

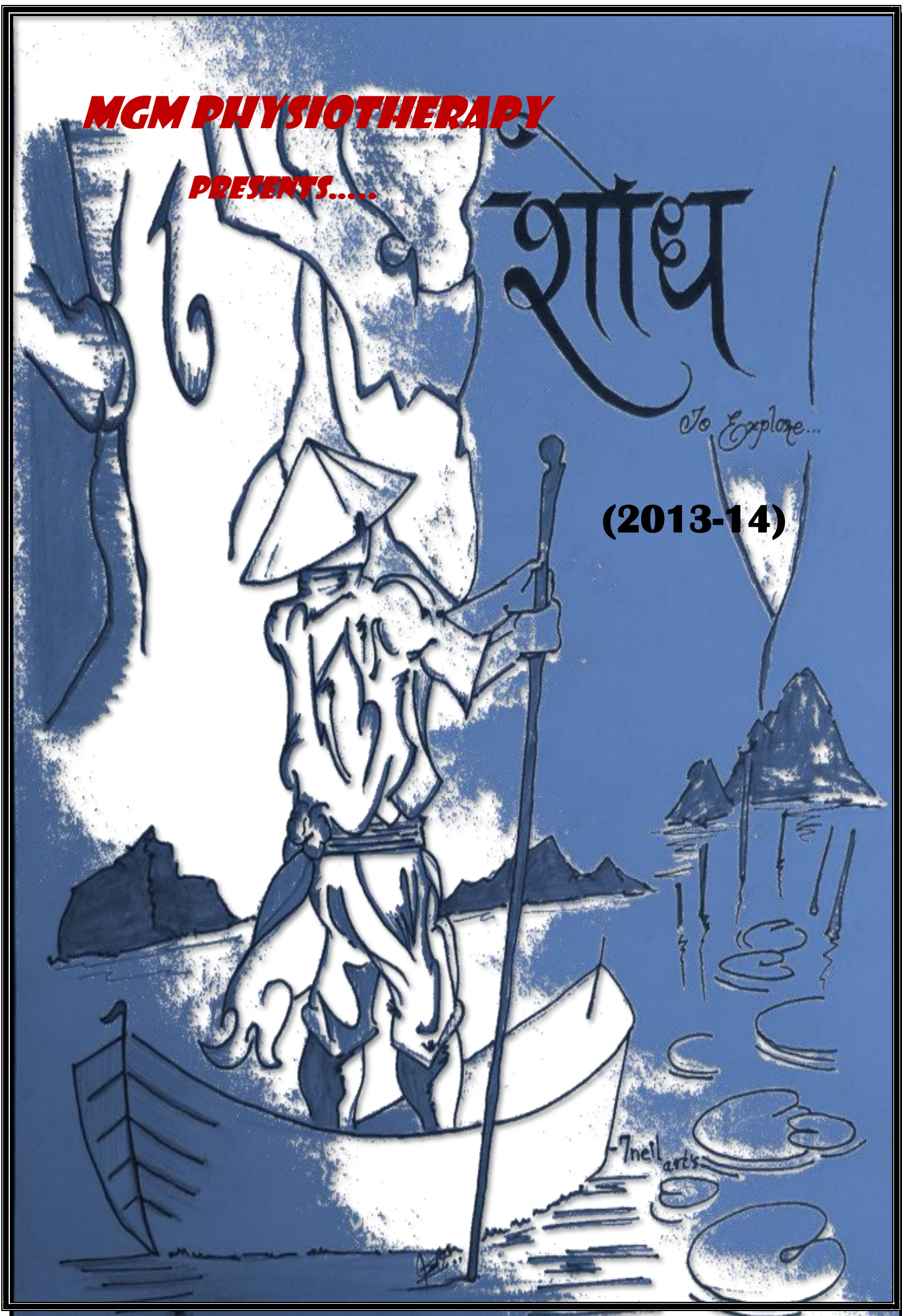
MGM PHYSIOTHERAPY

PRESENTS.....

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To Explore...

(2013-14)



-Inell arts-



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Foreword



Dr.S.N.Kadam, Hon. Vice Chancellor, MGMIHS

My hearty congratulations to all the faculty members and students who have contributed to the third edition of the magazine 'Shodh'. It has given a platform to the students to showcase their talents and faculty to explicate and portray their excellence in curricular, extracurricular and research activities. My gratitude goes to the teachers who have helped the students to compile a magazine which will help keep the readers well entertained and updated with recent developments in our field. I wish 'Shodh' all the very best.



Dr.S.K.Kaul, Hon. Pro Vice Chancellor, MGMIHS

My compliments and congratulations to all members of MGM Physiotherapy Team, both faculty and students, on bringing out 3rd edition of their magazine 'Shodh'. Earlier two editions bore stamps of excellence in terms of quality of their contents. Our both Physiotherapy institutes are marching ahead on a path of excellence. I am sure this edition of 'Shodh' will excel equally in showcasing the progress being made by these institutes. I wish 'SHODH' all the very best.



Dr.Z.G.Badade, Registrar, MGMIHS

Over a period of time Physiotherapy department has evolved to become an integral part of our institute and I congratulate the entire team for the inauguration of the 3rd edition of 'Shodh'. The magazine allows the student and the faculty to portray their academic and extracurricular talents using this platform. I wish you all the best and I hope Physiotherapy in the upcoming years become excellent in education, research and patients service.



Dr.Chander Puri, Hon. Pro Vice Chancellor (Research)

It makes me proud that Physiotherapy Institutes are committed to nurture talent and academic excellence of students and faculty which is duly reflected in their magazine 'Shodh'. I congratulate students and faculty for the release of this magazine and wish them all success in their future endeavors.



Dr.Rajani Mullerpatan, Director , MGM Physiotherapy

It gives me immense pleasure to see my students and faculty bring out the 3rd edition of magazine 'Shodh'. Physiotherapy Institutes have grown bigger and better in every aspect be it academic, research or cultural activities. Students and faculty members have channelized their energy to amalgamate all their achievements, celebrations and events through this creative platform of 'Shodh'.

I extend my best wishes to everyone associated with both Physiotherapy establishments and wish every success in future.



Dr.Bharati Bellare, Professor-MGM School of Physiotherapy

It gives me great pleasure to witness the unity shown by the students of MGM School and College of Physiotherapy, Navi Mumbai, in their joint venture of 'SHODH' the 'Search' towards the growth of Physiotherapy that has no boundaries. My heartiest congratulations for the endeavor and best wishes for the further success which I am sure will make this institution as one of the best in Physiotherapy education.



Dr. Bela Agarwal(PT), Principal - MGM School of Physiotherapy

It gives me great pleasure to be a part of MGM PHYSIOTHERAPY team. 'Shodh' as the word suggests is "to search for". The title of our magazine is befitting as it is the mission of our department to search for excellence in the field of academics, research and contribute the best to community. The students of the institute are enormously capable and active in curricular and extracurricular activities. Their research potential is widening and I hope they enjoy their journey as thoroughly as we do.



Dr. Vrushali Panhale(PT), Principal MGM College of Physiotherapy

It gives me great pleasure to know that 'Shodh' is getting published this year as well. I extend my congratulations to the entire editorial team along with the student welfare committee, who put in dedicated efforts to put together this issue of 'Shodh'. It is always good to see our students wield their pen; come out with their literary and creative skills. 'Shodh' gives student and staff an opportunity for nurturing their extracurricular interests, which is so important for personal development. SHODH has always kept its readers well entertained and I hope the same this year. Wishing good luck and success to 'Shodh'.

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EDITOR'S NOTE



In these years in MGM Physiotherapy, we have learned many things academically and clinically and gained experience. But this was a novel experience. It gives us great honor and happiness to be a part of this beautiful effort. We are thankful to the students and teachers who gave us an opportunity to use our skills and kept their trust in us...We during this process have learned a lot new things and have engraved some beautiful memories in our mind which we will remember always and cherish for life...

-Sumayya Allapur (Final Year- SOP)

Krupa Kadakia (Third Year -COP)

Niramayee Prabhu (Third Year- COP)

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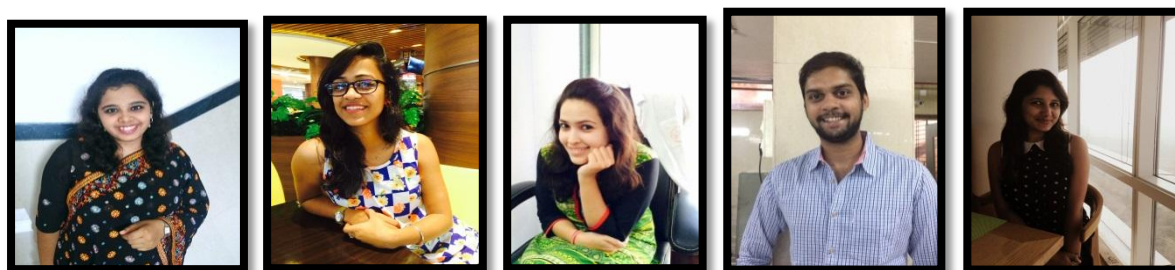
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1) Title:-Awareness of Developmental Co-Ordination Disorder among Pediatricians and Physiotherapists.

Author: Kinnari More (Final B.P.Th. MGMCOPI)

Supervisor: Dr. Neelam Nayak(PT)

Introduction: Developmental co-ordination disorder(DCD) is defined as difficulty in movement skills in children, primarily due to general intellectual , primary sensory or motor neurological impairment. A key feature of this condition is difficulty in learning and performing everyday tasks in home, schools and play environment. Because the movement difficulties experienced by a child with DCD encompass all daily activities, Pediatricians and Physiotherapists need to be involved. This study was done to evaluate the awareness of Developmental Co-ordination Disorder (DCD) among Pediatricians and Physiotherapists. We hypothesized that DCD is a broad term which still would be unclear. Hence, awareness, separate diagnosis and intervention of DCD would be significantly less acknowledged.

Study Design:Cross sectional study

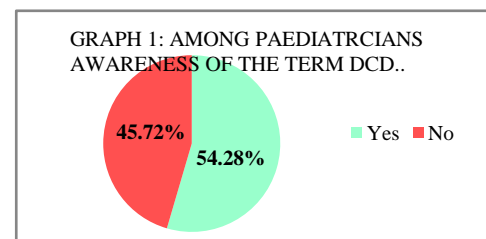
Aims and objectives: To evaluate the awareness of Developmental coordination disorder (DCD) among Pediatricians. To evaluate the awareness of Developmental coordination disorder (DCD) among Physiotherapists.

Methodology: Using a survey design 70 Pediatricians and 74 Physiotherapists were provided with two different validated self made questionnaire respectively. The questionnaire included aspects of awareness of the term as well as intervention that is known. Qualification and years of clinical experience of both the groups was taken into consideration. The collected data was coded, tabulated and analyzed.

