

Faculty Name: Dr.B.Sathyaprabha

Degree: MPT., Ph.D., Women's Health

Designation: Associate Professor

Thesis title-Effects of antenatal exercise and education on pregnancy induced musculoskeletal symptoms

Areas of Research Expertise: Musculoskeletal Discomforts in pregnancy, Pelvic floor rehabilitation.

Research projects

1. A study to analyse the components of SF 36 questionnaire in patients with renal failure-(2010)
2. Progressive resistance training in maintenance haemodialysis patients-(2011)
3. Effect of transcutaneous nerve stimulation(TENS) on chest expansion in median sternotomy-(2012)
4. Validation of pregnancy physical activity questionnaire-Tamil-(2016)
5. Effect of postnatal education and exercise on low back pain early postnatal mothers-(2016)
6. Effects of pelvic floor muscles and abdominal muscle exercises on stress urinary incontinence symptoms-(2017)
7. A study to analyse a relationship between anthropometric measurement physical activity psychosocial aspects in endometriosis-(2017)
8. Effects of sub maximal exercise training versus flexibility exercises among adolescent – Polycystic Ovarian Syndrome population (2018)
9. Physical activity and pelvic girdle pain in pregnancy(2019)
10. Effects of postnatal exercises on pelvic tilt in early postnatal mothers. (2019)
11. Ethical challenges in pregnant woman as research participant-A recommendation to physical therapy research and practice (2019)

Awards & Recognitions of faculty

1. Invited lecture-stress and exercise-organised by Cancer Institute Adyar and IAP women cell Chennai-JUNE 2019
2. Invited lecture- on recent physiotherapy trends in early postnatal exercise – SDUAHER,KOLAR-MARCH-2019
3. Resource Person -Workshop On Exercise And Women After Child Birth- Sri Ramachandra Institute of Higher Education and Research,
4. deemed to be university-NOV 2018
5. Resource person -postnatal rehabilitation in SPREE conference- JULY 2017 IN SRU

6. Resource person -postnatal rehabilitation in SPREE conference- FEB 2016 IN SRU
7. Resource person -ergonomics for ICU nurses-In-house training program,SRU- NOV 2016
8. Invited lecture-on recent physiotherapy trends in antenatal care –SAVEETHA UNIVERSITY – JUNE 2015
9. Invited lecture- workshop on urogenital prolapse and physiotherapy management – SRM UNIVERSITY- SEPT 2015
10. Appreciated for organizing exercise prescription for postnatal mothers –educational program on the occasion of world physiotherapy day- SEPT 2015
11. As guest speaker in wipro,chennai for women's day celebration-exercise and women's health- MARCH 2015
12. Invited lecture-role of physiotherapy in women's health-international congress on women's health-SVIMS-Tirupathi- JULY 2014
13. Appreciated for participating rehabilitation program for cancer survivors organized by Sri Ramachandra University –AUG 2013
14. Exercise in women's health and wellbeing- a program of awareness and guidance at SRU - SEPT.2012
15. Invited lecture- on role of physiotherapy in women's health -world physiotherapy day celebration-2011 at the Tamil nadu DR.M.G.R. Medical University, CHENNAI- SEPT 2011
16. Invited lecture- on role of physiotherapy in obstetrics and gynaecology,GIRM,CHENNAI- APRIL 2010
17. Received appreciation letter from chief operating officer and head of the department for in-house programs-postnatal camp, rehabilitation in oncology and fitness screening and education camp
18. Awarded for ten years service in Sri Ramachandra Institute of Higher Education and Research
19. Reviewed articles in indexed journal
20. Conducted in house camps and community programs in prevention and wellness programs on women's health care.
21. PCOS –STAY INFORMED AND STAY ACTIVE-Resource Person
22. Resource person –Pelvic floor rehabilitation - SPREE conference- 2019 IN SRU
23. Judge –world Bioethics day poster presentation –SRU
24. Resource person –Physical activity in adolescence –Student induction programme ,Faculty of nursing- 2019 IN SRU
25. Team member and resource person in ANTENATAL EDUCATION AND EXERCISE PROGRAMME in Medical centre and sri ramachandra Hospital organized by Department of OBG ,SRU-2019 onwards.

