



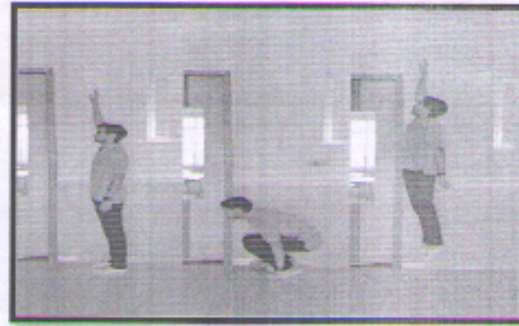
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Sector-1, Kamothe, Navi Mumbai – 410209

BPT Internship Project Report Summary

Project title	Effect Of 12 Weeks "RAMP" Warm Up Protocol On Functional Fitness In Recreational Football Players.
Name of Guide	Dr.RuturaJ Shete (PT)
Name of candidate/s	Mr Niraj Rao Miss Roma Ravalija Miss Taruna Rupchandani Miss Jayati Sampat
Duration of project	6 Months
Approval date	19 th October, 2019
Submission date	21 st March, 2020
Project Summary	
Purpose	Devise a protocol to maximise player's performance by use of effective and efficient warm up and there is paucity of literature on effectiveness and efficiency of RAMP PROTOCOL as a warm up protocol.
Objectives	To study the effect of RAMP warm-up protocol on flexibility, endurance, agility, strength and power. To study the effect of conventional warm-up protocol on flexibility, endurance, agility, strength and power. To study the effect of RAMP warm-up protocol versus conventional warm-up protocol on the functional variables.
Methods	The study included 60 recreational football players (age 18-28yrs). Experimental Group -[n=30], Control Group -[n=30] RAMP WARM UP PROTOCOL: RAISE- This phase last for 5 minutes and included jog and ball pass which was done for 3 minutes and 2 minutes respectively. This phase was followed by a rest pause which last for 2 minutes. ACTIVATE AND MOBILIZE – This phase last for 6 minutes and included leg swings, lunges and squats which were done for 2 minutes each. This phase was also followed by rest pause which last for about 2 minutes. POTENTIATE – This phase last for 10 minutes which included unilateral and bilateral jumps and reactive agility drills which were done for 6 minutes and 4 minutes respectively. Conventional Warm-up comprised of: 1. Straight Leg March- Swing one leg forward until a slight stretch is felt in the hamstrings. 2. Butt Kicks- Butt kickers involve kicking your shins back behind you to touch your buttocks with the bottom of your foot. 3. Carioca- The carioca drill is a cross-stepping movement that propels the body laterally. 4. Reverse Lunge with Twist- It includes placing one foot backward while

	<p>lowering your hips so the front knee bends to 90 degrees and the back knee grazes the floor.</p> <p>5. Power Shuffle-</p> <p>6. Jogging with Squats- This primarily strengthens the hamstrings, hips, quadriceps, and gluteus.</p> <p>7. High Knees- Drive the right knee up to meet the right hand, bring the same leg back to the ground immediately bring the left knee coming up to meet the left hand.</p>
Results	<p>No significant difference was noted between the groups with respect to age (p=0.15), Height(p=0.72), Weight(p=0.23) and BMI(p=0.24). Significant improvement in all four functional parameters in participants of Group A as well as Group B.</p> <p>Significant increase in flexibility seen in Sit and Reach Test: Group A {1.93(±1.48), p=0.002} and Group B {1.75(±1.08), p=0.003}.</p>
Conclusion	<p>From the study we can conclude that RAMP Warm-Up Protocol had a better effect on the flexibility, strength and power, agility and endurance of recreational football players in comparison to conventional (dynamic) warm-up protocol.</p>

Photographs:



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BPT Coordinator

Internship Coordinator





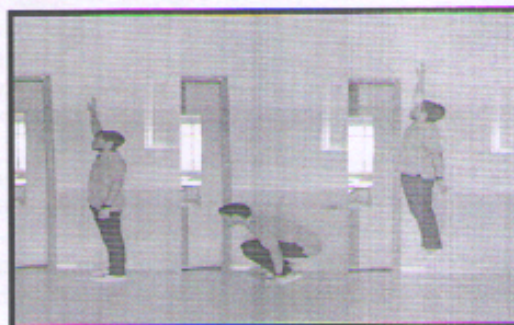
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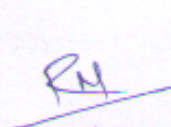
BPT Internship Project Report Summary

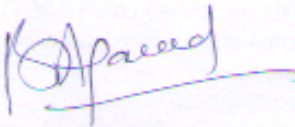
Project title	Effect of 12 Weeks of Zumba Fitness as Warm-Up Protocol for Recreational Football Players
Name of Guide	Dr Raturaj Shete (PT)
Name of candidate/s	Miss Harshika Sapkal Miss Inndrani Sarode Miss Krupa Shah Miss Shreya Shah
Duration of project	6 Months
Approval date	19 th October, 2019
Submission date	21 st March, 2020
Project Summary	
Purpose	Devise a protocol to maximise player's performance by use of effective and efficient warm up and there is paucity of literature on effectiveness and efficiency of Zumba Fitness as a warm up protocol.
Objectives	1. To study the effect of Zumba as a warm-up protocol on flexibility, strength, muscle endurance and aerobic capacity 2. To study the effect of conventional warm-up. 3. To study the effect of Zumba as a warm-up protocol v/s conventional warm-up.
Methods	The study included 60 football players (age 18-28yrs) They were divided into 2 groups: Group A: Zumba Fitness as warm up protocol (30 football players) and Group B: Conventional warm up protocol (30 football players). Exercises were done for 30 minutes 2 times/week for 12 weeks for Group A .Group B performed each exercise which consisted of 2 sets of 20 seconds with a rest interval of 10 seconds between the sets. Zumba comprised of 4 main rhythms: 1) Merengue: It is a faster pace rhythm, about 120 to 160 beat per minute. (marching beat) 2) Salsa: It is a relatively medium or slow paced rhythm, comprising of movements which concentrate on the obliques and help improve co ordination 3) Cumbia- The beat rhythm alternates between hard and soft. A medium paced rhythm which helps to strengthen the core muscles. 4) Reggaeton- This rhythm has a heavy bass drum beat. Helps to strengthen and stretch the muscles of the lower limb. Conventional Warm-up comprised of: 1. Straight Leg March- Swing one leg forward until a slight stretch is felt in the

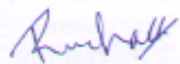
	<p>hamstrings.</p> <p>2. Butt Kicks- Butt kickers involve kicking your shins back behind you to touch your buttocks with the bottom of your foot.</p> <p>3. Carioca- The carioca drill is a cross-stepping movement that propels the body laterally.</p> <p>4. Reverse Lunge with Twist- It includes placing one foot backward while lowering your hips so the front knee bends to 90 degrees and the back knee grazes the floor.</p> <p>5. Power Shuffle- step slide</p> <p>6. Jogging with Squats- This primarily strengthens the hamstrings, hips, quadriceps, and <u>gluteus</u>.</p> <p>7. High Knees- Drive the right knee up to meet the right hand, bring the same leg back to the ground immediately bring the left knee coming up to meet the left hand.</p>
Results	Group A showed a significant increase in Weight, BMI, Sit and Reach test, Vertical Jump Test, T-Test and Hoff Test. Group B showed significant increase in Weight, BMI and Vertical Jump Test. Significant improvement was seen in Weight, BMI, Sit and Reach test, Vertical Jump Test, T- test and Hoff Test in Group A in comparison to Group B.
Conclusion	From the study we can conclude that Zumba Fitness as a warm-up protocol is more effective than conventional warm-up protocol in terms of BMI, Flexibility, Leg Muscle Power, Muscle Endurance and Agility of the recreational football players.

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BPT Internship Project Report Summary

Project title	Assessment of cardiovascular endurance of stroke patients using 6 Minute Walk Test
Name and signature of Guide	Dr. Bela Agarwal (PT)
Name and signature of Co-Guide	Dr. Hiranmayee Bagwe (PT)
Name and signature of candidate/s	Ms. Aakanksha Pednekar Ms. Sejal Potnis Ms. Sukruti Pillai Ms. Priyadarshani Palani
Duration of project	6 months
Approval date	19.10.2019
Submission date	21.03.2020

Project Summary

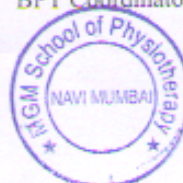
Purpose	1.1 To find out if there is improvement in endurance with reduction in neurological impairments like motor activity, gait and balance. 1.2 To find out if there is a need to emphasize on cardiovascular endurance training in adjunct with neurological rehabilitation of stroke patients.
Objectives	To assess changes in cardiovascular endurance in young and old stroke patients using six minute walk test post routine conventional physiotherapeutic treatment To assess changes in neurological impairments in young and old stroke patients using Stroke Rehabilitation Assessment of Movement (S.T.R.E.A.M), Dynamic Gait Index (DGI) and Berg's Balance Scale (BBS). To co-relate six minute walk distance with neurological impairments in young and old stroke patients.
Methods	Descriptive study. Convenient sampling. 48 (Young stroke – 13, Old Stroke – 31). Study duration was 6 weeks. 4 dropouts were noted. Outcomes measures – 6MWT, Stroke Rehabilitation Assessment of Movement (S.T.R.E.A.M), Berg's Balance Scale (BBS), Dynamic Gait Index (DGI)
Results	Mean for gait in old stroke patients on day 1, after 3 rd week and after 6 th week were 15.16 ± 3.99, 16.87 ± 3.11 and 17.87 ± 3.05 respectively. In case of old stroke patients (n = 31), the total scores for balance, gait, motor activity along with 6-minute walk distance were assessed. Mean for balance in old stroke patients on day 1, after 3 rd week and after 6 th week were 42.86 ± 7.89, 45.39 ± 6.28 and 46.50 ± 6.59 respectively.
Conclusion	There is improvement in cardiovascular endurance with reduction in neurological impairments such as balance, gait and motor activity of patients with stroke. Equal importance should be given to cardiovascular endurance training along with neurological rehabilitation in stroke patients



