



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

B N PATEL COLLEGE OF PHYSIOTHERAPY

Managed by Sardar Patel Education Trust, Anand



NEWSLETTER



Message from Mr. Neeraj Lal

Cluster Head and Vice President,
Rainbow Children's Hospitals, Bangalore and Karnataka Region

"I heartily congratulate and appreciate the editorial committee for taking such an initiative to launch this newsletter." Newsletters play an important role for exchange of information and spread of knowledge. I am glad to see the enthusiasm of students and staff in this initiative. It is indeed showcasing the talent and versatility of you all.

They say an investment in knowledge pays the best interest, I am sure this newsletter will go forward to be one such knowledge investment.

Good luck to you all and many thanks for giving me this opportunity to be a part of your initiative.

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Future of Paramedical

Paramedical Sciences can be explained as a practice in the area of medical sciences that deals with pre-hospital emergency services. A person working in the field of paramedical sciences is referred to as paramedic and professionals in this field deal with emergency medical care provider, who offers basic medical and trauma care. To succeed in the field of paramedical sciences, a person should have the ability to work in rotational shifts and should have presence of mind to take the right decision at the time of emergency.

With the development of medical sciences and complex medical equipments, demand for qualified and trained paramedical manpower is growing. According to the World Health Organization's recommendations, one doctor requires at least 8 support health personnel and this means that India needs more than 12 lakhs doctors and about 96 lakhs support staff. In addition, the strength of support personnel is also inadequate and developing use of technology in the field of medicine has resulted in a number of specializations, super specializations and sub specializations. Most of us are already aware of the importance and role of lab technologist, pharmacist and nurses. In addition, there are more than 50 specializations in paramedical and allied areas that are thoroughly job oriented and offer ample job opportunities as well.

Tallest and Longest Bridges of India

Dhola Sadiya Bridge, Assam

longest bridge-India

Dhola Sadiya Bridge on Lohit river is the longest road bridge in India, located on the Brahmaputra river in Assam connect the states of Assam and Arunachal Pradesh. The 9.15 kilometres long road bridge will be inaugurated by Hon'ble prime minister of India Shri Narendra Modi on 26th May 2017.

Mahatma Gandhi Setu, Bihar

A bridge over the river The Ganges "The Holiest River" is the longest river bridge in India. Gandhi Setu is 5.575KM long and is one of the longest single river bridges in the world, which connects Patna with Hajipur, Bihar.

Indira Gandhi Setu, Tamil Nadu

Pamban Bridge is India's first sea bridge. It is the second longest sea bridge in India, after Bandra-worli sea link. It connects the Rameshwaram Island with the mainland of India.

Rajiv Gandhi Setu, Maharashtra

Rajiv-Gandhi-Setu

The Bandra-worli sea link is a hanging cable-stayed, 8 lanes bridge which gives a huge relief from traffic for the Mumbaiers. A new landmark of Mumbai, Bandra-worli Bridge is India's Biggest Sea Link Bridge and India's very own golden gate.

Rabindra Setu, West Bengal

Howrah Bridge on the Hooghly River, Calcutta is the largest cantilever bridge in India. The Howrah Bridge, which connects the twin cities of Kolkata and Howrah.

Vidyasagar Setu, West Bengal

Vidyasagar Setu, popularly known as the second Hooghly Bridge. It is a cable bridge, made over Hooghly River Calcutta. Vidyasagar setu is one of the longest bridges of its type in India and one of the longest in Asia as well.

Narmada Bridge (Golden bridge), Gujarat

Narmada Bridge is one of the longest bridge in Gujarat. It's a balanced cantilever type bridge connecting link

between Ankleshwar to Bharuch. The bridge also known as The Golden Bridge build across the holy river Narmada.

Naini Bridge, Uttar Pradesh

Yamuna Bridge-Naini

The Naini Bridge over Yamuna River is another marvel in India. Naini Bridge is one of the largest cable-stayed bridges in India, which connects Allahabad with Naini across Yamuna River.

