

KALEIDOSCOPE

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MESSAGE FROM THE EDITOR

Dear readers,

It gives us immense pleasure in welcoming you, on behalf of the entire community of the BCIP Institute. The Institute has pride standing of about 17 years now. We are proud to follow the path laid down by the Founders of BCSSTS. This Institute has laid the foundation of modern physiotherapy education in Delhi and NCR region. This institution of physiotherapy has immensely contributed to the society by providing intellect talent possessing evidence based practical skills.

The magazine BCIP TODAY is to be viewed as a launch pad for the student creative urges to blossom naturally. As the saying goes, mind like parachute work best when opened. This humble initiative is to set the budding minds free allowing them to roam free in the realm of imagination and experience to create a world of beauty in words.

The enthusiastic write up of your young writers are indubitably sufficient to hold the interest and admiration of the readers. This magazine is indeed a pious attempt to make our budding talents give shape to their creativity and learn the art of bringing awareness because we believe that or success depends upon our power to perceive, the power to observe and power to explore. We are sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our students will surely stir the mind of the readers and take them to the surreal world of unalloyed joy and pleasure. We have put in relentless efforts to bring excellence to this treasure trove.

This magazine is the college official annual publication distributed to members every year. It aims to provide a record of college activities and the achievements of students and alumni as well as offering interesting articles about college. The management and the staff have been supportive of the various activities that were undertaken by the student in view of helping them reach pinnacle of perfection and professionalism in whatever task they took on, thus strengthening the “the journey of achieving excellence”.

MESSAGE FROM DIRECTOR'S DESK

A deep sense of appreciation gratitude and joy surges through my heart as I greet you through the columns of this magazine.

Our magazine "KALEIDOSCOPE" is a repository of the heart and soul of our institute. It reflects the life and times spent at the institute at various periods and are something that students cherish and treasure in their later years. Take any walk of life, there are towering BCIPians who are known for their competence and high levels of achievement.



It is my privilege to present our Next issue of the magazine. This magazine is a primary source of information about new developments at BCIP, about student alumni activities, faculty and extracurricular activities. It is satisfying to note that our magazines are viewed with pleasure when it comes about its contents, crisp writing is fresh look and presentation.

The basic concept of this publication is to provide us with great gesture flexibility for editorial presentation. A publication that includes not only noteworthy news of our college, but a glimpse of events taking place across the campus. In my concluding message I urge you to "Set forth a challenge"To go the extra mile, do better, be better, change the routine and stimulate thinking process".

DR. NIDHI KALRA

ABOUT BCIP



BCIP is a premiere institute of excellence in Physiotherapy Education and Training that develop professionals and leaders of high calibre imbued with values of Entrepreneurship, ethics and social responsibility. The Institute is managed under the Aegis of Shri Banarsidas Chandiwala Sewa Smarak Trust Society. In order to meet

the emerging challenges of medical education and clinical facilities in our seamless economical spurt, the society

took a strategic decision of establishing BCIP in the year 2003. Since then BCIP is promoting education and clinical practice in Physiotherapy through its educational programs and services. The Institute is affiliated to Guru Gobind Singh Indraprastha University, Delhi and is approved by the Delhi Council of Physiotherapy and Occupational Therapy (DCPTOT). BCIP has been awarded "Grade A" by Delhi State Fee Regulatory Committee, Govt. of NCT of Delhi. BCIP Mission statement is "To be an Institution of excellence in education, research & development, and training in Basic and Applied Physiotherapy". The Institute will help in the development of society through its education, expertise and clinical services and thereby making it an attractive destination for prospective aspirants in Physiotherapy profession. Presently Institute is conducting Bachelor of Physiotherapy (BPT) This program comprises of a challenging curriculum, coaxing each student for perfection and highest academic accomplishments. These academic programs develop a winning mind-set, positive attitude and a personality exuding confidence. Institute is equipped with infrastructure of national acclaim, core faculty and visiting faculty with rich and vast research and academic experience and shining track record, and thus students are assured of unique and exciting learning experience. Institute has always scaled steeper heights of excellence year by year.

BCIP strives to be the best training and learning centre in the field of physiotherapy education. The Institute mentors every student to be at their best by training them to excel in their performance and to teach perfection. Training activities are organised throughout the year; in addition to in- campus postings, students are trained at other hospitals of Delhi also. Institute has signed Memoranda of Understanding with hospitals / Institutes of National and International repute to expose students to different aspects of Physiotherapy treatments. BCIP is providing rewarding Physiotherapy programs and is tailoring placements worldwide.



