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OF
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BEAUTIFUL MOMENTS OF 2023-2024





Advancements in Physiotherapy: Embracing Innovation

The Role of Physiotherapists in Multidisciplinary Teams

Physiotherapy Today: A Vital Force in Modern Healthcare

Recent trends and innovations in physiotherapy

A New Era of Healing and Innovation

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The Present of Physiotherapy: A New Era of Healing and Innovation

“As we continue to explore and deepen our understanding of physiotherapy, we proudly present the third issue of Eyan Sei.”

Let us together dive into the vast scope and deep knowledge in the Physiotherapy field. In the constantly evolving field of healthcare, physiotherapy stands as a cornerstone of rehabilitation, pain management, and well-being. Its roots run deep, and its branches continue to reach higher.

The journey of physiotherapy is far from static—it is a dynamic, ever-progressing field that holds the promise of a healthier future for all!!

Physiotherapy has undergone significant transformations in recent years, solidifying its role as a vital component of patient care. The field of physiotherapy has been consistently adapting to the needs of patients and this has given rise to a constant revolution in our noble field.

Physiotherapists have a diverse role in human well being right from treating musculoskeletal disorders to aiding in neurological recovery and to enhance sports performance, thus this field has a pivotal role in improving quality of life through movement-based interventions.

Today, physiotherapy plays a crucial role in preventive care, chronic disease management, and mental health support, making it an integral part of modern healthcare. This has all been possible because of the higher understanding of the scope of movement science in a healthy lifestyle. In recent times the ongoing research, technological advancements and modern approaches have fueled the awareness and success of the physiotherapy field. This is driving a growing focus on patient-centered care.



RECENT TRENDS AND INNOVATIONS IN PHYSIOTHERAPY

In recent times the revolutions in the field of physiotherapy are adding to the success rate of a healthier future for all. The new innovations are promising advancements in the field of physiotherapy today.

Several key trends have fueled the advancement of physiotherapy, including novel treatment approaches. The integration of artificial intelligence in patient assessment and treatment, along with the growing availability of tele-rehabilitation services, is revolutionizing the field.

The integration of digital health technologies has revolutionized physiotherapy, enhancing diagnosis, treatment, and patient monitoring.

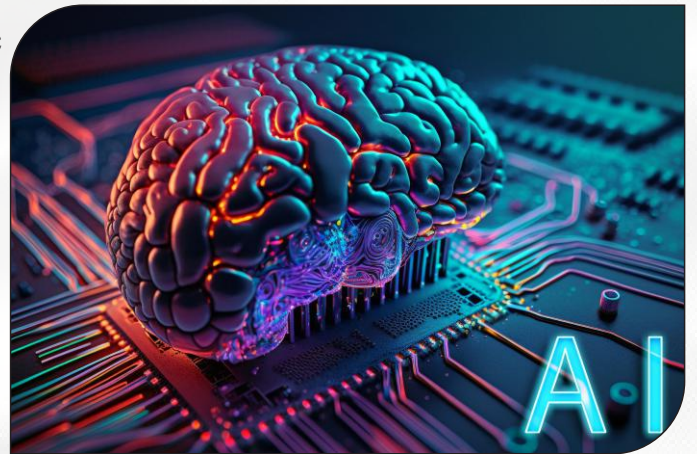
The early 1990s marked the beginning of the introduction of computer-assisted rehabilitation tools and early research into biomechanics. This paved a new path of growth and development in the field



It is guaranteeing more efficient and individualized treatment. Health care in recent days is based on a multidisciplinary approach, this gives physiotherapists a wider scope to actively support patient care. This transformation gives a golden opportunity to the physiotherapist to work with doctors, surgeons, occupational therapists, and psychologists and progressively offer complete treatment regimens. This has a broad scope in the hospital settings as well as in the sports field. Physiotherapy has shown to be absolutely essential in restoring function and improving mobility. In a broad area it contributes in treatment of post-surgical patients, people recovering from neurological diseases, or athletes aiming for best performance. This multi-disciplinary approach not only guarantees physiotherapy as a basic pillar of healthcare but also improves patient outcomes.

One of the most exciting developments in the field of physiotherapy is the integration of artificial intelligence (AI) and machine learning in physiotherapy assessments and management. The AI-driven tools analyze the patient movements and they can predict recovery timelines. This is creating miracles in the rehabilitation field. It also assists in designing personalized rehabilitation programs based on data-driven insights. It not only strengthens the patient recovery regime but it also aids in close monitoring of patient progress. In addition to this the wearable technology, such as smart braces and motion-tracking devices have left everyone in awe. It precisely allows physiotherapists to monitor patient progress. This strengthens the efficacy of treatment plans. The advancements along with the traditional knowledge improves the diagnostic accuracy. It also empowers the patients to take an active role in their rehabilitation journey.

In physiotherapy, tele-rehabilitation is being the game-changer. By overcoming the geographic barriers, it is increasing the patients' access to high-quality care. Expert physiotherapy advice is easily available to people worldwide through remote monitoring.



In recent years, along with focusing on rehabilitation after an injury, physiotherapists are also emphasizing on proactive strategies to prevent musculoskeletal disorders. This contributes to enhanced posture, and improves overall functional health. It also widens the scope of well being and strengthens the patient care. Corporate wellness programs, ergonomic assessments and workplace injury prevention initiatives are gaining huge importance today. These underscore the preventive potential of physiotherapy and contribute to healthier communities.

As physiotherapy continues to evolve, the core of evidence based practice shines brighter. Research in physiotherapy has flourished, with 24 236 clinical trials and systematic reviews added to the Physiotherapy Evidence Database between 2004 to 2016. Research-driven interventions and clinical trials are instrumental in validating and establishing new treatment modalities. It also contributes in refining existing techniques. In the recent era Physiotherapists stay engaged with current literature, attend conferences, and participate in professional development programs to become better equipped and to deliver superior patient care.

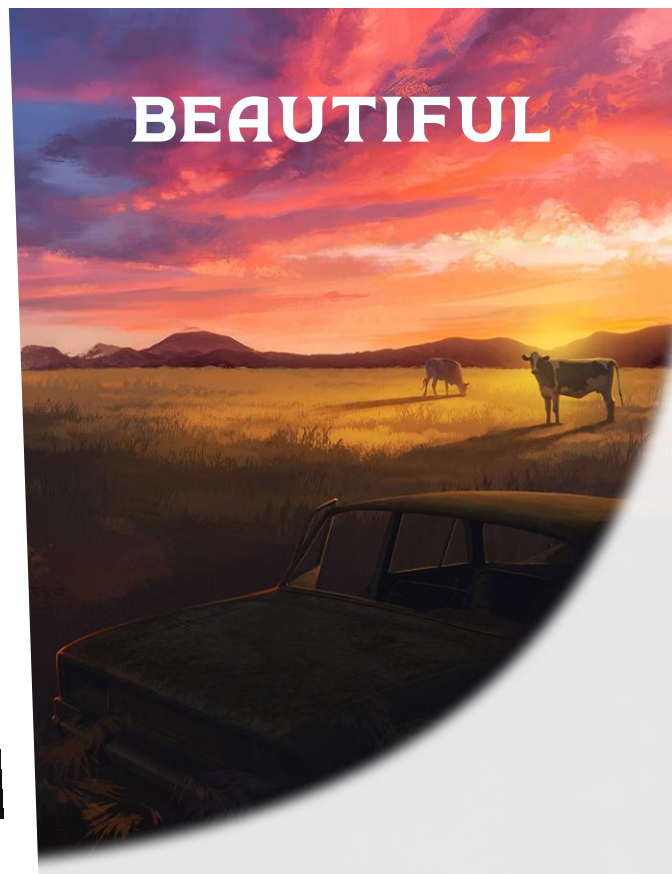
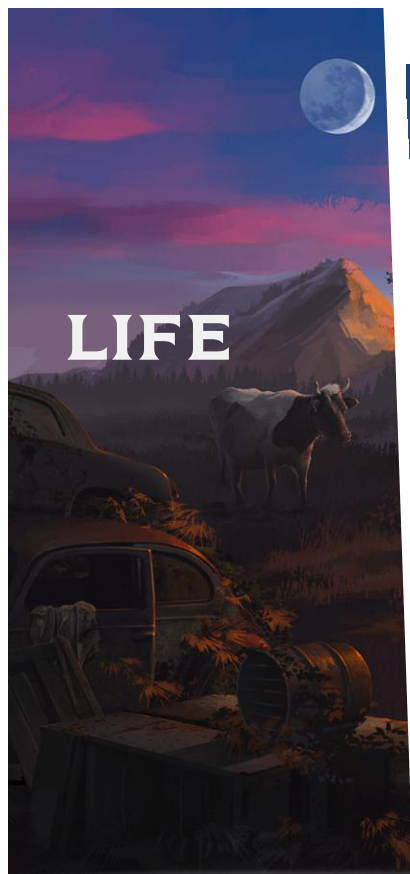
In the recent era of evolution the collaboration between researchers and practitioners is growing stronger. This bridges the gap between theoretical and practical knowledge, ensuring that physiotherapy remains a scientifically strong discipline.

