

DES Brijlal Jindal College of Physiotherapy

**Activities of Yoga and Wellness
2018-2023**



D.E. Society's

BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

Name of Activity: - **Rashtriya Kida Din Celebration**

Name of Resource institute: - DESBJCOP

Name of Coordinator: Namrata Sidhaye- Bhadbhade

Student Coordinator: Isha Sathe and Megh Thakar

Department: Sports department

Date: 29th August 2022

Place: Fergusson College Cricket Ground and physiology lab of the college

Timing- 2.00 pm- 4.00 pm

Online / Offline: on field

Outline of activity:

On the account of Rashtriya Krida Din we had arranged games for staff and students.

Games for the students (Intra – class competition)

1. Tug of war: winner- 2nd BPTH class
2. 10 passes- Interns and 4th BPTH class (mix team)

Games for the staff

1. 10 passes- For this the staff members were divided in to two groups: Group A and Group B.
Winner: Group A
2. Musical chair: winner- Dr. Aditi Berry (PT)


Participants: 133 including BPTH and MPT students



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BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY




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





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BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

Name of Activity: -Rashtriya Krida Din Celebration 2023

Name of Coordinator: Namrata Sidhaye-Bhadbhade, Apoorva Pavnaskar

Department: -Sports Committee

Date:- 29.8.2023

Timing: 3pm-4.30pm

Place:- Fergusson college ground, Open Amphitheatre

Online / Offline:- Offline

Outline of activity:- National Sports Day celebrated by BPTTh Students and Staff of the DES Brijlal Jindal college of Physiotherapy Pune

- Students were encouraged to play different outdoor and Indoor sports

-Following sports were conducted: 100 m sprint, Mixed Relay and Skipping competition

- Students had participated enthusiastically in all the games.

-Winners were chosen to appreciate students

-Fitness pledge taken by all students and Staff

Objective- 1.To Inculcate fitness awareness among students

2. To encourage youth about indoor and outdoor games

3. To Inculcate Sporting spirit among students

Attendance - 129

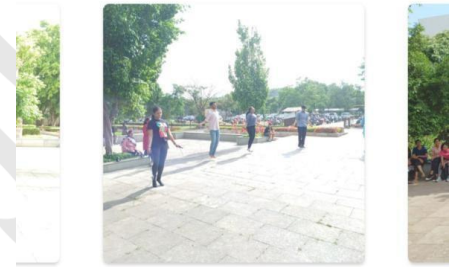
Photographs:-



FERGUSSON COLLEGE JUNIOR WING, DES
BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY,
शिवाजी नगर, पुणे, महाराष्ट्र 411004, India
Latitude: 18.526302 Longitude: 73.839867



29.08.2023
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College of Physiotherapy
Pune - 4



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BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

Name of Activity: **-STRESS MANAGEMENT WORKSHOP FOR MPT STUDENTS**

Name of Resource person: Dr. Pallavi Khurana, her team, with PG Psychology students from Department of Psychology, Fergusson College, Pune.

Name of Coordinator: Dr. Snehal Joshi

Department: Student Welfare

Date:-10/01/2024;

Place:- Physiology Lab, Ground Floor, DESBJCOP

Online / Offline:- Offline

Outline of activity:-

- a) Objective: Discuss reasons and strategies for the management of stress amongst students
- b) Participants/ Attendees: The session was conducted for all post graduate students and was conducted in an interactive manner with the psychologists interacting with each of the students.
- c) Outcomes: Find attached in the Feedback form

Signature of resource person:

Coordinator's signature: -

Participant's signature: Separate sheet attached



Pune, Maharashtra, India
11012, Model Colony, Shivajinagar, Pune, Maharashtra 411016, India
Lat 18.527238°
Long 73.840304°
10/01/24 03:03 PM GMT +05:30



Pune, Maharashtra, India
GRGR+P28, Chaturshringi Rd, Shivajinagar, Pune, Maharashtra 411004, India
Lat 18.526849°
Long 73.840065°
10/01/24 03:49 PM GMT +05:30



Pune, Maharashtra, India
GRGR+P28, Chaturshringi Rd, Shivajinagar, Pune, Maharashtra 411004, India
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Pune

ATTENDANCE RECORD OF STUDENTS ATTENDING
WORKSHOPS/ SEMINARS / GUEST TALKS

NAME OF ACTIVITY: STRESS MANAGEMENT SESSION

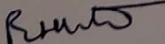
NAME OF SPEAKER: DR. PALLAVI KHURANA & TEAM; Dept of Psychology,
P.C. Pune.

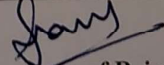
LOCATION: DESBTCOP, Physiology Lab.

DATE: 10/01/2024

COORDINATOR: Dr. Himani Ralchur ; Dr. Snehal Joshi (PT)

Sr. No.	Name of student	Year	Sign
1	IHA PALAMKAR	MPT I	Isla
2	Aishwarya Shah	MPT I	Shah
3	Shantamu Shinde	MPT I	shinde
4	Yogita Krishnan	MPT I	yogita
5	Divya Mane	MPT I	Divyaman
6	Ketaki Jadhav	MPT I	Ketaki
7	Aastha Tawarawala	MPT I	Aastha
8	Avanti Potdar	MPT I	Avanti
9	Mansi Tawari	MPT I	Mansi
10	Sayani Shah	MPT I	Sayani
11	Pranjali Kulkarni	MPT I	Pranjali
12	Tami Toté	MPT I	Tami
13	Nishita Chaudhary	MPT I	Nishita
14	Bhavika Durgawade	MPT I	Bhavika
15	Vani Agrawal	MPT I	Vani
16	Samyak Pagare	MPT I	Samyak
17	Diya Manglharani	MPT I	Diya
18	Vaishnavi J	MPT I	Vaishnavi
19	Vaishnavi C	MPT I	Vaishnavi
20	Kemal Dhoble	MPT I	Kemal
21	Vishwali Athawale	MPT I	Vishwali


Signature of coordinator


Signature of Principal



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

Name of Activity: World Heart Day 2022

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

Department: Cardiovascular and Respiratory Physiotherapy

Date/Time: 26TH SEPTEMBER TO 29TH SEPTEMBER 2022, 2-.30pm

Place: DESBJCOP, Pune

Online/offline: Offline

Outline of activity:

Objectives:

To create awareness about healthy heart habits with various activities like suryanamaskar challenge, plank challenge, healthy food cooking competition, poster making competition, lecture on importance of exercises to prevent CV disease for nursing students and group aerobic exercise session. It was arranged for 4 days as a form of competition where all UG Aand PG students of DESBJCOP participated with full zest.

