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NEWS FLASH

Volume - 10

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From the Editor's Desk

I am pleased to present this edition of our News Bulletin, thoughtfully prepared to share meaningful updates, reflections, and professional insights. This bulletin aims to keep readers informed while encouraging a spirit of learning, responsibility, and excellence in healthcare practice. Each section has been designed to add value to academic growth and clinical understanding.

In this issue, we bring together a range of topics that highlight current trends, best practices, and practical experiences from the field. Contributions reflect dedication, teamwork, and a commitment to quality care. Through shared knowledge and collective efforts, we continue to strengthen our professional foundation and enhance service delivery.

Healthcare is a dynamic and ever-advancing discipline, requiring adaptability, empathy, and lifelong learning. As educators and practitioners, our role extends beyond routine tasks to shaping a future that prioritizes safety, ethics, and patient-centered care. We hope this bulletin inspires reflection, innovation, and collaboration among readers.

Your continued support, feedback, and participation motivate us to improve with every edition. Together, let us strive to uphold the values of compassion, competence, and integrity in all aspects of our work.



“Knowledge lights the path, but compassion leads the way.”

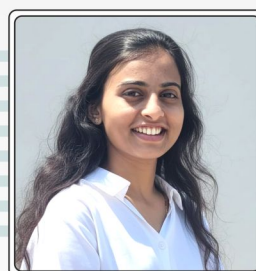
Warm regards,

Mrs. Sakshi Singh
Chief Editor, Lecturer, AINS

EDITORIAL TEAMS MEMBERS



Dr. Harsha Yewley
Lecturer, AIMS



Mrs. Jyoti Panchal
Lecturer, AINS

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Responsibility

Sincerity

Co-operation

Respect

Sensitivity

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6. Free 2 Aprons to First Year UG Students.
 - Free Uniform (2 Pair) to First Year B.Sc. Nursing Students.
7. Free Waive Facilities.
8. Motivational Prize to University Rankers to all UG Students.
 - First Ranker - Term Fee / Half Semester Fee wave for Gujarat University 1st Rankers to all BPT/NSG Students.
 - Second Ranker - 15,000/- Rs. (BPT) & 7500/- Rs. (Nursing).
 - Third Ranker - 10,000/Rs. Rs. (BPT) & 5000/- Rs. (Nursing).
9. Motivational Prize to College Rankers Gujarat University Exam to all UG Students.
 - First Ranker - 5000/Rs.(BPT) & 2500/- Rs. (Nursing).
 - Second Ranker - 4,000/Rs.(BPT) & 2000/- Rs. (Nursing).
 - Third Ranker - 3,000/Rs. (BPT) & 1500/- Rs. (Nursing).
 - ★ Motivational Prize to PG College Rankers.
 - First Ranker- 5000/Rs.
 - Second Ranker- 4,000/Rs.
10. Motivational Prize in College Examination - Class Test, College First Term, Prelim Exam, Mid Semester Exam, End Semester Exam.
11. Conference Research Incentive (Up to 1000/- Rs. per year).
12. Birthday Celebration for All Students of Physiotherapy (B.P.T & M.P.T) & B.Sc. Nursing
13. Campus Interview - Placement.
14. Sanitary Pad Vending & Disposal Machine for Female Students.
15. Foreign Country Guidance.

REFLEX SYMPATHETIC DYSTROPHY

RSD / Complex Regional Pain Syndrome (CRPS) - Clinical Reference Guide

What is RSD?

A chronic regional pain syndrome characterized by:

- Chronic pain disproportionate to injury
- Vasomotor changes
- Autonomic dysfunction
- Typically in hand/extremity

Signs & Symptoms

- Burning pain (constant/severe)
- Swelling and stiffness
- Skin color changes (red/blue/pale)
- Temperature variations
- Hair/nail growth changes
- Limited mobility

Diagnosis

- Clinical examination
- X-rays & bone scans
- Thermography
- Pain clinic evaluation
- Specialist consultation

Treatment Approaches

Therapy

Exercise program | Motion restoration | Occupational therapy | Desensitization techniques

Psychotherapy

Pain management | Psychological support | Coping strategies | Counseling

Medical Options

Sympathetic nerve blocks | Medications | Interdisciplinary management

SYMPATHETIC NERVE PATHWAYS

Brachial Plexus



Radial Nerve
Median Nerve
Ulnar Nerve



Hand/Forearm
(Affected Region)

Sympathetic dysfunction affecting vascular, sudomotor, and trophic changes

Dr. Zeel Joshi (PT)
Lecturer, AIMS

SEASONAL AFFECTIVE DISORDER (SAD)

Seasonal Affective Disorder is a clinical subtype of major depression that follows a seasonal pattern.

While most people associate it with winter, it is a significant biological condition triggered by environmental changes.



