JSS MAHAVIDYAPEETHA

JSS COLLEGE OF PHYSIOTHERAPY MYSORE

OJAS- JOURNEY OF 20 YEARS

His Holiness
Jagadguru : Dr. Sri Shivarathri Rajendra Mahaswamiji
Founder President, JSS Mahavidyapeetha, Mysuru

MESSAGES FROM DIGNITARIES

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||Sri Shivarathreeshwaraya Namaha||
Jagadguru Sri Shivarathri Deshikendra Mahaswamigalu
Jagadguru Sri Veerasimhasana Math, Suttur Srikshethra-571 159
Sri Suttur Math (Mysuru Branch), Mysuru 570 025

30.4.2019

Message

We are happy that the JSS College of Physiotherapy, Mysuru, is bringing a Souvenir called OJAS, on its completing twenty years of fruitful existence.

Physiotherapy is a new branch of physical medicine and rehabilitation speciality that rejuvenates the impairments and promotes mobility, function and quality of life through proper diagnosis and physical intervention. Physiotherapists evaluate the functional capabilities and potentials of clients, some with correctable problems and some with permanent changes. They strive to help the clients to maximize their potentials, thereby preventing the recurrence/deterioration of the disease. As a profession, it plays an important role in assisting other branches of medical profession such as Neurology, Cardiothoracic, Obstetrics & Gynaecology. Physiotherapy is far more than just managing orthopaedic and sports injuries.

The institution has been doing yeoman service, keeping in view its laudable mission over the last 20 years. Its students have spread over globally, mitigating the pain and misery of the patients. It is certain that this new branch of medicine will go a long way to help people at large. Physiotherapists are in great demand in the job market as well.

On the threshold of this special celebration, the college is right in planning to bring out a Souvenir.

We wish the Souvenir would contain valuable articles about the system and also the institution.

Good Luck.

Jagadguru Sri Shivarathri Deshikendra Mahaswamiji

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25.4.2019

Mahesh R
Director
Medical Education Division

MESSAGE

I am delighted to write this message for the "OJAS" Souvenir being published by JSS College of Physiotherapy on the occasion of 6th Graduation Day. The institution is celebrating its Bi-Decennial year at this time and Alumnis' meeting is also organised. I wish the Souvenir and the institute a huge success.

It is our pleasure that JSS College of Physiotherapy is dedicated to giving the quality and dignified education of UG and PG levels. I am happy to state that students graduated from this institution are working in India and other countries have brought name and fame for the institution.

I congratulate and wish the Principal, faculty, staff and students for bringing out this Souvenir. I hope this edition of the college magazine would be meaningful and memorable.

Mahesh R

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Rajiv Gandhi University of Health Sciences, Karnataka, Bengaluru

Dr. S. Sacchidanand
MD, DVD, DHA, FRCP (Glasgow)
VICE-CHANCELLOR

No. PS/ / 2019-20

Date: 01.04.2019

Message

I am happy to learn that the JSS College of Physiotherapy, Mysuru is celebrating its Decennial of founding this year. The institute was established by the blessings of the present pontiff, His Holiness Jagadguru Sri Shivarathreeshwara Deshikendra Mahaswamiji with an intension of creating competent Physiotherapists with contemporary knowledge & innovative skills who can promote rehabilitation, health & fitness. The journey of this institution thus far has been studded with academic distinctions marked by both its faculty and students.

As part of the Decennial Celebrations, the college will be releasing a Souvenir, which will highlight development of the institution regarding infrastructure, academic achievements from the year of establishment till date.

I complement all those who have been responsible for this successful nurturing of the JSS College of Physiotherapy, Mysuru – the management, teachers, alumni and students. I wish a bright future for this institution.

Dr. S. Sacchidanand
Vice Chancellor

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Rajiv Gandhi University of Health Sciences, Karnataka, Bengaluru

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ಕುಲಸಚಿವರು
Shivanand Kapashi IAS
Registrar

25.04.2019

MESSAGE

It gives me immense pleasure to know that the JSS College of Physiotherapy, Mysuru is celebrating its twentieth anniversary of existence and service to society. Established in the year 1999, with the purpose of providing quality education and services in Physiotherapy, this institute has fulfilled the aspirations of its founding fathers.

I understand that the institute has consistently provided opportunities for learning and empowerment in the Physiotherapy area, which will be highlighted in the Souvenir that will be released to commemorate the occasion.

My sincere salutations to all those – the management, faculty, alumni and present batches of students – who have strived to achieve the commendable standing in the society for the institutions, and hope that the same passion will continue in future also.

SHIVANAND KAPASHI IAS
REGISTRAR

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Dr. B. Suresh
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JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
(DEEMED TO BE UNIVERSITY) MYSURU

April 15, 2019

MESSAGE

It is indeed a matter of pleasure that JSS College of Physiotherapy, Ramanuja Road, has completed 19 years of yomen service and to commemorate the same a souvenir 'OJAS' is being released on the occasion.

I am glad that the institution is committed to provide quality education, both at the UG and PG levels and maintaining the global standards and human values. I take this opportunity to congratulate the Management, Principal, Faculty, staff and students for bringing out the 'OJAS' souvenir and convey my good wishes and hope that this issue would be meaningful, enjoyable and memorable.

With best wishes.

Dr. B Suresh
Vice Chancellor

GREETINGS FROM JSS ACADEMY OF HIGHER EDUCATION & RESEARCH!!

I am happy to note that JSS College of Physiotherapy is bringing out the Souvenir 'OJAS'. JSS College of Physiotherapy has come a long way in the twenty years since its establishment. Having seen the growth of the Institution from its inception, I feel proud to have seen the tremendous advances it has made. Physiotherapy as a science is much sought after in the field of medicine and the role of the Physiotherapist in rehabilitation complements the different fields of medicine like Orthopaedics, Neurology, Cardiothoracic, Paediatrics, Geriatrics etc. The involvement of the Physiotherapist in the field of Sports Medicine is a boon to the professional Sportsmen. Many a time the Patient has benefited from the Physiotherapist including avoiding surgery. I wish the Institution all success in its future endeavours.

Dr Kushalappa, P A
Director- Academics,
JSS Academy of Higher Education & Research,
Mysore.

Dr. H. Basavanagowdappa
Dean - Faculty of Medicine & Principal
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JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
(DEEMED TO BE UNIVERSITY) MYSURU

MESSAGE

It gives me Immense pleasure to note that, JSS College of Physiotherapy is celebrating 20 years of fruitful service to the mankind, Graduation day, Alumni Meet & College Day on 4th May 2019.

Since its establishment in 1999, JSS College of Physiotherapy has come a long way to become one of the leading education institute in Karnataka and has made a mark in the country. I Congratulate the faculty and the supporting staff for their dedicated work of the last 20 years in achieving remarkable success and let's not forget to Thank administrative authorities of JSS Mahavidyapeetha for an unrestricted support to the institute.

Physiotherapy incorporates rehabilitative medical practices focused on assisting patients improve, recover or maintain their physical abilities. It involves the evaluation, diagnosis and treatment of many diseases, disabilities and disorders using physical means.

