



**SANKALCHAND PATEL
UNIVERSITY**

॥ अथातो ज्ञानजिज्ञासा ॥



NOOTAN COLLEGE OF PHYSIOTHERAPY



Physio-Uday

THE ANNUAL E-MAGAZINE 2022

VISION

To become a centre of excellence in imparting Physiotherapy education.

OBJECTIVE

Various objectives of education and training Physiotherapy graduates at NCP are as follows:

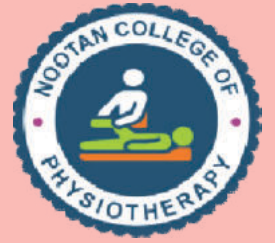
- To teach common health problems which are referred for Physiotherapy.
- To train an individual into value based Physiotherapy capable of treating common ailments referred for Physiotherapy.
- To use active integrated and student centered methods of teaching and learning that encourage clarity of expression, independence of judgement, scientific habits, problem solving abilities, self-initiated and self-directed learning.

GOAL

The goal of Nootan College of Physiotherapy is to train Physiotherapy Graduates in the field of health sciences to achieve physical, mental and spiritual health for the whole nation.

MISSION

To create value - based Physiotherapists capable of treating common ailments that requires physiotherapy treatment.



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I'm glad to know that Nootan College of Physiotherapy is publishing the third issue of the student magazine: "Physio-Uday"

It is heartening to note that the magazine has got an overwhelmingly positive reaction from the students, indicating its acceptability. A project like this is intended to give young people a suitable platform to display their creative abilities and good attributes.

In light of this, I am confident that the University's efforts to provide students with a platform to present themselves through their original and creative ideas will pave the way for their development of the modern knowledge and creative skills that are essential for their successful lives.

The caption itself represents the college's progressive rise, and I have faith and confidence that the magazine will steadfastly adhere to these standards and go far in earning a rightful position in everyone's hearts and thoughts.

Best wishes to the Principal, Editorial board, Faculties, Staff, and Students for putting this keepsake together. I am hoping that this issue of the College Magazine will be memorable and significant to all the stakeholders.

With best wishes,

Shri Prakash Patel

President, Sankalchand Patel University,
Visnagar, Gujarat, India- 384 315



'You are the maker of your destiny'-Swami Vivekananda

Everyone aspires to live in harmony, joy, and success. We have the power to direct our lives and maximize our potential.

At the outset, I warmly applaud Nootan College of Physiotherapy for bringing the latest edition of the college magazine: "Physio-Uday".

It is an undeniable fact that every child is unique and possesses a multitude of talents that needs to be chiseled out at various levels. It is worth asserting that the college magazine has successfully incorporated the creative talents of our blooming buds. It is a moment of joy and pride to be shared by all.

I view the magazine as a platform for the students to express their thoughts, aspirations, experiences, and impressions. I am sure that, the increasing participation will succeed in bringing talent, creativity, and expression.

I'd like to congratulate the magazine committee and the entire faculty on their innovative effort. I do not doubt that the magazine will bring the college honors and inspire its readers to strive to be the best in their fields.

With best wishes,
Dr. D. J. Shah

Provost, Sankalchand Patel University,
Visnagar, Gujarat, India- 384 315



It gives me immense pleasure and pride that Nootan College of Physiotherapy is bringing out its third college magazine issue of “Physio-Uday”

As usual, the year was packed with a lot of activities which have been dutifully chronicled by our students.

The college has shown significant progress in academics evoking an overwhelming response from the student community.

The publication has always been a venue for students to display and demonstrate their depth of talent in their area of study and give exposure to their thoughts and feelings creatively. And also showcases the achievement made by the college in various areas through sessions.

To the entire team, I would like to offer my sincere gratitude.

Faculty members, non-teaching staff, students and the editorial board for their tireless efforts put forth to make the 3rd issue of this magazine a success. I wish them success in their efforts in publishing “Physio-Uday”

With best wishes,

Dr. Vilas Patel

Dean, Nootan College of Physiotherapy
Visnagar, Gujarat State, India - 384315



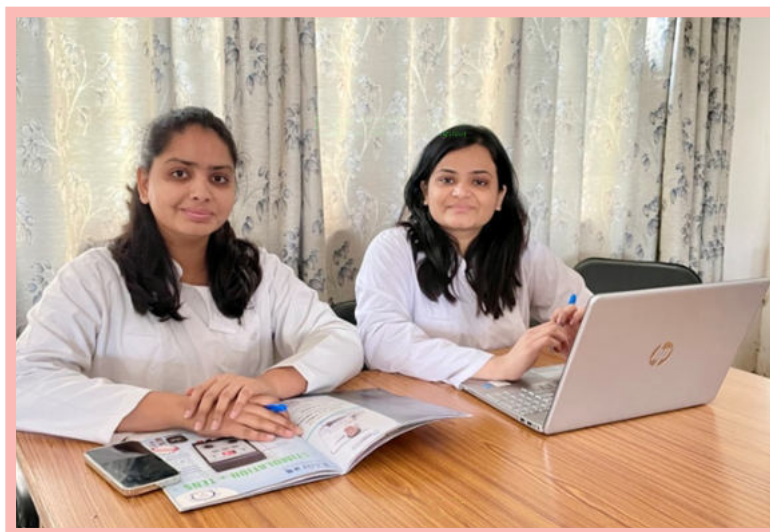
It gives me immense pleasure and pride to inform you that, following the tremendous success of our Physio-Mirror magazine last year, Nootan College of Physiotherapy will be releasing its third issue of the college magazine, "Physio-Uday," this year as well, which allows our college's emerging talents to express their innovative thoughts and ideas.

According to the poet Mary O'Neill, "Words are the food and dress of thought and only words can free a thought". Giving young brains plenty of opportunities is therefore really necessary. College Magazine is a crucial step in achieving this aim because it uses creative writing, which is essential for moulding these personalities and for using their energy in the appropriate ways.

Nootan College of Physiotherapy believes in harnessing every student's potential, their teamwork, and cooperation and is committed to upholding their ethos and Magazine is a part of the same.

I extend my heartfelt congratulation to the chief editor and the entire editorial team for putting in their best in bringing out this issue of our college Magazine and express my best wishes for the fulfilment of each dream.

Dr. Subhash Khatri,
BPhT, MPT ortho, PhD Sports Medicine & Physiotherapy
Principal, Nootan College of Physiotherapy
Visnagar, Gujarat State, India-384 315
Email: fpt.ncp@spu.ac.in
M 82380 73531



On behalf of the entire Physio-Uday Annual Magazine team, we are glad to put this preface for this issue. Our team believes that reading constitutes a key proportion of fine art and bringing up this issue brings us great pleasure and satisfaction among students and the faculty community who had directly or indirectly contributed to bringing up the excellent extracurricular piece of work.

