

# GURUPADIGAM



27.03.2022 to 03.04.2022

# Weekly Case Census:

Physiotherapy  
Clinical  
Services

<b>OPD Cases</b>	<b>263</b>
<b>IP Cases</b>	<b>333</b>

Dr.A.Kumaresan, Dr.S.SenthilKumar,  
Dr.M.Kamalakaran, Dr.S.Vignesh, Dr.N.Senthil  
Kumar, Dr.A.Anitha, Dr.P.Divya Laxmi had  
participated in the webinar titled “Role of  
Artificial Intelligence in Disability rehabilitation  
organized by CRC Davanagere which was held  
virtually on 31.3.2022

**Webinar**



Dr.PrathapS, Dr.A.Kumaresan, Dr.M.Kamalakannan, Dr.S.Vignesh,  
Dr.N.Senthil Kumar, Dr.P.Divya Laxmi had participated in the webinar titled  
“ Panel Discussion on Autism” organized by CRC Davanagere which was  
held virtually on 2.4.2022

## Webinar



## Webinar

Dr.Anitha. A & Dr.P.Divya Laxmi had participated in the Webinar titled “The ICF and the "F" words- A Participatory Approach for Child Development” organized by Amar Seva Sangam Centre of Excellence on March 26, 2022



## Webinar & Event

Dr.Prathap S & Anitha. A had participated in the webinar and event titled

1.Application of Nanobiotechnology in Laboratory animal Experimentations, organized by Biomedical Research Unit and Laboratory Animal Centre, Saveetha Dental College, SIMATS on March 31, 2022

2. Participated in demonstration session titled “EMG, HRV and ECG organised by Saveetha College of Physiotherapy on 1st April 2022.



Dr.Anitha. A had been invited as External University Paper evaluator in Meenakshi College of Physiotherapy on 29.03.22



**External  
University Exam  
Paper Evaluator**

## Publication

Dr.Kumaresan.A and Dr.Prathap.S had published one scientific paper

Efficacy of three modal exercise program through telerehabilitation on fatigue and quality of life in people with Parkinson disease during the covid 19 pandemic lockdown; Journal of Positive School Psychology(Scopus) – SJR score - 0.54  
Date of Publication : 29.3.2022



Journal of Positive School Psychology  
2022, Vol. 6, No. 2, 4219 – 4226

<http://journalppw.com>

### EFFICACY OF THREE- MODAL EXERCISE PROGRAM THROUGH TELEREHABILITATION ON FATIGUE AND QUALITY OF LIFE IN PEOPLE WITH PARKINSON'S DISEASE DURING THE COVID- 19 PANDEMIC LOCKDOWN

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#### Abstract

**Background:** - Excessive daytime fatigue had been unattended and unidentified by the patients, caregivers, and medical – rehabilitation team. Fatigue in Parkinson's Disease has worsened the quality of life and has increased the disability. With the outbreak of the pandemic in 2019, medical and rehabilitation services have become inaccessible. Telerehabilitation is attempting to bridge this gap. **Aim and objective:** - In this study, we have evaluated the probable effects of the Three-Modal Exercise program administered through video conferencing (telerehabilitation) on fatigue and quality of life in people with Parkinson's Disease. **Methods:** - We conducted a randomized controlled trial in which patients with Parkinson's Disease voluntarily participated based on the inclusion and exclusion criteria. The patients were randomly assigned to the Three-Modal Exercise program as group A and Conventional exercise group as group B. Both the groups received 36 sessions of 1 hour each day for 6 days/ week for 6 weeks through zoom online. Fatigue in both the groups was measured with the Fatigue severity scale and quality of life was measured with Parkinson's Disease questionnaire – 39. **Results:** - Both fatigue (P<0.001) and quality of life (P<0.001) improved more significantly in the Three-Modal Exercise program intervention group A than the conventional control group B. **Conclusion:** - Three Mod- Exercise Program can be used as an effective intervention for the patients with Parkinson's Disease through telerehabilitation thus enhancing the need of self-management among these patients.

**Keywords:** Parkinson's Disease, fatigue, Three Modal - Exercise program, Telerehabilitation, non-motor symptom, Quality of life, Covid -19 pandemic, Abbreviations: - PD = Parkinson's Disease, FSS= Fatigue severity scale, PDQ- 39 = Parkinson's Disease Questionnaire.



