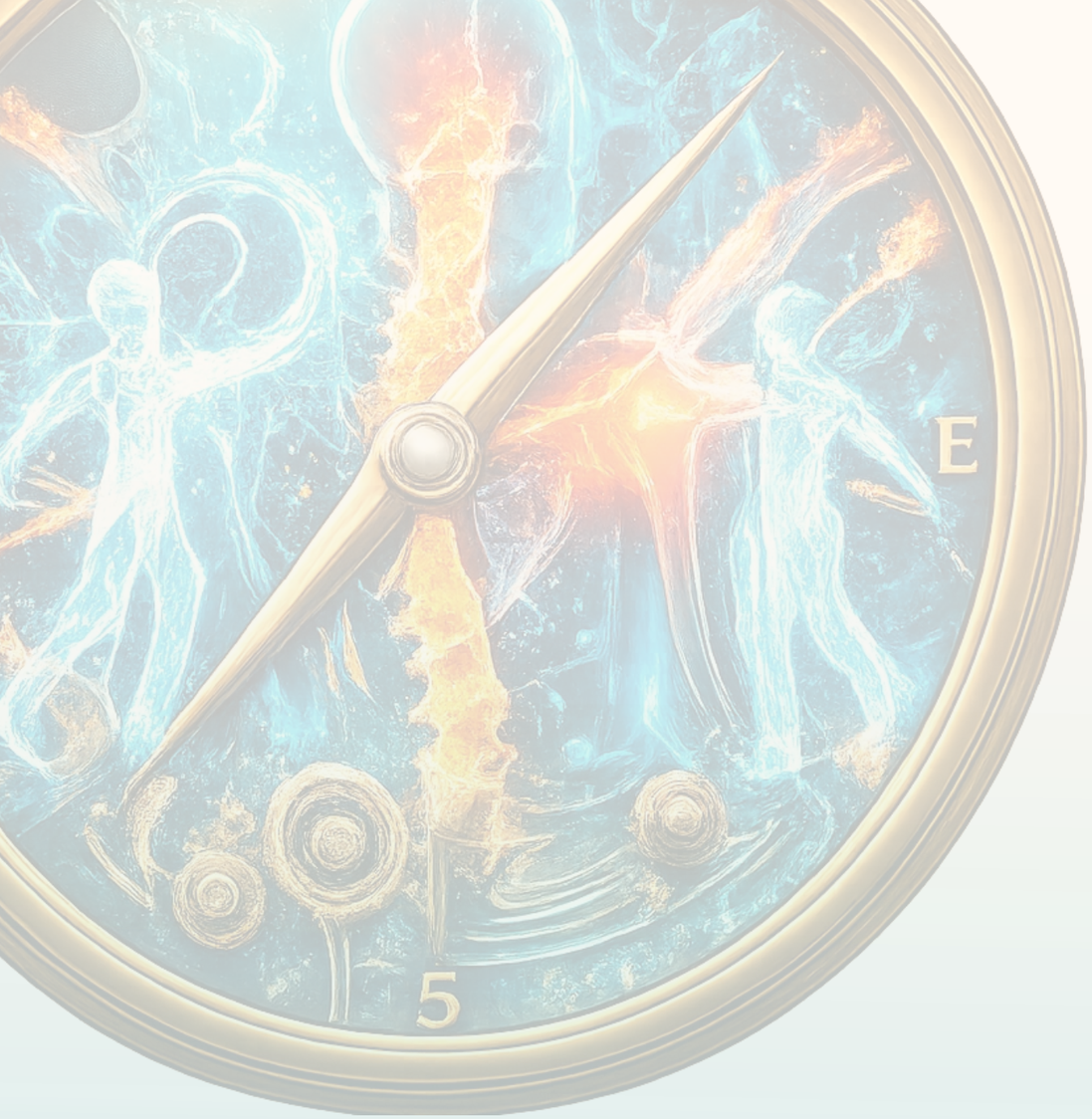
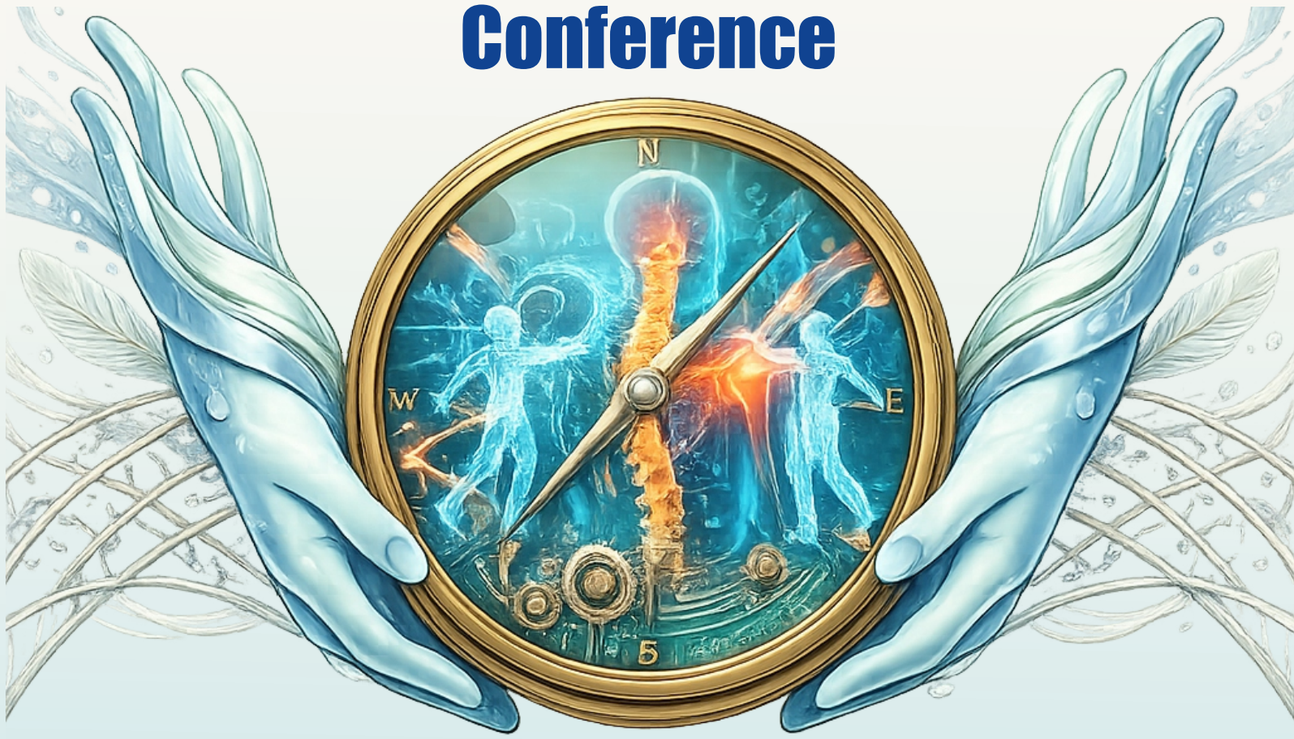


Physio Zenith 2026

10th | 11th APRIL

National Physiotherapy Conference



Bridging Science & Compassion In Movement Restoration

Physio Zenith 2026

10th | 11th APRIL

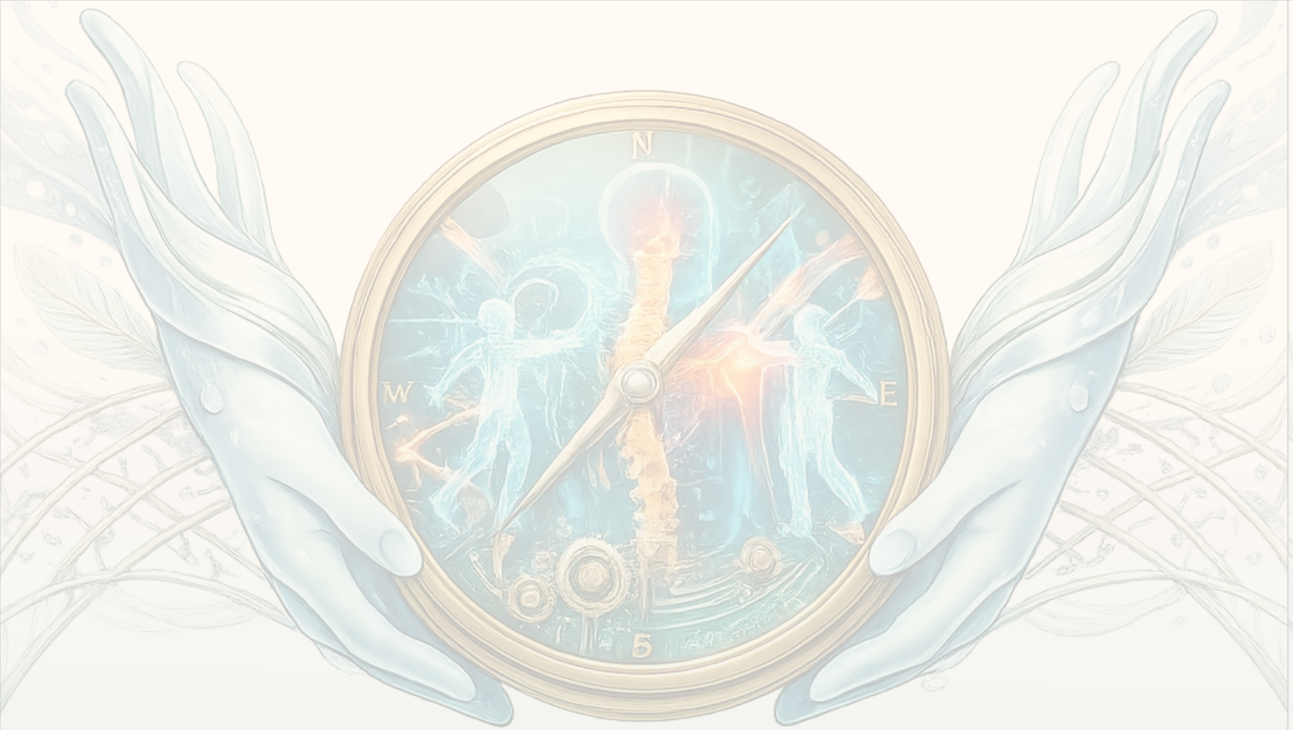
Civil Hospital Premises,
Opp. Pathik Ashram, Sector 12,
Gandhinagar, Gujarat, India

"KAR BHALA HOGA BHALA"

C. M. PATEL COLLEGE OF PHYSIOTHERAPY

A CONSTITUENT COLLEGE OF KADI SARVA VISHWAVIDYALAYA

www.cmpp.org.in



WELCOME TO

National Physiotherapy Conference

Bridging Science & Compassion In Movement Restoration

IN THE FOND MEMORY OF

Late Pujya Chhaganbha,
Founder, SVKM and
Late Visionery Chairman
Shri Maneklal M. Patel

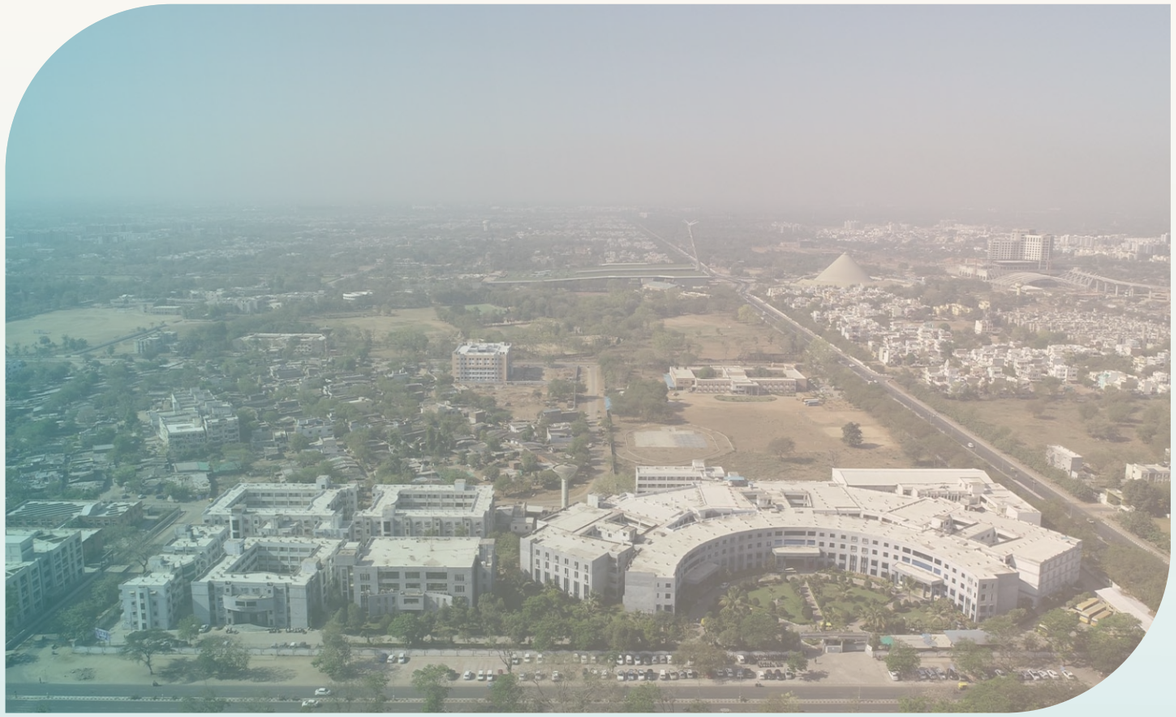
Pujya
Chhaganbha

Pujya
Maneklal M. Patel
(SAHEB)

ABOUT THE TRUST

Sarva Vidyalaya Kelavani Mandal has been established in the year 1919, by a Philanthropist “Pujya Chhaganbha”. The basic principle preached by him “KarBhalaHogaBhala” has been the driving force for the growth of the education activities managed by the trust. Having started with just 6 students then, today the trust manages and runs various schools and colleges both at Kadi and Gandhinagar with more than 56000 students being educated. Of these 56000 students, around 5800 students both boys and girls stay in the hostels being managed by the trust.

