



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION



School of Physiotherapy and Rehabilitation Sciences

NEWSLETTER

April – June 2026





K.R. MANGALAM UNIVERSITY

TABLE OF CONTENTS

S.No.	Descriptions	Page No.
1	Message from the Chancellor	4
2	Message from the Vice Chancellor	4
3	Message from the Dean Academic Affairs	5
4	Message from the Dean Research	5
5	Message from the Dean Students' Welfare	6
6	Message from the Dean's Desk	6
7	Message from Editor, IQAC Coordinator	7
8	Editorial Message	7
9	About K.R. Mangalam University	8
10	Accreditations, Recognitions & Approvals	9
11	Ranking	11
12	Memberships of Industry & Professional Associations	12
13	School Vision and Mission	13
14	Events at SPRS	14
15	Inclusive Futures: Gender Awareness Programme	14
16	Capacity Development Programme on Life Skills: Panchatatva Yoga Series	15
17	Express to Excel: A Powerful Communication Series	16
18	Research and Innovation	18
19	Placements	22
20	Faculty Achievements	23
21	Community Connect	26
22	From Legacy to Leadership: The Growth of K.R. Mangalam Group	27

MESSAGE FROM THE CHANCELLOR

**PROF. (DR.) DINESH SINGH**

Chancellor
K.R. Mangalam University



Dear Readers,

It gives me great pleasure to present this edition of the School Newsletter, which reflects the vibrant academic culture, innovative spirit, and remarkable achievements of the K.R. Mangalam University community.

At KRMU, we believe that education is about inspiring minds, nurturing values, and empowering learners to create meaningful impact. The accomplishments showcased in these pages are a testament to the dedication of our students, faculty, and staff in their pursuit of excellence.

I congratulate everyone who has contributed to this publication and wish our University community continued success as we strive to innovate, lead, and serve society with knowledge, integrity, and purpose.



MESSAGE FROM THE VICE CHANCELLOR

**PROF. (DR.) ANIL KUMAR SAINI**

Vice Chancellor
K.R. Mangalam University



Dear Readers,

Every edition of our school newsletter is a reflection of the vibrant academic life that defines K.R. Mangalam University. It is always encouraging to witness the remarkable efforts of our students and faculty as they explore new ideas, celebrate achievements, and contribute to a culture of learning and innovation.

At KRMU, we are committed to creating an environment where talent is nurtured, curiosity is encouraged, and every learner is empowered to reach their full potential. Through academic excellence, research, industry engagement, and community initiatives, our schools continue to prepare students with the knowledge, skills, and values needed to succeed in an evolving global landscape.

I extend my sincere appreciation to everyone whose dedication has made these accomplishments possible. I also commend the editorial team for bringing together the stories that showcase the spirit and aspirations of our university community.

May this newsletter inspire us to continue learning, collaborating, and setting new benchmarks of excellence in the years ahead.



MESSAGE FROM THE DEAN ACADEMIC AFFAIRS



PROF. (DR.) VARUNA TYAGI

Dean Academics
K.R. Mangalam University



Dear Readers,

This newsletter offers a wonderful glimpse into the many learning experiences, achievements, and initiatives that make our academic community vibrant and dynamic. It is heartening to see our students and faculty continually pushing boundaries, embracing new opportunities, and contributing to a culture of excellence.

Academic excellence is built through curiosity, discipline, collaboration, and the willingness to learn beyond the classroom. At K.R. Mangalam University, we strive to create an enriching academic ecosystem where innovative teaching practices, experiential learning, research, and interdisciplinary engagement help students grow into confident and capable professionals.

As you read through these pages, I hope you find inspiration in the stories of perseverance, creativity, and achievement that represent the collective efforts of our schools. My sincere appreciation goes to the faculty, students, and staff whose dedication has made these accomplishments possible, and to the editorial team for showcasing them with such care.

I wish our entire KRMU community continued success as we learn, grow, and achieve together.



MESSAGE FROM THE DEAN RESEARCH



PROF. (DR.) SEEMA RAJ

Dean Research
K.R. Mangalam University



Dear Readers,

Research is the foundation of discovery, innovation, and meaningful progress. As I read through this edition of our newsletter, I am delighted to see the growing culture of inquiry and intellectual exploration flourishing across our schools. The accomplishments featured here reflect the curiosity, perseverance, and collaborative spirit of our students, scholars, and faculty members.

At K.R. Mangalam University, we are committed to fostering a research ecosystem that encourages asking meaningful questions, exploring interdisciplinary solutions, and creating knowledge that addresses real-world challenges. From publications and funded projects to innovation, entrepreneurship, and community-focused initiatives, our academic community continues to demonstrate that research is most impactful when it creates value for society.

I congratulate everyone whose dedication has contributed to these achievements and appreciate the editorial team for documenting these inspiring milestones. May this newsletter encourage all our learners and researchers to continue exploring new ideas, embracing collaboration, and contributing to a future driven by knowledge and innovation.



MESSAGE FROM THE DEAN STUDENTS' WELFARE

**DR. SHWETA A. BANSAL**

Dean Students Welfare
K.R. Mangalam University



Dear Readers,

A vibrant campus is built not only on academic excellence but also on the holistic growth and well-being of its students. It gives me immense pleasure to present this edition of our newsletter, which showcases the enthusiasm, creativity, leadership, and achievements of our students across academics, sports, cultural activities, community engagement, and beyond.

