



PhysioSutra

— *Department of Physiotherapy* —

Bi-Annual Newsletter



Towards Excellence in Physiotherapy

The Department of Physiotherapy is overwhelmed to presents its first official newsletter, a dynamic reflection of our vision, and commitment to excellence in rehabilitation sciences and healthcare. This newsletter will serve as a platform to share academic accomplishments, clinical innovations, research contributions, student activities and community outreach initiatives that shape the ever-evolving field of physiotherapy.

Rooted in the principles of healing, movement and compassionate care, physiotherapy extends beyond treatment to restore confidence, independence and quality of life. Through this newsletter, we aim to foster intellectual curiosity, professional growth and collaborative learning among students, faculty, clinicians, researchers and healthcare professionals.

Each edition will capture the innovation and dedication within our department, highlighting inspiring stories, emerging advancements, scholarly achievements and meaningful engagements that contribute to the advancement of physiotherapy practice and education. We hope this initiative will not only inform and inspire but also strengthens the collective pursuit for knowledge, service and excellence in patient care.

EXPERT TALK

Rehabilitation Innovation: Ideas that Heal & Scale

The Department of Physiotherapy in collaboration with the Institution's Innovation Council (IIC), organized an expert talk titled "Rehabilitation Innovation: Ideas that Heal & Scale" on 21st January 2026. The keynote address was delivered by Dr. C. M. Shankar, who highlighted the growing role of innovation and technology in rehabilitation sciences. The talk focused on evidence-based practice, tele-rehabilitation, wearable technologies, robotics, and digital healthcare solutions aimed at improving accessibility and patient outcomes. The session encouraged students to be inquisitive for future research, interdisciplinary collaboration, and technology-enabled physiotherapy practices.



Faculty members and students of the department attending the expert talk on "Rehabilitation Innovation: Ideas that Heal & Scale"

Gender Equality & Social Justice



Prof. (Dr.) Piyush Ranjan, Hon'ble VC, JRU, felicitating Dr. Aurora Martin, Professor at the Pontifical Oriental Institute, Vatican, and Vice-President of the International Institute for Human Security (IIHS), Romania



Prof. (Dr.) Piyush Ranjan, Hon'ble VC, JRU, Dr. Aurora Martin, Professor, and students during the expert talk.

On March 17th 2026, the department organized an inter-departmental expert talk titled "Gender Equality & Social Justice" in the university Conference Hall. The interactive session drew the participation of 43 enthusiastic students comprising 26 females and 17 male participants. Dr. Aurora Martin, Professor at the Pontifical Oriental Institute, Vatican, and Vice-President of the International Institute for Human Security (IIHS), Romania was the honored guest-cum-speaker, who commended the students for opening their minds and speaking authentically about their fears and strengths. By mapping the event's expected goals to its highly successful outcomes, the session successfully cultivated critical thinking, fostered a respectful exchange of diverse viewpoints.

From Idea to Impact: A Health Care Innovation Showcase

The Department in collaboration with the Institution's Innovation Council (IIC), of Jharkhand Rai University organized the "Innovation in Rehab Care Poster and Prototype Competition" on 17th February 2026 under the guidance of Dr. Raunaque Ara (PT). The event witnessed enthusiastic participation of 147 students. 30 groups were formed out of these participating students for poster presentation and prototype development. Participants showcased innovative ideas and practical solutions focused on rehabilitation care, patient recovery, accessibility, and healthcare technology integration.



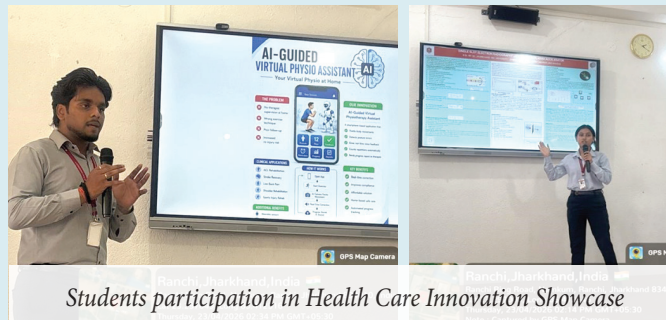
Prof. (Dr.) Piyush Ranjan, Hon'ble Vice Chancellor JRU giving certificates to the students on the occasion.



