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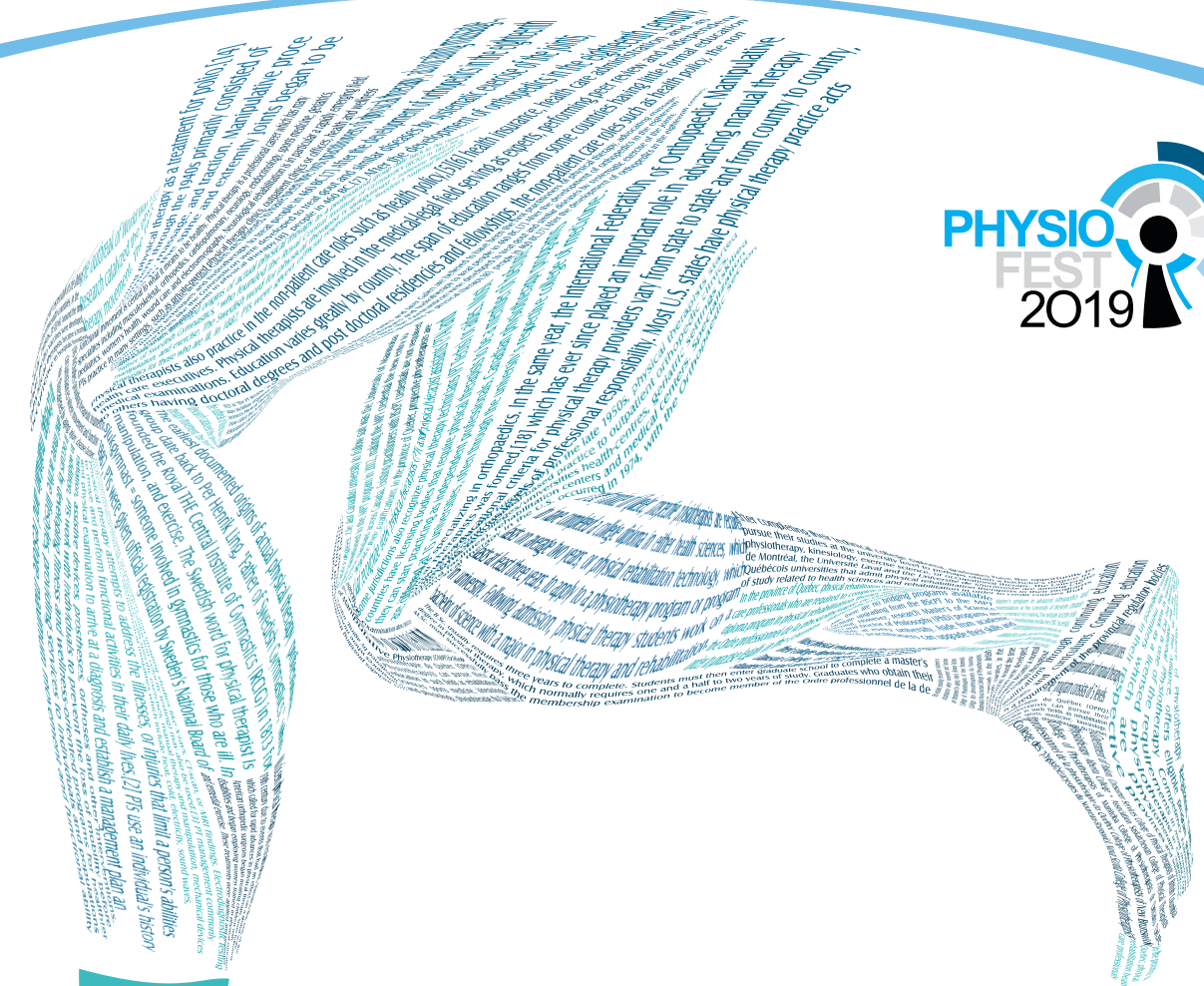
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PHYSIO FORUM

ANNUALLY PUBLISHED PHYSIOTHERAPY NEWSLETTER



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STUDENT ACHIVEMENT



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SCHOOL OF
PHYSIOTHERAPY
RKUNIVERSITY

હવે સૌરાષ્ટ્રના દિવ્યાંગ દર્દીઓએ અમદાવાદ કે મુંબઈ જવાની જરૂર નથી...
રાહતદરે જર્મન/યુ.એસ.એ. ટેકનોલોજી સાથેના હાઈટેક કૃત્રિમ હાથ-પગ હવે રાજકોટમાં જ...
સૌરાષ્ટ્રનું એકમાત્ર અદ્યતન ટેકનોલોજી સંજ્ઞ

Inspire
health care
(Hi-Tech Artificial Limb Centre)

→ પગ કપાયેલા દર્દીઓ માટે રાહતદરે લેટેસ્ટ ટેકનોલોજી ધરાવતા સીલીકોન લાઇનર તથા એનર્જી સ્ટોરીંગ કાર્બન ફાઇબર ફૂટ સાથેના કૃત્રિમ પગ, ઘુંટણની ઉપરથી પગ કપાયેલા દર્દીઓ માટે પલાઠી વાળીને બેસી શકાય તેવા ન્યુમેટીક, હાઇડ્રોલીક માઇક્રો પ્રોસેસર કન્ટ્રોલ્ડ કૃત્રિમ પગ.



→ આંગળી, આંખ, કાન, નાક, અંગુઠો વગેરે કપાયેલા દર્દીઓ માટે દેખાવમાં આબેહુબ સીલીકોન કોસ્મેટીક પ્રોસેસીસ



ડૉ. હિરેન બાબરીયા
પ્રોસ્થેટીસ્ટ & ઓર્થોટીસ્ટ
(ગોલ્ડ મેડાલીસ્ટ)
RCI No. A45026



→ હાથ કપાયેલા દર્દીઓ માટે મીકેનિકલ હાથ તથા મગજથી સંચાલીત માયોઇલેક્ટ્રીક હાથ જેવી સુવિધાઓ.

→ પોલીયો માટેના ઓટોમેટીક લોકીંગ સીસ્ટમ સાથેના હાઈટેક કેલીપર્સ



→ ડાયાબીટીસના દર્દીઓમાં પગની કોઈપણ પ્રકારની તકલીફ માટે અદ્યતન ફેંચ ફૂટ સ્કેનર દ્વારા પગની સંપૂર્ણ 3D તપાસ તથા કસ્ટમાઇઝ્ડ પ્લાસ્ટાઝોટ (UK) મટીરીયલ સાથેના સ્પેશલાઇઝ્ડ ડાયાબીટીક ફૂટવેર.



→ ઘુંટણના હાડકાના શરૂઆતના ઘસારા માટેના આર્થ્રાઇટીક પેઇન રીલીવીંગ ઓર્થોસીસ.



→ વેરીકોઝ વેઇન, લીમ્ફેડેમા તથા દાઝી ગયેલા દર્દીઓ માટે કસ્ટમાઇઝ્ડ પ્રેસર ગારમેન્ટ્સ તથા સીલીકોન સ્કાર જેલ સીટ જેવી સુવિધાઓ.



→ પોસ્ટ ઓપરેટીવ ફેકચર બ્રેસીંગ



→ પગના તળીયાના દુઃખાવા માટે સીલીકોન જેલ કેર ફૂટ ઓર્થોસીસ જેવી સુવિધાઓ.



ઇન્સપાયર હેલ્થ કેર

એડ્રેસ :
૩૦૪, અરીહંત પ્લાઝા, સુભાષ રોડ,
મોટી ટાંકી ચોક પાસે, રાજકોટ - ૧.

એપોઇન્ટમેન્ટ માટે :
ફોન : 0281 - 2465535
મો. : 7575 075 535

સમય :
સવારે ૧૦-૦૦ થી ૧-૦૦
બપોરે ૪-૩૦ થી ૭-૦૦

આ માહિતી વધુમાં વધુ શેર કરી જરૂરીયાતમંદ સુધી પહોંચાડવા પિનંતી.



“WORLD YOGA DAY”



**“EXPERT TALK ON
ENTREPRENEURSHIP & LATEST
TECHNOLOGY”**

Dr. Dipan Patel, Founder Aalayam Rehab Care - delivered a speech on “Entrepreneurship and latest technology in physical therapy” on 8th August, 2018 for the students of School of Physiotherapy (SOPT), Rk. University.



Speech was emphasis more on latest technology in physical therapy & He also spoke on importance of master and P.hD courses in field of Physiotherapy and as an allied health professional service, physiotherapy has a vast range of career options to choose. People can either work in India or go abroad and flourish their career in physiotherapy. The lecture has proven to be very inspiring and informative for students.

