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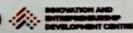
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Doctor of Philosophy



Cortified that Mr. Ms.	SANTHEEP S.	42
Son/Daughter of Shri_	SANKARAN P.P.	
has been admitted to the S	Segree of Doctor of Philosop	thy in the subject
	ROBIOLOGY	from the Faculty of
ALLIED HE	ALTH SCIENCES	of this University in
the convocation held on_	27 FEBRUARY 2023	under the WGC (Minimum
Standards and Procedure	for Award of Ph. D Degre	
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Doctor of Philosophy



This is to certify that VIJAY SELVAN N

souldaughter of Shri A. NATARAJAN

has obtained the Degree of Doctor of Philosophy in the subject of

PHYSIOTHERAPY

from this University, in JULY, 2021

under WGE (Minimum Standards and Procedure for Award of M. Phil.)

Ph & Degrees) Regulations, 2016.

Tilland the Thesis:

ROLE OF EXERCISE IN THE ABSORPTION AND RETENTION OF VITAININ D' AMONG

PROFESSIONAL ATHLETES WITH DEFICIENT OR INSUFFICIENT VITAMIN D LEVELS IN THE STATE OF KERALA - A COHORT STUDY

Abu Road (Rajasthan), Dateds

09 FEBRUARY 2022



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Indian Journal of Natural Sciences



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International Bimonthly (Print)

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RESEARCH ARTICLE

Anti-cyclic Citrullinated Peptide Antibody and Rheumatoid Factor in Rheumatoid Arthritis Patients: Evaluation of Clinical Relevance

S Santheep^{1,2*}, Preeti Mahawar¹ and P Rosh⁴

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Rheumatold Arthritis (RA) is a prevalent Systemic Autoimmune Disorder with varying degrees of morbidity and mortality. Immunoassays based on synthetic citrullinated peptide are highly successful for detecting auto antibodies against cyclic citruilinated peptide, which is a recent and highly security marker for RA in addition to Rheumatold factor (RF). C Reactive protein (CRP) levets are also linked to inflammatory processes in RA patients. This research attempts to investigate and compare the frequency and interaction of anti-cyclic citruffinated peptide antibody (ACCP), RF, and CRP in RA suspects. The alim of this research is to evaluate the role and critically assess the degree of sensitivity, precision, a alm of this research is to evaluate the role and critically assess the degree of sensitivity, precision, a positive and negative anticipating worth of ACCP & RF in rheumatoid arthritis patients. Specimens from RA people were assessed for RF, Anti-CCP and CRP by particular immunologic and also photometric assays. ACCP has a higher specificity for RA in the study, while RF has a higher degree of sensitivity. According to the findings of this review, while ACCP assays provide enhanced uniqueness for RA, RF has a higher degree of sensitivity. The combination of traditional and novel blomarkers may be useful in the study and the provide enhanced to the provide enhanced and provide enhanced to the p predicting and diagnosing medical conditions at an early stage, as a result, it is advised to use a combination of ACCP and RF for the diagnosis of RA, as it provides clinical sensitivity close to 100 percent

Keywords: Rheumatold Arthritis, Rheumatold factor, Systemic Lupus Erythematosus, Anticyclic citruitinated peptide, Biomarkers.



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RESEARCH ARTICLE

Biomarkers for the Evaluation and Monitoring of Rheumatoid Arthritis -To make Things Real

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ABSTRACT

Introduction: One of the critical steps in RA patients' evolution is the identification and differentiation of the more severe symptoms of the disease by prognostic blomarkers for more systematic management of these cases. In order to guide clinical and therapeutic management of all phases of rheumatoid arthritis, biomarkers are critical because they can help predict disease progression in at-risk subjects, increase diagnosis by closing the serological gap, provide prognostic knowledge that is useful for making therapeutic decisions and assessing responses and effects of care, and allow for disease behaviour.

Objective: The study aims to assess the role and critically evaluates the sensitivity, precision, a positive and negative predictive value of various biomarkers in rheumatoid arthritis patients

Methods: Blood samples from RA patients were analyzed for RF, Anti-CCP, and Anti-Ds DNA AND CRP by respective immunologic and photometric assays.

Results: Anti-Ds DNA had a high uniqueness for RA with a reasonably low level of sensitivity. The mix of anti-Ds DNA and anti-CCP may raise a level of sensitivity and might be useful as diagnostic markers for rheumatold arthritis.

