

PHYSIO FORUM

ANNUALLY PUBLISHED PHYSIOTHERAPY NEWSLETTER

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“Exploring Various Areas of Community Services”



Physiotherapy Camp For Badminton Players



International Educational Tour At “Spinal Injury Rehabilitation Center” (SIRC) & “special Education And Rehabilitation Center For Disabled Children” (SERC), Nepal



Education Tour To Jaya Rehabilitation And Research Institute, Bidada, Kutch



Webinar On Radiological Interpretations for Physiotherapist

“ CONTRIBUTING TO THE RAJKOT'S BIGGEST INTERNATIONAL EVENT ”

PHYSIOPARTNER IN RAJKOT FULL MARATHON HELD ON 5TH FEBRUARY 2017 BY RMC

Once again, its delightful for faculty and skilled students, SPT to contribute as a “Physio Partner” in Rajkot Full Marathon. The team was distributed at 20 stations on the marathon route to prevent and cure the injuries. More than 380 mild to moderate level injuries were managed and assisted runners to complete Marathon.





**“COMMUNITY PHYSIOTHERAPY:
PARKINSON'S DISEASE
SUPPORT GROUP - PDSG &
RAJKOT KNEE CLUB - RKC”**

activities at
RK PHYSIOTHERAPY & REHABILITATION
RESEARCH CENTER - RKPRRC

To support community based physiotherapy, once in a month members of PDSG and RKC meets at RKPRRC with interactive meets among members, support to each other, experts' session, short trips, fun with lots of games to enhance health and wellness.



On this occasion, the day was celebrated with “Walkathon” at Racecourse, ring road which was inaugurated by Mr. Vijay Nehra, Commissioner, RMC, Mr. Denish Patel, Exe. Vice President, RKU and Mr. S. Ramani, Registrar, RKU. Various events were also organized to exhibit our splendid and brilliant efforts to enhance awareness about health and wellness among school going children. Students had participated in Digital poster presentation and quiz competition on theme of “Adds life to years” focused on various techniques for athletes, Women's Health, health and happiness, etc....



“ADDS LIFE TO YEARS”

**CELEBRATION OF WORLD PHYSIOTHERAPY DAY
8th SEPTEMBER 2016**



“POWER YOUR LIFE”

CELEBRATION OF WORLD HEART DAY ON 29th SEPTEMBER 2016

With the objective to make people aware about advantage of healthy Heart, SPT, RKU had organized basic health checkup camps at various health centers, PHCs and mentored people for health promotion. On day special, Dr. Mihir Tanna, MD, DNB cardio, Olympus Hospital, Rajkot was invited for expert talk on “Power your Life” which was remain memorable among students' and faculty.



“AWARENESS ABOUT 'SILENT DISEASE' & ADOPTING A BONE-HEALTHY LIFESTYLE”

CELEBRATION OF WORLD OSTEOPOROSIS DAY

World Osteoporosis Day celebrated on 20th October, 2016 with a camp organized to assess Bone mass Density and functional ability. The focus was to spread awareness about “silent disease” and its preventive measures by life style modification include diet, exercises and behaviors. The team includes faculty members, 7th sem students - Ms. Ajani Khishali, Mr. Dhaval Domadiya, Mr. Juned Bolatar, Mr. Faizan Juneja, Ms. Ashwini Patel, Ms. Vidhi Patel, Mr. Harshil Patel, Ms. Urvi Pithwa, Ms. Kajal Pokar, Ms. Dhruvi Rabadiya, Ms. Riddhi Ramoliya, Mr. Avi Shah, Ms. Radhika Thakkar, Ms. Anjana Vaishnav, Mr. Bhavesh Varma.



“TAKE A STAND AGAINST AGEISM”

CELEBRATION OF INTERNATIONAL DAY OF OLDER PERSONS ON 1st OCTOBER 2016

The day was celebrated with geriatric peoples at different old age homes including Ramnik kuverba Asharm, Maheshawari maa nu Asharam and Potanu Ghar Vridhhasharam, etc... In the camp, the elderly people were evaluated by specially designed Geriatric Assessment Form includes cognitive, emotional, behavioral, mobility and balance areas and discussed about how to meet every day's functional challenges with appropriate advices including diet and exercises.



