



MAHATMA GANDHI MISSION

MGM Institute of Physiotherapy

Aurangabad, Maharashtra

Student Centric Activities

Excellence

Service Ergonomics Education

Physiotherapy

Student Council

Outreach Research

Social Initiatives Healthcare

Academic Year

SOUVENIR

2020 - 21

World Heart Day

Ability Awards

World Disability Day

Bioethics Day

Professionalism

Diabetic Care Club

Compassion Meraki

Stroke Support Group

Can-Rehab

Accountability

Social Responsibilities COVID Warriors

Sports Physiotherapy

World Arthritis Day

Evidence Based Practice

Affiliated to Maharashtra University of Health Sciences, Nashik
Recognized by Maharashtra State OTPT Council, Mumbai

www.mgmphysiotherapy.org



VISION

MGM Institute of Physiotherapy aims to be a top ranking centre of Excellence in Health Science Education, Health Care and Health Research.

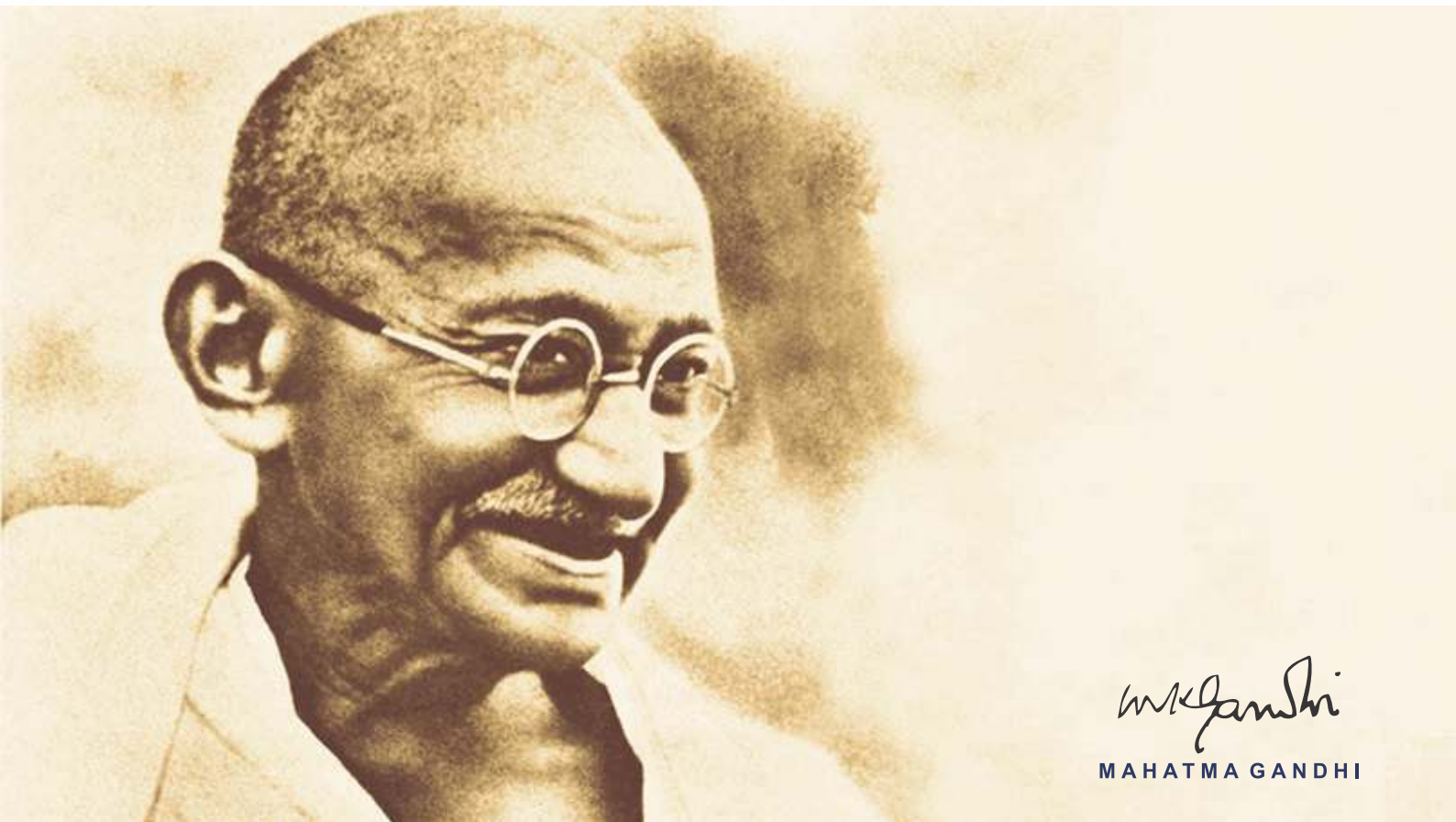
MISSION

- Student graduating from the Institute will have the required skills to deliver the quality health care to all sections of the society with compassion and benevolence, without prejudice or discrimination at an affordable cost.
- As a Research Centre, it shall focus on finding better, safer and affordable ways of diagnosing, treating and preventing diseases. In doing so, it will maintain highest ethical standards.

OUR CORE VALUES



Mahatma Gandhi Mission



Be the change you want to see in the world

Mahatma Gandhi Mission stands as a true testimonial to Mahatma's dream of creating a significant change in the society by imparting quality education, offering affordable health care and bringing social empowerment in the community by creating more livelihoods for more than four decades. In this successful journey, MGM has established its mark over six campuses located in Aurangabad, Gandheli, Nanded, Navi Mumbai, Parbhani, and Noida offering 75+ courses. Mahatma Gandhi Mission has grown leaps and bounds today shaping successful careers in Medicine, Physiotherapy, Engineering, Architecture, Computer Science & IT, Biotechnology, Nursing, Management, Agriculture & Food Technology, Classical Dance, Music, Yoga, Fine arts, and Mass Media & Journalism disciplines apart from chain of schools. MGM has blazed a trail of academic excellence complemented with state-of-the-art infrastructure and highly qualified and competent human resources.



MGM Institute of Physiotherapy



MGM Institute of Physiotherapy is one of the premier institutions under MGM offering undergraduate and postgraduate courses in Physiotherapy. The institute was established in the year 2006. MGMIOP is affiliated under Maharashtra University of Health Sciences, Nashik and recognized by Maharashtra State OT PT Council, Mumbai. The institute is attached with two state-of-the-art tertiary care and super-specialty hospitals - MGM Medical College & Hospital and MGM Medical College & Research Institute for clinical hands-on training to undergraduate and postgraduate students. MGMIOP has one of the most sophisticated laboratories and specialty physiotherapy clinics to hone the physiotherapeutic skills of each student.

Courses Offered

- **Bachelor of Physiotherapy**
- **Master of Physiotherapy (Musculoskeletal Physiotherapy)**
- **Master of Physiotherapy (Neuro Physiotherapy)**
- **Master of Physiotherapy (Cardio Respiratory Physiotherapy)**
- **Master of Physiotherapy (Community Physiotherapy)**
- **Master of Physiotherapy (Sports Physiotherapy)**

Our Trustees



Shri. Kamal Kishor Kadam
Hon'ble Chairman



Dr. P. M. Jadhav
Hon'ble Vice-Chairman



Shri. Ankushrao Kadam
Hon'ble Secretary



Dr. Sudhir Kadam
Trustee



Shri. Pratap Borade
Trustee



Dr. Nitin Kadam
Trustee



Dr. V. Sarath Babu
Principal
MGM Institute of Physiotherapy



Mrs. Prerana Dalvi
Administrator
MGM Institute of Physiotherapy

Message from Vice Chairman



Dear all,

Congratulations to the BPT and MPT graduates on their successful completion of professional physiotherapy course. On behalf of the entire management team of Mahatma Gandhi Mission, I convey our best wishes for your professional accomplishment. It is my great honor to be part of the first graduation ceremony of MGM Institute of Physiotherapy.

This day marks a very important day of your life, as you are awarded with a professional degree for all the hard work, perseverance, sacrifice and patience you all made during your academic tenure in MGM. As you celebrate this success with great joy and happiness, you all should be prepared to shoulder the health care responsibility with great compassion and dedication. You will be a part of a greater health care team sooner, precisely a health care warrior in this pandemic struck world. All your clinical services should create a difference in the society.

Every endeavors of Mahatma Gandhi Mission is to instill academic excellence, professional acumen, and a quest for lifelong learning. I hope every graduate have been touched by these phenomenal values of MGM. Apart from this, all our graduates would have earned friends for lifetime, fun-filled moments, exhilarating experiences and many life lessons in this journey with MGM. You will be cherishing all these college memories throughout your life. At this time, I thank all the graduates for considering Mahatma Gandhi Mission as your academic choice. All our endeavors are always directed to nurture and groom every student into a successful professional by providing right opportunities.

We at MGMIOP will be eager to hear your success stories in the very near future as you stride ahead in your professional careers. We will be happy to see you all contributing significantly to the society during your ethical professional practice.

Best Wishes.

Dr. P. M. Jadhav
Vice Chairman
Mahatma Gandhi Mission

Message from Secretary



Dear Graduates,

I welcome you all to this wonderful occasion of graduation ceremony. It's always a nostalgic moment to reach the end of a long period of hard efforts. Graduation ceremony is the last stop of a long journey commemorating the accomplishment of goals and the recognition of achievements. This journey was not an easy one. It began with hesitant steps but has brought you to incredible heights.

Henry Ford wisely said, "Coming together is a beginning; keeping together is progress and working together is success." As we look back over the last few years, certainly there was a beginning, and thankfully there was also progress and yes - undeniably we have been successful

The first time when you all gathered nervous yet budding physical therapists with many doubts, fear, excitement, anxiety. That first day and all the others day to come paved its way in formulating a highway to success. When you turn around to look back at that road less trodden, you'll notice that you weren't alone. This was a collaborative effort. Your teachers, seniors, juniors, and peers were always willing to assist you.

Now all of you are standing here at the brink of horizon, ready to soar into the world with zeal and numerous aspirations. You are ready, willing and more than able to grasp the torch that we bestow upon you. May your years ahead continue to be characterized by empathy, compassion, objectivity and a willingness to take risks. May you always set an example by working hard and play by the rules. May your triumphs be numerous and your setbacks be very few and far between.

We wish you all of the success and happiness that you so rightly deserve in the years ahead - it has been an honor and a delight to see your rise to prominence!

Shri. Ankushrao Kadam
Secretary
Mahatma Gandhi Mission

Message from Trustee Member



Dear Graduates,

Congratulations on graduating! May you achieve many more goals in your life and inspire others around you. You are truly a star which is shining bright with achievements and making us all proud. For us, the proud moment is when our students pass with flying colors. Thanks for making MGM Institute of Physiotherapy proud.

All the hard work that you put in has finally brought you great results. Many more rewards awaits you. Keep working hard. Warm wishes on graduation to my students who have worked very hard to make this graduation a great success for them and also for their teachers.

Graduation may be the end of studies but it is also the start of a new chapter of your life. Each achievement is important because it is a result of many failures and success. This is the first step, first success, first achievement for you and I wish many more achievements to you.

Happy graduation!

Wishing you all good luck for your future.

Shri. Pratap Borade
Trustee
Mahatma Gandhi Mission

Message from Registrar, MUHS - Nashik



Dear Graduates,

It gives me immense pleasure to be part of the first graduation ceremony of MGM Institute of Physiotherapy. At the outset, I congratulate all the BPT and MPT graduates for successfully completing their courses in MGMIOP- Aurangabad affiliated under MUHS, Nashik.

It is heartening to note that the young graduates have acquired their professional physiotherapy education in Mahatma Gandhi Mission, one of the best educational institutions in Maharashtra contributing significantly to the health care sector and higher education sector. The institute efforts in imparting quality education with student-centric initiatives are noteworthy.

I extend my warm greetings and felicitations to all those associated with this first graduation ceremony.

Dr. Kalidas D. Chavan
Registrar
MUHS, Nashik

Message from President, MH OT PT Council, Mumbai



Dear Graduates,

At the outset, I convey my warm wishes as you all graduate in UG & PG Physiotherapy courses. The demand for Physiotherapy profession has grown exponentially in this technological driven era. The role of physiotherapy intervention in this COVID -19 pandemic is inevitable and we were serving the human mankind as COVID warriors in this unprecedented situation. As you all enter our profession as clinicians, academicians and researchers; I urge every one to demonstrate highest standards of ethical and professional practice in their careers bringing proud to your alma mater institute.

On behalf of Maharashtra State OT PT council, I congratulate you all once again for receiving the graduation certificates on the most important day of the year - 05th September 2021 on Teacher's day.

Best wishes for your future endeavours

Dr. Sudeep Kale MPT,
President
Maharashtra State OT PT Council
Mumbai.

Message from Medical Director



Dear Graduates,

Congratulations on completing your degree in the MGM Institute of Physiotherapy. Graduation is a time to share your success not only with fellow students, but also with family and friends who have supported you on your academic journey. As you receive your degrees, I applaud your strenuous efforts in meeting the academic requirements during this unprecedented circumstance. Though it was a challenge, you all made this through with all your great efforts. We are extremely proud of all that you have accomplished. Walking across the stage to receive your degree may mark the end of your undergraduate career at MGM Institute of physiotherapy, but it is just the beginning of your path to future success.

All the best for your professional endeavors.

Salutations and Congratulations!

Dr. Ajit Shroff
Medical Director
MGM Medical College

Message from Dean



Dear Graduates,

The students of yesterday are the doctors of today and the future of tomorrow, On behalf of the MGM fraternity and family, it is my pleasure to congratulate our graduates. You may forever be known as the graduating class of COVID-19. I encourage you to embrace that label: You were resilient and met a historic challenge with great success. The character you displayed while doing so will serve you for the rest of your life. This is the time for all of us to celebrate and honor your accomplishments and we will always be grateful for your services in such unprecedented times.

As you move forward into your careers and lifelong journeys, remember that your path continues, trust and believe that you can accomplish anything and do great things with the knowledge you have acquired with us here in Mahatma Gandhi Mission.

Congratulations once again.

Dr. Rajendra Bohra
Dean
MGM Medical College

Message from Deputy Dean



Dear Graduates,

On behalf of each and everyone from Mahatma Gandhi Mission I'd like to take a moment to congratulate the graduating batch of B.P.Th. and M.P.Th. in 2021. We are extremely proud of all the hard work and dedication you've put forth over the course of your studies. Each of you should be very proud not just of your academic achievement, but also your flexibility, resilience and determination in shifting to online learning to complete your degrees this past year. I sincerely commend the graduating batch in 2021 for adapting so quickly in the face of unexpected challenges and unprecedented circumstances - and we cannot thank you enough for your support as we navigated uncharted territory together.

Throughout your degree with us, the strong work ethic, resourcefulness and creativity each of you has demonstrated has played a key role in your success, and I'm confident these attributes will continue to serve you well throughout your professional careers. While much has changed in our world over the past few months, I take great comfort knowing that the you - our next generation of problem solvers and innovators - are well prepared to help us overcome the challenges of both today and tomorrow, and to find solutions that will transform our world for the better.

Until then, well done to each of you! Stay safe, stay connected, and take care.

Dr. Pravin Suryawanshi
Deputy Dean & C. E. O.
MGM Medical College & Hospital, Aurangabad.

Message from Principal



Dear Graduates,

Your time has come! Congratulations and acclamations to all the BPT and MPT graduates on this remarkable achievement of graduating from MGM Institute of physiotherapy. You have worked hard, now you are ready and prepared to receive a degree. We are very proud of your achievements and your outstanding performances in academics, patients care and all other co curricular and extracurricular activities of the institution. The COVID pandemic times have been difficult, but your resilience, courage and engagement have brought you to the Graduation and the many joys and possibilities that awaits you in future times!

I wish you continued success and blessings in all your future endeavors. May graduation and all of the activities associated with it bring you and your families great joy, happiness and pride. As you go forth for your post graduation study or job may God hold you in the palm of his hand.

Best wishes.

Dr. Sarath Babu. V
Principal
MGM Institute of Physiotherapy

Message from Administrative Officer



Dear Graduates,

To the graduating classes we honor today, congratulations on the successful completion of your Physiotherapy graduate & postgraduate degree program. Education helps you realize any future you envision. It is an investment of time and energy that you make to yourself and one that I guarantee you will always benefit from. I praise you for your hard work and sacrifices of the past four years, and I encourage you to enjoy this milestone on what I hope will be a lifelong learning journey.

You developed magnificent and robust skills here at MGM Institute of Physiotherapy—skills we know Hospital based employers in demand in their workforce, also to your private setup. Use them wisely to move forwards your careers and to enhance the lives of Patients and serve humanity, not only in Maharashtra but around the world in the field of Physiotherapy and Rehabilitation. At MGM IOP, you also joined a network and family that will always support you and be a resource to you throughout your career and lifelong learning journey. Stay connected, be an MGM IOP ambassador, and help someone else to find their future at MGM. On behalf of MGM IOP's Governing Board and as Administrator, it has been my pleasure getting to know you as students, and we are so proud to now call you, as MGM IOP alumni.

Mrs. Prerana Dalvi
Administrator
MGM Institute of Physiotherapy

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Souvenir Committee Members

Dr. Sarath Babu V
Principal

Mrs. Prerana Dalvi
Administrative Officer

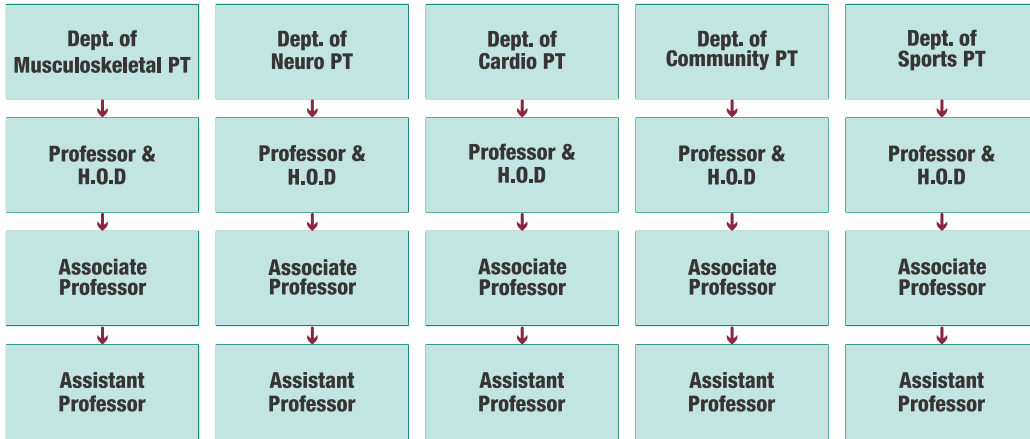
Dr. Doss Prakash S
Asso. Prof.

Organogram

Governing Body



Teaching Staff



Academic UG & PG



T & L - Teaching & Learning

LBA - Laboratories

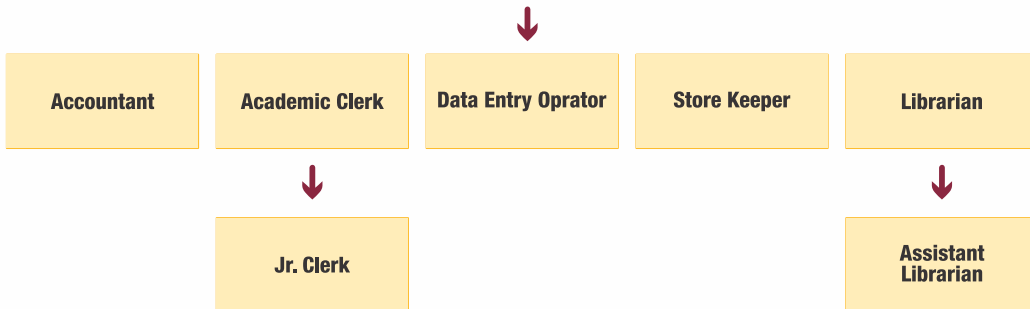
OPD - Out Patient Dept.

IPD - In Patient Dept.

