

Seminar

- 1. SEMINAR ON “ LACTATION SUPPORT AS A PART OF ANTENATAL AND POSTNATAL” ON 28TH AUG 2023-** Banarsidas Chandiwala Institute of Physiotherapy has organized seminar on “Lactation Support as a Part of Antenatal and Postnatal Care” to instill the role of physiotherapist in alleviating the post-partum problems of a lactating mother. Dr. Pallavi Verma, from batch 2010, currently working at Akash Healthcare Super Specialty Hospital, was the resource person. Ma’am explained the need for ergonomics in Lactating mother and how can different muscles be targeted while postural correction and recommending exercises. Ma’am has explained everything by demonstration on volunteers. Students openly asked questions and their queries. Being an alumnus, ma’am connected very well with students. The seminar was a huge success. Dr. Nidhi Kalra (PT), Officiating In-Charge felicitated Dr. Pallavi Verma with a token of gift at the end of the session.
- 2. SEMINAR ON WAY TO AUSTRALIA ON 15TH SEP 2023** - Banarsidas Chandiwala Institute of Physiotherapy organized a seminar on Career Opportunities. In the seminar, Ms. Anubhuti Rautela from SIEC Education enlightened the students about the following points:
 - Ways to apply for Higher Study at Australia
 - Ways to get Job as a licensed Physiotherapist in Australia.
 - Important Skills one should possess before applying to Australia.
 - Key tips was shared with the students for admissions to the various universities in AustraliaThey have also informed that SIEC Regularly organizes educational fairs and seminars, for the benefit of students. Light were shown on the importance and ways to clear ILETs exam for starting the Career at Australia. After this, Stationary kit was distributed to each student by SIEC member. Seminar was ended after collecting the feedback of the students.
- 3. SEMINAR ON PSYCHOLOGICAL WELL BEING ON 5TH OCT 2023** - Banarsidas Chandiwala Institute of Physiotherapy Organised a seminar on Psychological wellbeing. The guest speaker Ms. Purnima Aggarwal who is a rehabilitation psychologist by profession shared her knowledge and experience with the students to make them aware of the various aspects of mental health and psychological well being. The session included discussion with the students about various topics which comprises the true meaning of mental health. She has shared about the key messages with the students to cope up with mental issues and elaborated about the same. She also brought awareness among the students about the various signs of suffering from mental health issues like - sense of hopelessness, feeling of overwhelm, Change in personality, Social withdrawal and self-isolation, Lack of self-care and risky behaviour and many more others signs. Mam also enlightened about various activities to be added in one's life to bring change in mental state of someone who is suffering from any mental health issues, these activities included practicing of religious practices, talking on phone, walking, jogging or travelling, doing Art and craft, cooking and baking and many other activities. Further, she explained about the importance of spending few minutes of your day in Analysing and channelizing yourself daily. Another important thing that mam discussed is the role of acceptance in one's life that also plays n important role in maintaining healthy psychological well being. Session ended with question answer round by clarifying the queries of the students. Overall it was a well organised and productive session which helped the students of BCIP a lot. Feedback was collected from the students in which they expressed their desire to attend more such events.
- 4. Seminar on Preparation for IELTS ON 20/10/2023** - Banarsidas Chandiwala institute of physiotherapy organized a seminar on preparation for IELTS, which stands for international English Language Testing System. This event was focused on preparing the students who are interested to make their career in abroad for IELTS exam. The target population for this seminar was BPT Final Year and MPT Students. The speaker of this seminar was Ms. Apoorva who has rich experience in training Students for IELTS and PTE. She is a first class graduate from GGSIP University and has also been a part of “train the trainer” program and business English Training from reputed British council. The event started with a brief introduction for IELTS exam.



The speaker then explained every component of this exam and her explanation was comprehensible for the students. Further, she also explained the type of questions asked in the exams, time and frequency of the exam. Suggestions were also given on how to prepare for these exams. The session was very interactive; students asked their doubts to the speaker. Seminar was ended after sharing an example paper of the exam which helped the students in obtaining the better clarity for this exam. Dr. Nidhi Kalra, Officiating In-charge, BCIP concluded the event by delivering the Vote of thanks and felicitating the Resource Person. The seminar was successful and very well appreciated.

5. SEMINAR ON "ROLE OF PHYSIOTHERAPY AND NUTRITION IN OBESITY" ON 19TH OCTOBER 2023 –

Objective: The seminar aimed to shed light on the interplay between nutrition and physiotherapy in the management of obesity, a growing health concern worldwide.

Description: Banarsidas Chandiwala Institute of Physiotherapy organised a seminar on the "Role of Physiotherapy and Nutrition in Obesity" on 19th October 2023 which was taken by Dr. Hema Malhotra Alumni of batch 2013 she shared the insights, latest research findings and practical strategies for effective obesity management. Dr. Hema Malhotra began by defining obesity as a multifactorial condition with various causes, including genetics, environmental factors, and lifestyle choices. She stressed the importance of recognizing obesity as a complex health issue that cannot be treated by a one-size-fits-all approach. The seminar emphasized the significance of a balanced diet in managing obesity. Dr. Malhotra discussed the importance of calorie intake, macronutrients, and portion control in weight management. She also highlighted the benefits of including whole foods, fruits, vegetables, and lean proteins in one's diet. The seminar addressed the role of physiotherapy in combating obesity. Dr. Malhotra explained how regular physical activity could help individuals lose weight, increase muscle mass, and improve overall health. She discussed tailored exercise programs and their benefits for obese patients, including reduced cardiovascular risk and enhanced mobility. Dr. Hema Malhotra stressed the need for a personalized approach to obesity management. Each individual's nutritional and physiotherapy needs vary, and a comprehensive assessment is crucial to create effective treatment plans. To illustrate the practical application of nutrition and physiotherapy in obesity management, Dr. Malhotra presented real-life case studies where patients successfully achieved weight loss and improved their overall health through a holistic approach. The seminar concluded with an interactive Q&A session, allowing the audience to seek clarification on various aspects of nutrition and physiotherapy in obesity management.

6. **SEMINAR: WASTE SEGREGATION ON 28TH NOVEMBER 2023** - When we look around our surroundings, it is likely to have number of garbage heaps on the roadside area. The cluster of waste aggregated in our surroundings not only hampers the scenic beauty of our surroundings land areas but it is hampering our water bodies, fauna and flora too. The waste generated by us either dumped on landfills or drained in water bodies, the toxins present in the waste destroys the fauna and flora inhabitants of respective area. All of us present out a reluctant behaviour in the matter of concern and blame industry for waste production, however what about the waste produced by our households! The land fills and mountains of waste generated on barren lands were produced by the waste that has domestic origin. The large amount of everyday waste we produced is carried from our home grounds to the local garbage dump yard by several local dedicated workers, then the waste is segregated by them and dumped to the main dump yard. The condition and quantity of waste produce by a single household is enough to filth out the environment but a being has appointed to segregate 24 that as to prevent pollution, it can't be thrown directly to the dump yard, those youngsters who perform this job come in direct contact with those harmful toxins and pathogens present in our waste and to ignore out the filthy smell they consume drugs or alcohol, hence it is not just to segregate and manage waste it is a big social concern. To sensitise our students about this sensitive issue, Institutional Eco-Club of Banarsidas Chandiwala Institute of Physiotherapy, New Delhi, organised a seminar on Waste Segregation, where our honourable speaker Mrs. Ranju Minhas, an Environmentalist, enriched our students on the area of concern. She discussed the need and importance to segregate waste and very creative ways to manage the waste, in management strategy she taught students detailed way to transform kitchen waste into face washes, liquid disinfectants. In the procedure, kitchen waste needs to be added in a bottle, in that water and sugar source needs to be added, the mixture needs to be left for 3 to 4 months and then the liquid homogenous filtered mixture generated can be used as cleansers. At the end of the session students were motivated about wise handling of their household waste

