

ANC Camp Nere (September 2023)

Date : 9th September 2023, Monday
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Nere
Time : 9:00 am – 3:00 pm
Attended by : Faculty member: Dr. Shrutika Sawant (PT)
Student: Shreya Patil, Intern

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 9th September 2023 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach basic ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 9th September 2023, Wednesday. The ANC camp constituted of 30 participants. All the participants were screened individually for various discomforts and complaints during pregnancy. 45% women complained of low back pain whereas 64% pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females:

Region	Number
Healthy ANC	18
Low back pain	10



Fig 1: Student demonstrating exercise to the pregnant women

Shrutika
 Dr. Shrutika Sawant (PT)
 Junior Assistant Professor
 MGM School of Physiotherapy,
 Navi Mumbai

Shrutika
 Dr. Shrutika Parab (PT)
 IQAC Coordinator
 MGM School of Physiotherapy,
 Navi Mumbai

MGM School of Physiotherapy
NAVI MUMBAI

Rajani
 Dr. Rajani Mullerpatan
 Professor-Director
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ANC Camp Nere (October 2023)

Date : 9th October 2023, Monday
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Nere
Time : 9:00 am – 3:00 pm
Attended by : Faculty member: Dr. Ramandeep Kaur Saini (PT)
Student: Shreya Mishra , Intern

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 9th October 2023 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 9th October 2023, Wednesday. The ANC camp constituted of 20 participants. All the participants were screened individually for various discomforts and complaints during pregnancy. 4 women complained of low back pain whereas 16 pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females:

Region	Number
Healthy ANC	16
Low back pain	4



Student demonstrating exercises to pregnant woman

Dr. Ramandeep Kaur Saini(PT)
Speaker and Event coordinator,
Assistant Professor
MGM School of Physiotherapy,
Navi Mumbai

Dr. Shrutika Parab(PT)
IQAC Coordinator
MGM School of Physiotherapy,
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Dr. Rajani Mullerpatan
Professor-Director
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ANC Camp Nere (November 2023)

Date : 9th November 2023, Thursday
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Nere
Time : 9:00 am – 3:00 pm
Attended by : Faculty member: Dr. Shrutika Sawant (PT)
Student: Drashti Parmar, Intern

Dr. Shraddha Shakapnor, MPT Semester IV

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 9th November 2023 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach basic ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 9th November 2023, Monday. The ANC camp constituted of 28 participants. All the participants were screened individually for various discomforts and complaints during pregnancy. 40% women complained of low back pain whereas 60% pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.



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Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females

Region	Number
Healthy ANC	20
Low back pain	08


All the patients were thoroughly assessed and prescribed exercises for their respective impairments.




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ANC Camp (December 2023)

Date : 9th December 2023, Saturday
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Nere, Raigad
Time : 9:00 am – 4:00 pm
Attended by : Faculty member: Dr. Shrutika Sawant (PT)
Student: 2 Interns

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 9th December 2023 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 9th December 2023, Saturday. The ANC camp constituted of 23 participants. All the participants were screened individually for various discomforts and complaints during pregnancy where only five women complained of low back pain and one had pedal edema whereas 17 pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural



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correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females:

Region	Number
Healthy ANC	17
Low back pain	05
Pedal edema	01



Student demonstrating exercises to pregnant woman

Dr. Shrutika Sawant (PT)
Camp co-ordinator
Junior Assistant Professor
MGM School of Physiotherapy,
Navi Mumbai.



Dr. Beta Agarwal (PT)
IQAC Coordinator
MGM School of Physiotherapy,
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ANC Camp (January 2024)

Date : 9th January 2024, Tuesday
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Nere, Raigad
Time : 9:00 am – 4:00 pm
Attended by : Faculty member: Dr. Shrutika Sawant (PT)
Student: 2 Interns, 1 MPT scholar

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 9th January 2024 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 9th January 2024, Saturday. The ANC camp constituted of 19 participants. All the participants were screened individually for various discomforts and complaints during pregnancy where only six women complained of low back pain whereas 13 pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural



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correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females:

Region	Number
Healthy ANC	13
Low back pain	06



Student demonstrating exercises to pregnant woman

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Camp co-ordinator
Junior Assistant Professor
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ANC Camp Nere (Feb 2024)

Date : 9th Feb 2024, Friday
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Nere
Time : 9:00 am – 4:00 pm
Attended by : Faculty member: Dr. Ramandeep Kaur Saini (PT)
Student: Durratussharaf Ghadiali(Intern),
Hasnain Chaviwala(Intern), Nupoor Chavan (Intern).

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 9th Feb 2024 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 9th Feb 2024, Wednesday. The ANC camp constituted of 18 participants. All the participants were screened individually for various discomforts and complaints during pregnancy . 2 women complained of low back pain whereas 16 pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.



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Following is the region wise distribution of complains observed in the pregnant females:

Region	Number
Healthy ANC	16
Low back pain	02



BPT Intern explaining posture correction exercise to the pregnant woman



BPT Intern explaining importance of exercise to the pregnant woman

Dr. Ramandeep Kaur Saini (PT)

Faculty In-charge

**MGM School of Physiotherapy,
Navi Mumbai**

Dr. Bela Agrawal,

IQAC Co-ordinator

**MGM School of Physiotherapy,
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Dr. Rajani Mullerpatan

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ANC Camp Nere (March 2024)

Date : 9th March 2024
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Nere
Time : 9:00 am – 4:00 pm
Attended by : Faculty member: Dr. Ramandeep Kaur Saini (PT)
Student: Priti Yadav (Intern)
Muskan Mulani (Intern)

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 9th Feb 2024 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 9th March 2024. The ANC camp constituted of 18 participants. All the participants were screened individually for various discomforts and complaints during pregnancy 9 women complained of low back pain whereas 9 pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back



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pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females:

Region	Number
Healthy ANC	9
Low back pain	9



BPT Intern explaining core muscle activation exercise to the pregnant woman

Dr. Ramandeep Kaur Saini (PT)
Faculty In-charge
MGM School of Physiotherapy,
Navi Mumbai

Dr. Bela Agrawal,
IQAC Co-ordinator
MGM School of Physiotherapy,
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Dr. Rajani Mullerpatan
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ANC Camp Nere (April 2024)

Date : 10th April 2024
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Nere
Time : 9:00 am – 4:00 pm
Attended by : Faculty member: Dr. Ramandeep Kaur Saini (PT)
Student: Jill Vira, Sudhiksha Vyas

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 10th April 2024 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives :

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about the importance of nutrition, both antenatal and post-natal period.
3. To emphasize the role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 10th April 2024, Wednesday. The ANC camp was constituted of 21 participants. All the participants were screened individually for various discomforts and complaints during pregnancy 4 women complained of low back pain whereas 16 pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women were taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-



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relieving positions during stage 1 of labor. They explained various breast-feeding techniques and the importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females:

Region	Number
Healthy ANC	16
Low back pain	4



BPT Student explaining back care exercises to pregnant woman



BPT Student educating pregnant woman on various breast feeding positions

Dr. Ramandeep Kaur Saini (PT)
Faculty In-charge
MGM School of Physiotherapy,
Navi Mumbai

Dr. Bela Agrawal,
IQAC Co-ordinator
MGM School of Physiotherapy,
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Dr. Rajani Mullerpatan
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ANC Camp Nere (May 2024)

Date : 9th May 2024, Monday
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Nere
Time : 9:00 am – 3:00 pm
Attended by : Faculty member: Dr. Ramandeep Saini (PT)
Student: Shreya Mishra , Intern

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 9th May 2024 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 9th May 2024, Wednesday. The ANC camp constituted of 20 participants. All the participants were screened individually for various discomforts and complaints during pregnancy. 4 women complained of low back pain whereas 16 pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.


Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females:


Region	Number
Healthy ANC	16
Low back pain	4



Student demonstrating exercises to pregnant woman


Dr. Ramandeep Kaur Saini (PT)
 Faculty In-charge
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 Navi Mumbai




Dr. Bela Agrawal,
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ANC Camp Nere (June 2024)

Date	: 10 th June 2024, Monday
Activity	: Antenatal Care Camp
Venue	: Primary Health Centre, Raigad District, Nere
Time	: 9:00 am – 4:00 pm
Attended by	: Faculty member: Dr. Ramandeep Kaur Saini (PT) Student: Lata and Prerna Intern

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 10th June 2024 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 10th June 2024, Monday. The ANC camp constituted of 13 participants. All the participants were screened individually for various discomforts and complaints during pregnancy where only one women complained of low back pain 2 had pedal edema whereas 10 pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females:

Region	Number
Healthy ANC	10



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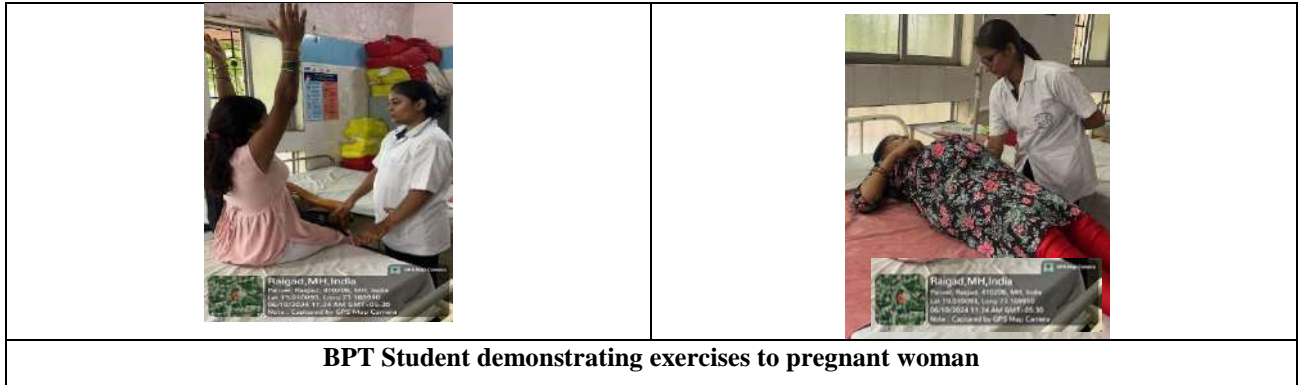
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Low back pain	01
Pedal edema	02



BPT Student demonstrating exercises to pregnant woman

Dr. Ramandeep Kaur Saini (PT)
Faculty In-charge
MGM School of Physiotherapy,
Navi Mumbai

Dr. Bela Agrawal,
IQAC Co-ordinator
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ANC Camp Nere (July 2024)

Date : 9th July 2024
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Nere
Time : 9:00 am – 4:00 pm
Attended by : Faculty member: Dr. Ramandeep Kaur Saini (PT)
Student: Sanya Richard and Bhakti Naik (Intern)

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 9th July 2024 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 9th June 2024. The ANC camp constituted of 17 participants. All the participants were screened individually for various discomforts and complaints during pregnancy where one women complained of low back pain and 1 with abdominal pain whereas 15 pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back



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pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females:

Region	Number
Healthy ANC	15
Low back pain	01
Abdominal pain	01



Faculty member explaining home exercise to mother



BPT Intern explaining importance of exercise to the pregnant woman

Dr. Ramandeep Kaur Saini (PT)
Faculty In-charge
MGM School of Physiotherapy,
Navi Mumbai

Dr. Bela Agrawal,
IQAC Co-ordinator
MGM School of Physiotherapy,
Navi Mumbai

Dr. Rajani Mullerpatan
Professor- Director
MGM School of Physiotherapy,
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ANC Camp Nere (August 2024)

Date : 10th August 2024
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Nere
Time : 9:00 am – 4:00 pm
Attended by : Faculty member: Dr. Ramandeep Kaur Saini (PT)
BPT Student: Raahi and Purnima

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 10th August 2024 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives :

1. To screen pregnant women for neuro-musculoskeletal impairments and remote self-management strategies.
2. To educate them about the importance of nutrition in both antenatal and post-natal period.
3. To emphasize the role of exercises in management of pregnancy related neuro-musculoskeletal and cardiovascular impairments.
4. To educate women about ergonomic postures to reduce lower back pain.
5. To teach ergonomic measures to be adopted while performing activities of daily living
6. To sensitize pregnant women about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine Department organized an Antenatal camp in Primary Health Centre, Nere. 18 pregnant women beneficiaries attended the ANC camp. All the participants were screened individually for pregnancy related neuro-musculoskeletal and cardiovascular impairments. 4 women



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complained of low back pain, 1 having complaint of insomnia, palpitation and generalized body pain respectively whereas 11 pregnant women had no complaints. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the pregnant women across each trimester along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and weakness. Each pregnant women were taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions that can be adopted during stage 1 of labor. They were explained postures that can be adopted during breast-feeding and the importance of breast feeding after parturition. Females with back pain were managed with tailor made exercises and advised hot pack application for pain relief.

No of beneficiaries attended ANC Camp

Region	Number
Healthy ANC	11
Low back pain	4
Generalized body pain	1
Insomnia	1
Palpitation	1



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BPT Student explaining breathing exercises to pregnant woman



BPT Student explaining ankle movements to mother with pedal edema



Faculty explaining clamshell exercise to the pregnant mother

Dr. Ramandeep Kaur Saini (PT)
Faculty In-charge
MGM School of Physiotherapy,
Navi Mumbai

Dr. Bela Agrawal,
IQAC Co-ordinator
MGM School of Physiotherapy,
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Dr. Rajani Mullerpatan
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ANC Camp Wavanje (August 2024)

Date : 9th August 2024, Friday
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Wavanje
Time : 9:00 am – 4:00 pm
Attended by : Faculty member: Dr. Shrutika Sawant (PT)
Student: 2 BPT Semester VII, 5 BPT Semester VI students

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 9th August 2024 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 9th August 2024, Friday. The ANC camp constituted of 17 participants. All the participants were screened individually for various discomforts and complaints during pregnancy where only three women complained of low back pain and one had pedal edema whereas 13 pregnant



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women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to the all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant women was taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding technique and importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.

Following is the region wise distribution of complains observed in the pregnant females:

Region	Number
Healthy ANC	13
Low back pain	03
Pedal edema	01



Student demonstrating exercises to pregnant woman



Camp Organizing team



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Dr. Shrutika Sawant (PT)
Camp co-ordinator
Junior Assistant Professor
MGM School of Physiotherapy,
Navi Mumbai.

Dr. Bela Agarwal (PT)
IQAC Coordinator
MGM School of Physiotherapy,
Navi Mumbai

Dr. Rajani Mullerpatan
Professor-Director
MGM School of Physiotherapy,
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ANC Camp Ajiwali (July 2024)

Date : 15th July 2024, Tuesday
Activity : Antenatal Care Camp
Venue : Primary Health Centre, Raigad District, Ajiwali
Time : 9:00 am – 4:00 pm
Attended by : Faculty member: Dr. Gargi C Mishra (PT)
Student: Mayuri Harad, Interns

Preamble: MGM School of Physiotherapy, Navi Mumbai in collaboration with Community Medicine Department organized Antenatal Care Camp at rural areas on, 10th June 2024 under the flagship program of Unnat Bharat Abhiyaan and Pradhan Mantri Surakshit Matritva Abhiyan.

Objectives:

1. To screen pregnant women for musculoskeletal impairments and help them with self-management strategies.
2. To educate them about importance of nutrition, both antenatal and post-natal period.
3. To emphasize role of exercises in management of various discomforts during pregnancy.
4. To educate about various postures to be adopted to reduce lower back pain and discomfort.
5. To teach ergonomic measures to be adopted while performing activities of daily living and sensitizing about importance of breast feeding.

Summary:

MGM School of Physiotherapy, Navi-Mumbai in collaboration with Community Medicine department organized an Antenatal camp in Primary Health Centre, Nere, on 15th July 2024, Monday. The ANC camp constituted of 13 participants. All the participants were screened individually for various discomforts and complaints during pregnancy where only one woman complained of low back pain 2 had pedal edema whereas 10 pregnant women were healthy. Importance and benefits of physical exercises during antenatal period was explained to all the pregnant women.