AD - Academic Development

Non-Teaching Staff

Administrative Officer



Student Affairs



SF - Student Facilities

SC - Student Counselling

EC - Extra Curricular

SD - Student Discipline

AA - Alumni Association

AR - Anti Ragging

GR - Grievance Redressal

Teaching Staff



Dr. Sarath Babu V.
MPT, Ph.D
Professor & Principal



Dr. Vaibhav Kapre MPT
Professor & Head
Dept. of Cardiorespiratory PT



Dr. Manish Shukla MPTh
Associate Professor
Dept. of Cardiorespiratory PT



Dr. Santosh Dobhal MPTh
Associate Professor
Dept. of Cardiorespiratory PT



Dr. Abhishek Mishra MPT
Assistant Professor
Dept. of Cardiorespiratory PT



Dr. Surendra Wani, MPTh, Ph.D
Professor & Head
Dept. of Musculoskeletal PT



Dr. Kapil Garg, MPT
Associate Professor
Dept. of Musculoskeletal PT



Dr. Sanket Mungikar, MPTh
Assistant Professor
Dept. of Musculoskeletal PT



Dr. Goutami Katage, MPTh
Assistant Professor
Dept. of Musculoskeletal PT

Teaching Staff



Dr. Ashwini Kale, MPT, Ph.D
Associate Professor & Head
Dept. of Neurosciences PT



Dr. Gaurav Mhaske, MPT
Assistant Professor
Dept. of Neurosciences PT



Dr. Shrada Shah, MPT
Assistant Professor
Dept. of Neurosciences PT



Dr. Preeti Ganachari, MPT
Assistant Professor
Dept. of Neurosciences PT



Dr. Doss Prakash S, MPT
Associate Professor & Head
Dept. of Community PT



Dr. Sheetal Swamy, MPT
Assistant Professor
Dept. of Community PT



Dr. Sanskruti Tahakik, MPT
Assistant Professor
Dept. of Community PT



Dr. Payal Dhawale, MPT
Assistant Professor
Dept. of Sports PT

Non - Teaching Staff

Sr. No.	Name	Qualification	Designation
1	Mrs. Purna Dalvi	L.L.B. M.A. (Mass Communication)	Administrative Officer
2	Mr. Vikas Jotiba Rankhamb	B.Com G.D.C.& A	Accountant
3	Mrs. Hemlata Shirish Pandav	M.A. M.Lib	Librarian
4	Mrs. Rajshree Pradeep Kolte	B.A. (Secretarial Practice I.T.I)	Office Assistant
5	Mr. Chandrakant Dhondiba Dakhore	B.A.	Clerk

Student Council Committee Members

General Secretary



Mr. Shubham Ghogare
Final Year BPT

Cultural Secretary



Ms. Rashi Borundiya
Final Year BPT

Sports Secretary



Ms. Nidhi Kalani
Final Year BPT

Gender Champion (Male)



Mr. Rohit Dawande
Final Year BPT

Gender Champion (Female)



Ms. Prachi Mutha
Final Year BPT

College Committee

Sr. No	Name of the Committees
1	UG Training Committee
2	PG Training Committee
3	College Council
4	Alumni Association
5	Exam Cell Committee
6	Grievances Redressal Committee
7	Library Committee
8	Hostel Committee
9	Feedback Committee
10	Gender Harassment Committee
11	Parents - Teachers Association Committee
12	Institutional Ethics Committee
13	Web Site Development and Maintenance Committee
14	Extension Activity Committee
15	Sports Committee
16	Purchase Committee
17	Unfair Means Inquiry Committee
18	News Bulletin And Media Communication Committee
19	Anti-Ragging Committee
20	OPD Management Committee
21	Student Welfare And Council Committee
22	Cultural Committee
23	Staff Welfare Committee
24	Anti Ragging Squad

Institute Toppers in MUHS Summer 2020 Examinations

I year BPT



Ms. Gauri Joshi
84%

II year BPT



Ms. Bhakti Nirmal
80%

III year BPT



Ms. Prachi Mutha
76%

IV year BPT



Ms. Vibhuti Tiwari
77%

Results Summary in MUHS Summer Examinations 2020

Year	Percentage
I yr BPT	80%
II yr BPT	97%
III yr BPT	92%
IV yr BPT	82%

Student Strength

Year	Student Strength
I yr BPT	95
II yr BPT	60
III yr BPT	44
IV yr BPT	32
I yr MPT	24
II yr MPT	21
Total	276

Best Outgoing Student Awards

Kasturba Gandhi
Gold Medal for PG



Dr. Shinde Balaji Bapurao
MPT Batch of 2018 - 19

Rukminidevi Kadam
Gold Medal for UG



Dr. Athwale Reema Mohan
BPT Batch of 2016 - 17

New Initiatives by MGMIOP

Inauguration of Meraki Geriatric Fitness Club



Launch of Mobile Physiotherapy Van Services



Inauguration of IRA Fitness Club for Women



*Inauguration of
Stroke Support
Group*



*Inauguration of
Diabetes Care Club*




*Inauguration of
Can - Rehab*




Constituted MGM IOP Champions of Ability Awards




**MGM INSTITUTE OF PHYSIOTHERAPY,
AURANGABAD**
(Affiliated to Maharashtra University of Health Sciences, Nashik
Recognized by Maharashtra State OTPT Council)


HANDBOOK OF BACHELOR OF PHYSIOTHERAPY (BPT)


**Introduced
Hand Book for BPT**


MUHS
Maharashtra University of Health Sciences
Nashik
 Post Graduate Student's Log Book
 Master of Physiotherapy (MPT) an Adapted Version

LOG
BOOK

Name : _____
 Batch : _____
 Specialty : _____


MGM INSTITUTE OF PHYSIOTHERAPY
W. A. 150/20, Aurangabad - 432003
 (Affiliated to Maharashtra University of Health Sciences, Nashik
 Recognized by Maharashtra State OTPT Council)



**Introduced
PG Log book**

Research Adjunct Faculty



Dr. Prakash V Ph.D. Associate Professor from Ashok & Rita Patel Institute of Physiotherapy, Charotar University of Science and Technology, Anand, Gujarat has been appointed as a Research Adjunct faculty in MGM Institute of Physiotherapy. Dr. Prakash V brings 15 years of professional experience in academics, clinicals and research. He has 24 peer reviewed publications in Web of Science / Scopus Indexed journals. He also authored Stroke Rehabilitation Chapter in Principles and Practice of Physical Rehabilitation, 2020, JP Publishers. Dr. Prakash developed and validated Indian Stroke Scale. This scale was presented in World Confederation for Physical Therapy Congress (WCPT) 2019, Geneva - Switzerland and was widely appreciated by International Neuro Physiotherapists. Dr. Prakash also chaired the recent Institutional Ethical Committee meeting in 12th & 13th July 2021 and reviewed the first year post graduate residents research synopsis.

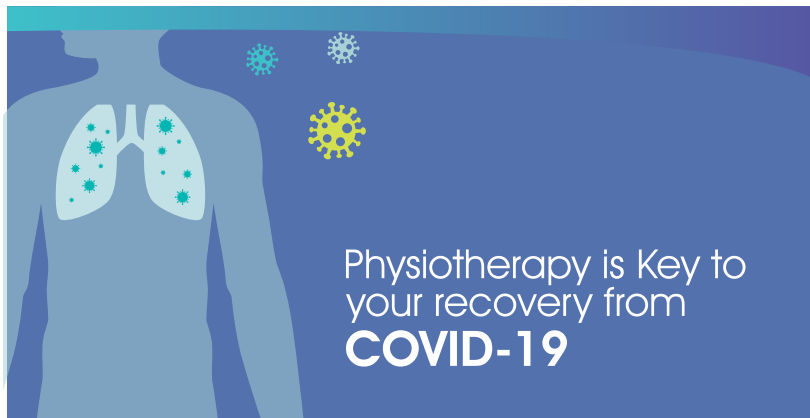
Memorandum of Understanding

MGM Institute of Physiotherapy, Aurangabad has signed 6 Memorandum of Understanding with Primary Health Centres of Warudkazi, Adul, Daulatabad, Nilajgaon, Shendurwada and Waluj. This MoU has strengthened the department of Community Physiotherapy outreach activities. The faculty members from dept of community physiotherapy, post graduate residents, interns and final year BPTth students visit these PHC's for offering physiotherapy services to the patients visiting this PHC. The MoU helps us to meet one of the core objectives of Mahatma Gandhi Mission to reach the unreached and offer them quality health care at their door steps. The MoU was signed by Dr.Sarath Babu, Principal, MGM Institute of Physiotherapy and Dr.Sudhakar Shelke, District Health Officer, Aurangabad.





*Release of **COVID-19**
Physiotherapy Booklet by
Shri. Rajesh Tope,
Hon'ble Health Minister
Govt. of Maharashtra*



Physiotherapy is Key to
your recovery from
COVID-19



COVID-19

Patient Rehabilitation Booklet

Information for Patients



Events
in the
Academic
year
2020-2021

Recognition of COVID 19 Physiotherapy warriors

08th

September

2 0 2 0

MGM IOP, Aurangabad

World Physiotherapy Day is an opportunity for physiotherapists from all over the world to raise awareness about the crucial contribution of the profession to the people across the globe. The theme for World PT Day 2020 is focused on rehabilitation and COVID-19. Physiotherapists are also at the forefront in this pandemic battle providing respiratory rehabilitation to COVID-19 patients. MGMIOP faculty members are rendering their selfless services to COVID-19 patients in MGM hospital since July 2020. On this world PT day, an award of appreciation certificate was distributed to all the COVID-19 physiotherapists applauding their compassionate services. Mrs. Purna Dalvi, Administrative Officer, MGMIOP applauded all the Physiotherapists personally on behalf of the management for rendering physiotherapy services to COVID-19 patients. Dr. Sarath Babu, Principal, MGMIOP thanked all the Physiotherapists for being part of the frontline COVID warriors team and fighting this unprecedented COVID-19 battle. All the faculty members received the appreciation award certificate from Mrs. Purna Dalvi in the august presence of Dr. Sarath Babu, Principal, MGMIOP.



Role of Physiotherapy in rehabilitation of **COVID-19** : Community Radio Talk show

08th

September

2 0 2 0

MGM Community Radio Station

A community radio awareness talk was delivered by the department of Community Physiotherapy in association with MGM Community Radio (90.8 FM). The theme was about the importance of Physiotherapy in improving public health and importance of Physiotherapy in treatment and rehabilitation of COVID-19.

Dr. Sanskruti Tahakik, Asst Professor, department of Community Physiotherapy delivered this talk. The health awareness talk focused on the importance of public health in this COVID 19 pandemic. The speaker also highlighted the importance of physiotherapy, particularly the role of respiratory physiotherapy in preventing chest complications in COVID 19 infection and post COVID recovery.



MGM Vanamahotsav 2020 Tree Plantation Drive

17th September

2020

MGM Krishivikas Kendra, Gandheli

MGM has always been on forefront in bringing social changes and creating positive impacts in the society. Climate change is one of the daunting environmental issues, which our world is facing today. MGM has always been a torchbearer to implement climate resilient action to combat the deleterious effects of climate change. MGM Vanamahotsav (Tree Plantation drive) is one such annual event, during which our faculty members of MGMIOP voluntarily plant tree saplings at MGM KrishiVikas Kendra campus located in Gandheli. The annual event of MGM Vanamahotsav 2020 was organized and coordinated by the department of Community Physiotherapy. MGMIOP faculty member's team was briefed about the tree sapling plantation orientation by the field volunteers from MGM CABT and MGM University. The volunteers briefed about the native tree species and their advantages in restoring the environment by creating microclimatic conditions and also enrich the soil. The MGMIOP team planted around 1500+ native tree saplings which included neem, peepal, banyan, mango, gulmohor, and many other plant species.



Injury Prevention in Athletes

27th September

2 0 2 0

Online webinar – WebEx platform

Department of Sports Physiotherapy organized an online webinar titled Injury Prevention in Athletes. Dr. Payal Dhawale, Sports Physiotherapist delivered this two-hour online webinar to sports coaches and athletes highlighting the importance of sports physiotherapy in preventing sports injuries and complications. The webinar also provided practical knowledge of physiotherapy management in sports. Practical sports physiotherapy demonstration videos and various sports stretching techniques and rehabilitation protocols were screened in the webinar providing a glimpse of sports physiotherapy advantages to the online participants. More than 150+ participants attended this online webinar which was very much exclusive for sports coaches and athletes / sportspersons.



A promotional graphic for a webinar. At the top, it says "WEBINAR ON INJURY PREVENTION IN ATHLETES" with a silhouette of a person running. Below this is a photo of the speaker, Dr. Payal Dhawale, a woman in a white lab coat. To the right of the photo, it lists "Speaker Dr. Payal Dhawale (Sports Physiotherapist)" and the date "27th SEPTEMBER, 2020". Below the date is the time "10:00 am to 12:00 noon" with a clock icon. At the bottom, it says "Kindly register yourself for the webinar" and "Webinar on WebEX platform" with a WebEx logo.

World Heart Day 2020

29th

September

2 0 2 0

MGM Physiotherapy Rehabilitation & Fitness Centre

World Heart Day 2020 was commemorated by the department of Cardio Respiratory Physiotherapy with two guest lecture titled Importance of Cardiac Rehabilitation after Cardiovascular and Thoracic surgery by Dr. Yogesh Belapurkar (Renowned cardiothoracic surgeon) and Post COVID fatigue Syndrome by Dr. Anand Nikalje (Chief Intensivist, COVID 19 unit, MGM MCRI Hospital).

Dr. Belapurkar spoke about the importance of Physiotherapy in cardiac Disease. He also stressed the importance of Physiotherapy and Rehabilitation after cardiac surgery.

Dr. Anand Nikalje delivered a lecture on the most thrust topic of the pandemic - Post COVID fatigue syndrome like dyspnea and muscle weakness. He also spoke about the importance of respiratory rehabilitation after COVID-19 infections. A poster competition was held with the theme of world heart day 2020. Health screening camp was also organized for COVID warriors and a voluntary blood donation drive was organized in this occasion.



Geriatric Special Camp

01st

October

2020

Matoshree Vrudhashram, Aurangabad

The theme of International Day of Older Persons 2020 is Pandemics : Do they change How we address age and ageing. To commemorate the day and IDOP theme, department of Community Physiotherapy organized a special geriatric camp and health awareness session in MatoshreeVrudashram focusing on the respiratory system. A small team strictly adhering to universal pandemic guidelines demonstrated chest physiotherapy & breathing exercises which comprised of diaphragmatic breathing, thoracic expansion exercise and segmental expansion exercises. The importance of exercises for the healthy aging was shown to them by a skit performance in which they were explained about good dietary habits, importance of physically active lifestyle. The residents were divided into two groups and chair aerobics was demonstrated as a fitness session. Pelvic Floor Muscle Exercises was demonstrated to female residents and importance of PFME and its advantages was explained to the senior female residents.



International Day of Older Persons

Connecting Geriatric Veterans Virtually

01st

October

2020

Online Zoom Platform

The year 2020 marks the 75th Anniversary of the United Nations and the 30th Anniversary of the International Day of Older Persons. This year has also seen an emergence of COVID-19, causing an upheaval across the world. Considering the higher risks confronted by older persons during the outbreak of pandemics such as COVID-19, policy and programmatic interventions has been targeted towards raising awareness of their special needs. Recognizing older person's contributions to their own health and the multiple roles they play in the preparedness and response phases of current and future pandemics is also important. Hence MGMIOP organized events to raise pandemic health awareness sessions and also an online talk connecting the geriatrics veterans virtually to share their life experiences, share their wisdom on a digital platform providing them a platform to connect with different people across the country. The following geriatric veterans shared their words of wisdom to final year BPT students, post graduates and faculty members who joined virtually.

- Shri. Purushottam Shah (93 years), Freedom fighter, Retired Bank Manager, Central Bank of India, Ex President of Gujarati Vikas Samaj, Aurangabad
- Smt. Hiraben Shah (78 years), Aurangabad – BA graduate and Home maker
- Shri. Hanuman Lalji Kalani (74 years), Parbhani, Business man
- Smt. Pushpa Khandelwal (74 years), Social activist & master chef
- Smt. Premlataben Thakkar (71 years), Yewatmal, Breadwinner of the family
- Shri. Prabhakar Sadawarte (85 years), Malkapur, Retired Headmaster
- Shri. Bankatlal Gattani (70 years), Hingoli, Retired Headmaster, National Best Teacher Awardee
- Shri. Muralidhar Khandelwal (92 years), Akola, Retired Life Coach
- Smt. SumanPatil (79 years), Aurangabad, House wife



International Day of Older Persons

Geriatric special camp & pandemic health awareness session

03rd

October

2 0 2 0

Daivat Vrudhashram, Aurangabad

Dept of Community Physiotherapy organized a geriatric special camp to the residents of Daivat Vrudhasram, Aurangabad. The geriatric residents are confined to the centre since the pandemic. As the part of International Day of Older Persons celebrations in MGMIOP, a special program was organized in this geriatric centre. Dr.Sheetal Swamy, Asst Prof & Dr.Mayuri Sarkar, Post Graduate resident assessed all the residents with special focus of respiratory system. Later, thoracic mobility exercises, breathing exercises, forced expiratory techniques, general body stretching and flexibility exercises were demonstrated to the geriatric residents.



Inauguration of MGM **Mobile Physiotherapy Clinic**

05th

October

2 0 2 0

MGM Physiotherapy Rehabilitation & Fitness Centre

MGM Physiotherapy Rehabilitation & Fitness centre offers quality physiotherapy services in six specialities which includes musculoskeletal physiotherapy, cardio respiratory physiotherapy, neurological physiotherapy, pediatric physiotherapy, community physiotherapy, and sports physiotherapy. All these specialty physiotherapy services are offered as outpatient and inpatient services as a comprehensive care. Few chronic bed ridden patients' especially geriatric patients face difficulties in visiting physiotherapy department due to various factors. This may hinder the treatment schedule of the patients and patient's condition tends to deteriorate. To address this challenge, MGM Physiotherapy Rehabilitation & Fitness centre inaugurated MGM mobile physiotherapy clinic services bringing the comprehensive quality physiotherapy services at the patient's doorstep in Aurangabad city. The mobile clinic is equipped with state-of-the-art mobile physiotherapy equipments to treat the patients at their houses. The physiotherapy services in this mobile PT clinic will be provided by highly qualified and trained physiotherapists. The mobile physiotherapy clinic was inaugurated by the trustees of Mahatma Gandhi Mission, Aurangabad during the occasion of Meraki inaugural event.



Inauguration of Meraki - Geriatric Fitness Centre

05th

October

2020

MGM Physiotherapy Rehabilitation & Fitness Centre

Meraki - A holistic care centre for geriatric population was inaugurated under the department of Community Physiotherapy, MGM Physiotherapy Rehabilitation and fitness centre. The Meraki centre was inaugurated by Dr. P. M. Jadhav, Vice Chairman, Mahatma Gandhi Mission, Aurangabad and Shri. Ankushrao Kadam, Secretary, Mahatma Gandhi Mission, Aurangabad in presence of Shri. Prataprao Borade, Trustee, Mahatma Gandhi Mission, Aurangabad. The inaugural event was graced by Dr. Pravin Suryawanshi, CEO of MGM Medical College & Hospital, Aurangabad, Dr. Rajendra Bohra, Dean, MGM Medical College & Hospital Aurangabad and Dr. Girish Gadekar, HOD, Dept. of Orthopedics MGM Medical College & Hospital, Aurangabad.

The vision for Meraki is "Growing old, Staying well." The objectives of Meraki is to provide integrated & holistic care to older, minimizing progression of chronic disease and decline in overall health. Meraki also offers broad range of comprehensive geriatric assessment and holistic multi-specialty inter-disciplinary treatment approaches for the older adults.



World Cerebral Palsy Day

06th

October

2 0 2 0

MGM Physiotherapy Rehabilitation & Fitness Centre

World CP Day is an opportunity for the whole world to come together to recognize and celebrate the 17 million people around the world living with cerebral palsy. On 6 October every year, individuals, families and organizations celebrate by sharing stories, hosting events in support of people and families living with cerebral palsy. Department of Neuro physiotherapy and dept of pediatric physiotherapy commemorated World CP day with a series of events. A talent hunt was conducted for the children with CP. An online activity for kids was conducted which included drawing, singing, painting, making of arts and crafts. A workshop was conducted for the parents with the topic titled Encouraging Communication of Special kids through Play. Later there was an interactive session for parents solving their queries related to cerebral palsy on 07th October 2020.



Pandemic Health Awareness Session in **Geriatric Centre**

08th

October

2 0 2 0

Aastha Foundation, Aurangabad

The state of Maharashtra is severely affected in this pandemic among all the states in India and the cases in Aurangabad are surging up, exposing much of threats to elderly population. MGMIOP identified few old age homes with limited health care access and other resources, and reached out to conduct health awareness session focusing on the healthy practices and pandemic preventive measures. Aastha Foundation, Basant prabha visava old age home were identified and department of Community Physiotherapy organized a health awareness session strictly adhering to pandemic guidelines issued by Ministry of Health & Family Welfare, Government of India. Dr. Narendra Vaidya, President of Aastha foundation welcomed the team of MGMIOP for the special health awareness session. The session started with a brief health information about the pandemic & SARS-CoV-2 by Dr. Sheetal Swamy & Dr. Sanskruti Tahakik. The importance of healthy lung function was briefed and exercises improving the lung function were demonstrated along with relaxation techniques, and chair aerobics. The residents were instructed to perform the breathing exercises, and chair aerobics under the supervision of the team.



