

**“EFFECTIVENESS OF MUSCLE ENERGY TECHNIQUE
VERSUS STATIC STRETCHING IN SUBJECT WITH
TIGHT PIRIFORMIS IN MALE OFFICE GOING
SUBJECTS: A RANDOMIZED CLINICAL TRIAL”**

A THESIS

Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY



To the

SWARNNIM STARTUP & INNOVATION UNIVERSITY

2022

By

SUMEET ROY & NIRALI SOLANKI

Under the Supervision of

Dr. SHIVAM ACHARYA

MPT in Cardiopulmonary Conditions

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

Certificate by the Principal

This is to certify that the dissertation entitled "EFFECTIVENESS OF MUSCLE ENERGY TECHNIQUE VERSUS STATIC STRETCHING IN SUBJECT WITH TIGHT PIRIFORMIS IN MALE OFFICE GOING SUBJECTS: A RANDOMIZED CLINICAL TRIAL" is a bonafide and genuine research work submitted for the Degree of Bachelor of Physiotherapy by "Sumeet Roy & Nirali Solanki" is the record of research work carried out by him / her under the guidance and supervision of "Dr Shivam Acharya" and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

DATE: 4/7/22

PLACE: GANDHINAGAR



Sumeet

Dr. ARVIND KUMAR

(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR

**“EFFECT OF HOLISTIC YOGA ON ANXIETY SYMPTOMS IN
COLLEGE GOING FEMALES WITH PCOS IN GUJARAT:-
A QUASI-EXPERIMENTAL ONE-WAY STUDY.”**

A THESIS

Submitted for the award of

BACHELOR OF PHYSIOTHERAPY

FACULTY OF PHYSIOTHERAPY

to the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



2022

By

**VRUSHITA PATEL
MALAV MEHTA
TARAK MUNJPARA**

Under the Supervision of

Dr. JAYNESH VANDRA

M.P.T (Ortho & Sports) PhD Scholar

VENUS INSTITUTE OF PHYSIOTHERAPY

GANDHINAGAR - 382420

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This is to certify that the dissertation entitled "EFFECT OF HOLISTIC YOGA ON ANXIETY SYMPTOMS IN COLLEGE GOING FEMALES WITH PCOS IN GUJARAT:-A QUASI-EXPERIMENTAL ONE-WAY STUDY." is a bonafide and genuine research work submitted for the Degree of Bachelor of Physiotherapy / Master of Physiotherapy by "VRUSHITA PATEL, MALAV MEHTA AND TARAK MUNJPARA" is the record of research work carried out by him / her under the guidance and supervision of "Dr. JAYNESH VANDRA" and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

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PLACE:

Arvind Kumar

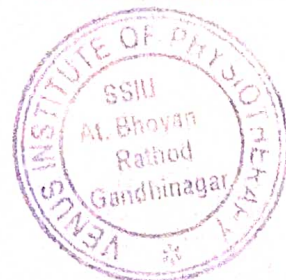
Dr. ARVIND KUMAR

(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY,

GANDHINAGAR



**“EFFECTS OF YOGA THERAPY ON PHYSICAL AND
PSYCHOLOGICAL QUALITIES OF LIFE IN
PERIMENOPAUSAL WOMENS- AN EXPERIMENTAL
STUDY”**

**A THESIS
Submitted for the award of**

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

to the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



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UNIVERSITY
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2022

**By
PRIYANKA CHAUDHARY**

**Under the Supervision of
Dr. RIMA PANDYA
Assistant Professor**

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

Certificate by the Principal

This is to certify that the dissertation entitled "EFFECTS OF YOGA THERAPY ON PHYSICAL AND PSYCHOLOGICAL QUALITIES OF LIFE IN PERIMENOPAUSAL WOMENS- AN EXPERIMENTAL STUDY" is a bonafide and genuine research work submitted for the Degree of Bachelor of Physiotherapy by "PRIYANKA CHAUDHARY" is the record of research work carried out by her under the guidance and supervision of "Dr. RIMA PANDYA" and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