In this third issue of our newsletter, we invite you to explore the current abundance of physiotherapy in greater depth. In this edition, we are emphasizing significant innovations, expert opinions, and practical applications that are influencing the future trajectory of our profession. Through a collection of articles, interviews, and case studies, we endeavor to present you with a thorough comprehension of contemporary physiotherapy and its extensive influence on the healthcare sector.





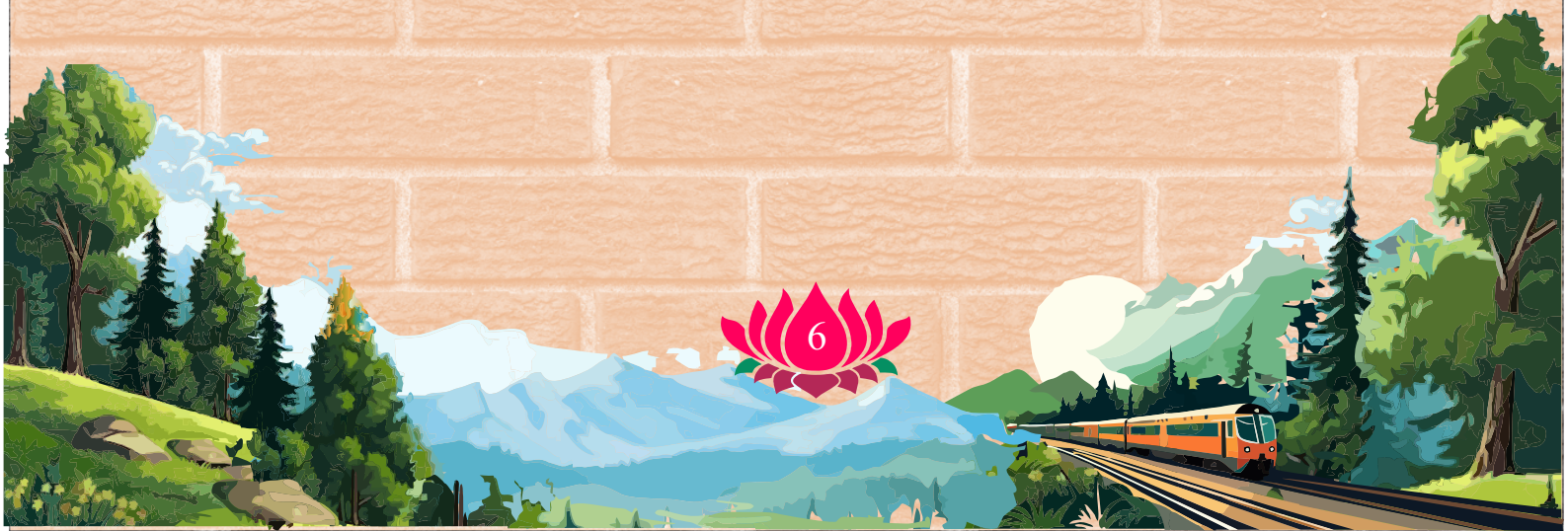
JOURNEY 2 MODERN WORLD



Physiotherapy Today: A Vital Force in Modern Healthcare

Among all the primary factors that drive the growth of physiotherapy the major factors are; increasing global burden of chronic diseases and age-related health conditions. The non-communicable diseases such as diabetes, cardiovascular disorders, and obesity have become leading causes of disability worldwide. These are termed to be a global threat. Increasing sedentary lifestyle leads to a high risk of these major illnesses and physiotherapy on the contrary plays a crucial role in managing these conditions. Additionally, as life expectancy continues to rise, the need for rehabilitative care among elderly populations has increased. Physiotherapists have always played a major contribution in assisting older adults with maintaining a healthy lifestyle and the scope of this role has increased in recent times.

Physiotherapy has also gained importance in addressing the effects of modern lifestyle changes. With ever changing lifestyles the number of individuals experiencing musculoskeletal disorders has also peaked. Physiotherapists here are battling and providing targeted management strategies to overcome pain and restore movement. The growing awareness of the importance of physical health is leading to more individuals seeking physiotherapy care as part of their wellness routine.

