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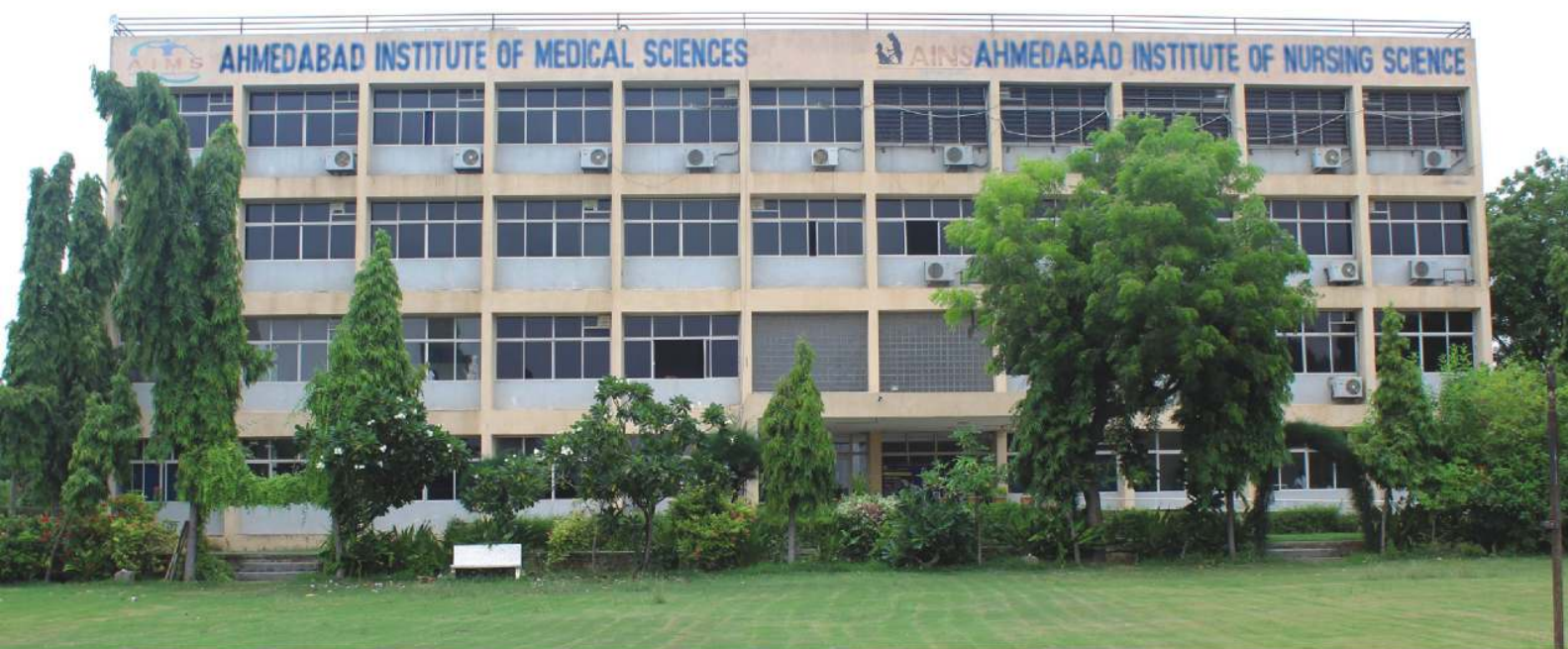
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NEWS FLASH

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About the AIMS

AIMS Incepted in 2006, run by the Garvi Gujarat Medical and Educational Foundation, affiliated to Gujarat University and recognized by Govt of Gujarat, GSCPT (Gujarat State Council for Physiotherapy) and IAP (Indian Associations of Physiotherapists). After four successful years and further exploration & sustainability of knowledge for students and staffs that will impact to community, we also start master of physiotherapy course since 2011 (M.P. T with 6 branches that includes Orthopedics, Cardio – respiratory, Community health and rehabilitation, Neurosciences, Sports Sciences and Women’s Health). The location of our college sort of Rural – Urban Fringe rare combination with spacious lush greenery with less pollution and with all facilities, so all come and explore horizons of our AIMS FAMILY.