This edition has a mixture of articles and soft features that continue our mission to provide information combined with fun. It combines the Expressions and Impressions that revolve around each of us. The magazine has always emphasized the abilities, emotional flexibility, and creative thinking that have developed throughout the academic year and have helped students develop their attitudes, skills, and values.

To achieve progress and meet objectives we have to cross numerous milestones. With all the efforts and contributions put in by the students, we truly hope that the pages that follow will make some interesting reading. Many tasks that the students undertook were done with the intention of assisting them in reaching the highest level of expertise and perfection in whatever work they undertook, so empowering their journey to achieve excellence. One such cherished publication with persuasive roots was this magazine. It would provide a glimpse of the numerous developments and activities for everyone connected to Nootan College of Physiotherapy.

We want to thank our management for always encouraging and helping us, Principal Dr. Subhash Khatri for his steadfast advice, and all of our team members who have been our strength in any situation. Last but not least we have no hesitation in praising the pupils for their incredibly absurd amount of work. Sending you all an infinite amount of good wishes.

Dr. Shivani Patel and Dr. Upal Patel,
Nootan College of Physiotherapy,
Sankalchand Patel University,
Visnagar, Gujarat State, India - 384315



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And provides a clear picture of the package of excellence, innovation, talent, beautiful art, start up policies, SSIP, and other factors.

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We are sending you all good wishes.

God's blessings and best wishes.

Editorial Team

FACULTY EDITORS



DR. SHIVANI PATEL



DR. UPAL PATEL

STUDENT EDITORIAL TEAM



ANSHUL PATEL



ADIT PATEL



NIKI PATEL



ARTH JOSHI



RIYA RATHORE



VEDANT PATEL

“ ...CONTINUING WITHOUT A PAUSE

Our institute started with an awesome beginning and it is continuing to have a fantastic flow.....

Our Institute Nootan College of Physiotherapy was set in motion in the year 2016 as one of the constituent unit of Sankalchand Patel University, Visnagar, Gujarat, India.

Physiotherapy gives patients hope that they can continue living pain-free lives. By treating the underlying physical concerns, Physiotherapy is a form of treatment that focuses on the Science of Movement and assists individuals in regaining, preserving, and maximising their physical strength, function, range of motion, and general well-being.

Wherefore, “MEDICINE ADDS DAYS TO LIFE BUT PHYSICAL THERAPY ADDS LIFE TO DAYS.”

The infrastructure of our institution is likewise constructed using "Mother Nature" since "in all things of nature, there is something of the marvellous." As a result, the Modiji-inspired fitness park is a prominent feature of our campus.

Our campus is designed with a 2-floor building with a parking area. The ground floor contains all the outpatient departments, the Principal office, Clerk's office, and Staff-room.

Additionally, "ONE, WHO MAINTAIN CLEANLINESS KEEPS AWAY DISEASES" refers to our lobby and the area around it, which is ornamented with plants and flower pots.

Let us begin with 1st OPD...

Orthopedics Department which comes under Dr. Krupa Soni (MPT) and Dr. Pratik Patel (BPT) and Dr. Yash Patel (BPT) and which is designed with 6 beds as well as a variety of modalities including traction, contrast bath, IFT, TENS, etc and different techniques of exercise that are used to treat the patients....



Now, move on to 2nd OPD...

Neurology Department comes under Dr. Karishma Barot (BPT) and Dr. Priyanka Chaudhary (BPT).

It focuses on the treatment of individuals with neurological conditions affecting the functioning of the brain, spinal cord, and nerves. This OPD has modern diagnostic equipment like EMG/NCV, WippRacer, etc... Therapy for neuro-disorders includes stimulation and various biofeedback activities that assist patients to build their confidence and advance in their quest for wellness....



Then, next on 3rd OPD...



Community-Based Rehabilitation comes under Dr. Jayesh Thakrar (MPT), Dr. Sakshi Thakrar (MPT), and Dr. Nidhi vedawala (BPT).

Here the students are treating Geriatric patients and patient with disability with a new pleasurable and convenient form of activities. Also, arrange student visits at Nootan General hospital's dynamic OPD, Old age homes and some other interesting activities...

Afterward, turn on 4th OPD...

Pediatrics Department comes under Dr. Upal Patel (MPT) and Dr. Vidhya Rajput (MPT).

Pediatric physiotherapy is specifically trained to improve the lives and daily function of children who suffer from a wide range of injuries and congenital conditions. Each patient at this facility receives individualized care while beaming a smile on their face. With tastefully adorned wall art and a toy-filled cabinet, the area is set up for children. Due to the adapted and humorous therapy technique, the process is joyful.



Later on, 5th OPD...

Sports Physiotherapy Department which comes under Dr. Roshani Patel (MPT).

Sports physiotherapy is involved in the prevention and management of injuries resulting from sports and exercise participation at all ages and at all levels of ability.

This OPD fulfills various types of fitness equipment like Treadmill, Pec Deck machines, Stationary bike, Leg Curl Extension, Dumbbells, barbells, and much more. For use in athletic person to improve skills, Endurance, and strength.....



Finally, on the last 6th OPD...



The Cardiovascular Thoracic Surgery Department comes under Dr. Vijay Pandita (MPT) and Dr. Shivani Patel (BPT).

Students are being taught about the many methods of managing cardio-pulmonary diseases in this instance. Additionally, they visit hospitals' intensive care units and learn about various kinds of instruments.

Now, move to 1st floor...

All classrooms with advanced facilities for contemporary education, Locker-room, Computer-room and Practical-labs like... Physiology Lab, Exercise therapy Lab and Electrotherapy Lab.

Let's discuss about the 2nd floor.

There is a library which is having all the latest editions of required books & magazines of physiotherapy for the latest information of our field. There is also one Auditorium-room which uses for seminars, case presentations and other artistic and didactic activities & also 2 MPT classrooms are there.

Here, we end with the introduction of our college but what keeps it alive is the people who are coming here daily: the Students, Faculty members, non-teaching staff, and Peons.