Conclusion: The combination of conventional and novel biomarkers can be beneficial in predicting and very early medical diagnosis, primarily due to the variety of scientific look and inconsistency in the distribution of biomarkers in various individuals.

Keywords: Rheumatoid Arthritis, Rheumatoid factor, Systemic Lupus Erythematosus, Anti cyclic citrutlinated peptide, Biomarkers.



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RESEARCH ARTREE

Effects of Virtual Reality Based Training (VRBT) and Proprioceptive Training for Improving Dynamic Balance in Chronic Ankle Instability (CAI) Patients - A Comparative Study

Srisha Shashidharan', Rinaesh Kiland Vijay Selvan Nill

Senior Specialist, Physiotherapist, Shifa Dose Medical Complex, Alhaesa, Saudia Arabia. "Senior Specialist, Physiotherapist, Pro Physio Centre for Physiotherapy, Alhaesa, Saudia Arabia Professor and Head, Department of Physiotherapy, KMCT College of Allied Health Sciences. Kazhikode Karata India.

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ABSTRACT

Chronic arikle instability (CAI) is define as, the tendency lowerd repeated arikle sprain and improper treatment, recurring symptoms like pain, weakness, giving way feet. CAI classified into mechanical arisbe instability and functional arkite instability. Selance is most commonly affected in CAI due to top of proprioception. To find out the effectiveness of virtual reality based training (VRBT) and proprioception training in CAI for improving dynamic balance. 32 CAI subjects over a selected by talar tilt and anterior drawer test and 15 commit in Group A-VRST and 15 in Group 8-proprioception training for 10 weeks. Pre-Post-test measure by viar excursion balance test (SEBT) and foot and ariths drubblily index and Sport modules (FADI-S). Group A and Group 8 had improvement in dynamic belance and functional activity. Group A shows significant difference from group 8 in all outcome measures. The independence cample t-field in anterior p-value (000 less than .05, in P-E p-value 017 less than .05, in P-M p-value 038 is less than 05, and in FADI-S p-value 000 less than 05. Proprioception improved in both group as well as feedback. reaction time also increase in VRBT group. It was conducted that virtual reality based training is more effective than propriscoption training for improving dynamic balance in chronic ankle instability.

Keywords: CAI, VRBT, Propriscoption Training, Dynamic Balance, SEBT, FADI-S

INTRODUCTION

Bipedalitim is the main form in human locomotion where a human move by means of legs with hand exing [1]. An article-foot complix is one of the most important region of a human body in bipedal bosmotion and it is entremely complicated structure including tiene, multi-enticular muscle, landom, and other soft tissues such as walking



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Biomedicine: 2018; 38(4): 505-508

Efficacy of Physiotherapy Management for Focal Occupational Dystonia (Musician's Cramp)

Mohan Kumar G', Jibi Paul', Senthil Nathan CV', Rajalaxmi V', Ramachandran S', Yuvarani G', Padmanabhan Ki, Mustafa Murtuzai and Vijay Selvan Ni

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(Received: Jun 2018

Revised: Sep 2018

Accepted: Dec 2018)

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ABSTRACT

occupational upper limb dystonia is characterized by involuntary muscle contractions that selectively interfere with the execution of specific motor tasks such as writing or playing a muscle instrument, so it has become a big necessity to study and research on the exercise treatment of the selective of the second as the second of the se big necessity to study and research on the exercise treatment of focal occupational dystonia.

Materials and Methods: The experimental study was conducted in the ACS general hospital, velappanchavadi, Chennai, 10 subjects of both the sexes were selected randomly for the aridy between the age group of 10-45 years. The subjects with chronic focal hard dystonia were included in the study. The subjects having any other pathology in and around the cloow and wrist region were packeded from the study. Patients who were uncooperative and sensitive to cold with peripheral periphing were accorded from the study. Patients who were uncooperative and sensitive to cold with peripheral periphing were also excluded. Visual Analogue Scale (VAS) and Arm Dystonia Disability Scale (ADDS) were used as outcome measures in this study.

Results: Significant differences were noted in the post-jest values where the subjects had improved performance and reduction in axis.

and reduction in pain.

Conclusion: Intervening focal occupational dystonia using stretching exercises and splint has resulted in good progression of the condition. Correct assessment of the stage of dystonia is important to establish a good treatment plan. Thus, from the above study, we concluded that the combined effect of stretching and splinting is effective in reducing pain and improving the functional activity of the upper lamb.

