



CREATING THE FINEST PHYSIOTHERAPISTS

Since 1993

Success guaranteed only at Vikaas



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THE BEGINNING

The charming coastal town of Mangaluru forms the perfect setting for academic institutions of caliber, a fact endorsed by the inflow of students from all over the country. Various career-oriented courses that find relevance in step with social developments are on offer from Vikas Education Trust which manages a wide range of colleges across the city environs. Focused on training aspiring youth in the nuances of their chosen academic streams, Vikas colleges have contributed enormously to the professional education scenario.

Vikas College of Physiotherapy was established in the year 1993 to train young men and women in this noble profession and provide worthwhile service to humanity.



MY BODY IS MY TEMPLE

VISION

Transforming lives through compassion and innovation, thus Empowering the youth to become a worthy citizen of our nation

MISSION

To cultivate excellence in current & future physiotherapy practices through comprehensive & focused education.



THE CHAIRMAN SPEAKS

Krishna J. Palemar

Entrepreneur, Educationist and Social Worker

In the era of digital age the world has become a global village. With every passing day, the world is becoming more and more competitive, efficient and effective. The role of educators has also changed in this digital age from educators to motivators.

With a sense of pride I would like to bring to the knowledge of the students, parents and general public that Vikas college of Physiotherapy which was established in 1993 under the aegis of Vikas Education Trust has proved to be a beacon to knowledge seekers not only in the country but also across the world.

I am immensely happy that with total dedication and commitment from the management and sincere involvement heads of the departments and the faculty members, the institution could produce excellent academic results in every stream of the programme.

We give utmost care to develop the overall personality of the students. It is important that our students become good human beings so as to be able to serve society as excellent professionals. The environment friendly and lush green campus, smart classes, digital and ultra-modern library resource centre, sports ground, hostel and transportation facilities are designed holistically to serve the overall needs of the students at the campus.

We desire to create a benchmark in the field of higher education and this will surely come to fruition through the commitment and contribution of our students. Let's grow together and create a better world for the future generations.

THE PRINCIPAL SPEAKS

Dr. Ajay Thakur

Principal

Learning is a never ending process. More so when it comes to professional courses. Despite all the so called digitalization & social media, scores of our population thinks physiotherapy is administering of massage. Physiotherapy professionals indulge in the treatment of finger injuries and have a role to play on open heart surgeries. So the subject is vast and encompasses all the medical faculties. In fact we have a role to play in all the walks of medical society. In 2008, WHO (World Health Organization) proclaimed that, one of most difficult of all paramedical courses is physiotherapy. Hope in Vikas College of Physiotherapy we not only provide excellent theory classes, but also endeavour to cater our students with the best of clinical knowledge. As the old saying goes in medical practice, the practitioner with only clinical knowledge is a fella in the boat with no rudder, oar on sail. On the other side the practitioner with only theory knowledge, is yet to see the sea. So combining theory and clinical knowledge is our aim. I wish to add that for our students the best of facilities are provided academically and also in the hostels. I am not blowing Vikas College trumpet, we provide our students with the best of food and medical care when in need. Physiotherapy course started in 1993, we are proud that it is our silver Jubilee Year. All our students who have graduated from our premises are all well placed professionally all around our country and all around the world. As our aim is to do yeomen service to the human kind, we leave no stone unturned. We have one of the best library facilities in Mangaluru. Wonderful referral materials are available for students to refer and explain their knowledge. I am not exaggerating by stating that we have one of the best faculties in the whole of Mangaluru. Apart form academics we also ensure



our students excel in extra-curricular activities. Our Institution has got the knack of scouting talents hidden in these budding youngsters and to highlight it, to the society.

We live according to our Motto -
SUCCESS GUARANTEED ONLY IN VIKAS.

CONCEPT OF PHYSIOTHERAPY

Physiotherapy is a health care profession which assists people to restore, maintain and maximize their strength, function, movement, and overall well-being. The terms "physiotherapy" and "physical therapy" mean the same thing and are used interchangeably, as are the terms "physiotherapist" and "physical therapist".

Physiotherapists have in-depth knowledge of how the body works and specialized hands-on clinical skills to assess, diagnose, and treat symptoms of illness, injury and disability. Physiotherapy includes rehabilitation, as well as prevention of injury, and promotion of health and fitness. Physiotherapists often work in teams with other health professionals to help meet an individual's health care needs.

