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# EXTENSION AND OUTREACH ACTIVITY

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3.4.1





D.E. Society's

## BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

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**Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik**

### LIST OF EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2022-23


DESBJCOP participates in various extension activity like sports events, community camps, physiotherapy services at amputation center and treatment for special children.

The details are as follows:

#### DETAILS OF THE EVENTS

Sr.no	LIST OF EXTENSION AND OUTREACH ACTIVITY	ORGANISATION UNIT/AGENCY/COLLABORATING AGENCY
1.	Football matches	Poona District Football Association(PDFA)
2.	ITF Tennis tournament	Fit-to -sport academy
3.	Sports activity	D.E.S. Primary School ground, Tilak Road
4.	Orthosis distribution and fitting camp	Bharat Vikas Parishad, vikalang punarvasan Kendra
5.	Inter collegiate Shahu football Trophy	AISSMS college of engineering,Pune
6.	Amputation : Camp for exercise prescription after prosthetic fitting	Bharat Vikas Parishad, vikalang punarvasan Kendra
7.	Maharashtra State Youth League tournament	WIFA
8.	Geriatric Assessment camp	Punarnirman,Erandwane arogya kothi
9.	Community Helper training module.	Seva Arogya foundation
10.	Advance diploma in industrial safety training	Technical institute DES, Pune
11.	Camp for exercise prescription after prosthetic fitting	Bharat Vikas Parishad, vikalang punarvasan Kendra
12.	Camp for exercise prescription after prosthetic fitting	Bharat Vikas Parishad, vikalang punarvasan Kendra
13.	Maharashtra State police games, SRPF,Wanowarie	B.J.Medical college,Sasson hospital,pune
14.	Maharashtra State Olympics - Water Polo Matches Physio Support	MAHARAHTRA OLYMPIAD ASSOCIATION

15.	Senior Citizens' Marathon	Simple steps
16.	Inter class competition	MGGSV,Tilak road
17.	Shirpur Tournament	WIFA
18.	Kids marathon	Simple steps
19.	Physical activity for ageing	Jagruti Mitra Parivar Sangh
20.	Geriatric Camp	Vankeshwar jyeshta nagrik sangh
21.	Yoga Day	Sofosh
22.	Sports activity	DES New English School , Tilak road
23.	Geriatric camp	Athashri synergy pebbles
24.	Geriatric camp	Athashri synergy Balewadi
25.	Geriatric camp	Madhyavarti Jyeshtha Nagrik Sangha Kothrud,
26.	Geriatric camp	Punarnirman Foundaton,Erandwane arogya kothi
27.	Breast feeding awareness week 2023	Seth Tarachand Charitable Trust Hospital
28.	MAHARASHTRA STATE YOUTH LEAGUE PLAYOFFS Under 13	WIFA
29.	Inter DES PT Teachers' Sports day	New English School , Tilak road
30.	Senior citizen marathon	Simple steps
31.	Physiotherapy services to elderly population	Punarnirman Foundaton,Pune
32.	Physiotherapy services to family deprived children	SOFOSH
33.	Physiotherapy services in the Community	Sevankur foundation
34.	Physiotherapy services to elderly in slums	SCHOOL,Society of community health relatated operational link
35.	Physiotherapy services to elderly	Seva arogya foundation, Pune
36.	Physiotherapy services to geriatric population	Anandhham,Jyeshtha nagrik Virangula Kendra
37.	Physiotherapy services to geriatric population	Sahjivan,old age home
38.	Physiotherapy services to geriatric population	MadhurBhav
39.	Physiotherapy services to geriatric population	Rainbow day care

  
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### LIST OF EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2021-22

DESBJCOP participates in various extension activity like sports events, community activities, physiotherapy services at amputation center and treatment for special children.

The details are as follows:

#### DETAILS OF THE EVENTS

Sr.No	EXTENSION AND OUTREACH ACTIVITY	ORGANISATION UNIT/AGENCY/COLLABORATING AGENCY
1.	Advance diploma in industrial safety	Technical institute , Pune
2.	Geriatric assessment camp	The International Longevity Centre, India,Erandwan Jyeshtha nagrik sangha
3.	Geriatric assessment camp	The International Longevity Centre, India,Bal ranjan kendra
4.	Geriatric assessment camp	The International Longevity Centre, India, phulenagar jyeshtha nagarik sangha
5.	Geriatric assessment camp	The International Longevity Centre, India,Warje
6.	Geriatric assessment camp	Jyeshtha nagrik Sangha, Tingre nagar
7.	International older persons day	Sahajivan bhugaon,madhurbhav,Rainbow day care
8.	Orthosis distribution & fitting camp	Bharat Vikas Parishad, vikalang punarvasan Kendra
9.	Industrial visit: Ergonomic survey	Industrial vist, Ranjan gao
10.	Industrial visit WIF	Western India Forges Ltd. ,Pune
11.	Prosthetic assessment camp	Bharat Vikas Parishad, vikalang punarvasan Kendra



12.	Artificial limbs distribution for amputees	Rotary Club of Pune metro Vatsalya Trust Mumbai & Bharat Vikas Parishad Punarvasan
13.	Exercise awareness	Lokmanya multipurpose co-op bank,Wadgaon sheri
14.	Office ergonomics	Lokmanya Multipurpose bank,SB Road SB Road,pune
15.	Arogya Wari during" palakhi" Education Awareness of physiotherapy to varkaris	SAKAL
16.	ITF Tennis tournament	FIT2SPORT
17.	B1 Tennis tournament	FIT2SPORT
18.	SBA Cup- corporate badminton tournament	Sudhanshu badminton academy
19.	National roll ball	FIT2SPORT
20.	Kids marathon 6th edition	Simple steps
21.	Football league	PDFA
22.	Ultra dynamo Race	RUN BUDDIES
23.	Longest multi distance foot race	Ultra dynamo
24.	Geriatric camp	ILC,Phulenagar, Yerwada
25.	Breast-feeding Week 2021	Seth Tarachand Ramnath Hospital and Seva Sutika Mandir
26.	Menstrual Hygiene Awareness for Women's Day 2022	Ahilyadevi High School
27.	Geriatric camp	ILC,Ganesh Dhyan mandir
28.	Physiotherapy services to family deprived children	SOFOSH
29.	Physiotherapy services to geriatric population	AnandDham,Jyeshtha nagrik Virangula Kendra
30.	Physiotherapy services to geriatric population	Sahjivan, old age home
31.	Physiotherapy services to geriatric population	MadhurBhav
32.	Physiotherapy services to geriatric population	Rainbow day care
33.	Physiotherapy services to elderly population	Punarnirman Foundation

34.	Physiotherapy services to underprivileged societal group	Seva arogya Foundation
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### LIST OF EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2020-21

DESBJCOP participates in various extension activity like sports events, community activities, Covid duties and treatment for special children. The details are as follows:

#### DETAILS OF THE EVENTS

Sr.No	EXTENSION AND OUTREACH ACTIVITY	ORGANISATION UNIT/AGENCY/COLLABORATING AGENCY
1.	Covid posting of students	B J Medical college, Sassoon hospital, Pune
2.	Badminton tournament	Sudhanshu badminton academy
3.	Corporate Badminton tournament-SPUNK SHUTTER	FIT2SPORT
4.	Sports Event: NICMAR OPEN 2020	Sudhanshu badminton academy
5.	Tennis tournament	JP Teams tennis championship
6.	Physiotherapy for special & orphanage children	SOFOSH
7.	Physiotherapy services to geriatric population	AnandDham,Jyeshtha nagrik Virangula Kendra
8.	Physiotherapy services to geriatric population	Madhurbahv
9.	Physiotherapy services to geriatric population	Rainbow day care
10.	Physiotherapy services to geriatric population	Sahjivan, old age home
11.	Physiotherapy services to underprivileged societal group	SEVA AROGYA

  
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### LIST OF EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2019-20

DESBJCOP participates in various extension activity like sports events, community activities and treatment for special children. The details are as follows:

#### DETAILS OF THE EVENTS

Sr.No	EXTENSION AND OUTREACH ACTIVITY	ORGANISATION UNIT/AGENCY/COLLABORATING AGENCY
1.	Workshop on physiotherapy	IDBI BANK FC road,Pune
2.	Goa Ironman MOC triathlon	Pro sports and Bikes
3.	Women's day	Fergusson college
4.	32.2 Triathlon Sport event	Pro sports and Bikes
5.	Roll ball event	Fit2sport
6.	Amravati Badminton tournament	Sudhanshu badminton academy
7.	Sports event Marathon	Simple steps: Marathon
8.	Adeeshakti, Women empowerment	National medicos organisation(Maha.)rotary club
9.	SWASTH WARI	MUHS
10.	Care Giver Training	Colonel's Cube NGO, Col Kumar Fulay
11.	Yoga event for Danish student	Fergusson college
12.	Advance diploma in industrial safety	Technical institute
13.	Sports posting	Dravid High school,Wai
14.	Women Triathlon	Pro sports
15.	Sports Event	MSGGVP, Tilak road,Pune
16.	Dhanori Open Badminton	SUDHANSHU Badminton academy
17.	A & I digest tennis tournament	Fit2sport

18.	MSLTA/ITF Junior tennis tournament	Fit2sport
19.	NECC-ITF Women's Tennis tournament	Fit2sport
20.	5th roll ball world cup tournament	Fit2sport
21.	World heart day	New English school, Ramanbaug
22.	Physiotherapy services to geriatric population	Ananddham, Jyeshtha nagrik Virangula Kendra
23.	Physiotherapy services to geriatric population	Sahjivan, old age home
24.	Physiotherapy services to geriatric population	Rainbow day care
25.	Physiotherapy treatment for special & orphanage children	SOFOSH

  
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### LIST OF EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2018-19

DESBJCOP participates in various extension activity like sports events, community activities and treatment for special children. The details are as follows:

#### DETAILS OF THE EVENTS

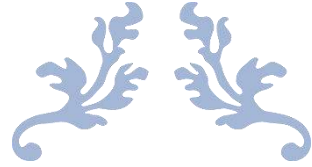
Sr.No.	EXTENSION AND OUTREACH ACTIVITY	ORGANISATION UNIT/AGENCY/COLLABORATING AGENCY
1.	Breast feeding camp	Tarachand, Sutika Seva Mandir,Family Planning Association of India
2.	Geriatric Camp	Old Sanghvi
3.	Geriatric Camp	Old Sanghvi
4.	Geriatric Camp	Lake Town Society Senior Citizens' Association
5.	Geriatric Camp	Lake Town Society,Katraj
6.	Geriatric Camp	Savangadi Jyeshtha Nagarik Sangha, Kothrud
7.	Geriatric Camp	Premnagar Jyeshtha Nagarik Sangha, Bibwewadi
8.	Senior citizen camp	DGOA engineering discipline civilian organisation, Pune
9.	Community Helper training module	Arogya maitrin
10.	Geriatric Camp	Anandi Jyeshtha Nagrik Sangha Kothrud, Pune
11.	Geriatric Camp	Chaitanya Old Age Home, Khopoli
12.	Sports day event	Datar-shendure english medium school, Satara
13.	Sports day event	New english school,Tilak road
14.	Sports fitness	English Medium primary school,Tilak road,Pune
15.	Physical fitness & motor proficiency assessment	DES Primary school,Tilak road,Pune

16.	Sports day event	MSGGVP, Tilak road,Pune
17.	Vrukshathon	Fitness first
18.	Physiotherapy services to geriatric population	AnandDham,Jyeshtha nagrik Virangula Kendra
19.	Physiotherapy services to geriatric population	Sahjivan ,old age home
20.	Physiotherapy services to geriatric population	Rainbow day care ,CARE
21.	Physiotherapy for special & orphanage children	SOFOSH

  
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# LIST OF STUDENTS IN EXTENSION AND OUTREACH ACTIVITIES

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### LIST OF STUDENTS IN EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2022-23


DESBJCOP participates in various extension activity like sports events, community activities, geriatric camps, physiotherapy services at amputation center and treatment for special children. The details are as follows:

Name of extension activity	Organisation unit/agency/collaborating agency	Name of student
Football matches	Poona District Football Association(PDFA)	Shrusti S,Rishabh S,Rashmeet G, Rujula J
ITF Tennis tournament	Fit-to -sport academy	Megh Thakkar,Purva B, Isha S, Rushabh K.
Sports activity	D.E.S. Primary School ground, Tilak Road	Anushka S, Rohini K,Manasi D, Mughdha M
Orthosis distribution and fitting camp	Bharat Vikas Parishad, vikalang punarvasan Kendra	Janvi M, Shriprbha T,Arya K,Uma S,Amruta B,Apoorva J,
Inter collegiate Shahu football Trophy	AISSMS college of engineering,Pune	Mugdha Modak, Mansi Deolasi, Sheetal Bekte, Shruti Tamhankar, Pooja Patel, Purva Bendre, Siddhant Deshmukh, Megh Thakar, Bharat Rathi, Prachi Bagul, Nikita Chopade.
Amputation : Camp for exercise prescription after prosthetic fitting	Bharat Vikas Parishad, vikalang punarvasan Kendra	Sachin Kale, Yash Chaudhari
Maharashtra State Youth League tournament	WIFA	Megh Thakar, Kashish Jain.
Geriatric Assessment camp	Punarnirman,Erandwane arogya kothi	Riya J, , Kartiki V, Lyn F,,Alfaiz T

Community Helper training module.	Seva Arogya foundation	Riya J, Komal V, Kartiki V, Lyn F, Nikita K, Alfaiz T
Advance diploma in industrial safety training	Technical institute DES, Pune	Divya A, Nayan K, Anjali B, Sachin K, Poonam S, Sneha W
Camp for exercise prescription after prosthetic fitting	Bharat Vikas Parishad, vikalang punarvasan Kendra	Sneha W, Yash Chaudhari C, Sae S, Sachin Kajale
Camp for exercise prescription after prosthetic fitting	Bharat Vikas Parishad, vikalang punarvasan Kendra	Manasi D, Farkanda, Divya B, Sachin K
Maharashtra State police games, SRPF, Wanowarie	B.J. Medical college, Sasson hospital, pune	Bharat rathi, Vedika R, Jaya P, Pravin C
Maharashtra State Olympics - Water Polo Matches Physio Support	MAHARAHTRA OLYMPIAD ASSOCIATION	Shirin Kunthe, Megh Thakar
Senior Citizens' Marathon	Simple steps	Poorva B, Pooja P, Akshata M, Dinkar.
Inter class competition	MGGSV, Tilak road	Pooja P, Gayatri J, Falguni D, Tanvi S, Bharat R, DinKer T
Shirpur Tournament	WIFA	Shubham N
Kids marathon	Simple steps	Falguni D, Dinkar, Rohini k, Anushaka S, Pooja P, Mughdha M, Manasi D, Tanvi S, Rishabh S, Mrunmayee K, Shruti T, Rujula J, Shrushti S, Vedika R, Poorva R, Rashmeet G, Riya D
Physical activity for ageing	Jagruti Mitra Parivar Sangh	Lyn F, Nikita K, ronit P, Snehal G, Ashwini G, Sachi T
Geriatric Camp	Vankeshwar jyeshta nagrik sangh	Riya J, Komal V, Kartiki B, Lyn F, Nikita K, Alfaiz T, Dinkar T, Sai S, Siddhi D, Yash C, Rohini K,
Yoga Day	Sofosh	Swaranjali P, Arya G, Drishti H, Nilima D, Abha B, Pooja H, Mitika J, Hitakshi J, Ashitosh S, Laukik k, Vaidehi W, Riya P, Sanika W, Anirudha B, Diya T, Ashutosh S, Het G, Mrunalini G, Vibhuti k, Rajas N, Shreya J, Devashree K, Sakshi H,

Sports activity	DES New English School , Tilak road	Sheetal B, Vedika R,
Geriatric camp	Athashri synergy pebbles	Akaksha W, Alfaiz T,Nikita K,Ashwini G,Lynn F, Isha ,Sakshi H,Surabhi ,Archika ,Samruddhi,Mughdha,Megha K,Diksha ,Amruta, Sharayu S,Yugeshwari,
Geriatric camp	Athashri synergy Balewadi	Akanksha Wadodkar, Alfaiz Tamboli,Isha Shepal,Loukik Kulkarni, Nikita Kolhe.Swaranjali Patil.Ashwini Gajbiye.Lynn Fernandes. Megha Kamble,Mugdha Joshi,Pooja Hudu,Rajas Nimje.Yugeshwari Jadhao,.Siddhi Bhute, Avanti Tare ,Shreeya Archika Shinde.
Geriatric camp	Madhyavarti Jyeshtha Nagrik Sangha Kothrud,	Nikita Kolhe,Ashwini G, Akansha W,Siddhi b,Mitali, Anuja B, Nidhi ,Samreen, Sara M, Lynn Fernandes
Geriatric camp	Punarnirman Foundaton,Erandwane arogya kothi	Riya Jain, Alfaiz Tamboli, Kartiki Bhilare, Riya Jain, Lynn Fernandes
Breast feeding awareness week 2023	Seth Tarachand Charitable Trust Hospital	Riya Jain, Kartiki Bhilare and Komal Valesha
MAHARASHTRA STATE YOUTH LEAGUE PLAYOFFS Under 13	WIFA	Siddhi B, Charnell Gomes
Inter DES PT Teachers' Sports day	New English School , Tilak road	Sheetal B, Rashmeet G
Senior citizen marathon	Simple steps	Akshata Mane, Pooja P,Dinkar ,Purva Rasane
Physiotherapy services to elderly population	Punarnirman Foundaton,Pune	BPT II,III,IV,Interns,PGs
Physiotherapy services to family deprived children	SOFOSH	PG Students
Physiotherapy services in the Community	Sevankur foundation	Ashwini Gajbiye
Physiotherapy services to elderly in slums	SCHOOL,Society of community health related operational link	Dinkar,Rujula J,Sheetal B, Falguni D, Mughdha M,Shruti T

Physiotherapy services to elderly	Seva arogya foundation, Pune	PG Students
Physiotherapy services to geriatric population	Anandhham,Jyeshtha nagrik Virangula Kendra	BPT II / III / IV / ,Interns, / PGs
Physiotherapy services to geriatric population	Sahjivan,old age home	BPT II / III / IV / ,Interns, / PGs
Physiotherapy services to geriatric population	MadhurBhav	BPT II / III / IV / ,Interns, / PGs
Physiotherapy services to geriatric population	Rainbow day care.	BPT II / III / IV / ,Interns, /PGs

  
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DESBJCOP participates in various extension activity like sports events, community activities, Geriatric camps, physiotherapy services at amputation center and treatment for special children. The details are as follows:

Name of extension activity	Organisation unit/agency/collaborating agency	Name of student
Advance diploma in industrial safety	Technical institute , Pune	Arjun M,Siddhi D,Manasi B,Bijal P, Venkatesh Mane
Geriatric assessment camp	The International Longevity Centre, India,Erandwan Jyeshtha nagrik sanga	Komal Valesha, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Alfaiz Tamboli, Nikita Kolhe, Pravin Chavan, Palak Darda, Bhargawi Dhokane
Geriatric assessment camp	The International Longevity Centre, India,Bal ranjan kendra	Komal Valesha, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Alfaiz Tamboli, Nikita Kolhe, Rani R,Krishna K,Harshita D, Taruna G, Akshay G, Palak Darda
Geriatric assessment camp	The International Longevity Centre, India,phulenagar jyeshtha nagarik sangha	Riya Jain, Komal Valesha, Kartiki Bhilare, Antara Shah, Rushabh Khandawala, Dinkar Thakare, Mahi Bhandarkar, Mansi Deolasi, Sanyukta Jagtap, Antara Shah, Bhavika Agrawal, Mrunmayee Katte
Geriatric assessment camp	The International Longevity Centre, India,Warje	Komal Valesha, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Rani Rodge, Krishna Kolhatkar, Taruna Gambhir, Akshay Gujar,Alfaiz T
Geriatric assessment camp	Jyeshtha nagrik Sangha, Tingre nagar	Komal Valesha,Kartiki Bhilare,Riya Jain,Akshay Salve,Juilee Khadke ,Krutikka Jhala,Pooja Patil,Vidhi Kalyani,Arjun and Sharayu Raybole
International older persons day	Sahajivan Bhugaon,madhurbhav,Rainbow day care	Akshay S,Juilee K, Kruttika Z,Komal V, Riya J,Kartiki B
Orthosis distribution & fitting camp	Bharat Vikas Parishad, vikalang punarvasan Kendra	Akshay Salve, Juilee Khadke and Kruttika Zala
Industrial visit:Ergonomic survey	Industrial visit, Ranjan gao	Riya Jain, Kartiki Bhilare, Komal Valesha, Priyanka Patil, Sharayu Raybole, Rujuta Bhavne, Mihir Chitale

Industrial visit WIF	Western India Forges Ltd. ,Pune	Riya Jain ,Komal valesha, Kartiki Bhilare, Lynn F, Nikita Kolhe, Alfaiz tamboli
Prosthetic assessment camp	Bharat Vikas Parishad, vikalang punarvasan Kendra	Divya A,Nayan K,Isha S, ,Poonam, Nikita K, Shraddha G,Vaidehi
Artificial limbs distribution for amputees	Rotary Club of Pune metro Vatsalya Trust Mumbai & Bharat Vikas Parishad Punarvasan	Isha S, Swarangee S, Akshata M
Exercise awareness	Lokmanya multipurpose co op bank,Wadgaon sheri	Juilee K, Akshay S
Office ergonomics	Lokmanya Multipurpose bank,SB Road SB Road,pune	Vidhi K, Pooja P
Arogya Wari during" palakhi" EducationAwareness of physiotherapy to varkaris	SAKAL	Palak Darda, Lynn Fernandis, Nayan Kotian, Divya Agarwal, Sachin Kajale, Nikita Kolhe
ITF Tennis tournament	FIT2SPORT	Akshay G
B1 Tennis tournament	FIT2SPORT	Akshay G,Rashmi T
SBA Cup- corporate badminton tourament	Sudhanshu badminton academy	Shayrau Raibole ,Priyanka Patil,Riya jain, Komal Walesha, Apoorva Jadahv,Siddhi Desai,Vyankatesh Mane,Beejal Pasad,Janhavi Manjarekar, Arjun M
National roll ball	FIT2SPORT	Mahi bhandarkar
Kids marathon 6th edition	Simple steps	Vaishnavi, Koyal J,Ashika S, Shreya A, Issac, Mihir C, Rutuja B
Football league	PDFA	Srushti S,Rishabh S,Rashmeet G,Sneha W,Shradha G, Purva R,Rhea D,Poonam S,Pravin C,Lynn F,Palak D,Shirin K,Nikita K,Divya A,Falguni D, Sachin K,Nayan,Alfaiz T,Vaishnavi D,Anjeli B ,Koyal J, Vaishanavi K, ,Pravin C,
Ultra dynamo Race	RUN BUDDIES	IV Year students
Longest multi distance foot race	Ultra dynamo	IV Year students
Geriatric camp	ILC,Phulenagar, Yerwada	Bhavika A,Sanyukta J,Ashika S, Mrunmayee K, Dinkar T,Manasi D, Rishabh K, Komal Valesha ,Riya Jain
Breast-feeding Week 2021	Seth Tarachand Ramnath Hospital and Seva Sutika Mandir	Juilee Khadke and Komal Valesha
Menstrual Hygiene Awareness for Women's Day 2022	Ahilyadevi High School	Rujuta Bhave, Shreeya Athavale.

Geriatric camp	ILC,Ganesh Dhyam mandir	Komal Valesha, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Rani Rodge,Palak Darda,Harshita D, Krishna Kolhatkar, Taruna Gambhir, Akshay Gujar
Physiotherapy services to family deprived children	SOFOSH	PG students
Physiotherapy services to geriatric population	AnandDham,Jyeshtha nagrik Virangula Kendra	BPT II / III / IV / ,Interns, / PGs
Physiotherapy services to geriatric population	Sahjivan,old age home	BPT II / III / IV / ,Interns, / PGs
Physiotherapy services to geriatric population	MadhurBhav	BPT II / III / IV / ,Interns, PGs
Physiotherapy services to geriatric population	Rainbow day care,CARE	BPT II / III / IV / ,Interns, PGs
Physiotherapy services to underprivileged societal group	Seva arogya Foundation	PG students
Physiotherapy services to elderly population	Punarnirman	BPT II / III / IV / ,Interns, PGs

  
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D.E. Society's

## BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

Fergusson College Campus, Pune - 411 004 •Phone : (020) 67656471,67656467

•Fax : (91) (020) 67656494, 67656120 • E-mail : [descoppune@gmail.com](mailto:descoppune@gmail.com)

•Web-site : [www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)


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### LIST OF STUDENTS IN EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2020-21

DESBJCOP participates in various extension activity like Covid duties, sports events, community activities and treatment for special children. The details are as follows:

Name of extension activity	Organisation unit/agency/collaborating agency	Name of student
Covid posting of students	B J Medical college, Sasson hospital, pune	Arjun M, Apoorva J, Siddhi D, Venkatesh M, Manasi B, Janhavi M, Shravani S, Aishwarya D, Aishwarya K Shrikant Sahu, Kalyani Sawant, Shilpa Bharti, Shantanu Dharkari, Prajakta bidkar, Supriya Raikar, Kushal Shah, Pranali Jaypurkar, Shrinidhi K
Badminton tournament	Sudhanshu badminton academy	Aaditi Gokhale, Aditee M
Corporate Badminton tournament-SPUNK SHUTTER	FIT2SPORT	Akshay S, Vidhi K, Shweta T, Nakul N
Sports Event: NICMAR OPEN 2020	SUDHANSHU Badminton academy	Manasi B, Siddhesh B
Tennis tournament	JP Teams tennis championship	Akshay G, Abhay N, Nidhi C, Apoorva O, Pooja P, Vidhi K, Vishwali, Shivani, Neha Shewta T, Shweta S, Himani D, Mahi, Devshree
Physiotherapy for special & orphanage children	SOFOSH	Nimesh G, Sejal C, Ashwini N, Prachi Sathe, Meenal C, Shreeya Savale
Physiotherapy services to geriatric population	Anandham, Jyeshtha nagrik Virangula Kendra	BPT II / III / IV / , Interns, / PGs
Physiotherapy services to geriatric population	Madhurbahv	BPT II / III / IV / , Interns, / PGs
Physiotherapy services to geriatric population	Rainbow day care , CARE	BPT II / III / IV / , Interns, PGs

Physiotherapy services to geriatric population	Sahjivan,old age home	BPT II / III / IV / ,Interns, PGs
Physiotherapy services to underprivileged societal group	SEVA AROGYA	PG students

  
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•Fax : (91) (020) 67656494, 67656120 • E-mail : [descoppune@gmail.com](mailto:descoppune@gmail.com)•Web-site : [www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)**Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik****LIST OF STUDENTS IN EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2019-20**

DESBJCOP participates in various extension activity like sports events, community activities, geriatric camps and treatment for special children. The details are as follows:

<b>Name of extension activity</b>	<b>Organisation unit/agency/collaborating agency</b>	<b>Name of student</b>
Workshop on physiotherapy	IDBI BANK FC road,Pune	Leora P, Saniya P
Goa Ironman MOC triathlon	Pro sports and Bikes	Devaki K, Juhi S,Saniya P, Leora P,Pranjal K,Gayatri S,Anuskhka S
Women's day	Fergusson college	Mithila P,Shikha B, Varsha K,Rashida, Farheen,
32.2 Triathlon Sport event	Pro sports and Bikes	Radhika H,Ruta P
Roll ball event	Fit2sport	Varun S, Ruta P
Amravati Badminton tournament	Sudhanshu badminton academy	Siddhesh bhagat
Sports event Marathon	Simple steps: Marathon	Gargi S, Krishma S
Adeeshakti, Women empowerment	National medicos organisation(Maha.)rotary club	Aaditi Gokhale, Varda Mengle, Anagha pathkar,Neha Apte,Pooja P,Meenal C, Prachi Sathe
SWASTH WARI	MUHS	Kushal S, Aishwarya D, Varsha K
Care Giver Training	Colonel's Cube NGO, Col Kumar Fulay	Rutugandha Sulay; Bhagyashree Gokhale, Richa Shah, Komal Patel, Dhanashree Modey
Yoga event for Danish student	Fergusson college	Mihir Chitale
Advance diploma in industrial safety	Technical institute	Supriya R, Kushal S, Aishwarya D, Aishwarya K,Kalyani , Shrinant Shahu
Sports posting	Dravid High school,Wai	Gargi S, Krishma S, Gayatri S, Varun S, Manasi B, Janavi B
Women Triathlon	Pro sports	Pooja P, Devaki K, Vidhi K, Kshitija M, Poorva D, Janhavi
Sports Event	MSGGVP, Tilak road,Pune	Radhika H,Ruta P

Dhanori Open Badminton	SUDHANSHU Badminton academy	Om Wadhokar, Pooja Patil
A & I digest tennis tournament	Fit2sport	Gargi Sonawane, Siddhesh B
MSLTA/ITF Junior tennis tournament	Fit2sport	Leora P., Om Wadhokar
NECC-ITF Womens Tennis tournament	Fit2sport	Devaki kale
5th roll ball world cup tournament	Fit2sport	Ruta pandit, Varun Shastri
World heart day	New English school, Ramanbaug	Pranjal K, Swarda L, Manasi, Devaki K, Kalyani Swant, Prajakta bidkar, Supriya Raikar, Pranali Jaypurkar.
Physiotherapy services to geriatric population	Ananddham, Jyeshtha nagrik Virangula Kendra	BPT II / III / IV / , Interns, / PGs
Physiotherapy services to geriatric population	Sahjivan, old age home	BPT II / III / IV / , Interns, / PGs
Physiotherapy services to geriatric population	Rainbow day care , CARE	BPT II / III / IV / , Interns / PGs

  
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•Fax : (91) (020) 67656494, 67656120 • E-mail : [descoppune@gmail.com](mailto:descoppune@gmail.com)

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### LIST OF STUDENTS IN EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2018-19

DESBJCOP participates in various extension activity like sports events, community activities, geriatric camps and treatment for special children. The details are as follows:

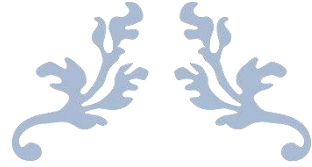
Extension activity	Organisation unit/agency/collaborating agency	Names of students
Breast feeding camp	Tarachand, Sutika Seva Mandir,Family Planning Association of India	Rashida Hamid, Mithila Pawar, Farheen Patel
Geriatric Camp	Old Sanghvi	Mithila Pawar, Farheen Patel, Rashida Hamid, Richa Shah, Komal Patel, Priya Joshi, Sneha Jose, Pratiksha Sankhe, Rucha Deshpande.
Geriatric Camp	Old Sanghvi	Mithila Pawar, Farheen Patel, Rashida Hamid, Richa Shah, Komal Patel, Priya Joshi, Sneha Jose, Pratiksha Sankhe, Rucha Deshpande
Geriatric Camp	Lake Town Society Senior Citizens' Association	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
Geriatric Camp	Lake Town Society,Katraj	Mithila P, Farsheen P, Rashida H, komal P,Ankita J, Nisha K, BhageshreeG, Kajol S,Vaishanavi ,Meghana S, Mrunmayee S,Revati B, Charmi S
Geriatric Camp	Savangadi Jyeshtha Nagarik Sangha, Kothrud	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.
Geriatric Camp	Premnagar Jyeshtha Nagarik Sangha, Bibwewadi	: Rashida Hamid, Farheen Patel, Mithila Pawar, Megha Joshi, Sneha Korai, Rutugandha Sulay, Richa Shah, Shikha Vora, Shravani Sathe, Varsha Kale, Kushal Shah, Aayushi Rathi

Senior citizen camp	DGOA engineering discipline civilian organisation, Pune	Rashida Hamid, Farheen Patel, Mithila Pawar, Varsha Kale, Shravani Sathe, Shikha Vora, Aishwarya Kadam, Kushal Shah, Ayushi Rathi, Bhagyashree Gokhale, Richa Shah, Komal Patel, Apurva Bhide
Community Helper training module	Arogya maitrin	Mithila Pawar, Rashida Hamid, Farheen Patel, Shikha Vora, Shravani Sathe.
Geriatric Camp	Anandi Jyeshtha Nagrik Sangha Kothrud, Pune	Rashida Hamid, Farheen Patel, Mithila Pawar, Varsha Kale, Shravani Sathe, Shrikant Sahu, Vaishnavi Ekbote, Bhagyashree Gokhale, Dhanashree Modhe, Kajal Sharma and Komal Landge
Geriatric Camp	Chaitanya Old Age Home, Khopoli	Shikha Vora, Aditi Tupe, Aishwarya Kadam, Aayushi Rathi, Kushal Shah
Sports day event	Datar-shendure english medium school, satara	Sanjana M,Manali K, Kajol S,Komal P
Sports day event	New English school,Tilak road	Devaki K,Manasi B. Kajol C,Apoorva bhide,Priya J, Richa Shah
SPORTS FITNESS	English Medium primary school,Tilak road,Pune	Siddhesh B, Janavi B, Pruthini, Yash P, Vaishnavi E
Physical fitness & motor proficiency assessment	DES Primary school,Tilak road,Pune	Leora P, Anagha C, Swarada, Gayatri Suresh & 3 PG students Nimesh G, Prachi S, Sejal C
Sports day event	MSGGVP, Tilak road,Pune	Sayali kulkarni,Nitesh Gupta,Savani Pargi, Charmi Shah,Shriya H,Manali K,Madhura S
Vrukshathon	Fitness first	Kushal Shah, Supriya Raikwar, Kalyani Sawant, Aishwarya Dhage, Aishwarya Kadam, Srikant Sahu, Bhargawi, Aayushi Rathi, Prajakta Valke, Kiran Vaghpanje, Arwa, Sunita Yadav Aditi Tupe, Akanksha Rabde, Shikha Vora, Shravani Sathe, Varsha Kale, Farheen,Rashida , Megha, Mithila pawar, Richa, Priya Joshi, Vaishnavi Ekbote, Sneha, Priyanka Munde.
Physiotherapy services to geriatric population	AnandDham,Jyeshtha nagrik Virangula Kendra	BPT II / III / IV / ,Interns, / PGs
Physiotherapy services to geriatric population	Sahjivan ,old age home	BPT II / III / IV / ,Interns / PGs
Physiotherapy services to geriatric population	Rainbow day care ,CARE	BPT II / III / IV / ,Interns / PGs

Physiotherapy for special & orphanage children	SOFOSH	PG students
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COLLEGE OF  
PHYSIOTHERAPY

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3.4.1





### 3.4.1 EXTENSION AND OUTREACH

#### ACTIVITIES

#### PHOTOGRAPH OR SUPPORTING

#### DOCUMENTS

2022-23

1) Name of Activity: Football tournament

Organisation: PDFA

Date : 14-20 DEC 22

Registration No.: 1

**PUNE**  
PDFA 1979

202-204, Late Sajwanlal Choudhary Road,  
Shreebhagat, Pune 411005, Maharashtra

Email : [wifa@pdfa.co.in](mailto:wifa@pdfa.co.in)  
[pdfa20110@gmail.com](mailto:pdfa20110@gmail.com)

Website : [www.pdfa.co.in](http://www.pdfa.co.in)

**POONA DISTRICT FOOTBALL ASSOCIATION**  
Affiliated to Western India Football Association (WIFA)  
Member of All India Football Federation

**Executive Committee**

**Dr. Vishwajeet Kodkar**  
President, (WIFA)  
Hon. Member of Maharashtra

**Mr. Pyarelal Choudhary**  
Vice President

**Mendhar Tambore**  
Vice President

**Mr. Pradeep Purohit**  
Hon. Secretary

**V. Matthew Sureshbaban**  
Hon. Treasurer

**Mr. Cyril Ashwincham**  
Joint Secretary

**Niraj Choudhary**  
Joint Secretary

**Members**

**Ravi Bhagging**

**AK Doshi**

**Ms. Akshayee Roy**

**Prashant Shindekar**

**Santosh Wagh**

**Manish Anand**

**Ash. Jagan Kolhatkar**

**Souparni Vidhale**

**Special Officer**

**Shobha Shikhi**

**Srikant Iyer**

PDFA/96/2023-24 14/12/2023

To,  
Principal,  
D. E. Society's Briglal Jindal College of Physiotherapy,  
Pune 411004

Respected Madam,

This letter of appreciation is to let you know how much we at PDFA appreciate your help in allowing your physiotherapists to be a part of our WIFA Sr. Men's Inter District held between 14<sup>th</sup> December to 20<sup>th</sup> December 2022 at Balewadi Stadium Pune. Your physiotherapist team did a commendable job and were of great help which was highly appreciated by all the players & coaches.

Thanking you for all your help and we are looking forward for your support for the upcoming matches.

Thank you.  
Warm regards  
  
Mr. Pyarelal Choudhary  
Vice-President  
PDFA





GPS Map Camera



**Pune, Maharashtra, India**

Shiv Chhatrapati Sports Complex, Balewadi-Mahalunge,  
Warm-up Track, National Games Park, Mahalunge,  
Pune, Maharashtra 411045, India  
Lat 18.572757°  
Long 73.762972°  
16/12/22 10:23 AM GMT +05:30



GPS Map Camera



**Pune, MH, India**

NH 48, Mahalunge, Pune, 411045, MH,  
India  
Lat 18.572877, Long 73.763530  
12/14/2022 02:50 PM GMT+05:30  
Note : Captured by GPS Map Camera



2) Name of Activity: Football tournament

Organisation: Fit2sport

Date: 27 Nov to 4<sup>th</sup> Dec 22



**Dr. Ajit Mapari**  
Consultant Sports & Exercise Medicine  
Reg. No. 25316

Injury Management &  
Sports Performance  
Enhancement Clinic

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Date: \_\_\_\_\_


**R** Date: 28th November, 2022

**TO WHOMSOEVER IT MAY CONCERN**

**Subject: Scheduling of posting to a tournament**

This is to inform DES Brijlal Jindal College of Physiotherapy that Mr. Megh Thakkar, who is posted with us during his internship, has been selected to go for the ITF tennis tournament in Deccan gymkhana from 27th Nov. 2022 till 4th of Dec. 2022. He will be accompanied and supervised by one of our consultant physiotherapist for the same.

Kindly accommodate this in the college's internship schedule, many thanks.

  
Dr. AJIT MAPARI  
Founder  
Fit2Sport

Kindly get this prescription on the next follow-up.  
Do not repeat the doses without further consultation.

📍 B01-B05, 8th floor, Kumar Pride Senate I, Near JW Manickt, S.B. Road, Shivaji Nagar Pune - 411056

☎ +91 888852576      🌐 www.fit2sport.in      ✉ info@fit2sport.in

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GPS Map Camera



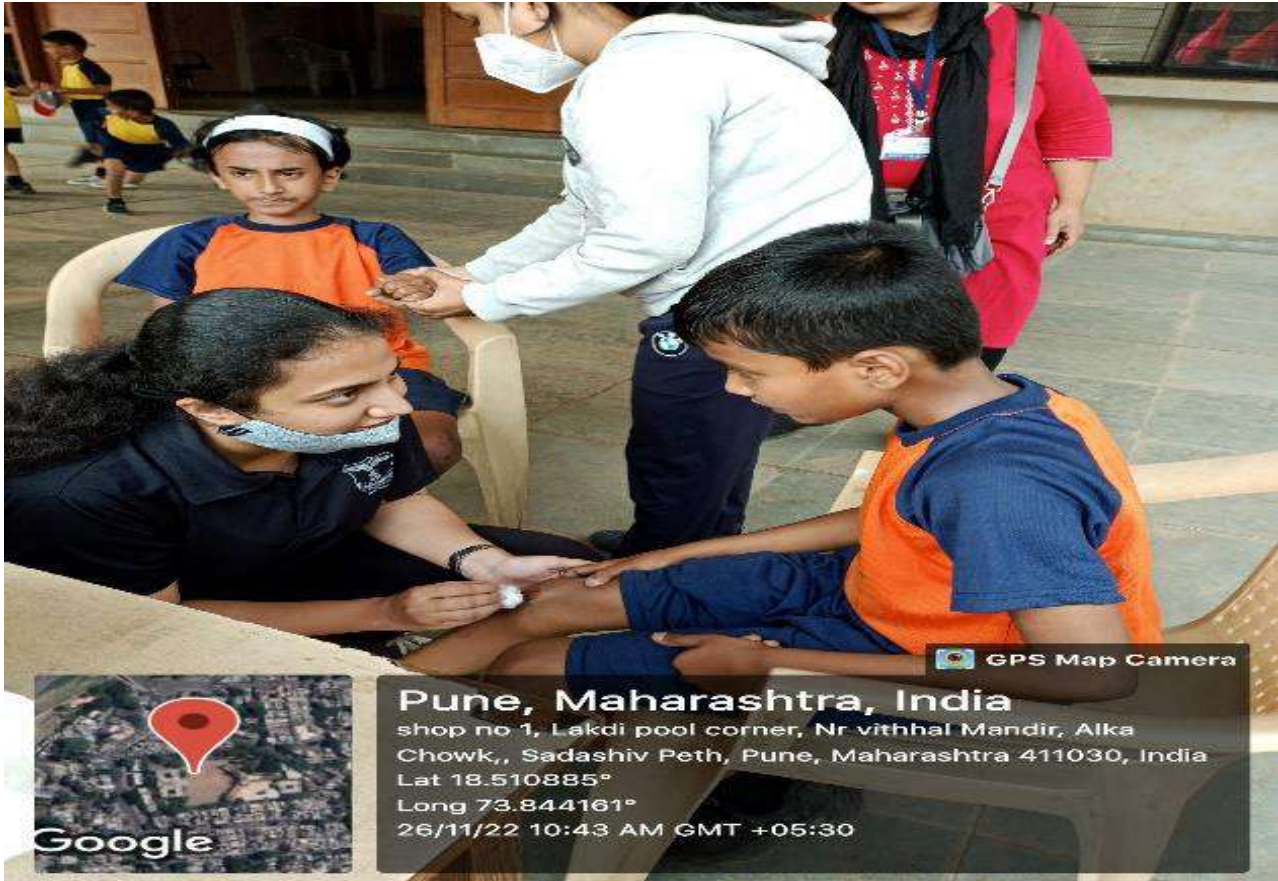
**Pune, Maharashtra, India**  
B.V. Rao Conference Hall, GR8R+62C, Deccan  
Gymkhana, Pune, Maharashtra 411004, India  
Lat 18.5156°  
Long 73.840194°  
01/12/22 11:59 AM GMT +05:30



**3) Name of Activity:** -DES Inter Primary School Meet

**Date:-** 26th November 2022

**Organisation:-** D.E.S. Primary School ground, Tilak Road, Pune-30





**4) Extension Activity:** Orthosis distribution and fitting camp

**Date :** 27-9-22

**Organisation unit/agency/collaborating agency:** Bharat Vikas Parishad, vikalangpunarvasan Kendra, Nalstop, Pune.







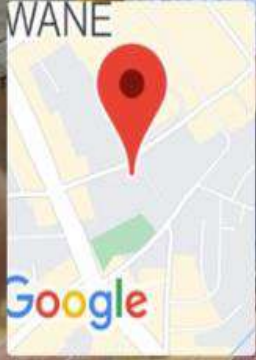
वेन बायन प्रत्येकी प्रयास  
प्रत्येकी प्रयासाला अवसराने दिलेले प्रथम पाऊल सर्वांचे सागर.  
सुखीतच तेच राहतील ती बाय - त्यांचे अंग पुढे निघतेच

वेन बायन प्रत्येकी प्रयास (एरंडवना गौथान) - वानवती रोड, पुणे - 411004  
वेन बायन : डॉ. निरंज कुलकर्णी      ऑफिस सहाय्यिका: सौ. मंजुषा शिंदे      वेन बायन : डॉ. मधुसूदन शिंदे  
फोन : 822873888      फोन : 944433759      फोन : 9822013348  
वेन बायन वेबसाईट: [www.veenabayan.com](http://www.veenabayan.com)      वेन बायन ईमेल: [veenabayan@veenabayan.com](mailto:veenabayan@veenabayan.com)

we put our BEST FOOT FORWARD  
so that they can walk again.  
A CSR initiative of L&T's Pune Area Office  
LARSSEN & TOUBRO

भारत विकास परिषद  
विकलांग पुनर्वसन केंद्र, पुणे

GPS Map Camera

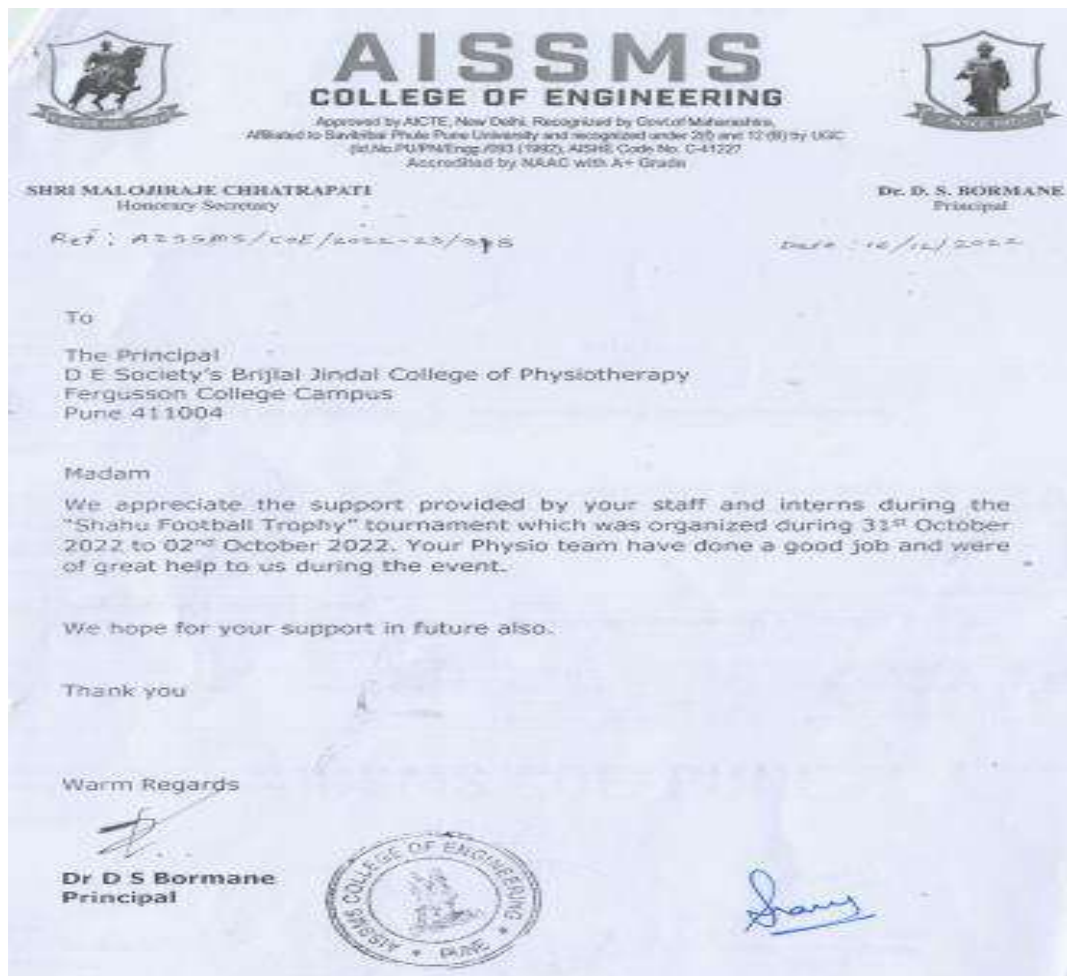


**Pune, Maharashtra, India**  
GR4M+Q7X, Erandwana Gaothan, Erandwane, Pune,  
Maharashtra 411004, India  
Lat 18.50702°  
Long 73.833471°  
27/09/22 03:23 PM GMT +05:30

5) Name of Activity: -Inter-Collegiate Football tournament (sppu)

Date:- 31st October-6th November 22

Organisation unit/agency/collaborating agency:- AISSMS College



  
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**6) Extension Activity:** Camp for exercise prescription after prosthetic fitting for amputees

**Date :** 17<sup>th</sup> November 2022

**Organisation unit/ agency/collaborating agency:** Bharat VikasParishad, vikalangpunarvasan Kendra, Nalstop, Pune.





7) **Name of Activity:** -Maharashtra State Youth League

**Date:-** 20<sup>th</sup> February 2023

**Organisation unit/agency/collaborating agency:-** Western India Football Association



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8) **Extension activity** :Geriatric camp

**Date** : 24/9/2022

**Organisation unit/agency/collaborating agency** : Punarnirman foundation Erandwane  
Arogya kothi



**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



**9) Extension Activity:** Community helper training module  
**Organisation unit/agency/collaborating agency:** Seva Arogya foundation

**Date :** 21-9-22

	<b>D.E.Society's Brijlal Jindal College of Physiotherapy, Pune</b>
<b>Training Report</b>	
<b>Module for:</b> Community Helper training module.	
<b>Date of Training:</b> 21.09.2022.	
<b>Site of Training:</b> D.E.Society's Brijlal Jindal College of Physiotherapy, Pune.	
<b>Participants in the camp:</b> Abha Dhupkar, Riya Jain, Komal Valesha, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Alfaiz Tamboli.	
<b>Beneficiaries of the camp:</b> Aarti Shinde, Shobha Bhor, Namrata Adhikari, Vaishali Adsul, Mukta Temghare.	
<b>Number of beneficiaries:</b> 5	
<b>Materials used in the camp:</b> Yoga mats, chairs, plinths.	
<b>Training details:</b> 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 mairtrins 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.	
	
