



**ACHARYA'S NR INSTITUTE
OF PHYSIOTHERAPY** **NEWSLETTER**

**ACHARYA
PHYSIO
NEWS
2021**
(APN 2021)



Acharya Dr. Sarvepalli Radhakrishnan Road, Soldevanahalli, Bengaluru-560 107.



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FROM THE DESK OF THE CAMPUS DIRECTOR

I am very glad to write this message to the first edition of Physiotherapy Newsletter of our Acharya's NR Institute of Physiotherapy.

Since the time of its inception just a couple of years ago, the Institute has made its impression of excellence with the commitment of the entire team of Faculty, its Leader and the enthusiastic Students.



It is this field that always fascinated me since, though it was not directly accepted as a clinical discipline, it has proved to be one by helping people (both the sick and the healthy) and now being recognized. Physiotherapy has proved to be an important stage during the pre-operation and post-operation in a patient's life. It is a "medicine" required by people of varied age group. Using manual therapy and therapeutic exercise, qualified physiotherapists are helping not only with muscle and joint problems (as they were thought to be), but help recover after surgeries, sports injuries, strokes, accidents etc., and encourage healthy lifestyle.

This Newsletter is an initiative to develop our students' cognitive and practical breadth required to function as competent practitioners even after graduation, with the capacity to continue to learn and develop as professionals by being in touch as an Alumni. With the invention of Cobots, bionics etc, I am sure that this magazine will be a platform for our students and faculty to keep abreast with the technological advancements to develop skills in helping everyone (humans & the animals) through independent learning, teamwork, responsibility towards other people, problem solving abilities and the like.

Wishing the very best!

Regards,

Dr. Maneesh Paul. S

Campus Director

Acharya Institutes

FROM THE DESK OF THE PRINCIPAL

Greetings from Acharya's NR Institute of Physiotherapy. I extend a warm welcome to all the students aspiring to join our Institute for their graduate studies.

Acharya's NR Institute of Physiotherapy offers an excellent and high-quality education that combines creativity, experiential learning, and rigorous academic study with intellectual stimulation with ethical morals.



Physiotherapy also known as physical therapy is a medical health care profession concerned with human activities and movement and maximizing physical potential. It is concerned with identifying and maximizing quality of life and movement potential within the spheres of promotion, prevention, treatment/intervention, habilitation, and rehabilitation.

Physiotherapy courses is all about the study of biomechanics, manual therapy, exercise therapy, and electrotherapy, remediates impairments and promotes mobility and function. Physiotherapy is one of the branches of modern medicine which promotes patients' quality of life through examination, diagnosis, prognosis, physical interventions, and patient education. The professionals of this field are known as Physiotherapists.

At Acharya's NR Institute of Physiotherapy, we offer one of the best physiotherapy education in Bangalore, affiliated to Rajiv Gandhi University of Health Sciences, approved by Government of Karnataka (GOK) and recognized by Indian Association of Physiotherapist (IAP), the institution trains students and educates them to meet the requirements of the health care professional of the field.

The conglomerate institution of Physiotherapy College at Acharya Institutes is accompanied by a world-class sporting facility and a learning resource center offering more than 300,000 learning materials and access to value-add certificate courses. The infrastructure provided also includes learning spaces and discussion areas spread across campus engineered to quench the thirst for knowledge.

Acharya's NR Institute of Physiotherapy has collaborated with several top health care industries to provide hands-on experience on the field.

FROM THE DESK OF THE PRINCIPAL

This also enables interactions with professionals adding a different dynamic to the learning experience and helps in attaining internships and jobs in reputed firms. Acharya's NR Institute of Physiotherapy is one of the best physiotherapy colleges in India with an in-house clinic and lab that enables students to learn about shock wave therapy which is rare amongst educational organizations. Acharya's NR Institute of Physiotherapy with Core Values as EMERGE (EMERGE as a Leaders in Physiotherapy)

- **Excellence** reflected in innovative conduct and advancement of education, research, and patient care.
- **Motivate** exceptional performances in the field of physiotherapy.
- **Evidence** based clinical practice training for improved patient care.
- **Resurgent** with the needs of population in the society for care and rehabilitation.
- **Guaranteed** imbining education with moral values.
- **Ebullient teaching** faculty with experience in creative teaching & research.

We encourage our students to participate in research activities, along with our faculty members to publish articles in Indexed Journals, paper presentations, and culture activities to enrich their clinical and research skills. We do assist our students for placement in India and abroad. We assure that all our students will do better after passing out from our institution. This newsletter is just a beginning of all the activities at Acharya.

I wish all the staff and students all the best.

Dr. Mallikarjunaiah H S

Principal and Professor,
Acharya's NR Institute of Physiotherapy,
Bengaluru

HIGHLIGHTS AT ACHARYA

1. Orientation Day 2019

The first event, Student Orientation program was organized in joint with ANRIP and AIAHS at main auditorium on September 3rd 2019. This program was graced by Mr. Diwakar Gohli.

2. Onam 2019

College had organized Onam celebration, September 2019.



3. Equipped Laboratories

Biomechanics, Anatomy and physiology labs were equipped by January 2020



HIGHLIGHTS AT ACHARYA



4. Biomechanics charts

Biomechanics charts were mounted in the lab by December 2019.



YEAR 2020

5. Clinic Inauguration

Acharya's Physiotherapy Clinic was inaugurated on 27th January 2020. The specialized clinic is well equipped with latest modalities, enforced by Dr. Mallikarjunaiah H S. Managing Director B M Reddy was the chief guest in the inaugural ceremony.



6. 1ST Parent Teachers Meeting (PTM)

PTM was held for the 2019 batch on 26th February 2020.



7. World Physiotherapy Day 2020

A video on World Physiotherapy Day was released by Department of Physiotherapy on 8th September 2020. https://youtu.be/_53AtM29eYg



8. Student orientation program 2020 (online)

Student Orientation Program for 2020 batch was held on for 2 weeks, from 5th – 16th October 2020 through Acharya Live Platform. Orientation to the profession and the subjects and a Virtual tour was conducted.

9. Electrotherapy and exercise therapy charts

Electrotherapy and exercise therapy charts were mounted by November 2020



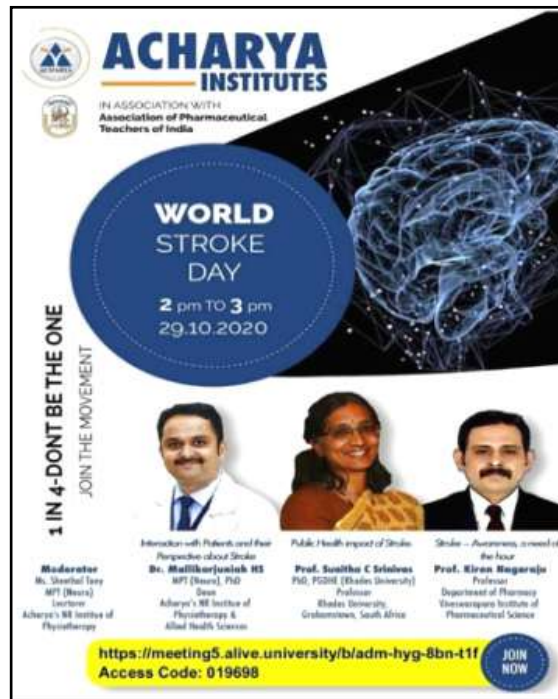
10. World's Osteoporosis Day (20th October 2020)

Online webinar with Dr. Mallikarjunaiah H S as speaker was conducted.



11. World Stroke Day (29th October 2020)

Online webinar with Dr. Mallikarjunaiah H S as speaker was conducted.



ACHARYA INSTITUTES
IN ASSOCIATION WITH
Association of Pharmaceutical Teachers of India

WORLD STROKE DAY
2 pm TO 3 pm
29.10.2020

1 IN 4-DONT BE THE ONE
JOIN THE MOVEMENT

Moderator
Ms. Sherali Tary
MPT (Basic)
Lecturer
Acharya's NR Institute of
Physiotherapy

**Interaction with Patients and their
Responsibilities about Stroke**
Dr. Mallikarjunaiah HS
MPT (Basic), PhD
Dean
Acharya's NR Institute of
Physiotherapy &
Allied Health Sciences

Public Health aspect of Stroke
Prof. Sunitika C Srinivas
PhD, PGDH (Ehaden University)
Professor
Ehaden University
Grahamstown, South Africa

**Stroke - Assessment, a road of
the four**
Prof. Eiron Hingoraja
Professor
Department of Pharmacy
Gyananagar Institute of
Pharmaceutical Science

<https://meeting5.alive.university/bladm-hyg-8bn-t1f>
Access Code: 019698

JOIN NOW

12. World Diabetes Day (14th November 2020)

Online webinar with Mrs. Shilpa Dugani Burji as speaker was conducted.



ACHARYA
WHERE THE
WORLD COMES
TO LEARN

WORLD DIABETES DAY
14 NOVEMBER 2020
15.00-16.00 IST

- PARTICIPATE
- CONTRIBUTE
- LEARN

a web discussion forum
AN OPPORTUNITY TO LISTEN,
CONTRIBUTE AND LEARN

ACHARYA'S NR INSTITUTE OF PHYSIOTHERAPY & ALLIED HEALTH SCIENCES
WITH ASSOCIATION OF
PHARMACEUTICAL TEACHERS OF INDIA ORGANIZING A WEBINAR

"TOGETHER LET'S BEAT DIABETES"

Speakers:

Dr. Shilpa Dugani Burji, MPT
Assistant Professor
Acharya's NR Institute of physiotherapy
Topic - Diabetes - it's comprehension's
and Approaches

Dr. Karthik Rakani, Pharm. D
President, Pharmacists Society for Pharmacy Practice
Medical Affairs, Health Guard &
Advisor - Clinical Pharmacy and Pharmaceutical Care Team
Core Member - Tamil Nadu Medicine Expert Committee
Topic - Clinical Trends of Diabetes mellitus
and interventions to mitigate risk

Moderator
Ms. Yashika
Faculty
Acharya Institute of Allied Health Sciences,
Bengaluru

To join the webinar, click on the below link
<https://meeting5.alive.university/bladm-hyg-8bn-t1f> access code - 019698

www.acharya.ac.in

13. World Disability Day (3rd December 2020)

Online webinar with Mrs. Nayak Sharada Lakshmana as speaker was conducted.



14. Exercise and electro therapy laboratories

Exercise and electrotherapy labs were well equipped by November 2020.



15. Christmas day 2020

Christmas eve was celebrated with fun and frolic by faculties and students on 22nd December 2020.



YEAR 2021

16. Indo Canadian collaboration for student exchange programme

Articulation mapping was submitted to Nor quest College and Acharya Institutes collaborated with Nor quest College, Edmonton for certified skilled training. It was held in January 23, 2021.

The flyer features the logos of Acharya's NR Institute of Physiotherapy, India, and Norquest College, Edmonton, Canada. The text reads: "INDOCANADIAN COLLABORATION Acharya's NR Institute of Physiotherapy, India & Norquest College, Canada". Below this, there are three small images: a group of people, a handshake icon, and a group of people in a classroom setting. The word "REPRESENTING" is written in a blue box, followed by a list of programs: "Student Exchange program", "Faculty Exchange program", "Two way exchange between researchers and research users, to share ideas, research evidence, experiences and skills.", and "Integrated certificate program".

17. Blood donation drive 2021

Blood Donation drive campaign was conducted on 12th February 2021 in association Lion's Club, Bangalore, Chandana. We had 111 blood donors.



18. Biomechanics book release

Biomechanics record book was released on 25th of February 2021.



