

MAEER's Physiotherapy College, Talegaon Dabhade

Activities /Camps by different departments of Physiotherapy - 2020

| Sr.No. | Date | Activity /Camps | Venue | Programme details | Audience | No of Patients/ Participants |
|--------|-------------------------------------|---|---|--|---|---------------------------------|
| 1 | 4th Jan 2020 & 5th Jan 2020 | PCMCRA association organized RADIOLOGISTS premiere league | VDR cricket ground Gahunje | Musculoskeletal department as a sports team for PCMCRA to treat various injuries happening on field | PCMCRA association organized RADIOLOGISTS premiere league | 44 |
| 2 | 11th Jan 2020 & 12th Jan 2020 | Kick Boxing Competition | Rotary Club Office Talegaon MIDC , S D Sports academy AIMDENT | Musculoskeletal department as a sports team for zonal level kick boxing to treat various injuries happening on field Visit commenced around | Kick boxers from all over Maharashtra | 21 |
| 3 | 15th Jan 2020 | Industrial Visit | Company, Chakan | Observation and modifications about work place and posture were discussed and benefits of using steering wheel with airbags were explained | Final Year, MPt Students, & 2 Staff teachers of Maeer's Physiotherapy College | - |
| 4 | 31st Jan 2020 | Multi-Disciplinary Diagnostic Health Camp | Usre Village Near Parandwadi | Free Physiotherapy assessment and treatment with ergonomic advice for Musculoskeletal Disorders in Government School Children | Government School Children | 10 |

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|---|---------------------------|-------------------------|---|--|---|----|
| 5 | 13 th Feb 2020 | RADIANCE 2020 | Dhingra Ground, Akurdi | Late Shri Fakirbhai Pansare Education Foundation College of Physiotherapy, Nigdi, Pune had organized a Maharashtra Sate level intercollegiate physiotherapy meet - "RADIANCE 2020". The MAEER's Girls throwball team had participated in the event along with 14 other teams. The Team secured second place in the Girls throwball and was awarded with certificates and silver medals. | Staff Of Pansare College, Students Of all Participating Physiotherapy Colleges. | - |
| 6 | 15 th Feb 2020 | Khelotsav 2020 | B K Birla Centre for Education, Shirgaon | A medical team was appointed from MIMER medical college and MAEER's Physiotherapy college, Talegaon Dabhade for all days to provide medical assistance at the event. Prompt treatment were given for conditions like Hamstring strain, wrist pain, and other injuries. Such injuries were treated with icing, sprays, crepe bandages, stretching, mobilisations,etc. explanation about precautions were given to avoid injuries. | All participants of khelotsav 2020 | 12 |
| 7 | 17 th Feb 2020 | Paraplegic Center Visit | Paraplegic Rehabilitation center, Khadkee | Colonel.Mukherjee accompanied the students to a round in Rehabilitation Center. Documentary for PRC was shown. Then students were guided to different aspects of establishment like hydrotherapy pool, automated chair, Modified Beds, workstation modifications, mobility aids, wheelchairs for sports purposes. | Final Year Students, Mpt Students & 1 Staff teachers of Maeer's Physiotherapy College | 86 |

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| 8 | 18 th Feb 2020 | Free Artificial Limb Camp (Jaipur Foot Camp) | Prosthetic and Orthotic Department, second Floor, Maeer's Physiotherapy College, Talegaon Dabhade | <p>Patients with bilateral lower limb below knee amputation, trilateral amputation, above and below elbow amputation were measured for prosthesis.</p> <p>Mr. Salil Jain from Mahavir enterprises along with his team of physiotherapist and technicians did castings and measurements of upper limb and lower limb amputee patients. These patients will be given prosthesis made from advanced technology fiber material at a later date</p> | All Patients ,their relatives participated in Camp | 56 |
| 9 | 22 nd Feb – 23 rd feb 2020 | ISSH Basic Hand Surgery Course 2020 | Sushrut Hall !st Floor OPD Complex MIMER Medical College Talegaon Dabhade | <p>Post operative mobilization , - Dr Bindu Sarfare splinting and hand therapy – Dr Neetu Mahapatra delivered lecture in the workshop</p> | Orthopaedic Surgeons , Plastic Surgeons , General Surgeon, Surgical Speciality Post Graduates , General Practitioners and Physiotherapist | 40 |
| 10 | 24th Feb 2020 | New Horizons Child Development Center Visit | Child Development Center, Goregaon East | <p>Brief Idea about of their working , Cerebral Palsy, Sticklers Syndrome and Delayed milestones, Autism & their management With functional goal setting were given.</p> <p>The practical rationale behind every child's treatment session, the different techniques, parent's counselling, different psychological diagnostic tests, techniques of education and how modifications in teaching are made according to child's condition were Discussed .</p> | All Final Year Students Of MAEER's Physiotherapy College | 28 participants |

