



### AHMEDABAD INSTITUTE OF MEDICAL SCIENCES

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AIMS Campus, Nr. S.P. Ring Road-Ognaj Circle, Nr. Lion's Karnavati Eye Hospital,  
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# NEWS FLASH

Volume - 2

Issue : January-2023

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## From the Editor's Desk

Welcome to the 2<sup>ND</sup> Vol, Jan.2023 Newsflash.

It is a commonly accepted norms that the college newsletter, mirrors the activities of the Institution. It reflects the consolidated efforts of the teachers and the students to contribute articles in a creative manner. It will also exhibit the latent talents of the teachers and the students as poets, researchers and so on.

Most importantly, at the colleges, we are a team of dedicated teaching faculties and supportive staffs committed to the welfare of the students. I am sure that this will be informative and resourceful.

I thank my team for their support and co-operation.

My hearty wishes to all of you.



**Prof. HETAL PATEL**  
Principal, AINS College,  
Lapkaman, Ahmedabad.

### EDITORIAL TEAM



**Ms. ANKITA KAMOTHI**  
Asso. Professor, AINS



**Dr. GOPI CONTRACTOR**  
Lecturer, AIMS



**Ms. RIPAL PATEL**  
Nursing Tutor, AINS

### About Institutions

*'Education is one of the most powerful weapon in life .It allows us to find the meaning behind everything and helps improve lives in an assive way'*

Ahmedabad Institute of Medical Sciences (AIMS) and Ahmedabad Institute of Nursing Science (AINS) run by Garvi Gujarat Medical and Educational Foundation. College has excellent infrastructure and all facilities required to train individuals to become the best - Physiotherapists and Nurses in the field. College consists of group of dedicated and hardworking educationists, their endeavor in providing and establishing good professional education to the students. College offers excellent clinical exposure at various Government, Non Government and Corporate level Multispeciality Hospitals. Along with this, we provide chance to participate students into Extra-curricular activities, Seminars, Workshops, Research Projects, Educational visits, Webinars and Days celebrations for comprehensive development of students.

**Welcome all to AIMS and AINS Family**

## ABOUT PARAMEDICAL COURSES

AIMS offers certificate programme in paramedical courses. Our courses are affiliated by Gujarat University. All these courses are taught by experienced and dedicated faculties. At our college and respective hospitals and laboratories, we make effort of turning our students into useful component of society.

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- Certificate Course in PFT Technology
- Certificate Course in Medical Transcript
- Certificate Course in Radiology & Imaging Technology
- Certificate Course in ECG, ECO & TMT Technology
- Certificate Course in Dialysis Technology
- Post Graduate Certificate Programme in Cath Lab Technology
- Post Graduate Certificate Programme in Clinical Psychology
- Certificate Course in Medical Laboratory Technology
- Certificate Course in Fitness Training
- Post Graduate Certificate Programme in General Education (For Credit Deficit)
- Post Graduate Certificate Programme in Hospital Management
- Post Graduate Certificate Programme in Hospital & Health Care Management
- Certificate Course in Audiology & Speech Therapy
- Post Graduate Certificate Programme in Food & Nutrition
- Certificate Course in Medical/Physician Assistant