<b>Report prepared by:</b> Abha Dhupkar	<b>PRINCIPAL</b> D.E. Society's Brijlal Jindal College of Physiotherapy Pune . 4
	

**10) Extension Activity:** Demonstration of advance diploma in industrial safety course

**Date :** 24-11-22

**Organisation unit/agency/collaborating agency:** Technical institute



**D.E. Society's**

**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**

Fergusson College Campus, Pune - 411 004 •Phone : (020) 67656471,67656467

•Fax : (91) (020) 67656494, 67656120 • E-mail : [descoppune@gmail.com](mailto:descoppune@gmail.com)

•Web-site :[www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)

Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik

**Name of Activity:** Demonstration of Practical's for "Advance Diploma in Industrial Safety Course" students.

**Guest Speaker:** Dr Shreya Dhake (PT)

**Dr Aditi Soman (PT)**

**Dr Aditi Berry(PT)**

**Name of Coordinator:** Dr. Aditi Berry(PT)

**Department:** Cardiovascular and Respiratory Physiotherapy, DESBJCOP

**Date & Time:** 24/11/2022 [ 2 pm – 4.30 pm ]

**Online/Offline:** Offline

**Outline of Activity:** Demonstration of following practicals

. Pulmonary Function Tests

Cardiopulmonary resuscitation

Physical fitness evaluation- step test

**Objectives:** To orient the participants to lung function tests, basic life support skills and evaluation of an individual's physical fitness level using Step test

**Outcome:** All the participants were acquainted with the above mentioned skills.

**Participants:** 41 +6 PG students ( Divya A, Nayan K, Anjali B,Sachin ,Poonam S,Sneha W)

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

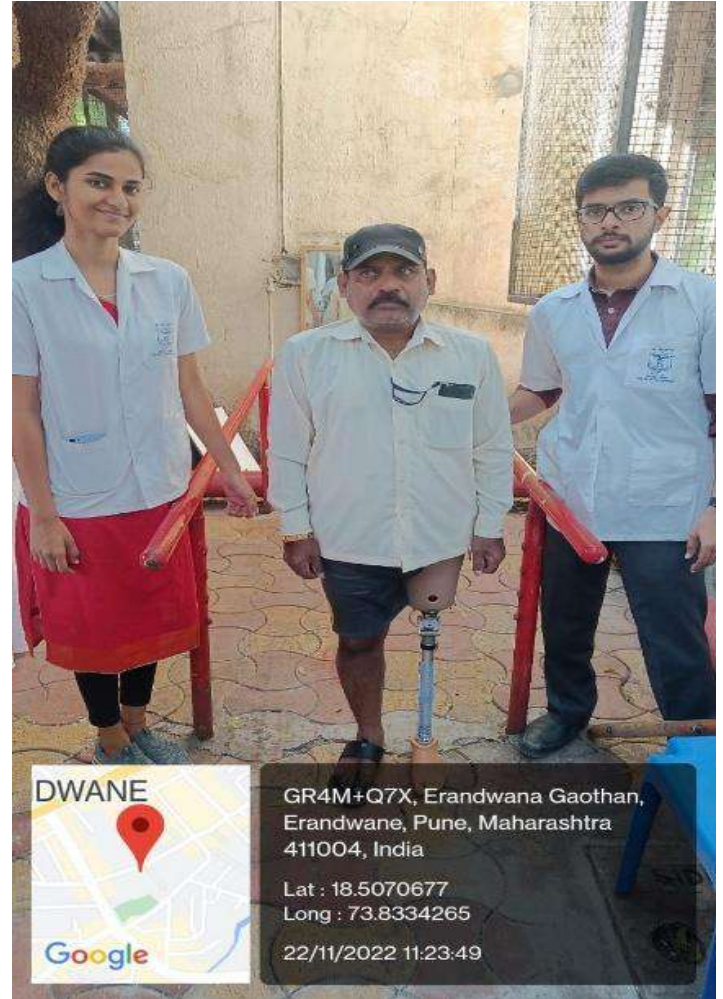




**11) Name of Activity:** Camp for exercise prescription after prosthetic fitting for amputees.

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

**Organisation unit/agency/collaborating agency:** Bharat VikasParishad, vikalangpunarvasan Kendra, Nalstop, Pune.





**12) Extension Activity:** Camp for exercise prescription for amputee

**Date:** 7<sup>th</sup> May 2023

**Organisation unit/agency/collaborating agency:** Bharat Vikas Parishad, vikalangpunarvasan Kendra, Nalstop, Pune



**13) Extension Activity:** Maharashtra State police games.

**Date of camp:** 07.01.2023 to 13.01.2023

**Site of camp:** SRPF Ground Wanowarie, Pune.






**14) Name of Activity:** -Maharashtra State Olympics - Water Polo Matches Physio Support

**Date:-** 10th to 12th January 2023

**Organisation unit/agency/collaborating agency:** Maharashtra OLYMPIAD Association. Balewadi





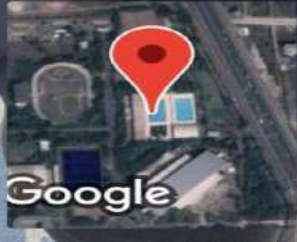
 **GPS Map Camera**

**Pune, Maharashtra, India**

HQG6+WHP, National Games Park,  
Mahalunge, Pune, Maharashtra 411045, India  
Lat 18.57718°

Long 73.761254°

12/01/23 12:38 PM GMT +05:30





**15) Name of Activity: -Senior Citizens' Marathon**

**Date:- 26<sup>th</sup> February 2023**

**Organisation unit/agency/collaborating agency - Simple steps**



**16) Extension Activity:** Inter class competition

**Date :**16-18 Nov 22

**Organisation unit/agency/collaborating agency:** MGGSV school,TILAK Road

Madhav Sadashiv Golwalkar Guruji Sports Week

Sports Posting of interns (DESBJCOP)

Timing: - 7.30 a.m. to 12.30 p.m.

Venue: - Madhav Sadashiv Golwalkar Guruji Vidyalay

Date	Name of interns
16/11/2022	Pooja Patel Gayatri Joshi
17/11/2022	Falguni Deshpande Tanvi Satte
18/11/2022	Bharat Rathi Dinkar Thakare



A handwritten signature in blue ink, appearing to read "Sany".

**PRINCIPAL**

D. E. Society Brihat Jindal  
College of Physiotherapy,  
Pune.



17) Extension Activity: Sports tournament

Date : 26-5-23

Organisation unit/agency/collaborating agency: WIFA (Shirpur)



**18) Extension Activity: Sports tournament: Kids marathon**  
**Date : 13-11-22**  
**Organisation unit/agency/collaborating agency: Simple steps**



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





19) **Name of Activity:** Physical activity in ageing

**Date:** 2<sup>nd</sup> Sep, 2023

**Place:** Pu La Deshpande udyan, sinhagad road

**Name of Activity:** -Physical Activity in Ageing

**Name of Coordinator from college:**Diptee 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, Sinhagad road, Pune

**Name of association:** Jagruti Mitra Parivar, Sinhagad 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:**

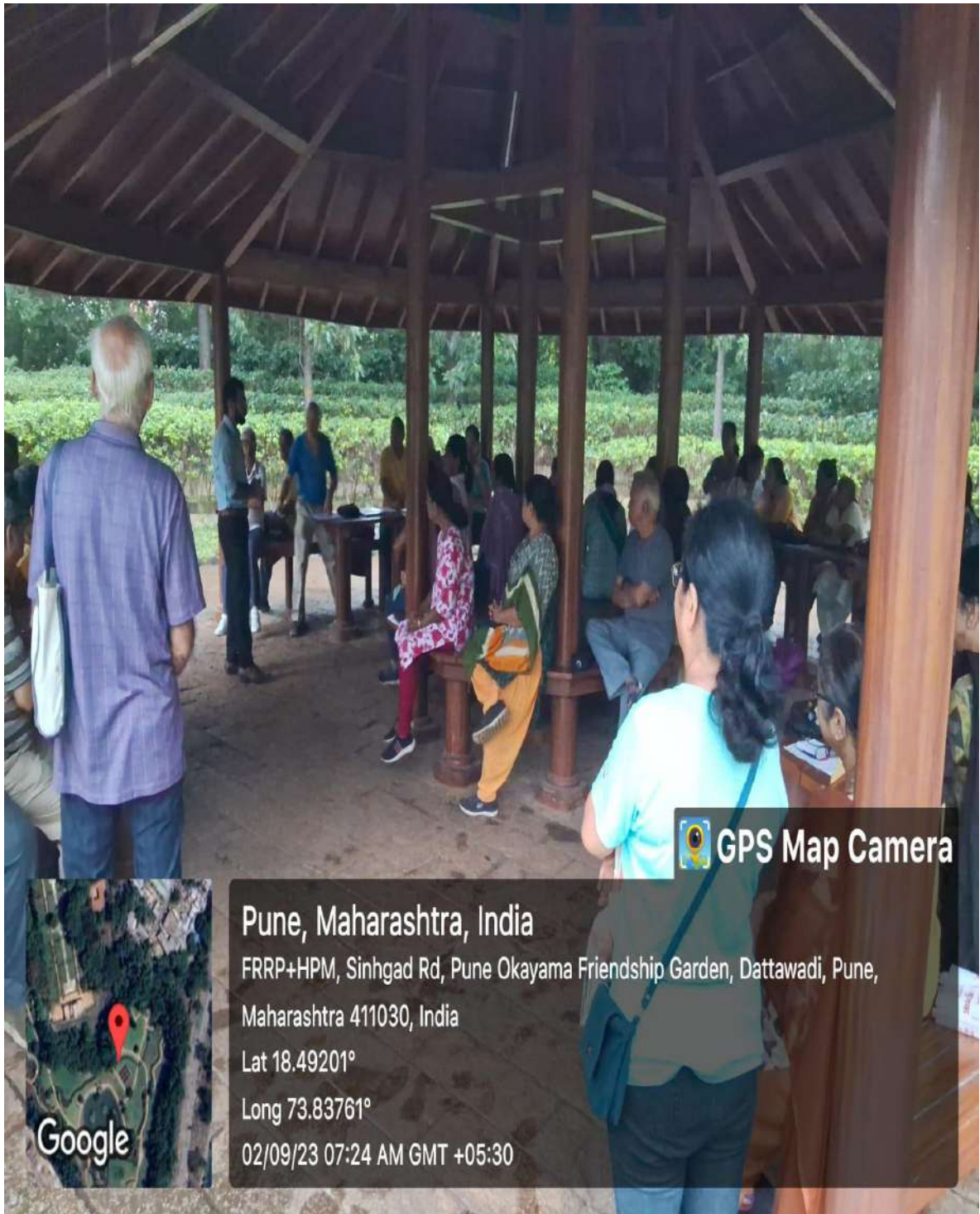
- a) **Objective:** Lecture on Exercise awareness for senior citizens.
- b) **Participants/ Attendees:** Senior citizens from the group
- c) **Outcomes:**Better awareness and understanding about the importance of maintenance of physical activity and exercises in ageing. The explanation was mostly provided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

**College Coordinator's signature:** - 

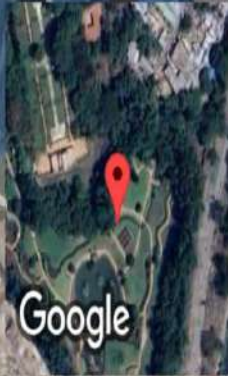
**Sign of coordinator from association:**

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





 GPS Map Camera



**Pune, Maharashtra, India**

FRRP+HPM, Sinhgad Rd, Pune Okayama Friendship Garden, Dattawadi, Pune,  
Maharashtra 411030, India

Lat 18.49201°

Long 73.83761°

02/09/23 07:24 AM GMT +05:30

**20) Extension Activity: Geriatric camp**

**Date : 19-11-22**

**Organisation unit/agency/collaborating agency: ILC,Vakeshwar Jyeshtha nagarik sangha**

### **Camp Record**

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

**Date of camp:** 19.11.2022

**Site of camp:** Vakeshwar, Pashan

**Participants in the camp:** Abha Dhupkar, Riya Jain, Komal Valesha, Kartiki Bhilare, Nikita Kolhe, Lynn Fernandes, Alfaiz Tamboli, Dinkar Thakare, Saeed Siddheshwar, Siddhi Dhumal, Yash Choudhari, Rohini Khutal.

**Beneficiaries of the camp:** Members of the Vakeshwar Jyeshtha Nagarik Sangha

**Number of beneficiaries:** 69

**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 was set up by the Junior PG students by 9:30, with the students divided to different stations. The stations were demographic data, height and weight, FRT, TUG, 2MWT, GDS, MoCA, TMT A and B, evaluation and exit.

The members of the jyeshtha Nagarik sangha registered with the ILC-I representatives. They were directed through the various stations of the camp after filling their demographic data. At each station, the test results were explained to the senior citizens. The elders submitted their completed forms at the exit counter. Any queries that they had were answered throughout the camp.

**Photographs of the camp:**

**Camp document prepared by:** Abha Dhupkar






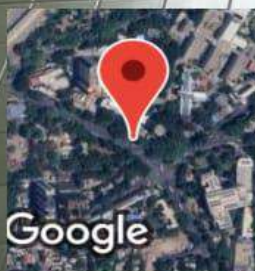
**21) Extension Activity: Yoga Day**

**Date : 9-9-23**

**Organisation unit/agency/collaborating agency: SOFOSH**



 **GPS Map Camera**



**Pune, Maharashtra, India**

GVF9+VVG, Agarkar Nagar, Pune, Maharashtra 411001,  
India

Lat 18.524544°

Long 73.869722°

21/06/23 04:26 PM GMT +05:30

**22) Name of Activity:** New English School Sports posting

**Date:-** 28/11/2022

**Organisation unit/agency/collaborating agency:-** New English School ground, Tilak road, Pune





**23) Extension Activity: Geriatric camp**

Date : 1/07/ 2023

Organisation unit/agency/collaborating agency Athshree pebble bavdhan



**24) Extension Activity: Geriatric Camp**

**Date : 10-6-23**

**Organisation unit/agency/collaborating agency: Athashri synergy Balewadi**



25) Extension Activity: Geriatric camp

Date : 12 nov 22

Organisation unit/agency/collaborating agency: Madhyavarti jyeshtha nagrik sangha kothrud





## 26) Extension Activity: Geriatric camp

Date : 24-9-2022

Organisation unit/agency/collaborating agency: Punarnirman foundation, erandwane arogya kothi



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

**27) Extension Activity :** Breast feeding awareness

**Organisation unit/agency/collaborating agency :** Seth Tarachand Charitable Trust Hospital

**Date:** 1st Aug 2022



**28) Extension Activity : MAHARASHTRA STATE YOUTH LEAGUE PLAYOFFS Under 13**

**Organisation unit/agency/collaborating agency : WIFA**

**Date: 3rd May - 12th May 2023**





29) Extension Activity: -Inter DES PT Teachers' Sports day.

Date:-13/4/23

Organisation/agency :- New English School , Tilak road



**30) EXTENSION ACTIVITY: SENIOR CITIZEN MARATHON**

**COLLABORATING AGENCY/ORGANISATION UNIT: SIMPLE STEPS**

**Date: 26 Feb 23**



**DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity:** -Senior Citizens' Marathon by Simple steps

**Name of Coordinator:** Apoorva Pavnaskar and Namrata Sidhaye-Bhadbhade

**Department:** -Sports Committee

**Date:-** 26<sup>th</sup> February 2023

**Timing:** 6:30am -11am

**Place:-** Savitribai Phule Pune University

**Online / Offline:-** Offline

**Outline of activity:-** On field Physio support provided for the Senior citizens after walkathon

- a) Objective-** 1.To provide exposure of on filed injuries in elderly individuals  
2. To prepare the interns to treat those injuries first hand.  
3. To help them understand the sports better

**b) Participants-** Akshata Mane, Pooja Patel, Dinkar Thakre, Purva Rasne

**Outcome-** Common Injuries which were treated by interns were- Muscle cramps, ankle sprains, abrasions, etc

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College of Physiotherapy  
Pune . 4



**Photographs:-**



**TRUE COPY**

*Jay*

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

**31) Extension Activity:** - Physiotherapy services to elderly population

**Organisation unit/agency/collaborating agency:** Punarnirman foundation

**Date:** 2022-23

	<p><b>पुनर्निर्माण सोशल फाँडेशन</b> CIN : U80901PN2022NLP213877 WHISTELLING MEADOWS, C-BLDG, FLAT NO. 804, S. NO. 257/1A &amp; 257/2/2A BAVDHAN, PUNE - 21. CONTACT : +91 95527 02270   +91 81499 22488</p>
Outward no: 2022/122	Date : 10/09/2022
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.	
<p><b>Punarnirman Social Foundation</b></p> <p> Director</p> <p> Director</p>	



**32) Extension Activity:** - Physiotherapy services to family deprived and orphanage children

**Organisation unit/agency/collaborating agency:** SOFOSH

**Date :** Year 2022-23

**SOFOSH**  
**SOCIETY OF FRIENDS OF THE SASSOON HOSPITALS**  
*Registered under the Societies Registration Act 1860 Reg. No. 114/447/Pune  
and the Bombay Public Trust Act 1919 Reg. No. 8-325  
Address : SOFOSH, Shreevatsa Childcare Centre,  
Sassoon General Hospital, Aghar Road, Pune - 411001.*

Office : +91-20-26124660 / 26126762  
Shreevatsa : +91-20-26126219  
Tara : +91-81543-77648  
e-mail : admin@sososh.org  
Website : www.sososh.org

31<sup>st</sup> March 2023

To,  
The Principal,  
Brijlala 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 Hospital  
Pune-411001

<b>Managing Committee :</b> <b>Chairperson:</b> CA. Sachin Abhyankar <b>Vice Chairperson:</b> shri. Shyam Mehandale Shri. Arvind Herlekar	<b>Secretary:</b> Smt. Nivedita Gogle <b>Joint Secretary:</b> Smt. Yogini Brahmanekar <b>Treasurer :</b> Adv. Anand Akut	<b>Members :</b> Smt. Nirmala Lahoti Smt. Anala Phatak Smt. Vibha Bokey Shri. Vikas Kakatkar Dr. Rashmi Pabalkar
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**33) Extension Activity: - Physiotherapy services in the Community**  
**Organisation unit/agency/collaborating agency: Sevankur foundation**

**Date:23-30 March 2023**



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

**Name of activity: Sevankur Bharat**

**ONE WEEK FOR NATION 2023 – JHABUA, MAHDYA PRADESH**

**Name of Coordinator: Dr.Snehal Joshi (PT)**

**Department: Community physiotherapy**

**Date : 23-30th March 2023**

**Online-Offline: Offline**

**Outline of activity:**

**Objectives:**

1. To screen the individuals of rural area of Madhya Pradesh
2. To organize Gramsabha sessions like ANC and PNC for women's
3. To build a relationship of empathy

**Participants name: Ashwini Gajbhiye(MPT)**



  
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College of Physiotherapy  
Pune - 4



**34) Extension Activity: -** Physiotherapy services in the Community

**Organisation unit/agency/collaborating agency: :** Society of community health oriented operational links SCHOOL

**Date:** 2022-23



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DESIGNAL HINDAL COLLEGE OF PHYSIOTHERAPY  
BATCH 2022-23

Date	DMH	CBR	SOH	Jehtangir	Teerakhand	DFD	Pir be apert	SGH	SCHOOL
12Dec-09th Nov	A	B	C	D	E	F	G	H	
	Rashmi Gauradatta	Prachi Bagul	Kashish Jain	Rishabh Surana	Bhurat Rath	Shruti Kamhandar	Vedika Bege	Falguni Deshpande	Dinkar
	Rhea Deshpande	Shantel Bekte	Rushabh K.	Pooja Jathar	Megh Thakkar	Swathi Solapurkar		Rushika Sathar	
	Shirin Kurthe	Purva Bendre	Akhata mane	Gayatri Joshi	Mughtha Modak	Vishalpat Paturde		Mrunmayee Katre	
	Swarangee Sathar	Aishwarya Dombre	Pratyaksh P.			Purva Rakane		Roohi Kural	
	Shikha							anushka S	
10th Nov-30Dec	A	B	C	D	E	F	G	H	
	Rashmi Gauradatta	Falguni Deshpande	Prachi Bagul	Kashish Jain	Rani Sath	Shirvi Jathi	Megh Thakkar	Swathi Solapurkar	Rujula Jadhav
	Rhea Deshpande	Shantel Bekte	Rushabh K.	Gayatri Joshi	Pooja Jathar	Shruti Kamhandar		Vedika Bege	
	Shirin Kurthe	Dinkar	Purva Bendre	Akhata mane	Bhishik Surana	Mughtha Modak		Vishalpat Paturde	
	Swarangee Sathar	Roohi Kural	Aishwarya Dombre	Pratyaksh P.	Mrunmayee Katre	Manvi Desai		Shruti Balasa	
	Shikha	anushka S							
10th Dec-09th Jan	D + E	G	H	B	C	A	A2	F	
	Rani Sathar	Swathi Solapurkar	Dinkar	Prachi Bagul	Kashish Jain	Rashmi Gauradatta	Swarangee Sathar	Shruti Kamhandar	Shantel Bekte
	Gayatri Joshi	Vedika Bege	Rujula Jadhav	Rushabh K.	Rhea Deshpande	Shirin Kurthe		Megh Thakkar	
	Bhishik Surana	Vishalpat Paturde	Mrunmayee Katre	Purva Bendre	Akhata mane	Shirin Kurthe		Bhurat Rath	
	Manvi Desai	Roohi Kural	Aishwarya Dombre	Pratyaksh P.		Falguni Deshpande		Pooja Jathar	
	Mughtha Modak	anushka S							
09th Jan-09th Feb	D+E	F	G	H	B	C	A	A2	
	Rani Sathar	Shruti Kamhandar	Swathi Solapurkar	Dinkar	Prachi Bagul	Kashish Jain	Rashmi Gauradatta	Swarangee Sathar	Falguni Deshpande
	Gayatri Joshi	Megh Thakkar	Vedika Bege	Rujula Jadhav	Shantel Bekte	Rushabh K.	Rhea Deshpande	Shirin Kurthe	
	Rushika Sathar	Bhurat Rath	Vishalpat Paturde	Mrunmayee Katre	Purva Bendre	Akhata mane		Shirin Kurthe	
	Manvi Desai	Pooja Jathar	Purva Rakane	Roohi Kural	Aishwarya Dombre	Pratyaksh P.		Pooja Jathar	
	Mughtha Modak								
09th Feb-09th March	G+H	A2	D	E	F	B	C	A	
	Falguni Deshpande	Swarangee Sathar	Tanvi Sathar	Manvi Desai	Shruti Kamhandar	Prachi Bagul	Kashish Jain	Rashmi Gauradatta	Mughtha Modak
	Rujula Jadhav	Shirin Kurthe	Gayatri Joshi	Bhurat Rath	Shantel Bekte	Shantel Bekte	Rushabh K.	Rhea Deshpande	
	Mrunmayee Katre	Shirin Kurthe	Rushabh Surana	anushka S	Pooja Jathar	Dinkar		Akhata mane	
	Swathi Solapurkar	Purva Bendre	Megh Thakkar	Purva Rakane	Roohi Kural	Aishwarya Dombre		Pratyaksh P.	
	Vedika Bege					Vishalpat Paturde			
09th March-09th April	G+H	A	A2	F	E	D	B	C	
	Falguni Deshpande	Rashmi Gauradatta	Swarangee Sathar	Shirin Kurthe	Manvi Desai	Rani Sathar	Prachi Bagul	Shantel Bekte	
	Rujula Jadhav	Rhea Deshpande	Shirin Kurthe	Megh Thakkar	Bhurat Rath	Gayatri Joshi	Prachi Bagul	Shantel Bekte	
	Mrunmayee Katre	Akhata mane	Shirin Kurthe	Bhurat Rath	anushka S	Rushabh Surana			
	Swathi Solapurkar	Pratyaksh P.	Manvi Desai	Pooja Jathar		Vishalpat Paturde		Aishwarya Dombre	
	Vedika Bege					Purva Rakane		Dinkar	

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FPV Taralika

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**35) Extension Activity: -** Physiotherapy services in the Community

**Organisation unit/agency/collaborating agency: :** Seva Arogya

**Date:** 2022-23



**सेवा आरोग्य**

## सेवा आरोग्य फाउंडेशन

CIN -U74990PN2016NPL158817  
मार्ग क्र १२, व २ - ३, महात्मा जयप्रकाश नगर,  
विठ्ठल रोड बॉम्बे, कोरगाव, पुणे ४११०५२.  
फोन: ९०१५०८१९०१

Email: [info@sevaarogya.org](mailto:info@sevaarogya.org) Web: [www.sevaarogya.org](http://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





36) Extension Activity : Physiotherapy services to geriatric population

Organisation unit/agency/collaborating agency : : AnandDham

Date:2022-23



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

**Community Physiotherapy Posting Consolidated Report**


Department: Community Physiotherapy

Academic Year: 2022-23

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 40 III B.P.Th. - 38 IV B.P.Th. - 37 Interns - 35 M.P.T. - 34
2	Sahajivan Bhugaon	Friday	Interns - 35 M.P.T. - 34
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 40 III B.P.Th. - 38 IV B.P.Th. - 37 Interns - 35 M.P.T. - 34
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	M.P.T. - 34
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. - 40 III B.P.Th. - 38 IV B.P.Th. - 37 Interns - 35 M.P.T. - 34
6	AnandDham	Monday, Tuesday	II B.P.Th. - 40 III B.P.Th. - 38 IV B.P.Th. - 37 Interns - 35 M.P.T. - 34
7	Seva Arogya Foundation	Friday	M.P.T. - 34 -

  
Sign of HoD



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



37) Extension Activity : Physiotherapy services to geriatric population

Organisation unit/agency/collaborating agency : : Sahajivan

Date: 2022-23



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2022-23

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

  
Sign of HoD



  
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D.E. Society's  
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38) Extension Activity : Physiotherapy services to geriatric population

Organisation unit/agency/collaborating agency : Madhurbhav

Date : 2022-23



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2022-23

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

  
Sign of HloD




  
Sign of Principal  
Principal,  
D.E. Society's  
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39) Extension Activity : Physiotherapy services to geriatric population


Organisation unit/agency/collaborating agency : Rainbow day care

Date: 2022-23

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

  
Sign of HOD

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



2021-22



**1) Extension Activity:** Advance diploma in industrial safety

**Date :** 12-02-2022

**Organisation unit/agency/collaborating agency:** Technical institute DES, Pune



GPS Map  
Camera Lite

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

Latitude  
18.5267617°

Longitude  
73.8398144°

Local 02:28:34 PM  
GMT 08:58:34 AM

Altitude 501.8 meters  
Friday, 04-03-2022



GPS Map  
Camera Lite

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

Latitude  
18.5267596°

Longitude  
73.8398164°

Local 02:27:56 PM  
GMT 08:57:56 AM

Altitude 501.8 meters  
Friday, 04-03-2022

**2) Extension Activity:** Geriatric assessment camp

**Date :** 18-06-2022

**Organisation unit/agency/collaborating agency:** The International Longevity Centre, India



**3) Extension Activity:** Geriatric assessment camp

**Date :** 09-04-2022

**Organisation unit/agency/collaborating agency:** The International Longevity Centre, India, Bal ranjan kendra

### Camp Record

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

**Date of camp:** 09.04.2022

**Site of camp:** Bal Ranjan Kendra

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

**Beneficiaries of the camp:** Members of the Bal Ranjan Kendra

**Number of beneficiaries:** 32

**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. Senior PGs allotted the students to different evaluation stations. The residents of the colony registered with the representatives of ILC-I. They were then evaluated at different stations for height, weight, TUG, FRT, MoCA, GDS, TMT A and B.

Two females were identified as new hypertensives at this camp, with one requiring immediate medical intervention. Both females were requested to follow-up with their respective physicians. The one requiring immediate intervention was escorted by the camp organisers and received appropriate medical care.

The rest of the elders completed evaluations at all the stations and received information about their test results immediately.

**Photographs of the camp:**

**Camp document prepared by:** Abha Dhupkar



  
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College of Physiotherapy,  
Pune.



**4) Extension Activity:** Geriatric assessment camp

**Date :** 19-03-2022

**Organisation unit/agency/collaborating agency:** The International Longevity Centre, India, Phulnagar Jyeshtha Nagarik Sangha

### Camp Record

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

**Date of camp:** 19.03.2022

**Site of camp:** Phulnagar, Yerawada

**Participants in the camp:**

**Beneficiaries of the camp:** Senior citizens of the Phulnagar 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.

**Photographs of the camp:**

**Camp document prepared by:** Abha Dhupkar





**6) Extension Activity:** Geriatric assessment camp

**Date :** 21-05-2022

**Organisation unit/agency/collaborating agency:** The International Longevity Centre, India, Warje

### 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 Redge

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

**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 at 9:15 am. The senior PG students set up the camp site, directed the students to their stations, 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 and 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.

**Photographs of the camp:**

**Camp document prepared by:** Abha Dhupkar



**6) Extension Activity:** Geriatric assessment camp

**Date :** 27-11-2021

**Organisation unit/agency/collaborating agency:** Jyeshtha nagrik Sangha, Tingre nagar

**Camp Record**

**Name of camp:** Geriatric Camp.

**Date of camp:** 27th November 2021.

**Site of camp:** Jyeshtha Nagrik Sangha, Vidya Nagar, Tingre Nagar, Pune.

**Participants in the camp:** Rutuja Kowale, Komal Valesha, Kartiki Bhilare, Riya Jain, Akshay Salve, Juilee Khadke, Krutikka Jhala, Pooja Patil, Vidhi Kalyani, Arjun and Sharayu Raybole

**Beneficiaries of the camp:** Geriatric Population.

**Number of beneficiaries:** 30

**Materials used in the camp:** Sphygmomanometer, Cones, Tape, Stepper, Weighing Machine, Pulse Oxymeter and Tape.

**Camp details:** A physiotherapy assessment camp was organized on 27<sup>th</sup> November 2021. A team of 10 physiotherapist did the assessment and taught the exercises as per the diagnosed condition. A documentation was done of the assessment and the planned exercise protocol and the queries of the beneficiaries were resolved individually. Ergonomic advice was also given to have a good healthy and functionally independent life ahead.

**Photographs of the camp:**



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**7) Extension Activity:** International older persons day

**Date :** 01-10-2021

**Organisation unit/agency/collaborating agency:** Sahajivan bhugaon, madhurbhav, Rainbow day care



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

**Name of Activity:** International Older Persons' Day 2021

**Name of Coordinator:** Abha Dhupkar

**Department:** Community PT

**Date:** 01.10.2021

**Place:** Pune

**Online / Offline:** Online

**Outline of activity:** Programme filled with fun and games for the elderly:

1. Singing of devotional songs
2. Antakshari
3. Use the word antakshari
4. Short video of older persons' life experiences.
5. Distribution of handmade cards to the participants.

**a) Objective:**

- a. To celebrate International Older Person's Day on the 1<sup>st</sup> of October 2021.
- b. To facilitate the postgraduate students in developing, coordinating and conducting different programmes.

**b) Participants/ Attendees:** Residents of Sahajivan Narayan Peth, Sahajivan Bhugaon, MadhurBhav Wakad, and clients of Rainbow Day Care Centre, Paud Road.



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**Photographs:-**



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





**8) Extension Activity:** Orthosis distribution & fitting camp

**Date :** 27-09-2022

**Organisation unit/agency/collaborating agency:** Bharat Vikas Parishad, vikalang punarvasan Kendra

**Photographs:-**




**9) Extension Activity:** Industrial visit:Ergonomic survey

**Date :** 26-02-2022

**Organisation unit/agency/collaborating agency:** Swarovski Ranjangaon, industrial visit, Ranjan gao



  
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Pune . 4





**10) Extension Activity:** Industrial visit WIF

**Organisation unit/agency/collaborating agency:** Western India Forges Ltd. ,Pune

**Date:** 23.07.2022





### 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:-**





**11) Extension Activity:** Prosthetic assessment camp

**Date :** 19-Jun-22

**Organisation unit/agency/collaborating agency:** Bharat Vikas Parishad, vikalang punarvasan Kendra



**12) Extension Activity:** Artificial limbs distribution for amputees

**Date :** 26-05-2022

**Organisation unit/ agency/collaborating agency:** Rotary Club of Pune metro Vatsalya Trust  
Mumbai Bharat Vikas Parishad Punarvasan



13)  
Name




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

**Date:** 25/11/2021

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



  
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College of Physiotherapy  
Pune . 4



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



  
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College of Physiotherapy  
Pune . 4





**14) Extension Activity:** - Lecture Demo on Office Ergonomics at Lokmanya Multipurpose Co-Op bank on SB Road branch

**Date:** 07/10/2021

**Organisation unit/agency/collaborating agency** Lokmanya Multipurpose Co-Op bank, Senapati Bapat road branch





**15) Extension Activity : “Arogya Wari during” palakhi” 24-Jun-22 Awareness of physiotherapy to varkaris**

**Organisation unit/agency/collaborating agency : SAKAL**

**Date :24-6-22**



**16) Extension Activity:** - ITF Tennis tournament

**Organisation unit/agency/collaborating agency :** FIT2SPORT

**Date:** 29 Nov-4 Dec -2021



28th November 2021

To,  
Principal,  
DES Brijlal Jindal college of physiotherapy,  
FC campus, Shivaji Nagar, Pune

**Subject: Scheduling of posting to 2 tournaments**

Respected Ma'am,

This is to inform DES Brijlal Jindal College of Physiotherapy that Mr Akshay Gujar, who is posted with us during his internship, has been selected to go for ITF J3 & B1 tennis tournaments from 29th of November to the 4th of December and the 6th to the 13th of December 2021 respectively at Deccan Gymkhana, Pune. He will be accompanied and supervised by one of our consultant physiotherapist for the same.

Kindly accommodate this in the college's internship schedule, many thanks.

Dr. AJIT MAPARI  
Founder  
Fit2Sport  
ajit@fit2sport.in



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

*Disclaimer: It is intended only for the use of the individual or organization to which it is addressed. If you are not the intended recipient, you are not authorized to read, retain, copy, print, distribute or use this report anywhere without prior consent from the clinic.*

601-805, Fit2Sport, Kumar pride servate, near ICC towers, S.B. Road, Pune

+91 88888 22571

**17) Extension Activity: - B1 Tennis tournament**

**Organisation unit/agency/collaborating agency: : FIT2SPORT**

**Date: 6-13 Dec -2021**



7th January, 2021

To,

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

I am writing to you to express my gratitude for the exceptional efforts of Akshay Gujar and Rashmi Thakkar. As students of DESBJCOP, they assisted our senior physiotherapists during International Tennis tournaments held at Deccan Gymkhana in Nov-Dec 2021.

I truly appreciate all that assistance and support extended from the college department.

On behalf of my team, I want to thank both of them and extend gratitude towards the college faculty to continue supporting such activities.

I look forward to seeing our future achievements and successes with such assignments.

Sincerely,

Dr. Ajit Mapari

Consultant sports & exercise medicine.

Founder - Fit2Sport




A handwritten signature in blue ink is written over the typed name of the Principal. The signature appears to be 'Ajit'.

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





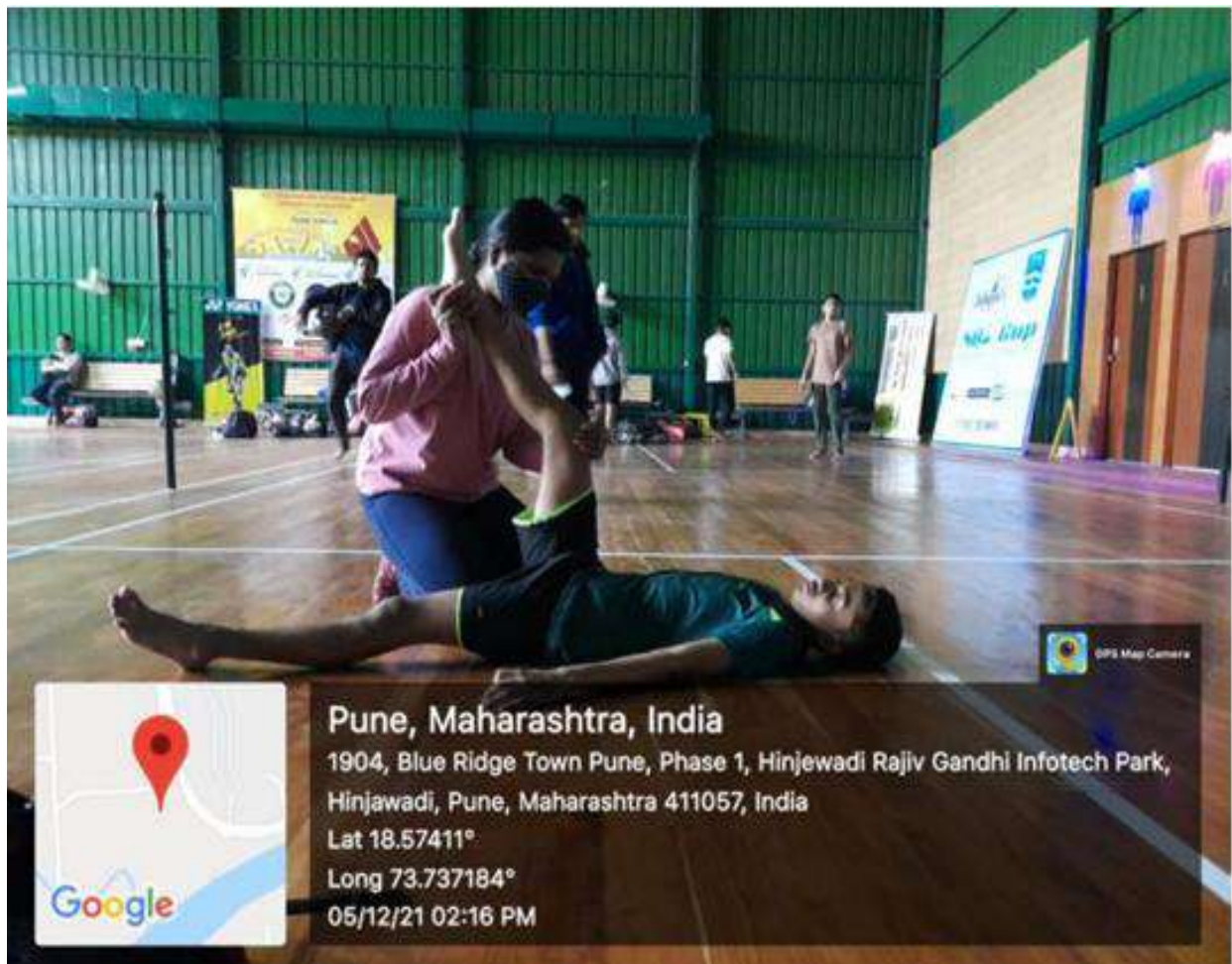
  
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Pune . 4



**18) Extension Activity:** - SBA Cup- corporate badminton tournament

**Organisation unit/agency/collaborating agency:** Sudhanshu badminton academy

**Date:** 1st Dec to 5th December, 2021





**19) Extension Activity: - National roll ball**

**Organisation unit/agency/collaborating agency: FIT2SPORT**

**Date: 19 -22 may 22**





23 May 2022

To:  
Principal,  
DES Brijal Jindal college of physiotherapy,  
FC campus, Shivaji Nagar, Pune

Subject: Completion of posting in a tournament

Respected Ma'am,

This is to inform DES Brijal Jindal College of Physiotherapy that Ms. Mishi Bhambekar, who was posted with us during her internship has successfully completed the posting under the guidance of our consultant physiotherapist from 19th May 2022 to 22nd May 2022 for national red bull championship.

Kindly make a note of this, many thanks.

Dr. AJIT MADPURI  
Founder  
FIT2Sport  
ajit@fit2sport.in



  
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D. E. Society's Brijal Jindal  
College of Physiotherapy  
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Fit2Sport, Kalyan nagar pune, Maharashtra 411005 India. Phone: Pune

91 98888 22119



**20) Extension Activity: - Kids marathon**

**Organisation unit/agency/collaborating agency: Simple steps**

**Date: 27feb 22**



To,  
The principal,  
D.E. Society's Brijlal Jindal College of Physiotherapy  
Fergusson college campus  
Pune 411004  
Date – 28TH Feb 2022

Respected Madam,

This letter of appreciation is to let you know how much we at 'Simple Steps Marathon- Run for happiness' (05th edition) appreciate your help in allowing your interns to be a part of our event ( 06th Edition ) which was held on 27/02/2022 in Pune University.

Your physio team did commendable job and were of great help which was highly appreciated by all the children and their parents. Thanking you for all your help and we are looking forward to have your support for our next edition.

Thank you.  
Warm regards

Ashish Kasodekar  
( Team Simple Steps )



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

+91 9657722268



info@simplestepsmarathon.com  
www.simplestepsmarathon.com



Simple Steps Fitness Pvt.Ltd.  
B23 Shrinivas Park, Baner Rd,  
Baner, Pune 411 045

**21) Extension Activity: - Football league**

**Organisation unit/agency/collaborating agency: PDFA**

**Date:8th May-30 June 2022**

Name of Activity: - Poona District Football Association

Name of Resource person: Interns

Name of Coordinator: Snehal Joshi, Dipree Bhole, Apoorva Likhite

Department: Sports department

Date: 8<sup>th</sup> May 22 to 30<sup>th</sup> June 22

Place: Balewadi training ground 2, training ground, Balewadi training ground 5, SSPMS ground

Timing: 7.30am kick off

Online / Offline: on field

Outline of activity:



*[Signature]*  
PRINCIPAL  
D.T. Society's Brijlal Jindal  
College of Physiotherapy,  
Pune.



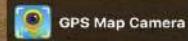
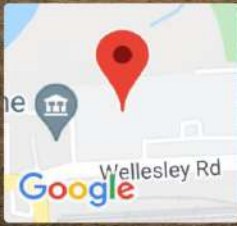
Pune, Maharashtra, India

GVJ7+7R6, Sangamvadi, Pune, Maharashtra 411001, India

Lat 18.531135°

Long 73.864927°

19/05/22 10:42 AM



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**22) Extension Activity: - Ultra dynamo Race**

**Organisation unit/agency/collaborating agency: RUN buddies**

**Date: 20<sup>th</sup> Nov 2021**

**RUN  
BUDDIES**  
MAKING INDIA RUN

TO

The Principal,  
DES Brijlal Jindal college of Physiotherapy  
Pune

Sub – Request for Physio support at Ultra Dynamo Race.

Dear Sir/Mam,

Thank you so much for showing interest in support the Guinness world record attempt of 60 Marathons in 60 days, Ashish Kasodekar is attempting and he will be running 42 km every day.

Requesting you to kindly provide physio team for 60 days, the race will be inside Savtribai Phule Pune University campus and this will be great exposure for interns and students.

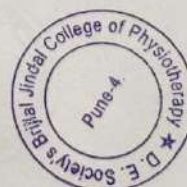
Looking forward to hear from you.

Thanks once again.

Warm Regards

Arvind Bijwe  
Race Director, Ultra Dynamo  
Founder, Runbuddies

Dt, 20<sup>th</sup> Nov 2021.



A handwritten signature in blue ink, appearing to read "Shankar".

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



**23) Extension Activity:** - :Longest multi distance foot race

**Organisation unit/agency/collaborating agency:** Ultra dynamo




**Date:** 28<sup>th</sup> Nov 2021




**24) Name of Activity:** Geriatric Camp with ILC-I


**Date:** 19.03.2022

**Place:** Phulenagar, Yerawada

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.
Photographs of the camp:	
Camp document prepared by:	Abha Dhupkar 
	
	

  
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Pune . 4





**25) Extension Activity: - Breast-feeding Week 2021**

**Organisation unit/agency/collaborating agency: Seth Tarachand Ramnath Hospital and Seva Sutika Mandir**

**Date: 1Aug -8Aug 2021**

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

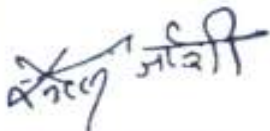
**Outline of activity:** The breast-feeding week is observed to promote the practice of breast-feeding by new mothers.

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.