The Story Ahead

From the Teacher's Desk

- Essential Soft Skills to Boost Your Success (*By: Dr. Avi Choudhary*)
- Technology is Transforming Sports Guidance (*By: Dr. Mohd Asif*)
- Importance of Maintaining Balance in Life (*By: Dr. Kavita Sharma*)
- Physiotherapy in Solid Organ Transplant (*By: Dr. Neha Kashyap*)
- Clinical Hallmarks of Female Athlete Triad (*By: Dr. Sonam Chaddha*)

Health and Lifestyle

- Physical Fitness and Women's Health
- Diabetes
- Tips Every Women Should Know

Activities

List of Toppers

ESSENTIAL SOFT SKILLS TO BOOST YOUR SUCCESS



“Having hard skills gets you hired.

Lacking Soft skills gets you fired.”

Soft skills are also known as Peoples Skills – the non-technical, intangible, personality specific skills that determine one’s strength as a leader, listener, negotiator and conflict mediator. Soft skills play a significant role in one’s success in life particularly in one’s profession. Soft skills are the differentiating factor between success and failure.

Let’s look at some of the essential Soft skills you need to excel in your career.

EMOTIONAL INTELLIGENCE

“Winners don’t have the best of everything.... They make the best of everything.”
– Anthony Robbins

EI is a type of social intelligence and the ability of an individual to control their own emotions and use this to recognize and guide others emotions and actions. When you have high EI, it is far easier to solve complex problems, deal creatively with challenges of an ever changing, dynamic environment.

COMMUNICATION SKILLS

The ability to communicate ideas to others effectively is an absolutely essential requirement. Developing your communication skills can help all aspects of life, from your professional life to social gatherings and everything in between. So without them your career would be severely impaired.

TIME MANAGEMENT

The busy man only can manage to do many things, which seem to be beyond the reach of ordinary people, they have to do many things in spite of their busy schedule. The secret therefore lies in the scientific management of time. Time management is the

ability to use your time effectively and distributing time between activities, with the result of maximizing productivity.

STRESS MANAGEMENT

Stress is the word that many people use when they are describing how the demands of their life seems to be becoming too great for them to cope with. The ability to cope with stress varies from individual to individual. But the fact that stress go hand in hand. Everyone in every job experiences pressure/stress.

TEAM WORKING

Today's world is driven by innovation leading to constant change and success of an organization depends on its team. Thus it has become mandatory to train the employees in all spheres of management. Team building is one of the crucial areas in which the employees need to be trained.

INTERPERSONAL SKILLS

Being the most technical person in your field is not always enough to succeed unless you have the ability to convince others that what you are doing is important.

NEGOTIATION AND CONFLICT RESOLUTION

Negotiating in a way means you are able to achieve desired outcomes and still maintain successful ongoing relationships with others. Influencing positively will help you achieve more of what you want and build relationships based on openness, trust, understanding and mutual respect. Soft skills can be developed by formal training or leadership and guidance of your team.

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Technology is Transforming Sports

Guidance

In the past, sports training required extensive paperwork and post-practice effort from both the trainer and therefore the athlete. While the athlete practiced, notes and video were diligently taken then collated into charts and graphs representing that athlete's performance. After practice, trainer and athlete would work together discussing aches, pains, and thoughts about physical movements that happened much earlier. The system was gruelling, but worked as far as athletes and trainers knew. That's until recent technology transformed the field of sports training. Advanced technology has become smaller, more resilient, and fewer burdensome over recent years, paving the way for brand spanking new opportunities, especially in athletics. Now athletes wear sensors that convey real-time information to a trainer's tablet, GPS accurately pinpoints motion, smartphones keep everyone current and wearable tech can prevent injuries. Compared to whiteboards and post-practice reviews, technology has substantially increased athletic potential. Technology is revolutionizing sports training by live-tracking performances, perfecting athletic movements, enhancing communication and virtually eliminating injuries

1. Tracking Performance

Using sensors placed on the body or in "smart clothing" (active wear with sensing fibres woven in), sports trainers can measure and track performance in real time. Almost anything about the athlete are often measured, from breathing and pulse, to hydration and temperature. These live metrics can help the trainer determine what aspects each athlete must focus on more. Athletes are unique, and real-time individual performance measurements can set a more precise and accurate baseline. During practice, trainers can read live metrics and choose when it's time to rest, stretch or train harder. Lasers and GPS are incorporated into various aspects of the sports training world. Rather than relying on times and splits, trainers can measure the precise position, distance, velocity and acceleration of athletes to raised understand where they can improve. Identifying more intricate data results in improved performance with less stress and chance for injury.

