



CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY

Criterion 5

Student Support and Progression

Metric 5.1.3	Following Capacity development and skills enhancement initiatives are taken by the institution
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3. Life skills

Supporting Documents

1	List of programs conducted and the number of students enrolled for each of the events
2	Copy of circular /brochure/report of the event including photographs with date and caption for each scheme or event
(Year : 2018-19)	

Year: 2018-19

List of programs conducted and the number of students enrolled

LIFE SKILLS

Sr No	Name of the capacity development and skills enhancement schemes	Number of students enrolled	Page No.
1	Yoga and Zumba Session	70	1
2	Expert Session on Rock Climbing & Activity	400	7
3	Awareness Initiative on "Public and Personal Hygiene"	271	13
4	4th International Yoga Day celebration	51	17
5	Seminar on organ donation	108	21
6	EBSCO Demonstration	181	28
7	Neuro Physiotherapy league-1	57	33
8	Yoga session	97	39
9	Breast cancer awareness campaign	36	60
10	BLS Workshop	63	64

Fwd: OUTDOOR EDUCATION CLUB - YOGA AND AEROBICS SESSION

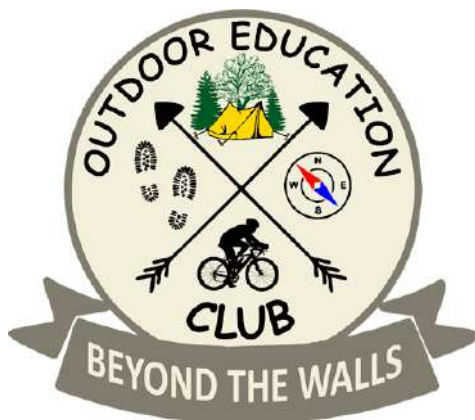
Outdoor Education Club <depstaroutdooreducationclub@gmail.com>
To: "Aatufa Mam Depstar (IT)" <saiyedatufaali.ce@charusat.ac.in>

Fri, Jun 18, 2021 at 12:05 PM

With Regards,
Depstar Outdoor Education Club.

Begin forwarded message:

From: Outdoor Education Club <depstaroutdooreducationclub@gmail.com>
Date: 12 March 2019 at 13:59:24 IST
To: 17DIT@charusat.edu.in, 18dit@charusat.edu.in, 17DCS@charusat.edu.in, 18dcs@charusat.edu.in,
17DCE@charusat.edu.in, 18dce@charusat.edu.in
Subject: OUTDOOR EDUCATION CLUB - YOGA AND AEROBICS SESSION



Hello and Greetings to the DEPSTAR Family!

Hope you all are enjoying the day.

Before the hectic schedule for the 2nd internals and later on externals start it's time to relax a bit and exhale all the stress and worries so you can boost up yourself and again kick start the preparations with a fresh mind and the zeal to study. We are back again to help you with that!

OUTDOOR EDUCATION CLUB, DEPSTAR has arranged

"YOGA AND AEROBICS SESSION"

This program will help you all relax at a more peaceful level and eliminates the stress and foster deep and profound inner peace, happiness and well-being for all individuals.

Date : **15 March, 2019**

Time : **9:30 am to 11:30 am**

Venue : **Central Lawn, CHARUSAT**

[CLICK HERE FOR THE REGISTRATION FORM](#)

LOOKING FORWARD TO YOUR RESPONSES 😊

For any queries feel free to contact :

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CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY

DEVANG PATEL INSTITUTE OF ADVANCE TECHNOLOGY AND
RESEARCH

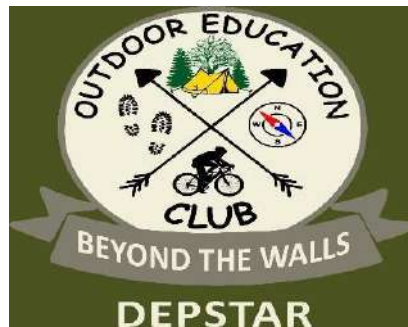
A Report on

“YOGA AND ZUMBA SESSION”

Organized by:

DEPSTAR

OUTDOOR EDUCATION CLUB



Date: 15th March 2019

Day: Friday

Time: 09:30 am – 11:00 am

Events: Yoga and Zumba Session

Venue: CHARUSAT Central Lawn.

Organizers: DEPSTAR OUTDOOR EDUCATION CLUB

Devang Patel Institute of Advanced Technology Research (DEPSTAR) always motivates students to have a fit and healthy body to go with their smart brains. The institution is devoted to intellectually vibrant atmosphere of research and imparts education in learning science. The intent of this event was to make students realise, how important physical health is and how our busy day-to-day lives makes us sluggish.

Yoga and Zumba Session: -

No. of Participants: 70 students.

Time: 9:30 A.M. - 11:00 A.M.

Venue: CHARUSAT Central Lawn.

The whole event was conducted by Mr. Vinay Kewalramani along with Nishita Tiwari. The event started with a Yoga session. All the participants were gathered around Central Lawn - the venue, by 9:15, and were ready in stretchable yet comfortable cloths, and yoga mates or towels. As everyone surprisingly showed up early, the event was started 10 minutes prior to the event time. The first up was painful yet refreshing stretching exercise, Pelvic Tilts, Pigeon Pose, Corpse Pose and what not. They might sound dumb, but it got the blood pumping. Thirty minutes were gone in a snap.

After a break of half an hour the Zumba session started, which filled the participants with a new wave of energy. All enthusiasts were enjoying themselves and dancing and jumping on the energetic beats of music along with our instructors. After some event even some of our faculty members too joined us for this energetic event after completing their classes to get a bit refreshed from their daily schedule.

At the end of the event all the tired yet really happy participants were given Butter Milk for refreshments and thus the event was concluded.

Some Glimpse of the event: -



Glimpse of Yoga session



Glimpse of Yoga session



Glimpse of Yoga session

FEEDBACK: -

The club received a positive response from the participants through a feedback taken by the club co-ordinators at the end of the event and many of them mentioned that they are looking forward to more such events in the coming future.

Report Prepared By: -

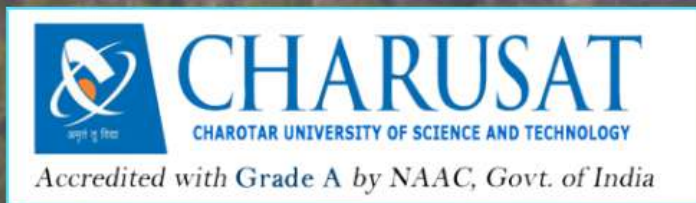
Shubham D. Raval
(18DCE104)
DEPSTAR Outdoor Education Club Core Committee,
Devang Patel Institute of Advance Technology and Research
(DEPSTAR)

Heet Pambhar
(18DIT040)
DEPSTAR Outdoor Education Club Core Committee,
Devang Patel Institute of Advance Technology and Research
(DEPSTAR)



Rock Climbing & Activity

Miss Hettal Barad, Assistant Professor,
Smt Kamlaben Shantilal Kapashi BCA College,
Palitana, Gujarat



SEP, 2018
12

A Report on an Expert Session Organized on “Rock Climbing & Activity”

Topic:	Rock Climbing & Activity
Resource Person(s):	Miss Hettal Barad Assistant Professor, Smt Kamlaben Shantilal Kapashi BCA College, Palitana, Gujarat hettal_barad8869@yahoo.com , 9979939618
Duration:	12 th September, 2018 – 10:10 am to 12:10 pm
Targeted Audience:	BCA Semester -I,II & V BSc.IT Semester -I & III
No. of Participants:	438
Overview of the Content Covered:	<ul style="list-style-type: none">• Introduction To Rock Climbing• Climbing primary rocks and caving, crossing and passing artificial and natural obstacles, trekking in mountains during daylight and moonlight, camping at night• Various types of Climbing and Rappelling Techniques• Information about cliffs, walls, chimneys & caves• Traditional climbing and indoor climbing• Detail discussion on development of creativity & art, physical and mental abilities, learn the importance of self-discipline and teamwork in natural environment with limited available resources• How to do survival in such unexpected situation like snake dog and bee bite in• Discussion on fitness benefit of rock climbing• Demonstration using video to provide depth knowledge of different type and forms of rocks, various techniques using fingers and toes to whole body to climb and descend the rocks, usage and care of technical gears, belay techniques and rope management

Photographs of the Expert Session on “Rock Climbing & Activity”



Expert lecture given by Miss Hettal Barad (Date: 12th September, 2018)



Students attended expert lecture given by Miss Hettal Barad (Date: 12th September, 2018)



Miss Hettal Barad delivered expert lecture



Students attended expert lecture given by Miss Hettal Barad (Date: 12th September, 2018)



Students attended expert lecture given by Miss Hettal Barad (Date: 12th September, 2018)