Key Words: Focal occupational Dystonia, stretching, musician's cramp.

INTRODUCTION

local occupational dystonia is a common condition among the musicians. Focal occupational upper limb dystonia is characterized by involuntary muscle contractions that selectively interfere with the execution of specific motor tasks such as writing or playing a musical instrument, so it has become a big necessity to study and research on the exercise treatment of focal occupational dystonia (1-4). An extraordinarily large number of people play a musical instrument these days, which leads to an increase in the number of cases of these disorders. As a result, epidemiological studies have been carried out, which confirmed that this is a serious problem (5.6).

that 66% of planists and 48% of string players had musculoskeletal disorders. These findings have been confirmed more recently, in 1997, by Ian Jomes, who studied 56 international orchestras.

Any musician (professional, amateurs, cosignatories level students) who play a long period of time may suffer from performance related disorders 29% of 22000 members of the music teachers National Association in the United States reported that they were affected and most of them suffering from upper limb disorders (7-11).

Occupational dystonia affects those who play a musical instrument and named usually according to the instrument to play upon (12-14). It was first described during the 18th century by the name



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RESEARCH ARTHER

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Prevalence of Vitamin D Deficiency among Athletes in Kozhikode and Malappuram Districts of Kerala State - A Cross Sectional Study

Vijay Selvan N.*, Arunachalam Ramachandrani and Althaef Mohamed A.H.

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ABSTRACT

The objective of the study is to find the prevalence of vitamin D deficiency in adhetes living in Kazhinode and Malappuram districts of Kerala State in India 220 subjects belonging to age group 15-30 years old were servened for inclusion and exclusion criteria and 97 subjects were taken into the Cross-sectional study. Anthropometric assessment and Blood analysis for Vitamin D and Calcium was done on them and among them 73 subjects had insufficient/deficient Vitamin D level were the actual samples for cross sectional study. The data collection spanned for 6 months (March - August 2018). Among 97 subjects screened, a genera prevalence of 77% of Vitamin D insufficiency (-30 ng/ml) was observed in make and 71% among female athletes in selected districts of Kerala, India. Among this 73 subjects 27% had Vitamin Dideficiency (+ 20 ng/ml). Significant correlation between Vitamin Dideficiency and serum calcium levels of the athletes was established with P value < 001. No statistically significant correlation between 25(OHIO) levels and sun exposure, physical activity, practice area or anthrepometric levels could be established. The study concluded that healthy male and female attrictes in Kerala have a high prevalence of vitamin O deficiency. The results of this study suggest that there is a need for regular supplementation and vitamin D awareness campaigns for athletes in Kerala, India.



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The effect of curcuma longa extract and significance of mordant as an alternative for eosin in H and E: A comparative study

Rubina M. P. Sukesh¹, Soumya V.², Mohammed Safeer T. K., Riyas Basheer K. B.³

Research Scholar, College of Allied Health Sciences, Srinivas University, Mangalore, Karnataka, 'Department of Pathology, Srinivas Institute of Medical Sciences and Research Centre, Mangaluru, Karnataka, Department of Pathology, KMCT College of Affied Health Sciences, Kozhikude, Kerala, ¹Department of Physiotherapy, Tejasvini Physiotherapy College, Mangalore, Karnataka, India

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ABSTRACT

Background and Aim: Hematoxylin and Eosin (H and E) staining is a common and routine staining method used in Histopathology. In origin, Hematoxylin is natural and Eosin is a synthetic dye. Synthetic dyes are widely accepted due to its staining efficiency. However, due to synthetic and toxic properties, natural alternatives have gained importance. In this present study, Curcuma Longa rhizome (Turmeric) extract with and without mordant are examined as a natural substitute for Eosin in H and E staining. This study assessed the staining quality of Turmeric (H and T) compared to Eosin (H and E) and the significance of mordant in H and T staining. Materials and Methods: A comparative study is conducted in a Histopathology laboratory in a tertiary care hospital. Five tissue specimens were collected and stained with H and T with mordant, H and T without mordant, and conventional H and E stain. Two independent pathologists examined the quality of each stain. The results are graded as excellent, good, and poor. These results are statistically compared and analyzed. Result: Staining quality of Turmeric and Eosin are comparable to each other. At the same time, Turmeric gives yellow color instead of pink in Eosin. The result also shows that the addition of mordant in Turmeric significantly improves the staining quality. Interpretation and Conclusion: Turmeric with mordant can be used as an alternative stain to synthetic Eosin in H and E staining