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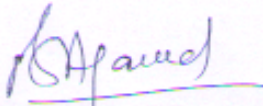
Project title	Musculoskeletal injuries in Hip Hop dancers
Name and signature of Guide	Dr. Bela Agarwal (PT)
Name and signature of Co-Guide	Dr. Hiranmayee Bagwe (PT)
Name and signature of candidate/s	Ms. Shreeya Chinchwalkar Ms. Saloni Doshi Ms. Preksha Kori Ms. Neha Chaulkar Ms. Pranita Mahindre
Duration of project	6 months
Approval date	19.04.2020
Submission date	23.11.2020

Project Summary

Purpose	1.1 The purpose of this study was to determine pattern and incidence of injury in hip hop dancers. 1.2 To determine the common musculoskeletal injuries in hip hop dancers. 1.3 To show the injury profile common discomforts of professional hip hop dancers and examine factors that affect the frequency of injuries.
Objectives	2.1 To study prevalence of musculoskeletal injuries and hip hop dancers. 2.2 To determine factors associated with musculoskeletal injuries in hip hop dancers.
Methods	Institutional ethics approval was taken. Self-administered questionnaire was then formulated and validated by experts in the field. Self-administered questionnaire was then converted to electronic form and shared via electronic platforms to various dance academies.
Results	Joints affected majorly were Shoulder joint (19.6%), Elbow joint (8%), Wrist joint (20.5%), Hand and finger (8%), Hip joint (4.5%), Ankle, Foot (44.1%) and Knee (43.2%) joints were the most affected joints. Muscular strain (32%), Sprain (24%) and Fracture (14%) were the common musculoskeletal injuries. Muscular sprain was observed as the most common injury in popping dance style, Muscular strain in locking and street jazz dance style. Krumping dance style showed dislocation affecting the knee joint as most common musculoskeletal injury.
Conclusion	High prevalence of musculoskeletal injuries in hip-hop dancers supports the need of identification of prophylactic measures to prevent recurrent injuries, early intervention to manage injuries and comprehensive evaluation of physical fitness




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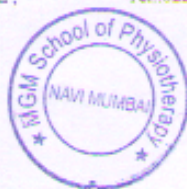

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BPT Internship Project Report Summary

Project title	Effect of low intensity TENS on vastus medialis obliques activation in chronic osteoarthritis knee for pain, function and strength.
Name of Guide	Dr. Mamta Shetty (PT) and Dr. Rucha Pradhan (PT)
Name of candidate/s	Ms. Sidra Shaikh Ms. Trupti Shetty Ms. Trishala Singh Ms. Sneha Venkatraman
Duration of project	6 months
Approval date	25 th April, 2020
Submission date	10 th June, 2020
Project Summary	
Purpose	Osteoarthritis is defined as a degenerative, non-inflammatory joint disease characterized by destruction of articular cartilage and formation of osteophytes at joint surface and margins. ³ To study the effects using low intensity TENS on Vastus Medialis Obliques activation in chronic osteoarthritis knee on pain, function and strength.
Objectives	<ol style="list-style-type: none">1. To assess pain using NRS (Numerical Rating Scale).2. To assess lower limb strength using 30 second chair stand test.3. To assess pain, stiffness and physical function using Modified WOMAC (Western Ontario and McMaster Universities Osteoarthritis Index) outcome measure
Methods	Participants were explained in detail about the purpose of the study, procedure, clinical evaluation, equipments used and benefits of the study in a language best understood by them. A purposive random sample of thirty-eight participants with chronic osteoarthritis knee in the age group of 50-70 years as per the ACR diagnostic criteria were recruited. Participants fulfilling the inclusion criteria were recruited for the study.
Results	A total of 38 (19 - interventional group and 19 - conventional group) patients were enrolled for the study. The effect of low intensity TENS on vastus medialis obliques activation in chronic osteoarthritis knee for pain, function and strength were studied. The outcome measures used were Numerical Rating Scale, Bergs Balance Scale, Modified WOMAC scale and 30 Second Chair stand Test. Data obtained was entered using MS-Excel 2010 and statistically analyzed using SPSS 24 Software.

Conclusion	Application of Low Intensity TENS on Vastus Medialis Obliques muscle activation along with exercise was reported to be equally effective as compared to conventional exercises for reducing pain, improving strength and function in patient with knee osteoarthritis.
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Photographs:

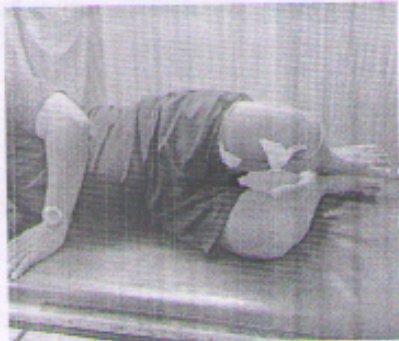


Figure 1: C- Clam shells

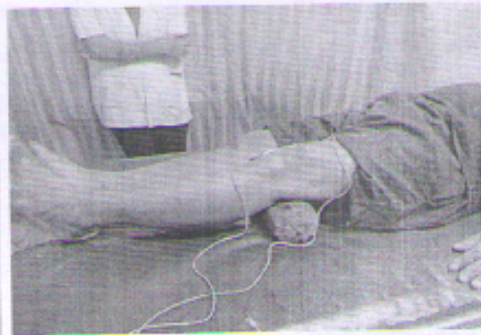


Figure 2: E- Short arc extension

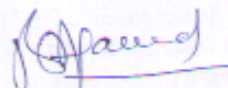


Figure 3: Straight leg raise



Figure 4: Abduction SLR


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BPT/Internship Project Report Summary

Project title	Health Related Physical Fitness in Children Aged 13-18 Years
Name of Guide	Dr. Meruna Bose (PT), Dr. Triveni Shetty (PT)
Name of candidate/s	Fatema Kabira, Amreen Khan, Prachi Mansatta., Simran Mansharamani.
Duration of project	6 Months
Submission date	28 th February 2020
Project Summary	
Purpose	To establish standard reference values for functional tests in typically developing children in developing countries aged 13-18 years.
Objectives	1.To evaluate reference values for the lateral step-up test, vertical jump test and forward step up test in typically developing children aged 13-18 years. 2.To evaluate reference values for the 14-step stair climb test and 10 x 5meter shuttle run test in typically developing children aged 13-18 years. 3.To evaluate reference values for the calf raise, chair raise test and sit and reach test in typically developing children aged 13-18 years. 4.To evaluate reference values for 30 m walk test, timed up and go test and timed up and go from floor test in typically developing children aged 13-18 years.
Methods	The current cross-sectional study aimed at establishing reference values for 12 functional tests. The tests represent different domains of physical fitness in typically developing children in age-group 13-18 years. The tests were divided into 3 subsets which include: Agility (30m walk test, 6min walk test, 10*5 shuttle run test, chair raises, 14 step stair- climb, TUG and TUGF), Flexibility (sit and reach), Power (lateral step test, forward step test, calf raises, vertical jump test).

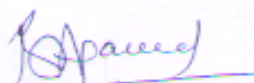
Results	13-15 yrs		16-18 yrs	
	Boys (Mean and SD)	Girls (Mean and SD)	Boys (Mean and SD)	Girls (Mean and SD)
Lateral step test	30 (5.14)	28 (5.5)	24 (7.56)	24 (5.23)
Forward step test	32 (6.05)	28 (5.5)	25 (6.20)	24 (4.90)
Vertical Jump Test	28 (6.84)	25 (6.58)	22 (4.85)	23 (5.44)
14 step stair climb test	7.4 (0.76)	9.9 (1.7)	6.9 (1.84)	7.3 (1.84)
10*5 shuttle run test	18.9 (2.79)	17.6 (2.43)	23 (5.53)	22.9 (6.40)
Calf raises	27 (4.96)	28 (7.24)	24 (7.87)	24 (5.94)
Sit and Reach test	3 (0.82)	3 (0.78)	3 (0.59)	2 (0.92)
30m walk test	18.8 (2.57)	17.9 (3.39)	17.1 (2.61)	18.9 (2.54)
6 min walk test	625 (85.95)	602 (82.28)	588 (62.35)	552 (82.41)
TUG test	5.9 (1.09)	6.0 (0.77)	7.0 (1.83)	7.4 (1.46)
Chair raises	22 (5.7)	23 (3.46)	17 (3.34)	18 (3.42)
Time Floor to stand test	7.76 (1.76)	7.73 (1.53)	8.32 (2.44)	9.1 (2.64)

Conclusion The standard reference ranges for 12 functional tests have been established. The study Younger girls have better physical fitness in terms of muscle strength, endurance, agility, anaerobic power and capacity. Younger boys have better physical fitness in terms of muscle strength and agility.

