



B N PATEL INSTITUTE OF PARAMEDICAL AND SCIENCE (PARAMEDICAL DIVISION)

B N PATEL COLLEGE OF PHYSIOTHERAPY

Managed by Sardar Patel Education Trust, Anand

NEWSLETTER



Shree Bhikhubhai N. Patel
Managing Trustee & Secretary
Sardar Patel Education Trust



Message from Dr. Biren Chauhan

Centre Head, Sunshine Global Hospitals
Vadodara | Bharuch | Surat

"Dear Readers,

Newsletter of this institute is a reflection of the unwavering determination, dedication, and discipline of entire staff and faculty. It goes without saying that such a creative newsletter is the perfect example of the culture of institute giving importance to the collaborative efforts of you all.

Change is the only constant and I am sure energetic students like you will always strive to excel not only in academics but in all spheres of life including social, cultural and spiritual domain.

What today's world needs the most is the power of youth driven by the missionary zeal to do the best and be the best. This needs to be persuaded with integrity, honesty, morality and ethical values. Incredible India is world renowned for these value system and we all are ought to live by this. If we can follow this, believe me, we would be happier internally and externally, and certainly, we will succeed both in personal and professional aspects of our life.

My humble gratitude for this opportunity and my best wishes to you all !!

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Computer Vision Syndrome

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Help Centre @ BNPIPS

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Computer Vision Syndrome

Computer Vision Syndrome, also referred to as Digital Eye Strain, describes a group of eye and vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use. Many individuals experience eye discomfort and vision problems when viewing digital screens for extended periods. The level of discomfort appears to increase with the amount of digital screen use.

The most common symptoms associated with Computer Vision Syndrome (CVS) or Digital Eye Strain are

• eyestrain • headaches • blurred vision • dry eyes • neck and shoulder pain

These symptoms may be caused by:

• poor lightning • glare on a digital screen • improper viewing distances • poor seating posture • uncorrected vision problems • a combination of these factors

What causes Computer Vision Syndrome or Digital Eye Strain?

Viewing a computer or digital screen often makes the eyes work harder. As a result, the unique characteristics and high visual demands of computer and digital screen device viewing make many individuals susceptible to the development of vision-related symptoms.

Uncorrected vision problems can increase the severity of Computer Vision Syndrome or Digital Eye Strain symptoms.

Viewing a computer or digital screen is different than reading a printed page. Often the letters on the computer or handheld device are not as precise or sharply defined, the level of contrast of the letters to the background is reduced, and the presence of glare and reflections on the screen may make viewing difficult.

Viewing distances and angles used for this type of work are also often different from those commonly used for other reading or writing tasks. As a result, the eye focusing and eye movement requirements for digital screen viewing can place additional demands on the visual system.

In most cases, symptoms of CVS or Digital Eye Strain occur because the visual demands of the task exceed the visual abilities of the individual to comfortably perform them. At greatest risk for developing CVS or Digital Eye Strain are those persons who spend two or more continuous hours at a computer or using a digital screen device every day.

How is Computer Vision Syndrome or Digital Eye Strain diagnosed?

Computer Vision Syndrome, or Digital Eye Strain, can be diagnosed through a comprehensive eye examination. Testing, with special emphasis on visual requirements at the computer or digital device working distance, may include:

- **Patient history** to determine any symptoms the patient is experiencing and the presence of any general health problems, medications taken, or environmental factors that may be contributing to the symptoms related to computer use.
- **Visual acuity measurements** to assess the extent to which vision may be affected.
- A **refraction** to determine the appropriate lens power needed to compensate for any refractive errors (nearsightedness, farsightedness or astigmatism).
- **Testing how the eyes focus, move and work together.** In order to obtain a clear, single image of what is being viewed, the eyes must effectively change focus, move and work in unison. This testing will look for problems that keep your eyes from focusing effectively or make it difficult to use both eyes together.

