

YENEPOYA PHYSIOTHERAPY COLLEGE

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Prof. Padmakumar S
Principal

Principal's message

Yenepoya Physiotherapy College (YPC) was established in 2003 under the Islamic Academy of Education (IAE) Trust then affiliated to Rajiv Gandhi University of Health Sciences (RGUHS) with the annual intake of 60 for the Bachelor in Physiotherapy (BPT) Programme. Master of Physiotherapy programme started in the year 2007 under RGUHS with an intake of 10. College came under the umbrella of Yenepoya (Deemed to be University) in the year 2009. The curriculum for the BPT programme was revised and the semester system from 2016. The intake of BPT was also increased to 100 from 2020. The curriculum for MPT is revised in the year 2018 and introduced Choice Based Credit system with 4 major branches ie Orthopedics, Neuro Physiotherapy, Cardiopulmonary Sciences & Paediatrics with 7 electives (3 in Orthopaedics, 2 in Cardiopulmonary Sciences and one each in Paediatrics & Neurosciences). The college also moved to the new campus in 2020.

College is well equipped with dedicated faculty and modern facilities for teaching and learning. For clinical practice the College is attached to a 1020 bedded Medical College Hospital within the campus. The clinical section of the College has facilities like Exercise therapy, Electrotherapy, Cardio-Pulmonary, Neuro, Paediatric, and Orthopaedics & Sports Rehabilitation Research. The College also provides clinical training and conducts camps in urban health care centers in and around Mangalore.

During this pandemic period college had kept the students as active learners by conducting online classes and activities. College also collaborated with international resource persons to conduct webinars.

With this note I am happy to present the annual report of the college for the year 2020-21

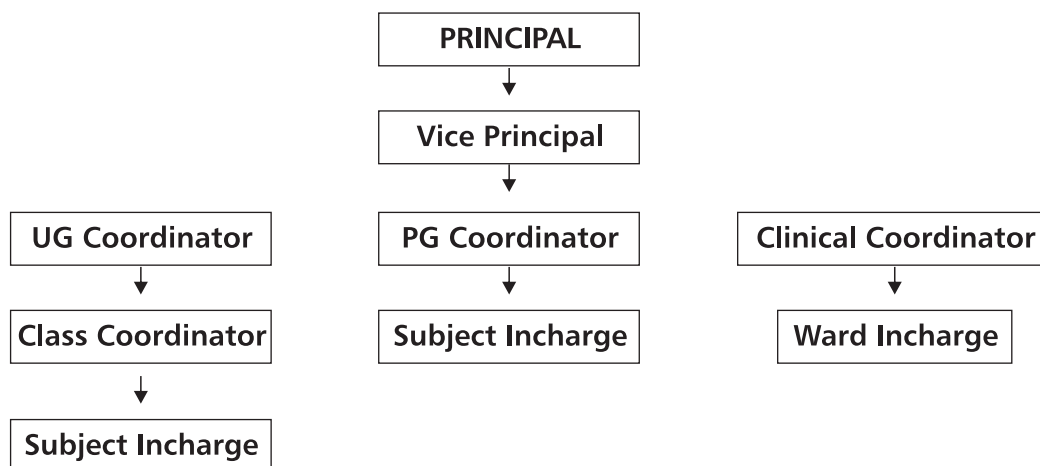
Introduction

Physiotherapy practice spans the continuum from health promotion to prevention to rehabilitation for individuals and populations throughout the lifespan. Physiotherapy diagnoses movement dysfunctions based on skillful examination and evaluation regardless of the cause or etiology and provides skilled therapeutic intervention to foster improvement in physical functioning and maximizing overall quality of life. Physiotherapists provide the initial access into the health care

system for persons with impairments and functional limitations amenable to physiotherapy and engage in collegial referral relationships with other health care professionals. Physiotherapist's role also includes that of case manager, teacher, researcher, and consultant. The faculty believes the first priority of education is to prepare people for a well-rounded, balanced life with broad social and cultural interests and as involved, active citizens of our country. Physiotherapists must have commitments to lifelong learning and to search for the evidence that supports and advances practice. Critical thinking, problem solving, intellectual perseverance and courage are all essential characteristics of the successful physiotherapist.

Physiotherapists are healthcare professionals with a significant role in health promotion and treatment of injury and diseases. They combine their in-depth knowledge of the body and how it works with specialized hands-on clinical skills to assess, diagnose and treat symptoms of illness, injury or disability. All physiotherapists registered to practice are qualified to provide safe and effective physiotherapy. They have met national entry-level education and practice standards, and have successfully passed a standardized physiotherapy competency examination.

