

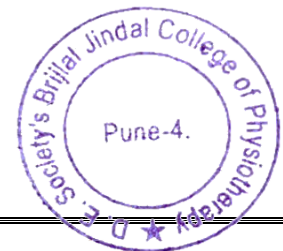
**SOCIAL RESPONSIBILITY ACTIVITIES  
CONDUCTED BY INSTITUTE IN LAST FIVE  
YEARS**



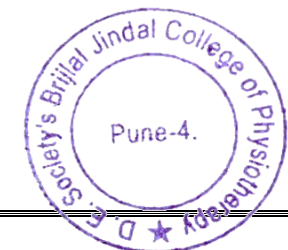
# ACADEMIC YEAR

22-23

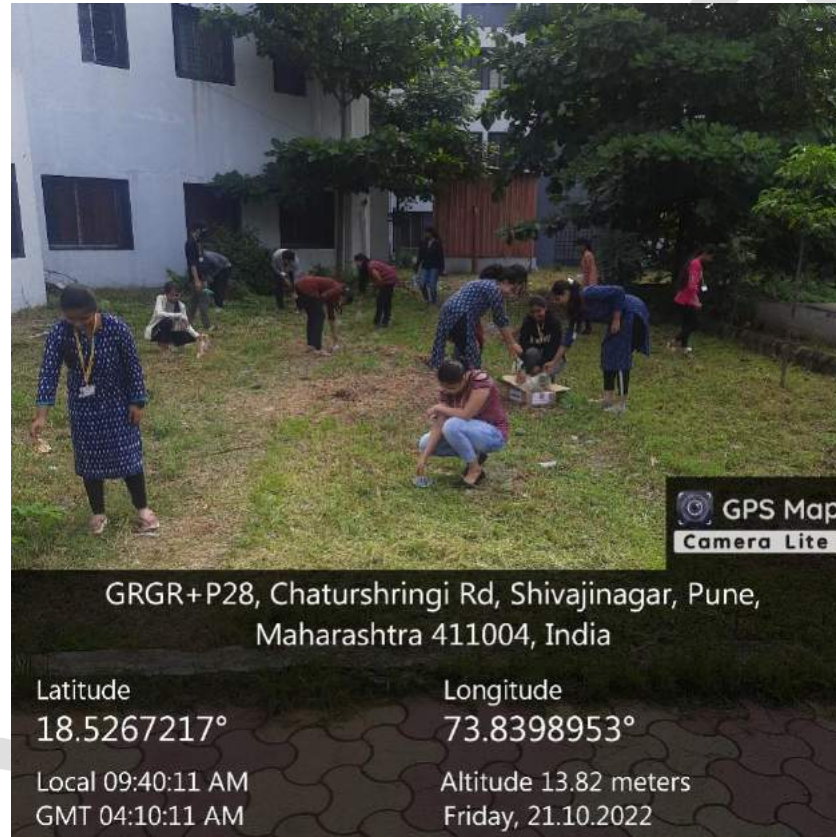
DESBCOP



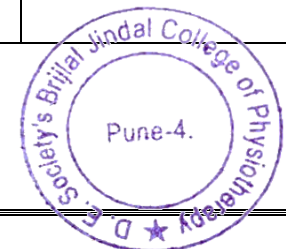
Activity	Date	Type of activity	Program details	Place
Breast feeding week	1-Aug-22	Education, Health and Hygiene awareness,social service	breast feeding awareness to new mothers,doubt solving	trachand Hospital, Pune



Activity	Date	Type of activity	Program details	Place
Campus cleanathon	21-Sep-22	Swatch Bharat, Education, Health and Hygiene awareness, Environmental service	I BPTTh students cleaning drive	Fergusson college campus



Activity	Date	Type of activity	Program details	Place
Camp in assication with Punarnirman foundation	24-Sep-22	Education, Health and Hygiene awareness, social service	free health assessment, treatment and awareness session for elderly	Erandawane , Pune





## Camp Record

**Name of camp:** DESBJCOP and Punamirman

**Date of camp:** 24.09.2022

**Site of camp:** Erandawane Arogya Kothi

**Participants in the camp:** Abha Dhupkar, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Alfaiz Tamboli.

**Beneficiaries of the camp:** Members of the Colonel's Cube Pune chapter

**Number of beneficiaries:** 26

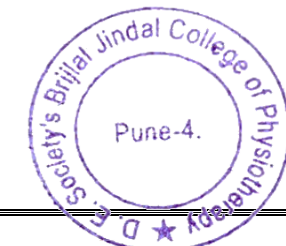
**Materials used in the camp:** Sphygmomanometer, cones, measuring tape, weighing machine, record sheets, outcome measures – MoCA, GDS, TMT A and B.

**Camp details:** The camp started at 9 am. Students and faculty set up the camp site, with the students given specific stations for assessment. The stations were as follows: demographic data, height and weight, FRT, TUG, Senior fitness test, GDS, MoCA, TMT A and B, evaluation, and exit.

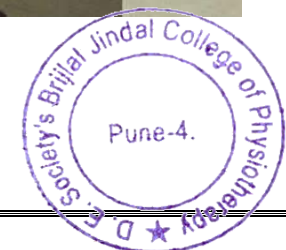
The beneficiaries of the camp registered at the demographic data station and circulated through all the stations, ending at the exit station. They were explained the results of their assessments at each station. The students at exit checked the completeness of the sheet and answered any queries that the elders had.

**Photographs of the camp:**

**Camp document prepared by:** Abha Dhupkar



Activity	Date	Type of activity	Program details	Place
World heart day programs	26-29 Sept 22	Education, Health and Hygiene awareness	Awareness drive and competitions	Deccan area, Shivaji Nagar ,Pune





Activity	Date	Type of activity	Program details	Place
Arogyamaitrin training - community healprt training	21-Sep-22	Education, Health and Hygiene awareness	training of community helpers to assist in PT at SAF OPD when physios are not around	for Sevaarogya foundation -at DESBJCOP

### Training Report

**Module for:** Community Helper training module.

**Date of Training:** 21.09.2022.

**Site of Training:** D.E.Society's Brijlal Jindal College of Physiotherapy, Pune.

**Participants in the camp:** Abha Dhupkar, Riya Jain, Komal Valesha, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Alfaiz Tamboli.

**Beneficiaries of the camp:** Aarti Shinde, Shobha Bhor, Namrata Adhikari, Vaishali Adsul, Mukta Temghare.

**Number of beneficiaries:** 5

**Materials used in the camp:** Yoga mats, chairs, plinths.

**Training details:** The college and Seva Arogya Foundation are collaborating on providing physiotherapy care to the low socio-economic strata women, who are unaware and unable to access this component of healthcare.

The Arogya maitrins were identified by the prakalp samanvayak, Aarti Shinde. A schedule was set up for them to receive training regarding the exercises to be performed at the college. accordingly, they reported to college at 2 pm and the training session started after introductions of all present. The project was explained in brief and the outline of the session was provided. Exercises were demonstrated twice to the ladies, once on a college student and once on a volunteer from amongst the 5 of the trainees.

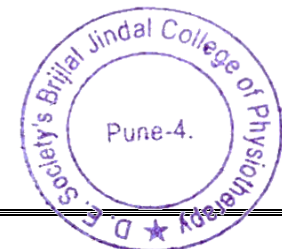
After demonstrating the exercises, the ladies were asked their region of preference. Based on this, the students and trainees divided into groups and the students ensured that the ladies were able to perform the exercises appropriately. The ladies' ability to command or give instructions of the exercise was also checked and appropriate corrective commands were provided to them.

The whole training session was for 2 hours. The trainees were enthusiastic and eager to start working with the already identified participants at the various SAF OPDs.

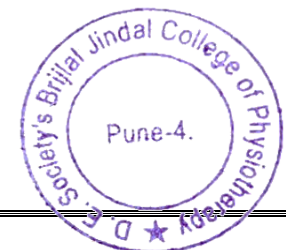
**Photographs of the training:**

Report prepared by: Abha Dhupkar



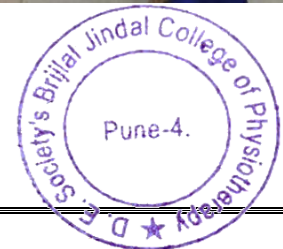



Activity	Date	Type of activity	Program details	Place
World CP day panel discussion	6-Oct-22	Education, Health and Hygiene awareness	MPT students - Awareness and felicitation of CP children and parents achievements	Deccan area, Shivaji Nagar ,Pune





Activity	Date	Type of activity	Program details	Place
World arthritis day celebration and camp for community	12-Oct-22	Education, Health and Hygiene awareness, Environmental service, community service	Awareness drive and free assessment ,treatment camp	Community in Deccan area, Shivaji Nagar ,Pune





Activity	Date	Type of activity	Program details	Place
World Stroke day	29-Oct-22	Education, Health and Hygiene awareness	MPT students -Awareness and flash mob for community	Deccan and city area



Vaidya Nand Street, near Seth Tarachand Hospital, Rasta Peth, Pune, Maharashtra 411011, India

Pune  
Maharashtra  
India

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KEM Hospital  
के ई एम हॉस्पिटल  
Mudaliar Rd

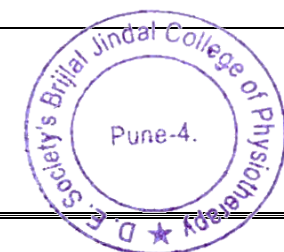
VIWAR PETH  
रविवार पेठ  
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रास्ता पेठ  
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गण्ड गंज  
Google

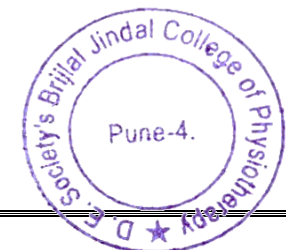
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Activity	Date	Type of activity	Program details	Place
Community awareness for renewable energies	23 Oct, 2 Nov 22	Education, Health and Hygiene awareness, Environmental service	Awareness lecture	Fergusson campus and area surrounding each students house





Activity	Date	Type of activity	Program details	Place
Camps in association with BVPVPK	17,22 Nov 22	Education, Health and Hygiene awareness, community service, Socioeconomic development through appropriate treatment	exercise prescription to amputees	Different centers in Pune city
Camps in association with BVPVPK	27 sept 22	Education, Health and Hygiene awareness, community service, Socioeconomic development through appropriate treatment	exercise prescription to amputees	Different centers in Pune city





Name of Activity: - Orthosis distribution and fitting camp

Name of Coordinator: Dr. Renuka Naik(PT)

Department: -DESBJCOP ,BVP Pune

Date:-27 September 2022

Time: 2:30pm-4.30 pm

Place:-BVP , Pune Online / Offline:-offline

Outline of activity:-

A camp was organised for distribution, fitting and rehabilitation guidance for persons with disability by BVP , Pune in Association with Courtyard by Marriott . Various patients affected by Polio and Amputation post trauma were benefitted by the camp. MPT(Neurosciences) II years students helped the patients understand the importance of rehabilitation and guided them with individualized exercise programme.

Photographs:-



Attendance – 6 students 1 staff

Outcome: The students appreciated the opportunity provided to them.

Coordinator's Signature

Principal's Signature



PRINCIPAL  
D. E. Society's Brijlal Jindal  
College of Physiotherapy  
Pune-4

Name of Activity: CAMP FOR EXERCISE PRESCRIPTION AFTER PROSTHETIC FITTING FOR AMPUTEES.

Name of co-ordinator: Dr. Aditi Soman(PT)

Department: Cardiovascular and Respiratory Physiotherapy

date/Time: 22<sup>nd</sup> November 2022, 10am-1pm

Place: Bharat Vikas Parishad, vikalang punarvasan Kendra, Nalstop, Pune.

Online/offline: Offline

Outline of activity:

Objectives:

1. To make the students understand the important aspects of amputee rehabilitation after fitting of prosthesis that can lead to better mobility skills of an amputee.
2. To increase awareness among budding physiotherapists regarding the challenges faced by an amputee during prosthetic training.
3. To motivate PG students and amputees for better planning and execution of home exercise programme.

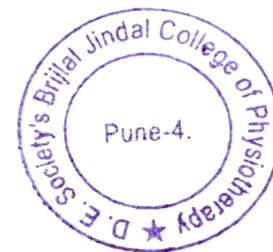
Outcome:

The activity helped students to understand evaluation and exercise regimen for amputees after fitting of prosthesis.

Participants: 4 students (2UG and 2PG) and 7 amputation patients

Photographs attached. Attendance of students and participants of camp attached.

Signature of Co-ordinator: Dr. Aditi Soman(PT)



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D. E. Society's Brijlal Jindal  
College of Physiotherapy  
Pune-4



**Name of Activity: CAMP FOR EXERCISE PRESCRIPTION AFTER PROSTHETIC FITTING FOR AMPUTEES.**

**Name of co-ordinator:** Dr. Aditi Soman(PT)

**Department:** Cardiovascular and Respiratory Physiotherapy

**Date/Time:** 17<sup>th</sup> November 2022, 10am-1pm

**Place:** Bharat Vikas Parishad, vikalang punarvasan Kendra, Nalstop, Pune.

**Online/offline:** Offline

**Outline of activity:**

**Objectives:**

2. To make the students understand the important aspects of amputee rehabilitation after fitting of prosthesis that can lead to better mobility skills of an amputee.
2. To increase awareness among budding physiotherapists regarding the challenges faced by an amputee during prosthetic training.
3. To motivate PG students and amputees for better planning and execution of home exercise programme.

**Outcome:**

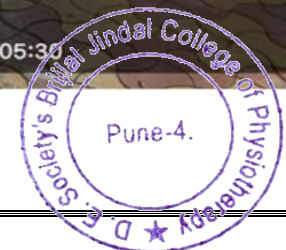
The activity helped students to understand evaluation and exercise regimen for amputees after fitting of prosthesis

**Participants:** 2 students (IUG and IPG) and 9 amputation patients

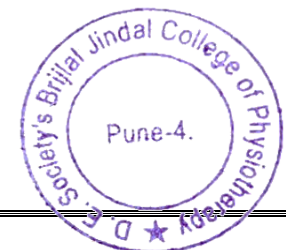
Photographs attached. Attendance of students and participants of camp attached.

**Signature of Co-ordinator:** Dr. Aditi Soman(PT)

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**PRINCIPAL**  
D E Society's Brijal Jindal  
College of Physiotherapy  
Pune-4



Activity	Date	Type of activity	Program details	Place
Sevankurbharat drive campaign introduction and participation by MPT student	13 Jan 23 later 1 week	Education, Health and Hygiene awareness, Socioeconomic development through appropriate treatment ,nation building activity	All student-lecture one student went for camp as volunteer from college	DESBJCOP, Jhabua MP





Activity	Date	Type of activity	Program details	Place
Tekadi cleaning drive	16-Jan-23	Swatch Bharat, Education, Health and Hygiene awareness, Environmental service	MPT students cleaning drive	Vetaltekadi,Pune



GRFP+HPG, Hanuman Tekdi, Shivajinagar, Pune, Maharashtra 411004, India

Pune  
Maharashtra  
India

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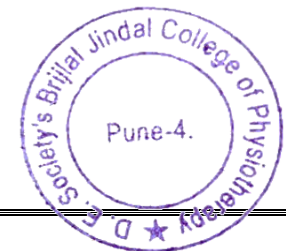


GRFP+HPG, Hanuman Tekdi, Shivajinagar, Pune, Maharashtra 411004, India

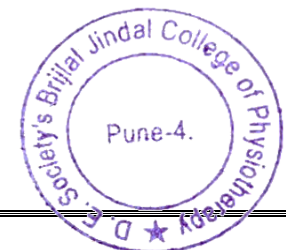
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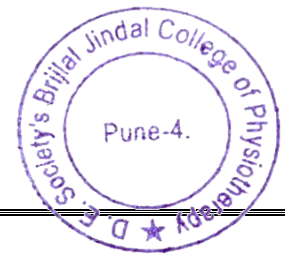


Activity	Date	Type of activity	Program details	Place
Anandibai Joshi smrutidin Program	16-Mar-23	Education, Women Empowerment	All students- Gender equality talk and essay competition, felicitation of first female laproscopic surgeon in world	Auditorium Deccan area, Shivaji Nagar ,Pune

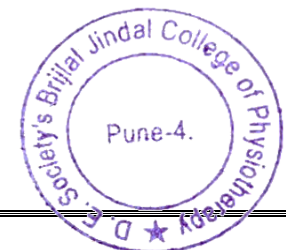




Activity	Date	Type of activity	Program details	Place
World TB day	24-Mar-23	Education, Health and Hygiene awareness	All students- Awareness creation thru posters	Deccan area, Shivaji Nagar, Pune, Wadarwadi area

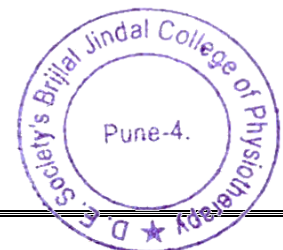


Activity	Date	Type of activity	Program details	Place
Organ donation rally by MUHS	7-Apr-23	Education, Health and Hygiene awareness	All students- Awareness creation	Deccan and City area





Activity	Date	Type of activity	Program details	Place
World Hypertension Day camp	17-May-23	Education, Health and Hygiene awareness, community service, Socioeconomic development through appropriate treatment	Awareness talk, screening and treatment suggestions to participants from community	Deccan area, Shivaji Nagar, Pune, DESBJCOP OPD at FC gate