“RUN FOR UNITY”



Celebration of Rashtriya Ekta Divas at RKU by the students & faculty members

“GUJSTATE CONPHYCS 2018”

Congratulations to the Team, School of physiotherapy, RK University for achieving excellent performance in academics and sports at 12th Gujstate Conphys 2018 - State level students Conference of Physiotherapy fraternity scheduled at Pandit Deendayal Upadhyay Auditorium (AMC hall) Ahmedabad on 26th and 27th October 2018. We had a total 4 research papers, 3 posters, 2 seminars, 1 model for innovative exhibition besides Sports competitions which got selected for presentation.





WORLD HEART DAY "MY HEART, YOUR HEART"

World Heart Federation declared 29 th September as a "WORLD HEART DAY". In context to this, The School of Physiotherapy, R.K. University celebrated the day with onsite visit to BALAJI INDUSTRIES, METODA.



At BALAJI industries, physiotherapy camp was ganized to assess the physical fitness of employees. 23 students has participated in the camp under the guidance of Dr. Anushree Gajjar, Dr. Nidhi Ved and Dr. Viral Dhamecha.

The camp was started around 11.30 AM. The registered employees were then directed towards the checkup area. Blood pressure, Pulse rate, Respiratory rate, sPO2, PEFR and PFT was easured and recorded. The employees were then directed towards the cardiac fitness assessment area. TECUMSEH step test was done by the students for checking the fitness capacity of the employees. After doing the checkup consultation was done and physiotherapy advice was given to them. Around 85 employees took the advantage of health checkup camp.

This health checkup camp helped in identifying the lung capacity of the employees by the PEFR and Spirometry. Few employees with history of smoking were found to have lung capacity lower than the normal range. Appropriate advice was given to such employees. Students had a good exposure of field work.

WORLD ALZHEIMER'S DAY

School of Physiotherapy celebrate Alzheimer's day with moto of awareness in students to help society. World Alzheimer's Month is observed in September every year and September each year marks the pinnacle of the Month, is an initiative of Alzheimer 's disease International (ADI). On the occasion of world Alzheimer 's day - 21st September 2018 school of Physiotherapy, RK University organize awareness lecture in students.



The event was started by introductory speech by 2nd Sem PG students. In their speech, they explained about the importance of World Alzheimer's Day and the importance of physiotherapy in treatment of dementia. Skit was performed by one theme " Problems and solution of people with Alzheimer's Disease. Students are actively participated in the each and every game and events.

The event was coordinated by Dr. Shweta Rakholiya and Dr. Bhakti Desai, Assistant Professor, School of Physiotherapy, RK University with 2nd Semester PG students.

WORKPLACE WELLNESS

Dr. Badri Vishal, Dr. Viral Dhamecha and Dr. Nikhil Agrawal conducted the worksite wellness sessions for employees (computer users) from Infinity Infoway Pvt. Ltd. – a leading Web and Mobile App Development Company based in Rajkot, Gujarat



EXPERT TALK ON RELATIONSHIP BETWEEN TECHNOLOGY AND PSYCHOLOGY

On 24 th January 2019, School of Physiotherapy has organized Expert talk by Ms. Farheen Meraj for 1 st semester Bachelor of Physiotherapy Students.

She is Research Fellow in DEFENCE RESEARCH AND DEVELOPMENT ORGANIZATION of MINISTRY OF DEFENCE. She had delivered informative talk on "RELATIONSHIP BETWEEN TECHNOLOGY AND PSYCHOLOGY." Students got knowledge about Technological Innovations in Psychology.

INTERNATIONAL DAY OF OLDER PERSONS

School of Physiotherapy, RK University celebrated International Day of older persons on 1 st October 2018. Old Age Home visit at "Dikra nu ghar" near Dholara was organized.



The 2018 theme of United Nations International Day for Older Persons (UNIDOP) is "Celebrating Older Human Rights Champions". There are lots of specific human rights for older persons, about which they might not be aware. So, the celebration was aimed to spread awareness about human rights for older persons among elderly individuals. The students have shown the human rights of older persons by performing a skit.

Then Dr. Ankita and Dr. Pratik, students of MPT delivered informative speech about older human rights. At last, interactive session was organized, in which the older humans have discussed their problems about their human rights with the entire team. The event was coordinated by Dr. Namrata Sojitra and Dr. Nikhil Aggarwal School of Physiotherapy, RK University with support team of 2nd Semester MPT students.

3RD DECEMBER 2018, INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

was celebrated at School of Physiotherapy, RK University.

Camp was organized by Dr. Mayuri & Dr. Mayank Raval in which patients from surrounding rural areas had availed advantage of the camp. In camp, patients were given free consultation, diagnosis and treatment that aimed to improve Quality of life of people who are abundantly lacking with community based rehabilitation.



WORLD OBESITY DAY

ON 11TH OCTOBER, 2018 AT SCHOOL OF PHYSIOTHERAPY, RK UNIVERSITY celebrate Obesity day with motto of awareness in society. We have organized basic health check up camp regarding obesity for RK University faculties. We have measured the Body Mass Index (BMI), Waist- Hip Ratio, Blood Pressure, Pulse Rate, and Respiratory Rate of the faculties. Total 10 Faculties were screened in this camp.



Dr.Niyati Patel and Dr.Viral Dhamecha, Assistant professor, School of Physiotherapy, RK University were the coordinator and Ms.Mansi Pandya (5th sem), Ms.Urvashi Nimavat (5th sem) were the student coordinator for this camp.

WORLD MENTAL HEALTH DAY

10th October 2018 was celebrated as World Mental Health Day, at School of Physiotherapy, RK University on focal theme "Young people and mental health in a changing world". Symposium was addressed by Dr. Rajesh Ram, MD on 'Psychological Disorder and Psychiatric Medicine' and Activity based learning session was taken by Mrs. Vaishali Dhakan, Clinical Psychologist on 'Applied Motivational Activities'. More than 300 students and faculty had participated in the event.The event was successfully coordinated by Dr. Riddhi Mehta.



WORLD PHYSIOTHERAPY DAY- 2018



"SUMMARY REPORT ON CELEBRATION OF WORLD PHYSIOTHERAPY DAY 8th September 2018"

School of Physiotherapy celebrates world Physiotherapy Day every year to spread awareness about health and wellness. In context to focal theme of 2018 – "Exercise Therapy & Mental Health", students and faculties had organized various activities such as

TIME	EVENT
06:30AM - 07:15AM	Walkathon and Cyclothon
07:00AM - 08:15AM	"Zumba" Session
09:00AM - 12:00PM	Fitness Awareness and Tests at various schools
03:00PM - 05:00PM	Camp for Heel, Foot and Ankle Pain at RKPRRC
03:00PM - 05:00PM	Camp for Swimmers and Football Players, Race Course
9.00AM- 12.00PM on Sep'10 th	Pediatrics Camp



"CARDIOVASCULAR FITNESS CAMP"

Cardiopulmonary and Vascular fitness camp was organized In School of physiotherapy, RK university. The camp duration was one and half hour on 09 th Jan 2019. The camp was specially designed for various school of RK university with motto of spreading awareness about importance of Cardiopulmonary and Vascular fitness in today's lifestyle and how to improve/maintain it for healthier life ahead.

Objectives of the Camp were:

- To educate and create awareness about the importance of Cardiopulmonary and Vascular fitness.
- To evaluate the different parameters affecting Cardiopulmonary and Vascular fitness.
- To provide an opportunity to learn various technique to improve Cardiopulmonary and Vascular fitness.
- To provide a platform where person can come for follow up to work on their Cardiopulmonary and Vascular fitness as per requirement

Vitals check

Keeping the theme of camp vitals of the persons were assessed, which included Blood Pressure, Respiratory Rate and Heart Rate.

Evaluation of Dyspnea:

Dyspnea, also known as shortness of breath or breathlessness, is a subjective sensation of breathing discomfort and is very much common these days due to sedentary life style or lack of exercise. Before evaluating the dyspnea all the potential hazard and importance of the evaluation was explained.

Evaluation of Cardiopulmonary Endurance

After testing the capability of a person to breathe the endurance i.e. how well one's heart, lungs, and muscles work together to keep body active over an extended period was evaluated using Step Test.



Pulmonary function test

After one's ability to breath and its endurance its time to evaluate exactly where one need to work to improve their respiratory system to cop up with demand of the body to certain activities. For this Pulmonary function test was performed using HELIOS 401.



Evaluation of Hypertension:

After getting the overview of respiratory system now we move on condition of heart weather the heart can pump the blood as per requirement which directly affect the amount of oxygen delivered to the tissue. Hypertension was evaluated by Sphygmomanometer.

Evaluation of obesity:

Last but not the least obesity, a condition which put a person of risk of impairedcardiopulmonary and vascular was assessed using BMI guidelines, given by WHO andWaist Circumference Issued ASIA Specific guidelines.