I am happy to note that, College is bringing out a Souvenir with the title **"OJAS"** to commemorate this auspicious occasion.

Every student of the College will have some hidden potential to express his/her inner feelings and talent and every faculty also has capabilities to bring out his/her opinions and put them in words which could help in communication to the students and fellow colleagues about important aspects of the Institution and profession. The magazine can be Source of inspiration and platform for expression of their literary talent of the students and faculty. These communication skills and articles will act as springs for nurturing the talents and future literary growth of the individuals.

I wish the magazine editorial committee a grand success in their efforts of bringing out a wonderful monumental illustrative publication the **"OJAS".**

Dr. H. Basavanagowdappa
Principal
JSS Medical College
Mysore

JSS HOSPITAL
IN SERVICE TO LIFE

Dr.M.Guruswamy, MBBS, DLO, MS
Medical Superintendent
JSS Hospital, Mysuru

MESSAGE

The JSS College of Physiotherapy established in the year 1999, has consistently produced quality Physiotherapists with contemporary knowledge and innovative skills which has promoted rehabilitation, health and fitness for the past 20 years. It is matter of great pride and pleasure that for the College of Physiotherapy this year being the vicennial celebration and is publishing the souvenir "OJAS".

In these two decades the college has achieved professional competence, social engagements and encouraged as well as promoted research in the field of Physiotherapy. With these achievements year after year the Physiotherapy College is becoming more competent, empathetic and fruitful to the society. I hope that this current venture is equally successful in bringing out the souvenir "OJAS", the staffs and students of JSS College of Physiotherapy has done a commendable job.

I wish souvenir "OJAS" all success.

Dr.M.Guruswamy
Medical Superintendent
MEDICAL SUPERINTENDENT
J.S.S. Hospital, M.G. Road
MYSORE-570 004

MESSAGE

It gives me immense pleasure to know that the JSS College of Physiotherapy has completed 20 years and bringing out a magazine to commemorate this occasion. I still remember the day when I proposed to the then director of JSS medical College and hospital, late Dr T.B Basavarajendra to start physiotherapy college in JSS hospital, Mysore and explained him the need to have a physiotherapy college so as to get good physiotherapy treatment to our patients apart from bringing out physiotherapy professionals. He immediately agreed and supported me in preparing the required infrastructure and man power to start the College. He helped in getting the approval from Rajiv Gandhi University of Health Sciences, Bangalore to start the College, under JSS medical College.

I am indebted to all the pre-clinical, para-clinical and clinical staffs of JSS medical College Mysore who wholeheartedly helped in the initial phases of the College for having taught our students without asking for any remuneration. It was the dedicated work of the JSS College of Physiotherapy staff including office staff which made the difference in getting the best physiotherapy professionals passing out from the College.

I am always humbled to Sri Sri Shivaratri Deshikendra Mahaswamiji and JSS Mahavidyapeetha for continuing to consider me during every development of the College. I am very happy for the JSS College of Physiotherapy to have reached the present glory of being one of the sort after college by students for physiotherapy for both undergraduate and postgraduate studies. It's good to know that research is also taken up with publications and few staff members are pursuing PhD which speaks of the proper direction given by the organisation and the management. I wish the celebrations a grand success and the institution to achieve many more laurels…..

Dr. Mruthyunjaya,
Professor and Head,
Department of Orthopaedics
JSS Medical College and Hospital, Mysore.

Message from the Department of Physiotherapy, JSS Hospital, Mysore

Greetings from the Department of Physiotherapy – JSS Hospital on this Bi Decennial celebration of JSS College of physiotherapy!!
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 department has grown stronger since years due to constant support by the staff and leaders; the support provided by the management and leaders is commendable.

The Physiotherapy department has 10 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 standardised patient care, patient care pathway and standard operating procedures under specific areas. We believe procedures are the key to quality service.

The department provides standardised assessment and structured physiotherapy management for all personnel visiting OPD and inpatient wards with timely, ethical and evidence based care. The department of physiotherapy is dedicated with the objective of helping people regain and achieve their complete natural potential following injury, pain, surgery, or any other interference with the activities of daily living (ADL). In addition, it also 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 45 patients at the OPD and 200 patients at the IPD are being treated at our well cared speciality departments.

Home care physiotherapy service has been launched this year, ethical and evidence based care at the door steps is provided by experienced staff. The department of physiotherapy extended its service to orthopaedics OPD and Dialysis this year, emphasizing that all patients are attended with appropriate exercises. There is one collaborative research grant received and is in progress. 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.

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

My Journey in JSSCPT

I started the journey as a physical therapist in this institution in 1998. Though the choice of the profession was passive in a way that it was made for me by my parents but rightfully so, the interest grew and became my passion for which I will be ever grateful to them.
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My appointment to JSS hospital is in itself an admirable and unforgettable event in my life. Since my parents' affinity towards JSS is immense I got an opportunity to meet Swamiji with regard to my appointment as a clinical therapist and the first thing I was told by his holiness was to self-access the need of my services in the hospital and decide by myself if there is one. Following the afore given instructions, I found and reported that the patient to therapist ratio was inadequate and for better delivery of physical therapy, services of more qualified physical therapists were indeed required and consequently within the next 3 days I got an appointment order as a 'lecturer' because there were some vague plans already in place of coming up with a college as well.

During the course of my work I was fortunate enough to be introduced to a very affable and uninhibited personality none other than Dr.Mruthyunjaya, orthopaedic surgeon at JSSH who was very solicitous towards starting a college for physical therapy.

Finally in 1999, the very next year of my appointment, with the guidance and counsel of the then director of JSSH, Dr.T.B Basuvarajendra JSS college of Physiotherapy was started with the inauguration of the same by his holiness Jagadguru Sri Shivratri Deshikendra Mahaswamiji.

The initial staff of the college when we started to work towards affiliation of the college with RGUHS was Dr.Mruthyunjaya as the principal, myself as a lecturer and Mrs. Suprabha the office staff.

The director form DME of MVP was very supportive and had given us a free hand to work on development of the infrastructure of the college in the available space. As the process towards development started to take shape Mr. Vijay Samual Raj, Mr. Pradeep Shankar and Mr. Prashanth were appointed as teaching staff and clinical therapists. After a couple of years we had our first MPT staff Mr. Sunish who was later appointed as the Principal of the college and along with him a few other staff were also recruited.
Our college until recently was the only college in Mysore. It was relatively easy for us to grow as a family because of good work ethics and harmony among the staff and the flame within to give our best to the institution. The staff were well recognized and supported for the work and hence we had the courage to further broaden our horizon towards community awareness of physical therapy which was much needed at the time both for the welfare of the community and the survival of the college.

Academically, the students had excellent guidance from the teaching faculty in the college and tremendous exposure to clinical practice in various departments of the hospital as well. In the year 2007, MPT was also introduced mostly because of the increasing demand for it by our students and the students of other colleges. Research and publications were made mandatory to gain credit points for increments in salary that led to many of the staff positively working towards research.

I can proudly say that JSSCPT has given to the society the most talented and hardworking physical therapists, researchers and most of all good human beings because we at JSSCPT till date not only work towards the students' academic excellence but also towards inculcating in them the best of human values. I am also proud of the fact that many of my students from the initial days of JSSCPT have served and are serving with me as faculty members.