**D.E.S.'s Brijlal Jindal College of Physiotherapy, Pune**

**Name of Activity: Screening camp for Hypertension on occasion of  
WORLD HYPERTENSION DAY 2023**

**Name of Coordinator: Dr Shreya Dhake (PT)**

**Department: Cardiovascular & respiratory PT**

**Date & Time: 17<sup>th</sup> May 2023**

**Online/Offline: Offline**


**Outline of Activity:**

**Objectives:** 1. To screen individuals for Hypertension and to assess their knowledge regarding it.

2. Educate people about the causes, symptoms, and prevention of Hypertension.

3. To make people aware about simple measures which can be adopted to prevent hypertension.

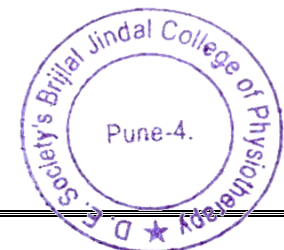
**Participants:** Staff and students of DES institutes



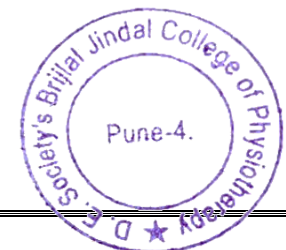
**Signature of Coordinator**



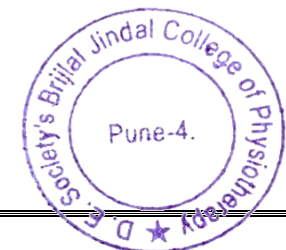
**Signature of Principal**



Activity	Date	Type of activity	Program details	Place
MUHS Foundation day Tree plantation drive	6-Jun-23	Environmental service	Tree plantation	Deccan area, Shivaji Nagar ,Pune



Activity	Date	Type of activity	Program details	Place
Yoga for SOFOSH children	21-Jun-23	Education, Health and Hygiene awareness, community service	Yoga session for orphan kids	SOFOSH,near station, Pune





Name of Activity: -Yoga Day 2023

Department: - Community

Date:-21/06/2023

Place:-SOFOSH, DESBJCOP OPD, Physiology Lab

Online / Offline:- Offline

Outline of activity:- On occasion of Yoga Day, Students demonstrated different Yogasanas and postures to orphan children from SOFOSH Srivatsa and their caregivers. Also, the session was conducted for college's UG students and OPD patients under the guidance of teaching staff

Objective-

- 1. To demonstrate various asanas
  - 2. To explain its importance to people from all age groups
  - 3. To help them understand its implication and advantages
- a) Participants/ Attendees- III BPTH students, Children from SOFOSH and their caregivers, OPD patients

b) Photographs



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**PRINCIPAL**  
D. E. Society's Brijlal Jindal  
College of Physiotherapy,  
Pune - 4

Organizes  
Activity ~~Talk~~ on  
International Yoga Day  
By

On 21-6-2023

Attendance

Sr. No	Student's Name	Signature	Sr. No	Student's Name	Signature
1.	Swarajyal Patil	<i>Patil</i>			
2.	Aarya Truse	<i>Truse</i>			
3.	Drishiti Hotwani	<i>Hotwani</i>			
4.	Neelima Jandekar	<i>Jandekar</i>			
5.	Ashha Bobade	<i>Bobade</i>			
6.	Pooja Hudu	<i>Hudu</i>			
7.	Mitika Jasnani	<i>Jasnani</i>			
8.	Hitakshi Jaipuria	<i>Jaipuria</i>			
9.	Ashutosh Somwani	<i>Somwani</i>			
10.	Loukik Kulkarni	<i>Kulkarni</i>			
11.	Vaidichi Wankar	<i>Wankar</i>			
12.	Riya Phatak	<i>Phatak</i>			
13.	Sanika Wagh	<i>Wagh</i>			
14.	Anirudha Brahmandar	<i>Brahmandar</i>			
15.	Dnya Thapar	<i>Thapar</i>			
16.	Ashutosh Shetty	<i>Shetty</i>			
17.	Het Patel	<i>Patel</i>			
18.	Muskanini Gogate	<i>Gogate</i>			
19.	Vibhuti Koptiwad	<i>Koptiwad</i>			
20.	Kajal Anilji	<i>Anilji</i>			
21.	Shreya Jayagard	<i>Jayagard</i>			
22.	Devashree Kulkarni	<i>Kulkarni</i>			
23.	Sakshi Houji	<i>Houji</i>			

*Shankar*  
Signature of Guest Speaker

*Sany*

*Sany*  
Signature of coordinator  
D. E. Society's Brijlal Jindal College of Physiotherapy, Pune-4.

Activity	Date	Type of activity	Program details	Place
Jagrutimitraparivar awareness session for senior citizens	2-Sep-23	Education, Health and Hygiene awareness, community service	Awareness about elderly health and physiotherapy	PuLa Deshpande garden, Sinhgad road ,Pune

Name of Activity: -Physical Activity in Ageing

Name of Coordinator from college: Dimple Bhole

Department: Community Physiotherapy

Student participants: MPT students: Lynn Fernandes, Nikita Kolhe, Ronit Patil, Snehal Giri, Ashwini Gajbhiye, Saachi Tinaikar

Date: 02/09/2023

Place: Pu La Deshpande Udyan, Sinhgad road, Pune

Name of association: Jagruti Mitra Parivar, Sinhgad Road

Name of coordinator from association: Shri. Bhalchandra Kunte

Schedule of activity:

- i) Presentation on effects of ageing
- ii) Scope of physiotherapy and exercises in healthy ageing
- iii) WHO Guidelines for Physical activity

Outline of activity:

- a) Objective: Lecture on Exercise awareness for senior citizens
- b) Participants/ Attendees: Senior citizens from the group
- c) Outcomes: Better awareness and understanding about the importance of maintenance of physical activity and exercises in ageing. The explanation was mostly provided in Marathi for better clarity.

College Coordinator's signature: - 

Sign of coordinator from association:



Pune, Maharashtra, India

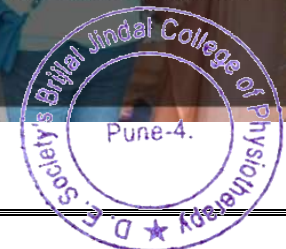
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Lat 18.49201°

Long 73.83761°

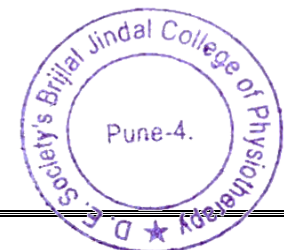
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GPS Map Camera

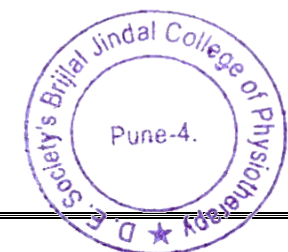




Activity	Date	Type of activity	Program details	Place
Free Physiotherapy Camp	8-Sep-23	Education, Health and Hygiene awareness, community service	Free Health check up and treatment camp	Deccan area, Shivaji Nagar ,Pune, DESBJCOP OPD at FC gate

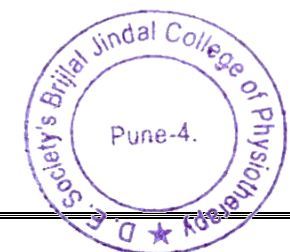


Activity	Date	Type of activity	Program details	Place
CPR demo and awareness drive at various sites in Deccan area	26-Sep-23	Education, Health and Hygiene awareness, community service	Demonstration of CPR , awareness about steps to be taken in cardiopulmonary emergency	IMDR college, Chatushrungi are, deccan area, wadarwadiarea,Pune





Activity	Date	Type of activity	Program details	Place
World Arthritis day awareness sessions for elderly	12-Oct-23	Education, Health and Hygiene awareness, community service	Awareness about arthritis ,prevention and management for elderly at kamla Nehru Park	Kamla Nehru Park, Deccan ,Pune



Activity	Date	Type of activity	Program details	Place
CP day Celebration, felicitation “GheBharari award”	6-Oct-23	Education, Health and Hygiene awareness, community service	Felicitation of special child and her parents for achievement, interview sharing on U tube for other parents and community awareness	Deccan, Pune U-tube and facebook sharing



GRGO+MV9, Model Colony, Shivajinagar, Pune, Maharashtra 411016, India

Pune  
Maharashtra  
India

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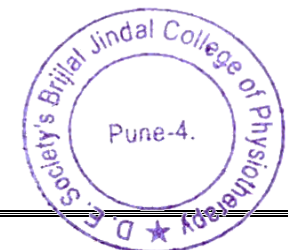
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Pune  
Maharashtra  
India

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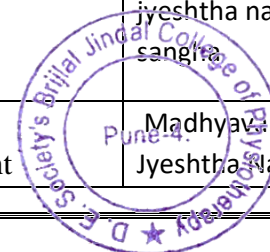
Industrial Visit western India	22-Dec-23	Education ,Health and Hygiene awareness ,Treatment, community service	Ergonomic assessment and preventive treatment	Western India Forging,Sanaswadi,Pune
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Photographs of the camp



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**PRINCIPAL**  
D E Society's Brijlal Jir  
College of Physiothera  
Pune . 4

Geriatric camps with ILC	19-Nov-22	Education, Health and Hygiene awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Vankeshwar jyeshta nagrik sangh
Geriatric camps with ILC	24-Jun-23	Education, Health and Hygiene awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Athshree bavdhan
Geriatric camps with ILC	24 Sept 22	Education, Health and Hygiene awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Erandawane Arogya Kothi
Geriatric camps with ILC	17-Jul-23	Education, Health and Hygiene awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Athashree Pebbles
Geriatric camps with ILC	31-Dec-22	Education, Health and Hygiene awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Gururaj Society
Geriatric camps with ILC	10-Jun-23	Education, Health and Hygiene awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Athashri synergy Balewadi
Geriatric camps with ILC	26-Nov-22	Education, Health and Hygiene awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Jeshtha Nagrik Sangha Kothrud
Geriatric camps with ILC	27-Nov-22	Education, Health and Hygiene awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	The International Longevity Centre, India,phulenagar jyeshtha nagarik sangha
Geriatric camps with ILC	12-Nov-22	Education, Health and Hygiene	Geriatric assessment ,treatment and awareness talk to elderly in different	Madhyavarti Jyeshtha Nagrik





		awareness, community service	societies	Sangha Kothrud,
Geriatric camps with ILC	29-May-23	Education, Health and Hygiene awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Sobati Jeshta sangha,

DESBCOP





D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

## Camp Record

**Name of camp:** DESBJCOP and Punarnirman

**Date of camp:** 31.12.2022

**Site of camp:** Gururaj Society

**Participants in the camp:**

**Beneficiaries of the camp:** Geriatric citizens of Gururaj Society.

**Number of beneficiaries:** 35


**Materials used in the camp:** Weighing machine, measuring tape, sphygmomanometer, assessment forms, cones, weight cuffs.

**Camp details:** The camp was held in the common park of Gururaj Society. The office was converted into the examination centre, with stations set up for the assessment components – height and weight, MoCA, GDS, Trail Making Test and demographic data. One part of the room was used to evaluate the individuals and provide exercises. The spacious outdoor area was utilized to conduct the 2 field tests: Senior Fitness Test, Timed Up and Go.

The camp was a collaboration between the college and an NGO, Punarnirman. It was appreciated immensely, and the senior citizens lauded our efforts to impart health domain related knowledge.

**Report prepared by:** Abha Dhupkar



  
Principal,  
D.E. Society's  
Brijlal Jindal College of Physiotherapy, Pune



D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

## Camp Record

**Name of camp:** DESBJCOP and Punarnirman

**Date of camp:** 24.09.2022

**Site of camp:** Erandawane Arogya Kothi

**Participants in the camp:** Abha Dhupkar, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Alfaiz Tamboli,

**Beneficiaries of the camp:** Members of the Colonel's Cube Pune chapter

**Number of beneficiaries:** 26


**Materials used in the camp:** Sphygmomanometer, cones, measuring tape, weighing machine, record sheets, outcome measures – MoCA, GDS, TMT A and B.

**Camp details:** The camp started at 9 am. Students and faculty set up the camp site, with the students given specific stations for assessment. The stations were as follows: demographic data, height and weight, FRT, TUG, Senior fitness test, GDS, MoCA, TMT A and B, evaluation, and exit.

The beneficiaries of the camp registered at the demographic data station and circulated through all the stations, ending at the exit station. They were explained the results of their assessments at each station. The students at exit checked the completeness of the sheet and answered any queries that the elders had.

**Camp document prepared by:** Abha Dhupkar.

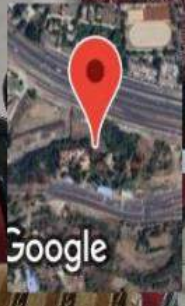


  
Principal,  
D.E. Society's  
Brijlal Jindal College of Physiotherapy, Pune





GPS Map Camera



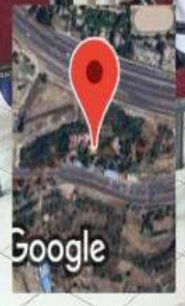
Pune, Maharashtra, India

67/4, Pune Mulshi Mangaon Rd, Tanaji Dagade Patil Nagar,  
Matalwadi, Pune, Maharashtra 411021, India  
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Long 73.775553°  
24/06/23 10:31 AM GMT +05:30

Google



GPS Map Camera



Pune, Maharashtra, India

67/4, Pune Mulshi Mangaon Rd, Tanaji Dagade Patil Nagar,  
Matalwadi, Pune, Maharashtra 411021, India  
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Long 73.775368°  
24/06/23 10:30 AM GMT +05:30

Google



GPS Map Camera



Pune, Maharashtra, India

Survey no 8, Athashri Synergy, Patil Nagar, Balewadi, Pune,  
Maharashtra 411045, India  
Lat 18.584756°  
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10/06/23 12:31 PM GMT +05:30

Google



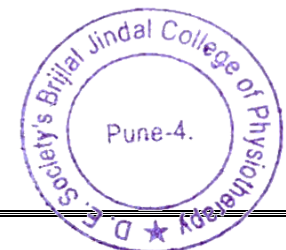
GPS Map Camera



Pune, Maharashtra, India

Wing-B1, Avon Vista By Naiknavare, Patil Nagar, Balewadi,  
Maharashtra 411045, India  
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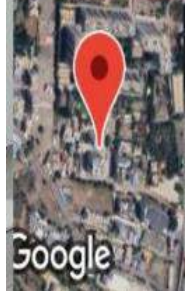
Google







GPS Map Camera



Pune, Maharashtra, India

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Sunarwadi, Maharashtra 411021, India

Lat 18.521679°

Long 73.767179°

01/07/23 11:05 AM GMT +05:30

Google



GPS Map Camera



Pune, Maharashtra, India

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Sunarwadi, Maharashtra 411021, India

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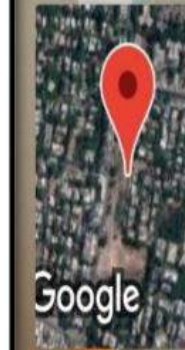
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01/07/23 12:31 PM GMT +05:30

Google



GPS Map Camera



Pune, Maharashtra, India

6, Raghukul Society, Ganesh Nagar, Karve Nagar, Pune,

Maharashtra 411052, India

Lat 18.493901°

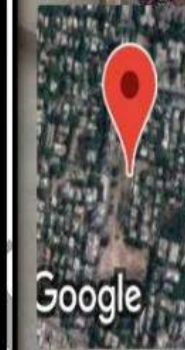
Long 73.8221°

26/11/22 10:14 AM GMT +05:30

Google



GPS Map Camera



Pune, Maharashtra, India

6, Raghukul Society, Ganesh Nagar, Karve Nagar, Pune,

Maharashtra 411052, India

Lat 18.493901°

Long 73.8221°

26/11/22 10:14 AM GMT +05:30

Google







GPS Map Camera

Pune, Maharashtra, India

BHIMALE TOWER B1-711 Sainath vasahat, Kanifnath Housing Society, Shastri Nagar, Kothrud, Pune, Maharashtra 411038, India

Lat 18.505092°

Long 73.798879°

12/11/22 11:08 AM GMT +05:30

Google



GPS Map Camera

Pune, Maharashtra, India

BHIMALE TOWER B1-711 Sainath vasahat, Kanifnath Housing Society, Shastri Nagar, Kothrud, Pune, Maharashtra 411038, India

Lat 18.505119°

Long 73.798862°

12/11/22 11:09 AM GMT +05:30

Google



GPS Map Camera

Pune, Maharashtra, India

Block-D2, R K PRIDE, Kanifnath Housing Society, Guruganesh Nagar, Kothrud, Pune, Maharashtra 411038, India

Lat 18.505131°

Long 73.798949°

29/04/23 09:42 AM GMT +05:30

Google



GPS Map Camera

Pune, Maharashtra, India

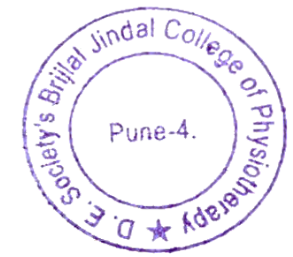
Block-D2, R K PRIDE, Kanifnath Housing Society, Guruganesh Nagar, Kothrud, Pune, Maharashtra 411038, India

Lat 18.505162°

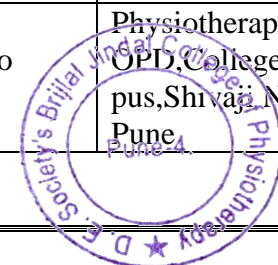
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29/04/23 09:43 AM GMT +05:30

Google




Activity	Date	Type of activity	Program details	Place
Sevaarogya OPD	Once a week to different sites, twice a week to physio OPD, Whole Academic year	Education ,Health and Hygiene awareness ,Treatment, community service	Geriatric health awareness and treatment to elderly in old age home	Various locations in Pune
AnandDham , old age home	Twice a week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Kothrud.Pune
Rainbow day Care, old age home, old age home	Twice a week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Wakad, Pune
Madhurbhav ,Wakad, Old age home	Thrice/week,Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Wakad,Pune
Madhurbhav ,Sinhagad Road, Old age home	Thrice/week,Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Sinhagad Road ,Pune
Madhurbhav ,baner, Old age home	Thrice, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Baner Road ,Pune
SahajivanBhugao, old age home	Once/ week Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Bhugao,Pune
SahajivannarayanPeth, old age home	Four times/ week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Narayan Peth, Pune
Free treatment for special children from affiliated special schools	Whole year as per time table shared with schools	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment	Free diagnosis ,treatment to special children from affiliated special schools(Ankur,Sevasadan)	Physiotherapy OPD,College Campus,Shivaji Nagar, Pune
Camps and OPD in association with Seva arogya foundation	Whole year	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment	Free diagnosis ,treatment to economically weak patients who require physiotherapy	Various slums in Pune
Treatment at concessional rates for economically poor patients	Whole year as per sessions required by the individual	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment,	Free diagnosis ,treatment to economically weak patients who require physiotherapy	Physiotherapy OPD,College Campus,Shivaji Nagar, Pune





Free treatment for Seva ankur vasti patients	Twice/week - Whole year as per sessions required by the individual	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment,	Free diagnosis ,treatment to economically weak patients who require physiotherapy	Physiotherapy OPD, College Campus, Shivaji Nagar, Pune
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A Collaboration between DES & COER

Date - 27/03/2023

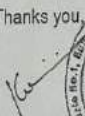
**TO WHOM SO IT MAY CONCERN**


This is to certify that faculty and students of DES (Brijjal Jindal College of Physiotherapy) Pune are treating the family deprived and destitute children of Ankur Vidyamandir, (The Inclusive school and therapy centre run by COER) since the year 2010. Children are benefited by the therapy and is found to be very satisfactory.


