



AHMEDABAD INSTITUTE OF MEDICAL SCIENCES

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AHMEDABAD INSTITUTE OF NURSING SCIENCE

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NEWS FLASH

Volume - 8

Issue : April-2025

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Since 2011

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Since 2007



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AHMEDABAD INSTITUTE OF MEDICAL SCIENCES
AFFILIATED WITH GUJARAT UNIVERSITY
Recognized by Govt. Of Gujarat

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Specialties offered:

- MPT in Orthopedic Disorders
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- Orthopedic & Physician OPD facility

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AINS
AHMEDABAD INSTITUTE OF NURSING SCIENCE
RECOGNIZED BY INDIAN NURSING COUNCIL
& GUJARAT NURSING COUNCIL
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2025-2026**

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Highway, Lapkaman, Ahmedabad-380060

From the Editor's Desk

It is with great pleasure that I welcome you to the latest volume of our newsflash. In these challenging times, staying connected and informed is crucial.

Our college remains committed to providing high-quality education, fostering the all-round development of our students.

Our college newsflash serves as a powerful platform for students to showcase their talents and creativity in various fields, benefiting the entire community.

I extend my heartfelt gratitude to our management, teaching, and non-teaching faculty for their unwavering support and motivation. I also sincerely thank the esteemed members of the editorial committee for dedicating their valuable time and energy to bring this News Flash volume VIII

