

# NEWS LETTER-2026 (October 2025 - March 2026)



**Bharath**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(Declared as Deemed - to - be - University under section 3 of UGC Act 1956)



## FACULTY OF PHYSIOTHERAPY

(Sree Balaji Medical College and Hospital campus)

### 2026 Issue-1



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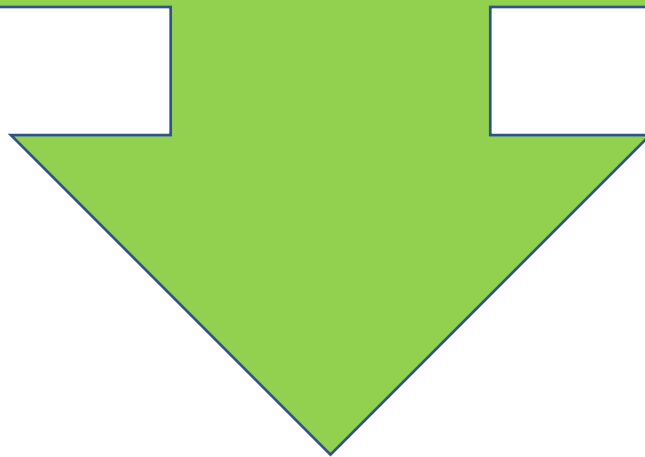
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# GENERAL



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# About the Department



**Faculty of Physiotherapy  
at Sree Balaji Medical College & Hospital offers B.P.T  
program (Bachelor of Physiotherapy – Four Years & 1  
Year Internship)**

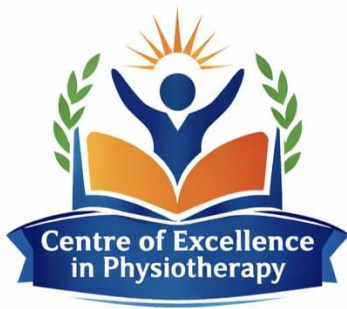


Bachelor of Physiotherapy is a professional course which focuses on the assessment, treatment and rehabilitation of people suffering from various physical health conditions that affect movement and functional ability. It is a highly in-demand global healthcare profession that provides hands-on clinical practice along with theoretical knowledge on assessment and intervention to restore, improve, or maintain optimal physical function and overall well-being for individuals, groups, or communities.

Bachelor of Physiotherapy (B.P.T) students acquire skills in Medical and Surgical conditions, Sports Rehabilitation, Musculoskeletal Sciences, Neurological Rehabilitation, Cardio-Pulmonary Physiotherapy, Community-based Rehabilitation, Exercise Therapy, Electrotherapy, Biomechanics, Evaluation, Intervention Techniques, and Research Methods. Clinical training is mandatory before graduation. For clinical postings, students will be posted to various specialties such as Neurology, Orthopedics, Cardio-Respiratory, General Medicine, General Surgery, Sports Rehabilitation, and Community Health. The medium of instruction will be English. B.P.T students will be trained in evidence-based practice from Pediatric to Geriatric care throughout the Five-year program. After passing the theory and practical examinations conducted by the University, students must undergo one year of compulsory rotatory internship. Students who complete the program successfully will be awarded the Degree of Bachelor of Physiotherapy (BPT) by the University

Mail Id: [physiotherapy@sbmch.ac.in](mailto:physiotherapy@sbmch.ac.in)

Website address: <https://www.fptsbmch.in/>



## VISION

"To be a leading center for physiotherapy education and research, advancing clinical excellence, innovation, and the training of ethical professionals dedicated to improving global health and well-being."



**Educate • Heal • Innovate**

## MISSION

- ✓ Deliver evidence-based programs that build clinical expertise, critical thinking, and integrity.
- ✓ Promote research and innovation to advance rehabilitation science and practice.
- ✓ Provide patient-centered, inclusive training with emphasis on collaboration and community needs.
- ✓ Uphold ethical standards, preparing graduates to serve diverse populations with compassion and leadership.
- ✓ Strengthen institutional growth and global partnerships to enhance education, innovation, and societal impact.

