K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

NAAC A

SCHOOL OF PHYSIOTHERAPY AND REHABILITATION SCIENCES

NEWSLETTER

APRIL - JUNE 2026

K.R. MANGALAM UNIVERSITY

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FROM THE EDITOR'S DESK

We are delighted to provide this special edition of the newsletter, which is a tribute to the School of Physiotherapy and Rehabilitation Sciences' incredible journey. As this edition's editor and event coordinator, I'm honoured to highlight the accomplishments, inventions, and significant projects carried out by our faculty and students.

Our shared dedication to developing the area of physiotherapy and rehabilitation sciences while promoting a culture of quality and teamwork is reflected in this newsletter. I want to express my sincere gratitude to everyone who helped make this edition a true celebration of our accomplishments.

Enjoy Reading

DR. MANSI DEWAN (P.T.)

Assistant Professor, SPRS

K.R. Mangalam University

MESSAGE FROM THE LEADERSHIP

Physiotherapy has seen tremendous growth in recent years, making it one of the most promising healthcare professions.

The School of Physiotherapy and Rehabilitation Sciences' emphasis on both academic achievement and community involvement is heartening.

I am confident that the skills the students have acquired throughout these early years will be applied to better society in addition to ensuring success in their chosen fields.

I would want to wish the SPRS faculty and students well and congratulate them on their achievements.

PROF. DR. VARUNA TYAGI

Dean Academic

K.R. Mangalam University

FROM THE DEAN'S DESK

I am a firm believer that the training of a physiotherapist should reflect the principles of the profession- it should be holistic, hands-on and connected to the people. In this vein, we aim to ensure that the events and activities conducted at the School of Physiotherapy and Rehabilitation Sciences are integrated with our goals to train professionals and leaders of the future.

We integrate technology as well as social consciousness into the teaching learning process, focusing on holistic growth and learning experiences that encompass 'inside classroom' as well as 'outside classroom' learning. With the passion of the faculty and the enthusiasm of our students, we have taken strides in establishing academic rigour, skill-based education, clinical competence and personality building for all the students.

I look forward to continuing the efforts of bringing to the readers all our endeavours and welcome any feedback or suggestions.

Warm Regards.

DR. MAMTA SHANKAR (PT)

School Coordinator, SPRS.

K.R. Mangalam University

EDITOR & IQAC COORDINATOR

I am delighted to speak to every reader of our quarterly newsletter. The academic vitality, clinical excellence, and forward-thinking perspective that characterise the School of Physiotherapy and Rehabilitation Sciences are once again reflected in this edition.

Our on-going goal at IQAC is to promote a culture of excellence, responsibility, and creativity in all of our academic and clinical endeavours. The School has shown an admirable dedication to multidisciplinary collaboration, skill-oriented training, outcome-based education, and evidence-based practice during the last quarter.

I value the commitment of our teachers, the zeal of our pupils, and the assistance of all parties involved in maintaining outstanding standards. Let's keep collaborating to improve physiotherapy education and rehabilitation services via innovation, inclusion, and excellence.

DR. SHIKHA DUTT SHARMA

Editor & IQAC Coordinator

K.R. Mangalam University

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 DEVLOPMENT 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 DEVLOPMENT 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.

The Bioscan 21(1) 5 (1) 30-40, 2026 www.thebioscan.com

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

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DOI: https://doi.org/10.63001/tbs.2026.v21.i02.S.I(2).pp30-40

KEYWORDS

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

Received on: 11-02-2026

Accepted on: 08-03-2026

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 metablic 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 Scienceswhich is a WOS indexed journal

The Bioscan 21(2) S (2) 1-11, 2026 www.thebioscan.com

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

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DOI: https://doi.org/10.63001/tbs.2026.v21.i02.S.I(2).pp1-11