Warm regards,



Mrs. Ruchika Dabhi
Lecturer, AINS

EDITORIAL TEAMS MEMBERS



Dr. Hemakshi Bhattacharya
Lecturer, AIMS



Ms. Poonam Sarlia
Nursing Tutor, AINS

INSTITUTE CORE VALUES

Responsibility

Sincerity

Co-operation

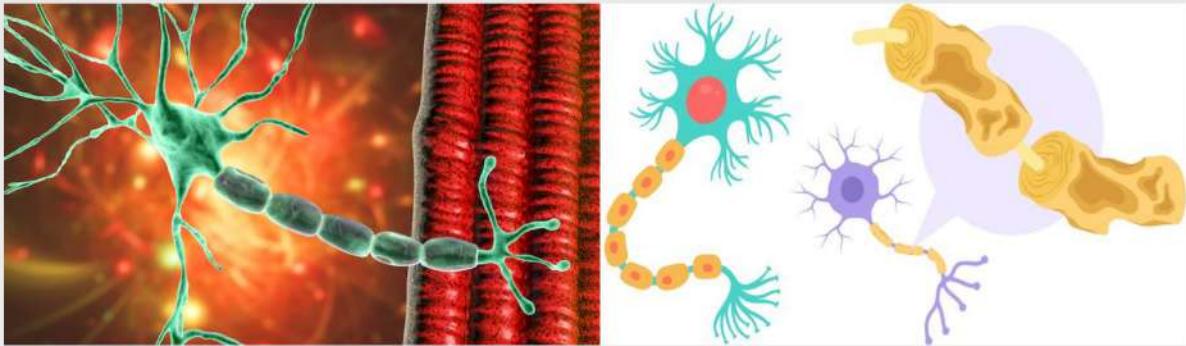
Respect

Sensitivity

SUMMARY OF STUDENTS WELFARE POINTS

1. Complimentary Mid-Day Meal.
2. Mediclaim Insurance - 1 Lakh.
 - Accidental Policy - 5 Lakh.
3. Monthly Scholarship - 2000/ Per Month (In case of loss/ Major illness of earning Parent)
4. Complimentary Books for First Year UG Students.
 - Complimentary Books on Loan to Second, Third and Fourth Year UG Students (With 100% Refundable Policy).
5. Complimentary AMTS Bus / GSRTC Bus Pass.
6. Free 2 Aprons to First Year UG Students.
 - Free Uniform (2 Pair) to First Year B.Sc. Nursing Students.
7. Free Waive Facilities.
8. Motivational Prize to University Rankers to all UG Students.
 - First Ranker - Term Fee / Half Semester Fee wave for Gujarat University 1st Rankers to all BPT/NSG Students.
 - Second Ranker - 15,000/- Rs. (BPT) & 7500/- Rs. (Nursing).
 - Third Ranker - 10,000/Rs. Rs. (BPT) & 5000/- Rs. (Nursing).
9. Motivational Prize to College Rankers Gujarat University Exam to all UG Students.
 - First Ranker - 5000/Rs.(BPT) & 2500/- Rs. (Nursing).
 - Second Ranker - 4,000/Rs.(BPT) & 2000/- Rs. (Nursing).
 - Third Ranker - 3,000/Rs. (BPT) & 1500/- Rs. (Nursing).
 - ★ Motivational Prize to PG College Rankers.
 - First Ranker- 5000/Rs.
 - Second Ranker- 4,000/Rs.
10. Motivational Prize in College Examination - Class Test, College First Term, Prelim Exam, Mid Semester Exam, End Semester Exam.
11. Conference Research Incentive (Up to 1000/- Rs. per year).
12. Birthday Celebration for All Students of Physiotherapy (B.P.T & M.P.T) & B.Sc. Nursing
13. Campus Interview - Placement.
14. Sanitary Pad Vending & Disposal Machine for Female Students.
15. Foreign Country Guidance.

Guillain–Barré Syndrome (GBS)



INTRODUCTION : Guillain–Barré syndrome(GBS) is a muscle weakness caused by the immune system damaging the peripheral nervous system, affecting both sides of the body. Symptoms include back pain, weakness in feet and hands, and can be life-threatening, with some affected by autonomic nervous system changes.

FIRST DIAGNOSED : Guillain-Barré syndrome (GBS), first reported in 1916, is an acute self-limited polyneuropathy. It was initially considered a demyelinating disease until the 1980s when the acute axonal type was first reported.

RECENT OUTBREAK : Pune's Guillain-Barré Syndrome outbreak, involving over 100 suspected cases, is primarily caused by *Campylobacter jejuni*, a bacterial infection found in contaminated food and water.

LIFE CYCLE OF GBS : Guillain Barré Syndrome is a chronic condition characterized by symptoms that progress through two phases: acute, which develops rapidly, and recovery, which begins when symptoms resolve.

AGE GROUP AFFECTED : Guillain-Barré syndrome affects adults and males, with most fully recovering from even severe cases, which can result in near-total paralysis and breathing issues.

MODE OF TRANSMISSION : *Campylobacter jejuni* infection, surgery, and certain vaccinations are common risk factors for Gastrointestinal Bishness (GBS), causing gastroenteritis, nausea, vomiting, and diarrhea.

SIGN & SYMPTOMS : Trouble breathing, residual numbness or other sensations, heart and blood pressure problems, pain, trouble with bowel and bladder function, blood clots, pressure sores, relapse.

DIAGNOSTIC TESTS : Electromyography (EMG) is a diagnostic tool used to evaluate nerve and muscle function in diagnosing GBS, using a small shock to measure nerve signal speed.

CURATIVE MEASURES : Immunoglobulin, containing healthy antibodies from blood donors, is administered via a vein to block damaging antibodies that may contribute to Guillain-Barre syndrome.

By : Ms. Poonam Sarlia
Nursing Tutor, AINS.

