

AHMEDABAD INSTITUTE OF MEDICAL SCIENCES

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AHMEDABAD INSTITUTE OF NURSING SCIENCE

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Volume - 6

Issue : June-2024

Courses offered

B.Physiotherapy Since 2006 M. Physiotherapy Since 2011 B.Sc. Nursing Since 2007



Affiliated to Gujarat University Recognized by Govt. of Gujarat



Recognized by Gujarat State Council For Physio Therapy (GSCPT)



Recognized by Indian Association of Physiotherapists (IAP)





Affiliated to Gujarat University Recognized by Govt. of Gujarat

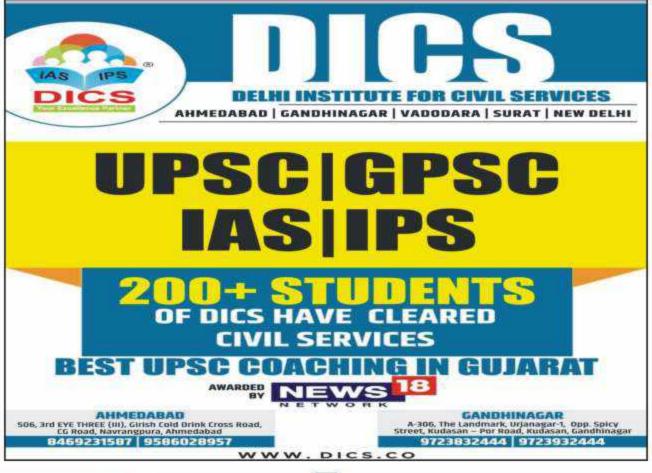


Recognized by Gujarat Nursing Council (GNC)



Recognized by Indian Nursing Council (INC)





From the Editor's Desk

Welcome to the 6th Vol, Jan. 2024 Newsflash.

News flash is a collection of Artistic and Literacy talents of students and Faculty which ever remains as a signature of the institution in the minds of viewers and readers. It contains curricular and co curricular activities and elaborate photo gallery providing glimpses of the campus activities.

It is an honour to serve as a chief editor and Providing so many students and Teachers a platform to share their views. News flash plays a very important

part where hidden talents of students as well as faculty members can be exposed. It is a matter of Pride that News flash committee has put their best efforts. I would like to thanks everybody who has contributed to this Newsflash whether directly by writing for this volume or indirectly by taking part in events happening in our Institute.

I hope it brings you as much as pleasure while reading achievements and activities performed by our Institute students and Faculties.

My Best wishes to all of you.

Ms. Ankita Kamothi Chief Editor Associate Professor, AINS

EDITORIAL TEAM MEMBERS



Ms. Seema Lathiya Nursing Tutor, AINS



Dr. Aalopi Dave (P.T) Lecturer, AIMS

INSTITUTE CORE VALUES

Respect

Community Service

Collaboration Integrity

Creativity

Equity Diversity

SUMMARY OF STUDENTS WELFARE POINTS

- 1. Complimentary Mid Day Meal
- Mediclaim insaurance 1 Lakh
 - Accidental policy 5 Lakh
- 3. Monthly Scholarship 2000/ Per Month (Incase 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)
- Complimentary AMTS Bus/GSRTC Buss Pass
- 6. Free 2 Aprons to first year UG students
 - Free uniform (2pairs) to first year B.Sc Nursing Students
- Free WIFI facilities
- 8. Motivational prize to universities rankers to all UG students
 - First ranker Term Fee wave for Gujarat University 1st rankers to all BPT/NSG students
 - Second ranker 15,000/Rs.
 - Third ranker 10,000/Rs.
- 9. Motivational prize to college rankers to all UG students
 - First ranker 5,000/Rs.
 - Second ranker 4,000/Rs.
 - Third ranker 3,000/Rs.
 - Motivational prize to PG college rankers
 - First ranker 5,000/Rs.
 - Second ranker 4,000/Rs.
- Motivational prize in college examination- class test, college first term, prelim exam
- Conference Research Incentives (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
- Foreign country Guidance.

TOMATO FLU DISEASE



Introduction: Tomato fluis a communicable disease that can occur due to the consumption of spoiled or contaminated tomatoes.

Definition: The New Virus, tomato Flu, is a variant of already existing hand, foot and month disease. This is also known as tomato fever.

First Case Detection: In India, the disease was first identified in Kerala on 6th May 2022.