“EYES ON DIABETES”

CELEBRATION OF WORLD DIABETES DAY

The World Diabetes Day on 14th November, 2016 celebrated by organizing **Expert lecture** on Diabetes and physiotherapy practice by Dr. Krupa Tank, SPT, RKU, **Case Discussion** by Dr. Sarfaraz Alam, SPT, RKU and the day special **Digital Poster Presentation** by students.



“ACHIEVING 17 GOALS FOR THE FUTURE WE WANT”

CELEBRATION OF WORLD DISABILITY DAY ON 3rd DECEMBER 2016

The day was celebrated with focus on the 17 Sustainable Development Goals and how these goals can create a more inclusive and equitable world for persons with disabilities. Dr. Hiral Panchasara, Assistant Professor, SPT has given key note address and conducted Quiz competition for students.



“EXPERT TALK”

HEALTH CARE & ENTREPRENEURSHIP UNTAPPED OPPORTUNITY

Alum Dr. Disha Pandit, physiotherapist and Research Associate, Venture Studio, Ahmedabad University, Ahmedabad shared her expert knowledge on Entrepreneurial opportunities in Healthcare Industry.



“MARKETING IS UNAVOIDABLE TO ENHANCE YOUR CLINICAL PRACTICE” MR. MUKESH NAYAK

A seminar on “Marketing in Physiotherapy” by Mr. Mukesh Nayak, Director Physiotimes, was organized on 25th September 2016 for physiotherapist of Rajkot at SPT, RK University. Mr. Mukesh emphasized on the inevitable need of advertising & marketing in the field of Physiotherapy. There was an interactive session that highlighted the role of goal setting, time management, social media, innovations, ethical practice being the key features for best physiotherapy practice. The worthy Sunday seminar was attended by more than 200 professionals and evolved new method of physiotherapy practice. The joint event by SPT, RKU and Rajkot Physiotherapy Association (RPA) congratulated the effort of Mr. Mukesh Nayak for professional contribution.



“WORKSHOP ON AEROBICS/GROUP TRAINING FITNESS COURSE AND THE PRE - AND POSTNATAL FITNESS TRAINING COURSE BY DR. SURAJEET CHAKRABARTY



Three days long workshop (11-13 Feb. 2017) was organized to learn and expand thinking towards Fitness, mainly focused on Aerobic Exercises, Step Aerobics, Kick Boxing, Choreographic Aerobics, Resisted band Exercises, Yogic Exercises, Pilates Exercises, Core workout, Physio ball workout and Pre- and Postnatal Physiotherapy. Hands on skill, Group workouts, Zumba dance, Partner training were major highlights besides fun of learning.

“ THALASSEMIA CAMP & BLOOD DONATION CAMP ” SUPPORTED BY SURAKSHA SETU & RED CROSS SOCIETY ON 21st JANUARY 2017

The camp was organized to spread awareness about Thalassemia and free Thalassemia test for 1st year students, RKU. Moreover, more than 60 students and faculties were participated in blood donation camp to meet the novel cause.



“ PHYSIOTHERAPY CAMP ” PEOPLE WITH DISABILITY ORGANIZED AT SHRI ASHIRVAD VIKLANG CENTER, SAYLA ON 26th & 27th NOVEMBER 2016

Since last decade, students and faculty of this institute serves in mega camp every year at Shri Ashirvad Viklang Center, Sayla.



This year, more than 625 patients with various Physical and Functional Disabilities from musculoskeletal, neuromuscular system, urinary disorders like Incontinence had participated. Patients with moderate to severe disability were provided free orthosis like Cervical Collar, Lumbosacral belt and Knee Cap. Physiotherapy rehabilitation was aimed to improve Quality of Care (QOC) and Quality of Life (QOL) of people who are abundantly lacking with Community Based Rehabilitation (CBR).