Outcome:


Poster making competition and its exhibition for entire DES students, healthy cooking competition, group aerobic exercise session for students and faculty of DESBJCOP and other institutes of DES helped in creating awareness about healthy heart habits in all.

Lecture for 1st year B.Sc Nursing students on 'exercise for all' helped budding nurses to understand importance of exercises to avoid CVD.

Participants: suryanamaskar challenge 32, cooking competition 29 participants, plank 23 participants in all, poster making 13 entries, group aerobic session 100 participants

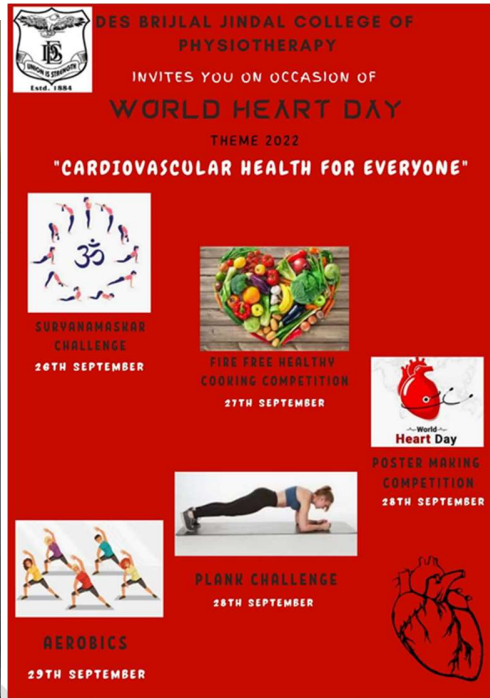
Photographs attached. Attendance of students and participants of camp attached.




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Day 4: Aerobics for all



Day 1: Surya Namaskar for all



Pune, Maharashtra, India
GRGR+P28, Chaturshringi Rd, Shivajinagar, Pune,
Maharashtra 411004, India
Lat 18.526738°
Long 73.839922°
26/09/22 04:27 PM GMT +05:30



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



Day 2: Prevention is better than cure Poster making Competition and exhibition, Healthy fire less recipe competition

**DES BRIJLAL JINDAL COLLEGE OF
PHYSIOTHERAPY**

On occasion of

WORLD HEART DAY

Presents

ROAR YOUR CORE

#PlankChallenge




DATE - 28th SEPTEMBER
VENUE - PHYSIOLOGY LAB
TIME - 3 pm to 4pm
COLOUR CODE - ROYAL BLUE





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

DES BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY
 On occasion of
World Heart Day
 Presents



EAT SMART FOR HEART

DATE - 27th SEPTEMBER 2022
 VENUE - PHYSIOLOGY LAB
 TIME - 3pm to 4pm
 COLOUR CODE -YELLOW

DES Brijlal Jindal College of Physiotherapy
 Inviting you on occasion of
WORLD HEART DAY




ROCK ON BEATS FOR BETTER HEART BEATS
 Let's nacho for fitness with fun



DATE -29 th SEPTEMBER
 VENUE - OPEN AMPHITHEATER
 TIME - 3.30pm to 4.30pm
 COLOUR CODE - RED


DES BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY
 ON OCCASION OF
WORLD HEART DAY
 Presents



SURYANAMASKAR CHALLENGE

DATE - 26th SEPTEMBER 2022
 VENUE - PHYSIOLOGY LAB
 TIME - 3 pm to 4 pm
 COLOUR CODE - WHITE

DES BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY
 On occasion
WORLD HEART DAY
 Presents



THE HE'ART' DAY
 #Postermakingcompetition

DATE - 28th SEPTEMBER 2022
 VENUE- PHYSIOLOGY LAB
 TIME - 3pm to 4pm
 COLOUR CODE - ROYAL BLUE



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 BPTth students, Children from SOFOSH and their caregivers, OPD patients

b) Photographs





AGARKAR NAGAR
आगरकर नगर
WARD NUMBER 26
बॉर्ड नंबर 26

Pune
Maharashtra
India

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2023-06-21(Wed) 04:24(PM)

GPS Map Camera

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Maharashtra 411004, India
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Long 73.839961°
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D.E. Society's Brijlal Jindal College of Physiotherapy
Organizes

Activity ~~Fall~~ on
International Yoga Day
By

On 21-6-2023

Attendance

Sr. No	Student's Name	Signature	Sr. No	Student's Name	Signature
1.	Swarajali Patil				
2.	Aarya Gune				
3.	Drishiti Hotwani				
4.	Neelima Jundekar				
5.	Aabha Bobade				
6.	Pooja Hudu				
7.	Mitika Jasnani				
8.	Nitakehi Jaipuria				
9.	Ashutosh Somwanshi				
10.	Loukik Kulkarni				
11.	Vaidahi Wankar				
12.	Riya Phatak				
13.	Sanika Wagh				
14.	Aniruddha Brahamankar				
15.	Dnya Thapar				
16.	Ashutosh Shatma				
17.	Het Gotil				
18.	Mrunalini Gogate				
19.	Vibhuti Kashiwal				
20.	Rajad Niwje				
21.	Shreya Jayagond				
22.	Devashree Kulkarni				
23.	Sakshi Houji				

Signature of Guest Speaker

Signature of coordinator



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

Name of Activity: FREE COVISHILD VACCINATION DRIVE FOR STUDENTS

Vaccination by:Dr. Zodge, BalasahebDeoras Polyclinic, Pune

Name of co-ordinator:Dr.Snehal Joshi(PT)

Date/Time: 21ST June,2022; 2.30-5pm

Place: Physiology Lab

Online/offline: Offline

Outline of activity:

Objectives:

1. To avail COVID vaccination precaution/booster dose to all PG, UG students, teaching & non teaching staff of DESBJCOP for free of cost in the college premises.
2. To protect the students against covid infection as the students work in clinical postings (OPD/IPD/ICU).

