

Maharashtra University Of Health Sciences, Nashik Inspection Committee Report For Academic Year 2023-24

Webinar/Workshop/CME/ Activities/Perform In Last One Year.

Faculty : Physiotherapy

Name Of The College/Institute :- MAEER`s Physiotherapy College, Talegaon Dabhade Pune

No. Of Webinars Arranged, Guest Lecture & CME / Workshop (Publish Details On College Website)

MAEER`s Physiotherapy College, Talegaon Dabhade Pune

ACTIVITIES / CAMPS BY DIFFERENT DEPARTMENTS OF PHYSIOTHERAPY - 2022

| Sr No | Name Of the Activity/Camp | Nature of activity | Organizing Dept. | Date and Time | Venue | No Of Days | No Of Participants /Beneficiaries | Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions) |
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| 01 | Multi DiagnosticCamp | Camp | CBR Department | 07/01/2022 | Kanhe Village, Tal-Maval, Pune | 1 Day | 25 Patients | Free check-up and treatment from Community PT and Neuro PT department was provided. Exercise and Ergonomics were explained and demonstration were given to individual patient for various health condition such as OA knee, Low back pain, Cervical Spondylosis etc. |
| 02 | GCP Good Clinical Practice guidelines workshop | Online Workshop | Research Committee | 24/01/2022 | MAEERS Physiotherapy college | 1 Day | 62 Staff | Sessions on GCP guidelines (ICMR and ICH), schedule Y, regulation in clinical trials, roles and responsibilities of IEC/IRB members, sponsors and investigator, and Regulatory updates conducted by Dr.Deepak Langade and Dr.Anant Patil it was required for registration and renewal of ethics committee of our institute also the stakeholders got oriented to the current updates of GCP |
| 03 | Free Physiotherapy Camp | Camp | CBR Department | 03/02/2022 | Udaan foundation`s "Aabhal Mayecha Vrudhashram" | 1 Day | 14 Patients | Health talk on importance of regular exercise & physiotherapy in geriatric was explained. Then, fitness assessment of each elder person was conducted which included BP, pulse rate, height, weight, BMI, SpO2 level and various senior fitness test. Exercise prescription and Ergonomic advices were given individually |
| 04 | Fire extinguisher demo | Demo session | Furniture committee | 04/02/2022 | College porch | 1 Day | Teaching and Non teaching staff members | To ensure safety measures and create awareness about the working of the fire extinguishers , demonstration was organized by Maeers physiotherapy college |

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| 05 | World Obesity Day | Free Obesity Camp | CBR Department | 04/03/2022 | CBR Department 2nd floor, OPD building | 1 Day | 59 Participants | MIMER Medical College (Medicine Department) in association with MAEER'S Physiotherapy College organized free obesity assessment camp. In obesity assessment body mass index, waist to hip ratio, body fat percentage, basal metabolic rate, visceral fat, skeletal fat, subcutaneous fat, upper-lower limb flexibility and strength, abdominal strength and endurance, cardiovascular endurance were included. Under the guidance of Dr Nitin Nikhade and Dr. Anuradha Sutar total 59 participants were assessed for obesity and exercise prescription was given to everyone. |
| 06 | World Obesity Day | Free Obesity Camp | CBR Department | 04/03/2022 | 25 Karat Ruby | 1 Day | 46 Participants | A free obesity assessment camp was organized by MAEER's physiotherapy college (Community Department) on World Obesity Day, where a total of 46 participants were assessed with respect to their Body Fat Percentage, BMR, Visceral Fat percentage, Subcutaneous Fat, Skeletal Fat, BMI, Flexibility, And Cardiopulmonary Endurance. All participants were effectively counselled about the ill effects of weight gain and various lifestyle modifications they could imbibe in their daily life. A lot of participants inquired about the fitness programs of Community Physiotherapy Department. All participants responded positively and helped the camp be a huge success. |
| 07 | International Women's Day | Guest Lecture | CBR Department | 08/03/2022 | Sushrut Hall | 1 Day | 99 Participants | MAEER's Physiotherapy College with Department of Obstetrics & Gynaecology, MIMER Medical College organized a lecture on "Gender Equality – Stop Violence Against Women". Dr. Vaishali Korde Madam was the chief guest and speaker for this event. All staff members, PG students, interns and ug students of MAEER's physiotherapy college were present for the lecture. From Obstetrics and Gynaecology department Staff, PG students and interns were present. Program was concluded with vote of thanks. |
| 08 | International women's day | Camp | CBR Department | 08/03/2022 | Urban Health Center Talegaon Dabhade | 1 Day | 62 Participants | MIMER medical college and MAEER's Physiotherapy College, Talegaon Dabhade had organised a free Obesity assessment camp at Urban Health Centre, Talegaon Dabhade. In assessment body mass index, waist to hip ratio, body fat percentage, basal metabolic rate, visceral fat, subcutaneous fat, skeletal fat, flexibility and strength were included. Under the guidance of Dr. Nitin Nikhade & Dr. Anuradha Sutar total 62 participants were assessed for obesity and exercise prescription were given to everyone. |

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| 09 | International women's day | Camp | CBR Department | 09/03/2022 | Rural Health Center Sudumbare | 1 Day | 40 Participants | MIMER Medical College in association with MAEERS Physiotherapy College organized a free obesity camp on 9th March 2022. The health talk regarding obesity awareness was given by Dr. Anuradha Sutar. In obesity assessment body mass index, waist to hip ratio, body fat percentage, basal metabolic rate, visceral fat, skeletal fat, subcutaneous fat, upper-lower limb flexibility and strength, abdominal strength and endurance, cardiovascular endurance were included. Under the guidance of Dr. Anuradha Sutar total 40 participants were assessed for obesity and exercise prescription was given to everyone. Over all there was good response to the camp from all participants. |
| 10 | No Smoking Day | Skit + Video Display | Cardio respiratory Department | 09/03/2022 | OPD Porch BSTR Hospital | 1 day | 25 Participants | On the occasion on "No smoking day", department of Cardiovascular and Respiratory physiotherapy organized a health talk on hazards of smoking. An educational video was also played for the patients. |
| 11 | International women's day | Camp | CBR Department | 10/03/2022 | Z. P. Primary School, Nanoli Village | 1 day | 46 Participants | MIMER Medical College in association with MAEER'S Physiotherapy College (Community Physiotherapy Department) organized free fitness assessment camp. Physical fitness assessment was done which included body mass index, waist to hip ratio, body fat percentage, basal metabolic rate, visceral fat, skeletal fat, subcutaneous fat, upper-lower limb flexibility and strength, abdominal strength and endurance, cardiovascular endurance. Total 46 participants were assessed for obesity and exercise prescription was given to everyone. |
| 12 | Campus Interview | Online Campus Interview by Sneha Rehab Mumbai | Alumni Committee | 15/03/2022 | 2 nd floor Physiotherapy College Opd Complex | 1 day | 7 Interns | The Zoom link for the campus interview was shared at 2 pm on 15th June. Dr Sumitra welcomed and introduced Dr Mihika Gokhale & Ms Latifa to the students. This was followed by the introduction of the Sneha RERC rehab centre and its working pattern by Latifa Vasi & Dr Mihika Gokhale. Later on the interviews was conducted on one to one basis . |
| 13 | World Head Injury | Awareness Programme | Neuro physiotherapy Department | 21/03/2022 | Neuro physiotherapy OPD | 1 day | General Public | Awareness posters highlighting causes, symptoms, management, rehabilitation in patients with head injury were drawn and displayed by students. Flyers creating awareness were displayed on the rear window of physiotherapy staff vehicles. |

