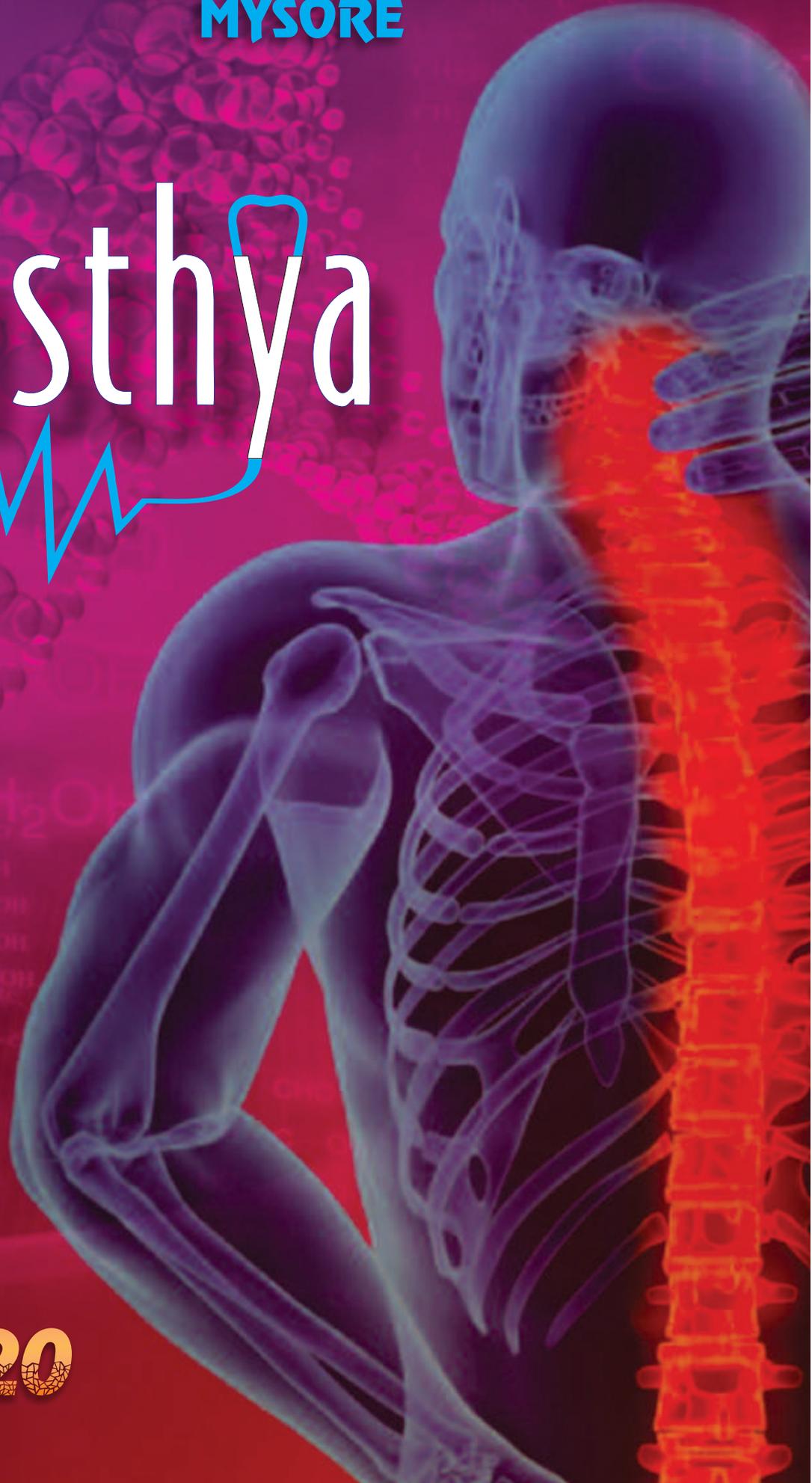




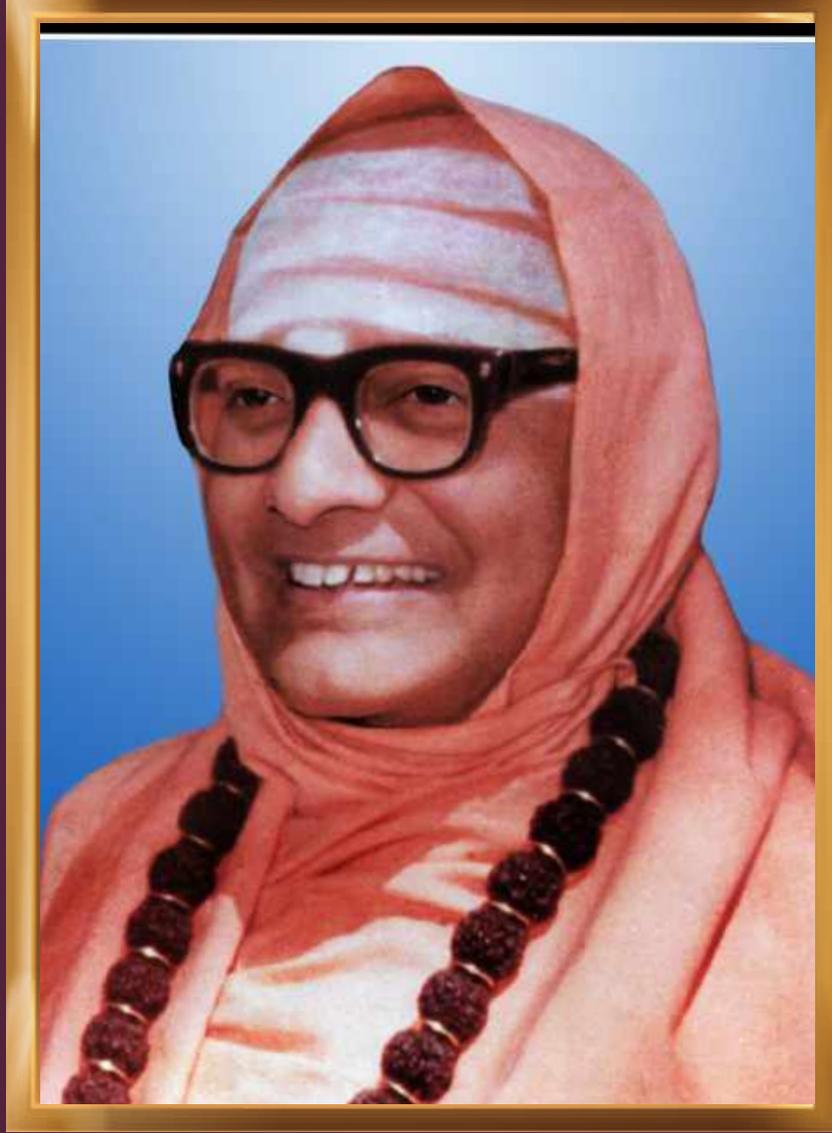
JSS MAHAVIDYAPEETHA

**JSS COLLEGE OF PHYSIOTHERAPY,  
MYSORE**

ಸ್ವಾಸ್ಥ್ಯ  
ಸ್ವಾಸ್ಥ್ಯ  
**swasthya**



**2019-20**



ಶ್ರೀಮನ್ಮಹಾರಾಜ ರಾಜಗುರುತಿಲಕ ಪರಮಪೂಜ್ಯ  
ಜಗದ್ಗುರು ಡಾ. ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳವರು  
His Holiness Jagadguru  
Dr. Sri. Shivarathri Rajendra Mahaswamiji

# JSS COLLEGE OF PHYSIOTHERAPY

## Anthem

Keeping the flame of JSS

Forever burning bright

Like a comet streaking through the sky.... JSS physiotherapy

Synonym for excellence, our beloved alma mater

You've given us direction (2)