This therapy is indeed helpful for the children and we appeal to the college to continue this engagement of students on an ongoing basis. We are very thankful to the college for the facility provided.


This association will continue in future.


Thanks you,

  
Kinnari Shah  
UTC Coordinator  
Ankur Vidyamandir

  
Amruta Joshi  
Headmistress  
Ankur Vidyamandir

  
Principal,  
D.E. Society's  
Brijjal Jindal College of Physiotherapy, Pune

  
Principal,  
D.E. Society's  
Brijjal Jindal College of Physiotherapy, Pune




**पुनर्निर्माण सोशल फाउंडेशन**

CIN : U80901PN2022NLP213877  
WHISTELLING MEADOWS, C-BLDG, FLAT NO. 804,  
S. NO. 257/1A & 257/2/2A BAVDHAN, PUNE - 21.  
CONTACT : +91 95527 02270 | +91 81499 22488

Outward no: 2022/122

Date : 10/09/2022

To  
The Principal,  
D.E.Society's Brijjal Jindal College of Physiotherapy, Pune.

We, on behalf of 'PUNARNIRMAN SOCIAL FOUNDATION, PUNE' appreciate you and your team on the commitment and efforts in the treatment of geriatric population in Kothrud area.

Your faculty and students have been extremely helpful in rendering the quality physiotherapy services to this population.

  
Director

  
Director



[www.punarnirman.in](http://www.punarnirman.in)

Office : +91-20-26124660 / 26120762  
Shreevatsa : +91-20-26128219  
Tara : +91- 85548 77948  
e-mail : admin@sofosh.org  
Website : www.sofosh.org

## SOFOSH

**SOCIETY OF FRIENDS OF THE SASSOON HOSPITALS**

Registered under the Societies Registration Act 1860 Reg. No. Mah/447/Poona  
and the Bombay Public Trust Act 1950 Reg. No. F-325  
Address : SOFOSH, Shreevatsa Childcare Centre,  
Sassoon General Hospitals, Agarkar Road, Pune - 411001.

31<sup>st</sup> March 2023

To,  
The Principal,  
Brijlal Jindal College of Physiotherapy,  
Pune,

**Subject: - Certificate of Appreciation**

Dear Sir/Madam,

Greetings from SOFOSH!!


This is to certify that faculty and students of DES ( Brijlala Jindal College of Physiotherapy) Pune are treating the family deprived and destitute children at Shreevatsa, the child care center run by SOFOSH since the year 2010. Children are benefited by the therapy and is found to be very satisfactory.

This therapy is indeed helpful for the children and we appeal to the college to continue this engagement of students on an ongoing basis.

We are very thankful to the college for the facility provided to the children at Shreevatsa.

This association will continue in future.

Thank you,

  
**SHARMILA SAYED**  
Administration Head  
SOFOSH  
Below Ward No. 31/32,  
Sassoon General Hospitals  
Pune-411001

**Managing Committee :**  
**Chairperson:**  
CA. Sachin Abhyankar  
**Vice Chairperson:**  
shri. Shyam Mehendale  
Shri. Arvind Herlekar

**Secretary:**  
Smt. Nivedita Gogte  
**Joint Secretary:**  
Smt. Yogini Brahmankar  
**Treasurer :**  
Adv. Anand Akut

**Members :**  
Smt. Nirmala Lahoti  
Smt. Amala Phatak  
Smt. Vibha Bokey  
Shri. Vikas Kakatkar  
Dr. Rashmi Pabalkar



सेवा आरोग्य

सेवा आरोग्य फाउंडेशन

CIN -U74990PN2016NPL158817

सर्व्हे क्र १९, व ८-१, समाज मंदिर,  
हिंगणे होम कॉलनी, कर्वेनगर, पुणे ४११०५२.  
संपर्क : 9075081961

Email: info@sevaarogya.org Web:www.sevaarogya.org

Date: 1<sup>st</sup> April 2023

To  
The Principal  
D. E. Society's Brijlal Jindal College of Physiotherapy  
Pune

I, on behalf of Seva Arogya Foundation appreciate you, and your team on the commitment and efforts in the treatment of underprivileged societal group.

Your faculty and students have been instrumental in bringing up the change in wellbeing of these patients by rendering the quality physiotherapy services.

I also would like to appreciate services provided to these patients in our physiotherapy OPDs and during home visits as patient is not in position to visit OPD. All these services offered are without any fees.

The physiotherapists examine the patients and provide counselling about lifestyle improvement in the dispensaries and during the physiotherapy Health Camp. The physiotherapist teach the patients essential exercise and give detailed instructions about daily repetitions. Even when it hurt, you encouraged our patients to persevere. Whether it was strengthening exercises or rehabilitation, your unwavering support made all the difference.

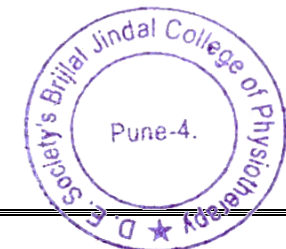
Your unwavering commitment, empathy, and expertise have made a significant impact on the lives of our underprivileged patients. Thank you for being the driving force behind their recovery journey. Your kindness and dedication inspire us all.

Thank you for your support

Regards,

Yours faithfully,

  
Pradeep Kunte  
Director  
Seva Arogya Foundation







PUNE SEVASADAN SOCIETY'S  
**"DILASA KENDRA"**

• The School for Mentally Retarded Children •

(Licence No. 0384)

613-14, Sadashiv Peth, Laxmi Road, Pune - 411 030. Tel. : 020-24480549

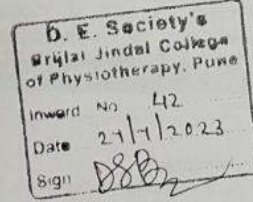
**Vikas Pawale**  
Principal

Email : dilasakendra@gmail.com

Ref. 992/2023-28

Date: 28/11/2023

प्रति,  
मा. प्रिंसिपल,  
डॉ. स्नेहल जोशी,  
ब्रिजलाल जिंदाल कॉलेज ऑफ फिजिओथेरेपी,  
पुणे.



स. न. वि. वि.

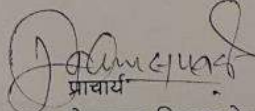
सेवासदन संस्थेचे दिलासा केन्द्र ही मतिमंद मुलांची शाळा १९८२ पासून कार्यरत आहे. या शाळेत सध्या १०० विद्यार्थी-विद्यार्थिनी विशेष शिक्षण घेत आहेत. शाळेतील विद्यार्थ्यांच्या सर्वांगीण प्रगतीसाठी विविध उपक्रमांचे आयोजन शाळेत केले जाते. त्यांच्या विविध क्षमता, कौशल्य विकसीत करण्याच्या दृष्टीने त्यांना फिजिओथेरेपीची आवश्यकता आहे. यापूर्वी आम्ही थेरपीसाठी विद्यार्थी घेऊन येत होतो. परंतु कोविड काळात फिजिओथेरेपीसाठी येऊ शकलो नाही.

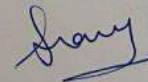
शाळेतील काही विद्यार्थ्यांना फिजिओथेरेपीची आवश्यकता आहे. बहुतांशी विद्यार्थी हे कमी उत्पन्न गटातील आहेत त्यामुळे त्यांना विनामूल्य फिजिओथेरेपी मिळावी ही विनंती.

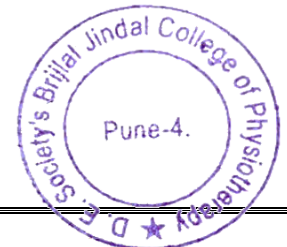
आपण वेळोवेळी केलेल्या सहकार्याबद्दल धन्यवाद !

कळावे ही विनंती.

आ. वि.

  
प्राचार्य  
सेवासदन दिलासा केन्द्र

  
**PRINCIPAL**  
D. E. Society's Brijlal Jindal  
College of Physiotherapy,  
Pune.



**ACADEMIC YEAR**

**21-22**



Activity	Date	Type of activity	Program details	Place
Breast feeding week	1 Aug 2021 to 8 Aug 2021	Education, Health and Hygiene awareness	awareness about breast feeding to new mothers	Tarachand hospital,Pune



D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Activity Report

**Name of Activity:** Breast-feeding Week 2021

**Name of Coordinator:** Abha Dhupkar

**Department:** Community PT

**Date:** 01.08.2021 to 08.08.2021

**Place:** Seth Tarachand Ramnath Hospital and Seva Sutika Mandir.

**Online / Offline:** Offline event

**Outline of activity:** The breast-feeding week is observed to promote the practice of breast-feeding by new mothers.

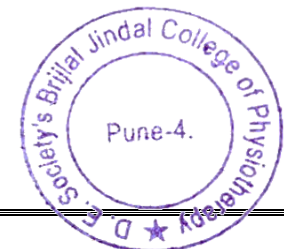
2 PG students, Juilee Khadke and Komal Valesha, created charts with information on the benefits of feeding breast milk to babies and gave that information to the ladies admitted to the postnatal wards of two affiliated hospitals: Seth Tarachand Ramnath Charitable Hospital and Seva Sutika Mandir.

- a) **Objective:** highlight importance of breast-feeding for new mothers.
- b) **Participants/ Attendees:** 25-30 ladies of the post-natal wards of 2 affiliated hospitals.
- c) **Outcomes:** The ladies appreciated the information provided.

**Report prepared by:** Abha Dhupkar



**PRINCIPAL**  
D E Society's Brijlal Jindal College of Physiotherapy  
Pune . 4







Name of Activity: -World CP Day Celebration

Name of Coordinator:Dr Atiya Shaikh(PT)

Department: -Neuro

Date:-6/10/21

Place:-College OPD

Online / Offline:-offline

Outline of activity:-

- a) Objective-Free CP patient assessment,treatment, ergonomic advice for care givers
- b) Participants/ Attendees-5 patients ,3 MPT students
- c) Outcomes- Free CP patient assessment,treatment, ergonomic advice for care givers was given

Attendance along with participant's/coordinator's signature: - Separate sheet may be attached

Patients-1. PiyushDongre

2.Rajveer Salunkhe

3.vedika Koluskar

4.Urvi

5.Shivansh

Caregivers-1.Mrs.Dongre


2.Mrs.Salunkhe

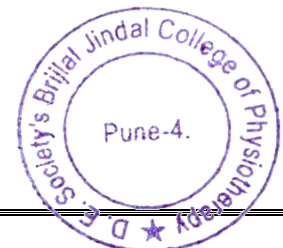
3.Mrs Koluskar

MPT Students-1.Nimesh Gupta

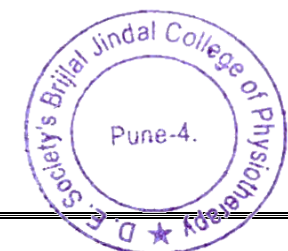
2.Sejal

3.Arjun Mandgut

co-ordinator's sign 



Activity	Date	Type of activity	Program details	Place
Lokmanya Multipurpose Co-Op Society Limited	07th October 2021	Education, Health and Hygiene awareness	A session on Ergonomics	Lokmanya Multipurpose Co-Op Society,Pune
Lokmanya Multipurpose Co-Op Society Limited	25th November 2021	Education, Health and Hygiene awareness, socioeconomic development through appropriate treatment	exercise awareness session for the senior clients	Lokmanya Multipurpose Co-Op Society Limited,wadgaoshi,Pune





Name of Activity: -Lecture Demo on Office Ergonomics at Lokmanya Multipurpose Co-Op bank on SB Road branch

Name of Coordinator:Diptee Bhole: Abha Dhupkar

Department: Musculoskeletal Physiotherapy

Student participants: Musculoskeletal MPT students; Vidhi Kalyani, Pooja Patil

Date:07/10/2021

Place:Lokmanya Multipurpose Co-Op bank, Senapati Bapat road branch

Schedule of activity:

- i) Introduction to session by Zonal Manager
- ii) Presentation on principles and importance of ergonomics
- iii) Demonstration of basic office stretches exercises as Group therapy
- iv) Ergonomic advice for prevention of postural pain

Outline of activity:

- a) Objective: Awareness of scope and effectiveness of PT; Ergonomics
- b) Participants/ Attendees: Employees of bank of all cadres
- c) Outcomes:Better awareness and understanding about the importance of correct sitting postures among attendees and application of Physiotherapy. The explanation in Marathi improved effectiveness and clarity.

Coordinator's signature: -

6th Oct. 2021

To,

The Principal,

Brijlal Jindal college of physiotherapy,

Pune.

Respected Madam,

We are thankful to you for conducting session (lecture-Demonstration) on "Office Ergonomics" at our Zonal office, SB Road and on "Exercise awareness for the senior citizens" at Wadgaonsheri Branch.

We appreciate the efforts taken by you for the presentation.....The interaction session was very effective and all the participants were benefited to great extent by knowing importance of physiotherapy.....

In the true sense, your institution is serving to the society by educating public at large.

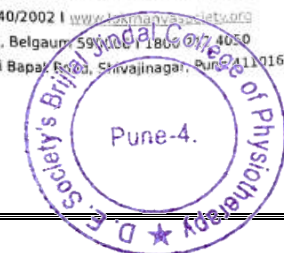
Thank you once again for putting your best efforts!

Yours faithfully,

Sushil Jadhav,

Zonal Manager,

Pune Zonal office, Pune



6th Oct. 2021

Name of Activity: -Lecture Demo on Exercise awareness for senior citizens

Name of Coordinator: Abha Dhupkar; Diptee Bhole

Department: Community Physiotherapy

Student participants: Community MPT students; Juilee Khadke; Akshay Salve

Date: 25/11/2021

Place: Lokmanya Multipurpose Co-Op bank, Wadgaon Sheri branch

Schedule of activity:

- i) Presentation on effects of ageing
- ii) Scope of physiotherapy and exercises in healthy ageing
- iii) Ergonomic advice for prevention of aches and pain

Outline of activity:

- a) Objective: Importance of exercises in ageing
- b) Participants/ Attendees: Clients of the bank
- c) Outcomes: Better awareness and understanding about the importance of maintenance of physical activity and exercises in ageing. The explanation was mostly provided in Marathi and Hindi for better clarity.

Coordinator's signature: -



To,

The Principal,

Brijlal Jindal college of physiotherapy,

Pune.

Respected Madam,


We are thankful to you for conducting session (lecture-Demonstration) on "Office Ergonomics" at our Zonal office, SB Road and on "Exercise awareness for the senior citizens" at Wadgaonsheri Branch.

We appreciate the efforts taken by you for the presentation.....The interaction session was very effective and all the participants were benefited to great extent by knowing importance of physiotherapy.....

In the true sense, your institution is serving to the society by educating public at large.

Thank you once again for putting your best efforts!