ADMINISTRATION - ORGANIZATION CHART



The Vision :

To be among the top Physiotherapy institutions in India providing world class Physiotherapy education, health care and meaningful research

Mission :

1. Provide ethical and evidence based comprehensive health care compassionately which is responsible, accessible and affordable.
2. Promote health, fitness and wellness
3. Produce world class physiotherapy clinicians, educators, experts and researchers by providing quality education at graduate, postgraduate and doctoral levels
4. Provide an environment for the generation of new knowledge through cutting edge research adhering to ethical standards

Objectives

To facilitate knowledge exchange by organizing seminars, symposia, workshops, lectures and other such activities.

To promote research in the frontier areas of the subject by encouraging the faculty and students by inculcating ethical principles in research

To facilitate communication and collaboration with academia, industry and society in basic research and health related issues.

To create advanced centers of research by developing state-of-the-art facilities and meaningful collaborations.

To sensitize the students towards the social responsibilities by incorporating value education systems and health care ethics.

To extend the services to the community for building a healthy, empowered and sustainable society.

To provide evidence-based health care and education.

To build human resources and develop technologies to respond to the professional needs of the society.

To take up extension and outreach programs to serve the community in health-related areas.

Executive Summary

Faculty Profile:

Designation	Number
Professors	02
Associate Professors	03
Assistant Professors	07
Assistant Lecturer	01
Tutors/ Senior Residents	-
Junior Residents	-
Total	13

UG /PG /PhD

Program	Sanctioned Annual Intake	Number of Admission
BPT	100	99
MPT	20	20
Ph D	-	-

Curriculum innovations

Nil

Research Projects:

	UG	PG	Faculty	PhD	Post -Doctoral
On going	11	13	-	6	-
Completed	11	10	-	1	-
Total	22	23	-	7	-

Publications :

Accepted	Published
1	15

Awards/Accolades

Ms. Nigath Fathima and Mr. M R Sivakumar received the best teacher award for the year 2020.

Ms. Mudasir Rashid Baba was awarded PhD in Physiotherapy on 28th Jan 2021, by Yenepoya (Deemed to be University).

Ms. Smitha D was appointed as a Reviewer for International Journal of Therapy and Rehabilitation -SCOPUS indexed in March 2021

Ms Smitha D received 3rd prize for paper presentation titled - "Manual Dexterity, grip and pinch strength among beedi rollers and non-beedi workers- A cross sectional study" during Quadrans 2021 , KLE Belgaum, 26th Feb 2021

DEPARTMENT OF PHYSIOTHERAPY

VISION :

To be among the top Physiotherapy institutions in India providing world class Physiotherapy education, health care and meaningful research.

INTRODUCTION :

Physiotherapists plan and administer physiotherapy/ rehabilitation treatments independently and also being a part of the multidisciplinary team. The minimum education requirement is often a baccalaureate degree or postgraduate degree in Physiotherapy. Physiotherapy is an essential part of the health and community/welfare services delivery system. Physiotherapists practice independently of other health care/service providers and also within multidisciplinary rehabilitation/habilitation programmes to prevent, gain, maintain or restore optimal function and quality of life in individuals with loss and disorders of movement.

Physiotherapists are guided by their own code of ethical principles. Thus, they may be concerned with any of the following purposes:

1. Promoting the health and well-being of individuals and the general public/society, emphasizing the importance of physical activity and exercise.
2. Preventing impairments, activity limitations, participatory restrictions and disabilities in individuals at risk of altered movement behaviors due to health or medically related factors, socio-economic stressors, environmental factors and lifestyle factors.
3. Providing interventions/treatment to restore integrity of body systems essential to movement, maximize function and recuperation, minimize incapacity, and enhance the quality of life, independent living and workability in individuals and groups of individuals with altered movement behaviors resulting from impairments, activity limitations, participatory restrictions and disabilities
4. Modifying environmental, home and work access and barriers to ensure full participation in one's normal and expected societal roles

Physiotherapists may also contribute to the development of local, national and international health policies and public health strategies.