Individualized exercise program was prescribed to all the pregnant women along with emphasis on pelvic floor strengthening exercises to prevent complications of urinary incontinence and pelvic floor muscle weakness. Each pregnant woman was taught postural correction exercises and ergonomic strategies, followed by relaxation techniques. Women in 3rd trimester were educated about the stages of labor, breathing techniques and various pain-relieving positions during stage 1 of labor. They were explained various breast-feeding



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technique and importance of breast feeding after parturition. Females with complain of back pain were managed with back specific exercises and advised hot pack application as pain relief measure.


Following is the region wise distribution of complains observed in the pregnant females:

:

Region	Number
Healthy ANC	14
Low back pain	11



Student demonstrating exercises to pregnant woman


Dr. Gargi Mishra (PT)
Camp co-ordinator
Assistant Professor
MGM School of Physiotherapy,
Navi Mumbai


Dr. Bela Agrawal
IQAC Coordinator
MGM School of Physiotherapy,
Navi Mumbai


Dr. Rajani Mullerpatan
Professor-Director
MGM School of Physiotherapy,
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Health dialogue and Health screening for Housekeeping staff

Date: 18/10/2023

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai organized health dialogue and health screening for housekeeping staff of MGM Institute of Health Sciences, Navi Mumbai on 18 th October 2023. The aim of the program was to screen and identify musculoskeletal and other issues in female housekeeping staff members.
Objective	:	To understand and identify health problems in housekeeping staff. To screen musculoskeletal issues and problems related to women's health in housekeeping staff members.
Date & Time	:	18 th October 2023, 1:30pm to 4:00pm
Organized by	:	Department of Community Physiotherapy, MGM School of Physiotherapy, Navi Mumbai.
Event coordinator	:	Dr. Ramandeep Saini(PT), Dr.Gargi Mishra(PT), Dr.Shrutika Sawant(PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.
Attended by	:	No of beneficiaries for camp:25 3 Assistant Professor 2 Interns 3 MPT 13 Semester VI 8 Semester VIII
Venue	:	2 nd floor, Physiotherapy OPD, MGM Hospital, Kamothe, Navi Mumbai
Summary	:	MGM School of Physiotherapy, Navi Mumbai organized a health dialogue and health screening for female housekeeping staff members on 18 th October 2023. The assessment was conducted for 33 female housekeeping staff members by Dr. Ramandeep S. (PT), Dr. Shrutika S. (PT), Dr. Gargi M.(PT), MPT, Interns and BPT semester VI and VIII students. Screening was conducted to rule problems related to joint aches/pain, urinary incontinence, prolapse, breathlessness and balance issues. Housekeeping staff with musculoskeletal discomfort were prescribed tailor made exercises. Traditional activities such as fugdi, garba were performed by attendees and staff members. Findings:

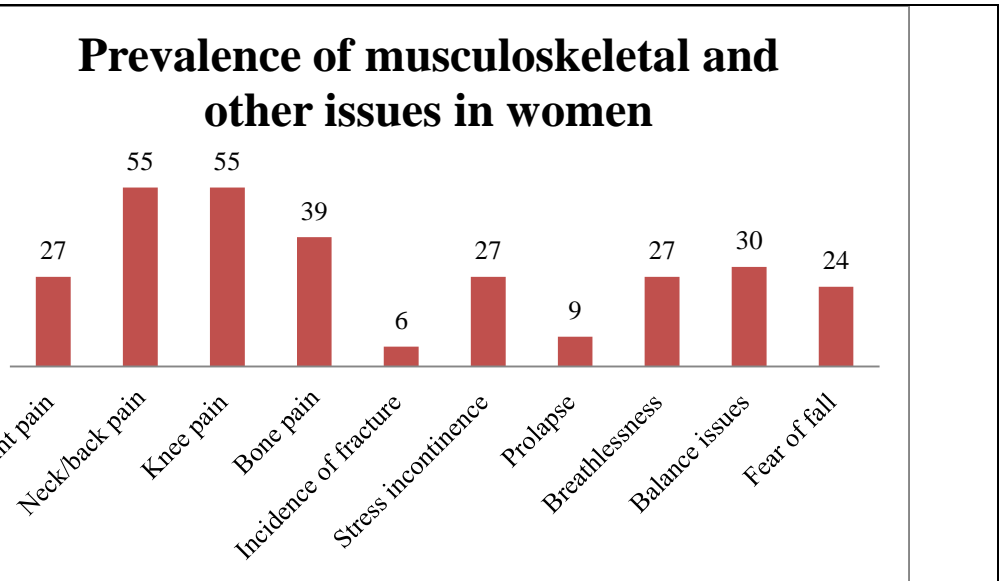
	<h3 style="text-align: center;">Prevalence of musculoskeletal and other issues in women</h3>  <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Issue</th> <th>Prevalence</th> </tr> </thead> <tbody> <tr> <td>Joint pain</td> <td>27</td> </tr> <tr> <td>Neck/back pain</td> <td>55</td> </tr> <tr> <td>Knee pain</td> <td>55</td> </tr> <tr> <td>Bone pain</td> <td>39</td> </tr> <tr> <td>Incidence of fracture</td> <td>6</td> </tr> <tr> <td>Stress incontinence</td> <td>27</td> </tr> <tr> <td>Prolapse</td> <td>9</td> </tr> <tr> <td>Breathlessness</td> <td>27</td> </tr> <tr> <td>Balance issues</td> <td>30</td> </tr> <tr> <td>Fear of fall</td> <td>24</td> </tr> </tbody> </table>	Issue	Prevalence	Joint pain	27	Neck/back pain	55	Knee pain	55	Bone pain	39	Incidence of fracture	6	Stress incontinence	27	Prolapse	9	Breathlessness	27	Balance issues	30	Fear of fall	24
Issue	Prevalence																						
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Prolapse	9																						
Breathlessness	27																						
Balance issues	30																						
Fear of fall	24																						
Participant's feedback	: Housekeeping staff reported that- "□□□□□□ □□□ □□□□ □□□ □□□ □□□□□□."																						



Fig 1- Students screening housekeeping staff members



Fig 3-Event organizing team



Fig 2- Traditional activity (fugdi) performed by event coordinators along with beneficiaries and students

[Signature]
Dr. Kamandeep Saini (PT)
Dr. Shrutika Sawant (PT)
Dr. Gargi Mishra (PT)
Event co-ordinator
MGM School of Physiotherapy,
Navi Mumbai



[Signature]
Dr. Bela Agarwal (PT)
IQAC Coordinator
MGM School of Physiotherapy,
Navi Mumbai

[Signature]
Dr. Rajani Mullerpatan
Professor-Director
MGM School of Physiotherapy,
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Physiotherapy Screening Camp for Urban Area

Date: 14/12/2023

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps for residential areas to screen and identify the burden of non-communicable conditions that impact physical functioning. Early detection of Physical function decline will help in structuring intervention and providing referral. It helps in structuring preventive and rehabilitation services.										
Objective	:	Early detection, rehabilitation & monitoring pertaining to Physiotherapy care. To engage students towards the delivery of community-based preventive needs & rehabilitation. To analyse burden of non-communicable diseases.										
Date & Time	:	14 th December 2023, 10:30 am to 1.30 pm										
Organized by	:	Department of Community Physiotherapy										
Event coordinator	:	Dr. Shrutika Sawant (PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.										
Attended by	:	No of beneficiaries for camp: 24 1 Assistant Professor 1 Semester 1 MPT students 1 Intern 17 Semster VI BPT students										
Venue	:	Enkay Gardens, Wavanje, Taloja										
Summary	:	MGM School of Physiotherapy, Navi-Mumbai organized a physiotherapy camp at Enkay Gardens, Wavanje, Taloja on 14 th December, 2023. Resients were screened inside building premises post permission of the secretary. The total number of residents screened were twenty four (eight males and sixteen females). They were screened using screening questionnaire that included shoulder, neck, knee, low back pain, urinary incontinence, cardiovascular risk & neurological diseases such as stroke, Parkinson's disease, etc. Residents were educated about their health status and provided with consultation advice. <table border="1" data-bbox="411 1599 1505 1747"><thead><tr><th rowspan="2">Sr. no.</th><th rowspan="2">Screening test</th><th colspan="2">Number of beneficiaries</th></tr><tr><th>Males</th><th>Females</th></tr></thead><tbody><tr><td>1</td><td>Screening for neck, knee, low-back pain urinary incontinence, cardiovascular and neurological risks</td><td>8</td><td>16</td></tr></tbody></table>	Sr. no.	Screening test	Number of beneficiaries		Males	Females	1	Screening for neck, knee, low-back pain urinary incontinence, cardiovascular and neurological risks	8	16
Sr. no.	Screening test	Number of beneficiaries										
		Males	Females									
1	Screening for neck, knee, low-back pain urinary incontinence, cardiovascular and neurological risks	8	16									

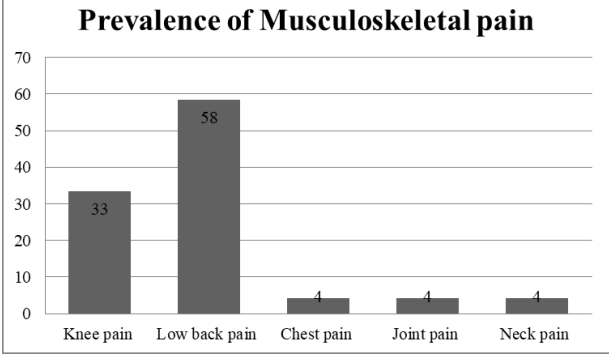
		
<p>Student feedback</p>	<p>: This was our first residential camp. We got to know about the living conditions of people in rural areas, the problems they face and how little knowledge they have about the Physiotherapy. We got a chance to serve, educate and spread awareness about Physiotherapy and we look forward to do the same in near future.</p>	



Fig 1: Screening undertaken by BPT semester VI students for residents



Fig 2: Individual treatment protocol was administered by MPT scholar



Fig 3: Group exercise session taken for residents by MPT scholar and intern.



Fig 4: Camp organizing team

Dr. Shrutika Sawant (PT)
Camp co-ordinator
Junior Assistant Professor
MGM School of Physiotherapy,
Navi Mumbai.

Dr. Beta Agarwal (PT)
IQAC Coordinator
MGM School of Physiotherapy,
Navi Mumbai

Dr. Rajani Mullerpatan
Professor-Director
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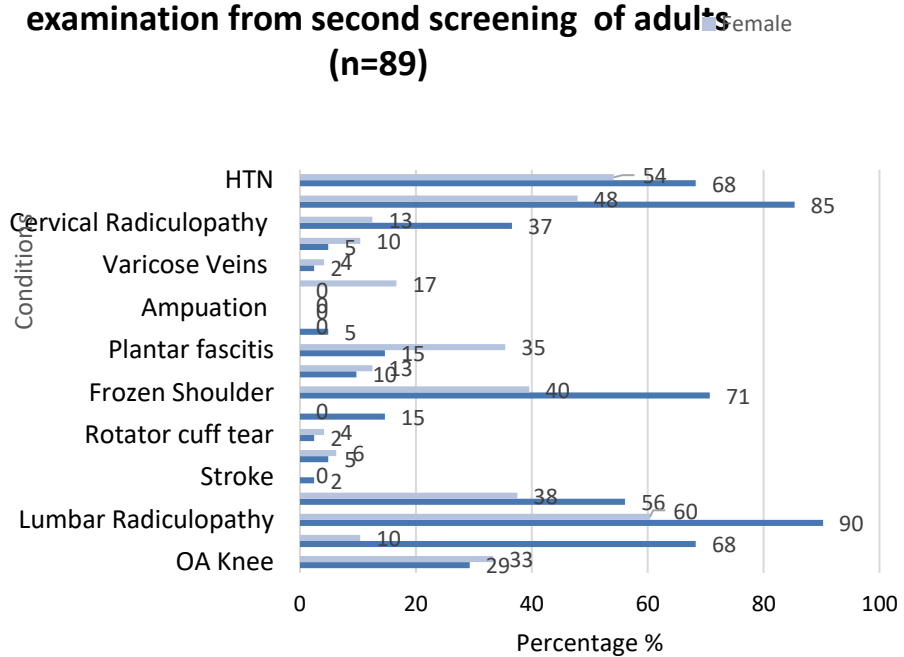
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Physiotherapy Screening Camp for Rural Area

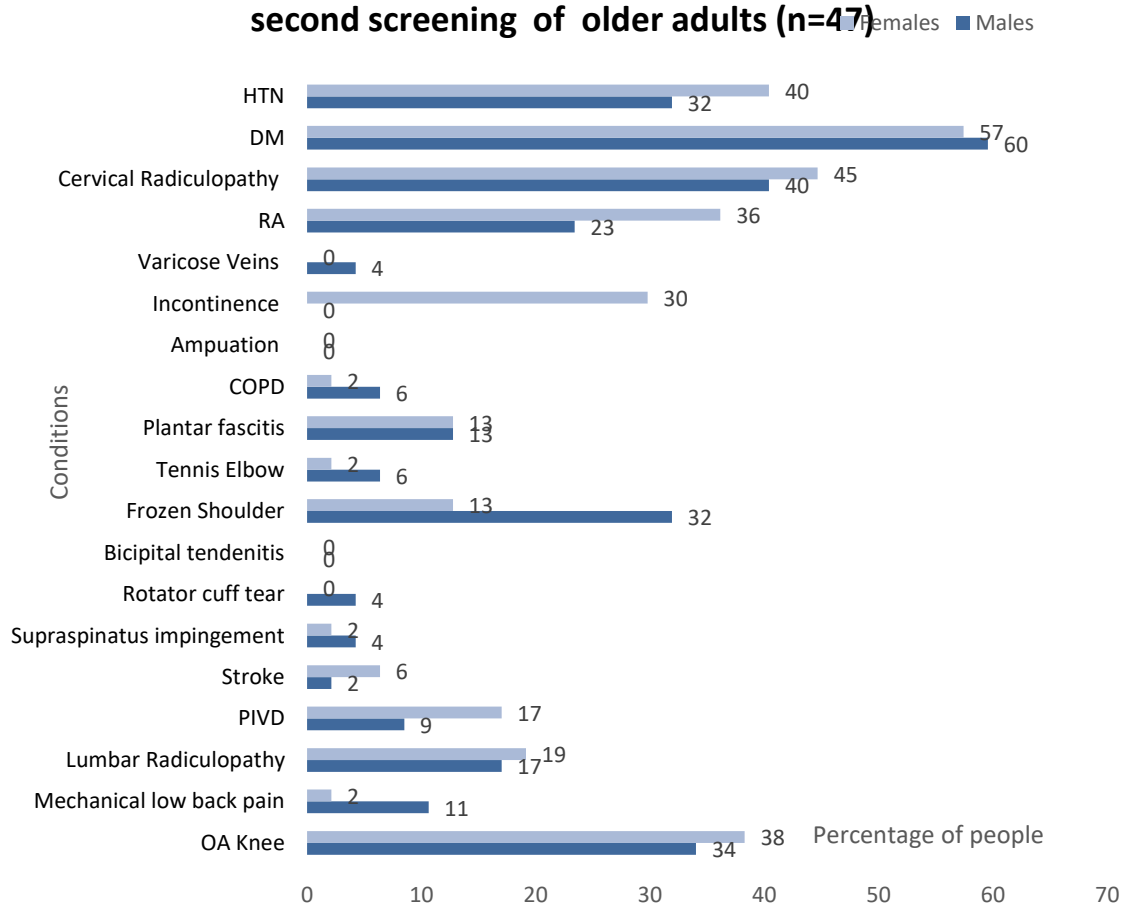
Date: 27/06/2024

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps for residential areas to screen and identify the burden of non-communicable conditions that impact physical functioning, early detection, intervention and referral. It helps in structuring preventive and rehabilitation services.																														
Objective	:	Early detection, rehabilitation & monitoring pertaining to Physiotherapy care. To engage students towards the delivery of community-based preventive needs & rehabilitation. To analyse burden of non-communicable diseases.																														
Date & Time	:	24, 25 and 26 th of June 2024, 09:00am to 12:30pm																														
Organized by	:	Department of Community Physiotherapy																														
Event coordinator	:	Dr.Gargi Mishra(PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.																														
Attended by	:	No of beneficiaries for camp:136 1 Assistant Professor 4 interns																														
Venue	:	Morbe Sub-Centre , Panvel, Raigad																														
Summary	:	<p>MGM School of Physiotherapy, Navi Mumbai organized a Physiotherapy camp at Shivansai village, Panvel, Raigad on 24, 25 and 26th of June 2024.,. Individuals were screened using door to door visits. The total number of residents (89 females 47 males) was screened using screening questionnaire that included shoulder, neck, knee, low back pain, urinary incontinence, cardiovascular risk & neurological diseases such as stroke, Parkinson's disease, etc. Residents were educated about their health status & advised for changes in lifestyle by inculcating physical exercises.</p> <table border="1"><thead><tr><th rowspan="2">Sr. no.</th><th rowspan="2">Screening test</th><th colspan="2">Number of beneficiaries</th></tr><tr><th>Males</th><th>Females</th></tr></thead><tbody><tr><td>1</td><td>Screening for neck, knee, low-back pain urinary incontinence, cardiovascular and neurological risks</td><td>35</td><td>63</td></tr><tr><td>2</td><td>Chronic kidney disease</td><td colspan="2">4</td></tr><tr><td>3</td><td>Peripheral vascular disease</td><td colspan="2">1</td></tr><tr><td>4</td><td>Screening for osteoporosis</td><td colspan="2">4</td></tr><tr><td>5</td><td>Screening for neck pain and low back pain</td><td colspan="2">13</td></tr><tr><td>6</td><td>Screening for knee pain</td><td colspan="2">4</td></tr></tbody></table>	Sr. no.	Screening test	Number of beneficiaries		Males	Females	1	Screening for neck, knee, low-back pain urinary incontinence, cardiovascular and neurological risks	35	63	2	Chronic kidney disease	4		3	Peripheral vascular disease	1		4	Screening for osteoporosis	4		5	Screening for neck pain and low back pain	13		6	Screening for knee pain	4	
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Diagnosed cases on the basis of physical examination from second screening of adults (n=89)



