

DEPARTMENT OF PHYSIOTHERAPY

L.T.M.M.COLLEGE & L.T.M.G.HOSPITAL, SION, MUMBAI – 22.

First BPTTh (CBPC) 2024-2025

Academic Calendar

Sr. No.	Time Frame	Academic Activities	Others
1.	December 2024	Orientation Programme held and Academic Calendar & Schedule given Clinical Posting under Supervisor started	
2.	December 2024 To February 2025	Anatomy, Physiology, Biochemistry teaching program started from 03/12/2024. Fundamentals of Kinesiotherapy & Electrotherapy teaching program started from 27/01/2025	Anti- Ragging form submission
	March - April 2025	Regular Lecture and Practical Schedules Formative Assessment - I	Haemogram Report Submission
	May 2025	Regular Lecture and Practical Schedules MUHS Summer Vacation for 15 Days	
	June 2025	Regular Lecture and Practical Schedules Term I- Theory Practical Exams for Anatomy & Physiology Biochemistry College exam Formative Assessment - II	Trinity - Tentative
	July 2025	Regular Lecture and Practical Schedules	
	August 2025	Regular Lecture and Practical Schedules	
	September 2025	Regular Lecture and Practical Schedules Formative Assessment - III	
	October 2025	Regular Lecture and Practical Schedules MUHS Winter vacation for 10 days	
	November 2025 December 2025	Prelims - Theory Practical Exams for ALL subjects including Core Physiotherapy subjects	
	January 2026	MUHS final Exam	

WEEKLY TIME TABLE

First Year BPT (A.Y - 2024 - 2025)

Time Slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30 am to 09:30 am	Clinical Posting	Clinical Posting	Clinical Posting	Kinesio. / Electro Lecture	Clinical Posting	Clinical Posting
09:30a to 10:30am	Anatomy	Physiology	Anatomy	Physiology	Anatomy	Physiology
10.30am to 11:30am	Anatomy	Physiology	Anatomy	Physiology	Anatomy	Physiology
11:30am to 12:30pm	Anatomy	Biochemistry	Anatomy	Biochemistry	Anatomy	Biochemistry
12:30pm to 01:30pm	Lunch					
01:30pm to 02:30pm	Kinesio. Practical	Electro. Lecture	Kinesio. Practical	Clinical Posting	Electro Practical	XXXX
02:30pm to 03:30pm		Kinesio. Lecture	Electro Lecture	Clinical Posting		XXXX

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First BPTth (2012) 2024-2054

Fundamentals of Electrotherapy

Theory Term I & Term II Portion

Term I

Sr. No.	Topic	Teachers name
1	Basic Physics	Dr. Esther Katarnawre
2	Condenser	Dr. Esther Katarnawre
3	Main Supply	Dr. Vishakha Patil
4	Shock	Dr. Vishakha Patil
5	Static Electricity	Dr. Esther Katarnawre
6	Current Electricity	Dr. Esther Katarnawre
7	Electric skin resistance	Dr. Esther Katarnawre
8.	D.C & A.C.	Dr. Esther Katarnawre
9.	Cellular Biophysics	Dr. Vishakha Patil
10.	Electromagnetic Induction	Dr. Esther Katarnawre
11.	Electromagnetic Spectrum	Dr. Vishakha Patil
12.	Faradic Currents	Dr. Esther Katarnawre
13.	Galvanic Currents	Dr. Esther Katarnawre
14.	Apparatus for Modification of Current	Dr. Esther Katarnawre
15.	Diagnostic Electrical muscle stimulator	Dr. Vishakha Patil
16.	Environmental Currents	Dr. Vishakha Patil
17	Magnetism	Dr. Esther Katarnawre
18	Short wave Diathermy	Dr. Esther Katarnawre
19	Hydro collator hot packs	Dr. Esther Katarnawre
20	Paraffin wax bath	Dr. Esther Katarnawre
21	Whirlpool	Dr. Esther Katarnawre
22	Contrast Bath	Dr. Esther Katarnawre
23	Home remedies	Dr. Esther Katarnawre
24	IR	Dr. Esther Katarnawre
25	Sound	Dr. Vishakha Patil
26	Ultrasound	Dr. Vishakha Patil