1. Definition:- Seasonal Affective Disorder (SAD) is a recurrent depressive disorder where episodes occur during specific times of the year—typically starting in autumn and resolving in spring. It is more than just "winter blues"; it is a recognized mental health condition that interferes with daily functioning.

2. Causes

The exact cause is unknown, but researchers point to several biological factors:

1. Circadian Rhythm Disruption: Reduced sunlight in winter can disrupt your body's internal clock, signalling it's time to sleep when you should be awake.
2. Serotonin Levels: Lower sunlight can cause a drop in serotonin, a neurotransmitter that regulates mood.
3. Melatonin Balance: The change in season can disrupt the balance of melatonin, which plays a role in sleep patterns and mood.

3. Symptoms

Symptoms usually build up slowly and vary between winter-pattern and the rarer summer-pattern SAD.

Energy: Low energy, heavy feeling in arms or legs ("leaden paralysis").

Sleep: Hypersomnia (oversleeping) and difficulty waking up.

Appetite: Intense cravings for carbohydrates and subsequent weight gain.

Mood: Irritability, social withdrawal, and feelings of hopelessness.

4. Diagnostic Tests

There is no blood test for SAD. Diagnosis is made by a mental health professional based on:

Clinical Assessment: A thorough history of symptoms following a seasonal pattern for at least two consecutive years.

Physical Exam: To rule out underlying physical causes for fatigue (like thyroid issues).

DSM-5 Criteria: Evaluating if the depressive episodes significantly outnumber non-seasonal episodes over a lifetime.

5. Prevention and Treatment

Managing SAD often requires a multi-faceted approach

Light Therapy:- Sitting in front of a 10,000 lux light box for 20–30 minutes each morning.

Psychotherapy:- Cognitive Behavioral Therapy (CBT-SAD) helps identify and replace negative seasonal thoughts.

Medication:- SSRIs (antidepressants) can be effective for severe cases.

Lifestyle:- Maximizing natural light exposure, regular exercise, and Vitamin D supplements

Prevention

If you have a history of SAD, you can take proactive steps before autumn begins:

Start light therapy in early September before symptoms manifest.

Schedule a consistent sleep-wake cycle.

Increase "dawn simulation" in your bedroom to wake up more naturally.

RESEARCH ABSTRACT (AIMS)

“THE IMPACT OF GADGET ADDICTION ON EXECUTIVE FUNCTIONING AMONG COLLEGE STUDENTS: AN OBSERVATIONAL STUDY”

Background and need of research: Gadgets like smartphones and laptops are widely used by college students for communication, social media ,gaming , e-shopping, etc. However, excessive use can lead to gadget addiction, which is rising globally—especially among youth. Studies show that around 27% of people are addicted to smartphones and up to 40% of Indian students show signs of addiction. This overuse may be affects executive functions like attention, memory, planning, and self-control, leading to difficulties in focusing, organizing tasks, and decision-making. it's important to explore how gadget addiction might be influencing their mental performance. The (BRIEF-A) behaviour Rating Inventory of Executive function - Adult version is a standardized tool used to measure real - life executive functioning through self - report This study uses the BRIEF -A to observe the impact of high gadget use on executive function in college students.

Aims and Objective: To assess level of executive function in gadget addicted college going students. To analyse the relationship between gadget addiction and executive function performance

Methodology: Study design - An Observational study ,Population - college going students (population selected according to inclusion and exclusion criteria), Data collection - Data collection '220' selected based on inclusion and exclusion criteria of surrounding college and university, Outcome measure - BRIEF - A

Result: The study was conducted among 220 participants, with a mean score of 65.17 (SD ± 17.76) and an average percentage score of 24.98%, the need for initiatives to symptoms and risk factors for better prevention and management.

Conclusion: Executive function in gadget addicted college going students is moderate this indicates gadget overuse can affect cognition and attention.

Keywords: Attention, Attitude, BRIEF – A scale, Cognition, Executive function, Gadget Addiction, Screen time.

By: **Vishwa Bhavsar** - FY-MPT

“THE IMPACT OF GADGET ADDICTION ON EXECUTIVE FUNCTIONING AMONG COLLEGE STUDENTS: AN OBSERVATIONAL STUDY”

Background and need of research: Shooting is a precision sport that requires high levels of focus, concentration, and emotional control. decline in mental health, such as anxiety, stress, can negatively affect shooter's accuracy, reaction time, and overall performance. Social support from family, friends, and significant others enhances confidence and reduces stress, contributing better performance. However, limited research exists on its impact in shooting athletes. Hence, this study aims to examine the relationship between perceived social support and athletes subjective performance in shooting.

Aim: To examine the relationship between perceived social support and athlete subjective performance in shooting.

Objectives: 1. To assess perceived social support among shooting athletes using the Multidimensional Scale of Perceived Social Support (MSPSS).