JSS physiotherapy.....Synonym for excellence,

Shines like an evening star, among the JSS constellation

Three cheers for our alma mater

Three cheers for you

Standing tall in the belief, that we can, we will

We hold our heads high with pride, when we speak your name

We toil hard towards our goal, and we strive to excel

In each other's triumphs we rejoice,

Our failures are mere stepping stones

Our roots are firm even as we fly towards our aim

With our eyes on the future, and pride in our past

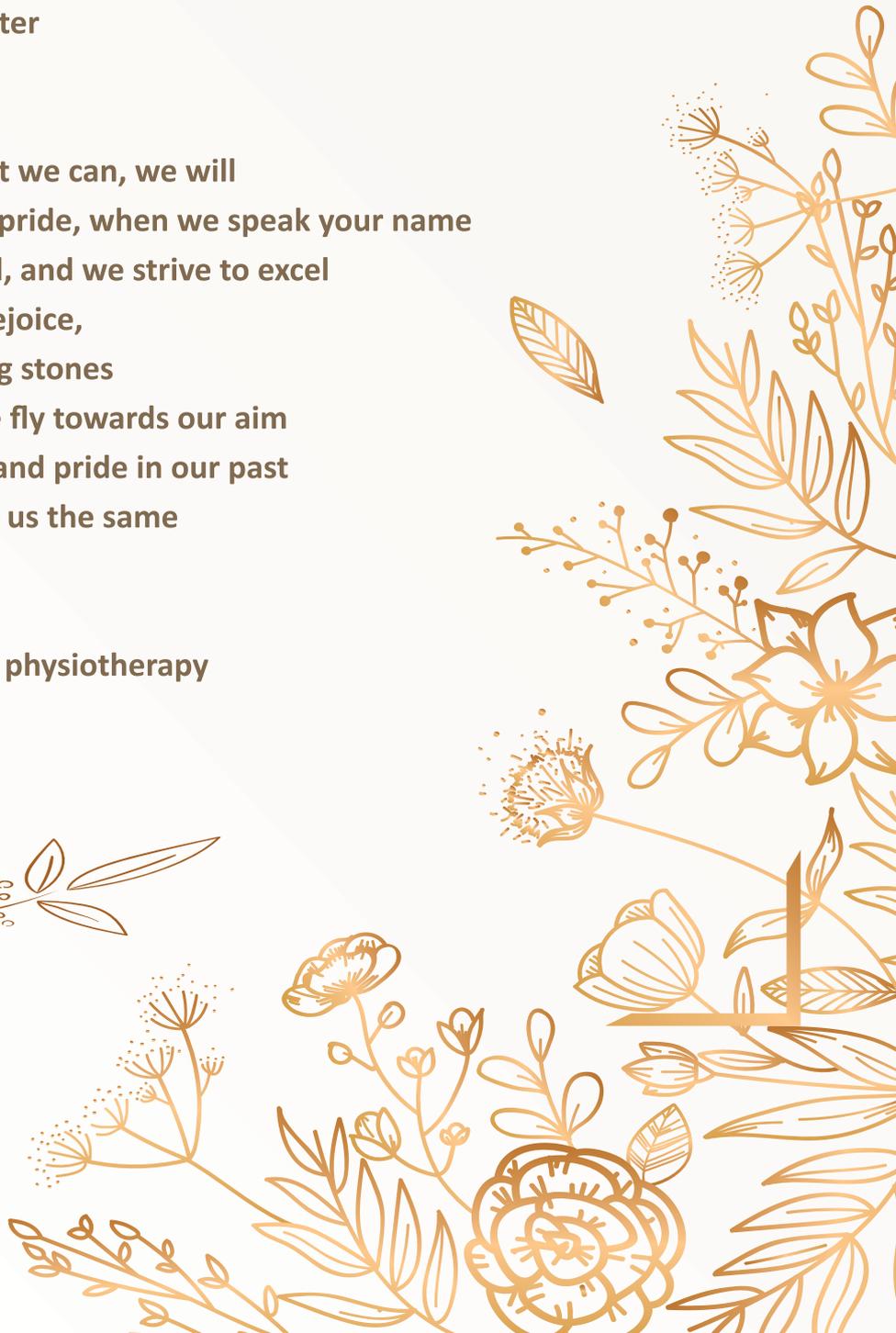
All of us different, yet each of us the same

In proud voices we proclaim

Our beloved alma mater

You've given us direction, JSS physiotherapy

JSS physiotherapy (2)



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Articles & Poems

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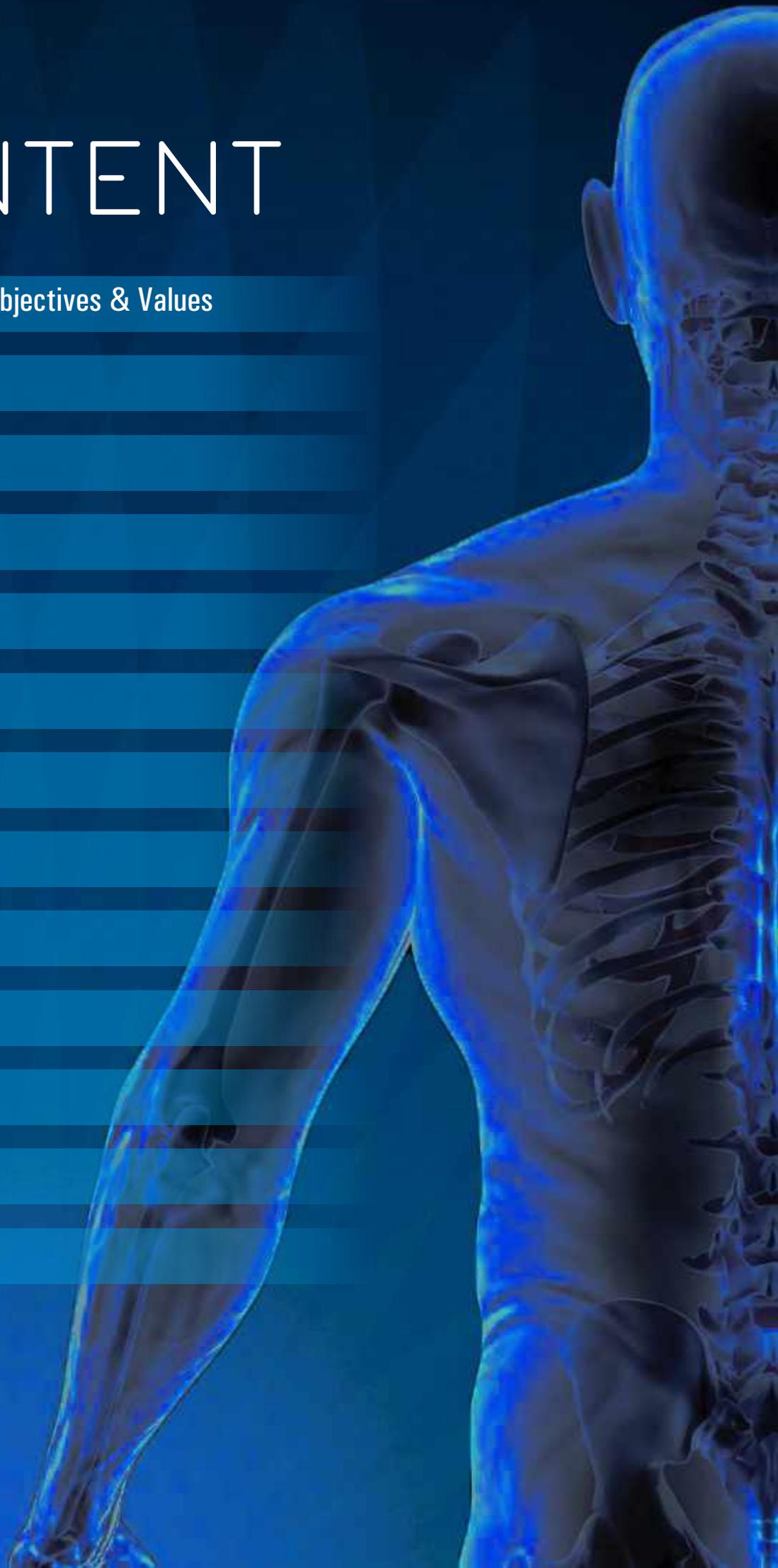
Staff Amusement

Toppers

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# Vision

“To provide quality education at the undergraduate and postgraduate levels with emphasis on practicing the profession with dignity and compassion in keeping with global excellence standards and human values”

# Mission

“To be the institution of choice for aspiring physiotherapists engaged in the pursuit of excellence in the arenas of professionalism, academics and research”

# Objectives

Physiotherapy is an essential component of the healthcare spectrum with a strong role in prevention, cure, management and rehabilitation of a wide variety of diseases and dysfunctions. A strong academic foundation is essential to groom good clinicians.

These objectives will be met by :

Planning and delivery of the prescribed curriculum in the current context and innovative methods

By inculcating a strong integrated learning module with emphasis on core skills and generic skills

By encouraging a strong research base

By improving the value of our students with add on courses in soft skills and professionalism

# Values

- To provide physiotherapy education within ethical and moral principals and utmost respect for human rights
- Train students to understand their role as health care providers within the communities they serve.
- Quality education to train students in current evidence based practice guidelines

# JSS College of Physiotherapy



# Message

Physiotherapy is known to be an ancient curative and rejuvenative branch of medicine of Indian origin. Its palliative offshoot in medical care was practiced even in olden days, wherein kings and wealthy people used to have physiotherapists, who were more often than not wrestlers of the area. But, as a branch of science, this has developed in recent times, and, occupied a very important role in healthcare. Many a time, post-operative rehabilitation is as vital as surgery itself, and, physiotherapists give the finishing touch, and, bring back the patients to complete health and fitness.

The college magazines generally take stock of the academic and co-curricular activities of the students and teachers each year. The articles by teachers and students would provide an opportunity to express themselves freely in any area of their best choice. It is a welcome and positive sign that the students of the college have squeezed in their little valuable time to make this creative exercise happen.

Much in the tradition of higher education, JSS College of Physiotherapy, Mysuru, is bringing out its Annual Magazine 'Swaasthya' this year as well. We hope that the annual magazine serves the purpose for which it was intended.

**Jagadguru Sri Shivarathri Deshikendra Mahaswamiji**

# PRINCIPAL DESK



## Dr Kavitha Raja

MS (PT) , TWU, USA; PhD PGDR, PGDMLE, CHFP, ATP  
Professor, Principal

JSS College of Physiotherapy  
JSS Hospital Campus , Mahatma Gandhi Road ,  
Mysuru , Karnataka - 570004  
[www.jssonline.org](http://www.jssonline.org)

It gives me great pleasure to write this message for the magazine of JSS College of Physiotherapy. our students have not let the covid-19 related lockdown affect their output in the least. Of this I am very proud. They say when the going the get tough the tough get going. Well our tough students have proved this adage right. This magazine has outdone the previous editions. Judos tot eh editorial team and the authors and artistes.

**Dr Renuka Devi M, MPT BPT**  
Associate Professor  
Cardio- Respiratory  
Pulmonary Rehabilitation  
Cardiac Rehabilitation



It is indeed a pleasure and privilege to reach out to the family of JSS College of Physiotherapy through this college souvenir. As Vice- Principal, it is also an honour that I connect with my students -future professionals.

JSS physiotherapy has a tradition that symbolises honesty and accomplishment. As a representative of this great institution, I am humbled by the success that I see around me in the campus; the curricular achievements of students and faculty, the co-curricular triumphs of our students, the professional attainments of our faculty – all these lead to a narrative that stirs hope and anchors promise. The trends clearly indicate high tides of progress in the ocean of competitive excellence

With the major upheavals in the domain of higher education and globalization of professional education, the impact of physiotherapy education in our institution have made a major influences to impact and draw the best from the students. This is indeed the core strength of our great institution.