KEY WORDS: Eosin, H and E, H and T, natural dyes, turmeric

INTRODUCTION

In the era of global warming and ecological crisis, the current global interest in using biodegradable materials and natural dyes/stains has evoked curiosity to explore its staining efficacy in various staining methods.11 Due to the nontoxic effects, various natural dyes are used for coloring textiles, drugs, cosmetics, etc. In Histopathology. various natural dyes such as Hematoxylin, Saffron, Carmine, etc., are used in different staining methods. Purified alcoholic extract of Curcuma Longa (C. Longa) is used as a natural alternative in different staining experiments. In 2014, Sachin Kumar et al.[1] showed that purified ethanolic extract of C. Longa's staining reaction is similar to Eosin except for its intense yellow color.

C. Longa (Turmeric) is a common spice used in curries and food additives, also used as a dietary pigment. C. Longa contains flavonoids, which are typically polyphenolic compounds. Phenols are acidic in nature: hence, C. Longa has the ability to stain the basic parts of the cell p a

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Hematoxylin and Eosin (H and E) staining is the major morphological staining method used in Histopathology, which uses two dyes: Hematoxylin and Eosin. The nuclear stain Hematoxylin is a natural dye, whereas the cytoplasmic stain Eosin is synthetic in origin. Although

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Dr. Smitthi S. Nath Organizing Secretary

Kerala State Medical Council has granted 2 Credit Hours to this CINE (Ref Letter No. CI. RS99)/2022/MIC Date 05-11-2022)









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for active participation in the One-day Workshop on ICMR Guidelines, Good Clinical Practice and New Drugs & Clinical Trials Rules Conducted by Dr. Nandini K. Kumar (Former Deputy Director General Senior Grade (CMR) Organized by IQAC, IEC, Dept. of Periodontics & Dept. of Public Health Dentistry, KMCT Dental College on 31st July 2022.

Dr. Aylsha Nazreen



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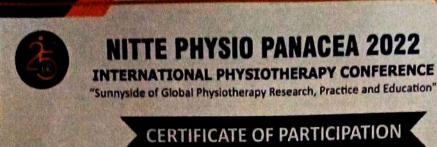






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Medical Sciences Complex, NITTE (Deemed to be University), Deralakatte, Mangaluru.

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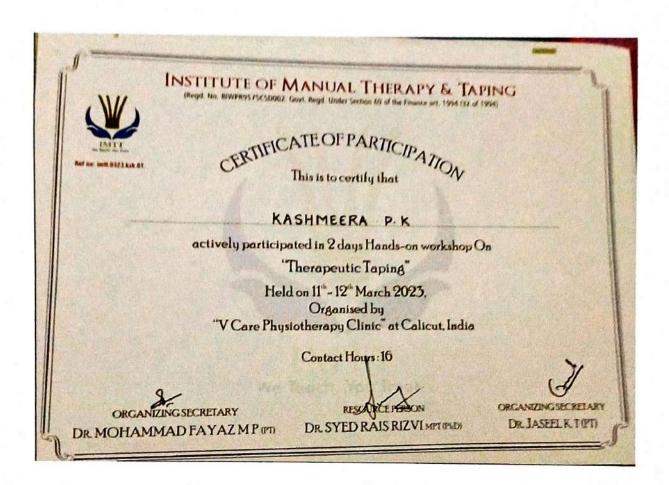
























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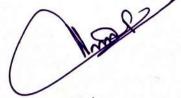












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INTERNATIONAL LEADERSHIP CONCLAVE SUSTAINABLE LEADERSHIP

CERTIFICATE OF PARTICIPATION

Mr/Ms/Dr/Prof VIJAY SELVAN N

for his /her active and invaluable participation during the International leadership Conclave on "SUSTAINABLE LEADERSHIP"

iointly organized by JDT ISLAM College Of Physiotherapy L Saxion University Of Applied Sciences, Kingdom Of Netherlands, held on 7th November 2019 at JDT ISLAM Campus, Kozhikode-12











THIERRY TARTARIN

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Date: Merch 6th to 8th, 2020 Venue: Confluence Resorts & Convention Center, Mahabalipuram, Chennai

Certificate of Appreciation

This Certificate of Appreciation is awarded to Dr./Mr./Mrs./Ms. PROF. VLTRY SELVAN. N.

in recognition of his sincere and valuable contribution as

Resource person / Session Chair / Judge / Moderator / Organizer

during the 58th Annual Conference of The Indian Association of Physiotherapists (58th IAPCON 2020 - CHENNAI) held on March 6, 7 & 8 - 2020, Confluence Convention Center, Mahabalipurani, Chennai, Tamil Nadu.