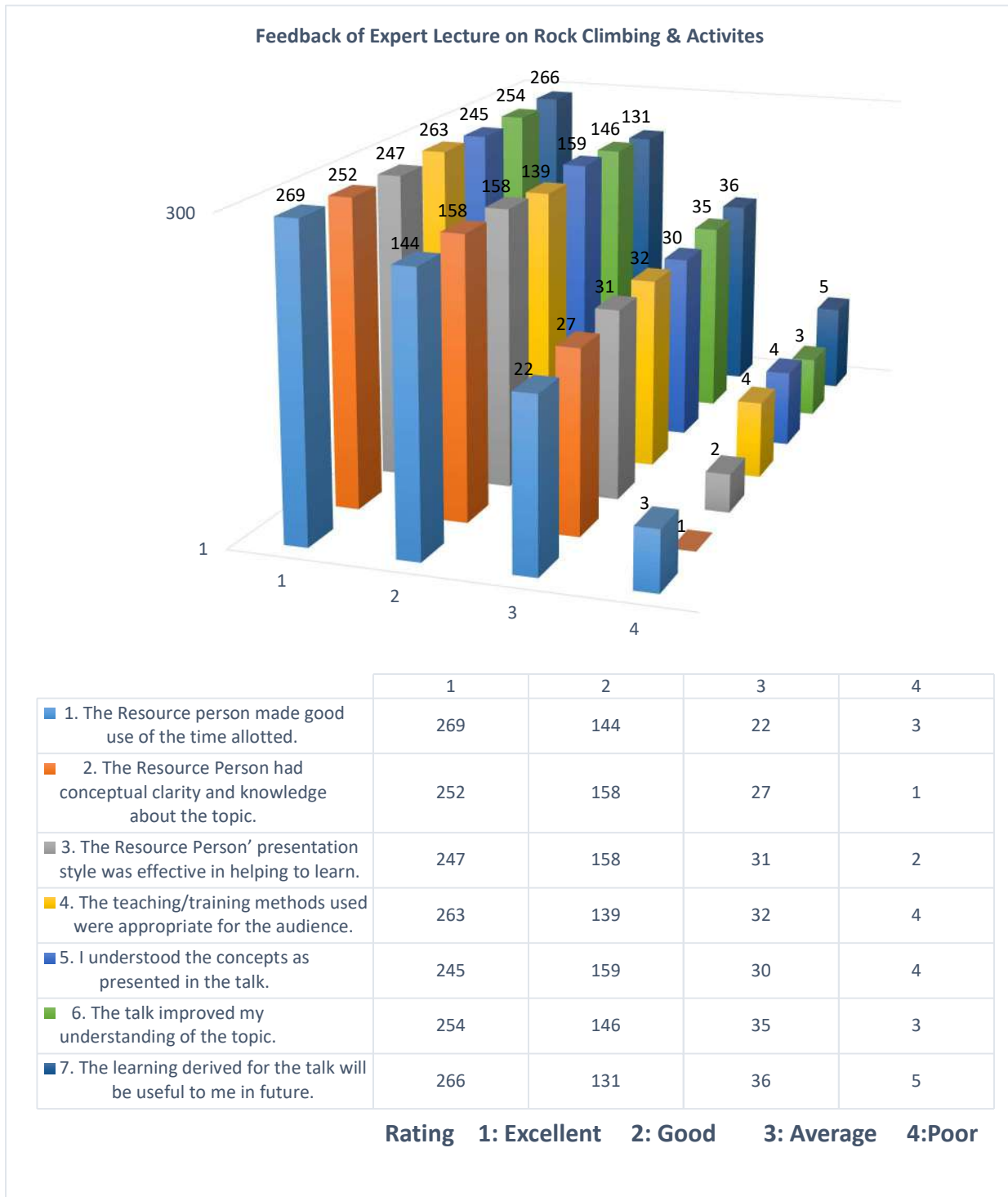


Thanks speech given by Dr. Hetal Patel at the end of session

Feedback of Expert Session on

Expert Name: Miss. Hettal Barad

Topic: Rock Climbing & Activity





A Report


P D Patel Institute of Applied Sciences, CHARUSAT

**WDC awareness initiative
2018-19**

Theme: "Personal and Public Hygiene"

Event	A special talk and interaction	
Date:	27th July, 2018	
Venue:	CHARUSAT Conference Hall, PDPIAS building P D Patel Institute of Applied Sciences Charotar University of Science and Technology	
Organizer(s)	Women's Development Cell (WDC) and Cell for Prevention of sexual Harassment (CPSH) P D Patel Institute of Applied Sciences, CHARUSAT	
Coordinator Details	Coordinator	Name: Dr Aditi Buch Designation: Assistant Professor & WDC Coordinator, PDPIAS Department: Biological Sciences, PDPIAS Email: aditibuch.biochem@charusat.ac.in
	Co-coordinator	Name: Dr Gayatri Dave Designation: Assistant Professor & CPSH Coordinator, PDPIAS Department: Biological Sciences, PDPIAS Email: gayatridave.bt@charusat.ac.in
Date of Report Submission	3rd August, 2018	

Submitted by:


**Dr Aditi Buch
WDC-PDPIAS**


**Dr Gayatri Dave
CPSH, PDPIAS**

DETAILED REPORT OF THE ACTIVITY			
Objectives:	<ul style="list-style-type: none"> To sensitize the young females about how their little habits towards maintaining hygienic surrounding can make a big difference to the community 		
Total number of participants/beneficiaries	271 (List attached as annexure)	Female students	271
		Male students	0
		Female staff (faculty)	3
		Female staff (housekeeping)	4
		Male staff	0
Members involved in organizing and their roles	Coordinator	Dr Aditi Buch	
	Co-ordinator	Dr Gayatri Dave	
	Faculty volunteers	Dr Rucha Desai	Asst. Professor, Dept of Physical Sciences, PDPIAS
Budget approved by the University	Not Applicable		
Nature of Activities Undertaken	<ul style="list-style-type: none"> Dr Gayatri Dave and Dr Rucha Desai shared some of their experiences and thoughts over importance of maintaining personal hygiene. The talk was so woven to sensitize the students towards the fact that their habits to maintain personal hygiene will directly reflect on their contribution to maintain public hygiene An example of the public utilities shared by females dominating on the premise and the need to maintain public cleanliness with respect to usage of the washrooms, washbasins as well proper disposal of the menstrual care products was emphasized. The impact of unhygienic habits on increasing threats of critical issues for young females was also deliberated. A major part of the interaction was to sensitize the students about the distasteful exposure that the housekeeping staff would get daily, just because of unhygienic practices of numerous individual students. The students in the end of the interaction pledged to take responsible measures towards maintaining public hygiene 		
Remarks/output	<ul style="list-style-type: none"> The housekeeping staff was appreciated for their efforts and a visible difference in the public hygiene practices in terms of effective disposal and cleanliness. Several students volunteered and displayed awareness posters and reminders in the washrooms The housekeeping staff expressed gratitude to the organizers to have respected their work and for the needful support 		



P D Patel Institute of Applied Sciences (PDPIAS) CHARUSAT



Women's Development Cell (WDC), CHARUSAT

PDPIAS CHAPTER



Cell for Prevention of Sexual Harassment (CPSH), CHARUSAT

PDPIAS CHAPTER

WDC awareness initiative

A special talk and Interaction on

'Personal and Public Hygiene'

Every individual's Role

Venue: CHARUSAT Conference Hall PDPIAS building

Date: 27th July, 2018

Time: 11:15 a.m-12:15 p.m

Glimpses -



Date: 25/7/2018

**A talk on 'Personal and Pubic Hygiene
WDC, PDPIAS activity-2018**



Date: 25/7/2018

The Pledge

**A talk on 'Personal and Pubic Hygiene
WDC, PDPIAS activity-2018**

FIND YOUR BALANCE AND
CELEBRATE THE

4TH INTERNATIONAL DAY OF YOGA

ORGANISED BY

CHARUSAT SPORTS COMMITTEE IN

ASSOCIATION WITH ARIP

JUNE 21, 2018

*You're
Invited!*

**World Yoga Day
21st June, 2018**

Report on 4th International Yoga Day celebration

ARIP had undertaken the yoga session for female students and faculties. The activities were aiming to create the awareness of yoga, to address the benefits of yoga in day to day life and also to celebrate the international yoga day. 45 students had taken part in the activity along with the 5 faculties from various departments of CHARUSAT University were present to encouraged the students. The session was chaired by Ms. Madhu Patel and Coordinated by Dr. Shipraa Shah(PT), Assistant Professor, ARIP. Various yoga techniques had been demonstrated by Dr. Yashree Patel and Dr. Shipraa Shah for maintaining the flexibility, improving the breathing pattern, concentration technique to maintain mental health and improving the overall quality of life. Total 6 volunteers had actively coordinated the event.



