

Date- 17.03.2021

Rehab-e-Con 2021 Report

We LSFPEF's College of Physiotherapy are pleased to announce that we have successfully organized and completed our first National level virtual conference **Rehab-e-Con 2021** on 14th and 15th March 2021

Organizing team-

- ❖ **Chief Patron** – Hon. Azambhai Pansare (President, LSFPEF)
- ❖ **Advisory Committee** –
 1. Mrs. Nilopher Pansare (Secretary LSFPEF)
 2. Mr. Nihal Pansare (Trustee LSFPEF)
 3. Dr. Zoya Pansare (Director LSFPEF)
 4. Dr. Sham Ahirrao (Director LSFPEF)
- ❖ **Organizing Chairman-** Dr. Varsha A. Kulkarni (Principal LSFPEF COP)
- ❖ **Organizing Secretary** - Dr. Virendra K Meshram (Professor LSFPEF COP)
- ❖ **Organizing Coordinator** -Dr. Shweta Pachpute (Professor LSFPEF COP)

- ❖ **Rehab-e-Con Committee-**
 1. Dr. Gargi Bhalekar (Associate Professor)
 2. Dr. Pallavi Chicholikar (Associate Professor)
 3. Dr. Neha Deshpande (Associate Professor)
 4. Dr. Ruchita Killedar (Assistant Professor)
 5. Dr. Shruti Mulaokar (Assistant Professor)
 6. Mr. Raju Shingote (Administrative Officer)

On 14th March 2021 Rehab-e-Con commenced with an inauguration ceremony followed by addressal from Dr. Rajashri Naik Madam (Dean of Allied Health

Sciences, MUHS, Nashik), Dr. Shyam Ganvir sir (Principal and professor DVVPF's college of Physiotherapy, Ahmednagar), Dr. Zoya Pansare Madam (Director of LSFPEF's College of Physiotherapy), Dr. Varsha Kulkarni Madam (Principal and Professor of LSFPEF's College of Physiotherapy)

First session of Rehab-e-Con started by our eminent guest speaker Dr. Bhavna Mhatre Madam (Professor, Musculoskeletal Physiotherapy Department, GSMC & KEM Hospital, Mumbai), on topic- **“Clinical decisions for movement dysfunctions of knee joint”**. This session was chaired by Dr Snehal Ghode Madam as a moderator (Principal & Professor MIMER college of Physiotherapy)

Second session was commenced by our esteemed guest speaker Dr. Sanjay Parmar Sir (Vice Principal, SDM college of Physiotherapy, Dharwad Karnataka.) on the topic- **“What not to do in Neuro physiotherapy- Pediatrics beyond Cerebral Palsy”** Dr. Vimal Telang Madam (Former HOD of Physiotherapy Department, AIIPMR, Mumbai), moderated this session.

For the third session we had our versatile speaker Dr. Sudeep Kale sir (Associate Professor Terna College of Physiotherapy, Navi Mumbai and President of MS OTPT council) Topic of his session was – **“Council Registration- Protocol/ Legality/ Privileges”** This session was moderated by Dr. Tushar Palekar sir (Principal and Professor of Dr. D. Y. Patil college of Physiotherapy, DPU) as a moderator.

Next session was started by our magnificent speaker Dr. Manisha Rathi Madam (Professor, Dr. D Y Patil college of Physiotherapy, DPU) on topic – **“Rehabilitation of pelvic floor muscles in urogenital dysfunctions”** Moderator for this session was Dr. Parag Ranade Sir (Professor SMT Kashibai Navle College of Physiotherapy, Pune)

And the last session was started by our renowned speaker Dr. Arun Maiya Sir (Dean Manipal college of Health Professions, Manipal, Udupi, Karnataka), on the topic – **“Exercise as Medicine in cardiometabolic disorders”**. This session was moderated by Dr. Vijaykumar sir (Professor Dr. D Y Patil College of Physiotherapy, DPU, Pune)

Here we concluded with the first day of Rehab-e-Con 2021 where we received an enormous response of more than 450 participants from all over India

Scientific paper presentations were scheduled on 15th March 2021.

From 10 AM to 1 PM musculoskeletal Physiotherapy & Community Physiotherapy and from 1PM to 4 PM Neuro physiotherapy and Cardio Respiratory Physiotherapy scientific paper presentations were conducted.

Judges for the paper presentations were

Musculoskeletal Physiotherapy -

1. Dr. Chhaya Verma (Principal and Professor of PT school and Centre BYL TNMC Nair Hospital, Mumbai)
2. Dr. Seema Saini (Professor at Dr. D Y Patil College Of Physiotherapy, DPU, Pimpri, Pune)

Cardio Respiratory Physiotherapy-

1. Dr. Shilpa Parab (Principal and Professor CMF college of Physiotherapy, Chinchwad,Pune)
2. Dr. Gauri Afle (Professor, Modern College of Physiotherapy, Pune)

NeuroPhysiotherapy-

1. Dr. Suvarna Ganvir (Professor DVVPF's college of Physiotherapy, Ahemednagar)
2. Dr. Sayali Paldhikar (MAEER's Physiotherapy College, Talegaon)

Community Physiotherapy-

1. Dr.Deepali Hande (Professor, Dr. APJ Abdul Kalam College of Physiotherapy, Loni)
2. Dr.Chandu Baswraj (Principal and Professor, Sir Dr. M S Gosawi College of Physiotherapy and Healthcare management)

Session was concluded with valedictory function by Dr. Varsha A. Kulkarni

Senior and Junior category paper presentation winners were announced.



