



TEERTHANKER MAHAVEER UNIVERSITY

DEPARTMENT OF PHYSIOTHERAPY

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Email ID- principal.physiotherapy@tmu.ac.in

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REDUCE
Disabilities

REHABILITATE
Abilities

RESTORE
Functionalities



Accredited with NAAC **A** Grade

12-B Status from UGC

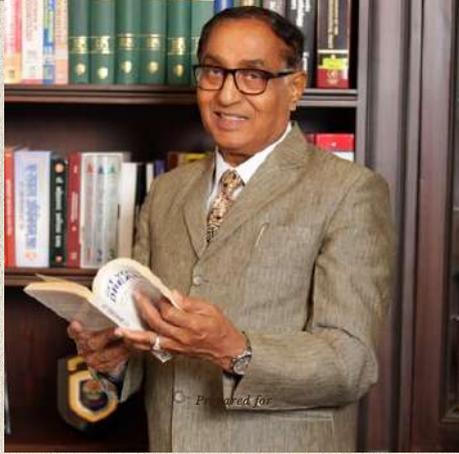
TEERTHANKER MAHAVEER UNIVERSITY

DEPARTMENT OF PHYSIOTHERAPY

presents you,

"ENTHESES"

OUR ILLUMINATORS



SHRI SURESH JAIN
Hon'ble Chancellor



SHRI MANISH JAIN
Hon'ble Group Vice Chairman



SHRI AKSHAT JAIN
Hon'ble Executive Director



PROF. RAGHUV EER SINGH
Hon'ble Vice Chancellor



DR. ADITYA SHARMA
Hon'ble Registrar



PROF. MANJULA JAIN
Hon'ble Dean Academics



FROM THE HOD DESK

Dr. Shivaneer M. Kaul

Head of Department
Department of Physiotherapy
Teerthanker Mahaveer University

Dear Readers,

The educational community strives for excellence by preparing students for learning beyond the walls of classrooms and assisting them to become lifelong learners as well as helping them to be self-directed, realistic and responsible decision makers when solving problems that they will encounter in our multicultural, ever-changing world.

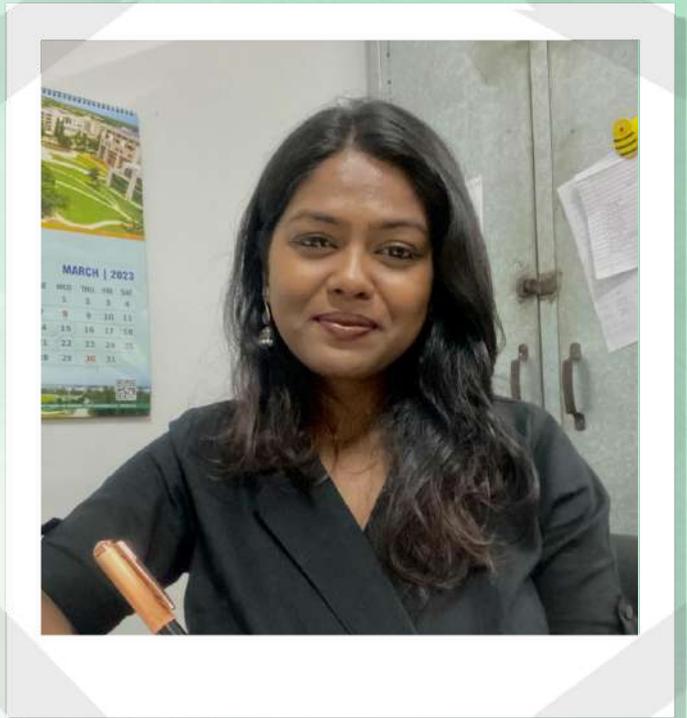
The students at Department of Physiotherapy, Teerthanker Mahaveer University are offered many opportunities to explore their interests and investigate new ideas. Our faculties consistently follow current trends and in collaboration with administration creates a plan of action to incorporate those trends that are most appropriate inside and outside the classrooms.

Keeping in line with this, we are launching the first edition of the college magazine namely "ENTHESES" dedicated especially to all our budding physiotherapists and the strength they radiate to the lives around them adding hope and life to each that they encounter.

"ENTHESES" in term gives us the understanding of a site that takes away the concentration of stress at the ligamentous insertional junction to the bone where mechanical properties differs and is inevitable to wear and tear. Through our magazine "ENTHESES" our budding Physiotherapists have tried to dignify their position through words and actions as that to the role of an entheses motivating each one on taking away the stresses of the patients they serve or intend to serve with their growth and towards each other in junction with the consistent toughness expected in the dedicated service towards mankind nurturing one and all.

Teamwork is the hallmark of success and I appreciate the efforts put in by our wonderful team of students, teachers and the unstinting support of the management for making this a truly successful year for all of us

Looking forward to another rewarding year as our students journey towards making and taking their places in the world and wish everyone success with values aligned.



Editor's Desk

ENTHESES

Ms. Samarpita Senapati
Assistant Professor
Department of Physiotherapy



Dear Readers,

With immense pleasure I am pleased to inform you that the Department of Physiotherapy, Teerthanker Mahaveer University has come up with the magazine "ENTHESES" signifying the power of strength and its influence over others, of the session 22-23 highlighting the events, activities, academic prowess, achievements and the creativity of the students' and the department's solidity.

It is indeed the effort of will of all the students who actively participated in expressing their thoughts and talents and thereby sharing it with us, and the labour of love especially of the editorial board who actively showed an effort to execute their thoughts, insight, and vision to put it out as an effective read to attend for all of the readers.

A special thanks to our Head of the Department, Ms. Shivaneer M Kaul for providing us a platform, specially the students so that they could experience the freedom to manifest their originalities and proficiencies on "ENTHESES".

I also thank our dear faculties for their support, guidance and wisdom that they shared with each one working on this project.

We appreciate your support and feedback. We hope exploring this newsletter is as enjoyable for you as it's for us bringing it to you.

Happy reading!

Editing Team

Akhil Kumar

Bachelor of Physiotherapy
4th Year

Isma Shahab

Bachelor of Physiotherapy
4th Year

Aryan Pandey

Bachelor of Physiotherapy
4th Year

Supporting Team

Akshika Mittal

Bachelor of Physiotherapy
4th Year

Aru Jain

Bachelor of Physiotherapy
4th Year

Rehan Ali

Bachelor of Physiotherapy
4th Year

Tanay Jain

Bachelor of Physiotherapy
2nd Year

Anisha Jain

Bachelor of Physiotherapy
2nd Year

Akshat Dubey

Bachelor of Physiotherapy
1st Year

Picture Credits: Pragyan Mittal, Ahale Ayush Arinjay

Bachelor of Physiotherapy
4th Year

The one who is working in our field
Is always trying to be your shield

You hear us say, "Don't bend with a
jerk" or "your posture is wrong"
We may annoy you sometimes, but we
want you to be strong.

We deal with your injuries and care for
your pain
And do believe that our efforts would
not go in vain.

We are helping hands for those in need
To make you better, is our only greed.

Muscles, bones and nerves are, our
closest friends
In your rehab journey, we will be with
you till the very end.



