I searched the drawer, I checked the floor,
Even peeped behind the door.

The washing machine? A hungry beast!
It eats my socks and calls it feast.
Now here I am, just one foot dressed,
The other cold and unimpressed.

WHY DID I CHOOSE PHYSIOTHERAPY?

Eshani Talpallikar, II BPT

It's funny how sometimes, the heart knows before the mind does. For me, choosing physiotherapy wasn't a big dramatic moment, it was a quiet decision that slowly made sense. I've always admired the idea of helping people not just feel better, but move better. There's something incredibly human about guiding someone through pain, watching them slowly regain strength, confidence, and hope. I saw that kind of care in physiotherapy, and I felt drawn to it. Not in a flashy way, but in a deep, meaningful one. What I love about it is the personal connection it offers. It's not just about treatments or routines.

It's about listening, encouraging, and being present in someone's healing process. The small wins matter—a step taken without pain, a smile after weeks of progress, a "thank you" that says more than words ever could. I chose physiotherapy because I wanted my work to mean something beyond reports and numbers. I wanted to learn a skill that could directly impact lives. And every day, I'm discovering how powerful that choice really was. I may still be figuring things out, but I know this much—I'm walking a path that feels right. And that matters more than anything.

ಕವನ

Shivakumar.A.J, 1st year BPT

ನಡೆ ನೂರಿರಲಿ ನೂಡಿ ನೂರಿರಲಿ
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ಭಾರತದ ಜನಪದ ಧೀಮಂತ....

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ಕರ್ಮಧರ್ಮಬಿತ್ತಿದೆ ಭಾರತ
ಭಾರತದ ಸಂಸ್ಕೃತಿ ಶಾಶ್ವತ.

ಮನದೊಡಲು ಇನಿಯ

Nandini III BPT

ಮನದ ಮೊದಲ ಒಲವ ಕವಿತೆ
ನೀನೇ ಅದರ ಸಾಹಿತಿ
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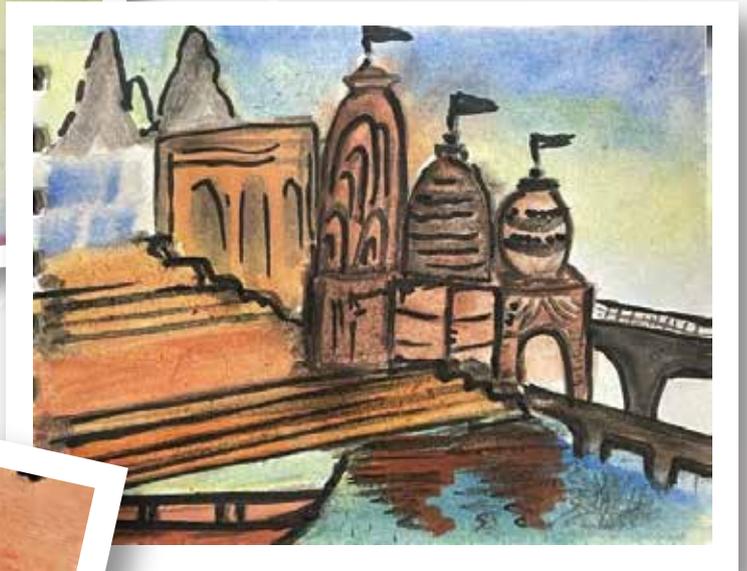
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ಉಸಿರುಗಟ್ಟಿ ಅಪ್ಪಬೇಕು

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ಗಂಡುಬೀರಿ ನಾನು
ರಿತಿ ನೀತಿ ನೋಡದೆ
ಪಜೀತಿ ಪ್ರೀತಿಯ ಒಪ್ಪಿಗೆ ನೀನು

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ಹೆಸರ ಮುಂದೆ ಇದ್ದ
ತಂದೆ ಹೆಸರು
ಈಗ ನಿನ್ನ ಹೆಸರೆನಿಸಿದೆ