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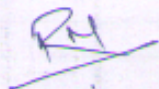
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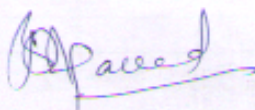
BPT Internship Project Report Summary

Project title	Cardiorespiratory field based fitness test in patients with c cardiorespiratory conditions: A literature review
Name of Guide	Dr. Bela Agarwal (PT)
Name of Co-Guide	Dr. Payal Murkudkar (PT)
Name of candidate/s	Kareema Molla Shubhangi Kumari Dharmin Vora
Duration of project	6 months
Submission date	14th December, 2020
Project Summary	
Purpose	To identify different cardiorespiratory field based fitness test in patients with cardiorespiratory diseases.
Objective	To find the most commonly used and the most efficiently used cardiorespiratory field based fitness test in patients with different cardiorespiratory conditions based on literature review.
Methods	The electronic database PUBMED was screened for Field based fitness test studies in patients with cardiorespiratory conditions where one or more field based fitness test was carried out. The keywords used (in various combinations) were: Field fitness test, physical fitness, cardiorespiratory fitness, exercise testing, six minute walk test and incremental shuttle walk test.

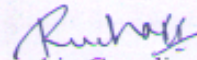
Results	In this study total 6 cardiorespiratory field based fitness tests were reviewed i.e. Six Minute Walk Test, Incremental Shuttle Walk Test, Shuttle Walk Test, Six Minute Step Test, 3 Minute Step Test and Modified Shuttle Walk Test.
Conclusion	As per literature review, six minute walk test and incremental shuttle walk test are the most common and most valid tests found in patients with cardiorespiratory conditions. Both these tests are safe methods to evaluate patients strongly and independently predicts peak VO ₂ and %PVO ₂ . We concluded that 6MWT and ISWT are reliable for subjects with chronic heart failure, COPD , asthma , PCD, cystic fibrosis, bronchiectasis, primary hypertension, interstitial lung disease and CAD.



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BPT Internship Project Report Summary

Project title	Effect of eight week Abdominal Core Strength Training on Shoulder Pain and Function in Patients with Rotator Cuff Tendinopathy
Name of Guide	Dr. Mamta Shetty (PT)
Name of candidate/s	Ms. Aditi Laxman Ms. Nirali Bhadra Ms. Vidhi Bhanushali Ms. Purvi Bhatnagar
Duration of project	6 months
Project Summary	
Purpose	Rotator cuff tendinopathy is one of the leading causes of pain and disability that leads to significant functional modifications and limitations in physical activities. The focus of this study is to report influence of core muscle strength training has a salutary effect on shoulder pain and function or not.
Objectives	1. To assess shoulder pain using Numerical rating scale. 2. To assess shoulder function using SPADI. 3. To assess abdominal core strength using pressure biofeedback. 4. To study the effect of abdominal core strength training using pressure biofeedback pre and post assessment. 5. To compare effect of eight-week abdominal core muscle strength training and conventional therapy on shoulder pain and functions.
Methods	60 patients between the age group of 25-55 years were recruited from MGM Physiotherapy OPD based on inclusion criteria. Participants were randomly divided into 2 groups: group A (Core Rehabilitation group), group B (Conventional group). Group A underwent conventional and core muscle rehabilitation; group B underwent conventional exercises for shoulder joint. The participants were assessed for the following parameters pre and post intervention: Shoulder pain using the Numerical Rating Scale, shoulder range of motion using Universal Goniometer, Shoulder Pain and Disability Index and core muscle strength using pressure biofeedback
Results	There was significant decrease in pain level seen in both groups ($p=0.00$). There was a significant increase in core muscle strength in Group A ($p=0.00$) and on the contrary the results for the same in Group B was not significant ($p=0.07$) with no increment in strength post intervention. Intra group study revealed significant decrease ($p=0.00$) in pain and disability score. Inter group study showed no improvement in the SPADI Disability score ($p=0.011$) post eight weeks.

Conclusion

Addition of abdominal core muscle strength training in patients with rotator cuff tendinopathy was equally effective as compared to conventional exercises only for improving the shoulder function.

Photographs:



Figure 1: Wand Exercise



Figure 2: Codman's Exercise



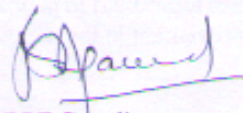
Figure 3: Self stretching- Levator Scapulae



Figure 4: Self stretching- Latissimus Dorsi


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BPT Internship Project Report Summary

Project title	Cardiovascular Endurance In Individuals With Osteoarthritis Of Knee
Name of Guide	Dr. Bela Agarwal (PT)
Name of Co-Guide	Dr. Payal Murkudkar (PT)
Name of candidate/s	Mayuri Mhatre Manasi Nandapurkar Tanvi Parab Aditi Patkar
Duration of project	6 months
Approval date	24 th April, 2019
Submission date	28 th February, 2020
Project Summary	
Purpose	To assess cardiovascular endurance in individuals with osteoarthritis of knee using six-minute walk test.
Objectives	To compare the distance walked in Six Minute Walk Test in individuals with osteoarthritis of knee with age-predicted distance. To correlate 6-minute walk test with questionnaire based (Modified WOMAC scale) and grades of osteoarthritis (Kallgren Lawrence grading scale) To correlate 6-minute walk test with Numerical Rating scale in individuals with OA of knee To correlate the factors affecting cardiovascular endurance such as mobility, strength, balance, quality of life (QOL) in individuals with OA Knee.
Methods	Determination of Grade of OA using Kellgren -Lawrence Osteoarthritis grading scale. 6Minute walk test was performed over a 30 meter corridor as per ATS guidelines and 6MWD was obtained.

	Severity of pain was assessed on the Numeric Rating Scale Mobility was assessed using the prone knee bending test. Balance assessment by Star Excursion and Single leg Stance-test. Outcome Measures -Modified WOMAC, QOL SF-12, Cohens Stress Scale.
Results	It was observed that six-minute distance over a period of 6 weeks increased by 39 meters which is considered as clinically significant. A positive co-relation was observed between 6MWT and mobility, muscle endurance and quality of life. A negative co relation was observed between pain, Cohen's scale and WOMAC questionnaire.
Conclusion	Cardiovascular endurance affection is present in patients with osteoarthritis of knee. Cardiovascular training should be included along with conventional treatment protocol of OA Knee. Cardiovascular training will help to reduce or delay loss of physical activity, improve the cardiovascular endurance and reduce the risk of non-communicable diseases in the patient population.

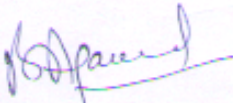


Sit to Stand test

Star Excursion Test

Six-Minute walk test


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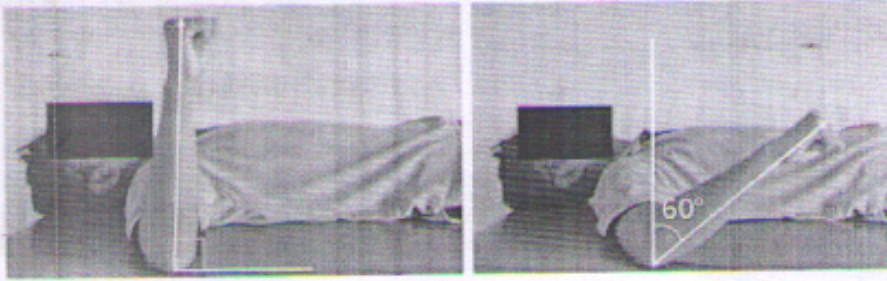
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BPT Internship Project Report Summary

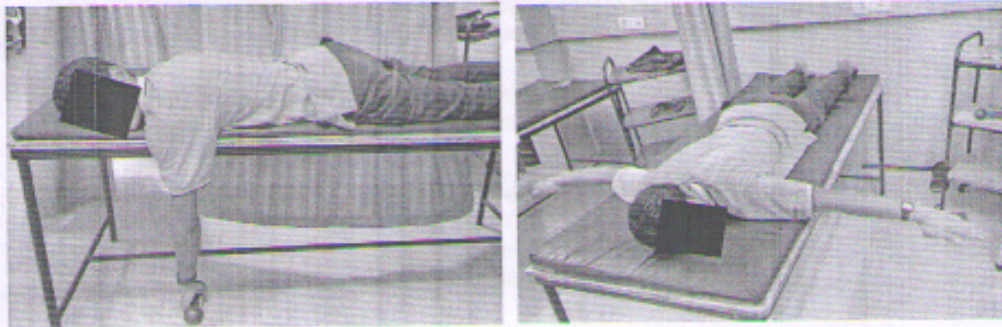
Project title	Effect of subscapularis activation in patients with shoulder impingement on pain, strength and shoulder function
Name of Guide	Dr. Pradnya Girdhar (PT)
Name of Co-Guide	Dr. Shrutika Parab (PT)
Name of candidate/s	Ankita Ashtaputre Utkarsh Shinde Rahul Zalte Achal Sheth Sofia Chettiar
Duration of project	6 Months
Approval date	27 th February, 2020
Submission date	23 th June, 2020
Project Summary	
Purpose	In shoulder impingement, subscapularis muscle helps in providing glenohumeral stability. Due to its compensatory activation, it may consequently, lead to overuse, repetitive microtrauma, eventually resulting in pathology of muscle – tendon complex. Hence it is important to emphasize on the activation of subscapularis muscle along with the conventional exercises to see the effect in patients with shoulder impingement on pain, strength and shoulder function.
Objectives	Effect of subscapularis activation in patients with shoulder impingement on strength with isometric dynamometer Effect of subscapularis activation in patients with shoulder impingement on pain and shoulder function with shoulder pain and disability index (SPADI)
Methods	Total sixty participants were selected on the basis of inclusion and exclusion criteria with written informed consent. Participants were divided into two groups: Group A (Conventional Group) and Group B (Interventional Group). Evaluation all three parameters for both the groups was done by shoulder pain and disability index (SPADI) and strength with isometric dynamometer. Group A were administered conventional exercises and Group B received subscapularis activation along with conventional exercises.
Results	There was significant improvement (by 55.98%) seen in SPADI score (in both right and left sided affection) and range of motion (right internal rotation) ($p < 0.05$)