DATE: 30/11/22

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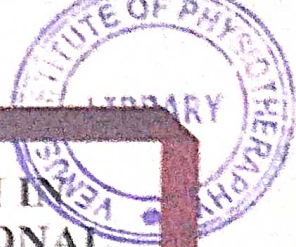
Dr. ARVIND KUMAR

(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY,

GANDHINAGAR



**“PREVALENCE OF IRREGULAR MENSTRUATION IN
FEMALES OF AHMEDABAD CITY- A CROSS-SECTIONAL
STUDY.”**

A THESIS

Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

To the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



2022

By

DAVE YASHVI SUNIL

Under the Supervision of

Dr. TANVI VYAS

Assistant Professor

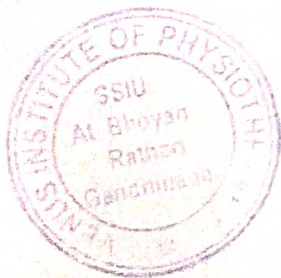
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DATE: 22/08/2022

PLACE: GANDHINAGAR



Arvind Kumar
Dr. ARVIND KUMAR
(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY,
GANDHINAGAR

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**



“
**IMMEDIATE CHANGES IN PAIN AFTER TENS (TRANSCUTANEUS
ELECTRICAL NERVE STIMULATION) IN PATIENTS WITH
ABDOMINAL SURGERIES : A CASE SERIES**
”

A THESIS

Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

To the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



SWARNNIM
STARTUP & INNOVATION
UNIVERSITY
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2022

By

GOR RAJESHRI

Under the Supervision of

Dr. Arvind

Kumar

PROFESSOR & PRINCIPAL

Certificate by the Principal

This Is to certify that the dissertation entitled "**Immediate changes in pain after TENS (Transcutaneous electrical nerve stimulation) in patients with abdominal surgeries: A Case Series.**" is a bonafide and genuine research work submitted for the **Degree of Bachelor of Physiotherapy** by "**Gor Rajeshri**" is the record of research work carried out by her under the guidance and supervision of "**Dr. Arvind Kumar**" and this research work has not formed the basis for the award of any degree, diploma associate ship, fellowship or other similar titles in this University or Any other university or Institution.

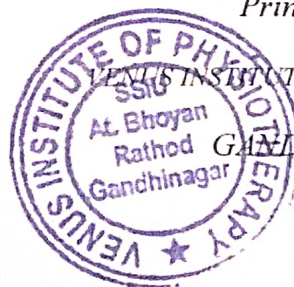
DATE: 19/9/2022

PLACE: Gandhinagar

For. Dr. Arvind.
Dr. ARVIND KUMAR

(PhD IN PHYSIOTHERAPY)

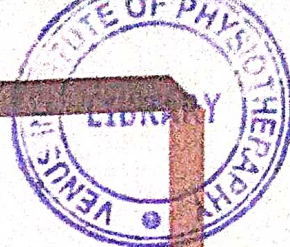
Principal



VENUS INSTITUTE OF PHYSIOTHERAPY

GANDHINAGAR

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**



**“
ASSOCIATION OF PHYSICAL AND PSYCHOLOGICAL
IMPACT OF COVID-19
AND LOCKDOWN AMONG
UNIVERSITY STUDENTS.
”**

**A THESIS
Submitted for the award of**

Bachelor of Physiotherapy

**FACULTY OF PHYSIOTHERAPY
to the
SWARRNIM STARTUP & INNOVATION UNIVERSITY**



SWARNIM
STARTUP & INNOVATION
UNIVERSITY
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2022

By

RIYA M GOSWAMI

Under the Supervision of

Dr. NIHARIKA SONI

**MPT (NEUROLOGICAL &
PSYCHOSOMATIC DISORDERS)**

VENUS INSTITUTE

OF

PHYSIOTHERAPY

GANDHINAGAR - 382420

Certificate by the Principal

This is to certify that the dissertation entitled "ASSOCIATION OF PHYSICAL AND PSYCHOLOGICAL IMPACT OF COVID-19 AND LOCKDOWN AMONG UNIVERSITY STUDENTS" is a bona fide and genuine research work submitted for the Degree of Bachelor of Physiotherapy by "RIYA GOSWAMI" is the record of research work carried out by her under the guidance and supervision of "DR.NIHARIKA SONI" and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