Late Shree Fakirbhai Pansare Education Foundation's
College Of Physiotherapy, Nigdi, Pune.



“Rehab-e-Con 2021”

WINNERS OF SCIENTIFIC PAPER PRESENTATION

CBR Senior	MSK Senior	CVRS Senior	Neuro Senior
<u>First-Dr. Ankita Chitre</u> <u>Dr. Pallavi Wakode</u>	<u>First-Dr. Heena Jain</u>	<u>First-Dr Prajakta Patil</u>	<u>First-Dr. Ramya Shetty</u>
<u>Second-Dr. Muzaid Sheikh</u>	<u>Second-Dr. Neha Kulkarni</u>	<u>Second-Dr Aashirwad Mahajan</u>	<u>Second-Dr. Pallavi Tayade</u>
CBR Junior	MSK Junior	CVRS Junior	Neuro Junior
<u>First-Jigyasa Talwar</u>	<u>First-Akshay Mulchandani</u>	<u>First- Sharvari Samant</u>	<u>First-Dhanashree Ghordadekar</u>
<u>Second-Sabeeha Haradwala</u>	<u>Second-Namrata Mali</u>	<u>Second- Vaishnavi Siroya</u>	<u>Second-Manpreet Kaur</u>

Dr. Varsha A. Kulkarni Principal of LSFPEF's College of Physiotherapy, extended the vote of thanks for all Guest speakers, Judges, Moderators, Participants, Chairman, Director, trustee, organizing committee and volunteer students.





DISABILITY EVALUATION WORKSHOP REPORT

Date- 14th and 15th Feb. 2021

Time- 9am-4pm

Co-coordinator- Dr. Neha Deshpande

Guest Speaker- Dr. R. Ravindran

Place- LSFPEF's College of Physiotherapy, Nigdi, Pune

Participants- IV BPTTh Students, Interns and Faculty Members

Department of Community Physiotherapy had arranged 2 days Hands on Workshop on Disability Evaluation under the banner of "PHYSIONEXT". Dr. R. Ravindran was the guest speaker. Dr. R. Ravindran is Lecturer at Dept. of Physiotherapy at All India Institute of Physical medicine and Rehabilitation, Mumbai. Welcome speech was given by Dr. Neha Deshpande. Dr. Varsha Kulkarni and Dr. Virendra Meshram felicitated Dr. Ravindran and addressed all the participants. On 1st day Dr. R. Ravindran informed about the importance of Disability Evaluation and the current schemes in Government sectors. He then educated about the calculation of Disability in details. He used audio visual aids to demonstrate the method of calculation. He also gave assessments to the participants for their better understandings.

On next day, there was practical demonstration. Students practiced calculating Disability on patients. Students were divided among different groups to calculate disability on patients. Dr. Ravindran checked all the calculations personally and guided everyone accordingly. Group discussion was done about every patient and their disabilities. Total 50 students attended the workshop. Certificates were given to all students. Everyone enjoyed the workshop thoroughly. Students gave satisfying feedback. Dr. Ravindran was felicitated with a memento. Vote of thanks was delivered by Dr. Kavita Bosmia.

This workshop was supported by our beloved Director Dr. Zoya Pansare.



WORKSHOP REPORT

NEURODEVELOPMENTAL THERAPY

Co-ordinator- Dr. Gargi Bhalekar , Dr Lavanya Ayyer

Date: 17th & 18th December 2021

Time: 2 days workshop 9 am to 5pm

Activity: Neurodevelopmental Therapy for Adult Hemiplegia: Bobath Approach

Place: LSFPEF's Lokmanya college of Physiotherapy, Nigdi, Pune

Total Participants: 3rd Year students, 4th year students, Interns & Clinicians

Descriptions: Neurosciences Department of LSFPEF College of Physiotherapy organized a hands on workshop on Neurodevelopmental Therapy for Adult Hemiplegia: Bobath Approach from 17th & 18th December 2021, at LSFPEF's Lokmanya college of Physiotherapy, Nigdi, Pune. The resource person for workshop was Dr. Neha Ingale Chaudhary. Workshop was coordinated by Dr. Gargi Bhalekar and assisted by Dr. Lavanya Ayyer & Mr Raju Shingote.

16 third year students, 10 Final year students, 11 interns, and 3 clinicians participated in the workshop.

Objectives of workshop were:

- 1) Develop an understanding of Basic Principles of Neurodevelopmental therapy
- 2) To learn Practical skills of NDT approach and to implement in stroke patients

Workshop was for 16 credit hours by Dr Neha Ingale Chaudhary.

Dr. Neha Chaudhary has done her masters in Neurosciences from KCPT, KARAD

She is also a PhD. Scholar, DMIMS DU and Professor, HOD at DMCOP, NAGPUR.

She is a Certified Bobath Practitioner (USA)

Certified Child Birth Educator (USA)

BLS instructor (AHA) (USA)

Certified Mulligan Practitioner MMCOTPT (MH)

On 17th Dec 2021 the inaugural function began with the felicitation of the guests and lamp lighting. Dr. Gargi Bhalekar (HOD Neurophysiotherapy) welcomed all the guests and then introduced the Resource Person. Dr. Varsha A Kulkarni (Principal) addressed the delegates about the importance of having the knowledge of various approaches in physiotherapy and Neurodevelopmental Therapy being one of them. She told them the about the application of NDT in stroke patients and how it can help in them regaining their ADLs .Then the Resource person Dr. Neha Chaudhary started with theory lecture on the principles of NDT approach. Afterwards she demonstrated the assessment techniques on stroke patients and basic treatment techniques of scapular and trunk rotations. Participants were given time to practice these hands on techniques on patients and on each other. It was constantly monitored by the resource person.