Discussion and Conclusion: This survey confirms observations by clinicians and researchers that many children are likely to be

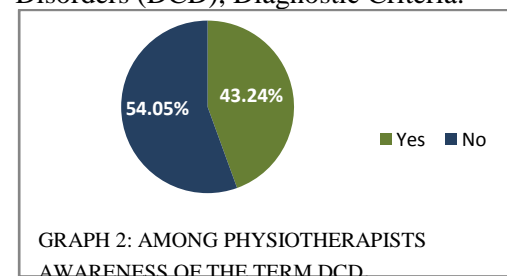
‘missed’ or to be misdiagnosed. Though 54.28 % are aware about the term DCD , lack of knowledge of essential diagnostic criteria increases the probability of missing out on Diagnosis or even “misdiagnosing”. 54% Physiotherapists are not aware of the term DCD. 45 % haven’t come across the diagnosed clients with DCD, this can be linked to the low awareness of diagnostic criteria by Pediatricians. Though Pediatricians refer the children with DCD, the actual number seen by Physiotherapists is less. Further awareness of DCD among Pediatricians and Physiotherapists can be increased which can be helpful in early diagnosis and intervention.

Results: Pediatricians are much aware of the term DCD but there is barely any awareness of DCD as a separate diagnosis. There is lack of clarity regarding management approaches, prevalent age group for DCD and clinical feature among Physiotherapists. Media, being



one of the main sources of awareness still is found unacquainted of DCD.

Keywords: Developmental Co-ordination Disorders (DCD), Diagnostic Criteria.



2) Title:-Evaluation of Awareness Level in Trained ASHA Workers in the Field of Women's Health and Child Care.

Authors: Sanchita Joshi, Jyoti Kaku, Jinny Paul Kanjirathingal, Priyadarshni Katalkar, Chetali Khadye, Aqsa Khan, Shruti Kotian, Ankita Mane, Timcy Pankaj Mehta (Final B.P.Th. MGMSOP)

Supervisor: Dr. Jyoti Parle (PT)

Introduction: One of the main aspects of National Rural Health Mission (NRHM) is to develop a band of Accredited Social Health Activist (ASHA) workers in the rural areas with the purpose of supporting the community to access public health services. They are trained for 23-28 days in health, sanitation, maternal, newborn and child health issues. They play an effective and critical role in bridging the gap between NRHM and the community.

Objectives: Identify the amount of knowledge ASHA workers have in field of Women's Health & Child Care; Recognize the lacunae in their knowledge; Scope for updating their module syllabus so as to provide preventive women's health and child care facilities at rural level.

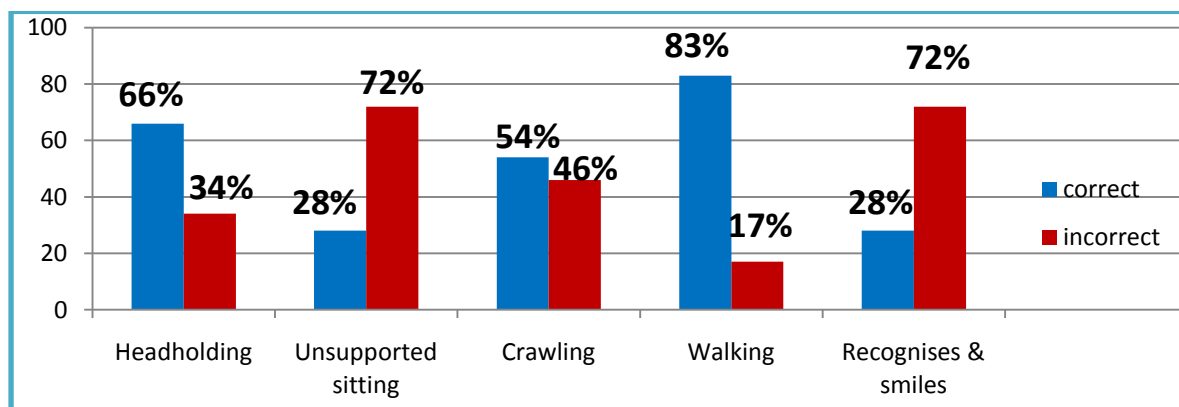
Methodology: A cross sectional study was done 100 ASHA workers from Public Health Centers (PHCs) in Apta, Wawanje and Nawade. Data was collected by using a self-made questionnaire which was validated in English and Marathi. A master sheet was prepared with all the probable and correct answers. Graphical representation of the

analyzed data was made and the result and conclusion were prepared. ASHA workers were lacking knowledge about normal childhood development (milestones)

Result: ASHA workers belonged to the local community and had correct knowledge about problems faced by women during breastfeeding (91%), breastfeeding positions (97%) and delivery positions (96%). They are lacking knowledge about relaxations techniques during pregnancy (74%), urinary continence (55%) and its prophylaxis (32%), (66%) knew about getting medical help during epilepsy. In questions related to communicable disease, only (38%) knew about infections and (20%) about HIV. Only (55%) knew about treatment of retracted nipples, (13%) of Kegel's Exercise and they were unaware about ANC and PNC exercises.

Conclusion: Despite the training given to ASHA workers, they are hardly aware about preventive measures for women's health and child care. Monthly meetings can be used as a platform for the reinforcement of various aspects. Periodical refresher training should be conducted for all of the recruited ASHA workers. In future training sessions, more emphasis can be given on implementation of preventive ANC and PNC measures and also on child development.

Keywords: Accredited Social Health Activist (ASHA) workers, Awareness, Childcare, Women's health.



3) Title: Awareness of Role of Physiotherapy in Palliative Care amongst Healthcare Providers.

Author: Prathika. H. Zemse. (Final B.P.Th. MGM COP)

Supervisor: Dr. Sreeraj. S. R (PT)

Introduction: Palliative medicine includes care of and research on patients with incurable diseases and a short expected survival. Physiotherapists play an inherent role in the multidisciplinary palliative care team emphasizing on improving function and quality of life in patients who are deemed to require physical and functional dimensions of care. Much is written about what a physiotherapist can do in a palliative care team, whether it is truly implemented or are the concerned actually aware about it is to be pondered upon. Hence, this study aims to find out awareness about physiotherapy in palliative care amongst healthcare providers, from Mumbai, Maharashtra.

Aims & objectives: To study the level of awareness of physiotherapy in palliative care amongst health care providers. To find out awareness about role of physiotherapy in palliative care among medical practitioners. To find out awareness about role of physiotherapy in palliative care among physiotherapists.

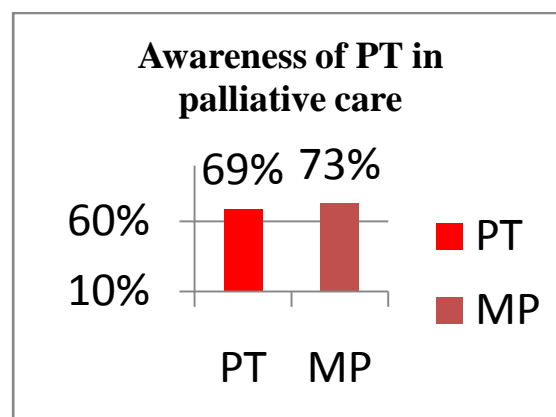
Study Design: Cross sectional study.

Method: The study was conducted in various hospitals of Navi Mumbai. A self-made questionnaire based survey was conducted among sample size of 100 healthcare providers which included 50 physiotherapists (PTs) and 50 medical practitioners (MPs). The questionnaire, catering to the participants of the study was prepared by referring to various questionnaires used in earlier studies on palliative care.

Discussion & conclusion: The concept of rehabilitation may seem paradoxical in palliative

care, especially for a patient with advanced illness who is approaching death. At present to improve quality of life is the purpose so patient would be comfortable and productive and the patient will be able to function at minimum level of dependency regardless of life expectancy. The overall awareness about role of physiotherapy in palliative care is on the rise. The marginally better awareness displayed by medical practitioners may be due to the reason that the current physiotherapy curricula have inadequate inclusion of palliative care content, skills, teaching and minimal inclusion of end-of-life content in textbooks.

Result: Statistical analysis performed show that the awareness of role of physiotherapy in terms of palliative care is emerging. The medical practitioners are marginally more aware of the above than physiotherapists.



INFERENCE: 69% of PTs whereas, 73% of medical practitioners are aware about physiotherapy in palliative care.

4) Title: Awareness of Physiotherapy Role in Postnatal Care Among Obstetrician / Gynecologist.

Author: Disha Dedhia (Final B.P.Th, MGM COP)
Supervisor: Dr. Jyoti Parle (PT)

Introduction: Postnatal period last from 6-8 weeks after delivering a baby. In that time span women experiences certain issues which are back pain, weakness of PFM, perineal pain and discomforts, SUI, fatigue, abdominal pain, etc.. However the extent of utilization of physiotherapy services by OBGY will depend upon the awareness of physiotherapy role in post natal care.

Study design: Cross-sectional study.

Method: The study was conducted on 50 OBGY professionals from private, government & corporate hospitals. Consent was taken. They were asked to fill self-made validated questionnaire. Ample time was given to OBGY to fill the questionnaire. Data was analyzed using MS-excel.

Discussion and conclusion: There were satisfactory results regarding the awareness of physiotherapy role in OBGY. Most of them were aware and they refer clients for PT. Back pain and PFM weakness were commonly seen conditions; referral for the same was in majority as source may be from their studies. As physiotherapy practice has evolved and grown from general form to specialized services. The idea of physiotherapist working as a first point of contact practitioners encouraged by majority of PT so, here in our step up where referral for PT is less, patients self referral is appreciated. It is therefore recommended to establish policies that will improve the health care services and reduce economic burden of country.

Aims and objectives: To find the awareness about postnatal physiotherapy among obstetrician/gynecologist.

The **objectives** are: To assess the awareness among OBGY about the role of postnatal physiotherapy care. For which condition do they refer clients for physiotherapy.

Results: Out of 50 OBGY practitioners, 39 (78%) were aware and 11 (22%) were unaware about post natal physiotherapy. Out of 50, 33 (66%) referred, 11 (34%) did not refer. Clients reference was more for PFM weakness (76%), followed by back pain (64%), SUI (39%), abdominal pain (30%) and others (10%).

Keywords: Obstetrician/Gynaecologist, Postnatal PT.

Fig1: Awareness about PNC PT in OBGY.