Diagnosed cases on the basis of physical examination from second screening of older adults (n=47)



Participant's feedback	: Participants were appreciative of MGM School of Physiotherapy, Navi Mumbai for arranging Physiotherapy the treatment provided to them by going door to door in their village.
------------------------	---



Fig 1- Interns assessing patients at their home



Fig 2- Interns assessing patients at their home



Interns assessing patients at their home

Dr. Gargi Mishra (PT)
Camp co-ordinator
Assistant Professor
MGM School of Physiotherapy,
Navi Mumbai

Dr. Bela Agrawal
IQAC Coordinator
MGM School of Physiotherapy,
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Physiotherapy Camp for Institutionalized Care Setup

Date: 17.05.2023

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps at Old age homes. It helps in structuring preventive, rehabilitation services and referral for age related functional decline amongst institutionalized elderly.												
Objective	:	<ul style="list-style-type: none">-Early detection and recommendations of preventative measure and rehabilitative strategies for decline in physical function amongst institutionalized elderly.-Need analysis of age related conditions in institutionalized set up.-Exposing students to institutionalized geriatric setup and their needs.-Skill development of students in institutionalized geriatric assessment and planning of management.												
Date and Time	:	Department of Community Physiotherapy												
Organized by	:	Department of Community Physiotherapy												
Event Coordinator	:	Dr. Shrutika Sawant (PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.												
Attended by	:	No of beneficiaries for camp: 20 1 Assistant Professor 2 Interns 6 BPT Semester II Students 4 BPT Semester IV Students 3 BPT Semester VI Students												
Venue	:	Nishkalanka Seva Home, Resewadi, Panvel Navi Mumbai.												
Summary	:	<p>MGM School of Physiotherapy, Navi Mumbai organized a physiotherapy camp at Nishkalanka Seva Home, Resewadi, Panvel Navi Mumbai. which is an institutionalized setup, on Saturday, 16th April 2024. Total 21 older adults were screened using need based assessment questionnaire. Based on the assessment findings, one on one exercise recommendation were made for nineteen participants to enhance level of function which included functional training, balance training. Group exercise session for all participants was conducted that focused general mobility exercises for large muscles and breathing exercise to improve cardiopulmonary endurance.</p> <table border="1"><thead><tr><th>Sr.no.</th><th>Screening test</th><th colspan="2">Number of beneficiaries</th></tr></thead><tbody><tr><td>1</td><td>Institutionalized elderly screening</td><td>Males</td><td>Females</td></tr><tr><td></td><td></td><td>9</td><td>16</td></tr></tbody></table>	Sr.no.	Screening test	Number of beneficiaries		1	Institutionalized elderly screening	Males	Females			9	16
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1	Institutionalized elderly screening	Males	Females											
		9	16											

		<p style="text-align: center;">Prevalence of age related co-morbidities</p> <table border="1"> <caption>Data from Prevalence of age related co-morbidities pie chart</caption> <thead> <tr> <th>Co-morbidity</th> <th>Prevalence (%)</th> </tr> </thead> <tbody> <tr> <td>Low back pain</td> <td>10%</td> </tr> <tr> <td>Knee pain</td> <td>10%</td> </tr> <tr> <td>Stroke</td> <td>5%</td> </tr> <tr> <td>Parkinson's disease</td> <td>5%</td> </tr> <tr> <td>Shoulder pain</td> <td>5%</td> </tr> <tr> <td>Amputation</td> <td>5%</td> </tr> <tr> <td>Cognitive impairment</td> <td>25%</td> </tr> <tr> <td>Multiple joint pain</td> <td>5%</td> </tr> </tbody> </table>	Co-morbidity	Prevalence (%)	Low back pain	10%	Knee pain	10%	Stroke	5%	Parkinson's disease	5%	Shoulder pain	5%	Amputation	5%	Cognitive impairment	25%	Multiple joint pain	5%	
Co-morbidity	Prevalence (%)																				
Low back pain	10%																				
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Amputation	5%																				
Cognitive impairment	25%																				
Multiple joint pain	5%																				
<p>Student feedback</p>	<p>:</p>	<p>Students reported that “It was a great experience altogether, we got learn how to communicate with older participants with cognitive impairment.</p>																			



Fig 1- BPT student undertaking individualized screening for residents



Fig 2- BPT student undertaking individualized screening for residents.

Shrutika

Dr. Shrutika Sawant (PT)
Junior Assistant Professor
MGM School of Physiotherapy,
Navi Mumbai

Shrutika

Dr. Shrutika Parab (PT)
IQAC Coordinator
MGM School of Physiotherapy,
Navi Mumbai

Rajani

Dr. Rajani Mullerpatan
Professor-Director
MGM School of Physiotherapy,
Navi Mumbai
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Sector-1, Kamothe, Navi Mumbai – 410209

Industrial Visit at American Life Mattress, Mahape, Navi Mumbai

Date: 11/07/2024

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps for Industrial areas to screen and identify the burden of non-communicable conditions that impact physical functioning, early detection, intervention and referral. It helps in structuring preventive and rehabilitation services.						
Objective	:	<ul style="list-style-type: none">– Early detection, rehabilitation & monitoring pertaining to Physiotherapy care.– To identify employees for any health issues, work related discomfort and ergonomic screening.– To observe worksite and working postures of employees and identify hazards.– To engage students towards the delivery of community-based preventive needs & rehabilitation.– To analyse burden of non-communicable diseases.						
Date & Time	:	11 th July 2024, 10:00am to 2:00pm						
Organized by	:	Department of Community Physiotherapy, MGM School of Physiotherapy, Navi Mumbai.						
Event coordinator	:	Dr. Shrutika Sawant(PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.						
Attended by	:	Total number of Student beneficiaries for visit:08 1 Assistant professor 2 Interns 25 BPT Semester VI						
Venue	:	American Life Mattress, Mahape, Navi Mumbai						
Summary	:	<p>MGM School of Physiotherapy, Navi Mumbai organized an Industrial visit at American Life Mattress, Mahape, Navi Mumbai on 11th July 2024.</p> <p>During the visit, students observed the workplace environment and work posture of the workers. Students analysed work performance of the workers by identifying occupational hazards and incorrect techniques during their work. Following which task analysis was performed for workers using REBA scale to provide ergonomic advice. While concluding the visit, workstation exercises were taught to the workers to prevent occurrence of work related musculoskeletal disorders.</p> <table border="1" style="width: 100%;"><thead><tr><th style="text-align: center;">Sr. no.</th><th style="text-align: center;">Screening test</th><th style="text-align: center;">Number of beneficiaries</th></tr></thead><tbody><tr><td style="text-align: center;">1</td><td style="text-align: center;">Workers ergonomic screening</td><td style="text-align: center;">14</td></tr></tbody></table>	Sr. no.	Screening test	Number of beneficiaries	1	Workers ergonomic screening	14
Sr. no.	Screening test	Number of beneficiaries						
1	Workers ergonomic screening	14						
Students' feedback	:	Students stated that “The physiotherapy industrial visit provided a comprehensive view of clinical practices, showcasing therapeutic techniques and professional expertise. It was insightful to witness first hand how theory translates into practical applications.”						



Fig 1: Students observing workstation to identify work related hazards for workers



Fig 2: Industrial visit team along with faculty member.


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Industrial Visit at Fabtech India, Pvt. Ltd, Mahape

Date: 30/04/2024

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps for Industrial areas to screen and identify the burden of non-communicable conditions that impact physical functioning, early detection, intervention and referral. It helps in structuring preventive and rehabilitation services.						
Objective	:	<ul style="list-style-type: none">– Early detection, rehabilitation & monitoring pertaining to Physiotherapy care.– To identify employees for any health issues, work related discomfort and ergonomic screening.– To observe worksite and working postures of employees and identify hazards.– To engage students towards the delivery of community-based preventive needs & rehabilitation.– To analyse burden of non-communicable diseases.						
Date & Time	:	30 th April 2024, 10:00am to 1:00pm						
Organized by	:	Department of Community Physiotherapy, MGM School of Physiotherapy, Navi Mumbai.						
Event coordinator	:	Dr.Shrutika Sawant(PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.						
Attended by	:	Total number of Student beneficiaries for visit:08 1 Assistant professor 2 Interns 2 BPT semester IV						
Venue	:	Fabtech India, Pvt.Ltd.Mahape						
Summary	:	<p>MGM School of Physiotherapy, Navi Mumbai organized an Industrial visit at Fabtech India, Pvt. Ltd. Mahape on 30th April 2024.</p> <p>During the visit, students observed the workplace environment and work posture of the workers. Students analysed work performance of the workers by identifying occupational hazards and incorrect techniques during their work. Following which task analysis was performed for workers using REBA scale to provide ergonomic advice. While concluding the visit, workstation exercises were taught to the workers to prevent occurrence of work related musculoskeletal disorders.</p> <table border="1" style="width: 100%; border-collapse: collapse;"><thead><tr><th style="width: 10%;">Sr. no.</th><th style="width: 60%;">Screening test</th><th style="width: 30%;">Number of beneficiaries</th></tr></thead><tbody><tr><td style="text-align: center;">1</td><td style="text-align: center;">Workers ergonomic screening</td><td style="text-align: center;">34</td></tr></tbody></table>	Sr. no.	Screening test	Number of beneficiaries	1	Workers ergonomic screening	34
Sr. no.	Screening test	Number of beneficiaries						
1	Workers ergonomic screening	34						
Students' feedback	:	Students stated that “This was educational visit for us, we got to know about real working techniques of employees.”						



Fig 1: Students providing screening & treatment for workers



Fig 2: Workstation exercise session delivered by interns

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Industrial Visit at Shree Krishna Oil Mills, Dharavi

Date: 22/06/2024

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps for Industrial areas to screen and identify the burden of non-communicable conditions that impact physical functioning, early detection, intervention and referral. It helps in structuring preventive and rehabilitation services.						
Objective	:	<ul style="list-style-type: none">– Early detection, rehabilitation & monitoring pertaining to Physiotherapy care.– To identify employees for any health issues, work related discomfort and ergonomic screening.– To observe worksite and working postures of employees and identify hazards.– To engage students towards the delivery of community-based preventive needs & rehabilitation.– To analyse burden of non-communicable diseases.						
Date & Time	:	22 nd June 2024, 10:00am to 2:00pm						
Organized by	:	Department of Community Physiotherapy, MGM School of Physiotherapy, Navi Mumbai.						
Event coordinator	:	Dr.Shrutika Sawant(PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.						
Attended by	:	Total number of Student beneficiaries for visit:08 1 Assistant professor 2 Interns 3 BPT Semester VII						
Venue	:	Shree Krishna Oil Mills,Dharavi						
Summary	:	<p>MGM School of Physiotherapy, Navi Mumbai organized an Industrial visit at Shree Krishna Oil Mills,Dharavi on 22nd June 2024.</p> <p>During the visit, students observed the workplace environment and work posture of the workers. Students analysed work performance of the workers by identifying occupational hazards and incorrect techniques during their work. Following which task analysis was performed for workers using REBA scale to provide ergonomic advice. While concluding the visit, workstation exercises were taught to the workers to prevent occurrence of work related musculoskeletal disorders.</p> <table border="1" style="width: 100%;"><thead><tr><th style="text-align: center;">Sr. no.</th><th style="text-align: center;">Screening test</th><th style="text-align: center;">Number of beneficiaries</th></tr></thead><tbody><tr><td style="text-align: center;">1</td><td style="text-align: center;">Workers ergonomic screening</td><td style="text-align: center;">15</td></tr></tbody></table>	Sr. no.	Screening test	Number of beneficiaries	1	Workers ergonomic screening	15
Sr. no.	Screening test	Number of beneficiaries						
1	Workers ergonomic screening	15						
Students' feedback	:	Students stated that “The industrial visit was a great learning experience. It exposed us to how industrial based rehabilitation really looks on the field. It helped to hone our communication skills. The industrial visit helped us to understand how feasible ergonomic modifications can be made within the financial and physical constraints. Overall, it was a great learning opportunity.”						



Fig 1: Students assessing the worksite.



Fig 2: Industrial visit team along with faculty member.

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Industrial Visit at Tinita Engineering Pvt. Ltd, Rabale, Navi Mumbai

Date: 27/07/2024

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps for Industrial areas to screen and identify the burden of non-communicable conditions that impact physical functioning, early detection, intervention and referral. It helps in structuring preventive and rehabilitation services.						
Objective	:	<ul style="list-style-type: none">– Early detection, rehabilitation & monitoring pertaining to Physiotherapy care.– To identify employees for any health issues, work related discomfort and ergonomic screening.– To observe worksite and working postures of employees and identify hazards.– To engage students towards the delivery of community-based preventive needs & rehabilitation.– To analyse burden of non-communicable diseases.						
Date & Time	:	27 th July 2024, 10:00am to 1:00pm						
Organized by	:	Department of Community Physiotherapy, MGM School of Physiotherapy, Navi Mumbai.						
Event coordinator	:	Dr.Shrutika Sawant(PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.						
Attended by	:	Total number of Student beneficiaries for visit:27 1 Assistant professor 27 BPT Semester VI						
Venue	:	American Life Mattress,Mahape, Navi Mumbai						
Summary	:	<p>MGM School of Physiotherapy, Navi Mumbai organized an Industrial visit at American Life Mattress,Mahape, Navi Mumbai on 27th July 2024.</p> <p>During the visit, students observed the workplace environment and work posture of the workers. Students analysed work performance of the workers by identifying occupational hazards and incorrect techniques during their work. Following which task analysis was performed for workers using REBA scale to provide ergonomic advice. While concluding the visit, workstation exercises were taught to the workers to prevent occurrence of work related musculoskeletal disorders.</p> <table border="1" style="width: 100%; border-collapse: collapse;"><thead><tr><th style="width: 10%;">Sr. no.</th><th style="width: 60%;">Screening test</th><th style="width: 30%;">Number of beneficiaries</th></tr></thead><tbody><tr><td style="text-align: center;">1</td><td style="text-align: center;">Workers ergonomic screening</td><td style="text-align: center;">30</td></tr></tbody></table>	Sr. no.	Screening test	Number of beneficiaries	1	Workers ergonomic screening	30
Sr. no.	Screening test	Number of beneficiaries						
1	Workers ergonomic screening	30						
Students' feedback	:	Students stated that “Best exposure of the workers working as the two main types of jobs, that is desk job and as a labour, so because of this we were able to provide ergonomic advices to both the types. All the workers were also coordinating properly and doing the exercises we were telling them to. Good hospitality was also being provided. Everything went so smooth. As there were mass labourers, so it was an advantage to provide them advices in group as it was fun and interactive session for them too.”						



