

Laboratories

1. Department of Kinesiology & Kinesiotherapy

Staff	Designation
DR. MANAL ANTHIKAT (PT)	Associate Professor & HOD
DR. SHEETAL SWAMY (PT)	Associate Professor
DR. RUTUJA PHADKE (PT)	Assistant Professor
DR. AISHWARYA WAYADANDE (PT)	Assistant Professor
DR. AMRUTA BAJANTRI (PT)	Assistant Professor







The availability of advance equipment's at kinesiotherapy lab makes significant contributions to the advancement of scientific knowledge and its application. Variety of Therapeutic procedures like Strength and Conditioning, Mobility assessment, Balance and Ambulation training are carried out at the kinesiotherapy Lab.

- **Available Equipment's**

Strength & Conditioning Devices	Range of Motion And mobility Devices
Ergo cycles	Shoulder wheel
Dumbbells with stand	Shoulder Pulley
Suspension Apparatus	Finger Ladder
Quadriceps Table/ Ankle exerciser	Wand
Wall bar/ Chair/ Table	C.P.M
Rowing Machine/ Knee ratchet/ Roller Skates	Goniometer
De Lorme's Boot with weights	Pelvic inclinometer
Sandbags/ Therabands/ Theratube	Hand Assessment Kit
Bolster/ Medicine Ball	
Hand Dynamometer/ Wrist Roller	

Balance Training Devices	Gait & Ambulation Training Devices
Wobble board	Walking Stick with adjustable height
Swiss Ball	Elbow & Axillary crutch
	Walker/ Wheel Chair
	Staircase Straight 3 steps

STANDARD OPERATING PROCEDURE (SOP)

AIMS:

To teach and train the students various therapeutic exercises on self, also acquire the skill of application on Models, acquire the skill of assessment of isolated and group muscle strength, stability, mobility of the joints subjectively and objectively.

OBJECTIVES:

- To ensure each and every student has acquired all necessary therapeutic skills.

To evaluate theoretical and practical Skills acquired by each student related to Kinesiotherapy.

RESPONSIBILITIES:

First, Second, Third- and Fourth-year students under the supervision of staff.

GUIDELINES:

- The Laboratory Should be handled by Head of Department (HOD), while the other approved faculty will be acting as the members.
- The Laboratory usage register should be monitored for availing the various equipment's in the Laboratory.
- The Laboratory Usage register should be maintained periodically.
- The Stock register should be updated once in a year.
- In case of loss of equipment's necessary measures should be taken for their placement of equipment's.
- The safety & security of equipment's should be ensured with all the appropriate measures.
- The cleanliness of the Laboratory should be maintained at regular interval.
- Turn off all the switches before Exit
- Dispose the waste properly.

2. Department of Electrotherapy

Staff	Designation
DR. SUNIL HARSULKAR (PT)	Associate Professor & HOD
DR. SACHIN SHETTI (PT)	Assistant Professor
DR. VISHAGH NAIR (PT)	Assistant Professor
DR. TEJASWI VARUTE	Assistant Professor
DR. ANUJA KHADILKAR	Assistant Professor







The Availability of advanced equipment is ensured with total number of students and it is assured that each student performs hands on clinical sessions under the supervision of Experienced Staff.

The lab has built with all the electrical safety measures and all the clinical sessions are performed with necessity electrical precautions to prevent hazards.

SR. NO	Type of Modality	Name of Modalities
1	High Frequency	Shortwave Diathermy, Ultrasonic Therapy, Long Wave Diathermy
2.	Low Frequency	Electrical Muscle Stimulator, Transcutaneous Electrical Nerve Stimulator, High Voltage Pulsed Galvanic Stimulator
3.	Medium Frequency	Interferential Therapy, Russian Currents
4.	Superficial Thermal Agents	Cryotherapy, Moist Heat Therapy, Paraffin Wax Bath Therapy
5.	Actinotherapy	Laser Therapy, Infrared Radiation, Ultraviolet Radiation
6.	Electro-Diagnosis	Electromyography, Biofeedback Device

STANDARD OPERATING PROCEDURE (SOP)

AIMS:

To teach and train the students in terms of principles of Production, Working and Methods of applications of High frequency, Medium Frequency, low frequency and Various modalities of Actinotherapy and superficial thermal agents along with Electrodiagnostic procedures.

OBJECTIVES

- To ensure each and every student has acquired all necessary electrotherapy skills.
- To evaluate theoretical and practical Skills acquired by each student related to Electrotherapy.

RESPONSIBILITIES:

First, Second, Third- and Fourth-year students under the supervision of staff.

GUIDELINES:

- The Laboratory Should be handled by head Of Department (HOD), while the other approve faculty will be acting as the members.
- The Laboratory usage register should be monitored for availing the various equipment's in the Laboratory.
- The Laboratory Usage register should be maintained periodically.
- The Stock register should be updated once in a year.
- In case of loss of equipment's necessary measures should be taken for the replacement of equipment's.
- The safety & security of equipment's should be ensured with all the appropriate measures.
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3. Exercise Physiology and Fitness Lab



Various physiological measurements of a individuals cardiovascular, respiratory, and metabolic responses to exercise as well as in evaluation of an individual's balance, flexibility, and power is performed at Exercise Physiology and fitness Lab

Available Equipment

Exam Couches/ Chair
Spirometer
Body fat analyzer/ Skin fold caliper
Weighing scale with height measurement
Nebulizer- Ultrasonic/ Portable Suction machine
Peak Flow Meter/ Flutter
BP Apparatus
Inspiratory Muscle Trainer
Bicycle ergometer with speedometer
Acapella

4. Yoga and Clinical Skills Lab

A range of Yogic Postures are performed by students under the supervision of experienced Staff. Various assessment procedures are also carried out with the help of range of assessment devices.



Available Equipment

Yoga Mats	Equipment's for hand function training
Adjustable manual Therapy Plinth	Sensory Assessment Kit
Therabands and Theratubes	Balance Assessment Kit
Swiss Ball	Table
Stability Trainer	Chair

5. Anatomy Lab

Anatomy laboratories are places where students learn human clinical anatomy through the dissection of human cadavers. Dissections are supervised by course instructors, are guided by dissection manuals read by one student in a group while other medical students dissect the cadaver. It is common for the students to find the task of following the manual and identifying the anatomical structures as a challenge. Therefore, the course instructors form a component to facilitate proper acquisition of the practical objectives.



6. Anatomy Museum

Anatomy museums display the intricacy of human anatomy to medical students. An anatomy museum is not meant only for display of specimens. It has to be designed, to function as an institute where active learning can take place, thus including the museum in the mainstream of medical education. The museum consists of dissected and preserved specimens of individual body parts showcasing musculature as well as organ systems. There are various models and charts present for in-depth understanding.



7. Physiology Lab

Here students are taught fundamental concepts of human physiology—including reproductive, neural, muscular, cardiovascular, respiratory, renal, endocrine and sensory systems— using hands-on experiments and computer simulations. Measure and analyze student EKGs, blood pressure, respiratory volume and reflexes.

