



K.R. MANGALAM UNIVERSITY
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अभियान
1947 TO 2047

KRMU PHYSIOCON, 2024
ON
ADVANCEMENTS IN PHYSIOTHERAPY: TOWARDS SUSTAINABLE
HEALTHCARE

10th and 11th May, 2024

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Gilco Global
Smart Building Mobility Solutions

School of Physiotherapy & Rehabilitation Sciences

Organizes

First National Conference

KRMU PhysioCon

Advancements In Physiotherapy: Towards Sustainable Healthcare

Date: 10th and 11th MAY, 2024 | Time- 09:00 am onwards | Venue- Multipurpose Hall KRMU, Gurugram

Patron	Patron	Convenor	Co-Convenor	Co-Convenor
Prof. Dr. Dinesh Singh Chancellor, KRMU	Prof. Raghuvir Singh Vice Chancellor, KRMU	Dr. Mamta Shankar (PT) Coordinator-SPRS, KRMU	Dr. Shweta Kumar (PT) Assistant Prof. SPRS, KRMU	Dr. Ankita Samuelli (PT) Assistant Prof. SPRS, KRMU

University Gurugram Campus: 011-48884888 / 8800697010-15 8800697012
www.krmangalam.edu.in welcome@krmangalam.edu.in

A Brief Report



K.R. MANGALAM UNIVERSITY
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1947 TO 2047

On
National Conference
on
Advancements in Physiotherapy: Towards Sustainable Healthcare
Organized by

School Of Physiotherapy and Rehabilitation Sciences

K.R. MANGALAM UNIVERSITY

Sohna Road, Gurugram

Venue : Multipurpose Hall

R.R. MANGALAM University
Gurugram, India



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PRE-CONFERENCE WORKSHOPS

10th May, 2024

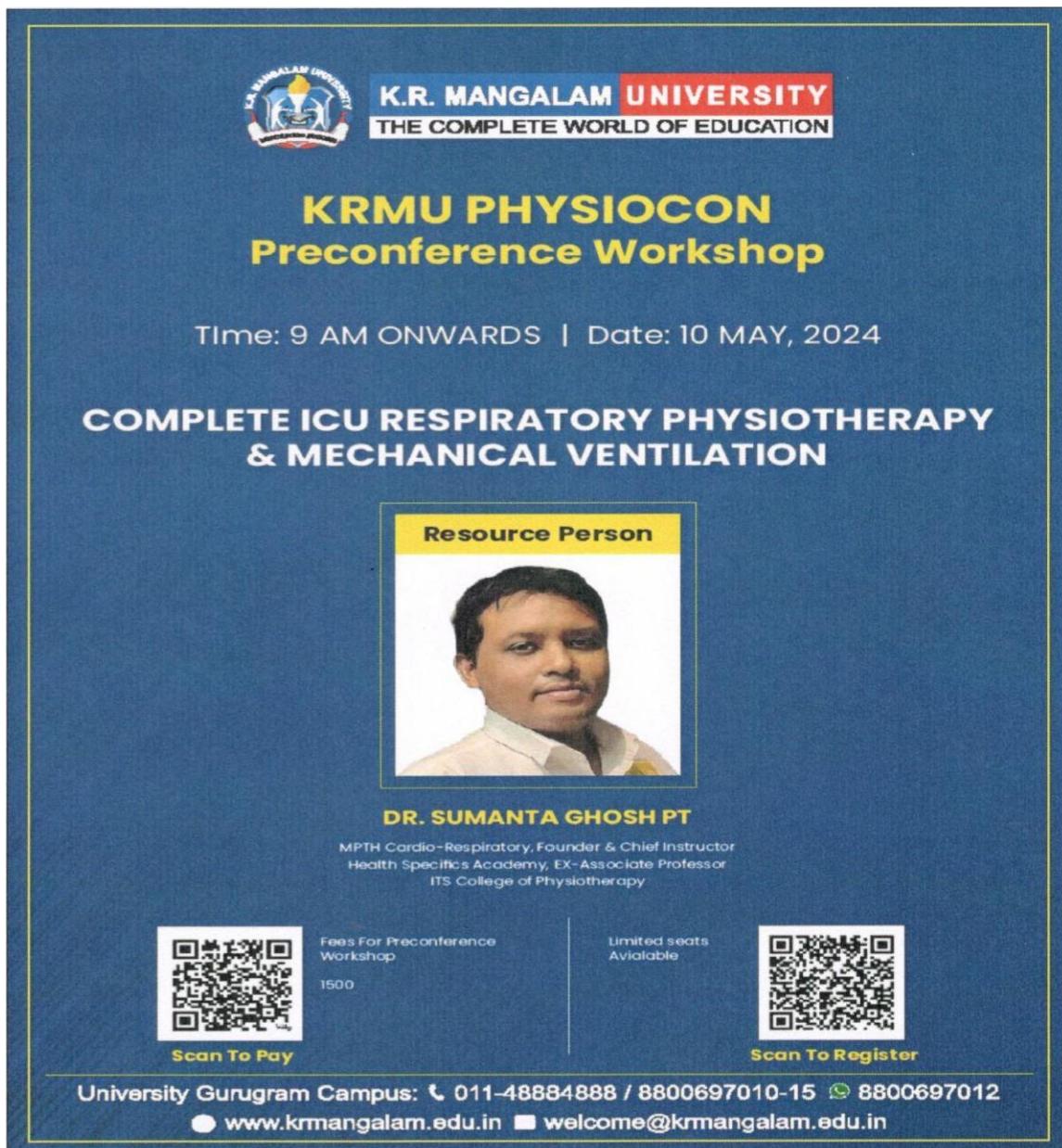
Workshops play a crucial role in personal and professional development for several reasons. Here are some key points highlighting their importance:

