



MGM INSTITUTE OF HEALTH SCIENCES

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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

Respiratory Support Group Report

(22nd July 2019)

Preamble: -

- To sensitize people about swiss ball exercise therapy.
- To define causes, symptoms, management of symptoms on personal level, when to consult doctor, easy exercises for coping with the symptoms in daily activities for respiratory disease and introducing swiss ball activity as an exercise in the rehabilitation protocol.

Objective:-

- To provide guidelines for management of respiratory disease.

Participants:-

- Physiotherapy students of post-graduation, patients coming in the physiotherapy OPD for Pulmonary rehabilitation(total 8 patients).
- Physiotherapy staff.

Activities:-

- General warm up session.
- Exercise session included;
 1. Swiss ball exercises for improving thoracic mobility.
 2. Group therapy with swiss ball.
- Cool down session.
- Self-monitoring of radial pulse and Rate of perceived exertion.
- General breathing and mobility exercise program was taught to the patients along with techniques to relive dyspnoea.
- End of the session feedback forms were filled from the participants present till the end of the programme.

Outcome:

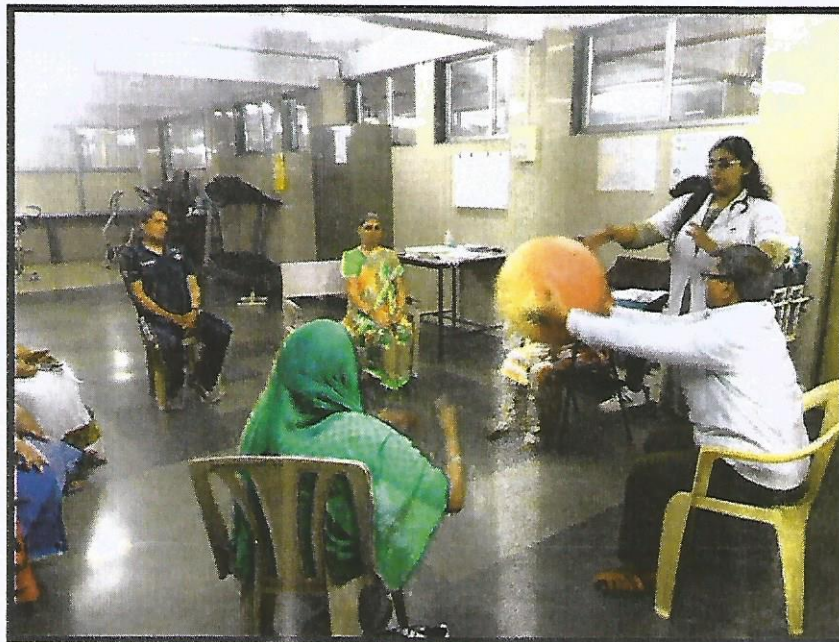
- At the end of the programme patients were happy to learn new technique for thoracic mobility and enjoyed performing in group session.



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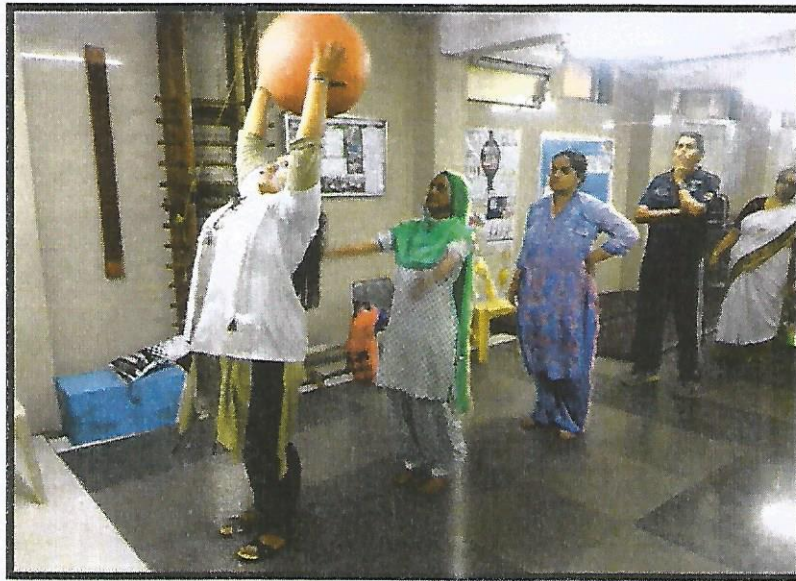
Dr. Bhoomika Sawant(PT) demonstrating upper limb activity incorporated with breathing for respiratory disease patients



Dr. Bhoomika Sawant(PT) conducting group exercise session using physio ball for respiratory disease patients.



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Dr. Bhoomika Sawant (PT) conducting group therapy session to improve breathing capacity for respiratory disease patients.



Respiratory disease patients with cardiorespiratory support group team

Dr. Payal Murkudkar
Assistant Professor



Dr. Rajani Mullerpatan
Professor-Director
Professor - Director
MGM School of Physiotherapy
MGMHS, Navi Mumbai



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Respiratory Support Group Meeting January 2020

Date	: 31st January 2020
Venue	: Physiotherapy OPD, MGM Hospital, Kamothe, Navi Mumbai
Time	: 10 am – 12 am
Meeting Coordinator	: Dr. Bhoomika Sawant (PT)
Constitution of Support Group :	
Departments	: Department of Cardiovascular and Respiratory Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member	: 2 (Assistant Professor)
Attendees	: Patients, MPT students, Interns
Event	: Yoga Session

Objective of Support Group:

Educate the patients about the importance of yoga-asanas and pranayamas for healthy living.

