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NEWS FLASH

Volume - 4

Issue : September-2023

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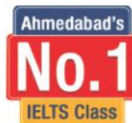
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From the Editor's Desk

Welcome to the 4th Vol. Sep. 2023 Newsflash

**“The roots of education are bitter but the fruit is sweet”.
“Educating the mind without educating the heart is no education at all.”**

- Aristotle

It is with great pleasure that I welcome you to the latest volume of our newsflash. As we navigate these challenging times, staying connected and informed is more important than ever.

The college has been imparting good quality education for all round development of students.

The college Newsflash is a most powerful platform of the students where they can focus their talents as well as creativity in their respective field which may be benefit to all.

My heartfelt thanks to the Management, Teaching and Non teaching Faculty for their constant support and Motivation.

My Sincere gratitude to all the esteemed members of the editorial members team who have given their valuable time and energy for embodiment of Newsflash Volume-IV.



Editorial message from
Mrs. Trupti Brahmbhatt
Chief Editor
Vice Principal, AINS

EDITORIAL COMMITTEE



Dr. Vaishali Suthar
Lecturer, AIMS



Mrs. Ruchika Dabhi
Nursing Tutor, AINS

ADVERTISEMENT COMMITTEE



Dr. Komal Shah
Lecturer, AIMS



Mrs. Dipansi Patel
Nursing Tutor, AINS

STUDENT WELFARE ACTIVITIES

- 1) Complimentary mid day meal
- 2) Complimentary books for first year BPT & BSc Nursing students
- 3) Complimentary books on loan to second, third, and fourth year UG students (with 100% refundable policy)
- 4) Complimentary GSRTC/AMTS Bus pass
- 5) Free 1 pair of apron to first year students and free 2 pairs of Uniforms to FY B.Sc. Nursing Students
- 6) Mediclaim insurance-1lakh
- 7) Accidental policy-1 lakh
- 8) Motivational prize to university rankers to all UG students • First ranker-first term fee complimentary • 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
- 10) Motivational prize to PG rankers • First ranker-5,000/rs • Second ranker-4,000/rs
- 11) Motivational prize to college examination-class test, college first term model exam
- 12) Monthly scholarship 2,000 per month
- 13) Free WIFI facilities
- 14) Birthday celebration for all students
- 15) Foreign country guidance seminars
- 16) Campus interview placement
- 17) Conference research incentive for students.
- 18) Sanitary pad vending & disposal machine for female students

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એન્ટીક દાગીનાની વિશાળ શ્રેણી

7, આનંદ સેફીયર, અનુથમની સામે, સત્યમેવ વિશ્વા રોડ, ન્યુ ગોતા



STUDENTS FEEDBACK



Amin Margi Bipinbhai
Nursing officer
AIIMS Rajkot
Batch: 2017 – 2021

B.Sc. Nursing

The Location of College is in calm place so it is very useful to the students for study. Institute having good Infrastructure Facilities like class room, Laboratories, Library, Canteen etc. Institute provided us excellent clinical exposure at various govt. , Non-Govt and Corporate level Multispecialty Hospital. Institute provide chance to participate into extracurricular activities likes (world health day, nurses day celebration, women's day etc), Seminars, Workshops, Educational Visits, Webinar for comprehensive development of students. All the faculty members having own personality regarding their teaching style as well as practice and teaching. All the teaching faculty and non teaching faculty members are co operatively behave with students.



Dr. Dharmesh Bhatiya
(B.P.T., Gold Medalist)
Founder of Vyaayam
Physiotherapy Center,
Jamkhabhaliya, Gujarat.
Batch: 2017-2021

Bachelor of Physiotherapy

From GM (Gujarati Medium) to GM (Gold Medalist) AIMS has given me the best possible support. The faculties here has the ability to help you to achieve your best possible capabilities. Talking about infrastructure and campus, it is one of the best college campus in Ahmedabad. AIMS has been the best selection for me in terms of college and I believe there are many options in Ahmedabad to become a Physiotherapist but for the best Physiotherapist AIMS is the only option you ever have.

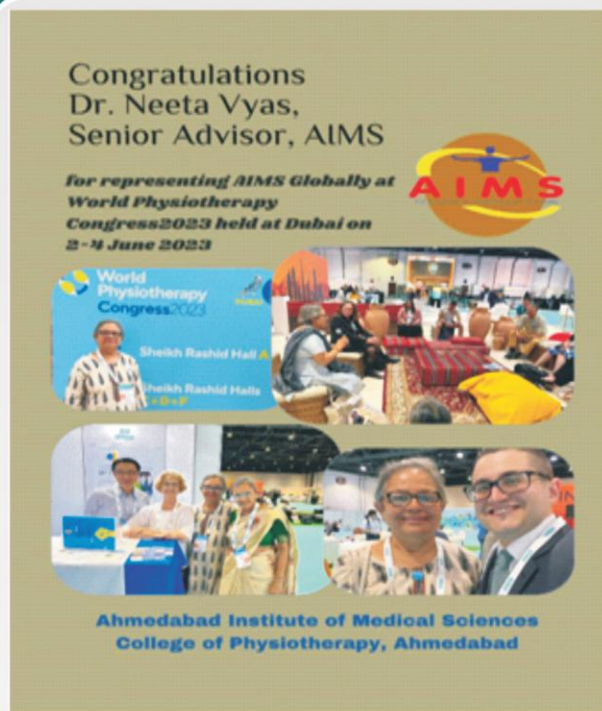


Dr. Shivani Godhasara
(M. Physio. Neurosciences)
Assistant Professor,
Satish Goswami College of
Physiotherapy, Ahmedabad.
Batch: 2020-2022