Counselling session was mainly emphasized on Health Education, Health Promotion, Hygiene and Ergonomic Advises besides life style modification for every patient. Students had an opportunity to learn and experience the principles of CBR for disables during the camp.



“ EXPERT TALK ON SOFT SKILLS ” DOCTOR PATIENT COMMUNICATION IN CLINICAL PRACTICE ON 6th MARCH 2017

Eminent speaker Dr. Bhavesh Thoriya, Chief consultant – Shanti Physiotherapy clinic, Morbi, delivered a speech emphasizing on effective way to communication include counseling of the patient, understand patient's psychology, selecting Choice of treatment & dosage, professional Team work with other medicos for betterment of patient etc. The lecture has proven to be very inspiring and informative for students.



“NOT ONLY THE FITNESS BUT POOR INJURY MANAGEMENT COST A LOT IN INTERNATIONAL SPORTS COMPETITION”

The School of Physiotherapy constantly strives to provide the quality inputs to students by providing them various platforms for their overall development. School of Physiotherapy, RK University (RKU) organizes national level Physiotherapy summit “Physiofest” every year to provide a platform to the students to showcase their practical skills and offers the future physiotherapists to craft their knowledge.

“Fitness for all” was a focal theme of “Physiofest 2017”. Delegates from various institutes had participated in several concurrent and scientific events such as Students' Parliament, Digital Poster Presentations, Paper Presentations, Innovative Model Exhibition, Quiz competition, Academic Excellence award 2017 Face painting, Rangoli and cultural competition.



Key note addresser Dr. Avinash Boyat, BCCI accredited Sports Physiotherapist and trainer, Physiotherapist of Indian Judo Team, Volleyball Team, Indian Taekwondo Team. Dr. Avinash has mainly focused on recent advances on standardized fitness tests as well as clinical reasoning in sports for injuries prevention. He has advocated that athletes must get trained under physio's preventive measures for better outcome. Coordination among athletes, coach and physiotherapist will make change in model score. In students' parliament Dr. M. Balaganpathy, Principal of Ashok & Rita Institute of Physiotherapy, Changa and Dr. Ashish Kakkad, Principal of Shree K.K.Sheth Physiotherapy College had given their views on physical and functional fitness and had healthy discussion with panel of students on some of burning topics of society such as importance of fitness in all age, responsible factors to improve fitness, how to improve mental and physical health and many more.

Research paper & digital poster presentation mainly focused on “fitness” in various conditions and its impact on physical as well as mental health, recent techniques to improve fitness. Students have showcase their talent by designing innovative models of spine gym, fitness hub, Geriatric fitness center, use of virtual reality in field of fitness, gripper to improve strength.

ABSTRACT UG PAPER PRESENTATION (WINNER)

Title : “Impact of Physical Training on Cognitive and Executive Performance on Late Adolescent Group – A Review”

Presentor : Ms. Nikhita Dodiya, 8th sem BPT, Student, School of Physiotherapy, RK University, Rajkot

BACKGROUND

Introduction Although the effect of aerobic physical activity (APA) on adulthood's physical health is well characterized, the effect of aerobic physical activity on cognition, executive performance has not yet been established. This review provides an overview of research conducted to establish the relationship between the aerobic physical activity and adolescent's cognition and executive performance.

Methods A review of English articles was performed in March 2017 using 319 RCT with an intervention of aerobic physical activity in late adulthood's of age 17-21 was measured cognition and executive performance on outcomes were included.

Result We found 16 relevant randomized control trials that met our inclusion criteria and relevant data and evaluated the methodological quality of the studies. Out of the 16 studies identified, 12 studies were crossover randomized control trials studying the effect of acute aerobic physical activity on cognitive performance and executive performance. Out of 12 RCT 7 study have done a follow up for after 6 month.

Out of 7 studies 5 studies demonstrated the positive outcome of aerobic physical training on cognition and executive performance in early adulthood. Out of 7 studies 2 studies demonstrated no significant positive impact of aerobic physical training on cognition and executive performance. Conclusion Aerobic physical activity (APA) is positively associated with cognition, executive performance. More rigorous trials with adequate sample sizes assessing the impact of aerobic physical activity on late adulthood's cognitive abilities, psychosocial functioning, behavior, and academic achievement are needed.