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| 14 | Campus Interview | Online Campus Interview by Healyos | Alumni Committee | 24/03/2022 | 2 nd floor Physiotherapy College Opd Complex | 1 day | 9 Interns | The Zoom link for the campus interview was shared at 2 pm on 14th June. Dr Sumitra welcomed and introduced Dr Shagun Gala and her team to the students. This was followed by the introduction of the healyos company and its working pattern by Dr Saurabh |
| 15 | World tuberculosis day | Rangoli-making competition | Cardio respiratory Department | 24/03/2022 | Cardiovascular and Respiratory physiotherapy OPD | 1 day | Students | On the occasion of World Tuberculosis day which is celebrated every year on 24th March, Department of Cardiovascular and Respiratory physiotherapy organized Rangoli- making competition. Students with their extraordinary sense of art made excellent rangolis depicting the causes, prevention and treatment of Tuberculosis. Judges judged the rangolis on the basis of the theme "Prevention of Tuberculosis" |
| 16 | Artificial Limb Centre visit | Out Door Department | CBR Department | 24 To 25/03/2022 | Artificial Limb Centre,Pune Cantonment | 2 days | 69 Participants | MAEER's Physiotherapy College (Community Department) organized a visit to artificial limb centre, where introduction was given by physiotherapist regarding different types of orthoses and prosthesis and manufacturing unit was shown where these aids are made. Demonstration of patient gait training with application of prosthesis was explained. Physiotherapy OPD and IPD setup with different modalities was shown. |
| 17 | World Health Day | Relay Marathon | Cardio respiratory Department | 15/04/2022 | Cardiovascular and Respiratory physiotherapy OPD | 1 Day | Students | On the occasion of World Health day Department of Cardiovascular and Respiratory Physiotherapy organized a relay Marathon race starting from MAEERS Physiotherapy college to Ecocity and back. Totally 10 teams participated in this event. |
| 18 | Industrial visit to PARLE-G company | Industrial visit | CBR Department | 29/04/2022 | Shivshakti Processed foods, Mohitewadi | 1 Day | --- | On 29th April 2022 an industrial visit to PARLE-G company was organized for 2nd year PG and final year students. Bus was arranged for students and staff for the visit. Departure by bus from campus at 10am and arrival at industry by 11am. After reaching a short informative lecture was given by the unit incharge they explained about the whole process of making the biscuits, the contents used in it, the machines used and how they work. Also, they told us about workers duties at each individual station, their shifts-rotations, the facilities available to them. Later on, they divided students in two groups and a short tour visit to industry was held. The making of biscuits, how they are baked, cooled down at proper temperature, if improper discarded by worker present there, the packing of it first in wrapper, then bunch of packs in a big plastic and then in boxes. Later transferring them to the go-down. These all process are handled by automated machines. At around 1pm by bus all students and staff returned to the college campus. |

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| 19 | World Multiple Sclerosis Day | Awareness video | Neuro Physiotherapy Department | 30/05/2022 | Neuro Physiotherapy OPD | 1 Day | --- | Department of Neuro Physiotherapy, MAEER'S Physiotherapy College, shared an awareness video made by Post graduate students with guidance from department faculty to highlight the importance of Physiotherapy to maintain functional independence. The 2020-2023 World MS Day theme is 'Connections'. MS Connections is all about building community connection, self-connection and connections to quality care. Through this video, we hope to create awareness in the community regarding finding the connection to therapy for quality care. |
| 20 | MUHS Foundation Day | Flag Hoisting | -- | 10/06/2022 | MIMER Medical College Porch | 1 Day | All Teaching & Non Teaching Staff, Students | MAEER's Physiotherapy College in association with MIMER medical college celebrated the MUHS foundation day by hoisting the flag of University. All the teaching, nonteaching staff and students had assembled for the same. |
| 21 | Tree Plantation Day | Tree Plantation | NSS unit of MAEER's Physiotherapy College | 10/06/2022 | Boys Hostel MIMER Medical College Porch | 1 Day | All Teaching & Non Teaching Staff, Students | On the occasion of Maharashtra University of Health Sciences (MUHS), Nashik foundation day celebration; NSS unit of MAEER's Physiotherapy College organized tree plantation program on 10th June 2022 at Boy's Hostel, MIMER Medical College Campus. After MUHS flag hoisting ceremony, total 25 trees were planted by NSS Volunteers and second year B.P.Th students at the venue. The program was supervised by NSS Program Officer Dr. Nitin Nikhade and other teaching staffs of MAEER's Physiotherapy College, Talegaon Dabhade. Each student planted one Ashoka tree and signed the attendance sheet. |
| 22 | Oath Taking Ceremony | -- | MAEER's Physiotherapy College | 15/06/2022 | Sushrut Hall | 1 Day | ---- | 12th oath taking ceremony was conducted by MAEER's Physiotherapy College on 15th July after completion of 6 months rotational internship by batch 2017-18 at sushrut hall from 2pm-4pm. All HOD's, Teachers and Parents of interns batch 2017-18 were invited. Dr. R P Gupta sir (professor Emirates & Principal MIMER medical college) Dr. Swati Belsare madam (principal MIMER medical college) Dr. Prashant Kamat sir (Medical Suprintendent) Dr. Snehal Ghodey maam (principal MAEER's Physiotherapy College) and Dr. Sayli Paldhikar (professor & HOD Neuro physiotherapy) graced the session. Compering was done by Dr. Dipika Burman. Welcome speech and oath to the interns was given by Dr. Snehal Ghodey maam followed by distribution of mementos. Academic price distribution was done by Dr. R P Gupta sir, and best paper prize distribution was done by Dr. Swati Belsare maam & Dr. |

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| | | | | | | | | Snehal Ghodey maam. Speeches on behalf of all the interns were given by Dr. Afifah Dadani & Dr. Rutuja Ghag. Inspirational speech given by dr. R P Gupta sir for interns. Batch 2017-18 has donated sanitary pad vending machine as a token of thanks to college. Vote of thanks given by Dr. Divyangana Rawane |
| 23 | International Yoga Day | Yoga Session | CBR Department | 21/06/2022 | Urban Health Center Talegaon Dabhade | 1 Day | 8 Participants | On the occasion of International Yoga day on 21 st June 2022.Department of community Physiotherapy of MAEERS Physiotherapy College conducted a yoga session at Urban Health Centre, Talegaon Dabhade. The session started with 8 participants at 11:00am by inviting Dr.Nitin Nikhade and Dr. Astha as chief guest. Then Dr.Anuradha maam gave a highlighting speech about yoga therapy in which she explained importance of yoga in day to day life and further the session was continued by Sampada Pawar where she explained uses of regularly performing yoga. Later demonstration of different yoga position was taught in supine ; prone lying, sitting & ; standing position. All the participants performed yoga under supervision and session was concluded at 12:30pm. |
| 24 | International Yoga Day | Yoga Session | CBR Department | 21/06/2022 | Rural Health Center Sudumbare | 1 Day | 41 Participants | On the occasion of International Yoga day on 21st June 2022.Department of community Physiotherapy of MAEERS Physiotherapy College conducted a yoga session at Rural Health Centre, Sudumbare. The session started with 40 participants at 11:00am by inviting Dr.Topkhane and Dr. Astha as chief guest. Then MPT student Miss Uzma gave a highlighting speech about yoga therapy in which she explained importance of yoga in day to day life and further the session was continued by an Intern Divya where she explained uses of regularly performing yoga. Later demonstration of different yoga position was taught in supine & ; prone lying, sitting & ; standing position. All the participants performed yoga under supervision and session was concluded at 12:30pm. |
| 25 | Multi-speciality Health Camp for Kamyani's Sindhutai Joshi Udyog Kendra | Camp | Neuro Physiotherapy Department | 23/06/2022 | B9 (Near COVID Vaccination Ward) Dr. BSTRH Hospital, Talegaon Dabhade. | 1 Day | 21 Participants | Programme was started at 10 am. Faculties from the medical college and Physiotherapy College were there for basic evaluation and treatment of the same. Dr Nilofer, Dr.Priyanka, Dr.Deepali were appointed. Detail evaluation along with the treatment protocol was explained to the patient. Staff has also given an information about the Orthotics and prosthetic department. The programme was concluded by 1.00 pm. |