Outcome:

The vaccination drive was well appreciated by all beneficiary.

Participants:87 (UG ,PG students and non teaching staff), attendance copy attached
Photographs attached

Signature of Co-ordinator: Dr. Snehal Joshi(PT)



Snehal Joshi
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College of Physiotherapy
Pune - 4

Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 21 /06/2022

Sr. No.	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Adarshit Bhurke	9511782930	832409320742	6990	12-10-03
2	Bhargava N. Patil	9763758296	710590266682	2790	25-3-2008
3	Atharva Kulkarni	9823446145	485088254018	7790	12-3-2003
4	Isha Shepal	7666420225	604898678169	9840	24-02-2003
5	Sanika Wagh	9822085450	546220328247	6990	3-02-2003
6	Aabha Bobade	7020486860	937154549075	2381	4-05-2000
7	Shruti Pimplapure	9579009382	276702718756	5650	14-09-2002
8	Dinesh Dodke	9225340965		2250	27/12/76
9	Nivedita saipatilwar	9226115754	7619627473160	1600	22/3/89
10	Sanjay Tikone	9503771889	770882539977	8290	26/05/1984



Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 21 /06/2022

Sr. No.	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Devashree Kulkarni	9822546030	4410 49138005	7970	09/06/2002
2	Nilam Nikam	8600622299	924975087048	6128	20/11/1987
3	Anirudha Brahmanathkar	7588359895	765898195618	5590	02/01/2003
4	Radhika N. Apte	7030527670	903854100672	7970	29/06/1986
5	Deepa D. Bagde	9825148112	939394382026	2156	09/11/1972
6	Sumbhi Gaikwad	8446463241	729992341524	6410	20/03/2003
7	Pranav Yele	8888556122	462816010490	9960	28/07/1990
8	Santosh C. more	9823357365	743894243022	5610	
9	Tanmayee Bhuvad	9420952455	575432746462	0400	26/01/2003
10	Sai Neurgaonkar	9850555840	623920328700	9860	19/03/2003



Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 21 /06/2022

Sr. No.	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth
1	Sejal Manoj Mehta	7420095519	276482455923	3820	24/01/2001
2	Samruddhi Sheetal Shah	7276517434	834216475813	8244	18/05/2002
3	Rutika manoj khadgave	8080045862	693928210547	7787	29/11/2000
4	Nayan Sandeep Kotian	9892906821	765496990802	7780	21/04/97
5	Riya Bharatbhai Patel	7038746822	610409299038	0111	21/01/1998
6	Alfaiz. Jakir. Tamboli	8149711288	904960027087	2412020	28/3/1998
7	pravin B chavhan	9545856270	351713682541	4154	19/12/96
8	Sachin Mohan kajale	9309863646	534345505906	7826	24/02/98
9	Ventatesh Sunil Naue	9673359941	221740731366	6529	21/05/96
10	Sharayu Milind Raybole	8600611065	265813021978	1966	24/08/96



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DES College of Physiotherapy COVISHIELD Booster dose

Dose 21 /06/2022

Sr. No.	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	4 Yash Chaudhari	7774921032	573774460605	4600	15/05/2001
2	2 Dinkar Thakare	8669773751	772284646548	4842	25/09/1999
3	3 Kalyani Rathi	9119443987	221293750124	3730	15/11/2000
4	4. Spruha Talikoti	9766832031	600160801504		8/11/2000
5	5. Purva Bendre	9545126766	547424677916	6570	12/09/1999
6	6. Mugdha Modak	9552067976	615123159797	5945	29/08/2000
7	7. Isha sate	9372825656	962284334623	4688	11/10/2000
8	Shirin Kurro	70306572337	726077964862	4862	10/11/2000
9	Rujula Jadhav.	9545548313	467598285714.	8900	16/02/2001.
10	Shubham Navathe	7875744505	927899022527	0320	14/02/2000

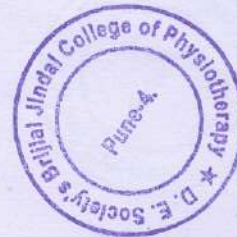


Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 21 /06/2022

Sr. No.	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Shriprabha Shankar Thube	9022248736	8801 1088 7728	1470	22/11/1996
2	Amruta Rajantn	9922156231	27566 9710436	0436	18/06/1998
3	Kartiki Bhilare	9511296464	2748 1313 6537	2269	18/08/1998
4	Bijal Pasad	9833 868121	5790 91484742	2096	28/01/97
5	Riya Jain	9604912635	9828 89272664	8978	05/03/95.
6	Siddhi Desai	7506820872	544310843262	6366	20/02/97
7	Komal Valesho	9881500872	9650 2136 1043	1468	25/04/96
8	Nikita Kollu	8329783570	405747884115	1970	19/05/97
9	Mleena Mandalik	9657519644	777061030136	4060	30/8/76
10	Bhargavi Phomane	7972335562 8767622306	4305 01911650	0961	02/06/1999



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DES College of Physiotherapy COVISHIELD Booster dose