The trust is being nourished and managed by its alumni who occupy respectable positions in the society. Many of its alumni have settled abroad and they shower in donations to benefit the existing as well as prospective students for providing them with better facilities for study as well as stay.



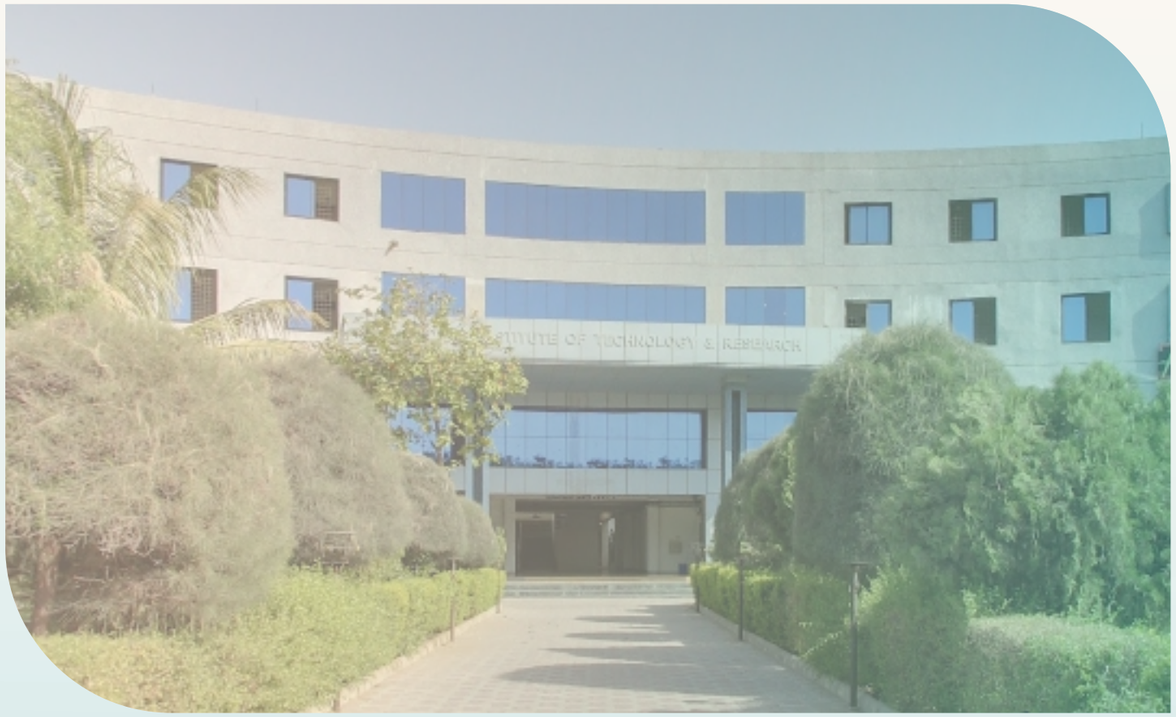
Initially started in the year 1919, the trust currently has Land of around 165 acres together at Kadi and Gandhinagar. At Kadi the trust has a land of 137 acres where in various schools, colleges are being run and a Gaushala which helps in nourishing Children with milk with around 125 cows. At Gandhinagar the trust has a total of 28 acres of land where in various schools, colleges including both technical as well as non-technical and hostels and staff quarters are existing.

The trust has always been in the forefront for provision of value based education to all the students irrespective of Caste, Creed, Religion etc. Keeping in with the main motto “Kar Bhala Hoga Bhala” the trust has surrendered all its management quota seats in all the courses being run by it and the admissions to the various courses are strictly conducted on the basis of merit through centralized admission process. At present the trust runs various schools from Pre Primary to Higher Secondary level both at Kadi and Gandhinagar as well as College both technical and non-technical both at Kadi and Gandhinagar.

ABOUT THE UNIVERSITY

Kadi Sarva Vishwavidyalaya, Gandhinagar is a University established vide State Act 21 of 2007 in May 2007. The University has been established by “Sarva Vidyalaya Kelavani Mandal” a trust with more than 85 years of philanthrophic existence

- To provide need based education and develop courses of contemporary relevance.
- To be a University of excellence by providing research based activities which would foster higher economic growth.



- To provide education to all irrespective of caste, creed, religion etc.
- The University has at present 19 Constituent Colleges/Departments at Gandhinagar and Kadi.

ABOUT THE INSTITUTE

Chanchalben Mafatlal Patel College of Physiotherapy has been established by Sarva Vidyalaya Kelavani Mandal for catering to the ever increasing need of quality Physiotherapist. The college has been established in the year 2015 on a 16000 Sq.mts of Land situated in Civil Hospital Premises of Gandhinagar. The college has been approved by Government of Gujarat and offers 4 ½ year Bachelor in Physiotherapy Programme leading to BPT degree and 2 years Masters in Physiotherapy programme leading to MPT degree. The college is a Constituent College of Kadi Sarva Vishwavidyalaya, Gandhinagar.

The overall objective of the Physiotherapy Program is to prepare students to practice art of physiotherapy. The educational goals of the curriculum reflect the knowledge, skills and behaviours expected of program graduates. It prepares graduates to work in health care settings such as hospitals, outpatient clinics, private practice, rehabilitation centers, patients' homes, schools, extended care facilities, sports venues, aged care centers, industrial and commercial premises, nursing homes, psychiatric centers and educational institutions.

THE COLLEGE OFFERS

4½ year Bachelor in Physiotherapy Program leading to BPT degree. In the year 2020, Master of Physiotherapy [MPT] program commenced in Chanchalben Mafatlal Patel College of Physiotherapy.

The college offers following programs for Master, to the Post-graduate students:

- MPT in Orthopaedics
- MPT in Neuro Sciences
- MPT in Cardiorespiratory disorders
- MPT in Sports Sciences
- MPT in Paediatrics

OTHER REMARKABLE AND SALIENT FEATURES OF THE COLLEGE

- Conferences, Seminars and Workshops are regularly held in the college
- Sophisticated and modern Physiotherapy equipment provided
- Mentorship Program
- Regular Community Health Programs
- Excellent hands-on training
- Continuous learning environment
- Opportunity to study in a multicultural environment
- Comprehensive clinical education
- Clinical training in various hospitals
- Individual attention and continual support from faculty
- Learning as fun through small and regular group activities

TABLE OF CONTENTS

Physio Zenith 2026
10th | 11th APRIL

Bhupendra Patel

Chief Minister, Gujarat State

Dt. 02/04/2026

MESSAGE

Physiotherapy is a clinical practice; rooted in movement, balance and resilience. In today's superfast era, where lifestyle disorders and work-related physical challenges are increasing where physiotherapists stand at the forefront of preventive healthcare, restore movement and holistic well-being. **Hon'ble Prime Minister Shri Narendra Modi ji** has consistently emphasized the vision of "**Healthy India, Strong India**", where preventive healthcare, fitness and wellness are integral to national development. Initiatives such as **Fit India Movement** and **Yoga for Well-Being** that focus on preventive and promotive healthcare reflect a philosophy that aligns deeply with the core values of physiotherapy is healing through movement, science and compassion.

It gives me immense pleasure to know that **Chanchalben Mafatlal Patel of Physiotherapy** is organizing National Physiotherapy Conference **Physio Zenith** during **10th** and **11st April, 2026**. I congratulate the organizers, delegates, academicians, researchers, clinics and students participating in the National Physiotherapy Conference. I hope, the conference will be proved as an excellent platform to exchange of knowledge, share best practices, explore emerging research and inspire young professionals to contribute meaningfully to the nation's health ecosystem.

(Bhupendra Patel)

Dr. K. Vaittianadane, *Principal,*
C. M. Patel College Of Physiotherapy,
Civil Hospital Campus, Sector-12,
Gandhinagar - 382012
E-mail: cmpp_ksv@yahoo.com

srk/yt/2026/04/02/apro

Dr. Pradyuman Vaja

No. Min/S.J.&E.,P.,S.&A.E.,H.&T.E./Message/2026
Minister,
Social Justice and Empowerment, Primary, Secondary and Adult Education, Higher and Technical Education
Government of Gujarat
Swarnim Sankul-1, 1st Floor,
Sachivalaya, Gandhinagar-382010
Tele. No. : 079-232 50230
Fax No. : 079-232 50263
Date : 11 MAR 2026

MESSAGE

I am pleased to convey my heartiest congratulations to C.M. Patel College of Physiotherapy for organizing the National Conference –**"Physio Zenith"** The theme **"Bridging science and compassion in movement restoration"** perfectly reflects the evolving landscape of healthcare. Such platforms are essential for professionals and students to exchange knowledge and drive innovation in the vital field of physiotherapy.

I am confident that this conference will inspire all participants to pursue excellence and enhance patient care through scientific advancement. My best wishes to the organizers, faculty, and attendees for a highly successful and impactful event.

May this initiative contribute significantly to the health and well-being of our society.

(Dr. Pradyuman Vaja)

To,
Dr. K Vaittianadane
Principal, C.M.Patel College of Physiotherapy
Kadi Sarva Vishwavidyalaya,
Gandhinagar.

પ્રફુલ પાનશેરીયા

કમાંક: મં/આ.પ.ક.ત.શિ./પ્રો./VIP- 864 /૨૦૨૬

રાજ્યકક્ષાના મંત્રી,
આરોગ્ય, પરિવાર કલ્યાણ અને
તબીબી શિક્ષણ (સ્વ.હ.), પ્રોટોકોલ (રા.ક.),
ગુજરાત સરકાર
સ્વર્ણિમ સંકુલ-૨, પહેલો માળ,
સચિવાલય, ગાંધીનગર-૩૮૨૦૧૦

તારીખ : 2 MAR 2026

શુભેચ્છા સંદેશ

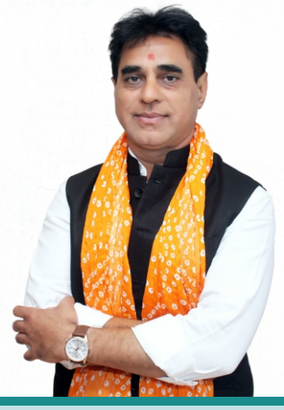
શ્રી સર્વ વિદ્યાલય કેળવણી મંડળ સંચાલિત સી.એમ.કોલેજ ઓફ ફિઝીયોથેરાપી દ્વારા તા. ૧૦, ૧૧ એપ્રિલ ૨૦૨૬ દરમિયાન યોજાનારી રાષ્ટ્રીય ફિઝીયોથેરાપી પરિષદ 'ફિઝીયો ઝેનીથ' અંગે જાણીને મને આનંદની લાગણી અનુભવું છું.

ફિઝીયોથેરાપી ક્ષેત્રના નિષ્ણાતો, સંશોધકો અને વિદ્યાર્થીમિત્રો માટે આ પરિષદ જ્ઞાનવિનિમય અને નવી દિશા દર્શાવતું મહત્વપૂર્ણ મંચ સાબિત થશે તેનો મને વિશ્વાસ છે.

આ સુંદર આયોજન માટે સંસ્થાના સમગ્ર પરિવારને હાર્દિક અભિનંદન પાઠવું છું અને પરિષદ ભવ્ય સફળતા હાંસલ કરે તેવી હૃદયપૂર્વક શુભેચ્છાઓ વ્યક્ત કરું છું.