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| 26 | Breast Feeding Week | Health talk | CBR Department | 01/08/2022 | Buddhavasti, UHC, Talegaon Dabhade | 1 Day | 08 Participants | <p>On the occasion of Breast feeding week the community Physiotherapy Department of MAEER'S, Talegaon, Dabhade conducted a health talk on the topic of breast Feeding at Budhavasti Anganwadi, collabration with COMMUNITY Medicine department (MIMER) accompanied by Dr Ashlesha, Dr Aastha and MBBS interns. The session started at 11am with the mother's of Anganwadi children and other women from near by area. The session was started by the MBBS interns by providing information regarding the importance of breastfeeding and they spoke about the myths surrounding it. Then Dr. Manasi (MPTH-1) informed them about the latching method and told in detail about the storage methods of breast milk in case of working mother's or difficulty in lactation. Massage techniques and expression of milk was shown in terms of engorgement. Dr Anuja Khadilkar (MPT-2) demonstrated different breast Feeding positions and enforced the importance of the same. as it is beneficial for the mother to prevent further issues of shoulder and back pain Again all the techniques were demonstrated on one of the volunteers The sessions was conducted under the supervision Dr Shyamli kulkami Maam. After all the demonstration it was open for question answers round and the doubts were solved. The session was concluded by the Anganwadi workers by thanking the doctors</p> |
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| 27 | Breast Feeding Week | Health talk | CBR Department | 01/08/2022 | Rural Health Center Sudumbare | 1 Day | 40 Participants | The session started at 11 am. Lactating mothers and mother's of the children from Anganwadi were present for the session the session was started by the students from Community Medicine Department of MIMER Medical College (interns). They provided the mothers with Introduction & basic information about breastfeeding. They talked about the importance of breast milk of timings of breast feeding. How to express breast milk, complications that can occur if the baby is not properly breastfed and how to store breastmilk in packets and containers was explained by Dr. Shankesh Chaturvedi (MPT) Participants went made aware of the ergonomics and proper posture that they should follow during breastfeeding. Benefits of following these ergonomic advices were explained to the mothers. The interactive session. was performed under the Guidance of Dr. Nitin Nikhade. Question-answer session was also carried out in the end. The participants were given proper advice & PG students helped the interns in clearing the queries. The session concluded by 12.30pm by thanking the students for their information given. |
| 28 | Breast Feeding Week | Health talk | CBR Department | 02/08/2022 | Dhorwada, UHC, Talegaon Dabhade | 1 Day | 40 Participants | The session started at 11:30 am. Total participants 15 were present including lactating mothers and other women from the Dhorwada Anganwadi. The session was started with students from Community Medicine Department of MIMER Medical College (Interns) Dr. Riya (Intern) gave introduction and basic information regarding breast feeding. Dr. Anjali (Intern) talked about importance of breast feeding & timings of breast feeding. She also talked importance of breast milk and its nutrition content. Dr. Janvi explained about myths and facts about breastfeeding. She explained about breast engorgement also. Then Dr. Aarya Mehta (MPT - 1) PG student of (MAEER's Physiotherapy College) explained about Latching technique, proper procedure of breast feeding. She also explained how to express milk and storage of milk after removal of milk. Then, Dr. Anuja Khadilkar (MPT - 2 PG student, MAEER'S College of Physiotherapy) explained about various breast feeding positions which will be comfortable for mother and baby both. She also gave demonstration for them. Also, participants were made aware about effects of not having proper position for breast feeding and ergonomic advice was given for the same. This interactive session was performed under the |

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| | | | | | | | | guidance of Dr. Anuradha Sutar & Dr. Nitin Nikhade & Dr. Shyamlee Kulkarni. Question answer session was also carried out at the end of session and the participants were given proper advice and the PG students and interns helped them in clearing their queries. The session concluded at 12.15 pm by thanking the PG students and Interns about the information provided. |
| 29 | Breast Feeding Week | Health talk | CBR Department | 03/08/2022 | PHC Talegaon Dabhade | 1 Day | 35 Participants | On the occasion of Breast Feeding Week on 3rd August 22 the Department of community Physiotherapy conducted a Health talk of importance of breastfeeding at PHC, Talegaon. The MIMER, college community Medicine Interns were also present. The session started with The rotary club members and the gynaecologists that accompanied them. They informed them regarding care and importance of nutrition the proper throughout the pregnancy for conducted. An interview session was conducted for proper milk production. Proceeding that the MBBS interns spoke about the myths surrounding breastfeeding. Then followed by that Dr Manasi (MPT-I) gave different Breastfeeding techniques, latching and breast milk storage methods & demonstration All the Anganwadi workers concluded the program by thanking the staff and rotary club members for the same. |
| 30 | Breast Feeding Week | Health talk | CBR Department | 03/08/2022 | PNC Ward BSTRH Talegaon Dabhade | 1 Day | 250 Participants | The session started at 11:30 am. Anganwadi workers in and around talegaon were present for the camp. The session started by Dr. Anuradha sutar gave introduction and demonstrated various breast feeding position which will comfortable for mother and baby both . Ma'am also told in detail about how to express milk and how to safely store that milk for use and also talked about importance of breast feeding & timings of breast feeding and its nutrition content for mother and baby both. Also, participants were made aware about effects of not having proper position for breast feeding and ergonomic advice was given for the same. This interactive session was performed under the guidance of Dr. Anuradha Sutar . Question answer session was also carried out at the end of session and the participants were given proper advice and the PG students helped them in clearing their queries. The session concluded at 12.45 pm by thanking Dr. Anuradha sutar maam and PG students about the information provided. |

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| 31 | Bone and Joint Day | Camp | Musculoskeletal Physiotherapy Department | 04/08/2022 | MAEER's Physiotherapy College & MIMER Medical College Campus | 1 Day | ---- | The camp was organized on 4th august 2022. The publicity of the camp was done by circular which was circulated in various departments and through social media. There was free check-up for BMD value and uric acid level and those at risk had advised physiotherapy treatment. Various patients were referred complaining of musculoskeletal pain. All patient received free physiotherapy treatment for their complaints during the camp. |
| 32 | Breast Feeding Week | Health talk | CBR Department | 04/08/2022 | Bhegade Ali UHC Talegaon Dabhade | 1 Day | 40 Participants | The session started at 11:30 am. Total participants 12 were present including lactating mothers and other women from the bhegade ali Anganwadi. The session was started with students from Community Medicine Department of MIMER Medical College (Interns) Dr. Ashlesha ma'am and interns gave introduction and basic information regarding breast feeding and also talked about importance of breast feeding & timings of breast feeding and its nutrition content. Another intern explained about myths and facts about breastfeeding. She explained about breast engorgement, misconceptions about breastfeeding and about breast cancer also. Then Dr. Sakshi thakare (MPT -1) PG student of (MAEER's Physiotherapy College) explained about Latching technique, proper procedure of breast feeding. She also explained how to express milk and storage of milk after removal of milk. Then, Dr. Abhilasha jain (MPT - 2 PG student, MAEER'S College of Physiotherapy) explained about various breast feeding positions which will be comfortable for mother and baby both. She also gave demonstration for them. Also, participants were made aware about effects of not having proper position for breast feeding and ergonomic advice was given for the same. This interactive session was performed under the guidance of Dr. Anuradha Sutar & Dr. Nitin Nikhade & Dr. Shyamlee Kulkarni. Question answer session was also carried out at the end of session and the participants were given proper advice and the PG students and interns helped them in clearing their queries. The session concluded at 12.15 pm by thanking the PG students and interns about the information provided. |

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| 33 | Breast Feeding Week | Health talk | CBR Department | 05/08/2022 | Dal Ali UHC Talegaon Dabhade | 1 Day | 40 Participants | The session started at 11:30 am. Total participants 10 were present including lactating mothers and other women from the bhegade ali Anganwadi. The session was started with students from Community Medicine Department of MIMER Medical College (Interns) Dr. Ashlesha Dandekar ma'am and interns gave introduction and basic information regarding breast feeding and also talked about importance of breast feeding & timings of breast feeding and its nutrition content. Another intern explained about myths and facts about breastfeeding. She explained about breast engorgement, misconceptions about breastfeeding and about breast cancer also. Then Dr. Dipali Dasharathe (MPT -1) PG student of (MAEER's Physiotherapy College) explained about Latching technique, proper procedure of breast feeding. She also explained how to express milk and storage of milk after removal of milk. Then, Dr. Abhilasha jain (MPT - 2 PG student, MAEER'S College of Physiotherapy) explained about various breast feeding positions which will be comfortable for mother and baby both. She also gave demonstration for them. Also, participants were made aware about effects of not having proper position for breast feeding and ergonomic advice was given for the same. This interactive session was performed under the guidance of Dr. Anuradha Sutar & Dr. Nitin Nikhade & Dr. Shyamlee Kulkarni. Question answer session was also carried out at the end of session and the participants were given proper advice and the PG students and interns helped them in clearing their queries. The session concluded at 12.15 pm by thanking the PG students and interns about the information provided |
| 34 | Breast Feeding Week | Health talk | CBR Department | 06/08/2022 | Mali Ali Vitthal Mandir UHC Talegaon Dabhade | 1 Day | 60 Participants | The session started at 11:30 am. Dr. Ashlesha Dandekar ma'am and interns gave introduction and basic information regarding breast feeding and also talked about importance of breast feeding & timings of breast feeding and its nutrition content. Another intern explained about myths and facts about breastfeeding. She explained about breast engorgement, misconceptions about breastfeeding and about breast cancer also. Then Dr. Priyanka kumbhar (MPT -1) PG student of (MAEER's Physiotherapy College) explained about Latching technique. She also explained how to express milk and storage of milk after removal of milk. |

