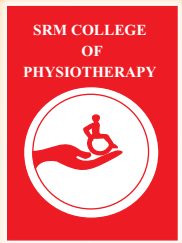




SRM
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be university u/s 3 of UGC Act, 1956)



JUNE 2024
VOLUME 1 ISSUE 1

EYANSEI

THE SRM PHYSIO NEWSLETTER

Learn

Leap

Lead





Message from **VICE CHANCELLOR**

The release of the first edition of Eyan Sei marks a significant milestone for SRM College of Physiotherapy and SRM Institute of Science and Technology. The newsletter reflects the cohesive and dedicated efforts of the College of Physiotherapy and its students. I congratulate the entire team and wish them a successful journey and many more accomplishments.



Message from **PRO VICE CHANCELLOR**

The College of Physiotherapy has always excelled in education, training and research with its faculty and students significantly contributing to the field. This newsletter is a new feather to its legacy marking the beginning of world wide dissemination of quality and reliable knowledge dissemination about Physiotherapy and Health Care.



Message from **REGISTRAR**

Greetings from SRM Institute of Science and Technology !!!With a heart full of pride and happiness I write this message to convey many congratulations and best wishes to the students and staff members of SRM College of Physiotherapy on the occasion of the release of the first issue of the Eyan Sei newsletter. Time has witnessed the glory and growth that the college has brought to our University and we are proud to be a part of this ever rising success. This newsletter will definitely serve the community and contribute in making the community a better place to live in.



Message from **ADDITIONAL REGISTRAR**

The SRM College of Physiotherapy is embarking on a new path with Eyan Sei, the physiotherapy newsletter, as a team effort. The College of Physiotherapy has often demonstrated that "No one is as strong as we ALL, together." We are thrilled to witness the team's combined efforts blossom into a success story. We send the college and the Eyan Sei team our sincere congratulations and best wishes. Wishing you much more success.



Message from **DEAN**

Years pass by like the pages of a book, unfolding new chapters, and we are enthralled continually by the sterling excellence of **SRM College of Physiotherapy**. Every year, we continue to impact the world, surpassing milestones and achieving greatness beyond imagination. Just as the seeds cradled in the seed pod of the lotus, the knowledge imparted in our Institution remains invaluable and the essence of the joy of learning persists transcending time, embracing our ever evolving faculty, students, infrastructure and facilities.

We proudly unveil the birth of our newsletter, adding a new feather to our glorious legacy. We embrace the future with unwavering confidence that the knowledge imparted by our newsletter will stand the test of time, enriching the lives of all who engage with it. Within these pages, we explore the rich tapestry of our **past, present, and future**, celebrating our wonderful journey and the bright promise that lies ahead.



Genesis

SRM College of Physiotherapy witnessed the origin of the concept 'EYAN SEI' on November 4, 2023. The term "Eyan (இயன்)" is derived from "Eyanmurai Maruthuvam" in Tamil, signifying "physiotherapy" (இயன்முறை மருத்துவம்). The word 'Eyan' in 'Eyan Sei' means 'Physical', apart from this meaning, there are other words by which this word is defined. The title "Eyan Sei" in Tamil, translates to "Eyanrathai Sei" (இயன்றதை செய்)" which means "do what you are most capable of doing." The Arabic origin of "Eyan" encompasses meanings such as "time", "era" and "epoch".

The core executive team, comprises the Dean, the Research Associate, and our proactive and beloved students **Mr. Jolly Jashwanth, Ms. Deborah Beulah Ebenezer, Mr. Ebenezer Charles, Ms. Prajakta Prashant Patwe, Mr. Tejas Sunil Galande, and Mr. Inzamam Rajjak Shaikh.**

LOGO DECODING

Pink Lotus:

The Eyan Sei newsletter endeavours to serve as the pioneer of the most reliable dissemination of knowledge pertaining to the profession of Physiotherapy, signifying the symbolism of a fully blossomed sacred lotus or the pink lotus, which embodies enlightenment, purity, and growth.

Petals:

The number of petals in each layer of the lotus represents the eight core members. The outer eight petals of the lotus depicted in the logo extend in eight directions, encompassing the cardinal and ordinal plane, while the secondary set of eight petals spread out in eight secondary inter-cardinal directions, representing the worldwide reach, dissemination and accessibility of physiotherapy knowledge to all.