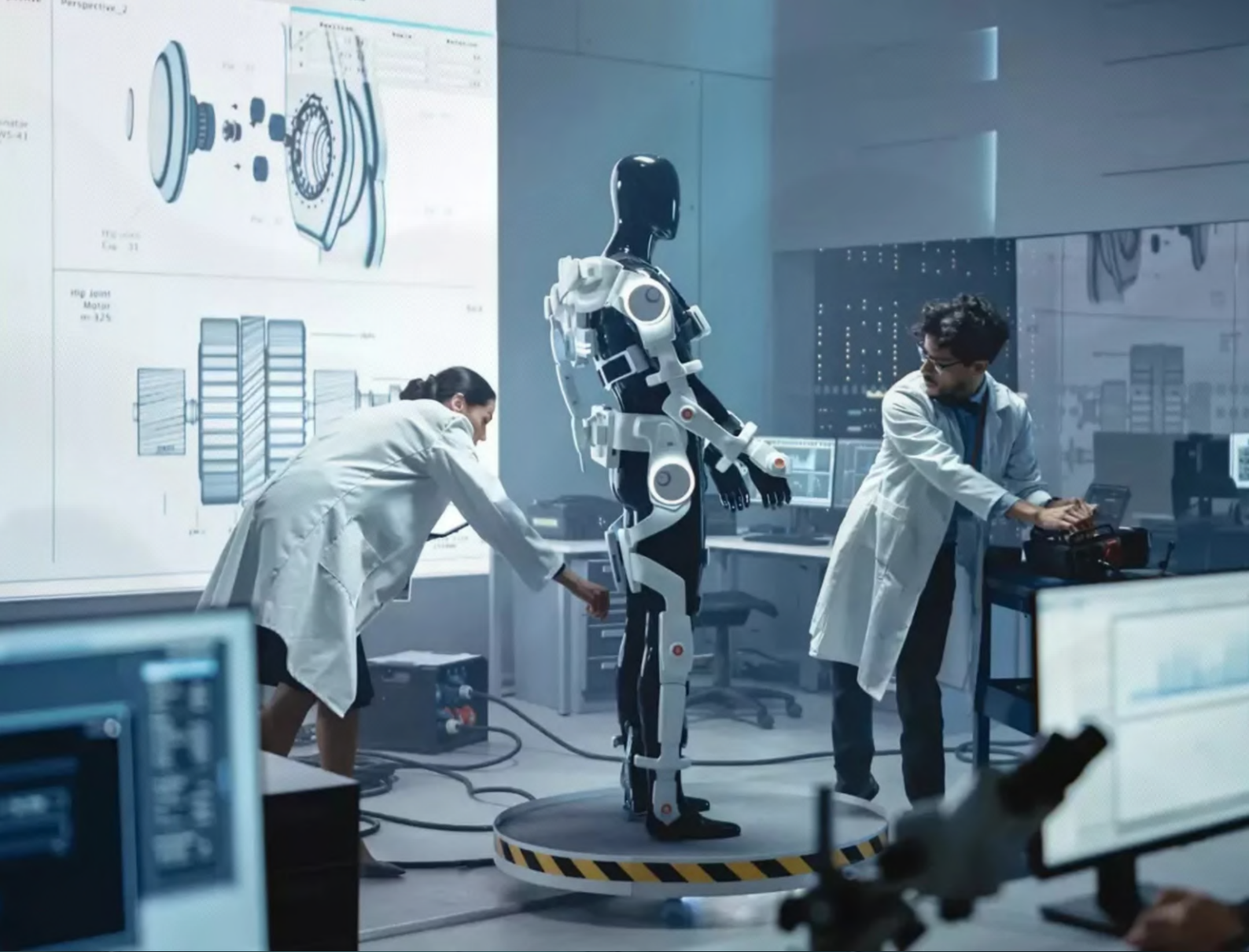


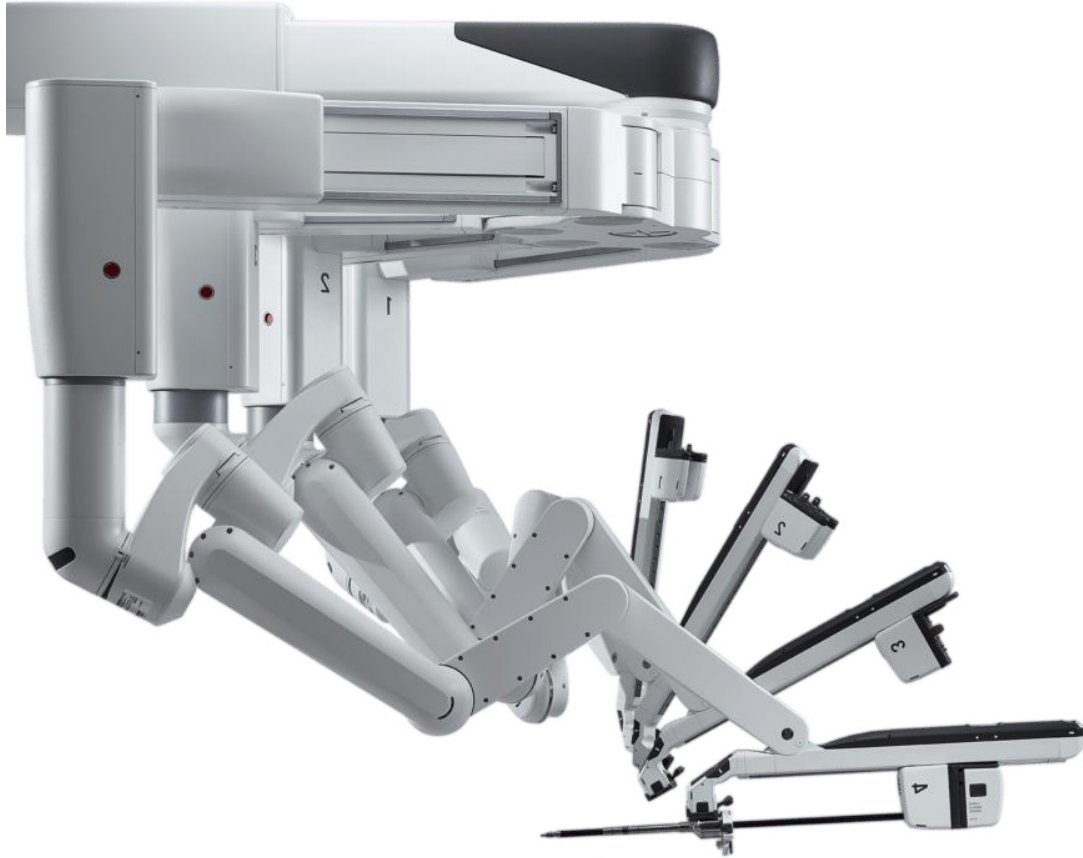
The Role of Physiotherapists in Multidisciplinary Healthcare Teams

In present times physiotherapy is an essential component of comprehensive healthcare. Physiotherapists regularly collaborate with multidisciplinary healthcare teams, playing an active role in patient care decisions. This multidisciplinary approach ensures that patients receive holistic care. Due to the multidisciplinary approach the patient care is uniquely tailored to the patient's specific needs.

In post-surgical recovery, physiotherapists assist patients in regaining strength and mobility. This is achieved in collaboration with the surgeons, physicians, nurses, psychologists and nutritionists. Similarly, in stroke rehabilitation, physiotherapists work closely with neurologists and speech therapists to help patients. It largely improves the quality of life of the patient. Sports medicine is another domain where physiotherapists play a crucial role. In the sports field the scope of physiotherapy has bloomed in recent times. The physiotherapist works alongside sports physicians and trainers to prevent injuries and to accelerate recovery. This approach helps to optimize athletic performance. No sports endeavor in recent times is complete without an expert physiotherapist. By inculcating evidence-based techniques of manual therapy, exercise prescription, and biomechanical assessments, physiotherapists are contributing to the well-being of athletes. Furthermore, in this growth era the physiotherapists are actively involved in pain management clinics. These are offering non-pharmacological solutions to their patients.







INNOVATION

Advancements in Physiotherapy: Embracing Innovation

Along with the traditional methods the advanced technology has transformed rehabilitation practices for betterment.

Let us look into innovations like computer-assisted rehabilitation environments (CAREN) and virtual reality that are enhanced instruments for treatment.

The research and technological innovations in physiotherapy need a special mention while talking about the present day progress of physiotherapy. Use of artificial intelligence (AI), wearable technology, and tele-rehabilitation are key factors in the assessment and treatment of patients today.

Robotic-assisted rehabilitation is another major advancement. We all know about the devices such as robotic exoskeletons that help patients with mobility impairments. It provides controlled assistance and resistance that supports rehabilitation. These robotic systems can uniquely adjust to a patient's needs. It quickly ensures optimal engagement and effectiveness. Its advanced version is the AI-driven robotic therapy that can significantly benefit patients with neurological deficits. This catalyzes their recovery through adaptive learning.

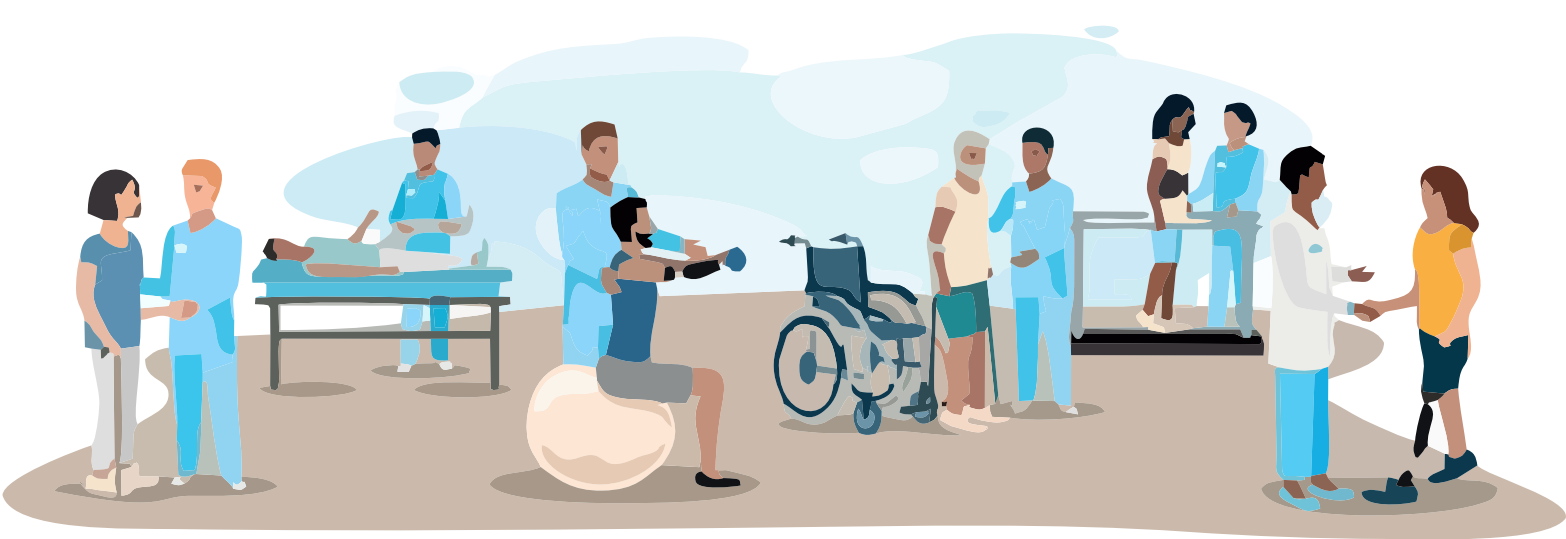


Physiotherapy and the trends in teaching and learning methods...

With a marked increase in use of evidence-based practice in 1980, the field of physiotherapy witnessed a revolution in the trends in clinical practice and the teaching learning method. From 1980 till date the integration of scientific research into clinical decision-making has enhanced the credibility of physiotherapy as a discipline. This shift has led to the development of standardized treatment protocols, improved patient outcomes, and a more analytical approach to rehabilitation and the progress is still continuing. Physiotherapy education now emphasizes critical thinking, hands-on experience with research methodologies, and the application of clinical trials in practice. The continuous evolution of EBP ensures that physiotherapists stay updated with the latest advancements, fostering a culture of lifelong learning and improved healthcare delivery.

The pursuit of knowledge has always been an enduring and perpetual journey but the pandemic unveiled a plethora of technological resources at our disposal for enhancing the educational experience. A profound transformation is evident in every facet of education. In recent research it is discovered that a significant number of educators have commendably embraced online teaching methods and have recognized their advantages in the present context. The exploration and comprehension of numerous intricate concepts within physiotherapy, biomechanics, and biological conditions can be significantly enhanced through the utilization of three-dimensional models and various applications. The promotion of smart boards and technology-enabled learning solutions is essential.





While the inclusion of a digitalized education system is important, it is imperative that we refine and optimize its implementation to ensure clear and beneficial outcomes. An exemplary curriculum ought to encompass a synthesis of online education and offline practices to guarantee enhanced student learning outcomes. The continuous input from students and the progressive adaptation of faculty are crucial elements in establishing a successful E-Learning System. Educators are refining their expertise and remaining informed about the latest developments that facilitate a technology-enhanced learning environment. Through heightened awareness and the establishment of adequate facilities at the grassroots level, the potential for online education to thrive is increased significantly.