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| | | | | | | | | Then, Dr. Anuja Khadilkar(MPT - 2 PG student, MAEER'S College of Physiotherapy) explained about various breast feeding positions which will be comfortable for mother and baby both. She also gave demonstration for them. Also, participants were made aware about effects of not having proper position for breast feeding and ergonomic advice was given for the same.This interactive session was performed under the guidance of Dr. Anuradha Sutar & Dr. Nitin Nikhade & Dr. Shyamlee Kulkarni. Question answer session was also carried out at the end of session and the participants were given proper advice and the PG students and interns helped them in clearing their queries. The session concluded at 12.50pm by thanking the PG students and interns about the information provided. |
| 35 | Independence Day | Flag Hoisting | MAEER's Physiotherapy College In Association with MIMER Medical College | 15/08/2022 | MIMER Medical College, Building | 1 day | Staff & Students of Physiotherapy and MBBS | On the occasion of 76th Independence Day, the flag hoisting ceremony will be held at MAEER MIT PUNE's MIMER Medical College & Dr.BSTR Hospital Talegaon Dabhade. Students & Staff members gathered for the celebration. The event started with the speech and regarding the Amritmahotsav celebration |
| 36 | Teachers Day | --- | Students Committee | 05/09/2022 | Cardiorespiratory OPD | 1 Day | Staff & Students of Physiotherapy | On the occasion of teachers day the students council of the college had organised a celebration for the teachers in the form of games and dancing. |
| 37 | World Physiotherapy Day | Skit Performance | Social awareness club | 07 To 09/09/2022 | Dental OPD BSTRH | 2 Days | General Public | On 7 th September, the Skit was conducted near the OPD building near DENTAL OPD outside the case paper registration counter. The patients and their relatives gathered maintaining social distancing norms. The skit began with claps and song, and the skit performance lasted for 10 min with the manual slogans and awareness posters displayed in the background |
| 38 | World Physiotherapy Day | Multispecialty Physiotherapy Camp | Cardio & Respiratory Department | 12 To 16/09/2022 | Cardiorespiratory OPD | 5 Days | Patients | Free Multispecialty Physiotherapy camp was organised on the occasion of World Physiotherapy Day, between 12th to 16th September 2022 at MAEERS Physiotherapy College to create awareness about Cardiovascular and respiratory physiotherapy. |
| 39 | World Heart Day | Poster Competition | Cardio & Respiratory Department | 29/09/2022 | Cardiorespiratory OPD | 1 Day | Staff & Students | On World heart day, the poster making competition was organized for the students on the theme prevention of cardiovascular diseases. Dr Snehal Ghodey ma'am judged the event |

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| 40 | World Heart Day | Awareness Rally | Cardio & Respiratory Department | 29/09/2022 | Cardiorespiratory OPD | 1 Day | Staff & Students | On World Heart Day, Awareness rally was organized by the cardiorespiratory physiotherapy OPD in association with Medicine OPD |
| 41 | World Heart Day | Street Play | Cardio & Respiratory Department | 29/09/2022 | Cardiorespiratory OPD | 1 Day | Staff & Students | On World Heart Day, Awareness Skit was organized by the cardiorespiratory physiotherapy OPD in association with Medicine OPD |
| 42 | World Lung Day | Creative Writing Competition | Cardio & Respiratory Department | 30/09/2022 | Cardiorespiratory OPD | 1 Day | Staff & Students | On World Lung day, Creative writing competition was held for the students on the theme "Active Cycle Breathing Technique". The department judged the competition. |
| 43 | Multidiagnostic camp | Camp | CBR Department | 12 To 16/09/2022 | CBR OPD | 1 Day | Staff & Students | Free Physiotherapy Multidiagnostic camp was arranged from 12 th to 16 th September 2022. Total 14 patient were assessed for obesity, geriatric fitness and women's health conditions treatment was given. The obese patients were assessed for BMI, Total fat %, BMR. The geriatric patients were assessed for senior fitness tests, Risk of fall and Balance Assessment. In women's health Post natal and post menopausal patients were assessed and Ergonomic Advice was given. |
| 44 | National Nutrition Month | Health Talk | NSS unit | 15 To 21/09/2022 | PHC Talegaon Dabhade | 8 Days | 32 Participants | NSS Unit of MAEER's Physiotherapy college organised a health talk on Awareness about Nutrition in pregnant female at PHC, Talegaon Dabhade on 14th & 21st sept 2022 in order to celebrate Rashtriya Poshan Maah- Sept 2022. On 14th sept 2022 Dr. Priyanka Jnagid (PG student) along with 20 NSS Volunteers gave health talk on Nutrition in pregnant women in which total 15 pregnant females were present. On 21st sept 2022 Dr. Urusa Shaikh (PG Student) along with 20 NSS Volunteers gave health talk on Nutrition in pregnant women in which total 15 pregnant females were present. |
| 45 | National Nutrition Month | Health Talk | NSS unit | 17/09/2022 | Z.P. Primary School, Nanoli Village | 1 Day | 65 Participants | NSS Unit of MAEER's Physiotherapy college organised a health talk on Awareness about Nutrition in School Children at Z.P. Primary School, Nanoli Village on 17 th September 2022 in order to celebrate Rashtriya Poshan Maah- Sept 2022. NSS Volunteers gave health talk on Nutrition in growing age in which around 65 school children from 2 nd to 4 th standard were present. It was interactive session with the school children in which they were given information about nutrition present in different food items such as cereals, pulses, milk & milk products and how much quantity they should include in daily meals. |

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|----|-----------------------------------|-------------------------|----------------------------|------------|--|-------|-----------------|--|
| 46 | International Day Of Older Person | Camp | CBR Department | 01/10/2022 | MiraGhar- Senior Citizen Home, Kamshet | 1 Day | 25 Participants | On 1st October 2022, Department of Community Physiotherapy, MAEER's physiotherapy college organised a free Physical Fitness Assessment Camp for Senior Citizens from 10 am to 1 pm at MiraGhar- Senior Citizen Home, Kamshet. Total 25 senior citizens were assessed for geriatric fitness and women's health conditions. A physiotherapist team consisting of 10 students from final year UG and Community Physiotherapy PG assessed physical fitness of older persons using Senior Fitness Test. The senior citizens found with issues of balance and risk of fall, Stroke, Osteoarthritis of Knee, Lumbar canal stenosis, Frozen Shoulders, Knee arthroplasty, Urinary incontinence etc. and appropriate exercise prescription was given for the same. |
| 47 | National Obesity Awareness Week | Fitness Assessment Camp | CBR Department | 15/10/2022 | Swapna Nagari Housing Society, Opposite to Indrayani College, Talegaon-Chakan road, Talegaon Dabhade | 1 Day | 45 Participants | Department of Community Physiotherapy, MAEER's Physiotherapy College organised a free Physical Fitness Assessment Camp for residents of Swapna Nagari Housing society, Talegaon Dabhade on 15th October 2022 from 10 am to 1 pm. A physiotherapist team consisting of 18 final year students, Interns and Community Physiotherapy PG students assessed obesity & physical fitness of 45 residents of Swapna Nagari. The physical fitness evaluation consists of BMI, % Body fat using Body impedance analysis machine, Flexibility Test, Muscle strength & endurance Test, Cardiovascular fitness test of each participant. After the fitness assessment each participant were explained about their physical fitness level & Grades of Obesity and counselling was done to participate in exercise program and lifestyle modification. All the residents were encouraged to do Physical activity and appropriate exercise prescription was given to them. |
| 48 | World Spine Day | Awareness Video | Musculoskeletal Department | 16/10/2022 | NA | 1 Day | -- | Department of Musculoskeletal physiotherapy shared an awareness video made by the 1 MPT students with the guidance of the staff on "Risk factors, causes and prevention to be taken during Low back pain" and was circulated in the social platforms |
| 49 | National Obesity Awareness Week | Fitness Camp | CBR Department | 16/10/2022 | Yashwant Plus Housing Society, Talegaon Dabhade | 1 Day | -- | Department of Community Physiotherapy, MAEER's Physiotherapy College organised a free Physical Fitness Assessment Camp for residents of Yashwant Plus Housing Society, Talegaon Dabhade on 16th October 2022 from 10 am to 1 pm. A physiotherapist team consisting of 21 final year students, Interns and Community Physiotherapy PG students assessed obesity & physical fitness of 45 residents of Yashwant Plus Housing Society. |

