



MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK
University Research Department

ALLIED HEALTH SCIENCES



MUHS RESEARCH COMPETITION 2024

5th March 2024

Hosted By:

**Seva Mandal Education Society's,
Smt. Sunanda Pravin Gambhirchand College of Nursing,
Matunga Mumbai- 400019**



Introduction:

Welcome to the commemorative souvenir of the Maharashtra University of Health Science Research Competition 2024 for Allied Faculty. We are delighted to present this compilation of highlights, achievements, and memories from an event dedicated to celebrating research excellence and innovation in the field of health sciences.

As we embark on this journey through the pages of this souvenir, we extend our heartfelt gratitude to all the participants, sponsors, and organizers whose unwavering support and dedication contributed to the resounding success of the Research Competition.

We extend our deepest gratitude to the Maharashtra University of Health Science for entrusting the Seva Mandal Education Society's Smt. Sunanda Pravin Gambhirchand Institute of Nursing & Paramedical Sciences with the esteemed opportunity to host this prestigious event. It is through the university's vision and support that we were able to create a platform for scholars, researchers, and practitioners to come together and showcase their groundbreaking work. From the commencement of the competition to the minute-to-minute proceedings during execution and the announcement of results, the involvement of University Research department has been truly commendable.

To the participants who presented their research papers and progress reports, your commitment to advancing knowledge and pushing the boundaries of inquiry is truly commendable. Your passion for research serves as an inspiration to us all, and we are honoured to showcase your contributions in this souvenir. We also extend our sincere appreciation to our Judges and other stakeholders whose generous support made this event possible. Your belief in the power of research to drive innovation and progress is invaluable, and we are grateful for your partnership in nurturing a culture of academic excellence.

To the organizers and volunteers who worked tirelessly behind the scenes to ensure the smooth execution of the competition, your dedication and hard work have not gone unnoticed. Your meticulous planning and attention to detail were instrumental in creating an enriching and memorable experience for all participants.

Finally, to the management of Seva Mandal Education society who is always pro for Research and advancement in education, and whose unwavering support help us embrace new opportunities. As we reflect on the success of the Research Competition, let us celebrate the spirit of collaboration, discovery, and academic pursuit that defines our university community. Together, we have reaffirmed our commitment to pushing the boundaries of knowledge and making meaningful contributions to the advancement of healthcare and wellness.

Thank you once again to all who contributed to the success of the Research Competition. We hope this souvenir serves as a cherished memento of our collective achievements and inspires us to continue striving for excellence in research and scholarship.

Warm regards,

Organizing Committee

MUHS Research Competition 2024

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Professor and Head
University Research Dept.

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SMES SSPG CON



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Executive Secretary



MESSAGE FROM VICE CHANCELLOR

Lt. Gen. Madhuri Kanitkar (Retd)
PVSM, AVSM, VSM
Vice-Chancellor



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK



लेफ्टनंट जनरल माधुरी कानिटकर (निवृत्त)
(बालरोग नेफ्रोलॉजिस्ट) पीव्हीएसएम, एव्हीएसएम, व्हीएसएम
कुलगुरु

Lt Gen Madhuri Kanitkar (Retd)
(Pediatric Nephrologist) PVSM, AVSM, VSM
Vice-Chancellor

Date: 15th March 2024

Message

"Dear esteemed colleagues and participants,

It is with great pleasure that I extend my warm greetings to each one of you who participated in the MUHS State-Level Research Competition 2024 - Allied faculty, hosted by Seva Mandal Education Society's Smt. Sunanda Pravin Gambhirchand College of Nursing, Matunga. It is so heartening to see that the nursing college has an IEC, which is ICMR recognized, and this is the only way forward. At MUHS we come together from various disciplines within the allied faculty, we stand united in our pursuit of innovation and excellence in healthcare.

Innovation knows no boundaries, and it is through collaboration and collective effort that we can overcome the most pressing challenges in healthcare. Each of you brings a unique perspective, expertise, and passion to the table, and it is this diversity that fuels creativity and drives progress. With the world's eyes on India, there is a growing demand for individuals skilled in areas such as palliative care and psychiatric care. These aspects of nursing require focused research, robust curriculum development, and capacity building initiatives. It's a challenge that MUHS is eager to address, and we stand ready to support any institution willing to take the lead in this endeavour.

At MUHS, our vision has always been to catch talent at a young age, which is why we emphasize the importance of engaging undergraduate students. While the research conducted at this level may not always be groundbreaking, it instils in students a critical mindset, ethical conduct, and the ability to question assumptions. In essence, it's about teaching them how to fish rather than just providing them with a fish. We believe that this approach is key to fostering a culture of lifelong learning and ethical practice in healthcare.

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महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK



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कुलगुरु

Lt Gen Madhuri Kanitkar (Retd)
(Pediatric Nephrologist) PVS, AVSM, VSM
Vice-Chancellor

The university is proactively taking initiatives to enhance the learning experiences of our students. I encourage you to motivate your students to apply for our summer internship project opportunities. Additionally, we are excited to announce the launch of a new project titled NICE for nursing, aimed at implementing clinical experiential learning. This initiative comes in response to the observation that while there is a significant number of nursing colleges, there is a need to enhance the quality of training provided. Therefore, we are introducing these new initiatives to improve the overall educational experience for our nursing students.

The challenges we face may seem daunting, but it is in times of adversity that true innovation thrives. Let us embrace this opportunity to push the boundaries of what is possible, to challenge the status quo, and to explore innovative solutions that will enhance the quality of care we provide to our patients and communities. I am confident that each of you has the potential to make a significant impact in your respective fields. So, go forth with confidence, with purpose, and with an unwavering belief in your ability to effect change. The future of healthcare depends on our collective efforts, and I have no doubt that together, we will rise to the occasion and shape a brighter, healthier future for all.

Thank you for your dedication, your passion, and your commitment to excellence. Together, let us push the boundaries of what is possible and create a future where healthcare knows no limits. Heartiest congratulations to all the winners and best wishes to all for a successful and inspiring research journey.

Lt Gen Madhuri Kanitkar

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MESSAGE FROM PRO-VICE CHANCELLOR

Prof. Dr. Milind Nikumbh
Pro Vice-Chancellor



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK



प्रा. डॉ. मिलिंद निकुंभ
एम.डी. (रचना शरीर)
प्रति कुलगुरु

Prof. Dr. Milind Nikumbh
M.D. (Rachana Sharir)
Pro Vice-Chancellor

MESSAGE

I feel extremely happy to know that, Seva Mandal Education Society's Smt. Sunada Pravin Gambhirchand Institute of Nursing & Paramedical Sciences, Mumbai was recently organized MUHS State Level Research Competition. I congratulate, all the researchers, on reaching this wonderful milestone!

The Maharashtra University of Health Sciences, Nashik has been a pioneer for faculty development in training programmes for affiliated colleges has enabled capacity building in Health Sciences Education and Research.

University has created initiatives in educational training and research at college level. These are expected to improve the teachers' motivation for educational innovations and research.

I hope that the MUHS State-Level-Research Competition souvenir will reflect the progress and achievements made by the researchers. I wish the organizers, teachers and students of the College all success in their endeavors and best wishes for successful publication of the said Souvenir.




Prof. Dr. Milind Nikumbh
Pro-Vice-Chancellor

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MESSAGE FROM DEAN- ALLIED FACULTY

Dr Y Praveen Kumar
Dean Allied faculty MUHS

Dear Esteemed Colleagues, Researchers, and Participants,

It is my utmost pleasure to extend a warm welcome to each and every one of you to our prestigious MUHS STATE LEVEL RESEARCH CONFERENCE. As the Dean of faculty of allied health, MUHS, I am honoured to pen down few lines for research souvenir.

This conference had a distinguished gathering of scholars and intellectuals who were at the forefront of advancing knowledge and innovation in their respective fields and has served as a pivotal platform for fostering collaboration, exchanging ideas, and showcasing groundbreaking research that has the potential to shape the future of our disciplines. As we embark on this journey of intellectual exploration, I am confident that the discussions and insights shared during this conference have not only broadened our understanding but also inspired us to push the boundaries of conventional wisdom.

In today's rapidly evolving world, where challenges are multifaceted and solutions are complex, the role of research becomes more crucial than ever. It is through rigorous inquiry, experimentation, and scholarly discourse that we can unravel the mysteries of the universe, address societal problems, and drive progress towards a more sustainable and equitable future.

I was over whelmed with each of you who have participated in this conference under various categories and presented your research work. Let us seize this opportunity to forge new collaborations, challenge existing paradigms, and pave the way for transformative discoveries that will benefit not only our academic community but also society at large.

I extend my heartfelt gratitude to the university research department of MUHS, organizing college, organizing chairman, organizing secretary, organizing committee, and volunteers who have worked tirelessly to make this conference a reality. Your dedication and commitment to advancing research excellence are truly commendable.

May our collective efforts lead to insights that ignite innovation, foster meaningful change, and leave a lasting impact on the world.

Warm regards,
DR.Y. PRAVEEN KUMAR
Dean of faculty of allied health MUHS, Nashik



MESSAGE FROM REGISTRAR

Dr. Rajendra Bangal
Registrar



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
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डॉ. राजेंद्र शिवाजी बंगाल

एम.बी.बी.एस., एम.डी. (न्यायवैद्यशास्त्र), डी.एन.बी., एल.एन.बी.

कुलसचिव

मआवि/पीआर/१४०/२०२४

Dr. Rajendra Shivaji Bangal

M.B.B.S., M.D. (Forensic Medicine), D.N.B., L.L.B.

Registrar

दि. २१ मार्च २०२४

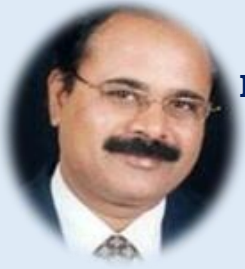
– शुभेच्छा संदेश –

सेवा मंडळ एज्युकेशन सोसायटी यांचे श्रीमती सुनंदा प्रविण गंभीरचंद कॉलेज ऑफ नर्सिंग
ॲण्ड पैरामेडिकल सायन्स यांचे 'State-Level Research Competition Souvenir' प्रकाशनाच्या
निमित्ताने विद्यापीठ परिवाराकडून हार्दिक शुभेच्छा.

या स्मरणिकेत आरोग्य शास्त्र इतर क्षेत्रातील नवकल्पना यांची ठळकपणे मांडणी केलेली
असते. ज्यामुळे डॉक्टर आणि समाज यांच्यात मोठ्या प्रमाणात जागरूकता निर्माण होते. आपल्या
महाविद्यालयाची शैक्षणिक कार्यादरोबर समाजाशी नाळ जुळवून ठेवत आरोग्य आणि संशोधन कार्यात
सजगता निर्माण करण्याचे सकारात्मक कार्य नेहमीच घडत आहे.

आपल्या प्रेरणादायी कार्याचा आलेख सदैव उंचावत राहो ही अपेक्षा. आरोग्य विज्ञान विद्यापीठातर्फे
'State-Level Research Competition' स्मरणिकेच्या प्रकाशन समारंभास व सर्व समिती सदस्यांना
शुभेच्छा; तसेच भावी उपक्रमासाठी पुनःश्च मनःपूर्वक शुभेच्छा.

२१-३-२४
कुलसचिव



MESSAGE FROM HEAD OF UNIVERSITY RESEARCH DEPARTMENT

Dr. Jayant N. Palaskar
Professor and Head
University Research Dept.

Greetings,

It is with great pleasure and pride that I extend my warmest congratulations to all the stakeholders of the Research Competition 2024, hosted by Seva Mandal Education Society's Smt. Sunanda Pravin Gambhirchand College of Nursing on 5th March 2024.

As the Head of the University Research Department, I am immensely gratified by the overwhelming response and enthusiastic participation witnessed at this esteemed event. The Research Competition serves as a testament to our collective commitment to advancing knowledge and fostering innovation in the field of health sciences.

I extend my heartfelt appreciation to all the researchers who presented their papers and progress reports, showcasing the depth and breadth of scholarly inquiry within our academic community. Your dedication to rigorous research and academic excellence is truly commendable, and it is through your contributions that we continue to push the boundaries of knowledge in pursuit of a healthier, more prosperous future.

I would also like to express my sincere gratitude to the Seva Mandal Education Society for graciously hosting this event and providing a platform for researchers to share their findings and insights. Your unwavering support and commitment to promoting research endeavours are invaluable in nurturing a culture of academic excellence.

As we celebrate the success of the Research Competition, let us remain steadfast in our pursuit of scholarly excellence and continue to collaborate, innovate, and inspire one another in our research endeavours. May the spirit of inquiry and discovery continue to thrive within our MUHS affiliated colleges, driving us towards new frontiers of knowledge and innovation.

I appreciate efforts of all members of the University Research Department for continued support. Together, let us continue to push the boundaries of knowledge and make meaningful contributions to the advancement of health sciences and beyond.

Warm regards,

Dr. Jayant Palaskar

Professor and Head

University Research Department



MESSAGE FROM PRESIDENT OF ORGANIZING COLLEGE

Dr. Dilip R. Trivedi
President



SEVA MANDAL EDUCATION SOCIETY

Smt. Parmeshwari Devi Gordhandas Garodia Educational Complex
338, R. A. Kidwai Road, Matunga, Mumbai - 400019.
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Dr. Dilip R. Trivedi

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Shri Pravin G. Shah

VICE-CHAIRMEN

Shri Hiren V. Shah
Shri Nikunj Jhaveri

HON-SECRETARIES

Dr. Bharat M. Pathak
Shri Vasant J. Khetani

HON. TREASURER

Shri Atul V. Sanghavi

Dear Esteemed Guests, Participants, and Organizers,

On behalf of the Seva Mandal Education Society, it is my utmost honour and privilege to extend my heartfelt gratitude to the Maharashtra University of Health Science for bestowing upon our college the esteemed opportunity to host the Research Competition 2024. This recognition is a testament to our college's dedication to fostering a culture of research excellence and academic innovation.

I wish to express my sincere appreciation to all the participants who contributed to the success of the competition through their active engagement and scholarly presentations. Your enthusiasm and commitment to advancing knowledge in the field of health sciences are truly commendable, and it is through your efforts that our research cell has gained the recognition it deserves. I extend my heartfelt thanks to the Maharashtra University of Health Science for their unwavering support and encouragement in organizing this event. Your belief in the importance of research and academic inquiry is instrumental in shaping the future of healthcare and wellness.

To all the participants, I offer my warmest congratulations and best wishes for a bright and prosperous future through your research endeavours. May you continue to push the boundaries of knowledge, inspire innovation, and make meaningful contributions to the advancement of health sciences and beyond.

I would also like to extend my congratulations to our Principal and Research Coordinator for their exemplary leadership and successful execution of the competition. Their dedication, vision, and tireless efforts have been instrumental in making this event a resounding success.

As we celebrate the achievements of the Research Competition 2024, let us remain committed to fostering a culture of research excellence and academic inquiry. Together, let us continue to inspire and empower the next generation of researchers and scholars to pursue their academic passions and contribute to the betterment of society.

Warm regards,

Dr. Dilip Trivedi,
President

Seva Mandal Education Society

OUR EDUCATIONAL INSTITUTES

- Smt. Maniben M.P. Shah Women's College of Arts & Commerce (Autonomous) (NAAC 'B++' Grade with CGPA 2.88/4)
- Shri. Shantilal A. Shah (Girnar) Dept. of Post Graduate Studies in Arts and Commerce
- Shri M.P. Shah Junior College of Arts & Commerce for Women
- Dr. Bhanuben Mahendra Nanavati College of Home Science (Autonomous) (NAAC 'A+' Grade with CGPA 3.69/4)
- Smt. Manjulaben Gunvantrai Shah Dept. of Post Graduate Studies
- Smt. Hiraben Manilal Nanavati Junior College of Home Science
- Smt. Shardaben Champaklal Nanavati Institute of Polytechnic
- Smt. Kamalaben Gambhirchand Shah Department of Computer Applications/Management Studies/Mass Media
- Smt. Kamalaben Gambhirchand Shah Law School
- Smt. Sunanda Pravin Gambhirchand College of Nursing (NAAC 'B+' Grade with CGPA 2.74/4)



MESSAGE FROM SECRETARY OF ORGANIZING COLLEGE

Dr. Bharat M. Pathak
Hon. Secretary



SEVA MANDAL EDUCATION SOCIETY

Smt. Parmeshwari Devi Gordhandas Garodia Educational Complex
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Phone: 2409 5869 / 24095792 Email: smesedu@gmail.com

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VICE-CHAIRMEN

Shri Hiren V. Shah
Shri Nikunj Jhaveri

HON-SECRETARIES

Dr. Bharat M. Pathak
Shri Vasanti J. Khetani

HON. TREASURER

Shri Atul V. Sanghavi

Dear All,

It is with immense gratitude and pride that I extend my heartfelt thanks to the Maharashtra University of Health Science for the honour bestowed upon, Seva Mandal Education Society, in hosting the Research Competition 2024. This opportunity has not only recognized our college's dedication to academic excellence but has also affirmed our commitment to fostering a vibrant culture of research and innovation.

I express my sincere appreciation to all the students who participated in the Research Competition in such large numbers. Your enthusiastic engagement and scholarly contributions have been truly inspiring, reflecting your commitment to advancing knowledge and excellence in the field of health sciences.

A special note of appreciation goes to our college for hosting and flawlessly executing this prestigious event. The dedication, meticulous planning, and hard work of our faculty, staff, and students have been instrumental in ensuring the success of the Research Competition. Your unwavering support and commitment to academic excellence have truly set a standard for others to follow.

I would like to extend our assurance to the Maharashtra University of Health Science of our readiness to accept any future assignments or collaborations with enthusiasm and dedication.

As we celebrate the achievements of the Research Competition 2024, let us reaffirm our commitment to fostering a culture of research excellence and academic inquiry. Together, let us continue to inspire and empower our students to pursue their academic passions and make meaningful contributions to society.

Once again, my heartfelt thanks to all who have contributed to the success of this event. May we continue to work together to push the boundaries of knowledge and innovation in the years to come.

Warm regards,

Dr. Bharat Pathak

Honorary Secretary

Seva Mandal Education Society

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- Smt. Sunanda Pravin Gambhirchand College of Nursing (NAAC 'B+' Grade with CGPA 2.74/4)



MESSAGE FROM PRINCIPAL OF ORGANIZING COLLEGE

Prof. Shilpa Shettigar
Principal, Organising College
SMES SSPG CON

SEVA MANDAL EDUCATION SOCIETY'S
**SMT. SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF NURSING
& PARAMEDICAL SCIENCES**



SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING
Affiliated to: Maharashtra University of Health Sciences, Nashik.
Maharashtra State Board of Nursing and Paramedical Education
Recognised by: Indian Nursing Council, Maharashtra Nursing Council

MUHS IMPACT ASSESSMENT A+ GRADE (2018-2019) NAAC B+ Grade (2022) IIRF GRADED

Dear All,

I am delighted to extend my heartfelt gratitude to the Maharashtra University of Health Science and our esteemed management for their unwavering support and encouragement in organizing the Research Competition 2024. Your trust and confidence in our capabilities have been instrumental in making this event a resounding success. I thank vice chancellor madam and Pro-vice chancellor sir for gracing the event.

I would like to offer my sincere congratulations to all the participants who showcased their research prowess and scholarly achievements during the competition. Your dedication, passion, and intellectual curiosity have been truly commendable, and it is inspiring to witness the depth of talent within our academic community.

A special word of appreciation goes to the organizing team whose hard work, dedication, and meticulous planning have been crucial in ensuring the smooth execution of the competition. Your tireless efforts and commitment to excellence have not gone unnoticed, and I am immensely proud of the outstanding work you have done.

As we celebrate the success of the Research Competition 2024, I am filled with happiness and pride in the accomplishments of our students, faculty, and staff. Your contributions have not only enriched our academic community but have also reinforced our commitment to advancing knowledge and fostering innovation in the field of health sciences.

I extend my heartfelt thanks to the Maharashtra University of Health Science and our esteemed management for your invaluable support and encouragement throughout this journey. Your belief in our vision and mission has been a driving force behind our success, and we are grateful for the opportunity to collaborate and make a meaningful impact together.

As we look forward to future endeavours, let us continue to work together to nurture a culture of research excellence and academic inquiry. Together, we can inspire and empower the next generation of researchers and scholars to push the boundaries of knowledge and make a lasting impact on society.

Warm regards,

Prof Shilpa Shettigar
Principal
Organizing Committee, Research Competition 2024

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Supported Clinically by Smt. S.R. Mehta & Sir K.P. Cardiac Institute



MESSAGE FROM ORGANIZING SECRETARY

Prof. Delphina Gurav
Organizing Secretary
Vice- Principal SMES SSPG CON

SEVA MANDAL EDUCATION SOCIETY'S
**SMT. SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF NURSING
& PARAMEDICAL SCIENCES**



SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

Affiliated to: Maharashtra University of Health Sciences, Nashik.

Maharashtra State Board of Nursing and Paramedical Education

Recognised by: Indian Nursing Council, Maharashtra Nursing Council

MUHS IMPACT ASSESSMENT A+ GRADE (2018-2019) NAAC B+ Grade (2022) IIRF GRADED

Dear Esteemed Guests, University Officials, Management, Principal, and Colleagues,

It is with immense gratitude and heartfelt appreciation that I extend my sincere thanks to the Maharashtra University of Health Science, our esteemed Management, and our respected Principal for believing in us and entrusting us with the responsibility of organizing the Research Competition 2024. Your unwavering support and confidence in our abilities have been the cornerstone of our success.

I would like to express my deepest gratitude to the University Research Department for their invaluable guidance and handholding throughout the entire process. Your expertise, mentorship, and support have been instrumental in ensuring the smooth planning and execution of the competition. We are truly grateful for your unwavering commitment to promoting research excellence within our institution.

I extend my heartfelt appreciation to my fellow colleagues and members of the organizing team, for their dedication, hard work, and cooperation throughout this journey. To all the participants of the Research Competition, I offer my warmest congratulations on your outstanding achievements. Your passion for research, dedication, and innovative approaches have been truly inspiring.

With the success of the Research Competition 2024, I am filled with optimism and excitement for the future of research activities within our institution. Let us continue to explore new horizons, embrace innovative approaches, and collaborate towards advancing knowledge and making a meaningful impact on society.

I wish all participants the very best for their future research endeavours and encourage them to continue pursuing excellence with passion and determination. Together, let us strive for excellence, inspire innovation, and make a lasting difference in the world of academia and beyond.

Warm regards,

Prof. Delphina Mahesh Gurav

Organizing Secretary

Research Competition 2024

Website: www.smescon.in Email id: smes6127003@gmail.com Phone No: 8097707388

Address: Smt. Parmeshwari Devi Gordhandas Garodia Educational Complex, 338, R.A. Kidwai Road, Matunga, Mumbai- 400019

Supported Clinically by Smt. S.R. Mehta & Sir K.P. Cardiac Institute

REPORT ON MUHS ONLINE RESEARCH COMPETITION 2024

ALLIED FACULTY

HOSTING COLLEGE: Seva Mandal Education Society's,
Smt. Sunanda Pravin Gambhirchand College of Nursing

DATE & TIME: - 5th March.2024 -8.00 Am to 3.00 Pm

PLATFORM: Online Zoom Platform

NAME OF CORDINATOR: Prof. Delphina Mahesh Gurav

ASST. CO-ORDINATOR: Ms. Dipti Bondre

FLYER OF THE COMPETITION



MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK
UNIVERSITY RESEARCH DEPARTMENT

MUHS

State Level Online Research Competition 2024

ALLIED FACULTY

Organized By
SMES'S Smt. Sunanda Pravin Gambhirchand College of Nursing, Mumbai

5th March 2024 Time: 9:00 am to 6:00 pm

Note: kindly send your abstract and annexures after registration on muhsrallied24@gmail.com by 20th february 2024

Scan here to register by 15th february 2024

CIRCULAR OF THE COMPETITION



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

दिंडोरी रोड, म्हसळ, नाशिक - ४२२००४ Dindori Road, Mhasrul, Nashik - 422004
 Tel:(0253) 2539288/6659298/301 ☎ Student Helpline:0253-2539111/6659111/100

University Research Department

Website: www.muhs.ac.in, E-mail: urd@muhs.ac.in



डॉ. जयंत एन. पळसकर
 एम.डी.एस., पीएचडी
 प्राध्यापक तथा विभागप्रमुख

Dr. Jayant N. Palaskar
 MDS, Ph.D.
Professor & HOD

Out. No. MUHS/URD/UAW/44/2024

Date:18/01/2024

CIRCULAR No.02/2024

SCHEDULE OF MUHS STATE LEVEL RESEARCH COMPETITION 2023-24

All the concerned hereby informed that MUHS State Level Research Competition 2023-24 will be held online as per the scheduled given below

Sr. No.	Faculty	Host of Research Competition	Date of online competition	Eligibility & Registration fee for Participant	Competition Coordinator Details
1.	Dental Faculty	Terna Dental College, Navi Mumbai	04/03/2024	UG Student Rs 500/-	Name :- Dr. Farhin Katge Mobile:- 9820527564 Email:- muhsrudent24@gmail.com
2.	Allied Faculty	Smt. Sunanda Pravin Gambhirchand College of Nursing, Matunga, Mumbai	05/03/2024	PG Student Rs 1000/-	Name :- Mrs. Delphina Gurav/Mrs. Dipti Bondre Mobile:- 9819580308/8411071683 Email:- muhsrallied24@gmail.com
3.	Homoeopathy Faculty	SJPES Homoeopathic Medical College, Kolhapur	12/03/2024	Post PG & Ph.D. Student Rs 1500/-	Name :- Dr. Sujata R. Kamire Mobile:- 9823195866 Email:- muhsrchom24@gmail.com
4.	Ayurveda Faculty	Chhatrapati Shahu Maharaj Shikshan Sansthas's Ayurved Mahavidyalaya, Chhatrapati Sambhaji Nagar	14/03/2024	Assistant Professor Rs 1500/-	Name :- Vd. Nimbalkar Naresh Ramrao Mobile:- 9422711098 Email:- muhsrcayu24@gmail.com
5.	Medical Faculty	Maharashtra Post Graduate Institute of Medical Education & Research (MPGI), Nashik	27/03/2024	Assistant Professor Rs 1500/-	Name : Dr. Ashutosh Ojha Mobile: 9719713786 Email: muhsrmed24@gmail.com

- Participant registration will be open from 18th January 2024 to 15th February 2024 on University website.
- Only 08 participants per college (UG-2, PG-2, Post PG & PhD-2, Asst. Prof.-2) recommended by the Principal/Dean/Director will be allowed to register.
- Shortlisted abstract in prescribed format (Annexure-1), receipt of registration fee paid to University should be submitted to respective co-ordinator by email in prescribed format (Annexure-2).
- For registration of recommended researcher at college level weblink is as follows : https://intranet.muhs.ac.in/workshop_schedule_display.aspx
- For payment of registration fee by the researcher : <https://muhs.payshulk.in/>

-Sd-

Head of the Department
 URD, MUHS, Nashik

Copy to:-

- 1) Hon'ble Vice-Chancellor's Office, MUHS, Nashik
- 2) Hon'ble Pro Vice-Chancellor's Office, MUHS, Nashik
- 3) Registrar Office, MUHS, Nashik
- 4) Finance & Account Officer, MUHS, Nashik
- 5) All Host colleges of MUHS State Level Research Competition
- 5) All Competition Coordinators of MUHS State Level Research Competition
- 6) All Regional Offices, MUHS, Nashik
- 7) All affiliated Colleges of MUHS Nashik.

