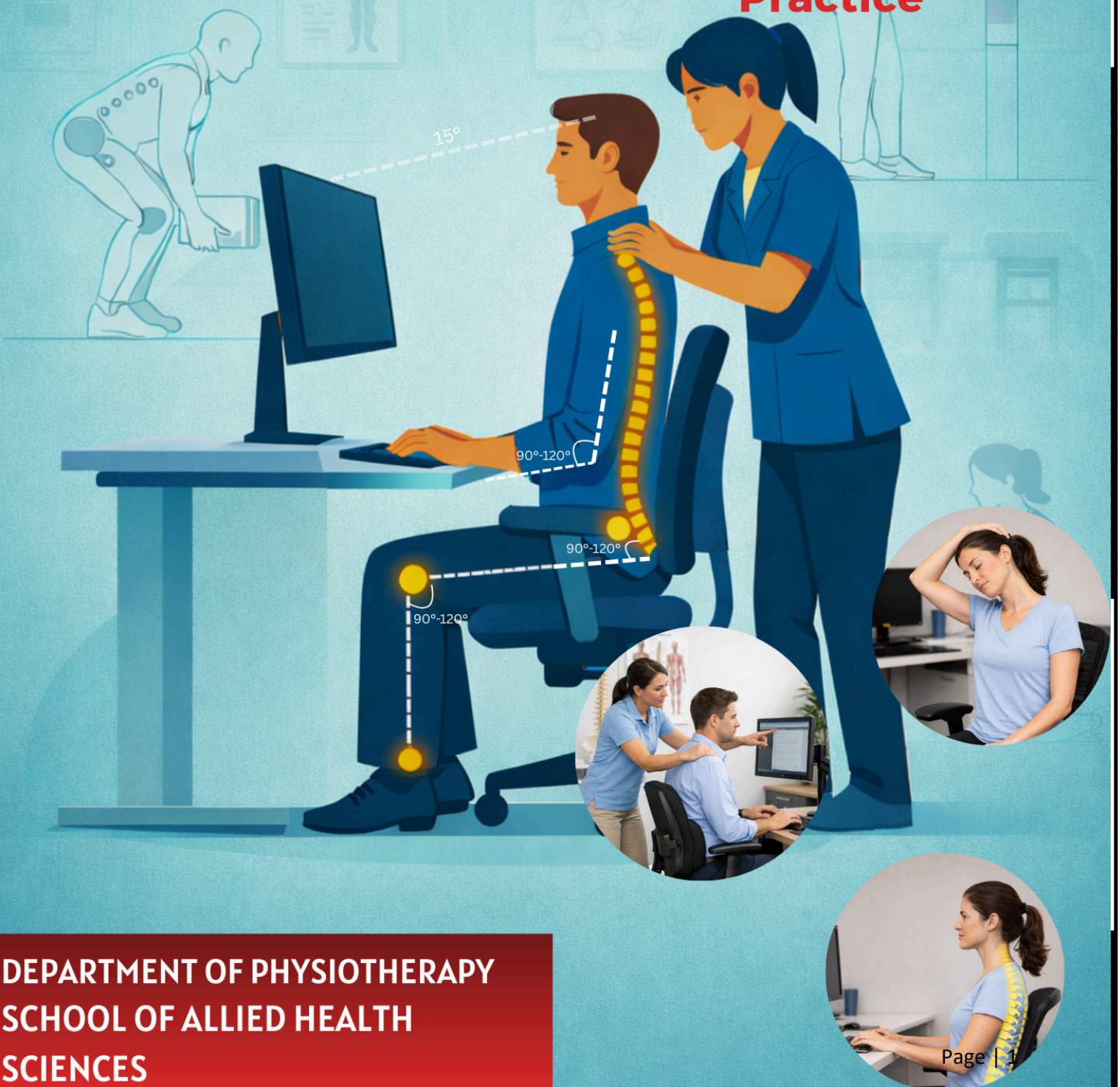


NEWSLETTER

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**Theme:- "From Posture to Performance:
Ergonomics in
Physiotherapy
Practice"**



About The University



Swami Vivekananda University was established in the year 2019 by the Swami Vivekananda Group of Institutions (REF), a trusted name in the education sector of West Bengal. Although young in years, the University has already made impressive progress toward becoming a reputed centre of quality higher education. REF, the parent body, stands as one of the leading educational conglomerates in the region with over 28 well-established institutions. These institutions are dedicated to providing demand-driven and industry-oriented education across a wide spectrum of disciplines including Pure and Applied Sciences, Engineering, Technology, Management, Agriculture, Life Science, Allied Health Sciences, Humanities & Social Sciences, and Journalism & Mass Communication. The Group focuses on high-quality education at undergraduate, postgraduate, and doctoral levels, nurturing professionals who meet evolving global standards.

Swami Vivekananda University (SVU) was founded with the profound mission of bringing to life Swami Vivekananda's vision of education—one that shapes not only intellectual capabilities but builds strong character, confidence, ethics, and humanity. His educational philosophy emphasized blending India's rich cultural and spiritual legacy—rooted in values such as shraddha (faith), devotion to truth, and sacredness of knowledge—with the best of Western scientific rationality, and technological advancement.

In alignment with this ideology, every academic program, extracurricular initiative, and institutional effort at SVU is designed to promote mankind's holistic development, preparing students to become responsible global citizens with a strong sense of purpose.



The Hon'ble Chairman's guiding principles—Excellence, Innovation, and Entrepreneurship—drive SVU toward continuous growth and transformation. New age educational initiatives are being implemented to enhance academic quality, expand research contributions, and develop collaborations with industry and global institutions. The University gives equal importance to personality development, leadership enhancement, experiential learning, and real-world problem solving. With a strong focus on outcome-based education, SVU aims to empower students to become innovators, entrepreneurs, skilled professionals, and change-makers in society. The University was established under Act No. XV of 2019 of the West Bengal State

Legislature and

officially commenced operation from 5th December 2019. Within just a year, it was enlisted by the University Grants Commission (UGC) as a State Private University in 2020. SVU has ensured continuous internal monitoring and quality self-compliance through its Internal Quality Assurance Cell (IQAC), signifying its strong commitment to academic excellence, accreditation readiness, and institutional transparency from the very beginning.

Strategically located in the lush and serene township of Barrackpore, the University campus is spread across 12 acres of greenery, providing a refreshing environment that supports learning, creativity, and overall well-being. The campus enjoys excellent tri-modal connectivity—rail, road, and air—with the Kolkata Airport just 15 km away, and key access points like Barrackpore-Barasat junction (Wireless More) and Kalyani Expressway situated nearby. Close proximity to Barrackpore Railway Station further enhances accessibility for students commuting from various parts of the state.