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

**Report prepared by:** Abha Dhupkar



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



26) **Extension Activity:** - Menstrual Hygiene Awareness for Women's Day 2022  
**Organisation unit/agency/collaborating agency:** Ahilyadevi High School  
**Date:**8-3-2022

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



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 Bhawe, 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



**27) Name of Activity:** Geriatric Camp with ILC-I

**Date:** 23.04.2022

**Place:** Ganesh Dhyan mandir



**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 Dhyan 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 Dhyan 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

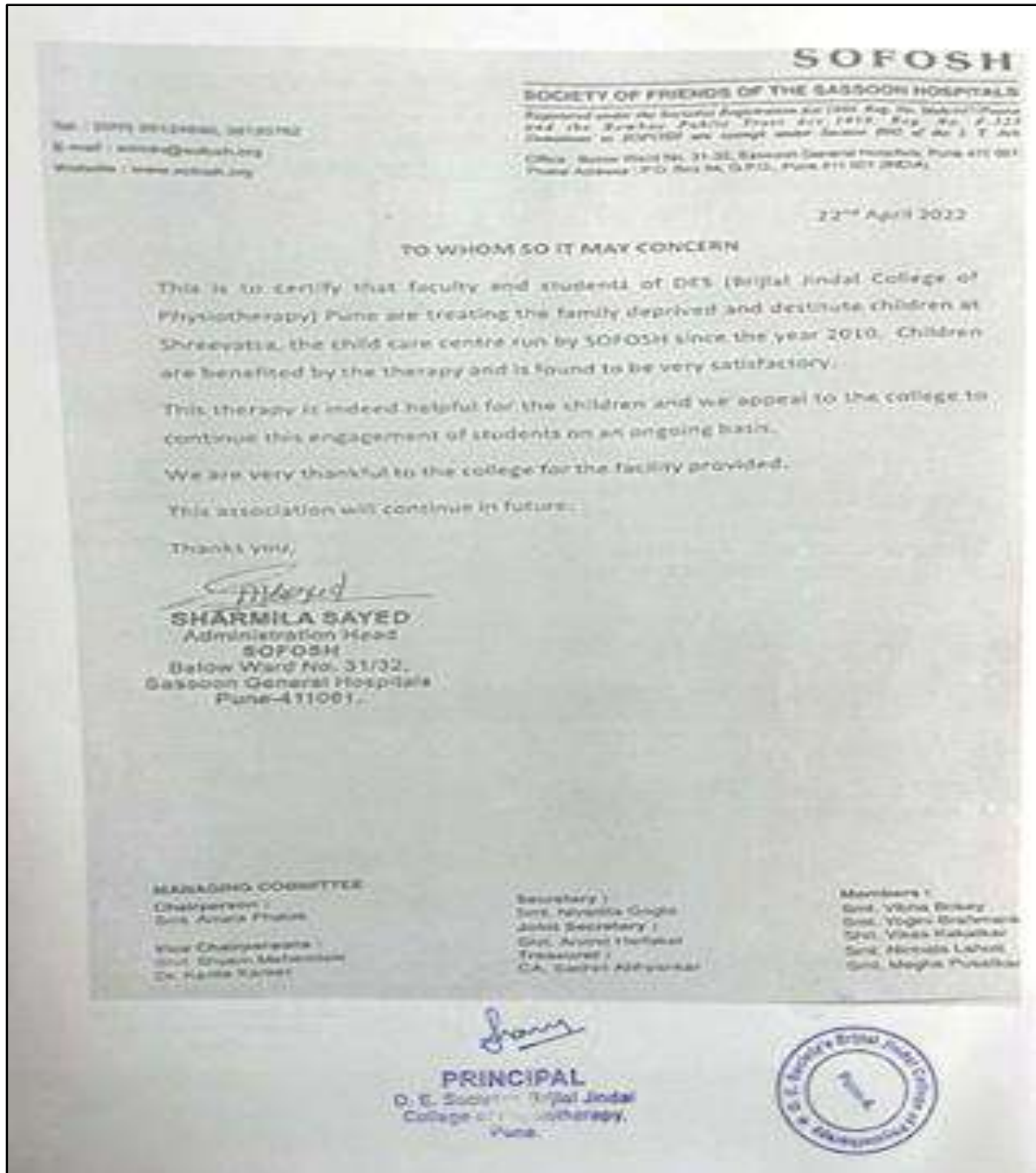


  
Principal,  
D.E. Society's  
Brijlal Jindal College of Physiotherapy, Pune

28) Name of Activity: Physiotherapy services to family deprived children

Date: A.Y 2021-22

Organisation : SOFOSH





29) Extension Activity : Physiotherapy services to geriatric population

Organisation unit/agency/collaborating agency : : AnandDham

Date:2021-22



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

**Community Physiotherapy Posting Consolidated Report**


Department: Community Physiotherapy

Academic Year: 2021-22

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Path	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
2	Sahajivan Bhugason	Friday	Interns - 36 M.P.T. - 33
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	M.P.T. - 33
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
6	AnandDham	Monday, Tuesday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
7	Seva Arogya Foundation	Friday	M.P.T. - 33

  
Sign of HoD



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

30) Extension Activity : Physiotherapy services to geriatric population

Organisation unit/agency/collaborating agency : : Sahjivan


Date:2021-22

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahjivan Narayan Path	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
2	Sahjivan Bhugaon	Friday	Interns - 36 M.P.T. - 33
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	M.P.T. - 33
5	MadhurBhav Bamar	Tuesday, Wednesday, Thursday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
6	AnandDharm	Monday, Tuesday	- II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
7	Sera Arogya Foundation	Friday	M.P.T. - 33

Sign of HoD

Sign of Principal

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





31) Extension Activity : Physiotherapy services to geriatric population

Organisation unit/agency/collaborating agency : **Madhurbhav**


Date:Year 2021-22

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Path	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
2	Sahajivan Bhugaon	Friday	Interns - 36 M.P.T. - 33
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
4	<b>Madhurbhav</b> Wakad	Tuesday, Wednesday, Thursday	M.P.T. - 33
5	<b>Madhurbhav</b> Baner	Tuesday, Wednesday, Thursday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
6	AnandDham	Monday, Tuesday	- II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
7	Sera Arogya Foundation	Friday	M.P.T. - 33

  
Sign of HoD

  
Principal


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





**32) Extension Activity : Physiotherapy services to geriatric population**  
**Organisation unit/agency/collaborating agency : : Rainbow day care**


**Date:Year 2021-22**

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Path	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
2	Sahajivan Bhugson	Friday	Interns - 36 M.P.T. - 33
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
4	Madhurbhav Wakad	Tuesday, Wednesday, Thursday	M.P.T. - 33
5	Madhurbhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
6	AnandDharm	Monday, Tuesday	- II B.P.Th. - 36 III B.P.Th. - 37 IV B.P.Th. - 37 Interns - 36 M.P.T. - 33
7	Seva Arogya Foundation	Friday	M.P.T. - 33


**D.E. Society's Brijlal Jindal College of Physiotherapy, Pune**  
**Community Physiotherapy Posting Consolidated Report**  
 Department: Community Physiotherapy  
 Academic Year: 2021-22

 Sign of HoD



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



**33) Name of Activity:** Physiotherapy services to geriatric population

**Date:** A.Y 2021-22

**Organisation :** Punarnirnam Social foundation



**पुनर्निर्माण सोशल फाउंडेशन**

CIN : U80001PN30020NLP213877

WHISTELLING MEADOWS, C-BLDG, FLAT NO. 804,  
S. NO. 257/1A & 257/2/2A BAYDHAN, PUNE - 21.  
CONTACT : +91 95527 02270 | +91 81499 23488

Outward no: 2021/103

Date : 23/09/2021


To  
The Principal,  
D.E.Society's Brijlal Indal 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

**34) Name of Activity:** Physiotherapy services for underprivileged patients

**Date:** A.Y 2021-22

**Organisation :** Seva Arogya Foundation

 <p>सेवा आरोग्य</p>	<b>सेवा आरोग्य फाऊंडेशन</b>
	CIN -U74990PN2016NPL158817
	मधील २९, व ८-१, वनाज मंदिर,
	हिंगणे रोड कोयंबी, कोयंबर, पुणे ४१३०२२.
	संपर्क: ९०७५०८१९६१
	Email: info@sevaarogya.org Web: www.sevaarogya.org
	Date: 1 <sup>st</sup> April 2022
<p>To The Principal D. E. Society's Brijlal Jindal College of Physiotherapy Pune</p>	
<p>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.</p>	
<p>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.</p>	
<p>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.</p>	
<p>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.</p>	
<p>Thanks and Regards,</p>	
<p>Yours Faithfully,</p>	
<p> Pradheep Kunte Director Seva Arogya Foundation</p>	
	

2020-21

1) **Extension activity:** Covid posting

**Organisation unit/agency/collaborating agency:** BJ Medical college, Sassoon hospital Pune

**Period:** 13<sup>rd</sup> July to 20<sup>th</sup> Nov 2020

**Department of Physiotherapy  
Sassoon General Hospitals, Pune.**

Date:- 25/01/2021

**Certificate Of Appreciation**

We appreciate the support provided by Department of Cardiovascular and Respiratory Physiotherapy, DESBJCOP, and the work done by their 14 post graduate students (12 with cardiovascular, 2 with neurosciences and 1 with community physiotherapy as their elective) for providing Physiotherapy treatment to COVID-19 affected patients in this pandemic crisis. The service provided by them from 28th June 2020 to 27th September 2020 has contributed for remarkable recovery in these patients's health status.

*Dr. Pawan Shirsath*  
25/01/2021  
**Dr. Pawan Shirsath (PT),  
Senior Physiotherapist**

Rehabilitation section  
Dept. of Orthopedics  
**Sassoon General Hospital  
Pune 411001**



D. E. Society's  
Brijlal Jindal College  
of Physiotherapy, Pune  
Inward No. 109  
Date 27/01/2021  
Sign. *A. Dhale*

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

Sassoon - Pune



Date: 10/06/2021



**BYRAMJEE JEEJEEBHOY GOVERNMENT MEDICAL  
COLLEGE AND SASSOON GENERAL HOSPITALS, PUNE.**

Jai Prakash Narayan Road, Near Pune Railway Station, Pune – 411001.

Tel: +91 20 2612800 Email: [deanbjmcpune@gmail.com](mailto:deanbjmcpune@gmail.com) Website: [www.bjmcpune.org](http://www.bjmcpune.org)


**DR. PAWAN B. SHIRSATH**  
Physiotherapy In charge  
Physiotherapy Section

**DR. Ajay A. Taware**  
M.D (F.M.T)  
Medical Superintendent


**CERTIFICATE OF APPRECIATION**

We on the behalf of Department of Physiotherapy of Sassoon General Hospitals,  
certify that KALYANI SAVANT has worked as a Physiotherapist in Covid ICU and  
ward from 10/08/2020 to 16/08/2020.

We sincerely appreciate the work done by him/her in treating the covid 19  
patients during the pandemic.

  
**DR. PAWAN SHIRSATH**

Rehabilitation section  
Dept. of Orthopedics  
Sassoon General Hospital  
Pune 411001


  
**DR. AJAY A. TAWARE**

2))Extension activity: Sports day event 2021 Pacific Sports Arena in Hinjewadi

Organisation unit/agency/collaborating agency: Sudhanshu badminton academy

Date: February 15 to 20, 2021



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



**3) Extension Activity:** Corporate Badminton tournament-SPUNK SHUTTER

**Date:** 22th, 23rd DEC 20

**Organisation unit/agency/collaborating agency:** Fit2sport

**Dr. Ajit Mapari**  
Consultant Sports & Exercise Medicine  
Reg. No. 25316

Injury Management & Sports  
Performance Enhancement Clinic



**D. E. Societ.**  
Brijlal Jindal College  
of Physiotherapy, Pune  
Inward No. 89  
Date 23/12/2020  
Sign. A. Shale

Date: 26th Dec. 2020

**Letter of appreciation**

sports - Pune

On behalf of Fit2Sport and DE'S BJ college of Physiotherapy, 4 physios covered a corporate badminton tournament held on the 22nd and 23rd of December 2020 in Pune.

10 teams with 12 participants in each team participated in the event.

The tournament was a good success and all four physiotherapists did a professional job. They actively participated in briefing sessions on management of on-field injuries at the Fit2Sport clinic beforehand.

Following are the names of those who represented Fit2Sport and DESBJCOP.

- 1) Akshay Salve
- 2) Vidhi Kalyani
- 3) Shweta Thakar
- 4) Nakul Nawale

Also want to extend gratitude to the authorities of DESBJCOP in providing better exposure to the students in this field and permitting them to represent Fit2Sport.

  
Dr. Ajit Mapari

**4) Extension Activity: - Sports Event: NICMAR OPEN 2020**

**Organisation unit/agency/collaborating agency: SUDHANSHU Badminton academy**

**Date:2020-21**

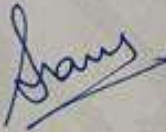
NICMAR open 2020

Bavdhan, Pune.

The event was held at Suyash academy. As physiotherapists ( Miss: Manasi Bhide, Mr. Siddhesh Bhagat) covered the tournament and were able to treat a certain number of injuries.

Ankle sprains, paraspinal muscle spasm, shoulder strains to name a few. Due to this opportunity provided by our college DESBJCOP and SUDHANSHU'S BADMINTON ACADEMY, we were able to get our fair share of exposure of the sports injury and a hands on experience of treating them.

TRUE COPY



PRINCIPAL

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



**5) Extension Activity: Tennis tournament**

**Date :** Feb march 2021

**Organisation unit/agency/collaborating agency:** JP Teams tennis championship

Date: 26.3.2021

The Principal,  
DES Brijlal Jindal College of  
Physiotherapy Pune

**Dear Dr. Sadhale,**

We had a very successful tournament with over 260 players from all over Pune, participating over 3 weekends.

We would like to thank your college for providing us with a fantastic team of physios who took care of player injuries. Your team was always present before the commencement of the matches.

We would like to thank the following members of your team Akshay Gujar, Abhay Naik, Nidhi Chikhal, Apoorva Orazkar, Pooja Patil, Vidhi Kalyani, Vishvali Athavale, Shivani Mhaiskar, Neha Apte, Shweta Thakkar, Shweta Shengal, Himani Deo, Mahi Bhandarkar and Devashree Oak.

Special thanks to Namrata Sidhaye Bhadbhade, Apoorva Likhite and Dr. Sharad Agarkhedkar.

Looking forward to your support during our next tournament.

With best regards,

**Mukund Joshi**  
C. 9823056947

**J.P. Team Tennis Championship**



A handwritten signature in blue ink, appearing to read "Mukund Joshi".

**Principal,**  
**D.E. Society's**

Brijlal Jindal College of Physiotherapy, Pune



**6) Extension Activity:** Physiotherapy services for special & orphanage children

**Date :** March 2020-21

**Organisation unit/agency/collaborating agency:** SOFOSH

**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.*

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

31<sup>st</sup> March 2021

To,  
The Principal,  
Brijlala 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

<b>Managing Committee :</b>	<b>Secretary:</b>	<b>Members :</b>
<b>Chairperson:</b>	Smt. Nivedita Gogte	Smt. Nirmala Lahoti
CA. Sachin Abhyankar	<b>Joint Secretary:</b>	Smt. Amala Phatak
<b>Vice Chairperson:</b>	Smt. Yogini Brahmankar	Smt. Vibha Bokey
shri. Shyam Mehendale	<b>Treasurer :</b>	Shri. Vikas Kakatkar
Shri. Arvind Herlekar	Adv. Anand Akut	Dr. Rashmi Pabalkar

7) **Extension Activity** : Physiotherapy services to geriatric population  
**Organisation unit/agency/collaborating agency** : : **AnandDham**

**Date** : 2020-21



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

**Community Physiotherapy Posting Consolidated Report**


Department: Community Physiotherapy

Academic Year: 2020-21

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT -32
2	Sahajivan Bhugaon	Friday	Interns - 22 MPT -32
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT -32
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	MPT-32
5	<b>AnandDham</b>	Monday, Tuesday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT -32
6	Seva Arogya Foundation	Friday	MPT-32

  
Sign of HoD





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


8) **Extension Activity** : Physiotherapy services to geriatric population  
**Organisation unit/agency/collaborating agency** : **Madhurbhav**

**Date** : 2020-21

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT -32
2	Sahajivan Bhugaon	Friday	Interns - 22 MPT -32
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT -32
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	MPT-32
5	AnandDham	Monday, Tuesday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT -32
6	Seva Arogya Foundation	Friday	MPT-32

  
Sign of HoD



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



9) **Extension Activity** : Physiotherapy services to geriatric population  
**Organisation unit/agency/collaborating agency** : Rainbow day care

Date : 2020-21



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

**Community Physiotherapy Posting Consolidated Report**


Department: Community Physiotherapy

Academic Year: 2020-21

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT -32
2	Sahajivan Bhugaon	Friday	Interns - 22 MPT -32
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT -32
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	MPT-32
5	AnandDham	Monday, Tuesday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT -32
6	Seva Arogya Foundation	Friday	MPT-32

  
Sign of HoD



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

10) Extension Activity : Physiotherapy services to geriatric population  
Organisation unit/agency/collaborating agency : Sahjivan

Date : 2020-21



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

### Community Physiotherapy Posting Consolidated Report


Department: Community Physiotherapy

Academic Year: 2020-21

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahjivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT - 32
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4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	MPT-32
5	AnandDham	Monday, Tuesday	II B.P.Th. - 41 III B.P.Th. - 43 IV B.P.Th. - 35 Interns - 22 MPT - 32
6	Seva Arogya Foundation	Friday	MPT-32

  
Sign of HoD



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

**11) Extension Activity::** Treatment to undersocietal under privileged group

**Date :** April 2021

**Organistion unit/agency/collaborating agency:** Seva Arogya foundation



**सेवा आरोग्य**

## सेवा आरोग्य फाउंडेशन

CIN -U74990PN2016NPL158817  
सर्व्हे क्र. १९, व ८-१, समाज मंदिर,  
हिंगणे होम कॉलनी, कर्जेंनगर, पुणे ४११०५२.  
संपर्क : 9075081961  
Email: info@sevaarogya.org Web: www.sevaarogya.org

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

To  
The Principal  
D. E. Society's Brijjal 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



2019-20



**1) Extension Activity - Workshop on Physiotherapy at IDBI bank on FC Road branch**  
**Organisation unit/agency/collaborating agency: IDBI bank on FC Road branch**

**Date: 01/10/2019**



2) Extension Activity: Goa Ironman MOU Triathlon

Date : 8-9-2019

Organisation unit/agency/collaborating agency : Pro sports and bikes

D.E. Society's

**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**  
Fergusson College Campus, Pune - 411 004 • Phone : (020) 67656471,67656467  
• Fax : (91) (020) 67656494, 67656120 • E-mail : [desoppune@gmail.com](mailto:desoppune@gmail.com)  
• Web-site : [www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)  
Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik

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Ref No- \_\_\_\_\_ Date- \_\_\_\_\_


**'Goa Ironman'-MOC event report**

Pro sports and bikes had arranged a MOC triathlon for the event of 'Goa Ironman'. They approached DESBJCOP to be the physio partners for the MOC event, held on 08.09.2019.

The cycling event started at 6.30 am from 'Pro sports and bikes', Prabhat road followed by running event of 10 km. There were total 30 athletes who had participated in the event. All of them had completed the triathlon. Around 12 athletes experienced cramps in hamstrings, quadriceps, gluteal, low back regions during the course of event. They were treated by applying techniques like stretching, exercises, manual muscle flushing and myofascial release etc. Hydration of the athletes was appropriately maintained during treatment. Few athletes had an open wound due to fall during running event, which were managed by applying first-aid measures.


Team of 6 to 7 interns and 2 staff were present throughout the event and managed the injuries. Events started at 6.30 am and continued till 2 pm.

  
Dr. Aparna Sadhale (PT)  
Principal,  
DESociety's Brijlal Jindal college of Physiotherapy

  
Dr. Namrata Sidhaye (PT)  
Dr. Apoorva Likhite (PT)  
Staff representatives





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



**3) Extension Activity: Womens day**

**Date : 8/3/2019**

**Organisation unit/agency/collaborating agency: Fergusson college**

**Name of Activity:** Women's Day 2019

**Name of Coordinator:** Abha Dhupkar

**Department:**Community PT

**Date:**8<sup>th</sup> March 2019

**Place:** Fergusson College Campus, Near BMCC Girls Hostel, Fergusson Main Building and Canteen.

**Online / Offline:** Offline

**Outline of activity:**Mild, Moderate and High Intensity Aerobics were performed on 3 songs. (FIFTEM Aerobics Flash Mob).

**Participants/ Attendees:** 6 PG students and 1staff member of the Community PT dept. and Interns.


**Photographs:-**



*Abha Dhupkar*  
**PRINCIPAL**  
D. E. Society's Girls Jintal  
Pune





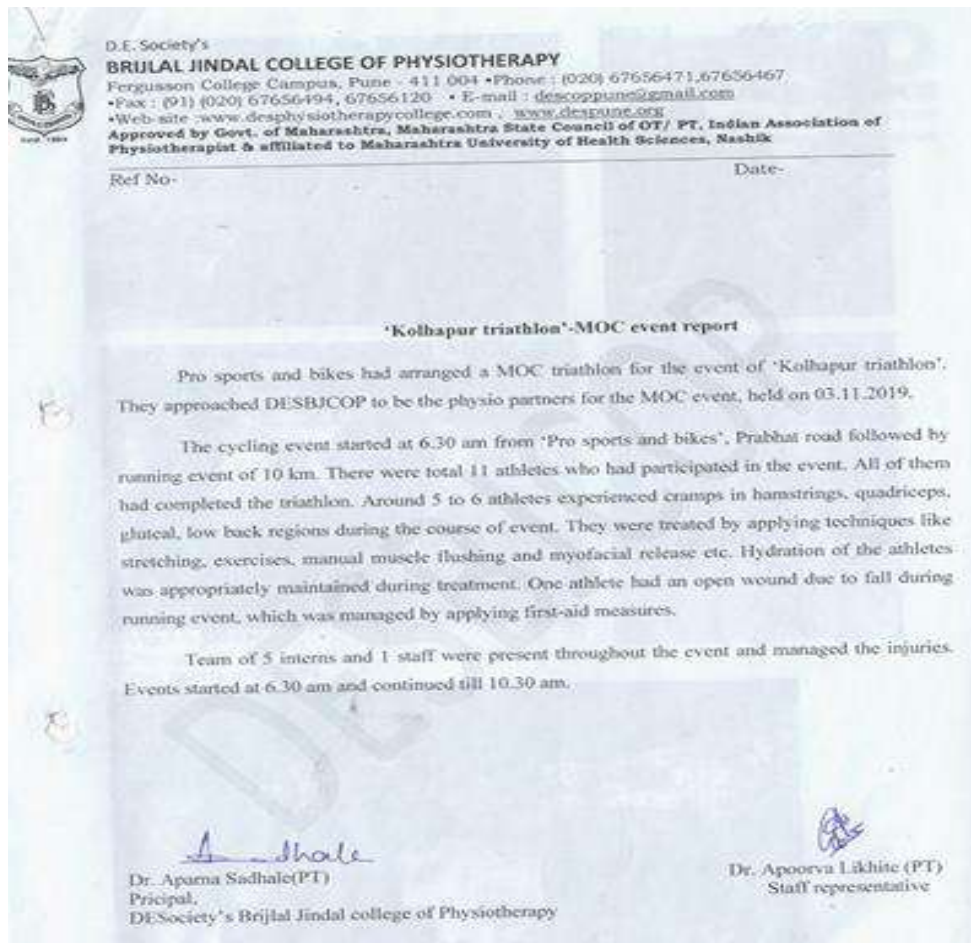
  
**PRINCIPAL**  
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Pune . 4



**4) Extension activity: Triathlon Sport event kolhapur**

**Organisation unit/agency/collaborating agency: PRO sports N BIKE**

**Date :3-11-19**





**5) Extension activity: Sport Roll ball event**

**Organisation unit/agency/collaborating agency: FIT2SPORT**

**Date : 3<sup>rd</sup> oct-8<sup>th</sup> oct, 4<sup>th</sup>-14<sup>th</sup> nov, 15<sup>th</sup> -20<sup>th</sup> Nov 2019**

**Dr. Ajit Mapari**  
Consultant Sports & Exercise Medicine  
Reg. No. 25316

**Injury Management & Sports  
Performance Enhancement Clinic**

**FIT2SPORT**

Date: 02-12-2019

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

Subject: Posting of Interns

Dear Madam,

Following are the names of interns and the tournaments they have covered-

1. Ruta Pandit and Varun Shastry – 5<sup>th</sup> Roll ball world cup
2. Gargee Sonawane and Siddesh Bhagat – A&I Digest Cricket tournament
3. Leora Penkar and Om Wadhokar – Gadre-MSLTA ITF Grade 3 Junior tennis championship
4. Devaki Kale – NECC – ITF Women's Tennis Tournament

It is a pleasure to be associated with your college. Fit2Sport will continue to post your interns and PG students at various related local, state, national and international events in the future.

**Dr. Ajit Mapari**  
Consultant Sports & Exercise Medicine  
Reg. No. 25316

**Injury Management & Sports  
Performance Enhancement Clinic**

**FIT2SPORT**

Date: 24th September 2019

To,  
The Principal,  
DES college of Physiotherapy,  
Pune.

Sub: Training and appointing two physiotherapists at the Roll Ball event.

Respected Madam,  
Further to the discussions, I request you to allocate duties of the following two physiotherapists for Roll Ball selection camps followed by the World cup 2019.

- 1) Mr. Varun Shastry
- 2) Ms. Ruta Pandit

Following is the program:

- 1) Selection Camp 1 from 3<sup>rd</sup> October 2019 until 8<sup>th</sup> October 2019 at Surat.
- 2) Indian Mens and Women's team Camp followed by world cup from 4<sup>th</sup> to 14<sup>th</sup> November 2019 in Chennai; followed by the world cup at the same venue from 15<sup>th</sup> to 20<sup>th</sup> November 2019.

Both the physios are expected to report to the clinic each day from today for training and understanding the record keeping as well as the other related details. Time and the days can be mutually decided.


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



**6) Extension activity** Badminton tournament

**Organisation unit/agency/collaborating agency** : Sudhanshu badminton academy

**Date** : 28Feb-1st march 20





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**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**  
Fergusson College Campus, Pune - 411 004 •Phone : (020) 67656471,67656467  
•Fax : (91) (020) 67656494, 67656120 • E-mail : descoppune@gmail.com  
•Web-site :www.desphysiotherapycollege.com , www.despune.org

Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik

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2019-20 Amravati Badminton tournament

Intern of the college, Siddhesh Bhagat had attended a badminton tournament conducted in Amravati from 28th February to 1st of March with Sudhanshu's Badminton Academy. The students participating were of open category. There were about 45-50 students in the tournament. He got an opportunity to treat mainly shoulder muscles strains, ankle sprains, hamstring and calf injuries and back related problems. It was overall a very good exposure.



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College of Physiotherapy  
Pune . 4





**7) Extension activity:** Marathon, Runathon Simple steps  
**Organisation unit/agency/collaborating agency:** Simple Step  
**Date :** 10<sup>th</sup> Nov 2019

592

 **SIMPLE STEPS**  
A RUN FOR HAPPINESS

To,  
The principal,  
D.E. Society's Brijal Jindal College of Physiotherapy  
Fergusson college campus  
Pune-411004  
Date - 05<sup>th</sup> Dec 2019  
Respected Madam,

This letter of appreciation is to let you know how much we at 'Simple Steps Marathon- Run for happiness' (05<sup>th</sup> edition) appreciate your help in allowing your staff and interns to be a part of our event which was held on 10/11/2019. Your physio team did commendable job and were of great help which was highly appreciated by all the children and their parents.

Besides the event date , team did a great job on expo day in sensitizing the parents about importance of physical activities in the young age.

Thanking you for all your help and we are looking forward to have your support for our next edition.

Thank you,  
Warm regards  


Adhik Kausodekar  
( Team:Simple Steps )

D. E. Society's  
Brijal Jindal College  
of Physiotherapy, Pune  
Inwent. No. 224/2019-20  
Date 03/12/2019  
Sign 




© 2019 Simple Steps, Brijal Jindal College of Physiotherapy, Pune - 411004, India.  
www.simplestepsmarathon.com | Tel: +91 9857722068

**8) Extension activity: Adeeshakti Women empowerment**

**Organisation unit/agency/collaborating agency: National medicos organisation, Rotary club**

**Date : 10<sup>th</sup> Nov 2019**




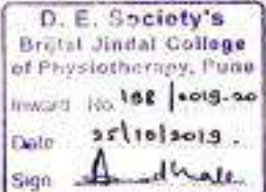
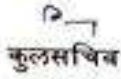
  
**PRINCIPAL**  
D. E. Society's Brijlal Jindal  
College of Physiotherapy  
Pune . 4



9) Extension activity: Swasth Wari

Organisation unit/agency/collaborating agency: MUHS

Date : 10<sup>th</sup> Nov 2019

 <b>MUHS</b>	<b>महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक</b> <b>MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK</b> दिंडोरी रोड, म्हसळ, नाशिक - ४२२००४ Dindori Road, Mhasrul, Nashik - 422004 Tel : (0253) 6659174,172,173 Website : www.muhs.ac.in, E-mail :sw@muhs.ac.in
<b>डॉ. कबलितदास द. चव्हाण</b> एच.बी.बी.एच., एच.डी. (पथवैद्यशास्त्र) <b>कुलसचिव</b>	<b>Dr. Kalidas D. Chavan</b> M.B.B.S., M.D.(Forensic Medicine) <b>Registrar</b>
मआवि/एसडब्ल्यू/एनएसएस/१९६३/२०१९	दि. १०/१०/२०१९
प्रति, अधिष्ठाता/प्राचार्य डी.ई. सोसायटी यांचे त्रिजलाल जिंदाल भौतिकोपचार महाविद्यालय, फर्मुसन 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 / उपक्रमात 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 Brijal Jindal College of Physiotherapy, Pune Inward No. 188 / 2019-20 Date 25/10/2019 Sign <i>A. Dhale</i>	 कुलसचिव
सोबत : वरील प्रमाणे.	and activities.



**महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक**  
**Maharashtra University of Health Sciences, Nashik**  
 वनी - दिंदोरी रोड, म्हासरा, नाशिक - ४२२००४  
 Vani - Dindori Road, Mhaasra, Nashik - 422 004.  
 EPABX : 0253-2539100-300, Phone : 0253-2539174  
 E-mail : sw@mhs.ac.in Web: www.mhs.ac.in

**डॉ. संदीप डों. गुंडरे**  
 डॉ. सं. डों. गुं. डों. गुं.  
**संचालक, विद्यार्थी कल्याण**

**Dr. Sandeep D. Gundre**  
 P. B. S. No. 10  
**Director, Student's Welfare**

मसाविनि/एमडब्ल्यू/एमएलएल/ २२७२ / २०२२

दि. १८/०४/२०२२

प्रति,

मा. अधिकाता/प्राचार्य,  
 डेकन एज्युकेशन सोसायटीचे  
 त्रिजाल विद्यालय भौतिकशास्त्र महाविद्यालय,  
 फर्ग्युसन महाविद्यालय बाजार, ए.डी.रोड,  
 विवाजीनगर, पुणे - ४११ ००४

D. E. Gundre  
 Director, Student's Welfare  
 of MUHS  
 Vani - Dindori Road  
 Mhaasra - 422 004  
 Date: 18/04/2022  
 Sandeep D. Gundre

Extraordinary

विषय : "स्वस्थ बारी" या अभियानात आपण सहभागी झाल्याबद्दल प्रमाणापत्र देणेबाबत...

महोदय/महोदया,

उपरोक्त विषयाच्या अनुषंगाने महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिकच्या वतीने "स्वस्थ बारी" या अभियानात / उपक्रमात रुग्णसेवेकरिता आपल्या महाविद्यालयातील विद्यार्थ्यांनी सहभागी होऊन भाळंदी ते पंढरपुर या पालखी मार्गावर बारीतील रुग्णसेवेकरिता जे योगदान दिले त्याबद्दल विद्यापीठाच्या वतीने खालील स्वयंसेवकांस प्रमाणापत्र अदा करण्यात येत आहे.

सोबत जोडलेल्या सार्वीनुसार संबंधित विद्यार्थ्यांना प्रमाणापत्र देण्यात यावे, तसेच सदर विद्यार्थ्यांच्या स्वाक्षरीसह पोहच विद्यापीठास उलट टपाली पाठविण्यात यावी.

संचालक  
 विद्यार्थी कल्याण तथा  
 सार्वी कार्यक्रम समन्वयक

सोबत : ०३ प्रमाणापत्र

अ.क्र.	विद्यार्थ्यांचे नाव	विद्यार्थ्यांची सही
०१	कुशल महा	
०२	पिंपळी इंगे	
०३	बापट काळे	

प्राचार्यांची सही व शिक्का



10) Extension Activity: - Care Giver Training: Safe transfer

Organisation unit/agency/collaborating agency: Colonel's Cube NGO, Col Kumar Fulay

Date: 18/09/2019



**Colonel's Cube**  
Flat No. 11, Janhavi Apartment, 40/22 Bhonda Colony,  
Behind Dr. Kalnoid 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)

Sept 20.19.19

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 '3 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  
(Lt Col Kumar Fulay)  
President




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

**11) Extension Activity: Yoga event for DANISH STUDENTS**

**Date :** 14sep 2019

**Organisation unit/agency/collaborating agency:** Fergusson college



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



**12) Extension Activity:** Advance diploma in industrial safety

**Date:** 3rd Dec 2019

**Organisation unit/agency/collaborating agency:** Technical institute

Date:-03-12-19


To,  
The Principal  
D.E. Society's Brijlal Jindal College of Physiotherapy college  
Fergusson Campus,  
Pune 41104

Subject: Acknowledgement letter for the conduction of Practical demonstration by your Cardio-respiratory staff


Dear Madam,

As per requisition from our college, practical demonstration of the three topics, i.e Step test, Pulmonary Function test and Cardio-pulmonary resuscitation was conducted for the students of D.E.S. Technical Institute by the faculty of Cardio-respiratory Physiotherapy Department of DES BJ college of Physiotherapy on 3<sup>rd</sup> December 2019. We are grateful to you for the prompt organization of the program. We hope to continue our association further.

Thank you,

Regards,  
  
Prof.V.R.Bhide  
Course Co-ordinator ADIS

D. E. Society's  
Brijlal Jindal College  
of Physiotherapy,  
inward No 227/2019-20  
Date 11/12/2019  
Sign: A. Dhale







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


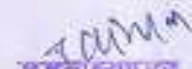




13) Extension Activity: Sports event,

Date : 18/1/2020

Organisation unit/agency/collaborating agency: Dravid High school Wai

	डॉ. एन. ए. ए. सोसायटी, पुणे चे <b>द्रविड हायस्कूल, वाई</b> जि. सातारा, वाई-412803.	उ.भा.शा.प.मंडळ क्र. 21.11.901 मा.भा.प.मंडळ क्र. 21.11.001 वि.प.चेतन क्र. 21.11.901 U-DISE No: 27311111509 दूरध्वनी / Fax : (02167) 227023 dravidhighschool@rediffmail.com
• नवू इंग्लिश स्कूल, वाई - स्थापना : १८८५ • द्रविड हायस्कूल, वाई - स्थापना : १९११		
जावक क्र. :		दिनांक : १८/१/२०२० राष्ट्रीय सीर : पीपल शक्रे १९४१
प्रति, मा. प्राचार्या, डॉ.अपर्णा साधले ( पीटी) श्रीगजलाल जिंदाल कॉलेज ऑफ फिजिओथेरेपी पुणे - ४		
महोदया, डॉ.एन.ए.ए.सोसायटी,पुणे आंतरशालेय फूटबॉल व ज्युडो स्पर्धेसाठी आपल्या महाविद्यालयातील खालील फिजिओथेरेपिस्ट पथकाने उपस्थित राहून स्पर्धेदरम्यान आवश्यक ती वैद्यकीय मदत केल्याबद्दल शाळा आपली अत्यंत आभारी आहे. या कामी खालील उपस्थित फिजिओथेरेपिस्ट पथकाने अत्यंत मोलाचे सहकार्य केले.		
१. गायत्री सुरेश २. किशमा सोलंकी ३. मानसी भिडे ४. जान्हवी भिडे ५. वरुण शास्त्री ६. गार्गी सोनावणे		
कळाचे	<div style="border: 1px solid black; padding: 5px;"><p>D. E. Society's Brijlal Jindal College of Physiotherapy, Pune Inward No. 252 Date: 20/01/2020 Sig: A. Adhale</p></div>	आपला विश्वासू,  मुख्यालय द्रविड हायस्कूल, वाई
		Ext <sup>n</sup> Activities By.

**14) Extension Activity: Women Triathlon**

**Date:** 8<sup>th</sup> march 2020

**Organisation unit/agency/collaborating agency :** Pro sports

**Pro sports all women triathlon**

Pro sports all women triathlon was held on 8<sup>th</sup> March, 2020 on the occasion of international Women's Day. It included swimming, 37 km cycling, and 10 km running. Total 20 athletes participated in the event. (16 individuals and 4 relay teams). A team of 7 Physiotherapists rendered on-field support.

Following members were the part of the event: Dr. Namrata Bhadbhade(staff), Pooja Patil, Devaki kale, Vidhi Kalyani, Kshitija Mohite, Poorva Deshpande, Janhavi Bhide. Physios were actively involved in warm-up and cool-down sessions. None of the major injuries were reported.

Event was covered by 2 local newspapers- Loksatta and Lokmat



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







15) Extension activity: Sports event

Organisation unit/agency/collaborating agency : MSGGVP, Tilak road,Pune

Date: 26,27 Nov 2019

डेक्कन एज्युकेशन सोसायटीचे  
माधव सदाशिव गोळवलकर गुरुजी माध्यमिक विद्यालय  
टिळक रोड, पुणे ४११०३०.

Phone 67657024 Email : office.msggvsu@despune.org  
टायस क्र : २७२५१६०१५२४ S.S.C. बोर्ड क्र./शाळा सांकेतांक :- ११.११.१७१

जा.क्र :- ७५/१५-२० दि २६.११.१९

प्रति,  
Brijlal Jindal College  
Of Physiotherapy

विषय :- आभार  
महोदय,

आमच्या शाळेत २६.११.२०१९ व २७.११.२०१९ या दिवशी दुपारी ११.०० ते ५.०० या वेळेत क्रीडा दिन पार पडला. त्यावेळेस आपल्या कॉलेजमधील २ इन्टर्न नी जखमी झालेल्या विद्यार्थ्याला Physiotherapy treatment दिली व योग्य प्रकारे सहाय्य केले त्याबद्दल आम्ही आपले आभारी आहोत.

कळावे,  
आपली विश्वासू  
*Isabet*  
मुख्याध्यापिका  
सौ. तलाठी लिना  
मुख्याध्यापिका

मा.स. गोळवलकर गुरुजी विद्यालय  
माध्यमिक विभाग, पुणे-३०.

D. E. Society's  
Brijlal Jindal College  
of Physiotherapy, Pune  
Inward No 215/2019-20  
Date 27/11/2019  
Sign *A. Dhale*

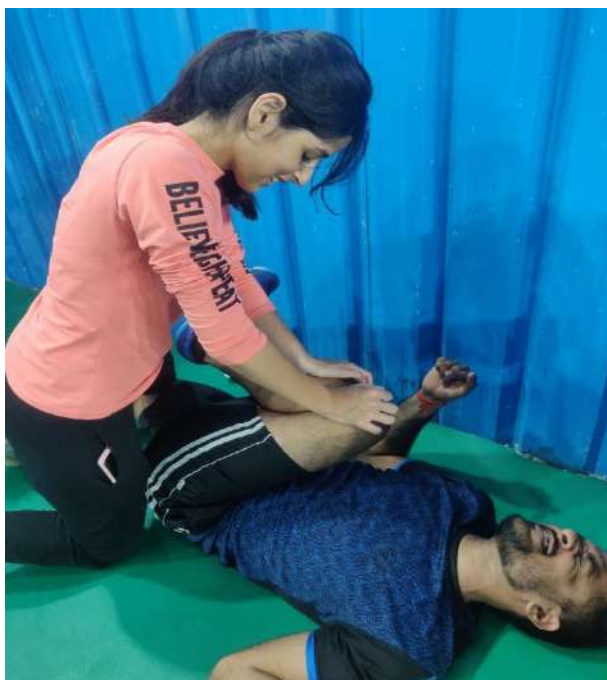
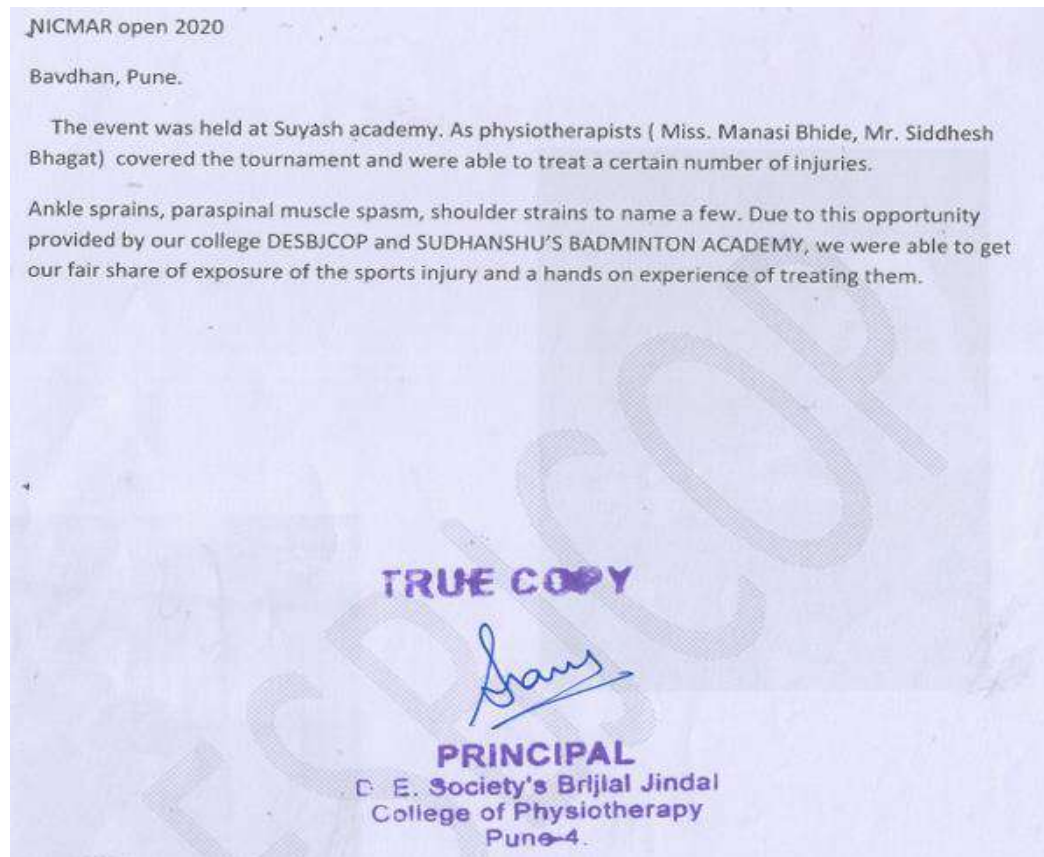
Ext<sup>n</sup> Activities



16) Extension activity: NICMAR OPEN 2020

Organisation unit/agency/collaborating agency : Sudhanshu badminton academy

DATE: 01-12-2019



**18) Extension Activity: - MSLTA/ITF Junior tennis tournament**

**Organisation unit/agency/collaborating agency: FIT2SPORT**

**Date: Dec 2019**

**Dr. Ajit Mapari**  
Consultant Sports & Exercise Medicine  
Reg. No. 25326

**Injury Management & Sports  
Performance Enhancement Clinic**

**FIT2SPORT**

Date: 02-12-2019

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

Subject: Posting of Interns

Dear Madam,


Following are the names of interns and the tournaments they have covered-

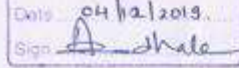
1. Ruta Pandit and Varun Shastry – 5<sup>th</sup> Roll ball world cup
2. Gargee Sonawane and Siddesh Bhagat – A&I Digest Cricket tournament
3. Leora Penkar and Om Wadhokar – Gadre-MSLTA ITF Grade 3 Junior tennis championship
4. Devaki Kale – NECC – ITF Women's Tennis Tournament

It is a pleasure to be associated with your college. Fit2Sport will continue to post your interns and PG students at various related local, state, national and international events in the future.

We would also like to get associated with your esteemed institution for a providing platform to your interns and PG students at Fit2Sport by way of clinical postings during their academic tenure.

Thanking you,

Yours Sincerely,  
  
Dr. Ajit Mapari  
Consultant Sports & Exercise Medicine

**D. E. Society's**  
Brijlal Jindal College  
of Physiotherapy, Pune  
Internship No. 220/2019-20  
Date: 04/12/2019  
Sign:  A. Shale

204, Chinar Heights, Lane number 5, Prabhat Road, Deccan Gymkhana, Pune 411004  
+91 8888852578  
info@fit2sport.in www.fit2sport.in

**17) Extension Activity: - A&I Digest cricket tournament**

**Organisation unit/agency/collaborating agency: FIT2SPORT**

**Date: Dec 2019**

**Dr. Ajit Mapari**  
Consultant Sports & Exercise Medicine  
Reg. No. 25316

**Injury Management & Sports  
Performance Enhancement Clinic**

**FIT2SPORT**

Date: 02-12-2019

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

Subject: Posting of Interns

Dear Madam,

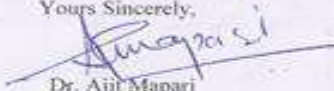
Following are the names of interns and the tournaments they have covered-

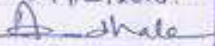
1. Ruta Pandit and Varun Shastry – 5<sup>th</sup> Roll ball world cup
2. Gargee Sonawane and Siddesh Bhagat – A&I Digest Cricket tournament
3. Leora Penkar and Om Wadhokar – Gadre-MSLTA ITF Grade 3 Junior tennis championship
4. Devaki Kale – NECC – ITF Women's Tennis Tournament

It is a pleasure to be associated with your college. Fit2Sport will continue to post your interns and PG students at various related local, state, national and international events in the future.

We would also like to get associated with your esteemed institution for a providing platform to your interns and PG students at Fit2Sport by way of clinical postings during their academic tenure.

Thanking you,

Yours Sincerely,  
  
Dr. Ajit Mapari  
Consultant Sports & Exercise Medicine

**D. E. Society's**  
Brijlal Jindal College  
of Physiotherapy, Pune  
Interns No. 220/2019-20  
Date: 04/12/2019  
Sign:  Sat<sup>n</sup> Act.

📍 204, Chinar Heights, Lane number 5, Prabhat Road, Deccan Gymkhana, Pune 411004  
☎ +91 8888852578  
✉ info@fit2sport.in 🌐 www.fit2sport.in



**19) Extension Activity: - NECC-ITF Womens Tennis tournament**

**Organisation unit/agency/collaborating agency: FIT2SPORT**

**Date: Dec 2019**

**Dr. Ajit Mapari**  
Consultant Sports & Exercise Medicine  
Reg. No. 25326

**Injury Management & Sports  
Performance Enhancement Clinic**

**FIT2SPORT**

Date: 02-12-2019

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

Subject: Posting of Interns

Dear Madam,


Following are the names of interns and the tournaments they have covered-


1. Ruta Pandit and Varun Shastry – 5<sup>th</sup> Roll ball world cup
2. Gargee Sonawane and Siddesh Bhagat – A&I Digest Cricket tournament
3. Leora Penkar and Om Wadhokar – Gadre-MSLTA ITF Grade 3 Junior tennis championship
4. Devaki Kale – NECC – ITF Women's Tennis Tournament

It is a pleasure to be associated with your college. Fit2Sport will continue to post your interns and PG students at various related local, state, national and international events in the future.

We would also like to get associated with your esteemed institution for a providing platform to your interns and PG students at Fit2Sport by way of clinical postings during their academic tenure.

Thanking you.

Yours Sincerely,  
  
Dr. Ajit Mapari  
Consultant Sports & Exercise Medicine

**D. E. Society's**  
Brijlal Jindal College  
of Physiotherapy, Pune  
Interns No. 220/2019-20  
Date 04/12/2019  
Sign  East<sup>n</sup> Act.