REVISED CIRCULAR OF THE COMPETITION



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

दिंडोरी रोड, म्हसळ, नाशिक - ४२२००४ Dindori Road, Mhasrul, Nashik - 422004
Tel:(0253) 2539288/6659298/301 Student Helpline:0253-2539111/6659111/100

University Research Department

Website: www.muhs.ac.in, E-mail: urd@muhs.ac.in



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एम.डी.एस., पीएचडी
प्राध्यापक तथा विभागप्रमुख

Dr. Jayant N. Palaskar
MDS, Ph.D.
Professor & HOD

Out. No. MUHS/URD/UTW/92/2024

Date:15/02/2024

CIRCULAR No.08/2024

Extension of last date for registration of participant for MUHS State Level Research Competition 2023-24

All the concerned hereby informed that, with reference to the University Circular No.02/2024, dated 18/01/2024, the last date for the registration for the MUHS State Level Research Competition 2023-24 was 15th February 2024.

For maximum participation of Students and Teachers the last date for registration of participant has been extended up to **23rd February 2024**.

- Only 08 participants per college (UG-2, PG-2, Post PG & PhD-2, Asst. Prof.-2) recommended by the Principal/Dean/Director will be allowed to register.
- Shortlisted abstract in prescribed format (Annexure-1), receipt of registration fee paid to University should be submitted to respective co-ordinator by email in prescribed format (Annexure-2) as per University Circular No.02/2024, dated 18/01/2024.
- For registration of recommended researcher at college level weblink is as follows : https://intranet.muhs.ac.in/workshop_schedule_display.aspx
- For payment of registration fee by the researcher : <https://muhs.payshulk.in/>

-Sd-

Head of the Department
URD, MUHS, Nashik

Copy to:-

- 1) Hon'ble Vice-Chancellor's Office, MUHS, Nashik
- 2) Hon'ble Pro Vice-Chancellor's Office, MUHS, Nashik
- 3) Registrar Office, MUHS, Nashik
- 4) Finance & Account Officer, MUHS, Nashik
- 5) All Host colleges of MUHS State Level Research Competition
- 5) All Competition Coordinators of MUHS State Level Research Competition
- 6) All Regional Offices, MUHS, Nashik
- 7) All affiliated Colleges of MUHS Nashik.

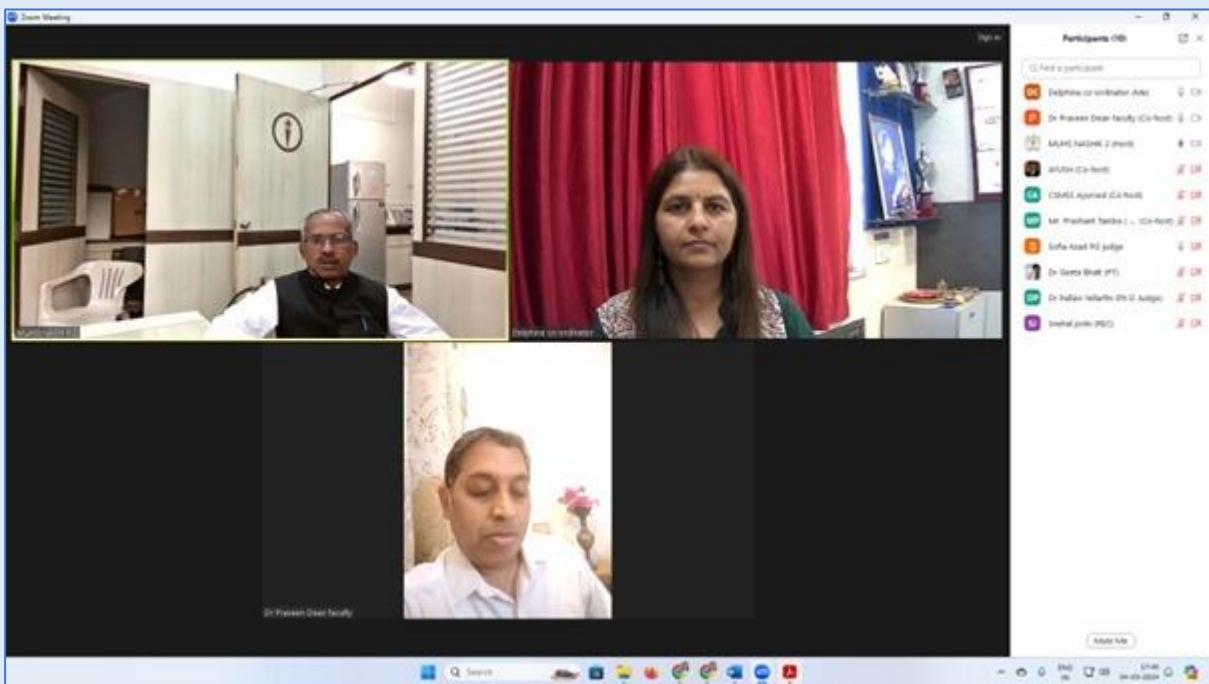
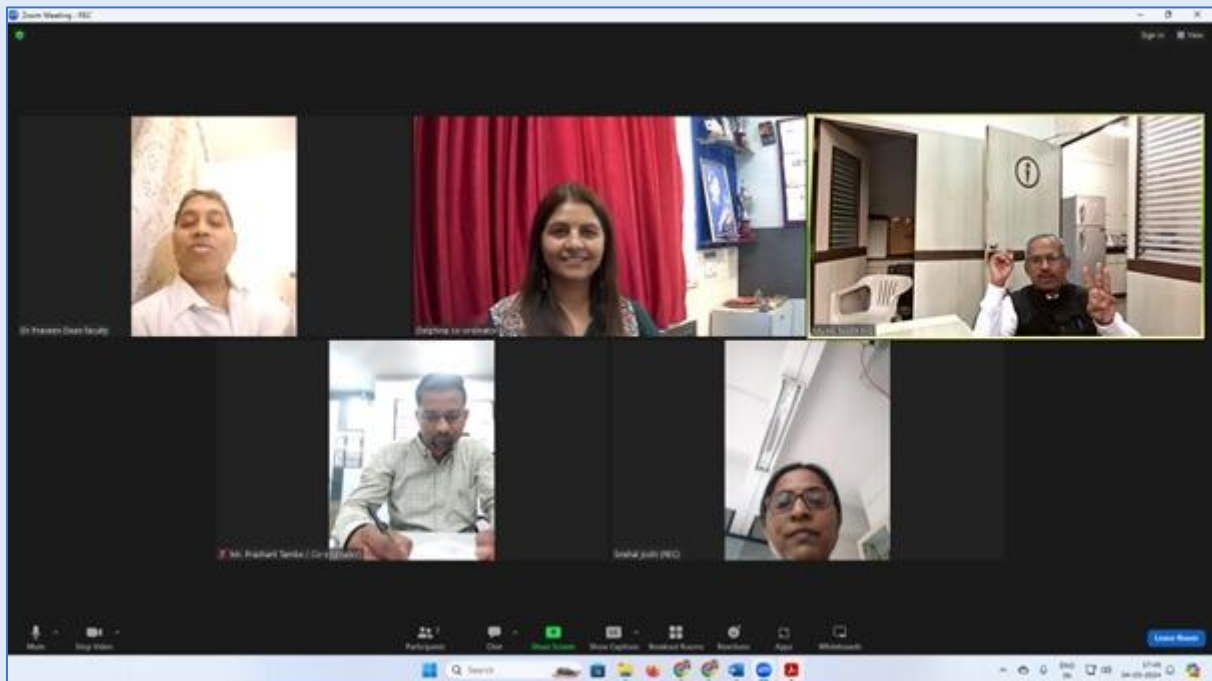
PRELIMINARIES OF THE COMPETITION

The preliminary steps involved in the Online MUHS State Level Research Competition for the academic year 2023-24.

1. Registration Process: The participants registered for the Online MUHS State Level Research Competition 2023-24 through the designated weblink: https://intranet.muhs.ac.in/workshop_schedule_display.aspx
2. Verification and Approval: The participants' registration was verified for the letter of the Principal/Dean/Director. The coordinators ensured the validity of the submitted documentation, and approval was granted thereafter. The research paper abstract, as per Circular no. 02/2024 and 08/2024, along with the required appendix, were obtained.
3. Communication and Payment: Upon successful approval, the Competition Coordinator communicated with the approved participant, providing details for the payment process.
4. Payment of Registration Fee: Participants were guided to for the registration fee payment through the university's online portal: <https://muhs.payshulk.in/>
5. Confirmation of Payment: The Competition Coordinator acknowledged the receipt of payment, confirming the participant's successful registration for the competition.
6. Scrutiny team was selected and the abstracts were sent for scrutiny via google drive. Scrutiny remarks were obtained and participants were conveyed for any specific corrections or revision.
7. Recommendation for judges was made by the hosting institute and sent to university.
8. Final judging panel was decided by the university and circulated.

These preliminary steps ensured a systematic and organized approach to the Online MUHS State Level Research Competition 2023-24. The outlined process aimed to streamline participant registration, documentation verification, and payment procedures, finalization of judges, setting the stage for a successful and competitive research event.

MEETINGS HELD BEFORE THE COMPETITION



Online meetings were held prior to the competition with Dr. Y. Praveen Kumar, Dean Allied Faculty and Dr. Pradip Awale, Asso. Prof. URD MUHS along with the team of organizing college to ensure the readiness and preparation related to the competition.

JUDGING PANEL OF THE COMPETITION



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक

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University Research Department

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डॉ. जयंत एन. पळसकर

एम.डी.एन., पीएनडी

प्राध्यापक तथा विभागप्रमुख

Dr. Jayant N. Palaskar

MDS, Ph.D.

Professor & HOD

जा.क्र. सभाविनि/विशेष/युआरडी/१३०/२०२४

दि.०१/०३/२०२४

प्रति,

१)	डॉ. वाय प्रविण कुमार (अध्यक्ष) अधिष्ठाता, नत्सम विद्याशाखा सभाविनि, नाशिक, व्ही.एस.पी.एम. यांचे भौतिकोपचार महाविद्यालय, हिंगणा रोड, नागपूर
२)	पदवी पुर्वे (Under Graduate) विद्यार्थी कक्ष डॉ. प्राजक्ता पाटील, काशिबाई नवले भौतिकोपचार, पुणे डॉ. विजय भारतीय, नांदेड भौतिकोपचार महाविद्यालय, नांदेड श्रीमती. रुपा वर्मा, सीनाबाई नरगुंडकर परिचर्या महाविद्यालय, नागपूर श्री. बालासाहेब घुले, प्रवरा रुग्ण एज्युकेशन सोसायटीचे परिचर्या महा., नाशिक श्रीमती लिना देशपांडे, भौतिकोपचार महाविद्यालय, नागपूर
३)	पदव्युत्तर (Post Graduate) विद्यार्थी कक्ष डॉ. मारीया जिंदानी, पी.टी. स्कूल आणि सेंटर, सेठ जी.एस. वैद्यकीय महा., मुंबई श्रीमती श्रीलेखा राजेश, नेरमी गॅट इन्स्टिट्यूट ऑफ नर्सिंग एज्युकेशन, पुणे डॉ. अभा, ब्रिजलाल जिंदाल कॉलेज ऑफ फिजिओथेरपी, पुणे श्री. रविंद्र पुराणीक, ए.सी.पी.एम. कॉलेज ऑफ नर्सिंग, धुळे श्रीमती सोफिया आझाद, व्यवसायोपचार महाविद्यालय, नागपूर
४)	पदव्युत्तर पदवी/ पदवीकाधारक (Post PG/Ph. D) विद्यार्थी कक्ष डॉ. वाय पल्लवी, व्हीएसपीएम कॉलेज ऑफ फिजिओथेरपी, नागपूर डॉ. जुई गिरी, नेरणा फिजिओथेरपी कॉलेज, मुंबई डॉ. अन्नपाली गजभिये, व्हीएसपीएम मधुरीबाई देशमुख इन्स्टिट्यूट ऑफ नर्सिंग, नागपूर डॉ. गजानंद आर. वाले, के.टी. पाटील कॉलेज ऑफ नर्सिंग, धाराशिव श्रीमती अनुराधा पै, व्यवसायोपचार स्कूल अॅण्ड सेंटर एलटीएमएमसी, मुंबई
५)	सहाय्यक प्राध्यापक (Asst. Professor) डॉ. राजधी नाईक, एल टी एम सी , कॉलेज ऑफ फिजिओथेरपी, मुंबई डॉ. ज्योती ठाकूर, एकडोएमएसजी इन्स्टिट्यूट ऑफ नर्सिंग एज्युकेशन डॉ. गिना भट, के.जे. सोमैया कॉलेज ऑफ फिजिओथेरपी, मुंबई डॉ. ग्रेस चेतन गायकवाड, यशवंत कॉलेज ऑफ नर्सिंग, कोडोली, कोल्हापूर श्रीमती प्रतिभा वैद्य, टी एन एम सी व्यवसायोपचार महाविद्यालय, मुंबई
६)	डॉ. जयंत एन. पळसकर (सदस्य सचिव) विभागप्रमुख, विद्यापीठ संशोधन विभाग, सभाविनि, नाशिक

विषय :	नत्सम विद्याशाखेच्या ऑनलाईन सभाविनि राज्यस्तरीय संशोधन स्पर्धा २०२३-२४ चे परिक्षण करणेकरिता परिक्षक (Judges) समिती गठित करणेबाबत...
संदर्भ :	दि. २७/१०/२०२३ रोजीची विद्यापीठ अधिसूचना क्र.६३/२०२३

PANEL OF THE REC



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

दिंडोरीरोड, म्हसळ, नाशिक- ४२२००४ Dindori Road, Mhasrul, Nashik - 422004

Tel:(0253) 6659288/303 Student Helpline:0253-2539111/6659111/100

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Website: www.muhs.ac.in, E-mail: urd@muhs.ac.in



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एम. टी. एन., पीएनटी

प्राध्यापक तथा विभागप्रमुख

Dr. Jayant N. Palaskar

MDS, Ph.D

Professor & HOD

जा. क्र. सभाविधि/युआरडी/ १२८/२०२४

दिनांक: ०१/०३/२०२४

प्रति,

- | | |
|---|---|
| १) डॉ. वाय प्रविण कुमार (अध्यक्ष)
अधिष्ठाता, नत्सम विद्याशाखा सभाविधि, नाशिक,
व्ही.एस.पी.एम. यांचे भौतिकोपचार महाविद्यालय,
हिगणा रोड, नागपूर | २) डॉ. अनुपमा विनय ओक (सदस्य)
पालघर कॉलेज ऑफ नर्सिंग, अंधेरी, मुंबई. |
| ३) डॉ. स्नेहल जोशी
डी. ई. सोसायटी यांचे ब्रिजलाल जिंदाल | ४) श्रीमती अनेस अरुण स्वामी
तेहमी ग्रॅट इन्स्टिट्यूट ऑफ नर्सिंग एज्युकेशन, पुणे |
| ५) डॉ. सुदीप काळे
तेरणा भौतिकोपचार महाविद्यालय, नवी मुंबई | ६) सौ मूदुला विपीन फुले
परिचर्या महाविद्यालय, बी जे शासकीय वैद्यकीय
महाविद्यालय, पुणे |
| ७) डॉ. अभिजित सत्रालकर
प्रोग्रेससिन्ध एज्युकेशन सोसायटीचे मॉडर्न भौतिकोपचार
महाविद्यालय पुणे. | ८) श्रीमती डेलिफना गुरव
श्रीमती सुनंदा प्रविण गंभीरचंद परिचर्या
महाविद्यालय, मुंबई |
| ९) डॉ. शिल्पा चौरासिया
व्ही एस पी एम यांचे भौतिकोपचार महाविद्यालय नागपूर | १०) सौ मूदुला विपीन फुले
परिचर्या महाविद्यालय, बी जे शासकीय वैद्यकीय
महाविद्यालय, पुणे |
| ११) श्री एनी म्यॅथ्यु
तेहमी ग्रॅट इन्स्टिट्यूट ऑफ नर्सिंग एज्युकेशन, पुणे | १२) डॉ. जयंत एन. पळसकर,
विभागप्रमुख (सदस्य सचिव)
विद्यापीठ संशोधन विभाग, सभाविधि, नाशिक |

JUDGING PANEL PRESENT ON THE DAY OF COMPETITION



**MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES,
NASHIK**
University Research Department
Online MUHS State Level Research Competition 2023-24

Annexure 4

Sr. No.	Name	Designation	Institute / College Name	Mobile No.
Research Expert Committee (REC)				
01	Dr. Y. Praveenkumar	Dean Allied Faculty	VSPM'S College of Physiotherapy, Nagpur	98904 48817
02	Dr. Anupama Oka	Principal	Riddhi Vinayak College of Nursing, Nalaxopara.	80804 10146
03	Dr. Snehal Joshi	Principal and Professor	D.E.S. Brijlal Jindal College of Physiotherapy	97655 92071
04	Dr. Agnes Arun Swamy	Associate Professor	Tehmi Grant Institute of Nursing Education Pune	99228 83400
05	Dr. Sudeep Kale	Professor	Terna Physiotherapy College Navi Mumbai	90290 09901
06	Dr. Abhijit Satralkar	Vice Principal and Professor	P.E.S Modern College of Physiotherapy, Pune.	98901 34388
07	Mrs. Mrudula B. Phule	Asst Professor	College Of Nursing BJGMC and SGH, Pune	99210 95896
08	Dr Shilpa Chourasia	Professor	VSPM'S College of Physiotherapy, Nagpur	99705 71112
UG Panel				
01	Dr. Prajkata Patil	Professor and HOD	Smt Kashibai Navale college of PT Pune	7030893885
02	Dr. Vijay Bhartiya	Associate Professor	Nanded Physiotherapy College and Research Centre	9405775778
03	Dr. Rupa Verma	Prof and Principal	MKSSS Sitabai Nargundkar College of Nursing	9960962340
04	Dr. Balasaheb Ghule	Prof. cum Vice -Principal	Pravara Rural Education Society's College of Nursing, Chincholi, Nashik	7774002421
05	Dr. Leena Deshpande	Asso. Professor	Occupational therapy School & Centre, GMC, Nagpur	9422443263
PG Panel				
01	Dr. Mariya Jiandani	Associate Prof	PT School & Centre, Seth GSMC & KEMH	9820191106
02	Dr. Abha	Associate Professor	D.E. Society's Brijlal Jindal College of Physiotherapy	8975632595
03	Dr. Shreelekha Rajesh	Prof. cum Vice Principal	GMF Tehmi Grant Institute of nursing education, Pune	8554836114
04	Dr. Ravindra Puranik	Prof. cum Vice-Principal	JMP'S A.C.P.M College of Nursing Dhule	9404182966
05	Dr. Sophia Azad	Principal and Professor (addl. charge)	Occupational Therapy School and Centre, GMC, Nagpur	9823060144
Post PG/ PhD				
01	Dr. Y. Pallavi	Professor	VSPM'S College of Physiotherapy Nagpur	9860058817
02	Dr. Jui Giri	Professor	Terna physiotherapy college	9867888631
03	Dr. Amrapali Gajbhiye	Professor cum Principal	VSPM Madhuribai Deshmukh Institute of Nursing Education	9595821993
04	Dr. Anuradha Pai	Assistant Professor	Occupational therapy school and centre, LTMMC	9820661856
Asst. Professor				
01	Dr. Geeta Bhat	Professor and Head of Department	K J Somaiya College of Physiotherapy	9323275268
02	Ms. Jyoti Thakur	Principal	Gokhale Education Society, SDMSG Institute of Nursing Education	9823264213

PROCEEDINGS OF THE COMPETITION

The MUHS Research Competition 2024 commenced with great anticipation and enthusiasm at 8:00 AM in the main hall, where all participants, judges, and organizers gathered to embark on a day of scholarly exchange and innovation. Prof. Delphina Gurav, Co-ordinator of the competition welcomed everyone.

To facilitate smooth proceedings, five breakrooms were designated, catering to different categories: UG, PG, Post PG/PhD, Assistant Professors, and the Research Expert Committee (REC) room. Each breakroom was equipped with coordinators who efficiently welcomed both the judging panel and the eager participants, providing them with necessary instructions and guidance.

Under the coordination of dedicated individuals, the participants were promptly guided to their respective breakrooms. Dr. Pradip Awale, Associate Professor from the University Research Department, was instrumental in overseeing the competition from its inception, ensuring its seamless execution.

From 8:30 AM to 9:50 AM, the competition unfolded in each breakroom, as participants delved into their research presentations and discussions. At 9:50 AM, participants and judges were instructed to conclude their sessions and reconvene in the main hall for the inaugural session.

The inauguration session of the MUHS University Research Competition commenced at 10:00 AM on March 5th, 2024, via Zoom Meeting. The session, witnessed the presence of esteemed guests, dignitaries, and participants from various academic institutions. Among the esteemed guests were:

Lt Gen Madhuri Kanitkar (Retd), Vice-Chancellor

Prof Dr. Milind Nikumbh, Pro Vice-Chancellor

Dr. Y Praveenkumar, Dean Allied Faculty

Dr. Rajendra Bangal, Registrar

Dr. Mrunal Patil, Dean Academics

Dr. Jayant N. Palaskar, Professor & Head, University Research Department

Judges of the Competition

Members of the Research Expert Committee

Prof. Delphina M. Gurav, the Organizing Secretary, extended a warm welcome to all participants, setting the tone for the event and expressing gratitude for the overwhelming presence of distinguished guests.

PROGRAMME COPY



MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES
University Research Department
Online MUHS State Level Research Competition 2023-24 (Allied Faculty)

Minute to minute program for Inauguration on 05th March 2024

Zoom Meeting link
<https://zoom.us/j/98588386051?pwd=SUJZRDFGbz0draWk2TksrRXNRTepGUT09>

Meeting ID: 98588 386051
Passcode: 561877

9:55 AM to 10:00 AM	- Arrival of Guests	
		<ul style="list-style-type: none">• Lt Gen Madhuri Kanitkar (Retd) PVSM, AVSM, VSM Vice-Chancellor• Prof Dr. Milind Nikumbh, Pro Vice-Chancellor• Dr. Y Praveenkumar, Dean Allied Faculty,• Dr. Rajendra Bangal, Registrar• Dr. Mrunal Patil, Dean Academics• Dr. Jayant N. Palaskar, Professor & Head, University Research Department• Judges of Competition• Members of Research Expert Committee
10:01 AM to 10:03 AM	- Welcome note by Organising Secretary Prof. Delphina M. Gurav	
10:03 AM to 10:06 AM	- Address by President & Principal, Organising College – Dr. Dilip Trivedi	Prof. Shilpa Shettigar
10:06 AM to 10:10 AM	- Address by Dean Faculty Dr. Y. Praveenkumar	
10:10 AM to 10:15 AM	- Address by PVC Prof Dr. Milind Nikumbh	
10:15 AM to 10:25 AM	- Key note Address by Chief Guest- Lt. Gen. Madhuri Kanitkar	
10:25 AM to 10:28 AM	- Vote of Thanks- Ms. Dipti Bondre	

Dr. Dilip Trivedi and Prof. Shilpa Shettigar, President & Principal of the Organizing College, respectively, delivered an inspiring address, emphasizing the importance of research and innovation in shaping the future of healthcare and allied sciences.

Dr. Y. Praveenkumar, Dean Faculty, shared valuable insights into the significance of interdisciplinary research and collaboration in driving meaningful advancements in the field. Prof Dr. Milind Nikumbh, Pro Vice-Chancellor, highlighted the university's commitment to fostering a culture of research excellence and academic innovation.

The highlight of the session was the keynote address delivered by Lt. Gen. Madhuri Kanitkar, the esteemed Chief Guest. Her insightful remarks emphasized the transformative power of research in addressing contemporary challenges and shaping the future of healthcare.

Ms. Dipti Bondre extended heartfelt gratitude to all participants, dignitaries, sponsors, and organizers for their invaluable contributions to the success of the inauguration session and set the stage for the remaining presentations of the MUHS University Research Competition. The inauguration session served as an auspicious beginning to the MUHS University Research Competition, inspiring participants to embark on a journey of academic exploration and innovation, guided by the collective wisdom and expertise of esteemed dignitaries and scholars.



Following the inspiring inaugural session, participants eagerly entered their respective breakrooms to resume the competition, with a renewed sense of purpose and determination.

In the designated breakrooms, participants delved deeper into their research presentations and engaged in stimulating discussions, showcasing their innovative ideas and scholarly contributions.



A screenshot of a Zoom meeting showing a presentation slide. The slide is titled "RESULT" and contains the following text:

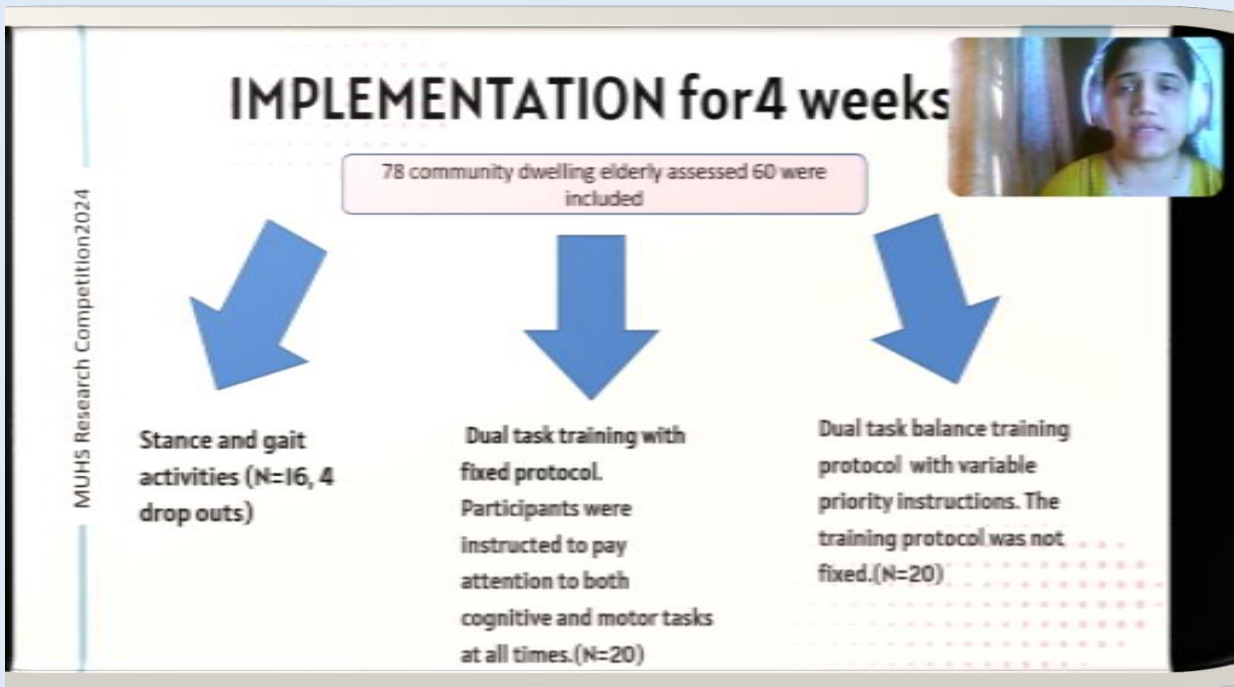
a. The average post-training outcome measures (such as BBS, EPE, MXE and DCL) are significantly higher in Groups 2 and 3 compared to Group 1 (P-value<0.05 for all).

b. The average post-training outcome measure (such as TUG) is significantly lower in Groups 2 and 3 compared to Group 1 (P-value<0.001 for both).