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|----|----------------|---|--|--|---|--|
| 11 | 9th Mar 2020 | Artificial limb distribution camp | Electrotherapy Lab 2nd floor MAEER's Physiotherapy College | Artificial limb distributed by Executive Director Dr Suchitra Nagare Madam and Sadhu Vasvani charitable trust | Patients , relatives and HOD , teaching and non-teaching staff of MIMER medical & MAEER's Physiotherapy College | 26 |
| 12 | 21st June 2020 | 6th International Yoga Day | Online Webinar | Ms Raksha Gorte (International Yoga player & UG Student MAEERs Physiotherapy College) & Mrs Aarti Milind Gorte (Govt. recognized Yoga teacher) Conducted the webinar | All Students, Teaching and Non-Teaching Staff MAEER's Physiotherapy College & MIMER Medical College | 244 participants registered for the webinar. |
| 13 | 24th June 2020 | Webinar on Comprehensive Insight To Aquatic Therapy | Online Webinar | Webinar on Comprehensive Insight To Aquatic Therapy – Dr Dipti Patil , Director Aarosh Aquatic Therapy Centre Mumbai | All Students, Teaching Staff MAEER's Physiotherapy College & outside participants | 228 |
| 14 | 2nd July 2020 | Workshop on Reference Management Software | Online Webinar | Workshop on Reference Management Software – Dr Varoon Jaiswal | UG,PG Students Medical Faculty Researchers PhD Scholars | 30 |
| 15 | 3rd July 2020 | Webinar on Matrix therapy – Myths and Facts | Online Webinar | Webinar on Matrix therapy – Myths and Facts By Dr. Meenakshi Pandit (PT) | All Students, Teaching Staff MAEER's Physiotherapy College & outside participants | 297 |

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| 16 | 6th July 2020 | Webinar on Cardiac Rehabilitation “ Current & Future Challenges “ | Online Webinar | Webinar on Cardiac Rehabilitation “ Current & Future Challenges “ By Dr Asawari Page (PT) Director and consultant Aloha Lifestyle Reversal Studio | All Students, Teaching Staff MAEER’s Physiotherapy College & outside participants | 278 |
| 17 | 7th July 2020 | Webinar on NDT : Training towards Independence | Online Webinar | Webinar on NDT : Training towards Independence Dr Harpreet Singh Sachdev, New Delhi | All Students, Teaching Staff MAEER’s Physiotherapy College & outside participants | 601 |
| 18 | 9th July 2020 | Webinar on Advances in Orthotics and Prosthetics | Online Webinar | Webinar on Advances in Orthotics and Prosthetics – Mr Salil Jain | All Students, Teaching Staff MAEER’s Physiotherapy College & outside participants | 190 |
| 19 | 13th July 2020 | Webinar on Pelvic Floor Dysfunctions | Online Webinar | Webinar on Pelvic Floor Dysfunctions by Dr Snigdha Mehta | All Students, Teaching Staff MAEER’s Physiotherapy College & outside participants | 359 |
| 20 | 15/10/2020 | Obesity Awareness Week | Talegaon (D) | Social Media Awareness through video regarding what is obesity In local language | Local Community | - |
| 21 | 17/10/2020 | Obesity Awareness Week | Talegaon (D) | Social Media Awareness through Skit by PG Students about signs and symptoms | Local Community | - |
| 22 | 19/10/2020 | Obesity Awareness Week | Talegaon (D) | Social Media Awareness through video regarding Physiotherapy and management of Obesity | Local Community | - |
| 23 | 20 th October 2020 | World Osteoporosis Day celebration | Online awareness | Lecture on incidence of Osteoporosis, its etio-pathogenesis | Common people attended the | 172 |