(પ્રફુલ પાનશેરીયા)

પ્રતિ,
આચાર્યશ્રી,
સી.એમ.કોલેજ ઓફ ફિઝીયોથેરાપી,
સિવિલ હોસ્પિટલ કેમ્પસ, સેક્ટર-૧૨,
ગાંધીનગર



BLESSINGS FROM LUMINARIES

Physio Zenith 2026
10th | 11th APRIL

CHIEF PATRON

SHRI VALLABHBHAI M. PATEL

Honourable Chairman,
Sarva Vidyalaya Kelavani Mandal,
Kadi and Gandhinagar

Honourable President,
Kadi Sarva Vishwavidyalaya, Gandhinagar

PATRON

Dr. GARGI RAJPARA

I/C Director,
Kadi Sarva Vishwavidyalaya, Gandhinagar
Principal LDRP-ITR

CO-PATRON

Dr. SURYAKRISHNA MANTRALA

Registrar,
Kadi Sarva Vishwavidyalaya,
Gandhinagar

CONVENER

Dr. K. VAITTIANADANE

Principal
C.M. Patel College of Physiotherapy

CO-CONVENER

Dr. MAYUR SOLANKI

Professor
C.M. Patel College of Physiotherapy

FAMILIARIZING WITH OUR COMMITTEE MEMBERS

Physio Zenith 2026
10th | 11th APRIL

Convener	:	Dr. K. Vaittianadane
Co Convener	:	Dr. Mayur Solanki
Hospitality & Finance committee	:	Dr. Rachita Hada
Registration committee	:	Dr. Nikita Patel, Dr. Shweta Raval
Scientific committee	:	Dr. Parth Trivedi, Dr. Simran Shaikh
Stage and Aesthetic	:	Dr. Ashka Patel, Dr. Minita Chauhan
Souvenir, Banner (Design & Printing)	:	Dr. Adyata Dave, Dr. Yashvi Dave
Certificates, Trophies, Invitation (Design & Printing)	:	Dr. Rachana Shah, Dr. Avadhi Amin
Workshop	:	Dr. Parth Trivedi
Culinary	:	Dr. Ruju Patel
Decoration	:	Dr. Avadhi Amin
Transportation & Accommodation	:	Dr. Yashvi Dave
Multi-Media & AV Aids	:	Anil Nayak

EVENT ITINERARY

EVENT ITINERARY
CONFERENCE SCHEDULE

Physio Zenith 2026
10th | 11th APRIL

DAY 1

TIME	EVENT	LOCATION
8:00am to 9:15am	Registration	Registration Desk
9:15am to 10:30am	Inauguration	Auditorium, Ground Floor
10:45am to 11:15am	Expert Session : Dr.Anjali Bhise	Auditorium, Ground Floor
11:15am to 11:45am	Expert Session : Dr.Saravanan	Auditorium, Ground Floor
11:45am to 12:30pm	Case Insights Ortho	Auditorium, Ground Floor
12:30pm to 1:30pm	Lunch & Networking	Lunch Area
1:30pm to 3:00pm	Senior Platform Presentations	Presentation Hall-1, Third Floor
1:30pm to 3:00pm	Junior Platform Presentations: Ortho-Sports	Presentation Hall-1, Third Floor
1:30pm to 3:00pm	Junior Platform Presentations: Neuro-Paedia	Presentation Hall-2, Third Floor
1:30pm to 3:00pm	Junior Platform Presentations: Cardio-Rehab-Women's Health	Presentation Hall-2, Third Floor
1:30pm to 2:00pm	Expert Session : Dr.Manisha Rathi	Auditorium, Ground Floor
2:00pm to 2:30pm	Expert Session : Dr.Rajiv Limbasiya	Auditorium, Ground Floor
2:00pm to 3:30pm	Poster Presentations	MS OPD, Ground Floor
2:30pm to 3:00pm	Expert Session: Dr. Deepak Kachalia	Auditorium, Ground Floor
3:00pm to 3:30pm	Expert Session : Dr.Shailaja Patel	Auditorium, Ground Floor
3:30pm to 4:00pm	High Tea & Networking	Lunch Area

EVENT ITINERARY
CONFERENCE SCHEDULE

Physio Zenith 2026
10th | 11th APRIL

DAY 2

TIME	EVENT	LOCATION
8:00am to 9:00am	Breakfast	Lunch Area
8:30am to 12:00pm	Workshop	Ground Floor & Third Floor
9:15am to 9:45am	Expert Session: Dr. Harihara Prakash	Auditorium, Ground Floor
9:45am to 10:15am	Expert Session : Dr.M Balaganapathy	Auditorium, Ground Floor
10:15am to 11:00am	Panel Discussion : Neuro	Auditorium, Ground Floor
11:00am to 11:30am	Expert Session: Dr.Dhwanit Shah	Auditorium, Ground Floor
12:00pm to 12:30pm	Valedictory Function	Auditorium, Ground Floor
12:30pm to 1:30pm	Lunch & Networking	Lunch Area

CASE INSIGHTS
ORTHO

Physio Zenith 2026
10th | 11th APRIL

TOPIC : "THE POWER OF TOUCH: MANUAL THERAPY APPROACHES FOR BACK PAIN."

MODERATOR

DR. NIPA SHAH
MPT

LECTURER,
SBB COLLEGE OF PHYSIOTHERAPY, AHMEDABAD

SPEAKERS

DR. DHRUV DAVE
MPT, PH.D

PRINCIPAL, ASHOK & RITA INSTITUTE OF PHYSIOTHERAPY, CHARUSAT UNIVERSITY, ANAND

DR. P DHANASEKARAN
MPT, PH.D SCHOLAR

DIRECTOR, L J INSTITUTE OF PHYSIOTHERAPY, AHMEDABAD

DR. PARTHAV PATEL
MPT

CEO & FOUNDER LAKSH SPORTS REHAB, AHMEDABAD

PANEL DISCUSSION
NEURO

Physio Zenith 2026
10th | 11th APRIL

TOPIC : "INTEGRATION OF AI, ROBOTICS, COMPUTER BRAIN INTERFACE AND OTHER TECHNOLOGIES INTO PHYSIOTHERAPY PRACTICE"

PANEL MODERATOR

DR. KARISHMA JAGAD
MPT

SENIOR LECTURER,
GOVERNMENT PHYSIOTHERAPY COLLEGE, JAMNAGAR

SPEAKERS

DR. ANJAN DESAI
MPT, PH.D

PROFESSOR & PRINCIPAL I/C SPB COLLEGE OF PHYSIOTHERAPY, SURAT

DR. GIRA THAKRAR
MPT, PH.D

SENIOR LECTURER, JG COLLEGE OF PHYSIOTHERAPY, AHMEDABAD

DR. BHAKTI CHOTAI
MPT, PH.D

HOD, DEPT. OF PHYSIOTHERAPY INDIAN REDCROSS SOCIETY, RAJKOT

EXPERT TALK

Physio Zenith 2026
10th | 11th APRIL

DR. ANJALI R. BHISE

MPT(CARDIO) PH.D PRINCIPAL
GCS PHYSIOTHERAPY COLLEGE, AHMEDABAD

TOPIC : FROM ICU TO INDEPENDENCE: BRIDGING SCIENCE AND COMPASSION IN MOVEMENT RESTORATION

DR DEEPAK KACHALIA

SPORTS AND MANUAL THERAPIST

TOPIC : SHOULDER INJURIES AND DIFFERENTIAL DIAGNOSIS

PROF. R. HARIHARA PRAKASH

MPT, DPT, FAIMER, DSM PROFESSOR & DIRECTOR
KM PATEL INSTITUTE OF PHYSIOTHERAPY, BHAIKAKA UNIVERSITY, ANAND

TOPIC : COMPASSION AS A CLINICAL COMPETENCY IN NEURO REHABILITATION

EXPERT TALK

Physio Zenith 2026
10th | 11th APRIL

PROF. DR. SARAVANAN M

PH.D, MPT (SPORTS) PRINCIPAL
SHREE BHARATIMAIYA COLLEGE OF OPTOMETRY & PHYSIOTHERAPY, SURAT

TOPIC: EVIDENCE-BASED PHYSIOTHERAPY PRACTICE WITH A HUMAN TOUCH

DR. MANISHA RATHI

M.PH.T, PH.D. PROFESSOR & VICE PRINCIPAL
DR. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY, PIMPRI, PUNE

TOPIC : TECHNOLOGY ASSISTED EARLY FALL DETECTION IN GERIATRIC REHABILITATION PRACTICE

PROF. (DR.) M. BALAGANAPATHY

PT, PHD, DEAN, ACADEMICS, SIGMA UNIVERSITY & PROFESSOR, FPT, SIGMA UNIVERSITY, VADODARA

TOPIC : HANDS THAT ENABLE, EXERCISES THAT RESTORE: AN EVIDENCE-INFORMED PERSPECTIVE ON MOVEMENT REHABILITATION

EXPERT TALK

Physio Zenith 2026
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DR. RAJIV LIMBASIYA

PRINCIPAL I/C, PH.D.
SARVAJANIK COLLEGE OF PHYSIOTHERAPY, SURAT

TOPIC : BEYOND INTUITION : HOW AI IS REDEFINING CLINICAL DECISION-MAKING IN PHYSIOTHERAPY

DR. DHWANIT S. SHAH

PHD, MPT
SENIOR LECTURER GOVERNMENT PHYSIOTHERAPY COLLEGE, SURAT

TOPIC: RESTORING SENSORY-MOTOR FUNCTIONING OF STROKE PATIENTS TARGETING ON NEURAL PLASTICITY BY VASA CONCEPT

DR. SHAILAJA PATEL

M.P.T.(CARDIO)|PH.D. SCHOLAR ASSISTANT PROFESSOR
SHRI B. G. PATEL COLLEGE OF PHYSIOTHERAPY, ANAND

TOPIC: MODULATING THE AUTONOMIC NERVOUS SYSTEM THROUGH EXERCISE AND BREATHING: IMPLICATIONS FOR CARDIOPULMONARY REHABILITATION

WORKSHOP

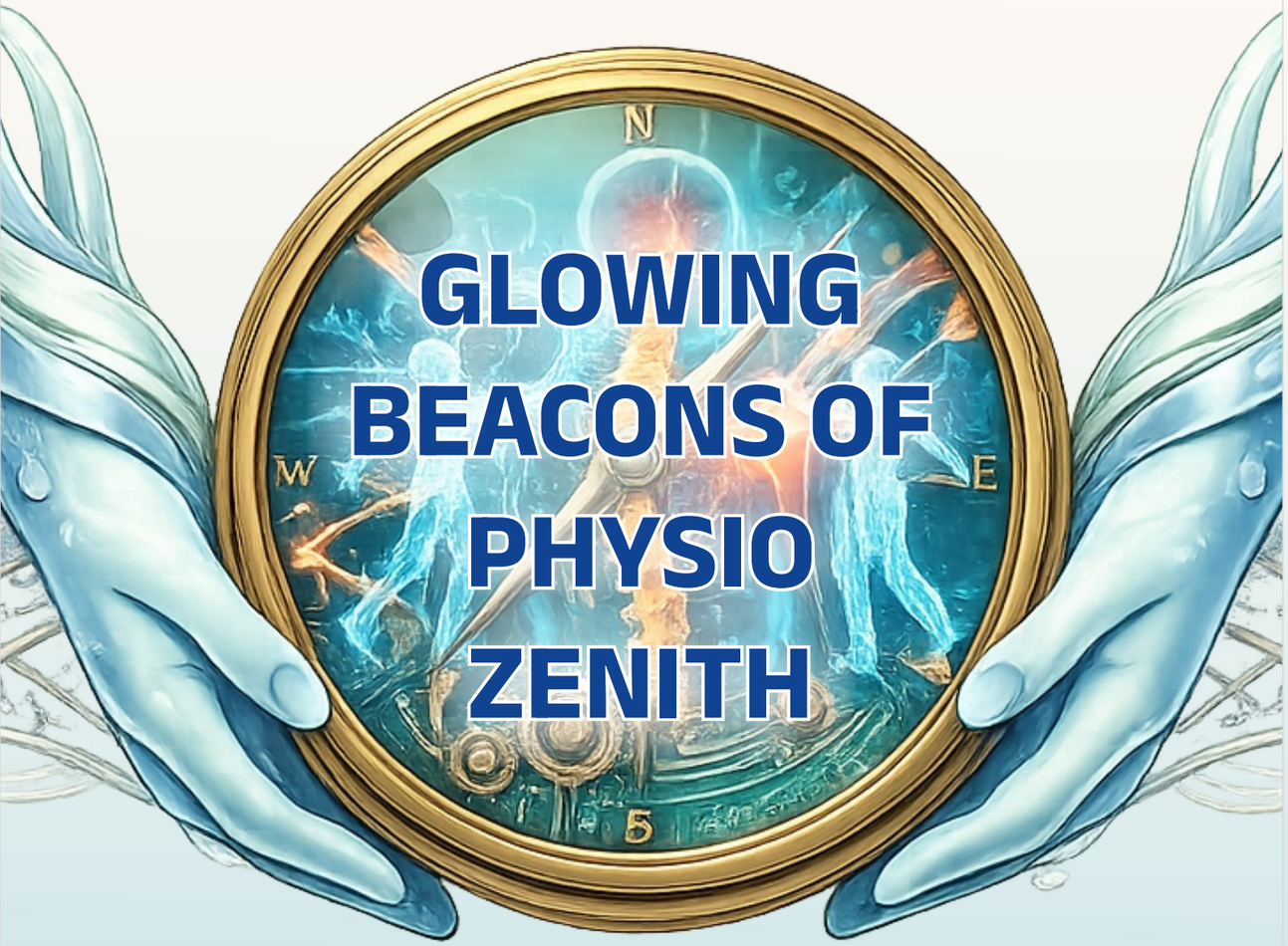
Physio Zenith 2026
10th | 11th APRIL

DR. KAUSHAL BHATT (PT)