Eye Care

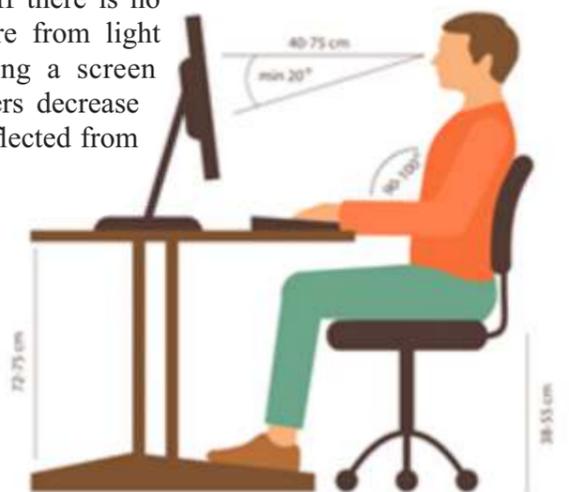
In some cases, individuals who do not require the use of eyeglasses for other daily activities may benefit from glasses prescribed specifically for computer use. In addition, persons already wearing glasses may find their current prescription does not provide optimal vision for viewing a computer

- Eyeglasses or contact lenses prescribed for general use may not be adequate for computer work. Lenses prescribed to meet the unique visual demands of computer viewing may be needed. Special lens designs, lens powers or lens tints or coatings may help to maximize visual abilities and comfort.

Proper body positioning for computer use.

Some important factors in preventing or reducing the symptoms of CVS have to do with the computer and how it is used. This includes lighting conditions, chair comfort, location of reference materials, position of the monitor, and the use of rest breaks.

- **Location of computer screen** - Most people find it more comfortable to view a computer when the eyes are looking downward. Optimally, the computer screen should be 15 to 20 degrees below eye level (about 4 or 5 inches) as measured from the center of the screen and 20 to 28 inches from the eyes.
- **Reference materials** - These materials should be located above the keyboard and below the monitor. If this is not possible, a document holder can be used beside the monitor. The goal is to position the documents so you do not need to move your head to look from the document to the screen.
- **Lighting** - Position the computer screen to avoid glare, particularly from overhead lighting or windows. Use blinds or drapes on windows and replace the light bulbs in desk lamps with bulbs of lower wattage.
- **Anti-glare screens** - If there is no way to minimize glare from light sources, consider using a screen glare filter. These filters decrease the amount of light reflected from the screen.
- **Seating position** - Chairs should be comfortably padded and conform to the body. Chair height should be adjusted so your feet rest flat on the floor. If your chair has arms, they should be adjusted to provide arm support while you are typing. Your wrists shouldn't rest on the keyboard when typing.
- **Rest breaks** - To prevent eyestrain, try to rest your eyes when using the computer for long periods. Rest your eyes for 15 minutes after two hours of continuous computer use. Also, for every 20 minutes of computer viewing, look into the distance for 20 seconds to allow your eyes a chance to refocus.
- **Blinking** - To minimize your chances of developing dry eye when using a computer, make an effort to blink frequently. Blinking keeps the front surface of your eye moist.



Regular eye examinations and proper viewing habits can help to prevent or reduce the development of the symptoms associated with Computer Vision Syndrome.

Darshan Patel
FY B.OPTOM



Those were the days,

When we became friends, eventually best friends and gradually best friends forever.

Those nonstop talks, Those big fat fights and then sharing the same bench.

Those were the days ,

When we used to spend hours chatting, Desperately waiting for a free lecture.

Those were the days,

When we used to see each other's curved smiling faces.

Those were the days in which, lunch box, water bottle, bench filled with friends name, fun in lecture,

craziness with friends, those last bench fights, And on the top of that our group and our friendship persisted.

Those were the days,

When there were many hands in one chocolate , Punishment in group was a boon,

Bunking the lecture and that rush to the canteen, Coming late in class and those sit ups

But now, all the things will just fade away like water ran over crag,

The mere things which are remaining are memories,

Which are unforgettable and everlasting.

Gone are the days, those were the days.

Mansi Vadaviya
FY BPT

"WINNING AND LIVING "

Life is a complex and curious combination comprising of different stages and phases. Each stage, each phase offers some special gift. Innocence is the gift from childhood and friends and friendship are gifts from days of schooling, youth gifts us exuberance, middle age gives maturity and finally old age gives us serenity.

Life is nothing but an aggregation of moments. Each moment of life has something new to offer, something better to add. Each moment introduces us to our new identity.