Poster & Prototype Competition highlights

Digital Poster Competition

The Department of Physiotherapy, in collaboration with the Department of Pharmaceutical Sciences and Allied Health Sciences of Jharkhand Rai University organized a Digital Poster Competition "From Idea to Impact: A Health Care Innovation Showcase" on 27th April 2026 at



Seminar Hall, Academic Building. The interdepartmental digital poster competition witnessed the participation from 45 students, from the departments of Pharmacy, Physiotherapy and Allied Health Sciences. Through innovative digital posters, participants presented creative healthcare solutions, research ideas, and technology-driven approaches to patient care and public health challenges.

Future of Rehabilitation

The department organized an educational visit to the Neuro Robotic physiotherapy rehabilitation centre on 10th and 12th March 2026 for the students of IV semester. A total of 45 students visited the centre and were exposed to advanced neuro-rehabilitation technologies and robotic-assisted physiotherapy techniques. Students observed modern rehabilitation methods used for improving motor recovery, balance, coordination, and functional mobility in neurological patients. The visit helped students understand the growing role of robotics and innovation in modern physiotherapy.



Students at the Neuro Robotic Physiotherapy, Rehabilitation Centre learning new technology in Physiotherapy.

Students Visited RIMS

On 22nd April 2026, BPT 2nd semester (2025-2029) students visited to the Department of Anatomy at Rajendra Institute of Medical Sciences (RIMS), Ranchi. The visit aimed to provide students with practical exposure to human anatomical structures and their clinical relevance in physiotherapy practices.

During the visit, students observed cadaveric specimens, anatomical models, and laboratory demonstrations, which helped them connect theoretical concepts with real-life clinical applications.

The interactive learning experience enhanced students' understanding of body mechanics, clinical reasoning, and rehabilitation practices.



Ms. Rashmi, Assistant Professor along with the students, during visit to RIMS

Chiropractic Workshop 2026

Students of the department participated in a two-day Chiropractic Workshop from 24th January 2026 to 25th January 2026, conducted at Devanika Hospital. The workshop was conducted under the expert guidance of resource person, Dr. Rajneesh Kant. The workshop aimed to enhance students' practical knowledge and clinical skills in chiropractic assessment and manual therapy techniques. Participants received hands-on training on spinal manipulation, posture correction, joint mobilization, and musculoskeletal rehabilitation approaches used in chiropractic care. Students actively participated in demonstrations and practical sessions, which helped improve their understanding of patient assessment and treatment techniques.



Students with their certificates after successful completion of the workshop.

Hands-on Training on Functional Electrical Stimulation



A Hands-on training on Functional Electrical Stimulation (FES) techniques was organised by the department on 10th April 2026. Dr. Ashish Singh (PT) an expert of the field was the resource person for the session. He focused on the clinical application of FES in neuro-rehabilitation. The training provided practical exposure to FES device handling, patient selection, and rehabilitation protocols.



Ulatur, Jharkhand, India

Dr. Ashish Singh (PT) in a Technical Session with PT equipment.

“AI-Driven Biosignal Analysis & Innovation in Medical Diagnostics and Physiotherapy”

The Department of Allied and Healthcare, in collaboration with the Department of Physiotherapy of Jharkhand Rai University, successfully organized a two-day workshop on “AI-Driven Biosignal Analysis & Innovation in Medical Diagnostics and Physiotherapy” on 27th and 28th April 2026. Mr. Raghuvansh Singh from the Biomedical Signal Processing Lab, NIT

Durgapur, was the resource person who delivered a lecture on biosignal such as ECG, EEG, and EMG, along with the applications of Artificial Intelligence and Machine Learning in healthcare diagnostics and physiotherapy. Through his deliberations, participants acquired practical exposure to biosignal analysis, feature extraction, and AI-based diagnostic tools.



Students with their certificates after the AI-Driven Biosignal Analysis Workshop in the department.