Fig 1: Students observing workstation to identify work related hazards for workers and evaluating employees



Fig 2: Industrial visit team along with faculty member



Fig 3: Industrial screening team

Dr. Shrutika
 Dr. Shrutika Sawant (PT)
 Junior Assistant Professor
 MGM School of Physiotherapy,
 Navi Mumbai

Dr. Shrutika
 Dr. Shrutika Parab (PT)
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Industrial Visit at Pack 8, Palaspe, Panvel

Date: 29/08/2024

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps for Industrial areas to screen and identify the burden of non-communicable conditions that impact physical functioning, early detection, intervention and referral. It helps in structuring preventive and rehabilitation services.						
Objective	:	<ul style="list-style-type: none">– Early detection, rehabilitation & monitoring pertaining to Physiotherapy care.– To identify employees for any health issues, work related discomfort and ergonomic screening.– To observe worksite and working postures of employees and identify hazards.– To engage students towards the delivery of community-based preventive needs & rehabilitation.– To analyse burden of non-communicable diseases.						
Date & Time	:	28 th August 2024, 10:00am to 1:00pm						
Organized by	:	Department of Community Physiotherapy, MGM School of Physiotherapy, Navi Mumbai.						
Event coordinator	:	Dr.Shrutika Sawant(PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.						
Attended by	:	Total number of Student beneficiaries for visit:16 1 Assistant professor 22 BPT Semester VI						
Venue	:	Pack 8, Palaspe, Panvel						
Summary	:	<p>MGM School of Physiotherapy, Navi Mumbai organized an Industrial visit at Pack 8, Palaspe, Panvel on 28th August 2024.</p> <p>During the visit, students observed the workplace environment and work posture of the workers. Students analysed work performance of the workers by identifying occupational hazards and incorrect techniques during their work. Following which task analysis was performed for workers using REBA scale to provide ergonomic advice. While concluding the visit, workstation exercises were taught to the workers to prevent occurrence of work related musculoskeletal disorders.</p> <table border="1" style="width: 100%;"><thead><tr><th style="text-align: center;">Sr. no.</th><th style="text-align: center;">Screening test</th><th style="text-align: center;">Number of beneficiaries</th></tr></thead><tbody><tr><td style="text-align: center;">1</td><td style="text-align: center;">Workers ergonomic screening</td><td style="text-align: center;">16</td></tr></tbody></table>	Sr. no.	Screening test	Number of beneficiaries	1	Workers ergonomic screening	16
Sr. no.	Screening test	Number of beneficiaries						
1	Workers ergonomic screening	16						
Students' feedback	:	Students stated that “Best exposure of the workers working as the two main types of jobs, that is desk job and as a labour, so because of this we were able to provide ergonomic advices to both the types. All the workers were also coordinating properly and doing the exercises we were telling them to. Good hospitality was also being provided. Everything went so smooth. As there were mass labourers, so it was an advantage to provide them advices in group as it was fun and interactive session for them too.”						



Fig 1: Industrial visit team along with faculty member

Dr. Shrutika Sawant (PT)
Camp co-ordinator
Junior Assistant Professor
MGM School of Physiotherapy,
Navi Mumbai.

Dr. Bela Agarwal (PT)
IQAC Coordinator
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Physiotherapy Screening Camp for Rural Area

Date: 31/01/2024

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps for residential areas to screen and identify the burden of non-communicable conditions that impact physical functioning, early detection, intervention and referral. It helps in structuring preventive and rehabilitation services.																														
Objective	:	Early detection, rehabilitation & monitoring pertaining to Physiotherapy care. To engage students towards the delivery of community-based preventive needs & rehabilitation. To analyse burden of non-communicable diseases.																														
Date & Time	:	31 st January 2024, 09:00am to 5.00pm																														
Organized by	:	Department of Community Physiotherapy																														
Event coordinator	:	Dr.Gargi Mishra(PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.																														
Attended by	:	No of beneficiaries for camp:70 1 Assistant Professor 5 interns 4 BPT Semester Students																														
Venue	:	Golden View Apartment, Uran Village, Raigad District																														
Summary	:	<p>MGM School of Physiotherapy, Navi Mumbai organized a Physiotherapy camp at Golden View Apartment, Uran Individuals were screened using door to door visits. The total number of 70 residents were screened using screening questionnaire that included shoulder, neck, knee, low back pain, urinary incontinence, cardiovascular risk & neurological diseases such as stroke, Parkinson's disease, etc. Residents were educated about their health status & advised for changes in lifestyle by inculcating physical exercises.</p> <table border="1"><thead><tr><th rowspan="2">Sr. no.</th><th rowspan="2">Screening test</th><th colspan="2">Number of beneficiaries</th></tr><tr><th>Males</th><th>Females</th></tr></thead><tbody><tr><td>1</td><td>Screening for neck, knee, low-back pain urinary incontinence, cardiovascular and neurological risks</td><td>36</td><td>38</td></tr><tr><td>2</td><td>Chronic kidney disease</td><td colspan="2">4</td></tr><tr><td>3</td><td>Peripheral vascular disease</td><td colspan="2">1</td></tr><tr><td>4</td><td>Screening for osteoporosis</td><td colspan="2">4</td></tr><tr><td>5</td><td>Screening for neck pain and low back pain</td><td colspan="2">13</td></tr><tr><td>6</td><td>Screening for knee pain</td><td colspan="2">4</td></tr></tbody></table>	Sr. no.	Screening test	Number of beneficiaries		Males	Females	1	Screening for neck, knee, low-back pain urinary incontinence, cardiovascular and neurological risks	36	38	2	Chronic kidney disease	4		3	Peripheral vascular disease	1		4	Screening for osteoporosis	4		5	Screening for neck pain and low back pain	13		6	Screening for knee pain	4	
Sr. no.	Screening test	Number of beneficiaries																														
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<p style="text-align: center;">Diagnosed cases on the basis of physical examination from second screening of adults (n=70)</p> <p style="text-align: right;">Female</p>																																		
Condition	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Condition</th> <th>Male (%)</th> <th>Female (%)</th> </tr> </thead> <tbody> <tr> <td>HTN</td> <td>68</td> <td>54</td> </tr> <tr> <td>Cervical Radiculopathy</td> <td>85</td> <td>37</td> </tr> <tr> <td>Varicose Veins</td> <td>10</td> <td>5</td> </tr> <tr> <td>Amputation</td> <td>17</td> <td>2</td> </tr> <tr> <td>Plantar fasciitis</td> <td>35</td> <td>15</td> </tr> <tr> <td>Frozen Shoulder</td> <td>71</td> <td>40</td> </tr> <tr> <td>Rotator cuff tear</td> <td>15</td> <td>2</td> </tr> <tr> <td>Stroke</td> <td>2</td> <td>5</td> </tr> <tr> <td>Lumbar Radiculopathy</td> <td>90</td> <td>60</td> </tr> <tr> <td>OA Knee</td> <td>68</td> <td>33</td> </tr> </tbody> </table>	Condition	Male (%)	Female (%)	HTN	68	54	Cervical Radiculopathy	85	37	Varicose Veins	10	5	Amputation	17	2	Plantar fasciitis	35	15	Frozen Shoulder	71	40	Rotator cuff tear	15	2	Stroke	2	5	Lumbar Radiculopathy	90	60	OA Knee	68	33
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Participant's feedback	<p>Participants were appreciative of MGM School of Physiotherapy, Navi Mumbai for arranging Physiotherapy the treatment provided to them by going door to door in their village.</p>																																	



Fig 1- Dr. Gargi Mishra Addressing the Members of the society.



Fig 2- Camp Team Felicitated by the chairman of the Golden View Society

Dr. Gargi Mishra (PT)
Camp co-ordinator
Assistant Professor
MGM School of Physiotherapy,
Navi Mumbai

Dr. Bela Agrawal
IQAC Coordinator
MGM School of Physiotherapy,
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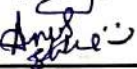
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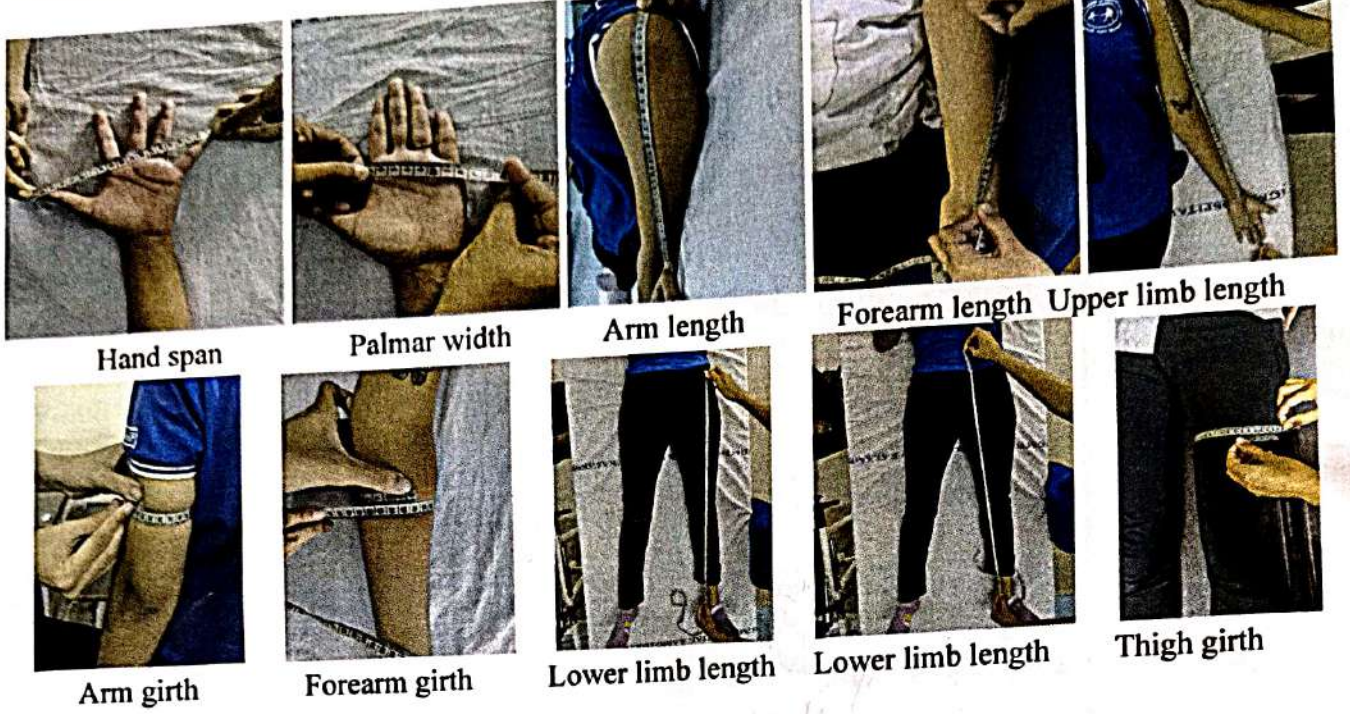
MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

BPT/Internship Project Summary

Project title	Upper and lower extremity anthropometry in young adult females with and without Dysmenorrhea.
Name and signature of Guide	Dr. Mamta Shetty (PT) 
Name and signature of candidates	Siddhi Ainkar  Anushka Bhanarkar  Apurva Koli  Nency Arethiya  Anushka Bajaj 
Duration of project	6 months
Approval date	17/07/2024
Submission date	
Project summary	
Purpose	To study the upper and lower extremity anthropometry in young adult females with and without Dysmenorrhea.
Objectives	To compare strength and anthropometric changes in young adult females with and without dysmenorrhea.
Methods	A Cross sectional Observational study was conducted among 138 young adult females (69-with Dysmenorrhea and 69-without Dysmenorrhea) from Navi Mumbai. Demographic details, upper and lower limb anthropometric variables and strength was assessed . Results were analyzed using SPSS version 25 software.
Results	The results showed that there were significant differences in strength: the dysmenorrhea group had greater right upper limb strength (mean 16.81, $p=0.020$) and the non-dysmenorrhea group had greater lower limb strength (mean 55.51, $p=0.005$). No significant differences in most upper and lower limb anthropometric measurements between females with and without dysmenorrhea.
Conclusion	The study found notable differences in strength: the dysmenorrhea group had greater right upper limb strength, while the non-dysmenorrhea group had greater lower limb strength.. This suggests that while dysmenorrhea does not affect body measurements significantly, it may influence muscle strength distribution.

Photographs :



Co-investigator:

Siddhi Ainkar *Siddhi*

Anushka Bhanarkar *Anushka*

Apurva Koli *Apurva*

Nency Arethiya *Nency*

Anushka Bajaj *Anushka*

Guide:

Dr. Mamta Shetty(PT)

Internship Coordinator

Madia
23/7/24

[Signature]
BPT Coordinator

[Signature]
IQAC Coordinator

[Signature]
Head of Institute


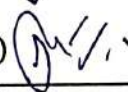

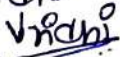
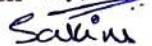


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BPT/Internship Project Report Summary

Project title	Importance of physiotherapy in spinal muscular atrophy - a cross-sectional survey of knowledge, attitude and practice in caregivers of children with Spinal Muscular Atrophy.
Name and Signature of Guide	Dr. Amrita Ghosh (PT)  Dr. Aamreen Ryain (PT) 
Name and Signature of candidate/s	Ridhi Banwani  Vridhi Bhambhani  Sakina Bharmal  Swarangi Bhurke  Nupoor Chavan 
Duration of project	6 Months
Approval date	30 th April 2024
Submission Date	17 th July 2024
Project Summary	
Purpose	To study caregivers perspective on importance of Physiotherapy in individuals with Spinal Muscular Atrophy (SMA)
Objectives	To develop and validate a questionnaire, and conduct a survey to study the knowledge, attitude, and practices of caregivers regarding the role of physiotherapy in Spinal Muscular Atrophy.
Methods	A cross-sectional survey was conducted among 30 caregivers of individuals with SMA in Maharashtra. Data was gathered using a self-administered and validated questionnaire to assess caregivers' perceptions of the importance of physiotherapy for individuals with SMA.
Results	The study reveals high awareness (83.3%) and understanding (86.7%) of Spinal Muscular Atrophy (SMA) among participants, with doctors being the most trusted source of information (43.3%). Despite challenges like high medical costs (80%) and limited assistance (53.3%), physiotherapy is highly valued (76.7%) for maintaining mobility (76.7%) and improving function (73.3%), with many caregivers preferring home sessions (60%) due to travel difficulties (66.7%) and limited nearby facilities (63%).
Conclusion	This research highlights high awareness of Spinal Muscular Atrophy (SMA) and a strong belief in the importance of physiotherapy among participants. However, financial constraints, lack of nearby treatment facilities, and difficulties accessing medical assistance significantly hinder effective SMA care. Addressing these challenges is crucial to improving outcomes and quality of life for individuals with SMA and their caregivers.

