2022 - 2023









CHIEF EDITORS: Dr. Nidhi Kalra Dr. Vishal Pandey **CO-EDITOR:** Pratyaksh Rastogi



MESSAGE FROM EDITORS This magazine is the∞ollege 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 inpinatever task they took on, thus strengthening the "the journey of achieving excellence".



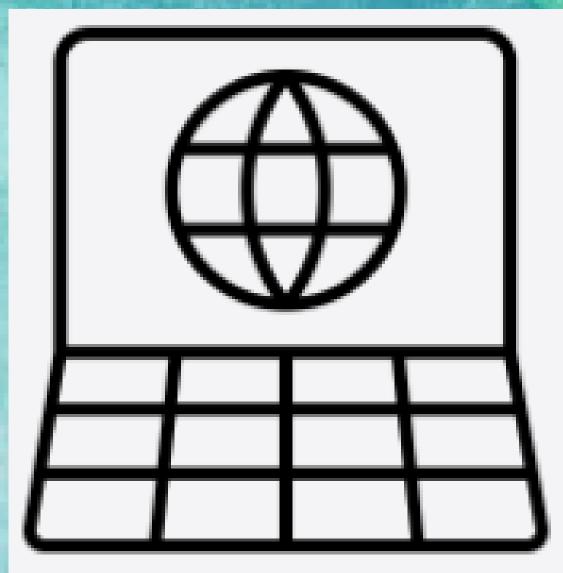




- Physical Therapy Apps
- New mRNA Vaccines
- 3D Printing Medical Devices
- New treatment for the reduction
 of LDL
- Implantable for severe paralysis

CURRENT AFFAIRS:

- G20
- NMACC
- Delhi School Health
 Clinics



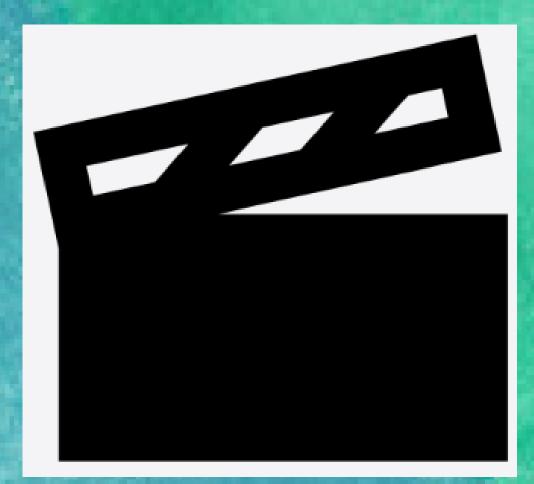


LITERATURE:



- Tonics for the lungs
- General stretches pre and post workout
- 7 Ps of Marketing
- Motor Learning strategies
- Sexual Harassment Awareness
 and Prevention





- Riddles and Jokes
- BCIP Star Article

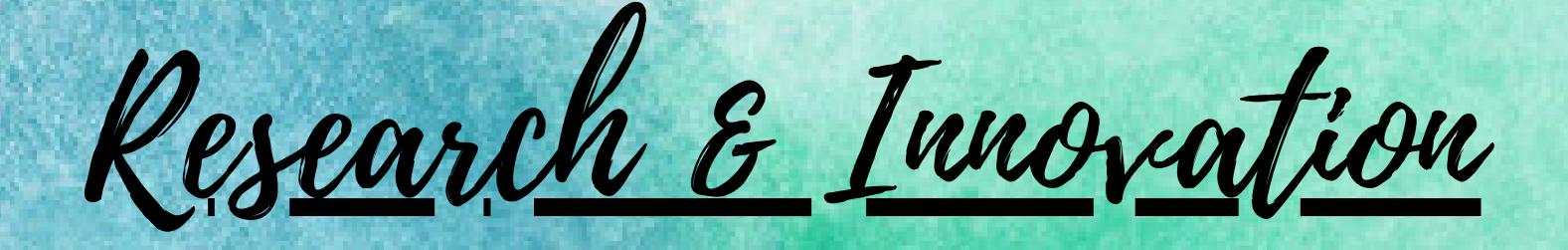


BCIP LIMELIGHTS:

BCIP EVENTS



Str. C.