Activities of Support Group:

The session was conducted to educate patients about the various benefits of yoga-asana and pranayama. Yoga practitioner Mr. Girish explained the importance of yoga in day to day life. He summarized the effectiveness of various yogic postures to help reduce low back pain and knee pain. Special emphasis was given upon the importance of good posture during daily activities. Mr. Girish demonstrated the technique of various yoga-asanas namely vajrasana, dhanurasana, tadasana. He also performed the demonstration for techniques of pranayamas such as kapalbhati, anulom-vilom, bhrumari, shitali, sitkari, suryabhedhan and chandrabhedan. The attendees joined in performing the pranayama breathing techniques along with Mr. Girish. The session was summoned with a small meditation session.



Patients during group session



B. Sawant

Faculty in charge
Dept. of Cardiovascular and
Respiratory Physiotherapy

B. Sawant

HOD
Dept. of Cardiovascular and
Respiratory Physiotherapy

R. M.





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Parkinson's Disease Support Group meeting July 2019

Date : 24th July 2019
Venue : MGM Hospital, Vashi
Time : 12.15 PM – 1:30 PM
Meeting Coordinator : Dr. Shrutika Parab (PT), Dr. Krupa (PT)
Dr. Riddhi Nair (Clinical Psychologist).

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 3 Parkinson's patients, 1 MPT student
Event : 1. Awareness regarding freezing episodes and strategies to overcome it in PD.
2. Gait training.

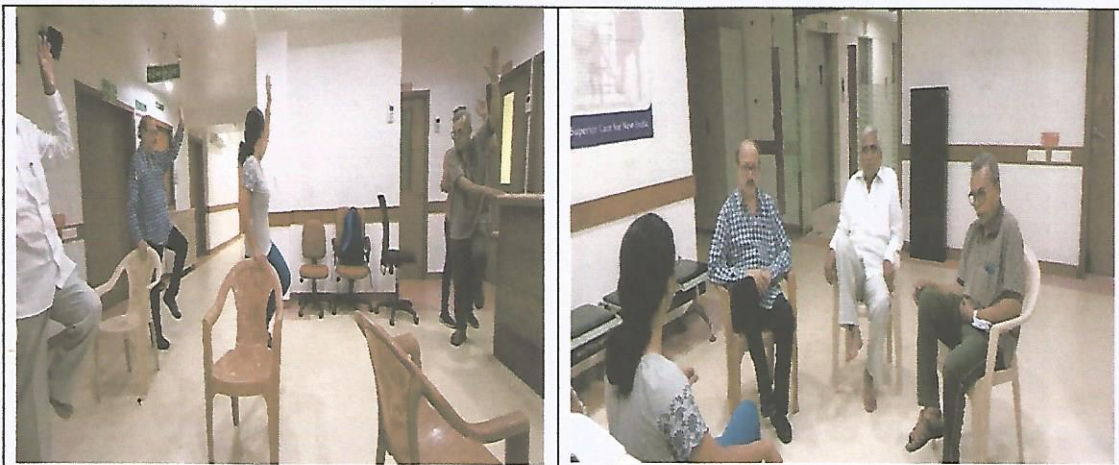
Objectives of Support Group:

1. To increase awareness regarding various gait difficulties like freezing and strategies and exercises to overcome them.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Session begun by informing the patients about different gait difficulties commonly seen in people with Parkinson's Disease (PwP) by Dr. Riddhi Nair. Freezing episodes was explained in detail. Strategies like usage of laser cane or walker, sound beat metronome, walking with long steps were taught to patients. Later Dr. Krupa (PT) carried forward the session by teaching patients for gait training. PwP were trained for gait training strategies like dual task walking, walking around the obstacle, walking over the obstacle, stair climbing. Before and after gait training strategies warm up and cool down

strategies were taken respectively. Session ended by thanks giving by patients to doctors for such an enlightening lecture.



Patient with Parkinson's disease during the session

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Parkinson's Disease Support Group
Meeting August 2019

Date : 28th August 2019
Venue : MGM Hospital, Vashi
Time : 12.15 PM–1:30 PM
Meeting Coordinator : Dr. Shrutika Parab (PT), Dr. Krupa (PT)
Dr. Riddhi Nair (Clinical Psychologist).

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 7 Parkinson's patients, 1 MPT student, 1 Intern
Event : Awareness regarding bradykinesia and Rigidity and their management.

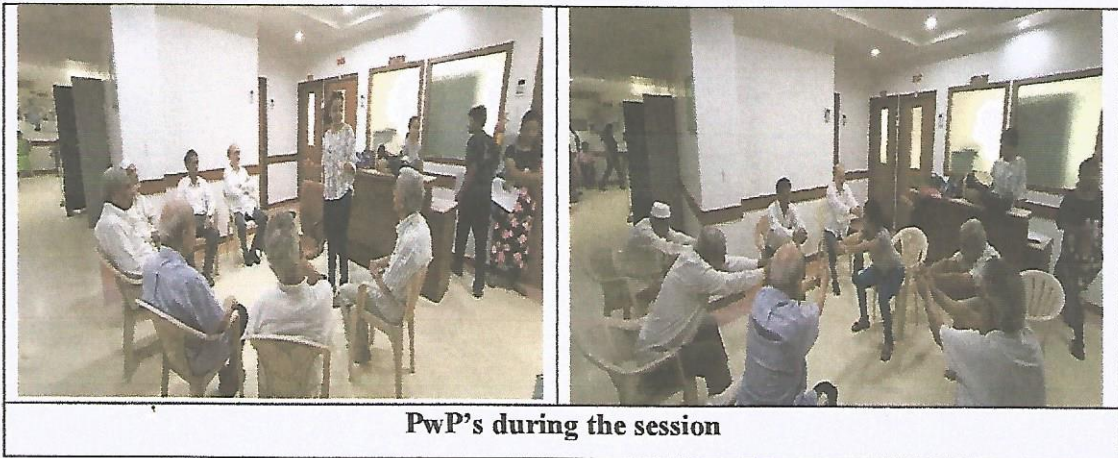
Objectives of Support Group:

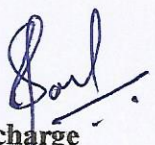
1. To increase awareness regarding various difficulties like bradykinesia and rigidity and exercises to overcome them.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

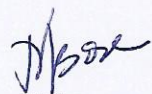
Activities of Support Group:

Session begun by informing the patients about bradykinesia and rigidity difficulties commonly seen in people with Parkinson's Disease (PwP) by Dr. Riddhi Nair. Bradykinesia and Rigidity were explained to patients in detail and in common language. Later PwP were asked to share the difficulties they face in their ADL's due to bradykinesia and rigidity. Later Dr. Krupa (PT) carried

forward the session by teaching them exercises. PwP were trained to overcome their slowness in the movement and various stretching exercises were taught to overcome their rigidity. Session ended by thanks giving by patients to doctors for such an enlightening lecture.