Glimps of Yoga day celebration activity on 21st June, 2018

List of Volunteers for Yoga session

No	Name	Id no	Semester
1	Kadiya Jhanvi	16BPT018	5 th
2	Patel Pooja	16BPT055	5 th
3	Soni Hardi	16BPT079	5 th
4	Panchal Janvi	16BPT035	5 th
5	Kapadiya Vidhi	16BPT021	5 th
6	Patel Dhruti	16BPT043	5 th

List of Participants for Yoga day

Sr.No.	Id. No.	Name of Participant	Contact no.	Mail Id
1	16BPT001	Jinal Amin	9638560311	aminjinal2451@gmail.com
2	16BPT002	Nimangi Bhagat	8511021549	nimangibhagat27699@gmail.com
3	16BPT003	Tripad Bhanushali	8347114038	16bpt003@gmail.com
4	16BPT004	Simaran Bhatia	7600123599	simranbhatia3599@gmail.com
5	16BPT005	Krishna Bhatt	9104041696	bhattkrishna285@gmail.com
6	16BPT006	Purvi Bhatt	7383695587	purvibhatt98@gmail.com
7	16BPT009	Chandani Chauhan	7284950300	chandnichauhan242@gmail.com
8	16BPT010	Hemarshi Chauhan	9409067930	chauhanhemarshi@gmail.com
9	16BPT011	Niraj Chavada	9904722908	nirajchavda16899@gmail.com
10	16BPT012	Margi Desai	9725031232	28margidesai286@gmail.com
11	16BPT013	Hasti Dobaria	9979118565	hastidobaria@gmail.com
12	16BPT016	Gopi Jani	7046660581	gopijani99@gmail.com
13	16BPT017	Janki Joshi	9054848032	jankijoshi112@gmail.com
14	16BPT018	Jhanvi Kadiya	9512503929	Jhanvikadiya1999@gmail.com
15	16BPT021	Vidhi Kapadiya	9638323255	vidhi.kapadiya10@gmail.com
16	16BPT022	Carol Khankar	9099170300	carolskhankar@gmail.com
17	16BPT023	Juli Khushlani	7573912740	julikhushlani@gmail.com

18	16BPT026	Sobanraja Malik	8238317861	sobanmalek88@gmail.com
19	16BPT027	Priyanshi Mehta	8866355338	barbiep04@gmail.com
20	16BPT029	Dhwani Naik	8238971235	ghwaninaik14@gmail.com
21	16BPT031	Unnati Narang	6351287996	narangu45@gmail.com
22	16BPT033	Rajvi Panara	8156061520	rajvipanara98@gmail.com
23	16BPT034	Foram Panchal	9687150443	foram6599@gmail.com
24	15BPT021	Meriya Unnati	9265831013	unnatimeriya152@gmail.com
25	15BPT022	Modi Janki	9824245890	jankimodi11@gmail.com
26	15BPT023	Motwani Dimple	9099116103	dmotwani1997@gmail.com
27	15BPT024	Nair Anjana	7433920336	nairanjana2698@gmail.com
28	15BPT025	Panchal Payal	9824780737	pylpanchal9@gmail.com
29	15BPT026	Parikh Chandni	9979015959	charmiparikh2024@gmail.com
30	15BPT027	Parmar Jincy	8734915015	jincyaparmar@gmail.com
31	15BPT028	Parmar Nishtha	9408776655	nishthavparmar@gmail.com
32	15BPT029	Patel Aashna	9426805026	patelaashna11@gmail.com
33	18MPTCS101	Rutva Shah	9429884187	rutva10shah@gmail.com
34	18MPTCS102	Vidhi Solanki	8347084682	svidhi3582@gmail.com
35	18MPTCS103	Vyoma Vaidya	8734851776	vaidyavyoma@gmail.com
36	18MPTMS101	Rucha Achaya	9428513269	rucha1195@gmail.com
37	18MPTMS102	Margi Joshi	9409244947	margijoshi19@gmail.com
38	18MPTMS103	Ravi Patel	9724212573	ravipatel1528@gmail.com
39	18MPTMS104	Kajal Rai	9714983617	raikajal.96@gmail.com
40	18MPTMS105	Yuti Ravat	8200434326	yutiravat@gmail.com
41	18MPTMS106	Shivani Shah	7600600573	Shahshivani2205@gmail.com
42	18MPTMS107	Pranidhi Thakore	9978988707	drpranidhithakore@gmail.com
43	18MPTNS101	Shanaya Billimoria	9978789696	spbillimoria15@gmail.com
44	18MPTNS102	Vidhi Garala	9978402093	garalavidhi123@gmail.com
45	18MPTNS103	Nidhi Khokhar	8490861476	nidhikhokhar78@gmail.com

Shipraa
Faculty In charge

Dr. Shipraa Shah

M. Balaganapathy
Principal

Dr. M. Balaganapathy



CHARUSAT University

Donate Life NGO

&



ASHOK & RITA PATEL INSTITUTE OF PHYSIOTHERAPY

Celebrates

YOU COULD SAVE A LIFE AT

THE ORGAN DONATION WEEK

EXTENDING HELP HOWEVER POSSIBLE



Seminar on Organ donation

Date: 10.08.2018, Friday

Time: 9 am to 11 am

@

RPCP Auditorium





Charotar University of Science and Technology
Faculty of Medical Sciences
Ashok & Rita Patel Institute of Physiotherapy
&
DONATE LIFE
(An initiative for Organ Donation)



Report on Organ donation Seminar

On 10.08.2018, Friday, Charusat celebrated **Organ Donation Week** by organizing an awareness seminar on Organ donation. Charusat had organized this seminar as a joint initiative with Donate Life NGO & ARIP, Community physiotherapy department.

Seminar was organized with the following objectives:

- To aware the people about the need of organ donation.
- To distribute the messages of organ donation all over the country.
- To remove the hesitations of the people about donating organs.
- To say a grateful thanks to the donors of organs

The Guest speaker of the seminar Shri Nilesh Mandlewala, Founder & President of Donate Life organization addressed to the audiences which amassed to the number of 300 about the need of organ donation in India, the present scenario related to the organ donation, legalities for the organ donation, system established by the government for the on-time delivery of the organ to the recipient and the obstacles faced to encourage people for becoming an organ donor. He also shared the ways by which they have increased the number of organ donation: by walkathons, kite festivals and by extending appreciation to the organ donors and their families.

He described about who can be an organ donor as well as how his organization take all the responsibility of procuring the organ from the donor and providing it to the recipient. He even shared with us the story of a 4 year old boy who is the youngest organ donor in Western India. The seminar was followed by the oath taking ceremony and launch of an ebook compiled and edited by Shri Govind Maru.

Total no of Participants: 108 students



Glimpse of seminar on Organ donation on 10th August, 2018

List of Students attended Organ donation Seminar on 10th August, 2018

Sr no.	Program	Student Id no.	Student Name	Contact no.	Mail Id
1	BPT	15BPT051	Nijesha Patel	8469526823	nijesha12m35@gmail.com
2	BPT	16BPT001	Jinal Amin	9638560311	aminjinal2451@gmail.com
3	BPT	16BPT002	Nimangi Bhagat	8511021549	nimangibhagat27699@gmail.com
4	BPT	16BPT003	Tripad Bhanushali	8347114038	16bpt003@gmail.com
5	BPT	16BPT004	Simaran Bhatia	7600123599	simranbhatia3599@gmail.com
6	BPT	16BPT005	Krishna Bhatt	9104041696	bhattkrishna285@gmail.com
7	BPT	16BPT006	Purvi Bhatt	7383695587	purvibhatt98@gmail.com
8	BPT	16BPT007	Dhaval Bhoi	9574679097	Dhaval.bhoi1999@gmail.com
9	BPT	16BPT009	Chandani Chauhan	7284950300	chandnichauhan242@gmail.com
10	BPT	16BPT010	Hemarshi Chauhan	9409067930	chauhanhemarshi@gmail.com
11	BPT	16BPT011	Niraj Chavada	9904722908	nirajchavda16899@gmail.com
12	BPT	16BPT012	Margi Desai	9725031232	28margidesai286@gmail.com
13	BPT	16BPT013	Hasti Dobaria	9979118565	hastidobaria@gmail.com
14	BPT	16BPT014	Divyanshu Goswami	8401296538	dishuvarun111@gmail.com
15	BPT	16BPT015	Meet Jadav	9662533625	mcjadav167@gmail.com
16	BPT	16BPT016	Gopi Jani	7046660581	gopijani99@gmail.com
17	BPT	16BPT017	Janki Joshi	9054848032	jankijoshi112@gmail.com
18	BPT	16BPT018	Jhanvi Kadiya	9512503929	Jhanvikadiya1999@gmail.com
19	BPT	16BPT019	Kaushik Kalsariya	9879456359	kaushikkalsariya777@gmail.com
20	BPT	16BPT021	Vidhi Kapadiya	9638323255	vidhi.kapadiya10@gmail.com
21	BPT	16BPT022	Carol Khankar	9099170300	carolskhankar@gmail.com
22	BPT	16BPT023	Juli Khushlani	7573912740	julikhushlani@gmail.com
23	BPT	16BPT025	Krunal Makvana	7201097093	mkrunal306@gmail.com
24	BPT	16BPT026	Sobanraja Malik	8238317861	sobanmalek88@gmail.com