ಯಾರು ನೀನು ಹೇಗೆ ನೀನು
ಯಾಕೆ ನೀನು ತಿಳಿಯದು
ನಿನ್ನ ಹೊರತು, ಮರೆತು ಕೂಡ
ಇನ್ನೇನು ಅರಿಯದು

ART WORK



Vijay M, 1 BPT

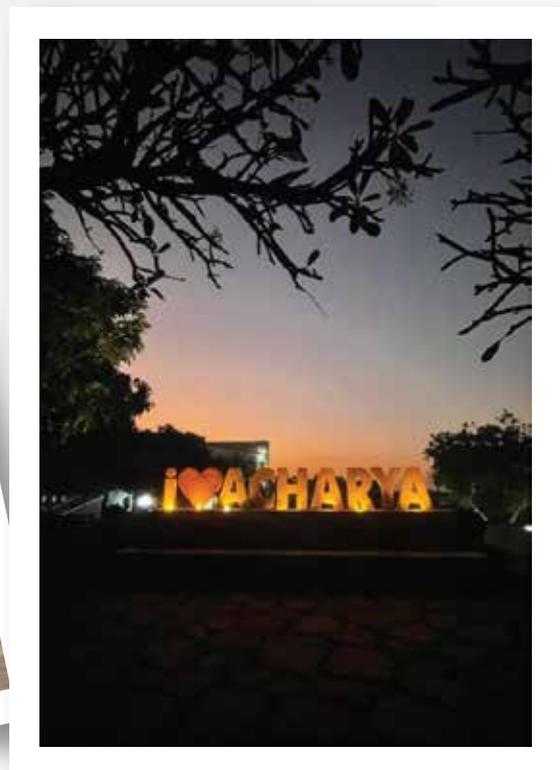


Reese Martins, 1st year BPT

PHOTOGRAPHS



Erika kalpesh kandolkar, 2nd year BPT

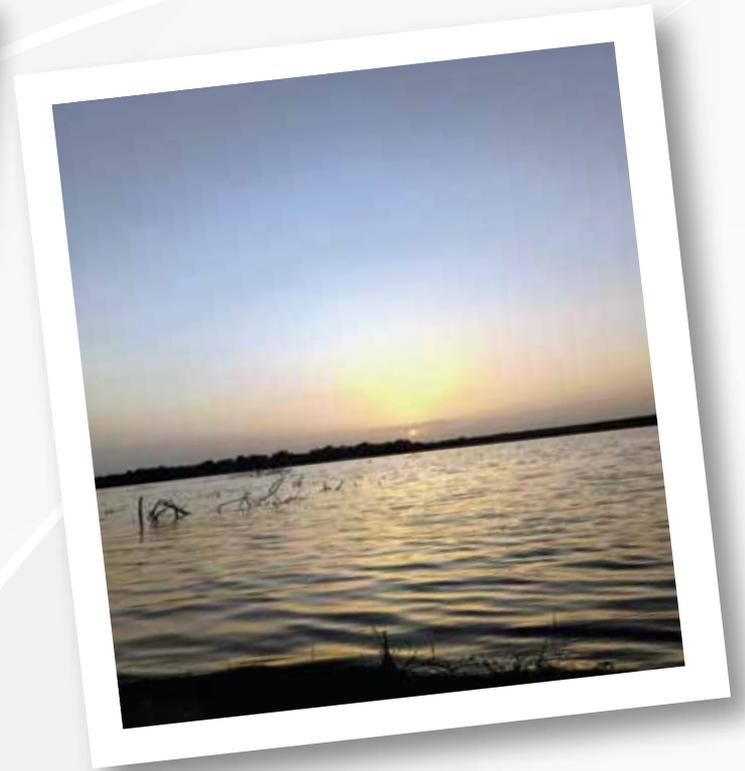


Vijay M, 1st year BPT

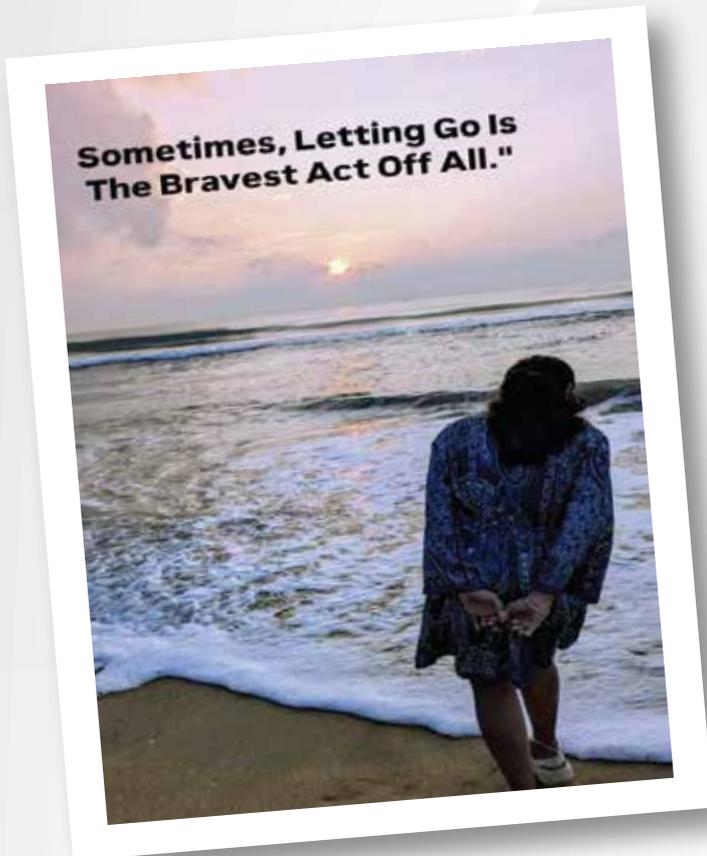


The sky spills gold and blue into the lake, like a dream unfolding twice.