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|----|--------------------------------|-------------------------|------------------------|---|------------------------------------|---|
| | | | programme | and risk factors. Followed by lecture on do's and don'ts in this condition along with importance of Physiotherapy in Osteoporosis. | session. via Zoom chat | |
| 24 | 29 th October 2020 | World Stroke Day 2020 | Online awareness drive | Flyers and Videos on risk factors, identification and prevention of stroke along with rehabilitation were shared on social media and MAEER'S Physiotherapy college YouTube page | People with access to social media | - |
| 25 | 14 th November 2020 | World Diabetes Day 2020 | Online awareness drive | A video on role of physiotherapy in diabetes mellitus was circulated in the social networking sites to reach the common people | People with access to social media | - |

PCMCRA ASSOCIATION ORGANISED RADIOLOGISTS PREMIERE LEAGUE



Kick Boxing Competition



INDUSTRIAL VISIT AT AIMDENT COMPANY



MULTI-DISCIPLINARY DIAGNOSTIC HEALTH CAMP



RADIANCE 2020



KHELOTSAV 2020



PARAPLEGIC CENTER VISIT



FREE ARTIFICIAL LIMB CAMP (JAIPUR FOOT CAMP)



LIMB DISTRIBUTION CAMP



NEW HORIZONS CHILD DEVELOPMENT CENTER VISIT



6TH INTERNATIONAL YOGA DAY



WEBINAR

Organized by
MAEER's Physiotherapy College & BSTRH
Talegaon D Pune
Date : 24-06-2020 Time : 2: 30 Pm to 3:30 Pm



TOPIC : COMPREHENSIVE INSIGHT TO AQUATIC THERAPY



- Resource Person
- **Dr. Dipti Patil (PT)**
- Aquatic Therapist, Assistant Lecturer in IATF
- Certified Aquatic Therapist (Switzerland, IATF)
- Specialization in Water Specific Therapy (WST)
- Certified General Movement Assessment Practitioner
- Certified NDT (USA) Certified SI (Southern California)
- Certified Kinesio Taping Therapist (USA)

Founder and Director of:
AARROSH AQUATHERAPY, PHYSIOTHERAPY, REHABILITATION AND RESEARCH CENTRE MUMBAI

Registration Link: (No registration charges)



<https://zoom.us/meeting/register/tJ0sdOCspz4sG9ToXp-9ZNfNMMFgYVJ63Rla>



FREE WEBINAR : MATRIX RHYTHM THERAPY- MYTHS AND FACTS



Speaker:

Dr. Mrs. Meenakshi Pandit

Physiotherapist
Fulcrum physiotherapy clinic, Pune
International instructor for Matrix
Rhythm Therapy, Germany
Experience of more than 16 years

Registration Link:

<https://zoom.us/meeting/register/tJUdeusqTwwHdVbqq5-HWHcmCVpKiVhrrHb>

Date and Time-

3rd July 2020 (Friday)
2.30 pm – 3.30 pm

Organized By

**MAEER's Physiotherapy College
Dr Bhausaheb Sardesai Rural Hospital, Talegaon Dabhade**



FREE WEBINAR

MAEER'S
PHYSIOTHERAPY
COLLEGE AND
ALOHA CLINICS
PRESENTS

DATE: 6/7/2020
TIME: 2.30 TO 3.30 PM



DR. ASAWARI PAGE

M.P.Th Cardiovascular Physiotherapy
Consultant and Director, Aloha Clinics,

Topic:
**CARDIAC
REHABILITATION: Current
& Future Challenges**

MEETING ID: 91303576353
Password : 868902
Prior registration required

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MAEER'S PHYSIOTHERAPY COLLEGE
presents

Free
WEBINAR

NDT: Training towards Independence

Tuesday
July 7th 2020
2 to 3 pm



Meeting Id: 97106372489

Password: 240056

Prior registration required

Dr. Harpreet Singh Sachdev

Ph.D Scholar
M.P.T Neurosciences,
Advanced NDT Trained Practitioner, NDTA(USA),
IBITA (UK)
Physiotherapist, Department of Neurology, AIIMS

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JOIN US for a **FREE WEBINAR**



MAEER'S PHYSIOTHERAPY COLLEGE

Taleqan Dabhde,

Organises
Webinar On

"ADVANCES IN ORTHOTICS & PROSTHETICS"

DATE:
08/07/2020
TIME:
2.30PM TO 3.30 PM



Mr. Salil Jain.