Many of our students are internationally recognized and valued and I won't be wrong in saying that students like these, also have played a very important role in bringing to light the name of the college.
All in all, we worked as a small but tightly knit family.

There comes a phase in every institutional journey where there is a need for modernization and the undoubted requirement to match the current needs of the students and society and JSSCPT was no different.

As the saying goes 'Right person at the right time' our current principal, Dr. Kavita Raja was appointed in the year 2013 and since then the college has never looked back while on the path of progress and development with new ideas and a vision towards achieving the best.

Structured teaching and learning methods with all the bells and whistles of the modern day requirement are now in place including a dedicated cell for research with research analysts working for the college.

I congratulate each and every member of the staff, students and all the people who have worked hard right from the beginning till date on the occasion of the Bi-decennial year celebration of JSSCPT.

RENUKADEVI M
PROFESSOR
JSS COLLEGE OF PHYSIOTHERAPY MYSURU

HAPPY & LONG STAY IN JSSCPT MYSORE!!

Hunting for placement in a teaching hospital! Here was my first application for a job. When I had opportunities down the lane in Bangalore, I had a determination that I will stay in Mysore and get the best place to serve mankind. Lookout to JSS was firm, as I had only choice and intention to gain knowledge, explore and share through learning and teaching. The board room at present in PMR was the same place I gave my interview, which was then JSSMVP. By God's grace and in favour with man, I received my appointment order! I extend my gratitude to the Executive Secretary, late Mr. B. N. Betkerur, who instilled in my responsibility and encouraged me to continue at JSSCPT.

I started working in 1999, since inception with Renuka madam, alongside with office in getting things right from the RGUHS. Dr. Mruthyujaya was so much enthusiasm and service minded that he laid the steps stronger one by one and encouraged us to be alike to build up the college without self-expectations.

I still remember the college inauguration, which started with a classroom, the principal's chamber and, a small office. The college kicked off with a small family with Renuka madam, Pradeep sir, Mrs. Suprabha and Mr. Sabut were among the starters with the team lead by Dr. Mruthyujaya. Mr. Manas Kumar Dan and Mr. Sunish. A.V, joining the team added strength to the college. As a young aspirant looking at the first batch of students, joy-filled in me as I stood for my first class and at another side with little fear, slowly building my confidence. It was such an experiential stay under the leadership and guidance of Mr. Sunish, Principal who with an open mind and practical thoughts led the college to greater heights. I still remember and appreciate the encouragement given to me at every step by my colleagues, as we were 6 faculties then, added by Mr. Prashanth.

I am indeed, wholeheartedly thankful to all, without their support, I wouldn't have been here at JSSCPT. Many staff joined and left for their betterment, remembering all who had worked with me. Missing you all as a family of JSS, each and every moment you spent with me is unforgettable, you still stay in me by heart.

Flowers bloom and wither; trees grow green and turn bare, as it's understood through nature each and every day makes it stronger and brighter. My stay here in JSSCPT has plentiful of joys and sorrows; I am standing still with a cause of seeing a brighter tomorrow. Each day by God's grace and love in me adds up strength, through which I am able to sustain and deliver for a cause.

The college has seen the bloom with my dreams coming true, it is a great privilege to work under the guidance of Dr. Kavitha Raja, who had brought the insight of the physiotherapy profession truly lighting up through education, research and practice. I have understood that nothing is impossible; one will be able to reach the destiny with hard work and determination. I have explored many challenges, which has only steered to better understanding and success in my profession.

I am grateful to our principal, Dr. Kavitha Raja, who had inspired me by her leadership, in bringing the college to greater heights. Evidence-based practice, which was one of my aspirations in clinical practice, has taken shape now. Coping up with standards without compromise has led to the success of the institution.

It is boundless joy and blessing to be both a clinical physiotherapist and a teacher, treating patients and sharing knowledge since 1999. I strongly believe that Gods leading hands guides me through. At this year of Bi Decennial celebrations, remembering all my dear students from 1999 batch, without you, I stay null in my stay. Your encouragement and support have anchored me to JSSCPT. Thank you management for giving an opportunity serve.

I am wishing JSSCPT a bright future as it stays strong to reach the top in delivering quality education and being a role model to other institutes. I am proud to be a part of it. Thank you JSSCPT!!

Vijay Samuel Raj V
Assistant Professor,
JSSCPT, Mysore.

MY EXPERIENCES IN JSS CPT, MYSORE

It was in November 1999, that I graduated as a Physiotherapist and started hunting for a job; my classmate and close friend, Mr Pradeep Shankar gave me a call that time that there was a vacancy for teaching post in JSS College of Physiotherapy Mysore. I was reluctant to come down to Mysore that time as I was searching for a job in Bangalore, but after I came to give my CV, I was impressed to see the clinical exposure at JSS Hospital and decided to join as a teaching faculty in JSS CPT. Thus, my association with JSS CPT began in February 2000.

The college had just started in September 1999 and for a few months; I didn't get a chance to engage classes, and was happy to treat patients in the department and hospital. But the day came when the first class was allotted. I was a bit nervous as I am not a good speaker or a person who can do a good explanation, but the first class went off without major hiccups. Slowly, I started learning the skills of teaching and I became more and more confident in taking classes and explaining to students. With years of experience, I became good in teaching massage and electrotherapy to students. I am happy to say that some of the students still remember the classes I used to take since then!!
We were 6 teaching faculty then,- Mr Sunish was the In charge; my friend, Pradeep sir, was with me, Mr Manas, Renuka mam, Vijay sir- we were all like one family, under the guidance of Dr Mruthyunjaya, the founder principal. The first batch of BPT students were also new to JSS like us, so we were like friends outside the college but there was good discipline within the campus and working hours; and we all grew together in our career from here.
It took us nearly 14 years to get one campus, that too, within the hospital premises (!); it was only when the hospital moved to the new building in 2013 that the old hospital was modified and converted into colleges- one separate wing was given to JSSCPT. It was then that we had a new Principal, Dr Kavitha Raja, under whom the college has transformed into one of the sought after institutions of the country.

The very same year, I decided to join for MPT in JSS CPT as an in service candidate, opting for CBR as I had developed interest in community activities of the hospital and the college. The 2 years of PG under the guidance of Kavitha mam and Saumen sir changed my thinking and the role of PTs in the community; it opened up my mind into research- the result of which is the 2 publications I have. Also, my MPT batchmates – Aruna, Nagendrappa, Namitha, Neha and Lalchand (some of them our own UG students) – have given me good memories of student life after a gap of 13 years- thank you for that!!
I am proud to say that, with the constant support, rather, pushing (!) by Kavitha mam, we have explored our role in the department of Nephrology and are currently working on a grant from RGUHS. In the very same area, Vijay sir and I have been selected to present a poster in the Korean Society of Nephrology conference in May 2019.

Happy to state that the Alumnis of the college are working in renowned institutions worldwide and are well settled and established in their career.