Teaching Staff



Dr. Subhash Khatri
Principal



Dr. Vijay Pandita
(Associate Professor)



Dr. Dhara Chavda
(Associate Professor)



Dr. Krupa Soni
(Associate Professor)



Dr. Jayesh Thakrar
(Assistant Professor)

Teaching Staff



Dr. Roshani Patel
(Assistant Professor)



Dr. Sakshi Thakrar
(Assistant Professor)



Dr. Vidhya Solanki
(Assistant Professor)



Dr. Upal Patel
(Assistant Professor)



Dr. Priyanka Chaudhari
(Tutor)



Dr. Karishma Barot
(Tutor)



Dr. Nidhi Vedawala
(Tutor)



Dr. Shivani Patel
(Tutor)



Dr. Pratik Patel
(Tutor)



Dr. Charmi Patel
(Tutor)



Dr. Yash Patel
(Tutor)



Dr. Mit Patel
(Tutor)

Non-Teaching Staff



Hetu Patel
(Assistant Accountant)



Vishal Parikh
(Junior Clerk)



Hetal Patel
(Junior Clerk)



Pinalben Bhavsar
(Librarian)



Arvind Patel
(Peon)



Vishalkumar Bhil
(Peon)



Hansaben Parmar
(Sweeper)



Minakshiben Makwana
(Sweeper)



Dharmik Vaghela
(Sweeper)

First Year BPT Students 2022



Riya Amin



Juhi Bhavsar



Kartik Chaudhari



Kiran Chaudhari



Mitali Chauhan



Aesha Desai



Nikita Desai



Gaurav Lakhara



Sahinbanu Meman



Bhaumik Panchal



Damyanti Parmar



Khushi Parmar



Aryan Patel



Avni Patel



Ayushi Patel



Bharvi Patel



Chelsi Patel



Dharti Patel



Dhvani Patel



Hani Patel



Happy Patel



Harmi Patel



Jay Patel



Jeel Patel



Jiya Patel



Kavani Patel



Kena Patel



Kenil Patel



Khushi C. Patel



Khushi J. Patel



Khushi M. Patel



Nisarg Patel



Niyati Patel



Pal Patel



Priya Patel



Ripal Patel



Ritu Patel



Sameer Patel



Shreya Patel



Tanvi Patel



Urmi Patel



Vedant Patel



Yashvi Patel



Yatri Patel



Riya Prajapati



Svapnil Prajapati



Khushi Rajput



Jay Raval



Nandita Sagar



Prachi Solanki



Krupal Soni



Priyanshi Soni



Yankit Tadvi



Khushi Vyas

Second Year BPT Students 2022



Nishi Brahmbhatt



Mariyambibi Chandniwala



Rashid Chandaniwala



Vaishaliben Chaudhari



Vidhiba Chavda



Imam Naserabanu



Purva Jani



Komalben Joshi



Shreya Kaswekar



Lisha Londhe



Archi Modh



Prince Modi



Yash Nayak



Shreya Oza



Gunj Pabari



Panchnhaiya Naziba



Dhruvini Parmar



Divyansu Parmar



Gautam Parmar



Brij Patel



Charmi Patel



Jiya R. Patel



Jiya S. Patel



Khushi Patel G.



Khushi J. Patel



Khushi P. Patel



Khushi P. Patel



Mahi Patel



Navya Patel



Shreyas Patel



Vidhi Patel



Pooja Rami



Vinod Raval



Vishwa Patel



Rutu Shukla



Rutika Tamboli

Third Year BPT Students 2022



Shoa Azmi



Jyoti Biswas



Chandni Chokshi



Ashish Gangarde



Apurva Nayak



Jatin Nayak



Ayushi Patel



Chhelvina Patel



Dviti Patel



Helly Patel



Jahanvi Patel



Maitri Patel



Nidhi Patel



Raj Patel



Riya Patel



Sachin Patel



Sakshi Patel



Shivangi Patel



Zeel Patel



Anjali Prajapati



Disha Prajapati



Kautilya Raval



Rohan Kelkar



Prachi Shah



Shruti Singh



Divyata Vesetian



Tanvi Vyas



Amisha Wadte

Fourth Year BPT Students 2022



Dhaval Chamar



Vishal Chaudhary



Srushti Jadhav



Arth Joshi



Urvi Maheta



Urvashi Metiya



Adit Patel



Anshul Patel



Ayushi Patel



Gresi Patel



Niki Patel



Shreyansi Patel



Shruti Patel



Vedant Patel



Apexa Ranu



Riya Rathore



Mausam Zala

Intern BPT Students 2022



Aditya Barot



Honey Barot



Ashmi Chaudhary



Hardi Darji



Pranami Harde



Helly Oza



Janki Pandya



Bharat Parmar



Krinal Parmar



Charmi Patel



Hetanshi Patel



Jeel Patel



Jinal Patel



Kashyap Patel



Kush Patel



Mit Patel



Mitkumar Patel



Pal Patel



Rajna Patel



Riddhi Patel



Riddhi Patel



Shreya Patel



Sapna Raval



Suhani Sathvara



Ami Shah



Digvi Patel



Mayurika Shrimali



Nirav Shrimali



Sharddha Sindhi



Vidhi Soni



Krinal Sukhdiya

PhD Students

Name of Student	Name of Guide
Dr. Vipra Dalal	Dr. Subhash Khatri
Dr. Dharti Shah	Dr. Subhash Khatri
Dr. Kairavi Trivedi	Dr. Subhash Khatri
Dr. Girishkumar Vala	Dr. Subhash Khatri
Dr. Darshana Nariya	Dr. Subhash Khatri
Dr. Shrusthi Arora	Dr. Subhash Khatri
Dr. KrimaTanna	Dr. Subhash Khatri
Dr. Sneha Chauhan	Dr. Subhash Khatri



Research Publication 2022

Authors Name	Title
Kairavi Trivedi ¹ Subhash Khatri ²	Reliability and Validity of Gujarati Version of SARC-F Tool Used as Screening of Sarcopenia: A Cross-sectional Study
Emma Swardh ¹ Carina A. Thorstensson ² Subhash Khatri ³ Kristina Kindblom ⁴ Christina H. Opava ⁵	Approaches to osteoarthritis: a qualitative study among physical therapists in Maharashtra, India
Shreya Patel ¹ Subhash Khatri ² Pratik Patel ³	Effectiveness of Muscle Energy Technique as Compared to Proprioceptive Neuromuscular Facilitation in Non-Specific Low Back Pain: RCT
Darshana Nariya ¹ Subhash Khatri ²	Reliability and Validity of Gujarati Version of Epworth Sleepiness Scale: A Cross-sectional Study
Dr.KrimaTanna PT ¹ Dr. Subhash Khatri ²	Effect of Galvanic Skin Response Training on Blood Pressure: A Review
Shrushti N. Arora ¹ Subhash Khatri ²	Prevalence of work-related musculoskeletal disorder in sitting professionals
Shrusht N. Arora ¹ Subhash Khatri ²	Effect of Prolong Sitting on Abdominal Core Strength: An Observational Study
Girishkumar vala ¹ Khatri Subhash ²	Effectiveness of Inclined Treadmill Walking on Cadence and Walking Speed in Sub-Acute Hemi Paretic Stroke Patients: An Experimental Study
KairaviKishorbhai Trivedi ¹ Subhash Khatri ²	Sarcopenia – A Growing Geriatric Giants of Society
Shah Dharti ¹ Dr. Subhash Khatri ²	Exergaming: A new technology for all domains of elder people.
Dr.Vipra Dalal ¹ Dr. Subhash Khatri ²	Paradigm in laughter therapy on physical and mental health of elderly: A narrative review
Hetanshi P Patel ¹ Krupa M Soni ²	Effectiveness of Phonophoresis with Muscle Energy Technique in Plantar Fasciitis: A Quasi-Experimental Study
Hardi P Darji ¹ Krupa M Soni ²	Effect of McKenzieTechnique with ICT and Conventional Exercise with ICT in Cervical Radiculopathy
Krinal H Sukhadiya ¹ Krupa M Soni ²	“To Determine the Combined Effect of NFT With Mulligan TSLR in Participants with Sciatica- RCT”
Riddhi R Patel ¹ Krupa M Soni ²	Effectiveness Of Pilates along with Conventional Exercise and Conventional Exercise alone in Participants with Subacute Low Back Pain
Krupa M. Soni ¹ Karishma Barot ² Priyanka Chaudhari ³	Attitude towards Learning Human Anatomy among Undergraduate Physical Therapy Student: A Cross Sectional Study
Priyanka Chaudhari ¹ Krupa Soni ² Karishma Barot ³	Learning Styles among the Slow Learner Physiotherapy Undergraduate Students