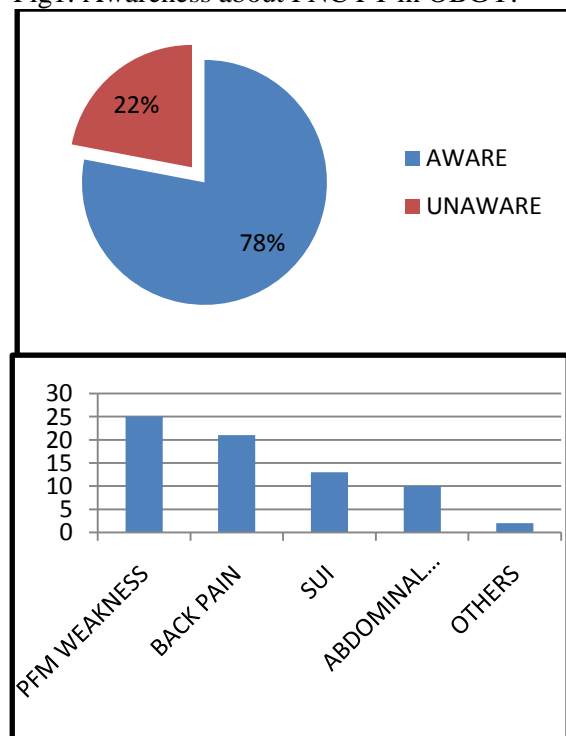


Fig2: Reference condition wise

5) Title- Reference Values: Incremental Shuttle walk test in Indian children and Adolescent

Author: Surabhi Agrawal, Ancy Vincent, Utkarsha Baraskar, Bindhu C.C, Huda Birajdar

Supervisor: Dr Bela Agarwal(PT),Dr Monal Shah (PT)

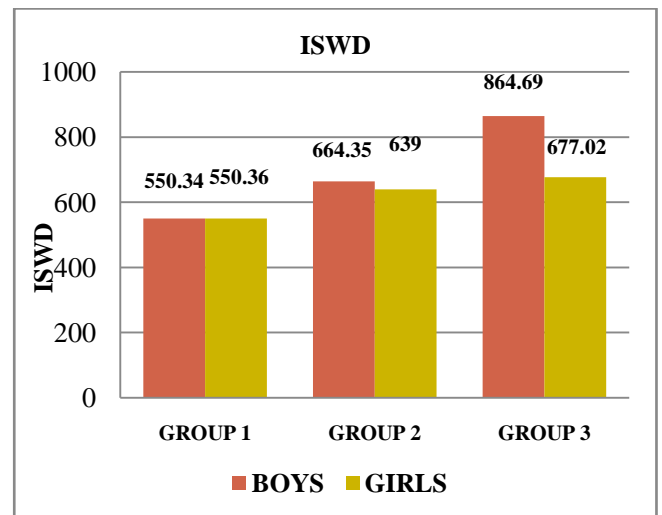
Purpose –Physical inactivity in Indians children and adolescent is declining as society has trended away from outdoor activities toward sedentary entertainment. In 2013, only 29% percent of high school students had participated in at least 60 minutes per day of physical activity. Hoffman et al observed almost twice the risk of death in adolescents (> 18 year olds) with BMI > 25 kg/m². Hence early identification and quantification of lack of physical activity using simple and reliable test is the need of the hour. Incremental shuttle walk test is an externally paced walk test widely used for evaluation of exercise capacity. Currently normative values for clinical reference are not generated for children and adolescents. Hence the study was conducted to find normative values for Incremental Shuttle Walk Test in healthy Indian Children and Adolescents (6-17yrs).

Methods - A convenient sample of 400 subjects was recruited after ethical approval. All subjects were divided into groups as per age and gender. Group 1: (6-8 years), group 2: (9-12 years) and group 3: (13-17 years) .ISWT was performed as per standard protocol by Sally Singh.

Results - Average distance walked was 550.36m, 639m and 677.02 in girls and 550.34m, 664.35m and 864.69 m respectively in boys in the three age groups. Both genders had higher pre test pulse rate in early childhood. Post test heart rate

increased from group 1 , girls (p=.004) and boys (p=0.04).Post test Systolic and Diastolic pressure increased with age (p=0.000) in both boys and girls. There were significant correlations with age (r = 0.43, p=0.000), height (r = 0.487 , p=0.000), gender (r = - 0.203 , p= 0.000) and BMI (r = 0.051 , p= 0.000), physical activity level (r = 0.129, p = 0.010). Stepwise regression analysis revealed age and gender as key variables correlating with Incremental Shuttle Walk Distance (r²=0.263)

ISWD =534.42 + (25.15x Age) - (102.80 x Gender) (Boys-1, Girls-0)



Conclusion - Reference values generated for healthy Indian children and adolescents in the age group of 6-17 years can be a useful measure for regular monitoring of cardio pulmonary endurance capacity. Physiological response to ISWT is predominantly affected by increasing age and should be considered while evaluating pediatric patients.

Keywords: Incremental shuttle walk test, reference values, Indian

6) Title:-Normative Data of Sensory Threshold and Pain Threshold in Normal Young Adult-Quantitative Study

Authors : Nabha Despande ,Anthea Dsouza, Elvino John, Harpreet Gill ,Awani Gokhale, Anisha Gulati, Nidhi Jain,Paaneri Jethwa , Bhavini Joishar. (Final B.P.Th MGM SOP)
Supervisor : Dr. Pothiraj P (PT)

Introduction: Research studies have been conducted in various countries [Lund et al and Nichola Maffiule] to establish normative ranges of pain and sensory threshold. Estimation of normal ranges can be useful as a diagnostic and prognostic tool in the field of physiotherapy. However there is no literature available in India pertaining to an estimation of a normative range of sensory and pain threshold and hence the study was undertaken. The assessment of thresholds involves activation of various sensory nerve fibers like the $\alpha\beta$, $\alpha\delta$ and c fibers that convey fine sensation, vibration, pain & temperature related sensation respectively. Thresholds for sensory detection and pain are tested by applying different modes of stimuli e.g. Mechanical, thermal and electrical. The stimulus is commonly applied with continuously increasing intensity known as method of limits. The interpretation of pain data are complex as the experience of pain is subjective and not uniformly, proportionally related to the extent of stimulation.(Coderre Katz,Vaccarino and Melzack,'93) .Therefore the relationship between the rated sensation and response to increasing intensity of electrocutaneous stimulation could be regarded as non linear(Donaldson et al,'03), but the data will have an ordered structure. Hence, in this study we will apply a statistical approach that is suitable for all types of data having an ordered structure.

Aim: To evaluate and state the normative data of sensory and pain threshold in healthy young adults in the age group between 18-25 years. In addition this study also analyzed the differences based on gender and BMI in them.

Objective: 1) To record sensory and pain threshold in lower limbs.
2) To compare variations of sensory and pain threshold in BMI and gender in normal young Adults.

Result: Males have higher sensory and pain threshold for both the nerves, ie sural and superficial peroneal nerves at a frequency of 3Hz and 50Hz. At 3Hz sensory threshold of males for sural nerve is 49.78 with SD of 20.48 with minimum value being 10.66 and maximum value being 115 and at 50Hz it is 45.03 with SD of 18.52 with minimum value being 8.66 and maximum value being 139.16.97, with minimum value being 11.33 and maximum value being 115 and at 50Hz it is 37.99 with SD of 16.94, with minimum value being 10.33 and maximum value being 139. The sensory threshold of superficial peroneal nerve in males at 3Hz is 57.84 with SD of 21.03 , with minimum value being 9.33 and maximum value being 116.67 and at 50Hz it is 53.57 with SD of 18.94, with minimum value being 8.33 and maximum value being 120.33. And that for females is, at 3Hz 47.07 with SD of 17.35, with minimum value being 9 and maximum value being 116.67 and at 50 Hz it is 41.96 with SD of 15.65 with minimum value being 8 and maximum being 120.33. The pain threshold in males at 3Hz in sural nerve is 87.35 with SD of 26.15, with minimum value being 29 and maximum value at 149 and at 50Hz it is 72.71 with SD of 23.09, with minimum value at 21 and maximum at 146. And in females the threshold, at 3 Hz is 76.48 with SD of 28.18, with minimum at 26.66 and maximum at 154 and at 50 Hz it is 54.97 with a SD of 21.46, with minimum at 19.33 and maximum at 136. The pain threshold for superficial peroneal nerve in males at 3hz is 90.18 with a SD of 24.51, with minimum value being 32 and maximum at 146 and at 50 Hz is 75.16 with SD of 23.01, with minimum at 17 and maximum at 138. And of females at 3Hz is 79.18 with SD of 29.46, with minimum at 16.66 and maximum at 150 and at 50Hz is 58.79 with SD of 20.09, with minimum at 16 and maximum at 133.67.

Discussion: Our study on sensory and pain threshold which was conducted on 400 individuals(200 females and 200males) concludes that there was variation of sensory and pain threshold according to gender. This variation in thresholds can be due to number and or sensitivity of cutaneous and subcutaneous somatic sensory receptors which are greater in women than in men. Also there is a difference in hormonal status in men and women causing a variation in thresholds.In our study we also found out that the threshold does not vary significantly according to BMI, where as a similar study was done which stated that thresholds vary according to BMI .

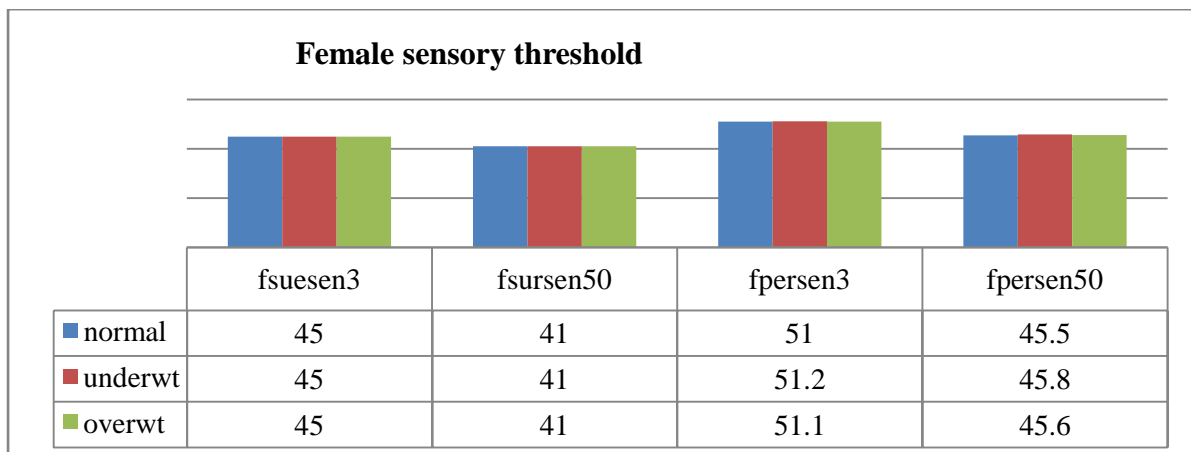
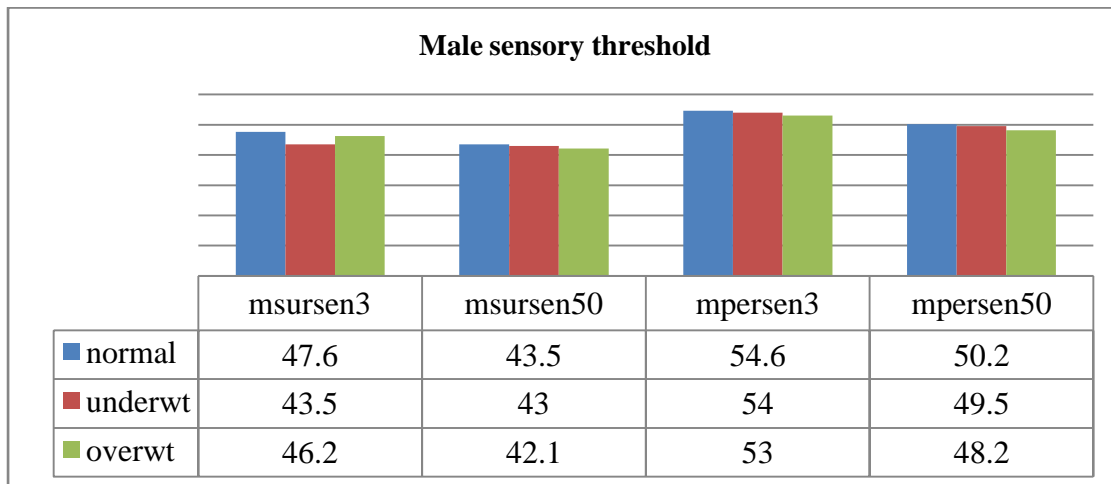
Conclusion: The normative range of sensory threshold of sural nerve at 3Hz is 45.69 with a SD of 19.25 and at 50 Hz it is 41.53 with a SD of 18.09.