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Parkinson's Disease Support Group Meeting September 2019

Date : Wednesday, 25th September 2019
Venue : MGM Hospital, Kamothe
Time : 11:30 AM–01:00 PM
Meeting Coordinator : Dr. Jennifer V D 'souza (PT)
Resource person : Dr. Aarti Kulkarni, Neurologist, MGM Hospital, Kamothe

Constitution of Support Group:

Department : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 6 Parkinson's patients, 3 MPT students, UG students
Event :
1. Awareness motor and non- motor symptoms in Parkinson's disease.
2. Medical and Physiotherapy management.

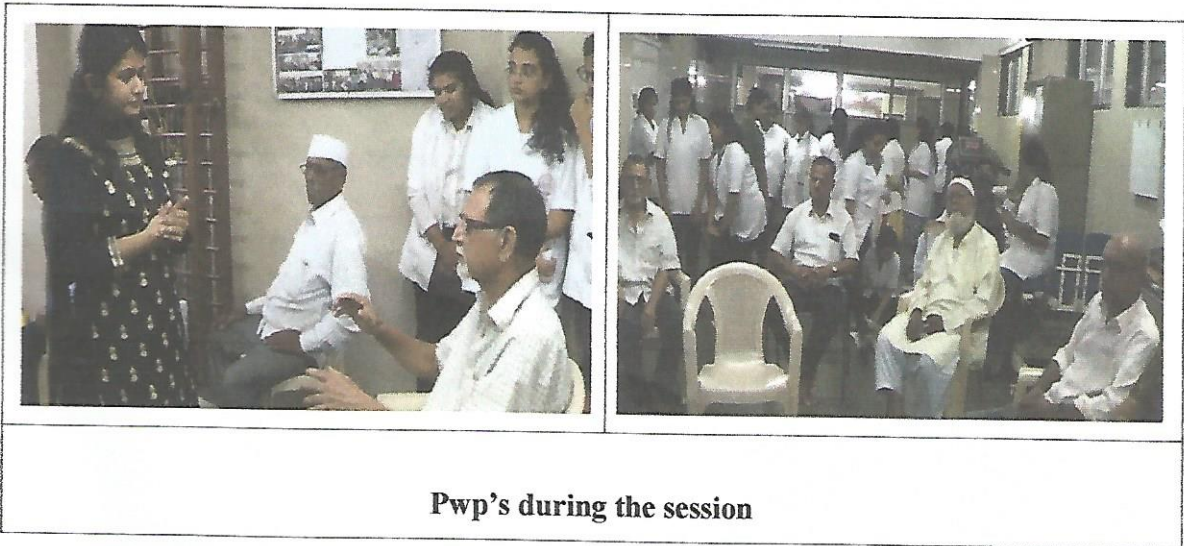
Objectives of Support Group:

1. To increase awareness regarding various motor and non – motor symptoms in Parkinson's disease, signs of their appearance and their expected progression
2. To make the patients aware about changes in their symptoms and timely monitoring.
3. To increase awareness about medical management and dose effects, ON-OFF period and dose side effects
4. To introduce Physiotherapy management for various stages of the disease
5. To provide comprehensive rehabilitation to patients with Parkinson's in Kamothe, Navi Mumbai

Activities of Support Group:

Dr. Aarti Kulkarni started her talk with introducing what Parkinson's disease (PD) is, what are the symptoms that are commonly seen and how to identify the early signs of progression of disease. Dr. Aarti further went into great depths and details about how these signs and symptoms progress over time and what systems are affected by the disease. Forum was open for questions from patients as well as students attending the session. Dr. Aarti then briefly spoke about the medical management of PD, dose prescription, ON-OFF period and

dose fluctuation signs. Dr. Jennifer D'souza (PT) then introduced patients to different types of physiotherapy rehabilitation strategies that are available to combat and delay the progression of these symptoms. Basic strategies of maintaining bed mobility, ADL activities like sit to stand, standing balance and gait training were discussed. Concept of freezing episodes was explained in detail. Strategies like usage of sound beat metronome, walking with long steps were taught to patients, with long arc turning. LSVT-BIG was introduced as a module of therapy that could be practiced safely at home by the patients. Baseline assessment of all the patients was taken. Before and after gait training strategies warm up and cool down strategies were taken respectively. Session ended by thanks giving by patients to doctors for such an enlightening lecture.



J D'souza
27/11/19
Faculty in charge
Dept. of NeuroPhysiotherapy

M/27/11/19
HOD
Dept. of NeuroPhysiotherapy

RH





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Parkinson's Disease Support Group Meeting October 2019

Date : 23rd October 2019
Venue : MGM Hospital, Vashi
Time : 12.00 PM–1:30 PM
Meeting Coordinator : Dr. Shrutika Parab (PT), Dr. Krupa (PT)
Dr. Riddhi Nair (PT) and Dr. Krupa (PT).