Yours faithfully,



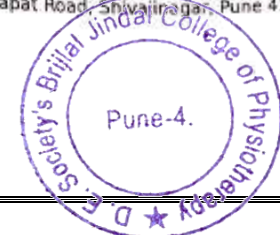
Sushil Jadhav,

Zonal Manager,

Pune Zonal office, Pune

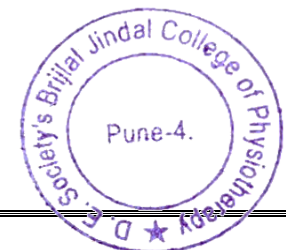


Maharashtra | Karnataka | Goa | Delhi | Reg. No. M.C.S.C./C.R./140/2002 | [www.lokmanyasociety.org](http://www.lokmanyasociety.org)  
Corporate Office: 195/A, Nasco Royals, Guruwar Peth, Tilakwadi, Belgaum 590006 | 1800 212 4050  
Head Office: 967/10, Next to Ratna Memorial Hospital, Senapati Bapat Road, Shivajinagar, Pune 411016

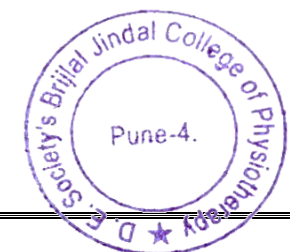
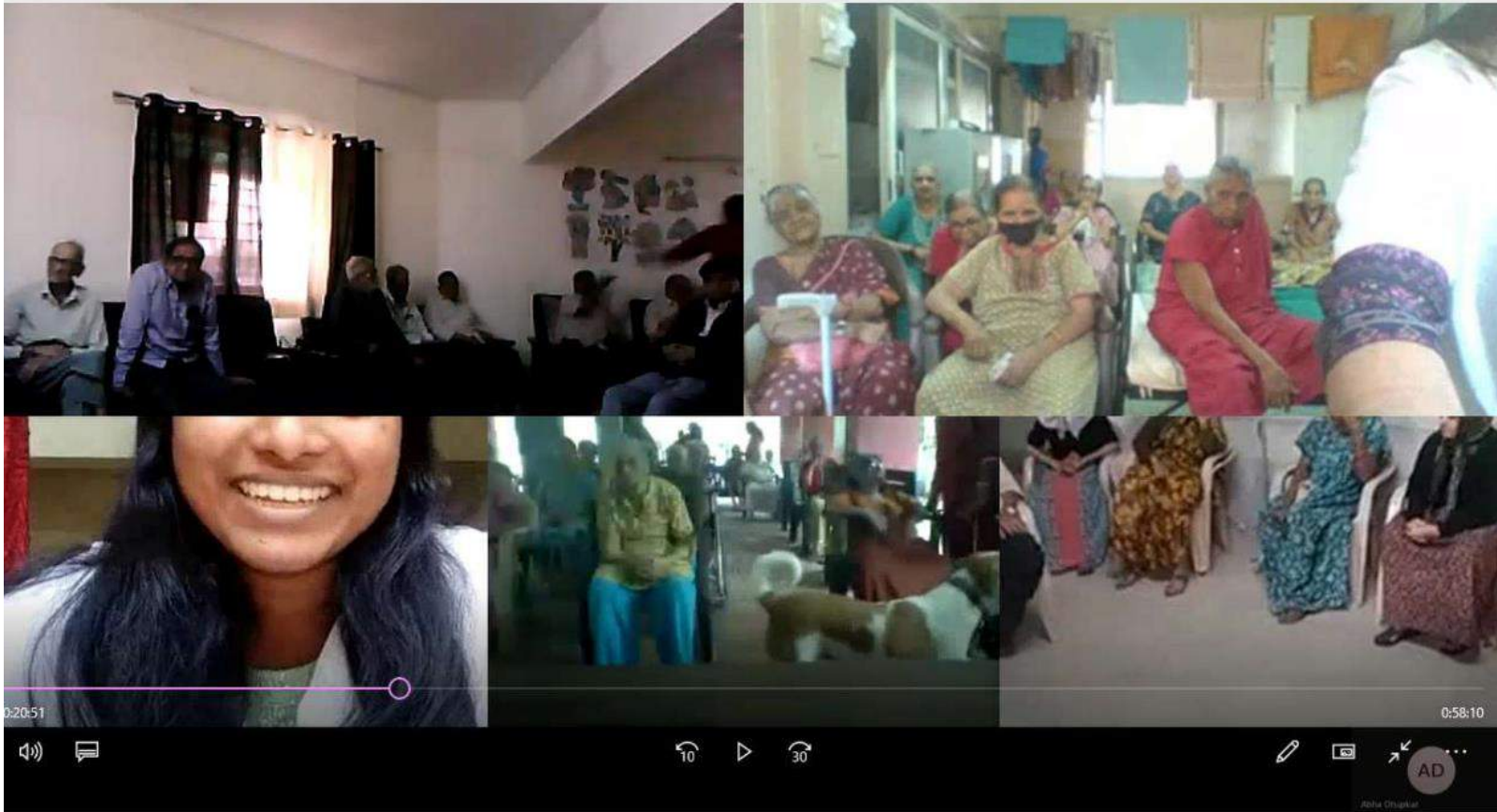




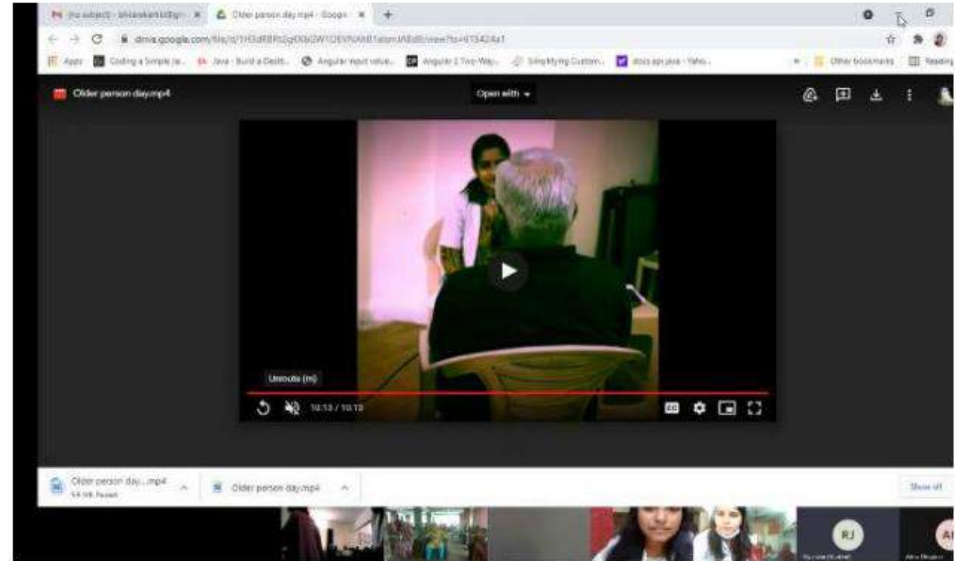
Swarowski Industrial visit	26-Feb-22	Education, Health and Hygiene awareness, socioeconomic development through appropriate treatment	Ergonomic assessment and preventive treatment	Swarowski, Ranjangao
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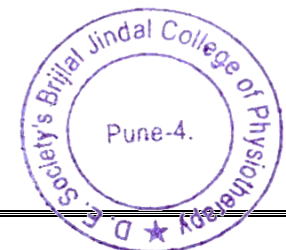
Activity	Date	Type of activity	Program details	Place
World Older person's day	1-Oct-21	Education, Health and Hygiene awareness	Fun online games for elderly at old age homes	Sahajivan naraynpeth, Sahajivsn Bugao, Madhurrbhav wakad,Rainbow day care,Pune







Ahilyadevi High School	8th March 22	Education, Health and Hygiene awareness	created awareness regarding menstruation for standard VI girls	Ahilyadevi High School,Pune
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D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

## Activity Report

**Name of Activity:** Menstrual Hygiene Awareness for Women's Day 2022

**Name of Coordinator:** Abha Dhupkar

**Department:** Community PT

**Date:** 08.03.2022

**Place:** Pune

**Online / Offline:** Offline

**Outline of activity:** Information provided to the girls of the 5<sup>th</sup> standard of Ahilyadevi High School about menstruation, different menstrual hygiene products, gynaecological visits.

**a) Objective:**

- a. To celebrate Women's Day on the 8<sup>th</sup> of March 2022.
- b. To provide information regarding menstruation to the 5<sup>th</sup> standard students.

**b) Participants/ Attendees:**

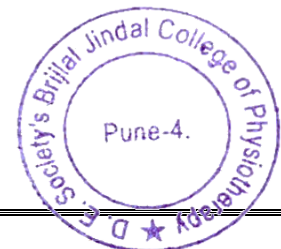
- a. Participants: Rujuta Bhave, Shreeya Athavale, Abha Dhupkar.
- b. Attendees: Students of the 5<sup>th</sup> standard at Ahilyadevi Girls High School.

**c) Outcomes:**

- a. The girls received information about menstruation, with many of their doubts regarding this phase of menarche being solved.
- b. The interns, Shreeya and Rujuta, took the initiative and prepared the whole information module, with excellent results.
- c. The school authorities appreciated the session.

**Coordinator's signature:**

Principal,  
D.E. Society's  
Brijlal Jindal College of Physiotherapy, Pune





Activity	Date	Type of activity	Program details	Place
Women's day celebration	8 th march 22	Women empowerment	online sharing video created by PG students to students of all streams	shared on college u tube channel



D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Activity Report

**Name of Activity: Women's Day 2022**

**Name of Coordinator:** Abha Dhupkar

**Department:** Community PT

**Date:** 08.03.2022

**Place:** Pune

**Online / Offline:** Online

**Outline of activity:** The postgraduate students created a video highlighting the need for women to be independent and self-reliant in a variety of situations.

**a) Objective:**

- a. To celebrate Women's Day on the 8<sup>th</sup> of March 2022.
- b. To empower women and encourage them to become self-reliant.

**b) Participants/ Attendees:**

- a. Participants: Postgraduate students of all streams.
- b. Attendees: Online viewers of the DESBJCOP YouTube channel.

**c) Outcomes:**

- a. The students brainstormed for different situations where women can be self-reliant.
- b. The whole video was made by the postgraduate students.
- c. The video was uploaded to the college's YouTube channel on the following link: <https://www.youtube.com/watch?v=ILOOK31ZsnM>



D.E.Society's Brijlal Jindal College of Physiotherapy

**Photograph of the activity:**

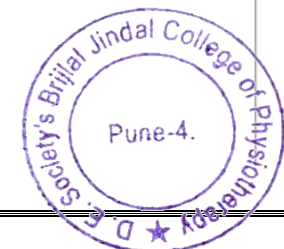


Coordinator's signature:

*Abha*



*Principal,*  
D.E. Society's  
Brijlal Jindal College of Physiotherapy, Pune



Activity	Date	Type of activity	Program details	Place
Prosthesis fitting and Physio camp in association with BVVVP	07-May-22	Education, Health and Hygiene awareness, community service	awareness creation, prosthesis fitting ,physio treatment for amputees coming for camp	Survarnasmruti hall ,deccan ,Pune

**Name of Activity:** CAMP FOR EXERCISE PRESCRIPTION AFTER PROSTHETIC FITTING FOR AMPUTEES.

**Name of co-ordinator:** Dr. Aditi Soman(PT)

**Department:** Cardiovascular and Respiratory Physiotherapy

**Date/Time:** 7 th May ,2023; 9.30-3.15pm

**Place:** Suvarnasmruti hall, Deccan organized by Bharat Vikas Parishad, vikalang punarvasan Kendra, Nalstop, Pune.

**Online/offline:** Offline

**Outline of activity:**

**Objectives:**

1. To make the students understand the important aspects of amputee rehabilitation after fitting of prosthesis that can lead to better mobility skills of an amputee.
2. To increase awareness among budding physiotherapists regarding the challenge faced by an amputee during prosthetic training.
3. To motivate PG students and amputees for better planning and execution of hor exercise programme.


**Outcome:**

The activity helped students to understand evaluation and exercise regimen for amputees after fitting of prosthesis.


It also helped patients to learn locomotor skills after prosthetic fitting.


**Participants:** 4PG students and 4 amputation patients

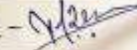
Photographs attached. Attendance of students and participants of camp attached.


**Signature of Co-ordinator:** Dr. Aditi Soman(PT) 

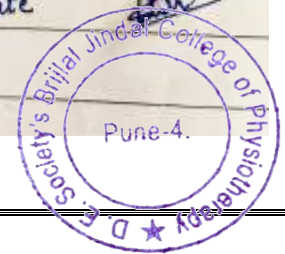


Sachin Kajale - 

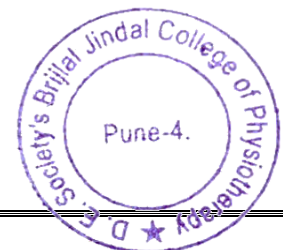
Diya Badjate - 

Manasi Dushmukh - 

Siddhi Bhute 

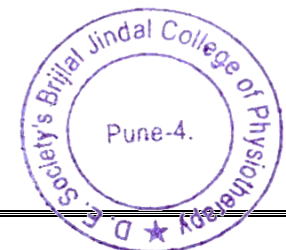


Prosthesis fitting and Physio camp in association with BVVVP	07-May-22	Education, Health and Hygiene awareness, community service	awareness creation, prosthesis fitting ,physio treatment for amputees coming for camp	Survarnasmruti hall ,deccan ,Pune
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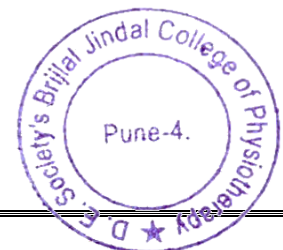




Activity	Date	Type of activity	Program details	Place
Arogya Wari during” palakhi”	24-Jun-22	Education, Health and Hygiene awareness,	Awareness of physiotherapy to varkaris	Hadapsar,Pune



Activity	Date	Type of activity	Program details	Place
Camp on amputation rehab	19-Jun-22	Education, Health and Hygiene awareness, socioeconomic development through appropriate treatment	Assessment , and rehabilitation exercises demonstration for amputees	Yavat ,pune
Camps in association with BVPVPK	22nov 22	Education, Health and Hygiene awareness, community service, Socioeconomic development through appropriate treatment	exercise prescription to amputees	Different centers in Pune city
Camps in association with BVPVPK	17 Nov 22	Education, Health and Hygiene awareness, community service, Socioeconomic development through appropriate treatment	exercise prescription to amputees	Different centers in Pune city



**Name of Activity: CAMP FOR EXERCISE PRESCRIPTION AFTER PROSTHETIC FITTING FOR AMPUTEES.**

**Name of co-ordinator:** Dr. Aditi Soman(PT)

**Department:** Cardiovascular and Respiratory Physiotherapy

**Date/Time:** 19<sup>th</sup> June, 2022; 9.30-4.15pm

**Place:** Bharat Vikas Parishad, vikalang punarvasan Kendra, Nalstop, Pune.

**Online/offline:** Offline

**Outline of activity:**

**Objectives:**

1. To make the students understand the important aspects of amputee rehabilitation after fitting of prosthesis that can lead to better mobility skills of an amputee.
2. To increase awareness among budding physiotherapists regarding the challenges faced by an amputee during prosthetic training.
3. To motivate PG students and amputees for better planning and execution of home exercise programme.

**Outcome:**

The activity helped students to understand evaluation and exercise regimen for amputees after fitting of prosthesis.

**Participants:** 7 students (2UG and 5PG) and 43 amputation patients

Photographs attached. Attendance of students and participants of camp attached.

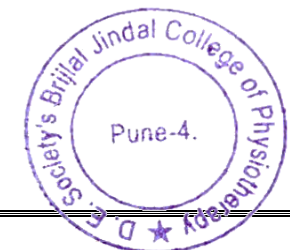
**Signature of Co-ordinator:** Dr. Aditi Soman(PT)

**PRINCIPAL**  
D. E. Society's Brijlal Jindal  
College of Physiotherapy  
Pune - 4





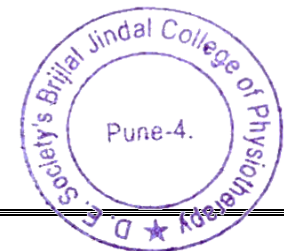
Activity	Date	Type of activity	Program details	Place
Tree plantation drive	10th of June 2022	Environmental service	Tree plantation by students	DESBJCOP,college campus,Pune



Activity	Date	Type of activity	Program details	Place
Vanamahotsav	7th July 2022	Environmental service	Tree planation by students	Velattekadi, Fergusson college campus,Pune



Industrial visit and treatment	23-Jul-22	Education, Health and Hygiene awareness, community service, Socioeconomic development through appropriate treatment	Industrial evaluation,preventive treatment ,ergonomic advice	Western India Forging,Sanaswadi,Pune
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D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

## Activity Report

**Name of Activity:** Industrial Visit 2022

**Name of Coordinator:** Abha Dhupkar

**Department:** Community PT

**Date:** 23.07.2022

**Place:** Western India Forgings Ltd.

**Online / Offline:** Offline Industrial visit

**Outline of activity:** Evaluation of the Western India Forgings Ltd. Factory workers, ergonomic site survey.

- a) **Objective:** identify common postures and issues of the workers.
- b) **Participants/ Attendees:** 30 workers, 6 PG students: Riya Jain, Komal Valesha, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Alfaiz Tamboli.
- c) **Outcomes:**
  1. Students led the visit, learning teamwork and administration.
  2. Worker assessment highlighted the need for frequent evaluations to work in the preventive area of industrial health.

**Photographs:-**



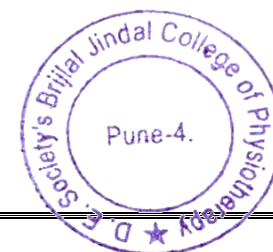
Report created by: Abha Dhupkar



Principal,  
D.E. Society's  
Brijlal Jindal College of Physiotherapy, Pune



Geriatric camps with ILC	19-Mar-22	Education ,Health and Hygiene awareness ,community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Phule Nagar ,Yerwada
Geriatric camps with ILC	9 April 22	Education ,Health and Hygiene awareness ,community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	The International Longevity Centre, India,Bal ranjan kendra
Geriatric camps with ILC	21-May-22	Education ,Health and Hygiene awareness ,community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	The International Longevity Centre, India,Warje
Geriatric camps with ILC	23 April 22	Education ,Health and Hygiene awareness ,community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	The International Longevity Centre, India,Warje
Geriatric camps with ILC	18-Jun-22	Education ,Health and Hygiene awareness ,community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	The International Longevity Centre, India,Erandwan Jyeshtha nagrik sanga
Geriatric camps with ILC	27-Nov-21	Education ,Health and Hygiene awareness ,community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Jyeshtha nagrik Sangha, Tingre nagar





D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Camp Record

**Name of camp:** DESBJCOP and ILC-I Physiotherapy Assessment Camp (follow-up).

**Date of camp:** 19.03.2022

**Site of camp:** Phulenagar, Yerawada

**Participants in the camp:**

**Beneficiaries of the camp:** Senior citizens of the Phulenagar Jyeshtha Nagarik Sangha

**Number of beneficiaries:** 21

**Materials used in the camp:** Sphygmomanometer, cones, measuring tape, weighing machine, record sheets, outcome measures – MoCA, GDS, TMT A and B.