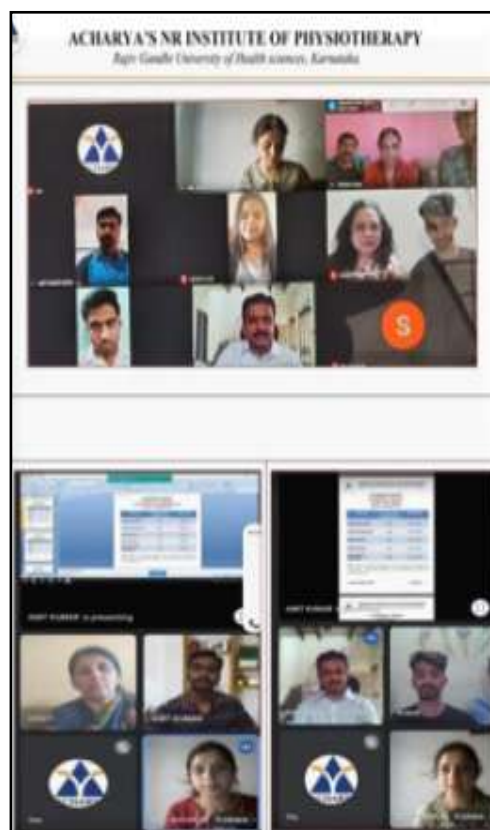
19. Sports day

The college conducted sports day on March 20th, 2021 organised by Mr. Amit Kumar Singh. Students were all pepped up and excited about the event.



20. Online PTM 2021

Meetings with parents and students by the Principal and teachers were held in an online platform in the month of May 2021



21. Cultural 2021

Owing to the pandemic, cultural was held on an online platform organised by Mrs. Sheethal Tony. Dance, Singing, hair styling and many competitions were held on May 31st 2021.



22. Women cell webinar

Women cell webinar was organised by Mrs. Shilpa Dugani Burji under the guidance of Dr. Mallikarjunaiah H S by the students on June 1, 2021



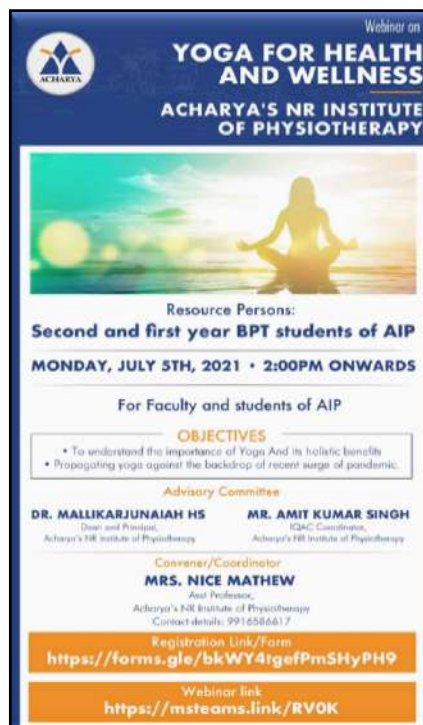
23. Environment day and Ocean Day

Students broadcasted their creativity with collage and paintwork on 5th June 2021.



24. International yoga Day webinar

Importance of yoga was highlighted with the demonstration of asanas and talks on account of international yoga day by the students on 5th July 2021. The webinar was organised by Mrs. Nice Mathew under the guidance of Dr. Mallikarjunaiah H S.



25. Learning strategies webinar

Mr. Amit kumar Singh was the speaker for the Learning strategies webinar organised by Mrs. Sharada Nayak on 20th July 2021. Students have boosted their confidence and learnt ways to tackle their learning patterns.

LEARNING STRATEGIES
(Myths of popular learning strategies and Better learning strategies)
ACHARYA'S NR INSTITUTE OF PHYSIOTHERAPY

Speaker:
Mr. AMIT KUMAR SINGH
BPT, MPT (Musculoskeletal & Sports Disorders)
MFI, MIAP
Assistant Professor, ANRIP

20th JULY, 2021 • TIME : 11:00 am to 12.30 pm
FOR STUDENTS AND STAFF

OBJECTIVES

- Recall or retrieve previous learned information.
- To state a problem in one's own word.
- Applying what was learned in classroom.
- Distinguishes between fact and inferences.

Advisory Committee
Dr. Mallikarjunaiah H S, Professor, Principal, ANRIP
Mr. Amit Kumar Singh, Assistant Professor, IGAC Coordinator, ANRIP

Convener
Mrs. Sharada Lakshmana Nayak, Associate Professor,
Student Development Coordinator, ANRIP

Registration Link/Form:
<https://forms.gle/R4h1h1TiqdchYyqJ9>

Webinar link:
<https://tinyurl.com/4p8bc2tv>

www.acharya.ac.in

26. Anatomy and Physiology record book release

In continuation with the record book series, Anatomy and Physiology record books were released too under the guidance of Dr. Mallikarjunaiah H S.



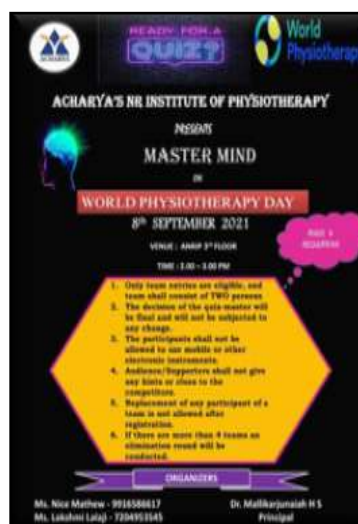
27. Onam 2021

Onam 2021 was celebrated on 21st August 2021 with faculty and students. It was organised by Mr. Jeslin T Achens.



28. World physiotherapy day Quiz 2021.

Mater Mind – quiz competition was held on World Physiotherapy day (8th September, 2021). Preliminary rounds leading to final four teams were selected. Anand and Tuba were the winners. Mrs. Nice Mathew and Ms. Lakshmi Lalaji organised the event under the guidance of Dr. Mallikarjunaiah H S.



29. World Optometry day

College conducted World Optometry day on 23rd March 2021



30. Award and Recognition for our BPT Students at inter collegiate level

We are proud of our students Ms. Sabita Mallik and Ms. Thanushree S who have won accolades at intercollegiate level.



31. PNF dance

Academics can be fun. PNF dance patterns were collaborated as collage. It has been shot as a video under Mrs. Shilpa Dugani Burji of the second year BPT students.



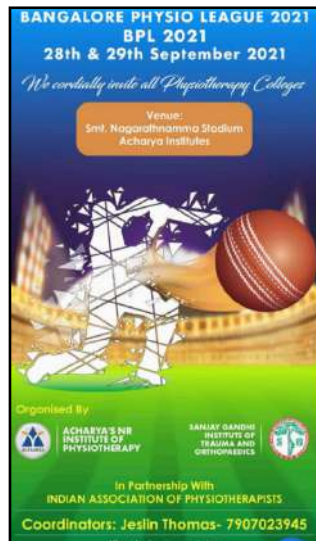
32. Mime and Skit :

Mime and a skit have been shot and will be released soon by the first year BPT students, under the guidance of Mr. Jeslin T Achens.



33. Bangalore Premier League

Acharya's NR institute of physiotherapy and Sanjay Gandhi institute of trauma and orthopedics organized a cricket tournament on Acharya grounds in partnership with Indian Association of physiotherapists on 28th and 29th September 2021. It was coordinated by Mr. Jeslin T Achens.



34. LIC INSPECTION DAY

LIC inspection was conducted and the proceedings were smooth on 7.7.2021.



35. IAP INSPECTION

IAP inspection was conducted and the proceedings were smooth and held on 23.4.2021.



UNACQUAINTED AREAS OF PHYSIOTHERAPY PRACTICES – ELECTROMOTIVE DRUG ADMINISTRATION & IT'S USES



Dr. Mallikarjunaiah H S
Principal and Professor

Unacquainted, Unexploited, Untouched area of Physiotherapy practice which is strange but true. These are various techniques, which are not used often to treat as a weapon for any ailments or impairments. There was some news in 2011 & 2012 at BBC & also highlighted in chartered society of physiotherapy website. Stating that "Physiotherapist gain new power to pre-scribe medicines independently after campaigning by CSP, where BBC updates physiotherapists may get medicine prescribing rights. This news provoked us to do a study on these areas of physiotherapy practice using medicine. We did a cross sectional study in 2013 to understand the use of medicine in PT practices. We got response from various physiotherapists practicing in and around Bangalore. Interestingly we got response where 90% of PT's never used medicines in their practice 6% used medicine sometimes & 4% used always. Results of this study which provoked us to know what type of medicines were used in physiotherapy practices. Those PT's used medicines in physiotherapy practices are by use of phonophoresis, i.e., use of gel during ultrasound and prescription of ointment/gel during their practices. This highlighted that the deficiency or lack of knowledge about EMDA/Iontophoresis. Transdermal Drug Delivery system, Electromotive Drug administration (EMDA) or Iontophoresis which is one of the sources of drug administration, which is not explored. There are

studies which states that "there are mainly two methods of drug administration under the scope of PT practices i.e., phonophoresis & Iontophoresis". As per study there is a lack of quantifications when it comes to comparison between Iontophoresis and Phonophoresis. Most measurement are done in reaction to pain reduction rather than depths of muscle/tissue penetration. Although Iontophoresis & Phonophoresis are promising methods of enhancing topical delivery of both dermatological & non-dermatological drugs its efficiency needs to be tested.

Iontophoresis was first developed & re-researched over a century ago. Iontophoresis is use of Direct current to facilitate delivery of ions in to the skin for therapeutic purposes. Where positive Electrode (Anode) delivers (+) ions & negative Electrode (Cathode) delivers (-) ions, which works within a principle of polarity. The delivery of drug depends upon the concentration of the ion, pH of the solution, molecular size of the solute, current density, and duration of the treatment. These are lot of advantages. When it is compared with other sources of drug delivery options like, Enhanced drug penetration (of selected drugs) over passive transport, allows strict control of transdermal penetration rates. permits rapid termination of drug delivery through termination of current, skin remains intact, therefore low risk of introducing infection, less anxiety provoking, less painful than injection, not immunologically sensitizing, In many cases, greater patient satisfaction, home units available for iontophoresis. These are various devices available in the markets like Dupel DC. Iontopatch, Action patch and the newest of these are HYBRESIS by EMPI. There are different patches available in market where the delivery of drug is yet to be tested through Iontophoresis like fentanyl patches used as Analgesic, Lido-caine patch used as Analgesic for post therapeutic neuralgia, Clonidine used to treat hypertension, Nitroglycerin used to treat Angina & nicotine used for smoking cessation. Even micro needle patches are currently being explored as mechanism to deliver vaccines & larger macromolecules.

So, use of Unacquainted Physiotherapy techniques as an adjunct combined with the other available treatment options should meet the challenges arising from different neuromusculoskeletal impairments & a new door for a clinical physiotherapy practice.