Constitution of Support Group:

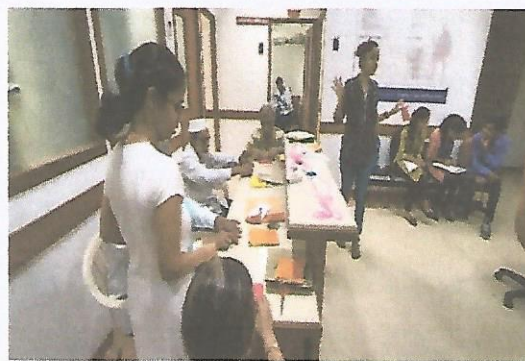
Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 7 Parkinson's patients, 1 MPT, 1 Intern, 1 Care taker
Event : Toran making for Diwali celebration

Objectives of Support Group:

1. To indulge patients in making creative ideas and training for fine motor skills, coordination and cognition.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Session begun by wishing everyone a Happy Diwali, PwP were given various colour paper and scissors and were instructed to make a toran. This activity was designed to train the fine motor skills. It was an indeed fun session. Session ended by giving vote of thanks and exchanging the greetings for Diwali.



People with Parkinson's during the session

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Parkinson's Disease Support Group Meeting November 2019

Date : 27th November 2019
Venue : MGM Hospital, Vashi
Time : 12.15 PM–1:30 PM
Meeting Coordinator : Dr. Shrutika Parab (PT), Dr. Krupa (PT)
Dr. Riddhi Nair (Clinical Psychologist).

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 6 Parkinson's patients, 2 Intern
Event : Posture Awareness.

Objectives of Support Group:

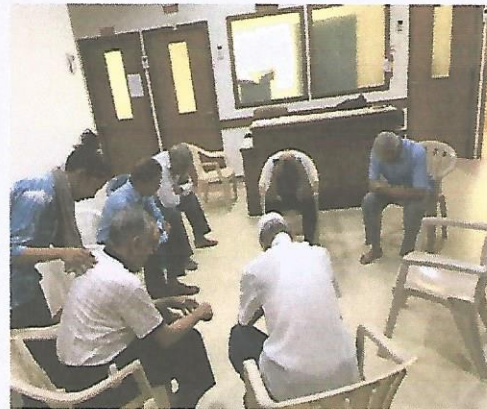
1. To increase awareness regarding maintaining an effective posture.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Instructors begun the session by demonstrating the typical posture adapted by a Parkinson patient. Session was filled with various exercises mainly stretches. Multiple neck stretches were taught, stretching of the neck muscles in the upward, downward and lateral direction to prevent forward head posture. Followed by this the instructors taught shoulder stretches which included stretching of the back extensors by forward leaning, lateral stretches to relieve the tightened structures to prevent rounding of shoulders. They also educated the

patients about correct body alignment. The instructors repeatedly asked the patients to sit with their chest out, without back support and legs at shoulder width distance.

Lastly, they terminated the session by teaching various facial muscle exercises which included- puffing of cheeks, forcefully shutting their eyes and frowning. All patients enjoyed the session.



People with Parkinson's during the session

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Parkinson's Disease Support Group

Meeting November 2019

Date : 27th November, 2019
Venue : MGM Hospital, Kamothe
Time : 11:30 AM – 1:00 PM
Meeting Coordinator : Dr. Jennifer D'souza (PT),
Resource person : Dr. Neha Patil, Speech Therapist, MGM Hospital, Kamothe

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy and Department of Speech therapy, MGM Hospital, Kamothe
Faculty Members : Dr. Meruna Bose, Dr. Jennifer D'souza (PT)
Attendees : 6 Parkinson's patients, 2 MPT students, UG students
Event :
1. Awareness about speech impairments in Parkinson's disease
2. Management of speech impairments through exercises

Objectives of Support Group:

1. To increase awareness about different types of speech difficulties faced by people with Parkinson's disease.
2. To implement an exercise program for improving speech, tone and articulation in patients with Parkinson's disease.
3. To introduce the concept of LSVT - Loud to people with Parkinson's disease

Activities of Support Group:

The session started with Dr. Jennifer D'souza (PT) introducing the concept of LSVT-BIG and its benefits which were followed by a brief session where she demonstrated LSVT-BIG exercises and people with Parkinson's Disease (PD) were made to practice these exercises under supervision. Dr. Jennifer then introduced speech therapist Dr. Neha Patil to the people with PD.

Dr. Neha elaborated about different types of speech abnormalities that are seen in Parkinson's disease and how to detect signs of progression. She explained the signs and symptom for the early detection as well. Followed by which she introduced the concept of LSVT – Loud exercises. Dr. Neha then asked all the attendee's to share what speech difficulties that they face in day to day activities and addressed each of their problems

individually. She proceeded to take therapeutic group session for all the patients. She taught them basic exercises to improve speech tone, volume and articulation. The first exercise focused on breathing pattern, the second and third exercise focused on moderation of tone and the fourth exercise focused on speech articulation by targeting the muscles of mastication.

Post exercise session, she had a brief discussion with patients about the difficulties faced by them while performing these exercises and prescribed appropriate exercises as part of home program. She concluded her session by asking the people with Parkinson's to maintain a diary to note any differences in their speech on a regular basis and to report them during routine check-ups. Session ended by thanks giving by patients to doctors for such an enlightening lecture.



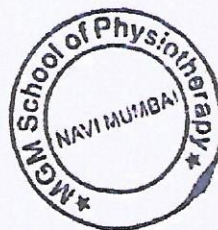
PwP's during the session

J. B. Gupte
17/1/2020

Faculty in charge
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M. S. Gupte
17/1/2020

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R. H.