Compass:

Eyan Sei newsletter enables the readers to explore contemporary and advanced information, facilitating the expansion of their knowledge in the right direction in the field of healthcare. This is symbolized by the magnetic compass in the logo, a tool utilized by sailors to navigate and explore uncharted territories during the age of exploration.

Palm leaf book:

The dried palm leaf manuscripts (ஓலைச்சுவடி - **Olaichuvadi**) continue to be one of the oldest and invaluable sources of health-related knowledge. We are committed to maintaining longevity as a leading source of knowledge about Physiotherapy.

Cord:

The cord binding the palm leaf manuscripts in the logo symbolizes our commitment for the newsletter to encompass an abundance of the most relevant and reliable information pertaining to physiotherapy, its related events, health and well-being, as well as shedding light on any existing social crises in each of its volumes.

Palm Leaf Stylus:

The palm leaf metal stylus, also called a (எழுத்தாணி - **Ezhuthaani**) was used to engrave texts and characters onto palm leaves. Though the inscriptions look faint after etching, they become permanent and long lasting after being covered with soot or ink. Similarly, Eyan Sei strives to provide sharp, precise and enduring physiotherapy information leaving a lasting impact in the minds of its readers.



SRM College of Physiotherapy was established in 1993 with the Bachelor of Physiotherapy programme for three and a half years' duration. The outpatient department here offered free physiotherapy and consultation and thus always stood by its social responsibility. The first batch of well-trained and enthusiastic physiotherapists graduated from SRM College of Physiotherapy in 1997. The two-year master's degree in physiotherapy was introduced in 1999. To accommodate key course subjects and to align with international standards of physiotherapy, the undergraduate program was also extended to a 4 year, 6-month program duration in 1997.

The institution delivered advanced clinical skills to the students pursuing undergraduate and postgraduate programmes in physiotherapy in partnership with multiple healthcare facilities. In the interest of public health and community engagement, SRM College of Physiotherapy regularly took part in community-based initiatives to create awareness, screen for diseases, and treat the conditions that fell under the professional's purview. In 2005, SRM College of Physiotherapy became the pioneer physiotherapy Institution in the Southern part of India by launching the Master of Physiotherapy programme in Biomechanics. Various significant advancements were made during the following ten years at SRM College of Physiotherapy in line with lab facilities, the teaching learning process, contributions in sports, international knowledge sharing and exchange, research and national duty and having the programs above par to the ever changing pace of the world. From pioneering undergraduate programs to achieving groundbreaking advancements in research and community engagement, the Institution has remained steadfast in its commitment to shaping the future of physiotherapy education and practice.





First-ever National Conference: **SIRPAM 2004**

SIRPAM 2004 was a grand success and it was applauded all over India. While sharing their golden memories about their college, the alumni highlight the magnificence of SIRPAM. It is a feather in the cap of SRM. The event was unique in that it featured a grand scientific expedition, complete with quizzes, creative seminars led by prominent stakeholders and the best minds in the field, and paper presentations by a large number of undergraduate and postgraduate students and faculty members. Many students found inspiration from the conference to proudly display and demonstrate their skills and knowledge. For the first time, “Visions came true”, and SIRPAM 2004 was a light that showed the way forward toward glory.

‘Every new student generation continues to kindle this torch’:

A new era at SRM College of Physiotherapy was ushered in with major revolutionary events like the health and fitness exhibition, workshop on muscle energy technique in partnership with Griffith University, lumbar stabilisation CME, celebrations for sports day, and cultural festivals, among many other events.





**EMPOWERING EXCELLENCE: A DECADE OF TRANSFORMATIVE
PHYSIOTHERAPY EDUCATION
(2006 to 2016)**

In the following era,

SRM College of Physiotherapy conducted major workshops, seminars, research methodology training, skill training programs and numerous events that centred around ethical practice and evidence-based principles that greatly enhanced the success of the students of our Institution. The students had the opportunity to interact with Dr. Brian Mulligan, Wayne Hing, and Peter Van Dalen and the Institution has always encouraged them to participate and contribute in national and international conferences.

The capacity and scope of the physiotherapy education program at SRM College of Physiotherapy took a grand leap in 2007 with the shifting of the Institution's premises to Kattankulathur, inviting a spectrum of opportunities.