The sensory threshold of superficial peroneal nerve at 3Hz is 52.82 with SD of 20.13 and at 50 Hz it is 47.78 with a SD of 18.32.

The normative range of pain threshold of sural nerve at 3Hz is 82.10 with a SD of 27.67 and at 50 Hz it is 66.36 with a SD of 23.18.

The pain threshold of superficial peroneal nerve at 3Hz is 84.52 with a SD of 27.69 and at 50Hz it is 67.20 with a SD of 23.18.

Keywords: sensory threshold, pain threshold.



7) Title: Practice of Relaxation Techniques among Working Women.

Author: Shweta K Nahar(Final Year, MGMCOP)

Supervisor :Dr.Reshma Gurav(PT).

Introduction:

Relaxation techniques are often employed as one element of a wider stress management program & can decrease muscle tension, lower the blood pressure & control heart & breath rates, among other health benefits. Rapid industrialization & urbanization with subsequent rise in standard of living, obesity, stress, sedentary lifestyle, addictions, etc. are posing a growing concern to the health. Working women have to perform dual tasks at working place as well as at home which requires sufficient time & high level of energy. The various household activities, taking care of parents & children, combined with official duties & responsibilities increases not only physical stress but also mental stress.

Aim:To find out the prevalence of relaxation techniques in working women.

Objectives:

- (1) To measure the awareness of relaxation techniques in subjects.
- (2) To find out commonest stress factor amongst them.
- (3) To find out the relaxation techniques practiced by them.
- (4) To find out the commonest factor restricting practice of relaxation.

Methodology:

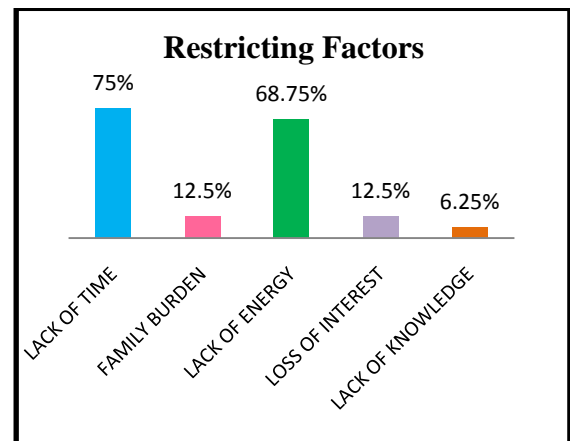
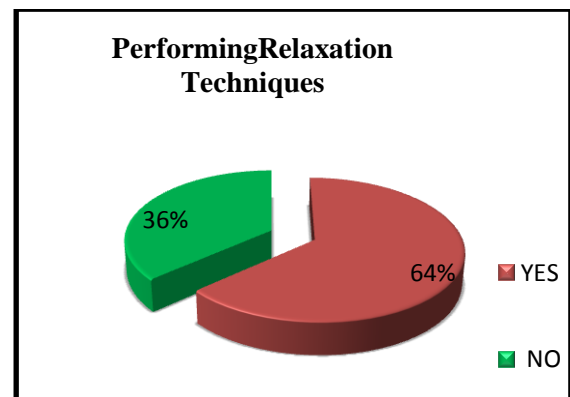
Type of study- Cross-sectional study

Sampling technique- Purposive

Sample size- 70

Result:

The practice of relaxation techniques in the study was 64%, of which majority was practicing yoga (79%) followed by meditation (71%). Majority of women are aware about the relaxation techniques (63%) but in spite of awareness, some are restricted from doing relaxation (36%) due to lack of time which was found the major restricting factor (75%) followed by lack of energy (69%).



Discussion And Conclusion:

In the present study, women with practicing relaxation techniques are more likely indulging in sedentary occupation. Majority were practicing yoga (79%) with majority restricting factor being lack of time (75%). Relaxation techniques are helpful, cost-effective, & are most needed. It is very much advisable to all working women for their well being.

Key Words: Relaxation techniques, working women.

EVENTS



Guest lecture by Dr. Ratish Karna from Princess Margaret Hospital, Nassau, Bahamas on current trends in Hand Therapy was held MGM Physiotherapy Institute on 16th August 2013.



In November 2013, a trek to Sagargadh was conducted by Phoenix Foundation for the physically challenged individuals in which the students of MGM Physiotherapy had volunteered. This trek is annually conducted in the memory of Dr. Arvind Bavdekar.



Every year camp is conducted by Dr. Dhruv Mehta (PT) to Gondhavale where pre and post operative Neurological and orthopedic cases are assessed by the physical therapists of MGM Institute of Health Sciences.



Dr. Neelam Nayak(PT) presented paper on “Does walking capacity and perception of fall Impact activities and participation after stroke?” at World Confederation of Physiotherapy and Asia West Pacific Congress held at Taichung, Taiwan on 5th to 9th September,2013.



Cardio-Pulmonary Physiotherapy Department organized a workshop on “Cardio Pulmonary Assessment and Exercise Training” on 21st and 22nd of March 2014 at specialty Physiotherapy OPD, Vashi MGM Hospital. Special emphasis was given to hand-on fitness testing procedures along with workstation of all Cardio-Thoracic Investigations.



MGM School of Physiotherapy in collaboration with University of Sydney, Australia organized a one day symposium on “Clinical Research Update in Musculoskeletal Pain” on 16th November 2013. Australian experts conducted interactive and hand-on sessions for faculty and post graduate students on 17th November 2013.



On the occasion of International Women Day 8th March 2014, Professor Bharti Bellare, Dr. Jyoti Parle (PT) and Dr. Pothiraj Pillai (PT) conducted a workshop on “Understanding Abdominal Capsule” at MGM Women and Health Care Hospital, Kalamboli.



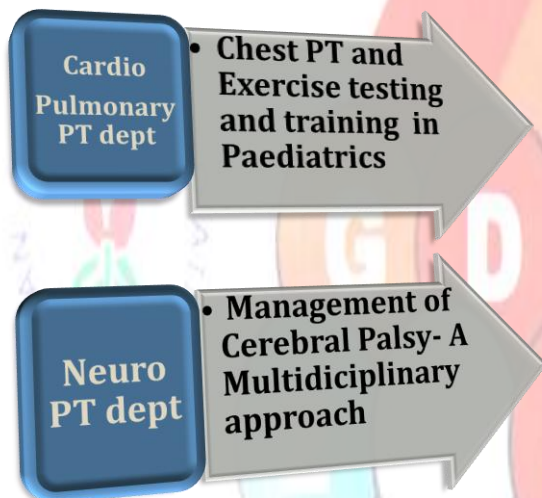
Department of Preventive and Community Physiotherapy organized a general screening camp and focus group discussion for promoting women’s health for local villagers of Navade on 30th July and 29th December 2014



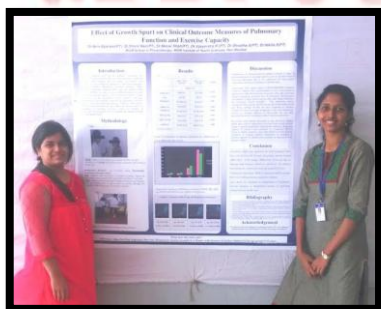
- **Dr.Dhruv Mehta(PT) and Dr.Meruna Bose(PT) attended the 13th Asian Spinal Cord Networks conference from 27th-29th November 2014 at Savar , Dhaka, Bangladesh wherein Dr.Dhruv Mehta(PT) presented a poster on Rebuilding Life: Mobility,Education and Employment –An Empowering Journey of a young rural girl and Dr.Meruna Bose presentated a paper on Energy Expenditure and Propulsion Speed of Wheel chair on different terrains.**
- **Dr. Dhruv Mehta(PT) delivered a guest lecture on ‘Burnt Out Syndrome’ in 8th Indian Association of Cerebral Palsy Conference held at Ahmedabad in December, 2013.**



Mr.Nelson Stovar (President of Emerging Ecology) & Dr. Loven Williams (Professor of Kinesiology, HOD of Sports Sciences, Guildford College) from U.S.A held sessions on “Sports Psychology” on 19th January 2015 at MGMIHS.



AWARDS & Achievements..... !!!



Dr.Shruti Nair(PT) and Dr.Monal Shah(PT) won 2nd prize in poster presentation on "effects of growth spurt on clinical outcome measures of pulmonary function and exercise capacity" under the guidance of Dr. Rajani.M and Dr.Bela.A (PT) in National GDBP Conference organized by Indian Association of Pediatrics-MGMIHS (Pediatric Department) held in MGM Medical College on 6th December,2014.



Miss. Priyanka Burmekar (MPTh Neuro-PT) under the guidance of Dr.Dhruv M.(PT) won 2nd prize in paper presentation on 'Early Detection of Developmental Delay in Preschool Children using DDST-2' in GDBP XIII Conference held on 7th Dec, 2014.



Intern Pranita Dattatraya Ganjave won 3rd prize in paper presentation on 'Prevalence of Back Pain in Post Natal Women' in PHYSIOACCORD 2014 -National Physiotherapy Conference Bangalore on 18th January 2014.