The core structure of college is to impart good knowledge of education with sense of humility by providing an amiable atmosphere that they tap with the guidance of experienced faculties in respective fields. Our college provides a comprehensive facility of practical education in various set ups like Civil hospital, LG Hospital, Sharadaben Hospitals, GCS, Red cross etc. so they imbibe the practical knowledge that reflects in various arena of community centers surrounding our college premises by camps and AIMS OPD. We do have specialized units of EMG / NCV Units, Pediatric department, Orthopedic, Women’s Health, Neurological & cardio – Pulmonary department with Treadmill & PFT guided with respective experienced Faculties. Our college plays a major role in service provider like free distribution of drugs and awareness of health nearby places. Also, we provide platforms for our students that they can unfold their savvy in extra curricular activities and various conferences held state and National wise.

About the AINS

Ahmedabad Institute of Nursing Science (AINS) Run by charitable trust," Garvi Gujarat Medical Educational foundation" and affiliated to Gujarat University, recognized by Government of Gujarat, Indian Nursing council (INC, New Delhi) and Gujarat Nursing Council (GNC) since 2007. Under AINS, We are running B.Sc Nursing course which Graduate level programme.

The location of AINS at Lapkaman is a unique and exciting place; it kept close to the Nature's heart. In college Infrastructure, we comprising A.C classrooms proper ventilation, Advanced laboratories like Nursing Foundation Lab, Medical-Surgical Nursing Lab, nutrition Lab, Midwifery and child health Nursing Lab, Mental Health Nursing Lab, and Pre clinical science Lab, library (e-library), computer training centre, Auditorium hall and outdoor lustrous green ground as well as canteen facilities.

AINS consists of Group of selfless, dedicated and hardworking educationists their endeavor in providing and establishing good professional education to the students has been relentless effort on their part. The college offers educational and clinical experience exposure.

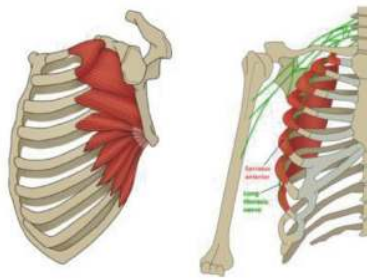
AINS affiliated with Government, Non-Government and Corporate level multi-speciality hospitals for students to get ample opportunities dealing with human lives which is the base part of their curriculum. In the hospitals, students get hands on training for health care and advance procedures.

Along with this, we provide chance to participate students into extra-curricular activities, seminars, workshop, Research Projects, educational visits, webinars for comprehensive development of students.

This Year on September 2022, we are glad to announce that we are going to start AIMS- AINS news flash Booklets that covers our college functionaries (academic and non-academic) and health desk, that staff and students replicate intelligence in all the field.

Welcome all to AIMS and AINS Family

Anatomy & Biomechanics of Serratus Anterior – The most neglected Muscle



1. **The superior component** – Originates from the first and second ribs and inserts into the superior medial angle of the scapula. This component serves as the anchor that allows the scapula to rotate when the arm is lifted overhead. These fibers run parallel to the 1st and 2nd rib;
2. **The middle component** – Originates from the second, third and fourth ribs and inserts onto the medial border of the scapula anteriorly (sandwiched between the scapula and ribs). This component is the prime protraction muscle of the scapula;
3. **The inferior component** – originates from the fifth to ninth ribs and inserts on the inferior angle of the scapula. The fibers form a ‘quarter fan’ arrangement, inserting onto the inferior border of the scapula. This third portion serves to protract the scapula and rotate the inferior angle upward and laterally. Inman (1944) proposed that the lower part of the serratus anterior is the stabilizer of the inferior border of the scapula, and works with the lower trapezius to create a force couple to upwardly rotate the scapula during overhead movement

