

**SUB: Summary report on physiofest 2013 – National Physiotherapy Students Summit held at School of Physiotherapy, RK University on 6th April, 2013**

Shri Samjibhai Harjibhai Taravia Charitable (SHTC) Trust managed and RK University (RKU) affiliated School of Physiotherapy constantly strives to provide the quality inputs to students by providing them various platforms for their overall development. Taking this effort further, *physiofest - 2013 - 4<sup>th</sup> National Physiotherapy Students' Summit* was organized on 6th April, 2013 for future physiotherapists to craft their knowledge and skill beyond brick and mortar learning. In presence of **Chief Guest Prof. Bharati Bellare**,

School of physiotherapy, MG Medical College, navi Mumbai, Guest of Honor, **Dr. Dilip Doshi**, Senior Clinical Physiotherapist, Executive Vice President, RKU **Mr. Denish Patel**, VC, RKU, **Dr. Rama Mohan Rao**, Registrar **Mr. Shivlalbhai Ramani**, Prof. Yagna Shukla, BJ Medical College, Ahmadabad, at inaugural ceremony of physiofest 2013.



**Dr. Mualik Shah, convener and AP, SOPT, on welcome speech**

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RK University Campus, Kasturbadham, Rajkot-Bhavnagar Highway, Rajkot - 360020, Gujarat, India  
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Student of SOPT, felicitating **Dr. Yagna Shukla PT**, Senior Lecturer, Govt. Physiotherapy College & Spine Institute, Civil Hospital, Ahmedabad.

**Dr. Bhavna Gadhavi PT**, Sr. Lecturer & Additional Principal, AIMS, Lapkaman, Ahmedabad,



**Dr. Gopal Nambi**, Principal, C U Shah Physiotherapy College, Surendranagar,



**Dr. Mehul Jadav**, Principal, Parul institute of physiotherapy, Baroda



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**Dr. Shanmu Gananthi, AP**  
C U Shah Physiotherapy college, Surendranagar



**Dr. Dinesh Sorani, PT**, Senior lecturer,  
Government Physiotherapy college, Jamnagar



**Dr. Prakash V., PT**, Charotar Institute of  
Physiotherapy



**Mr. J. D. Parmar**, social activities, secretary,  
Parkinsons disease support group (PDSG)



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**Lightening lamps at  
inaugural ceremony**



**Executive vice President Mr. Denish Patel addressing Students' delegates on his speech**



**The large number of students' delegates from different physiotherapy colleges arrived and participated in various events of physiofest 2013.**

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## Eminent Guest Speakers

**Expert Lecture by Prof. Bharati Ballare, PT,**  
School of Physiotherapy, M G Medical College,  
Navi Mumbai, on “Preventive Physiotherapy”  
and “functional diagnosis”



**Expert Lecture by Dr. Yagna Shukla**  
**PT, Senior Lecturer, Govt.**  
Physiotherapy College & Spine  
Institute, Civil Hospital, Ahmedabad On  
“Neckpain – Backpain Rehabilitation by  
Core Stability Exercises”.

**Expert Lecture by Dr. Bhavna Gadhavi**  
**PT, Sr. Lecturer & Additional Principal**  
AIMS, Lapkaman, Ahmedabad, on  
“Musculo Skeletal Pain – A Curse to  
Cure”.



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**Expert Lecture by Dr. Prakash V. PT, Assistant Professor, Charotar Institute of Physiotherapy, Changa, on "Using Goal Attainment Scale as an Outcome Measure"**

### **Students' anchors at glance**



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## Physio-Exhibition cum Talent Hunt - ARTISTRY



Inaugural of Students' Exhibition by Dr. Yagna Shukla, Dr. Gopal Nambi, and Dr. Mehul Jadav

Students had an opportunity to present their extraordinary skills by constructing innovative models for Exhibition.

Event coordinated by **Dr. Ankur Khant and Students team.**

Participants expressing their ideas with **innovative educational and therapeutic concept & models** of Anatomy, biomechanics, Exercise & Electro Therapy instruments



**Juries Dr. Mehul Jadav and Dr. Denish Sorani with students**

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*Mechanics glow*

*Gait stair*



*Multipurpose Grip Exercisers*



*Pulmonary circulation*



*Spinal exercisers*

## Abhyaas'- Junior & Senior Seminar Presentation



UG students with seminars and PG students  
with research paper presentation



**Dr. Gopal Nambi and Dr. Yagna Shukla,  
assessing students' participants**



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## **MIND GAME - Quiz Competition**



**Learning beyond the training**



**Event coordinator Dr. Nilesh  
Torani**

**Juries Dr. Nitin and Dr. Swati, with their quizzes**



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**“PUBLIC SABHA” - Debate  
Competition**



**Defending and prosecuting their thoughts...**

**Students are enlightening their ideas  
In primary rounds of Debate**



**Tuff time for juries**

*Best clicks from photographer*



Learning with fun.....