**Camp details:** This was a follow-up camp. The students and faculty reached the camp site by 9:15 am. The senior PG students set up the camp site, directed the students to their stations and ensured that each member had their equipment ready. The stations were as follows: demographic data, height and weight, FRT, MoCA, GDS, TUG, 2MWT, TMT A and B, evaluation section, exit.

The beneficiaries of the camp registered with ILC-I, and then circulated through the different stations. The students at the exit counter explained the camp document to the elders and answered any queries that they had.

**Camp document prepared by:** Abha Dhupkar



  
Principal,  
D.E. Society's  
Brijlal Jindal College of Physiotherapy, Pune



D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Camp Record

**Name of camp:** DESBJCOP and ILC-I Physiotherapy Assessment Camp.

**Date of camp:** 23.04.2022

**Site of camp:** Ganesh Dhyam Mandir

**Participants in the camp:** Abha Dhupkar, Komal Valesha, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Rani Rodge, Palak Darda, Krishna Kolhatkar, Harshita Dhruv, Taruna Gambhir, Akshay Gujar

**Beneficiaries of the camp:** Members of the Ganesh Dhyam Mandir Jyeshtha Nagarik Sangha

**Number of beneficiaries:** 45


**Materials used in the camp:** Sphygmomanometer, cones, measuring tape, weighing machine, record sheets, outcome measures – MoCA, GDS, TMT A and B.

**Camp details:** The students and faculty reached the camp site by 9:15 am. The senior PG students set up the camp site, directed the students to their stations and ensured that each member had their equipment ready. The stations were as follows: demographic data, height and weight, FRT, MoCA, GDS, TUG, 2MWT, TMT A and B, evaluation section, exit.

The beneficiaries of the camp registered with ILC-I, and then circulated through the different stations. The students at the exit counter explained the camp document to the elders and answered any queries that they had.

**Camp document prepared by:** Abha Dhupkar



  
Principal,  
D.E. Society's  
Brijlal Jindal College of Physiotherapy, Pune





D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

## Camp Record

**Name of camp:** DESBJCOP and ILC-I Physiotherapy Assessment Camp (follow-up).

**Date of camp:** 21.05.2022

**Site of camp:** Ganesh Dhyan Mandir, Warje

**Participants in the camp:** Abha Dhupkar, Riya Jain, Komal Valesha, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Alfaiz Tamboli, Krishna Kolhatkar, Akshay Gujar, Taruna Gambhir, Rani Rodge

**Beneficiaries of the camp:** Members of the Ganesh Dhyan Mandir Jyeshtha Nagarik Sangha

**Number of beneficiaries:** 5


**Materials used in the camp:** Sphygmomanometer, cones, measuring tape, weighing machine, record sheets, outcome measures – MoCA, GDS, TMT A and B.

**Camp details:** This was a follow-up camp. The students and faculty reached the camp site by 9:15 am. The senior PG students set up the camp site, directed the students to their stations and ensured that each member had their equipment ready. The stations were as follows: demographic data, height and weight, FRT, MoCA, GDS, TUG, 2MWT, TMT A and B, evaluation section, exit.

The beneficiaries of the camp registered with ILC-I, and then circulated through the different stations. The students at the exit counter explained the camp document to the elders and answered any queries that they had.

**Camp document prepared by:** Abha Dhupkar



  
Principal,  
D.E. Society's  
Brijlal Jindal College of Physiotherapy, Pune

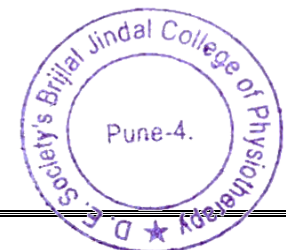






Activity	Date	Type of activity	Program details	Place
AnandDham , old age home	Twice a week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Kothrud.Pune
Rainbow day Care, old age home, old age home	Twice a week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Wakad, Pune
Madhurbhav ,Wakad, Old age home	Thrice/week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Wakad,Pune
Madhurbhav ,Sinhadgad Road, Old age home	Thrice/week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Sinhagad Road ,Pune
Madhurbhav ,baner, Old age home	Thrice, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Baner Road ,Pune

Sahajivan Bhugao, old age home	once/week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Bhugao, Pune
Sahajivannarayan Peth, old age home	Thrice, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Narayan Peth, Pune
Seva Arogya Foundation, health camps	Whole Academic year	Education, Health and Hygiene awareness, socioeconomic development through appropriate treatment	Women's health and physiotherapy management for people in slum area	Various sites at Pune
Free treatment for special children from affiliated special schools	Whole year as per time table shared with schools	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment	Free diagnosis ,treatment to special children from affiliated special schools(Ankur, Sevasadan)	Physiotherapy OPD, College Campus, Shivaji Nagar, Pune
Treatment at concessional rates for economically poor patients	Whole year as per sessions required by the individual	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment,	Free diagnosis ,treatment to economically weak patients who require physiotherapy	Physiotherapy OPD, College Campus, Shivaji Nagar, Pune



## SOFOSH

### SOCIETY OF FRIENDS OF THE SASSOON HOSPITALS

Registered under the Societies Registration Act 1960, Reg. No. Maharashtra/Pune and the Bombay Public Trusts Act 1950, Reg. No. P-323. Donations to SOFOSH are exempt under Section 80G of the I. T. Act.

Office : Below Ward No. 31-32, Sassoon General Hospitals, Pune 411 001  
Postal Address : P.O. Box 94, G.P.O., Pune 411 001 (INDIA)

Tel. : (020) 26124660, 26120762  
E-mail : admin@sosofosh.org  
Website : www.sosofosh.org

22<sup>nd</sup> April 2022

#### TO WHOM SO IT MAY CONCERN

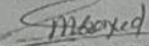
This is to certify that faculty and students of DES (Brijlal Jindal College of Physiotherapy) Pune are treating the family deprived and destitute children at Shreevatsa, the child care centre run by SOFOSH since the year 2010. Children are benefited by the therapy and is found to be very satisfactory.

This therapy is indeed helpful for the children and we appeal to the college to continue this engagement of students on an ongoing basis.

We are very thankful to the college for the facility provided.

This association will continue in future.

Thanks you,

  
**SHARMILA SAYED**  
Administration Head  
SOFOSH  
Below Ward No. 31/32,  
Sassoon General Hospitals  
Pune-411081.

#### MANAGING COMMITTEE

Chairperson :  
Smt. Amala Phatak

Vice Chairpersons :  
Shri. Shyam Mehendale  
Dr. Kavita Karer

Secretary :  
Smt. Nivedita Gogte  
Joint Secretary :  
Shri. Arvind Herlekar  
Treasurer :  
CA. Sachin Abhyankar

Members :  
Smt. Vibha Bokey  
Smt. Yogini Brahmanik  
Shri. Vikas Kakatkar  
Smt. Nirmla Lahoti  
Smt. Megha Pusaikar

  
**PRINCIPAL**  
D. E. Society's Brijlal Jindal  
College of Physiotherapy,  
Pune.



## पुनर्निर्माण सोशल फाउंडेशन

CIN : U80901PN2022NLP213877

WHISTELLING MEADOWS, C-BLDG, FLAT NO. 804,  
S. NO. 257/1A & 257/2/2A BAVDHAN, PUNE - 21.  
CONTACT : +91 95527 02270 | +91 81499 22488

Outward no: 2021/103

Date : 23/09/2021

To  
The Principal,  
D.E.Society's Brijlal Jindal College of Physiotherapy, Pune.

We, on behalf of 'PUNARNIRMAN SOCIAL FOUNDATION, PUNE' appreciate you and your team on the commitment and efforts in the treatment of geriatric population in Kothrud area.

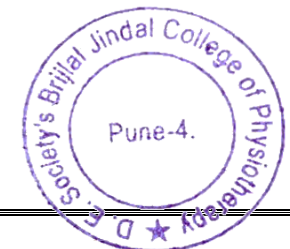
Your faculty and students have been extremely helpful in rendering the quality physiotherapy services to this population.

Punarnirman Social Foundation

  
Director

  
Director

www.punarnirman.in







सेवा आरोग्य

## सेवा आरोग्य फाउंडेशन

CIN -U74990PN2016NPL158817

सर्व्हे क्र १९, व ८-१, समाज मंदिर,  
हिंगणे होम कॉलनी, कर्वेनगर, पुणे ४११०५२.  
संपर्क: 9075081961

Email: info@sevaarogya.org Web: www.sevaarogya.org

Date: 1<sup>st</sup> April 2022

To  
The Principal  
D. E. Society's Brijlal Jindal College of Physiotherapy  
Pune

I, on behalf of Seva Arogya Foundation express my heartfelt gratitude to you, and your team for the exceptional care and dedication, you've shown while working with our underprivileged patients. Your commitment to improving their quality of life is truly commendable.

There is lack of awareness about the benefits of physiotherapy. With the help of exercise they can fully cured without taking much of tablets. Many a times with the physiotherapy aid their problem get solve permanently.

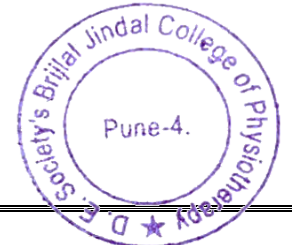
You treat our patients as individuals, not just medical cases. You ensure that every exercise is completed, follow up with home exercises is done. Your genuine interest in their lives beyond their injuries sets you apart.

Your skilled hands have worked tirelessly to ease their pain and promote healing. Your dedication to helping them regain full range of motion and overcome restrictions is truly inspiring. Thank you for your tireless efforts.

Thanks and Regards,

Yours Faithfully,

Pradeep Kunte  
Director  
Seva Arogya Foundation

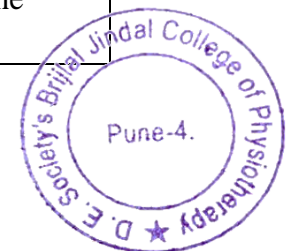


**ACADEMIC YEAR 20-21**

Activity	Date	Type of activity	Program details	Place
Women' day	8-Mar-21	Education, Health and Hygiene awareness	Online awareness talk for general public	Online event, DESBJCOP,OPD,Pune



Activity	Date	Type of activity	Program details	Place
Safe motherhood celebration	12-Apr-21	Education, Health and Hygiene awareness	Safe breast feeding techniques, ergonomic care awareness talk to new mothers	online







D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Activity Report

**Name of Activity:** National Safe Motherhood Day 2021

**Name of Coordinator:** Abha Dhupkar

**Department:** Community PT

**Date:** 12.04.2021

**Place:** DESBJCOP

**Online / Offline:** Online live event

**Outline of activity:** This webinar was arranged to highlight the issues that pregnant women can face, solutions that are available for these issues and the available avenues to access help.

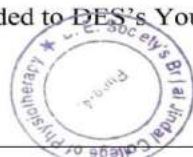
Four speakers discussed about the above-mentioned issues, each a specialist in her field:

1. Dr. Neelima Deshpande: Gynaecologist.
2. Dr. Sheetal Ruikar: Psychologist
3. Dr. Madhushree Joshi: Lawyer
4. Dr. Abha Dhupkar (PT): Physiotherapist

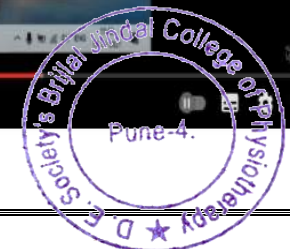
The event has been uploaded to DES's YouTube channel on the following link:

<https://www.youtube.com/watch?v=JqqsFtmmOn8>

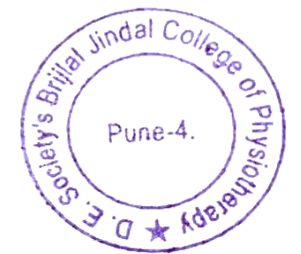
- a) **Objective:** highlight medical, psychological, and legal issues faced by pregnant women and new mothers.
- b) **Participants/ Attendees:** 3 speakers, 6 PG students and 2 staff members of the Community PT dept. attended live.
- c) **Outcomes:** The live event was uploaded to DES's YouTube channel.



copy



Activity	Date	Type of activity	Program details	Place
Yoga Day	21-Jun-21	Education, Health and Hygiene awareness	Yoga demonstration and practice for general public+DES staff	Wadarwadiarea,DESBJCOP,OPD ,Pune



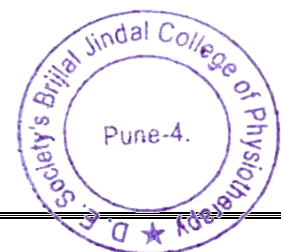


Activity	Date	Type of activity	Program details	Place
Post Covid OPD with arogyaseva foundation	Whole year ,once a week	Education, Health and Hygiene awareness	OPD for Post covid patients for assessment and treatment of fitness	Different sites in Pune





Activity	Date	Type of activity	Program details	Place
Madhurbav	Twice a week, Whole Academic year	Education, Health and Hygiene awareness	Geriatric health awareness and treatment to elderly in old age home	Pune
AnandDham , old age home	Twice a week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Kothrud.Pune
Rainbow day Care, old age home, old age home	Thrice/week,Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Wakad, Pune
SahajivanBhugao, old age home	once/week,Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Bhugao,Pune
SahajivannarayanPeth, old age home	Thrice, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Narayan Peth, Pune
Free treatment for special children from affiliated special schools	Whole year as per time table shared with schools	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment	Free diagnosis ,treatment to special children from affiliated special schools(Ankur,Sevasadan)	Physiotherapy OPD,CollegeCampus, Shivaji Nagar, Pune
Camps and OPD in association with Seva arogya foundation	Whole year	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment	Free diagnosis ,treatment to economically weak patients who require physiotherapy	Various slums in Pune
Treatment at concessional rates for economically poor patients	Whole year as per sessions required by the individual	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment,	Free diagnosis ,treatment to economically weak patients who require physiotherapy	Physiotherapy OPD,CollegeCampus, Shivaji Nagar, Pune



Office : +91-20-26124660 / 26120762  
Shreevatsa : +91-20-26128219  
Tara : +91- 85548 77948  
e-mail : admin@sofosh.org  
Website : www.sofosh.org

## SOFOSH

SOCIETY OF FRIENDS OF THE SASSOON HOSPITALS

Registered under the Societies Registration Act 1860 Reg. No. Mah/447/Poona  
and the Bombay Public Trust Act 1950 Reg. No. F-325  
Address : SOFOSH, Shreevatsa Childcare Centre,  
Sassoon General Hospitals, Agarkar Road, Pune - 411001.

31<sup>st</sup> March 2021

To,  
The Principal,  
Brijlal Jindal College of Physiotherapy,  
Pune,

**Subject: - Certificate of Appreciation**

Dear Sir/Madam,

Greetings from SOFOSH!!

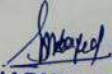
This is to certify that faculty and students of DES ( Brijlala Jindal College of Physiotherapy) Pune are treating the family deprived and destitute children at Shreevatsa, the child care center run by SOFOSH since the year 2010. Children are benefited by the therapy and is found to be very satisfactory.

This therapy is indeed helpful for the children and we appeal to the college to continue this engagement of students on an ongoing basis.

We are very thankful to the college for the facility provided to the children at Shreevatsa.

This association will continue in future.

Thank you,



**SHARMILA SAYED**  
Administration Head  
SOFOSH  
Below Ward No. 31/32,  
Sassoon General Hospitals  
Pune-411001

**Managing Committee :**  
**Chairperson:**  
CA. Sachin Abhyankar  
**Vice Chairperson:**  
shri. Shyam Mehendale  
Shri. Arvind Herlekar

**Secretary:**  
Smt. Nivedita Gogte  
**Joint Secretary:**  
Smt. Yogini Brahmankar  
**Treasurer :**  
Adv. Anand Akut

**Members :**  
Smt. Nirmala Lahoti  
Smt. Amala Phatak  
Smt. Vibha Bokey  
Shri. Vikas Kakatkar  
Dr. Rashmi Pabalkar



सेवा आरोग्य

सेवा आरोग्य फाउंडेशन

CIN -U74990PN2016NPL158817

सर्व्हे क्र १९, व ८-१, समाज मंदिर,  
द्विगणे होम कॉलनी, कर्वेनगर, पुणे ४११०५२.

संपर्क : 9075081961

Email: info@sevaarogya.org Web.:www.sevaarogya.org

Date: 1<sup>st</sup> April 2021

To  
The Principal  
D. E. Society's Brijlal Jindal College of Physiotherapy  
Pune

I, on behalf of Seva Arogya Foundation appreciate you, and your team on the commitment and efforts in the treatment of underprivileged societal group.

Our patients lose hope and give up, but your faculty and students have been instrumental in bringing up the change in wellbeing of these patients by rendering the high-quality physiotherapy services. Thank you for not allowing them to quit, even when the road seemed tough.

I also would like to appreciate services provided to these patients in our physiotherapy OPD without any fees.

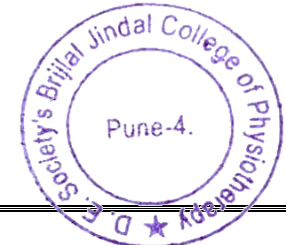
Physiotherapist teaches basic exercise to the patient and gives detailed instructions about daily repetitions. Physiotherapy OPD helped a lot during Post Covid.