At K.R. Mangalam University, we are committed to creating an inclusive and nurturing environment where every student is encouraged to discover their potential, embrace new opportunities, and grow into responsible, compassionate, and confident individuals. The accomplishments featured in these pages reflect the dedication of our students, faculty mentors, and the entire University community.

I congratulate everyone who has contributed to these inspiring achievements and appreciate the editorial team for bringing together these memorable moments. May this newsletter continue to motivate our students to dream bigger, lead with integrity, and contribute meaningfully to society.



MESSAGE FROM THE DEAN'S DESK

**DR. MAMTA SHANKAR (PT)**

School Coordinator, SPRS.
K.R. Mangalam University



At the School of Physiotherapy and Rehabilitation Sciences, we believe physiotherapy education should be holistic, hands-on, and deeply connected to the needs of society. Our academic approach integrates technology, clinical excellence, research, and community engagement to prepare competent healthcare professionals and future leaders.

Through the dedication of our faculty and the enthusiasm of our students, we continue to strengthen academic rigour, skill-based learning, clinical competence, and overall personality development. This edition reflects our collective efforts and commitment to excellence in education and patient care.

I look forward to your valuable feedback and continued support as we strive to achieve greater milestones together.

Warm Regards.



MESSAGE FROM EDITOR, IQAC COORDINATOR



DR. SHIKHA DUTT SHARMA

Editor, IQAC Coordinator
K.R. Mangalam University



It is a pleasure to present this edition of the School of Physiotherapy and Rehabilitation Sciences Newsletter, reflecting the academic excellence, clinical expertise, and innovative spirit of our School.

The Internal Quality Assurance Cell (IQAC) remains committed to fostering a culture of quality, accountability, and continuous improvement through outcome-based education, evidence-based practice, multidisciplinary collaboration, and skill-oriented learning. The achievements highlighted in this edition reflect the dedication of our faculty, students, and staff in advancing excellence in physiotherapy education and rehabilitation sciences.

I sincerely appreciate the contributions of everyone who has made this publication possible and encourage our academic community to continue striving for innovation, inclusion, and excellence.

Warm Regards



EDITORIAL MESSAGE



DR. MANSI DEWAN (P.T.)

Assistant Professor, SPRS
K.R. Mangalam University



We are delighted to present this edition of the School of Physiotherapy and Rehabilitation Sciences Newsletter, celebrating the achievements, innovations, and academic excellence of our faculty and students.

This publication reflects our shared commitment to advancing physiotherapy and rehabilitation sciences through quality education, research, innovation, and collaboration. I sincerely thank everyone whose dedication and contributions have made this edition possible.

We hope you enjoy reading this edition and take pride in the remarkable accomplishments of our School.

Happy Reading!



ABOUT K.R. MANGALAM UNIVERSITY

Established in 2013 under the Haryana Private Universities Act by the esteemed, K.R. Mangalam Group, K.R. Mangalam University (KRMU) has swiftly emerged as a leading private university in India. Known for its commitment to fostering academic excellence and holistic development, KRMU offers a dynamic learning environment that integrates traditional education with innovative practices. The university provides a diverse array of undergraduate, postgraduate, and doctoral programmes across various disciplines, including engineering, management, law, and the arts.

KRMU's state-of-the-art campus, located in Gurugram, Haryana, boasts modern facilities, advanced laboratories, and extensive research opportunities, ensuring that students receive a world-class education. The university is dedicated to nurturing future leaders by emphasising a curriculum that blends theoretical knowledge with

practical experience. With a faculty composed of seasoned academicians and industry experts, KRMU ensures that its students are equipped with the skills and knowledge required to excel in a globalised world. The university's commitment to excellence extends beyond academics to include a vibrant campus life with numerous extracurricular activities, clubs, and societies. KRMU's focus on holistic development aims to shape well-rounded individuals who are not only academically proficient but also socially responsible and globally aware. As a testament to its quality, KRMU has garnered various accolades and partnerships with leading global institutions, further enhancing its reputation as a premier destination for higher education in India. With a vision to become a center of academic and professional excellence, K.R. Mangalam University continues to innovate and expand, preparing its students to meet the challenges of the future with confidence and competence.

VISION

K.R. Mangalam University aspires to become an internationally recognized institution of higher learning through excellence in inter-disciplinary education, research, and innovation, preparing socially responsible life-long learners contributing to nation building.

MISSION IS TO

- Foster employability and entrepreneurship through futuristic curriculum and progressive pedagogy with cutting-edge technology.
- Instil notion of lifelong learning through stimulating research, outcomes-based education, and innovative thinking.
- Integrate global needs and expectations through collaborative programmes with premier universities, research centres, industries, and professional bodies.
- Enhance leadership qualities among the youth having understanding of ethical values and environmental realities.

CORE VALUES

- 1. Excellence:** We are committed to achieving the highest standards in education, research, and service, continually striving for excellence in all our endeavors.
- 2. Integrity:** We uphold the principles of honesty, transparency, and ethical conduct in all our interactions and practices, cultivating a culture of trust and respect.
- 3. Innovation:** We encourage creativity and innovation in teaching, learning, and research, continuously exploring new ways to solve problems and advance knowledge.