Dose 21 /06/2022

Sr. No.	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Antara Sanjay Shah	8554954357	3923 7752 8238	6166	03/11/1999
2	Mitika Jainani	8390 403980	3178 713574135	1800	12/01/2001
3	Shreya Shantinath Jayagond	8550939365	9909 1106 6520	9320	14/02/2002
4	Vibhuti Manojkumare Kastliwal	9168311588	2376 8620 5353	1450	10/09/2004
5	Aarya Sudhis Gune	9820232398	9115 6449 1143	8090	20/04/2002
6	Ashutosh madhukar Somwanshi	7066337577	234624285410	434730	02/12/2000
7	Sakshi Ganesh Houji	8668739369	6075 74698444	5876	12/04/2002
8	Revati Gadikar	7444383263	6074 5023 9740	5950	16/01/2001
9	Samruddhi Deshpande	8407978674	4289 7873 1514	8550	30/04/2002
10	Loukile Kulkarni	8830619631	3574 7229 5009	1620	01/07/2001



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Dose 21 /06/2022

Sr. No.	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Da
1	Apurva Gautam Jadhav	9156474343	4325 86876438	3287	1997
2	Uma Ramavtar Sharma	8329889613	852239797861 24394135310307	0307	1997
3	LYNN FERNANDES	8828006032	4701 1677 5333	6909	1998
4	Het Mayur Gohil	8422027791	3858 88131700	0520	2003
5	Nasanti Uday Khore	8669962260	592485772023	5450	2001
6	Jaya Prakash Pathak	9730534868	3455 6760 9929	4962	1997
7	Drishti Anil Hotwani	8888683689	7601 9319 3889	0838	2001
8	Swarayali sunil Patil	8767312165	4731 6722 5718	9560	2002
9	Riya Phatak	7620552997	5409 2102 8059	7268	2002
10	Sara Kulkarni	7349639198	9121 0238	2110	2002



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Dose 21 /06/2022

Sr. No.	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Aisha. Sandeep Sundesha	7378449649	71574201 2773	0473	1999.
2	Sanchi Ashok Taksande	9881901338	331525184861	22 70	2000
3	Sheetal Bhagwanrao Bekre	9359302438	215060510763		
4	-Mansi Pulhas Deolasi	9960425701	551791401458		1999
5	Mrunmayee Kashinath Kalle	8308694889	583627695217	7700	2000
6	Vedika Nitin Rege	7588275305	484930439082	0883	2001
7	Sneha Subhash Waydande	7507637152	851329530588	4254	1998
8	Shradha Dnyaneshwar Ghadge	9594490061	460948399222	7067	1997
9	Anuja Atul Phalegar	9112456581	814395002026	9096	1998
10	Priyanka Santabh Kale	7722045929	998644531279	6522	1986



Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 21 /06/2022

Sr. No.	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Shruti Vjagare	9823555919	8511 5858 5735	8800	2002
2	Pooja Hudu	9309300296	9931 4249 1153	8570	2001
3	Sarvesh Yeshwant	7588359895	558686042128	7950	2001
4	Surbhi Gaikwad	8446463241	729992341524	6410	2003
5	Shriya Amlati	9765559479	5040 6980 6307	7060	2003
6	Sanika Suryawanshi	8805170375	28 3445 023218	2810	2002
7	Paridhi Jalan	7385091703	659320350799	9000	2003
8					
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10					

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DES College of Physiotherapy COVISHIELD Booster dose

Dose 29 /06/2022

Sr. No	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Manisha Bhagwat	9766827672	716212327726	0290	4/6/1968
2	Amol Kanade	9960976328	643231382633	1160	11/04/1990
3	Prashant Gokhale	9422001898	229823697554	7482	11/9/1961
4	Renuka Kulkarni	9561071140	268410247760	1637	23/1/1968
5	Vilas Khule	9860609894	213649324840	8722	27/1/1972
6	Madhuri Kale	9822433168	856367067209	0098	28/10/1978
7	Jitendra Wagh	9225586794	441682248926	4886	6/11/1973
8	Bharat Yele	8087680682	441682248926 355250829901	6990	26/11/1987
9	Rushikesh Kakade	9970060704	236169958417	9020	04/12/1989
10	Siddhi. Barla	9082410241	922867383006	6837	7/9/2000
11	Sabita Waghmare	7507112046		5988	4/10/1972
12	Yuvraj Gathe	8446657545	549423102514	3650	31/12/1994
13	Bhalchandra Kulkarni	9822882509	981485371546	8617	12/11/1970
14	Leena Damakale	9922999553	611801632690	2840	18/12/1980
15	Poonam Jadhav	8788115790	980649686126	4730	26/6/1994



Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 29 /06/2022

Sr. No	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Sameer More	9822207030	4408 29303508	3590	7/5/1971
2	Aishwarya Kulkarni	8669556699	231095907130	9030	16/4/1998
3	Priya Pawar	8856000505	252840696989	0870	11/2/1997
4	Shital Patil	8657121297		5690	13/3 13/06/1991
5	Vaishali Jadhav	9921968144	701667684720	1690	18/2/77
6	Ravi Chinchkar	9322132091		5420	29/10/77
7	Swapna Mokashi	9552564125		0770	8/8/92
8	Ameey Mokashi	9552564125		5710	4/9/90
9	Sunanda ^{Deshmukh} Mokashi	9552564125		3650	24/4/1958 1964
10	Swati Wagh	9960316641		6589	15/2/1978
11	Maruti Bhosale	8108819405	837088773862	6210	1/6/1992
12	Prashant Dude	9172648779		2560	24/5/1986
13	Jeevan Abhyankar	923987556127	801277218504	7657	29/08/1993
14	Ganesh Dhangar	9099024561	800803084182	1880	15/10/1988
15	Krushikesh Kale	7276712978		9690	17/11/1988



Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 29 /06/2022

Sr. No	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Hushita Sandeep Yelwande	9881356527	981696986105	6140	06/03/76
2	Chitra Kakade	9665048880	744122605853	1870	3/8/65
3	Urmila Jadhav	8888984231	607112360029	<	3/3/1966
4	Sanket Jadhav	8862021531	.	4758	08/05/1994
5	Nikhil Kulkarni	9322385075	946183502905	.	22/03/1995
6	Dada Jankar	9657832704	263409537077	4890	20/10/88
7	Aniket Gaikwad	9762743198	.	0000	25/02/87
8	Arun Uttkar	9604341893	.	7630	3/6/68
9	Geeta Uttkar	9604341893	.	6290	1/9/75
10	Anil Dilip Angade	9922954596	2791 2797 0740	9038	23/8/88
11	Tejaswi vijay Zujam	8766821835	51	83520	22/10/96
12	Vasanti Rukhikesh Katade	9503873277	718144604987	6690	01/03/93
13	Reshma S. Salunke.	9552002185	63 908183426639	6639	01.06.82
14	Reemila R. Shinde	9922376206	.	0575	13-3-1976
15	Balpathak Sampada	9689576894	.	3120	07-07-1974



Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 29 /06/2022

Sr. No	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Sudhir Supekar	976267833	84316852375	4090	6/9/91
2	Mangesh Phate	4762865929	980676189713	5440	9/11/96
3	Ganesh Pawar	8856000505	9	5070	7/11/1969
4	Ashwini Deshpande	9822552848		1266	28/3/1969
5	Savita Abhyankar	8888584669	790598083954	3670	3/3/1985
6	Santosh Abhyankar	9890955424		3230	27/11/1977
7	Mahindra Bhosale	9774351455	617227519834	5874	7/10/1973
8	Aditi Deshpande	7744909752	975752509694	6240	6/5/1991
9	Neeraj Purnapatre	9881970178	574884492148	3473	26/8/1974
10	Nidhi Purnapatre	9881970778	99233202859	3554	29/5/1976
11	Sucha Wadekar	2956804530	980983553376	9720	30/11/1992
12	Priyanka Surwase	8329535442	667313759091	1460	11/6/1994
13	Chimay Powar	9767130923	623652473433	3149	24/11/2000
14	Priyanka Jankar	7875218191	491370292568	2880	31/10/1998
15	Madhumati More	7385508020		4070	23/5/1979

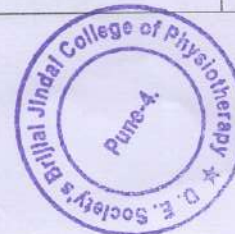


Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 29 /06/2022

Sr. No	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Rajendra Kulkarni				
2	Shreya Desai				
3	Sagar Mate.				
4	Kiran Deshpande	9764328384			27/10/1975
5	Suraj Shinde	9730388414		7700	9/12/1989
6	Shivraj Nilange	9158351008		4780	16/10/1992
7	Girish Kenkar	7028411381		3789	24/12/1963
8	Milind Kamble	9923167684	897009128056		1/6 11970
9					
10					
11					
12					
13					
14					
15					



Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 29 /06/2022

Sr. No	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Sudhir Supekar	976267833	843108523375	4090	6/9/91
2	Mangesh Phate	9762865929	980676189713	5440	9/1/96
3	Ganesh Pawar	8856000505	9	5070	7/1/1969
4	Ashwini Deshpande	9822552848		1266	28/3/1969
5	Savita Abhyankar	8888584669	790598083954	3670	3/3/1985
6	Santosh Abhyankar	9890955424		3230	27/1/1977
7	Mahendra Bhosale	9774351455	617227519834	5874	7/10/1973
8	Aditi Deshpande	7744909752	975752509694	6240	6/5/1991
9	Neraj Purnapatre	9881970178	574884492148	3473	26/8/1974
10	Nidhi Purnapatre	9881970778	99233202859	3554	24/5/1976
11	Sueha Wadekar	2956804530	980983553376	9720	30/1/1992
12	Priyanka Surwase	8329535442	667313759091	1460	11/6/1994
13	Chimay Powar	9767130923	623652473433	3149	24/11/2000
14	Priyanka Jankar	7875218191	491370292568	2880	31/10/1998
15	Madhumati More	7385508020		4070	23/5/1979

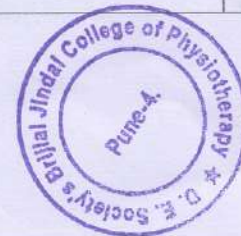


Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 29 /06/2022

Sr. No	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Rajendra Kulkarni				
2	Shreya Desai				
3	Sagar Mate.				
4	Kiran Deshpande	9764328384			27/10/1975
5	Suraj Shinde	9730388414		7700	9/12/1989
6	Shivraj Nilange	9158351008		4780	16/10/1992
7	Girish Kenkar	7028411981		3789	24/12/1963
8	Millind Kamble	9923167684	897009128056		1/6 11970
9					
10					
11					
12					
13					
14					
15					



Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 29 /06/2022

Sr. No	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	Sufiya Inamdar	8623039445	802884459135	5197	25/7/1994
2	Sudhar Deshpande	9272104998			10/11/1959
3	Prachi Gokhale	9422001898 9325359		9954	27/2/1963
4	Zahida Sheikh	8007648624	527885538071		5/9/1980
5	Sunil Gaikawaiwari	9226115754		8790	9/3/1983
6	Pragati Bakane	8805787123	234679474550	8320	24/6/1993
7	Samarth Phadatar	9765008153	310715485384	8641	6/6/2003
8	Nikhil Phadatar	842095581	592334752889	7180	22/5/1999
9	Maruti Jadhav	9021818668		7220	15/12/1977
10	Rashmine Chaudhary	9970157854	771410568482	3670	23/11/1974
11	Vinod Dharma	9975563775		8060	24/6/1986
12	Anita Nerlekar	7264906911		1870	16/11/1948
13	Pandurang Sathe	9822692974	682158917531	0466	16/3/1966
14	Jyoti Bhawe	9422306032		4409	27/3/1963
15	Rulha Kulkarni				



Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 29 /06/2022

Sr. No	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	KULKARNI DHANANJAY ANANT	9561071139	884353516472		19/10/1968
2	Kulkarni Vaishali Rajendra	9822747148	6299		19/04/1972
3	Swati Channudatta Jogekar	9822874551	1943	429794924	15/11/1966
4	Dr. Santa Kelkar	9422529335	72455498976	683729 53751	13/1/62
5	Vinayak Kelkar	9922909021	352773335309		14/8/1957
6	Ashwini P. Desai	9890975957	377988168294	5439	28/10/1975
7	Shobha Baviskar	9403310442			29/6/1959
8	Poojankar Pooj	9420103701		hh20	13/11/1977
9	Ravindra A. Udegh	7350203201			18/06/1978 12/04/1983
10	Rutuja R. Udegh	7350203201			17/04/1983
11	Nitesh J Patil	9421611161	542294940264	1990	6/11/1984
12	Abhinav S Shirde	9552500585		5870	30/11/1986
13	Nitin. L. Sodanwar	8087700281		5310	30/11/1984
14	Jyotsaj J. Bhandare	9970058258			26/10/1987
15	Vidhya Zujam	9112714253	9112714253	9709	30/1/1976

Balasaheb Deoras Polyclinic

DES College of Physiotherapy COVISHIELD Booster dose

Dose 29 /06/2022

Sr. No	Name	Mobile No.	Adhar Card No	Reference ID Last 4 Digits	Birth Date
1	NIRANJAN WAGH	9890235156	467315678931	5000	26-03-82
2	Swati Dodke	9225340965		3140	08-08-77
3	Pushil S. Kolharni	9158221644	AXHPK4516H	1780	06-11-1987
4	Dipoli S. Sangle	8080000799		2060	30.9.1989
5	Shrikant Vinay	9527881629	911078692194		16/3/1986
6	Madhavi Khade	7499291422		1410	11/11/1993
7	Netake Durga Sanjay	7447259746	22910018603	3786	01/07/2002
8	Bharati sapkal	8149194120			
9	Sharad Kunte	9423011899	363144984317	.	21-12-52
10	Sunita. S. Kunte	9890340831	549711351348	2020	18-06-1958
11	Ashish M Puranik	9422510793	26440758784357	4357 8250	31/10/1982
12	Prasad Ghavi	9423572114			12/04/1977
13	Vibhavoji Ghavi	9422308615			15/04/1983
14	Anand Bhandwalkar.	9850810424		7420.	20/11/82
15	Suresh Anant Joshi	9765695954			10/10/8964



D.E. Society's
BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

Name of Activity: - **STRESS MANAGEMENT WORKSHOP FOR STUDENTS**

Name of Resource person: **Ms. Shweta Sahasrabuddhe**

Name of Coordinator: Diptee Bhole

Department: Student Welfare

Date:- 27/08/21; 28/08/21; 03/09/21; 04/09/21

Place:- Physiology Lab, Ground Floor, DESBJCOP

Online / Offline:- Offline

Outline of activity:-

- a) Objective: Discuss reasons and strategies for the management of stress amongst students
- b) Participants/ Attendees: The course was open for all under and post graduate students. Those who volunteered to participate, attended the course. Total number: 12
- c) Outcomes: Find attached in the Feedback form

Signature of resource person:

Coordinator's signature: -

Participant's signature: Separate sheet attached.



DES's Brijlal Jindal College of Physiotherapy, Pune

STRESS MANAGEMENT WORKSHOP FOR STUDENTS

Resource Person: Ms. Shweta Sahasrabuddhe

Sr. No.	Name of participant	Year	27-08-2021	28-08-2021	03-09-2021	04-09-2021
1	Janhavi Manjrekar	I MPT				
2	Siddhi Desai	I MPT				
3	Mansi Bagul	I MPT				
4	Komal Valesha	I MPT				
5	Venkatesh Mane	I MPT				
6	Shriprabha Thube	I MPT				
7	Arjun Mhadgut	I MPT				
8	Riya Jain	I MPT				
9	Amruta Bajantri	I MPT				
10	Sharayu Raybole	I MPT				
11	Bijal Pasad	I MPT				
12	Sejal Mehta	II B.P.Th.				

Sign of activity co-ordinator

Sign of resource person



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

Name of Activity: International Yoga day 2022

Activity carried out: Yoga sessions organized for 1st and 2nd year students of Deccan Education Society's Brijlal Jindal college of Physiotherapy, Pune

Name of Coordinator: Abha Dhupkar and Shreya Dhake

Department: Cardiorespiratory

Date & Time: 9-10 am

Online/Offline: Offline

Objectives: To make all students aware about importance of yoga and it can be used to improve flexibility of body and concentration in studies

Can be performed easily at home without use of any equipment

Outcome: Effectiveness of yoga to improve strength, flexibility and immunity

Participants: 1st and 2nd BPTH students





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

D.E. Society's Brijlal Jindal College of Physiotherapy
Organizes
Talk on

International Yoga day
By

On 21st June 2022

Attendance

Sr. No	Student's Name	Signature	Sr. No	Student's Name	Signature
1.	Tanmayee Bhand	Tanmayee	38	Sankha Suryawanshi	Sankha
2.	Sai Neerigaonkar	Sai			
3.	Gauri Bhande	Gauri			
4.	Poojal Khaiche	Poojal			
5.	Amruta Gade	Amruta			
6.	Isha Shepal	Isha			
7.	Aditi Kulkarni	Aditi			
8.	Sanika Deshmukh	Sanika			
9.	Paridhi Talan	Paridhi			
10.	Anjana Venkatgiri	Anjana			
11.	Atharva Kulkarni	AK.			
12.	Bhargav Pali	BP.			
13.	Adwait Bhuske	AB			
14.	Archika Shinde	AS.			
15.	Nupur Tendhkar	Nupur			
16.	Mugdha Joshi	Mugdha			
17.	Tanuja U	Tanuja			
18.	Aarti Telang	Aarti			
19.	Mohini Kogane	Mohini			
20.	Nikita J	Nikita J			
21.	Yugeshwari J.	Yugeshwari J.			
22.	Shat Adni	Shat			
23.	Mitali N	Mitali			
24.	Nidhi B	Nidhi			
25.	Poushima S	P.S.			
26.	Samrith P.	SP.			
27.	Shriya A.	SA.			
28.	Megha K.	Megha			
29.	Sandhya	Sandhya			
30.	Trishita	Trishita			
31.	Kaushik	Kaushik			
32.	Zainab M	Zainab			

34 Sara Malkhane ~~Sara~~

35 Ananti Tare ~~Ananti~~

Signature of Guest Speaker

~~Shah~~

Signature of coordinator



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

Name of Activity: International Yoga day 2021

Activity carried out: Yoga sessions organized for staff and MPT students of Deccan Education Society's Brijlal Jindal college of Physiotherapy, Pune

Name of Coordinator: DESBJCOP

Department: Staff and MPT students

Date & Time: 3-4 pm

Online/Offline: Offline

Outline of Activity:

Objectives: To make aware all the individuals about importance of yoga during covid period.