A visionary leadership, proactive management team, committed faculty, passionate students, appropriate facilities and above all the warmth and support in the environment have made our institutions hallowed temples of learning.

This souvenir has many articles of interest that shall be preserved as references for the future learning and re-learning. I am sure that this souvenir will bring out a remarkable event that will leave indelible impressions of joy soaked with contentment, a significant milestone in the journey.

I salute all those who have worked for this souvenir.

# MESSAGE FROM DEPARTMENT OF PHYSIOTHERAPY, JSS HOSPITAL, MYSORE

**Vijay Samuel Raj V** BSc, MPT, PGDHA, CKTT  
Coordinator, Department of Physiotherapy, JSS hospital, Mysore.



Greetings from the Department of Physiotherapy – JSS Hospital, on the release of the college magazine, 2020!

The Physiotherapy department at JSS Hospital was established in the year 1990. Since 1999 with the leadership and support of JSSCPT it has been unceasingly catering to the needs of the people from different walks of life and strata of society in and around Mysore with constant up-gradation. Since then, beginning its journey with few dedicated skilled staff, managing both the department and college, it's now grown up with an excellent infrastructure. The strength of the department has grown stronger for years due to constant support by the staff and leaders; the support provided by the management and leaders is commendable.

The Physiotherapy department has 14 dedicated & qualified clinical staff and is supported by the faculty from JSS College of Physiotherapy. The department has been at its best under the apt leadership of Dr. Kavitha Raja, and has attained the needed ability both as individuals and as a team in providing the best of its care based on evidence-based practice. The globalized care practices pursued are the standardized patient care, patient care pathway, and standard operating procedures under specific areas. We believe procedures are the key to quality service.

The department endeavours in providing quality patient care, and excellent clinical teaching in Physiotherapy and research through constant up-gradation en par with the ever-changing world of health care and teaching. It provides a first-hand experience for students through monitored bedside learning, ward visits, senior staff interactions, and conductive projects. These support programs have not only improved the student-patient relationship but also has attracted enthusiasts and interns from different geographical locations both in and around India. Presently, an average of 50 patients at the OPD and 220 patients at the IPD are being treated at our well-cared specialty departments every day.

The department also extends physiotherapy service to JSS Ayurveda medical college and hospital daily.

## **The new initiatives at this year are**

- Twenty four hours (24hrs) physiotherapy service started from November 2019 mainly for the critically ill and the patients in ICU.
- The cardiac rehabilitation program as a multidisciplinary team is functioning from October 2019.
- Screening, evaluation, and therapy for the obstetrics and gynecology as an extension service at ObG satellite clinic.
- Tele Rehab (Tele Physiotherapy) started during the COVID pandemic lockdown and is incorporated as an on-going process of patient care.
- The department of basic science, JSSCPT has set up Gait Lab set up at JSSH OPD and started functioning with analysis of posture, gait, and movement.

During the COVID pandemic, the physiotherapy department has extended the service to the needy without a pause, it has taken precautionary and preventive measures during the treatment process. The cardio-pulmonary rehabilitation of the patients with corona disease is on the go, improving the patients' physical function and return to society more effectively. My sincere appreciations to all our physiotherapists, who are rendering their dedicated service to the covid infected patients.

My heartfelt wishes to JSS College of physiotherapy team, students committee, and souvenir committee on bringing out this wonderful college magazine. Congratulations and wishing you all the best.

# MESSAGE FROM UG CO-ORDINATOR



**TEJASWINI S.N.**  
BPT, MPT in Cardiorespiratory  
& Intensive Care  
Associate Professor

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Dear Students,

It gives me great pleasure to write this message for the magazine of JSS College of Physiotherapy that even during this lock down or Covid situation I appreciate their everlasting dedication and hard work to exhibit a positive outlook and attitude. Learning and creativity are complementary; everyone has special abilities one or the other and encouraging such skills may lead to individual development. I take this opportunity to commend each one who have worked hard to bring out such a beautiful and everyone of you for your efforts to keep the covid epidemic at bay and to make the public aware of the need to combat it. I deeply appreciate all the editorial board members and student council who have worked hard to bring out such a beautiful and heartwarming college magazine, along with our academics that takes us all the distance in the history of our lives. I wish you all to become good professional students by seeing the good of the world as your own duty along with personal development.

Wish you all the very best...Keep growing.

Thanks & Regards,

**TEJASWINI S.N.**  
BPT, MPT in Cardiorespiratory  
& Intensive Care  
Associate Professor

# MESSAGE



**KUNDAN DAS UKIL, MPT**  
Head of the Department  
Dept. of Musculoskeletal &  
Sports Physiotherapy

Good things remain good only because they are always scarce. I am gratified to know that the JSS College of Physiotherapy is bringing out their annual magazine “SWASTHYA” of this academic year (2019-2020). It gives me immense pleasure to pen for this wonderful magazine as an appreciation of the commendable efforts put forth by the team. This is a productive material and subsidiary skill developing tool for the students, the efforts taken to bring about innovative content is appreciable. Wish you all a grand operation throughout the year. I also applaud the coordination and efforts behind the team to bring out this issue.



# JSS COLLEGE OF PHYSIOTHERAPY

Department of Physiotherapy in Neurology and  
Neuro Surgical Conditions



**Mrs. Vijaya Jyothi**  
Associate Professor  
MPT, Neurology

It gives me immense pleasure to present that Department of Neuro Physiotherapy ,JSSCPT has always being held high in the Clinical settings maintaining top patients care , with introduction of Electronic Hoist , Reclining wheel chair ,thoracic braces and ankle derotation splints along with initiating the Satellite Neuro Clinic in the Neuro Surgery Ward in order to optimize the role of physiotherapy in recovery of TBI and SCI patients, and generating the highest economy even during the COVID 19 period through Inpatient care and also through tele rehab services . The Excellence of the department includes not only in Academic and Clinical areas but also jeweled with a significant raise in number of Successful Publications and approval for new Grants both from RGUHS and ICMR.

The JSSCPT Student Council is always at its best with its excellent and unique activities contributing in each and aspect of the institution . Particularly the effort taken to produce college magazine with recent updates of JSS CPT and also making it more interesting with inclusion of Online Curricular ,Co curricular and Extra Curricular activities, in spite of Covid 19 lockdown , and must and should be appreciated very much with huge round of applause . All the best Student Council and the Magazine committee.

# MESSAGE



**T. S. MUTHUKUMAR,**  
MPT (Cardio Resp)  
Associate Professor

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Good things remain good only because they are always scarce. It gives me immense pleasure and joy to write this message for the magazine of JSS College of Physiotherapy. I am very proud that our students are doing exemplary work amid Covid-19 lock down. This magazine has outperformed the previous editions. I extend my best wishes to the editorial team and the authors who are contributing to the magazine.

Thanks & Regards,

**T. S. MUTHUKUMAR,**  
MPT (Cardio Resp)  
Associate Professor

# Staff Messages

Life never stops; “I hope you remember that if you encounter an obstacle on the road, don't think of it as an obstacle at all think of it as a challenge to find a new path” this Covid 19 pandemic has made our students and staff to find a new innovative ideas to celebrate and continue the trend of publishing college annual magazine “SWASTHYA”. I congratulate student council members and wish them luck.



**Ms Sharvani Belle**

Lecturer  
JSS College of Physiotherapy  
Mysore

“Where there is a will there a way”. In this pandemic situation I am happy that JSSCPT student council has successfully release the magazine “SWASTYA” 2020 the annual magazine of the college.  
Congratulations!!!!



**Ms. Pallabi Nandi**

Lecturer  
JSS College of Physiotherapy  
Mysore

I would like to congratulate all our students and council members for working day and night for releasing our college magazine Swasthya. In this global pandemic our students managed to show case their talents through various digital mode and created memories and recording events..Am sure this magazine will be informative, resourceful and unique..



**Ms. Tanochni Mohanty**

Lecturer,  
JSS College of Physiotherapy  
Mysore

# Editorial Board



**Dr Kavitha Raja**  
**Magazine Advisor**

## Staff Editor



**Belle Sharvani Praveen Kumar**

## PROOF READERS



**Saritha K Francis**



**Prashanth V  
Mangalvedhe**



**Syed Asif Basha**



**Mansoor Rahman**



**Suvarna**

## Student's Editors



# TEACHING & HOSPITAL STAFF



# Student Council Members

2019-20



**Fazal Gafoor**  
President



**Vikaas M**  
Vice President



**Karthik TN**  
General Secretary



**Susan Joji Zachariah**  
Additional Secretary



**Amal Agustine**  
Treasurer



**Nasrin Basheer**  
Additional Treasurer



**Ajmal**  
Sports Secretary



**Nisarga C S**  
Sports Secretary



**Sandhra Jose**  
Academic Secretary



**Sreejesh. R**  
Academic Secretary



**Ashik John**  
Cultural Secretary



**Shree Vidya R**  
Cultural Secretary



**Noble Vavachan**  
Swach Bharat  
Representative



**Dona Dominic**  
Swach Bharat  
Representative



**Don Jolly**  
Institutional Social Responsibility Secretary



**Immanuel Sabu**  
Media and Website Representative

# Random Musings

International organisations are reporting that globally the status of women is becoming worse. This is in sharp contrast to the UN's sustainable development goals which has gender equity as one goal set to be achieved by 2020. What does worsening status of women mean? The metrics used are women in positions of power, violence against women, maternal mortality, health and nutritional status etc.

But at the grassroots level what does it mean?

Lets take body shaming! Men and women alike are intent on shaming women who don't have a barbie doll figure. Has it occurred to anyone that not all of us are interested in looking like barbie? Some of us are quite content to be plump, short--whatever nature made us.