Despite being in its early years, the University has already achieved a robust student community of over 2000+ learners, including around 150 active research scholars, demonstrating its rapidly growing academic reputation. SVU offers a learner-centric atmosphere supported by advanced infrastructure and modern facilities. The academic blocks comprise fully equipped laboratories, smart classrooms, seminar halls, auditoriums, a technologically advanced Computer Centre, Central Library, Conference Halls, and designated research spaces. The campus also supports a variety of extracurricular and student welfare facilities including a well-maintained gymnasium, medical support, campus store, clean and hygienic canteen services, and complete Wi-Fi connectivity—enabling a digitally empowered learning ecosystem.

SVU strongly believes that higher education is not just about academics but shaping personalities and enabling lifelong success. Therefore, the University promotes a culture of active learning through practical sessions, field training, industrial internships, workshops, guest lectures, and skill development programs. Alongside academic rigor, SVU emphasizes co-curricular and extracurricular involvement—arts, sports, cultural celebrations, community outreach, and innovation-driven activities—ensuring that students evolve into adaptable and confident individuals.

Research, innovation, and entrepreneurship are the pillars of SVU's developmental roadmap. The University encourages a strong research culture through funded projects, research labs, conferences, and collaborations. Students are motivated to engage in discovery, creativity, and real-world applications of knowledge. Entrepreneurship development cells, incubation support, and mentorship opportunities ensure that innovative ideas from young minds can transform into sustainable ventures and contribute to the nation's economic advancement.

Swami Vivekananda University remains deeply rooted in the belief that every student has the potential to rise and excel. Therefore, equal attention is given to inclusivity, ethics, discipline, and academic freedom. Faculty members at SVU are highly qualified, student-friendly, and dedicated to guiding learners through both academic challenges and personal growth. The faculty continuously upgrade their knowledge through professional development programs, ensuring that the University remains aligned with global educational standards.

Looking ahead, SVU aims to expand its global visibility through international collaborations, advanced research centres, and industry partnerships that enrich student exposure and career opportunities. The University's long-term mission is to earn recognition as a University of Excellence—one that leads innovation, promotes value-based education, and creates leaders who contribute meaningfully to society.

Swami Vivekananda said, "Education is the manifestation of the perfection already in man." Guided by this philosophy, Swami Vivekananda University is committed to inspiring students to discover that inner perfection, empowering them to become enlightened individuals ready to serve the world with knowledge, kindness, courage, and purpose.

From the Vice Chancellor's Desk



It is indeed a great privilege and honour to be at the forefront of an emerging and rapidly progressing institution—our Swami Vivekananda University (SVU). Being a part of this illustrious journey fills us with immense pride and satisfaction. Since its inception in 2020, SVU has consistently demonstrated a strong commitment toward excellence in Higher Education, Research, Innovation, and Community Extension activities. With the visionary guidance and strong leadership of our Hon'ble Chancellor, and the relentless dedication of our esteemed colleagues—our University has been able to build a strong academic foundation in a remarkably short span of time.

SVU today offers a wide spectrum of Undergraduate, Postgraduate, and Doctoral programs across various disciplines including Engineering, Management, Agriculture, Computer Science, Life Sciences, Allied Health Sciences, Humanities, and Social Sciences. Each of these programs is carefully designed to align with global standards, industry needs, and future technological advancements. Our objective has always been to nurture competent, responsible, and socially conscious professionals who will shape the future of our nation and the world.

Research remains at the very heart of our institutional growth. At SVU, research programs are being strengthened across all disciplines, promoting a culture of innovation and knowledge creation. Total commitment from faculty, scholars, and students is essential to achieve our research goals, and I am proud to note that SVU is steadily progressing toward becoming a centre of excellence in multidisciplinary research. As we envision the future, there is no doubt that knowledge and technology will continue to be the most powerful resources for development. The world is evolving rapidly, and higher education institutions must not only adapt to this change but must play a crucial role in leading societal transformation. Therefore, it becomes our paramount responsibility to develop ideas, innovations, and human resources that will benefit society at large. We aim to impart education that is forward-thinking, skill-based, and capable of addressing global challenges.

To keep pace with the emerging trends, our emphasis is also on establishing strong collaborations and alliances—whether with national and international universities, government bodies, research organizations, or industrial sectors. These partnerships will foster opportunities for joint research, knowledge exchange, internships, and real-world exposure for our students. It is both our moral and academic obligation to ensure that SVU becomes a trusted hub for academic brilliance, impactful research, and meaningful extension activities.

The progress SVU has witnessed so far is not the result of a single entity—it is the collective outcome of the unwavering dedication, teamwork, and concerted efforts of every stakeholder—faculty, administrative

staff, students, alumni, governing bodies, and well-wishers. In the vast, fast-changing educational scenario of today, a university must be adaptable, resilient, and future-oriented. I firmly believe that SVU embodies these qualities and is continuously evolving to meet the highest standards of educational excellence.

What truly strengthens our institution is its diversity—diversity in talent, culture, ideas, perspectives, and ambitions. The richness of this diversity enables us to build a vibrant academic environment that inspires creativity, critical thinking, and leadership. Every member of the SVU community contributes uniquely to the growth story of our University, and together, we move ahead with a shared vision of progress and purpose. With many milestones yet to be achieved and countless opportunities ahead, let us continue to shoulder

our

responsibilities with dedication and enthusiasm. I encourage each one of us to uphold the core values of discipline, innovation, compassion, and academic integrity—values that symbolize the spirit of SVU. Let us

join hands and move forward with unwavering determination to take this institution to even greater heights of recognition, excellence, and societal impact. The journey ahead is promising, and together we shall make SVU a beacon of knowledge and a pioneer of transformative education.

“Many more miles to go—but with unity, vision, and collective effort, success is inevitable.”

From the Chief Operating Officer's Desk



It is a great privilege and honour to be a part of the mission to make “Swami Vivekananda University” a name to reckon within the academic fraternity by giving a strong impetus to creating an environment of knowledge, application and holistically inspiring youth to become leaders of tomorrow. I believe that the rigours of the contemporary world will require knowledgeable professionals who could withstand the dynamics of the fast-changing world. It is a great privilege and honour to be a part of the mission to make “Swami Vivekananda University” a name to reckon within the academic fraternity by giving a strong impetus to creating an environment of knowledge, application and holistically inspiring youth to become leaders of tomorrow.

I believe that the rigours of the contemporary world will require knowledgeable professionals who could withstand the dynamics of the fast- changing world. Hence “Making a Difference in the Life of Every Student” is the Priority of my administration. We look forward to a deep engagement with Students, Industry, Faculty, and Community to position Andhra university as the national leader in delivering value to its students and offering a transformative educational and life experience.

