

JSS College of Physiotherapy

JSS Hospital Campus, Ramanuja Road,

Mysore-04

Proceedings of

5th Governing Council Meeting

Held on 15/11/2012



J.S.S College of Physiotherapy

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Proceedings of 5th Governing Council Meeting held on Monday 15th November 2012 under the chairmanship of Mr. Mahesh, Director Medical Education, JSS Mahavidyapeetha, Mysore in office of Medical Superintendent, JSS Hospital, Mysore.

Members Present:

1. Dr. Guruswamy, Medical Superintendent, JSS Hospital,
2. Dr. Basavanna Goudappa, the Principal, JSS Medical College.
3. Dr. Mruthyunjaya, I/C Principal, JSS College of Physiotherapy.
4. Mr. Pradeep Shankar, Associate Professor, JSS College of Physiotherapy.
5. Mrs. Renukadevi. M, Asst. Professor, JSS College of Physiotherapy.

Members absent due to unavoidable reasons:

1. Sri. Betkerur, B.N., Executive Secretary, JSS Mahavidyapeetha.

AGENDA

Agenda No.	Agenda
5.01	Welcome by Principal
5.02	<ul style="list-style-type: none">• Confirmation of the minutes of the 4th Governing Council Meeting held on 31-10-2011• Report of action taken on the minute of the Governing Council Meeting held on 31-10-2011
5.03	Academic Activities
	5.03.01 Courses Offered 5.03.02 Approval & Accreditation Status 5.03.03 Admission Status 5.03.04 Result Analysis 5.03.05 Faculty Details & Recruitments 5.03.06 Workshop & Other Programmes conducted
5.04	Lectures delivered by Faculty at conferences & other institutions
5.05	Co-Curricular & extracurricular activities
5.06	Honour & Achievements
5.07	Infrastructure Developments
5.08	Financial Report & Budget
5.09	Future Programmes
5.10	Any Other matter with the permission of the chair

5.01 Welcome by the Principal;

Dr. Mruthyunjaya principal J.S.S. college of physiotherapy welcomed all the members of the Governing Body.

Report of the Action taken on the relevant points of the 4th Governing Council Meeting Resolution of the last Governing Council Meeting Held on 31-09-2011

5.02 1. Awareness campaign program of back, knee and neck pain for the staffs and the faculty in the hospital as suggested by the Executive Secretary.

Action taken

Principal of JSS college of physiotherapy Dr. Mruthyunjaya suggested to do this program on staff nurse and medical professionals . Preliminary work has been done and the brochure/handouts, required to educate staff has been prepared by our faculties. Execution of this program will be done shortly within two months.- Annexure- I

Suggestion:

Dr. Basavanne Gowda principal of J.S.S. Medical college appreciated and added suggestion to Dr. Mruthyunjaya principal of J.S.S. college of physiotherapy on topic awareness campaign program of health as follows;

- 1} should be focused on conducting special camp together with Orthopedic department, community medicine and other department of health sciences
- 2} Staff should be emphasized on writing an article related to physiotherapy treatment in NEWS paper.
- 3} staff should be emphasized to give talk on physiotherapy treatment in radio, Television. The Governing body agreed suggestion given by Dr. Basavanne Gowda and Governing council members of physiotherapy college assured that the above programs will be conducted shortly .

2. Proposal for establishing the rehabilitation ward to meet the rehabilitation needs of the patients.

Action taken

The proposed plan of JSS REHABILITATION CENTRE was discussed with the Executive Secretary. It has been suggested to modify the existing quadrangle of CT scan, MRI Laboratory and old special ward for the purpose. The plan has been prepared in discussion with all the staff of Physiotherapy & Occupational therapy. The blue print of the Rehab Centre is ready- Annexure- II

Suggestion: In this regard Dr. Basavanne Gowda, principal of J.S.S. Medical college made a debate on practical feasibility having physiotherapy department both in new hospital as well as in upcoming Rehabilitation Center. Advantages and Disadvantage on this topic was discussed, yet the decisions to be finalized.