## *\*Principal's Message\**



It gives me immense pleasure to welcome you to the Faculty of Physiotherapy. Our institution is committed to excellence in education, research, and clinical practice, with a strong emphasis on developing competent, compassionate, and ethically responsible physiotherapy professionals.

In today's evolving healthcare landscape, physiotherapy plays a vital role in prevention, rehabilitation, and improving quality of life. At our college, we strive to equip our students with strong academic foundations, evidence-based clinical skills, and a patient-centered approach to care. Our curriculum is designed to integrate theoretical knowledge with hands-on training, ensuring that our graduates are well-prepared to meet global healthcare demands. We also encourage a culture of research, innovation, and continuous learning. Through academic collaborations, workshops, and clinical exposure, we aim to nurture critical thinking and professional growth among our students and faculty.

Our dedicated team of experienced faculty members, well-equipped laboratories, and clinical training facilities provide an enriching environment for holistic development. We take pride in fostering not only academic excellence but also leadership, teamwork, and social responsibility.

As we move forward, our vision remains to contribute meaningfully to society by producing skilled physiotherapists who uphold the highest standards of practice and care.

I warmly invite you to explore our institution and be a part of our journey towards excellence in physiotherapy education and healthcare service.

**Rajeswari Kumaran**

**Principal**

**Faculty of Physiotherapy**

# *STUDENT'S CORNER*



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## Awards and Achievements

The Faculty of Physiotherapy takes immense pride in the achievements and active participation of its students. These accomplishments highlight academic excellence, creativity, physical fitness, and teamwork.

### Tamil Mandram - Karthigai Kalai Vizha Competitions

(19th November 2025)

Our BPT 1<sup>st</sup> year students actively participated in **Karthigai Kalai Vizha Competitions** held on 19th November 2025 by Tamil Mandram and this is the first event brought pride to the department as this is a new emerging college of BIHER.

- Ms. Amudhini secured **1<sup>st</sup> prize in the singing competition**
- Ms. Sudharshini achieved **2<sup>nd</sup> prize in singing.**
- Ms. Girijalakshmi won **1<sup>st</sup> prize in the Kavithai competition**



Our students getting prizes from our beloved **Dean, Dr.P. Sasikumar** and **The Chief Guest.**

## FERRYCON

6th December 2025

Our BPT 1<sup>st</sup> year students participated in Ferrycon-2025 conference conducted by Physiology department of Sree Balaji Medical College and Hospitals, Chromepet, on 6th December 2025. They presented academic paper presentations in the conference and bagged prizes.

- Ms. Haniya secured **first** prize in the academic paper presentation.
- Ms. Shiny earned **second** prize in the academic paper presentation on topic **Heat to hurt -A pathway linking neuro and musculoskeletal perspective-An umbrella review**
- Ms. Sushmitha and Ms. Naomi Lindsey were given appreciation for presenting well.



Our students receiving prize they bagged in academic paper presentation from Vice Principal Dr. M.R.Renuka Devi, SBMCH and Professor and HOD Physiology Dr. Devaki, SBMCH.

## SBI Green Marathon

1st March 2026

The **SBI Green Marathon**, held on 1st March 2026, at Uthandi, ECR, was a remarkable event promoting fitness and environmental awareness. Our student, Ms. Girijalakshmi, successfully completed the **10 km marathon** with great determination and endurance, earning a well-deserved medal. This achievement reflects the spirit of fitness and commitment encouraged by our department.



*Ms. Girijalakshmi, successfully completed the 10 km marathon*

## Concept to Cure

28th February 2026.

Our BPT 1<sup>st</sup> year students enthusiastically participated in the “Concept to Cure” a concept and brainstorming event held on 28th February 2026, at **SRM Institute of Science and Technology, Ramapuram** showcasing their knowledge and innovation.

The participants included Ms. Shiny, Ms. Logadharani, Ms. Surya, Ms. Charulatha, Ms. Kalpana, Ms. Sudharshini, Mr. Hiruthik, Mr. Kathiravan, and Mr. Mohanapriyan.



