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Gota-Kalol Highway, Lapkaman, Ahmedabad-380060.

NEWS FLASH

Volume - 5

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Courses offered

B.Physiotherapy
Since 2006

M. Physiotherapy
Since 2011

B.Sc. Nursing
Since 2007



Welcome 2024

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आपनी ओकवारनी मुलाकात आपनो अभिगम जदली नाप्पशे....

From the Editor's Desk

Greetings!!!

In the very beginning of New Year, it gives me immense pleasure to bring you all 5th Volume, January 2024 issue of NEWSFLASH. The journey of NEWSFLASH started in last year and it actually succeeded to highlight the campus activities.

This newsletter is a showcase of the activities of AIMS and AINS. And during the previous year we did remarkable activities. We succeeded in redefining educational boundaries and bridged not only the learning gap but also conducted our year-round curricular and co-curricular events in past year.

Students of AIMS and AINS shined bright in their final year Universities results. We did so many community based activities to help people, to increase health awareness. Students participated and won trophies in various conferences, sports events and other competitions. There were in- campus celebrations for the students, like Navratri celebration, Diwali celebration, Graduation ceremony, Annual Function, Candle lighting ceremony, Welcome programme and farewell parties etc.

Most importantly, I am happy to write that we are upgrading and coming with NEW VERSION of our Campus, having new smart classrooms with advanced audio visual systems, well designed offices & canteen!!!

Best wishes and Happy new year!



Dr. Hardini Prajapati
Chief Editor
Sr. Lecturer, AIMS

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CELEBRATION OF 7TH GRADUATION DAY AND ANNUAL DAY 2023 [CONVOCAION – 27TH SEPTEMBER 2023]

The celebration was organized by AIMS on 27th September 2023. A day dedicated to celebrate the achievements of MPT batch 2021-23 and BPT batch 2018-22 was held at Shyama Prasad Mukharji hall, Ahmedabad. The esteemed guests were invited for the ceremony Dr. Yagna Shukla (president of GSCPT, Principal of Gov. physio. College), Dr. Prashant Bhimani (clinical psychologist) and Mrs. Aarti patel vyas (gujarati actress, producer of gujarati film industry). Graduates, rankers and achievers were felicitated with certificates and gifts. In the evening the students have performed different dance forms with super enthusiasm. Skits and amazing singing performance made the crowd happy. Last but not the least, a surprise fantabulous dance performance by the staff of AIMS made the crowd super crazy and overjoyed.



SUMMARY OF STUDENTS WELFARE POINTS

1. Complimentary Mid Day Meal
2. Mediclaim insurance-1 Lakh & Accidental policy-1 Lakh
3. Monthly scholarship- 2000/ Per Month (In case of loss/ Major illness of earning Parent)
4. Complimentary books for first year UG students & Complimentary Books on loan to second, third and fourth year UG students (with 100% Refundable Policy)
5. Complimentary AMTS Bus / GSRTC Bus Pass
6. Free uniform (2 pair) to first year B.Sc. Nursing Students & Free 2 Aprons to first year UG students for BPT/NSG students
7. Free WIFI facilities
8. Term Fee wave for Gujarat University First ranker of BPT/Nursing students.
9. Motivational prize to university rankers to all UG Students
 - Second ranker - 15,000/Rs.
 - Third ranker - 10,000/Rs.
10. Motivational prize to college rankers to all UG Students
 - First ranker - 5000/Rs.
 - Second ranker - 4,000/Rs.
 - Third ranker - 3,000/Rs.

Motivational Prize to PG College Rankers

 - First ranker - 5000/Rs.
 - Second ranker - 4,000/Rs.
11. Motivational prize in college examination- Class test, College first term, Prelim exam
12. Conference Research Incentive (Up to 1000/- Rs per year)
13. Birthday Celebration for all students of Physiotherapy (B.P.T & M.P.T) & B.Sc. Nursing
14. Campus interview-Placement
15. Foreign country Guidance
16. Sanitary Pad Vending & Disposal Machine for female Students

CELEBRATION TIME

The Students of AINS enthusiastically organized the fresher's party of (batch 2023) and farewell party of (batch 2019) on 3rd November 2023 at Himalaya mall. It is a day where seniors and juniors finally bond and unite to celebrate being part of the college.



The Students of AIMS enthusiastically organized the fresher's party of (batch 2023) on 11th August 2023 at Himalaya mall at Vastrapur. It is a day where seniors and juniors finally bond and unite to celebrate being part of the college.