THRUST AREAS

- Orthopedic and Sports physiotherapy
- Neurological physiotherapy
- Cardiorespiratory and critical care physiotherapy
- Pediatric physiotherapy
- Community physiotherapy

TEACHING FACULTY :



Faculty Profile:

Sl.No.	Name	Designation
1	Prof Padmakumar S	Professor and Principal
2	Prof Lourdhuraj I	Professor
3	Ms Veena Pais	Vice Principal and Associate Professor
4	Ms Smitha D	Associate Professor
5	Mr M R Sivakumar	Associate Professor
6	Ms Nigath Fathima	Assistant Professor
7	Mr Sajjad A R Ebrahim	Assistant Professor
8	Mr Shemjaz Arakkal Maniyat	Assistant Professor
9	Dr Mudasir Rashid Baba	Assistant Professor
10	Mr Khaja Mohinudeen	Assistant Professor
11	Ms Mariyamath Arifa	Assistant Professor
12	Ms Umae Sadiya	Assistant Professor
13	Ms Saloni Shetty	Assistant Professor
14	Mr Abdul Nassir	Clinical Physiotherapist and Assistant Lecturer

PROGRAMMES CONDUCTED: (Conference /Workshop/Guest Lecture etc.)

Sl. No.	Theme	Date
1	Special Olympics Training Webinar	27-29th May 2020
2	Axillary web syndrome in breast cancer patients	25th July 2020
3	Robotics advance in Rehabilitation and gait, movement analysis for upper quadrant	27th July 2020
4	Shoulder assessment and Rehabilitation	28th July 2020
5	Upper quarter movement science- Supraspinatus tendinitis	30th July 2020
6	Hematopoietic cell transplant rehabilitation and management of graft versus host disease	31st July 2020
7	Women health-Lifestyle change that women cannot ignore	3rd Aug. 2020
8	Effects of Current crisis on mental health in youth	4th Aug. 2020
9	Onco Rehabilitation in adolescent Young population	6th Aug. 2020
10	Spine red flags screening and assessment	7th Aug. 2020
11	An intricate knowledge of relevant pain science-Diverse thinking in manual therapy	8th Aug. 2020
12	Trismus	10th Aug. 2020
13	Radio diagnosis of IVDP	11th Aug. 2020
14	Virtual consultation screening in musculoskeletal disorders	11th Aug. 2020
15	Beating the Blues – Effective Stress Management	19th Aug. 2020
16	Hand therapy: Re-Implantation of the Hand	31st Oct. 2020
17	Introduction to trigger point therapy	20th Nov. 2020
18	Art of Balancing:"Conservative Vs Recent trends"	15th Dec. 2020

PROGRAMMES ATTENDED: (Conference/Workshop / Guest Lectures / Moderator/ Seminar/ Resource person/ Panelist.)

Sl. No.	Theme	Date	Name of the Faculty
1.	Moderator - Title: Robotics advance rehabilitation and gait, movement analysis for upper quadrant - international series of webinar	25th July- 11th Aug. 2020	Ms. Smitha D
2.	Moderator - Virtual consultation screening in musculoskeletal disorders	11th Aug. 2020	Mr. Sajjad A R Ebrahim
3.	Moderator - Radio diagnosis of IVDP	11th Aug. 2020	Mr. M R Sivakumar
4.	Resource person - Physical activity for school children	26th Sept. 2020	Dr. Mudasir Rashid Baba

Sl. No.	Theme	Date	Name of the Faculty
5.	Resource Person - Ethical approach in Research and healthcare practices	15th Feb. 2021	Dr Mudasir Rashid Baba
6.	Attended- 3rd National Sports Conference on Sports and Advanced Physiotherapy	14th Feb. 2021	Ms. Saloni Shetty
7.	Resource Person - "Mulya Pravah" Guidelines for inculcation of human values and professional ethics - Human values and patient care.	5th April 2021	Dr. Mudasir Rashid Baba
8.	Attended- Getting Closer to Balance	17th April 2021	Mr. Lourdhuraj I
9.	Integrating Research and Education in Healthcare Professionals	23rd, 24th & 26th April 2021	Mr. Lourdhuraj I
10.	Resource Person - How to formulate the research question and objectives" in workshop on "Integrating Research and Education in Healthcare Professionals	23, 24 & 26 April 2021	Dr. Mudasir Rashid Baba
11.	Moderator in Literature Survey by using Pubmed	23rd April 2021	Mr. Lourdhuraj I
12.	Moderator in Types of Literature Articles	23rd April 2021	Mr. Lourdhuraj I
13.	Moderator in Essential Descriptive and Inferential Statistics	24th April 2021	Mr Lourdhuraj I
14.	Attended- Integrating Research and Education in Healthcare Professionals	23rd to 26th April 2021	Ms. Saloni Shetty
15.	Resource person- Updates in Balance: What is the evidence today?	17th April 2021	Mr. Lourdhuraj I
16.	Resource person- Research + Data Collection in Balance for Clinicians + Students	17th April 2021	Mr. Lourdhuraj I
17.	Resource person- Research Approaches in Healthcare	24th April 2021	Mr Lourdhuraj I
18.	Moderator in My Academic. Center	26th April 2021	Mr Lourdhuraj I
19.	Attended- Physical Fitness Assessment Parkinson's Disease PT & OT Update	5th July 2021	Ms Saloni Shetty
20.	Resource person- Title:Parkinson's Disease - An overview - International Neuroscience Webinar Parkinson's Disease PT &OT Update	24th July 2021	Ms Smitha D
21.	Dy. Chairperson -Title: Publication Ethics in Research - 1st international research E-con 2021	28-29th Aug. 2021	Ms Smitha D
22.	1st International Research E-Con 2021 organized by ICRA and My Rehab Academy	28th -29th August 2021	Ms Saloni Shetty
23.	Attended- Hand therapy: Re-Implantation of the Hand	31st Oct. 2020	Mr M R Sivakumar