Photographs:

Importance of Physiotherapy in Spinal Mus

Questions Responses **2** Settings

KNOWLEDGE

1. Are you aware about the condition Spinal Muscular Atrophy?

Yes
 No

2. What according to you are the possible reasons for SMA to occur in individuals?

Genetic mutation
 Infections (Viral/Bacterial)
 Result of poor maternal health during pregnancy
 Childhood injuries
 Vaccinations
 Superstitions

Importance of Physiotherapy in Spinal Mus

Questions Responses **2** Settings

ATTITUDE

6. Do you believe physiotherapy is essential for individuals with SMA to improve their functioning?

Yes
 No

7. How do you feel about the time and effort required for regular physiotherapy sessions for SMA patients?

It is worth the time and effort
 It is somewhat worth the time and effort
 Neutral
 It is not very worth the time and effort

Importance of Physiotherapy in Spinal Mus

Questions Responses **2** Settings

PRACTICES

12. Are you taking Physiotherapy/ Occupational therapy sessions for your child?

Yes
 No

13. If yes, how often do you take the patient you look after for physiotherapy?

Once a week
 Twice a week
 Thrice a week
 Everyday
 Not Applicable

Co-investigators:

Ridhi Banwani

Ridhi

Vridhi Bhambhani

Vridhi

Sakina Bharmal

Sakina

Swarangi Bhurke

SB

Nupoor Chavan

Nupoor

Guide:

Amrita
Dr. Amrita Ghosh (PT)

Dr.
Dr. Aamreen Ryain (PT)

Internship Coordinator

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17/7/24

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IQAC Coordinator

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Head of Institute

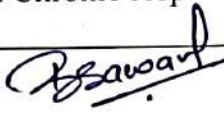
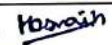

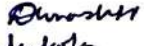
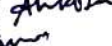

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BPT/Internship Project Report Summary

Project title	Correlation of Cadence and Single breath count with Physical activity and Quality of life in patients with Chronic respiratory diseases: A Cross-sectional Study.
Name and Signature of Guide	Dr. Bhoomika Sawant (PT) 
Name and Signature of candidate/s	Mr. Hasnain Chaviwala  Ms. Purva Chawan  Ms. Dhrashti Chhadwa  Ms. Ankita Deshmukh  Ms. Kritika Gawand 
Duration of project	6 months
Approval date	30th April 2024
Submission Date	17th July 2024
Project Summary	
Purpose	The purpose is to correlate simple measurements such as cadence and single breath count with physical activity and quality of life, as they are quick to conduct and cost-effective.
Objectives	1. To study the correlation of cadence with physical activity and quality of life in patients with Chronic Respiratory Diseases. 2. To study the correlation of single breath count with physical activity and quality of life in patients with Chronic Respiratory Diseases.
Methods	The study included 55 adults aged 18-65 with diagnosed with CRDs for over two years. Single breath counting (SBC) test was performed by asking the patients to count out loud after maximal inhalation, the last number counted by the patient in a normal speaking voice was recorded. Cadence was measured by counting the steps walked by the patients in 1 minute. Quality of life was assessed using the Chronic Respiratory Questionnaire, and physical activity levels were measured with the IPAQ, categorized into low, moderate, and high based on MET mins/week. Correlation was determined by the spearmen coefficient.
Results	Single Breath Count (SBC) shows a strong correlation with physical activity ($\rho = 0.675, P < 0.001$) and moderate correlations with dyspnoea ($\rho = 0.561, P < 0.001$) and quality of life ($\rho = 0.509, P < 0.001$), making it a more reliable indicator of these factors in patients with chronic respiratory

	diseases as compared to cadence which showed a moderate correlation with physical activity levels ($\rho = 0.414$), and weak correlations with dyspnoea ($\rho = 0.240$, $P < 0.05$) and quality of life scores ($\rho = 0.150$, $P > 0.1$).
Conclusion	This study emphasizes the value of Single Breath Count (SBC) in managing chronic respiratory diseases. Strong correlation of SBC with physical activity and moderate correlation with quality of life and dyspnoea, makes it a useful clinical tool. Incorporating SBC into routine practice can improve patient monitoring and outcomes. In contrast, cadence is less effective for predicting disease-specific outcomes. Despite which it remains useful for setting and achieving fitness goals, enhancing the physical activity regimen of patients with chronic respiratory conditions.

Photograph



Single Breath Counting- Performed by asking the patient to perform a deep maximal inhalation and count numbers aloud in sync with a metronome set at 120bpm.

Cadence - Measured by asking the patient to walk for 1 minute while counting the number of steps taken during that time.

Co - investigators;

Mr. Hasnain Chaviwala *Hasnain*
 Ms. Purva Chawan *Purva*
 Ms. Dhrashti Chhadwa *Dhrashti*
 Ms. Ankita Deshmukh *Ankita*
 Ms. Kritika Gawand *Kritika*

Guide;

Dr. Bhoomika Sawant (PT)

B Sawant
17/7/24

Internship Coordinator

Nadia
23/7/24

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BPT Internship Project Report Summary

Project title	Factors affecting Post Stroke rehabilitation - Development and validation of a questionnaire
Name and signature of Guide	Dr. Amrita Ghosh (PT) 
Name and signature of candidate/s	Durratussharaf Ghadiali  Sejal Gharat  Foram Ghoderao  Ritika Gogawale  Krisha Gogri 
Duration of project	6 months
Approval date	30 th April 2024
Submission date	
Project Summary	
Purpose	To develop and validate a questionnaire to better understand the cause and effects of terminating rehabilitation in stroke survivors post discharge from the hospital.
Objectives	The primary objective of this study is to develop and validate a questionnaire that focuses on the factors that influence post-stroke rehabilitation after the patients are discharged from the hospital as well as how these factors affect their functional status and quality of life.
Methods	7 experts for face validity and 14 experts for content validity with an extensive experience in stroke treatment were consulted to validate the questionnaire focusing on stroke rehabilitation. Using a 4-point scale to assess clarity and comprehensibility across all the domains, the experts rated each item for grammar, clarity, interpretation, and relevance. The questionnaire underwent quantitative evaluation by calculating the face validity and content validity of each item and the overall scale.
Results	The "Factors affecting Post Stroke Rehabilitation" Questionnaire consists of 27 items categorized into four domains focusing on inpatient and outpatient rehabilitation services, current functional status, and quality of life. The questionnaire was evaluated for face validity (FVI) and content validity (CVI). The values for both are well above the cutoff values. These indices indicate that the items are clear, understandable, relevant, and essential.
Conclusion	The "Factors Affecting Post-Stroke Rehabilitation" Questionnaire was developed and validated with the help of literature review, expert consultations, and quantitative evaluation, resulting in a tool with high face and content validity. The high validity scores affirm the questionnaire's suitability for effectively assessing factors influencing post-stroke rehabilitation outcomes.

STUDENT DETAILS

Name: _____
 Roll No: _____
 Date: _____
 Signature: _____
 Date of Birth: _____
 Address: _____
 Contact No: _____
 Email: _____
 Hospital No: _____
 Date of Admission: _____
 Date of Discharge: _____
 Date of Follow-up: _____

SECTION - ON PATIENT QUALIFICATION SERVICES

6. Rate the following activities that you could perform prior to the first episode of stroke, according to the assistance required?

4 - with maximal assistance	3 - with moderate assistance
1 - with minimal assistance	2 - without assistance

- String
- Standing
- Walking
- Lifting/lowering
- Transfer from bed in chair
- Combing hair
- Brushing teeth
- Shaving
- Using the toilet
- Eating food
- Changing clothes
- Having shower
- If others, please specify

7. Was Physiotherapy treatment administered during your hospital stay?

- Yes
- No

Specify the reason why: _____

8. In the duration of your hospital stay, when did your Physiotherapy sessions begin?

- Within a week
- After a week
- Immediately

9. What was the approximate duration of Physiotherapy session per day during your hospital stay?

- < 10 mins
- > 10 mins

10. Do you believe Physiotherapy sessions helped you recover during your hospital stay?

- Agree
- Disagree

11. On the scale of 0-10 were you satisfied with the Physiotherapy services provided? (0= dissatisfied, 5= moderately satisfied, 10= highly satisfied)

Final Stroke Questionnaire

Co-investigators:

Durratussharaf Ghadiali
 Durratussharaf Ghadiali

Sejal Gharat Foram Ghoderao
 Sejal Gharat Foram Ghoderao

Ritika Gogawale
 Ritika Gogawale

Krishna Gogri
 Krishna Gogri

Guide: Dr. Amrita Ghosh (PT)

Amrita Ghosh

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 Internship Coordinator:

Nadia
 18/7/24

BPT Coordinator:

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IQAC Coordinator:

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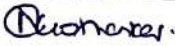


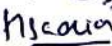
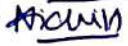
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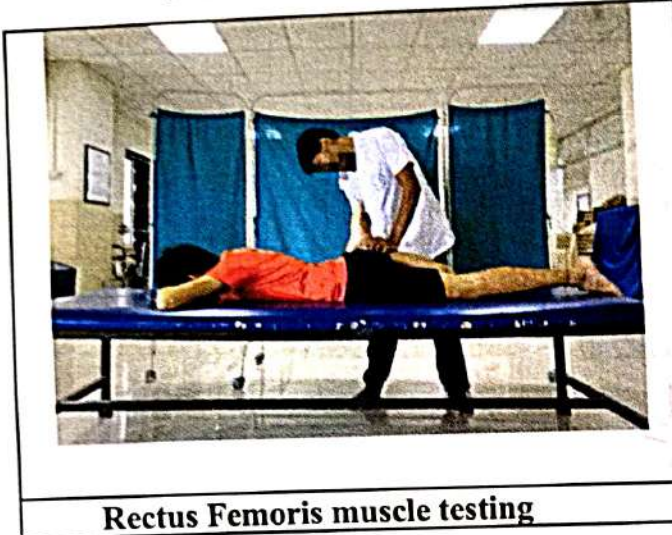
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BPT/Internship Project Report Summary

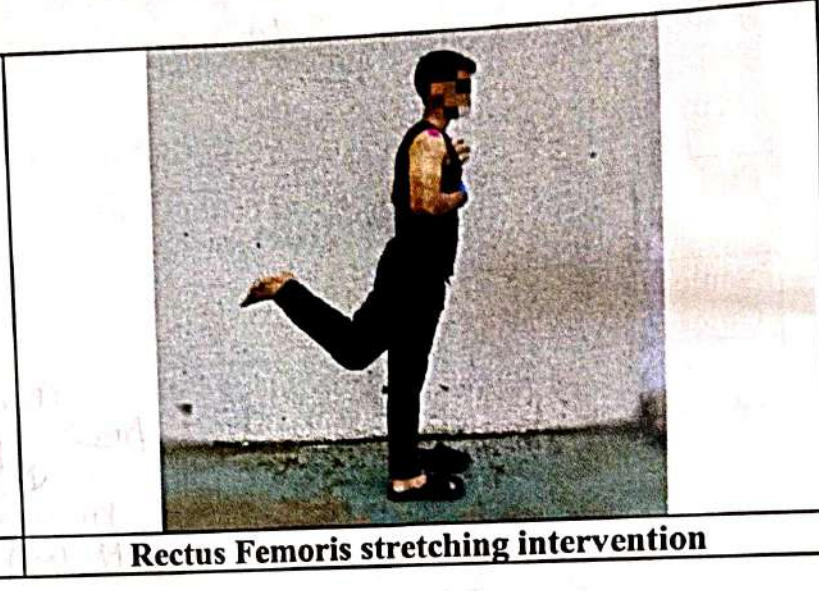
Project title	Effect of static versus dynamic stretching exercises on sprint speed and lower extremity power in amateur football players.
Name and Signature of Guide	Dr. Anubhuti Jha (PT) 
Name and Signature of candidate/s	Nakshatra Gothankar  Aman Gupta  Hitanshu Rajesh Gupta  Haleema Sadia  Nidhi Hathiwalwa 
Duration of project	6 months
Approval date	30 th May 2024
Submission Date	
Project Summary	
Purpose	To compare the effect of static stretching exercises and dynamic stretching exercises on sprint speed and lower extremity power among Indian amateur football players.
Objectives	To assess the pre- and post-effects of static and dynamic stretching on the sprint speed of amateur football players using 17m curved sprint test. To assess the pre- and post-effects of static and dynamic stretching on lower extremity power in amateur football players using vertical jump test.
Methods	A sample of 120 amateur football players (mixed gender, above 18 years old) was randomly divided into two groups: one performing dynamic stretching and the other static stretching, three times per week for 6 weeks. Sprint speed was measured via the 17m curved sprint test, and lower extremity power was assessed through the vertical jump test, with pre- and post-intervention assessments analysed using SPSS.
Results	Significant reductions in muscle tightness and improvements in sprint speed were observed in the dynamic stretching group ($p < 0.05$), while the static stretching group showed significant reductions in Iliopsoas, Rectus femoris, and Gastrocnemius tightness but no significant changes in sprint speed or vertical jump performance ($p > 0.05$). Neither group showed

	significant improvements in lower extremity power as measured by the vertical jump test.
Conclusion	Dynamic stretching is more effective than static stretching in reducing muscle tightness and enhancing sprint speed among Indian amateur football players. However, neither stretching protocol significantly improved lower extremity power as measured by the vertical jump test.

Photograph



Rectus Femoris muscle testing



Rectus Femoris stretching intervention

Co-investigators:

- Nakshatra Gothankar *Nakshatra*
- Aman Gupta *Aman*
- Hitanshu Rajesh Gupta *Hitanshu*
- Haleema Sadia *Haleema*
- Nidhi Hathiwalwa *Nidhi*

Guide:

Anubhuti Jha
Dr. Anubhuti Jha (PT)

Internship Coordinator

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Head of Institute



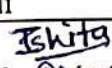
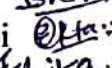


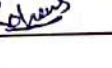
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BPT/Internship Project Report Summary

Project title	The Association of Sarcopenia in People with Type 2 Diabetes Mellitus with Varying Quantum of Physical Activity and Ground Level Activity Exposure
Name and Signature of Guide	Guide: Dr. Bela Agarwal Professor MGM School of Physiotherapy, Navi Mumbai  Co-Guide: Dr. Payal Murkudkar (PT) Assistant Professor MGM School of Physiotherapy, Navi Mumbai 
Name and Signature of candidate/s	Ishita Patel  Ekta Hemnani  Ishika Jain  Priyanshu Jain  Rohan Jain 
Duration of project	6 Months
Approval date	30/04/24
Submission Date	30/07/24
Project Summary	
Purpose	The purpose of this study is to screen the association of sarcopenia in people with type II diabetes mellitus with varying quantum of physical activity and ground level activity exposure.
Objectives	Objective 1: To study Association of sarcopenia in people with type II diabetes mellitus Objective 2: To explore the influence of level of physical activity and quantum of ground level activity exposure on association of sarcopenia in people with type II diabetes mellitus.

Methods	This cross-sectional study was conducted in the Medicine and Diabetes Outpatient Departments of MGM Hospital, Navi Mumbai. The study included 319 participants, among which 189 were male and 130 were female diagnosed with T2DM, aged over 18 years, excluding those with musculoskeletal disorders of the lower limbs and Type 1 Diabetes Mellitus. Patients were interviewed using the SARC-Calf questionnaire, Global Physical Activity Questionnaires (GPAQ) and the MGM Ground Level Activity Exposure Questionnaire (MGMGLAE).
Results	This study was conducted to investigate the association of sarcopenia in people with type 2 diabetes mellitus with varying quantum of physical activity and ground level activity exposure. A total of 319 participants were included based on the study's inclusion criteria. Among them, 2.00% of females (n=130) and 7.00% of males (n=189) were positive for the SARC-Calf outcome measure among diabetic patients. The normality of values was tested using Shapiro-Wilk test and the p value was <0.05 and therefore for further analysis non-parametric test were used. The study found a significant association between SARC-Calf and T2DM. However, the MGM Ground Level Activity and Global Physical Activity Questionnaires did not show a correlation with SARC-Calf.
Conclusion	Sarcopenia is prevalent among T2DM patients, the specific questionnaires used did not capture a significant relationship between physical activity levels and sarcopenia prevalence. Physical activity plays a crucial role in managing sarcopenia among T2DM patients, though the study's tools did not reflect this correlation. The lack of correlation between the MGM Ground Level Activity and Global Physical Activity Questionnaires with sarcopenia suggests that these tools may not adequately capture the nuances of physical activity relevant to sarcopenia in T2DM patients. Despite this, increased physical and ground-level activities are still recommended to enhance patients' quality of life. Future research should focus on developing more sensitive and specific measurement tools to better understand and manage sarcopenia. Incorporating physical activity into diabetes management programs remains essential for effective sarcopenia prevention and treatment, ensuring comprehensive patient care.

