

SunRise University

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SRU COLLEGE OF PARAMEDICAL TECHNOLOGY SunRise University Campus, Alwar, Rajasthan, India

Syllabus and Curriculum

Diploma in Physiotherapy Technician Course

I SEMESTER

Paper Code	Subject	Internal	External	Total
1DPT01	Basic Anatomy & Physiology	40	60	100

1DPT02	Basics of relevant Pathology, Pharmacology & Microbiology	40	60	100
1DPT03	Basics of exercise therapy, electrotherapy, physics used in	40	60	100
	physiotherapy, biomechanics & kinesiology			
1DPT06	Practicals I	40	60	100

II SEMESTER

Paper Code	Subject	Internal	External	Total
2DPT01	Hygiene & prevention of cross infection.	40	60	100
2DPT02	Basic life support (BLS) & Cardiopulmonary resuscitation (CPR)	40	60	100
2DPT03	Orthopedics and neurological surgical & medical conditions relevant			
	to Physiotherapy I			
1DPT04	Practicals I	40	60	100

III SEMESTER

Paper Code	Subject	Internal	External	Total
1DPT01	Orthopedics and neurological surgical & medical conditions		60	100
	relevant to Physiotherapy II			
1DPT02	Nursing Procedures, vital recording, IM/IV/SC injection, Oxygen	40	60	100
	Therapy, Nebulization, IV infusion. I			
1DPT03	Physiotherapy in Sports related conditions I	40	60	100
1DPT04	Drugs used in Physiotherapy & BLS	40	60	100
1DPT06	Practicals II	40	60	100

IV SEMESTER

Paper Code	Subject	Internal	External	Total
2DPT01	Procedures, vital recording, IM/IV/SC injection, Oxygen Therapy,	40	60	100
	Nebulization, IV infusion. II			
2DPT02	Physiotherapy in Sports related conditions II	40	60	100
2DPT03	Basic biomedical engineering physics of machines used in			
	physiotherapy			
1DPT04	Practicals I	40	60	100

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OBJECTIVES OF THE COURSE

To prepare a Physiotherapy technician who –

- Can examine and assess deficits of neurological & musculoskeletal systems.
- Can advise and execute appropriate exercise & electrotherapy.
- Can maintain rich communication with related consultant surgeons & physicians
 & follow their order.
- Can give psychological support to the patients and their relatives.

Outline of Curriculum of Diploma in Physiotherapy Technician Course

FIRST YEAR

THEORY (Classes: 9 AM to 12 Noon)

Syllabus covers -

- 1. General Anatomy & Physiology (Cytology, Histology, Osteology and only basics of all organ systems of body).
- 2. Only basics of relevant Pathology, Pharmacology & Microbiology.

Syllabus covers 1. Detailed Anatomy of bones, muscles, joints, nerves of body. 2. Basics of exercise therapy, electrotherapy, physics used in physiotherapy, biomechanics & kinesiology. 3. Hand hygiene & prevention of cross infection. 4. Basic life support (BLS) & Cardio-pulmonary resuscitation (CPR).

PRACTICAL (Classes: 1 PM to 4 PM)

Practical classes will be after lunch; from 1 PM to 4 PM.

Students must present in the hospital/ physiotherapy lab for practicals.

During first year, they should be there only as "Observers" in practical classes.

(Observership for Various technics of exercise & electrotherapy, Vital monitoring.)

Following subjects must be taught; though there will not be any exam from these-

- 1. Basic Computer skills.
- 2. Basic English.
- 2. Soft skills like Interpersonal relationship skills & moral education.

Outline of Curriculum of Diploma in Physiotherapy Technician Course

SECOND YEAR

THEORY (claases:9 AM to 12 Noon)

Syllabus covers -

- 1. Only relevant surgical & medical conditions (relevant to Physiotherapy but other than Orthopedics and neurological systems).
- 2. Nursing Procedures like vital recording, IM/IV/SC injection, Oxygen therapy, Nebulization, IV infusion.

Syllabus covers -

- 1. Physiotherapy in Orthopaedics, Neurological, Medical, Surgical & Sports related conditions.
- 2. Drugs used in Physiotherapy & BLS.
- 3. Basic biomedical engineering physics of machines used in physiotherapy.