Simran Rajput, II BPT



Pavitra, II BPT



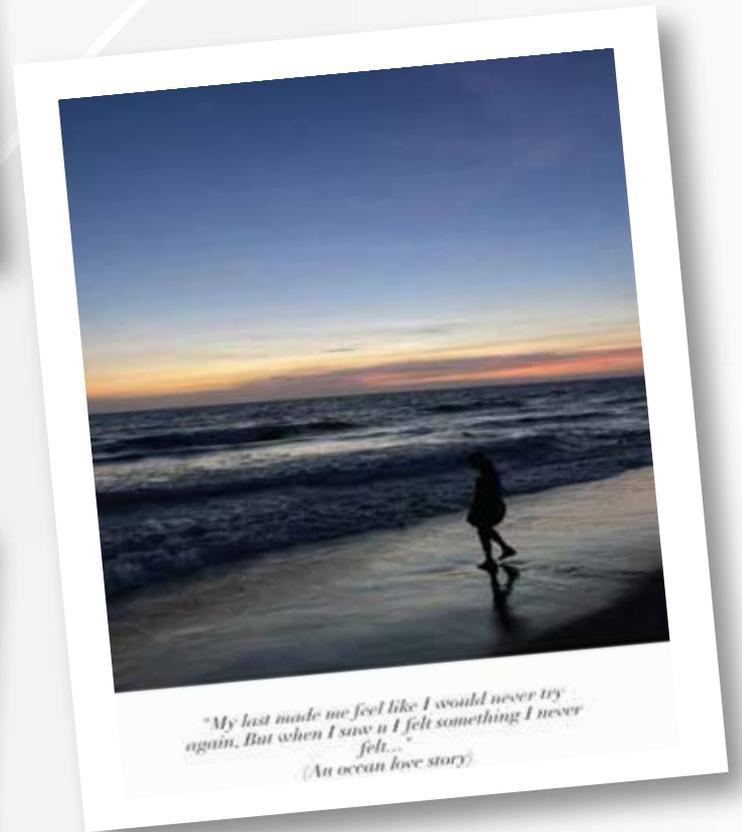
Samrudhi, II BPT



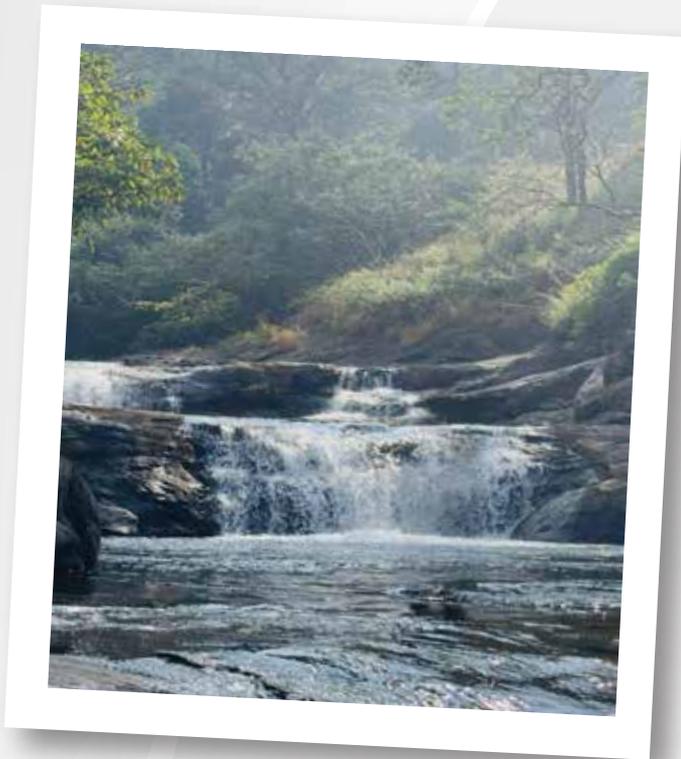
Aleena T Andrews, II BPT



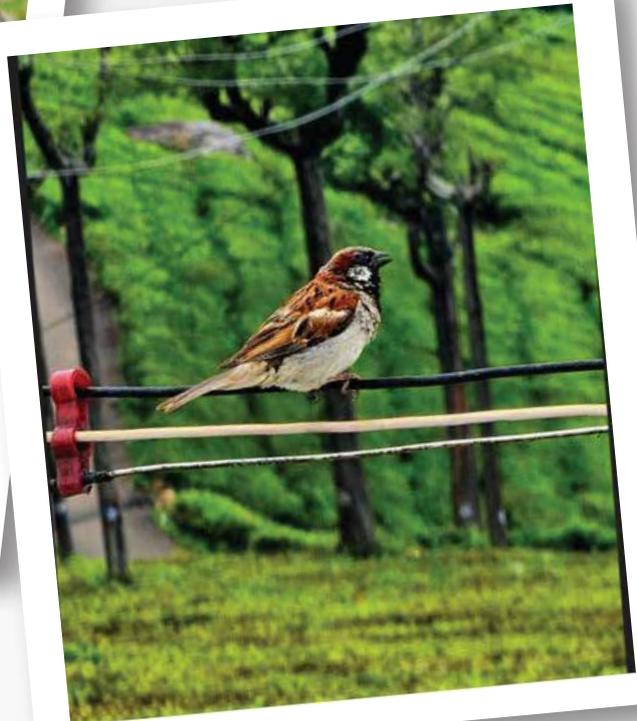
Abijith B, II BPT



Risha fathima, II BPT



Jaseem Abdul Majeed, II BPT



Danish Khan, I BPT

ALUMNI FEEDBACK

It's all thanks to Acharya's NR Institute of Physiotherapy (ANRIPT) that I can proudly introduce myself as Dr. Anand Joshi (PT), Batch of 2020, a proud alumnus of ANRIPT.

Reflecting on my journey, I can confidently say that my years at Acharya's played a pivotal role in shaping me—both as a clinician and as an individual. The academic structure was comprehensive and clinically oriented, but what truly set the institute apart was its unwavering support for holistic development.

The college consistently backed my research interests and encouraged innovation, which helped me build a strong foundation in evidence-based practice. The faculty not only nurtured our academic growth but also instilled confidence in handling patients with care and professionalism.

One of the most valuable lessons I took away was how to manage my time effectively. The environment encouraged us to develop a healthy work-life balance—something I continue to benefit from today. We were guided to organize our schedules, prioritize patient care, and still make time for personal growth.

The institute also pushed us to step beyond the classroom—encouraging us to attend conferences, present papers, and engage in networking opportunities that expanded our horizons. The exposure we received through cultural events, academic workshops, and clinical seminars helped us stay up to date with current trends and best practices in the field of physiotherapy.

Currently, I am pursuing my MPT in Neurological Physiotherapy (1st Year) at Manipal Academy of Higher Education (MAHE), I often reflect on how the values, discipline, and support I received at Acharya's continue to guide me every day.

