KRMU PHYSIOCON 2.0, 2025

THEME- TOWARDS HEALTHCARE: INTEGRATING INDIAN KNOWLEDGE SYSTEM

27th-29th March, 2025



FLYER FOR THE CONFERENCE

A Brief Report

On

National Conference

School of Physiotherapy and Rehabilitation Sciences in collaboration with AYUSH Department , Haryana

TOWARDS HEALTHCARE: INTEGRATING INDIAN KNOWLEDGE SYSTEM

K.R. MANGALAM UNIVERSITY

Sohna Road, Gurugram

Venue : Multi Propose Hall

K.R. MANGALAM University
Gurugram, India

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IQAC
Internal Quality Assurance Cell

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DAY-1

PRE-CONFERENCE WORKSHOPS

27th March, 2025

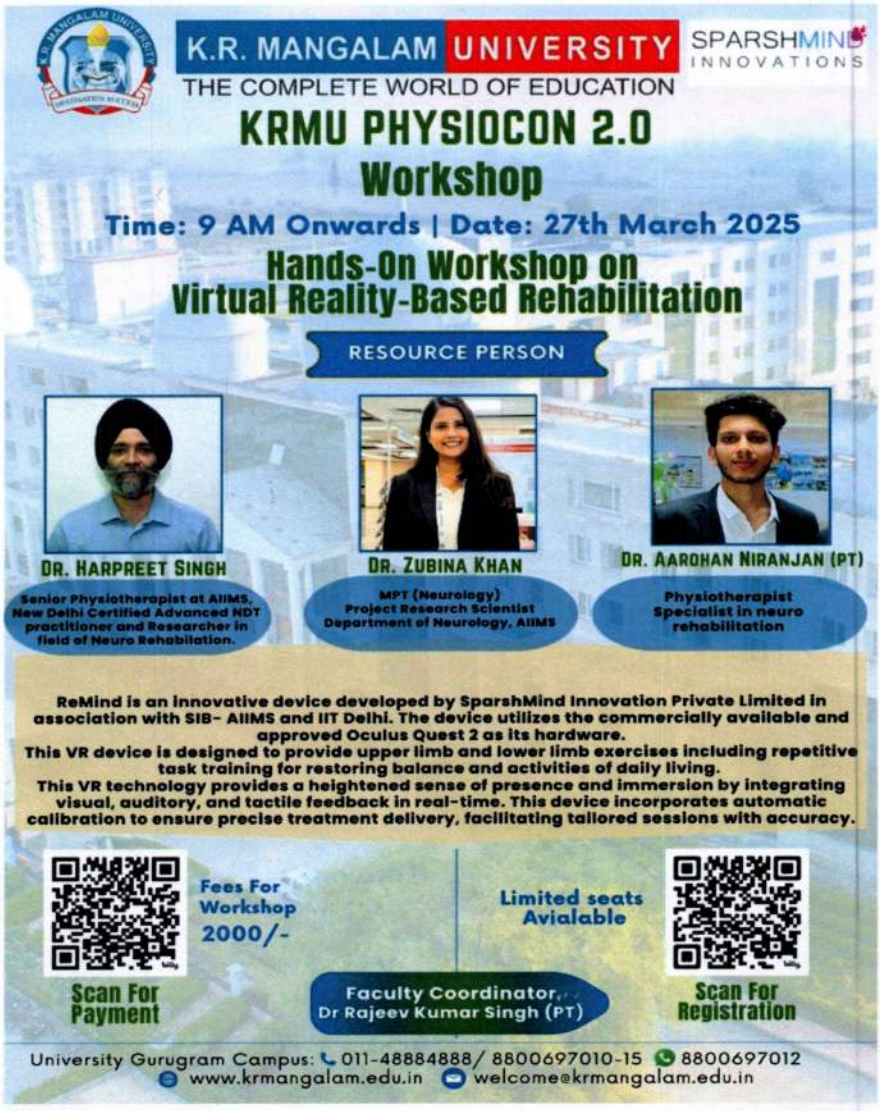
The Significance of Workshops in Personal and Professional Development

Workshops play a vital role in fostering both personal and professional growth. They offer dynamic learning environments that encourage active participation and meaningful engagement. Here are some key reasons why workshops are so important:

1. **Skill Development**
   Workshops provide practical, hands-on experiences that allow participants to learn and apply new skills in real-time. This experiential approach is often more effective than traditional learning methods, as it reinforces understanding through direct application.
2. **Opportunities for Networking**
   By bringing together individuals with shared interests or professional goals, workshops create valuable networking opportunities. Participants can exchange ideas, collaborate on projects, and establish connections that may support their career advancement.
3. **Knowledge Sharing from Experts**
   Workshops are typically led by experienced professionals who share their expertise and real-world insights. This direct interaction allows participants to gain practical knowledge and advice that may not be readily available through conventional learning platforms.
4. **Immediate and Constructive Feedback**
   One of the key benefits of workshops is the opportunity to receive instant feedback from instructors and peers. This enables participants to identify and correct mistakes quickly, leading to faster improvement and a deeper understanding of the subject matter.

1. **Hands on workshop on Virtual Reality- Based Rehabilitation** – Conducted by Dr. Harpreet Singh, Dr. Zubina Khan (PT), and Dr. Aarohan Niranjan (PT). Dr. Harpreet Singh, Senior Physiotherapist at AIIMS, New Delhi, brings rich experience in neuro physiotherapy and evidence-based rehab. Dr. Zubina Khan, Project Research Scientist at AIIMS, is recognized for her work in virtual reality-based rehabilitation and was

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FLYER FOR THE WORKSHOP-1

2. **Workshop on Introduction to Pilates by Redmat-Pilates** - Conducted by Ms. Taru Chaddha, she is a certified Pilates and Barre instructor and the founder of RedMat Pilates, a premier women-only fitness studio in Gurugram. With over a decade of experience, she specializes in therapeutic movement and has been instrumental in promoting women's health and fitness across various age groups. A TEDx speaker and wellness advocate, she is known for delivering Pilates and Barre training in their most authentic forms, helping individuals achieve strength, balance, and overall well-being.



FLYER FOR THE WORKSHOP-2

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1947 TO 2047



PIC1 – PRECONFERENCE WORKSHOP ON PILATES



PIC2 – Dr. TARU DISCUSSING PILATES

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PIC3- PRECONFERENCE WORKSHOP ON VIRTUAL REALITY



PIC4- STUDENTS AND FACULTY OF SPRS WITH RESOURCE PERSONS

DAY- 2

CULTURALS AND SCIENTIFIC PAPER-POSTER PRESENTATION

28th MARCH, 2025

Day 2 transitioned to academic and artistic domains. Students presented research papers and posters, demonstrating the integration of Ayush practices with modern physiotherapy. A vibrant cultural program, including dance, singing, rangoli, and reel making, highlighted the interconnectedness of physical and artistic well-being, fostering community engagement.

The cultural landscape of Delhi-NCR pulsated with vibrant energy as students from various colleges showcased their artistic prowess in a dazzling display of dance, rangoli, reel making, and solo singing. This inter-collegiate extravaganza provided a platform for budding talents to shine, fostering a spirit of healthy competition and artistic exchange.

Dance: The dance performances were a mesmerizing spectacle of diverse styles and passionate expressions. From the graceful movements of classical forms like Bharatnatyam and Kathak to the energetic beats of Bollywood, hip-hop, and contemporary dance, the participants captivated the audience with their skill and coordination. Group dances often conveyed thematic narratives, while solo performances highlighted individual artistry and technical brilliance.

Rangoli: The rangoli competition transformed designated spaces into breathtaking visual treats. Participants skilfully used coloured powders, flower petals, and other materials to create intricate patterns and designs. Themes often ranged from traditional motifs and religious symbols to contemporary social messages and abstract art.

Reel Making: The reel-making segment, a relatively new addition to cultural events, captured the zeitgeist of the digital age. Students exhibited their creativity and storytelling abilities through short, engaging videos. Themes varied widely, from humorous skits and social awareness messages to artistic montages and promotional content. The participants demonstrated their proficiency in videography, editing, and concise storytelling, utilizing platforms like Instagram Reels to their full potential.

Solo Singing: The solo singing performances resonated with melodious voices and diverse musical genres. From soulful renditions of classical music to energetic pop numbers and heartfelt ballads, the singers captivated the audience with their vocal talent and stage presence.