The Vice Chancellor office works collaboratively across the University Constituent and affiliated Colleges to ensure that every student has the best possible education and experience. In the journey, there will be tough times and there will be easier ones, but we shall work hard with no regrets, and be victorious. The University faculty are here to be the mentors and facilitators to help the students in all round progress. The parents are here to understand the strength and weaknesses of their wards and encourage them, in choosing a study of their passion. The students are here to understand that the rules and regulations in the university are put in a place to help them in achieving dreams.

There must be an aspiration to excel and serve the society, and hence there must be measuring standards. We the faculty and students as an University must excel and set standards to impact society and future generations. Let's move ahead with a clear line of action to excel in academics, fortify our research initiatives through quality publications, strengthened industry – institute interactions, product development, Start-Up ventures and honestly contributing for the upliftment and growth of people and humanity at large.

Our challenge is to help to generate ideas that will benefit society, and to educate and train people to work in fields where they will be valued both for their knowledge, and for their ability to research, communicate and solve problems. I offer my best wishes to all students, faculty and staff to grow and excel in this challenging and competitive era and the pinnacle of success.

From the Registrar's Desk



We have pleasure in welcoming you to Swami Vivekananda University, Barrackpore. The University is striving hard to have qualitative improvement in the level of education, environment and economy of this region. The university has a visionary mission to contribute in multidimensional growth and development of the region in general and holistic development of the students in particular. We hope that the inspiring students, under the guidance of dedicated teachers and a far-sighted leadership of the top administration would lead this University to a coveted and recognized position in the galaxy of higher education in the country.

Swami Vivekananda University's aspiration is to be a world class centre of excellence in training, research and innovation in cutting edge technologies. We are in the sincere process of creating a positive image whereby our name becomes synonymous with excellence, innovation, honour, integrity and outstanding quality and service. Always we will keep our vision goal focused ensuring to reach greater heights in the days ahead. As we embark on developing the University, all the dedicated personnel at SVU need to be unswerving in defending our vision. We shall focus on the individuals' strengths and use their strengths in a very goal-directed niche within our institution.

Our primary objective is to enrich and support the individual in his/her endeavour towards the attainment of knowledge and wisdom to apply that knowledge in coherence with the aims and ambitions of the individual in particular and for the greater good of human kind in general. Industries and renowned institutions are always welcome to collaborate for R & D activities with faculty members and research scholars. As regards to the students who are our main stakeholders, we look forward to a healthy working relationship where dialogue becomes the pillar of our understanding. We remain open to your deserved needs and not demands and our focus will be to make you all-round graduates ready for the market and responsible citizens of this great country. I assure you best academic, administrative and research atmosphere in the campus.

About The Department



Physiotherapy is an important branch of rehabilitative medicine that focuses on restoring, maintaining, and enhancing physical function and movement throughout the lifespan. Physiotherapists work with individuals affected by injury, illness, disability, or age-related conditions, aiming to improve mobility, reduce pain, and enhance independence. By using detailed assessment, provisional diagnosis, therapeutic exercises, manual techniques, electrotherapy, and education, physiotherapists play a vital role in promoting health and overall well-being.

With the growing need for rehabilitation services in today's world—due to lifestyle changes, rising chronic diseases, sports and work-related injuries, and increased life expectancy—qualified physiotherapy professionals are in high demand. Physiotherapy not only supports recovery but also helps prevent future complications, enabling individuals to lead active and productive lives.



Recognizing the importance of skilled rehabilitation experts, the Department of Physiotherapy at Swami Vivekananda University was established in 2020. The Bachelor of Physiotherapy (BPT) program aims to provide students with strong theoretical knowledge supported by hands-on clinical training. Students are exposed to hospitals, community centers, and advanced physiotherapy laboratories equipped with modern treatment technologies.

To expand learning and research opportunities, the Master of Physiotherapy (MPT) program was introduced in 2024. This specialized program focuses on advanced therapeutic practice, clinical reasoning, and evidence-based treatment approaches, preparing graduates for leadership roles in healthcare and academics.

The department is driven by a team of dedicated and experienced faculty members who prioritize student development, professional ethics, and excellence in patient care. Our mission is to develop competent, compassionate physiotherapists who contribute meaningfully to improving the health and quality of life of individuals and communities.

From the HOD's Desk



Dr. Sourav Mitra (PT)
Assistant Professor & HOD
Department of Physiotherapy
MPT Neurology

Welcome to the Department of Physiotherapy at Swami Vivekananda University. Our department firmly believes that education is a powerful tool that shapes individuals into capable professionals and responsible members of society. We strive to create an environment where students are encouraged to explore their potential, pursue academic excellence, and engage in continuous personal development. With the unwavering support of our experienced faculty members, strong institutional vision, and well-equipped infrastructure, we aim to foster dedication, perseverance, and empathy among our students—qualities essential for success in the healthcare profession.

Physiotherapy plays a vital role in the modern healthcare system. As a specialized discipline of rehabilitative medicine, it focuses on restoring, maintaining, and enhancing physical function and mobility. Physiotherapists work closely with patients to manage pain, improve movement, and enhance their ability to participate in daily activities. Through scientific assessment, provisional diagnosis, therapeutic exercises, manual therapy, electrotherapy, and preventive care, they help individuals regain independence and improve their overall quality of life.

Beyond treating health conditions, physiotherapists significantly contribute to the prevention of disability, reduction in long-term medication dependency, and avoidance of invasive procedures such as surgeries. Their role spans across hospitals, sports rehabilitation centres, community health programs, geriatric care, occupational health, and wellness promotion—making them a key asset in society's pursuit of better health.

The growing demand for rehabilitation services emphasizes the need for highly trained and compassionate physiotherapy professionals. At our department, we remain committed to providing a comprehensive curriculum that integrates theoretical knowledge with extensive clinical exposure. We encourage students to cultivate critical thinking, professional ethics, and evidence-based practice, ensuring their readiness for diverse healthcare challenges.

We are proud of our achievements and excited about the promising path ahead. We warmly welcome all aspiring students to join our department and contribute to the advancement of physiotherapy. Together, let us strive to serve humanity, promote well-being, and uphold the values of this noble profession.