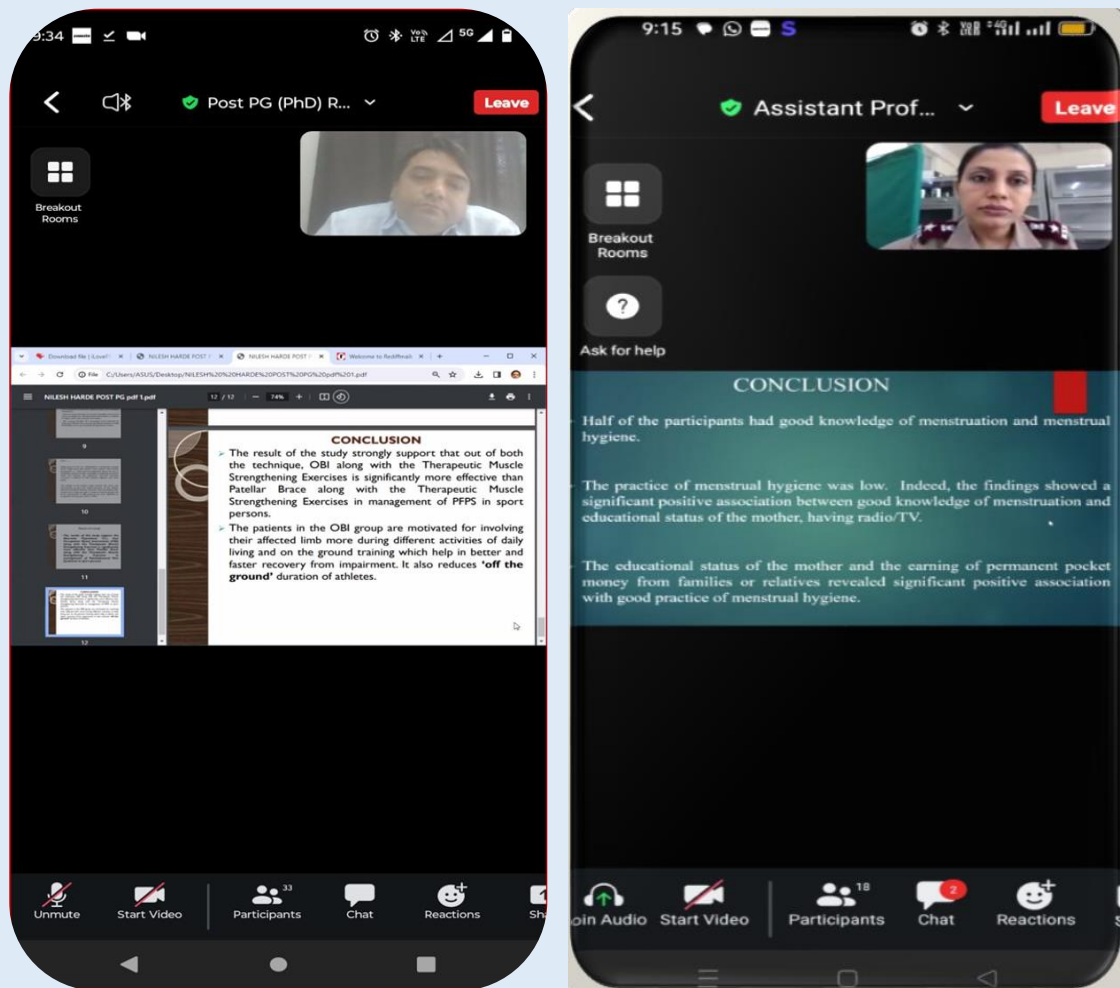
c. The average post-training parameters (such as BBS, TUG, RT, MVL, EPE, MXE and DCL) did not differ significantly between Groups 2 and 3 (P-value.0.05 for all).

The slide also features a bar chart titled "Inter-Group Comparison of Post-Trainin" with three groups on the x-axis and various outcome measures on the y-axis. The chart shows that Groups 2 and 3 generally have higher values for BBS, EPE, MXE, and DCL, and lower values for TUG, compared to Group 1. The chart is partially obscured by a small video window of a participant in the top right corner.

MUHS Research Competition | 2024



PRESENTATION OF THE PARTICIPANTS IN VARIOUS BREAKROOMS



The competition officially concluded at 1 Pm, marking the end of an intellectually stimulating journey. Judges diligently finalized the scores, meticulously evaluating each presentation and deliberating on the merits of every participant's research endeavors. The judges compiled the final ranks, selecting the top three participants from each category based on their exemplary performance and innovative contributions. Once the results were finalized, they were promptly submitted to the coordinator for further processing.

The compiled results were then transmitted to the University Research Department (URD) and the Dean of Allied Faculty for verification. In consultation with the Head of the University Research Department and the Pro Vice-Chancellor, the results were meticulously reviewed to ensure accuracy and fairness.

FLYER OF THE VALEDICTORY FUNCTION

MAHARASTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK
University Research Department

VALEDICTORY FUNCTION
MUHS ALLIED FACULTY
State Level Online Research Competition
2024

Hosted by
SMES's
Smt. Sunanda Pravin Gambhirchand
College of Nursing, Mumbai.

Date
5th March 2024

Time
2.00 PM -
3.00 PM

The valedictory function of the MUHS Research Competition was held at 2.p.m with great enthusiasm and fervor, marking the culmination of a remarkable journey filled with innovation, collaboration, and academic excellence. Ms. Nikhita Logade, Lecturer, anchored the function. The function commenced with an opening address and competition report presentation by the organizing secretary, Prof. Delphina M. Gurav, acknowledging the collective efforts and dedication that went into organizing and executing the competition. This was followed by a series of speeches from esteemed dignitaries, including the Principal and Pro Vice-Chancellor, Prof Dr. Milind Nikumbh.

The participants were honored for their exemplary research endeavors and innovative contributions. Pro-VC announced the Results of the winners across various categories, recognizing their outstanding achievements and dedication to advancing knowledge in their respective fields. Additionally, special recognition was extended to Dr. Pradip Awale for his exceptional commitment and meticulous attention to detail in ensuring the smooth conduct of the competition. His dedication played a pivotal role in the success of the event and was duly acknowledged by all present. The efforts and contribution of Dr. Vaishali Gambhire Assistant Professor, Mr. Nandkishor Thakare, Lab. Attendant and other support staff of URD MUHS also received special acknowledgement. The function concluded with a vote of thanks, expressing gratitude to all participants, dignitaries, sponsors, and volunteers who contributed to the success of the competition.

RESULTS

Declared on 5th March 2024 at 3pm by Pro.VC Prof. Dr. Milind Nikumbh

CATEGORY- UG		
RANK	NAME OF THE CANDIDATE	NAME OF THE INSTITUTE
I	Ms. Simran Sanjay Rele	Motiwala College of Physiotherapy, Nashik
II	Ms. Dakshata Jitendra Patil	Motiwala College of Physiotherapy, Nashik
III	Ms. Rachel Pereira	P D Hinduja College of Nursing, Mumbai
CATEGORY- PG		
I	Ms. Neena Nair	P D Hinduja College of Nursing, Mumbai
II	Ms. Amanda D'Souza	P D Hinduja College of Nursing, Mumbai
III	Ms. Mayuri Sawkar Sonawane	K.J. Somaiya College of Nursing
	Ms. Sanket Vispute	K.J. Somaiya College of Nursing
CATEGORY- POST PG/PHD		
I	Ms. Jacintha Fernandes	P D Hinduja College of Nursing, Mumbai
II	Ms. Meena Prakash Zore	Smt. Vimaladevi Khyalilalji Vagharecha College of Nursing Education, Thane
	Keka Chatterjee	College Of Nursing INHS Asvini Colaba, Mumbai
III	Mrs. Shilpa Ashok Shettigar	SMES Smt. Sunanda Pravin Gambhirchand College of Nursing
CATEGORY- ASST.PROFESSOR		
I	Dr. Nupoor Rautkar	Shri K.R. Pandav College of Physiotherapy
II	Ms. Nikita Bhumiputra Wagh	Sinhgad College of Nursing, Narhe, Pune
	Dr Ekta N Patil	LSFPEF's College of Physiotherapy, Pune
III	Dr. Amrita Sakhawade	Datta Meghe College of Physiotherapy
	Dr. Priyanka Salwanakar	Datta Meghe College of Physiotherapy

In summary, the valedictory function of the MUHS Research Competition was a resounding success, reaffirming the university's commitment to nurturing a culture of research excellence and academic advancement. It served as a testament to the dedication, talent, and passion of all those involved and set the stage for future endeavors in the pursuit of knowledge and innovation.

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18	Asst. Prof	Dr. Priyanka Salwanakar	9834632733	priya.salwanakar@gmail.com	Datta Meghe College of Physiotherapy
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3	LTRG	Suvarna Ganvir	9372910683	suvarna.ganvir@gmail.com	DVVPF's College of Physiotherapy
4	STRG	Rama Borwadekar	9767084236	rama.bordawekar7@gmail.com	Dr. Vitthal Rao Vikhe Patil Foundations College of Physiotherapy,
5	STRG	Mahima Dadhich	8408990901	mdadhich312@gmail.com	MVP Samaj's College of Physiotherapy
6	LTRG	Ms. Patricia Reddy	8380094958	patriciareddy4@gmail.com	MKSSS Sitabai Nargundkar College of Nursing for Women

LIST OF ABSTRACTS OF UG CATEGORY

Sr. No	Name of the Participant	Title of the study
1	Neha Chandrakant Durgade	A study to assess the effect of mental health wellbeing information booklet on the knowledge and attitude towards mental health of household women in the selected urban community of Pune city.
2	Patkar Priyanka Mahendra	To assess the effect of sensitization program on knowledge level about sex education among adolescents in selected school of Pune city.
3	Apurva Gajbhiye	Assessment and Comparison of Oculomotor Control in subjects with and without Cervicogenic Headache in the age group of 18-40 years.
4	Geeta Rameshwar Bhutekar	Assess the knowledge regarding cardiac markers among staff nurses working at the selected casualties of the city.
5	Vaibhav Namdeorao Pande	A pre-experimental study to assess the effectiveness of self-instructional module on knowledge regarding ketogenic diet on mental health among adults of selected urban areas at Nagpur district.
6	Sujata Shrinivas Agadari	"A Study to assess the attitude towards E-learning among the B.Sc. Nursing students in selected Nursing college at Nagpur city
7	Vaishnavi Nilesh Khandge	"Effectiveness of game therapy on improving self -realization of selected aspects among workingwomen in metropolitan city "
8	Vaishnavi Mahendra Vedre	"A comparative study to assess the effectiveness of autobiography as an innovative teaching method Vs traditional method for teaching antihypertensive drugs among nursing student of selected college of nursing in metropolitan city"
9	Arya Hemant Patil	Prevalence and impact of depression, anxiety and stress, on academic and work performance among young adults studying while working full time.
10	Neha T. Rane	Prevalence of carpal tunnel syndrome in hypothyroid patients in Bhusawal & Jalgaon city.
11	Ayush Sanjay Suradkar	"A study to assess factors influencing academic performance among B.Sc. Nursing students in a view to develop an information booklet on coping strategies in selected colleges of the city."
12	Kishor Madhukar Thombare	"A descriptive study to assess the factors affecting on the first attempt of IV cannulation Success rate among the patients at tertiary care hospital "
13	Bhaskar Sontakke	"A study to asses knowledge, attitude and self-Practice of over-the-counter drugs among the Undergraduate nursing students in Chhatrapati Sambhaji Nagar city "
14	Saba Mohammad Naim Sheikh	Relationship of chronic low back pain with hamstring tightness in IT professionals
15	Samruddhi Petkar	Assessment of Locomotor Functional Loss among Frail and Non-frail elderly individuals residing in the community- An Observational study.
16	Dakshata J. Patil	A cost-effective device for physiotherapy interventions (GRAB Fast)
17	Simran Sanjay Rele	An innovative approach to PVC walker
18	Rani Lilbahadur Thapa	To assess the effect of suhasana therapy on quality of life among rheumatoid arthritis patients in selected hospital of Mumbai.
19	Pooja Tekam	A quasi-experimental study to assess the impact of knee care bundle on physical functionality among women in Mumbai urban community.
20	Minal Deshkar	Effect of Task-oriented training vs Process-oriented training in Handwriting skills in school going Children
21	Snehal Satish Salunke	Effectiveness of Simulation regarding Blood Sample Collection Technique on knowledge and practices of students studying in selected nursing colleges of Pune City.
22	Aditi Gaharwar	A survey to study knowledge, attitude and practice of warm up and cool down exercises in professional kathak dancers.
23	Amritha Anil	Prevalence and risk factors of computer vision syndrome among office staffs working on computer: A Descriptive study
24	Rachel Pereira	Speed up psychopharmacology reinforcement with" Memory Jogger's"

A STUDY TO ASSESS THE EFFECT OF MENTAL HEALTH WELLBEING INFORMATION BOOKLET ON THE KNOWLEDGE AND ATTITUDE TOWARDS MENTAL HEALTH OF HOUSEHOLD WOMEN IN THE SELECTED URBAN COMMUNITY OF PUNE CITY.
NEHA CHANDRAKANT DURGADE

AIM:

To evaluate effect of mental health wellbeing information booklet on the knowledge and attitude regarding mental health among women in selected urban slum community of Pune city.

OBJECTIVES:

1. To assess the pretest and post-test knowledge, attitude and compare mental health status Among women in selected urban slum communities of city.
2. To evaluate the effectiveness of the mental health wellbeing information booklet among women in the selected urban slum community of the city.

RESEARCH METHODOLOGY:

In the present study a quantitative approach was adapted with pre-experimental one group pre - test post - test research design was adopted. The study was conducted in an urban slum community. In this study the samples consisted of 60 women. The data collection tool was validated by experts and was found to be valid and the data was collected by demographic profile, structured self-administered knowledge questionnaire and 5-point standardized attitude scale. The pre-test was conducted from tie women on first day. Provided information booklet on the mental health wellbeing and motivated to read and learn the booklet. Post test was conducted on third day. The collected data were analysed by using descriptive and inferential statistics

Result:

Out of 60 samples, maximum samples i.e., 53.33% women were between the age group of 26 to 35 years and minimum samples i.e., 11.66% of women were between the age group of 25 to 30 years who participated. The women out of 60 samples, maximum samples i.e., 90% women are married. 99.66 % women are housewives, 55% women belongs from nuclear family and 46.66 % women having fair health. The post-test knowledge score increased after study of Mental health wellbeing information booklet, it is inferred that there was difference between the pre-test and post test knowledge regarding mental health. In post-test it reveals that 55% subjects had excellent knowledge towards mental health. In the analysis of the attitude regarding mental health results shows that information booklet on mental health wellbeing was effective and post test showed improved positive attitude in 81.31% women.

CONCLUSION:

The study concluded that, there is a positive effect of information booklet of mental health wellbeing in the women. It is effective in improving the women's knowledge and positively changed attitude regarding mental health.

TO ASSESS THE EFFECT OF SENSITIZATION PROGRAM ON KNOWLEDGE LEVEL ABOUT SEX EDUCATION AMONG ADOLESCENTS IN SELECTED SCHOOL OF PUNE CITY. PATKAR PRIYANKA MAHENDRA

AIM

“To assess the effect of sensitization program on knowledge level about sex education among adolescents in selected school of Pune city.”

OBJECTIVES

1. To assess the pre intervention knowledge level about sex education among adolescents in selected school of Pune city.
2. To assess the post intervention knowledge level about sex education among adolescents in selected school of Pune city.
3. To compare pre intervention and post intervention knowledge level about sex education among adolescents in selected school of Pune city.

HYPOTHESES

Ho- There is no effect of sensitization program on knowledge level about sex education among adolescents in selected school of Pune city.

H1- There is an effect of sensitization program on knowledge level about sex education among adolescents in selected school of Pune city.

MATERIALS AND METHODS

Quantitative approach was used and a Quasi-experimental one group pre-test post-test design was adopted for conducting this study, setting was a Lonkar semi-English school at Wadgaon Sheri, Pune. 150 samples were selected by using systemic random sampling for the study out of which 78 samples were girls and 72 samples were boys. Questionnaire was prepared for analysis of knowledge level about sex education. For analysis statistical test used to find out effect of sex education between pre-test and post-test.

RESULTS

The study revealed that in the pre-test, 57% of participants had satisfactory knowledge, 43% had good knowledge, and 0% of participants had very good knowledge about sex education. After the intervention, it was shown that in the post-test, 16% of the participants had satisfactory knowledge about sex education, 51% had good knowledge, and 33% had very good knowledge. It was concluded that the intervention had a positive effect on post-test knowledge about sex education.

CONCLUSION

In India, sex or any related topic has always been something that people do not want to discuss because of their discomfort and inner shame, and it has been so for centuries. This is for several reasons; The socio-cultural reason is most to blame. Sex education in schools to remove doubts and increase awareness is therefore considered effective.

OBJECTIVES:

1. To assess level of knowledge regarding cardiac markers among nurses working in casualties.
2. To find association between selected demographic variables and study findings.

Novelty: In this research we update the knowledge of working staffs whose are working in the cardiac units by providing information booklet.

METHODOLOGY:

A Evaluatory approach was used for this study. The study is carried out in selected areas. The research design is non-experimental descriptive research design. The 100 Nurses working in casualties taken as a sample from selected areas. Self-Structured questionnaire tool used for the data collection. The staff nurses were selected by non-probability convenient sampling Technic 2/3 data collection was done in I week.

FINDINGS:

According to the knowledge regarding cardiac markers among nurses depicts that highest percentage (55%) of them were having good knowledge regarding cardiac markers and (30%) of them were having average knowledge regarding cardiac markers among nurses and (15%) of them were having poor knowledge regarding cardiac markers among nurses.

CONCLUSION:

The study was Evaluatory approach in nature. It was conducted among nurses in selected casualties of hospital. The primary purpose of the study was to find out the level of knowledge regarding cardiac marker among nurses in selected casualties of hospital. According to their age percentage (40%) interpreted that most of the respondents were in the age group of more than 30 years. Respondents according to their Gender depicts that highest percentage (60%) were Female and 40% of them were male. It can be interpreted that most of the respondents were female. Respondents according to their education depicts that highest percentage (50%) interpreted that most of the respondents were from BSC Nursing. According to their experience depicts that highest percentage (30%) interpreted that most of the respondents has 3-5 years of experience.

KEY WORDS:

Cardiac marker, staff nurses, casualties, information booklet.

A PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF SELF-INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING KETOGENIC DIET ON MENTAL HEALTH AMONG ADULTS OF SELECTED URBAN AREAS AT NAGPUR DISTRICT.

VAIBHAV NAMDEORA PANDE

OBJECTIVES:

- 1] To assess the existing knowledge regarding ketogenic diet on mental health among adults of selected urban areas at Nagpur district.
- 2] To evaluate the effectiveness of self-instructional module on knowledge regarding ketogenic diet on mental health among adults of selected urban areas at Nagpur district.
- 3] To associate the post-test knowledge score regarding ketogenic diet on mental health among adults with the selected demographic variable.

METHODOLOGY:

A quantitative research approach and pre-experimental research design (one group pre-test post-test design) was used to assess the effectiveness of self-instructional module on ketogenic diet. This study includes assessing existing knowledge, evaluating the booklet effectiveness, and associating post-test score with demographic variables. By utilizing a quantitative pre-experimental research design, the study was conducted at zingabai takli, Nagpur. Non probability convenient sampling technique was used. Sample size was 40 adults of urban areas. A structured questionnaire was used for pre-test, followed by providing self -instructional module and post-test using the same tool to measure knowledge change.

FINDINGS:

The Finding of Study reveal the distribution of pre-test knowledge levels 32.5% poor, 57.5% average, 10.0% good, 0% very good, and 0% excellent. Post-test distribution indicates 0% poor, 0% average, 35.0% good, 57.5% very good, and 7.5% excellent knowledge. Mean level of Pre- test knowledge score was 7.375 and Mean of Post -test Knowledge score was 16.5.

CONCLUSION:

The findings affirm that the researcher's written material, in the form of the structured information booklet, undeniably helped participants improve their knowledge about the ketogenic diet on mental health. The study demonstrates a substantial increase in knowledge during the post-test phase, underscoring the booklet efficacy in enhancing, understanding and awareness of ketogenic diet on mental health among adults of selected urban areas at Nagpur district.

KEY WORDS:

Self-instructional module, knowledge, ketogenic diet, mental health, adults, effectiveness, assess

OBJECTIVE:

- 1) To assess the attitude towards E-learning among the B.Sc. Nursing students at selected nursing college.
- 2) To find the association between the attitude with their selected demographic variables.

METHODOLOGY:

Using a Quantitative research approach with a Descriptive study design, the study was conducted in selected Nursing College at Nagpur city. A structured modified attitude scale was used for data collection, with a sample size of 60 Nursing students selected through Non probability convenient sampling technique. Descriptive and inferential statistics were employed for data analysis, including frequency and percentage distribution for demographic variables and assess Attitude, as well as chi-square tests to determine associations between knowledge and demographic variables.

FINDING:

The percentage of attitude towards E-learning among the B.Sc. Nursing students, 100% (60) had positive attitude towards E-learning and 0% (0) had negative attitude towards E-learning. The percentage of Attitude towards E-learning among the B.Sc. Nursing students, in positive questionnaires 55 students were strongly agreed, 58 were agreed, 39 were uncertain, 29 were disagreed and 6 were strongly disagreed. Whereas in negative questionnaires 31 were strongly agreed, 57 were agreed, 48 were uncertain, 57 were disagreed and 40 were strongly disagreed.

CONCLUSION:

The study is based on the cited findings it was concluded undoubtedly that there is good level of attitude towards E-learning among the B.Sc. Nursing students who are in the selected Nursing College at Nagpur city.

KEYWORDS:

Assess, Attitude, E-learning, Structured modified attitude scale.

EFFECTIVENESS OF GAME THERAPY ON IMPROVING SELF -REALIZATION OF SELECTED ASPECTS AMONG WORKINGWOMEN IN METROPOLITAN CITY “- VAISHNAVI NILESH KHANDGE

AIM:

The study aims at improving self-realization among the working women by providing them Game therapy.

OBJECTIVE:

1. To find out various aspects in women’s health among working women.
2. To assess the effectiveness of Game therapy on improving self - realization of selected aspects in women’s health in control group.
3. Finding out whether the Game therapy is effective on improving self – realization of selected aspects in women’s health in experimental group.

NEED OF THE STUDY: -

In the recent era, working women are more vulnerable to health issues due to lack of time and self -silencing. Therapy could be anything which creates diversion, recreation of thoughts or action, Game therapy is one of the most effective purposeful and prosocial method through which we can improve the sense of self-realization. The study aims at improving self-realization among the women by providing them game therapy. The Chi-square test will be used to know the association between post-test results in the experimental group with their selected variables after the execution of game therapy on self-realization on women’s health aspects.

METHODOLOGY:

Quantitative pre-experimental approach with two groups pre-test and post-test design. Total 60 working women (30 in each) selected with non-probability convenient sampling technique.

RESULT:

The Chi-square test used to find association between selected variables with post test result after the execution of Game therapy on self-realization on women’s health aspects.

KEYWORDS: -

Effectiveness, Self-realization, Game therapy.

“A COMPARATIVE STUDY TO ASSESS THE EFFECTIVENESS OF AUTOBIOGRAPHY AS AN INNOVATIVE TEACHING METHOD VS TRADITIONAL METHOD FOR TEACHING ANTIHYPERTENSIVE DRUGS AMONG NURSING STUDENT OF SELECTED COLLEGE OF NURSING IN METROPOLITAN CITY”

-VAISHNAVI MAHENDRA VEDRE

AIM:

The study aims at comparing the effectiveness of autobiography as an innovative teaching method Vs traditional method for teaching antihypertensive drugs amongst nursing students of selected college of nursing.

OBJECTIVE:

1. To assess the existing knowledge of both the experimental and controlled group related to antihypertensive drugs in pharmacology.
2. To administer Autobiography as an innovative teaching method among the experimental group.
3. To administer routine traditional method of teaching amongst the nursing students of controlled group.
4. To assess the effectiveness of teaching in both the experimental and controlled groups.
5. To compare the effectiveness of autobiography Vs routine traditional method in teaching antihypertensive drugs.

NEED OF THE STUDY:

In the recent era, students demand updated methodologies, uncomplicated and easy learning techniques. Traditional teaching methods have been existing since a long time with minimal evolution. It is mainly instructor-centered and lacks feasible accessibility. The vast classification of antihypertensive drugs in pharmacology makes the learning and memorization process difficult. Students may find it strenuous to retain the information. Autobiography is an innovative educational approach that uses autobiographical narrative to learn from one's own story and from the stories of other, to share with the people the experiences, reflection and vision of world.

METHODOLOGY:

The present study is carried out with a quantitative comparative research approach with quasi experimental pre-test & post-test design. Total sixty samples had been selected by non- probability convenient sampling technique, thirty samples in each control and experimental group. Data was collected and analyzed using t-test.

FINDINGS:

The mean score for experimental group-1 (Autobiography) was 23.3 + 1.3, whereas for experimental group-2 (Traditional method) was 14.7 + 4.3 and the t-value found was 10.37 which signifies at $p < 0.05$ level. Thus, it reveals that autobiography is more effective than the traditional method of teaching.

PREVALENCE AND IMPACT OF DEPRESSION, ANXIETY AND STRESS, ON ACADEMIC AND WORK PERFORMANCE AMONG YOUNG ADULTS STUDYING WHILE WORKING FULL TIME.

-ARYA HEMANT PATIL

OBJECTIVES:

- 1] To find prevalence of depression, anxiety and stress using DASS-21 among young adults studying while working full time.
- 2] To find correlation of depression, anxiety and stress with academic performance and work performance using GPA and WHO-HPQ respectively.

NOVELTY:

Nowadays, due to increased expenses, lack of job security, inadequate income and passion to perceive education in desired area; people work harder. Also, people want to secure future by planning investment; hence they earn and learn at the same time. In order to achieve this people are now pursuing higher education while working full time. Globally, a lot of studies have reported regarding psychological problems faced by students, employees or students working part-time, but very few have expressed about the psychological problems like depression, anxiety and stress experienced by people studying while working full-time. Furthermore, identifying these psychological problems will help understand the aftermath of them on individuals' performance in studies as well as at workplace to attribute causality.

METHODOLOGY:

This cross-sectional study was conducted among 220 young adults through a simple random sampling method. We included 116 female and 104 male young adults who are studying in professional courses while working full-time, having minimum 1 year of work experience and completed at least 1 semester of the higher education they are pursuing. While, individuals with pre-diagnosed psychological disorders were excluded.

FINDINGS:

We found a prevalence of depression (40.45%), anxiety (55%) and stress (33.18%) in our study population. There was a significant negative correlation between depression, anxiety and stress with academic performance, where the correlation between anxiety and academic performance had the correlation coefficient $r = -0.18$ with $p = 0.009$. Also, the study revealed a significant negative correlation between depression, anxiety and stress with work performance, where the relationship between anxiety and work performance stood out as the most impactful, with a correlation coefficient $r = -0.46$ with $p = 0.000$.

INTRODUCTION:

Carpal tunnel syndrome is a most common entrapment neuropathy of upper limb and is a painful disabling condition. If the pressure inside the carpal tunnel increases due to any reason, the blood supply to the median nerve is reduced and also the nerve gets compressed. Hypothyroidism is an endocrine disorder in which there is deficiency of thyroid hormone. Hypothyroidism causes obesity, joint pain, and also affects CNS and PNS resulting in peripheral neuropathy.

NEED FOR STUDY:

CTS is a treatable condition. Hypothyroidism is just one cause of CTS. If screened earlier then we can delay or treat the condition and can avoid further complications. So, the present study was carried out.

AIM:

To study the prevalence of carpal tunnel syndrome in hypothyroid patients using CTS-6 evaluation tool.

METHODOLOGY:

An observational study was done in 151 patients of diagnosed hypothyroidism above 25 years of age in Bhusawal and Jalgaon city. Consent forms were taken; prior assessment and findings were noted by using CTS-6 evaluation tool.

RESULTS:

Total 151 patients were recruited and findings were noted and the data was statistically analysed. The study resulted that among 92.05% (n=139) patients there was no presence of CTS, among 3.97% (n=6) patients there was 0.25 probably of CTS and among 3.97% (n=6) patients there was 0.80 probably of CTS.

CONCLUSION:

The study concluded that the prevalence of CTS in hypothyroidism is relatively less.

CLINICAL IMPLICATIONS:

The study revealed presence of CTS is relatively less in hypothyroid patients but still the clinicians should be careful about the development of CTS in these patients.