Sports Physiotherapy services in **National Level Weight Lifting** Coaching Camp

10th

October

2 0 2 0

Sports Authority of India, Aurangabad

Dept of Sports Physiotherapy offered their physiotherapeutic expertise to the National Level Weight Lifting coaching camp at Sports Authority of India, National Centre of Excellence, Aurangabad. The sports physiotherapy team from MGM provided the following services in this camp - fitness assessment, strategies and techniques for injury prevention, acute physiotherapy intervention for the injured players / coaches while training, rehabilitation services to the injured and performance enhancement exercise with high standards of professional and ethical practice. The Sports Physiotherapy camp lasted for 4 months (10th October 2020 to 24th March 2021) 34 weight lifting players including coaches from all states of India participated in this National Level weight lifting coaching camp.



World Arthritis Day

12th October

2020

MGM Physiotherapy Rehabilitation & Fitness Centre

On the occasion of World Arthritis Day, department of Musculoskeletal Physiotherapy organized a free camp in collaboration with department of Orthopedics, MGM Medical College & Hospital. Dr. Girish Gadekar, HOD, dept of orthopedics inaugurated the event and delivered a speech regarding the common causes and risk factors of osteoarthritis. Dr. Girish also highlighted the ways to prevent osteoarthritis which included ergonomics and lifestyle modification. Dr. Sanket Mungikar, Assistant Professor from department of musculoskeletal physiotherapy delivered a radio talk in MGM FM radio channel about osteoarthritis, role of exercise and diet in preventing osteoarthritis. A panel discussion was held in this occasion by postgraduate residents of all specialities with the theme of raising awareness about Osteoarthritis from their specialty perspective.



MGM INSTITUTE OF PHYSIOTHERAPY
AURANGABAD

WORLD ARTHRITIS DAY
OCTOBER 12th

JOIN US IN
— RAISING AWARENESS ABOUT ARTHRITIS —

Panel Discussion
Driving arthritis clinical impacts from the perspectives of Musculoskeletal PT, Cardiorespiratory PT, Sports PT, Neurological PT & Community PT to improve patient's Quality of Life (QoL)

SPEAKERS

- SNEHAL KHALEGAONKAR (Musculoskeletal Physiotherapist)
- TUSHMEET KAUR BHATIA (Sports Physiotherapist)
- ATUSHI JAIN (Community Physiotherapist)
- NIKITA SHIRTURE (Neurophysiotherapist)
- AISHWARYA BHANDARE (Cardiorespiratory Physiotherapist)

Moderator: SWARA SANKLECHA (Musculoskeletal Physiotherapist)

Date & Time : 12th October 2020
10.00 AM to 12.00 PM

Panel Discussion on Webex Platform
Meeting Access Code : 170 712 1928
Meeting Password : 1234

#CureArthritisWAD
Facebook Live
#MGMPhysiotherapyAurangabad

ORGANIZED BY
Department of Musculoskeletal Physiotherapy, MGM Institute of Physiotherapy, Aurangabad | www.mgmphysiotherapy.org

Inauguration of IRA Fitness Centre

16th
October
2020

MGM Physiotherapy Rehabilitation & Fitness Centre

Department of Cardiopulmonary Physiotherapy of MGM Physiotherapy Rehabilitation and fitness centre inaugurated IRA Fitness classes for females. The IRA fitness centre was inaugurated by Chief guest Dr. Manisha Patrikar, Vice president- OBGY Society Aurangabad in august presence Dr. Asmita Surywanshi, Associate Professor, Department of Radiology, MGM MCRI Hospital. The main objectives of the IRA fitness centre are to assess the fitness and health of adult individuals, to prevent the complications in individuals with non-communicable diseases, particularly coronary artery disease. Apart from this, IRA fitness centre also provides exercise stress testing and prescription of exercises to the individuals after a scientific and comprehensive assessment.



World Osteoporosis Day 2020

20th October

2 0 2 0

MGM Physiotherapy Rehabilitation & Fitness Centre

Department of Community Physiotherapy commemorated World Osteoporosis Day 2020 in association with department of Orthopedics, MGM Medical College & Hospital. This day was observed globally to raise awareness about this brittle disease. Dr. Girish Gadekar, Prof & Head, Dept of Orthopedics delivered a special lecture on prevention and treatment of osteoporosis for general population. Dr. Shripad Joshi, Dept of Orthopedics gave an orientation about the Bone Mineral Densitometer (BMD) facility in MGM Medical College & Hospital. The faculty members and post graduate residents from the department of community physiotherapy demonstrated the importance of weight bearing exercises in treatment and prevention of osteoporosis.



World Bioethics Day 2020

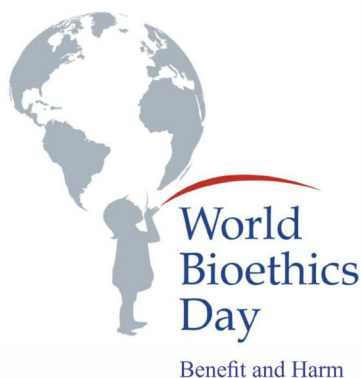
21st October 2020 Online Zoom Platform

Internal Quality Assurance Cell of MGM Institute of Physiotherapy organized World Bioethics Day 2020. Bioethics is an evolving discipline with capabilities to turn the spotlight on crucial aspects of human life : birth, death, health, pain, civil coexistence, environment, climate change, and many more domains. Bioethics in health care has been recently gaining momentum after UNESCO – the lead UN agency started promoting universal bioethical norms and principles. The World Bioethics Day 2020 with the theme – Benefit and Harm was a perfect platform to sensitize the students and health care faculty members with three core principles – standard setting, global reflection, and capacity-building.

Three student events were organized to commemorate World Bioethics Day 2020 -

- 1) Debate with title - Who is responsible for public health care in this COVID-19 pandemic situation – Individual member of the society or the Governments,
- 2) Skit with the theme : Principles of Bioethics and
- 3) Poster competition with the theme : Benefits & Harm.

Dr. Prashanth N S, Assistant Director Research / Health Equity Cluster Lead, DBT / Wellcome Trust India Alliance Fellow, Institute of Public Health, Bangalore was the chief guest for this World Bioethics Day event. The students actively participated in the three events, with the debate being live telecasted in WebEx platform, and the pre-recorded skit was screened in the event. Also the posters were screened in the event which featured the theme. The guest speaker delivered his keynote address on the importance of bioethics and also appreciated the student efforts in all this kind of academic activity.



MGM INSTITUTE OF PHYSIOTHERAPY
International Quality Assurance Cell (IQAC) presents
World Bioethics Day 2020
Theme: **Benefit & Harm**

Programs

Students Debate	Who is responsible for public health care in the COVID-19 pandemic situation - Individual member of the society (or) the Governments
Skit	Theme - Principles of Bioethics
Poster competition	Theme - Benefits & Harm

Chief Guest
Dr. Prashanth N S
Assistant Director Research / Health Equity Cluster Lead
DBT / Wellcome Trust India Alliance Fellow
Institute of Public Health, Bangalore

Date: Wednesday, 21st October 2020
Time: 01:00 PM to 02:00 PM

Event on WebEx platform
Meeting ID : 170 577 1851 & Password : 1234

Live - MGM Physiotherapy, Aurangabad
Follow us - @MGMPhysiotherapy.Aurangabad

Dr. Dinesh Prakash S
IQAC Coordinator / Associate Prof
091 98663 9026

Dr. Sarath Babu V
IQAC Chairman / Principal
091 93001 8008

www.mgmphysiotherapy.org



Health awareness webinar on **Osteoporosis**

26th

October

2 0 2 0

Online Zoom Platform

Osteoporosis is a global health problem which can cause fractures in women (One in three) and men (One in five). In general, women are at greater risk of osteoporosis when compared to men. Osteoporosis and broken bones has serious consequences in the form of pain, disability, lost independence, and inability to carry our daily activities. On the occasion of World Osteoporosis Day 2020 events, an online health awareness webinar on osteoporosis was organized by the department of community physiotherapy. Dr.Sanskriti Tahakik, Asst Professor delivered this online informative webinar to common public about the myths and facts of osteoporosis. She also delivered about the preventive exercise protocols, diagnosis and treatment of osteoporosis.

Osteoporosis

Normal Bone Porous Bone

DEPARTMENT OF COMMUNITY PHYSIOTHERAPY
PRESENTS
**WEBINAR ON AWARENESS
OF OSTEOPOROSIS**
Even a sneeze can break your back!
That's osteoporosis

Topic 1:
Osteoporosis awareness and prevention
Speaker: Dr. Sanskruti Tahakik

Topic 2:
Osteoporosis treatment and exercises
Speaker: Dr. Aboli Deshmukh

26th
OCT, 2020
11:00 am

Join at Zoom Platform

Dr. Sanskruti Tahakik

Dr. Aboli Deshmukh

World **Stroke** Day 2020

29th

October

2 0 2 0

MGM Physiotherapy Rehabilitation & Fitness Centre

World Stroke day 2020 was commemorated by department of Neuro physiotherapy. A free physiotherapy and rehabilitation camp was organized by the department for stroke survivors.

Dr. Anand Soni, Consultant Neurologist, Dept of Neurology, MGM Medical College & Hospital graced the occasion. He enlightened the stroke survivors about the importance of Physiotherapy and the use of splints in Stroke. Free Splint camp was distributed to the stroke survivors in association with Mahatma Gandhi Seva Sang, Aurangabad. Stroke Support Group (SSG) is a novel concept and one of the most encouraging network for stroke survivors and their families. SSG is becoming vitally important these days for sharing, supporting, cheering up and learning from each others. Dept of Neuro physiotherapy took strenuous efforts to network the stroke survivors and officially inaugurated Stroke Support Group in Aurangabad region. This initiative shall provide a morale support to the stroke survivors and their families. Mrs. Bagadiya (Stroke Survivor) inaugurated the SSG on the occasion of world stroke day 2020.

Dr. Ashwini Kale (PT) and Dr. Shradha Shah (PT) highlighted the importance and benefits of SSG to the stroke survivors and their families.



International **Virtual Learning Sports** Physiotherapy Series

08th - 11th

December

2 0 2 0

Online Webinars in Zoom Platform

South America country is predominantly sports loving people and sports injury management is of top priority with exceptional therapeutic skills. With the intention of providing global PT skills to our students and faculty members, an international virtual learning sports physiotherapy series was organized by the dept of sports physiotherapy in association with re-move physical therapy team, ESITEF International, Spain. Practical Demonstration Videos of injury prevention and rehabilitation was featured in this online webinar.



TOMAS BONINO (Spain)

“WHEN & WHY TO USE MOVEMENT APPROACHES IN PHYSICAL THERAPY”

- Physical Therapist Specialist in movement for health - Movement Coach
- Founder and Academic coordinator in ESITEF International & RE-MOVE

08th Dec. 2020

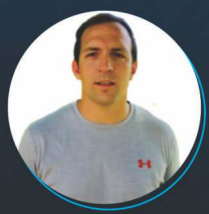


MATÍAS SAMPIETRO (Argentina)

“EVALUATION OF RISK FACTORS AND INJURY PREVENTION”

- Physical Therapist & Sports trainer M.Sc in Sport injury prevention and Rehabilitation
- Physiotherapist in Professional soccer team, 1st league Argentina for the last 16 year

09th Dec 2020



ANDRÉS E. THOMAS (Argentina)

“CONCUSSION MANAGEMENT”

- Physical Therapist in “Western Rugby union” (Buenos Aires).
- Medical educator in “World Rugby Federation”

10th Dec 2020



JAVIER FRANCO (Argentina)

“EVIDENCE BASED SHOULDER INJURY TREATMENT PROGRAMS “

- Physical Therapist Sports trainer & Specialist in shoulder injuries

11th Dec 2020

World Diabetes Day 2020

09th

November

2 0 2 0

MGM Physiotherapy Rehabilitation & Fitness Centre

India is called as Diabetes capital of the world. The changing lifestyle, lack of physical activity and diet patterns are the predisposing factors for diabetes. Persons with diabetes are at higher risks of developing coronary artery diseases and cerebrovascular diseases. Dept. of cardiorespiratory physiotherapy observed world diabetes day 2020 by organizing a fifteen days free physiotherapy camp for patients with diabetes and other associated non-communicable diseases.

Mr. Rajesh Tope, Hon'ble Health Minister, Govt of Maharashtra was the chief guest for the event. He inaugurated the Diabetes care club in cardio respiratory physiotherapy department. He also inaugurated the free physiotherapy camp. The diabetes care club is one such unique initiative by the dept of cardio respiratory physiotherapy department to prescribe the exercises in appropriate dosage to individual patients based on their body requirements. This club also provides diabetes awareness sessions regularly to the patients.

Later Hon'ble Health Minister visited all the OPD Physiotherapy departments and had a glance of our state-of-the-art physiotherapy facilities and comprehensive physiotherapy services offered in each department.



Webinar on **Knee Pain**

06th

November

2 0 2 0

Online Zoom Platform

Knee is one of the simplest joint articulations in our human body and it is also one of the most complex clinical conditions to diagnose accurately. Women are more prone to clinical knee conditions. Dept of Musculoskeletal Physiotherapy along with Sangini Forum, Aurangabad organized a webinar exclusive for females. Dr.Goutami Katage, Asst Prof from the dept of Musculoskeletal Physiotherapy delivered this online webinar covering the basic anatomical structures of knee joint in a simpler terms for a better understanding. Dr.Goutami also spoke about the common causes of knee pain, clinical features, and preventive measures for knee pain. She also discussed various knee pain conditions and various treatment options. She highlighted the importance of exercises for preventing and treating knee pain. The knee exercises video was screened in this webinar and the participants were requested to practice this simple knee exercises to prevent knee conditions.

A promotional poster for a webinar. It features a circular inset photo of Dr. Goutami Shah, a smiling woman in a white lab coat. The text on the poster reads: "Webinar & Interactive Session on KNEE PAIN", "SPEAKER Dr. Goutami Shah (Musculoskeletal Physiotherapist)", "6th NOVEMBER, 2020", "3:30PM - 5:00PM", and "Aurangabad, Maharashtra, India". At the bottom, there is a Zoom logo and a map snippet showing the location in Aurangabad, Maharashtra, India, with coordinates 19.8786° N.

World Disability Day

08th

December

2020

MGM Physiotherapy Rehabilitation & Fitness Centre

International Day of Persons with Disability was observed on 03rd December 2020 by dept of Neurological PT. The observance of the disability day in MGM was to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. The dept of Neuro physiotherapy in association with Mahatma Gandhi Seva Sang distributed free splints to stroke survivors, congenital disabled people, and other disabled conditions. Thirty five disabled people received free splints in this occasion.

Mr. Kanhekar from Mahatma Gandhi Seva Sang enlightened the audience regarding schemes for disabled population by governments and NGO'S. The event was graced by Shri Ankushrao Kadam, Secretary, MGM, Dr. PM Jadhav, Vice President, MGM and Shri. Pratap Borade, Trustee, MGM.



Outreach Physiotherapy sessions at Mother Theresa Ashram

15th
December
2020

Mother Teresa Ashram

Department of Community Physiotherapy organized a month-long physiotherapy sessions to the residents of Mother Theresa Ashram, Aurangabad. The residents were intellectually challenged females from all age group. The postgraduate residents under the guidance of faculty members assessed all the residents of ashram and categorized them in to three groups based on their communication and intellectual abilities. The residents received one-hour of group therapy with warm up exercises, aerobic training and cool-down period. Play therapy was included as a part of their therapy sessions. This month long physiotherapy session brought a phenomenal behavioral change among the residents.



Community Field Visit

18th December 2020

Primary Health Centre, Warudkazi & Sub Centre, Pisa Devi

Health care delivery in our country is multifaceted and it involves three tier delivery system. The primary health care is utmost importance as it involves the health care delivery at grass root level in the community. The community physiotherapy subject curriculum emphasis on learning of healthcare delivery in the community. Primary Health Centre (PHC) is the very first point of contact between the public and professional health care delivery system. Sub-centre is the very first of contact between the public and the health care delivery system. To understand the health model delivery in PHC & SC, a field visit was organized for the postgraduates and interns of the community physiotherapy department. Dr. Rathod, Medical officer received delivered an informative session about the importance of PHC under the following headings – Roles of PHC, Human resources in PHC, Infrastructure resources of PHC, state and national level programs implemented in PHC, day care services, Maternal Child Health care, RCH, Immunization schedules, operation theatre procedures, laboratory services, pharmacy services, and ambulance services. Later, the postgraduate and intern team visited all the sections of PHC to have a brief idea about the services offered in the particular section. Later the team visited Pisadevi sub-centre to have an orientation about the roles and responsibilities of Community Health Officer / Nurse and Accredited Social Health Activist (ASHA) worker.



Community Physiotherapy Camp in Special School

22nd

December

2 0 2 0

Prerna Trust, Aurangabad

Prerana Trust Aurangabad was established in the year 1981 on International Disability Day with the objective of providing vocational education and offering employment opportunities to physically handicapped students. The trust also offers three major short term courses in crafts, tailoring / cutting and wireman. The special students are trained to make washing powder, file pads, file covers, box files, wallets, beds, chair canning, skin printing as their employment and livelihood opportunities. The trust being an educational institution for the physically handicapped provides a holistic rehabilitation to the PH. Hence a visit was planned to this trust to clinical evaluation, assessment, and treatment for the PH students. The interns assessed the physically handicapped students with various disability conditions. They had an opportunity to independently assess these conditions - Autism, Lower limb amputated patient with Prosthesis fitting, Aphasia, Congenital Scoliosis, and developmental delay. The interns also planned the short term and long term treatment goals for the patients and demonstrated few of the treatment techniques to the students.



Free Physiotherapy camp for Antenatal mothers

09th January

2 0 2 1

PHC, Warudkazi

Department of Community Physiotherapy organized a free special physiotherapy camp for antenatal mothers visiting Warudkazi, PHC. 38 antenatal mothers participated in the free camp. This specialty physiotherapy camp was organized with the objective of reaching the unreached. Comprehensive assessment of ANC mothers was done by history taking and obstetrics examination. Physiotherapy assessment was done including postural examination and exercise capacity assessment. Training for ADL modifications and back care during pregnancy was demonstrated and awareness about importance of physical activity during pregnancy was briefed. Important exercises for low back pain and kegels exercise was demonstrated to the patients.



Workshop on **Pulmonary Rehabilitation** & its recent global perspectives

22nd -23rd

January

2 0 2 1

Dyotan Hall

Department of Cardiovascular and Pulmonary Physiotherapy, MGM IOP, Aurangabad in association with Pratibha Prabhakar Pulmonary Rehabilitation centre, Mumbai organized two days hands on workshop on “**Pulmonary Rehabilitation & its Recent Global Perspectives**”. The event was inaugurated by Dr. P. M. Jadhav, Vice chairman and Dr. Ashish Deshmukh, HoD, Dept of Pulmonary Medicine, MGM Medical College & Hospital.

The team headed by Dr. Pralhad Prabhudesai from Pratibha Prabhakar Pulmonary Rehabilitation centre highlighted the importance of pulmonary rehabilitation in various pulmonary conditions including the present COVID-19 crisis. The speakers demonstrated various assessment skill, and exercise test to functionally evaluate the pulmonary condition. The speakers also covered extensively on Post COVID Rehabilitation and recent advances in Pulmonary Rehabilitation.



Health Awareness and Health Promotion Sessions for Housewives

27th January

2 0 2 1

Ranaji Mangal Karyalay, N-8, CIDCO

Women being an all rounder and exhibit excellence in every domains and have enough potential to balance house hold work and family responsibilities and all the other stresses. They require strong mental, physical and social well being. Empowering house wives with adequate knowledge about the lifestyle changes, coping to body changes due to harmones and increase in body weight was much needed to urban women. Dept of Community Physiotherapy along with Sakhi, NGO for females organized a special program for house wives in N8 locality. 112 housewives attended this program. Ms. Sneha Karwade (PSI, Mahila Police Adhikari), Dr. Sheetal Swamy (Assistant professor, MGM Institute of Physiotherapy) and Mrs.Sukhada (Bank of Baroda employee) were the invited speakers for this occasion.