3. Posting of post graduates and house surgeons to Vivekananda memorial hospital at Sargur, as suggested by the Executive Secretary.

Action taken

The matter has been discussed with Dr.Seetharam.M.R, consultant Orthopedic surgeon and Head of Health Activities, S.V.Y.M, Sargur. He has requested us to post a team of two persons at a time for a period of one to two months,. He has offered to arrange for their stay in the hospital premises. Annexure -III

Suggestion

In this regard Dr Mruthyunjaya and Mr. Mahesh, Medical Director Proposed to send 2 persons (Post graduate students and interns) for 15 days on Rotation basis .

1. Free treatment for staff.

Action taken

JSS MVP had circulated the Health insurance Scheme and had suggested our staff also to be included in the same. The Circular was brought to the notice of all the staff members and offered them to join . But all staff members were not willing for the proposal as they had already made their own health policies.

Suggestion: In this regard there was a debate within the governing council members on premium and non applicability for the female staff parents. The members suggested that the health care benefits of J.S.S hospital can be utilized by the staff installing insurance salary scheme from the individual institution.

5.03 Academic Activities

5.03.01 Courses Offered

Course	Year of Starting	Total Intake
B.P.T	1999-2000	40
M.P.T	2007-08	10

5.03.03 Admission Status

By the motivation and constant support of Medical Director, all the faculty members put a lot of effort in getting the admission done. Saikrishnan, Jakson and Sunish took care of getting admissions done from Kerala, while Pradeep Shankar, Bipin Puneeth and Harish Pai worked at Shimoga, Davangere, Harihara and Ranebennur. All the other staffs actively participated in giving career talks about physiotherapy in all the local colleges of Mysore. We are happy to say that this time we have filled 38 students out of 40 (8 students from government & remaining 30 from management quota. 8 students admitted for M.P.T. out of 10 intake (all management seats).

Course	2010-11		2011-12		2012-13	
	Intake	Admitted	Intake	Admitted	Intake	Admitted
B.P.T	40	29	40	21	40	39
M.P.T	10	05	10	09	10	08

Suggestion: Director of Medical Education, Medical Superintendent and The Principal of JSS Medical College were happy on the admission status of year 2012-13 compared to last few academic years. On viewing the statistic of poor Passing Percentage and Detain of many students in the 1st year, Dr. Basavanne Gowda principal of J.S.S. Medical college suggested to conduct “Mentor Programme” at the rate of 1: 5 { one staff for 5 students} through which we can overcome this problem. The Governing council members agreed for the above suggestion.

5.03.06 Workshop and Conference conducted.

Action taken

Dr. Mruthyunjaya , Principal of JSSCPT expressed his thoughts for not conducting workshops and conference last year, he suggested new concepts of conducting workshops for UG and PG students based on their syllabus.

Following calendar of activities has been suggested and planning is in progress.

November	1 st week - 10 th Nov	Fresher's Day
	3 rd week	Preventive health care programme for nursing staff of JSSH
December	10 th to 15 th	1 st internals
	16 th to 20 th (2 nd wk)	Sports week
	4 th Week	Cultural Week
January	3 rd or 4 th week	PG and UG CME
February	3 rd or 4 th week	Educational Trip to Vellore or Karigiri
March	2 nd week	2 nd internals
April		UG/PG exam
May		College Day
June	2 nd week	3 rd internals
July		Model Exam
August		University Final Exam
September		Admission and beginning of new batch