1. Skill Enhancement-Workshops provide hands-on experience, allowing participants to practice new skills in a supportive environment. This practical approach can be more effective than theoretical learning, as it helps participants to directly apply what they've learned.
2. Networking Opportunities- Workshops bring together individuals with similar interests or professional backgrounds. This environment fosters networking, allowing participants to share ideas, collaborate, and build professional relationships that can be beneficial for their careers.
3. Knowledge Sharing- Experts often lead workshops, sharing their knowledge and experiences. This direct interaction with experienced professionals can provide valuable insights and tips that aren't always available through other forms of learning.
4. Immediate Feedback- Workshops often include activities where participants can receive immediate feedback from instructors and peers. This instant response helps learners to understand their mistakes and make necessary improvements in real-time.

We had clinicians from different expertise who conducted workshops on the topics like Respiratory Care, Dry Needling and Anterior Cruciate Ligament Injuries.

1.

Complete ICU Respiratory Physiotherapy and Mechanical VentilationConducted by Dr. Sumanta Ghosh (P.T.) who specialize in Cardio-Respiratory care. He is founder and chief instructor- Health Specifics Academy and has been conducting workshops for a decade now across colleges of Delhi-NCR.



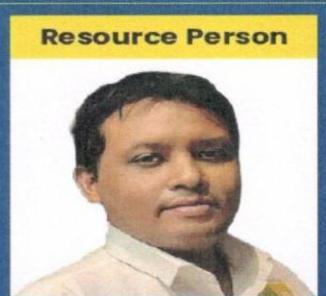
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KRMU PHYSIOCON
Preconference Workshop

Time: 9 AM ONWARDS | Date: 10 MAY, 2024

COMPLETE ICU RESPIRATORY PHYSIOTHERAPY & MECHANICAL VENTILATION

Resource Person



DR. SUMANTA GHOSH PT

MPTH Cardio-Respiratory, Founder & Chief Instructor
Health Specifics Academy, EX-Associate Professor
ITS College of Physiotherapy

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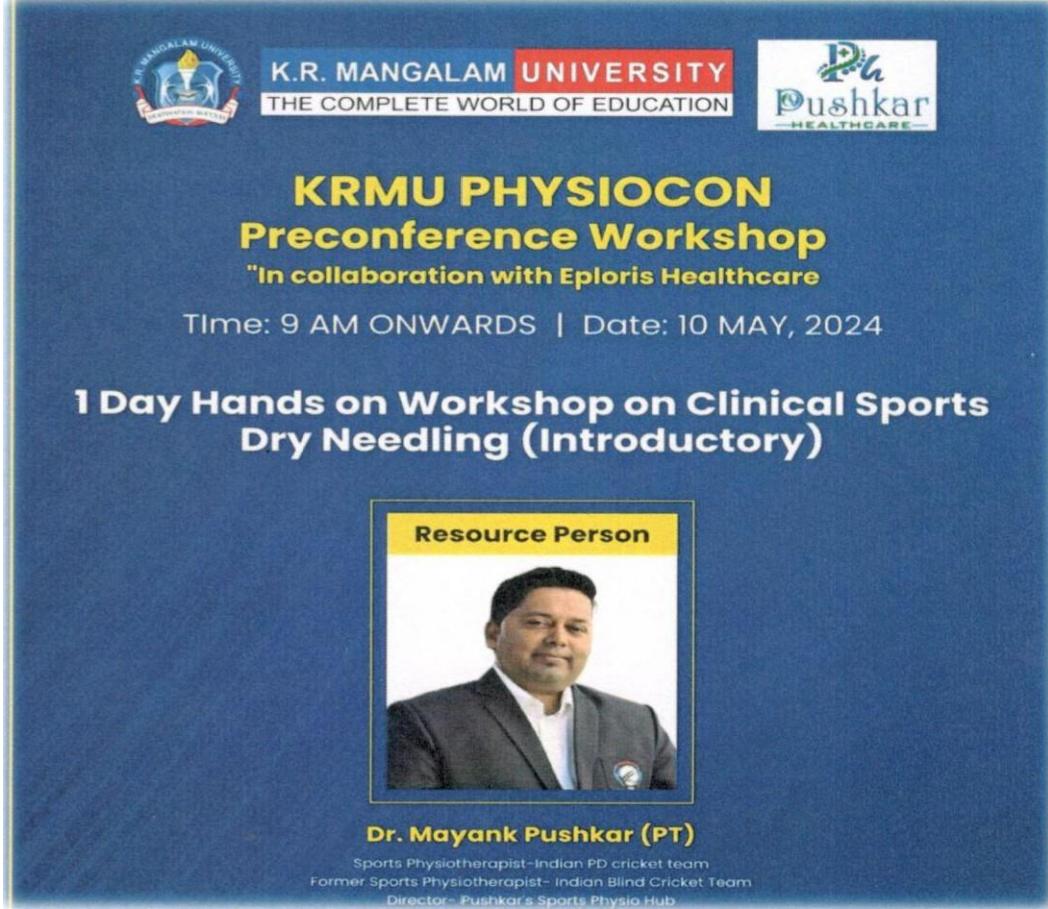
Fees For Preconference Workshop
1500