SCAHS had organized World Optometry Day 2022 Celebrations, BPT Students had participated and won prizes in Rangoli, Chess, Poetry, Cooking without Fire, Mehandi competition and prize winners were felicitated in Solai Hall ,SMCH on 30.3.2022. The Students were appreciated for their extraordinary performance and participation in extracurricular events.

## Student Awards

Event	Name of student & Year	Prize Category
<b>RANGOLI</b>	AIMAN.D DINISHA.M PREETHI SHREE.B	3 <sup>RD</sup>
<b>CHESS</b>	KANNAN.C	Winner
<b>POETRY</b>	SREENITHI.P.A	2 <sup>ND</sup>
<b>MEHANDI</b>	RAMARAMESH	2 <sup>ND</sup>
<b>COOKING WITHOUT FIRE</b>	SHARON MARAGARET ,THOUFEEQ FATHIMA SURIYA,BEULAH	2 <sup>ND</sup> 3 <sup>RD</sup>

SCPT UG Students Mr.Sujan and Mr.Sri Keerthi had won 1st place in Cricket competition "VISIL-Back to School days V2.0" event held on 7th November 2021 at M.C.T.M Boys Hr.Sec school,Purasaiwakkam,Chennai. The Students were appreciated for their extraordinary performance and participation in extracurricular events.

## Student Awards



Yoga Club, Saveetha College of Physiotherapy had organized a yoga workshop for faculty and students on 2.4.2022 and Dr. Arunthahy was the resource person for the workshop and the programme benefited for 20 participants. Dr.Jagatheesan.A, Principal, SCPT and Dr.Prathap.S, Vice Principal , Dr. Arunthahy had conveyed that these programme are source of motivation for the students.The event was coordinated by Dr.S.Jennifer.

## WORKSHOP

 **SAVEETHA**  
COLLEGE OF PHYSIOTHERAPY

 **ISHA**  
FOUNDATION

 **SAVEETHA**  
INSTITUTE OF MEDICAL AND TECHNICAL SCIENCES

 **NAAC**  
**A**

 **NIRF**  
**29**

**SAVEETHA COLLEGE OF PHYSIOTHERAPY**  
**YOGA WORKSHOP**

The yoga club of Saveetha College of Physiotherapy along with Isha Foundation is conducting a yoga workshop for faculty including the Undergraduates.

**"SURYA SHAKTHI"**



Date: 2<sup>nd</sup> April 2022 | Time: 11.30 am to 01.00 pm.  
Venue: Saveetha College of Physiotherapy, 4<sup>th</sup> floor, Electrotherapy Lab

All are Welcome  
Kindly bring your own yoga mat and follow covid protocols

Prerequisite: Empty Stomach  
[ please ensure to have your breakfast preferably before 8.00 am].

Dr. S. Jenifer Augustina - 99624 48947



Saveetha College of Physiotherapy and Saveetha College of Physiotherapy Alumni Association organized one day workshop on "Importance of Exercises during pregnancy and preparing for Labour" by Dr.B.Girija Reddy MPT (OBG), SCPT Alumina, Apollo Cradle, Brookfield, Bengaluru. Students from 1st and 2nd year MPT(OBG) had participated and the programme benefited 43 Alumina students.