Written by- Binish Khan
BPT 2nd Year



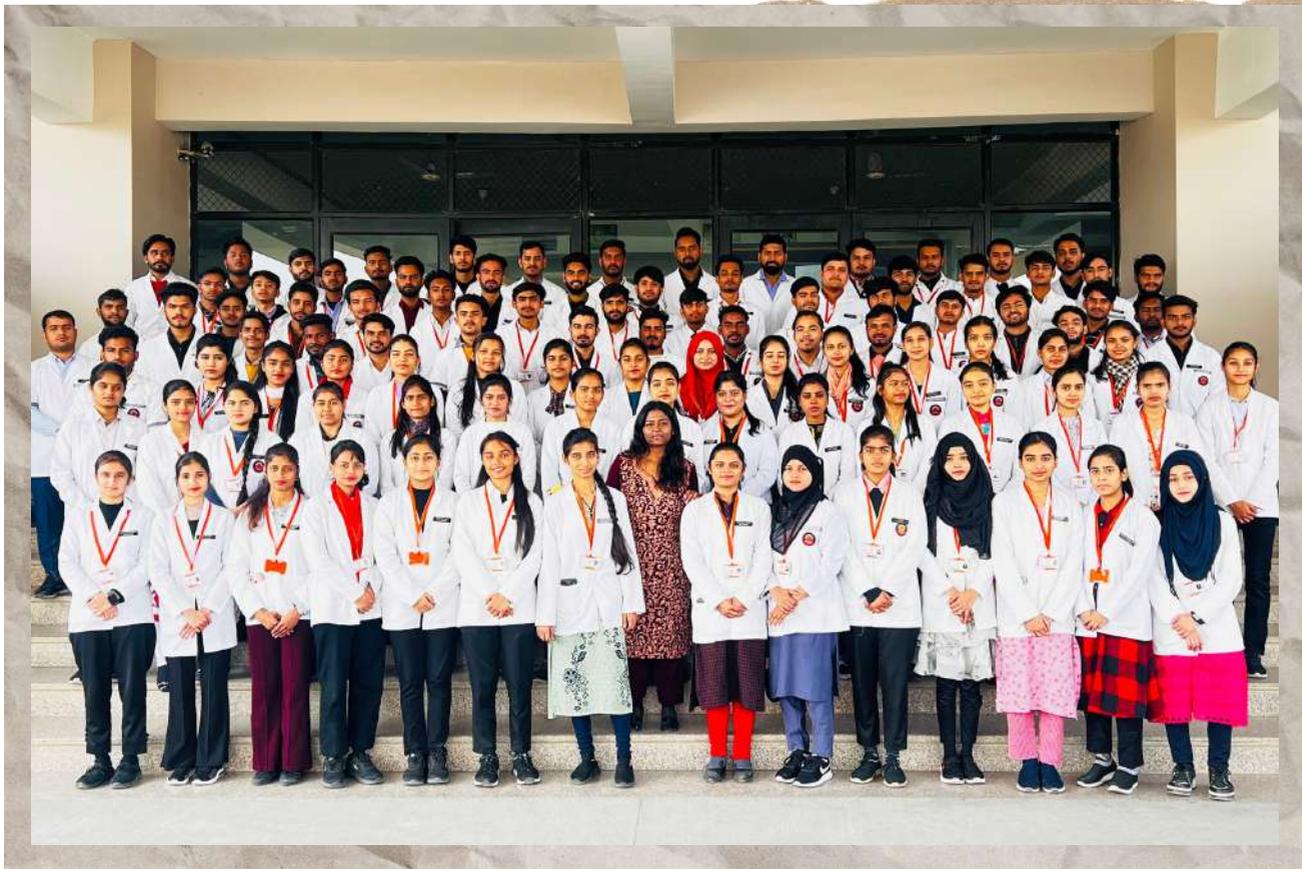
— OUR —
DEPARTMENT



MEET OUR TEACHERS



As you teach, "Do not get tired of doing what is good. At the right time you will reap a harvest of Blessing" -The Bible



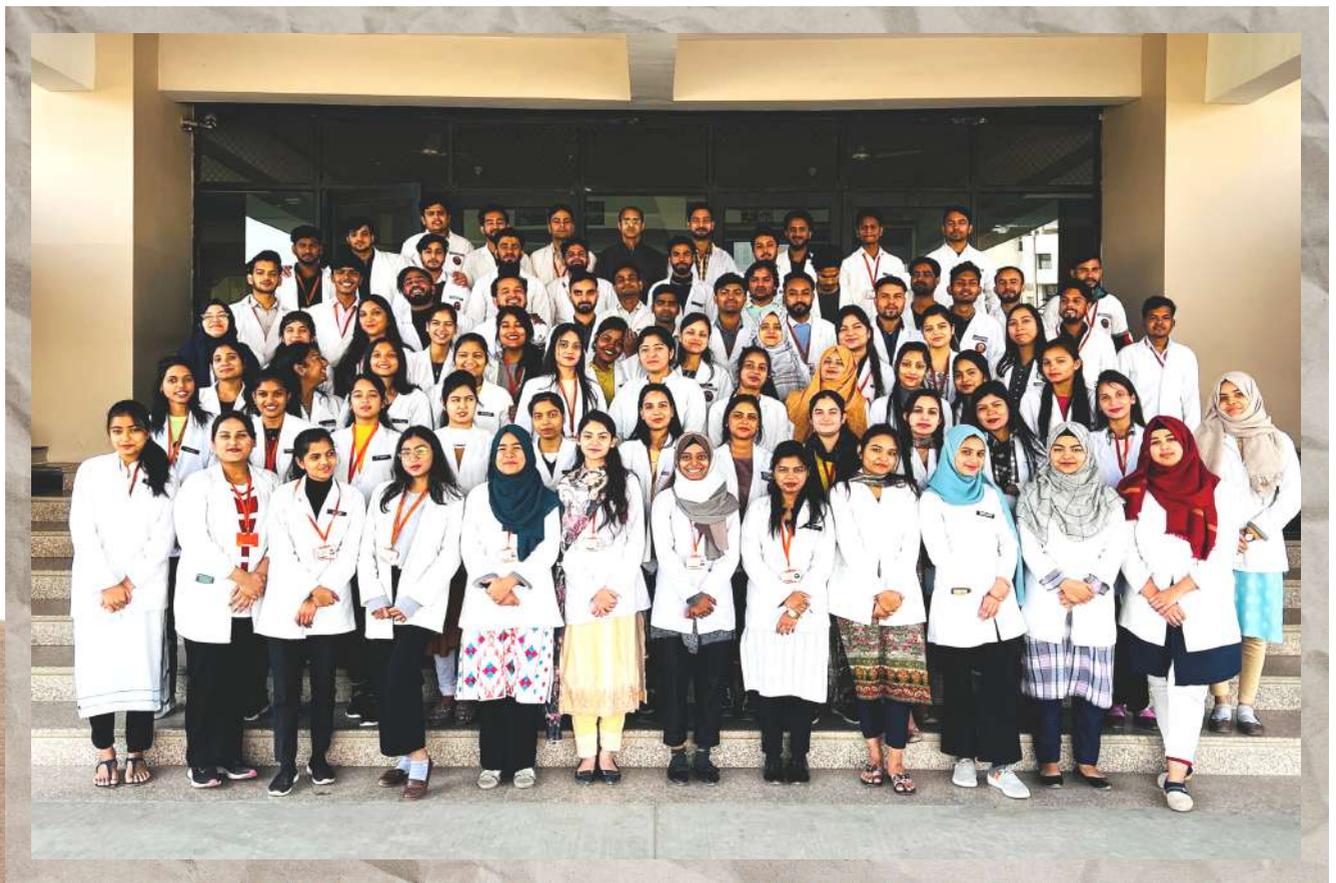
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BATCH - 2022-23

→ Dream →

BATCH - 2021-22

II
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III

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BATCH - 2020-21

Hope

BATCH - 2019-20

IV

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BATCH - 2022-23

MPT II SEMESTER

→ believe →

MPT IV SEMESTER

BATCH - 2021-22





**ART &
CRAFT
CLUB**



**DISCIPLINE
CLUB**



**ENVIRONMENT
SUSTAINABILITY
CLUB**



**CULTURAL
CLUB**



OUR CLUBS

OUR ALUMNI



DR. MOHD. GULAM ZOR (PT)

Consultant Physiotherapist,
Medanta the medicity, Gurugram

DR. RAVI KISHOR SINGH (PT)

1. DEPARTMENT INCHARGE
(Big apollo Hospital, PATNA)
2. SENIOR PHYSIOTHERAPIST
(Purpose Rehab)
3. MANAGING DIRECTOR
(Healing zone Healthcare)



Our alumni interactions



DR. MAKHDOOM HASAN (PT)

Consultant Physiotherapist
Mannat health care



DR. SANIA ZAREEN (PT)

Clinical Physiotherapist and Research Assistant
Department of Neurology,
Christian Medical College and Hospital,
Ludhiana, Punjab

DR. VIVEK KUMAR YADAV (PT)

2013-17 Batch
Owner - Revival Child Development
Centre, Gurugram, Haryana



DR. ALI HAIDER KHAN (PT)

Incharge & Consultant Physiotherapist
Department of Physiotherapy,
Moolchand Hospital, Lajpat Nagar 3,
New Delhi



OUR ALUMNI FACULTIES



OUR ALUMNI TESTIMONIAL



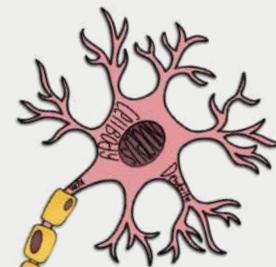
**Ms. HIRA SHAMS
(BATCH 2015-2019)**

Being a proud alumna of the Department of Physiotherapy, Teerthanker Mahaveer University, I can assure you that I have owned the best skills from the Department of Physiotherapy, Teerthanker Mahaveer University which helped me in my professional life. Implementing assessments in clinical postings really helped me enhance my confidence in interacting and treating patients and in making accurate diagnosis. I am lucky to be the student of such a great institution with excellent teachers.