Physiotherapy Management:

- Technique to relive dyspnea was taught.
- Aerobic training was planned.
- Regular follow-up was advised.

"SUMMARY REPORT ON GERIATRIC VISIT"

On 20 th October 2018, Students of 5 th semester BPT visited "Sadbhavna vriddhashram" under guidance of faculties of school of physiotherapy. Students had an opportunity to experience and practice detailed assessment and complete rehabilitation procedure starting from observation of posture, Identification of major musculoskeletal or neurological problem. After that students has given preventive advices to prevent various complications in geriatric population.



They were initially explained about the daily activities and brief idea about the lifestyle.

After that students were instructed to observe working pattern, posture and major stress area of body during each position and also instructed to assess the musculoskeletal, Cardiovascular, and neurological problems.



After the observation of all the area, Exam papers were given to students and students have written whatever they have observed and tested during visit. It is a one way of conducting AAC exam

Dr. Namrata Sojitra and Dr. Bhakti Desai has accompanied with the students and students had a great learning experience for life long.

**સ્કૂલ ઓફ ફિઝિયોથેરાપી, આરકે યુનિવર્સિટી દ્વારા સંચાલીત
આરકે ફિઝિયોથેરાપી અને રીહેબિલિટેશન રીસર્ચ કેન્દ્ર ખાતે**

**ઘૂંટણની સંભાળ માટે Rajkot Knee Club
ની સભાનું આયોજન**

સમય : ૬૨ મહિનાના ત્રીજા શનિવારે | સાંજે ૫ થી ૭ કલાકે

Rajkot Knee Club એટલે ઘૂંટણની સંભાળ અંગેની જાગૃતતા ધરાવતા વ્યક્તિઓ દ્વારા, વ્યક્તિઓ માટે, તેમજ વ્યક્તિઓનું એક સમૂહ છે.

સભાનો હેતુ ઘૂંટણની સંભાળ અંગેની જાગૃતતા ધરાવતા વ્યક્તિઓ મહિનામાં એક વખત સાથે મળી, એકબીજાના પ્રશ્નો તેમજ સારવારની આપણે કરી વધુ સક્રિય જીવન જીવવાની પ્રેરણા ઉપજાવવાનો છે.

એક જ પ્રકારની વ્યક્તિઓથી બનતા આ સમૂહને કારણે તજજ્ઞોને આમંત્રિત કરી વધુ યોગ્ય તાપસ અને સારવાર મેળવી વધુમાં વધુ સક્ષમ જીવનશૈલી અપાવવાનો છે.

સંપર્ક : આ નિ:શુલ્ક ગ્રુપમાં જોડાવા માટે મો. 9033367574 નો સંપર્ક આવકાર્ય છે.
સ્થળ : આરકે ફિઝિયોથેરાપી અને રિહેબિલિટેશન રિસર્ચ કેન્દ્ર,
મેઘાણી રંગભવનની સામે, ભક્તિનગર સર્કલ, 80 ફૂટ રોડ, રાજકોટ
નોંધણી ફરજિયાત છે.



**સ્કૂલ ઓફ ફિઝિયોથેરાપી, આરકે યુનિવર્સિટી દ્વારા સંચાલીત
આરકે ફિઝિયોથેરાપી અને રીહેબિલિટેશન રીસર્ચ કેન્દ્ર ખાતે**


**પાર્કિન્સન (કંપવા) ના દર્દીઓના લાભાર્થે
પાર્કિન્સન ડિસીઝ સપોર્ટ ગ્રુપ (PDSG) ની સભાનું આયોજન**

સમય : ૬૨ મહિનાના ચોથા શનિવારે | સાંજે ૫ થી ૭ કલાકે

પાર્કિન્સન ડિસીઝ સપોર્ટ ગ્રુપ (PDSG) એ કંપવાના દર્દીઓ દ્વારા, કંપવાના દર્દીઓ માટે તેમજ કંપવાના દર્દીઓથી ચાલતું એક સમૂહ છે.

આ ગ્રુપનો હેતુ કંપવાના દર્દીઓ મહિનામાં એક વખત સાથે મળી, એક એકબીજાના પ્રશ્નો તેમજ સારવારની આપણે કરી તેમજ નિષ્ણાંતો પાસેથી માર્ગદર્શન વધુ વધુ સક્રિય જીવન જીવવાની પ્રેરણા આપવાનો છે.

સંપર્ક : આ નિ:શુલ્ક ગ્રુપમાં જોડાવા માટે મો. 9898632342 નો સંપર્ક આવકાર્ય છે.
સ્થળ : આરકે ફિઝિયોથેરાપી અને રિહેબિલિટેશન રિસર્ચ કેન્દ્ર,
મેઘાણી રંગભવનની સામે, ભક્તિનગર સર્કલ, 80 ફૂટ રોડ, રાજકોટ
નોંધણી ફરજિયાત છે.



“ RAJKOT KNEE CLUB (RKC) MEET”

“ PARKINSON DISEASE SUPPORT GROUP (PDSG) MEET”



“ EDUCATIONAL TOUR TO THE SCHIEFFELIN INSTITUTE OF HEALTH RESEARCH & TRAINING CENTRE, KARIGIRI, VELLORE, TAMILNADU ”

ENRICHING STUDENTS' KNOWLEDGE THROUGH LEARNING BEYOND CLASSROOM TEACHING

School of Physiotherapy, RK University believes that for students to become successful professionals, better provision needs to be made for learning through experience in the world outside the classroom. With an objective to enhance students' learning and providing them dozens of opportunities to make learning concepts, real and relevant by putting them into a more realistic context an educational tour to “The Schieffelin Institute of Health Research & Training Centre, Karigiri, Vellore, Tamil Nadu” was planned for 2nd semester Masters of physiotherapy students.

Students' had an opportunity to visit homes in the community where the institute has provided various employment modes to the disabled or rather “DIFFERENTLY ABLED” people through which their can earn their living.



At the end of 3rd day a valedictory function was arranged in which students' were awarded certificates. It was a magnificent & inspiring learning experience for the Master Of Physiotherapy (MPT) students that improved student's understanding, skills, values and personal development, significantly enhancing their learning and achievement.



Total 16 students accompanied by 1 faculty (Dr. Viral Dhamecha) visited the Karigiri Training Centre for 4 days(6th to 9th September 2018) Training on Community Based Rehabilitation for Leprosy Patients who are free from the infection but stillneeds Rehabilitation.



As a part of students' enjoyment & recreation institute had arranged a visit to Golden Temple on 4th day which is a renowned temple in Shivpuram, Vellore of Goddess Laxmi Narayani it was a nice outing for all the students and in the evening they have arranged a Bon-fire within the campus with music.



Thorough training was given on Leprosy Disease, its causes, clinical manifestations, investigatory methods, medical & surgical management. Hands on training for patients' assessment procedures & rehabilitation including plastering of patient's claw hands, escribing of appropriate orthosis/splints & physiotherapy to maintain good quality of life of thepatient.



And on 11th of September we went to the ‘IMAGICA’ and students having lots of fun and enjoyment full day.

POLAND VISIT

11 students of School of Physiotherapy RK. University accompanying by Dr. Amit Sharma visited Wroclaw University of Science and technology, Poland for a 3 week Summer Course on Selected Biomedical Engineering Methods in Preventive, Predictive and Personalized Medicine and Physiotherapy Organized by Department of Biomedical Engineering in cooperation with Wroclaw University school of Physical Education, Faculty of Physiotherapy and Regional Specialist Hospital, Wroclaw, Poland in addition to that sightseeing around Poland for 2 weekend is also provided by the Wroclaw University of Science and Technology



Opening ceremony of a 3-Week Summer Course on Selected Biomedical Engineering Methods in Preventive, Predictive and Personalized Medicine and Physiotherapy



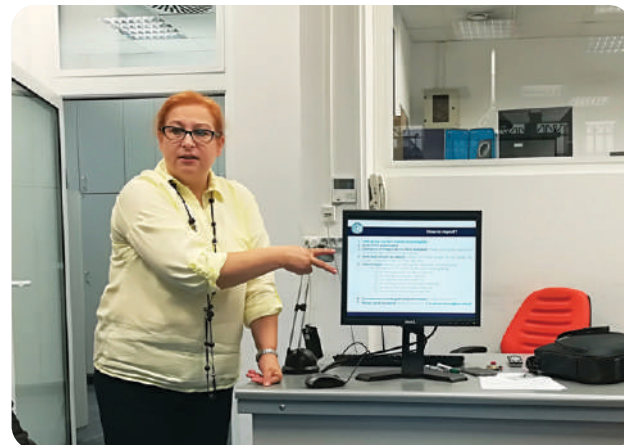
1st WEEK

Fundamentals of IR Imaging in Physiotherapy

The students were divided in to two groups for most of the session which runs parallel. The session was divided in to theory and practical, the theory part was taken by Prof. Halina Podbielska and the Practical Part was taken by Ms. Joanna Bauer. Students done hands on session with IR Camera and submit 5 reports individually which was evaluated for the grades they had received after the course completion.