TOPIC : FROM DIAGNOSIS TO INTERVENTION : STRUCTURE REHABILITATION PATHWAY IN AUTISM

DR. DEEPAK KACHALIA (PT)

TOPIC : CLINICAL DIAGNOSIS AND MANAGEMENT OF KNEE INJURIES - KNEE AND ANKLE TAPPING



REGISTRATION

Kosha Shah
Riya Trivedi
Vrushti Ardeshna
Om Dauva
Khushi Pandya
Vidhya Prajapati
Komal Sharma
Prutha ShuklaKhushi Sutariya
Bhakti Bhimani
Maitri Joshi
Heli Patel
Drashti Prajapati
Devika Purohit
Nidhi Rupchandani
Yashashvi Sindhav

SCIENTIFIC EVENTS

Smit Hirpara
Archana K
Karishma Lalwani
Kunj Patel
Isha Sharma
Bansi Chavda
Dev Damani
Mitali Pandey
Shreya Patel
Vrutti Patel
Dimpal Rohit
Elice Solanki
Kumpal Dafda
Maitry Trivedi
Krishna Naik

STAGE AND AESTHETIC

Shailee Menapara
Helisha Patel
Khushi Andani
Irshika Patel
Jhanvi Solanki
Shubh Vachhani
Riya Vasoya
Kanan Chaudhari
Nisha Vaidya
Archi Patel
Diya Patel
Mit Patel
Preksha Patel
Divya Prajapati
Shreya Joshi
Het Patel
Kavya Patel
Prachee Patel
Riddhi Patel
Kuldip Patil
Asha Prajapati
Helly Shah

PRINTING MEDIA (SOUVENIR, BANNER)

Krina Asodiya
Janvi Gambhava
Ishi Shah
Mansi Desai
Nidhi Patel

CERTIFICATES, TROPHIES

Binita Tailor
Krutika Upala
Khushi Dabhi
Manushi Soni
Krisha Vadalia
Ashta Patel
Banshree Patel

FINANCE AND HOSPITALITY

Mehul Dabhi
Srushti Sukhadiya
Ami Makwana
Harnisha Patel
Suchi Parmar
Happy Patel
Om Patel
Arushi Mevada
Zara Savalia

CULINARY

Urmila Mistry
Vaidehi Chaudhary
Shreya Dalwadi
Khushbu Dave
Ayushi Desai
Upasana Jadav
Vaishali Joshi
Bansi Khunti
Amisha Nayak
Hetvi Patel
Khushi R Patel
Palash Patel
Shreen Patel
Shruti Prajapati
Vedanti Shashtri
Disha Sinha
Kaveri Sukhadiya
Vidhi Chhabhaiya
Nancy Lokhadia
Honey Modi
Divya Sangrakhiya
Mirali Bopadra
Bhati Monika
Satyadeepsinh Gohil
Hitendrasinh Jadeja
Maulee Patel
Shalu Patel
Priyanshi Prajapati
Aditya Sonariya
Kunj Thakkar

MULTI-MEDIA & AV AIDS

Vandan Bhavsar
Riddhi Desai
Vishwa Patel
Angana Patel
Saloni Patel
Tirth Chaudhari

TRANSPORTATION & ACCOMMODATION

Ashish Gameti
Khushil Gurjar
Kaushal Suthar

DECORATION

Shreshti Shah
Suhani Sathvara
Trupti Taviyad
Kavya barot
Hemangi Bhikdiya
Sneha Panchal
Heta Patel
Jiya Patel
Riya Patel
Zeeya Pathan

WORKSHOP

Asmita Patel
Grusha Patel

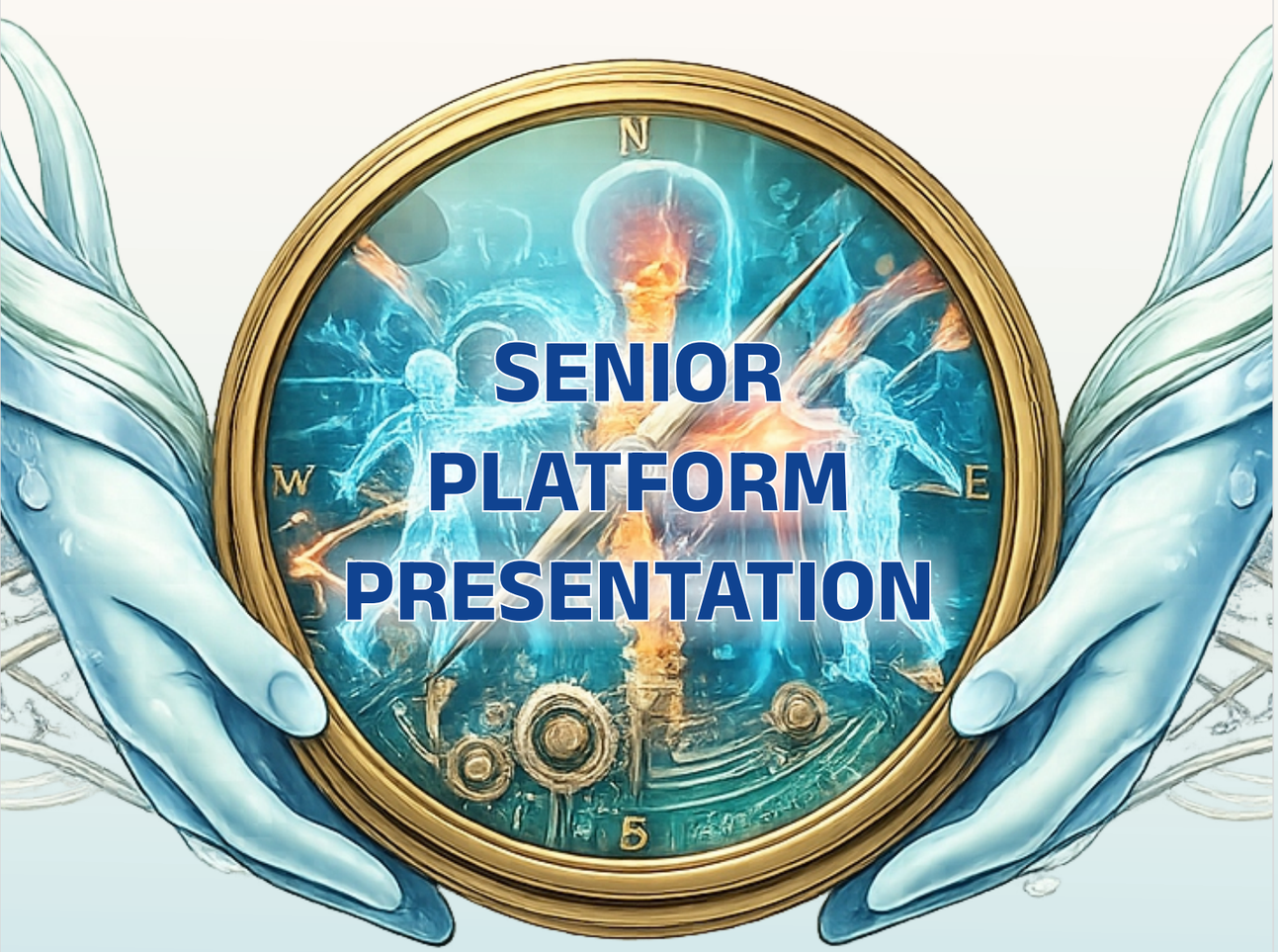
PHOTOGRAPHY

Vishwa Azad
Harsh Raval
Vidhi Panchal
Ayushi Solanki

DISCIPLINE

Mahek Gagaliya
Vishwa Gor
Bindiya Joshi
Namrata Paradiya
Vaidehi Panjabi
Kavaldeep Singh
Poornima Singh
Anushree Mehta
Srushti Mehta
Dhruvi Solanki
Tanvi Solanki
Dharti Soni
Khushi Thakor
Janvi Shah
Neel Tabiyar

ABSTRACTS



IS DIGITAL HEALTH LITERACY A ROADBLOCK TO DIGITAL HEALTH SOLUTIONS?

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CONFERENCE PRESENTER: Vidhi Thakar

BACKGROUND: Digital health technologies and solutions have garnered significant attention in recent years due to their potential for remote and scalable care in resource constrained settings. However, if intended users are unable to access these solutions, this limitation poses a significant barrier to the digital health interventions adoption.

RESEARCH QUESTION: What is the level of digital health literacy among adults with non-communicable diseases?

METHODS: Adults with noncommunicable diseases(n = 514) were conveniently recruited from public and private healthcare facilities located in rural and urban locations of an Indian state for this cross-sectional survey. Consenting adults completed a self-administered survey on digital health literacy measured using the e-Health Literacy Scale(e-HEALS).

RESULTS: Participants recruited in this study were relatively young(62±10.2years), had received at least a primary education, were smartphone users, and had access to the internet. They had used the smartphone for audio and video messaging but never for health-related purposes. The mean score for digital health literacy was 25.07(SD 7.75), which is below the threshold of 32.5 on the e-HEALS.

CONCLUSION: Adults with non-communicable diseases had poor digital health literacy, thereby creating a roadblock in digital health solutions adoption.

IMPLICATION: To lessen disparities in healthcare access and the uptake of digital health solutions, it is essential to implement effective digital health literacy initiatives. Additionally, the development of digital health solutions should consider the digital health literacy levels of the population for whom such solutions are intended.

KEYWORDS: Digital health, literacy, non-communicable diseases

EFFECT OF POSTURAL EXERCISES ON PSYCHOLOGICAL AND BIOCHEMICAL MARKERS OF PERCEIVED DISTRESS AMONG UNDER GRADUATE STUDENTS OF HEALTH PROFESSIONS PROGRAM.

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BACKGROUND: Undergraduate students in health profession programs frequently experience high levels of psychological distress, affecting both mental health and physiological functioning. Although posture is closely linked to emotional state, posture-based interventions remain underexplored, with current management largely focused on relaxation techniques. Evaluating postural exercises as an adjunct strategy may help address both psychological and physiological aspects of distress.