Ms. Sneha Karwade, PSI briefed about the importance of Damini Pathak police force. This force has been made exclusive to protect women from anti-social elements. She also explained the procedures to approach Damini Pathak police force. Dr. Sheetal Swamy, Dept of Community Physiotherapy highlighted the importance of lung functions in this pandemic. She also spoke about the most common lifestyle diseases affecting females. She demonstrated aerobic exercises, weight bearing exercises, pelvic floor exercises to the house wives. Mrs Sukhada, Bank of Baroda gave few banking and financial tips to the house wives.

The event was coordinated by Mrs Chaya Chandrakant Devraj and Mrs.Shubhangi Makarand Kilkarni, Sakhi Foundation.



Ability Award 2020 & Champions of Ability Special Lecture Series

29th January 2021

Dyotan Hall

The three core principles of our Mahatma Gandhi Mission portrays the Pursuit of excellence in Education, Service, and Research. The department of Community Physiotherapy are committed to serve the people with the objective of reaching the unreached, bridging the healthcare gap.

Our core principles of community rehabilitation service are Social inclusion & mainstreaming the special people with appropriate strategies and events. This ability award event is one such event for social inclusion, and advocating their success. This MGM IOP ability award event was highly influenced by global events like Paralympics, global organizations like Helen Keller Foundation and national events like Cavin Care Ability Foundation awards which gave us thoughtful insights to celebrate the success of the real unsung heroes in our community.

The two distinguished speakers were conferred with MGM Institute of Physiotherapy Ability award 2020 by Dr. P. M. Jadhav, Hon'ble Vice Chairman, MGM for their indomitable spirit amidst their disability challenges and rose to successful and influential person in their professional life.

The Ability Award 2020 recipients were

Mr. Jahed Riyaj Shah, Regional editor, Punya Nagari news media, Aurangabad

Mr. Nikesh Madare, Teacher, Government School, Jalna

Dr. Sarath Babu, Principal addressed the gathering about the importance of this ability award and champions of ability special lecture series.

Mr. Nikesh Madare delivered an inspiring speech about his life facing all the challenges and also delivered a lecture on Braille in this occasion.



Guest Lecture on recent Clinical Practice Guidelines Post **ACL Reconstruction**

01st

February

2021

Dept of Musculoskeletal Physiotherapy

Guest Lecture on Recent Clinical Practice Guidelines – Post ACL reconstruction was conducted in intention to provide recent practice guidelines for ACL rehab. Dr Manoj Agnihotri, Associate Professor in Dept of MSK Physiotherapy Terna College of Physiotherapy, Mumbai delivered this Lecture. He briefed on the causes of ACL injury, mechanism of injury, indications for surgery, management and criteria to return to sports. He also explained the challenges faced by physiotherapists while treating the patients with post ACL reconstruction. He explained various management strategies with emphasizing on the importance of recent clinical practice guidelines for the management of same.



World **Cancer** Day Inauguration of MGM's **CAN-REHAB** (Cancer Rehabilitation Centre)

04th

February

2 0 2 1

MGM Physiotherapy Rehabilitation & Fitness Centre

World cancer day aims to save millions of preventable deaths each year by raising awareness and education about cancer, and pressing governments and individuals across the world to take action against the disease. The theme of world cancer day 2021 is I am and I will as declared by the Union for International Cancer Control (UICC). Together all our actions matter to provide a comprehensive health care campaigns and provide a holistic rehabilitation to the cancer patients. Hence department of Community Physiotherapy commemorated this World Cancer Day to reduce the global impact of cancer. The event was graced by Dr. Rajendra Bohara, Dean, MGM Medical College, Dr. H. R. Raghavan, Medical Superintendent, MGM Medical College & Hospital, Dr. Navin Kasliwal, Surgical Oncologist and Dr. Arun Karad, Surgical Oncologist. The guests and the special invites inaugurated the CAN REHAB centre in MGM Physiotherapy.

Dr. Snehal, Oncological Physiotherapist presented the importance of rehabilitation in oncology specialty and presented the facilities made available in the CAN REHAB centre for the patients. The special invitees from the oncology fraternity appreciated the efforts of MGM Physiotherapy for inaugurating CAN REHAB. The interns and final year students posted in the department of community physiotherapy presented four posters – Theme & importance of world cancer day, Stories of HOPE from cancer survivors, Cancer rehabilitation therapy model and color code ribbons for different cancers.



Guest Lecture on **Legal Aspects** in Physiotherapy

06th

February

2 0 2 1

MGM Institute of Physiotherapy

MGM Institute of Physiotherapy, Aurangabad organized a guest lecture on legal aspects in Physiotherapy. Dr. Sudeep Kale, President, Maharashtra State OT PT Council, Mumbai. Dr. Sudeep delivered the lecture covering the detailed legal aspects of physiotherapy practice in India with scope and rights for practice. He also spoke about the acts governing physiotherapy practice and briefed about the structure and functions of Maharashtra State OT PT Council. He also highlighted the importance of the rights and privileges of a registered Physiotherapist and also urged the students to be a responsible Physiotherapist to the society adding value to the profession. Dr. Sudeep Kale spoke about the national health policies and role of Physiotherapy in shaping the health of the nation.



Community Outreach Special Camp

10th February

2 0 2 1

Ambassador Hotel, Aurangabad

Ambassador hotel includes 250+ total staff members including 50 chefs with age group of 21-50 years, working on a typical 9 hours shift per day. They work with repetitive movements of hands, with long standing posture continuously; due to this they are prone to the risks of musculoskeletal disorders. The dept of community physiotherapy organized a community outreach camp at their location, assessed their workplace, along with individual physical assessment and gave them appropriate interventions. They were assessed for their pain, Posture, gait pattern and chief complaints. They were prescribed with Physiotherapy intervention exercises advices along with the ergonomic modifications for preventive measures.



Induction Program for 1 yr MPT Postgraduate Residents

10th

February

2021

MGM Institute of Physiotherapy

The postgraduate MPT course (2020-21 batch) was formally inaugurated with an induction program. This induction program was aimed to aim familiarizing the students to the campus environment, faculty members and infrastructure. It also oriented fresh MPT students about the college curriculum, rules and regulations and presentations of PG activities. PG guides were allocated to all the students and they delivered the lectures as per guidelines given by MUHS. The criteria for maintaining the logbook in the curriculum was also explained. Nineteen first year post graduate residents and post graduate guides from all the specialties participated in this induction program.



Community Outreach **Health Awareness** & **Health Promotion** Camp

13th

February

2021

ADCA Cricket Stadium, N2 CIDCO, Aurangabad

Health is wealth. Promoting health is one of the prime focuses of the community physiotherapy department. The world is under the double threat of communicable disease and non-communicable diseases. Physical Fitness is one of the most cost-effective strategies to prevent the burden of NCD in the community. Fitness, health awareness, and health promotion strategies should be prescribed scientifically to ensure the common public attain the highest possible healthy outcomes in their body. The department of community physiotherapy and MGM's Meraki organized this community outreach camp for the early morning fitness enthusiasts targeting the geriatric population.

ADCA cricket stadium at N2 Aurangabad is one of the biggest open space sporting stadia used by the public for early morning fitness sessions. The physiotherapy team screened the participants who enrolled in the registration desk. The screening included senior general physical assessment, fitness test, and step-test. The importance of exercise dosage, and scientifically prescribed exercise counseling was done by senior physiotherapist along with lifestyle modification strategies. Individualized Exercise prescription was given to few participants and some patients who need further care or Supervised exercise training were referred to MGM Physiotherapy Rehabilitation and Fitness Centre.



Community Physiotherapy & Health Promotion Camp

13th

February

2021

Gadana Village, Khultabad Teshil, Aurangabad

Providing optimal and quality health care delivery and health promotions strategy in rural grass root levels are challenging. There are many factors attributing to this health care gap; but the community health professionals take up this challenge to bridge the gap by many community outreach activities. Gadana Village in Khultabad tehsil of Aurangabad district is one of the smallest hamlet with less than 1000 population with minimal resources. The department of community physiotherapy organized a physiotherapy camp in this small hamlet with the objective of comprehensive holistic physical assessment for the geriatric people, antenatal and post natal women. The office bearers of Daivat vrudhasharam, Aurangabad organized this village camp. The village population were categorized in three groups – geriatric, women's health and general population. The community physiotherapy residents under the expertise of Dr. Sanskruti Tahakik screened the population, carried out comprehensive physical assessment, and categorized their difficulties / health conditions. Further, each camp attendee received tailored physiotherapy protocols based on their condition. The geriatric population received group therapy and the risk of fall has been emphasized in this special population.



Ergonomic Session at Pitti Engineering Solutions

17th

February

2021

Pitti Industries, Aurangabad

Pitti Engineering solutions, Aurangabad is one of India's largest and most reputed manufacturer of electrical steel laminations employing 800+ employees in Aurangabad unit. The employees include engineering professionals, skilled engineering workforce, foremen, supervisors, and other laborers. These workforce employees are more prone to work related musculoskeletal disorders in a longer run, if appropriate ergonomic interventions and ergonomic awareness sessions are provided to them. Industrial health being one of the core topics in postgraduate community physiotherapy curriculum, this ergonomic session was organized to provide experiential learning to the community physiotherapy postgraduate students and also to provide holistic ergonomic sessions to the Pitti industry employees to prevent work-related musculoskeletal disorders.

The program was started with breathing Exercises, and the program began with the awareness of Pandemic so as to keep their respiratory system fit enough to fight against the pandemic. Dr. Sheetal Swamy spoke on the importance of fitness and the use of ergonomics in their working environment, also made the audience aware about the impact of physical activity and how they can maintain their day to day lifestyle active. The physiotherapy session started with a warm up session, Jumba aerobic session, and cool down session. Further the progression to importance of exercises in an employee's life special preference to posture, lifestyle modifications were told to them. Lastly the employees were made aware about the Stress management and given a relaxation session.



Ergonomic Industrial Visit to **SKODA Volkswagen Auto Private Limited**

25th February 2 0 2 1

Skoda Auto Pvt Ltd Plant, Aurangabad

Department of Community Physiotherapy organized an ergonomic industrial visit to Skoda Volkswagen Auto Private limited manufacturing unit at Chikalhana, MIDC, Aurangabad. This ergonomic visit was planned during the unlocking phases after lockdown. Considering the ongoing COVID-19 pandemic cases, this ergonomic visit was planned with special focus on improving the lung function and capacity along with regular ergonomic sessions. Breathing exercises, thoracic mobility exercises, stretching calisthenics, and stress management techniques were demonstrated in this ergonomic session. 55 employees attended this ergonomic session adhering to strict COVID-19 pandemic protocols.



Diabetes Awareness and Free Virtual Diabetes and Obesity Camp

26th February

2 0 2 1

Online WebEx Platform

Dept of Cardiorespiratory PT organized an online diabetes awareness webinar and inaugurated free virtual diabetes and obesity camp. The event was inaugurated by renowned diabetologist, Dr. Deepak Bhosle, HOD of Dept. of Pharmacology, MGM Medical College, Aurangabad.

Dr. Deepak briefed about the importance of Physiotherapy in diabetic management and stressed the importance of exercise, diet, and regular medication in diabetic individuals. Ninety diabetic individuals attended this online diabetes awareness event which highlighted the importance of physiotherapy in diabetes. Dr. Deepak also formally inaugurated the online virtual diabetes and obesity camp offering free physiotherapy consultation to diabetic and obese individuals.

Dr. Santosh Dhobal and Dr. Saniya Waghmare, Dept of Cardiopulmonary PT delivered a special talk on the topic titled role of Physiotherapy in Diabetes and Obesity.

जेवणापूर्वी	७०-१५० मि.ग्रा./डेलि
जेवणांतर २ तासांनी	< २०० मि.ग्रा./डेलि
जेवणांतर ४ ते ५ तासांनी	७०-१५० मि.ग्रा./डेलि

रक्तातील साखरेच्या ज्या मर्यादा दुसऱ्या एखाद्यासाठी योग्य असतील त्या तुमच्यासाठी योग्य ठरतीलच असे नाही. तुमच्या मर्यादाविषयी तुमच्या डॉक्टरांचा सल्ला घ्या.

Dr Deepak Bhosle, Consultant Diabetolo...

Rekha Marbate

Dr De... (cohost)

santosh ... (host)

Sa... (cohost)

MGM PAIN CONFERENCE 2021

05th - 06th
March
2021



MGM Institute of Physiotherapy

MGM Physiotherapy Rehabilitation & Fitness Centre, Aurangabad organized two days virtual Pain conference with the theme of Pain : Integrating Envision, Empathy, and Empowerment. This virtual conference provided a seamless intellectual experience bridging the gap between pain and relief, busting common myths of pain, also provided a better understanding of pain neurobiology and neurophysiology from a team of multidisciplinary healthcare professionals across the globe. The MGM Pain Conference was inaugurated by Dr. Shashank D. Dalvi, Hon'ble Vice Chancellor, MGM Institute of Health Sciences, Mumbai, Dr. P. M. Jadhav, Vice President, Mahatma Gandhi Mission, Aurangabad and Dr. Sudeep Kale, President, Maharashtra State OTPT Council, Mumbai.

The conference was attended by 364 delegates all across India. 48 scientific papers were presented in this conference along with 13 pain gallery posters.

International Speakers



TOPIC :
DIMS & SIMS in the Clinic
Sharna Prasad

Physical Therapist, Lebanon Community Hospital, Oregon USA
Co-founder of MMAPS (Mindfulness, Movement and Pain Science)



TOPIC :
Why managing sleep is important in pain rehabilitation
Bronwyn Lennox Thompson

PhD, Senior Lecturer/Academic coordinator postgraduate program in pain and pain management University of Otago, Christchurch



TOPIC :
"Neuroinflammation, Chronic Systemic Inflammation, and pain
Tim Cocks

NOI lead Instructor Australia



TOPIC :
**Chronic Pain: A patient experience,
Through the lens of an Occupational Therapist**
Michael Falcon

Humanitarian, Consultant, Occupational Therapist, California State University, Sacramento - Alumni, Pacific University - Alumni

National Speakers



TOPIC :
Opioids, Self Care and Chronic Pain
Dr. Anand Nikalje, MD
Consultant Intensivist, MGM Medical college, Aurangabad



TOPIC :
ICF framework for understanding problems in participation of elder in Indian toilet due to knee pain
Dr. Alaknanda Banerjee (PT)
Honorary faculty on Innovation Technology for Biodesign, IIT Delhi
Founder - Dharma Foundation India (DFI)



TOPIC :
Embrace model of Changing Pain through Empowering patients.
Dr. Rinkle Malani (PT)
Professor and Principal, MGM School of Physiotherapy Aurangabad



TOPIC :
Phantom Limb Pain: Mechanism & Treatment approaches
Dr. Vimal Telang (PT)
Former HOD,
All India Institute of Physical Medicine & Rehabilitation, Mumbai



TOPIC :
'Pain in musculo-skeletal disorders: Biomechanical considerations'
Dr. Rajani Mullerpatan (PT)
Director,
MGM School of Physiotherapy, Mumbai



TOPIC :
Palliative care in cancer pain
Dr. Raghavendra Ramanjulu
MBBS, MD, DNB
Lead consultant palliative medicine & Rehabilitation, Bengaluru (Karnataka)



TOPIC :
Nutrition and chronic pain
Ms. Vani Bhushanam Golla
Scientific Officer - Department of Sports Nutrition, Human Performance Lab,
Sports Authority of India, New Delhi



TOPIC :
Understanding the Protectometer for chronic pain assessment and management
Dr. Prakash Sharoff (PT)
Director PHYSIOHEALTH Pain Management and Performance enhancement, Consultant PT
for Olympic Gold Quest, Official instructor for Neuro Orthopedic Institute, India



TOPIC :
**Challenges in translational Pain Education research in India :
Perspective on the physiotherapy profession**
Dr. Prashant Mukkannavar PhD
Professor, SDM College of Physiotherapy, SDM University, Dharwad , Karnataka

International Women's Day

08th

March

2021

MGM Institute of Physiotherapy

International Women's Day was commemorated by MGM Institute of Physiotherapy. The event was organized with the theme of Women in Leadership: Achieving an equal future in a COVID-19 world. The event was graced by Dr. Sarath Babu, Principal, MGM Institute of Physiotherapy, Aurangabad. All the female staff members including non-teaching female staff members from MGM Institute of Physiotherapy were felicitated in this occasion. Dr. Sarath Babu appreciated all the female staff for their contribution to the institute and also taking the dual role of professional and family lives. The female physiotherapists who rendered their services during the COVID-19 pandemic were appreciated profusely in this occasion. The female staff members shared their positive experiences of leading the professional and family life successfully.



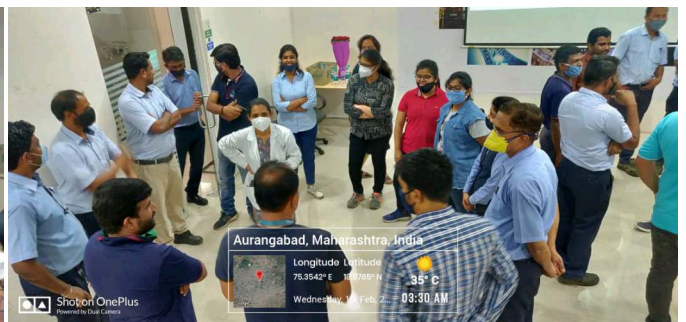
National Safety Week

09th - 10th
March
2 0 2 1

Greaves Cotton MIDC

National Safety Week is a one week campaign from 4th to 10th March every year in India which is organized by National Safety Council of India to spread the health and safety awareness among the peoples / employees to reduce accidents and other mishaps in daily life. This safety week also aims to propagate among the general public about the various safety measures and hygienic measures that people need to inculcate in their lifestyle.

Dept of Community Physiotherapy organized special programs in two industrial units (Shendra & Chikalthana) of Greaves Cotton Pvt Ltd for their employees. This program was focused on highlighting the importance of improving the healthy lung functions in this pandemic by thoracic mobility exercises and various breathing exercises. The sessions also briefed the proper ergonomic postures, stretching techniques, chair aerobics, neurobics to boost their higher mental functions to keep them alert at work, and stress relaxation techniques. Further team building activities and an interactive session regarding their physical activity and health was held with the employees.

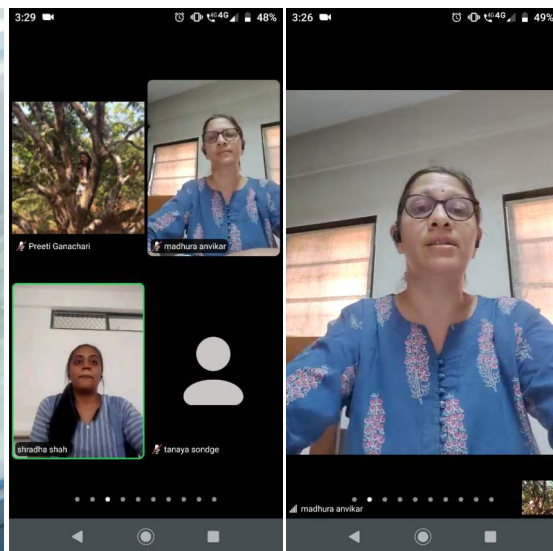


Physiotherapy CME on **Early Intervention** in **Pediatrics**

14th
March
2 0 2 1

MGM Physiotherapy Rehabilitation & Fitness Centre

Physiotherapy CME on “Early Intervention in Pediatrics” was organized by Indian Academy of Pediatrics, Aurangabad Branch in collaboration with MGM Physiotherapy Rehabilitation & Fitness Centre, Aurangabad. The aim of this CME was to understand the possible Physiotherapeutic interventions and its importance at an early stage of life in pediatric population. Early intervention plays an important role in the overall development of the child in terms of Physical, Psychosocial, Emotional, Language and Behavioral aspects. Inauguration of the CME was done by Dr. Shyam Khandelwal, President, Aurangabad Academy of Pediatrics. Dr. Sachin Dhule MD (Ped) spoke about the importance of early intervention in NICU period. Dr. Sunil Gavhane DNB (Ped, Neo) enlisted the procedure and essentials of High Risk Newborn follow up. Dr. Snehal Deshpande (PT) later gave an overview regarding the Comprehensive Rehabilitation Management in Early Intervention. Dr. Kiran More MD, explained the role of KMC in Early Intervention. The role of a Physiotherapist in an Early Intervention was explained in detail by Dr. Pallavi Palaskar (PT).