Now, the college is celebrating its Bi Decennial year, and it is indeed a matter of pride to be working in this institution for nearly 20 years, and see the college grow leaps and bounds. There was appreciation about the working of Physiotherapy dept of the hospital from the NABH team inspectors, who came to accredit the hospital. We are also applying for NAAC accreditation, and hope to get a good initial grade.

Pranams and hats off to the Institution, and happy to be associated with it for so many years; may the institution be the NUMBER ONE when it comes to adhering to worldwide quality standards.

PRASHANTH V MANGALVEDHE
Lecturer, JSS CPT Mysore.

It gives me immense pleasure to be a part of such a special year where our college is celebrating the Bi Decennial.This is an opportunity I gladly take to reflect on my past with the college while celebrating it in the present and building new hopes for the future.

20 years ago when the college was established with the blessing of his holiness Sri Shivarathreeshwara Deshikendra Mahaswamiji with a promise of excellence and a committed intention of creating competent physical therapists, there were many people who strived hard to achieve the same among whom many are still a part of the college serving in various capacities through the journey.

I joined JSSCPT in the year 2003 when the first batch of BPT was still not graduated and sent off and consequently I am fortunate to have known my seniors right from the first batch of JSSCPT and also the staff who were the first pillars of this college.
As I recall our college when I was a student and when I now see this college when I am a faculty member, I can undoubtedly say that the infrastructure and the facilities have drastically improved. Nevertheless for old folks of the college like me, I will always cherish our old days for those were my golden days with a string of nostalgia attached with each day I spent in JSSCPT.

Having said that, as a new faculty now, I have seen very good improvements in the knowledge delivery system and learning tools as a result of the efforts and vision of our current principal which includes E-classrooms, digital library, introduction of SCALB, establishment of PMR to name a few which we were devoid of owing to the technological and funding backlogs during the time.

One thing that remains common from the beginning of JSSCPT till date is that it has a reputation of producing class leading physical therapists of whom many are the key players in different areas of the profession because apart from excellent academic pursuits, the faculty spares no efforts in instilling in the minds of students the importance of personal qualities and virtues and are taught to portray love and care towards the disadvantaged through various voluntary community services.

I can go on and on about the achievements of the college through 20 years of its journey and still this message would not suffice and do justice to the efforts of the people behind it. I can only be grateful to all the people till date who strived hard and are striving hard for the college and thank god for making me fortunate enough to have given me the opportunity to study and teach in the same college.

I congratulate JSSMP, the staff of the college, the students, the principals and the citizens of Mysuru on the eve of Bi Decennial year celebration of the college.
As impressive as our accomplishments, I believe the best is yet to come.

INAM UR RAHMAN KHAN,
Lecturer, JSSCPT, & CEO, Orthoflex Physiotherapy, Mysore.

I, Nagendra RT, am pleased to present my journey at JSS till date. I joined to BPT course for the 2005-2006 batch and we were very less in number but had a great bonding. In the same year the student council election took place I nominated for cultural secretary post and the election campaigning was an amazing experience, I elected as an cultural secretary and in consecutive elections also I got elected for the same post and once I got elected for president post and I'm very much thank full for all of my classmates, seniors and beloved juniors for the same.

After completion of my bachelors I started to work as a fitness consultant in one of the famous fitness centre "Golds international gym" which is located in Gokulam, Mysuru. I continued my studies by joining PG in JSS only. As soon I completed my PG I joined Vikram Jeev hospital and gave my service for 2 years. In the same year I selected as a team Physio for KPL and had a wonderful experience. After that I was consecutively selected two year as team Physio for the same. I joined JSS hospital in the year 2014 till date. In 2017 I got deputation as physiotherapist at JSS hospital Chamrajnagar, there we conducted free physiotherapy health camp and more than 130 patients got benefit from that. In the year 2018 I received "Best clinical role model award" from JSS CPT. I'm working as NABH coordinator in JSS hospital, with our team effort this year we got NABH accreditation for our department and presently, I'm the treasurer for JSS Alumni association.

I'm happy to say that I went to Himalaya trucking (90kms) and successfully completed without any health issue and I'm proud to be a Physio.
Thank you all.

NAGENDRA R T
Clinical Physiotherapist,
JSS Hospital, Mysore.

The Bi-decennial Journey

The World Health Organisation describes physiotherapists thus
"Physiotherapists assess, plan and implement rehabilitative programs that improve or restore human motor functions, maximize movement ability, relieve pain syndromes, and treat or prevent physical challenges associated with injuries, diseases and other impairments. They apply a broad range of physical therapies and techniques such as movement, ultrasound, heating, laser and other techniques. They may develop and implement programmes for screening and prevention of common physical ailments and disorders."

The repeating emphasis is on movement. Movement is integral to human functioning and forms an important part of healthcare.

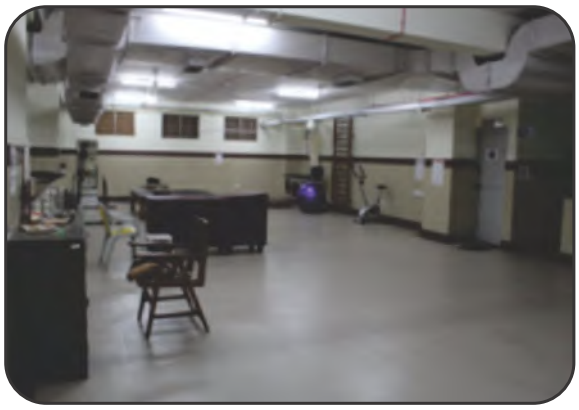
India has a long history of physiotherapy. with the first departments having been set up in the mid 20th century. However it remained a niche area for the next four decades or so. Then in the second half of the penultimate decade of the twentieth century, America had a huge shortage of physiotherapists partly due to Medicare reforms that mandated a PT in every healthcare set up from nursing homes to home health. To fill the void the US turned East or more specifically to the Philippines and India both of which countries had highly trained and English proficient PTs. The natural offshoot was the boom in the number of colleges in India and particularly so in Karnataka. The first colleges in Karnataka offering a degree programme in PT opened in 1989. Another decade passed before Mysore saw its first PT college.

JSS College of Physiotherapy was established in the year 1999. The beginning was humble but the foundation strong. There were only 6 faculty then, working as a close knit unit, under the leadership of Dr Mruthyunjaya as the founder principal. The intake of BPT students was only 25 then, and the college building had 2 rooms, an office and a common library for school of nursing and us.

Over the next few years the college grew to commence the PG program in 2007. With this, the faculty strength also increased from 6 to 12, as per the requirements of the University. The BPT intake also increased from 25 to 40.

Growth in all spheres was steady but controlled until the past 5 years. This reflected the national trends of the PT profession. What had occurred in the USA in the eighties occurred in India in the second decade of the twenty first century reflecting changing health care policies and the greying of India.

In 2013 the college took its first major step into modern healthcare with the establishment of one of the largest PT departments by area in India. The department boasts a unique feature- the gait laboratory set up so as to be able to capture good quality 2D gait analysis. Commonly, gait analysis is done on level surfaces. In semi urban and rural India, walking on level grounds is inadequate for daily activities. Taking this into consideration, we have provision for gait analysis on uneven terrain as well. Another feature is the clearly demarcated area for paediatric therapy.