The scientific paper and poster presentations, categorized into Undergraduate (UG), Postgraduate (PG), and Professional levels, underscored the diverse and innovative research being conducted across academic disciplines. The session witnessed enthusiastic participation from budding researchers eager to present their initial forays into scientific inquiry. The presentations covered a wide spectrum of topics integrating the role of Ayurveda and Physiotherapy in modern day practices, reflecting the diverse curricula and research interests. Poster sessions were particularly engaging, with students utilizing visual aids to effectively communicate their research questions, methodologies, and preliminary findings.
They were judged by various eminent academicians across colleges of Delhi-NCR.



PIC 5- DANCE PERFORMACE BY STUDENTS

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PIC 6- JUDGES MODERATING THE RANGOLI PREPARED BY THE STUDENTS



PIC 7- RANGOLI BY STUDENTS

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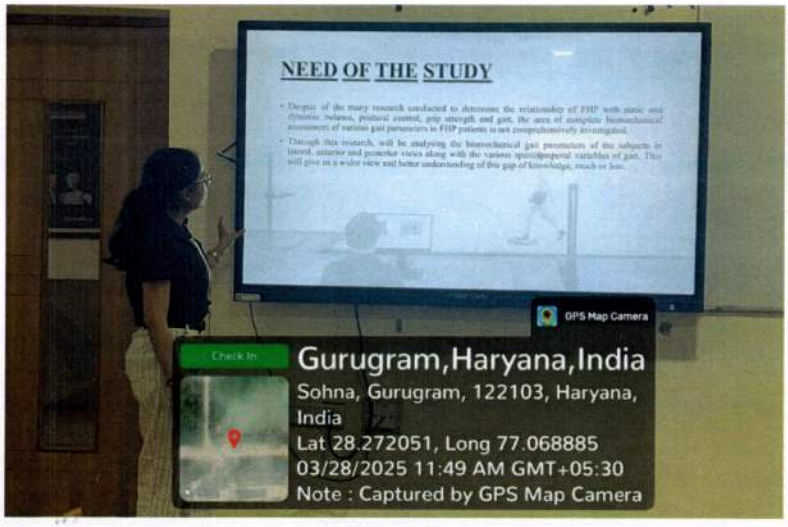


PIC 8- QUES ANS SESSION DURING POSTER PRESENTATION



PIC 9- STUDENTS EXPLAINING THEIR POSTER TO THE JUDGE

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PIC 10- SCIENTIFIC PAPER PRESENTATION BY ONE OF THE STUDENT



PIC 11- FELICITATION OF ONE OF THE JUDGE OF SCIENTIFIC POSTER PRESENTATION

PREFACE

The purpose of this report is to provide a comprehensive overview of the significant findings, engaging research discussions, and key highlights from PhysioCon 2.0, 2025. Researchers, Academicians, Clinicians, and professionals from physiotherapy institutions across Delhi-NCR came together to form a vibrant and inspiring community. This conference served as a platform for the exchange of knowledge, exploration of interdisciplinary collaborations, and promotion of sustainable development and technological advancements in healthcare.

In compiling this report, we have made a sincere effort to capture the essence of the conference and its impact on the physiotherapy fraternity. From thought-provoking research paper presentations to dynamic panel discussions and enriching keynote addresses, PhysioCon 2.0, 2025 offered abundant opportunities for learning, networking, and professional growth. This document also reflects upon the outcomes and potential implications of the event, emphasizing its role in fostering interdisciplinary innovation and academic excellence.

The theme for this year's conference, "Towards Holistic Healthcare– Integrating Indian Knowledge System," encapsulates the evolving landscape of physiotherapy and its alignment with both contemporary innovations and time-honored traditions. It reflects the diverse ways in which our profession is rising to meet emerging challenges while embracing transformative opportunities.

Sustainability in healthcare extends beyond environmental responsibility, it is about building systems that are efficient, inclusive, and resilient, with a commitment to long-term well-being. Physiotherapists, with their integrative and patient-centered approach, are uniquely equipped to lead this evolution by harnessing modern technologies, adopting evidence-based innovations, and drawing from the wisdom of the Indian knowledge system.

Throughout the conference, delegates engaged with pioneering research, state-of-the-art technologies, and advanced clinical practices shaping the future of physiotherapy. From telehealth and digital rehabilitation platforms to precision diagnostics and customized care plans, the sessions showcased how our profession is embracing progress to elevate patient care and ease the burden on healthcare infrastructures.