SECOND YEAR

PRACTICAL (claases:9 AM to 12 Noon)

Practical exams syllabus should cover-

- Hands on training of Vital Monitoring .
- Hands on training of various exercise therapies.
- Hands on training of various electrotherapies.
- Hands on training of BLS.

ELIGIBILITY CRITERIA FOR ADMISSION & DURATION OF THE COURSE

COURSE DURATION:-

• It is 2 years, **full time** Diploma Course.

ELIGIBITY:-

• Candidate must have passed 12th with Physics, Chemistry, Biology

Or

Physics, Chemistry, Maths

with 35% marks in Intermediate exams.

(From UP board or any other recognised board).

Candidate must have completed age of 17 years of age as on 31st December of admission year. There is no maximum age limit for the admission.

SCHEDULE OF EXAMINATION

FIRST YEAR

Paper	Subjects	Mark	Internal Assessme nt Marks	Total Marks	Pass Marks	Duration of Exam.
First Paper Theory	 1.General Anatomy & Physiology (Cytology, Histology, Osteology and only basics of all organ systems of body). 2.Only basics of relevant Pathology, Pharmacology & Microbiology. 	75	25	100	50	3 Hours
Second Paper Theory	 Detailed Anatomy of bones, muscles, joints, nerves of body. Basics of exercise therapy, electrotherapy, physics used in physiotherapy, biomechanics & kinesiology. Hand hygiene & prevention of cross infection. Basic life support (BLS) & Cardio-pulmonary resuscitation (CPR). 	75	25	100	50	3 Hours
Practical	Oral & Practical	75	25	100	50	3 Hours

SCHEDULE OF EXAMINATION

SECOND YEAR

Paper	Subjects	Mark	Internal Assessme nt Marks	Total Marks	Pass Marks	Duration of Exam.
First Paper Theory	 1 .Only relevant surgical & medical conditions (relevant to Physiotherapy but other than Orthopedics and neurological systems). 2.Nursing Procedures like vital recording, IM/IV/SC injection, Oxygen therapy, Nebulization, IV infusion. 	75	25	100	50	3 Hours
Second Paper Theory	 Physiotherapy in Orthopaedics, Neurological, Medical, Surgical & Sports related conditions. Drugs used in Physiotherapy & BLS. Basic biomedical engineering physics of machines used in physiotherapy. 	75	25	100	50	3 Hours
Practical	Oral & Practical	75	25	100	50	3 Hours

SCHEDULE OF COURSE

(List of holidays, Total hours, Subject wise allottement of hours)

• List of Holidays:-

Total Holidays	- 105 days
Preparatory holidays	- 10 days
Gazetted holidays	- 23 days
Winter vacation	- 10 days
Summer vacation	- 10 days
Sundays	- 52 days

• Total Hours :-

Theory classes per day	- 3 Hours
Practical classes per day	- 3 Hours
Total hours per day	- 6 Hours
Total days & hours in One year (after deduction of holidays)	- 260 days or - 1560 Hours

SCHEDULE OF COURSE

1

Subject wise allottement of hours

FIRST YEAR

Theory (780 Hours) Practical (780 Hours)

	1.General Anatomy & Physiology (Cytology, Histology, Osteology and only	235 Hr
First Paper	basics of all organ systems of body).	
Theory	2.Only basics of relevant Pathology, Pharmacology & Microbiology.	100 Hr
	1.Detailed Anatomy of bones, muscles, joints, nerves of body.	190 Hr
Second Paper Theory	2.Basics of exercise therapy, electrotherapy, physics used in physiotherapy, biomechanics & kinesiology.	160 Hr
	3.Hand hygiene & prevention of cross infection.	15 Hrs
	4.Basic life support (BLS) & Cardio-pulmonary resuscitation (CPR).	10 Hrs
Third Paper Practical	As described in curriculum	780 Hr
Theory: Other	1.Basic Computer skills.	30 Hrs
Subjects (These subjects must	2.Basic English.	30 Hrs
be taught; though there will not be any exam from these)	3.Soft skills like - Interpersonal relationship skills & moral education	10 Hrs

SCHEDULE OF COURSE

Subject wise allottement of hours

SECOND YEAR

Theory (780 Hours) Practical (780 Hours)