STAFF ARTICLE OF AIMS

TAKE CONTROL : A Guide to Breast Self-Examination

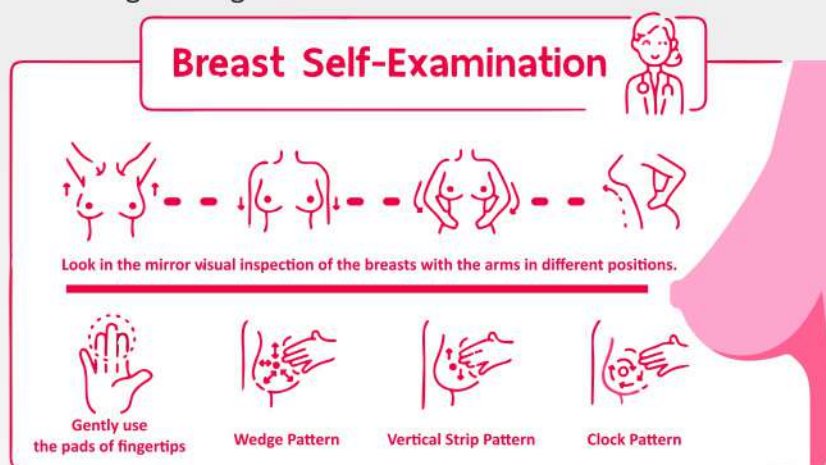
"TAKE CONTROL OF YOUR BREAST HEALTH-HEALTHIER YOU, HAPPIER YOU"

Breast cancer affects millions of women worldwide, claiming thousands of lives annually. Early detection and prevention are key to fighting this disease. This article aims to educate women on breast cancer self-examination techniques. Early detection increases survival rates by 90%

Preventive Measures:

1. Self-Examination: Monthly self-exams to detect changes.
2. Clinical Exams: Annual exams by a healthcare provider.
3. Mammograms: Annual screenings (40+ years).
4. Healthy Lifestyle: Balanced diet, exercise, and stress management.
5. Genetic Testing: For high-risk individuals.

Self-Examination Techniques :



• Step 1 : Mirror Check •

Stand before a mirror, arms at your sides. Look for:

- Changes in size or shape
- Dimpling or puckering
- Redness or scaliness

• Step 2 : Arm Lift •

Raise your arms overhead. Look for:

- Changes in breast shape or contour
- Swelling or bulging

• Step 3 : Palpation •

Lie down, using your opposite hand to examine each breast. Feel for:

- Lumps or thickening
- Changes in texture or tenderness

Breast Cancer Signs and Symptoms :

1. New lumps or thickening.
2. Changes in breast size or shape.
3. Dimpling or puckering.
4. Redness or scaliness.
5. Nipple discharge or change

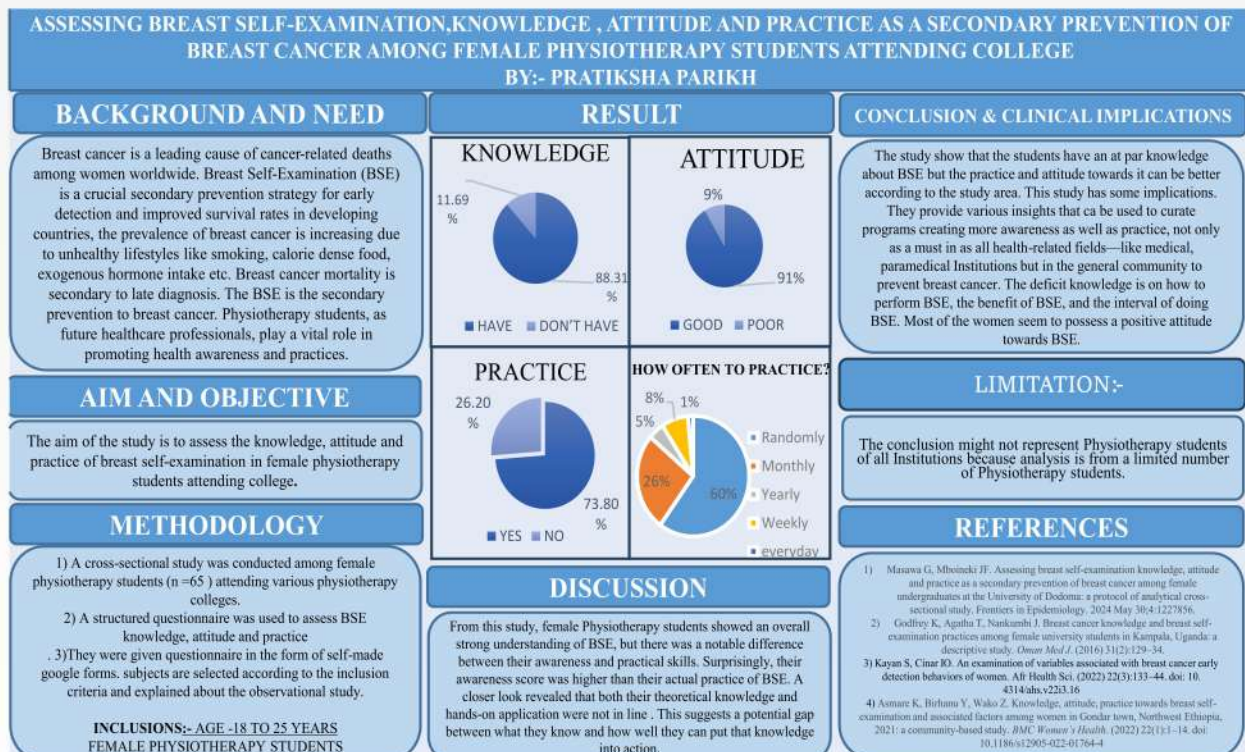
Breast cancer awareness and prevention are crucial for early detection and treatment. By performing monthly self-exams, scheduling annual clinical exams and mammograms, and adopting healthy lifestyle habits, women can reduce their risk.