Conferences, Seminars, Workshop, training undergone by faculty

1. Industrial training –Technomed ,AUG,2019
2. CME ON incontinence organised by Apollo-FEBICON-SEPT,2019
3. Simulation training programme-Sept 2019,SRU.
4. CME on rehabilitation in oncology- SRU- FEB 2019
5. CME on breast cancer rehabilitation-Cancer institute and Grace physio at Loyala college,,chennai-JAN-2018
6. Workshop on mentoring the mentors- SRU- AUG 2018
7. CPE ON exercise evaluation and prescription - SRU-2018
8. Research methodology workshop - SRU- NOV 2018
9. Dissemination program for "ICMR NATIONAL ETHICAL GUIDELINES-2017"- FEB 2018
10. Rapid Review Program-SPREE organized by faculty of physiotherapy,SRU – JULY 2017
11. Enhancing the educators program in college of management -SRU
12. INDO-US fulbright program on research capacity building- SRU – MAR 2016
13. Rapid Review Program-SPREE organized by faculty of physiotherapy,SRU – FEB 2016
14. Workshop on grant and publication writing,SRU- SEPT 2015
15. Workshop on gender sensitisation,SRU—FEB 2015
16. National level conference on biopsychosocial wellbeing-SRU- FEB 2015
17. Awareness programme on VISAKA GUIDELINES, MAY 2014, SRU
18. Work shop on physiotherapy in Women's Health,Manipal University- SEPT2013
19. Colloquium on exercise science and health promotion-EXPRO-2013,Manipal University- SEPT2013
20. International conference on musculoskeletal and manual physical therapy,SRU - JULY 2014
21. CME on evidence based exercise prescription for lowback-post operative and non operative'- APRIL 2013
22. CME on 'research methodology and scientific writing for physiotherapists'- SRU 2013
23. Workshop on 'skills in governance' on international women's day celebration – SRU 2013
24. Exercise in women's health and wellbeing- a program of awareness and guidance at SRU-2012
25. CPE on role of physiotherapy in women's health -world physiotherapy day celebration- at the Tamilnadu DR.M.G.R. Medical University, Chennai.-2011
26. CPE on clinical prediction rule in physiotherapy-SRU-2011
27. CPE on exercise prescription of upper extremities-SRU-2011
28. Orientation program in research methodology and biostatistics as course work for phd candidates-SRU-2011
29. Workshop on bands, balls &balance held at Drona institute for therapeutic solutions,Chennai-2011

30. CPE on role of physiotherapy in obstetrics and gynaecology and updates in the field of oncology for physiotherapists, GIRM, Chennai-2011
31. CPE on recent trends of physiotherapy in women's health- SRU 2010
32. Conducted camp on fitness for women at SRU-2010
33. Faculty development program at SRU-2009
34. Work shop on basic epidemiology and critical appraisal at SRU-2009
35. CPE on life brand evaluation-SRU-2009
36. CPE on trauma update for physiotherapists by IORAS and IAP at MADURAI-2006
37. Work shop on electro physiology and electro diagnosis at Vinayaga Mission, Salem-2006
38. Work shop on NDT and motor control theory RVS college of physiotherapy, Coimbatore-2003

Membership in Committees etc., (Internal/ External)

1. Member of Center for Women's Advancement (SRCWA), Sri Ramachandra University
2. Member – Notice Board Journal Committee, Faculty of Physiotherapy, SRU

List of Publications

1. Effect of Structured Antenatal Class on Health Related Quality of Life of Primi Mothers – a Randomised Control Pilot Trial , B Sathya Prabha , Jaya Vijayaraghavan , Arun G Maiya , N Venkatesh -Indian Journal of Physiotherapy & Occupational Therapy, volume-10 April-June-2016 Page-73-78
2. Pregnancy Induced Musculoskeletal Dysfunction Scale(PMDS) - Development and Validation, B Sathya Prabha , Jaya Vijayaraghavan , Arun G Maiya , N Venkatesh - Indian Journal of Public Health Research & Development, volume-8 July-September-2017 Page-347-351.
3. **Kavipriya S, Prabha B Sathya**, Venkatesh N. Validation of Pregnancy Physical Activity Questionnaire (TAMIL). Indian Journal of Public Health Research & Development. 2019Aug;10(8):559–62. [Web of Science(ESCI)].
4. **Prabha BS**, Vijayaraghavan J, Maiya A, Venkatesh N, Sivakumar R. Effects of Antenatal Exercise Programme and Education on Health Related Quality of Life: A Randomised Controlled Trial. Journal of Clinical & Diagnostic Research. 2019Feb;13(2):1–4. [Web of Science (ESCI)].