*From left to right Ms shiny, Ms. Surya and Ms. Kalpana*



*From left to right Ms Charulatha, Ms. Logadharani and Mr. Hiruthik*

# CELEBRATIONS

## *Inaugural function*

- BIHER and Sree Balaji Medical College and hospital together inaugurated a new Department, Faculty of physiotherapy in Sree Balaji Medical College wing 5<sup>th</sup> floor.
- Founder, Chancellor, BIHER, Chief patron Dr. S.Jagathrakshagan, Patrons Dr.J.Srinisha, Chairperson ,Managing Director ER.N.Elamaran, Advisory board Registrar Dr. S. Bhuminathan, The Dean Dr. P. Sasi kumar did the honours of inaugurating the new department with utmost happiness welcoming the students and staffs to the BIHER family



# Freshers' day - Imperio

*20th December 2025*

The Faculty of Physiotherapy, in the head of our beloved Principal, Dr. S.Rajeswari Kumaran organized a grand Freshers Day to our **Imperio's-2025-26** batch students.

The event was filled with elegance and excitement. The cultural performances, and interactive activities that helped create a warm and friendly environment. Faculties extended a heartfelt welcome, for the first batch of FPT making the newcomers feel comfortable and included. The celebration marked a joyful beginning to their academic journey and encouraged bonding among students and improved student faculty relation as well.



Our Principal, Dr. S. Rajeswari Kumaran, honoured the students with certificates for those who participated in the academic activities on the occasion of fresher's day celebration.

# Pongal, Christmas and Ramzan Celebration (Festival of Equality)

12th January 2026

Pongal, Christmas, and Ramzan were celebrated as festivals of equality with great enthusiasm and traditional spirit in the department. Students and faculty actively participated in the festivities, coming together beyond all differences and showcasing cultural values through traditional attire, decorations, and celebrations. The event emphasized the importance of unity, gratitude, and inclusiveness, creating a joyful atmosphere that reflected harmony and togetherness. It was a memorable occasion that highlighted both the richness of our diverse culture and the spirit of equality.



**Faculty of Physiotherapy  
SBMCH(campus)**

கொண்டாடும்

**ஒளிரும் சமத்துவ விழாவிற்கு**

உங்களை அன்புடன் வரவேற்கிறோம்



கிறிஸ்துமஸ் பொங்கல் மற்றும் ரமலான் பெருவிழா



நாள் 12.01.26  
நேரம்- மதியம் 1.00 மணி  
முதல் 4 மணி வரை



இடம்- 5 ஆவது மாடி,  
ஸ்ரீ பாலாஜி மெடிக்கல் காலேஜ்



*We cordially invite*

**CHIEF PATRON**  
Dr. S. JAGATHRAKSHAGAN,  
FOUNDER  
CHANCELLOR, BIHER

**PATRONS**  
Dr. J. SRINISHA, CHAIRPERSON,  
ER.N. ELAMARAN,  
MANAGING DIRECTOR

**ADVISORY BOARD**  
Dr. S. BHUMINATHAN,  
REGISTRAR

**DEAN**  
Dr. P. SASIKUMAR

**Organizing chairman**

Ms. Rajeswari. S  
Principal  
Faculty of Physiotherapy

**Organizing Secretaries**

Mrs. S. J. Kanimozhisevi  
Assistant Professor  
Mr. G. Yoheswaran  
Assistant Professor



We decorated our department with fun filled colours of joy and enthusiasm to welcome the forth coming festival of joy, thanks and equality.

Students actively participated in cooking competitions and were given prizes for the winners by our beloved Principal, Dr. S. Rajeswari Kumaran.



# ACADEMIC ACTIVITIES

## HEALTH DAYS

Health days are celebrated to raise awareness about global health challenges, promote healthy lifestyles, and educate students on disease prevention. These events foster a sense of responsibility regarding physical and mental well-being, encourage nutritious eating, and provide opportunities for community outreach, such as health check-up camps and seminars

### World Arthritis Day -16<sup>th</sup> October 2026

World Arthritis Day is observed annually on **October 12<sup>th</sup>** to raise global awareness about rheumatic and musculoskeletal diseases (RMDs), which affect roughly 500 million people worldwide. We celebrated world Arthritis Day on **16<sup>th</sup> of October 2026**. Students were given a theme for this day as *“Achieve your dreams”* and were given opportunity to present their views on arthritis day. There was a group discussion organised by our **Principal, Dr. S. Rajeswari and Assistant Professor, Ms. Kanimozhiselvi SJ** to highlight the important cues and whereabouts of this day.

