

MGM INSTITUTE OF PHYSIOTHERAPY

Ongoing PG projects

BATCH YEAR: 2021-22

Sr.no	Title of study	Investigators
1	Biomechanical analysis of cervico-thoracic region among school going children with chronic mouth breathing.	Sayali Bhale, Dr. Surendra Wani
2	Effect of rhythmic cued motor imagery training as an adjunct to conventional training on fatigue, walking, balance and quality of life in patients with stroke: A Pilot Randomized Controlled Trial.	Aathira Pillai, Dr. Aswini Kale
3	Functional recovery in patients with post COVID stroke: An Observational Study	Aditi Gupte, Dr. Ashwini Kale
4	Weight bearing exercise for better balance (WEBB) program to improve balance, gait and reaction time in patients with stroke: A Pilot Randomized Controlled Trial	Amrapali Tayade, Dr. Ashwini Kale
5	Comparison of gluteus maximus, core muscles strength and pelvic tilt in individuals with and without bilateral flexible flat feet.	Komal Tajne, Dr. Kapil Garg
6	Effect of Pain Education and Conventional Physiotherapy exercises on Pain, Disability and Kinesiophobia in patients with Chronic Non Specific Low Back Pain: A Randomized Controlled Trial.	Deeba Shaikh, Dr. Kapil Garg
7	Association of forward head posture with sensory and motor conduction velocities of ulnar nerve in patients with chronic non specific neck pain.	Indrayani Talokar, Dr. Kapil Garg
8	Evaluation of sagittal thoracic mobility and curvature in patients with upper back dysfunction in computer desk workers.	Vidhi Bhanushali, Dr. Sanket Mungikar
9	Effect of Pain Neuroscience Education with Conventional Physiotherapy via telerehabilitation on pain catastrophizing and function in patients with Osteoarthritis Knee: A Randomized Controlled Trial.	Hiral Supe, Dr. Sanket Mungikar
10	Effectiveness of Mirror therapy in adjunct to Conventioanal Physiotherapy on pain, instability, joint mobility and proprioception in patients with post Anterior Cruciate Ligament reconstruction surgery: A Randomized Controlled Trial	Purva Toshniwal, Dr. Surendra Wani

11	Factors influencing workplace stress and quality of life among Physiotherapist with work related musculoskeletal disorders: A Cross-sectional Study	Mayuri Zavar, Dr. Prakash S Doss
12	Effect of 8 weeks structured Yoga program on Anxiety and depression among women undergoing IVF treatment: A Randomized controlled trial	Neha Khandekar, Dr. Prakash S Doss
13	The effect of Myofascial Release Technique combined with core stability exercise in older adults with non-specific low back pain : A Randomized Controlled Trial	Rasika Kulkarni, Dr. Prakash S Doss
14	Effect of Soft Tissue Manual Technique and Breathing Exercises on Pulmonary Function, Chest Expansion and Functional Status in Post COVID-19 Survivors : A Pretest Posttest Experimental Trial.	Renuka Khedekar, Dr. Santosh Dobhal
15	Association of Physical Activity, Obesity and Anxiety with COVID-19 disease severity- A cross sectional study.	Tejaswini Jaiswal, Dr. Vaibhav Kapre
16	Effects of home based rehabilitation program on cardio fitness level with post covid -19 patients in type II diabetes mellitus- Randomized Controlled Trial	Dhanshree Dabhade, Dr. Manish Shukla
17	Effect of eccentric training of quadriceps and hamstrings with posterior oblique subsystem integration on lower limb muscle performance in young fencers - A Randomized Controlled Trial	Neelam Ghumare, Dr. Sarath Babu
18	Impact of Sleep on Pain, Kinesiophobia and Quality of Life in patients with Rotator Cuff Tendinitis	Kalyani Malpani, Dr. Sanket Mungikar
19	Do shoulder disability associate with shoulder pain intensity, mobility and fear of movement in patients with shoulder dysfunction?	Padmashree Chaudhari, Dr. Surendra Wani
20	Effect of Low Load Blood flow Restriction Training on Lower Limb Muscle Function and Performance among Adolescent Professional Weighlifters: A Randomized Controlled Trial	Aryan Shukla,Dr. Sarath Babu