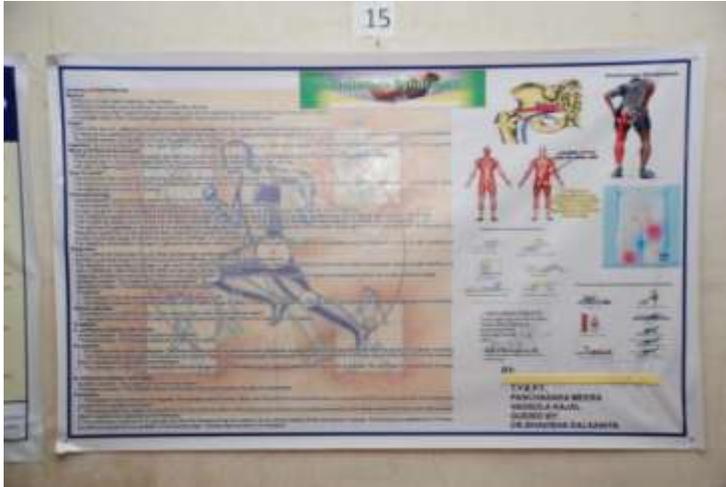
Expanding students strength.....



Gala time.....

Physiotherapy

## "SKETCH ME IF YOU CAN" - Poster Presentation



### Principles of Health Promotion

**What is Health promotion?**  
Health promotion is the process of enabling people to exert control over the determinants of health and thereby improve their health.

**Aim of Health Promotion**

- Health awareness goal
- Changing attitudes and behaviour
- Improving Knowledge
- Self empowering
- Social/Environmental change

**Principles of health promotion**



**Approaches of health promotion**

- The medical approach
- The lifestyle and behavioural approach
- The socioenvironmental approach

**Community needed health promotion**

- Growing children
- Healthy Adults
- Pregnant female
- Lactating female
- Elderly person
- Sports person

**Methods of health promotion**

- Television advertisements
- Posters
- Leaflets
- Drama
- Internet
- Catchy lyrics
- Newspaper
- Games and quizzes

**Areas of Health Promotion**



**Conclusion**

- Health promotion strategies even though fraught in difficulties and challenges should always adopt the strategy that will live in a world of unprecedented possibilities.
- Re-thinking of strategies and rethinking of approaches should be key ingredients in developing effective Health Promotion strategies.

**References**

[http://www.who.int/tsg/wha/wha19/wha19\\_19\\_1.pdf](http://www.who.int/tsg/wha/wha19/wha19_19_1.pdf)  
The Ottawa Charter for Health Promotion.  
First International Conference on Health Promotion, Ottawa, 21 November 1986. Accessed 2013 Feb 4.

More than 50 poster from UG and PG categories participated in the competition.

### Prescription of exercise for health and fitness with special emphasize to cardiovascular disease, obesity and diabetes

BY: Piyusha Solanki School of Physiotherapy, R.K. University

#### Health & Fitness

##### Medical Clearance

- Chronic athletic disease
- Recent myocardial infarction
- Physical examination
- Exercise ECG

**Components of Exercise Prescription**

Type: intensity, mode, frequency, duration, volume

Intensity: 10-15% increase in heart rate

Mode: walking, jogging, swimming, cycling, etc.

Frequency: 3-5 times per week

Duration: 20-30 minutes

Volume: 1500-2000 kcal/week

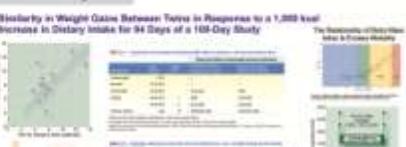
**Quantifying Exercise Intensity**

Target heart rate (THR): 220 - age

Intensity: 50-85% THR

#### Obesity

**Steadily in Weight Gain Between Twelve in Response to a 1,000 kcal Increase in Dietary Intake for 94 Days of a 108-Day Study**



**The Importance of This Study**

Obesity is a global health problem. It is a major risk factor for cardiovascular disease, type 2 diabetes, and other chronic diseases.

Weight gain is a result of energy imbalance. Excess energy intake leads to weight gain.

Weight gain is a result of energy imbalance. Excess energy intake leads to weight gain.

#### Cardiovascular Disease

##### Cardiovascular Diseases

**Prevalence**

Cardiovascular disease is the leading cause of death and disability worldwide.

**Risk factors**

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Obesity
- Physical inactivity
- Family history
- Age
- Gender

**Exercise Prescription**

Exercise can help reduce the risk of cardiovascular disease.

Exercise can help improve cardiovascular health.

Exercise can help reduce the risk of cardiovascular disease.

#### Diabetes

**Prevalence**

Diabetes is a global health problem. It is a major risk factor for cardiovascular disease, blindness, and other chronic diseases.

**Risk factors**

- Obesity
- Physical inactivity
- Family history
- Age
- Gender

**Exercise Prescription**

Exercise can help reduce the risk of diabetes.