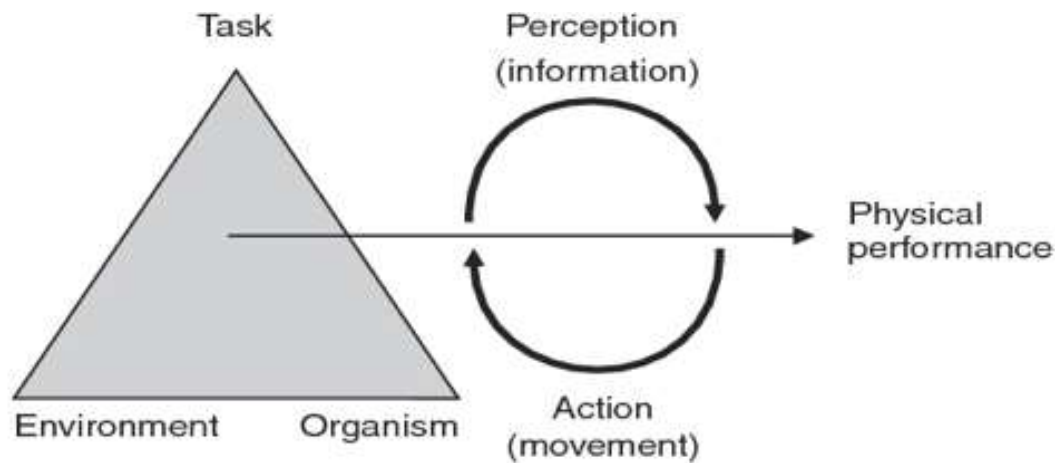
UNDERSTANDING MOVEMENT DEVELOPMENT ACROSS LIFESPAN



Mrs. Sharada Lakshmana Nayak
Associate Professor

Human movement is most celebrated achievement across the globe. From fine moving dancers, sharp moving bowler, quick reacting fighters to the achieving sitting and first steps taken by a toddler, we humans have always held movement as a scale to judge the progress of human race. This movement is however not as simple as

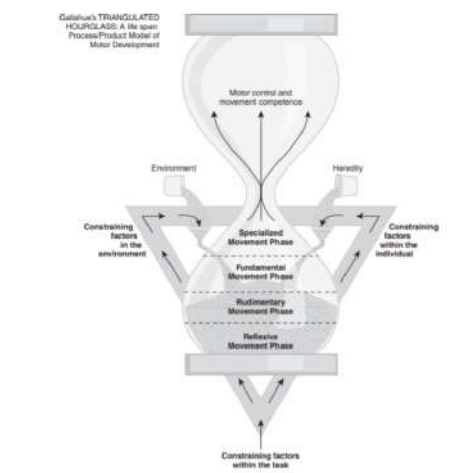
it looks like. Most often than not, ability to move is taken for granted. The movement which comes into display is an intricate amalgamation of interactions between person, task and the environment. These factors specially the internal and external environment play a major role in dictating movement



Our trust with movement begins right in our mother's womb. The womb provides us with a secure environment to move and explore. During these explorations when the child's limbs hit against the wall of the womb, the joints and muscles start developing. Unknown to all, the balance required for walking and hopping later in life too starts developing. Thus, ensuring maternal health is an important prerequisite for well defined movement. It is the mother's body that provides for all required nutrients and environment for developing baby and nurtures the developing brain and the movement system.

Once out of the womb, the human baby demonstrates mastery over many milestones over a time period. The simple tasks such as lifting head, rolling over are in reality built over a background of umpteen failures and may be, that is why, each milestone is celebrated by parents all over the

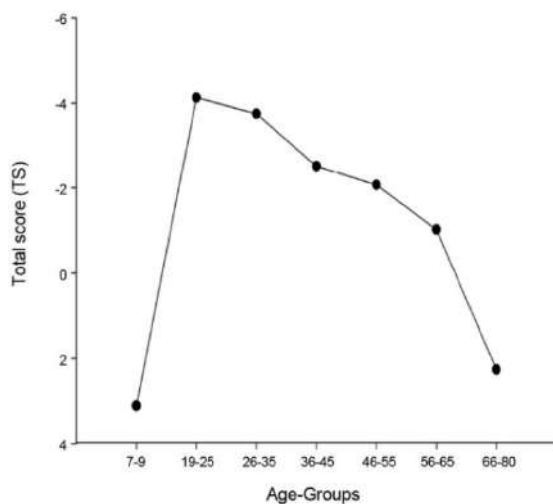
world! These failures, which are not noticed and recognized, form the base of movement repertoire for later life. They are the foundation to well executed movements at a later date. This is evident when one watches videos of world class players define their skill from their amateur days to present date.



UNDERSTANDING MOVEMENT DEVELOPMENT ACROSS LIFESPAN

Levensen et al in their study of movement across lifespan have established the fact that movements become mature and fine between the ages of 7 and 25 and then they start dipping in their fineness. It was seen that there is a steady drop in the quality of movement up to 65 years of age. After 65 years of age, movement drastically deteriorates.

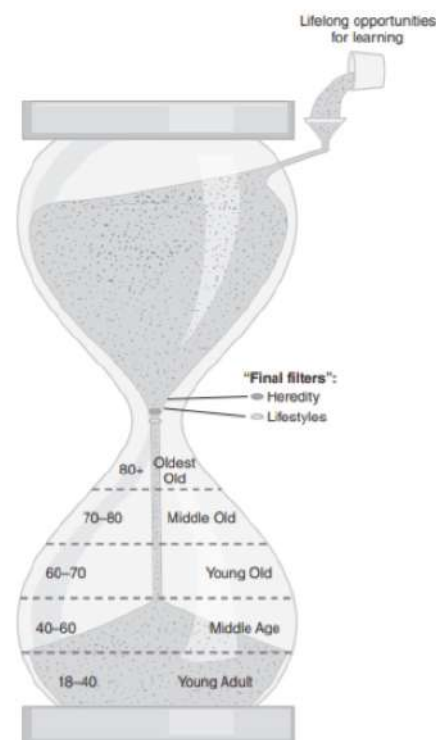
(From Children to Adults: Motor Performance across the Life-Span - Scientific Figure on ResearchGate. Available from: https://www.researchgate.net/figure/Negative-values-indicate-better-performance_fig1_227712535)



Gallahue's triangulated hourglass subtly emphasizes the role of heredity and environment in movement competencies. Thus, when provided with an enriched environment for exploration and trial an individual's movement can get refined and exemplary. The question which arises after this is, what leads to deterioration of the movement that was gained through the lifetime till 25 years of age? The answer which many would prefer to hear is the aging process. Well! If you think that, you are not absolutely wrong! But you are not completely right either!!

Aging is like an amalgam of hereditary factors and environment which is catalyzed by our lifestyles. The hereditary factor acts like a sieve when it comes to filtering the life-long learned movements. When our movement passes through this sieve, it comes across the next screen which is tighter than the hereditary filter and that is the lifestyle filter. Our lifestyles dictate the retrogression of our motor skill. We can control the depreciation of movement quality and our skills by managing our lifestyle. The lifestyle factors are nonetheless diet, habits, addictions, exercise and physical activity.

Researches on learning and retention of movement have demonstrated the ability of brain to mould to accommodate newer learning. This ability of brain to mould decreases with age. Constant involvement in physical activity ensures better mobility, balance and control at later ages.



NEW ADVANCES IN PHYSICAL THERAPY REHABILITATION



Mrs. Shilpa Dugani Burji
Associate Professor



We live in an age of rapid technology advancements and it is expected that a flood of new technologies will be introduced within the rehabilitation space. The field of physical therapy is constantly changing as new treatment methods, and technologies emerge to improve both diagnosis and therapy practices. Recent developments have pushed the industry in new directions and led Physiotherapy to update approaches in a variety of ways. Physical therapists follow this approach in order to maximize the benefit to their patients.

The face of neurorehabilitation has progressively changed in recent years. New technologies have been reported to enhance the effectiveness of rehabilitation strategies in these conditions.

They include Robotic-Assisted Gait Training (RAGT), Virtual Reality (VR), Functional Electrical Stimulation (FES), Non-Invasive Brain Stimulation (NIBS) to enhance the intensity and quality of neurorehabilitation, and to manipulate brain excitability and plasticity, as well as innovative approaches such as assistive technology and domotics. Virtual Reality (VR) is often associated with gaming and niche use cases, but physical therapists have successfully applied VR and continue to discover new uses.

VR rehab allows patients to pursue treatment in an immersive environment that's different from any other treatment experience. Similarly The Nintendo Wii and its peripheral balance board have been

proposed as a training tool to improve standing balance in the elderly, adults with total knee replacements, post-stroke patients, and patients with Parkinson's disease. The use of Robot-Assisted Gait Training (RAGT) for regaining and improving walking ability has increased among survivors of stroke. During RAGT, the patient is placed in a supportive harness, and a robotic exoskeleton is attached to their lower extremities. In conjunction with Conventional Physical Therapy (CPT), it may result in significantly greater improvements in locomotor function than conservative management alone.

By side with latest techniques during the COVID-19 pandemic, the need for tele-health has come into practices as patients were less able to safely attend in-person, particularly if they are chronic diseases. Telerehabilitation has been defined as "the delivery of rehabilitation services via information and communication technologies," and encompasses services that include assessment, prevention, treatment, education, and counseling. Telehealth is considered to be a proactive step to prevent decline in individual's health.

Acharya's NR Institute of Physiotherapy has inculcated new technologies in clinical practices and academic education. Some of them are LASER, Shockwave Diathermy, Bodyweight supported treadmill training, Bosu Ball, Manipulator, Posture Grid. The demand for rehabilitation services will increase as evidence accrues for their effectiveness and as more people survive longer with substantial disability. Current evidences on new technologies strongly support the provision of well organized, coordinated, multidisciplinary rehabilitation services based on a problem oriented approach. In future, specific interventions will be more evidence based, leading to more appropriate use of interventions and more appropriate referrals to specialist services.

NEW ADVANCES IN PHYSICAL THERAPY REHABILITATION

Covid 19 has also impacted the normal dai-ly life of all the individuals globally. Since then there are various norms that are prac-ticed in societal life like wearing masks, so-cial distancing, wearing PPE kits, and quar-antine. However, these norms have affected the clinical practices, medical education and research activities. Hence, introducing new advances in clinical practices can give a bet-ter outcome of intervention with less manu-al handling and allow conducting a good academic practices and research activities.



Postural Grid, Body Weight Supported Treadmill
Training Biomechanics Laborato-ry, Acharya's
NR Institute of Physiotherapy.



MYTHS AND FACTS ABOUT PHYSIOTHERAPY



Amit Kumar Singh
Assistant Professor



Physiotherapy is a well-known term today. We all have heard about physiotherapy. But what percentage folks actually understand the term? All round the globe, it's been helping people recover, rehabilitate and transform their lives. While the demand for physiotherapists continues to rise and lots of consumers are experiencing the transformative effects of physiotherapy, some misconceptions persist.

There are a number of myths and misconceptions about physiotherapy, including its use, what is involved and the cost. So, here are some facts to dispel the common myths and explain what an effective form of treatment it can be.

Myth: I want a doctor's referral to ascertain a physiotherapist.

Fact: Imaging won't reveal a stiff joint, tight muscles, or weak muscles. Physiotherapists are extremely thorough when screening their patients. At your first visit they take a very detailed medical history and perform specific assessments. Patients can seek treatment from a physiotherapist without a doctor's prior referral.

Myth: Physiotherapy is painful.

Fact: Physiotherapists seek to attenuate pain and discomfort—even if it's chronic or long-term. They work within the range of your absolute threshold to assist you heal, and re-store movement

Myth: Physiotherapy is merely for injuries and accidents.

Fact: Physiotherapy can be used to help a diverse group of people wanting to keep active.

Myth: Surgery is the final/only option.

Fact: From treating degenerative disc disease, rotator cuff tears, forms of knee osteoarthritis to

meniscal tears, physiotherapy has proven to be as effective as surgery. Therefore having surgery isn't your only option. Consult a physiotherapist and you could be glad to have made that choice in the long run. In many cases, physiotherapy has been shown to get on par with surgery in treating a good range of conditions – from structure tears and degenerative disk disease to meniscal tears and a few sorts of knee osteoarthritis.

Myth: Physiotherapy is an art not science

Fact: One of the most common myths around physiotherapy is that it is an art and physiotherapists are artists. In actuality, physiotherapists are qualified to assess, diagnose and treat disabilities.

Myth: Treats only muscle pain

Fact: Physiotherapists are qualified to treat wide selection of diseases and their expertise isn't limited to muscle pain and ligament related issues. Conditions like vestibular rehabilitation, paralysis, sports injuries, chronic pain, pelvic floor rehabilitation and lots of more are often treated by physiotherapy.

Myth: Healing takes a long time

Fact: Another common myth around it's that it takes forever to heal. Though Physiotherapy aims at complete cure and not just temporary fix, results are usually visible in few sessions. Depending on the severity of the matter, the treatment plan can vary and could be longer than others but results are visible from the initial sessions itself.

Myth: Modernized term for massage therapy

Fact: Physiotherapy and massage are two completely separate things. Physiotherapy may be a practice to cure pain and disabilities while on the opposite hand, massage may be a practice for relaxation. Besides, physiotherapy is predicated on comprehensive historical study, physical examination and diagnosis.

Myth: It is expensive

Fact: It is quite reasonably priced nowadays. Many hospitals and residential healthcare services lately provide physiotherapy treatment at affordable prices making it attainable for all.

Myth: Physiotherapists are diploma holders

Fact: On the contrary, it's a correct course of 4 years followed by 6 months of internship. Physiotherapists are qualified to diagnose and treat acute to chronic pain.