Interesting Facts about Brain

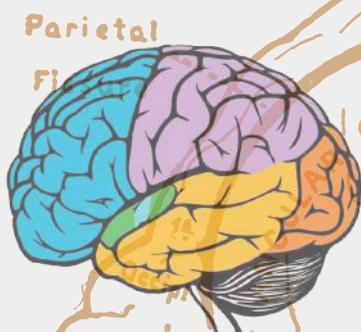
1

Each neuron is connected to other neurons by up to 40,000 synapses. Multiplying 100 billion neuron times 40000 synapses is equivalent to the brain having more connections than the stars in the universe.



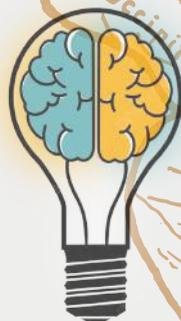
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Your brain uses 20% of the total oxygen in your body.



3

The Human brain is the fattest organ in the body consisting of at least 60% fat.

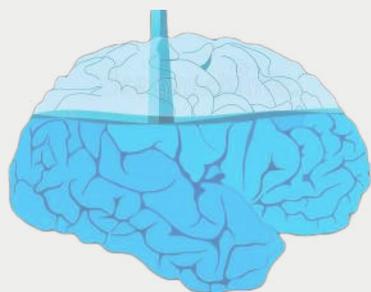


4

While awake your brain generates between 10 & 23 watts of power or just enough energy to power a lightbulb.

5

Learning two languages before the age of 5 alters the brain structure & adults have a much denser grey matter.

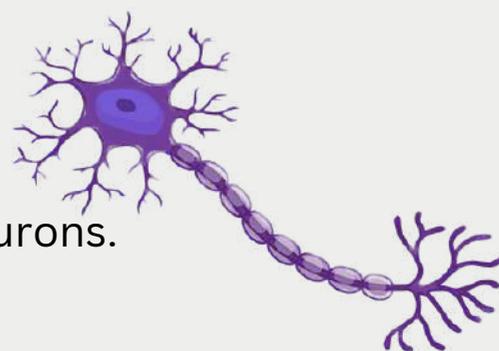


6

The brain is made up of about 75% water.

7

Your brain consists of about 100 billion neurons.

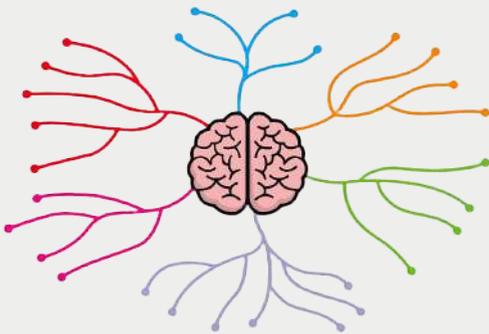


8 It is thought that a yawn works to send more oxygen to the brain therefore working to cool it down & wake it up.

9 Information in your Brain travels at about 268 miles per hour, unless of course, you are drunk, then things really slow down.

10 We yawn after someone also did because we have cells in our Brain called mirror neurons. If this part of the brain is damaged, a person finds it hard to socialize & communicate with others.

11 Your brain didn't stop developing when you turned 18. It continued developing well into your 20s & continues to change throughout your life.



12 Grey matter is actually pink too & it's primarily associated with processing & cognition.

13 On average you have 50,000 -70,000 thoughts throughout a day.



14 Although sensations & feelings are processed in our brain, the brain itself cannot feel pain as it lacks pain receptors. Headaches come from pain receptors in our head, hence the name headaches & not Brain aches.

THE MUSCLES SONG

Glutei are freaking huge,
Largest muscle they include.

The hip extended by maximus, abducted by medius, minimus
to help you out at all point and
Hamstring are placed just below it,
Assisting the hip
while flexing the knee.

The soleus teaching you humbleness
pointing you down when you're too high
Gastronemeus are for jumping & enjoying
while pumping your feet to fly.

The quadriceps has 4 muscles helping you extend your knee
sitting over the thigh,
Teaching you strength to look
straight at trouble's eye.

Turn your neck
sternocledomastoid is what present hands abide
giving you beauty & finding your way through the sides.

There's the trapezius muscle from your neck down to your back,
This muscles has 3 portions,
so let us discuss that,
Superior, Middle & Inferior
that's what they're called,
To elevate, depress & upwardly rotate your scapula
swinging your arms finding your way back

The biceps is a flexor, made up of two sections,
the short & the long heads, almost like reflections
flexing your elbow through life's tides & complexions.

**NOW THAT'S ALL I GOTTA REMEMBER, TO FIGHT MY DEMONS
GUIDING ME OUT THROUGH, TO LEAD LIFE WITH A SMILE YET A VIGOR.**

Akshat Dubey
BPT 1st Year

TREE MAN DISEASE

Epidermodysplasia verruciformis (EV) is sometimes called "tree-man disease" or "human tree disease." It's a very rare syndrome that causes bark-like lesions to grow on the skin. The lesions are disfiguring and can grow so large that the individual become disabled.

The condition was first identified in 1922. It is so rare that doctors could only confirm 200 cases of it since then. EV is a genetic disorder that can't be predicted and there are no tests for human tree disease yet identified or developed.



The cause of EV is a genetic mutation that prevents your body from fighting off infections. Doctors believe it is an autosomal recessive mutation. Autosomal recessive means that both of the parents of the affected person carry the mutation without any symptoms of it with 25% chance of having an unaffected child, a 50% chance of having a child who also is a carrier with no symptoms and a 25% chance of having a child with symptoms.

The mutation associated with human tree disease also makes people susceptible to human papillomaviruses (HPV). There are over 100 strains of HPV. Some can cause mild symptoms such as warts. Some other strains of HPV are associated with certain cancers. Most types of HPV are harmless. Many people never show any signs of them. People with EV are not able to clear HPV from their systems. Doctors have found HPV5 and HPV8 under growth on most of the known cases of EV. According to the GARD (Genetic and Rare Disease Information Center), EV seems to occur due to a loss-of-function mutation in one of two adjacent genes, called EVER1/TMC6 and EVER2/TMC8. Zinc plays an important role in immune function and these genes help facilitate the transportation of zinc in skin cells making the patient susceptible to infections. Some researches even indicate that the mutations linked with EV may make it easier for the virus to access cellular zinc stores.

EV is a lifelong condition and Researchers have linked roughly 30 subtypes of HPV to EV. Although surgery can usually remove lesions temporarily, they often present remissions. One of the greater concerns with EV is the increased risk of skin cancer. As many as 50 percent Trusted Source of people with EV have lesions that turn cancerous.

Human tree disease is not a condition that affects many people. It remains a medical mystery in many ways. Researchers may find more effective treatments for it in the future.

Rukshana Sheikh
BPT 4th Year

ARTIFICIAL INTELLIGENCE AND PHYSIOTHERAPY



While a number of definitions of artificial intelligence (AI) have surfaced over the last few decades, John McCarthy offers the following definition in this 2004 paper, "It is the science and engineering of making intelligent machines, especially intelligent computer programs. It is related to the similar task of using computers to understand human intelligence, but AI does not have to confine itself to methods that are biologically observable." New-generation computers are now constructed with "machine learning" which has a capacity to learn and think without explicit programming. This learning and thinking capacity of the computer is known as Artificial Intelligence or AI.

The need for artificial intelligence (AI) in the healthcare sector has increased during the pandemic due to the high cost of training of professionals, limitation of specialists due to specific set of skills, and lack of transparency in the work.

Physiotherapists may get their response to various clinical presentations based on morphological characteristics, anthropological characteristics, genetic predisposition, food history, and living standards of the population such as, the reasons of low back pain being more common or early osteoarthritis being observed in any particular population. The vast usage of internet in our day-to-day lives has led to the development of AI and digitalization and therefore Physiotherapists use this feature to diagnose based on present criteria that comprises of sign and symptoms, client demographic details, relevant history, clinical examination, special tests, and several other investigations in various physiotherapeutically treatable conditions.

AI has now become an integral part of physiotherapy assessment and treatment even though there is a scarcity of good-quality researches investigating effectiveness of AI. One such example can be Gait analysis.

Recent progress in video analysis driven by machine learning has shown that computers are able to automate the diagnosis of gait abnormalities and underlying pathology, for example, in patients with Parkinson's disease and osteoarthritis. Another aspect is Virtual Personal Assistants which are being increasingly embedded within smartphones and watches, which help track the changes in bodily parameters. In physiotherapy treatment area, Dextrous or soft robot hands have been used in providing simple mobilization in patients with musculoskeletal dysfunction.

AI in physiotherapy schools may also lead to a whole paradigm shift. With a direct influence, the use of technology to understand anatomy, physiology, clinical signs/ tests, investigations, therapeutic interventions, and electrical modalities and the presentation and combinations of various therapeutic interventions such as electrotherapy, actinotherapy, mobilization, therapeutic exercise, and their effects will help the learner infer a customized or hypothetical treatment regimen and will increase the physiotherapy students' knowledge exponentially.