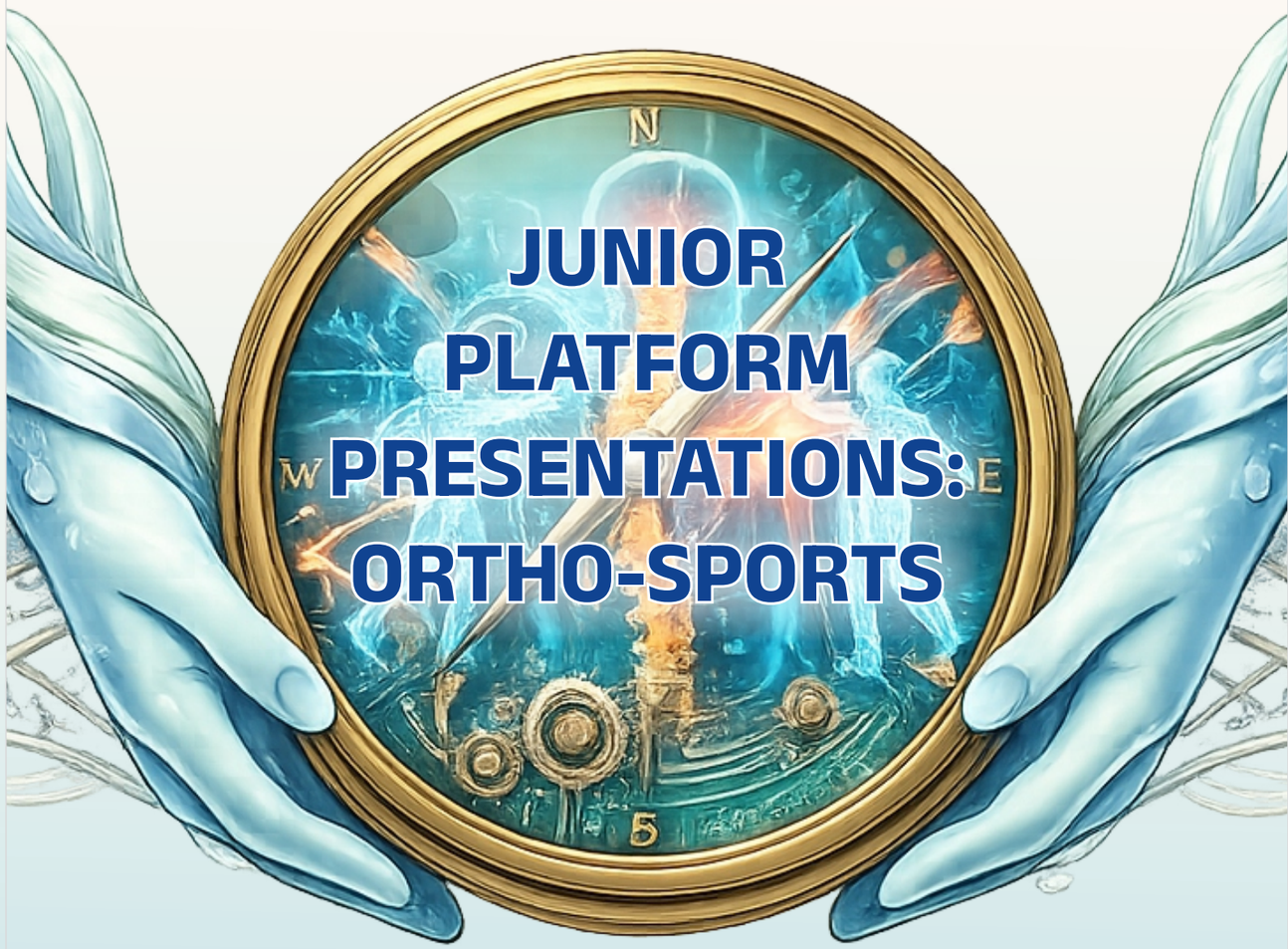
AIM: To determine the effect of postural exercises on psychological parameters and biochemical markers of perceived distress among undergraduate health profession students.

METHODOLOGY: A randomized controlled trial was conducted among 75 participants allocated into two groups (Group A: n=37; Group B: n=38). Institutional ethical clearance was obtained.Group A received postural exercises combined with progressive muscle relaxation (PMR), while Group B received PMR alone. The interventions were delivered over 10 sessions in 2 weeks (5 sessions/week). Outcome measures included Perceived Stress Scale (PSS), State-Trait Anxiety Inventory (STAI-Y1, STAI-Y2), Maslach Burnout Inventory (MBI), Rosenberg Self-Esteem Scale (RSES), serum cortisol, and heart rate variability (HRV). Appropriate parametric and non-parametric tests were used for analysis

RESULT: Both groups showed significant improvements in PSS, STAI, MBI, and RSES scores ($p<0.01$). Serum cortisol levels significantly decreased in both groups ($p<0.01$). HRV parameters (RMSSD, SDNN, pNN50, and RRI) improved significantly ($p<0.05$), indicating enhanced parasympathetic activity. No statistically significant differences were observed between groups ($p>0.05$).

CONCLUSION: Both intervention strategies improved psychological distress and physiological markers. However, the addition of postural exercises to PMR did not result in significantly greater benefits than PMR alone.

KEYWORDS: Postural exercises, perceived stress, cortisol, heart rate variability, anxiety, burnout, self-esteem, undergraduate students



PREVALENCE OF FORWARD HEAD POSTURE AND ITS ASSOCIATION WITH SMARTPHONE ADDICTION AND NECK DISABILITY AMONG COLLEGE GOING STUDENTS ACROSS AHMEDABAD CITY.

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BACKGROUND OF THE STUDY: Forward head posture is commonly seen in young adults, particularly with increased smartphone use. Prolonged neck flexion may affect cervical spine mechanics and contribute to musculoskeletal strain, neck pain, and functional limitations.

NEED OF THE STUDY: With rising smartphone usage and associated postural changes, there is a lack of comprehensive evidence examining the prevalence of forward head posture and its association with smartphone addiction and neck disability among college students.

OBJECTIVES OF THE STUDY: To determine the prevalence of forward head posture and to examine its association with smartphone addiction and neck disability among young adults across Ahmedabad city.

METHODOLOGY: An analytical cross-sectional study will be conducted among young adults (18–25 years) to assess the relationship between smartphone addiction (Smartphone Addiction Scale), forward head posture (Craniovertebral angle assessed using a goniometer), and neck disability (Neck Disability Index) using descriptive statistical analysis, with significance set at $p < 0.05$.

RESULT: Among 193 young adults, 82 participants (42.5%) demonstrated forward head posture, while 57.5% showed normal head posture. Spearman's rank correlation analysis revealed a significant negative correlation between craniovertebral angle and smartphone addiction ($r_s = -0.671$, $p < 0.001$), as well as neck disability ($r_s = -0.584$, $p < 0.001$). Additionally, smartphone addiction was significantly and positively correlated with neck disability ($r_s = 0.348$, $p = 0.001$).

CONCLUSION: The result indicates a high prevalence of forward head posture, with higher smartphone addiction strongly associated with altered neck posture and increased neck-related disability among young adults.

CORRELATION OF COPING STRATEGIES WITH ACADEMIC STRESS AND MUSCULOSKELETAL DISORDERS AMONG PHYSIOTHERAPY STUDENTS

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BACKGROUND: Coping strategies act as the mind's internal toolkit, shaping how students confront academic challenges and regain balance when pressures rise. Academic stress emerges when expectations exceed a student's perceived capacity, influencing concentration, motivation, and emotional stability. Musculoskeletal disorders add a physical dimension to this struggle, arising when prolonged strain and poor habits burden the body during demanding coursework.

NEED OF STUDY: Limited research exists on the relationship between coping strategies, academic stress, and musculoskeletal disorders among physiotherapy students. Understanding this association is essential for improving student's mental health, physical well-being and performance.

OBJECTIVE: To determine the correlation of coping strategies with musculoskeletal disorders and academic stress among Physiotherapy students.

METHODOLOGY: An observational study was conducted on 100 physiotherapy students (age 18- 25) recruited from physiotherapy colleges of Ahmedabad after obtaining ethical approval. The outcome measures included the Stress Coping Resources Inventory (SCRI), Student Stress Inventory Scale (SSI), and Cornell Musculoskeletal Discomfort Questionnaire (CMDQ). Data analysis was done using SPSS v20.

RESULT: Statistical analysis revealed that CMDQ data was not normally distributed, whereas SCRI and SSI followed a normal distribution. The study found a statistically weak negative correlation between SCRI and SSI ($rs=-0.298$, $p<0.05$) using Pearson correlation, there is no correlation between SCRI and CMDQ ($r=-0.131$, $p>0.05$) using Spearman correlation.

CONCLUSION: The study demonstrated a significant weak inverse relationship between coping resources and stress levels, suggesting that improved coping is linked to reduced stress. In contrast, coping showed no significant association with musculoskeletal discomfort.

IMPACT OF PILATES EXERCISE ON POSTURAL CONTROL AND DYNAMIC BALANCE ACROSS DIFFERENT POPULATION; A SYSTEMATIC REVIEW

AUTHOR : Mahek A Gagaliya, Dr. Rachita Hada (MPT, PhD Scholar).

BACKGROUND: Postural control and dynamic balance are essential for smooth movement, injury prevention, and overall physical performance. These abilities are often reduced in sedentary individuals and people with musculoskeletal disorders. Pilates, a mind–body exercise method, focuses on core strength, controlled movements, proper posture, and breathing.

NEED: Postural control and dynamic balance are important for movement and injury prevention, but are often impaired in sedentary individuals and people with musculoskeletal disorders. Pilates may help improve these components, but its effectiveness across different populations is not clearly established.

OBJECTIVE: To systematically review and evaluate the effects of Pilates exercises on postural control and dynamic balance across different populations.

METHODS: A systematic review of ten studies, including randomized and experimental designs, was conducted. The studies included healthy adults, athletes, children, and individuals with neck or low back pain. Balance and performance were assessed using tests like the Star Excursion Balance Test, Functional Reach Test, postural sway, and agility measures before and after intervention.

RESULTS: Most studies showed that Pilates improved balance, strength, and overall performance. Athletes showed better agility, and people with musculoskeletal issues had less pain and better posture, though some studies (especially in children) showed little change.

CONCLUSION: Pilates exercises appear to be effective in enhancing postural control and dynamic balance across various populations. Therefore, they can be considered a valuable component of both rehabilitation and fitness programs.

KEYWORDS: Pilates exercise, dynamic balance, postural control.

ASSOCIATION BETWEEN PHUBBING BEHAVIOUR AND MUSCULOSKELETAL DISCOMFORT AMONG

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1; DR. ANSHU KOTAK2 (MPT ORTHO) (ASSISTANT PROFESSOR & PG GUIDE, SKUM COLLEGE OF PHYSIOTHERAPY)2

BACKGROUND: Smartphone usage has increased significantly among students. This has led to the emergence of phubbing behaviour where individuals ignore people around them while focusing on their mobile phones. Excessive smartphone use is associated with poor posture and repetitive movements, which may contribute to musculoskeletal discomfort.

NEED OF STUDY: Most studies have focused on general smartphone use rather than specific behaviours like phubbing. Limited research has examined its association with musculoskeletal discomfort using CMDQ among physiotherapy students. Hence, this study aims to address this gap.

OBJECTIVES:
1.To assess level of phubbing behaviour among physiotherapy students.
2.To evaluate musculoskeletal discomfort using CMDQ.
3.To determine correlation between phubbing behaviour and musculoskeletal discomfort.

METHODOLOGY: Study was conducted among 100 physiotherapy students. Phubbing behaviour was assessed using Generic Scale of Phubbing. Musculoskeletal discomfort was evaluated using CMDQ. Data was collected through Google Form, analysed using descriptive statistics and Pearson correlation analysis.

RESULTS: Mean age of participants was 20.09 ± 2.03 years. Mean phubbing score was 41.14 ± 15.25, mean CMDQ score was 49.31 ± 100.64. Analysis revealed weak but statistically significant positive correlation between phubbing behaviour and musculoskeletal discomfort.

CONCLUSION: Findings suggest that increased phubbing behaviour may contribute to slight increase in musculoskeletal discomfort; however, the relationship is weak. This may be due to the multifactorial nature of musculoskeletal discomfort, influenced by posture, duration of smartphone use, ergonomic habits, physical activity. While phubbing shows significant association, other factors also play important role in musculoskeletal discomfort among physiotherapy students.

KEYWORDS: Phubbing, CMDQ, Musculoskeletal discomfort.

PREVALENCE OF INCREASED Q- ANGLE IN YOUNG ADULTS WITH PES PLANUS AND NORMAL FOOT ARCH IN STATIC STANDING.

AUTHOR : Mishree Shah[1], Dr. Anshu Kotak (PT)2

BACKGROUND: Foot arch plays a crucial role in maintaining lower limb alignment and biomechanics. Altered foot posture, such as pes planus, can influence the Q-angle, which represents quadriceps pull on patella. An increased Q-angle is associated with knee problems like patellofemoral pain.

NEED: Assessing the prevalence of increased Q-angle in young adults helps in early identification of biomechanical abnormalities. Estimating its occurrence in individuals with normal foot arch and pes planus may aid in preventing future knee disorders.

OBJECTIVE:
1.To determine the prevalence of increased Q-angle in young adults with pes planus and normal foot arch.
2.To measure Q-angle in individuals with pes planus and normal foot arch using a goniometer.
3.To assess foot arch type using the Navicular Drop Test (NDT).

METHODS: Observational study was conducted among 100 participants. Foot arch was assessed using the NDT and categorized into pes planus (>10 mm) and normal arch groups. Q-angle was measured in static standing using a universal goniometer with standard anatomical landmarks.

RESULTS: Overall prevalence of increased Q-angle was 56%. It was higher in individuals with pes planus (74.46%) compared to those with normal foot arch (39.62%). These findings indicate a greater prevalence of increased Q-angle in flat foot individuals.

CONCLUSION: The study concludes that increased Q-angle is more prevalent in young adults with pes planus compared to those with a normal foot arch.

KEYWORDS: Q-angle, Navicular Drop Test, Foot arch, Young adults, Static Standing.