CREATIVITY INGENUITY CREATIVITY DEVELOPMENT VISION INNOVATION

CHANGE INSPIRATION ()

Courtesy: https://www.socialit.it/en/services/research-and-innovation/



Physical Therapy Apps





Single leg stance

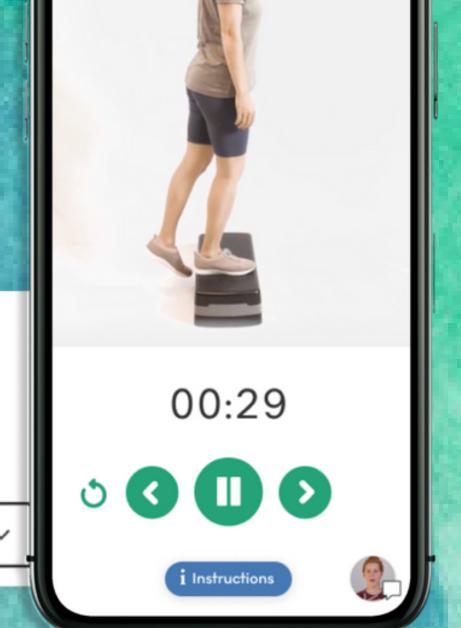
Balance, stand

Right to left

For patients, physical therapy apps such as Pocket Anatomy and the Orca Health App



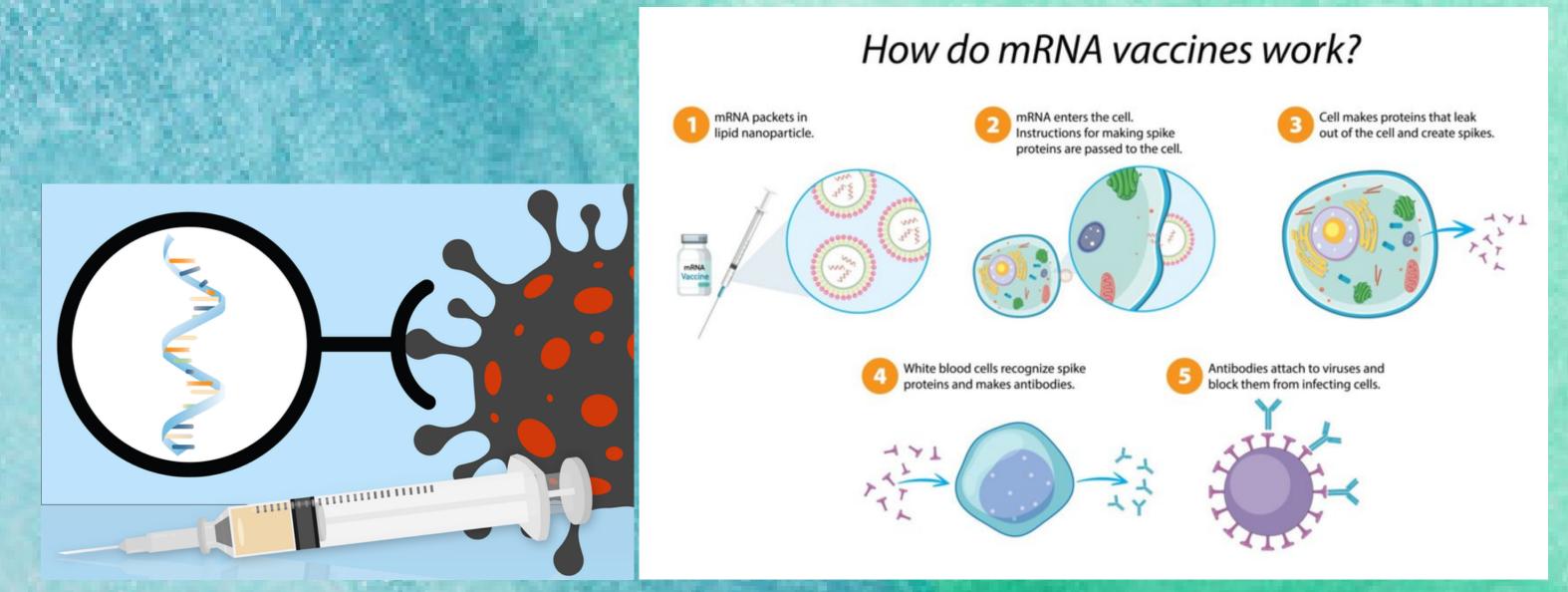
offer a way for those undergoing treatment to better understand the anatomy of their injury or condition and the accompanying treatment steps.



Courtesy: www.mwtherapy.com



New mRNA Technology



mRNA vaccines work by providing a genetic code to cells to allow them to produce viral proteins, once the proteins have been created the body can then produce an immune response. The success of the Covid-19 mRNA vaccines has given a big boost to efforts to develop other mRNA vaccines for everything, from cancers to Zika virus.

mRNAs potential is thought to extend beyond just vaccines. mRNA can code for just about any protein, so the same basic technology might also allow us to develop all kinds of treatments by getting the body to produce a drug-like response. So, by using mRNA technology, development times and costs could be cut by setting the human body to work on manufacturing the proteins instead.

Courtesy: www.proclinical.com www.infors-ht.com



3D Printing Medical Devices



Digital fabrication technology, also referred to as 3D printing or additive manufacturing, creates physical objects from a geometrical representation by successive addition of materials. 3D printing technology increasingly used for the mass customization, production of any types of open source designs in the field of agriculture, in healthcare, automotive industry, locomotive industry and aviation industries. 3D printing technology can print an object layer by layer deposition of material directly from a computer aided design (CAD) model.