A variety of platforms and software are presently employed to facilitate the delivery of sessions. A selection of platforms includes Webinars, Zoom Meetings, Microsoft Teams, Google Meet, Telegram, WebEx, and Skype, alongside video interactions on YouTube. Assignments are distributed through Google Classroom, WhatsApp, and Emails, among other channels. Videos may be uploaded to repositories like Google Drive and disseminated among the entire class to enhance student comprehension and, consequently, learning. A recently conducted research revealed that students favored the webinar format over traditional classroom settings, although the development of practical skills posed a challenge for its consistent application. This is the current scenario of physiotherapy education in India where the online platforms have paved the way for easy understanding and happy learning.



Physiotherapy's Expanding Scope: Beyond Rehabilitation

With rehabilitation still a main focus in modern culture, physiotherapy has expanded its reach to include community-oriented healthcare projects. Many companies are adding physiotherapy more and more into their staff health programs. This offers assessments of general fitness, ergonomics, and techniques for avoiding hazards connected to the workplace.

Educational institutions, including schools and universities, are also integrating physiotherapy services. This enhances the physical well-being of their students. By contributing to reducing the postural issues associated with the sustained maintenance of a single posture or the utilization of hefty backpacks, physiotherapy advice plays a vital role in this sector.

Moreover, physiotherapy has helped to acknowledge in the area of mental health as well. As advised by physiotherapists, interventions focused on exercise have shown effectiveness in reducing symptoms related to depression and anxiety. The release of endorphins helps to explain the decrease of stress. In physiotherapy, the mind-body connection stresses its all-encompassing approach to improve patient well-being.





Let's explore virtual reality!!

The application of Virtual Reality (VR) and Augmented Reality (AR) in patient therapeutics is an exciting turn in physiotherapy practice today. The early 2000s marked the integration of virtual reality and development of wearable technology in physiotherapy.

These are increasingly recognized as instruments that are providing immersive experiences that significantly enhance patient engagement. It leads to positive motivation among patients. Virtual reality (VR) generates simulated environments. It enables patients to engage in therapeutic exercises while interacting with visual and auditory feedback. This largely enhances the engagement and enjoyment of the rehabilitation process.



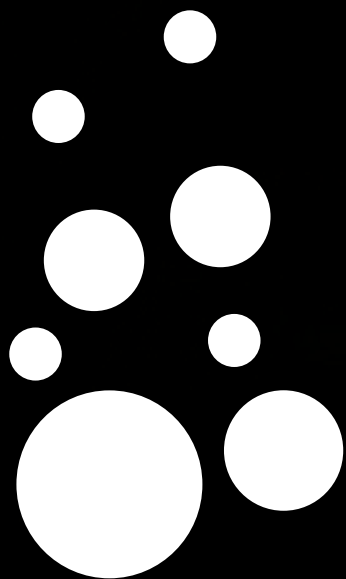


For instance, virtual reality-based rehabilitation programs have the capacity to replicate real-world scenarios, such as traversing a park or ascending staircases, thereby assisting patients in restoring their confidence in mobility. Moreover, virtual reality-assisted mirror treatment has shown effectiveness in stroke patients with motor deficits since it creates the appearance of movement in the injured limb, therefore activating neuronal paths and promoting healing.

Conversely, augmented reality gives real-time instructions and modifications over physiotherapy sessions and overlays digital features over the physical environment.

Applications based on augmented reality (AR) help physiotherapists to quickly get feedback and modify a patient's actions, therefore allowing a complete motion analysis.

This technology becomes especially useful in the framework of home-based rehabilitation. It lets patients engage in workouts directed by augmented reality-generated signals while their physiotherapist is watching them remotely.



Development of Wearable Technology for Movement Real-Time Analysis



In the present era wearable technology is an exciting tool in physiotherapy offering real-time movement analysis. Among other tools, smart watches, motion sensors, and bio-mechanical monitors give valuable data on a patient's physical activity, posture, and muscular engagement.

The development of smart suits with sensors sensing movement and muscle function represents a significant industry advancement. This technology enables physiotherapists to create tailored rehabilitation programs. These wearables enhance tracking of development accuracy and reduce dependence on subjective patient feedback.

Furthermore, real-time data exchange helps physiotherapists track patient development and apply required treatment changes depending on it.





The development of treatment strategies *.....influence of Kinesiology and Biomechanics*

The 2020s is the golden time of immense development in the field of physiotherapy. Advanced research in biomechanics, kinesiology, neuroplasticity, and preventive physiotherapy is taking place very rapidly after 2020.

Biomechanics and kinesiology form the base of modern physiotherapy. It provides scientific understanding of movement patterns, muscle activation, and joint mechanics. These fields strengthen the creation of treatments based on objective data. This therefore reduces the possibility of error in the course of treatment.

Assessment of movement abnormalities now depends critically on motion capture devices and three-dimensional gait analysis tools. These devices give physiotherapists accurate assessment of joint angles, muscular activity, and posture, therefore offering a complete knowledge of biomechanical inefficiencies. Similarly, customized rehabilitation plans can be developed to satisfy the particular needs of every patient.

Using force plate analysis and pressure-sensitive treadmills is improving treatment technique accuracy. By use of weight distribution and movement patterns, these gadgets help to diagnose postural abnormalities. Such thoroughness in assessment guarantees that treatments are both efficient and targeted.

Among the most recent work are wearable sensors and smart fabrics. These devices incorporating accelerometers and gyroscopes help to continuously monitor patient movements, therefore ensuring compliance with recommended workout programs and highlighting areas needing improvement. This data-driven approach increases patient involvement and makes it possible to have real-time changes to rehabilitation plans.

Physiotherapy in Indian communities: When healing reaches every corner of the nation...

The significance of community rehabilitation in India has been highlighted in previous research. Extensive study has been published for many communities across the nation. Community-based rehabilitation (CBR) has long been regarded as a viable alternative to the expensive institution-based rehabilitation in India, although it can present challenges, particularly in resource-constrained environments. Physiotherapy has a crucial role in Indian communities, which has notably increased in significance in contemporary times. A comprehensive approach to community health care is currently being integrated into the existing physiotherapy service models in India, emphasizing both curative interventions for chronic health issues and preventive treatment.





Health literacy in physiotherapy practice: A modern approach

The practice of physiotherapy is evolving swiftly. It is due to the more leadership opportunities and enhanced recognition within several healthcare sectors that the need for health care literacy is raising.

Inadequate health literacy is associated with detrimental health behaviors and outcomes. It is thus seen as a significant global public health concern.

Health literacy is increasingly being addressed at both the health policy and program levels in India. The primary initiatives to boost health literacy involve health professionals assisting patients in developing their health literacy abilities to effectively navigate the healthcare system, participate in preventative measures, improve self-management, and modify hazardous lifestyle behaviors. Physiotherapists, acknowledged as primary care clinicians who dedicate substantial time to patients imparting health information—especially regarding chronic condition management and post-surgical rehabilitation—must become increasingly adept in health literacy concepts, measurement, and interventions to aid patients in seeking, comprehending, and utilizing health information.

Interview of the experts :



Prof. Malarvizhi D

THE EVOLUTION OF PEDIATRIC HEALTHCARE AND COMMUNITY AWARENESS

When I first started my career, pediatric healthcare was in its infancy, with very few dedicated centers, most of which were concentrated in urban areas. The lack of government and private sector initiatives limited exposure to pediatric treatments. Parents were largely unaware of the available medical interventions, often assuming that nothing could be done if their child was born with a medical condition. Over time, however, awareness has grown significantly, thanks to social media, television, newspapers, and the concerted efforts of the medical community. Today, parents are more proactive in recognizing abnormalities and seeking appropriate treatment for their children.

One of the most remarkable changes has been the expansion of pediatric healthcare access to rural areas. Initially, pediatric care was confined to cities and suburban regions, but as awareness increased, outreach programs began in remote locations. Just recently, I visited a rural center set up by a local college. These centers provide critical awareness and treatment services, ensuring that children in underserved areas receive the care they need. Government support and community involvement have been instrumental in breaking down barriers, allowing parents to seek treatment for their children without hesitation.

Advancements in pediatric healthcare facilities have also been significant. Modern centers are now equipped with advanced diagnostic and interventional tools sourced from around the world, greatly enhancing the accuracy and effectiveness of treatments. However, one challenge remains—today's students, unlike those from previous generations, sometimes lack the patience required to work with pediatric patients. It is crucial that they focus more on patient and parental education, as many neurological conditions require long-term management. Parents must be well-equipped to continue therapy at home, extending the benefits of clinical care into their daily lives.

Despite these advancements, home-based care remains an area requiring further development. While developed countries provide barrier-free environments for children with special needs, we have yet to reach that level. Mobile physiotherapy units equipped with assistive devices could be a transformative solution. More institutional collaboration is needed to support such initiatives, ensuring that children receive continuous care even beyond clinical settings.



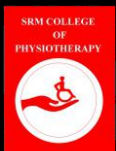
In terms of research, I am currently collaborating with Oxford University on a study focused on pediatric fitness. This study is now in the manuscript preparation stage and is set to be presented at the upcoming CSP Conference in 2025. Additionally, we are exploring a comparative study of physical fitness levels between urban and tribal adolescents. This research aims to highlight healthcare disparities and develop targeted intervention strategies that will benefit diverse pediatric populations.