Exercise can help improve glycemic control.

Exercise can help reduce the risk of diabetes.

Exploring the new skills...

**"TALENT KHAZANA" - Entertainment and Cultural Competition**



Juries

on their view!!!



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**Certificates and trophies were distributed to winners**



**Dr. Pooja Saparia, Convener –  
physiofest 2013  
With vote of thanks**



**School of Physiotherapy**



**Dignitaries at RK University  
felicitating winners with  
trophies and certificates**



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## Organizing committee - who have made this event memorable, Team Physiofest 2013



### Last word : National Anthem

The President, RK University **Mr. Khodidasbhai Patel**, Executive Vice President, **Mr. Denish Patel**, Vice chancellor, RKU, **Dr. Ramamohan Rao**, Registrar, **Mr. Shivlalbhai Ramani** and **Deans** from various faculties, RKU remained present and congratulated the **Organizing committee, Physiofest 2013** for overall success of the event.



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**List of winners and runners-up of various events of Physiofest 2013**

#	Event	Winners	Runner Up
1	<b>"MIND GAME"</b> Quiz Competition	1. Mr. Nathwani Sahil 2. Mr. Savaniya Shrikant 3. Mr. Desai Tilak <b>School of Physiotherapy, RK University, Rajkot</b>	1. Miss Aghera Janki 2. Miss Hirpara Julee 3. Miss Rizavana Mahida <b>Swaminarayan College of Physiotherapy, Jamnagar</b>
2	<b>"PUBLIC SABHA"</b> Debate Competition	1. Miss Patel Prachi 2. Miss Patel Nidhi 3. Miss Agrawal Rajshree <b>Charotar Institute of Physiotherapy, Changa, Ahmedabad</b>	1. Miss Parekh Kunjal 2. Miss Udeshi Vaidehi 3. Miss Vansadadia Rucha <b>Shree K K Sheth Physiotherapy College, Rajkot</b>
3	<b>"TREASURE HUNT"</b> Solve the Clues	1. Miss Megha Patel 2. Miss Maitry Trivedi 3. Miss Garasiya Devyangi 4. Miss Garasiya Nidhi 5. Miss Patel Mital <b>School of Physiotherapy, RK University, Rajkot</b>	
4	<b>"TALENT KHAZANA"</b> Cultural Competition	1. Miss Mehta Harshini <b>Shree K K Sheth Physiotherapy College, Rajkot</b>	1. Mr. Jaydev & Group <b>School of Physiotherapy, RK University, Rajkot</b>
5	<b>"STREET SMART"</b> MCQ Test (PG)	1. Miss Khyati Kamdar <b>Shree K K Sheth Physiotherapy College, Rajkot</b>	1. Miss Kunjal Parekh <b>Shree K K Sheth Physiotherapy College, Rajkot</b>
6	<b>"STREET SMART"</b> MCQ Test (UG)	1. Miss Ved Krina <b>Shree K K Sheth Physiotherapy College, Rajkot</b>	1. Mr. Bhatt Falgun <b>Charotar Institute of Physiotherapy, Changa, Ahmedabad</b>
7	<b>"SKETCH ME IF YOU CAN"</b> Poster Presentation (PG)	1. Miss Divya Gohil <b>C U Shah College of Physiotherapy, Surendranagar</b>	1. Miss Ankita Makwana <b>C U Shah College of Physiotherapy, Surendranagar</b>
8	<b>"SKETCH ME IF YOU CAN"</b> Poster Presentation (UG)	1. Miss Jivani Meet <b>Parul Institute of Physiotherapy, Baroda</b>	1. Miss Bhattacharya Himakshi 2. Miss Thakar Jeni <b>School of Physiotherapy, RK University, Rajkot</b>
9	<b>"ABHYAAS"</b> Platform Presentation (PG)	1. Miss Khyati Kamdar <b>Shree K K Sheth Physiotherapy College, Rajkot</b>	1. Miss Patel Halak <b>Ahmedabad Institute of Medical Science, Ahmedabad</b>
10	<b>"ABHYAAS"</b> Platform Presentation (UG)	1. Miss Aghera Janki <b>Swaminarayan College of Physiotherapy, Jamnagar</b>	1. Miss Zeel Upadhyay <b>B. G. Patel College of Physiotherapy, Anand</b>
11	<b>"ARTISTRY"</b> Exhibition cum Talent Hunt	1. Miss Varsha Pikal <b>Parul Institute of Physiotherapy, Baroda</b>	1. Miss Patel Avani 2. Miss Prajapati Suchi <b>Charotar Institute of Physiotherapy, Changa, Ahmedabad</b>

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**Thanks to all students' delegates, faculties,  
principles and guests for their valuable time and  
knowledge transfer...**



**See you all in physiofest 2014....**

## Event partners....



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<http://www.electromedsales.com>



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