With indirect influence, Physiotherapists shall be smart to make use of AI in their clinical practice, about accepting or rejecting the advice of AI, and provide new data set to computers for improvising the AI in physiotherapy. But there are also few limitations of Artificial intelligence in the form of requirement of accessory technological support, lack of human touch, and restricted scope of interaction with patients, thus hindering the communication. Potential threats to its application include unwarranted dependency on technology by therapist as well as patient. Ethical consideration has been a controversial issue in the application of AI in routine clinical setup.

It is therefore, imperative to understand the complexity of AI, its strengths, its limitations, and its utility to improvise patient care and maintain professional dignity.

Ms. Komal Nagar
MPT (Neurology)
Assistant Professor

THE ROLE OF PHYSIOTHERAPY IN WOMEN'S HEALTH



Physiotherapy, as a profession being committed to improving and upholding functional independence and physical performance proves its competencies not only in case of any injury or tissue affections but also when it comes to women's health too. Pieces of evidence suggest that physiotherapy can mitigate pain and help relieve various symptoms when it comes to women health.

Most women have lack of knowledge about the help and assistance available to them towards restoring health and reinstating the healthy state of body and mind. Physiotherapy associated with women's health covers a range of services to various health needs including obstetrics need during pregnancy or childbirth, in case of osteoporosis, urinary incontinence, neuro musculoskeletal issues, prenatal and postnatal care and rehabilitation.

Physiotherapy acknowledges the physical differences of the female population and stays updated to assist women in their quest for an stress-free, pain-free and enjoyable life.

Pregnancy undoubtedly is the dreamiest phase in women's life. However, this phase involves its share of tensions and stress. A range of health conditions occurs in pregnancy. Physiotherapy and physiotherapists help relieve many medical conditions and offer a symptomatic cure to them as well as ease to pregnancy. The common health concerns in pregnancy are lower back pain, the severity of injuries, weakness of the pelvic floor muscles and Carpal Tunnel Syndrome to name a few.

Role of physiotherapy in obstetric care:

Physiotherapists specialized in back care and healthy modification of daily activities promise optimal posture alignment thereby reducing the Orthopaedic tension in expectant mothers.

Physiotherapists promote the participation of pregnant women in healthy activities and various exercises that strengthen their abilities. Postpartum physiotherapy recognizes structural and postural futilities prevalent in pregnancy, delivery or postpartum phases.

Applications of physiotherapy in early and late pregnancy:

More than half of the expectant mother suffers from low back pain and the right way to naturally prevent the low back pain is to get a good night's sleep. Research suggests that physical therapy is effective in minimizing the urinary incontinence.

Most physiotherapists encourage targeted therapies to reduce the recurrences of urinary incontinence in late pregnancy, help to restore flexibility enhancements so that pregnancy and labour become easier.

A physiotherapist's role promotes the active participation of women into healthy exercises directed at the pelvic floor health and perineal massage. They give you clear advice on the ways to recover after childbirth. They generate proper guidelines by examining the woman's posture, abdominal muscle gap, pelvic floor muscle function and respiration.

They help create a detailed plan to reinstate the pelvic floor muscles and abdominal muscles after the childbirth. Most importantly, they ensure a safe and healthy postpartum exercise.

Ms. Himani
MPT (Orthopaedics)
Assistant Professor

HEELS

Making you HIGH with pain

In this ultra modernised world, High Heels are considered a popular and a major accessory in styling. As fashionable as they are, they are proven to cause serious discomfort and pain, when overworn.

Wearing heels alters: body mechanics & posture by primarily affecting the muscles that tilts the pelvis more anteriorly, thereby exerting more stress on the lumbar spine which leads to low back pain which might turn into worse conditions like PIVD or lumbar spondylosis.

According to the recent studies, Podiatrists around the world stated that prolonged and/or frequent wearing of high heels causes uneven weight distribution on the ankle joints which poorly affects the knee biomechanics. It may elicit severe pain which may advance to Osteoarthritis.

Various studies affirm that, Women who wear high heels on a daily basis have greater instability and imbalance and they are more prone to ankle sprains which may be a result of ligament laxity.

A British study revealed that women who wear heels 5 times/week for more than 2 hours, suffered shortening of calf muscles which affects the vascular elasticity of the lower limbs, that may progress into varicose veins.

Prolonged use of heels therefore results to prolonged pain, ligament laxity & instability thereby leading to severe pathologies like hallux valgus, metatarsalgia, bursitis, exostosis

BIOPSYCOSOCIAL MODEL

This model was first conceptualised by **GEORGE ENGEL** in 1977, suggesting that to understand a person's medical condition it is not simply the biological factors to consider but the patient's own physiological & social factors that influence the pain.

It is made up three words

- bio- physiological pathology
- psycho - thoughts emotion & behavior
- social - socio-economic environment & cultural factors

The Biopsychosocial model is commonly used in case of chronic pain to understand health, illness & healthcare delivery

The following page depicts the pathway of pain gait mechanism in the form of 'THE AVENGERS'



Brain

Brain reads touch & pressure

Brain reads pain & releases opioid chemical



Brain



SPINAL CORD

Pain doesn't reach brain

Pain reaches brain

we are opioids which protects you from pain sensation

MECHNORECEPTOR
hey, i am faster than you, khalnayak!