Causative Agent: This disease cause by Coxsackievirus A-6 and A-16 of the group Enterovirus.

Bacterial contamination: Tomatoes can harbor harmful bacteria such as salmonella or E.Coli, if exposed to unhygienic conditions of contaminated water during growth, harvesting, transportation or storage.

Fungal infection: Fungi such as moulds, can grow on tomato when not store properly, Eating tomatoes infected with fungi can lead to Gastro intestinal discomfort.

Incubation Period: Tomato Flu virus symptoms show within a few hours or up to 48 hours after consuming contaminated tomatoes.

Symptoms of tomato flu : Increase Body Temperature, Fever, Rashes, Severe Joint Pain, Nausea, Vomiting, G.I. Distress, Red-painful blisters may spread to different parts of body

Diagnostic test: Molecular and serological tests.

Treatment:

- The treatment for tomato flu is to hydrated, take lots of rest and sleep.
- It is important not to let the blister burst. It is advised people wait for the symptoms to subside on their own, which can take about ten days to resolve.
- Doctor may advise symptomatic treatment for fever, bodyache, rashers etc.
- It is essential to isolate so others do not fall sick.
- Tomato Flu is to be self limiting condition. Follow the treatment advised by the doctor –no specific medicine has been identified for its cure so far, but symptomatic management under expert advice can help.
- Do not try self-diagnose and self medicate.
- Eat Light and Nutritious food. Don't eat spicy, fatty or greasy food because they irritate stomach and lead to worse symptoms.

Preventive measure: Tomato flue is a contagious disease. Prevention is better than cure. So it is necessary to:

- Maintain good hand hygiene.
- Keep our surrounding clean.
- Educate children about maintaining hygiene, like using handkerchiefs when sneezing, coughing and washing their hands regularly.
- Keep Utensils, clothing and bedding separate and sanities them regularly.
- Avoid contact with infected people.
- Eat a nutritious diet to maintain and build immunity.
- Get enough rest and sleep.

BY: Ms. Trupti Brahmbhatt Vice Principal, AINS

હિટવેવ સંબંધિત શું કરવું અને શું ના કરવું





નીચે મુજબ કરવું :

પૂરતું પાણી પીઓ: તરસ લાગે તો પણ, તમારી જાતને હાઈડ્રેટ રાખવા માટે ઓઆરએસ (ઓરલ રીહાઈડ્રિશન સોલ્યુશન), લસ્સી, તોરાની (ચોખાનું પાણી), લીંબુ પાણી, છાશ, નાળિચેરનું પાણી વગેરે જેવા ઘરે બનાવેલા પીણાંનો ઉપયોગ કરો. બને તેટલું ઘરની અંદર રહી હળવા રંગના, ઢીલા તથા સુતરાઉ કપડાં પહેરો. જો બહાર હોવ, તો તમારું માથું ઢાંકો: કાપડ, ટોપી અથવા છત્રીનો ઉપયોગ કરો. તમારી આંખોને બચાવવા માટે સનગ્લાસનો ઉપયોગ કરો અને તમારી ત્વચાને બચાવવા માટે સનચ્કીન નો ઉપયોગ કરો. પ્રાથમિક સારવારની તાલીમ મેળવો, વૃધ્ધો, બાળકો, બીમાર અથવા વધુ વજનવાળા લોકો માટે વિશેષ કાળજી લો કેમકે તેઓ વધુ પડતી ગરમીનો શિકાર બને છે.

નીચે મુજબ ના કરવું :

તડકામાં બહાર જવાનું ટાળી, ખાસ કરીને બપોરે ૧૨.૦૦ થી 3.૦૦ વાગવાની વચ્ચે, ખુલા પગે બહાર ન જશો. પીક અવર્સ દરમિયાન રસોઈ કરવાનું ટાળો. રસોઈ વિસ્તારને પુરતા પ્રમાણમાં હવાની અવર જવર માટે દરવાજા અને બારીઓ ખોલો. આલ્કોહોલ, ચા, કોફી અને કાર્બોહાઈડ્રેટ સોફ્ટ ડ્રીક્સ ટાળો, જે શરીરને ડીહાઈડ્રેટ કરે છે. ઉચ્ચ પ્રોટીન, મીઠું, મસાલેદાર અને તેલયુક્ત ખોરાક ટાળો. વાસી ખોરાક ન ખાવો. પાર્ક કરેલા વાહનોમાં બાળકો અથવા પાલતું પ્રાણીઓને એકલા ન છોડો. અગ્નિથી પ્રકાશિત બલ્બનો ઉપયોગ કરવાનું ટાળો જે બિનજરૂરી ગરમી પેદા કરી શકે છે, જેમ કે કમ્પ્યુટર અથવા ઉપકરણો.