Brahmaputra Bridge, Assam

Its a Cantilever type bridge and a longest one over the Brahmaputra River in Assam. A drive over the Brahmaputra Bridge along the Assam Valley to the Kaziranga National Park is most enjoyable ride.

Jadukata Bridge, Meghalaya

Jadukata Bridge is the longest span cantilever bridge in India. Jadukata Bridge, Meghalaya listed as one of the most beautiful bridges in the world.

Jawahar Setu, Bihar

The jawahar setu is across the Sone River, between Dehri-on-Son and Son Nagar, in the Indian state of Bihar. The 3 Km long road bridge carries the Grand Trunk Road/ NH 2. There is a second longest railway bridge runs parallel to the road bridge is called Nehru Setu.

There are so many more big and outstanding road and rail bridges such as Vikramshila Setu, Vashi Bridge, Mahanadi Bridge, the longest rail bridge in India "Vembanad Rail Bridge" and under construction tallest bridge in the world Chenab Bridge in Kashmir.

Swami Vivekananda Bridge

This bridge is located in Ahmedabad and features a bowstring arch truss design. It is 480 meters long and 6.3 meters wide. This bridge is 120 years old and, having been featured in a few films, is truly an iconic landmark in Ahmedabad. If you want to see this bridge and experience the history for yourself, then don't hesitate to look at your travel options online. It only takes a few minutes to reserve a nice hotel room in Ahmedabad, and it will give you a nice opportunity to see the Swami Vivekananda Bridge for yourself.

Dream it, Be it Day Dream

The story of Man with great determination and courage. There was a man in Hungarian Army named Karoly Takacs, the best pistol shooter of his country.

In 1938, he had started his journey to become a world's best pistol shooter for Olympic 1940, and that was his only dream for which he had practiced a

lot. But all the dreams turned to dust on day. In 1938 during army training camp, he faced an unfortunate accident, one hand grenade exploded in his right hand- The hand he wanted to make THE BEST SHOOTING HAND in the world was lost.....!!! And dream as well.....!!!

He had two ways, he would have either choose to kneel down to life and cry for the rest of his life or focus back on his dream with small light or hope.

He choose the second one, After one year, In 1939 he went to a National Shooting Championship in his country, his colleagues were delighted to see him and complimented him for his courage to come up to Cheer them, But Karoly replied he won't come to Cheer them, he come to complete them!!!

Yes, he was there to complete them with his only hand. He had practiced for complete one year with left hand, and won the championship.

He focused on what he had, Not on what he has lost. Karoly didn't stop there his focus was clear to become the best Shooting hand of the world.

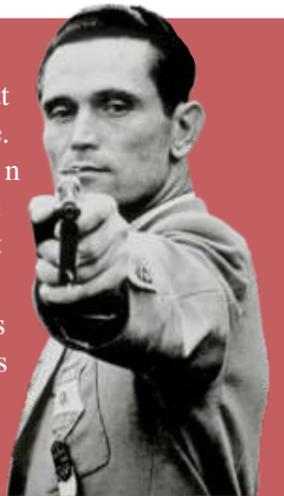
He started practice again with his only hand for 1940 Olympics, but 1940 Olympics got cancelled due to world war-2. He didn't lose hope, he continued practice for 1944 Olympics, and however, it was also cancelled due to world war-2. It was very hard to see his Olympic dream.

But the man with great determination took part in Olympics 1948 at the age of 38 years, It was hard to compete with the new young players, But the man with only hand won!!!! The Olympic Gold

He didn't stop there, In 1952 Olympics he won again Olympic gold in pistol shooting.

The man with only hand won two Olympic Gold and many national and inter-national championship.