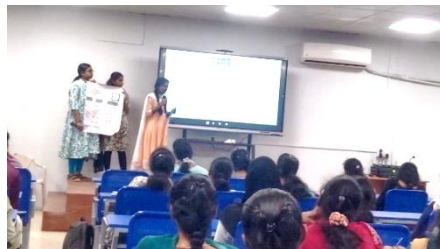
Students explained about the World arthritis Day and depicted them nicely in their creative chart work. Students who presented are Mr. Arul Gowtham Raj.G, Ms. Amudhini.R, Ms. Adrija Sarkar and Ms. Sushmitha.R, Ms. Shiny.S, Ms. Sudharshinii.T, Mr. Karthik Kannan.B, Ms. Nithyasree.S, Ms.Thamaraiselvi.B, Mr. M.Ruben Vinoj, Ms. Ranjana.E, Ms. Rohini.D



## World Osteoporosis Day -16<sup>th</sup> October 2026

World Osteoporosis Day is observed annually on 20 October, and launches a year-long campaign dedicated to raising global awareness of bone health, and of the prevention, diagnosis and treatment of osteoporosis and metabolic bone disease. There was a group discussion organised by our **Principal, Dr. S. Rajeswari and Assistant Professor, Ms. Kanimozhiselvi SJ** to highlight the important cues and whereabouts of this day.

Students explained about the World arthritis Day and depicted them nicely in their creative chart work. Students who presented are Ms. Dhana Priya.R, Ms. Dharshitha.S.S, Ms.Girijalakshmi.M, Ms.Hemavarshini.R, Mr. Moahanpriyan.B, Ms. Rohith.K, Ms. Shiny.S, Ms. Sudharshini.T, Ms.Sughasine.A, Ms. Suriya.TJ, Ms. Udhayaprakash.J, Ms. Vinsila Muthukumar Das.



## World Cancer Day – 4<sup>th</sup> February 2026

World Cancer Day, annual observance held on February 4 that is intended to increase global awareness of cancer, an initiative of the **Union for International Cancer Control** that aims to significantly reduce illness and death caused by cancer by raising awareness and encouraging prevention, detection, and treatment.



Theme: United by uniqueness



Students of BPT first year went on a rally for cancer awareness day campaign to highlight the importance of understanding cancer to the general public.



Special guests (Dr. Srija, Vice Principal Bachelor of Occupational Therapy, SBMCH and Dr.Kalaiselvi.VS, Professor, Biochemistry Department, SBMCH, Chief Guest (Dr. Magesh Chandran, Associate Professor, Department of General Surgery, SBMCH) and Dr. Rajeswari.S, Principal, Faculty of Physiotherapy, SBMCH) on the Dias on world cancer awareness day celebration and analysing the poster presentations done by students of medical and allied health science

# WORKSHOPS

Workshops are conducted to enhance skill development, improve knowledge sharing, improve problem solving and involve students in networking to connect with people

## Basic Life support (#SDG-1)

### Why to conduct?

The basic life support workshop is a technique that has to be known even by a common man. The technique is to save a life of someone who is in need even on an empty-hand at the arrest site (even in an out-of-hospital scenario) whether she or he is a medical or non-medical person. Bystander cardiopulmonary resuscitation (CPR) effort increases the chances of survival by 2–3 folds abetting return of spontaneous circulation.

This certified basic life support workshop was conducted by Dr. Rela Institute, Chromepet, Chennai-44 on 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> of December 2025

### SKILL DEMONSTRATION

Students learning the skills of life support “Ensuring scene safety, identifying cardiac arrest and activation of emergency response”



## Surface markings of upper and lower extremities (#SDG-2)

The role of surface anatomy in education is to foster **Somatosensory Awareness** by facilitating **Proprioceptive Feedback**.