The second edition of SIRPAM in the year 2007 marked a significant milestone in the history of SRM College of Physiotherapy, as it was the first international physiotherapy conference. The event marked the participation of renowned experts from various countries offering students a wonderful opportunity to engage and collaborate with the international delegates for the first time. With the vision, emphasis, efforts and the support of the administration, staff members, and students, several workshops, seminars, and conferences have been held to highlight the importance of research.



SIRPAM



Beyond self-development activities and rehabilitation, SRM College of Physiotherapy is committed to instilling in students' minds the true values of benevolence, which entails immersing oneself in civic duty and service and not merely learning of them.

A glimpse of our team's community engagement with the paediatric special population can be seen in the ongoing day-to-day outreach programs where professional support is provided to the muscular dystrophy centre, managed by the Greater Chennai Corporation with the support of the **Muscular Dystrophy Association (MDA)** (since 2009) at Nungambakkam, Chennai, and the service provided to the children with special abilities in association with NIEPMD, Chennai since **2015**. The faculty and students are always eager to take part and support government and non-governmental organisations' events. Few of the notable events that made the headlines include the **Chennai Marathon-08 in 2009**, which supported "Education of street children" and the Human Chain, which propagated a "No to War" message in opposition to the Sri Lankan war in 2008 followed by many other National Service Scheme events that the management of SRM University organised.

According to the 2010 report of T.S.I-ICMR India, SRM College of Physiotherapy was ranked as the top physiotherapy Institution in recognition of the efforts and contributions made by the stakeholders.





The Youth Exnora recognized the community outreach physiotherapy services in 2010 and appreciated the contributions of the SRM College of Physiotherapy team. The college started providing free consultations and exercise recommendations to the public in Chennai to help them overcome osteoporosis as part of the SRM Specialty Hospital and Paltech Systems' "Free osteoporosis detection camp." The college has gradually expanded the coverage of outreach community support services and engagement plans. Given the anticipated rise in the number of elderly people in India and their medical needs, the Institution has arranged free physiotherapy management and consultations camps since 2011 for about one lakh people in Chennai.

We proudly stand to confess that our team of faculty and students of the Sports Physiotherapy specialisation have officiated various sport events occurring within the SRM Kattankulathur campus in badminton, football, basketball, volleyball, and tennis. Some of these events were the south zone Inter-university tournaments for men and women, All-India Inter University national tournaments for men and women All-India Inter-zonal university tournaments for men and women, the Tamilnadu state Inter-Deemed University tournaments, the Founder's Trophy (within SRM) and the Vendhar Trophy.





“
EVERY CHAMPION
WAS ONCE A
CONTENDER
THAT REFUSED TO
GIVE UP
”

The National Sports Fest

The National Sports Fests conducted by SRM College of Physiotherapy since 2017 are a collection of exclusive events for physiotherapy students. Physiotherapy students from various parts of our country enthusiastically participate in this sports fest. Through this event, we create an opportunity to connect all the physiotherapy students who are from various parts of the country. SRM aims to conduct international sports fests in the near future.





Eyan 2018 International Conference

The 'EYAN 2018' International Conference on recent developments in the field of Physiotherapy, organised by the SRM College of Physiotherapy, was a significant effort to bring together experts in the field of physiotherapy as well as other healthcare disciplines to study the developments that had occurred in the past and plan goals to address the healthcare needs of people in the future.

This conference held at SRMIST witnessed pre-conference workshops to help physiotherapists enhance specific skill sets and acquire training related to specific competencies appropriate to the contemporary development in the field of physiotherapy.



EYAN





(N)EVER (S) TOP LEARNING:

"Continually improve yourself throughout your career to meet the needs of your patients and students." To assist the team members in updating their knowledge and skills (clinical, administrative, teaching, and research), preparing them for greater responsibilities, enhancing their creativity to take on new challenges, enabling better decision-making, improving their understanding of ethics and research conductions, innovation, ability to make better decisions, and supporting them in developing a strong career, the SRMIST, along with the SRM College of Physiotherapy, was continuously involved in setting up and organizing numerous CPD programs. The team was extended an invitation to learn from national and international experts in a variety of healthcare-related fields, including physiotherapy research, critical care, mental health, robotic rehabilitation, ergonomics, life support training (BLS & ACLS), disaster management, care for infectious diseases such as rabies and HIV, first-aid management of various conditions, cyber safety, gender issues, intellectual property rights, copyrights, and more. SRM College of Physiotherapy once again proved to be the top-notch and one of its kind by futuristic programs like these.