Intern Priyanka Mishra (MGM SOP) stood 2nd in paper presentation on 'Early Detection of Developmental Delay up to 2 Years of Life Using Denver Developmental Screening Test' in Conference held at AIIMS, Delhi in September 2013.



Miss Tanochni Mohanty won 2nd prize in Indian Association of Cerebral Palsy Conference in paper presentation held in Hyderabad on 11th-12th October, 2014.

ACADEMICS AND CULTURAL EVENTS



BBIAP Dance Competition -

10th January 2015

MGM School of
Physiotherapy stood 4th and
MGM College of
Physiotherapy stood 6th among 12
teams in the dance competition.
Also Shruti Kotian (Intern)
won the best female dancer award.

SPORTS EVENTS - OUR STUDENTS PARTICIPATED IN THE FOLLOWING INTER AND INTRA COLLEGE FOOTBALL COMPETITIONS



1. Jan 2014 National Institute of Fashion Technology (NIFT)
2. Feb 2014 Pillai College and Soccer Knockout Challenge (SKC)
3. March 2014 MGM Management College & MGM MBBS
4. Dec 2014 Seth G S Medical College KEM

MAKE YOUR LIFE COUNT!!! !!!!!.....

If only had I known I had the last day to be nice to everyone, I would have wished well to every soul in my life and taken care to not hurt anyone...

If only had I known I wouldn't return home from school, I would have waved goodbye to my parents and sister in place of gifting them my wrath...

If only had I known I won't see my friends tomorrow, I would have shared my stuff with them and played a little more...

If only had I known I had to face the black boots of death, I would have gratified my parent's - teachers and would have learnt a bit more...

But friends!!! You fathom...

You still know you have a **MOMENT...a Moment of Now...**

Can we have this very moment to pledge to do the right in life...
Pledge to be ever grateful....ever helpful...and ever loving to all the souls?

Can we just show some gratitude to our own Life we that we are living in?

Because we have got a gift... That's our very precious Life...

Let's make it Count my friends...Make it count!!!!

In remembrance of all the innocent souls who lost their blooming lives in the hands of faces probably they had never known...to all those angels who succumbed to life's harshness AND.....

'To all those who still have a chance to make their life count'...

Dr.Shruti Nair(PT)

(Dedicated to the students who had to give away their pure lives in the hands of a terrorist attack in Peshawar school on 16th December 2014)

KEEP SHINING

Words they say, will paint my picture,

Pictures hung out helpless on the line

Waiting for you to see, the sorrows that's inside of me

I see a shred of light,

With the eyes no longer colour blind...

Now my deafness they speak in colour,

Colour that my life could not describe

Riding my destiny, with passions that ignited me...

The moment is here, to burn through my fears

Regrets and mistakes seem to all disappear

Picking up the pieces of my life leaving all the shadows out to dry....

I see a shred of light,

With eyes no longer colour blind,

Leaving the darkness all behind.....

- Sana Shahmalak (3rdB.P.Th. COP)

Forgiveness

Let me be stronger than,

The offender in me.

The soaked impression of cruelty,

Cages me not fly free.

There is no apologies,

No obligation from the evil done.

It's me deciding to forgive all,

Who made my life's fun.

The jailed prisoners in my thoughts,

It's time to let them out.

I just want to wave them off,

So my wisdom can gain it's cout.

Forgiving all the prisoners,

And then realizing the prisoner was no-one else but me itself.

Breathing with a peaceful heart,

As am growing eternity in self..

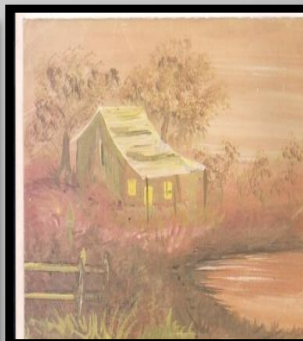
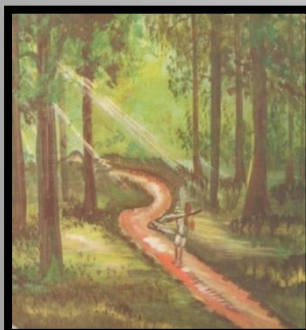
-.Jyoti Vishwakarma (3rdB.P.Th. SOP Part 1)

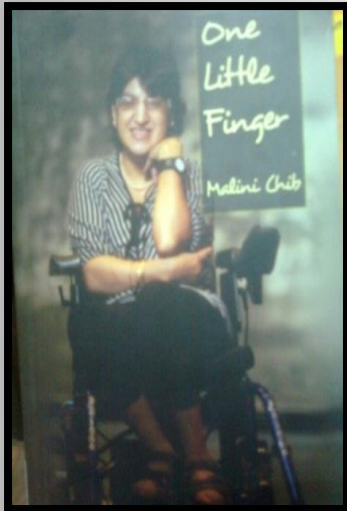
“Mind over matter” – *There may be weakness of muscles, of flesh, stiffness of joints, contractures and deformities but if the inner spirit, the mind remains strong, positive, unscarred, it can transform ones life. One can say YES to life. I CAN AND I WILL with constant care and support of family, friends and health professionals...* DR.Dhruv Mehta (PT)

Vipasha Mehta’s life journey of 4 and half decades is a story of great determination, love and positivity. With tremendous support from family, doctors and therapists, she went on to become the first person in India, who has cerebral palsy, to do her Ph.D. She did her PhD on ‘Idealism, Existentialism and Marxism’ from M.S University Baroda. She studied at Spastic’s Society of India (now called ADAPT) and then did graduation in philosophy at St. Xavier’s College, Mumbai and then M.A in philosophy from M.S University. She has written many poems in English and Gujarati. 2 books of her Gujarati poems have been published. When in India, writing became difficult, she started using head pointer. In Los Angeles she uses a laser pointer for her creative outlet. And assistive technology has helped her to enhance her well-being and quality of life.



Ramakrishna is a remarkable foot artist. He has cerebral palsy, and has now been a foot artist for over 25years. He is a member and paints regularly for the World-Mouth and Foot Painting Association. He has control over his left foot and not so much over rest of the body, so he tried to do things with his foot. He, when 10 years old could move chess coins, make towers of blocks with his foot. He had tremendous support of his family. His uncle encouraged him to paint on egg shells with his foot. He loved colours and began experimenting with them and then never looked back. In 1991 he was elected member of the Association of Mouth and Foot Painters. His favorite theme is landscapes-natures beauty, but occasionally indulges in abstract paintings. He has also been a chief guest at painting events organized by the Indian Academy of cerebral palsy.





MaliniChib

She is CEO of ADAPT-Able disabled all person together. She has two masters degree. Has studied at St. Xavier's College, Mumbai and also in England. She has written her life journey so far in a lovely book 'One little finger', yes she has written the book with her left little finger. She has received National Award for her work for Disability Rights and Advocacy. Currently she works with Tata Consultancy Service at London.

Major H.P.S Ahluwalia

Major Ahluwalia was the youngest person in the army to have climbed Mount Everest. Six months later in the early seventies in war- he had spinal cord injury-tetraplegia. He had treatment in India and intensive treatment at Stoke Mandeville Hospital, United Kingdom. Here he resolved to start on his life's mission to help similarly affected friends by starting a hospital- a centre of excellence when he returns to India.

With help of Indian and Italian government he founded a 150 bed hospital. Indian Spinal Injuries Centre, New Delhi. The hospital is perhaps the only hospital which was conceived and designed by a person with disability. Besides helping people with spinal cord injury-this hospital now provides all medical services and is a teaching institute.

He has received various awards- Padmashri, Padmabhusan, Arjuna award and National Award for best work in field of disability for his humanitarian efforts and tireless services for the welfare of persons with disability.

When on Everest expedition on last leg because of heavy snowfall and bad weather. The team leader said now as our oxygen cylinders are buried in heaps and heaps of snow we have to abandon- we cannot go further. Young Alhuwalia said give us a chance we will dig the cylinders. All said it is impossible, but he pleaded and with help for hours he kept digging and then he writes- our axes hit metal. The cylinders were retrieved and they all went to Everest.

He says "Life is all about conquering the other summit, the **Summit of Mind.**"



- Courtesy; Dr Dhruv Mehta (PT)

ATTITUDE OF GRATITUDE

Cerebral Palsy is not a disease disorder; it is but a condition,

It's not suffering, its life and living,

Days of sadness, days of joy and celebration.

No one is defective, to be pitied or shown veneration,

No one is spastic, ataxic, athetoid, dystonic,

And its multitudes of segregation.

No one is a case, he/she is a person

Human flesh and bone, heart and mind,

That years for dignity, respect, inclusion

And friendship's magic potion.

We medical men know all of levers, nerves,

All about muscles and motion.

With our language do we heal, reach out,

Or we create turmoil and commotion.

She is trainable, he's not, he's educable, she's not.

Let us revere all creation,

Each person is unique, a ray of sunshine,

A beam of moonshine, no one special,

Not a child of greater or lesser God

Let's change mindsets, our notion

We are, because they are

Let's have an attitude of gratitude

Together, we each find our transformation.

-Dr Dhruv Mehta (PT)

5 STAGES TO BE HAPPY IN LIFE....

1st stage: Make it a choice to be happy.

**Happiness is a choice,
It's not an option left for you.
Learn to love yourself flawless,
Excepting the things as there are few.**

2nd stage: Let go the things of past in you.

**Happiness is letting things go,
Nothing stays forever except your soul,
Be ready to pass by many things,
Everything you can't have what you adore.**

3rd stage: Love and pamper your own self first.

**Happiness is loving yourself the most,
You gradually turn to be strong,
Leading the life with contentment,
You will definitely see sadness once gone.**

4th stage: Start being true to yourself...

**Happiness is being true,
Real to the world and yourself,
Smiling affordably and effortlessly,
Will make world a better place for you.**

5th stage: share your smiles with others...

**Happiness is sharing smiles,
Let people around know your happy,
Laugh out loud when you feel,
Thus will you find your own self,
Which was hidden in midst sea**

-Jyoti Vishwakarma (3rdB.P.Th. SOP Part 1)

COLLEGE FRIENDS? NAH!!! IT'S MORE LIKE FRIENDS FOR LIFE.....

Different caste, different religion, different mother tongues, different places; united together by one bench. College friends are the people we interact with in our teenage and early adulthood years; they are also the people who have the greatest impact on us as we take baby steps towards the real world. We spend each and every day sitting with them on that one bench, unknowingly creating innumerable memories, as we crave each other's life, maturing together. Even after years, if we were to ever come back to our class, that one bench will hold the power to make us nostalgic.

The fear of unknown clouded my mind while I took my steps into a class full of strangers. Soon we were fighting over each other's lunch. Sitting together gossiping in the canteen till the sunset, travelling back home after each fest and detention. Sitting through each lecture together, glancing at the clock every 5 minutes. Celebrating every festival irrespective of the religion we follow. Supported each other in every failure, and partying after every success. Birthdays are never dull, even ordinary days turn into special days. We do not pretend to be the people we are not.