By: Dr. Harsha Yewley
Lecturer, AIMS

Research Abstract AIMS

- **Introduction :-** Currently we are living in the era of information & technology. Telecommunication technologies have raised the possibility of telehealth intervention delivering homebased cardiac telerehabilitation. A cardiovascular disease poses threat to patient's oxygen uptake [VO₂ peak]. Cardiac rehabilitation is necessary for cardiovascular patients. But due to distance from rehab centers and transport issues; patient's ratio is relatively low. Cardiac rehabilitation is relatively low. Cardiac rehabilitation is relatively low. Cardiac telerehabilitation is relatively new approach due to contexts of pandemics. The research is aimed to find the effect of cardiac telerehabilitation on oxygen uptake (VO₂peak) of CVD patients.
- **Methods :-** Databases (Google scholar, Researchgate, Pubmed) were searched from digital platforms from 2014 to September 2023 for articles comparing the effect of homebased cardiac telerehabilitation versus centerbased cardiac rehabilitation on VO₂peak. From 200 articles, 8 RCTs found according to PRISMA guidelines with same primary outcome; then systematic review has been done for meta-analysis. The Cochrane risk of bias tool was used to check bias of articles.
- **Results :-** Meta-analysis was done of 8 RCTs (1446 patients) were included. Odd's ratio is taken for participants; age-group; effect on VO₂peak. The research shows significant improvement on centerbased cardiac rehabilitation. Hedges'g=0.99{effective}, 95% CI, p-value<0.05. Technology is growing fast and helps in promoting homebased cardiac rehabilitation with the help of wearable sensors.
- **Keywords :-** Cardiac-telerehabilitation , homebased, wearable sensors, VO₂peak.

By : Kanchi Mehta
SY - MPT



By : Pratiksha Parikh
Final Year - BPT - AIMS

Research Abstract AINS

► Background and Need of Research

Cervical cancer, primarily caused by Human Papillomavirus (HPV) infection, is the leading cancer among Indian women and the second most common cancer worldwide. Despite the availability of preventive measures such as HPV vaccination and screening programs, cervical cancer remains a major public health concern. The disease has a high incidence in developing countries due to a lack of awareness and accessibility to healthcare services. In India, approximately 132,000 new cases are diagnosed annually, with 74,000 deaths, accounting for nearly one-third of global cervical cancer deaths. Studies indicate that HPV types 16 and 18 contribute to 76.7% of cervical cancer cases in India. The implementation of educational programs can improve awareness and encourage preventive measures.

