

## INTERN PROJECTS

SR.NO	Name of student	Topic
1	Afreen Shaikh	The effects of Shavasana on stress levels in IT employees
2	Munira Indorewala	Comparison of square stepping exercises and foam stability exercises on risk and fear of fall
3	Maseh Quershi	Effect of foam stability exercises on risk of fall in community dwelling elderly
4	Aayesha Shaikh	Effect of mirror therapy on shoulder pain in post stroke patients
5	Zeenab Thaker	Effect of mirror therapy on ROM and pain related to QOL in post stroke patients
6	Fatema Ranpurwala	Effect of Throwers ten exercise program on scapular dyskinesia in cricket bowlers
7	Amruta Kolekar	Immediate effect of Newel fesure mobilization on brief pain inventory in subjects with diabetic peripheral neuropathy
8	Arshin Tamboli	Effect of Egoscue exercises on pain and muscle tightness in young females with primary dysmenorrhea
9	Fariaha Sanghe	Effect of Egoscue exercises on menstrual distress and core strength in primary dysmenorrhea
10	Faizan Khan	Effect of circuit training exercises on sleep quality in nurses
11	Inshrah Mirza	Effect of circuit training exercises on quality of life in nurses
12	Sidra Nagori	Immediate effect of neural tissue mobilization on neuropathic pain symptom inventory in diabetic peripheral neuropathy subjects
13	Mudssir Shaikh	Comparison of immediate effect of self myofascial release on plantar surface of foot Vs MET for improving hamstring flexibility in contact sports players
14	Mareya Mitkar	Effect of mat pilates Vs Hemibridge with ball and balloon exercises on core, in chronic NSLBP in young adults
15	Afrah Shaikh	Effect of mat pilates Vs Hemibridge with ball and balloon exercises on core, in chronic NSLBP in young adults

16	Arshiya Shaikh	Effect of PNF Vs MET combined deep neck flexor exercises on pain and function on chronic neck pain individuals
17	Yumna Shaikh	Effect Effect of PNF Vs MET combined deep neck flexor exercises on forward head posture in chronic neck pain individuals.
18	Rukaiya Bhaigora	Effect of Callisthenic exercises on physical fitness in overweight and obese adolescence
19	Ali Ghadiyali	Effect of Jacobson's progressive muscle relaxation ex on stress levels on IT employees
20	Ayesha Khan	Effect of Callisthenic ex on body composition in overweight and obese adolescence
21	Alfaiz Tamboli	Effect of Throwers Ten exercise program on throwing accuracy in cricket bowlers
22	Havva Vaghjipurwala	Effect of core muscle training using swiss ball on pain and endurance in physical therapist suffering from mechanical low back pain
23	Naomi Mistry	Effects of suryanamaskar Vs aerobic training on quality of stress levels in community dwelling elderly population
24	Snehal Thaleswar	Effects of suryanamaskar Vs aerobic training on quality of sleep levels in community dwelling elderly population



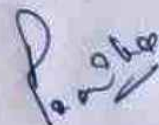
**PRINCIPAL**  
M.M.E. & R.C'S  
M. A. RANGOONWALLA COLLEGE OF  
PHYSIOTHERAPY & RESEARCH  
PUNE- 411001.

Final year Project

Sr.No	Name of student	Topic
1	Javeriya Ansari	Efficacy of pressure biofeedback guided deep cervical flexor training on pain, craniocervical neuromotor control and disability in young adults with CNS neck pain
2	Mohammed Kazi	Immediate effects of eccentric training exercise Vs static stretching on hamstring flexibility in recreational football players
3	Mariya Poonawala	Effect of suboccipital muscle inhibition and US on pain and ankle dorsiflexion ROM in plantar fasciitis
4	Maria Josh	Effect of short foot exercise on knee pain and functions in patients with patellofemoral pain syndrome and pronated foot
5	Riddhi Agrawal	Effects of progressive muscle relaxation along with deep breathing on stress, fatigue and blood glucose levels in type 2 DM
6	Tasneem Modi	Effect of dynamic sitting exercise Vs spinal unloading position on work and disability in sedentary workers with MLBP
7	Sakshi Pandit	Effect of suboccipital muscle inhibition along with posture correction ex on headache and FHP in individuals with tension type headache
8	Zainab Ghadiyali	PNF techniques for post stroke shoulder pain
9	Munira Badani	To study the effects of step aerobic exercise on body fat percentage and clinical cardiovascular risk factor in sedentary middle age obese women
10	Huda Sarosh	To study the effects of diaphragmatic breathing on sleep quality in post stroke patients
11	Juveriya Ansari	Comparative study of therapeutic exercise program Vs postural corrective ex program on pain, disability and craniovertebral angle in dental students with NSCNP

12	Rufiasniya Afsar	Effects of therapeutic US Vs Contrast bath in patients with acute ankle sprain
13	Ayesha Syed	Additional impact of hip adductor strengthening on sprint time and agility in young football players
14	Shirin Siddiqui	A comparative study of effect of active stretching Vs neurodynamic sliding technique to increase hamstring flexibility in young adults.
15	Sumaiya Shaikh	To study the effect of Pilates based breathing technique on pulmonary function in chronic stroke patients
16	Sadaf Anwar	Effect of breathing exercises and core strengthening alone on pain and balance in young adults with NSLBP
17	Ikra Shaikh	A comparative study of the effect of MFR technique Vs positional release on pain
18	Vaishnavi Shah	Effect of mindfulness meditation Vs progressive relaxation on sleep disturbances and QOL in perimenopausal women
19	Summaiya Sayyed	The effect of yoga on level of depression and anxiety in females suffering from PCOS
20	Sameer Gosavi	Outcome of plyometrics only against plyometrics with lumbar core training in jumping performances and core strength of soccer players – a study with comparison
21	Yousra Shaikh	Effect of pilates Vs MET on FHP in college students
22	Sakina Sharafali	Comparison of effect of dual task control exercises and multiple target stepping on balance performance in institutionalized elderly
23	Umar Tagala	Effect of PNF Vs Blackburn exercises on neck pain and scapular dyskinesia in desk job individuals
24	Shakira Memon	Effect of MFR Vs positional release on headache and QOL in UG medical students with episodic migraine – comparative study
25	Saniya Khan	Effect of core stability exercises Vs core strengthening exercises on pain , insomnia and QOL in young women with primary dysmenorrhea- a comparative study

26	Junaid Shaikh	Effect of positional release therapy Vs ischemic compression therapy for calf pain and to improve agility in football players – a comparative study
27	Misbah Shaikh	Effect of activity oriented treatment Vs mirror therapy on pain, function and anxiety levels in secondary adhesive capsulitis of shoulder- a comparative study
28	Farheen Khan	Effect of deep neck flexor exercises Vs MET in smartphone users with neck pain – A comparative study
29	Numan Khan	A comparative study to find effect of obstacle training Vs conventional training on dynamic balance in stroke patients.



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