Those become friends the chosen family, though we are from completely different backgrounds. These friends not only listen to our dream, they are also the ones who will slap us right in the face with the realities of life. They are also the ones who will hold your hand while we go through the twist and turns in the play of life.

One day as we all sit under the night sky, drinking the cutting chai with conversations starting

with "Remember when" is the time I look forward to. Maybe then we will all be different people having different set of friends and responsibility, but even as each day turns to night and as each day the sunsets the rise of this friendship will not set. You will realize that no matter how many years go by, no matter how long you do not talk to them, the bond made by strong by a million of jokes, a few tears, a billion laughs, a hundred fights, and the countless times spent together does not get washed away by situation or distance.

- Krupa Kadakia (3rd B.P.Th. COP)



ALWAYS REMEMBER

**Always remember to forget,
The things that make u sad.
But never forget to remember,
The things that made u glad.**

**Always remember to forget
The friend that proved untrue.
But don't forget to remember,
Those that have stuck by you.**

**Always remember to forget,
The trouble that have passed away.
But never forget to remember ,
The blessings that some each day.**

**Don't say you are not important,
It's simply isn't true.
The fact that u were born,
Is a proof god has a plan for u.**

**Don't say you are important,
It's simply isn't true.
That all that came before,
Was truly meant to be.**

**God wrote the book that is life,
That's all you need to know.
Each day that u r living,
Was written long ago.**

**AND always remember
The only writes best seller.
So be proud of what you are,
You yourself are very important.**

In this book, YES YOU ARE THE STAR !!

- **Sonali Shenoy (2ndB.P.Th. COP)**

Background image by Mohsina Sakharkar (3rd Year B.P.Th. SOP Part 1)

SHODH - A search for justice.

VANISHING WOMEN OF INDIA

A woman is the noblest creation of God Almighty on this Earth. She adds beauty, grace and charm to every aspect of life. She has been eulogized by the great man of all ages and regions. But the condition of women in general is oppressive. Majority of women still remain poor, deprived and illiterate.

The main cause of India's disappearing women is female infanticide. Prostitution, child rape, incest, custodial rape, abduction, dowry deaths and others are atrocities committed on women. These crimes against women compel the parents to adopt illegal means of infanticide or feticide. It is due to these crimes that the sex balance ratio i.e. Men to Women ratio is fairly disturbed. This crime was prevalent in Rajasthan. The Government has enacted some laws to ban these crimes to improve the sex ratio on plea that a woman is so many things to so many people. For e.g.: The darling doll of her parents and grandparents, a loving affectionate sister of her siblings, an object of passion for husband or lover, an obedient and devoted daughter-in-law to her in-laws and an object of jealousy to her peers. It is because of all this it has been said that a woman and a cherry are painted for their own charm.

Female infanticide is still widely practiced. Young brides are kept like hostages at the houses of their husbands and are held ransom for extracting more and more dowry. They stay at home dominated by men. Considering all these crimes against the best creation of God, parents kill her while in her mother's womb itself or during the stage of infancy. In a country where we revere female Goddess, should all these things happen?? I oppose it. What about you?

- Jayesh Bellara(3rdB.P.Th. SOP Part 1)

Background image by Kanishtha Kumar (3rd B.P.Th. Part 2)

ROCK MUSIC: A SHORT HISTORY

“The music is synonymous of freedom, of playing what you want and like you want, whenever it is good and has passion; the music must be the food of love.” Kurt Cobain, Nirvana.

Rock music, and in fact all modern music, share roots that can be traced back to the late 1800's to rhythmic African backgrounds. Eventually this music became recognized as the blues evolving into jazz and later rhythm and blues. Later other white people took the blues and added a western twang to the sound and created Country, which also continued to evolve.

The 1950s bring the birth of Rock 'n roll with rhythm and blues, country and gospel music fusing together in Rock 'n Roll, Doo Wop, Rockabilly and the beginnings of Soul. Pioneering rock music artists like Elvis Presley, Little Richard, Chuck Berry, The Everly Brothers and many more take the rock music sound and influence worldwide. Chuck Berry was hailed as the pioneer of rock music. The British invasion gave rock and roll a huge push forward with groups such as the Beatles and the Tornadoes which later led to groups like the Rolling Stones.

In the 1960s rock music takes over the pop charts of both sides of Atlantic for the first time. A wide variety of new rock genres emerge, including surf music, folk music and motown. Groups like the Supremes, The Temptations, The Beach Boys, The Beatles, The Byrds, The Rolling Stones, The Doors, The Grateful Dead, Led Zeppelin and solo artists Dick Dale, Bob Dylan, and Jimi Hendrix were successful.

Country rock became one of the fads of the 70s, yielding successful bands such as the Eagles. Reggae became a mainstream genre thanks to Bob Marley. Led Zeppelin gave rock a darker, heavier tone, becoming one of the '70s most popular bands and helping to kick-start a new genre known as hard rock or heavy metal which soon became a genre of its own with bands like Blue Oyster Cult, Kiss, Aerosmith, AC/DC, The Scorpions, Rush, Journey, Van Halen etc. The bands that created heavy metal developed a thick, massive sound, characterized by amplified distortion, extended guitar solos, emphatic beats, and overall loudness. Around the same time, Pink Floyd added psychedelic elements and complex arrangements, creating albums tied together by a single theme and meant to be absorbed in a single sitting. Records like Dark Side of the Moon were credited with spawning the progressive rock movement. Then there was punk rock groups include Sex Pistols and The Clash. Punk bands created fast, hard-edged music, typically with short songs, stripped-down instrumentation, and often political, anti-establishment lyrics.

MTV, premiering in 1981, gave bands and artists greater exposure for their music in a greater and more widely popular medium. The first video ever played on MTV was aptly titled “Video Killed the Radio Star” by the Buggles. New wave and Synthpop came about in the 80's held on to many of the attributes of the popular punk rock genre. The new wave and synthpop forms were meant to be anti-corporation in a more experimental sense, both melodically and lyrically. Bands like The Police, the B-52's, and Duran Duran are recognizable names that fit into this category. It was also an era of a genre deemed Glam rock. This included bands like Motley Crue, Poison, Van Halen, DefLeppard, Aerosmith, Bon Jovi, Guns 'n Roses and other bands

that were known for wild hair, tons of hairspray, and flashy stage outfits. The 1980s also saw the formation of a harder type of rock and metal, called Thrash metal. Bands like Metallica, Megadeth, and Slayer created electrifying guitar riffs and head banging beats that could only be enjoyed at maximum volume. In 1989 National Academy of Recording Arts and Sciences of the United States introduced a Grammy nomination for Best Hard Rock/Metal Performance (Vocal or Instrumental) and JethroTull was given that award for the album *Crest of a Knave*. Later the Academy created the categories Best Hard Rock Performance and Best Metal Performance, separating the genres.

The Nineties were the decade of intellectual rock, when no song could be just a melody and a rhythm but had to be all twisted and deranged. Alternative rock and musicians who are experimenting with music are norm. Along with Nirvana many other Grunge metal, a sub-genre of alternative rock came up like Pearl Jam, Soundgarden, Alice in Chains, Stone Temple Pilots to name a few. It was also an era witnessed the emergence of many subgenres of heavy metal such as Alternative metal, Black metal, Cello metal, Christian metal, Dark metal, Death metal, Doom metal, Industrial metal, Folk metal etc.

2000s saw many bands creating high quality music, as computer technology became more accessible and music software advanced and reaching wider audience via the expanding internet. The era saw bands like Opeth and Tool experimenting by mixing metal and progressive rock and gaining critical acclaim. The decade also saw the rock trend spread to female musicians with successful acts like Avril Lavigne, Alanis Morissette, Hilary Duff, and Demi Lovato to name a few. In the last decade rock music and its subgenres gained more acceptances internationally. Popular Rock music since the early 2010s has become softer and more refined, such as Indie rock. Many myths and misjudgements shrouding the metal scene understood which added to its popularity. (Some of the myths about this music will be discussed later in this space).

The international scene

Mentioning about rock and metal scene of entire globe is not possible within this premise but some scenes are worth mentioning. Like Germany, where there are bands like Ramstein, singing in German are revered dear around the world and Japanese rock music scene, today widely known as J-Rock having their own Japanese language bands. No rock and metal music history is complete without Swedish metal or Scandinavian metal. The Swedish scene which gained international popularity in the '90s holds the credit for creating Gothenbergh sound, also known as Melodic death metal or Melodeath.

In India Indus Creed/Rock Machine in 1988 released their first hugely successful album, *Rock'n'Roll Renegade* which was India's first all-original rock album and in 1989 the state of Kerala gave India one of the first and successful rock bands ever 13 A.D with their hit single *Ground Zero*. The 1990s saw the rise of a much larger following of various harder styles of rock and metal in India. In 1993, Amit Saigal (1965 – 2012), often referred to as 'papa rock' announced the launch of Rock Street Journal, dedicated to original Indian music, and began the Great Indian Rock festival in 1997. Currently Indian rock scene is influenced by the likes of international acts like Tool, Dream Theater, Opeth and others. Independent bands like Kochi based Motherjane typifies bands producing Indian fusion, Kerala bands like Avial and Thaikkudam Bridge singing Malayalam Rock, Demonic Resurrection, Them Clones, Menwhopause, Acrid Semblence for Indian Extreme metal, Singapore based Indian band Rudra inventing Vedic metal genre are few examples explaining vibrant

Indian Rock/ Metal scene. The Rock Bands of Northeast India are very rich in various styles of rock music, from soft rock and roll and rock pop, to hard rock and metal. Shillong is well known as the Rock Capital of India for its best rock bands and famous Hornbill National Rock Contest.

About Myths

Even though people across the world have enjoyed Metal and its many subgenres for over 50 years there are so many misjudgments popped up which typifies both the performers and listeners of this style of music. So I believe it is important to let people know how misunderstood the music really is.

The Myth 1: The music is called "Heavy Metal".

Fact: All rock music is not Heavy Metal. It is one of the subgenre of Metal which is an extension of Rock music.

The Myth 2: Metal musicians are uneducated and uncultured

Fact: A rather common myth! Most people think that metal-lyrics are stupid and worthless. Not true! In reality, most metal musicians are highly intelligent, focused people who are multi talented musician, singer and songwriters capable of writing piercing, deep and meaningful lyrics and are also capable of composing great music. There are PhD holders, medical doctors, Engineers, scientists, actors who are serious in music too.

The Myth 3: Metal music is antisocial and counterculture

Fact: As against this popular believe the theme varies from history, fiction, poetry, teenage life etc. to social, environmental, political, religious issues. For some bands the themes of darkness, evil, power and apocalypse are language components for addressing the reality of life's problems whereas some others make a direct approach.