IS IT SAFE TO EXERCISE AFTER PREGNANCY?



Mrs. Nice Mathew
Assistant Professor



Exercise is one most sought after ways to improve physical and mental well-being. When it comes to a stage post pregnancy better termed as postpartum, the barricades to not perform physical activity overpowers the needs. But in all aspects exercise reduces risk of obesity, metabolic conditions and postpartum depression.

Physiotherapists play an important role in implementation of exercise which includes educating the women about the same.

Childbirth initiates a significant change in woman's life. They experience a sundry of emotions from the time they realize to the time they give birth. Postpartum they have to adjust their bodies to not only themselves but for the baby as well. They have to tend to all baby needs. This is usually the phase where they transition to prioritizing others over themselves. Lack of motivation, fatigue, lack of sleep, domestic chores, abdominal pain and scar tissue stiffness unpredictable routines lack of support from family friends and other mothers are identified as barriers for exercise. A huge connect in postpartum is the breastfeeding. The initiation and maintenance and responsibility lies on the mom.



Postpartum exercise has 3 R's with it:

- Rest and Rehabilitation
- Recovery
- Return to exercise

Rest and Rehabilitation:

It is the very first phase post delivery. Rest is equally important after the marathon the body has gone through. The main goal during this phase would be to regain function at the earliest. Relieving aches and pain of the spine should be a prime goal.

Recovery:

With respect to pelvic floor functioning takes place in a steady manner. Working on posture especially during breastfeeding is taken care by or advised by physiotherapists. Mobility and stretching are part of the postpartum protocol done by physiotherapists.

Return to exercise will include strengthening:

This pertains to pelvic floor muscles, more optimal breathing pattern, strength through trunk muscles aerobic fitness.

All the above may be subjective to change depending upon the delivery whether it was normal natural birth or cesarean section birth. Meanwhile walking is recommended in all phases for better functioning. Before any exercise is started, pre pregnancy fitness is of utmost importance.

Physical Benefits of exercise:

- Enhances the cardiovascular health and improves aerobic function.
- Reduces body fat
- Improves bone mineral density

Mental and emotional benefits:

- Positive effect on well being and depression symptoms
- Improves mood
- Reduces postpartum anxiety

Overall benefits:

- Protects against -any chronic disease
- It boosts energy.
- Improves respiratory function
- Reduces risk of heart disease
- It helps strengthen and tone abdominal muscles.
- It may help prevent postpartum depression.
- Better sleep is initiated.
- It relieves stress.
- Extra weight gained during pregnancy can be shed.

With all the mentioned benefits, women and society in general are bogged down with a couple of myths too.

IS IT SAFE TO EXERCISE AFTER PREGNANCY?

Myth 1:

Going back to “normal” is never going to happen- Firstly a statement like this only undermines the confidence of the woman. Exercise does help in core strengthening. And one can never say never, because evidence states that exercise helps.

Myth 2:

You cannot exercise in first “three” months- There is usually a check up at 6 weeks postpartum in all deliveries. If the doctor says that you can start exercise, you can. One should not underestimate rest and recovery, but a proper regimen can be charted out as per the needs.

Myth 3:

Your milk supply will “reduce” if you exercise – Evidence states that staying hydrated and taking good breaks in between will not in any way reduce the milk supply.

These are just some of the many myths that have been going around the corner.

So, it is clear that exercise in the postpartum period is beneficial but is either skipped or missed with the many barriers surrounding it. A physiotherapist can guide a woman through her childbirth and postpartum experience with her expertise.



IMPORTANCE OF PHYSIOTHERAPY IN WOMEN'S HEALTH AND FITNESS



Mrs. Sheethal Tony
Lecturer



A Physiotherapist has a major role in rehabilitation team whose aim is to restore movement and function and thus improving physical performance. Physiotherapists help patients in every aspect of their existence. And when it comes to women's health, a physiotherapist can help to relieve pain in various gynaecological conditions and can assist the women to restore health and to promote physical and mental welfare.

A Physiotherapist mainly focus on certain areas including prenatal and postnatal care, neuromuscular conditions, prolapse, varicose vein, pelvic floor dysfunctions, osteoporosis, urinary incontinence and generalised wellness programmes. Physiotherapy acknowledges the female population and assist women for a stress-free and pain-free life. Pregnancy is a very important phase in women's life. However, this phase involves a lot of health issues and stress. There are certain health conditions that occurs in pregnancy. A physiotherapist helps relieve these health conditions and offer a symptomatic cure to them. The common health concerns in pregnancy include low back pain, abnormal postures, pelvic floor dysfunctions, urinary incontinence, diastasis recti, injuries, joint pain, carpal tunnel syndrome etc. All these are common as the body adapts to the new changes in posture and hormones. Physiotherapy plays a crucial role in obstetric care that includes both prenatal and postnatal services. Physiotherapists specialized in lower and upper

back care and healthy modification of daily activities provide an optimal posture and thereby reducing the postural dysfunction among pregnant women.

Women's health Physiotherapists trained in Pilates use it during pregnancy to get the muscles strong- including pelvic floor- ready for further changes in the body and managing with all the challenges of the post-natal period. It is a non-impact workout that increases flexibility, strength and muscle tone, and is very safe to practice during pregnancy. It focuses on core muscles. Practicing Pilates on a regular basis can improve posture, reduces backaches, and ultimately help with labour and delivery. Pilates is very important during pregnancy and it effectively manage the stress on the body. Physiotherapists promote the participation of pregnant women in healthy activities and various exercises that strengthen their abilities. Physiotherapy offers a range of physical therapies to help women reduce pain and make pregnancy more comfortable. Physiotherapy promotes stabilization exercises focusing on the muscles around the spine and help reduce back pain. Research suggests that physical therapy is effective in minimizing the urinary incontinence. Physiotherapists help to restore flexibility. Physiotherapists help to restore flexibility enhancements so that pregnancy and labour become easier. A physiotherapist's role promotes the active participation of women into healthy exercises. They generate proper guidelines by examining the woman's posture, abdominal muscle gap, pelvic floor muscle function and respiration. They help create a detailed plan to rehabilitate the pelvic floor muscles and abdominal muscles after the childbirth.

Fitness is also very important for good health. Besides feeling better mentally, exercising can help protect from certain diseases and it can increase bone density and it also improves the quality of life. The scope of physiotherapy in women's health has increased recently to include all health concerns of women. All females, at any stage of their life span, even from childhood to child bearing age group and to the geriatric group has greater benefits from physical therapy.

REHABILITATION BASED SOLUTIONS FOR ARTHRO-GENIC MUSCLE INHIBITION



Jeslin T Achens
Lecturer



Following knee injury/ knee surgery or in patients with knee joint osteoarthritis, marked weakness and atrophy of the quadriceps muscle have been clinically observed. One of the possible mechanisms responsible for this is Arthrogenous Muscle Inhibition (AMI). In AMI, the quadriceps fails to activate due to neural inhibition. AMI can be caused due to changes in muscle resting motor thresholds, alterations in the discharge of articular sensory receptors, re-modelled spinal reflex excitability, and abnormal cortical activity. Thus, limiting the muscle from attaining a complete contraction and can lead to further extension deficit, gait abnormality, dynamic instability, and persistent pain. The sufficient strength and endurance of the quadriceps muscle are quintessential for normal knee joint biomechanics. Various therapeutic interventions which can effectively help rehabilitation specialists counter AMI are as follows:

Cryotherapy

Cryotherapy is a non-invasive and effective method to treat AMI. Research has indicated that the application of cryotherapy before quadriceps strengthening provides the therapist a window period during which more activation of quadriceps musculature can be attained

Transcutaneous Electrical Nerve Stimulation (TENS)
TENS can increase quadriceps activation during subsequent maximal voluntary contractions. Research has indicated that application of high

frequency (150Hz, pulse width 0.15 seconds) TENS to OA knee joint can significantly improve quadriceps activation when applied during the patient's maximal voluntary muscle contraction

Neuromuscular electrical stimulation (NMES)

NMES can activate the quadriceps muscle directly by circumventing the inhibited motor neuron pool, therefore, helping to reduce atrophy and weakness. NMES in conjunction with volitional training has been found more beneficial to patients recuperating from knee injuries.)

NMES combined with eccentric exercises demonstrated restored biomechanical limb symmetry. Furthermore, the benefits of NMES appear to be dose dependant, with high intensity, since maximum stimulations tolerated by the patient, prove to be more effective than those at higher intensities casualties. In contrast, a randomized controlled trial (Pettersen S C et al, 2009) recently reported that there is no difference in the change in quadriceps strength and central activation 3-12 months after knee replacement in a group that underwent solely to resistance training compared to a group that underwent resistance training combined with NMES. Exercise Significant improvement in quadriceps activation was also seen after the administration of 3 exercise programmes. These consisted of open chain exercises with resistance, progressive closed chain strengthening exercise of quadriceps and hamstring muscles. Resistance exercises included quadriceps sets, straight leg raises (SLR) with hip abduction/adduction and progression to free standing, quarter squats, wall squats, hamstring curls, hip flexion / extension, leg press. Flexibility was attained using hamstring, quadriceps and calf stretching exercises

Electromyographic biofeedback (EMG biofeedback)
EMG biofeedback consists of electrodes placed over patient's skin directly above the target muscle which records the electrical signals from the muscle and produces visual or auditory output.

REHABILITATION BASED SOLUTIONS FOR ARTHRO-GENIC MUSCLE INHIBITION

EMG biofeedback along with exercises has been established as an effective method to counter AMI. The visual feedback given by the EMG biofeedback helps to increase the neuronal activity in the motor cortex and increases the muscular force.

Conclusion

Cryotherapy and physical exercise should form the mainstay for the management of AMI. Exercise should include traditional quadriceps and hamstring

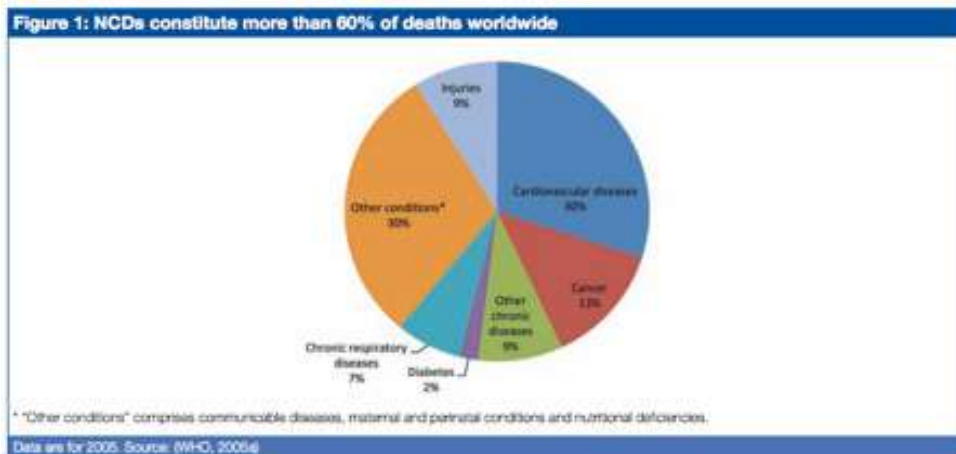
muscles, open chain exercise with resistance, progressive closed chain strengthening exercises as well as hamstring fatiguing exercises. Even though electrotherapeutic modalities seem to show results, it should only complement the exercise regime and not to be given as the stand alone treatment. After all, it is the duty of therapist to put forward the message "Exercise is the best medicine" out to the world



ROLE OF PHYSIOTHERAPY IN NON - COMMUNICABLE DISEASES



Mr. Algarasan P
Assistant Professor



Healthy Living is a dream for all, but only a few achieve it by adopting a good lifestyle.

As we know, the world becomes faster every day and coping up with its speed is a challenge for us. In this situation of the COVID 19 pandemic, we all learnt to be more hygienic and protective however there was a new threat that became more evident. We could not ignore the ever-challenging "Non-Communicable Diseases". Non-Communicable Diseases are being responsible for about 40% of worldwide every year and the burden of non-communicable diseases is felt more in Low to moderate-income countries like India.