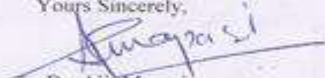
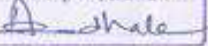
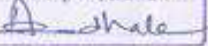
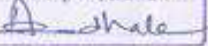
204, Chinar Heights, Lane number 5, Prabhat Road, Deccan Gymkhana, Pune 411004  
+91 8888852578  
info@fit2sport.in www.fit2sport.in



**20 ) Extension Activity:** - 5th roll ball world cup tournament

**Organisation unit/agency/collaborating agency:** FIT2SPORT

**Date:** Dec 2019

<b>Dr. Ajit Mapari</b> Consultant Sports & Exercise Medicine Reg. No. 25326	<b>Injury Management &amp; Sports Performance Enhancement Clinic</b>	<b>FIT2SPORT</b>			
Date: 02-12-2019					
To The Principal, D.E. Society's Brijlal Jindal College of Physiotherapy, Pune.					
Subject: Posting of Interns					
Dear Madam,					
Following are the names of interns and the tournaments they have covered-					
<ol style="list-style-type: none"><li>1. Ruta Pandit and Varun Shastry – 5<sup>th</sup> Roll ball world cup</li><li>2. Gargee Sonawane and Siddesh Bhagat – A&amp;I Digest Cricket tournament</li><li>3. Leora Penkar and Om Wadhokar – Gadre-MSLTA ITF Grade 3 Junior tennis championship</li><li>4. Devaki Kale – NECC – ITF Women's Tennis Tournament</li></ol>					
It is a pleasure to be associated with your college. Fit2Sport will continue to post your interns and PG students at various related local, state, national and international events in the future.					
We would also like to get associated with your esteemed institution for a providing platform to your interns and PG students at Fit2Sport by way of clinical postings during their academic tenure.					
Thanking you,					
Yours Sincerely,					
Dr. Ajit Mapari		Consultant Sports & Exercise Medicine			
<table border="1"><tr><td><b>D. E. Society's</b> Brijlal Jindal College of Physiotherapy, Pune Internship No. 220/2019-20 Date: 04/12/2019 Sign: </td></tr></table>			<b>D. E. Society's</b> Brijlal Jindal College of Physiotherapy, Pune Internship No. 220/2019-20 Date: 04/12/2019 Sign: 	Ead <sup>n</sup> Act.	
<b>D. E. Society's</b> Brijlal Jindal College of Physiotherapy, Pune Internship No. 220/2019-20 Date: 04/12/2019 Sign: 					
© 204, Chinar Heights, Lane number 5, Prabhat Road, Deccan Gymkhana, Pune 411004 ☎ +91 8888852578 ✉ info@fit2sport.in    🌐 www.fit2sport.in					

21) Extension activity: World heart day

Organisation unit/agency/collaborating agency New english school, Ramanbaug

DATE : 30sep-15 Oct2019



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



**22) Extension Activity:** - Physiotherapy services to geriatric population  
**Organisation unit/agency/collaborating agency:** AnandDham  
**Date-Year 2019-20**



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

**Community Physiotherapy Posting Consolidated Report**


Department: Community Physiotherapy

Academic Year: 2019-20

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 41 III B.P.Th. - 33 IV B.P.Th. - 26 Interns - 30 M.P.T. - 33
2	Sahajivan Bhugaon	Friday	Interns - 30 M.P.T. - 33
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 41 III B.P.Th. - 33 IV B.P.Th. - 26 Interns - 30 M.P.T. - 33
4	AnandDham	Monday, Tuesday	II B.P.Th. - 41 III B.P.Th. - 33 IV B.P.Th. - 26 Interns - 30 M.P.T. - 33
5	SEVA AROGYA	Friday	M.P.T. - 33

  
Sign of HoD



  
Sign of Principal

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

23) Extension Activity: - Physiotherapy services to geriatric population

Organisation unit/agency/collaborating agency: Sahjivan

Date: Year 2019-20



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

**Community Physiotherapy Posting Consolidated Report**


Department: Community Physiotherapy

Academic Year: 2019-20

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahjivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 41 III B.P.Th. - 33 IV B.P.Th. - 26 Interns - 30 M.P.T. - 33
2	Sahjivan Bhugaon	Friday	Interns - 30 M.P.T. - 33
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 41 III B.P.Th. - 33 IV B.P.Th. - 26 Interns - 30 M.P.T. - 33
4	AnandDham	Monday, Tuesday	II B.P.Th. - 41 III B.P.Th. - 33 IV B.P.Th. - 26 Interns - 30 M.P.T. - 33
5	SEVA AROGYA	Friday	M.P.T. - 33

  
Sign of HoD





Sign of Principal

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



24) Extension Activity: - Physiotherapy services to geriatric population

Organisation unit/agency/collaborating agency: Rainbow day care

Date: Year 2019-20



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

**Community Physiotherapy Posting Consolidated Report**

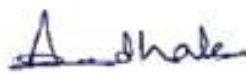
Department: Community Physiotherapy

Academic Year: 2019-20

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 41 III B.P.Th. - 33 IV B.P.Th. - 26 Interns - 30 M.P.T. - 33
2	Sahajivan Bhugaon	Friday	Interns - 30 M.P.T. - 33
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4	AnandDham	Monday, Tuesday	II B.P.Th. - 41 III B.P.Th. - 33 IV B.P.Th. - 26 Interns - 30 M.P.T. - 33
5	SEVAAROGYA	Friday	M.P.T. - 33

  
Sign of HoD



  
Sign of Principal

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

25) Extension activity: Physiotherapy for special & orphanage children services  
Organisation unit/agency/collaborating agency : : Sofosh

DATE : A.Y 2019-20

<p>Office : +91-20-26124660 / 26120762 Shreevatsa : +91-20-26129219 Tara : +91- 25548 77948 e-mail : admin@safosh.org Website : www.safosh.org</p>	<p style="text-align: right;"><b>SOFOSH</b> <b>SOCIETY OF FRIENDS OF THE SASSOON HOSPITALS</b> <i>Registered under the Societies Registration Act 1860 Reg. No. Maharashtra/Pune and the Bombay Public Trust Act 1950 Reg. No. P-325 Address : SOFOSH, Shreevatsa Childcare Centre, Sassoon General Hospital, Agarkar Road, Pune - 411001.</i></p>	
<p>31<sup>st</sup> March 2020 To, The Principal, Brijlala Jindal College of Physiotherapy, Pune,</p>		
<p style="text-align: center;"><b>Subject: - Certificate of Appreciation</b></p>		
<p>Dear Sir/Madam,</p>		
<p>Greetings from SOFOSH!!</p>		
<p>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.</p>		
<p>This therapy is indeed helpful for the children and we appeal to the college to continue this engagement of students on an ongoing basis.</p>		
<p>We are very thankful to the college for the facility provided to the children at Shreevatsa.</p>		
<p>This association will continue in future.</p>		
<p>Thank you,</p>		
<p style="text-align: center;"> <b>SHARMILA SAYED</b> Administration Head <b>SOFOSH</b> Below Ward No. 31/32, Sassoon General Hospital Pune-411001</p>		
<p><b>Managing Committee :</b> <b>Chairperson:</b> CA. Sachin Abhyankar <b>Vice Chairperson:</b> shri. Shyam Mehendale Shri. Arvind Herlekar</p>	<p><b>Secretary:</b> Smt. Nivedita Gogte <b>Joint Secretary:</b> Smt. Yogini Brahmankar <b>Treasurer :</b> Adv. Anand Akut</p>	<p><b>Members :</b> Smt. Nirmala Lahoti Smt. Amala Phatak Smt. Vibha Bokey Shri. Vikas Kakalkar Smt. Megha Pusalkar</p>

2018-19

**1) Extension Activity:** Breast feeding week

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

**Organisation unit/agency/collaborating agency:** Seth Tarachand Ramnath Charitable Hospital, Rasta Peth, Sutika Seva Mandir, Laxmi Road, Family Planning Association of India



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

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





**Photographs of the camp:**

Sutika Seva  
Mandir, Laxmi road



Family Planning  
Association of India

Seth Tarachand  
Rammath Charitable  
Hospital, Rasta  
Peth.



Report prepared by: Abha Dhupkar



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

**2) Extension Activity: Geriatric Camp**

Date : 25.08.2018

Organisation unit/agency/collaborating agency: ILC, old sanghvi



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





**3) Extension activity : Geriatric Camp**

**Date of camp: 27.09.2018**

**Organisation unit/agency/collaborating agency: Old Sanghvi Senior Citizens' Association**



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



4) **Extension Activity:** - : Geriatric Camp

**Organisation unit/agency/collaborating agency:** Lake Town Society

**Date:** 01.12.2018



**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 Humnabadkar, 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.



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



**5) Extension Activity: Geriatric Camp:**

**Date :** 29-9-2018

**Organisation unit/agency/collaborating agency:** Senior citizens association  
Lake town society, Katraj

**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:**



*Adhale*

*@isha*

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



6) Name of camp: Geriatric Camp

Date of camp: 15.12.2018

Site of camp: Savangadi Jyeshtha Nagarik Sangha, Kothrud

### 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, Aayushi 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.

#### Photographs of the camp:



**PRINCIPAL**

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



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



## ‘सवंगडीं’साठी फिजिओ थेरपी शिबिर

पुणे : सवंगडी ज्येष्ठ नागरिक संघातील सभासदांसाठी नुकतेच फिजिओ थेरपी शिबिराचे आयोजन करण्यात आले होते. वजन, उंची, रक्तदाब या नेहमीच्या तपासण्यांनंतर या शिबिरात हलक्याफुलक्या उपक्रमांच्या माध्यमातून स्मरणशक्ती, बौद्धिक क्षमता यांचीही चाचणी घेण्यात आली. उच्छ्वासाची गती मोजून फुफ्फुसांच्या कार्याची तपासणी झाली. आवश्यकता असलेल्यांना श्वासाचे; तसेच फिजिओथेरपीचे व्यायाम

सांगण्यात आले. प्रात्यक्षिकही करून घेण्यात आले. ब्रिजलाल जिंदाल फिजिओथेरपी कॉलेजच्या १५ व २० फिजिओथेरपिस्ट मूली या वळी उपस्थित होत्या। संघाच्या अध्यक्षा उषा जाडेल, उपाध्यक्षा सुनंदा जप्तीवाले, श्रीकांत डंके, सचिव चंद्रशेखर चिंचोरे आदींसह कार्यकर्त्यांनी या शिबिरासाठी परिश्रम घेतले. आयएलसीच्या मेघना खेर, सुशांत सोनवणे, नंदकुमार सकट, डॉ. स्निग्धा गोराना, आभा धूपकर आदींनी सहकार्य केले.

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





7) **Extension Activity:** Geriatric Camp

**Date :** 23.02.2019

**Organisation unit/agency/collaborating agency:** Premnagar Jyeshtha Nagarik Sangha,  
Bibwewadi

### Camp Record

**Name of camp:** Geriatric Follow-up Camp

**Date of camp:** 23.02.2019

**Site of camp:** Premnagar Jyeshtha Nagarik Sangha, Bibwewadi

**Participants in the camp:** Abha Dhupkar, Rashida Hamid, Farheen Patel, Mithila Pawar, Megha Joshi, Sneha Koraiath, Rutugandha Sulay, Richa Shah, Shikha Vora, Shravani Sathe, Varsha Kale, Kushal Shah, Aayushi Rathi.

**Beneficiaries of the camp:** Geriatric individuals of the Premnagar Jyeshtha Nagarik Sangha.

**Number of beneficiaries:** 27

**Materials used in the camp:** Assessment sheet, weighing machine, measuring tape, peak flow-meter, Trail-making test, Geriatric Depression Scale, Montreal Cognitive Assessment Scale, exercise charts, cones.

**Camp details:** This camp was a follow up of a previously held camp.

The participants' assessments were performed again and a brief on-the-spot comparison of the recent assessment was done with the previous assessment.

Most of the participants showed a positive change from the previous assessment and were encouraged by these results. The new trail making test that was performed also received appreciation and many seniors expressed that they were realising the different functional areas that they needed to concentrate on other than physical fitness.

Overall the participants appreciated the conduct of the camp and felicitated members of the teams of DESBJCOP and ILC-L.

**Photographs of the camp:**



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



**8) Extension Activity: Geriatric camp**

**Date :** 2nd Feb 2019

**Organisation unit/agency/collaborating agency :** DGOA engineering discipline civilian organisation, Pune

**Camp Record**

**Name of camp:** Geriatric Camp.

**Date of camp:** 2<sup>nd</sup> February 2019.

**Site of camp:** DGQA Engineering Discipline Civilian Pensioners Organisation Pune.

**Participants in the camp:** Rutuja Kowale, Rashida Hamid, Farheen-Patel, Mithila Pawar, Varsha Kale, Shravani Sathe, Shikha Vora, Aishwarya Kadam, Kushal Shah, Ayushi Rathi, Bhagyashree Gokhale, Richa Shah, Komal Patel, Apurva Bhide.

**Beneficiaries of the camp:** Geriatric Population.

**Number of beneficiaries:** 64

**Materials used in the camp:** Sphygmomanometer, Cones, PEFR machine, Gauze, Tape, Stepper, Weighing Machine, Pulse Oxymeter, Tape and Mats.

*W. Shinde*  
**Camp details:**

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



9) **Extension Activity:** Community Helper training module.

**Date of Training:** 14.06.2019.

**Organisation unit/agency/collaborating agency:** Arogya maitrin



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

### Training Report

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

**Date of Training:** 14.06.2019.

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

**Participants in the camp:** Abha Dhupkar, Rutuja Kowale, Mithila Pawar, Rashida Hamid, Farheen Patel, Shikha Vora, Shravani Sathe.

**Beneficiaries of the camp:** Bahgyashree Deo (Senior Project Coordinator), Aarogya Seva Vardhini Aarogya maitrini.

**Number of beneficiaries:** 4

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

**Training details:** This training module was taken to educate and prepare the aarogya maitrin for providing specified exercises to people of her community, who have been identified with musculoskeletal problems. The aarogya maitrin was shown exercises for 4 commonly affected regions of the body: the neck, shoulder, low back and knee. She was then asked for her preference amongst these exercise sets. Later the aarogya maitrin was asked to perform the exercises herself and was supervised by the MPT students and staff members. Necessary instructions and corrections were provided to the aarogya maitrin while she showed the exercises. They too cleared their doubts. The training was in preparation for these women to provide exercises to the members of their community, hence they were asked to practise the exercises till they felt themselves to be comfortable in the instructions and performance of the exercises.

The beneficiaries appreciated the method of teaching exercises and were enthusiastic to start

Photographs of the training:



Report Prepared by: Abha Dhupkar



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

**10) Extension activity:** Geriatric Camp

**Date of camp:** 22nd July 2019.

**Site of camp:** Anandi Jyeshtha Nagrik Sangha Kothrud, Pune.



### Camp Record

**Name of camp:** Geriatric Camp.

**Date of camp:** 22nd July 2019.

**Site of camp:** Anandi Jyeshtha Nagrik Sangha Kothrud, Pune.

**Participants in the camp:** Rutuja Kowale, Rashida Hamid, Farheen Patel, Mithila Pawar, Varsha Kale, Shravani Sathe, Shrikant Sahu, Vaishnavi Ekbote, Bhagyashree Gokhale, Dhanashree Modhe, Kajal Sharma and Komal Landge.

**Beneficiaries of the camp:** Geriatric Population.

**Number of beneficiaries:** 50

**Materials used in the camp:** Sphygmomanometer, Cones, PEFR machine, Gauze, Tape, Stepper, Weighing Machine, Pulse Oxymeter, Tape and Mats.

**Camp details:** A physiotherapy assessment camp was organized on 22<sup>nd</sup> July 2019. A team of 12 physiotherapist did the assessment and taught the exercises as per the diagnosed condition. A documentation was done of the assessment and the planned exercise protocol and the queries of the beneficiaries were resolved individually. Ergonomic advice was also given to have a good healthy and functionally independent life ahead.

#### Photographs of the camp:



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

**11) Name of camp:** Geriatric Camp

**Date of camp:** 05.01.2019

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

#### 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.

**Photographs of the camp:**




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



12) Extension activity: Sports day event.

Date : 12<sup>th</sup> Jan 2019

Organisation unit: Datar-shendure english medium school, satara.

 **D.E. SOCIETY'S**  
**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**  
Pergusson College Campus, Pune - 411 004 • Phone : (020) 67656471, 676564670  
• Fax : (91) (020) 30866494, 30866120 • E-mail : descp@pune@gmail.com  
• Web-site : www.desphysiotherapycollege.com , www.despune.org  
Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik

Ref No- 435/2018-19 Date- 11/01/2019

To,  
Headmistress,  
Datar-Shendure English Medium School, Satara


Subject- Participation of D.E.Society's Brijlal Jindal College of Physiotherapy, Pune in DES interschool sports event


Respected Madam,


As decided in the meeting, we are pleased to send our faculty members Smt. Namrata Sidhaye & Smt. Apoorva Likhite along with our Interns & PG students on 12<sup>th</sup> January, 2019 from 8 am to 5.30 pm.

Our faculty & students will be present for on field injury management of students participating in various sports activities.

This is for your Information,

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



Received  
  
11/01/2019  
HEAD-MISTRESS  
Datar-Shendure English Medium Secondary School,  
SATARA.

13) Extension activity: Sports day event

Organisation unit/agency/collaborating agency: New english school,Tilak road,Pune

Date: 6<sup>th</sup>,7<sup>th</sup>,8<sup>th</sup> December 2018

**COLLEGE OF PHYSIOTHERAPY**  
Pune - 411 004 • Phone : (020) 30866471,30866467  
0866120 • E-mail : [descpune@gmail.com](mailto:descpune@gmail.com)  
[neradpcollege.com](http://neradpcollege.com) . [www.desnpune.org](http://www.desnpune.org)

संस्थापक :  
विष्णुदासी विठ्ठलदास  
नोफमान्य बाळ संभाधर टिळक  
गोपाळ मनेश आनंदकर  
महेश्वर बट्टाळ नामजोशी


ना : 1880  
डेकन एज्युकेशन सोसायटी, पुणे चे  
**न्यू इंग्लिश स्कूल, टिळकरोड, पुणे**  
486, सदाशिव पेठ, पुणे 411030.  
प.दापस क्र. 27251601504 दूरध्वनी क्र. : 020 - 67657014

PNA(PMC)93, • e-mail : [office.nest@despune.org](mailto:office.nest@despune.org) • S.S.C. Code No. 11 : 11 : 013

R-11-254/15-19  
TO:  
The Principal,  
D.E.Society's  
Brijlal Jindal College of Physiotherapy,  
Pune.

दिनांक : 08/12/2018

Respected Sir/Madam,  
Smt.Namrata Sidhaye & Apporva Likhite,both were present on  
6<sup>th</sup>,7<sup>th</sup>,and 8<sup>th</sup> December 2018 from 9 to 12 noon in our school.  
Both helped our school children for injury management and  
enhanced their moral to participate in sports activities.  
Thanking You,


Yours faithfully,  
  
Head Master  
New English School  
Tilak Road, Pune-30.



14) Extension activity: Sports day event

Organisation unit/agency/collaborating agency: DES Primary school

Date: 3-5<sup>th</sup> December 2018

	<p>Deccan Education Society's <b>D.E.S. PRIMARY SCHOOL</b> (Permanently Un-aided English Medium) Tilak Road, Pune-411 030 Ph. No. (020) 32427444</p>
Ref. No. <b>69/2018-19</b>	Date : <b>05/12/20</b>
To, Smt. Aparna Sadhale Principal D.E.Society's Brijlal Jindal College of Physiotherapy, Pune	
<p>Subject : Participation of D.E. Society's Brijlal Jindal College of Physiotherapy, Pune during sport day events.</p>	
<p>Respected madam,</p> <p>We are pleased and thankful to you for sending your faculty members Smt. Namrata Sidhaye &amp; Smt. Apporva Likhite on 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> December, 2018 for field injury management, indeed it was a great help for our institution.</p> <p>Thanking You,</p>	
<p>Yours faithfully,  Smita Kulkarni Head mistress, Head Mistress DES Primary School Tilak Road, Pune-411030</p>	



15) **Extension Activity:** Physical fitness & motor proficiency assessment 2019  
**Organisation unit/agency/collaborating agency:** DES Primary school  
**Date:** 2018-19

  
**Deccan Education Society's**  
**D.E.S. PRIMARY SCHOOL**  
(Permanently Un-aided English Medium)  
Tilak Road, Pune-411 030  
Ph. No. (020) 32427444

---

Ref. No. \_\_\_\_\_ Date: 21/03/2019

### Certificate

This is to certify that students and faculty of DES Brijlal Jindal college of Physiotherapy have been coming to our School for sports specific physical fitness and motor proficiency assessment. They have been assessing Students of primary section. This association will continue in future too.

D. E. Society's  
Brijlal Jindal College  
of Physiotherapy, Pune  
Inward No 293/18-19  
Date 22/03/2019  
Sign *A. D. Ale*

*S. K. Kulkarni*  
Head Mistress  
DES primary School,  
Tilak road, Pune-30  
Head Mistress  
DES Primary School  
Tilak Road, Pune-411030

*Hospital. Dr.*

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







**17) Activity:** Vrukshathon Marathon

**Date :** 9/6/2019

**Organisation unit/agency/collaborating agency:** Fitness first

**Sakal Times**

## Konkar, Kousadikar win titles in Vrukshathon

**SPORTS REPORTER**  
sports@sakaaltimes.com

**Pune:** Anurag Konkar and Radha Kousadikar ran well under two-hour mark to win the men's and women's Under-40 half-marathon titles in Vrukshathon, a run conducted to spread the awareness of planting and nurturing trees to save environment.

Over 2300 runners participated in Vrukshathon conducted over 21-km, 10-km, 5-km and 3-km distances, by Fitness First and Support Sakal on Sunday.

The 21-km run began from BMCC ground and headed on to Senapati Bapat Road, Pashan and Bavdhan and back. The 10-km run took the same route, but only till NCL and turned back to finish at the starting point.

Those present for the



**TROPHY TIME:** All the winners of Vrukshathon with their trophies.

flag-off were Namrata Patil (DCP, Pimpri-Chinchwad Police), Sitaram Kandi, Rishikesh Bhanushali, Deepak Jagtap, Vaishali Munde-Karad, Shreetej Darode, Rujit Meher, Mukesh Yewale and Chandrakant Nimhan.

A wide spectrum of society took part and pledged

to plant trees. All the participants were given tree saplings and finisher's medal.

Santosh More, Vijay Gaikwad, Mahadev Nirmal, Rohit Salve, Ajinkya Jagtap, Shivanand Gokhale, Padmaraj Doshi and Anupam Khanduja worked to make the event possible.

Organisations such as physiotherapy college DES BJCOE, APCC, PR South, GF India, Baijaj Group, Pashan Runners, Bavdhan Brigade, Sahyadri Cyclotrek and Pro Sports supported the event.

**Results:**

**Men:**

**21-km (Under-40):** 1. Anurag Konkar 1:24:16; 2. Shander Singh 1:28:12; 3. Hiren Patel 1:28:14.

**21-km (above 40):** 1. Deepak Chhani 1:32:02; 2. Anand Bhaat 1:32:15; 3. Krishna Sethia 1:35:47.

**10-km (Under-40):** 1. Shikhar Mukh 36:21; 2. Suraj Ghogare 38:52; 3. Ravi Bansode 41:41.

**10-km (above-40):** 1. Anil Bandodkar 47:43; 2. Suhas Ambrake 48:30; 3. Dhanraj Helambe 49:27.

**Women:**

**21-km (Under-40):** 1. Radha Kousadikar 1:57:26; 2. Netra Pelapkar 2:00:37; 3. Aishwarya Doshi 2:14:34.

**21-km (above 40):** 1. Neelam Vaid 2:03:15; 2. Vaishali Karad 2:04:43; 3. P. Reddy 2:08:52.

**10-km (Under-40):** 1. I. Swati Hansode 42:34; 2. Swara Ahowalia 51:40; 3. Tanya Dudwoth 54:39.

**10-km (above-40):** 1. Kavitha Reddy 51:49; 2. Swati Agarwal 54:53; 3. Sumitra Joshi 57:52.



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





**18) Extension Activity:** - Physiotherapy services to geriatric population  
**Organisation unit/agency/collaborating agency:** AnandDham  
**Date-Year 2018-19**



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

**Community Physiotherapy Posting Consolidated Report**


Department: Community Physiotherapy

Academic Year: 2018-19

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 35 III B.P.Th. - 24 IV B.P.Th. - 30 Interns - 26 M.P.T. - 33
2	Sahajivan Bhugaon	Friday	Interns - 26 MPT- 33
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 35 III B.P.Th. - 24 IV B.P.Th. - 30 Interns - 26 M.P.T. - 33
4	AnandDham	Monday, Tuesday	II B.P.Th. - 35 III B.P.Th. - 24 IV B.P.Th. - 30 Interns - 26 M.P.T. - 33

  
 Sign of HoD



  
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 Pune . 4


19)Extension Activity: - Physiotherapy services to geriatric population  
Organisation unit/agency/collaborating agency: Sahjivan old age home

Date-Year 2018-19

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahjivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 35 III B.P.Th. - 24 IV B.P.Th. - 30 Interns - 26 M.P.T. - 33
2	Sahjivan Bhugaon	Friday	Interns - 26 MPT- 33
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 35 III B.P.Th. - 24 IV B.P.Th. - 30 Interns - 26 M.P.T. - 33
4	AnandDham	Monday, Tuesday	II B.P.Th. - 35 III B.P.Th. - 24 IV B.P.Th. - 30 Interns - 26 M.P.T. - 33

  
Sign of HoD



  
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Pune . 4





20) Extension Activity: - Physiotherapy services to geriatric population


Organisation unit/agency/collaborating agency: : Rainbow day care

Date-Year 2018-19

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. - 35 III B.P.Th. - 24 IV B.P.Th. - 30 Interns - 26 M.P.T. - 33
2	Sahajivan Bhugaon	Friday	Interns - 26 MPT- 33
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. - 35 III B.P.Th. - 24 IV B.P.Th. - 30 Interns - 26 M.P.T. - 33
4	AnandDham	Monday, Tuesday	II B.P.Th. - 35 III B.P.Th. - 24 IV B.P.Th. - 30 Interns - 26 M.P.T. - 33

  
Sign of HoD



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

**21) Extension Activity:** - Physiotherapy treatment for special & orphanage children  
**Organisation unit/agency/collaborating agency:** Sofosh

**Date-Year 2018-19**

:

**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.*

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

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!!

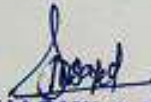
This is to certify that faculty and students of DES (Brijlal Jindal College of Physiotherapy) Pune are treating the family deprived and destitute children at Shreevatsa, the child care center run by SOFOSH since the year 2010. Children are benefited by the therapy and is found to be very satisfactory.

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

# 3.4.1 EXTENSION AND OUTREACH ACTIVITIES

## DETAILED PROGRAM REPORT

**2022-23**



1) EXTENSION ACTIVITY: FOOTBALL MATCHES

COLLABORATING AGENCY/ORGANISATION UNIT: POONA DISTRICT FOOTBALL ASSOCIATION (PDFA)

DATE: 14-20 DECEMBER 2022



**DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity:** -Inter District Football Championship for Men

**Name of Coordinator:** Snehal Joshi

**Department:** -Sports Committee

**Date:-** 14th December 2022 - 20th December 2022

**Timing:** 8:30am - 5:30pm

**Place:-** Balewadi Stadium

**Collaborative agency:** PDFA

**No.of students participated:**4

**Online / Offline:-** Offline

**Outline of activity:-** On field Physio support was provided for the players of WESTERN INDIAN FOOTBALL ASSOCIATION

- a) Objective-** 1.To provide exposure of on filed injuries in football  
2. To prepare the interns to treat those injuries first hand.  
3. To help them understand the sports better

**b) Participants-**

1. Rishabh Surana
2. Rashmeet Gurudatta
3. Srushti Solapurkar
4. Rujula Jadhav

- c) Outcome-** Common Injuries which were treated by interns were- Ankle sprain, Muscle strain, Muscle cramps, bruising

**PRINCIPAL**

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



d) Photographs:-



TRUE COPY

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

## 2) EXTENSION ACTIVITY: ITF TENNIS TOURNAMENT

COLLABORATING AGENCY/ORGANISATION UNIT: FIT2SPORT ACADEMY

DATE: 27 NOV – 4 DEC



### DES's Brijlal Jindal college of Physiotherapy

Maharashtra State Olympics - ITF tennis tournament

**Name of Coordinator:** Namrata Sidhaye-Bhadbhade

**Department:** -Sports Committee

**Date:-** 27<sup>th</sup> Nov- 4th Dec 2022

Timing: 8am-7pm

**Collaborative agency:** Fit2sport

**No.of students participated:**4

**Place:-** Deccan Gymkhana

**Online / Offline:-** Offline

**Outline of activity:-** On field Physio support was provided for the tennis players

- a) **Objective-**
- 1.To provide exposure of on filed injuries of Tennis
  2. To prepare the interns to treat those injuries first hand.
  3. To help them understand the sports better

b) **Participants-**

1. Megh Thaka
2. Purva Bendre
3. Isha Sathe
4. Rushabh Khandawala

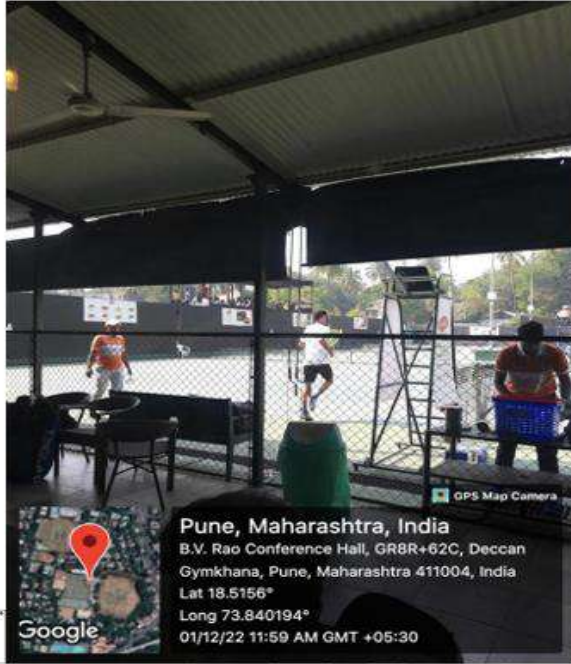
- c) **Outcome-** Common Injuries which were treated by interns were- Overuse injuries of the shoulder, tendinitis, muscle spasms, cramps, muscle strains

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**Photographs:-**



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**3) EXTENSION ACTIVITY: SPORTS ACTIVITY**

**COLLABORATING AGENCY/ORGANISATION UNIT: : DES Primary School**

**DATE: 26 NOV 2022**



**DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity:** -DES Inter Primary School Meet

**Name of Coordinator:** **Namrata Sidhaye-Bhadbhade**

**Department:** -Sports Committee

**Collaborative agency:** DES PRIMARY SCHOOL

**Date:-** 26th November 2022

**Timing:** 7.30 am to 4.30 pm

**No.of students participated:**4

**Place:-** D.E.S. Primary School ground, Tilak Road, Pune-30

**Online / Offline:-** Offline

**Outline of activity:-** On field Physio support was provided to school children

**Objective-** 1.To provide exposure of on filed injuries during intraschool matches

2. To prepare the interns to treat those injuries first hand.

3. To help them understand the sports better

**Outcome-** Common Injuries which were treated by interns were- Ankle sprains,Head injuries (minor),Minor injuries of elbow and knee

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**Photographs:-**



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#### 4) EXTENSION ACTIVITY: ORTHOSIS DISTRIBUTION AND FITNESS CAMP

**COLLABORATING AGENCY/ORGANISATION UNIT:** Bharat Vikas Parishad, viklang punarvasan kendra

**DATE:** 27-09-2022



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

**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.

**Attendance –** 6 students 1 staff

**Outcome:** The students appreciated the opportunity provided to them.

**Collaborative agency:**

**Bharat vikas kendra**

**No.of students**

**participated:6**

**Photographs:-**



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Orthosis distribution and fitting camp

Attendance of students

Date - 27/9/2022

Sr. No.	Name of Students	Signature
1	Jankai Divya Manjekar	<i>[Signature]</i>
2	Shilprabha Shankar Thube	<i>[Signature]</i>
3	Arya Pradeep Kunte	<i>[Signature]</i>
4	Uma R. Shastri	<i>[Signature]</i>
5	Amruta Rajnithi	<i>[Signature]</i>
6	Apurva Jadhav	<i>[Signature]</i>





**5) EXTENSION ACTIVITY: INTER COLLEGE SHAHU FOOTBALL TROPHY**

**COLLABORATING AGENCY/ORGANISATION UNIT: AISSMS College of Engineering,Pune**

**DATE: 31<sup>st</sup> OCT – 6<sup>th</sup> NOV 22**



**DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity:** -Inter-Collegiate Football tournament (sppu)

**Name of Coordinator:** Namrata Sidhaye-Bhadbhade

**Department:** -Sports Committee

**Date:-** 31st October-6th November

**Timing:** 9am-4pm

**Place:-** AISSMS College Ground

**Online / Offline:-** Offline

**Collaborative agency: AISSMS**

**College**

**No.of students participated:11**

**Outline of activity:-** On field Physio support was provided to Football players

- a) Objective-**
- 1.To provide exposure of on filed injuries during football matches
  2. To prepare the interns to treat those injuries first hand.
  3. To help them understand the sports better

**Outcome-** Common Injuries which were treated by interns were- Ankle sprains,Head injuries (minor),Minor injuries of elbow and knee

**b) Photographs:-**



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6) EXTENSION ACTIVITY: AMPUTATION – CAMP FOR EXERCISE PRESCRIPTION AFTER PROSTHETIC FITTING

COLLABORATING AGENCY/ORGANISATION UNIT: BHARAT VIKAS PARISHAD,VIKLANG PUNARVASAN KENDRA

DATE: 17-11-2022



**D.E.Society's Brijlal Jindal College of Physiotherapy, 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:** 17<sup>th</sup> November 2022, 10am-1pm

**Place:** Bharat Vikas Parishad, vikalangpunarvasan Kendra, Nalstop, Pune.

**Online/offline:** Offline

**Collaborative agency: Bharat vikas parishad kendra**

**Outline of activity:**

**No. of students participated: 2**

**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 1. Mr. Yash Chaudhary, IV B.P.Th

2. Mr. Sachin Kajale, 1<sup>st</sup> M.PT. CVRS PT and 9 amputee

Photographs attached.

**Signature of Principal:**



  
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## 7.) EXTENSION ACTIVITY: MAHARASHTRA STATE YOUTH LEAGUE TOURNAMENT

COLLABORATING AGENCY/ORGANISATION UNIT: Western India football association (WIFA)

DATE: 20-02-2023



### **DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity:** -Maharashtra State Youth League

**Name of Coordinator:** Namrata Sidhaye-Bhadbhade

**Department:** -Sports Committee

**Date:** - 20<sup>th</sup> February 2023  
**Timing:** 8.30am - 7.30pm

**Collaborative agency:** WIFA

**No. of students participated:** 2

**Place:** - Corporate ground, Mantralaya, Mumbai

**Online / Offline:** - Offline

**Outline of activity:** - On field Physio support was provided for the players of Western Indian Football Association

- a) **Objective-** 1. To provide exposure of on field injuries of football to interns  
2. To prepare the interns to treat those injuries first hand.  
3. To help them understand the sports better
- b) **Participants-** Megh Thakar, Kashish Jain
- c) **Outcome-** Common Injuries which were treated by interns were- Overuse injuries of the shoulder, tendinitis, muscle spasms, cramps, muscle strains, Ligament sprain
- d) **Photographs:-**



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**8) EXTENSION ACTIVITY: GERIATRIC ASSESMENT CAMP**

**COLLABORATING AGENCY/ORGANISATION UNIT: PUNARNIRMAN FOUNDATION**

**DATE: 24-09-2022**



**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

**Collaborative agency: Punarnirman**  
**No.of students participated: 4**

**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.



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**Brijlal Jindal College of Physiotherapy, Pune**

## 9) EXTENSION ACTIVITY: COMMUNITY HELPER TRAINING MODULE

COLLABORATING AGENCY/ORGANISATION UNIT: SEVA AROGYA FOUNDATION

DATE: 21-09-2022



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



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10) EXTENSION ACTIVITY: ADVANCE DIPLOMA IN INDUSTRIAL SAFETY TRAINING

COLLABORATING AGENCY/ORGANISATION UNIT: TECHNICAL INSTITUTE PUNE

DATE: 24-11-2022



D.E. Society's

**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**

Fergusson College Campus, Pune - 411 004 •Phone : (020) 67656471,67656467

•Fax : (91) (020) 67656494, 67656120 • E-mail : [descoppune@gmail.com](mailto:descoppune@gmail.com)

•Web-site : [www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)

Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik

Name of Activity: Demonstration of Practical's for "Advance Diploma in Industrial Safety Course" students.

Guest Speaker: Dr Shreya Dhake (PT)

Dr Aditi Soman (PT)

Dr Aditi Berry(PT)

Collaborative agency: Technical institute

No.of students participated: 6

Name of Coordinator: Dr. Aditi Berry(PT)

Department: Cardiovascular and Respiratory Physiotherapy, DESBJCOP

Date & Time: 24/11/2022 | 2 pm – 4.30 pm |

Online/Offline: Offline

Outline of Activity: Demonstration of following practicals

. Pulmonary Function Tests

Cardiopulmonary resuscitation

Physical fitness evaluation- step test

Objectives: To orient the participants to lung function tests, basic life support skills and evaluation of an individual's physical fitness level using Step test

Outcome: All the participants were acquainted with the above mentioned skills.

Participants: 41 +6 PG students ( Divya A, Nayan K, Anjali B,Sachin ,Poonam S,Sneha W)

  
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11) EXTENSION ACTIVITY: CAMP FOR EXERCISE PRESCRIPTION AFTER PROSTHETIC TRAINING

COLLABORATING AGENCY/ORGANISATION UNIT : BHARAT VIKAS PARISHAD,VIKLANG PUNARVASAN KENDRA

DATE: 22-11-2022



**D.E.Society's Brijlal Jindal College of Physiotherapy, 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:** 22<sup>nd</sup> November 2022, 10am-1pm

**Place:** Bharat VikasParishad, vikalangpunarvasan 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:** 4students (2UG and 2PG) and 7 amputation patients

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

**Signature of Principal:**



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



Sr. No	Name of Attendee	Student of
1	Sneha Waydande	2 <sup>nd</sup> MPT
2	Sachin Kajle	2 <sup>nd</sup> MPT
3	Yash Chaudhari	IV B.P.Th
4	Saee Siddheshwar	IV B.P.Th
5	Dr. Aditi Soman	Faculty



*Dr. Aditi Soman*  
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## 12) EXTENSION ACTIVITY: CAMP FOR EXERCISE PRESCRIPTION AFTER PROSTHETIC TRAINING

COLLABORATING AGENCY/ORGANISATION UNIT : BHARAT VIKAS PARISHAD,VIKLANG PUNARVASAN KENDRA

DATE: 07-05-2023



### D.E.Society's Brijlal Jindal College of Physiotherapy, 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:** Suvarnsmruti hall, Deccan organized by Bharat Vikas Parishad, vikalangpunarvasan Kendra, Nalstop, Pune.

**Online/offline:** Offline

**Outline of activity:**

**Objectives:**

**Collaborative agency: BHARAT VIKAS  
PARISHAD kendra  
No. of students participated: 4**

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.


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 Principal:**



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



### Attendee:

Mr. Sachin Kajale	2 <sup>nd</sup> MPT
Manasi	1 <sup>st</sup> MPT
Farkhanda	1 <sup>st</sup> MPT
Divya B.	1 <sup>st</sup> MPT



  
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13) EXTENSION ACTIVITY: SPORTS POLICE GAMES, SRPF  
COLLABORATING AGENCY/ORGANISATION UNIT : MAHARASHTRA STATE POLICE GAMES, SRPF,  
WANOWARIE  
DATE: 7<sup>th</sup> JAN 2023- 13 JAN 2023



**D.E.Society's Brijlal Jindal College of Physiotherapy**  
**Name of Activity:** - 33rd Maharashtra State Police Games Pune-2023

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade, Apoorva Likhite

**Department:** Sports department

**Date:** 7th-13th January 2023

**Place:** Wanawadi Crpf Police Games

**Timing-** 7am to 9pm

**Online / Offline:** on field

**Outline of activity:**

Injuries treated were back strains, ankle sprains, Hamstring and calf injuries.

**Participants-** 1. Bharat Rathi,

2. Vedika Rege.

3. Pravin Chavhan

4. Jaya Pathak

**Collaborative agency:** Maharashtra state  
police games

**No.of students participated:** 4

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14) EXTENSION ACTIVITY: MAHARASHTRA STATE OLYMPICS – WATER POLO MATCHES PHYSIO SUPPORT

COLLABORATING AGENCY/ORGANISATION UNIT: MAHARASHTRA OLYMPIAD ASSOCIATION

DATE: 10 JAN 2023 – 12 JAN 2023



**DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity:** -Maharashtra State Olympics - Water Polo Matches Physio Support

**Name of Coordinator:** Namrata Sidhaye-Bhadbhade

**Department:** -Sports Committee

**Date:-** 10th to 12th January 2023

**Timing:** 9:30 - 5:30pm

**Place:-** Balewadi Stadium

**Online / Offline:-** Offline

**Collaborative agency:** Maharashtra olympiad association

**No.of students participated:** 4

**Outline of activity:-** On field Physio support was provided for the players of Maharashtra State Olympics - Water Polo Matches

- a) Objective-** 1.To provide exposure of on filed injuries of swimming to interns  
2. To prepare the interns to treat those injuries first hand.  
3. To help them understand the sports better
- b) Participants-** Megh Thakar, Shirin Kunte
- c) Outcome-** Common Injuries which were treated by interns were- Overuse injuries of the shoulder, tendinitis, muscle spasms, cramps, muscle strains
- d) Photographs:-**



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15) EXTENSION ACTIVITY: SENIOR CITIZENS' MARATHON

COLLABORATING AGENCY/ORGANISATION UNIT: SIMPLE STEPS

DATE: 26 FEB 23



**DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity:** -Senior Citizens' Marathon by Simple steps

**Name of Coordinator:** Apoorva Pavnaskar and Namrata Sidhaye-Bhadbhade

**Department:** -Sports Committee

Collaborative agency; SIMPLE STEPS

No.of students participated: 4

**Date:** - 26<sup>th</sup> February 2023

**Timing:** 6:30am -11am

**Place:** - Savitribai Phule Pune University

**Online / Offline:** - Offline

**Outline of activity:** - On field Physio support provided for the Senior citizens after walkathon

- a) Objective-** 1.To provide exposure of on filed injuries in elderly individuals  
2. To prepare the interns to treat those injuries first hand.  
3. To help them understand the sports better

**b) Participants-** Akshata Mane, Pooja Patel, Dinkar Thakre, Purva Rasne

**Outcome-** Common Injuries which were treated by interns were- Muscle cramps, ankle sprains, abrasions, etc

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**Photographs:-**



GPS Map Camera

Pune, Maharashtra, India

C/o Anand Cycles, 459, Lokhande Talim, Patrya  
Maruti Raasta, Lokhande Talim Rd, Bhatancha Bld,  
Narayan Peth, Pune, Maharashtra 411030, India  
Lat 18.515426°

Long 73.851544°

26/02/23 07:27 AM GMT +05:30

Google



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16) EXTENSION ACTIVITY: INTER CLASS COMPETITION

COLLABORATING AGENCY/ORGANISATION UNIT: MGG School,TILAK ROAD,PUNE

DATE: 16-18 NOV 22



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

**Name of Activity:** - Intra –class competitions at Madhav Golwalkar Guruji School, Tilak road

**Name of Resource person:** Interns

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade

**Department:** Sports department

**Collaborative agency;** MGG School,Tilak road

**Date:** 16<sup>th</sup> to 18<sup>th</sup> November 2022

**No.of students participated:** 6

**Place:** Madhav Sadashiv Golwalkar Guruji Vidyalay

**Timing-** 7.30am-12.30pm

**Online / Offline:** on field

**Outline of activity:**

Madhav Golwalkar guruji school had organized sports days from 16<sup>th</sup> to 18<sup>th</sup> November at their school ground and Physiotherapy interns from DES Brijlal Jindal College of Physiotherapy were appointed as the official Physiotherapy partner for the entire event. Various sports like Cricket, Football, Rally race, Dodgeball ball, Kho kho were organized and played by students ranging from 8<sup>th</sup> standard upto 10<sup>th</sup> standard (boys and girls) who were divided into various teams. Physiotherapists got to see and treat various injuries, most commonly ankle sprains, bruises, ligament sprains, muscle strains and calf cramps. Thanks to Mr. Nimbalkar, the head coach and an important member of the organizing board and his team, he also provided us with the necessary first aid kit required to tackle these injuries along with the kit brought along by the physiotherapists themselves. Mild injuries like sprains were treated with techniques like MET, analgesic sprays and if necessary crepe bandages were applied. Other injuries were treated with antiseptics, bandages and rest.

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## 17) EXTENSION ACTIVITY: SHIRPUR TOURNAMENT

COLLABORATING AGENCY/ORGANISATION UNIT: Western INDIA FOOTBALL ASSOCIATION(WIFA)

DATE: 26-05-2023



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

Name of Activity: - **Shirpur Tournament**

Name of institute: **WIFA**

Name of Coordinator: Dr. Snehal Joshi

Department: Sports Department

Date: 26/05/23- 30/05/23

Place: SVKM sports school ,Shirpur

Online / Offline: onfield

Name of the intern: Shubham Navathe

Outline of activity:

- a) Our intern travelled with the football team. Warm up and cool down session were taken for players before and after the match. Back , shoulder and ankle injuries were managed well during the tournament.
- b) Outcomes: Better understanding about the Football specific injuries and managing the injuries on field. Helped to develop quick decision making.

**Collaborative agency; WIFA**

**No.of students participated: 1**



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18.) EXTENSION ACTIVITY: KIDS MARATHON

COLLABORATING AGENCY/ORGANISATION UNIT: SIMPLE STEPS

DATE: 13 NOV 2023



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

**Name of Activity:** - Simple steps kids marathon 7 th edition

**Resource person:** in collaboration with simple steps

**Name of Coordinator:** Namrata Sidhaye-Bhadbhade

**Department:** Sports department

**Date:** 13/11/22

**Timing:** 6.00am- 10.00pm

**Place:** Savitribai Phule University, Pune

**Online / Offline:** on field

**Participants :** Interns were posted.

**Outline of activity:**

Simple steps marathon event was organized on 13 /11/2022 on early morning of Sunday at Pune University Campus for kids between 1-16yrs of age and DESBJCOP was appointed as the official Physiotherapy partner. A day prior and official meeting was organized and attended by Dr. Namrata Sidhaye(PT) and two of our interns. Here, briefing of the event, idea about the track and t-shirts for interns were handed over. On the morning of Sunday at 5.30am, 15 of physio interns gathered and got divided in teams of 2, one consisting of 10 members which further was split into smaller groups, standing at each mile.

The remaining 5 members waited back at the medical tent with the first aid kit at start point. The event began at 6am dividing the participants among 100m, 1km, 5km and 7km runners, with a warmup session attended by 5 of our physios . Most commonly encountered injuries included sprains , strains , local wounds , bruises and were managed by techniques like MET , Stretching , taping, first aid and analgesic medication. The event ended with refreshment distribution and prize distribution ceremony .

Collaborative agency; SIMPLE STEPS

No.of students participated: 17

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

Physio team for 7<sup>th</sup> edition Simple Steps Kids marathon

Date: - 13.11.2022

Venue: - Pune University

Timing: - 6 a.m. to 10 a.m.

1. Dr. Namrata Sidhaye- Bhadbhade (PT)
2. Falguni Deshpande
3. Dinkar Thakare
4. Rohini Kuthal
5. Anushka Sankav
6. Pooja Patel
7. Mugdha Modak
8. Mansi Deolasi
9. Tanvi Satte
10. Rishabh Surana
11. Mrunmayee Katte
12. Shruti Tamhankar
13. Rujula Jadhav
14. Srushti Solapurakar
15. Vedika Rege
16. Purva Rasane
17. Rashmeet Gurudatta
18. Rhea Deshpande

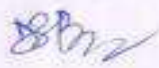



  
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Pune.

19) EXTENSION ACTIVITY: PHYSICAL ACTIVITY FOR AGEING

COLLABORATING AGENCY/ORGANISATION UNIT: JAGRUTI MITRA PARIVAR SANGH

DATE: 02-09-2023

Name of Activity: -Physical Activity in Ageing	
Name of Coordinator from college: Diptee Bhule	
Department: Community Physiotherapy	
Student participants: MPT students: Lynn Fernandes, Nikita Kolhe, Ronit Patil, Snehal Giri, Ashwini Gajbhiye, Saachi Tinaikar	
Date: 02/09/2023	<b>Collaborative agency; Jagruti mitra parivar sangh No. of students participated: 6</b>
Place: Pu La Deshpande Udyan, Sinhagad road, Pune	
Name of association: Jagruti Mitra Parivar, Sinhagad 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:	

  
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## 20) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: VAKESHWAR JESHTHA NAGRİK SANGHA

DATE: 19-11-2022



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:** 19.11.2022

**Collaborative agency; Vakeshwar jeshtha nagrik sangha**

**Site of camp:** Vakeshwar, Pashan

**No.of students participated:11**

**Participants in the camp:** Abha Dhupkar, Riya Jain, Komal Valesha, Kartiki Bhilare, Nikita Kolhe, Lynn Fernandes, Alfaiz Tamboli, Dinkar Thakare, Saeed Siddheshwar, Siddhi Dhumal, Yash Choudhari, Rohini Khutal.

**Beneficiaries of the camp:** Members of the Vakeshwar Jyeshtha Nagarik Sangha

**Number of beneficiaries:** 69

**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 was set up by the Junior PG students by 9:30, with the students divided to different stations. The stations were demographic data, height and weight, FRT, TUG, 2MWT, GDS, MoCA, TMT A and B, evaluation and exit.

The members of the jyeshtha Nagarik sangha registered with the ILC-I representatives. They were directed through the various stations of the camp after filling their demographic data. At each station, the test results were explained to the senior citizens. The elders submitted their completed forms at the exit counter. Any queries that they had were answered throughout the camp.