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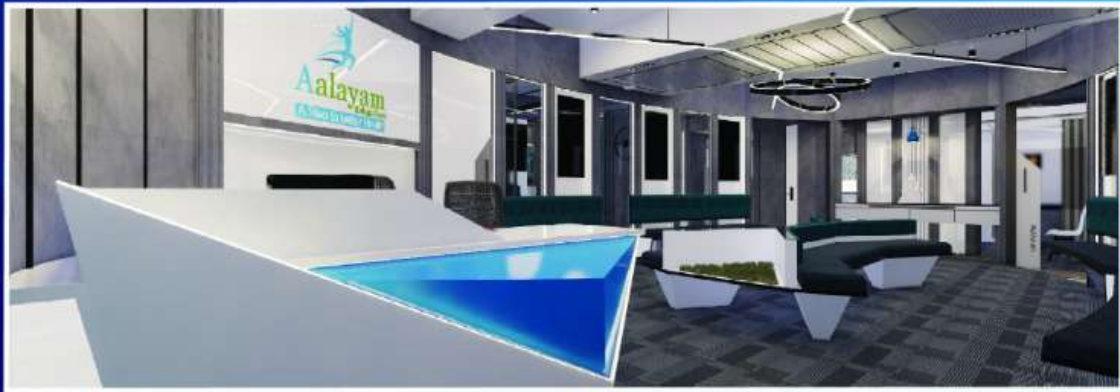
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# Ergonomics

## ❖ Introduction

Ergonomics word is derived from the Greek form of the word which is broken into ergo (work) and nomos (laws of). So, the literal meaning of the word ergonomics is "the laws of work."

**International Ergonomics Association** defines "Ergonomics is the scientific discipline concerned with the understanding of interactions among humans and other elements of a system, and the profession that applies theory, principles, data and methods to design in order to optimize human well-being and overall system performance."

It is a discipline that studies the relationship between the activity or work performed by human and the components of this work includes tasks, tools, methods, work environment, etc.



Figure 1: Aspects of Ergonomics

## ❖ Aims of Ergonomics

- It improves workspaces and environments to reduce the risk of injury.
- It also organises systems so that the people over there can work in conditions of optimal efficiency, safety and comfort.

## ❖ Process of Ergonomics

- Assess Risks ➤ Plan Improvements ➤ Measure Progress ➤ Scale Solutions

## ❖ Domains of Ergonomics

According to the International Ergonomics Association, there are three broad domains of ergonomics

1. Physical
2. Cognitive
3. Organizational

### 1. Physical Ergonomics

It is focused on Workplace Ergonomics and takes anatomical, anthropometric, physiological and biomechanical characteristics into consideration like body manipulations, carrying heavy weights, movements (especially repetitive ones). It is an approach or solution to deal with a number of work-related musculoskeletal disorder.



Figure 2: Ergonomics in sitting and standing positions

### 2. Cognitive Ergonomics

It is concerned with mental processes, such as perception, memory, reasoning, and motor response, as they affect interactions among humans and other elements of a system.

### 3. Organizational Ergonomics

It refers to the optimization of social technical systems, including their organizational structures, policies and processes. It includes team work, job shifts, work satisfaction, schedules and ethics.

## ❖ Benefits of Ergonomics

- Improvement in mental Insight
- Higher productivity
- Reduces pain
- Improved employee engagement
- Improvement of physical health
- Reduced risk of work-related injuries and illness
- Eliminate Hazards
- Happy employee
- Better safety culture

By : **Dr. Gopi Contractor**  
Lecturer, AIMS

"A Good Stance and Posture reflect a proper state of Mind"

# Alzheimer's Disease

## INTRODUCTION

Alzheimer's disease is a dementing disorder that causes severe and permanent loss of intellectual function. Patients with Alzheimer disease begin having forgetfulness, then progress to having irreversible loss of memory

## DEFINITION

Alzheimer's disease is a progressive degenerative disorder that attacks the brain and results in impaired memory, thinking and behaviour

## ETIOLOGY

- **Unknown** • **Head Injury** • **Vascular abnormalities**
- **Neurochemical** - deficiencies in the neurotransmitters acetylcholine, somatostatin, norepinephrine
- **Environmental** - Repeated head trauma, exposure to aluminum or manganese
- **Genetic** - Abnormalities on chromosomes 14 or 21