► Methods

A one-group pre-test-post-test experimental design was used. A total of 30 adolescent girls, aged 10 to 19 years, were selected from Ahmedabad City. A structured questionnaire was used to assess their knowledge regarding HPV vaccination and cervical cancer prevention before and after the planned teaching program. The effectiveness of the intervention was evaluated using statistical analysis, including mean, standard deviation, and paired t-test.

► Results

The mean pre-test knowledge score was 13.27, while the post-test knowledge score increased to 20.3, showing a significant improvement. The mean difference of 6.63 and a calculated t-value of 13.50 (greater than the tabulated t-value of 1.69) statistically confirmed the effectiveness of the planned teaching program. The null hypothesis (H0) was rejected, and the research hypothesis (H1) was accepted.

► Conclusion

There was a knowledge deficit regarding cervical cancer prevention and HPV vaccination among students. The planned teaching program was found to be effective in significantly enhancing knowledge about cervical cancer prevention. The intervention led to improved understanding and skills, suggesting its potential use in larger populations and different settings.

► Keywords

Knowledge, Human Papillomavirus (HPV) Vaccination, Cervical Cancer, Adolescent Girls.

By : **Group A -Fourth year Bsc Nursing students**
(Batch-2020)

GUJARAT UNIVERSITY TOPPERS AIMS



**KHUSHI
RAKESHKUMAR PATEL**
University Rank 5th (74.3%)
College Rank 1st



**KRINAL
BHASKARKUMAR MISTRY**
University Rank 7th (73.4%)
College Rank 2nd



**HETANSHI
KALPESH PATEL**
University Rank 7th (73.4%)
College Rank 2nd



**PATEL
AXI KAMLESHBHAI**
University Rank 10th (71.8%)
College Rank 3rd

Outstanding Performance in Gujarat University Examination (2023-2024) Second Year BPT



BASVI TRIVED
University Rank 1st (73.16%)
College Rank 1st



PURVA PUROHIT
University Rank 3rd (72.16%)
College Rank 2nd



SHREYA PATEL
University Rank 3rd (72.16%)
College Rank 2nd



DIVYA SINGH
University Rank 4th (71.8%)
College Rank 3rd

Outstanding Performance in Gujarat University Examination (2023-2024) Third Year BPT

AINS RANKERS



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1st Rank (75.33%)



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DHARA MAHESHBHAI**
2nd Rank (74.33%)



**MANSURI
NAJNINBANU MUSTUFA**
3rd Rank (73.33%)



**PATEL
AXI KAMLESHBHAI**
3rd Rank (73.33%)

for securing 1st, 2nd & 3rd Rank in First Year (Sem.-II) Gujarat University Examination (2023-2024)

CURRICULAR ACTIVITIES AIMS

GRADUATION DAY



EDUCATIONAL VISIT



SGVP, NeuroPhysiocon 2025



Heeramani Aarogyadham



Core Tuck

SEMINAR



Lecture by Dr. Samip Shah on
"Sports Injury and PEACE & Love Concept"



Lecture by Dr. Anokhi Patel on
"Her Purse Her Power"



Lecture by Dr. Jagruti Patel on
"Rise of Woman not Fall of Man"