The PT dept at this juncture also expanded its human resources by appointing dedicated staff for the hospital. Other patient care initiatives include evidence based clinical pathways to ensure standards of care , a global best practice. We also have some of the most comprehensive standard operating procedures in India. These factors have been acknowledged and appreciated by NABH review team and physiotherapists from across India.

The next major step towards excellence was the establishment of the college in its own dedicated premises in 2015.

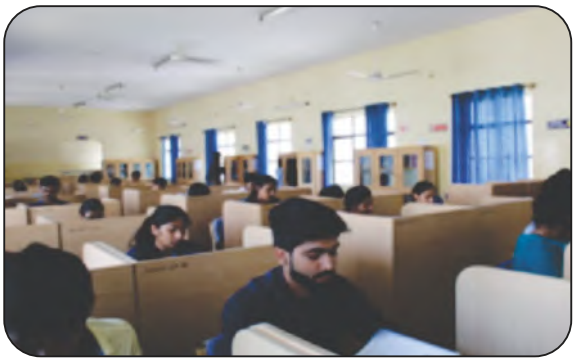
COLLEGE BUILDING

BOARD ROOM

CLASSROOM

LECTURE CAPTURING SYSTEM

The college boasts 6 lecture halls, 7 clinical skills laboratories, a board room and a pleasant ambience. We also acquired our own library which was heretofore shared with JSS School of Nursing. The library acquisitions have steadily increased from 700 books in 2015 to over 2500 currently. Print journal subscriptions are now 12 from a previous nil. We have a wide range of non traditional library resources from movies and audio recordings to radiographs to name a few.



LIBRARY

DIGITAL LIBRARY

FULLY EQUIPPED LABORATORY

LAB- DEMONSTRATION

We use e resources widely including subscription based statistics tutorial Laerd, reference manager software Mendeley, plagiarism detection software drillbit among others. Learning management system Google classroom and a lecture capture system are other teaching advances.

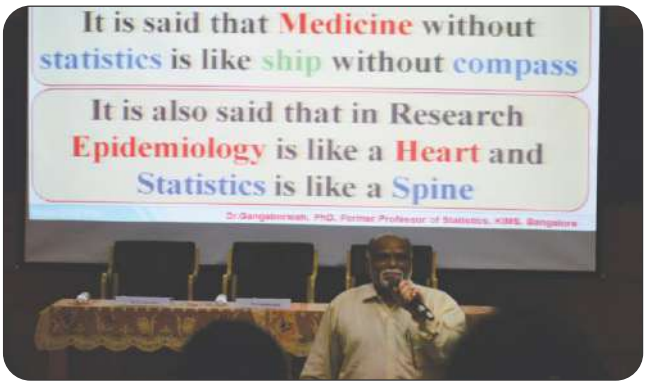
In 2015 our undergraduate intake was increased to 60. The following year a comprehensive Physical Medicine And Rehabilitation (PMR) Centre was set up on the ground floor of our building.Administratively under JSS hospital but operationally under the physiotherapy dept, it is the only such center in this area.

We have a state of the science program for rehabilitation of people with disability which includes the core components of health, education, advocacy and empowerment.Till date we have placed dozens of people with disability back to their homes, several back to educational institutions and a few to employment.

Our college is one of a small handful of PT colleges in India to impart a competency based curriculum at the UG level since 2014. We have continued to grow with the addition of a seminar hall to seat 150 in 2017 and a sports centre in 2018.

The steadily increasing number of ranks bagged by our students at university exams is testimony to our efforts.

Our research profile is noteworthy with a significant no of students and faculty publications and awards won at national and regional conferences.The highest H index of our faculty currently is 10. Several extra mural projects have been awarded to our college and several more are in the review stages. Significant outputs from research include outcome tools specifically for India, educational and training manuals and practice guidelines.



All work and no leisure?? Not at all. JSSCPT students have shown their mettle in the sports field as well as in the cultural arena.Awards have been won consistently at Suttur jatra mahotsava and regional events in cultural events and in cricket, kick boxing, table tennis to name a few in sports.

A vibrant student body makes our lives filed with fun. The student council organises a variety of celebrations for festivals, competitions and other activities. Our pride at being Indian is showcased through enthusiastic displays at national days.
Are we contributing to society? The answer is a resounding yes. In keeping with the guiding principles of our profession and the ethos of our parent organisation, JSSCPT takes institutional social responsibility seriously. NSS programs are conducted diligently and in a focussed manner. We undertake disability surveys using GIS mapping and have developed a number of patient education booklets which are given away at the Suttur Jathra and in our OPD. These are available in Kannada. In 2018 several of our staff have taken up the responsibility of PT services in 5 of the Sarva Shiksha Abhiyan centres in Mysore district.

As part of the PMR package, patient's homes are visited for necessary modifications prior to discharge. We routinely undertake therapeutic outings in an effort to sensitise society to the need for inclusion of people with disability and the need to make our society accessible in all senses. A positive outcome of this endeavour has been the initiative taken by zoo authorities in making an accessible toilet in keeping with standards.

Performing access audits and uploading these on the accessible India website is an activity that our final year students have been doing since the past 4 years. Awareness rallies on international day of people with disabilities, invited speakers and free camps are some of the other activities we conduct routinely.

Our alumni are placed in respectable positions locally, nationally and internationally. This profile of our alumni bear out our commitment to global competitiveness. One of our alumni of the batch of 2012 has made us immensely proud by securing a highly competitive scholarship at university of Otago, NZ which ranks among the top 5% of PT colleges worldwide.

Academic institutions cannot exist in isolation. To foster cooperation, we have several collaborations notably with the leprosy mission Naini for clinical training, and with La Trobe University, Australia for research. JSS CPT and JSS Hospital are sought after destinations for PT interns from Kerala and even from as far away as Odisha, Jabalpur and Austria. Healthcare professions are ever evolving and continuing professional development is essential to stay on top of current practices. We conduct seminars, workshops and conferences in general and niche areas including cognitive rehabilitation, pain, pedagogy and research.

Five of our faculty have registered for PhD of whom one is expected to submit her dissertation shortly. Our faculty have consistently been part of the board of studies of our affiliating university since 2012. Other faculty members have contributed in curriculum design committees.

The vision we set out to achieve by 2020 has been met by 2018. The road ahead is promising and challenging. Our immediate goals are to earn a respectable grade in NAAC, and incorporate e governance initiatives. With the support of JSS Mahavidaypeetha, we believe that we will be able to achieve greater levels of competence in all spheres.

Looking forward to the future with eagerness

Dr. Kavitha Raja PT, PhD
Principal.

PHOTOGRAPHS OF CPT STUDENTS

J.S.S.MAHAVIDYA PEETHA
J.S.S.COLLEGE OF PHYSIOTHERAPY
MYSORE-4.
FRESHER'S DAY

OLD CPT CLASS ROOM

Ms. FRESHIE

WE CAN DANCE!!

WE ALSO DANCE!!

SPRINTERS OF CPT!!

TIME OUT TO REJUVINATE!!

AND RELAX!!

HAVING FUN

THIS IS OUR POSE!