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Parkinson's Disease Support Group Meeting January 2020

Date : 22nd January, 2020
Venue : MGM Hospital, Kamothe
Time : 11:30 AM – 1:00 PM
Meeting Coordinator : Dr. Jennifer D'souza (PT)
Resource person : Dr. Mona, Clinical Nutritionist and Diet Consultant, MGM Hospital, Kamothe

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy and Department of Dietetics, MGM Hospital, Kamothe
Faculty Members : Dr. Jennifer D'souza (PT)
Attendees : 8 Parkinson's patients, 2 MPT students, UG students
Event :
1. Role of Diet and Nutritional Supplements in Parkinson's disease
2. Changes in lifestyle and food habits that are essential in Parkinson's disease

Objectives of Support Group:

1. To increase awareness about the effect of different types of food habits and diet on Parkinson's disease.
2. To implement a change in lifestyle and meals according to disease stage, clinical symptoms and co-morbidities.
3. To introduce simple home remedies and alternatives to food that is to be avoided in Parkinson's disease

Activities of Support Group:

The session started with a warm up session conducted by Dr. Jennifer D'souza (PT) where LSVT-BIG exercises for were demonstrated and persons with Parkinson's Disease (PD) were made to practice these exercises. Dr. Jennifer then introduced Dr. Mona, Clinical Nutritionist and Diet Consultant to the people with PD.

Dr. Mona elaborated about how following the right diet according each individual

requirement is essential for a good healthy life. She enlisted that after Parkinson's disease, there are many changes that occur in the body's capacity to metabolize food. In such a scenario, certain foods are a must for consumption and certain items should be strictly avoided from daily diet. Dr. Mona then asked all the attendee's to share what co-morbidities other than Parkinson's disease they were suffering from and what gastrointestinal complaints they face on a daily basis. Dr. Mona then addressed each of their problems individually. She spoke about how food can influence tremors and sleep patterns and what remedies are available to overcome them. She then proceeded to address issues like hypertension, diabetes, elevated cholesterol levels and obesity in Parkinson's disease and how it can be avoided by making changes in daily diet. She shared simple homemade recipes that could replace food items that need to be avoided. She taught them how to keep a simple count of the calories that are consumed on a daily basis and how to not over exceed them. She spoke about in detail about food items that are considered to be healthy and good for health but are myths and should definitely be avoided.

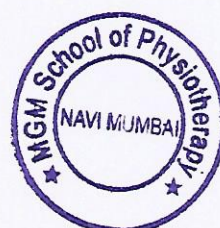
After which she held a question answer session where each individual put forth their doubts and she provided simple home based remedies for it. She concluded her session by asking the people with Parkinson's to maintain a diary to note any weight and sleep pattern changes and also to note down the number of calories consumed per day. Session ended by thanks giving by patients to doctors for such an enlightening lecture.



People with Parkinson's during the session

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Parkinson's Disease Support Group Meeting January 2020

Date : 22nd January 2020
Venue : MGM Hospital, Vashi
Time : 12.00 PM–1:30 PM
Meeting Coordinator : Dr. Shrutika Parab (PT), Dr. Krupa (PT)

Dr. Riddhi Nair (Clinical Psychologist).

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 6 Parkinson's patients, 1 MPT, 2 Interns, 1 care taker
Event : Importance of aerobic exercises

Objectives of Support Group:

1. To indulge patients' various forms of aerobic exercises and help them increase their aerobic capacity.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Session begun by explaining the importance of aerobic capacity in our body and explaining the effect of Parkinson's Disease on aerobic capacity in body. Dr. Riddhi Nair took brief

discussion with PwP on importance of aerobic exercises and discussed their daily routine of exercises. Later Dr. Krupa headlong the session further by teaching aerobic exercises to PwP, along with music. Adequate rest pauses were given and it was indeed enthusiastic meet. Session by giving vote of thanks to Dr.Krupa and Riddhi by PwP for an indeed joyful meet.



People with Parkinson's during the session

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Parkinson's Disease Support Group Meeting February 2020

Date : 22nd February 2020
Venue : MGM Hospital, Vashi
Time : 12.00 PM–1:30 PM
Meeting Coordinator : Dr. Shrutika Parab (PT),
Dr. Shanaya Dsouza (Clinical Psychologist).

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
: 8 Parkinson's patients, 1 MPT, 1 Caretaker
Attendees
Event : Cognitive Training for PwP

Objectives of Support Group:

1. To inform PwP about most commonly seen cognitive changes in PD and indulge PwP in various Cognitive Training.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Dr. Shanaya Dsouza began the session by explaining various cognitive abnormalities like Visuospatial Skills, Attention, Learning, Memory and use of these cognitive components in our activities of daily life. Later various exercises like maze solving, join the dots, making a map to home from hospital were performed. Few exercises like making star and chair cognitive exercises were taught. All PwP were instructed to make a timetable for their medicines. It was indeed a mind wracking session. Session ended by giving vote of thanks to Dr. Shanaya Dsouza for very enchanting meet.



People with Parkinson's during the session

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Spinal Cord Injury Support Group Meeting

August 2019

Date : 28th August, 2019
Venue : Sharan Paraplegic Foundation, Vashi
Time : 2:30 PM – 4.30 PM
Meeting : Dr. Shrutika Parab (PT)

Coordinator

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 15 SCI patients, 3 MPT students
Event : Positive Outlook in Life (Possibilities Workshop)

Objectives of Support Group:

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies
4. To provide comprehensive rehabilitation to patients with Spinal cord Injury in Navi Mumbai.

Activities of Support Group:

The session was held to let the patients realize their inner potential and to provide guidance on how to channelize their energy into something constructive. The spokesperson for the session were Mr Kailash who himself is a visually impaired individual and Mr Kabir who assisted Mr Kailash in conducting various activities. The session started with an very interesting activity where the patients were handed a small sheet of paper and asked whether they could pass their entire body through it. Given the size of that paper it seemed practically impossible at first but then Mr Kailash gave away a trick about how it was actually possible. After this activity, another activity was conducted where each member was given a small mirror and asked to look into the mirror and name 3 best qualities about

themselves. The overall motive of the session was for the patients to understand their inner powers and change their outlook on life and consider the various possibilities and opportunities that the future holds for them. The session ended with Mr Kailash and Mr Kabir giving an affirmation for attracting positive energy in life.



Individuals with SCI during the session

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Sector-1, Kamothe, Navi Mumbai – 410209

Spinal Cord Injury

Support Group Meeting September 2019

Date: 25th September 2019

Venue: Sharan Paraplegic center, Vashi

Time: 10:30AM-11:30AM

Meeting coordinator: Dr. Shrutika Parab (PT)

Maya (Social Worker)

Constitution of support group: Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe.