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|----|--------------------------|---------------------------|----------------|------------|--|-------|--------------------------|--|
| | | | | | | | | The physical fitness evaluation consists of BMI, % Body fat using Body impedance analysis machine, Flexibility Test, Muscle strength & endurance Test, Cardiovascular fitness test of each participant. After the fitness assessment each participant were explained about their physical fitness level & Grades of Obesity and counselling was done to participate in exercise program and lifestyle modification. All the residents were encouraged to do Physical activity and appropriate exercise prescription was given to them. |
| 50 | World Mental Health week | Stress Management Session | CBR Department | 19/10/2022 | Kinesiotherapy Lab MAEER's Physiotherapy College | 1 Day | 43 Participants | Department of Community Physiotherapy, MAEER's Physiotherapy College organised a Stress Management Session for 40 Final year B.P.Th Students on 19th October 2022 from 9:00 am to 10:00 am. Mrs. Archana Raje, Dept. of Psychiatry, MIMER Medical College demonstrated Jacobson's Progressive Relaxation Technique and students practiced it as per the instructions given by her. The students felt relaxed after the session and Mrs. Archana Raje asked the students to practice this technique for managing stress in everyday life. |
| 51 | World Bioethics Day | Symposium | Bioethics Unit | 19/10/2022 | Sushrut Hall | 1 day | 45 staff and 53 students | Symposium including 4 speakers working with special and vulnerable population on the theme of Social Responsibility and health was conducted by Bioethics Units of MAEER's Physiotherapy College, Talegaon Dabhade. Topics included 'Psychological Needs of disadvantaged children', Barriers to Inclusive education, health needs of tribal girls, challenges of NGO in rural areas. A competition was also held for students on the same theme where entries for poem, poster and photograph were received. |
| 52 | World Diabetes Day | Health Talk | CBR Department | 14/11/2022 | Urban Health Centre Talegaon Dabhade | 1 Day | 43 Participants | The session started at 10 am with an informative speech on Diabetes, its risk factors and complications. All patients were given a free blood sugar check up and counselled for dietary and lifestyle modifications and were prescribed medications. Later, a speech on importance of exercises and their benefits and types of exercises helpful in the management of Diabetes were explained and demonstrated. A short exercise session was conducted for the patients. Different types of exercises including warmup, mobility exercises, resistance exercises, chair aerobics, cooldown were demonstrated. The session was concluded at 2 pm with a thank you speech |

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| 53 | World Diabetes Day | Crossword puzzle competition | Cardio Respiratory Department | 14/11/2022 | Cardio Respiratory OPD | 1 Day | Students | Crossword puzzle competition was held for 4th BPTH students on the topic of Diabetes on World Diabetes day. The students were divided into different groups and the competition was held between them |
| 54 | World Diabetes Day | Health Talk | CBR Department | 16/11/2022 | Rural Health Centre Sudumbare | 1 Day | 30 Participants | The session started at 11am by highlighting speech on Diabetes and its awareness. later Speech on importance of Exercises its benefits and types of exercises in diabetes were explained. later on BSL checkup was started simultaneously Exercise session was conducted for the patients. Demonstration of different types of exercise to the patients including warmup, mobility exercises, resistance exercises, chair aerobics, cooldown was conducted . Session concluded by 1pm by giving thank you speech. |
| 55 | World COPD Day | Debate competition | Cardio Respiratory Department | 18/11/2022 | Cardio Respiratory OPD | 1 Day | Students | On the occasion of World COPD day, The department of Cardiovascular and Respiratory physiotherapy organized a debate competition on the topic "Recent advances in the Respiratory physiotherapy." |
| 56 | International Disability Day with Jai Vakeel School for Children in Need of Special Care | Visit to Parle G Factory Talegaon Dabhade | Department of Neurophysiotherapy and Jai Vakeel School for Children in Need of Special Care | 5/12/2022 11.00 am To 1.00 pm | Parle G Factory Talegaon Dabhade | 1 | Students | On occasion of "International day of Disability", MAEER's Physiotherapy College, keeping in mind the theme of Inclusion of children with special needs in society arranged a vocational and informative visit in Parle G factory, Talegaon Dahade. Staff and students participated with enthusiasm for the same |
| 57 | Awareness regarding women grievance | Health Talk | Community Physiotherapy Department | 7/12/2022 | Rural Health Training Centre, Talegaon Dabhade | 1 | 10 | On occasion of Women grievance week 2022 department of community physiotherapy of MAEER's physiotherapy college and MIMER Medical college organized program to create awareness regarding women grievance. By PG student of community medicine Dr. Sadhana speech were delivered on dowry and women empowerment. |
| 58 | Importance of Exercises for Dysmenorrhea | Health Talk | Community Physiotherapy Department | 13 th December 2022 11am to 1pm | Indrayani Institute of Pharmacy, Talegaon Dabhade | 1 | 28 | Department of Community Physiotherapy of MAEER's Physiotherapy College Conducted a health talk on importance of exercises for dysmenorrhea and PCOD at Indrayani Institute of Pharmacy by PG student of Community Physiotherapy Priyanka Jangid presentation was conducted which included what is dysmenorrhea types and how it affects quality of life and later on importance of exercises. |

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| 59 | CME | OFFLINE LECTURE | Musculoskeletal Physiotherapy Department | 13 TH DEC 2022 2PM TO 4 PM | SUSHRUT HALL | 1 | 80 participants | MAEER's physiotherapy college Talegaon dabhadde had conducted CME on the topic "Current concepts in sports Injury Rehabilitation" on 13th December 2022 by Dr Anand Gangwal, who is MPT in Orthopaedic, Sports and Manual Therapy (Australia). Target audience was Physiotherapy PG students, Interns and Final year students. Dr Anand Gangwal gave insight into various current trends in on field and off-field sports Injury assessment and training. |
| 60 | CME | OFFLINE LECTURE | NEURO PHYSIO THERAPY DEPT | 14 TH DEC 2022 2PM TO 4 PM | SUSHRUT HALL | 1 | 25 PG STUDENTS | Neurophysiotherapy dept of MAEERS MIT PUNE's physiotherapy college conducted a CME ON Neuroimaging CT & MRI on 14th dec 2022. The speaker for cme was DR S.S. Thind sir Prof & HOD Radiology. THERE WERE 25 PG students and 8 FACULTY attended the lecture. It was a good educational investigative insight towards diseases. |
| 61 | Alumni Activity 2022 | Guest Lecture By Alumna Dr Bhavika Parekh | Alumni Committee of MAEER's Physiotherapy College | 15 th Dec 2022 2:00-4:00pm | SUSHRUT HALL | 1 | 90 participants | Dr Bhavika Parekh Alumna of MAEER's Physiotherapy College Talegaon Dabhadde contributed to college by spreading knowledge about advanced physiotherapeutic techniques used these days to give exposure to students about different techniques and instrumentation used which are not of their curriculum. She also shared her experiences as a chief physiotherapist for the cricket academy for blind Maharashtra state. She talked about their various injuries and what are the techniques she uses on field to treat the players |
| 62 | Camp samparc heritage walk | Health Promotion | Community Physiotherapy Department | 18 th December 2022 | Bhaje Village, Maval, Lonawala | 1 | More than 6000 | On 18th dec Samparc heritage walk was organized between bhaje cares, lohagad fort on behalf of Samparc Balgram Sanstha to promote rich culture and Heritage of Maharashtra. Participants were citizen and school children. Physiotherapist provided facility for participated individual who suffered from dyspnea, muscle cramps and other conditions. |
| 63 | Maha arogya shibir | Health Promotion | Community Physiotherapy Department | 24th and 25th December 22 | PWD Ground, Sanghvi, Pune | 1 | Around 400 | Physiotherapy interns of MAEER's physiotherapy college and doctors from MIMER medical college attended "mega camp". we provided facility to participants of orthopedic conditions by giving physiotherapy for required patients. Most of patients were of knee pain, low backache and shoulder pain. Few patients required follow up for physiotherapy were referred to MAEER's physiotherapy college. |



