



**SUPPLIMENTARY SELF STUDY  
REPORT**

**NANDHA COLLEGE OF PHYSIOTHERAPY**  
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**NANDHA COLLEGE OF PHYSIOTHERAPY, ERODE-52**

**NAAC SUPPLEMENTARY SELF STUDY REPORT**

**(OCTOBER 2014 – JUNE 2015)**

The achievements of our College and the activities carried out during the post SSR submission period (October 2014 – June 2015) are outlined as follows:

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## NAAC COMMITTEE MEMBERS

The committee constituted following members

<b>Prof. V. Manivannan</b> <b>HOD Orthopaedics Department</b>	<b>Principal</b>
<b>Prof.R.Saravana Kumar</b> <b>HOD Cardio Respiratory Department</b>	<b>Vice Principal, IQAC</b> <b>Coordinator</b>
<b>Mr.T.Loganathan</b> <b>HOD I/C in Sports Department</b>	<b>NAAC Steering</b> <b>Committee</b> <b>Coordinator</b>
<b>Prof.V.Vijayaraj</b> <b>HOD in Neurology Department</b>	<b>Member</b>
<b>Mr.K.V.Angusamy</b>	<b>Member</b>
<b>Mr.P.K Tamilnidhi</b>	<b>Member</b>
<b>Mr.P.N.Sivakumar</b>	<b>Member</b>
<b>Mr.K.Anantharaj</b>	<b>Member</b>
<b>Mr.S.Venkatakrishnan</b>	<b>Member</b>
<b>Mrs.S.Subasri</b>	<b>Member</b>
<b>Mrs.A.Sabiya</b>	<b>Member</b>
<b>Mrs.P.Selvi</b>	<b>Member</b>
<b>Mr.Raja Vijaya Arivazhagan</b>	<b>Member</b>
<b>Mr.M.Palaniyappan</b>	<b>Member</b>
<b>Mr.P.Duraisamy</b>	<b>Member</b>
<b>Ms.Pradeepa Surendran</b>	<b>Member</b>

## 1. FACULTY PAPER PRESENTATION DETAILS

S. No	Faculty Name	Department	Title of the Article	Presentation details
1.	T.Loganathan	Sports	Effect of PNF technique & suryanamaskar on flexibility & resting pulse rate among sedentary college men	National level conference on “Latchiya kanavugal 2014” on 12 <sup>th</sup> October 2014
2.	M.Palaniyappan	Sports	Comparative effect of Swiss ball training & resistance training on fitness variable among college level male volley ball player	National level conference on “Latchiya kanavugal 2014” on 12 <sup>th</sup> October 2014
3	A.Sabiya	Neuro	Neuro structural integration technique for migraine patients	National level conference on “Latchiya kanavugal 2014” on 12 <sup>th</sup> October 2014
4	Pradeepa Surendran	Sports	Effectiveness of Emmett technique in chronic OA knee	National level conference on “Latchiya kanavugal 2014” on 12 <sup>th</sup> October 2014
5	P.Selvi	Cardio	The feasibility of expiratory resistive loading using the threshold inspiratory muscle training.	National level conference on “Latchiya kanavugal 2014” on 12 <sup>th</sup> October 2014

## 2.WORKSHOP/SEMINAR/CONFERENCES FACULTY ATTENDED

<b>S.No</b>	<b>DATE</b>	<b>VENUE</b>	<b>EVENT</b>	<b>NO. OF FACULTY ATTENDED</b>
1	11&12 <sup>th</sup> Oct 2014	Sivakasi	National level conference on “Latchiya kanavugal 2014”	10
2	3,4,5 <sup>th</sup> Dec 2014	Christian college of physiotherapy, colacel.	National level inter college meet “Physio troops - 2014”	6
3	8 <sup>th</sup> March 2015	Ganga hospital, Coimbatore	Ganga Arthroscopy course -2015	2
4	3 <sup>rd</sup> Feb 2015	Nandha college of teacher training institute	Web analysis & digital lesson plan	6