**Camp document prepared by:** Abha Dhupkar



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



21) EXTENSION ACTIVITY: YOGA DAY

COLLABORATING AGENCY/ORGANISATION UNIT: SOFOSH

DATE: 21-06-2023

**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 BPTd students, Children from SOFOSH and their caregivers, OPD patients

**b) Photographs**



Collaborative agency; SOFOSH  
No. of students participated: 23

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22) EXTENSION ACTIVITY: SPORTS ACTIVITY

COLLABORATING AGENCY/ORGANISATION UNIT: NEW ENGLISH SCHOOL,TILAK ROAD

DATE: 28 NOV 2022



**DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity:** -DES New English School Sports posting

**Name of Coordinator:** Namrata Sidhaye-Bhadbhade

**Department:** -Sports Committee

Collaborative agency; New English school  
No.of students participated:2

**Date:**- 28/11/2022

Timing: 8.00 am- 2pm

**Place:**- DES' New English School ground, Tilak road, Pune

**Online / Offline:**- Offline

**Outline of activity:**- On field Physio support was provided for the players of DES New English School

- a) Objective-** 1.To provide exposure of on filed injuries of Langdi, ring tennis, volleyball, kho-kho, Kabaddi, Dodgeball, etc  
2. To prepare the interns to treat those injuries first hand.  
3. To help them understand the sports better

**b) Participants-**

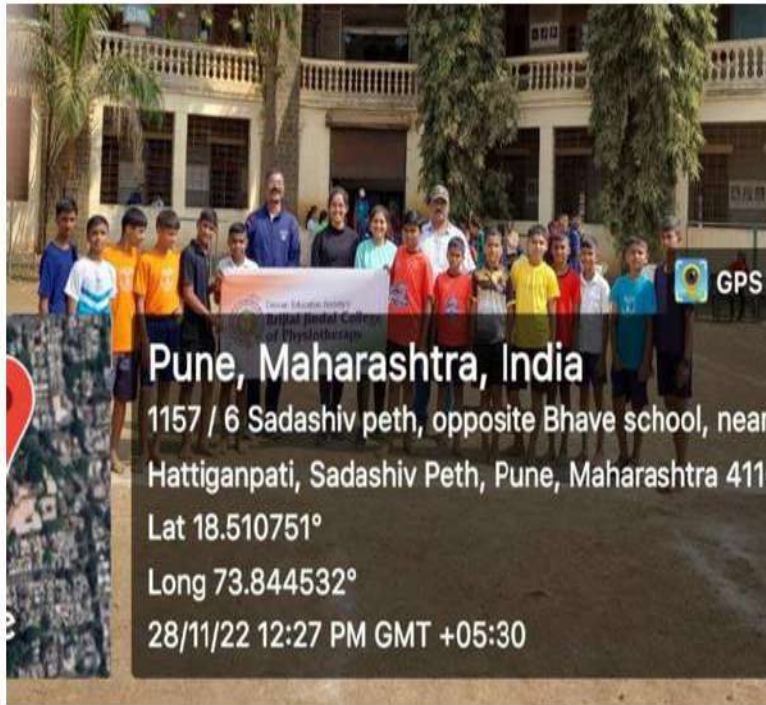
1. Vedika Rege
2. Sheetal Betke

**c) Outcome-** Common Injuries which were treated by interns were- ankle sprains, minor muscle strains, open wounds

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d) Photographs:-



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**23) EXTENSION ACTIVITY: Geriatric CAMP**

**COLLABORATING AGENCY/ORGANISATION UNIT : Athashri synergy pebbles**

**DATE: 1/07/ 2023**



**DES Brijlal Jindal College of Physiotherapy, Pune**  
**Camp Record**

**Name of Camp:** Geriatric Camp.

**Collaborative agency: Athashri synergy pebbles**  
**No.of students participated:16**

**Date of Camp:** 1/07/ 2023.

**Site of Camp:** Athashri Pebbles Bavdhan, Pune.

**Participants in the Camp:** Dr Rutuja Kowale (PT), Akanksha Wadodkar, Alfaiz Tamboli, Nikita Kolhe, Ashwini Gajbhiye, Lynn Fernandes, Isha, Sakshi Houji, Surbhi, Archika, Samruddhi, Mugdha, Megha Kamble, Diksha, Amruta, Sharayu and Yugeshwari

**Beneficiaries of the Camp:** Geriatric Population.

**Number of Beneficiaries:** 40

**Materials used in the camp:** Sphygmomanometer, Cones, Tape, Weighing Machine, Weight Cuffs, Dumbbell's.

**Camp Details:** A physiotherapy assessment camp was organized on 24th June 2023. A team of 14 physiotherapist did the assessment and taught the exercises as per the diagnosed condition. A documentation was done of the assessment and the planned exercise protocol and the queries of the beneficiaries were resolved individually. Ergonomic advice was also given to have a good healthy and functionally independent life ahead.

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**Photographs of the Camp:**



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24) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: Athashri synergy,Balewadi

DATE: 10 JUNE 2023



### Camp Record

**Name of Camp:** Geriatric Camp.

**Date of Camp:** 10th June 2023.

**Site of Camp:** Athashri Synergy, Balewadi, Pune.

**Participants in the Camp:** Dr Rutuja Kowale (PT), Akanksha Wadodkar, Alfaiz Tamboli, Isha Shepal, Loukik Kulkarni, Nikita Kolhe, Swaranjali Patil, Ashwini Gajbhaye, Lynn Fernandes, Megha Kamble, Mugdha Joshi, Pooja Hudu, Rajas Nimje, Yugeshwari Jadhao, Siddhi Bhute, Avanti Tare, Shreeya and Archika Shinde.

**Beneficiaries of the Camp:** Geriatric Population.

**Collaborative agency:** Athashri synergy  
balewadi

**No. of students participated:** 17

**Number of Beneficiaries:** 30

**Materials used in the camp:** Sphygmomanometer, Cones, Tape, Weighing Machine, Weight Cuffs, Dumbbell's.

**Camp Details:** A physiotherapy assessment camp was organized on 10th June 2023. A team of 17 physiotherapist did the assessment and taught the exercises as per the diagnosed condition. A documentation was done of the assessment and the planned exercise protocol and the queries of the beneficiaries were resolved individually. Ergonomic advice was also given to have a good healthy and functionally independent life ahead.

**Photographs of the Camp:**

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25) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT:Madhyavarti JESHTHA NAGRIK SANGH,KOTHRUD

DATE: 12 NOV 2022



**Camp Record**

**Name of camp:** Geriatric Camp.

**Date of camp:** 12<sup>th</sup> November 2022.

**Site of camp:** Madhyavarati Jyeshtha Nagrik Sangh, Kothrud, Pune.

**Participants in the camp:** Dr Rutuja Kowale, Nikita Kolhe, Lynn Fernandes, Siddhi Bhute, Akanksha Wadodkar, Mitali, Ashwini Gajhbiye, Anuja Bhalerao, Nidhi, Samreen, Sara Malkhare etc

**Beneficiaries of the camp:** Geriatric Population.

**Number of beneficiaries:** 45

**Materials used in the camp:** Sphygmomanometer, Cones, Tape, Weight Cuffs.

**Camp details:** A Physiotherapy assessment camp was organized on 29th April 2023. A team of 14 physiotherapist did the assessment and taught the exercises as per the diagnosed condition. A documentation was done of the assessment and the planned exercise protocol and the queries of the beneficiaries were resolved individually. Ergonomic advice was also given to have a good healthy and functionally independent life ahead.

**Collaborative agency:** Jeshtha Nagrik Sangh, Kothrud  
**No. of students participated:**  
10

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## Photographs of the camp:



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## 26) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: PUNARNIRMAN FOUNDATION, ERANDWANE AROGYA KOTHI)

DATE : 24.09.2022



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

**Collaborative agency:** Punarnirman Foundation

**No. of students participated:** 5

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




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27) EXTENSION ACTIVITY: CAMP FOR EXERCISE PRESCRIPTION AFTER PROSTHETIC FITTING

COLLABORATING AGENCY/ORGANISATION UNIT: Bharat Vikas Parishad Punarvasan kendra

DATE: 22-05-2022

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

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**Activity Report**

**Name of Activity:** Prosthesis Assessment camp

**Name of Coordinator:** Shreya Dhake

**Department:** Cardiovascular and Respiratory Sciences PT

**Date:** 22.03.2022

**Time:** 9 am to 3 pm

**Place:** PMC Arogya Kothi

**Online / Offline:** Offline visit.


**Collaborative agency:** Bharat Vikas Parishad  
Punarvasan Kendra


**No. of students participated:** 3

**Outline of activity:** Rotary Club of Pune Metro, Vatsalya Trust Mumbai and Bharat Vikas Parishad Punarvasan had conducted a camp for distribution of artificial limbs for all types of amputees and calipers for polio and Cerebral Palsy patients.

Total 60 patients took benefit of the camp. Our students did assessments of patients. Wheelchair bound amputees were given crutch training, strength and balance exercises were demonstrated and the same were advised to be performed at home as well. Students saw how measurements of prosthesis are taken. Prosthesis and orthotics professionals also explained them about measurements and modifications to be done. Many patients were unaware about improving strength, balance and endurance of limbs before prosthesis fitting. Almost 90% of the patients didn't receive strengthening and balance training post discharge from the hospital. Overall, patients lacked knowledge about rehabilitation centres and physiotherapy centres available for the treatment. This camp gave our students very enriching exposure. Distribution of the prosthesis through this measurement camp will be conducted on 19<sup>th</sup> June 2022.

**Participants/ Attendees:** 4 IV year students and 1 faculty



  
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Photographs:



GR4M+Q7X, Erandwana Gaothan, Erandwane, Pune,  
Maharashtra 411004, Ấn Độ

Latitude  
18.5070524°

Longitude  
73.8334309°

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GMT 08:44:36 AM

Độ cao 492,9 mét  
Chủ nhật, 22-05-2022



GR4M+Q7X, Erandwana Gaothan, Erandwane, Pune,  
Maharashtra 411004, India

Latitude  
18.5070064°

Longitude  
73.8334332°

Local 12:05:51 PM  
GMT 06:35:51 AM

Altitude 492.9 meters  
Sunday, 22-05-2022



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## 27) EXTENSION ACTIVITY: Breastfeeding awareness week 2023

COLLABORATING AGENCY/ORGANISATION UNIT: TARACHAND RAMNATH CHARITABLE HOSPITAL

Date: 1 of August to 6 of August



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

**In collaboration with Seth Tarachand Ramnath Charitable Hospital, Pune**

### **Breast Feeding Awareness Week**

**Introduction:** Breast Feeding Awareness Week celebration by DES Brijlal Jindal College of Physiotherapy and STRCH, Pune from 1 of August to 6 of August was exceptionally grand and done whole heartedly in order to promote, support and protect breast feeding.

**Location:** Gynaecology OPD, IPD of Seth Tarachand Charitable Trust Hospital, Pune

**Time:** 11 am onwards

**Collaboration:** Tarachand hospital.No.of students participated: 3

**Targeted Population:** An

**Preparation:** Second year MPT students, Riya Jain, Kartiki Bhilare and Komal Valesha started the planning of celebration from 26 of July, under the guidance of Dr. Abha Dhupkar (PT). Students coordinated with OBGYN resident from Seth Tarachand Ramnath Charitable Hospital, Dr Jyoti Munde, regarding the topics to be delivered during awareness week. Dr. Jyoti was guided by Dr. Rucha Ganu, HoD, Dept. Of Obstetrics and Gynaecology.

Topics covered for the awareness were as follows: introduction of breast feeding, advantages and disadvantages of early breast feeding, ergonomics of breast feeding for mother, physiotherapy role in postpartum, kangaroo mother care.

Teams were made for particular days from day one to day six. As students were posted at other hospitals, they completed their respective postings and reached the venue ten minutes prior. After reaching they arranged the material and delivered the session to the targeted population.

**Execution:** The session started at 11am sharp; MPT student and Gynaec resident and college staff were present. Student and resident delivered the pitch. The session majorly focused on effects of breast feeding on mother health and foetal health, different breast feeding positions and correct posture, duration of breast feeding, when to start and stop, care of breast while feeding, good and bad latching, devices used in different condition to feed a baby, contraindications of breast feeding were explained in detail, benefits of Kangaroo mother care for low birth weight baby. The content was explained to the targeted population with the help of charts and flash cards. The session was carried out for half an hour.



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Report by:

Riya Jain, Kartiki Bhilare, Komal Valesha

Coordinator's sign:

Abha Dhupkar

Dept. Of Community Physiotherapy

DESBJCOP



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28) EXTENSION ACTIVITY: MAHARASHTRA STATE YOUTH LEAGUE PLAYOFFS Under 13

COLLABORATING AGENCY/ORGANISATION UNIT: WIFA

Date: 3<sup>rd</sup> May-12<sup>th</sup> May 2023



**DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity:** MAHARASHTRA STATE YOUTH LEAGUE PLAYOFFS Under 13

**Department:** -Sports Committee

**Date:** - 3<sup>rd</sup> May - 12<sup>th</sup> May 2023

**Timing:** 8.30 am- 7 pm

**Collaborative agency:** WIFA

**No.of students participated:** 2

**Place:** - Cooperage Football Ground, Mumbai

**Online / Offline:** - Offline

**Outline of activity:-** On field Physio support was provided for the budding Football players (Under 13)

- a) **Objective-**
1. To provide exposure of on field injuries during football
  2. To prepare the interns to treat those injuries firsthand.
  3. To help them understand the sports better
- b) **Participants-** Charnelle Gomes, Siddhi Baria
- c) **Outcome-** came across several injuries ranging from muscle cramps, minor cuts, abrasions & ankle sprains to more severe lacerations and a suspected ACL tear which were ruled out by special tests.

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**Photographs: -**



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29)EXTENSION ACTIVITY: Inter DES PT Teachers' Sports day

COLLABORATING AGENCY/ORGANISATION UNIT:NEW ENGLISH SCHOOL TILAK ROAD

Date: 13-4-23



**DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity: -Inter DES PT Teachers' Sports day.**

**Name of Coordinator- Namrata Bhadbhade, Apoorva Pavnaskar**

**Department: - Sports Department**

**Date:-13/4/23**

**Time- 8am to 11am**

Collaborative agency:New English school,tilak road

No.of students participated: 2

**Place:- DES New English School , Tilak road**

**Online / Offline:- On -field**

**Outline of activity:-** Physios were posted to treat on field injuries during teachers' sports day

**a) Objective-**

1. To provide exposure of on filed injuries during inter-school matches
2. To prepare the interns to treat those injuries first hand.
3. To help them understand the sports better

**b) Participants/ Attendees- Rashmeet Gurudatta, Sheetal Bekte**

**Outcome-** Common Injuries which were treated by interns were-Strains, cramps

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## Photographs



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*[Signature]*  
Dr. P. S. Srinivasan  
Center for Communications Programs  
Johns Hopkins University  
Baltimore, MD, USA

30) EXTENSION ACTIVITY: SENIOR CITIZEN MARATHON

COLLABORATING AGENCY/ORGANISATION UNIT: SIMPLE STEPS

Date: 26 Feb 23



**DES's Brijlal Jindal college of Physiotherapy**

**Name of Activity:** -Senior Citizens' Marathon by Simple steps

**Name of Coordinator:** Apoorva Pavnaskar and Namrata Sidhaye-Bhadbhade

**Department:** -Sports Committee

**Collaborative agency:** Simple steps

**Date:** - 26<sup>th</sup> February 2023

**No. of students participated:** 4

**Timing:** 6:30am -11am

**Place:** - Savitribai Phule Pune University

**Online / Offline:** - Offline

**Outline of activity:** - On field Physio support provided for the Senior citizens after walkathon

- a) Objective-**
1. To provide exposure of on field injuries in elderly individuals
  2. To prepare the interns to treat those injuries first hand.
  3. To help them understand the sports better

**b) Participants-** Akshata Mane, Pooja Patel, Dinkar Thakre, Purva Rasne

**Outcome-** Common Injuries which were treated by interns were- Muscle cramps, ankle sprains, abrasions, etc

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**Photographs:-**



GPS Map Camera

Pune, Maharashtra, India

C/o Anand Cycles, 459, Lokhande Talim, Patrya  
Maruti Raasta, Lokhande Talim Rd, Bhatancha Bol,  
Narayan Peth, Pune, Maharashtra 411030, India  
Lat 18.516426°

Long 73.851544°

26/02/23 07:27 AM GMT +05:30

Google



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31) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES to Geriatric population:

COLLABORATING AGENCY/ORGANISATION UNIT: Punarnirman FOUNDATION

DATE: .A.Y 22-23



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

**Name of Activity:** Community posting : Punarnirman

**Name of co-ordinator:** Dr. Abha Dhupkar,

**Time:** 9am – 1pm

**Year:** A.Y 2022-23

**Collaborative agency: : Punarnirman  
FOUNDATION**

**No.of students participated: 187**

**Participants:** BPTTh II, III, IV, Interns, PGs

**Time:** 9am to 1pm

**Objectives:**

1. To make the students provide physiotherapy services to elderly population
2. To sensitize the younger generation on the issue of elderly and creating inter-generational dialog.
3. To motivate interns for better planning and execution of exercise program as per the patients need.
4. To organize various camps for assessment & treatment of geriatric population

**Outcome:**

The posting is beneficial for students in observing, learning, planning individual patient handling & management as per patients needs

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## पुनर्निर्माण सोशल फाउंडेशन

CIN - U30901PN2022NLP213877

WHISTELLING MEADOWS, C-BLDG, FLAT NO. 804,  
S. NO. 257/1A & 257/2/2A BAYDHAN, PUNE - 21,  
CONTACT : +91 96527 02270 | +91 81499 22488

Outward no: 2022/122

Date : 10/09/2022

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



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### 32) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES TO FAMILY DEPRIVED CHILDREN


COLLABORATING AGENCY/ORGANISATION UNIT (SOFOSH)


DATE: .A.Y 22-23


Sr. No	Name of Posting	MPT 1	MPT2
1	SOFOSH	BADJATE DIVYA MANOJ	Nayan Kotian
2		ATHAVALE SHREEYA ANANT	Anjali Bais
3		PATIL RONIT RAVINDRA	Sneha Waydande
4		SHRUTIKA JAYANT SAPKAL	Divya Agarwal
5		SHAIKH FARKHANDA	Poonam Sonari
6		DESHMUKH MANASI	Sachin Kajale
7		SAIFEE SAKINA SHOEB HUSSAIN	Riya Patel
8		BHANDARI CHAHAT SUSHANT	Palak Darda
9		DUPARE SAKSHI	
10		HARSHWARDHAN	Vaishnavi Daptare
11		HARSHIKA GANESHKUMAR PARWAL	Rani Rodge
12		TINAIKAR SAACHI	Anuja Bhalerao
13		SHEDGE DNYANESHWARI	Shraddha Ghadge
14		BHUTE SIDDHI MANOHAR	Nikita Kolhe
15		WADODKAR AKANKSHA	Lynn Fernandes
16		ASHWINI SUNIL GAJBHIYE	Alfaiz Tamboli
17		SHINDE SHARAYU BHAURAO	Pravin Chavan
		GIRI SNEHAL MACCHIANDRA	Jaya Pathak

D. E. Society's Brijlal Jindal College of Physiotherapy MPT students provided services to family deprived and orphanage children in A. Y. 2022-23.

Collaboration: SOFOSH  
Sudents: 34

  
Coordinator  
Dr. Harshada Sonawane



  
Sign of Principal  
**PRINCIPAL**  
D. E. Society's Brijlal Jindal



**33) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES IN THE COMMUNITY**

**COLLABORATING AGENCY/ORGANISATION UNIT: (SEVANKUR FOUNDATION)**

**DATE: A.Y: 23-30<sup>TH</sup> MARCH 23**



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

**Name of activity: Sevankur Bharat**

**ONE WEEK FOR NATION 2023 – JHABUA, MAHDYA PRADESH**

**Name of Coordinator: Dr.Snehal Joshi (PT)**

**Department: Community physiotherapy**

**Date : 23-30th March 2023**

**Online-Offline: Offline**

**Outline of activity:**

**Objectives:**

1. To screen the individuals of rural area of Madhya Pradesh
2. To organize Gramsabha sessions like ANC and PNC for women's
3. To build a relationship of empathy

**Participants name: Ashwini Gajbhiye(MPT)**

**Collaborative agency:  
SEVANKUR FOUNDATION  
No.of students participated: 1**



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





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**PRINCIPAL**

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



34) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES TO ELDERLY POPULATION

COLLABORATING AGENCY/ORGANISATION UNIT : (SCHOOL, SOCIETY OF COMMUNITY HEALTH RELATED OPERATIONAL LINK

DATE:A.Y.22-23



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

**Name of Activity:** Society of community health oriented operational links (SCHOOL) Posting

**Name of co-ordinator:** Dr.Snehal Joshi (PT), Dr. Ashwini Kamble (PT)

**Posting Days:** Monday to Saturday

**Time:** 9am – 1pm

**Year:** A.Y 2022-23

**Participants:** Interns : Dinkar T, Rujula Jadhav, Shital Bekte, Falguni Deshpande, Mugdha Modak, Shruti Tamhankar

**Time:** 9am to 1pm

**Outline of activity:**

**Objectives:**

1. To make the students provide physiotherapy services to elderly population in slums in Pune municipal corporation
2. To sensitize the younger generation on the issue of elderly and creating inter-generational dialog.
3. To motivate interns for better planning and execution of exercise program as per the patients need.

**Outcome:**

The posting was beneficial for the interns in planning individual patient management as per patient need.

Collaborative agency: SCHOOL  
No.of students participated: 6

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







Sl. No.	Name	Age	Sex	Address	Phone No.	Ref. Doctor	Ref. Hospital	Ref. Date	Ref. Doctor's Signature
1	...	...	...	...	...	...	...	...	...
2	...	...	...	...	...	...	...	...	...
3	...	...	...	...	...	...	...	...	...
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10	...	...	...	...	...	...	...	...	...

  
**PRINCIPAL**  
D. E. Soody & Injia Joshi  
College of Physiotherapy  
Pune, 4





35) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES TO ELDERLY POPULATION

SEVA AROGYA FOUNDATION

DATE:A.Y 22-23



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2022-23

**Collaboration: Seva Arogya**

**No. of students participated: 34**

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

  
Sign of HOD



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



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

List of Students						
Academic Year: 2022-23						
Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Shriya Ambeti	Riya Phatak	Sheetal Bobade	Anand Sakshi	Badjate Divya	Nayan Kotian
2	Gauri Bande	Anirudha Brahmaathkar	Yash Chaudhari	Bagul Prachi	Athavale Shreeya	Anjali Bais
3	Adwaat Bharke	Loukk Kulkarni	Riddhi Chavan	Baria Siddhi	Patil Ronit	Sneha Waydande
4	Tarunayee Bhavad	Ashutosh Somwanshi	Kshatija Deshpande	Bekte Sheetal	Shrutika Jayant	Divya Agarwal
5	Nidhi Borole	Vasanti Khare	Muktai Deshpande	Bendre Parva	Shaikh Farkhanda	Poonsani Sonani
6	Sanika Deshmukh	Omkar Bargaje	Sakshi Dhanapune	Borse Pooja	Deshmukh Manasi	Sachin Kajale
7	Amruta Gade	Diya Thapar	Rahul Dhavale	Deolasi Mansi	Saifee Sakina	Riya Patel
8	Surbhi Garkwad	Aarya Gune	Yogita Dhoot	Deshpande Falguni	Bhandari Chahat	Palak Darda
9	Samarudhi Gaurkute	Devashree Kulkarni	Siddhi Dhurnal	Deshpande Rhea	Dupare Sakshi	Vaishnavi Daptare
10	Yugeshwari Jadhao	Rajat Ogale	Sejal Doshi	Dombhe Aishwarya	Harshika Parwal	Rani Rodge
11	Pandhi Jahan	Sara Kulkarni	Isha Galgali	Dupare Sweenjal	Tinakar Saachi	Anaja Bhakerao
12	Nikita Jatal	Het Gohal	Pradyot Gokhale	Gomes Charmelle	Shedje Dnyaneshwar	Shraddha Ghadge
13	Shatakshi Jha	Sarvesh Yeshwant	Shraddha Jagade	Jadhav Rujula	Bhute Siddhi	Nikita Kolhe
14	Mugdha Joshi	Vibhuti Kasliwal	Kashish Jaiswal	Jain Kashish	Wadodkar Akanksha	Lynn Fernandes
15	Megha Kamble	Snehal Waghmode	Vaishnavi Karde	Joshi Gayatri	Ashwini Gajbhaye	Alfaz Tamboli
16	Dhruvi Kavediya	Pooja Hadu	Sakshi Kaulgud	Katte Mrunmayee	Shinde Sharayu	Pravin Chavan
17	Mohini Kagane	Sakshi Houji	Maitreyee Korde	Kende Vaishnavi	Giri Snehal	Jaya Pathak
18	Prangal Kharche	Rajas Nimje	Vaishnavi Kotkar	Khandardawala Rushabh		
19	Aditi Kulkarni	Shruti Ujagare	Amrita Kulkarni	Kunte Shirin		
20	Atharva Kulkarni	Samarudhi Deshpande	Ishani Kulkarni	Mane Akshata		
21	Zainab Mahavawala	Neelima Dandekar	Kareema Kundrani	Megh Thakar		
22	Sara Malkhare	Hitakshi Jaipuria	Shreya Mane	Modak Mugdha		
23	Mital Nandanwar	Vandehi Watwe	Sejal Mehta	Navathe Shubham		
24	Sai Neurgaonkar	Drishiti Hotwani	Akash Namode	Palwal Priyanshi		
25	Samrin Patel	Swaranjali Patil	Girija Patilankar	Patel Pooja		
26	Bhargav Patil	Prathamesh Badjate	Priya Pandhi	Rasane Parva		
27	Nupur Pendhari	Sanika Wagh	Saisha Patil	Rashmeet Gurdatta		
28	Shruti Pimpalpure	Aabha Bobade	Pranali Pawar	Rathi Bharat		
29	Trishala Sankhchha	Shreya Jayagond	Shalmali Patil	Rege Vedika		
30	Pournima Sardeshpande	Mrunali Gogate	Sanvika Phule	Sankav Anushka		
31	Isha Shepal	Mitika Jasnani	Kalyani Raitha	Sathe Isha		
32	Archika Shinde	Ashutosh Shitima	Kanchan Rathod	Sathe Swarangee		
33	Sanika Suryawanshi	Rutika Khadgave	Samarudhi Shah	Satte Tami		
34	Avanti Tare	Alisha Sundesha	Arzoo Shalagar	Solapurkar Srushti		
35	Aarti Telang		Saee Siddheshwar	Surana Rishabh		
36	Tarunja Ubhe		Sanchi Takande	Tambhankar Shruti		
37	Anajana Venkatgiri		Spruha Talikoti	Thakare Dinkar		
38	Harshita Zambre		Krutika Wavade			
39	Rashika Katreka					
40	Yuga Kulkarni					
41	Revati Gadekar					
42	Rachana Baravadkar					
43	Waghmode Mayuri					
44	Sirse Diksha					

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

### 36) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES TO ELDERLY POPULATION


ANANDHAM, JYESHTHA NAGRIK VIRANGULA KENDRA


A.Y.: 2022-23

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

**Collaboration: Ananddham**  
**No.of students participated: 187**

  
Sign of HoD

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







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

List of Students

Academic Year: 2022-23

Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Shriya Ambeti	Riya Phatak	Sheetal Bobade	Anand Sakshi	Badjate Divya	Nayan Kotian
2	Gauri Bande	Anirudha Brahmaastkar	Yash Chaudhari	Bagul Prachi	Athavale Shreeya	Anjali Bas
3	Adwait Bhurke	Lovak Kulkarni	Riddhi Chavan	Baria Siddhi	Patil Ronit	Sneha Waydande
4	Tannayee Bhavad	Ashutosh Somwanshi	Kshatija Deshpande	Bekte Sheetal	Shrutika Jayant	Divya Agarwal
5	Nidhi Borole	Vasanti Khare	Muktai Deshpande	Bendre Parva	Shaikh Farkhanda	Poonam Sonani
6	Sarika Deshmukh	Omkar Bargaje	Sakshi Dhanupure	Borse Pooja	Deshmukh Manasi	Sachin Kajale
7	Amruta Gade	Diya Thapar	Rahul Dhavale	Deokasi Mansi	Saifee Sakina	Riya Patel
8	Surbhi Gakwad	Aarya Gune	Yogita Dhoot	Deshpande Falguni	Bhandari Chahat	Palak Darda
9	Samruddhi Gaimakte	Devashree Kulkarni	Siddhi Dhural	Deshpande Rhea	Dupare Sakshi	Vaishnavi Daptare
10	Yugeshwari Jadhao	Rajat Ogale	Sejal Doshi	Dombe Aishwarya	Harshika Parwal	Rani Rodge
11	Pandhi Jalan	Sara Kulkarni	Isha Galgali	Dupare Sweejal	Tinakar Saachi	Anuja Bhakerao
12	Nikita Jatal	Het Gohil	Pradyot Gokhale	Gomes Charmelle	Shedge Dnyaneshwari	Shraddha Ghadge
13	Shatakshi Jha	Sarvesh Yeshwant	Shraddha Jagade	Jadhav Rujala	Bhug Siddhi	Nikita Kolbe
14	Mugdha Joshi	Vibhuti Kaswal	Kashish Jaswal	Jain Kashish	Wadodkar Akanksha	Lynn Fernandes
15	Megha Kamble	Snehal Waghmode	Vaishnavi Karde	Joshi Gayatri	Ashwini Gajbhiye	Alfaz Tamboli
16	Dharvi Kavedhya	Pooja Hudu	Sakshi Kaulgad	Katte Mrunmayee	Shinde Sharayu	Pravin Chavan
17	Mohini Kagane	Sakshi Houji	Maitreyee Korde	Kende Vaishnavi	Giri Snehal	Jaya Pathak
18	Prangal Kharche	Rajas Nimje	Vaishnavi Kotkar	Khandaewala Rashabh		
19	Aditi Kulkarni	Shruti Ujagare	Amta Kulkarni	Kunte Shirin		
20	Atharva Kulkarni	Samruddhi Deshpande	Ishani Kulkarni	Mare Akshata		
21	Zainab Mahavawala	Neelima Dandekar	Kareena Kundrani	Megh Thakar		
22	Sara Malkhane	Hitakshi Jaipuria	Shreya Mame	Modak Mugdha		
23	Mitali Nandanwar	Vandehi Watwe	Sejal Mehta	Navathe Shubham		
24	Sai Neurgaonkar	Drishiti Hotwani	Akash Namode	Palwal Priyanshi		
25	Samrin Patel	Swaranjali Patil	Girija Patilankar	Patel Pooja		
26	Bhargav Patil	Prathamesh Badjate	Priya Pandhi	Rasane Parva		
27	Nupur Pendhari	Sarika Wagh	Saisha Patil	Rashmeet Gurdatta		
28	Shruti Pimpapure	Aabha Bobade	Pranali Pawar	Ratni Bharat		
29	Trishala Sankhlecha	Shreya Jayagond	Shalmali Patil	Rege Vedika		
30	Pournima Sardeshpande	Mrunalini Gogate	Sarvika Phule	Sankav Anushka		
31	Isha Shepal	Mitika Jasnani	Kalyani Raiba	Sathe Isha		
32	Archika Shinde	Ashutosh Sharma	Kanchan Rathod	Sathe Swarangee		
33	Sarika Suryawanshi	Rutika Khadgave	Samruddhi Shah	Satte Tanvi		
34	Avanti Tare	Alisha Sundeshu	Arzoo Shikalgar	Solapurkar Srushti		
35	Aarti Telang		Saee Siddheshwar	Surana Rishabh		
36	Taraja Ubhe		Sanchi Takande	Tamhankar Shruti		
37	Anajana Venkatgiri		Spruha Talikoti	Thakare Dinkar		
38	Harshita Zambre		Krutika Wavude			
39	Rishika Katrele					
40	Yuga Kulkarni					
41	Revati Gadekar					
42	Rachana Banavalkar					
43	Waghmode Mayuri					
44	Sise Diksha					

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*[Signature]*

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



37) ) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES TO ELDERLY POPULATION

SAHJIVAN, OLD AGE HOME

A.Y.: 2022-23

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

Collaboration: Sahjivan  
No. of students participated: 187

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





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

List of Students						
Academic Year: 2022-23						
Sr.No.	II	III	IV	Intems	I MPT	II MPT
1	Shriya Ambeti	Riya Phatak	Sheetal Bobade	Anand Sakshi	Badjate Divya	Nayan Kotian
2	Gauri Bande	Anirudha Brahmaanathkar	Yash Chaudhari	Bagul Prachi	Athavale Shreeya	Angali Bais
3	Adwaat Bharke	Loukk Kulkarni	Riddhi Chavan	Baria Siddhi	Patil Ronit	Sneha Waydande
4	Tamraayee Bharvad	Ashutosh Somwanshi	Kshatja Deshpande	Bekite Sheetal	Shrutika Jayant	Divya Agarwal
5	Nidhi Borole	Vasanti Khare	Muktai Deshpande	Bendre Parva	Shaikh Farkhanda	Poonsam Sorani
6	Sanika Deshmukh	Omkar Bargaje	Sakshi Dhanapune	Borse Pooja	Deshmukh Manasi	Sachin Kajale
7	Amruta Gade	Diya Thapar	Rahul Dhavale	Deolasi Mansi	Saifee Sakina	Riya Patel
8	Surbhi Garkwad	Aarya Gune	Yogita Dhoot	Deshpande Falguni	Bhandari Chahat	Palak Darda
9	Samaruddhi Gamakte	Devashree Kulkarni	Siddhi Dhurnal	Deshpande Rhea	Dupare Sakshi	Vaishnavi Daptare
10	Yugeshwari Jadhao	Rajat Ogale	Sejal Doshi	Dombre Aishwarya	Harshika Parwal	Rani Rodge
11	Pandhi Jahan	Sara Kulkarni	Isha Galgali	Dupare Sweejal	Tinakar Saachi	Anaja Bhakerao
12	Nikita Jatal	Het Gohal	Pradyot Gokhale	Gomes Charmelle	Shedje Dnyaneshwari	Shraddha Ghadge
13	Shatakshi Jha	Sarvesh Yeshwant	Shraddha Jagade	Jadhav Rujuba	Bhute Siddhi	Nikita Kolhe
14	Mugdha Joshi	Vibhuti Kasliwal	Kashish Jainwal	Jain Kashish	Wadodkar Akanksha	Lynn Fernandes
15	Megha Kamble	Snehal Waghmode	Vaishnavi Karde	Joshi Gayatri	Ashwini Gajbhaye	Aliaaz Tamboji
16	Dhruvi Kavediya	Pooja Hadu	Sakshi Kaulgud	Katite Mrunmayee	Shinde Sharayu	Pravin Chevan
17	Mohini Kagane	Sakshi Houji	Maitreyee Korde	Kende Vaishnavi	Giri Snehal	Jaya Pathak
18	Pransal Kharche	Rajas Nimje	Vaishnavi Kotkar	Khandaawala Rushabh		
19	Aditi Kulkarni	Shruti Ujagare	Amrita Kulkarni	Kunte Shirin		
20	Atharva Kulkarni	Samaruddhi Deshpande	Ishani Kulkarni	Mane Akshata		
21	Zainab Mahavawala	Neelima Dandekar	Kareema Kundrani	Megh Thakar		
22	Sara Malkhare	Hitakshi Jaipuria	Shreya Mane	Modak Mugdha		
23	Mitali Nandanwar	Vandehi Watwe	Sejal Mehta	Navathe Shubham		
24	Sai Neurgaonkar	Drishiti Hotwani	Akash Namade	Palwal Priyanshi		
25	Samrin Patel	Swaranjali Patil	Girija Patilankar	Patel Pooja		
26	Bhargav Patil	Pradhamesh Badjate	Priya Pandhi	Rasane Parva		
27	Nupur Pendhari	Sanika Wagh	Saisha Patil	Rashmreet Gnanadatta		
28	Shruti Pimpakpore	Aabha Bobade	Pranali Pawar	Rathi Bharat		
29	Trishala Sankhlecha	Shreya Jayagond	Shalmali Patil	Rege Vedika		
30	Pournima Sardeshpande	Mrunalini Gogate	Sanvika Phule	Sankav Anushka		
31	Isha Shepal	Mitika Jasnani	Kalyani Rathi	Sathe Isha		
32	Archika Shinde	Ashutosh Shitima	Kanchan Rathod	Sathe Swarangee		
33	Sanika Suryawanshi	Rutika Khadgave	Samaruddhi Shah	Satte Tami		
34	Avanti Tare	Alisha Sundesha	Arzoo Shikalgar	Solapurkar Srushti		
35	Aarti Telang		Saee Siddheshwar	Surana Rishabh		
36	Taruja Ubhe		Sanchi Takande	Tambankar Shruti		
37	Anajana Venkatgiri		Spruha Talikoti	Thakare Dinkar		
38	Harshita Zambre		Krutika Wavade			
39	Rashika Katreka					
40	Yuga Kulkarni					
41	Revati Gadekar					
42	Rachana Baravadikar					
43	Waghmode Mayuri					
44	Sirse Diksha					

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

### 38) ) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES TO ELDERLY POPULATION

MADHURBHAV

A.Y.: 2022-23

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

 **D.E.Society's Brijlal Jindal College of Physiotherapy, Pune**  
**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy  
Academic Year: 2022-23

**Collaboration: Madhurbhav**  
**No.of students participated: 187**



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






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

List of Students						
Academic Year: 2022-23						
Sr.No.	II	III	IV	Intems	I MPT	II MPT
1	Shriya Ambeti	Riya Phatak	Sheetal Bobade	Anand Sakshi	Badjate Divya	Nayan Kotian
2	Gauri Bande	Anirudha Brahmaanathkar	Yash Chaudhari	Bagul Prachi	Athavale Shreeya	Angali Bais
3	Adwaat Bharke	Loukk Kulkarni	Riddhi Chavan	Baria Siddhi	Patil Ronit	Sneha Waydande
4	Tannayee Bhavad	Ashutosh Somwanshi	Kshatja Deshpande	Bekite Sheetal	Shrutika Jayant	Divya Agarwal
5	Nidhi Borole	Vasanti Khare	Muktai Deshpande	Bendre Parva	Shaikh Farkhanda	Poonsam Sorani
6	Samka Deshmukh	Omkar Bargaje	Sakshi Dhanapune	Borse Pooja	Deshmukh Manasi	Sachin Kajale
7	Amruta Gade	Diya Thapar	Rahul Dhavale	Deolasi Mansi	Saifee Sakina	Riya Patel
8	Surbhi Garkwad	Aarya Gune	Yogita Dhoot	Deshpande Falguni	Bhandari Chahat	Palak Darda
9	Samruddhi Gamakte	Devashree Kulkarni	Siddhi Dhurnal	Deshpande Rhea	Dupare Sakshi	Vashnavi Daptare
10	Yugeshwari Jadhao	Rajat Ogale	Sejal Doshi	Dombre Aishwarya	Harshika Parwal	Rani Rodge
11	Pandhi Jahan	Sara Kulkarni	Isha Galgali	Dupare Sweejal	Tinakar Saaghi	Anaja Bhakerao
12	Nikita Jatal	Het Gohal	Pradyot Gokhale	Gomes Charmelle	Shedje Dnyaneshwari	Shraddha Ghadge
13	Shatakshi Jha	Sarvesh Yeshwant	Shraddha Jagade	Jadhav Rujaka	Bhute Siddhi	Nikita Kolhe
14	Mugdha Joshi	Vibhuti Kasliwal	Kashish Jaswal	Jain Kashish	Wadodkar Akanksha	Lynn Fernandes
15	Megha Kamble	Snehal Waghmode	Vaishnavi Karde	Joshi Gayatri	Ashwini Gajbhaye	Alfaz Tamboli
16	Dhruvi Kavediya	Pooja Hadu	Sakshi Kaulgud	Katke Mrunmayee	Shinde Sharayu	Pravin Chevan
17	Mohini Kagane	Sakshi Houji	Maitreyee Korde	Kende Vaishnavi	Giri Snehal	Jaya Pathak
18	Pransal Kharche	Rajas Nimje	Vaishnavi Kotkar	Khandaewala Rushabh		
19	Aditi Kulkarni	Shruti Ujagare	Amrita Kulkarni	Kunte Shirin		
20	Atharva Kulkarni	Samruddhi Deshpande	Ishani Kulkarni	Mane Akshata		
21	Zainab Mahavawala	Neelima Dandekar	Kareena Kundrani	Megh Thakar		
22	Sara Malkhare	Hitakshi Jaipuria	Shreya Mane	Modak Mugdha		
23	Mital Nandanwar	Vandehi Watwe	Sejal Mehta	Navathe Shubham		
24	Sai Neurgaonkar	Drishiti Hotwani	Akash Namade	Palwal Priyanshi		
25	Samrin Patel	Swaranjali Patil	Girija Patilankar	Patel Pooja		
26	Bhargav Patil	Pradhamesh Badjate	Priya Pandhi	Rasane Parva		
27	Nupur Pendhari	Samka Wagh	Saisha Patil	Rashmeet Gumatatta		
28	Shruti Pimpakpore	Aabha Bobade	Pranali Pawar	Rathi Bharat		
29	Trishala Sankhlecha	Shreya Jayagond	Shalmali Patil	Rege Vedika		
30	Pournima Sardeshpande	Mrunalmi Gogate	Sanvika Phule	Sankav Anushka		
31	Isha Shepal	Mitika Jasnani	Kalyani Raitha	Sathe Isha		
32	Archika Shinde	Ashutosh Shitima	Kanchan Rathod	Sathe Swarangee		
33	Samka Suryawanshi	Rutika Khadgave	Samruddhi Shah	Satte Tami		
34	Avanti Tare	Alisha Sundesha	Arzoo Shikalgar	Solapurkar Srushti		
35	Aarti Telang		Saee Siddheshwar	Surana Rishabh		
36	Taruja Ubhe		Sanchi Takande	Tambankar Shruti		
37	Anojana Venkatgiri		Spruha Talikoti	Thakare Dinkar		
38	Harshita Zambre		Krutika Wavade			
39	Rashika Katreka					
40	Yuga Kulkarni					
41	Revati Gadekar					
42	Rachana Baravadkar					
43	Waghmode Mayuri					
44	Sirse Diksha					

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### 39) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES TO ELDERLY POPULATION

RAINBOW, DAY CARE

A.Y.: 2022-23



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

#### Community Physiotherapy Posting Consolidated Report

Department: Community Physiotherapy

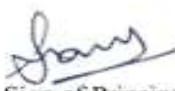
Academic Year: 2022-23

Collaboration: Rainbow day care  
No. of students participated: 187

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

  
Sign of HoD



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




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

List of Students						
Academic Year: 2022-23						
Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Shriya Ambeti	Riya Phatak	Sheetal Bobade	Anand Sakshi	Badjate Divya	Nayan Kotian
2	Gauri Bande	Anirudha Brahmaathkar	Yash Chaudhari	Bagul Prachi	Athavale Shreeya	Anjali Bais
3	Adwaat Bharke	Loukk Kulkarni	Riddhi Chavan	Baria Siddhi	Patil Ronit	Sneha Waydande
4	Tarunayee Bhavad	Ashutosh Somwanshi	Kshitija Deshpande	Bekte Sheetal	Shrutika Jayant	Divya Agarwal
5	Nidhi Borole	Vasanti Khare	Muktai Deshpande	Bendre Parva	Shaikh Farkhanda	Poonsani Sonani
6	Sanika Deshmukh	Omkar Bargaje	Sakshi Dhanapune	Borse Pooja	Deshmukh Manasi	Sachin Kajale
7	Amruta Gade	Diya Thapar	Rahul Dhavale	Deolasi Mansi	Saifee Sakina	Riya Patel
8	Surbhi Garkwad	Aarya Gune	Yogita Dhoot	Deshpande Falguni	Bhandari Chahat	Palak Darda
9	Samarudhi Gaurkute	Devashree Kulkarni	Siddhi Dhurnal	Deshpande Rhea	Dupare Sakshi	Vaishnavi Daptare
10	Yugeshwari Jadhao	Rajat Ogale	Sejal Doshi	Dombe Aishwarya	Harshika Parwal	Rani Rodge
11	Pandhi Jahan	Sara Kulkarni	Isha Galgali	Dupare Sweenjal	Tinakar Saachi	Anaja Bhakerao
12	Nikita Jatal	Het Gohal	Pradyot Gokhale	Gomes Charmelle	Shedje Dnyaneshwar	Shraddha Ghadge
13	Shatakshi Jha	Sarvesh Yeshwant	Shraddha Jagade	Jadhav Rujala	Bhute Siddhi	Nikita Kolhe
14	Mugdha Joshi	Vibhuti Kasliwal	Kashish Jaiswal	Jain Kashish	Wadodkar Akanksha	Lynn Fernandes
15	Megha Kamble	Snehal Waghmode	Vaishnavi Karde	Joshi Gayatri	Ashwini Gajbhaye	Alfaz Tamboli
16	Dhruvi Kavediya	Pooja Hadu	Sakshi Kaulgud	Katte Mrunmayee	Shinde Sharayu	Pravin Chavan
17	Mohini Kagane	Sakshi Houji	Maitreyee Korde	Kende Vaishnavi	Giri Snehal	Jaya Pathak
18	Prangal Kharche	Rajas Nimje	Vaishnavi Kotkar	Khandaewala Rushabh		
19	Aditi Kulkarni	Shruti Ujagare	Amrita Kulkarni	Kunte Shirin		
20	Atharva Kulkarni	Samarudhi Deshpande	Ishani Kulkarni	Mane Akshata		
21	Zainab Mahavawala	Neelima Dandekar	Kareema Kundrani	Megh Thakar		
22	Sara Malkhare	Hitakshi Jaipuria	Shreya Mane	Modak Mugdha		
23	Mitali Nandanwar	Vandehi Watwe	Sejal Mehta	Navathe Shubham		
24	Sai Neurgaonkar	Drishiti Hotwani	Akash Namode	Palwal Priyanshi		
25	Samrin Patel	Swaranjali Patil	Girija Patilankar	Patel Pooja		
26	Bhargav Patil	Prathamesh Badjate	Priya Pandhi	Rasane Parva		
27	Nupur Pendhari	Sanika Wagh	Saisha Patil	Rashmeel Gnanadatta		
28	Shruti Pimpalpure	Aabha Bobade	Pranali Pawar	Rathi Bharat		
29	Trishala Sankhchha	Shreya Jayagond	Shalmali Patil	Rege Vedika		
30	Pournima Sardeshpande	Mrunali Gogate	Sanvika Phule	Sankav Anushka		
31	Isha Shepal	Mitika Jasnani	Kalyani Raitha	Sathe Isha		
32	Archika Shinde	Ashutosh Shitima	Kanchan Rathod	Sathe Swarangee		
33	Sanika Suryawanshi	Rutika Khadgave	Samarudhi Shah	Satte Tami		
34	Avanti Tare	Alisha Sundesha	Arzoo Shikalgar	Solapurkar Srushti		
35	Aarti Telang		Saee Siddheshwar	Surana Rishabh		
36	Tarunja Ubhe		Sanchi Takande	Tambhankar Shruti		
37	Anajana Venkatgiri		Spruha Talikoti	Thakare Dinkar		
38	Harshita Zambre		Krutika Wavade			
39	Rashika Katreka					
40	Yuga Kulkarni					
41	Revati Gadekar					
42	Rachana Baravadkar					
43	Waghmode Mayuri					
44	Sirse Diksha					

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**LIST OF COLLABORATING AGENCY AND NUMBER OF  
STUDENTS  
2022-23**

D.E. Society's

## BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

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•Web-site :[www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)

**Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik**

### LIST OF COLLABORATING AGENCY AND NUMBER OF STUDENTS PARTICIPTED IN EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2022-23

DESBJCOP collaborates with various collaborating agency to conduct different extension & outreach activities like sports events, community activities, geriatric camps, physiotherapy services at amputation center and treatment for special children. The details are as follows:


Sr.no	Name of extension activity	COLLABORATING AGENCY /ORGANISATION UNIT	NUMBER OF STUDENTS PARTICIPATION
1)	Football matches	Poona District Football Association(PDFA)	Shrusti S,Rishabh S,Rashmeet G, Rujula J.: <b>4</b>
2)	ITF Tennis tournament	Fit-to -sport academy	Megh Thakkar,Purva B, Isha S, Rushabh K.: <b>4</b>
3)	Sports activity	D.E.S. Primary School ground, Tilak Road	Anushka S, Rohini K,Manasi D, Mughdha M: <b>4</b>
4)	Orthosis distribution and fitting camp	Bharat Vikas Parishad, vikalang punarvasan Kendra	Janvi M, Shriprbha T,Arya K,Uma S,Amruta B,Apoorva J, : <b>6</b>
5)	Inter collegiate Shahu football Trophy	AISSMS college of engineering,Pune	Mugdha Modak, Mansi Deolasi, Sheetal Bekte, Shruti Tamhankar, Pooja Patel, Purva Bendre, Siddhant Deshmukh, Megh Thakar, Bharat Rathi, Prachi Bagul, Nikita Chopade: <b>11.</b>
6)	Amputation : Camp for exercise prescription after prosthetic fitting	Bharat Vikas Parishad, vikalang punarvasan Kendra	Sachin Kale, Yash Chaudhari: <b>2</b>
7)	Maharashtra State Youth League tournament	WIFA	Megh Thakar, Kashish Jain.: <b>2</b>



8)	Geriatric Assessment camp	Punarnirman,Erandwane arogya kothi	Riya J, , Kartiki V, Lyn F,,Alfaiz T: <b>4</b>
9)	Community Helper training module.	Seva Arogya foundation	Riya J, Komal V, Kartiki V, Lyn F,Nikita K,Alfaiz T: <b>6</b>
10)	Advance diploma in industrial safety training	Technical institute DES, Pune	Divya A, Nayan K, Anjali B, Sachin K, Poonam S, Sneha W: <b>6</b>
11)	Camp for exercise prescription after prosthetic fitting	Bharat Vikas Parishad, vikalang punarvasan Kendra	Sneha W,Yash Chaudhari C,Sae S, Sachin Kajale.: <b>4</b>
12)	Camp for exercise prescription after prosthetic fitting	Bharat Vikas Parishad, vikalang punarvasan Kendra	Manasi D, Farkanda, Divya B, Sachin K. <b>4</b>
13)	Maharashtra State police games, SRPF,Wanowarie	B.J.Medical college,Sasson hospital,pune	Bharat rathi, Vedika R, Jaya P, Pravin C: <b>4</b>
14)	Maharashtra State Olympics - Water Polo Matches Physio Support	MAHARAHTRA OLYMPIAD ASSOCIATION	Shirin Kunthe, Megh Thakar: <b>2</b>
15)	Senior Citizens' Marathon	Simple steps	Poorva B, Pooja P,Akshata M,Dinkar T.: <b>4</b>
16)	Inter class competition	MGGSV,Tilak road	Pooja P, Gayatri J, Falguni D, Tanvi S,Bharat R, DinKer T.: <b>6</b>
17)	Shirpur Tournament	WIFA	Shubham N.: <b>1</b>
18)	Kids marathon	Simple steps	Falguni D, Dinkar,Rohini k, Anushaka S,Pooja P, Mughdha M,Manasi D,TanviS, Rishabh S, Mrunmayee K,Shruti T,Rujula J,Shrushti S,Vedika R,Poorva R, Rashmeet G,Riya D.: <b>17</b>
19)	Physical activity for ageing	Jagruti Mitra Parivar Sangh	Lyn F, Nikita K, Ronit P, Snehal G,Ashwini G, Sachi T.: <b>6</b>
20)	Geriatric Camp	Vankeshwar jyeshta nagrik sangh	Riya J, Komal V, Kartiki B, Lyn F,Nikita K,Alfaiz T,Dinkar T, Sai S,Siddhi D, Yash C, Rohini K.: <b>11</b>
21)	Yoga Day	Sofosh	Swaranjali P,Arya G,Drishti H,Nilima D,Abha B,Pooja H, Mitika J,Hitakshi J,Ashitosh S,Laukik k,Vaidehi W,Riya P,Sanika W, Anirudha B,Diya T, Ashutosh S,Het G, Mrunalini G, Vibhuti k, Rajas N, Shreya J, Devashree K, Sakshi H.: <b>23</b>

22)	Sports activity	DES New English School , Tilak road	Sheetal B, Vedika R.: <b>2</b>
23)	Geriatric camp	Athashri synergy pebbles	Akaksha W, Alfaiz T,Nikita K,Ashwini G,Lynn F, Isha ,Sakshi H,Surabhi ,Archika ,Samruddhi,Mughdha,Megha K,Diksha ,Amruta, Sharayu S,Yugeshwari.: <b>16</b>
24)	Geriatric camp	Athashri synergy Balewadi	Akanksha Wadodkar, Alfaiz Tamboli,Isha Shepal,Loukik Kulkarni, Nikita Kolhe.Swaranjali Patil.Ashwini Gajbhiye.Lynn Fernandes. Megha Kamble,Mugdha Joshi,Pooja Hudu,Rajas Nimje.Yugeshwari Jadhao,.Siddhi Bhute, Avanti Tare ,Shreeya Archika Shinde.: <b>17</b>
25)	Geriatric camp	Madhyavarti Jyeshtha Nagrik Sangha Kothrud,	Nikita Kolhe,Ashwini G, Akansha W,Siddhi b,Mitali, Anuja B, Nidhi ,Samreen, Sara M, Lynn Fernandes: <b>10</b>
26)	Geriatric camp	Punarnirman Foundaton,Erandwane arogya kothi	Riya Jain, Alfaiz Tamboli, Kartiki Bhilare, Riya Jain, Lynn Fernandes: <b>5</b>
27)	Breast feeding awareness week 2023	Seth Tarachand Charitable Trust Hospital	Riya Jain, Kartiki Bhilare and Komal Valesha.: <b>3</b>
28)	MAHARASHTRA STATE YOUTH LEAGUE PLAYOFFS Under 13	WIFA	Siddhi B, Charnell Gomes: <b>2</b>
29)	Inter DES PT Teachers' Sports day	New English School , Tilak road	Sheetal B, Rashmeet G: <b>2</b>
30)	Senior citizen marathon	Simple steps	Akshata Mane, Pooja P,Dinkar ,Purva Rasane.: <b>4</b>
31)	Physiotherapy services to elderly population	Punarnirman Foundaton,Pune	BPT II,III,IV,Interns,PGs: <b>187</b>
32)	Physiotherapy services to family deprived children	SOFOSH	PG Students: <b>34</b>
33)	Physiotherapy services in the Community	Sevankur foundation	Ashwini Gajbiye: <b>1</b>
34)	Physiotherapy services to elderly in slums	SCHOOL,Society of community health related operational link	Dinkar,Rujula J,Sheetal B, Falguni D, Mughdha M,Shruti T.: <b>6</b>

35)	Physiotherapy services to elderly	Seva arogya foundation, Pune	PG Students: <b>34</b>
36)	Physiotherapy services to geriatric population	Anandhham,Jyeshtha nagrik Virangula Kendra	BPT II / III / IV / ,Interns, / PGs: <b>187</b>
37)	Physiotherapy services to geriatric population	Sahjivan,old age home	BPT II / III / IV / ,Interns, / PGs: <b>187</b>
38)	Physiotherapy services to geriatric population	MadhurBhav	BPT II / III / IV / ,Interns, / PGs: <b>187</b>
39)	Physiotherapy services to geriatric population	Rainbow day care.	BPT II / III / IV / ,Interns, /PGs: <b>187</b>

  
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2021-22



1) EXTENSION ACTIVITY: ADVANCE DIPLOMA IN INDUSTRIAL SAFETY

COLLABORATING AGENCY/ORGANISATION UNIT: TECHNICAL INSTITUTE,PUNE

DATE: March 2022



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**Name of Activity: Demonstration of Practical's for "Advance Diploma in Industrial Safety Course" students.**

**Guest Speaker: Dr Shreya Dhake (PT)**

**Dr Aditi Soman (PT)**

**Dr Aditi Berry(PT)**

**Collaborating agency: :Technical institute**

**No. of students participated: 5**

**Name of Coordinator: Dr. Aditi Berry(PT)**

**Department: Cardiovascular and Respiratory Physiotherapy, DESBJCOP**

**Date & Time: 5 /3/2022 [ 2 pm – 4.30 pm ]**

**Online/Offline: Offline**

**Outline of Activity: Demonstration of following practicals**

**. Pulmonary Function Tests**

**Cardiopulmonary resuscitation**

**Physical fitness evaluation- step test**

**Objectives: To orient the participants to lung function tests, basic life support skills and evaluation of an individual's physical fitness level using Step test**

**Outcome: All the participants were acquainted with the above mentioned skills.**

**Participants: 41 + PG students ( Arjun M,Siddhi D,Manasi B,Bijal P, Venkatesh Mane)**

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Devan Education Society's  
**Technical Institute**

P. B. No. 816, BMC Road, Pune 411 004  
Telephone: 020-67656283/282 E-Mail: [principal@des.org.in](mailto:principal@des.org.in) Website: [www.des.org.in](http://www.des.org.in)

Diploma in Surface Coating Technology  
Advance Diploma in Industrial Safety

Ref No. - 458/2021-22

Date - 31/02/2022

To,  
The Principal  
DES Brijlal Jindal College of Physiotherapy  
Pune -04

Subject - Visit to your Institute for Demonstration of Practicals for ADIS Students

Respected Sir/Madam,


We conduct "Advance Diploma in Industrial Safety Course" (MSBTE Approved) since 2009, through DES Technical Institute Pune. Our intake capacity for this course is 10 students per year.

As part of our course curriculum, students expected to do practicals of Industrial Hygiene & Occupational Health 23115. We request you to give demonstration for following Practicals (Exact number of Students will be communicated to you).

1. Lung Function Test
2. CPR
3. To find Physical Fitness of person by Step Test

We therefore request you, kindly allow us to visit your institute for Demonstration of Practicals for ADIS Students.

Thanks and Regards!

  
Dr. H. T. Dongre  
Head  
DES Technical Institute

**Head**  
D. E. Society's Technical Institute

Suggested Dates - Between 1 March 2022 to 7 March 2022

  
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## 2)EXTENSION ACTIVITY: GERIATRIC ASSESMENT CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: ILC, ERANDWANE JYESHTHA NAGRIK SANGHA

DATE: 18-06-22



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:** 18.06.2022

**Collaborating agency: :ILC**

**Site of camp:** Erandawane Jyeshtha Nagarik Sangha

**No. of students participated: 9**

**Participants in the camp:** Abha Dhupkar, Komal Valesha, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Alfaiz Tamboli, Pravin Chavan, Palak Darda, Bhargavi Dhomane.

**Beneficiaries of the camp:** Members of the Erandawane Jyeshtha Nagarik Sangha

**Number of beneficiaries:** 11

**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 set up the camp site by 9:15 am, with each student assigned a station for assessment. The camp beneficiaries registered with the ILC-I representative and circulated through the different stations for their evaluations. The stations were as follows: demographic data, height and weight, FRT, TUG, MoCA, GDS, TMT A and B, 2MWT, evaluation, and exit.

The elders completed all the evaluations and submitted the assessment sheets at the exit counter. A counterfoil was provided to them, with the details of their assessment. Any queries that the elders had were answered at the stations or the exit counter.


**Photographs of the camp:**





Camp document prepared by: Abha Dhupkar



  
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### 3) EXTENSION ACTIVITY: GERIATRIC ASSESMENT CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: ILC,BAL RANJAN KENDRA

DATE: 09-04-22



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:** 09.04.2022

**Collaborating agency:** :ILC,Bal RANJAN Kendra

**Site of camp:** Bal Ranjan Kendra

**No. of students participated:** 12

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

**Beneficiaries of the camp:** Members of the Bal Ranjan Kendra

**Number of beneficiaries:** 32

**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. Senior PGs allotted the students to different evaluation stations. The residents of the colony registered with the representatives of ILC-I. They were then evaluated at different stations for height, weight, TUG, FRT, MoCA, GDS, TMT A and B.

Two females were identified as new hypertensives at this camp, with one requiring immediate medical intervention. Both females were requested to follow-up with their respective physicians. The one requiring immediate intervention was escorted by the camp organisers and received appropriate medical care.

The rest of the elders completed evaluations at all the stations and received information about their test results immediately.

**Camp document prepared by:** Abha Dhupkar



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#### 4) EXTENSION ACTIVITY: GERIATRIC ASSESMENT CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: ILC,PHULE JYESHTHA NAGRIK SANGHA

DATE: 19-03-22



**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:**

**Collaborating agency:** ILC-Phule Jeshtha nagrik sangha

**No. of students participated:** 12

**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

## 5) EXTENSION ACTIVITY: GERIATRIC ASSESMENT CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: INTERNATIONAL LONGEVITY CENTRE

DATE: 21-05-22



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

**Collaborating agency:** ILC, Warje

**No. of students participated:** 10

**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  
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6) EXTENSION ACTIVITY: GERIATRIC ASSESMENT CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: ILC, JYESHTHA NAGRIK SANGHA ,TINGRE NAGAR

DATE: 27-11-21



**Camp Record**

**Name of camp:** Geriatric Camp.

**Collaborating agency: : ILC, JYESHTHA NAGRIK SANGHA ,TINGRE NAGAR**

**No. of students participated: 10**

**Date of camp:** 27th November 2021.

**Site of camp:** Jyeshtha Nagrik Sangha, Vidya Nagar, Tingre Nagar, Pune.

**Participants in the camp:** Rutuja Kowale, Komal Valesha, Kartiki Bhilare, Riya Jain, Akshay Salve, Juilee Khadke, Krutikka Jhala, Pooja Patil, Vidhi Kalyani, Arjun and Sharayu Raybole

**Beneficiaries of the camp:** Geriatric Population.

**Number of beneficiaries:** 30

**Materials used in the camp:** Sphygmomanometer, Cones, Tape, Stepper, Weighing Machine, Pulse Oxymeter and Tape.

**Camp details:** A physiotherapy assessment camp was organized on 27<sup>th</sup> November 2021. A team of 10 physiotherapist did the assessment and taught the exercises as per the diagnosed condition. A documentation was done of the assessment and the planned exercise protocol and the queries of the beneficiaries were resolved individually. Ergonomic advice was also given to have a good healthy and functionally independent life ahead.

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## Photographs of the camp:



*[Handwritten signature]*

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D. E. Society's Brijal Jindal  
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ATTENDANCE OF CAMP AT JYESHTHA NAGRIK SANGHA, VIDYA NAGAR, TINGRE NAGAR, PUNE.

These Students Attended the Geriatric Camp

Sr No	Name of Student	Year
1	Komal Valesha	MPT2
2	Kartiki Bhilare	MPT2
3	Riya Jain	MPT2
4	Akshay Salve	MPT1
5	Juilee Khadke	MPT1
6	Krutikka Jhala	MPT1
7	Pooja Patil	MPT1
8	Vidhi Kalyani	MPT1
9	Arjun Mhadgut	MPT1
10	Sharayu Raybole	MPT1



  
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## 7) EXTENSION ACTIVITY: INTERNATIONAL OLDER PERSONS DAY

COLLABORATING AGENCY/ORGANISATION UNIT: Sahajevan bhugaon, Madhurbhav,Rainbow day care

DATE: 1-10-21



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

**Name of Activity:** International Older Persons' Day 2021

**Name of Coordinator:** Abha Dhupkar

**Department:** Community PT

**Date:** 01.10.2021

**Place:** Pune

**Online / Offline:** Online

**Collaborating agency:** Sahajevan bhugaon,  
Madhurbhav,Rainbow day care

**No. of students participated:** 6

**Outline of activity:** Programme filled with fun and games for the elderly:

1. Singing of devotional songs
2. Antakshari
3. Use the word antakshari
4. Short video of older persons' life experiences.
5. Distribution of handmade cards to the participants.

**a) Objective:**

- a. To celebrate International Older Person's Day on the 1<sup>st</sup> of October 2021.
- b. To facilitate the postgraduate students in developing, coordinating and conducting different programmes.

**b) Participants/ Attendees:** Residents of Sahajivan Narayan Peth,  
Sahajivan Bhugaon, MadhurBhav Wakad, and clients of Rainbow Day  
Care Centre, Paud Road.



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**c) Outcomes:**

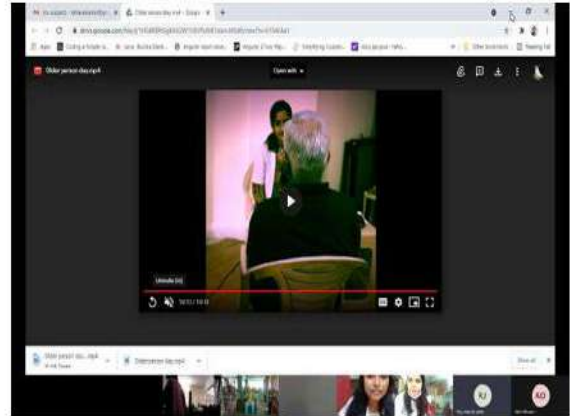
- a. The elder persons like the different activities that they performed. They enjoyed interacting with people in the same facility as well as from other facilities. They were enthusiastic in their participation and quite competitive.
- b. The PGs needed some facilitation to understand the nature of the programme. Once they knew their own expectations from the programme, they came up with different games and activities for the senior citizens. The PGs also coordinated amongst each other to create the necessary forms, arrange the required material, and conduct the programme at the different venues as well as facilitate amongst the venues.

**Photographs:-**



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**Attendance along with participant's/coordinator's signature:**

*@Bha*

**- Separate sheet may be attached**



*Principals*

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

## 8) EXTENSION ACTIVITY: ORTHOSIS DISTRIBUTION & FITTING CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: BHARAT VIKAS PARISHAD,VIKLANG PUNARVASAN KENDRA

Date :25-9-21



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

### Activity Report

**Name of Activity:** Amputation Camp in collaboration with Bharat Vikas Parishad Viklang Punarvasan Kendra.

**Name of Coordinator:** Abha Dhupkar

**Department:** Community PT

**Date:** 25.09.2021

**Place:** Yavat, Daund Taluka

**Online / Offline:** Offline

**Outline of activity:** This camp was arranged in collaboration with Bharat Vikas Parishad's Viklang Punarvasan Kendra. BVP had arranged a prosthesis measurement and distribution camp for amputees in and around Daund. These prostheses were distributed to the beneficiaries in this camp.

Community department's PG students, Akshay Salve, Juilee Khadke and Kruttika Zala, and faculty, Abha Dhupkar, attended this camp.

**Collaborating agency: BHARAT VIKAS  
PARISHAD,VIKLANG PUNARVASAN  
KENDRA**

**No. of students participated: 3**

- Objective:** To provide post-prosthetic fitting gait training and exercises.
- Participants/ Attendees:** 80 beneficiaries had been identified in a previous camp by BVP. Around 50 of these beneficiaries received their prosthetic limbs in this camp.
- Outcomes:** 12 of these beneficiaries were taught exercises to maintain muscle strength and length. They were also taught gait training and specific exercises to perform to improve gait.
- Other than these beneficiaries, 3 children were also assessed for delayed milestones, delayed development, and lower limb length discrepancy.



**Photographs:-**



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

*@Bha*



*अज्ञेय शर्मा*  
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## 9) EXTENSION ACTIVITY: INDUSTRIAL VISIT ERGONOMIC SURVEY

COLLABORATING AGENCY/ORGANISATION UNIT:SWAROVSKI,RANJANGAON

DATE: 26-02-22

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



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

### Activity Report

**Name of Activity:** Industrial Visit

**Name of Coordinator:** Abha Dhupkar

**Department:** Community PT

**Date:** 26.02.2022

**Time:** 7 am to 6 pm

**Place:** Swarovski Ranjangaon

**Online / Offline:** Offline

**Outline of activity:** Ergonomic evaluation of workers of a reputed jewelry unit was carried out, with a shopfloor evaluation.

**a) Objective:**

- i. To get the students oriented to the working of environment of an industrial set-up.
- ii. To perform shop-floor assessments.
- iii. To perform worker evaluations.

**b) Participants/ Attendees:**

- i. Riya Jain, Kartiki Bhilare, Komal Valesha, Priyanka Patil, Sharayu Raybole, Rujuta Bhawe, Mihir Chitale.
- ii. Abha Dhupkar
- iii. Prachi Nagul, Akshay Mathur, Prerak Arya, Shraddha Arya

**c) Outcomes:** The students got to learn the different aspects that are to be considered when evaluating the shopfloor. They learnt about worker assessments, and that they need to be customised for each working environment. The students got a hands-on opportunity to interact with workers and evaluate them.

Collaborating agency: SWAROVSKI,industry  
RANJANGAON  
No. of students participated: 7

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

**Photographs:**



**Report prepared by:** Abha Dhupkar

*Abha*

*Jany*

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10) EXTENSION ACTIVITY: Industrial visit

COLLABORATING AGENCY/ORGANISATION UNIT:WESTERN INDIA FORGES LTD( WIF)

DATE: 23-07-22

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**Activity Report**

**Name of Activity:** Industrial Visit 2022

**Name of Coordinator:** Abha Dhupkar

**Department:** Community PT

**Date:** 25.07.2022


**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 Jam, Komal Valesha, Kamiki 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

11) EXTENSION ACTIVITY: PROSTHETIC ASSESMENT CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: BHARAT VIKAS VIKLANGA PUNARVASAN KENDRA

DATE: 19 JUNE22



**D.E.Society's Brijlal Jindal College of Physiotherapy, 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:**19<sup>th</sup> June,2022; 9.30-4.15pm

**Place:** Bharat VikasParishad, vikalangpunarvasan Kendra, Nalstop, Pune.

**Online/offline:** Offline

**Collaborating agency:** Bharat vikas parishad  
Kendra

**No. of students participated:** 7


**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.

  
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Sr. No.	Name of Attendee	Student of:
1	Isha Sathe	IV B.P.Th
2	Nayan Kotian	IMPT CVRS PT
3	Divya Agrawal	IMPT CVRS PT
4	Nikita Kolhe	IMPT CBR
5	Poonam Senani	IMPT CVRS PT
6	Shraddha Ghde	IMPT Neuro PT
7	Vaidehi	IV B.P.Th

*Shraddha Ghde*

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## 12)EXTENSION ACTIVITY: ARTIFICIAL LIMB DISTRIBUTION FOR AMPUTEES

COLLABORATING AGENCY/ORGANISATION UNIT: BHARAT VIKAS VIKLANGA PUNARVASAN KENDRA

DATE: 22.03.2022

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



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

### Activity Report

**Name of Activity:** Prosthesis Assessment camp

**Name of Coordinator:** Shreya Dhake

**Department:** Cardiovascular and Respiratory Sciences PT

**Date:** 22.03.2022

**Time:** 9 am to 3 pm

**Place:** PMC Arogya Kothi

**Online / Offline:** Offline visit.

Collaborating agency: BHARAT VIKAS  
VIKLANGA PUNARVASAN KENDRA  
No. of students participated: 3

**Outline of activity:** Rotary Club of Pune Metro, Vatsalya Trust Mumbai and Bharat Vikas Parishad Punarvasan had conducted a camp for distribution of artificial limbs for all types of amputees and calipers for polio and Cerebral Palsy patients.

Total 60 patients took benefit of the camp. Our students did assessments of patients. Wheelchair bound amputees were given crutch training, strength and balance exercises were demonstrated and the same were advised to be performed at home as well. Students saw how measurements of prosthesis are taken. Prosthesis and orthotics professionals also explained them about measurements and modifications to be done. Many patients were unaware about improving strength, balance and endurance of limbs before prosthesis fitting. Almost 90% of the patients didn't receive strengthening and balance training post discharge from the hospital. Overall, patients lacked knowledge about rehabilitation centres and physiotherapy centres available for the treatment. This camp gave our students very enriching exposure. Distribution of the prosthesis through this measurement camp will be conducted on 19<sup>th</sup> June 2022.

**Participants/ Attendees:** 4 IV year students and 1 faculty



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



GR4M+Q7X, Erandwana Gaothan, Erandwane, Pune,  
Maharashtra 411004, India

Latitude  
18.5070062°

Longitude  
73.8334494°

Local 12:16:02 PM  
GMT 06:46:02 AM

Altitude 489.7 meters  
Sunday, 22-05-2022

GPS Map  
Camera Lite



GR4M+Q7X, Erandwana Gaothan, Erandwane, Pune,  
Maharashtra 411004, Ấn Độ

Latitude  
18.5070184°

Longitude  
73.8333728°

Địa phương 01:26:30 PM  
GMT 07:56:30 AM

Độ cao 489,7 mét  
Chủ nhật, 22-05-2022

GPS Map  
Camera Lite



GR4M+Q7X, Erandwana Gaothan, Erandwane, Pune,  
Maharashtra 411004, Ấn Độ

Latitude  
18.5070492°

Longitude  
73.8334033°

Địa phương 01:29:40 PM  
GMT 07:59:40 AM

Độ cao 489,7 mét  
Chủ nhật, 22-05-2022

GPS Map  
Camera Lite

Report prepared by: Shreya Dhake



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

### 13)EXTENSION ACTIVITY: EXERCISE AWARENESS FOR SENIOR CITIZEN

COLLABORATING AGENCY/ORGANISATION UNIT: LOKMANYA MULTIPURPOSE CO-OP BANK,WADGAON SHERI

DATE: 25-11-21



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

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: -



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*Shravya*

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40-Wadgaonsheri Pune:- Physiotherapy programme on 25/11/2021 at Lokmanya  
Wadgaonsheri branch.

wadgaonsheri wadgaonsheri <wadgaonsheri.pune@lokmanyasociety.org>

Thu 11/18/2021 4:43 PM

To:Office Physiotherapy <office.physiotherapy@despune.org>

**DEAR SIR/MADAM,**

**We are celebrating our( Lokmanya Multipurpose co-operative society) Wadgaonsheri branch  
7th Anniversary on 25/11/2021.**

**You are very much aware that most of our customer are senior citizen.**

**To guide them we request you please arrange to send your team for demo on Physiotherapy on  
this occasion at 4 to 5.30 PM.**

**Which one is benefited our old customers.**

**Thanking You  
Yours Faithfully**

**Suresh Bokade  
Branch Manager  
Wadgaonsheri Branch Pune**

**Ph.No-020-27033190**



A handwritten signature in blue ink, appearing to read "Sury".

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

6th Oct. 2021

To,  
The Principal,  
Brijlal Jindal college of physiotherapy,  
Pune.

Respected Madam,

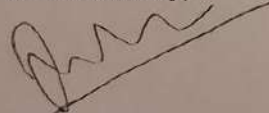
We are thankful to you for conducting session (lecture-Demonstration) on "Office Ergonomics" at our Zonal office, SB Road and on "Exercise awareness for the senior citizens" at Wadgaonsheri Branch.

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



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

Maharashtra | Karnataka | Goa | Delhi | Reg. No. M.C.S.C./C.R./140/2002 | [www.lokmanvasociety.org](http://www.lokmanvasociety.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

  
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14) EXTENSION ACTIVITY: OFFICE ERGONOMICS

COLLABORATING AGENCY/ORGANISATION UNIT: LOKMANYA MULTIPURPOSE BANK SB ROAD

DATE: 7-10-21



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

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

**Collaborating Agency: : LOKMANYA  
MULTIPURPOSE BANK SB ROAD**

Department: Musculoskeletal Physiotherapy

**No. Of Students Participated: 2**

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: - 



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



6th Oct. 2021

To,  
The Principal,  
Brijlal Jindal college of physiotherapy,  
Pune.

Respected Madam,

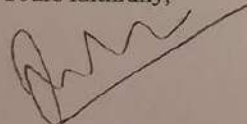
We are thankful to you for conducting session (lecture-Demonstration) on "Office Ergonomics" at our Zonal office, SB Road and on "Exercise awareness for the senior citizens" at Wadgaonsheri Branch.

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 impotence 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





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B. S. Sankar's College and  
College of Physiotherapy  
Pune

15) EXTENSION ACTIVITY: AROGYA WARI DURING PALKHI

COLLABORATING AGENCY/ORGANISATION UNIT: SAKAL

DATE: 24-6-22



**D.E.S.'s BRJUGAL JINDAL COLLEGE OF PHYSIOTHERAPY**

**Name of Activity: -"Sath Chal" event organised by Sakal in account of WARI**

**Date:-24 June 2022      Time: 6.30 am-7.30 am**

**Place: Golibar Maidan      Online / Offline:-offline**

**Activity: -Oath taking for hygiene and healthy lifestyle during and after Wari.**

**Photographs:-**



**Attendance –Dr.Atiya Shaikh(PT)(Staff),MPT I students- Palak Darda, Lynn Fernandis, Nayan Kotian, Divya Agarwal, Sachin Kajale, Nikita Kolhe**

**Students -6, Staff -1**

**Collaborating agency : SAKAL**

**No.of students participated:6**


  
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16) EXTENSION ACTIVITY: ITF TENNIS TOURNAMENT

COLLABORATING AGENCY/ORGANISATION UNIT: FIT2SPORTS ACADEMY

DATE: 29-11-21

	<p align="center"><b><u>DES's Brijlal Jindal college of Physiotherapy</u></b></p> <p>Maharashtra State Olympics - ITF B1- Tennis Tournament</p> <p><b>Name of Coordinator: Namrata Sidhaye-Bhadbhade</b></p> <p><b>Department: -Sports Committee</b></p> <p><b>Date: - 6th Dec- 13<sup>th</sup> Dec 2021</b></p> <p><b>Timing: 8am-7pm</b></p> <p><b>Place: - Deccan Gymkhana</b></p> <p><b>Online / Offline: - Offline</b></p> <p><b>Outline of activity:-</b> On field Physio support was provided for the tennis players</p> <p><b>a) Objective-</b> 1.To provide exposure of on field injuries of Tennis 2. To prepare the interns to treat those injuries first hand. 3. To help them understand the sports better</p> <p><b>b) Participants-</b></p> <ol style="list-style-type: none"><li><b>1. Akshay Gujar</b></li><li><b>2. Rashmi Thakkar</b></li></ol> <p><b>c) Outcome-</b> Common Injuries which were treated by interns were- Overuse injuries of the shoulder, tendinitis, muscle spasms, cramps, muscle strains</p>
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17) EXTENSION ACTIVITY: B1 TENNIS TOURNAMENT

COLLABORATING AGENCY/ORGANISATION UNIT: FIT2SPORT

DATE: 29-11-21



**DES's Brijlal Jindal college of Physiotherapy**

Maharashtra State Olympics - ITF B1- Tennis Tournament

**Name of Coordinator: Namrata Sidhaye-Bhadbhade**

**Department: -Sports Committee**

**Collaborating agency: FIT2SPORT**

**Date:- 6th Dec- 13<sup>th</sup> Dec 2021**

**No.of students participated:2**

**Timing: 8am-7pm**

**Place:- Deccan Gymkhana**

**Online / Offline:- Offline**

**Outline of activity:- On field Physio support was provided for the tennis players**

**a) Objective-** 1.To provide exposure of on filed injuries of Tennis

2. To prepare the interns to treat those injuries first hand.

3. To help them understand the sports better

**b) Participants-**

1. Akshay Gujar

2. Rashmi Thakkar

**c) Outcome-** Common Injuries which were treated by interns were- Overuse injuries of the shoulder, tendinitis, muscle spasms, cramps, muscle strains

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**Photographs:-**



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18) Extension activity: SBA CUP 2021

COLLABORATING AGENCY/ORGANISATION UNIT: SUDHANSHU BADMINTON ACADEMY

DATE: 1DEC TO 5 DEC 2021



**DES's Brijlal Jindal college of Physiotherapy**

SBA Cup 2021

A badminton tournament of Sudhanshu's Badminton Academy was organized from 1<sup>st</sup> Dec to 5<sup>th</sup> December, 2021. Age groups of participants was 10- 30 yrs. Post-Graduate students of DESBJCOP were posted for on field Physio support. Student had an exposure of treating various musculoskeletal injuries like Acute back pain, Hamstring pull, Ankle sprain, Deltoid strain, Calf strain.

MPT Students posted were:

Sharayu raybole

Priyanka Patil

Riya Jain

Komal valesha

Apurva jadhav

Siddhi Desai

Vyanktesh Mane

Beejal Pasad

Janhavi Manjarekar

Arjun Mhadgut

Collaborating agency: SUDHANSHU  
BADMINTON ACADEMY  
No.of students participated:10

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19) EXTENSION ACTIVITY: NATIONAL ROLL BALL

COLLABORATING AGENCY/ORGANISATION UNIT: FIT2SPORT

DATE: MAY 2022



D.E.Society's Brijlal Jindal College of Physiotherapy  
**Name of Activity:** - 18<sup>TH</sup> NATIONAL ROLLBALL TOURNAMENT

**Name of Resource person:** in collaboration with fit to sports

**Name of Coordinator:** Apoorva Likhite

**Department:** Sports department

**Date:** 19<sup>th</sup>- 22<sup>nd</sup> of May 2022

**Place:** Shiv Chhatrapati Sports Complex, Balewadi, Pune.

**Online / Offline:** on field

**Intern posted:** Mahi Bhandarkar


**Outline of activity:**

Most common injuries seen by her:

- Jammed fingers
- Ankle sprain
- Ligament sprain at radioulnar joints
- Nerve impingement at various cords of brachial plexus
- Nose bleed
- Knee injuries
- Groin Injury
- Facial cuts
- Plantar fasciitis
- Chest injuries
- Concussions
- Fractures (suspected)

**EXPERIENCE OF Mahi Bhandarkar in her own words**

The 18<sup>th</sup> Roll ball Nationals that were held at Balewadi, to aid at such an event with Fit2Sport was a delightful experience and one of a kind. It challenged me to make calls on field kept me vigilant and alert. It was a great learning and brand-new experience for me.

  
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Collaborating agency: FIT2SPORT

No. of students participated: 1





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## 20) EXTENSION ACTIVITY: KIDS MARATHON 6<sup>th</sup> EDITION

COLLABORATING AGENCY/ORGANISATION UNIT: SIMPLE STEPS

DATE: 27 FEB 2022



### DES's Brijlal Jindal college of Physiotherapy

#### Simple steps- Marathon for children (2022)


The event was conducted by Mr. Ashish Kasodekar on 27<sup>th</sup> February, 2022. This event was organized to create awareness of running for fitness among children. Total 2000 children participated in the event. Physio team of Interns of DESBJCOP was appointed as on field physio support for the same. Minor injuries like abrasions, open wounds along with hamstring strain, ankle twist were treated by the physio team. Importance of cool down exercises was told and demonstrated to participants.

**Collaborating agency: SIMPLE STEPS**

**No.of students participated:7**

Attendance:

1. Rujuta Bhave
2. Mihir Chitale
3. Issac Salve
4. Shreeya Athavale
5. Ashika Shah
6. Vaishnavi Kausadikar
7. Koyal Jadhav

  
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21) EXTENSION ACTIVITY: FOOTBALL LEAGUE:PDFA

COLLABORATING AGENCY/ORGANISATION UNIT: PDFA

DATE: MAY-JUNE 2022



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

**Name of Activity:** - Poona District Football Association

**Name of Resource person:** In Association with Poona District Football Association

**Name of Coordinator:** Snehal Joshi, Diptee Bhole, Apoorva Likhite

**Department:** Sports department

Collaborating agency: PDFA

No.of students participated: 23

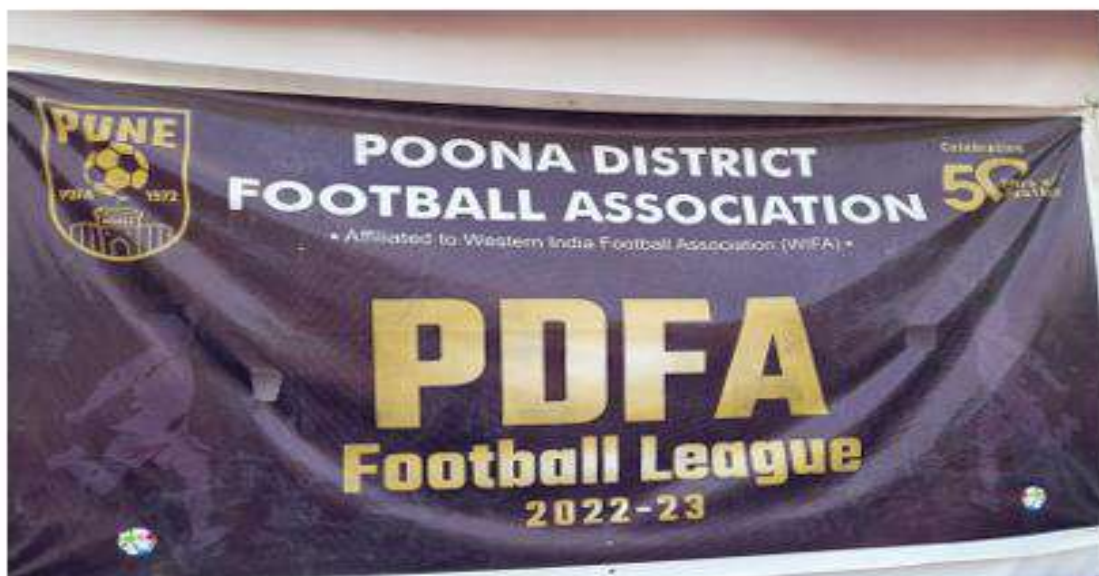
**Date:** 8<sup>th</sup> May 22 to 30<sup>th</sup> June 22

**Place:** Balewadi training ground 2, training ground, Balewadi training ground 5, SSPMS ground

**Timing-** 7.30am kick off

**Online / Offline:** on field

**Outline of activity:**



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FOOTBALL TOURNAMENT POSTING DECEMBER 2022

DATE	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
STUDENTS	Srushti Solapurkar	Purva Rasane	Srushti Solapurkar	Purva Rasane	Rishabh Surana	Shrin Kunte	Falguni Deshpande
	Rishabh Surana	Rhea Deshpande	Rishabh Surana	Falguni Deshpande	Rhea Deshpande	Alfaiz Tamboli	Dinkar Thakare
	Rashmeet Gurudutta	Poonam Sonani	Shrin Kunte	Rashmeet Gurudutta	Pravin Chavhan	Vaishnavi Daptare	Anjali Bais
	Jaya Pathak	Pravin Chavhan	Jaya Pathak	Sachin Kapale			
	Sneha Waydande	Lynn Fernandes	Nikita Kolhe	Nayan Kotian			
	Shraddha Ghadge	Palak Darda	Divya Agrawal				

  
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## 22) EXTENSION ACTIVITY: ULTRA DYNAMO RACE

COLLABORATING AGENCY/ORGANISATION UNIT: RUN BUDDIES

DATE: 28<sup>TH</sup> DEC 2021



### **DES's Brijlal Jindal college of Physiotherapy**

Collaborating agency: RUN  
BUDDIES

No. of students participated: 38

Ultra Dynamo

This was the World's longest multi distance foot race for a Guinness World record attempt race performed by Mr. Ashish Kasodekar. He ran 60 full marathons consecutively for 60 days from 28<sup>th</sup> November- 26<sup>th</sup> January at Savitribai Phule University, Pune. Enthusiast runners who were interested were also welcomed for the run. Choice of 5km, 10km, 21km and 42km was open for the runners. There was a great response from all the age groups across Pune. Our Physio team, Final year students and Interns were appointed for on field Physio support for all 60 days. The team provided recommendable support in form of first aid support, Stretching, Warm-up and Cool-down Exercises for Mr. Ashish and other runners too. Some of the students had also participated and successfully completed the 5km, 10km, and 21km marathon.

The felicitation ceremony was conducted on 26<sup>th</sup> february , where all the successfull runners were felicitated. A special recognition and trophy was given to Physio team for the great help rendered for the event. Staff of the college, Dr. Apoorva Likhite- Pavnaskar(PT) and final year students were present at the felicitation ceremony.

**Participants: All Final Year Students of 2021-2022**

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23) EXTENSION ACTIVITY: ULTRA DYNAMO SERIES – LONGEST MULTI DISTANCE FOOT RACE

COLLABORATING AGENCY/ORGANISATION UNIT : SIMPLE STEPS, RUN BUDDIES

28th NOV 2021 to 26th Jan 2022



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

Name of Activity: - **Ultra Dynamo Series: world's Longest Multi Distance foot race**

**Resource person:** in collaboration with simple steps and RUN BUDDIES

**Name of Coordinator:** Apoorva Likhite

**Department:** Sports department

**Date:** 28<sup>th</sup> NOV 2021 to 26<sup>th</sup> Jan 2022

**Timing:** 6.00am- 12.00pm

**Place:** Savitribai Phule University, Pune

**Online / Offline:** on field

**Participants:** Fourth year students were posted.

**Outline of activity:**

Ultra Dynamo Series: World's Longest Multidistance foot race , which was a part of Guinness world record attempt for consecutive days to run a full marathon for 60 days by Ashish Kasodekar. Our fourth year students covered the events. We not only offered the on field physiotherapy but also some of the students did participate in half or full marathon. We took cool down stretches for Ashish everyday along with other runners. Managed common injuries like muscle pull, sprains, bruises etc.

**Collaborating agency: SIMPLE STEPS, RUN BUDDIES**  
**No.of students participated:38**

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



Pune, Maharashtra, India

Savitribai Phule Pune University, Ganeshkhind, Pune, Maharashtra  
411007, India

Lat 18.553569°

Long 73.823989°

18/12/21 12:03 PM



**PRINCIPAL**  
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Date: 27<sup>th</sup> January 2022

To

The Principal,

DES Brijlal Jindal College of Physiotherapy Pune

We would like to thank you for volunteering and showing support and dedication to the Ultra Dynamo Series - World's Longest Multi Distance Foot Race, which was a part of Guinness World Record Attempt for Most Consecutive days to run a Full Marathon (Male) by Ashish Kasodekar. Ultra Dynamo started from 28th Nov 2021 to 26th Jan 2022 at Savitribai Phule Pune University, Pune.

Ultra Dynamo would have never been able to fulfil its mission of meeting the needs of the running community without the support from your college's intern and final year students and generosity of volunteers like you. Your willingness to dedicate your time and resources are greatly appreciated.

Thank you



Race Director  
Arvind Bijwe



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



24) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: (ILC, YERWADA)

DATE: 19.03.2022



**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

**Collaborating agency:** : ILC, YERWADA

**Site of camp:** Phulenagar, Yerawada

**No. of students participated:** 9

**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



  
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25) EXTENSION ACTIVITY: Breast-feeding Week 2021

COLLABORATING AGENCY/ORGANISATION UNIT: TARACHAND HOSPITAL & SEVA SUTIKA

DATE: 01.08.2021 to 08.08.2021

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

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

**Report prepared by:** Abha Dhupkar



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26) EXTENSION ACTIVITY: Menstrual Hygiene Awareness for Women's Day 2022

COLLABORATING AGENCY/ORGANISATION UNIT: AHILYADEVI HIGH SCHOOL

DATE: : 08.03.2022

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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 Dhapkar

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 Bhare, Shreeya Athavale, Abha Dhapkar.
- 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,  
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## 27) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT (ILC, GANESH DHYAN MANDIR)

DATE: : 23.04.2022



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 Dhyan Mandir

**Collaborating agency:** ILC, Ganesh Dhyan Mandir

**No. of students participated:** 180

**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 Dhyan 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



  
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28) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES TO FAMILY DEPRIVED CHILDREN

COLLABORATING AGENCY/ORGANISATION UNIT: SOFOSH

DATE: A.Y.2021-22



D.E. Society's  
**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY, PUNE**

Consolidated report for "SOFOSH" posting  
2021-22

Collaborative agency: **SOFOOSH**

No. of student participated: 180

D. E. Society's Brijlal Jindal College of Physiotherapy MPT students provided services to family deprived and orphanage children in A. Y. 2021-22.