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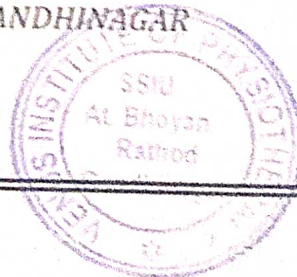
PLACE:

Arvind Kumar
Dr. ARVIND KUMAR
(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY.

GANDHINAGAR



“
**EFFECT OF ZUMBA EXERCISE ON LOW BACK PAIN IN
OBESE PEOPLE: AN EXPERIMENTAL STUDY**
”

A THESIS

Submitted for the award of

**Bachelor of Physiotherapy
FACULTY OF PHYSIOTHERAPY**

to the
SWARRNIM STARTUP & INNOVATION UNIVERSITY



2022

By

**HIRVA PATEL
AASHKA THAKAR
DARSHITA PADSALA**

Under the Supervision of
Dr. NIHARIKA SONI
Designation of Guide
MPT (Neurological Conditions)

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

Certificate by the Principal

This is to certify that the dissertation entitled "**EFFECT OF ZUMBA EXERCISE ON LOW BACK PAIN IN OBESE PEOPLE: AN EXPERIMENTAL STUDY**" is a bonafide and genuine research work submitted for the **Degree of Bachelor of Physiotherapy / Master of Physiotherapy** by "**HIRVA PATEL, AASHKA THAKAR, DARSHITA PADSALA**" is the record of research work carried out by him / her under the guidance and supervision of "**DR.NIHARIKA SONI**" and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

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PLACE:

For. Dr. Arvind.

Dr. ARVIND KUMAR

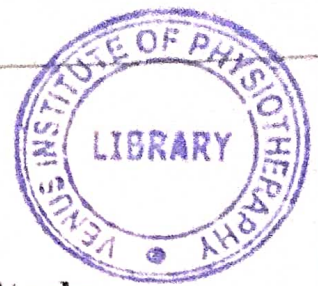
(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY.

GANDHINAGAR





“
Effect Of Sujok Therapy In Knee Pain: Experimental Study
”

A THESIS

Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

to the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



2022

By

Patel Arth

Umraniya Anjali

Under the Supervision of

Dr. Tanvi Vyas

**M.P.T (MUSCULOSKELETAL CONDITIOS
AND SPORTS)**

Assistant Professor

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

Certificate by the Principal

This is to certify that the dissertation entitled “Effect of Sujok Therapy In Knee Pain: Experimental Study” is a bonafide and genuine research work submitted for the **Degree of Bachelor of Physiotherapy** by “Arth Patel” and “Anjali Umraniya” is the record of research work carried out by him under the guidance and supervision of “Tanvi Vyas” and this research work has not formed the basis for the award of any degree, diploma, associateship, fellowship or other similar titles in this University or Any other university or Institution.

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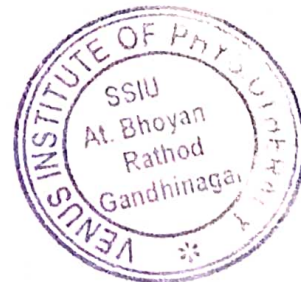


Dr. ARVIND CHAUHAN

(PHD IN PHYSIOTHERAPY)

Principal

**VENUS INSTITUTE OF
PHYSIOTHERAPY GANDHINAGAR**



**“RELIABILITY AND VALIDITY OF GUJARATI VERSION OF
TINETTI ASSESSMENT TOOL: VALIDATION STUDY”**

A THESIS

Submitted for the award of

BACHELOR OF PHYSIOTHERAPY

FACULTY OF PHYSIOTHERAPY

to the

SWARNIM STARTUP & INNOVATION UNIVERSITY



2022

By

DISHA PATEL

Under the Supervision of

Dr. JAYNESH VANDRA

M.P.T(ORTHO & SPORTS) PHD SCHOLAR

VENUS INSTITUTE OF PHYSIOTHERAPY

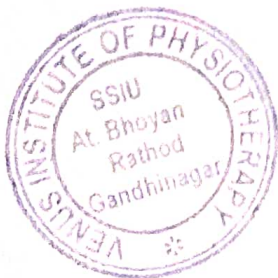
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DATE: 09/08/2022