DR. SNEHAL GHODEY
Principal
MPT (Musculoskeletal)
13/12/22

GCP Good Clinical Practice guidelines workshop



FREE PHYSIOTHERAPY CAMP



WORLD OBESITY DAY



WORLD OBESITY DAY AT 25 KARAT RUBY



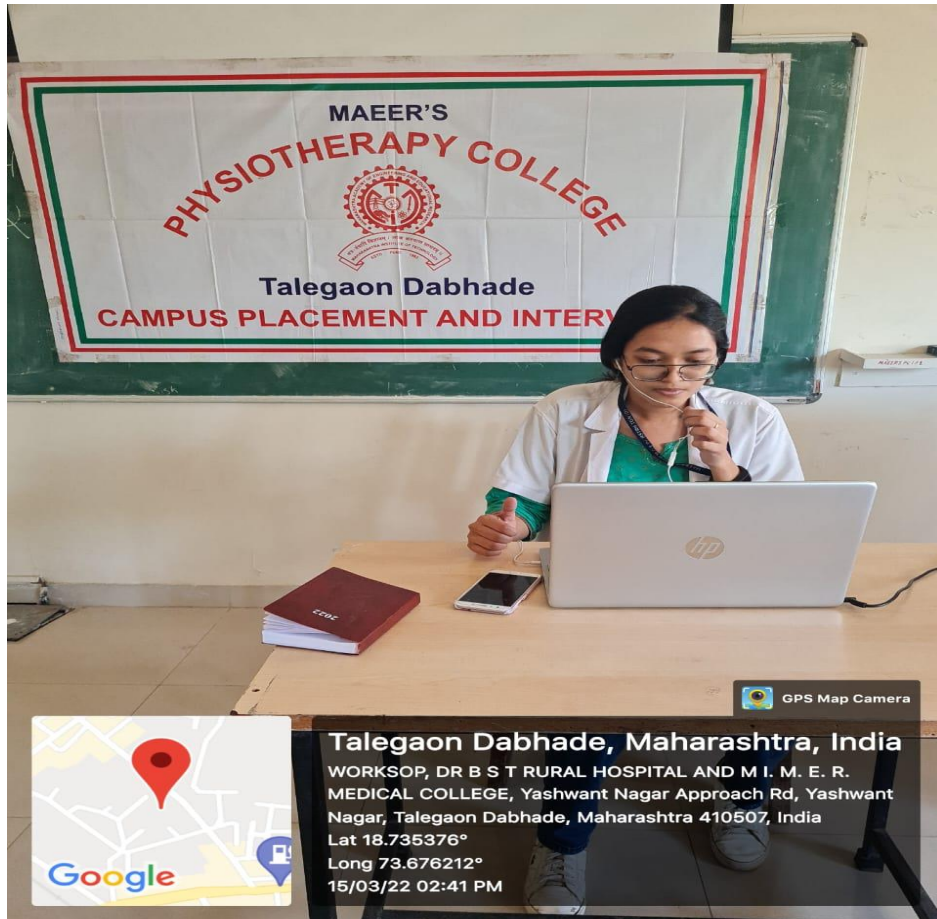
INTERNATIONAL WOMEN'S DAY AT SUSHRUT HALL