## SIGN AND SYMPTOMS

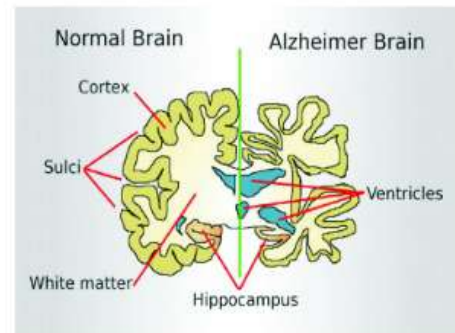
- Gradual loss of recent and remote memory
- Difficulty with learning new information
- Inability to concentrate
- Deterioration in personal hygiene
- Impaired

## DIAGNOSTIC TESTS

- History collection • Physical examination • PET Scan
- CT Scan MRI Electroencephalogram

## MANAGEMENT

- Treatment include managing cognitive symptoms with cholinesterase inhibitors, such as donepezil (aricept), rivastigmine (exelon) and galantamine (reminyl).
- These drugs enhance acetylcholine uptake in the brain to maintain memory for a while
- Medical management is focused on maintaining the quality of life, maximizing function, enhancing cognition.
- It has been found that maintaining a healthy diet may help to prevent or slow the progression of Alzheimer's disease. It is suggested that the diet be low in fat, high in Omega-3 oils and high in dark vegetables and fruits.



By : Ms. Ankita Kamothi  
Associate Professor, AINS



## “Awareness And Knowledge of Kangaroo Mother Care among Physiotherapy Students”

- ❖ **BACKGROUND :** Kangaroo Mother Care, which is often also called as Kangaroo Care or Skin-to-Skin Contact, is a simple method of care for mainly for low-birth-weight infants that includes early and prolonged skin-to-skin contact with the mother or substitute caregiver and exclusive and frequent breastfeeding. It is widely known and accepted as a beneficial intervention which significantly improves the development of premature infants, though the implementation of this is low.
- ❖ **PURPOSE :** NICUs care for most neonates is provided by healthcare professionals with sharply limited parental participation. However, in India these remains low due to lack of knowledge and reluctance to implement KMC. So, here arises the need of this study to assess current awareness and knowledge of kangaroo mother care among physiotherapy students.
- ❖ **METHODOLOGY :** ‘Awareness of KMC scale’ was filled by 162 physiotherapy students (Age 18-25) and submitted through Google forms.
- ❖ **RESULT :** In this study, result showed that there is 64% awareness and knowledge of KMC among physiotherapy students.
- ❖ **CONCLUSION :** This study concludes that there is ‘average’ awareness and knowledge of KMC among physiotherapy students.

By Nidhi Shah SYMPT, AIMS

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## “A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING CARE OF LOW BIRTH WEIGHT BABIES AMONG MOTHER OF NEONATES ADMITTED IN NEONATAL INTENSIVE CARE UNIT AT SELECTED PRIVATE HOSPITAL, AHMEDABAD, GUJARAT.”

- ❖ **Objectives of the study were :**
  - To assess the existing knowledge of mothers regarding care of low birth weight babies.
  - To assess the effectiveness of structured teaching programme on knowledge regarding care of low birth weight babies among mothers of neonates admitted in Neonatal Intensive Care Unit.
  - To assess the knowledge of mothers after administration of structured teaching programme on knowledge regarding care of low birth weight babies among mothers of neonates admitted in Neonatal Intensive Care Unit at selected private hospital, Ahmedabad, Gujarat.
- ❖ **Method of research design**

According to the system model conceptual framework include in the study, other research design used one group pretest-posttest was experimental design; on probability convenient sampling method was used. Samples were selected among mother of low birth weight babies admitted in neonatal intensive care unit of selected private hospital, Ahmedabad. structured questionnaire method was used for the data collection
- ❖ **Major findings of the Study**

The mean pre test knowledge score of sample about mothers of neonates was 13.36 where aspost test knowledge was 21.73. The mean post test knowledge score is significantly higher than the mean pre test knowledge score with the mean difference of 8.37 and the calculated the ‘t’ value was 9.53 which was statistically proved there for the null hypothesis H01 was rejected and research hypothesis H1 accepted. And it revealed that the structured teaching programme was effective in terms of knowledge among the sample.