"GARBA RAMZAT - 2023"

AIMS and AINS happily organized the "GARBA RAMZAT EVENT" on 20th October 2023 at the lush green garden of college. The students attended the event with enthusiasm and beautiful traditional attire. More than 500 students participated in the garba and aaradhna of maa durga was done in the beginning of the function by none other than Dr. Gargi madam and Dr. Arjav Patel. Gifts to AIMS and AINS students and staff were distributed about "best performance", "best costume". All enjoyed happily.



"DIWALI CELEBRATION"

The famous festival of light was celebrated in November-2023 at college for students, by students. They participated enthusiastically for diya decoration, rangoli making, and impromptu function before diwali vacation. Students with traditional attire and lights and festive vibes were giving college a beautiful feel. It was a day filled with love, light and laughter.



RANKERS OF OUR COLLEGE –“ WE ARE PROUD OF YOU”

The Students of AINS enthusiastically organize the fresher's party of (batch 2023) and farewell party of (batch 2019) on 3rd November 2023 at Himalaya mall. It is a day where seniors and juniors finally bond and unite to celebrate being part of the college.

AIMS



FINAL YEAR
JAIN KINCHIT N.
1ST RANK IN COLLEGE AND
GUJ UNIVERSITY. (75.33%)



THIRD YEAR
SHAH DEVANSHI J.
1ST RANK IN COLLEGE AND
7TH RANK IN GUJARAT UNIVERSITY(74.6%)

AINS



FINAL YEAR
PATEL VIRALI K.
1ST RANK IN COLLEGE AND
5TH RANK IN
GUJARAT UNIVERSITY(80%)



THIRD YEAR
RAVAT UNNATI C.
1ST RANK IN
COLLEGE.(75.43%)



FIRST YEAR
VAISHANV VIKAS S.
1ST RANK IN
COLLEGE(78%)s

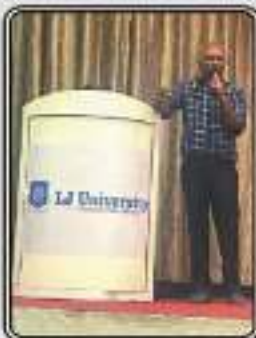
WARM WELCOME TO NEW BATCH FIRST YEAR (2023-24) BSC NURSING & B. PHYSIOTHERAPY STUDENTS

It was a great pleasure to welcome the new students of FY BPT admission batch-2023 and First Year Bsc Nursing batch 2023 in month of October 2023. Freshers students are always welcomed happily with great enthusiasm and wishes.



CONFERENCE CONTRIBUTION BY AIMS

The 14th gujastate conphyics 2023 was orgazinsed by L.J college of physiotherapy on 16th and 17th december 2023. The students have participated in academic paper and poster presentations and cultural events, reel making competitions. The theme of the conference was "Integrating Technology into Physiotherapy". Respected Dr. Alpa Purohit had shared her thoughts over the panel discussion entitled "Integrating technology in Orthopedic Rehabilitation". PG students also achieved ranks in different presentations. Final year student win the reel making competition at the conphyics.



CO-CURRICULAR ACTIVITIES : AIMS & AINS

- 1) On occasion of "world Antimicrobial Resistance Awareness Week" AINS organize a seminar on the topic of "role of nurse in antimicrobial resistant(AMR) prevention" on 24/11/23 at AINS by Dr. Neha Patel.
- 2) A seminar on "Hospital Management and Administration and job responsibilities of Nursing Superintendent" organize by AINS college on 23/10/23 by Mrs. Eva Patel(ex. Nursing Superintendent of L.G. Hospital).
- 3) AIMS and AINS conducted a webinar on "CPR AWARENESS PROGRAM" by National Board of Examination in Medical Sciences, Ministry of Health, Government of India association with the Indian Association of Physiotherapists on 6/12/23 attended by students and all staff.
- 4) AIMS conducted a guest lecture on the occasion of International Day of People with Disabilities with the topic of "Autism Spectrum Disorders and Physiotherapy Interventions" by Dr. Charvi Shahstri on 5/12/23 for master of physiotherapy students.



EXTRA-CURRICULAR ACTIVITIES : AIMS & AINS

- Days celebration (Sports & Cultural) are important part of college life college students eagerly waited for it. AIMS & AINS arranged (Indoor & Outdoor games) Sports events like (Chase, Carrom, Kho-kho, Cricket, Volleyball, Relay Race, Football, Tug of War, TT, One minute games) and cultural days like Traditional days, Character day's. The campus was filled with joy and enthusiasm.
- In the Starting of January 2024, Students enjoyed Kite Festival



STUDENT CORNER

SUCCESS POEMS

Success is counted sweetest

- Success is counted sweetest.
- By those who ne'er succeed.

