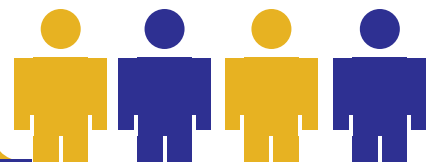
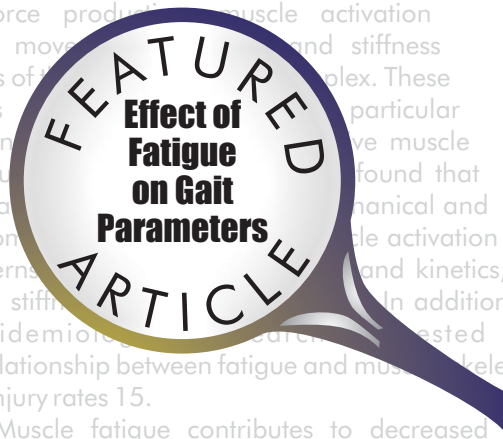
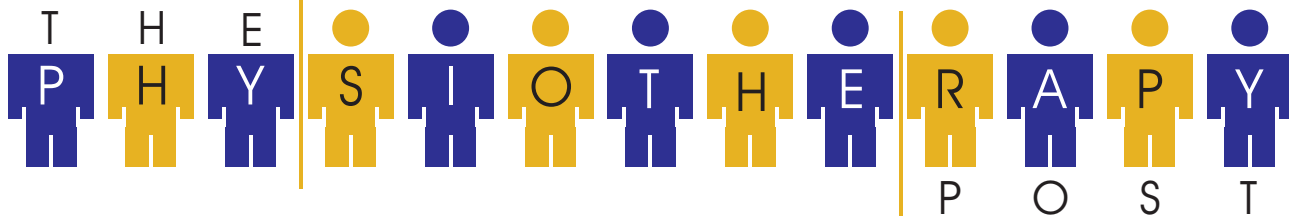


Thus Fatigue is one of the key elements which alter the biomechanical and neuromuscular factors associated with the risk of sustaining musculoskeletal injury. Biomechanical and neuromuscular factors include muscle strength, rate of force production, muscle activation strategies, movement patterns and stiffness properties of the joint. These variables are particularly important in the study of muscle fatigue. It has been found that after fatigue, the mechanical and neuromuscular activation patterns and kinetics, and stiffness change. In addition, epidemiological research has suggested a relationship between fatigue and musculoskeletal injury rates [15].

Muscle fatigue contributes to decreased joint stability as a result of impaired joint proprioception and reduced muscle activation and thus hampers normal function during activities and ambulation. During normal ambulation, the foot cushions, supports and kee





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### FAREWELL (March 31, 2011)

March 31, 2011 was celebrated as a day to mark the celebration of a new beginning with a beautiful note by Ivy Baker Priest "The world is round and the place which may seem like the end may also be the beginning". Juniors gave a warm farewell to their seniors and presented them momentos describing their personalities and wishing them luck. Amongst various cultural programs the most memorable moment was when seniors saw a presentation that embarked their journey during the college years. Sumit Singh was Mr BCIP & Garima Singh was chosen as Miss BCIP from MPT II yr and Saurabh Chaudhary & Saumya Khullar were chosen Mr & Miss BCIP respectively among BPT final year batch. Seniors were overwhelmed with their juniors gesture and love.

### TRIP TO MUSSOORIE (2nd – 4th APRIL 2011)

A 3 day excursion trip on was organized by BCIP for its undergraduate & postgraduate students to mussoorie & dehradun accompanied by 3 faculty members. The students and staff enjoyed in the picturesque beauty of queen of hill stations Mussoorie. In the most appropriate weather tracking, fun rides at Company Bagh & enjoyable dip in 'Sahastra Dhara' will always be remembered by the whole group. To add to the fun the final match of World Cup on 2nd April 2011 was enjoyed by the whole group together. The fun and frolic of the 3 day trip left everyone rejuvenated & charged for the upcoming Annual Examinations.



### FDP on "LEVERAGING TECHNOLOGY" (15th and 16th April, 2011)

Faculty Development Program on "Leveraging Technology for obtaining Clinical/Training Material" was organized, as per the guidelines of Delhi State Fee Regulatory Committee. This FDP was supported by eminent speaker of medical, academic & research background including Dr. Shamim Ahmad (Ex-Vice Chancellor, Jamia Hamdard, New Delhi), Dr. Dhananjay Gupta (Senior Orthopedic consultant, Orthonova Hospital), Dr. Skand Sinha (Asst. Professor Orthopedics, RML Hospital, New Delhi), Dr. Sanjeev Gupta (Director, BCIP), Dr. Pradeep Kumar (Senior Physiotherapist, Max Superspeciality Hospital), Dr. S. K. Wadhwa (Director, BCIIT). This FDP was attended and appreciated by Asst. Professors, Readers, and HODs of various Institutes like Agarsen Institute of Technology, Kalka Institute, BCIP, and BCIIT.



### YONEX SUNRISE INDIA OPEN BADMINTON SUPER SERIES (26th April to 1st May, 2011)

A major Badminton event with its first Super Series took place at Siri Fort Sports Complex, New Delhi. BCIP represented in this global event in the medical team as Physiotherapist namely Dr. Sanjeev Gupta, Dr. Chaya Garg, Dr. Davinder Kumar Gaur. World Champions like Lee Chang Wei, Taufik Hidayat & Peter Gade were the centre of attraction, however top seeded Saina Nehwal & Jwala Gutta with other national players like Saurabh Verma, RMV Guru Sai Dutt also participated. Sports Physiotherapy facilities were provided to various national & international players to name a few Tse Ying Suet – Hongkong, Aditya Elango – Indonesia & Muhammad Rijal – Indonesia during there on field injuries.

### FREE PHYSIOTHERAPY CONSULTATION CAMP (17th May, 2011)

Free Physiotherapy Consultation Camp was organized by 'Banarsidas Chandiwala Institute of Physiotherapy' in collaboration with 'Engineers Club (Regd.) North Zone, Saraswati Vihar, Pitampura. Dr. Sanjeev Gupta (Director, BCIP) inaugurated the Camp. Consultation was provided by Dr. Davinder Kr. Gaur, Dr. Nidhi Sharma and Dr. Charu Chopra along with 3 MPT students. Wheelchairs were distributed to the poor needy and physically challenged persons. The camp was in all highly appreciated by the Club and the patients. The closing bell of the camp was followed by Lunch.



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Original papers describing informative ideas, groundbreaking results and/or quantified experiences are invited. Submissions from academicians, consultants and other related professionals are strongly encouraged. We especially encourage submissions that highlight real world / evidence based research works, new applications or other facts & findings. Submissions will be subject to rigorous peer review regarding originality, significance, interest, clarity, relevance, and correctness.

Submissions must be full papers, at most 14 single-spaced 8.5" x 11" pages, including figures, tables, and references, two-column format, using 10-point type on 12-point (single-spaced) leading, with a maximum text block of 7" wide x 9" deep with 0.25" inter column space. Papers that do not meet the size and formatting requirements will not be reviewed.

For more information



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