PLACE: GANDHINAGAR



Arvind
PRINCIPAL
VENUS INSTITUTE OF
PHYSIOTHERAPY
Dr. ARVIND KUMAR

(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR

**"PREVALENCE OF SMS THUMB AMONG TEENAGERS WHO
USE SMART PHONES: A CROSS - SECTIONAL SURVEY"**

A THESIS

Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

To the

SWARNIM STARTUP & INNOVATION UNIVERSITY



2022

By

JEET PATEL

**Under the Supervision of
DR. RIMA PANDAYA
Assistant Professor**

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

Certificate by the Principal

This is to certify that the dissertation entitled "PREVALENCE OF SMS THUMB AMONG TEENAGERS WHO USE SMART PHONES: A CROSS - SECTIONAL SURVEY" is a bonafide and genuine research work submitted for the Degree of Bachelor of Physiotherapy by "Jeet Patel" is the record of research work carried out by him under the guidance and supervision of "Dr. RIMA PANDAYA" and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

DATE: 21/11/22

PLACE: Gandhinagar

Arvind
Dr. ARVIND KUMAR

(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY.

GANDHINAGAR



**“ CHRONIC NECK PAIN AMONG COLLEGE STUDENTS
A CROSS-SECTIONAL STUDY”**

A THESIS

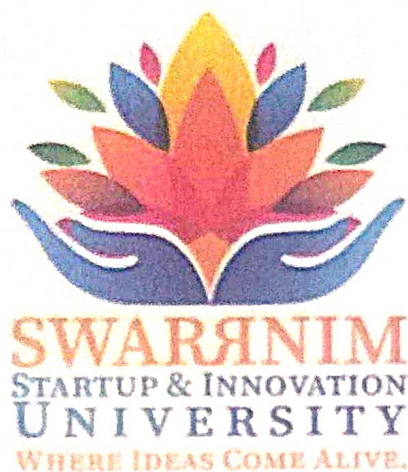
Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

to the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



2022

By

FORAM SOLANKI

Under the Guidance of

Dr. JAYNESH VANDRA

ASSISTANT PROFESSOR

M.P.T (Ortho & Sports), PhD Scholar

VENUS INSTITUTE OF PHYSIOTHERAPY

GANDHINAGAR - 382420

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DATE: 12-9-2022

PLACE: Ahmedabad



Dr. ARVIND KUMAR
(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY,

GANDHINAGAR

“
**ACUTE EFFECT OF SCAPULAR PROPRIOCEPTIVE
NEUROMUSCULAR FACILITATIONS TECHNIQUE
VERSUS CLASSIC SHOULDER EXERCISES IN ADHESIVE
CAPSULITIS**

”
A THESIS

Submitted for the award of
Bachelor of Physiotherapy
FACULTY OF PHYSIOTHERAPY
to the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



2022

By
**VAGHELA AJAYDEEPSINH
MAHESHBHAI**

Under the Supervision of
Dr. SHIVAM ACHARYA
Designation of Guide
**MPT (Cardio Pulmonary
Condition)**

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

Certificate by the Principal

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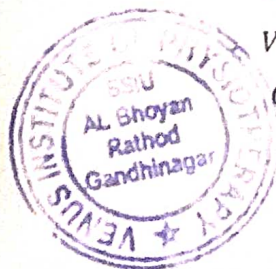
DATE:

PLACE:

For. Dr. Arvind
Dr. ARVIND KUMAR
(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR



“
**Job and Career Satisfaction among Physiotherapists
of Gujarat State - A Prevalence Study**
”