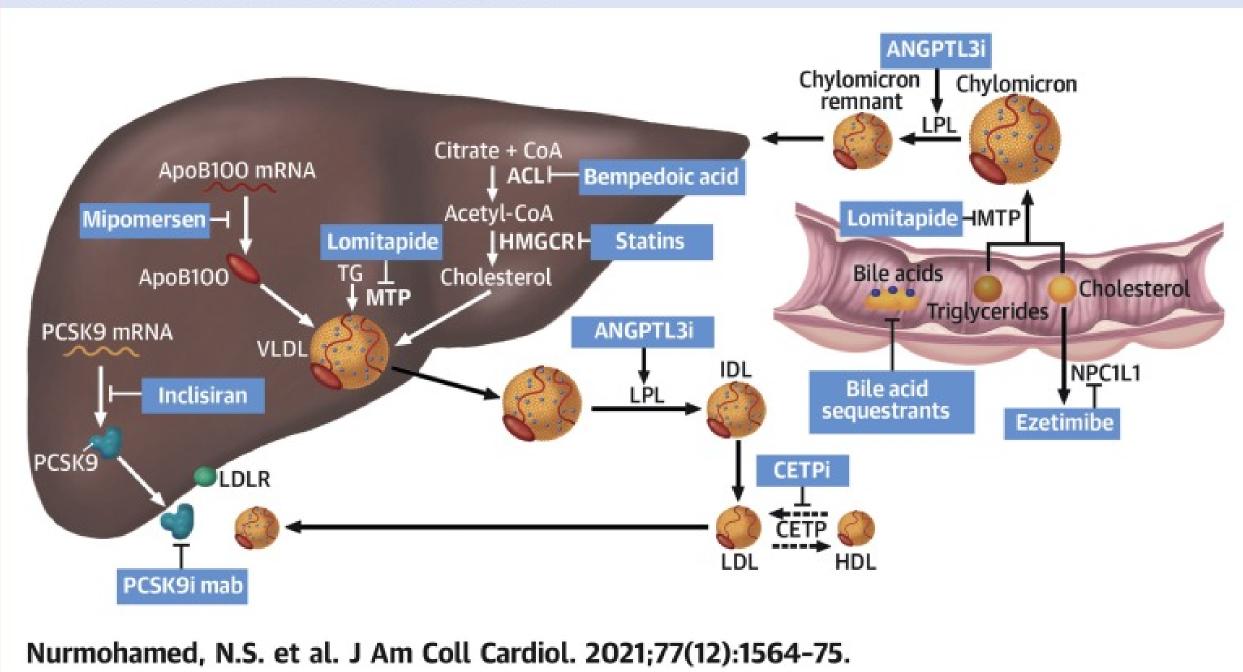


Courtesy: www.sciencedirect.com www.colid professor.com www.wevlver.com



Treatment for LDL Reduction

CENTRAL ILLUSTRATION: Working Mechanisms of Low-Density Lipoprotein Cholesterol Lowering Therapies



Angiopoetin-like 3 protein (ANGPTL3) inhibitors have been shown to provide potent LDL-C lowering in patients with homozygous familial hypercholesterolemia without major adverse effects as seen with lomitapide and mipomersen, and may reduce the need for apheresis.

Finally, CETP inhibitors may yet be effective with the development of obicetrapib. These novel agents provide the clinician the tools to effectively lower LDL-C across the entire range of LDL-C-induced elevation of cardiovascular risk, from primary prevention and secondary prevention to null-null homozygous familial hypercholesterolemia patients.

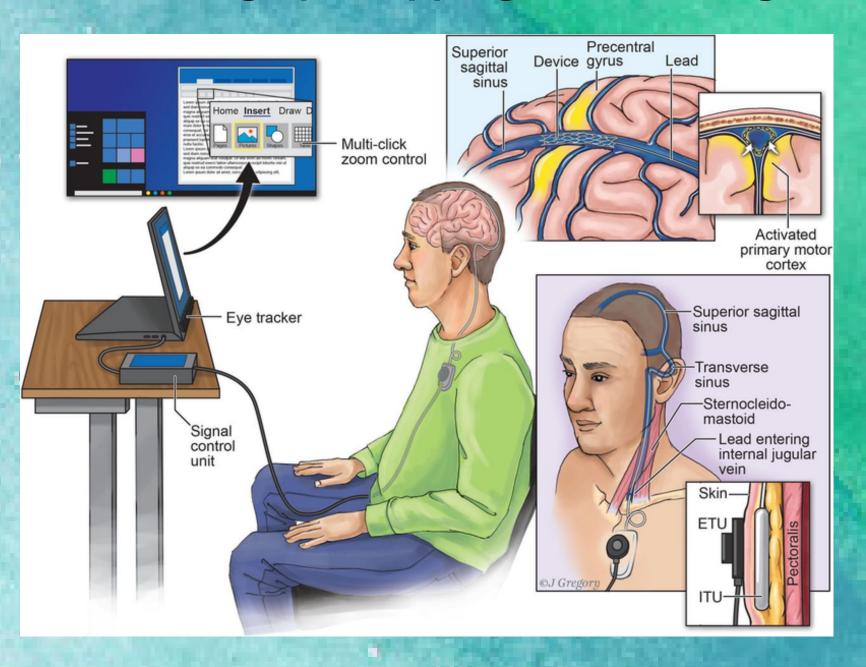
Courtesy: www.sciencedirect.com https://pubmed.ncbi.nlm.nih.gov/



