

Workshops/Seminars/Activities


Annexure XI

Workshops and Seminars:

- i) Exercise Physiology -Mariya Jiandani
- ii) Inspiratory Muscle training & NIV- Sumanto Gosh
- iii) Conversion disorders- Jaimala Shetye
- iv) ICU mobilization- Rajashree Gokhale

Activites

- i. Well Equipped Cardiopulmonary Rehabilitation Centre setup at CVTC Room no 16.(includes Treadmill, cycle ergometer, multigym, respiratory strength measurement device, cardioscope and monitoring facility for fitness assessment, post covid ,cardiac and pulmonary patients)
- ii. BMC employee fitness assessment to resume at CVTC Gound floor Room No 16
- iii. Health promotion and Fitness centre at Orthopaedic centre ground floor has been set up
- iv. Department runs rehabilitation services for conversion disorders,Lymphoedema and Vascular Rehabilitation
- v. Neurorehabilitation (adult and Paediatric)Resumption of Parkinson's class post-pandemic, Installation of new wall bar in room 3 PT OPD .
- vi. Musculoskeletal Physiotherapy Services with special hand OPD
- vii. Physiotherapy for weight loss
- viii. Fitness OPD for all
- ix. Physiotherapy for Peripheral arterial disorders
- x. Physiotherapy for Venous disorders
- xi. Conversion disorders
- xii. Dermatologically affected patients
- xiii. Early mobilization for Patients in the Adult and Paediatric Medical and surgical ICU
- xiv. Pathological Amputation patients
- xv. Early inpatient Rehabilitation of Gullian Barre syndrome patients admitted to ICU
- xvi. Respiratory Physiotherapy for Patients on mechanical ventilator and assisting in early weaning from the ventilator
- xvii. Rehabilitation of post-operative cancer patients (Mastectomy)


Prof. & Head
Physiotherapy School & Centre
Seth G.S.M.C. & K.E.M.H.
Parel, Mumbai-12

	Completed studies	Authors
	Correlation between burnout syndrome and estimation of aerobic capacity in resident doctors	Dr. Sushama Bhandare (PT) Dr. Yuvraj Athole (PT)
2	Effect of patient education on anxiety and depression in patients with intra cardiac devices	Dr. Sushama Bhandare (PT) Dr. Krupa Kataria (PT)
3	Correlation of Functional Performance with Sleep Quality in patients with Pulmonary Tuberculosis	Dr. Mariya Jiandani (PT) Dr. Dipika Kolhe (PT)
4	Comparison of Ankle Brachial Index among diabetic and non-diabetic age matched individuals	Dr. Jaimala Shetye (PT) Dr. Rutuja Wayal (PT)
5	Effect of Hybrid Multimodality exercise program versus conventional home care on VO2 peak, Quality of Life, and Ejection Fraction in patients with Ischemic Heart Disease: A Randomized Control Trial	Dr. Mariya Jiandani (PT) Dr. Priya Singh (PT)
6	Differential Effect of pursed-lip breathing on 6 minute walk distance among apple and pear shaped obese adults	Dr. Jaimala Shetye (PT) Dr. Vibhuti Tiwari (PT)
7	Correlation of Scapula Dyskinesia and joint position sense with perception towards function in patients with rotator cuff tear	Dr. Dipti Geete (PT) Dr. Saniya Shaikh (PT)
8	Correlation of motor recovery with joint position sense at shoulder joint in brachial plexus injury patients	Dr. Jyotsna Thosar (PT) Dr. Simrankaur Khalsa (PT)
9	Correlation of patient perception towards hand function with sensorimotor impairment following distal radius or/and ulna fracture	Dr. Dipti Geete (PT) Dr. Netal Gandhi (PT)
10	Correlation of self-efficacy with muscle activation and functional performance in patients with chronic low back pain	Dr. Dipti Geete (PT) Dr. Shivani Thakur (PT)
11	Analysis of Correlation between the Perceived Level of Fatigue and Physical Performance among Patients with Knee Osteoarthritis	Dr. Swati Paranjape (PT, PhD) Dr. Khushboo Pakhrani (PT)
12	Correlation of craniovertebral angle with thoracic kyphosis, lumbar lordosis and pelvic tilt in asymptomatic young adults	Dr. Jyotsna Thosar (PT) Dr. Sheetal Kokane (PT)
13	Analysis of Correlation between the Neck Muscle Endurance and Pain with Neck Disability in Patients with Chronic Neck Pain	Dr. Swati Paranjape (PT, PhD) Dr. Ganesh Gore (PT)
14	Correlation of Kinesiophobia, gait speed, pain and dynamic balance in total knee arthroplasty patients	Dr. Jyotsna Thosar (PT) Dr. Shruti Godbole (PT)
15	Analysis of postural control using Modified test of Sensory Interaction in Balance (CTSIB-M) with addition of visual engagement task in healthy young adults	Dr. Lakshmiprabha Rangarajan (PT) Dr. Sneha Bawiskar (PT)