2. Perfecting Athletic Movements

Director of Technology and Innovation for the U.S. Olympic Commission, has watched technology change and mild sports for the higher. Sports technology is so advanced that it can create a 'digital code' for winning the trophy. What it means is: data collected and compared can ultimately translate into a trophy performance. Technology has increased an athlete's prowess just because it magnifies performance-related actions and events that have been previously unseen. For example, cyclists can wear heads-up display (HUD) glasses that flawlessly deliver heart rate, speed, incline and other relevant cycling information. Metrics like these can help the cyclist focus and improve because they can make adjustments mid ride.

Swimmers and divers participate in a particularly technical sport and have adapted sensors into their practices as well. When swimming or diving, the sensors measure quite the usual time and effort

IMPORTANCE OF MAINTAINING BALANCE IN LIFE

- Balanced life is an art of making time for the things individual wishes to do as well as the things which individual have to do i.e. the coordination between personal and professional life. One must work to create consonance between professional or personal responsibilities and creating time to engage themselves in the activities that bring happiness, personal satisfaction and helps to rejuvenate physically and emotionally.
- In order to maintain balanced life style one must be healthy physically as well as mentally for which some of the healthy lifestyle modifications needs to be done which includes rest, exercise and healthy food. It is important to take time out of a busy schedule to enjoy activities liked by the person and relax your body and mind by reading or meditating.
- Many people do not have idea about what is a balanced life. Stressful environment built by modern age people have developed the habit of taking things as well as their life for granted as a result of which stress enters their life. This stress slowly and unknowingly pushes the person into darkness and loneliness and eventually into depression.
- It is difficult to define what actually balanced life is as it is something individualistic and is varies from person to person. For understanding balanced life is defined as a way to lead a life in which equilibrium is maintained among personal relationships, work, emotional wellbeing and physical health. Along with professional life balance should be made prioritizing health by doing exercises and by consuming balance diet which should be perfect blend of carbohydrates, protein, fat, vitamins and minerals.

One of the major factor that can contribute to perfect balanced life is time. In this modern era, work-life has become significantly hectic as a result of which people either fail to draw time for themselves and their families, friends and for their leisure activities. Due to their unhealthy time management skills they tend to neglect the actual things which provide them with happiness. This method of leading life adds stress, anxiety and depression to their lives. Every individual must work hard to maintain balance in their mental, physical and spiritual life to facilitate and complete their priorities and desires. Individuals must maintain balance in life or at the end they may lose their vi body, mind and soul balance.

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Physiotherapy in Solid Organ Transplant

It was not until the late 20th century, after a series of breakthroughs, that the field of transplantation had practical implications with significant therapeutic value. Organ transplantation has enjoyed increasing success in the last decade.¹⁻⁹ Liver, heart, kidney and lung transplantations have emerged from an experimental stage to become the mainstay of treatment of a variety of diseases. In 1990, about 10,000 kidneys, 2700 livers, 200 hearts, 500 pancreases, and 260 lungs were transplanted in the United States. However, despite major advances in organ preservation, anaesthesia, surgery, and immunosuppression, there is still considerable mortality and morbidity.¹⁰ Physiotherapy plays an integral role in transplant patients, not only post-operatively but pre-operatively too. In pre-operative phase it helps in preparing the patient for surgery. Weight gain, muscle weakness, reduced exercise tolerance and decreased aerobic capacity are present among recipients of solid organ transplantation. All this is due to prolonged bed rest, inactivity, use of immunosuppressive medication and loss of physical condition and muscle mass. Cardiovascular disease is a major cause of mortality and morbidity in solid organ transplant recipients, with an overall mortality rate of at least 5- to 10-fold greater than that of the general population. Exercise programs in solid organ transplant recipients report positive effects on the physical condition and quality of life of these patients. Interventions comprising aerobic or combined aerobic and resistance exercise have consistently been shown to improve workload and muscle strength. Durations of between 12 weeks and 12 months and both home-based and supervised training have been effective in all types of transplant recipients. These improvements are also translated into a significant improvement in physical performance in variety of tests such as the 6-Minute Walk Test (6MWT), RPE (rate of perceived exertion) and in questionnaire testing quality of life.