Implantable for severe paralysis

A group of scientists designed electrodes that can reach the dorsal nerve roots in the spinal cords that control the movement of the trunk and torso. Then, the team designed a brain-computer interface technology that collects movement commands from the brain, activates the spinal electrodes, and translates the brain signals into movement commands.

They also developed software that can stimulate the spinal electrodes in activity-specific patterns that allow the patient to perform different movements, such as standing up, stepping, and walking.



<u>They tested this new neurotechnology</u> in three men with severe spinal cord injuries who became paralyzed after motorcycle accidents. Within one day of stimulation, all three men were able to stand, walk, swim, cycle, and control their trunk movement with assistance. After 4 to 6 months, all three individuals could walk across the ground using only a walker for support.

Courtesy: https://myacare.com/ https://jnis.bmj.com/





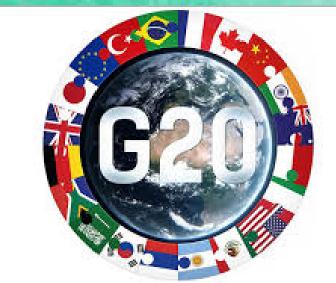


Courtesy: www.oliveboard.in



Group 20 (G20):





The G20 or Group of 20 is an intergovernmental forum comprising 19 countries and the European Union. It works to address major

issues related to the global economy, such as international financial stability, climate change mitigation, and sustainable development.





Courtesy: https://en.wikipedia.org/



NMACC:

The Nita Mukesh Ambani Cultural Centre (NMACC) is a first-of-itskind, multi-disciplinary cultural space in the sphere of arts. Envisioned by Nita M Ambani, it aims to preserve and promote India's rich art, culture and heritage through varied art forms.

Courtesy: www.nmacc.com



Delhi School Health Clinics

Manish Sisodia, Delhi's Education Minister as well as Deputy Chief Minister has inaugurated, on a pilot basis, a health clinic at a government school located in Delhi's Moti Bagh.



- Health clinics will be established in Delhi government schools as part of the state government's 'Aam Aadmi School Clinics' project, which is similar to the 'mohalla clinics' projects.
- Students will benefit from health clinics at Delhi schools, which will help them keep physically and mentally fit.
- Porta cabins will be installed in the premises of the schools from which the health clinics will operate.

Courtesy: https://www.gktoday.in/







Courtesy: www.essaypro.com



Tonics for the lungs

Reishi

Adaptogen, longevity tonic. Assists the lungs, heart, liver, kidneys and blood

w

Pulmonaria

Helps shield from a variety of respiratory ailments, including coughs, colds, bronchial detox, and fluid retention

Mullein Remedy for dry irritated coughs, respiratory **T**

Osha In today's medicine, Osha is used to treat sore throats,

imbalances and deep congestion

Cordyceps *p* Adaptogen; a remedy to sooth the lungs, helps dry coughs, chronic bronchitis, and respiratory disorders

TONICS for the LUNGS

There's quite a few lung tonics out there that really help on a long term level, as well as select others that help with acute conditions — physically and energetically. The good news is that nature has provided us a variety of herbs that provide support to our entire respiratory system.