Jinal Patel ¹ Dr. Shivani Patel ²	Effectiveness of Acupressure Pen with Alexander Technique in Participants with Low Back Pain among Bus Drivers - A Randomized Controlled Trial
Ashmi Chaudhari ¹ Dr. Shivani Patel ²	Awareness of Physiotherapy among Higher Secondary Science Students (Biology Students) in Mehsana District – A Cross Sectional Study
Dr.Upal Patel ¹ Dr.Roshani Patel ² Dr.Shivani Patel ³	“Relation between BMI and lower limb function muscle strength & functional mobility in spastic diplegic cerebral palsy “- A observational study
Dr.Roshani A. Patel ¹ Dr.Atit M. Patel ² Dr. Shivani Patel ³ Dr.Upal Patel ⁴	Effectiveness of Wippracer Training to Improve Dynamic Balance in Cigarette Smokers: An Experimental Study
Shraddha Sindhi ¹ Dr.Roshani A. Patel ²	Effect of Alexander Technique along with Theragun in Neck Pain Among Bus Drivers - A Randomized Control Trial.
Aditya M. Barot ¹ Dr.Roshani A. Patel ²	Effectiveness of Back School Method among College Students with Non-Specific Low Back Pain: A Randomized Control Trial”
Honey Barot ¹ Dr.Roshani A. Patel ²	Effectiveness of Cupping Therapy on Nerve Conduction Velocity in Sciatica-A Randomized Control Trial.
Krinal Parmar ¹ Dr.Roshni A. Patel ²	Effectiveness of Outdoor Treatment Program along with Art Therapy for Young Children with Autism Spectrum Disorder- An Experimental Study
Mit Patel ¹ Priyanka Chaudhari ²	"Effectiveness of Qigong Exercise to Reduce Stress among University Students”
Dr.Sapna A Raval ¹ Dr.Priyanka Chaudhari ²	Effectiveness of Semont Maneuver along with Vestibular Rehabilitation in Adult with Benign Paroxysmal Positional Vertigo: RCT
Kashyap Patel ¹ Karishma Barot ²	Effect of Nordic Hamstring Curl Exercise to Prevent Hamstring Injury in Sprinters
Mayurika Shrimali ¹ Karishma Barot ²	Effectiveness of Music Therapy along with Physio -Therapy to Improve Gross Motor Function and Behaviour in Spastic Cerebral Palsy
Digvi H Shah ¹ Vidhya Solanki ²	“Effectiveness of Ballistic Exercises and Strengthening Exercises to Reduce Knee Pain and Increase Lower Limb Strength in Young Badminton Players: A Randomized Control Trial”
Helly Oza ¹ Vidhya Solanki ²	Effect of Clay Therapy and Free Exercise for Reduction of Anxiety in Geriatrics - An Experimental Study
Charmi Patel ¹ Vidhya Solanki ²	Effectiveness of Chair Yoga in Geriatric with Type - 2 Diabetes Mellitus –An Experimental Study”
Pranami Harde ¹ Vidhya Solanki ²	Effectiveness of Conventional Therapy on Goldsmith Workers with Neck Pain– An Experimental Study
Kush Patel ¹ Jayesh Thakrar ²	Effect of Ultrasound with Isometric Exercise versus effect of Acupuncture with Isometric Exercise for the Neck Pain Amongst the College Students. – A Comparative Study
Jeel S. Patel ¹ Jayesh thakrar ²	“Effectiveness of Acupressure Pen versus TENS in Trapezitis : A Comparative Study”
Riddhi A Patel ¹ Jayesh Thakrar ²	A Comparative Study between Motor Point Stimulation versus Group Stimulation Method for Wrist Drop

Intern's Ongoing Research Projects

Dhaval Chamar	Effectiveness of MFR technique versus theragun on trapezius myalgia : A comparative study
Vishal Chaudhary	Effectiveness of core strength training on non specific low back pain among college students : A randomized controlled trial
Srushti Jadhav	Effectiveness of active release technique to prevent achilles tendinopathy in badminton players : A randomized controlled trial
Arth Joshi	Effectiveness of reverse Nordic exercise to prevent patellar tendinopathy in cricket players : A randomized controlled trial
Urvi Maheta	Effectiveness of maitland mobilization versus mulligan mobilization for flat foot in the midtarsal joint
Urvashi Metiya	A comparative study between fascial gun (SL-320) , spencer technique including theraband exercises in frozen shoulder
Adit Patel	Effectiveness of wippracer training on dynamic balance in bilateral knee osteoarthritis patients : A randomized controlled trial
Anshul Patel	Effectiveness of low intensity LASER versus transcutaneous electrical nerve stimulation for pain and disability management in knee osteoarthritis participants
Gresi Patel	Effectiveness of myofascial release with fascial gun in myofascial pain dysfunction syndrome -A randomized controlled trial
Niki Patel	Effectiveness of therapeutic ultrasound versus contrast bath in planter fascitis
Shreyansi Patel	Effectiveness of meridian acupressure pen and subscapularis release technique in adhesive capsulitis : A randomized controlled trial
Shruti Patel	Effectiveness of various walking patterns on a treadmill and the PNF technique in chronic stroke : A randomized controlled trial
Vedant Patel	Effectiveness of motor imagery and mirror therapy versus motor imagery to improve upper extremity function in stroke participants A comparative study
Apexa Ranu	Effectiveness of instrument assisted soft tissue mobilization technique in de quervain's disease : A randomized controlled trial
Riya Rathore	Effectiveness of open kinetic chain exercises versus closed kinetic chain exercises in individuals with extension lag post total knee replacement
Mausam Zala	Effectiveness of agility ladder training on lung capacities in college students : A randomized controlled trial

