



SCHOOL OF ALLIED HEALTH SCIENCES
Department of Physiotherapy

**Pioneers in
Professional
Education**



SARDAR BHAGWAN SINGH
UNIVERSITY

Established vide Uttarakhand Act 12 of 2018

[|www.sbsuniversity.edu.in](http://www.sbsuniversity.edu.in)

The Founder's Vision

Great founders make their vision seem inevitable



The founder of the University, Sardar Gurcharan Singh, was of a very strong belief that everything physically visible on mother earth other than nature's own creation is creation of man and everyman is endowed with the power and ability to create and further improve those creations and inventions. Thus, carrying

forward his philosophy, we at Sardar Bhagwan Singh University empower our students with the art of creativity; we inculcate in them the belief of achieving, creating and bettering themselves everyday. We inspire them to make continuous efforts for self-improvement.

Why Sardar Bhagwan Singh University ?

Sardar Bhagwan Singh University was established in 2018 vide Sardar Bhagwan Singh University Act, 2016 (Uttarakhand Act No. 12 of 2018) enacted by the Government of Uttarakhand as State Minority University. This Institution has been pioneer in biomedical education established as an affiliated Institute under HNB Garhwal University since 1994 and is the first and oldest self-financed Institution in Northern India imparting quality education.

Salient Features of the University

- Approved by All India Council of Technical Education, Pharmacy Council of India and Indian Association of Physiotherapists.
- Excellent Infrastructure, Hi-Tech labs with modern equipment.
- Faculty: Our main strength is strong faculty base. For effective & efficient learning the University maintains 1:15 Teacher Student ratio.
- Over 800 internationally placed alumni across the globe.
- Eighteen government sponsored research projects completed/in progress with a grant of approx. Rs. 2 crores from UCOST, DST and Ayush. Twenty-five scholars awarded Ph.D. and 10 are pursuing their Ph.D. Research.
- Merit Scholarships awarded to brilliant students.

Infrastructure

The University is spread over acres of manicured lawns and playgrounds with a total covered area of 1,75,000 sq. ft. allocated for academics and 1,40,000sq. ft. for support services.

The state of the art campus accommodates different academic blocks i.e. Baba Kharak Singh Block, Prof. Puran Singh Block, Biotechnology Block, MLT Block, Administrative Block and Guru Gobind Singh Block. Other Infrastructures are Central Library, Staff Quarters, Girls & Boys Hostels.

High-Tech Instrumentation & Laboratories

The academic block comprises of various departments with spacious lecture halls, and hi-tech experiment & research laboratories.

It is universally accepted that practical experience in every field of study is essential. All the Departments of the University are well equipped with State-of-the art infrastructure and modern equipment to cover the syllabus of each branch. Hands-on training, as the essential component, is imparted to the students to keep pace with modern technology. The campus has an array of computers distributed over different section of academic blocks with high servers to cater the needs of networking environment.

Hostels

Sardar Bhagwan Singh University offers separate boarding facilities (AC and Non AC rooms, with modern amenities) to more than 275 boys in Banda Bahadur Boys Hostel and 600 girls in Mata Gujri Girls Hostel with separate provision for Under Graduate and Post Graduate students.

Banda Bahadur Boys Hostel

Established in the year 1999, Banda Bahadur Boys Hostel has provided accommodation and mess facilities to more than 3000 boys. The hostel is well-equipped with facilities such as gym, airconditioned recreation room with home theatre, reading room, indoor sports infrastructure for inmates and attached outdoor playfield catering outdoor sports as football, volleyball, cricket, hand ball, etc. with sports coaches for all the games. Round the clock security is available to the inmates of the hostel.



Mata Gujri Girls Hostel

Established in the year 1994, Mata Gujri Girls Hostel has nestled more than 5000 girls with their precious moments of friendship and academic life. The hostel is well equipped with modern facilities such as Gym & Yoga Center, well-furnished study rooms, air conditioned recreation room with home theatre and indoor sports infrastructure. The hostel is managed by qualified and competent staff whose endeavor is to make students live a simple life with high moral values. The lush green and serene environment of the foundation campus provides soothing and calm state of mind. The girls are professionally equipped in all the social graces and life supporting skills of Finishing School to refine different sides of the personality.