POSTERS/ ORAL PRESENTATION: (Faculty /JRF/PG/UG)

Sl. No.	Title of paper/poster (Specify poster/oral)	Name of the Presenter
Faculty		
1	Enhanced tactile acuity of fingertips among beedi rollers: A clinical measurement, Cross-sectional study	Ms Smitha D
2	Correlation of tactile acuity of fingertips to Manual dexterity among Beedi rollers	Ms. Smitha D
3	Effectiveness of kinesio taping with exercises on myofascial pain with text them - Randomized control trial	Ms Saloni Shetty
4	A study on the factors associated with obesity in primary school children in Mangalore and Kasaragod districts	Mr Khaja Mohinuddeen K P
PG		
-	-	-
-	-	-
UG		

RESEARCH PROJECTS (Faculty): (Completed/Ongoing)

Sl. No.	Project title	Principal Investigator	Funding/ grant (Rs.)
1	How effective is the home based kinetic chain exercises as compare to targeted shoulder exercises in the management of overhead athletes shoulder pain- "A Feasibility Study"	Dr. Mudasir Rashid Baba	-
2	Health care workers' perceptions of their low back pain : a qualitative approach	Dr. Mudasir Rashid Baba	-
3	Assessment of multidisciplinary interventions on perception of sleep and quality of sleep among healthcare professionals working in COVID ICU (Ongoing) Principal Investigator	Dr. Mudasir Rashid Baba	-
4	Head & neck cancer: Surgical oncology manual	Dr. Mudasir Rashid Baba	-

Student research projects /Dissertations /Theses (UG / PG / PhD)

Sl. No.	Theme	Name of the Student
1	Knowledge and awareness of exercises in diabetes mellitus among female population	Ms. Fathimath Ansara
2	A Study to determine normative values for six minute walk test in healthy middle aged individuals in Mangalore	Ms. Ashila T P
3	A Study to determine the Reference values for maximum Respiratory pressure in Indian Children.	Ms. Sreeshma Haridas
4	The influence of time of day on Y-Balance test scores among young adult individuals.	Mr. Afsal P V
5	Correlation of core endurance with passing and dribbling ability among skilled and amateur soccer players.	Mr. Arjun S Raj
6	Comparison of effect of static versus dynamic core Exercises on speed and agility among sports players: A Randomized controlled trial.	Mr. Jabir T.T.
7	Relationship between kinanthropometric parameters and throwing velocity among male University soccer players : A Cross sectional study.	Mr. Jithin J
8	The effect of pelvic –Tilt stretch with straight leg Raise Stretch, Side – straddle stretch and standing stretch on hamstring flexibility in healthy individuals: A Randomized controlled Trial.	Mr. Marvan T
9	Y- Balance as a Predictor of Lower Extremity Injury in Soccer Players: A Pilot Study.	Mr. Shaad Maan Ashraf P
10	Prevalence of carpal tunnel syndrome among third trimester pregnant women-An Institutional Based Study.	Ms. Sonia
11	A comparative study between the impact of two frameworks, ICF and ICIDH-2, used by physiotherapy students as a clinical assessment tool in paediatric conditions.	Mr. Jitto C. Jayan
12	Comparison of balance performance between Bharatanatyam, Contemporary and Non-Dancers	Ms. Shifali
13	To determine the effect of smartphone on shoulder and neck pain among university students-A literature review	Ms. Shazina Sulthana Mr. Anvar Sinan Mr. Muhammed Shareef Ms. Jashira
14	Vestibular rehabilitation for benign paroxysmal positional vertigo: A Review	Ms. Arya Ms. Mufassira N Ms. Jubna.P Ms. Shana P. P
15	Effect Effect of physical therapy exercise programme on postpartum depression - A literature review	Ms. Bashima Gazlan Mr. Safwan P C Ms. Thashreefa K H
16	Influence of 90/90 bridge with ball and balloon on forward head posture	Ms. Anupama Mathew Ms Fathimath Ramseena Ms. Nafisa Suzna Ms Silpa Sajikumar