7. **SEMINAR ON PHYSIOTHERAPY PRACTICE IN CANADA ON 22/11/2023** - Banarsidas Chandiwala Institute of Physiotherapy organized a seminar on Physiotherapy practice in Canada on 22nd November 2023. This event was especially for the final year and third year student of bachelor of physiotherapy, and the main aim to organized this event was to give the future guidance to all of them because it was the peak time for them to make decision about their future. The speaker of this seminar was Dr kartik shah, (MPT Sports, CSMT) Founder director at In2canada. Seminar started with introduction of the speaker Dr kartik shah. After that, Sir started the session by giving a very brief introduction to the physiotherapy in a very effective way and has also asked few students to share their views about the physiotherapy. He then shared the valuable information about the job opportunities available for physiotherapists in the Canada. He also shared the website of In2Canada in which he explained that how their organization provide placement opportunities, prepare student for exam which is an essential part for to go abroad. Further, Sir explained the work life balance in the Canada with specific reference to practicing physiotherapists. The session was very informative and also essential for the upcoming physiotherapist who wants their future in Canada. At the end, Dr. kartik also demonstrated the pattern of how to assess the patient with an example in which few students also asked their doubts. Seminar were concluded by delivering the vote of thanks and felicitating the speaker. 25
8. **SEMINAR ON CURB THE MENACE OF RAGGING ON 12.12.2023** - Banarsidas Chandiwala Institute of Physiotherapy organized a Seminar on Topic "Curb the Menace of Ragging "for Physiotherapy Students on 22 December 2023. The Resource Person was Ms. Poonam Dhanda, Medical Social Welfare Officer and Media Spokesperson from VMMC and Safdarjung Hospital .The Objective of Seminar was to To aware the students of dehumanizing effect of ragging inherent in its perversity, to keep a continuous watch and vigil over ragging so as to prevent its occurrence and recurrence. Ms. Dhanda addressed the Students impressing upon them adverse effects of ragging. She explained to the students, what exactly constitutes ragging, why is it a criminal offence and who is liable to be prosecuted for it. Not only the offending parties, but also the silent witness would be held equally responsible. She explained to the first years, that while these rules are to protect the juniors, they should not be misused by them as it could destroy someone's career. The take home message was the ragging is strictly frowned upon in this institution and will be dealt with severe consequences, if anyone is found guilty of indulging in it. She also introduced to College's Anti ragging Committee and Anti ragging Squad and their Functioning , and Stated students to report immediately to the committee if they found any kind of ragging activity done to them. The Students found the Seminar very informative and interacted with Speaker through asking questions regarding topic, and expressing their views on the Topic. At the end of Session, Ms. Dhanda was Felicitated by Dr. Vishal , Assistant Professor at BCIP .
9. **SEMINAR ON CANCER REHABILITATION – 22ND DECEMBER 2023 AT BANARSIDAS CHANDIWALA INSTITUTE OF PHYSIOTHERAPY**
Objective – The primary objective of this seminar is to explore the various facets of physiotherapy in cancer rehabilitation, including its role in managing treatment-related side effects, enhancing functional abilities, and contributing to the psychosocial well-being of cancer patients. The seminar will also focus on evidence- 26 based practices, emerging trends, and the integration of innovative technologies in physiotherapy for cancer survivors. Date – 22nd December 2023 Banarsidas Chandiwala Institute of Physiotherapy has organized Seminar on Cancer rehabilitation under supervision of Dr. Jyoti Kataria on 22nd December 2023 at BCIP. Cancer rehabilitation is a critical aspect of holistic cancer care, aiming to enhance the quality of life for individuals affected by cancer. Physiotherapy plays a pivotal role in this multidisciplinary approach, addressing the physical challenges and functional limitations that often accompany cancer and its treatments. The seminar on "Physiotherapy in Cancer Rehabilitation" aims to shed light on the significance of physiotherapy interventions in promoting recovery, improving mobility, and optimizing overall well-being for cancer survivors. This seminar aims to foster a deeper understanding of the integral role that physiotherapy plays in cancer rehabilitation. By addressing the unique physical and emotional challenges faced by cancer survivors, physiotherapists contribute significantly to enhancing the overall well-being and quality of life of individuals on their journey to recovery. Through informative sessions, case studies, and interactive discussions, participants will gain valuable insights into optimizing physiotherapy interventions for better outcomes in cancer rehabilitation.
10. **STOP SEXUAL HARASSMENT On 22 Dec 2023** - The Cultural Club of BCIP organized an insightful seminar on December 22, 2023, addressing the critical issue of sexual harassment. The event, held at the BCIP Auditorium, featured Mr. Ram Manohar, the Station House Officer (SHO) of Sabzi Mandi, Delhi, as the distinguished speaker. Speaker's Insights: Mr. Ram

Manohar, an experienced professional in law enforcement, delivered a comprehensive talk on sexual harassment, covering its prevalence in various settings such as workplaces, homes, and public spaces. His insights shed light on the legal aspects, preventive measures, and the importance of creating a safe environment for all. Student Presentation - Skit on Sexual Harassment: Students of BCIP actively participated by presenting a thought-provoking skit on sexual harassment. The skit depicted scenarios of harassment at home and in the workplace, aiming to raise awareness and promote dialogue on this sensitive issue. The creative and impactful presentation served as a powerful medium for conveying the message. Interactive Session: Following Mr. Ram Manohar's address and the skit, an interactive session was held, allowing attendees to share their thoughts, ask questions, and engage in meaningful discussions. The open dialogue fostered an atmosphere of understanding and collective responsibility in addressing and preventing sexual harassment. Felicitating the Speaker: Dr. Avi Chaudhary at BCIP took the opportunity to felicitate Mr. Ram Manohar for his valuable contribution to the seminar. The gesture acknowledged the significance of his expertise and the importance of collaborative efforts in combating sexual harassment. The seminar concluded with a closing note expressing gratitude to Mr. Ram Manohar for his enlightening session and to the students for their active involvement. The event not only served as an educational platform but also as a catalyst for ongoing conversations and actions against sexual harassment. In organizing this seminar, the Cultural Club of BCIP demonstrated a commitment to addressing societal challenges and promoting a safe and respectful environment for everyone. The seminar's success lies in its ability to spark awareness, encourage dialogue, and inspire collective efforts towards eradicating sexual harassment from various spheres of life.

11. **SEMINAR ON SPORTS PSYCHOLOGY AT 24TH JANUARY 2024** - The objective of the seminar was to provide students insights about sports psychology and how it impacts an athlete's performance and what is the role of physiotherapy in sports psychology.