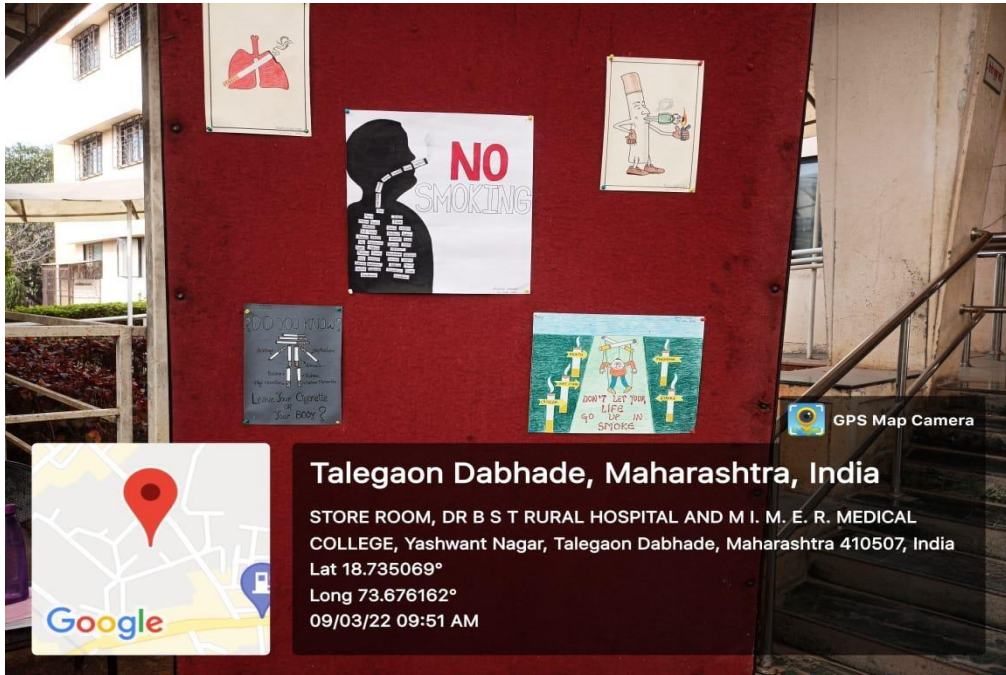
INTERNATIONAL WOMEN'S DAY AT UHC



ONLINE CAMPUS INTERVIEW



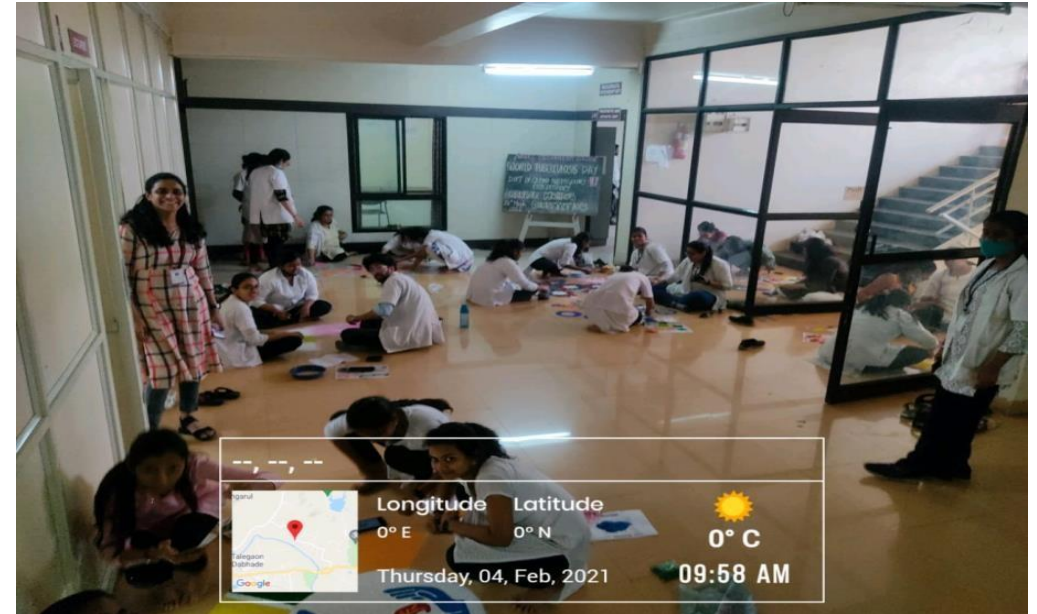
NO SMOKING DAY



WORLD HEAD INJURY AWARENESS



WORLD TUBERCULOSIS DAY



ARTIFICIAL LIMB CENTER VISIT



WORLD HEALTH DAY



INDUSTRIAL VISIT



MULTIPLE SCLEROSIS DAY



MUHS FOUNDATION DAY



PHOTOS OF TREE PLANTATION



OATH TAKING CEREMONY



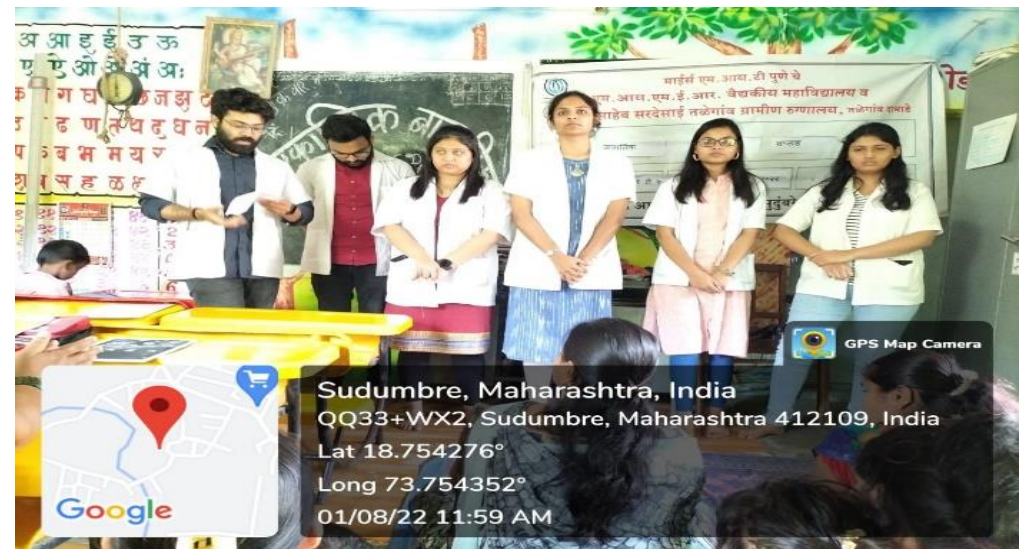
PHOTOS OF INTERNATIONAL YOGA DAY AT UHC



1st AUGUST 2022 – BUDDHAVASTI, UHC, TALEGAON DABHADE



1ST AUGUST 2022- SUDUMBARE, RHC, TALEGAON DABHADE



2nd AUGUST- DHORWADA, UHC, TALEGAON DABHADE



3rd AUGUST – PNC WARD, BSTRH, TALEGAON DABHADE





BONE AND JOINT DAY



4TH AUGUST- BHEGADI ALI, UHC, TALEGAON DABHADE



5th AUGUST – DAL ALI, UHC, TALEGAON DABHADE



3RD AUGUST - PHC, TALEGAON DABHADE



4TH AUGUST- BHEGADE ALI



5TH AUGUST – DAL ALI, UHC, TALEGAON DABHADE



6TH AUGUST – MALI ALI, VITTHAL MANDIR, UHC



SOCIAL AWARENESS CLUB ("OSTEOARTHRITIS AND THE ROLE OF PHYSIOTHERAPISTS IN ITS PREVENTION AND IN THE MANAGEMENT")



GPS Map Camera

Talegaon Dabhade, Maharashtra, India
 STORE ROOM, DR B S T RURAL HOSPITAL AND M I. M. E. R. MEDICAL COLLEGE, Yashwant Nagar, Talegaon Dabhade, Maharashtra 410507, India
 Lat 18.735082°
 Long 73.676289°
 07/09/22 12:07 PM



GPS Map Camera

Shri Shivaji Talkie Talegaon Dabhade, Maharashtra, India
 Maruti Mandir, Talegaon Dabhade, Maharashtra 410506, India
 Lat 18.719851°
 Long 73.682971°
 09/09/22 11:06 AM

FREE PHYSIOTHERAPY MULTIDIAGNOSTIC CAMP (SEPT 2022)



GPS Map Camera

Talegaon Dabhade, Maharashtra, India
 STORE ROOM, DR B S T RURAL HOSPITAL AND M I. M. E. R. MEDICAL COLLEGE, Yashwant Nagar, Talegaon Dabhade, Maharashtra 410507, India
 Lat 18.735202°
 Long 73.676197°
 14/09/22 10:54 AM GMT +05:30



GPS Map Camera

Talegaon Dabhade, Maharashtra, India
 WORKSOP, DR B S T RURAL HOSPITAL AND M I. M. E. R. MEDICAL COLLEGE, Yashwant Nagar Approach Rd, Yashwant Nagar, Talegaon Dabhade, Maharashtra 410507, India
 Lat 18.735209°
 Long 73.676208°
 14/09/22 11:13 AM GMT +05:30

PHOTOES OF RASHTRIYA POSHAN MAAH SEPT 2022 – PHC, TALEGAON DABHADE



WORLD HEART DAY



WORLD LUNG DAY



MAEER MIT Pune's
Physiotherapy College

On the occasion of
WORLD LUNG DAY
Dept. of
Cardiovascular &
Respiratory physiotherapy

**"Creative writing
Competition"**

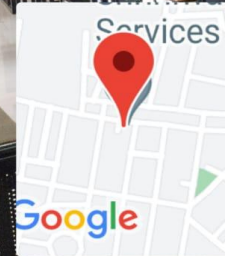


Topic

Active Cycle of
Breathing Technique

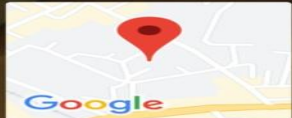
Venue

Dept. of
Cardiovascular &
Respiratory physiotherapy
Time:10 am -11am
Date : 30/09/2022

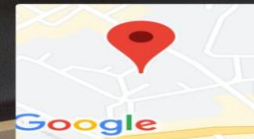


Talegaon Dabhade, Maharashtra, India
MAEER'S PHYSIOTHERAPY COLLEGE, Talegaon
Dabhade, Maharashtra 410507, India
Lat 18.740994°
Long 73.674171°
30/09/22 11:05 AM GMT +05:30

WORLD CARDIO PULMONARY WEEK



Talegaon Dabhade, Maharashtra, India
8, Yashwant Nagar Approach Rd, Yashwant Nagar,
Talegaon Dabhade, Maharashtra 410507, India
Lat 18.735166°
Long 73.675866°
26/09/22 11:10 AM



Talegaon Dabhade, Maharashtra, India
8, Yashwant Nagar Approach Rd, Yashwant Nagar,
Talegaon Dabhade, Maharashtra 410507, India
Lat 18.735239°
Long 73.675775°
28/09/22 10:19 AM GMT +05:30

WORLD HEART DAY (SKIT/RALLY)



PHOTOES OF RASHTRIYA POSHAN MAH SEPT 2022 – NANOLI VILLAGE



WORLD SPINE DAY



PHOTOES OF MIRAGHAR SENIOR CITIZEN HOME



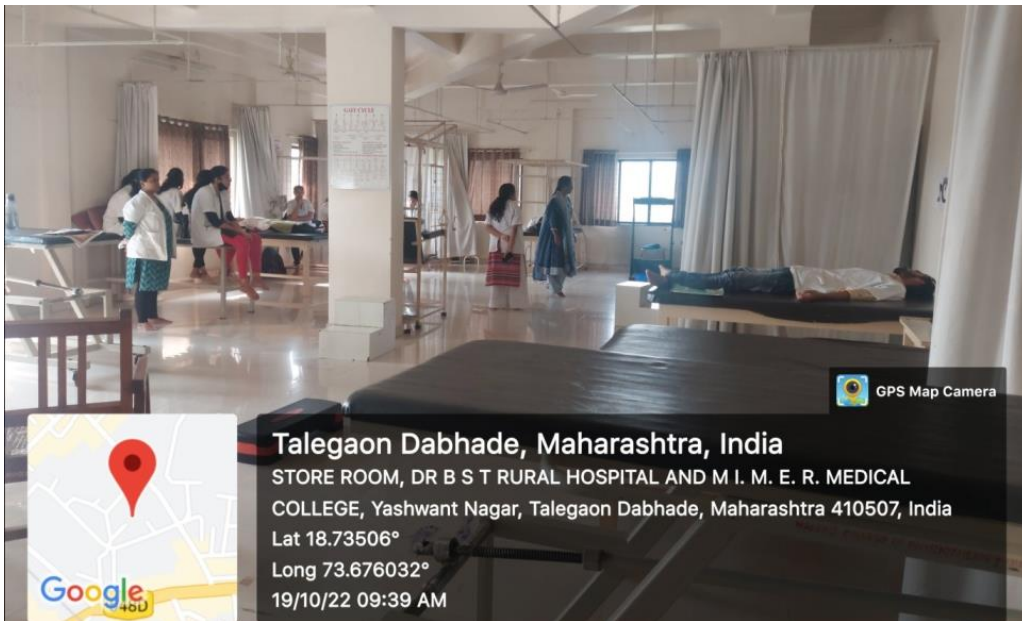
PHOTOES OF OBESITY CAMP IN SWAPNANAGARI SOCIETY



PHOTOES OF OBESITY CAMP IN YASHWANT PLUS SOCIETY



PHOTOES OF WORLD MENTAL HEALTH WEEK OCT 2022



WORLD BIOETHICS DAY 2022



PHOTOES OF WORLD DIABETES DAY 2022- UHC, TALEGAON DABHADE



PHOTOES OF WORLD DIABETES DAY 2022- RHC, SUDUMBARE



WORLD DIABETES DAY (CROSSWORD PUZZLE COMPETITION)