Are medications enough to stay away or manage these NCDs? -- "NO". This is where Physiotherapists step into the role of NCDs Preventers and Managers. Physiotherapists have NON- COMMUNICABLE diseases (NCDs) are defined as diseases of long duration, generally slow progression and they are the major cause of adult mortality and morbidity worldwide Some examples of Non-Communicable Diseases are:

- Cardio Vascular diseases (like Stroke, Atherosclerosis etc.,)
- Cancer
- Chronic Respiratory diseases (like Asthma, COPD etc.,)
- Diabetes Mellitus

always advocated for movement and physical activity.

Physical Activity remains one of the important modifiable risk factors for many Non-Communicable Diseases. World Health Organization provides general recommendations for physical activity to people in different age groups.

Though this general recommendation of Physical Activity may be beneficial, a tailor-made, specific exercise programme may benefit higher.

Being Physiotherapists, we can provide evidence-based interventions that can reduce the incidence of NCDs and associated disability and mortality. We play a vital role in preventing and managing NCDs by:

- Providing evidence-based primary and secondary prevention programmes;
- Promoting health and quality of life; and
- Improving and maintaining physical activity levels and functional independence

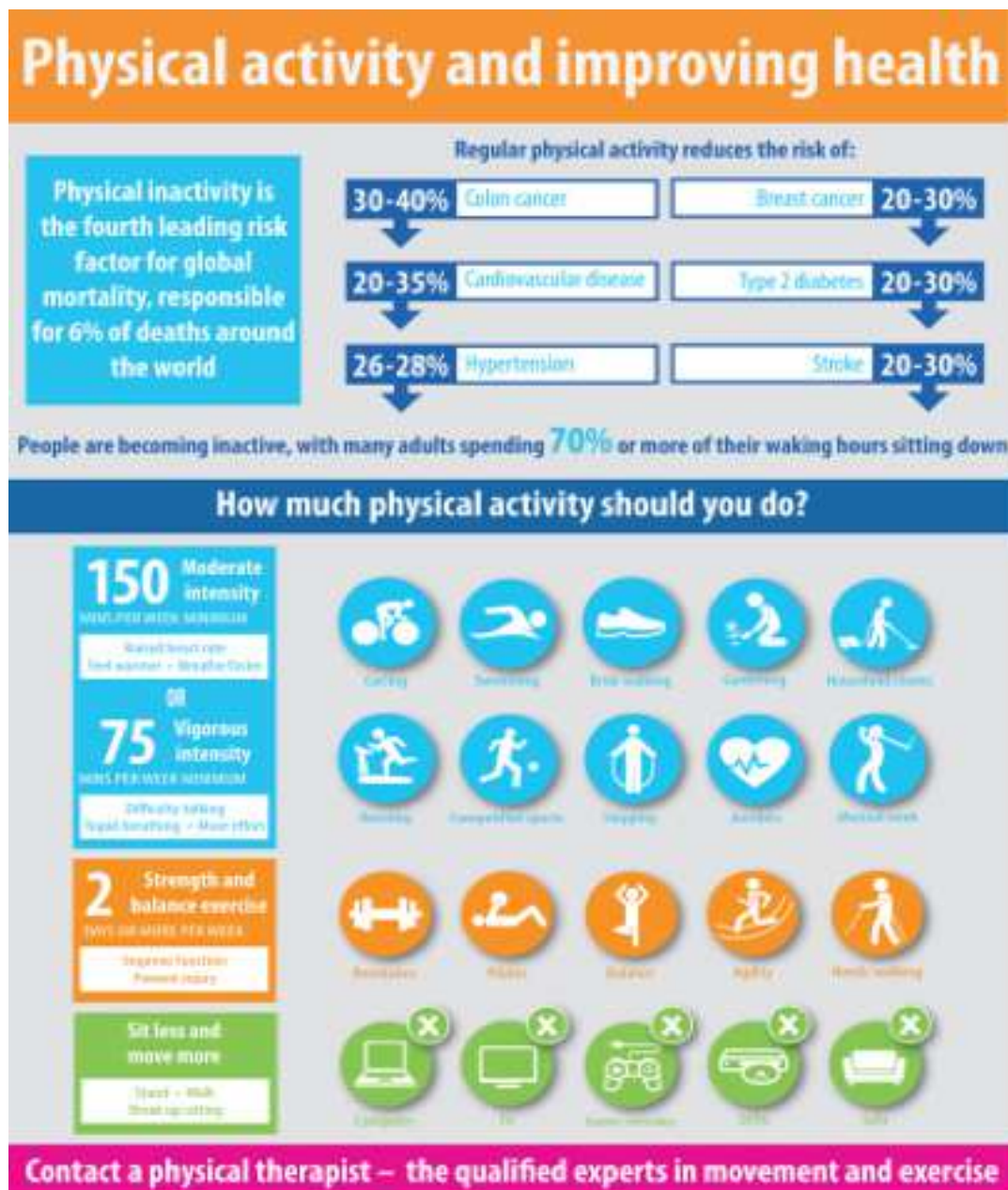
Though people are aware of physical activity and indulge in various cardio workouts, strength training is often overlooked in their exercise routine.

ROLE OF PHYSIOTHERAPY IN NON - COMMUNICABLE DISEASES

World Health Organisation recommends incorporating strength training in the regular exercise programme. Recent evidence are advocating that exercise regimens with strength training can improve the overall physical, mental and social well being of humans. Muscle strengthening works well especially in metabolic conditions like dia-betes, obesity and a range of other conditions.

To conclude, we Physiotherapist would like to inform the general public that we work very dedicatedly to prevent and reduce the burden of NON – COMMUNICABLE DISEASES and disseminate the evidence-based Physiotherapy measures to achieve the same.

HEALTH CARE SERVICES ARE THE RIGHT OF EVERY INDIVIDUAL AND THEY MUST BE ACCESSIBLE AND AFFORDABLE TO EVERYONE



STUDENT ARTICLES AND POETRY

ACHARYA ...MY COLLEGE OF DREAMS



Ms. Puja Sah
2nd year BPT student



ACHARYA, the institute where thousands of students from different parts of the globe come with a dream to enlighten their future by getting admission in various fields be it Graduate studies or engineering or architecture and even physiotherapy.

Dreaming big is good but to make your dream come true, a college with best facilities and experienced teachers are the backbone of those vivid dreams. While taking admission anywhere you might think of a big building, well equipped laboratories and an awesome learning environment, I too had the same feelings.

I am Puja, 2nd year BPT student of Acharya's NR institute of physiotherapy. I consider myself as one of the luckiest, since I am a student of this institute. The college has upgraded my confidence. Here every teacher treats students well and love them as a family member. Well, I am so glad being a member of this reputed university. The environment maintained in teaching and learning process inside the institute along with the classmates and teacher are beyond expression. The college also conducts programs or activities which helps us to learn things differently. This has been mainly possible because of our principal sir. Acharya Institutes is definitely been leading and prioritizing quality education since 1990. Quality means 'Acharya institute'. Lastly, the world is here is here at Acharya institute, where are you?



MY EXPERIENCE OF ONLINE CLASSES DURING LOCKDOWN



Ms. Sneha
2nd year BPT student



Covid 19, the pandemic which has hit the whole world really hard. Right from the professionals to small children everyone got affected.

I'm sure no one could have imagined that the academics would go in the way it started off, ONLINE. New experiences come with their own challenges. It is fairly easy to get distracted while being stuck at home with entire family and listening to classes, the main challenge for me was maintaining the same levels of discipline to my studies despite being at home.

Overall, my experience during lockdown and with online learning has been as positive as it could be. The support from the college and the lecturers helped me a lot in being kept up to date at every stage of online classes. It was a novel experience that we could study better in this way also.

But I like to be in a physical classroom than being in online classes. Sometimes due to poor internet connection, it gets strenuous to understand the concepts teachers are trying to explain. But our college teachers have made efforts to detail things in a different manner and made it a very good experience in learning things easily.

So, at last, I would like to say that we should always take part in online lectures, it increases our motivational levels and helps to learn things in different modes. Maybe it could be something we see more often in the near future. So it becomes a responsibility on us too as a student whether online or offline. Online learning has opened up many avenues for me, hope it has for you



OUR FIRST ONAM CELEBRATION AT ACHARYA'S NR INSTITUTE OF PHYSIOTHERAPY



Mr. Vishnu
2nd year BPT student



On September 3rd, 2019, we started our journey in Acharya's NR Institute Of Physiotherapy. After joining in this college, we had a teacher's day celebration on the 2nd day of our college. But on that day, we couldn't celebrate as well as we wanted to. Because as you all can imagine it was a celebration too soon like on the second day of our new professional life with many new people, college and totally new city too. But in one week's time came Onam. This time we did not leave the chance to participate and celebrate. We all were waiting for a day to celebrate our beginning of college life.

We all were surprised and were very excited to celebrate Onam, cause for many of us it was first time away from home. We had a blast on that day. We celebrated Onam with Allied Health Science students. We made an amazing flower rangoli (pookalam) and had many games also on that day. All the students and faculties enjoyed the celebrations throughout. At last we concluded our celebration with an awesome "Paayasam", a sweet delicacy.

That Onam is an unforgettable onam in our life.



MORE ABOUT ACHARYA INSTITUTE.....!



Ms. Anjali Bhusal
2nd year BPT student



Acharya Institute is one of the best Health Science college located in Bangalore, India. It has the Department of Physiotherapy with well-equipped Laboratory & Library. The college is one of a kind with infrastructure and beautiful environment and a green campus.

The teaching staffs here are friendly, helpful & well experienced and are always ready to clear the doubts and queries. Bachelor of Physiotherapy is a 4 year undergraduate professional programme. The course consists of subjects like biomechanics, manual therapy, exercise therapy & electro therapy that remediates impairment and promotes mobility

& function. Curriculum wise, theoretically & practically, the faculty members always encourage and educate us along with the extra curriculum activities where they try to train us It assists us in the up skill of our ability. During the Pandemic which resulted in lockdown for several months affecting classes. We had our exams in late March, 2021. The teaching staffs assisted us with online classes and helped us to cover and go through all the syllabus, which was really helpful for the exam. Lastly, I appreciate & want to thank the principal sir and teachers for their effort & dedication.



TODAY IT HURTS, TOMORROW IT WORKS



Mohammad Zeeshan
2nd year BPT student



“Don't let injuries knock you out”

Get physiotherapy, get healed

Maximal movement and functional ability can be resorted by different services in physical therapy. People aged from wide range can be accommodated by the type of pain or intensity they possess.

What Do they Do?

Physios are well cooperative with patients about movement analysis & their care in practice sessions.

1. Physiotherapists firstly assess the injury then diagnose it.
2. Treatment plan are provided to set goals for rehabilitation.

3. You are prescribed a course of exercise and any assistive devices needed.

“Treating the cause of pain, not just symptoms”

Why physiotherapy?

Physiotherapists use their knowledge & skills to improve movement related to various body systems of their client

1. Neurological: stroke, Parkinson's
2. Respiratory: asthma, chronic obstructive pulmonary disease
3. Neuromusculoskeletal: arthritis, back pain
4. Cardiovascular: rehabilitation after heart attack, chronic heart disease

Physiotherapist supremely focus on prevention and rehabilitation Treatment is desired on disabilities, injury



MY JOURNEY AS A PHYSIOTHERAPY STUDENT



Ms. Tuba Gani Shaikh
1st year BPT student



My journey of becoming a physiotherapist started with a bag full of hopes and dreams of becoming a really successful doctor. Taking admission in Acharya institute of physiotherapy Bangalore was really challenging for me as I am from Maharashtra and moving to a new place, surrounded by new people who belong to different states with different language speaking was difficult. I was quite nervous. But surprisingly I got good vibes here. Acharya college is one of the best colleges in Bangalore. The infrastructure has an aesthetic nature and is marvellous. The teachers are really kind and always ready to help irrespective to whether it is related to studies or

extra-curricular activities. We have got the best teachers who are extremely knowledgeable. Our principal sir is too kind and frequently visits the classroom. He doesn't leave a chance to not motivate us. We also get a chance to participate in all cultural events conducted in the college. We also got the chance to do first ever dissection of the cadaver for anatomy. This was our first and it was a really great experience. The last few months we got many new things to learn and to do. The icing was wearing a white apron with stethoscope. It gives me goosebumps. Truly, it's the best feeling in the world!