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One Day Hands on Workshop on Clinical Sports Dry Needling (Introductory)Conducted by Dr. Mayank Pushkar, Physiotherapist Indian Physically Disabled Cricket Team. He is Former Sports- Physiotherapist- Indian Blind Cricket Team and Director — Pushkar's Sports Physio Hub.

2.



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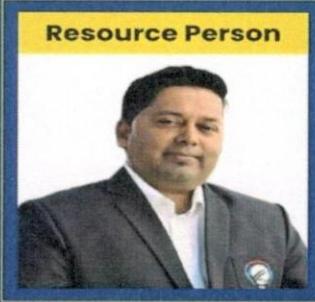
Pushkar
HEALTHCARE

KRMU PHYSIOCON
Preconference Workshop
"In collaboration with Eploris Healthcare"

Time: 9 AM ONWARDS | Date: 10 MAY, 2024

1 Day Hands on Workshop on Clinical Sports Dry Needling (Introductory)

Resource Person



Dr. Mayank Pushkar (PT)
Sports Physiotherapist-Indian PD cricket team
Former Sports Physiotherapist- Indian Blind Cricket Team
Director- Pushkar's Sports Physio Hub

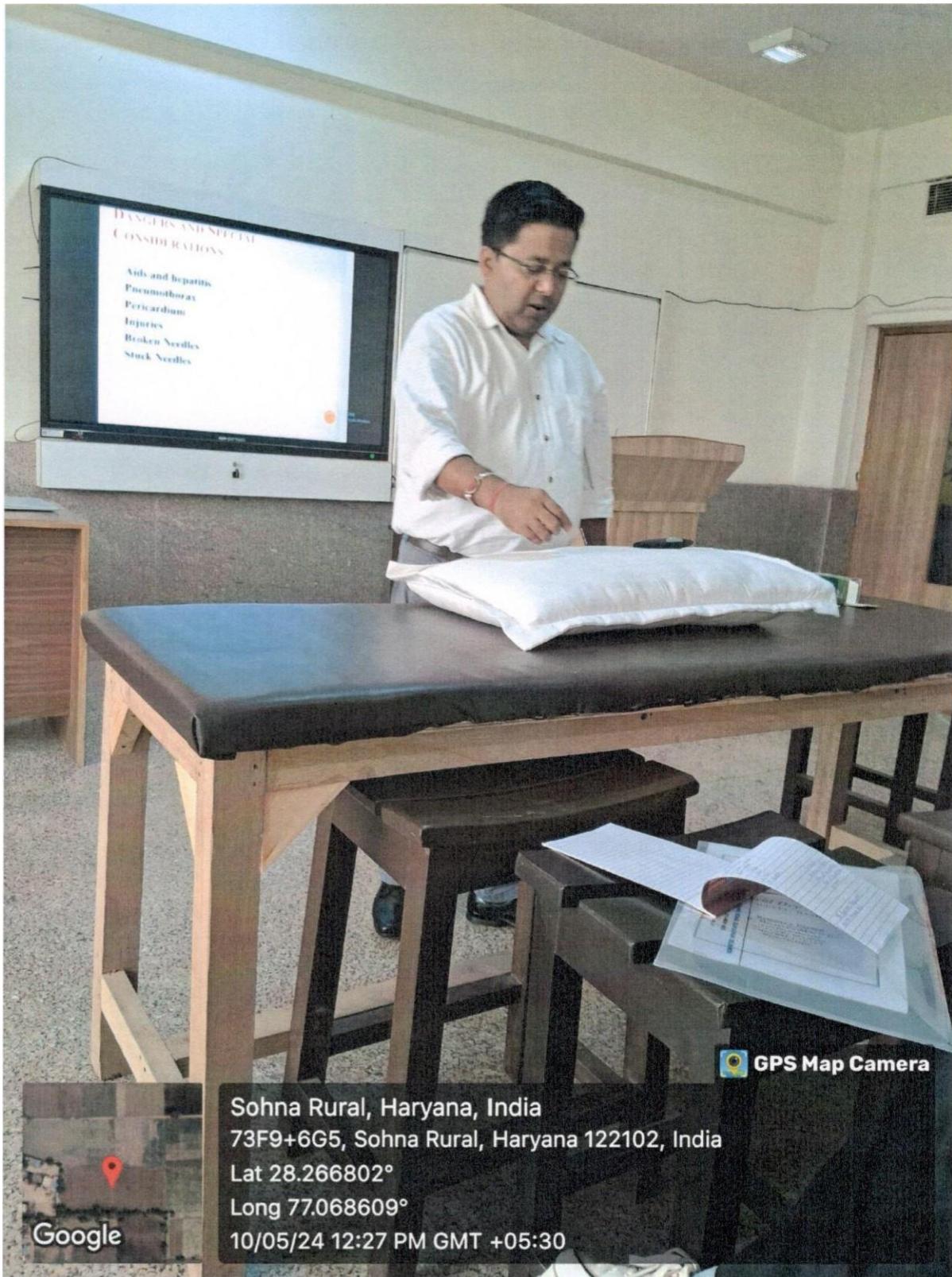
Advancement in ACL Arthroscopic Surgeries and ACL Rehabilitation- Conducted by Dr. Saed Varis (PT). He is the HOD, Physiotherapy Department CK Birla Hospital , Founder-Impact Physio and Sports Rehab, Chief Physio SAQSHAM ORTHO and Dr. Reetadyuti Mukhopadhyay, Consultant Orthopedic Surgeon, CK Birla Hospital.