- 4. Inclusivity:** We embrace diversity and promote an inclusive environment where everyone is valued and empowered to contribute to their fullest potential.
- 5. Lifelong Learning:** We promote the continuous pursuit of knowledge and skills, encouraging our students, faculty, and staff to remain curious and adaptable in an ever-changing world.
- 6. Social Responsibility:** We are dedicated to making a positive impact on society through education, research, and community engagement, aiming to address global challenges and promote sustainable development.

ACCREDITATIONS, RECOGNITIONS & APPROVALS



National Assessment and Accreditation Council (NAAC).

K.R. Mangalam University has been accredited with an “A” Grade in its First Cycle by the National Assessment and Accreditation Council (NAAC).



University Grants Commission, (UGC)

K.R. MANGALAM UNIVERSITY HAS BEEN RECOGNISED BY UNIVERSITY GRANTS COMMISSION, NEW DELHI UNDER SECTION 2(F) OF UGC ACT, 1956 WHEREIN THE UNIVERSITY IS EMPOWERED TO AWARD DEGREES, AS SPECIFIED UNDER SECTION 22 OF THE UGC ACT, 1956.



Established by the State Government

K.R. Mangalam University has been established as State Private University by the State Legislature of Haryana under the Haryana Private Universities Act 2006 (Amended 08 of 2013).



Bar Council of India (BCI)

The Bar Council of India (BCI) has approved the Law courses of K.R. Mangalam University viz LL.B. (Hons.), B.A. LL.B. (Hons.), B.Com. LL.B. (Hons.), BBA LL.B. (Hons.), LL.B. (Hons.) and LL.M. Degree Courses.



Council of Architecture (COA)

The Council of Architecture has approved K.R. Mangalam University for imparting 5 year full time B.Arch Degree Course.



Pharmacy Council of India (PCI)

The Pharmacy Council of India has approved K.R. Mangalam University for imparting Diploma in Pharmacy, B.Pharm. and M. Pharm. (Pharmaceutics and Pharmacology) courses.



National Council for Teacher Education (NCTE)

The National Council for Teacher Education (NCTE) has recognised K.R. Mangalam University for imparting Teacher Education Courses viz. B.Ed. and B.El.Ed.

ACCREDITATIONS, RECOGNITIONS & APPROVALS



Ministry of Micro, Small and Medium Enterprises

K.R. Mangalam University has collaborations with the Ministry of Micro, Small and Medium Enterprises (MSME) to promote entrepreneurship, innovation and skill development through training programs and workshops.



Handicrafts and Carpet Sector Skill Council (HCSSC)

K.R. Mangalam University has signed an MoU with the Handicrafts and Carpet Sector Skill Council (HCSSC) to integrate vocational and general education. This partnership will offer skill development training and industry exposure in the handicrafts and carpet sectors.



National Stock Exchange of India Limited, Mumbai

K.R. Mangalam University partnered with NSE to offer NCFM certification courses, covering 41 modules from Basic to Advanced levels, boosting students' employability.



Ministry of Electronics & Information Technology (MeitY), Government

KEIC Foundation signed an MoU with STPI under MeitY to strengthen India's entrepreneurial ecosystem, promote innovation and create opportunities for start-ups, driving sustainable growth.



The Institute of Company Secretaries of India (ICSI)

K.R. Mangalam University has signed an MoU with ICSI under the ICSI Academic Collaboration Initiative to promote joint research, workshops and professional development opportunities for students and academics.



Council for Teachers Professional Development India (CTPD India)

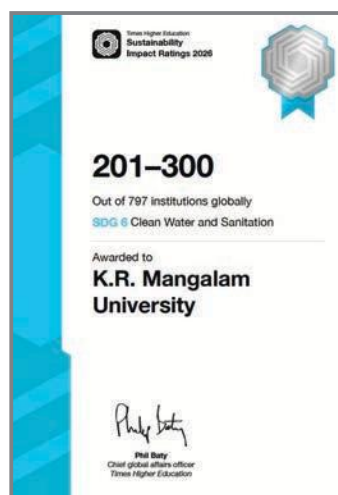
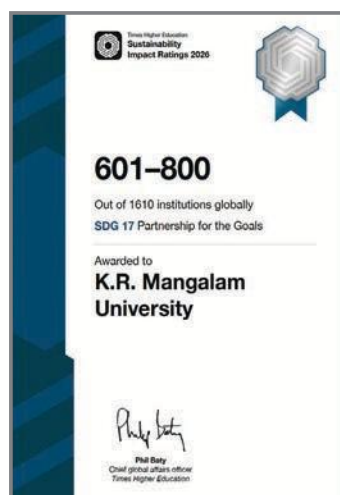
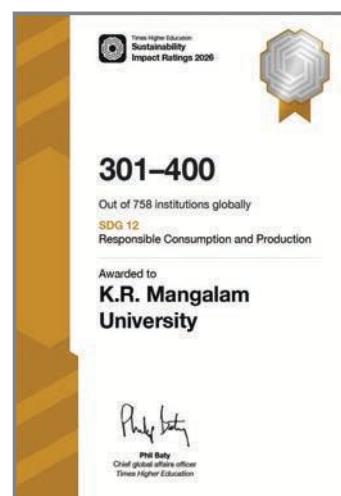
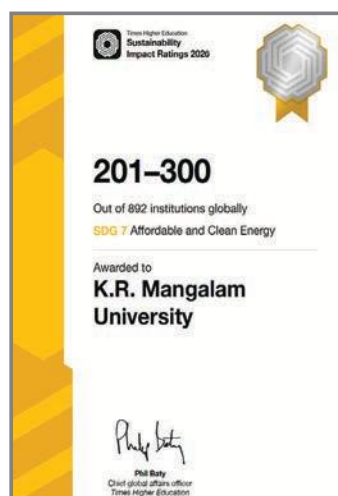
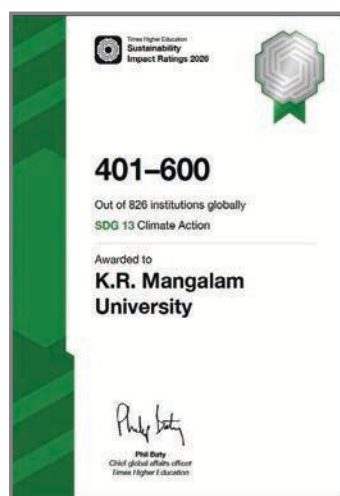
K.R. Mangalam University signed an MoU with CTPD India to enhance academic collaboration, research and teacher training, focusing on competency building, skill development and professionalism in education.