By : Final year B.Sc Nursing Students AINS

## Staff Achievements



**Ms. SEEMA LATHIYA** (Nursing Tutor, AINS)

Presented Paper on " A Comparative study to evaluate the effectiveness of Manual Lymphatic Drainage and Pneumatic Compression on Post Mastectomy Arm Lymphedema on Breast Cancer Patients of selected hospitals of Ahmedabad city " organized by Apollo and cancer centers in 4th INDO oncology summit at Bhubaneswar.

**Dr. GOPI CONTRACTOR** (Lecturer, AIMS)

Presented a Paper on "Development and Psychometric analysis of health questionnaire for classical dancers" at 6th Society of Indian Physiotherapists conference 2022 at Chennai.



**Dr. VAISHALI SUTHAR** (Lecturer, AIMS)



Presented paper on "To study the effectiveness of kinesio-taping on pain and quality of life in participants with lower abdominal surgery" at 59th National Conference of Indian Association of Physiotherapists at Kolkata.

## Student Achievements College Toppers of Year 2021-22



**RAVAT UNNATI CHANDRAKANT**  
(72%) S.Y. B.Sc. Nursing



**PATEL MARGI HITESHKUMAR**  
(75.71%) T.Y. B.Sc. Nursing



**PATEL JALAK PRAKASHBHAI**  
(75.4%) Final Year B.Sc. Nursing



**DISHITA SHAH**  
(74%) Second Year  
Bachelor of Physiotherapy



**KINCHIT JAIN**  
(77.83%) Third Year  
Bachelor of Physiotherapy



**SAKINA HARIANAWALA**  
(75.50%) Final Year  
Bachelor of Physiotherapy



**NIDHI SHAH**  
(65.25%)  
Masters of Physiotherapy

*"Your attitude, not your aptitude, will determine your ALTITUDE"*



## Candle Lighting & Oath Taking Ceremony



*“Learn to Light a candle in the darkest moments of someone’s life.  
Be the light that helps others see; it is what gives life its deepest significance .”*

The lamp lighting ceremony held as a tribute to Florence Nightingale is an auspicious occasion in every nurses life. It is an important event that formally recognise the students entry into nursing profession. This time ‘Lamp Lighting and Oath Taking Ceremony’ of 15th batch of B. Sc Nursing students of Ahmedabad Institute Nursing science was held on 30th August, 2022, at sardar vallabhbai Patel National memorial Auditorium ,Ahmedabad. Dr. Pragna Dabhi, Registrar of Gujarat Nursing Council was the chief guest of the ceremony.

## 6th Convocation Ceremony and Graduation Day



*“Convocation is not the end; it’s the beginning”*

It is a symbol of change, of progression and of moving into new adventure. As it becomes a key part of Graduate’s timeline, AIMS becomes the first college amongst all physiotherapy colleges in organizing graduation ceremony in Gujarat since 2016 every year. This time 6th Convocation ceremony was celebrated on 12th September 2022 at Tagore Hall, Ahmedabad. Dr. Yagna Shukla, Principal Govt. Physiotherapy College, Ahmedabad. President GSCPT and Mr. Jitendra Adhiya Mind Trainer & Life Coach were the chief guests of the ceremony. Great gala event was arranged during that time.

## Garba Celebration



On the occasion of Navratri and World Heart day, grand event of Zumba Garba was organized by AIMS and AINS at AIMS Lush Garden under the guidance of vey well known Zumba Instructor Dr. Zalak Vasavda on 29th September, 2022. The event was well attended by all enthusiastic students, Faculties and other staff members in traditional grooming. Appreciation was awarded to the winners in different categories like Best Performance, Best Costume and Best Pair.