Physiotherapy can help you...

- become stronger and more flexible
- increase freedom of movement and mobility
- breathe easier
- reduce pain
- stay active
- prevent injury

Vikas College of physiotherapy offers Bachelor's Degree BPT and Master's degree MPT Programme in Physiotherapy.

GIVING YOU THE CARE YOU DESERVE

Outpatients: Treating spinal and joint problems, accidents and sports injuries

Intensive care: Keeping limbs mobile and chests clear

Women's health: Advising on ante- and post-natal care, exercise and posture, and managing continence and post gynaecological operations

Care of elderly: Maintaining their mobility and independence, rehabilitation after falls or treating arthritis and Parkinson's disease

Stroke patients: Helping people with paralyzed limbs to restore normal movement.

Orthopedics: Helping after spinal operations and hip, knee and other joint replacements; treating patients who have had accidents

Mental illness: Holding relaxation and body awareness classes, and improving confidence and self-esteem through exercise

Occupational health: Working in large companies to treat employees, with special focus on posture in order to prevent problems such as repetitive strain injury.

Terminally ill: Working in the community or in hospices to treat patients with cancer and AIDS

Pediatrics: Helping children with severe mental and physical handicaps and conditions such as cerebral palsy and spina bifida.

Community: Treating a wide range of patients at home and counseling those caregivers.

Private sector: Working independently in private practice, clinic or hospitals and treating a wide range of conditions.

Education and Health promotion: Teaching people about back care, running exercise and fitness centres.

Sports clinics: Helping sportspersons recover from injuries, supporting the process of return to full fitness and counseling to prevent further injuries.

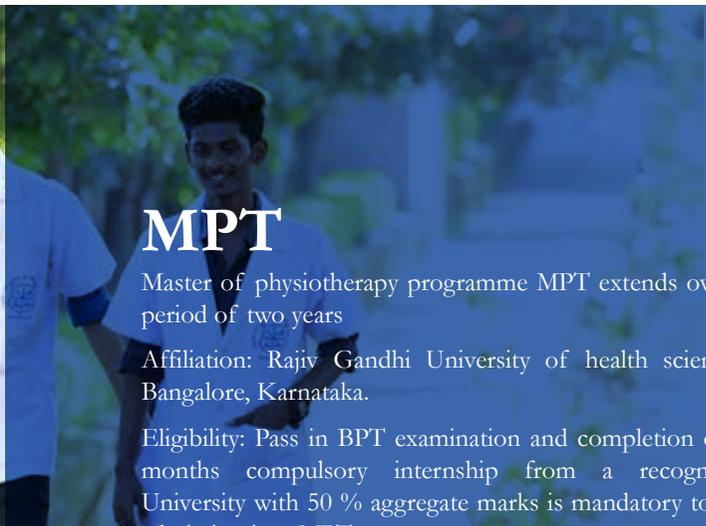
LEARNING TO BE HANDS ON



The primary objective of the course is to provide students with adequate knowledge of basic medical subjects and to develop skills and techniques of therapeutic exercises, electro therapy and soft tissue manipulation so as to work as rehabilitation team members and coordinate with other teams.

As a team member a student develops :

1. Competency in imparting the physiotherapeutic measure of specific choice towards preventive, curative, symptomatic and restorative or rehabilitative goals
2. Skills in teaching, management, research, guidance and counseling in various aspects of the discipline.
4. Compassion and concern for the welfare of the physically handicapped in the community.



BPT

Recognised by the Indian Association of Physiotherapists (I.A.P.)

Bachelor Programme in Physiotherapy BPT extends over a period of 4 years and 6 months of compulsory full time internship.

Affiliation: Rajiv Gandhi University of health sciences, Bangalore, Karnataka.

Eligibility: Pass in to year PUC (10+2) examination recognized by University/Board with English as one of the languages and physics, chemistry and biology as optional subjects with 40 % marks (35% -SC/ST/OBC to Karnataka students) in the aggregate of Biology Physics and chemistry.

Candidates seeking into admission to Bachelor of Physiotherapy course should have completed 17 years of age as of 31st December of the year of admission.