Faculty of Physiotherapy conducted a certified workshop for BPT first year students on **surface markings of upper and lower extremities** as a part of skill development goals. The program was conducted on **26<sup>th</sup> February 2026** lead by Resource Person Dr. Ramana.K, Associate Professor, Saveetha college of Physiotherapy, Thandalam.



# GUEST LECTURES

Guest lectures are conducted to bridge the gap between theoretical classroom learning and real-world industry application. They provide students with insights from professionals, foster networking opportunities, introduce fresh perspectives, and enhance employability by keeping curriculum relevant to current market trends.

## Guest lecture-1

### An insight on Physiotherapy for pupil Physiotherapists

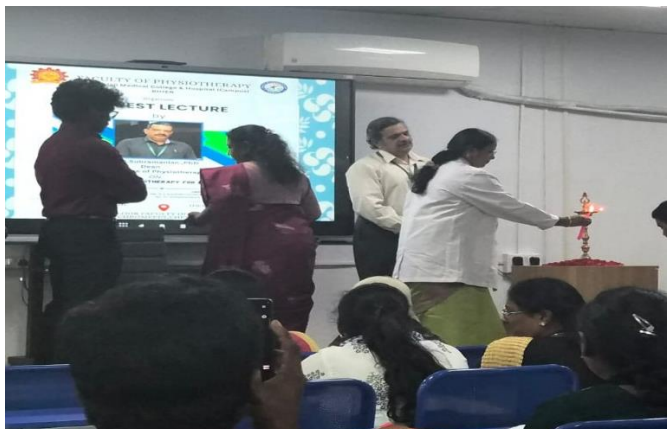
7<sup>th</sup> January 2026



Our first guest lecture for the academic year was Dr. S.S. Subramanian, MPT., PhD (Physio), Dean, Sree Balaji College of Physiotherapy, Pallikaranai, Chennai-100. His immense knowledge in the field of physiotherapy guided our students to think the right path in the career of physiotherapy. Students asked many doubts regarding the field of physiotherapy and how to learn it easily.

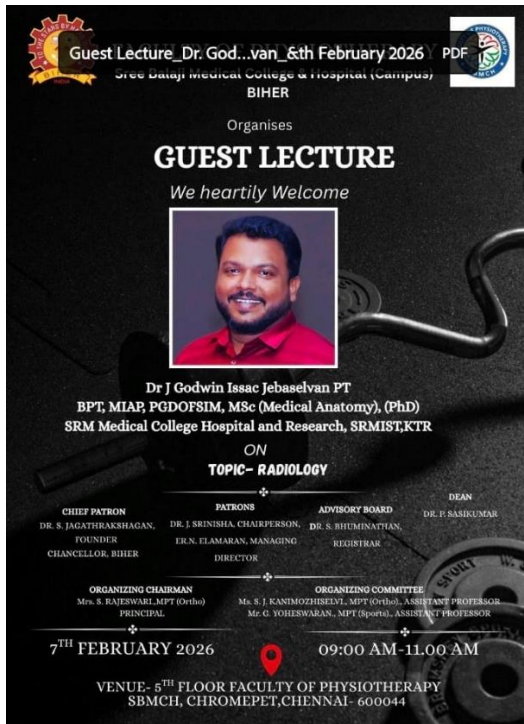


*Our Principal Dr. S. Rajeswari Kumaran Felicitating our chief guest with a memento on the left and our department faculties along with the chief guest and Principal on the right.*



*We gave a warm welcome our chief guest and as a part of the tradition the lamp lighting was done by the Chief guest, Principal, faculties and the Students Chairman and Vice- chairman as a symbol of sharing the knowledge.*

*Guest lecture-2*  
*Radiological insights in Physiotherapy*  
*7<sup>th</sup> February 2026*



Our second guest lecture for the academic year was Dr. Godwin Issac Jebaselvan.,BPT.,MSc. Anatomy, Assitant Professor, SRM Medical College Hospital and Research, SRMIST,KTR,Tamil Nadu. His wide knowledge in the field if physiotherapy along with anatomy helped our students to understand radiology better and how to diagnose the conditions better.