## Educational Visits & Activities

### Ahmedabad Institute of Medical Sciences



**Educational Visit at  
National Institute of Occupational Health,  
Meghaninagar, Ahmedabad**



**Educational Visit at Savvy Swaraaj,  
Gota, Ahmedabad**



**Medical Camp at Lapkaman Village**



**Seminar on "Mind your Mind" on the  
occasion of "Mental Health Day"  
celebration by ICH Shilpa Agarrwal  
at Auditorium**

### Ahmedabad Institute of Nursing Science



**Educational Visit at "Avval Foundation"  
Old Age Home, Ghatlodiya, Ahmedabad**



**Educational Visit at Kanoria Hospital  
& Research Centre, Bhat, Ahmedabad**



**Children's Day Celebration at  
Primary School, Lapkaman, Ahmedabad**



**Workshop on Critical Care  
by Dr. Ashok Sharma at Auditorium**



## Co-Curricular Activities



**Farewell of  
Final Year B.Sc. Nursing  
(Batch - 2018-2022)**



**BPT & MPT Students Participated  
at Global Diabetic Walk**



**Group Day Celebration  
by AINS Students**



**MPT Students Participated  
at National Games 2022**



**Traditional Day Celebration  
by AINS Students**



**Talk on Breast Cancer  
by Dr. Neeta Vyas**

## Student Corner

### सपनं

जरा पूछो इन सपनों से, क्यों चले आते हैं,  
आते कहीं से हैं, चले कहीं जाते हैं ।

कभी किसी स्वर्ण महल में  
यों ही बिख जाते हैं,  
कभी बेबस वीहड़ों में  
कहीं छोड़ आते हैं ।  
प्यार कभी देते हमें कहर कभी ढाले हैं,  
आते कहीं से हैं, चले कहीं जाते हैं ।

कल्पना से परे कभी  
राजा भी बनाते हैं,  
पलभर में रंक बना  
जाने क्यों सताते हैं ।  
निराशा में धकेल कभी, विजय गीत गाते हैं,  
आते कहीं से हैं, चले कहीं जाते हैं ।

बाल कभी युवा सा  
वृद्ध भी बनाते हैं,  
कभी रुठ जाते हैं तो  
रातभर जगाते हैं ।  
कल्पना के लोक में हँसाते ये रुलाते हैं,  
आते कहीं से हैं, चले कहीं जाते हैं ।

**By Abhishek Pandya  
FYMPT**

### हमारे मार्गदर्शक

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।  
गुरुर्साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥  
ईश्वर से ऊपर का दर्जा दिया गया है,  
एक गुरु की जगह कोई अब तक ले नहीं पाया है ।  
ज्ञान का दीपक जलाकर उन्होंने,  
हमे अज्ञानता के अंधेरे से बचाया है ।  
गुरुने ही तो हमे सही राह पर चलना सिखाया है ।  
गलतियों तो लाखों की हैं हम ने पर,  
हमारी गलतियों को प्यार से समझाया है ।  
नफरत को प्यार से जीतना,  
ये तरीका हमे गुरुने ही सिखाया है ।  
गुरु ने ही तो हमे सही राह पर चलना सिखाया है ।  
समझना थी हममें सही और गलत की,  
मासूमसी जिंदगी में समझावारी का पाठ पढ़ाया है ।  
भटक जाते हैं कभी कभी हम राह से,  
हमारी उंगली पकड़कर सही राह बताया है ।  
गुरु ने ही तो हमे सही राह पर चलना सिखाया है ।  
हम आपका एकसान कभी अदा ना कर पायेंगे,  
सच्ची मानवता की भावना हमें जो बताया है ।  
नमन करती हूँ आपको तहे दिल से,  
ढाल बनकर के हर मुश्किल से बचाया है ।  
गुरु ने ही तो हमें सही राह पर चलना सिखाया है ।

**Jaiswal Komal Ramnivas  
Final Year B.Sc. Nursing**

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