DSIR Recognition (Scientific & Industrial Research Organization - SIRO)

K.R. Mangalam University has been registered by the Department of Scientific and Industrial Research (DSIR), Ministry of Science & Technology, Government of India, as a Scientific and Industrial Research Organization (SIRO), recognizing its commitment to excellence in research and innovation. The registration is valid until 31 March 2029 and enables the University to avail applicable benefits under Government of India notifications for research institutions.

RANKING



MEMBERSHIPS OF INDUSTRY & PROFESSIONAL ASSOCIATIONS



Association of Commonwealth Universities (ACU)



Association of Indian Universities (AIU)



Federation of Indian Chambers of Commerce & Industry (FICCI)



PHD Chamber of Commerce & Industry (PHDCCI)



The Associated Chambers of Commerce & Industry of India (ASSOCHAM)



Confederation of Indian Industry (CII)



All India Management Association (AIMA)

SCHOOL VISION AND MISSION

ABOUT THE SCHOOL

The School of Physiotherapy & Rehabilitation Sciences (SPRS) is dedicated to establishing a standard of professional education that promotes independent thought and a strong commitment to society. The school emphasises evidence-based practice to meet the population's needs with skilled, efficient, and accessible care. SPRS offers an undergraduate program, the Bachelor of Physiotherapy (BPT), with the goal of creating a skilled workforce of rehabilitation professionals to address society's healthcare needs. The school prioritises clinical training, evidence-based practice, and ethical values. The BPT course is designed to enhance clinical and diagnostic skills, foster research-oriented practices, and promote the learning of life skills essential for developing ethical, empathetic, and skilled physiotherapy professionals.

VISION

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

MISSION

The mission of the School of Physiotherapy and Rehabilitation Sciences is:

- To impart practical and hands-on learning that is evidence based.
- To focus on novel areas of research in physiotherapy, rehabilitation and interdisciplinary domains.
- To create a learning experience integrating advanced methods, techniques and technology in the field of physiotherapy and rehabilitation.
- To inculcate holistic education and entrepreneurial skills among students.



EVENTS AT SPRS

INCLUSIVE FUTURES- GENDER AWARENESS PROGRAMME

The School of Physiotherapy and Rehabilitation Sciences (SPRS) organized a Gender Inclusivity Training Programme on 29th April 2026 at B-312 for BPT First and Second Year students. The programme was conducted and was attended by participants. The event was coordinated by Dr.Mansi Dewan (PT) and Dr.Shazia Mattu (PT), with Dr.Mamta Shankar (PT), School Coordinator, SPRS, serving as the resource person.

The programme aimed to create awareness regarding gender equality, inclusivity, respect, and sensitivity among future healthcare professionals. Aligned with Sustainable Development Goal (SDG) 5, the session emphasized the importance of eliminating gender stereotypes, promoting equal opportunities, and fostering respectful behavior in academic, social, and clinical environments.

During the session, Dr.Mamta Shankar discussed key concepts such as gender identity, gender stereotypes, unconscious bias, diversity, and inclusivity. Through interactive discussions and real-life examples, participants gained a better understanding of the challenges faced by individuals of different genders and the importance of maintaining equality and dignity in healthcare settings. The session highlighted the role of physiotherapists in providing unbiased, patient-centered care and creating supportive environments for all individuals.

The programme successfully enhanced students' awareness, empathy, communication skills, and understanding of ethical and professional responsibilities related to gender issues. It also encouraged equal participation, leadership, and social responsibility among students. The initiative reinforced the need for continued gender sensitization programmes and curriculum integration to develop compassionate, ethical, and inclusive healthcare professionals capable of contributing to an equitable society and healthcare system.



PIC 1: Dr.Mamta Shankar (PT) briefing the students



PIC 2: Role play for gender inclusion

CAPACITY DEVELOPMENT PROGRAM ON LIFE SKILLS PANCHATATVA YOGA SERIES- A WELLNESS PROGRAMME

The School of Physiotherapy and Rehabilitation Sciences successfully conducted a Capacity Development Programme on Life Skills – Panchatatva Yoga Series, a wellness initiative designed for Third and Fourth Year BPT students. The programme was organized from January to May, with sessions conducted thrice every month, providing students with regular exposure to yoga and holistic wellness practices.