All these gifts that we receive from life make us lively. This is possible only when we display the patience and prudence to wait for them to be received and not try and snatch them. Our impatience, our misplaced sense motivation is likely to induce us to try and win these gifts. As soon as we opt for winning them instead of waiting for them, these gifts of life lose their charm and magic. Thereafter, they will cease to be assets and become mere acquisition.

As soon as we try and "win" anything, we force ourselves into competition mode. In that mode, we stop enjoying what we are doing. The feelings of happiness, love and respect also give way to false sense of pride and possessiveness.

What shall we gain by winning? May be an identity, a recognition. The point to ponder is, is it necessary and, is it sufficient? The identity, the recognition that winning will give us will continue to be dependent on that winning, it is unlikely to remain forever. Thus, to keep that identity alive, we are compelled to keep winning something or the other perpetually. This pressure of keep winning kills our soul and makes a machine out of a man.

A famous saying goes that happiness is found along the way and not at the end of the journey. Winning is the end of journey. Excessive focus on this end (winning) deprives us of the joy that comes along the way. To win, an adversary is necessary. For each winner, there must be a loser. The concept of winning is based on constant comparison and competition. This concept and pressure of competition blinds us towards the beauty of the journey. Such a victory may fill us with a feeling of empty pride. In a silent corner of our soul we realize the futility of what we have got and magnitude of what we missed.

Kairav Antani

(Intern) Renal Dialysis Technology

BN પટેલ કોલેજ ઓફ ફિઝિયો.ને એડમિશન હેલ્થ સેન્ટર માટે મંજૂરી

છાત્રોને રાહત : ગુજરાત પ્રોફેશનલ નર્સિંગ એન્ડ એલાઈડ
એજ્યુકેશનલ કોર્સિસ ગુજરાત સરકાર દ્વારા મંજૂરી અપાઈ

નવગુજરાત સમય > આણંદ

આણંદ સ્થિત સરદાર પટેલ એજ્યુકેશન ટ્રસ્ટ સંચાલિત બી.એન.પટેલ કોલેજ ઓફ ફિઝિયોથેરાપીની પ્રગતિને ધ્યાને લઈને ગુજરાત પ્રોફેશનલ નર્સિંગ એન્ડ એલાઈડ એજ્યુકેશનલ કોર્સિસ ગુજરાત સરકાર દ્વારા એડમિશન હેલ્થ સેન્ટર માટેની મંજૂરી મળી છે. એક એન્ડ ટોકના શિક્ષણથી ઉપર ઉઠીને અદ્યતન સુવિધાઓથી સજ્જ ક્લાસરૂમ અને લેબોરેટરી જેવી કે એનાટોમી, ફિઝિયોથેરાપી, એક્સરસાઈઝ થેરાપી અને કાર્ડિયોસાયોલોજી, ફિટનેસ, કાર્ડિયોરેસપીરેટરી, ન્યુરોલોજી અને પિડિયાટ્રીક તથા ઈલેક્ટ્રોથેરાપી ઉપલબ્ધ છે. બી.એન.પટેલ કોલેજ ઓફ ફિઝિયોથેરાપી સાથે ફિઝિયોથેરાપી ઓપીડી ચલાવવામાં આવે છે જ્યાં

રોજના સો દર્દીઓ સારવાર લેવા માટે આવે છે. તેમજ કુજરાવ, લાંબવેલ, મહેળાવ, સારસા, બોરસદ, ખાનપુર, ખેરડા, જીટોડિયા, ભરોડા, વઘાસી, ગામડી, બેડવા, સામરખા, બાકરોલ, કાસોર, હાડગુડ અને ચિખોદ્રા સહિત આસપાસના ગામડાઓમાં કેમ્પ યોજીને નિઃશુલ્ક ફિઝિયોથેરાપી કેમ્પ યોજીને દર્દીઓને સારવાર આપવામાં આવે છે. કોલેજમાં થિયરી એજ્યુકેશન બાદ પ્રેક્ટિકલ એક્સપોઝર માટે વડોદરા, અમદાવાદ, સુરત અને આણંદની વિવિધ હોસ્પિટલ સાથે એમઓયુ કર્યા છે. રોટરી ક્લબ આણંદ રાઉન્ડ ટાઉન અને રોટરી ફાઉન્ડેશન આર.આઈ ડિસ્ટ્રિક્ટ ૩૦૬૦-૧૭૦૯૭ સાથે સહયોગી સહાયથી સામાજિક કલ્યાણ યોજના શરૂ કરવામાં આવી છે.