Conclusion	Subscapularis activation technique along with the conventional exercises as an adjunct in rehabilitation of shoulder impingement results in reducing pain intensity and thus improve shoulder function
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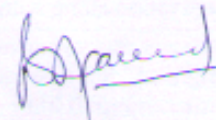
Subscapularis activation (supine)



Conventional exercises




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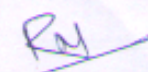
Sector-1, Kamothe, Navi Mumbai – 410209

BPT Internship Project Report Summary

Project title	Effect of origami on dexterity and cognitive function in people with Parkinson's disease
Name of Guide	Dr. Meruna Bose
Name of Co-Guide	Dr. Shrutika Parab (PT)
Name of candidate/s	Gavin Fernandes
	Yashika Gandhi
	Janvi Jain
	Preksha Jain
Duration of project	6 months
Project Summary	
Purpose	Effect of origami based art therapy on pinch strength, precision and cognitive function in people with Parkinson's disease and age matched controls.
Objectives	1. To study and compare the effect of origami therapy and conventional hand exercises on pinch strength in PwP and age matched controls.
	2. To study and compare the effect of origami therapy and conventional hand exercises on precision in PwP and age matched controls.
	3. To study and compare the effect of origami therapy and conventional hand exercises on cognition in PwP and age matched controls.
Methods	A total of 52 participants were recruited via purposive sampling and were selected in the basis of inclusion and exclusion criteria. They were divided into four groups of 13 each: Parkinson Origami (PO); Age Match Origami (AMO); Parkinson conventional (PC); Age Match Conventional (AMC).

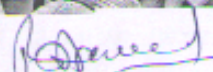
	<p>The Origami groups (PO and AMO) were given a detailed instruction and demonstration by investigators on how to perform folds with an origami paper. The number of folds of origami were gradually increased every week to increase complexity and intensity of intervention.</p> <p>The Conventional exercise groups (PC and AMC) performed 10 different types of conventional hand exercises. Each exercise was performed for 10 repetitions with a hold for 30 seconds each. Rest of 1 minute was provided if required between sessions. All the four groups underwent a protocol for 8 weeks (3 days per week).</p>
	<p>The effects of the intervention were evaluated on the following outcome measures: Nine Hole peg Test (9HPT) for precision, Jamar Pinch Gauge for pinch strength, SCOPA COG for cognitive function and MAM 36 to evaluate hand function. All data was recorded at three data points (baseline, post 4 weeks and post 8 weeks) during the study.</p>
	<p>Data obtained was entered & coded in Microsoft Excel (version 2010) and analyzed using Statistical Package for the Social Sciences (SPSS) version 24.0. Shapiro Wilk test was performed to assess the normality of continuous data. Repeated measures ANOVA for intragroup & intergroup was used where level of significance was set at $p < 0.05$.</p>
Results	<p>Result towards analysis between PO and AMO groups The result towards within group analysis indicates that there was a statistically significant difference in scores of SCOPA-COG, MAM-36, 9HPT (left), Jamar Lateral Pinch (left) and Jamar Tripod Pinch (right)($p < 0.05$). The result towards between group analysis for PO and AMO group indicates that there is a statistically significant difference in outcomes of MAM36, 9 HPT (left), Jamar Lateral Pinch (left and right)($p < 0.05$).</p>
	<p>Result towards analysis between PO and PC groups The result towards within group analysis indicates that there is a statistically significant difference in outcomes of COPA-COG, MAM36, Jamar Tripod (left) and Lateral Pinch (left) ($p < 0.05$).The result towards between group analysis indicates that there was a statistically significant difference in scores of 9HPT (left) ($p < 0.05$).</p>
Conclusion	<p>Origami art therapy appears to be useful in improving cognition, hand function, precision and pinch strength in patients with Parkinson's Disease. However, the target population chosen was clinical and limited. There were no follow up tests conducted to check if study related gains were retained within the subjects.</p> <p>Further research with a larger sample size is warranted.</p>





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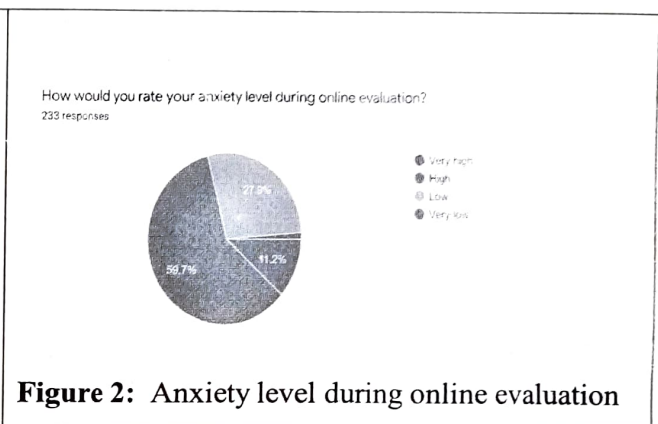
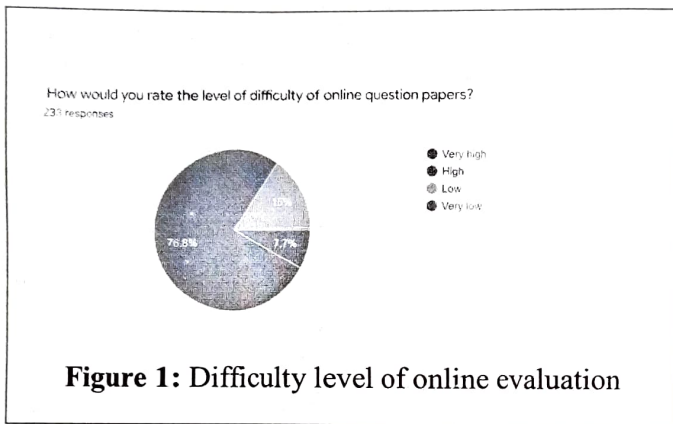
Sector-1, Kamothe, Navi Mumbai – 410209

BPT Internship Project Report Summary

Project title	Feedback on difficulties faced by students in online examination during COVID 19 period. Type of study- Feedback analysis
Name of Guide	Dr. Rajani Mullerpatan and Dr. Bela Agarwal (PT)
Name of Co-Guide	Dr. Juhi Bharnuke (PT) and Dr. Rucha Pradhan (PT)
Name and signature of candidate/s	Ms. Srushti Nahar Ms. Mayanka Pande Mr. S Bharathi Raja Ms. Rutali Thakur Ms. Dhruvi Patel
Duration of project	6 months
Submission date	14 th December 2020
Project Summary	
Purpose	Online examination has become an important and useful tool these days due to the COVID 19 pandemic. Prompt results, ease of conduction, less exam related anxiety are the known advantages of online exams; yet some students prefer offline mode over online especially for evaluation. Hence there was a need to understand the feedback of online conduct of exams among students to be able a) to enhance the evaluation process for online training b) to make online evaluation as robust as offline exams
Objectives	<ul style="list-style-type: none">• To understand students' experience of transition from classroom based systems to e-examination systems.• To receive their concerns and suggestions for the success of online mode of examination using a feedback form
Methods	A descriptive study was conducted by the research team with the respective collaborators to gather physiotherapy students' perspective about online examination. The questionnaire was designed with both multiple choice questions and open-end questions using Google form.
Results	A total of 233 responses were collected from the MGM School of Physiotherapy students who had experienced the traditional paper; pen and paper mode in the past as well as the online mode of exam during COVID-19 pandemic. 190 (81.5%) students were in favour of the online scoring system while 4 (1.7%) students were against the same and 39 (16.7%) students gave neutral

	responses.
Conclusion	<p>Based on the results of our study the perception of Physiotherapy students towards e-exams were positive and they were satisfied with this mode of examination.</p> <p>Our study indicates mixed reviews from students about the transition from offline examinations to e-examinations. Most of the students were quite satisfied with e-examinations, although the difficulty level of questions was found to be high.</p> <p>Overall, our results suggest that online mode of examination can be used as an alternative for the traditional offline mode of examination as a regular mode of training even after the pandemic.</p>

Photographs:




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BPT Internship Project Report Summary

Project title	Body Composition analysis in Bharatnatyam dancers
Name of Guide	Dr. Juhi Bharnuke(PT)
Name of candidate/s	Ms. Bhumi Chheda Ms. Rucha Dalvi Mr. Shreya Deshmukh Ms. Sakshi Duseja Ms. Rama Sai Ms. Madhuri Bharati
Duration of project	6 months
Submission date	10 th June 2020
Project Summary	
Purpose	Challenging postures and footwork involved in Bharatnatyam dance form is speculated to subject the dancer to high physical and biomechanical demands. Effects of high intensity aerobic training on body composition are already known. There is no literature found emphasizing on the body composition of Bharatanatyam dancers using body composition analyzer (bioelectric impedance).
Objectives	<ul style="list-style-type: none">• To assess body composition namely body fat, visceral fat, muscle mass, bone mass, body water, basal metabolic rate and metabolic age using Body composition analyzer (TANITA)• To measure skin fold thickness using skin fold thickness caliper• To measure waist-hip ratio using measuring tape
Methods	A descriptive study was conducted by the research team with the respective collaborators to gather physiotherapy students' perspective about online examination. The questionnaire was designed with both multiple choice questions and open-end questions using Google form.
Results	Findings of the present study revealed that mean body fat percentage in Dancers was 28.89% and the mean body fat was 15.99 kg. The finding of mean visceral fat in dancers was 3.23 level. The mean fat free mass for dancers was 37.49 kg. The mean muscle mass percentage among dancers was 66.95% and mean muscle mass of dancers was 35.63 kg. The skeletal muscle mass percentage among dancers was 39.38%. The mean skeletal muscle mass for dancers was 21.68 kg. Bone mass for dancers was 2.14 kg.
Conclusion	From the findings of our study we conclude that Bharatanatyam dancers demonstrate higher skeletal muscle mass, low visceral fat and less metabolic age.