25	BPT	16BPT027	Priyanshi Mehta	8866355338	barbiep04@gmail.com
26	BPT	16BPT028	Kashyap Muliyasiya	8153835685	kashyapmuliyasiya@gmail.com
27	BPT	16BPT029	Dhwani Naik	8238971235	dhwaninaik14@gmail.com
28	BPT	16BPT030	Sandeep Nair	7405527030	sandeepnair0017@gmail.com
29	BPT	16BPT031	Unnati Narang	6351287996	narangu45@gmail.com
30	BPT	16BPT033	Rajvi Panara	8156061520	rajvipanara98@gmail.com
31	BPT	16BPT034	Foram Panchal	9687150443	foram6599@gmail.com
32	BPT	16BPT035	Janvi Panchal	7698131004	janvipanchal104@gmail.com
33	BPT	16BPT036	Shaili Parikh	8530555352	shailyparikh17@gmail.com
34	BPT	16BPT037	Vishwa Parikh	8905115138	vishwa3012@gmail.com
35	BPT	16BPT038	Abhayraj Parmar	6355490380	abhiparmar126@gmail.com
36	BPT	16BPT039	Ameep Patel	7600815799	ameepatel0998@gmail.com
37	BPT	16BPT040	Ashvi Patel	7405968991	ashvipatel29@gmail.com
38	BPT	16BPT041	Bhargav Patel	9913905089	bhargavpatel1804@gmail.com
39	BPT	16BPT042	Chaitanya Patel	9409499369	chaitanyapatel1998@gmail.com
40	BPT	16BPT043	Dhruvi Patel	8153805757	dhrutisp99@gmail.com
41	BPT	16BPT044	Harshit Patel	7567549501	1026hp@gmail.com
42	BPT	16BPT045	Himani Patel	8469682233	patelhimani5978@gmail.com
43	BPT	16BPT046	Jinish Patel	6354454986	jinish1502@gmail.com
44	BPT	16BPT047	Komal Patel	9723953320	komalbhavani0101@gmail.com
45	BPT	16BPT048	Manasvini Patel	9687630031	manashvini28@gmail.com
46	BPT	16BPT049	Misha Patel	9925106404	patelmisha24499@gamil.com
47	BPT	16BPT050	Nidhi Patel	8140248084	nidhi9428553235@gmail.com
48	BPT	16BPT051	Niki Patel	8155892856	Patelniki4599@gmail.com
49	BPT	16BPT052	Nima Patel	9426645186	nimapatel9117@gmail.com
50	BPT	16BPT053	Nishith Patel	9409048039	bantynishu99@gmail.com
51	BPT	16BPT054	Panth Patel	9978162112	panthpatel553@gmail.com
52	BPT	16BPT055	Pooja M Patel	9974544603	poojapatel98937@gmail.com
53	BPT	16BPT056	Pooja N Patel	7567534892	pooja.n.patel1312@gmail.com
54	BPT	16BPT057	Prapti Patel	8758614773	patelprapti1499@gmail.com
55	BPT	16BPT058	Priya Patel	9909518973	priyapatel4299@gmail.com
56	BPT	16BPT060	Ragbi Patel	9714382135	ragbikpatel98@gmail.com
57	BPT	16BPT061	Riya M Patel	9624703099	riyupatel.1199@gmail.com
58	BPT	16BPT062	Riya S Patel	9429023444	riyaptl1412@gmail.com
59	BPT	16BPT063	Rutvi Patel	8154876561	rutvi5657@gmail.com
60	BPT	16BPT064	Shivani Patel	7572878884	shivani Patel0099@gmail.com

61	BPT	16BPT065	Shrusti Patel	9725540849	shrusti2204@gmail.com
62	BPT	16BPT066	Silvi Patel	7874309983	silupatel1999@gmail.com
63	BPT	16BPT067	Vaishnavi Patel	7600730636	vaish246@hotmail.com
64	BPT	16BPT068	Rajvi Pokar	8734050463	patelrajvi829@gmail.com
65	BPT	16BPT069	Jigisha Prajapati	9427983330	jigishapr.10@gmail.com
66	BPT	16BPT070	Lata Purohit	7069376049	latapurohit2110@gmail.com
67	BPT	16BPT071	Urja Rajput	8780222197	urja2651998@gmail.com
68	BPT	16BPT072	Nirali Rana	8511134646	rananirali99@gmail.com
69	BPT	16BPT073	Anjali Rathod	8140848706	rathodanjali850@gmail.com
70	BPT	16BPT074	Shreya Rahod	9081255671	shreyarathod2811@gmail.com
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(An initiative for Organ Donation)

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92	MPT	18MPTNS101	Shanaya Billimoria	9978789696	spbillimoria15@gmail.com
93	MPT	18MPTNS102	Vidhi Garala	9978402093	garalavidhi123@gmail.com
94	MPT	18MPTNS103	Nidhi Khokhar	8490861476	nidhikhokhar78@gmail.com
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104	MPT	18MPTRE103	Jinal Thakkar	9033358259	jinal0296@gmail.com
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106	MPT	18MPTSS102	Shivani Shah	8160503821	shah34829@gmail.com
107	MPT	18MPTSS103	Vidhi Trivedi	8460875020	nidhividhi27@gmail.com
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Principal

Dr. M. Balaganopathy



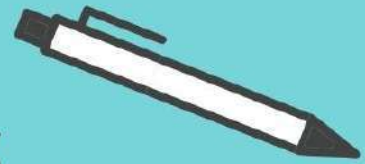
Ashok & Rita Patel Institute of
Physiotherapy



Presents

EBSCO DEMONSTRATION

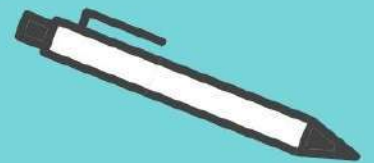
For enhancement of Learning



Venue: CALL Lab, ARIP

Date: 11th July, 2019

Time: 01:30pm to 02:30pm



Eligible participants:

Final year Undergraduate students,
Post graduate students & Faculties



Charotar University of Science and Technology
Faculty of Medical Sciences
Ashok & Rita Patel Institute of Physiotherapy



A Report on EBSCO Training

A training session on EBSCO Database was organized by the Library Committee, ARIP for the faculties and PG students. Mr. Gorakshanath Upadhyaya, representative from EBSCO had come to ARIP on 11/07/19. The training session was held in the Computer Assisted Learning Laboratory (CALL) at ARIP from 1:30 pm to 2:30 pm. Mr. Upadhyaya, gave an online demonstration on the following points:

1. How to maximize and refine the search within the database.
2. How to create a personalized folder for easy access in future.
3. How to create email alerts in order to update with the current researches
4. How to share the articles in the drives or cloud.
5. How can the EBSCO thesaurus help us in modifying our keywords during search.
6. How to export our searched research articles.
7. How to look for different types of Citation for easier referencing.

The session was very interactive as Mr. Upadhyaya showed the above mentioned points with reference to physiotherapy researches. The training was attended by 182 participants comprising of faculty members, librarian and PG students.

**List of Participants for EBSCO training @ Ashok and Rita Patel
Institute of Physiotherapy**

Sr No	Roll No	Student Name	Degree
1	17MPTMS102	Chandravadiya Dixa Khimjibhai	MPT(MS)
2	17MPTMS106	Parekh Amee Bhaskarbhai	MPT(MS)
3	17MPTMS105	Koradia Surabhiben Pravinbhai	MPT(MS)
4	17MPTMS108	Patel Khushbuben Upendrakumar	MPT(MS)
5	17MPTMS101	Bhavsar Aishwarya Jagdish	MPT(MS)
6	17MPTMS109	Patel Priyabahen Chandrakantbhai	MPT(MS)
7	17MPTMS104	Iyer Sai Ganesh B	MPT(MS)
8	17MPTMS103	Desai Janki Suketukumar	MPT(MS)
9	17MPTMS110	Shah Hiral Hiteshkumar	MPT(MS)
10	17MPTMS107	Patel Jinalben Manubhai	MPT(MS)
11	17MPTNS103	Kaka Dhruvi Vinod	MPT(NS)
12	17MPTNS101	Ankita Rameshchandra Bhatia	MPT(NS)
13	17MPTNS105	Shah Shikha Jayesh	MPT(NS)
14	17MPTNS106	Vyas Srushti Amitbhai	MPT(NS)
15	17MPTCS103	Solanki Nilamben Rameshkumar	MPT(CS)
16	17MPTCS101	Joshi Riddhi Dharmeshbhai	MPT(CS)
17	17MPTRE101	Parmar Rincyben Rajnikant	MPT(RE)
18	17MPTRE102	Rathava Vimalkumar Vikrambhai	MPT(RE)
19	17MPTPA102	Suthar Hardik Chandreshkumar	MPT(PA)
20	17MPTPA101	Raval Nishu Maneshbhai	MPT(PA)
21	17MPTWH102	Swadas Nirja Prashant	MPT(WH)
22	17MPTWH101	Dhami Hitarthi Maganlal	MPT(WH)
23	17MPTNS102	Desai Krishna Janakbhai	MPT(NS)
24	17MPTSS101	Patel Bhargav Umeshchandra	MPT(SS)
25	17MPTSS103	Shah Ina Romeshkumar	MPT(SS)
26	17MPTSS104	Suthar Kuntal Sanjaykumar	MPT(SS)
27	17MPTSS102	Patel Vraj Rakeshkumar	MPT(SS)
28	17MPTPA103	Vanpariya Parita Ashokbhai	MPT(PA)
29	17MPTCS102	Shah Sweni Nimishkumar	MPT(CS)
30	17MPTNS104	Patel Chintan Ajitbhai	MPT(NS)
31	17MPTRE103	Vaghela Christina Shashikant	MPT(RE)
32	17MPTCS104	Patel Drashtee Prabhakar	MPT(CS)
33	17BPT061	Shah Chakshu Venuskumar	BPT
34	17BPT058	Rathod Sagar Vinodbhai	BPT
35	17BPT011	Doshi Purviben Atulkumar	BPT