Can be performed easily at home without use of any equipment

Outcome: Effectiveness of yoga to improve strength, flexibility and immunity

Participants: Teaching Staff and MPT students



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





D.E. Society's
BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

A workshop on **Stress Management** was conducted for the

Undergraduate students: II, III and IV B.P.Th

Dates:

Session 1: Date: 10th August 2019, Saturday, 1 pm to 5pm

Session 2: Date: 24th August 2019, Saturday, 1 pm to 5pm

Resource person: Dr. Anand Godse (Ph.D. Psychology)

The sessions were highly interactive and were conducted exclusively for the students and involved no involvement from the staff (apart from that required in the organisation) in order to enhance their uninhibited participation. The workshop was well received by the students of all classes. The attendance and feedback of the respective batches is attached to the report.

Feedback from the II B.P.Th. students

We all liked the session conducted by Godse sir. It was interactive, productive and really helpful. It helped us to reduce our inferiority complex as we realized that we are facing similar problems. It gave us an insight and helped us in increasing self awareness.

The session improved our thinking pattern. He suggested how to improve interaction will benefit us in the coming years. Sir taught us mind body interdependence in a very simple and friendly way. On the whole, sir covered many important topics which will be of great help to us.

We would like to have more sessions in the year to come.

Feedback from the III B.P.Th. students

Varied activities were conducted which made us realize how often we complicate simple situations. Throughout the session there wasn't even a single dull moment.

We played a few games that made us realize that we are a part of a chain/ society and need to be an active participant and blend with others and live in harmony.

One of the students attained the position of 'Shirsasan' and we discussed about the importance of balance. The correlation between physical balance and ability to attain balance in emotional aspect is equally important.

Overall, the session was enjoyed thoroughly and we all had something to take back home. We would love to be a part of many such sessions. It was a complete stress buster and something different from the monotonous routine.

Feedback from the IV B.P.Th. students

One of the highlights of the session was understanding the significance of mental practice through assumption of seemingly difficult yoga positions and the wrestling activity. Both of these offered a much needed glimpse of the importance of self awareness and focus. It was unanimously felt that the light and transparent nature of the workshop allowed everyone to be uninhibited and therefore more engaged. Various aspects were touched upon, which included stress and time management and self awareness amongst others.

However, what could have helped more was coming up with easily applicable and practical day to day life strategies to better manage stress.

The Question Answer session was the most appreciated and of help. A session at the beginning of the year and another midyear would be of help.





Sign of coordinator



Sign of Principal

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

WORKSHOP ON STRESS MANAGEMENT

Resource person: Dr. Anand Godse

Dates: 10th and 24th August 2019

IV B.P.Th.

Sr. No.	Name of student	Session I/II	Sign
1	Agash Manik	II	Agash
2	Apte Neha	II	Neha
3	Apte Rutuja	II	Rutuja
4	Athavale Vishwali	II	Vishwali
5	Berad Shravani		
6	Bhave Neha	II	Neha
7	Chhajed Nikita	II	Nikita
8	Gokhale Aaditi	II	Aaditi
9	Himani Deo	II	Himani
10	Ingle Mayuri		
11	Majmudar Aayushi	II	Aayushi
12	Mangoankar Aditee	II	Aditee
13	Mengle Varada		
14	Nakul Nawale	II	Nakul
15	Natu Pranjali	II	Pranjali
16	Oak Devashree	II	Devashree
17	Patil Ronit	II	Ronit
18	Patkar Anagha	II	Anagha
19	Rajpurohit Manav		
20	Rebello Hazel	II	Hazel
21	Mahek Soni	II	Mahek
22	Akanksha Shah		
23	Shengal Shweta	II	Shweta
24	Shraddha Kanade	-	A -
25	Thakar Shweta	II	Shweta

III B.P.Th.

Name of student	Session I/II	Sign
Bhavika Agrawal	I	Bhavika
Komal Agrawal	I	Komal
Shreeya Athavale	I	Shreeya
Vinita Bagul	I	Vinita
Mahi Bhandarkar	I	Mahi
Rujuta Bhave	I	Rujuta
Surabhi Bhote	I	Surabhi
Nidhi Chikhhal	I	Nidhi
Mihir Chitale	I & II	Mihir
Neha Deshmukh	I	Neha
Siddhant Deshmukh		
Bhargawi Dhokane	I	Bhargawi
Harshita Dhruv	I	Harshita
Taruna Gambhir	I	Taruna
Ranjeet Ghatge	I	Ranjeet
Akshay Gujar	I	Akshay
Koyal Jadhav	I	Koyal
Sanyukta Jagtap	I	Sanyukta
Vaishnavi Kausadikar	I	Vaishnavi
Neha Kelkar	I	Neha
Krishna Kolhatkar	I	Krishna
Neha Kulkarni	I	Neha
Shivani Mhaskar	I	Shivani
Rhutuja More	I	Rhutuja
Abhay Nayak	I	Abhay
Apoorva Ozarkar	I	Apoorva
Tanvi Parikh	I	Tanvi
Issac Salve	I	Issac
Tanika Sane	I	Tanika
Aashika Shah	I	Aashika
Antara Shah	I	Antara
Rashmi Thakkar	I	Rashmi
Uma Tulapurkar	I	Uma
Rhushikesh Ujade		

WORKSHOP ON STRESS MANAGEMENT

Resource person: Dr. Anand Godse

Dates: 10th and 24th August 2019

II B.P.Th.