The theory section was evaluated by an exam which was conducted after the theory session. It was the first-hand experience of the students with the Infra-red camera and use of this camera to diagnose certain disorder and make a report with the help of software which student should install to get report from the Thermal Images.

Student test some of the objects which emits IR Radiation and some of the pre-clicked pictures of Human beings and submitted the report of the same submission rate is 100% and both the faculties are very satisfied with our student efforts and very impressed with the ability of students to grasp this technology very quickly.



2nd week

Introduction to Predictive, Preventive and Personalized Medicine and Physiotherapy

The students were divided in to two groups for most of the session which runs parallel

These sessions were conducted in Department of Biomedical Engineering, Wroclaw University of Science and Technology (WrUST) and the sessions were conducted by Prof. Halina Podbielska & Aleksandra Kaczorowska. Students also made reports on the Histologic slide which they view in Different Lights and make out the difference in them in different optics. The Practical sessions was very similar to the histology practical.

The parallel sessions were also conducted at School of Physical Education in which student did Practical session with some of the very recent modalities in terms of technology like Galvanic Current, Ultrasound, Magnetic Chamber etc. The session was taken by and Ms. Aneta Demidas.

Students saw first time the use of Galvanic Current for the Pain relief and learn some of the very recent concepts about the Dosage of the electrotherapy Instruments. Students visited Berlin on weekend



3rd Week

Bio-optics and Bio photonics for Predictive, Preventive and Personalized Medicine.

In this last week again, the student was exposed to the Bio-optics and Preventive Medicine at Department of Biomedical Engineering in cooperation with Wroclaw University school of Physical Education, Faculty of Physiotherapy and Regional Specialist Hospital, Wroclaw, Poland.

They also experience the Cryo stimulation with temperature around -60 degree Celsius and IR Sona it was an experience which is not available in India in Physiotherapy set up and the exposure itself motivate the students to explore new horizons in the field of Physiotherapy.

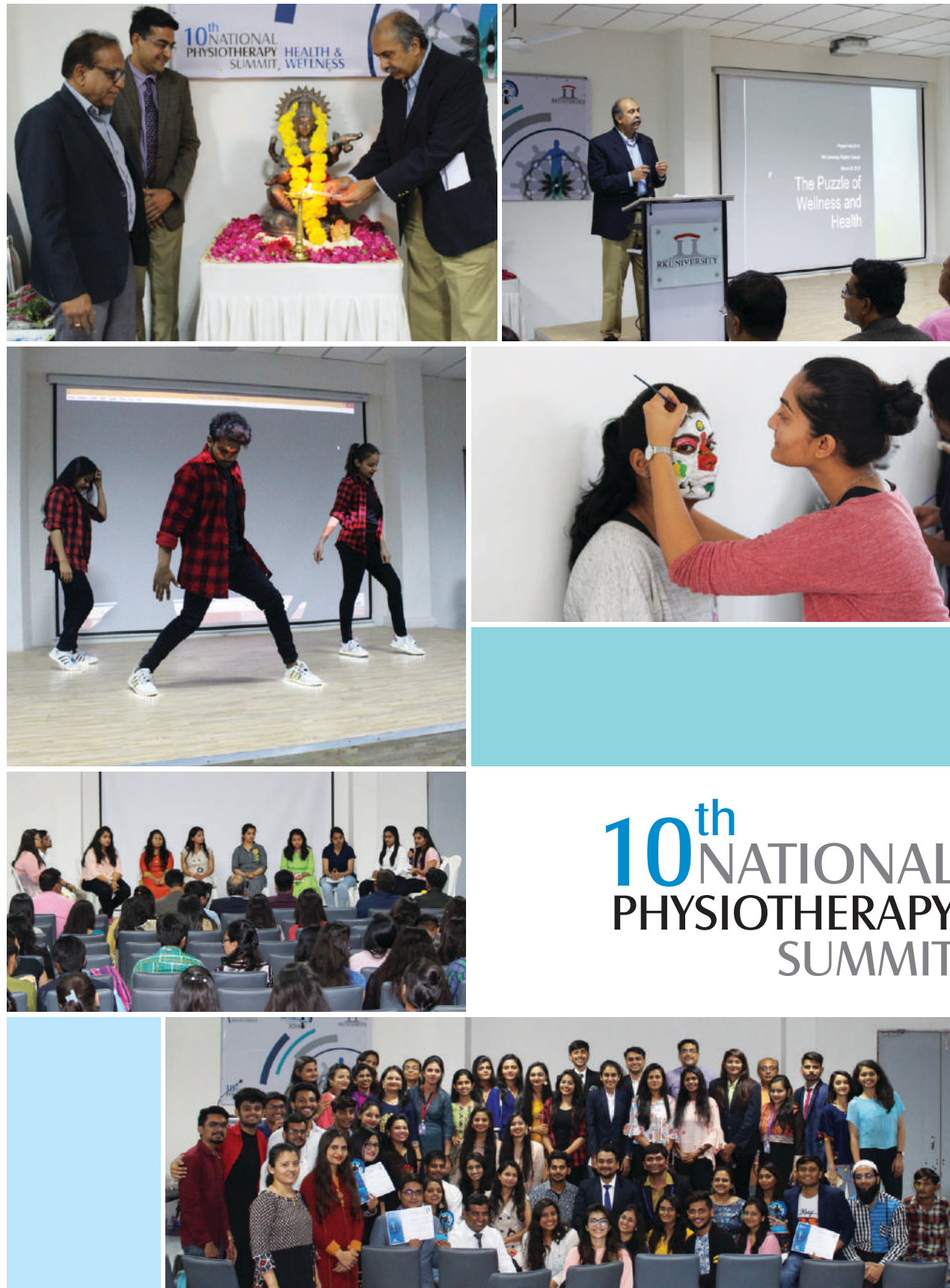
The Faculty of these session were Ms. Aneta Demida, Ela Szul and Magdalena Przybylo.

The closing ceremony was held at Regional Specialist pital, Wroclaw, Poland which was attended by the Dean of the Department of Biomedical Engineering WrUST AND THE Certificate of Course are awarded to the students.

The education tour ended on a great note where students went to cities like Prague, Nuremberg, Munich and Frankfurt



PHYSIOFEST 2019



10th NATIONAL PHYSIOTHERAPY SUMMIT

PHYSIOFEST 2019 - SUMMERY REPORT

Health and Wellness: Social need and highly Potential Areas to Practice: Dr. Raju Parasher addressed the 10th National Physiotherapy Summit - Physiofest 2019 concluded in Rajkot

The School of Physiotherapy, RK University, Rajkot successfully organized Physiofest 2019 an Annual National Physiotherapy Summit with a theme of Health & Wellness on 30th March 2019

This was the 10th year in a row where we are organizing this event which aims at empowering students enhancing the excellence in the field of Physiotherapy. The leading Physiotherapist and academican of India with an experience of more than 38 years Dr. Raju Parashar, New Delhi given the keynote address and Dr. Abhishek Thakkar, Senior Physiotherapist, Saurashtra Cricket Association, Rajkot was the guest speaker of the event. The summit was concluded with the active participation of 600+ students delegates all over the nation, the presence of teaching faculties, clinician, and Principal. During this Summit Delegates had an opportunity to showcase their skills in poster presentations, models in the innovative exhibition, Student Parliament, Academic Excellence award 2019, Quiz competition, various cultural events like Rangoli, Face Painting, Dance was the Feature of Physiofest 2019. The summit was an excellent opportunity for physiotherapy students for building network and exchanging knowledge.

10th NATIONAL
PHYSIOTHERAPY
SUMMIT | HEALTH &
WELLNESS



“ JUNIOR PAPER PLATFORM PRESENTATION (CLINICAL TRIAL/ RESEARCH) ”

AUTHOR

Chinmayi Gohel

INSTITUTE

Final year- B.P.T. Student , Shree Sahajanand Institute of Physiotherapy , Bhavnagar.

TOPIC

RECENT EVIDENCES OF “CLEAR PASSAGE THERAPY - A MANUAL PHYSICAL THERAPY” IN FEMALE INFERTILITY

INTRODUCTION

One of the major components of health and wellness is fertility. The failure to achieve clinical pregnancy after 12 months or more of regular unprotected sexual intercourse is known as infertility. According to demographic and health survey data of WHO(year 2004), more than 186 million women of reproductive age are facing infertility. Clear passage therapy (CPT) is a revolutionary technique in which the healing hands of a physiotherapist are used to clear the blockage, break the scar tissues and produce some hormonal changes that will help to regain the normal work of system. In reproductive system, CPT will help to clear the blockage in fallopian tube, breakdown the adhesion in endometriosis, normalise the hormonal changes in conditions like polycystic ovarian syndrome (PCOS) and increased FSH level and also help to increase pregnancy rate by giving this therapy prior to In vitro fertilization (IVF).