Just last week a woman in our college told me about my younger daughter who was visiting from college. "Her skin has improved but her weight is the same" My daughter was visiting from college where she went to study law not from a spa where she went for a beauty treatment!!!! Honestly I don't pay attention to the skin of my daughters unless there is a dermatological concern.. so I don't know what "improved" means. And I am not concerned that she is overweight. She is healthy, sweet, smart, bold, and angle with a heart of gold and not afraid to stand up for what she believes in.

I have quit replying to such comments a long time ago and so did not respond, just smiled. But it got me to thinking that no matter what you do society only sees how you look... an object of beauty or not. The sole purpose of being a woman is to be ornamentation?



When I first went away to college and came back “fat” ( back in 1981 167 cms and 50 kgs was considered fat!!!) my mother was overjoyed. What she had not achieved in 18 years, 6 months of mess food had

Somewhere between 1981 and 2020, we adopted the West's fascination for thin women but somehow missed their fascination for fit men!

This to me is gender inequality.

More closer to home- DRESS- the most important defining aspect of women. If you are molested, teased, shamed, cant get married anything actually—IT'S because of how you DRESS. Have you stopped to think men and women, that there are a large number of men who look obscene in tight fitting clothes with bursting buttons and their private parts silhouetted against tight trousers? Why is it that mothers don't teach their sons how to dress, how to sit? Why is the woman's anatomy alone considered obscene/vulgar? It's what nature made with a purpose. Prior to 1980 it was common to see village women in various parts of India with almost bare upper bodies. No one molested them. They walked confidently and worked beside men in the fields.

1980s and the invasion of the salwar kameez in its various avatars and its installation as the national dress for women!! The flimsy dupatta is supposed to be the key feature in whether you are a woman of character or not! Which piece of cloth, pray tell- that a man wears can define his character?

Most of us are probably getting the same amount of food and the same educational opportunities that our brothers are. But are we being weighed on the same scale? Is a big chunk of “judgement” sitting on our scale?

Coming to adjectives! If a man is strong wiled and gets his way he is described as “dynamic”. A woman doing the same is called “aggressive”. If a man is a discipline freak, he is a good leader but a woman has “OCD” or is rude. I am not sure how and when adjectives got gendered. But it happened between 1995 and 2005!

So coming back to the point of IWD, to us everyday men and women, I guess these are the little things that define the decreasing gender equality.

When I was growing up my Dad's friends used to tell him “oh you don't have a son”. My Dad's stock reply was “my daughters are each worth 10 sons”. My mother did not even understand the comment because traditionally ours is a matrilineal society and girls carry forward the family. So girls were much yearned for. That too has changed. With the homogenisation of societal rules, we are now compelled to state our father's name every where.

In the 70s and 80s every application form stated “parent/guardian's name”- a throwback to pre independence regulations. With the Indianisation of application forms, now they state only father's name. What if you don't have a functional father? What if the man partly responsible for your birth is not someone you would like to acknowledge as your parent? Or if both people responsible for your existence are not people who are fulfilling their societal roles towards you? Officialdom seems intent to consider that we belong to our fathers alone and the mother is merely a conduit to fulfil his role towards the continuation of the species..

Instead of singing the glories of the “woman” which is paying lip service to assuage guilt and glorifying the ever smiling, patient, self sacrificing soul that we like to think women are, can we not accept that women are human. Good , bad, mean, sweet but mostly just ordinary!!!! Some are exceptional as are some men. Some are murderers as are some men. Instead of deification, is it not more useful to make meaningful changes in organisational view of men and women so that these little nagging discrimination are not a constant thorn in our side? Can't all of us when asked to give father's name add mothers name as well? Or if one or the other does not exist write NA. Perhaps over a period of time the powers that be will get the hint and modify application forms and other such officialese. On the same note a married woman does not have the ability to adopt a child but can merely consent to her husband's decision to adopt. This is even if she is able to support the child independently. On the other hand, single women can adopt without any hassle.

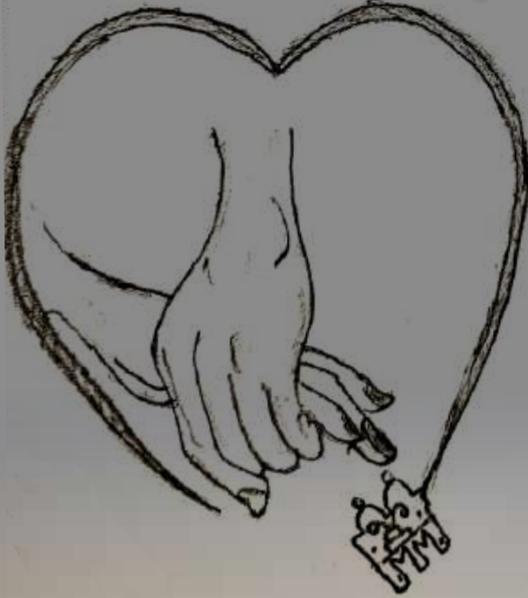
So is a woman's status worsening? From an organisational point of view and in relation to 1970 the answer is a resounding yes. From a personal view I believe it is our CHOICE. Make your choice gentlemen and ladies---- its in your hands.

**Dr Kavitha Raja**  
Professor & Principal



## “காரம்”

காரமாக நீ வந்தால்  
தாய் போல் காத்திடவேன்  
சுயமாகவே நிமிசிந்தால் - என்  
உதிரத்தில் உன்னைச் சேர்த்து  
உள்ளத்தில் குடி வைப்பேன்  
என்னவளோ என்றே உன்னை அழைக்கையில்  
என் எண்ணம் முடிசூடும் நிறைந்தாயடியே  
மகங்கையராய் நீ இருக்கையில்  
உன் மடியில் மடிவையாய் சுவழிந்திடவேன்  
உன்னவனாய் நான் இருக்கையில்  
என் உள்ளத்தில் ஊடுருவி  
உயிரின் உயிராய் கவந்தாயடியே!!!



என்றும் உன்னைவிடாமல்,  
இவன்,  
அ. மனசூர் ரஹ்மான்  
[ A. Mansoor  
Rahman ]



Mansoor Rahman  
Assistant Professor



**H**ealing is not sugar and spice and everything nice. It's a long journey. The trauma can be anything, big or small but the journey to heal is going to be exhausting. So hang in there. It's not an overnight process or you don't heal in a few days. It takes months or years. Being alone and strong is a very good thing. But having a person you trust through the journey makes it a little easier. The trauma doesn't become small or it won't go away, but at least you'll learn to deal with it. The trauma/pain is something that made you for who you are today. It made you a stronger, more matured person.

Don't be hesitant to seek help. Keep your ego aside. You know what's best for you. You know when you need help. Ask for it. Keep asking for it until you get it.

The path is going to be rough, horrible; sometimes you are going to feel that you can't make it. But the fact is you can, and to people who think that just because a person doesn't speak about his pain or is always jovial; you don't know what a person is going through behind closed doors. And sometimes the smallest things that one says to them, it might trigger them to do something horrible to them. Be kind.

If you see anyone among your friends or family having a bad day or if they are going through a difficult phase just be there for them. Just listen to their rant, or just give them a hug or go for a walk with them. Help them make the journey a little easier.



**Nidhi Baliga**  
2nd BPT



# HEALING

# GOKARNA

# DANDELI

# DIARIES

*"Travel is more than the seeing of sights;  
it is a change that goes deep and permanent,  
in the ideas of living" ..!*

When the talks of excursion began in our college, we were all super excited! Our excitement knew no bounds as it was planned a 2 days and 3 night's trip. Even though we spent a lot of time convincing our parents, they finally agreed for our expedition, we grabbed all the possible things to go on for a trip and the night finally arrived!

Our college president Fazal Gafoor, informed us to be in college at sharp 7 o'clock. As we reached there we saw a colorful bus waiting for us...

We reached Dandeli at 8 o'clock, freshened up, had breakfast and were all set for our adventure in water...

I felt my lung inflate with the onrush of scenery-- air, mountains, trees, and river. I felt that that this was what it is to be happy! Our instructor was a handy person. He helped all of us into getting into boat rides and river rafting which was extremely fun. Jacuzzi bath was much more fun and vibrant. Everyone was in the water and was splashing water on each other, later on the instructors too joined in water fight that had took place. We never wanted to get out of water, but we had other activities waiting for us. For me kayaking was unforgettable. I had to row the boat myself, which was a herculean task for me; I nearly forgot the instructions and had a great time coming back to land.

We said our final bye to Dandeli River by clicking few pictures of the place and let ourselves immerse in mesmerizing beauty of nature.



**W**e came back to our resort to have our lunch (the food was mouth watering by the way; we never expected they would provide wide variety meals). Next destination was swimming pool. Regardless the fact that a lot many of us didn't know how to swim, we were still inside the pool trying not to drown; thanks to the safety jacket. After an hour or so (we didn't keep the track of time, who does?) we left the pool and came back to the resort to have fun. The rain dancing was much fun, which was arranged by the resort people. Later on we freshened up; after our tiring yet heavenly adventure. We had our lunch and as promised later, we even got to ride bicycles! Eventually a bicycle race was started and we had a lot of good time.



At night we had campfire, were all of us gathered around the fire, dancing and singing. Spirals of smoke were rising above the trees from the campfire, and I swear it was heavenly! We stayed until the campfire had burned so low that the spot was almost in total darkness. The night later was spent in the tents which was rather cozy. My 5 friends and I shared the same tent and slept like a log even though we thought of staying awake.



The next day we had to bid goodbye to Dandeli; we still wanted stay and enjoy the surrounding beauty of the resort but had to pack and leave for Gokarna.