@animamundiherbals

bronchitis, coughs, common colds, influenza, swine flue, & pneumonia



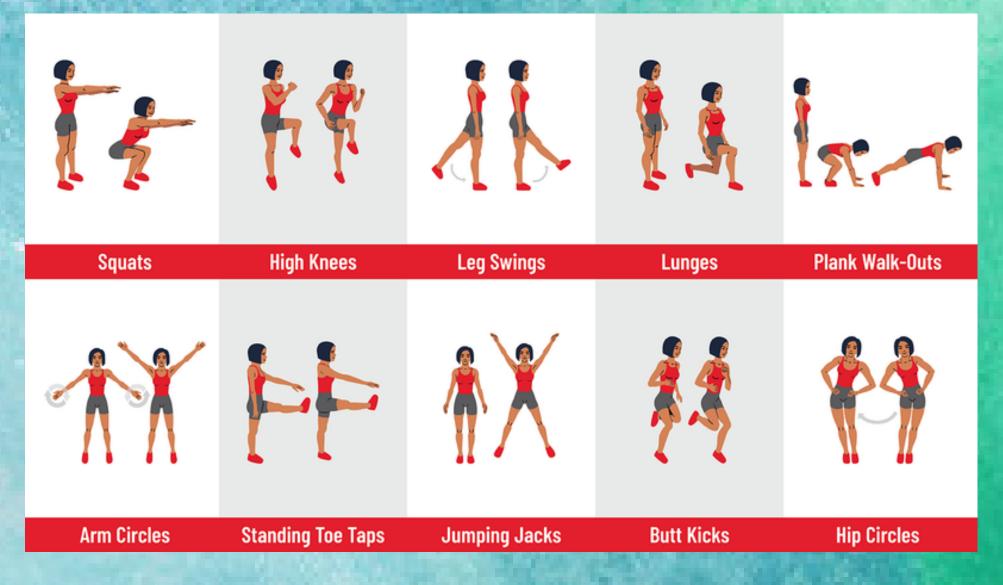
Elecampane

Masterful respiratory tonic. Helps speed the recovery process for lingering lung infections

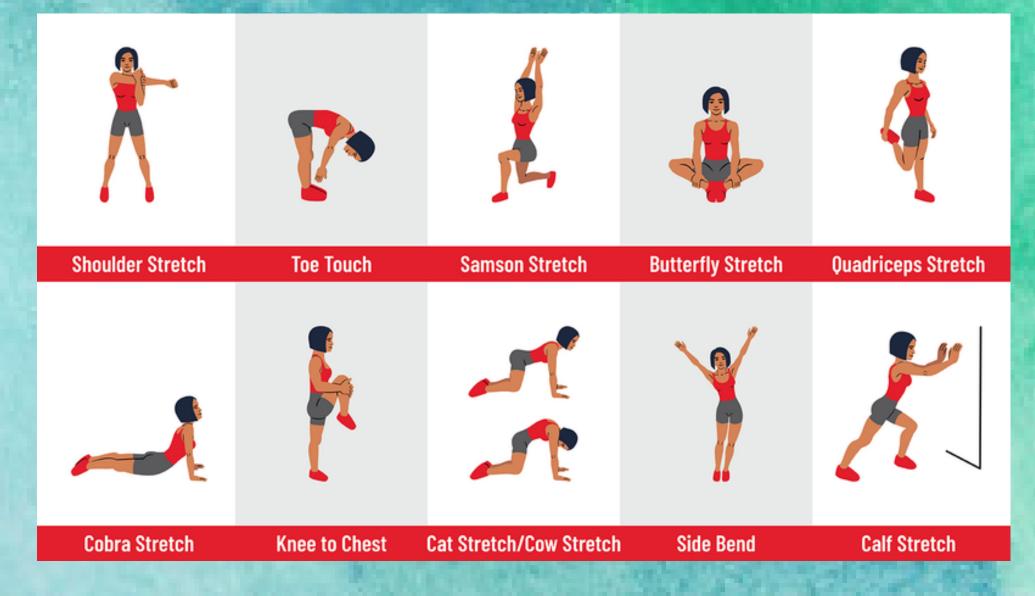
to



General Stretching for Pre & Post workout



DYNAMIC STRETCHES: WARM-UP STRETCHES / PRE-WORKOUT STRETCHES



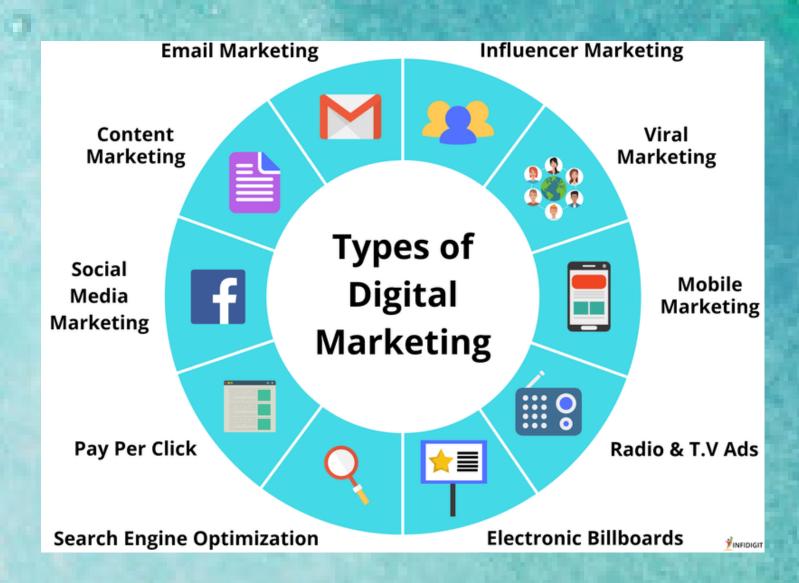
STATIC STRETCHES: COOL-DOWN STRETCHES / POST-WORKOUT STRETCHES

Courtesy: https://www.atipt.com/



7 P's of marketing





Courtesy: https://assemblo.com/



Motor Learning Strategies

THE FIVE STEP APPROACH:

READYING

The learner adopts a mechanical, attitudinal, and emotional position for delivering a high-quality attempt at the new motor task. This step may involve adopting a particular posture, completing preparatory activities such as a practice swing, or a breathing exercise.