**4. WORKSHOP/SEMINAR/CONFERENCES STUDENT  
ATTENDED OUTSIDE**

<b>S.No.</b>	<b>DATE</b>	<b>VENUE</b>	<b>EVENT</b>	<b>NO. OF STUDENTS ATTENDED</b>
1	11&12 <sup>th</sup> Oct 2014	Sivakasi	National level conference on “Latchiya kanavugal 2014”	120
2	3,4,5 <sup>th</sup> Dec 2014	Christian college of physiotherapy, colacel.	National level inter college meet “Physio troops -2014”	140
3	8 <sup>th</sup> March 2015	Ganga hospital ,Coimbatore	Ganga Arthroscopy course -2015	5
4	27 <sup>th</sup> March 2015	PSG College Of Physiotherapy, Coimbatore	“Quiz Competition” Focus -2015	3

### 5. WORKSHOP/SEMINAR/CONFERENCES ORGANIZED

S. No	Department	Date	Name of the programme	Resource person	No. of participants
1	Neuro Dept.	31.10.14	Thrombolysis on stroke	Dr.C.Sampath Kumar M.D, D.M(Neuro)	100
		15.4.15	Recent updates in Neurology	Dr.G.Ramkumar M.D, D.M(Neuro)	150
2	Ortho Dept.	19.10.14	Cranio sacral manipulation	Dr.Kannabiran Bojan M.P.T,P.hd	80
		19.2.15	Kinesiology taping & Manipulation	Dr.V.Jegadeesan	50
3	Sports Dept.	11.01.15	Myofascial trigger point release	Mr.Suresh Franklin	61
		22.03.15	Workshop on Stretches	Mr.Suresh Franklin	46
4	Cardio Dept.	9.11.14	Interpretation of ECG	Dr.K.Sudhakar	41
		4.01.15	Aerosol therapy	Dr.Ganapathy	33



**6. TRAINING AND PLACEMENT CELL / CAMPUS INTERVIEW:**

Sl.No	Company/ hospital name	Conducted date	Participants
1	Yogam Bpo (Medical Coding Company)	26.02.2015	20
2	Future Dreams (Abroad Education Consultant) TOFEL CLASS	29.06.2015	55

**7. TRADITIONAL EVENTS:**

We celebrated the Pongal festival on 13/01/2015. All the Students are participated with traditional dresses and also we conducted the traditional games to our Students.

**8. INDUSTRIAL VISIT:**

S.No.	DATE	VISIT	NO.OF PARTICIPANTS
1	9.02.2015	Erode Orthotic & Prosthetic Centre, Erode	46 (Third year B.P.T students)

**9. PHYSIOTHERAPY FREE CAMP DETAILS:**

S.No.	DATE	PLACE	No. of Beneficiaries
1	15.11.2014	Nandha College Of Physiotherapy (World Diabetes Day)	120
2	29.11.2014	Sports First Aid Camp (Nandha central school annual sports day meet)	25
3	31.01.2015	Vadamuga Vellode	30
4	8.02.2015	Gobi	200
5	18.04.2015	Coimbatore	100
6	19.04.2015	(Arokiya 2015 )	
7	3.05.2015	A.E.T SCHOOL, Thindal	100

## 10. STUDENTS PHYSIOTHERAPY ASSOCIATION:

Student Physiotherapy Association was inaugurated by Mr. Arun Prasad (physiotherapist) from ARUN PHYSIOTHERAPY HOSPITAL from TRIPPUR on 20/09/2014.

## 11. PROPOSED BUDGET FOR 2015-2016:

Furniture and Fittings	-	2,00,000
Computer	-	1,00,000
Electrical Fittings	-	1,50,000
Lab Equipment	-	3,00,000
Library Books	-	1,50,000
Plant and Machinery	-	1,00,000

## 12. RESULT:

### M.P.T I YEAR (OCT-2014)

Sl. No	Subjects	No candidate appeared	Pass percentage
1	APPLIED BASIC SCIENCE	1	100
2	PHYSIOTHERAPEUTICS	1	100