Dr. Anuradha Solanky, an eminent personality and a leading sports psychologist from Sports Authority of India. Dr. Anuradha is currently working as a scientific officer (Psychology) at SAI, New Delhi. Dr. Anuradha is holding more than 30 years of experience.

Lecture content

- Dr. Anuradha briefed about sports psychology. She explained about various approaches in psychology.
- She elaborated how sports and performance affect psychology of an athlete and how a team should work on it.
- She explained that how important it is to choose a suitable approach and what is the role of a physiotherapist in it.

Conclusion

- Dr. Anuradha motivated students to be a good physiotherapist with good sports psychological skills then sky is the limit.

12. **SEMINAR ON 'CLINICAL RESEARCH IN PHYSIOTHERAPY' ON 11TH MARCH 2024**

General

The Seminar was organised at Banarsidas Chandiwala Institute of Physiotherapy on 11th March 2024. A poster mentioning details of seminar was shared on social media platforms of BCIP.

Objective

The objective of the seminar on Clinical Research in Physiotherapy was to enhance the understanding and knowledge of participants regarding the principles, methodologies, and applications of research within the field of physiotherapy. Seminar was aimed to provide participants with a comprehensive overview of various research designs, data collection techniques, analysis methods, and ethical considerations relevant to conducting clinical research in physiotherapy.

About the Speaker: Dr. Nishat Quddus, Head, Department of Physiotherapy, School of nursing sciences and allied health, Jamia Hamdard.

Topic of guest lecture: Clinical Research in Physiotherapy

Attendees

Total Students who attended the program

BPT 4th, 3rd and MPT 2nd year students

Total Faculty who attended the program

: 02

Lecture content

1. Enhanced Understanding: Participants gained a deeper understanding of the importance of clinical research in advancing the field of physiotherapy and improving patient outcomes.
2. Research Skills Development: Participants acquired practical skills in designing research studies, collecting and analyzing data, and interpreting research findings.
3. Critical Appraisal: Participants also developed the ability to critically appraise existing research literature in physiotherapy, including evaluating study design, methodology, and statistical analysis.

Outcome

1. Application of Evidence-Based Practice: Participants learned how to integrate research evidence into clinical practice to make informed decisions and provide high-quality care to patients.
2. Ethical Awareness: Participants also gained insight into the ethical considerations involved in conducting research with human subjects, including obtaining informed consent, ensuring participant confidentiality, and adhering to ethical guidelines and regulations.
3. Collaboration and Networking: The seminar also provided opportunities for participants to collaborate with peers and experts in the field, fostering networking and the exchange of ideas and experiences.

Conclusion

Overall, the outcome of the seminar was to empower participants with the knowledge, skills, and ethical awareness necessary to engage in and contribute to clinical research in physiotherapy, ultimately improving patient care and advancing the profession.

13. WEBINAR ON OCCASION OF WORLD KIDNEY DAY ON 'MANAGEMENT OF PATIENT IN INTENSIVE CARE UNIT' ON 14th March 2024

General

The Webinar was organised at Banarsidas Chandiwala Institute of Physiotherapy on 14th March 2024. A poster mentioning details of webinar was shared on social media platforms of BCIP.

Objective

Understanding ICU Physiology: Provide participants with a comprehensive understanding of the physiological changes that occur in patients admitted to the ICU.

Role of Physiotherapy in ICU: Explore the significant role of physiotherapy in the management and rehabilitation of patients in the ICU setting.

Respiratory Management: Discuss strategies for optimizing respiratory function in critically ill patients, including ventilator management, secretion clearance, and lung recruitment techniques.

Mobility and Rehabilitation: Highlight the importance of early mobilization and rehabilitation interventions in improving patient outcomes and reducing the risk of ICU-acquired weakness.

About the Speaker: Dr. Nilesh Kokane, Senior Physiotherapist, HOD, G.B Pant hospital (GI Surgery and CTVS Liver transplant unit)

Topic of guest lecture: Management of patient in Intensive Care Unit

Attendees

Total Students who attended the program

BPT 4th and MPT 2nd year students

Total Faculty who attended the program

: 08

Lecture content

4. Enhanced Understanding: Participants gained a deeper understanding of the importance of physiotherapy management in ICU and improving patient outcomes.
5. Webinar emphasized the principles of patient safety during physiotherapy interventions in the ICU, including risk assessment and infection control measures.
6. Interdisciplinary Collaboration: Webinar also emphasized effective collaboration between physiotherapists, nurses, physicians, and other healthcare professionals in the holistic care.

of ICU patients.

Outcome

1. Identify the physiological challenges faced by patients in the ICU and their implications for physiotherapy management.
2. Apply evidence-based strategies for respiratory assessment and intervention in ICU patients.
3. Implement early mobilization protocols and rehabilitation techniques tailored to the needs of critically ill patients.
4. Evaluate the effectiveness of physiotherapy interventions in improving patient outcomes and reducing ICU complications.
5. Collaborate effectively with multidisciplinary teams to optimize patient care in the ICU setting.

Conclusion

Overall, the outcome of this webinar was to provide a comprehensive overview of physiotherapy management in the ICU, equipping participants with the knowledge and skills necessary to optimize patient care and outcomes in this challenging clinical environment.

14. SEMINAR ON PALLIATIVE CARE SENSITIZATION: BRIDGING COMPASSION WITH KNOWLEDGE 8.03.2024

General

A seminar was organized by Banarsidas Chandiwala Institute of Physiotherapy in association with the DNipcare (Delhites' National Initiative in Palliative Care) on palliative care sensitization on 8 March 2024 in the BCIP auditorium.

Objective

The primary objective of organizing this seminar was to spread awareness among the students and healthcare professionals about palliative care and its crucial role both in the healthcare sector and the medical profession. To educate about the palliative care principles and how it works and dispel myths about it.

Date of event: 8th March 2024

Venue of event: BCIP AUDITORIUM

Total students who attended the seminar: All BPT and MPT Students

Total faculty members who attended the program: All Faculty members (BCIP)

Content of the seminar:

The primary objective was to educate the students and healthcare professionals about what palliative care is all about and all the aspects related to it. In this seminar, our two guest speakers Mr. K. V. Hamza who is a retired senior accounts officer at the Ministry of Finance, govt. of India, and the general secretary and a volunteer at DNipcare interacted with our students and explained to them about palliative care and its need in the society and Mr. S Balachandran who is a former Indian air force personnel and currently working as a senior physiotherapist at VMMC and Safdarjung hospital and also a volunteer at DNipcare explained the physiotherapy students about the role of physiotherapy in palliative care. Both speakers explained how palliative care is not all about treating the patient's pain but about educating the people in the community to prevent them from serious diseases in the future and save a life. Further, they have also explained to the students that palliative care is not only for the patients but can also be given to the caregiver and the family members of the patients. Students found the seminar very helpful and were motivated to work as volunteers in the palliative care field. We look forward to organizing more such seminars in the future.

15. REPORT ON CLINICAL CASE PRESENTATION SERIES

Location of event: BCIP Auditorium

Total Students who attended the program: BPT & MPT Students

Total Faculty Members who attended the program: 11 (Faculty Members & Staff)

About the Speaker:

Mr. Akash Gogri (Education sector veteran with 10 years of experience, Forster growth and industry partnerships, Trained over 15k students, Experts in LinkedIn excel/goggle sheets chat GPT Resume building and presentation skills).