OUTINGS!

FACULTY AT
THE INCEPTION OF CPT

FACULTY FAMILY OUTING

DISTINGUISHED ALUMNI

Firstly, I would like to congratulate JSS college of Physiotherapy on completing 20 years of Academia and producing the finest physiotherapists in the field. I am filled with gratitude and immense pride to be a part of this great institution as a former student and Alumni.

I joined this college in 2002 with a hope to make a difference in the society by giving people a better quality of life. My journey has been wonderful and gratifying so far as the profession of physiotherapy not only gave me a livelihood but also showed me a noble path in serving humankind with utmost compassion and sincerity. I take this opportunity to thank JSS college and it's wonderful faculities for imbibing great values in their students, such as, dedication towards work, an aspiration for higher knowledge and commitment to provide quality treatments to their patients, in turn creating stalwarts in the field of physiotherapy all over the world.

The culture of serving one and all without prejudice and disparity is a value which is deeply ingrained in every student of the college. A great legacy such as this has been successfully passed on for generations and my heartfelt congratulations to this glorious institution and it's faculties for their contributions and achievements towards the college. I wish all the students a bright future ahead. May you pass on the torch of knowledge and wisdom for the years to come.

PINAKIN AYARE
2002 batch
Physiotherapist & Kinesiologist,
Vo2 Max Physiotherapy, Rehabilitation And Fitness Academy,
Mysore.

ALUMNI'S CORNER

Time flies like an arrow. This phrase explains my time spent in JSSCPT. It's nostalgic whenever I try to remember my time in college. I have had an amazing experience in JSSCPT varying from being a student of premiere batch to being a teacher. Teachers were like a backbone for me, friends were the reason for my smile and juniors were like younger siblings. The college has come a long way from the time it started in August 1999 to the present date. The college has evolved from just having basic amenities then to now being fulfledged and equipped. But this being said, it never lacked excellent and inspiring teachers like Manas sir, Sabut sir, Renuka mam, Vijay sir, Prashanth sir and Annie mam. All my teachers then have made us do "Hard work" for the way to success. We had a very cordial and friendly relationship with faculty which gave an opportunity to learn and excel further.

JSSCPT believed in imparting Moral and Ethical knowledge among students. The college has given me a solid foundation of knowledge and experience. The excellent exposure to patient care and interdisciplinary interaction during my academic years have made me more confident to pursue my career ahead.

I would like to thank Mr Sunish AV, our then HOD, who was my continuous strength and motivator. Under his mentorship, I have evolved into what I am today. I cherish every moment of my time in JSSCPT as student as well as teacher. Thank you dear teachers for your constant support and love.
The friendship with my classmates, the happy moments, the sad moments and the hardships we faced and successfully overcame it will always be the most valuable lessons of my life.
This apart as a student, my experience as teacher at JSSCPT has been amazing too. I have enjoyed every bit of teaching and in return learnt a lot. I will always appreciate the love, respect I have received from every student during my tenure. Thank you students for inspiring me to continue my work with same passion - everyday, every moment.
I am thankful to all the faculty members, staff and students of the college for their continuous efforts, love and support.

NAGINA
Batch 1999,
JSS College of Physiotherapy, Mysore.

STEP TOWARDS DESTINY

The world was heading towards 21st century and I was moving towards Microbiology department of a college in Mysuru to pursue my higher education after 12th. The office was empty as it was the lunch time; I took a sigh of relief as I got few more minutes to prepare myself to ask application form in English. I had to take a break to reduce my tachycardia and mean time when I came out it was an educational consultant who easily identified my gesture and started talking in Malayalam. I was his prey for the day, he was successful in making me get into a course that I had never heard before "PHYSIOTHERAPY" and it took more than an hour for me to understand what exactly I need to convey to my parents about the course I was getting into. April 2000 I started my professional journey at JSS College of Physiotherapy.

With few pairs of clothes, two colourful lungi I left my green hometown where I lived for eighteen years. I was excited to wear the white coat, dissect cadavers and make new friends. I had to struggle hard for two years as I could not do my best in viva though I knew answers due to my poor language skills but I never gave up and I had an unsung hero who never let his students give up. We all have dreams but a dream without direction would just remain as the one that comes at night. Not everyone is lucky to get that teacher or "Guru" who gives life to your dreams but I had one! A rare gem! Mr. Sunish AV, the best teacher, guide and a star by himself.

After completing my four years of BPT I put up my own clinic in native but there was always something missing. Not one but two opportunities knocked my door, a job in Nigeria as Clinical therapist and a job as teacher in JSS CPT; without a doubt I chose my Mysore family. It was difficult to win hearts of students but as always I had my mentor, my sir to boost me up. I prayed God got into the Ist year classroom and started with HUMERUS and since then humerus it was, the first class by JKJ in every academic year.
Life in JSS CPT was roller coaster ride, some days were blue, and some bright as sun but every day there was something to learn. My students kept inspiring me to be the better version of myself and current principal Dr. Kavitha Raja has been the key person for my professional growth.

JSS CPT was my home for eighteen years, it was the most comfortable place than my native to me and the day I had to leave I felt as if part of my soul left me. I have witnessed its growth from the scratch, there were many hands which worked together in bringing this institution to its current state and with constant efforts of upcoming people I am sure JSS CPT would set an example to the whole country. Each and every experience or the exposure that students receive in JSS CPT has helped them to survive in any corner of Earth with pride and dignity.

I don't know whether it was part of God's plan or destiny but that one step I took towards joining this profession and college was the best decision I ever made. I feel I have been worth of something each time when my students call me and say "Sir, it was because of you I cleared exams, Thank you!!", " Sir, you have always been my inspiration", "Sir, I

understand better when you teach", "Sir, my parents will be satisfied only if you could talk to them" etc.All these are memories now but those memories that I would love to cherish till the end of time.

I pray and wish a bright future for my college and its students. I am always grateful to all those who were the integral part of my career growth.

JAKSON K JOSEPH
Batch 2000.
Senior Orthopedic and Sports Physiotherapist,
ATP Medical, Kuwait.

MY MEMORIES IN JSS CPT

My wonderful memories and experience as a student from JSS to my career as a lecturer in JSS are a lot to share. My Journey started from the year 2008 with batch of only five students; the only batch with such a less count but yet a lucky batch as we were very well taught by our lecturers who motivated us every day.

I still remember Vijay Samuel sir, our first coordinator who motivated us by making us understand the advantage of being less in strength. Everything was fairly new; all my batch mates were from different places. First day of college was awesome we were introduced to all the staff and they were very friendly and young. Every day was a new experience, excitement to go to medical college where classrooms were so huge, studying with cadavers, bone set, the anatomy museum, physiology- lab testings where we had to prick our finger so many times as we were in learning mode and the best place to hangout was medical college canteen and waiting for the bus so many more to go…by the time we realized we were paramedical students, 1st year was half through. The most challenging thing was our first exam, trying to make friends with seniors to get notes, books; running around them to ask how to write exam, it was all a big run chuck and finally the only place to rely was our library. I would really thank madam Suvarna and Prabhuswamy sir who used to help us with issuing books whenever we needed and telling us about how seniors study and pass. The most awaited time was for the results and finally we did it and all the five had cleared and started our 2nd phase.