Faculty Members of Physiotherapy Department



Dr. Sourav Mitra (PT)
Assistant Professor & In-Charge,
Department of Physiotherapy
MPT Neurology



Dr. Sunayana Ghosh Dostider (PT)
Assistant Professor
Department of Physiotherapy
MPT Orthopaedics



Dr. Sanhita Bose (PT)
Assistant Professor
Department of Physiotherapy
MPT Orthopaedics



Dr. Raveena Kothari (PT)
Assistant Professor
Department of Physiotherapy
MPT Cardiopulmonary



Dr. Gourab Jyoti Roy (PT)
Assistant Professor
Department of Physiotherapy
MPT Cardiopulmonary

Guest Faculty Members



Dr. Akhilesh Humnekar
Assistant Professor
Department of Physiotherapy
MBBS, MS, MCH (Burns & Plastic Surgery)



Dr. Saikat Roy
Assistant Professor
Department of Physiotherapy
PhD Anatomy

Board of Studies



Dr. Satyen Bhattacharya (PT)
External Expert from Academia
Associate Professor, Burdwan
Institute & Life Sciences



Dr. Anwesh Prodhan (PT)
External Expert from Academia
Associate Professor, Nopany Institute of
Healthcare Studies



Dr. Shazad Anwar (PT)
External Expert from Academia
Associate Professor & Principle Burdwan
Institute & Life Sciences



Dr. Amartya Mallick (PT)
External Expert from Academia
Assistant Professor, Burdwan
Institute & Life Sciences



Dr. Sampurna Sett (PT)
External Expert from Academia
Chief Physiotherapist
Woodlands Hospital



Dr. Subhanjan Das (PT)
External Expert from Academia
Consultant Physiotherapist
Ex-Associate Professor, Garden
City University

Editorial Note



Theme- From Posture to Performance: Ergonomics in Physiotherapy Practice

Ergonomics is a vital yet often underestimated pillar of physiotherapy practice. It bridges the gap between posture, movement efficiency, and long-term performance by aligning the human body with its physical environment. In physiotherapy, ergonomics goes beyond correct sitting or lifting techniques—it focuses on optimizing how individuals interact with their work, daily activities, and physical demands to prevent injury and enhance functional capacity.

Posture forms the foundation of efficient movement. Poor postural habits, whether at workstations, during repetitive tasks, or in daily routines, place excessive stress on muscles, joints, and connective tissues. Over time, this imbalance contributes to pain syndromes, reduced mobility, fatigue, and decreased productivity. Physiotherapists play a crucial role in identifying faulty postural patterns and correcting them through targeted assessment, education, and therapeutic intervention.

Ergonomics in physiotherapy emphasizes adapting tasks and environments to suit the individual rather than forcing the body to adapt to poorly designed conditions. Through workplace assessments, activity modification, and posture re-education, physiotherapists help reduce biomechanical strain and prevent work-related musculoskeletal disorders. Simple interventions—such as optimal chair height, screen positioning, load management, and movement breaks—can significantly improve comfort, efficiency, and overall well-being.

Beyond prevention, ergonomics directly influences performance. When the body is aligned correctly and movements are biomechanically sound, energy expenditure is reduced, coordination improves, and endurance increases. Athletes, healthcare workers, office professionals, and manual laborers alike benefit from ergonomic principles that support sustained performance without compromising physical health. Physiotherapy integrates strengthening, flexibility, motor control, and functional training to reinforce ergonomic corrections and ensure lasting results.

Education is central to ergonomic physiotherapy practice. Empowering individuals with awareness of body mechanics, safe movement strategies, and self-correction techniques fosters independence and long-term health. By encouraging mindful posture and efficient movement, physiotherapists help patients transition from merely managing pain to actively enhancing their performance in everyday life.

Ultimately, ergonomics in physiotherapy represents a shift from reactive care to proactive optimization. It supports not only pain-free posture but also peak functional performance. When posture is aligned, movement is efficient, and the environment supports the body, individuals can work, move, and live with greater ease, resilience, and confidence—reflecting the true goal of modern physiotherapy practice.

Ergonomic Intelligence in Physiotherapy: Bridging Postural Health and Clinical Efficiency



Dr. Sanhita Bose (PT)
Assistant Professor
Department of Physiotherapy
MPT Orthopedics

Dr. Sanhita Bose (PT) , Assistant Professor, Department of Physiotherapy, Swami Vivekananda University

Physiotherapy is a profession rooted in movement science, functional restoration, and preventive healthcare. While the primary focus of physiotherapy education and practice remains patient-centered rehabilitation, the physical demands placed on physiotherapists themselves are often overlooked. Physiotherapists routinely perform manual techniques, patient transfers, therapeutic exercises, and prolonged standing or sitting during assessment and documentation. Over time, these activities can result in significant musculoskeletal strain if performed without adequate ergonomic awareness.

Ergonomics, defined as the scientific study of optimizing human interaction with tasks, equipment, and work environments, plays a pivotal role in maintaining therapist health and professional efficiency. In physiotherapy practice, ergonomics bridges the gap between posture and performance—ensuring that therapists can deliver high-quality care while safeguarding their own musculoskeletal well-being

Ergonomics is an essential yet often overlooked aspect of physiotherapy practice that directly influences clinician health, treatment efficiency, and quality of patient care. Repetitive manual techniques, prolonged standing, patient transfers, and administrative tasks contribute significantly to work-related musculoskeletal stress among physiotherapists.

Adherence to ergonomic principles—including optimal therapist positioning, appropriate treatment table height, efficient use of body weight, and structured work-rest cycles—plays a critical role in injury prevention and professional longevity. An ergonomically sound practice environment enhances clinical precision, reduces fatigue, and supports sustained performance.

From an academic and institutional perspective, integrating ergonomics into clinical practice reflects a commitment to quality assurance, occupational health, and best professional practices. Faculty members serve as role models, reinforcing ergonomic awareness among students and junior clinicians.

Occupational Demands and Ergonomic Challenges in Physiotherapy

Physiotherapy is widely recognized as a physically demanding healthcare profession. Therapists are frequently exposed to repetitive movements, awkward postures, forceful exertions, and sustained static positions. Manual therapy techniques, mobilizations, manipulations, and soft tissue procedures require precise therapist positioning and controlled force application. Additionally, patient handling activities such as transfers, gait training, and positioning further increase biomechanical stress.

Poor ergonomic practices—such as bending from the lumbar spine, working at inappropriate treatment table heights, prolonged shoulder elevation, and unsupported sitting during documentation—significantly increase the risk of work-related musculoskeletal disorders (WRMSDs). Commonly affected regions include the neck, shoulders, lower back, and wrists. These conditions can lead to pain, reduced work capacity, absenteeism, and even early career burnout.

Despite being experts in musculoskeletal health, physiotherapists may neglect their own ergonomic needs due to time constraints, high patient loads, or lack of ergonomic infrastructure. Addressing these challenges requires both individual awareness and institutional support.

Ergonomic Principles Relevant to Physiotherapy Practice

The application of ergonomic principles in physiotherapy involves adapting work practices to suit the therapist's physical capabilities while maintaining treatment effectiveness. Key ergonomic strategies include:

1. Optimal Therapist Posture

Maintaining a neutral spine alignment during treatment reduces excessive stress on spinal structures. Therapists should avoid prolonged flexed or rotated postures and aim to position themselves close to the patient to minimize overreaching.

2. Appropriate Treatment Table Height

Adjusting plinth height according to the task and therapist's height is essential. A table that is too low encourages excessive trunk flexion, while a table that is too high increases shoulder strain. Adjustable treatment tables play a crucial role in ergonomic practice.