A THESIS
Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

To the

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2022

By
HARSHA VASWANI
Under the Supervision of
DR. NIHARIKA SONI
ASSISTANT PROFESSOR

VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420

Certificate by the Principal

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DATE: 07/09/2022

PLACE: Gandhinagar



DR. ARVIND KUMAR
PhD IN PHYSIOTHERAPY
PRINCIPAL

VENUS INSTITUTE OF
PHYSIOTHERAPY

**"THE EFFECTS OF ZUMBA DANCE AND LOW-IMPACT
AEROBIC EXERCISE ON BODY FAT PERCENTAGE IN
PATIENTS WITH OBESITY-A COMPARATIVE STUDY."**

**A THESIS
Submitted for the award of**

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

to the

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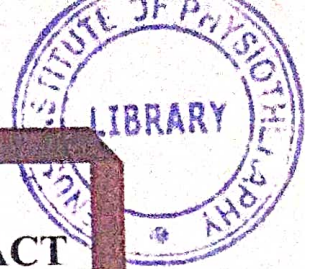
SWARNNIM
STARTUP & INNOVATION
UNIVERSITY
WHERE IDEAS COME ALIVE.

2022

**By
NIDHIBA MAHENDRASINH ZALA**

**Under the Supervision of
Dr. RIMA PANDYA
MPT(Orthopedics)**

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

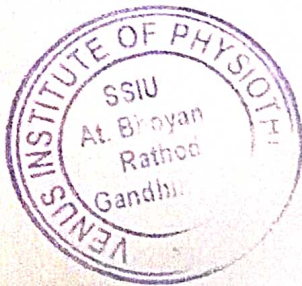


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DATE: 4/08/2022

PLACE: Gandhinagar



Arvind

Dr. ARVIND KUMAR
(PhD IN PHYSIOTHERAPY)

VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR

**“PREVALENCE OF PROLAPSED INTERVERTEBRAL DISC
(PIVD) IN CAB DRIVERS: A CROSS SECTIONAL STUDY”**

A THESIS

Submitted for the award of

BACHELOR OF PHYSIOTHERAPY

FACULTY OF PHYSIOTHERAPY

to the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



SWARNNIM
STARTUP & INNOVATION
UNIVERSITY
WHERE IDEAS COME ALIVE.

2022

By

**YASH SHARMA
PRUTHVIBEN UPADHYAY**

Under the Supervision of

**Dr. ARVIND KUMAR CHAUHAN
PRINCIPAL**

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

Certificate by the Principal

This is to certify that the dissertation entitled "PREVALENCE OF PROLAPSED INTERVERTEBRAL DISC (PIVD) IN CAB DRIVERS: A CROSS SECTIONAL STUDY" is a bonafide and genuine research work submitted for the Degree of Bachelor of Physiotherapy by "YASH SHARMA and PRUTHVIBEN UPADHYAY" is the record of research work carried out by him / her under the guidance and supervision of "Dr. ARVIND KUMAR CHAUHAN" and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

DATE:

PLACE:

For Dr. Arvind.

Dr. ARVIND CHAUHAN

(PhD in Physiotherapy)

Principal

VENUS INSTITUTE OF
PHYSIOTHERAPY,

GANDHINAGAR



“
**EFFECTS OF PRANAYAMA (YOGA) AND BREATHING
EXERCISES ON PULMONARY FUNCTION IN
SEDENTARY PEOPLE-AN EXPERIMENTAL STUDY**
”

A THESIS

Submitted for the award of

**Bachelor of Physiotherapy
FACULTY OF PHYSIOTHERAPY**

to the
SWARNIM STARTUP & INNOVATION UNIVERSITY



2022

By
**MITTAL SANCHITA A.
BRAHMBHATT SHIVANI S.**

Under the Supervision of
Dr. Arvind Kumar
Principal of Venus Institute of Physiotherapy