	1.Only relevant surgical & medical conditions (relevant to Physiotherapy but	280 Hrs
<u>First</u>	other than Orthopedics and neurological systems).	
<u>Paper</u> Theory		20.11
<u>Incory</u>	2. Nursing Procedures like vital recording, IM/IV/SC injection, Oxygen therapy, Nebulization, IV infusion.	20 Hrs
		400 Hrs
	1 .Physiotherapy in Orthopaedics, Neurological, Medical, Surgical & Sports	400 1115
Second	related conditions.	
Paper	2. Drugs used in Physiotherapy & BLS.	30 Hrs
<u>Theory</u>	z.Drugs used in rinysionerapy & bls.	501115
		7 0 1 1
	3.Basic biomedical engineering physics of machines used in physiotherapy.	50 Hrs
Third		
Paper	As described in curriculum	780 Hrs
Practical		

PAPER 1st Theory	Topics	Hours.
	 General Orientation about parts of human body. Various terms used in Anatomy. Total numbers of bones, their names & location. Basic idea about organzation of body ,from cell to organ systems. 	06 Hrs
	2. Structure of Animal cell, Cell organelles & their functions	06 Hrs
	3. Human tissue, types, structure & functions.	10 Hrs
	 Osteology: Names, location, identification and basic details of all bones. (Details of skull bones is not required). 	20 Hrs
1.General	5. Joints: types, basic structure & examples.	06 Hrs
Anatomy & Physiology	6. Skin & appendages.	02 Hrs
(Cytology, Histology, Osteology and only basics of all organ systems of	 7. GIT: : Location, Gross structure, various parts & their functions. Details of process of food ingestion, digestion, absorption & defaecation. (Microscopic structure is not required.) 	20 Hrs
body).	8. Respiratory tract: Location, Gross structure, various parts & their functions. Details of breathing mechanism, different respiratory volumes. (Microscopic structure is not required.)	20 Hrs
	 9. Urinary tract: Gross structure, various parts & their functions. (Microscopic structure is not required.) Process of urine formation & voiding. 	20 Hrs
	10. Male reproductive system: Only gross structure & functions of different parts. (Microscopic structure is not required.)	05 Hrs
	11. Female reproductive system: Only gross structure & functions of different parts. (Microscopic structure is not required.) Menstrual cycle.	05 Hrs

PAPER 1st Theory	Topics	Hours.
1.General Anatomy &	12. Endocrine system: Hormones secreted by Pituitary, Thyroid, Parathyroid, Pancreas, Adrenal cortex, Adrenal medulla, Gonads & functions of different hormones. (Details of structure of these glands not required).	20 Hrs
Physiology (Cytology, Histology,	13. Gross structure of brain & spinal cord. Functions of different parts of brain & spinal cord.(Details not required.)	20 Hrs
Osteology and only basics of all organ systems of	 Blood: Composition & Functions. Details about Plasma, RBCs, WBCs, Platelets, Clotting system. 	30 Hrs
body).	 Gross structure & functions of sensory Organs - Eye, Ear, Nose, Tongue.(Details not required). 	20 Hrs
	16. Basic gross structure of heart, vessels opening into heart & Leaving the heart. Arterial & Venous tree of body.	20 Hrs
	17. Lymphatic system: Structure & Functions.	10 Hrs
	18. Inumune system: Components & various mechanisms of defense.	10 Hrs

PAPER 1st Theory	Topics	Hours.
	1. Basic steps of Acute & chronic inflammation.	03 Hrs
	2. Basics of Necrosis & apoptosis.	03 Hrs
-	3. Basics of Shock.	03 Hrs
-	4. Basics of Disorders of blood coagulation system.	08 Hrs
	5. Basics of Disorders of Immune system of body.	05 Hrs
2.Only basics of relevant	6. Modes of disease transmission & prevention of infection.	05 Hrs
Pathology, Pharmacology &	7. Sterilization & methods of sterilization used in hospitals.	10 Hrs
Microbiology.	8. Basic idea about types of Bacteria, Virus, Fumgi.	20 Hrs
-	9. Rouths of drug administration.	02 Hrs
-	10. Adverse effects & side effects of drugs.	02 Hrs
-	11. Basic idea of Analgesics : Opioid & NSAIDs & Skeletal muscle relaxants .	06 Hrs
	12. Basic idea of Drugs use in Cough & expectoration.	01 Hrs
	13. Basic idea of Drugs used in B.asthma & COPD.	02 Hrs
	14. Basic idea of Drugs used in GIT.	08 Hrs
	15. Basic idea of Anti Microbials.	20 Hrs
	16. Basic idea of Anti H-1 Histaminics & Corticosteroids.	03 Hrs