Academic Excellence 2021-22

First year BPT



Nasera Imam
1st Rank



Rutu Shukla
2nd Rank



Gunj Pabari
3rd Rank

Third year BPT



Chandni Chokshi
1st Rank



Shruti Singh
2nd Rank



Nidhi Patel
3rd Rank

Fourth year BPT



Riya Rathore
1st Rank



Shruti Patel
2nd Rank



Srushti Jadhav
3rd Rank



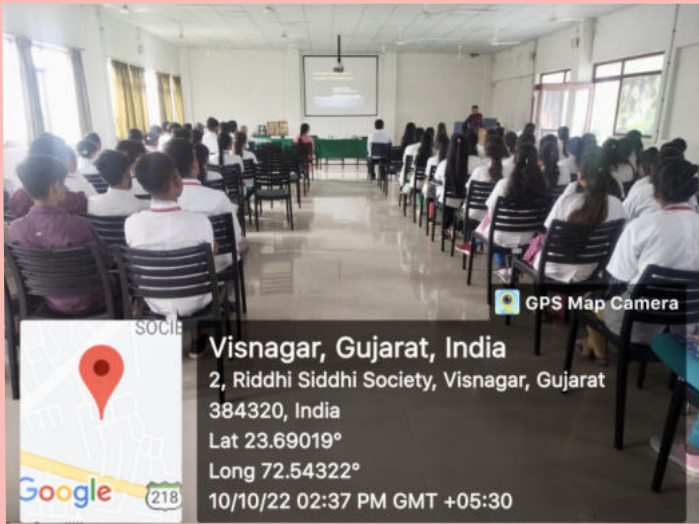
Vedant Patel
3rd Rank

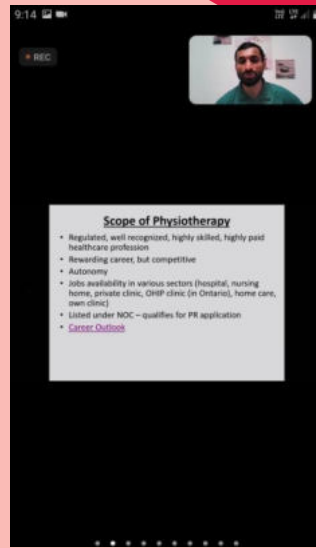


Curricular ACTIVITIES

Guest Lectures, Workshops and Webinars

Topic	Resource Person
Virtual Conference on - Pedagogical Practice in Physiotherapy	Dr. Yagna Shukla, Dr. Mandar Malvade, Dr. Vishnu Vardan, Dr. Neepa Pandya, Dr. Rinkle Malani, Dr. Tarpan Shah, Dr. Roshani Patel, Dr. Srikant Sant
Workshop on - Sensory Integration & Play Therapy in Pediatric Physiotherapy	Dr. Mandar Malvade
Guest Lecture on - Laughter Yoga	Dr. Vipra Dalal
Guest Lecture on - Speech Therapy	Dr. Nikheel J. Patel
Guest Lecture on - CO ₂ Laser Therapy	Dr. Dimple Patel
Guest Lecture on - ICT in Education	Dr. Kirit Modi
Guest Lecture on - First aid	Mr. Praksh D
Guest Lecture on - Coping in Stress	Dr. Vidhi Parikh
Guest Lecture on - Reformation by Personality Development	Prof. Sanjay Soni
Guest Lecture on – Hormone Replacement Therapy in Osteoporosis	Dr. Ishan Shah
Guest Lecture on - New Era in Physical Therapy	Dr. Dipen Patel
Guest Lecture on - Faulty Movement Pattern	Dr. Jaymin Bhatt
Webinar on – Physiotherapy in Canada	Dr. Vishal Patel





Virtual Conference on the topic of Pedagogical Practice in Physiotherapy

25th & 26th February, 2022

Traditional learning	Problem based learning
Focus is on teaching	Focus is on learning
Encourage competition	Encourages cooperation
Fixed learning events	Wider range of learning events
Subject oriented	Situation oriented
Involves information mastery	Involves information management
Faculty role is lecture based	Faculty plays several roles: tutor, advisor, resource person etc.

roshani is presenting

Shivani priyanka roshani

You Dr. Sakshi \$1 others

ARTIFICIAL INTELLIGENCE IN PHYSIOTHERAPY EDUCATION

Dr. Shashank Saini (PhD)
Research Professor
(Research - AI & ML in Physiotherapy)
(Email: shashank.saini@aiimr.edu)

jayesh thakrar

*I see and I forget.
I hear and I remember.
I do and I understand.
— Confucius*

After 2 weeks, we tend to remember ...

- 10% of what we READ
- 20% of what we HEAR
- 30% of what we SEE
- 50% of what we SEE & HEAR
- 70% of what we DO

Building a More Learning of an Experiential Learning & Demonstration Learning & Case or Clinical

Participating in a Discussion Group or Case

Using a Computer Presentation Simulating the Real Experience Doing the Real Thing

priyanka chaudhary

Traditional Classroom Learning Approach

Before the Class In the Classroom After the Class

Classroom Learning Approach

Before the Class In the Classroom After the Class

roshani patel

WHAT IS CBL ?

- It's a student teaching method that uses problems as the initial starting point for acquisition and integrating of new knowledge (Barrows, 1982)
- Tell Me ... And I forget
- Teach Me ... And I remember
- Involve Me ... And I learn

Shivani Patel Subhash Khatri Nikhil Vaid

priyanka chaudhary vikram vardhan Esha Karthika

Ekta Hegde GJ Honey You

Virtual Conference 2022 Hall-1

Howard Earl Gardner, Theory of Multiple intelligence.

- Proposed in 1983.
- People are not born with all intelligence they will learn ... as there is traditional notion that there is only one type of intelligence called General intelligence.

Dr. Sakshi Jayash Thak... Nikhil Vaid Shivani Patel

priyanka shat Priyanka Sani Chiranjiv Parmar

Chauhan Vishal Charmi Patel You

Virtual Conference 2022 Hall-1

Manoj Bhadiyadra blended study conference interval, was one minus 1.86 so comparing of 0.46 and minus 1.86 0.46, was more near to not.