AIM

Aim of this study was to find out the effect of Clear Passage Therapy in the treatment of female infertility.

METHODOLOGY

Evidences were reviewed from search engines like Google scholar, PubMed, Research gate and others. Articles which were analysing the effect of CPT in treatment of infertility were selected with keywords like Causes of infertility, Clear passage therapy.

EVIDENCES

All articles that have been collected from various search engines are analysing the effectiveness of CPT on female infertility including some conditions like Fallopian tube blockage, Endometriosis, PCOS, increased FSH level and CPT prior to IVF.

CONCLUSION

After analysing all evidences, it is seen that the Clear passage therapy has some role in increasing pregnancy rate in infertile females.

“ JUNIOR PAPER PLATFORM PRESENTATION (EBS) ”

AUTHOR

BHAVIKA HARIYANI 3 rd year BPT student,

INSTITUTE

Final year- B.P.T. Student , Shree Sahajanand Institute of Physiotherapy , Bhavnagar.

TOPIC

STEPPING OUT OF BOX - PHYSIOTHERAPY IN FEMALE SEXUAL DYSFUNCTION !!

ABSTRACT

Love, affection, and sexual intimacy contribute to healthy Relationships and individual well-being which is very integral part of being human. Women sexual health relates directly with pelvic floor muscles which contribute to sexual sensations, arousal and enhance enjoyment. But along the positive aspects of sexuality, there are also mixed emotions, unintended consequences and illness like -hypertonia which causes -vaginismus, dysperunia which may result in infertility in female and hypotonia which causes problems like -low sexual arousal and may also cause abortion risk in female leading to female sexual dysfunctions .An open discussion of sexuality issues is important to promoting Women sexual health and responsibility. Participation of physiotherapist in multidisciplinary terms in facilitating optimal sexual functions of female by providing various treatments like – transvaginal physiotherapy treatment, scooping technique, MFR, ichemis compression etc. making physiotherapist different in field by stepping out of box.

“ SENIOR PAPER PLATFORM PRESENTATION (PG STUDENTS) ”

Author: Sagar Nathani

BACKGROND

Stress is a fact in our daily life. When a person needs help, it means the person feels physically and emotionally disabled. Most people believe that their capacity and capabilities are so little to encounter high level of stress. Today, with progress in all respects, human is facing new challenges in many different fields as if progress in turn creates new problems. Over a century, the nature of working has been changed widely, and still these changes are in progress. Following these changes, number of illnesses has been increased, morality and human aspects are faded and new problems are occurred every day, so that we are facing job stress which called “illness of the century”.

AIM

Effectiveness of Stress Management by Physical Therapy In Geriatric Population. [METHODOLOGY]: 20 geriatric people were selected for the study then we have planned out a physiotherapy protocol for that patient was given to them 5 times/week for two week.

PROCEDURE

Eligible geriatric population according to inclusive criteria will be included and pre training assessment along with outcomes measure like 1.Orebro musculoskeletal pain questionnaire (OMPQ). 2Perceived stress scale. Than 2 week of treatment will be provided and post training evaluation will be done.

RESULT

The experimental group showed a significant improvement of mental health and reduce stress level on outcome measure

CONCLUSION

This study conclude that physiotherapy treatment is effective in including stress in geriatric population by if regular use in daily life of geriatric population.

“ SENIOR PAPER PLATFORM PRESENTATION (PHYSIOTHERAPIST) ”

Author: Dr. Ashish Kakkad,

Topic

Association Of Different Predictive Factors With Post Stroke Functional Outcome – An Exploratory Study

Background

Stroke is the first leading cause of disability, second leading cause of death worldwide. Its recovery is important for entire rehabilitation team.

Purpose

Stroke patients who receive physiotherapy may improve in function variably. So there should be identification of different factors to predict functional outcome.

Objective

To find strength of association between predictive factors and functional outcome.

Setting

Physiotherapy centres of Surat.

Method

For Exploratory study, Selection of stroke patients was done as per selection criteria. After ethical clearance, subjects were assessed for 21 factors and Modified Barthel Index.

Participants

125 stroke patients. Outcome measure: Modified Barthel Index

Results

Linear regression at confidence interval 95% was applied and length of hospitalization was found strongest predictive factor (Adjusted R² =0.139) for functional outcome.

Conclusion

These findings suggest that length of hospitalization is strongest factor for prediction of functional outcome.

Keywords

Stroke, Predictive factors, Modified Barthel Index, Functional outcome

Presented By:

Dr. Nidhi Ved, Assistant Professor, School of Physiotherapy, RK University

"A STUDY TO COMPARE THE EFFECT OF INVERSE RATIO BREATHING AND DIAPHRAGMATIC BREATHING ON PULMONARY FUNCTIONS IN OBESE FEMALE- AN INTERVENTIONAL STUDY"

INTRODUCTION

- Obesity becomes a major public health concern in many parts of the world. Obesity is the abnormal or excessive accumulation of fat in adipose tissues to the extent that health may be impaired. Obesity is defined by World Health Organization (WHO) as having a body mass index (BMI) greater than or equal to 30 kg/m². Prevalence of obesity in developing countries is largely due to rapid urbanization & mechanization which leads to reduction in the energy expenditure.
- In Inverse ratio breathing, the ratio of inspiration to expiration becomes 2:1. Diaphragmatic breathing involves slow and rhythmic breathing. Although the diaphragm controls breathing at an involuntary level, subjects can be taught to control breathing by optimal use of diaphragm

NEED OF THE STUDY

- Obese individual have alteration in respiratory mechanics, decreased chest wall and lung compliance, decreased respiratory muscle strength and endurance, decreased pulmonary gaseous exchange and limitation in exercise capacity.
- Therefore there was a need to improve Pulmonary Function in obese female. Yet no study have been found which shows effect of inverse ratio breathing and diaphragmatic breathing on Pulmonary functions in obese female. So the purpose of these study is to find out the effect of inverse ratio breathing and diaphragmatic breathing on pulmonary functions in obese female and then to compare it.

AIM & OBJECTIVES

- To find out the effect of Inverse ratio breathing on FVC, FEV1 and FEV1/FVC ratio in obese female.
- To find out the effect of Diaphragmatic breathing on FVC, FEV1 and FEV1/FVC ratio in obese female.
- To compare the effect of Diaphragmatic breathing and Inverse ratio breathing on FVC, FEV1 and FEV1/FVC ratio in obese female.

Experimental hypothesis	Null hypothesis
There is a significant difference between the effect of inverse ratio breathing and diaphragmatic breathing on pulmonary functions in obese female	There is no significant difference between the effect of inverse ratio breathing and diaphragmatic breathing on pulmonary functions in obese female.

METHODOLOGY

Inclusion Criteria:

- Age group : 35-50 years
- Gender :Only females participants were selected
- Subjects with BMI : between 30 – 39.99 kg/m²
- Subjects with waist circumference greater than 80cm.
- Individual with ability to understand and follow the command.

Exclusion Criteria:

- Subjects with neurological, cardio respiratory and musculoskeletal disorders related to spine which may affect respiratory mechanics.
- Subjects with any co-morbidity of obesity.
- Subjects doing meditation or yoga or exercise on regular basis.
- Subject with history of smoking.

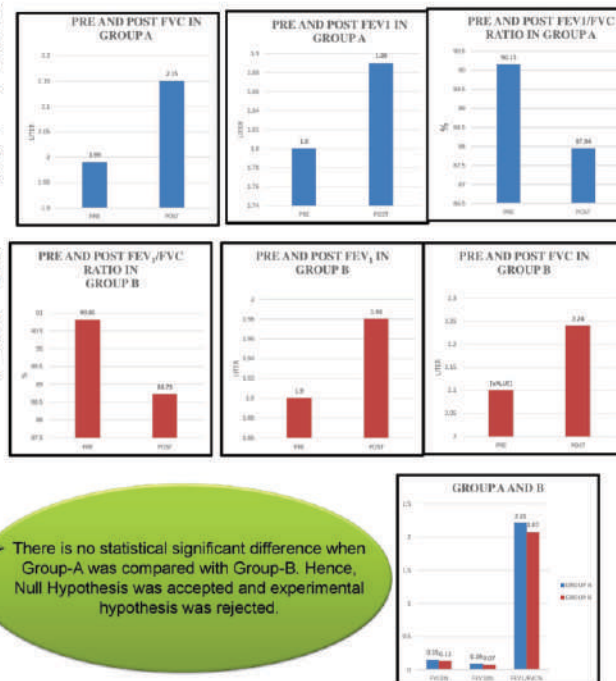
60 obese female were selected for the study who fulfilled the inclusion and exclusion criteria. Subjects were assigned into two Groups by simple random sampling. GROUP A: 30 subjects were given Diaphragmatic breathing. GROUP B: 30 subjects were given Inverse ratio breathing. Pre and Post test evaluation of pulmonary functions parameters FEV1, FVC and FEV1/FVC ratio were taken on 1st day before intervention and on 3rd day after intervention.