Faculty member: 1 Lecturer

Attendees: 15 spinal cord injury patients, 2 MPT student, 2 Interns

Event: Zumba sessions for SCI patients.

Objectives of Support Group:

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies.
4. To provide comprehensive rehabilitation to patients with Spinal cord Injury in Navi Mumbai.

Activities of support group:

Session began with warm up session including breathing exercises, neck and upper limb mobility exercises. ZIN® instructor (ZIN Shreya) conducted a Zumba session consisting of



slow to moderate speed of active upper limb steps and passive lower limbs lifting whilst sitting on the wheelchair, the session lasted for 30 minutes and was routine of 5 Zumba songs; followed by cool down process inclusive of breathing exercises, neck and upper limb stretches. Session was concluded by thanks giving by patients to instructor and doctor for such an energetic and enjoyable routine.



SCI patients during session

Faculty in charge

Dept. of NeuroPhysiotherapy

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Dept. of NeuroPhysiotherapy





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(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM School of Physiotherapy

Sector-1, Kamothe, Navi Mumbai – 410209

Spinal Cord Injury Support Group Meeting November 2019

Date: 6th November 2019

Venue: Sharan Paraplegic center, Vashi

Time: 10:30AM-11:30AM

Meeting coordinator: Dr. Shrutika Parab (PT)

Maya (Social Worker)

Constitution of support group: Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe.

Faculty member: 1 Lecturer

Attendees: 14 spinal cord injury patients, 2 MPT student, 3 Interns

Event: Wheelchair Yoga sessions for SCI patients.

Objectives of Support Group:

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies.
4. To provide comprehensive rehabilitation to patients with Spinal cord Injury in Navi Mumbai.

Activities of support group:

Session began with warm up session including breathing exercises, neck and upper limb mobility exercises. 12 Yoga asana were performed by the patients in group which were modified so that it could be performed on the wheelchair. Each asana was performed with a

repetition of 10 with 30secs hold time; followed by cool down process inclusive of deep breathing exercises. Volunteers were placed between 2 -3 patients in order to help patients facing difficulty in performing the asana and to avoid falls or discomforts. Session was conducted for 1 hour. Session was concluded by thanks giving by patients to instructor and doctor for such an energetic and enjoyable routine.

ASANAS PERFORMED:

- 1) Breathing Exercises- focusing on abdominal movements
- 2) Bithilasana (cow pose)
- 3) Marjarasana (cat pose)
- 4) Gomukhasana
- 5) Ardha Matdysyindrasana(trunk twist)
- 6) Hastapadasana(forward bend and reach)
- 7) Paschimotanasana(forward bend)
- 8) Urdhura hastasana(upward salute)
- 9) Garudasana (eagle pose)
- 10) Viparita Veerbhadradasana(spinal extension and rotation)
- 11) Ekapada Rajakapot asana (chair pigeon pose)
- 12) Sukhasana(meditation)



SCI patients during session



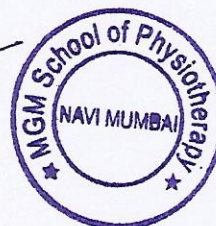
Faculty in charge

Dept. of NeuroPhysiotherapy



HOD

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MGM SCHOOL OF PHYSIOTHERAPY
Sector-1, Kamothe, Navi Mumbai -- 410209

Stroke Support Group Meeting September 2019

Date : 18th September 2019
Venue : Neurorehabilitation OPD, MGM Hospital, Kamothe
Time : 11:30 am- 1:30 pm
Meeting Coordinator : Dr. Meruna Bose, Dr. Pooja Dogra (PT)
Constitution of Support Group:
Departments : Department of Neuro Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 2
Attendees : 4 Stroke patients and their caregivers, 1 MPT student, 4 Interns
Event : Awareness regarding effect of Yoga on function and quality of life in Stroke patients

Objectives of Support Group:

1. To increase awareness regarding various benefits of Yoga in Post Stroke patients
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by Mr Girish Nehete, Assistant Professor and Yoga teacher at AYUSH Ministry- QCI certified Level 2.
4. To provide comprehensive rehabilitation to patients with Stroke in Navi Mumbai and Raigad district.

Activities of Support Group: Stroke Support Group (SSG) of MGM School of Physiotherapy, Navi Mumbai had organized a meet for awareness regarding Yoga and its effects on function and Quality of life in Stroke patients. Agenda of the meeting was to make patients aware regarding the importance of Yoga and breathing exercises after stroke. Mr. Girish Nehete enlightened all on benefits of Yoga in daily life and also post stroke. He also gave brief idea about different types of Asanas which will help the patients in improving balance and basic mobility. Asanas demonstrated were Virbhadrasana, Tadasana, Vrukshasana targeting balance, mobility and weight bearing on the lower extremities along with upper limb movements. Pranayama was performed by patients for better breathing and concentration guided by Mr. Girish. Few self-stretching techniques were taught to patients.

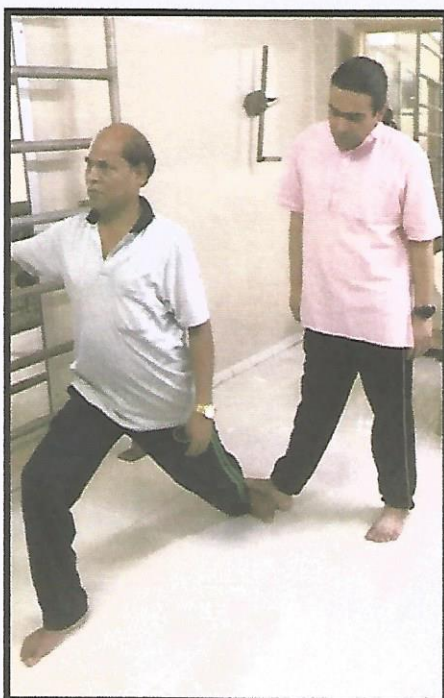
It was an interactive session which concluded with patients clarifying their doubts on asanas to Mr. Girish.