On Day two 18/12/2021 practical application continued for gait training, sit to stand, etc. At the end she conducted again revision for practical application of NDT approach. Overall the workshop was very much interactive with active participation by all the delegates. Feedback about the workshop was taken on google forms and a few delegates shared their feedback in person.

Afterwards, Valedictory function was conducted , compering of the program done by Dr Gargi Bhalekar. Certificates of participation were given to delegates by Resource person. Dr Varsha Kulkarni (Professor & HOD Neuro Depart) presented Memento to Resource person and then the event concluded with a vote of thanks by Dr. Lavanya Ayyer (Assisant Professor Neuro Depart.) This Workshop was successfully organized and conducted because of continuous efforts, support and encouragement by our Honorable Trustee Mr. Nihal Pansare sir and Director Dr Zoya Pansare madam.





LATE SHREE FAKIRBHAI PANSARE EDUCATION FOUNDATION'S

COLLEGE OF PHYSIOTHERAPY

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(Affiliated to Maharashtra University of Health Sciences, Nashik)

Date- 12.03.2022

WORKSHOP REPORT

DRY NEEDLING CERTIFICATION COURSE

Co-ordinator- Dr. SHWETA PACHPUTE (PROF & HOD – MSK DEPT)

Dr. SHRUTI MULAOKAR (ASST. PROF-MSK DEPT)

Date: 8th to 11th March

Time: 4 days hands on workshop – from 9 AM to 5 PM every day.

Activity: Dry Needling certification course with Theory and hands on practical sessions.

Place: Sadashiv Varti Hall, Nigdi, Pradhikaran.

Total Participants: 60 Participants (4th year students, Interns, Clinicians, academicians)

Descriptions: Musculoskeletal Physiotherapy Department of LSFPEF College of Physiotherapy organized a 4 days hands on workshop and certification course on DRY NEEDLING from 8th to 11th MARCH 2022 at Sadashiv Varti Hall, Nigdi Pune. The resource person for workshop was Dr. Subhanjan Das. Workshop was coordinated by Dr. Shweta Pachpute (Prof & HOD Musculoskeletal Physiotherapy Department) & Dr. Shruti Mulaokar (Assistant Professor Musculoskeletal Physiotherapy Department)

Total 60 participants participated in the workshop which included final year students, Interns, PG students, clinicians and academicians.

Objectives of workshop were:

1) Develop an understanding of Basic Principles of Surface anatomy and Dry Needling.

2) To learn Practical skills and hands on technique of Dry Needling and to implement in various musculoskeletal and neurological cases.

Workshop was for 30 credit hours by Dr. Subhanjan Das.

Dr. Subhanjan Das is Musculoskeletal & Sports Physiotherapist, Certified Mulligan Practitioner, Certified Cupping Practitioner, Certified McKenzie A Level and C Level Practitioner, Certified Dry needling Practitioner and Instructor and has learnt Dry needling from Clarie Waumsley, South Africa.

Dr. Subhanjan Das is working as an Associate Professor and PhD Scholar in Garden City University, Bangalore since May 2018

From January 2013 to May 2018 Dr. Subhanjan Das sir has served on the post of associate professor and Principal in Burdwan Institute of Medical and Life Sciences , West Bengal

Sir is a Founder and chief physiotherapist of PHYSILIFE since MARCH 2012.

Since March 2009 sir has served on the posts of Assistant Professor and Vice Principal in Physiotherapy Institutions of Udaipur and west Bengal.

Sir is been conducting workshops on dry needling, cupping, taping, Myofascial Modulation and Muscle energy technique since many years and

Till now Dr. Subhanjan Das sir has conducted more than 80 plus workshops under the banner of PHYSILIFE and has trained more than one thousand Physiotherapists in his career.

Sir has also received “the best Physiotherapist, best physiotherapy teacher’s award in Physiocon 2016, international Physiotherapy Conference.

Also he has received “young Achievers Award 2016 from ICPT ,1st *nternational Physiotherapy Conference, Udaipur.*

On 8th march 2022 the dry needling certificate course began with the inauguration ceremony and lamp lighting. Dr. Shruti Mulaokar) welcomed all the guests and gave the brief introduction of the workshop schedule. Dr. Shweta Pachpute introduced the Resource Person. Dr. Subhanjan Das .

Pre workshop test was given to the student and then the first day of the dry needling workshop commenced with the theory session of dry needling and surface anatomy of upper limb muscles by Dr. Subhanjan Das sir.

Dr. subhanjan das sir demonstrated the dry needling techniques on various muscles of upper and lower limb.

Second day of the workshop i.e 9th March 2022 started with revision of techniques done on previous day followed by dry needling for anterior and posterior aspect of thigh, gluteal muscles and foot muscles.

On the third and fourth day of workshop i.e on 10th and 11th March 2022 dry needling was taught for various Musculoskeletal and neurological conditions.

Overall the workshop was very much interactive with active participation by all the delegates. Feedback about the workshop was taken on google forms and a few delegates shared their feedback in person.

Afterwards, Valedictory function was conducted by Dr. Shruti Mulaokar. Certificates of participation were given to delegates by Resource person Dr. Subhanjan Das sir .Dr Varsha Kulkarni (Professor & HOD Neuro Depart) presented Memento to Dr. subhanjan Das sir and then the event concluded with a vote of thanks by Dr. Shweta Pachpute.

This Workshop was successfully organized and conducted because of continuous efforts, support and encouragement by our Principal Dr. Varsha A. Kulkarni , Honorable Trustee Mr. Nihal Pansare sir and Director Dr Zoya Pansare madam.