Training and Placement Office

Training and Placement Office is intensely engaged in organizing on-campus and off-campus placement drives for students for further entries into suitable professions. Many reputed national and multinational companies visit our campus for recruitment because of quality education, research- based analytical teaching, excellent facilities and talented students. The University emphasizes on soft skill programs to prepare them for mock interviews, hone their communication skills, build confidence and inculcate awareness, for the overall development of their personalities.

Platforms to Pursue Hobbies

- NCC Boys & Girls: Our NCC cadets learn to take pride in themselves and their training also strengthens the spirit of being an Indian
- Cultural & Music Club
- Photography Club
- Creative Arts Society
- Debating Society
- Nature Club
- Publication & Creative Writing Society
- Dramatics Club
- Blood Donation & Health Sanitation Club
- Rotaract Club
- Sports & Athletics Club



A Tradition of Excellence In Allied Health Sciences

School of Allied Health Sciences

The School of Allied Health Sciences is established with the objective of producing skilled manpower in different areas of health sciences for better healthcare. The major contribution of the Allied Health Professionals is in strengthening the medical and health services by being the major support system to medical and health sciences. The programme structure and curriculum of different academic programs and courses offered by the school have been framed and designed by eminent academicians and professionals keeping in mind the present requirements and future needs of the recent medical services and health industry. The increase in number of patients, variety of diseases and the demand for immense treatment have paved the way for Allied Health Professionals providing better quality to human healthcare. We offer regular mode of teaching supplemented by an intensive and rigorous practical training that equips the students with knowledge of the latest techniques. The ultimate aim of the School is to provide higher education in the area of medical teaching, research and health technology that not only give good career opportunities but could in turn contribute in creation and enhancement of such a work force in the future. The School of Allied Health Science is offering courses in Physiotherapy, Medical Laboratory Technology and Medical Microbiology.



Courses Offered:

Ph. D. Physiotherapy

Duration: 3 years, Eligibility: M.P.T.

Master of Physiotherapy (MPT)

Specialization in Neurological Disorders,
Musculoskeletal and Sports Rehabilitation

Duration : 2 Years (4 Semesters)

No. of Seats: 10 each

Eligibility: BPT degree with a minimum of 45%
marks aggregate from a recognized University

Bachelor of Physiotherapy

Duration: 4 Years (8 Semesters)

+ 6 Months Internship.

No. of Seats: 60 Eligibility: 10+2 (PCB)



DEPARTMENT OF PHYSIOTHERAPY



“Physical therapy” also known as “Physiotherapy” is an allied health profession that, by using mechanical force and movements (biomechanics or kinesiology) , manual therapy, exercise therapy, electrotherapy, remediates impairments and promotes mobility and function”(APTA).

Physiotherapy as a profession originated during the First World War for rehabilitating the musculoskeletal injuries of soldiers. In India, the advent of Physiotherapy was in 1952 following a major epidemic of Poliomyelitis in Mumbai .In 1953, first school and centre for Physiotherapy was established in Mumbai. Owing to its multidisciplinary significance, Physiotherapy started to expand across multiple specialties from Orthopedics and Neurology to Pediatrics, Obstetrics, Gynecology, Geriatrics, Sports and Exercise sciences, Community based rehabilitation etc. In 21st century, Physiotherapy has been recognized as the most vital healthcare system to combat the physical health issues.

From the journey of being the first institute offering Physiotherapy education in Uttarakhand, to becoming a pre eminent school of allied health sciences, the Department has created a peerless name for itself with outstanding academic excellence. The Department of Physiotherapy was established in the year 1996 from the strength of 26 students in the first batch; the department has served to the academic needs of about 1500 students so far and later was augmented by addition of master's program in 2002

.The Department spans over an area of over 15000 sq.ft and runs six specialized OPDs for toning the clinical skills and improve hands on learning for the students.