SWASTHYA SEVA ABHIYAN

The Department of Physiotherapy and the Department of Allied & Healthcare at Jharkhand Rai University, in collaboration with the National Service Scheme (NSS) Cell, successfully conducted Seven Days of the “Swasthya Seva Abhiyan” at “Ayushman Arogya Mandir”. The program focused on Disability Health Schemes (Physiotherapy) and aimed to spread awareness about rehabilitation services, disability rights, and Government welfare schemes for persons with disabilities. Interactive sessions addressed common misconceptions regarding disabilities and emphasized the importance of inclusive healthcare and physiotherapy support. Healthcare professionals from CHC Namkum, along with NSS volunteers and faculty members, actively supported the initiative and assisted beneficiaries in scheme enrollment.



Students of physiotherapy & NSS jointly in Swasthya Seva Abhiyan

Poshan Pakhwara 2026

The Department of Physiotherapy, Pharmaceutical Sciences, and Department of Allied & Healthcare of Jharkhand Rai University, in association with the NSS Cell, organized the Poshan Pakhwara on 20th April 2026 at Raja Ulatu village. The programme aimed to spread awareness about nutrition, hygiene, maternal and child health, breastfeeding, immunization, and healthy eating habits among villagers. Students and faculty members conducted awareness rallies, counselling sessions,

and interactive activities to encourage the adoption of nutritious practices and sanitation measures.



Students participating in awareness rally during the Poshan Pakhwara 2026 organised in the village, Raja Ulhatu, Namkom

Educational Tour to **SVNIRTAR** and **AIIMS Bhubaneswar**

The Department of Physiotherapy organized an educational tour to Bhubaneswar from 13th April 2026 to 15th April 2026 with the objective of providing students practical exposure and experiential learning. During the tour, students visited All India Institute of Medical Sciences, Bhubaneswar and Swami Vivekananda National Institute of Rehabilitation Training and Research (SVNIRTAR), where they had firsthand experience and exposure about advanced healthcare services, rehabilitation techniques, physiotherapy practices, and multidisciplinary patient care. The students also explored cultural and historical sites including Khandagiri Caves, Konark Sun Temple, and Puri.

The visit provided both academic enrichment and cultural exposure, making the tour informative and memorable for all participants.



Students at SVNIRTAR and AIIMS, Bhubaneswar

Learning Beyond Classroom

Students participated in the Paras Health Sports Injury Conclave held at BNR Chanakya on 18th January 2026, organized by Paras Hospital. The conclave brought together orthopedic surgeons, sports medicine experts, physiotherapists, and healthcare professionals to discuss advancements in sports injury prevention, diagnosis, treatment, and rehabilitation. Expert lectures, case discussions, and interactive sessions provided valuable clinical insights to participants. A total of 18 students and faculty members attended the event and gained practical knowledge regarding injury assessment, rehabilitation strategies, athlete safety, and evidence-based sports physiotherapy practices. The conclave served as an enriching academic experience and enhanced professional learning among participants.



Glimpses of students' participation in Sports Injury conclave at BNR Chanakya, Ranchi

Celebrating Student Excellence : A Recap (Spring 2026)

The Department of Physiotherapy proudly celebrates the exceptional achievements of its students of spring 2026 Semester. Through active participation in academics, innovation, cultural, and sports events, students demonstrated excellence, creativity, and leadership, bringing laurels to the department and the university.

A major highlight of the semester was the Innovation in Rehab Care – Poster and Prototype Competition, where students showcased their innovative ideas in the form of prototype and poster. Notable achievers included Lalit Vikram Singh, Sonam Bharti, Deepak Kumar, Madhu Kumari, Goutam Kumar, Raghwendra Tiwari, Jyoti Prakash, and Riya Gupta, who earned first positions for their unique ideas in rehabilitation sciences.

Several other students secured second and third positions. The department also witnessed outstanding performances in the Digital Poster Presentation Competition, with Raghwendra Tiwari, Jyoti Prakash, and Shreya Singh securing first positions.

The Department also celebrates the outstanding accomplishments of its students in cultural and extracurricular arenas. At Antarashtriya Matribhasha Diwas 2026, Sneha Padhy earned first place, demonstrating exceptional talent and creativity.