CONCLUSION

- Inverse ratio breathing and Diaphragmatic breathing both were effective in improving pulmonary functions in Obese female.

RESULTS



DISCUSSION

- According to Sunitha G et al. during normal breathing after a particular degree of stretching, pulmonary stretch receptors in alveoli are stimulated and send impulse to respiratory centers for inhibition of inhalation and to begin with exhalation. But during diaphragmatic breathing, continuation of the phase of inhalation expands the lung considerably and the walls of alveoli are stretch to the maximum extent. The stretch receptors are thus trained to withstand more and more stretching, so that the duration at which inhibitory neural impulse generated by stimulation of such pulmonary stretch receptors increases, thus it improves the ventilation. According to Lynelle N b Pierce and Zhang WP during Inverse ratio ventilation, inspiration time is more than expiration time which increases Mean Airway Pressure. Increase in Mean Airway Pressure, increases alveolar stability and recruitment, decreases dead space ventilation thus improves the oxygenation. Along with these, as expiration time is less than inspiration time, so alveoli may not get sufficient time to empty completely during exhalation and the gas gets trapped in the lung. These trapped gas creates pressure in the alveoli which is called as Auto-PEEP. These will recruit those alveoli which requires more time to get recruited. Due to this alveolar surface area increases, as more surface area is available for gaseous exchange, thus ventilation increases.

CLINICAL IMPLICATION

- Both the technique can be alternatively used as an adjunct with other techniques for improving pulmonary functions in individual who have reduced lung volumes and capacities.

FURTHER RECOMMENDATIONS

- Study can be done with large sample size.
- Treatment can be given for longer duration with follow up.
- Study can be carried out including both the gender.
- Other pulmonary function parameters and outcome measures like PEF, Chest expansion can be used.
- Different populations who have reduced lung volume and capacities can be studied.
- Study can be done with control group.
- Blinding could be done in future study

Presented By:

Riddhi Zala, Shree Sahajanand Institute of Physiotherapy

HEALTH & WELLNESS FLOURISHING WIRES for DISABLES

HEALTH

According to WHO is defined as "a state of complete physical, mental and social well being and no merely the absence of disease or infirmity."

WELLNESS

According to NIW is defined as "a conscious, self-directed and evolving process of achieving full potential i.e. to move towards Optimal Health."

A Multi-Model Approach

WORKPLACE

INTRODUCTION / With simple changes workplace can be effective, accessible and more inclusive for individuals with disability.

AIM / To increase participation rate and leading to healthier workforce.

ELEMENTS

- Assessment
- Accommodation
- Strategies

ELEMENTS

- VULNERABILITY
- OPENNESS
- FIGHTING WITH FEAR
- ATTAINING FULLNESS

AIM / To defend oneself and come out of fear to achieve a state of Fullness.

INTRODUCTION / Fighting with fear lead to sense of Completeness and love oneself.

FEAR TO FULLNESS

PHYSICAL ACTIVITY

INTRODUCTION / The risk of physical inactivity is 4.5 times higher in disables. So It's very important for therapist to design the program that will result in lifetime of regular activity.

AIM / Integral in promoting more Physical Activity in people with Disability.

ELEMENTS / The following are 6 critical characteristics of such a program :

- SOCIAL ENGAGEMENT
- ENJOYMENT
- LEARNING
- EXPLORATION
- COMPETITION
- TASK COMPLETION

DISABILITY According to WHO is "umbrella term covering 3 dimension impairments, Activity Limitations & Participation Restrictions."

26.2% 7.5% 14.9% 8.5% 18.8%

LEISURE

INTRODUCTION / Leisure is an important source of well-being and powerful force for change in person's life.

AIM / To provide services built around the person's unique strengths, goals, aspirations and dreams.

ELEMENTS / Developing Resources

PSYCHOLOGICAL COGNITIVE SOCIAL PHYSICAL

RELATIONSHIP

INTRODUCTION / Relationship helps to cope up with life by positive impact on health.

AIM / To explore or express the things that matters the most by sharing deepest connection.

ELEMENTS

- INTERPERSONAL
- FAMILY
- FRIENDSHIP
- COMMUNITY

SPIRITUAL

INTRODUCTION / Supporting Spiritual lives of people with disability appears to be an important element of enabling disables to thrive.

AIM / To develop the sense of belonging that comes from a faith community.

ELEMENTS

- ASSESSMENT
- SKILLS
- ADVANCEMENT

NUTRITION

INTRODUCTION / Good nutrition is an important part of leading a healthy life in disables.

AIM / To provide information to make healthy choices for food to eat to provide facts for nutrients that impact common health concerns.

TREE MODEL

- ROOT SYSTEM
- TRUNK SYSTEM
- BRANCH SYSTEM
- LEAVES & FRUIT SYSTEM

- Community and Support People
- Adequate Diet
- Individualized Diet
- Health Promoting Diet

Presented By:

Dr.Nikhil Aggarwal, Assistant Professor, School of Physiotherapy, RK University

COMPARISON OF FOOT POSTURE IN RUNNERS AND NON-RUNNERS IN INDIAN POPULATION

INTRODUCTION

- The foot and ankle are located most distally in the lower limb and are responsible for allowing effective weight reception and generating torque required for propulsion during dynamic activities. Proper foot motion specifically sub talar pronation and supination are critical to achieving these functions. The normal foot transitions between pronation and supination to optimize adaptability versus stability as needed but foot mal-alignments may negatively affect the lower leg to function optimally during weight bearing stance
- Pronation or pes planus is a normal component of gait. "During running, pronation unlocks the foot for surface adaptation and shock absorption." An increased amount of pronation due to ligament laxity and repetitive stresses may cause the Medial Longitudinal Arch (MLA) to diminish. "Abnormal supination or pes cavus is associated with hypo mobility during weight-bearing". "During running, supination allows for stabilization at heel strike and propulsion at toe-off."

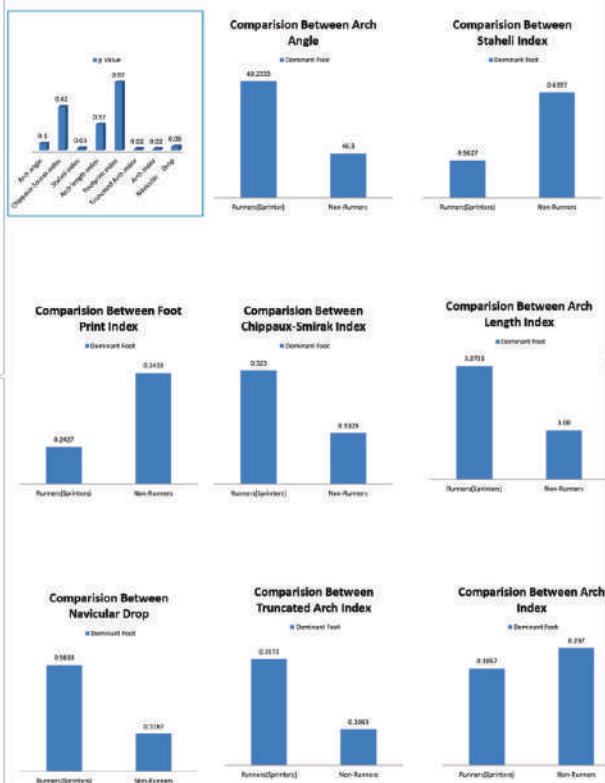
Aim and Objective

- To Determine the Foot Posture of Runners (Sprinters) in Indian Population.
- To Determine the Foot Posture of Non-Runners in Indian population.
- To Compare the Foot Posture of Indian Runners (Sprinters) and Non-Runners

Hypothesis

- H0 - There is no significant Difference in Foot Posture of Runners (Sprinters) and Non-runner in Indian Population.
- H1 - There is a significant Difference in Foot Posture of Runners (Sprinters) and Non-runner in Indian Population

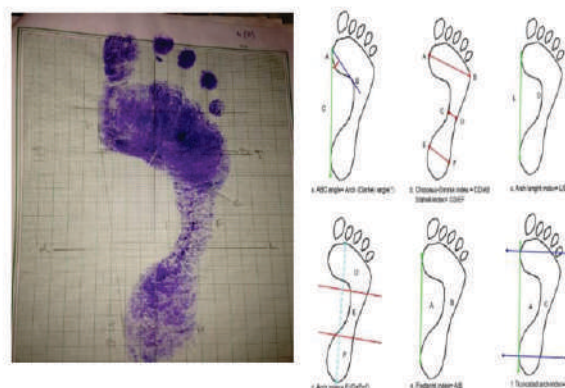
RESULT



Clinical relevance

- Knowledge of type of foot posture will help to provide an optimal environment for muscle strengthening and/or tendon rehabilitation.