Thank you so much for your support.

Yours faithfully,



Pradeep Kunte  
Director  
Seva Arogya Foundation

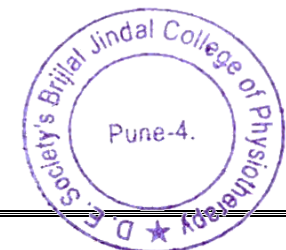


**ACADEMIC YEAR 19-20**

DESBLOG



Activity	Date	Type of activity	Program details	Place
Yoga for danish students	14-Sep-19	Education, Health and Hygiene awareness	Yoga session with awareness talk to students from Denmark	Deccan area, Shivaji Nagar, Pune, Pune



## Yoga session on 14<sup>th</sup> September 2019

DES Fergusson College had conducted a students' exchange program with Danish University in September 2019. They had requested DES Brijlal Jindal College of Physiotherapy to conduct a Yoga session for 20 Danish students who visited India.

Session was arranged on 14<sup>th</sup> September, 2019 from 9 am to 10.30 am in the physiology lab of DESBJCOP. III B.P.Th, student Mihir Chitale talked about history of Yoga and demonstrated some Asanas in supine, prone and standing positions. Effect of Yogasanas on the body was also explained to all. Students were also made to perform the Asanas. All the members enjoyed the session.



*A. Dhale*  
**PRINCIPAL**  
D. E. Society's Brijlal Jindal  
College of Physiotherapy,  
Pune.



Bedside training for care givers	18-Sep-19	Education, Health and Hygiene awareness	teaching safe transfers and handing of bed bound patients to relatives/care givers of bed bound patients	conel's club ,Erandawne Pune
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## Colonel's Cube

Flat No. 11, Janhvi Apartment, 40/22 Bhande Colony,  
Behind Dr. Kalmad High School, Erandwane, Pune - 411004.  
Contact.: 020-25485692 Mob.: 9545850960 Email: kumarfulay@yahoo.com

20 Mrs. Aparna Saohale.  
The Principal  
Brijlal Jindal College  
of Physiotherapy Pune  
(Through Ms. Dipti Bhole)

Dt. 20.9.19

### Letter of Appreciation

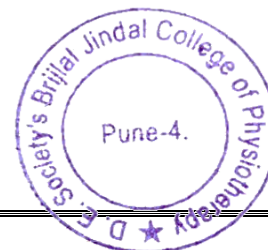
Dear Madam,

We take this opportunity to thank you and specially Mrs. Dipti Bhole and her five students to come and educate our students of "Bed Side Care Givers' Course and also the Senior Citizens of our 'Intergeneration Group' on Wed. 18 Sep 19.

We whole heartedly Thank you and your team for it and hope we continue this relationship.

Yours Sincerely,  
J.C. Fulay

(Kamal Kumar Fulay)  
President

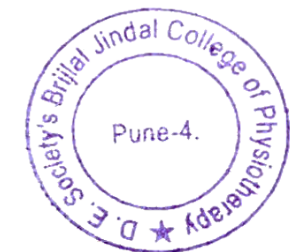




Activity	Date	Type of activity	Program details	Place
CPR training and assessment	9-Aug-19	Education, Health and Hygiene awareness	Introductio to CPR training and assessment for technical institute students	Technical Institute,Pune



Activity	Date	Type of activity	Program details	Place
World Heart Day	29 -Sep-19	Education, Health and Hygiene awareness	Cardiorespiratory Health awareness	Various DES Schools,pune





DESIGN



**D.E.S.'s Brijlal Jindal College of Physiotherapy, Pune**

**Name of Activity:** World heart day 2019 (29<sup>th</sup> September 2019)

**Activity carried out:** Health awareness and screening camp organized at DES New English School.

**Name of Coordinator:** Dr Rajani Pagare, Dr Shreya Dhake, Dr Aditi Soman, Dr Aditi Berry.

**Department:** Cardio- respiratory PT

**Date & Time:** 10 am to 3pm

**Online/Offline:** Offline

**Outline of Activity:**

**Objectives:** Awareness about different health issues related to cardiovascular health which can arise.

2. Screening of employees for comorbidities

3. Educating them about correct measures to be adopted to prevent cardiac issues.

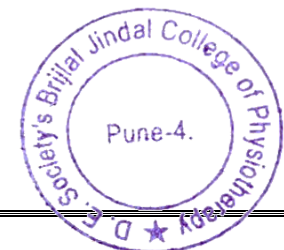
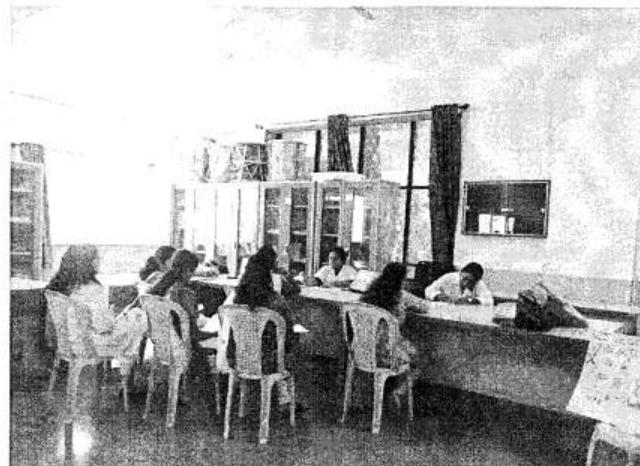
**Outcome:** Physical activity assessment ,obesityassessment, stress assessment ,BP,PR,RR and Spo2

**Participants:** Teaching and non teaching staff of DES New English School,Pune

**Signature of Coordinator:**

*P. Pagare*

*S. Dhake*





Activity	Date	Type of activity	Program details	Place
IDBI bank employee ergonomic advice session	1-Oct-19	Education, Health and Hygiene awareness	Ergonomic advice to bank employees	IDBI bank, shivajinagar ,Pune



Name of Activity: - Workshop on Physiotherapy at IDBI bank on FC Road branch

Name of Coordinator: Diptee Bhole

Department: Musculoskeletal Physiotherapy

Student participants: Interns

Date: 01/10/2019

Place: IDBI Bank Premises, Fergusson college road branch.

Occasion for programme: Bank's Foundation Day

Schedule of activity:

- i) Introduction to session by Dy General Manager IDBI
- ii) Presentation on scope and practice with multi system benefits of PT
- iii) Demonstration of basic office stretches exercises as Group therapy
- iv) Ergonomic advice for prevention of postural pain

Outline of activity:

- a) Objective: Awareness of scope and effectiveness of PT; Ergonomics
- b) Participants/ Attendees: Employees of bank
- c) Outcomes: Better awareness and understanding about the importance of correct sitting postures among attendees. Removed misconception about PT used being limited only in orthopaedic conditions. They had an interactive and informative session.

Coordinator's signature: -



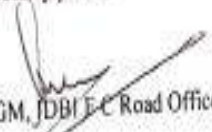
### Conduct of Workshop on Physiotherapy at our Bank Premises at F C Road Pune

We extend a gesture of gratitude to your office for deputing Dr. Deepti Bhole and her team for volunteering a workshop on physiotherapy to officers on the occasion of Bank's foundation day on Oct 1, 2019. The lecture was highly educative and handy for creating awareness about proper sitting postures especially during sitting at workstation for long hours at office. Workshop also helped remove misconception about physiotherapy as the subject also relates to treatment on neurological and cardiac issues that too cure is without medication.

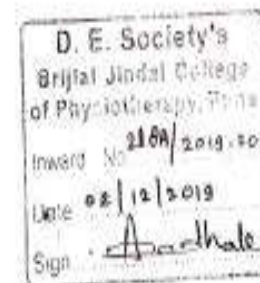
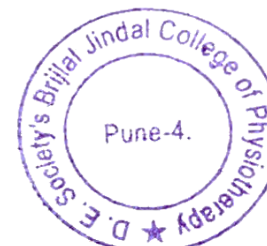
We once again appreciate the volunteer efforts put by your team and look forward for more such workshops in future for the benefit of our staff/employees.

Thanking you !!

Sincerely yours,

  
DGM, IDBI FC Road Office, Pune

Nov 30, 2019



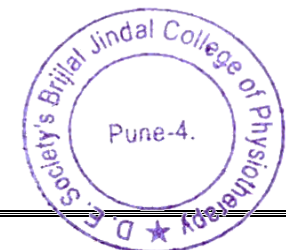
Ext<sup>n</sup> A-4



Activity	Date	Type of activity	Program details	Place
Plastic free Campus	5-Oct-19	Swatchh Bharat, Hygiene awareness	Campus cleaning and awareness talk	Deccan area, Shivaji Nagar, Pune, Pune



Wari free treatment camp	1 July 19-7 July 19	Education, Health and Hygiene awareness, social service	Free assessment, treatment and awareness creation	Palkhi route in Pune
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**महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक**  
**MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK**

विठोरी रोड, म्हासरुड, नाशिक - ४२२००४ Dindori Road, Mhasrul, Nashik - 422004

Tel : (0253) 6659174, 172, 173

Website : www.muhs.ac.in, E-mail : sw@muhs.ac.in

डॉ. कलिदास द. चव्हाण  
एम.बी.बी.एस., एम.डी. (आंतरिकरोगशास्त्र)  
कुलसचिव

Dr. Kalidas D. Chavan  
M.B.B.S., M.D.(Forensic Medicine)  
Registrar

मआविवि/एसडब्ल्यू/एनएसएस/१९६३/२०१९

दि.१०/१०/२०१९

प्रति,  
अधिष्ठाता/प्राचार्य  
डी.ई. सोसायटी यांचे ब्रिजलाल  
जिंदाल भौतिकपथचार महाविद्यालय,  
फर्ग्युसन महाविद्यालय आवार,  
एफ. सी. रोड, शिवाजीनगर,  
पुणे - ४११००४

विषय : "स्वस्थ वारी" या अभियानात आपले महाविद्यालय सहभागी  
झाल्याबद्दल...

महोदय / महोदया,

उपरोक्त विषयाच्या अनुषंगाने महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिकच्या  
वतीने "स्वस्थ वारी" या अभियानात / उगक्रगात रुग्णसेवेकरिता आपल्या  
महाविद्यालयाने सहभागी होऊन आळंदी ते पंढरपुर या पालखी मार्गावर वारीतील  
रुग्णसेवेकरिता जे योगदान दिले त्याबद्दल विद्यापीठाच्या वतीने आपले हार्दिक

आभार !!!

D. E. Society's  
Brijlal Jindal College  
of Physiotherapy, Pune  
Inword: No 188 / 2019-20  
Date 25/10/2019  
Sign [Signature]

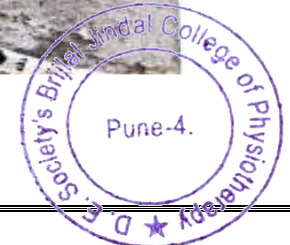
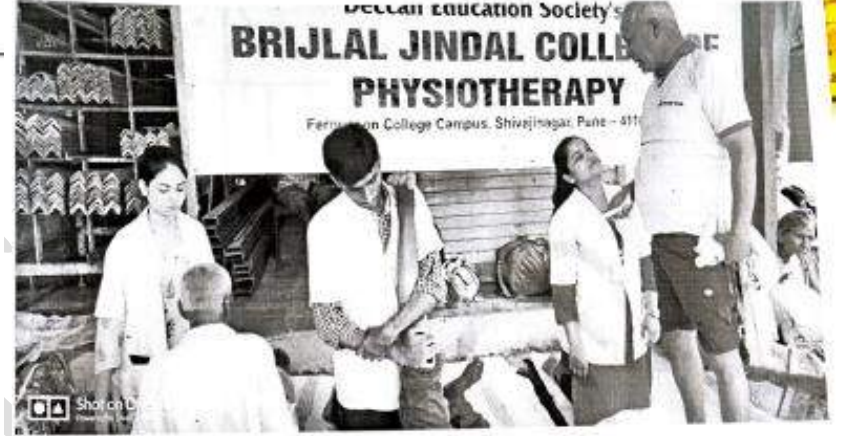
कुलसचिव

सोबत : वरील प्रमाणे.

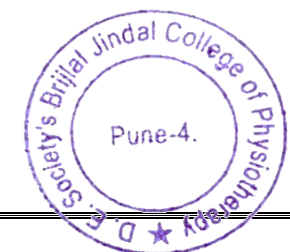
and activities.

१९/१०/१९

10-10-2019 to 10-10-2019

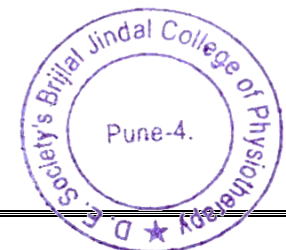


Activity	Date	Type of activity	Program details	Place
Aadishakti street play	22-Feb-20	Education, women empowerment , awareness	Women's role in society street play	Deccan area, Shivaji Nagar ,Pune, Pune



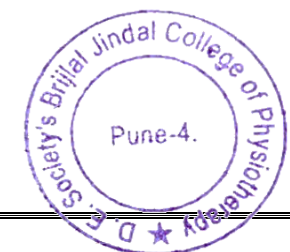


Activity	Date	Type of activity	Program details	Place
Kutuhal	10 feb 20- 16 feb 20	Education, Health and Hygiene awareness,Community service	Health awareness talk/information provision related to PT in a science exhibition	SP college ground, Pune





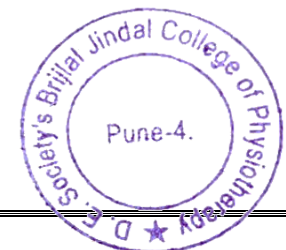
Activity	Date	Type of activity	Program details	Place
Safe transfer ergonomics and patient handling techniques	22-Feb-20	Education, Health and Hygiene awareness	Awareness and safe transfer techniques teaching to primary caregivers of bed bound patients	NGO Colonel's Cube-Pune



Activity	Date	Type of activity	Program details	Place
Women's day	8-Mar-20	Education, Health and Hygiene awareness	Awareness talk,assessment and treatment for women	Deccan area,Shivaji Nagar ,Pune,Pune

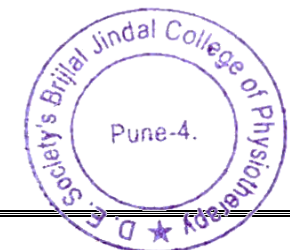


Activity	Date	Type of activity	Program details	Place
Melghat :PT assessment and treatment	4 Feb 20	Health and Hygiene awareness, community service	PT assessment and treatment sessions for public	Melghat





Activity	Date	Type of activity	Program details	Place
Ottobock assistive devices distribution	8 april 20-6May 20	Health and Hygiene awareness, socioeconomic development ,education	Assistive devices distribution to needy neurological patients	Needy patients at DESBJCOP ,OPD, Pune



Sevasahyog foundation's OPD for special kids at Wadarwadi	thrice a week whole year	Education ,Health and areness ,community	Special children at Wadarwadi	Wadarwadi, Pune
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## Seva Sahayog Foundation

Regn. No. UB5100MH2009NPL195370

**Pune Office :** 18 "Pathak", Vrundavan Society,  
Nr Shri Shri Ravi Shankar Vidya Mandir,  
Navi Peth, Phatra Bridge, Pune 411030.  
t: 020 2453 7655  
e: pune@sevasahyog.org  
w: www.sevasahyog.org

**Mumbai Office :** Maharashtra Hospital,  
Near Santacruz Bus Station, Santacruz (East), Mumbai 400055.  
t: 022 2446094 / 9833994754

**Regd. Address :** C/o. Atul Nagres, S.No. 89, 90, 91/2,  
Plot No. 75, Tulshibagwale Colony, Sahakar Nagar No. 2,  
Parvati, Pune 411009.



Celebrating Humanity

D. E. No. 1979  
Brijlal Jindal College of Physiotherapy, Pune  
Date - 1<sup>st</sup> January 2020.  
Inward No. 246  
Date 03/01/2020  
Sign: A. Sadhale

To  
The Principle  
Ms. Aparana Sadhale  
DES – Brijlal Jindal College of Physiotherapy  
PUNE

Subject : Letter of Thanks & continuation of your support towards our cause

Chetana Rehabilitation Center – an initiative of Seva Sahayog Foundation is working for Multiple Disability Kids [DIVYANG – KIDS] from urban slums of PUNE. Kids are from the underprivileged section of the society. They need support.

The basic need of these Divyang Kids is – Physiotherapy, Speech Therapy & Special Education. There is also need for Parent Counselling & Awareness generation.

DES – Brijlal Jindal College of Physiotherapy is supporting these Divyang – Kids by providing free Physiotherapy since last 3 years, on weekly basis.

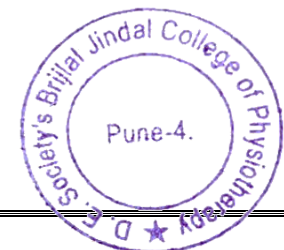
We are grateful to DES – Brijlal Jindal College of Physiotherapy for supporting our cause.

We would like to continue this association with DES Brijlal Jindal College of Physiotherapy here after also.