2. To assess athlete's subjective performance using the Athlete's Subjective Performance Scale (ASPS).

Methodology: A correlational Study Involving (90 numbers) shooters were participated in online questionnaire using perceived social support and athletes subjective performance in shooting.

Result: The findings revealed that the mean score for perceived social support (MSPSS) was 58.16 (SD = 14.55), and for athlete performance (ASPS) 36.28 (SD = 10.88). A strong positive and statistically significant correlation was observed between perceived social support and athlete performance ($r = 0.769$, $p = 0.02$), indicating that higher levels of social support are associated with enhanced performance among recreational shooters.

Conclusion: Higher perceived social support significantly enhances performance levels among recreational shooters, indicating a strong positive relationship.

Keywords: Multidimensional Scale of Perceived Social Support, Subjective Sport Performance Satisfaction, Recreational Shooters.

By: **Manish Lalwani** - FY-MPT

RESEARCH ABSTRACT (AINS)

Background

Dysmenorrhea is a cyclic lower abdominal or pelvic pain. It is a common Gynecologic complaint among adolescent girls and adult women. Dysmenorrhea has a negative effect on health related quality of life. It is a leading cause of school and college absenteeism. So, sometimes adolescent girls choose the first line treatment of dysmenorrhea is Non- Steroidal Anti-inflammatory drugs.

Objectives of the Study

- 1) To assess the Knowledge before and after administration of video assisted teaching on Jacobson's Relaxation Technique for Dysmenorrhea among adolescent girls in selected schools of Gujarat State.
- 2) To assess the Practice before and after administration of video assisted teaching on Jacobson's Relaxation Technique for Dysmenorrhea among adolescent girls in selected schools of Gujarat State.
- 3) To assess the effectiveness of video assisted teaching on Jacobson's Relaxation technique for dysmenorrhea.

Material and Method

A Quasi Experimental design of one group pre-test and post-test with an evaluative approach was adopted for the study. A total 60 Adolescent girls of selected schools meets the inclusion criteria were selected through simple random sampling technique. The research developed a structured knowledge questionnaire and observational practice checklist Jacobson's Relaxation Technique for dysmenorrhea.

Results and conclusion

The study revealed that addressed to assess the effectiveness of video assisted teaching on Jacobson's Relaxation Technique for Dysmenorrhea in terms of knowledge and practice among Adolescents girls in selected of schools in Gujarat state. Findings of the pilot study were showed that the mean knowledge scores obtained from the samples in pre test was 8.17 and on post test it was found increased up to 15.17 with the mean difference 7. The mean re test practice scores obtained by samples was 3.17 and mean post test practice score was 16.17. with the mean difference of 13. The mean post test score in knowledge and practice were higher than their mean pre test score.

The finding of pilot study revealed that the tools consistent for the final study. The video assisted teaching on Jacobson's Relaxation Technique score was found to be effective in improving knowledge and practice. 60 samples participated in the study. where the finding of the study revealed that majority of samples had above average knowledge and good practice after administration of video assisted teaching on Jacobson's Relaxation Technique for dysmenorrhea. The mean post test knowledge score (15.18) was higher than mean pre test knowledge score (8.25) with the mean difference of 6.93 and 35% mean percentage gain. The mean post test practice score (16.13) was higher than mean pre test practice score (3.33) with the mean difference of 12.80 and 64% mean percentage gain.

Hence, it was proved that video assisted teaching on Jacobson's Relaxation Technique for Dysmenorrhea was effective in increasing knowledge and practice among Adolescents Girls in selected schools of Gujarat state.

By: **Mrs. Diya Prajapati**
Lecturer, AINS

GUJARAT UNIVERSITY TOPPERS AIMS

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STARS OF THE MONTH
DECEMBER-2025

Congratulations for the Out Standing Performance

First Year BPT

 Surbhi Diwani (72.53%) College Rank - 1st Guj. Uni. Rank-8th	 Yash Yadav (71.88%) College Rank - 2nd Guj. Uni. Rank-14th	 Ayush Pathak (70.7%) College Rank - 3rd Guj. Uni. Rank-19th
---	---	--

Third Year BPT

 Nandini Agarwal (75.19%) College Rank - 1st Guj. Uni. Rank-1st	 Siddhi Patel (72.88%) College Rank - 2nd Guj. Uni. Rank-3rd	 Kankshi Mehta (70.8%) College Rank - 3rd Guj. Uni. Rank-8th	 Khushi Patel (70.8%) College Rank - 3rd Gujarat Uni. Rank-8th
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STARS OF THE MONTH
DECEMBER-2025

Congratulations for the Out Standing Performance

Second Year BPT

 Harvi Sudani (74.9%) College Rank - 1st Guj. Uni. Rank-3rd	 Avantika Nair (72.7%) College Rank - 2nd Guj. Uni. Rank-6th	 Maitree Patel (72.3%) College Rank - 3rd Guj. Uni. Rank-8th
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Yashasw Raval
1st Prize Junior Poster Presentation in
16th Gujarat Conphys at Parul University