Our faculty members participated in bioethics training programs offered by the Association of Indian Health Sciences University and the 3T-IBHSc (Train, Teach, Transfer - Integrated Bioethics of Health sciences), an initiative of the Indian Program of the UNESCO chair in Bioethics Haifa.

Research priorities, advancements, innovations, and future...

Our Institution understands that research is a never-ending horizon as long as we continue to breathe and it is the vital force behind the advancement of the profession. Our research priorities are Improving health, preventing disease & injury, physiotherapy treatment, physiotherapy education, innovating & integrating advanced technology into practice, improving the suitability of outcome measures and quality of life. The faculty members of physiotherapy have put forth several measures to cultivate the innovative thoughts of the students and staff members. Over 200 research articles were published in indexed journals by the faculty members of the SRM College of Physiotherapy, and the ongoing research works are aimed at epidemiology, consensus of physiotherapy evidence, developing & validating outcome measures, development of interventional strategies, testing prognosis, and implementation trials. The icing on the cake is the Indian Council of Medical Research (ICMR), India research project (2023) secured by our faculty team member Dr. Vadivelan Kanniappan which is worth about Rs. 1.06 Crore. Furthermore, our team of faculty and students are working on a few ongoing research projects in collaboration with International Institutions like the University of Porto, Portugal; International Institute of Organizational Psychological Medicine, Melbourne, Australia; College of Applied Medical Sciences, Majmaah University, Riyadh, Saudi Arabia; Imam Abdul Rahman bin Faisal University, Dammam, Saudi Arabia; Gulf Medical University, Ajman, United Arab Emirates; University of Gondar, Gondar; Ethiopia; College of Applied Medical Sciences, Majmaah, University, Riyadh, Saudi Arabia; Institute of Health, Jimma University, Jimma, Ethiopia; Bahir Dar University, Bahir Dar, Ethiopia; St Catherine University (USA); and Oxford University (UK).



Our team members have undoubtedly made an incredible impact on physiotherapy by designing & developing new patentable devices or technology. The innovation and incubation support centres at the SRMIST offer full guidance and support for students and staff members in developing and transforming ideas into innovations protected as published patents. With nearly 10 published patents, SRM College of Physiotherapy marches forward towards contributing to the field of physiotherapy and leading in the future.

Entrepreneurship training and Placement Guidance

‘Finding the path for you, and guiding you to the path,’ - our Institution prioritises in creating job opportunities every year ensuring successful careers for our new graduates, Infrastructures and facilities are put in place which are governed by the experts to identify the right skills, attitudes, and cultivation of ideas, and enhance the entrepreneurial ambition among physiotherapy students by conducting numerous entrepreneurship programs and initiatives.

Alumni network & Alumni centric engagement

The Alumni network of SRMIST, under Directorate of Alumni Affairs(DAA), is so built in having numerous Chapters across the country wherein the members come together at their own local chapters to meet and greet, collaborate and connect on common interests. The Alumni affairs of SRM College of Physiotherapy (AASRMPT) in line with the Institution helps the alumni stay connected through various social media and live platforms. The Alumni family are kept well-informed and updated of all on-goings of the events planned and conducted at our Institution. Furthermore, the involvement of the alumni members can be greatly seen in their active participation in-person as well as their encouragement/sponsoring for various events and career guidance.

Our team's commitment and contributions during COVID-19:

SRMites have stood strong and given their everything when the nation called for them. The glory will be incomplete without the proud mention of the COVID 19 warriors of SRM college of Physiotherapy.

The volunteer faculty members of the SRM College of Physiotherapy served as frontline COVID-19 fighters providing physiotherapy service at critical care units, and COVID-19 wards. On behalf of our proud nation and esteemed Institution, we extend our heartfelt salutations.





3Ws': Women's Workplace Workout

3Ws' Women's Workplace Workout - A unique program specially designed for working women. A working woman is assessed in her workstation and a unique and specific exercise program is designed for her, helping her give her best at home and at her workstation.