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Clinical Hallmarks of Female Athlete Triad

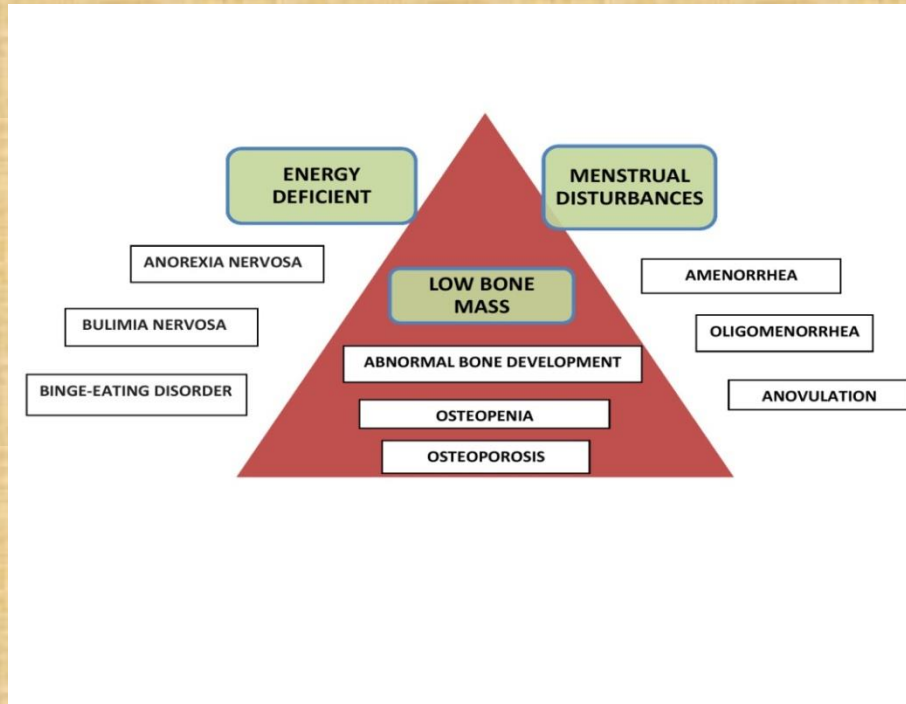
BACKGROUND

- In 1992, the 'Female Athlete Triad' was identified and it was stated that it is characterized by disordered eating, amenorrhea, and osteoporosis (1). However, the female athlete triad is now characterized as a spectrum of three interrelated conditions and complications that include low energy availability (EA), menstrual dysfunction, and low bone mineral density (BMD), according to the 2007 ACSM's position stand. (2)

PREVALENCE-

- The prevalence of any two or any one of the Triad conditions in the study ranged from 2.7% to 27.0% and from 16.0% to 60.0%, respectively. The prevalence of all three Triad conditions in Lean Sports athletes versus Non Lean Sports athletes ranged from 1.5% to 6.7% and from 0% to 2.0%, respectively. Lean Sport athletes demonstrated higher prevalence rates of Menstrual Disturbances and low Bone Mineral Density (3.3% vs 1.0%), Menstrual Disorders and Disordered Eating (6.8%–57.8% vs 5.4%–13.5%), and low Bone mineral density and Disordered Eating (5.6% vs 1.0%) than the Non Lean Sport athletes. (3)

CLINICAL SIGNS AND SYMPTOMS



DECREASED ENERGY AVAILABILITY

An athlete who has a negative energy balance, from a variety of factors, are more prone for developing the female athlete triad. Negative EA may occur by failure to maintain adequate nutrition and caloric intake for the level of rigorous physical training an athlete puts on their body (4).

Decreased EA results in altered Gonadotropin Releasing Hormone (GnRH), which may lead to a hypoestrogenic state in the athlete. The hypoestrogenic state can contribute to irregularities in menstrual cycles and a decrease in BMD (5)

MENSTRUAL DISORDERS

Amenorrhea can present as either primary or secondary. Primary amenorrhea is characterized as a lack of menarche by age 15 years in the presence of other secondary sexual characteristics or the lack of menarche approximately 2.5 years after development of secondary sexual characteristics (typically by age 13 years).