RESOURCE PERSON

Bachelors in mechnal engineering
working in the field of Rehabilitation since 26 years
intersted in recent advances and inovations
currently working in 3 D prosthetics and orthotics

Zoom Meeting
ID:985 40768971
password: 327778

JOIN US for a **FREE WEBINAR**



MAEER'S PHYSIOTHERAPY COLLEGE

Taleqan Dabhde,
Organises
Webinar On

"PELVIC FLOOR DYSFUNCTION"



Dr. Snigdha Mehta (P.T)

RESOURCE PERSON

Certified Obstetric and Pelvic Floor Physiotherapist,
American Physical Therapy Association,
Member Academy of Pelvic Health, APTA,
Founder member, SIP

DATE:
10/07/2020
TIME:
11.00AM TO 12.00 PM

Zoom Meeting
ID:912 28278255
password: 387845

WORLD OSTEOPOROSIS DAY

20TH OCTOBER 2020



**MAEERS'
PHYSIOTHERAPY
COLLEGE**
TALEGAON D



Join us on

20TH OCT 2020
@ 11:00 AM

**DON'T LET BROKEN BONES TAKE AWAY
YOUR INDEPENDENCE**
A Physiotherapy Perspective

**FREE
WEBINAR**

Register in advance

You are invited at Zoom Meeting, click the link below:

<https://zoom.us/join/zoom/register/tjYpduCvqTMqHN1dO9fhL0nHyaVAgwMhTj0X>



STROKE

How to recognise a stroke

10

WAYS TO PREVENT A STROKE

1. LOWER BLOOD PRESSURE

Get your blood pressure in the healthy range: 120/80.

2. MAINTAIN A HEALTHY DIET

Eat a whole food, plant-based diet

3. EXERCISE

Focus on cardiovascular exercises, including biking, jogging, and using an elliptical machine

4. QUIT SMOKING

Inhaling nicotine thickens your blood, making it more likely to clot

5. LIMIT ALCOHOL CONSUMPTION

Heavy drinking is a risk factor; it increases your blood pressure and your risk of ischemic attack and hemorrhagic stroke.

6. CONTROL DIABETES

High blood sugar damages blood vessels, which makes it more likely that clots will form

7. TREAT OTHER HEART CONDITIONS

If you've experienced a heart attack, have been diagnosed with a heart ailment or have irregular heart rhythm, regularly visit health services in order to prevent the occurrence of a stroke.

8. GET OPTIMAL SLEEP

At least 6 hours of sleep every night.

9. BE OPTIMISTIC

Studies found a 50% reduction in cardiovascular disease for those who scored highest for optimism and vitality.

10. INCREASE VITAMIN D LEVELS

According to one study, low levels of vitamin D doubles the risk of stroke in Caucasians.

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F A S T



FACE

ONE SIDE OF THE FACE IS DROOPING



ARMS

ARM WEAKNESS



SPEECH

SPEECH DIFFICULTY



TIME

TIME TO CALL FOR AMBULANCE

Ambulance: 108

**BHAUSAHEB SARDESAI
TALEGAON RURAL HOSPITAL
AND MIMER MEDICAL COLLEGE,
TALEGAON DABHADE**



बाजू

चेहरा

आवाज

बचत

कमजोर हो जाना

देढ़ा हो जाना

संभलना या बोलना

अब ना बचाना

दुर्लभ अस्पताल पहुँच जाना!

**EARLY IDENTIFICATION,
MANAGEMENT AND
REHABILITATION HELPS!**



**WORLD STROKE DAY
29th October**



**Be aware
BE FAST!**

**For rehabilitation
Contact: 02114- 308391
2nd floor, OPD complex, BSTR hospital**