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STARS OF THE MONTH
DECEMBER-2025

Congratulations for the Out Standing Performance


Final Year BPT



 Basvi Trivedi (74.67%) College Rank - 1st Guj. Uni. Rank - 2nd	 Shreya Patel (73.8%) College Rank - 2nd Guj. Uni. Rank - 3rd	 Pratikha Parikh (73.56%) College Rank - 3rd Guj. Uni. Rank - 4th
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GUJARAT UNIVERSITY TOPPERS AINS

AINS
LIGHTING LIVES
Ahmedabad Institute of Nursing Science

STARS OF THE MONTH
JANUARY 2026

 Patel Jensi Hasmukhbhai (1st Rank-78.66%)

 Nandaniya Prince Dineshbhai (2 nd Rank (76.03%))	 Shivam Kumar Chaudhary (3 rd Rank-76%)
---	---

[For Securing 1st, 2nd & 3rd Rank in Second Year B.Sc. Nursing Gujarat University (Sem-IV) Examination (September 2025)]

Congratulations

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Ahmedabad Institute of Nursing Science

STARS OF THE MONTH
JANUARY 2026

 Kiran Parmar (1 st Rank-77.3%)	 Gamit Nikita Sunilbhai (2 nd Rank-76%)
---	---

 Malaviya Aastha (3 rd Rank-75%)	 Thakor Ruchita Jashuji (3 rd Rank-75%)
--	---

[For Securing 1st, 2nd & 3rd Rank in First Year B.Sc. Nursing (Sem-II) Gujarat University Examination (September 2025)]

Congratulations

CURRICULAR ACTIVITIES OF AIMS



MIND AS MEDICINE BY DR. B K DAMINI



ADANI MARATHON



HIRAMANI OLD AGE HOME



IAPWC CONFERENCE



FIRE SAFETY TRAINING



GRADUATION DAY



MPT VISIT AT SHREE BIDADA SARVODAYA TRUST

CURRICULAR ACTIVITIES OF AINS



Orientation Program of Sem-1 B.Sc. Nursing students



Visit at Indian Red Cross Society



A.V Aid Exhibition



Visit at Old Age Home



Simulation Training at KD institute



Visit at Amul Fed Diary



Exhibition on Safe Surgery Day at Jaydeep hospital



Campus Placement

CO-CURRICULAR ACTIVITIES OF AIMS



Concord Dynamics



Ramzat (Garba)



Funfair

CO-CURRICULAR ACTIVITIES OF AINS



Fresher's Day



Funfair Celebration



Sports Day Celebration

STUDENT CORNER AIMS



Medha Patel & Pankini Sariya
Third Year - BPT

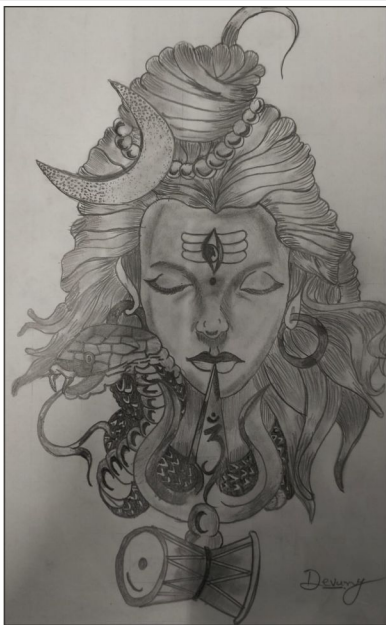


Ruhi Gilani
Final Year - BPT

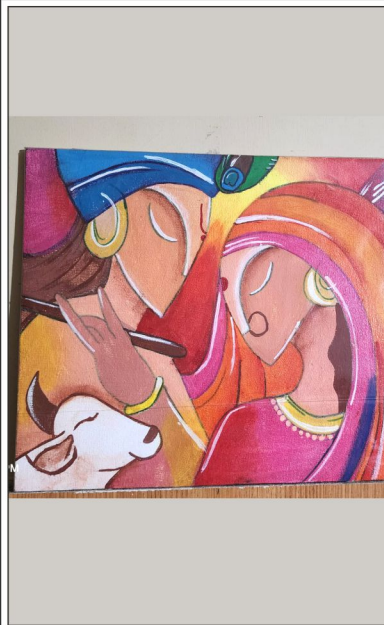


Hiral Solanki
Final Year - BPT

STUDENT CORNER AIMS



Devang Patel
Sem-6 - B.Sc. Nursing



Patel Hir Nischal
Sem-3 - B.Sc. Nursing



Malaviya Aastha
Sem-3 - B.Sc. Nursing

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