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Ref No- LSFPEF/BPTH/ 2523 /2021

Date- 21.06.2021

INTERNATIONAL YOGA DAY 2021 REPORT

Date- 21/06/2021

Time- 10.00am-11.30am

Co-coordinator- Dr. Neha Deshpande, Dr. Bhagyashri Badve

Virtual Platform- Zoom

Guest Speaker- Dr. Sandesh Sakpal

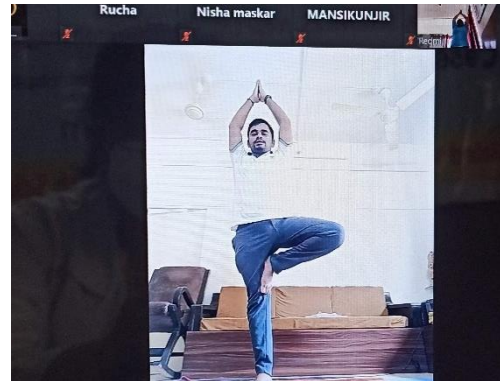
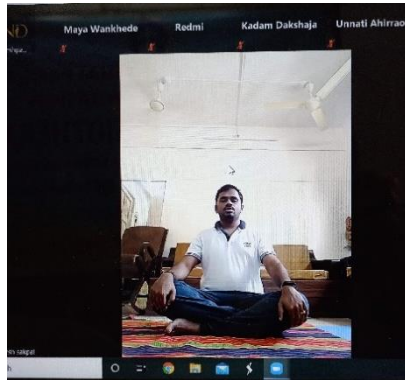
Place- LSFPEF's College of Physiotherapy, Nigdi, Pune

Participants- Students of LSFPEF College of Physiotherapy,

On occasion of **International Yoga Day 2021**, a Webinar on **"Yoga for Wellbeing"** was organized. Dr. Bhagyashri Badve welcomed the guest speaker and all the participants. Dr. Sandesh Sakpal is a Physiotherapist, a PhD Scholar, and Master in Yogshastra from Kavi Kulguru Kalidas University, Terna Charitable Trust's Padmayoga Sadhana College. Dr. Varsha A. Kulkarni then opened the session.

Dr. Sandesh then started the session with brief theoretical information about Yoga, like, Effects of yoga, Panchkosh, Ashtangyog, Antarang & Bahirang Yoga, Asanas, Pranayama. He then started demonstrating the Asanas. Participants also accompanied Dr. Sandesh. He performed Pranayam techniques like Kapalbhati, Anulom-Vilom, Bhramari, Sitkari, Chanting Om, Asanas like Vajrasana, Padmasana, Parvatasana, Vakrasana, Pawan muktasana, Dvipadasana, bhujangasana, Naukasana, Ardha- Shalabhasana, Tadasana, Vrukshsana. It was followed by Shavasana. Dr. Sandesh was monitoring the participants throughout the practical session.

On this occasion, a Suryanamaskar Competition was organized for students. Students were asked to perform as many Suryanamaskar as they can in 15 min. The winner was announced by Dr. Sandesh at the end of the session. Dr. Neha Deshpande delivered Vote of Thanks and concluded the webinar.



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**Honorable Nihal Pansare Sir Birthday Celebration & Free Health Check
up Chinchwad OPD Camp 2021**

Date-31st July 2021

Time-9.00 am to 3.00 pm

Activity- Organization of Free health check up camp on honorable Nihal Pansare Sir Birthday

Place- Lokmanya Homeopathic Medical college, chinchwad, Pune

Coordinators: Dr Shweta Pachpute (Prof. MSK)

Dr Bhagyashri Badve (Asst. Prof Community)

Participants- Orthopedic, Medicine, BMD, Pathology consultants, Physiotherapy Faculty, Interns, Students and patients

On occasion of our honorable Nihal Pansare sir birthday camp Free Health Checkup has been organized on 31st July 2021, Free Health Check up camp is conducted by, LSFPEF College of Physiotherapy, Nigdi, Pune. Orthopedic, Medicine, BMD, Pathology consultants, Physiotherapy Faculty, interns, final year and third year students were present. Camp Was inaugurated by Respected Trustee Mr Nihal Pansare sir. Academic Director Dr Shyam Ahirrao sir and Principal (Lokmanya Homeopathic Medical college, chinchwad) Dr. Nandini Joshi has graced the occasion. Welcome addressing done by Dr Shweta Pachpute. Event was addressed by Principal Dr. Varsha Kulkarni Mam.

Lamp Lighting Ceremony is continued by prayer song. All honorable Guests were felicitated by Principal madam. Mr Nihal Pansare sir felicitated all consultants. Vote of Thanks was extended by Dr Bhagyashri Badve. Total 65 patients have visited free health checkup camp. Out of that orthopedic consultant assessed and treated 25 patients, Medicine Faculty assessed and treated 6 patients, BMD faculty assessed 52 patients, blood investigations of 32 patients, 24 patients were assessed and treated by physiotherapy staff and students, 16 patients were counselled for fitness and post COVID rehabilitation. Camp was closed around 3.00pm. Overall camp has conducted successfully and appreciated by all.