Present study provides scientific evidence on how dance exposure has positive impact on body composition and that rhythmic form of physical activity can be promoted through Bharatanatyam dance which can be recommended as an adjunct to strength and endurance training, weight loss as well as aerobic training exercise in place of routine, monotonous physical exercise.

Photographs:



Figure 1: Measuring skin fold thickness using skin fold thickness caliper at mid axillary site

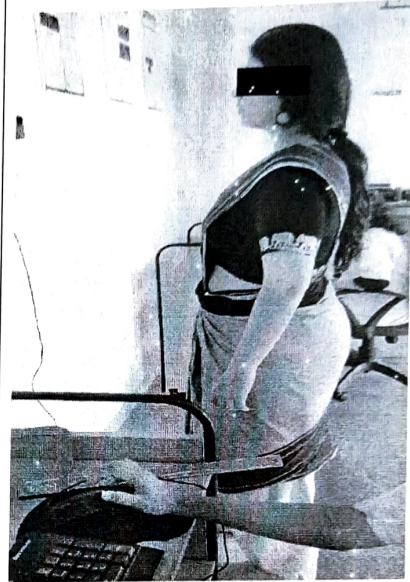


Figure 2: Participant standing on TANITA body composition analyzer

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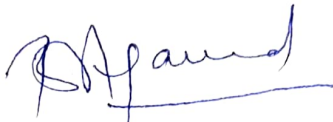
BPT Internship Project Report Summary

Project title	Effect of 8 weeks of backward walking on pain and function in patients with chronic non-specific mechanical low back pain.
Name of Guide	Dr. Pradnya Girdhar (PT) and Dr. Juhi Bharmuke(PT)
Name of candidate/s	Mr. Prateek Sontakke Ms. Jill Thakkar Ms. Khushi Thakkar Ms. Simran Thapar Ms. Khushi Thakkar
Duration of project	6 months
Submission date	10 th June 2020
Project Summary	
Purpose	Low back pain is a common disorder involving the muscles, nerves, and bones of the lower back. Pain can vary from a dull, constant ache to a sudden sharp feeling. In most episodes of low back pain, a specific underlying cause is often not identified, thus, calling it non-specific low back pain. Low back pain may be classified by duration as acute (pain lasting less than 6 weeks); sub-acute (lasting for 6-12 weeks) and chronic (lasting for more than 12 weeks) ¹ . The condition may be further classified by the underlying cause as Mechanical pain; Non- mechanical pain and Referred pain.
Objectives	<ul style="list-style-type: none">• To evaluate the effectiveness of backward walking and conventional therapy on pain in patients with chronic non-specific low back pain using Numerical rating scale .• To evaluate the effectiveness of backward walking and conventional therapy on function in patients with chronic non-specific low back pain using Modified Oswestry disability index.
Methods	It was an exploratory comparative study conducted on 40 patients with chronic non specific low back pain in the age group of 20-40 years using convenient sampling, random allocation technique at MGM hospital, Physiotherapy OPD, Kamothe, Navi Mumbai and residential areas of Mumbai and Navi Mumbai. The study included two groups with 20 patients in each group who were divided using random sampling technique within the group.
Results	Backward walking has lead to a significant reduction in pain (NRS) for most of the participants as it leads to increased neuromuscular control, reduces lumbosacral angle improved pelvic alignment and increased lumbar muscular activation along with increased strength of the core muscles.
Conclusion	Backward walking, as an adjunct to traditional conventional exercises for low back pain, has resulted in significant post NRS reduction in most of the patients with chronic non-specific mechanical low back pain. But, clearly

additional research into the effects of backward walking as a sole exercise for low back pain and its effect on function in individuals with low back pain is further suggested by us.



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For year 2019-2020

CERTIFICATE



**“EFFECT OF YOGA ON STATIC AND DYNAMIC SURFACES
WITH VISUAL FEEDBACK ON BALANCE IN
PATIENTS WITH CHRONIC STROKE – A RANDOMIZED
CONTROLLED TRIAL”**

Is Submitted By

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Tejaswini saraf

Komal Nakhate


GUIDE

DR. Pallavi Palaskar


PRINCIPAL

Dr. Rinkle malani

Principal

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Amravati



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CERTIFICATE



**“PREVALANCE OF ROTATOR CUFF TENDINOPATHY IN
BADMINTON PLAYERS WITH SHOULDER PAIN DURING
COCKING PHASE”**

Is Submitted By

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Pooja Bhosale

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“EFFICACY OF SUPERVISED STATIC AND DYNAMIC BALANCE TRAINING IN OBESE SCHOOL CHILDREN: A RANDOMIZED EXPERIMENTAL TRIAL”

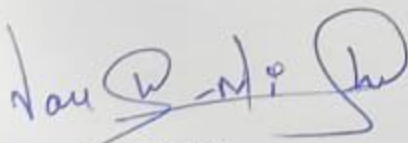
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“AWARENESS OF EXERCISE DEFICIT DISORDER IN YOUNG
ADULT POPULATION AN OBSERVATIONAL STUDY”

Is Submitted By

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Anuja shivnikar

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Dr. Junneshwar Bidve



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AWARENESS AMONGST PHYSICAL THERAPIST REGARDING USE OF NORDIC WALKING IN ASPECTS OF REHABILITATION OF CONDITIONS: A CROSS SECTIONAL SURVEY

Is Submitted By

Renuka khedekar

Sharvari kulkarni

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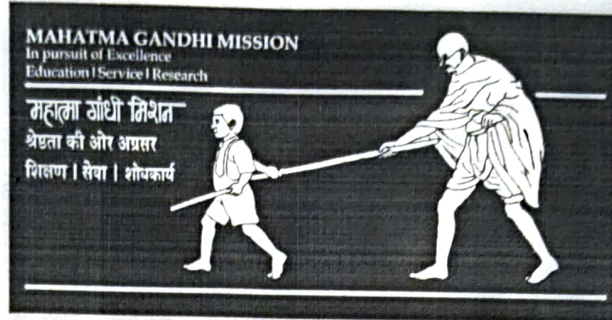
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CERTIFICATE



MAHATMA GANDHI MISSION

**“EFFECT OF CASE AND HIP ABDUCTOR MUSCLE
STRENGTHENING ON PAIN, STRENGTH A FUNCTIONAL
ACTIVITES OF MECHANICAL LOW BACK PAIN PATIENT”**

Is Submitted By

Mayuri Zanwar

Gauri takalkar



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DR. Tajuddin Chitapure



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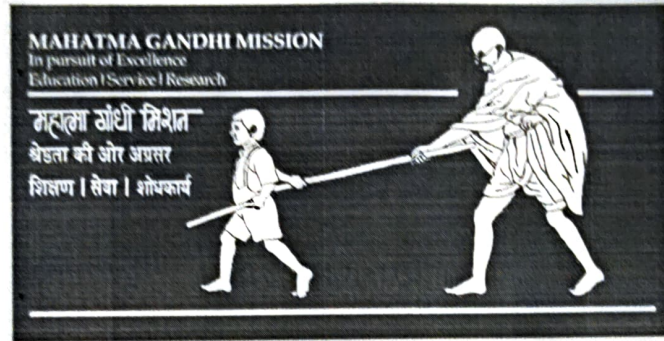
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CERTIFICATE



MAHATMA GANDHI MISSION

**“EFFECT OF ISOMETRIC NECK EXERCISES IN
IMPROVING CERVICAL RANGE OF MOTION IN
PHYSIOTHERAPY STUDENTS. .”**

Is Submitted By

Tejaswini Saraf

Asawari Patil


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Dr. Bodhisattva Dass


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“IMMEDIATE EFFECT OF MULLIGAN MOBILISATION TO CORRECT KYPHOTIC DEFORMITY IN CERVICAL SPONDYLOSIS PATIENTS”

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**“EFFECT OF FOUR WEEKS CORE, HIP ABDUCTOR AND HIP
ADDUCTORS STRENGTHENING IN FENCERS WITH FUNCTIONAL
ANKLE INSTABILITY”**

Is submitted by

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MR. SHIVDAS ADITYA

MS. SIDDIQUE AZRA

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**“PILOT STUDY OF EFFECTIVENESS OF DISTRACTION WITH
ACTIVE MOVEMENT IN
CERVICAL RADICULOPATHY”**

Is submitted by

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MISS. ABHILASHA JAIN

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**“EFFECT OF YOGA ON STATIC AND DYNAMIC SURFACES
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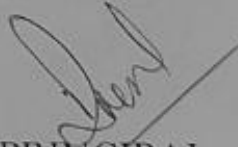
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AWARENESS OF SCAPULAR DYSKINESIA IN BOXERS

Is Submitted By

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Pawan Solanki

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“PREVALENCE OF NECK PAIN IN FASHION DESIGNING STUDENTS-

(A CROSS SECTIONAL STUDY)”