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

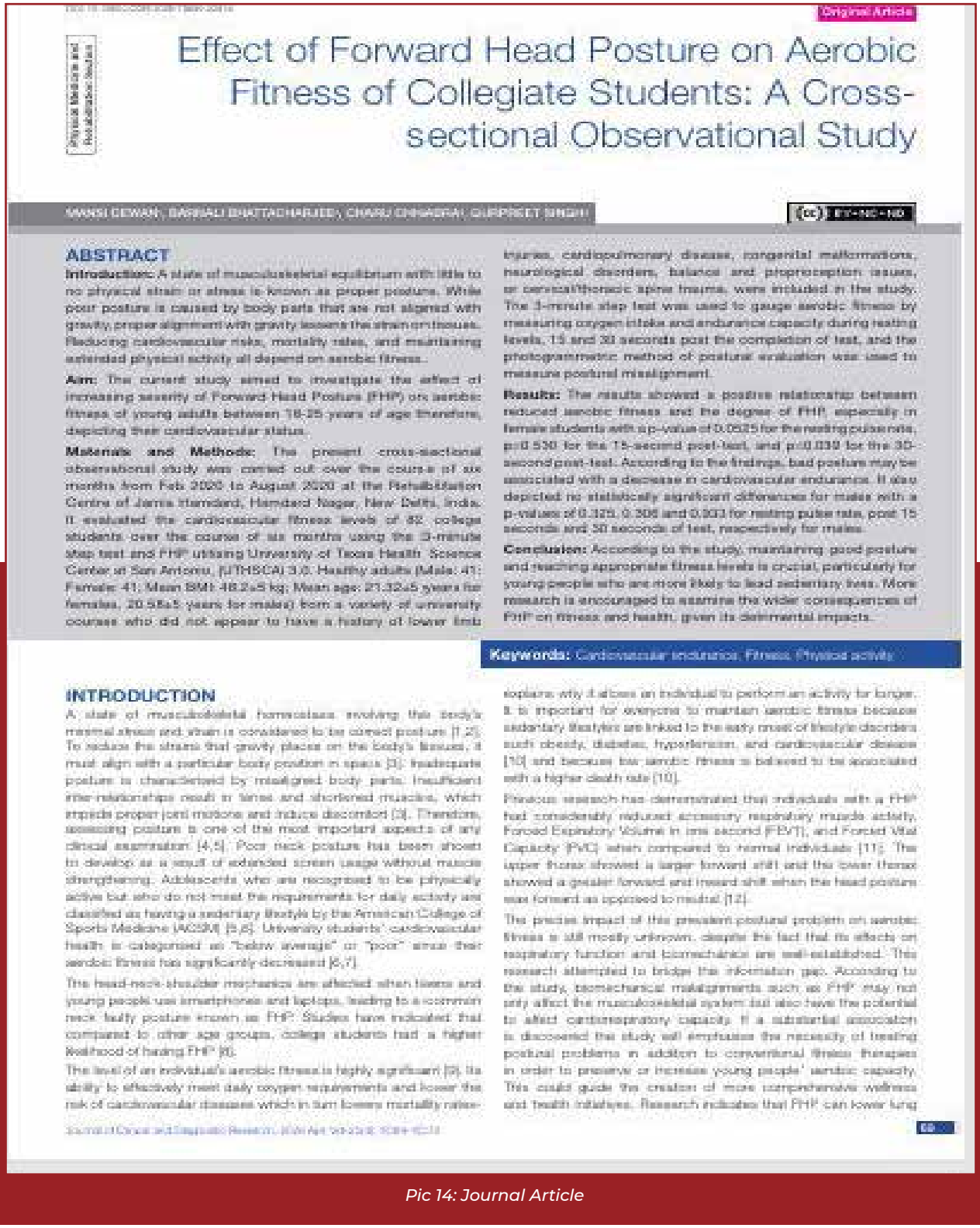
Abstract

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.

Pic 13: Journal Article

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.



Original Article

Physical Medicine and Rehabilitation Section

Effect of Forward Head Posture on Aerobic Fitness of Collegiate Students: A Cross-sectional Observational Study

MANSI DEWAN, BARNALI BHATTACHARJEE, CHARU CHHABRA, GURPREET SINGH

CC BY-NC-ND

ABSTRACT

Introduction: A state of musculoskeletal equilibrium with little to no physical strain or stress is known as proper posture. While poor posture is caused by body parts that are not aligned with gravity, proper alignment with gravity lessens the strain on tissues. Reducing cardiovascular risks, mortality rates, and maintaining extended physical activity all depend on aerobic fitness.