Secondary amenorrhea is characterized as an absence in menstruation for more than three cycles or six months in females who have had regular menses. Oligomenorrhea is defined as menstrual cycles that are greater than 35 days apart. The ACSM

recommends screening for female athlete triad, and potentially other underlying medical issues, in any athlete with a total of 6 months of amenorrhea or oligomenorrhea (2).

DECREASED BMD

When normal processes are interrupted (such as in a hypoestrogenic state), an athlete's bones may become weaker with decreased BMD, and more prone to injury and risk of fracture. A study has shown athletes who self-report amenorrhea or oligomenorrhea had a 3 times greater risk of musculoskeletal injury (5). An adolescent with the female athlete triad is at risk for suboptimal bone mass acquisition and although BMD may stabilize or improve, depending on the duration of the triad, they may never return to normal age appropriate BMD. This could have lifelong effects. (6)

Regardless of the severity of symptoms from the components of the triad, it is important for all the health care professionals involved in these female athletes' care to be aware of the risks and potential manifestations of the triad.

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Physical Fitness and Women

Physical fitness improves the overall spectrum of women's health conditions like PCOS, Urinary incontinence, Breast cancer, ovarian tumors, uterus fibroids etc.

All the gynecological conditions are increasing in prevalence rate especially in metrocosmopolitan cities like New Delhi, Bangalore, Mumbai, Hyderabad.

All the cities are mainly getting affected due to various factors like

- Low physical activity.
- High intake of junk food.
- Increase stress and anxiety
- Sedentary lifestyle habits.

Women health related issues includes:

- PCOS
- Vaginismus (painful sex intercourse)
- Urinary incontinence
- Uterine fibroids
- Breast cancer



All these conditions produce hormonal alterations in female body that further leads to deterioration in physical fitness like decrease in muscle strength, muscle endurance and flexibility leading to overall spectrum of physical fitness getting affected.

Exercises to increase Physical fitness are the following

Aerobic exercises – Cycling, walking, dancing, swimming, rowing, biking, water aerobics. (2 or 3 /week)

Flexibility exercises – neck, back, hamstrings, calf, quadriceps stretching. (2 or 3 /week)

Muscle strengthening exercises – upper limb, lower limb and core muscle strengthening exercises (3 per week)

Balance exercises – one leg standing, standing on different surfaces.



LET'S BEGIN WITH EXERCISE



Diabetes

INTRODUCTION

Diabetes is a chronic, metabolic disease that is elevated levels of blood glucose which can cause over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves.

Diabetes mellitus is a disorder in which the amount of sugar in the blood is increases. Doctors use the name diabetes mellitus, rather than diabetes to distinguish this disorder from diabetes insipidus.

TYPES OF DIABETES MELLITUS

1. Prediabetes

Prediabetes is a condition in which blood glucose levels are very high to be considered normal. People have prediabetes if their fasting blood glucose level is between 100 mg/dL if their blood glucose level 2 hours after a glucose tolerance test is between 140 mg/dL. Prediabetes causes a higher risk of future diabetes along with heart disease. Decreasing body weight through diet and exercise can significantly reduce the risk of developing future diabetes.

2. Type 1 diabetes

In type 1 diabetes called insulin-dependent diabetes or juvenile-onset diabetes the body's immune system attacks the insulin-producing cells of the pancreas in which more than 90% of the cells are permanently destroyed. The pancreas produces little or no insulin. Only about 5 to 10% of all people with diabetes have type 1 disease. Most people who have type 1 diabetes develop the disease before the age 30 and it can develop later in life.

3. Type 2 diabetes

In type 2 diabetes is called non-insulin-dependent diabetes the pancreas often continues to produce insulin, sometimes at higher than-normal levels, especially early in the disease. The body develops resistance to the effects of insulin, so there is not

enough insulin to meet the body's needs. As type 2 diabetes progresses, the insulin-producing ability of the pancreas decreases.

EXERCISES FOR DIABETIC PATIENTS



GOALS OF MEDICAL NUTRITION THERAPY FOR DIABETES

Goals of medical nutrition therapy that apply to all persons with diabetes are as follows:

1. To maintain optimal metabolic outcomes including blood glucose levels in the normal range or as close to normal as is safely possible to prevent or reduce the risk for complications of diabetes. A lipid and lipoprotein profile which reduces the risk for cardiovascular disease. Blood pressure levels that reduce the risk for vascular disease.
2. Prevent and treat the chronic complications of diabetes. Modify nutrient intake and lifestyle as appropriate for the prevention and treatment of obesity, dyslipidemia, cardiovascular disease, hypertension.
3. Improve health through healthy food choices and physical activity.