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 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. Manju Bangar, District Ayurveda Officer, Haryana, Guest of Honours- Dr. Jasobanta Sethi, Director, Amity University.
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 sponsor- Dr. Santosh Yadav, Managing Director, MedicalLite 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 Coordinator, SPRS)
Dr. Sumit Kalra (Professor, SPRS)

Co-Convenor-PhysioCon, 2024

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

K. R. Mangalam University, Gurugram

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INAUGURAL FUNCTION:

The eagerly awaited inauguration ceremony kicked off the conference and set the stage for the insightful conversations and partnerships that would ensue. In the Multipurpose Hall, attendees gathered as distinguished dignitaries and organisers greeted and thanked attendees. Inspiring comments emphasising the conference's importance in promoting orthopaedic and physiotherapy techniques were given during the ceremony. It brought together experts, scholars, and enthusiasts dedicated to improving healthcare via cooperation and creativity, creating a moment of solidarity. The conference got off to a good start with the inauguration ceremony, which stoked excitement and anticipation for the thought-provoking talks and networking possibilities that were ahead.
The PhysioCon 2.0 session began at 10:00 AM with the lamp lighting ceremony, attended by our, Guest of Honour, Speakers, and other esteemed members. Prof. Raghuvir Singh, Honbl V.C. KRMU , Dr. Jasobanta Sethi, our distinguished Guest of Honour, presented a speech to everyone in attendance that motivated them to do more. Our chief guest, Ms. Manju Bangar, DAO, Gurugram addressed everyone and highlighted the role of Ayurveda in modern day practices. All of the delegates were greeted by Dr. Mamta Shankar, Coordinator of the School of Physiotherapy and Rehabilitation Sciences.

Palak and Pragati from BPT second year ended the inaugural ceremony with a melodious Saraswati Vandana.

PRIZE DISTRIBUTION CEREMONY:

Participants from various colleges across Delhi-NCR were lauded for their dedication and innovative work across diverse fields of science and artistic expression. The atmosphere was filled with excitement as winners were announced and presented with their awards. The ceremony highlighted the immense talent and hard work displayed by the student community, fostering a spirit of healthy competition and academic excellence. The successful event

concluded with congratulatory remarks and a sense of pride in the accomplishments of all the participating students.

SESSION-1 PANEL DISCUSSION

The theme for the panel discussion was - ETHICAL PRACTICES IN INTEGRATIVE MEDICINE: "ETHICS IN HARMONY: NAVIGATING THE INTERSECTION OF TRADITIONAL AND MODERN HEALING PRACTICES".

Following were the members:

1. **Moderator- Prof. Dr. Gurjeet Chawla**- Dean, Students' Welfare,Director, Radio Manav Rachna 107.8FM,Manav Rachna International Institute of Research and Studies, Faridabad
2. **Dr. Nudrat Jahan**, Associate Professor, Psychology, School of Humanities, K.R. Mangalam University, Gurugram, Haryana
3. **Dr Garima Gupta**-Homeopathic specialist at Ayush speciality Center, Civil Hospital, Gurugram
4. **Dr Bhudev-** yoga specialist at AYUSH Department, Civil Hospital, Gurugram
5. **Dr Stuti Khanna-** Associate Professor ,ISIC-IRS, New Delhi

They explored patient autonomy, informed consent, evidence-based integration, and cultural sensitivity, emphasizing responsible and ethical practices for holistic patient care. They emphasized the importance of evidence-based integration, ensuring safety and efficacy while respecting traditional wisdom. Cultural sensitivity and the potential for conflicts between different healing paradigms were also addressed. The discussion aimed to foster a framework for responsible and ethical practices, prioritizing holistic patient well-being and promoting trust in integrative healthcare.

SESSION 2: FOCUSSED SYMPOSIUM

The theme for focussed symposium was Integrative Approaches to Chronic Diseases: "Chronic Care, Holistic Cure: Transforming the Approach to Long-term Health.

The following were the speakers for the symposium:

1. Dr Geetanjali Arora, Panchkarma Specialist- Civil Hospital, Gurugram
2. Dr. Ankita Sharma , Associate Professor- Amity Institute of Health & Allied Sciences
3. Dr. Ankit Jain, Assistant Professor and OPD Incharge -Department of Physiotherapy at AIHAS, Amity University
4. Dr. Badri Vishal (P.T.), Assistant Professor - Era University, Lucknow

The explained the paradigm of managing chronic diseases is shifting from episodic "sick care" to proactive, continuous **chronic care**. This approach emphasized on early detection, patient education, self-management support, and coordinated care teams to optimize health outcomes and prevent disease progression.