List of Participants for EBSCO training @ Ashok and Rita Patel
Institute of Physiotherapy

111	16BPT042	Chaitanya Patel	BPT
112	16BPT043	Dhruti Patel	BPT
113	16BPT044	Harshit Patel	BPT
114	16BPT045	Himani Patel	BPT
115	16BPT046	Jinish Patel	BPT
116	16BPT047	Komal Patel	BPT
117	16BPT048	Manasvini Patel	BPT
118	16BPT049	Misha Patel	BPT
119	16BPT050	Nidhi Patel	BPT
120	16BPT051	Niki Patel	BPT
121	16BPT052	Nima Patel	BPT
122	16BPT053	Nishith Patel	BPT
123	16BPT054	Panth Patel	BPT
124	16BPT055	Pooja M Patel	BPT
125	16BPT056	Pooja N Patel	BPT
126	16BPT057	Prapti Patel	BPT
127	16BPT058	Priya Patel	BPT
128	16BPT060	Ragbi Patel	BPT
129	16BPT061	Riya M Patel	BPT
130	16BPT062	Riya S Patel	BPT
131	16BPT063	Rutvi Patel	BPT
132	16BPT064	Shivani Patel	BPT
133	16BPT065	Shrusti Patel	BPT
134	16BPT066	Silvi Patel	BPT
135	16BPT067	Vaishnavi Patel	BPT
136	16BPT068	Rajvi Pokar	BPT
137	16BPT069	Jigisha Prajapati	BPT
138	16BPT070	Lata Purohit	BPT
139	16BPT071	Urja Rajput	BPT
140	16BPT072	Nirali Rana	BPT
141	16BPT072	Nirali Rana	BPT
142	16BPT073	Anjali Rathod	BPT
143	16BPT074	Shreya Rahod	BPT
144	16BPT075	Abhishek Sabhadiya	BPT
145	16BPT076	Shreya Sabhadiya	BPT
146	16BPT077	Krushit Shah	BPT
147	16BPT078	Shruthi R.M.	BPT
148	16BPT079	Hardi Soni	BPT

List of Participants for EBSCO training @ Ashok and Rita Patel
Institute of Physiotherapy

149	16BPT080	Nikita Suthar	
150	16BPT081	Druv Upadhyay	BPT
151	16BPT082	Ayushi Vaghasiya	BPT
152	16BPT083	Ashka Vaghela	BPT
153	16BPT084	Payal Vala	BPT
154	16BPT085	Nisarg Vora	BPT
155	18MPTCS101	Rutva Shah	MPT
156	18MPTCS102	Vidhi Solanki	MPT
157	18MPTCS103	Vyoma Vaidya	MPT
158	18MPTMS101	Rucha Achaya	MPT
159	18MPTMS102	Margi Joshi	MPT
160	18MPTMS103	Ravi Patel	MPT
161	18MPTMS104	Kajal Rai	MPT
162	18MPTMS105	Yuti Ravat	MPT
163	18MPTMS106	Shivani Shah	MPT
164	18MPTMS107	Pranidhi Thakore	MPT
165	18MPTNS101	Shanaya Billimoria	MPT
166	18MPTNS102	Vidhi Garala	MPT
167	18MPTNS103	Nidhi Khokhar	MPT
168	18MPTNS104	Jayshree Lalwani	MPT
169	18MPTNS105	Nisha Mahant	MPT
170	18MPTNS106	Heppy Makadia	MPT
171	18MPTNS107	Purvi Pandya	MPT
172	18MPTNS108	Aesha Patel	MPT
173	18MPTNS109	Vibhuti Patel	MPT
174	18MPTPA101	Vaibhavi Amin	MPT
175	18MPTRE101	Ditee Desai	MPT
176	18MPTRE102	Ankita Gosai	MPT
177	18MPTRE103	Jinal Thakkar	MPT
178	18MPTSS101	Disha Shah	MPT
179	18MPTSS102	Shivani Shah	MPT
180	18MPTSS103	Vidhi Trivedi	MPT
181	18MPTSS104	Aniruddhsinh Vala	MPT



M. B. S.
Principal,
Dr. M. Balaganapathy

CHARUSAT -
ARIP

REGISTRATION
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Exercise your
Brain!



NPTL '18

NEUROPHYSIOTHERAPY LEAGUE

Treasure Hunt
Painting
Pictionary
Brain Teasers
Coordination
games
Puzzles,
Scrabble,
Cross Word,
and more

Neuro anatomy
Neuro Physiology
Biomechanics
Clinical Neurology
NeuroPT

Challenging &
Fun filled games
Cash Awards

Friday, October 5th 2018

Last date for registration
25th September 2018

For Registration please contact
Dr Suchi Patel (PT)
suchipatel.phy@charusat.ac.in
Mobile:9687275723

Organizers
Department of
Neurophysiotherapy



CHARUSAT -
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Exercise your
Brain!



NPTL '18

NEUROPHYSIOTHERAPY LEAGUE

An Innovative Knowledge and
Skill Contest in

NEUROPHYSIOTHERAPY

Friday, October 5th 2018

Ashok & Rita Patel Institute of Physiotherapy,
CHARUSAT, Changa, Anand
Gujarat

*UG and PG Students can register as a team
(4 participants / team)*

Registration fee Rs 1000 / Team

Last date for registration
25th September 2018

For Registration please contact
Dr Suchi Patel (PT)
suchipatel-phy@charusat.ac.in
Mobile: 9687275723

Organizers
Department of
Neurophysiotherapy



A Report on Neuro Physiotherapy League – NPTL’18

The first edition of Neuro-physiotherapy league (NPTL) was organized on 5th October 2018. NPTL was conceived as an intercollegiate competition for physiotherapy students to showcase their knowledge and skills in the field of Neuro-physiotherapy. NPTL is one of its kind academic events in physiotherapy in India. The NPTL had challenging and fun-filled games that will test your memory, logical and critical thinking ability, and analytical reasoning, creativity and problem solving skills in the areas of Neuroanatomy, Neurophysiology, Biomechanics, Clinical Neurology, and Neuro Physiotherapy.

10 teams have participated in this event. The event included Pictionary, Wire loop game, Identify the neuro-celebrity, Treasure Hunt, Extempore presentation and Serious Game. Top three teams are awarded with cash prizes. The event was telecasted live on Facebook. The overall response to the event was wonderful. Participants appreciated the novelty and competitiveness of the event. Further, suggested that the event should be organized annually.

Glimps of NPTL’18 organized on 5th October, 2018



This event was organized by the Department of Neurophysiotherapy, ARIP. 40 Intercollegiate students participated in the event and 17 ARIP students worked as volunteers.

Student Volunteers for NPTL 2019

Sr. No.	Event	Students
1	Crossword	1. Krisha Maisuria – 7 th sem BPT 2. Hetali Patel- 7 th sem BPT 3. Darsh Patel- 7 th sem BPT
2	Pictionary	1. Himali Sharma- 7 th sem BPT 2. Heli Patel - 7 th sem BPT 3. Jhanvi Kadiya – 4 th sem BPT
3	Coordination game	1. Dimple Motwani- 7 th sem BPT 2. Anjana Nair- 7 th sem BPT 3. Jigisha - 4 th sem BPT
4	Identify the Neuro-Celebrity	1. Nishi Trivedi - 7 th sem BPT 2. Payal - 4 th sem BPT
5	Treasure Hunt	1. Pranjal Joshi - 7 th sem BPT 2. Dhruvi - 4 th sem BPT
6	Extempore Presentation	1. Vishesh Patel - 7 th sem BPT 2. Drishti Patel - 4 th sem BPT
7	The Serious Game	1. Ishani Patel - 7 th sem BPT 2. Purvi - 4 th sem BPT

List of Student Participated in NPTL'18

Sr. No.	Full Name	Program	Year	Phone Number
1	Aesha Patel	PG	1	9638451175
2	Divya Patel	PG	2	8306926852
3	Ankita Gosai	PG	1	9033424767
4	ANKITA BHATIA	PG	2	9426247388
5	Shah Helly Shaileshkumar	UG	4	8200008145
6	Jayshree Lalwani	PG	1	9974415292
7	Kajal Chavda	PG	2	9724745459
8	Ditee Jaydeep Desai	PG	1	8469508213
9	KRISHNA J DESAI	PG	2	9712678943
10	Patel Saloni Pareshkumar	UG	4	8866889310
11	Vaniya Sagar Ashokbhai	UG	4	8758230962
12	HEPPY MAKADIA	PG	1	8469411033
13	MAHANT NISHA VIJAYKUMAR	PG	1	9909996775
14	Purvi Pandya	PG	1	9429147288
15	Vidhi Modi	PG	2	7046236488
16	Jinal Dharmendrabhai Thakkar	PG	1	9033358259
17	DHRUVI KAKA	PG	2	7359261994
18	Patel Yashi Alpesh	UG	4	8866004111
19	Solanki Tamanna Mukeshbhai	UG	4	8128743837
20	Srushti Vyas	PG	2	9825181092
21	BILLIMORIA SHANAYA PERCY	PG	1	9978789696
22	Shreyas Panchal	UG	4	9426606698
23	Vibhuti Patel	PG	1	9429666311