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Long 77.068609°
10/05/24 12:27 PM GMT +05:30

PREFACE

The purpose of this report is to give a thorough summary of the important discoveries, research talks, and conference highlights. Researchers, Academicians, Clinicians, and professionals from physiotherapy colleges across Delhi-NCR came together at PhysioCon, 2024 to form an amazing community. The conference provided a forum for information exchange, the investigation of interdisciplinary partnerships, and the growth of sustainable development and technology.

We have made an effort to convey the spirit of the conference and its influence on the physiotherapy community in this report. The conference provided a plethora of possibilities to learn, network, and advance both professionally and intellectually, from thought-provoking research paper presentations to captivating panel discussions and insightful keynote addresses. The report also sheds insight on the conference's outcomes and possible ramifications, highlighting how it advanced interdisciplinary research and innovation.

The theme for our conference was "Advancements in Physiotherapy: Towards Sustainable Healthcare". It reflects the diverse ways our profession is meeting the upcoming challenges and embracing new opportunities. The idea of sustainability in healthcare encompasses more than just environmental considerations. It's about creating systems and practices that are effective, efficient, and equitable, with a focus on long-term health outcomes. Physiotherapists are uniquely positioned to lead this transformation through innovative practices, technology, and a patient-centred approach.

Over the course of the conference, the delegates had the opportunity to learn about the latest research, technologies, and techniques that are driving the field forward. From tele health and digital therapy tools to advanced diagnostic methods and individualized treatment plans, our field is embracing change in ways that improve patient outcomes and reduce the strain on healthcare systems.

ACKNOWLEDGEMENTS

First and foremost, we would like to extend our deepest gratitude to our patron Prof. Raghuvir Singh, Vice Chancellor, K.R. Mangalam University and Dr. Dinesh Singh, Chancellor K.R. Mangalam University for being a pillar of strength and a source of motivation. We would like to thank leadership of K.R. Mangalam University for their warm hospitality and for providing a vibrant backdrop to the conference.

We would extend our sincere gratitude to our Chief Guest Dr. Chitra Kataria, Principle, ISIC-IRS, Guest of Honours- Dr. Jasobanta Sethi, Dean, Amity University and Dr. Abha Sharma, Head Holy Family Hospital for gracing us with their presence and sharing their wisdom with us.

We would also like to convey our sincere gratitude to the distinguished speakers who so kindly shared their knowledge and experience, motivating all of the attendees and setting the tone for the conference.

Next we would like to thank our sponsors- Gillco Global whose generous support not only made the event possible but also demonstrated their commitment to promoting sustainability within the healthcare sector.

We are immensely thankful to all our participants, for their active engagement, thoughtful questions, and insightful contributions throughout the conference. Their enthusiasm and passion for physiotherapy and sustainability have made this event dynamic and enriching. The connections we've made and the ideas we've shared will undoubtedly shape the future of our field.