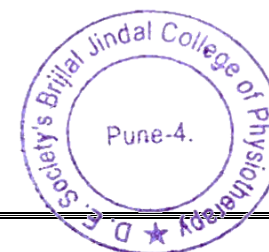
Thanks & Regards

*Shailesh Ghatpande*

Shailesh Ghatpande  
Director - Operations  
Seva Sahayog Foundation, PUNE



Activity	Date	Type of activity	Program details	Place
AnandDham , old age home	Twice/week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Kothrud.Pune
Rainbow day Care, old age home, old age home	Thrice/week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Wakad, Pune
SahajivanBhugao, old age home	Once/week Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Bhugao,Pune
SahajivannarayanPeth, old age home	Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Narayan Peth, Pune
Free treatment for special children from affiliated special schools	Whole year as per time table shared with schools	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment	Free diagnosis ,treatment to special children from affiliated special schools(Ankur,Sevasadan)	Physiotherapy OPD,CollegeCampus,Shivaji Nagar, Pune
Treatment at concessional rates for economically poor patients	Whole year as per sessions required by the individual	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment,	Free diagnosis ,treatment to economically weak patients who require physiotherapy	Physiotherapy OPD,CollegeCampus,Shivaji Nagar, Pune







# आनंदधाम

ज्येष्ठ नागरिक विरंगुळा केंद्र

१२४६ अ, आपटे रोड, हॉटेल कोहिनूर एक्सिक्युटीव्हच्या शेजारी,  
डेक्कन जिमखाना, पुणे-४११ ००४.  
फोन नं. ०२०-२५५११११२ मोबाईल नं. ९०७५०३६४६३

रल्यासाठी आपणच



:: संचालक ::

अनुराधा नारळकर

२०-२५५११११२

Dated: 29-04-2019

TO WHOMSOEVER THIS MAY CONCERN

"Ananddham" is situated on Apte Road, Deccan Gymkhana, Pune. It is a residential hostel for Senior Citizens, UG Students, interns and PG students along with their faculty of D.E. Society's Brijlal Jindal College of Physiotherapy have been providing exercise sessions to the residents of these facilities twice a week and the residents have appreciated these individualized sessions.

We would be happy if this program is continued in future.

This is for your information and perusal.

Sincerely,

Dr. A.N. Naralkar



D. E. Society's Brijlal Jindal College of Physiotherapy, Pune
Inward No. 29/2019-20
Date 29/04/2019
Sign: [Signature]

Principal,  
D.E. Society's  
Brijlal Jindal College of Physiotherapy



Lata Mangeshkar Medical Foundation's  
**DEENANATH MANGESHKAR HOSPITAL &  
RESEARCH CENTRE**

Erandawane, Pune 411 004. Tel.: 66023000 / 40151000, E-mail: jpmi@vsnl.com, Website: www.dmhospital.org

DEPARTMENT OF NEUROLOGY

To Whomsoever It May Concern

28<sup>th</sup> February 27, 2020

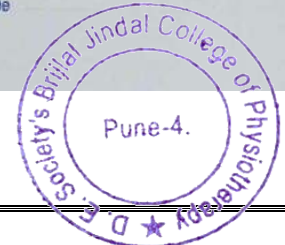
This is to acknowledge with appreciation that the students of D. E. Society's Brijlal Jindal College of Physiotherapy are undertaking exercise sessions for last 6 months during the Memory Lab. Memory Lab is a cognitive activities program for the dementia patients. The Lab is conducted twice a month in Deenanath hospital and is organized by the Memory Clinic. The caregivers of the dementia patients also participate in this program. The exercise session is not only enjoyed by the participants but is also positively received.

I wish to express my sincere thanks to the physiotherapy college and the students for this activity.

Mangala Joglekar

Memory Program Co-ordinator

Principal,  
D.E. Society's  
Brijlal Jindal College of Physiotherapy, Pune



Office : +91-20-26124660 / 26120762  
Shreevatsa : +91-20-26128219  
Tara : +91- 85548 77948  
e-mail : admin@sofosh.org  
Website : www.sofosh.org

## SOFOSH

### SOCIETY OF FRIENDS OF THE SASSOON HOSPITALS

Registered under the Societies Registration Act 1860 Reg. No. Mah/447/Poona  
and the Bombay Public Trust Act 1950 Reg. No. F-325  
Address : SOFOSH, Shreevatsa Childcare Centre,  
Sassoon General Hospitals, Agarkar Road, Pune - 411001.

31<sup>st</sup> March 2020

To,  
The Principal,  
Brijlal Jindal College of Physiotherapy,  
Pune,

**Subject: - Certificate of Appreciation**

Dear Sir/Madam,

Greetings from SOFOSH!!

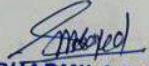
This is to certify that faculty and students of DES ( Brijlala Jindal College of Physiotherapy) Pune are treating the family deprived and destitute children at Shreevatsa, the child care center run by SOFOSH since the year 2010. Children are benefited by the therapy and is found to be very satisfactory.

This therapy is indeed helpful for the children and we appeal to the college to continue this engagement of students on an ongoing basis.

We are very thankful to the college for the facility provided to the children at Shreevatsa.

This association will continue in future.

Thank you,

  
**SHARMILA SAYED**  
Administration Head  
SOFOSH  
Below Ward No. 31/32,  
Sassoon General Hospitals  
Pune-411001

#### Managing Committee :

##### Chairperson:

CA. Sachin Abhyankar

##### Ice Chairperson:

Shri. Shyam Mehendale

Shri. Arvind Herlekar

##### Secretary:

Smt. Nivedita Gogte

##### Joint Secretary:

Smt. Yogini Brahmanekar

##### Treasurer :

Adv. Anand Akut

##### Members :

Smt. Nirmala Lahoti

Smt. Amala Phatak

Smt. Vibha Bokey

Shri. Vikas Kakatkar

Smt. Megha Pusalkar



## सेवा आरोग्य फाउंडेशन

CIN -U74990PN2016NPL158817

सन्धे क्र. १९, व ८-१, समाज मंदिर,

हिंगणे होम कॉलनी, कर्वेनगर, पुणे ४११०५२.

संपर्क : 9075081961

Email: info@sevaarogya.org Web.:www.sevaarogya.org

Date: 1<sup>st</sup> April 2022

To  
The Principal  
D. E. Society's Brijlal Jindal College of Physiotherapy  
Pune

I, on behalf of Seva Arogya Foundation express my heartfelt gratitude to you, and your team for the exceptional care and dedication, you've shown while working with our underprivileged patients. Your commitment to improving their quality of life is truly commendable.

There is lack of awareness about the benefits of physiotherapy. With the help of exercise they can fully cured without taking much of tablets. Many a times with the physiotherapy aid their problem get solve permanently.

You treat our patients as individuals, not just medical cases. You ensure that every exercise is completed, follow up with home exercises is done. Your genuine interest in their lives beyond their injuries sets you apart.

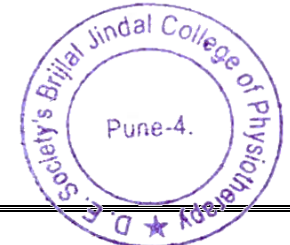
Your skilled hands have worked tirelessly to ease their pain and promote healing. Your dedication to helping them regain full range of motion and overcome restrictions is truly inspiring. Thank you for your tireless efforts.

Thanks and Regards,

Yours Faithfully,



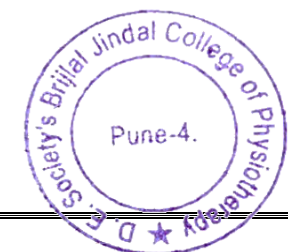
Pradeep Kunte  
Director  
Seva Arogya Foundation



**ACADEMIC YEAR 18-19**



Activity	Date	Type of activity	Program details	Place
Yoga for law college staff and students	21-Jun-18	Health and Hygiene awareness	Yoga session with awareness talk to law college students	NawalmalFiroiya law college, pune



Activity	Date	Type of activity	Program details	Place
Breast feeding week	1 Aug 18-8 Aug 18	Education , Health and Hygiene awareness	Ergonomic awareness and correct techniques related talk to new mothers in hospitals	sasoon and Tarachandhospital,sutika seva lakshmi road, family planning association of India, Pune

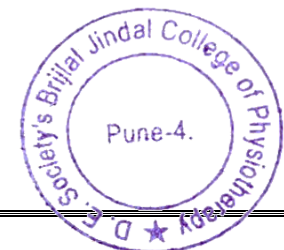
**Photographs of the camp:**

Sutika Seva  
Mandir, Laxmi road



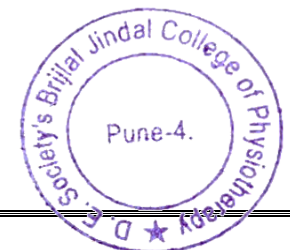
Family Planning  
Association of India

Seth Tarachand  
Ramnath Charitable  
Hospital, Rasta  
Peth.



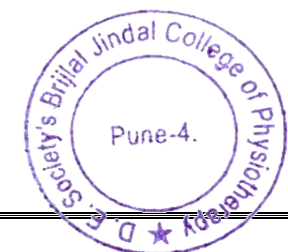


Activity	Date	Type of activity	Program details	Place
CP day Skit	3-Oct-18	Education , Health and Hygiene awareness	Skit related to information about CP capabilities for general public by PT students	JM road Deccan,pune

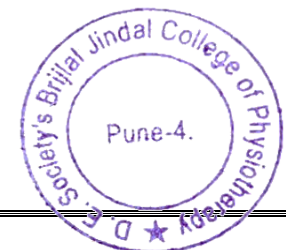




Activity	Date	Type of activity	Program details	Place
Safe motherhood celebration	4-Dec-18	Education , Health and Hygiene awareness	Safe breast feeding techniques, ergonomic care awareness talk to new mothers	tarachandHospital,Pune



Activity	Date	Type of activity	Program details	Place
Role of Physiotherapy before and after delivery	26-Dec-18	Education , Health and Hygiene awareness	Awareness about Role of Physiotherapy before and after delivery to expecting/new mothers and general public	tarachandHospital,pune





## Camp Record

**Name of camp:** Breast feeding week

**Date of camp:** 1<sup>st</sup> August to 7<sup>th</sup> August 2018

**Site of camp:** 1. Seth Tarachand Ramnath Charitable Hospital, Rasta Peth  
2. Sutika Seva Mandir, Laxmi Road  
3. Family Planning Association of India – Outreach activity.

**Participants in the camp:** Rashida Hamid, Mithila Pawar, Farheen Patel, Abha Dhupkar.

**Beneficiaries of the camp:** Women in the pregnant and post delivery phases.

**Number of beneficiaries:** 70 to 80 women.


**Materials used in the camp:** Charts describing breastfeeding positions, benefits of breastfeeding to mother and child, engorgement and ways to tackle it

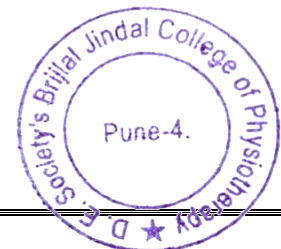
**Camp details:** The camp was an awareness building activity to promote appropriate methods of breastfeeding in the pregnant and post-delivery women. The women were given information about the ergonomic positions of breastfeeding. They were shown the methods of holding the baby for different conditions post-delivery. The importance of immediate breastfeeding after delivery was emphasised. Engorgement, its complications and ways to prevent it were explained and demonstrated. The women asked their queries, which were more about the methods of breast feeding, engorgement prevention and weaning of the baby.

Overall, the women appreciated the information provided.

  
**HOD**  
**Dept. of Community P. T**

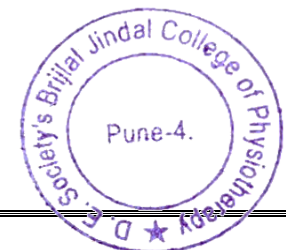


  
**PRINCIPAL**  
**D. E. Society's Brijlal Jindal**  
**College of Physiotherapy,**  
**Pune.**

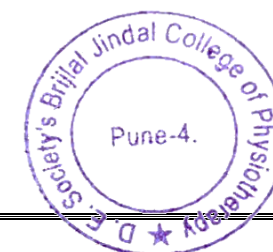




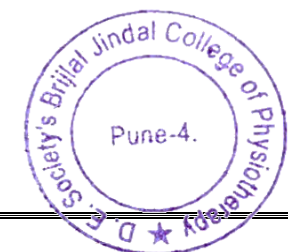
Activity	Date	Type of activity	Program details	Place
Womens day lecture on Perineal care	8-Mar-19	Education , Health and Hygiene awareness	Awareness talk about perineal care and incontinence to females of Fergusson college	Fergusson college,Pune



Activity	Date	Type of activity	Program details	Place
Industrial safety awareness and assessment	8-Mar-19	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment	Industrial safety awareness talk and assessment for JRVJTI students	JRVJTI, Deccan area, Shivaji Nagar , Pune



Activity	Date	Type of activity	Program details	Place
Yoga at DE Society for all employees	21-Jun-19	Education, Health and Hygiene awareness	Yoga session with awareness talk to DES employees	DES campus,Pune

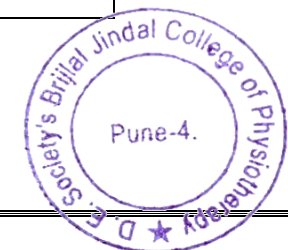




Activity	Date	Type of activity	Program details	Place
Arogyavardhani center assessment and training	14-Jun-19	Education, Health and Hygiene awareness	Arogyavardhan center for women – awareness , assessment and training	Arogyavardhancenter,Pune



Arogyamaitrin training - community health training	14 June 19	Education, Health and Hygiene awareness	training of community helpers to assist in PT at SAF OPD when physios are not around	for Sevaarogya foundation -at DESBJCOP
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D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

## Training Report

**Module for:** Community Helper training module.

**Date of Training:** 21.09.2022.

**Site of Training:** D.E.Society's Brijlal Jindal College of Physiotherapy, Pune.

**Participants in the camp:** Abha Dhupkar, Riya Jain, Komal Valesha, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Alfaiz Tamboli.

**Beneficiaries of the camp:** Aarti Shinde, Shobha Bhor, Namrata Adhikari, Vaishali Adsul, Mukta Temghare.

**Number of beneficiaries:** 5

**Materials used in the camp:** Yoga mats, chairs, plinths.

**Training details:** The college and Seva Arogya Foundation are collaborating on providing physiotherapy care to the low socio-economic strata women, who are unaware and unable to access this component of healthcare.

The Arogya maitrins were identified by the prakalp samanvayak, Aarti Shinde. A schedule was set up for them to receive training regarding the exercises to be performed at the college. accordingly, they reported to college at 2 pm and the training session started after introductions of all present. The project was explained in brief and the outline of the session was provided. Exercises were demonstrated twice to the ladies, once on a college student and once on a volunteer from amongst the 5 of the trainees.

After demonstrating the exercises, the ladies were asked their region of preference. Based on this, the students and trainees divided into groups and the students ensured that the ladies were able to perform the exercises appropriately. The ladies' ability to command or give instructions of the exercise was also checked and appropriate corrective commands were provided to them.

The whole training session was for 2 hours. The trainees were enthusiastic and eager to start working with the already identified participants at the various SAF OPDs.

**Report prepared by:** Abha Dhupkar



**PRINCIPAL**  
D E Society's Brijlal Jindal  
College of Physiotherapy  
Pune . 4

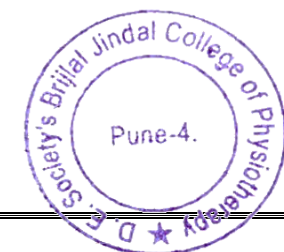




Activity	Date	Type of activity	Program details	Place
Tree Plantation drive	1-Jul-19	Environmental issue	Tree planation and care of plant till they grow	Deccan area,Shivaji Nagar ,Pune,Pune



Sevasahyog foundation's OPD for special kids at Wadarwadi	thrice a week whole year	Education ,Health and Hygiene awareness ,community service	Special children at Wadarwadi	Wadarwadi,Pune
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# Seva Sahayog Foundation

Regn. No. UB5100MH2009NPL195370

**Pune Office :** 1B "Patrik", Vrundavan Society,  
Nr. Shri. Shri. Ravi Shankar Vidya Mandir,  
Navi Peth, Mhebra Bridge, Pune 411030.

t: 020 2453 7655  
e: pune@sevasahayog.com  
w: www.sevasahayog.org

**Mumbai Office :** Maharashtra Dardichi Hospital,  
Near Santacruz Bus Station, Santacruz (East), Mumbai 400055.  
t: 022 24446034 / 9833994754

**Regd. Address :** C/O. Atul Nadra, S.No. 89, 90, 91/7,  
Plot No. 75, Tulshibagwale Colony, Sahakar Nagar No. 2,  
Parel, Pune 411009.



Celebrating Humanity

To  
The Principle  
Ms. Aparana Sadhale  
DES – Brijlal Jindal College of Physiotherapy  
PUNE

D. E. Society's  
Brijlal Jindal College of Physiotherapy  
Inward No. 246  
Date: 03/01/2020  
Sign: [Signature]

Date – 1<sup>st</sup> January 2020.

Subject : Letter of Thanks & continuation of your support towards our cause

Chetana Rehabilitation Center – an initiative of Seva Sahayog Foundation is working for Multiple Disability Kids [DIVYANG – KIDS] from urban slums of PUNE. Kids are from the underprivileged section of the society. They need support.

The basic need of these Divyang Kids is – Physiotherapy, Speech Therapy & Special Education. There is also need for Parent Counselling & Awareness generation.

DES – Brijlal Jindal College of Physiotherapy is supporting these Divyang – Kids by providing free Physiotherapy since last 3 years, on weekly basis.

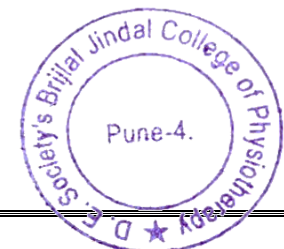
We are grateful to DES – Brijlal Jindal College of Physiotherapy for supporting our cause.

We would like to continue this association with DES Brijlal Jindal College of Physiotherapy here after also.