Aim: The current study aimed to investigate the effect of increasing severity of Forward Head Posture (FHP) on aerobic fitness of young adults between 18-25 years of age therefore, depicting their cardiovascular status.

Materials and Methods: The present cross-sectional observational study was carried out over the course of six months from Feb 2020 to August 2020 at the Rehabilitation Centre of Jamia Hamdard, Hamdard Nagar, New Delhi, India. It evaluated the cardiovascular fitness levels of 82 college students over the course of six months using the 3-minute step test and FHP utilising University of Texas Health Science Center at San Antonio, [UTHSCA] 3.0. Healthy adults (Male: 41; Female: 41; Mean BMI: 48.2±5 kg; Mean age: 21.32±5 years for females, 20.58±5 years for males) from a variety of university courses who did not appear to have a history of lower limb injuries, cardiopulmonary disease, congenital malformations, neurological disorders, balance and proprioception issues, or cervical/thoracic spine trauma, were included in the study. The 3-minute step test was used to gauge aerobic fitness by measuring oxygen intake and endurance capacity during resting levels, 15 and 30 seconds post the completion of test, and the photogrammetric method of postural evaluation was used to measure postural misalignment.

Results: The results showed a positive relationship between reduced aerobic fitness and the degree of FHP, especially in female students with a p-value of 0.0525 for the resting pulse rate, p=0.530 for the 15-second post-test, and p=0.039 for the 30-second post-test. According to the findings, bad posture may be associated with a decrease in cardiovascular endurance. It also depicted no statistically significant differences for males with a p-values of 0.325, 0.305 and 0.303 for resting pulse rate, post 15 seconds and 30 seconds of test, respectively for males.

Conclusion: According to the study, maintaining good posture and reaching appropriate fitness levels is crucial, particularly for young people who are more likely to lead sedentary lives. More research is encouraged to examine the wider consequences of FHP on fitness and health, given its detrimental impacts.

Keywords: Cardiovascular endurance, Fitness, Physical activity

INTRODUCTION

A state of musculoskeletal homeostasis involving the body's minimal stress and strain is considered to be correct posture [1,2]. To reduce the strains that gravity places on the body's tissues, it must align with a particular body position in space [3]. Inadequate posture is characterised by misaligned body parts. Insufficient inter-relationships result in tense and shortened muscles, which impede proper joint motions and induce discomfort [3]. Therefore, assessing posture is one of the most important aspects of any clinical examination [4,5]. Poor neck posture has been shown to develop as a result of extended screen usage without muscle strengthening. Adolescents who are recognised to be physically active but who do not meet the requirements for daily activity are classified as having a sedentary lifestyle by the American College of Sports Medicine [ACSM] [5,6]. University students' cardiovascular health is categorised as "below average" or "poor" since their aerobic fitness has significantly decreased [6,7].

The head-neck-shoulder mechanics are affected when teens and young people use smartphones and laptops, leading to a common neck faulty posture known as FHP. Studies have indicated that compared to other age groups, college students had a higher likelihood of having FHP [8].

The level of an individual's aerobic fitness is highly significant [9]. Its ability to effectively meet daily oxygen requirements and lower the risk of cardiovascular diseases which in turn lowers mortality rates-explains why it allows an individual to perform an activity for longer. It is important for everyone to maintain aerobic fitness because sedentary lifestyles are linked to the early onset of lifestyle disorders such obesity, diabetes, hypertension, and cardiovascular disease [10] and because low aerobic fitness is believed to be associated with a higher death rate [10].

Previous research has demonstrated that individuals with a FHP had considerably reduced accessory respiratory muscle activity, Forced Expiratory Volume in one second [FEV1], and Forced Vital Capacity [FVC] when compared to normal individuals [11]. The upper thorax showed a larger forward shift and the lower thorax showed a greater forward and inward shift when the head posture was forward as opposed to neutral [12].