ABSTRACT UG PAPER PRESENTATION (RUNNER UP)

TITLE: “Challenging Phases of Women and Their Fitness”

PRESENTOR : Ms. Bhavika Hariyani, 1st Year B.P.T Student, Shree Sahajanand institute of Physiotherapy, Bhavnagar

GUIDE : Dr. Kunjal Trivedi (B.P.T), Shree Sahajanand institute of Physiotherapy, Bhavnagar

BACKGROUND : Fitness is a condition of well being physically and mentally of human body. Fitness is a major component for human being; it affects the physical as well as mental status of individual. There are many factors which affect fitness of individual i.e. regular exercise, hereditary, environment, fashion, health problem, diet, tension and stress, rest and relaxation, posture, psychological factor, quality or state of being fit. Present seminar focuses on fitness for women at different stages, i.e. pre puberty phase, puberty phase and climetary phase.

In these three stages female passes through many physical and mental disturbances (-deviation in menstruation cycle, physically bodily changes, hormonal affection on mental sphere, and repercussion like many general health related problems, physiological disturbance affecting family and personal problems). Each stage also demands its unique care i.e. Physical activity (exercises, yoga, relaxation), psychological support, diet and other aspects of their well being. All these can be done according to the stage and their requirements.

ABSTRACT PG PAPER PRESENTATION (WINNER)

TITLE : "A Study of Concentric and Eccentric Isokinetic Work Ratios of Shoulder Rotators in Elite Badminton Players with Painful Shoulder"

PRESENTOR : Dr. Megha Baksi, MPT (Sports), Assistant Professor, Shree Sahajanand Institute of Physiotherapy (SSIP), Bhavnagar

GUIDE : Dr. Shahid Mohd. Dar* MPT (Sports), Associate Professor, DIBNS Dehradun

BACKGROUND

Study Objectives : The main objective of study was to measure work ratio of the internal and external rotators in the dominant and non dominant shoulder in badminton players with painful shoulder.

Design : Descriptive Study.

Methods : Samples of 30 patients were taken into study on the basis of inclusion and exclusion criteria after signing the informed consent form. A cybex 6000 Isokinetic system was used to measure the work ratios of shoulder rotators. Then the data was analyzed.

Setting : Therange of testing was between 90 degree of shoulder external rotation and 40 degree of internal rotation. Testing was performed at a speed of 120 degree/seconds

Result : Result of study showed that there are significant differences with the work ratios of rotators of dominant shoulder, and having less strength than the non dominant shoulder of badminton player with painful shoulder.

Conclusion : In the present study, it is concluded that there is significant differences in Isokinetic work ratio of eccentric antagonist/ concentric agonist between dominant and non dominant shoulders in players involved in playing Badminton with painful shoulder.

ABSTRACT PG PAPER PRESENTATION (RUNNER UP)

TITLE : "To compare the static and dynamic balance in dominant and non-dominant lower limb among football players."

PRESENTOR : Dr. Ameet Vyas, 1st year MPT Student, School of Physiotherapy, RK University

BACKGROUND : Balance is an integral component of almost every activity of daily living (ADL). Balance is defined as, highly integrative dynamic process involving coordination of multiple neurological pathways that allows for the maintenance of the COG over the BOS. Available literatures had analyzed the changes in balance in dominant and non dominant lower limb among various populations. So in the study we can find out balance in dominant and non dominant lower limb among football players with the help of static and dynamic balance test.

Aim: To compare the static and dynamic balance in dominant and non-dominant lower limb among football players.

Methodology:

Study Design: Comparative and observational study
Study Setting: RK. University campus and sports club of Rajkot city (racecourse)
Sampling Technique: Convenient sampling
Study Population: Football players (18 to 35 year)
Study Sample: 50 participants

Result: A comparative and observational study was performed in which balance in dominant and non dominant lower limb was assessed by use of single leg stance test and SEBT among football players. Statistic was performed by using unpaired t- test. There is no statistically significant difference in balance in dominant & non dominant lower limb among football players.

