

Professional development programmes report

The program was implemented from the year 2013-14 under the guidance of Dr. Kavitha Raja ,Principal, JSSCPT- Mysuru, The core purpose of the programme was to furnish knowledge of teaching staff and non- teaching staff , following workshops were organized under this programme.

2013

- Workshop conducted on **Laban movement analysis** by the resource person Smt.Tanvi from 17-11-2013 to 21-11-2013. The number of students enrolled were 11 along with two of the faculties (Mr. Jakson k joseph & Mrs.Annie Thomas) , the objective of the workshop focused on to the method and language for describing ,visualizing, interpreting and documenting various human body movements. Formal session was inaugurated by Dr. Kavitha Raja, and later certificates were distributed to the delegates.
- Workshop conducted on **Role of LASER in diabetic neuropathy** by the resource person Dr.Snehil Dixit on 14-11- 2013. The number of students enrolled were 16 along with four of the faculties(Mr. Jakson k joseph Mr.Vijay Samual Raj, Mr. Bipin puneeth & Mr. PradeepShankar) , the objective of the workshop focused on to discuss the role of LASER in clinical practice to manage diabetic neuropathy. Demonstration of the same was done. M.P.T students of JSSCPT were the delegates , and the end of the session certificates were distributed to the delegates.
- Workshop conducted on **Pediatric physiotherapy** by the resource person Dr. Kavitha Raja from Nov 2013 to Feb. 2014. Venue of the session was the JSS hospital seminar room, the number of students enrolled were 8 along with two of the faculties(Mrs. Annie Thomas & Mr. Sauman Gupta) The objective of the seminar was to update the knowledge on pediatric care by therapist ,recent evidences and updates on NICU management,CP care, were included in the discussion, and the end of the session certificates were distributed to the delegates by asking them to fill pre-post evaluation form regarding the session.
- Workshop conducted on **“R” statistical package** by the resource person Dr.Asha Kamath & Dr.Vasudev on 28-9-2013 & 29-9-2013.Venue of the session was the JSS hospital auditorium , the number of students enrolled were 40 along with five of the faculties(Mr. Jakson k joseph , Mr.Vijay Samual Raj,Mrs. Annie Thomas & Mr. Sauman Gupta, Mr.

- Prashanth V Mangalvedhe) The objective of the seminar was to update the knowledge on research statistical analysis, The UG - M.P.T of JSSCPT & JSS college of nursing were the delegates and the end of the session certificates were distributed to the delegates.
- Workshop conducted on **Sensory integration** by the resource person Mrs.Anupama Kakera on 29-9-2013. The number of students enrolled were 16 along with two of the faculties(Mrs. Annie Thomas & Mr. Prashanth V Mangalvedhe) The objective of the seminar was to provide information on sensory integration therapy in PT, M.P.T students of JSSCPT were the delegates ,and the end of the session certificates were distributed to the delegates.
 - Workshop conducted on **C- protiein –its role in exercise training** by the resource person Dr.Fiddy Davis on 6-6-2013. The number of students enrolled were 30 along with five of the faculties(Mrs. Renuka devi,Mr. Jakson k joseph,Mr Vijay Samual Raj,Mr. Bipin puneeth,Mrs. Aditi Bhandiwad) The objective of the seminar was to provide knowledge on role of C - protein in exercise training ,The formal function was inaugurated by Mrs. Renuka Devi, Asst.Proff JSSCPT, UG &M.P.T students of JSSCPT were the delegates, and the end of the session certificates were distributed to the delegates.
 - **PGCON -1** was organized by JSSCPT on 17-8-2013 & 18-8-2013 the venue of the session was JSS Medical College ,JSS university Campus, JSS Nagar, Bannimantap, Mysore, the resource person to speak in the session were (Dr.Kavitha Raja, Mrs,Adithi Bhandiwad, Dr.Mruthunjaya, Mr.Vijay Samuel Raj, Mr.Siddesh, Mrs.Anne Thomas,Mr.Bipin Puneeth.),number of students enrolled were 35.UG &M.P.T students of JSSCPT were the deligates , The aim of conference was to provide students with essential skills of evaluation, clinical reasoning and management, and the end of the session certificates were distributed to the delegates.

2014

- Workshop conducted on **Balance rehabilitation** by the resource person Karthik Babu on 2-2-2014. The number of students enrolled were 16 along with three of the faculties(Mr. Jakson k joseph Mr.Vijay Samual Raj, Mrs.Anne Thomas Mrs,Adithi Bhandiwad) , the objective of the workshop focused on to give detailed idea on pain assessment and management ,recent advances in pain management. UG & M.P.T students, and Therapist from various institution in Karnataka ,Kerala, Andhra were the delegates and the end of the session certificates were distributed to the delegates.