The post meridian period was done in travelling all the way to Gokarna. Gokarna was famous for the beaches, we planned to explore 3 beaches as time permits, and the first beach 'Gokarna main beach' was a sight to behold. The 'Om beach' was rather stunning; we literally jumped into the waters and started playing. We had got sand between our toes and salt in our hair and spent all evening hopping in waves. At the beach, life is different. Time doesn't move hour to hour but mood to moment. We live by the currents, plan by the tides and follow the sun. The sun set followed by was the much awaited moment. I had seen sunsets previously, but this was something exceptional. At sunset the sky turned red and orange and the sun slowly disappearing into the sea. The ocean water was mirroring the colors of the sky. Such a magnificent view. At that moment everything around me was peaceful, and joy in looking and comprehending is nature's beautiful gift.



Later on we trekked to 'Kudle beach', the boys and some of the girls started to play football, which was rather quite interesting! Later on we head our way back to our bus, more precisely had to find way back as the roads were all confusing.

The dinner was special indeed. The organizers made it a candle light dinner which was quite remarkable.

We were all quite happy and sad at the same time. It was a moment, were our trip had come to a conclusion. It was such a brief but successful outing, which we all enjoyed. Our college mates, on the entire journey were amazing and hilarious at every point.

We sincerely thank our Principal Kavitha Raja madam, without whose consent this journey would have ever happened. We also thank our dear lecturers who supported us in this expedition. We thank our Council members and the guides who planned and executed this well organized trip.

We travel because we need to, since distance and difference are the secret tonic to creativity. When we get home, home is still same, but something In our mind has changed and that changes everything.

“Once you have traveled, the voyage never ends, but is played out over and over again in the quietest chambers. The mind can never break off from the journey.”



Aparna Sudheer  
3rd BPT



# TRAUMA



Nidhi Baliga  
2nd BPT

**T**hat's the thing about trauma, there's no timestamp on it. There's no specific way on how to deal with it. No matter how tough you are, trauma always leaves a scar. It follows us throughout our life. It messes everybody up. Even the strongest of the strongest people. But maybe, that's the point, all the pain and fear is what keeps us moving forward. It's what pushes us the most. After each trauma we rise stronger than before.

And then there's an end to every storm. Once the pain has been uprooted, once the fear is ripped apart. The sky becomes clear and blue. But only then once the storm has passed do we realise that we were strong enough to survive it.

No matter how dark it gets, the sun will rise again. No matter how exhausting it is, you will eventually realise that you are stronger....

Love and hugs to everyone who are battling their trauma and healing. Healing may be difficult and tiring but in the end it's worth it.

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I don't know where people get this notion from that mental illness defines a person. That's hogwash.

Mental illness is an illness just like any other physical illness, it does not define someone! Stop blaming the person for going through it. You don't know what he/she may already be feeling. If you can't help a person then atleast don't discourage a person from seeking the help they NEED.

Stop telling a person to just "get over it"  
They are trying more than you know.

It's not a choice, nobody chooses to be depressed, nobody chooses to get Alzheimer's, nobody chooses to become a schizophrenic, nobody chooses to have personality disorders. It just happens.

The worse part is it takes so much time to get diagnosed and even worse is the road to recovery.

You have no idea what they go through until you go through it. So NO. You don't get to judge them or anyone as a matter of fact. If you cannot say a word or two about encouragement, it's okay, let it be. But don't say anything negative, you never know how it affects them and how it may trigger them.

Mental illness is not someone's character certificate.

Mental illness is an illness just like any other physical illness.



# Is it Failure



**Nidhi Baliga**  
2nd BPT

# The Song of

# Silence

I sing my song  
The song of silence  
Poured out deep from my heart  
I sing my song  
For someone to hear

I'm trying to scream out  
But no words come out  
No sound comes out  
My throat is parched  
But wait! I have a lot to say

Alas! I break free  
Finally!  
I stop, look around I'm speechless  
Then i see him  
Standing right there. So cool. So relaxed

I try to speak  
But no words come out  
My song's playing in my head  
The bitter truth still lies within me  
Can someone hear me out?

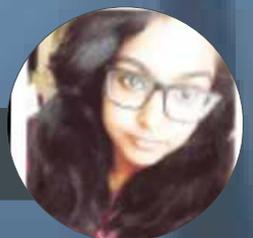
Everyone's asking. How are you?  
I'm fine. I lie  
Cause no one's there to hear me out!  
I just sadly sing my song to myself  
Cause its things, you, don't want to hear  
From my mouth

I'm broken, hurt and crushed in spirit  
But No! I'm just going to stand strong  
Hold my face high  
And Walk right down with that attitude  
Just,don't let those drops down!

I'm waiting for Justice  
Not just for me but for all who are like me  
I'm not going to hate them  
I'm just going to kill them all  
With LOVE!

This is my song of silence  
The voice of a girl  
Abused and Assaulted for no reason!  
But trying to find justice  
And to be a strong survivor!

Dona Cherian  
2nd BPT





# Is it the **Beginning** of a New Era In **Education?**

“It seems like someone wished really hard for last Christmas to Santa, to put an end of Waking up early in the morning and going to school everyday! “

Well it seems like the pandemic season of 2020 has brought in a default mode into the lives of the students. According to the reports Education has been affected all over the world. The really question is “is india ready for such a massive yet progressive change in the lives of the students? “

It's the Fourth phase of lockdown in our country, with the ongoing debates on how to conduct the Board Exams, University Exams. Etc. Amidst this gloomy uncertainty about the future, thanks to the various online platforms and online apps, teachers can finish their portions on time!

The trend of E-learning had been develop in in our country since 2006, but will it be substantial enough to win our hearts over the pre-existing lifelong tradition of the Blackboard and Chalk method of passing knowledge! According to online resources, India will experience a digital revolution by 500million users on internet! So now we can proudly say that we are growing and keeping up with the advancements in technology! Students don't need to wake up early in the morning and worry about getting ready in their uniforms and running behind the bus everyday or worry about not submitting and getting their records signed on time!

Education by online classes is really an effective method of teaching as the teachers can take classes are their convince and students can have their popcorn while attending the online classes! The concepts can be better understood by asking the Students to do assignments by researching and reading on articles related to their subjects and thus play a role in developing research skills and in turn the knowledge among the students. Thanks to the technological advancement we have all the knowledge we need at the tips of our hand which is just one text away in the search engine.

The thriving spirit to excel in the education frontiers despite the Pandemic shows how much our Country gives importance and attention on the aspect of educating the children and preparing them for Tomorrow as , we are 'Learner's Today and Leaders tomorrow! ' and children's hold the future of our country in their hands!

Yet again how good are we at developing the e-learning, such that it's available not only in the urban but the rural part of our country? There are students that hail from the backward communities who don't even get proper electricity and data service which is again annexed by the heavy rainfalls in certain states of the country. There is a raising problem of not having the required gadgets or devices to access the e-learning options due to being stuck in the viscous cycle of poverty! So then what's remedy for these students?

The cons of e-learning is being added, as the students tend to follow the sedentary default pattern of living., with less outdoor sports and activities which is highly being replaced by the online games, even making our board games and card games available online! So is India going to face an increase in the number of cases of health related problems like obesity, diabetes. Etc. among the youngsters!

Another aspect of concern is, if out textbooks are all going to be replaced by online PDF's! Good thing we are saving the trees but what about the power of the eye sight of the children? How long will the students have to strain their eyes by sitting for long hours on their gadgets and device!

Will Meeting new people and interacting face-to-face with teachers and students, going to be replaced by having virtual interaction? Due to the technological advancement, humans are being more like Roberts by being attached to their devices while jiggl



Dona Cheriaan  
2nd BPT

# പ്രകൃതി

ഇങ്ങ് നോക്കുക മനുഷ്യരെ നിൻ അഹങ്കാരം  
നിർവീര്യമാക്കാൻ പോകുന്നു പ്രകൃതി താൻ  
കോപത്താൽ നിൻ മൃത്യു വന്നിരിക്കുന്നു  
മനുഷ്യൻ താൻ ആഗ്രഹങ്ങൾ ആൽ  
നിർവീര്യമാക്കിയ പ്രകൃതി ഗാഢീര്യം നിൻ അന്ത്യ  
മൊഴികളാൽ കാതിൽ മുഴങ്ങുന്നു

മഴയിൽ തൻ രക്ത ഗന്ധത്താൽ നിറയും കാലം  
വന്നിരിക്കുന്നു  
ഓർക്കുക മനുഷ്യരെ പാപ ഫലങ്ങൾ  
എത്രത്തോളമെന്ന് നിൻ അന്ത്യ  
കാലങ്ങൾ വന്നിരിക്കുന്നു ഇനിയെങ്കിലും  
നിൻ ദുര ആഗ്രഹങ്ങൾ തീർക്കുവാൻ ആയില്ലേ

Helen John  
3rd BPT



# ಕೋರಿಕೆ

ಹೇ ಮಾನವ,

ಎಷ್ಟು ಕ್ರೂರಿ ನೀನು,

ತಪ್ಪು ಮಾಡುತ್ತಿರುವೆ ನೀನು ನಿನ್ನ ತಪ್ಪು ತಿದ್ದಲು ಮೂಕ ನಾಗಿರುವೆ ನಾನು.

ಜಗತ್ತಿನಲ್ಲಿ ನೀನು ಖುಷಿಯಾಗಿರಬೇಕೆಂಬುದು ಧರ್ಮ, ನಾನೊಪ್ಪುವೆ

ಅದೇ ಜಗತ್ತಿನಲ್ಲಿ ನೀನೊಬ್ಬನೇ ಖುಷಿಯಾಗಿರಬೇಕೆಂಬುದು ಯಾವ ಧರ್ಮವಯ್ಯ

ನಂಜಿಕೆ ಎಂಬುದಕ್ಕೆ ನೀ ಅರ್ಹವೆಂದು ನಾ ತಿಳಿದಿದ್ದೆ

ಆದರೆ ನಿನ್ನ ನಂಬುವುದು ತಪ್ಪೆಂದು ತಿಳಿದಿರಲಿಲ್ಲ.