Aarti Kumari another student, brought laurels to the Department by securing second place in the Regional Song Competition with a lilting musical performance. Suhani Kumari impressed both audience and judges to claim the title of Miss Trends 2026, with confidence, elegance, and her stage presence. Meanwhile, Aryan Kumar received the 'Best Student' Award at Adieu 2026 in recognition of his exemplary academic record, leadership, and significant contributions to the campus life.

Department students' accomplishments extended well beyond the university. Nimesh Dev completed the NPTEL Healthcare Entrepreneurship certification with an outstanding score of 96%, reflecting both academic excellence and professional dedication. On the national sports stage, Shreya Singh brought great honor to the Department by

winning three gold medals at the CBSE National Archery Championship, a testament of her skill and perseverance.

These achievements underscore the students' hard work, determination, and multidimensional talents. Congratulation all the achievers.



Dean Academics Prof. (Dr.) Sumit Kumar Pandey with students of Spring 2026 semester.



Prof. (Dr.) Piyush Ranjan, VC, JRU while felicitating students.

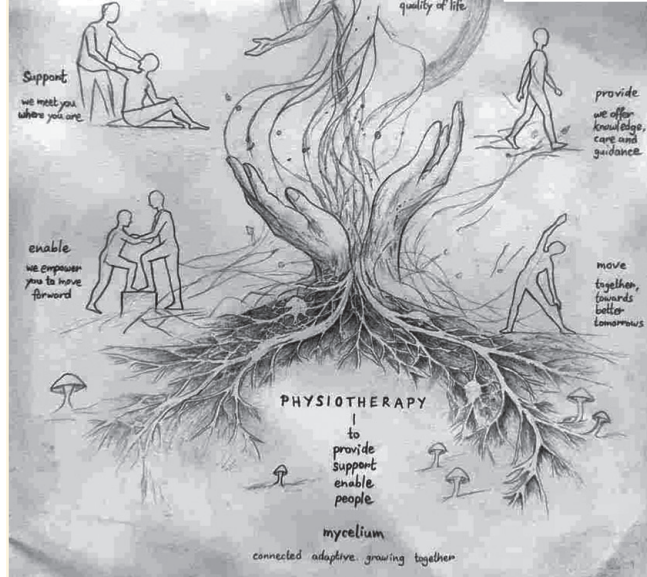




Nitin Kumar
BPT/24/038



Gargi Das
BPT/23/016



“किताबों में उलझे हैं”

किताबों में उलझे हैं, हड्डियों का हिसाब रखते हैं,
हम BPT वाले हैं जनाब, दर्द का इलाज रखते हैं।

अभी सफर में हूँ, मंजिल का गुमाँ बाकी है,
मेरे हौसलों में अभी आसमाँ बाकी है।
लोग कहते हैं थक गया हूँ मैं,
उन्हें क्या ख़बर, मेरे इम्तिहानों का जहाँ बाकी है।

फिलहाल किताबों से इश्क चल रहा है,
मोहब्बत बाद में करेंगे।
अभी मुकद्दर लिखने में लगे हैं,
शिकायत बाद में करेंगे।



आशिफ आलम
BPT/24/006

“फिर से चलना सिखाया”

फिर से चलना सिखाया तुमने
कभी दर्द की चादर में लिपटी थी जिंदगी,
कभी हर कदम पर थक सी जाती थी जिंदगी।
तब एक नई उम्मीद बनकर कोई आया,
और धीरे-धीरे जीना फिर से सिखाया।

न जादू था, न कोई करिश्मा था,
बस हौसलों से भरा एक रिश्ता था।
हर एकसरसाइज में छिपा एक विश्वास था,
हर मूवमेंट में जीने का एहसास था।

जो हाथ कभी उठने से डरते थे,
वही ख्वाबों को छूने लगे।
जो पैर कभी रुक गए थे दर्द में,
वही फिर से राहों में चलने लगे।

फिजियोथेरेपी सिर्फ इलाज नहीं होता,
यह उम्मीद का एक दिया होता है।
जब हर तरफ अंधेरा लगने लगे,
तब यही किसी का सवेरा होता है।

धीरे-धीरे हर दर्द कम हो जाता है,
हर डर पीछे कहीं खो जाता है।
और एक दिन मरीज मुस्कुराकर कहता है—
“अब चलना मुश्किल नहीं लगता...”