- Workshop conducted on **Autism spectrum disorder-role of physiotherapy** by the resource person Nalini Gupta on 14-2-2014. The number of students enrolled were 16 along with three of the faculties(Mr. Prashanth V Mangalvedhe Mr.Vijay Samual Raj, Mrs.Anne Thomas) , the objective of the workshop focused on to give updates on PT management for Autism disorder, current trend of PT management , UG & M.P.T students of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.
- Workshop conducted on **Demystifying Modern Pain Science for clinical practice physiotherapy** by the resource person Dr. Rama Krishna Mani, & Dr.Divya Adhia, on 09-10-2014. Venue of the session was the JSS old hospital auditorium , the number of students enrolled were 56 along with five of the faculties(Mr. Prashanth V Mangalvedhe, Mr. Jakson k joseph , Mrs.Renuka devi, Mr.Vijay Samual Raj,Mrs Adithi Bhandiwad) , the objective of the workshop focused on to give updates on PT management for Autism disorder, current trend of PT management UG & M.P.T students of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.
- Workshop conducted on **Manual Therapy for Lumbar spine** by the resource person Dr. Prem Venkatesan on 25-10-2014. The number of students enrolled were 20 along with four of the faculty (Mr. Prashanth V Mangalvedhe, Mr. Jakson k joseph, Mrs Adithi Bhandiwad, Mrs.Annie Thomas) , the objective of the workshop focused on hands on training of basic manual therapy techniques . UG & M.P.T students, of JSSCPT were the delegates and the end of the practical session certificates were distributed to the delegates.

2015

- Workshop conducted on **Neuro Dynamics & Neural tissue mobilization** by the resource person Dr.Ashokan Arumugam on 10-1-2015. The number of students enrolled were 20 along with four of the faculty (Mr. Prashanth V Mangalvedhe, Mr. Jakson k joseph, Mrs Adithi Bhandiwad, Mrs.Annie Thomas) , the objective of the workshop focused on hands on training of basic neural mobilization ,dynamic techniques. UG & M.P.T students, of

JSSCPT were the delegates and the end of the practical session certificates were distributed to the delegates.

- Workshop conducted on **Exercise testing and prescription** by the resource person Mr.Prateek Srivastav on 22-3-2015 & 23-3-2015. The number of students enrolled were 20 along with one of the faculty (Mrs.Annie Thomas) the objective of the workshop focused on hands on training of basic exercise testing assessment . UG & M.P.T students, of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.
- Workshop conducted on **Hand Therapy** by the resource person Kamarajan devapitchai, on 6-8-2015 . The venue of the session was the JSS school of Nursing class room , the number of students enrolled were 44 along with five of the faculty (Mr Vijay Samuel Raj, Mr. Prashanth V Mangalvedhe, Mr. Jakson.k joseph,Mrs. Aswini N Raj,Mrs. Renuka devi) the objective of the workshop focused on to give introduction of hand therapy protocol and principles of the same . UG & M.P.T students, of JSSCPT were the delegates and the end of the practical session certificates were distributed to the delegates.
- Workshop conducted on **Using Mendeley** by the resource person Mrs Shrilatha on 19-9-2015. The venue of the session was the JSS College of Nursing digital library, the number of students enrolled were 22 along with five of the faculties (Mr Vijay Samuel Raj, Mr. Prashanth V Mangalvedhe, Mr. Jakson k joseph, Mrs. Aswini N Raj, Mrs. Renuka devi) the objective of the workshop focused on to give an insight on Mendley software in research process . UG - M.P.T students, faculty of JSSCPT , JSS College of nursing were the delegates and the end of the session certificates were distributed to the delegates.
- Workshop conducted on **Hand Rehabilitation** by the resource person Dr Ton A.R Schreuders on 23-11-2015 & 24-11-2015. The venue of the session was the JSS College of Nursing digital library, the number of students enrolled were 40 along with five of the faculty (Mr Vijay Samuel Raj, Mr. Prashanth V Mangalvedhe, Mr. Jakson.kjoseph, Mrs. Aswini N Raj, Ms.Kavya MS) the objective of the workshop focused on to give up to date information on assessment and treatment of various hand conditions including post surgical rehabilitation.UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.
- **PGCON -2** was organized by JSSCPT on 21-11-2015 & 22-11-2015 the venue of the session was Sri Rajendra Auditorium M.G.Road JSS Hospital old building , the resource person to speak in the session were (Dr.Kavitha Raja, Dr Indira , Mr. Naveen, Ms.Srilatha,

