

Centre of Excellence (CoE)

Mary McMillan Centre of Physiotherapy

About Us

Mary McMillan Centre of Physiotherapy is one of the major centers of medical and allied sciences under the center of excellence, Galgotias University established in June 2020. This Centre is inspired by the contribution of 'Mary McMillan' the mother of physiotherapy. Therefore, department of physiotherapy encourages young minds and researchers to collaborate on wide areas of medical and allied sciences. Some of the major fields where research is being performed are orthopedics, neuro-rehabilitation, sports medicine, and cardio-pulmonary rehabilitation.

Vision and Mission

- a. To promote applied and interdisciplinary research.
- b. To encourage innovation in research
- c. To promote industry collaborative activities.
- d. To mentor the students and faculty in scientific enquiry
- e. To transfer the benefits of research to the community.

The Team

Director- Dr. Shahiduz Zafar, Professor, School of Medical and Allied Sciences, Division of Physiotherapy, Galgotias University; Contact number- 9811701345 ,E-mail- shahiduz.zafar@galgotiasuniversity.edu.in

Center of Excellence Coordinator: Dr. Sneha Chakraverty, Assistant Professor, School of Medical and Allied Sciences, Division of Physiotherapy, Galgotias University, Contact- 9062305044, E-mail: sneha.chakraverty@galgotiasuniversity.edu.in

Research Team (Faculties)

1. Dr. Rituraj Verma, Programme Chair (Division of Physiotherapy), School of Medical and Allied Sciences, Contact- 7982344998, E-mail: rituraj.verma@galgotiasuniversity.edu.in
2. Dr. Sajjad Alam, Associate Professor, Division of Physiotherapy, School of Medical and Allied Sciences, Contact- 9818879898, E-mail- sajjad.alam@galgotiasuniversity.edu.in
3. Dr. Taruna Verma, Assistant Professor, Division of Physiotherapy, School of Medical and Allied Sciences, Contact- 7988151951, E-mail: taruna.verma@galgotiasuniversity.edu.in
4. Dr. Mangalam Sharma, Assistant Professor, Division of Physiotherapy, School of Medical and Allied Sciences, Contact- 7836917947, E-mail: Mangalam.kumari@galgotiasuniversity.edu.in

5. Dr. Megha Yadav, Assistant Professor, Division of Physiotherapy, School of Medical and Allied Sciences, Contact-9711147463, E-mail: megha.yadav@galgotiasuniversity.edu.in

Student Researcher

1. Shivank Khare, Student, BPT 3rd Year, Galgotias University
2. Utsav Raj, Student, BPT 3rd Year, Galgotias University

Facilities Available:

Mary McMillan Centre of Physiotherapy have well equipped labs with latest technology for a smooth conduction of research. and one active OPD for case studies and innovation. The following are list of facilities:

1. Exercise Therapy and Electro-therapy Lab
2. OPD

Equipments available:

1. Short-wave Diathermy
2. Microwave Diathermy
3. Contrast Bath
4. Paraffin Wax Bath
5. LASER
6. Shock wave Therapy
7. Electrical Stimulation
8. Ultrasound
9. TENS
10. IFT
11. Traction
12. Treadmill
13. Combination Therapy
14. Tilt Table

Rehabilitation Services:

1. Musculoskeletal rehabilitation
2. Cardio-pulmonary rehabilitation
3. Neuro rehabilitation
4. Sports injury and rehabilitation
5. Geriatric rehabilitation



Exercise Therapy Lab



Electrotherapy Lab



OPD

Equipments Available:



Contrast Bath



Shock-wave Therapy



Combination-therapy



Microwave Diathermy



Shortwave Diathermy



Traction

External Experts:



Dr. Prabhat Ranjan

Physiotherapist, AIIMS Delhi

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Dr. Prabhat Ranjan is currently working as a chief physiotherapist in Department of Neurology, AIIMS New Delhi from since last 12 years. He is also appointed as president, National Executive Board of Global association of physiotherapy. He had been resource person for more than 75 workshops in India on the Topic NDT/ BOBATH and had been visiting faculty in several colleges around Delhi NCR since last 8 years. He is certified in basic and advanced NDT/BOBATH.



Dr. Suraj Kumar is working as Head of Department, Department of Physiotherapy, Uttarpradesh University of Medical Sciences, Saifai, Etawah. He had received **Senior Research Fellowship** from Indian Council of Medical Research, New Delhi. He is member of board of studies of Kanpur University, BR Ambedkar University, Gorakhpur for BPT and MPT, Meerut University, Meerut, TMU, Bareilly, UPUMS, Saifai. He had received prestigious **“Significant Contribution award”** twice during international conference on multidisciplinary healthcare, AIIMS, New Delhi -11-12 January, 2014 and 2018. He had published more than 6 books and 77 research papers and he is the editor of 6 major national and international journals.

Dr. SURAJ KUMAR (P.T.), SRF (ICMR)

M.P.T. (Sports medicine), M.I.A.P., M.D.C.P., Vice President POSA,

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Major Areas of Research

- Mental Health
- Myofascial Pain
- Motor Learning
- Manual Hyperinflation

- Manual Therapies

Major Publications

- Vandana Tomar, Rituraj Verma, Taruna Verma, S.Zafar (2020). **Prevalance of Upper Trapezius Myofascial Pain and Brasserie groove deformity due to tight inner wear in Women** : The Correlation Study. Indian Journal of Physiotherapy and Occupational therapy , July-Sept 2020 Issue.Vol.14. No.3 [No.5086/IJPOT/2020].
- Singh Pragya,Yadav Megha, Chauhan Neha, S. Zafar. Effects of single session of Motor Imagery on Motor Learning of Locomotion in Male and Female Older Adult: A comparative study: International Journal of Health Science and Research: Vol 10: issue no 6 : PP150-156:5 May 2020.
- Nandita Yadav¹, Sakshi Arora, Mangalam Kumari, Megha Yadav, Jyoti Sharma. Knowledge and Awareness about Use of Manual Hyperinflation in ICU Patients Amongst Physiotherapy Students in Delhi NCR, India. International Journal of All Research Education & Scientific Methods.2020
- Sneha Chakraverty, Chhavi Arora. Awareness of Mental Health Applications among smartphone users in India: A Population-based Survey. International Journal of Health Science and Research .20 August2020
- Rituraj Verma, Taruna Verma, Vikas Sharma, Yash Pratap, Sanghamitra Jena, Sajjad Alam (2020). **Effectiveness of Piriformis Stretching and Intermittent Lumbar Traction along with Spinal Extension Exercises in Lumbar Disc Herniation:** Comparative Study. Medico-Legal Update. Jan 2021 [No9138/MLU/2020].
- Utsav Raj, Ambreen Fatima. Stress in Students after Lockdown Due to COVID-19 Thereat and the Effects of Attending Online Classes. SSRN. May 2020