

# SCHOOL OF PHYSIOTHERAPY AND REHABILITATION SCIENCES (SPRS)

Welcomes

**NAAC** Peer Team

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## **SPRS Vision**

To be a premier institution reputed nationally for **excellence** in physiotherapy and rehabilitation education.



## **SPRS Mission**

- To impart evidence-based and hands-on learning for developing practical skills.
- To create a **structured learning experience** integrating advanced concepts, methods, techniques and **technology** in the field of physiotherapy and rehabilitation sciences.
- To focus on **novel areas of research** in physiotherapy, rehabilitation, and **interdisciplinary domains**.
- To inculcate **holistic education** and entrepreneurial skills with a focus on **ethics** and **professionalism**.



## **Development of SPRS**

2019

**BPT started under SMAS** 

**6** students

**Semester System** 

2021

Haryana State Council for Physiotherapy (HSCP)

formed

**39** students

**Annual pattern** 

2023

SPRS established

**147** students

**Annual pattern** 

2024

First batch graduates

196 students

Introduction of Credit System in Annual pattern

2025

National
Council of
Allied Health
Professionals
(NCAHP)
formed

5 year national curriculum to be implemented from AY 2026-27



## **Introduction to BPT Programme**

Bachelor of Physiotherapy
(BPT)
4 years
+
6 months internship

Clinical and diagnostic skills

Researchoriented practices

Life skills

## **SPRS Faculty and Staff**









Dr. Epshita Kakati (PT) **Demonstrator** 



Dr. Hemant Kumar (PT)Dr. Yukti Gogia (PT) Demonstrator Demonstrator

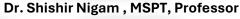


Dr. Sumit Kalra, Ph.D, Professor



**School Co-Ordinator** Mamta Shankar, MSPT, BSc **Associate Professor** 











Dr. Shazia Mattu (PT) **Associate Professor** 



Dr. Sampada S Jahagirdar, Ph.D. **Associate Professor** 

Designation	No.
Professor	2
Associate Professor	4
Assistant Professor	8
Demonstrator	4
Total	18



Aadil Khan, **MIS Executive** 



Dr. Kangana Juneja Kansal(PT) Dr.Deepak Kumar(PT) **Assistant Professor** 



**Assistant Professor** 



Dr. Mansi Dewan(PT) **Assistant Professor** 



Dr.Shweta Kumar(PT) **Assistant Professor** 



Dr. Ankita Samuel (PT) **Assistant Professor** 



Dr. Rajeev Kumar Singh(PT) **Assistant Professor** 



Dr.Pious Divya(PT) **Assistant Professor** 



Dr. Aatika Wahid(PT) **Assistant Professor** 

**Orthopaedics** 

**Neurology** 

Cardiopulmonary

**Sports** 



Infrastructure and Learning Resources

#### **LABORATORIES (7)**

- Anatomy Lab
- Biomechanics Lab
- Exercise Therapy Lab
- Electrotherapy Lab
- Functional Diagnostic Lab
- Exercise Tolerance and Fitness Lab
- Physiotherapy OPD

#### LIBRARY RESOURCES

• Books 398

Journals 06













## **Student Intake**

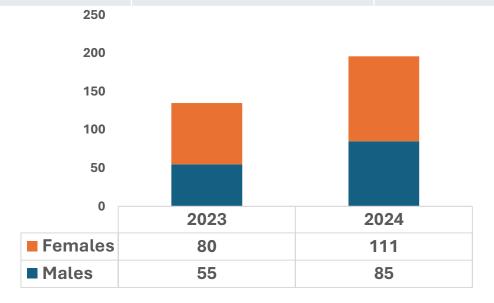




#### **Eligibility Criteria**

Passed 10+2 or equivalent from any recognized board/university in any stream with Physics, Chemistry, Biology with minimum 50% aggregate marks

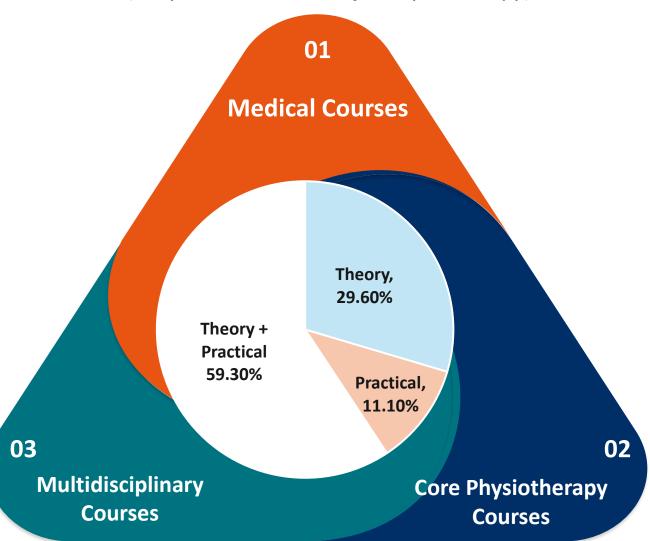
Academic Year	Sanctioned Seats	Admissions
2023-24	60	60
2024-25	60	60