3. Efficient Use of Body Weight

Rather than relying solely on upper limb strength, therapists should use body weight and larger muscle groups to generate force during manual therapy. This approach enhances treatment precision while reducing upper extremity fatigue.

4. Task Variation and Micro-Breaks

Alternating between tasks and incorporating short breaks allows for muscular recovery and reduces cumulative fatigue. Simple stretching or posture correction exercises during breaks can significantly improve comfort and endurance.

5. Ergonomics in Documentation and Digital Work

With increasing digitalization in healthcare, proper workstation setup during documentation is essential. Ergonomic chairs, appropriate screen height, and adequate lumbar support help prevent neck and back strain.

Ergonomics in Physiotherapy Education: Building Professional Habits

Integrating ergonomics into physiotherapy education is critical for fostering safe and sustainable professional practices. Students often spend extended hours in practical laboratories, clinical postings, and academic study, frequently adopting incorrect postures during skill practice. Early exposure to ergonomic principles helps students develop correct movement patterns and professional discipline.

Incorporating ergonomics into the curriculum through demonstrations, practical assessments, and reflective learning supports outcome-based education. Teaching students to adjust plinth height, position themselves effectively during techniques, and recognize early signs of musculoskeletal strain promotes self-awareness and professional responsibility.

Faculty members play a vital role in reinforcing ergonomic principles by modeling correct posture during teaching and clinical supervision. This experiential learning approach ensures that ergonomic awareness becomes an integral part of clinical competence rather than an isolated concept.

Impact of Ergonomics on Clinical Performance and Professional Longevity

Ergonomically sound practice environments have a direct impact on clinical performance. Reduced physical fatigue enhances concentration, manual precision, and decision-making abilities. Therapists who experience less discomfort are better able to engage with patients, adapt treatment plans, and maintain consistent quality of care.

From a long-term perspective, ergonomics contributes significantly to career sustainability. Preventing work-related injuries reduces absenteeism, healthcare costs, and professional burnout. Ergonomics thus supports not only individual therapist well-being but also organizational efficiency and healthcare quality.

From Posture to Performance: Ergonomics in Cardiopulmonary Physiotherapy Practice



Dr. Raveena Kothari (PT)

Assistant Professor

*Department of Physiotherapy MPT
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Dr. Raveena Kothari (PT), Assistant Professor, Department of Physiotherapy, Swami Vivekananda University

As an Assistant Professor in Cardiopulmonary Physiotherapy, I have had the opportunity to observe not only the physiological responses of patients undergoing rehabilitation but also the physical demands placed on physiotherapists during clinical practice. While cardiopulmonary physiotherapy primarily focuses on improving respiratory efficiency, cardiovascular endurance, and functional capacity, an often-overlooked component influencing both patient outcomes and therapist well-being is ergonomics. The concept of “from posture to performance” underscores how optimal body mechanics and ergonomic principles serve as a bridge between effective therapeutic intervention and sustainable professional practice.

Cardiopulmonary physiotherapy involves repetitive manual techniques, prolonged patient handling, airway clearance procedures, mobilization, exercise prescription, and continuous monitoring of vital parameters. These tasks frequently require sustained postures, forward bending, manual resistance, and awkward positioning, especially in intensive care units (ICUs) and acute care settings. Poor ergonomic practices in such environments not only predispose therapists to musculoskeletal disorders but may also compromise the quality and efficiency of patient care. Therefore, understanding and applying ergonomic principles is essential for transforming posture into optimal clinical performance.

Posture plays a pivotal role in both therapist safety and therapeutic effectiveness. In cardiopulmonary physiotherapy, interventions such as chest physiotherapy, percussion, vibrations, suctioning assistance, and early mobilization demand precise therapist positioning. An ergonomically unsound posture—such as excessive trunk flexion, unsupported sitting, or improper weight distribution—can lead to cumulative strain on the spine, shoulders, and upper limbs. From an academic and clinical standpoint, I emphasize to students that maintaining a neutral spine, proper base of support, and appropriate height adjustment of beds and equipment significantly reduces physical stress and enhances manual control during treatment.

Beyond therapist posture, ergonomics directly influences patient performance and outcomes. Proper positioning of patients during breathing exercises, postural drainage, inspiratory muscle training, and aerobic conditioning optimizes lung expansion, ventilation-perfusion ratio, and oxygen delivery. For instance, ergonomically supported positions such as high-sitting, forward-lean sitting, or semi-Fowler’s position can reduce the work of breathing in patients with chronic obstructive pulmonary disease or post-cardiac surgery. Thus, ergonomics is not limited to therapist comfort but extends to therapeutic positioning that maximizes cardiopulmonary efficiency.

In cardiopulmonary rehabilitation, performance is measured not only by improvements in lung volumes or exercise tolerance but also by the consistency and quality of therapy delivered. A physiotherapist experiencing fatigue or discomfort due to poor ergonomics may unintentionally reduce treatment duration, intensity, or precision. Conversely, an ergonomically sound working environment promotes endurance, focus, and clinical decision-making. From my teaching experience, students who are trained early in ergonomic awareness demonstrate better manual skills, confidence, and professional longevity.

The ICU setting highlights the critical relationship between ergonomics and performance. Mobilizing ventilated patients, assisting with transfers, and performing bedside exercises require coordinated movements and team-based ergonomics. Adjustable beds, mobility aids, and proper use of body mechanics reduce therapist injury risk while enabling early mobilization—an evidence-based practice shown to improve cardiopulmonary outcomes. As educators, it is our responsibility to instill ergonomic competence alongside clinical knowledge, ensuring that future physiotherapists are prepared for the physical realities of practice.

Furthermore, ergonomics contributes to long-term professional sustainability. Work-related musculoskeletal disorders are prevalent among physiotherapists, particularly in cardiopulmonary and acute care domains. Integrating ergonomic training into physiotherapy curricula, clinical demonstrations, and reflective practice helps prevent burnout and injury. In my role as an Assistant Professor, I advocate for ergonomic audits, simulation-based training, and interdisciplinary collaboration to create safer clinical environments.

In conclusion, the journey from posture to performance in cardiopulmonary physiotherapy is both practical and philosophical. Ergonomics serves as the foundation upon which effective therapy, patient safety, and professional well-being are built. By aligning correct posture with evidence-based practice, physiotherapists can enhance therapeutic performance while safeguarding their own health. As educators and clinicians, embracing ergonomics is not optional—it is integral to delivering high-quality, sustainable cardiopulmonary care.