The primary objective of the programme was to enhance the physical, mental, emotional, and spiritual well-being of physiotherapy students while equipping them with essential life skills for personal and professional growth. Based on the concept of Panchatatva (the five elements of nature), the series emphasized the importance of achieving balance and harmony through yoga, mindfulness, breathing techniques, and relaxation practices.

Throughout the programme, students actively participated in guided yoga sessions that included asanas, pranayama, meditation, stress management techniques, and discussions on healthy lifestyle habits. The sessions focused on improving flexibility, posture, concentration, emotional resilience, and overall wellness. Students were also encouraged to understand the therapeutic applications of yoga and its relevance in rehabilitation and patient care.

The programme provided a valuable platform for experiential learning, enabling future physiotherapists to appreciate the role of yoga as a complementary approach to health promotion and disease prevention. Regular participation fostered self-awareness, discipline, positive thinking, and stress management skills among students.

The Panchatatva Yoga Series successfully contributed to the holistic development of students and reinforced the importance of integrating wellness practices into daily life. The initiative enhanced students' capacity to maintain personal well-being while preparing them to promote healthy lifestyles within the communities they will serve as healthcare professionals.



Pic 3: Students while performing Yoga

*Pic 4: Dr.Megha briefing the students**Pic 5: Students while performing Yoga**Pic 6: Students while performing Yoga**Pic 7: Students along with the faculty*

CAPACITY DEVELOPMENT PROGRAM EXPRESS TO EXCEL: A POWERFUL COMMUNICATION SERIES

The School of Physiotherapy and Rehabilitation Sciences successfully organized a Capacity Development Programme on Life Skills titled “Express to Excel: A Powerful Communication Series” for First and Second year BPT students. The programme was conducted from January to May, with sessions held thrice every month, aiming to strengthen communication competencies essential for academic success, clinical practice, and professional growth.

The primary objective of the programme was to develop effective verbal, non-verbal, interpersonal, and professional communication skills among physiotherapy students. Recognizing that communication plays a crucial role in patient care, teamwork, leadership, and healthcare delivery, the series focused on enhancing students' confidence, clarity, and ability to express themselves effectively in diverse situations.

The sessions included interactive activities, group discussions, role plays, presentations, case-based communication exercises, public speaking opportunities, and patient-interaction simulations.

Students were trained in active listening, empathy, professional etiquette, conflict resolution, presentation skills, and effective documentation. Special emphasis was placed on communication in clinical settings, enabling students to build rapport with patients, educate them effectively, and collaborate efficiently with multidisciplinary healthcare teams.

The programme provided a supportive platform for students to overcome communication barriers, improve self-confidence, and develop leadership qualities. Regular participation encouraged critical thinking, teamwork, and professional conduct while preparing students for future clinical and workplace responsibilities.

The “Express to Excel” series successfully contributed to the holistic development of students by enhancing their communication abilities and interpersonal effectiveness. The initiative empowered future physiotherapists to become confident communicators, compassionate healthcare professionals, and effective advocates for patient-centered care, thereby improving both professional competence and overall employability.



Pic 8: Students along with the faculty



Pic 9: Dr.Shweta discussing soft skills during the capacity development programme



Pic 10: Dr.Kangana discussing soft skills during the capacity development programme



Pic 11: Dr.Kangana discussing soft skills during the capacity development programme

RESEARCH AND INNOVATION

We are pleased to share that Prof. Sumit Kalra, SPRS published a journal article titled- Impact of Dual Task Aerobic Training on Cognitive Function and Functional Capacity in patients with stable coronary artery disease: An RCT on 4-4-26, in The Bioscan: An International Quarterly Journal of Life Sciences which is a WOS indexed journal.



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IMPACT OF DUAL-TASK AEROBIC TRAINING ON COGNITIVE FUNCTION AND FUNCTIONAL CAPACITY IN PATIENTS WITH STABLE CORONARY ARTERY DISEASE: A RANDOMIZED CONTROLLED TRIAL

Gunjan Malhotra¹, Sumit Kalra², Justy Babu³, Sharmila B⁴, Mohini Sikdar⁵, Rupam Sarkar⁶, Pavithra C.U⁷, Rushikesh Joshi⁸

1 Assistant Professor, Department of Physiotherapy, School of Allied Health Sciences, Galgotias University, Greater Noida, India, 203201

2 Professor, K. R. Mangalam University, Sohna, Gurugram, Haryana 122103

3 Associate Professor, Spectrum college of Physiotherapy affiliated to Maharashtra University of Health sciences, Agarwal last stop, Gokhivare, Vasai East, Palghar Maharashtra 401208

4 Assistant Professor, Mother Theresa Post Graduate and Research Institute of Health Sciences, A Govt. of Puducherry Institution, Affiliated to Pondicherry University, Indira Nagar, Gorimedu, Puducherry -605 006.

5 MPT student, Fit- Pro Clinic, Dibrugarh, Assam, India, 786001

6 Assistant Professor, DSGP Institute, Maharashtra University of Health sciences, Nashik 422004

7 Associate Professor, SJM institute of nursing sciences (affiliated with RGUHS), Chitradurga Karnataka 577501

8 Professor, Parul institute of Physiotherapy and Research, Parul University, Vadodara, Gujarat-391760

Corresponding Author: Rupam Sarkar

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KEYWORDS

Coronary artery disease, dual-task training, cognitive function, cardiac rehabilitation, aerobic exercise.