## Curriculum

(Haryana State Council for Physiotherapy)





## Curriculum

(Haryana State Council for Physiotherapy)

Year	Courses	Hours per week	Credits
I	10	36	60
II	10	36	58
III	11	36	50
IV	12	37	56
Internship	NA	40	NA
TOTAL	43	185	224

## **Experiential Learning**



Field Visits
(On-field Sports
Physiotherapy
Training)



Rawalympics Faridabad



Amateur Contender Series



National Basketball Championship



Mortuary, Gurugram



QRG Hospital, Faridabad



HCAH Rehab Centre Gurugram

Industry Visits/ Training

## **Experiential Learning**



### **Trends in Technology**



**Visit to Gait And Motion Lab** 



**Visit to Biomed Factory** 



**Training Session on Public Speaking** 



**Entrepreneurship And Skill Building** 

Capability Enhancement Programmes



## **Student Centric Approach**







**Hands-on practicals** 



**On-Field Physiotherapy** 

**Projects/ Anatomical models** 

## **Industry Connect (MOUs)**







MMA Training camp Pushkar Healthcare



Sports Training camp Pushkar Healthcare

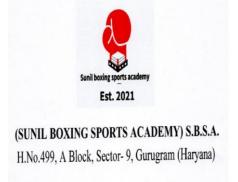
#### Health Camps













Sunil Boxing
Academy Match BPT
students participated
as volunteers

Collaboration	Activity
C.K. Birla Hospital	Clinical Training of
	BPT students
Sarvodaya Hospital	Clinical Training and
	Internships of BPT
	students
The physio expert's	Clinical Training of
clinic	BPT students
Pushkar healthcare	Sports physiotherapy
limited	hands on training
Sunil boxing	Sports
academy	physiotherapy hands
	on training
Ahamyo Healthcare	Clinical Training of
	BPT students
Asian Hospital	Internships of BPT
	students

## **Research & Innovation**



Publication	2023- 2024
Journal Articles	10
<b>Book Chapters</b>	40
Books	4
<b>Conference Presentations</b>	12
<b>Conference Proceedings</b>	1
Patent (Design)	6



Design number: 6434986 Grant date: 11 April 2025 Registration date: 04 April 2025 This is to certify that, in pursuance of and subject to the provision of Registered Designs Act 1949, the design of which a representation or specimen is attached, had been registered as of the date of registration shown above in the name of Dr. Nidhi Kalra, Dr. Sumit Kalra, Avi Choudhary, Mohd Asif, Dr. Niti Khurana in respect of the application of such design to:

Orthopaedic Medical Apparatus for Non Surgical Spinal Decompression

#### Biopsychosocial Perspective on Chronic Stroke (CS) Rehabilitation with Hemiplegic Shoulder Pain: A Case Report

Rajeev Kr. Singh 1; Prince Rohilla 2; Shazia Mattu 3 1: Assistant Prof., K.R. Mangalam University, 2: Physiotherapist, Safdarjung Hospital, New Delhi. 3: Associate Prof., K.R. Mangalam University, Gurugram

Background: In India, the stroke is the fourth most common cause of death. Stroke impairments include hemiplegia, sensory loss, dyspraxia, and hemianopsia. The chronic phase of stroke is defined as six months and beyond post-stroke. Nearly 16-84 % of stroke cases experience HSP. The purpose of this case report was to create an example of rehabilitation using integrated use of various physiotherapeutic interventions and functional approach for a patient with CS impairments suffering with HSP.

Case Description: A 38-year-old male, with right- sided dominancy, a driver by occupation had stroke. Complex medical history included large subacute infarct in left MCA territory and significant midline shift

Intervention and Results: The comprehensive and integrated approach was used focusing on Biopsychosocial Model to help patient recover fully. A blend of Kinesio Taping, Electrotherapy, Gait Training, Techniques of PNF and MRP, Balance and Coordination training, Progressive Exercises, Cardiovascular Endurance, Manual Therapy, Mobilization; Capsular Stretches and General Selective Stretching was done. The patient showed improvement in pain parameters, function, balance, ambulation and overall well-being. HSP was resolved by the use of integrated approach.