Dr Srikumar, Mr.Rahul Shaik,Mr Deeppak Nair Mr.Vijay Samuel Raj, Ms Anitha Suresh, Mr.Saumen Gupta, Dr Chaya S.K, Mrs Renukadevi.M, Mr.Bhaskaran, Mr.Chandrashekar, Mr.Bipin Puneeth, Dr. Madhavi..),number of students enrolled were 200.UG &M.P.T students of JSSCPT , JSSMC students & faculties were the delegates , The aim of conference was to provide idea on leadership in physiotherapy, dry needling& myofascial trigger, developmental co-ordination disorder, motor control & implication of management of LBP, independent locomotion in person with neurological gait, evolution of NDT, management of children with special needs, recent advances in evolution and management of lung diseases, problems of low cardiac rehabilitation, management of childhood asthma , and the end of the session certificates were distributed to the delegates based on feed back form filled.

2016

- Workshop conducted on **Clinical Reasoning in PT** by the resource person T.Arjun on 28-9-2016 . The number of students enrolled were 37 along with five of the faculty (Mr .Vijay Samuel Raj,Mr. Sandeep PH, Ms.Kavya MS, Mr. Jackson Joseph ,Mrs.Annie Thomas) the objective of the workshop focused on to guide students regarding clinical reasoning in physiotherapy practice..UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.
- Workshop conducted on (Zoom online presentation) **Webinar- Basics of Musculoskeletal examination** by the resource person Dr.Ashokan Arumugam, on 26-11-2016 the number of students enrolled were 14 along with one of the faculty (Mr. Sandeep PH) the objective of the workshop focused on to guide students regarding clinical physiotherapy practice, basics of musculoskeletal assessment & examination. 1st &2nd M.P.T students, of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.

2017

- Workshop was conducted on **Research Methodology and Bio statistics for health science** by Dr. Gangabaraiah, Mr.Saransh Jain,Mrs Usha Thomas , Dr Praveen Kulkarni,

Mrs Rernuka Devi on 5-4-2017 & 6-4-2017. The number of students enrolled were 115 along with three of the faculty (Mr Vijay Samuel Raj Mrs. Renuka devi, Mr. Sandeep PH). The objective of the workshop was to focus on guiding the students in research practice, statistical analysis and advanced methodologies. BPT and MPT students of JSSCPT, students from nursing, speech and hearing colleges were the delegates and at the end of the practical session certificates were awarded to the delegates.

- Workshop conducted on **Stroke hand rehabilitation** by the resource person Mr.Vasanthan,& Mrs Annie Thomas on 18-2-2017. The number of students enrolled were 62 along with four of the faculties (Mr. Sandeep PH, Ms.Kavya MS, Mr.Nithyal Kumar Mr. Jakson k joseph ,) the objective of the workshop focused on practical hands on stroke rehabilitation training, functional activity approach, UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.
- Workshop conducted on **Clinical Neurodynamics** by the resource person Dr.Ashokan Arumugam on 23-6-2017 & 24-6-2017. The number of students enrolled were 50 along with four of the faculties (Mr. Jakson k joseph, Mr.Nithyal Kumar MrsSharvani ,) the objective of the workshop focused on clinical reasoning and clinical neurodynamics for both upper & lower limb, UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.
- The seminar conducted on **Effective learning** by the resource person Mrs.Sheela on 30-8-2017. The number of students enrolled were 69 along with two of the faculties (Mrs.Annie Thomas & Mrs. Suvarna .N) the objective of the workshop focused on how to refer book and key notes, how to study for exam, resources required for exam, were briefly explained UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.
- Workshop conducted on **How to access Helinet** by the resource person Mrs.Vijaya Tauro, Ms.Poornima, Mr.Sathish on 9-11-2017. The number of students enrolled were 75 along with nine of the faculties (Mr.Alagarasan P, Mr.Jakson K Joseph, Mr.Vijay Samuel Raj, Mr.Nagarjuna A Setti, Ms.Kavya MS, Mr.Parameshwara A, Mr.Sandeep P H, Mr.Nityal Kumar Alaginigi, Mrs. Renuka devi) the objective of the workshop focused on how to get journals & books from website ,how to import & export from Mendley software, What are the resources required for students. UG - M.P.T students, faculty of

JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.