Jyoti Landge but configuration interval is a statistical term, which we have to consider

Jyoti Landge

Santhosh Kumar S. 53 others You

Simulated Based Learning

Dated: 25th - 26th 2022

Dr. Rinkle Malani PhD Scholar
Professor & Director
MGM School of Physiotherapy
Aurangabad

priyanka chaudhary

Results:

1. Total 48 students completed the survey. Majority of the students (80%) were in favor of incorporating blended learning mode in undergraduate physiotherapy education program. As per the results, 4 out of 48% have not at all (0%) have not completed the survey.

Jyoti Landge Shweta Acharya Manoj Bhadiyadra Namita Bhale

Nidhiya gadgilpawar 50 others

11:14 AM | PAPER & POSTER PRESENTATION

ROLE PLAY

Two individuals in a clinical setting, one in a white coat and the other in a red shirt, are engaged in a role-play exercise.

priyanka chaudhary Jayesh thakrar roshani patel karishma Brahmbhatt YASVIA . PATEL

Manoj Bhadiyadra Charmi Patel 72 others

12:01 PM | nrr-dfoe-cbk



World Physiotherapy Day

8th September, 2022



World Arthritis Day

12th October, 2022

(The program was conducted by
CVTS, Sports and Paediatric
Department.)





World Diabetes Day

14th November, 2022

(The program was conducted by CBR Department
at BBA, BCA and Engineering College.)





World Disability Day

4th December, 2022



(The program was conducted by CVTS, Sports and Paediatric Department at Viklang Seva Parisar, Kuvasana, Visnagar.)

World Geriatric Day

1st October, 2022

(In conjunction with the Dental College and Physiotherapy College, World Geriatrics Day was celebrated on 1st October, 2022.)



Academic Visit at Civil Hospital (Jaipur Foot)

20th July, 2022





Old Age Home Visit

(Students and faculties of CBR department visit to Jivan Sandhya Old Age Home, Near Siddheshwari Temple, Kada, Visnagar.)





Back Pain and Neck Pain Screening Program and Ergonomics Guidance at difference Colleges of SPU and Bus drivers of SPU





Fitness Program

at Prakash Vidyalaya, Visnagar

28th November, 2022



Academic Visit
at Apang Manav Mandal,
Ahmedabad

13th December, 2022



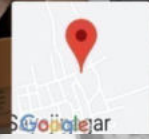
Ergonomic Awareness Session at Mehsana District Cooperative Bank, Visnagar, Gujarat.

(16th December, 2022)



Ergonomic Awareness Session for Tailors, Visnagar 8th December, 2022





Sayajinagar, Gujarat, India
JJ29+3MC, Sayajinagar, Gujarat 382820, India
Lat 23.600462°
Long 72.619191°
30/06/22 10:35 AM



CAMP DUTIES AT DIFFERENT PLACES OF VISNAGAR

Teacher's Day Celebration

5th September, 2022



Academic Activities by Alumini

Activities Done by : Kush Patel, Riddhi Patel, Hardi Darji



**Doctors
Day**

1st July, 2022



11.



12.

1.



2.



10.



3.



9.

Chair Surya Namaskar 12 steps



4.



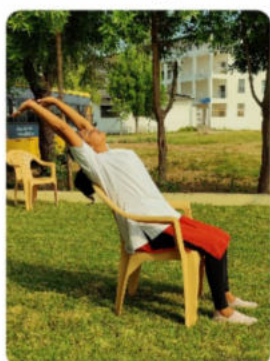
8.



5.

7.

6.