LIMITATIONS:

Not considering the age or gender matching controls, increased BMI, duration of the hypothyroidism were the limitations of the study.

**"A STUDY TO ASSESS FACTORS INFLUENCING ACADEMIC PERFORMANCE AMONG B.SC. NURSING STUDENTS IN A VIEW TO DEVELOP AN INFORMATION BOOKLET ON COPING STRATEGIES IN SELECTED COLLEGES OF THE CITY."
- AYUSH SANJAY SURADKAR**

INTRODUCTION:

Academic problems are defined as a student feeling more pressure on his mind as a result of his inability to meet academic performance demands. Students must deal with a variety of academic demands and expectations, such as school exams, answering questions in class, and demonstrating progress in school subjects. Academic problems are more prevalent in both developing and developed countries.

MATERIALS AND METHODS:

Quantitative descriptive research approach with non-experimental research design used to assess the academic performance among B.Sc. Nursing Students. 140 samples were selected by using non-probability convenient sampling.

RESULT:

A total 140 numbers of samples included in the study. Out of 140 samples 4 (2.85%) are found with mildly influencing factors, 118 (84.28%) are found with moderately influencing factors and 18 (12.85%) are found with severely influencing factors.

CONCLUSION:

A study was conducted to assess the factors influencing academic performances among the B.Sc. Nursing students. With the help of a questionnaire data was collected to assess the factors influencing academic performance. Among this data the maximum number of Nursing students are having moderately influencing factors having frequency of 118 (84.28%). 18 samples (12.85%) are having severely influencing factors and only 4 samples (2.85%) are having mildly influencing factors. It is concluded that maximum number of students are having some or the other factors influencing academic performance.

KEYWORDS:

factors, academic, performance, information booklet, coping, strategies.

**A DESCRIPTIVE STUDY TO ASSESS THE FACTORS AFFECTING ON THE FIRST ATTEMPT OF IV CANNULATION SUCCESS RATE AMONG THE PATIENTS AT TERTIARY CARE HOSPITAL
-KISHOR MADHUKAR THOMBARE**

OBJECTIVE:

1. To Assess incidence Rate of first attempt success rate of IV cannulation
2. To assess the factors affecting the first attempt success rate of IV cannulation

INTRODUCTION:

Peripheral intravenous catheter (PIVC) placement is the most commonly performed medical procedure in emergency department. More than 25% of emergency department patient require a (PIVC) for administration of fluids. peripheral intravenous access is the most-commonly carried out invasive procedure in health institutions. It is estimated that more than 70% of hospitalized patients are subjected to peripheral intravenous puncture (PIP), with catheters remaining in place for a considerable part of the time that the patients remain hospitalized. Peripheral intravenous cannula (PIVC) insertion is a vascular access clinical procedure that is shared among many professionals, including: nursing, medical, paramedical, lead physician assistant, as well as technical and support staff.

METHOD AND MATERIAL:

research approach used for this study was quantitative approach and design was descriptive design and setting of study was MGM hospital and research centre. Target Population total all the patients of IV cannula insertion in patients which eligible for intravenous administration of cannula. The Non probability purposive Sampling technique were used for data collection. Sample size was 150 consist of incidence of IV cannulation among patients admitted in the MGM hospital and research centre Ch. Sambhajinagar. Data was collected using Demographic variables, Modified observation checklist for IV cannulation. data analysis was done by using descriptive and inferential statistics.

RESULT:

This research study was revealed that incidence rate of first attempt success rate of IV cannulation 54.66 % and the visibility of vein (91%) and palpability of vein (92%) were two factors affected on first attempt success of IV cannulation.

CONCLUSION:

The research study was concluded improve practice of IV cannulation in the practice in the clinical settings. The visibility of vein (91%) and palpability of vein (92%) are two factors affected on the first attempt success of IV cannulation.

KEYWORDS:

IV cannulation, factors affecting, success rate

"A STUDY TO ASSES KNOWLEDGE, ATTITUDE AND SELF-PRACTICE OF OVER-THE-COUNTER DRUGS AMONG THE UNDERGRADUATE NURSING STUDENTS IN CHHATRAPATI SAMBHAJI NAGAR CITY "

-BHASKAR SONTAKKE

OBJECTIVE:

1. To assess the knowledge regarding OTC drugs among undergraduate nursing students of selected colleges of Chhatrapatisambhajnagar city.
2. To assess the attitude regarding OTC drugs among undergraduate nursing students of selected colleges of Chhatrapatisambhajnagar city.
3. To assess self-practice of OTC medication among undergraduate nursing students of selected colleges of Chhatrapati Sambhajnagar
3. To find out the association between selected demographic variable with knowledge regarding OTC drugs among under graduate nursing students.
4. To find association between selected demographic variable with attitude regarding OTC drugs among undergraduate nursing students.
5. To find out the association between self-practice regarding OTC with demographic variables among undergraduate nursing students.

INTRODUCTION:

Over the counter medication (OTC) means taking medication without any prescription of physician or doctor. Over the counter drug practice commonly used for minor treatment and mostly taken by educated people.

METHODOLOGY:

This study was quantitative approach and design was descriptive design and the setting of the study was undergraduate nursing college. Sampling technique Non probability purposive sample mainly used for data collection. Sample size 150 samples of undergraduate nursing student studying in Ch. Sambhajnagar. Data was collected using Demographic variables questionnaires Observational checklist, attitude scale for data collection data analysis was done by using descriptive and inferential statistics.

RESULT:

In this research study (50%) had adequate knowledge regarding OTC drugs. (48%) had moderate knowledge regarding OTC drugs. (2%) students had inadequate knowledge. (34%) respondent had positive attitude and (68%) respondent had negative attitude towards OTC drug.

CONCLUSION:

The result showed that still they are lacking the concept of over-the- counter drugs, consultation of doctor before using the OTC drugs, its adverse effects, disease to be treated, caution to be taken, reading the instruction before use and checking the expiry date. In order to control this prevailing problem, it is suggested for awareness program among undergraduate nursing students & other medical students at college level regarding over-the counter drugs.

OBJECTIVE:

The objective of this research study is to explore the potential correlation between IT professionals' chronic low back pain (LBP) and hamstring flexibility.

THE NOVELTY:

A widespread musculoskeletal issue amongst IT professionals is low back pain, which can be attributed to poor ergonomics and prolonged sitting periods. Whereas, prolonged sitting posture keeps the hamstring muscles in a shortened position due to bent knees contributing to reduced hamstring flexibility. It is typical for these two characteristics to coexist in an IT professional. Therefore, research on the correlation between decreased hamstring flexibility and chronic low back pain in IT professionals is essential.

METHODS:

A cross-sectional study was executed. 40 individuals, comprising both genders, were enlisted from various information technology firms. The percentage of disability was determined through the Oswestry disability questionnaire (ODI), and the degree of hamstring tightness was evaluated using the Active Knee Extension (AKE) test. The significance of the correlation between these two variables was investigated using the Mantel-Haenszel estimate, a test of homogeneity, and the Chi-square test. The advanced statistical program SPSS version 29.0, created by IBM SPSS in New York, USA, was used for the entire analysis procedure. This method contributes to the study's robust findings by guaranteeing the accuracy and consistency of the statistical evaluation.

FINDINGS:

Among IT professionals, the research showed a strong correlation between low back discomfort and hamstring tightness, suggesting a possible relationship between these variables. According to the ODI score, the majority of individuals (63.4%) had a minor disability. The proportion of individuals with hamstring tightness is higher (65.9%). The years of work experience are distributed throughout several categories, with a notable percentage having three years of experience. With a standard deviation of 3.331 years, the mean age is roughly 25.17 years. The average ODI score is 13.02 and the average job experience is 2.756 years. The average degree of knee flexion is 23.32

ASSESSMENT OF LOCOMOTOR FUNCTIONAL LOSS AMONG FRAIL AND NON-FRAIL ELDERLY INDIVIDUALS RESIDING IN THE COMMUNITY- AN OBSERVATIONAL STUDY. - SAMRUDDHI PETKAR

AIM:

To assess the locomotor functional loss among frail and non-frail elderly individuals residing in the community.

OBJECTIVES:

1. To assess frailty among community-dwelling elderly individuals using the FRAIL Scale.
2. To assess locomotor functional loss among community-dwelling elderly individuals using the Geriatric Locomotor Function Scale (GLFS-25).
3. To compare locomotor functional loss among frail and non-frail community-dwelling elderly individuals.

METHODS:

Research Setting: Community setup

Study Design: Observational

Sampling Method: Purposive

Sampling Size:100

Inclusion Criteria:1) Age group 60 and above

2) Frail and non-frail with Locomotor syndrome

Exclusion Criteria:1) Mental illness

2) History of fracture of lower limb

PROCEDURE:

After obtaining institutional ethical clearance 100 community dwelling individuals were included according to the inclusion criteria. Informed consent was taken from the individuals. Demographic and clinical characteristics of individuals was obtained. Locomotor function loss and frailty score was assessed using Geriatric locomotive function scale (GLFS-25) and FRAIL Scale respectively.

RESULT & CONCLUSION:

The result of the study shows that the prevalence of Locomotor syndrome was very high specifically in musculoskeletal disorder like hip, knee and low back pain. A similar study was done by Takaomi Kobayashi et al which concluded that individuals with Locomotor syndrome had a higher rate of hip pain, knee pain. The comorbidities among frail group were seen with hypertension and Diabetes mellitus both, which may likely affect GLFS-25 score. A study conducted by Takaomi Kobayashi et al also concluded that, comorbidities were associated with increased GLFS-25 domain scores and total score and consequent diagnosis of LS. In my study, there is no significant difference in the outcome of GLFS score between the frail and non-frail group. Community dwelling middle aged and elderly people of GLFS-25 score of ≥ 16 is seen in frailty and non-frailty respectively at the rate of Mean \pm SD difference of 24.33 ± 16.63 (P value >0.10) in the frail group and 24.31 ± 16.16 (P value >0.10) in non-frail group.

AIM –

To study the effect of cost-effective device (GRAB Fast) for physiotherapy intervention

Objective - To find out the effectiveness of cost-effective device-GRAB Fast, for physiotherapy intervention

METHODOLOGY: -

1. The instructor will start by blinking one of the lights along with sound on the monitor
2. As soon as the light blinks, the individual has to step on the sensor board with two feet as fast as he can
3. The individual has to perform this activity in duration of 3 minute
4. The agility will be measured by repetitions of movements performed in given time
5. The movement pattern followed will be in any subsequent direction
6. Any crossover of foot is not allowed during the moves

UTILITY -

- ✓ Easy to use
- ✓ Durable
- ✓ Foldable
- ✓ Portable
- ✓ Can be used for training program

CONCLUSION –

The GRAB Fast instrument is cost-effective.

Used for Pediatric to Geriatric generation

Agility training, confidence, gait pattern

Reaction time

Fall preventive

Visual feedback

Improve balance, co-ordination, attention

Impact on society –

Cost-effective

Use of recycled material

Electrically efficient (12 V)

AIM –

To study the effect of SD - walker for walking aids purpose and for physiotherapy intervention.

OBJECTIVE:

To find out the effect of SD - walker for walking aids purpose and for physiotherapy intervention.

METHODOLOGY-

The instructor will ask the subject to walk with SD - walker normally as traditional walkers. Instructor will assess & supervised the subject with walker and then also attach the seat when subjects are tired during the walking session.

MATERIAL:

Waste material (PVC pipes)

RESULT:

SD - walker is cost effective, easy to use, cheaper and light weight

CONCLUSION:

SD walker is cost effective.

ADVANTAGES-

- Used for walking purpose
- light weight
- used for training purpose
- seating attachment made from waste material and is used in community.

TO ASSESS THE EFFECT OF SUHASANA THERAPY ON QUALITY OF LIFE AMONG RHEUMATOID ARTHRITIS PATIENTS IN SELECTED HOSPITAL OF MUMBAI. -RANI LILBAHADUR THAPA

AIM:

To assess the effect of suhasana therapy on quality of life among rheumatoid arthritis patients in selected hospital of metropolitan city

OBJECTIVES:

1. To assess the level of pain of Rheumatoid Arthritis patients before and after the Suhasana therapy.
2. To assess and compare the effect of Suhasana therapy among arthritis patient in the experimental group and control group.
3. To find the association between Suhasana therapy with selected demographic variables

METHODOLOGY:

The standardized tools used for data collection are RAPS (Rheumatoid Arthritis Pain Scale) and AIMS2-SF (Arthritis Impact Measurement Scale). Quantitative approach and quasi experimental two group design was used. 60 patients were collected using non-probability convenient sampling technique. Through online mode i.e. zoom meeting of daily 30 minutes, suhasana therapy was provided for 21 days consecutively.

NOVELTY:

1. Suhasana Therapy was used as a combination therapy of suksham vyam(yoga) and laughter therapy.
2. It can be used as complementary therapy with the prescribed medicines.
3. It can be used as add-on course in a part of nursing curriculum.
4. Demonstration method of teaching can be done for students and procedure checklist can be prepare for efficient learning.
5. It can be used in community health setup, as it is cost-effective and has no any side effects on the health.

FINDINGS:

It was done through used of paired and unpaired t-test. The Pain level was assessed before and after the suhasana therapy, by using paired 't'test of two tailed "t" value for 0.05 level of significance was 2.756 with degree of confidence of 29. While the sum of the domain is 22.70. Thus, null hypothesis (H₀) was rejected and (H₁) is accepted.

CONCLUSION:

It has been observed that, non-pharmacological intervention i.e. exercise, meditation, guided imagery and massage has help to relieve the pain and improve the quality of life without causing any further adverse effects on one's health. Likewise, by combining or integrating the one non-pharmacological intervention with another e.g. 'Su' (suksham vyam) 'hasana' (laughter therapy) had help to improve physical and mental stress. Hence, regularly doing physical activity can boost self-esteem, mood, sleep quality, mental peace and reduces depression, anxiety and various other health problems.

A QUASI-EXPERIMENTAL STUDY TO ASSESS THE IMPACT OF KNEE CARE BUNDLE ON PHYSICAL FUNCTIONALITY AMONG WOMEN IN MUMBAI URBAN COMMUNITY - - POOJA TEKAM

AIM:

To assess the impact of knee care bundle on physical functionality among women in community.

OBJECTIVES:

- To assess physical functionality before & after implementation of knee care bundle.
- To find the association of physical functionality in four groups in post intervention period.

METHODOLOGY:

A quasi-experimental approach is used. The research design used was 4 group Solomon (pretest posttest two group and post only control design). Total 80 samples (women above 40 years of age with knee pain) were collected using a non-probability snowball sampling technique. Data was collected through demographic data, Likert scale, rating scale & opinionnaire. Women were taught exercise and massage with ginger oil for 10 mins which they were supposed to implement at home, daily for 7 days and follow up was taken on a daily basis.

NOVELTY:

It may be used as a complementary method to medical treatment as it can be easily implemented by patients at home without any restrictions as it doesn't have any side effects. It is a combination of massage with ginger oil extract and exercise for knee pain, simultaneously using both by the patients for better results in the long-term period.

FINDINGS:

The level of knee pain was assessed in terms of frequency and percentage by comparing pretest and post-test between the control group and respective experimental groups individually. It is seen that in experimental group with both exercise and massage before the interventions were given, 3(15%), 14(70%), 3(15%) samples were having mild, moderate and severe level of pain respectively. After posttest, 15 (75%) had mild, 4 (20%) sample had moderate and 1 (5%) sample had severe level of pain.

CONCLUSION:

Knee care bundle helps in improving the quality of life in terms of improving knee functionality, physical functionality, circulation and reducing knee pain. And can be used as an effective alternative for pharmacological treatment in the community health sector. It was observed that implementing both exercise and massage with ginger oil extract simultaneously was more effective than implementing individually.

OBJECTIVE:

To obtain an overall impression of the quality of the written product and to identify those with difficulties in producing legible and/or sufficiently fast handwriting Novelty : Young children's motor processes require more capacity than those of adults and because their handwriting is not automated, writing might be particularly difficult for them and task-oriented training might really help, to develop a standard protocol for task-oriented training and to understand the impact of process-oriented training, as research on this topic is scarcer.

METHODOLOGY:

A Comparative study was conducted in a school with 160 participants between 8 to 12 years of age. A group of 80 students were given task-oriented training in which the task of writing a paragraph with instructions to write it on paper within 6 minutes of time was given and then analyze the task using Handwriting Legibility Scale. A group of 80 students were given process-oriented training in which a paragraph is given to write without any instructions and no fixed time and then analyze the task using Handwriting Legibility Scale.

RESULT:

It was found that task-oriented training showed improvement in quality of written product with p value < 0.05 .

CONCLUSION:

Based on the result of the study, it can be concluded that task-oriented training is better than process-oriented training to improve handwriting skills. The task-oriented self-instruction method applied in this study seems to improve especially the quality of handwriting, not speed, of children initially identified as having poor handwriting quality.

EFFECTIVENESS OF SIMULATION REGARDING BLOOD SAMPLE COLLECTION TECHNIQUE ON KNOWLEDGE AND PRACTICES OF STUDENTS STUDYING IN SELECTED NURSING COLLEGES OF PUNE CITY.
-SNEHAL SATISH SALUNKE

OBJECTIVE:

Primary objective:

To assess the effectiveness of simulation regarding blood sample collection on knowledge and practices of students studying in selected nursing colleges of Pune City.

Secondary objective:

1. To assess the pre-test knowledge regarding sample collection of nursing students.
2. To demonstrate the procedure of sample collection among nursing students.
3. To assess the post-test knowledge regarding sample collection among nursing students.
4. To find out association between pre-test and post-test score with selected demographic variables.

MATERIAL & METHODS-

Research Approach – Quantitative research approach.

Research Design- True experimental non randomized control group design.

Sampling Technique- Probability convenient sampling technique was used for selection of sample.

Setting – Selected nursing colleges of Pune city.

Sample Size- 30 students of selected nursing colleges of Pune City.

Validity- Tool of the study was validated from 9 experts from the college and then validation of tool was finalized by faculty of department.

Reliability - Test- retest method is used.

Tools and techniques- In this study the tool used were self-reported Structured

Questionnaire to assess Demographic Variables. Structured questionnaire to assess the knowledge.

Observational checklist to assess the effectiveness of demonstration technique.

RESULTS -

Section I: In this study 30 students were assessed in that 23.33% are in between 18-20 years, 76.66% are in between 21-23 years and 0% in between the 23-25 years.

Section II: Percentage wise distribution according to Pre-test and posttest mean percentage of respondents from experimental group.

Section III: In pre-test 40% students were good, 56.66% were average 3.33% were poor knowledge and practices. After that in posttest 83.33% were good and 16.66% were average and 0% poor in their knowledge and practices

CONCLUSION:

In this the focus of study was on assessment of knowledge and practices of nursing students regarding blood sample collection technique and in that post-test shows the 83.33% were good in their practices and 16.66 % were average in their knowledge and practices

INTRODUCTION AND NEED OF STUDY:

There is 40%-80% incidence of musculoskeletal injuries in professional dancer, due to rigorous training routine, mainly affecting the lower extremities, back, and soft tissues due to overuse. Warm-up prepares the body for high-energy dancing, while cool-down aids rapid recovery and waste elimination. Hence, regulating body temperature and maintaining muscle length tension relationship. This study assesses knowledge and practice of warm-up and cool-down exercises among professional Kathak dancers, addressing their injury prevention awareness.

AIM:

To evaluate knowledge, attitude and practice of warm up and cool down exercise in classical Kathak dancers.

OBJECTIVE:

- To evaluate knowledge about the warm up and cool down exercises in classical Kathak dancers.
- To understand the attitude of Kathak dancers towards the warm up and cool down exercises.
- To identify if the Kathak dancers practice warm up and cool down exercises before and after respectively.

METHODOLOGY:

Cross-sectional study involving 111 professional Kathak dancers who have been practicing for >1year, age 15 to 45 years, and have completed Madhayamapratham. Dancers who experienced recent dance related injuries and have consulted doctor were excluded. After obtaining ethical clearance, a self-designed questionnaire assessing knowledge, attitude, and practice was circulated among the participants. The collected data was then be analyzed and interpreted to draw insights about this specific population.

RESULTS AND CONCLUSION:

Only 44% and 36% dancers knew effect of warm up in increasing body temperature and cool down in decreasing the body temperature respectively, showing lack of knowledge. However, 54% dancers had neutral attitude towards this exercise being skipped. Whereas, only 16%and 44% dancer practice cool down and warm up respectively, showing lack of practice.

INTRODUCTION:

The pervasive use of computers, accounting for 75% of daily activities, has undeniably enhanced productivity but not without consequences. This has given rise to Computer Vision Syndrome (CVS), accompanied by health risks such as low back pain, tension headaches, and psychological stress. The surge in digital device usage reflects a growing concern for CVS worldwide

OBJECTIVES:

1. To assess prevalence and risk factors of CVS among office workers
2. To develop an informational booklet on prevention and management of computer vision syndrome

MATERIALS AND METHODS:

A quantitative approach was employed to conduct a descriptive study in selected offices among 127 computer office workers recruited through convenient sampling. A validated structured questionnaire was used for data collection

RESULT:

In this study of 127 computer office workers, an alarming 88.97% were identified as being at risk for Computer Vision Syndrome (CVS), revealing a concerning prevalence within IT workforce. Common symptoms among those at risk included headaches (72.4%), itching eyes (52.4%), burning eyes (57.4%), and tearing eyes (56%), highlighting the pressing need for intervention. The findings underscored critical risk factors such as infrequent breaks, inadequate eye protection, and lack of lubricant eye care, inadequate ergonomic practices indicating a need for targeted interventions in occupational settings to mitigate CVS risks

CONCLUSION:

The study revealed that a substantial proportion of office workers were affected by CVS. This necessitates implementation of comprehensive strategies to mitigate impact of CVS on well-being of office workers. The deployment of an informational booklet tailored to address specific needs of this population is crucial towards creating awareness and promoting preventive measures.

INTRODUCTION:

Educational games have been incorporated in nursing education to facilitate active learning among students. This educational 'Memory Jogger' is developed as a supplemental tool to reinforce learning of psychopharmacology through memory tricks, mnemonics and acronyms that simplify concepts.

OBJECTIVES:

1. To compare level of knowledge related to psychopharmacology in undergraduate nursing students before and after implementation of Memory Joggers
2. To elicit opinion about "Memory Joggers" from the UG nursing students

HYPOTHESIS:

Ho -There is no significant difference in level of knowledge related to psychopharmacology before and after implementation of "Memory Joggers" at 0.05 level of significance.

METHODOLOGY: -

The research design adopted was pre-experimental design one group pretest posttest design. Total 51 nursing students were selected by convenient sampling method. The study was conducted in a selected nursing college, population was of Basic BSc nursing students. Pre and posttest knowledge of students was collected using a structured MCQ type questionnaire, just before and after 7 days of intervention.

RESULT:

In pretest maximum students (43) were having average knowledge and in posttest majority (48) had excellent knowledge scores. The calculated t value is 9.8 at 0.05 level of significance and as it is greater than tabulated t value, the null hypothesis is rejected

Comparison of mean pre-test and post-test level

Aspect	Pre-test	Post-test	Difference	't' value	Significance
Knowledge based	4.37	7.45	3.08	9.8	S*
Application based	3.37	7.57	4.20	14.9	S*

The students found memory jogger's innovative, interesting and helped them remember better.

CONCLUSION:

The findings of the study indicate that Memory Joggers were effective in the knowledge retention of psychopharmacology drugs. Such innovative methods encourage active learning in students which help in better retention of drug knowledge that is vital for nurses and patient safety.

LIST OF ABSTRACTS OF PG CATEGORY

Sr. No	Name of the Participant	Title of the study
1	Mayuri Sawkar Sonawane	An experimental study to assess effectiveness of comfort device on newborn latching and maternal comfort level in selected hospitals.
2	Sanket Vispute	A study to assess the effectiveness of affirmation aid on self-esteem and psychological wellbeing among nurses working in the ICU.
3	Shivani Ashok Tekade	A study to assess the knowledge regarding first aid management of selected paediatrics emergencies among caretakers in selected urban community in a view to develop an information booklet.
4	Gaurav Sambhaji Shinde	A study to assess the knowledge and practices regarding occupational health hazards among nurses working in selected hospitals.
5	Simran Rajesh Chachada	Influence of Kinesio phobia on pain and disability in knee pain patients using a questionnaire - a cross sectional study
6	Namisha Dashrath Bhishikar	Reliability of Modified functional reach test in children with cerebral palsy aged 6-18years: An observational Cross-Sectional study
7	Shubham Kendre	Prevalence of low back pain and associated disability in medical students of MIMSR campus Latur.
8	Prathamesh Joshi	Effect of aerobic exercises on hemodynamic parameters in perimenopausal grade-1 obese women.
9	Vidya Tukaram Kshirsagar	A study to assess the level of stress among Higher Secondary Teachers due to online classes in selected areas of city during Covid-19 pandemic lockdown. ”
10	Anjali Carvalho	Assessment of hand strength and Hand function among children aged 6- 12 years: a cross sectional study
11	Sakshi Uttamchandani	Comparison of blood flow restriction training versus traditional strengthening on handgrip strength and forearm girth in young adults.
12	Siddhi Sunil Zabak	Development of foot tilt inclinometer for early diagnosis
13	Amanda Dsouza	A Quasi-Experimental study to assess the effect of “Swashthya Kanoon” e-Module on knowledge regarding healthcare laws among adult population
14	Neena Nair	Development of “Matrutva e-Flipbook” based on Informational needs of Primigravida Mothers
15	Ms. Bhakti Shrinivas Kulkarni	“Evaluate the effectiveness of commando pillows in minimizing neck, face movements and improving comfort in hospitalised patients”

AN EXPERIMENTAL STUDY TO ASSESS EFFECTIVENESS OF COMFORT DEVICE ON NEWBORN LATCHING AND MATERNAL COMFORT LEVEL IN SELECTED HOSPITALS. MAYURI S. SONAWANE

OBJECTIVES:

- To assess & compare newborn latching & maternal level of comfort before & after intervention in control & experimental group.
- To assess effectiveness of comfort device on newborn latching & maternal level of comfort.

HYPOTHESIS:

Ho-There is no significant improvement in LATCH score& maternal comfort after giving comfort device.

H1-There is significant improvement in LATCH score& maternal comfort after giving comfort device.

RESEARCH METHODOLOGY:

- Research approach: Quantitative approach
- Research design: Two group pretest -post-test design
- Study setting: Selected hospitals
- Sample: Haemodynamically stable postnatal mother who delivered healthy newborn vaginally/ by caesarean section
- Sampling technique: Non-probability convenient sampling technique
- Sample size:80(40 experimental &40 control)
- Instruments: LATCH assessment tool, maternal comfort rating scale

NOVELTY:

Providing comfort device may have positive effect on newborn latching and comfort device. This comfort device has three in one characteristic such as, it helps to improve newborn latching, maternal comfort and provide privacy to the mother while breastfeeding. Indian mother is shy to breastfeed their newborn but by providing privacy to the mother it has positive impact on breastfeeding.

RESULTS:

Mean pretest LATCH score was 4.5 each in control and experimental group. Mean post-test LATCH score was 6.3 & 8.1 with mean difference of 1.8 & 3.6 in control and experimental group respectively

Mean pretest maternal comfort score was 9.2 and 8.8 whereas mean post-test comfort score was 12.4 and 22.2 in control and experimental group respectively with mean difference of 3.2 and 13.4 each.

The calculated 't' value of LATCH score was 16.6 & maternal comfort score was 45.9. Both values are higher than tabulated value at 5% level of significance. Hence H1 is accepted.

INTRODUCTION:

Nurses play a crucial role in patient care and their recovery, especially in the ICU, but often workload & nature of the job lead to burnout and distress in nurses. However, most of the time no attention is given to managing problems of nurses or methods advised are not feasible due to their time-consuming process, causing difficulty adopting during working hours. Novelty: Affirmation Aid (AA) comprises a nursing pledge, a handoff checklist, and 'handwashing with affirmation' used as an intervention on self-esteem and psychological wellbeing among nurses working in the ICU in a selected hospital.