Sr No.	Name of Posting	MPT 1	MPT2
1	SOFOOSH	Nayan Kotian	Priyanka Patil
2		Anjali Bais	Sharayu Raybole
3		Sneha Waydande	Apurva Jadhav
4		Divya Agarwal	Janhavi Manjrekar
5		Poonam Sonani	Shriprabha Thube
6		Sachin Kojale	Amruta Bajantri
7		Riya Patel	Arya Kunte
8		Palak Darda	Uma Sharma
9		Vaishnavi Daptare	Siddhi Desai
10		Rani Rodge	Arjun Mhadgut
11		Anuja Bhalerao	Venkatesh Mane
12		Shraddha Ghadge	Bijal Pasad
13		Nikita Kolhe	Mansi Bagul
14		Lynn Fernandes	Riya Jain
15		Alfaiz Tamboli	Kartiki Bhillare
16		Pravin Chavan	Komal Valesha
17		Jaya Pathak	

Coordinator  
Dr. Harshada Sonawane



Sign of Principal  
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EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES TO ELDERLY POPULATION

29) EXTENSION ACTIVITY: COMMUNITY SERVICE TO ELDERLY POPULATION

ANANDDHAM, JYESHTHA NAGRIK VIRANGULA KENDRA)

DATE: A.Y 21-22



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2021-22

Collaborating agency: ANANDDHAM

No. of students participated: 180

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

Sign of HoD



Sign of Principal

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

List of Students  
Academic Year: 2021-22

Sr.No.	I	II	III	IV	Interns	I MPT	II MPT
1	Riya Phatak	Sheetal Bobade	Anand Sakshi	Bhavika Agrawal	Nayan Kotian	Prisanka Patil	
2	Anuradha Brahmamthkar	Yash Chaudhari	Bhagl Prachi	Komal Agrawal	Anjak Bais	Shamya Raybole	
3	Loakik Kulkarni	Riddhi Chavan	Haris Siddhi	Shreya Athavale	Sneha Waydande	Aparva Jadhav	
4	Ashutosh Sornwanshi	Kshitiya Deshpande	Bekre Sheetal	Vinita Bagul	Divya Agarwal	Janhavi Manjrekar	
5	Vasanti Khare	Mukta Deshpande	Headre Purva	Mahi Bhansdarker	Poonam Sonani	Shripriya Thube	
6	Omkar Baragje	Sakshi Dhanapure	Borse Pooja	Rajata Bhawe	Sachin Kajale	Amruta Bajantri	
7	Divya Thapar	Rahul Dhavale	Deolisi Mansi	Sunishi Bhote	Riya Patel	Arya Korte	
8	Aarya Gare	Yogita Dhoot	Deshpande Falguni	Nidhi Chikhul	Palak Darda	Uma Sharma	
9	Devashree Kulkarni	Siddhi Dharmal	Deshpande Rhea	Mihir Chitale	Vaishnavi Daptare	Siddhi Desai	
10	Rajat Ogale	Sejal Doshi	Dombe Ashwarya	Neha Deshmukh	Rani Rode	Arjun Mhadgut	
11	Sara Kulkarni	Isha Gaikali	Dapare Sweejal	Siddhant Deshmukh	Amia Bhakrab	Verikatesh Mane	
12	Het Gohil	Pradyot Gokhale	Gones Chantele	Bhargavi Dhokane	Shraddha Ghadge	Bijal Pasad	
13	Sarvesh Yeshwant	Shradha Jagade	Jadhav Rajata	Harshita Dhrav	Nikita Kothre	Mansi Boudi	
14	Vibhati Kasliwal	Kashish Jainwal	Jain Kashish	Taruna Gambhir	Lynn Fernandes	Rina Jain	
15	Snehal Wajmode	Vaishnavi Karde	Joshi Gayatri	Ranjeet Chorge	Adhir Tamboli	Kartik Bhalkare	
16	Pooja Hudu	Sakshi Kasigal	Kate Mrunmayee	Snehal Giri	Pravin Chavan	Komal Valesha	
17	Sakshi Houji	Maitreyee Korde	Kende Vaishnavi	Akshay Gujar	Jaya Parbhak		
18	Rajas Nimje	Vaishnavi Kothkar	Khairawala Rushabh	Koval Jadhav			
19	Shruti Ujagare	Amita Kulkarni	Kunte Shirin	Satyakta Jagtap			
20	Samruddhi Deshpande	Ishani Kulkarni	Mane Akshata	Vaishnavi Kausadkar			
21	Neelima Dandekar	Kareena Kundhani	Megh Thakar	Neha Kelkar			
22	Hinakshi Jaipuria	Shreya Mane	Modak Madhu	Krishna Kothkar			
23	Vaideli Watwe	Sejal Mehta	Navathe Shubham	Neha Kulkarni			
24	Drishti Hotwani	Akash Narmade	Palwal Priyanka	Shivani Mhaskar			
25	Swarajali Patil	Girija Pathankar	Patel Pooja	Rhinaja More			
26	Pruthamesh Bodjate	Priya Pandhi	Rusane Purva	Abhay Navak			
27	Sanika Wagh	Saislu Patil	Rushmeet Gurudatta	Apoorva Ozankar			
28	Aabha Bobade	Prinak Pawar	Rathi Bharat	Tarvi Parikh			
29	Shreya Jayagond	Shaknali Patil	Rege Vedika	Vaishnavi Patande			
30	Mrunali Gogate	Saavika Phule	Sankav Anushka	Tanika Sane			
31	Mitika Jansani	Kalyani Rathi	Sathe Ishi	Aashika Shah			
32	Ashutosh Sharma	Kanchan Rathod	Sathe Swaranjee	Antara Shah			
33	Rutika Khadgave	Samrudhni Sheth	Sathe Tanvi	Nishi Shah			
34	Alisha Sandesh	Arzo Shikhar	Solapurkar Srutal	Rashmi Thakkar			
35		Saee Siddheshwar	Surana Rishabh	Uma Tulapurkar			
36		Sanchi Takande	Tambharkar Shruti	Rushikesh Ujide			
37		Spriha Talikoti	Thakare Denkar				
38		Krutika Wavade	Nidhi Chopade				
39		Neha Wagh					



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



30) ) EXTENSION ACTIVITY:COMMUNITY SERVICE TO ELDERLY POPULATION

SAHJIVAN

DATE: .A.Y 21-22



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2021-22

Collaborating agency: SAHJIVAN

No.of students participated:180

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

Sign of HoD



Sign of Principal

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

List of Students

Academic Year: 2021-22

Sr.No.	II	III	IV	Interns	IMPT	II MPT
1	Riya Phatak	Sheetal Bobade	Anand Sakshi	Bhavika Agrawal	Nayun Kotian	Prityanka Patil
2	Anirudha Brahmananikar	Yash Chaudhari	Bagil Prachi	Komal Agrawal	Anjali Bais	Shravya Raybole
3	Loakik Kulkarni	Riddhi Chavan	Bhria Siddhi	Shreya Athavale	Sneha Waydande	Aparva Jadhav
4	Ashutosh Sornwandi	Kshitiya Deshpande	Bekce Sheetal	Vinay Bajaj	Divya Agarwal	Janhavi Manjekar
5	Vasanti Khare	Mukta Deshpande	Hendre Purva	Mahi Bhandarkar	Poonam Sonani	Shripadha Thube
6	Omkar Bargeje	Sakshi Dhanapure	Borse Pooja	Rujana Bhavse	Sachin Kajale	Amruta Bajantri
7	Diya Thapar	Rahul Dhavale	Deolasi Mansi	Surabhi Bhote	Riya Patel	Arya Kunte
8	Aarya Gane	Yogita Dhoot	Deshpande Falguni	Nidhi Chikhali	Palak Darda	Uma Sharma
9	Devashree Kulkarni	Siddhi Dharmal	Deshpande Rhea	Mihir Chitale	Vaishnavi Daptare	Siddhi Desai
10	Rajat Ogale	Sejal Doshi	Dombre Aishwarya	Neha Deshmukh	Rani Rodge	Arjun Mhadgut
11	Sara Kulkarni	Isha Galgali	Dapare Sweenjal	Siddhant Deshmukh	Amaja Bhukano	Venkatesh Mane
12	Het Gohil	Pradyot Gokhale	Gomes Charuella	Bhargavi Dhonane	Shradha Ghadge	Bijal Pasad
13	Sarvesh Yeshwant	Shradha Jansade	Jadhav Rutika	Harshita Dhruv	Nikita Kolhe	Mansi Bajaj
14	Vibhuti Kashiwal	Kashish Jaiswal	Jan Kashish	Taruna Gambhir	Lyna Fernandes	Riya Jain
15	Snehal Waghmode	Vaishnavi Kande	Joshi Gayatri	Ranjeet Ghatge	Alfiaz Tamboli	Kartiki Bhalare
16	Pooja Hodi	Sakshi Kasigal	Kante Mrunmayee	Snehal Giri	Pravin Chavan	Komol Valesha
17	Sakshi Houji	Maitreyee Korde	Kende Vaishnavi	Akshay Gujar	Jaya Pithale	
18	Rajas Nanje	Vaishnavi Kotkar	Khandavale Rushabh	Koyal Jadhav		
19	Shruti Ujagare	Amita Kulkarni	Kante Shirin	Sanyakta Jagtap		
20	Samrudhi Deshpande	Ishani Kulkarni	Mane Akshata	Vaishnavi Kamadkar		
21	Neelima Dandekar	Kareena Kankhani	Megh Thakar	Neha Kelkar		
22	Himkshi Jaiparis	Shreya Mane	Modak Madhva	Krishna Kulkarni		
23	Vaideli Watwe	Sejal Melta	Navathe Shubham	Neha Kulkarni		
24	Drishiti Hotwani	Akash Namade	Patil Priyanshi	Shivani Mhaskar		
25	Swarajal Patil	Girya Pathankar	Patel Pooja	Rhinaja More		
26	Pruthamesh Bodjate	Pritya Pandhi	Rasane Purva	Abhay Navak		
27	Sarika Wagh	Saisha Patil	Rashmeel Gurudatta	Apoorva Ozankar		
28	Aahna Bobade	Pratik Pawar	Rathi Bharat	Tarqi Parikh		
29	Shreya Jayagond	Shalmali Patil	Rege Vedika	Vaishnavi Patande		
30	Mrunali Gogate	Saavika Phale	Sankar Anushka	Tanika Sane		
31	Mitika Jansani	Kavya Rathi	Sathe Isha	Anshika Shah		
32	Ashutosh Sharma	Kanchan Rathod	Sathe Swarajee	Antra Shah		
33	Rutika Khadgave	Samrudhi Shah	Sathe Tanvi	Natali Shah		
34	Alidha Sandesh	Arzoo Shakhar	Solapurkar Srushti	Rashmi Thakkar		
35		Saee Siddheswar	Sarana Rajesh	Uma Tulapurkar		
36		Sanchi Takande	Tankankar Shruti	Rushabhesh Ujide		
37		Spriha Talikoti	Thakare Denkar			
38		Krutika Wavade	Nidhi Chopade			
39		Neha Wash				



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**PRINCIPAL**  
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College of Physiotherapy  
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31) EXTENSION ACTIVITY:COMMUNITY SERVICE TO ELDERLY POPULATION:

MADHURBHAV,

DATE: .A.Y 21-22



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2021-22


Collaborating agency: MADHURBHAV

No.of students participated:180

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

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

List of Students

Academic Year: 2021-22

Sr.No.	II	III	IV	Interns	IMPT	II MPT
1	Riya Phatak	Sheetal Bobade	Anand Sakshi	Bhavika Agrawal	Nayun Kotian	Prityanka Patil
2	Anirudha Brahmaiahkar	Yash Chaudhari	Bhagi Prachi	Komal Agrawal	Anjali Bais	Shravya Raybole
3	Loakik Kulkarni	Riddhi Chavan	Bhria Siddhi	Shreya Athavale	Sneha Waydande	Aparva Jadhav
4	Ashutosh Sornwandi	Kshitiya Deshpande	Bekce Sheetal	Vinay Bajaj	Divya Agarwal	Janhavi Manjekar
5	Vasanti Khare	Mukta Deshpande	Hendre Purva	Mahi Bhandarkar	Poonam Sonani	Shripabha Thube
6	Omkar Bargeje	Sakshi Dhanapure	Borse Pooja	Rujana Bhavse	Sachin Kajale	Amruta Bajantri
7	Diya Thapar	Rahul Dhavale	Deolasi Mansi	Surabhi Bhote	Riya Patel	Arya Kunte
8	Aarya Gane	Yogita Dhoot	Deshpande Falguni	Nidhi Chikhali	Palak Darda	Uma Sharma
9	Devashree Kulkarni	Siddhi Dharmal	Deshpande Rhea	Mihir Chitale	Vaishnavi Daptare	Siddhi Desai
10	Rajat Ogale	Sejal Doshi	Dombre Ashwarya	Neha Deshmukh	Rani Rodge	Arjun Mhadgut
11	Sara Kulkarni	Isha Galgali	Dapare Sweenjal	Siddhant Deshmukh	Amaja Bhukano	Venkatesh Mane
12	Het Gohil	Pradyot Gokhale	Gomes Charuete	Bhargavi Dhonane	Shradha Ghadge	Bijal Pasad
13	Sarvesh Yeshwant	Shradha Jansade	Jadhav Rutuja	Harshita Dhruv	Nikita Kolhe	Mansi Bajaj
14	Vibhuti Kashiwal	Kashish Jaiswal	Jan Kashish	Taruna Gambhir	Lynna Fernandes	Riya Jain
15	Snehal Waghmode	Vaishnavi Kande	Joshi Gayatri	Ranjeet Ghatge	Alfiaz Tamboli	Kartiki Bhalare
16	Pooja Hodi	Sakshi Kasigal	Kante Mrunmayee	Snehal Giri	Pravin Chavan	Komol Vaesha
17	Sakshi Houji	Maitreyee Korde	Kende Vaishnavi	Akshay Gujar	Jaya Pithale	
18	Rajas Nanje	Vaishnavi Kotkar	Khandavale Rushabh	Koyal Jadhav		
19	Shruti Ujagare	Amita Kulkarni	Kante Shirin	Sanyakta Jagtap		
20	Samrudhi Deshpande	Ishani Kulkarni	Mane Akshata	Vaishnavi Kamadkar		
21	Neelima Dandekar	Kareena Kankhani	Megh Thakar	Neha Kelkar		
22	Hinakshi Jaiparis	Shreya Mane	Modak Madhva	Krishna Kulkarni		
23	Vaideli Watwe	Sejal Melta	Navathe Shubham	Neha Kulkarni		
24	Drishiti Hotwani	Akash Namade	Patil Priyanshi	Shivani Mhaskar		
25	Swarajal Patil	Girija Pathankar	Patel Pooja	Rhinaja More		
26	Pruthamesh Bodjate	Pritya Pandhi	Rasane Purva	Ashay Navak		
27	Sarika Wagh	Saisha Patil	Rashmeel Gurudatta	Apoorva Ozankar		
28	Aahna Bobade	Pratik Pawar	Rathi Bharat	Tarqi Parikh		
29	Shreya Jayagond	Shalmali Patil	Rege Vedika	Vaishnavi Patande		
30	Mrunali Gogate	Saavika Phale	Sankar Anushka	Tanika Sane		
31	Mitika Jansani	Kavya Rathi	Sathe Isha	Anshika Shah		
32	Ashutosh Sharma	Kanchan Rathod	Sathe Swarajee	Antra Shah		
33	Rutika Khadgave	Samrudhi Shah	Sathe Tanvi	Natali Shah		
34	Alidha Sandesh	Arzoo Shakhar	Solapurkar Srushti	Rashmi Thakkar		
35		Saee Siddheswar	Sarana Rajesh	Uma Tulapurkar		
36		Sanchi Takande	Tambharkar Shruti	Rushabhesh Ujide		
37		Spriha Talikoti	Thakare Denkar			
38		Krutika Wavade	Nidhi Chopade			
39		Neha Wash				



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Pune . 4



32) ) EXTENSION ACTIVITY:COMMUNITY SERVICE TO ELDERLY POPULATION

RAINBOW DAYCARE,

DATE: .A.Y 21-22



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Collaborating agency: RAINBOW DAYCARE


Academic Year: 2021-22

No.of students participated:180

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	MadhurBhav Baner	Tuesday, Wednesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

  
Sign of HoD



  
Sign of Principal

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



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

List of Students

Academic Year: 2021-22

Sr.No.	II	III	IV	Interns	IMPT	II MP
1	Riya Phatak	Sheetal Bobade	Anand Sakshi	Bhavika Agrawal	Nayun Kotian	Privanka Patil
2	Anirudha Brahmananikar	Yash Chaudhari	Bagil Prachi	Komal Agrawal	Anjali Bas	Shravya Raybole
3	Loakik Kulkarni	Riddhi Chavan	Baria Siddhi	Shreya Athavale	Sneha Waydande	Aparva Jadhav
4	Ashutosh Sornwandi	Kshitiya Deshpande	Bekce Sheetal	Vinay Bajaj	Divya Agarwal	Janhavi Manjekar
5	Vasanti Khare	Mukta Deshpande	Hendre Purva	Mahi Bhandarkar	Poonam Sonani	Shripadha Thube
6	Omkar Bargeje	Sakshi Dhanapure	Borse Pooja	Rujana Bhare	Sachin Kajale	Amruta Bajantri
7	Diya Thapar	Rahul Dhavale	Deolasi Mansi	Surabhi Bhote	Riya Patel	Arya Kunte
8	Aarya Gane	Yogita Dhoot	Deshpande Falguni	Nidhi Chikhali	Palak Darda	Uma Sharma
9	Devashree Kulkarni	Siddhi Dharmal	Deshpande Rhea	Mihir Chitale	Vaishnavi Daptare	Siddhi Desai
10	Rajat Ogale	Sejal Doshi	Dombre Ashwarya	Neha Deshmukh	Rani Rodge	Arjun Mhadgut
11	Sara Kulkarni	Isha Galgali	Dapare Sweenjal	Siddhant Deshmukh	Amaja Bhukano	Venkatesh Mane
12	Het Gohil	Pradyot Gokhale	Gomes Charuella	Bhargavi Dhonane	Shradha Ghadge	Bijal Pasad
13	Sarvesh Yeshwant	Shradha Jansde	Jadhav Rutuja	Harshita Dhruv	Nikita Kolhe	Mansi Bajaj
14	Vibhuti Kashiwal	Kashish Jaiswal	Jan Kashish	Taruna Gambhir	Lyna Fernandes	Riya Jain
15	Snehal Waghmode	Vaishnavi Kande	Joshi Gayatri	Ranjeet Ghatge	Alfiaz Tamboli	Kartiki Bhalare
16	Pooja Hodi	Sakshi Kasigal	Kante Mrunmayee	Snehal Giri	Pravin Chavan	Komol Valesha
17	Sakshi Houji	Maitreyee Korde	Kende Vaishnavi	Akshay Gujar	Jaya Pithale	
18	Rajas Nanje	Vaishnavi Kotkar	Khandavale Rushabh	Koyal Jadhav		
19	Shruti Ujagare	Amita Kulkarni	Kante Shirin	Sanyakta Jagtap		
20	Samrudhi Deshpande	Ishani Kulkarni	Mane Akshata	Vaishnavi Kamadkar		
21	Neelima Dandekar	Kareena Kankhani	Megh Thakar	Neha Kelkar		
22	Himkshi Jaiparis	Shreya Mane	Modak Madhva	Krishna Kulkarni		
23	Vaideli Watwe	Sejal Melta	Navathe Shubham	Neha Kulkarni		
24	Drishiti Hotwani	Akash Namade	Patil Priyanshi	Shivani Mhaskar		
25	Swarajal Patil	Girija Pathankar	Patel Pooja	Rhinaja More		
26	Pruthamesh Bodjate	Prinl Pandhi	Rasane Purva	Abhay Navak		
27	Sarika Wagh	Saisha Patil	Rashmeel Gurudatta	Apoorva Ozankar		
28	Aahna Bobade	Pratik Pawar	Rathi Bharat	Tarqi Parikh		
29	Shreya Jayagond	Shalmali Patil	Rege Vedika	Vaishnavi Patande		
30	Mrunali Gogate	Saavika Phale	Sankar Anushka	Tanika Sane		
31	Mitika Jansani	Kavya Rathi	Sathe Isha	Anshika Shah		
32	Ashutosh Sharma	Kanchan Rathod	Sathe Swarajee	Antra Shah		
33	Rutika Khadgave	Samrudhi Shah	Sathe Tanvi	Natali Shah		
34	Alidha Sandesh	Arzoo Shakhar	Solapurkar Srushti	Rashmi Thakkar		
35		Saee Siddheswar	Sarana Rajesh	Uma Tulapurkar		
36		Sanchi Takande	Tankankar Shruti	Rushabhesh Ujide		
37		Spriha Talikoti	Thakare Denkar			
38		Krutika Wavade	Nidhi Chopade			
39		Neha Wash				



वेनेल जर्जी

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

33) ) EXTENSION ACTIVITY:COMMUNITY SERVICE TO ELDERLY POPULATION:

SEVA AROGYA FOUNDATION

DATE: .A.Y 21-22



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2021-22

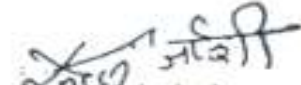
Collaborating Agency: Seva Arogya Foundation

No.Of Students Participated:33

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
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7	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

  
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Sign of Principal

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





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

List of Students

Academic Year: 2021-22

Sr.No.	II	III	IV	Interns	IMPT	II MP
1	Riya Phatak	Sheetal Bobade	Anand Sakshi	Bhavika Agrawal	Nayun Kotian	Prityanka Patil
2	Anirudha Brahmananikar	Yash Chaudhari	Bagil Prachi	Komal Agrawal	Anjali Bais	Shravya Raybole
3	Loakik Kulkarni	Riddhi Chavan	Bhria Siddhi	Shreya Athavale	Sneha Waydande	Aparva Jadhav
4	Ashutosh Sornwanshi	Kshitiya Deshpande	Bekce Sheetal	Vinay Bajaj	Divya Agarwal	Janhavi Manjekar
5	Vasanti Khare	Mukta Deshpande	Hendre Purva	Mahi Bhandarkar	Poonam Sonani	Shripadha Thube
6	Omkar Bargeje	Sakshi Dhanapure	Borse Pooja	Rujana Bhavse	Sachin Kajale	Amruta Bajantri
7	Diya Thapar	Rahul Dhavale	Deolasi Mansi	Surabhi Bhote	Riya Patel	Arya Kunte
8	Aarya Gane	Yogita Dhoot	Deshpande Falguni	Nidhi Chikhali	Palak Darda	Uma Sharma
9	Devashree Kulkarni	Siddhi Dharmal	Deshpande Rhea	Mihir Chitale	Vaishnavi Daptare	Siddhi Desai
10	Rajat Ogale	Sejal Doshi	Dombre Ashwarya	Neha Deshmukh	Rani Rodge	Arjun Mhadgut
11	Sara Kulkarni	Isha Galgali	Dapare Sweenjal	Siddhant Deshmukh	Amaja Bhukano	Venkatesh Mane
12	Het Gohil	Pradyot Gokhale	Gomes Charuella	Bhargavi Dhonane	Shradha Ghadge	Bijal Pasad
13	Sarvesh Yeshwant	Shradha Jansde	Jadhav Rutuja	Harshita Dhruv	Nikita Kolhe	Mansi Bajaj
14	Vibhuti Kashiwal	Kashish Jaiswal	Jan Kashish	Taruna Gambhir	Lyna Fernandes	Riya Jain
15	Sheetal Waghmode	Vaishnavi Kande	Joshi Gayatri	Ranjeet Ghatge	Alfiaz Tamboli	Kartiki Bhalare
16	Pooja Hodi	Sakshi Kasigal	Kante Mrunmayee	Snehal Giri	Pravin Chavan	Komal Varesha
17	Sakshi Houji	Maitreyee Korde	Kende Vaishnavi	Akshay Gujar	Jaya Pithale	
18	Rajas Nanje	Vaishnavi Kotkar	Khandavale Rushabh	Koyal Jadhav		
19	Shruti Ujagare	Amita Kulkarni	Kante Shirin	Sanyakta Jagtap		
20	Samrudhi Deshpande	Ishani Kulkarni	Mane Akshata	Vaishnavi Kamadkar		
21	Neelima Dandekar	Kareena Kankhani	Megh Thakar	Neha Kelkar		
22	Himakshi Jaiparis	Shreya Mane	Modak Madhva	Krishna Kulkarni		
23	Vaideli Watwe	Sejal Melta	Navathe Shubham	Neha Kulkarni		
24	Drishiti Hotwani	Akash Namade	Patil Priyanshi	Shivani Mhaskar		
25	Swarajal Patil	Girija Pathankar	Patel Pooja	Rhinaja More		
26	Pruthamesh Bodjate	Pritya Pandhi	Rasane Purva	Abhay Navak		
27	Sarika Wagh	Saisha Patil	Rashmeel Gurudatta	Apoorva Ozankar		
28	Aahna Bobade	Pratik Pawar	Rathi Bharat	Tarqi Parikh		
29	Shreya Jayagond	Shalmali Patil	Rege Vedika	Vaishnavi Patande		
30	Mrunali Gogate	Saavika Phale	Sankar Anushka	Tanika Sane		
31	Mitika Jansani	Kavya Rathi	Sathe Isha	Anshika Shah		
32	Ashutosh Sharma	Kanchan Rathod	Sathe Swarajee	Antra Shah		
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34	Alidha Sandesh	Arzoo Shakhar	Solapurkar Srushti	Rashmi Thakkar		
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36		Sanchi Takande	Tankankar Shruti	Rushabhesh Ujide		
37		Spriha Talikoti	Thakare Denkar			
38		Krutika Wavade	Nidhi Chopade			
39		Neha Wash				



*मेरे लक्ष्य मेरी जीती*  
**PRINCIPAL**  
D. E. Society's Brijlal Jindal  
College of Physiotherapy  
Pune . 4



34) EXTENSION ACTIVITY: PHYSIOTHERAPY SERVICES to Geriatric population:

COLLABORATING AGENCY/ORGANISATION UNIT: Punarnirman

DATE: .A.Y 21-22



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

**Name of Activity:** Community posting : Punarnirman

**Name of co-ordinator:** Dr. Abha Dhupkar,

**Time:** 9am – 1pm

**Collaborating agency: : Punarnirman**

**Year:** A.Y 2021-22

**No.of students participated:180**

**Participants:** BPTTh II, III, IV, Interns, PGs

**Time:** 9am to 1pm

**Objectives:**

1. To make the students provide physiotherapy services to elderly population
2. To sensitize the younger generation on the issue of elderly and creating inter-generational dialog.
3. To motivate interns for better planning and execution of exercise program as per the patients need.
4. To organize various camps for assessment & treatment of geriatric population

**Outcome:**

The posting is beneficial for students in observing, learning, planning individual patient handling & management as per patients' needs

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

  
**PRINCIPAL**  
D. E. Society's Brijlal Jindal  
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**LIST OF COLLABORATING AGENCY AND NUMBER OF  
STUDENTS**

**2021-22**

D.E. Society's

## BRIJAL JINDAL COLLEGE OF PHYSIOTHERAPY

Fergusson College Campus, Pune - 411 004 •Phone : (020) 67656471,67656467

•Fax : (91) (020) 67656494, 67656120 • E-mail : [descoppune@gmail.com](mailto:descoppune@gmail.com)

•Web-site :[www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)

**Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik**

### LIST OF COLLABORATING AGENCY AND NUMBER OF STUDENTS PARTICIPTED IN EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2021-22

DESBJCOP collaborates with various collaborating agency to conduct different extension & outreach activities like sports events, community activities, Geriatric camps, physiotherapy services at amputation center and treatment for special children. The details are as follows:


Sr.no	Name of extension activity	Organisation unit/agency/collaborating agency	Name of student
1)	Advance diploma in industrial safety	Technical institute , Pune	Arjun M,Siddhi D,Manasi B,Bijal P, Venkatesh Mane: <b>5</b>
2)	Geriatric assessment camp	The International Longevity Centre, India,Erandwan Jyeshtha nagrik sanga	Komal Valesha, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Alfaiz Tamboli, Nikita Kolhe, Pravin Chavan, Palak Darda, Bhargawi Dhomane: <b>9</b>
3)	Geriatric assessment camp	The International Longevity Centre, India,Bal ranjan kendra	Komal Valesha, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Alfaiz Tamboli, Nikita Kolhe, Rani R,Krishna K,Harshita D, Taruna G, Akshay G, Palak Darda: <b>12</b>
4)	Geriatric assessment camp	The International Longevity Centre, India,phulenagar jyeshtha nagarik sangha	Riya Jain, Komal Valesha, Kartiki Bhilare, Antara Shah, Rushabh Khandawala, Dinkar Thakare, Mahi Bhandarkar, Mansi Deolasi, Sanyukta Jagtap, Antara Shah, Bhavika Agrawal, Mrunmayee Katte: <b>12</b>
5)	Geriatric assessment camp	The International Longevity Centre, India,Warje	Komal Valesha, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Rani Rodge, Krishna Kolhatkar, Taruna Gambhir, Akshay Gujar,Alfaiz T: <b>10</b>
6)	Geriatric assessment camp	Jyeshtha nagrik Sangha, Tingre nagar	Komal Valesha,Kartiki Bhilare,Riya Jain,Akshay Salve,Juilee Khadke ,Krutikka Jhala,Pooja Patil,Vidhi Kalyani,Arjun and Sharayu Raybole : <b>10</b>



7)	International older persons day	Sahajivan Bhugaon,madhurbhav,Rainbow day care	Akshay S,Juilee K, Kruttika Z,Komal V, Riya J,Kartiki B: <b>6</b>
8)	Orthosis distribution & fitting camp	Bharat Vikas Parishad, vikalang punarvasan Kendra	Akshay Salve, Juilee Khadke and Kruttika Zala: <b>3</b>
9)	Industrial visit:Ergonomic survey	Industrial visit, Ranjan gao	Riya Jain, Kartiki Bhilare, Komal Valesha, Priyanka Patil, Sharayu Raybole, Rujuta Bhavne, Mihir Chitale: <b>7</b>
10)	Industrial visit WIF	Western India Forges Ltd. ,Pune	Riya Jain ,Komal valesha, Kartiki Bhilare, Lynn F, Nikita Kolhe, Alfaiz tamboli: <b>6</b>
11)	Prosthetic assessment camp	Bharat Vikas Parishad, vikalang punarvasan Kendra	Divya A,Nayan K,Isha S, ,Poonam, Nikita K, Shraddha G,Vaidehi: <b>7</b>
12)	Artificial limbs distribution for amputees	Rotary Club of Pune metro Vatsalya Trust Mumbai & Bharat Vikas Parishad Punarvasan	Isha S, Swarangee S, Akshata M: <b>3</b>
13)	Exercise awareness	Lokmanya multipurpose co op bank,Wadgaon sheri	Juilee K, Akshay S: <b>2</b>
14)	Office ergonomics	Lokmanya Multipurpose bank,SB Road SB Road,pune	Vidhi K, Pooja P: <b>2</b>
15)	Arogya Wari during" palakhi" EducationAwareness of physiotherapy to varkaris	SAKAL	Palak Darda, Lynn Fernandis, Nayan Kotian, Divya Agarwal, Sachin Kajale, Nikita Kolhe: <b>6</b>
16)	ITF Tennis tournament	FIT2SPORT	Akshay G: <b>1</b>
17)	B1 Tennis tournament	FIT2SPORT	Akshay G, Rashmi T: <b>2</b>
18)	SBA Cup- corporate badminton tourament	Sudhanshu badminton academy	Shayrau Raibole ,Priyanka Patil,Riya jain, Komal Walesha, Apoorva Jadahv,Siddhi Desai,Vyankatesh Mane,Beejal Pasad,Janhavi Manjarekar, Arjun M: <b>10</b>
19)	National roll ball	FIT2SPORT	Mahi bhandarkar : <b>1</b>
20)	Kids marathon 6th edition	Simple steps	Vaishnavi, Koyal J,Ashika S, Shreya A, Issac, Mihir C, Rutuja B: <b>7</b>

21)	Football league	PDFA	Srushti S,Rishabh S,Rashmeet G,Sneha W,Shradha G, Purva R,Rhea D,Poonam S,Pravin C,Lynn F,Palak D,Shirin K,Nikita K,Divya A,Falguni D, Sachin K,Nayan,Alfaiz T,Vaishnavi D,Anjeli B ,Koyal J, Vaishnavi K, ,Pravin C: <b>23</b>
22)	Ultra dynamo Race	RUN BUDDIES	IV Year students: <b>38</b>
23)	Longest multi distance foot race	Ultra dynamo	IV Year students: <b>38</b>
24)	Geriatric camp	ILC,Phulenagar, Yerwada	Bhavika A,Sanyukta J,Ashika S, Mrunmayee K, Dinkar T,Manasi D, Rishabh K, Komal Valesha ,Riya Jain: <b>9</b>
25)	Breast-feeding Week 2021	Seth Tarachand Ramnath Hospital and Seva Sutika Mandir	Juilee Khadke and Komal Valesha: <b>2</b>
26)	Menstrual Hygiene Awareness for Women's Day 2022	Ahilyadevi High School	Rujuta Bhave, Shreeya Athavale: <b>2.</b>
27)	Geriatric camp	ILC,Ganesh Dhyan mandir	Komal Valesha, Riya Jain, Kartiki Bhilare, Lynn Fernandes, Nikita Kolhe, Rani Rodge,Palak Darda,Harshita D, Krishna Kolhatkar, Taruna Gambhir, Akshay Gujar: <b>11</b>
28)	Physiotherapy services to family deprived children	SOFOSH	PG students: <b>33</b>
29)	Physiotherapy services to geriatric population	AnandDham,Jyeshtha nagrik Virangula Kendra	BPT II / III / IV / ,Interns, / PGs : <b>180</b>
30)	Physiotherapy services to geriatric population	Sahjivan,old age home	BPT II / III / IV / ,Interns, / PGs: <b>180</b>
31)	Physiotherapy services to geriatric population	MadhurBhav	BPT II / III / IV / ,Interns, PGs: <b>180</b>
32)	Physiotherapy services to geriatric population	Rainbow day care, CARE	BPT II / III / IV / ,Interns, PGs: <b>180</b>
33)	Physiotherapy services to underprivileged societal group	Seva arogya Foundation	PG students: <b>33</b>

34)	Physiotherapy services to elderly population	Punarnirman	BPT II / III / IV / ,Interns, PGs: <b>180</b>
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2020-21



1) EXTENSION ACTIVITY: COVID POSTING OF STUDENTS

COLLABORATING AGENCY/ORGANISATION UNIT:BJ MEDICAL COLLEGE, SASSOON HOSPITAL,PUNE

DATE: 29th June 2020 (1st wave) & 19th April ( 2nd wave)



**DES Brijlal Jindal College of Physiotherapy,Pune**

**Name of Activity:** Covid duties of Physiotherapy students at Sasoon General hospital ,Pune.

**Department:** Cardiovascular& Respiratory PT, DESBJCOP, Pune

Posting started from 29<sup>th</sup> June 2020 (1<sup>st</sup> wave) & 19<sup>th</sup> April ( 2<sup>nd</sup> wave)

**Outline of Activity:** PG students from DESBJCOP provided physiotherapy services to critically ill covid patients admitted in ICU & wards by providing them with deep breathing exercises, bronchial hygiene techniques, mobility exercises and ambulation.

**Student Participants: 18**

**Name of PG students**

- 1 Arjun Mhadgut
- 2 Apoorva Jadhav
- 3 Siddhi Desai
- 4 Venkatesh Mane
- 5 Manasi Bagul
- 6 Janhavi Manjarekar
- 7 Shravani Sathe
- 8 Aishwarya Dhage
- 9 Aishwarya Kadam
- 10 Prajakta Bidkar
- 11 Supriya Kumari Raikwar
- 12 Kushal Shah
- 13 Shrikant Sahu
- 14 Kalyani Sawant
- 15 Shilpa Bharti
- 16 Shantanu Dharkari
- 17 Pranali Jaypurkar
- 18 Shrinidhi Kulkarni

Collaborating agency: SASSOON  
HOSPITAL,PUNE

No.of students participated: 18

  
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**Signature of Principal**



महाराष्ट्र शासन

# बै.जी.शासकीय वैद्यकीय महाविद्यालय व समूह सर्वोपचार रुग्णालय, पुणे.

जवहरलाल नेहरू मेमोरियल स्टेजल जवहरलाल नेहरू-२११-००१

दुरध्वनी क्र. ०२०-२६०००००० विभागात्. २०२० मंडळसंपर्क <http://www.bjmc.pune.org> वेबसाईट क्र. ०२०-२६००००००

मा. कु. वैजि प्राचेम व ममरु/कोरोना विपाणु/

1581

/२०२०

दि. २६/०६/२०२०

प्रति,  
मा. चार्ज,  
टेक्नॉलॉजी एज्युकेशन सोसायटी,  
ब्रिजलाल जिंदल कॉलेज ऑफ फिजिओथेरेपी,  
सूर्यमन कॉम्प्लेक्स, पुणे

विषय : कोव्हीड-१९ च्या अनुषंगाने रुग्णोपचारासाठी फिजिओथेरेपिस्ट प्रतिनियुक्त करण्याबाबत..

उपरोक्त विषयानुसार मा. जिल्हाधिकारी व मा. विभागीय आयुक्त, पुणे यांच्या आदेशानुसार समूह सर्वोपचार रुग्णालयात कोरोना संक्रमित/बाधित रुग्णांवर उपचार करण्यात येतात. यानुसार समूह रुग्णालयात दैनंदिन अंदाजे ३००-३५० कोव्हीड संक्रमित/बाधित रुग्णांवर उपचार होत असतात. सदर रुग्णांवर उपचार करतांना फिजिओथेरेपिस्टच्या मेका वापरल्यास रुग्ण द्रव होण्यास अधिक लाभ होवू शकतो.

यास्तव आपणाम बिनंती करण्यात येते की, आपल्या फिजिओथेरेपी महाविद्यालयातील किमान ८ फिजिओथेरेपिस्टला दर आठवड्याला कोव्हीड-१९ आयसीयू मधील रुग्णोपचारासाठी प्रतिनियुक्त करण्यात यावेत.

अधिष्ठाता,

बै.जी.शासकीय वैद्यकीय महाविद्यालय व  
समूह सर्वोपचार रुग्णालय, पुणे.

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## 2)EXTENSION ACTIVITY: BADMINTON TOURNAMENT

COLLABORATING AGENCY/ORGANISATION UNIT: SUDHANSHU BADMINTON ACADEMY

DATE: 15-20 FEB 2021



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

**Name of Activity:** - Badminton tournament

**Name of Coordinator:** Apoorva Likhite, Namrata Bhadbhade

**Department:** -Sports Committee

**Date:-** February 15 to 20, 2021

**Timing:** 10am -5 pm

**Place:-** Sudhanshu Academy

**Online / Offline:-** On field

**Objective-**

**Outline of activity:-** On field physiotherapy support was provided for elite badminton players. People from varied age groups were present. Injuries got covered by Interns . Importance of warm up and cool down was provided. Muscle strains, Cramps, Ligament sprains were common most injuries which were treated.

- 1.To provide exposure of on field badminton injuries in young population
2. To prepare the students to treat those injuries first hand
3. To help them understand the sports better

**Participants:** Aditi Gokhale, Aditee M

**Collaborating Agency: Sudhanshu  
Badminton Academy  
No.Of Students Participated:2**



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**3) EXTENSION ACTIVITY: Corporate badminton tournament: Spunk shuttler**

**COLLABORATING AGENCY/ORGANISATION UNIT: FIT2SPORT**

**DATE: 22 DEC**



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

**Name of Activity:** - Corporate badminton tournament: Spunk shuttlers

**Name of Resource person:** In association with fit to sports

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade

**Department:** Sports Department

**Date:** 22/12/20- 23/12/20

**Timing:** 8 am- 8 pm

**Place:** Spunk shuttlers academy , Ambegaon

Online / Offline: onfield

**Participants:**

1. Aksahy Salve ( MPT)
2. Vidhi Kalyani ( MPT)
3. Shweta Thakar ( Intern)
4. Nakul Nawale ( Intern)

**Outline of activity:**

-Students of DESBJCOP along with Fit to Sports therapist were involved in pre-tournament training of the players

- They also managed various on field injuries like sprains, strains etc.

**Collaborating agency: FIT2SPORT**

**No.of students participated:4**



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



**4) EXTENSION ACTIVITY: Sports Event: NICMAR OPEN 2020**

**COLLABORATING AGENCY/ORGANISATION UNIT: SUDHANSHU BADMINTON ACADEMY**

**DATE: 22.02.2020**



D.E. Society's

**BRJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**

**Name of Activity:** - NICMAR Open Badminton tournament

**Name of Coordinator:** Apoorva Likhite, Namrata Bhudhade

**Department:** -Sports Committee

**Date:**- 22.02.2020

**Timing:** 8am -5 pm

**Place:**- Sayash Academy, Bavdhan

**Collaborating agency: SUDHANSHU  
BADMINTON ACADEMY**

**No.of students participated:2**

**Online / Offline:** - On field

**Outline of activity:** - On field physiotherapy support was provided for elite badminton players. People from varied age groups were present. Injuries got covered by Interns and PG students. Importance of warm up and cool down was provided. Muscle strains, Cramps, Ligament sprains were common most injuries which were treated.

**Objective-**

1. To provide exposure of on field badminton injuries in young population.
2. To prepare the students to treat those injuries first hand
3. To help them understand the sports better

**Participants:** Manasi Bhide, Siddhesh Bhagar



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College of Physiotherapy  
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## 5) EXTENSION ACTIVITY: TENNIS TOURNAMENT

COLLABORATING AGENCY/ORGANISATION UNIT: JP TEAMS TENNIS CHAMPIONSHIP

Date: 6 /03/21- 21/03/21



Deccan Education Society's Brijal Jindal College of Physiotherapy, Pune

**Name of Activity:** - J.P.Team Tennis Championship

**Name of Resource person:** DESBJCOP

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade, Apoorva Likhite

**Department:** Sports Department

**Date:** 6 /03/21- 21/03/21 ( over three weekends)

**Timing:** 7 am- 5 pm

**Place:** Tennis courts , Fergusson college campus

**Online / Offline:** on field

**Participants:**

1. Namrata Sidhaye- Bhadbhade ( staff)
2. Apoorva Likhite ( staff )
3. Aleshay Gujar
4. Abhay Naik
5. Nidhi Chikhal
6. Apoorva Orazkar
7. Pooja Patil
8. Vidhi Kalyani
9. Vishwali Athavale
10. Shivani Mhatkar
11. Neha Apte
12. Shweta Thakkar
13. Shweta Shengal
14. Himani Deo
15. Mahi Bhandarkar
16. Devashree Oak

**Collaborating agency: : JP TEAMS**

**TENNIS CHAMPIONSHIP**

**No.of students participated:13**

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Deccan Education Society's Brijal Jindal College of Physiotherapy, Pune

**Outline of activity:**

- Over 260 players all over Pune, were participated in the tournament.
- Students of DESBJCOP were involved with warm up and cool down sessions of the players.
- They also managed various on field injuries like sprains, strains etc.



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6) EXTENSION ACTIVITY: PHYSIOTHERAPY FOR SPECIAL AND ORPHANAGE CHILDREN

COLLABORATING AGENCY/ORGANISATION UNIT: SOFOSH

DATE: 31<sup>ST</sup> MARCH 2021



D.E. Society's  
**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY, PUNE**

Consolidated report for "SOFOSH" posting  
2020-21

Collaboration: Sofosh

No. of students: 33

D. E. Society's Brijlal Jindal College of Physiotherapy MPTI students provided services to family deprived and orphanage children in A. Y. 2020-21.

Sr. No.	Name of Posting	MPTI	MPTII
1	SOFOSH	Priyanka Patil	Vidhi Kalyani
2		Sharayu Raybole	Pooja Patil
3		Apurva Jadhav	Meenal Chavan
4		Janhavi Manjrekar	Prachi Sathe
5		Shriprabha Thube	Nimesh Gupta
6		Amruta Bajantri	Shreeya Saware
7		Arya Kunte	Sejal Chhajed
8		Uma Sharma	Ashwini Nagargoje
9		Siddhi Desai	Pranali Jaypurkar
10		Arjun Mhadgut	Prajakta Bidkar
11		Venkatesh Mane	Shantanu Dharkari
12		Bijal Pasad	Shilpa Bharti
13		Mansi Bagul	Jinal Kothari
14		Riya Jain	Shrinidhi Kulkarni
15		Kartiki Bhillare	Juilee Khadke
16		Komal Valesha	Akshay Salve
			Krutikka Zala

Coordinator  
Dr. Harshada Sonawane



Sign of Principal  
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## 7) EXTENSION ACTIVITY: Physiotherapy services to geriatric population

SAHJIVAN, OLD AGE HOME

DATE: A.Y 2020-21

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	Seva Aranya Foundation	Friday	I M.P.T. - II M.P.T.

  
Sign of HoD



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

List of Students

Academic Year: 2020-21

Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Sheetal Bobade	Arund Sakshi	Bhavika Agrawal	Aamshu Marik	Prisraka Patil	Vidhi Kalyani
2	Yash Chaudhari	Bagul Prachi	Komal Agrawal	Apte Neha	Shravya Raybole	Pooja Patil
3	Riddhi Chavan	Baria Siddhi	Shreya Athavale	Apte Rutuja	Aparva Jadhav	Meenal Chavan
4	Kshitija Deshpande	Bekre Sheetal	Vaata Bagul	Athavale Vishwali	Jantavi Manjekar	Prachi Sathe
5	Mukta Deshpande	Bendre Purva	Mahi Bhandarkar	Berad Shrivani	Shrprabha Thabe	Nimesh Gupta
6	Sakshi Dhanpure	Borse Pooja	Rajata Bhawe	Bhave Neha	Amrta Bajantri	Shreya Saware
7	Rahul Dhavale	Deolasi Mansi	Sumbhi Bhote	Chhajed Nikita	Aryu Kunte	Sejal Chhajed
8	Yogita Dhoot	Deshpande Falguni	Nidhi Chikhal	Gokhale Aaditi	Uma Sharma	Ashwini Nagargoje
9	Siddhi Dhanal	Deshpande Rhea	Mihir Chitale	Himani Deo	Siddhi Desai	Pranali Jayparkar
10	Sejal Doshi	Dombre Ashwarya	Neha Deshmukh	Ingle Mayuri	Arun Mhadgar	Pranjali Hadkar
11	Isha Gajgali	Dupare Sweejal	Siddhant Deshmukh	Majumdar Aayushi	Verikatesh Mane	Shantani Dharkari
12	Pradyot Gokhale	Gomes Charnelle	Bhargavi Dhonare	Mangoankar Aditee	Bijal Patil	Shilpa Bharti
13	Shraddha Jagade	Jadhav Rutuja	Harshita Dhruv	Mengle Varada	Mansi Bhand	Jinal Kothari
14	Kashish Jainwal	Jain Kashish	Tanuja Gambhir	Nakul Nawale	Riya Jain	Shraddha Kulkarni
15	Vaishnavi Kande	Joshi Gayatri	Ranjeet Ghuge	Natu Pranjali	Kartiki Bhalkar	Julee Khadke
16	Sakshi Kaulgal	Katte Manmayee	Snehal Giri	Oak Devashree	Komal Valesha	Akshay Sabe
17	Maitreyee Koode	Kende Vaishnavi	Akshay Gujar	Patil Ront	Jaya Pathak	Krunika Zala
18	Vaishnavi Kotkar	Khandawala Rushabh	Koyal Jadhav	Patkar Anagha		
19	Amrita Kulkarni	Kunte Shirin	Suryekta Jagtap	Pal Deepakkumar		
20	Ishani Kulkarni	Mane Akshata	Vaishnavi Kausadkar	Rajmohit Maray		
21	Kareena Kundrumi	Megh Thakar	Neha Kelkar	Rebello Hazel		
22	Shreya Mase	Modak Mudhu	Krishna Kothurkar	Issac Sabe		
23	Sejal Mehta	Navathe Shubham	Neha Kulkarni	Mahesh Sori		
24	Akash Namade	Palwal Pranshi	Shivani Mhaskar	Akanksha Shah		
25	Girja Patilkar	Patel Pooja	Rhansa More	Shingal Shweta		
26	Priya Pundli	Rasane Purva	Abhay Navak	Shraddha Kanade		
27	Saisha Patil	Rashmeet Garudatta	Apoorva Ozarkar	Thakar Shweta		
28	Pranali Pawar	Rathi Bharti	Tamir Parikh			
29	Shalmali Patil	Rege Vedika	Vaishnavi Patande			
30	Sarvika Phule	Sankav Anushka	Tanika Sure			
31	Kavya Rathi	Sathe Isha	Anshika Shah			
32	Kanchan Rathod	Sathe Swarajee	Anam Shah			
33	Samruddhi Shah	Sarte Tanvi	Nishi Shah			
34	Azaso Shikalgar	Soleparkar Sneha	Rashmi Thakkar			
35	Saee Sidheshwar	Sunmi Rashmi	Uma Talpalkar			
36	Sanchi Takande	Tambekar Shanti	Rishikesh Ujde			
37	Spruha Talikoti	Thakare Dinkar				
38	Krunika Wavade	Nikita Chopade				
39	Neha Wagh					



*A. Dhale*  
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## 8.EXTENSION ACTIVITY: Physiotherapy services to geriatric population

### RAINBOW DAY CARE

DATE: A.Y 2020-21

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

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

List of Students

Academic Year: 2020-21

Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Sheetal Bobade	Arund Sakshi	Bhavika Agrawal	Aamshu Marik	Prisruka Patil	Vidhi Kalyani
2	Yash Chaudhari	Bagal Prachi	Komal Agrawal	Apte Neha	Sharayu Raybole	Pooja Patil
3	Riddhi Chavan	Baria Siddhi	Shreya Athavale	Apte Rutuja	Aparva Jadhav	Meenal Chavan
4	Kshitija Deshpande	Bekre Sheetal	Vaata Bagal	Athavale Vishwali	Jantavi Manjekar	Prachi Sathe
5	Mukta Deshpande	Benfire Purva	Mahi Bhandarkar	Berad Shrivani	Shrprabha Thabe	Nimesh Gupta
6	Sakshi Dhanpure	Borse Pooja	Rajata Bhawe	Bhave Neha	Amrta Bajantri	Shreya Saware
7	Rahul Dhavale	Deolasi Mansi	Sumbhi Bhote	Chhajed Nikita	Aryu Kunte	Sejal Chhajed
8	Yogita Dhoot	Deshpande Falguni	Nidhi Chikhal	Gokhale Aaditi	Uma Sharma	Ashwini Naggargoje
9	Siddhi Dhanal	Deshpande Rhea	Mihir Chitale	Himani Deo	Siddhi Desai	Pranali Jayparkar
10	Sejal Doshi	Dombre Ashwarya	Neha Deshmukh	Ingle Mayuri	Arun Mhadgar	Pranjali Hadkar
11	Isha Gajjali	Dupare Sweejal	Siddhant Deshmukh	Majumdar Aayushi	Verikatesh Mane	Shantani Dharkari
12	Pradyot Gokhale	Gomes Charnelle	Bhargavi Dhonare	Mangoankar Aditee	Bijal Patil	Shilpa Bharti
13	Shradha Jagade	Jadhav Rutuja	Harshita Dhruv	Mengle Varada	Mansi Bhand	Jinal Kothari
14	Kashish Jainwal	Jain Kashish	Tanuja Gambhir	Nakul Nawale	Riya Jain	Shradha Kulkarni
15	Vaishnavi Kande	Joshi Gayatri	Ranjeet Ghuge	Natu Pranjali	Kartiki Bhakre	Julee Khadke
16	Sakshi Kaulgal	Katte Manmayee	Snehal Giri	Oak Devashree	Komal Valesha	Akshay Sabe
17	Maitreyee Koode	Kende Vaishnavi	Akshay Gujar	Patil Ront	Jaya Pathak	Krunika Zala
18	Vaishnavi Kotkar	Khandawala Rushabh	Koyal Jadhav	Patkar Anagha		
19	Amrita Kulkarni	Kunte Shirin	Suryekta Jagtap	Pal Deepakkumar		
20	Ishani Kulkarni	Mane Akshata	Vaishnavi Kausadkar	Rajmohit Maray		
21	Kareena Kundrumi	Megh Thakar	Neha Kelkar	Rebello Hazel		
22	Shreya Mase	Modak Mudhu	Krishna Kothurkar	Issac Sabe		
23	Sejal Mehta	Navathe Shubham	Neha Kulkarni	Mahesh Sori		
24	Akash Namade	Palwal Pranshi	Shivani Mhaskar	Akanksha Shah		
25	Girja Patilkar	Patel Pooja	Rhansa More	Shingal Shweta		
26	Priya Pundli	Rasane Purva	Abhay Navak	Shradha Kanade		
27	Saisha Patil	Rashmeet Garudatta	Apoorva Ozarkar	Thakar Shweta		
28	Pranali Puroar	Rathi Bharti	Tamir Parikh			
29	Shalmali Patil	Rege Vedika	Vaishnavi Patande			
30	Sarvika Phule	Sankav Anushka	Tanika Sure			
31	Kavya Rathi	Sathe Ishu	Anshika Shah			
32	Kanchan Rathod	Sathe Swarajee	Anam Shah			
33	Samruddhi Shah	Sarte Tanvi	Nishi Shah			
34	Azaso Shikalgar	Soleparkar Sneha	Rashmi Thakkar			
35	Saee Sidheshwar	Sunmi Rashmi	Uma Talaparkar			
36	Sanchi Takande	Tambekar Shanti	Rishikesh Ujde			
37	Spruha Talikoti	Thakare Dinkar				
38	Krunika Wavade	Nikita Chopade				
39	Neha Wagh					

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## 9. EXTENSION ACTIVITY: Physiotherapy services to geriatric population

MADHURBHAV

DATE: A.Y 2020-21



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

### Community Physiotherapy Posting Consolidated Report

Department: Community Physiotherapy

Collaboration: Madhurbhav. Students: 34

Academic Year: 2020-21

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	Madhurbhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

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

List of Students

Academic Year: 2020-21

Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Sheetal Bobade	Arund Sakshi	Bhavika Agrawal	Aamshu Marik	Prisruka Patil	Vidhi Kalyani
2	Yash Chaudhari	Bagul Prachi	Komal Agrawal	Apte Neha	Sharayu Raybole	Pooja Patil
3	Riddhi Chavan	Baria Siddhi	Shreya Athavale	Apte Rutuja	Aparva Jadhav	Meenal Chavan
4	Kshitija Deshpande	Bekre Sheetal	Vaata Bagul	Athavale Vishwali	Jantavi Manjekar	Prachi Sathe
5	Mukta Deshpande	Benfire Purva	Mahi Bhandarkar	Berad Shrivani	Shrprabha Thabe	Nimesh Gupta
6	Sakshi Dhanpure	Borse Pooja	Rajata Bhawe	Bhave Neha	Amrta Bajantri	Shreya Saware
7	Rahul Dhavale	Deolasi Mansi	Sumbhi Bhote	Chhajed Nikita	Aryu Kunte	Sejal Chhajed
8	Yogita Dhoot	Deshpande Falguni	Nidhi Chikhal	Gokhale Aaditi	Uma Sharma	Ashwini Naggargoje
9	Siddhi Dhanal	Deshpande Rhea	Mihir Chitale	Himani Deo	Siddhi Desai	Pranali Jayparkar
10	Sejal Doshi	Dombre Ashwarya	Neha Deshmukh	Ingle Mayuri	Arun Mhadgar	Pranjali Hadkar
11	Isha Gajgali	Dupare Sweejal	Siddhant Deshmukh	Majumdar Aayushi	Verikatesh Mane	Shantani Dharkari
12	Pradyot Gokhale	Gomes Charnelle	Bhargavi Dhonare	Mangoankar Aditee	Bijal Patil	Shilpa Bharti
13	Shraddha Jagade	Jadhav Rutuja	Harshita Dhruv	Mengle Varada	Mansi Bhand	Jinal Kothari
14	Kashish Jainwal	Jain Kashish	Tanuja Gambhir	Nakul Nawale	Riya Jain	Shraddha Kulkarni
15	Vaishnavi Kande	Joshi Gayatri	Ranjeet Ghuge	Natu Pranjali	Kartiki Bhakare	Julee Khadke
16	Sakshi Kaulgal	Katte Manmayee	Snehal Giri	Oak Devashree	Komal Valesha	Akshay Sabe
17	Maitreyee Koode	Kende Vaishnavi	Akshay Gujar	Patil Ront	Jaya Pathak	Krunika Zala
18	Vaishnavi Kotkar	Khandawala Rushabh	Koyal Jadhav	Patkar Anagha		
19	Amrita Kulkarni	Kunte Shirin	Suryekta Jagtap	Pal Deepakkumar		
20	Ishani Kulkarni	Mane Akshata	Vaishnavi Kausadkar	Rajmohit Maray		
21	Kareena Kundrumi	Megh Thakar	Neha Kelkar	Rebello Hazel		
22	Shreya Mase	Modak Musdhu	Krishna Kothurkar	Issac Sabe		
23	Sejal Mehta	Navathe Shubham	Neha Kulkarni	Mahesh Sori		
24	Akash Namade	Palwal Pranshi	Shivani Mhaskar	Akanksha Shah		
25	Girja Patilkar	Patel Pooja	Rhanaja More	Shingal Shweta		
26	Priya Pundli	Rasane Purva	Abhay Navak	Shraddha Kanade		
27	Saisha Patil	Rashmeet Garudatta	Apoorva Ozarkar	Thakar Shweta		
28	Pranali Puroar	Rathi Bharti	Tamir Parikh			
29	Shalmali Patil	Rege Vedika	Vaishnavi Patande			
30	Sarvika Phule	Sankav Anushka	Tanika Sure			
31	Kavya Rathi	Sathe Isha	Anshika Shah			
32	Kanchan Rathod	Sathe Swarajee	Anam Shah			
33	Samruddhi Shah	Sarte Tanvi	Nishi Shah			
34	Azaso Shikalgar	Soleparkar Sneha	Rashmi Thakkar			
35	Saee Sidheshwar	Sunmi Rashmi	Uma Talpalkar			
36	Sanchi Takande	Tambekar Shanti	Rishikesh Ujde			
37	Spruha Talikoti	Thakare Dinkar				
38	Krunika Wavade	Nikita Chopade				
39	Neha Wagh					



  
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10. . EXTENSION ACTIVITY: Physiotherapy services to geriatric population  
 ANANDHHAM, JYESHTHA NAGRIK VIRANGULA KENDRA  
 DATE: A.Y 2020-21



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Collaboration: Ananddham.