Suggestion: The Governing council members noted the content and appreciated

5.04 Lectures delivered by Faculty at Conferences and at other Institutions & Publications & Research Activities.

Name	Topic	Conference/Institution
Pradeep Shankar	<ol style="list-style-type: none"> 1. As a Resource person taken one day hands on workshop on “McKenzie’s Approach and Spinal Taping” 2. Presented a Scientific paper titled “Effectiveness of retro-walking in chronic osteoarthritis of knee” in National conference on Orthopaedic Manual Therapy and Physiotherapy Update 3. Became a Certified K-Taping Therapist 4. Presented Poster on ”Risk Evaluation of Cumulative Trauma disorder in Automotive Axel Industry” in National physiotherapy conference on community based health 5. AS a Resource Person delivered lecturer on “Rehabilitation of shoulder for shoulder instability and rotator cuff repair” in a CME . 6. Presented a lecture on Low back pain and preventive measure for public. 7. As a Chairperson for CME on pain management 8. Took many awareness program and presentation on preventing 	<ol style="list-style-type: none"> 1. 9th October 2011 organised by Malabar Institute of Medical Sciences, Kottakkal, Kerala. 2. 9th to 11th Dec 2011 organised by KLE University, Belgaum. 3. International Academy of Germany on 11-03-2012 held in Chennai. 4. Organized by Dr DYpatil physiotherapy college Mumbai 5. Organized by dept of Orthopaedic of JSS Hospital, mysore. On 26th to 27th may 2012. 6. Organized by innerwheel rotary and shakti samaj.. davanagere 7. Department of Anaesthesiology, JSS Medical college. On 06th November 2012. 8. JSS urban health centre, Mysore 9. National conference on Physiotherapy in

	<p>low back pain</p> <p>9. Co – author Platform paper Presentation on ‘ Effect of sustained submaximal hand grip isometric contraction between obese & normal women’.</p> <p>10. Presentation on career awareness and guidance on physiotherapy.</p> <p>11. Inter Departmental Studies NCV and Auditory Evoked potential in Pregnancy Induced Hypertension.</p> <p>12. Publication –Effectiveness of Retro Walking on Osteoarthritis of Knee” in International Journal of Therapy & Rehabilitation.</p> <p>13. SIG Group member in Dental College, For a project on Risk Evaluation of Musculoskeletal Injuries in dentists</p>	<p>Community health held at D.Y.Patil college of Physiotherapy, Navi Mumbai on Oct 1st & 2nd 2012-(publishing in progress in ISBN Journal by Dec).</p> <p>10. At davangere, Shimoga, ranebennur and harihara also at various colleges of mysore district</p> <p>11. Ethical committee presentation done and applying for funding.</p> <p>12. Awating for publication; copy is enclosed</p>
Renuka Devi.M.	<p>1. Platform paper presentation on “ Effect of Myofascial Release vs Trigger Point Release in subjects with chronic trapezius muscle pain”.</p> <p>2. Platform paper Presentation on ‘ Effect of sustained submaximal hand grip isometric contraction between obese & normal women’.</p>	<p>1. Karnataka state Physiotherapy conference organized by BPN & RV college of Physiotherapy at Bangalore on June 9th & 10th 2012</p> <p>2. National conference on Physiotherapy in Community health held at D.Y.Patil college of Physiotherapy, Navi Mumbai on Oct 1st & 2nd</p>

	<p>3. Working as co-author on project “The effect of short term physical activity intervention program on BMI, BP & % body fat among high school students in Mysore Dist” (working as principal investigator- yet to be presented & will be published in Dec 2012)</p> <p>4. Worked as co-author for study “Efficacy of Active Cycle of Breathing Technique and Postural drainage in Bronchiectasis”.</p> <p>5. Relationship between BODE index and LCADL, Grip-strength, MVV in patients with chronic COPD patients</p> <p><u>Inter Departmental Studies</u> “Association of Diabetes and 6 minute walk test”(Research Project with dept of pulmonology pilot study to submit to ICMR for funds)</p> <p>working as a co-investigator- Effectiveness of TENS in Labor Analgesia.</p>	<p>2012-(publishing in progress in ISBN Journal by Dec).</p> <p>3. To be delivered on 18th International conference on Rural & Community health- ‘World as a Global village’ to be held in Goa on 10th, 11th & 12th Dec- paper will be published in International Journal.</p> <p>4. Accepted and Awaited publication</p> <p>5. Data analysis done and in process towards completion.</p> <p>Data collection going on</p> <p>Dept of OBG & Dept of Anaesthesia (waiting for ethical committee)</p>
Sai Krishnan	<p>1. Working on the project “The effect of short term physical activity intervention program on BMI, BP & % body fat among high school students in Mysore Dist”.</p> <p>2. Platform paper presentation on</p>	<p>1. To be delivered on 18th International conference on Rural & Community health- ‘World as a Global village’ to be held in Goa on 10th, 11th & 12th Dec- paper will be published in International Journal.</p> <p>2. Karnataka state</p>