### M.P.T II YEAR (OCT-2014)

Sl.no	DEPT	Subjects	No candidate appeared	Pass percentage
1	Ortho	SPECIALITY PAPER I	3	100
2	Ortho	SPECIALITY PAPER II	4	75
3	Neuro	SPECIALITY PAPER I	1	100
4	Neuro	SPECIALITY PAPER II	1	0
5	Cardio	SPECIALITY PAPER I	1	100
6	Sports	SPECIALITY PAPER I	1	0
7	Sports	SPECIALITY PAPER II	1	0

**M.P.T I YEAR (April-2015)**

<b>Sl.No</b>	<b>Subjects</b>	<b>No candidate appeared</b>	<b>Pass percentage</b>
<b>1</b>	APPLIED BASIC SCIENCE	<b>10</b>	<b>100</b>
<b>2</b>	PHYSIOTHERAPEUTICS	<b>10</b>	<b>80</b>

**M.P.T II YEAR (April-2015)**

<b>Sl.No</b>	<b>DEPT</b>	<b>Subjects</b>	<b>No candidate appeared</b>	<b>Pass percentage</b>
<b>1</b>	Ortho	SPECIALITY PAPER I	<b>4</b>	<b>75</b>
<b>2</b>	Ortho	SPECIALITY PAPER II	<b>4</b>	<b>100</b>
<b>3</b>	Neuro	SPECIALITY PAPER I	<b>1</b>	<b>0</b>
<b>4</b>	Neuro	SPECIALITY PAPER II	<b>1</b>	<b>100</b>
<b>5</b>	Sports	SPECIALITY PAPER I	<b>2</b>	<b>100</b>
<b>6</b>	Sports	SPECIALITY PAPER II	<b>2</b>	<b>100</b>

**B.P.T (FEB-2015)**

<b>Sl.no</b>	<b>Year</b>	<b>Subjects</b>	<b>No candidate appeared</b>	<b>Pass percentage</b>	<b>Overall percentage</b>
<b>1</b>	<b>First</b>	Psychology & sociology	<b>13</b>	<b>100</b>	<b>91</b>
<b>2</b>		Anatomy	<b>5</b>	<b>60</b>	
<b>3</b>		Physiology	<b>21</b>	<b>95</b>	
<b>4</b>		Basic physics	<b>5</b>	<b>80</b>	
<b>5</b>	<b>Second</b>	General medicine & surgery	<b>5</b>	<b>60</b>	<b>89</b>
<b>6</b>		Biomechanics	<b>23</b>	<b>91</b>	
<b>7</b>		Exercise therapy I	<b>3</b>	<b>100</b>	
<b>8</b>		Exercise therapy II	<b>8</b>	<b>88</b>	
<b>9</b>		Microbiology & Pathology	<b>7</b>	<b>100</b>	
<b>10</b>	<b>Third</b>	Electrotherapy I (LF)	<b>2</b>	<b>100</b>	<b>100</b>
<b>11</b>		Electrotherapy II (HF)	<b>2</b>	<b>100</b>	
<b>12</b>		Clinical cardio	<b>5</b>	<b>100</b>	
<b>13</b>		Physiotherapy in cardio	<b>1</b>	<b>100</b>	
<b>14</b>		Community medicine	<b>3</b>	<b>100</b>	

**13. GENERAL ACTIVITIES :**

<b>S.No.</b>	<b>DATE</b>	<b>PROGRAMME</b>	<b>NO.OF PARTICIPANTS</b>
1	6.09.2014	Teachers Day Celebration	160
2	03.12.2014	World Disability Day	60
2	25.01.15	Voters Day (Pledge)	150
3	4 <sup>th</sup> & 5 <sup>th</sup> Feb.2015	Jaypee Book publishers (Book Exhibition)	200
4	6.02.2015	Cancer Awareness Programme & Rally	180
5	1.03.2015	Dengue Awareness Rally	80
6	9.03.2015	Former cricket player Mr.Venkatesh Prasad (Sports team Interactive session)	15
7	17.03.2015	Industrial Seminar(Laser)	90
8	24.03.2015	Tuberculosis Day Programme	150
9	27.03.2015	Food Habits Awareness pamphlets issued (Pitchandampalayam)	40
10	11.04.2015	Cancer Awareness pamphlets issued	40