16	Immediate effect of spring-assist technique of kinesiography taping for ankle dorsiflexors on range of motion, spasticity, balance and gait in subjects with stroke	Dr. Lakshmi Prabha Rangarajan (PT) Dr. Akshata Gadodiya (PT)
17	Association between sleep disturbance and vestibular impairments in children with cerebral palsy	Dr. Archana Gore (PT) Dr. Amol Kathar (PT)
18	Correlation between sleep problems and trunk control in children with cerebral palsy	Dr. Archana Gore (PT) Dr. Tejashree Sapria (PT)
19	Correlation between Sleep Quality and Risk of Fall in Elderly	Dr. Saraswati Iyer (PT) Dr. Prajakta Rathod (PT)
20	Correlation between Emotional Intelligence and Speed of walking in Elderly	Dr. Saraswati Iyer (PT) Dr. Mahima Agarwal (PT)
<u>Sr. No.</u>	<u>Ongoing studies</u>	<u>Authors</u>
1	Current practices in phase 2 cardiac rehabilitation among physiotherapists in India. A mixed method study	Dr. Mariya Jiandani (PT) Dr. Onkar Barde (PT)
2	Effect of Diaphragmatic Breathing and Jacobson's Relaxation technique in Female School Teachers with Burnout Syndrome	Dr. Sushama Bhandare (PT) Dr. Vishakha Mulaokar (PT)
3	Evaluation of Upper Quadrant Posture and Thoracic Mobility in Patients with Post Pulmonary Tuberculosis Sequelae: An Observational Study	Dr. Mariya Jiandani (PT) Dr. Jhanvi Shah (PT)
4	Correlation of Core Endurance with Breath Hold Time in Normal Young Adults	Dr. Sushama Bhandare (PT) Dr. Khushbu Lichade (PT)
5	Exploring Kinesiophobia and its correlation with functional capacity, psychological factors and days of hospital stay in adult patients after open heart surgery- A mixed method study	Dr. Mariya Jiandani (PT) Dr. Aditi Nile (PT)
6	Effect of fast surya namaskar on aerobic capacity in physiotherapy students	Dr. Sushama Bhandare (PT) Dr. Anuradha Sakhare (PT)
7	Correlation of Kinesiophobia with physical function in patients post 6 months of total knee arthroplasty	Dr. Jyotsna Thosar (PT) Dr. Mansi Palan (PT)
8	Correlation of sensorimotor impairments with hand function in unilateral cervical radiculopathy patients	Dr. Dipti Geete (PT) Dr. Rashi Borundiya (PT)
9	Assessment of Hand Dexterity among Patients with Distal Radius Fractures- A Mixed Method Study	Dr. Swati Paranjape (PT, PhD) Dr. Muskaan Lokwani (PT)
10	Comparison of hand grip strength and writing skills in right hand dominant young adults with and without forward head posture	Dr. Jyotsna Thosar (PT) Dr. Kunal Magar (PT)