MGM INSTITUTE OF PHYSIOTHERAPY

Ongoing UG (Interns) Projects

BATCH YEAR: 2017-18

Sr.no	Title of study	Investigators
1	Effect of multicomponent exercise on menopause specific Quality of Life in post-menopausal women.	Radhika Atram, Dr Sanskruti Tahakik
2	The effect of active passive trainer on lower limb functions in stroke patient : a pilot study	Ayesha Fatima Mohammad Salahuddin, Dr Gaurav C Mhaske
3	Immediate effect of buerger's exercise on calf muscle pain and walking distance in security guards	Neha Baheti, Dr Sheetal Swamy
4	A cross sectional study to determine the prevalence of dysfunctional breathing in subjects undergoing renal dialysis.	Neha Bora, Dr Abhishek Mishra
5	Influence of Quadriceps angle on dynamic balance and quadriceps muscle strength in healthy young adults - A cross sectional study.	Rashi Borundiya, Dr. Goutami Katage
6	Effect of postural stability exercises combined with gaze stability exercises in patients with BPPV :A randomized controlled trial	RohitDawande, Dr.Goutami Katage
7	Effect of shoes on balance and cardiorespiratory endurance in healthy school going children.	Dr Shradha Shah, Shubham Ghogare
8	The Effects of Kapalbharti and Bhastrika Pranayama on Inspiratory Muscle Strength in Young Individuals - Pre and Post Experimental Study	Pooja Joshi, Dr.Santosh Dobhal
9	Effect of Ballet Dance Therapy on Balance and Gait in Autistic Patients: An Experimental Study	Dhanshree Kakade, Dr Gaurav Mhaske
10	Acute influence of wide variety of exercises with inter repetition cluster set training on neuromuscular performance in recreational runners. - A RCT	Nidhi Kalani, Dr. Payal Dhawale
11	Prevalence of osteoporosis among middle aged and old aged women by using osteoporosis self-assessment tool	Aishwarya Kamble, Dr. Goutami Katage
12	Comparing the effect of wearing Surgical and N95/FPP2 mask on cardiopulmonary parameters during 6MWT in health care worker : a crossover trial .	Aparna Khandelwal, Dr. Vaibhav Kapre

13	Effectiveness of high load strength training in the management of plantar fasciitis- a comparative study.	Neha kuli, Dr sanket mungikar
14	Thoracic spine mobility in patients with chronic neck pain using spinal mouse.	Prachi Mutha, Dr. Surendra Wani
15	Effect of MET on pain, ROM and proprioception in patients with chronic non specific neck pain patients.	Snehal Palkar, Dr. Kapil Garg
16	Translation and validation of PSQI Marathi version in moderate obstructive sleep apnea patients.	Rimsha Sameen Dr Santosh Dobhal
17	The Acute Influence of Muscle Energy Technique, Cranial Base Release and Stretching of Suboccipital Muscles on Atlanto-Axial Joint Mobility, Endurance and Craniovertebral Angle in Normal individuals - A RCT	Vaishnavi Sakalkar, Dr. Payal Dhawale
18	Effectiveness of customized resistance training on BMI and QoL in individuals with PCOS- An RCT	Chinmayee Shah, Dr. Sanskruti Tahakik
19	" EFFECT OF YOGNIDRA ON SUBJECTIVE SLEEP QUALITY IN WOMEN DURING THE MENOPAUSAL TRANSITION AND POST - MENOPAUSAL"	Seema Shinde, Dr. Santosh Dobhal
20	Quality of life in women with distasis recti : prevalence study	shivani soni, Dr sheetal swamy
21	Rate of perceived exertion in overweight young adults by using Face Rating Scale.	Yashvi Thakkar, Dr. Manish Shukla
22	An observational study to analyse the quality of life and depression in cancer patient	Nupur Deshmukh, Dr. Doss Prakash
23	Prevalence of altered proprioception and joint position error in patients with non specific chronic neck pain among young adults	Raghuraj Jaju, Dr. Kapil Garg
24	Prevalence of neck, shoulder and low back pain and its association with age, gender and BMI in desk workers	Shruti Maidankar, Dr. Gautami Katage