Co-investigators:

Ishita Patel *Ishita*
 Ekta Hemnani *Ekta*
 Ishika Jain *Ishika*
 Priyanshu Jain *Priyanshu*
 Rohan Jain *Rohan*

Co-Guide:

Dr. Payal Murkudkar
 (PT)

Guide:

Dr. Bela Agarwal

Internship Coordinator:

Nadia

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 IQAC Coordinator:






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BPT/Internship Project Report Summary

Project title	Influence of Screen time on Physical activity, Mental health, Sleep quality, Nutritional status, Social life, Academic performance and Quality of Life of Adolescents.	
Name and Signature of Guide	Dr. Bela Agarwal	 30/7/24
Name and Signature of candidate/s	1. Mr. Jayesh Joshi  2. Ms. Ketki Kadam  3. Ms. Shrishti Kansara  4. Mr. Ankur Kesarkar 	
Duration of project	6 Months	
Approval date	30/07/2024	
Submission Date	30/07/2024	
Project Summary		
Purpose	To study the influence of screen time on physical activity, mental health, sleep quality, nutritional status, social life, academic performance and quality of life of adolescents.	
Objectives	1.To evaluate daily screen time, physical activity, mental health, sleep quality, nutritional status, social life, academic performance and quality of life in adolescents. 2.To explore associations between screen time and physical fitness, mental health, sleep quality, nutrition, social life, academic performance and quality of life.	
Methods	Following ethical approval, informed consent and parental assent, 230 adolescents (117 males and 113 females) between 10-19 years were recruited using convenience sampling method. Demographic details and anthropometric measurements were recorded for each participant, followed by the completion of self-administered outcome measures assessing screen time, physical activity, mental health, attention, sleep quality, dietary recall, social life, and quality of life. All participants underwent a general fitness test, and a subsample of 21 adolescents was provided with step activity monitors for one week to objectively measure physical activity. Data analysis involved descriptive statistics and correlation analysis to summarize participant characteristics and to examine relationships.	
Results	Majority of the participants in the study belonged to the age group of 17 years and mainly were from lower middle socio-economic strata. About 2/3 rd of the total sample presented with a moderate level of habitual physical activity with almost 1/2 having BMI within normal or borderline obese. Only 12 participants had average daily screen usage of < 2 hrs. Daily average phone usage for all adolescents was between 6-7	

	hrs/day. Older age, higher weight, BMI, and waist-hip ratio were all positively correlated with increased screen time. Psychologically, higher screen time was linked to increased depression, but higher satisfaction with family life. Quality of life measures showed that higher screen time was associated with poorer sleep quality and lower quality of social relationships. However, no significant correlations were found between screen time and physical performance, anxiety, stress, attention, or physical and environment domains of quality of life.
Conclusion	The study underscores the multifaceted impact of screen time on adolescents' health and well-being. The significant associations between high screen time, physical inactivity, depression, poorer sleep quality, and diminished social relationships highlight the need for targeted interventions and policies to mitigate these effects. Encouraging balanced screen use, promoting physical activity, and fostering healthy sleep habits are essential strategies to enhance the overall well-being of adolescents in the digital age.



Vertical jump test



3 min step test

Co-investigators:

- 1) Mr. Jayesh Joshi *Joshi*
- 2) Ms. Ketki Kadam *K*
- 3) Ms. Shrishti Kansara *SK*
- 4) Mr. Ankur Kesarkar *Bukes*

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BPT Coordinator

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IQAC Coordinator

Guide:

[Signature]
Dr. Bela Agarwal
30/7/24

Internship Coordinator

- [Signature]*
1. Dr. Mamta Shetty (P)
- [Signature]*
2. Dr. Neha Padia (PT)

[Signature]
Head of Institute



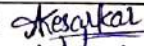




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BPT/Internship project report summary

Project title	Designing prototype devices for the objective measurement of muscle strength in healthy young individuals - A methodological study.
Name and signature of guide	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Dr. Victoria Kuttan (PT) Assistant Professor MGMSOP, NM </div> <div style="text-align: center;">  Dr. Akhila Natesan (PT) Assistant Professor MGMSOP, NM </div> </div>
Name and signature of candidate/s	Anushka Kesarkar  Muskan Kewalramani  Amisha Khade  Alfiya Khan  Kiran Shital Nishad 
Duration of project	6 Months
Approval date	30/04/2024
Submission date	17/07/2024
Project Summary	
Purpose	Existing strength testing devices are subjective, large in size, non-portable, and difficult to understand/use and are not accessible to all. The purpose of this study was to design a prototype device which can provide an accurate and reliable means of objectively measuring muscle strength and be easy to use, portable and accessible.
Objectives	To design prototype devices using strain gauge/load cell sensor that can measure the muscle strength objectively.
Methods	A total of four prototypes of strength testing device comprising of load cell, strain-gauge and EMG sensors were designed. The sketch of prototype device using variety of sensors was then presented to a mechanical engineer. Designs were then converted into CAD CAM models with the help of the engineer.
Results	Four CAD CAM models of prototype device for strength assessment of upper, lower extremity and facial muscles were developed.
Conclusion	All four designs will be integrated to create a champion design capable of objectively measuring the muscle strength. The strength assessment device developed based on the proposed designs will help to objectively measure muscle strength.

PHOTOGRAPHS

Images depicting CAD CAM models of device made with load cell, strain gauge and EMG sensors.

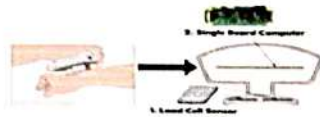


Figure no.01: Prototype design 1 for measuring upper and lower extremity

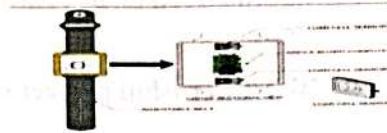


Figure no. 02: Prototype design 2 for measuring upper and lower extremity



Figure no.03: Prototype design 3 for measuring upper and lower extremity

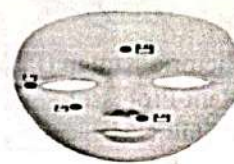


Figure no.04: Prototype design 4 for measuring facial muscle

Co-investigators: 1. Anushka Kesarkar *A Kesarkar*

2. Muskan Kewalramani *Muskan K*

3. Amisha Khade *A Khade*

4. Alfiya Khan *A Khan*

5. Kiran Shital Nishad *K Nishad*

[Signature]
Guide: Dr. Victoria Kuttan (PT)

[Signature] *Nadia*
17/7/24
Internship Co-ordinator

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Co-guide: Dr. Akhila Natesan(PT)

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BPT Co-ordinator

[Signature]
IQAC Co-ordinator

[Signature]
Head Of Institute




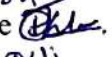



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Sector-1, Kamothe, Navi Mumbai – 410209

BPT/ Internship Project Report Summary

Project title	A study on common birthing positions adopted during labor by women in rural and urban areas of Raigad district and awareness about birthing positions among them
Name and signature of Guide	Guide: Dr. Bela Agarwal Professor MGM School of Physiotherapy, Navi Mumbai  30/4/24 Co-Guide: Dr. Ramandeep Kaur Saini (PT) Assistant Professor MGM School of Physiotherapy, Navi Mumbai 
Name and signature of candidate/s	1. Ishika Kohli  2. Prerna Kokane  3. Anushka Koli  4. Esakidas Konar  5. Lata Kumavat 
Duration of project	06 months
Approval date	30/04/2024
Submission date	30/07/24
Project Summary	
Purpose	To assess the knowledge, attitude and beliefs of women in urban and rural sectors of Raigad district
Objectives	Objective 1.1: Primary objective: 1) To explore intrinsic factors and extrinsic factors influencing the mode of delivery among pregnant women. 2) To explore knowledge, attitudes and beliefs regarding the choice of birthing positions in women of child bearing group Secondary objective: 1) To spread awareness with the help of educational programs about different birthing positions among pregnant women. Objective 1.2: To study the common birthing positions adopted during labour and understand the contextual factors that influence the choice of birthing postures in females from urban and rural settings

Methods	A survey of 768 participants included interviews about their antenatal and postnatal history, followed by a validated questionnaire on knowledge, practices, and awareness of birthing positions. Participants received education on birthing positions through booklets and flashcards, followed by a post-awareness questionnaire.
Results	92% of urban women demonstrated adopting conventional positions whereas 85% of rural women preferred traditional positions for birthing. The awareness of various birthing positions was observed 91% among urban women and 67% among rural women. The educational sensitization revealed increase knowledge and willingness to adopt upright birthing positions among women of both Setting.
Conclusion	The research highlights that women of urban setting were preferred conventional lithotomy and supine positions for stage 1 & 2 of labour whereas women of rural setting opted for squatting, lithotomy and supine as safer options for birthing. Females of both the settings reported that no choice for adopting alternate birthing position was given during labour. Thus, both groups showed greater knowledge about horizontal positions compared to upright positions. Following an educational intervention, women from both settings were sensitized to adopt upright birthing positions with their benefits and demonstrated willingness to choose enhancing their birthing experience

Photographs:









DATA COLLECTION - WAGHACHIWADI





DATA COLLECTION - DHAMINI

Co-investigators:

Ishika Kohli 
 Prerna Kokane 
 Anushka Koli 
 Esakidas Konar 
 Lata Kumavat 

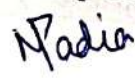

 BPT Coordinator

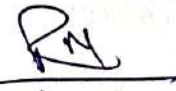
Guide:

Dr. Bela Agarwal 
 Dr. Ramandeep Kaur Saini (PT) 


 IQAC Coordinator

Internship Coordinator:


 N. Padia


 Head of Institute
 Professor - Director
 MGM School of Physiotherapy
 MGMIHS, Navi Mumbai

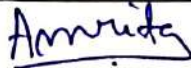


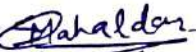






Group no 10

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Sector-1, Kamothe, Navi Mumbai – 410209

BPT/ Internship Project Report Summary

Project title	Correlation between inter limb and intra limb lower limb coordination with gait speed in geriatric population
Name and signature of Guide	Dr. Amrita Ghosh (PT) 
Name and signature of candidate/s	1) Mr Sahil Likhite  2) Ms Sneha Lund  3) Ms Sumayya Mahaldar  4) Ms Rutuja Mane  5) Ms Sakshi Mav 
Duration of project	6 months
Approval date	30 th April 2024
Submission date	17 th July 2024
Project Summary	
Purpose	To study the correlation between Inter limb and Intra limb lower limb coordination with gait speed in geriatric population.
Objectives	To evaluate the correlation between Inter limb and Intra limb lower limb coordination and gait speed in geriatric population
Methods	A descriptive study was conducted among 84 geriatric population from Mumbai and Navi Mumbai. Data were collected using 6MWT, 10MWT and LEMOCOT.
Results	The present study reported a moderate level of correlation between coordination and gait speed. There is moderate correlation between 6MWT and LEMOCOT left (0.32 Pearson's r). There is moderate correlation between 6MWT and LEMOCOT right (0.40 Pearson's r) There is moderate correlation between 10MWT and LEMOCOT left (0.40 Pearson's r) There is moderate correlation between 10MWT and LEMOCOT right (0.53 Pearson's r)
Conclusion	The study underscores the significance of correlation between Interlimb and Intra limb lower limb coordination with gait speed in geriatric population. The moderate correlation between 6MWT and LEMOCOT left, moderate

correlation between 6MWT and LEMOCOT right, moderate correlation between 10MWT and LEMOCOT left, moderate correlation between 10MWT and LEMOCOT right, highlights its potential as a valuable clinical correlation.

Photographs



Co-investigators:

Sahil Likhite

Rutuja Mane

Sneha Lund

Sakshi Mav

Sumayya Mahaldar

Guide: Dr. Amrita Ghosh (PT)

BPT Coordinator

Head of Institute

Internship Coordinator
Dr. Mamta Shetty (PT)
Dr. Neha Padia (PT)

Padia
18/7/24

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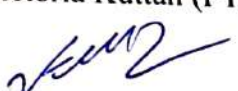


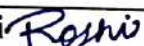

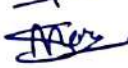
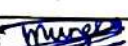





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BPT/Internship Project Report Summary

Project title	Correlation of work related task analysis with musculoskeletal pain profile amongst footwear industry workers. – A cross sectional study	
Name and signature of Guide	Dr. Victoria Kuttan (PT) 	Dr. Shrutika Sawant (PT)  Dr. Gargi Mishra (PT) 
Name and signature of candidates	Ms. Roshni Mirchandani  Ms. Hritu Mishra  Ms. Sara More 	Ms. Devanshi Mungse  Ms. Bhakti Naik 
Duration of project	6 months	
Approval date	30/04/2024	
Submission date	17/07/2024	
Project Summary		
Purpose	To correlate work related task with musculoskeletal pain profile amongst footwear industry workers	
Objectives	Objective 1.1: To study the prevalence of musculoskeletal pain profile amongst footwear industry workers Objective 1.2: To assess work related task analysis amongst footwear industry workers Objective 1.3: To study the correlation of musculoskeletal pain with work related task analysis amongst footwear industry workers.	
Methods	Institutional ethical clearance was obtained. A total of 246 participants from small scale footwear industries in Mumbai fulfilling the eligibility criteria voluntarily consenting for the study were recruited. Demographic details were recorded. Pain profile was studied using structured questionnaire, Visual Analogue Scale and Nordic Questionnaire. Ergonomic risk of work posture was analysed using Rapid Entire Body Assessment tool and Occupational Repetitive Action checklist. Work environment was assessed using formulated ergonomic	

	checklist. Data was analysed using SPSS version 25. Descriptive statistic was done for and correlation was assessed using spearman's coefficient.
Results	The study aimed to evaluate work-related tasks and musculoskeletal pain prevalence among footwear industry workers. Out of 246 workers, 30.9% reported pain, with 12.2% experiencing knee pain and 15.0% low back pain. OCRA showed a negligible negative correlation with pain intensity. RULA negative correlation, indicating that higher RULA scores associated with lower pain intensity.
Conclusion	The study found a negative correlation between pain intensity and RULA and REBA. No correlation was found between pain and OCRA score. These findings emphasise the critical role of ergonomic assessments in identifying and reducing factors contributing to workplace pain.

Photographs:



Fig 1: Video being taken in sagittal view



Fig 2 : Video being taken in frontal view



Fig 3 :Participant being interviewed by co-investigator

Co-investigators:

- Ms. Roshni Mirchandani *Roshni*
- Ms. Hritu Mishra *Hritu*
- Ms. Sara More *Sara*
- Ms. Devanshi Mungse *Devanshi*
- Ms. Bhakti Naik *Bhakti*

BPT Co-ordinator:

Guide:

- Dr. Victoria Kuttan (PT) *VK*
- Dr. Shrutika Sawant (PT) *SS*
- Dr. Gargi Mishra (PT) *Gargi*

IQAC Co-ordinator:

Internship co-ordinator:

Madia
24/7/24

Head of Institute:
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BPT/ Internship Project Report Summary

Project title	Correlation of anthropometric variables of upper extremity on hand function in children and adolescents with Down Syndrome and typically developed: A cross-sectional study
Name and signature of Guide	Dr. Neha Padia (PT) <i>Neha Padia</i> Dr. Amrita Ghosh (PT) <i>AS</i>
Name and signature of candidate/s	Saniya Navalkar <i>Saniya Navalkar</i> Ashutosh Pandey <i>Ashutosh Pandey</i> Anuja Panjwani <i>Anuja Panjwani</i> Shivani Patel <i>Shivani Patel</i> Neha Patil <i>Neha Patil</i>
Duration of project	6 months
Approval date	30 April 2024
Submission date	15 July 2024

Project Summary

Purpose	To study the correlation of anthropometric variables of upper extremity on hand function in children and adolescents with Down Syndrome and typically developed.
Objectives	To evaluate a. Anthropometric measurement (arm length, upper arm length, forearm length, hand length, palm length, individual finger length, thumb length, palm width, hand width, individual finger width, thumb width, palm depth, hand depth, individual finger depth, thumb depth, hand circumference, hand span). b. Isometric grip strength using Jamar hydraulic handheld dynamometer c. precision grip strength using Pinch gauge hydraulic dynamometer. d. Fine motor function and manual dexterity using Nine-hole test and Minnesota Manual Dexterity test (MMDT) respectively. e. Palmar thumb abduction using Pollexograph.
Methods	A cross-sectional study was performed on 72 children with Down Syndrome, across the schools of Mumbai and Navi Mumbai. The upper extremity anthropometry measures ((arm length, upper arm length, forearm length, hand length, palm length, individual finger length, thumb length, palm width, hand width, individual finger width, thumb width, palm depth, hand depth, individual finger depth, thumb depth, hand circumference, hand span) were evaluated using flexible measuring tape and Vernier caliper. The hand function was evaluated using following equipment's: hand grip was evaluated using Jamar handheld dynamometer; lateral, pad to pad and tip to tip pinch strength was tested using B&L pinch gauge dynamometer; manual dexterity was assessed using Minnesota Manual Dexterity Test, fine motor was assessed using nine-hole peg test, palmar thumb abduction using Pollexograph and hypermobility was assessed using Beighton scoring. Post evaluation analysis was performed using SPSS version 24.
Results	A total of 72 children and adolescents with Down Syndrome (45 boys and 27 girls) were evaluated for anthropometric variables of upper extremity and hand function. The mean±SD of age was 12.27±2.72 years. The result of the study states a positive significant correlation between the upper extremity anthropometric measures and hand function such as arm length, upper arm length, forearm length, hand length, index finger length and little finger length for grip strength and width for pinch



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	strength respectively in children and adolescents with Down Syndrome for 6-18 age group.
Conclusion	The study concludes stating that physical characteristics of upper extremity and hand function are correlated in Down Syndrome population. However, there is a need for comprehensive hand function evaluation and address those functions in rehabilitation of Down Syndrome.