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**Honorable Nihal Pansare Sir Birthday Celebration & Free Health Check
up Somatane OPD Camp 2021**

Date-5th August 2021

Time-10.00 am to 2.00 pm

Activity- Organization of Free health check up camp on occasion of Honorable Nihal Pansare Sir's Birthday

Place- Chaurai Nagar, Near Pawana Hospital, Somatane Phata, Pune

Coordinators: Dr Gargi Bhalekar (Asso. Prof. Neuro)

Dr Pallavi Chicholikar (Asso. Prof CVS)

Dr Neha Deshpande (Asso. Prof CBR)

Participants- Pathology consultants, Physiotherapy Faculty, Interns, Students and patients

On occasion of our honorable Nihal Pansare sir birthday Free Health Checkup Camp was organized on 5th August 2021. Camp was conducted by LSFPEF College of Physiotherapy, Nigdi, Pune. Pathology consultants, Physiotherapy Faculty, interns, and third year students were present. Camp was inaugurated by Respected Trustee Mr Nihal Pansare sir. Event was addressed by Principal Dr. Varsha Kulkarni Mam. Lamp Lighting Ceremony was continued by prayer song. All honorable Guests were felicitated by Principal madam. Mr Nihal Pansare sir felicitated all consultants. Total 29 patients visited free health checkup camp. Blood investigations of 16 patients were done. 21 patients were

assessed and treated by physiotherapy staff and students. Camp was closed around 2.00pm. Overall camp has conducted successfully and appreciated by all.





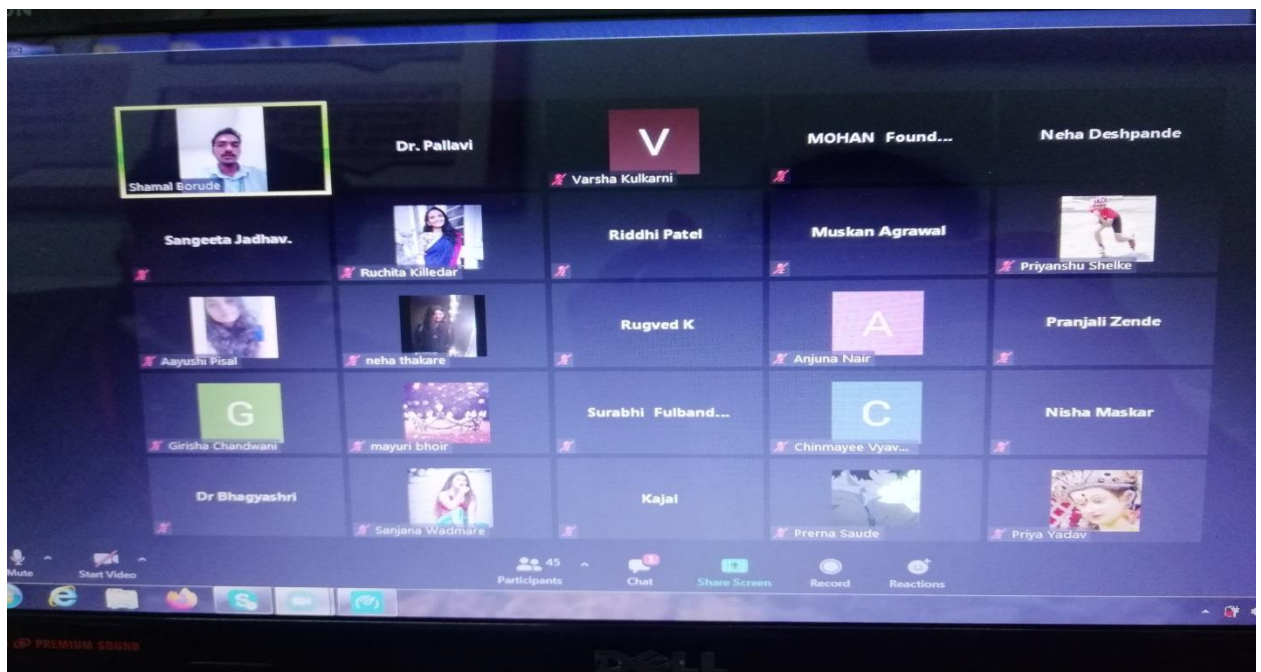
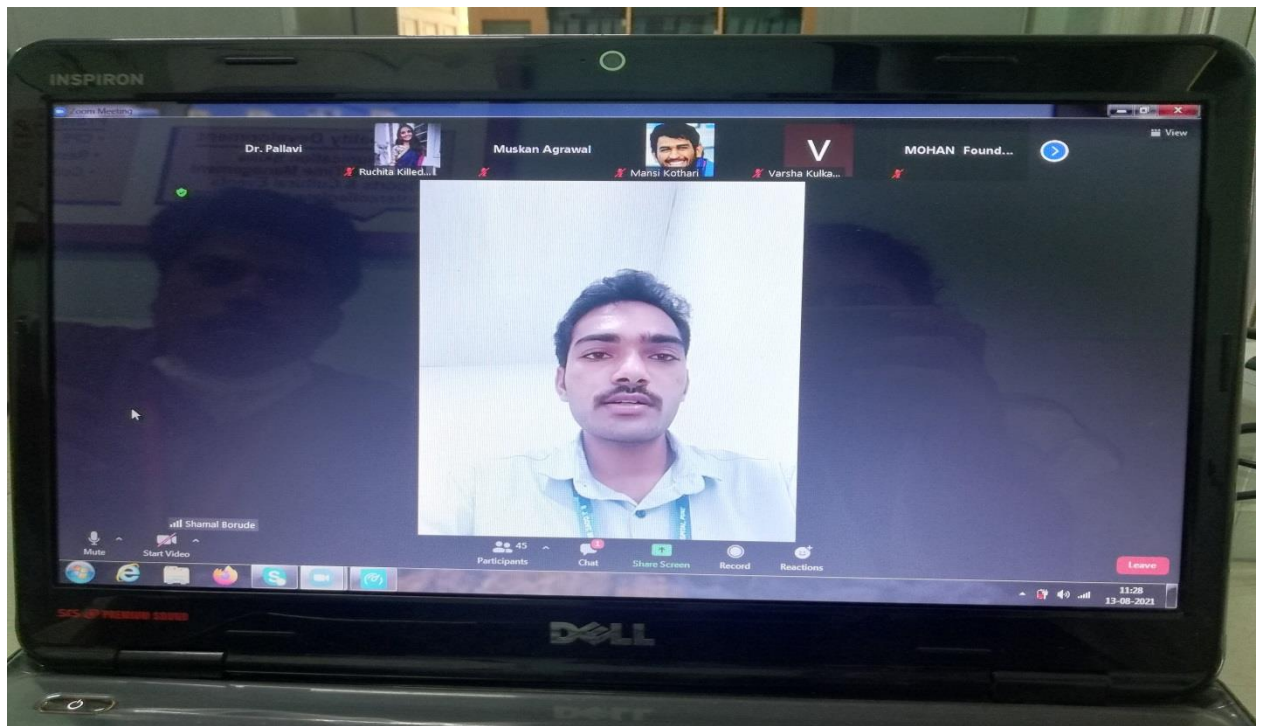