Term II

Sr. No.	Topic	Teachers name
1	Cryotherapy	Dr. Vishakha Patil
2	UVR	Dr. Esther Katarnawre
3	TENS	Dr. Vishakha Patil
4	IFT	Dr. Vishakha Patil
5	LASER	Dr. Vishakha Patil

R. V. Naik

Prof. (Mrs.) Rajashree V. Naik
Professor & Head
Physiotherapy Teaching & Treatment Centre,
L.T.M.M. College & Gen. Hospital, Sion
Mumbai - 400022

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First BPT (CBPE) 2024-2025

**Physiotherapy Paper I (Electrotherapy)
Practical Schedule**

Term – I

Sr. No.	Topic	Teacher Name	Supervisor
1	Hot Pack – Shoulder Neck	Dr. Esther Katarnawre	Ruchika & Twinkle
2	Hot Pack – Neck & Upper Back	Dr. Esther Katarnawre	Samarth & Isha
3	Hot Pack – Lower Back & Hip	Dr. Esther Katarnawre	Ruchika & Twinkle
4	Hot Pack – Upper Back	Dr. Esther Katarnawre	Samarth & Isha
5	Hot Pack – Knee & Elbow	Dr. Esther Katarnawre	Ruchika & Twinkle
6	Infrared Radiation I	Dr. Esther Katarnawre	Sunidhi & Raturaj
7	Infrared Radiation II	Dr. Esther Katarnawre	Sunidhi & Raturaj
8	PWB - Hand	Dr. Esther Katarnawre	Sharvari & Vaishnavi
9	PWB – Foot	Dr. Esther Katarnawre	Fatema & Vaishnavi
10	SWD	Dr. Esther Katarnawre	Fatema & Gajanan
11	Ultrasound Therapy I	Dr. Vishakha Patil	Ruchika & Gajanan
12	Ultrasound Therapy II	Dr. Vishakha Patil	Samarth & Gajanan
13	Stimulator	Dr. Vishakha Patil	Sunidhi & Isha
14	Revision I	Dr. Esther Katarnawre	
15	Revision II	Dr. Esther Katarnawre	

Term – II

Sr. No.	Topic	Teacher Name	Supervisor
1	UVR	Dr. Esther Katarnawre	Sharvari & Vaishnavi
2	Cryotherapy – Neck & shoulder	Dr. Vishakha Patil	Fatema & Raturaj
3	Cryotherapy – Hip & Back	Dr. Vishakha Patil	Sunidhi & Isha
4	Cryotherapy – Elbow & Knee	Dr. Vishakha Patil	Fatema & Twinkle
5	Cryotherapy – Fingers and Toes	Dr. Vishakha Patil	Sunidhi & Gajanan
6	Cryotherapy- Revision I	Dr. Vishakha Patil	Sunidhi & Isha
7	IFT	Dr. Vishakha Patil	Ruchika & Vaishnavi
8	TENS	Dr. Vishakha Patil	Samarth & Twinkle
9	Revision II	Dr. Vishakha Patil	

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First BPT (CBPE) 2024-2025

PHYSIOTHERAPY PAPER II (KINESIOTHERAPY)

Theory Term I & Term II Portion

Term I

Sr. No.	Topic	Teachers name
1	Classification of Movement	Prof. Rajashree Naik
2	Joint Mobility	Dr. Sachin Etam
3	Goniometry	Dr. Sachin Etam
4	Basic Evaluation of Vital parameters	Dr. Pratibha Gaikwad
5	Assessment of Sensations, Reflexes and Tone	Dr. Sachin Etam
6	Therapeutic Soft Tissue Manouvres	Dr. Pratibha Gaikwad
7	Introduction to Yoga	Dr. Sachin Etam

Term II

Sr. No.	Topic	Teachers name
1	Relaxation	Dr. Esther Katarnawre
3	Therapeutic Gymnasium	Prof. Rajashree Naik
4	Suspension Therapy	Prof. Rajashree Naik
5	Aerobics conditioning & Basic principles of general fitness	Dr. Pratibha Gaikwad

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First BPT (CBPE) 2024-2025

Physiotherapy Paper II (Kinesiotherapy)