Discussion and Conclusion: The use of KT with HSP has been shown to be beneficial in some literatures. Literature on electrotherapy has mixed reviews. We included use of NMES for 4 weeks resulted in improvement of symptoms of patient. Use of BPS model recovered case in all aspects of well-being and health. The patient showed improvements in Barthel Index Scores, SDRS and DASS scores. A functional strengthening program appears to have been beneficial for patient with multiple

Keywords: Stroke; Hemiplegic Shoulder Pain; Biopsychosocial Model; Rehabilitation; Kinesiotape

#### Impact of Yoga and Proper Diet on Cardiopulmonary Function

Ayan Chatterjee School of Health Science and Technology, Medhavi Skills University, Sikkim, India

Tanmay Sarkar

Department of Food Processing Technology, Malda Polytechnic, India & West Bengal State Council of Technical Education, Government of West Bengal, Malda, India

lindal School of Public Health and Human Development, O.P. Jindal Global University, Sonepat, India

Krishnendu Adhikary Department of Medical Laboratory Technology, Paramedical College, Durgapur, India

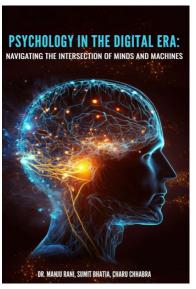






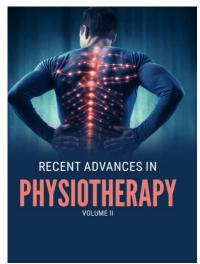


Achievement	Numbers
Undergraduate Projects	10
Book Chapters  Al Horizons: Exploring Multidisciplinary Frontiers Volume-II, Psychology in the digital era:navigating the intersection of minds and machines, Recent Advances in Physiotherapy volume 2, Recent Trends In Multidisciplinary Research Volume - 9	13
Conference Proceedings in SCOPUS journal Physioconnect 4 (Chandigarh), Journal of Clinical and Diagnostic Research	4
Prizes won at University, National and International level Hastkala-NSS Interuniversity Expression Competition, EDUDE FIESTA 2022- Fitness Pro Challenge 2, REACH- 6TH International Conference, Miss Freshers, Bharat Bhasha Utsav	6













## **CONFERENCES ORGANISED**



	Year	Theme	Papers/Posters presented
KRMU PhysioCon	2024	Advancements in Physiotherapy towards Sustainable Healthcare	18
KRMU PhysioCon 2.0	2025	Towards Holistic Healthcare: Integrating Indian Knowledge Systems (In collaboration with Ayush Department, Haryana)	64





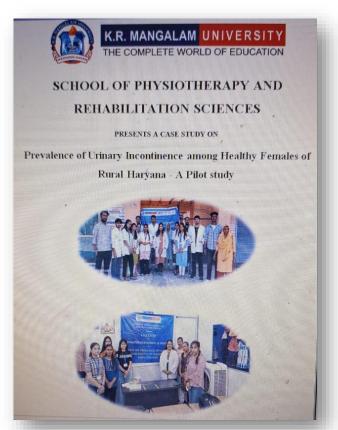






## **Best Practice: Social Connect**







Case Series on Rural Women's Health



## **Internships**

## **Student Progression**



## CIVIL HOSPITAL, GURUGRAM+







Dhruv
Batch of 2019
Pursuing MPT-Sports
Gurugram University

#### **Higher Education**



Sourav Kundu
Batch of 2019
Pursuing MBA-Healthcare
Analytics, IIHMR University,
Jaipur

**Placement** 



Dharna
Batch of 2019
Pursuing MPT-Sports
from Gurugram
University











Harshit Kumar
Batch of 2019
Physiotherapist
Integrated Muscular
Dystrophy
Rehabilitation
Center, Solan







## **Distinctive Practices of SPRS**



Structured
Clinical Training
(In house/
hospitals/
speciality
clinics)



OSPEs (Objective Structured Practical Evaluation)



Industrial/ Field visits



Hands-on/
Experiential/
Participatory
learning



Case
Presentations
(by faculty and students)



## **FUTURE ROAD MAP**

#### AY 2025-26

- Establishment of Center of Excellence in Telerehabilitation
- Academic Collaborations

#### AY 2026-27

- Implementation of NCAHP Curriculum
- Introduction of Masters programme (MPT)

#### AY 2027-28

- Introduction of programmes in Rehabilitation Sciences
  - International Collaborations





## Thank you..