ಈಗ ತಿಳಿದಿದ್ದರೂ ನನ್ನವರಿಗೆ ತಿಳಿಸಲು ನಾನೇ ಉಳಿದಿಲ್ಲ

ಜಗತ್ತಿನಲ್ಲಿ ನೀನೆ ಖುಷಿಯಾದೆ ಎಂಬುದಕ್ಕೆ ಎರಡು ಮಾತಿಲ್ಲ

ಆದರೆ ಕ್ಷೀಣ ಜೀವಿಯಾದ ನನ್ನದೊಂದು ಪುಟ್ಟ ಕೋರಿಕೆ ತಪ್ಪು ತಿಳಿಯಬೇಡ

ನೀನು ನಮ್ಮನ್ನು ದುಂದುವೆಚ್ಚ ಮಾಡಿ ಸಂರಕ್ಷಿಸಲೇಬೇಕಾದ ಅಗತ್ಯವಿಲ್ಲ

ನಮ್ಮ ತಂಟೆಗೆ ಬರದಿದ್ದರೆ ಹಾಕು ಮಾನವ ನಮಗಿನ್ಯಾರ ಭಯವಿಲ್ಲ

ಹೇ ಮಾನವ ತಲುಪಿತೆ ನನ್ನೀ ಕೂಗು. ....

Yashwant C Yaligar  
1st BPT



# A Simple smile

YES! Smiling is simple but there is a magic in your smile which can make wonders. Humans are facing trouble because they don't know the value of a simple smile. And I am going to reveal some secrets of smiling. One thing, if you are a person with good smiling face then you are blessed. Mainly, smile is contagious. "If you smile, the world smiles back at you and it helps in relieving your stress ensures that you are positive and makes you to look confident. It is like a sword to elevate our mood and aids to stay ourselves successful and productive.

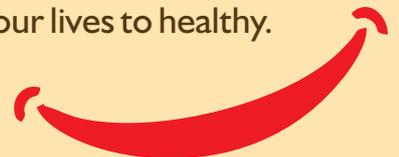


Have you people not observed that, when you smile you will be having much better time then when you are not? Ya, definitely smiling makes you feel better. Many of you may not be knowing that smile makes you look younger by releasing endorphins, serotonin, dopamine which are the neurotransmitters and makes your brain feel revealed. "Nothing you wear is more important than your smile". So, you people will look attractive, approachable, trustworthy, compatible enough. And also endorphin acts as a natural pain killer which helps in pain reduction which is so amazing.



Astonishingly, knowingly or unknowingly smile acts as a key element for establishing good and healthy relationships and to maintain that too. Moreover human kind may not know that smile boosts our immune system and adds extra lives. Damn!!it has so many surprising benefits which is of no cost and so, why cant we all not try to smile broad and get a free therapy which under our nose and make our lives to healthy.

Nisarga C S  
3rd BPT



# Time Reveals

Once she lived dreaming a peachy life  
In a beautiful world full of love.  
As tender as a petal of rose she was,  
As innocent as a baby's smile she was...  
Love was all she wanted  
And to love was all she knew.  
The sudden transitions had always been arduous  
But she knew that this too shall pass.  
Her heart chose people..  
Her heart loved people..  
But as time revealed...  
The heartless, the ruthless, the vengeful she saw,  
Betrayed and hurt by words she was.  
But all she wanted was love,  
And love was what she held on.  
Tears held back hurting like stabbed knives,  
Unable to bear seeing herself bleed.  
Struggling alone to build back  
The broken pieces falling apart..  
But now, time reveals  
That love could no longer heal  
The scars that were deeper, the scars still raw.  
Looking back she realized  
She was no longer herself  
And that all she had gone through  
Has made her a beast.



Susan Joji Zachariah  
4th BPT

## 1<sup>st</sup> BPT

New entry  
Innocent faces  
Respecting professors and seniors  
Student introduction  
Getting ragged  
Confused minds

## 2<sup>nd</sup> BPT

Forming gangs  
Mocking in middle of classes  
Group studies  
Waiting to bunk classes  
Assignments overload  
Suspensions from library

## 3<sup>rd</sup> BPT

Outing with friends  
Show off among juniors  
Often in a brown study in class hours  
Library hours  
Getting chastised in postings  
Discussions in common room

## 4<sup>th</sup> BPT

Coursing for internal marks  
Climate of the career  
Orchestrate of future  
Making best out of time with friends  
The time ends with a fortissimo coda  
Project completions