- Dr. Alpesh Shankhla





Normal range

- Infants up to age 6 months: 0.4 mcg
- Babies age 7-12 months: 0.5 mcg
- Children age 1-3 years: 0.9 mcg
- Kids age 4-8 years: 1.2 mcg
- Children age 9-13 years: 1.8 mcg
- Teens age 14-18: 2.4 mcg (2.6 mcg per day if pregnant and 2.8 mcg per day if breastfeeding)
- Adults: 2.4 mcg (2.6 mcg per day if pregnant and 2.8 mcg per day if breastfeeding)

Deficiency

- It can also happen if you have had weight loss surgery or another operation that removed part of your stomach, if you drink heavily, or if you've taken acid-reducing medications for a long time. Atrophic gastritis, in which your stomach lining has thinned
- Pernicious anemia, which makes it hard for your body to absorb vitamin B12
- Conditions that affect your small intestine, such as Crohn's disease, celiac disease, bacterial growth, or a parasite
- Immune system disorders, such as Graves' disease or lupus

Source

You can get vitamin B12 in animal foods, which have it naturally. Animal sources include dairy products, eggs, fish, meat, and poultry. If you're looking for a food fortified with B12, check the product's Nutrition Facts label.

Symptoms

- If you have vitamin B12 deficiency, you could become anemic. Weakness, tiredness, or lightheadedness
- Heart palpitations and shortness of breath
- Pale skin
- A smooth tongue
- Constipation, diarrhea, loss of appetite, or gas
- Nerve problems like numbness or tingling, muscle weakness, and problems walking
- Vision loss
- Mental problems like depression, memory loss, or behavioral changes

Treatment

If you have pernicious anemia or have trouble absorbing vitamin B12, you'll need shots of this vitamin at first. You may need to keep getting these shots, take high doses of a supplement, or get it nasally after that. If you don't eat animal products, you have options. You can change your diet to include vitamin B12-fortified grains, a supplement or B12 injections, or a high-dose oral vitamin B12 if you are deficient.

Prevention

Most people can prevent vitamin B12 deficiency by eating enough meat, poultry, seafood, dairy products and eggs. If you don't eat animal products, or you have a medical condition that limits how well your body absorbs nutrients, you can take vitamin B12 in a multivitamin or other supplement and foods fortified with vitamin B12.

Test of vitamin B12

A vitamin B12 test measures the amount of vitamin B12 in the blood. The body needs this B vitamin to make blood cells and to maintain a healthy nervous system. Vitamin B12 is usually measured at the same time as a folic acid test, because a lack of either one or both can lead to a form of anemia called megaloblastic anemia.

Test Overview

A vitamin B12 test measures the amount of vitamin B12 in the blood. The body needs this B vitamin to make blood cells and to maintain a healthy nervous system.

Vitamin B12 is found in animal products such as meat, shellfish, milk, cheese, and eggs. Most people who eat animal products are not likely to develop vitamin B12 deficiency anemia unless their bodies can't absorb it from food. Strict vegetarians (vegans) who do not eat animal products and babies of mothers who are strict vegetarians are at increased risk for developing anemia and should take a supplement containing vitamin B12. Vitamin B12 is stored in the liver for a year or more, which reduces a person's risk of anemia.

Vitamin B12 is usually measured at the same time as a folic acid test, because a lack of either one or both can lead to a form of anemia called megaloblastic anemia. Lack of vitamin B12 also affects the nervous system.

DHRUVI PATEL
TY RENAL DIALYSIS TECHNOLOGY

Dear humans,

Respect women, not because they are the reason you are born. Respect women, not because your mother told you to do. Respect women, not because you read a newspaper article about a rape victim or because you read in a magazine that women have started flying planes, building homes, creating art. Respect women, not because a woman brought you up, gave you love and made you the person you are.

Respect women, because they just as worthy as yourself. Respect women, not because they are wives, sister, mothers, engineers, doctor, lawyers, judges, pilots and anything the world has offered them, but because they are just as capable and humans, as you are.

with love,

Another human.

Shraddha Katwe
(F.Y. BPT)

Special achievement

- Dr. Sulabhsinh G. Solanki has participated as **Speaker** in an **international conference "World Cancer Congress"** at the magnificent city of New Delhi, India and delivered speech on the topic entitled **"Matrix metalloproteinase 2 and 9 as novel biomarkers in the diagnosis of breast cancer"** dated on April 28-29, 2018.
- He has completed **Ph.D.** in the month of November, 2017 on the research topic entitled **"Zymographic Detection and Clinical Correlation of MMP-2 and MMP-9 in Sera of Breast Tumor in Females"** under the guidance and supervision of Dr. Menka Shah, Professor and Head of Pathology department, Pramukhswami Medical College, Karamsad, Gujarat, affiliated to Sardar Patel University (Under the faculty of medicine), Vallabh Vidyanagar, Gujarat.