TRAINING



Civil Defense Training



Civil Defense Training



Fire Safety Training

CURRICULAR ACTIVITIES AINS

EDUCATIONAL VISITS



Smit Foundation, Ahmedabad



Amul Fed Dairy, Ahmedabad



De-addiction Centre, Kanoria, Ahmedabad



TMT Training at UN Mehta Hospital

TRAINING



Rescue Training



Fire Safety



**First Aid Module Training
at KD Institute**



Civil Defence Training



Psychological Activities



IV Cannulation Training

SEMINARS



**Her purse, her power Achieving
financial freedom for women**



**Seminar on Healthy women
& healthy family**

CO-CURRICULAR ACTIVITIES AIMS

Fresher's Party



FUNFAIR AND FOOD FESTIVAL



SPORTS DAY



CO-CURRICULAR ACTIVITIES AINS

SPORTS DAY CELEBRATION



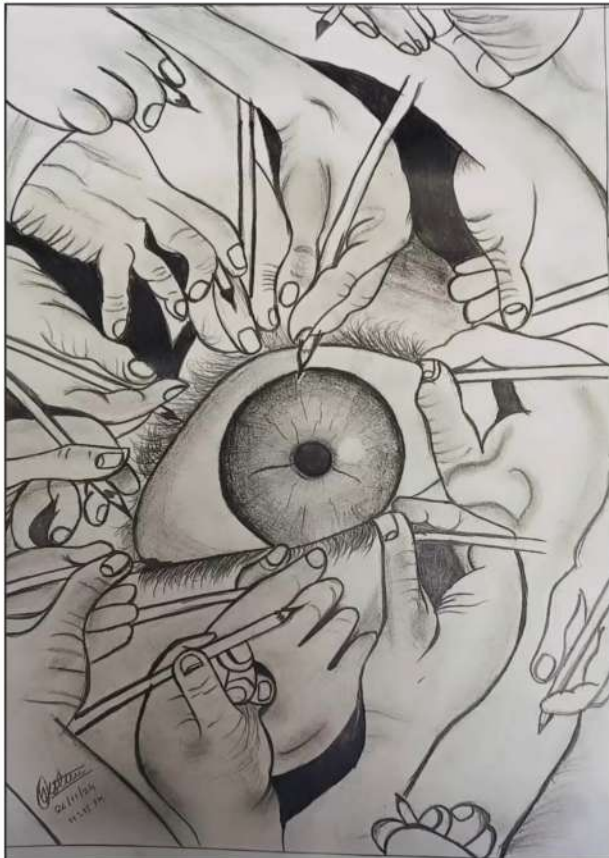
FRESHER'S AND FAREWELL FUNCTION



FOOD AND FUN FESTIVAL



STUDENT CORNER - AINS



Aastha Malaviya • FY - B.Sc. Nursing (Sem-1)

उड़ान

चाहत हो अगर उड़ने की, तो हिम्मत रख तु सहने की ।
जबकि को काबू में रखकर, कोशिश कर तु सहने की ।
चलते चलते तु थक जायेगा, बचल मन विचलित हो जायेगा ।
पर विचलित मन को काबू करके, सुख से खुद को बांधित रखके ।
अधिक मेहनत की सीढ़ी चढ़के, पंख फैला उड़ानों की ।
चाहत हो अगर उड़ने की, तो हिम्मत रख तु सहने की ।।

असफलता हाथ लगे यदि तुमको, हिम्मत की फिर कभी खलेगी ।
आशाओं की दीप बुझेगी, घर रण छोड़ न जाना तुम ।
समय बढ़ेगा तीव्र गति से, अर्धु पोछ उठ जाना तुम ।
सपनों की विध्वंस किला से, एक ही पीछ सुनाई देगी ।
मुझे न छोड़ो बीच भीर में, नहीं तो जगहसाई होगी ।
तैयार होओ सुनने को, गाथा अपने हारों की ।
लोग तुमसे प्रसन्न करेंगे, क्या हुआ उड़ानों की...?
चाहत हो अगर उड़ने की, तो हिम्मत रखना तुम सहने की ।।

हार जीत में भेद नहीं है, मेहनत सा कुछ प्रबल नहीं है ।
असंभव सा कोई शब्द नहीं है, हार है अनुभव जीत है अवसर ।
अनुभव तेरे पास रहेगी, अवसर की तुझको आग रहेगी ।
त्याग तुझसे साध रहेगी, फिर क्या बिना बलिदानों की ।
चाहत हो अगर उड़ने की, तो हिम्मत रख तु सहने की ।।