UG Course Induction Program

15th March

2 0 2 1

Online Zoom Meet

The 2020 – 2021 batch undergraduate BPT course was formally inaugurated online considering the COVID-19 pandemic lockdown. All the first year BPT students along with their parents attended this online UG course induction program. Dr. Sarath Babu, Principal, MGMIOP formally welcomed all the students and their parents to MGM Institute of Physiotherapy and thanked them for choosing MGMIOP as their choice of study. He explained in detail about the course orientation and also briefed about the rules and regulations of the college. Dr. Gautam Shroff, Prof & Head, Dept of Anatomy, Dr. Pramod Shinde, Prof & Head, Dept. of Physiology. Dr. Dhananjay Bhale, Prof & Head, Dept of Biochemistry briefed about the pre-clinical subjects. Dr. Sheetal Swamy briefed about the college infrastructure, Dr. Shradha Shah briefed about the labs and OPD facilities, Dr. Vaibhav Khapre briefed about the examination procedures, Dr. Santosh Dobhal briefed about the student welfare activities, Dr. Sanskruti Tahakik briefed about the outreach activities, and Mrs. Ashwini briefed about the hostel facilities. The Principal briefed about the anti-ragging measures taken in the college campus and hostel premises to curb the ragging menace.



One Day Workshop on **Synopsis** Writing for I yr Post Graduate residents

19th

March

2 0 2 1

Online Zoom Meet

One day workshop was conducted for first year post graduate residents for providing basic guidelines for synopsis writing. Faculty members and PG guides delivered the lectures on the importance of synopsis in post graduate research dissertation. The post graduate residents were oriented with the importance of research interest topic selection, review of literature, referring good journals, basic idea on research methodologies and designs, and the synopsis contents.

The following synopsis topics were delivered by the postgraduate guides in this one day workshop.

Research question & Hypothesis	Dr. Kapil Garg
Title & Abstract	Dr. Sanket Mungikar
Introduction & Objectives	Dr. Sarath Babu V
Literature Review	Dr. Ashwini Kale
Methodology	Dr. Vaibhav Kapre Dr. Surendra Wani
Results & References	Dr. Manish Shukla
Appendix	Dr. Doss Prakash S



Synopsis Writing

International Day of Sports for Development and Peace

06th

April

2 0 2 1

Online Microsoft Teams



**INTERNATIONAL
DAY OF SPORT
FOR DEVELOPMENT
AND PEACE**

Sport has the power to change the world; it is a fundamental right, a powerful tool to strengthen social ties and promote sustainable development and peace and well as solidarity, and respect. The International Day of Sport for Development and Peace on 6th April presents an opportunity to recognize the role that sport and physical activity plays in communities and in people's lives across the world.

Dept of Sports Physiotherapy commemorated International Day of Sport for Development and Peace by organizing a virtual guest lecture series. Three guest lecturers were delivered by eminent professionals from the sports fraternity.



Mr. Virendra Bhandarkar

Director at Sports Authority of India,
National Centre of Excellence, Aurangabad.

Topic: Power of Sports in promoting peace and raising Cultural barriers.

Time: 02:15 - 03:00 pm



Dr. Amol A. Patil

MBBS, PGDSM (Sports Medicine),
IOC Dip. Drug in Sports, FIFA Dip. Sports Medicine.

Topic: Overtraining and its impact on peak performance.

Time: 03:15 - 04:00 pm



Dr. Karanbir Singh

BPT, MSP, Sports psychologist, Mental Trainer.

Topic: Psychological perspective of Sports Training.

Time: 04:15 - 05:00 pm

Parkinson Awareness Day

11th

April

2 0 2 1

Dept. of Neurosciences PT

Department of Neurosciences Physiotherapy observed Parkinson's day with an objective of coming together to raise awareness about Parkinson's disease and the available better therapies for treating Parkinsonism. Neuro physiotherapy intervention plays a vital role in improving the patients physical, psychosocial, emotional, language and behavioural aspects. Neurophysiotherapy post graduate residents and undergraduate students produced a Parkinson's awareness video on this occasion featuring the importance of Physiotherapy in management of Parkinson's disease. This video was screened in this occasion and the same was shared in official YouTube page of MGM Physiotherapy. The Parkinson's awareness video by MGMIOP can be viewed by scanning this QR code



The Parkinson's awareness video by MGMIOP can be viewed by scanning this QR code

Guest Lecture on Assessment & Rationale of Treatment of Scapular Dysfunction

29th

May

2 0 2 1

Online Microsoft Team

Dept of Musculoskeletal Physiotherapy organized a virtual guest lecture on assessment and rationale of treatment of scapular dysfunction. Dr. Ajit Dabholkar, Professor and Head in Dept of Sports Physiotherapy, School of Physiotherapy, Dr D Y Patil University, Navi Mumbai delivered this guest lecture. He gave information on the kinetics of scapula, causes of scapular dysfunction, its assessment tools and management. He reviewed about the scapular muscles, its action and force couples during shoulder movement. He explained the identifiable factors responsible for scapular dyskinesia and the role of physiotherapy in its management. He also provided the insight on recent guidelines for assessment and treatment of scapular dysfunction along with clinical reasoning and rationale based on evidence-based practice which was highly appreciated by students.



Autism Awareness Day

12th April

2 0 2 1

Online Zoom Event

Dept of Neurological PT observed Autism awareness day with series of events to sensitize the common public about autism. Dr. Madhavi (Child Psychologist, IKON hospital) delivered an inspiring and enlightening speech on her experience with Autistic individuals, the difficulties faced by them and steps that can be taken at an individual level to uplift the status of these individuals in our society. A musical skit was prepared by the final year BPT students including challenges faced by people with Autism and Physiotherapeutic interventions to improve the Quality of Life. E-Poster competition was conducted with the theme “Exploring Autism” and the students were judged for 1st, 2nd & 3rd position.



World Environment Day

05th June

2 0 2 1

CADA Office ground and Goga Baba hills

Trees are resources for lifetime they help to combat global warming by absorbing carbon dioxide. The trees can reduce the temperature in a city by creating more micro climate. By planting more trees, it will contribute to reforestation efforts restoring lost forests, repairing damaged ecosystem and mitigating climate changes. With the collaboration of Prayas foundation Aurangabad, MGM institute of Physiotherapy organized tree plantation program on the occasion of World Environment day (5th June).

Mr.Ravi, Prayas Youth Foundation explained about Miyawaki forest technique in which various native species of plants are planted close to each other. This plants will grow as a forest which will be 30 times denser and grows ten times faster. With initial three years of care to these Miyawaki forest saplings, the forest will be maintenance free after the span of three years. Post graduate residents and interns from MGMIOP collaborated with Prayas Youth Foundation on this World Environment Day and planted 150+ saplings in CADA Office ground and Goga baba Hills area of Aurangabad.



International Day of Yoga

21st June 2021

Chintan Gaah, MGM Campus

June 21st is marked as International Day of Yoga by United Nations to commemorate the Indian art of healthy living. Yoga is an invaluable gift to the world by Indian ancient traditions. It embodies unity in body, mind, and spirit. The present resurgence of COVID-19 pandemic has added enormous stress and anxiety among the people. And it affected all the sections of the society. The theme for this year's IDoY was Yoga for well-being with strong emphasis on physical, mental, social, and psychological well being. With this backdrop, department of community physiotherapy along with the students council of MGMIOP jointly organized this “Yoga for well-being” session with the confluence of yoga, meditation and music for rejuvenating body, mind, and spirit for the students and faculty members.

Dr. Nikita Saraf, Post graduate resident formally welcomed the gathering and delivered a speech about the importance of International Day of Yoga and its reason for celebrating it on 21st June 2021. Smt. Purna Dalvi, Administrator of MGMIOP felicitated the special invites for the event. Yoga session was conducted by Shri. Umesh Darak, Yog Pandit & Yog Pradhayapak, Yog Vidhya Gurukul, Nashik. He demonstrated the Common Yoga Protocol which was designed by Ministry of AYUSH, Govt of India to the participants. Vipassana Meditation session by conducted by Shri. Baburao Kasture, Vipassana Sr. Asst Teacher, Dhamma Ajanta Vipassana Centre, Rtd Commissioner, Dept of Customs & Central Excise, Govt of India. There was a soulful flute performance by Shri. Atharva Shripad Kulkarni, Sankalpna Music Academy, Aurangabad.



Insights to Industrial Therapy

25th June

2 0 2 1

Online Microsoft Teams

Physiotherapy Profession has grown leaps and bounds in providing comprehensive treatment and rehabilitation to patients from all medical specialities. The role of Physiotherapy is equally imperative in industrial sector to prevent work related musculoskeletal disorders. This domain has been under explored till now, and hence dept of Community Physiotherapy organized a webinar - Insights to Industrial therapy.

Prof. (Dr.) Tirthankar Ghosh, PhD (Ergonomics & Physiology) from Sri Sri University, Cuttack, Orissa was the resource person for this webinar. The webinar covered introduction to industrial therapy, hazards related to industries, ergonomic spectrum, and evidence based industrial therapy case reports.

Department of
Community Physiotherapy

Organizes A Webinar On
**INSIGHTS TO INDUSTRIAL
THERAPY**

Speaker
Prof. (Dr.) Tirthankar Ghosh
Sri Sri University, Cuttack, Orissa

**25th
JUNE, 2021**
11:00 AM

Webinar on
Microsoft Teams

Who can attend
Final year UG students,
PG students, Academicians,
Ergonomic specialists.

The poster includes a circular portrait of Prof. (Dr.) Tirthankar Ghosh, a Microsoft Teams logo, and an illustration of a factory with gears and a person working.



Evidence Based Treatment for Low Back Pain International Webinar

29th June

2 0 2 1

Online Microsoft Team Platform

Dept of Sports Physiotherapy organized an International webinar titled Evidence Based Treatment for Low Back Pain. Dr. James Schomburg, Physical Therapist, Owner of second visit PT centre, Adelaide, Australia delivered this webinar.

LBP is one of the most prevalent and burdensome problem for individuals and society all across the world. Treatment of LBP is a challenging task for physical therapist as the treatment options and patient outcomes vary from each individual. Though we have end volumes of literatures for treating low back pain, the clinicians lack to select the right evidence based treatment due to various other factors. To bridge this gap and to update the current evidence based treatment, this webinar was organized to faculty members, post graduate residents, interns and final year BPT students. The speaker explained in detail about the evidence based practice and its importance especially in low back pain. He also shared his clinical experience expertise and research evidence for low back pain.





MGM INSTITUTE OF PHYSIOTHERAPY

N-6 Cidco, Aurangabad

Department of
Sports Physiotherapy

Organizes A Webinar On
EVIDENCE BASED TREATMENT FOR LOW BACK PAIN

Resource person
James Schomburgk (Physical Therapist)
Owner at the second visit, Adelaide, South Australia



29th
June, 2021
10:00 AM

Scope of Physiotherapy Course and Employment Opportunities **Community Radio Talk**

03rd July

2 0 2 1

MGM Community Radio

Dr. Sanskruti Tahakik, Asst. Professor, Dept of Community Physiotherapy delivered a special invited radio talk in MGM community radio (Frequency 90.8) on the topic scope of Physiotherapy course and employment opportunities for the common public. Dr. Sanskruti detailed about the undergraduate physiotherapy course and postgraduate specialities. She also briefed about the admission eligible criteria for both undergraduate and postgraduate courses. Her talk also emphasised on the importance of clinical hands-on experience during the course of education.

She also spoke in detail about the opportunities of Physiotherapy profession in different specialities of orthopaedics, neurology, cardio respiratory, community, sports, paediatrics, oncology, obstetrics & gynaecology, and hand rehabilitation. She also added the vital importance of physiotherapy in treatment and rehabilitation of COVID-19 pandemic patients.



Research Competency Development Program

14th July

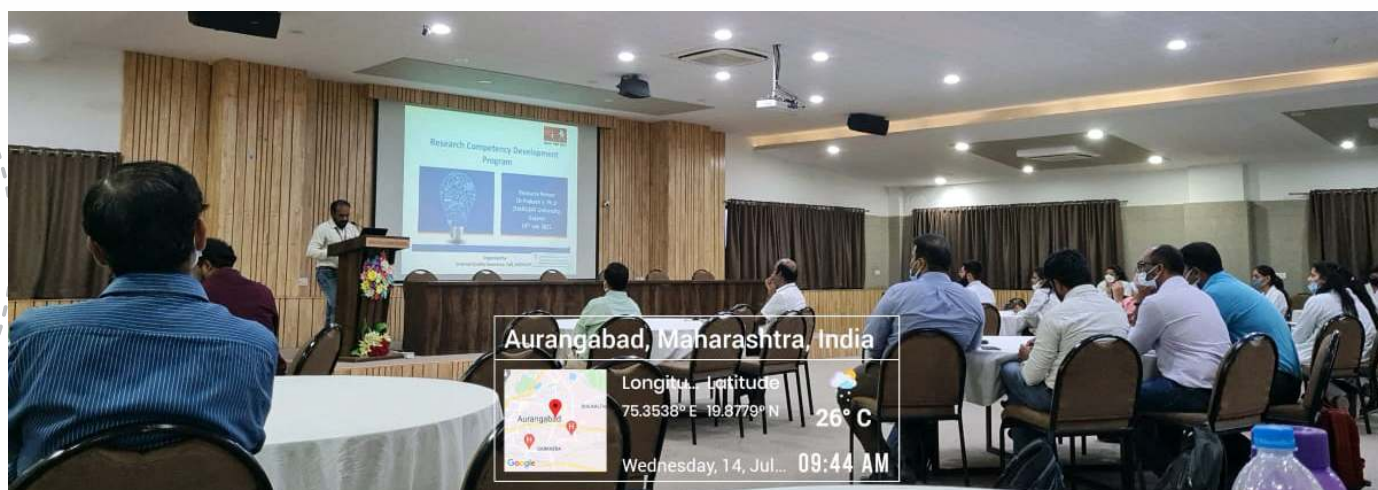
2 0 2 1

Dyotan Hall, MGM Campus

Higher education emphasis on research endeavors for scientific contribution to the world. Qualitative researches leading to publications are paramount importance for academicians and post graduate residents for career progression. Research is a part of the post graduate curriculum and our affiliating university mandates and encourages faculty and postgraduate for research publications. Hence a proper mentoring and research guidance was planned as Research Competency Development Program to postgraduates and faculty members.

Dr. Prakash V, Associate Professor, Ashok Rita Patel Institute of Physiotherapy, CHARUSAT University, Anand – Gujarat was the resource person for this one day workshop. He also joined as a visiting faculty in our MGM Institute of Physiotherapy, Aurangabad.

Dr. Prakash V delivered the talks on How to conduct a literature review, How to prepare a research proposal, How to publish in a good journal and Introduction to scientific writing. He spoke in detail about the above-mentioned topics and also answered the queries of the post graduate residents and faculty members in their research domains. He gave a brief introduction about the importance of research and need of research in health care profession.



Antenatal Physiotherapy Camp in Varudkazi, PHC

09th July

2 0 2 1

PHC, VarudKazi

Department of Community Physiotherapy organized a free special physiotherapy camp for antenatal mothers visiting Varudkazi, PHC. Postgraduate residents and interns from the dept. of community physiotherapy under the guidance of Medical Officer, PHC reviewed the medical conditions of the ante natal mothers. Physiotherapy assessment postural examination and exercise capacity assessment was done to all the antenatal mothers. Postural awareness about importance of physical activity during pregnancy was briefed. Important exercise for low back pain and pelvic floor exercises was demonstrated to the patients. A community awareness about Covid-19 pandemic and its effects on pregnancy was also highlighted to the antenatal mothers.



Fitness course by IAFIT

15th to 24th

July

2 0 2 1

MGM Institute of Physiotherapy

MGM Physiotherapy Rehabilitation & Fitness Centre in association with Indian Academy of Fitness Training (IAFT), Mangalore, Karnataka organized ten days fitness course for students and faculty members.

Dr. Surajeet Chakrabarty, President – IAFIT was the instructor for the fitness course. Dr. Surajeet is a well-known fitness instructor and certified aerobics instructor.

The fitness course was conducted in two modules. Module one covered aerobic training, pilates training, fitness and nutrition in detail. Module two covered child and adolescent health training, pre and post natal training and diabetic fitness training. This course was conducted with the objective of providing the best of professional training to our students in the fitness domain. The modules covered extensively on practical sessions highlighting the physiological importance of all the fitness training. An exclusive fitness session was organized for the trustees of Mahatma Gandhi Mission. Sixty seven participants attended the workshop. All the participants received IAFIT certificates along with the course transcript.



Industrial Visit to **Skoda Volkswagen Pvt Ltd**

16th & 19th
July

2 0 2 1

Skoda Auto Ltd, Shendra, MIDC

The industries are opening up after a brief lockdown period. The industrial employees reported to duties after the second wave of pandemic. Most of the employees were ideal during this lockdown period with very less physical activities at their residence. As these employees are Returning To Work (RTW), the sudden working pattern and long working hours can lead to physical strain and stress to most of the employees. This physical strain and stress can lead to reduced productivity in the industries. Hence a work conditioning ergonomic session is essential in all the industries to ensure all the employees are well prepared and fit to RTW.

Dept of Community Physiotherapy team was invited to deliver a special ergonomic session in Skoda Volkswagen Auto Pvt Ltd on 16th & 19th July 2021. Dr Nitin Kharale, Medical Officer, Skoda Auto Limited and Human Resource manager welcomed the employees and the ergonomic physiotherapist team for the session. The physiotherapy team headed by Dr. Sheetal Swamy delivered the ergonomic session with special focus on neck and back region. The entire session was of practical demonstration which included stretching exercises, joint mobility exercises, and relaxation technique.



Community Field Visit to **Patoda Model Village** to learn Sustainable Development Goals

16th July

2 0 2 1

Skoda Auto Ltd, Shendra, MIDC

Village communities are often considered to be with minimal resources in terms of infrastructure, health indices, and other development factors. In contrary, Patoda village near Aurangabad has been adjudged as one of the best model villages all across India for providing the best of civic infrastructure, better health quality indicators, and incremental developmental indices by community participation. All this gram panchyat deliverables meet the 17 Sustainable Development Goals of World Health Organization. A community field visit was arranged to this Patoda village for final year BPT students and post graduate residents of Community Physiotherapy department to learn SDG's from this model village. The entire team of MGM IOP was welcomed by Shri. P.S.Patel – Village development officer of Patoda Village. The team visited the following locations – smart card enabled purified drinking water, schools, dhobi ghat, fitness centre, water sewage treatment plant, solar power enabled electricity and water treatment plant, women self help group run business entity, clean public toilets, water sinks in strategic locations to avoid spitting of tobacco on public. Later the student's team headed by the Principal planted trees in the village premises. The students also made individual posters reflecting the 17 theme of sustainable development goals. Shri. Bhaskar Pere Patil, the man behind the vision of this rural remake interacted with our students for 45-minute duration sharing his experiences and mission in taking the village way forward. Shri.Kapinder Pere appreciated the team of MGMIOP for spending a day in village for learning the importance of community developments.



Health Promotion Session Pre and Post Menopausal Care for **Women Employees**

20th July

2 0 2 1

JNEC

Institutes today are facing issues like absenteeism of the teaching as well as non teaching female faculty members due to their health problems. With an advancing age female's progress towards menopause and many symptomatic behaviors make an impact on work and daily life. The physiological changes and the impact of their lifestyle cause psychological problems like anxiety and depression which in turn affects their work productivity enormously. To make them aware about coping strategies which improve physical, social and psychological health, this session was conducted.

Mrs. Rajlaxmi Bhosle, Human Resources Manager of MGM University welcomed the participants for the health promotion session focusing on pre and post menopausal care for women. Dr. Sheetal Swamy and her team comprising of post graduate residents delivered one-hour session with special focus on women's health.

The program started with a brief introduction to menopausal changes related to anatomical and physiological aspects of health. In short it was explained about the hormonal changes that impact the psychological behavior in women. Also the lifestyle that has been adopted causing issues related to menopause at workplace. This was preceded by a short aerobic session, followed by stress management with activities to boost up their mind and mood, to relieve stress. Pelvic floor training remained the highlight and at last the importance of self care related to stress, mood transitions, anxiety and depression was held.



Hands-on Workshop on Corrective Exercise Program for Upper Body Dysfunction

26th to 29th

July

2 0 2 1

Sports OPD

Four days hands-on workshop on corrective exercise program for upper body dysfunction was conducted in Sports OPD, MGM Physiotherapy. Dr. Sarath Babu, Principal, Professor & Head, Dept of Sports Physiotherapy, MGMIOP was the resource person for the workshop. The workshop covered the basics of human movement science, integrated functional anatomy and assessment of upper body dysfunction in a nutshell. Various corrective exercise techniques of upper body dysfunctions were practically demonstrated.

This included overhead squat assessment, static and dynamic release for upper body, different muscle activation and integration techniques. This hands-on workshop is first - of - its - kind with an in-house faculty as a resource person. The workshop was attended by 30 students and 8 faculty members.