SESSION 3- EXPERT TALK

Dr. Pooja Sharma, Dean Faculty of Physiotherapy was the expert who spoke on- Role of Physical Activity and Nutrition in Healing. She is working as Professor and Dean at Faculty of Physiotherapy, SGT University. Ph.D. from Manav Rachna International Institute of Research and Studies in the field of Sports Physiotherapy, has passed Master of Sports Physiotherapy (MSPT) from Guru Nanak Dev University, Amritsar and Bachelor of Physiotherapy (BPT) from Rajiv Gandhi University. Was rank holder throughout academic records. A member of Indian Association of Physiotherapy and Indian Association of Sports Medicine. Currently Serving as member of HARYANA State Council of Physiotherapy. She has participated in collaborative research program under scholarship scheme by University of Tsukuba, Japan sponsored by Japanese Government.

She explained that Physical activity and nutrition are fundamental pillars in the healing process, working synergistically to restore the body's health and functionality. Their importance spans across various aspects of recovery, from injury repair to combating illnesses and promoting overall well-being. She also emphasized upon that physical activity and nutrition are not isolated components but rather integral and interconnected aspects of the healing journey. A holistic approach that incorporates both tailored exercise programs and a well-balanced diet significantly enhances the body's natural ability to recover, leading to more effective and sustainable healing outcomes. Healthcare professionals play a vital role in guiding individuals to adopt these healthy habits as part of their recovery plan.

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 Award
3. Innovator in research Award
4. Advanced Scholar achievement Honour
5. Promising Scholar Achievement Award
6. Expert Clinical Performance Award
7. Rising Clinical Performance Award
8. Learner Excellence Award
9. Holistic healer Junior Award
10. Holistic healer Senior Award

The KRMU PhysioCon 2.0 valedictory ceremony, which took place on March 29, 2025, was a historic event that combined introspection, joy, and motivation. The environment, which embodied the collaborative spirit that characterised the conference, was imbued with a sense of accomplishment and camaraderie as delegates assembled for the final time.
In a moving speech, the organising committee thanked everyone for their vital contributions to the event's success before the ceremony got underway. Following this, renowned keynote speakers gave a series of thought-provoking talks in which they discussed the developments and difficulties facing the physiotherapy industry.
All things considered, KRMU PhysioCon 2.0 2025s valedictory ceremony was a fitting end to an incredible assembly of hearts and minds. It had a profound effect on everyone involved and was a monument to the strength of community and common enthusiasm in promoting constructive change in the physiotherapy industry.

Recommendations for the National Conference KRMU PhysioCon 2.0 TOWARDS HEALTHCARE: INTEGRATING INDIAN KNOWLEDGE SYSTEM

1. Interactive Workshops on Traditional & Modern Therapies: Hands-on workshops and demonstrations should be organized to showcase the integration of Indian Yogic Science with modern core strengthening techniques such as Pilates, along with applications of Virtual Reality in physiotherapy. This approach highlights the synergy between traditional practices and contemporary rehabilitation methods, enhancing participants' understanding of holistic care.
2. Student-Centric Interactive Sessions: Students will be engaged through scientific paper and poster presentations that integrate Ayurvedic diagnostics with physiotherapy interventions, along with discussions on traditional versus modern approaches and Evidence based practices. These sessions aim to foster critical thinking and promote a deeper appreciation of integrative medicine within holistic healthcare.
3. Hybrid Participation with Virtual Components: Virtual components such as live-streamed workshops on Indian traditional health practices and virtual poster presentations on integrative therapy case studies will be incorporated. This hybrid approach enhances accessibility and enables wider participation, facilitating engagement with India's traditional knowledge systems in conjunction with physiotherapy.
4. Collaboration with Traditional Medicine Experts: Engaging with practitioners from Ayurveda, Yoga, Siddha, and Unani systems can offer valuable multidisciplinary insights into holistic healthcare. Such collaborations may facilitate joint research, curriculum integration, and advocacy initiatives aimed at mainstreaming Indian knowledge systems within physiotherapy education and clinical practice.
5. Post-Conference Engagement & Knowledge Exchange: Establish online platforms to facilitate continued interaction among attendees, enabling them to share research, exchange ideas, and provide updates on integrative healthcare practices. These networks can support collaborative projects, knowledge-sharing forums, and the development of resource libraries focused on the integration of Indian traditional health sciences with physiotherapy.