## WORKSHOP



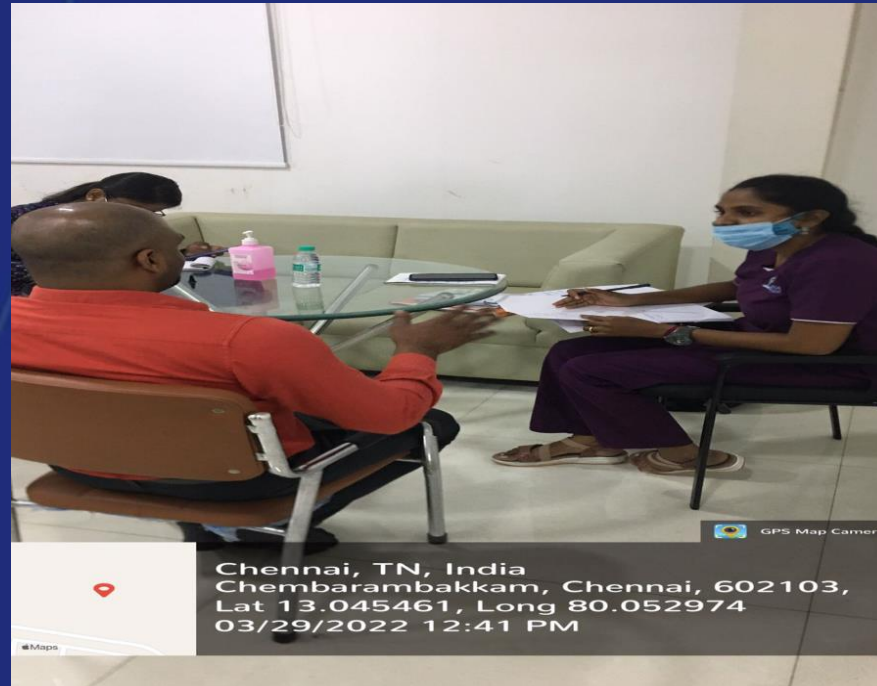
## Community Outreach Activity

Saveetha College of Physiotherapy had provided Clinical support services for community camp organized by Saveetha Medical College and Hospital in Vellammal school on 27.3.2022. The camp was coordinated by Dr.S.Senthil Kumar and 66 patients were given physiotherapy exercise for orthopaedic and neurological problems.



## Community Outreach Activity

Saveetha College of Physiotherapy had provided Clinical support services for community camp organized by Saveetha Medical College and Hospital in Urban rise on 29.3.2022 .The camp was coordinated by Dr.S.Senthil Kumar and 30 patients were given physiotherapy exercise for orthopaedic and neurological problems.



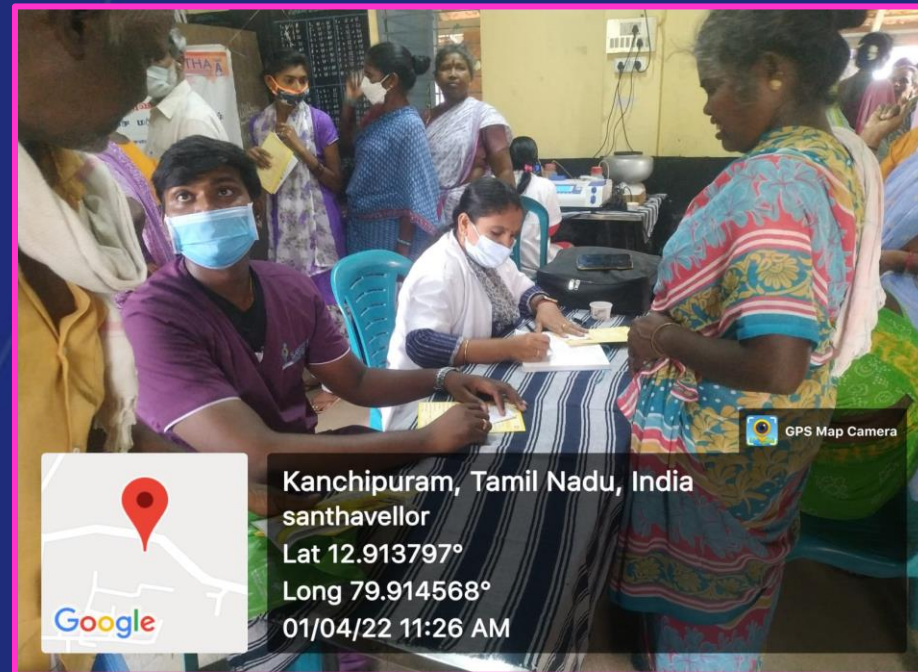
## Community Outreach Activity

Saveetha College of Physiotherapy provided Clinical support services for community camp organized by Saveetha Medical College and Hospital in Sree Veeraraghava Perumal temple premises, Thiruvallur on 31.3.2022. The camp was coordinated by Dr.S.Senthil Kumar and 25 patients were given physiotherapy therapeutic exercise for orthopaedic and neurological problems.



## Community Outreach Activity

Saveetha College of Physiotherapy has provided Clinical support services for community camp organized by Saveetha Medical College and Hospital in Santha Vellore, Kanchipuram along with government hospital staff members on 1.4.2022. The camp was coordinated by Dr.S.Senthil Kumar and 67 patients were given physiotherapy therapeutic exercise for orthopaedic and neurological problems.





## Community Outreach Activity

Saveetha College of Physiotherapy had provided Clinical support services for community camp organized by Saveetha Medical College and Hospital in Santhavellore, Kanchipuram along with government hospital staff members on 2.4.2022. The camp was coordinated by Dr.S.Senthil Kumar and 40 patients were given physiotherapy therapeutic exercise for orthopaedic and neurological problems.