24	Astha Desai	PG	2	9484686312
25	Shikha Shah	PG	3	9712235290
26	HETSHREE BHAVSAR	UG	4	9712994660
27	Parmar Gayatri Jaswantsinh	UG	4	9512154578
28	Parmar Jinal Pravinbhai	UG	4	7801889957
29	DHARMISTHA KHARVA	UG	4	7202876387
30	KSHTRIYA PRANAV SHUSHILKUMAR	UG	4	9106003963
31	Vedika Upadhyay	UG	4	8511849900
32	Kshama Ashikbhai Bhakta	UG	4	7624097777
33	Kapoor Disha Anil	UG	5	9586510390
34	Chaitali Purushottambhai Thacker	UG	5	8469836339
35	Nidhi Dudhatra	UG	6	9033792833
36	JOSHI VAIBHAVI ANIL	UG	6	9998026124
37	Kshama A Bhakta	UG	7	7624097777
38	Vedika Pradipkumar Upadhyay	UG	4	8511849900
39	Rutvi P Patel	UG	5	7567662444
40	Thakkar Riya	UG	7	8732996344



M.B.F.
Principal

Dr. M. Balaganapathy



Yoga Session

Organized by
NSS Unit of MTIN

Date: 12/03/2019 - Tuesday

Time: 07:00 am to 08:00 am



Venue: Chandubhai S Patel Institute of Technology
(CSPIT), CHAURSAT Campus,
Changa - 388421

Report on Yoga session

Date: 12.03.2019

Day: Tuesday

Timings: 7.00-8.00 am

I. Introduction:

Yoga' is a Sanskrit term meaning 'to join, unite or yoke together', and the essential purpose of yoga is to bring together body, mind and spirit into a harmonious whole. The central methods of yoga are physical postures or 'asanas' and movement, breathing techniques or 'pranayama' and meditation. Yoga includes guidance on healthy lifestyle, eating habits, mental attitude, and Ayurvedic medicine is also part of the Yogic path to health and balance.

The physical benefits of yoga include:

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury

Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. "Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate," says Dr. Nevins. "Yoga can be very effective in developing coping skills and reaching a more positive outlook on life."

Soft copy + CDR

CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY

[CHARUSAT]

Faculty of Medical Sciences

MANIKAKA TOPAWALA INSTITUTE OF NURSING

Report on Yoga session

Date of event : 12.03.2019
Date of Submission : 13.05.2019
Organizers : NSS unit of MTIN
Venue : Chandubhai S Patel Institute of Technology

Submitted By
Name : Ms. Sapnaben Bhavin Patel
Designation : Assistant professor
Department : Nursing
Email : sapnapatel.nur@charusat.ac.in

Endorsed by



(Signature)
Principal
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CHARUSAT CAMPUS-CHA
AT. CHANGA- 388 421
TA. PETLAD, DIST. ANAND (GUJARAT)

Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. "Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration," says Dr. Nevins. Body- and self-awareness are particularly beneficial, she adds, "Because they can help with early detection of physical problems and allow for early preventive action."

International Women's Day is celebrated on March 8 every year. It is a focal point in the movement for women's rights. NSS Unit of MTIN organized a Yoga session on 12th March 2019 in order to spread awareness about International Women's day and also to create awareness among students about Yoga. 97 female students of various institutes had participated in this session.

II. Objectives of the event:

- To spread awareness about International Women's day.
- To create awareness among students about Yoga.
- To enable to have good health concern to mental hygiene, emotional stability, moral values and consciousness.

III. Participants/Beneficiaries: Employees of CHARUSAT University

IV. In detail explanation of the event with colored print of photographs

NSS Unit of MTIN organized a Yoga session on 12th March 2019 in order to spread awareness about International Women's day and also to create awareness among students about Yoga. This session was organized at Chandubhai S Patel Institute of Technology from 7.00 am to 8.00 am for the female students of CHARUSAT. Dr. Yashree Patel, Assistant Professor and Dr. Dipti Pania, Assistant Professor from Ashok and Rita Patel Institute of Physiotherapy, CHARUSAT was invited to demonstrate Yoga to the female students. The session was started with the prayer song. And following Yoga and meditation was demonstrated with explanation of its benefits.

Prayer

Procedure:

Sit in a comfortable posture preferably Sukhasan with hands folded. Join both palms with the thumbs touching the pit in the throat. Take a deep breath in and breath out with a calm mind. Chant the prayer.

Advantages:

It helps in purification of thoughts, concentration of mind increases. Helps in developing patience and the wavering of mind reduces.

Sukshmakriya of upper limb and lower limb

Shoulder

Procedure:

- Sit in a comfortable position preferably Sukhasan. Place both the palms on the thighs. Breathe in raising the shoulders and breathe out while coming to normal down position.
- Stretch both the elbows in front. Hold the shoulders with your fingers. Breathing in raise the elbows and breathing out lower the elbows.
- Stretch the hands on either side. Hold the shoulders with your fingers. Breathing in raise the elbows and breathing out lower the elbows from sides.
- Stretch the arms in front. Hold the shoulders with your fingers and join the elbows near the chest. Breathing in rotate the elbows upwards and breathing out downwards forming big circles.
- Repeat the above Kriya, moving the shoulder in reverse direction ie. from down side.
- Stretch the arms either sides. Hold the shoulders with your fingers. Swing the elbows up and down in quick successions. Breathe in upwards and breathe out downwards.
- Stretch the arms on either sides. Hold the shoulders with your fingers. Swing the elbows front and back in quick successions. Breathe in backwards & breathe out frontwards.
- Stretch the arms in front. Hold the shoulders with your fingers. Swing the elbows up and down alternately in quick succession. Breathe normally.

- Place the palms on your knees. Rotate one shoulder in clockwise and anti-clockwise direction. The other shoulder should not move. Repeat with other shoulders. Then repeat with both together.
- Hold right elbow with left fingers and left elbow with right fingers. Without moving the head and backbone, slowly stretch the elbows towards rightside breathing out. Breathing in come to center. Repeat on left side. Perform 4-6 times.
- Holding the elbows as above, lift both elbows upwards breathing in and downwards breathing out.
- Holding as above, rotate the elbows in clockwise direction 4-6 times. Repeat in anti-clockwise direction also.
- Massage your shoulders.

Advantages:

- These exercises help in energising shoulder joints. It helps in curing frozen shoulders and other related problems, weight lifting capacity increases.

Elbow, upper arms, fore arms

Procedure:

- Stretch the arms in front at shoulder level. Breathing out touch the fingers to the shoulders, folding the arms at elbows with a swing. Breathing in come to normal position.
- Stretch the arms on either side. Breathing out with a swing touch the shoulders with the fingers. Breathing in come to normal position.
- Stretch the arms at the ground level in front. Breathing out touch the shoulders with the fingers. Breathing in come to normal position in quick succession.
- Raise the arms. Breathing out touch the shoulders with the fingers. Breathing in come to normal position in quick successions.
- Stretch the arms front. Folding the thumbs between the fingers form fists. Breathing out touch the shoulders with the fist. Breathing in come to position. This kriya is performed with force and in quick successions.

- Stretch the arms on either sides. Form a fist. Breathing out touch the shoulders with the fists. Breathing in come to normal position. These kriya is also performed with force and in quick successions.
- Stretch the arms at the ground level in front. Form a fists. Breathing out touch the shoulders with the fist. Breathing in come to normal position. Perform this kriya with force and in quick succession.
- Raise the arms, form a fist. Breathing out touch the shoulders with the fists. Breathing in come to normal position. Practice with force and in quick succession.
- Stretch the arms in front, form a fist. Place the elbows on the sides of your stomach with forearm in front. Breathing in with force stretch the arms in front and breathing out come to normal position in quick succession.
- The above kriya a repeated but when the arms are stretched in front, the fists are bent in inwards direction.
- Stretch the arms in front forming fists. One arm is stretched in front, the other moved back The arm at the back is stretched in front and the stretched arm is taken back alternately in quick succession. Synchronise the breath with alternate arms moving front & back
- This is named as *MANTHAN KR/YA* and is highly beneficial for the entire front & back area, including neck, back bone, waist, chest and abdominal human machinery. This is a MUST BE DONE Kriya for every human being.

Advantages:

Elbow joints and arms are strengthened. Problems related to elbow joints will reduce. Power is generated in upper/fore-arms.

Wrist:

Procedure:

1. Stretch the arms in front forming a fist. The fists are moved up and down. Then gradually rotate the fist in clock wise and anti-clock wise directions. Repeat each exercise for 10-15 times.
2. Repeat as in (1) keeping the arms near the chest.
3. Stretch the arms at sides. Repeat the exercise as in (1).