Free Physiotherapy Camp

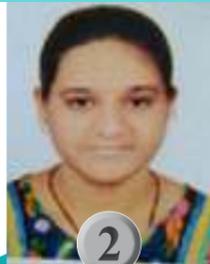
B N Patel College of Physiotherapy has successfully conducted a Free Physiotherapy Camp on 25th June, 2018. Total 61 patients with different conditions of Musculoskeletal, Respiratory and Neuromuscular diseases took part. In the camp patients took benefit of Free Physiotherapy Consultation, Diagnosis, Treatment and Home Advices. B N Patel College has one more step towards Healthy India.

Student Achievers of the Institute at Sardar Patel University Examination 2017-18

First Year B.Sc. Medical Technology



1
Khomi K. Patel
72.15%



2
Vaibhavi R. Rana
70.46%

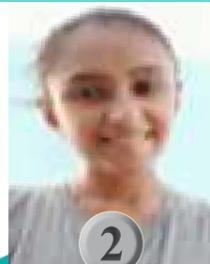


3
Dhiru Dhokia
60.00%

First Year B.Sc. Physician Assistant



1
Janvi H. Patel
79.00%



2
Priya S. Patel
78%



3
Vasundhara Singh
76%



3
Jainee Shah
76%

Second Year B.Sc. Renal Dialysis Technology



1
Chintan Kachhadiya
73.00 %



2
Shefali Srivastava
72.5%



3
Hmzah Patel
68.00%

Third Year B.Sc. Renal Dialysis Technology



1
Haresh Thakor
74.6%



1
Dhruvi Panchal
74.60%



2
Dhruv Joshi
74.00%



3
Gulbakshi Asare
72.00%

Second Year B.Sc. Imaging Technology



1
Harshkumar A Patel
73.20%



2
Parthkumar U. Gandhi
68.67%



3
Riddhi R. Amin
62.45%

Third Year B.Sc. Imaging Technology



1
Sameeraben S. Vora
80.20%



2
Siddhi M. Amin
79.60%



2
Jay P. Shah
79.60%



3
Prachi Chok
74.00%

Second Year B.Sc. Clinical Laboratory Technology



1
Krishna Somani
66.89%



2
Hetvi Panchal
59.48%



3
Mansi Rana
54.82%

Third Year B.Sc. Clinical Laboratory Technology



1
Khushbu Parekh
64.44%



2
Priyanka Jadav
63.55%



3
Nitesh Darji
54.55%

Second Year B.Sc. Operation Theater and Anesthesia Technology



1
Divyaben K. Baranda
71.00%



2
Lipsha V. Patel
68.00%



3
Hiralben N. Shah
67.00%

Third Year B.Sc. Operation Theater and Anesthesia Technology



1
Dipali A. Patel
79.00%



2
Bhaktiben D. Patel
73.00%



3
Vedangi M. Prajapati
71.00%

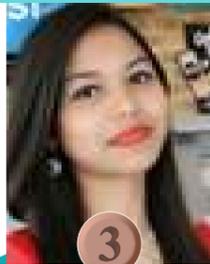
M.Sc. Clinical Laboratory Technology-I



1
Jinal R. Kanpariya
62.00%



2
Zalak H. Limbasiya
58.60%



3
Shama V. Rana
53.30%

M.Sc. Clinical Laboratory Technology-II



1
Dhruvi K. Patel
64.66%



2
Bhavanikaben S. Masar
62.57%



3
Pratikkumar K. Prajapati
58.00%

Second Year B.Sc. Physician Assistant



1
Nikisha B. Patel
67.60%



2
Priyanshi N. Patel
64.30%



3
Nilam S. Patel
64.00%

Diploma in Medical Laboratory Technology



1
Namratiben K. Modha
74.42%



2
Nileshwaribahen V. Parmar
68.00%



3
Anjaliben P. Dobariya
66.70%