Methodology	SAMPLE SIZE	INCLUSION CRITERIA	EXCLUSION CRITERIA	VARIABLE
Study Design	Sample Size	Inclusion Criteria	Exclusion Criteria	Variable
Comparative	60	Normal healthy male and female. Runners (sprinters) in the age group 18 to 25 years. Non-runners in the age group 18 to 25 years. Willing to participate in the study	Any history of fracture/injury of lower limb. Any history of foot surgery and congenital disorders. Any neurological condition involving the lower limb. Any back pain problems	Navicular drop while standing and sitting. Arch (clarke) angle. Chippaux-smirak index. Staheli index. Arch length index. Arch index. Footprint index. Truncated arch index



DISCUSSION.

- These differences can be due to the difference in muscle function and force distribution between runners and non-runners, as powerful muscles strength in lower extremity is usually considered to be required for excellent performances in running and foot arch would then be functionally changed for compensation.
- The primarily extrinsic muscles, such as the tibialis posterior, flexor hallucis longus, and the intrinsic muscles of the foot are dynamic supporters of MLA and do not become active until walking.
- During specific movement in running pressure on the different areas of the sole and resistance to this pressure could have different effect.
- Certain muscles in the foot and ankle either depress or support the arch, and their insufficiency may result in changes in the sole. For example, posterior tibial tendon rupture and tenosynovitis results in flat foot. The posterior tibia, peroneus brevis/longus, flexor hallucis longus muscles. Flexor digitorum longus, and abductor hallucis longus muscles, for example, support the formation of the medial longitudinal arch, whereas the extensor hallucis longus and tibialis anterior muscles have a depressing effect on this arch.
- Most of the movement in running depends on the lower extremity muscles and of course on the foot. Consequently, prolonged activation of these muscles might cause lasting changes in the sole of the foot, which would be detected in the static footprint parameters. The result of this study matches with the study done by Dr Cenk Murat.
- Very little information is available regarding pressure distribution under the foot during running. Pressure patterns during running vary with foot type. The increased loading that occurs with running remains concentrated under the heel and forefoot in the more rigid high arch foot. In more flexible flat arched foot the increased load is spread beneath the entire foot, including the mid foot region.
- According to Schlee et al., 2009 and Gerlach et al., 2005 loading rates have been reported to remain unchanged after a prolonged run above lactate threshold or decrease after a graded exercise test. Perhaps the MLA became less stiff after the run which decreased loading rate. This supports previous findings that a runner can sense impact forces and adapts his or her running style to abate high frequency forces.
- A major limitation of studies investigating the relationship between foot posture and lower limb muscle function is that at present, there is no universally accepted method for classifying foot posture that is both highly predictive of dynamic skeletal motion and associated with an increased risk of musculoskeletal injury.

CONCLUSION

- The result of this study shows that Runners(Sprinters) have more pronated foot as compared to Non- runner(Non-sprinters).

LIST OF WINNERS OF PHYSIOFEST 2019

Event	Winners	Runner Up
JUNIOR PAPER PLATFORM PRESENTATION (EBS)	Bhavika Hariyani	NA
JUNIOR PAPER PLATFORM PRESENTATION (CLINICAL TRIAL/ RESEARCH)	Chinmayi Gohel	NA
SENIOR PAPER PLATFORM PRESENTATION (PHYSIOTHERAPIST)	Dr. Ashish Kakkad	NA
SENIOR PAPER PLATFORM PRESENTATION (PG STUDENTS)	Dr. Sagar Nathani	NA
INNOVATIVE EXHIBITION	Pallavi Variyani ,Vaibhav Balar	Akshay Bariya Hardik Limbasiya
QUIZ COMPETITION	Pranav Kshatriya Hemali Patel Priyanka Patel	Amatulla Bharmal Himanshi Rupareliya Kalyanee Jivrajani
ACADEMIC EXCELLENCE AWARD-2019 (UG)	Hemanshi Mer	Anshu Yadav
ACADEMIC EXCELLENCE AWARD-2019 (PG)	Kalyanee Jivrajani	Tanvi Vyas
POSTER PRESENTATION (UG)	Hemangiba Parmar	Riddhi Jhala
POSTER PRESENTATION (PG)	Dr. Nikhil Aggarwal	Dr. Nidhi Ved
CULTURAL COMPETITION	Divyam Thakkar Theera Vithalani Khush Patel Dhwani Raiyani	NA
FACE PAINTING	Meera Siyani	Heena Ladumor
RANGOLI COMPETITION	Ayushi Sabhaya Nirali Koradiya Ghanshyam Ghodakiya Hitesh Sidhpara	Ashka Vaghela Nikita Suthar Julee Khushlani Ayushi Vaghasiya



Dr. Ankita Chauhan Secured 1st rank in MPT Musculoskeletal & Sport disorder



Dr. Hetiksha Dedania Secured 1st rank in MPT Women Health



Dr. Avaneer Vajar Secured 1st rank in MPT Neuromuscular Sciences



Akshay Kacha received Student of the year award at second national sports conference, New Delhi



Dr. Ankita Rajjada Secured 1st rank in Intercollegiate Dance competition Galore 2019



Dr. Kruti Desai Secured 2nd rank in model presentation at 12th Gujstate Conphys 2018



Dr Disha Pamdit (2006 Batch BPT) Program Associate, Bharat Inclusion Initiative CIIE , IIM Ahmedabad



Dr Mohindrasingh Varma (2012 Batch BPT, 2017 BATCH MPT) Sports Physiotherapist, District Level Sports School & Centre of Excellence, Rajkot Sports Authority of Gujarat



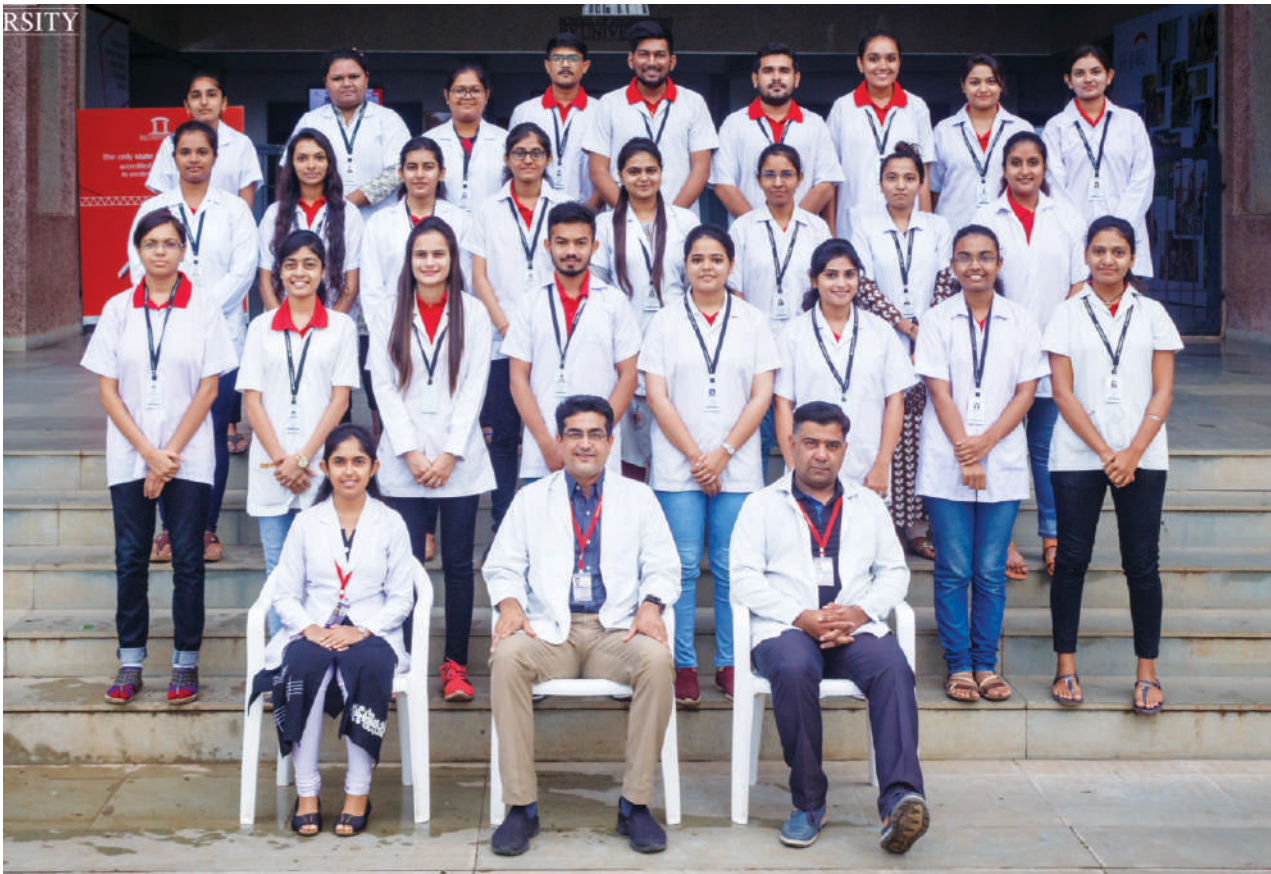
Dr Pratik A Gohil (2005 Batch BPT) Director & HOD, Akshar Physiotherapy Clinic Vadodara, Dry needling & Manual Therapy Practitioner