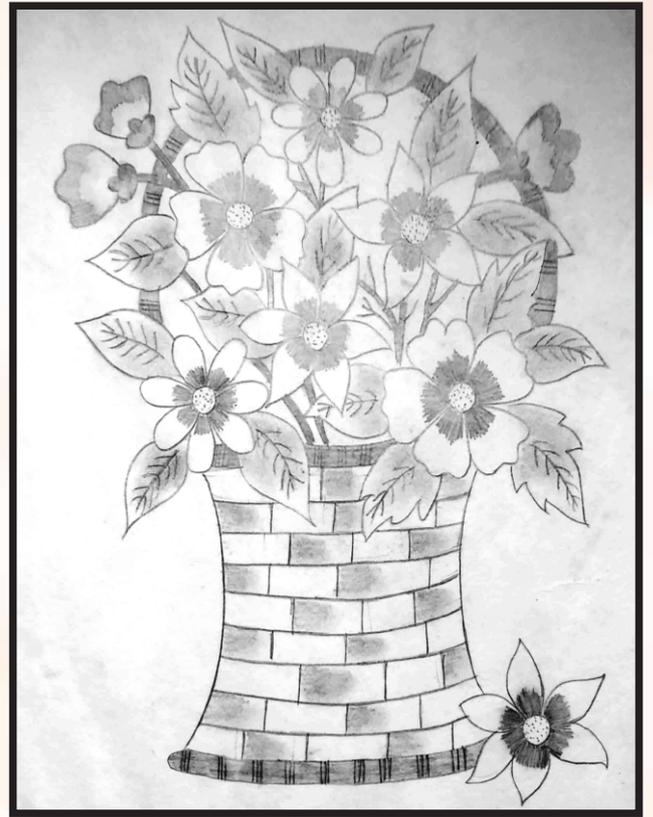


Ruchitha Rao  
2nd BPT





**Divya Jyothi**  
2nd BPT



**Mansi Chaudhary**  
2nd BPT



There's beauty in every small things! ✨



Colours are the Smiles of the Nature 🌿



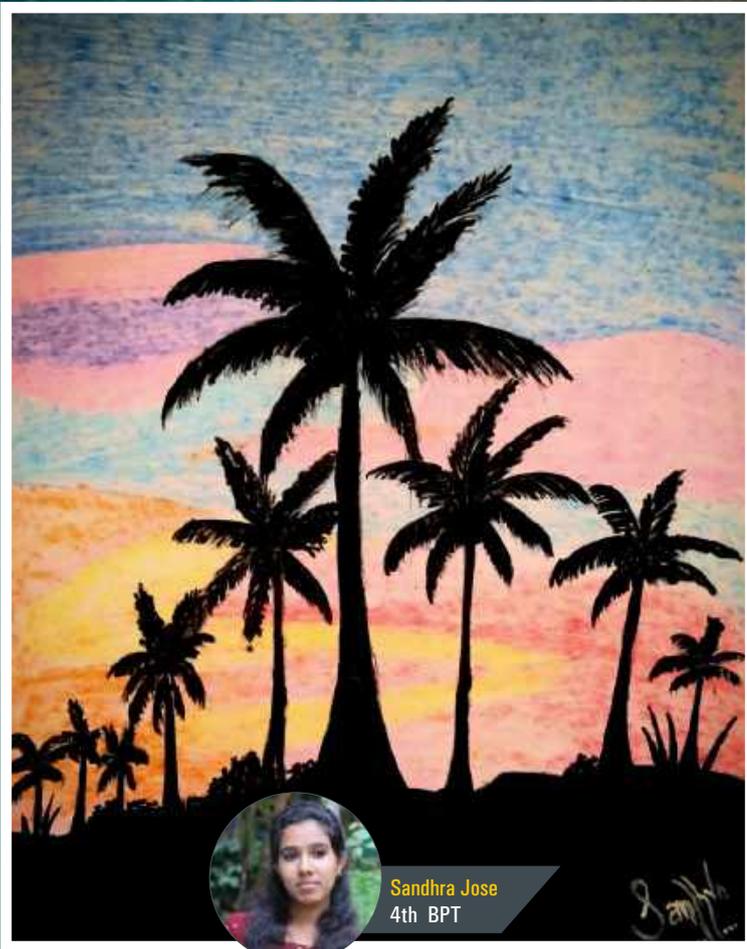
HANDMADE THINGS HOLD CERTAIN BEAUTY 😊



"Life doesn't Come With A Manual.  
It Comes With Mother!" ❤️

Dona Cherian  
2nd BPT

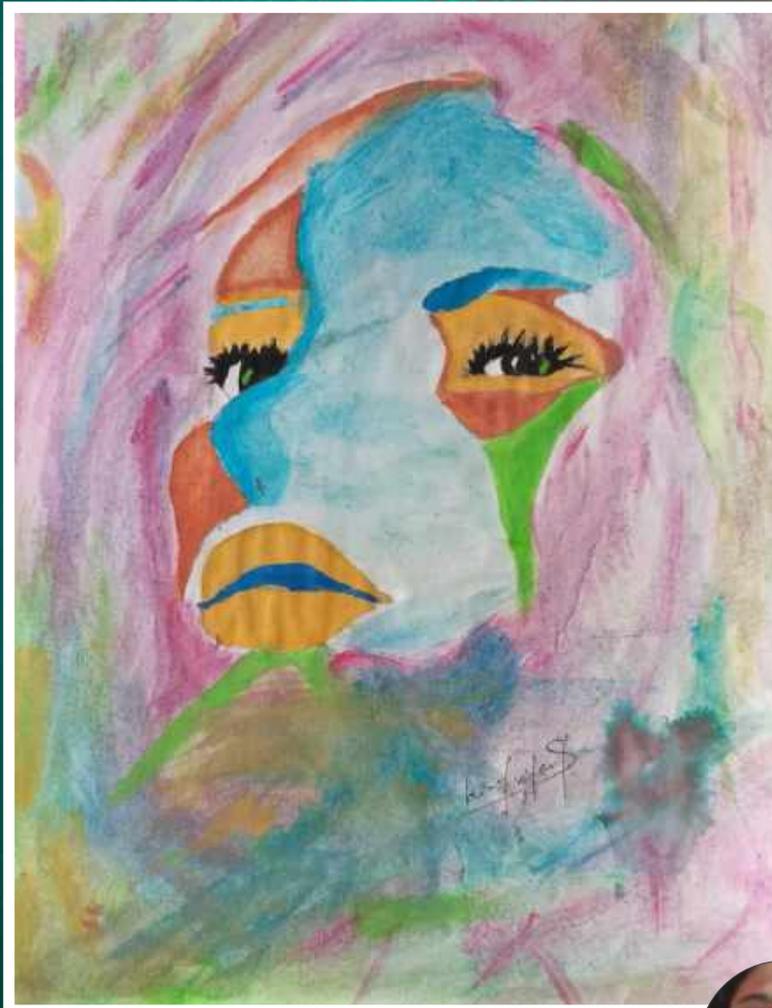




Sandhra Jose  
4th BPT

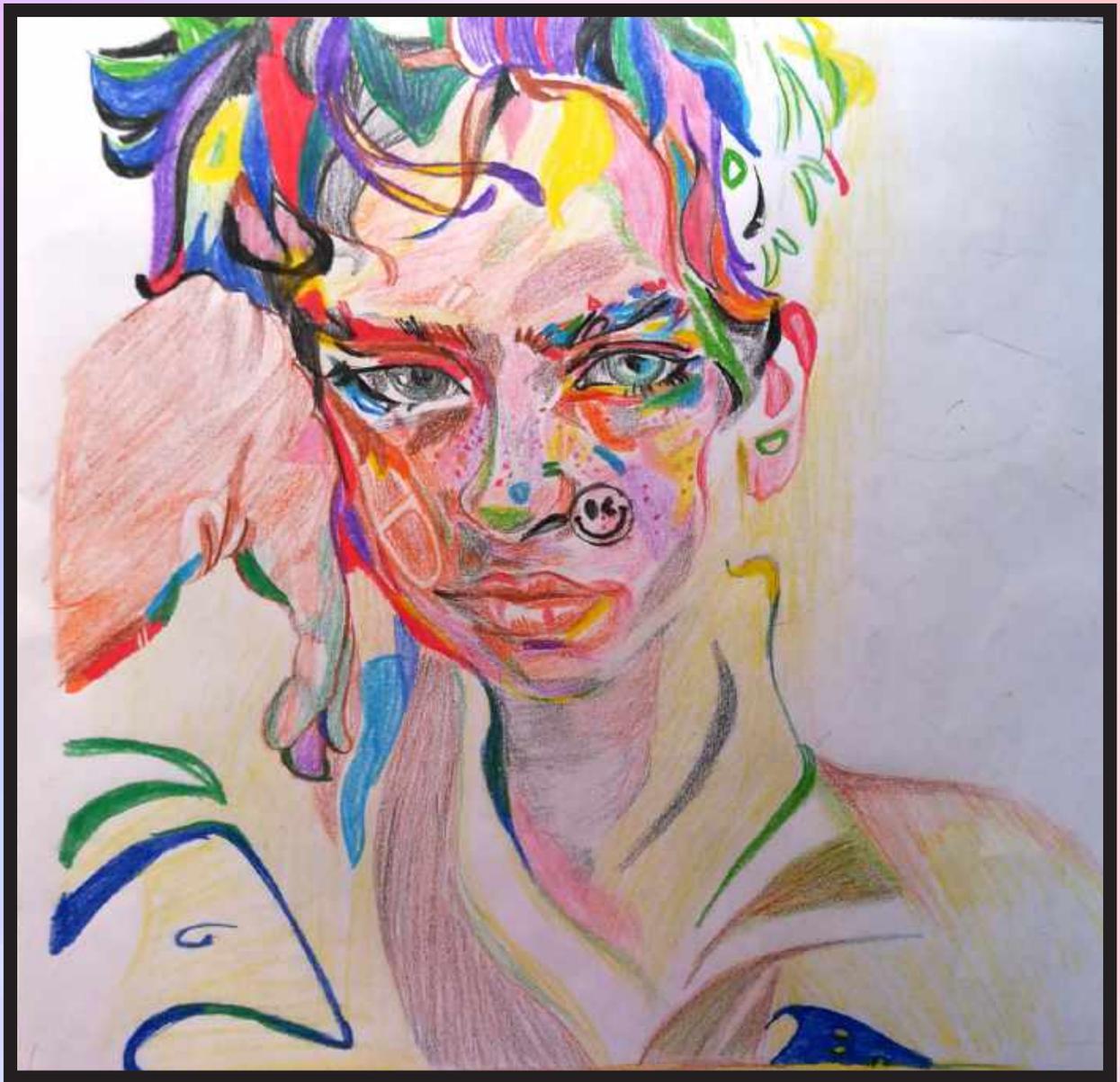


Rini Cheriyan  
4th BPT



Shiny Vijay  
2nd BPT



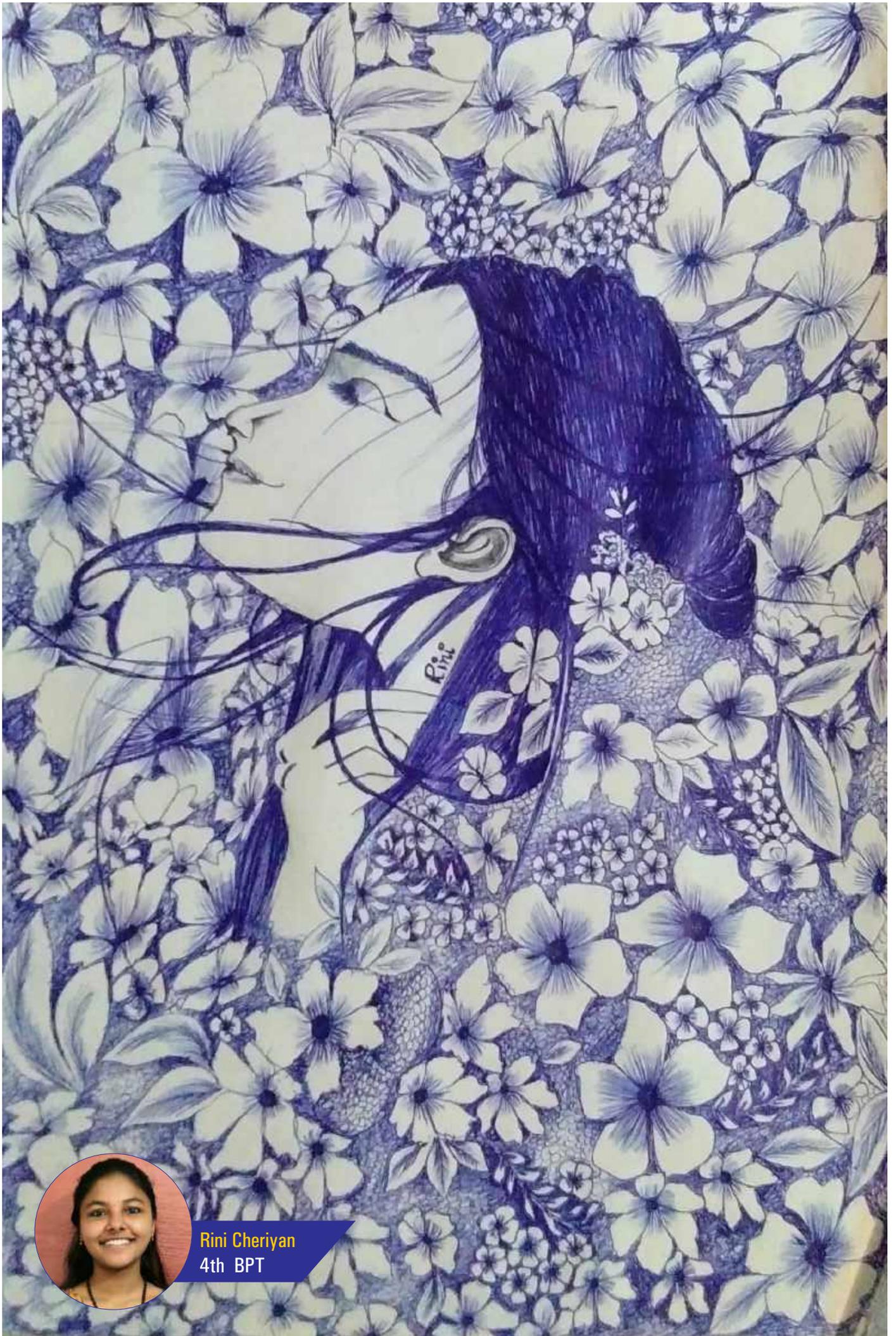


Susan Joji Zachariah  
4th BPT



Sahana D  
2nd BPT





Rini Cheriyan  
4th BPT



**Syeda Seher**  
3rd BPT



**Dona Dominic**  
4th BPT



**Teslin Maria Saju**  
4th BPT





**Belle Sharvani**  
Lecturer



**Ruqiyah Samreen**  
2nd BPT

# STAFF AMUSEMENT



# ACADEMIC ACHIEVERS

FIRST YEAR

Anusha A Bhat  
Overall Topper



Tanu K M  
Biomechanics Topper



Aavani Saiy Shyam  
Biomechanics Topper



Vinod Kumar Servi  
Physiology Topper



Ruqiya Samreen Khazi  
Anatomy topper



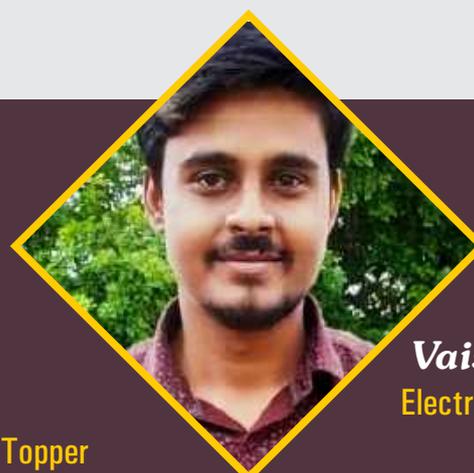
Parinitha Anand Kusnur  
Sociology &  
Psychology Topper



Anitha B  
Biochemistry Topper



Ananya B S  
Overall Topper  
Exercise Therapy  
Microbiology & Pharmacology Topper



Vaishakh S M  
Electrotherapy Topper

SECOND YEAR

# THIRD YEAR

**Dona Dominic**  
Musculoskeletal  
& Sports Physiotherapy  
Topper



**Sandhra Jose**  
Overall topper  
Orthopaedics & Traumatology  
General Medicine  
General Surgery Topper



**Rini Cherian**  
Orthopaedics  
& Traumatology Topper



**Nethra D**  
Cardio-Respiratory  
& General Physiotherapy Topper



**Sanjana S**  
Musculoskeletal  
& Sports Physiotherapy  
Topper



**Syeda Rakshan**  
Overall Topper  
Neuro Physiotherapy  
Neurology  
& Neuro Surgery



**Rachel**  
Rosita Research &  
Bio Statics Topper



**Ridhi Rohith**  
Community Based Rehabilitation  
Topper



**Shalu Baby**  
Research & Bio Statics  
Topper



**Shithya K R**  
Community Medicine Topper



# FOURTH YEAR

# MPT ACADEMIC ACHIEVERS



● ***Nischitha R Rao***

PAPER-I

Principles of Physiotherapy Practice,  
Research methodology & Biostatistics,  
Exercise Physiology, Electrophysiology &  
PAPER -III (Physiotherapeutics) Topper



● ***Eluri Mani Sandhya Devi***

PAPER -II

(Physical and functional diagnosis)  