Dr. Alpa Purohit Vice Principal AIMS

Research Abstract

"IMMEDIATE EFFECT OF CUPPING THERAPY ON LOW BACK PAIN IN PRIMARY DYSMENORRHEA."

BACKGROUND - Primary Dysmenorrhea is often referred to as painful menstruation with cramping sensations in the lower abdomen, commonly radiating to both the thighs and lumbo-sacral regions, resulting in discomfort. It is now recognized as an important women's health issue leading to decreased activity, enthusiasm & absenteeism. The intertwining relation of menstrual cramps and lumbar pain significantly affect overall well-being. Cupping therapy is a non-pharmacological method that could treat menstrual pain. It reduces level of prostaglandins to decrease uterine contractions and sensitivity to pain, thereby relieving muscle tension & promoting relaxation.

METHODOLOGY - In this experimental study, 30 participants were included based on inclusion and exclusion criteria. Dry cupping was given on the low back region for 15 mins with patients in a prone position. Pain scores (VAS) were taken before the intervention & immediately after that.

RESULT - Based on the Wilcoxon Signed rank test, there was significant reduction in pain score before and after the intervention with p<0.05.

CONCLUSION - Dry cupping effectively reduces the intensity of low back pain in primary dysmenorrhea. Therefore, it can be used as an inexpensive and safe therapy for PD management.

KEYWORDS - Cupping, primary dysmenorrhea, low back pain, menstrual pain, non-pharmacological treatment, physiotherapy, immediate effect, Vas

By : Gauri Gupta Second year MPT student

"A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING MENSTRUAL CUP AMONG ADOLESCENT GIRLS IN SELECTED SCHOOL OF AHMEDABAD CITY."

OBJECTIVES OF THE STUDY WERE:

- To assess the pretest knowledge regarding menstrual cup among adolescent girls age group between 14-19 years of selected school of Ahmedabad city.
- To evaluate the effectiveness of planned teaching program on knowledge regarding menstrual cup among adolescent girls age group between 14-19 years of selected school of Ahmedabad city.
- To establish the association of pre-test knowledge score of adolescent girls with selected demographic variables.

METHOD OF RESEARCH DESIGN :-

According to the system model conceptual framework include in the study, the research design used was one group of pretest-posttest experimental design: nonprobability convenient sampling method was used. Samples were selected 30 adolescent girls age group between 14 to 19 years of selected school of Ahmedabad city. Structured questionnaire method was used for the data collection.

MAJOR FINDINGS OF THE STUDY :-

The mean pre-test knowledge score of samples among adolescent girls was 12.17whereas, post-test knowledge was 18.93. The mean post-test knowledge score is significantly higher than the mean pre-test knowledge score with the mean difference of 6.67 and calculated the 't' value (t=20.18) was greater than tabulated 't' value (t=2.05) which was statistically proved. Therefore, the null hypothesis H0 was rejected and research hypothesis H1 accepted and it revealed that the planned teaching program was effective in terms of knowledge among the sample.

By : GROUP - A FINAL YEAR B.SC NURSING (2019-2023)

Gujarat University Toppers of year 2022-23 (AIMS)



Basvi P. Trivedi (79.27%) 1st in Gujarat University Second year B.P.T Examination



Nandani Agrawal (78.4%) 1st in Gujarat University First year B.P.T Examination

College Toppers of year 2022-23 (AINS)



Patel Meshwa Rakeshkumar First Rank in college Second year Bsc Nursing 77.14%



Khamar Sneh Hiteshkumar Second Rank in college Second year Bsc Nursing 72.7%



Yadav Priyanka Indrajeet
Third Rank in college
Second year Bsc Nursing
72.14%

Candle lighting & Oath taking ceremony

The Lamp lighting ceremony held as a tribute to Florence Nightingale is an auspicious occasion in every nurses life. It is an important event that formally recognize the students entry into nursing profession, This time lamp lighting amd oath taking ceremony of 17th batch of Bsc nursing students of AINS was held on 31/1/2024 at Ranip community hall.