IMAGERY

The learner uses visual or kinesthetic imagery for the desired action or outcome.

FOCUSING

The learner focuses his or her attention on one relevant cue or feature of the task, blocking out all distractions. <u>EXECUTING MOTOR LEARNING STRATEGIES</u>

The learner attempts to execute the skill without consciously guiding the movement. Just do the motor task without thinking about it.

EVALUATING

The learner must evaluate the performance and how effectively steps 1-4 were applied. Determine what to adjust when completing the motor task again.

Courtesy: https://www.yourtherapysource.com/



Sexual Harassment Awareness and Prevention

The Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013 came into existence in 2013. It has its foundations in the Vishaka Guidelines, and establishes a mechanism for dealing with sexual harassment complaints at workplace. Even though the POSH Act has been in force since 2013, the awareness regarding the same is limited. For effective implementation of POSH Act not only does it require to provide a safe working environment but freedom to speak fearlessly against sexual harassment and get redressal.





Courtesy: https://www.mondaq.com/







Courtesy: https://www.pwc.com/



RIDDLES

1)Doctor Harish and a bus driver Manish are both in love with the same woman named Priyanka. The bus driver need to go for a long trip of 10 days. Before he left he gave priyanka 10 apples. Why?

Ans: An apple a day keeps the doctor away!

2)What is the difference between a bus driver and a cold?

Ans: One knows the stops, the other stops the nose.







Patient: Doctor, I think I need glasses. Teller: You certainly do! This is a bank.

Patient: Doctor, I get heartburn every time I eat birthday cake. Doctor: Next time, take off the candles.