Collaborations with institutions such as the National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD) have also played a crucial role in advancing pediatric care. Through a memorandum of understanding (MOU), we facilitate patient referrals, enabling children to receive essential assistive devices such as splints, orthoses, and wheelchairs. This partnership ensures that our patients have access to specialized services that might not otherwise be available to them.

Beyond medical treatment, vocational training has become an essential aspect of holistic rehabilitation for differently-abled children. Many institutions now offer training in various skills, including tailoring, basket weaving, candle making, and jewelry crafting. These programs empower children to achieve financial independence and integrate into society. Recently, I had the opportunity to see children displaying their artwork and handmade items, showcasing their talents and potential in meaningful ways.

Technology is advancing rapidly, and AI is playing an increasingly vital role in healthcare. Pediatric care should not be an exception. AI-driven diagnostic tools, therapy monitoring systems, and assistive technologies can elevate pediatric treatment to international standards. By integrating these advancements, we can ensure that pediatric healthcare continues to evolve and meet global benchmarks.

Looking ahead, patience remains a fundamental trait for those entering this field. Pediatric care is not just about treating a condition—it's about understanding the emotions of both the child and their parents. Future healthcare professionals must emphasize patient and parental education, ensuring that caregivers are well-equipped to continue therapy beyond the clinical environment. By combining compassion with innovation, we can create a future where pediatric healthcare is more accessible, effective, and inclusive for all.





A Journey in Global Healthcare: From Ethiopia to Academia

I was fortunate to be selected by the United Nations Development Programme (UNDP) for a posting in Africa, with my first assignment in Ethiopia. My role was in academia, contributing to a higher education institution that was also a government referral hospital. While engaged in academic work, I was also heavily involved in clinical care, particularly in trauma cases, including gunshot injuries. One of the most common conditions I treated was pneumothorax, hemothorax, and pneumohemothorax. These cases required urgent intervention, including intercostal drainages, and I had the privilege of learning intricate details about chest x-rays and management strategies under the guidance of Dr. Benjamin. His mentorship deepened my understanding of thoracic trauma and its management, and over my 10-year tenure, I was extensively exposed to chest x-rays and bedside clinical care.

Balancing both clinical work and research, I was also responsible for postgraduate teaching in orthopedics and trauma. The academic system was structured differently from what I had previously experienced. My mornings typically involved 30-minute theoretical sessions, followed by bedside teaching and case discussions with students. This immersive method of learning ensured that both faculty and students gained first hand exposure to complex cases. Surgeons often shared real-time insights about thoracotomies and trauma management, providing a deeper perspective on patient outcomes. I never felt like I was simply working—it felt like an extended phase of learning, all while contributing meaningfully to the healthcare system.

Then came COVID-19, a defining period that tested the limits of the healthcare system, especially in a developing region like Africa. If a country like India faced immense challenges, the situation in Africa was even more daunting. As part of the spearhead medical team, I worked around the clock to manage patients despite severe resource limitations. One of the most heartbreaking experiences was witnessing ventilator-dependent patients succumb due to power outages. The reality of inadequate infrastructure hit hard. These experiences taught me invaluable life lessons—resilience, adaptability, and the profound importance of resource optimization in healthcare. However, after 12 years in Ethiopia, I felt it was time to return to my family and contribute my learnings in India. Leaving Ethiopia was difficult; the people had become my second family, embracing me as one of their own.



Back in India, I transitioned into academia, determined to apply the knowledge I had acquired over the years. Research became a central focus of my work. My journey in publishing started as a means to disseminate research findings, moving beyond conferences and workshops to high-indexed journals. In Africa, research findings were often shared via television and radio to reach a broader audience. Encouraged by funders and mentors, I began publishing extensively, with articles appearing in prestigious journals such as BMC, PLOS One, and Dove Press. Additionally, I joined the Global Burden of Diseases collaboration, contributing to key publications on diabetes mellitus and stroke in *The Lancet* and *Lancet Neurology* in 2020, 2023, and 2024.

One of the most enlightening realizations in my career was the intricate role of the human hand in rehabilitation. Initially, I considered it just another sub-discipline of physiotherapy, but my perspective changed dramatically through exposure to cases of burns, crush injuries, and gunshot wounds. The hand is a sensory and motor organ with an essential protective function—it instinctively shields the body from harm, often bearing the brunt of injuries. I had the privilege of training under Dr. Hans, a distinguished hand therapist from Belgium, who introduced me to advanced rehabilitation techniques for post-burn and trauma cases.

My research interests have also evolved over time. I started engaging in formal research training in Ethiopia, where I learned methodologies, data management, and grant writing under the guidance of European mentors. Research was not just about writing—it involved understanding global healthcare disparities and finding solutions through systematic studies. Over 11 years, I progressed in both clinical and academic ranks, eventually leading my own research proposals and projects.

During my tenure in Ethiopia, I encountered high incidences of trauma, particularly gunshot injuries, reflecting the region's socio-political climate. My background in orthopedics and trauma physiotherapy aligned well with the demands of the environment. Seeing firsthand how burns and severe injuries affected hand function, I developed a strong affinity for hand rehabilitation, leading me to explore advanced techniques in physiotherapy for hand conditions.

Today, I am dedicated to bridging the gap between research and clinical practice, ensuring that the knowledge gained from global exposure is translated into tangible healthcare improvements. My experiences have shaped my perspective on healthcare, research, and education, reinforcing my commitment to lifelong learning and knowledge dissemination. I believe that through collaboration, innovation, and perseverance, we can continue to make significant strides in global healthcare.



EDUCATION IS NOT JUST ABOUT GAINING THEORETICAL KNOWLEDGE. IT IS ABOUT BUILDING COMMUNICATION SKILLS, FOSTERING PROFESSIONAL RELATIONSHIPS, DEVELOPING EMPATHY, AND SHAPING ONES PERSONAL AND PROFESSIONAL IDENTITY. A UNIVERSITY IS NOT JUST A PLACE FOR LEARNING BUT A PLACE FOR HOLISTIC TRANSFORMATION.



Dr. Harikrishnan initially aspired to pursue medicine, but he entered a physiotherapy programme, which, according to him, was a god's plan. He proudly stated that physiotherapy molded him into the person that he is today. With immense passion and gratitude towards his profession, Dr. Harikrishnan answered our questions, and I am sure his interview will inspire many students like me...

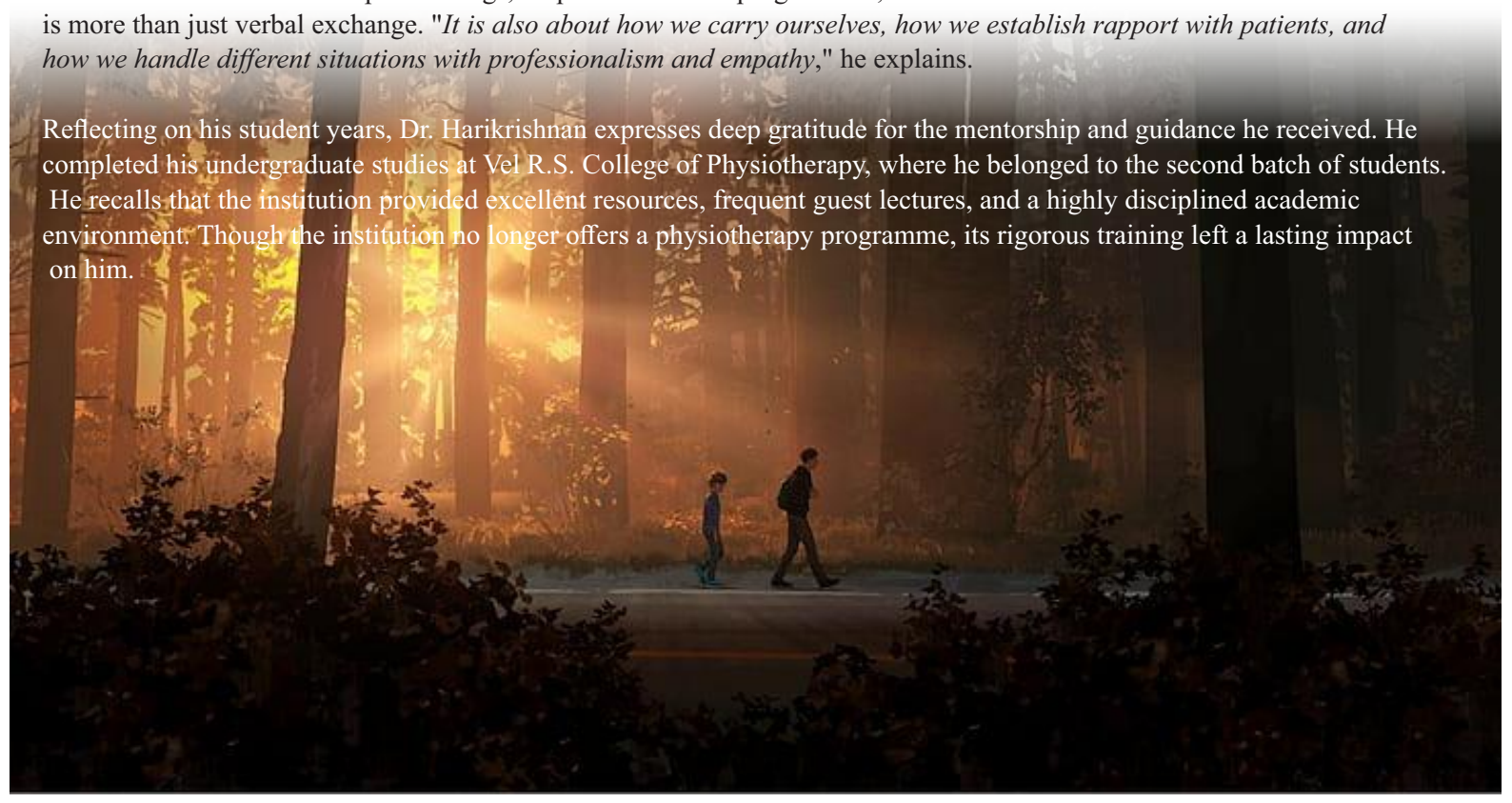
Physiotherapy is a noble profession with a sky full of opportunities to explore. The profession allows us to have direct interaction with patients and active involvement in their rehabilitation. Reflecting on his student years, Dr. Harikrishnan describes the education system of that time as predominantly teacher-centric, following a behaviorist model of learning. It was a blessing in a way that the students had a thirst for knowledge and strived for gaining the maximum learning in the limited resources that they had. Teachers were regarded as the primary source of knowledge, and students heavily relied on classroom instruction and lecture notes during his student life, he says.