#### 14. INNOVATION DAY DETAILS:

From 9.01.2015 to 11.01.2015

Sl No.	Name of the project	Name of the participant	Year	Prizes won
1.	Functional Electrical Stimulation	Mahesh & Jeyabharathi	III YEAR	I PRIZE
2.	Health Check Up	Saboor.S & Jeeva.M,	II YEAR	
3	Steam Boat	Samuel Benjamin & Kavinraj		
4.	Waste Material Usage	Safana ,S,Kamali Sree, & Vineetha	I YEAR	
5.	Plant Electricity	Sahana & Saben Taj	II YEAR	
6.	Fun games	Naveen,Kesavan,Naresh & Ajith Kumar	I YEAR	
7.	Beauty Measurement	Suganya,Dheepika,Sathish Kumar & C.Gopalakrishnan	II YEAR	

**15. AWARDS / RECOGNITIONS RECEIVED:**

<b>S. No</b>	<b>Date</b>	<b>Programme/ Place</b>	<b>Events</b>	<b>Awards</b>	
1	11&12 <sup>th</sup> Oct 2014	National Conference(Latchi ya Kanavugal- 2014) Sivakasi	Paper Presentation	II&III Prize	Overall champions hip
			Poster	I&III Prize	
			Cultural	I Prize	
2	3,4 & 5 <sup>th</sup> Dec 2014	Physio Troops - 2014 (Christian college of physiotherapy, colacel.)	Cultural	I Prize	Overall champions hip
			Poster	I&II Prize	
3	27 <sup>th</sup> march	Focus 2015/PSG college of physiotherapy, Coimbatore	Quiz	5 <sup>th</sup> place	
4	26/01/15	67 <sup>TH</sup> Independence Day	(State Level Drawing competition)	I Prize	

## 16. BPT Ongoing Dissertation

SI No	Student Name	Register Number	Dissertation title	Guide Name
1	Akhil Varghese Alex	74114801	Transcutaneous electrical muscle stimulation of the lower extremities in patients with COPD	R.Saravanakumar
2	Aruna.S	74114802	The effect of core stabilization exercise on balance and gait function in stroke patients	V.Vijayaraj
3	Chandhini.K	74114804	Effect of complete decongestive therapy to improve quality of life in patients with lymphedema	S. Subasri
4	Dharani.S	74114805	Effectiveness of plyometric weight training on improving anaerobic power & muscular strength in athletes.	T.Loganathan
5	Jibin.V.A	74114806	Effects of early mobilization programme in addition to diaphragmatic breathing exercise versus incentive spirometry on diaphragmatic excursion & PEFr in patient with abdominal surgery.	P. Selvi
6	Mahendran.M	74114807	Comparison of back saver sit & reach test and modified back saver sit and reach test as a measurement of hamstring flexibility in undergraduate physiotherapy students	T.Loganathan
7	Megala.S	74114808	A study to determine the effect of ultrasound &	K.V. Angusamy



			phonophoresis in dequarian disease	
8	Mintu Devasia	74114809	The effect of mulligan bent leg raise on pain and neurodynamic mobility in patients with mechanical low back pain	P.K. Tamilnidhi
9	Muthiya.N	74114810	The effects of upper limb exercises on hand writing speed.	R.Saravanakumar
10	Padmavathi.M	74114811	The effects of brunstrom hand manipulation technique for improving upper limb motor function in post stroke patients. A comparative study.	C. Venkatakrishnan
11	Pavin.T.K	74114812	Immediate Effects of active cycle of breathing technique and conventional chest physiotherapy in subjects with Bronchiectasis	S. Kasivishwanathan
12	Priya.S	74114813	A study on comparing the self myofascial release with static stretching on ankle ROM in adolescent athletes.	K. Anantharaj
13	Rekha.K.K	74114814	Effect of multifidus and transverse abdominals muscle strengthening exercises in LBA.	P.M. Sivakumar
14	Shilpa.S	74114815	Effect of cranio sacral therapy for improving equality of life in patients with chronic migraine.	V. Vijayaraj
15	Suganth.S	74114816	Single & dual task gait training for patients with Parkinson's disease	C. Venkatakrishnan