NOCICEPTOR
hey, i am the khalnayak which makes you feel pain



Mechanoreceptor suppress the sensation of nociceptor and reach the spinal cord

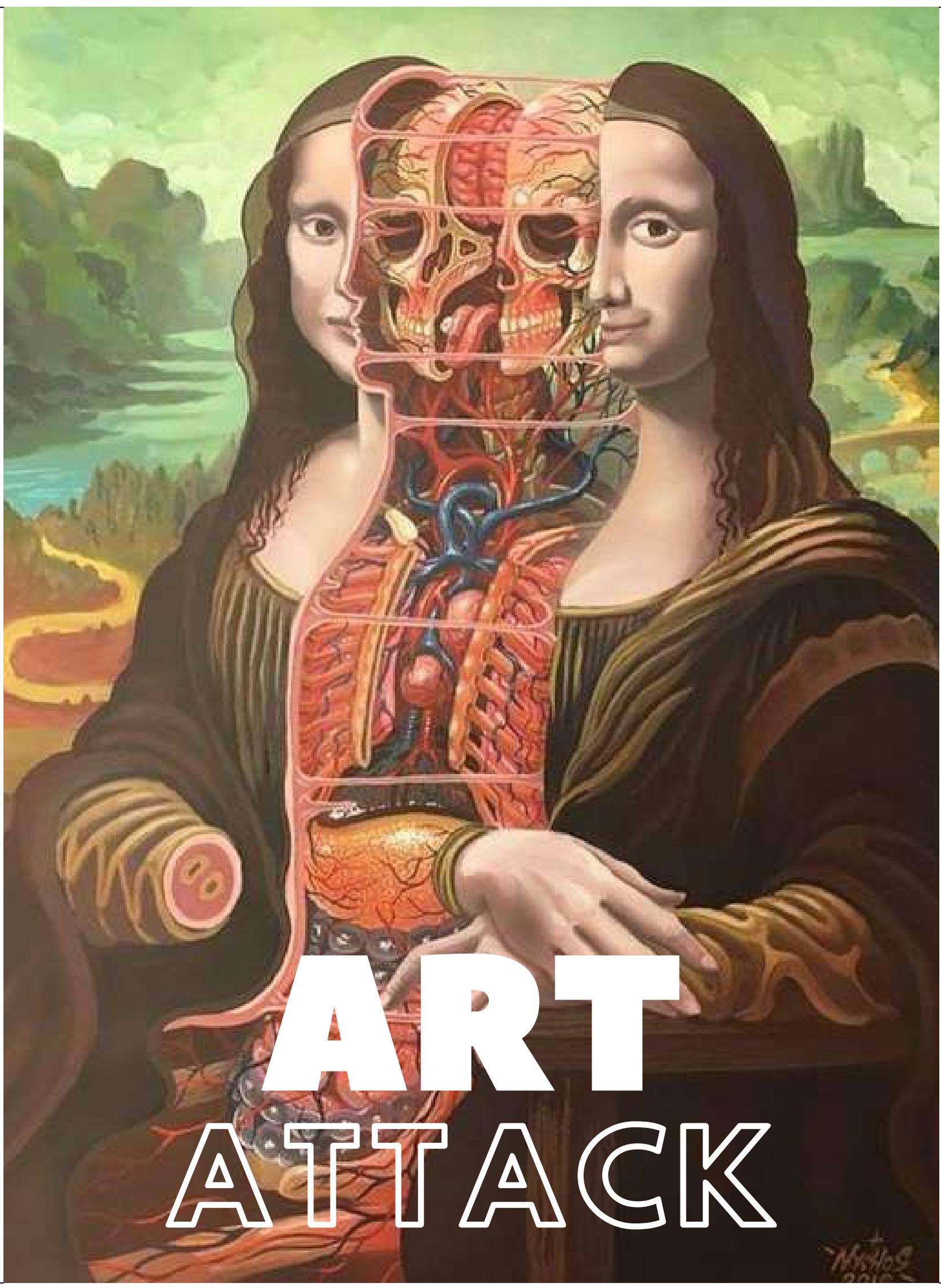


NOCICEPTOR HAS Aδ AND C FIBERS, CARRIES PAIN

MECHANORECEPTOR HAS Aβ FIBERS CARRIES TOUCH AND PRESSURE SENSATIONS

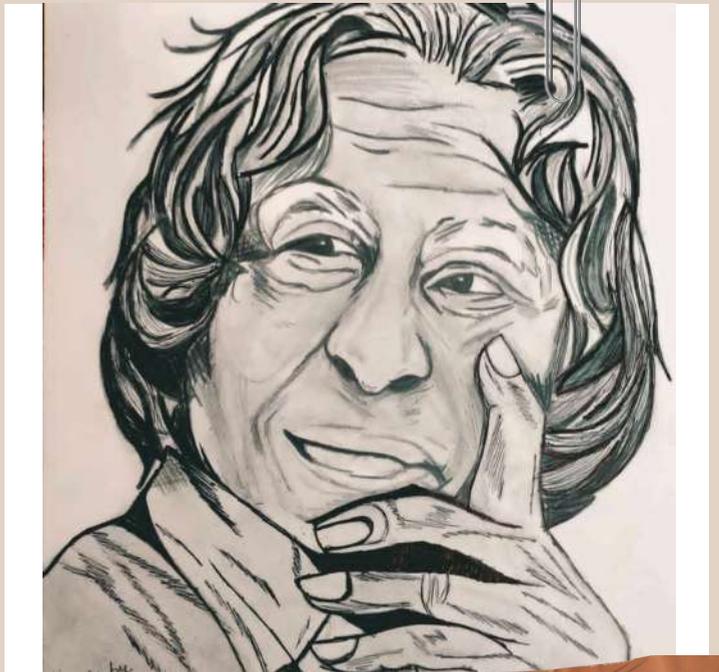
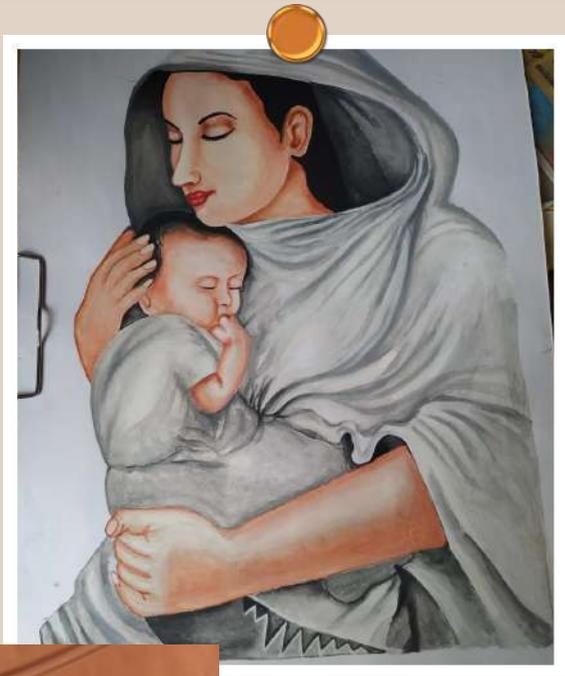
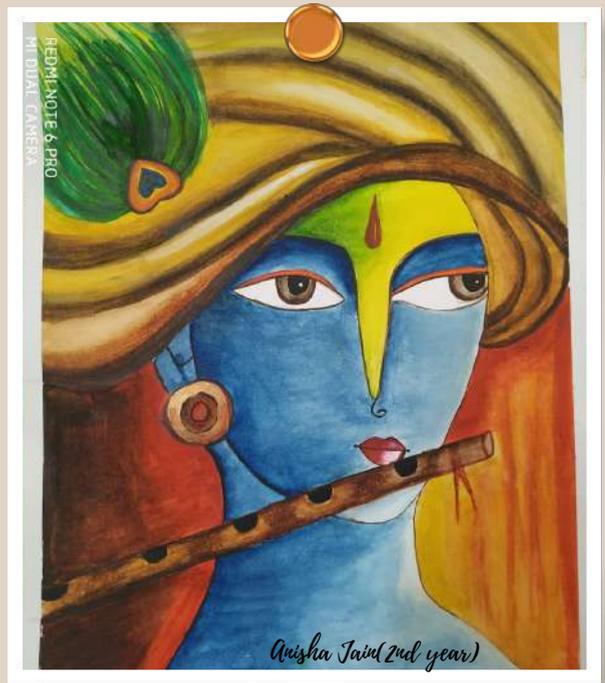
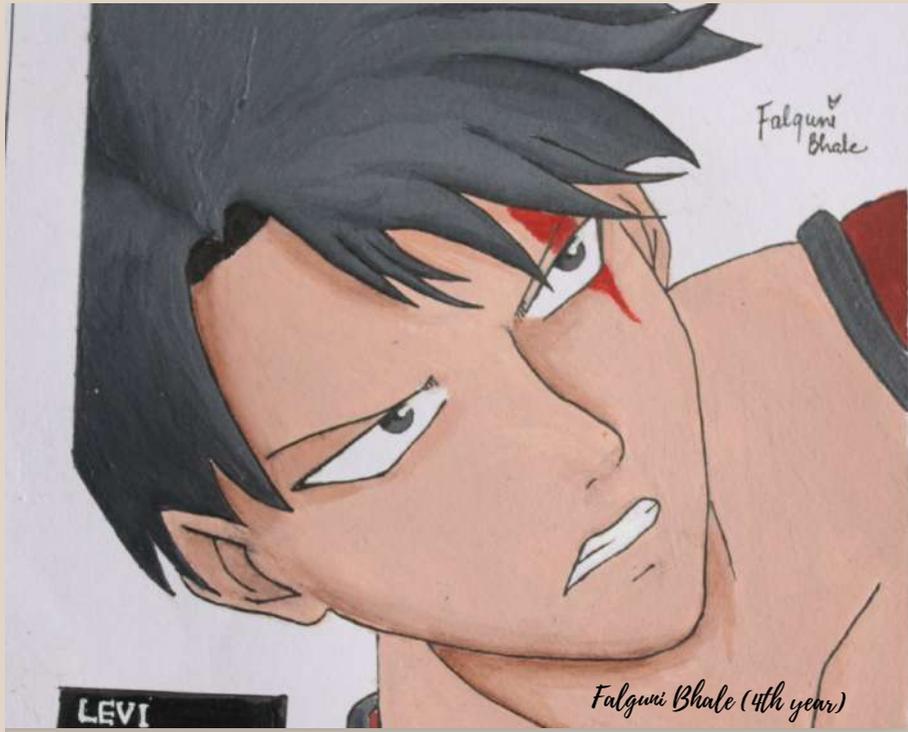


pain stimulationn



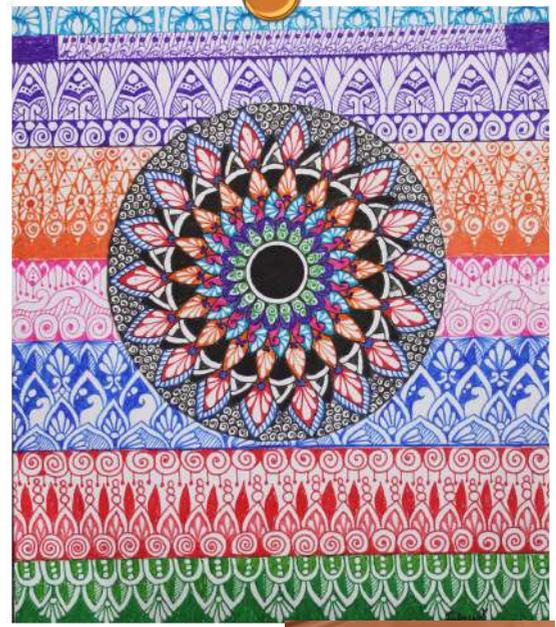
ART ATTACK

MisloS
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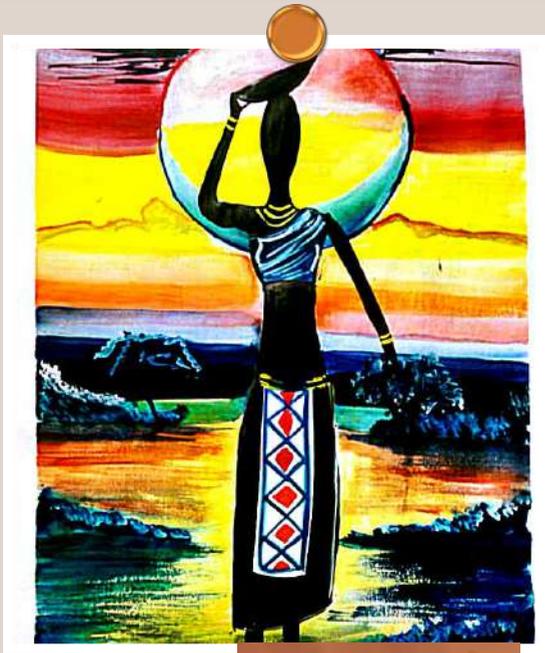