Choosing the physiotherapy course in Acharya was the best decision of my life!



THE BEGINNING OF A DREAM



Ms. Samruddhi
1st year BPT student



Everyone has aspirations and dreams, so did I. From becoming a pilot to doing hotel management just because my first cup of tea was appreciated, I have made many fairy tales in my head. My father meanwhile felt I should become an IPS officer. He told me to do study for UPSC & MPSC but I did not have the interest for it. It started becoming very difficult to choose what I should do for my future.

One day I went to my mother's friend home to visit. He was a physiotherapist. My mom was suffering with ankle joint pain. She was not able to walk. He performed therapy and advised few exercises. And after few days she was having relief. We again went for the follow up. And then I saw how happy she was to be pain free. That one moment I realized is it not wonderful to be pain free and what greater joy in making someone else feel the same.

That day I decided to be a "PHYSIOTHERAPIST". After a good amount of research from both my family and friends, we zeroed to get myself admitted at Acharya's NR institute of Physiotherapy.

I started my college first online on November 2, 2020 due to the pandemic. I was so excited to learn new things.

My dad was happy because I can use Dr as suffix on my name Then I came to college offline on December 3 2020. I way so happy to see huge University like campus.

Teachers are great, friendly and takes good effort to teach each & every student. I am so lucky to have my teachers. Because they have only one motto to make every student best physiotherapist. We get opportunities to celebrate many festival cultural programmes and sports too. Last but not the least I am blessed to get such a great friend circle who have become family in just few months.

I am so thankful to be in this college. My parents would be so proud of me to be graduated from this wonderful institute. It doesn't stop here my journey has just started. It is the beginning, waiting for it to unfurl in the coming months and years

MY JOURNEY TO ACHARYA'S NR INSTITUTE OF PHYSIOTHERAPY



Mr. Pradyumanna
1st year BPT student



I was born and brought up in a family where everyone belongs to Engineering stream. Until 10th I was so immature that I didn't even have a particular goal towards life. But I'm was and I am very much interested in cricket. In 11th grade, I had got a chance to take the first step in my life towards my goal.

I thought of becoming a cricketer but back then my parents didn't accept it. Later I was watching a cricket match where in a cricketer who got muscle cramps on field was attended by a physiotherapist. He came in and made sure that the player is fine and ready to bounce back in game. That was a turning point in my life when I found a way in which I can be a bit closer towards my dream. The main reason to get into this physiotherapy course is my passion towards sports. Now that my goal was set, next was to choose a college wisely. I came across many colleges in many places, suddenly **"ACHARYA'S NR INSTITUTE OF PHYSIOTHERAPY"** popped on my screen. I was so impressed with the infrastructure, labs and everything over there I

made up my mind and got myself admitted to Acharya. In these 10 months of my college life, I have improved in my academics and study patterns much more than before. My first experience in anatomy lab (where the dead teaches alive) was where I was pretty excited and scared at the same time while dissecting the cadaver. Now I have got used to it too. I have learnt how to cope up my studies and stress, it is definitely because of my teachers over here. I'm confident that within this 4.6years, I'll definitely collect bundle of knowledge and tons and tons of memories.

**"IF DOCTOR'S
SAVE LIVES,
THEN
A PHYSIOTHERAPIST
MAKES IT
WORTH
LIVING"**

IMPACT OF DIGITAL DEVICES IN COVID 19



Ms. Nimmi Yadav
1st year BPT student



As lockdowns continue across the world, many of us are heading online for help in every sector. With full time students and more casual home learners using technology more than before. There has been a boom in the online enrolment. In the last one year we have seen a diverse dependency from university courses to businesses to payments, all are virtual or online. Technology has done a havoc during this period. However, the drive towards resources centred around happiness and well-being might be telling about how stay-at-home measures are affecting populations. Students are a major part of this sample.

EFFECTS OF ISOLATION

With the new norms and protocols followed to help us for our health, isolation has taken charge. Social distancing and nil feelowships or meetings face to face has been the reason for the same. We are challenged to do what we want to or like to. One of the greatest aftereffects of isolation has been loneliness and further leading to depression.

In recent years, there has been much discussion about whether loneliness has reached epidemic levels, particularly among the young.

Our increasing dependence on technology and social media is usually cited as a contributing factor to loneliness, particularly in younger people. So its ironinc that the technology which has brought people close in years has suddenly left us to fend for ourselves. This has helped them in some way to debar loneliness during the COVID-19 outbreak. But nevertheless we still yearn and wait for the life before Covid hit the world.



ROLE OF PHYSIOTHERAPY IN TODAY'S LIFE



Ms. Abirami R
1st year BPT student



"Prevention is better than cure" but We all face unexpected disabilities or accidental injuries in our day to day life , Where the contribution of physiotherapist is greatly needed for the revitalization .

PHYSIOTHERAPY

P - PHYSICAL

H - HEALTH HELPS TO

Y - YOUTHENED BY

S - SUPPRESSING

I - ILLNESS ; TO WELLNESS BY

O - OMITTING THE DISCOMFORTS AND

T - TREATING WITH

H - HUMANITY TO

E - EDUCATE AND

R - REHABILITATE TO

A - ACHIEVE

P - PATIENT'S

Y - YOUNGNESS .

The disabilities can be sensory impairment, physical, cognitive impairment, or various kinds of illness. These disabilities have impact on normal functioning of the body. Physiotherapy helps to avoid unnecessary surgery and drug consumption.

course of treatment. physiotherapy can be equally effective for almost all conditions like knee osteoarthritis, back pain, etc. Physiotherapy will be more effective even during pre and post operational cases.

Physiotherapy helps to improve the mobility and motion without taking much more medicine or drugs that which usually bring side effects for our body. Physical activities will help to improve and sustain conditions like osteoporosis, fractures, injuries, stroke , etc .

Thus in today's life the role of physiotherapy will have a vital role in keeping everyone youthened irrespective to their age.

Proud to become a PHYSIOTHERAPIST!



ACHARYAN - MY IDENTITY



Ms. Abirami R
1st year BPT student



The word ACHARYA refers to Guru that means teacher.

A -ADORABLE

C -COLLEGE

H -HAVING

A -AWESOME

R -RESULTS

Y -YEILDING

A -ADOBE.

We are blessed to be a part of this college, where we can achieve our dream. The Guru's, the Ambiance, the care taken by our teachers are at par. Thank you so much for giving such an amazing, awesome atmosphere for learning. ACHARYA ... it's not only the name, but it is about all the staffs who are our ACHARYA s and are leading us to reach our goal. Our college aims that all of us reach the top pinnacle of success.



LIFE OF A PHYSIOTHERAPIST



Kankipati Vishnupriya
1st year BPT student



The process that is followed to treat deformity and injury of the entire body or a body part caused due to some ailment or accident is physiotherapy. Physical methods like heat treatment, massage and exercise are used to treat. There are no side effects during the treatment.

Medical as well as physical training is part of this field in order to detect and treat the problem of the patients and hence it turns out to be most promising. The above treatment methods are done by professionals called physiotherapists. They can help people at any stage of life, when movement and function are threatened by ageing, injury, diseases, disorders, conditions or environmental factors.

Employment Opportunities for Physiotherapists

Various industries and organizations hire physiotherapists with a relevant degree. The opportunities are plenty. Opportunities are based on the type of degree by the candidates also the practical exposure they have received from their institution. Candidates can check the list of these industries and select one according to their choice, interest and requirement.

Hospitals: Hospitals mainly hire physiotherapists to help treat the patients for different departments. Orthopaedic problems, obstetric problems, rehabilitation process are some of the issues along with cardiology, medical and surgical problems, etc. that physiotherapist deal with. These professionals work in close contact with the different specialists and experts of the medical field.

Corporate Houses: Corporate houses work for the health and fitness of their employees. They recruit physiotherapists for the same. The physiotherapists organise workshops and exercise sessions for the employees and promote them to stay fit and fine, both mentally and physically.

Private Clinics: Work of a physiotherapist in a private clinic is similar to that of a hospital. The difference lies in the number of patients and the different categories of treatments and specialties. The hospitals which are often termed as multi-specialty hospitals, but clinic maybe having not many specialities.

Universities: In universities, the physiotherapists are hired to teach students the healthy way of living. They are hired as professors or tutors to guide students through the subject-matter. They teach technical and theoretical parts to the students so that batch of new and well-trained physiotherapists are ready for the nation.

LIFE OF A PHYSIOTHERAPIST

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Rehabilitation Centres: These centres work mainly on improving the lives of patients admitted there, just like the name suggests. Physiotherapist here will help and support the experts working on the patients. Different exercises, for both mind and body, are taught by the physiotherapists in a rehabilitation centre.

Orthopaedic Clinics: An orthopaedic clinic focuses on problems related to deformities of muscles or bones. The role of a physiotherapist here is to train the patients to come out of their deformities with regular exercises. The physiotherapists work under the orthopaedic doctors and provide sessions to their patients at the clinic or at home.

Sports and Fitness Centres: A physiotherapist at a sports and fitness center works with the experts for the fitness of the clients. Maintaining the records of the clients and to figure out which fitness programme should be scheduled for a particular day, is also a task of the physiotherapists of the sports and fitness centers.

Defence Establishments: At a defence academy or establishment, the role of the physiotherapist rotates from planning the exercise sessions to treating the injuries of the defence personnel.

So, as you opportunities are plenty, and I am happy I am becoming a physiotherapist.

THE ACE OF THE ACES



Anand Hitendra Joshi
1st year BPT student

The tale begins at the felicitation of Major Ashish Sharma one of the highly decorated officers in the Dogra regiment. Doctors still in a state of shock about the death of a man who was recovering well after his surgery. The president announces Major Ashish Sharma's name as the winner of the prestigious param veer chakra award, Major Ashish has received this award for his display of valour and for his supreme sacrifice in rescuing 4 civilians and terminating the terrorists despite tanking a hail of bullets in his chest.

To receive this award on his behalf a tall, good-looking man wearing a full-fledged formal attire who still seemed to be mourning his friend's death, steps up and collects the award and heads back to his seat

Very unusually the C.O (commanding officer) of the regiment makes the officers linger a bit longer and calls forth the man who collected the award on behalf of major Ashish. The man who collected the award on behalf of major Ashish was Dr. Neelkanth Joshi a physiotherapist by profession, specialising in sports rehabilitation. The C.O requested Dr. Joshi to say a few words in the honour of his dear friend. Dr. Joshi reaches to the podium and greets

everyone present in the hall. He begins speaking- Major Ashish Sharma had no family, but it never stopped him from achieving greatness, he closed himself to the outside world without caring about anything, one day I found him staring at me in a taekwondo match. Watching him observe so closely disrupted my concentration (everyone laughs) and as I lost my concentration I got kicked on the face, but I couldn't get myself to stop thinking about the look he had on his face during the whole round I got roughed up, finally he lost his cool and approached me saying do me a favour and finish this quick so that I can take you on myself, giving me a hint to stay away from the opponent's left foot. In the next round I followed his advice and used a deceptive kick to get close enough to finish him up with a flying kick to the head.

Post-match he came up to me to congratulate me with a hand shake it seemed pretty obvious that he wasn't a social guy I reached for his hand pulling him towards me for a hug. That was how I met Major Ashish. I spent the rest of the day with him learning about his past. I took a keen interest in his ability of analysis and the problem solving. As time passed, he started developing a great liking to my company. So, one day I asked him to accompany me to my house in the hope that my father would guide him.

He felt shy but he agreed to visit my house. I invited him over for dinner the next night.