### 17. MPT Dissertation April 2015

Sl no	Student Name	Register number	Dissertation title	Guide name	Department
1	S. Janani	271350081	Efficacy of wobble board versus foam roller in proprioceptive training for functional recovery following grade i ankle sprain in sports injuries	T.Loganathan	Sports and musculo skeletal
2	C. Santhosh	271350082	The effect of taping and closed kinematic exercises versus taping and open kinematic exercise in patients with patellofemoral pain syndrome in runners	T.Loganathan	Sports And musculo skeletal
3	D. Anuradha	271320061	Effects of overground ambulatory training and body weight supported treadmill training in improving gait parameters of patients with stroke	V Vijayaraj	Neurology
4	Cilla Joseph	271310061	Effectiveness of conventional post total knee replacement rehabilitation protocol on angles of flat foot	V.Manivannan	Orthopaedics
5	Mathivanan .J	271310062	The effects of core stabilization exercises and lattismus dorsi strengthening exercises with core stabilization exercises in the management of low back pain due to thoracolumbar dysfunction	K. Anantharaj	Orthopaedics
6	Nisha .M	271310063	Effectiveness of neural mobilization versus Maitland spinal mobilization in reducing pain and improving the functional range of movement in cervical radiculopathy	V.Manivannan	Orthopaedics
7	S.P. Srinivasan	271310064	The Effects Of Conventional Physiotherapy And Hip Abductors Strengthening Exercises With Conventional Physiotherapy In Primary Tibiofemoral Osteoarthritis	K. Anantharaj	Orthopaedics

**18. Youth Red Cross Activities:**

<b>Sl.No.</b>	<b>Date</b>	<b>Activity</b>
1.	01.12.2014	World AIDS Day
2.	05.03.2015	International Women's Day
3.	07.04.2015	World Health Day(Free Eye Camp from Dr. Agarwal Eye Hospital)
4.	18.06.2015	International Yoga Day
5.	26.06.2015	Drug Abuse Day

**19. ECO club Activities:**

<b>Sl.No</b>	<b>Date</b>	<b>Activity</b>
1.	23.12.2014	Farmers Day
2.	13.03.2015	No Smoking Day
3.	22.03.15	Water day
4.	23.03.2015	Forest Day
5.	22.04.2015	Earth Day

**20. PHYSIOGALA:****Annual Day on 2<sup>nd</sup> may 2015**

<b>S.No.</b>	<b>DATE</b>	<b>EVENTS</b>
1	20 <sup>th</sup> & 21 <sup>st</sup> April 2015	Cultural
2	22 <sup>th</sup> & 27 <sup>th</sup> April 2015	Sports

**21. Women Development Cell Activities:**

<b>S.No.</b>	<b>DATE</b>	<b>ACTIVITY</b>	<b>RESOURCE PERSON/PLACE</b>
1	15.10.2014	Health Camp	Mankind life star pharma & lions club
2	18.10.2014	Alumini Speech	Mrs. Akhila Shalini
3	09.12.2014	Expert Talk	Mrs.S. Baby
4	18.12.2014	Human Rights Day	E.K.Logachandran (Secretary) K.V.J.Narasiman(A.O)
5	23.01.2015	Govt school	Vavikkadai
6	05.03.2015	Womens day	Vivanion Natural Biotic Pvt.ltd, Coimbatore.

**22.ALUMINI MEET/INTERACTION:**

<b>S.No.</b>	<b>DATE</b>	<b>PROGRAMME</b>	<b>RESOURCE PERSON</b>
1	21.12.2014	Alumini Meet	J. Mohanakrishnan, PT
2	18.03.2015	Alumini Interaction	T.KIshore Jeba Singh, PT MOH, UAE.

### **23. IQAC**

**IQAC 2<sup>nd</sup> & 3<sup>rd</sup> Meeting was conducted on 25.07.2014 & 06.04.2015**

### **4. HYDROTHERAPY POOL:**

Inauguration On 15.06.2015 By our Secretary

Thiru . S. Nandhakumar Pradeep M.B.A