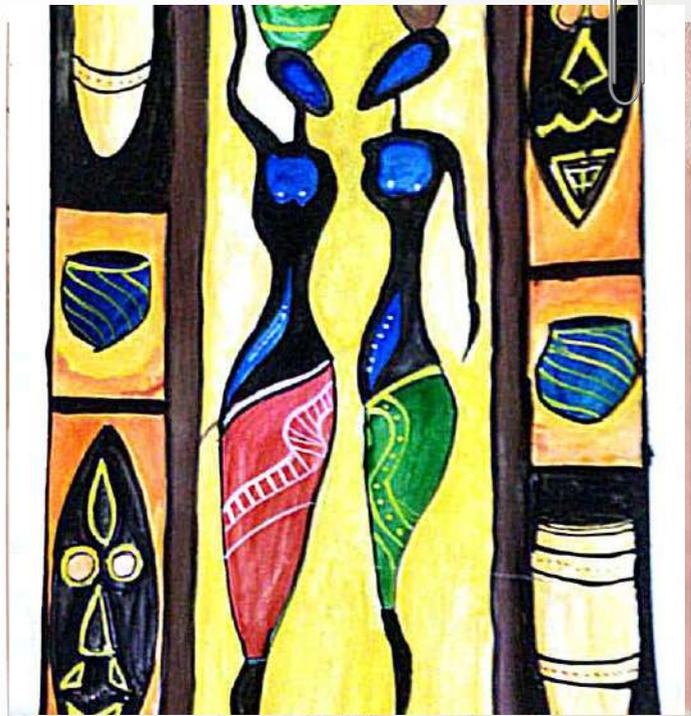
Mayank Verma (2nd year)



Falguni Bhale (4th year)



Akshika Mittal (4th year)



Akshika Mittal (4th year)

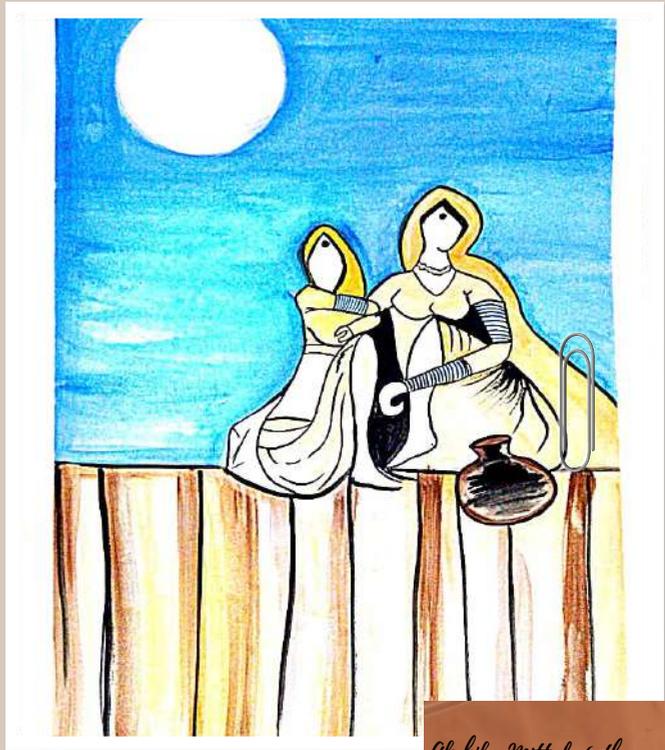
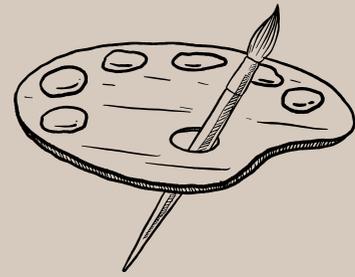


Mahi Kashyap (2nd year)





Isma Shahab (4th year)



Akshika Mittal (4th year)



Falguni Bhale (4th year)



Sania Firoz Khan (2nd year)



Falguni Bhale (4th year)



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Human Skeleton Bones

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Calcaneus	Ischium	Radius
Carpals	Malleus	Ribs
Clavicle	Mandible	Scapula
Cranium	Maxilla	Stapes
Femur	Metacarpals	Sternum
Fibula	Metatarsals	Talus
Humerus	Navicular	Tarsals
Hyoid	Patella	Tibia
Ilium	Phalanges	Ulna
Incus	Pubis	Vertebrae



Tongue Twisters

A box of mixed biscuits in a biscuit mixer.

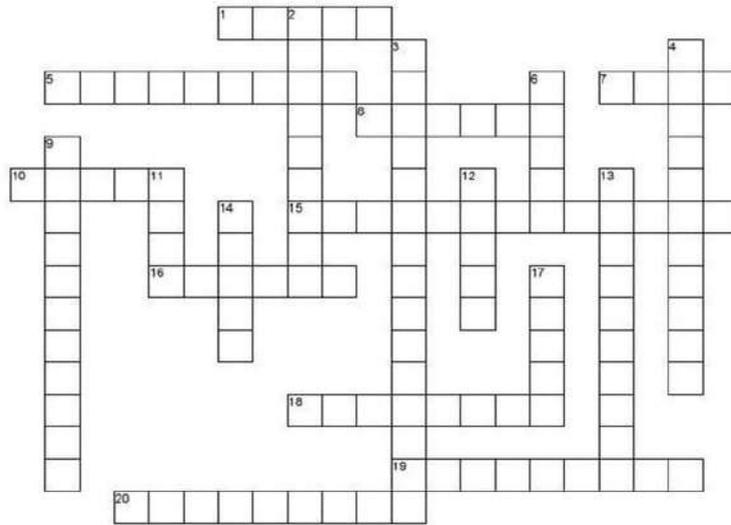
Ted fed Fred bread and Fred fed Ted bread.

Betty bought a bit of bitter butter.

She saw seesaw at the sea-shore.

Lesser weather never weathered wetter weather better.

Crossword puzzle - Human body



ACROSS

- 1 Largest internal organ and gland in the human body
- 5 Set of veins that deliver oxygenated blood from the lungs to the heart
- 7 Largest organ of the human body
- 8 This organ filters the blood and removes the wastes
- 10 Biggest bone in human body
- 15 Erythrocytes
- 16 Smallest bone in human body
- 18 Blood vessels that carry blood away from the heart
- 19 It connects bones to other bones.
- 20 They are often called as Thrombocytes and are responsible for blood clotting

DOWN

- 2 Bones which protect our spinal cord
- 3 Leukocytes
- 4 Arteries, Capillaries and Veins are all part of _____ system
- 6 Bone in the body that does not meet another bone
- 9 _____ system brings in oxygen and removes carbon dioxide
- 11 Bones that cover the lungs
- 12 _____ support and protect the various organs of the body
- 13 Full form of Hb
- 14 It is a muscular organ that provides blood circulation
- 17 Blood vessels that carry blood towards the heart



Doctor: I've got very bad news - you have got cancer & alzhimers.

Patient: well, atleast i don't have cancer.



Doctor: I'm afraid you're dying and you don't have much time.

Patient: oh no,that's terrible. How long have i got?

Doctor: 10

:Patient: 10? 10 what? Months? Weeks? What?

Doctor: 10....4....8....7....





Pen Peps!

Creative Writings....

FIRE

Why am i here

Among the souls crying and begging for life

Why am i at peace

in the midst of chaos and grief

What do you want me to do LORD

When hearing out of souls losing life is at such a peak

As the questions stirred me up in the climb

I now know your will for your child's life in this time of need

You ask me to be on my knee with your love and grace

To pray out loud for my lost & suffering ones i ken

Oh LORD, our compassionate Father in heaven

I understand your heart that is in pain

Your eyes waiting for your prodigal sons to come back to your safe haven

Here i am Father

Fixed on my knees

For your sons and daughters

To receive your deliverance alone

From the burning requisite end.