The precise impact of this prevalent postural problem on aerobic fitness is still mostly unknown, despite the fact that its effects on respiratory function and biomechanics are well-established. This research attempted to bridge the information gap. According to the study, biomechanical misalignments such as FHP may not only affect the musculoskeletal system but also have the potential to affect cardiorespiratory capacity. If a substantial association is discovered the study will emphasise the necessity of treating postural problems in addition to conventional fitness therapies in order to preserve or increase young people' aerobic capacity. This could guide the creation of more comprehensive wellness and health initiatives. Research indicates that FHP can lower lung

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.

Journal of Bodywork & Movement Therapies 47 (2026) 673–681

Contents lists available at ScienceDirect

Journal of Bodywork & Movement Therapies

journal homepage: www.elsevier.com/jbmt

Effect of sleep quality on physical performance in the elderly

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ARTICLE INFO

Keywords:
Elderly
Grip strength
Manual dexterity
Pittsburgh sleep quality index (PSQI)
Short physical performance battery test (SPPB)
Sleep

ABSTRACT

Background: Deteriorating physical performance with ageing increases the risk of falls, loss of independence, institutionalisation and mortality amongst elderly. Apart from multisystem body decline, poor quality sleep, being a common complaint amongst older adults may be one of the factors affecting physical performance.
Purpose: To determine the effect of sleep quality on physical performance in the elderly.
Methods: The study was conducted on 128 elderly individuals aged 60 years and above in the Delhi- NCR region. They were evaluated as having good sleep (PSQI = /<5) or poor sleep (PSQI>5) quality using the Pittsburgh Sleep Quality Index (PSQI). Physical performance was assessed using the Short Physical Performance Battery (SPPB), upper limb strength using a Hand-Held Dynamometer, and manual dexterity using the Box and Block test.
Result: The findings of the study reveal that participants with poor sleep quality had significantly poorer physical performance in the balance test, gait speed and chair stand test of the SPPB as well as reduced grip strength of the dominant hand as compared to participants with good sleep quality. However, no significant difference was noted between the two groups when comparisons for grip strength of the non-dominant hand and manual dexterity for both hands were made.
Conclusion: This study indicates that poor sleep results in reduced lower-limb performance and dominant-hand grip strength in older adults. Integrating sleep evaluation into geriatric care may offer an opportunity to support the elderly in maintaining independence, mobility, and well-being in line with global goals for healthy ageing.

1. Introduction

Ageing is a universal biological process marked by progressive decline across physical, cognitive, and functional domains (Javed et al., 2025; Khan et al., 2024; Davan-Wetton et al., 2021; Bhatia-Dey et al., 2016; Singh and Misra, 2009), placing older adults at heightened risk of chronic disease (Rezaei et al., 2024; Gomes et al., 2024) functional limitation (Thorpe et al., 2016), and loss of independence due to age related loss of muscle mass (Singh and Kaur, 2023), reduced mobility, sensory decline, and impaired neuromuscular coordination, contributing substantially to functional deterioration and increased fall risk (Tieland et al., 2017; Saha et al., 2024; Garg et al., 2025;Manini et al., 2013). The global burden of ageing is accelerating — from an estimated 1 billion older adults in 2020, this number is projected to reach 1.4 billion by 2030 and exceed 2 billion by 2050, with the majority residing in low- and middle-income countries (WHO, 2024). In India specifically, the geriatric population is expanding rapidly, and age-related physiological decline places these individuals at considerable risk of functional deterioration (Saha et al., 2024; Soderhamn et al., 2023).

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https://doi.org/10.1016/j.jbmt.2026.05.018
Received 18 February 2025; Received in revised form 10 May 2026; Accepted 11 May 2026
Available online 17 May 2026

Pic 15: Journal Article

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.

Pic 17: Dr.Kangana Juenja Kansal receiving the award

2. Dr. Ankita Samuel (PT), Assistant Professor, SPRS was awarded Outstanding Physiotherapy Educator 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 & Rehabiitation 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 & Rehabiitation 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


5
Chemistry

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