Mechanics of serratus anterior

protraction can mean abduction of the scapula with either upward or downward rotation. Therefore, to avoid ambiguity, this text lists the actions specifically. When the serratus anterior is described as two parts, the role of elevation is ascribed to the upper portion and that of abduction and upward rotation to the larger lower portion. The role of the serratus anterior in producing scapular **posterior tilt and external rotation** comes primarily from descriptions of altered scapular positioning and motion associated with long thoracic nerve palsy

Pathomechanics of serratus Anterior

The long thoracic nerve lies on the ventral surface of much of the muscle and can be injured during surgical procedures such as axillary lymph node dissections in which lymph nodes close to the nerve must be excised.

Injuries also are reported following other surgical procedures and during the administration of local anesthesia.

Direct traction injuries to the nerve in young athletes are reported as well. In all reports of injury, the resulting impairments are reported to be severe, although recovery is possible

Weakness of the serratus anterior results in weakness of scapular abduction, upward rotation, and, to some extent, scapular elevation. Scapular abduction is used to reach forward. So, weakness of the serratus anterior is apparent when pushing forward against a resistance, as in pushing a revolving door forward. In this situation, the door exerts a reaction force on the upper extremity (including the shoulder girdle) that tends to adduct the scapula

In the absence of sufficient serratus anterior strength, the scapula slides medially on the thorax. Because the serratus anterior attaches to the medial aspect of the ventral surface of the

scapula, the serratus anterior holds the medial border and inferior angle of the scapula firmly onto the thorax by keeping the scapulothoracic joint in external rotation and posterior tilt, respectively. Consequently, in the presence of serratus anterior weakness, forces that adduct the scapula also tend to cause the scapulothoracic joint to move into internal rotation and anterior tilt with the medial border and inferior angle protruding posteriorly from the thorax. This is known as medial winging and is a sign of weakness of the serratus anterior, prominent during abduction of the scapula against resistance.

Medial winging due to weakness of the serratus anterior also is apparent during active shoulder flexion and abduction.



Tips to strengthen Serratus Anterior

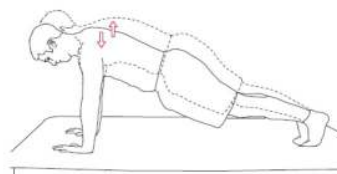
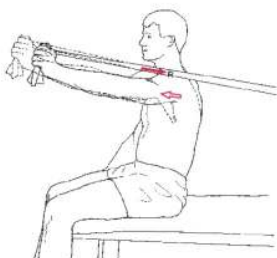
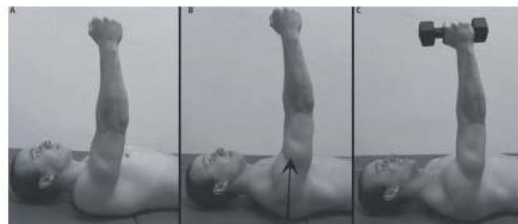
Level I : Backlying Isometric with Arm Overhead



Level II : Sidelying with Dynamic Arm Slide



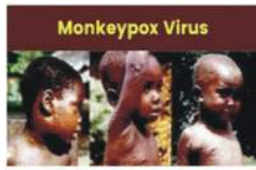
Level III : Standing back to the wall and arm lift



By : **Dr. T. Kanna Amarnath (PT)**
Principal, AIMS

Monkey Pox

INTRODUCTION:



Monkeypox virus (MPXV) is a zoonotic (a virus transmitted to humans from animals) orthopoxvirus, endemic to the heavily forested regions of West and Central Africa, often in proximity to tropical rainforests, and has been increasingly appearing in urban areas. MPXV is a close relative of variola virus.