OBJECTIVES:

- To assess and compare the level of self-esteem and psychological wellbeing of nurses working in the ICU before & after implementation of affirmation aid in both the groups.
- To evaluate the effectiveness of affirmation aid on self-esteem and psychological wellbeing among nurses working in ICU before & after intervention in experimental group.
- To assess the opinion of nurses working in the ICU regarding Affirmation Aid in the experimental group.
- To identify the association between self-esteem and psychological wellbeing with demographic variables.

RESEARCH METHODOLOGY:

A pre and post-test control group research design used where intervention is delivered for 21 days to the experimental group. The Rosenberg self-esteem scale and Ryff's 18-item psychological well-being scale, were administered on the 7th, 14th, & 21st day respectively to both groups. A study involved 80 staff nurses from a selected hospital in Mumbai.

RESULTS:

The results showed 'Z' values of 4.48, 4.82, and 2.10, respectively, which were found to be statistically significant and outside the range of the Z tab score of ± 1.96 . Similarly, psychological wellbeing 'z' values of 4.59, 4.92, and 5.10 respectively were found. Conclusion: This proves that affirmation aid is effective in improving self-esteem & psychological wellbeing among nurses working in the ICU in an experimental group. This investigation suggests that affirmation aid can be used in day-to-day life by health professionals, students, academicians, and individuals requiring high mental and physical ability in their workplace.

INTRODUCTION AND NEED OF STUDY:

There is 40%-80% incidence of musculoskeletal injuries in professional dancer, due to rigorous training routine, mainly affecting the lower extremities, back, and soft tissues due to overuse. Warm-up prepares the body for high-energy dancing, while cool-down aids rapid recovery and waste elimination. Hence regulating body temperature and maintaining muscle length tension relationship. This study assesses knowledge and practice of warm-up and cool-down exercises among professional Kathak dancers, addressing their injury prevention awareness.

AIM:

To evaluate knowledge, attitude and practice of warm up and cool down exercise in classical Kathak dancers.

OBJECTIVE:

- To evaluate knowledge about the warm up and cool down exercises in classical Kathak dancers.
- To understand the attitude of Kathak dancers towards the warm up and cool down exercises.
- To identify if the Kathak dancers practice warm up and cool down exercises before and after respectively.

METHODOLOGY:

Cross-sectional study involving 111 professional Kathak dancers who have been practicing for >1year, age 15 to 45 years, and have completed Madhayamapratham. Dancers who experienced recent dance related injuries and have consulted doctor were excluded.

After obtaining ethical clearance, a self-designed questionnaire assessing knowledge, attitude, and practice was circulated among the participants. The collected data was then be analyzed and interpreted to draw insights about this specific population.

RESULTS AND CONCLUSION:

- Only 44% and 36% dancers knew effect of warm up in increasing body temperature and cool down in decreasing the body temperature respectively, showing lack of knowledge.
- However, 54% dancers had neutral attitude towards this exercise being skipped.
- Whereas only 16%and 44% dancer practice cool down and warm up respectively, showing lack of practice.

A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICES REGARDING OCCUPATIONAL HEALTH HAZARDS AMONG NURSES WORKING IN SELECTED HOSPITALS. - GAURAV SAMBHAJI SHINDE

OBJECTIVES:

1. To assess knowledge regarding first aid management in selected paediatric emergencies among caretakers in selected urban community
2. To find out the association between knowledge score with selected demographic variables.

HYPOTHESES:

H₀1: There is no knowledge regarding first aid management of pediatric emergencies among caretakers.

METHODOLOGY:

The broad review of literature related studies, professional experience and expert's guidance which provides the strong foundation for the study including the basis for the conceptual framework and formation of the tool. The main study was conducted from 3/09/2019 to 10/10/2020 in Kondhwa, Yewalewadi who fulfilled the inclusive criteria using convenience sampling technique 10 samples were selected. A brief self-introduction was given to all the subjects. The purpose of the study was explained to all the subjects and they were assured that confidentiality the data collected was maintained. Both verbal and written consent was obtained from all the subjects. Structured questionnaire was used to collect the baseline variables. On the first day pretest questionnaire was given to the subjects. On the 2nd day the subjects were provided self -instructional module and instructed to read and clarify.

FINDINGS OF THE STUDY:

The data collected was analyzed using both descriptive and inferential statistics. Among the, 46% were in the age group of 11-14 years. Majority 90% of them belong to Hindu. Most of the children 56% were living in a nuclear family.38% of parents completed Higher Secondary education. Majority of parents 42% were homemaker.38% have more than five. Majority 66% of them have a family income below Rs. 2000 62% belongs to rural area.60% of school children were non-vegetarian. The pretest level of knowledge, 6 children (12%) have poor knowledge regarding first aid and safety measures, 36 school children (72%) have an average knowledge regarding first aid and safety measures and 8 school children (16%) have good knowledge regarding first aid and safety measures. The posttest level of knowledge reveals that 36 children (72%) have good knowledge and 14 school children (28%) have excellent knowledge regarding first aid safety measures in posttest. The pretest mean score was 10.58 and standard deviation was 1.71. The posttest mean score was 14.94 and standard deviation was 1.39. The pretest mean was 10.58, standard deviation was 1.71, mean% was 52.9 and posttest mean was 14.94, standard deviation was 1.39, mean % was 74.7 with the calculated 't' value of 22.31 which showed high statistical significance at $p < 0.05$ level. There was no significant association of posttest level of knowledge with any of the demographic variables

CONCLUSION

The present study assessed the knowledge of school children regarding first aid and safety measures, the school children had inadequate knowledge regarding first aid safety measures. After reading Self Instructional Module, there was a significant improvement in school children knowledge regarding first aid and safety measures. The study concluded that the Self-instructional module was effective in improving the knowledge regarding first aid and safety measures among children.

INFLUENCE OF KINESIO PHOBIA ON PAIN AND DISABILITY IN KNEE PAIN PATIENTS USING A QUESTIONNAIRE - A CROSS SECTIONAL STUDY- SIMRAN RAJESH CHACHADA

OBJECTIVE:

To find out the influence of Kinesiophobia on pain and disability in knee pain patients using

- Visual analogue scale (VAS)
- Lysholm Knee Scoring Scale
- Tampa Scale for Kinesiophobia

METHOD:

An experimental study carried out to study the influence of Kinesiophobia on pain and disability in knee pain patients using a questionnaire.

RESULT:

The result shows that-

- There was mild correlation between disability and Kinesiophobia
- There was no significant correlation between pain and Kinesiophobia.
- There is mild negative correlation of Tampa scale with Lysholm scale.

CONCLUSION:

The study concluded that there was mild influence of Kinesiophobia on disability while there was no influence of Kinesiophobia on pain. It was evident from the study that psychological factors like fear of movement affect the disability grades in knee pain patients.

KEY WORDS:

Kinesiophobia, pain and disability, knee pain patients

OBJECTIVE:

To find the reliability of mFRT (forward reach, left lateral and right lateral reach), cerebral palsy children.

NOVELTY:

Balance in sitting plays an important role among children with cerebral palsy. The modified functional reach test (mFRT) is reliable tool to evaluate both static and dynamic sitting balance among children but the reliability of mFRT has not been proven among cerebral palsy children.

METHOD:

An observational cross-sectional study on 30 children with cerebral palsy aged 6-to-18 years was randomly selected. The children were asked to reach forward and lateral (right and left) directions. Three successive trials of forward reach and lateral reaches with the child sitting with feet shoulder width apart were performed and the mean of 3 trials was calculated. Reliability of mFRT test in all the directions (forward, left and right lateral) was found out.

RESULT:

Reliability of mFRT test was found out in all the directions. The values of reach in age groups were compared. The genders were compared with the mFRT. GMFCS levels were compared with mFRT. BMI was correlated with mFRT.

DISCUSSION:

This study found excellent intra rater reliability (test-retest reliability) of mFRT in children with cerebral palsy aged 6-18years, in all directions; forward reach test $r=0.996$, left lateral reach test $r=0.974$, right lateral reach test $r = 0.988$. This test can be used to evaluate the dynamic sitting balance of children with cerebral palsy of age 6-18 years in both genders.

CONCLUSION:

The mFRT has excellent intra rater-reliability among cerebral palsy children of 6-18 years.

KEY WORDS:

Forward-Reach, Sitting-Balance, Reliability, Cerebral Palsy, Gender

BACKGROUND:

Low back pain (LBP) is a serious health problem among medical students. This study aimed to investigate the prevalence and associated factors for LBP among MIMSR Latur medical students. Low back pain is the leading cause of disability and inability to work in medical students, and is expected to affect the activities of daily living. The activities of these professional are related to the development of this pain. It is estimated that up to 60% of low back pain events in medical student is work related. In fact, medical students are potentially exposed to the low back pain occupational risk as graduates, such as poor working postures.

AIM:

This study aimed to verify the percentile value of low back pain and associated disabilities in medical students of MIMSR campus Latur.

METHODOLOGY:

104 samples were selected according to criteria of study. consent was taken on consent form. Low back pain was measured on NPRS Scale and associated disabilities are taken by OSWESTRY LOW BACK DISABILITY QUESTIONNAIRE. The collected data was analyzed statistically and on the basis of result, the discussion and conclusion were made.

RESULT:

The prevalence of low back pain among medical students of MIMSR campus Latur, were total number of subjects(n=104) physiotherapy 33%(n=35), nursing 31%(n=33), medical 26%(n=27), dental 9%(n=10), and associated disability according to ODI score in overall population is 52.4% which is moderate disability. Data was analyzed by JAMOVI (Version 2.3) 2022 and MS EXAL 2019, where significant associations were found between low back pain and associated disability, ODI table contains ODI mean scoring in %, mean and SD of ODI 9.90 and 7.90 respectively similarly mean and SD of NPRS 7.06 and 2.56 respectively, p-value is set to be at 2.00 significant 0.005.

CONCLUSION:

The high prevalence of low back pain in medical students of MIMSR campus Latur which is associated with poor study habits, lifestyle habits, and psychological factors highlight a need for life skills training, education, counselling, and restructuring of the medical curriculum.

KEYWORDS:

Low back pain, associated disability, medical students, MIMSR campus, Latur city.

EFFECT OF AEROBIC EXERCISES ON HEMODYNAMIC PARAMETERS IN PERIMENOPAUSAL GRADE-1 OBESE WOMEN.

-PRATHAMESH JOSHI

BACKGROUND: -

Perimenopause is the transition period where, starting of increase in body weight and fat distribution due to estrogen hormone imbalance and other than hormonal imbalance sedentary lifestyle is also crucial factor for obesity. Peri-menopausal obesity with physical inactivity increases cardiovascular risk factors. aerobic exercise training is the one of the most effective ways to reducing risk factor of cardiovascular disease. –

AIM-

To find out effect of Aerobic exercise training on hemodynamic parameters in perimenopausal grade 1 obese women

OBJECTIVE:

To estimate the effect of aerobic exercises on hemodynamic parameters in perimenopausal grade I obese women

METHODOLOGY:

The PRE-POST experimental study was conducted on 30 Perimenopausal women in the age group of 37 to 49 and having grade 1 obesity. All the pre-exercise training hemodynamic parameters systolic and diastolic blood pressure, pulse rate and spo2 were assessed. Selected group received moderate intensity aerobic training protocol, with frequency 5 days/week for 3 weeks. second assessment was performed on the completion of 3rd week of training (i.e. 1 st day after the last training session).

RESULT:

Data was collected by using a structure proforma. Data entered in MS excel sheet and analyzed by using SPSS 24.0 version IBM USA. A significant effect on hemodynamic parameters in the groups with pre and post mean difference of 125.36 and 121.5 for systolic blood pressure,80.1 and 79.06 for diastolic blood pressure,91.2 and 83.26 for pulse rate and 97.06 and 97.93 for spo2. The calculated 't' value using the paired 't' test for group was .0452296 and p value is 0.001 i.e. highly significant.

CONCLUSION: -

This study concluded that after giving 3 weeks of aerobic training to perimenopausal grade1 obese women there was decrease in the systolic and diastolic blood pressure, decrease in Pulse rate and increase in oxygen saturation (SPO2) level

KEY WORDS: - Perimenopause, grade 1obesity, aerobic exercise training, hemodynamic parameters

A STUDY TO ASSESS THE LEVEL OF STRESS AMONG HIGHER SECONDARY TEACHERS DUE TO ONLINE CLASSES IN SELECTED AREAS OF CITY DURING COVID-19 PANDEMIC LOCKDOWN."

-VIDYA KSHIRSAGAR

OBJECTIVES:

To assess the level of stress of teachers due to online classes and to associate the level of stress among teachers with the selected demographic variables

METHODOLOGY:

The research approach adopted for study was non experimental method, non- probability convenient sampling technique was used and a total of 100 samples were selected. The inclusion criteria for the study involved teachers teaching in the higher secondary colleges, those in the age group of 25-55 years, those willingly to participate in the study, those who could read and understand Marathi and English language and those who are having Gmail accounts to send their responses to the online. A Likert scale was prepared to assess the level of stress among higher secondary teachers due to online classes and it was administered and completed by them using digital medium. The pilot study was conducted and the tool was found to be feasible. Content validity of tool was done through subject experts.

RESULT:

The major findings in the demographic profile showed that, maximum number of respondents belonged to the age group of 31-40 years (46%) and 60% of the them were males by gender, majority of the teachers belonged to the middle-class family (76%), and majority of them were from joint families (61%). On assessing the level of stress among higher secondary teachers, it was found that (84%) of teachers had moderate level of stress, and (12%) of teachers had mild level of stress, whereas only (6%) of teachers had severe level of stress.

CONCLUSION:

to conclude majority of teachers experienced mild to moderate level of stress due to online classes during the Covid-19 pandemic and required ways and measures to be taught and learnt to cope with it, specifically during the already stressful times which the pandemic has created on everyone.

INTRODUCTION:

Work activities as well as play and leisure activities require both grip strength and manual dexterity. Moreover, 60% of school activities require fine motor and manual dexterity skills. When it comes to the grip and pinch strengths of children, much less research has been performed in general. Therefore, there is no clear answer as to how hand preference affects grip and pinch strengths in children and adolescents.

OBJECTIVES:

To assess hand functions using Sollerman Hand Function Test and hand grip and pinch strength using Jamar Handheld Dynamometer among children aged 6- 12 years.

PURPOSE:

To develop normative values of hand grip and pinch strengths and hand function for 6–12-year-old children.

METHODS:

Grip and pinch strengths and Hand function was measured in school children using Jamar hand-held dynamometer and Sollerman Hand Function test respectively.

RESULTS:

The grip strength and pinch strength increased of both right and the left hand. Except in the age group 10- 12 years where there is a decrease in the grip and pinch strengths of both boys and girls.

CONCLUSIONS:

There is gradual gains hand grip strength with age in favour of the older children across both genders. Boys had significantly greater hand grip strength for both hands than did girls across all age groups.

KEYWORDS:

Hand function; Hand Grip strength; Hand Pinch strength; children.

COMPARISON OF BLOOD FLOW RESTRICTION TRAINING VERSUS TRADITIONAL STRENGTHENING ON HANDGRIP STRENGTH AND FOREARM GIRTH IN YOUNG ADULTS. - SAKSHI UTTAMCHANDANI

BACKGROUND:

Blood flow restriction, a form of low intensity resistance exercise that when applied on body it demonstrates physiological changes that give positive outcomes like increased muscle growth, oxygen delivery and utilization of maximal oxygen. Blood flow restriction promotes metabolite accumulation in muscle cells leading to an increase of serum growth hormones, this increase insulin like growth factor-1 production and hence muscular hypertrophy. These metabolites in muscle ultimately produce collagen for greater tissue repair and recovery. The purpose of this study was to examine effects of 4-week Blood flow restriction training protocol on forearm circumference on grip strength in young adults. This study was a comparative study i.e. Blood flow restriction versus traditional strengthening with the same exercise protocol.

OBJECTIVES:

To examine effect of blood flow restriction training on handgrip strength and forearm girth in young adults.

- To examine effect of traditional strengthening on handgrip strength and forearm girth in young adults.
- To compare effect of blood flow restriction training with traditional strengthening on handgrip strength and forearm girth in young adults.

NOVELTY:

There is limited amount of research conducted to find out effects of blood flow restriction in increasing hand grip strength and forearm circumference. This study will also provide data about comparison versus traditional training and correct application of BFRT, hence the study came into existence.

METHODOLOGY:

A comparative study was carried out in 60 normal individuals after examining inclusion and exclusion criteria with pre assessment of forearm circumference and grip strength of both right and left upper limb.

RESULTS:

60 participants were given the intervention. Blood flow restriction training group has shown more significant results than traditional training group.

CONCLUSION:

This study concludes that both the groups were effective post intervention [BFRT and traditional training] to increase handgrip strength and forearm girth in young adults. But BFRT has shown more significant results as compared to traditional training for increment of handgrip strength and forearm girth in young adults.

KEYWORDS:

Blood flow restriction training, KAATSU training, Grip strength, elastic blood flow restriction bands.

AIM:

To detect and validate the foot posture assessment tool.

OBJECTIVE:

To detect the foot posture in children using foot posture assessment tool.

NOVELTY:

Understanding and assessing foot posture in children is essential because it can have implications on their physical health, functional abilities, and participation in physical activities. Assessing foot posture in school-going children involves a comprehensive evaluation of the alignment, structure, and function of their feet. Clinical evaluation of foot, is essential in identifying abnormalities of foot posture, and it will help to understand the foot arch development.

METHODOLOGY:

Sample size- 40

Study Design - Cross-sectional study

Study setting - Rural school

Inclusion criteria:

Children age from 4 to 12 years with no evident joint deformities.

Exclusion criteria:

Children with neurological diseases, congenital abnormalities or lower limb injuries in previous 6 months

Outcome measures:

1. Foot tilt inclinometer
2. FPI-6

RESULT:

The result shows that there are 23 participants in the studied population are classified as having a pronated foot posture and there are no participants in the studied population with a supinated foot posture and there are 17 participants in the studied population have a neutral foot posture.

CONCLUSION:

Foot tilt inclinometer is designed to measure the foot posture more accurately reducing the manual error which commonly occurs in subjective assessment tool like FP-6.

A QUASI-EXPERIMENTAL STUDY TO ASSESS THE EFFECT OF “SWASHTHYA KANOON” E-MODULE ON KNOWLEDGE REGARDING HEALTHCARE LAWS AMONG ADULT POPULATION- AMANDA D’SOUZA

AIM:

To assess the impact of “Swasthya Kanoon” e-Module on knowledge about healthcare laws among the adult population of Mumbai

OBJECTIVE:

To compare knowledge regarding healthcare laws before and after the use of “Swasthya Kanoon” e-Module

HYPOTHESIS:

H 1 - There is significant difference in mean scores of knowledges regarding healthcare laws before and after use of “Swasthya Kanoon” e-Module laws among the adult population of Mumbai at 0.05 level of significance

MATERIALS & METHOD:

Swasthya Kanoon, a mixed media-based self-directed learning e-Module, related to 12 Healthcare laws was developed and shared with 80 adults. Pre-test and post-test (after 6 days) were administered with a situation-based questionnaire using Google Forms.

- Day 1 – Pretest
- Day 2, 3, 4 & 5 – Swasthya Kanoon e - Module administration
- Day 6 – Post-test

RESULT:

Findings show a significant increase in knowledge scores from 57.18% to 90.18% about healthcare laws among the sample population, after exposure to the e-Module. The two-tailed P value is less than 0.0001 which is extremely statistically significant. The knowledge scale for excellent scores increased from 14% to 65% post-intervention.

CONCLUSION:

The results indicate that the Swasthya Kanoon e-Module was effective in enhancing knowledge about healthcare laws among laws among the adult population. Integrating it into public teachings can contribute to a better understanding and application of healthcare laws in India.

BACKGROUND:

The knowledge of pregnant women regarding antenatal care and their compliance is of paramount importance in preventing maternal and infant mortality and morbidity rate.

OBJECTIVE:

The objective of this study was to assess the knowledge of primigravida mothers on antenatal care to develop the “Matrutva e-Flipbook”.

METHODOLOGY:

A descriptive survey design was used to assess the knowledge regarding antenatal care among 30 primigravida mothers attending OPD in selected hospital of Mumbai. Samples were selected by purposive sampling technique. Data was collected by using structured knowledge questionnaire consisting of 20 questions.

NOVELTY:

The user-friendly e- flip book, accessible on all Android mobile phones, is readily available as an educational resource in both Hindi and English languages. The e-flip book serves as an educational resource aimed at preventing maternal and neonatal deaths.

FINDINGS:

The findings of the study revealed that only 3.3% of mothers had good knowledge, 66.7% had average knowledge, whereas 30% had poor knowledge regarding antenatal care. Most of the subjects (83.33%) had maximum knowledge related to the period of first check up and only 20% had knowledge related to the position for rest. Almost half of the subjects (50%) had knowledge about the first antenatal visit, genetic screening and measures to reduce acidity during pregnancy. Only 30% of the subjects were aware about the purpose of taking calcium supplements, importance of regular antenatal visits and the measures to reduce nausea and vomiting during pregnancy. Only 40% of the subjects were having knowledge about the appropriate care for warning signs during pregnancy. In view of these findings “Matrutva e-Flipbook” was developed.

OBJECTIVES:

1. Evaluate the impact of commando pillow on minimizing neck and face movements in hospitalized patients.
2. Assess the level of comfort experienced by patients using commando pillows during their hospitalization.

METHODOLOGY:

Research Approach- Quantitative research approach,

Study Design- A pre-experimental one-group pretest-post-test,

Study Setting- The study will take place in the intensive care units and general wards of a selected hospital in the city,

Study Population- hospitalized patient who specifically require neck support,

Sample Size- A sample size of 30 participants,

Sampling Technique- Purposive sampling.

RESULTS:

The use of the commando pillow led to a remarkable improvement in comfort among surgery patients, as evidenced by a significant increase in average comfort scores from 2.2 before the intervention to 8.4 after. The paired t-test, with a t-value of 25.2 and 29 degrees of freedom, showed a small p-value (less than 0.05), leading to the rejection of the null hypothesis and indicating the significant effectiveness of the commando pillow in enhancing patient comfort. Additionally, the commando pillow demonstrated significant efficacy in reducing restricted neck and face movement, as reflected in the decrease of the average score from 6.9 in the pretest to 2.1 in the post test, supported by a t-value of 22.1 and 29 degrees of freedom, with a small p-value (less than 0.05), further rejecting the null hypothesis.

CONCLUSION:

The Commando Pillow is highly effective in reducing neck and face movement in patients, enhancing comfort post-use.

LIST OF ABSTRACTS OF POST PG / PhD CATEGORY

Sr. No	Name of the Participant	Title of the study
1	Pooja Jayan Nair	Microsaurus” An innovative Game-Based teaching strategy on Knowledge related to “Must Know Microbes” in undergraduate nursing students
2	Parvati Chandrasing Lodate	Effectiveness of planned teaching program on knowledge regarding management of labour among nurses
3	Ganesh Baban Chakor	"A Study to assess the knowledge Regrading Child Sexual Abuse among parents of school going children in Selected schools of City".
4	Shilpa Ashok Shettigar	The mediatory role of self-comparison with social media in development of BDD in young adult females
5	Soubhagya K M	“A Descriptive Study to Assess Knowledge Regarding FASTHUG Principle amongst Health Care Professionals in a Tertiary Care Hospital in Mumbai”
6	Nilesh Bhaskarrao Harde	Effectiveness of patellar bracing along with the therapeutic muscle strengthening exercises versus occupation-based intervention along with therapeutic muscle strengthening exercises in management of patellofemoral pain syndrome in sports person: A comparative study
7	Sayli Paldhikar (Pt)	Comparative study between single task balance training and dual task balance training (under fixed and variable priority instructions) for improving balance in elderly”
8	Meena Prakash Zore	Developing "Life skill training module" (LST) as Drug abuse preventive program among adolescents in Mumbai
9	Suhasini Vinayak Sanas	Effectiveness of RAM cannula with NIPPV (Non-Invasive Positive pressure ventilation) Vs Bubble CPAP on Respiratory status among neonates diagnosed with moderate respiratory distress.
10	Kiran Mendhe	Effect of resistance exercise versus aerobic exercise on quality of life in patients with diabetes melitus using PDQS
11	Keka Chatterjee	Perceived quality and satisfaction with postpartum care and factors contributing to satisfaction of post-partum women-A mixed method study.
12	Shobha Jagdale	A descriptive study to assess the job satisfaction among the nursing staff of selected hospital of Pune city
13	Shweta Prakash Pachpute	Comparison of Effects of Yoga, Aerobic Training and Resistance Training on Mindfulness in Sedentary People
14	Reshma Bodhak	Assessment of Dental Health and Practices related to Dental Hygiene among school children in selected school of the city
15	Salve Dhiraj Vijay	Correlative study on oral health status and Knowledge on oral health hazards among tobacco consuming adults of selected communities
16	Ritu Patel	Effect of Structured Exercise Program on Cardio-metabolic Profile and Quality of Life in Postmenopausal Women
17	Pranali Sanjay Pawar	Comparison of Proprioceptive Training and Craniocervical Flexion Training on Cervical Joint Position Sense in Patients with Mechanical Neck Pain.
18	Gargi Bhalekar	Awareness about oncology physical therapy in Physiotherapist
19	Aboli Deshmukh	An Ergonomic Evaluation of a Small-Scale Industry for Health and Safety of Workers -A case report
20	Jacintha Fernandes	Level of Adversity Quotient (AQ) and Perceived Adversities among Final Basic BSc Nursing students in view to develop Role Transition Preparatory Module “Boost your Adversity”
21	Isha Tajane	Knowledge, Attitude and Practice of Functional Neurological Disorders among Physiotherapists: A Survey -Isha Tajane
22	Ankita Mane	Level of Community Integration & Activity Limitation - Participation restriction among Community Dwelling Patients with Stroke- Ankita Mane

INTRODUCTION:

In the dynamic landscape of nursing education, fostering a deep and comprehensive understanding of microbiology is paramount for undergraduate nursing students. The intricate world of microbes forms the foundation of infectious disease management and prevention, making it essential for nursing professionals to possess a thorough understanding of essential microbes. Recognizing the evolving needs the investigator felt the need to introduce an innovative and engaging game-based immersive teaching method "Microsaurus", designed to enhance the knowledge related to "Must Know Microbes" in undergraduate nursing students

OBJECTIVES:

To compare level of Knowledge related to "Must know Microbes" before and after implementation of Microsaurus among undergraduate Nursing students.

MATERIAL METHODS:

Design: Pre-experimental Single group pretest posttest design.

Setting: Selected Nursing Colleges in a metropolitan city.

Sample: 60 3rd semester B.Sc. Nursing Students

Sampling Technique: Non-Probability Convenient Sampling

INTERVENTION:

Step I: Selection of (Must Know Microbes)

Step II: Development and validation of Microsaurus Game

Microsaurus game consists of 10 essential Microbes, the player has to roll a dice and select the microbes based on the number displayed on the dice. Through puzzles, word search the players have to unlock the clue and successfully deactivate the microbes. Total duration of game is 25mins. Pre-test (20 Application Based Questions) was administered before implementation followed by Implementation of Microsaurus and Posttest. Also, feedback was obtained about Microsaurus game.

RESULTS:

The findings of the study revealed mean pretest score 11.53 and posttest mean score 19.10. Calculated t value i.e. 18.9054 is more than table 't' value inferring that there is significant difference between pre and post intervention mean scores. Through an immersive and interactive experience Microsaurus seeks to bridge the gap between theoretical knowledge and practical application, equipping nursing students with the expertise needed to navigate the complexities of essential microbes in their future healthcare roles.

CONCLUSION:

Microsaurus propels students toward a comprehensive mastery of essential microbes, while transforming the learning experience into an enjoyable journey.