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

Certificate by the Principal

This is to certify that the dissertation entitled "EFFECTS OF PRANAYAMA (YOGA) AND BREATHING EXERCISES ON PULMONARY FUNCTION-AN EXPERIMENTAL STUDY" is a bonafide and genuine research work submitted for the Degree of Bachelor of Physiotherapy by "MITTAL SANCHITA A. and BRAHMBHATT SHIVANI S." is the record of research work carried out by him / her under the guidance and supervision of "DR. ARVIND KUMAR" and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

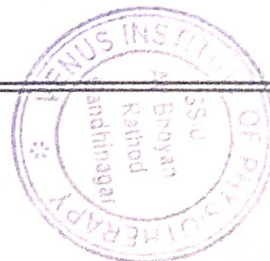
DATE:

PLACE:

Dr. ARVIND KUMAR
(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY,
GANDHINAGAR



“
TITLE OF STUDY
THE EFFECTS OF PROGRESSIVE MUSCLE RELAXATION
TECHNIQUE TO REDUCE PAIN AND PHYSICAL ACTIVITY
LIMITAION AMONG POST CAESARAEN SECTION-WOMEN-
RANDOMIZED CONTROLLED TRIAL
”

A THESIS
Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

To the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



SWARNNIM
STARTUP & INNOVATION
UNIVERSITY
WHERE IDEAS COME ALIVE.

2022

By

ANJALI BRAHMBHATT

Under the Supervision of

Dr. NIHARIKA SONI

Designation

MPT (Neurological and
Psychosomatic Disorders)

VENUS INSTITUTE OF PHYSIOTHERAPY

GANDHINAGAR - 382420

Certificate by the Principal

This is to certify that the dissertation entitled "THE EFFECTS OF PROGRESSIVE MUSCLE RELAXATION TECHNIQUE TO REDUCE PAIN AND PHYSICAL ACTIVITY LIMITATION AMONG POST CAESAREAN SECTION-WOMEN-RANDOMIZED-CONTROLLED TRIAL" is a bonafide and genuine research work submitted for the Degree of Bachelor of Physiotherapy by "ANJALI BRAHMBHATT" is the record of research work carried out by him / her under the guidance and supervision of "DR.NIHARIKA SONI" and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

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Dr. ARVIND KUMAR

(PHD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY

**“TO STUDY EFFECT OF PILATES EXERCISE AND
MYOFASCIAL RELEASE IN PATIENTS WITH
CHRONIC LOW BACK PAIN - A COMPARATIVE
STUDY”**

A THESIS

Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

to the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



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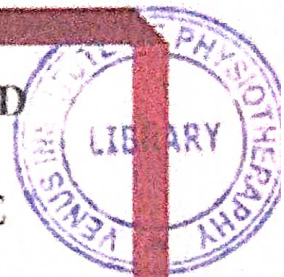
KAPADIYA VANSHIKA RASILBHAI

Under the Supervision of

DR. RIMA PANDYA

MPT(Musculoskeletal)

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**



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PLACE: Gandhinagar



Dr. ARVIND KUMAR
(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY,
GANDHINAGAR

“
**ATTITUDE AND BELIEF TOWARDS PHYSICAL ACTIVITY
AND EXERCISE IN PATIENTS WITH CHRONIC LOW
BACK PAIN – A LITERATURE REVIEW**
”

A THESIS

Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

to the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



2022

By

Jeel patel

Vibhuti Panchal

Under the Supervision of

Dr. Rima Pandya

M.P.T ORTHOPEDICS

(MUSCULOSKELETAL)

VENUS INSTITUTE OF PHYSIOTHERAPY

GANDHINAGAR - 382420

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For Dr. Arvind.