Conclusion: On the basis of result of the present study, it can be concluded that there is no statistical significant difference in either static or dynamic balance of dominant and non dominant lower limb among football players.

UG POSTER PRESENTATION (WINNER)

Title : Components of Physical Fitness

Presenter

Ms. Anjali Manjar, Ms. Jeel Devmurari,
Shree Sahajanand Institute of Physiotherapy



Presenter

Dr. Amit Navani,
K.K.Sheth Physiotherapy College, Rajkot



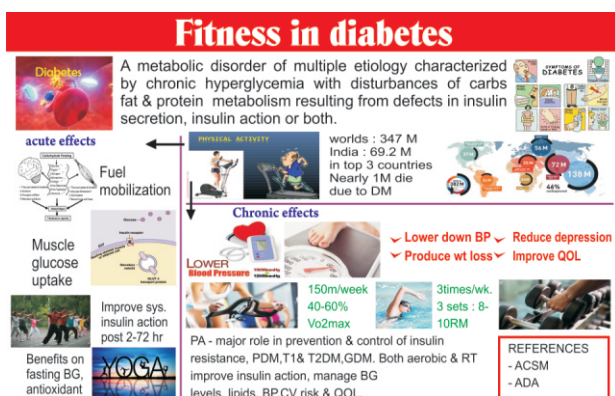
PG POSTER PRESENTATION (WINNER)

Title

Fitness in Diabetes

Presenter

Dr. Tasneem Vajih, K. K. Sheth Physiotherapy College, Rajkot



UG POSTER PRESENTATION (RUNNER UP)

Title

Be Fit with Nature: Green Exercise

Presenter

Ms. Hitarthi Kotak, Ms. Krishna Trivedi, School of Physiotherapy, RK University



PG POSTER PRESENTATION (RUNNER UP)

Title

Effect of Soft Drinks on Health

LIST OF WINNERS PHYSIOFEST-2017

Event	Winners	Runner Up
JUNIOR PAPER PRESENTATION	Ms. Nikhita Dodiya School of Physiotherapy, RK University	Ms. Bhavika Hariyani Sahjanand Institute of Physiotherapy
SENIOR PAPER PRESENTATION	Dr. Megha Bakshi Sahjanand Institute of Physiotherapy	Dr. Ameet Vyas School of Physiotherapy, RK University
INNOVATIVE EXHIBITION	Dr. Jaydev Pandya School of Physiotherapy, RK University	Dr. Archi Soni, Dr. Kruti Patel Ashok & Rita Institute of Physiotherapy
QUIZ COMPETITION	Ms. Krina Ved, Mr. Yagnik Dave, Mr. Gauravgi Gosai Sahjanand Institute of Physiotherapy	Ms. Krishna Trivedi, Ms. Shivani Vyas, Ms. Komal Bhalodiya School of Physiotherapy, RK University
ACADEMIC EXCELLENCE AWARD 2017 (UG)	Ms. Mansi Kotecha School of Physiotherapy, RK University	Mr. Sagar Nathani School of Physiotherapy, RK University
ACADEMIC EXCELLENCE AWARD 2017 (PG)	Dr. Kinjal Patel Shree K.K. Sheth Physiotherapy College	Dr. Zarna Mehta Shree K.K. Sheth Physiotherapy College
DIGITAL POSTER PRESENTATION (UG)	Ms. Anjali Manjar, Ms. Jeel Devmurari Sahjanand Institute of Physiotherapy	Ms. Hitarthi Kotak, Ms. Krishna Trivedi School of Physiotherapy, RK University
DIGITAL POSTER PRESENTATION (PG)	Dr. Tasneem Vajhi Shree K.K. Sheth Physiotherapy College	Dr. Amit Mavani Shree K.K. Sheth Physiotherapy College
CULTURAL COMPETITION	Ms. Mansi Pandya, Ms. Shivani Vyas Ms. Urvasi Nimavat, Ms. Priyanka Jadeja Ms. Ayushi Sabhaya, Ms. Nirali Gadhi Ms. Nirali Koradiya Sahjanand Institute of Physiotherapy	Mr. Shubham Rana, Mr. Parth Patel Ms. Hiral Shah, Ms. Hemarshi Chauhan Mr. Tripad Bhanushali School of Physiotherapy, RK University
FACE PAINTING COMPETITION	Ms. Yani Kananni Shree Swaminarayna Physiotherapy College	Mr. Dharmesh Vaghmashi School of Physiotherapy, RK University
RANGOLI COMPETITION	Ms. Khyati Gohel, Ms. Kruti Kataria Ms. Shreya Bhatt, Ms. Vanshvi Hansora Harivandana Physiotherapy College	Ms. Dhrupal Poojara, Ms. Khyati Kyada Ms. Foram Bhut, Ms. Radhika Joshi School of Physiotherapy, RK University