This Certificate carries 30 Credit Points.

This educational program / conference has Credit Points from Tamil Nadu Dr.MGR Medical University

cientific Partner:

Academic Partner:

Accommission Patron Amusto enti-Vallat d'Amusqu Gift Partner

Dr.B.S.Desikamani

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Dr.M.S.Satish

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Go, change the world

CERTIFICATE OF PARTICIPATION

This is to certify that

Dr/Mr/Mrs

VIJAY SELVAN

has participated in the workshop "MSK Careers in the UK" organized by R V College of Physiotherapy in association with Healthshare on 29th november 2022.

Mr Anand Parkunan

Clinical Director Healthshare

Dr Sriraghunath S (PT)

Training & placement officer, RVCP

Dr Pruthviraj R (PT)

thing P

Professor & Principal RVCP



Principal KMCT College of Allied Health Sciences P.O. Manassery, Mukkam

Kozhikode, Pin - 673602







KMCT

COLLEGE OF ALLIED HEALTH SCIENCES

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2nd NATIONAL IAP

CORPORATE CONFERENCE 2022

Certificate of Participation

This is to certify that Dr. / Mr. /Ms. VIJAY SELVAN. N

participated as Professional / Delegate

in the 2nd National IAP Corporate Conference 2022 organized by The Indian Association of Physiotherapists held on 15th & 16th October 2022 at Travancore International Convention Centre, Karyavattorn, Trivandrum, Kerala, India









ध Or K.M. Annamalai (PT)



Dr Ruchi Varshney (PT)





Dr Jim Gopalakrishnan (PT) State Organizacj













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2nd NATIONAL IAP **CORPORATE CONFERENCE 2022**

Certificate of Appreciation

This is to certify that Dr. / Mr. /Ms. Vijay Selvan N. participated as Invited Speaker / Panelist / Judge / Chairperson

for the Event / Topic Faculty Presentation

in the 2nd National IAP Corporate Conference 2022 organized by The Indian Association of Physiotherapists held on 15th & 16th October 2022 at Travancore international Convention Centre, Karyavattom, Trivandrum, Kerala, India.



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NITTE PHYSIO PANACEA 2022



INTERNATIONAL PHYSIOTHERAPY CONFERENCE "Sunnyside of Global Physiotherapy Research, Practice and Education"

CERTIFICATE OF PARTICIPATION

This is to certify that

Dr / Mr / Ms VIJAY SELVAN N

has participated in NITTE PHYSIO PANACEA-2022 an International Physiotherapy Conference organized by Nitte Institute of Physiotherapy on Dec 2nd and 3rd 2022 at Justice K S Hegde Auditorium, Medical Sciences Complex, NITTE (Deemed to be University), Deralakatte, Mangaluru.



Ms. Aishwarya Nair Convenor, Registration Committee NITTE Physio Panacea



Prof. Dr Dhanesh Kumar K U Organizing Chairman, NITTE Physio Panacea Principal, NIPT

N. kkam
Kc. ikode
Pin 73 602

Principal

KMCT College of Allied Health Sciences
P.O. Manassery, Mukkam

Kozhikode, Pin - 673602

and 2











NITTE PHYSIO PANACEA 2022



INTERNATIONAL PHYSIOTHERAPY CONFERENCE

"Sunnyside of Global Physiotherapy Research, Practice and Education"

CERTIFICATE OF APPRECIATION

This is to certify that Dr. VIJAY SELVAN N

.........Participated as a Plenary chairperson

at NITTE PHYSIO PANACEA-2022 an International Physiotherapy Conference organized by Nitte Institute

of Physiotherapy on Dec 2nd and 3rd 2022 at Justice K S Hegde Auditorium,

Medical Sciences Complex, NITTE (Deemed to be University), Deralakatte, Mangaluru.