Master of Physiotherapy

The education I received was top-notch and the professors are inspiring mentors. College had provided provided me a solid foundation for my future and I am grateful for the memories and skills I acquired. Thank you AIMS for shaping me into the individual I am today.

AIMS & AINS STAFF ACHIEVEMENT



Dr. Neeta Vyas (Senior Advisor, AIMS) has represented AIMS at World Physiotherapy Congress, 2023 held at Dubai



- Mrs. Trupti Brahmbhatt has attended Virtual **TEACHER'S TRAINING PROGRAMME** with Accreditation of 25 Credit hours by Gujarat Nursing Council.
- She worked as a Book Reviewer of Community Health Nursing for Post Basic B.Sc. Nursing Students published by Lotus Publication.
- She has Participated as chairperson at 1st State Level Conference Organised by SINAS on 4th May 2023 at Gujarat University Senate Hall.

Mrs. Trupti Brahmbhatt
Vice Principal, AINS



DR. ALPA PUROHIT (Vice Principal, AIMS), has been awarded towards special contribution in 1st National Conference of IAP Women Cell & Physio Manthan, August 2023 Held at New Delhi

AIMS & AINS STUDENT ACHIEVEMENT



Khamar Sneha H.
1st Rank in college (F.Y.B.Sc., AINS)
Gujarat University
Examination (77.55%)



Purohit Purva M.
1st Rank in college (F.Y.B.P.T., AIMS)
3rd Rank in Gujarat University
Examination (76.94%)



Patel Shreya J.
1st Rank in college (F.Y.B.P.T., AIMS)
3rd rank in Gujarat University
Examination (76.94%)



Naisargi Shukla (S.Y.M.P.T., AIMS)
Securing 1st rank in Paper Presentation
at 1st PHYSIO COLLOQUIUM
at Jagannath University, Jaipur



Krishna Pandya (S.Y.M.P.T., AIMS)
Securing 2nd rank in Paper Presentation
at 1st PHYSIO COLLOQUIUM
at Jagannath University, Jaipur

AIMS & AINS ACTIVITIES

EDUCATIONAL VISITS



A visit to Mission health by final year BPT students, science city



A visit to Anganwadi by S. Y. B. Sc. Nursing students at Sanathal

CAMPUS INTERVIEW



Final yr B.sc. nursing students campus interview by Apex heart hospital



Physiotherapy Interns campus interview by Mission health

MEDICAL CAMPS



Free Medical & Physiotherapy Camp at Gala Heaven



Free Medical & Physiotherapy Camp at Vasantnagar Township

CURRICULAR & COCURRICULAR ACTIVITIES



Freshers party of 17th batch (2022-23) of B. Physiotherapy students



Candle lighting & Oath Taking ceremony of 16th batch (2022-23) of B.Sc. Nursing students



Fire safety training to B.sc. Nursing and B. Physio students at AIMS campus



BLS training organized by CIMS hospital to nursing students

STAFF ARTICLE OF AIMS & AINS

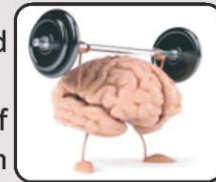
TIPS TO REDUCE STRESS DURING EXAMS:

1. Begin an Early Revision
2. Prepare a Timetable
3. Plan for Every Day of the Week
4. Incorporate Active Learning Techniques
5. Stay Positive
6. Get a Good Night's Sleep
7. Maintain a Balanced Diet
8. Exercise
9. Indulge in a Hobby
10. Ask For Help
11. Study with Friends
12. Healthy mindset

Ms. Ruchika Dabhi
Nursing Tutor, AINS

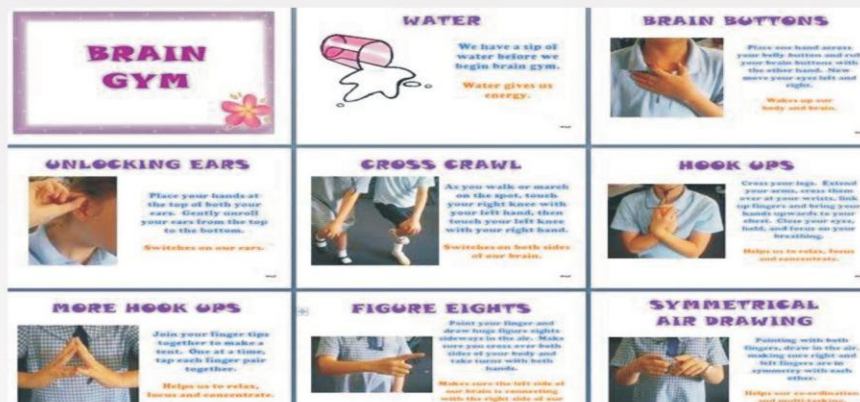
. Physio article Brain Gym...!!!