	<p>‘Effectiveness of task oriented therapy on stroke’.</p>	<p>Physiotherapy conference organized by BPN & RV college of Physiotherapy at Bangalore on June 9th & 10th 2012.</p>
3. Speaker:	<p>‘Effects on Bobath Training on Hemiplegic patients’.</p>	3. International Neuro scientist summit 2012
4. PG Education program,	<p>Rehabilitation of Spinal Cord Injury.</p>	4. Dept of Orthopedics, JSS Hospital.
5. Publication: Neuro Developmental Therapy.		5. International Neuro scientist souvenir 2012
6. Publication: Physiotherapy For Hemiplegia.		6. Mysore Chapter of Association of Physicians India.
Inter Departmental studies-		
7. SIG Group member in Dental College.		7. SIG Group is formed as a part of various research and funding activities.
8. Inter Departmental Studies		8. Ethical committee presentation done and applying for funding.
A. NCV and Auditory Evoked potential in Pregnancy Induced Hypertension		Waiting for ethical committee presentation
B. NCV and Auditory Evoked potential in essential Hypertension		Waiting for ethical committee presentation
C. Effectiveness of Botulinum toxin in constraint induced movement therapy in hemiplegia.		
9. Delivered lectures		9. In career guidance programs at various regions of Kerala

	<p>10. Certification In PNF CHI Technique</p> <p>11. working as a investigator- Effectiveness of TENS in Labor Analgesia.</p>	<p>10. By Portuguese school of PNF CHI</p> <p>11. Dept of OBG & Dept of Anaesthesia (waiting for ethical committee presentation).</p>
Aditi Bhandiwad	<p>1. Platform paper presentation on “Role of hip mobilization as an adjunct in management of OA knee”.</p> <p>2. Worked as investigator in project on ‘Effect of sustained submaximal hand grip isometric contraction between obese & normal women’. (yet to be published by Dec 2012).</p> <p>3. Working on the project “The effect of short term physical activity intervention program on BMI, BP & % body fat among high school students in Mysore Dist”.</p> <p>4. Delivered lectures</p> <p>5. Inter Departmental Studies-</p>	<p>1. Karnataka state Physiotherapy conference organized by BPN & RV college of Physiotherapy at Bangalore on June 9th & 10th 2012.</p> <p>2. National conference on Physiotherapy in Community health held at D.Y.Patil college of Physiotherapy, Navi Mumbai on Oct 1st & 2nd 2012-(publishing in progress in ISBN Journal by Dec).</p> <p>3. To be delivered on 18th International conference on Rural & Community health- ‘World as a Global village’ to be held in Goa on 10th, 11th & 12th Dec- paper will be published in International Journal.</p> <p>4. JSS Urban Health Centre on Neck Pain & its</p>

	<p>A. NCV and Auditory Evoked potential in Pregnancy Induced Hypertension</p> <p>B. NCV and Auditory Evoked potential in essential Hypertension</p> <p>C. Effectiveness of Botulinum toxin in constraint induced movement therapy in hemiplegia..</p> <p>6. Working as a chief investigator- Effectiveness of TENS in Labor Analgesia</p>	<p>management.</p> <p>Ethical committee presentation done and applying for funding.</p> <p>Waiting for ethical committee presentation</p> <p>Waiting for ethical committee presentation</p> <p>6. Dept of OBG & Dept of Anaesthesia (waiting for ethical committee presentation).</p>
Bipin Puneeth J	<p>1. "Difference between Physicians and physiotherapist"</p> <p>2. "Cardiac Rehabilitation"</p> <p>3. Efficacy of Active Cycle of Breathing Technique and Postural drainage in Bronchiectasis.</p> <p>4. Physiotherapy Presentation Presentation on career awareness and guidance on physiotherapy</p>	<p>1. Karnataka state Physiotherapy conference organized by BPN & RV college of Physiotherapy at Bangalore on June 9th & 10th 2012.</p> <p>2. Resource Person for conference Criticon and delivered lecture conducted by Vikram hospital – Feb 2012</p> <p>3. Proposed and Awaited international E-publication</p> <p>4. Sadvidya PU College,Mysore.Government PU college, yelandur PU college in Davangere</p>