Topic of the speaker: RESUMASTERY: Crafting your career canvas

Content of the event:

The primary objective of the event is to enlighten students on the process of making a resume and also share tips to strengthen the resume.

- *Mr. Akash Gogri* the speaker with 10 years of experience in its field teaches the difference between the CV Resume and portfolio.
- He also taught the correct format to be used to share knowledge about *color* (usually gray for doctors and professionals working in healthcare), *text alignment*(For heading central alignment and for text left alignment), *text size*(For headings 24 and *text size* other than heading 14-18), *use of columns, Calibri*).
- He told students to correct or modify their Resume based on the demands of the job every time the same will not work everywhere and content should be chosen based on the main points in the advertisement of a particular job.
- Also tells some points to remember that a resume should be not too colorful to be messy and age, and gender should not be included in it. The profile picture should be in perfect professional dress and the background should also reflect your profession with a slight smile and open hand.
- The Sequence in the education section should include the latest at the top and the earliest at last.
- And at last he also shared some tips for presentation and introduced the benefits of professional LinkedIn and Instagram accounts and tips to maintain it.

Outcome

The session was quite interactive and helped students in understanding the correct way to make a Resume.

17. **SEMINAR ON DISASTER MANAGEMENT ON 25TH APR 2024**

Date – 25th Apr 2024

Venue – Auditorium, SBCSSTS

Objective – To inform the students about various Disaster management techniques.

ResourcePerson- Dr. Pooja Sethi, Senior Physiotherapist, RML Hospital, Delhi

Participants – BPT& MPT students.

Content of the Seminar-

members, Dr. Ifra Aman (PT) and Dr. Mohd. Asif (PT) to organize 30 and frame a 1 day workshop for BCIP MPT (Sport) students. Dr. Mohd Asif (PT) Assistant Professor shared his knowledge and experience with the students. Students were provided hands on practical demonstrations by Dr. Mohd. Asif (PT) for various sports injuries. The workshop was designed to provide outcome of Taping. Towards the end of session students were delighted to learn about various Taping techniques for different injuries and enthusiasm among them was top notch with suggestions to organize more number of such workshops in campus. Session ended with question answer round by clarifying the queries of the students. Overall it was a well-organized and productive session which helped the students of BCIP a lot. Feedbacks were collected from the students in which they expressed their desire to attend more such events.

2. WORKSHOP: DEMYSTIFYING ORTHOSIS AND PROSTHESIS ON 25.04.2024 & 26.04.2024

General

A 2 days' workshop on Orthosis and prosthesis was organized on 25th April 2024 and 26th April 2024 at the BCIP auditorium.

Objective The primary objectives of the workshop were:

- To enlighten students about the use of orthosis and prostheses in the acceleration of recovery or rehabilitation of patients.
- To Raise awareness about the use of orthosis and prostheses in the rehabilitation of patients.
- To Encourage students to learn and utilize the knowledge of orthosis and prosthesis inpatient rehabilitation.

Date of Event: 25 April 2024 - 26 April 2024

Location of Event: BCIP Auditorium

Students who attended the program: BPT & MPT Students

Faculty Members who attended the program: (Faculty Members & Staff

About the Speaker:

- Dr C. S Ram, Director BCIP KALKAJI
- Sh. Kaushal Kishore, Product developer at Walnut Medical.

Topic of the speaker: Demystifying Orthosis and Prosthesis.

Content of the event:

Day 1

The primary objective of the workshop is to expand the knowledge of students about the use of orthosis and prosthesis in patients' rehabilitation plans. Mr. Kaushal Kishor the speaker taught students about the meaning of orthosis and prosthesis, Firstly, he taught them about basic anatomy and biomechanics of limbs. Dr. C S Ram also explained the parts of anatomy and biomechanics of vertebral column in an elaborative manner. Further, Mr. Kaushal explained the orthosis and prosthesis, their types and categories based on the material (carbon steel, plastic, fibers, metal, etc.) and the location where they are used (for upper limb, lower limb thorax, etc.). Then he explained the indication of contra-indication and precautions to be used while in the selection of correct orthosis or prosthesis for patients according to the conditions. He also discussed the method of selection of the right orthosis and prosthesis for patients.

Day 2

On the second day, Mr. Kaushal Kishore enlightened the student about the Prosthesis of the Upper extremity and Lower extremity. He showed light on the myoelectric hand and its usage for upper limb amputees. Further, he asked students to perform hands-on on the prosthesis considering its correct method of use, and also asked students to use it on each other. He also explained the advantages and disadvantages of many types and categories of orthosis and prosthesis which should be kept in mind which help in the selection of the best prosthesis for patients.

In the second half of the workshop, Dr. C S Ram enlightened the students about physiotherapeutic rehabilitation after the prosthetic application with special emphasis on stump management. He also showed various videos to the students for their better understanding.

Day 2 was concluded after felicitating the resource persons and delivering the vote of thanks.

Outcome

Students were able to understand the meaning, concept an application of Orthosis and Prosthesis in Physiotherapeutic conditions.

3. A REPORT ON WORKSHOP ON ICU ASSESSMENT, INVESTIGATIONS & MANAGEMENT

DATE: 22ND APRIL 2024 TO 23RD APRIL 2024

General

A workshop on ICU Assessment, Investigations & Management was organised at BanarsidasChandiwala Institute of Physiotherapy on Monday 22nd April 2024. A circular dated 17th April 2024 was published for the workshop.

Objective

The objective of a workshop on ICU assessment, investigations, and management is to equip healthcare professionals with the knowledge, skills, and tools necessary to deliver high-quality care to critically ill patients in the intensive care unit.

About the Speaker:

Dr. Purnima Kushwaha (PT), Assistant Professor, BanarsidasChandiwala Institute of Physiotherapy. She is graduated in Physiotherapy from BanarsidasChandiwala Institute of Physiotherapy, GGSIPU, Delhi in 2018 and Master of Physiotherapy in Cardiopulmonary from Jamia Millia Islamia in 2021. She is pursuing PhD in Physiotherapy from Galgotias University. Certified in Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS).

Dr. Megha Arya is a graduate of Mahatma Gandhi University of Medical Science and Technology Jaipur. With a Master degree from Sharda School of Allied Health Sciences Sharda University Greater Noida specializing in Cardiopulmonary Physiotherapy. Certified in Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS).

Dr. Sherry Prabhakar, an Alumni of BanarsidasChandiwala Institute of Physiotherapy. She has done my Fellowship of Six months in Cardiopulmonary Rehabilitation from Mediversity Apollo, and also certified ACLS practitioner. Presently she is working as a Physiotherapist Indraprastha Apollo Hospital, Sarita Vihar as a Team Leader in Intensive Care Unit , multiple organ transplant unit and working towards rehabilitation process aimed to meet individual needs of patients.

Dr.M.Thangaraj, is working as Professor & Principal at I.T.S Institute of Health & Allied Sciences, Delhi -Meerut Road,Muradnagar Ghaziabad. He has more than 15 years of experience in conducting workshops on Cardiopulmonary rehabilitation.