The Role of Ergonomics in Modern Sports Physiotherapy



Mr. Alok Kumar Nandi
BPT 6TH SEM
Batch 2022

Mr. Alok Kumar Nandi, BPT 6th Semester (Batch2022)

Sports ergonomics is becoming a significant part of sports physiotherapy. It focuses on optimizing human movement, performance, and safety. Ergonomics is the science of achieving maximum efficiency with minimal effort while ensuring well-being. In sports, ergonomics aims to promote safe movement patterns during physical activity and effective interaction among the athlete, equipment, and environment. Sports ergonomics goes beyond traditional workplace applications. It plays a key role in preventing injuries, aiding rehabilitation, and improving athlete performance.

Sports Ergonomics and Its Relevance to Physiotherapy- *The main idea behind ergonomics is to design tasks and tools based on human abilities. In sports physiotherapy, this means matching a sport's physical demands with an individual athlete's physiological, biomechanical, and anthropometric traits. Sports ergonomics focuses on how athletes engage with equipment, training methods, and environments. Research in this field helps physiotherapists understand movement demands and create safer, more effective training and rehabilitation strategies.*

Modern sports involve high competition and professionalism, which raises the physical demands on athletes. Continuous innovation in equipment, clothing, and training methods has greatly improved performance. However, these advancements also make the role of physiotherapists more important. They ensure that these technologies are used correctly to enhance comfort, safety, and efficiency while reducing the risk of injury.

Technological Advances Supporting Physiotherapy Practice-

Sports ergonomics uses new technologies, including smart materials, innovative design methods, and customized manufacturing techniques. Equipment designed with ergonomic principles improves comfort, reduces excessive stress, and enhances performance. Developments from nanotechnology, aerodynamics, and material science have improved sports clothing and equipment by enhancing strength, flexibility, temperature regulation, and durability while reducing weight. These advances help physiotherapists manage stress, prevent overuse injuries, and support safe returns to sport.

Aerodynamic designs in sports equipment and clothing also boost biomechanical efficiency by lowering resistance and energy use. Modern materials from aerospace technologies provide better shock absorption, durability, and control. These factors are vital for rehabilitation and injury prevention programs led by physiotherapists.

Assessment of Individual Characteristics in Sports Physiotherapy-

A key aspect of sports ergonomics is precisely matching the athlete to the task. Physiotherapists depend on ergonomic databases that offer information about body measurements, physical capacity, and performance variability. Since individuals differ greatly, average values are not universally applicable. Physiotherapists need to consider individual characteristics like body size, strength, endurance, mobility, and agility when developing training or rehabilitation programs.

Assessing physiological capabilities is central to sports physiotherapy. Testing methods should reflect the specific sport to ensure that results make sense. Field tests and physiological assessments, including evaluations of aerobic and anaerobic capacity, muscle strength, and functional performance, help physiotherapists tailor interventions to meet sport-specific needs and reduce injury risk.

Role of Physiotherapists in Injury Prevention and Performance Optimization-

Athletes frequently face musculoskeletal injuries from repeated movements, static positions, heavy loads, and inadequate recovery. Shoulder injuries, particularly rotator cuff disorders and impingement syndromes, are common in sports with repetitive overhead actions. Both external factors, like posture, workload, and environmental conditions, and internal factors, such as age, body composition, physical ability, and individual characteristics, contribute to injury risk.

Physiotherapists use biomechanical analysis to examine movement patterns and identify faulty mechanics that could lead to injuries. Observation alone is often not enough, so quantitative biomechanical evaluations are essential. These can involve kinematic analysis using video, accelerometers, and gyroscopes, as well as kinetic analysis with force platforms and pressure sensors. Such evaluations assist physiotherapists in developing corrective strategies to improve technique and minimize harmful loads on tissues.

Physiological assessment tools like heart rate monitoring, electromyography (EMG), and mechanomyography (MMG) offer insights into muscle load, fatigue, and adaptation. Analyzing these factors in fresh, tired, and injured states helps physiotherapists understand changes in motor control and plan effective rehabilitation and injury prevention programs.

Ergonomics of Sports Equipment and Playing Surfaces-

Sports ergonomics plays a crucial role in choosing and adjusting sports equipment. Physiotherapists need to evaluate and recommend suitable equipment to minimize injury risks. Selecting proper footwear based on individual mechanics, body weight, and sport-specific needs is important. Shoe features like heel counters and midsoles affect stability, shock absorption, and movement efficiency. Likewise, modifying racquets—considering grip size, weight, flexibility, and string tension—can lessen the impact on the upper limb.

Playing surfaces also matter. Excessive hardness or traction can lead to overuse injuries, including stress fractures and shin pain. Evaluating surfaces helps physiotherapists understand injury mechanisms and develop prevention strategies. Well-designed protective clothing and equipment provide physical safety and boost athletes' confidence during performance.

Conclusion-

Sports ergonomics is essential in modern sports physiotherapy. It combines biomechanics, physiology, technology, and equipment design to improve performance and prevent injuries. By focusing on how athletes interact with their tasks and environments, sports ergonomics allows physiotherapists to create evidence-based assessment, rehabilitation, and injury prevention strategies. Its ongoing development will be crucial for safe participation, optimal performance, and long-term athlete health at all levels of sport.

Performance Ergonomics: The Physio's Blueprint for a Lifelong Career



Mr. Chayan Rajbanshi , BPT 4th Semester (Batch 2023)

Mr. Chayan Rajbanshi

*BPT 4TH SEM
Batch 2023*

THE CHALLENGE: PROTECTING THE HEALER

The very nature of physiotherapy—requiring repetitive manual techniques, sustained postures, and physical transfers—puts clinicians at high risk for Work-Related Musculoskeletal Disorders (WMSDs). These injuries compromise your health, reduce effectiveness, and cut careers short.

Performance Ergonomics is the proactive solution: designing the practice environment and the clinician's body mechanics to maximize efficiency, comfort, and, crucially, longevity.

CORE PILLAR 1: OPTIMIZING THE WORKSPACE

Focus on controlling the environment to support your body, not the other way around.

PLINTH POWER: MASTERING THE ADJUSTABLE TABLE

Height is Key: For manual therapy, the plinth should be high enough so your hands are near your elbow height in a neutral stance. This prevents excessive forward bending of the spine.

Load Height: Lower the plinth immediately for patient transfers or heavier resistance exercises to utilize a stable, low center of gravity.

Unobstructed Access: Ensure you can walk 360 degrees around the plinth without tripping or twisting to reach equipment.

THE CLOSE ZONE: MINIMIZING REACH

Tools Near: Keep all high-frequency items (towels, oils, documentation, gait belts) within the area defined by your relaxed, outstretched arm.

Avoid Twisting: Position yourself and the patient so you can use smooth weight shifts rather than trunk rotation during interventions. text

CORE PILLAR 2: MAXIMIZING BODY MECHANICS

Your body is your most important clinical tool. Use it with biomechanical intelligence.