Mr. Girish explaining the patients about benefits of Yoga in daily life and Post Stroke life.



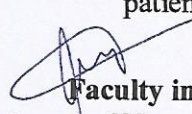
Stroke patients trying to achieve the Virbhadrāsana (Warrior pose) with assistance from the interns.

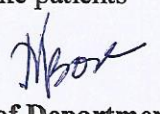


Mr. Girish giving one to one demonstration of Asanas to Stroke patients.



Mr. Girish Demonstrating Pranayam exercises for stroke patients


Faculty incharge
Department of Neuro physiotherapy


Head of Department
Department of Neuro physiotherapy







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StrokeSupport Group Meeting September2020

Date : 16th September2020
Venue : Neuro OPD,MGM Hospital, Kamothe
Time : 11.30 PM–1:30 PM
Meeting : Dr. Pooja Dogra (PT)
Coordinator

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Assistant Profssor)
Attendees : 8 Stroke patients, 2 MPT students
Event : Awareness regarding '**Tele-Rehabilitation**' during Pandemic lockdown.

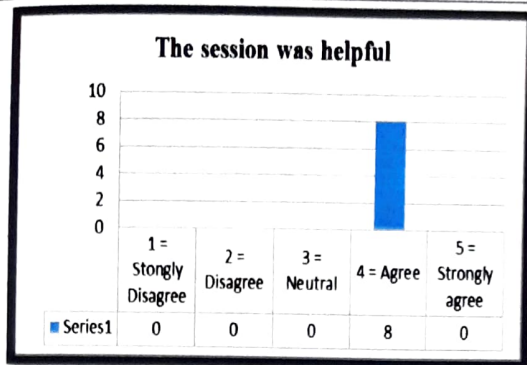
Objectives of Support Group:

1. To increase awareness regarding various benefits of Tele- rehabilitation during Pandemic.
2. To discuss effects of lockdown on patients preexisting condition.
3. Todiscuss the convenient mode for Tele- rehabilitation.

Activities of Support Group:

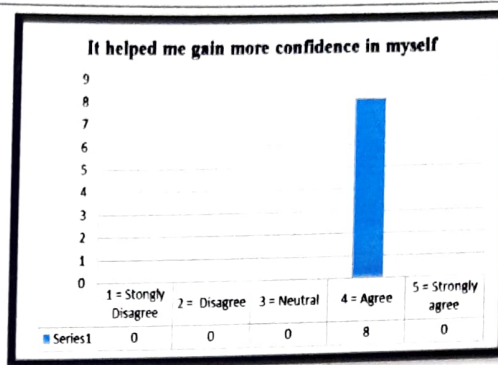
Stroke Support Group (SSG) of MGM School of Physiotherapy, Navi Mumbai had organized a Tele-meet session to discuss the difficulties faced by Stroke patients during lockdown which happened due to COVID- 19 Pandemic. Patients were asked to share their experience and were explained the importance of tele- rehabilitation. They were explained about the importance of general mobility exercises and breathing exercises which can be conducted over whatsapp video call under therapist's supervision. Patient suggestions and inputs were taken in order to plan tele- rehabilitation protocol for Stroke patients. The session was concluded with patient feedback about the session.

Feedback analysis for Tele – session



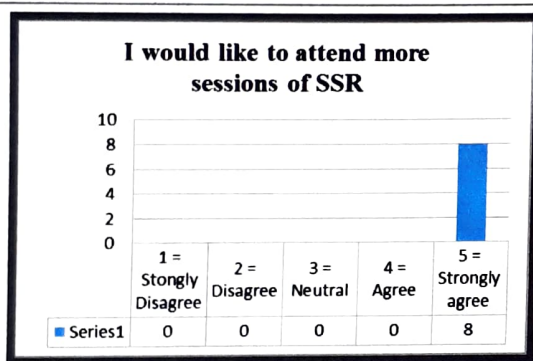
Was the session helpful?

8 out of 8 agreed



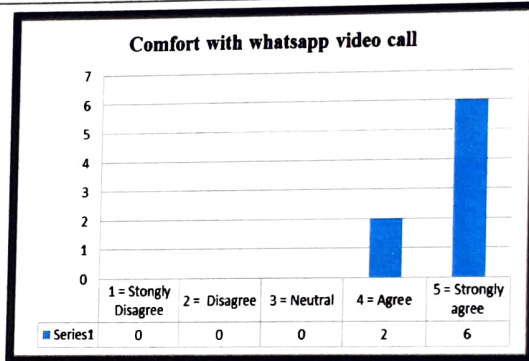
Did session help you in gaining more confidence?

8 out 8 agreed




Would you like to attend more such sessions?

8 out of 8 strongly agreed




How much are you comfortable with session on whatsapp video call?

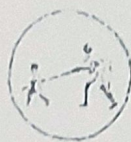
2 out of 8 agreed and 6 strongly agreed for the same


Dr. Pooja Deyra (PT)
 Faculty incharge
 Department of Neuro physiotherapy
 MGM School of Physiotherapy




Anurita
 Head of Department
 Department of Neuro physiotherapy
 MGM School of Physiotherapy





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Stroke Support Group Meeting September 2020

Date	: 22 nd October 2020
Venue	: Neuro OPD, MGM Hospital, Kamothe
Time	: 10.30 AM–12:00 PM
Meeting	:
Coordinator	Dr. Pooja Dogra (PT)

Constitution of Support Group:

Departments	: Department of Neurophysiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member	: 1
Attendees	: 3 Stroke patients, 2 MPT students
Event	: Chest rehabilitation through tele-rehabilitation

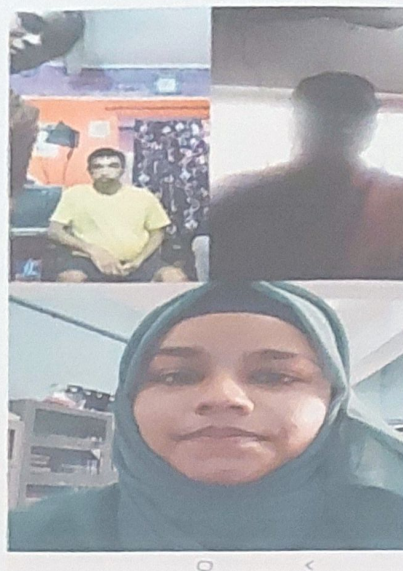
Objectives of Support Group:

1. To increase awareness and teach patient various chest rehabilitation exercises.
2. To discuss effects of lockdown on patients preexisting condition.