Topic of Workshop: ICU Assessment, Investigations & Management

Attendees

Total Students who attended the program : 83
(Bpt 4th year - 45 students, Bpt 3rd semester- 35 students)
Total Faculty who attended the program : 08

Lecture content

- The 2 days workshop on ICU (Intensive Care Unit) Assessment, Investigation, and Management was conducted with the aim of enhancing students understanding and skills in managing critically ill patients. The workshop covered various aspects including patient assessment, diagnostic investigations, and therapeutic management strategies in the ICU setting.

Topics Covered on Day 1 by Dr. Purnima Kushwaha, Dr, Megha Arya & Dr. Sherry Prabhakar:

- Patient Assessment:
 - Initial assessment of critically ill patients.
 - Importance of systematic evaluation including airway, breathing, circulation, and neurological status (ABCs).
 - - Use of scoring systems such as the Glasgow Coma Scale (GCS) and Sequential Organ Failure Assessment (SOFA) score for severity assessment.
 - Management Strategies:
 - Hemodynamic management including fluid resuscitation and vasopressor therapy.
 - Mechanical ventilation strategies and ventilator settings.
 - Use of sedation and analgesia in critically ill patients.
 - Antibiotic stewardship and management of sepsis.
 - Renal replacement therapy in acute kidney injury (AKI) patients.
 - Importance of multidisciplinary teamwork and communication in the ICU setting.

Topics covered on Day 2 by Dr. M. Thangaraj:

- Diagnostic Investigations:
 - Essential diagnostic tests in the ICU including blood tests, imaging studies (X-rays, CT scans), invasive monitoring (arterial lines, central venous catheters) and auscultation.
 - Interpretation of laboratory values and imaging findings in critically ill patients.
 - Role of specialized investigations such as arterial blood gas (ABG) analysis, Pulmonary function test and electrocardiogram (ECG) in guiding management decisions.

- Workshop Methodology:

The workshop employed a combination of didactic lectures, case-based discussions, and hands-on simulation exercises to facilitate learning and skills acquisition. Participants had the opportunity to practice clinical scenarios in simulated ICU environments, allowing for the application of theoretical knowledge into practical scenarios.

- Outcomes:

Participants demonstrated improved understanding and competency in ICU assessment, investigation, and management following the workshop. Feedback from participants highlighted the effectiveness of the hands-on simulation exercises in enhancing their confidence and skills in managing critically ill patients. Moving forward, it is recommended to integrate similar interactive and practical components into future workshops to optimize learning outcomes.

- **Conclusion:**

The workshop on ICU Assessment, Investigation, and Management provided healthcare professionals with valuable insights and skills to optimize care for critically ill patients in the ICU setting. By emphasizing systematic assessment, appropriate diagnostic investigations, and evidence-based management strategies, the workshop aimed to enhance patient outcomes and improve the quality of care in intensive care units.

- This report summarizes the key topics covered, methodology employed, outcomes achieved, and recommendations for future workshops on ICU management.

Value Added Course “HELM – Heartfulness Enabled Leadership Mastery” on 8th March to 26th April 2024

Module 1

Date of the event – 8th March 2024

Location of event – Auditorium, BanarsidasChandiwala Institute of Physiotherapy, New Delhi.

Content - On 8th March 2024, BanarsidasChandiwala Institute of Physiotherapy organized “ HELM – Heartfulness Enabled Leadership Mastery” for its students. This value-added course consists of 6 modules that focus on developing leadership capabilities.

The objective of this module was to focus on changing habits and consistently practicing new behaviors so we can develop and enhance our leadership capabilities over time. In this Module, the resource person were Mr. Mani Subra (a Heartfulness Trainer and CA by Profession), Mr. Rupesh Kumar (a Heartfulness Trainer and Sr. Vice President in a Pharma Company) . Mr. Mani Subra discussed about identifying desired leadership qualities and habits that we can adopt to enhance our leadership abilities. The session ended with 15 min of meditation to relax the body and mind. The Director Dr. C S Ramfelicited the resource persons and delivered a vote of thanks.

Module 2

Date of the event – 15thMarch 2024

Location of event – Auditorium, BanarsidasChandiwala Institute of physiotherapy

Content - On 15th March, BCIP organized Module 2 of HELM for its students. In this module resource person, Mr. Rupesh Kumar enlightened the participants about the importance and ways to make a good choice. Making good life choices is crucial because they shape our future, determine our happiness and success, and influence the lives of those around us. By making informed decisions, we can create fulfilling lives, achieve our goals, and contribute positively to society. Good choices lead to personal growth, fulfillment, and a sense of purpose. Sir ended the session with 15 min of meditation.Students found this module very enlightening and informative. Director C S Ram felicitated Mr. Rupesh Kumar (the resource person).

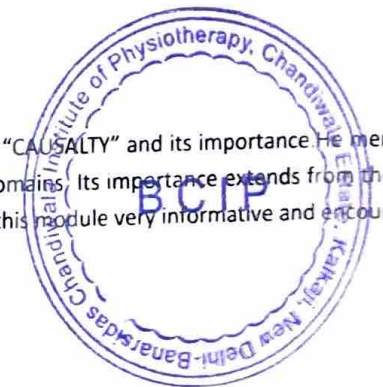
Module 3

Date of the event – 22ndMarch 2024

Location of event – BanarsidasChandiwala Institute of Physiotherapy

Content - On 22nd March, BCIP organized Module 3 of HELM for its students. In this module, resource person Mr. Rupesh Kumar discussed the “CAUSALTY” and its importance. He mentioned that causalty is crucial for understanding the world around us, making decisions, solving problems, and advancing knowledge across various domains. Its importance extends from the realm of theoretical inquiry to practical applications in everyday life. Mr. Rupesh Kumar ended the session with 15 min of meditation. Students found this module very informative and encouraging.

Module 4



Date of the event – 27th March 2024

Location of event – BanarsidasChandiwala Institute of Physiotherapy

Content - On 27th March, we organized Module 4 of HELM for its students. In this module resource person, Mr. Rupesh Kumar discussed time management and its importance. He discussed how effective time management helps individuals and teams accomplish tasks efficiently. By allocating time to each task based on its importance and urgency, people can make the most of their available time and resources. Prioritizing tasks ensures that important and high-impact activities are completed first, leading to increased productivity. By focusing on tasks that contribute the most to goals and objectives, individuals can make better use of their time. Further, **Mr. Rupesh discussed how** time management and prioritizing strategies are essential skills for success in both personal and professional life. They enable individuals to make the most of their time, achieve their goals, and lead more fulfilling lives.

Module 5

Date of the event – 3rd April 2024

Location of event – BanarsidasChandiwala Institute of Physiotherapy

Content - On 3rd April, we organized Module 5 of HELM for its students. In this module, the resource person was Mrs. Kanchan Rakesh (a Heartfulness Trainer and a Communication Trainer in the Corporate Sector) discussed communication skills and tips to improve them. Students were informed that improving communication skills is valuable in both personal and professional contexts. The resource person talked about tips to enhance communication skills: focus on truly understanding what the other person is saying rather than just waiting for your turn to speak, and pay attention to body language facial expressions, and tone of voice.