LSFPEF'S COLLEGE OF PHYSIOTHERAPY NIGDI PUNE

ORGAN DONATION DAY REPORT

13/08/2021

- On the occasion of world organ donation day LSFPEF's College of Physiotherapy organized free webinar on "**Organ donation awareness**" on 13th august 2021.
- The webinar was conducted online on Zoom platform.
- Around 50 students attended the webinar online
- Webinar was conducted by Mr Jagdish Borude (Transplant coordinator) associated with Mohan Foundation
- Dr Varsha Kulkarni, Principal of LSFPEF COP welcomed the speaker and shared her idea about organ transplant
- Dr Virendra Meshram and Dr Pallavi Chicholikar coordinated the event
- Mr Jagdish Borude briefed the students about organs which can be donated, the process of transplant and problems faced in transplant
- He shared procedure to get enrolled for organ transplant
- Students found the webinar informative and motivating and gave positive feedback
- The session concluded with vote of thanks by Dr Virendra Meshram



Tree Plantation Report 2020-21

Date: 23rd August 2021

Time: 10 am to 2pm

Co-ordinator- Dr. Gargi Bhalekar , Dr. Neha Deshpande

Activity: Tree Plantation

Place: Durga Tekadi PCMC Udyan Bhavan Pradhikaran, Nigdi Pimpri Chinchwad.

Total Participants: All B.P.Th Staff and students

Descriptions: As per the instructions by MUHS, Nashik, and on occasion of birthday of Director Dr. Sham Ahirrao, LSFPEF college Conducted Tree Plantation Programme at Durga Tekadi Nigdi. Plantation of different species was done. Total 30 trees were planted in that campus. The purpose was to create greenery and create awareness about importance of trees. 10 Students participated from 3yr and Final year.

Prize distribution of Sports, Essay and drawing competition was done by Dr. Sham Ahirrao. Students were felicitated by medals and certificates.



World Physiotherapy Day Report 2020-21

Date: 8/09/2021

Time: 11 am to 1pm

Coordinators- Dr. Neha Deshpande, Dr. Bhagyashri Badve

Activity: Physiotherapy awareness program

Place: Swarna Nagri Old Age Home, Nigdi

Total Participants: Interns and Co-coordinators

Descriptions:

On occasion of **World Physiotherapy Day**, a lecture on Physiotherapy **Awareness program** was organized at **Swarna Nagri Old Age Home, Nigdi** for elderly people. Total 20-25 elderly attended the lecture. The session was opened by Dr. Varsha A. Kulkarni. Interns of LSFPEF College of Physiotherapy started the lecture through power point presentation. Physiological changes in old age, how Physiotherapy helps in dealing with musculoskeletal problems, importance of fitness in geriatrics, these topics were covered in the lecture.

The session then followed by fitness activities by elderly people. Interns demonstrated some activities and elderlies were instructed to follow them. This was performed in a playful manner. Feedback was taken from all the old age people and session was concluded.

Coordinators:

Dr. Neha Deshpande

Dr. Bhagyashri Badve



REPORT

Stress Management During Examination

Date: 24th September 2021

Time: 10am to 11 am

Co-ordinator- Dr. Shweta Pachpute

Activity: Stress Management during examination

Place: LSFPEF College of Physiotherapy

Total Participants: All 2nd and 3rd year Students and staff.

Rehab Next Student Welfare Committee organized lecture on Stress Management during examination on 24th September 2021 at LSFPEF's College of Physiotherapy, Nigdi, Pune. The resource person for the session was Dr. BK Smita Madam. Session was coordinated by Dr. Shweta Pachpute. Total 50 students and staff had attended the session.

Objectives of session were

- 1) To understand the causes of stress during examination.
- 2) To understand strategies of stress management

Dr BK Smita Madam is a Raj Yoga Medtiation Teacher and Management Trainer of the Prajapita Brahma Kumari Ishwariya Vishwa Vidayalay in Pune

,Maharashtra. Doctor Smita pursued B.A.M.S. degree from Tilak Ayurved College, Pune. In 1996, she dedicated herself totally to the Spiritual Service of Mankind. B.K. Smita has been invited by many institutes to understand the cause of stress and deal with stress at different phases of life. She has conducted thousands of presentations in various colleges, medical associations, social organizations and corporate sectors.