During his student era, a significant challenge was the logistical effort required to obtain study materials. Students in his time had to travel long distances to access libraries and printed materials. Dr. Harikrishnan recalls making weekly trips to the Tamil Nadu Dr. MGR Medical University library, which involved three hours of commuting for just four hours of study. This struggle highlights the contrast between past and present learning environments, where modern students benefit from anytime, anywhere access to educational resources.

Reflecting on how physiotherapy has shaped him, Dr. Harikrishnan acknowledges its significant influence on both his personal and professional life. His profession has gifted him the treasure of good health and complete well-being. He also highlighted that beyond academics, physiotherapy instilled in him a strong sense of health awareness. He became more conscious of his own fitness and developed a passion for promoting health literacy among his family members, friends, and patients. He believes that many physiotherapists share an innate sense of social responsibility, as their work involves connecting with people, understanding their needs, and fostering empathy.

On a professional level, he credits physiotherapy for enhancing his communication skills. Through extensive patient interactions—whether in hospital settings, corporate wellness programmes, or home visits—he learned that communication is more than just verbal exchange. *"It is also about how we carry ourselves, how we establish rapport with patients, and how we handle different situations with professionalism and empathy,"* he explains.

Reflecting on his student years, Dr. Harikrishnan expresses deep gratitude for the mentorship and guidance he received. He completed his undergraduate studies at Vel R.S. College of Physiotherapy, where he belonged to the second batch of students. He recalls that the institution provided excellent resources, frequent guest lectures, and a highly disciplined academic environment. Though the institution no longer offers a physiotherapy programme, its rigorous training left a lasting impact on him.



One striking feature of his student life was the healthy competitive academic environment. There was an intense drive for learning, with students forming different study groups to master various aspects of physiotherapy. There was a problem-based learning approach that encouraged students to analyze, discuss, and apply concepts rather than passively absorb information. He supports the same learning approach for his students too.

Throughout his journey, Dr. Harikrishnan credits many mentors who shaped his academic and professional development. Among them, one of the most impactful was Mrs. Gomathi Lakshmanan, the former Vice Principal of Vel R.S College of Physiotherapy. She played a pivotal role in his decision to pursue postgraduate studies.

Recalling a transformative moment, he shares: *"During my internship, I approached my mentor and expressed my desire to apply for a faculty position. She acknowledged my qualifications and assured me I could secure a job. However, she advised me to work hard and learn more. Go dive into deeper learning and pursue a postgraduate degree and specialize in a field of my liking. She explained that this would significantly expand my career prospects and professional reach. That very day, I abandoned my job search and focused on finding a postgraduate programme."*

This advice changed the course of his career, leading him toward higher education and specialization, and he suggests the same "dive deep into learnings" approach to all the students.

Another influential figure in his academic journey was Dr. Sheela Devi. She had a profound impact on his approach to learning.

Dr. Harikrishnan emphasizes that education is not just about curriculum-based learning but encompasses a hidden curriculum—the philosophies, ethics, and values imparted by mentors. He recalls an important lesson from his former principal, who instilled the significance of deep learning from clinical experiences:

"You can learn 100 things from one patient, or you can learn one thing from 100 patients. It all depends on how inquisitive you are."

This philosophy became a guiding principle for him and continues to inspire his approach to patient care and teaching. He believes that students must not only acquire skills but also master them through repeated practice and self-evaluation.

"Many students today focus on acquiring skills, but true competency comes from repeated practice, correction, and refinement."

Dr. Harikrishnan views academic institutions as more than just centers for cognitive learning. He describes them as biopsychosocial environments where students undergo intellectual, emotional, social, and even spiritual growth.

"Education is not just about gaining theoretical knowledge. It is about building communication skills, fostering professional relationships, developing empathy, and shaping one's personal and professional identity. A university is not just a place for learning but a place for holistic transformation."

With this perspective, he urges students to embrace their educational journey beyond textbooks and exams and focus on becoming well-rounded professionals who can meaningfully contribute to society.

His tenure as an educator spanned more than 16 years, which includes 14 years of experience in various universities in Malaysia. Moreover, he played significant roles, including program head and deputy dean of a faculty in a private university in Malaysia.

EVERYTHING IS GOING TO BE ALRIGHT

STRENGTH REHAB MIND TRAIN TRANSFORM

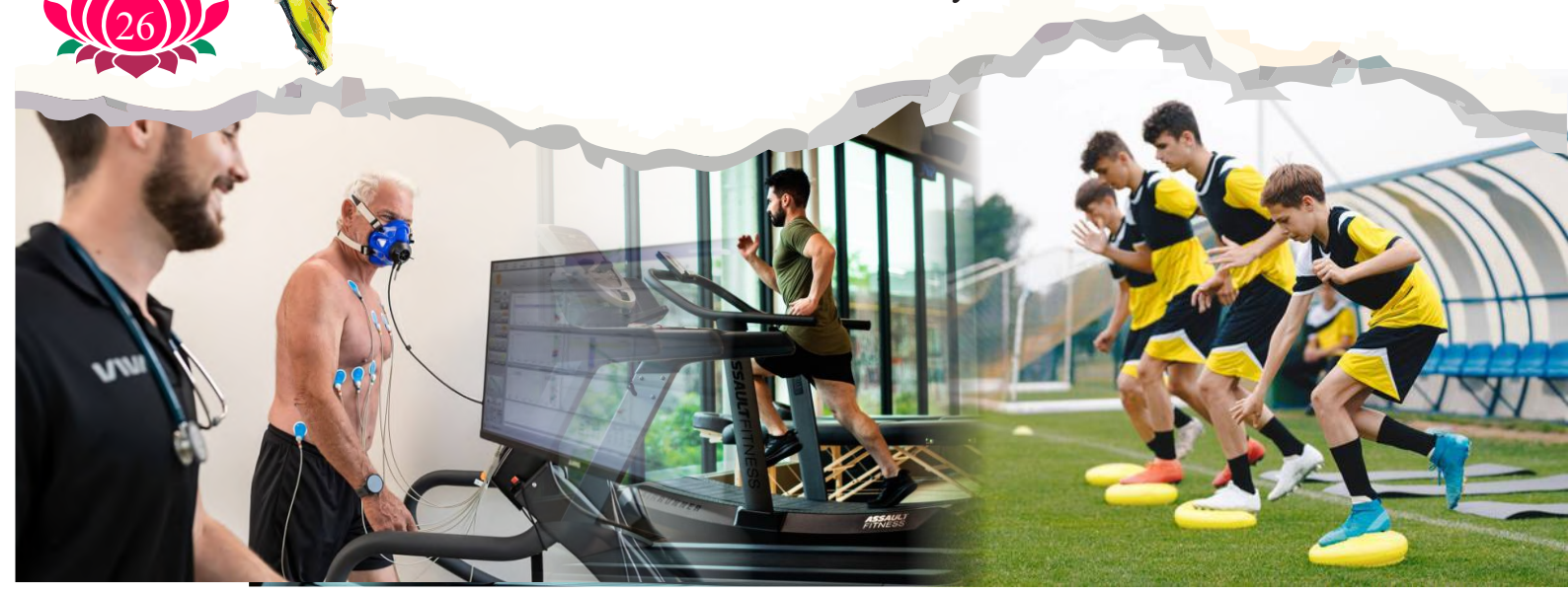


Mr. Arvind M

My journey as a student in SRM

Hi. I myself Arvind.M, Assistant professor in SRM College of Physiotherapy. i got admitted as a UG student in August, 2014. That's when my journey got started in SRM. i would say i had fantastic days as a student in this college. Right from the friends, faculty Special achievements:

When i was doing my undergraduate here in SRM i was much concerned only in studies. i used to attend the college, going to home, doing some college works and returning back to the college. But when i entered my post graduate as i said before it was a complete turnover where i was made to led a team in ROM 2021 soon after that i was a sports events student organiser for 4th National level sports and cultural events, led many department level cricket matches, was been part of the successful journey of ROM 2022,2023,2024. It was great learning for me to know how to lead the things in front. How to manage the things. That is what i feel is a achievement from our college. members , the surrounding environment which i had was the best i could ever ask for from the student life. Each and every year of student life taught me something new for my professional and also for personal growth. I could say the real transition of my carrer got started after my arrear break in the fourth year of my UG studies. Soon after that i got the admission in this same college as a PG student in sports elective in 2020. From there this institution paved me with a perfect platform to showcase myself not only in academics but also providing me with a number of oppourtunities to express myself and also made me understand the best of myself.