The objective of this module was to make students incorporate these tips into their daily interactions so they can gradually enhance their communication skills. Students found this module very informative and enlightening.

Module 6

Date of the event – 26 April 2024

Location of event – BanarsidasChandiwala institute of Physiotherapy

Content - On 26th April, we organized Module 6 of HELM for its students. In this module, resource persons were Mr. Sunil Mittal (an IIT Alumni and MD of a Technology Company) and Mr. Rupesh Sharma. Mr. Sunil Mittal enlightened students about various ways of befriending stress and maintaining a healthy lifestyle. They talked about tips to manage stress and how we can reduce it with adequate sleep, healthy eating habits mindfulness, and meditation. By incorporating these strategies into your daily life, you can befriend stress and maintain a healthy lifestyle, fostering resilience and well-being even in the face of challenges.

Mr Rupesh Kumar ended the session with 15 minutes of meditation to relax the mind and body. Students found this module very enlightening and encouraging. Director C.S.Ram sir felicitated the resource persons.

Personality Development Program

1. PERSONALITY DEVELOPMENT PROGRAM ON ATTITUDE CHANGE ON 25/08/2023 On 25th Aug 2023, the Placement cell of BCIP organized a Personality Development Program aimed at Bachelor of Physiotherapy (BPT) students, centered on fostering "Attitude Changes" for personal and professional growth. The program, delivered by expert, delved into the shades of attitude shaping and its impact on a physiotherapist's career trajectory. Students engaged in this dynamic session, encompassing interactive and insightful discussions. The program focused on instilling positive attitudes, nurturing resilience, fostering adaptability, and honing interpersonal skills crucial for success in the healthcare domain. Through practical exercise and experiential learning, students gained actionable strategies to cultivate a proactive and constructive mindset. BCIP's initiative 31 underscores its commitment to empowering aspiring physiotherapy professionals beyond academic excellence, preparing them holistically for the challenges and opportunities in their future careers.

Excursion Tour

BANARSIDASCHANDIWALA INSTITUTE OF PHYSIOTHERAPY EXCURSION TOUR: FIELD VISIT TO SRCM HEARTFULNESS MEDITATION CENTRE DATE: 13TH FEBRUARY 2024

General

Curriculum is a tool in hands of artist to mould it's material into desired shape and size. The statement given by a famous educationist clearly represents how the teacher mould his or her students as per the desired aims and objectives of the respective curriculum. The students follow the set program of an institution to fulfil the administered curriculum to get awarded with the degree. Now a days it is under great focus that excursion activities should be practiced in order to break the monotony in students daily schedule. In urban lifestyle among the concrete jungles we are quite very far from the nature, most of the urban areas contain not a single trace of greenery, even with the availability of the wet land available, the land was kept barren and used to dump waste. Institutional Eco Club of Banarsidas Chandiwala Institute of Physiotherapy, decided to arrange a excursion trip to some point where the students submerged in nature and learn something extracurricular but of utilitarian value.

Objective

To break the monotony in students daily life and to provide them some utilitarian value based experience related to ecosystem.

Participants

Total Students who participated in the program: 37 (BPT 4th year students)

Total Faculty participated in the program: 13 faculty Members

Program Coordinator: Dr.PrithviParasher, InCharge Eco-Club.

Activity Description

- In order to break the monotony in students daily life schedule, Banarsidas Chandiwala Institute of Physiotherapy organised a one day excursion trip to SRCM Heartfulness Meditation Centre, Gurugram.
- The centre is a beautiful landscape surrounded by green fields on the North and West. It is situated on the border of Gurgaon and Delhi amidst 6.5 acres of land.
- Heartfulness meditation centre started getting established and a labour of love transformed the land area from barren burnt baked earth strength with stones and broken bricks to beautifully maintained garden and bountiful fields.
- Ornamental plants Like varieties of Crotons, Coleus, Money Plant, Hanging Baskets Seasonal Blooms Like Pansies, Petunias, Dahlias, Cosmos and Medicinal Plants like Aloe Vera,

BCIPCON-2K24-ROLE OF TELE-PHYSIOTHERAPY ON PULMONARY REHABILITATION

Session: I

Topic: Role of Tele-Physiotherapy in Pulmonary Rehabilitation

Speaker: Dr. Sumata Ghosh, Co-Founder, Healthspecifics Academy, Delhi

Date: 21st July 24

Time: 09:20am

Rapporteur: Dr. Mohd Asif

Description: On 21st July 2024, Dr Sumanta Ghosh delivered an enlightening session on Role of Tele-Physiotherapy in Pulmonary Rehabilitation. Dr Sumanta Ghosh discussed both conventional and contemporary technologies, putting more focus on advancing the field of Cardio-Pulmonary-rehabilitation. This talk clarified the ground-breaking developments in Pulmonary-rehabilitation and greatly expanded our knowledge of how cutting-edge tele-rehabilitation revolutionizing patient treatment. Sir also mentioned that Tele-medicine used different technological means to provide a medical approach at home in place of the traditional face-to-face approach of medicine, Tele-rehabilitation is one branch of tele-medicine adapted to the world of the rehabilitation. It tends to maintain the advantages of a classical rehabilitation and to overcome its disadvantages by providing easier access to healthcare services at home with an improved adherence

Dr Sumanta Ghosh elaborated on recent advancements in pulmonary physiotherapy and has also discussed the role of telerehabilitation in the same way. He further highlighted that the telerehabilitation in pulmonary Physiotherapy is comparable with in-person rehabilitation or better than no rehabilitation as for other conditions such as osteoarthritis, low-back pain, hip and knee replacement, and multiple sclerosis and in the context of cardiac and pulmonary rehabilitation.

A key take away from the session was the till now, the pulmonary rehabilitation has been mainly provided in specific centres even if it can also be efficiently practised out of these centres. The limited access to the centres providing such facilities is one of the main barriers. The pulmonary rehabilitation in tele form makes an important contribution to healthcare as less cost is associated with the travel, transportation and parking facilities. The feasibility and effectiveness of tele-rehabilitation have previously been demonstrated in many medical conditions.

In conclusion, Dr Sumanta Ghosh's presentation was both inspiring and informative, offering a comprehensive overview of how conventional and contemporary technologies are integral to



rehabilitation. The session provided valuable insights into the future of physiotherapy and Pulmonary-rehabilitation, emphasizing the need for continued innovation and collaboration

Session: II

Topic: Aligning Innovation in Physiotherapy with Sustainable Development Goals

Speakers: Dr. Kshitija Bansal, Professor, MRIIRS, Faridabad

Date: 21st July 24

Time: 10:00am

Rapporteur: Dr. Prithvi Parasher

Description: Dr. Kshitija Bansal delivered the talk on “Aligning Innovation in Physiotherapy with Sustainable Development Goals”. She excellently delivered the lecture on Sustainable Development Goals (SDGs) as a global call to action to end poverty, protect the planet, and ensure that all people enjoy peace and prosperity by 2030. She further mentioned that Physiotherapy plays a crucial role in several SDGs, particularly:

- Good Health and Well-being (SDG 3): Physiotherapy promotes health and well-being through rehabilitation, injury prevention, and health education, contributing to achieving universal health coverage and reducing mortality rates.
- Quality Education (SDG 4): Physiotherapy education ensures the development of skilled professionals who can contribute to health systems, promoting lifelong learning opportunities.
- Gender Equality (SDG 5): Physiotherapy addresses gender disparities in access to healthcare by providing inclusive services that cater to diverse needs and conditions.
- Decent Work and Economic Growth (SDG 8): Physiotherapists contribute to economic growth by enhancing workforce productivity through rehabilitation and promoting active and healthy aging.
- Reduced Inequalities (SDG 10): Physiotherapy services aim to reduce inequalities in health outcomes by providing accessible, affordable, and equitable care to all populations, including vulnerable groups.
- Sustainable Cities and Communities (SDG 11): Physiotherapy supports urban planning and design for inclusive, safe, resilient, and sustainable cities by promoting active lifestyles and accessible healthcare services.
- Climate Action (SDG 13): Physiotherapy practices can adopt sustainable healthcare practices, reducing environmental impact through energy efficiency, waste reduction, and promoting sustainable behaviors.
- Partnerships for the Goals (SDG 17): Collaboration between physiotherapists, healthcare providers, policymakers, and communities is essential to achieve the SDGs, fostering partnerships for sustainable development.

In conclusion, she explained that physiotherapy contributes significantly to multiple SDGs by promoting health, well-being, inclusivity, and sustainability through its services, education, and advocacy efforts and integrating SDGs into physiotherapy practice and education ensures a holistic approach to global health and development challenges.

Session III: TECHNOLOGY DRIVEN ENTREPRENEURSHIP IN PHYSIOTHERAPY

Session: III

Topic: Technology Driven Entrepreneurship in Physiotherapy

Speaker: Dr. Anil Kumar Sharma, Founder, The Physicare, Delhi



Date: 21st July 24

Time: 09:20am

Rapporteur: Dr. Jyoti Kataria

Description: Dr. Anil Sharma delivered the session on technology-driven entrepreneurship in Physiotherapy and highlighted how it is reshaping the physiotherapy profession, enhancing patient care, and opening new avenues for physiotherapists to expand their practice and impact. The session's objective was to make the participants aware of the ways modern technology is being integrated into physiotherapy practices and to highlight potential business opportunities within the field.

Dr. Anil Sharma opened the session with a discussion on the current state of technology in the physiotherapy profession. Sir highlighted the following key areas such as **Tele-rehabilitation which means** Utilizing video conferencing and remote monitoring to provide therapy to patients at home, **Wearable Technologies such as the devices** that monitor patient progress and provide real-time feedback and **Mobile Apps:** Applications that offer guided exercises and track patient progress. He has also presented on the entrepreneurial landscape within physiotherapy, emphasizing the potential for innovation.

Dr. Anil Sharma strengthened his talk by delivering several case studies of successful entrepreneurial ventures that have harnessed technology to revolutionize physiotherapy focusing on Innovative technique development and Mobile Applications.

In Conclusion, this seminar on technology-driven entrepreneurship development in the physiotherapy profession highlighted the significant impact of technology on enhancing patient care and creating new business opportunities. This session also underscored the critical role of technology in shaping the future of physiotherapy, inspiring participants to embrace innovation and entrepreneurship in their professional

Session IV: REPORT- RECENT ADVANCEMENTS IN NEURO-REHABILITATION- BCIPCON-2K24

Session: IV

Topic: Robotics in Neuro-Rehabilitation

Speaker: Dr. Sachin Samuel, Physiotherapist & HOD, Institute of Brain & Spine, Delhi

Date: 21st July 24

Time: 11:20am

Rapporteur: Dr. Himani Kaushik

Dr Sachin Samuel delivered an enlightening session on Recent Advancements in Neuro-Rehabilitation. Dr Sachin Samuel discussed both traditional and recent technologies, emphasizing their importance in advancing the field of neurorehabilitation. The presentation shed light on the groundbreaking advancements in neuro-rehabilitation, significantly broadening our understanding of how robotics and advanced neurotechnologies are transforming patient care.

Dr Sachin Samuel explored recent advancements, including robotics, repetitive transcranial magnetic stimulation (TMS), Pablo-gait analysis, HOPE of Hand, and electromyography (EMG). These technologies hold incredible potential in enhancing rehabilitation outcomes. Robotics in neuro-rehabilitation, as emphasized by Dr Sachin Samuel, is not just about machines but about leveraging precision, consistency, and adaptability to facilitate recovery. Robotic devices play a crucial role in enhancing the rehabilitation process by providing targeted, repetitive, and intensive therapy, essential for patients with neurological impairments.



A key takeaway from the session was the role of neural plasticity. Neural plasticity, the brain's remarkable ability to reorganize itself by forming new neural connections, is fundamental to neuro-rehabilitation. Dr Sachin Samuel demonstrated how robotic therapy and recent technologies can stimulate neural plasticity, promoting recovery by encouraging the brain to adapt and relearn functions compromised due to injury or illness. This synergy between recent technologies, robotics and neural plasticity paves the way for more effective and personalized rehabilitation protocols.

Moreover, Dr Sachin Samuel emphasized integrating these technologies into physiotherapy practice, reflecting a forward-thinking approach to patient care. As we continue to innovate and embrace new technologies, it is crucial to maintain a patient-centred focus, ensuring these advancements are accessible and tailored to meet each individual's unique needs.

In conclusion, Dr Sachin Samuel's presentation was both inspiring and informative, offering a comprehensive overview of how traditional and recent neurotechnologies are integral to rehabilitation. The session provided valuable insights into the future of physiotherapy and neuro-rehabilitation, emphasizing the need for continued innovation and collaboration.

"TECH ADVANCEMENT IN NEURO-REHABILITATION"

Session: V

Topic: Technological Advancement in Neuro-Rehabilitation

Speaker: Dr. Prateek Aggarwal & Dr. Jaishree, Centre Head, IHIF, Delhi & Noida.

Date: 21st July 24

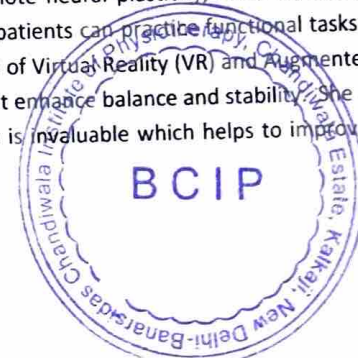
Time: 12:00am

Rapporteur: Dr. Sapna Yadav

Description: Dr. Prateek and Dr. Jaishree, renowned experts in neurorehabilitation, delivered a comprehensive presentation on recent tech advancements in the neurorehabilitation, emphasizing how cutting-edge technologies are revolutionizing treatment methods and outcomes for patients with neurological impairments. Dr. Jaishree talked about the different interventions and technology such as RYMO which offers precise, effective, and engaging therapy for motor function recovery and quality of life improvement. Benefits offered by this device are Initial Assessment, Customized Program, Guided Therapy Sessions, Monitoring Progress, Complementary Therapies.