OBJECTIVES:

1. To assess the existing knowledge of nurses regarding Management of labour.
2. To evaluate the effectiveness of planned teaching on knowledge of nurses about Management of labour.
3. To determine the association between selected demographic variables and knowledge of nurses in relation to management of labour.

HYPOTHESIS:

1. **H₀:** there will be no significant effects of planned teaching on the knowledge of nurses regarding Management of labour.
2. **H₁:** there will be significant effects of planned teaching on the knowledge of nurses regarding Management of labour.

MATERIALS AND METHODS:

An evaluative approach was used for the study. Pre-experimental research design one group pre-test-post-test was selected to conduct the study. The study was conducted in 1 Rural Hospital, 1 Sub-district Hospital, 1 Health Unit and PHC in Maharashtra. A structured questionnaire was given to the participants in selected rural hospitals. The nurses were selected as per availability and fulfilment of the inclusive criteria until a desired sample of 40 was reached. Non probability convenient sampling technique was used in selecting the respondents for the study. The tool used was a structured questionnaire to assess the previous knowledge regarding Management of labour among Nurses.

RESULT:

This section deals with assessment of knowledge regarding concept of normal labour among nurses working in selected rural hospitals. In pre-test most 28(70%) sample had good knowledge followed by 10(25%) samples with excellent knowledge and very few 2(5%) were in average category. None of them were in poor range. The post test score reveals that most 38(96%) sample had excellent knowledge followed by 2(4%) samples with good knowledge, no samples were there in poor and average category. This table explains that after planned teaching programme there was a shift in the number of samples from good and average range to excellent range after administration of planned teaching programme

CONCLUSION:

From the study the researcher concluded that the Nurses working at rural hospitals needed information regarding management of labour. The Nurses even though taking small amount of care of patient, are at risk of complication of delivery. One group pre-test post-test design was used to assess the effect of planned teaching knowledge of Nurses on management of labour. The computed mean between pre-test knowledge score and post-test knowledge score indicates significant gain in knowledge score.

STUDY TO ASSESS THE KNOWLEDGE REGARDING CHILD SEXUAL ABUSE AMONG PARENTS OF SCHOOL GOING CHILDREN IN SELECTED SCHOOLS OF CITY"-
GANESH BABAN CHAKOR

AIM:

“A study to assess the knowledge regarding child sexual abuse among parents of school going children in selected schools of city”.

OBJECTIVES:

1. To assess the knowledge of parents regarding child sexual abuse.
2. To find out association between knowledge of parents regarding child sexual abuse with selected demographic variables.

Hypothesis:

Ho: There will be no significant difference between demographic variables and knowledge of parents regarding child sexual abuse.

MATERIAL & METHODS:

The study was conducted in selected schools of city. Research design selected for present study was descriptive design. Total 30 parents selected by using Purposive sampling technique.

Data collection instrument:

Section I: Demographic data of Parents. (This section consists of 05 items include Age, Education, Occupation, Number of children, Income).

Section II: Structured knowledge questionnaires to assess the knowledge of parents regarding child sexual abuse.

Data collection procedure: The researcher has obtained ethical committee approval. Researcher obtained permission from Principal of the selected schools of city. Researcher firstly given self-introduction to parents. Explanation about study giving to parents and written consent taken from the parents. Knowledge of parents was assessed with the help of structured knowledge questionnaire.

Statistical analysis: Demographic variables were analyzed in terms of frequency and percentage. Chi-square test is used to determine the association between knowledge of parents regarding child sexual abuse with selected demographic variables.

RESULT:

60% of parents were belonging to the age group of 31-35 years. 70% of parents were qualified with graduate and post-graduate in education. 50% of parents have private job. 66.67% of parents have only one child. 36.67% of parent's income is more than 15000 per month. 50% of parents have better knowledge, 50% of parents have good knowledge regarding child sexual abuse. Significant relationship was not observed between the knowledge of parents on child sexual abuse with the Age ($\chi^2=3.33$), Educational qualification ($\chi^2=3.33$), Occupation ($\chi^2=3.33$), Number of child ($\chi^2=3.33$), Income ($\chi^2=3.33$).

CONCLUSION:

This study concluded that 50% of parents had better knowledge, 50% of parents had good knowledge. Significant relationship was not observed between the knowledge of parents with selected variables such as age, educational qualification, number of child and income.

INTRODUCTION:

Body Dysmorphic Disorder (BDD) is a mental health condition characterized by an obsessive belief in perceived flaws in one's appearance.

METHODOLOGY:

This quantitative research aimed to explore the mediating role of self-comparison in the relationship between social media use and the development of BDD in young adult females aged 18 to 25. A sample of 21 young adult females with active Instagram accounts and following at least ten female celebrities or influencers were surveyed. Three questionnaires, including a Social Media Activity questionnaire, Self-Comparison Scale (adapted from the Social Comparison Scale), and the Body Dysmorphic Disorder Questionnaire (revised), were used to collect data.

RESULTS:

The results revealed significant positive correlations between social media use and both self-comparison practices ($r = 0.629$) and the tendency to develop BDD ($r = 0.597$). Additionally, a significant positive correlation was found between self-comparison practices and the development of BDD ($r = 0.463$). Furthermore, multiple regression analysis indicated that social media usage significantly influenced the tendency to develop BDD, with self-comparison playing a mediating role ($F = 5.513$, $p = 0.014$). The study's findings highlight the potential detrimental impact of social media on body image and the development of BDD in young adult females. Mental health practitioners and educators should be aware of the link between social media use, self-comparison practices, and body dysmorphia and consider integrating strategies to foster positive body image and self-esteem in young individuals. Future research should continue to explore the complex relationships between social media, self-comparison, and body image concerns to develop targeted interventions for this vulnerable population

"A DESCRIPTIVE STUDY TO ASSESS KNOWLEDGE REGARDING FASTHUG PRINCIPLE AMONGST HEALTH CARE PROFESSIONALS IN A TERTIARY CARE HOSPITAL IN MUMBAI" - SOUBHAGYA K M

INTRODUCTION:

FASTHUG is a mnemonic that allows us to check that the health care workers are delivering all the evidence-based practices that are appropriate to patients. FASTHUG has existed since 2005 and serves as a reminder for key components of care for a critically ill patient. Compliance with current practices by all health care professionals will lead to optimum quality of care.

OBJECTIVES:

The main objective of the study was to assess knowledge regarding FASTHUG principle amongst health care professionals like Doctors, Nursing Officers and Medical assistants.

METHOD:

A non-experimental descriptive design with self-structured validated tool was adopted in the study using convenient sampling technique amongst 100 health care professionals (Doctors, Nursing Officers and Medical Assistants) using a socio-demographic questionnaire and a tool to assess knowledge on FASTHUG principle. Pilot study and main study were conducted after ethical clearance and consent from participants of the study in a tertiary hospital at Mumbai.

RESULT & DISCUSSION:

The study revealed that out of 100 participants majority (53%) possess average knowledge followed by 28% with poor knowledge and remaining 19% demonstrate good knowledge regarding FASTHUG Principle. The present study shows higher percentage of knowledge in comparison to study conducted by S Williams et al where 78% had low level of knowledge. The knowledge has significant association with socio demographic variables like age and duration of experience in critical care areas.

CONCLUSION:

Knowledge regarding the FASTHUG amongst health care professionals, especially those in critical care, can yield a better outcome for patients.

KEY WORDS:

Knowledge, FAST HUG principle, Health care professionals, Tertiary Care Hospital

EFFECTIVENESS OF PATELLAR BRACING ALONG WITH THE THERAPEUTIC MUSCLE STRENGTHENING EXERCISES VERSUS OCCUPATION-BASED INTERVENTION ALONG WITH THERAPEUTIC MUSCLE STRENGTHENING EXERCISES IN MANAGEMENT OF PATELLOFEMORAL PAIN SYNDROME IN SPORTS PERSON: A COMPARATIVE STUDY-
NILESH BHASKARRAO HARDE

INTRODUCTION:

Patellofemoral pain syndrome (PFPS) is a common lower extremity condition seen in active individuals without the presence of intra-articular damage or true mechanism of injury. A few studies so far have focused on occupation Based intervention approach in treating knee pathology. Inclusion of the OBI as a remediation agent along with conventional strengthening exercises programme to restore a client's physical functions has been used sparsely so far in management of knee pathology. Occupation based intervention (OBI) is the corner stone of Occupational therapy management and constitute the major component of conventional OT protocol. Hence to increase the evidence base of the OBI in management of knee pathology, this study was undertaken.

AIM AND OBJECTIVE:

To compare the effectiveness of patellar bracing along with the therapeutic muscle strengthening exercises versus occupation-based intervention along with the therapeutic muscle strengthening exercises in management of patellofemoral pain syndrome in sport persons.

METHODOLOGY:

The study design was experimental, interventional, comparative study, carried out at a tertiary care Hospital and research centre. Total 58 (Group A – 29 and Group B – 29), patients were included in study. **Group A** patients were received the therapeutic muscle strengthening Exercises along with Patellar Brace and **Group B** patients were received Occupation based intervention along with the therapeutic muscle strengthening Exercises. Both the groups received the respective management program for the duration of the 3 month (12 weeks total / 5 days in a week).

RESULTS:

The finding of the present study showed that there was improvement of performance and satisfaction component of the athletes immediately after 6 weeks and in long term after 12 weeks in both the groups but improvement of performance and satisfaction in OBI group was more significant as compared to the group A with $p < 0.001$ (95% confidence interval).

CONCLUSION:

The patients in the occupation-based intervention group are motivated for involving their affected limb more during different ADL and on ground training which help in better and faster recovery from impairment. It also reduces off the ground duration of the treatment.

COMPARATIVE STUDY BETWEEN SINGLE TASK BALANCE TRAINING AND DUAL TASK BALANCE TRAINING (UNDER FIXED AND VARIABLE PRIORITY INSTRUCTIONS) FOR IMPROVING BALANCE IN ELDERLY"-
SAYLI PALDHIKAR (PT)

BACKGROUND AND PURPOSE:

Traditionally, rehabilitation programs emphasize training balance under single-task conditions to improve balance and reduce risk for falls.

OBJECTIVES:

to describe 3 balance training approaches in older adults with impaired balance viz,(1) single-task balance training, (2) dual-task training under a fixed-priority instructional set, and (3) dual-task training under a variable-priority instructional set.

METHODS AND MATERIALS:

A sample of 74 was screened out of which 60 meeting the inclusion criteria of age of 65-85 years with impaired balance score of >19 on Tinetti-POMA were selected. They were then randomly divided into 3 groups i.e. 20 in each group by chit method. Each individual received a 30 min balance training session thrice a week and for 4 weeks which included stance activities, gait training. For the fixed practice group Participants were instructed to pay attention to both cognitive and motor tasks at all times whereas the variable practice group the attention was randomly varied. Balance assessment of every individual was done pre- training and after 4 weeks post training using BBS, Tinetti-POMA scale, TUG and NeuroCom® Balance manager system in a suitable environment.

RESULTS:

The inter-group comparison of categorical variables was done using Chi-square test / Fisher's exact probability test. The statistical significance of inter-group difference of mean of all outcome measures was tested using (ANOVA) with Post-Hoc Bonferroni's test for multiple group comparisons. The results of our study revealed that there was significant improvement in all three groups but greater improvement was seen in dual task groups 2 and 3 (fixed and variable priority instructions)

CONCLUSION & CLINICAL IMPLICATION:

Dual task training (fixed and variable priority instruction) is more effective than single task training for improving balance in elderly.

OBJECTIVES:

1. To assess the drug abuse among adolescents in study and control group
2. To evaluate the impact of drug abuse preventive program on substance abuse among adolescents

NOVELTY:

Drug abuse is now-a-days one of the gravest social harms. Recent years have experienced a drastic rise in drug abuse among school and college students. Thus, the need for special attention to the issue is deemed important. The present study was conducted with the aim of assessing the impact of Life skills training on promotion of drug abuse preventive behaviours. Evidence based substance use preventive interventions like life skills training program can be rooted in school/ college curriculum.

METHODOLOGY:

Research Approach was quantitative approach; Research Design was Quasi experimental pre-test post-test; Target Population – School students; Sampling techniques – stratified proportionate sampling; Sample –Eight standard students from selected school of Maharashtra who fulfil the inclusion criteria. Sample size was 60; Inclusion Criteria – Students willing to participate in the study and who were present during the Drug abuse preventive program training. Exclusion criteria – Students who have attended drug abuse training program in past. Data were collected through a questionnaire, including two sections of demographic information and drug abuse preventive behaviours (Self-awareness, Decision making, Problem solving, Critical thinking, stress management and Drug abuse effects). The tools were prepared and taken validity and reliability from the experts of the subject.

FINDINGS:

The study group received 3 hours of training on 6 preventive behaviours while control group received no training. Later, the post tests were conducted after completion of training on Drug abuse preventive program. Mann Whitney results among the groups showed that the drug abuse preventive training program was significantly effective in raising the awareness in study group than the control group. It was recommended that Drug abuse preventive training program should be used as an adjunct strategy in school curriculum so as to enhance prevention of drug abuse among adolescents.

KEY WORDS:

Life skill training, Drug abuse, preventive program

EFFECTIVENESS OF RAM CANNULA WITH NIPPV (NON-INVASIVE POSITIVE PRESSURE VENTILATION) VS BUBBLE CPAP ON RESPIRATORY STATUS AMONG NEONATES DIAGNOSED WITH MODERATE RESPIRATORY DISTRESS. - SUHASINI VINAYAK SANAS

OBJECTIVES:

1. To assess effectiveness of RAM’s cannula with NIPPV (Non-Invasive Positive Pressure Ventilation) on respiratory status among neonates diagnosed with moderate respiratory distress admitted in NICU’s of hospitals at selected area.
2. To assess effectiveness of Bubble CPAP on respiratory status among neonates diagnosed with moderate respiratory distress admitted in NICU’s of hospitals at selected area.
3. To compare effectiveness of RAM’S cannula Vs Bubble CPAP on respiratory status among neonates diagnosed with moderate respiratory distress admitted in NICU’s of hospitals at selected area.
4. To associate study findings with selected demographic variables.

METHODOLOGY:

A quantitative research approach was used for this study. The study was carried in NICU’s of hospital at selected area. The research design was Non-Experimental comparative Descriptive research design. The sample size was adopted for the study is 60 (30 sample in each group) Sampling technique used for study was Non probability Convenience sampling technique. Total 60 samples were taken (30 in each group).

FINDINGS:

The data was analysed by using inferential and descriptive statistics on the basis of objectives. In RAM’s cannula with NIPPV group, on day 1, 3.3% of the neonates had mild respiratory distress, 26.7% of them had moderate respiratory distress and 70% of them had severe respiratory distress and on day 5, 83.3% of them had mild respiratory distress, 3.3% of them had moderate respiratory distress and 13.3% of them had severe respiratory distress. In Bubble CPAP group, on day 1, 46.7% of the neonates had moderate respiratory distress and 53.3% of them had severe respiratory distress and on day 5, 96.7% of them had mild respiratory distress and 3.3% of them had moderate respiratory distress. This indicates that the respiratory distress improved remarkably after Bubble CPAP among neonates diagnosed with moderate respiratory distress admitted in NICU’s of hospitals at selected area. Two sample t-test for comparison of effectiveness of RAM’S cannula Vs Bubble CPAP on respiratory status among neonates diagnosed with moderate respiratory distress.

Day	RAM’s cannula with NIPPV		Bubble CPAP		T	df	p-value
	Mean	SD	Mean	SD			
Day 2	2.7	2.2	4.4	2.0	3.1	58	0.001
Day 3	4.4	2.6	6.3	2.1	3.1	58	0.002
Day 4	5.2	2.9	7.3	2.1	3.3	58	0.001
Day 5	5.9	2.9	7.8	2.0	2.9	58	0.003

Since p-values on days 2, 3, 4 and 5 are small (less than 0.05), the null hypothesis was rejected. It is evident that the Bubble CPAP is significantly more effective as compared to RAM’s cannula on respiratory status among neonates diagnosed with moderate respiratory distress admitted in NICU’s of hospitals at selected area.

EFFECT OF RESISTANCE EXERCISE VERSUS AEROBIC EXERCISE ON QUALITY OF LIFE IN PATIENTS WITH DIABETES MELLITUS USING PDQS-

KIRAN MENDHE

AIM:

To study the effect of resistance exercises versus aerobic exercises on quality of life in patients with Diabetes Mellitus using PDQS Questionnaire.

OBJECTIVE:

To find Out the effect of resistance exercises versus aerobic exercises on the quality of life in patients with Diabetes Mellitus using PDQS Questionnaire

MATERIAL AND METHOD:

Type of study- A randomized controlled trial

Study setting-Tertiary Care Hospital

Study Population –Type 2 DM

Duration -18 months

Sample Size –n=60

HYPOTHESIS:

Null Hypothesis

There is no statistically significant effect of resistance exercises versus aerobic exercises on quality of life in patients with Diabetes Mellitus using PDQS Questionnaire.

Alternate Hypothesis

There is statistically significant effect of resistance exercises versus aerobic exercises on quality of life in patients with Diabetes Mellitus using PDQS Questionnaire

RESULTS:

The given study consists of 60 participants. Out of which 30 were included in group given aerobic exercise training and 30 were included in group given resistance exercise training. The study shows that both exercises i.e., aerobic or resistance training can reduce the glycaemic levels after 3 months thus making these exercises more helpful in QOL of type 2 diabetes mellitus patients. It shows that resistance exercise training program and aerobic exercise training program both are effective in improving Quality of life in patients with diabetes mellitus but resistance exercise training program is more effective in improving Quality of life than aerobic exercise training program.

CONCLUSION:

The study shows PDQS Scoring for QOL in Type 2 DM patients in 13 domains. PDQS scoring value of AE is 2.43 and 1.37 for RE which shows that Perceived blood glucose has improved in RE than AE. The study shows that both exercises i.e., aerobic or resistance training can reduce the glycaemic levels after 3 months thus making these exercises more helpful in QOL of type 2 diabetes mellitus patients. Quality of life is considered as a critical outcome of disease treatment and control.

INTRODUCTION:

Postpartum period is pivotal for successful transition into motherhood. But by far it remains the most neglected domain. Client satisfaction is a key indicator of quality of care. Understanding a woman's point of view is crucial to determine satisfaction with postnatal care.

METHODOLOGY:

A mixed method study using concurrent embedded design was conducted on post-partum women (Day-1-3 of normal delivery) admitted to the maternity units of a tertiary care hospital. 150 samples were recruited by convenience sampling. The subjects were administered a self-structured four part "Perceived Quality & Satisfaction Questionnaire" assessing postnatal quality of care on a 5-point Likert scale. The validity & reliability of the tool was tested, ethical clearance accorded. Written informed consent was obtained. Respondents who willingly consented for the interview were enrolled into the qualitative domain. A five - item structured interview guide was prepared and administered to the recruited subjects. Each interview was audio recorded. Data was transcribed, translated and retranslated. Sample saturation was attained after 09 subjects. Data was coded, subthemes & themes identified and inference derived from 05 intrinsic and 02 extrinsic factors.

RESULTS:

The study revealed that 54% had high perceived quality of care and only 21.3% were not satisfied with postnatal care provided. A moderately positive correlation ($r = +0.48$ $p < 0.0001$) between perceived quality of care & satisfaction was found. Perceived quality of care was found to have an association with family income ($F(3,146)$; $p = 0.041$). In depth analysis of the qualitative domain highlighted both intrinsic & extrinsic factors as determinants of postnatal satisfaction. However, intrinsic factors like information & communication were identified as cardinal determinant of postnatal clientele satisfaction.

CONCLUSION:

The findings concluded that communication of health care provider especially nurses and related factors played a significant role to enhance the perception towards maternal satisfaction. Individualized care was highly warranted. The study recommended need for special training of Nursing personnel to timely identify the intrinsic factors based on individual need assessment, mitigate upcoming needs & bridge the gap so as to improve satisfaction.

KEYWORDS –

Postnatal care, postpartum perceived quality of care, Satisfaction

A DESCRIPTIVE STUDY TO ASSESS THE JOB SATISFACTION AMONG THE NURSING STAFF OF SELECTED HOSPITAL OF PUNE CITY-

SHOBHA JAGDALE

OBJECTIVES:

- To assess the job satisfaction level among the nursing staff.
- To associate the selected demographic variables with job satisfaction level.

METHODOLOGY:

Design: A cross sectional survey design

Setting: Nursing staff of selected hospital in Pune city.

Participants: 60 nursing staffs fulfilling the inclusion criteria were selected by non-probability convenient sampling technique. The tool consisted of two subsections. Section I – demographic data, section II- Likert scale rating. All the participants fulfilling the criteria were approached, consent was taken, according to different shift timings of nursing staff. The average timing taken by the participants to fill the rating scale was 15-20 min.

RESULTS:

Out of 60 samples, majority of nurses 47% not satisfied with their job, 45% of nurses are neutral with their job, whereas a smaller number of nurses 8% are satisfied with job satisfaction measured in Likert scale. Close association found between selected demographic data and the job satisfaction level, these were years of experience (the P-value is 0.030757) and working hours (the P-value is < 0.00001), the result is significant at $p < 0.05$. Out of 10 different factors influencing job satisfaction, specific factors were: Safety issues, Poor communication and cooperation, Pay and benefits issues, Opportunities for professional upgrade, Composite satisfaction and working relationships

CONCLUSION:

This study may be done in different hospitals as it was done in only one hospital. A comparative study among the hospital setup i.e. government and private setup can be done. To conclude with the help of above findings this study provides us with evidence that there are many factors which can affect the job satisfaction level among nurses, which will in turn affect the quality of patient care and health organization too. Thus, importance should be given towards the safety issues in their job, with alleviation of safety hazards. Working relationships, support of management, and supervision should be also considered and emphasized for better nursing future.

KEY WORDS:

Assess, Job satisfaction, Nursing staff.

**COMPARISON OF EFFECTS OF YOGA, AEROBIC TRAINING AND RESISTANCE TRAINING ON MINDFULNESS IN SEDENTARY PEOPLE-
SHWETA PRAKASH PACHPUTE**

INTRODUCTION:

Mindfulness is a state of active, open attention to the present. It is evident that doing daily exercises helps in improving one's focus and awareness. But, various types of exercises have different effects on physiology of the body and thus benefits of the each of them shows variations. This study will try and find the type of exercises like yoga and aerobic training which are more beneficial for the mental focus and awareness of the individual thus, specifying the exercise protocol that need to be followed based on the priorities of the individual.

METHOD:

Ethical approval had taken. College going students who were having sedentary lifestyles due to their professions were selected for the study. 40 subjects were finalized for the study by purposive sampling method. The consent form is signed by the subjects. Two groups were formed and given 6 weeks protocol of Yoga, and Aerobic training respectively. Pre MAAS scores of all the candidates were noted. Both group members then performed 6 weeks protocol. After the completion of protocol MAAS score were noted. Pre and post MAAS scores was analyzed by appropriate statistical test for the conclusion.

RESULTS:

There was significant difference found in the mean difference in pre-test and post-test MAAS score in Yoga and Aerobics Training group by paired t test ($p < 0.05$) There was significant difference found in MAAS score in between the groups by unpaired t test ($p < 0.05$). Comparison of mean scores suggested that Yoga exercises are better than aerobic training group.

CONCLUSION:

Yoga Training proves to be beneficial in improving Mindfulness than aerobic training.

KEY WORDS:

Mindfulness, Aerobic training, Yoga training

INTRODUCTION:

Good oral hygiene, including healthy teeth and gums, is an important part of our general health. Students are an important and influential part of the society and play an important role in the formation modification of the behaviour of young children. Since school children should be given more importance and explain measures of health promotion, it is important that their own oral health knowledge is good and their oral health behaviour and attitude conform to professional recommendation. (1) School remains an important setting offering an effective and relevant ways to reach over to children and through them, families and community members. Oral health promotion through schools is recommended by WHO for improving knowledge, attitude, and behaviour related to oral health among school children. School children can act as a mechanism in bringing about desirable changes in the family and they have an important role in primary prevention and health education among family members and their respective community (1) Oral health is a key indicator of overall health, well-being and quality of life. It encompasses a range of diseases and conditions that include dental caries, periodontal (gum) disease, tooth loss, oral cancer, Oro-dental trauma, Noma and birth defects such as cleft lip and palate. The Global Burden of Disease Study 2019 estimated that oral diseases affect close to 3.5 billion people worldwide. According to the International Agency for Research on Cancer, cancers of the lip and oral cavity are among the top 20 most common cancers worldwide, with nearly 180 000 deaths each year.

OBJECTIVES:

- 1) To assess the dental health status of school children in selected school of the city.
2. To assess the practices related to dental hygiene in selected school of the city.
3. To find out the association between study findings with selected demographic variables.

METHODOLOGY: -

Research approach: - Quantitative research approach.

Research design: - Non experimental descriptive exploratory survey design.

Sampling technique: - Non probability convenient sampling technique was used

Setting: - The study was conducted in selected school of the city.

Sample size: - Sample of 1286 school children of selected school of city.

RESULTS:

In this study Structured questionnaire was used to assess Demographic variable. Observation Checklist to assess Dental health. & Semi Structured Likert scale to assess the practices related to oral hygiene Total 1286 children were assessed and in that 51 % children are females and 49 % are male. According to age 23% of the children had age 6 years-7 years, 22% of them had age 8 years to 9 years, 22% of them had age 10 years to 11 years, 18% of them had age 12 years to 13 years and 15% of them had age 14years-15years. Percentage wise distribution of respondents according to the *Dental Hygiene Maintained* by children the young adults depict that highest number 1119 of them were having good dental hygiene and 268 of them were having average dental hygiene.

CORRELATIVE STUDY ON ORAL HEALTH STATUS AND KNOWLEDGE ON ORAL HEALTH HAZARDS AMONG TOBACCO CONSUMING ADULTS OF SELECTED COMMUNITIES- SALVE DHIRAJ VIJAY

OBJECTIVE:

1. To assess the oral health status of the adults consuming tobacco.
2. To determine the knowledge on hazards of tobacco consumption on oral health
3. To find an association between oral health status and knowledge on hazards of tobacco consumption on oral health.

RESEARCH METHODOLOGY:

Research Approach: - Quantitative research approach

Research Design: - Descriptive correlational research design

Population: - Adults consuming tobacco of selected communities

Sample: - 100 (50 tobacco smokers and 50 tobacco Chewer)

Sampling Technique: - Non probability purposive sampling technique

RESULT:

Knowledge Score

Knowledge Score	Inferences	Tobacco smokers (%)	Tobacco chewers (%)	Total (%)
16 – 20	Very good	13	15	28
11– 15	Good	25	28	53
6–10	Average	12	7	19
< 5	Poor	0	0	0

Coefficient of correlation between knowledge on hazards of tobacco chewing on oral health and its status of tobacco chewers

Variables	Mean	SD	r value	Inferences
Knowledge	13.34	2.49		
Oral health status	15.12	5.03	0.271*	Significant

BACKGROUND AND OBJECTIVES:

Menopause is frequently associated with weight gain and a shift in body-fat accumulation from the hips and the thighs to the trunk. Structured exercise programs show increase in physical activity in sedentary individuals, little is known about what types of behavioural strategies would increase a person's physical activity outside the exercise program.

METHODOLOGY:

In this interventional study 38 postmenopausal women between 1-5 years of menopause and not on medications or dietary supplements were included. They were given structured exercise program for 4 times a week for 6 weeks along with daily walking. Systolic and diastolic blood pressure, pulse rate, metabolic profile, BMI, waist hip ratio, fat percentage, MRS and MENQOL were measured at baseline and after 6 weeks.

RESULT AND CONCLUSION:

As the p value for systolic and diastolic BP, pulse rate, metabolic profile, BMI, fat percentage, MRS and MENQOL was <0.0001 , for waist hip ratio was <0.0003 and for sexual component was <0.0232 it proved to be statistically significant for improving cardio-metabolic profile and quality of life. The study concluded that structured exercise program is effective in improving cardio-metabolic profile and quality of life in postmenopausal women.