AIMS PHYSIOCUP

AIMS had organized 3rd PhysioCup on 5th 6th and 7th of March,2024. It was a blast of event and Physiotherapy College across Gujarat state participated to present their college. Over all enthusiasm and sport man spirit was cherished.









CURRICULAR ACTIVITIES AINS & AIMS

EDUCATIONAL VISIT AND ACTIVITIES

(AHMADABAD INSTITUTE OF NURSING SCIENCE)



EDUCATIONAL VISIT AT INDIAN RED CROSS SOCIETY AT VADAJ



EDUCATIONAL VISIT AT KANORIA DE-ADDICTION CENTER, BHAT



EDUCATIONAL VISIT AT CSSD DEPARTMENT GMERS SOLA CIVIL HOSPITAL, AHMEDABAD



AT CHANDKHEDA CHC
BY FOURTH YEAR BSC NURSING STUDENTS

(AHMADABAD INSTITUTE OF MEDICAL SCIENCES)



INSTITUTIONAL VISIT OF MPT STUDENTS AT SPARSH PEDIATRIC REHABILITATION CENTER NAVRANGPURA, AHMEDABAD



MPT ENTRANCE PREPARATORY EXAM AIMS ORGANIZED PREPARATORY EXAM EXCLUSIVELY FOR ALL INTERN STUDENTS

CO-CURRICULAR ACTIVITIES AINS



YOGA DAY CELEBRATION AT SANATHAL PHC BY FOURTH YEAR B.Sc NURSING STUDENTS



POSTER MAKING COMPETITION ON WORLD HEALTH DAY BY B.Sc NURSING STUDENTS



KD MARATHON – AT RIVERFRONT SABARMATI
BY FIRST, THIRD & FOURTH YEAR
B.Sc NURSING STUDENTS



CPR AWARENESS BY FIRST & THIRD YEAR B.Sc NURSING STUDENTS



PROGRAMME ON VIKSHIT BHARAT SANKALP YATRA AT JAITARAM COMMUNITY HALL BY FOURTH YEAR B.Sc NURSING STUDENTS



ADVANCED CRITICAL CARE NURSING WORKSHOP CONDUCTED BY DR. ASHOK SHARMA AND ATTENDED - SECOND YEAR B.Sc NURSING STUDENTS

CO CURRICULAR ACTIVITIES AIMS



VOICE OF INDIA DEBATE COMPETITION EVENT ORGANIZED BY DIVYA BHASKAR



HOLI CELEBRATION AT AIMS CAMPUS





ENIGMAFEST 2024- ORGANISED BY KD INSTITUTE OF ALLIED HEALTH SCIENCES



FRESHER'S PARTY WAS ORGANISED BY SYBPT STUDENTS FOR NEW AIMS FAMILY MEMBER



SELF GROOMING SESSION
ON OCCASION OF WOMEN'S DAY

STUDENT CORNER

धैर्य

समय, सक्षम प्रयत्न बहुत है, मन को अपने धीर धरो । विपरीत परिस्थितियों से लड़कर, ऐ बीर तुम खड़े रहो । होगी निश्चित किंगय तुम्हारी, बिन थके तुम प्रयत्न करो । समय सक्षम प्रयत्न बहुत है, मन को अपने धीर धरो ।।

नहीं थकेंगे, नहीं रुकेंगे, पाएंगे हम मंजिल को । रोक सको तो रोक लो हमको, ऐ मुश्किल, ये हैं युनौती तुमको । ऐसा कह कर उठ खड़े हो तुम, अपने आप को तैयार करो । समय, सक्षम प्रयल बहुत है, मन को अपने धीर धरो ।।

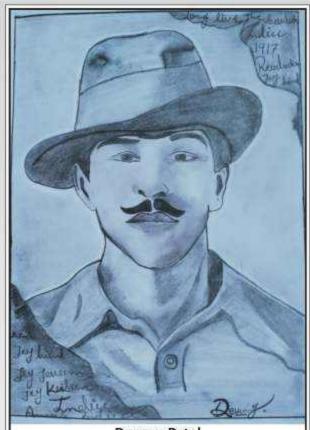
नींव, चैन, सुख, मोह त्याग कर, अपने लक्ष्य को साध्य करो । अगर रुकावट आए फिर भी, उसका भी समाधान करो । अपनी मंजिल को पाकर तुम, जग में अपना नाम करो । समय, सक्षम प्रवल बहुत है, मन को अपने धीर थरों ।।