*Our Principal Dr. S. Rajeswari Kumaran Felicitating our chief guest with a memento on the left and our department faculties along with the chief guest and Principal on the right.*

Students' Creative pursuits

அவளானவன்....  
மகனாய் பிறந்தவன் மாதவம்  
அடைய முற்படுகையில்  
மகளாய் பாவித்து  
கொள்கிறான்....  
மாற்றங்களில் தன்னை  
மங்கையாய் உணர்கிறான்....  
முதல் முறை புடவையில்!!!!  
நங்கையென நாணம்  
கொள்கிறான்....  
அவன் அவளாகையில்!!!!

- ஜெ. மதுமிதா  
முதலாம் ஆண்டு



**Gayathri. V**

**1<sup>st</sup> year**

**Faculty of Physiotherapy**

**Sree Balaji Medical College and Hospital**

## கணபுகள்

கணபு கண்டேன் சீக நான்,  
என் அழகு மலர்ந்தது அந்த காலம்.

சிறு முயற்சியில் ரிபரிய ரிவ்லி,  
என் நம்பிக்கை நான் என் ரிசல்வம்.

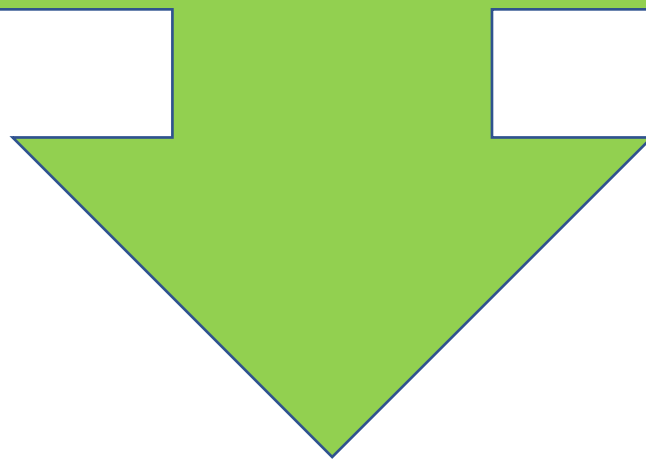
தடைகள் அந்தாலும் தளராமலேன்,  
என் கிலக்கை நான் அதேவன்.

உய்யும்பின் வியர்வை மலராதி,  
என் அழகை சீக ரிவ்லி கைது ஆகும்.

“என் கணபுகள் என் அழி காலும்”

- Srija Lakshmi - M  
I-year  
BPT

# *FACULTIES CORNER*



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## FACULTIES CORNER

### Faculty Participations

1. Ms. S.J. Kanimozhiselvi and Mr. G. Yoheswaran attended 6 days online International Faculty Development Program on Research Methodology for Healthcare Professionals from 2<sup>nd</sup> – 7<sup>th</sup> February 2026, Organized by Department of Neurological Physiotherapy, School of Physiotherapy, Sri Balaji Vidyapeeth, Puducherry.
2. Mr. G. Yoheswaran and Ms. V. Padmavathi attended in the 7 Day e-Faculty Development Program on "Innovation and Outreach Strategies for Research Excellence and Societal Impact," organized by the Chettinad School of Physiotherapy, Chettinad Academy of Research and Education (CARE), Chennai, from 9 to 17 February 2026.
3. Ms. S.J. Kanimozhiselvi, completed 3 days short-term online course on “Research Grant Writing and Management” from 19<sup>th</sup> January to 21<sup>st</sup> January 2026, conducted by Centre for Continuing Education (CCE) Indian Institute of science (IISc), Bengaluru.
4. Ms. S.J. Kanimozhiselvi, attended An Hour of OA with Springer Nature- Fundamentals of Open Access on 18<sup>th</sup> March 2026.
5. Ms. S.J. Kanimozhiselvi, attended a webinar series on “How to do a Research and get published and how to support your students through the publication process” conducted by Sage Journals on 21<sup>st</sup> January 2026.
6. Ms. S.J. Kanimozhiselvi, attended 1 week Faculty Development Program on Advanced research Writing for Academic Excellence from 19<sup>th</sup> to 27<sup>th</sup> January 2026, organized by Department of Sports Physiotherapy, School of Physiotherapy, Sri Balaji Vidyapeetha, Puducherry.