PAPER 2nd Theory	Topics	Hours.
	 General structure of long bone, flat bones (Histology & gross). 	05 Hrs
	2. Detaited Histology & Physiology of skeletal muscles, ligaments & tendons.	10 Hrs
	3. Details of bones of upper limb.	05 Hrs
	4. Details of bones of lower limb.	05 Hrs
1.Detailed Anatomy of	5. Details of bones of vertebral column.	03 Hrs
bones, muscles, joints, nerves of	6. Details of ribs & sternum.	02 Hrs
body.	7. Details of muscles of upper limb (origin, insertion, action, nerve supply & surface marking).	25 Hrs
	26 Details of muscles of lower limb (origin, insertion, action, nerve supply & surface marking).	25 Hrs
	26 Details of muscles of abdomen & pelvic floor (origin, insertion, action, nerve supply & surface marking).	10 Hrs
	11 Details of muscles of neck (origin, insertion, action, nerve supply & surface marking).	05 Hrs
	12 Details of shoulder girdle, Shoulder, Elbow, Wrist, Hip, Knee & ankle, sub talar joints).	35 Hrs
	13 Details of Basics of other joints of body.	10 Hrs
	14 Details of Brachial, sacral & lumbar plexes.	20 Hrs
	15 Details of spinal & cranial nerves.	20 Hrs
	16 General structure of Arteries, veins, capillaries.	05 Hrs
	17 Arterial & Venous tree of body.	05 Hrs

PAPER 2nd Theory	Topics	Hours.
	1. Mechanical Principles:- Definition of Biomechanics, Axis and Planes, Kinematics, Kinetics, gravity, centre of gravity, line of gravity, base of support, Equilibrium, fixation and stabilization, force, types of forces, levers of the body and their mechanical	25 Hrs
2. Basics of exercise therapy,	advantage, pulleys, springs, Elasticity, type of muscle contraction, range of muscle work, the group action of muscles, spurt and shunt muscles	5
electrotherapy,	2. Gait	10 Hrs
physics used in	3. Posture	05 Hrs
physiotherapy, biomechanics & kinesiology.	 Joint structure and function of all joints of the body -type, articulating surface, osteokinematics, Arthrokinematics, Pathomechanics. 	30 Hrs
	5. Physics and Basic Electrical Components. Electromagnetic radiation, conductors, & Non Conductors of electricity, Transmission of heat, Physical effects of heat, static electricity, electric shock, earth shock.	20 Hrs
	 6. Methods of heating the tissue. Physiological effects of heat, Paraffin wax bath, Hot packs, moist packs, Infra-red rays, U.V. rays. Definition, production, preparation of apparatus & patient, Physiological effects, techniques, dosage, indication, contraindication, dangers and precautions are to be covered. 	20 Hrs
	7. Low Frequency Currents. Faradic & Galvanic currents, SD Curve, Iontophoresis, TENS. Definition, production, preparation of apparatus & patient, Physiological effects, techniques, dosage, indication, contraindication, dangers and precautions are to be covered.	20 Hrs
	8. Cryotherapy definition, production, preparation of apparatus & patient, Physiological effects, techniques, dosage, indication, contraindication, dangers and precautions	20 Hrs
	9. Medium Frequency current. definition, production, preparation of apparatus & patient, Physiological effects, techniques, dosage, indication, contraindication, dangers and precautions	20 Hrs
	10. HIGH FREQUENCY CURRENTS SWD, MWD, US. definition, production, preparation of apparatus & patient, Physiological effects, techniques, dosage, indication, contraindication, dangers and precautions	30 Hrs

PAPER 2nd Theory	Topics	Hours.
2. Basics of exercise therapy,	11. <u>LASERS</u> Definition, Types, Production, Indications, contraindications Technique of Application	20 Hrs
electrotherapy, physics used in physiotherapy,	12. Mechanical traction and CPM Uses and Technique of application,Precautions.	10 Hrs
biomechanics & kinesiology.	13. <u>MASSAGE THERAPY</u> History and development ,Types and techniques, Physiological and therapeutic effects of various Manipulations, Indications and contraindications, Massage protocol for various conditions.	20 Hrs