11	The effect of Mirror Therapy on Hand Function in patients with Distal Radius and/or Ulna Fractures	Dr. Dipti Geete (PT) Dr. Pooja Dussa (PT)
12	Assessment of Correlation of Gait Speed with Q Angle and Quadriceps Endurance among Patient with knee Osteoarthritis	Dr. Swati Paranjape (PT, PhD) Dr. Shivani Wakode (PT)
13	Taping vs MET in Unilateral Trapezitis among Young Adults- A Comparative Study	Dr. Swati Paranjape (PT, PhD) Dr. Jaya Varma (PT)
14	Correlation of fear of fall with backward walking and dual tasking in elderly	Dr. Saraswati Iyer (PT) Dr. Muskan Agrawal (PT)
15	Comparison of Effect of Brain Gym Exercise (BGE) And Skipping Exercise (SE) On Balance and Cognitive Function in Adolescent	Dr. Archana Gore (PT) Dr. Chaitali Kodam (PT)
16	Immediate effect of resisted ankle dorsiflexor exercise with mirror therapy on motor outcomes in subjects with stroke	Dr. Lakshmiprabha Rangarajan (PT) Dr. Dhanashree Yambal (PT)
17	Correlation of postural control with working memory in elderly	Dr. Saraswati Iyer (PT) Dr. Jyoti Tiwari (PT)
18	Comparison Of The Effect Of Suryanamaskar And Skipping Exercise On The Emotional Intelligence And Cognitive Function In The Adolescent Students	Dr. Archana Gore (PT) Dr. Anuja Patil (PT)
19	Immediate effect of Upperlimb Kinesio-taping on unimanual and bimanual functions in subjects with stroke	Dr. Lakshmiprabha Rangarajan (PT) Dr. Swapnil Paikrao (PT)
20	Correlation of Precision Activity with Health Status in Elderly	Dr. Saraswati Iyer (PT) Dr. Deepali Bamble (PT)
<u>Sr. No.</u>	<u>Proposed titles awaiting Ethical Clearance</u>	<u>Authors</u>
1	Development and validation of Foot care education Module and its effect on foot care practices in patients with diabetic foot complications: A mixed method Study	Dr. Mariya Jiandani (PT) Dr. Taranga Joshi (PT)
2	Evaluation of fatigue and frailty in pulmonary tuberculosis patients with or without sarcopenia: a cross sectional comparison study	Dr. Mariya Jiandani (PT) Dr. Niharika Chopda (PT)
3	Evaluation of Feasibility and Impact of Telephone based Phase - 2 Cardiac Rehabilitation on Functional Capacity and Quality of life In Patients Post Valvular Heart Surgeries at Tertiary Care Hospital: A Quasi experimental study	Dr. Mariya Jiandani (PT) Dr. Vijaya Bhurke (PT)

4	Effect of Patient Education on Parental Stress and Illness Perception in parents of children with congenital heart disease	Dr. Sushama Bhandare (PT) Dr. Shradha Thakur (PT)
5	Agreement of VO2 max estimated from cycle ergometer and siconolfi step test in normal young untrained adults	Dr. Sushama Bhandare (PT) Dr. Saloni Patil (PT)
6	Effect of Tobacco Addiction on Six minute walk distance and Walking Impairment Questionnaire in subjects with Intermittent Claudication	Dr. Sushama Bhandare (PT) Dr. Saloni Rangari (PT)
7	Correlation of Glenohumeral internal rotation deficit with Scapular Dyskinesis and Posterior Shoulder Muscle Endurance of Serving arm in Tennis athletes	Dr. Jyotsna Thosar (PT) Dr. Dharti Patel(PT)
8	Correlation of quality of life with hand functions in patients with distal radius fracture, at the end of 3 months	Dr. Dipti Geete(PT) Dr. Esha Jain(PT)
9	Effectiveness of Reverse Plank Exercise on Forward Head Posture in young adults	Dr. Swati Paranjape (PT, PhD) Dr. Nishita Naik (PT)
10	Correlation of Fear of Fall with Balance and Pain in patients with Bilateral Total Knee Arthroplasty Post 6 Months	Dr. Jyotsna Thosar (PT) Dr. Shrutika Bachal (PT)
11	Comparison of conventional treatment versus conventional treatment with motor imagery in patients with chronic neck pain: A Randomised Controlled Trial	Dr. Dipti Geete (PT) Dr. Bhargavi Unhale (PT)
12	Effectiveness of Addition of Rectus Femoris Stretching to Conventional Exercise Program among Knee Osteoarthritis Patients	Dr. Swati Paranjape (PT, PhD) Dr. Nikita Kamble (PT)
13	Correlation of core muscle endurance with lower limb flexibility and endurance in desktop workers	Dr. Jyotsna Thosar (PT) Dr. Bhargavi Rathod (PT)
14	Correlation of working memory with lower limb motor coordination in elderly	Dr. Saraswati Iyer (PT) Dr. Khushi Thakkar (PT)
15	Correlation of Reaction time and Hand dexterity in elderly	Dr. Saraswati Iyer (PT) Dr. Vibha Dhoot (PT)
16	Effect of Backward Walking Training on balance and walking ability in children with cerebral palsy:RCT	Dr. Archana Gore (PT) Dr. Sonal Choudhary (PT)
17	Correlation between Postural balance and Reaction time and Home environment in elderly individuals	Dr. Archana Gore (PT) Dr. Samruddhi Sonawane (PT)
18	Correlation between quality of life and hand function in children with cerebral palsy of age group 4-12 years	Dr. Archana Gore (PT) Dr. Komal Gaikwad (PT)