The Myth 4: All metal is satanic and against religion

Fact: This Satanic imagery came courtesy to some bands like Black Sabbath and Alice Cooper whose live shows known to feature horror and fantasy themes. These acts stereotyped metal scenario as satanic and antireligion. Album covers also contributed to this belief, though seldom exceeding the music in priority. Yes, some rock and heavy metal bands are satanic. But certainly not all of it. There are also lots of Christian metal bands too. Before jumping into a conclusion one should understand that like everything else, there is good and bad in music also.

That's all folks. Happy listening....



- Dr.Sreeraj S R (PT)

5 reasons to know Why We Do What We Do

Why does a person sacrifice his own needs for someone else's needs? How is he able to balance his needs and motives? What creates an individual to be idolized by many? What is the force that drives you ahead in your life? Here is a philosophical question which many seek an answer to: Why do we do what we do? So let's try to analyze and answer this question for one and all.

Need of an individual

"We all Wander for Distraction but Travel for Fulfillment"-Hillarie Belloc.

First and foremost, it is the need of a human being that drives him to do something. Be it bread, clothing, shelter or be it achieving a godly status in the eyes of the commoner, a need to do something in life is very important in determining the deeds of a person.

We all have different needs and we all crave for a certain level of assurance in our lives; assurances which avoid pain and help us gain contentment. Everyone requires different level of surety in life.

Another factor which comes hand in hand with the 'needs' is 'change'. Something which spices up our life and makes it intriguing. It is the surprises which are thrown at us which make life exciting. After this we all want to be felt exceptional, unique, needed and special by others. You cannot always get what you want but if you try, you might get what you need. All our actions are just an expression of our needs and with proper decision making we can collectively reach towards more needs.

Emotions: I believe that the invisible force which shapes and drives our action, our quality of life and ultimately our destiny, is emotion. Emotion is that internal force which most of us experience and respond to. The emotions could attract us to do something or in many cases repel. The feeling of 'excitement' urges us to go for action while that of 'shame' asks us to avoid the same. Usually a person is driven by self-interest but there many instances when these emotions play a significant role in changing the outcome. Sometimes these emotions make us do something which we never think of doing nor intend to.

Hunger: There are two kinds of people we meet in our lives. First kinds are the ones who have all the resources available to them right from birth. Money rains down on them and they never feel the necessity to lift a finger. Other kinds are the ones who are born in abject poverty. They have no resources and no means of living a blissful life. The former lack hunger in their actions. They feel it pointless to work hard towards achieving something. They rarely make their mark in the society. On the flip side, the wretched beings work assiduously to make a name for them. They have the hunger to turn an obstacle into an opportunity and this is the basic motive for why they do what they do.

Resourcefulness: As stated above, not everyone is born with resources. It is the hunger which determines how one uses his resources to leave an imprint on the sands of time. There are many who lose hope and cry when they do not have the means to achieve significant. But there many who seek to see the glass as half full. This optimism drives them to take an action which helps them achieve many things in life. If you want to fulfill your dreams, you got to be resourceful enough to make sure you can do it. It is not always that the most resourceful individual will win. It is also not necessary that one should possess all the resources. It's more important as to how one uses the resources available to him or her in the most efficient way.

What you allow is what you will have to continue, so try making efficient decisions in life which will help you make an imprint in the society.

Life is sui generis so be yourself in a world that is constantly trying to make you something.

-Hemant Kandoi (1stB.P.Th. COP)

NEWBIE

I almost rolled my eyes at the little scoots the aunties gave to the girl who wanted to sit. Well, the tragedies of the fourth seat! The people who travelled by the Mumbai locals knew it well. For me this had become a common site for in the past 3 months of my newly travelling to my college. In my initial years of education my school and junior college was a walking distance from my place. So I was quite a walker but never the one to travel by public transports alone that saying they confused me I didn't know which station was on which line or which bus travelled by which route. The college was in the outskirts of Mumbai. The place lacked exclusivity of Mumbai. It was almost like a different world together. I wasn't used to free road at the most. Trains fascinated me. Mumbai trains were a thing in itself. First few visits to college I wondered how people would doze off with all the chatter, the gossips going around and the Vashi Bridge. Then I realized that sleep wins over everything in a student's life. It was almost always irrelevant whether it was a long or a scanty one. Its forthcoming nature always frowned upon by the teachers. I remember the first days, the confusion, the curiosity, the senior's looks at our messed up states. The course was quite demanding hence the system was new to us. Well I learned the thing which everybody looked forward to after coming to college was "sign out". The exploration of the campus took us a few days because it was big due to various types of colleges in the same place. The friends were new, different and yet so similar. They were from different parts of the cities unlike the previous local ones. Every outing took planned efforts from train to everyone's schedule, with those discovering new places. Well considering we had almost 5 years together we all would discover various new places amidst of that some of us discovering bigger things and if not there were always new places to start with. With that kudos to us!

-Harshada Rawale (1stB.P.Th. COP)

CLOSE YOUR EYES AND FOCUS

Six reasons why meditation is good for you:

1. It increases your intelligence.

Research shows that people who meditate have thicker grey matter than those who don't.

2. It can help you stay warm.

A study has showed that Tibetan monks could increase their body temperature by meditating.

3. It can help you recover lost memories.

When you are first learning to meditate, it takes a while for your mind to calm down enough to actually enter a stage of mindfulness. At this moment, interesting things can surface.

4. It can help you day dream.

It is true day dreaming is important for your mental health. It is creative. It triggers great and unexpected ideas.

5. It can help you sleep.

Meditation calms the mind and is considered a good treatment for insomnia. And we know how important sleep is for us...it's like being on a vacation .It produces deep sensation of relaxation.

- Richa Dharod(3rd year B.P.T COP)

Only Money Matters?!!

Money... one of the basic needs of life... at least considered to be so! Have we ever thought why we give money so much importance? Of course it is something important but the question is, is it the most important? Is there nothing above money in life? And we make it so much a priority that all our actions are influenced only with the goal to acquire more and more money!

How do our minds get filled with so many thoughts about money? Is it our upbringing? When we start going to school our parents tell us we need study well (not get educated) so that we have a good future. What do they mean by a 'good future'? Is it a job that will help us make a 'good fortune'? I don't say they are wrong; obviously we need to learn to earn. But can't children be taught the importance of knowledge and learning? And then let them understand the role of knowledge in getting a good satisfying job... When the child is all set to choose a stream for oneself, again, the most lucrative stream is hunted for! Will the child ever be happy with the money he earns by doing something he doesn't like doing? After this, it's that distinction between needs and wants that's never taught to a child. If that's done, then probably people will stop running behind money and be happy with small pleasures in life.

Money is definitely important to live a good life, to have a good standard of living, and to enjoy the pleasures of life. But the problem with us is that we run behind money and don't care about the journey that helps us get there. Isn't it important to study all the chapters in your medicine text book before giving an exam or its just to clear the exam??!! We all together forget the real reason of taking up the course which is to gain knowledge! Everyone wants to be placed in big companies and get lavish packages even before appearing for the final year engineering exams, do they think that knowing every code of the text book or every circuit in the lab was important? Who thinks like this today? It's all about reaching the end in whatever way possible and then start thinking about happiness. It's the path that's more important than the final destination.

Make money, for sure, using the right methods, and use it wisely too. Don't let money make you what you are. Work hard and probably be rewarded by money, don't make yourself a slave to earn that money. Isn't having dinner with your kids more important than the dinner meeting in office? Going to meet your old mother once a week gives more happiness than an official trip out of town. Surprising your spouse by coming home early from work once a while is anytime more worthy than waiting back in the office beyond office hours every day to finish pending work.

It's not about being irresponsible or not doing your work properly. It's about striking that balance between making money and everything else in life. Its about being able to enjoy the hard earned money than hardly enjoy your life because you are so busy earning!

Let money be there in life, not life for money. Enjoy those special moments in life that money can't buy for you. The day you leave this world, people may not know what your account balance is, but they would definitely know how much time you have spent with them. Leave people with memories of you to cherish, not the money that they won't even know the value of. Think about this, think about what you actually want in life, think about what will make you 0happy! M sure money won't be the first thing that comes to your mind.

Happy earning!

-Aishwarya Bajaj (4thB.P.Th. COP)

A DREAM WITH A MESSAGE

Dreams they say pave the way towards personification of subconscious thoughts and also help in achieving a higher magnitude of success. The people who can merge reality with their subconscious world are the ones who reach the zenith and turn out to be epitomes of their field.

Life they say is a movie and many moments are worth capturing. Imagine a Magical desert and the shine of the sunset. Well, 10 January 2015, I had a dream with the mentioned scenario. The frosty desert, vast, with a beautiful theme of bright colours. And I was busy taking pictures all over. It was similar to the scenery drawings I used to draw when I was a kid. Between the two short hills and beautiful sunset between at the point of intersection of the hill. While photography I was unknowingly going towards left.. And wow! Desert floor turns emerald. Just like those beautiful desert images in the magazine. I was working with my female partner and suddenly to unknown ladies appear. They started conversing with my better half. They suggested her to observe the sunset now moving towards in the right direction. We followed as advice . And Oh My God! I had different experience altogether. There were blue shades all over. The sun appeared white and the floor zebra stripped with light bluish green tinge. It was miraculous. A little more right and incredible. It was impeccable glowing blue as sea with deep orange Rays mixing up with some white layers just formed above the floor. This was unbelievable. I quickly turned towards that unknown ladies. Disappeared. I had no words left to describe the situation I was in. I photographed all the amazing scenes from different angles from left to right.

Back in my city I showed all the photos to others. And this is not possible!! They couldn't spot the difference and all photos appeared same... I was so shocked that the bubble of my dream was poked. N I was out of it. In reality, I was thinking on my dream the whole day..Just trying to understand it. And yes I realized that it was not just a dream. It was dream with a message. When I compared it with a real life situation it perfectly coincided. When there is bad situation in front of us, somebody does wrong with us, that it should not have happened. We see the situation through a negative glass, or wrong angle. What we have to do is to change our vision. Look the situation with a different aspect. Different angle, other direction, Wonders can happen. The result changes. Positive colours are seen and different reaction is given to it. Widening your horizon is the first step towards acceptance of divergent opinions. Ending with one example. Humans always interprets thing on their intelligence and the way they look at the situation. Peacock dances when it rains while on the other hand cuckoo cries. Same situation , different ways to interpret. Speakers true meaning n message can be understand by only intelligent person. That's the reason why there is sin all over.