We would also want to express our appreciation to everyone involved in the logistical and technical aspects of this conference. From the IT team ensuring seamless virtual participation to the hospitality staff providing a warm and welcoming environment, their efforts have played a crucial role in the success of this event.

Convener-PhysioCon, 2024

Dr.Mamta Shankar (School Coordinato, SPRS)

Co-Convenor-PhysioCon, 2024

Dr. Ankita Samuel (Assistant Professor, SPRS)
Dr. Shweta Kumar (Assistant Professor, SPRS)

K. R. Mangalam University, Gurugram

Inaugural Function (Inaugural Address. and Keynote Sessions):

The conference commenced with the highly anticipated inauguration ceremony, setting the tone for the enlightening discussions and collaborations to follow. Attendees gathered in the Multipurpose Hall as esteemed dignitaries and organizers extended warm welcomes and expressed gratitude to participants. The ceremony featured inspiring speeches highlighting the significance of the conference in advancing orthopaedic and physiotherapy practices. It served as a moment of unity, bringing together professionals, researchers, and enthusiasts committed to enhancing healthcare through innovation and collaboration. The inauguration ceremony provided a fitting start to the conference, igniting enthusiasm and anticipation for the insightful sessions and networking opportunities ahead.

With our Patron, Guest of Honour, Speakers, and other distinguished members present on the dias, the first PhysioCon session got underway at 10:00 AM with the Lamp Lighting ceremony. Dr. Chitra Kataria, our esteemed Guest of Honour, gave a speech to all the attendees that inspired them to achieve greater things. Upon welcoming each delegate, Dr. Mamta Shankar, Coordinator School of Physiotherapy and Rehabilitation Sciences welcomed all the delegates.

Session 1: Back Pain Management

This session started at 10:00 am and delved into the comprehensive approach towards managing back pain, combining orthopaedic techniques with physiotherapy interventions. Dr Sumit Batra from QRG shared insights into effective strategies for alleviating back pain, offering attendees practical solutions to address this common ailment. Dr Kshitija Bansal moderated the session, facilitating discussions and various questions.

Dr Sumit Batra has more than 24 years of experience in the field of Orthopaedics and Joint Replacement surgery. Senior Trauma & Orthopaedic Surgery Fellow at Stoke Mandeville Hospital, United Kingdom. Sr. Consultant Orthopaedics and DNB Supervisor at Asian Institute of Medical Sciences, Faridabad. Sr. Consultant Orthopaedics & Joint Replacement at Max Hospital, New Delhi. Sr. Spinal Surgery Fellow at Great Western Hospital, United Kingdom Clinical Fellow, Alexandra Hospital, United Kingdom. Sr. Specialist and Assistant Professor, Safdarjung Hospital, Delhi.

Session 2: Myokinetic Taping Technique

Dr Kapil Chauhan led this session from 11:00 am onwards, focusing on the innovative Myokinetic taping technique for managing musculoskeletal issues. Dr Jeyanti and Dr Dheeraja moderated, providing additional perspectives and facilitating interactive engagement among participants.

He is a senior consultant at Department of Physiotherapy Marengo Asia Hospitals, Faridabad. His main interest lies in Pain Management and Neuro-rehabilitation like. He specialises in various management techniques like-Pain Management (Spine-Neck & Back Pain, Radiating Pain, Joint Pain), Sports Injuries rehab(Shin Bone Pain, Ligament strain, Joint Pain), Rehabilitation (Post-op surgery Rehabilitation-TKR, THR etc. and Paralysis). He uses unique combination of advance physiotherapy treatment method for the management of the same.

Session 3: Advancements in Physiotherapy Towards Sustainable HealthCare

Dr. Kalpana Zutshi shared her expertise on advancements in physiotherapy towards sustainable healthcare moderated by Dr Niti Khurana which started at 11:00 30 am. This session provided valuable insights into a specific area of interest within physiotherapy practice.

She is an Associate Professor, Department of Physiotherapy, Jamia Hamdard, Hamdard Nagar, New Delhi. INDIA- Nineteen Years (19+). Has more than 48 papers published. More than 35 papers presented in various conferences. She is a recipient of several awards like Physio Excellence Award 2024, Academic Excellence Award 2023 ,Dr.Kasim Ali Memorial Award, 2022., Best e Poster Presentation Award 2021, Bagirathi Award for EXCELLENCE AND OUTSTANDING WORK 2018 and many more.

Session 4: Gait Analysis

Exploring the intricacies of gait analysis, Mr. Siddharth conducted this session in the Dance Room at 12:00 pm. Participants gained insights into assessing and analysing human locomotion patterns, essential for designing tailored physiotherapy interventions. He introduced the students of BPT to the concept of motion analysis in which he demonstrated the electrode placement at various muscles through which the motion of various segments was analysed.

Session 5: Recent Advances in Interventional Pain Management

Dr Ashu Jain discussed the latest advancements in interventional pain management which started at 2:00 pm, shedding light on cutting-edge techniques and technologies to alleviate chronic pain. Moderated by Dr Dheeraja and Dr Baljeet, this session offered a glimpse into the future of pain management.