- ❖ **DEFINITION :** Monkeypox is an illness caused by the monkeypox virus. It is a viral zoonotic infection, meaning that it can spread from animals to humans. It can also spread from person to person.
- ❖ **EPIDEMIOLOGICAL TRIAD :**
- ❖ **AGENT :** Monkeypox is a rare disease caused by infection with the **monkeypox virus**. Monkeypox virus is part of the same family of viruses as variola virus.
- ❖ **HOST :** Men who have sex with men, Newborn infants, young children and people with underlying immune deficiencies are at the highest risk of infection right now from monkeypox, according to the WHO.
- ❖ **ENVIRONMENT :** Favorable environment is tropical rainforest areas of central and west Africa and is occasionally exported to other regions.
- ❖ **MODE OF TRANSMISSION :**
Monkeypox can spread to anyone through close, personal, often skin-to-skin contact.
- ❖ **INCUBATION PERIOD :** Incubation period is roughly 1-2 weeks.
- ❖ **SIGN AND SYMPTOMES OF MONKEYPOX :**
 - Fever.
 - Chills.
 - Headache.
 - Muscle aches.
 - Fatigue.
 - Swollen lymph nodes.
 - Rashes
- ❖ **DIAGNOSIS FOR MONKEYPOX :** Laboratory Test for polymerase chain reaction (PCR) testing (genetic fingerprinting). You may also need to give a blood sample to check for the monkeypox virus or antibodies your immune system makes to it.
- ❖ **TREATMENT FOR MONKEYPOX :** Tecovirimat antiviral drug is used for reducing viremia.
- ❖ **VACCINATION :**
Two vaccines may be used for the prevention of Monkeypox virus infection:
JYNNEOS (also known as Imvamune or Imvanex), licensed (or approved) by the U.S. Food and Drug Administration (FDA) for the prevention of Monkeypox virus infection.
ACAM2000, Licensed (For Approved) by FDA for use against smallpox and made available for use against monkey pox under an Expanded Access Investigational New Drug Application.
- ❖ **PREVENTION OF MONKEYPOX :**
 - Avoid contact with infected animals (especially sick or dead animals).
 - Avoid contact with bedding and other materials contaminated with the virus.
 - Thoroughly cook all foods that contain animal meat or parts.
 - **Wash your hands** frequently with soap and water.
 - Avoid contact with people who may be infected with the virus.
 - Practice safe sex, including the use of condoms and dental dams.
 - Wear a mask that covers your mouth and nose when around others.
 - Clean and disinfect frequently touched surfaces.
 - Use personal protective equipment (PPE) when caring for people infected with the virus.



❖ **HOW TO TAKE CARE OF YOURSELF :**

- **Pain relievers and fever reducers.** Medicines like ibuprofen (Advil®, Motrin®) and acetaminophen (Tylenol®) can help you feel better.
- **Oatmeal baths.** Soaking in a warm bath with colloidal oatmeal can relieve the dry, itchy feeling that comes with skin rashes.
- **Isolate yourself if you're infected.** Avoid contact with others until all your lesions have scabbed.
- **Cover single or local lesions.** Use gauze or bandages to limit spread to others and the environment.
- **Take good care.** It's important to stay home and rest when you're sick, wear a mask around others and drink plenty of fluids.
- **Avoid contact with pets (especially rodents).**
- Avoid eating inadequately cooked meat and other animal products.
- Avoid getting in direct contact with the infected person.
- Physical distancing should be maintained with the people infected with the virus.
- Do not use material such as the bedding of the infected person which could be contaminated with the virus.
- Do not go to work, school, public areas, or any social gatherings.
- Do not have any visitors such as friends or family
- Do stay 3 steps (1 metre) away from people you live with if you use your garden.
- Postpone any non-essential medical or dental treatment.

❖ **COMPLICATIONS :**

- Secondary infections
- Pneumonia, sepsis, encephalitis
- Corneal involvement (may lead to loss of vision)

By : **Trupti Brahmhatt**
Vice Principal, AINS

Mere Papa..!!!