Goals for medical nutrition therapy that apply to the specific situations:

1. For youth with type 1 diabetes, to provide adequate energy to ensure normal growth and development, integrate insulin regimens into usual eating and physical activity habits.
2. For youth with type 2 diabetes, to facilitate changes in eating and physical activity habits that reduce insulin resistance and improve metabolic status.
3. For pregnant and lactating women, to provide adequate energy and nutrients needed for optimal outcomes.
4. For older adults, to provide for the nutritional and psychosocial needs of an aging individual.
5. For individuals treated with insulin or insulin secretagogues, to provide self-management education for treatment (and prevention) of hypoglycemia, acute illnesses, and exercise-related blood glucose problems.

A. Fatty Fish

Salmon, sardines, herring, anchovies and mackerel are great sources of the omega-3 fatty acids DHA and EPA, which have major benefits for heart health.

Fish is also a great source of high-quality protein, which helps you feel full and increases your metabolic rate².

B. Leafy Greens

Leafy green vegetables are extremely nutritious and low in calories.

They're also very low in digestible carbs, which raise your blood sugar levels.

Spinach, kale and other leafy greens are good sources of several vitamins and minerals, including vitamin C.

C. Garlic

Garlic is a delicious herb with impressive health benefits.

Several studies have shown it can reduce inflammation, blood sugar and LDL cholesterol in people with type 2 diabetes. It may also be very effective at reducing blood pressure.

D. Cinnamon

Cinnamon is a delicious spice with potent antioxidant activity.

Several controlled studies have shown that cinnamon can lower blood sugar levels and improve insulin sensitivity.

E. Eggs

Eggs provide amazing health benefits.

In fact, they're one of the best foods for keeping you full for hours.

Regular egg consumption may also reduce your heart disease risk in several ways.

F. Chia Seeds

Chia seeds are a wonderful food for people with diabetes.

They're extremely high in fibre, yet low in digestible carbs.

Chia seeds may help you achieve a healthy weight because fibre reduce hunger and makes you feel full.

G. Turmeric

Turmeric is a spice with powerful health benefits.

Its active ingredient, curcumin, can lower inflammation and blood sugar levels, while reducing heart disease risk.

H. Greek Yogurt

Greek yogurt is a great dairy choice for diabetics.

It's been shown to improve blood sugar control and reduce heart disease risk

I. Broccoli

Broccoli is one of the most nutritious vegetables around.

A half cup of cooked broccoli contains only 27 calories and 3 grams of digestible carbs, along with important nutrients like vitamin C and magnesium.

Studies in diabetics have found that broccoli may help lower insulin levels and protect cells from harmful free radicals produced during metabolism.

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Tips Every Women Should Know

Balancing the demands of career and family and sometimes even coping with societal pressure to look good and conduct oneself in a certain way can be quite draining for women. As she passes through several milestones in her life, it is necessary that every woman should make sure to put her health above everything else." It's time for you" to take care of your health, your fitness and prioritize yourself among other things. So no matter what your age or overall health status, these tips will help you to increase your chance of better health and fitness all through your life. (1)

1. Ladies, it's called the most important meal for the day for a reason....



We women love reading up on health and fitness tips, but always we don't have time to honor them. Well it's time we change that. Having breakfast not only provides you energy for the rest of the day but also kick starts your metabolism. So it's very essential you keep aside 15 minutes in the morning to make something healthy and set yourself productive for the rest of the day.



2. Keep Calm and Hydrate

This tip may seem basic, but it is the most crucial tip for a healthy life. Staying hydrated leads to healthy physical and mental functioning. Drinking lots of water during the day is also key to keeping yourself fit from inside and out. To avoid dehydration, it is best to carry a water bottle as a reminder. Hydrating yourself is also crucial to weight loss or maintenance because it not only reduces the feeling of hunger but also helps you to eat less during meal times.

3. Exercise

Did you know heart disease is the leading cause of death of women? However, these diseases can be kept aside by doing exercise.

Women must make sure to get at least 30 minutes for exercise every single day to keep the heart functioning properly. Aerobic exercise which includes walking, jogging, bicycling and dancing are good for women's health.