ACCORD 2020

ACCORD 2020 was a collaboration event of the SRM College of Physiotherapy and the Alumni Association of SRM College of Physiotherapy. More than 700 alumni attended the event along with their families. It was a 2-day event with various knowledge-sharing sessions, and workshops conducted for the students and alumni. AASRMPT honoured the event by sponsoring it. The event's major focus was to develop the connectivity among the alumni and build alumni support.



SRM Wheelchair Training School - 2024

In association with Motivation India, a renowned Non Governmental Organisation (NGO), the College of Physiotherapy is having its wheel prescription and training school. Mr. Kamalanathan (Professor), Mr. Jayakanthan (Assistant Professor), Mrs. Anbupirya (Associate Professor) and Ms. Shrishruthi (assistant professor) are the experts leading this grand initiative.





RESOUNDING OVERNIGHT MOMENTOUS

ROM

In every moment of the past years, the enthusiasm within each member of this college went on to bring much more growth and development. Development not only in the sense of the subjects unfolding the field of physiotherapy but also serving the nation and the globe at large. In this regard, SRM College of Physiotherapy proudly stands to mention the honour received in perpetuating the thought of social well-being in the minds of the people of our nation. For this cause, our college pioneered Resounding. Overnight. Momentous (ROM) conducted in the years 2021-2023. Each year saw the involvement of the members of the college through a non-stop relay run with a lit torch for a cause, these being - 2021 (Social inclusion), 2022 (Child protection) and 2023 (Sustainable development goal 3 - Good Health and Well-being (SDG-3)). The lit torch was kept unquenched throughout the kilometres covered, it was used to symbolise the energy of fire that each member of this institution possesses. This successfully brought to surface the best in every participant and generously gifted them its fruits to nurturing one and all. These epic events enabled us to reach out to the community and spread awareness on the basic theme - Social responsibility.



ROM



India Book of Records
Extraordinary facts... Extraordinary people

CERTIFICATE

LONGEST RELAY RUN WITH A FLAMING TORCH

The record for performing the longest relay run with a flaming torch was set by SRM College of Physiotherapy, SRM IST, Kattankulathur, Tamil Nadu. The marathon, titled 'ROM 2021 - THE PHYSIO RUN', started from SRM campus, Irungalur, Trichy on September 7, 2021 and ended at SRM campus, Kattankulathur, Chengalpattu on September 8, 2021.

Issued on: September 08, 2021

Dr. Manoj Kumar Choudhary
 Chief Editor
 India Book of Records

WORLD RECORDS UNION
 An Official Registrar of World Records

CERTIFICATE

The record for the most students participated in an awareness Lit torch relay for a cause was achieved by SRM College of Physiotherapy, SRM IST, Kattankulathur, Tamil Nadu. The relay run begun on 6 September 2022 at SRM Amaravati campus, Andhra Pradesh and ended on 8 September 2022 at SRM Kattankulathur Campus, Tamil Nadu

GUINNESS WORLD RECORDS

CERTIFICATE

The most people lighting flame torches in a relay is 300 and was achieved by ROM: The PHYSIO Run 2023, SRM College of Physiotherapy, SRMIST in Kattankulathur (all India) in Tamil Nadu, India on 8 September 2023.

OFFICIALLY AMAZING

ASIA BOOK OF RECORDS

CERTIFICATE

SRM College of Physiotherapy, SRM IST, Tamil Nadu, India, set a record for performing the longest relay run with a flaming torch. The marathon, titled 'ROM 2021 - THE PHYSIO RUN', started from SRM campus, Irungalur, Trichy on September 7, 2021 and ended at SRM campus, Kattankulathur, Chengalpattu on September 8, 2021.

Date: September 8, 2021

ASIA BOOK OF RECORDS



RECAP OF ROM

TOGETHER WE CAN!!