Sl. No.	Theme	Name of the Student
17	Strategies to prevent football injuries played on artificial turf - A review	Ms. Ashfa K Ms. K P Afeeda Mohammad Isthiyak Iffath Ms Shamna K V
18	Quality of life using EORTC QLQ C-30 and QLQ BR-23 Kannada version in breast cancer women from tertiary hospital	Ms. Awamath Saima K Ms. Kazi Ayesha Ms. Maleeha Rafeeq Ms. Sahaluddeen Ahammed
19	Augmented feedback for balance training – A literature review.	Ms. Asyath Afreena B Ms. Kadeejath Thamseena Mr. Mohammad Irfan Ms. Shabitha Afreen S
20	Effect of incentive spirometry on postoperative pulmonary complications: A literature review	Ms. Aiswarya Venugopal Ms. Fathima Zohara Ms. Nazma Ms. Tasneem Khan

PUBLICATIONS :

Sl. No.	Details
1	Aysha LV, Smitha D. Correlation of two –point discrimination and finger dexterity with the hours of computer usage among computer users of South India. Indian Journal of Public Health Research and Development. May 2020, 11(5):83:88.
2	Baba MR, Shenoy RM, Soman A. A Cost-Effective and Innovative Screening Approach, for Idiopathic Scoliosis in Girls, Before their Skeletal Maturity. Indian Journal of Public Health Research and Development. 2020;11:746-751
3	Roy F, Thamanna F, Irfana F, Salman CM, Jasir MKS, Baba MR. Knowledge and attitude towards hepatitis B patients among physiotherapy students- A cross-sectional study. Indian Journal of Physiotherapy and Occupational Therapy 2020; 14:27-32.
4	Nizamudheen PK, Sajjad AR Ebrahim. Y Balance Normative Data of Dynamic Balance for Collegiate Soccer Players. Indian Journal of Physiotherapy and Occupational Therapy. 2020;14(4):108-112.
5	Sonia, Smitha D. Prevalence of carpal tunnel syndrome among third trimester pregnant women - An Institutional based study Indian Journal of Physiotherapy and Occupational therapy 2020;14(4)
6	Reshma , Sirajudeen MS, Chinnakalai T, Suhail M, Al-Hussinan NM, Pillai PS. Reliability of the Flexible Ruler in Measuring Lumbar Lordosis among Children. Journal of Clinical and Diagnostic Research, 2020;14(11): YC01-YC04.

Sl. No.	Details
7	Fathima N. Awareness about FMST-A preseasonal screening protocol among the physiotherapist and the coaches of South Indian professional soccer teams/Clubs -A cross sectional study. Indian journal of public health and research development. October - December 2020
8	Fathima N. Correlation between psychological status and fatigue in patients with head and neck cancer after chemotherapy-A pilot study. Indian journal of physiotherapy and occupational therapy. October - December 2020
9	Fathima N. Relationship between anthropometric parameters and throwing velocity among male undergraduate college students:A cross-sectional study. Indian journal of physiotherapy and occupational therapy. October - December 2020.
10	Fathima N. Effectiveness of exercise with balloons for low back pain in young adults: A quasi experimental study. Indian journal of physiotherapy and occupational therapy. October - December 2020.
11	Baba MR, Shenoy RM, Soman A. Cross-cultural adaptation and validity of an adapted Kannada (South Indian Language) version of Scoliosis Research Society (SRS-30) Questionnaire for idiopathic scoliosis. Spine Deform. 2021 Jan 5.
12	Pais V, Shahida F, Thaslina F, Shakira NK. Is Tech Neck A Growing Hazard Among The Young? It will be published in Indian Journal of Physiotherapy and Occupational Therapy, Volume no. 15 No. 2 April 2021.
13	Pais V, Vaswani V, Pais S. To evaluate the knowledge, attitude and practice of healthcare ethics among medical, dental and physiotherapy postgraduate students - a pilot study. International Journal of Ethics Education 6, 97–107 (2021).
14	Baba MR, Buch SA. Revisiting Cancer Cachexia: Pathogenesis, Diagnosis, and Current Treatment Approaches. Asia Pac J Oncol Nurs 2021;8:508-18.
15	Chandran V, Smitha D. Comparison of single task and dual task balance training on the quality of life of elderly with balance impairment -accepted for publication in Indian Journal of physiotherapy and occupational therapy. date of acceptance letter-16.06.2021.