	<p>5. Co - author Relationship between BODE index and LCADL, Grip-strength, MVV in patients with chronic COPD patients.</p> <p><u>Inter departmental study</u></p> <p>6. Symptom based, Exercise rehabilitation, integrating patients with COPD and Right heart failure.</p> <p>7. Interdepartmental presentation</p>	<p>and shimoga</p> <p>5. Data analysis done and in process towards completion.</p> <p>6. Associated with Department of Pulmonology study – ethical committee presentation undertaken.</p> <p>7. Anesthesia department Medicine department</p>
Annie Thomas	<p>1. Guest Lecture: Indian Society of pedodentics and preventive dentistry</p> <p>2. Paper Presentation.</p> <p>3. Publication: ‘Effectiveness of mental imagery practice in improving hand function of mild to moderate stroke patients.</p>	<p>1. 9th National Post Graduate Convention, Feb 2012, Virajpet.</p> <p>2. Organised By Kerala Association of physiotherapist, 2012</p> <p>3. Physio Congress Soveniour, 2012</p>
Harish Pai K	<p>1. Professionally upgraded myself by getting certified in K -Taping</p> <p>2 Took many awareness program and presentation on preventing knee pain</p> <p>3 Presentation on career awareness</p>	<p>1. From international academy Germany. on 11-03-2012 held in Chennai</p> <p>2. At JSS urban health center, Mysore</p> <p>3. At davangere, Shimoga, ranebennur and harihara also at various colleges of</p>

	and guidance on physiotherapy	Mysore district.
Jakson K Joseph,	<ol style="list-style-type: none"> 1. Certified K-Taping Therapist 2. Resource Person : 3. Delivered lectures 	<ol style="list-style-type: none"> 1. K-Taping International Academy of Germany on 11-03-2012 held in Chennai. 2. Health awareness program Awareness program organized by Balajanasakyam, Chengannur, Kerala 3. In career guidance programs at various regions of Kerala and Karnataka.
Prashanth V Magalavedhe	<ol style="list-style-type: none"> 1. NSS Camp – Organiser 2. NSS Special Camp evaluation of patients with musculoskeletal disorders. 3. NSS prog officers training 4. Manual Therapy and Taping Techniques for Cervical and Thoracic Region. 	<ol style="list-style-type: none"> 1. Held at keelanpura from 13th nov 2011 to 21 Nov 2011. 2. Kupparavalli village on 7th jan 2012. 3. Conducted by RGUHS held at university of agricultural science, Dharwad from 9th jan to 14th jan. 4. Training / certification by Manual Therapy Foundation of India.
Deepa George	Attended conference as a delegate	

<p>VIJAY SAMUEL RAJ.V, Tutor</p>	<ol style="list-style-type: none"> 1. K-Tape 2. “A study to assess the effectiveness of Video Assisted Teaching module on preventive measure on osteoporosis among elderly women in rural population” 3. “ A study to evaluate the effectiveness of multi disability training of CBR workers in rural district of Karnataka” at 18th international 4. Manual Therapy and Taping Techniques for Cervical and Thoracic Region. 5. Resource Person : Awareness program and Physiotherapy camp 6. Presentation- Resource person 	<ol style="list-style-type: none"> 1. Became a Certified K-Taping Therapist from K-Taping International Academy of Germany on 11-03-2012 held in Chennai. 2. Paper acceptance for oral presentation on at 18th international congress on rural health medicine Goa 3. Paper acceptance for poster presentation on at 18th international congress on rural health medicine Goa 4. Training / certification by Manual Therapy Foundation of India. 5. Organised at Tibetan settlement, Odayarapalya, Kollegal taluk. 6. Career Awareness and Guidance on Physiotherapy at Various Colleges at Mysore, Kollegal and T.Narisipur.
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Suggestion : All the members appreciated & Mr. Mahesh, Director of medical education insisted staff to do publication and project as there is few publication and project from Physiotherapy College.