PAPER 2nd Theory	Topics	Hours.
3.Hand hygiene &	1. Hand hygiene & method of Hand washing.	15 Hrs
prevention of cross infection.	2. Prevention of cross infection.	15 Hrs

PAPER 2nd Theory	Topics	Hours.
4.Basic life support (BLS) & Cardio-	1. Code blue.	05 Hrs
pulmonary resuscitation (CPR).	 Details of basic life support (BLS) & Cardio-pulmonary resuscitation (CPR). 	35 Hrs

Curriculum

for

Practical :- First Year Diploma in Physiotherapy Technician

	Topics
	1. Observing various types of electro therapies.
	2 Observing various types of exercise therapy.
Practical	3.Care of Unconscious patient.
	4.Monitoring Temperature(manual).
	5.Monitoring Pulse (manual).
	6.Monitoring Respiration (manual).
	7.Monitoring BP (manual).
	8.Basic life support (BLS).

PAPER 1st Theory	Topics	Hours.
	1. History taking. General examination of the patient. Filling Case-sheet. Common clinical words.	10 Hrs
	 Hypertension:- Def, Causes, Pathology, Clinical fectures, Investigation & Management. 	05 Hrs
	 Hypotension :- Def, Causes, Pathology, Clinical fectures, Investigation & Management. 	02 Hrs
	 Diabetes mellitus :- Def, Causes, Pathology, Clinical fectures, Investigation & Management. 	10 Hrs
1 .Only relevant surgical & medical	5. <u>Diseases of blood :-</u> Anaemia, Basics of coagulation Bleeding disorders & Haemophilia.	20 Hrs
conditions (relevant to Physiotherapy but other than Orthopedics	6. <u>Respiratory Tract :-</u> Pneumonia, Tuberculosis, B.asthma, COPD, Bronchiectasis, Collapse of lung, Pneumonitis, Pleural effusion, Pneumothorax, Empyema thoracis, Cancer lung.	50 Hrs
and neurological systems).	 <u>Diseases of GIT & Liver & GB :-</u>Reflux Oesophagitis, Peptic ulecrs, Gastritis, Instestinal Obstruction, Hepatitis, Cirrhosis of liver, Cholecystitis. 	40 Hrs
	8. <u>Disease of Heart :-</u> CHF, Condiac arrest, Isaemic heart disease, Rheumatic Heart diseases.	30 Hrs
	9. <u>Diseases of Urinary tract:-</u> Urolithiasis, Benign prostatic hyperplasia.	03 Hrs
	10. <u>Endocrine system :-</u> Diabetes mellitus, hypo & Hyper thyroidism.	20 Hrs
	11. <u>Miscellaneous:-</u> Hypo & Hyper Natraemia, Hypo & Hyper Kalaemia, Hypo & Hyper Calcaemia.	10 Hrs
9	12. <u>Infections diseases :-</u> TB, Typhoid, Malaria, Dengue fever, Leprosy, AIDS, Amoebiasis.	50 Hrs
	13. Burn & Physiotherapy management of burn.	05 Hrs

PAPER 1st Theory	Topics	Hours.
	1. Temperature monitoring & Fever.	02 Hrs
	2. Pulse monitoring.	02 Hrs
2.Nursing	3. BP monitoring.	02 Hrs
Procedures like vital	4. Respiration monitoring.	01 Hrs
recording, IM/IV/SC	5. Types of Injection routes.	01 Hrs
injection, Oxygen	6. IM Injection.	01 Hrs
therapy, Nebulization,	7. IV Injection.	01Hrs
IV infusion.	8. SC Injection.	01 Hrs
	9. Oxygen Therapy.	03 Hrs
	10. Nebulization	03 Hrs
	11. IV Infusion (Also with infusion pump).	01 Hrs
	12. Care of Unconscious patient.	02 Hrs