Mr. Manna Debnath

- He has published research article entitled "Gender Determination of an Individual by Scapula using Multi Detector Computed Tomography Scan in Dakshina Kannada Population-A forensic study" in Journal of Clinical and Diagnostic Research (ISSN 0973-709X), 2018 Mar, Vol-12(3); TC05-TC08.



Achievements of Faculties

Dr. Arpita Arora (PhD in Health Care Management)
Director

Other Nominations and Appreciations:

- Beti Bachavo, Beti Padhavo by QMA, Ahmedabad
- Swayam Siddha by GCCI, Ahmedabad
- Trend Setter in Education by GIS, Ahmedabad

Mr. Abhijit Y. Patel (B.Sc MLT, M.Sc MT CLT)
Assistant Professor

Other Achievements:

- Attended 7th CME on Hematopathology, 9th Dec, 2017
- Workshop on Research Methodology, 4th Nov, 2017

Ms. Tejal Brahmhatt (M.Sc. MT (Clinical Laboratory Technology))
Assistant Professor

Other Achievements

- Guest Lecture : Awareness of HIV on World's Aids day at B. Ed College, 1st December, 2017

Mr. Muthuraj S (M.Sc. Medical Laboratory Technology)
Assistant Professor

Other Achievements

- Attended Workshop : GCLP-Sri Ramachandra University, Chennai

Mr. Mehul A Agrawal (M.A., M. Phil., B. Ed.)
Assistant Professor

Other Achievements

Co curricular activities

- Worked as an Youth festival co ordinator in Sardar Patel University, 2017
- Direct one act play, skit and mime.
- Wrote a Script for Skit which got third position in Youth festival.

Dr. Roshanbanu F Saiyed (PGDHM, BHMS)
Medical Officer and Tutor

Other Achievements

Attended workshop:

- NABH workshop at B N Patel Institute of Paramedical and science(Paramedical division).
- Guest Lecture: On awareness on HIV and AIDS on World AIDS DAY in B.Ed. college.

Workshop Conducted:

- On Blood pressure Monitoring (FY MT, FY PA, SY PA,).
- How to do clinical approach in OPD n IPD (SY PA)
- Basic life support workshop (SY PA)
- Basic Phlebotomy and iv administration rules (SY PA)

Dr. Sulabhsinh G. Solanki (Ph.D. Medical Technology (Pathology))
Assistant Professor

Other Achievements

- Participated as a delegate in the “7th CME for Medical Laboratory Technologist” held at Tata Memorial Hospital, Mumbai on 24th and 25th, November, 2017.
- Attended ICMR supported two day National workshop on “Advanced Instrumental Technique in Herbal Drug Research” at Shree M. & N. Virani Science College, Rajkot dated on 28-29th April, 2017.
- Organized and Participated in national workshop on "Research Methodology and Basic Bio-Statistics" at B.N.Patel Institute of Paramedical and Science (Paramedical Division), Anand, Gujarat, held on 11-13th December, 2017.
- Invited as guest lecturer in the department of M.Sc. Microbiology & B.Voc. Pharmaceutical Analysis and QA at Shri M. & N. Viraani Science College, Rajkot, Gujarat, India.

Other Achievements

- Have Completed Ph.D. (November, 2017) on a research project entitled “Zymographic Detection and Clinical Correlation of MMP-2 and MMP-9 in Sera of Breast Tumor in Females” under the guidance and supervision of Dr. Menka Shah, Professor and Head of Pathology department, Pramukhswami Medical College, Karamsad, Gujarat, India.
- Have published one research paper in National Journal of Medical Research (ISSN:2249 4995, eISSN: 2277 8810).
- Sulabh Solanki, Nikhil Patel, Payal Patel (2017): Etiological spectrum of cirrhosis in Anand district, Gujarat, India. National Journal of Medical Research. 7(1)42-46.
- Selected for Oral Presentation (As Speaker) in the international conference i.e. "World Cancer Congress", going to be organised at New Delhi, India dated on April 26-28, 2018.