Community Physiotherapy TOPPER



● ***Kavadi Naresh***

Neurological and  
Psychosomatic Disorders Topper



● ***Mukunda***

Musculoskeletal Disorders and  
Sports Topper

TOPPERS



**JSS COLLEGE OF PHYSIOTHERAPY,  
MYSURU**  
WELFARE FOUNDATION, PUNE

**Lab Expo 2020**  
EXPLORE YOUR ACCESSIBILITY



DATE & TIMING : FRIDAY, 7, 2020; 4 - 6PM  
VENUE: LAB, JSS COLLEGE OF PHYSIOTHERAPY

**Showcasing College Resources**

**LEARN RESEARCH**

Student Council, JSSCPT  
JSSCPT Address: Mysuru  
CONTACT: 08210800000, 08210800001  
@jssmysuru



**JSSCPT, MYSURU**

Wheelchair... merely a chair with wheels?



**WHEELCHAIR WORKSHOP**  
A Student Council Initiative

We Discuss on

1. Components of Wheelchair
2. Types, Assessment and accessories
3. Barriers in practice
4. Types of Strokes
5. Energy Expenditure & Wheelchair
6. Wheelchair dependency in elderly person
7. Importance of safe falling in paraplegic patients
8. WHO Guidelines

VENUE: JSSCPT LECTURE HALL 2  
# JSS PMRC  
DATE & TIME: FEB 20, 2020 - 10AM  
FEB 23, 2020 - 9AM

MORE INFO:  
@studentcouncil\_jsscp100@gmail.com  
@academicevents\_jsscp100@gmail.com  
@jss\_mysuru





# Advocating Inclusion

# International Day of People with Disability





# Sports Achievers



## RGUHS Representatives

**Harshith**  
3rd Yr. BPT  
Cricket & Kabbaddi

**Sumukh**  
2nd Yr. BPT  
Cricket



## RGUHS State Level Athletic Meet

**Ashik John**



100 Mtr & Long Jump

**Fazal Gafoor**



1500 Mtrs

**Yogesh K P**



Shot-put & Discus Throw

**Vikaas M**



100 Mtr & Long Jump

**K Vishal Bharath**



Shot-put & Discus Throw



**Muhammed Ajmal**  
800 Mtr (RGUHS)

**Muhammed Ajmal**



800 Mtr

## Suttur Sports Champions



**Muhammed Ajmal & Ananya Bunglae**

## College Sports Champions

**C Naveen Kumar  
& Nisarga C S**



**Mahendra C**  
Physical Education Instructor

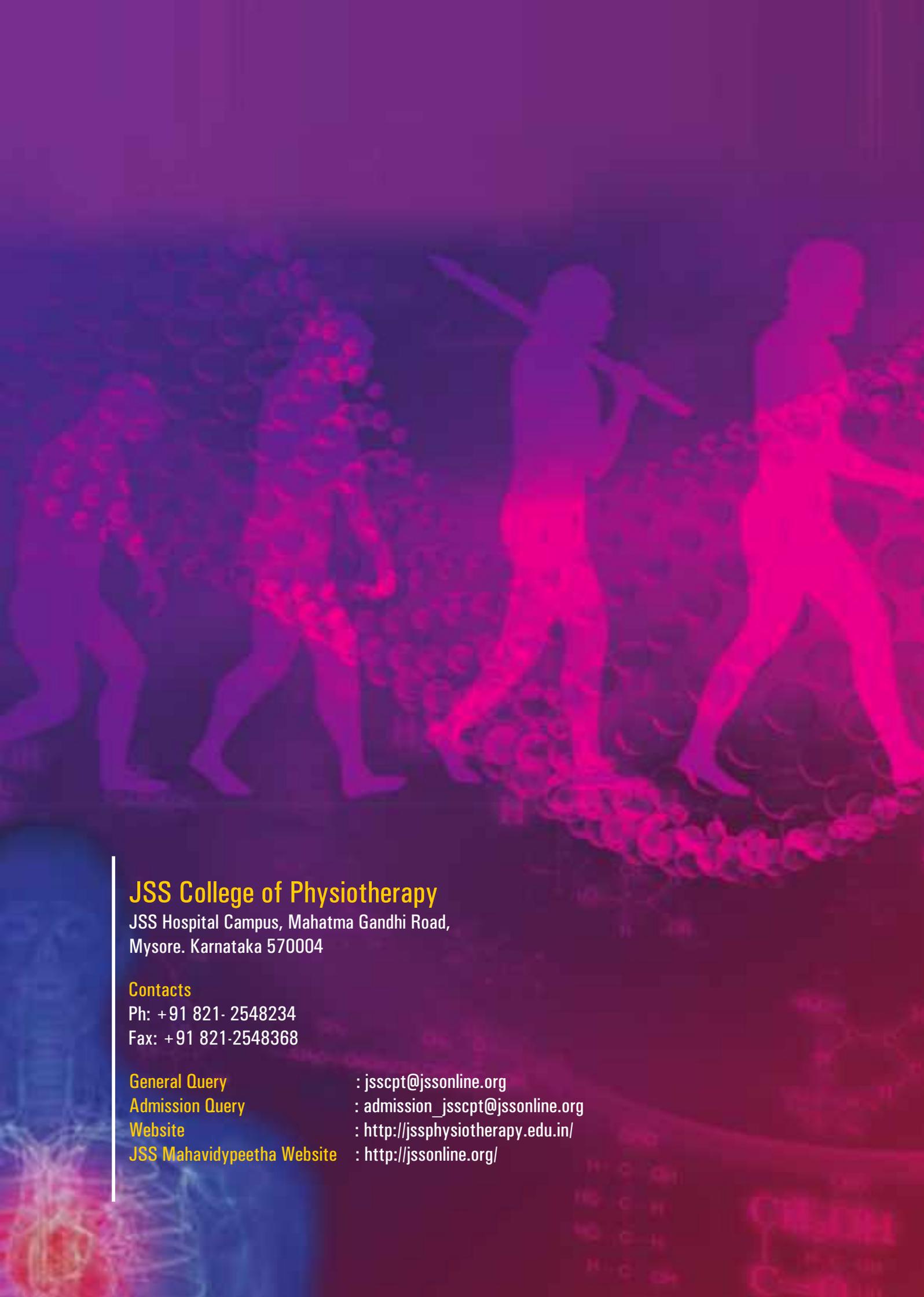


Indian pharmacy Association throwball Competition winner



# Cultural Celebrations





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JSS Hospital Campus, Mahatma Gandhi Road,  
Mysore. Karnataka 570004

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**Admission Query**

: [admission\\_jsscpt@jssonline.org](mailto:admission_jsscpt@jssonline.org)

**Website**

: <http://jssphysiotherapy.edu.in/>

**JSS Mahavidyeetha Website**

: <http://jssonline.org/>