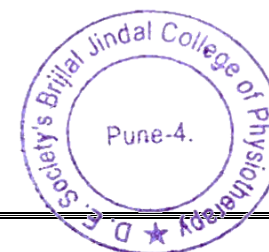
Thanks & Regards

[Signature]

Shailesh Ghatpande  
Director - Operations  
Seva Sahayog Foundation, PUNE



Geriatric camps with ILC	15-Dec-18	Education,Health Hygeine,awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Savangadi Jyeshtha Nagarik Sangha, Kothrud
Geriatric camps with ILC	02-Feb-19	Education,Health Hygeine,awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	DGOA engineering discipline civilian organisation, Pune
Geriatric camps with ILC	22-Jul-19	Education,Health Hygeine,awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Anandi Jyeshtha Nagrik Sangha Kothrud, Pune
Geriatric camps with ILC	05-Jan-19	Education,Health Hygeine,awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Chaitanya Old Age Home, Khopoli
Geriatric camps with ILC	29 sept 19	Education,Health Hygeine,awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	Lake Town ,Katraj
Geriatric camps with ILC	28Aug 19	Education,Health Hygeine,awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	old Sangvi,Pune
Geriatric camps with ILC	27 Sept 19	Education,Health Hygeine,awareness, community service	Geriatric assessment ,treatment and awareness talk to elderly in different societies	old Sangvi,Pune





D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Camp Record

**Name of camp:** Geriatric Camp

**Date of camp:** 05.01.2019

**Site of camp:** Chaitanya Old Age Home, Khopoli

**Participants in the camp:** Abha Dhupkar, Shikha Vora, Aditi Tupe, Aishwarya Kadam, Aayushi Rathi, Kushal Shah,

**Beneficiaries of the camp:** Residents of Chaitanya old age home.

**Number of beneficiaries:** 22

**Materials used in the camp:** Assessment sheet, weighing machine, measuring tape, Peak flow-meter, Montreal Cognitive assessment scale, cones.

**Camp details:** This camp was held in a small village near Khopoli to assess the residents of two old age homes.

The residents were enthusiastic in participating in these camps and were ready to perform exercises as required.

The evaluations performed were measurement of peak expiratory flow-rate, MOCA, chair sit to stand test and BMI.

The organisers of the camp appreciated the conduct of the camp and the efforts taken to conduct the camp.

**Report prepared by:** Abha Dhupkar



*Abha Dhupkar*

**PRINCIPAL**

D E Society's Brijlal Jindal  
College of Physiotherapy  
Pune . 4



D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Camp Record

**Name of camp:** Geriatric Camp

**Date of camp:** 01.12.2018

**Site of camp:** Lake Town Society

**Participants in the camp:** Abha Dhupkar, Shikha Vora, Shravani Sathe, Varsha Kale, Aayushi Rathi, Bhargavi Saraf, Kalyani Savant, Aishwarya Kadam, Shriya Humnabdkar, Neha Pathak, Sanjana Mane, Anagha Ajaychandrashekhar, Siddhesh Bhagat, Janhavi Bhide, Manasi Bhide, Vaidehi Chandras.

**Beneficiaries of the camp:** Geriatric individuals of the Lake Town Society Senior Citizens' Association.

**Number of beneficiaries:** 27

**Materials used in the camp:** Assessment forms, Geriatric depression scale, Montreal Cognitive assessment scale, peak flow meter, cones, weighing machine, measuring tapes, exercise charts.

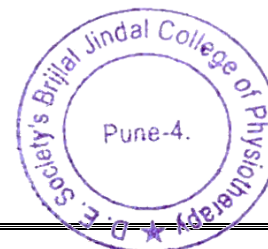
**Camp details:**

This was a follow-up camp for the previously held camp. The participants were screened for their blood pressure and weight. Their previous exercises were reviewed and new exercises were added to the existing ones.

A few participants were screened for the first time in this camp.

The overall feedback was positive and the participants were appreciative of the exercises and evaluations performed with them.

**Photographs of the camp:**







D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Camp Record

**Name of camp:** Geriatric Camp

**Date of camp:** 15.12.2018

**Site of camp:** Savangadi Jyeshtha Nagarik Sangha, Kothrud

**Participants in the camp:** Abha Dhupkar, Shikha Vora, Shravani Sathe, Varsha Kale, Aayush Rathi, Bhargavi Saraf, Kalyani Savant, Aishwarya Kadam, Shriya Humnabadkar, Neha Pathak, Sanjana Mane, Anagha Ajaychandrashekhar, Siddhesh Bhagat, Janhavi Bhide, Manasi Bhide, Vaidehi Chandras.

**Beneficiaries of the camp:** Senior citizens of the Savangadi Senior Citizens' Association

**Number of beneficiaries:** 55

**Materials used in the camp:** Assessment forms, Geriatric depression scale, Montreal Cognitive assessment scale, peak flow meter, cones, weighing machine, measuring tapes, exercise charts.

#### Camp details:

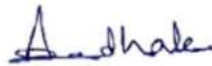
The camp was an initial assessment camp for the senior citizens in Kothrud area. The participants were very enthusiastic for their assessments. They felt that many of their assessments were new and appreciated the new perspective of looking at their health.

The participants were assessed for cognitive affect, depression and lung function along with cardiovascular endurance, static and dynamic balance and body mass index.

A good proportion of the participants were ladies, who were very active socially and physically. The participants appreciated the conduct of the camp and expressed an interest in the follow-up camp as well.

**Report prepared by:** Abha Dhupkar



  
**PRINCIPAL**  
D E Society's Brijlal Jindal  
College of Physiotherapy  
Pune . 4



D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Camp Record

**Name of camp:** Geriatric Camp

**Date of camp:** 27.09.2018

**Site of camp:** Old Sanghvi

**Participants in the camp:** Staff and students of D.E.Society's Brijlal Jindal College of Physiotherapy and members of the International Longevity Centre – India.

**Staff members:** Abha Dhupkar, Atiya Shaikh, Aditi Berry

**Students:** Mithila Pawar, Farheen Patel, Rashida Hamid, Richa Shah, Komal Patel, Priya Joshi, Sneha Jose, Pratiksha Sankhe, Rucha Deshpande.

**Beneficiaries of the camp:** Geriatric individuals of the old Sanghvi area.

**Number of beneficiaries:** 15

**Materials used in the camp:** Assessment forms, Geriatric depression scale, Montreal Cognitive assessment scale, peak flow meter, Micro RPM, cones, weighing machine, measuring tapes, exercise charts.

#### Camp details:

This camp was a follow-up camp for a previously held camp (25.08.2019)


The attendees were shown exercises that they could perform for their particular ailments.

The most common complaint was that of painful knee joints, followed by hypertension. The elderly were shown exercises to relieve knee pain. An explanation of progressing exercises safely was also given. The aerobic component of the exercises was explained with the steps of progression.

The attendees were comfortable with the information given and they were enthusiastic to start their exercise protocols.

**Report prepared by:** Abha Dhupkar



  
**PRINCIPAL**  
D E Society's Brijlal Jindal  
College of Physiotherapy  
Pune . 4



D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Camp Record

**Name of camp:** Geriatric Camp

**Date of camp:** 27.09.2018

**Site of camp:** Old Sanghvi

**Participants in the camp:** Staff and students of D.E.Society's Brijlal Jindal College of Physiotherapy and members of the International Longevity Centre – India.

Staff members: Abha Dhupkar, Atiya Shaikh, Aditi Berry

Students: Mithila Pawar, Farheen Patel, Rashida Hamid, Richa Shah, Komal Patel, Priya Joshi, Sneha Jose, Pratiksha Sankhe, Rucha Deshpande.

**Beneficiaries of the camp:** Geriatric individuals of the old Sanghvi area.

**Number of beneficiaries:** 15

**Materials used in the camp:** Assessment forms, Geriatric depression scale, Montreal Cognitive assessment scale, peak flow meter, Micro RPM, cones, weighing machine, measuring tapes, exercise charts.

#### Camp details:

This camp was a follow-up camp for a previously held camp (25.08.2019)

The attendees were shown exercises that they could perform for their particular ailments.

The most common complaint was that of painful knee joints, followed by hypertension. The elderly were shown exercises to relieve knee pain. An explanation of progressing exercises safely was also given. The aerobic component of the exercises was explained with the steps of progression.

The attendees were comfortable with the information given and they were enthusiastic to start their exercise protocols.

**Report prepared by:** Abha Dhupkar



*Abha Dhupkar*  
**PRINCIPAL**  
 D E Society's Brijlal Jindal  
 College of Physiotherapy  
 Pune . 4



D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

### Camp Record

**Name of camp:** Geriatric Camp

**Date of camp:** 29.09.2018

**Site of camp:** Lake Town Society, Katraj

**Participants in the camp:** Staff and students of D.E.Society's Brijlal Jindal College of Physiotherapy and members of the International Longevity Centre – India.

Staff members: Abha Dhupkar, Diptee Bhole, Aditi Berry

Students: Mithila Pawar, Farheen Patel, Rashida Hamid, Komal Patel, Ankita Jadhav, Neesha Neelkantam, Bhagyashree Gokhale, Kajol Sharma, Vaishnavi, Meghna Sheth, Mrunmayee Solapurkar, Rewati bachute, Charmie Shah.

**Beneficiaries of the camp:** Geriatric individuals of Lake Town Society.

**Number of beneficiaries:** 71

**Materials used in the camp:** Assessment forms, Geriatric depression scale, Montreal Cognitive assessment scale, peak flow meter, Micro RPM, cones, weighing machine, measuring tapes, exercise charts.

#### Camp details:

The camp was held in a society near Katraj. The Senior Citizens Association here was very strong and many members turned up to get evaluated. The overall response from the members was that this was a new assessment that they underwent. They appreciated the students' efforts in performing the assessments. They also found the students to be helpful and respectful.

#### Photographs of the camp:



Report prepared by: Abha Dhupkar

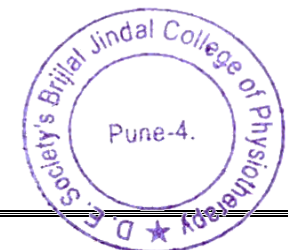
*Abha Dhupkar*  
**PRINCIPAL**  
 D E Society's Brijlal Jindal  
 College of Physiotherapy  
 Pune . 4







DESIGN







Musculoskeletal Evaluation



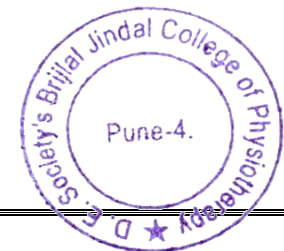
Timed up and Go Test

The organising teams:  
DESBJCOP, ILC – I  
and SCA, Old Sanghvi.

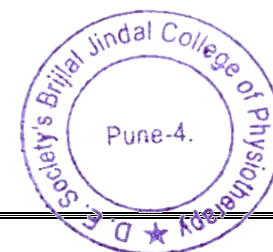


*A. Dhale*

**PRINCIPAL**  
D. E. Society's Brijlal Jindal  
College of Physiotherapy  
Pune - 4



Activity	Date	Type of activity	Program details	Place
Kamshet old age home visit	Thrice/week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Kamshet,pune
AnandDham , old age home	Twice/week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Kothrud.Pune
Rainbow day Care, old age home, old age home	Twice/week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Wakad, Pune
SahajivanBhugao, old age home	Once/week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Bhugao,Pune
SahajivannarayanPeth, old age home	Thrice/week, Whole Academic year	Education ,Health and Hygiene awareness ,community service	Geriatric health awareness and treatment to elderly in old age home	Narayan Peth, Pune
Free treatment for special children from affiliated special schools	Whole year as per time table shared with schools	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment	Free diagnosis ,treatment to special children from affiliated special schools(Ankur,Sevasadan)	Physiotherapy OPD,CollegeCampus,S hivaji Nagar, Pune
Treatment at concessional rates for economically poor patients	Whole year as per sessions required by the individual	Education , Health and Hygiene awareness, socioeconomic development by appropriate diagnosis and treatment,	Free diagnosis ,treatment to economically weak patients who require physiotherapy	Physiotherapy OPD,CollegeCampus,S hivaji Nagar, Pune





PUNE SAVARADAN SOCIETY'S  
**"DILASA KENDRA"**

The School for Mentally Retarded Children  
(Licence No. 0384)

613-14, Sadashiv Peth, Laxmi Road, Pune - 411 030.  
Tel. : 020-24460549 Email : dilasakendra@gmail.com

ucheta Phase  
Head Mistress

Ref: 802/17C-2E

Date: 26/2/2019

प्रति,  
मा. चेअरमन,  
डॉ. श्री. मोहन स्वामी  
सेवकन एज्युकेशन सोसायटी,  
फिजिओथेरेपी सेंटर, पुणे.

स. न. वि. नि.

सेवासदन दिलासा केन्द्र या मतिमंद विद्यार्थ्यांना आपल्या सेंटरतर्फे विनामूल्य  
फिजिओथेरेपी सेवा उपलब्ध करून दिव्याचव्दल आम्ही आपले अत्यंत आभारी  
आहोत.

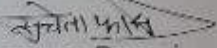
विद्यार्थ्यांना आपल्या सेंटरमध्ये नेण्या-आणण्यासाठी शाळेच्या रूग्णबसचा वापर  
करण्यात येतो. तसेच विद्यार्थ्यांच्या पालकांकडून फिजिओथेरेपीचे उपचार  
करण घेण्यास परवानगी मिळालेली आहे.

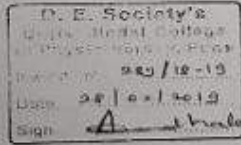
आपल्या सहकार्याबद्दल मनःपूर्वक धन्यवाद ।

असेच सहकार्य या पुढेही लाभो.

कळावं ही विनंती.

आ. वि.

  
मुख्याध्यापिका  
दिलासा केन्द्र



Hospital- Pune

  
PRINCIPAL  
D. E. Society's Brijal Jindal  
College of Physiotherapy  
Pune - 4



**KAMAYANI PRASHIKSHAN & SANSHODHAN SOCIETY**  
Regd. Off.: "KAMAYANI" C.T.S. No. 3024/11, Plot No. 270/B, Gokhale Nagar, Pune 411 004  
Phone : 25651588, 25673529  
Email : office@kamayanischool.org

(Registered under the Societies Registration Act, XXI of 1860 & Bombay Public Trust Act XXIX of 1925)  
Website : www.kamayanischool.org  
R.NO MAH 492

F-307

जा. क. केएस/१५४/२०१८-१९

दि. २६/२/२०१९


प्रति,  
मा. प्राचार्य,  
फार्गुसन कॉलेज,  
फिजिओथेरेपी विभाग,  
पुणे - ४११००४.

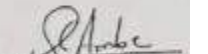
महोदय,

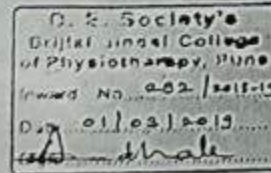
कामायनी प्रशिक्षण व संशोधन सोसायटी संचालित कामायनी स्कूल फॉर पेटली हॉस्पिटल  
व कामायनी उद्योग केंद्र, गोखलेनगर, पुणे १६ या संस्थेतील विद्यार्थ्यांना दरवर्षी फिजिओथेरेपीसाठी  
परवानगी देत आहात. सन १८-१९ या शैक्षणिक वर्षात सुध्दा आमच्या संस्थेतील २५ विद्यार्थ्यांना  
आपण आपल्या फिजिओथेरेपी सेंटर मध्ये घेण्यास परवानगी दिल्यामुळे विद्यार्थ्यांना त्याचा फायदा  
झालेला आहे. आपल्या सहकार्याबद्दल संस्था आपली अत्यंत आभारी आहे.  
संस्थेवर लोभ आहेच तो कायम राहून वृद्दीगत व्हावा ही विनंती.

कळावे,

आपले विश्वासू

  
श्री कालीदास सुपाते  
व्यवस्थापक

  
श्रीमती सुजाता आवे  
प्राचार्या  
श्रीमती सुजाता आवे  
प्राचार्या  
कामायनी स्कूल फॉर पेटली हॉस्पिटल  
२७०/बी, गोखलेनगर, पुणे ४



Hospital- Pune





Office : +91-20-26124660 / 26120762  
Shreevatsa : +91-20-26128219  
Tara : +91- 85548 77948  
e-mail : admin@sfofosh.org  
Website : www.sfofosh.org

## SOFOSH

### SOCIETY OF FRIENDS OF THE SASSOON HOSPITALS

Registered under the Societies Registration Act 1860 Reg. No. Mah/447/Poona  
and the Bombay Public Trust Act 1950 Reg. No. F-325  
Address : SOFOSH, Shreevatsa Childcare Centre,  
Sassoon General Hospitals, Agarkar Road, Pune - 411001.

31<sup>st</sup> March 2019

To,  
The Principal,  
Brijlal Jindal College of Physiotherapy,  
Pune,

**Subject: - Certificate of Appreciation**

Dear Sir/Madam,

Greetings from SOFOSH!!


This is to certify that faculty and students of DES (Brijlal Jindal College of Physiotherapy) Pune are treating the family deprived and destitute children at Shreevatsa, the child care center run by SOFOSH since the year 2010. Children are benefited by the therapy and is found to be very satisfactory.

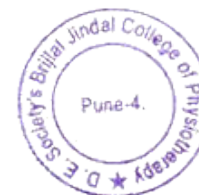
This therapy is indeed helpful for the children and we appeal to the college to continue this engagement of students on an ongoing basis.

We are very thankful to the college for the facility provided to the children at Shreevatsa.

This association will continue in future.

Thank you,

  
**SHARMILA SAYED**  
Administration Head  
SOFOSH  
Below Ward No. 31/32,  
Sassoon General Hospitals  
Pune-411001





**PRINCIPAL**  
D. E. Society's Brijlal Jind  
College of Physiotherapy  
Pune

**Managing Committee :**