25	Predictors of health behavior in university students	Vaishnav Khedekar, Dr. Sanskruti Tahakik
26	Effect of sedentary life style on physical and mental health on IT Professionals.	Ruchita Kapadia, Dr. Sanskruti Tahakik
27	to find out the association of obstructive sleep apnea with polycystic ovary syndrome using Berlin and Epiworth Sleepiness scale	Megha Gavit, Dr. Shradha Shah
28	Influence of pronated foot and supinated foot on lower extremity kinematics during single leg squat among badminton players	Ankita Padol, Dr. Payal Dhawale
29	Awareness about kinesiphobia and its outcome measure among physiotherapists.	Sae Gore, Dr. Santosh Dobhal
30	Association of sit to stand test and six minute walk test to assess functional capacity on healthy older adults	Vaishnavi Dande, Dr Shradha Shah
31	Effects of group aerobic exercise protocol on cognitive functioning in 8-12 years children with sedentary lifestyle: A Randomized controlled trial	Barkha Nathani, Dr. Sanskruti Tahakik
32	Task specific training v/s Resistance training on function, strength and pain in patients with knee Osteoarthritis: A Comparative study	Utkarsha Zare, Dr Shradha Shah
33	Prevalence of Obstructive sleep apnea in adolescent population - An Observational Study	Pooja Deshpande, Dr. Santosh Dobhal
34	Prevalence of dysfunctional breathing in healthy overweight and obese students in the age group of 18-30 year: A cross sectional study	Priyanka Lokhande, Dr. Abhishek Mishra
35	The effect of TWT v/s TWT with obstacle crossing on gait parameter and balance among stroke patients: A Pilot Randomized Controlled Trial	Harsh Vora, Dr. Ashwini Kale
36	Effect of Tailor made Aerobic exercises protocol on quality of life in postmenopausal women	Vishaka Mohite, Dr. Sanskruti Tahakik
37	Comparison of overhead squat assessment between archers and non archers- An Observational Study	Shraddha Kanade, Dr Goutami katage
38	Acute influence of suboccipital release on forward head posture, cervicocephalic kinesthesia and head position change during overhead arm lift test in overhead athletes with forward head posture - A RCT	Kalyani Patil, Dr. Payal Dhawale

MGM INSTITUTE OF PHYSIOTHERAPY

Ongoing UG projects

BATCH YEAR: 2018-19

SR.NO	TITLE	INVESTIGATORS
1	Prevalence of normal weight obesity in Indian female between the age group of 18-30 years with normal BMI	Bagore Payal, Dr. Sanskruti Tahakik
2	Awareness about non -communicable diseases and its risk factors among middle aged population	Bhandare Anushka, Dr. Sanskruti Tahakik
3	Effect of high intensity physical exercise on quality of life in postmenopausal women.	Bhutada Yutika, Dr. Sheetal Swamy
4	Fat Wallet Syndrome in Male Sitting Job Workers for 7 Hours: Prevalence Study	Borale Ujwal, Dr. Sheetal Swamy
5	Marathi translation of Nijmegen questionnaire : Its validity and reliability	Burkul Vaishnavi, Dr. Abhishek Mishra
6	Effect of smartphone addiction pn pulmonary function in young adults	Dani Aarohi, Dr. Vaibhav Kapre
7	Impact on physical, psychological,& social health in work from home population	Dhumal Pratik, Dr. Payal Dhawale
8	Immediate effects of proprioceptive neuromuscular facilitation stretching on posterior kinetic chain in individual with hamstring tightness - A randomized controlled trial	Farooqui Marriym, Dr. Payal Dhawale
9	Association between radiographic findings and physical disability in patients with knee OA	Ghaisas Shantanu, Dr. Prakash Doss
10	Translation of short sensory profile questionnaire in marathi & its reliability	Jadhav Vaishnavi, Dr. Preeti Ganachari
11	Reference values of postural stability tests using balance platform in elderly population	Jain Aachal, Dr. Shradha Shah
12	Hindi translation of Barthel index : It's validity and reliability	Khinvasara Shruti, Dr. Shradha Shah
13	The effectiveness of transverse abdominis activation Vs rectus abdominis activation in reducing distance among Primiparous women with Diastasis rectii :A pilot randomized control trial	Kulkarni Revati, Dr. Ashwini Kale