The department has been constantly growing in stature through guidance from the eminent academicians and prominent physiotherapists including visiting faculties from various parts of India and abroad. The Department owes its gratitude to its unrelenting faculty and integrated curriculum that combines self-directed learning opportunities with high quality tutorials and hands on clinical training. We, at SBSU are determined to raise the bar in Physiotherapy education across the country by promoting quality research, add innovative learning strategies and provide unmatched clinical exposure to make the Department the best in the country. We firmly believe in the values that are most relevant to the health community and professional integrity.

It is a common consensus that skills and knowledge are more vital than mere attainment of degrees. Hence, the department is committed to shape the student into a competent professional who are poised to take up professional opportunities in academic career of teaching and research in India and abroad, reputed hospitals, clinics, fitness centers, community health centers, rehabilitation centers and sports team or can continue with own private practice. A Physiotherapist can find opportunities across the globe, especially in countries like USA, Canada, Australia, where the emphasis is laid on physical Health.

SKILL ENHANCING PROGRAM & WORKSHOPS



Evolved Learning through Hospital Postings

We at SBSU are dedicated to giving our students a thorough and all-encompassing education in the healthcare industry, which includes practical clinical practice. Students enrolled in our Physiotherapy program have the chance to complete clinical placements at the Cross Disability Intervention Centre located in Dehradun. Their academic journey would not be complete without this clinical experience, which gives students the chance to hone critical skills, interact with a variety of patients, and improve the health of the community



Students in our Physiotherapy program get the exceptional chance to complete clinical placements in the well-known pediatric rehabilitation facility Latika Dehradun. An vital component of their academic path, this clinical experience gives them the chance to hone critical skills, interact with a specialized patient group, and improve the lives of kids with developmental disabilities and cerebral palsy.



One of the key components of our program is the opportunity for students to engage in clinical postings at some of the region's leading hospitals. These clinical experiences, focusing on ICU and IPD exposure, are integral to our curriculum, enabling students to develop vital skills, gain extensive hands-on experience, and contribute to patient care in hospital settings.



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Evolved Learning through Hospital Postings

Department of Physiotherapy served at the WAKO India National Kickboxing Championship 2023 which was held at Parade Ground from 2nd & 3rd October 2023, Organised by National Kickboxing Federation N.G. and hosted by Uttarakhand Kickboxing Association.



Sardar Bhagwan Singh University students provided Physiotherapy services at the All India Boys & Girls Karate tournament. This tournament was organised at Parade Ground, Dehradun from 21st to 24th September 2023 by the Uttarakhand Karate Association. The Physiotherapist also addressed the coaches about the Injury Prevention technique.



Physiotherapy Department provided their physiotherapy services to the SFA Championship, Uttarakhand 2023 which took place from 11th October to 20th October at different locations of Parade Ground, Pavilion Ground and Maharana Pratap Sports College.

Sports for All (SFA) are India's largest tech-enabled multi-sport grassroots competition platform. SFA is the official partner of Team India under the aegis of the Indian Olympic Association (IOA)



OTHER COURSES OFFERED

SCHOOL OF ALLIED HEALTH SCIENCES

- B.Sc. Medical Microbiology
- B.Sc. Medical Lab Technology Pathology
- M.Sc. Medical Lab Technology (Pathology)

SCHOOL OF PHARMACEUTICAL SCIENCES

- M. Pharm. (Approved by AICTE & PCI)
- B. Pharm. (Approved by AICTE & PCI)
- B. Pharm. (Lateral Entry)
- D. Pharm. (Approved by PCI)

SCHOOL OF APPLIED SCIENCES

- B. Sc. (Hons) Chemistry
- B.Sc. PCM/CBZ
- M.Sc. Chemistry
- M.Sc. Pharmaceutical Chemistry
- M.Sc. Industrial Chemistry
- M.Sc. Drug Design

SCHOOL OF LIFE SCIENCES

- B.Sc. (Hons) Biotechnology
- B.Sc. (Hons) Microbiology
- M.Sc. Biotechnology
- M.Sc. Microbiology
- M.Sc. Biochemistry

SCHOOL OF AGRICULTURE SCIENCES

- B.Sc. Hons (Agriculture)
- B.Sc. Hons (Horticulture)

School of Commerce & Management

- B.Com (Hons)
- BBA

Ph.D. PROGRAM

Ph.D. Programs offered in Pharmacy, Allied Health, Life & Basic Sciences

Admission Procedure

Admission Procedure Admissions to all courses of the University are done on the basis of merit of last qualifying examination. For more details please visit our website www.sbsuniversity.edu.in.