RELATIONSHIP BETWEEN ACADEMIC BURNOUT, SCREEN TIME AND NECK DISABILITY AMONG PHYSIOTHERAPY STUDENTS

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BACKGROUND: Academic burnout has become increasingly common among physiotherapy students due to high academic demands and prolonged use of digital devices. Extended screen exposure for online learning, assignments, and social media may contribute not only to psychological stress but also to musculoskeletal problems such as neck pain and disability.

NEED: Students studying physiotherapy may experience burnout and neck disability as a result of increased academic demands and extended screen time. Their combined impact is still unknown, though. The purpose of this study is to investigate the connection between neck disability, screen time, and academic burnout in physiotherapy students.

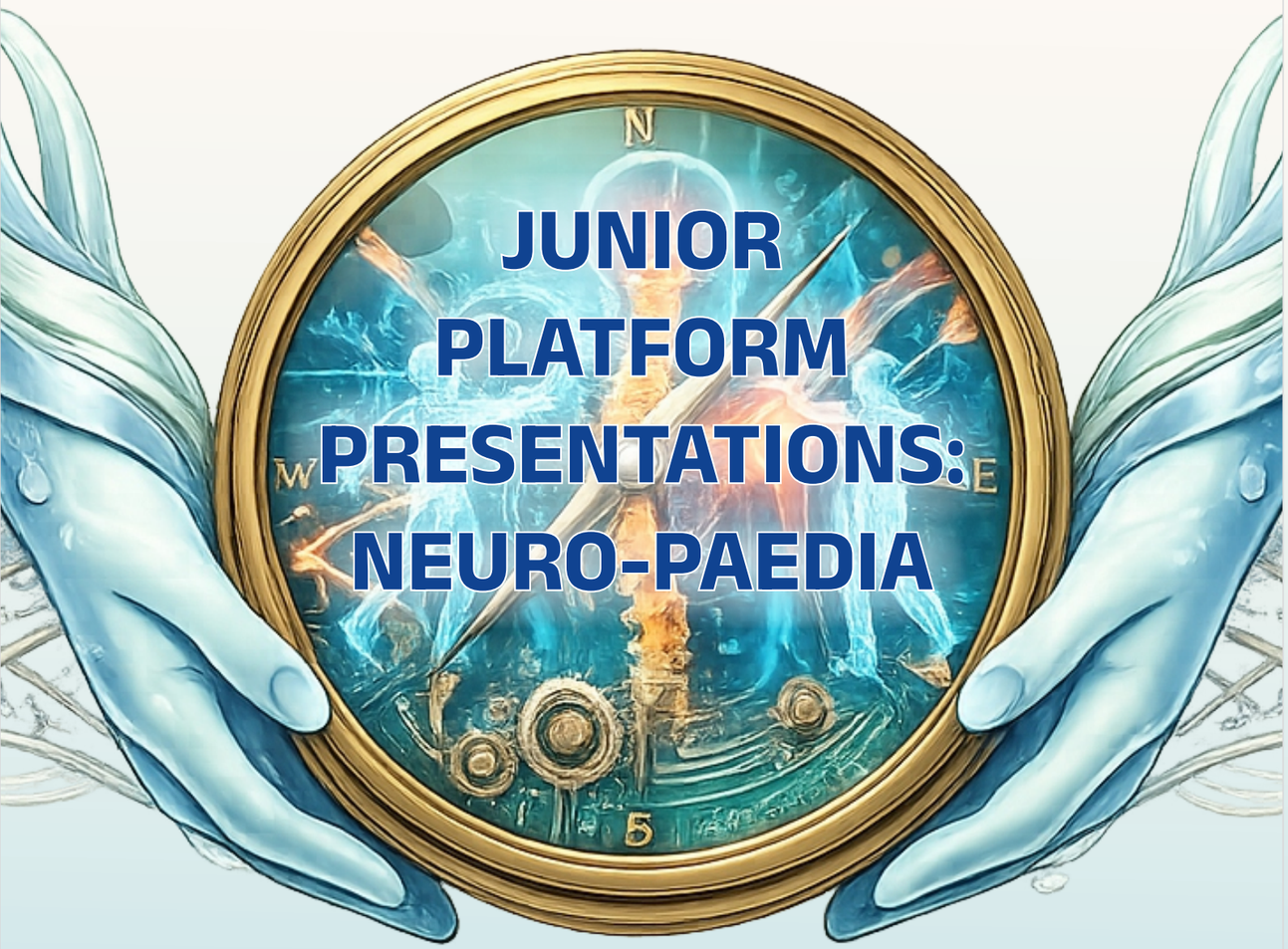
METHODOLOGY: A cross-sectional observational study was conducted among physiotherapy students. Academic burnout was assessed using the maslach Burnout Inventory, for screen time the device used by the students and the duration of use during the day were questioned. through a and neck disability using the NDI. Data was collected through Google form and analyzed using descriptive statistics and pearson correlation analysis.

RESULTS: Burnout, depersonalization, and screen time showed moderate positive correlations with NDI, while personal achievement showed a weak negative correlation.screen time showed moderate positive correlation with NDI. Correlation between burnout components and screen time were weak.

CONCLUSION: Burnout and screen time were somewhat associated with higher NDI, but personal achievement had a small protective effect. These components appear to have distinct functions.

KEYWORDS: Academic burnout, Screen time, Neck disability, Physiotherapy students, Maslach Burnout Inventory, NDI.

KEYWORDS: Academic burnout, Screen time, Neck disability, Physiotherapy students, Maslach Burnout Inventory, NDI.



QUALITY OF LIFE AND FEAR OF FALLING RELATIONSHIP IN DIABETIC NEUROPATHY PATIENTS : A CORRELATIONAL STUDY

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INTRODUCTION : Diabetic neuropathy is one of the most common and disabling complications of type 2 diabetes, affecting nearly half of long-standing diabetic patients. It results in sensory loss, muscle weakness, and balance impairment, predisposing patients to recurrent falls. Beyond physical injury, the fear of falling reduces physical activity, social participation, and independence, thereby lowering quality of life. While both fall efficacy and quality of life have been individually studied, limited research has explored their direct relationship in Diabetic neuropathy. Understanding this correlation is essential for planning early preventive and rehabilitative strategies.

NEED: There is limited evidence on fall efficacy and quality of life in patients with Diabetic Neuropathy, highlighting the need to promote preventive strategies and safe mobility training to reduce fall risk and improve overall well-being.

OBJECTIVES: To investigate the correlation between quality of life and fall efficacy in patients with diabetic neuropathy.

METHODOLOGY: This correlational study included patients aged 45–75 years with ≥5 years of diabetes and mild to moderate neuropathy (Toronto Clinical Scoring System score 6–11). Quality of life was assessed using the Neuro-QoL scale, and fall efficacy was measured with the Falls Efficacy Scale–International (FES-I). Statistical analysis was performed using Spearman correlation tests in SPSS v20, with $p<0.05$ considered significant.

RESULT: From our study we found that mean age of patients was 52.13±10.39. There was positive correlation with $r = 0.451$ for components of fatigue , negative correlation $r = -0.491$, $r = -0.416$ for components of Lower Extremity, Upper Extremity Function with fall efficacy scale-international with $p<0.05$.

CONCLUSION: The study concluded that there is correlation between fall efficacy and quality of life among diabetic neuropathy patients.

KEYWORDS: Fall efficacy, Quality of life, Diabetic neuropathy.

PHYSIOTHERAPEUTIC INTERVENTIONS FOR FUNCTIONAL MOVEMENT RESTORATION IN RETT SYNDROME: A PAEDIATRIC CASE REPORT

AUTHOR : Kaveri Sukhadiya, Dr. Nikita Patel (MPT, PhD Scholar)

INTRODUCTION: Rett syndrome (RTT) is a neurodevelopmental disorder in which children show normal early development but begin to regress between 7–18 months. It is characterized by slowed head growth, loss of purposeful hand skills, and impaired motor coordination including gait and trunk ataxia. First described by Andreas Rett in 1966, it was later linked to mutations in the MECP2 gene on the X chromosome. The disorder progresses through four stages of development and deterioration

NEED: To evaluate the effect of targeted physiotherapy in improving motor function and daily participation in children with Rett syndrome.

CASE DESCRIPTION: A 5-year-old girl born at 33 weeks to a non-consanguineous couple had normal birth weight (3.1 kg) but developed neonatal jaundice requiring NICU care. Early milestones were delayed. At 18 months, she showed episodic neurological deterioration after febrile illness. Genetic testing confirmed Rett syndrome with a heterozygous MECP2 exon-3 variant.

INTERVENTION: A physiotherapy rehabilitation program was implemented focusing on enhancing gross motor abilities, trunk mobility exercises, postural control training, balance exercises in standing, to facilitate an immature grasp and functional task-oriented activities. Therapy was administered five days for three weeks.

RESULT: Post-intervention assessment demonstrated improvement in trunk control, standing balance, postural stability, and functional mobility. The child showed improved participation in daily activities with reduced assistance.

CONCLUSION: Early, targeted physiotherapy intervention can contribute to improved functional outcomes, slowed functional decline, and enhanced quality of life in children with Rett syndrome, despite its progressive nature. Multidisciplinary management and long-term follow-up are strongly recommended.

CIRCADIAN RHYTHM DISRUPTION AND COGNITIVE FLEXIBILITY AMONG SECURITY GUARDS WORKING DIFFERENT SHIFT SCHEDULES: A CROSS-SECTIONAL STUDY

AUTHOR : Patel Asmita Jayesh
Dr. Adyta Dave (Masters in neurological & Psychosomatic disorder)

BACKGROUND & OBJECTIVE: Circadian rhythm regulates the sleep–wake cycle and plays an important role in maintaining optimal cognitive functioning. Individuals working night or rotating shifts often experience disruption of this biological rhythm, which may negatively affect alertness, attention, and executive functioning. Security guards commonly work irregular and night shifts, making them vulnerable to circadian misalignment. The present study aimed to investigate the relationship between circadian rhythm disruption and cognitive flexibility among security guards working different shift schedules.

NEED OF STUDY: Security personnel are responsible for maintaining safety and vigilance, which requires adequate attention and cognitive flexibility. However, irregular shift schedules may disturb their circadian rhythm and potentially impair cognitive performance. Limited studies have explored this association among security guards. Therefore, this study was conducted to better understand how circadian rhythm disruption may influence cognitive functioning in this occupational group.

METHODS: A cross-sectional study was conducted among 37 security guards working in hospitals, residential societies, offices, and commercial establishments. Participants aged between 20–55 years with at least six months of shift-work experience were included in the study. Individuals with neurological disorders, psychiatric illness, traumatic brain injury, severe visual impairment, or use of sedatives or psychoactive medications were excluded. Circadian rhythm preference was assessed using the Morningness–Eveningness Questionnaire, while cognitive flexibility and executive functioning were evaluated using the Trail Making Test Part B.

RESULT: The majority of participants were categorized as intermediate chronotype, with fewer individuals showing evening or morning preferences, suggesting variability in circadian patterns among the study population. Performance on the Trail Making Test Part B indicated that a considerable proportion of participants demonstrated slower completion times, reflecting reduced cognitive flexibility and processing speed.

CONCLUSION: The findings suggest that variability in circadian rhythm patterns among security guards may be associated with reduced cognitive flexibility and slower executive functioning, highlighting the potential impact of shift work on cognitive performance.

KEY WORDS: Circadian rhythm disruption, shift work, cognitive flexibility, security guards, Morningness–Eveningness Questionnaire, Trail Making Test Part B.

BREATHE, DRIBBLE, PERFORM: EFFECTS OF 4-7-8 BREATHING WITH BALL DRIBBLING ON CARDIORESPIRATORY ENDURANCE IN FOOTBALL PLAYERS

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CO AUTHOR : Dr. Ruchi Patel (PT), Master of Physiotherapy (Rehabilitation), Assistant Professor at Sharda College of Physiotherapy

BACKGROUND: Cardiorespiratory endurance plays a crucial role in football performance as players must sustain repeated high intensity activities throughout a match. Traditional training programs focus primarily on aerobic conditioning and technical drills, while the role of structured breathing techniques in enhancing endurance remains relatively underexplored. The 4-7-8 breathing technique involves controlled inhalation, breath holding, and prolonged exhalation, which may promote respiratory efficiency and improved oxygen utilization. However, limited evidence exists regarding the effectiveness of integrating breathing strategies with football skill drills.

METHODOLOGY: Twenty four male football players aged 18–25 years participated in this study. Participants performed a training protocol consisting of four cycles of the 4-7-8 breathing technique followed by two minutes of light football ball dribbling. Baseline measurements of heart rate (HR), respiratory rate (RR), oxygen saturation (SpO_2), and rate of perceived exertion (RPE) were recorded prior to the intervention. Immediately after completing the breathing and dribbling protocol, the same physiological parameters were recorded again to observe the immediate cardiorespiratory response. Pre and post intervention values were statistically analyzed using paired t-tests with the level of significance set at $p \leq 0.05$.