Blessing it is for sure that today each one alive is breathing in peace and a thankful heart for the year 2023 and ahead.

Ms. Samarpita Senapati
MPT (Orthopedics)
Assistant Professor

MARY MCMILLAN

The mother of physiotherapy.



Have you ever heard of Mary McMillan? She, was a trail-blazing wartime nurse who had an enormous impact on the medical field. Mary took it upon herself to get a full education at a time when it was unusual for a woman to do so. She trained in Europe to learn the very latest techniques of massage and physical therapy, then brought her knowledge back to the United States to treat children with polio. During World War I, Mary was appointed the first-ever Reconstruction Aide of the US Army Medical Corps.

Mary McMillan was born in Boston in 1880, just a few years after her parents emigrated from Scotland. When she was five years old, her mother died of consumption, weakened from the grueling delivery of Mary's younger sister and heartbroken by the baby's untimely death. After her mother's funeral, her father remarried and Mary was sent to England to live with her aunt. Mary was educated in overseas, finding her passion in the study of what was then called "gymnastics" – the science of how movement affected the body and its health. Mary lived in Liverpool until 1917, when she returned to the United States to begin her incredible career.

When Mary returned to the United States in 1917, no one outside of New York City was practicing anything even remotely like what she had been trained to do in Europe. Mary had specialized in physical deformities and understood the principles of therapeutic massage.

Mary also designed the army hospital's physical therapy protocols from scratch during her time at Walter Reed. She had to overcome a good deal of skepticism about the value of massage and worked hard to sell her ideas. She even had have a special prescription pad made to include her therapeutic recommendations because it was the only way she could make sure soldiers got the care they needed and after the war, Mary wrote a book describing the treatments she pioneered namely "Massage and Therapeutic Exercise" was published in 1920 and was met with surprising success. The world was hungry for physical therapy, and Mary later taught the first course on the subject at Reed College.

A lifelong learner, inspiring teacher, and impassioned caregiver, Mary went on to refine physical therapy throughout her long life.

Ms. Sonam Nidhi
MPT (Sports)
Assistant Professor

LYGOMETRY

Lygometry is a word with a lot of different notions, “lygo” in Latin means shadow, and “metry” means measurement so lygometry means measurement of shadows. When innovation is concerned lygometry means the answer to an open question. It’s a bridge between what we know and what we don't know. Lygometry is a tool that can be used, to open up the creative aspect and explore new possibilities of learning. For any creative process of learning, we need to answer something unknown. Lygometry is itself an open question "Do we really know fully what we pretend to know ?", for example, Do we know about water or do we know about H₂O? or Both are the same things? Do we really know about electricity? There are a lot of open questions around us. In this digital information age, a lot of information is dumped into us in the shape of blogs, articles, and forums, so on and so forth. This information is easily available and many times it’s not relevant or correct. With information overload, we are limiting ourselves in asking open questions. Our brains are comfortable with a problem that has already been solved.

AIM OF LYGOMETRY :

- >We’re always afraid to ask questions, we are afraid of the unknown. Lygometry is asking the question of starting with “Why”. “Why” is the most beautiful word to solve most complex problems.
- >The asking question, defines curiosity, why things are as they are. Why do we do what we do? Why? Curiosity is the first stage of creativity.
- >In this world, most inventions begin with the question “Why”, or as I said- the curiosity of knowing the unknown. The curiosity of knowing an unknown is creativity, creativity to explore something unique, something which is more innovative.
- > My ideation of lygometry is solving the big problem of learning- learning with curiosity and with a lot of open questions. Life is beautiful not because of the things we see or do. Life is beautiful because of the people we meet.

Ms. Shazia Mattu
MPT (Neurology)
Associate Professor

POWER OF SUBCONSCIOUS MIND

Subconscious Mind: It is defined as all reactions and automatic responses that are overlooked unless thought about or analyzed.

All reactions and automatic actions can become aware of, if we think about them. For example, our ability to drive a car: once we get skilled we stop thinking about which gear to use, which pedal to press, or which mirror to look at, yet we can always become aware of what was done once we think about it.

The Conscious and Subconscious Minds:-We are planting seeds of thoughts in our subconscious mind all day long. Much of the time we are not even aware of doing so, because the seeds are based on our habitual thinking.

As you sow in your subconscious mind, so shall you reap in your body and environment.

The subconscious is very sensitive to your conscious thought

The subconscious mind is reactive. It responds to the nature of our thoughts. When our conscious mind is full of fears, worries, or anxieties, the negative emotions these create in our subconscious mind are released.

When this happens, you can speak affirmatively and with a deep sense of authority to the irrational emotions generated in your deeper mind.

Subconscious mind is a seat of emotions. It is a creative mind. If you think good, good will follow; if you think evil, evil will follow.

The most important point is, once the subconscious accepts an idea, it begins to execute it. It does not engage in judging you.

The objective mind is aware of the objective world. We gain knowledge through the five senses. Our objective mind learns through observation, experience, and education. Its greatest function is reasoning.

Techniques to Quiet the mind and still the body.

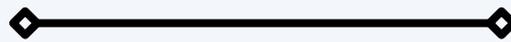
- Mobilize your attention; focus your thought on the solution to the problem.
- Try to solve it with your conscious mind.
- Think how happy you would be about the perfect solution. It's the feeling you would have if the perfect answer were yours now. ·
- Let your mind play with this mood of happiness and contentment in a relaxed way; then drop off to sleep.
- When you're awake, and if you still don't have an answer, get busy with something else. While you are preoccupied with something else, it is possible that an answer will pop up in your mind.

Mr. Nand Kishor Shah
MPT (Neurology)
Assistant Professor

POWER OF MERCY

The quality of mercy cannot be forced on anyone it is God-gifted mercy like the gentle rain that falls on the earth places to one who gives it and the one who receives it. Mercy is the best gift that can be given to anyone. If a monarch possesses the quality of mercy it is more valuable than the crown he wears. The Sceptre of the king is a symbol of the worldly power of a monarch. People fear in respect the power of harmonic mercy however is greater than that spectre. It is a quality that is within the hearts of kings that is even mightier than the crown and the sceptre, the mercy of a king shows in him to God. Like God a monarch must be just but again like god will administrating justice he must be merciful as well.

Isha Gupta
BPT 2nd Year



POWER OF POSITIVE THINKING

Your ability to succeed in life largely depends on how you deal with life, a positive mental attitude leads to a confident and ultimately more successful person than one full of negativity which leads to a lack of self-confidence and low self-esteem. By taking a positive attitude you look at life in a different way to one of negativity, a positive attitude leads to seeing good in people and the world which leads to optimism and success. Your quality of life is based on how you think and feel from moment to moment and changing the way you think can drastically change how you see life and deal with life. "It's your road, and you are alone, others may walk it with you, but no one can walk it for you!"

Mohd. Sunny
BPT 2nd Year



FROM US TO YOU

"To our juniors with love"

“



The 2-year journey under Master's in Physiotherapy along with 4 years under Bachelors of physiotherapy that I pursued from Department of Physiotherapy, Teerthanker Mahaveer University have given me a lot to cherish for a lifetime. It helped me to develop a positive attitude towards my studies and discover more about myself. TMU has provided me the best facilities under one roof - state of Infrastructure, High level of Professionalism in Faculties, well stocked library, excellent exposure of Patients as well as a beautiful campus. I am very grateful to be a part of this University, especially the Department of Physiotherapy and I hope you will be too.

AQSA TAHIR
MPT IV SEMESTER (NEUROLOGY)
BATCH 2021

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“

I am grateful to Teerthanker Mahaveer University and the faculties of Department of Physiotherapy, who have been incredibly courteous, empathetic until my journey and highly supportive as I will be moving on with my second year of post-graduation. The doctors are highly knowledgeable and skilled and they take the time to explain every step of the treatment process to me, which gave me a lot of confidence and reassurance. I learned so many new techniques and developed presentation skills. By the way, I just love our campus and its vibe.

DEEPALI GUPTA
MPT II SEMESTER (NEUROLOGY)
BATCH 2022



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““



The past 4 years in this college have been some of the best years of my life. We came here as amateur teenagers but I can now say that we're leaving this university with a sense of responsibility and a strong will to be the best versions of ourselves. Work hard and cherish each and every experience that comes your way. Learn and apply whatever is taught to you and never forget to enjoy your time here, because believe

it or not,

"TIME REALLY FLIES."

Good luck and best wishes to all our juniors.