वो भोली सी सूरत,
वो प्यारी सी मुस्कान,
बचपन से जिसे हमने देखा,
हमारे घर की जान है... मेरे पापा ।

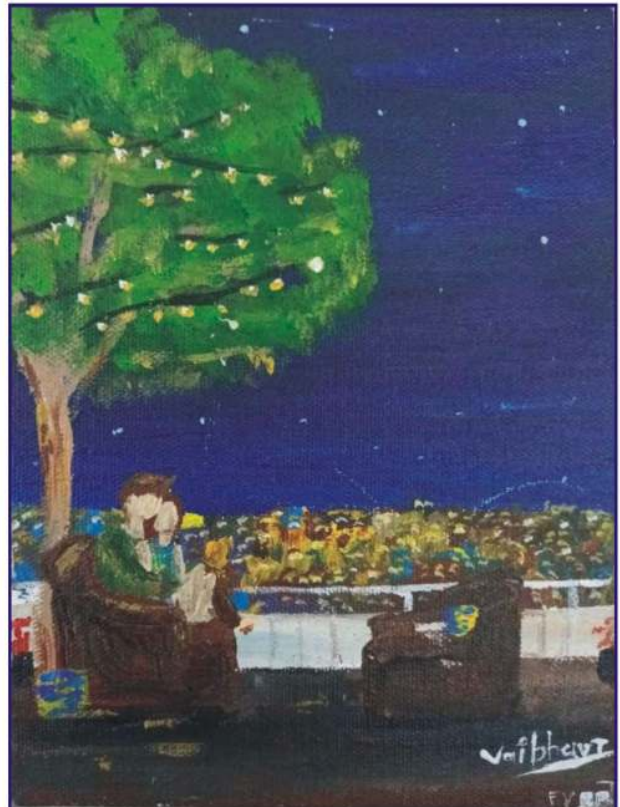
जिसने कभी हिम्मत नहीं हारी,
वो एक ही है सब पे भारी,
उसने ही उठाई जिम्मेदारी सारी,
लगता है सबसे बहादुर है... मेरे पापा ।

अपने सपने रखे आधे अधूरे,
जिसने किए हमारे सपने पूरे,
नहीं हारे मुश्किलों से कभी,
सीखा है हमने उसी से सभी,
ऐसे हैं... मेरे पापा ।

हमारी दादी के आंखों के तारे,
हमारी मां के है वह बहुत प्यारे,
हमारे हैं वह पालनहार,
हरदम सबका ख्याल रखनेवाले... मेरे पापा ।

बुआ के हैं वह प्यारे भाईजान,
लगता उसी से है हमारे घर की शान,
चाहे मिले उसे मान अपमान,
फिर भी खड़े जैसे एक चट्टान,
ऐसे हैं... मेरे पापा ।

- **Heeta Sadaruddin Khimani**
Fourth Year B.Sc. Nursing



- **Vaibhavi Barot**
FY B.P.T.

“IMMEDIATE EFFECT OF PLYOMETRIC EXERCISES ON BALANCE AND CORE STABILITY IN RECREATIONAL CRICKET PLAYERS : AN EXPERIMENTAL STUDY”

Background : Athlete from different sport requires balance and core stability for their better performance depending upon type they involved. Core stability refers to a person’s ability to stabilize their core. Balance is defined as ability to keeps body’s center of mass within limits of the base of support.

Need of study : Plyometrics are training techniques used in sports to increase strength and explosiveness . These movements are components that can assist in developing a core stability and balance. Core stability referred as musculoskeletal control around the lumbopelvic region with aim to maintain functional stability in different positions and assisting in the generation and transfer of energy from the trunk to the extremities thereby increasing performance of athletes in game. Although poor balance suggested as risk factor for injury and lack of studies have examine this relationship hence, the need arises.

Method : Thirty subjects were randomly divided into control and plyometric groups. All participants went through standard warm-up activity, then they were asked to perform tests. The main outcome measure were plank test for core stability and Y- Balance test to assess dynamic balance.

Results : The study findings indicated overall improvement in balance ($p \leq 0.05$). However , there was no significant effect of plyometric exercise on core stability ($p \geq 0.05$). No improvement in control group.