Yoga Therapy and Stress Management Session

27th

July

2 0 2 1

PU Jain Vidyalaya

Dept of Community Physiotherapy organized a yoga therapy and stress management session to school teachers of PU Jain Vidyalaya, Aurangabad. COVID- 19 pandemic has affected all the sectors; particularly educational sector is worst hit among those. The teachers are forced to adapt to technology and online platforms without proper training and the transition was in much faster pace. The female teachers, particularly from schools were more comfortable in conventional teaching methods, this new online transition of education created a stress among few school teachers. Most of the teachers spent considerable amounts of time in adapting to this technology while balancing their house hold chores. Hence most of the teachers were in stress most of the times due to the newly adapted online technology. Further, long time use of digital devices induces visual fatigue, headache, and stress.

Considering all the facts, a yoga therapy session and stress relaxation technique was organized for the teachers of PU Jain Vidyalaya. The yoga session included Sukshma Vyayam and Pranayama meditation. Health promotion information and Kegels exercise were demonstrated to the participants.



Webinar on **Advances in PNF Therapy**

30th July

2 0 2 1

Online Microsoft Teams

Department of Neurosciences Physiotherapy, Aurangabad organized a webinar on Advances in Proprioceptive Neuromuscular Facilitation (PNF) Therapy. Dr. Harpreet Singh, MPT, Post Graduate Physical Therapy in PNF techniques Advanced NDT Practitioner, USA and Neuro Physiotherapist, AIIMS, New Delhi. Dr.Singh delivered the webinar covering the patterns of PNF, physiological basis of PNF, techniques of PNF, Indications of PNF, and stroke rehabilitation techniques.



Students Farewell Party

25th July 2021





World Health
Organization



Learning of Sustainable Development Goals from the Community

The Sustainable Development Goals (SDGs) or Global Goals are a collection of 17 interlinked global goals designed to be a "blueprint to achieve a better and more sustainable future for all". The SDGs were set up in 2015 by the United Nations General Assembly and are intended to be achieved by the year 2030.

Dept of Community Physiotherapy, MGMIOP produced a digital learning video material on this 17 SDG by visiting one of the India's best model villages – Patoda, Aurangabad, Maharashtra. Patoda village in Aurangabad has been adjudged as one of the best model villages all across India for providing the best of civic infrastructure, better health quality indicators, and incremental developmental indices by community participation. This village can be claimed as one of the perfect epitome of United Nations – SDG. The video can be watched by scanning this QR Code.



Sustainable Development Goals Video by MGM IOP

The 17 SDGs are: (1) No Poverty, (2) Zero Hunger, (3) Good Health and Well-being, (4) Quality Education, (5) Gender Equality, (6) Clean Water and Sanitation, (7) Affordable and Clean Energy, (8) Decent Work and Economic Growth, (9) Industry, Innovation and Infrastructure, (10) Reducing Inequality, (11) Sustainable Cities and Communities, (12) Responsible Consumption and Production, (13) Climate Action, (14) Life Below Water, (15) Life On Land, (16) Peace, Justice, and Strong Institutions, (17) Partnerships for the Goals.



Social campaigns & initiatives by MGM Institute of Physiotherapy during COVID-19 pandemic

In the unprecedented COVID -19 pandemic crisis, we at MGM Institute of Physiotherapy are committed to be socially responsible and help the health authorities of the state to raise mass awareness among the public about the standard health protocols adapted all across the world as recommended by WHO. The Community Physiotherapy department from Mahatma Gandhi Mission created this health awareness campaign for the public to prevent the spread of COVID-19.

This video features COVID-19 pandemic awareness messages from **Shri. Imtiyaz Jaleel, Hon'ble Member of Parliament, Aurangabad Loksabha Constituency**
Shri. Ashik Kumar Pandey, Commissioner, Aurangabad Municipal Corporation
Dr. Pravin Suryawanshi, Deputy Dean, MGM Medical College, Aurangabad and students of MGMIOP demonstrating the three important COVID protocols as recommended by WHO - Wearing face mask, Social distancing and Hand Hygiene.

This video document is one of the many social responsibilities adapted by MGM to create a definitive social impact in the society.

The videos can be viewed by scanning the QR codes below:



Social campaign with Hon'ble MP



Social campaign with Deputy Commissioner



Social campaign with Deputy Dean, MGM MCH



Best Posters in World Autism Awareness Day

Exploring Autism

Autism is a complex neurobehavioral condition that includes impairments in social interaction and development language and communication skills combined with rigid, repetitive behavior.

#get informed

It's not a processing error.
It is different operating system

YUTIKA BHUTADA

Autism AWARENESS VS ACCEPTANCE

1 Awareness means you know it exists.
Acceptance means you control yourself and learn more.

2 Awareness means you can identify it.
Acceptance means you talk to people and get understanding, compassion, and sympathy.

3 Awareness means you offer help or support without judgment.

4 Awareness means you cope with it, deal with it, control it.
Acceptance means you embrace it, grow from it, and find opportunities with people who have it. For all those who love, understand, and support.

5 Awareness is Not Enough.
Acceptance is the next step towards a truly inclusive and equitable shared world.

Amelia J. Erickson, PhD, University of North Carolina

SIGNS OF AUTISM

Autism Treatment

Medication Treatments
Some children with ASD are prescribed medication to help manage the symptoms.

Educational and Behavioral Treatments
There are many programs available that help educate and improve social behaviors for children with ASD.

Diet Treatments
Many parents turn to dietary supplements and elimination diets to help alleviate the symptoms of ASD.

Physiotherapy and ASD: the motor connection

- Many children with ASD need help with motor skills and would benefit significantly from receiving physiotherapy.
- Appropriate **assessment** to identify such deficits as part of the **interdisciplinary approach** to ASD is paramount.

WHAT CAUSES AUTISM SPECTRUM DISORDERS?

There is **no one cause** of autism spectrum disorders.

Evidence suggests both **genetic** and **environmental** factors contribute to the risk of ASD.

Research is ongoing to better understand what increases the risk of ASD.

Autistic Spectrum

ONKAR RAUT
BPT 2nd yr

A Special Child.

You weren't like other children.
And God was well aware.
You'd need a caring family.
...with love enough to share.
And so He sent you to us.
And much to our surprise.
You haven't been a challenge.
But a blessing, in disguise.
Your winning smiles and laughter.
The pleasure you impart.
Far outweigh your special needs.
And melt the coldest heart.
We're proud that we've been chosen.
To help you learn and grow.
The joy that you have brought us.
Is more than you can know.
A precious gift from Heaven.
A treasure from above.
A child who's taught us many things.
But most of all "Real Love".

The Three Functional Levels of Autism

ASD Level 1 Requiring Support	ASD Level 2 Substantial Support	ASD Level 3 Supporting/Very Substantial Support
difficulties with social interaction and communication	social interactions limited to narrow specific interests	severe difficulties with verbal and nonverbal social communication skills
restricted and repetitive behaviors	restricted/repetitive/compulsive behaviors	restricted and repetitive behaviors

"Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another."

Autism Spectrum Disorder (ASD)

Genetic disorder- fragile X
Diagnosis DSM-4 criteria
WISC-R Scale (For age 6-16 yr)

Difficulties not Unable

- Low muscle tone
- Motor planning difficulties
- Poor core strength
- Poor posture
- Tight muscles and joints
- Delayed achievement

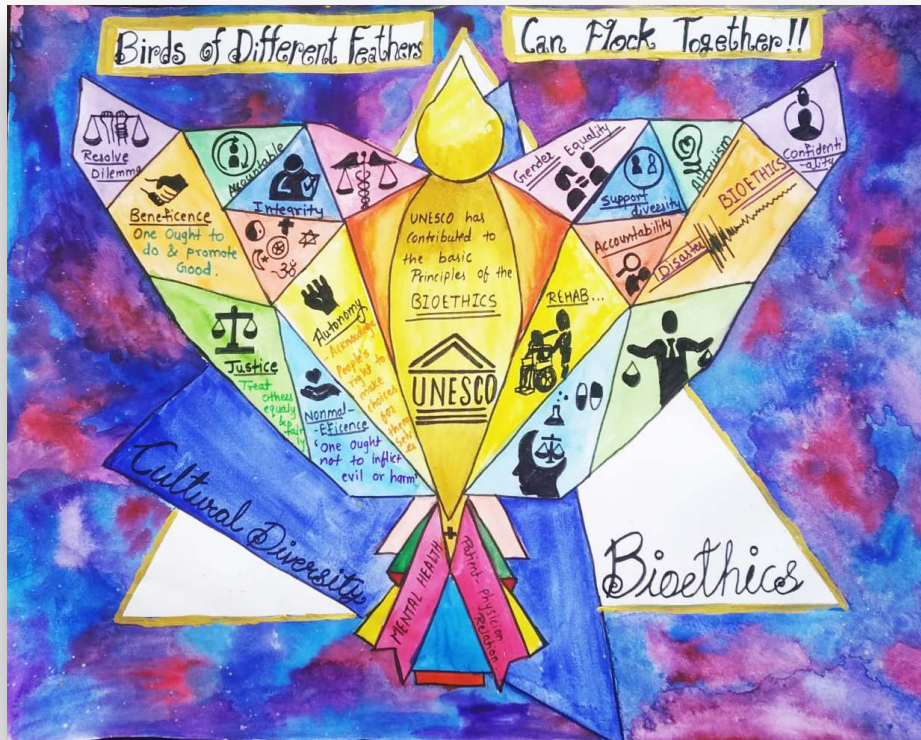
Physiotherapy: Key Ingredient

- Exercises for muscle strength, posture, endurance, motor planning and balance reactions.
- Sensory feedback strategies
- Positioning strategies for functional or physical activities
- community based physical activity programs

Autism Seeing a world from different Angle

Dr. Prakash Borade
MPT-2(Neuro)

Best Posters in World Bioethics Day 2020



World Cancer Day Posters

“CAN REHAB” CANCER REHABILITATION CENTRE
DEPARTMENT OF COMMUNITY PHYSIOTHERAPY

**SUPPORTING THE FIGHTERS,
ADMIRING THE SURVIVORS,
HONORING THE TAKEN,
AND NEVER, EVER GIVING UP
HOPE**

WORLD CANCER DAY
04TH FEBRUARY 2021

I AM AND I WILL

- All Cancers: Lavender
- Appendix Cancer: Amber
- Bladder Cancer: Marigold/Black/Purple
- Brain Cancer: Grey
- Breast Cancer: Pink
- Cervical Cancer: Teal/White
- Childhood Cancer: Gold
- Colon Cancer: Dark Blue
- Esophageal Cancer: Peiwinkle
- Gallbladder/Bile Duct Cancer: Kelly Green
- Head & Neck Cancer: Burgundy/Ivory
- Hodgkins Lymphoma: Violet
- Kidney Cancer: Orange
- Leiomysarcoma: Purple
- Leukemia: Orange

MGM PHYSIOTHERAPY REHABILITATION & FITNESS CENTRE, AURANGABAD

“CAN REHAB” CANCER REHABILITATION CENTRE
DEPARTMENT OF COMMUNITY PHYSIOTHERAPY

WORLD CANCER DAY - 04TH FEBRUARY 2021

STORIES OF HOPE FROM CANCER SURVIVORS

TATA Memorial Hospital by TATA Trust
“Beat Cancer”
Founder - Sir Dorabji Tata (In Memory of Mahalal Dorabji Tata, Victim of Cervix Cancer)
Objectives:
• Community Outreach Programmes
• Training And Capacity Building
• Tobacco Control
• Management Information System

LIVE STRONG FOUNDATION
“Putting You First”
Founder - Lance Armstrong (Professional Road Racing Cyclist - Seven Times Winner of Tour De France and Testicular Cancer Survivor)
Objectives:
• Cancer Support Services
• Community Outreach Programs
• System Change

YOU WE CAN FOUNDATION
“Fight Cancer”
Founder - Yuvraj Singh (Cricketer) (Lung Cancer Survivor)
Objectives:
• Cancer Awareness
• Cancer Screening
• Cancer Treatment Fund
• Scholarship For Cancer Survival

NARGIS DUTT FOUNDATION
“Life Matters”
Founder - Sunit Dutt (In Memory of Nargis Dutt, Victim of Pancreatic Cancer)
Objectives:
• Health Care Initiative
• Educational Initiative
• Women Empowerment

MGM PHYSIOTHERAPY REHABILITATION & FITNESS CENTRE, AURANGABAD

“CAN REHAB” CANCER REHABILITATION CENTRE
DEPARTMENT OF COMMUNITY PHYSIOTHERAPY

CANCER REHABILITATION THERAPY MODEL

Cancer disease → Coping → Activity → Participation

Health-Related Behaviour ← Personal resources (Psychological, Social, Motivation) ← Environmental factors (Performance requirements, Unemployment, Social security systems)

A scientific & evidence based cancer rehabilitation can limit the disabilities of long term cancer therapy

- Psychological consequences:** Anxiety & depression, Sleep disorder, Fatigue, Fear of relapse, Cognitive functional limitation
- Social consequences:** Social isolation, Loneliness, Occupational disadvantages, Unemployment, Health economics
- Functional limitations:** Movement disorders of joints, Paresthesia, Respiratory dysfunction, Reduction of physical fitness, Incontinence/stoma dysfunctions
- Secondary diseases:** Osteoporosis, Metabolic syndrome, Diabetes Mellitus, Cardiovascular diseases, Secondary tumors

MGM PHYSIOTHERAPY REHABILITATION & FITNESS CENTRE, AURANGABAD

World Heart Day Posters

SYMPTOMS OF CORONA

CHILLS

SORE THROAT

MUSCLE PAIN

LOSS OF TASTE AND SMELL

CHILLS WITH SHIVERING

ACTIVATES IMPROVING C.V.S. Endurance :-

WALKING!

BODY WEIGHT EXERCISES

HOOP TWIRLING!

JUMPING ROPE

(STAY SAFE AT HOME)

What is CARDIAC FITNESS

CARDIAC OR CARDIOVASCULAR FITNESS REFERS TO THE PHYSICAL WORK CAPACITY OF AN INDIVIDUAL, IN THE FORM OF OXYGEN CAPACITY PER KG. OF BODY WEIGHT OVER TIME. IT ALSO STATES HOW WELL AND EFFICIENTLY BLOOD CAN CIRCULATE THROUGH THE BODY. IT DEPENDS ON THE RELATIONSHIP BETWEEN CARDIOVASCULAR, RESPIRATORY AND MUSCULAR SYSTEM.

Benefits OF CARDIAC FITNESS

- IMPROVES BLOOD PRESSURE CONTROL
- WEIGHT CONTROL
- REDUCES CHRONIC PAIN
- IMPROVES INSULINE SENSITIVITY

Improving CARDIAC FITNESS

CARDIOVASCULAR EXERCISES ARE BASICALLY ACTIVITIES THAT INVOLVE LARGE MUSCLES OF THE BODY AND CHALLENGE HEART AND LUNGS TO WORK HARDER.

How CAN COVID-19 AFFECT YOUR CARDIAC HEALTH?

- ACE-2 RECEPTORS PRESENT ON LUNGS AND HEART ARE DOOR TO SARS COV-2, TO ENTER THE CELLS.
- PATIENTS WITH UNDERLYING HEART CONDITIONS.
- MEDICATIONS BEING USED FOR THE TREATMENT OF CORONAVIRUS DISEASE CAN EXACERBATE UNDERLYING HEART ISSUES. FEVER AND INFLAMMATION ACCELERATE METABOLIC DEMANDS ON HEAVY ORGANS, INCLUDING THE HEART.
- HEART FAILURE

NEED TO KNOW ABOUT NOVEL CORONAVIRUS?

HAVING A HEART CONDITION DOES NOT MAKE YOU MORE LIKELY TO CATCH COVID-19. HOWEVER, RESEARCH SHOWS THAT PEOPLE WITH HEART DISEASES ARE MORE LIKELY TO BECOME SEVERELY ILL FROM COVID-19 AND HAVE HIGHER RISK OF DEATH.

SIMPLE STEPS TO STOP SPREAD

CARDIAC - FITNESS IN COVID-11

PANDEMIC STRESS AND ANXIETY :->

STRESS AND ANXIETY ARE COMMON AMONGST PEOPLE DURING THIS PANDEMIC. IT CAN LEAD TO UNHEALTHY BEHAVIOUR WHICH CAN AFFECT YOUR HEART.

KEEP RECORD OF YOUR VITALS :->

KEEP TRACK OF YOUR BLOOD PRESSURE, CHOLESTEROL, SUGAR, AND WEIGHT. IT HELPS YOU TO MONITOR YOUR HEALTH AND TAKE NECESSARY PREVENTIVE MEASURES.

ACCEPT NEW NORMAL

ACCEPT THE NEW NORMAL OF SOCIAL DISTANCING AND WEAR MASKS. IT HELPS YOU TO AVOID SPREADING AND GETTING THE VIRUS.

AVOID SMOKING & LIQUOR CONSUMPTION

SMOKING AND ALCOHOL CONSUMPTION CAN WEAKEN YOUR IMMUNE SYSTEM AND MAKE YOU MORE SUSCEPTIBLE TO COVID-19.

REST A WHILE; RUN A MILE; AND MAKE YOUR HEART SMILE :->

REGULAR EXERCISE HELPS IMPROVE YOUR CARDIOVASCULAR HEALTH AND REDUCES THE RISK OF COVID-19.

LOW CONSUMPTION OF OIL AND SALT :->

REDUCING THE INTAKE OF SODIUM AND SATURATED FAT HELPS MAINTAIN YOUR BLOOD PRESSURE AND REDUCES THE RISK OF HEART DISEASE.

MINIMAL USAGE OF TECHNOLOGY :->

REDUCING SCREEN TIME HELPS REDUCE STRESS AND IMPROVE YOUR SLEEP PATTERNS.

HEALTHY EATING HABITS :->

EAT A BALANCED DIET RICH IN FRUITS, VEGETABLES, AND WHOLE GRAINS. IT HELPS MAINTAIN YOUR OVERALL HEALTH.

DISTURBED SLEEP - WAKE CYCLE :->

MAINTAINING A REGULAR SLEEP SCHEDULE HELPS IMPROVE YOUR IMMUNE SYSTEM AND REDUCES THE RISK OF COVID-19.