Mr. Devang Bharatkumar Khambholja (M.Sc. Ph.D. in Biochemistry)
Assistant Professor

Other Achievements

- Workshop Conducted - Hands on training on Basic Molecular Techniques, 23rd – 30th Nov, 2017
- Received training on very important Molecular technique Real Time PCR (RT-PCR) at NIPER – Ahmedabad during April-May, 2017
- Awaiting Ph.D. final viva-voce.

Mr. Manna Debnath (M.Sc. in Medical Imaging Technology)
Assistant Professor

Other Achievements

- Research Paper accepted by JCDR (Journal of Clinical and Diagnostic Research) on the topic “Gender Determination of an Individual by Scapula using Multi Detector Computed Tomography Scan in Dakshina Kannada Population-A Forensic Study”(Date of Acceptance: Sep 22, 2017)
- Organized Lectures series by Radiologists and Paper Presentation in World Radiography Day, 2017
- Organized Continuous Medical Education programme with poster presentation on Advancement in Radiology, 18th Feb 2018.

Mr. Shemal P Mevada (MA, BEd, MPhil, PhD (Thesis submitted))
Assistant Professor

Other Achievements

- Nominated as Senate Member by Government of Gujarat in senate of Sardar Patel University.
- Published a research paper on A Needs Analysis Survey of Engineering Learners Learning English as a Second Language in Research Guru, Online Journal of Multidisciplinary Subjects. Volume 1, Issue 2. (ISSN- 2349-266X)
- Presented Paper in Third National Conference on Indian English : Concepts, Contexts and Pedagogy, on February 2 and 3, 2018 at Vallabh Vidyanagar on 'A Needs Analysis Survey of Engineering Learners Learning English as a Second Language'.
- Attended Third National Conference on Indian English : Concepts, Contexts and Pedagogy, on February 2 and 3, 2018 at Vallabh Vidyanagar.
- Submitted PhD thesis to Sardar Patel University. Topic- Preparation and Tryout of a module to Develop Writing Skills of Engineering Students Using Authentic Materials.

Mr. Hiteshkumar R Bhoi (M.Sc, M.Phil. in Physics (Ph.D Pursuing))
Assistant Professor

Other Achievements

- Participated & presented poster presentation in XXXII National Science Congress, 4th – 5th Feb, 2018
- Participated & presented poster presentation in National workshop on analytical techniques for material characterization. March 20, 2017

Dr. Sonia Bhatia (Master in Physiotherapy (Cardio Pulmonary))
Assistant professor

Other Achievements

- The pre and post natal fitness training course, Vadodara, 3rd Feb- 7th Feb, 2018

Dr. Sonia Nazareth (MPT (Master in Physiotherapy))
Assistant Professor

Other Achievements

- Developing a quantitative research proposal on 9th – 10th March, 2018

Dr. Saumya Symon (Master of physiotherapy)
Assistant professor

Other Achievements

- Conference on Intensive Care & Rehabilitation of Patients with Primary Cardio-Pulmonary Dysfunction on 19th Feb, 2017 Organized by Shri B G Patel College of Physiotherapy

Dr. Harsh Patel (Bachelor of Physiotherapy)
Tutor

Other Achievements

- Conference on Intensive Care & Rehabilitation of Patients with Primary Cardio-Pulmonary Dysfunction on 19th Feb, 2017 Organized by Shri B G Patel College of Physiotherapy
- Attended “11th Gujstate Conphys 2017” at J G College of Physiotherapy at Ahmedabad on 13th & 14th October, 2017
- Presented paper on “ABG Analysis” at Physio-summit 2017 at Parul University on 17th & 18th November.

Dr. Namrata Pareshbhai Parekh (Master of physiotherapy)
Assistant professor

Other Achievements

- The pre and post natal fitness training course, Vadodara, 3rd Feb – 7th Feb, 2018