Sr. No.	Name of student	Session I/II	Sign
1	Anand Sakshi		
2	Bagul Prachi	II	Prachi Bagul
3	Baria Siddhi	I	Siddhi Baria
4	Bekte Sheetal	I	Sheetal Bekte
5	Bendre Purva	I	Purva Bendre
6	Borse Pooja		
7	Deolasi Mansi	I	Mansi Deolasi
8	Deshpande Falguni	I	Falguni Deshpande
9	Deshpande Rhea	I	Rhea Deshpande
10	Dombe Aishwarya		
11	Dupare Sweejal		
12	Gomes Charnelle	I	Charnelle Gomes
13	Jadhav Rujula	I	Rujula Jadhav
14	Jain Kashish	I	Kashish Jain
15	Joshi Gayatri	I	Gayatri Joshi
16	Katte Mrunmayee	I	Mrunmayee Katte
17	Kende Vaishnavi		
18	Khandwala Rushabh	II	Rushabh Khandwala
19	Kunte Shirin	-	Shirin Kunte
20	Mane Akshata	II	Akshata Mane

Sr. No.	Name of student	Session I/II	Sign
21	Megh Thakar	II	Megh Thakar
22	Modak Mugdha	II	Mugdha Modak
23	Navathe Shubham		
24	Paliwal Priyanshi	II	Priyanshi Paliwal
25	Patel Pooja	II	Pooja Patel
26	Rasane Purva	II	Purva Rasane
27	Rashmeet Gurudatta	II	Rashmeet Gurudatta
28	Rathi Bharat		
29	Rege Vedika	II	Vedika Rege
30	Sankav Anushka	II	Anushka Sankav
31	Sathe Isha	II	Isha Sathe
32	Sathe Swarangee	I	Swarangee Sathe
33	Satte Tanvi	II	Tanvi Satte
34	Shirse Diksha		
35	Solapurkar Srushti		
36	Surana Rishabh	II	Rishabh Surana
37	Tamhankar Shruti	II	Shruti Tamhankar
38	Tarpe Neha		
39	Thakare Dinkar	II	Dinkar Thakare
40	Waghmode Mayuri		
41	Shah Nirali		



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

Name of Activity: International Yoga day 2018

Activity carried out: Different Yoga asanas performed

Name of Coordinator: Dr DipteeBhole

Department: Musculoskeletal Department

Date & Time: 9-10am

Online/Offline: Offline

Outline of Activity:

Objectives: 1.Toraise awareness worldwide of the many benefits of practicing yoga.
2.Beneficial effects achieved through use of traditional yoga.

Outcome:Improvement in strength,flexibility& endurance

Participants: Teaching and non teaching staff of DES Brijlal Jindal College of Physiotherapy, Pune



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



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

Name of Activity: International Yoga day 2019

Activity carried out: Yoga sessions organized in different sub units of Deccan Education Society ,Pune

Name of Coordinator: DESBJCOP

Department: All departments.

Date & Time: 10-11 am

Online/Offline: Offline

Objectives: Toraise awareness worldwide of the many benefits of practicing yoga.

2.Beneficial effects achieved through use of traditional yoga.

Outcome:Improvement in strength,flexibility& endurance

Participants:Teaching and non teachingstaff of DES law college and junior College , Pune



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



Deccan Education Society's
Fergusson College

Pune - 411 004, Maharashtra State, INDIA.



An Autonomous College (under Savitribai Phule Pune University, Pune)

(ID No. PU/PN/AS/002/1885) NAAC Accredited 'A' Grade CGPA 3.62

College with Potential for Excellence (UGC) | DST FIST Supported College | DBT-STAR College | Heritage Status by UGC

15.10.2019

To,
The Principal
Brijlal Jindal College of Physiotherapy

Dear Madam,

Students from Rysenteen Gymnasium, Copenhagen, Denmark have visited Fergusson College in September 2019. During this program your college has arranged 'Yoga Demonstration & Practice' for Danish students. I am grateful to you for your cooperation in this regard.

Yours sincerely



Principal

Fergusson College, Pune

D. E. Society's Brijlal Jindal College of Physiotherapy, Pune
Inward No. 227/2019-20
Date 10/12/2019
Sign. A. Dhale

Extⁿ Activities



Estd. 1885

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06.09.2019

To,
The Principal
Brijlal Jindal college of physiotherapy

Dear Madam,

Fergusson college has Students cultural exchange programme with Rysenteen Gymnasium Copenhagen, Denmark since 2015.

During this programme students from Rysenteen Gymnasium Copenhagen visit our college every year in September.

These students are visiting our college between 9 September 2019 to 15 September 2019.

This year as a Part of Programme, Danish students are interested in 'Yoga Demonstration & Practice' for about 1 hour.

You are requested to arrange the same for Danish students on Saturday 14 September 2019 between 8.00am. To 9.00am in your college.

Thanking you.

Yours sincerely



Principal

Fergusson College, Pune

D. E. Society's
Brijlal Jindal College
of Physiotherapy, Pune
Inward No. 228 / 2019-20
Date 10/12/2019
Sign. A. Dhale

Extⁿ Activities.



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

Name of Activity: International Yoga day 2018

Activity carried out: Different Yoga asanas performed

Name of Coordinator: Dr DipteeBhole

Department: Musculoskeletal Department

Date & Time: 9-10am

Online/Offline: Offline

Outline of Activity:

Objectives: 1.To raise awareness worldwide of the many benefits of practicing yoga.
2.Beneficial effects achieved through use of traditional yoga.

Outcome:Improvement in strength,flexibility& endurance

Participants: Teaching and non teaching staff of DES Brijlal Jindal College of Physiotherapy, Pune



A. Bhole
PRINCIPAL
D E. Society's Brijlal Jindal
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Pune-4.