Photographs



Fig.1 A child with Down Syndrome performing MMDT



Fig.2. Upper extremity anthropometric measurements

Co-investigators:

1. Ms. Saniya Navalkar *S Navalkar*
2. Mr. Ashutosh Pandey *A Pandey*
3. Ms. Anuja Panjwani *A Panjwani*
4. Ms. Shivani Patel *S Patel*
5. Ms. Neha Patil *N Patil*

Internship coordinators

Nadia
25/7/24

IQAC coordinators

ISA

Guide:

1. Dr. Neha Padia (PT) *Nadia*
2. Dr. Amrita Ghosh (PT) *AG*

BPT coordinators

Head of Institute


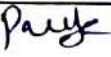




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BPT/Internship Project Report Summary

Project title	Perception of Undergraduate Physiotherapy students on implementation of the Choice Based Credit System curriculum
Name and signature of Guide	Dr. Mamta Shetty (PT) 
Name and signature of candidate/s	Ms. Palak Devanand Pawar  Ms. Sakshi Gajanan Pawar  Ms. Gizelle Glenn Pereira  Ms. Saloni Uday Raorane  Ms. Anushka Prasad Raote 
Duration of project	6 months
Approval date	30/04/2024
Submission date	17/07/2024
Project Summary	
Purpose	To evaluate the perception of Undergraduate Physiotherapy students on the implementation of the newly proposed Choice Based Credit System curriculum.
Objectives	To validate the questionnaire which would record the perception of Undergraduate Physiotherapy students regarding the Choice Based Credit System curriculum. To understand Undergraduate Physiotherapy student's perception on the current Choice Based Credit System curriculum using a self – administered questionnaire.
Methods	A descriptive study was conducted among total 344 Undergraduate Physiotherapy students of final year (Semester VII) and interns of MGM School of Physiotherapy Navi Mumbai and Aurangabad. The data was collected using a self-administered questionnaire through Google form.
Results	Majority of students were highly satisfied (53.7%) with student centric approach, flexibility to choose courses of your own choice, grading system. They agreed/opined that there is need of a student advisor in selecting elective subjects, CBCS curriculum is examination oriented, CCA helps to improve knowledge, skills, scores in examination and supervised clinical training is

	important. However, students were neither in agreement nor in disagreement regarding academic stress due to curriculum and time management for completion of syllabus, managing extra-curricular activities and preparing for examinations.
Conclusion	Findings from the present study reported student's opinions of CBCS curriculum are positive. The students believed that CBCS curriculum allows them to take courses that best suit their interests, study in an interdisciplinary manner and evaluate themselves on a ongoing basis.

Co-investigators:

- Ms. Palak Pawar *Palak*
- Ms. Sakshi Pawar *Sakshi*
- Ms. Gizelle Pereira *Gizelle*
- Ms. Saloni Raorane *Saloni*
- Ms. Anushka Raote *Anushka*

Guide:

[Signature]
Dr. Mamta Shetty (PT)

Internship Coordinator

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Nadia
18/7/24

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BPT Coordinator

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IQAC Coordinator

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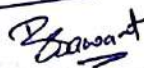





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Professor - Director
MGM School of Physiotherapy
MGMIHS, Navi Mumbai





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BPT/Internship Project Report Summary

Project title	Knowledge, Attitude and Practice of breast cancer-related lymphedema in mastectomy patients
Name and Signature of Guide	Dr. Bela Agarwal  Dr. Bhoomika Sawant (PT) 
Name and Signature of candidate/s	Ms. Keyooree Samel  Ms. Sana Ahmad  Ms. Drashti Sanghvi  Ms. Sanya Richard  Ms. Sharvari Sawant 
Duration of project	6 months
Approval date	30 th May 2024
Ethical Number	IN/SOP/64/02/2024
Submission Date	18 th July 2024
Project Summary	
Purpose	To study knowledge about lymphedema, attitude and practices for management of lymphedema in patients with breast cancer pre or post mastectomy.
Objectives	To assess the existing level of knowledge about lymphedema in mastectomy patients. Investigate the attitudes and practices related to the prevention of lymphedema in breast cancer patients.
Methods	A self-made KAP questionnaire on BCRL was administered to 50 mastectomy patients at MGM Hospital, Kamothe, to assess knowledge, attitudes, and practices related to lymphedema management. The questionnaire covered demographics, surgical history, knowledge of BCRL, attitudes towards its management, and current practices. Google Forms were also shared with mastectomy patients to broaden participation. Data was analyzed using descriptive statistics in Excel.
Results	High awareness regarding mastectomy (90%) contrasts with gaps in understanding about anatomical structures removed during surgery (72%), function of lymph nodes (52%), and BCRL symptoms (46%). Patients have






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BPT/Internship Project Report Summary

Project title	Prevalence and characteristics of foot & ankle pain in Indian Flight Attendants.
Name and signature of Guide	Dr. Kajal D. Kadam (PT)
Name and signature of candidates	Ms. Hetvi Shah Ms. Jheel Shah Mr. Mustafa Shaikh Ms. Namrata Shinde Mr. Shreedeep Bhale
Duration of project	6 Months
Approval date	30/04/2024
Submission date	17/07/2024
Project Summary	
Purpose	To understand the prevalence and characteristics of foot and ankle pain in Indian Flight Attendants.
Objectives	To understand the prevalence of foot and ankle pain using Nordic questionnaire. To understand the characteristics of the Indian Flight Attendants with and without foot and ankle pain using Foot posture index, Range of motion, Nordic musculoskeletal Questionnaire, Numerical pain rating scale, Foot health status Questionnaire.
Methods	This descriptive study on 319 flight attendants at T1 & T2 airport terminal and aviation institute received ethical approval. Musculoskeletal assessments were conducted following informed consent, with data analyzed using SPSS 26.
Results	This study on flight attendants highlighted significant musculoskeletal issues, with 87.15% experiencing ankle and foot pain, and 31.7% reporting low back pain. Participants averaged 28.05 years in age and 5.92 years of work experience. Pain levels, measured by Numeric Rating Scale, averaged 0.64 at rest and 3.25 during activity. Foot posture variations were noted, with

	higher Foot Posture Index values on the left foot. Hindfoot pain (32.3%) was most prevalent, followed by Forefoot (16.3%) and Midfoot (14.7%).
Conclusion	This study reveals a high prevalence of foot and ankle pain among Indian flight attendants with pain levels increased during activity. These findings underscore the need for ergonomic interventions to improve the health and well-being of flight attendants should be prioritized within the aviation industry.

Photograph

		
Range of Motion	Manual Muscle Testing	Foot Posture Index

Co-investigators:

- Ms. Hetvi Shah *Hetvi*
- Ms. Jheel Shah *Jheel*
- Mr. Mustafa Shaikh *Mustafa*
- Ms. Namrata Shinde *Nam*
- Mr. Shreedeep Bhale *shdep*

Guide:

Dr. Kajal D Kadam (PT)

Kajal

Co-guide

Dr. Sayali Khedekar (PT)

Sayali

Internship

Coordinator

Nadim
23/7/24

BPT Coordinator

IQAC Coordinator

Head of Institute


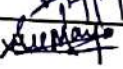
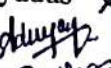



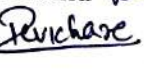
Professor - Director
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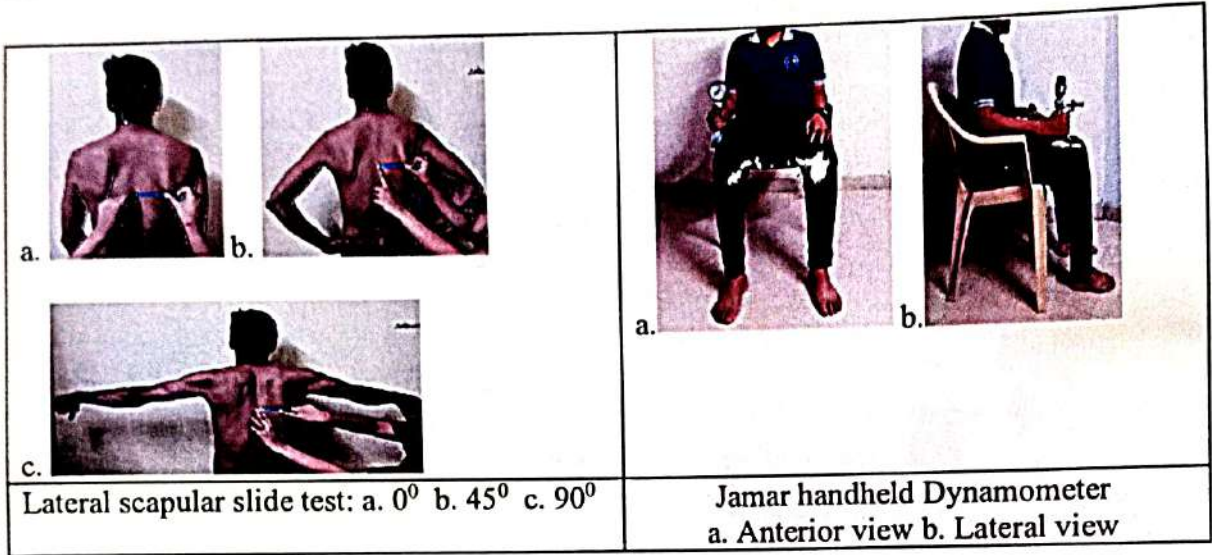


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BPT/Internship Project Report Summary

Project title	Correlation of Scapular Dyskinesia and hand grip strength in students with smartphone addiction pursuing Bachelor's Degree in Healthcare profession education.
Name and Signature of Guide	Dr. Mamta Shetty (PT) 
Name and Signature of candidate/s	Ms. Sreemaya Sathyadas  Mr. Adnyey Surve  Ms. Prathna Thakkar  Ms. Aliza Sabu Thomas  Ms. Liya Jayan Venedathu  Ms. Revati Vichare 
Duration of project	6 months
Approval date	30 th April 2024
Submission Date	17 th July 2024
Project Summary	
Purpose	To assess the correlation of Scapular Dyskinesia and Hand Grip Strength in Students with smartphone addiction pursuing Bachelor's Degree in Healthcare Profession Education.
Objectives	<ul style="list-style-type: none">• To assess Scapular dyskinesia, Hand grip strength and upper quadrant function in students with smartphone addiction pursuing Bachelor's Degree in Healthcare Profession Education.• To find the correlation Scapular Dyskinesia and Hand Grip Strength in Students with smartphone addiction pursuing Bachelor's Degree in Healthcare Profession Education
Methods	A descriptive cross-sectional study was carried out among 63 students with scapular dyskinesia and smartphone addiction. Hand grip strength was assessed using SAS-SV(Smartphone Addiction Scale – Short Version) and Upper extremity function was assessed using DASH (Disability of Arm, Shoulder and Hand) .

Results	The study reported a negative correlation between LSST (Lateral Scapular Slide Test) at 45° and handgrip strength. No significant correlation was recorded between SAS – SV (Smartphone Addiction Scale – Short Version) and DASH (Disability of Arm, Shoulder and Hand).
Conclusion	Findings of the present study report association between scapular dyskinesia and hand grip strength at 45° of LSST.



Co-investigators:

- Ms. Sreemaya Sathyadas
- Mr. Adnyey Surve
- Ms. Prathna Thakkar
- Ms. Aliza Sabu Thomas
- Ms. Liya Jayan Veenedathu
- Ms. Revati Vichare

Guide:

Dr. Mamta Shetty (PT)

Internship Coordinator

Nadia
17/7/24

BPT Coordinator

IQAC Coordinator

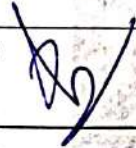






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BPT/Internship Project Report Summary

Project title	Awareness about different Learning methods in Undergraduate Physiotherapy students.
Name and Signature of Guide	Dr. Payal Murkudkar (PT) 
Name and Signature of candidate/s	Jill Paresh Vira  Sudhiksha Naresh Vyas  Preity Dinesh Bhatia  Shruti Ankur Gupte  Moksha Narendra Jain  Mohammed Junaid Imran Khan 
Duration of project	6 Months
Approval date	30 th April 2024
Submission Date	15 th July 2024

Project Summary

Purpose	To know the awareness of students about different learning methods.
Objectives	To prepare a questionnaire which will aim to analyse the current awareness among Physiotherapy students of different learning methods. To validate the questionnaire. To sensitise students about different learning methods.
Methods	A cross-sectional study design, conducted within 498 Undergraduate student population of MGM School of Physiotherapy, Navi Mumbai. A pretest questionnaire was administered to students, which had undergone face validity following which statistical analysis was undertaken. To sensitise the participants, a session was conducted for each batch. After that the same questionnaire was provided. Then the data analysis was done where both the questionnaires were compared.
Results	Students showed highest awareness for e-learning, (421 students). Following a post-test, preferences shifted towards CBL (431) students, followed by e-learning (425). A majority of students agreed that incorporating diverse learning methods into the curriculum enhances their

	understanding of concepts, and also preference for active participation during lectures.
Conclusion	This study reveals that students were most aware of the traditional and widely used learning methods (CBL, e-learning) while newer or less conventional methods (heutagogy, andragogy) were less known to them. Their awareness increased significantly post sensitization.

Photograph



Sensitization Image 1



Sensitization Image 2

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Co-investigators:	Guide:	Internship Coordinator
Jill Vira <i>JVira</i>	Dr. Payal Murkudkar (PT) <i>PM</i>	<i>PM</i> 17/7/24
Sudhiksha Vyas <i>SV</i>		
Preity Bhatia <i>Preity</i>		<i>Nadia</i> 17/7/24
Shruti Gupte <i>Shruti</i>		
Moksha Jain <i>Moksha</i>		
Junaid Khan <i>JK</i>		

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IQAC Coordinator

Head of Institute

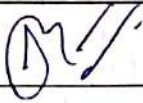

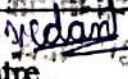


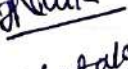
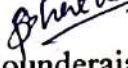

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BPT/Internship Project Report Summary

Project title	Knowledge, attitude and practice of appropriate swaddling techniques among mothers of infants.
Name and Signature of Guide	Dr. Aamreen Ryain (PT) 
Name and Signature of Co-guide	Dr. Shrutika Parab (PT) 
Name and Signature of candidate/s	Vedant Madhavi  Shubhecchya Mhatre  Janhvi Naik  Anushka Patil  Sejal Phatak  Priyadarshini Sounderajan 
Duration of project	6 months
Approval date	30 th April, 2024
Submission Date	17 July, 2024
Project Summary	
Purpose	To explore and assess the Knowledge, attitude and practice of appropriate and safe swaddling techniques amongst mothers of neonates in order to minimize the potential harms by educating them.
Objectives	<ol style="list-style-type: none">1. To form and validate a questionnaire to assess the knowledge, attitude and practice of mothers regarding swaddling.2. To understand and assess the attitude and knowledge of the mothers of infants regarding swaddling.3. To evaluate their swaddling practice and study the potential unsafe techniques.4. To determine the knowledge of the mothers about the possible harmful effects as well as the benefits related to swaddling.