Dr. Jain is a renowned Pain Physician and is presently working as Head of Department Pain Medicine and Palliative care with Artemis Hospitals, Sector -51, Gurugram, Haryana (INDIA). He established Department of Pain Medicine and Palliative Care at Artemis Hospitals. He is proficient in a variety of pain management techniques including Blocks, Radio-frequency ablations, Neurolysis, spinal cord stimulators, intrathecal pump, etc.

Dr. Jain believes in a patient-centered approach to healthcare, focusing on open communication, empathy, and collaboration. By listening to each patient's unique concerns and goals, Dr. Jain strives to develop tailored treatment plans that prioritize both medical needs and overall well-being.

SCIENTIFIC PAPER PRESENTATION

Scientific paper presentations, which began at 10:00 am concurrent with the expert sessions, featured professionals and students from Delhi-NCR's colleges presenting their original research. The following were the topics presented under UG, PG and Professional categories.

1. Rehabilitation of barton's volar fracture: A case study
2. A rare case report of an adult male with lumbar schmorl's node
3. Physical Therapy Management of Bilateral Adhesive Capsulitis, Cervicogenic Headache and Lymphedema Following Breast Cancer Surgery: A Case Report. '

Dr. Zuheb Ahmed Sidique, Assistant Professor, Jamia Hamdard and Dr. Meena Makhija , Associate Professor, ISIC were the judges for the UG category. Manisha and Richa from BPT Third year were the winners from UG category.

The topics for PG categories were as follows:

- 1 . Effect of Russian currents on Musculoskeletal Disorders: A Systematic Review
2. Prevalence of myofascial trigger points in young adults — A narrative review
3. Burnout Syndrome Among Physiotherapists: A Cross-Sectional Study-
4. Effectiveness of Unilateral Strengthening Exercise on Pain and Muscle Imbalance on Non-Specific Low Back Pain- a pilot study
5. The Impact of Breathing Exercises on Stress, Depression, and Anxiety: A Systematic Review
6. Effectiveness of Angular joint mobilization on pain and Cervical range of motion in the patients with Mechanical neck pain: A Pilot study
7. Effect of Kinesiotaping on children with cerebral palsy: Systematic Review

8. Proprioceptive deficits in Cervicogenic headache: A narrative review
9. Musculoskeletal dysfunction and depression among women in post-partum period: a systematic review
10. Effect of rebound exercise on musculoskeletal disorders: Systematic Review
11. Rehabilitation of piriformis syndrome: A systematic review

Dr. Baljeet Kaur, Associate Professor, ITS Institute of Health and Allied Sciences and Dr. Ifra, Assistant Professor, JMI were the judges for PG category and Shruti Singhal, MPT Musculoskeletal Manav Rachna University was the winner of PG Category.

The following were the topics from Professional Category:

1. Factors responsible for delayed hand function in stroke: A Delhi study
2. Quadriceps Activation Patterns of Quadriceps at multiple knee joint angles in Patellofemoral Pain Syndrome: AN EMG Study

Dr. Megha Nijhawan, Associate Professor, ISIC-IRS was the judge and Dr. Prachi Tiwari Assistant Professor, Jamia Hamdard was declared as the winner for this category.

PANEL DISCUSSION

The panel discussion on the theme- Advancements in Physiotherapy Towards Sustainable Healthcare- moderated by Dr. Zubia Waqqr, Head CPRS, Jamia Millia Islamia started at 2:30 pm. The other panellists were:

Dr. Shobhna Jeet, Associate Professor, SOLS - K.R. Mangalam University
 Dr. Kshitija Bansal, Professor- Dept. of Physiotherapy, MIIIRS
 Dr. Sumit Saxena, Senior Physiotherapist- RML Hospital
 Dr. Rakesh Atray, Senior Physiotherapist- Health Line Clinic, Faridabad

The panelists emphasized the importance of sustainability and discussed the recent advancements that have taken place in the past few years. They emphasized that the idea of sustainability in healthcare encompasses more than just environmental considerations. It's about creating systems and practices that are effective, efficient, and equitable, with a focus on long-term health outcomes. Physiotherapists are uniquely positioned to lead this transformation through innovative practices, technology, and a patient-centered approach.

VALEDICTORY CEREMONY:

Several researchers, scholars, academicians and clinicians were awarded for their outstanding contribution in the field of physiotherapy. The ceremony started at 3:00pm and people were awarded under the following categories:

1. Outstanding academic achievement recognition
2. Healing touch merit appreciation award
3. Advanced scholar achievement appreciation award
4. Innovator research appreciation award
5. Promising scholar achievement appreciation award
6. Learner excellence appreciation award
7. Rising clinical performance appreciation award
8. Expert clinical performance appreciation award

The valedictory ceremony of the 1st National Conference, KRMU PhysioCon 2024, held on May 11th, 2024, was a momentous occasion marked by a blend of reflection, celebration, and inspiration. As delegates gathered one final time, the atmosphere was charged with a sense of camaraderie and accomplishment, encapsulating the spirit of collaboration that defined the conference.