Received on: 11-02-2026

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Published on: 4-04-2026

Abstract

Background: Coronary artery disease (CAD) is associated with reduced functional capacity and cognitive impairment, particularly affecting executive function and attention. Conventional cardiac rehabilitation primarily targets physical outcomes, with limited emphasis on cognitive function.

Objective: To evaluate the effectiveness of dual-task aerobic training on cognitive function and functional capacity in patients with stable CAD.

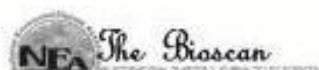
Methods: A randomized controlled trial was conducted on 40 patients with stable CAD, randomly allocated into dual-task aerobic training (DTAT, n=20) and conventional aerobic training (CAT, n=20) groups. Both groups underwent training for 8 weeks (3 sessions/week, 40-50 minutes/session at 60-75% HRmax). Outcome measures included the Montreal Cognitive Assessment for cognitive function, 6-Minute Walk Test for functional capacity, and Dual-Task Walking Test for cognitive-motor performance. Data were analyzed using paired and independent t-tests.

Results: Both groups showed significant improvements in all outcome measures ($p < 0.05$). However, the DTAT group demonstrated significantly greater improvements in cognitive function, 6MWT distance, and dual-task performance compared to the CAT group ($p < 0.05$). Large effect sizes were observed across outcomes in the DTAT group.

Conclusion: Dual-task aerobic training is more effective than conventional aerobic training in improving cognitive function, functional capacity, and dual-task performance in patients with stable CAD. Incorporating dual-task paradigms into cardiac rehabilitation may enhance overall patient outcomes.

Pic 12: Journal Article

We are pleased to share that Prof. Sumit Kalra, SPRS published a journal article titled- Impact of High Intensity Interval Training with adjunct relaxation therapy on metabolic parameters, stress levels, and health related quality of life in women with PCOS, on 4-4-26, in The Bioscan: An International Quarterly Journal of Life Sciences which is a WOS indexed journal



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IMPACT OF HIGH-INTENSITY INTERVAL TRAINING WITH ADJUNCT RELAXATION THERAPY ON METABOLIC PARAMETERS, STRESS LEVELS, AND HEALTH-RELATED QUALITY OF LIFE IN WOMEN WITH POLYCYSTIC OVARY SYNDROME

Omeshree Meshram¹, Sumit Kalra², Sharmila B³, Tania Basak⁴, Taniya Vaidya⁵, Neha⁶, Seema Sahu⁷, Rupam Sarkar⁸

1. HOD & Associate Professor, AIMS College of Physiotherapy, Dombivli, Aims Foundation, Vadavli, Dombivli (East), Thane - 421204. Affiliated with the Maharashtra University of Health Sciences, Nashik

2. Professor, K. R. Mangalam University, Sohna, Gurugram, Haryana 122103

3. Assistant Professor, Mother Theresa Post Graduate and Research Institute of Health Sciences, A Govt. of Puducherry Institution, Affiliated to Pondicherry University, Indira Nagar, Gorimedu, Puducherry -605 006.

4. Assistant Professor, Global College of Science and Technology, Krishnanagar, West Bengal 741102

5. Assistant Professor, DSGP Institute, Maharashtra University of Health Sciences, Nashik 422004

6. Assistant Professor, MUHS, Vani - Dindori Rd, Mhasrul Gaon, Nashik, Maharashtra 422004

7. Assistant Professor, Apollo college of Physiotherapy, Anjora Durg, Chhattisgarh, Pt Deendayal Upadhyay Memorial Health Science & Ayush University of Chhattisgarh, Raipur, pin code 493661

8 Rupam Sarkar (Correspondence dr.rupamsarkarpt@gmail.com)

Assistant Professor

DSGP Institute, Maharashtra University of Health sciences, Nashik 422004

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KEYWORDS

Polycystic Ovary Syndrome, HIIT, relaxation therapy, stress, quality of life, physiotherapy

Received on: 12-02-2026

Accepted on: 8-03-2026

Published on: 4-04-2026

Abstract

Background: Polycystic Ovary Syndrome is a common endocrine-metabolic disorder characterized by insulin resistance, obesity, psychological stress, and reduced health-related quality of life. While exercise is a cornerstone of management, the combined effect of high-intensity training and stress-reduction strategies remains underexplored.

Objective: To evaluate the impact of High-Intensity Interval Training (HIIT) with adjunct relaxation therapy on metabolic parameters, stress levels, and health-related quality of life in women with PCOS.

Methods: A randomized controlled trial was conducted on 60 women with PCOS aged 18-35 years, who were randomly allocated into an experimental group (HIIT + relaxation therapy) and a control group (moderate-intensity continuous training). The intervention was carried out for 12 weeks. Outcome measures included Body Mass Index (BMI), Waist-Hip Ratio, Perceived Stress Scale (PSS), and Polycystic-Ovary Syndrome Health-Related Quality of Life Questionnaire (PCOSQ). Statistical analysis was performed using paired and unpaired t-tests with significance set at $p < 0.05$.

Results: Both groups showed significant improvements in all outcome measures ($p < 0.05$). However, the experimental group demonstrated significantly greater reductions in BMI ($p = 0.038$), Waist-Hip Ratio ($p = 0.017$), and PSS scores ($p < 0.001$), along with a significantly higher improvement in PCOSQ scores ($p < 0.001$) compared to the control group.