BEAT CORONA BY SOUND HEART BEAT

EAT HEALTHY LIVE HEALTHY

STOCK UP & TAKE MEDICINES

BY TELEMEDICINE

MAINTAIN SOCIAL DISTANCE THE GERMS

EXERCISE YOGA EXERCISE SLEEP

Awards / Recognitions

Sr. No	Name	Name of the Award/Recognition	Organization
1	Dr. Sarath Babu V Principal & Prof	Reviewer for Scopus Indexed Journal	Physiotherapy (Quarterly Journal)
2	Dr. Ashwini Kale Assoc Prof & Head Dept of Neurosciences PT	Mary McMillian Award	Goa Physiotherapy conference 2020
3	Dr. Kapil Garg Assoc Prof & Head Dept of MSK PT	Editorial Member	Journal of Yoga and Physical Therapy (International Journal)
4	Dr. Doss Prakash S Assoc Prof & Head Dept of Community PT	COVID- 19 lead volunteer recognition in COVID war room at Chennai, Tamilnadu	The Banyan NGO & National Health Mission

Prizes

Sr. No	Name	Title	Conference	Prizes / Awards / Recognitions
1	Dr. Payal Dhawale Asst. Prof Dept of Sports PT	Effectiveness of strength training and stretching on forward head rounded shoulder posture, muscle strength, force vital capacity in over head athletes.	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	First prize in scientific paper presentation under senior category
2	Dr. Balaji Shinde PG-2, Dept of Cardiorespiratory PT	Effect of Acu-TENS on Dyspnea PEFr value and Functional capacity in Bronchial Asthma- A Randomized Controlled; Paper Presentation	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	First Prize in Postgraduate paper presentation category
3	Dr. Ayushi Jain PG-2, Dept of Community PT	From anticipating to tolerating a geriatric bipolar hip arthroplasty	MGM Pain Conference 2021 05 th to 06 th March 2021	First Prize in Postgraduate paper presentation category
4	Dr. Nikita Saraf PG-2, Dept of Community PT	Down's syndrome with obesity - A case report	IGIMS Physiocon Conference 13 th to 14 th Feb 2021	Second Prize in students poster presentation category
5	Dr. Balaji Shinde PG-2, Dept of Cardiorespiratory PT	Comparison between Acapella and Active Cycle of Breathing Technique on pulmonary function in post Coronary Artery Bypass Graft (CABG) patients : A Randomized Clinical Trial	National conference on best practices and recent advancement in Physiotherapy (CRANIOCON 2020). 09 th Nov 2020	Third Prize in Postgraduate paper presentation category

Special Incentives to faculty members

(Research, Innovation & Extension)

Research Publication

Sr. No	Name of Faculty	Name of Journal	Index	Incentive Amount
1	Dr. Sarath Babu	Manual Therapy	Scopus	Rs. 3000/-
2	Dr. Doss Prakash	IJCM	Copernicus	Rs. 1000/-
3	Dr. Doss Prakash	IJSR	Index Medicus	Rs. 1000/-
4	Dr. Manish Shukla	JCDR	Scopus	Rs. 3000/-
5	Dr. Shradha Shah	Turkesh	Scopus	Rs. 2000/-
6	Dr. Ashwini Kale	Turkesh	Scopus	Rs. 3000/-
7	Dr. Ashwini Kale	Turkesh	Scopus	Rs. 3000/-
8	Dr. Ashwini Kale	AMHS	UGC	Rs. 3000/-
9	Dr. Ashwini Kale	IJMSIR	Copernicus	Rs. 1000/-
10	Dr. Sankruti Tahakik	VIMS	Crossref	Rs. 1500/-
11	Dr. Sanket Mungikar	IJHSR	Index Medicus	Rs. 1500/-

Copyright / Patent

Sr. No	Name of Faculty	Copyright / Patent	Copyright / Patent No.	Incentive Amount
1	Dr. Surendra Wani	MGM IOP Mentor Mentee Handbook	L-99234/2021	Rs. 1000/-
2	Dr. Surendra Wani	Cutaneous Sensory Evaluation	L-105562/2021	Rs. 1000/-
3	Dr. Sankruti Tahakik	SOP for application of IFT in stress urinary incontinence	L-105777/2021	Rs. 1000/-
4	Dr. Vaibhav Kapre	SOP for body composition analyzer	L-105665/2021	Rs. 1000/-
5	Dr. Manish Shukla	SOP for Pulmonary Function Test	L-105744/2021	Rs. 1000/-

Conference / Workshop

Sr. No	Name of Faculty	Conference / Workshop	Contributor	Incentive Amount
1	Dr. Doss Prakash	IGIMS Physiocon	Resource person	Rs. 10,300/-
2	Dr. Ashwini Kale	WCPT	Resource person	Rs. 11,190/-
3	Dr. Surendra Wani	International Conference on Neuroscience	Resource person	Rs. 1500/-
4	Dr. Payal Dhawale	KLE QUADRANS 2021	First Prize in Paper Presentation	Rs. 1000/-

Conference Speakers / Invited Talks

Sr. No	Name	Title & Date	Details of the event
1	Dr. Sarath Babu V. Principal & Prof Dept of Sports Physiotherapy	Panelist for Clinical Challenges in the Management of Upper Limb Disorders 10 th January 2021	Sancheti Hospital Pune, PHYSIO TV.
2	Dr. Vaibhav Khapre Assoc. Prof & Head Dept of Community Physiotherapy	Diaphragmatic Breathing and Mindfulness 28 th September 2020	Dr. D. Y. Patil College of Physiotherapy, Pune, Alumni Webinar series
3	Dr. Doss Prakash S Assoc. Prof & Head Dept of Community Physiotherapy	Bridging the gap - Community Based Rehabilitation 13 th February 2021	IGIMS Physiocon Indira Gandhi Institute of Medical Sciences, Patna, Bihar. 13 th - 14 th Feb 2021
4	Dr. Doss Prakash S Assoc. Prof & Head Dept of Community Physiotherapy	Drive your professional growth A vision for career lead 17 th July 2021	Dr.Vithalrao Vikhe Patil Foundation's College of Physiotherapy, Ahmed Nagar Ahmed Nagar

Faculty Scientific Presentations

Sr. No	Faculty Member	Conference & Date	Title
1	Dr. Surendra Wani Dept of MSK PT	2 nd International Virtual Conference on Neuroscience and Neurology 17 th to 18 th July 2021	Hand function in people with diabetes 2
2	Dr. Ashwini Kale Dept of Neurosciences PT	MUHS state level 28 th October 2020	Effect of Mirror Therapy & Constraint - Induced Movement Therapy on Upper Extremity Motor Function In Sub-Acute Stroke Patients
3	Dr. Ashwini Kale Dept of Neurosciences PT	WCPT (International) 27 th March 2021	Postnatal Physiotherapy in the Indian Context : Cultural Impact and outcome of Culturally Suitable Interventions in Primiparous Women.
4	Dr. Gaurav Mhaske Dept of Neurosciences PT	MGM Pain Conference 05 th March 2021	Effect of BOSU Ball Exercise and Gait Training on Wallenburg Syndrome Patient. - A Case Report.
5	Dr. Gaurav Mhaske Dept of Neurosciences PT	KLE QUADRANS International PT conference 2021 26 th Feb 2021	Effect of Mental Imagery Techniques and Conventional Rehabilitation training for improving Hand Function in Stroke Patients.
6	Dr. Shradha Shah Dept of Neurosciences PT	KLE QUADRANS International PT conference 2021 26 th Feb 2021	Effect of Pilates exercise on the level of fatigue, cognition and knee proprioception in elderly population of 60-80 years.

Students Scientific Presentations

Sr. No	Name of the Resident / Student	Conference & Date	Title
1	Dr. Deepali Shinde Dept of MSK PT	National Research Conference of Physiotherapy Postgraduate 2020 2 nd to 3 rd Nov 2020	Improvement in the Lumbo-Pelvic Rhythm by the correction of forward head posture
2	Dr. Simran Purswani Dept of MSK PT	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	The clinical application of ICF model for community rehabilitation in a patient with Mayer-Rokitansky Kuster Hauser Syndrome- A Rare Case Report
3	Dr. Mrinmayee Deshmukh Dept of MSK PT	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	Effectiveness of Chandrabhedan, Anulom-vilom, Bhastrika Pranayam for immediate reduction on blood pressure in stage I hypertension patient: Experimental Study
4	Dr. Darshana Fursule Dept of MSK PT	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	Comparing the effects of Tai-Chi exercise and stepping exercise for balance training on geriatric population
5	Dr. Simran Purswani Dept of MSK PT	MGM Pain Conference 2021 5 th to 6 th March 2021	Validation of Pain Neuroscience Education material among Health Science students: A Pilot Study
6	Dr. Swara Sanklecha Dept of MSK PT	MGM Pain Conference 2021 5 th to 6 th March 2021	Effect of Pain Neuroscience Education on pain in trismus patient : A Case Report
7	Dr. Mrinmayee Deshmukh Dept of MSK PT	MGM Pain Conference 2021 5 th to 6 th March 2021	Early physiotherapy rehabilitation in patient with greater tuberosity avulsion fracture : A Case Report
8	Dr. Darshana Fursule Dept of MSK PT	MGM Pain Conference 2021 5 th to 6 th March 2021	Neurodynamic testing of Peroneal Nerve: Study of sensory responses in patients with Lumbar Radiculopathy : A Pilot Study
9	Dr. Deepali Shinde Dept of MSK PT	MGM Pain Conference 2021 5 th to 6 th March 2021	Manual Therapy and Pain Neuroscience Education for Lateral Ankle Sprain- A Case Study
10	Dr. Balaji Shinde Dept of Cardio respiratory PT	National conference on best practices and recent advancement in Physiotherapy 9 th Nov 2020	Comparison between Acapella and Active Cycle of Breathing Technique on pulmonary function
11	Dr. Balaji Shinde Dept of Cardio respiratory PT	National conference on best practices and recent advancement in Physiotherapy (CRANIOCON 2020). 9 th Nov 2020	Comparison between Acapella and Active Cycle of Breathing Technique on pulmonary function in post Coronary Artery Bypass Graft (CABG) patients: A Randomized Clinical Trial

Students Scientific Presentations

Sr. No	Name of the Resident / Student	Conference & Date	Title
11	Dr. Zoha Alvi Dr. Aishwarya Bhandare, Dept of Cardio respiratory PT	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	Burden on caregivers of children with cerebral palsy in urban and rural setup : an observational study
12	Dr. Aishwarya Bhandare Dept of Cardio respiratory PT	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	A prevalence of low back pain among the security guards - An observational study
13	Dr. Pranali Gaikwad Dept of Cardio respiratory PT	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	Effect of lumbar core muscle stability exercises on cardiovascular parameters in young adults - A Cross sectional study; Paper Presentation
14	Dr. Balaji Shinde Dept of Cardio respiratory PT	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	Effect of Acu-TENS on Dyspnea PEFR value and Functional capacity in Bronchial Asthma- A Randomized Controlled; Paper Presentation, Won First Prize
15	Dr. Aishwarya Bhandare Dept of Cardio respiratory PT	MGM Pain Conference 2021 5 th to 6 th March 2021	Physiotherapy intervention during mechanical ventilation in diabetic ketoacidosis : A Case Study
16	Dr. Pranali Gaikwad Dept of Cardio respiratory PT	MGM Pain Conference 2021 5 th to 6 th March 2021	Preoperative and postoperative therapeutic rehabilitation for bilateral lower limb amputation following dry gangrene: a case report
17	Dr. Zoha Alvi Dept of Cardio respiratory PT	MGM Pain Conference 2021 5 th to 6 th March 2021	Physiotherapy for simple mastectomy following phyllodes tumour : A Case Study.
18	Dr. Ankita Shukla Dept of Cardio respiratory PT	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	Six minute walk test and gait variability in healthy elders - An observational study.
19	Dr. Nikita Shirture Dept of Neurosciences PT	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	Assessment of quadrates lumborum muscle strength on professionals sitting with legs crossed on chair
20	Dr. Prakash Borade Dept of Neurosciences PT	Rehab e-CON 2021 15 th March 2021	Difference between High Intensity and Low Intensity Mirror Therapy for hand function of patients with CVA

Students Scientific Presentations

Sr. No	Name of the Resident / Student	Conference & Date	Title
21	Dr. Sampada Daphane Dept of Community PT	National Research Conference of Physiotherapy Postgraduate 2020 2 nd to 3 rd Nov 2020	Effectiveness of McKenzie method based self-management approach for secondary prevention of recurrence of Low back pain
22	Dr. Ayushi Jain Dept of Community PT	National Research Conference of Physiotherapy Postgraduate 2020 2 nd to 3 rd Nov 2020	Effect of resistance band exercise on agility and balance in amateur football players.
23	Dr. Nikita Saraf Dept of Community PT	National conference on best practices and recent advancement in physiotherapy (CRANIOCON 2020). 9 th Nov 2020	Effectiveness of dynamic warm up exercise on agility and balance in amateur football players: An experimental trial
24	Dr. Sampada Daphane Dept of Community PT	IGIMS Physiocon Conference 13 th to 14 th Feb 2021	Successful prosthetic rehabilitation of individual with bilateral transtibial amputation- A case report
25	Dr. Nikita Saraf Dept of Community PT	IGIMS Physiocon Conference 13 th to 14 th Feb 2021	Down's syndrome with obesity - A case report
26	Dr. Sampada Daphane Dept of Community PT	KLE QUADRANS 2021 International Physiotherapy Conference 26 th to 27 th Feb 2021	Rehabilitation protocol for patient with osteoarthritis of elbow following chikungunya - Case study
27	Dr. Ayushi Jain Dept of Community PT	MGM Pain Conference 2021 5 th to 6 th March 2021	From anticipating to tolerating a geriatric bipolar hip arthroplasty
28	Dr. Nikita Saraf Dept of Community PT	MGM Pain Conference 2021 5 th to 6 th March 2021	Phantom pain - The science of impossible and imprisoned pain sensation in brain
29	Ms. Geetha Shekle Ms. Gayatri Batkukwar Ms. Vidya Kadam Interns, Dept of Community PT	IGIMS Physiocon Conference 13 th to 14 th Feb 2021	Cancer Rehabilitation Therapy model

Publication Details

Sr. No	Title of the article	Authors	Details of Publication
1	Efficacy of activation of Gluteus Maximus and Transverse Abdominis in patients with mechanical Low back pain- Randomized clinical trial	Dr. Sanket S. Mungikar	International Journal of Health Sciences and Research. Volume 10; Issue 10:2020
2	Prevalence of Myofascial Trigger Points in Shoulder Girdle Muscles in Patients with Adhesive Capsulitis	Dr. Apeksha Pahade Dr. Surendra K .Wani	International Journal of Health Sciences and Research Volume 9; Issue 11: 2020
3	Indian (Marathi) version of the Shoulder Pain and Disability Index (SPADI) : Translation and validation in patients with Adhesive Capsulitis	Dr. Apeksha Pahade Dr. Surendra K. Wani Dr. Rajani Mullerpatan	Hong Kong Physiotherapy Journal Volume 41; Issue 2:2021
4	Effect of pain neuroscience education on pain in Trismus patient :case report	Dr. Sanket Mungikar Dr. Swara Sanklecha Dr. Santosh Dobhal	International Journal of Health Sciences. Vol no 9; Issue no1: 2021
5	GBS with bilateral Bell's Palsy associated with COVID-19 Infection: A case study	Dr. Ashwini Kale Dr. Shradha Shah Dr. Nikita Shirture Dr. Gaurav Mhaske Dr. Preeti Ganachari	Turkish Journal of Physiotherapy and Rehabilitation; 32 (2): May 2021.
6	Efficacy of Semi-immersive virtual reality on balance in Friedreich ataxia: A Case report	Dr. Ashwini Kale Dr. Gaurav Mhaske Dr. Prakash Borade Dr. Shradha Sha Dr. Preeti Ganachari	Turkish Journal of Physiotherapy and Rehabilitation; 32 (2) 2021.
7	Effect of Tai Chi and Stepping Exercise for Balance Training in Geriatrics: Randomized Control Trail	Dr. Gaurav Mhaske	International Journal of Health Science Research Vol.11; Issue: 6; June 2021.
8	Immediate Effect of Cervico-thoracic Mobilization on Deep Neck Flexors Strength in Individuals with Forward Head Posture: A Randomized Controlled Trial	Dr. Gauri Milind Ghan Dr. V. Sarath Babu	Journal of Manual & Manipulative Therapy, Volume 29, Issue 3, 2021

Publication Details

Sr. No	Title of the article	Authors	Details of Publication
9	Respiratory Muscle training on diaphragm thickness, Pulmonary function Test and respiratory muscle strength in healthy young adult : A RCT	Dr. Manish Shukla	Journal of cardiovascular Disease Research
10	Clinical and demographic predictors of mortality due to COVID – 19 pandemic : A retrospective study	Dr. Ayushi Jain Dr. Doss Prakash S Dr. Sheetal Swamy Dr. Sanskruti Tahakik	International Journal of Health Sciences and Research. Vol.11; Issue: 5; May 2021
11	Impact of Pelvic Floor Muscle Training on Post Operative third degree Pelvic Organ Prolapse management: A Case Report.	Dr. Doss Prakash S Dr. Sivan Aathira Dr. Gupte Aditi Dr. Tayade Amrapali	International Journal of Scientific Research. Volume – 10, Issue – 06, June – 2021
12	Experiences of online learning during COVID-19 pandemic lockdown period: a cross-sectional survey among the college students in India..	Dr. Nikita Saraf Dr. Doss Prakash S Dr. Sheetal Swamy Dr. Sanskruti Tahakik	International Journal of Community Medicine and Public Health. Volume 8, Issue 7, July 2021
13	Relationship between balance and physical function in older adults with osteoarthritis of knee joint	Dr. Sanskruti Tahakik	VIMS Journal of Physical Therapy

Copyrights

Sr. No	Year	Name	Name of the Patent / Copyright / Book / Chapter
1	2021	Dr. Surendra K Wani	Adaptive procedure: cutaneous sensory evaluation using Semmes Weinstein type monofilaments.
2	2021	Dr. Surendra K Wani	Translated and Validated Marathi Version of Shoulder Pain and Disability Index
3	2021	Dr. Surendra K Wani	MGM IOP Mentor Mentee Handbook
4	2021	Dr. Sanskruti Tahakik	Standard Operating Procedure for application of IFT in stress urinary incontinence
5	2021	Dr. Vaibhav Kapre	SOP for body composition analyzer
6	2021	Dr. Manish Shukla	SOP for Pulmonary Function Test
7	2020	Dr. Ashwini Kale	Questionnaire for survey on awareness of Postnatal physical therapy among obstetricians

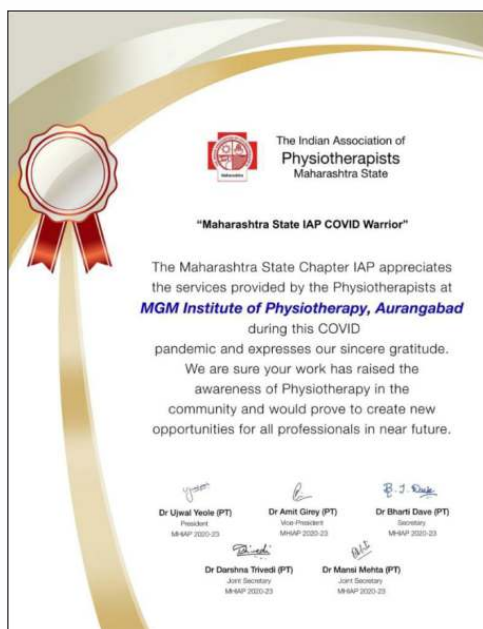
Professional Event Participation by Faculty Members

Sr. No	Name	Event / Course / Program	Professional Body	Year
1	Dr. Sarath Babu Dept of Sports PT	Fitness Trainer Course	NASM	2021
2	Dr. Sarath Babu Dept of Sports PT	Human Movement specialist course	NASM	2021
3	Dr. Sarath Babu Dept of Sports PT	UNESCO Chair in Bioethics International Panel Discussion Webinar Series	UNESCO Chair bioethics	2020
4	Dr. Payal Dhawale Dept of Sports PT	KLE QUADRANS 2021 International Physiotherapy Conference	KLE University, Belgaum, Karnataka	2021
5	Dr. Shradha Shah Dept of Neurosciences PT	Understanding Neonatal Therapeutic Care	Dr. Snehal Desh Pande Dr. L. H. Hiranandani Hospital, Mumbai	2021
6	Dr. Preeti Ganachari Dept of Neurosciences PT	Understanding Neonatal Therapeutic Care	Dr. Snehal Desh Pande Dr. L. H. Hiranandani Hospital, Mumbai	2021
7	Dr. Kapil Garg Dept of Musculoskeletal PT	"Explain Pain" International Online Course on	Neuro-Orthopedic Institute (NOI), Australia on	2020
8	Dr. Kapil Garg Dept of Musculoskeletal PT	Research methodology Workshop	MUHS, Nashik	2020
9	Dr. Kapil Garg Dept of Musculoskeletal PT	Online workshop on "Systematic review writing"	Johns Hopkins Bloomberg School of Public Health	2021
10	Dr. Sanket Mungikar Dept of Musculoskeletal PT	"Explain Pain" International Online Course on	Neuro-Orthopedic Institute (NOI), Australia on	2020
11	Dr. Surendra Wani Dept of Musculoskeletal PT	Two Week Online Course on "Communication Skills"	Dyal Singh College, Karnal	2020
12	Dr. Surendra Wani Dept of Musculoskeletal PT	E workshop course on "Data Analysis using SPSS"	Commacad Academy	2021
13	Dr. Surendra Wani Dept of Musculoskeletal PT	Excel training program	Commacad Academy	2021
14	Dr. Goutami Katage Dept of Musculoskeletal PT	"Explain Pain" International Online Course on	Neuro-Orthopedic Institute (NOI), Australia on	2020

Sr. No	Name	Event / Course / Program	Professional Body	Year
15	Dr. Vaibhav Kapre Dept of Cardio Respiratory PT	KNOSPE 2020 Virtual International Physiotherapy Conference	Krishna Institute of Medical Sciences, Karad	2020
16	Dr. Vaibhav Kapre Dept of Cardio Respiratory PT	COVICON E-Conference on Physiotherapy in COVID19	ExRx India	2021
17	Dr. Vaibhav Kapre Dept of Cardio Respiratory PT	KLE QUADRANS 2021 International Physiotherapy Conference	KLE University, Belgaum, Karnataka	2021
18	Dr. Manish Shukla Dept of Cardio Respiratory PT	COVICON E-Conference on Physiotherapy in COVID19	ExRx India	2021
19	Dr. Manish Shukla Dept of Cardio Respiratory PT	KLE QUADRANS 2021 International Physiotherapy Conference	KLE University, Belgaum, Karnataka	2021
20	Dr. Santosh P. Dobhal Dept of Cardio Respiratory PT	COVICON E-Conference on Physiotherapy in COVID19	ExRx India	2021
21	Dr. Santosh P. Dobhal Dept of Cardio Respiratory PT	KLE QUADRANS 2021 International Physiotherapy Conference	KLE University, Belgaum, Karnataka	2021
22	Dr. Santosh P. Dobhal Dept of Cardio Respiratory PT	Cochrane Systematic review workshop	Cochrane Eyes & Vision U.S Satellite, John Hopkins Bloomberg School of Public Health	2021
23	Dr. Santosh P. Dobhal Dept of Cardio Respiratory PT	Indian Music therapy	SVYASA	2020
24	Dr. Santosh P. Dobhal Dept of Cardio Respiratory PT	The Symposium on yoga research	International Association of Yoga Therapy, Boston, USA	2020
25	Dr. Santosh P. Dobhal Dept of Cardio Respiratory PT	Yoga and Neuroscience Traditions and Research Approaches YANTRA	NIMHANS, Bangalore	2020

Sr. No	Name	Event / Course / Program	Professional Body	Year
26	Dr. Abhishek S. Mishra Dept of Cardio Respiratory PT	KLE QUADRANS 2021 International Physiotherapy Conference	KLE University, Belgaum, Karnataka	2021
27	Dr. Abhishek S. Mishra Dept of Cardio Respiratory PT	COVICON E-Conference on Physiotherapy in COVID19	ExRx India	2021
28	Dr. Sanskruti Tahakik Dept of Community PT	Good Clinical Practice	NIDA Clinical trial network	2021
29	Dr. Sanskruti Tahakik Dept of Community PT	Clinical management of patients with COVID-19 rehabilitation of patients with COVID-19	WHO	2021
30	Dr. Sanskruti Tahakik Dept of Community PT	Leadership and programme management in Infection Prevention and Control (IPC)	WHO	2021
31	Dr. Sheetal Swamy Dept of Community PT	Certificate course in Workplace ergonomics	Indian Society of ergonomics	2020
32	Dr. Sheetal Swamy Dept of Community PT	Manuscript writing	Neuro Physiotherapy update	2020
33	Dr. Sheetal Swamy Dept of Community PT	Virtual International Conference	International Health and fitness association	2020
34	Dr. Sheetal Swamy Dept of Community PT	Covicon E Conference	ExRx India Organization	2021
35	Dr. Sheetal Swamy Dept of Community PT	Questcon E Conference	BIHER ExRx India Organization	2021
36	Dr. Doss Prakash S Dept of Community PT	IGIMS National Physiotherapy Conference	Indira Gandhi Institute of Medical Sciences, Patna, Bihar	2021
37	Dr. Doss Prakash S Dept of Community PT	Team Teaching & Blended Learning : Innovative approaches to boost students interest	Navodaya Education Trust ®, Raichur, Karnataka	2021
38	Dr. Doss Prakash S Dept of Community PT	TEDx JNEC – Kentsugi	JNEC, Aurangabad.	2021
39	Dr. Doss Prakash S Dept of Community PT	Research Methodology Workshop	MUHS, Nashik	2020

Awards & Appreciations



MGM Institute of Physiotherapy, Aurangabad received "Maharashtra State IAP COVID warrior appreciation citation for the physiotherapy services rendered in this pandemic to the patients.