अब अवसर तेरे पास रहेगा, अनुभव की बीछार रहेगा ।
हाथ धर यदि बैठ गये तो, जीवन भर पछताओगे ।
नींद, सैन जो गिराई तुमने, क्या उसकी भरपाई कर पाओगे...?
यदि नहीं तो उठ खड़े हो, देखो अनुभव चित्कार रही है ।
अब पंख फैलाते हो, अवसर गले लगा रही है ।
जीत सुनिश्चित हो गई है, सपनों की उड़ानों की ।
विजय पताका अब फहरायेगा, सपनों की उड़ानों की ।
चाहत हो अगर उड़ने की, तो साहस आई सहने की ।।

- शिवम् कश्यप ।



Shivam Kashyap • SY - B.Sc. Nursing (Sem-3)



Disha Panchal • TY - B.Sc. Nursing (Sem-5)

Physics Teacher :- Are you sleeping in the class ?

Me :- No sir Head is down to the falling gravity.



Wife :- Sunte ho pados ki pinky ko maths me 100 se 99 marks mile hai !

Husband :- Acha 1 mark kahan gaya?

Wife :- woh Apna pappu Laya Hai !



Priti Chauhan

Fourth Year B.Sc. Nursing

STUDENT CORNER - AIMS

“અંત ન હોય સંઘર્ષ નો”

અંધકાર થી ઘેરાયેલા વાદળોમાં, રડે છે ધીમા અવાજે,
જીવન છે એક પંખી, ક્ષણે ક્ષણે જંબે આ જગ ને
સરળ નથી માર્ગો, ખડકો હચમચાવે છે રસ્તા,
પડકારો ના પર્વતો, રોકે છે વહેણ ના પ્રવાહ,
પગથિયાં છે ઊંચા, શ્વાસ પડે છે ધીમો
હાર ને માથે, જીવન લાગે છે અસંભવ
નીવ છે મજબૂત, રસ્તી છે લાંબી
ડગ ભર અડગ, રાહ છે લાંબી,
ચાહ રાખ આગળ વધવાની,
નદીના વહેણ પણ છે રેસ માં,
મન કર જાગૃત, વેગ પ્રવાહ છે બળ નો,
તોડ દીવાલો ની મજબૂતાઈ ને, પાર કર તારા પગ ના ખડગ અવાજ થી,
તારું એક એક પગલું, માંડસે ધીરજથી ડગ,
ઉગસે મહેનતનો સુર્ય, આથમસે હાસ ના અહેસાસે,
ઠંડક ફેલાવસે ચંદ્ર ની ઉર્જા,
નિરાંતે ઊંઘ લેશે થાકની આંખો,
જીવન છે એક લાંબી રથ ની યાત્રા,
સતત આગળ વધતું રહેવું કર્મ છે આપડું,
અસત્ય ના માર્ગ છે ઘણા,
સત્ય ના માર્ગ ચાલવું કર્મ છે આપડું,
ડગલે ને પગલે હારેલા સપના ને ભૂલી,
જીતવા ની તાકાત સાથે લડવું,
હારને કહેવું ના, ને જીવનને જીતવું આપડી જાત ના સાથે,
આગળ વધવું એક પડકાર સ્વરૂપ,
પણ જો એને પાર કરવા જોઈએ મન ની અડગ શક્તિ,
આપડા મન ની ગાથા ને અડગ સ્વરૂપે
તૈયાર કરી દે મેદાન માં ઉતરવા,
મજબૂત દીવાલ ને પણ પાર કરવાની શક્તિ
છૂપી છે એક ખૂણામાં,
જેને એક મજબૂત અવાજ થી જાગૃત કરી,
કર્મ ના માર્ગે આગળ વધતું રહેવું
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