Cultural Activities

Days Celebration



Days Celebration



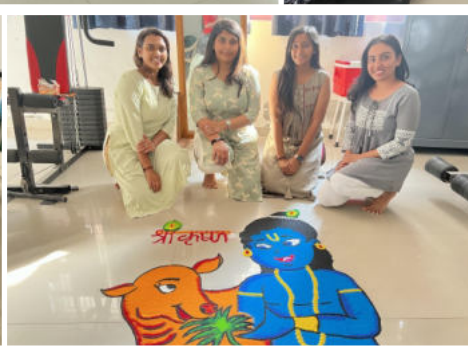
Days Celebration



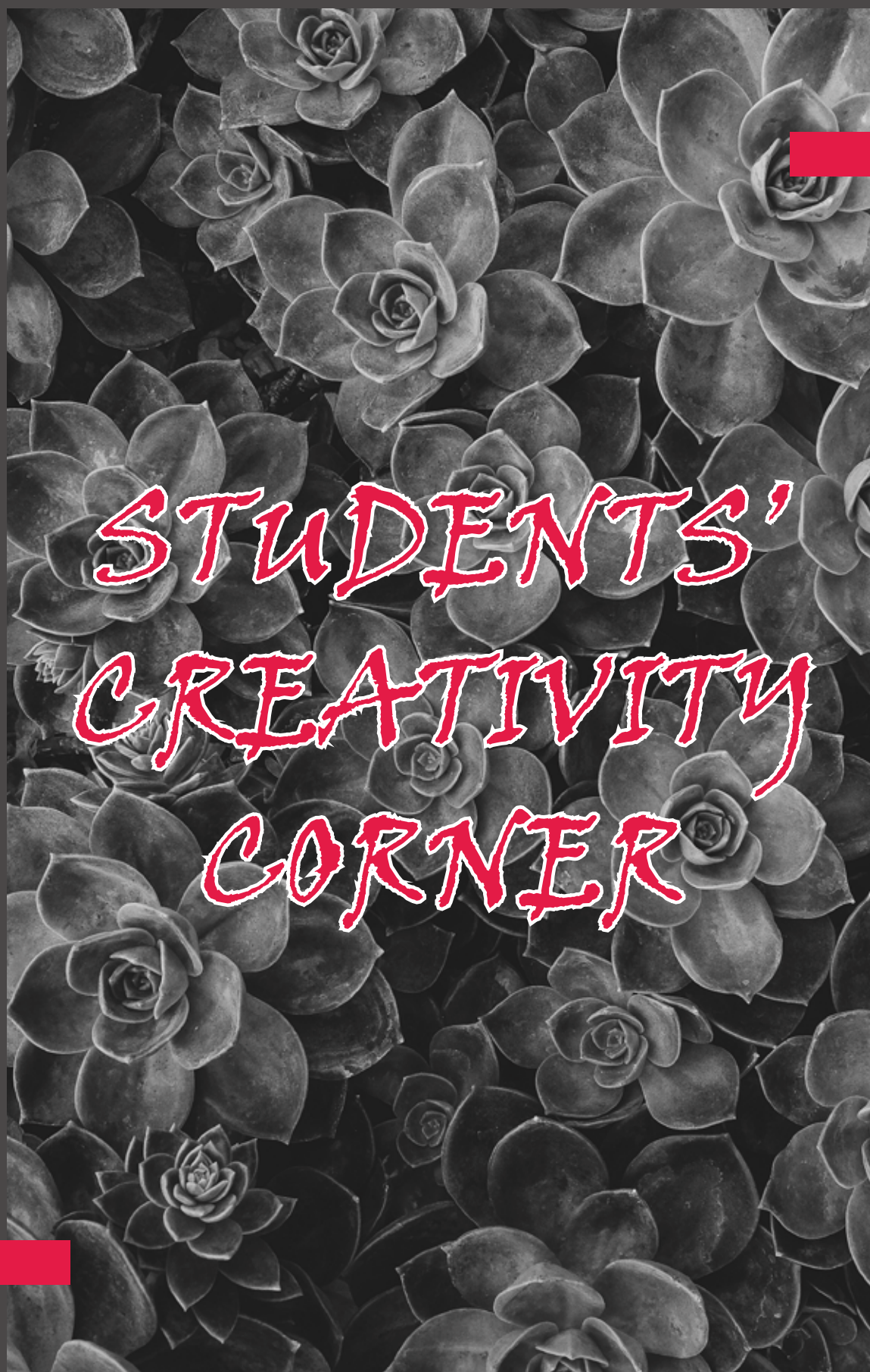


CELEBRATION

DIWALI







Drawings and Sketches



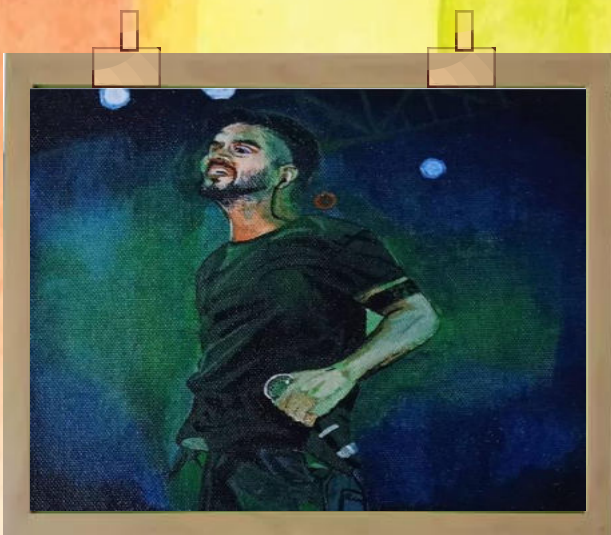
By Dviti Patel (Third Year BPT)



By Dviti Patel (Third Year BPT)



By Avani Patel (First Year BPT)



By Jyoti Biswas (Third Year BPT)



By Niki Patel (Final Year BPT)

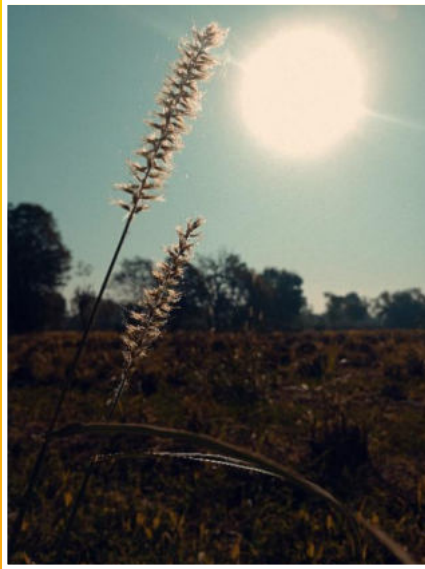
Drawings and Sketches



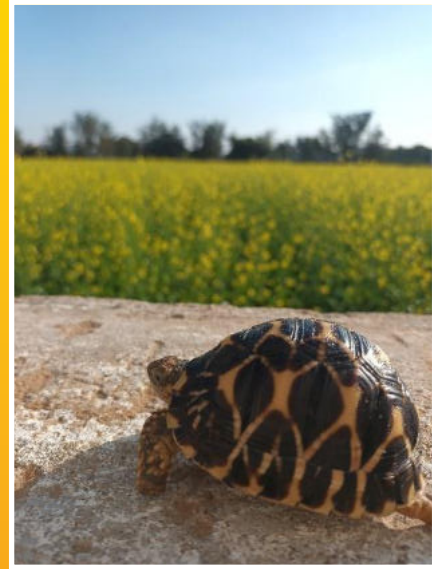
By Shivangi Patel (Third Year BPT)



PHOTOGRAPHY



By Adit Patel (Final YearBPT)



By Divyata Vesetiyan (Third Year BPT)



By Riya Rathore (Final Year BPT)



By Riya Rathore (Final Year BPT)



By Nasera Imam (Second Year BPT)



By Shreya Patel (First Year BPT)



By Bhaumik Panchal (First year BPT)



By Brij Patel (Second Year BPT)



By Urvi Maheta (Final Year BPT)



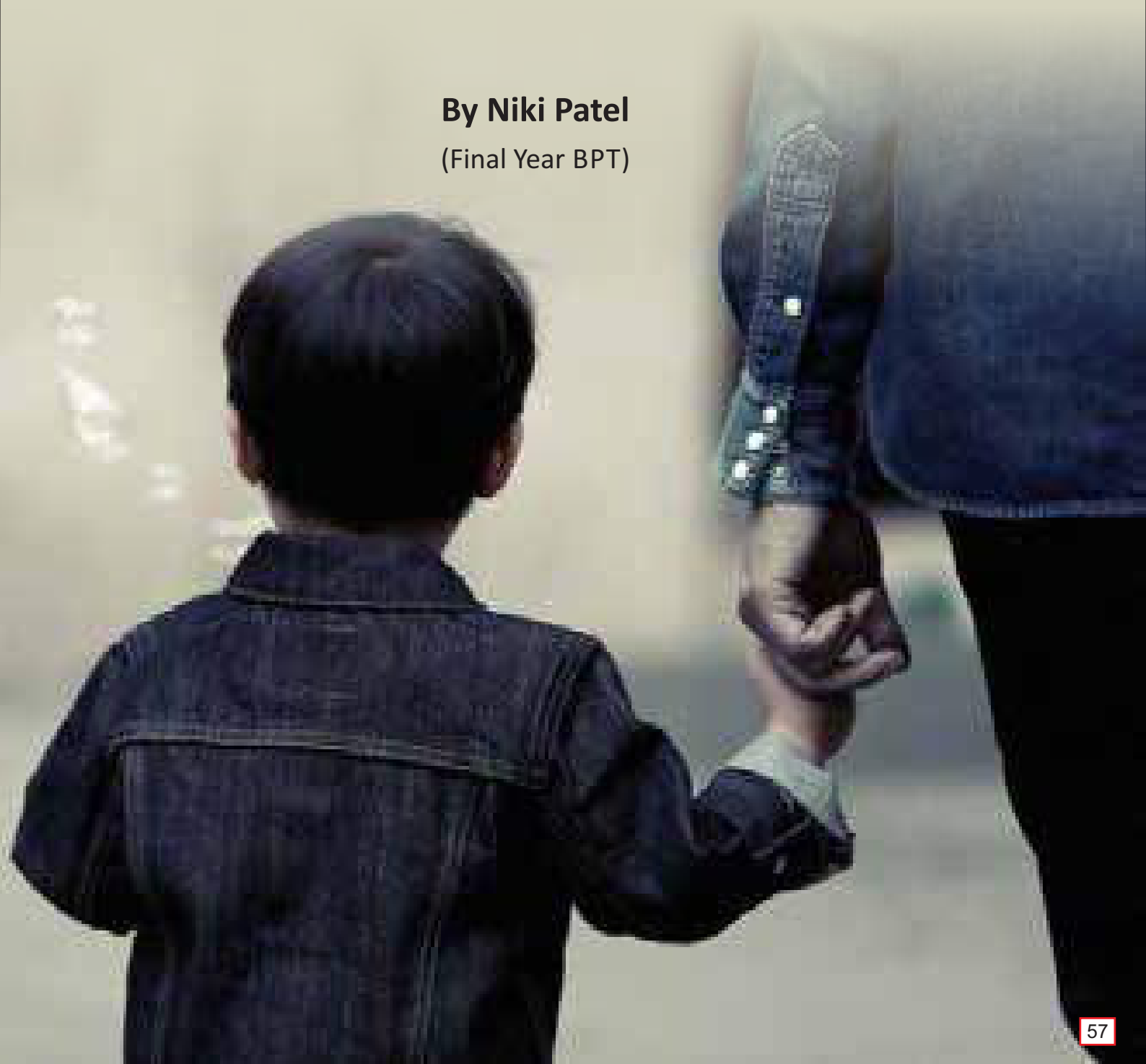
By Urvi Maheta (Final Year BPT)