Is submitted by

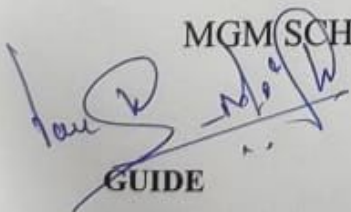
MISS. MONALI SANJAY JADHAV

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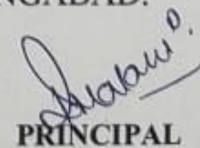
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AWARENESS AMONGST PHYSICAL THERAPIST REGARDING USE OF NORDIC WALKING IN ASPECTS OF REHABILITATION OF CONDITIONS: A CROSS SECTIONAL SURVEY

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Sharvari kulkarni

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Dr. sanya waghmare

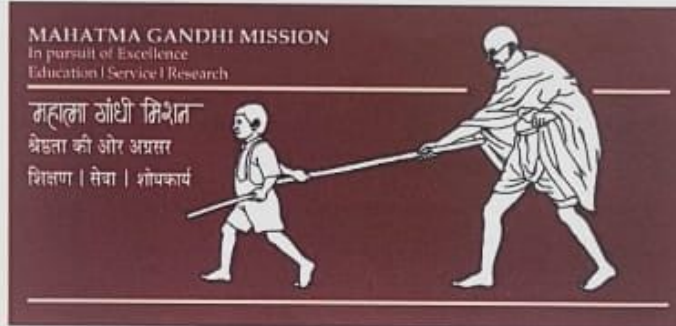
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**"IMMEDIATE EFFECT OF MULLIGAN MOBILIZATION TO
CORRECT KYPHOTIC DEFORMITY IN CERVICAL
SPONDYLITIS PATIENT."**

Is Submitted By

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Rajashri late

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Dr. Bodhisattva dass

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“A Self administrative questionnaire on awareness of exercise deficit disorder among young adults-a dichotomous questionnaire

Is Submitted By

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Anuja shivnikar


GUIDE

Dr. Junneshwar Bidve


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“AWARENESS OF EXERCISE DEFICIT DISORDER IN YOUNG
ADULT POPULATION AN OBSERVATIONAL STUDY”

Is Submitted By

Prachiti sancklecha

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GUIDE

Dr. Junneshwar Bidve



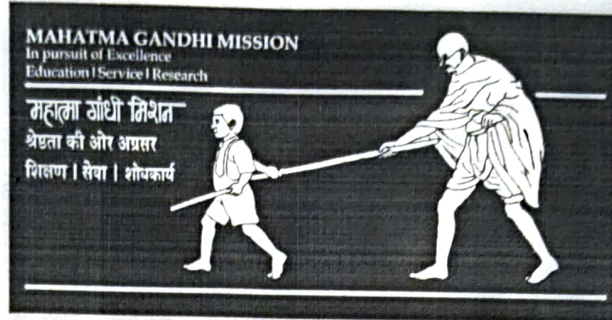
PRINCIPAL

Dr. Rinkle Malani

Principal
MGM School of Physiotherapy
Aurangabad

For year 2019-2020

CERTIFICATE



MAHATMA GANDHI MISSION

**“EFFECT OF CASE AND HIP ABDUCTOR MUSCLE
STRENGTHENING ON PAIN, STRENGTH A FUNCTIONAL
ACTIVITES OF MECHANICAL LOW BACK PAIN PATIENT”**

Is Submitted By

Mayuri Zanwar

Gauri takalkar



GUIDE

DR. Tajuddin Chitapure



PRINCIPAL

Dr. Rinkle Malani

MGM School of Physiotherapy
Aurangabad



CERTIFICATE



“COVID-19 PANDEMIC: PSYCHOLOGICAL IMPACT ON GENERAL POPULATION OF MAHARASHTRA”

Is submitted by

MISS. GEETANJALI PURI

MISS. PADMASHREE DESHPANDE

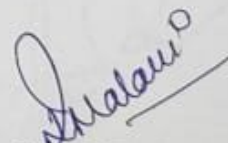
The project is submitted for the partial fulfillment of Bachelor Of Physiotherapy
Degree and was carried out under

MGM SCHOOL OF PHYSIOTHERAPY, AURANGABAD.


29/9/2020
GUIDE

DR. POONAM NARIYANI

M.P.T. (Cardiopulmonary)


PRINCIPAL

DR. RINKLE MALANI

M.P.T. (Musculoskeletal)

• • • 180

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SCHOOL OF PHYSIOTHERAPY LIBRARY
AURANGABAD.

CERTIFICATE



"IMPACT OF MENTAL, PHYSICAL, SOCIAL AND PROFESSIONAL HEALTH ON WORKING POPULATION: A CROSS SECTIONAL SURVEY"

Is submitted by

MRS. TEJASWINI SARAF

MR. NIKHIL DESHMUKH

The project is submitted for the partial fulfillment of Bachelor of Physiotherapy

Degree and was carried out under

MGM SCHOOL OF PHYSIOTHERAPY, AURANGABAD.

GUIDE

DR. SATYAM BHODAJI

MPT (CBR), CFMP, COMT

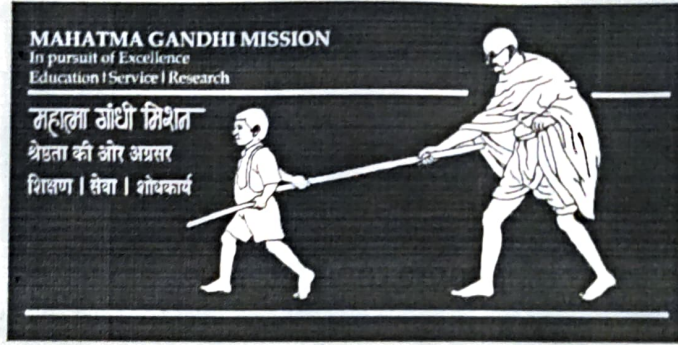
PRINCIPAL

DR. RINKLE MALANI

M.P.T. (MUSCULOSKELETAL)

For year 2019-2020

CERTIFICATE



MAHATMA GANDHI MISSION

Impact of lockdown on physical health and quality of life in adult population

Is Submitted By

Padmashree deshpane

Gentanjali puri


GUIDE

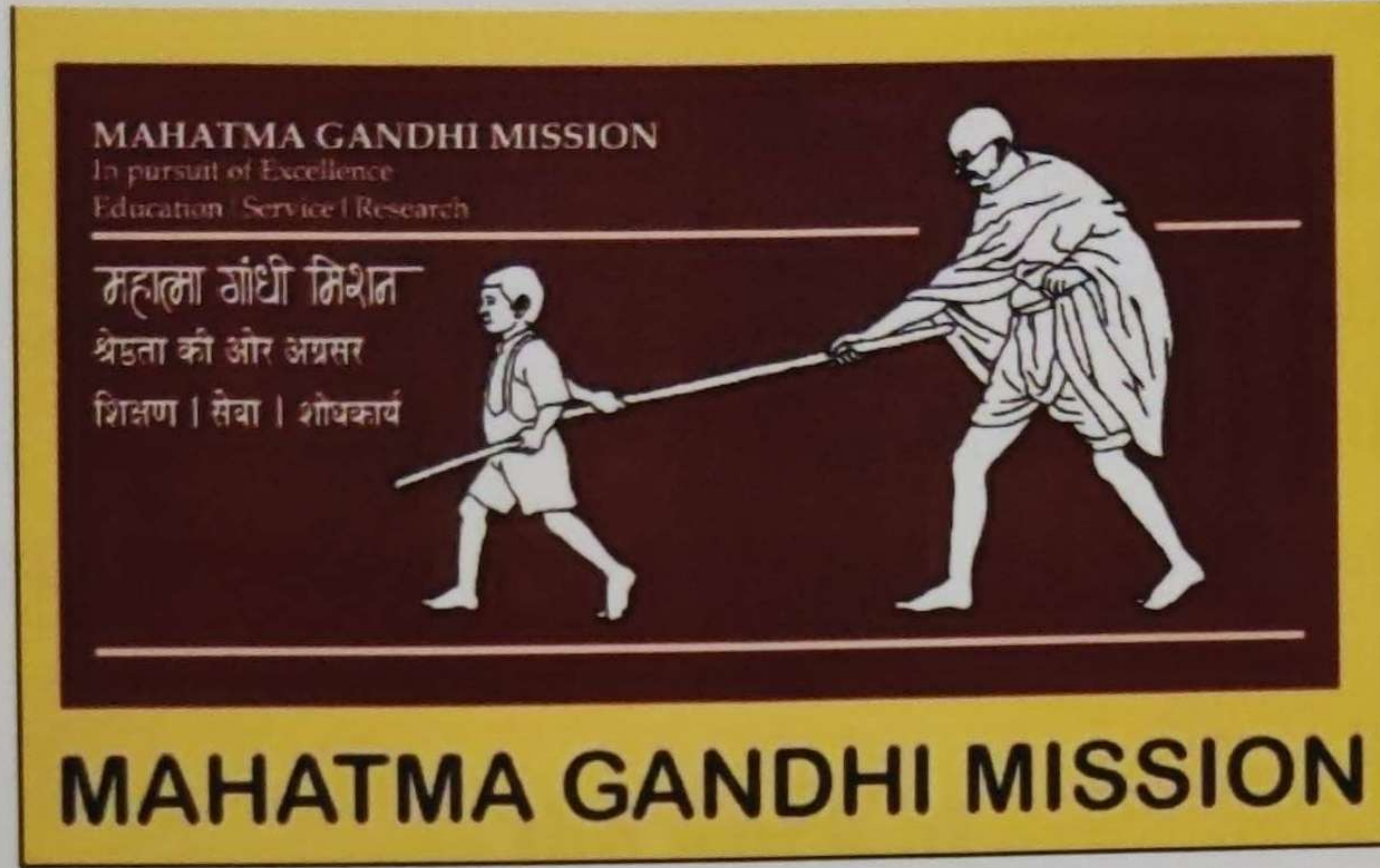
Dr.poonam narayani


PRINCIPAL

Dr.Rinkle malani
Principal
MGM School of Physiotherapy
Aurangabad



CERTIFICATE



"6 MINUTE WALK TEST AND 2 MINUTE STEP TEST FOR MEASURING FUNCTIONAL CAPACITY IN HYPERTENSIVE INDIVIDUALS: A CORRELATIONAL STUDY"