LIFTING & TRANSFERRING: LEVERAGE OVER LUCK

Squat, Lunge, or Pivot: Never bend at the waist to lift. Employ a wide base of support (lunge or squat stance) and use your strong hip and leg muscles.

Keep it Close: The closer the load is to your center of gravity, the less strain it places on your back. Maintain a direct line from the load to your core.

Communicate: Always inform the patient exactly how the move will happen. Utilizing their residual strength is the best leverage tool.

MANUAL THERAPY: USING WEIGHT, NOT MUSCLE

Weight Shift: When applying pressure, use a controlled weight shift from your back foot to your front foot, leveraging your body mass rather than straining your shoulder and elbow muscles.

Neutral Joints: Maintain neutral wrists and elbows as much as possible to prevent tendon and joint strain during sustained techniques.

CORE PILLAR 3: THE ACTIVE RECOVERY STRATEGY

Prevent the accumulation of strain with regular, small breaks.

THE MICRO-BREAK RULE

Every 30 Minutes: Incorporate a 30-second to 1-minute break after every sustained task or every 30 minutes.

What to Do: Briefly stretch your neck, perform shoulder rolls, change your standing position, or sit down momentarily while charting. Movement is the antidote to static strain.

CLINICIAN CONDITIONING

Lead By Example: The best ergonomic defense is a strong, flexible body. Prioritize core stability, functional strength, and flexibility in your own training regimen.

Stretching Protocol: Incorporate regular stretching for the key stress areas: lower back, hip flexors, forearms, and neck extensors.

CONCLUSION: PRACTICE WHAT YOU PREACH

Adopting Performance Ergonomics is a commitment to a sustainable career. By implementing these principles, we not only protect ourselves from injury but also model professional excellence for our patients and future colleagues.

Invest in your body, invest in your career.

Academic and Department Updates

Honoring Scholarly Contributions: Current Works by Our Faculty Members

We are delighted to spotlight the remarkable academic contributions of our Physiotherapy Department faculty members through their recent research article publications. Their dedication to scholarly exploration and evidence-based practice reflects our department's strong research culture and commitment to advancing physiotherapy knowledge. These publications not only enhance professional credibility but also provide valuable insights that support innovation in clinical practice, rehabilitation techniques, and patient care outcomes. Such achievements continue to inspire our students and reinforce our vision of academic excellence and leadership in the healthcare community.

Book Chapter Publications :

Dr. Sourav Mitra (PT)

1. Sourav Mitra, Md. Zulfaquar Khan and Abhipranta Naru. *Effects of Cupping Therapy for the Improvement of Pain in Carpal Tunnel Syndrome Patient - A Case Study. Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 01-09. DOI: <https://doi.org/10.22271/ed.book.3024>
2. Sourav Mitra. *A Case Study on Vestibular Maneuvre Combined with Home Exercises for Vestibular Disorder Patient. Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 13-18. DOI: <https://doi.org/10.22271/ed.book.3024>
3. Sourav Mitra. *Effects of Core-stability Exercises in Treating a Patient with Postoperative Lumbar Disc Herniation: A Case Study. Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 21-28. DOI: <https://doi.org/10.22271/ed.book.3024>
4. Sourav Mitra. *Efficacy of Extracorporeal Shock Wave Therapy (ESWT) Along with Low Level Laser Therapy (LLLT) for the Improvement of Heel Pain in Plantar Fasciitis Patient – A Case Study. Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 31-38. DOI: <https://doi.org/10.22271/ed.book.3024>
5. Sourav Mitra. *Efficacy of Manipulative Therapy for Improving Pain in Cervicogenic Headache Patient - A Case Study. Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 41-48. DOI: <https://doi.org/10.22271/ed.book.3024>

Dr Sunayana Ghosh Dostider (PT)

1. Sunayana Ghosh Dostider. *A Case Study on Effectiveness of Rigid Taping on Foot Pain in Plantar Fasciitis patient. Emerging Interventions in Physical Therapy and Rehabilitation. Vol. 1, pp: 193-200, 2024. ISBN: 978-93-6135-742-. <https://doi.org/10.22271/ed.book.3024>*
2. Sunayana Ghosh Dostider. *Balance Rehabilitation Treatment in A patient with Parkinson's Disease: A Case Study. Emerging Interventions in Physical Therapy and Rehabilitation. Vol. 1, pp: 201-210, 2024. ISBN: 978-93-6135-742- 8. <https://doi.org/10.22271/ed.book.3024>*
3. Sunayana Ghosh Dostider. *Effectiveness of Russian Current in Knee Osteoarthritis: A Case Study. Emerging Interventions in Physical Therapy and Rehabilitation. Vol. 1, pp: 211-219, 2024. ISBN: 978-93-6135-742- 8. <https://doi.org/10.22271/ed.book.3024>*
4. Sunayana Ghosh Dostider. *Physiotherapy Management in a Case of Muscular Dystrophy: A Case Study. Emerging Interventions in Physical Therapy and Rehabilitation. Vol. 1, pp: 221-230, 2024. ISBN: 978-93-6135-742- 8. <https://doi.org/10.22271/ed.book.3024>*
5. Sunayana Ghosh Dostider. *Efficacy of Pilates Exercises on Pain and Function in Chronic Low Back Pain Patient: A Case Study. Emerging Interventions in Physical Therapy and Rehabilitation. Vol. 1, pp: 231-238, 2024. ISBN: 978-93-6135-742-8. <https://doi.org/10.22271/ed.book.3024>*

Dr. Sanhita Bose (PT)

1. Sanhita Bose. *"The Impact of Suryanamaskar on Functional Mobility And Trunk Flexibility in Elderly Men", Emerging Interventions In Physical Therapy And Rehabilitation, Vol. 1, pp: 289-299, 2024. ISBN: 978-93-6135-742-8.*
2. Sanhita Bose. *"Impact of Prolonged Mobile Phone Use on Neck Posture, Headaches, and Cervical Range of Motion in University Students", Emerging Interventions In Physical Therapy And Rehabilitation, Vol. 1, pp: 275-287, 2024. ISBN: 978-93-6135-742-8.*
3. Sanhita Bose. *"Effect of Cupping Therapy on Range of Motion and Muscle Activity of the Hamstring Muscle Compared to Passive Stretching", Emerging Interventions In Physical Therapy And Rehabilitation, Vol. 1, pp: 263-273, 2024. ISBN: 978-93-6135-742-8.*
4. Sanhita Bose. *"Dry Needling for Golfer's Elbow: Clinical Outcomes And Efficacy", Emerging Interventions In Physical Therapy And Rehabilitation, Vol. 1, pp: 251-261, 2024. ISBN: 978-93-6135-742-8.*
5. Sanhita Bose. *"Comparison of Dry Needling and Dry Cupping in Positional Fault of Pelvis Due to Myofascial Trigger Points in Quadratus Lumborum", Emerging Interventions In Physical Therapy And Rehabilitation, Vol. 1, pp: 239-250 , 2024. ISBN:978-93-6135-742-8.*