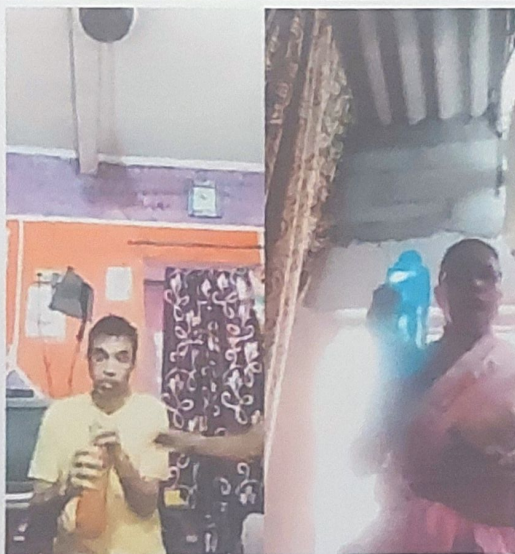
Activities of Support Group:

Stroke Support Group (SSG) of MGM School of Physiotherapy, Navi Mumbai had organized a Tele-meet session to discuss the breathing difficulties faced by Stroke patients during lockdown which happened due to COVID- 19 Pandemic. Patients were asked about any breathing difficulties they are facing or chest conditions they had during lockdown. They were given general mobility exercises and breathing exercises through instructions over whatsapp video call under therapist's supervision. Patient suggestions and inputs were taken in order to plan tele- rehabilitation protocol for next Stroke Support Group. The session was concluded with patient feedback about the session.

Pictures of Support Group:



Patient counseling done by Faculty as well as MPT , MGM School of Physiotherapy



Patients demonstrating breathing exercise, Limb mobility exercises during Tele- Rehabilitation session

Faculty incharge
Department of Neuro physiotherapy
MGM School of Physiotherapy

Head of Department
Department of Neuro physiotherapy
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Cerebral Palsy Support Group

Date	:	12 th October 2019
Venue	:	MGM Hospital, Kamothe
Time	:	10:30 A.M. – 12:30 P.M.
Meeting coordinator	:	Dr. Triveni Shetty (PT)
Attendees	:	1 Neuro mpt (1 st year), 2 Interns.

Constitution of Support Group:

Departments:

- Department of Neurosciences physiotherapy, MGM School of Physiotherapy (Kamothe)
1. Faculty members- 1
 2. Neurosciences MPT Students- 1
 3. Interns- 2

Each support group session has participation from:

- Parents and caregivers of children with cerebral palsy – 7
- Children with cerebral palsy – 5

Objectives of Support Group:

1) To increase awareness of prosthetics, orthosis and various modification equipment's available for children with Cerebral Palsy.



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- 3) To increase awareness about disease status and management strategies through informative sessions by invited guest.
- 4) To provide comprehensive rehabilitation to patients with Cerebral palsy in Navi Mumbai and Raigad district.

Activities of Support Group:

5th Cerebral Palsy meet was conducted on 12th of October 2019 at MGM Kamothe along with Department of Prosthetics and Orthotics, Dr. Uthara Mohan. Session began by welcoming everyone and informing parents about Cerebral Palsy. Later Dr. Uthara enlightened on various foot and hand modification orthosis available for children. Parents were guided on various maintenance strategies, keeping a regular check on size of the orthosis, checking on the skin for any friction bruises. Parents along with children visited Prosthetic and orthotic Department and OPD and were shown various types of prothesis, orthosis and modification equipment's like static and dynamic AFO'S, CP chair with removable desk, adductor splints and many more. The session ended by giving vote of thanks to ma'am for such an enlightening lecture and by taking feedback from the parents.

Feedback from beneficiaries:

Feedback was sought and received from patients in order to understand and improve quality of services provided.



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Outcome of Support Group:

- **Patient Care:**

To educate the parents regarding various modification devices and orthosis available for their children

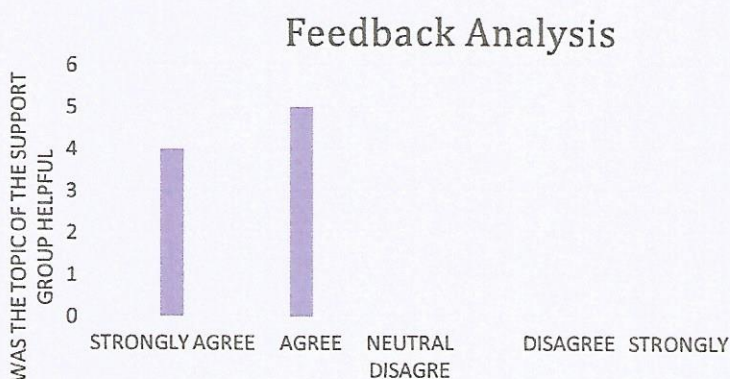
- **Student Learning:**

Enhanced learning at graduate and master's level through focused patient-centric clinical training

- **Research Activities:**

Such support group activities will allow generating a large pool of patients. These databases can then be used to explore various unanswered research questions in field of welfare of children with cerebral palsy benefitted both patients and students.

Feedback Analysis





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