14	Effectiveness of Sustained Natural Apophyseal Glide on Respiratory muscle strength, Craniovertebral angle and neck muscle endurance in overhead athletes with Forward Head Posture- A RCT	Mane Divya, Dr. Payal Dhawale
15	Association between hospital mobility and functional oriented task in intensive care unit in patients with acute stroke	Mergal Sonal, Dr. Shradha Shah
16	Validity and reliability of 6 minute peg board and ring test in patients with chronic kidney disease	Mithawala Mansi, Dr. Abhishek Mishra
17	Comparison of deep neck flexor muscle strength, endurance, & neck posture with and without spectacle usage in school going children	Nirmal Bhakti, Dr. Preeti Ganachari
18	Impact of adductor related groin pain on physical and mental health quality of life among football players	Parale Gaurav, Dr. Gaurav Mhaske
19	Marathi translation osteoporosis knowledge assessment tool (OKAT): it's validity & reliability	Punpaliya Sakshi, Dr. Sanskruti Tahakik
20	Effect of alternate nostril breathing on subjective sleep measures on patients with post operative open heart surgery: A randomised control trial	Rajebhosale Sai
21	The foot health Status in patients with diabetes mellitus	Rathod Bhargavi, Dr. Gaurav Mhaske
22	Awariness and survey of smartphone addiction in community (rural set up)	Rathod Shweta, Dr. Sanket Mungikar
23	Effect of Wim Hof breathing on blood pressure, sleep quality in chronic kidney disease patients: A randomised control trial	Sahastrabuddhe Shriya, Dr. Santosh Dobhal
24	Analysis of patients records maintained by physiotherapist at MGM physiotherapy rehabilitation and fitness centre	Salunke Amardeep, Dr. Surendra Wani
25	Effect of eccentric quadricep exercise on Q angle and tibial torsion in individuals with insufficient quadriceps strength	Shelke Rajmayuree, Dr. Goutami Katage

26	Comparison of manual therapy and diaphragmatic manuver on diaphragmatic excursion, thoracic mobility and exercise tolerance in patients with copd- A randomised control trial	Ghollar Shreya, Dr. Abhishek Mishra
27	Effect of integrated physiotherapy approach in patients with Tension Type Headache -"A Case Series"	Sultana Saniya, Dr. Kapil Garg
28	Effectiveness of cervical spine mobilization on hamstring flexibility and balance in individuals with forward head posture: A RCT	Unhale Bhargavi, Dr. Goutami Katage
29	Effect of abdominal muscle strengthening on pulmonary function in sedentary young adults- A Randomised control trial	Warke Gunjan, Dr. Vaibhav Kapre
30	To assess the impact of foot on static and dynamic balance among healthy young adult by using HUR balance master - An observational study	Wayal Sham, Dr. Gaurav Mhaske
31	The effect of traditional Indian Games on motor skills and cardiorespiratory endurance in healthy school going children- A randomised control trial	Suplekar Gayatri, Dr. Preeti Ganachari