-Viral Sarvaiya (1stB.P.Th SOP part 1)



*Niramayee .P
(III BPTĥ-COP)*



Aniket Govekar (II BPTĥ - SOP)



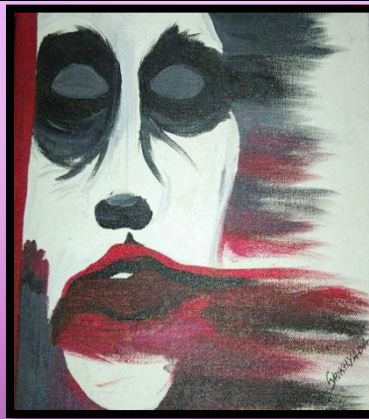
Harshada .D (II BPTĥ COP)



Krupa Mehta (II BPTĥ-COP)



Krupa.K (III BPTĥ-COP)



Saukhyada .P (IIBPTĥ-COP)



Soniya.C (III BPTĥ-COP)

A PATIENT'S ADVICE

Dear all, Advice from a patient
This may be a normal day at work for you;
But its a big day in my life.

The look on your face and the tone of your
voice,
Can change the entire view of my world.

Remember, I am not usually this needy or
scared;
I'm here because I trust you, help me stay confident.

I may look like I'm out of it;
But I can hear your conversations. I am not used to being naked around strangers; KEEP THAT IN
MIND!

I'm impatient because I want to get the heck out of here.
Nothing personal.

I don't speak your language well,
You're going to do what to my what?

I may only be here for four sessions,
But I'm going to remember you for the rest of my life. Your PATIENTS need your PATIENCE! :)

-Gunjan Jain (3rdB.P.Th. SOP Part 1)

I, the Omelette.

Just an average girl who always wore a smile, happy for a short while,
Now she's older, things are getting colder,
Life's not what she thought, wished someone would have told her.
She kept it in on the inside, she told it was alright but was telling white lies, look at her dull eyes,
She cried every night but felt no chance of feeling alright,
Summer came by, and all she wore was long sleeves, 'cause those wrists were bleeding for you to
see,
Didn't think her soul would fit, everyone seemed to miss it,
She carried on like a soldier, bleeding from every cut which made her bolder,
Those cuts were no mistake but no one cared enough to save her from self hate,
She exactly knew what to do next, be it for the heck, tie a rope around her neck,
She wrote a letter hands shaking wild, 'Look at me now, are you proud of your precious child',
But the parents weren't to blame; it's the world, who should bow down in shame,
Stood up on the chair looking at the moon, thinking it will be over soon,
The chair fell down as she took her last breath; it's all over, now she is greeting death,
The note said, "I'm sorry Mum; the world is not my place,
I tried a lot to fit in, but this place is full of sin, I'm just a waste of space, maybe i was misplaced,
I can't deal with the pain, I'm not a fighter, and I wouldn't make it through even if I would hug my pillow
tighter,
In a year, you'll forget I'm gone, I'm not something you can dwell on,
Just remember that you meant everything to me, And to my heart you were the only one who held the
key,
Now it's time to leave, Yes lost my fight but you hold on tight."

-Umran Sayed (2ndB.P.Th. COP)



Sardar Vallabhbhai Patel

The iron man of India, Sardar Vallabhbhai Patel was born on October 31, 1875 in Gujarat to Zaverbhai and Zadbai. From his childhood itself, Patel was a very hard working individual, wise and an intelligent student. He completed his high school studies even in poor financial conditions. He went to England to study law. He was a strong opponent of British Government and its law and therefore had decided not to work for the British.

Starting his practice in Ahmadabad he became aware of the local life, activities and people's problems. He became a very popular figure and got elected in Municipal Corporation in 1917. Astonished by Gandhiji's Swadishi Movement, he started actively participating in the freedom movement.

The British Government's atrocities were increasing. The government declared to confiscate all the lands of farmers. He forced the British Government to amend the rules. The British insisted on collecting from farmers when there was a flood in kaira, Sardar Vallabhbhai Patel led a massive "NO TAX CAMPAIGN" that urged farmers not to pay taxes. His efforts to bring together the farmers of his area bought him the title of 'Sardar' to his name.

In 1930, he was imprisoned for participating in the Salt March. His inspiring speeches during the Salt March transformed lives of numerous people who later played a major role in making the movement successful.

He was freed in 1931 after a treaty called Gandhi -Irwin Pact and the same year He was elected as the President of Indian National Congress Party for its Karachi Session.

Sardar Vallabhbhai Patel led All India elections campaign although he was not contesting it. The British Government considered him as threat and his lectures were considered anti-government. With great wisdom and political foresight, he consolidated the small kingdoms. He tackled the Nizam of Hyderabad and the Nawab of Junagarh who initially were not ready to be a part of India. His untiring efforts towards unity of country bought success. Hence was titled "Iron Man of India ". His enthusiasm got a big jolt when Gandhiji was murdered. Being attached closely to Gandhiji, considering him his elder brother, teacher, Gandhiji's death left him broken.

On 15th December, 1950 he died of a cardiac arrest. The entire nation plunged into deep sorrow; everyday life came to a standstill. A grateful nation paid a tearful homage to its beloved leader. In 1991 he was honored with Bharat Ratna.

He was one of the greatest social leaders of India. Vallabhbhai Patel showed defiance of oppressed, a trial lawyer's brilliance, the daring to give up a flourishing career, the discipline of a soldier in freedom's battle, the strategies of a General, indifference as a prisoner of the Raj, the generosity of strong, the firmness of a patriot and the foresightedness of a statesman. If times are depressing or daunting, Sardar Patel reminds of India's and Indian's potential. Where in good times, we can think of him with glad gratitude.

- Aarohi Joshi (1stB.P.Th.SOP Part 2)

{1st Prize winning Essay in an Intra college event held on the eve of 'UNITY DAY'}

Tribute to Rajan Deshpande (Mouth Painter)

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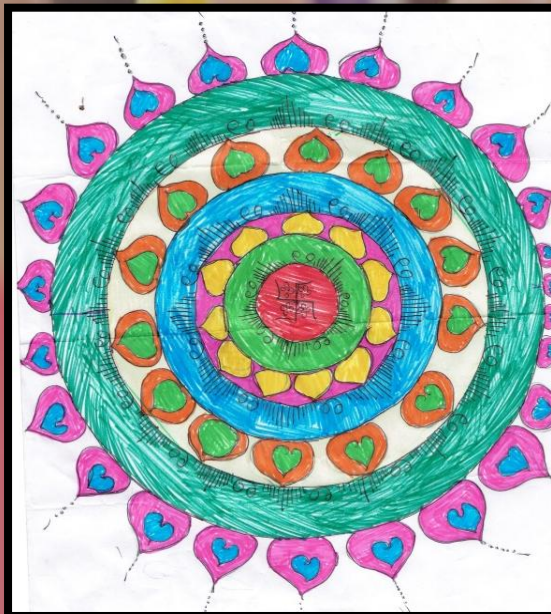
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Contribution From Chikhale School Students



MGM School of Physiotherapy would like to sincerely gratify the efforts and support shown by the students and faculty of Chikhale School for their untiring dedication towards our services. Also we would like to acknowledge the background of previous page (mouth painting) which is painted by Rajan.Deshpande.

DUSSERA CELEBRATION (2013-14)



Sports Day-It Never Gets Easier You Just Get Better.



Tug of war 1st place winners



1st place winners for relay



Sports committee



Dodge Ball Winners



100m girl's race



3-legged race



Championship Trophy 1st Year Part 2

Cultural Events-

A Confluence of tradition and art Cultural Events



Noodle Time



Yummy Yummy!!!



Foodies

*Mgm Chef,
Teachers
Live At Heart !!*



Dancing Stars



Singing with Love



Mickey Time at stalls



Pot Painting

Background image by Anjali Kale(1stB.P.TH Part 2)

Academic Events- Where knowledge is tested and applied with humor and fun !!!!



Debate judges



Debate Winner



Drama Queens



Winners Of Quiz-3rd Year BPTd



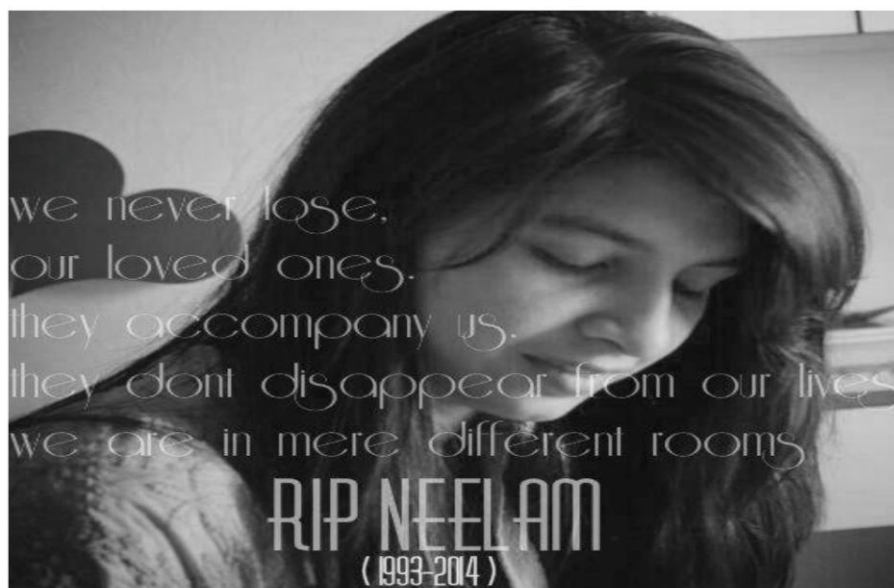
Argumentative Madness

And here comes the most awaited occasion -

Annual Day 2013

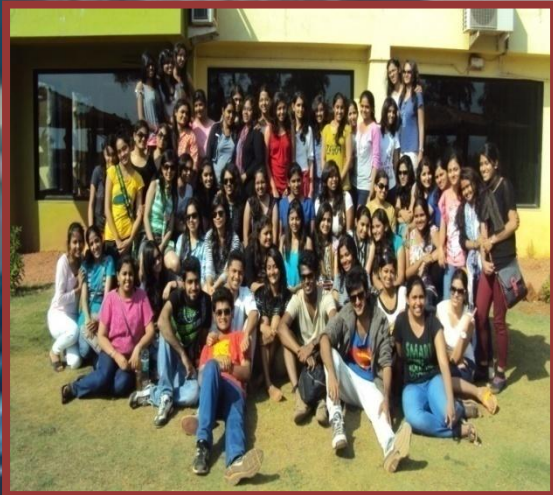


SOME MEMORIES AND FRIENDSHIPS THAT
WILL LAST FOREVER.....



Camp/Picnic 2013-2014

A day of adventure...filled with joy and excitement
with friends... to Dapoli (13th February 2014)



*MGM Staff Picnic 2013 - Sajjan Nature Club, Jawahar.....Nature @ its
Best...serene &tranquil. ☺*



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FRONT PAGE : Designed by Swapnil

BACK PAGE: Designed by AniketGovekar

Tiket