The ceremony commenced with a heartfelt address by the organizing committee, expressing gratitude to all participants for their invaluable contributions to the success of the event. This was followed by a series of illuminating speeches from esteemed keynote speakers, who shared their insights and reflections on the advancements and challenges within the field of physiotherapy.

A highlight of the ceremony was the recognition of outstanding contributions, with awards presented to individuals and institutions that demonstrated excellence in research, innovation, and clinical practice. This moment of acknowledgment served to inspire and motivate attendees, reaffirming their dedication to advancing the frontiers of physiotherapy.

Overall, the valedictory ceremony of KRMU PhysioCon 2024 served as a fitting conclusion to an unforgettable gathering of minds and hearts. It was a testament to the power of community and shared passion in driving positive change within the field of physiotherapy, leaving a lasting impression on all who participated.

Recommendations for the National Conference KRMU
PhysioConAdvancement in Physiotherapy: Towards Sustainable Healthcare
:

1. Interactive Workshops: Offer hands-on workshops and demonstrations showcasing sustainable practices in physiotherapy. These interactive workshops provide useful practical knowledge and help in the better understanding of the role of physiotherapy in sustainable environment.
2. Student's Interactive Sessions: Incorporate interactive sessions such as case studies, debates, or interactive workshops to engage participants and encourage active participation. This can foster critical thinking and stimulate discussions on key issues related to sustainable physiotherapy.
3. Virtual Components: Consider incorporating virtual components such as or virtual poster presentations to accommodate attendees who may not be able to attend in person. This can also expand the reach of the conference to a wider audience.
4. Collaboration with Interdisciplinary Partners: The organizing committee should collaborate with professionals from other disciplines, such as environmental science, public health, and urban planning, to address the complex challenges of sustainability in healthcare. Explore opportunities for interdisciplinary research, education, and advocacy to advance sustainable healthcare goals.
5. Post-Conference Networking Events: Utilize virtual networking platforms or social media groups to create online communities where conference attendees can stay connected after the event. Encourage participants to join discussions, share resources, and post updates on sustainability initiatives in their respective practices or organizations.



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11.05.2024 10:34
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SH-13, Sohna Rural 122102



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PIC-4 LAMP LIGHTING BY THE CHIEF GUEST

**PIC5- Saraswati Vandana performed by BPT first year
students**



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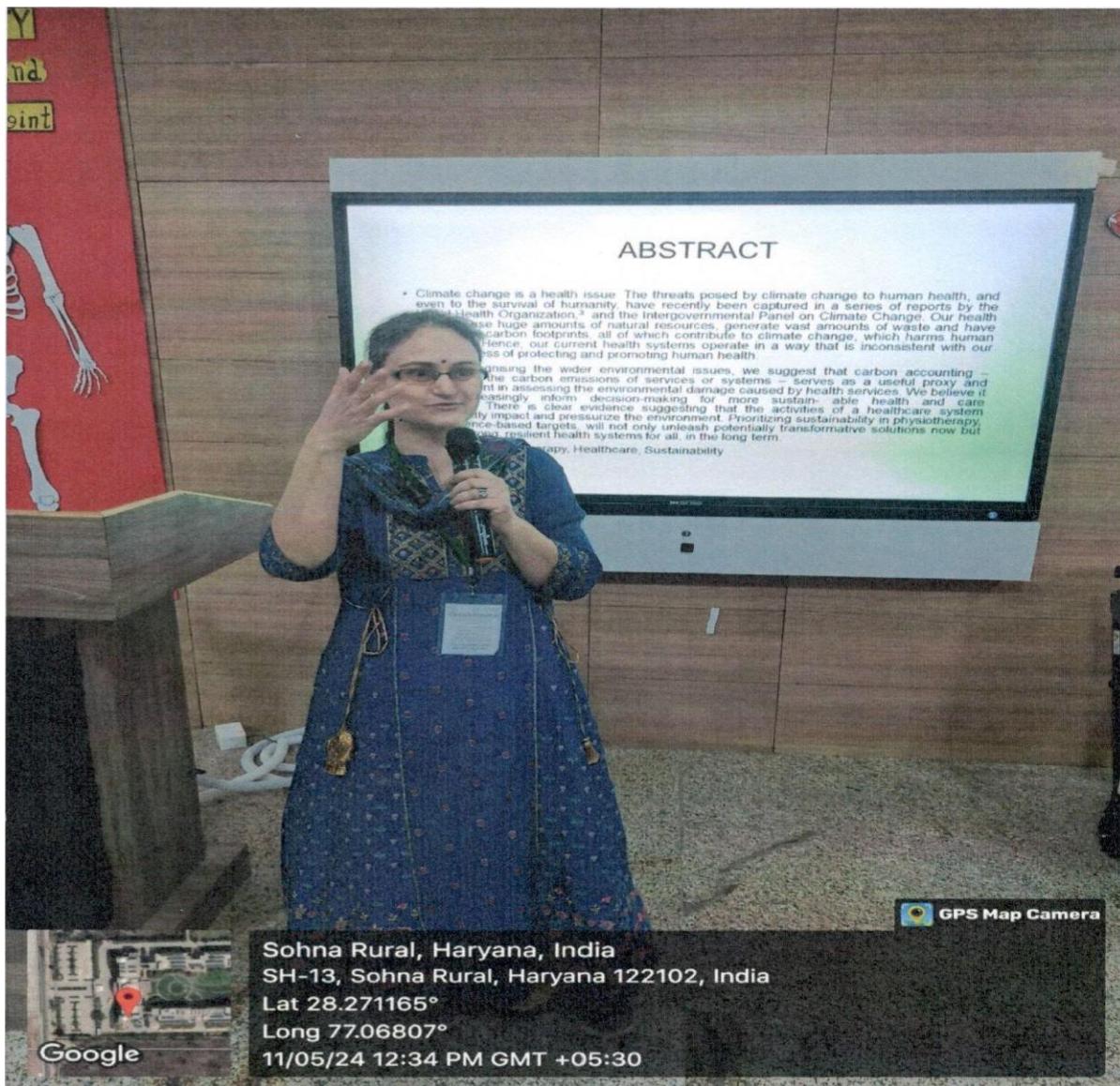
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PIC6- SESSION ON BACK PAIN MANAGEMENT