Conclusion: HIIT combined with relaxation therapy is more effective than conventional exercise alone in improving metabolic health, reducing stress, and enhancing quality of life in women with PCOS. This combined approach offers a holistic and time-efficient strategy for physiotherapy management.

We are pleased to share that Dr. Barnali Bhattacharjee (PT), Associate Professor and Dr. Mansi Dewan (PT), Assistant Professor, SPRS published a journal article titled Effect of forward head posture on aerobic fitness of collegiate students: A Cross sectional observational study in Apr 2026, in JCDR, which is a WOS Q4 indexed journal.



Pic 14: Journal Article

Dr. Shazia Mattu (PT), Associate Professor, SPRS published a journal article titled Effect of sleep quality on physical performance in elderly on 18th May, 2026 in Journal of Body Work and Movement Therapies which is a Scopus Q2 indexed journal.



PLACEMENTS

We are pleased to share that Riya Rawat BPT 2021 has been placed as Junior Physiotherapist at Spine Care Clinic, Delhi



Riya Rawat BPT 2021

FACULTY ACHIEVEMENTS

Faculty members from School of Physiotherapy and Rehabilitation Sciences were awarded various awards at BCIPCON-2026.

1. Dr. Kangana Juenja Kansal (PT), Assistant Professor, SPRS was awarded Clinical Excellence Award.
2. Dr. Ankita Samuel (PT), Assistant Professor, SPRS was awarded Outstanding Physiotherapy Educator Award.



Pic 17: Dr.Kangana Juenja Kansal receiving the award



Pic 16: Dr.Ankita Samuel receiving the award

3. Dr. Deepak Kumar (PT) was awarded Young Achiever's award as well as Second Prize in Scientific Paper Presentation in Professional Category.



Pic 18: Dr.Deepak Kumar receiving the award

4. Dr. Mansi Dewan (PT), Assistant Professor, SPRS was awarded Young Achiever's Award.



Pic 19: Dr. Mansi Dewan receiving the award

5. Dr. Shweta Kumar (PT), Assistant Professor, SPRS was awarded Outstanding Physiotherapy Educator Award.



Pic 20: Dr. Shweta Kumar receiving the award

6. Dr. Shazia Mattu (PT), Associate Professor, SPRS, was awarded AWARD OF EXCELLENCE " Best Researcher Award" in National Conference on Advance Healthcare & Rehabilitation Sciences AIIMS, New Delhi on 11th & 12 April, 2026.



Pic 21: Dr. Shazia Mattu receiving the award

7. Dr. Barnali Bhattcharjee (PT), Associate Professor, SPRS, was awarded AWARD OF EXCELLENCE " Best Researcher Award" in National Conference on Advance Healthcare & Rehabilitation Sciences AIIMS, New Delhi on 11th & 12 April, 2026.



Pic 22: Dr. Barnali Bhattcharjee receiving the award

8. Dr. Mamta Shankar (PT), School Coordinator, SPRS was invited as an esteemed speaker at 4th Physio Next Gen physiotherapy Conference held at Mathura on 3rd May, 2026. She delivered a lecture on- Virtual Reality Training: Beyond Rehab.



Pic 23: Dr. Mamta Shankar delivering the lecture



Pic 24: Felicitation of Dr. Mamta Shankar

COMMUNITY CONNECT

NSS in collaboration with School of Physiotherapy and Rehabilitation Sciences organised a Health Awareness Camp at Berka Village on 07th April, 2026 on the occasion of World Health Day. The villagers were informed about importance of having a healthy lifestyle and various ways of leading a stress free life.



Pic 25: Faculty at the health camp.