19	Comparison between immediate effects of Kinaesthetic illusions induced by visual stimulations (KINVIS) and Mirror therapy on hand functions in individuals with stroke	Dr. Lakshmi Prabha Rangarajan (PT) Dr. Rutuja Sathe (PT)
20	Correlation of vertical perception with functional mobility and risk of fall in individuals with Parkinson's disease	Dr. Lakshmi Prabha Rangarajan (PT) Dr. Aishwarya Parab (PT)

A. Ongoing Ph D Studies:

1. Archana Gore, Saraswati Iyer - Effect of exercise and massage on sleep problems in children with cerebral palsy.
2. Deepika Metange, Saraswati Iyer. Evaluation of the risk of falls in older adults in urban and rural population of Maharashtra: A prospective cohort study.
3. Bhagyashree Kamble, Saraswati Iyer. Assessment of sensorymotor function, reaction time and hand function in older adults and comparison of sensorymotor function, reaction time and hand function in diabetic and Non-diabetic older adults.
4. D Geete, B Mhatre. Analysis of physical Performance, Musculoskeletal dysfunction and patients perception towards pain and disability in patients with nonspecific neck pain.
5. Jyotsna Thosar, Saraswati Iyer. Analysis of structural changes, physical function and quality of life of patients undergoing physical therapy rehabilitation after total knee arthroplasty – a follow up study
6. Pravin Gawali, Bhavana Mhatre. Effect of lumbopelvic-hip stability exercises on pain, physical performance and self-efficacy in patients with chronic nonspecific low back pain- a randomized controlled trial.
7. Shruti Nair, Bhavana Mhatre. Facilitating reflective practices in undergraduate Physiotherapy students: a longitudinal study.
8. Reshma Gurav, Bhavana Mhatre. To develop and validate a structured exercise protocol and assess its effectiveness in patients with subacromial impingement syndrome
9. Zahara Polen, Jaimala Shetye. Comparison of the effect of a structured exercise program and relaxation on Heart Rate Variability and Quality of Life in Obese adults: A randomized clinical trial.
10. Titiksh Pol, Jaimala Shetye. Prevalence of Metabolic Syndrome in college going young adults and its association with sedentary behaviour and effect of high-intensity interval training on its components.
11. Ujwal Yeole, Mariya Jiandani. Effect of Structured Physiotherapy Exercises Vs Yoga therapy on Glucose control and quality of life in Type 2DM :RCT
12. S Nagarale, Mariya Jiandani. Effectiveness of school based Intervention in obese children
13. M Deshpande, Mariya Jiandani. Effect of Moderate Versus high intensity interval training on maximal oxygen consumption and risk factors of cardiovascular disease: A comparative study.

14. Prajakta Sahasrabudhe, Mariya Jiandani. Development and Validation of a Patient Reported Outcome Measure in Indian Patients with known cardiac dysfunctions.
15. Ankita Shripat, Mariya Jiandani. Development of measurement criteria for academic performance and its association with psycho- social factors and motor proficiency in physiotherapy undergraduates.