WORLD COPD DAY (DEBATE COMPETITION)



PHOTOES OF CERTIFIED ANTENATAL & POSTNATAL EXERCISE SPECIALIST 2022- OPD BUILDING, MAEER'S PHYSIOTHERAPY COLLEGE

@ihfafitness



Two Days Hands On Workshop on
**CERTIFIED ANTENATAL
POSTNATAL EXERCISE SPECIALIST™**
Organised by: Department of Community Physiotherapy,
MAEER MIT PUNE'S PHYSIOTHERAPY COLLEGE,
TALEGAON (D)
On
25th, 26th Nov 2022
2nd Floor, OPD Building MAEER's
Physiotherapy College, Talegaon (D), Pune
Course Approved for 1.8 CEUs



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PAYMENT LINK
<https://forms.gle/HhuphyKpzi7aPhH8>

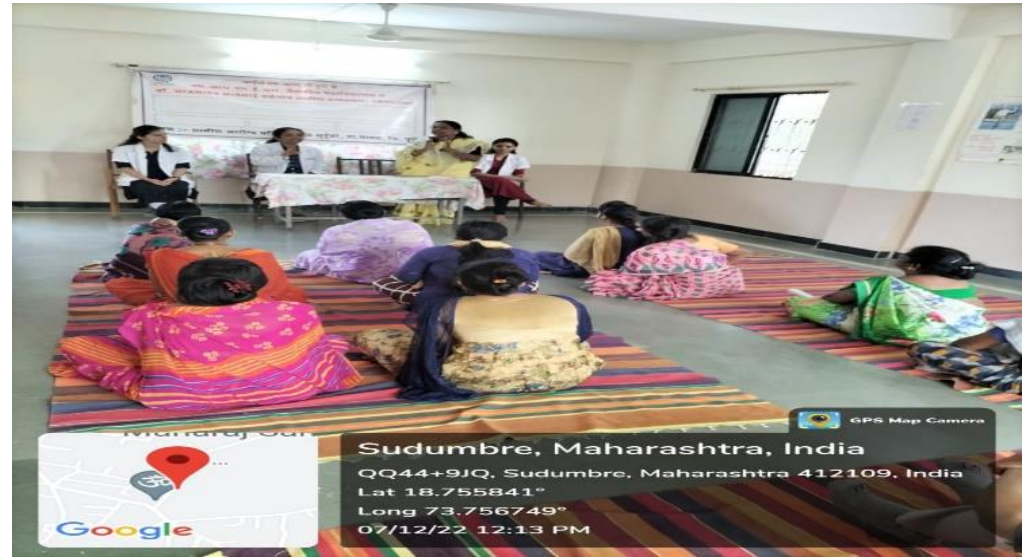




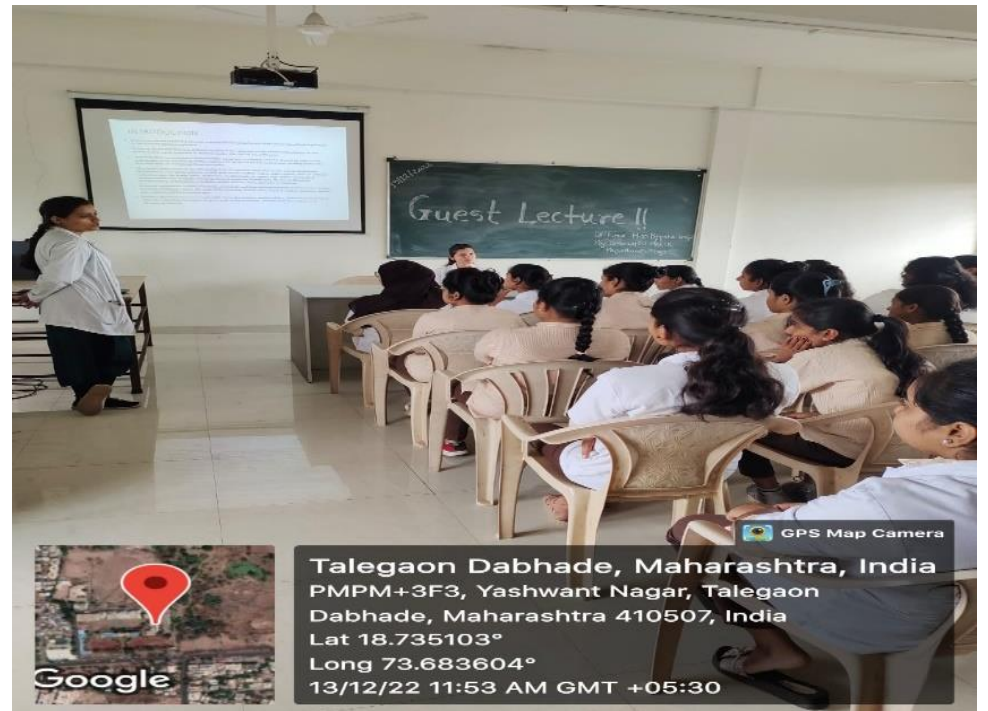
PARLE G FACTORY VISIT



AWARENESS REGARDING WOMEN GRIEVANCE:



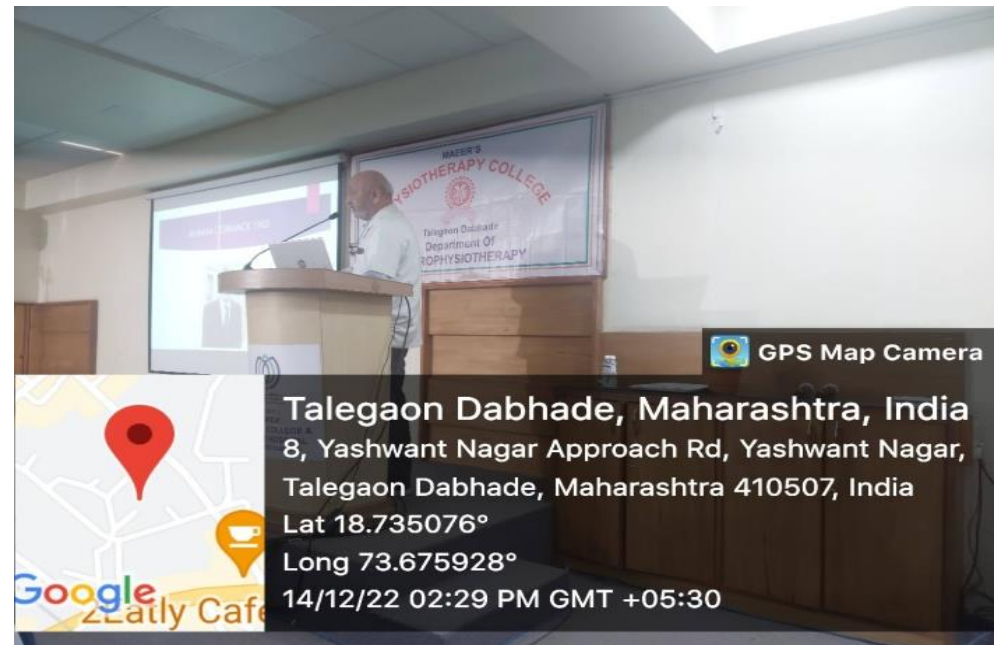
HEALTH TALK ON IMPORTANCE OF EXERCISE IN DYSMENORRHEA:



ORTHO CME



NEUROPHYSIOTHERAPY CME



ALUMNI ACTIVITY 2022



CAMP SAMPARC HERITAGE WALK



MAHA AAROGYA SHIBIR