4. Stretch the arms at ground level in front. Repeat the exercise as in (1).
5. Raise the arms up and repeat the exercise as in (1).
6. Fold the elbows. Place the fists at the back of the head. Repeat the exercise as in (1).

Advantages:

Wrists are strengthened. Pain in wrists is reduced. Very beneficial to sports persons, computer operators & drivers.

Palms:

Procedure:

1. Stretch the arms in front keeping the fingers together. Move the palms up and down, right and left. Repeat each exercise for 10-15 times. Palms should be stiff and should not bend.
2. Keep the palms near the chest. Repeat exercise of (1).
3. Stretch the arms at the sides and repeat the exercise of (1).
4. Stretch the arms at the ground level in front. Repeat the exercise of (1).
5. Raise the arms up. Repeat the exercise of (1).
6. Place the palms at the back of the head. Repeat the exercise of (1).

Advantages:

Palms are strengthened and blood circulation is regulated.

Back side of the palms

Procedure:

- All the above exercise 1) to 6) are repeated by stretching the fingers apart.
- Stretching the finger apart, in front, swing the palms quickly.

Advantages:

Back of the palms get strengthened.

Finger joints:

Procedure:

1. Stretch the arms in front. Loosen the hands and fingers. Freely and briskly shake them 15-20 times.

2. Repeat the exercise of (1) moving the fingers near the chest.
3. Stretch the arms at the sides. Repeat the exercise of (1).
4. Stretch the arms at the ground level in front. Repeat the exercise of (1).
5. Raise the arms up. Repeat the exercise of (1).
6. Place the fingers at the back of the head. Repeat as (1).

Advantages:

Finger joints are strengthened and problems related to finger joints are reduced. Counting and writing become easier.

Gaumukhasana

Procedure:

1. Sit erect on the ground with your legs stretched out in front of you.
2. Now gently bend your left leg, and place it under your right buttock.
3. Fold your right leg and place it over your left thigh.
4. Place both your knees close together as they are stacked one on top of the other.
5. Gently fold your left arm and place it behind your back.
6. Take your right arm over your right shoulder, and stretch it as much as you can until it reaches your left hand. With practice, you will be able to not just reach, but also catch your left hand.
7. Keep the trunk erect, expand your chest, and lean slightly back.
8. Hold this pose for as long as you are comfortable, as you breathe slowly and deeply. Concentrate on your breathing.

Benefits:

1. This asana helps to flex the back, making it more elastic.
2. It helps to cure stiff shoulders and also helps reduce backaches.
3. Practicing the Gomukhasana also aids in the treatment of sciatica.
4. It enhances the working of the kidneys, thereby helping those suffering from diabetes.
5. It also works the chest muscles and helps in treating sexual ailments.
6. Practicing this asana regularly can reduce stress and anxiety.

Vakrasana

Procedure:

- Sit on the mat with your legs stretched out in front of you.
- Keep your hands parallel to hips or thighs with palms resting on the floor.
- Bend your left knee at 90 degrees with knee pointing towards the sky, placing the left foot near your right knee. Bring your right hand forward, place it on the outer side of your folded left knee while twisting your waist. Note that your right elbow should be touching the left knee. Now hold your left ankle with your right hand.
- Turn your head to your left and place your left hand flat on the floor, just behind the hip. Hold this position for a count of 30 and breathe normally.
- Now release your hand holding the right ankle and your left twist, turn your head and stretch your legs.
- Keep your palms on the mat in a relaxed position and rest for 10 seconds.
- Repeat the same for the other side.

Benefits:

- It stimulates the pancreas and is therefore beneficial for people with diabetes
- It helps reduce belly fat
- It relieves the stiffness of the spine
- It helps with proper secretion of stomach acid, which helps correct digestion problems
- It helps in relieving symptoms of constipation and liver weakness
- It increases elasticity of the spine and makes it supple
- It tones spinal nerves
- It strengthens back muscles and reduces back ache

Paschimottanasana

Procedure:

1. Sit erect, with your legs, stretched out in front of you. Make sure that your toes are flexed towards you.
2. Inhale and raise your arms over your head. Stretch.

3. Exhale and bend forward. Feel the fold from your hip joints. Your chin should move towards your toes.
4. Stretch out your arms, and let them reach the furthest they can, possibly till your toes. But make sure that you don't stretch too far.
5. Inhale. Then, lifting your head slightly, elongate your spine.
6. Exhale and move your navel towards your knees.
7. Repeat this a few times. Then, place your head on your legs, and hold the pose.
8. Inhale and come up back to the sitting position with your arms stretched out.
9. Exhale and lower your arms.

Benefits:

1. This asana calms the mind and also relieves mild depression and stress.
2. The shoulders, spine, and hamstrings get a good stretch.
3. The kidneys, liver, uterus, and ovaries are activated.
4. Practicing this asana regularly helps improve digestion.
5. Menopause and menstrual discomfort can be combatted with this asana.
6. Anxiety, headaches, and fatigue are reduced.
7. High blood pressure, insomnia, infertility, and sinusitis can be cured with this asana.
8. Paschimottanasana is said to cure diseases, increase appetite, and reduce obesity.
9. This asana works particularly well for women after they have delivered a child.

Shashank Asana

Procedure:

- Sit down on the floor with a simple or yoga mat.
- Stretch your leg in front and keep your spine erect.
- Bend your right leg by your knee, bring it back and keep your right buttock on your foot.
- Now bend your left leg by your knee, bring it back and keep your left buttock on your foot.
- Keep your right foot big toe on the left foot big toe.
- This position is named as vajrasana.
- Sit comfortably in Vajrasana and keep your palms on your thighs.

- Inhale and raise your hand straight upwards and stretch.
- Now exhale and bend forward.
- Try to touch your nose or chin to the ground.
- Keep your arms stretched and palms on the ground.
- Stay in this position as long as possible.

Benefits:

- Relaxing posture.
- Tones the pelvic muscles.
- Stimulates the abdomen organs.
- Massages the abdominal muscles.
- Can help in sexual disorders.
- Gives a good relaxing stretch to the spine.

Ustrasana: Procedure:

- Begin the asana by kneeling on your mat and placing your hands on your hips.
- You must ensure that your knees and shoulders are in the same line, and the soles of your feet are facing the ceiling.
- Inhale, and draw your tailbone in towards your pubis. You must feel the pull at the navel.
- While you are doing that, arch your back. Gently slide your palms over your feet and straighten your arms.
- Keep your neck in a neutral position. It should not be strained.
- Hold the position for about 30 to 60 seconds before you release the pose.

Benefits:

- This asana helps improve digestion as it massages the internal organs.
- It opens up the chest and frontal portions of the torso.
- It strengthens the back and the shoulders.
- It helps alleviate pain in the lower back.
- It makes the spine more flexible and also helps in the betterment of your posture.
- It relieves menstrual discomfort.

Garudasana

Procedure:

- Stand erect. Gently bend your right knee, and wrap your left leg around your right, such that the knees are stacked over each other. Your left foot must touch your right shin.
- Raise your arms to the shoulder height and wrap your right hand around your left. Ensure that your elbows are bent at 90-degree angles and are also stacked.
- Strike a balance in the pose as you gently bring down your hips. Your knees must move towards the midline instead of leaning to one side.
- Hold the pose for a few seconds. Breathe deeply and slowly. Focus on the third eye, and let go of your negative emotions.
- Release the pose, switch the limbs, and repeat the pose.

Benefits:

- This asana helps to stretch the thighs, hips, upper back, and shoulders.
- It helps you focus and also improves your ability to balance.
- The calf muscles get strengthened with this asana.
- It also helps to relieve pain associated with rheumatism and sciatica.
- It helps to make the back, legs, and hips more flexible.
- This asana also works as a stress buster.

Tadasana

Procedure:

- Stand erect, and place your legs slightly apart, with your hands hanging alongside your body.
- You must make your thigh muscles firm. Lift your kneecaps while ensuring you do not harden the lower part of your belly.
- Strengthen the inner arches of your inner ankles as you lift them.
- Now, imagine a stream of white light (energy) passing through your ankles, up to your inner thighs, groin, spine, neck, all the way up to your head. Gently turn your upper thighs inward. Elongate the tailbone such that it is towards the floor. Lift the pubis such that it is closer to the navel.

- Look slightly upward.
- Now breathe in and stretch your shoulders, arms, and chest upwards. Raise your heels, making sure your body weight is on your toes.
- Feel the stretch in your body right from your feet to your head. Hold the pose for a few seconds. Then, exhale and release.

Benefits:

- This asana helps improve body posture.
- With regular practice of this asana, your knees, thighs, and ankles become stronger.
- Your buttocks and abdomen get toned.
- Practicing this asana helps alleviate sciatica.
- This asana reduces flat feet.
- It also makes your spine more agile.
- It is an excellent asana for those who want to increase their height in their formative years
- It also helps improve balance.
- Your digestive, nervous, and respiratory systems are regulated.