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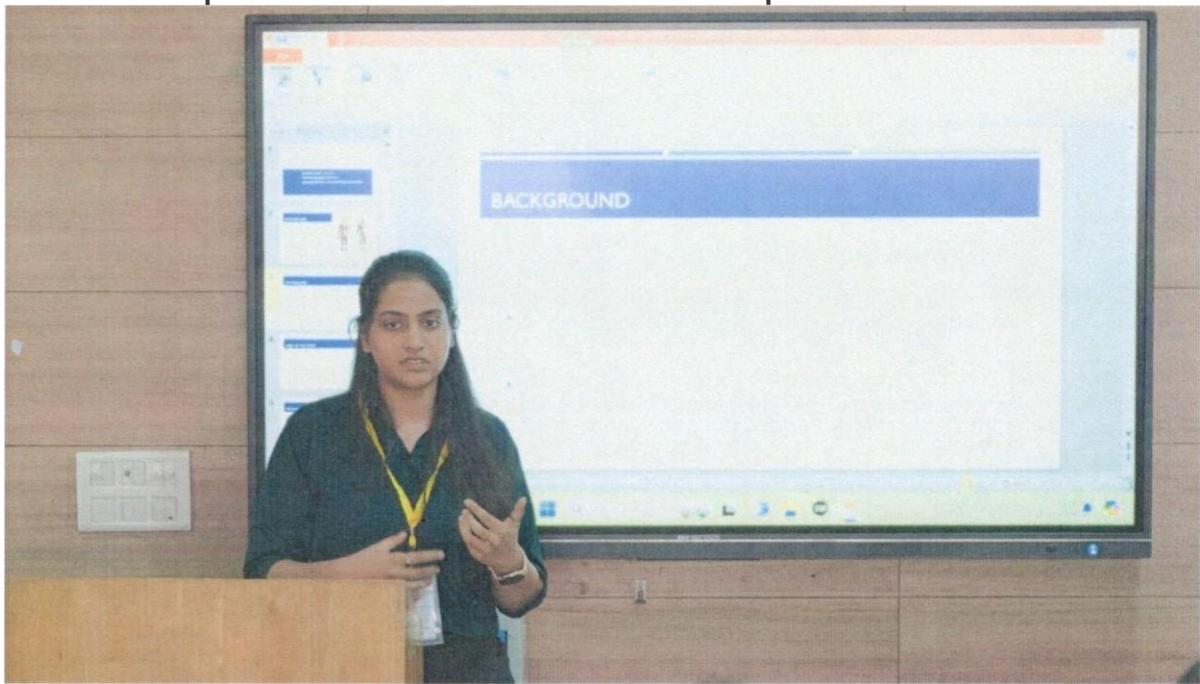


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PIC8- SESSION ON INTERVENTIONAL PAIN MANAGEMENT



PIC9 - SCIENTIFIC PAPER PRESENTATION BY A DELEGATE



PICIO - SCIENTIFIC PAPER PRESENTATION BY THE DELGATE



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PIC12- FELICITATION OF THE SPONSORS GILCO GLOBAL BY DR. MAMTA SHANKAR