Mrs. Shrisruthi.S

My journey in physiotherapy began in August 2013 when I enrolled in the Bachelor of Physiotherapy program at SRM. Initially, I had limited knowledge about the field and faced moments of doubt. However, through rigorous academic training and extensive clinical exposure, I developed critical skills that shaped my professional growth.

My institution emphasized practical learning, particularly through a six-month internship across multiple renowned institutions, including Ganga Hospital (Orthopaedics), Spastin (Paediatric Rehabilitation), and various spinal rehabilitation centres. This broad clinical experience instilled confidence in me, affirming that I had made the right decision. My undergraduate years provided invaluable experience in patient management and treatment implementation.

When it was time to make another crucial decision regarding my postgraduate studies, I knew that returning to SRM was the best choice. However, selecting a specialization was challenging. My internship experiences in paediatrics, sports, and orthopaedics left me indecisive. It was only while working under a senior physiotherapist in a paediatric rehabilitation clinic that I realized paediatric physiotherapy was my true calling. The clinic's multidisciplinary environment, where speech therapists and other specialists collaborated, further sparked my curiosity and motivation to acquire specialized skills. This decision has since proven to be highly rewarding. Paediatric physiotherapy presents unique challenges that often deter many professionals from specializing in this field. The complexity and long-term nature of patient management require deep commitment. However, I believe paediatric rehabilitation offers profound fulfilment. As paediatric physiotherapists, we do not just treat the child; we support the entire family. Unlike other specializations where success is measured solely by individual patient recovery, paediatric physiotherapy fosters a familial bond, guiding parents and alleviating caregiver burdens—an aspect particularly significant in India.

Throughout my career, I have observed the immense sacrifices made by caregivers, particularly mothers, who often face career stagnation and emotional distress. As physiotherapists, we play a crucial role in educating and empowering caregivers to balance their responsibilities while ensuring the child's optimal development. Counselling and inclusive rehabilitation strategies can help integrate therapy into daily routines, enhancing both the child's and the family's well-being. This, in my view, is the need of the hour.

On a deeper level, societal perceptions and stigma significantly impact child care. Despite advancements, many families struggle with the social stigma surrounding special needs children. A recent qualitative study we conducted revealed that parents often become fully aware of their child's condition only when guided by a knowledgeable physiotherapist or physician. Effective communication between therapists and families is essential in breaking taboos and fostering acceptance.



In some cases, societal and familial pressures exacerbate the emotional toll on families, especially mothers. Many face undue blame or are pressured into having another child due to concerns about their firstborn's condition. Increased awareness and structured counselling can help mitigate these challenges. While digital platforms have facilitated knowledge dissemination, therapists remain the primary source of accurate guidance.

At SRM, we actively contribute to research and community initiatives to address these challenges. Our approach begins with early intervention and parental education. Many families lack access to specialized equipment at home, so we develop innovative home-based therapy techniques using readily available household items. We also conduct developmental milestone assessments and train parents to monitor early signs of delays, ensuring timely intervention.

Our ongoing research includes early intervention programs and longitudinal cohort studies. One such study tracks neonatal development over six months, assessing parental comprehension and adherence to therapeutic guidelines. By comparing therapist and parental evaluations, we identify awareness gaps and tailor educational interventions accordingly. Another critical area of research is the prevalence and management of Developmental Coordination

Disorder (DCD). Previously underrecognized, DCD cases have surged, necessitating focused identification and intervention strategies. Our work aims to enhance diagnostic precision and therapeutic outcomes.

Through the Unnat Bharat Abhiyan (UBA) project, we have screened paediatric populations in adopted villages, identifying unaddressed developmental delays and learning disabilities. Many children, despite attending school, exhibit undiagnosed speech impairments or cognitive challenges. By implementing structured screening protocols, we ensure early intervention and improved developmental outcomes.

Having been associated with SRM since 2013, I have witnessed substantial institutional growth. As a student, participation in conferences and collaborative academic endeavours enriched my knowledge. However, the transition to a semester-based system has somewhat reduced student interaction between batches, affecting mentorship opportunities. As faculty, I have realized the complexities of academic responsibilities beyond teaching. Continuous learning and adaptability are crucial, and collaboration with senior faculty members has been instrumental in navigating challenges. Prioritization, professional growth, and maintaining work-life balance are essential aspects of this journey.

Paediatric physiotherapy is a challenging yet deeply rewarding field. Bridging knowledge gaps, alleviating caregiver burdens, and fostering societal awareness are integral to effective rehabilitation. Our efforts at SRM, through research and community initiatives, aim to advance paediatric rehabilitation and support holistic child development.



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Awards and Accolades

STRIDE 2024 INTERNATIONAL PHYSIOTHERAPY CONFERENCE

Conducted by: Saveetha College of Physiotherapy
Date: 24th and 25th of October
Achievements:

STUDENT CATEGORY

Paper Presentation PG (Neurology) - Winner: Prakash. V
Candle Art - 1st Prize: Rushali Gajanam Tatewar
Brushless Painting - 1st Prize: Rushali Gajanam Tatewar
Reels Making - 1st Prize: Saraswati K
Photo Meme - 1st Prize: Saraswati K
Tune It - 2nd Prize: Akash Jefferson Stanley, Samuel R
Trilathon - 2nd Prize: Karthikeyan S, Shah Riti Harshit Bhai
Group Dance - 3rd Prize: Ramya S, Saraswati K, Tejasree K,
Shah Riti Harshit Bhai
Duet Dance - 3rd Prize: Saraswati K, Tejasree K
Pencil Sketching - 3rd Prize: Dhanush Sai
Photography - 3rd Prize: Karthikeyan S
Best PG Student Award : Tejasree S, Karthikeyan K



STAFF CATEGORY

Best Academician Award: Mr. Harikrishnan R, Associate Professor

Best Paper Presentation Award:

Orthopedic Category - 2nd Prize - Mr. Harikrishnan R, Associate Professor
Paediatric Category - 1st Prize - Mrs. Shrisruthi S, Assistant Professor

WORLD MENTAL HEALTH DAY 2024

Conducted by: Department of Psychiatry, SRM MCH
Date: 10/10/2024

Achievements:

Rangoli- 1st Prize: Saraswati K and Ms. Shruthi
Photography - 2nd Prize: Tarini
Reels Making - 2nd Prize: Saraswati K



BIOMECHANICS RESEARCH SCHOLARSHIP PROGRAM

SRM College of Physiotherapy was inducted into the Biomechanics Research Scholarship Program conducted by Auptimo Technologies for the study titled, "Correlation between Pain and Kinematic Asymmetry of Gait in Mild-Moderate vs. Moderate-Severe Unilateral Osteoarthritis Knee" and secured the 2nd prize with a stipend of Rs. 25000 rewarding the exceptional efforts and commitment to advancing Biomechanics research.



FLAIR 24 - 8TH INTERNATIONAL PHYSIOTHERAPY CONFERENCE

Conducted by: Sri Venkateshwara College of Physiotherapy

Date: 7th and 8th of November 2024

Achievements:

Futsal - Runners: Thariq Nihaadh, Pranav S Prakash, Muhammed Rizwan, Mohammed Shabeen, Mohammed Shinas, Ken Titto, Adhithya Rajesh

PAPER PRESENTATION:

PG Category: Varalakshmi Dongea

Faculty Category: Mrs. Yasmeen Imtiaz, Mrs. Sowmya M

Chair Person: Dr. T.N. Suresh, Vice Principal served as a chairperson for a scientific session.