Holding high the torch to empower everyone and to achieve a wholesome development, SRM College of Physiotherapy has time and again proven that leaving no one behind is the only superpower that can help in global progress. SRM College of Physiotherapy has been a very significant part of various development activities under Unnat Bharat Abhiyan in 5 adopted villages - Anjur, Thenmelpakkam, Pattaravakkam, Orathur, and Nattarasampattu. SRM Institute of Science and Technology (SRMIST), under its Unnat Bharat Abhiyan, signed a Memorandum of Understanding (MoU) with the State Institute of Rural Development and Panchayat Raj, TN (SIRD&PR). This is indeed a promising initiative towards the development of the rural and underdeveloped areas of Tamil Nadu with assistance in 9 Localization of Sustainable Development Goals (LSDGs). These 9 LSDGs have broader coverage including initiatives for a poverty-free village and enhanced livelihood, a healthy village, a child-friendly village, a water-sufficient village, a clean and green village, a village with self-sufficient infrastructure, a socially secure village, a village with good governance and a women-friendly village. This will surely empower the rural areas and pave the way for a brighter future!

EMBRACING THE RADIANT TOMORROW!

At many junctures, we pause to feel grateful looking at how far we've come and how much we've gained and grown due to the undying efforts of all the members who have come and gone from the college. SRM College of Physiotherapy has seen numerous Undergraduate and Postgraduate batches, several faculty members, and admirable Physiotherapists who've held the positions of Dean and Vice principal of the college through the course of the birth of the college up to this day. Whatever the time and season, or the people of the era, the sole reason for the Institution to develop and blossom into newer seasons was the soulful vision, mission and core values that the institute upheld and by which all members of the SRM Physio family abided. The spirit of SRM we would agree with is the spirit of undying resilience. Here, simply put, we do not believe in stopping when the track ends, we strongly trust and follow the motto of paving our track in case one doesn't exist. We stop at nothing to hold onto our values and vision for a bright and peaceful community living.







TIMELINE

Master of Physiotherapy program was initiated

1999

SRM College of Physiotherapy was affiliated with SRM University.

SIRPAM - 1st International Conference
Campus shifts from Ramapuram to Kattankulathur

Community Health - SWINE FLU AWARENESS

2009

1997

BPT program was extended for 4.5 years

2001

Speciality care services were enhanced

2006

2007

Overall Champion - PANACEA '08
Chennai Marg Marathon '08 - Official Physiotherapy Team.

2008

1993

SRM College of Physiotherapy was established and BPT program was introduced

2004

SIRPAM: 1st National Conference

Emphasizing & enhancing more on Evidence based Physiotherapy education through seminars, workshop & multi-disciplinary collaborations.

2010

"Biopsychosocial model in Physiotherapy perspective" - training program

2011

Students abroad program at Keele University, UK
Collaboration with La Trobe University, Australia

2012

Cancer awareness & AIDS awareness events along with SRM Medical College Hospital & Research Centre.

2013

Walkathon with Maithree Special School, Chennai.

2015

Wheelchair service training along with Mobility India
Paarivendhar Mannavar Tamizh Mandram at SRM

2014

Rain water Harvesting Awareness Rally at Maramalai Nagar Municipality office

2016

Palani Padhayatra - Medical camp - Community outreach began.
NATIONAL SPORTS FEST

2017

National Conference on Recent Neuro Updates in Neuro Physiotherapy

2018

Eyan 2018 - International conference on 'Recent updates in Physiotherapy'

Resounding Overnight Momentous



ROM 2022 - THE PHYSIO RUN for Child Protection
World Records Union.

3W's - Women Empowerment Program started

2022

ROM 2021 - THE PHYSIO RUN for Social Inclusion -
Asia & India Book of Records.

2021

2019

World Physiotherapy Day oration on 'Chronic Pain'

2020

Front-line workers during the COVID-19 pandemic
A continuous 60 days - Webinar series organised - AASRMPT
ACCORD - Physiotherapy alumni meet - AASRMPT.

2023

ROM 2023 - THE PHYSIO RUN for SDG 3
Guinness book of world records.

2024

SRM Wheelchair training school - WHO standard
collaboration with Motivation India.
Eyansei- Physiotherapy Newsletter Launched.

THE NUCLEUS



Prof. Veeragoudhaman T. S
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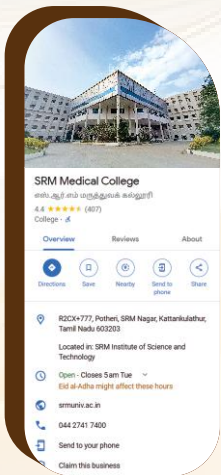
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ELSEVIER
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click on the icons to get more information



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SRM

INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University u/s 3 of UGC Act, 1956)

