

Gait workshop

Comprehension and accurate analysis of Gait and posture is indeed a crucial part of Biomechanical assessment in the field of Physiotherapy. Components of Gait need to be deciphered to attain a conclusive analysis for various reasons, may it be performance enhancement or improving strategies.

A very innovative and ground breaking workshop was conducted on 1st and 2nd April 2024 on the topic of 'Gait and Posture Analysis' organized by sports and Neuro Physiotherapy department of Dr. APJ AK COPT. The workshop was conducted by Mr. Siddharth Hans, Production Head of GaitOn.

The workshop brought to attention various modernist ways with which one can analyse Gait through IMU or camera based analysis. The workshop expanded the horizon of thoughts by delivering fresh insight and practical understanding. A noteworthy number of students from all the batches of Dr. APJ AK COPT were in attendance and expressed their eagerness to learn about such modern techniques of analysis, making Gait assessment more feasible.





WORLD STROKE DAY

On the occasion of World Stroke Day 2024, Department of Neurophysiotherapy & Department of Sports physiotherapy at Dr. APJ Abdul Kalam College of Physiotherapy, Loni came together to celebrate and support stroke survivors through a group physiotherapy session on 29th Oct 2024.

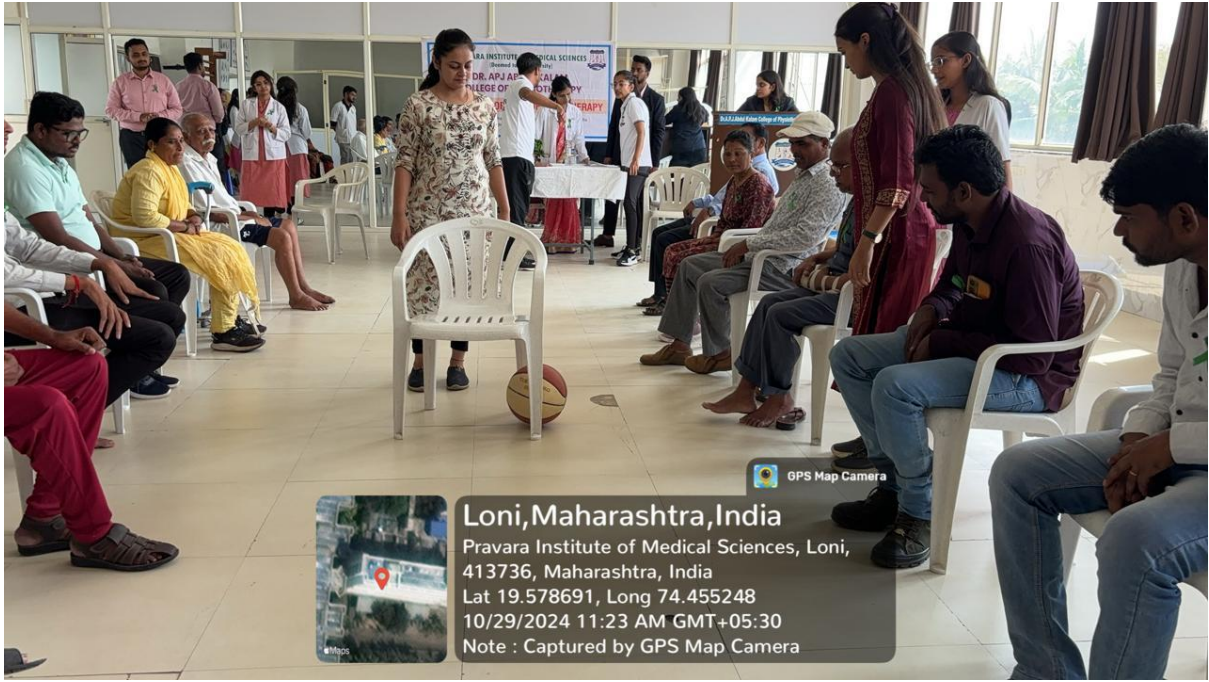
The event aimed to raise awareness about stroke prevention and rehabilitation while fostering a sense of camaraderie among participants. The session focused on tailored exercises designed to improve mobility, strength, and overall well-being.

As this time the theme for World Stroke Day was "Harnessing the emotional power of sports to be #Greater than Stroke"

Total 15 participants were engaged in a variety of activities, including balance related games, stretching, and coordination drills, all in a supportive environment. This collaborative approach not only promoted physical recovery but also encouraged social interaction, helping survivors share their experiences and inspire one another.

The Group physiotherapy session was conducted under the guidance of Dr. Shyam Kurapati, HoD Department of Neurophysiotherapy, Dr. Pradeep Borkar, Department of Sports physiotherapy and Principal Dr. Rakesh Kumar Sinha, helped enormously for smooth conduction of the activity.

The event highlighted the importance of ongoing rehabilitation and community support, empowering stroke survivors



GPS Map Camera
Loni, Maharashtra, India
Pravara Institute of Medical Sciences, Loni,
413736, Maharashtra, India
Lat 19.578691, Long 74.455248
10/29/2024 11:23 AM GMT+05:30
Note : Captured by GPS Map Camera



GPS Map Camera
Loni, Maharashtra, India
Pravara Institute of Medical Sciences, Loni,
413736, Maharashtra, India
Lat 19.578667, Long 74.455207
10/29/2024 12:15 PM GMT+05:30
Note : Captured by GPS Map Camera

GUEST LECTURE ON 'BACK PAIN' FOR SCI CAREGIVERS

On the occasion of World Physiotherapy Day, Department of Neurophysiotherapy & Department of Community physiotherapy at Dr.APJ Abdul Kalam College of Physiotherapy, Loni had organised Guest Lecture on 'Back Pain' for SCI Caregivers on 6th Sep 2024.

The Guest Lecture was conducted by Dr. Deepali Hande, Professor and HOD of Department of Community Physiotherapy & Dr.Aditi Khot, Assistant Professor from Department of Community Physiotherapy focusing on complexities of back pain in caregivers of SCI patients with essential knowledge and practical strategies to manage this common issue occurring due to patient lifting during transferring of SCI patients.

Both the Guest Speakers provided knowledge about common causes of Back pain in SCI caregivers, including muscle strain, postural issues and overuse. They also Provided practical techniques for preventing back pain including proper body mechanics, safe lifting techniques and ergonomics. During Question-and-answer session the caregivers shared their real-life scenarios and the solution was provided by the speaker.

The lecture provided a comprehensive understanding of Back Pain in SCI caregivers, emphasizing the importance of proactive caregiving practices.



Neurophysiological Basis of Yoga

The Neurophysiotherapy Department of Dr. APJAK COPT has organized a Guest lecture on 20th December 2023, at 705, Dr. APJAK COPT, 3PM by Dr. Divya Jethwani, HOD, Professor at BKL Walawalakar college of physiotherapy, on topic Neurophysiological basis of yoga. To create awareness among students about yoga as it helps in controlling an individual's mind, body and soul. As Physical therapy has its own respective ways of providing therapeutic treatments.

Objectives of seminar-

- Become aware of the concept of yoga.
- Understand importance of integrative approach to promote health.
- Understand scientific basis in applying yoga as a therapy through recent research studies.
- To understand the neurophysiological basis of yoga.

A combination of yoga and physical therapy results in a more holistic and fulfilling experience in a rehabilitation process. This approach makes patient more actively involved in his healing process and to return back to their activities of daily living as early as possible and improve quality of life. Some research has shown the benefitting effects of yoga along with physical therapy but still there is a paucity of literature to find its effectiveness.

