# **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 RADILOGISTS premiere league	VDR cricket ground Gahunje	Musculoskeletal department as a sports team for PCMCRA to treat various injuries happening on field	PCMCRA association organized RADILOGISTS 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 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

5	13 <sup>th</sup> 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 <sup>th</sup> 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. explaination about precautions were given to avoid injuries.	All participants of khelotsav 2020	12
7	17 <sup>th</sup> 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

8	18 <sup>th</sup> Feb 2020	Free Artificial Limb Camp (Jaipur Foot Camp)	Prosthetic and Orthotic Department, second Floor, Maeer's Physiotherapy College, Talegaon Dabhade	Patients with bilateral lower limb below knee amputation, trilateral amputation, above and below elbow amputation were measured for prosthesis.  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	All Patients ,their relatives participated in Camp	56
9	22 <sup>nd</sup> Feb – 23 <sup>rd</sup> feb 2020	ISSH Basic Hand Surgery Course 2020	Sushrut Hall !st Floor OPD Complex MIMER Medical College Talegaon Dabhade	Post operative mobilization , - Dr Bindu Sarfare splinting and hand therapy – Dr Neetu Mahapatra delivered lecture in the workshop	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	Brief Idea about of their working, Cerebral Palsy, Sticklers Syndrome and Delayed milestones, Autism & their management With functional goal setting were given. 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.	All Final Year Students Of MAEER's Physiotherapy College	28 participants

11	9th Mar 2020	Artificial limb distribution camp	Electrotherapy Lab 2nd floor MAEER's Physiotherapy College	Artificial limb distributed by Excutive 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

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 Dysfunctionsby 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 <sup>th</sup> October 2020	World Osteoporosis  Day celebration	Online awareness	Lecture on incidence of Osteoporosis, its etio-pathogenesis	Common people attended the	172

			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 <sup>th</sup> 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 <sup>th</sup> 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 RADILOGISTS 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**



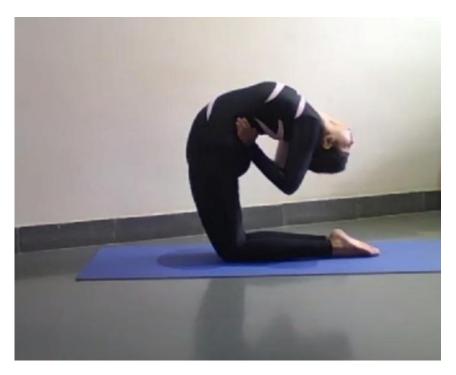




# NEW HORIZONS CHILD DEVELOPMENT CENTER VISIT



**6<sup>TH</sup> 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)







### FREE WEBINAR :

MATRIX RHYTHM THERAPY- MYTHS AND FACTS



### Speaker:

Dr. Mrs. Meenakshi Pandit

Physiotherpist Fulcrum physiotherapyclinic, Pune International instructor for Matrix Rhythm Therapy, Germany Experience of more than 16 years

Registration Link: https://zoom.us/meeting/register/tJUsdeusqTwuHdVbqqS-

> Date and Time-3rd July 2020 (Friday) 2.30 pm - 3.30 pm

**HWHcmCVpKiVhrrHb** 

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

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



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

WEBINAR

**NDT:** Training towards Independence

**Tuesday** July 7th 2020 2 to 3 pm



# 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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Meeting Id: 97106372489

Password: 240056

# JOIN US for a FREE WEBINAR





# MAEER'S PHYS10THERAPY COLLEGE

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

# MAEER'S PHYS10THERAPY COLLEGE

Talegoan Dabhde, Organises Webinar On



# "PELVIC FLOOR DYSFUNCTION"



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

> Zoom Meeting 1D:912 28278255 password: 387845

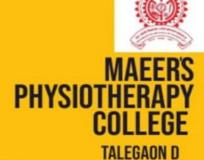
# Dr. Snigdha Mehta (PT)

RESOURCE PERSON

Certified Obstetric and Pelvic Floor Physiotherapist,
American Physical Therapy Association,
Member Academy of Pelvic Health, APTA,
Founder member, S1P

# WORLD MAEERS PHYSIOTHERAPY

20TH OCTOBER 2020





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/meeting/register/tJYpduCvqTMqHN1dO9fhL0nHyaVAgwMhTj0X

# **STROKE**

10

WAYS TO PREVENT A

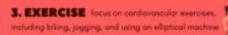
# STROKE

### 1. LOWER BLOOD PRESSURE

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



Eat a whole food, plant-based diet



### 4. QUIT SMOKING

Irrhaling ricatine thickens your blood, making it more likely to clot

### 5. LIMIT ALCOCHOL CONSUMPTION

Heavy drinking is a risk factor; it increases your blood pressure and your risk of sichemic artack and hemonhagic strake.



### 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 affack, have been diagnosed with a heart aliment or have integular heart rhythm, regularly visit health services in order to prevent the occurrence of a strake.

### 8. GET OPTIMAL SLEEP

At least 5 hours of sleep every night.



### 9. BE OPTIMISTIC

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

### **10.INCREASE VITAMIN D LEVELS**

According to one study, law levels of sitamin D doubles the risk of stroke in Caucasians.

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# How to recognise a stroke











ARMS

ARM

WEAKNESS





# FACE

ONE SIDE OF THE FACE IS DROOPING

# SPEECH

SPEECH DIFFICULTY

# TIME

TIME TO CALL FOR AMBULANCE

Ambulance: 108

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



EARLY IDENTIFICATION, MANAGEMENT AND REHABILATION HELPS!



MAEER's Physiotherapy

# WORLD STROKE DAY 29th October



Be aware BE FAST!

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