नभ की ऊँचाईयों को छूकर, मुश्किलों को वूल न जाना तुम । अंधेरे में एक ज्योत जगाकर, अंधकार को मिटाना तुम । मन को थोड़ा धीर विखाकर, हिम्मत कर आगे बढ़ों । समय, सक्षम प्रयल बहुत है, मन को अपने धीर धरों ।।



- शिवम् कश्यप

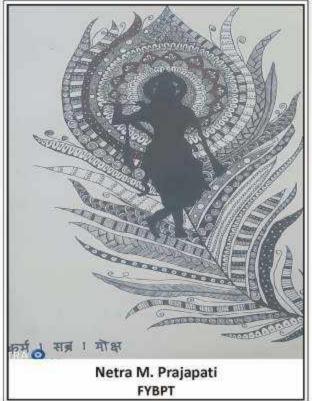
First Year B.Sc Nursing Student



Devang Patel Second Year Bsc Nursing Student







SELF-DEFENCE WORKSHOP (AIMS & AINS)





CONDUCTED BY MR. AMANDEEP SINGH GOTRA (INTERNATIONAL WUSHU FIGHTER)
ON THE OCCASION OF INTERNATIONAL WOMEN'S DAY AT AIMS AUDITORIUM.

AIMS & AINS BULLETIN RELEASE VOLUME - 5



FOOD FESTIVAL BY AIMS & AINS





THE THARS OF INDIA, AHMEDARAD THURSDAY, OCTOBER 12, 2023 WORLD ARTHRITIS DAY

Comprehensive Pain Care: Your trusted partner in multi speciality care

Situated centrally in Ahmedabad, Cheers Multi Speciality Hospitals embodies excellence in medical specialists, they are recognised as a leading multispeciality healthcare establishment in the region care. With state-of-the-art facilities, cutting-edge equipment, and a distinguished team of

an interventional paint and spine actions of spine and spine cudoscopy specialists at Cheers Mulla Specialist (New York) and spine cudoscopy specialists at Cheers Mulla Specialist (New York) as the pioneer of his fact in half and East Mrica An MRBs. Dortho, he has also drue invany fellowship programs such as DNB in ancest thesia, FIPP (Pellow of Interventional Pain Principles of the male for Selective Entitles Discourable of the milestone of senting FIPP (From Pune, and another the subsections (ESC) from Phocents and seeding an allocation of the mission of the substantial FIPP from World Institute of Pain. pain management at pre-sent global level.

Also the chairman and found-er of Glovers Multi Speciality Hospitals, he bolleves in

endoscopic system which helps

Shiracalimed Munatil.

non-surgical treatment modalle has and practices the motto to one should live with point one should live with point one should live with point one should live of partial also learned the art of advanced interventional point management techniques from speculated decrors at Pain Chino of India - Mann Center Allanda USA, and Dr. Gabor Raex Lubbock TEX-AS-USA, he intrinsed and introduced the lattest cutting edge rechniques in Gularat. Exact sion Spine Foundation to non profit organisation) for teach-ing now techniques of inforecti-tional pain and spine endosco-py. Dr Munchi has trained over Africa, and Gulf countries Being a founder director of Mis-1.000 doctors across the globe. to lass also developed special

class treatment options to the patients.

UNDERSTANDING A
FEW PROCEDURES...
Transforaminal
condoscropic discectomy: This is
mainly done for slipped
disc / schaffes. It's a
miloimally invasive
splue endoscropy techinque that will tests an
endoscropy techinque that will tests an
endoscropic to treat errolescope allows doc-tor to use a Acquele Incision to access the bornative disc. Mosele and tissue are dideted rather them being out when accessing the disc. This leads to less extruded, or degenera-tive discs that are a contributing factor to leg and back pain. The

postaperative pain, quicker resovery times, cardier rehabili-tation, and avoidance of gener-al moreathesin. The excellent visualisation via endoscope permits the dector to selective-by remove a portion of the fea-manted disc had is contributing tissue destruction. chairman & founder, Cheers Multi Speciality Hospital in performing splite surgery with the Belp of endoscope unider focal ameetitesin. Dr Mursh's dream and goal is to work towards creating a pain-less world by constants into-varing and providing world

Interlaminar **Technique** The most recent and advanced rechniques are dense by using special endoused pest. By a rays, and camera resident. By direct viviantship form, lamina bone, overgrown joints, bony sput, and yellow ligament can be removed by high-speed burry radio frequency probes, and specially hedgened bushements in a way that requests be burranged of any marchy healthy the sue. This results in less need to do spinal fixation with screws.

to the patients leg and back pain The procedure is per-formed in an author-field setting. The patient is awake throughout the pro-edure. Hence dur-fing the procedure, you habbe feedback can be abatical from the patient so there

le region in the planete so current is no change of any ch needed in most pattents.