Courtesy: https://www.mondaq.com/

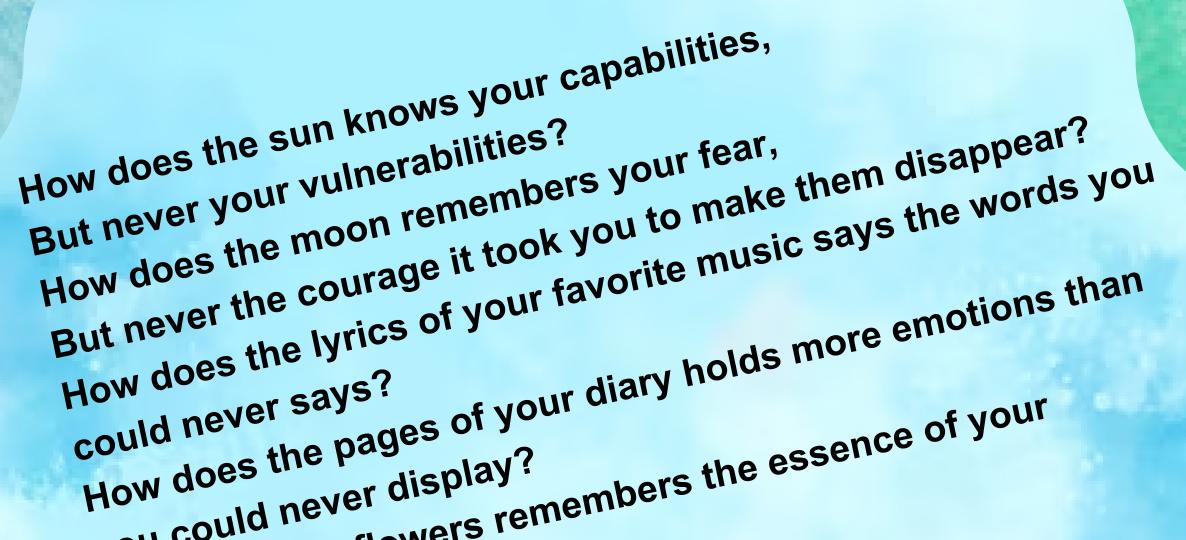


KARMA -MADHU AWASTHI

Karma is the concept that originated in ancient Indian religions such as Hinduism, Buddhism and Jainism. The term karma is derived from the Sanskrit word "kri", meaning "to do" or "to act". Karma refers to the law of cause and effect, which state that every actions has consequences, and those consequences will be experienced by the individual who performed the action, either in this life or in a future one. According to the concept of the karma, our actions are not only physical but also emotional and verbal. Our intentions and thoughts behind our actions are also considered, as they create the energy that affects our future experiences. Good deeds, thoughts, and intentions create positive energy, while negative ones create negative energy. This energy is believed to influence our present and future circumstances, including our physical, emotional, and spiritual well-being. Karma is often described as a cycle, with actions and their consequences perpetuating throughout a person's life and beyond. This cycle is believed to continue until the individual attains enlightenment or liberation from the cycle of the rebirth. The ultimate goal of karma is to help individuals develop moral and ethical behavior, leading to spiritual growth and liberation. Karma is not about punishment or reward but rather about learning and growing from our experiences. Positive karma creates positive experiences, while negative karma creates negative experiences. It is up to us to decide what kind of energy we want to create through our thoughts, intentions and actions. Karma is also believed to be influenced by external factors, such as the actions of others and the environment. For example, if someone causes harm to other person, the negative karma generated by the action will affect the both the perpetrator and the victim. The perpetrator will experience the consequences of their actions, while the victim may have the opportunity to learn and grow from the experiences. In conclusion, karma is the powerful and complex concept that has been a part of many religions and cultures for thousands of years. It is based on the idea that our actions have consequences, and we can shape our future by the energy we create through our thoughts, intentions and actions. By living a moral and ethical life and striving to create positive energy, we can cultivate good karma and ultimately achieve spiritual growth and liberation.

POEM -AKANSHA PATHAK





How does the flowers remembers the essence of your you could never display? How does the canopy of tree knows all your charm, But never the insecurities you carry within your forearms? Never your fainted existence? presence but, Answers to these queries, why always remains a worry? Why do we remain known to everyone yet unknown to everybody?



HOW SOCIAL MEDIA AFFECTS OUR MENTAL HEALTH -MONIKA CHANDERWAL

In this era of social media, mindless scrolling through social media platforms has become a habit of many of us that we can't seem to get rid of. Despite knowing the dangers of this practice, we find ourselves in the same situation now and then.

In its recent study, the American Academy of Paediatrics has highlighted the potential risks that social media imposes on the minds of young kids and teenagers. From cyber bullying to internet frauds, it's scary how anyone can fall victim to these crimes, which can take a heavy toll on the mental health of the victim.

Let us take a further look at how social media disturbs our psychological balance and affects our mental health.

Social Media is Addictive

One of the major characteristics of social media apps is that they are highly addictive. No matter how much

time you spend on these apps, it always seems less. This is because the apps are designed this way to keep the users engaged for longer periods. The apps show you exactly what you want to see so that you spend more and more time on them.

Provokes Insecurities

Even though we are aware that people only tend to share the highlights of their lives and rarely the low points and experiences and most of the photos and videos that we see on social media are manipulated, still somehow all these things manage to provoke our insecurities. We start comparing our lives and ourselves to those we see on the internet. We start doubting ourselves and our abilities.

Creates Fear of Missing Out (FOMO)

Social media platforms such as Facebook and Instagram portray that others are living more full-filled and exciting lives than you and you are missing out on certain things. These feelings trigger anxiety and depression in individuals, mostly teenagers.



<u>STAR ARTICLE:</u> -ADITI (IST YEAR)