## *Faculty Facilitations*

1. Ms. S. J. Kanimozhiselvi, served as a reviewer for Science Talks, Elsevier Journals.
2. Ms. S.J.Kanimozhiselvi, served as a Resource Person for a webinar conducted by Department of Paediatric and neonatal sciences, Saveetha college of Physiotherapy on 27<sup>th</sup> January 2026, on “Topic- Paediatric bone health in current scenario”
3. Ms. S.J.Kanimozhiselvi, served as a Speaker for a webinar conducted by Rotary club organized by Rotary club of Chennai Riviera speaker meeting on 14<sup>th</sup> February 2026 on “Topic- Focus on Forms over weight”
4. Ms. S.J.Kanimozhiselvi, served as Speaker for a womens day special wellness session conducted by Lead Rehab on 5<sup>th</sup> March 2026 at ACL digital, DLF on “Topic- Women’s Health and Preventive Physiotherapy
5. Mr.G.Yoheswaran, have successfully completed an 8-week SWAYAM NPTEL certification course in Sports on the topic of Anti-Doping Awareness in Sports, conducted from February to April 2026.

## Research Publication

1. Sounderrajan Jamunarani, K., Krishnan Jayaraman, R., Munuswamy, S., Aseer, A. L., & Janakiraman, B. (2025). Poor Core Stability is Associated to Progression of Osteoarthritis of the Knee in Adult Patients: A Case-Control Study. *Muscles, Ligaments and Tendons Journal*, 15(4). <https://doi.org/10.32098/mltj.04.2025>.

## *Patent and copyrights*

### **Granted:**

Ms. S. J. Kanimozhiselvi, received a copyright for the title, "LAMP test (Large Muscle Performance Test)" with Copyright Number- LD-34668/2025-CO.

### **Published:**

Ms. S. J. Kanimozhiselvi, published a copyright titled, "TUCK-Treat yoUr Core Kinetic", Copyright Number- LD-31828/2025-CO

Ms. S. J. Kanimozhiselvi, published a copyright titled, "HELP (Home Exercise Program for Low back Pain) manual version-1", Copyright Number- LD-38256/2025-CO

Faculties Creative pursuits



Ms. V. Padmavathi

Assistant Professor

Faculty of Physiotherapy, SBMCH

பள்ளிப்பருவம் என்னும் வானவில் மேகங்களில் மிதந்து  
இளமை பருவம் எனும் மழையில் நனைந்து  
பரீட்சை எனும் சுனாமியில் சிக்கி மீண்டெழுந்து  
கல்லூரியில் சிறகடிக்கலாம் என்ற கனவுடன் பறந்து வந்தீர்கள்  
வந்திருப்பது கூடோ.... என்ற அச்சம் வரலாம்  
ஆம் கூடுதான்

ஆனால் இந்த கூட்டில் உங்கள் சிறகுகள் வெட்டப்படாது சீரமைக்கப்படும்  
உங்கள் கனவுகள் கலைக்கப்படாது அழகுபடுத்தப்படும்  
உங்கள் அரிதாரம் ஒப்பனை ஆக்கப்படும்  
இளமை பூச்செடிகளுக்கு நீரூற்றப்படும்  
அறிவுக்கணிகள் பசியாறப்படும்  
தழைக்கும் இலைகளுக்கு உரம்போடப்படும்  
நட்பின் மரத்திற்கு தோள் கொடுக்கப்படும்  
வாழ்க்கையின் ஆணிவேருக்கு வழி காட்டப்படும்  
மரத்தின் ஆணி வேர்களாய் நாங்கள்  
இம்பெரியோ - 2025 பறவைகளே  
இப்பொழுது புரிந்திருக்கும்  
நீங்கள் பறந்து வந்தது கூடா அல்லது நந்தவனாமா என்று  
வாருங்கள் ஒருசேர பறப்போம் ஒளியை நோக்கி .

ச ச கனிமொழிச்செல்வி  
உதவி பேராசிரியர்  
இயன்முறை மருத்துவக் கல்லூரி  
ஸ்ரீ பாலாஜி மருத்துவக்கல்லூரி மற்றும் மருத்துவமனை