COMPARISON OF PROPRIOCEPTIVE TRAINING AND CRANIOCERVICAL FLEXION TRAINING ON CERVICAL JOINT POSITION SENSE IN PATIENTS WITH MECHANICAL NECK PAIN-

PRANALI SANJAY PAWAR

BACKGROUND:

To evaluate the effect of Proprioceptive Training versus Craniocervical Flexion (CCF) Training on Cervical Joint Position Sense (JPS) in Patients with Mechanical Neck Pain.

OBJECTIVE:

To determine and compare the Proprioceptive Training and CCF Training in reducing pain and improving Cervical JPS in patients with Mechanical Neck Pain.

METHODOLOGY:

64 patients with mechanical neck pain < 3 months, 18 -25 years, JPE in 2/3 movement were included while neurological signs and Cervical spine surgery was excluded. Outcome measures: NPRS & Joint Position error by using laser pointer on patient's head mounted on lightweight headband and board. Proprioceptive exercises like Head relocation, Oculomotor training, eye head coordination exercises were given in PT Group and CCF strengthening with Pressure biofeedback was given in CCF Group for 4 weeks.

RESULT:

On comparison between PT and CCF Training group, significant difference found. NPRS($p=0.0373$), JPE-Right rotation($p=0.0162$), Left Rotation($p=0.0335$) and Extension($p=0.0372$).

CONCLUSION:

Proprioceptive training was found to be more effective than CCF training in improving Cervical JPS and reducing patients perceived pain.

OBJECTIVE:

To detect the awareness about oncology physical therapy in Physiotherapist

NOVELTY:

Oncologist and advanced practitioners have less quality of time with patients to assess presented impairment as well as identify new impairments so the physical therapist can be involved in early acute care and can be responsible to follow this gape and may help to define treatment goals and cancer patients throughout the treatment

METHODOLOGY:

Observational study type by using Random Sampling method. Self-designed questionnaire which was validated from the institution was provided to Physiotherapist. Sample size of 254 was achieved and Physiotherapist who are both practicing as academicians and clinician were included whereas undergraduate students were excluded from this study

CONCLUSION:

92 percent of therapist were aware about oncology.

INTRODUCTION, OBJECTIVES AND NOVELTY:

Sustainable and effective functioning of an Industry depends upon employee's performance and productivity. Favourable working environment and work postures are crucial in determining Industrial growth and worker's safety. Industrial workers are exposed to many hazards, leading to Work Related Musculoskeletal Disorders (WRMSDs). This can be identified in advance with effective, time saving, cheaper and feasible ergonomic evaluation methods. This study report aims to evaluate a small – scale industry (disinfectant production and packaging) with ergonomic evaluation method as a preventive measure for WRMSDs and to provide feasible solutions to implement based on hierarchical model of safety control.

METHOD AND METHODOLOGY:

Industry was Observed and evaluated under – Job description, Worksite evaluation, Task Analysis, Job demand analysis, Tool assessment, Worksite environmental evaluation, Worker's evaluation. Outcome measures used were- Checklist, Rodger muscle fatigue assessment, REBA, RULA, Utah Back compression forces, NIOSH, Shoulder moment analysis and interpretation, Hand activity level, Moorge Garg strain index, Job satisfaction survey, workers strength and endurance evaluation, industrial report was generated and discussed with management and employees and reassessment was done after 3 months of implementation of modifications recommended as per evaluation.

RESULTS AND DISCUSSION:

Results were outlined under – elimination, substitution, Engineering control, administrative control, PPE as per hierarchical control model. Workers were found to be prone for WRMSDs of upper limb and back. Physical workplace layout, environment and working postures required interventions. However positive finding were participatory approach and work rotations implementation. Re-evaluation resulted in reduced risk and symptomatic relief of WRMSDs.

CONCLUSION:

Ergonomic evaluation assists improving and redesigning he existing working conditions and postures, by anticipating health hazards and proposing feasible countermeasures without any economic burden on small scale industries.

Clinical Implication:

Ergonomic Evaluation should be implemented as an effective preventive measure to reduce the future risk of developing WRMSDs,

KEYWORDS:

Ergonomics, Hierarchy control, industrial health WRMSDs

INTRODUCTION:

Student nurses experience the discomfort of transition effects from final year and more towards end of the year. The objective of the study is to assess the level of AQ, Perceived adversities and to develop a Module to boost the adversity quotient of the Final Basic BSc Nursing students to prepare them for a smooth Role transition to staff nurse.

METHODS AND MATERIALS:

Quantitative approach with exploratory design of 30 conveniently selected Final year Basic BSc Nursing students. A standardized tool ARP was used to assess the AQ level and a semi structured questionnaire for assessing perceived adversities.

RESULTS:

All the students were females and between the age of 21-23 years. 19 (63.33%) students had above average and 11 students (36.6%) had below average AQ scores. Further analysis showed that taking the complete control and influencing the situation 50% of the students had above average scores and 50% of them scored below average. Being responsible to improve the situation into better, 60% scored above average and 40% got below average scores. Adversities affecting their personal life, 70% scored below average and only 30% had above average. Ability to endure the adversity, 57% had below average scores and 43% had above average scores. Perceived adversities were both personal and professional. Personal adversities reported by the students are, financial constraints (46.67%), Parents conflicts (33.3%) and Family problems (26.67%). Professional adversities reported by the students are, lack of support from staff (43.33%), Peer conflicts (33.3%) and being judged by others (23.3%)

NOVELTY:

Module on “Boost your Adversity Quotient”

CONCLUSION:

The AQ scores Reaching the personal life and ability to endure the adversities were alarming and if not mitigated can affect coping skills and role transition. Hence the researcher developed a module boosting the Adversity Quotient to Prepare and empower the Final year Basic BSc nursing students to experience smooth transition to Staff Nurse, which can be up scaled to all students of Higher education.

OBJECTIVES:

This study aimed to assess the knowledge, attitude and practices of functional neurological disorders among Physiotherapists. The items were focused on areas (terminology, diagnosis, and management strategies) that have been consistently reworked in light of the novel approach to FND. Information obtained through this study may guide to develop targeted interventions to expand their acumen in understanding, identifying, and evaluating patients whose presentation suggests FND and to offer FND patients an effective care pathway.

METHODOLOGY:

An online survey conducted on Physiotherapy students and practitioners using a self-made questionnaire.

RESULTS AND CONCLUSION:

116 Physiotherapists participated in this survey. Overall, knowledge about FND was limited, with only 26.9% being aware about FND and its related terms & 9.2% aware about its symptoms. Knowledge scores differed significantly among different grades/experience levels. 57.1% responded as “I don’t know” to questions regarding diagnostic criteria and therapeutic strategies for FND respectively. Lack of factual knowledge was surrounded by myths and misconceptions about FND. Common myths included the belief that FND is a psychological disorder and that patients feign symptoms. 60.8% participants had not encountered any patients with FND. Remaining had seen patients in the physiotherapy clinics followed by neurology clinic/ward, community and lastly psychiatric ward with 28% responding as patients were referred to them by a neurologist. For the question which specialist should the patient be referred to, 35% answered as neurologist, 30% and 23% as physiotherapists and psychiatrist respectively. 87.1% were not confident in treating patients with FND. These findings have significant implications for multiple domains. In the realm of research, the study underscores the importance of advancing our understanding of FND-related misconceptions and their impact on healthcare practice. For clinical practice, this study highlights the urgent need for tailored educational efforts to bridge knowledge gaps, ultimately enhancing accurate diagnosis and effective management of FND cases. Additionally, at the policy level, the study’s outcomes might contribute to shaping medical education curricula and fostering awareness-driven policy changes aimed at improving FND-related healthcare practices and patient outcomes.

OBJECTIVES:

- 1) To find level of community integration using Marathi version of Community Integration Questionnaire among community dwelling patients with stroke.
- 2) To find level of activity limitation – participation restriction using Marathi version of IMPACT – S questionnaire among community dwelling patients with stroke.

NOVELTY:

Patients with stroke experiences difficulties across multiple participation domains, such as major life areas and community life; which eventually hampers their community integration. Community integration is one of the significant parts of stroke rehabilitation and likely the most underestimated area. The screener part of the IMPACT-S on participation and activities questionnaire is the only measure that accurately reflects the ICF sections and appears promising outcome measure in rehabilitation research. The Marathi version of IMPACT-S was found to be valid and reliable for evaluating “activities and participation” in stroke patients. Also, as a physiotherapist, focus of rehabilitation is on improving activity limitation and participation restriction which is primarily focused in IMPACT-S questionnaire. This will facilitate the selection of appropriate protocol.

METHODOLOGY:

Population based observational cross-sectional study performed among 50 community dwelling male & female aged 18 years & above diagnosed with stroke derived by purposive sampling. Patients with Diabetes mellitus, associated fractures, severe cognitive impairment, Aphasia, Significant psychiatric illness, & any other significant neurological or orthopaedics disorders were excluded. Written consent & Demographic data was obtained. Community integration questionnaire was administered along with Marathi version of IMPACT–S questionnaire to measure activities participation. In which only 4, 59 domains that is mobility, self-care community social civil life items were taken.

FINDINGS:

In this study, 68% participants had maximum affection on integration into productive activities, 20% participants on social integration sub-scale while only 12% on home integration scale, respectively. In activity limitation participation restriction, following parameters had significant p values like; walking = 0.0132, ADLs = 0.0422, social activities = 0.0003, recreational activity = 0.0042, spiritual activity = 0.0014, role of citizen = 0.0001, respectively which indicates activity limitation & participation restriction on these items.

LIST OF ABSTRACTS OF ASSISTANT PROFESSOR CATEGORY

Sr. No	Name of the Participant	Title of the study
1	Vandana Swaran Thangavel	Effectiveness of guidebook on SABIRT on knowledge and skills among nurses
2	Saminder Malik	A study to assess the knowledge, attitude & practices about menstrual hygiene among adolescent girls in selected schools of Haryana.
3	Nagalakshmi Yeruva	Knowledge and attitude towards organ donation among adolescents at selected degree colleges
4	Nikhita Prithish Logade	Study to assess the effectiveness of child-to-child program on road safety among middle school aged children in selected school of metropolitan city.
5	Ujwala Vitthal Jadhav	A study to assess knowledge and attitude regarding childbirth and factors contributing to fear of childbirth in antenatal women in the selected area of city.
6	Neswari James Fernando	Action research on absenteeism as perceived by the teachers and students and its impact on academic performance of 1st year basic b.sc nursing students.
7	Tejashri Prakash Mulye	Assessment of knowledge regarding selected legal and ethical aspect among midwives working in selected hospitals of the city in view to develop information booklet.
8	Priyanka K Deshmukh	Stress urinary incontinence and awareness of physiotherapy in female long-distance runners: a questionnaire based observational study
9	Abhaya Sanjay Mahadik	Effect of post covid rehabilitation on functional capacity and quality of life among post covid-19 patients: a quasi-experimental study
10	Madhavi Ghorpade	Perceived satisfaction and challenges among nursing students regarding online education amid covid-19 pandemic in selected city
11	Nupoor Rautkar	Association of level of fatigue and functional exercise capacity in patients recovered from mild to moderate covid -19 infection: a cross sectional study
12	Nikita Wagh	Assess barriers and effect of breast crawl for early initiation of breast feeding in newborn after delivery
13	Shinde Deepali Devdatta	Assess the knowledge and practices of oral hygiene among the parents regarding their school going children in view to prepare information booklet in a selected school of the city.
14	Ekta N Patil	Structured functional training and self-care in a heart failure patient with reduced ejection fraction - a case study
15	Mansi Chaudhari	A comparative study of shockwave therapy v/s percussor therapy on myofascial trigger points in trapezius muscle
16	Mrunmayee Tulsidas Mande	Effectiveness of two different quadriceps strengthening exercises on pain and functional activity in patients with knee osteoarthritis
17	Amrita Sakharwade	Effect of educational kinesiology on attention span in blind adolescent students: quasi experimental study
18	Priyanka Salwanakar	Immediate effect of MET VS MFR in normal healthy young individuals with rounded shoulder posture and pectoralis minor muscle tightness
19	Reva Jani	The reliability of a novel digital electro-goniometer for shoulder joint in normal healthy individuals of age 20-to-22 years

OBJECTIVES:

1. To assess the Pre-test and post-test knowledge and skills of SABIRT (Screening, alcohol brief intervention therapy and referral to treatment) package among undergraduate nurses.
2. To administer Guide Book on SABIRT (Screening, alcohol brief intervention therapy and referral to treatment) among undergraduate nurses.
3. To evaluate the effectiveness of Guide Book on SABIRT (Screening, alcohol brief intervention therapy and referral to treatment)
4. To find out the association between the post-test knowledge score with selected Socio demographic variables.

NOVELTY-

The expected outcome of this study will bring out the adoption of this intervention brief intervention Guide Book into contemporary nursing practice through adding this as an Elective or Mandatory module in B.Sc. Nursing semester pattern Syllabus and should be considered by the International Council of Nurses when the request will be placed through proper evidence and nurses around the world, it provides an evidence base knowledge for the independent functioning within the realms of nursing profession and addiction medicine.

METHODOLOGY:

Pre-Experimental Research Design was used over 800 undergraduate nurses studying in 3rd semester in various Nursing College in Maharashtra State Simple Random Sampling was opted to collect the data. Self-structured questionnaire was to assess socio demographic variable, and knowledge and skill regarding SABIRT guidebook, through goggle form in day 1 and later the guidebook was introduced to the students on day 7th again a post-test Google form was sent to collect post-test knowledge data to assess socio demographic variable, knowledge and skill regarding SABIRT guidebook,

RESULTS-

The total mean in the pre-test is 2.26% and in post-test is 36%. The SD in pre-test is 1.67 and in post-test is 0.26 which shows that the data is consistent. As 't' value calculated is 13, which is greater than table value (2.05) at df = 29 (P>0.05) it is found to be highly significant.

INTRODUCTION:

However, Menstruation is a normal biological process and an important key indicator of reproductive health, yet in many cultures, it is nevertheless seen negatively, ashamedly, or unclean in many cultures. Due to the persistent taboo around menstruation and the restricted availability of information in schools and homes, millions of women and girls are ill-informed about the physical changes that occur during menstruation and how to manage them.

MATERIALS AND METHODS:

A non-experimental cross-sectional study was conducted on 200 adolescent girls to assess their knowledge, attitude, and practices about menstrual hygiene in selected schools of Panchkula. A self-structured questionnaire was prepared to assess the knowledge, attitude, and practices of the selected adolescent girls, and their responses were analysed.

RESULTS

The results depicted that out of 200 girls, 40% of the girls were in the 6 class and only 19 % of the mothers of the girls were graduates, whereas 34.5% had just completed primary education. It was observed that 38% of the girls had family income between 5000- 10000 only. Most of the girls (82%) believed that menstruation is harmful to a woman's body if she runs or dances during her periods.

CONCLUSION:

Half of the participants had good knowledge of menstruation and menstrual hygiene. The practice of menstrual hygiene was low. Indeed, the findings showed a significant positive association between good knowledge of menstruation and the educational status of the mother, having radio/TV. The educational status of the mother and the earning of permanent pocket money from families or relatives revealed a significant positive association with good practice of menstrual hygiene.

RECOMMENDATIONS:

National societies should include menstrual hygiene management activities in their longer-term development activities, looking into sustainability. Indian adolescent girls have poor health-seeking behaviour which might be due to many reasons. A nurse midwife practitioner can strive for improvement in their knowledge attitude and practice about menstrual hygiene.

BACKGROUND:

Life is dynamic process. It starts from birth and ends into death. In between come different stages of life with different diseases and problems. The medical advancement and technology have begun to save lives and the most miraculous achievement of modern medicine is organ transplantation which has the power to save lives of the clients. Organ transplantation helps patient to lead an active and normal life. He or She may live 5 to 8 years after transplantation. To encourage the adolescents for giving life through donating organs for the needy to save lives, it is the individual interest to donate organs and advised as “**anyone can everyone should**”.

OBJECTIVES:

- To assess the knowledge and attitude towards organ donation among adolescents
- To correlate the knowledge of the adolescents with their attitude towards organ donation
- To determine the association between knowledge and with their demographic variables
- To determine the association between attitude and with their demographic variables

METHODOLOGY:

A Descriptive design was adopted. One hundred adolescents were selected by using simple random technique, based on the lottery method, at selected colleges to assess the level of knowledge and attitude by using structured questionnaire and checklist.

RESULTS:

The result revealed that out of 100 adolescents, 46% had moderately adequate knowledge, 39% had inadequate knowledge and only 15% had adequate knowledge. Regarding attitude, 49% had moderately favourable attitude, 27% had unfavourable attitude and 24% had favourable attitude.

CONCLUSION:

The study concludes that out of 100 adolescents 39% (39) had inadequate knowledge, 46% (46) had moderate knowledge and also reveals that 27% (27) had unfavourable attitude, 49% (49) had moderately favourable attitude and 24% (24) had favourable attitude towards organ donation. Correlation of knowledge and attitude with demographic variables, age, education and source of information were significant at $P < 0.05$ level. In association between the demographic variables and the level of knowledge of adolescents, age, education and source of information was significant at $P < 0.05$ level.

STUDY TO ASSESS THE EFFECTIVENESS OF CHILD-TO-CHILD PROGRAM ON ROAD SAFETY AMONG MIDDLE SCHOOL AGED CHILDREN IN SELECTED SCHOOL OF METROPOLITAN CITY-

NIKHITA PRITISH LOGADE

OBJECTIVES:

1. To assess the knowledge of children regarding road safety measure before and after a child-to-child program.
2. To determine the effectiveness of child-to-child program regarding road safety measures among middle school children.
3. To find out association between the knowledge of children with selected demographic variables.

NOVELTY:

The child-to-child programme is an effective and in expensive and more suitable for teaching the children.

METHODOLOGY:

- Research Approach: Quantitative research approach
- Research design: One group pre - test post -test pre-experimental design.
- Target Population: Children from Municipal Corporation High school
- Accessible population: 30 school children at the age group of 11 – 12 years.
- Sample size: The sample size consists of 30 school children.
- Sampling technique: Purposive sampling technique
- Statistics: - Descriptive: Mean and Standard deviation, - Inferential: Paired t-test.

FINDINGS:

Majority of samples 17(57%) belongs to age group of 11-12yrs. Maximum sample 18(60%) were male. Maximum samples 14(46%) belonged to primary education. Maximum sample (mothers) 18(60%) belongs to primary education. Maximum samples (Fathers)18(60%) belongs to primary education. Maximum samples among fathers 14(46%) worked on daily wages. Maximum samples among mothers 25(83%) were home makers. Maximum samples 15(50%) had family income in range of 20,000rs. Maximum samples 28(93%) lived in nuclear type of family. Maximum samples 18(58%) had source of information through books & media. All samples 30(100%) belongs to Urban area. In Pre-test, only 3(10%) had good knowledge whereas in Post-test 27(90%) had good score. The t value obtain is 1.86. Thus, the study suggested that Child to Child program was effective in providing and improving the knowledge among middle school aged children regarding road traffic accident.

A STUDY TO ASSESS KNOWLEDGE AND ATTITUDE REGARDING CHILDBIRTH AND FACTORS CONTRIBUTING TO FEAR OF CHILDBIRTH IN ANTENATAL WOMEN IN THE SELECTED AREA OF CITY.

UJWALA VITTHAL JADHAV

INTRODUCTION:

It is a common experience for most women to go through the process of childbirth at least once in their lifetime. Throughout this process, they undergo various stages such as pregnancy, childbirth, and the postnatal period. Each stage can bring both positive and negative experiences for each woman. Few women may have perceived fear of childbirth as per their previous information received.

OBJECTIVES:

1. To assess the knowledge of antenatal women about pregnancy and the process of labour.
2. To assess the attitude of antenatal women regarding childbirth.
3. To assess the causes and predisposing factors of fear of childbirth.

METHODOLOGY:

A non-experimental descriptive study design. Non-probability, convenient sampling technique adopted. A tool with demographic data, and modified questionnaires on knowledge, attitude regarding childbirth, and causes of fear of childbirth were prepared. A survey of 90 pregnant women in a selected area of Pune city was conducted.

FINDINGS:

Knowledge regarding pregnancy: Most of the participants were aware about the Maternal weight gain in pregnancy, best age to have a baby, Complete weeks gestation, Physical and emotional changes during pregnancy, Complication during pregnancy, Methods to reduce anxiety during pregnancy, Methods to reduce anxiety during pregnancy, Diet preferred in pregnancy, Preparation for childbirth and management of fears, Signs that must visit hospital, Injections given during pregnancy. It was also found that most of the participants were not aware about false labour pain. **Fear of childbirth:** It was seen that 81.10% worried about their baby's health, 78.80% of participants were having fear of pain due to contractions, 60% of participants afraid of injury to the child during delivery, 55.50% of participants were having fear about the invasive process, 51.10% of participants reported that they have fear whether she would be a good mother or not? 50% of participants were having fear of screening or testing, 46.60% of participants afraid of injury to the reproductive organ, 36.60% of participants afraid that they have anxiety related disorder will cure or not? 35.5% of participants were afraid of expenses during pregnancy and after delivery, 28.80% of participants afraid of delivery because of previous experience. It was also observed that most of the participants (91.10%) were preparing themselves psychologically. Also, most of the participants (82.20%) reported that family members are accompanying them for antenatal visits, and 87.70% of participants reported that they do not have any kind of family pressure.

CONCLUSION:

The study concluded that even though women had adequate knowledge and positive attitude toward childbirth there is a need to educate and make them aware of the childbirth process during their antenatal period as most of them were having fear of childbirth concerning the baby's health, fear of injury to the baby during birth and also labour process, especially labour pain. The midwife should emphasize evidence-based practices and complementary therapies to reduce the labour pain perception.

ACTION RESEARCH ON ABSENTEEISM AS PERCEIVED BY THE TEACHERS AND STUDENTS AND ITS IMPACT ON ACADEMIC PERFORMANCE OF 1ST YEAR BASIC B.SC NURSING STUDENTS.

NESWARI JAMES FERNANDO

INTRODUCTION:

Student absenteeism continues to be one of the most significant impediments preventing educational institutions from reaching their objectives. Students who receive fewer hours of instruction during the school year perform more poorly on exams, receive lower grades and school dropout at the end. It damages the relationships between the student and teacher and the relationship between the school and the parents.

OBJECTIVES:

1. To analyze the causes of absenteeism and solutions to absenteeism. 2. To correlate between the selected variables and the rate of absenteeism. 3. To correlate between the rate of absenteeism and the marks scored at the university examination.

METHODOLOGY:

descriptive explanatory approach with purposive sampling of forty students from 1st Year Basic B.Sc. and 10 teachers from a nursing college. Data collected by self-administered Likert scale questionnaire, marks record and attendance record.

FINDINGS OF THE STUDY:

A perfect correlation between the responses made by the teachers and students i.e. The most prominent cause was at the “Curricular and Extra-curricular level” and most prominent solution were at the “college level” also absenteeism had a negative correlation (Pearson’s $r = -0.29$) with the mean scores scored at the University examination. Maximum students, i.e. 42.5% absenteeism had a major effect on their academic performance.

CONCLUSION:

Attendance of the student must be monitored and regulated by corrective actions like sound policies, proper infrastructure and support system to achieve the better academic performance of the students.

KEY WORDS:

absenteeism, academic performance.

ASSESSMENT OF KNOWLEDGE REGARDING SELECTED LEGAL AND ETHICAL ASPECT AMONG MIDWIVES WORKING IN SELECTED HOSPITALS OF THE CITY IN VIEW TO DEVELOP INFORMATION BOOKLET.
TEJASHRI PRAKASH MULYE

BACKGROUND:

Excellence in clinical skills along with a sound knowledge of standard practices related to bioethics and its application in the clinical settings is essential for healthcare providers. Nurses play a pivotal role in the healthcare team, being involved in various aspects like clinical care, research and medical education. It is essential for nurses to be aware of the ethical practices for effective patient care. Health care laws and ethics serve as a hallmark in maintaining the equilibrium in the delivery of health care services. The study aimed to find out the knowledge and attitude regarding the legal and ethical aspects of nursing.

METHOD:

The research design is the overall plan for how to obtain to the question being studies and how to handle some of the difficulties encountered during the research process. The research design selected for the study was non experimental descriptive research design. A Self-structured questionnaire was used to find out knowledge and attitude regarding legal and ethical aspects in nursing and relation to the demographics- age, an academic qualification in nursing, year of experiences, designation, and place of work in different departments of the hospital. Ethical approval was obtained. Data were analysed using Chi-square test was used to determine the association.

RESULT:

Findings revealed that among 82 nurses. The result of the study helped us to identify knowledge in percentage 10.98% of the nursing staff had a good knowledge (score 15-21), 78.04% of the nursing staff had average knowledge (score 8-14) and 10.98% of the nursing staff had poor knowledge (score 0-7) regarding selected legal and the ethical aspects among midwives. Knowledge and attitude had no statistically significant association with demographic variables. Conclusion: Most of the nurses had an average level of knowledge and more than half of them had a favourable attitude regarding legal and ethical aspects of nursing.

CONCLUSION:

This was a non-experimental exploratory descriptive study to assess knowledge and attitude of nursing staff on selected legal and the ethical aspects among midwives in labour ward. The result of the study helped us to identify knowledge and practice in percentage 10.98% of the nursing staff had a good knowledge (score 15-21), 78.04% of the nursing staff had average knowledge (score 8-14) and 10.98% of the nursing staff had poor knowledge (score 0-7) regarding selected legal and the ethical aspects among midwives.

OBJECTIVE:

To find out awareness about stress urinary incontinence and physiotherapy regarding it in female long-distance runners by using a self-structured questionnaire

NOVELTY:

Female long-distance runners feel shy in sharing Stress Urinary incontinence & taking treatment

METHODOLOGY:

- Study design: Observational study
- Study population: Female Long-Distance Runners
- Sampling technique: Convenient sampling method
- A Total of 51 Female Long-Distance Runners of age 18-35 were recruited in the study
- Question 1 & 2 were designed to understand about the duration and how many hours they play any sports in a week in which 70.4% of maximum women were playing sports from more than 3 years and 61.1% for more than 4 hours
- Question 3 was designed to know if the athlete was professional in which 72.2% were professional
- Question 4,5,6 was designed to get an idea about having any history of SUI, knowledge from where they gained and if they feel shy for sharing those problems according to the survey it shows that 70.4% of athletes have history of SUI of which 55.6% feel shy in sharing incontinence problem with anyone
- According to question 7,8 it shows that 92.6% have heard about Physiotherapy but very less 24.1% of athletes have taken any physiotherapy for SUI
- According to question 9,10,11,12, 92.6% of athletes were interested in undergoing a specialized PT training protocol to improve strength & quality of life

CONCLUSION-

Female long-distance runners were aware of SUI but cannot share their SUI problem easily. It is important that coaches, physiotherapist & other professionals involved in maximizing the performance of athletes include pelvic floor muscle exercises in an athlete's training plan, because such exercises are effective in preventing and managing UI

BACKGROUND & OBJECTIVES:

Worldwide 385,416,663 cases were affected by the COVID-19 among that 305,514,949 recovered. It has been found that many patients who recovered from COVID 19 experiencing short to long-term sequelae of the disease. Post-COVID Syndrome is defined as signs and symptoms that develop during or after an infection, consistent with COVID-19 which continue for more than 12 weeks and are not explained by alternative diagnosis.

OBJECTIVE:

To find out the effect of Post COVID Rehabilitation on Functional Capacity and Quality of Life among Post COVID -19.

METHODOLOGY:

32 patients were selected according to inclusion and exclusion criteria. Patient received Rehabilitation for 3 weeks after 4 weeks COVID infection. Outcome measures were 6 Min Walk Test for Functional Capacity and SF 36 for Quality of Life which was taken 1 day of Rehabilitation and last day of 3 Weeks. Data were analysed by using Ins Stat Software which showed statistically significant difference for Functional Capacity as well as Quality of Life. Study concluded that the Post COVID rehabilitation improves Functional Capacity and Quality of Life Among Post COVID-19 Patients.