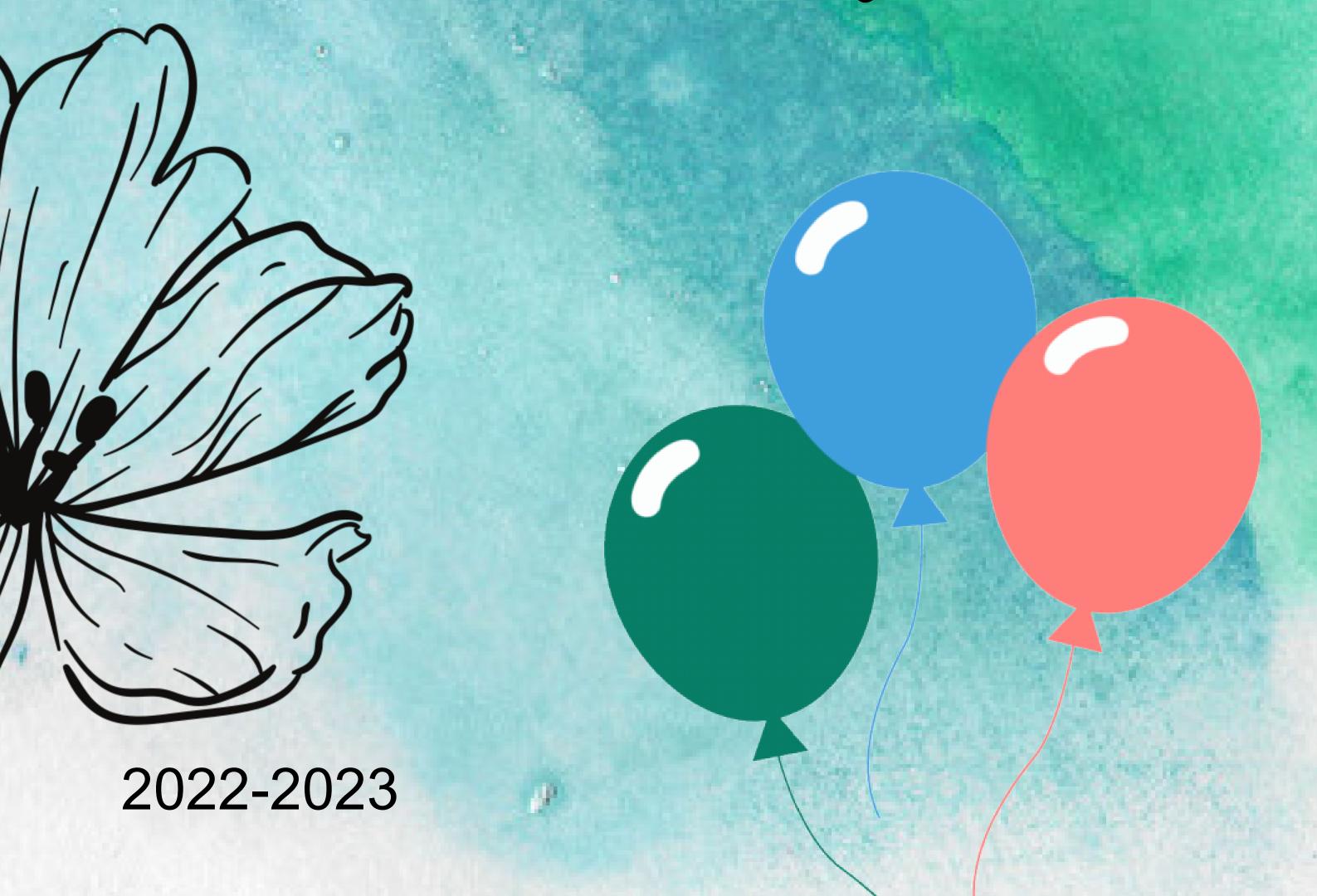
Hi! I am just a regular girl minding my own business.

It's evening, normally I am lazy during the evening but today I am feeling very insecure, guilty and anxious at the same time or may be I don't know this feeling. Do you know why?

Let me tell you what happened last night, I was sleeping peacefully when I slept, suddenly, I felt someone's rubbing their hand on my stomach and it comes to my chest. firstly I thought it's my mom cause my mom do these things. I touched that hand and it was rough. I couldn't recognise that hand then I made a little cranky poise then I heard my dad's noise 'oh that's you I thought it's your mom, your mom was sleeping beside me. After hearing words from my father's mouth, I was shocked. I didn't answer any of the word. I didn't make any noise that moment I didn't even move and I froze myself. Then my dad stopped saying anything and just asked the time 'what is the time? Is it already morning? Then he just pat me on my blanket and he did two to three times that patting looks real care that moment I thought he feels guilty but didn't know real guilt of my father then I didn't wake up until he went for his work because I felt ashamed of myself or may be I don't want to make eye contact. After he went I just woke up and ready to go for school and I just can't control what guilt I am feeling that moment. I told my mom but in a funny way didn't make it serious cause my mom really become worried I said ' papa was rubbing my stomach and saying are you mom or something i don't remember exactly what he was saying I was half sleep '. My mom laughed and few second later she said don't sleep with dad sleep with me or just have different blanket'but I acted like nothing I didn't care so much and this is something I don't care. Basically I don't want my mom to see how I feel. After that went for school but I was feeling very uncomfortable I wanted to tell anyone my real feelings but I couldn't. Whole day I was like what should I do? How should I make eye contact with my father I knew it was a mistake and I knew how my father is. He is an absolutely great person with his rules and regulations. He loves his family wery much. After school I went home and saw my dad's car that means he is in house that day I thought Lam going to act innocent I don't want to make awkward between me and my father. I don't want to break the bond, I have with my father so went inside and just talking like normal telling stories of my school day then suddenly I thought I should clear misunderstanding or I just want to make him see that I don't know anything . then finally I just said in funny way 'did you rub my stomach last night or I was having a dream?? ' he said even I was having a dream I thought you are mommy and In dream I am talking to your mother and touch her belly but when you move my hand I realised it was you I was like why are you here ' when he was saying these lines , that moment I was like okay it's good thing that my dad don't feel awkward about last night and his tone was even good while speaking from that moment I feel really relief that was the "not felt guilty"moment of that day and I was happy I cleared misunderstanding and nothing is awkward now then I was spending my day normally....when my mom come to my room her 1st sentence is do you know what dad said in the morning after his work "I should eat poison for my mistake"it means my father was more guilter then me!! And somehow I don't like it.















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