5.05 Curricular & extracurricular activities.

1. **Sports day** – was held on 4th February 2012 at Chamundi Vihar Stadium, Mysore. The best Male athlete was Mr. Amal.K. Francis of III BPT and Best Female athlete was Ms. Spurthi. P of III BPT.
2. **College Cultural day-“Panorama”** was organized on 23rd June 2012. Both stage events and other co- cultural events were organized and all students participated with full enthusiasm.
3. **Induction Programme:** New students were welcomed to the College on 6th August 2012 and introduced to all staff members and oriented to the Hospital and College. Mr. Mahesh, Director, Medical Institutions, JSS MVP & Dr. Guruswamy, Medical Superintendent graced the occasion.
4. **97th Jayanthi of Jagadguru Dr. Sri Shivaratri Rajendra Swamiji** was celebrated on 11th September 2012 along with JSS school of Nursing in the presence of Sri Sri Dr. Mummadi Chandrashekar shivacharya swamigalu Aramane Japadakatte Math, Mysore , Prof. H.M . Basavarajappa, Retd. Principal, Mysore . Shrimati. C.N. Sumithra, Asst. Director (Nursing) , Nursing Education & Training, Bangalore . was the chief guest . Sri .R. Mahesh, I/c Director, Medical Education, JSS Mahavidyapeetha, presided over the function. As part of the function all the Staff and students of JSS CPT & JSS school of Nursing joined hands in removing plastic wastes from foothill to the top of Chamundi hill from the steps route. The programme was initiated by Smt. Gopi , Secretary , Y.H.A.I, Gangothri Unit, Mysore .

Suggestions: Noted and appreciated

5.06 Honour & Achievements.

1. Mr. Pradeep Shankar, Associate professor has been selected as **Chairman** for the **Board of studies for Physiotherapy** faculty under **RGUHS**, for the tenure duration of 3 years with effect from 31.07.2012 vide RGUHS letter No.UA/BOS-19/2012-13 dated 03-10-2012.

Suggestions: The governing council members congratulated Mr. Pradeep Shankar and appreciated for the valued contribution.

5.07 Infrastructure Developments.

1. Class rooms and Practical Hall:

At present we have only 3 class rooms and one practical demonstration room which is shared by our college and School of Nursing. As per the RGUHS Guidelines for the Intake of 40 UG & 10 PG we need to have 6 Class rooms and 3 practical Demonstration rooms.

Suggestions: The class room availability will be sort out to the present hospital premises once the new hospital starts functioning.

2. Equipments requirement :

List of additional Equipments required for the Department of Physiotherapy in JSS Hospital

Suggestions: Noted by the council members

5.08 Financial Report and Budget- Copy enclosed.

Suggestions: Noted by the council members

5.09 Future Programmes.

1. Establishing J.S.S .Physiotherapy centre in IT companies and industries like Infosys, as suggested by Pradeep Shankar Assoc. Professor.

Suggestions: Pradeep Shankar suggested Director of medical education and Principal of J.S.S. Medical College on Opening physiotherapy centers in Large Factories and Multi National companies in and around Mysore, which will provide job opportunities to our own students and income can be generated through this out source.

2. Making Memoranda of Understanding with various Universities in Australia. As suggested by Pradeep Shankar.

Suggestions: Noted by the council members

3. Establishing physiotherapy unit in SUTTUR .It can be utilised as part of N.S.S activities and staff / PGs may be posted on rotation

Suggestions: Noted by the council members