Pic 26: Dr. Shweta Kumar (PT) addressing the villagers

OUR ALUMNI

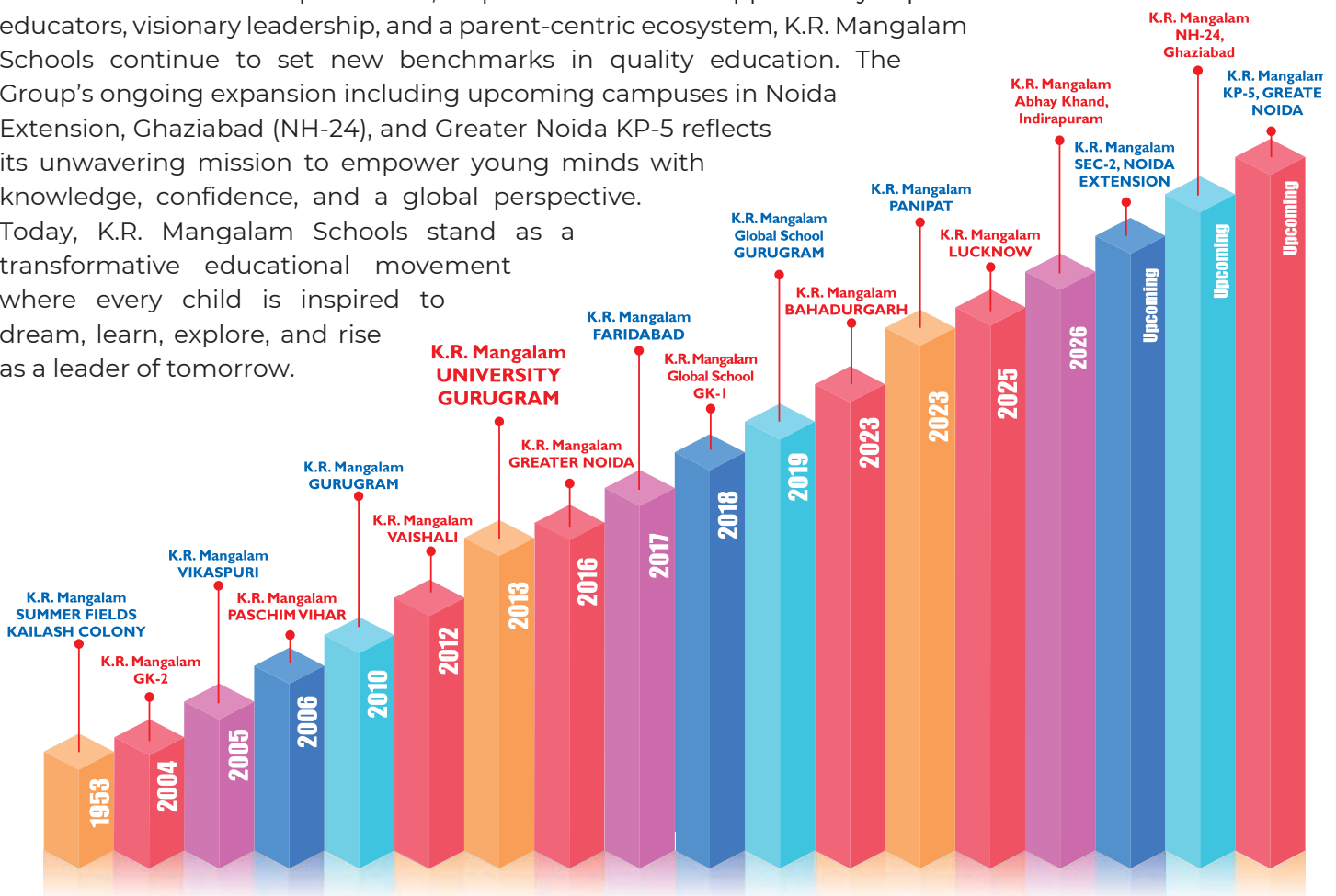
My experience as a student pursuing a Bachelor of Physiotherapy (BPT) degree has been incredibly fulfilling and has given me a solid academic and clinical basis. Through engaging lectures and evidence-based learning strategies, the faculty members consistently provided excellent instruction, making even difficult subjects simple to understand. I was able to observe and treat patients under professional supervision during the organised clinical placements, which greatly enhanced my professional abilities and confidence. The well-structured practical classes successfully bridged the gap between theory and practice by emphasising the development of critical assessment and treatment approaches. The campus was friendly, tidy, and furnished with first-rate facilities that encouraged learning and individual development. All things considered, my BPT education was a rewarding experience that equipped me for a prosperous career in physiotherapy thanks to the mix of committed mentors, methodical clinical exposure, thorough practical training, and a welcoming campus environment.



Mitali Singh BPT 2021

FROM LEGACY TO LEADERSHIP : THE GROWTH OF K.R. MANGALAM GROUP

K.R. Mangalam Group stand today as one of India's most trusted, dynamic, and future-ready school networks, built on a legacy that spans over seven decades of educational excellence. Since the establishment of Summer Fields School in 1953, the Group has continuously expanded its footprint across Delhi, NCR, Uttar Pradesh, and Haryana emerging as a symbol of academic leadership, holistic development, and global vision. Each K.R. Mangalam school blends tradition with innovation, offering world-class infrastructure, progressive pedagogies, and an inclusive environment that nurtures curiosity, creativity, and character. From the vibrant corridors of K.R. Mangalam World School, GK-II (est. 2004) to the thriving campuses of Vikaspuri (2005), Paschim Vihar (2006), Gurugram (2010), Vaishali (2012), Greater Noida (2016), Faridabad (2017), Bahadurgarh (2023), Panipat (2024), and Lucknow (2025), every institution under the KRM banner exemplifies a commitment to academic rigor, co-curricular richness, and values-driven education. The introduction of globally benchmarked K.R. Mangalam Global Schools in Gurgaon and GK-I further strengthens the Group's reputation as a pioneer in international curricula and modern learning environments. Across all campuses, students experience a transformative education that integrates technology, experiential learning, life skills, interdisciplinary exploration, and global exposure. With strong foundations in sports, performing arts, STEAM, entrepreneurship, and community engagement, KRM Schools prepare learners to excel in a rapidly evolving world. The schools' emphasis on inclusive classrooms, socio-emotional well-being, leadership development, and moral values ensures that students grow not only as achievers but as compassionate, responsible citizens. Supported by experienced educators, visionary leadership, and a parent-centric ecosystem, K.R. Mangalam Schools continue to set new benchmarks in quality education. The Group's ongoing expansion including upcoming campuses in Noida Extension, Ghaziabad (NH-24), and Greater Noida KP-5 reflects its unwavering mission to empower young minds with knowledge, confidence, and a global perspective. Today, K.R. Mangalam Schools stand as a transformative educational movement where every child is inspired to dream, learn, explore, and rise as a leader of tomorrow.





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