2 in tertambar endoscop-fic decompression: It is mainly done for marcowing of spinal canal and instability.



and imidants (fusion surgery)

While fusions are a useful way to stabilise spine and reduce to perfect by the same reduce potential risks such as poist-surgical poin and fulfame malton disease in nearby securious of the spine, and a shorter recovery time. It also avoids complications related to amost beside and can be derived to the spine. local or epidural anaesthesia



Endoscopic fusion to spin a spin cases of dynamic spin a spin instability, fusion is required. Permitaneous screw placement under thre X-ray guidance with or without fusion is the tatest technique for such selected cases



HOW ENDOSCOPIC
DECOMPRESSION IS SUPERIOR
TO OTHER SURGICAL
FECHNOUSES...

I IS a day care surgery and
the patient can be mobble after
a few house.

Endoscopic Decompression

ENDOSCOPE

Transforaminal

Technique

VIDEO

NERVE ROOT

Endoscopit Decompression
is dens under local anassiticsia, so it is suitable for high
risk and otherly policients.
 Endoscope glees direct und
higher visualisation of pain

It has minimum pain and not much bone cutting or minimal tissue disruption happens.
 Chomoss of complications

are negligible in expert hands.

The presenture can be done in cases of already operated patients too.

DUR WORK LIBRARY

Transferaminal Nerve Blocks

Ingeninal Neuralga > 4000 Selective Endoscopy Disacto > 15000 HF Abiation > 6000 000

0000

Vertebroplasty >- 300 Spinol Cort Stimulation > 70 Infutilisecal Pamp > 30 Endoscopic Cervical Discecto

FOR A BETTER SPINE:

up chrought lated user a chear reducted to the cornect happet har a chear of many for the cornect happet har a chear of many positions to be indicated and constructing and hunching.

When there is no feet of the later, there your brook sample.

O When there are not seen all the later, there your brook sample.

O Have a good sheep suffice, A ferror and the waste of the feet of the later. Supply the waste of the waste is not sheep to the pillow, under his sheep and have a good sheep suffice. Such seen per a history but a pillow, under the kneet so know the spills allowed. psiow between the knees

Exercises your corn to keep your back already it lists includes gentle streatching lies you, and after exercision to actualishing them. Make laster you don't risk injury.

 Wear suppostee and cornor!

A Wear supportion and cornorfy stated school, supportion and mental
outflinks above depending in their
quat, thisting books provide anitle
support on uneven authorise and
cushborned shares surfaces and
cushborned shares surfaces this
bround if you in an your heart all

pack, You shouldn't carry more than 10.5 per cent of your body world! Or wern it across the shoulder. The pack should sit dies to your back and the weight should be evenly distributed. Don't wear a heavy back





Ahmedabad | Rajkot | Nairobi (Kenya)

Spine Surgery under Local Anaesthesia. ? No one should live with pain, No one should die of pain

Yes It's Possible!

Endoscopic spine techniques & Minimally Invasive Percutaneous Fusion. We are pioneers and experts since 2010 in Spine intervention,

- Are you suffering from neck pain, back pain or any pain for long duration?
- Are you tired of multiple consultations or taking pain killers?
- Do you have slipped disc or sciatica or Recurrence of sciatica?
- Have you been advised for open spine surgery?
- Already had spine surgery without much improvement?
- Do you get easily tired while long walking or standing?

If your answer is yes, then we can help you

"Without open surgery, under local anaesthesia you can walk home after the treatment"

FIPP Fellowship - Spine Endoscopy FIAPM, DNB (Fellow), n patient care unmatchable Maintaining standards

Dr. Shirazahmed Munshi

M.B.B.S., D. ORTHO.



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 - (Siemens sire mobile ISO-C 3D)
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- Neurotherm radio frequency generator
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