I remain deeply thankful to all my mentors, peers, and the institution as a whole for providing such a solid platform to build my future.

To the upcoming batches:

Make the most of every opportunity this institute offers. Be curious, stay committed, stay humble and grounded never hesitate to take initiative. Engage in academics, research, conferences, sports and cultural events—they all shape you in unique ways. Trust the process, believe in yourself, and always uphold the compassion and professionalism our field demands.

Thank you, Acharya's NR Institute of Physiotherapy, for inspiring excellence and shaping the healthcare professionals of tomorrow.

Warm regards,
Dr. Anand Joshi (PT)
Batch 2020

END NOTES

Dear Readers,

As we bring this edition of our college magazine to a close, we would like to express our heartfelt gratitude to each and every one of you. Your contributions have made this magazine truly special, and we're honored to have had the opportunity to share your:

- Scientific articles that sparked curiosity and insight
- Brainstorming sessions that fueled creativity and innovation
- Crossword puzzles that challenged and delighted
- Beautiful photography and drawings that inspired and captivated
- Poems that touched our hearts and souls, evoking emotions and reflection.

APN 5 wouldn't have been complete without your support, enthusiasm, and talent. We're deeply grateful for your involvement.

A special mention goes to our principal Dr. Mallikarjunaiah H.S, whose immense support and guidance have been instrumental in bringing this magazine to life. As we close this chapter, we look forward to the next edition, where we'll continue to celebrate your creativity, intellect, and passion. Keep inspiring, keep creating, and we'll keep sharing your amazing work!

Thank you once again, dear readers, for being an integral part of our college magazine journey.

Best regards
Editorial team