Mode of selection: On scrutiny of applications received, eligible candidates will be selected. The candidates selected will have to get admitted immediately on payment of fees prescribed. All admissions are subject to the eligibility conditions of Rajiv Gandhi University of health sciences.

Examination pattern: BPT examinations are yearly examinations

Compulsory rotating internship: Every candidate on passing the final BPT examination shall undergo 6 month compulsory rotatory internship as laid down by university. At the end of training the Head of the department shall forward the attendance to the principal of the institute along with the candidate's character profile and the knowledge of the subject, after due assessment.

GENERAL RULES FOR CANDIDATE

1. Fee once paid on initial or subsequent admission shall not be refunded. No correspondence will be enter tained in this regard.
2. The candidates admitted will be required to attend classes from the notified date.
3. The name of the candidates remaining absent for 15 consecutive working days from the start of the classes will automatically be struck off the rolls without anyintimation and the seat thus rendered vacant will be offered to a candidate on merit in the waiting list.
4. Any candidate found medically unfit will not be allowed to continue his/ her study in the institution.

DOCUMENTS REQUIRED FOR ADMISSION:

A. Bachelor of Physiotherapy:

1. Four copies of recent photograph (passport size).
2. The following original certificate shall be retained by the college for issue of University enrolmentnumber:
 - a) Certificates of passing Annual Examinations of Class X & XII.
 - b) Detailed marks certificates
 - c) Migration certificate
 - d) Character certificate.
 - e) Certificate pertaining to claims of reservations.
 - f) Copy of certificate for proof of residence like Aadhar card, Electricity Bill and Driving License.

MPT

Master of physiotherapy programme MPT extends over a period of two years

Affiliation: Rajiv Gandhi University of health sciences, Bangalore, Karnataka.

Eligibility: Pass in BPT examination and completion of 6 months compulsory internship from a recognized University with 50 % aggregate marks is mandatory to get admission into MPT

Mode of selection: On scrutiny of applications received, eligible candidates will be selected. The candidates selected will have to get admitted immediately on payment of fees prescribed. All admissions are subject to the eligibility conditions of Rajiv Gandhi University of health sciences.

Specialities offered: MPT in Musculoskeletal and sports, MPT in Neurological and psychosomatic disorders, MPT in Paediatrics, MPT in Cardiopulmonary sciences, MPT in Community based Rehabilitation.

Postings: Students will be posted in various hospitals and outreach centres like geriatric homes and paediatric centres in Mangalore, Students will be also posted in collaborated centres of college on rotation basis. Post graduate students will be given opportunity to go for one month external postings in their choice hospital and place after receiving permission from the concerned hospital. Regular Seminars, case presentations, Journal clubs, Problem based learning sessions ill be planne in the span of two years.

Thesis submission: Post graduate students have to plan their synopsis within first 6 months after joining and submit their complete thesis before their final Examination.

Examination pattern: MPT examinations will be conducted at the end of second year together for first year and second year subjects.



CLINICAL FACILITIES

Vikas College of Physiotherapy has a well equipped OPD. Daily around 40 patients will be benefitted. College is collaborated with Veronica Vihar Old age home where regular physiotherapy will be given by faculty and students of Physiotherapy. College is even collaborated with Physiocare Physiotherapy clinics, Payyannur, and Medhosampathi Special school in Hyderabad where faculties will be visiting once in a month for two days and educate Physiotherapists, Children with special needs and also parents of the special children. Students have everyday postings in Government wenlock hospital, Mangalore which is a 1000 bedded government hospital.

PHYSIOTHERAPY-THE SCOPE

Physiotherapists work closely with occupational therapists, speech pathologists, nurses, social workers, respiratory technicians and physicians.

Physiotherapists treat patients who may not be referred to them by a physician. Following assessment, individual treatment programs are designed with the patient's participation wherever possible. Physiotherapy is an active partnership between patient and therapist.

Physiotherapists have:

- A detailed understanding of how the body works.
- Knowledge of diseases, injuries and the healing process
- The ability to distinguish what is normal from abnormal in posture, balance and movement.
- Laser, ultrasound, magnetic fields, electrical currents acupuncture and ice to relieve pain and assist recovery.
- Individually prescribed exercise programs, relaxation techniques, sophisticated diagnostic and treatment equipment, hydrotherapy and biofeedback.