Is Submitted By

Mr. Dhiraj Tatiya

Miss. Ankita Jaju

Miss. Minal Holani

GUIDE

Dr. Poonam Nariyani
M.P.T. (Cardiorespiratory)

PRINCIPAL

Dr. Rinkle Malani
M.P.T. (Orthopedic manual therapy)

CERTIFICATE

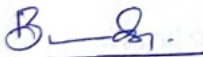


“PREVALENCE OF LOWER BACK PAIN IN
OVERWEIGHT INDIVIDUALS”

Is Submitted By

Miss. Payal Toshniwal

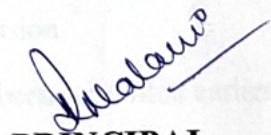
Miss. Asawari Patil



GUIDE

Dr. Bhalchandra Kharsade

M.P.T. (Musculoskeletal Sciences)



PRINCIPAL

Principal
Dr. Rinkal Malani
MGM School of Physiotherapy
Aurangabad

M.P.T (Orthopedic Manual Therapy)



CERTIFICATE



This is to certify that the work presented in the project entitled
**“RELATION BETWEEN SLEEP QUALITY AND FATIGUE IN
PHYSIOTHERAPY STUDENTS”**

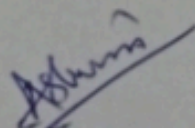
Is submitted by

MS. WINNIE JOSE

MS. NIDHI OZA

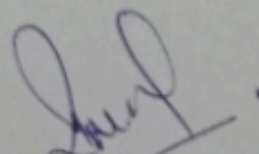
MS. KSHIPRA SHASTRI

The project is submitted for fulfilment of Internship carried out in
MGM SCHOOL OF PHYSIOTHERAPY, AURANGABAD.


Guide

Dr. ASHWIN KSHIRSAGAR

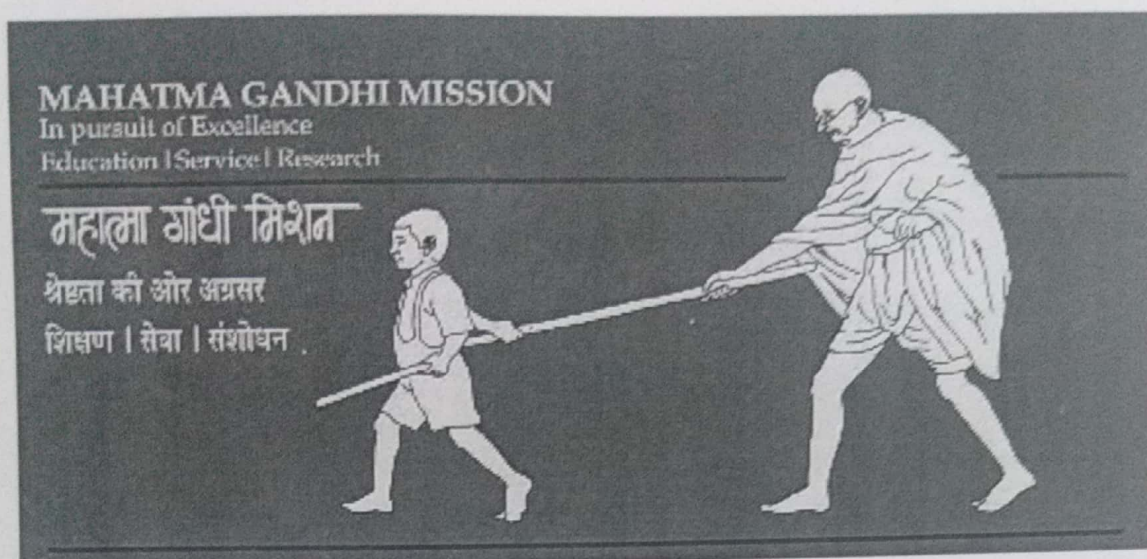
M.S.P.T. [SPORTS]


Principal

DR. RINKLE MALANI

M.P.T [ORTHOPEDIC MANUAL THERAPY]

CERTIFICATE



A PROJECT ON

“PACER performance of children aged 10 to 17 years
among elementary school children in Indian population:
A cross sectional observational study”by

Ms.Purva Kalantri

Ms.Mansi Karwa

Ms.Rupa Zanwar

The project is submitted for the partial fulfilment of Bachelor of
Physiotherapy Degree and was carried out under
MGM SCHOOL OF PHYSIOTHERAPY, AURANGABAD

GUIDE

Dr. SANIYA WAGHMARE

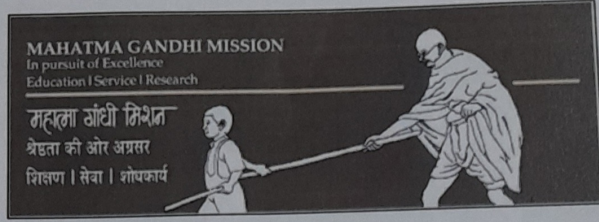
MPT. (Cardiovascular and Respiratory Sciences)

PRINCIPAL

Dr. RINKLE MALANI

MPT. (Orthopaedic manual Therapy)

CERTIFICATE



" PREVALANCE OF SLEEP AND FATIGUE ASSOCIATED WITH MUSCULOSKELETAL DISORDERS IN AUTORICKSHAW DRIVERS IN AURANGABAD "

by

Ms. Mansi Subhedar

Ms. Sneha Chhajed

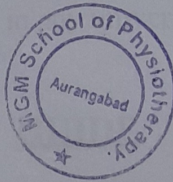
Ms. Radhika Kasat

is submitted for the partial fulfillment of final year and was carried out in
MGMs School of physiotherapy

Guide

DR ASHWIN KSHIRSAGAR

MSPT(sports)

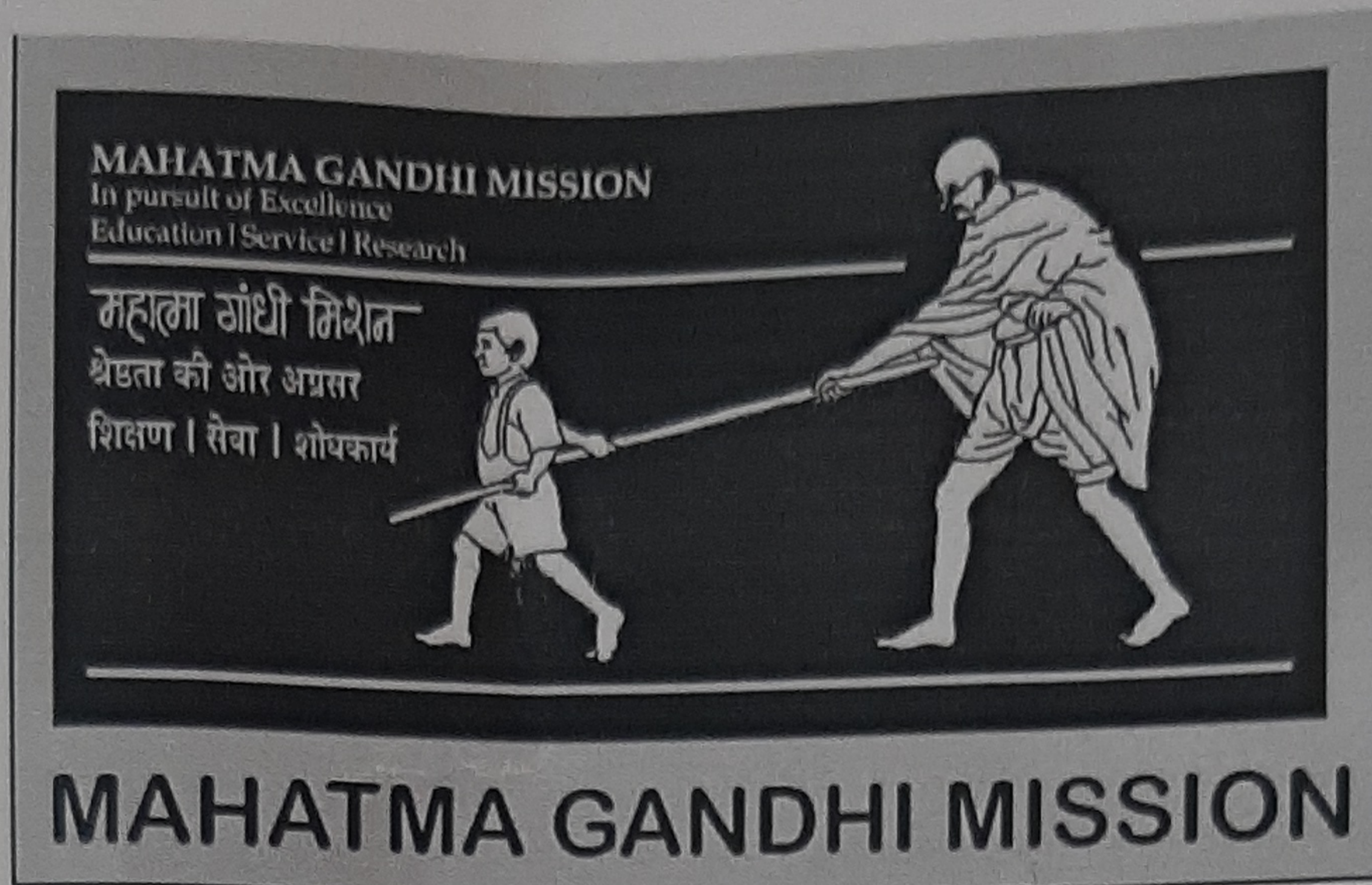


Principal

DR. RINKLE MALANI

M.P.T. (Musculoskeletal)

CERTIFICATE



Development of Self assessment questionnaire for ankle instability its validity and reliability - A pilot study.