4. Two most important minerals every women needs

Other than calcium, magnesium and Zinc are two other minerals that are most needed by women's bodies. Consume Zinc because deficiency in this mineral impairs the immune system, which results in thinning of hair and acne. Magnesium on the other hand is the most essential as it helps with sleep, bone health and may also help in relieving premenstrual symptoms, anxiety and migraines.



5. Sleep Solves Everything

Sleep is one of the best things women can get with all the busy schedules cooking and running around. For a productive day at home, at work or even at gym it is imperative that you can get a good night's sleep. Insufficient sleep not only brings down your productivity but also affects the mental and physical health of your body and wellbeing. While 8 hours' sleep is luxury, minimum sleep of 6-7 hours is a must.



Summary:

Women's health and fitness are two important aspects of life for women everywhere. No one can underestimate the benefits one can gain from eating right, exercising right and the peace and harmony it brings to your mind and body. While there is no quick fix for a healthy body, these easy tips of eating nutritious food, hydrating yourself, getting enough sleep, and in general – taking care of yourself are the best ways for a woman to get in shape physically and mentally. It does take time, no doubt, but with a little bit of planning and motivation, the results can be life-altering. We hope we have persuaded you to make a start and take more care of yourselves, because ladies, "It's Time".

References

1. <https://www.healthifyme.com/blog/12-health-and-fitness-tips-every-woman-should-follow>

Activities



ENTREPRENEURSHIP DEVELOPMENT



BCIPCON 2022



MAX Impairment

"Any loss or abnormality of psychological, physiological or anatomical structure or function"

The anatomy of impairment

Specific regions of cerebral organization are required for each psychological function.

WHO International Classification of Diseases

The slide features a diagram of a human brain with various regions highlighted in yellow and white. Lines connect these regions to text boxes on the left and right sides of the slide, which contain detailed descriptions of the functions associated with each region. The text is organized into columns and includes terms like 'Frontal lobe', 'Parietal lobe', 'Occipital lobe', and 'Temporal lobe'. The Zoom interface shows several participants in a vertical list on the right side of the screen, with their names and profile pictures visible. At the bottom of the screen, there is a navigation bar with icons for 'Participants', 'Chat', 'Raise Hand', 'Mute', 'Reactions', and 'App'.

FOUNDERS DAY



WEBINAR



BANARSI DAS CHANDIWALA INSTITUTE OF PHYSIOTHERAPY

INTELLECTUAL PROPERTY RIGHTS

DR. P. P. KUMAR, DR. A. P. KUMAR, DR. CHANDRAN, DR. ANAND KUMAR

HOW CAN YOU PROTECT YOUR INTELLECTUAL PROPERTY? LAW AND JUSTICE PROTECTS

25 Dec 7PM to 10 PM

30 min

PLATFORM >>>

BANARSI DAS CHANDIWALA INSTITUTE OF PHYSIOTHERAPY

ENTREPRENEURSHIP IN PHYSIOTHERAPY

START UP

PHYSICIAN

PHYSIOTHERAPIST

PHYSICIAN

PHYSIOTHERAPIST

BANARSI DAS CHANDIWALA INSTITUTE OF PHYSIOTHERAPY

Free Webinar On

27th Dec 2021

Psychological Perspective in Sports Physiotherapy

Dr. Anushta Solanki

27th Dec Monday 3:00PM

Banarsi Das Chandiwala Institute of Physiotherapy

Webinar on PARKINSONISM

Presented by: DR. ANUSHTA SOLANKI

DATE- 12.04.22
TIME- 3 PM



BANARSI DAS CHANDIWALA INSTITUTE OF PHYSIOTHERAPY

Dr. Shara Sharma (PT)

Specialty: Management of Sports Rehabilitation

"Managing Bowel and Bladder Dysfunction in Traumatic Brain Injury"

Jan 6 - 8:00PM, 2022

"Physiotherapeutic Approach to patient with Traumatic Brain Injury"

April 15, 2022
Time 10 to 1 PM

Banarsi Das Chandiwala Institute of Physiotherapy

Case Presentation 2 "Pubic Symphysis Dysfunction"

Dr. Pooja Gondi (PT)

27th Dec Monday 3:00PM



MANARSIDAS CHANDWALA INSTITUTE OF PHYSIOTHERAPY

WORLD POPULATION DAY

10th July

To save the world to protect the tomorrow, we have to control the population today

Out of 7.87 billion people in the world approximately 3,50,000 are physiotherapist

MANARSIDAS CHANDWALA INSTITUTE OF PHYSIOTHERAPY

DIABETES

EXERCISES FOR DIABETES MANAGEMENT

Exercise helps in controlling the blood sugar levels and improves the overall health of the patient.