PARAKRAM DIWAS - Honouring the 128th Birth Anniversary of Nethaji Subash Chandra Bose

Conducted by: SRMIST in association with Youth of India

Date: 22/01/2025

Achievement:

Quiz Competition - 1st Prize: Mr. Shubham Das



WORKSHOPS/ SEMINARS

1. Berkeley Method of Entrepreneurship Boot-Camp 8th Edition

Resource: SRM Directorate of Entrepreneurship and Innovation

Date: 22.10.2024 to 26.10.2024



2. 3rd Biennial Conference on Cognitive and Clinical Neuropsychology

Resource: Department of Clinical Psychology, SRMIST

Date: 17th to 19th October, 2024



3. Breast Cancer Rehabilitation - Lymphedema Assessment and Management

Conducted by: SRM College of Physiotherapy in association with the Directorate of Alumni Affairs

Date: 26/10/24

Resource: Dr. B. Sathya Prabha, Professor in Faculty of Physiotherapy, HOD in Women's Health, SRIHER.



3. CSP Annual Conference 2024

Conducted by: Chartered Society of Physiotherapy, UK

Date: 10/10/2024 and 11/10/2024

Paper presented: Non-pharmacological core management of knee osteoarthritis: An exploratory study in Tamil people in India

4. Industrial Research and Innovation Summit - IRIS'2024

Conducted by: Directorate of Research and the Directorate of Entrepreneurship and Innovation (DEI), SRMIST

Date: 23/11/24



5. National Workshop on Good Clinical Practice and Bioethics

Resource: Department of Clinical Pharmacology

Date: 06/11/2024

6. Biomechanics Seminar - A Biomechanical Approach to Injury Prevention and Rehabilitation with MOCAP and Electromyography, Conducted by: Galore Systems, Bangalore

Date: 06/11/2024



7. One Day Symposium on "Musculoskeletal Pain-Pregnancy and Beyond".

Resource: Department of Obstetrics

Date: 8th and 9th of March

8. "Career Guidance - Physio Future: Your Path Ahead".

Resource: Mr. Deepak, Sports Physiotherapist - India Cements and Chennai Super Kings Academy

Date: 21/12/2024



Expert Sessions Delivered by Our Esteemed Faculty:

Dr. M. Anbupriya, Associate Professor, SRM College of Physiotherapy

Event: Workshop on Menstrual Pain Relief, Hygiene and Physical Activity for Collegiates

Host: Department of Mathematics and Statistics

Date: 02/09/12



Event: One Day Symposium on “Musculoskeletal Pain, Pregnancy and Beyond

Topic: Upper Back Pain in Pregnancy

Host: Department of Women’s Health, Faculty of Physiotherapy, SRIHER

Date: 09/11/2024



Dr. J. Suresh, Associate Professor, SRM College of Physiotherapy

Event: Workshop on Menstrual Pain Relief, Hygiene and Physical Activity for Collegiates

Topic: Importance of nutrition and the role of balanced dietary habits in maintaining overall health

Host: Department of Mathematics and Statistics

Date: 02/09/12



Mrs S. F. Mariyam Farzana, Assistant Professor, SRM College of Physiotherapy

Topic: Awareness Session on Breast Cancer

Host: SRM Hostels and Internal Complaints Committee, SRMIST

Date: 29/10/24



Dr. K. Vadivelan, Professor, SRM College of Physiotherapy

Presentation 1: The GLOW Early Childhood Development Guidebook: A culturally sensitive guide to empower antenatal mothers in identifying developmental milestones and red flags in early childhood.

Presentation 2: The Parental Eye Application: A digital health tool designed to assist parents in tracking their child’s development and accessing timely resources.

Event: DHR-ICMR Health Research Excellence Summit 2024

Date: 14/11/2024



Mr. J. Ayyappan, Professor, SRM College of Physiotherapy

Topic: Physical Activity Are We In Track

Conference: Application of Artificial Intelligence (AI) in healthcare industry

Host: Paavai Physiotherapy Science College

Date: 29/01/2025



Awareness / Community Outreach Activities:

Maathiyosi - Medical Camp:

On behalf of the World Spinal Cord Awareness Day, a 2-day rehabilitation program was conducted for persons with spinal cord injuries at Soul Free INSPIRE centre on the 5th and 6th of September, 2024. The individuals received resourceful education regarding regular exercise routines to improve their quality of life and well-being from the talented physiotherapy team of MPT students.

Healthy Teachers Happy Classroom An Enhancement Session in SRM Public School:

SRM Public School on the 16th of November 2024, held a series of health awareness sessions organized by our esteemed faculty members focused on addressing hormonal imbalances and musculoskeletal disorders among the teachers and administrative members. Around 210 staff members attended and benefited from this program.

Fusion of Body and Mind, Resolving to be Fit:

SRM College of Physiotherapy organized the awareness camp on musculoskeletal disorders and hormonal changes at SRM Public School on 07/12/2024. The program was attended by 34 non-academic faculty members of the school and they acquired adequate knowledge regarding various strategies to safeguard health and well-being.

Healthy Living and Mobility for all:

A one-day community outreach program in accordance with the International Day of Persons with Disabilities on the uses of mobility exercises for the elderly people sheltered at Udhavum Ullangal and Parimala Padmanaban old-age home was conducted. The awareness program included sensitization of the importance of healthy lifestyle choices and physical activity by the team of our faculty members along with the demonstration of the exercises by the students.



Anjur village community
Wellness program by Paediatric
department

Hands-on / On-field Learning Exposure:

Lab Visit - Exposure to Biomechanics Students:

On 25th of September 2024, the MPT Biomechanics students acquired hands-on experience with the Open-go motion insole and Rego insole designed for analysing gait for rehabilitation. The students examined kinetic parameters such as ground reaction forces and pressure distribution. Demonstration of Movella Xsens 3D System followed Kinvent assessment tools was shown and the students actively explored the functionalities of the equipment.



South Zone Inter University Badminton Men Championship:

Organized by: Directorate of Sports, SRMIST
Venue: SRM Indoor Badminton Court and Major Dhyan Chand Indoor Stadium, SRMIST,
Kattankulathur. Date: 26/10/24 to 29/10/24



South Zone Inter University Kabaddi Men Championship:

Organized by: Directorate of Sports, SRMIST
Venue: Major Dhyan Chand Indoor Stadium, SRMIST, Kattankulathur
Date: 30/10/24 to 04/11/24



Madras Elite Cup:

Organized by: Football Club, Madras
Venue: Madras Football Club Academy, Mahabalipuram
Date: 04/11/24 to 06/11/24



Thiramai Sports 4 All 2024, Adaptive Sports Training Initiative:

Organized by: National Center for Assistive Health Technologies, IIT Madras (NCAHT-IITM)
Venue: National Center for Assistive Health Technologies, (NCAHT) IIT Madras Research Park.
Date: 18/11/24/ 22nd to 24th of November



South West Inter University Swimming and Diving Men and Women Championship:

Organized by: Directorate of Sports, SRMIST
Venue: Dr. T. R. Paarivendhar Aquatic Complex, SRMIST, Kattankulathur
Date: 21/12/24 to 23/12/24



All India Inter University Swimming and Diving Men and Women Championship:

Organized by: Directorate of Sports, SRMIST

Venue: Dr. T. R. Paarivendhar Aquatic Complex, SRMIST, Kattankulathur

Date: 25/12/24 to 27/12/24



8. 70th State Senior Ball Badminton Tournament 2024:

Organized by: Chandru Ball Badminton Academy

Venue: Ramakrishna Vidyalaya Boy's Higher Secondary School

Date: 28/12/24 and 29/12/24



9. South Zone Inter University Hockey Men Championship

Organized by: University of Madras

Venue: Mayor Radhakrishnan Hockey Stadium, Egmore

Date: 03.01.2025 to 07.01.2025



10. BBA Cricket Tournament

Organized by: Faculty of Management

Venue: Tech Park Ground, SRMIST, Kattankulathur

Date: 03.01.2025



9. Global Goals - Inter Collegiate Football (Men and Women) Championship 2025

Organized by: Directorate of Sports, SRMIST

Venue: Milka Singh Ground, Kattankulathur

Date: 24.01.2025 to 27.01.2025



Festivities:

Christmas Celebration 2024



Pongal Festival 2025



Other Notable Events:

World Meditation Day 2024:

Students from SRM College of Physiotherapy participated in the celebration of World Meditation Day hosted by the Centre for Yoga on December 21st, 2024 and demonstrated various meditation techniques that left a lasting impression on the dignitaries and those who were present.

Reviva 2025: SRM College of Physiotherapy: Reviva 2025 integrates sports-based learning with physiotherapy education, advancing SDG 3 (Good Health & Well-being). This student-centered event promotes holistic wellness through active participation, fostering future healthcare professionals committed to movement-based rehabilitation and community health excellence.

Physiotherapy Centre Opening SRM: SRM inaugurates a pediatric physiotherapy centre under the UBA model, supporting SDG 3 (Good Health) and SDG 10 (Reduced Inequalities). This specialized facility delivers evidence-based rehabilitation services for children with disabilities, ensuring inclusive healthcare access and optimal developmental outcomes through professional therapeutic intervention.





Reviva 2025








Physiotherapy Centre Opening







SRM College of Physiotherapy
4.7 ★★★★★ (571)
College · 


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