B. Ongoing other Research academic studies :

1. Effect of time management training on time management attributes in SYBPTH students. Dr Archana Gore (PT), Dr Sushama B (PT), Dr Swati Paranjape, Dr Saraswati Iyer (PT)
2. Participation in International Cardiac Rehab Registry

1. Publications

1. Review article: Priority Health Professions Education Research in 21st Century. Mariya Jiandani¹, Avinash Supe² accepted for publication in International Journal of Transformative Health Professions Education
1. Editorial: Enhancing Faculty Development: A Vital Need" accepted for publication December Issue-Physiotherapy Journal of Indian Association of Physiotherapist
2. de Melo Ghisi GL, Kim WS, Cha S, Aljehani R, Cruz MM, Vanderlei LC, Pepera G, Liu X, Xu Z, Maskhulia L, Venturini E. Women's cardiac rehabilitation barriers: Results of the international council of cardiovascular prevention and rehabilitation's first global assessment. Canadian Journal of Cardiology. 2023 Sep 25.
3. Lohakare PK, Jiandani MP. Two-minute step test: Estimating normative reference values in healthy adults. Journal of Society of Indian Physiotherapists. 2023 Jan 1;7(1):27-32.
4. Sonarkhan D, Jiandani M. Exercise Capacity, Quality Of Life, And Social Participation In Patients With Post-Tuberculosis Sequelae: An Observational Analytical Study. National Journal of Integrated Research in Medicine. 2022 Jul 1;13(4).
5. Rathi A, Jiandani MP. Patient perceived barriers to phase II cardiac rehabilitation in patients with and without percutaneous coronary angioplasty. World Journal of Advanced Research and Reviews. 2023;17(3):883-9.
6. Tejashree Sapria, Archana Gore, Saraswati Iyer ' Correlation of sleep problems and trunk control in children with cerebral palsy' accepted for publication in IJRAR
7. Paranjape S, Patkar A. Surviving COVID-19 and beyond: a mixed method study. Journal of Integrated Care. 2023;31(4):274-84
8. Archana Gore, Saraswati iyer, 'Time management attributes in SYBPTH students' accepted for publication in IJRAR

Guest speaker

Dr Jaimala Shetye (PT)

1. Sensitizing faculty of Physiotherapy in the department about Physiotherapy in conversion disorders
2. Sensitizing lecture for Physiotherapy in Filariasis Lymphedema management for Faculty and PG students at BYL Nair College of Physiotherapy. On 14th Dec 2023.
3. Invited to talk on Physiotherapy in paediatric cardiac surgery at Shri Sathya Sai children's hospital on 25th Nov 2023.
4. Invited to speak on 'Cough it out' for respiratory patients by online support group session on 4th Feb 2023
5. Invited to speak for Bronchiectasis patient education online by heart-lung care Physio rehab on 15th June 2023
6. Resource person for the topic 'overview of pulmonary rehabilitation' in a masterclass on Pulm. Rehab held on 16th October 2022.

Dr Mariya Jiandani (PT)

1. Organizing chairman of Arthroscopy Academy and rehabilitation conference in June 23 and For first national conference of Cardiorespiratory physiotherapy in Dec 23
2. Resource person for NCHPE workshop on developing and implementing Inter professional education 2023
3. Resource Person for Research in Health profession education for Manipal conference
4. Resource Person Pre-conference Workshop on "Pulmonary Rehabilitation " held on 26th and 27th January 2023 in D.Y. Patil School of physiotherapy, Nerul, Navi Mumbai
5. Task force in Convocation ceremony for Release of Competency based curriculum at MUHS Nashik on 13th February 2023.
6. Resource person for " Resident as Teacher-Basic workshop in Educational Methodology" held on -20th March 2023 in LTMMC & GH Sion, Mumbai ,dept. of PT & OT -17th & 18th January 2023 in Dept. Of OBGYN at Seth GS Medical College and KEM H - Dept. Of Occupational Therapy Training School and Centre ,Seth GS Medical College &KEM Hospital, Mumbai held on 21st June 2023 as Resource Person.
7. External Examiner for MUHS CAP on 01 March 2023 in LTMMC , Sion Mumbai – Physiotherapy Teaching & Treatment Centre.
8. "International Conference of Physical Therapy" 2023 held on 28th & 29th January at Ramsheth Thakur International Sports complex, Ulwe, Navi Mumbai, India as Resource Person on topic "Reconnect Physiotherapy world post Covid."
9. Resource Person for Competency in cardiorespiratory physiotherapy and panel discussion at first national conference of cardiovascular and pulmonary rehabilitation
10. Resource Person for "Residents as Teacher- Basic Workshop in Educational Methodology" conducted on.
11. Member Local Inquiry Committee for Inspected AIMS college of Physiotherapy, Vadavali, Dombivli for Grant of First Time Affiliation for Physiotherapy on 07th July 2023 .