The second phase was getting introduced to actual physiotherapy subjects with machines (electrotherapy) by Prashanth sir, research, Ethics, departments, we were taught by our Principal Sunish sir, Jackson sir who taught us in a simple way that till date I remember the topic with example and concept. It was sad that by the time I had come to 3rd year we were only 3 students but as we were oriented to hospital, postings we had a chance to interact with all our seniors, interns, lectures. Teaching rounds with Renuka madam, Bipin sir, Aditi madam were the best among few where we were made to practice and allowed treat patients under supervision so that we gain confidence.

The best year was my final year were I got 6th rank in RGUHS in neurology subject; I was able to prove to myself that I took a right decision by choosing this as my profession and I would not forget to thank Annie madam and Saikrishna sir who made me think Neurophysiotherapy is not a tough subject, it is a subject where we connect more to patient as we work with them for a long term Rehab and that made me to take MPT in Neuro and I did it. Here ended my journey as a student and thought JSS journey ended here but in 2016 I came back and joined as a professional lecturer where my teachers were my colleagues.

Looking back on my career I can honestly say that much of what I learned about advances in our profession, life was when I was a lecturer .This profession completely changed the way i look myself, i learnt to be more responsible, organized, multitasking and the most important which I like is a very confident and strong person for which I want to thank Kavita madam my mentor, my parents who supported me always my sister who is my pillar .There are moments when my students became a part of my journey ,colleagues became best companion .JSS has taught me so much as a student and as a teacher now to see profession and life in whole different way.Although I can't tell where the next stop of the journey will lead me, one thing is for sure - I will keep teaching and learning which I enjoy.

Belle Sharvani Praveen Kumar
2008 Batch
JSS College of Physiotherapy
Mysuru

September 14th 2009 was the first day I stepped into JSS CPT, at that moment I knew nothing about what physiotherapy is, and how it will help my future. I just came as I was recommended by one of my family doctor. First day was my induction I came with my family and knew no one. For me it was different as I had never heard Malayalam language in abundance before, I was surprised that being in Mysore I was hearing more Malayalam than Kannada. Slowly days went by memories like Jackson sir holding humerus, Vijay sir's class on levers and of course chit chat in socio-psycho class. The best part was going to Medical college in bus by reserving the seats, I will never forget Spoorthi who scared by saying " Cadaver Ajji is coming run..!!!", followed by the most cheapest 5 rupees 5 vadas with tomato ketchup at Venu anna's shop.

Then slowly started with 2nd year which my entire batch remembers "the fuse incident" where we were fined Rs 1000 with Anita's Shakti Pradarshana.
3rd year with our co-ordinator Renuka ma'am with her lenience and always writing Cardiac and Pulmonary rehab on board and showing it as an assignment was the memorable one.

Now came the final year with Annie ma'am and Sai sir who taught Neuro and asked us to go library and study.

Days went on and I became an intern and felt like I have become an intern working continuously from 8 am to 6 pm with Saumen sir's co-ordination, I still remember the last day of internship where I had to attend the interview for the post of Clinical therapist at JSS hospital along with other senior therapists never expected that I will get the job, the since the day I got the job till this date I feel proud be part of JSS, thanks to my teachers. Working close to my teachers, seniors has helped me become confident in my profession, I have got great exposure in this hospital and will always be proud and thankful to be a part of JSS CPT.

PRIYANKA.N.S.
2009 Batch,
JSS College of Physiotherapy, Mysore.

Life at college:The most glorious phase of one's life

One of the most interesting stages in life that gives us an opportunity to explore is the 'college phase.' Life at college is the time when the teenage years end and we all dive deep into the ocean of new beginnings and possibilities.This golden period better equips us for all the challenges we will face in life and creates a strong foundation of knowledge.

The childhood zeal of becoming a medico taken me to a very most noble vocation were I can give people's a hand with I can do miracles; since we believe we got gods own hands as Physical therapist.

My experience at JSS College of Physiotherapy, 'Mysore - The Royal City of India' has edified me fundamental things of life. Life is unpredictable. It might be good, it might be bad, it might be weird, and it might not interest you, but expect anything to happen.

At JSSCPT it was the first time for me staying away from my abode and shifting to an incipient place, were I met people's from different components of the country, interacting with them and learning their cultures and growing as a person.

JSSCPT was at its early stages when we entered as the incipient batch. We were not having a very well equipped classrooms or labs. I still recollect when it rains heavily the next day our class room will be bit watered. Even though, we got very experienced and wondrous edifiers who edify us not only the syllabus but additionally the vibrant colours of life.

One of the most astounding experience in college life is "Freshers' Day ", the day we treated like queen and queens but at last screwed nicely. I was asked to propose a girl in five different styles which was a tough task for shy guy like me.
Peregrinating to Medical college for the classes was like a gratification trip for us was we had a plethora of regalement.

At college we learn to sit through an insipid lecture; we endeavour to cope up with the surprisingly strenuous syllabus, and we have the opportunity to learn from some great research minds. During my third year we bunked the pathology classes for three months and we were asked to call our parents to attend the exams but the most hysterical thing transpired at the terminus were I got a university rank for the same subject.

Trust me, once you get into a good college, you will get an opportunity to be the artist you always wanted to be. College is the Santa Claus that keeps on giving all those wonderful opportunities while you're in it. I still recollect our most hysterical choreographed dances and dramas.

The back bone of college students is College Students Council. In 2011,I was elected as the Treasurer but my role was circumscribed. Even though I commenced learning the art of organising from my fellow council members, again in 2012,I was elected as the General

secretary of the council, were I had got a lot of things to do. Since my fellow council shares the mundane interest or conceptions we made vicissitudes in the college cultural festivals and sports days and made it more colourful. The triumphers of the cultural events were not well recognised that time, they just participate and denominated as triumphers but our council fought for the vicissitude and we made them recognised and reverenced.

Every college have its own college magazines. Through it the college communicates its values and achievements to the external world. Also it is the cradle of future writers. It was our JSSCPT profoundly and immensely colossal dream to have own college magazine. All those students council of the college from the very beginning endeavoured fir it but not prospered. Even our council of 2013-14 endeavoured as much as possible but we additionally failed.

At the cessation during my internship my most beloved principal who is an inspiration of my life had given me chance to bring out the college magazine even though I was not a component of the students council. With god's grace and illimitable efforts of my editorial team we relinquished the very FIRST college magazine in 2015 which was dream come true moment after waiting for that long 15 years. Feel prouder being the Students editor of identically tantamount.

So, remember that there will be moments that carry a lot of sentimental value and you can't help but miss those years later. The friendships you make in college life is the most important aspect. These people will give you strength and be your knights in shining armour all your life. The time you spend with your friends, arguing about any random topic, your regular lecture "bunking" to watch a new release of your favourite star, will always stay in your heart. Planning road trips, occasional adventure surges, and impulsive journeys—all these things make you more emotional when you bid adieu to the institution.

These experiences are truly irreplaceable and I would not trade them for anything. If I could go back in time and speak to my much younger self when I was first asked the question, "What has been your best experience?" the baby-faced version of me would certainly have been surprised by what my answer is now.