Dr Shweta Pachpute (HOD MSK Depart.) welcomed Dr BK Smita Madam and the session was addressed by Dr Varsha Kulkarni Madam. Dr BK Smita Madam later explained students about the cause of stress during exams and how to deal with the stress. At the end of the sessions vote of thanks was delivered by Mr Raju Shingote.

LSFPEF'S COLLEGE OF PHYSIOTHERAPY NIGDI PUNE

WORLD HEART DAY REPORT

29/09/2021

- On the occasion of World Heart Day LSFPEF's College of Physiotherapy organized free webinar on "**Low Impact Aerobics**" on 29th September 2021.
- The webinar was conducted online on Zoom platform.
- Around 40 students attended the webinar online
- Webinar was conducted by Dr Milind kahile (Associate Professor,Community Physiotherapy,DMIMS,Nagpur)
- Dr Varsha Kulkarni, Principal of LSFPEF COP welcomed the speaker and shared her idea about World Heart Day
- Dr Pallavi Chicholikar coordinated the event
- Dr Milind kahile briefed the students about importance of fitness and aerobics in maintaining healthy heart and gave live demo of chair aerobics (low impact aerobics)
- Students found the webinar informative and motivating and gave positive feedback
- The session concluded with vote of thanks by Dr Pallavi Chicholikar

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WORLD STROKE DAY REPORT

Co-coordinator- Dr. Varsha A Kulkarni, Dr. Gargi Bhalekar, Dr. Lavanya Ayyer

Date- 29/10/2021

Time- 10.00 am-11 am

College OPD

Place- LSFPEF's College of Physiotherapy, Nigdi, Pune

Participants- Stroke Patients and their family members, Faculty Members, Students and Interns of LSFPEF's College Of PT

On occasion of World Stroke Day 2021, LSFPEF's College of Physiotherapy organized an event for stroke patients. The session started with a talk on the awareness about stroke symptoms and the benefits of acting FAST (Facial drooping, Arm Weakness, Speech Difficulty and Timely Emergency service) to identify stroke and access emergency medical care. A group session was organized by the interns for the stroke patients which concentrated on balance, strengthening and endurance.

Post the session a group talk where in patients shared their experiences and success stories was conducted.

Principal Dr. Varsha Kulkarni addressed the session and spoke to all the patients and their relative.

LATE SHREE FAKIRBHAI PANSARE EDUCATION FOUNDATION'S

COLLEGE OF PHYSIOTHERAPY

Kirti Vidyalay Sect.25, LIG Colony, Sindhunagar, Nigdi Pune-44

Ph. No: 9561103855. Fax: (020) 27352503. E-mail: lmrcbpth@gmail.com

(Affiliated to Maharashtra University of Health Sciences, Nashik)

Date- 25/01/2022

REPORT

STRESS MANAGEMENT DURING EXAMINATION

Date: 25th January 2022

Time: 10am to 11 am

Co-ordinator- Dr. Shweta Pachpute, Dr. Shruti Mulaokar

Activity: Stress Management during examination

Place: LSFPEF College of Physiotherapy

Total Participants: All 2nd and 3rd year Students and staff.

Student Welfare Committee of LSFPEF's College of Physiotherapy organized a lecture on Stress Management during examination on 25th January 2022 at LSFPEF's College of Physiotherapy, Nigdi, Pune. The resource person for the session was Mr. Dhamnaskar of Naik foundation. Session was coordinated by Dr. Shweta Pachpute & Dr. Shruti Mulaokar. Total 50 students and staff had attended the session.

Objectives of session were

- 1) To understand the causes of stress during examination.
- 2) To understand strategies of stress management

Introduction of Mr. Dhamnaskar- Mr. Datta Dhamnaskar is retired production officer of associated capsule company and also a counselor. He has taken many counseling sessions and stress management sessions for a group of employees in many multinational companies. He has been awarded by many state government awards for his great work in the field of counselling and stress management.

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Date- 4/03/2022

INTERNATIONAL WOMEN'S DAY REPORT

Co-ordinator- Dr. Pallavi Chicholikar, Dr. Shruti Mulaokar

Date- 04/03/2022

Time- 9.00 am-10:00 am

Place- LSFPEF's College of Physiotherapy, Nigdi, Pune

Participants- Students and staff of LSFPEF's College Of PT, Students of Saraswati Vidyalyaya

On occasion of International Women's Day 2022, LSFPEF's College of Physiotherapy organized a free session on self defense karate techniques for female staff and students. Session was taken by Mr Avinash Pawar who is Chief Instructor and 4 degree black belt in Karate and also a National Referee/Judge. Mr Avinash Pawar and his team demonstrated basic attacking and defense karate techniques to girls. They also made girls perform the karate techniques. All girls were enthusiastic and thoroughly enjoyed the karate session. Approximately 50 female students participated in the session

We thank our Principal - Dr. Varsha A Kulkarni and Director - Dr. Zoya Pansare for their constant encouragement and support to conduct the event



LSFPEF's COLLEGE of PHYSIOTHERAPY

On The Occasion Of Women's Day
2022

ORGANIZES

A SELF DEFENCE KARATE SESSION

BY- MR. AVINASH PAWAR

(CHIEF INSTRUCTOR , 4 DEGREE BLACK BELT ,
NATIONAL REFEREE/JUDGE)

DATE- 4TH MARCH 2022

TIME-9 am TO 10 am

VENUE- LSFPEF's COP GROUND

CO-ORDINATORS-

DR. PALLAVI CHICHOLIKAR (ASSO.PROF)