Dr. Gourab Jyoti Roy (PT)

1. Gourab Jyoti Roy, Fatima Saeed and Urusia Parveen. "Effectiveness of Stretching and Weight Bearing Exercises in the Management of Spastic Paraplegia in Patient with HSP". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 118-131, 2024. ISBN: 978-93-6135-742-8.
2. Gourab Jyoti Roy and Saher Ansari. "Improvements in Cardiopulmonary Fitness on Cardiac Rehabilitation Patients". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 169-178, 2024. ISBN: 978-93-6135-742-8.
3. Gourab Jyoti Roy and Heena Das. "Relationship between BMI and Physical Fitness among College Going Students". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 180-191, 2024. ISBN: 978-93-6135-742-8.
4. Gourab Jyoti Roy, Fatima Saeed and Urusia Parveen. "Impact of Task Oriented Training in Cerebral Palsy on Functional Mobility and Balance in Child". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 151-167, 2024. ISBN: 978-93-6135-742-8.
5. Gourab Jyoti Roy, Urusia Parveen and Fatima Saeed. " Effects of Proprioceptive Training on Postural Stability in Subjects with Diabetic Neuropathy". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 135-149, 2024. ISBN: 978-93-6135-742-8.

ABOUT THE BOOK

A Fusion of Disciplines is a comprehensive exploration of interdisciplinary research across the diverse fields of physiotherapy, optometry, and medical laboratory technology. This book emphasizes the importance of collaboration and integration among allied health disciplines to enhance patient care, clinical outcomes, and scientific innovation. By presenting a blend of empirical studies, case analyses, and evidence-based practices, it showcases how applied research serves as the backbone of clinical advancement. The text addresses contemporary challenges in diagnosis, treatment, and rehabilitation while highlighting the role of technology, data interpretation, and translational research in bridging the gap between theory and practice. Each chapter is carefully curated to reflect the synergy among disciplines, offering readers a multidimensional understanding of healthcare delivery. Designed for students, researchers, and practitioners, this book encourages critical thinking and cross-disciplinary collaboration, positioning itself as a valuable resource in the evolving landscape of clinical allied sciences.

ABOUT THE AUTHOR



Dr. Sourav Mitra (PT), BPT, MPT (Neurology), PhD Scholar, is a distinguished physiotherapy professional with more than five years of dedicated academic and clinical experience. Specializing in neurological rehabilitation, he has made significant contributions to the advancement of the field through numerous peer-reviewed research publications that highlight his scientific rigor and commitment to evidence-based practice. In addition to authoring several insightful book chapters, Dr. Mitra is also the holder of a patent, demonstrating his innovative approach to problem-solving in neuro-physiotherapy. His scholarly endeavors reflect a strong passion for research, a deep understanding of neurological disorders, and a continuous pursuit of excellence in physiotherapy education. Dr. Mitra remains actively engaged in academic development, aiming to bridge the gap between clinical practice and research to enhance patient care and rehabilitation outcomes.



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APPLIED RESEARCH IN CLINICAL ALLIED SCIENCES

A FUSION OF DISCIPLINES

*Integrating Physiotherapy, Optometry, and
Laboratory Science for Evidence-Based Practice*

DR. SOURAV MITRA (PT)

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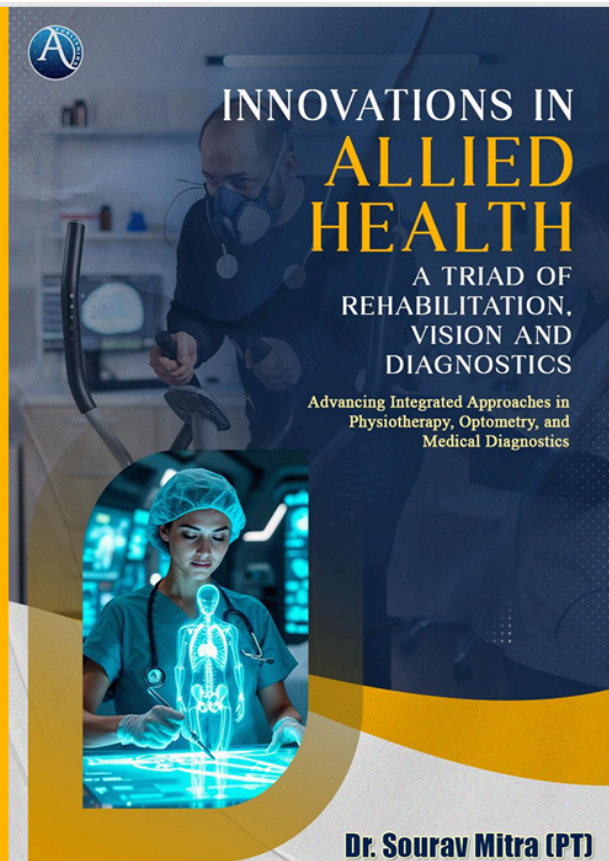
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INNOVATIONS IN ALLIED HEALTH: A TRIAD OF REHABILITATION, VISION AND DIAGNOSTICS DR. SOURAV MITRA (PT)



INNOVATIONS IN ALLIED HEALTH

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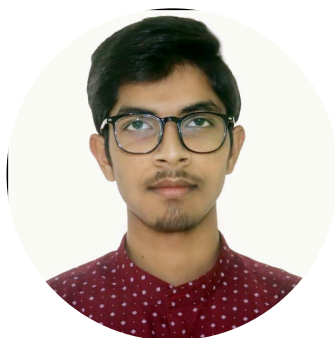
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Acknowledgement



We extend our sincere gratitude to everyone who contributed to the successful development of this newsletter themed “From Posture to Performance: Ergonomics in Physiotherapy Practice.” This edition reflects our collective understanding of ergonomics as a vital link between optimal posture, efficient movement, injury prevention, and enhanced functional performance in both clinical and everyday settings.

We are deeply thankful to our respected faculty members for their constant guidance, academic expertise, and unwavering support. Their insights into ergonomic principles and evidence-based physiotherapy practice have inspired us to explore the role of posture, workplace design, and movement efficiency in promoting long-term musculoskeletal health.

Our heartfelt appreciation goes to the enthusiastic students whose creativity, teamwork, and dedication played a pivotal role in bringing this publication to life. Their active participation highlights a growing commitment to patient-centred care, preventive physiotherapy, and performance optimization through ergonomic awareness.

We also acknowledge the institution and its leadership for providing the necessary platform, resources, and encouragement that enable us to learn, innovate, and share knowledge beyond the classroom.

Together, we strive to promote awareness of how ergonomic principles in physiotherapy can transform posture into performance, enhance productivity, and improve quality of life for individuals across diverse environments.

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