Dr. Ashwini Kale, Asso. Prof & Head, Dept of Neuroscience PT received Mary McMillan Award in the Goa Physiotherapy Conference 2021.



Dr. Doss Prakash S, Asso. Prof & Head, Dept. of Community Physiotherapy received IGIMS Physiocon key note speaker felicitation award from Shri. Mangal Pandey, Hon'ble Minister of Health, Govt. of Bihar.



Dr. Doss Prakash S, Asso. Prof & Head, Dept. of Community Physiotherapy received IGIMS Physiocon Panelist felicitation award from Dr. Josni kha, Asso. Prof. IIHER, Patna.

Kaleidoscope

Student Achievements



Ms. Rasika Pravin Sonone, III year BPTH is a professional certified yoga trainer under the banner of YCMOU, Nashik. On the occasion of International Sun Salutation Day, 16th & 17th February 2021, she conducted Surya Namaskar Shibir for school students. She also conducted six-days Yog Parichay Shibir (Introduction to Yoga), amidst the pandemic. Ms. Rasika also attended International Yoga Webinar on 16th & 17th June 2021.



Ms. Chinmayee Shah, Final year BPTH student is a voracious reader and prolific writer. The book 'Tune of your warmth' is an anthology of literary works by 20 young writers featuring Nature and Love. The book is published by Quillhouse publication, New Delhi. Ms. Chinmayee has contributed to the book by authoring two poems and two short stories. She also writes regularly for newspapers columns and articles in magazines.

All work & no play makes jack a dull boy...

Faculty Members Trip to Malvan



Staff Welfare Events



Our Press Releases

एमजीएम फिजियोथेरेपी रिहाबिलिटेशन सेंटर औरंगाबादमध्ये फिटनेस कार्यशाळेचे आयोजन



औरंगाबाद / प्रतिनिधी
 फिजियोथेरेपी केंद्राच्या अंतर्गत आयोजित एमजीएम फिजियोथेरेपी रिहाबिलिटेशन सेंटर औरंगाबादमध्ये फिटनेस कार्यशाळेचे आयोजन करण्यात आले आहे. या कार्यशाळेमध्ये एमजीएम फिजियोथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे. कार्यशाळेमध्ये एमजीएम फिजियोथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे. कार्यशाळेमध्ये एमजीएम फिजियोथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.

एमजीएम फिजिओथेरेपी महाविद्यालयाद्वारे योग दिना निमित्त योग शिबीर आयोजित



औरंगाबाद / प्रतिनिधी
 एमजीएम फिजिओथेरेपी महाविद्यालयाद्वारे आयोजित योग दिना निमित्त एमजीएम परिसरातील विद्यार्थ्यांमध्ये योग कार्यशाळेचे आयोजन करण्यात आले आहे. या कार्यशाळेमध्ये एमजीएम फिजिओथेरेपी महाविद्यालयाच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे. कार्यशाळेमध्ये एमजीएम फिजिओथेरेपी महाविद्यालयाच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.

कस्तुरी यांनी मेडिटेशन सेसन घेतले. कस्तुरी भारत सरकारच्या कर्मचारी आणि सेंट्रल एक्स-आय विभागात कामीरान पदव्यवस्था विभागाला आहेत. यावेळी औरंगाबादच्या संकल्प संगीत अंकेडमीच्या अथर्व कुलकर्णी यांनी बासरी वादन केले. यावेळी एमजीएम फिजिओथेरेपी विभागाचे सर्व प्राध्यापक, कर्मचारी उपस्थित होते. हा कार्यक्रम एमजीएम इन्स्टिट्यूट ऑफ फिजिओथेरेपीच्या ट्यूटोरियल कोसिस आणि कस्तुरी फिजिओथेरेपी विभागात आयोजित केला होता.

एमजीएम फिजियोथेरेपी रिहाबिलिटेशन सेंटर मध्ये शैक्षणिक कार्यशाळेचे आयोजन



औरंगाबाद / प्रतिनिधी
 एमजीएम फिजियोथेरेपी रिहाबिलिटेशन सेंटर मध्ये शैक्षणिक कार्यशाळेचे आयोजन करण्यात आले आहे. या कार्यशाळेमध्ये एमजीएम फिजियोथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे. कार्यशाळेमध्ये एमजीएम फिजियोथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.

अनुभव आहे. ते स्पॉर्ट्स फिजियोथेरेपी शाखेत पदव्युत्तर पदवीधर आहेत तसेच या श्रेतात त्यांच्या चौथेचडी पदवी प्राप्त आहे. एमजीएम फिजियोथेरेपीच्या पदवीसाठी विद्यार्थ्यांना आधुनिक आणि फिजिओथेरेपीचे ते प्राचार्य आहेत. या कार्यशाळेमध्ये ३८ विद्यार्थ्यांनी सहभाग घेतला होता. कार्यक्रमाचे व्यवस्थापक म्हणून डॉ. पायल धवळे, डॉ. गौतमी कटोरे, डॉ. यांनी योगदान दिले.

ज्येष्ठ नागरिकांच्या शारीरिक-मानसिक संतुलन आणि मनोबल वृद्धीसाठी फिजिओथेरेपी सर्वात उपाय



ज्येष्ठ नागरिकांच्या शारीरिक-मानसिक संतुलन आणि मनोबल वृद्धीसाठी फिजिओथेरेपी सर्वात उपाय आहे. एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी याबाबतचे मत मांडले आहे. कार्यशाळेमध्ये एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.

फिजिओथेरेपी एक स्वतंत्र डायग्नोसिस आणि आरोग्य उपचार शाखा



फिजिओथेरेपी एक स्वतंत्र डायग्नोसिस आणि आरोग्य उपचार शाखा आहे. एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी याबाबतचे मत मांडले आहे. कार्यशाळेमध्ये एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.

जागतिक कर्करोग दिना निमित्त एमजीएम फिजिओथेरेपी विभागात कॅन्सर रिहाबिलिटेशन सेंटरचे उद्घाटन



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 जागतिक कर्करोग दिना निमित्त एमजीएम फिजिओथेरेपी विभागात कॅन्सर रिहाबिलिटेशन सेंटरचे उद्घाटन करण्यात आले आहे. या कार्यशाळेमध्ये एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे. कार्यशाळेमध्ये एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.

नियमित व्यायाम करण्याची सवय लावा



नियमित व्यायाम करण्याची सवय लावा. एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी याबाबतचे मत मांडले आहे. कार्यशाळेमध्ये एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.

एमजीएम फिजियोथेरेपी महाविद्यालय आणि मिरंकी फिटनेस सेंटरला आरोग्यमंत्री राजेश टोपे यांची सदृच्छा भेट.



एमजीएम फिजियोथेरेपी महाविद्यालय आणि मिरंकी फिटनेस सेंटरला आरोग्यमंत्री राजेश टोपे यांची सदृच्छा भेट. एमजीएम फिजियोथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी याबाबतचे मत मांडले आहे. कार्यशाळेमध्ये एमजीएम फिजियोथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.

फिजियोथेरेपी एक स्वातंत्र्य आरोग्य उपचार शाखा : डॉ. सुदिप काळे



फिजियोथेरेपी एक स्वातंत्र्य आरोग्य उपचार शाखा आहे. डॉ. सुदिप काळे यांनी याबाबतचे मत मांडले आहे. कार्यशाळेमध्ये एमजीएम फिजियोथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.

एमजीएम फिजिओथेरेपी महाविद्यालयात फौजदार साहू, निलेश मदार यांना एमजीएमचा अबिलिटी अर्वाड



एमजीएम फिजिओथेरेपी महाविद्यालयात फौजदार साहू, निलेश मदार यांना एमजीएमचा अबिलिटी अर्वाड. एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी याबाबतचे मत मांडले आहे. कार्यशाळेमध्ये एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.

एमजीएम इन्स्टिट्यूट ऑफ फिजिओथेरेपीमध्ये श्रमसंस्थेचे आजार आणि उपचारावर आधारित दोन दिवसीय कार्यशाळेचे आयोजन



एमजीएम इन्स्टिट्यूट ऑफ फिजिओथेरेपीमध्ये श्रमसंस्थेचे आजार आणि उपचारावर आधारित दोन दिवसीय कार्यशाळेचे आयोजन. एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी याबाबतचे मत मांडले आहे. कार्यशाळेमध्ये एमजीएम फिजिओथेरेपी केंद्राच्या डॉ. सुनील कावळे यांनी मार्गदर्शन करून देण्यात आले आहे.



विशेष

स्काळ

बोगस ऑक्युपेशन व फिजिओथेरेपी सेंटरवर कारवाई करणार : कौन्सिलचा निर्णय

डॉ. संस्कृती तहकिक/एमजीएम फिजिओथेरेपी महाविद्यालय व उपचार केंद्र अंगीवाढ

महाराष्ट्र फिजिओथेरेपी उपचारांचा व शिक्षणाचा दर्जा उन्नत राखण्यासाठी महाराष्ट्र ऑक्युपेशन थेरेपी व फिजिओथेरेपी कौन्सिलच्या बैठकीत बोगस सेंटर चाळण्याचा ठराव व संशोधन कारवाई करण्याचा महत्त्वपूर्ण निर्णय घेण्यात आला आहे. या संदर्भातील निर्देश २५ फेब्रुवारी २०२० रोजी प्रसिद्ध करण्यात आले असून या निर्णया अंतर्गत कौन्सिलच्या सदस्यांना राख्यताल विविध विभागांची जबाबदारी देण्यात आली आहे.

बोगस फिजिओथेरेपी सेंटर व कौन्सिलच्या अंतर्गत कौन्सिलच्या सदस्यांना राख्यताल विविध विभागांची जबाबदारी देण्यात आली आहे.

बोगस फिजिओथेरेपी सेंटर व कौन्सिलच्या अंतर्गत कौन्सिलच्या सदस्यांना राख्यताल विविध विभागांची जबाबदारी देण्यात आली आहे.



कौन्सिलचे सदस्य हे त्या विभागाचे पालक सदस्य म्हणून कार्य करतील. या सदस्यांमध्ये योगोपेठी देवी अशा बोगस फिजिओथेरेपी सेंटरवर माहिती देऊ शकते. ही माहिती सदस्य कौन्सिलच्या कार्यवाहीत त्यांनात कोसिल कायदाचाच येथे सुयोगी कार्यवाई करणार आहे. माहिती कळविण्याचे नाव गोपनीय राहिल. कोणत्याही रिकॉर्डवर बोगस नाही असेही डॉ. काळे यांनी सांगितले. फिजिओथेरेपी सेंटरात तक्रार दाखल करण्यासाठी विविध विभागातील सदस्यांनी नावे दुर्धळण्याचे आहेत. मुंबई व कोकण विभाग - डॉ. सुदिप काळे, पुणे व पश्चिम महाराष्ट्र - डॉ. अशोक पाटील, मराठवाडा - डॉ. संदिप भागवत, विदर्भ - डॉ. रमण गाविकर, उत्तर महाराष्ट्र - डॉ. अणुप पी व डॉ. अर्जुन काळे, तर अंतर्गत कौन्सिलचे सदस्य म्हणून काम करत आहेत.



ओंगीवाढ : एमजीएमच्या इन्स्टिट्यूटच्या फिजिओथेरेपी विभागातर्फे दिला जाणारा एबिलिटी अवार्ड विजेकारतांना पत्रकार जाहेद शाह, मिलेश मदारो. उपस्थित मान्यवर, विद्यार्थी.

लोकमत समाचार



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पत्रकार जाहेद शाह, नीलेश मदारो यांना एमजीएमचा अबिलिटी अवार्ड

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पत्रकार जाहेद शाह, नीलेश मदारो यांना एमजीएमचा अबिलिटी अवार्ड देण्यात येतो. यंदा हा बहुमान पत्रकार जाहेद शाह आणि उपस्थित मान्यवर शिवाजी आणि महाविद्यालयाचे शिक्षक मिलेश मदारो यांना अबिलिटी अवार्ड देण्यात येतो.

भौतिक उपचारांवर तज्ज्ञांकडून मार्गदर्शन



सिडको एन-७५ परिसरातील शिवसेनाप्रमुख बाळासाहेब ठाकरे बॉटनिकल गार्डन येथे आयोजित शिबीरासंगी डॉक्टर

ओंगीवाढ/प्रतिनिधी

'भौतिक उपचार म्हणजे काय' या विषयावर तज्ज्ञ डॉक्टरांच्या उपस्थितीत मोफत शिबीर घेण्यात आले. हे शिबीर सिडको एन-७५ परिसरातील शिवसेनाप्रमुख बाळासाहेब ठाकरे बॉटनिकल गार्डन येथे संपन्न झाले.

यावेळी एमजीएम भौतिक-उपचार महाविद्यालयाच्या कम्प्युटरी फिजिओथेरेपी विभागाचे तज्ज्ञ डॉ. दास प्रकाश, डॉ. शीतल स्वामी, डॉ. संस्कृती तहकिक यांनी भौतिक उपचार म्हणजे नेमके काय यावर मार्गदर्शन केले. तसेच या शिबिरात मोफत



आरोग्य तपासणी व फिटनेस टेस्ट करून व्यायाम आहार व निरीगो जीवनशैली यावर योग्य सल्लादेखील देण्यात आला. आपल्या शरीराची ठेवण करीत असावी, योग्य व्यायाम कसा करावा, मधुमेह, उच्च रक्तदाब किंवा इतर व्याधी असताना कोणत्या प्रकारचे व्यायाम करता येतात याबद्दल तज्ज्ञांनी माहिती दिली. शिबिरात डॉ. मयूरी सराईकर, डॉ. संपदा डाफणे, डॉ. आरुपी जैन, डॉ. प्रकाश बोराडे, डॉ. प्रतीक मेथाम, डॉ. मोनाली जाधव, डॉ. रेणुका खेडेकर, दीपाली इष्टाट व अर्चना भुजंग यांनी सहकार्य केले.

पोस्ट कोविड सिड्रोम आणि फिजिओथेरेपी



पत्रकार जाहेद शाह, नीलेश मदारो यांना एमजीएमचा अबिलिटी अवार्ड

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कोरोना बाधित रुग्णांना रिकव्हरी साठी फिजिओथेरेपी उपचार जसे आवश्यक आहेत त्याच प्रमाणे रिकव्हरी नंतर जाणवणारी लक्षणांमध्ये सुद्धा फिजिओथेरेपी उपचार महत्त्वाचे आहेत. कोरोना रिकव्हरी नंतर घरी परत येताच आपल्या दैनंदिन व्यवहारात जीवनात परत आपले कामे सुरू करण्याची धाई करू नये. म्हणूनच, आपल्या जुन्या दिनचर्याची जुळवण्यासाठी थोडा वेळ द्या. लक्षात घ्या, आपण नुकतीच एखाद्या गंभीर आजारगारी



1. Shoulder shrugs



2. Shoulder circles



3. Side bends



4. Knee lifts



5. Ankle taps



6. Ankle circles

एमजीएम फिजिओथेरेपीमध्ये ज्येष्ठ नागरिकांच्या आरोग्यसेवेसाठी मेकॅनीकल सेंटरचे उद्घाटन



ओंगीवाढ/प्रतिनिधी

काहत्या बळकटपणे घुट्ट्या आणणी देईल असे करताना अनेक उपाययोजना घेतल्या. आरोग्यसेवेची सेवा व काळजी घेणे सुरु होत नाही. याची दखल घेऊन घुट्ट्या आणण्या गरजेनुसार आरोग्य उपचार घेता येत यासाठी एमजीएम हॉस्पिटल, एम. सी. आर. आणि एमजीएम फिजिओथेरेपी केंद्रात सुविधा मिळवण्यासाठी मेकॅनीकल सेंटरचे उद्घाटन करण्यात आले. यावेळी उपस्थित मान्यवर डॉ. दास प्रकाश, डॉ. शीतल स्वामी, डॉ. संस्कृती तहकिक यांनी भौतिक उपचार म्हणजे नेमके काय यावर मार्गदर्शन केले. तसेच या शिबिरात मोफत



आरोग्य तपासणी व फिटनेस टेस्ट करून व्यायाम आहार व निरीगो जीवनशैली यावर योग्य सल्लादेखील देण्यात आला. आपल्या शरीराची ठेवण करीत असावी, योग्य व्यायाम कसा करावा, मधुमेह, उच्च रक्तदाब किंवा इतर व्याधी असताना कोणत्या प्रकारचे व्यायाम करता येतात याबद्दल तज्ज्ञांनी माहिती दिली. शिबिरात डॉ. मयूरी सराईकर, डॉ. संपदा डाफणे, डॉ. आरुपी जैन, डॉ. प्रकाश बोराडे, डॉ. प्रतीक मेथाम, डॉ. मोनाली जाधव, डॉ. रेणुका खेडेकर, दीपाली इष्टाट व अर्चना भुजंग यांनी सहकार्य केले.

दैनिक अप्रलेखांचा बादशहा भूमिपुत्रांचा मित्र!

लोकपत्र

ज्येष्ठ नागरिक दिनानिमित्त एमजीएम फिजिओथेरेपीच्या वतीने मातोश्री वृद्धाश्रमात भौतिक उपचार शिबीर व मार्गदर्शन



संपादकीय लोकपत्र

वृद्धांचे संगोपन : शारीरिक आणि मानसिक

ज्येष्ठ नागरिकांच्या आरोग्यसेवेसाठी मेकॅनीकल सेंटरचे उद्घाटन करण्यात आले. यावेळी उपस्थित मान्यवर डॉ. दास प्रकाश, डॉ. शीतल स्वामी, डॉ. संस्कृती तहकिक यांनी भौतिक उपचार म्हणजे नेमके काय यावर मार्गदर्शन केले. तसेच या शिबिरात मोफत



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