Physiotherapists use:

- Skilled 'hands on' treatments such as soft tissue mobilization, acupressure and manipulation.
- Suitable assistive devices such as walking aids, splints, braces, orthotics, prosthetics and other therapeutic appliance and train patients in their use.

LABORATORIES

Electro-Therapy Department

Modern equipment used to treat patients with disorders ranging from sports injuries to degenerative diseases are made available here, helping students to gain practical knowledge and treatment modes.

Exercise Therapy Department

Patients with problems concerning postural imbalance, gait disorders and the like are treated here using the latest equipment developed for the purpose.

Anatomy & Physiology Lab

Well-equipped with relevant apparatus, this lab enables students to pursue practical studies relevant to the curriculum.



COMPUTER LAB

Students enjoy the advantage of updating themselves with new advances in their course of study in the computer lab



COLLEGE CLINIC

Ample opportunities are provided at the college clinic which offers the best in the latest physiotherapeutic technology, so as to mould them into professionally competent physiotherapists.

CLASS ROOMS

Training in theoretical aspects of the course is imparted to students in classrooms which are provided with the requisite equipment that support the subjects and curriculum.

LIBRARY

Reference and study material is made available to the students in the form of a well-stocked library with books of Indian and foreign authors. Journals, periodicals and magazines are regularly subscribed to, adequately catering to the needs of the students. Students are provided access to e-journals and e-books.

SPORTS CLUB

Students are provided the means and resources to exercise their sporting preferences with outdoor and indoor game provisions.

TRANSPORT

The college owns a fleet of buses to ensure comfortable transportation for its students so as to pursue the course activities with the least hassle.

OTHER ACTIVITIES

The college provides a platform to students in order to develop their innate talents and exhibit their skills at various forums like the Annual Day celebrations, Fresher's Day celebrations, various regional and religious festivals, Physio-Treasure hunt and regular CMEs.



7. Any unusual health condition must be reported to the warden by the student concerned at the earliest.
8. Every student, before admission to the hostel, shall give an undertaking that he/she shall not keep any unauthorized person in his/her room and that if he/she is found keeping any such person without prior permission of the Hostel Supt/ Warden, he/she shall be liable to summary expulsion.
9. The student who wants to go home for any reason should first obtain the principal's permission and on the basis of that will seek the warden's permission to leave the hostel without which the entire responsibility will be that of the student or parent concerned.
10. Any matter not covered by these rules shall be decided by the principal.

Hostel – A place called home

1. The parents will write to the Principal, at the time of hostel admission, the names of relatives who can visit the hostel student and vice-versa. The relationship of such persons should be specifically mentioned. The Hostel warden will have the sole right to allow any visitor/student. Parents must provide the full address of the relatives whom the hosteller can visit during short holidays.
2. No student of the hostel should be absent from the hostel without the written permission of the Warden/ Superintendent. Students wishing to visit friends/relatives allowed by the parents even on holidays, shall obtain the written permission of the warden. If this rule is not observed by the hosteller, the consequences and responsibility are entirely that of the parents and the student.
3. Students wishing to remain absent from the hostel after 09-00pm except on duty shall obtain permission from the warden, shall sign a register kept by the warden and state where they will be going and when they shall be returning.
4. Male visitors shall not be allowed in any girl student's room.
5. All lights and fans must be switched off when leaving the room. Otherwise fine as recommended by the Hostel Warden, will be charged each time. No electric stoves, room heaters or electrical appliances of heavy electric consumption will be allowed.
6. No hostel employee shall be ill-treated by any student nor be sent on errands without the permission of the warden. Complaint should be made to the warden, when necessary.



- A) **Counseling and mentorship**
To improve the students' overall performance and well-being and also to minimize incidences of dropouts.
- B) **Anti Ragging:**
Ragging is strictly prohibited and banned in the campus.

The Anti Ragging Committee is in place in accordance with the UGC guidelines which ensures that no untoward incidents occur. The UGC regulations for curbing the menace of ragging are applicable to all students and parents.
- C) **Alumni:**
The Alumni Association for Vikas College of Physiotherapy meet on a periodic basis.
- D) **Placement Cell:**
This cell facilitates the placements of students in various Govt / Private / Corporate sectors.