RESULT:

One way ANOVA and Unpaired T test used for 6 Min Walk Test and SF 36 Respectively which showed significant difference between pre and post treatment in both the outcome measure

CONCLUSION:

The Post COVID Rehabilitation effectively improved the Functional Capacity and Quality of Life Among Acute Post COVID-19 Patients.

BACKGROUND:

The pandemic situation of COVID-19 has created a great impact on the education system especially the nursing and medical profession. Due to lockdown the educational institutions were shut down and this developed the distance between students, teachers and institutions. Therefore, to overcome this distance many universities recommended online teaching learning activity. As online platform was the only option during the pandemic crisis, the survey was conducted to assess the satisfaction levels and challenges faced by students regarding online education during lockdown.

PURPOSE:

The main aim of study is to assess the satisfaction level and challenges among nursing students regarding online teaching-learning activity during COVID-19 pandemic in Pune, Maharashtra.

METHODOLOGY:

A quantitative approach and cross-sectional survey research design was used to assess the satisfaction and challenges perceived regarding online education during (COVID-19 pandemic) lockdown. Online self-structured questionnaire was used as a tool for data collection. 221 students consented to participate in the survey and purposive sampling technique was used. The tool comprised of three sections in which Section I associated with basic demographic profile of nursing students. Section II to assess the satisfaction regarding online learning activity 15 questions were evaluated on 4-point Likert scale was used (4=strongly satisfied, 3= Satisfied, 2= Unsatisfied, 1= Strongly unsatisfied). In Section III Challenges on online teaching learning activity– 12 questions were asked to score on 4-point Likert scale (4=Strongly satisfied, 3= Satisfied, 2= Unsatisfied, 1= Strongly unsatisfied). Also, one open ended question was asked to list down the problems faced by students while experiencing online teaching learning activity. Descriptive data analysis was done with SPSS.

RESULTS:

Among 221 nursing students 80% students were partially satisfied with online education. There was significant association observed in availability of high-speed internet, access of internet connection and availability of privacy with high level of satisfaction as p-value was <0.05 level of significance. The participants faced many challenges, more than 50% (129) agreed that they were not interested to join online class even if they do not have any problem. 43.4% students agreed that online classes were boring and lack self-engagement. More than 60% students feel that they are not able to have good communication with teacher during online class.45.7% students experienced neck pain and backache due to online class. Also 40.7% students had eye pain and headache after online classes. 67% nursing students feel that online class is like e-reading than e-learning due to lack of motivation. 46% students felt anxious because of disturbance in internet and electricity problem during online class.

CONCLUSION:

Online education is good opportunity to continue education during pandemic or when classroom learning is not possible. The findings of the study will help to give baseline information and help to solve the problems faced by students while conducting online classes to make the online educational system more effective. As the coin has two sides, even online education has pros and cons. During pandemic it was one of the easiest way to provide online education, also at same time the students faced lot of challenges such as lack of engagement, miscommunication and felt boring. They also faced physical problems such as neck pain, eye pain, headache and backaches.

ASSOCIATION OF LEVEL OF FATIGUE AND FUNCTIONAL EXERCISE CAPACITY IN PATIENTS RECOVERED FROM MILD TO MODERATE COVID -19 INFECTION: A CROSS SECTIONAL STUDY- NUPOOR RAUTKAR

OBJECTIVE:

The objective of the study is to establish whether patients recovering from mild-moderate COVID-19 infection remained fatigued after two months of recovery, and to investigate whether there was a relationship between fatigue and exercise capacity.

NOVELTY:

In November 2019, a sudden outbreak of coronavirus illness 2019 has become a public health emergency of global significance. COVID-19 is caused by a new form of coronavirus known as severe acute respiratory syndrome coronavirus 2.' Chest CT scans have the potential to aid in the diagnosis, detection of complications, and prediction of clinical recovery or progression of coronavirus disease. The degree and severity of lung involvement can be measured using a 25-point CT severity score. This measurement serves an essential role in modifying the treatment regimen in critically ill COVID-19 patients.

METHODOLOGY:

The sample consisted of 22 subjects, 45% (n=10) were males and 55% (n=12) were females with a mean age was 35.23±13.98 years which was affected with covid, two months post recovery. The fatigue was assessed by fatigue assessment scale and functional exercise capacity was assessed using 1 min sit-to-stand test, and correlation between these two outcome measures. Spearman correlation coefficient was used and significance level was set at $p \leq 0.05$.

FINDINGS:

The analysis showed significant negative correlation between fatigue and functional exercise capacity ($r = -0.55$, $p = 0.007$). COVID 19 survivors showed a decreased exercise functional capacity with increase in fatigue probably caused by deconditioning, prolonged inactivity and no follow up for exercises on regular basis

INTRODUCTION:

The breast crawl describes what occurs when a newborn baby is placed on their birth parent's chest or belly immediately after birth and given time to find the parent's nipple and begin to feed on their own.

METHODOLOGY:

A study conducted to assess barriers of breast crawl for early initiation of breast feeding in newborn after delivery and to assess effect of breast crawl for early initiation of breast feeding in newborn after delivery. Post-test only control group Experimental research design was used. In this study sample size was 60 samples (30 Experimental & 30 Control group).

FINDINGS:

Result shows that in experimental group 53.3% of them had age 19-24 and 46.7% of them had age 25-30, 63.3% of them had primigravida and 36.7% of them had multigravida, 100 % of them had institutional delivery, 93.3% of them had any other diseases and 3.3% of them PIH and asthma, 80% of them had normal vaginal delivery and 20% of them LSCS delivery. In control group 80 % of them had age 25-30. and 20% from age 9-24, 56.7% of them had primigravida and 43.3% of them had multigravida, 93.3.% of them had institutional delivery and 6.7 % home delivery, 86.7% of them had any other diseases and 6.7% of them PIH and asthma, 83.3 % of them had normal vaginal and 16.7 % of them LSCS delivery. In Experimental group Positioning, Attachment, Sucking, Swallowing and Duration had 70% effect of breast crawl for early initiation of breast feeding in newborns after delivery in the labour unit of the selected hospitals of Pune city. Baby achieving quick latch with good amount of breast tissue in mouth (40%), Able to establish sucking pattern on both breast (40%) and Audible sound (40%) had major effect in Experimental group for early initiation of breast feeding in newborns after delivery in the labour unit of the selected hospitals. Researcher applied' test for the significance of difference. The mean effect of breast crawl for early initiation of breast feeding is statistically significant at p-value 0.0001; therefore, Breast crawl helps for early initiation of breast feeding after delivery.

ASSESS THE KNOWLEDGE AND PRACTICES OF ORAL HYGIENE AMONG THE PARENTS REGARDING THEIR SCHOOL GOING CHILDREN IN VIEW TO PREPARE INFORMATION BOOKLET IN A SELECTED SCHOOL OF THE CITY. - SHINDE DEEPALI DEVDATTA

INTRODUCTION & BACKGROUND:

Dental caries and periodontal disorders are the most common global health burden of the modern era. Children depend on their parents and caretakers for maintenance of their oral health. Parents play a major role in both preventive and treatment regimens in these children.

AIM:

To assess the knowledge and practices of oral hygiene among parents regarding their school going children.

OBJECTIVE:

Assess the knowledge of oral hygiene among the parents regarding their school going children; assess the practices of oral hygiene among the parents regarding their school going children; find the association between demographic data with parents practice score; to develop information booklet on oral hygiene.

METHOD:

A Quantitative evaluative approach with descriptive research design researcher adopted and samples were collected using convenient sampling technique. 227 parents of school going children were selected from Primary school of the city and they underwent a series of questions to assess their knowledge and practice. A self-structured questionnaire was made to collect data.

RESULTS:

The knowledge score of sample shows that majority 106 (46.7%) sample who had an average, follow by 89 (39.2%) in poor range and 32 (14.1%) sample had a good score. For testing the practices of parents regarding their children oral hygiene, the researcher found that out of 227, 127(55.9%) found to have average practice, 46(20.3%) have poor practice and 54 (23.8%) good practice. Inferential statistics were used to determine the statistical significance of correlation using Chi square test. A significance level of less than 0.05 was set for the test. The association of following socio demographic variables with Knowledge level; age of the parent ($P > .000012$), gender of the parent ($P > .0027$), educational status of parents ($P > .005$) was found statistically significant at the level of $p < 0.05$. The association of following socio demographic variables with practices; age of the parent ($P > 0.001$), gender of the parent ($P > .0002$) age of the child ($P > .0011$) type of family ($P > .0007$) monthly family income ($P > .00001$) was found statistically significant at the level of $P < 0.05$.

CONCLUSION:

Systematic health education improves the oral health of children, and primary schools provide the effective setting for such oral health programs. Followed by post data collection, children and parents was educated about ill effects of dental carries by providing **INFORMATION BOOKLET** on quitting the faulty health habits.

Keywords: - Assess, Knowledge, Practice, Oral hygiene, Parents of School going children

OBJECTIVE:

To study the effect of structured Functional Training and self-care in a Heart Failure patient with reduced ejection fraction.

NOVELTY:

Aerobic Exercise program include treadmill, ergometer mostly. Also, it does not translate the ability to perform ADLs. Hence, this study highlights the need to evaluate the effect of low intensity Structured Functional Training on functional capacity and Quality of life in a geriatric patient with reduced ejection fraction.

METHODOLOGY:

70 years old male, K/c/ HtN, DM, reduced Ejection fraction of 40%, 12 weeks of supervised low intensity structured functional training with self-care module and relaxation. Pre post 6 MWD, WHO BREF QOL, 1 Minute sit to stand, Fatigue severity index was taken.

FINDINGS:

6 MWD was improved by 20%. Physical health & Psychosocial health domain of WHO QOL improved by 14 & 22 % respectively. Also 2 D Echo reported 5% increase in Ejection fraction.

OBJECTIVE:

To study effects of shockwave therapy and percussor therapy on Myofascial trigger points in trapezius on pain, tenderness and range of motion.

NOVELTY:

There are various conventional treatments available for Trigger points but they require long term treatment. Thus, it is necessary to check the short-term effects of these modalities.

METHODOLOGY:

Therapist identified trigger points in trapezius and pre-reading of PPT, NPRS and cervical and shoulder ROM were obtained. Subjects were divided into two groups. Group A- Shockwave Therapy and Group B - Percussor Therapy. Each group received treatment for 3sessions of 10mins. Post-readings were obtained in last session.

FINDINGS:

There were significant differences in PPT, NPRS with $p < 0.05$ in both groups. There were improvements in shoulder extension and abduction.

CONCLUSION:

Shockwave therapy is more effective on Myofascial trigger points in trapezius muscle.

EFFECTIVENESS OF TWO DIFFERENT QUADRICEPS STRENGTHENING EXERCISES ON PAIN AND FUNCTIONAL ACTIVITY IN PATIENTS WITH KNEE OSTEOARTHRITIS- MRUNMAYEE T. MANDE

BACKGROUND & OBJECTIVES:

To compare the effectiveness of quadriceps strengthening exercises and modified quadriceps strengthening exercises with biofeedback on pain and functional activity in patients with knee osteoarthritis

METHODOLOGY:

It was an experimental study conducted on 40 osteoarthritic knee patients aged from 50-75 yrs. taken from NDMVP hospital and physiotherapy clinic in and around Nashik and they were divided into 2 subgroups and each group consisted 20 patients. Inclusion Criteria: Male/female patients between the age group of 50-75yrsConfirmatory x-rays showing osteophytes, joint space narrowing (grade II, III). Patients with complain of unilateral knee pain, stiffness, difficulty climbing stairs, in walking and sitting crossed leg.

Group1- Quadriceps sets with biofeedback.

Group 2: Modified Quadriceps sets with biofeedback. Demographic data, AS and functional activity by WOMAC SCALE was obtained and consent was taken. Protocol was followed for 2weeks. pulsed ultrasound was given with a frequency of 1MHz, power-2W/cm² with pulsed mode duty cycle-1:4

RESULT & CONCLUSION:

Inter-group comparison of difference of mean (Pre Rx-Post Rx) for Functional Disability (WOMAC) for Group 1 & Group 2:

PARAMETER	FOLLOW UP	GROUP 1	GROUP 2	T VALUE	P VALUE
WOMAC	Difference between pre-Tx and post Tx	28 ±1.10	31.85 ±4.44	2.8477	0.007 (significant)

CONCLUSION:

when compared between two groups modified quadriceps sets with biofeedback is more effective in reducing extensor lag, pain and improving functional activity in patients of knee osteoarthritis

OBJECTIVES:

To compare the effectiveness of educational kinesiology on attention span by using mindful attention awareness scale in blind adolescent students.

NOVELTY:

The Educational Kinesiology program has been studied for first time on blind students. Also, these exercises were beneficial to Improve attention in blind students additionally, these exercises do not have any adverse effects, they are simple, cost effective and quite easy to perform.

METHODOLOGY:

The study was a quasi-experimental design, where 30 blind adolescents were screened using the mindful attention awareness scale. The intervention was given for 4 weeks with total of 20 sessions (5 sessions per week). After the end of the 4th week, the participants were again assessed using the same outcome measure to find out if there was any improvement in attention span pre- and post-intervention.

FINDINGS:

The result of the mindful attention awareness scale shows, mean pre- intervention was 3.96 and post-intervention was 4.71. p value = <0.0001, HS and t value = 11.3781 after comparing within the group. The study concludes that there was significant improvement in attention span after giving educational kinesiology program to blind adolescent students.

IMMEDIATE EFFECT OF MET VS MFR IN NORMAL HEALTHY YOUNG INDIVIDUALS WITH ROUNDED SHOULDER POSTURE AND PECTORALIS MINOR MUSCLE TIGHTNESS- PRIYANKA SALWANKAR

OBJECTIVES:

- 1) To compare the immediate effect of Muscle Energy Technique and Myofascial Release on normal healthy individual with rounded shoulder posture.
- 2) To compare the immediate effect of Muscle Energy Technique and Myofascial Release on tightness of pectoralis minor muscle.

NOVELTY:

It is easy methods and without any side effects and can be easily practiced.

METHODOLOGY:

Study Permission: Permission and approval to carry out the research work was obtained from the Head of the institution and institutional ethical committee.

Study Design: A Comparative Interventional study

Study Setting: Physiotherapy Department of Tertiary Care Hospital.

Study Population: Office workers, Students and staff, those who work in institutional care hospital with Rounded shoulder posture and pectoralis minor muscle tightness between age group of 18-40 years.

Study Duration: 12 Months

Sample Size: 70 (35 in each group)

Final sample size per group is $n=35$ per group

Group A= 35

Group B=35

Sampling Technique: Simple Random sampling technique. The subjects were randomly assigned into two groups by using chit method.

FINDING:

Rounded shoulder posture (RSP) score in Group A (MFR) is -1.4 ± 0.61 and that in Group B (MET) is -1.9 ± 0.34 . Therefore, there is a statistically significant difference in the post treatment RSP score for rounded shoulder posture between the two groups at p value < 0.0001 . Pectoralis minor muscle tightness (PMMT) for Group A (MFR) is -1.3 ± 0.79 and -1.1 ± 0.18 for MET. Therefore, there is a statistically insignificant difference in the post treatment score for rounded shoulder posture between the two groups with p value 0.0986. Both MFR and Muscle MET has significant effect on Rounded shoulder posture and Pectoralis minor muscle tightness. But MET has better effect on Rounded shoulder posture as compared to MFR.

OBJECTIVE:

To find out the intra-rater reliability of a novel digital electro-goniometer for shoulder joint in normal healthy individuals of age 20-to-22 years.

NOVELTY:

The universal goniometer has been proven a reliable tool to evaluate range of motion. It is easy and clinically useful equipment. A novel Digital electro-goniometer is new concept in range of motion evaluation. Its reliability and cost are challenge for its usability in clinical practice hence a novel, user friendly and cost effective digital electro-goniometer was made and developed.

METHOD:

An attempt to develop a novel, user friendly and cost effective digital electro-goniometer was made and developed at institutional incubation centre. The interrater reliability was evaluated for digital electro-goniometer for dominant shoulder joint flexion movement among normal healthy individuals of age 20-to-22 years in 30 subjects (15 males, 15 Females). Three successive trials of shoulder flexion in sitting position were evaluated from starting and end position with universal half circle goniometer and digital electro-goniometer respectively. The mean values of 3 trials were calculated and evaluated. Reliability of digital electro-goniometer was compared.

RESULT:

(The study results are under data analysis and will be discussed in final presentation.)

KEY WORDS:

Goniometer, Shoulder, Reliability, digital goniometer, young adults.

LIST OF LTRG /STRG PARTICIPANTS

* Some studies are yet to be published as they are in the final stage of completion

Sr. No	Name of the Participant	LTRG/STRG	Title of the study
1	Shweta Kulkarni	LTRG	Translation, Cross-cultural adaptation, Reliability and validity of Attitude towards disabled persons scale-for its use in Marathi speaking population.
2	Pallavi Bobade	LTRG	A Comparative Study of Traditional Instruction Versus Virtual Reality Simulation on Intravenous cannulation Training among Nursing Students in Nagpur city”
3	Suvarna Ganvir	LTRG	A Cloud Based Stroke-PT App for Recording Patient Current and Follow Up Data: Development and Usability Study
4	Rama Borwadekar	STRG	Predictors of community integration in patients with neurological dysfunction: An observational study
5	Mahima Dadhich	STRG	Effect of 12 week aerobic and resistance exercise program on cardio-metabolic profile and body composition in overweight and obese females with polycystic ovary syndrome between the age 18-35 years.
6	Patricia Reddy	LTRG	A Study on the Effectiveness of Brisk Walking and Yoga with Dietary Modification on Levels of Hypertension and Cholesterol among Hypertensive Patients

BACKGROUND:

The ATDP scale developed by Yuker and Block in 1960. It is widely used to measure societal attitudes towards people with disability. The ATDP may be administered as either an individual or a group test. The test contains items to which the subject responds by indicating the extent of his agreement or disagreement to each statement from +3 to -3. The scale had to be relatively short, easy to administer, and simply scored. In addition, the ATDP was developed for use with both disabled and non-disabled subjects.

METHODOLOGY:

conducted in two phases.

Phase 1- translating into Marathi- forward translation, then backward translation to check difference.

Phase 2- Testing reliability.

RESULT:

The Cronbach's alpha for ATDP Scale is 0.94. The correlation done on day 1 and day 15 were highly significant. A good internal consistency (0.94) was found for ATDP Scale which is consistent with the other reports. ATDP Scale demonstrated good test-retest reliability when the instrument was administered to the participants 2 weeks apart. The ICC score fell within the substantial reliability range of 0.75-0.90. Test-retest reliability was found to be ($r = 0.9$) that indicates it has high significant correlation between result of ATDP Scale obtained on day 1 and day 15. The interclass coefficient was 0.94.

CONCLUSION:

This study shows that this ATDP scale is cross culturally adapted and is reliable and questionnaire.

KEYWORDS:

internal consistency, test-retest reliability, ATDP scale, forward backward translation.

A COMPARATIVE STUDY OF TRADITIONAL INSTRUCTION VERSUS VIRTUAL REALITY SIMULATION ON INTRAVENOUS CANNULATION TRAINING AMONG NURSING STUDENTS IN NAGPUR CITY.

-PALLAVI BOBADE

BACKGROUND:

The study aim is to assess the effectiveness of the Intravenous cannulation by Traditional Training Instruction and by Virtual Reality Simulation Training among Nursing Students in Nagpur. The research project primary objectives include investigating to assess the knowledge and practice of the student nurses on Intravenous cannulation by Traditional Training Instruction & Virtual Reality Simulation among Nursing Students in Nagpur.

METHODOLOGY:

The study design is Non-Experimental Comparative Research Design. A 60 sample of Nursing Students recruited from selected Nursing colleges using a non- probability convenience sampling technique. Data was collected by using questionnaire on demographic variables and check list to assess knowledge and practice of the student nurses on Intravenous cannulation by Traditional Training Instruction & Virtual Reality Simulation.

EXPECTED RESULTS:

we anticipate that the findings from this study Virtual Reality Simulation will be effective than traditional Training Instruction. The results will provide valuable insights and contribute significantly to existing to improve the quality of teaching.

PREVIOUS PLAN:

The previous week plan focused on data collection from participants, including baseline assessments. We aimed to collect data from at least 70 participants and also on practice on Virtual Reality Simulation

CURRENT PROGRESS:

During the past week, we have collected data from a total of 70 participants. We sorted and selected 60 of them as sample. We have successfully conducted baseline assessments on Virtual Reality Simulation. We faced some challenges in recruiting participants due to schedule management of all in onetime, willingness, laziness skipping attitude of subjects, but we managed to overcome them.

EXPECTED NEXT STEPS:

We plan to disseminate our findings through peer-reviewed journals and conferences once the data analysis is complete. Our next steps involve completing the data collection and analysing the results. Also, we will take feedback from the participants.

OBJECTIVES:

1. To develop an app for storing current and follow up date of patients reporting to Stroke unit.
2. To study the feasibility and applicability of this app for storing the data for 1 year to begin with.
3. To analyze the data in terms clinical profile and functional recovery in first 6 months of patients treated in Stroke unit.

NOVELTY:

Development of an app and its subsequent use for treatment, follow up, research, training purpose is the novelty of this project.

METHODOLOGY:

With the current paper-based assessment proforma as a baseline tool an app was developed in 2 months' time period. After pilot testing, 60 new and 47 follow up Patients information was stored with the help of a research assistant.

FINDINGS:

With an app, it was possible to locate the patient information at one place on a single click. Data segregation in terms of different variables was done and a research article was prepared. Records also helped to train undergraduate students to understand the assessment, progression and use of various outcome measure.

(Project is still going on and will be completed in September 2024. Final results will be published after that.)

**PREDICTORS OF COMMUNITY INTEGRATION IN PATIENTS WITH NEUROLOGICAL DYSFUNCTION:
AN OBSERVATIONAL STUDY**

- RAMA BORWADEKAR

OBJECTIVES:

1. To find out the level of community reintegration in patients with neurological dysfunction.
2. To analyze age, gender and severity wise community reintegration in patients with neurological dysfunction.
3. To determine the positive and negative factors associated with community integration in patients with neurological dysfunction.
4. To determine percentage of balance and falls in patients with neurological dysfunction.

METHODOLOGY:

Study setting: Vikhe hospital, physiotherapy OPD, community setup like Anamprem Spinal Cord Injury Centre, Asha Stroke Kendra, Rahuri

Study design: Observational Cross-Sectional Study.

Sample size: 45 samples.

Sampling method: Purposive Sampling.

Statistical test: Data was analyzed using descriptive statistics.

PROCEDURE:

IEC was obtained before the commencement of study. Patients diagnosed with stroke and SCI coming to the physiotherapy OPD and dwelling in community setups like Ashadeep Stroke Kendra, Rahuri and Anamprem SCI centre were selected for the study. Community integration questionnaire, Functional reach test and Rivermead Mobility Index were assessed in SCI and stroke patients and Brunnstrom's stages of recovery in upper limb, lower limb, hand and overall were assessed in stroke patients. Institutional Ethical Clearance was obtained before the commencement of the study.

CONCLUSION:

The study concluded that patients in the 41-50 age group have a better level of community integration as compared to people of 21-30 and 31-40 age groups in stroke as well as SCI patients. Also, males have a better level of Community integration as compared to females as the number of participants in both genders is not equal and the patients in the subacute duration of the condition have better result as compared to patients in the acute and chronic stage of the condition. Around 69.9% and 100% balance is seen in SCI and stroke patients respectively.

EFFECT OF 12 WEEK AEROBIC AND RESISTANCE EXERCISE PROGRAM ON CARDIO METABOLIC PROFILE AND BODY COMPOSITION IN OVERWEIGHT AND OBESE FEMALES WITH POLYCYSTIC OVARY SYNDROME BETWEEN THE AGE 18-35 YEARS. - MAHIMA DADHICH

BACKGROUND:

Aim- To evaluate effectiveness of 12 week aerobic and resistance exercise program on cardiometabolic profile and body composition in overweight and obese women with PCOS.

OBJECTIVES-

To assess and compare blood glucose control, lipid profile, BMI, WHR, blood pressure and heart rate before and after 12 weeks of aerobic and resistance training in women with PCOS.

METHODOLOGY:

Purposive sampling for 27 women aged between 18-25 years was done. It was an experimental pre-post study. Nulliparous women aged between 18-25 years BMI above 25kg/m² and diagnosed with PCOS were included, exclusion was those women who were under medications or taking metformin or OCP or having any medical condition or infection. The BMI was calculated by dividing weight by the square of the height, and the waist-to-hip ratio was calculated by dividing WC by HC. Blood samples -blood was collected in the morning, after an overnight fast, Blood pressure and baseline HR was taken at baseline and after 12 weeks of intervention. The exercise protocol was followed in accordance with the international evidence-based guideline for the assessment and management of PCOS. Aerobic training was given 3 times in week and Resistance training 2 times in week.

RESULT:

The results of analysis indicated that 12 week aerobic and resistance exercise have significant effect on cardiometabolic profile and body composition i.e. heart rate (P:0.001), blood pressure (P:0.001), BMI (P:0.001), WHR (P: 0.001), FBS(P:0.001), TGL (P: 0.001), HDL(P=0.048)

CONCLUSION:

12 week of aerobic and resistance exercise program shows significant effect on cardio metabolic profile and body composition in overweight and obese females with PCOS between the age 18-35 years

A STUDY ON THE EFFECTIVENESS OF BRISK WALKING AND YOGA WITH DIETARY MODIFICATION ON LEVELS OF HYPERTENSION AND CHOLESTEROL AMONG HYPERTENSIVE PATIENTS.

-PATRICIA REDDY

BACKGROUND:

The study aims to assess the effectiveness of brisk walking and yoga with dietary modification on the levels of hypertension and cholesterol among hypertensive patients in selected areas of the city. The research projects primary objectives include investigating the effects of physical activity and dietary modifications to help hypertensive patients manage their condition.

METHODS:

The study design is pre-experimental. A sample of 50 hypertensive patients are recruited from selected areas using a non-random sampling method. Data was collected using questionnaires, physical assessment, and blood tests. The interventions are provided (brisk walking 7 min followed by yoga 15 min with few dietary modifications by suggestions from doctor (includes only salt restriction, limit the intake of rice, timely routine for diet, limit to sweets): week 2 is going on of the intervention that includes for 5 weeks with measurements taken as appropriate for monitoring changes. Data will be analyzed using descriptive statistics methods.

EXPECTED RESULTS:

We anticipate that the findings from this study will demonstrate significant improvements in the levels of hypertension and cholesterol among hypertensive patients also changes seen in the diabetes and weight among patients. following the brisk walking and yoga with dietary modification intervention. These results will provide valuable insights and contribute significantly to existing healthcare interventions for hypertensive patients.

PREVIOUS PLAN:

The previous weeks plan focused on data collection from participants, including baseline assessments and blood tests. We aimed to collect data from at least 50 participants. And also, on practice and habit formation and preparation for intervention.

CURRENT PROGRESS:

During the past week, we have collected data from a total of 70 participants. We sorted and selected 50 of them as sample. We have successfully conducted baseline assessments and collected blood samples to establish the participants' baseline health status. We faced some challenges in recruiting participants due to schedule management of all-in-one time, willingness, laziness skipping attitude of subjects, but we managed to overcome them by reaching out to local primary healthcare centers and also few are connecting online.

EXPECTED NEXT STEPS:

We plan to disseminate our findings through peer-reviewed journals and conferences once the data analysis is complete. Our next steps involve completing the data collection and analyzing the results. We also plan to schedule follow-up with participants to evaluate the interventions long-term effects.

GREETINGS AND BEST WISHES FROM:

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Research is turning the
unknown into reality.

Steven Magee