Dr. Prateek has mentioned that Neurorehabilitation has seen transformative changes due to technological advancements, making physiotherapy and rehabilitation more effective, personalized, and accessible. One of the cornerstone technologies in neurorehabilitation is Robotic Assistance Technology. For instance, RYMO offers precise, effective, and engaging therapy that aids patients in recovering motor function and improving their quality of life. This technology includes initial assessments, customized programs, guided therapy sessions, progress monitoring, and complementary therapies. Both upper and lower limb robotic training are essential components of functional recovery, providing tailored interventions to meet individual patient needs.

Dr. Jaishree mentioned that Functional Electrical Stimulation (FES) is another critical technology used to prevent muscle atrophy, promote neural plasticity, enhance circulation, reduce spasticity, improve motor function, and strengthen muscles. She further explained how by incorporating FES into rehabilitation routines, patients can practice functional tasks and maintain muscle health, which is crucial for long-term recovery. She further elaborated that **Gait Training** has been revolutionized by the integration of Virtual Reality (VR) and Augmented Reality (AR) technologies, such as Tymo and by offering real-time feedback and assistance during balance exercises, offering customizable programs that enhance balance and stability. She also discussed about the modalities available for upper limb rehabilitation as the Interactive Assessment and Exercising of Upper Limbs (Pablo) system is invaluable which helps to improve motor skills, coordination, cognition, and strength through engaging gamification and real-time feedback.



EMG Biofeedback (Myomed) enhances muscle awareness and control, provides targeted muscle training, and supports neuromuscular re-education. This technology motivates patients and keeps them engaged, which is essential for successful rehabilitation outcomes.

The importance of follow-up in neurorehabilitation cannot be overstated. Tele-rehabilitation allows for remote therapy sessions, ensuring continuous care and support. Group support meetings and virtual platforms for verbal, written, or video-based feedback facilitate follow-up planning and keep patients engaged in their recovery journey.

Dr Jaishree also talked about a practical example of these technologies in action in case of Mr. X, a 30-year-old male with incomplete spinal cord injury. She explained how before rehabilitation, Mr. X had significant bilateral lower limb weakness and was completely dependent on others for activities of daily living (ADLs), with no urinary and bladder control. After undergoing a comprehensive rehabilitation program involving these advanced technologies, his condition improved remarkably. His ASIA grade improved, and he regained substantial motor function and sensory abilities.

Finally, Dr Jaishree concluded that IHIF Centres are committed to continuous education and training. Special training programs for physical therapists, occupational therapists, and special educators, along with volunteer opportunities for training, research, and project work, ensure that professionals are well-equipped to utilize these advanced technologies effectively.

BANARSIDAS CHANDIWALA INSTITUTE OF PHYSIOTHERAPY
AFFILIATED TO GGSIPU
MAA ANANDMAI MARG, KALKAJI, NEW DELHI- 110019

BCIPCON - 2K24
INNOVATION & TECHNOLOGY
IN PHYSIOTHERAPY:
A WAY FORWARD

OUR SPEAKERS AND TOPICS

Dr. Anil Sharma
Founder, The Physicare
Topic: Technology Driven Entrepreneurship Development in Physiotherapy Profession

Dr. Sachin Samuel
HOD, Institute of Brain and Spine
Topic: Recent Advancements in Neuro-Rehabilitation

Dr. Sumanta Ghosh
Co-founder of HealthSpecific Academy
Topic: Role of Tele-Physiotherapy in Pulmonary Rehabilitation

Dr. Kehitija Bansal
Professor, Manav Rachna University,
Topic: Aligning Innovation in Physiotherapy with Sustainable Development Goals

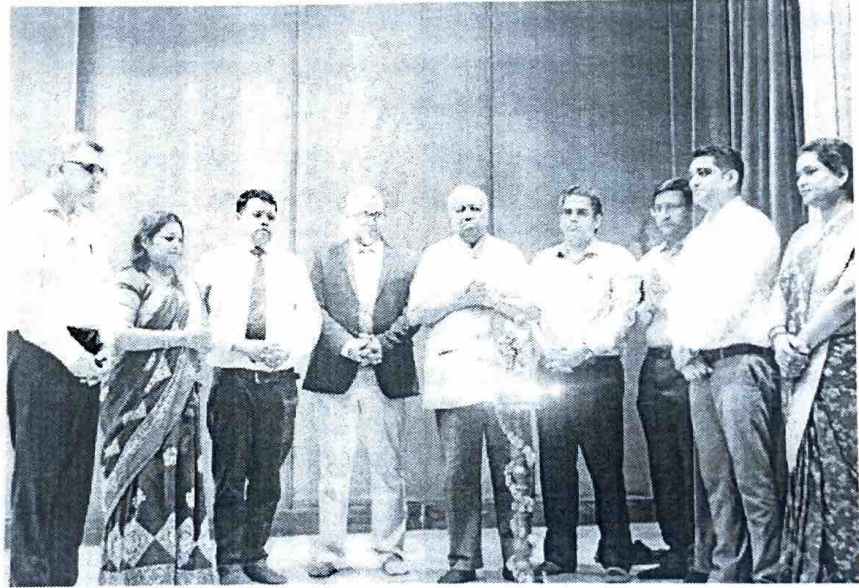
Topic: Tech Advancements in Neuro Rehabilitation

Topic: Role of Tele-Physiotherapy in Pulmonary Rehabilitation

Registration Fees: 800/-

For Online Registrations, Contact: Dr. Avi Choudhary, Convener, BCIPCON 2K24 +91 97177 63633





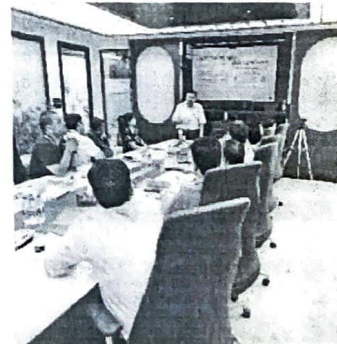
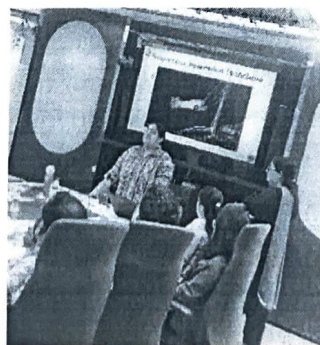
Management Development Program: Ergonomics in Stress Management

at

Save Microfinance PVT. LTD.

21st July 2023

Stress is a very serious though underestimated word in today's world. In this busy world we are over occupied with number of tasks be, it household ones or official projects at our workplaces, the deadlines, file submissions, fearful influence of superiors and unhealthy completion as well as relationship with colleagues, makes your work life hostile and induce a lot of stress detrimental to individual's health. The interpersonal behaviour an individual is facing at his workplace has the potential to disturb individual's productivity day by day which in turn impact his/her livelihood. In Indian scenario females are taken for granted to take care of household and family, for a working women it will become difficult to excel in both and fulfil the needful, failure in which impacts lady's mental health. To address these issues and tackle stress at workplace ergonomically, Banarsidas Chandiwala Institute of Physiotherapy, New Delhi, in association with Banarsidas Chandiwala Institute of Professional Studies, Dwarka conducted an Management Development Program at Save Microfinance PVT. LTD. Dwarka. The session was encountered in three subsets of stress, i.e., scientific aspect of stress, spiritual aspect of stress, medical aspect of stress and ergonomics for stress management.



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