He arrived 20 minutes prior to the time I invited him. Very humbly he greeted my mother and father. Very thoughtfully he brought some sweets as he was

THE ACE OF THE ACES

visiting for the first time. His gesture really impressed my parents. We spoke for a long time and it turns out that his father was kind of a big deal in the city of Nagpur and he was the one true heir to the fortunes of his family. He never knew either of his parents. so, without going for his scars we decided to call it a night. Since it got late my father decided to drive him back to his home. He respectfully declined but my father was really persuasive and Ashish finally had no choice but to agree. As my father told me he gave Ashish an advice, which was - "Surround yourself with the ones you care about and the ones who care about you that's the way to fill the hole in your heart."

The next day on my way to college Ashish came up to me and finally opened up to me about his thoughts, his goals and his dreams. we bonded and bonded until we practically became brothers. He started visiting me more frequently and one fine day he took me to his house or should I call it mansion, it was a big mansion with many rooms which were mostly sealed off his attendant came to me offering me some hot tea. Ashish insisted that I spend the night at his place as he felt lonely that day. That was the day of his parents' demise. That day I saw a side of Ashish I never saw before, the tough Ashish broke down in front of me -tears coming down his cheeks. He was trying to resist it as much as possible, I swiftly went close to him embracing him in a tight hug. He found comfort with me. That was the day he told me about his past his mother passed away as soon as she gave birth to him and his busy father who somehow managed to make some time for him passed away in a tragic car accident. He told me he

was always alone, he saw other children playing and spending time with their parents always made him feel jealous, he even told me how his attendants Mr. and Mrs. Takalkar raised him to the fine man he was. For almost a month every night I went to Ashish's for sleep over so that he didn't feel alone, every festival Ashish would come over to our house and we would celebrate the festivals as a family.

Then we finished our college together. I secured the first rank in the college and he secured the second without one tiny bit of jealousy he congratulated me and gave me a nickname, for the first time in his life he gave someone a nickname. He called me -The Ace. At my felicitation he was the one who celebrated my success the most. Later our paths were no longer aligned.

He joined the military Academy and I Started training to become a physical therapist. For years the only time we contacted each other was at our birthdays and I simply cannot forget my birthday in the year of 2019, it was a pretty normal day as usual I went to the hospital to work my day was pretty normal until I went to check on my last patient for the day. So, if were to take a wild guess at who was the patient, it was none other than Ashish, lying in the bed he screamed surprise!! I was soo happy that I hugged him so tight that I probably cut of his air supply. But then again, he was a patient so I started my examination completely focusing on him. As soon as I completed my examination, I asked him a series of questions about his several severe injuries to which he replied saying-" that's the job it always has been."

I had nothing else to say back then. For about a month I treated him, I usually took him at the end as

THE ACE OF THE ACES

wanted to do something more for my friend, after the session I drove him home myself and as a return to my gesture he finally opened up again about him he got injured. As for his side if story he sworn me to secrecy to never reveal that secret and also, he reassured me that he'd be back on his feet in no time he said after all the ace himself is treating me.

That confidence in his voice made my confidence boost even more than it already was. His treatment was a huge success he was almost back to his old self, we almost went to celebrate his recovery as soon as he was called back to active duty. This was the first time since he joined the army that he kept me aware of his situation and kept in touch. Like any other doctor I kept following up on his case until, Finally the night before his demise he called me saying that - it looks like I've finally got a shot at becoming an ace, just like you.

Sensing the fear in his voice I humoured him saying that- "even if you become an ace, I'll still be ace of the aces!!", he laughed back so hard and finally bid me goodbye somewhere I had a feeling that this was it was the last conversation we'd ever have so I spoke my heart promising him to look over the aces like himself. The crowd looking confused at what the doctor just spoke. Dr. Joshi continues saying I meant what I said, in the honour of my dear friend major Ashish Sharma, I Dr. Neelkanth Joshi would be opening the All Ace rehabilitation centre specialising in the rehabilitation of veterans' pro bono (free of cost). This centre will be located at my dearest friend Major Ashish Sharma's house.

This will not only remind me of my dear friend and his will but also, create his undying legacy. After all he was the ace of the aces.

Dr. Joshi steps of the podium and heads straight to overlook towards the construction of the rehabilitation centre. After a few days Dr. Joshi receives a letter from Major Ashish conveying his thoughts and feelings of friendship for his dear friend. It said – "My friend, I was a man stumbling in darkness you dragged me out of the dark and saved me from myself if it weren't for you, I would never walk this path let alone walk again on my own two feet. I still remember the time we spent in rehab you staying all positive and sweet like a candy where I was the one who lost hope to be honest I never thought I had what it took to get back on my own feet the first week all that that happened was you supporting me both mentally and physically , you were almost literally grabbing my feet and almost forcing them to move as if nothing happened to them but your hard work paid off when - finally in the second week of the rehab programme I took my first step on my own that was the time I thought that maybe I was doing it wrong before, I didn't need to do it alone I just needed to lean on you for support. so, I followed your father's advice and asked you to lend me your strength and that feeling of you being there with me the whole time helped me walk on my own two feet again in matter of weeks. I don't regret anything that happened in my life because I know that I'm not alone anymore I always have you by my side, as you have me by yours." Your friend Ashish Dr. Joshi is unable to control the flow of tears, as he looks up to the sky remembering his friend who gave him a new purpose, purpose of servitude, servitude to mankind. Even as you read this tale there are several physical therapists working on rehabilitation of veterans' pro bono considering it their sacred duty to go after the pain and inability that affects anyone and everyone, completely ignoring the caste, colour and religion of the patient. Commending all the physical therapists and their unforgettable work I wish all the therapist's "A very happy world physiotherapy day."

WHY I WANT TO BE PHYSIOTHERAPIST



Alen Sebastian
1st year BPT student



Like any child, I used to fantasize about what I would be when I grew up. From doctor to teacher to astronaut, it is easy to say that my aspirations were a bit all over the place.

Health was always one of my passions, because to me it is the most important thing in life. I knew that I to work in a place where I would have to sit at a desk all day would not suit me well since I need and enjoy to interact with people.

Physiotherapy caught my attention because it was a profession where I could have a

direct impact on someone and teach them the knowledge that I, myself, had acquired.

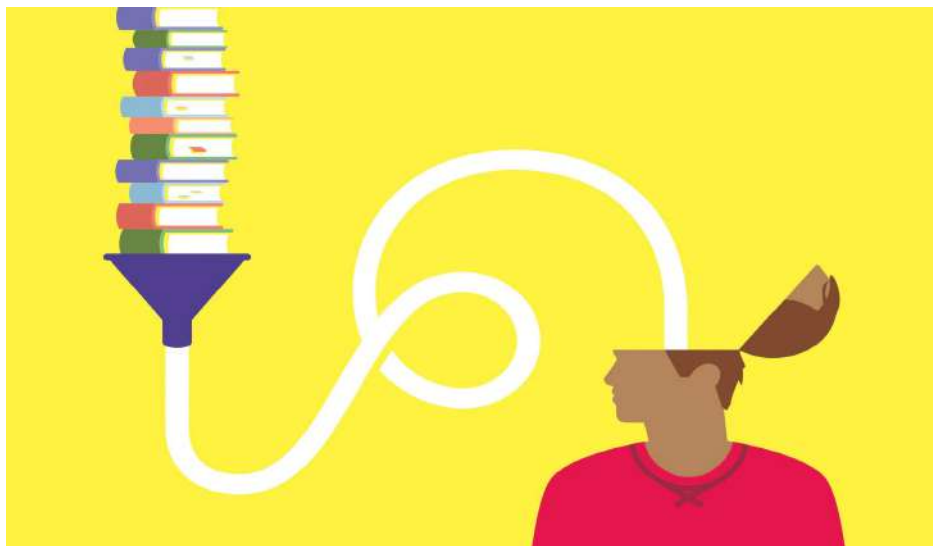
To help someone get stronger is to give them the tools and guidance they need to achieve their goals. As a physiotherapist, I am not there to simply provide care and have patients depend upon me. I want them to be able to be independent and functional by themselves. I am simply a person in the background that can help and encourage them along the way. They are essentially the key to their own successes



ACHARYA- WHERE THE WORLD COMES TO LEARN!



Sushree Sabita Mallik
1st year BPT student



This line is alone enough to grab the attention of thousands of students to get into Acharya, me being one among those thousands didn't miss this opportunity, and joined. Every single day feels like full of adventures, excitement, thrilling and much more in Acharya.

When I joined the college, I was worried about my teachers, how my peers are going to be, but I have felt at ease from day one. I had heard that in professional courses, teachers won't even know our names, but here got to see different story - we get individual attention in everything may it be academics or personal. Teachers not only know our name but along with middle and surname as well.

Teachers are very supportive in everything we ask for. Their guidance helps us to become the best version of ourselves. Friends are very much supportive in all aspects, In this case also there

were thoughts that in such courses there will be more jealousy and selfish kind of friends, but here in Acharya it's nothing like that. Teachers sometimes are in the dilemma thinking why we students are so helpful for each other.

We here at Acharya stay like a family together. We all must have heard that proverb, **ALL WORK AND NO PLAY MAKES JACK A DULL BOY...**

Our teachers keep organizing small events like sports day, online cultural program or offline festival celebrations with proper covid safety protocols to make ourselves refreshed from the daily study schedule.

So for all the future physiotherapist who are planning to join here and are reading this, without any second thought, Choose Acharya, -it's going to be worth it!!

Every second you will be making memories!!!!

The last 7 months at acharya have been blissful.

TEACHER - THE ARTIST



Mr. Anurag Chakraborty
1st year BPT student



A teacher is the artist who shapes the future of any country or must I say of the world, but there is more to that. On the journey of doing that they not only guide through the academic hardships but they do a lot more than that. For some, teachers become their second parents and for some even their friends. A teacher-student relationship is very beautiful and unique in its own way. A teacher plays different roles in a student's life.

The first day of school is always special as well as terrifying. That is the first time we are getting out of the comfort our home and our parents, going to a place we never went, a place where we don't know a single person. We are petrified of the fact that we have to spend a lot of time away from our parents. At that moment when we step into school, a teacher comes up and calms us down, talks to us, welcomes us so that we don't feel alone. This marks the beginning of the journey that a teacher and student are going to walk together, a journey both are going to remember till their last breathe. Going through life, a student has to pass through a lot of phases which includes many changes and sometimes we students feel alone and are not able to talk to anyone about it. The teenage years of a student's life is hard, we start having inclination towards many new things, we want to feel loved, we want to do various things which are fun basically at that stage we just wish to have fun. Teachers notice all the changes within us and reach out to us just like a friend would in hour of need. They give us relationship advices if needed and scold us when it is necessary. They help us to rectify our mistakes because they can see us for what we are.

They comfort us just like our parents would do. They won't say directly that they love us but they will show that they do. After the teenage years and school, college is our next destination and we are a little bit scared at that time too because we students are always told that teachers won't be the same way as they were in school. But that is not at all true, because even in college we are transparent to the teachers.

In the recent times, our laptops have become our classrooms and the screen our teachers but amid all that they still figure out if something is wrong with their students. And when they see that someone is suffering quietly they personally call us and ask about our whereabouts and try their best to cheer us up and that is more than everything a student could ask for.

It is a big task to take care of each and every one among 100 of students but teachers are truly superheroes without a cape. They try more than their limit to be there for every single one. Because for them we are their kids and they love us with their whole heart. To a teacher we will always be their kid student no matter how grown up we are and to us they will be the person who has our respect, admiration, love and care. In true words, a teacher teaches us everything, shaping us for fighting every odd. Words aren't enough to describe their presence in our life, but a great salute to the warriors who pulls out a future out of every student.

"The art of teaching is of assisting discovery"
Thank you dear teachers.

IS PHYSIOTHERAPY A MASSAGE COURSE



Mr. Praveen A
1st year BPT student



If u think so your totally wrong. Physiotherapy is one of the most sought after professions today. Physiotherapy is provided by physiotherapist who promote, maintain, or restore health through physical examination, diagnosis, prognosis, patient education, physical intervention, rehabilitation, disease prevention and health promotion. Physiotherapy deals with person's ability to move

and perform functional activities in their daily lives. Physiotherapist contribute thier part in musculoskeletal, orthopedics, cardiopulmonary, neurology, endocrinology, sports medicine, geriatrics, pediatrics, women's health, wound care, electromyography and Neurological rehabilitation. So next time someone tells you or you get to hear saying physiotherapy is a massage course, you would know what to say.