In the company of eagles

- Mountain for my mansion.
- The forest for my pantry.

Tell all the truth

- Tell all the truth but tell it slant.
- success in circuit lies.

Life and daffodil

- A lifelong process.
- That lifelong obsesses.

Emotional bursts

- All of sudden tears roll out.
- No reason what so over and nothing about.

Graduation Day

- Graduation day is the climax of a dream.
- A parental dream that began when a child is born.

Lines of success

- Essence holds its dream entire.
- Strengthens hope true into fire.

A smile

- A smile is a frown turned upside down.
- A smile is printed on the face of a clown.

• Ankit Kunwar

F.Y. B.Sc. Nursing, AINS
(Batch 2022)



Ramani Mahek

FY BPT
(Batch 2023) AIMS



Mahek Trivedi

FY BPT
(Batch 2022) AIMS

હું છું તારી સાથે...

તારે જે કરવું હોયતે તું કર તને સપોર્ટ કરવા માટે હું છું,તારી સાથે,
દુનિયાની પરવા તું ન કર કેમ કે તારી પરવા કરવા માટે હું છું,તારી સાથે,
સારું થાય તો ઠીક ન થાય તો પણ ઠીક તારી ભૂલ સુધારવા માટે હું છું,તારી સાથે,
બકા દુઃખ આવ્યા કરે તેનાથી મૂંઝવવાનું ન હોય દુઃખને દૂર કરવા માટે હું છું,તારી સાથે,
જ્યારે કોઈન હોય તને સમજવા માટે ત્યારે હું છું સમજવા માટે,તારી સાથે,
તું તારી મમ્મી ની ચિંતા માં ન રડ કેમ કે તારી મમ્મી જેવી ચિંતા કરવા માટે હું છું,તારી સાથે,
તું તારા પિતા ની યાદમાં ન રડ કેમ કે તારા પિતા જેવી જ કાળજી રાખવા માટે હું છું,તારી સાથે,
તું ફક્ત હસતી/હસતો રે બાકી બધું જોવા માટે હું છું,તારી સાથે,
તું પણ મારી જેમ જ મોજમાં રે બાકી હું છું,તારી સાથે...

Patel Meshva

SY MPT (batch 2022) AIMS

STAFF ARTICLES

ALKALINE WATER : AN INTRODUCTION & BENEFITS

Introduction :

Water is an essential nutrient for life and hydration plays a critical role in human physical performance as well as intake prevention of chronic diseases. Water is a combination of hydrogen and oxygen (H₂O) . Water's pH level determines how acidic it is ranges from PH 0 to 14. A pH of 7 is considered neutral or balanced between acidic and alkaline. It is higher than 7 pH, it's "Alkaline".

How is Alkaline water originate?

There are two types of alkaline water : Natural and Artificial alkaline water

Natural alkaline water: Natural alkaline water Spring water flows over porous rocks, it can pick up a range of organic alkaline water (pH between 7 to 8.5)

Artificial alkaline water : Artificial alkaline is water that is been through a chemical process called electrolysis. (pH between 8 to 11) Alkaline water ,also known as alkaline ionized water.

Health Benefits :

According to the world wide web, Benefits of alkaline water are :

To improve hydration status , reduce acid in the bloodstream , aid health digestion , slow aging , reduce bone loss ,suppressing radical production, and good for skin. Some scientific research has also suggested that alkaline water help to decreases high sugar , blood pressure and cholesterol.

"Sounds like miracle water"

By: **Prof. Hetal Patel**
Principal, AINS

PCOD V/S PCOS

PCOD

- Here, the ovary doesn't stop releasing the ovule. They release many immature eggs due to stress, obesity and hormonal imbalance.
- Minimum number of cysts present in ovary
- Genetics, insulin resistance and weight
- Seen in many patients worldwide
- Don't affect Fertility
- It is reversible

V/S

PCOS

- Here, the ovaries stop releasing the ovule. Undergoes avoulation
- More than 10 number of cysts present in ovary
- Genetics, lifestyle, eating habits and mental health
- Rare and lesser Patients
- It affects Fertility
- It is difficult to reverse the condition

Dr. Himakshi Bhattacharya
Lecturer, AIMS

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WE HAVE CERTIFIED CLINICAL TEAM & WE DEAL WITH OUR PATIENTS WITH PERSONAL CARE, RESPECT & DIGNITY.

AIMS + AINS 2.0 BIG BANG

Our college "Campus" is now upgrading and in this new year 2024, We are going to provide best facilities with updated smart digital classrooms and well equipped laboratories. We are happy to share the 2.0 version of our college.