Brain Gym...!!!



Brain Gym is a series of 26 exercises/activities, done with intention and designed to 'WAKE-UP' the brain, to stimulate brain function.

The intervention requires the participants to engage in a variety of movements to help the body recall the movements that leads to stimulation and integration of different parts of the brain particularly provides stimulus for repair of fibers in the corpus callosum (the midline structure of brain) which provides many two way neural connections between the cortical areas of both brain hemispheres. It improves focus and noticeable improvement in memory, concentration, relationship, communication as well as physical coordination. Participants need to be focused and present/mindful during the exercises. Individuals often rely more heavily on one hemisphere of the brain and underutilize the other, particularly in times of stress, which means the other side of the brain is underused, therefore the person may not be functioning optimally. Many of the brain gym exercises are 'Cross Lateral' means one side of your body crosses the midline to coordinate with the limbs on the other side of your body so that sides of your brain are being used all the same time increasing nerve communication between two sides of your brain. These kinds of movements force your brain to 'talk to itself' forcing both hemispheres to work together resulting in better quality of thinking. The idea is to strengthen the connections between left and right brain activity, strengthen neural pathways and improve coordination. When your brain works better your whole body works better and you have an increased sense of well-being. These exercises can be used by everyone, so GYM your BRAIN daily...!!!



Dr. Vaishali Suthar,
Lecturer, AIMS

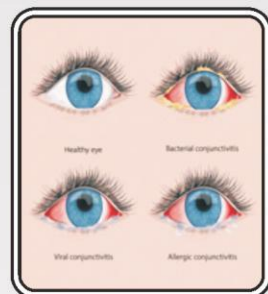
STUDENT ARTICLE OF AIMS & AINS

Preventing the Spread of Conjunctivitis

Viral and bacterial conjunctivitis (pink eye) are very contagious. They can spread easily from person to person. You can greatly reduce the risk of getting conjunctivitis or spreading it to someone else by following some simple steps for good hygiene.

If you are around someone with conjunctivitis, you can reduce your risk of infection by following these steps:

- Wash your hands often with soap and warm water for at least 20 seconds. If soap and warm water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.
- Wash your hands after contact with an infected person or items he or she uses; for example, wash your hands after applying eye drops or ointment to an infected person's eye or after putting their bed linens in the washing machine.
- Avoid touching your eyes with unwashed hands.
- Do not share items used by an infected person; for example, do not share pillows, washcloths, towels, eye drops, eye or face makeup, makeup brushes, contact lenses, contact lens storage cases, or eyeglasses.



Ms. Hemisha Patel

(T. Y. B. Sc. Nursing student, AINS)

AIMS POETRY by students

SEPTEMBER SKIES

I stare at the sky
As the end of August approaches The flowers that
once bloomed Are already one with the soil
When the September comes The skies turn all pink
As if they were Waiting for your love
Clouds start to run away;
But they'll come back next year But for now,
It's just the lonesome September skies.
The skies linger around
Lonely and barely appreciated With a faint smell
Of the begone summer.
People start working again. They need to look out
Winter does not seem far away It seems to be
harsher this year.
But the September skies, They always stay
the same. Year after year
You'll still see them with all colors of life
As the days pass by,
The evenings approach faster
But at night the stars of September,
They still shine just as bright.
The skies turn darker And even
before One could reckon,
It's already October !

By Siddhi Patel

(FYBPT student, AIMS)

कुछ तो है मेरे अंदर,
जो मुझे सही करने पर मजबूर करता है !
कुछ तो है मेरे अंदर,
जो मुझे गलत करने पर मग़रूर करता है !
कुछ तो है मेरे अंदर
कभी मैं संत होता हूँ !
कभी मैं कुसंत होता हूँ !
कभी संकुचित होता हूँ !
कभी अनंत होता हूँ !
कभी सब कुछ पाने की
तमन्ना होती है !
कभी किसी पे सब लुटाने की ख्वाहिश !
कभी किसी को तड़पाने की ज़िद होती है !
कभी मोहब्बत की नुमाइश !
कभी किसी से झगड़ लेता हूँ !
अगले पल मनाने का जी होता है !
कभी किसी से मुह मोड़ लेता हूँ !
फिर दिल लगाने का जी होता है !
कभी सबके करीब होता हूँ !
कभी सबको दिलों से दूर करता हूँ !
कुछ तो है मेरे अंदर !
कुछ तो है मेरे अंदर, जो मुझे सही करने पर मजबूर करता है !

By Zalak Sheth

(SYMPT student, AIMS)

With Best Wishes



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