LOOK OUT FOR THE WORLD OF IMAGINATION THROUGH THESE POEMS

THE LIFE OF A STUDENT



Mr. Praveen A
1st year BPT student

*A day starts and a day ends
But a day of students never ends
He never complains, Cause he is a student,
They are stressed, They are worried
About their future, Cause he is a student.*

*We were worried by our syllabus,
But we never got buried by the syllabus.
Cause we had the so-called light in our life by the name
friends.
And these lot made college an even better place getting in
some new trends.
From sharing the joy of teacher being absent to the class
To the joy when you know that your friend with you, who also
failed to pass*

*We know we will miss the smile and the laughter we had
together.
But we leave the college promising we will hang out after.
How much ever we criticize
It's later that we are going to realise,
That college life was the best. It certainly outwits the rest.*

I AM A PHYSIOTHERAPIST



Ms. Sushree Sabita Mallik
1st year BPT student

*I am a physiotherapist
I am special
Whenever I treat my patients
I feel proud of myself
Because I get to see the smile on their face.
Within minutes, the pain disappears
When I do manual therapy on them!
Bend your knees, not your back
Say bye to injury and don't slack.
Physiotherapy is not a simple task
Basked hardship, longing past*

*People get affected
With injuries, disability and ills
Maintain health of all ages I will,
With my knowledge and skills.
Improve range of health conditions
That will restore the proper functions.
I am a physiotherapist*



Ms. Meghanaa Malyadri Badugu
1st year BPT student

It's called a white pride

With no me in it,

The life am through right now

Is nothing.

Compared to future coming in

Though I'm scared,

My mom said not to be

We prepared you for the future!

Present you have to see

Your Range of motion decides the time

You are gonna be with me

It's the experience exercising along.

The sense of satisfaction

A journey of PhysioTherapy...!!!!



'Once upon a time ..on the field'
First cricket team of Acharya's NR Institute of Physiotherapy
Picture and caption courtesy: Joel John Varghese



First Onam Celebration at Acharya's NR Institute Of Physiotherapy
Picture and caption courtesy: Vishnu



'Champions always play as one'
Picture and caption courtesy: Tuba Shaikh



You are a person and then u cease to be a person, and cadaver takes your place.
Picture and caption courtesy: Tuba Shaikh

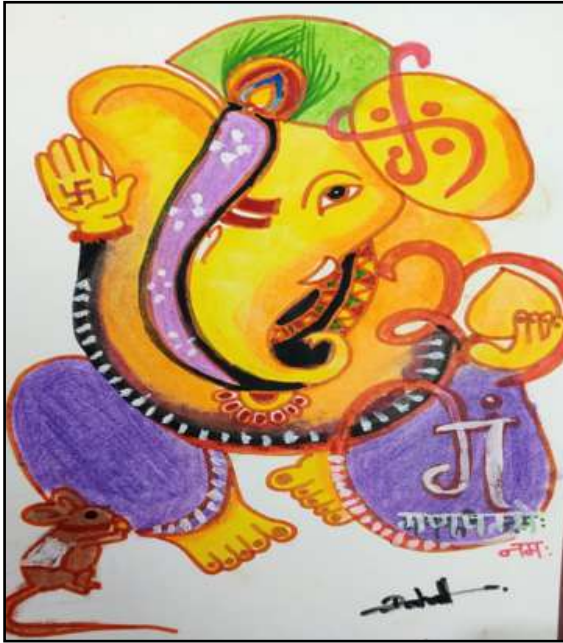


Death is our destination but not our goal, it is the final sleep but not the one awaited, after a tiring day, by an exhausted soul. It's definitely the end of life but not exactly living, as footprints left in sand of time are milestones for those in search of a living.

Picture and caption courtesy: Tuba Shaikh



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WORD TO THE WISE PHYSICAL THERAPIST'S TIPS TO KEEP YOU HEALTHY - MS. LAKSHMI LALAJI S ARTICLE

Do you move every day? Do you notice your muscles are painful or achy during the day? Are you recovering from a recent injury or surgical procedure? Are you living with a chronic condition that causes constant discomfort? Physical therapy is an effective and easy way to get rid of most of your pain and improve the quality of life. Here are some tips to keep in mind.

1. NEVER LET THE PAIN REIGN YOU

PROPER EXERCISE, MOBILITY, AND PAIN MANAGEMENT TECHNIQUES CAN EASE YOUR PAIN WHILE MOVING OR AT REST.

2. YOU MAY NOT NEED SURGERY OR DRUGS FOR LOW BACK PAIN

LOW BACK PAIN IS OFTEN OVER-TREATED WITH SURGERY AND DRUGS DESPITE A WEALTH OF SCIENTIFIC EVIDENCE DEMONSTRATING THAT PHYSICAL THERAPY CAN BE AN EFFECTIVE ALTERNATIVE.

3. STRENGTH TRAINING IS NOT JUST FOR YOUNG

IT'S A MISCONCEPTION THAT ONLY THE YOUNG CAN BUILD MUSCLES AND GETTING STRONGER. STRENGTH TRAINING IS A GREAT IDEA FOR THE MOST AGES.

4. YOUR HEART, LUNGS AND BRAIN NEED EXERCISE

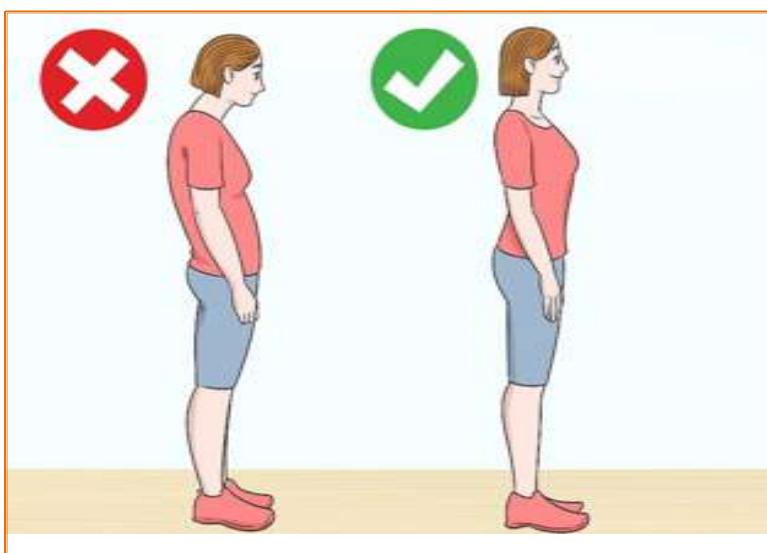
PEOPLE WHO ARE PHYSICALLY ACTIVE – EVEN LATER IN LIFE ARE LESS LIKELY TO DEVELOP, HEART DISEASES MEMORY PROBLEMS AND STROKE.

5. YOU DON'T JUST HAVE TO LIVE WITH BLADDER LEAKAGE

DON'T SPEND YEARS RELYING ON PADS OR RUSHING TO THE BATHROOM. PHYSICAL THERAPIST CAN HELP YOU IN IMPROVING THE BLADDER HEALTH.

6. KEEP WATCHING YOUR POSTURE

DON'T SPEND YEARS RELYING ON PADS OR RUSHING TO THE BATHROOM. PHYSICAL THERAPIST CAN HELP YOU IN IMPROVING THE BLADDER HEALTH.

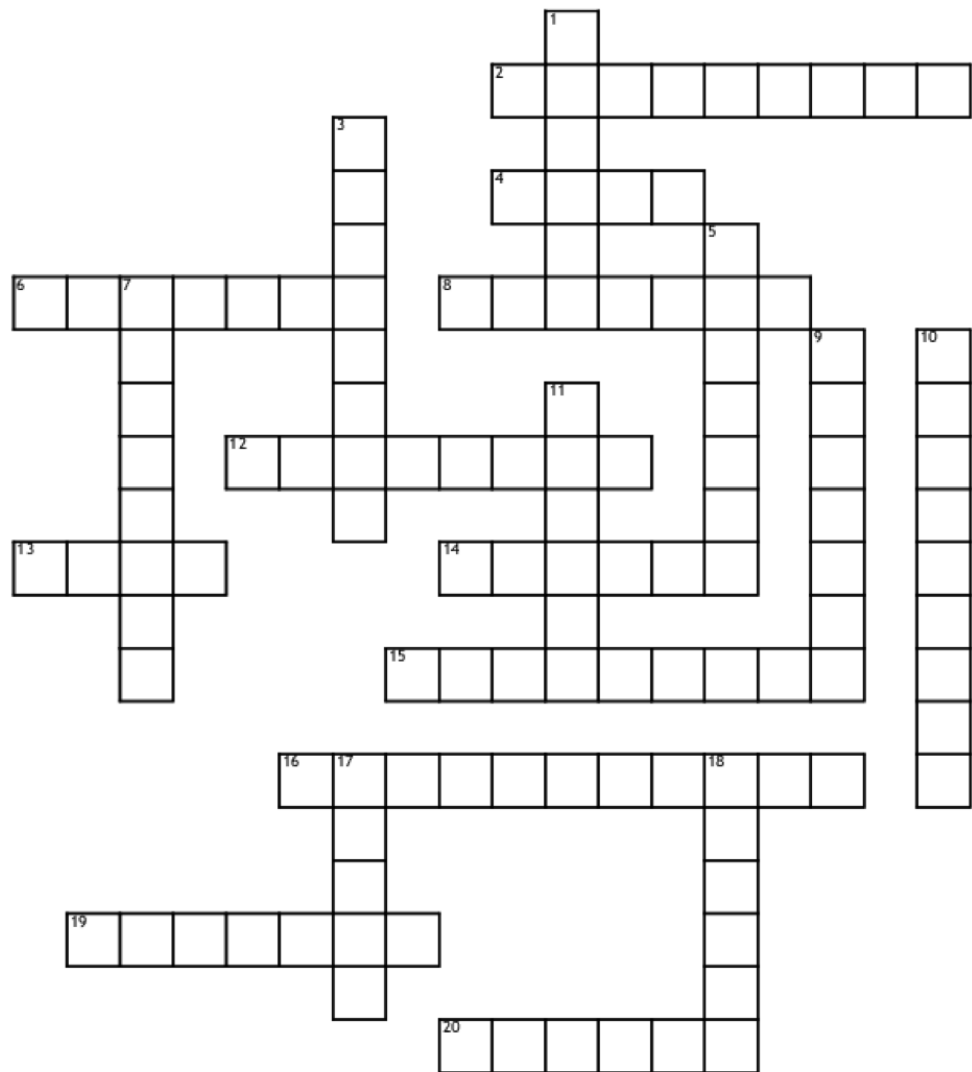


Sleeping positions

Your mattress should be quite hard - not sagging in the middle. If it is, use a board underneath, or better - get a new one

Wrong	Correct
<p>This position accentuates the low back curve, if the mattress is too hard.</p>	<p>Side posture with flexed knees, which decreases the low back curve. The pillow should support the neck.</p>
<p>A pillow which is too high overstretches the neck, arms and shoulders.</p>	<p>If a cushion is placed under the knees in this position, the low back curve is corrected.</p>
<p>Facing downwards tires the neck and shoulder muscles.</p>	<p>To change the habit of sleeping face down, raise the foot of the bed as shown below.</p>

CROSSWORD



Across

- 2. Heel or foot
- 4. Mouth
- 6. Lateral part of leg
- 8. Curve of shoulder formed by large deltoid muscle
- 12. Armpit
- 13. Mental
- 14. Wrist
- 15. Posterior knee area
- 16. Anterior surface of elbow
- 19. Forehead
- 20. Cheek area

Down

- 1. Area between hips
- 3. Chest
- 5. Fingers/toes
- 7. Arm
- 9. Buttock
- 10. Area of spinal column
- 11. Leg
- 17. Nose area
- 18. This is the ankle region

**NOTE : The team is looking forward to your feedback.
In case of any articles or feedback do send on
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