One forgets childhood,

One forgets childhood,
one forgets one's father when one gets married,
one forgets one's brother when one becomes a boy,
one forgets one's sister when one becomes rich,
one forgets one's poor when one becomes rich,
and one forgets everything one forgets when one grows old...!!

By Niki Patel

(Final Year BPT)



GIRL

Girl in mirror, the same
Innocent but then a little different.
Mood,
Pack it in the spacious trunk
Forget about the shining moon last night.
No one knows, no one knows my pain
How acute it is, how long-lasting it is.
I have forgiven everything
Forgiven it little by little.
The train into the distant
destination has set off.
Take the hot air balloon,
Flying over the night sky.
I have forgiven everything,
and made new wishes.
The scar of time is a gift,
There will be no regrets from now on.

Yasvi A. Patel
(First Year BPT)

It's MIDNIGHT

Try to find 'me'.
Will an angel come?
From the clouds
Or some magic Will happen?
Waited with bated breath
Then a sound whisper
From the blue clad sky.
It's you who can Find 'You'.
Let's Accept!!
Whatever goes on!
Whatever we feel!
Whatever we have!
Whatever happened in our lives!
Just accept!!
Take deep breath!
And say to ourselves -
I HAVE A BEAUTIFUL LIFE!!!!

By Gunj Pabari
(Second Year BPT)

હા વીતી ગયો એ જમાનો

ભણવા જતા ત્યારે ચપ્પલ મળતી નહોતી,
તેમ છતાંય અમને ધૂળની ડમરી નડતી નહોતી.
પેન અને પાટી, પેન્સિલ રબર અને પુસ્તક,
કમ્પ્યુટર પર આંગળી ત્યારે ફરતી નહોતી.
ખાવા માટે “બા” દેતી અમને મમરા ને ધાણી,
નાસ્તા માટે ત્યારે મેગી બનતી નહોતી.
રોજ સવારે ચાલીને અમે શાળાએ જતા,
આંખો કોઈ વાહનની પ્રતીક્ષા કરતી નહોતી.
વર્ષો પહેલાં આપણે સૌ આંગણે રમતા,
મોબાઈલની તો તે પહેલા હસ્તી પણ નહોતી.
બચપણ વિત્યું તોય મજાનું એવું સુંદર,
જાણે કે દુનિયામાં દુઃખની વસ્તી નહોતી.
હા વીતી ગયોએ જમાનો જેમાં કોઈનીય કોઈ સાથે ફરિયાદ નહોતી !!

By Niki Patel (Final Year BPT)





STUDENTS' ACHIEVEMENT

Pal Patel and Digvi Shah
secured second rank in 1st
Gujarat Physio Badminton League GPBL 2022



Dissertation
Submission
by Interns
(2017-2022)



Dr. Shreya Patel – BPT Gold Medalist

Certificates
of Appreciation
from
MAHSA University

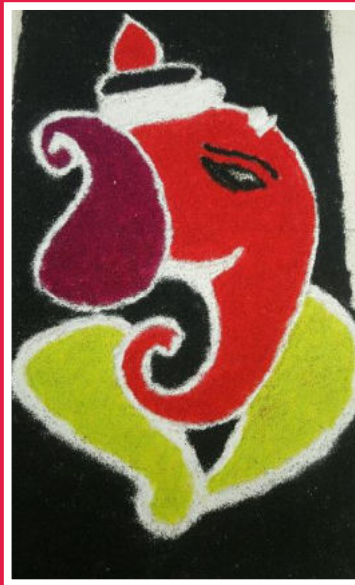




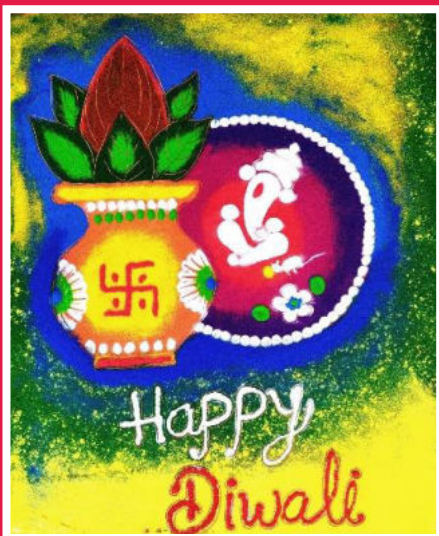
Rangoli by Dr. Roshani Patel



By Dr. Priyanka Chaudhary



Rangoli by Dr. Karishma Barot



Rangoli by Dr. Nidhi Vedawala

Photography

I BPT 2021-22



II BPT 2021-22



III BPT 2021-22



IV BPT 2021-22



INTERNS



TEACHING STAFF



NCP TEACHING & NON-TEACHING STAFF



NCPIans





Convocation of second batch of Nootan College of Physiotherapy (2017-2022)





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