PRACTICALS SCHEDULE

Term – I

Sr. No.	Topic	Teacher Name	Supervisor
1	Passive Movements of Shoulder Joint	Prof. Rajashree Naik	Bhoomi, Iram
2	Passive Movements of Hip Joint	Prof. Rajashree Naik	Bhoomi, Iram
3	Passive Movements of Elbow & Knee	Prof. Rajashree Naik	Apoorva, Bhakti
4	Passive Movements of Wrist & Fingers	Prof. Rajashree Naik	Mansi, Prabhat
5	Passive Movements of Ankle & Foot	Prof. Rajashree Naik	Payal, Shruti
6	Passive Movements of Cervical Spine	Prof. Rajashree Naik	Roshani, Rahul
7	Goniometry – Shoulder	Dr. Sachin Etam	Bhoomi, Iram
8	Goniometry – Hip	Dr. Sachin Etam	Bhoomi, Iram
9	Goniometry – Elbow	Dr. Sachin Etam	Apoorva, Bhakti
10	Goniometry – Knee	Dr. Sachin Etam	Apoorva, Bhakti
11	Goniometry Wrist & Fingers	Dr. Sachin Etam	Mansi, Prabhat
12	Goniometry Ankle and foot	Dr. Sachin Etam	Payal, Shruti
14	Revision – I	Dr. Sachin Etam	
15	Fundamental Position	Dr. Pratibha Gaikwad	Apoorva, Bhakti
16	Derived Position	Dr. Pratibha Gaikwad	Apoorva, Bhakti
17	Yoga I – Supine	Dr. Sachin Etam	Payal, Shruti
18	Yoga II – Prone	Dr. Sachin Etam	Payal, Shruti
19	BP PR RR & chest expansion	Dr. Pratibha Gaikwad	Mansi, Prabhat

Term – II

Sr. No.	Topic	Teacher Name	Supervisor
1	Sensations, Tone and Reflex testing	Dr. Sachin Etam	Bhoomi, Iram
2	Aerobics Excercises	Dr. Pratibha Gaikwad	Roshani, Rahul
3	Yoga in Sitting	Dr. Sachin Etam	Roshani, Rahul
4	Yoga in Standing	Dr. Sachin Etam	Roshani, Rahul
5	Therapeutic soft tissue manoeuvres- Back & Neck	Dr. Pratibha Gaikwad	Mansi, Prabhat
6	Therapeutic soft tissue manoeuvres- Upper Limb	Dr. Pratibha Gaikwad	Bhoomi, Iram
7	Therapeutic soft tissue manoeuvres- Lower limb	Dr. Pratibha Gaikwad	Bhoomi, Iram
8	Therapeutic soft tissue manoeuvres- face and scalp	Dr. Pratibha Gaikwad	Apoorva, Bhakti
9	Therapeutic soft tissue manoeuvres- Abdomen	Dr. Pratibha Gaikwad	Apoorva, Bhakti
10	Relaxation I	Dr. Esther Katarnawre	Payal, Shruti
11	Relaxation – II	Dr. Esther Katarnawre	Payal, Shruti
12	Therapeutic Gymnasium	Prof. Rajashree Naik	Mansi, Prabhat
13	Suspension- Hip Joint Vertical and Axial	Prof. Rajashree Naik	Mansi, Prabhat
15	Suspension- Shoulder Joint Vertical and Axial	Prof. Rajashree Naik	Apoorva, Bhakti
16	Suspension – Elbow and Knee	Prof. Rajashree Naik	Apoorva, Bhakti
17	Revision II	Dr. Sachin Etam	

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KINESIOLOGY & MOVEMENT SCIENCE- PAPER I

Theory Term I & Term II Portion

Term I

Sr. No.	Topic	Teachers name
1	Mechanics & Basic Biomechanics	Prof. Rajashree Naik
2	Muscle Biomechanics	Prof. Rajashree Naik
3	Joint Biomechanics	Prof. Rajashree Naik
4	Starting & Derived Positions	Dr. Pratibha Gaikwad

Term II

Sr. No.	Topic	Teachers name
1	Regional Kinesiology – Shoulder Complex	Dr. Sachin Etam
2	Regional Kinesiology – Hip Joint	Dr. Pratibha gaikwad