PIC 12- LAMP LIGHTING BY VC SIR, CHIEF GUEST AND GUEST OF HONOUR



PIC 13- V.C. SIR ADDRESSING THE DELEGATES



PIC 14- GUEST OF HONOUR ADDRESSING THE DELEGATES



PIC 15- FELICITATION OF THE CHIEF GUEST



PIC 16- FELICITATION OF THE GUEST OF HONOUR



PIC 17- STUDENTS RECITING SARASWATI VANDANA



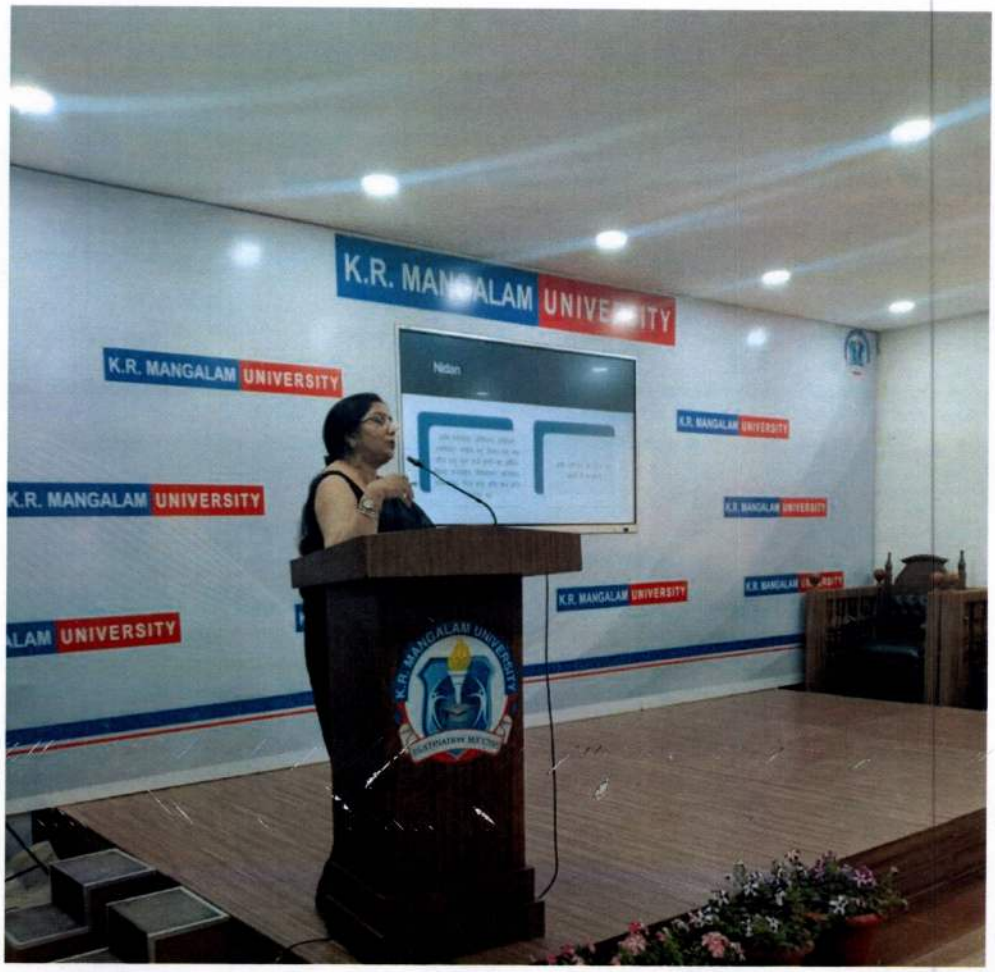
PIC 18- PRIZE DISTRIBUTION CEREMONY



PIC 19- PANEL DISCUSSION IN PROGRESS



PIC 20- Dr. ANKIT FOR FOCUSSED SYMPOSIUM



PIC 21- Dr. GEETANJALI FOR FOCUSSED SYMPOSIUM



PIC 22- Dr. MAMTA SHANKAR (P.T.) EXTENDING VOTE OF THANKS



PIC 23- DELEGATES AT THE CONFERENCE



PIC 24- Dr. Badri DURING THE SYMPOSIUM



PIC 25- VALEDICTORY



PIC 26- Dr. MAMTA SHANKAR (P.T.) ALONG WITH FACULTY AND STUDENT VOLUNTEERS OF SPRS