SAKSHI KALA
BPT IV YEAR
BATCH 2019

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I am in my third year, soon to be a final year student and there's something I am sure of that I have spent some good days of youthfulness in tmu uptil now and I look forward to more experiences, learning and guidance that I can gain before saying goodbye to one of my milestone land of growth and prosperity

JAI PRAVESH
BPT III YEAR
BATCH 2020



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Teerthanker Mahaveer University has provided me with good quality of education, good time of leisure, wide exposure to sports and extra curricular activities until my 2 years of experience. Now I am in my 2nd year of Bachelor of Physiotherapy course and I am looking forward to the experience will be gaining in the next 2.5 years left ahead. I highly recommend this institution and specially the department of physiotherapy for those who wants to choose physiotherapy as a career as the department has provided us with best facilities in learning professional as well as life skills.

TANAY JAIN
BPT II YEAR
BATCH 2021

””

PATIENT TESTIMONIAL

A STORY TO HEAR

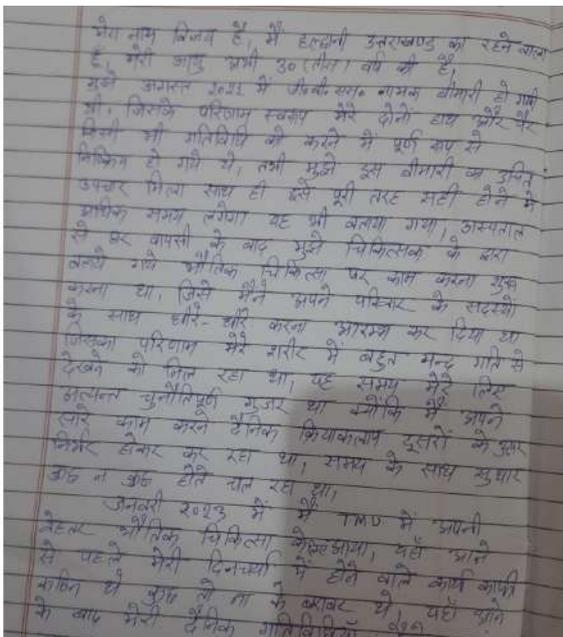
This is the story of a 30 year old man named VIJAY, from Haldwani, Uttarakhand. In the August of 2021, he was diagnosed with the disease called GBS or Guillain-Barré Syndrome, because of which both his arms and legs were affected and eventually became inactive.

He was provided with appropriate medical treatment and was prescribed routine physical therapy regimes from home. Vijay's family members helped him with all the exercises but it wasn't very effective and he became dependent on others for his activities of daily living.

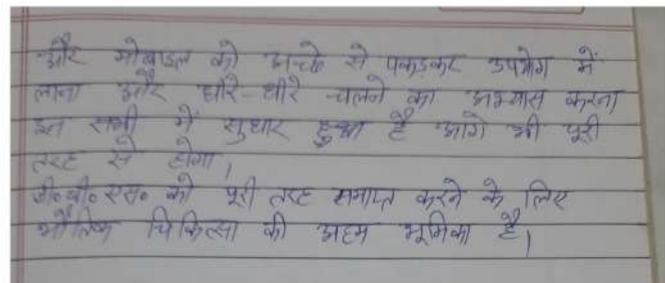
In January of 2023, Vijay visited the Department of Physiotherapy, TMU hospital to seek better management for his problem.

Within a span of few months, Vijay saw remarkable change in his functional abilities and was pleased to do most of his activities independently.

"A note of gratitude from the patient himself"



मेरा नाम विजय है, मैं हल्द्वानी उत्तराखण्ड का रहने वाला हूँ। मेरी आयु अभी 30 (तीस) वर्ष की है।
मुझे अगस्त 2021 में जीविकोत्पन्न नामक बीमारी ली गयी थी, जिसके परिणामस्वरूप मेरे शरीर का हर हिस्सा चिकनी की गतिविधि को करने में पूर्ण रूप से निष्क्रिय हो गयी थी, तभी मुझे इस बीमारी का उपचार उपचार मिला साथ ही इसे पूरी तरह सटीक होने में अधिक समय लगा। वह भी बलया गया, अस्पताल से घर वापसी के बाद मुझे चिकित्सक के द्वारा लम्बी राहें शैलिक चिकित्सा पर काम करना सुझाया था, जिसे मैंने अपने परिवार के सदस्यों के साथ धीरे-धीरे करना आरम्भ कर दिया था जिसका परिणाम मेरे शरीर में बहुत मन्द गति से देखने की शक्ति रहा था। वह समय मेरे लिए अत्यन्त चुनौतीपूर्ण गुजर था क्योंकि मैं अपने शरीर को काम करने के लिए क्रियाकलाप दूसरों के साथ निभाने होना कर रहा था, समय के साथ सुधार अब तो अब होने लग रहा था।
जनवरी 2023 में मैं TMU में अपनी चिकित्सक शैलिक चिकित्सा के अधीन आने से पहले मेरी दिनचर्या में होने वाले कार्य काफी माहिल ही मुझे लेना के कारण थे। यहाँ आने के बाद मेरी शैलिक गतिविधियाँ



धीरे-धीरे शैलिक चिकित्सा की मदद से पकड़कर उपयोग में लाना और धीरे-धीरे चलने का आनंद करना इस लक्ष्य में सुधार हुआ है। आगे भी पूरी तरह से होगा।
जीविकोत्पन्न की पूरी तरह समाप्त करने के लिए शैलिक चिकित्सा की अहम भूमिका है।

Gallery



A colourful collection of memories
that will make you smile

Health Camp



Cricket Championship

Trip



Nukkad natak

ACADEMIC WORKSHOPS

FES (FUNCTIONAL
ELECTRICAL
STIMULATION)
WORKSHOP

By - Dr. Rashmikant Shah



SPINAL
MANIPULATION
WORKSHOP

By - Dr. Amit Kumar





Dr. Prahlad Priyadarshi



TAPING &
PALPATION
WORKSHOP

FEW WORDS FROM OUR EXPERTS

Dr. Prahlad Priyadarshi

BCCI Level 1 Physiotherapist
SPORTS AUTHORITY OF INDIA

My visit to Teerthanker Mahaveer University was amazing. there was a hunger in the students to learn. which I really appreciated. I will be looking forward to any future opportunity to collaborations and learning.





Convocation

Fresher's Party



INDIAN ASSOCIATION OF PHYSIOTHERAPY CONFERENCE



Vrindavan Conference

Kinesia 2023

Day 1

Poster making
Mehandi competition



Day 2

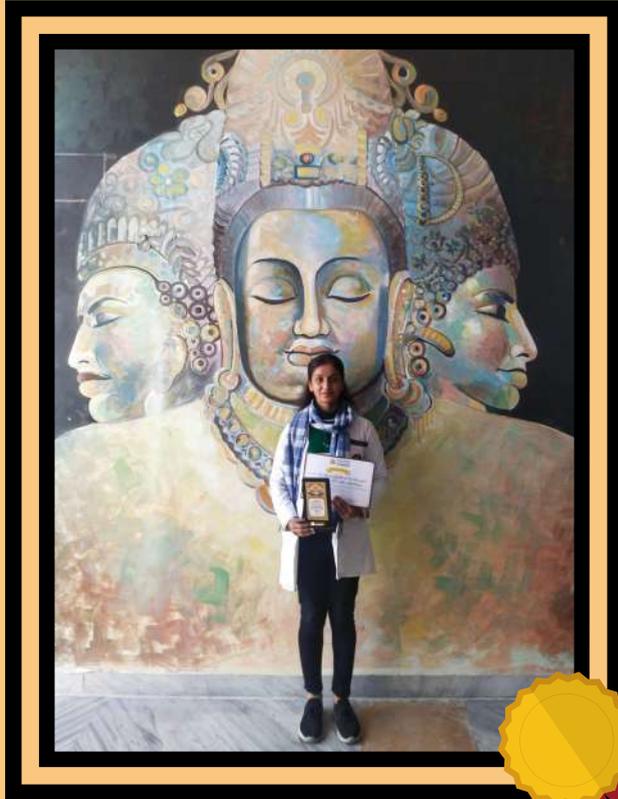
Face painting
Rangoli making
Food without fire



Day 3

Dumb charades & Antakshari

Our Achievers



Art Competition champion

Aakansha gupta (BPT 3rd year)



University Level Cricket Player

Salman Khan (BPT 1st year)



A SPECIAL THANKS TO ALL OUR READERS FOR YOUR SUPPORT
TOWARDS ENTHESES



WITH LOVE
FROM THE EDITORIAL BOARD

"Entheses" in literal sense means a point of insertion of a tendon into the bone.
It emphasises the strength and power possessed by the actions of a being.

Through Entheses, we've tried to convey a simple yet important message to all the physios in making as well to all others as readers, which is to strengthen ones body as well ones conscience so that you'll be able to inspire and serve mankind in an even better way.

Lets never forget that, my dear readers!



"Our Strength Reveals Their Ability"