Conclusion : Balance may immediately improved with plyometric exercises, their was no immediate effect of plyometric exercise on core stability.

By : **Prachi Bavsar**
SYMPT , AIMS

“A STUDY TO ASSESS THE EFFECTIVNESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING COVID 19 AMONG ADULTS OF AGE GROUP BETWEEN 20 - 40 YEARS OF SELECTED URBEN AREA OF AHMEDABAD CITY.”

Objectives of the study were:

- To assess the knowledge of Covid-19 among adults of age group between 20 to 40 years in Chandkheda of selected urban area of Ahmedabad city.
- To assess level of knowledge on Covid-19 among adults of age group between 20 to 40 years. The present study conducted in Chandkheda in selected urban area of Ahmedabad city. The instrument is used for gathering necessary data was semi-structured questionnaire.

Method of research design

According to the system model conceptual framework include in the study,the research design used one group pretest-posttest was experimental design; on probability convenient sampling method was used. Samples were selected 30 adults age group between 20 to 40 years of selected urban area of Ahmedabad city.structured questionnaire method was used for the data collection,

Major finding of the Study

The mean pre-test knowledge score of sample about adults (20-40 years) was 15.36 where as post-test knowledge was 21.09.The mean post-test knowledge score is significantly higher than the mean pre-test knowledge score with the mean difference of 5.73 & the calculated the 't' value(t 17.84) was greater than tabulated 't' value (t-2.05) which was statistically proved there for the null hypothesis H01 was rejected and research hypothesis H1 accepted. And it revealed that the planned teaching programme was effective in terms of knowledge among the sample.

By : **Ms. Ankita Kamothi**
AINS

Cybercrime

Everybody thinks that only stealing someone's private data is Cyber Crime. Cybercrime is one of the most discussed issue of 21st Century. Keeping it in mind AIMS and AINS held the cybercrime seminar in Our own auditorium, For the talk over the subject with the students and faculties. It was lead by MR. TEJ DAFTARI. This seminar is designed to help us update the knowledge of staff and students with the information they need to identify common cyber threats, as well as tips on cyber-security



Womens day

International Women's day is celebrated on the 8th of March every year. It's a day that people around the world dedicated to the women's.

To honors the beauty with brain and strong woman of AIMS and AINS staff, We organized events such as , prepared a skit on social issues and problems faced by a woman in a routine life, poetry Along with Blood donation camp were organized for the exceptional women of AIMS and AINS.



Yoga day

International yoga day is celebrated on 21st June Every year. It was proclaimed by the United Nations in December 2014. The concept of International Yoga Day was proposed by the respected Prime Minister of India, Mr. Narendra Modi. The students and faculties of AIMS and AINS took part in the event which took place in the lush green garden of AIMS Campus With the theme of white everyone got together at the break of the day. It Was lead By Mr. Nisharg.



Educational Visit

Here at AIMS and AINS we are Aware about providing students an experience external from the classrooms and labs. So we organize educational visit for AIMS and AINS Students to various Institutes.

Educational visits value for the students in following ways:

An educational visit offers the perfect informal set-up for lively discussions. Group-discussion is also one of the most effective tools of education.



Medical Camp



Medical camps or a life saving programme that aims to provide free medical and surgical services to poor communities living in rural or urban areas . Free medical camps or set up in specific localities with a sacred aim to bring awareness among the deprived population of the country who have no access to basic healthcare services or knowledge about the diseases they are suffering from.

Here at AIMS and AINS we conduct monthly free medical camps in nearby villages or factories. These camps are led by faculties of AIMS and AINS, The UG, PG and intern students as well as the faculties diagnose and treat the patients. We also invite the doctors of other specialties like orthopedic doctors who are trained in diagnosis and treatment of spinal-cord disorders ,sports injuries, trauma and fractures and the physicians,who are qualified to practice medicine.

The patients are provided with diagnosis of their illness, are offered with free medicines and free follow-ups. These follow-ups are arranged every week in the premises of AIMS.





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