RESULT: Post-intervention analysis demonstrated significant cardiorespiratory activation. Significant increases were observed in HR (74.6±7.2 86.8±8.4 bpm; $p<0.001$) and RR (15.2±2.3 19.1±2.7 breaths/min; $p<0.001$). A slight reduction in RPE (13.4±1.5 12.1±1.3; $p=0.004$) indicated improved exercise tolerance. Minor increases were noted in SpO_2 (97.9±0.8 98.3±0.7%) without statistical significance.

CONCLUSION: Integrating 4-7-8 breathing with light ball dribbling produced positive effects on cardiorespiratory endurance and exercise tolerance in football players.

ROLE OF PHYSIOTHERAPY MANAGEMENT ON PELVIC FLOOR MUSCLE HEALTH AND QUALITY OF LIFE IN MIDDLE AND OLDER WOMENWITHPELVICFLOORDYSFUNCTION: ANARRATIVE REVIEW

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BACKGROUND: Pelvic floor dysfunction (PFD) is common among middle-older women and is associated with reduce strength and endurance, urinary incontinence, pelvic organ prolapses, pelvic pain, etc and altered quality of life (QOL). Physiotherapy-based exercise programs focusing on pelvic floor muscle (PFM) and core muscles improve pelvic health and functional outcomes.

NEED: PFD is common among middle-older women and is associated with reduced muscle strength, endurance, urinary incontinence, and pelvic organ prolapse and reduced QOL. This study is needed to review and highlight effectiveness of physiotherapy in improving PFM health and QOL.

OBJECTIVE: Role of Physiotherapy management on PFM health and QOL in middle and older women with PFD.

METHOD: A comprehensive literature search was conducted across databases including PubMed, Scopus, Research gate and Google Scholar. Studies published with full text in English from 2014 to 2025 that focused on physiotherapy interventions were used in management of PFD. Interventions reviewed included PFM strengthening, Kegel exercises, core muscle strengthening, diaphragmatic breathing, Pilates, and lower limb strengthening.

RESULT: A total of 09 Published research was analysed with thorough evaluation. Based on findings, results show that physiotherapy intervention improves PFM health, reduces symptoms of urinary incontinence, pelvic organ prolapses, pelvic pain enhancing QOL in middle-older women.

CONCLUSION: Physiotherapy interventions such as PFM strengthening, Kegels, core muscle strengthening, diaphragmatic breathing, Pilates, effectively improve PFM health, and QOL in middle-older women with PFD.

KEYWORDS: Pelvic floor dysfunction, Diaphragmatic breathing, Core muscle strengthening, Kegel, Pilates, Quality of Life

IMPACTOFEARLYRESPIRATORYPHYSIOTHERAPYAND PROGRESSIVE MOBILIZATION IN A MECHANICALLY VENTILATED CHRONIC KIDNEY DISEASE PATIENT FOLLOWING CARDIAC ARREST: A CASE REPORT

BACKGROUND: Chronic Kidney Disease(CKD) is a progressive disorder commonly associated with comorbidities such as Type 2 Diabetes Mellitus and hypertension. Patients on Maintenance Hemodialysis(MHD) are predisposed to cardiovascular events, including sudden cardiac arrest, often resulting in respiratory compromise and prolonged intensive care unit(ICU) stay. Early physiotherapy intervention plays a critical role in mitigating pulmonary complications and ICU-acquired weakness.

CASE PRESENTATION: A 36-year-old male with a known history of Type 2 Diabetes Mellitus(10 years) and hypertension(1 year) developed CKD secondary to diabetic nephropathy and was initiated on MHD. During a dialysis session, the patient experienced sudden cardiac arrest, necessitating immediate cardiopulmonary resuscitation, which achieved return of spontaneous circulation. The patient was subsequently intubated and mechanically ventilated. Radiological findings revealed left lower lobe collapse.

INTERVENTION: The patient received multidisciplinary ICU care, including ventilatory support and continued MHD, along with structured physiotherapy. The rehabilitation protocol comprised positioning strategies, airway clearance techniques, passive and active range-of-motion exercises, and continuous monitoring of arterial blood gases and hemodynamic parameters. As clinical stability improved, the patient was progressed to active mobilization, strengthening exercises, and bedside functional training.

RESULTS: Following intervention, the patient demonstrated marked improvement in respiratory parameters, effective airway clearance, and enhanced functional capacity. The patient progressed from passive mobility to supported sitting and ultimately achieved independent standing with minimal assistance, indicating significant recovery from critical illness–related deconditioning.

Conclusion: Early initiation of respiratory physiotherapy combined with graded mobilization is effective in improving pulmonary function, facilitating airway clearance, and restoring functional independence in critically ill CKD patients post–cardiac arrest. This case underscores the importance of an integrated rehabilitation approach in ICU settings to optimize patient outcomes.

CORRELATION OF PERIMENOPAUSAL SYMPTOM WITH PHYSICAL ACTIVITY AND MENTAL HEALTH STATUS IN WOMEN

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BACKGROUND: Perimenopause is associated with hormonal changes that lead to physical and psychological symptoms affecting women's quality of life. However, the relationship between perimenopausal symptoms, physical activity, and mental status is not well explored. Therefore, this study aims to determine the correlation between perimenopausal symptoms, physical activity, and mental status in women.

METHOD: This research was conducted among 82 women between the ages of 40-50 years. The Menopause Rating Scale was used to measure perimenopausal symptoms. The International Physical Activity Questionnaire -Short Form (IPAQ-SF) was used to measure physical activity. The Depression Anxiety Stress Scale-21 (DASS-21) was used to assess mental status.

RESULT: Spearman's correlation analysis revealed a moderately significant positive correlation between perimenopausal symptoms and mental status in women is highly significant positive correlation ($P < 0.05$). The correlation between perimenopausal symptoms and physical activity is statistically significant in women ($P < 0.05$). Both correlations were statistically significant at the 0.01 level with a total sample size of 82 participants.

CONCLUSION: The study found that perimenopausal symptoms are significantly associated with both physical activity and mental health status. Women with higher menopausal symptom scores showed a notable relationship with increased psychological distress and variations in physical activity levels.

KEYWORDS: Perimenopausal symptoms, physical activity, mental status, IPAQ-SF, DASS-21, MRS

CORRELATION BETWEEN MOBILE SCREEN TIME AND NOMOPHOBIA SCORE IN PHYSIOTHERAPY STUDENTS.

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BACKGROUND: With the rapid rise in smartphone usage, excessive mobile screen time has become common among students, leading to psychological concerns such as nomophobia—the fear of being without a mobile phone. Physiotherapy students, due to academic demands and increased digital dependence, may be particularly affected.

AMIS OF THE STUDY: To find the correlation between mobile screen time and nomophobia scores among physiotherapy students.

METHODOLOGY: A cross sectional study was conducted among physiotherapy students aged 18–25 years. A total of 100 participants were selected using convenient sampling. Nomophobia level was assessed using standardized Nomophobia Questionnaire (NMP-Q). Average 7 days screen time was taken from mobile. Comparison of Screen time and nomophobia score was done. Statistical analysis was performed using Pearson correlation to determine the relationship between variables.

RESULTS: NMP -Q score of 100 students is 74 and screentime is 305 minutes. Out of those 22 students have - mild, 69 - moderate and 9 - severe NMP-Q score. Few students are showing low positive correlation between Screen Time and NMP-Q Score

CONCLUSION: In our study we have found that physiotherapy students have moderate NMP-Q Score. In certain students as Screen Time increases NMP-Q Score also increases. So, increased Screen Time could be harmful for their mental and physical health

KEYWORDS: Physiotherapy students, Nomophobia Score, Average Mobile Screen Time

RELATIONSHIP BETWEEN PHYSICAL ACTIVITY LEVEL AND RESPIRATORY CAPACITY IN SECURITY GUARDS

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BACKGROUND: Sedentary occupations can reduce respiratory capacity by 20–30%, increasing the risk of Chronic Obstructive Pulmonary Disease, especially in polluted urban areas.

NEED: Security guards face prolonged static postures, irregular shifts and intermittent high- intensity tasks, creating unique cardiopulmonary stress. However, their respiratory health and its association with physical activity remain understudied.

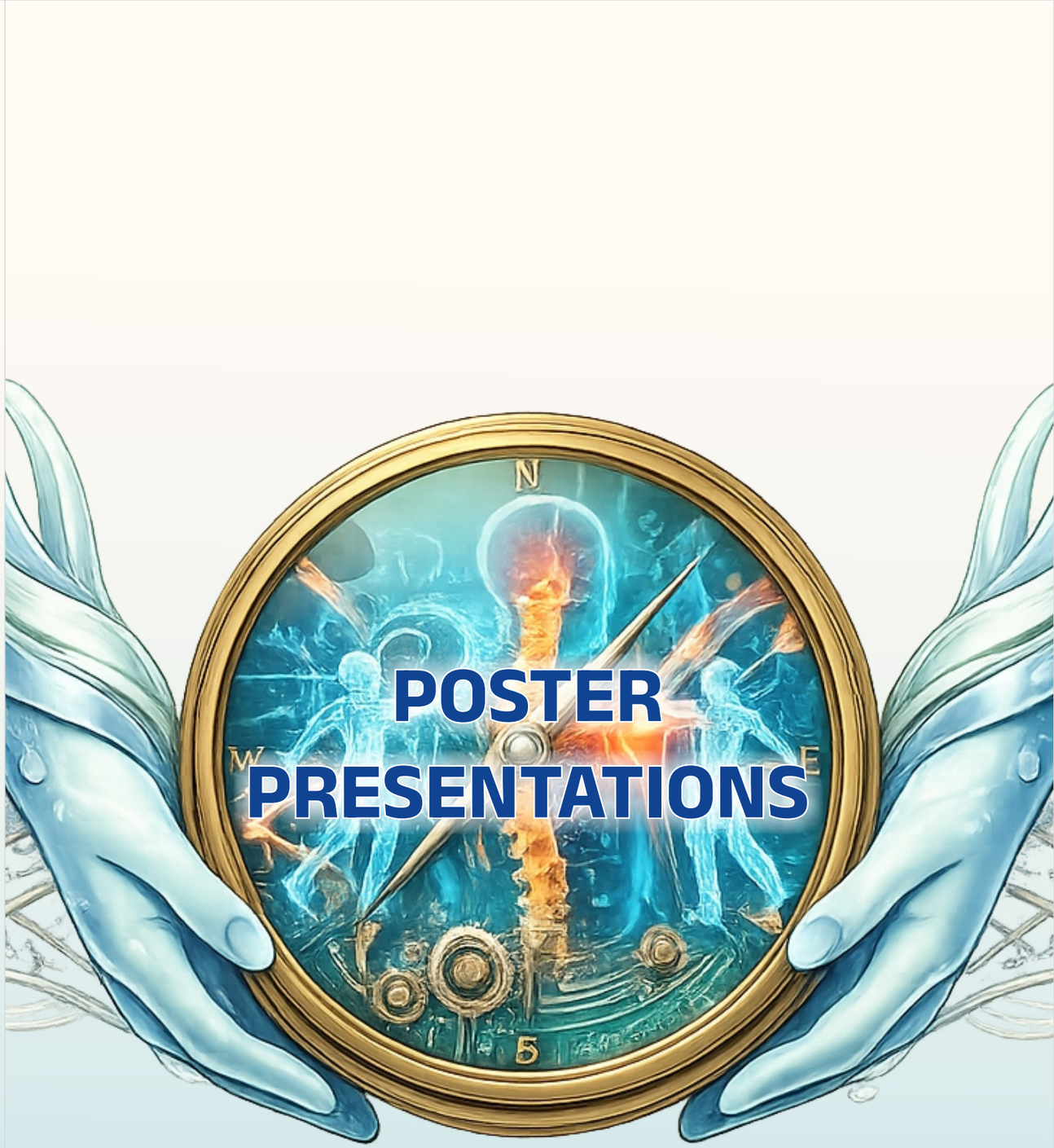
OBJECTIVE: To examine the association between physical activity levels and respiratory capacity in security guards exposed to varying occupational demands.

METHODOLOGY: A cross-sectional study was conducted among 60 security guards aged 25–50 years, normal (18.5–22.9) and overweight (23–24.9) BMI, with >3 years of work experience. Smokers, individual with major neurological, cardiorespiratory, or musculoskeletal disorders were excluded. Physical activity was assessed using International Physical Activity Questionnaire(IPAQ). Respiratory capacity was measured using peak expiratory flow rate(PEFR) and breath-holding time(BHT). Statistical analysis was performed using SPSS version 20 at 5% significance level.