Prof. Rakesh Krishna Convenor, Plenary Sessions NITTE Physio Panacea



Prof. Dr Dhanesh Kumar K U Organizing Chairman, NITTE Physio Panacea Principal, NIPT











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ENTER OF EXCELLENCE IN BIOMECHANICS TNPESU



CERTIFICATE OF INDUSTRIAL TRAINING PROGRAMME

This is to certify that Mr/Ms. PROF. DR. VTJAY SELVAN N of KMCT College of Allied Health Sciences, Kozhikode has Participated in "Industrial Training Programme" organised by Department of Sports Biomechanics & Kinesiology at Center of Excellence in Biomechanics at Tamil Nadu Physical Education and Sports University, Chennai on 25th & 26th November 2022.

Credit hours-12 hours

Organising Secretary Dr. P. Rajinikumar

Multiple Reality Science Pin- 673 502 20 8





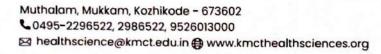






















JDT ISLAM COLLEGE OF PHYSIOTHERAPY



MOTOR RELEARNING PROGRAM IN STROKE REHABILITATION

This is to certify that Mr./Ms. Dr. VIJAY SELVAN

has

Participated in the Hands on workshop on " Motor Relearning Program in Stroke Rehabilitation " organized by DEPARTMENT OF NEUROLOGY on 10th December 2022 at JDT Islam College of Physiotherapy, Vellimadukunnu, Calicut.

Total Credit Hours- 8 Hours

Dr. SAJEEVAN T

DR. SULFIKAR ALI A

RESOURCE PERSON









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National Physiotherapy Seminar "Evidence Based Stroke Rehabilitation"



Organized by

Composite Regional Centre for Persons with Disabilities-Kozhikode

(Department for the Empowerment of Persons with Disabilitie Ministry of Social Justice & Empowerment, Govt. of India)

JDT Islam College of Physiotherapy and Research Centre, Kozhikode (NAAC Accredited Institution affiliated to Kerala University of Health Sciences)

Certificate of Participation

PROF. VIJAY SELVAN N

of the Organizing Committee in the National Physiotherapy Seminar on Evidence Based Stroke Rehabilitation as Committee Manhar Report Evidence Chair of Session titled APPLYING EBP GIUIDELINES FOR FUNCTIONAL RECOVERY.

OF UPPERLIMB FOLLOWING STROKE held at JDT College of Physiotherapy and Research Centre on 3rd March 2019







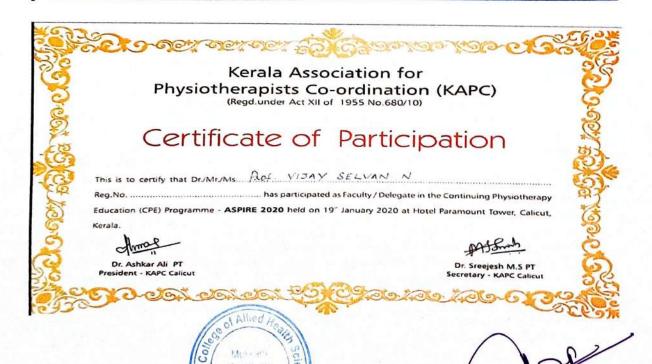












Pin-6/3

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"OVERVIEW OF RECENT APPROACHES AND ITS EVIDENCE IN NEURO REHABILITATION"

Organized by

Department of Physiotherapy



CERTIFICATE OF PARTICIPATION

This is to cortify that

MAING DELYON N

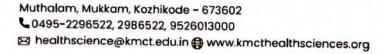
has participated as a student | delegate | chairperson in Symposium on "Overview of recent Approaches and Its coidcacc in Neuro Rehabilitation held at XMCT College of Atticd Health Sciences. Manasscry. Mukkam on 7th April 2019.

Credit hours - 8

10

Dr. R. Arunachalan Resource Person Professor & Principal, College of Physiothere

Allied)











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METASTASIS 30th Aug - 1" Sept 2019 MVRCCRI Campus, Kozhikode, Kerala













This is to certify that

VIJAY SELVAN N

has participatd in Physiotherapy Workshop during MVR CANCON 2019 held from 30th Aug to 1th Sept 2019 at MVRCCRI Campus, Kozhikode, Kerala.

Travancore-Cochin Medical Council has granted 6.0 (Six) Credit Hours (Day 1: 3 Credit Hours + Day 2: 2 Credit Hours + Day 3: 1 Credit Hour) to this conference vide Letter No.: C2.20681/2019/MC/CME Dated: 24/08/2019.

Dr. K V Sajeevan Organis ng Secretary











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Principal
CT College of Allied Health Sciences
P.O. Manastery Musikam
Kozhikode, rome 073002









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