SHAKKEELU RAHMAN K,
2010 Batch,
JSS College of Physiotherapy, Mysore.

Reminiscences…

August 6th, 2012 was a red letter day in my life. It was the day that I took my first baby step towards the rest of my life. The day I first heard of JSS College of Physiotherapy. Physiotherapy???? I didn't know exactly how it was spelled let alone what it meant. But here I was in a new city, unable to speak a word, lost confused and eager. There were 36 other boys and girls more or less like me, people from various parts of India including, Mizoram and Nagaland. Gradually I figured out the languages, the new food, the new city which I have come to love even more than my home town.

I was very excited and waiting for the first class to start. Somebody walked into the class with a big smile. Though it was the familiar face of Jakson sir, I was surprised at what he held in his hand; a bone that we learned was named the humerus. Many other such lessons opened up in the succeeding years.

The four years flew by in a whirl of seminars, exams, college activities, student council leadership, getting yelled at almost on a daily basis by Kavitha ma'am and Jakson sir's interminable lectures. During these four years an entire academic career was happening. I did not know it then but now I realize that in the 4 years of BPT my class mates and I have undertaken every academic and life skill activity from learning documentation, critical thinking, speaking our mind, learning to look for evidence to social responsibility and citizenship roles. If I describe each of these in detail, I would require the entire magazine. The path that I travelled all the way from that point, till today is the most memorable and best days of my life. I can positively say that JSS CPT has made me a better person, helped me develop a positive attitude towards the ebbs and flows of life.

When I applied for the Research Masters at University of Otago- the first PT College in the world, I was hopeful but not sure that I would get in. I got in, and then I was not sure about the scholarship. I came to know that the scholarship is ONLY awarded if there is a candidate deserving of it. I also learnt that it was one scholarship for all streams of health sciences together (medicine, PT, nursing etc…). My hopes crashed. But Kavitha ma'am kept saying I would get it. I did not know whether to believe her. I started thinking of other options. Then lo and behold, I got it !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!.

February 22, 2019 I arrived at Otago. Back to August 2012, I couldn't understand a single sentence; everything flew over my head- was it jetlag or were they talking a different language? But unlike the other Indians I met, JSS had taught me to say please, sorry and thank you, and to believe in myself. So, I confidently said "could you repeat that please I did not get your accent". As I went about orientation week, I realized that the Research Masters scholarship was a big deal! The dean came out of her office saying " I have been waiting to see you". I have landed jobs that are paying me higher than my UG degree would have attracted. In fact as a demonstrator and tutor in anatomy, I get a pay higher than a medical graduate. I landed a job as a support worker solely due to my experience volunteering at PMR and the clear documentation of it.

In short I would like to say that JSS CPT and its faculty have provided me with

opportunities and experiences that are unmatched in India. I have met graduates from other colleges who do not have a fraction of my academic experiences.

Thank you is not enough to convey my gratitude to my college and faculty. I hope in the future, I will be able to repay my debt in some small measure. I hope the Vicennial day celebrations are wonderful. I sure will miss it.

JERIN MATHEW,
2012 Batch,
JSS College of Physiotherapy, Mysore.

Once upon a time there lived a girl who had no God damn idea about what exactly life is. Just like every other Physiotherapy pursuing or passed student's story is she was suggested to join Physiotherapy at JSS by one of her well-wisher after her 2nd PUC, and she obliged by the suggestion because she couldn't enter MBBS because her ranking was not that great to get into Government seat and Engineering was a big "NO" to her family. She joined JSS CPT and was really heartbroken because majority of her PUC friends were in engineering field and she was the only one who got into medicine and that too physiotherapy. People trolled her saying 'Oh! Physiotherapy is it??? Physiotherapists are the ones who does massage right???' and there were others who used to split the name in many different ways; these kinds of phrases made her get on her nerves, the society demotivated about physiotherapy to that extent that she started hating her college, faculty, classmates, curriculum, and decided to quit the course. As she was a bold and confident girl she had no hindrance in saying her mother that she was no more interested in pursuing her studies in Physiotherapy, and guess what she was slapped by her mother and the conversation went on was really interesting.

Mom:You are not Farhan Qureshi of 3 Idiots movie, stop the filmy drama and get back to college
She: I seriously hate Physiotherapy and ain't studying that, rather would like to get married no matter who the guy is.
Mom : I am not getting you married, I will not bother even if you fail ones, take your own time and study, for I know you are born smart and I'm confident on my decisions that what I have chosen for you is the best that you could get.
With no hope and interest left, she had to get back to college and continue and the results were expected to fail as no medical student can pass without hard work. It was then she realised people speak what they believe in, A pessimistic person will always speak negative about everything where as an optimistic person will see positivity in everything that has come our way just like her mother did, and Jackson sir was the one who motivated her to see the good in the profession.

Of course, JSS CPT gave her the professional skills of physiotherapy as it is one of the best nation could offer but the most important thing that it gave her was a different point of view to see the world, not to put "dis" in anyone's abilities which none in this world had given to this carefree immature girl which actually changed her point of view to see things and situation in this world, it made her know the essence of life and made her understand to be grateful and be thankful about everything she possessed because she from her clinical postings at PMR, Neuro-Surgery wards , ICU came to know that, no matter what materialistic things one possesses the wealth of health is the biggest and highest possession on earth. Being able to breath, to urinate, to defecate, to walk, to move limbs, to balance independently itself is the greatest possession in the entire universe. She realised to thank God for everything she has rather than comparing people on the materialistic possessions.

Thank you JSS CPT for teaching her (ME) the value life.

Well, now she is no more the one who pays heed to trolls about physiotherapy, as her college, her staff, her patients and her friends have given her the knowledge and confidence about her profession. Now I proudly say "My name is Misba Mohammadi and I am not a massage therapist, I am a Physiotherapist who habilitates and rehabilitates people who do not possess or have lost their past possessions of balance, endurance, walking, strength, breathing, and so on".

MISBA MOHAMMADI
2013 Batch,
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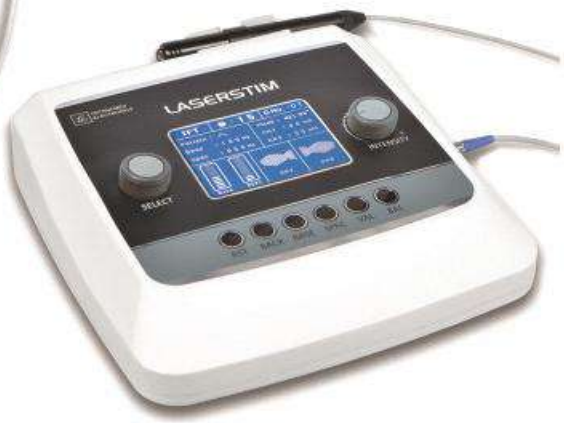

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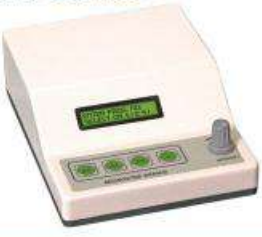

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