This year sports and cultural festival “Galore” was held on 17th & 18th of March 2017 at RKU and Hemu Gadhvi Auditorium with lots of creative competitions and entertainment of the students. There were various interschool competitions for cultural events like Public Speaking Competitions, Photography, Artistry etc... and sports competitions like Badminton, Cricket, Discuss throw etc...

MS. HINAL SETHIA
5th sem BPT (WINNER)
Linguistics League



MS. KRUTIKA SHARMA
3rd sem BPT (Runner Up)
Linguistics League



MS. RITU DAVE
3rd sem BPT (WINNER)
Badminton (Singles)



MS. RITU DAVE
3rd sem BPT (WINNER) &
MS. BHOOMI VALA
5th sem BPT (WINNER)
Badminton (Doubles)



MS. KAJAL LATHIYA
7th sem BPT (WINNER)
Table Tennis (Singles)



MS. TWISHA PATEL
5th sem BPT (Runner Up)
Table Tennis (Singles)



MS. KAJAL LATHIYA
7th sem BPT (WINNER) &
MS. TWISHA PATEL
5th sem BPT (WINNER)
Table Tennis (Doubles)



MS. TWINKAL MODI
5th sem BPT (Runner Up)
Table Tennis (Doubles)



MS. POOJA POPAT
7th sem BPT (Runner Up)
TABLE TENNIS (DOUBLES)



MS. RUCHA BHATT
3rd sem BPT (Runner Up)
JAVAILIAN THROW



CRICKET GIRLS WINNER

1st sem BPT

**MS. DRISTY CHANGELA
MS. NIRALI GADHVI
MS. TRAJANI GOSAI
MS. RITU PADALIYA**

3rd sem BPT

**MS. DISHA ANDANI
MS. RUCHA BHATT**

5th sem BPT

**MS. POOJA MEHTA
MS. PINKAL CHAUHAN
MS. HARDI MEHTA
MS. DISHA NAMERA
MS. NEHA SVALIYA
MS. BHOOMI VALA
MS. SIDHI SAMPAT**



MS. KRUPALI MEHTA,
Student Of 6th Sem BPT (Batch - 2014)
Has Achieved Position As
Bokwa Instructor



**RESEARCH PUBLICATIONS
BY 7th SEM BPT STUDENTS (BATCH - 2013)
MS. JENALI SOMAIYA, MS. JALPA DOBARIYA
MS. POOJA DOSHI, MS. RIYA SHAH**

On Prevalence of Dysmenorrhea and its effects on quality of life in
College going girls



MS. RITU DAVE
Winner of Khel mahakumbh 2016 District level
Badminton Double's event



DR. VAIBHAV DAVE, 1st year MPT student
Served as Physiotherapist for state level summer
camp of Kho Kho players organised by Sports
Authority of Gujarat at Junagadh



STUDENT OF THE YEAR 2016

MR. AKSHAY KACHA

Student of 8th semester Bachelors of Physiotherapy was awarded with the title of student of the year 2016 from School of Physiotherapy



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6th sem 2014-15



2nd sem 2016-17



4th sem 2015-16

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1st sem 2017-18

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