Veerasana

Procedure:

- Stand upright with legs joined together and arms by the sides - this is called Tada Asana.
- Step your left leg forward stretching it as much as you can. Remember that you should be exhaling while stretching the leg.
- In this position, your back leg, back, neck and both the hands will form a very good arch in this position. You should weigh the body backward and keep the arms near the ears. Also bend the neck downwards.
- Join both your palms and place the hand on the left knee keeping the right leg straight.
- Inhale and raise both hands above your head stretching the arms further up.
- Bend the upper part of your body backwards. Keep in mind that the inner side of upper arms should be touching the ears.
- Your neck and head should be bent downward - maintain balance of the body. Increase the curvature of the back to the maximum limit.

- The right leg should still be straight, sole of both feet on the ground.
- Maintain this position for as long as you can until you don't feel strain. Increase the duration of this practice gradually.
- Exhale slowly while straightening your trunk. Slowly bring your body forward and place the hands on the left knee. Gaze to the front.
- Inhale and bring the hands down, straighten your knee and keep it parallel to right knee. Step back the left leg to stand upright in Tada Asana as you exhale. Straighten the knee and restore the hands to their original place.
- Relax and perform Veerasana again with your right leg stretched forward.

Benefits:

- Veerasana helps to balance the mind - concentration power increases, you become more aware of the unconscious realms, and feel more relaxed both mentally and physically.
- People having disturbed or uncontrolled thoughts can practice Veerasana, this pose helps gain clear and precise thinking power.
- Veerasana is good for the kidneys, liver, reproductive, and abdominal organs health.
- This asana is recommended to people with lost appetite, it augments digestion.
- People who practice Veerasana seem more confident and self fulfilled.
- Veerasana affects circulatory system positively - the joints of the legs, waist, spinal column and neck get curved in opposite direction resulting to the regulation of blood circulation to these joints.
- Elasticity of spinal column improves leading to its better functioning.
- Better functioning of digestive system.
- Veerasana tones thighs and calves, strengthens shoulders, arms and legs.
- People suffering from digestive problems, constipation and nervous should practice this asana.

Suryanamaskara

Benefits:

- Surya Namaskar promotes balance, improves digestion.

- Stretches your arms and shoulder muscles along with tones your spine, promotes flexibility in back and hips also.
- Exercises spine, strengthens hand and wrist muscles.
- It helps in blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, stimulates the lymphatic system.
- Sun Salutation gives strength to leg and arm muscles increase the flexibility in neck and shoulders areas, Stretches arms, shoulder, neck and back muscles, exercises back muscles, releases tension in neck and shoulder.
- Sun Salutation also benefits your Endocrine system and enables the various endocrinal glands to function properly.
- These include the thyroid, parathyroid, and pituitary glands as well as the adrenal gland, testes, and ovaries.
- It is an excellent way to manage stress and alleviate depression.
- You will expend a tremendous amount of energy as you move through the two sets of poses.
- Surya Namaskar helps you to concentrate, and learning to achieve the poses is incredibly gratifying.

Pranayam- AnulomVilom

Procedure:

- Always sit in Sukhasana with your hands resting sideways on the knees.
- You can also sit in Padmasana.
- If you begin from the left then close the right nostril with your right thumb and inhale slowly to fill up your lungs.
- Now, exhale slowly from the right nostril.
- It is essential to focus on your breath and practice the technique slowly.
- Repeat 60 times or for 5 minutes. You can do this any time of the day.

Benefits:

- Excellent for respiratory issues like asthma and allergies
- Helps in balancing and relaxing the nervous system
- Helps relieve headache

- Removes toxins from the body
- Builds up stamina in the lungs
- Reduces stress and keeps anxiety and depression at bay

Relaxation and meditation

Benefits:

Physical benefits:

- Lowered levels of cortisol (hormone that is released in response to stress; like adrenaline, it helps us deal with stress, but too much can be harmful); and lactate-two chemicals associated with stress.
- Reduction of free radicals- less tissue damage.
- Decreased high blood pressure.
- Higher skin resistance. Low skin resistance is correlated with higher stress and anxiety levels.
- Drop in cholesterol levels. High cholesterol is associated with cardiovascular disease.
- Improved flow of air to the lungs resulting in easier breathing. This has been very helpful to asthma patients.
- Cure headaches & migraines
- Harmonizes our endocrine system
- Produce lasting beneficial changes in brain electrical activity

Psychological benefits:

- Increased brain wave coherence.
- Decreased anxiety.
- Decreased depression.
- Decreased irritability and moodiness.
- Improved learning ability and memory.
- Increased self-actualization.
- Increased feelings of vitality and rejuvenation.
- Increased happiness.
- Increased emotional stability.

- Increase creativity
- Increased productivity
- Greater tolerance

V. Financial support received: Not applicable

VI. Conclusion

At the end of session we are thankful to Dr. Yashree Patel, Assistant Professor and Dr. Dipti Pania, Assistant Professor from Ashok and Rita Patel Institute of Physiotherapy, CHARUSAT, Dr Anil Sharma, Principal, MTIN for providing this opportunity. All the participants had appreciated the session and they learn about various types of Yoga, Pranayam, and Mediation.

Photographs:



Students of CHARUSAT University doing yoga



Demonstrate, Sukhasana, Date -12/03/2019



Employee of CHARUSAT University doing yoga,



Students doing exercise, Date -12/03/2019

Photographs



Students and Employee of CHARUSAT University doing yoga, Date -12/03/2019



Students and Employee of CHARUSAT University doing yoga, Date -12/03/2019

BREAST CANCER AWARENESS CAMPAIGN

OCTOBER 2018

Theme: Early Detection Better Decision



Organized by

Department of Medical Imaging Technology

Charotar Institute of Paramedical Sciences

CHARUSAT UNIVERSITY

Charotar University of Sciences and Technology

Charotar Institute of Paramedical Sciences

A report on Breast cancer awareness campaign October 2018

The department of Medical Imaging Technology, Charotar Institute of Paramedical Sciences conducted Breast cancer awareness campaign with a theme “Early detection better decision” among female students and staff members of nearby schools in Changa, Nadiad, Anand, Damol, Mehelav, Napad. Breast cancer is presently leading cause of cancer in females, it can be treated only if detected early and we are extremely glad that we took this noble initiative.

We approached around 10 schools and received permission from the management. Our students in groups from 5th semester BMIT course, staff members went to these schools and given presentations, demonstration on early detection of breast cancer on the days permitted to with timings 10.00am to 12.00pm. We aimed at the topics like Breast cancer and its types, improvement in life style, food habits, imaging modalities available for early screening of breasts.

At the end of each session, we took feedback from students which was very good, encouraged our students; however, few schools’ management appreciated our efforts by publishing our sessions in newspapers.

Furthermore, we conducted series of lectures on 5th October by 10am to 12.00pm at MCA auditorium. The event started with welcome address by Dr. Darhan H Patel followed by a brief note on importance of breast cancer awareness by Mrs. Dolly Sharma, The talks were taken by Dr. Rajshri S Patil on early screening of breast cancer from Mahagujarat hospital Nadiad, Dr. Shreya Desai, Paramukhswami Medical College, Karamsad and Dr. Sunny Mishra, Charusat Hospital and Research foundation. The program was concluded with gratitude by Mr. Manna Debanath.



Figure 1 Explaining about Breast cancer Date: 5th October 2018



Figure 2- Group picture with students and teachers in C.J Patel, Vir Vitthal and Sardar Patel School, Karamsad cancer Date: 5th October 2018



Figure 3 – Breast cancer awareness among students in B.A Patel High school. cancer

Date: 5th October 2018



Figure 4 – Oral presentation using projector and demonstration of self-breast awareness in NL Patel High School, Napad.

Date: 5th October 2018

Charotar University of Sciences and Technology
Charotar Institute of Paramedical Sciences
Department of Medical Imaging Technology

A Report on Basic Life Support (BLS) workshop

Department of medical Imaging Technology, Charotar Institute of paramedical science (CIPS), organized two days Basic Life Support (BLS) workshop with Manikaka Topawala Institute of Nursing (MTIN) on 29th and 30th april 2019 for the students of CIPS. More than 100 students participated in this workshop and learnt Basic life Support techniques. The two days workshop was coordinated by Mrs. Dolly Sharma, Assistant professor, Dept. of medical Imaging Technology, CIPS and Mr. Anil Patidar, Assistant professor from MTIN, CHARUSAT.

Training during the workshop was given Mr. Anil Patidar and Mr. Divya jain who are trained faculties from the Manikaka Topawala Institute of Nursing (MTIN). On first day the workshop involved Introduction of basic life support & Anatomy and physiology of Heart and 1 rescuer Adult B.L.S training and on second day students were trained in 2 rescuer Adult B.L.S training, AED and bag mask devices with skill test. Students were benefited & learnt Basic Life support Techniques.

During the workshop participants were awarded with participation certificate. We appreciate the efforts of Staffs and participants in successfully completing this workshop.

BLS Workshop

Date – 29 and 30th of April 2019



Staff Practising Cardiopulmonary Resuscitation



Staff training students for One Rescuer Adult CPR



Student practising hands on CPR



Students learning stabilisation of patient