Is Submitted By

Miss. Sneha Ambhore.

Miss. Anuja Bhalerao.

Miss. Janhvi Dongre.

Satyam Bhodaji
GUIDE

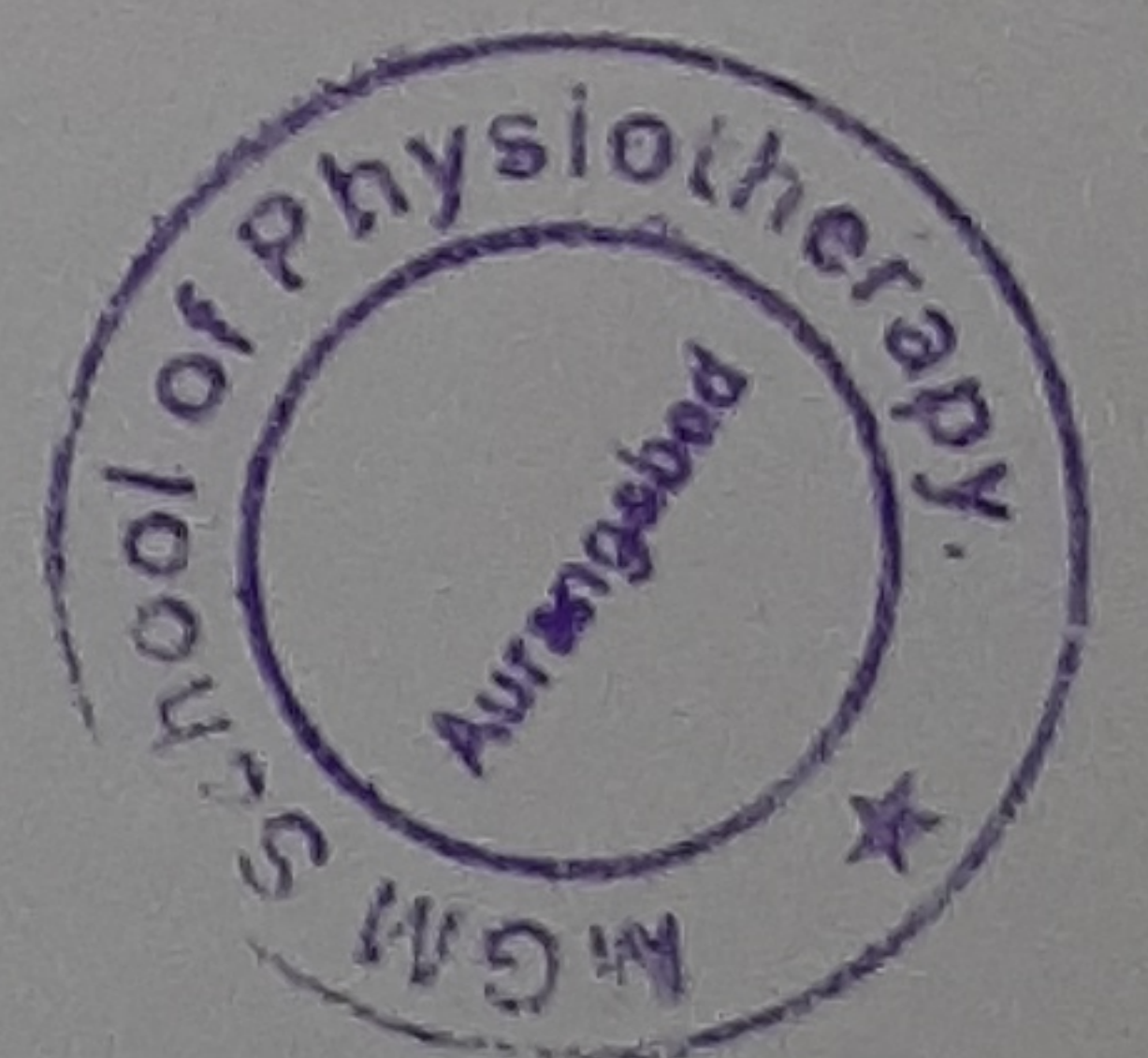
Dr. Satyam Bhodaji.
MPT (CBR) CFMP, COMT
Assistant professor
MGM school of physiotherapy

Rinkle Malani
Principal
MGM SCHOOL OF PHYSIOTHERAPY
Aurangabad

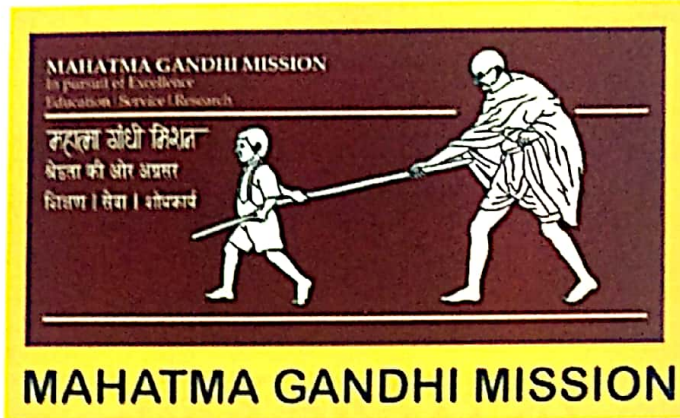
Dr. Rinkle Malani.

Principal

MGM School of Physiotherapy



CERTIFICATE



**“EFFECTIVENESS OF SQUARE STEPPING
EXERSISES TO IMPROVE MOBILITY AND BALANCE
IN OLDER ADULTS – A RANDOMIZED CONTROL
TRIAL.”**

Is Submitted By

MS.DIVYA AGRAWAL

MS. EKTA KHARDE

MR. ROHAN THOMBARE


GUIDE

DR. NAWAJ PATHAN

M.P.T-NEUROPHYSIOTHERAPY


PRINCIPAL

DR. RINKLEMALANI

M.P.T [ORTHOPEDIC MANUAL THERAPY]

CERTIFICATE



A PROJECT ON IMPACT OF PROLONGED COMPUTER USE DURING COVID-19 PANDEMIC ON NECK PAIN AND QUALITY OF LIFE BY USING NOOS SCALE IN MAHARASHTRIAN POPULATION

IS SUBMITTED BY:

Ms. ANSARI SADAF.

Ms. APURVA DEOLANKAR

MS. ALEENA SENEEN.

The project was submitted for the fulfillment of final year was
carried out in MGM'S School of physiotherapy.


GUIDE

Dr. Pallavi Palaskar

M.P.Th.[Neuroscience]

KEM


PRINCIPAL

Dr Rinkle Malani

M.P.T [Orthopedic manual therapy]



CERTIFICATE

JUXTAPOSE OF CHIN TUCK AND PILATES EXERCISES VERSUS GONG'S MOBILIZATION IN TEXT NECK SYNDROME -PILOT STUDY

Is submitted by

KHAN MADIHA

RIDA JILANI

The project is submitted for partial fulfillment of BPT we carried out in outpatient department of MGM physiotherapy, Aurangabad.


GUIDE

DR. KAJAL D KADAM

MPT (MUSCULOSKELETAL



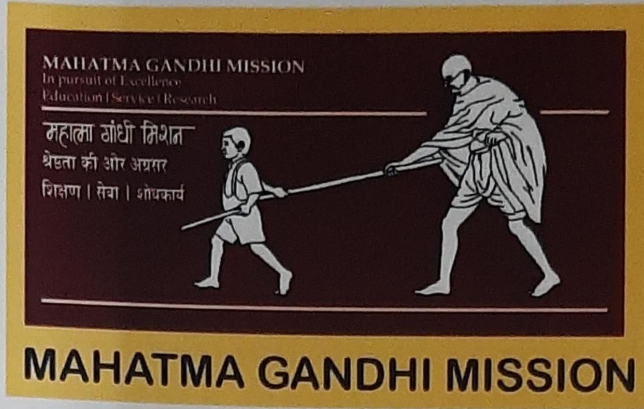

PRINCIPAL

DR. RINKLE MALANI

MPT (ORTHOPAEDIC MANUAL THERAPY)

Principal
MGM School of Physiotherapy
Aurangabad

CERTIFICATE



**“MEETING PHYSICAL ACTIVITY GUIDELINES IS
ASSOCIATED WITH PHYSICAL FITNESS- A
CORRELATION STUDY”**

Is Submitted By

Ms. Vrushali Kharche

Ms. Bushra Farooqui

Ms. Nabeela Fatema

Guide:

Dr. Aboli Deshmukh (PT)

Assistant Professor

MPT CBR

Principal:

Dr. Rinkle Malani (PT)
**MPT Orthopedic Manual
Therapy**