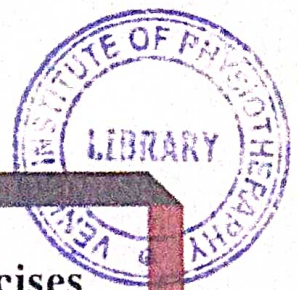
Dr. ARVIND KUMAR

(PhD IN PHYSIOTHERAPY)

Principal



VENUS INSTITUTE OF PHYSIOTHERAPY,
GANDHINAGAR



**“Effects of the Pranayama VS Buteyko Breathing exercises
in Covid-19 Patient”**

A THESIS

Submitted for the award of

BACHELOR OF PHYSIOTHERAPY

FACULTY OF PHYSIOTHERAPY

to the

SWARRNIM STARTUP & INNOVATION UNIVERSITY



2022

**By
Amisha Parekh**

**Under the Supervision of
DR. Shivam Acharya**

MPT (CARDIOPULMONARY)

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

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Dr. ARVIND KUMAR

(PhD IN PHYSIOTHERAPY)
PRINCIPAL
VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR



**"EFFECTS OF STRETCHING EXERCISE ON PRIMARY
DYSMENORRHOEA IN ADOLESCENT GIRLS"**

**A THESIS
Submitted for the award of
Bachelor of Physiotherapy**

FACULTY OF PHYSIOTHERAPY

**To the
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**By
PRIYANKA PARMAR**

**Under the Supervision of
Dr. TANVI VYAS
Assistant professor**

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

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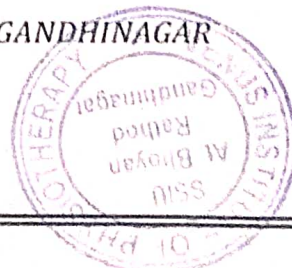
Dr. ARVIND KUMAR

(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY.

GANDHINAGAR



**“ Find prevalence of osteoarthritis in young
working professionals a cross-sectional study ”**

**A THESIS
Submitted for the award of**

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

To the

SWARNIM STARTUP & INNOVATION UNIVERSITY



2022

**By
DEVANSH PATEL**

**Under the Supervision of
Dr. SHIVAM ACHARYA
MPT (Cardiopulmonary Conditions)**

**VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420**

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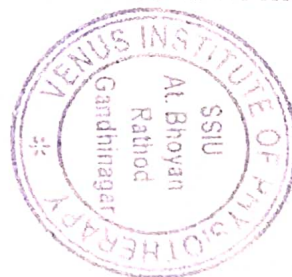
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Arvind

Dr. ARVIND KUMAR

(PhD IN PHYSIOTHERAPY)

**Principal VENUS INSTITUTE OF
PHYSIOTHERAPY GANDHINAGAR**



“
**ROLE OF YOGA IN PCOD [POLYCYSTIC OVARIAN
DISEASE]-A QUASI-EXPERIMENTAL ONE-WAY STUDY**
”

A THESIS

Submitted for the award of

BACHALOR OF PHYSIOTHERAPY

FACULTY OF PHYSIOTHERAPY

to the

SWARNIM STARTUP & INNOVATION UNIVERSITY



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STARTUP & INNOVATION
UNIVERSITY
WHERE IDEAS COME ALIVE.

2022

By

SHIVANGI PATEL

Under the Supervision of
DR.RIMA PANDYA
MPT (ORTHOPEDICS)

VENUS INSTITUTE OF PHYSIOTHERAPY
GANDHINAGAR - 382420

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Sweet
Dr. ARVIND KUMAR
(PhD IN PHYSIOTHERAPY)
PRINCIPAL
VENUS INSTITUTE OF
PHYSIOTHERAPY
GANDHINAGAR

— PHYSICAL ACTIVITY AND PHYSICAL FITNESS PARAMETERS
IN UNDER GRADUATE COLLEGE GOING STUDENTS AGE
GROUP BETWEEN 18 - 23 YEARS

A THESIS

Submitted for the award of

Bachelor of Physiotherapy

FACULTY OF PHYSIOTHERAPY

to the

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By

TRIVEDI SANSKRUTI HITESHBHAI

Under the Supervision of

Dr. ARVIND KUMAR

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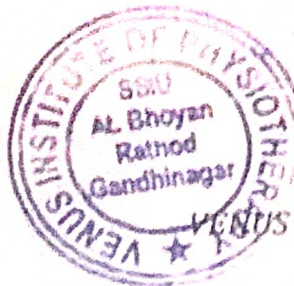
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For. Dr. Arvind.
Dr. ARVIND KUMAR
(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY,
GANDHINAGAR