श्रेया सिंह
BPT/25/030

Riddles For Physiotherapy department

- 1) I wear the head like a royal crown, Yet I am not a king in town. I help your head nod up and down, Without me, movement would slow down. Who am I?
- 2) I am a traveler who never leaves my place, From lower back to foot I race. When I get squeezed, pain shoots below, Making sitting and walking slow. Who am I?
- 3) I am called a funny bone by many people, Yet I am no bone at all. A sudden hit makes fingers tingle, And sends a shock through the arm's hall. Who am I?
- 4) The farther effort is from the pivot point, The easier movement of a joint. What principle am I?
- 5) Without me, you'd fall, stumble, and sway, I train your steps in a careful way. I help you stand both strong and tall, With me around, you won't fall at all. What am I?
- 6) I don't speak, yet I help you stand, Holding firm with either hand. I keep you steady, firm, and tight, Guiding your steps both left and right. What am I?
- 7) I live inside a tunnel, But I am neither train nor traveler. When the tunnel narrows, three fingers complain, And sleep becomes an enemy. Who am I?
- 8) I am not a bridge, Yet I connect two worlds. When I fracture, even lifting a shirt becomes difficult. Who am I?
- 9) you can walk on me, you can run on me Specially when rehab is the need, every PT suggest me Who am I?
- 10) I am the ion good for bones I am responsible for maintaining muscle tone Who am I?



Ashish Kumar Ial,
BPT/25/040



Tajurba parveen
BPT/25/035

ANSWER :-

1. Atlas (C1 Vertebra) 2. Sciatic Nerve
3. Ulnar Nerve 4. Mechanical Advantage
5. A Balance Board 6. A Walker or Cane
7. Median Nerve 8. Clavicle 9. Treadmill
10. Calcium

MY JOURNEY



Aryan Kumar
(BPT Intern 2022-2026)

My four-year journey at JRU and especially in the Physiotherapy department has been truly memorable and transformative. These years, not only provided me with academic and clinical knowledge but also taught me discipline, confidence, teamwork, empathy, and responsibility as a future healthcare professional. Through seminars, workshops, clinical postings, research activities, cultural events, and patient interactions, I had valuable experiences that helped me grow both personally and professionally.

I sincerely thank our respected Professors, Mentors, seniors, friends, and the entire university for their constant support, guidance, and encouragement throughout this journey. This institution has given me unforgettable memories, lifelong lessons, and the foundation for my future career. As I step into my internship and professional life, I will always remain grateful and proud to be a part of this university and department. My four-year journey at JRU and in the Physiotherapy department has been truly memorable and transformative.



Muskan Sethi (Batch 2021-2025)

Muskan Sethi, BPT alumni, gives credit to the structured curriculum and regular clinical exercises for strengthening her reasoning and development of professional approach. With constant guidance from her Professors, she graduated as the Gold Medal, for which she remains deeply grateful to all the teaching and support staff of the department in particular and the university as a whole.



Uttam Kumar (Batch 2021-2025)

Uttam Kumar's journey starts from a dedicated physiotherapy student to a confident healthcare professional which reflects the transformative learning environment of Jharkhand Rai University. After completing his graduation in Physiotherapy, he successfully transitioned into a professional clinical practitioner, equipped with strong professional ethics.

Further he gives credit to the structured curriculum, practical training, and continuous guidance from the Mentors of the department. Today, Uttam actively implements evidence-based physiotherapy techniques in patient care, demonstrating professionalism, clinical confidence, and a deep commitment to rehabilitation outcomes. His work extends beyond conventional clinical settings, as he collaborates with NGOs and clinics in Community-Based Rehabilitation (CBR), contributing to inclusive healthcare and improved quality of life for diverse patient groups. Uttam credits Jharkhand Rai University's holistic learning ecosystem—which emphasized ethics, compassion, and practical competence—for shaping his work ethic and clinical approach.

His success is a testament of quality education, guided mentorship, and real-world exposure which is inherent in the well designed curriculum of the University.

DEPARTMENTAL PHOTO GALLERY OF ACTIVITIES



Students & faculty members during the certificate distribution ceremony.



Dr. Ved Prakash, Controller of Examinations, JRU, felicitating students.



Students with trophy



Student with his certificate





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