DR. SHRUTI MULAOKAR (ASST. PROF)

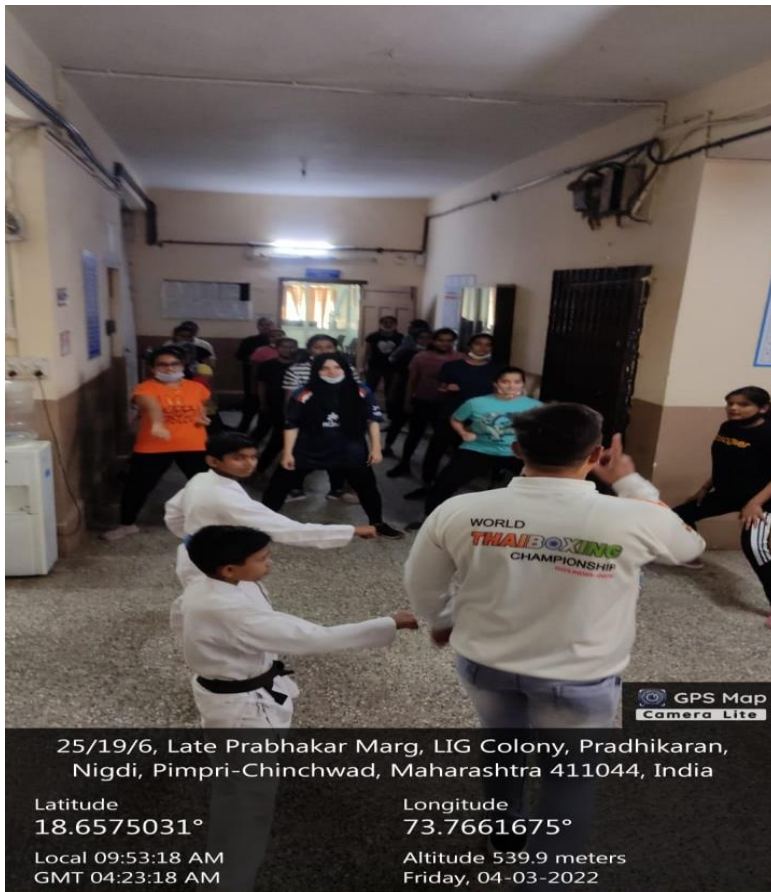
ORGANIZERS-

**Mr. Nihal Pansare
(Trustee)**

**Dr. Zoya Pansare
(Director)**

**Dr. Sham Ahirrao
(Director)**

**Dr. Varsha A. Kulkarni
(Principal)**



25/19/6, Late Prabhakar Marg, LIG Colony, Pradhikaran,
Nigdi, Pimpri-Chinchwad, Maharashtra 411044, India

Latitude
18.6575031°

Longitude
73.7661675°

Local 09:53:18 AM
GMT 04:23:18 AM

Altitude 539.9 meters
Friday, 04-03-2022

GPS Map
Camera Lite



25/19/6, Late Prabhakar Marg, LIG Colony, Pradhikaran, Nigdi,
Pimpri-Chinchwad, Maharashtra 411044, India

Latitude
18.6575811°

Longitude
73.7662116°

Local 09:26:10 AM
GMT 03:56:10 AM

Altitude 537.3 meters
Friday, 04-03-2022

GPS Map
Camera Lite



25/19/6, Late Prabhakar Marg, LIG Colony, Pradhikaran,
Nigdi, Pimpri-Chinchwad, Maharashtra 411044, India

Latitude
18.6574963°

Local 09:25:04 AM
GMT 03:55:04 AM

Longitude
73.7661668°

Altitude 539.9 meters
Friday, 04-03-2022



25/19/6, Late Prabhakar Marg, LIG Colony, Pradhikaran,
Nigdi, Pimpri-Chinchwad, Maharashtra 411044, India

Latitude
18.6575809°

Local 09:38:37 AM
GMT 04:08:37 AM

Longitude
73.7662114°

Altitude 537.3 meters
Friday, 04-03-2022





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ALUMNI WEBSERIES- GRADNEXT 2021

Date- 7th DECEMBER 2021

Time- 12 PM to 1 PM

Coordinator- Dr. Pallavi Chicholikar , Dr. Shruti Mulaokar

Activity- Alumni Web series Grad-Next 2021 session 2 -by **Dr. Vrushali Jadhav**

Place- on Zoom at LSFPEF's College of Physiotherapy, Nigdi, Pune

Participants- 3rd year ,4th year students, interns and staff

Alumni activity Grad-Next 2021 was organized by LSFPEF's COP on – 7th December 2021.

Grad-Next 2021 is a series of virtual presentations given by alumni of LSFPEF COP.

Objectives of this alumni activity were –

- 1.To provide a platform for interaction between alumni and present students in regard to the their alma mater, its graduates, faculties and students
- 2.Guidance enhancement for professional and career development.

Second session of Grad-Next 2021

Guest speaker- Dr.Vrushali Jadhav (Masters in international performance analysis in sports, Germany)

Topic – Frozen Shoulder – An Overview

Total number of attendees – 60

Points covered in lecture – Anatomy of Shoulder, Periarthritis of shoulder, its pathophysiology, Diagnosis and Physiotherapy Management.

Principal Dr Varsha Kulkarni madam introduced and welcomed Dr. Vrushali Jadhav.

Event was Co-ordinated by Dr. Shruti Mulaokar and Dr. pallavi Chicholikar.

The session was followed by question answer session from students

Students found the session very informative.

Session ended with a vote of thanks by Dr Pallavi Chicholikar