Chandani Parsania (2014 Batch MPT), Sports Physiotherapist, Sir H N Reliance Foundation Hospital & Research Center, Mumbai



MPT BATCH 2018-20



MPT BATCH 2019-21



BPT BATCH 2016-20



BPT BATCH 2017-21



BPT BATCH 2018-22



2019
STUDENT OF THE YEAR

PHYSIOTHERAPY CAMP

Group No.	Name of the Student	Title of the Camp (CIE - 2)	Place where camp was conducted
01	Foram Bhut Shivani Changela Tanvi Fuletra Devanshi Vasa Shreya Vora	Text neck syndrome	Oscar City Society, Sadhu Vaswani Road, Rajkot.
02	Radhika Joshi Foram Sirodariya Nelsi Sheth Pooja Shah Priyanka Shah	Two steps to stay alive with hands only CPR	RK UNIVERSITY SOPT OPD & MAHATMA GANDHI MUSEUM, Alfred High School , Rajkot
03	Rutvi Hirapara Mansi Kapadiya Alpa Mer Shilpa Nagapara Krishna Viroja	A Study to find out Pulmonary functions among mobile phone addicted users	SPT OPD, RK University
04	Disha Andani Prapti Baxi Palak Lunagariya Meera siyani Nirali sojitra	Women’s health and Fitness camp	Yoga Center At Indreshwar Mahadev Mandir, Master Society, 80 Feet Road, Rajkot
05	Bhoomikaba Rathod Hemangiba Rayjada Nirali Kaila Isha Somaiya Meera Vachhani	“ screening and management of patellofemoral pain syndrome in adolascent girls"	Kameshver bhuvan, shree ram park main road, opp. Atmiya college, rajkot
06	Hiral Ginoya Urmi Gajara Krutika Ghodasara Mahima Gor Priyanshi Morbiya	knee & foot deformities and related pain	RK Physiotherapy Rehabilitation and Research Centre, Near bhaktinagar circle, Rajkot.
07	Shilpa Chauhan Divya Kantariya Aavruti Vora Ritu Dave Madhvi Khara D	Musculoskeletal Health Evaluation of Badminton players	Indoor Stadium, Rajkot
08	Hiteshree Dodia Kanani Nisha Patel Hiral Bhimani Shreni Bhuva Suralee	Assessment of Lower limb Flexibilty	Global institute of ayurveda, Rajkot.
09	Trivedi Krishna Kansagra Hensi Pandya Devanshi Rakholiya Sandhya Kotak Hitarthi	“BE SWIMMER BE FIT, Screening & Management of balance in Swimmers."	RMC Swimming Pool
10	Marvaniya Avani Nayakpara Dharti Rachha Amisha Vidja Nirali Parsaniya Bansi	Camp for screening, awareness and ergnomics advice for workers	Dhruv print pack industry, Morbi

Group No.	Name of the Student	Title of the Camp (CIE - 2)	Place where camp was conducted
11	Solanki Karishma Parmar Khushboo Savaliya Khayati Parmar Hetal Vaghela Mansi	“a camp for screening and awarenes of fatigue in housewives”	Salestax society, Sadhuvasvani road, Rajkot
12	Rucha Bhatt Sakariya Anita Taviyad Minal Thanki Jigna Bhalodiya Arti	Pain free walk is now possible	Primary Health Centre, PHC , Tramba
13	Krutika Sharma Hiral Vadhel Mittal Khant Altika Khatri Druvita Rathod	"suboccipital muscle release in forward head posture".	SOPT, OPD, RK University
14	Shweta Baldaniya Nidhi Nimavat Kavitaben B. Katara Hashmukh Taviyad Fultariya meera	Testing Pulmonary Function among Students	Shree Green Farm School, Tramba, Rajkot
15	Gohil Yashpal Patel Dhaval Patel Ishan Patel Maunik Nagvadiya Kuldeep	A camp on immediate effect of bhramari pranayama on stress indicators	Sadbhavna Vruddhashram, Rajkot
16	Hiral GiRajesh Gadhavi Kishan Kakadiya Mayur Kalavadiya Sagar Limbasiya Bhavdip Pedhdiyanoya	knee & foot deformities and related pain	RK Physiotherapy Rehabilitation and Research Centre, Near bhaktinagar circle, Rajkot.
17	Aditi Bhalani Diksha Bhudia Shivangi Sojitra Dixita Shingala Priya Aghara	Ergonomics On Workplace Wellness	Indoor Stadium, Rajkot
18	Mansi Kotecha Dimple Bhojani Priyanshi Zala Grishma Maru Jully Parmar Ashmita Joshi	Pulmonary function testing and ergonomics for workers of industry	Shilpa Coolers and Furniture industry.
19	Asha Bhut Alka Bhat Tejasvi Boda Priya Hapaliya Vaishali Patel Janki Vadhariya	Neck Pain Solved	SPT OPD, RK University



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**અકસ્માત સમયેની
૨૪ કલાક સારવાર**
અમદાવાદના સુપર સ્પેશલાલીસ્ટ ડોક્ટરો
હવે યશ હોસ્પિટલમાં મળી શકશે

ડૉ. અમીત ગાલા M.S. (ORTH) કમરના ચૂસકાનું દર્દી, કમરના મજાકની ગાંઠોના દુર્ઘટીય નેપથ્ય લેસરથી આપરેલન કમરની જખમોન ખોલવાનું, ડોક્ટરના મજાકની તકનીકના સ્પેશલાલીસ્ટ	દર મહિનાના પહેલુ શનિવારે અવારે ૯-૦૦ થી ૧-૦૦ કલાકે
ડૉ. સંજય ત્રિવેદી M.S. (ORTH) આવોરકોષી, સ્પોર્ડેસ મેડીલીન, સ્પોર્ડેસ ટી-જન્ટી, સ્પોર્ડેસ સીડોબોલીકેશન તથા લેક્ટુરેલિય જોઈન્ટ માર્ડરી ઓક્ષના આંધાની ગાંઠ તથા સ્પીનમાર્ગ (સેક્રીયો)આંધરેલનના સ્પેશલાલીસ્ટ	દર મહિનાના પહેલુ શનિવારે અવારે ૧૦-૦૦ થી ૧-૦૦ કલાકે
રેવુલ ગાંધી M.S. (ORTH) ડૉ. કીમ્પલ પારેખ M.S. (ORTH) આંધાન અને પોડાનનાં સોપા આંધાનના સ્પેશલાલીસ્ટ	દર મહિનાના રોજ શનિવારે અવારે ૯-૦૦ થી ૧૧-૦૦ કલાકે
ડૉ. મનીષ રાવલ M.S. M.Ch. પેલીકરલ એન્જીલોપ્લાસ્ટી, પેલીકરલ એન્જીલોપ્લાસ્ટી લેઝર લેવીકેટ લેઝન, મેન્ટીન, A-V FISTULA, મગજ, કીડની, હાથ અને પગની સોડીની નળીના નિષ્ણોત	દર મહિનાનાં સોવા શનિવારે અવારે ૯-૦૦ થી ૧-૦૦ કલાકે
ડૉ. ધીરેન ગંગવાલા M.S. (ORTH) આંધાનને બચવા ત્રાટકાના સાંધા અને સ્કેલેબલ પાસીના નિષ્ણોત	દર મહિનાના પહેલુ શનિવારે અવારે ૯-૦૦ થી ૧૦-૦૦ કલાકે
ડૉ. પરાગ શાહ M.S. (ORTH) ખંભા, કોડા તથા ક્રેલીના સ્પેશલાલીસ્ટ	દર મહિનાના પહેલુ મંગળવારે અવારે ૧૦-૦૦ થી ૧૨-૦૦ કલાકે

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