- Workshop conducted on **Core Life support** by the resource person Mr.Ganesh, Mr.Nishchal & Mr. Emil Joseph on 23-11-2017 & 24-11-2017. The number of students enrolled were 97 along with one of the faculty (Mr.Sandeep P.H,)the objective of the workshop focused on basic life support techniques, emergency first aid techniques, choking resuscitation. UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the practical session certificates were distributed to the delegates .
- **PGCON -3** was organized by JSSCPT on 3-12-2017 & 4-12-2017 the venue of the session was Sri Rajendra centenary Auditorium ,JSS Hospital campus , the resource person to speak in the session were (Dr.Kavitha Raja, Prof.Sai Kumar.N, Dr.Subramonium Rangaswami,Dr, Leister Sam Mannickam, Prof. Naveen Kumar Bhalne, Ms Tanvi, Dr. Vandana Phadke, Dr.L.Sathyanarayana, Dr.Smita Asthana Mrs.Renukadevi M, Mr.Vijay Samuel Raj,Mr.Nagarjuna A Setti,Ms.Kavya MS,Mr.Sandeep P H, Mr.Nityal Kumar Alaginigi,Mrs.Nagina nikath) number of students enrolled were 230.UG &M.P.T students of JSSCPT , JSSMC students & faculties were the delegates , The aim of conference was to provide idea on clinical reasoning, outcome measures, movement for function, research methodology and the end of the session certificates were distributed to the delegates based on feedback form filled.
- Workshop conducted on **Vestibular Rehabilitation** by the resource person Mr.T.Vasanth on 1-12-2017 & 2-12-2017. The number of students enrolled were 23 along with one of the faculty (Mrs.Belle ,)the objective of the workshop focused on basic principles of vestibular rehabilitation and effective techniques of the same .UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates .
- Workshop conducted on **Dynamic Taping** by the resource person Dr.Gopikumar on 2-12-2017. The number of students enrolled were 40 along with two of the faculties (Mr.Sandeep P.H,& Mr.Jakson.K.Joseph) the objective of the workshop focused on basic principles of vestibular rehabilitation and effective techniques of the same .UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the practical session certificates were distributed to the delegates.

- Workshop conducted on **Intellectual Property Rights** by the resource person Dr Kavitha Raja, Mr.Jagadeesh, Mr Arjun Bala on 7-5-2018. 12 faculties were part of the session (Mr.Sandeep P.H, Mr.Jakson.K.Joseph, Mrs.Renukadevi.M ,Mr.PrashanthVM, Mr.Shahanawaz Syed, Mr.Vijay Samuel Rj,Mrs.Nagina nikath , Mr.Nityal Kumar Alaginigi,Mrs.Belle Sharvani Praveen Kumar,Mr.Alagarasan P,Mrs.Kavya MS, Mrs.Annie Thomas) the objective of the workshop focused on basic legal issues, laws while considering copy rights, patent and performing research.UG - M.P.T students, faculty of JSSCPT 36 participants took part from sister institutes of JSS institutions were the delegates and the end of the practical session certificates were distributed to the delegates.
- Workshop conducted on **Mulligans technique** by the resource person Mr.Kiran Sathputhre, from 14-5-2018 to 19-5-2018. The number of students enrolled were 19 along with one of the faculties (Mr.Vijay Samuel Raj) the objective to make candidate competent in Mulligan Therapy while assessing and treating patients with various neuro ,musculoskeletal dysfunction..UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the practical session certificates were distributed to the delegates.
- Workshop conducted on **Pedagogy Methodology** by the resource person Dr.Praveen kulkarni, on 6-9-2018 & 7-9-2018. Venue of the session was JSS hospital auditorium., the number of students enrolled were 25 along with one of the faculties (Ms .Priyanka Shrisat) the objective to enhance knowledge about new advances in research and methodology.UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.
- The conference conducted on **Pain** from 14-11-2018 to 16-11-2018, by the resource person Dr.Kavitha Raja, Mr.Nithya Kumar & Dr.Accamahadevi the venue of the session was JSSCPT seminar hall.The number of delegated enrolled were 120, the objective of the session was to current understanding of pain and its evidence for practice in therapy .UG - M.P.T students, faculty of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.

- The work shop on **Information retrieval and its effective use** was conducted on 12-10-2018, for the benefit of non teaching staff the venue of the session was JSSCPT seminar hall, the number of members enrolled were 15 ,the objective of the session was to enhance knowledge about information retrieval and how to use it .Non teaching staffs of JSSCPT were the delegates and the end of the session certificates were distributed to the delegates.
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