How to apply: Candidates can apply for admission by filling out the online application form available on the University website or scan the QR code. The application form requires personal & academic details along with scanned copies of relevant document to be uploaded.

Application fee: Application processing charges of Rs 1580/- can be paid through any online payment mode. For further details and fast track spot admission contact admission helpline.



Laboratory Features

Research Lab: Keeping up the latest scientific acumen across the country, the departmental research lab has state of art specialized instruments like posture analysis machine, Kinkom Isokinetic system, Digital Dynamometers, Thermal Threshold Analyzer, galvanic skin resistance, respiratory biofeedback, EMG biofeedback, Trigger point determination tool, algometer, digital inclinometer, spinal position sense device, etc.

Exercise Therapeutics Lab: The lab has latest equipments like multipurpose exercise treadmill, Guthre-Smith apparatus, DAPRE and PRE systems, Schroth exercise system ambulation devices, adjustable tables, and all other standard exercise therapeutic equipments.

Electrotherapy Lab: Electrotherapy lab has all modalities including LASER, matrix, micro currents, micro wave diathermy and other standard electrotherapy equipments to cater for academic, training and research.

GAIT LABS : Our Gait Analysis Lab is equipped with cutting-edge technology, including high-speed cameras, force plates, motion capture systems, and software designed for detailed biomechanical analysis. This lab enables precise measurement of various parameters related to gait, such as step length, cadence, joint angles,

Library & Learning Centre

The University prides itself on an impressive collection of over 30,000 text books, reference books periodicals on relevant subjects. The library subscribes to 21 national & international research journals and 30 periodicals and newspapers. The Library also houses a high speed internet café..



FACULTY BASE

DR.(Mrs) Reena Kumari

Head, Department of Physiotherapy
and Associate Professor
B.Sc(CBZ),BPT,MPT,(Neurology),COCMT

Dr. Mohit Bhatt

Assistant Professor
MPT Neurology

Dr. Maneesh Arora

Professor & Dean (Student Welfare),
BPT,MPT (Sports), CAEME
Phoenix USA, Dip. In Osteopathy (OCO, Canada),
Dip. In Manipulative Therapy (Goodrum Institute),
Doctorate of Osteopathy (Spain)

Dr. M.K. Chakraborty

MBBS, PGDFM (CMC Vellore),
PGDLM (Middlesex), FCCP, FSAMS

Dr. Arunmozhi Ranganathan

Associate Professor
Ph.D. MPT (Sports & Rehabilitation),
DYT, DSpM (Devon, UK), FCMFR
(Brighton, UK)

Dr. Vishal Verma

Assistant Professor
BPT

Dr. Pooja Yadav

Assistant Professor
BPT, MPT (Musculoskeletal)

Dr. Kapil Arora

MBBS (MD)

Dr.Richa Uniyal

Assistant Professor
BPT, MPT (Neuro)

Col (Dr.) Rajeev Garg

MBBS, MS (General Surgery),
PGDHHM

Dr. Devashree

Assistant Professor
BPT,MPT (ORTHO)

Mrs. Sangita Alias Sarasvathy

M.Sc. Applied Psychology ADPT,
Child Care Education

Dr. Meghna Wadhwa

Assistant Professor
BPT,MPT (Musculoskeletal)

Dr. Niranjana Shah

Assistant Professor
BPT, MPT (Sports Medicine), FOMT

Dr. Shiv Upadhyay

Assistant Professor
BPT



ADMISSIONS OPEN

SARDAR BHAGWAN SINGH UNIVERSITY

Established vide Uttarakhand Act 12 of 2018

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