



## Press Release

Date: January 30, 2020

### **Jamia Hamdard organises a workshop focusing on “Sensory integration and Proprioceptive neuromuscular facilitation”**

School of Nursing Sciences and Allied Health, Jamia Hamdard organised a one day workshop on **“Sensory integration and Proprioceptive neuromuscular facilitation”**.

Dr. Prof. Manju Chhugani, Dean of the School of Nursing Sciences and Allied Health, Prof. Ona P. Desai, Head of the Department of Rehabilitation Sciences and faculty members of the rehabilitation department were present during the inauguration.

The Workshop was held in two sessions:

During Session I, Dr. Deepika Singla, spoke on the importance of **“ Sensory integration and Proprioceptive neuromuscular facilitation”** while Dr. Nidhi Bansal delivered an insightful lecture on **“Proprioceptive neuromuscular facilitation in bell’s palsy”** and also demonstrated **PNF techniques** for the management of Bell’s Palsy. Hands on training was given to the participants there and then for an effective teaching-learning process.

Session II, was addressed by keynote speaker of Dr. Manish Samnani. He had a very interactive session with the students regarding the **“Sensory integration therapy”** and shared his knowledge on sensory integration, different sensory systems and how sensory systems work in coordination with each other for better gross motor skills and what happens if sensory systems do not work in integration.

He also demonstrated the techniques which are used in the rehabilitation of children with sensory integration disorders using slime, crayon colors, swiss ball and mattress.

During the workshop, the participants had the opportunity to discuss their queries regarding the relevance of sensory integration and Proprioceptive neuromuscular facilitation. The workshop ended with the distribution of certificates.

The event was an amalgamation of many brainstorming sessions and discussions of utmost importance emphasizing the priority of working in coordination with multi-disciplinary team while dealing with these patients.

*“The aim of the workshop was to bring together a group of young students and let them understand the **Proprioceptive neuromuscular facilitation in bell’s palsy**” while giving them hands-on training with mentorship provided by experts, says Dr. Prof. Manju Chhugani, Dean of the School of Nursing Sciences and Allied Health”*

### **About Rufaida School of Nursing Sciences and Allied Health**

Rufaida College of Nursing (Faculty of Nursing), was established in 1983 as per the vision of Hakeem Abdul Hameed Saheb, the founder of Jamia Hamdard, who wanted to encourage girls from minority community and weaker sections of the society to take up the noble profession of Nursing. He gave the name "Hamdard" to his venture which means "**Sympathy for all and sharing of pain**".

For over three decades of its existence, Rufaida College of Nursing has had thousands of young women graduated and have flourishing careers in India as well as abroad. The courses offered are recognized by the Indian Nursing Council (INC) and the State Nursing Council (DNC). The students are given clinical, ‘hands-on’ training in the parent hospital i.e. HAHC Hospital and other affiliated hospitals.

### **About Jamia Hamdard**

Jamia Hamdard (JH) is an institution for higher education located in New Delhi, India, established in 1989. It is a Government-funded Deemed to be University primarily known for its Pharmacy, Medicine and Engineering programs.

Jamia Hamdard is ranked among top 20 Universities of India by National Institutional Ranking Framework (NIRF) 2019, Govt of India and has been accredited in "A" grade by the National Assessment and Accreditation Council (NAAC) of India. The University offers graduate postgraduate programs in Medicine, Pharmacy, Unani Medicine, Nursing, Science, Computer Applications, Management, Allied Health Sciences, Law and other disciplines.

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