12. P.hd Viva-Voce Examiner at Sri Ramchandra institute of Higher Education & Research , Porur, Chennai on 03 March 2023.
13. PhD Viva Voce Examiner at TNMC College & Hospital , Mumbai on 5th October 2023 .
14. Attended Workshop on “ Qualitative Methods in Health Research” held on 25th and 26th August 2023 at Seth GSMC & KEMH Hospital, Parel, Mumbai.
15. Inspection at Shirodkar Hospital Trust , Mumbai on 23rd May 2023 as LIC Committee.
16. Invited speaker at World Physiotherapy Congress 2023 Dubai on “Lessons from Covid”.
17. 60th National Conference The Indian Association of Physiotherapist held on 11th & 12th February 2023 as Speaker on Topic “ Cardiopulmonary Rehabilitation across India : current Challenges and practices” at Ahmedabad ,Gujrat.
18. Invited Resource Person at 60th National Conference The Indian Association of Physiotherapist held on 11th & 12th February 2023 as Delegate at Ahemdabad , Gujrat.
19. Preparation of blueprint MUHS curriculum teacher training workshop on 4th October 2023 MUHS Nashik.

Dr Archana Gore (PT) –

1. Presented paper Time management attributes in SYBPTH students at NCHPE conference at Somaiyya college on 25th November 2023
2. Invited as a speaker for Scientific Session “ Implementing fall risk assessment and preventive measure” organized by department of community medicine to celebrate UN International day of older person 2023 on 5th of October 2023.
3. Completed online course on ‘Sensory regulation and Technology for learning” by Bridgette Nicholson in Nov and December 2023
4. attended “International Conference of Physical Therapy” 2023 held on 28th & 29th January at Ramsheth Thakur International Sports complex, Ulwe, Navi Mumbai, India
Chairperson for DMER Inspection for Institute of Physiotherapy, Sindhudurga Kudal for New BPTH on 12 September 2023.
5. Attended pre conference workshops and NCHPE conference on 23rd, 24th and 25th November 2023.

Dr Swati Paranjape

1. Dr Swati Paranjape awarded a Best Reviewer award at National Editors’ Conference 22nd July 2023, also presented a paper.
2. Dr Swati Paranjape: Paper “Partners of Choice or Anyone Will Do? is selected for WCQR conference to be held at Johannesburg in 2024.
3. Dr Swati Paranjape attended an International Conference on Assessment in CBHPE Education Icon 2023 at Puducherry in 6/7/8 December 2023. Presented a paper titled” How much Practice is Enough to Make an Expert?”
4. Dr Swati Paranjape worked as an invited reviewer for Education Abstracts to be presented at Annual Conference of American Educational Research Association to be held in March 2024.
5. Dr Swati Paranjape worked as an invited reviewer for Education and Mixed Methods Research (SIG) Abstracts to be presented at Annual Conference of American Educational Research Association to be held in March 2024.
6. Dr Swati Paranjape is an invited reviewer of International Emerald Scientific Publications (UK).

7. Dr Swati Paranjape is an invited reviewer of international Journal BMJ Open (US)
8. Dr Swati Paranjape is invited Editorial Board Member of "Journal of Educational Technology in Health Sciences".
9. Dr Swati Paranjape is invited Editorial Board Member of International Journal "EC Orthopaedics"


Awards and Honors

Dr Swati Paranjape awarded a Best Reviewer award at National Editors' Conference 22nd July 2023, also presented a paper.

Dr Swati Paranjape: Paper "Partners of Choice or Anyone Will Do? is selected for WCQR conference to be held at Johannesburg in 2024.

Donations and grants

1. Obtained donation of 5000 Elastocrepebandages which were used for Lymphedema and other IPD and OPD patients.
2. One portable Stimulator for OPD patients
3. One Body composition analyser donated by well wisher
4. One Weighing scale
5. One ankle mobilizer
6. One ankle exerciser
7. One stepper


Prof. & Head
Physiotherapy School & Centre
Seth G.S.M.C. & K.E.M.H.
Parel, Mumbai-12