PAPER 2nd Theory	Topics	Hours.
	1. Details of examination of nervous system.	20 Hrs
	2. Details of Stroke & role of Physiotherapy in Stroke.	30 Hrs
	3. Details of Meningo-encephalitis & role of Physiotherapy in Meningo-encephalitis	20 Hrs
	4. Details of Epilepsey & role of Physiotherapy in Epilepsy.	10 Hrs
1.Physiotherapy	 Details of Intracranial bleed & Head injury & role of Physiotherapy in Intracranial bleed & Head injury. 	30 Hrs
in Orthopaedics, Neurological, Medical, Surgical	 Details of Traumatic Para & Quadriplegia & role of Physiotherapy in Traumatic Para & Quadriplegia. 	30 Hrs
& Sports related conditions	7. Details of Facial nerve palsy & role of Physiotherapy in Facial nerve palsey.	10 Hrs
	8. Details of Parkinsonism & role of Physiotherapy in Parkinsonism.	05 Hrs
	9. Details of M.gravis & role of Physiotherapy in M. gravis.	05 Hrs
	10. Details of Motor neuron d's, GB syndrome & role of	20 Hrs
	Physiothearpy in Motor neuron d's, GB syndrome. 11. Details of cerebral palsy & role of Physiotherapy in Cerebral palsy.	10 Hrs
	12. Details of Ataxia & role of Physiotherapy	05 Hrs
	13. Details of Types of fracture, basic principle of management of all types of fractures.	15 Hrs
	 14. Details of Important fractures & role of Physiotherapy in Important fractures. 	40 Hrs
	15. Details of Osteo-arthritis, Rheumatoid arthritis, Gouty arthritis, ankylosing spondylitis & role of Physiotherapy in Osteo-arthritis, Rheumatoid arthritis, Gouty arthritis, ankylosing spondylitis	20 Hrs
	16. Details of Tennis elbow, Golfer's elbow, Tenosynovitis, Plantar fascitis & role of Physiotherapy in Tennis elbow, Golfer's, elbow Tenosynovitis, Plantar fascitis.	10 Hrs

PAPER 2nd Theory	Topics	Hours.
	17. Basics of Subluxation & dislocations of joints & role of Physiotherapy in Subluxation & dislocations of joints.	20 Hrs
	 Details of Osteoporosis, Osteomalacia & role of Physiotherapy in Osteoporosis, Osteomalacia. 	10 Hrs
1.Physiotherapy	19. Details of PIVD & role of Phyisotherapy in PIVD.	10 Hrs
in Orthopaedics, Neurological, Medical, Surgical & Sports related conditions	20. Details of Spondylolisthesis & role of Phyisotherapy in Spondylolisthesis.	05 Hrs
	21. Various types of sprains & strains & their basic principle of management.	15 Hrs
	22. Details of CTEV & role of Physiotherapy in CTEV.	05 Hrs
	23. Details of Scoliosis, lordosis, Kyphosis & role of Physiotherapy in Scoliosis, lordosis, Kyphosis.	05 Hrs
	24. Basic idea of Genu/ cubitus varum, Genu/cubitus valgum,	05 Hrs
	25. Details of TB of Bone, Osteomyelitis & role of Physiotherapy in TB of Bone, Osteomyelitis.	15 Hrs
	26. Splints & Prosthesis used in Orthopaedics.	30 Hrs

PAPER 2nd Theory	Topics	Hours.
2.Drugs used in Physiotherapy & BLS.	1. Use of NSAIDs ,opioid analgesics.	10 Hrs
	2. Use of skeletal muscle relaxants.	03 Hrs
	3. Use of topical analgesics and muscle relaxants.	02 Hrs
	4. Use of emergency drugs.	15Hrs

PAPER 2nd Theory	Topics	Hours.
3.Basic	1. About USG machine	10 Hrs
biomedical engineering	2.About TENS machine.	10 Hrs
physics of machines used	3.About IFT machine.	10 Hrs
in physiotherapy.	4.About Diathermy machine.	10 Hrs
	5. About tread mill.	05Hrs
	6. About infra red machine.	05Hrs

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Curriculum for Practical :- Second Year Diploma in Physiotherapy Technician

	Topics
	1. Hand on training on various types of electro-therapies.
	2. Hand on training on various types of exercise therapy.
	3. IM Injection.
	4. IV Injection.
Practical	5. SC Injection.
	6. Use of Infusion pump.
	7. Nebulisation.