RESULT: Moderate (n=37) and high (n=9) activity groups showed significantly higher PEFR (368.5 ± 75.2 L/min vs. 320.1 ± 82.4 L/min, $p<0.01$) and BHT (41.2 ± 8.9 sec vs. 35.6 ± 10.1 sec,$p<0.05$) compared to low-activity group (n=14). Spearman correlation showed no significant association of IPAQ with PEFR ($r=0.115$, $p=0.380$), but moderate positive correlation with BHT ($r=0.268$, $p=0.038$).

CONCLUSION: Moderate and high physical activity groups demonstrated significantly superior respiratory capacity with higher PEFR and BHT compared to low activity, confirming that increased physical activity enhances lung function in this occupational cohort.

KEYWORDS: Physical activity, Peak expiratory flow rate, Breath holding time, Security guards



AWARENESS OF POSTNATAL CARE AND EXERCISE IN RURAL INDIA: A PHYSIOTHERAPY PERSPECTIVE

Postnatal care is a vital but often neglected component of maternal health. Women in rural India who have had a Caesarean Section (CS) often do not realise the importance of post natal rehabilitation and the long term implications on their health should they not rehabilitate appropriately. These include increased risk of back problems, pelvic dysfunction, urinaryincontinence and decreased fitness. A combination of culture, lack of availability of healthcare and poor literacy are major contributing factors to poor post natal rehabilitation for these women.Physiotherapy plays a crucial role in facilitating safe and optimal postnatal recovery . Early interventions such as breathing exercises and pelvic floor rehabilitation can lead to early achievement of functional gain and an overall improvement in the quality of life for the postpartum woman.

The poster aims at highlighting the importance of community health work that is carried out with regards to post natal care and physiotherapy. It also aims at highlighting the role played by community based programs, Community Health Workers (CHWs) and Physiotherapists in enhancing the women's knowledge in respect to post natal exercises done after delivery.

Together with physiotherapy we can help these women fight shame and social stigma. Simple and inexpensive interventions and training can be effective in bridging the gap between thehealthcare service and the rural communities that need it.

TEXT NECK SYNDROME: THE SILENT EPIDEMIC OF THE DIGITAL AGE

Text Neck Syndrome (TNS) is a newly described musculoskeletal condition reportedly caused by the use of smartphones and handheld devices, and is associated with the maintenance of a habitual head forward position and increased cervical spine load. This condition has become a major public health concern, as digital device use is increasing rapidly in urban populations and is especially prevalent among adolescents and young adults.

The weight of the human head is approximately 4–5kg in neutral. When the neck is flexed this weight increases in magnitude and has to be sustained by the muscles, ligaments and soft tissues of the neck, thereby producing strain, potentially leading to altered biomechanics and postural change and resulting in a multitude of symptoms including neck, shoulder and headaches as well as restricted movement. If unresolved, the condition can deteriorate to the point of leading to chronic pain and long term structural changes in the neck.

Physiotherapy, Postural correction and education re ergonomics and strengthening of the deep cervical flexors as well as stretching of tight muscles, modification of activities, toreduce the amount of time spent on screens. Early recognition and management of symptoms is essential to avoid permanent changes.

This poster discusses the increasing prevalence of Text Neck Syndrome and aims to inform the public of the need to combine good posture with device use, with specialized physiotherapy techniques in order to protect our spines in the modern age of technology.

IMMEDIATE EFFECT OF OBLIQUE SLING EXERCISE: A COMPARATIVE ANALYSIS OF CORE AND TRUNK STRENGTH.

AUTHOR: Prem Jashwantbhai Patel, Arush Physiotherapy College, Intern

BACKGROUND: Core stability is essential for maintaining trunk control, postural alignment, and efficient functional movement. Oblique sling exercises, based on integrated myofascial chains, are increasingly used to enhance neuromuscular coordination and dynamic trunk stability. However, evidence regarding their immediate effects on core and trunk muscle performance remains limited.

OBJECTIVE: To evaluate the immediate effects of oblique sling exercises on core strength, trunk muscle strength, endurance, and flexibility in healthy individuals.

METHODS: A comparative experimental study was conducted on 43 healthy participants. Baseline measurements of core strength and trunk muscle strength were assessed using standardized tools. Participants performed a single session of oblique sling exercises consisting of three sets of ten repetitions, targeting both anterior and posterior sling systems. Post-intervention measurements were recorded immediately after the exercise session.

RESULTS: The findings demonstrated a significant immediate improvement in both core and trunk muscle strength following the intervention. The improvement was more pronounced in core strength compared ($p=0.01$) to trunk strength ($p=0.03$), indicating greater activation of deep stabilizing musculature. These results suggest enhanced neuromuscular efficiency and improved stabilization capacity after a single exercise session.

CONCLUSION: A single session of oblique sling exercises leads to rapid improvements in both core and trunk strength, with a greater effect on core musculature. This highlights the effectiveness of oblique sling exercises in enhancing core stability and supporting postural control.

KEYWORDS: Oblique Sling Exercise, Core Strength, Trunk Stability, Neuromuscular Control

VIRTUAL REALITY IN NEUROREHABILITATION:

AUTHOR : Prachi Shah (Final Year), Khyati college of Physiotherapy

BACKGROUND: Stroke, Parkinson's disease, and traumatic brain injury are at top of the list which causes of long lasting disability worldwide. Virtual reality provides complete, task-based, and repeated practice to help people relearn movements and get back their abilities.

NEED: A review study is aimed to show of virtual reality on neurorehabilitation because conventional rehabilitation doesn't often have enough intensity, isn't focused enough on the specific tasks and doesn’ t hold people's attention as much as is best for the brain to heal.

OBJECTIVES: This poster consolidates the strongest available clinical evidence for VR-based neurorehabilitation and can be avoided long lasting deformity

METHODOLOGY: A focused review of umbrella reviews, systematic reviews with meta-analysis, and randomized controlled trials was conducted across key words of neurorehabilitation in stroke, Parkinson's disease, and related neurological conditions with VR modalities with validated outcome measures.

RESULTS: In total 78 VR seemed to help with upper extremity function, balance, movements, and day to day activities for stroke patients. A meta-analysis of fully immersive VR for helping people recover use of their arm after a stroke showed a significant improvement on the Fugl– Meyer Assessment– Upper Extremity VR is for long term stroke had a fairly good effect on balance but a small effect on walking speed. In Parkinson’ s Disease, VR rehabilitation looked hopeful for improving balance compared to typical treatment.

CONCLUSION: VR is a good addition to, rather than a replacement for, the conventional rehabilitation for neurological conditions.

KEYWORDS: Virtual reality, rehabilitation, neurological conditions.

FOAM ROLLING FOR RECOVERY: THE EFFECTIVENESS OF SELF - MYOFASCIAL RELEASE ON DELAYED ONSET MUSCLE SORENESS (DOMS)

AUTHOR : Ayush Jain, Tybpt, Namo College Of Allied Health Sciences, Silvassa

BACKGROUND: Foam rolling, a form of self-myofascial release (SMR), has become a widely used recovery strategy among athletes to alleviate delayed onset muscle soreness (DOMS) and enhance post-exercise recovery. Previous literature suggests that foam rolling can reduce the perception of muscle soreness 24–96 hours after exercise and improve range of motion (ROM) following intense physical activity. The need for this review arises from the growing application of foam rolling in sports and fitness settings and the necessity to evaluate its effectiveness based on existing scientific evidence. Understanding the role of foam rolling in reducing DOMS may help physiotherapists implement evidence-based recovery strategies in clinical and athletic environments.

OBJECTIVES: The objective of this study was to review existing research on the effectiveness of foam rolling as a self-myofascial release technique in reducing delayed onset muscle soreness. Relevant randomized controlled trials and systematic reviews were identified from PubMed using targeted search terms related to foam rolling, self-myofascial release, DOMS, recovery outcomes, and intervention comparisons.

Evidence from randomized controlled trials indicates that foam rolling significantly reduces perceived muscle soreness 24–96 hours after exercise. In addition to alleviating DOMS, foam rolling may assist in restoring dynamic performance measures such as sprint speed, jump height, strength, and muscular endurance following strenuous exercise. Its effectiveness appears comparable to active recovery strategies and massage for pain relief, although some studies suggest vibration therapy may produce greater effects in certain contexts. Foam rolling also offers advantages in terms of accessibility and cost -effectiveness. However, some studies report no significant differences between foam rolling and passive rest for certain outcomes.Overall, foam rolling appears to be an accessible and effective technique for reducing DOMS and supporting post-exercise recovery.

ROLE OF VOJTA THERAPY IN IMPROVING HEAD CONTROL AND ROLLING IN DEVELOPMENT DELAYED CHILD

AUTHOR : Prachi Shah (Final Year), Khyati college of Physiotherapy

BACKGROUND: Developmental delay refers to a substantial delay in achieving specific developmental milestones. The causes are multifactorial and are most commonly secondary to disorders such as cerebral palsy, periventricular leukomalacia, Down syndrome, and other neuromotor disorders. Primary causes may include genetic mutations or brain injury during the prenatal, perinatal, or postnatal period. Vojta Therapy, introduced by Prof. Vaclav Vojta, is based on the concept that the brain contains pre-programmed movement patterns present from birth. Due to neurological dysfunction, these movements may not be expressed effectively. These movements can be activated by stimulating specific trigger points, also known as reflex zones, using gentle, sustained pressure, which facilitates coordinated movement of the head, trunk, and limbs.

OBJECTIVE: To understand the role of Vojta Therapy in children with developmental delay who have not attained head control and rolling due to any disorder or poor head and trunk stability. The secondary objective is to compare its effects with other therapeutic approaches.

METHODOLOGY: A narrative review was conducted using PubMed and Google Scholar. Studies included children up to 72 months of age with developmental delay and poor head, neck, or trunk control. Studies focusing on gait and other milestones were excluded. Studies published between 2011 and 2026 were included. Relevant data were extracted and analysed.

RESULTS: Nine studies were included. Four (44.4%) showed Vojta Therapy to be superior to neuro-developmental therapy and passive movements. Three (33.3%) shows positive Impact of Vojta Therapy in condition like Periventricular leukomalacia, Neuromotor disorders etc. (22.2%) showed similar effects compared to neurodevelopmental therapy.

CONCLUSION: Vojta Therapy shows a strong positive effect on head control and rolling, mainly through neuroplasticity. Further research with larger sample sizes is needed for future Reference.

KADI SARVA VISHWAVIDYALAYA

COURSES OFFERED AT GANDHINAGAR CAMPUS

UNDER GRADUATE COURSES		POST GRADUATE COURSES	
B.Sc. Chemistry	9327364116 | 9327389438	**M.Sc Chemistry**	9327364116 | 9327389438
B.Sc. Microbiology	9429610270	**M.Sc Microbiology**	9898174846 | 9313933904
B.Sc Physics	9428240117 | 9426381640	**M.Sc Biotechnology**	9898174846 | 9313933904
B.Sc Mathematics	9428256467	**M.Sc Physics**	9428240117 | 9426381640
B.Sc Computer Science	9409036889	**M.Sc Mathematics**	9428256467
B.C.A (Sector 23)	7096308000 | 7096309000	**M.Sc IT**	9409036889
B.C.A (Sector 15)	9409036889	**M.B.A**	9998873083 | 9824089970
B.B.A	079-23245735 | 7863069394	**M.C.A**	9924051632 | 9157682227
B.Com	9054551879 | 079-23248127	**M.Com**	9054551879 | 079-23248127
Bachelor of Engineering	7863085614	**M.S.W**	7043950999
Bachelor of Pharmacy	7863066872 | 9408216905	**Master of Engineering**	7863085614
B.Sc Nursing	079-23246560 | 8401975155	**Master of Pharmacy**	9913343734 | 9408216905
Post basic Nursing	079-23246560 | 9723985977	**M.Sc Nursing**	079-23246560 | 9723985977
Bachelor of Physiotherapy	9033629491 । 9510601700	**Master of Physiotherapy**	9033629491 | 9510601700
Pharm.D/Pharm.D(PB)	7096296245 | 9408216905		
B.Ed	6351359229 | 7984680601		
PGDJMC (Journalism)	8401863229		

COURSES OFFERED AT KADI CAMPUS

UNDER GRADUATE COURSES		POST GRADUATE COURSES	
B.Sc Chemistry	9724434531	**M.Sc Chemistry**	9913020017
B.Sc Microbiology	9712128503	**M.Sc Microbiology**	9712128503
B.C.A	9429459700	**M.B.A**	9925782600
B.B.A	8490801001	**M.C.A**	9428362637
B.Com	9712001678	**M.Com**	9824349878
Bachelor of Engineering	02764-297815 | 9998612764 9228455528		
B.Ed	02764-299295 | 9408064555 9898340340		
MBA Integrated	9723674401		

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