Methods	This cross-sectional study was conducted in multiple maternity and child care hospitals across Mumbai and Navi Mumbai. A total of 272 mothers with infants up to 6 months of age participated after providing informed consent. The study employed a self-made questionnaire that underwent content validity by 5 experts. The questionnaire was crafted to comprehensively assess mothers' knowledge, attitudes, and practices regarding appropriate swaddling techniques. Following data collection, thorough analysis was conducted, and a conclusion was drawn from the findings.
Results	The study involved 272 mothers of infants, aged 18 to 45 years, mostly primigravid (57%) residing in urban areas (65%), on swaddling revealed high awareness regarding the concept, with 96.3% familiar with it and 90.1% practicing it, primarily learned from family, which accounted for 76.%. Reasons for swaddling included promoting sleep and maintaining alignment, mentioned by 72.4% and 62.5% respectively. 72.4% mothers believe in swaddling immediately after birth and stopping by four months. The majority use cotton cloths, with 91.1%, and swaddle for less than 12 hours daily, at 41.9%. There are misconceptions about benefits and harms, with 38% uncertain about swaddling's effect on physical development.
Conclusion	The study highlights the widespread recognition and practice of swaddling among mothers, along with significant gaps in knowledge and practice. Most mothers generally perceive swaddling positively for its benefits. But there is insufficient awareness of safe practices and potential risks. Addressing these through targeted educational initiatives is crucial to ensure mothers receive accurate information and guidance, ultimately contributing to improved infant health outcomes.

Co-investigators

Guide

Internship Coordinator

Vedant Madhavi

Vedant Madhavi
Mhatre

Dr. Aamreen Ryain (PT)

Dr. Aamreen Ryain

Shubhecchya Mhatre

Mhatre

Janhvi Naik

Naik

Dr. Shrutika Parab

Anushka Patil

Patil

Sejal Phatak

Phatak

Priyadarshini Sounderajan

Sounderajan

Co-guide
Dr. Shrutika Parab (PT)

18/7/24

Madhavi
23/7/24

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IQAC Coordinator

Head of Institute





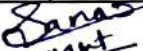
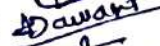
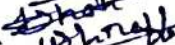



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BPT/Internship Project Report Summary

Project title	To develop an E-module for fostering bioethics competence using communication component in healthcare professionals.	
Name and Signature of Guide/s	Dr. Shrutika Parab(PT) Assistant Professor MGMSOP,NM Dr. Mamta Shetty (PT) Assistant Professor MGMSOP,NM	 
Name and Signature of candidate/s	1. Ms. Samrudhi Sanas  2. Mr. Stavan Sawant  3. Ms. Ashi Shah  4. Ms. Harshi Shroff  5. Ms. Priyanka Tolani  6. Ms. Vidhi Vadhani 	
Duration of project	6 Months	
Approval date	30 th April 2024	
Submission Date	18 th July 2024	
Project Summary		
Purpose	To develop an E-module for fostering bioethics competence using communication component in healthcare professionals	
Objectives	- To create an e-module focused on ethical considerations in non-verbal communication using facial expressions, body contact & visual cues expressions, body contact & visual cues - To create an e-module focused on ethical considerations in verbal communication using videos, role plays & audio input.	
Methods	An e-module focused on the communication component of bioethics was developed. The module included a review of literature, script writing, expert validation, and video production on the MGM Campus using a DSLR camera, depicting both effective and ineffective communication techniques. The videos highlighted verbal communication through history taking and symptom assessment, and non-verbal communication through gestures like head nods, smiles, eye contact, and empathetic facial expressions	

Results	The development of an e-module that uses verbal and nonverbal communication skills, video demonstrations, and real-life examples to achieve better knowledge and understanding. The e-module comprises verbal communication which incorporates consent, hearing, reassurance, and tone. Nonverbal communication consists of physical touch, eye contact, posture, and facial expressions.
Conclusion	

Photographs



Fig.1: Facial Expressions



Fig.2: Reassurance

Co-investigators:

- Ms. Samrudhi Sanas *Sanas*
- Mr. Stavan Sawant *Sawant*
- Ms. Ashi Shah *Shah*
- Ms. Priyanka Tolani *Tolani*
- Ms. Vidhi Vadhi *Vadhi*

BPT Coordinator

Guide:

Dr. Shrutika Parab (PT)



Dr. Mamta Shetty (PT)

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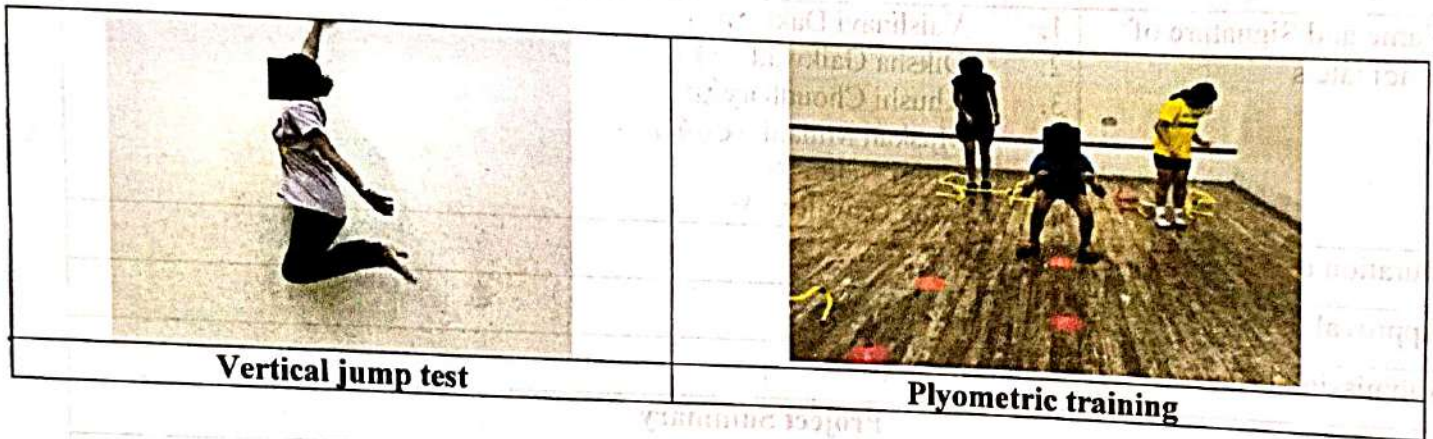
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BPT/Internship Project Report Summary

Project title	Effect of eight weeks of functional training vs plyometric training on subelite badminton players	
Name and Signature of Guide	Dr. Akhila Natesan (PT) Assistant Professor MGMSOP, NM	
Name and Signature of candidate/s	1. Vaishnavi Dake 2. Diksha Gaikwad 3. Khushi Choudhary 4. Muskan Mulani 5. Shilpi Naidu 6. Neha Gawali	
Duration of project	6 Months	
Approval date	30 th April 2024	
Submission Date	17 th July 2024	
Project Summary		
Purpose	To study the effect of eight weeks of functional training vs plyometric training on sub elite badminton players	
Objectives	1. To assess the strength and power of sub elite badminton players. 2. To administer eight weeks of plyometric training to group and functional training to the group 3. To reassess the strength and power of sub elite badminton players. 4. To compare the results of both groups.	
Methods	Following ethical approval, thirty sub elite badminton athletes were randomly assigned to each training group. After their pre assessment for upper body strength and power and lower body strength power was done eight weeks of training was given to both groups. The post assessment was done after the completion of 8 weeks. Statistical analysis was done using SPSS version 25.	
Results	Statistical analysis was conducted using SPSS version 25. The mean age group of in functional training group was 18.90 ± 3.37 and in plyometric training group was 15.07 ± 1.14 . An inter group comparison of participant characteristics revealed no significant difference between both groups. Pre	

	<p>and post assessment scores were tested for normality using Shapiro-Wilk test. Paired t-test was performed to compare changes within each group for upper and lower extremity strength pre and post-intervention. Wilcoxon signed rank test was performed to compare changes within each group for upper and lower extremity power pre and post-intervention.</p> <p>In the Plyometric training group, significant increase in lower extremity power was observed after 8 weeks of training ($p < 0.05$).</p> <p>Observed difference in lower extremity strength, upper extremity strength and power was not statistically significant in both – functional and plyometric training groups ($p > 0.05$).</p>
Conclusion	<p>Study findings indicate improvements in strength and power among sub-elite badminton players after 8 weeks of plyometric and functional training. Functional training induced greater adaptations in upper extremity, whereas plyometric training had a greater effect on lower extremity strength and power. Thus, inclusion of functional and plyometric exercises in conventional training protocols will enhance overall muscle strength and power of Indian sub-elite badminton players.</p>

Photograph



Co-investigators:

- Vaishnavi Dake *VD*
- Diksha Gaikwad *D*
- Khushi Choudhary *K*
- Muskan Mulani *M*
- Shilpi Naidu *S*
- Neha Gawali *N*

Guide:

Dr. Akhila Natesan (PT)

Akhila

Internship Coordinator

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17/7/24
[Signature]
17/7/24

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BPT/Internship Project Report Summary

Project title	To study the correlation between lifestyle and lower extremity physical function in middle aged adults – A cross sectional study
Name and signature of Guide	Dr. Triveni Shetty
Name and signature of Co-Guide	Dr. Akhila Natesan (PT)
Name and signature of candidate/s	Hiteshi Bhanushali Swarangi Chauhan Rashmi Gupta Drashti Parmar
Duration of project	12 months
Approval date	30/4/24
Submission date	21/5/24

Project Summary

Purpose	To study the correlation between lifestyle and lower extremity physical function in middle aged adults
Objectives	To evaluate the lower extremity physical function among sedentary, active and moderately active lifestyle in middle aged population To evaluate the association between lower extremity physical function and physical activity level
Methods	Following ethical approval, middle aged adults (20 – 40 years) from residences and offices in Mumbai and Navi Mumbai were screened for inclusion and exclusion criteria. Physical fitness assessment was conducted on 90 participants (45 – Male, 45 – Female) after seeking their informed consent. Based on their International Physical Activity Questionnaires (IPAQ) score they were classified into three groups as follows, sedentary (score- \leq 600METmin), moderately active (score- 600-3000METmin) and active (score- \geq 3000METmin). Lower extremity physical

	<p>function was assessed using vertical jump test, calf-raise test, sit to stand test and one minute step test. Furthermore, participants were also evaluated for physical fitness attributes of strength using 30 second wall push up test, balance using Y-balance test, agility using time up and go test, and flexibility using sit and reach test. Data was compiled in excel sheet and it was tested for normality using Kolmogorov Smirnov test. Spearman rho correlation was used to test correlation between lifestyle (IPAQ score) and physical fitness tests. Gender specific intergroup comparisons were done between sedentary, moderately active and active adults using statistical test of ANOVA.</p>
Results	<p>The mean age of each group was as follows- sedentary (M:30.53±5.70, F:28.60±5.66), moderately active (M:25.50±3.89, F:24.27±3.59) & active (M:24.94±2.23, F:24.27±2.15).</p> <p>Active individuals demonstrated greater strength, flexibility, cardiorespiratory endurance and functional capacity. However, intergroup comparison between the three groups tested using the ANNOVA test was not statistically significant ($p > 0.05$).</p> <p>The correlation between International Physical Activity Questionnaires (IPAQ) score and scores of lower extremity functional strength (30 sec sit to stand, calf raise) was very weak (0.00 – 0.19).</p> <p>Whereas correlation between International Physical Activity Questionnaires (IPAQ) scores and scores of muscle power (vertical jump), lower extremity anaerobic capacity (one min step test), lower extremity and 'upper extremity function strength (30 second wall push up), cardiorespiratory endurance (6 min walk test), balance (Y balance test) and lung capacity (breath holding test) was not statistically significant ($p > 0.05$).</p>
Conclusion	<p>Highly active individuals demonstrated a greater physical fitness in comparison to sedentary and moderately - active individuals. However, findings from the study indicate no significant difference between lower extremity physical function scores of sedentary, moderately active and very active middle-aged adults.</p> <p>A weak association between lower extremity functional strength and level of physical activity was noted. Whereas, other physical fitness attributes were not associated with level of habitual physical activity.</p> <p>Therefore, habitual physical activity levels tested using International Physical Activity Questionnaires (IPAQ), does not indicate level of individual fitness.</p> <p>Although the International Physical Activity Questionnaires (IPAQ) is a good indicator of general physical activity levels, a comprehensive questionnaire indicating various fitness attributes is recommended for objective assessment of fitness adaptations from habitual physical activity.</p>

Photograph:



Figure 1. Middle aged adult performing 30 second sit to stand test



Figure 2. Middle aged adult performing 30 second wall push up test

<p>Co-investigator:</p> <p>Hiteshi Bhanushali Swarangi Chauhan Rashmi Gupta Drashti Parmar</p> <p><i>H.B. Chauhan</i> <i>R. Gupta</i> <i>D. Parmar</i></p>	<p>Guide:</p> <p><i>Triveni Shetty</i> Dr. Triveni Shetty</p> <p>Co-guide</p> <p><i>Arkhila Natesan</i> Dr. Arkhila Natesan (PT)</p>	<p>Internship coordinator:</p> <p><i>N. Padia</i> 4/7/24</p>
<p><i>[Signature]</i> 4/7/24</p> <p>BPT coordinator</p>	<p><i>[Signature]</i></p> <p>IQAC coordinator</p>	<p><i>[Signature]</i></p> <p>Professor – Director: Dr. Rajani Mullerpatan</p>

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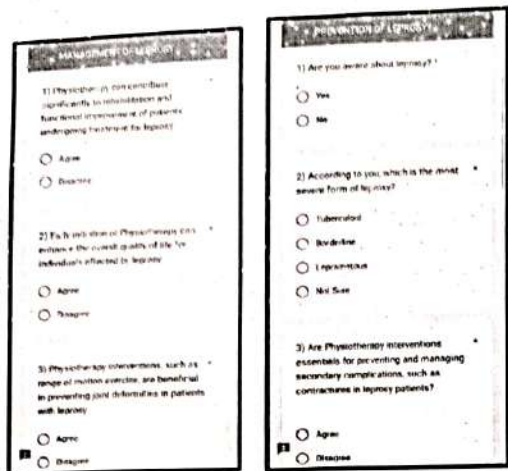
BPT/Internship Project Report Summary

Project title	Survey on Awareness among Physiotherapists for Prevention and Management of disabilities in patients with Leprosy
Name and signature of Guide	Dr. Mamta Shetty (PT)
Name and signature of candidate/s	Saloni Patil Tejaswini Surve Simran Tambat Priti Yadav
Duration of project	10 months
Approval date	8 April 2024
Submission date	10 May 2024

Project Summary

Purpose	To study awareness among Physiotherapists regarding management and prevention of disabilities in patients with Leprosy
Objectives	To evaluate awareness among Physiotherapists regarding management and prevention of disabilities in patients with Leprosy using a self-administered questionnaire
Methods	A descriptive study was conducted among 272 Physiotherapists from Mumbai and Navi Mumbai. Data were collected through a self-administered questionnaire regarding prevention and management of disabilities in Leprosy patients.
Results	The present study reported a high level of awareness among Physiotherapists (99.6%) regarding Leprosy and importance of Physiotherapy interventions in preventing and managing secondary complications. A total of 78.15% of the participants had the knowledge regarding preventive strategies in Leprosy and 84.46% of the participants had knowledge about various rehabilitation protocols for disability management in Leprosy patients
Conclusion	Findings of present study report Physiotherapists in Mumbai and Navi Mumbai are aware regarding Leprosy, its prevention and management strategies for managing disabilities in patients with Leprosy.

Photographs:



Co-investigators: Saloni Patil

Saloni

Tejaswini Surve

tsurve

Simran Tambat

Simran

Priti Yadav

Priti

[Signature]

Guide: Dr. Mamta Shetty(PT)

[Signature]

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BPT Coordinator

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The following students have completed their internship in the year 2023-24.

Sr. No.	Name of Students	Name of Institute	Date of Issue
1	Nistha Mishra	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
2	Patil Shreya Anil	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
3	Surve Shreya Amol	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
4	Dadlani Hiya Anil	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
5	Waikar Kshitija Rajendra	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
6	Aishwarya Sudhir Salunkhe	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
7	Bhosale Rutuja Dilip	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
8	Chavan Sakshi Prakash	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
9	Nakka Megha Manohar	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
10	Barve Mansi Vivek	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
11	Annamary Thomas Pereppadan	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
12	Mishra Shreya Kaushik	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
13	Harshada Shriram Desai	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
14	Kukreja Jeetu Sunil	MGM School of Physiotherapy, Navi Mumbai	31/01/2024
15	Mathkar Sneha Niteen	MGM School of Physiotherapy, Navi Mumbai	31/01/2024

Dr. Rajesh B. Goel
Registrar
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