MANARSIDAS CHANDWALA INSTITUTE OF PHYSIOTHERAPY

June 2022 World Food Safety Day

Food Safety, everyone's business

World Food Safety Day

SAFE FOOD FOR A HEALTHY TOMORROW

MANARSIDAS CHANDWALA INSTITUTE OF PHYSIOTHERAPY

HEALTHY AND FITNESS AND WELFARE

Get more physical activity

Follow a healthy diet

Limit alcohol consumption

Reduce your caffeine intake

MANARSIDAS CHANDWALA INSTITUTE OF PHYSIOTHERAPY

Environment

5th June 22

Environment is a resource that we cannot live without. It is essential for our survival. We must take steps to protect and preserve it for the benefit of all.

SAVE

MANARSIDAS CHANDWALA INSTITUTE OF PHYSIOTHERAPY

WORLD THYROID DAY

OVERVIEW

IMPACTS

SOLUTIONS

Prevention

THEME: IT'S NOT YOU, IT'S YOUR THYROID.





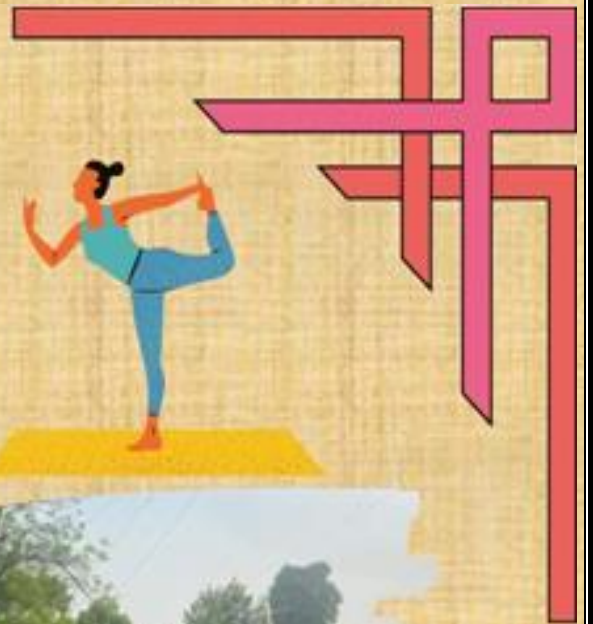
WOMEN'S DAY



KIDNEY CAMP



YOGA



ENVIRONMENT DAY





VAN MOHOTSAV



Van Mohotsav



EARTH DAY



FAREWELL 2018 BATCH



"BREATHE BETTER" CAMP



DIABETES CAMP



EMG & NCV WORKSHOP



SPORTS-2021



FDP

Synchronous and Asynchronous

Facilitator present at the same time as the learner

- Webinar
- Video conferencing
- Live chat

Learning materials are posted online, and learners work through them in their own time

- Video lectures
- Podcasts



NATIONAL FESTIVALS



**BANARSIDAS CHANDIWALA INSTITUTE
OF PHYSIOTHERAPY**



On occasion of INDEPENDENCE DAY
Dance Competition
Theme: Jashn-e-aazadi



Prizes to winners and e-certificates to participants
Last date of dance video submission: Friday, 13th Aug 2021
Results will be declared on 15th Aug, 11:00 am on BCIP you-tube channel

for
Shruti Mogha, Registration Contact 8527336270
Himanshi Rajput 8700605639
Mogha027@gmail.com Himanshirajput0796@gmail.com

INSTRUCTIONS:
*Video size upto 25 mb
*Duration upto 2 mins
*Dance on Patriotic song only

DIWALI



LIST OF TOPPERS



1st YEAR



SANYA CHAUDHARY

75.5%



MUSKAN SHARMA

74.9%



IRAM FATIMA

74.8%

2nd YEAR



ANUREET KAUR
80.82%



RITIKA RIA
80%



CHETAN RATHI
78.18%

3rd YEAR



NITYA CHOPHLA
79.67%



ADITYA VATS
79.22%



ROHIT KUMAR HALDER
78.22%

4th YEAR



WAGISHA STUTI
82.88%



NAVYA
79.25%



VIDHU TIWARI
79.13%