Academic Year: 2020-21

Students no.: 174

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

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

List of Students

Academic Year: 2020-21

Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Sheetal Bobade	Aruni Sakshi	Bhavika Agrawal	Aamsha Murik	Prisanka Patil	Vidhi Kahari
2	Yash Chaudhari	Bagul Prachi	Komal Agrawal	Apte Neha	Shravya Raybole	Pooja Patil
3	Riddhi Chavan	Baru Siddhi	Shreya Athavale	Apte Rutuja	Aparva Jadhav	Meenal Chavan
4	Kshitija Deshpande	Bekre Sheetal	Vaata Bagul	Athavale Vishwali	Jantavi Manjekar	Prachi Sathe
5	Mukta Deshpande	Bendre Purva	Mahi Bhandarkar	Berad Shruvani	Shraddha Thabe	Nimesh Gupta
6	Sakshi Dhanapure	Borse Pooja	Rajata Bhawe	Bhave Neha	Amrta Bajantri	Shreya Saware
7	Rahul Dhavale	Deolasi Mansi	Sumbhi Bhote	Chhajed Nikita	Arya Kunte	Sejal Chhajed
8	Yogita Dhoor	Deshpande Falguni	Nidhi Chikhal	Gokhale Aaditi	Uma Sharma	Ashwini Naggargoje
9	Siddhi Dhanal	Deshpande Rhea	Mihir Chitale	Himani Deo	Siddhi Desai	Pranali Jaypakar
10	Sejal Doshi	Dombre Ashwarya	Neha Deshmukh	Ingle Mayuri	Aruni Mhadgar	Pranjali Badkar
11	Isha Gajjal	Dupare Sweejal	Siddhant Deshmukh	Majumdar Aayushi	Verikatesh Mane	Shantani Dharkari
12	Pradyot Gokhale	Gomes Charnelle	Bhargavi Dhonane	Mangoankar Aditee	Bijal Pasad	Shilpa Bharti
13	Shraddha Jagade	Jadhav Rutuja	Harshita Dhruv	Mengle Varada	Mansi Bani	Jinal Kohari
14	Kashish Jaiswal	Jain Kashish	Tanuja Gambhir	Nakul Nawale	Riya Jain	Shraddha Kulkarni
15	Vaishnavi Kande	Joshi Gayatri	Ranjeet Ghuge	Natu Pranjali	Kartiki Bhilare	Julee Khadke
16	Sakshi Kaulgal	Katte Mrunmayee	Snehal Giri	Oak Devashree	Komal Valesha	Akshay Sabe
17	Maitreyee Koode	Kende Vaishnavi	Akshay Gujar	Paul Ront	Jaya Pathak	Krunika Zala
18	Vaishnavi Kotkar	Khandawala Rushabh	Koyal Jadhav	Patkar Anagha		
19	Amrta Kulkarni	Kunte Shiru	Suryekta Jagtap	Pal Deepakkumar		
20	Ishani Kulkarni	Mane Akshata	Vaishnavi Kansodkar	Rajmohit Maray		
21	Kareena Kundrani	Megh Thakar	Neha Kelkar	Rebello Hazel		
22	Shreya Mane	Modak Mudhu	Krishna Kothurkar	Issac Sabe		
23	Sejal Mehta	Navathe Shubham	Neha Kulkarni	Mahesh Sori		
24	Akash Narade	Palwal Priyanshi	Shivani Mhaskar	Akanksha Shah		
25	Girja Patilkar	Patel Pooja	Rhunjia More	Shingal Shweta		
26	Priya Pundli	Rasane Purva	Abhay Navak	Shraddha Karade		
27	Saisha Patil	Rashmeet Garudatta	Apoorva Ozarkar	Thakar Shweta		
28	Pranali Pawar	Rathi Bharat	Tamir Parikh			
29	Shalvati Patil	Rege Vedika	Vaishnavi Patande			
30	Sarvika Phule	Sarkav Anushka	Tanika Sure			
31	Kavya Rathi	Sathe Isha	Anshika Shah			
32	Kanchan Rathod	Sathe Swarajee	Anam Shah			
33	Sarvadihi Shah	Sate Tapvi	Nishi Shah			
34	Azaso Shikalgar	Solejkar Snadhi	Rashmi Thakkar			
35	Saee Sidheshwar	Sunni Rishabh	Uma Talpalkar			
36	Sanchi Takvande	Tambekar Shreya	Rishikesh Ujde			
37	Spruha Talikoti	Thakare Dinkar				
38	Krunika Wavade	Nikita Chopade				
39	Neha Wagh					

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*Handwritten signature: A. Dhale*  
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11. . EXTENSION ACTIVITY: Physiotherapy services to geriatric population

SEVA AROGYA

DATE: A.Y 2020-21

Detail report for all the above community posting

 D.E.Society's Brijlal Jindal College of Physiotherapy, Pune			
Community Physiotherapy Posting Consolidated Report			
Department: Community Physiotherapy		Collaboration:Seva Arogya.	
Academic Year: 2020-21		No of student participated:34	
Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	MadhurBhav Wakad	Tuesday, Wednesday, Thursday	I M.P.T. II M.P.T.
5	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
6	Seva Arogya Foundation	Friday	I M.P.T. - II M.P.T.

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

List of Students

Academic Year: 2020-21

Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Sheetal Bobade	Arund Sakshi	Bhavika Agrawal	Aamsha Murik	Prisraka Patil	Vidhi Kalyani
2	Yash Chaudhari	Bagal Prachi	Komal Agrawal	Apte Neha	Sharayu Raybole	Pooja Patil
3	Riddhi Chavan	Baria Siddhi	Shreya Athavale	Apte Rutuja	Aparva Jadhav	Meenal Chavan
4	Kshitija Deshpande	Bekre Sheetal	Vaata Bagal	Athavale Vishwali	Jantavi Manjekar	Prachi Sathe
5	Mukta Deshpande	Benfire Purva	Mahi Bhandarkar	Berad Shrivani	Shrprabha Thabe	Nimesh Gupta
6	Sakshi Dhanpure	Borse Pooja	Rajata Bhawe	Bhave Neha	Amrta Bajantri	Shreya Saware
7	Rahul Dhavale	Deolasi Mansi	Sumbhi Bhote	Chhajed Nikita	Aryu Kunte	Sejal Chhajed
8	Yogita Dhoot	Deshpande Falguni	Nidhi Chikhal	Gokhale Aaditi	Uma Sharma	Ashwini Naggargoje
9	Siddhi Dhanal	Deshpande Rhea	Mihir Chitale	Himani Deo	Siddhi Desai	Pranali Jayparkar
10	Sejal Doshi	Dombre Ashwarya	Neha Deshmukh	Ingle Mayuri	Arun Mhadgar	Pranjali Hadkar
11	Isha Gajgali	Dupare Sweejal	Siddhant Deshmukh	Majumdar Aayushi	Verikatesh Mane	Shantani Dharkari
12	Pradyot Gokhale	Gomes Charnelle	Bhargavi Dhonare	Mangoankar Aditee	Bijal Patil	Shilpa Bharti
13	Shraddha Jagade	Jadhav Rutuja	Harshita Dhruv	Mengle Varada	Mansi Bhand	Jinal Kothari
14	Kashish Jainwal	Jain Kashish	Tanuja Gambhir	Nakul Nawale	Riya Jain	Shraddha Kulkarni
15	Vaishnavi Kande	Joshi Gayatri	Ranjeet Ghuge	Natu Pranjali	Kartiki Bhalkari	Julee Khadke
16	Sakshi Kaulgal	Katte Manmayee	Snehal Giri	Oak Devashree	Komal Valesha	Akshay Sabe
17	Maitreyee Koode	Kende Vaishnavi	Akshay Gujar	Patil Ront	Jaya Pathak	Krunika Zala
18	Vaishnavi Kotkar	Khandawala Rushabh	Koyal Jadhav	Patkar Anagha		
19	Amrita Kulkarni	Kunte Shirin	Suryekta Jagtap	Pal Deepakkumar		
20	Ishani Kulkarni	Mane Akshata	Vaishnavi Kausadkar	Rajmohit Maray		
21	Kareena Kundrumi	Megh Thakar	Neha Kelkar	Rebello Hazel		
22	Shreya Mase	Modak Musdhu	Krishna Kothurkar	Issac Sabe		
23	Sejal Mehta	Navathe Shubham	Neha Kulkarni	Mahesh Sori		
24	Akash Namade	Palwal Pranshi	Shivani Mhaskar	Akanksha Shah		
25	Girja Pathankar	Patel Pooja	Rhansa More	Shingal Shweta		
26	Priya Pundli	Rasane Purva	Abhay Navak	Shraddha Kanade		
27	Saisha Patil	Rashmeet Garudatta	Apoorva Ozarkar	Thakar Shweta		
28	Pranali Puroor	Rathi Bharti	Tamir Parikh			
29	Shalmali Patil	Rege Vedika	Vaishnavi Patande			
30	Sarvika Phule	Sankav Anushka	Tanika Sure			
31	Kavya Rathi	Sathe Isha	Anshika Shah			
32	Kanchan Rathod	Sathe Swarajee	Anam Shah			
33	Samruddhi Shah	Sarte Tanvi	Nishi Shah			
34	Azaso Shikalgar	Soleparkar Sneha	Rashmi Thakkar			
35	Saee Sidheshwar	Sunmi Rashmi	Uma Talaparkar			
36	Sanchi Takande	Tambekar Shanti	Rishikesh Ujde			
37	Spruha Talikoti	Thakare Dinkar				
38	Krunika Wavade	Nikita Chopade				
39	Neha Wagh					



  
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**LIST OF COLLABORATING AGENCY AND  
NUMBER OF STUDENTS**

**2020-21**

D.E. Society's

## BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

Fergusson College Campus, Pune - 411 004 •Phone : (020) 67656471,67656467

•Fax : (91) (020) 67656494, 67656120 • E-mail : [descoppune@gmail.com](mailto:descoppune@gmail.com)

•Web-site :[www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)

**Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik**


### LIST OF COLLABORATING AGENCY AND NUMBER OF STUDENTS PARTICIPTED IN EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2020-21

DESBJCOP collaborates with various collaborating agency to conduct different extension & outreach activities like Covid duties, sports events, community activities and treatment for special children. The details are as follows:

Sr no.	Name of extension activity	COLLABORATING AGENCY/ ORGANISATION UNIT	NUMBER OF STUDENT
1)	Covid posting of students	B J Medical college, Sasson hospital, pune	Arjun M, Apoorva J, Siddhi D, Venkatesh M, Manasi B, Janhavi M, Shravani S, Aishwarya D, Aishwarya K Shrikant Sahu, Kalyani Sawant, Shilpa Bharti, Shantanu Dharkari, Prajakta bidkar, Supriya Raikar, Kushal Shah, Pranali Jaypurkar, Shrinidhi K: <b>18</b>
2)	Badminton tournament	Sudhanshu badminton academy	Aaditi Gokhale, Aditee M: <b>2</b>
3)	Corporate Badminton tournament-SPUNK SHUTTER	FIT2SPORT	Akshay S, Vidhi K, Shweta T, Nakul N: <b>4</b>
4)	Sports Event: NICMAR OPEN 2020	SUDHANSHU Badminton academy	Manasi B, Siddhesh B: <b>2</b>
5)	Tennis tournament	JP Teams tennis championship	Akshay G, Abhay N, Nidhi C, Apoorva O, Pooja P, Vidhi K, Vishwali, Shivani, Neha Shewta T, Shweta S, Himani D, Mahi, Devshree: <b>13</b>
6)	Physiotherapy for special & orphanage children	SOFOSH	Nimesh G, Sejal C, Ashwini N, Prachi Sathe, Meenal C, Shreeya Savale: <b>6</b>
7)	Physiotherapy services to geriatric population	Anandhham, Jyeshtha nagrik Virangula Kendra	BPT II / III / IV / , Interns, / PGs: <b>174</b>
8)	Physiotherapy services to geriatric population	Madhurbahv	BPT II / III / IV / , Interns, / PGs: <b>174</b>



9)	Physiotherapy services to geriatric population	Rainbow day care ,CARE	BPT II / III / IV / ,Interns, PGs: <b>174</b>
10	Physiotherapy services to geriatric population	Sahjivan,old age home	BPT II / III / IV / ,Interns, PGs: <b>174</b>
11	Physiotherapy services to underprivileged societal group	SEVA AROGYA	PG students: 34

  
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 College of Physiotherapy  
 Pune . 4



**2019-20**

**1) EXTENSION ACTIVITY: WORKSHOP ON PHYSIOTHERAPY**

**COLLABORATING AGENCY/ORGANISATION UNIT:IDBI BANK FC ROAD**

**DATE: 1-10-2019**



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

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

Name of Coordinator: Diptee Bhole

Department: Musculoskeletal Physiotherapy

Student participants: Interns- Ms. Saniya Pradhan, Ms. Leora Penkar

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: -



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Pune

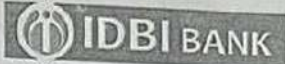


*Jany*

**PRINCIPAL**  
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Pune . 4







CIN: L65190MH2004GO1148838

To,  
The Principal,  
Brijlal Jindal College of Physiotherapy,  
Ferguson College campus,  
Pune- 411004

Madam,

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. Deepiti 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.

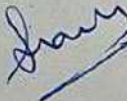
Thanking you !!

Sincerely yours,

  
DGM, IDBI F C Road Office, Pune

Nov 30, 2019





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

D. E. Society's	
Brijlal Jindal College	
of Physiotherapy, Pune	
Inward No	218A/2019-20
Date	02/12/2019
Sign	Aadhale

Ext<sup>n</sup> Ack<sup>s</sup>

2) EXTENSION ACTIVITY: GOA IRONMAN MOC TRIATHLON

COLLABORATING AGENCY/ORGANISATION UNIT: PRO SPORTS &BIKE

DATE: : 8.9.2019



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

Name of Activity: - Goa Ironman Mock event in association with Pro sports and bikes

Name of Coordinator: Namrata Sidhaye- Bhadbhade, Apoorva Likhite

Department: Sports department

Date: 8.9.2019

Place: Pro Sports and bikes outlet Prabhat road, Pune

Timing- 8.30 am- 2 p.m.

Online / Offline: on field

Outline of activity:

12 athletes participated. Injuries treated were back strains, ankle sprains, Hamstring and calf injuries and gluteal injuries.

Participants- 1. Devaki Kale

2. Pranjal Keni

3. Juhi shah

4. Saniya Pradhan

5. Leora Penkar

6. Anushka Sanap

7. Gayatri Suresh

Collaborating agency: : PRO SPORTS &BIKE  
No.of students participated:7



*A. Shale*  
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Pune-4.

### 3) EXTENSION ACTIVITY: WOMENS DAY

COLLABORATING AGENCY/ORGANISATION UNIT: FERGUSSAN COLLEGE

DATE: 8-3-2020

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



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

## Activity Report

Collaborating agency:Fergusson  
college

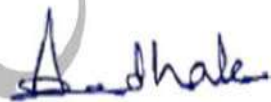
No.of students participated:5

Date: 08.03.2020

### WOMEN'S DAY 2020

The postgraduate students of the Community Department organized a camp targeting women of the Deccan Education Society. This was to provide information about different schemes provided by the government to women. An assessment module was conducted in conjunction with this. Women from all strata participated in the camp. The different assessments included a test for balance, cardiovascular testing, and strength testing. The women also underwent pulmonary function tests. The camp was received well by the participants.

  
Sign of Coordinator

  
Sign of Principal  
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**4) EXTENSION ACTIVITY: TRITHOLON SPORTS EVENT**

**COLLABORATING AGENCY/ORGANISATION UNIT: PRO-SPORTS & BIKE**

**DATE: 03-11-2019**



**D.E.Society's Brijlal Jindal College of Physiotherapy**  
**Name of Activity: - 32.2 Tritholon sports event**

**Name of Coordinator: Namrata Sidhaye- Bhadbhade, Apoorva Likhite**

**Department: Sports department**

**Collaborating agency: PRO-SPORTS & BIKE**

**No.of students participated:2**

**Date: 3 Nov 2019**

**Place: Prabhat road**

**Timing- 8.30 am- 2pm.**

**Online / Offline: on field**

**Outline of activity:.**

Injuries treated were shoulder strains, ankle sprains, Hamstring and calf injuries and back problems.

**Participants-**

1.Radhika H.

2.Ruta Pandit

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





November 4th, 2019


To  
The Principal,  
DES Brijlal Jindal College of Physiotherapy  
Fergusson College Campus,  
PUNE

Respected Madam,

This letter of appreciation is to let you know how much we at Pro Sports and Bikes appreciate your help in allowing your interns to be a part of our Pro Sports 32.2 event which was held on the 3<sup>rd</sup> of November. For an event to be successful number of people work behind the scenes and your physio team did their bit. Ms. Apoorva and the interns did a commendable job and were of great help which was highly appreciated by all the Athletes. A special thanks to Namrata Madam for the coordination.

Thanking you for all your help.

Warm Regards,

  
Prasad Shelgiram,  
(Partner)  
Pro Sports and Bikes  
Pro Hike and Bike  
Pro Fit Cycles



Imported Bicycles : Sales | Service | Rental | Tours







  
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5) EXTENSION ACTIVITY: ROLL BALL EVENT

COLLABORATING AGENCY/ORGANISATION UNIT:FIT2SPORTS

DATE: 3<sup>rd</sup> Oct 2019 -8 oct 2019



D.E. Society's

**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**

**Name of Activity:** - 5<sup>th</sup> Roll Ball Camp and World -Cup

**Name of Coordinator:** Namrata Sidhaye

**Department:** -Sports Committee

**Date:-** 03.10.2019-08.10.2019 and 4.11.2019-14.11.2019

**Timing:** 8 am – 5 pm

**Place:-** Surat (Camp) , Chennai (World Cup)

**Online / Offline:-** Offline

**Outline of activity:-** On field physiotherapy support was provided for Rollball Players across the country. Injuries got covered by Interns. Importance of warm up and cool down was provided. Muscle strains, Cramps, Ligament sprains, open wounds were common most injuries which were treated

**Objective-**

- 1.To provide exposure of on filed injuries of Roll ball
2. To prepare the students to treat those injuries first hand
3. To help them understand the sports better

**Participants:**

1. Ruta Pandit
2. Varun Shastry

**Collaborating agency:**

**:FIT2SPORTS**

**No.of students participated:2**

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

Date: 02-12-2019

To

The Principal,

D.E. Society's Brijal Jindal College of Physiotherapy,

Pune.

Subject: Posting of Interns

Dear Madam,

Following are the names of interns and the tournaments they have covered-

1. Rana Pawan and Varun Shastri - 3<sup>rd</sup> Roll ball world cup
2. Gargee Sorawane and Siddesh Bhugat - A&I Digest Cricket tournament
3. Leora Penkar and Ovi Wadhokar - Gadrus-MSS,TA ITF Grade 3 Junior tennis championship
4. Devaki Kale - NECC - ITF Women's Tennis Tournament

It is a pleasure to be associated with your college. Fit2Sport will continue to post your interns and PG students at various related local, state, national and international events in the future.

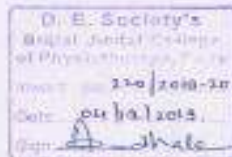
We would also like to get associated with your esteemed institution for a providing platform to your interns and PG students at Fit2Sport by way of clinical postings during their academic tenure.

Thanking you.

Yours Sincerely,

Dr. Ajit Mopari

Consultant Sports & Exercise Medicine



Ext<sup>n</sup> Ant.



TRUE COPY

*[Signature]*  
PRINCIPAL  
D.E. Society's Brijal Jindal  
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6) EXTENSION ACTIVITY: BADMINTON TOURNAMENT

COLLABORATING AGENCY/ORGANISATION UNIT: SUDHANSHU BADMINTON ACADEMY

DATE: 28 FEB-MARCH to 1<sup>st</sup> march 2020



D.E.Society's Brijlal Jindal College of Physiotherapy  
**Name of Activity: - Amravati Badminton tournament**

**Name of Resource person:** in association with Sudhanshu's badminton academy

Participant: Siddhesh Bhagat (intern)

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade, Apoorva Likhite

**Department:** Sports department

**Date:** 28 th Feb to 1<sup>st</sup> march 2020

**Place:** Amravati

**Timing-** 7.30am-5.30pm

**Online / Offline:** on field

**Outline of activity:**

There were 45-50 students participated from the open category were participated in the tournament.

Injuries treated were shoulder strains, ankle sprains, Hamstring and calf injuries and back problems.

**Collaborating agency: SUDHANSHU  
BADMINTON ACADEMY  
No.of students participated::1**



*A. Dhale*  
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7) EXTENSION ACTIVITY: SPORTS EVENT MARATHON

COLLABORATING AGENCY/ORGANISATION UNIT: SIMPLE STEPS

DATE: 10 NOV 2019



Estd. 1884

D.E. Society's

**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**

**Name of Activity:** - sports event: Marathon 5 edition (Simple Steps,Pune )

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade, Apoorva Likhite

**Department:** Sports department

**Date:** 10-11-2019

**Participants-** Gargi S, Krishma S

**Timing-** 8.30 am- 5 p.m.

**Online / Offline:** on field

**Outline of activity:**

Interns treated sports injuries under observation of the therapists appointed for the event. Injuries treated were shoulder strains, ankle sprains, Hamstring and calf injuries and back problems.

**Collaborating agency: : SIMPLE STEPS**

**No.of students participated:2**

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532

To,

The principal,

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

Fergusson college campus

Pune 411004

Date - 05<sup>th</sup> Dec 2019

Respected Madam,

This letter of appreciation is to let you know how much we at "Simple Steps Marathon- Run for happiness" (05<sup>th</sup> edition) appreciate your help in allowing your staff and interns to be a part of our event which was held on 20/11/2019. Your physio team did commendable job and were of great help which was highly appreciated by all the children and their parents.

Besides the event date, team did a great job on expo day in sensitizing the parents about importance of physical activities in the young age.

Thanking you for all your help and we are looking forward to have your support for our next edition.

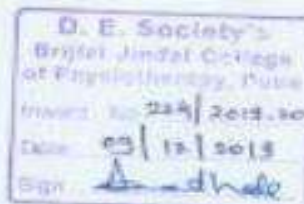
Thank you.

Warm regards



Ashish Kasodekar

( Team Simple Steps )



8) EXTENSION ACTIVITY: ADEESHAKTI, WOMEN EMPOWERMENT

COLLABORATING AGENCY/ORGANISATION UNIT: NATIONAL MEDICOS ORGANISATION, ROTARY CLUB

DATE: 20 FEB 2020




D.E. Society's  
**BRIJAL JINDAL COLLEGE OF PHYSIOTHERAPY**

**Collaborating agency: Rotary club**  
**No. of students participated: 7**

**AADISHAKTI**

DESBJCOP was involved in felicitation of some women achievers for the event of AADISHAKTI which was celebrated on 22 Feb 20. This was a joint event arranged by National medicos organisation (Maha.) rotary club and DES. Street play, poster exhibition on theme "beti bachao beti pahao" was organised on this occasion. Dr Aparna Sadhale, Principal, DESJCOP was one of the organisers. Dr Purva Gandhi, Alumna of DESBJCOP also felicitated on this event. Students Aaditi Gokhale, Varda Mengle, Anagha pathkar, Neha Apte, Pooja P, Meenal C, Prachi Sathe too participated in this event.



  
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Pune . 4







*Shravya*

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





9) EXTENSION ACTIVITY: SWASTH WARI

COLLABORATING AGENCY/ORGANISATION UNIT: MUHS

DATE: 10 OCT 2019



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

Name of Activity: - Physiotherapy support at 'Swasth wari'

Name of Coordinator: Dr Aparna Sadhale

Department: - Community

Date:-19 oct 2019

Outline of activity:- physiotherapy support was provided for individuals involved in Swasth W

Participants: Kushal Shah, Aishwarya Dhage, Varsha kale

Collaborating agency: : MUHS

No.of students participated:3



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



10) EXTENSION ACTIVITY: Care giver training

COLLABORATING AGENCY/ORGANISATION UNIT: COLONELS CUBE NGO

DATE: :18/09/2019



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

Collaborating agency: COLONELS CUBE  
NGO

Name of Activity: Care Giver Training

Name of Resource person: Dr. Diptee Bhole (PT)

No.of students participated:5

Department: Community PT

Students' participation: Neuro MPTs: Rutugandha Sulay; Bhagyashree Gokhale, Richa Shah, Komal Patel, Dhanashree Modey

Date:18/09/2019

Place: Tharkude hospital premises for Senior citizen's Group, Erandawane

In association with President & Founder of Colonel's Cube NGO, Col Kumar Fulay

Offline activity

Outline of activity:

- Lecture on 'Safe Transfer techniques' for students undergoing training as care givers for senior citizens.
- Demonstration session of techniques
- Question answer session with sharing of personal experiences of tending to seniors.



*A. Bhole*  
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Pune-4.





*Asadhale*

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



11) EXTENSION ACTIVITY: YOGA EVENT FOR DANISH STUDENT

COLLABORATING AGENCY/ORGANISATION UNIT: FERGUSSON COLLEGE

DATE: 14 SEPT 2019

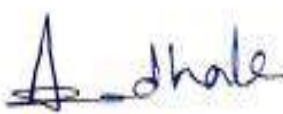
### Yoga session on 14<sup>th</sup> September 2019

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.

Collaborating agency: FERGUSSON COLLEGE  
No.of students participated:1



  
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College of Physiotherapy,  
Pune.



12) EXTENSION ACTIVITY: ADVANCE DIPLOMA IN INDUSTRIAL SAFETY

COLLABORATING AGENCY/ORGANISATION UNIT: TECHNICAL INSTITUTE,PUNE

DATE: 3<sup>RD</sup> DEC 2019



**DES Brijlal Jindal College of Physiotherapy,Pune**

**Name of Activity:** Demonstration of Practicals for “Advanced Diploma in Industrial Safety” course students

**Speaker:** Dr Rajani Pagare (PT),Dr Shreya Dhake(PT),Dr Aditi Berry (PT)

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

**Department:** Cardiovascular& Respiratory PT, DESBJCOP, Pune

**Date & Time:** 3-12-19, 2pm-4.30pm

**Participants:** Supriya Raikar,Kushal Shah,Aishwarya Dhage, Aishwarya K,Kalyani Sawant,Shrikant S

**Offline:** Offline

**Outline of Activity:** Demonstration of practical's: Pulmonary function test, Cardiopulmonary resuscitation, Physical fitness evaluation test


**Objectives:** To orient the participants to lung function tests, basic life support skills & evaluation of an individuals physical fitness level using step test.

**Outcome:** All the participants were acquainted with the above mentioned skills

**Participants:** 35

**Collaborating agency: TECHNICAL  
INSTITUTE,PUNE**

**No.of students participated: 6**

  
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College of Physiotherapy  
Pune - 4



13) EXTENSION ACTIVITY: SPORTS POSTING

COLLABORATING AGENCY/ORGANISATION UNIT: DRAVID HIGH SCHOOL, WAI

DATE: 18-01-2020



**D.E.Society's Brijlal Jindal College of Physiotherapy**  
**Name of Activity: - Des interschool volleyball and football tournaments**

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade, Apoorva Likhite

**Department:** Sports department

**Date:** 18 Jan 2020

**Place:** Dravid high school, Wai

**Timing-** 8.30 am- 5 p.m.

**Online / Offline:** on field

**Outline of activity:**

All the schools under DES participated in the tournament.

Injuries treated were shoulder strains, ankle sprains, Hamstring and calf injuries and back problems.

**Participants-** 1. Gayatri Suresh

2. Krishma Solakhi

3. Manasi Bhide

4. Janhavi Bhide

5. Varun Shastry

6. Gargi Sonawane

**Collaborating agency: DRAVID HIGH  
SCHOOL, WAI**  
**No.of students participated:6**

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



डि. ए. सोसायटी, पुणे ४  
द्रविड हायस्कूल, बाई

वि. सातारा, बाई ४१२८०३.

डि. ए. सोसायटी, पुणे ४ • ड्रिड हायस्कूल, बाई - सातारा - ४१२८०३

उ.सा.पा.प.मंडळ क्र. २१११९०

पा.सा.प.मंडळ क्र. २१११००१

वि.प.वेला क्र. २१११९०१

U-DISE No. 27811113509

दूरध्वनी / Fax : (02167) 2270

dravidhighschool@rediffmail.com

दिनांक : २६/१२/२०२०

राष्ट्रीय गौर : पीएम कार्ड १९४६

प्रति :

श्री,  
म. प्रशासक,  
डॉ. प्रफुल्ल साठगे ( पीटी)  
ड्रीव्हायट सिविल कॉलेज ऑफ फिजीओथेरेपी  
पुणे - ४

प्रति,

डि. ए. सोसायटी, पुणे अंतरराष्ट्रीय क्रीडा क्षेत्रात व अंतरराष्ट्रीय स्पर्धांसाठी आपण महाविद्यालयातील खालील फिजीओथेरेपिस्ट पथकाने उपलब्ध राहून स्पर्धेदरम्यान आवश्यक वैद्यकीय मदत देण्याकरीता शाळा आपली खर्चात आभारी आहे.

आ आपली खालील उपलब्ध फिजीओथेरेपिस्ट पथकाने खर्चात मोलाचे सहकार्य केले.

१. तापती सुरेश
२. दिक्षा सोलंकी
३. मानवी पिठे
४. जयश्री पिठे
५. उषा वासवी
६. सती सोनावणे

आपला

D. E. Society's  
Brijlal Jindal College  
of Physiotherapy, Pune  
Inward No. 252  
Date 26/12/2020  
Sgt. Anandkale

आपला विश्वासू,

*(Signature)*  
मुख्याधिकारी  
ड्रिड हायस्कूल, बाई

Ext<sup>n</sup> Activities Eo.



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

14) EXTENSION ACTIVITY: WOMEN TRIATHLON

COLLABORATING AGENCY/ORGANISATION UNIT: PRO SPORTS

DATE: 8 MARCH 2020



D.E. Society's

**BRIJAL JINDAL COLLEGE OF PHYSIOTHERAPY**

**Name of Activity:** - Pro sports- All women triathlon

**Name of Coordinator:** Namrata Sidhaye, Apoorva Likhite

**Department:** -Sports Committee

**Date:-** 08.04.2020

**Timing:** 7am - 10am

**Place:-** Pro sports and bike, Prabhat Road

**Online / Offline:-** Offline

**Outline of activity:-** Pro sports all women triathlon was held on 8<sup>th</sup> March, 2020 on the occasion of International Women's Day. It included swimming, 37 km cycling, and 10 km running. Total 20 athletes participated in the event. (16 individuals and 4 relay teams). On field physiotherapy support was provided for runners across the city. People from varied age groups were present. Injuries got covered by UG and PG students. Importance of warm up and cool down was provided. Muscle strains, Cramps, Ligament sprains were common most injuries which were treated.

**Objective-**

1. To provide exposure of on field running, swimming injuries in varied age group population of women
2. To prepare the students to treat those injuries first hand
3. To help them understand the sports better

**Collaborating agency: PRO SPORTS**

**No. of students participated: 6**

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**Participants:**

1. Pooja Patil
2. Devaki Kale
3. Vidhi Kalyani
4. Kshitija Mohite
5. Poorva Deshpande
6. Janhavi Bhide



**TRUE COPY**

*[Signature]*  
PRINCIPAL  
O.E. Society's Brijal Jindal  
College of Physiotherapy  
Pune-4

15) EXTENSION ACTIVITY: SPORTS EVENT

COLLABORATING AGENCY/ORGANISATION UNIT: MSGGVP SCHOOL,TILAK ROAD

DATE: 26-27 NOV 2019



D.E. Society's  
**BRIJAL JINDAL COLLEGE OF PHYSIOTHERAPY**

**Name of Activity:** - Sports Physio therapy at Golwalkar highschool

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade, Apoorva Likhite

**Department:** Sports department

**Date:** 26,27 Nov 19

**Place:** MGGSV, Tilak road, Pune

**Timing-** 8.30 am- 5 p.m.

**Online / Offline:** on field

**Outline of activity:**

All the schools under DES participated in the tournament.

Injuries treated were shoulder strains, ankle sprains, Hamstring and calf injuries and back problems.

**Participants-**Radhika H,Ruta P

**Collaborating agency: : MSGGVP  
SCHOOL,TILAK ROAD  
No.of students participated:2**

  
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Pune - 4



16) EXTENSION ACTIVITY: Dhanori Open badminton

COLLABORATING AGENCY/ORGANISATION UNIT:SUDHSANSHU BADMINTON ACADEMY

DATE: 20-2-2020



D.E. Society's

**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**

**Name of Activity:** - Dhanori Open – Badminton

**Name of Coordinator:** Apoorva Likhite, Namrata Bhadbhade

**Department:** -Sports Committee

**Date:-** 22.02.2020

**Timing:** 8am -5 pm

**Place:-** Elite sports club Dhanori,

**Online / Offline:-** On field

**Outline of activity:-** On field physiotherapy support was provided for elite badminton players. People from varied age groups were present. Injuries got covered by Interns and PG students. Importance of warm up and cool down was provided. Muscle strains, Cramps, Ligament sprains were common most injuries which were treated.

**Collaborating agency: SUDHSANSHU  
BADMINTON ACADEMY**

**No.of students participated:2**

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College of Physiotherapy  
Pune . 4



17) EXTENSION ACTIVITY: - A and I digest in association with fit to sports

COLLABORATING AGENCY/ORGANISATION UNIT: FIT2SPORTS

DATE: 12.02.2019 -18.02.2019



**D.E.Society's Brijlal Jindal College of Physiotherapy**  
**Name of Activity: - A and I digest in association with fit to sports**

**Name of Coordinator: Namrata Sidhaye- Bhadbhade, Apoorva Likhite**

**Department: Sports department**

**Collaborating agency: : FIT2SPORTS**

**No.of students participated:2**

**Date: 12.02.2019 -18.02.2019**

**Place: Pune**

**Timing- 8.30 am- 5 p.m.**

**Online / Offline: on field**

**Outline of activity:**

Injuries treated were back strains, ankle sprains, Hamstring and calf injuries.

**Participants- 1. Gargi Sonawane**

**2. Siddhesh Bhagat**

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





Dr. Anil Mapur  
Consultant Sports & Exercise Medicine  
14th Dec 2019

Injury Management & Sports  
Performance Enhancement Clinic

FI2SPORT

Date: 02-12-2019

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

Subject: Posting of Interns  
Dear Madam,

Following are the names of interns and the tournaments they have attended:

1. Rata Parth and Varun Shastri – 3<sup>rd</sup> Roll ball world cup
2. Gargee Sosawane and Siddesh Bhagat – A&I Digest Cricket tournament
3. Lovita Parikar and Om Wadhokar – Godrej-MSLTA IIT Grade 3 Junior tennis championship
4. Devaki Kale – NECC – IIT Women's Tennis Tournament

It is a pleasure to be associated with your college. FI2Sport will continue to post your interns and PG students at various related local, state, national and international events in the future.

We would also like to get associated with your esteemed institution for a providing platform to your interns and PG students at FI2Sport by way of clinical postings during their academic tenure.

Thanking you.

Yours Sincerely,  
  
Dr. Anil Mapur  
Consultant Sports & Exercise Medicine

D. E. Society's  
Brijlal Jindal College  
of Physiotherapy, Pune  
Phone: 220/2019-20  
Date: 24/12/2019  
Sign: 

Encl<sup>n</sup> Act.



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

18) EXTENSION ACTIVITY: NECC – ITF Junior tennis tournament

COLLABORATING AGENCY/ORGANISATION UNIT: FIT2SPORTS

DATE: 10.12.2019 -15.12.2019



**D.E.Society's Brijlal Jindal College of Physiotherapy**  
**Name of Activity: - Gadre MSLTF ITF grade 3 junior tennis championships in association with fit to sports**

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade, Apoorva Likhite

**Department:** Sports department

**Collaborating agency:** FIT2SPORTS

**Date:** 10.08.2019 -15.08.2019

**No.of students participated:** 2

**Place:** Pune

**Timing-** 8.30 am- 5 p.m.

**Online / Offline:** on field

**Outline of activity:**

Injuries treated were back strains, ankle sprains, Hamstring and calf injuries, elbow and hand injuries.

**Participants-** 1. Om wadhokar

2. Leora Penkar

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





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

Ajit Mapari  
Consultant Sports & Exercise Medicine  
Ph. No. 25336

Injury Management & Sports  
Performance Enhancement Clinic

FIT2SPORT

Date: 02-12-2019

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

Subject: Posting of Interns

Dear Madam,

Following are the names of interns and the tournaments they have covered-

1. Rupa Pandit and Varun Shastry - 5<sup>th</sup> Roll ball world cup
2. Gargee Sonawane and Siddesh Bhagat - A&I Digest Cricket tournament
3. Leena Penkar and Om Wadhokar - Gadre-MSLTA ITF Grade 3 Junior tennis championship
4. Devaki Kale - NECC - ITF Women's Tennis Tournament

It is a pleasure to be associated with your college. FIT2Sport will continue to post your interns and PG students at various related local, state, national and international events in the future.

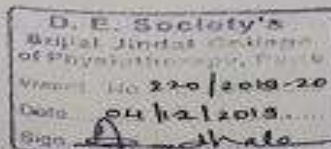
We would also like to get associated with your esteemed institution for a providing platform to your interns and PG students at Fit2Sport by way of clinical postings during their academic tenure.

Thanking you.

Yours Sincerely,

  
Dr. Ajit Mapari

Consultant Sports & Exercise Medicine



Earl<sup>m</sup> Act.



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

19) EXTENSION ACTIVITY: NECC – ITF Women’s tennis tournament

COLLABORATING AGENCY/ORGANISATION UNIT: FIT2SPORTS

DATE: 10.12.2019 -15.12.2019



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

Name of Activity: - NECC – ITF Women’s tennis tournament in association with fit to sports

Name of Coordinator: Namrata Sidhaye- Bhadbhade, Apoorva Likhite

Department: Sports department

Collaborating agency: FIT2SPORTS

Date: 10.12.2019 -15.12.2019

No.of students participated:1

Place: Pune

Timing- 8.30 am- 5 p.m.

Online / Offline: on field

Outline of activity:

Injuries treated were back strains, ankle sprains, Hamstring and calf injuries, elbow and hand injuries.

Participants- 1. Devaki Kale

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







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

*Dr. Ajit Majumdar*  
 Consultant Sports & Exercise Medicine  
 2018

**Injury Management & Sports Performance Enhancement Clinic**

**FIT2SPORT**

Date: 01-12-2018

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

Subject: Fracture of Intestine

Dear Madam,


Following are the names of interns and the tournaments they have covered:

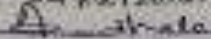
1. Rata Parthiv and Virendra Sharmy – 5<sup>th</sup> Roll ball world cup
2. Gajanan Senanayake and Siddesh Bhagat – A&I Depot Cricket tournament
3. Laxmi Patkar and Um Wadhokar – Godre-MSL LA IIT Grade 3 Junior tennis championship
4. Divyaki Kale – NECC – FIT Women's Tennis Tournament

It is a pleasure to be associated with your college. FIT2Sport will continue to post your interns and PG students at various related local, state, national and international events in the future.

We would also like to get associated with your esteemed institution for a prevailing platform to your interns and PG students at FIT2Sport by way of clinical postings during their academic tenure.

Thanking you,

Yours sincerely,  
  
 Dr. Ajit Majumdar  
 Consultant Sports & Exercise Medicine

**D. E. Society's Brijlal Jindal College of Physiotherapy, Pune**  
 Phone: 2221200-20  
 City: Pune-411004  
 Email: 

*22/12/2018*



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

20) EXTENSION ACTIVITY: 5<sup>th</sup> Roll Ball Camp and World -Cup

COLLABORATING AGENCY/ORGANISATION UNIT: FIT2SPORTS

DATE: - 03.10.2019-08.10.2019 and 4.11.2019-14.11.2019



D.E. Society's

**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**

**Name of Activity:** - 5<sup>th</sup> Roll Ball Camp and World -Cup

**Name of Coordinator:** Namrata Sidhaye

**Department:** -Sports Committee

**Date:-** 03.10.2019-08.10.2019 and 4.11.2019-14.11.2019

**Timing:** 8 am – 5 pm

**Place:-** Surat (Camp) , Chennai (World Cup)

**Online / Offline:-** Offline

**Outline of activity:-** On field physiotherapy support was provided for Rollball Players across the country. Injuries got covered by Interns. Importance of warm up and cool down was provided. Muscle strains, Cramps, Ligament sprains, open wounds were common most injuries which were treated.

**Objective-**

- 1.To provide exposure of on filed injuries of Roll ball
2. To prepare the students to treat those injuries first hand
3. To help them understand the sports better

**Participants:**

1. Ruta Pandit
2. Varun Shastry

**Collaborating agency: : FIT2SPORTS**

**No.of students participated:2**

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



Date: 02-12-2019

To,

The Principal,

O.P. Sarda's Dental Acad College of Physiotherapy,

Pune.

Subject: History of Injuries

Dear Sir/Madam,

Following are the names of athletes and the treatments they have received:

1. **Deep Prakash and Varun Shetty - ITT World Triathlon Team**
2. **Garage Swamy and Siddesh Shingar - A&I Dugan's Cricket team**
3. **Garaj Prakash and Anil Wadhwar - Goan/MS, TN, ITT Grade 3 India triathlon team**
4. **Devika Kulkarni - MSXC - ITT Women's Triathlon Team**

It is a pleasure to be associated with your college. FIT2Sport will continue to provide services and PG students at various national, state, national and international events in the future.

We would also like to get associated with your educational institution for a providing platform to your interns and PG students at FIT2Sport by way of clinical postings during their academic tenure.

Thanking you,

Yours Sincerely,

Dr. Jay Prasad

Consultant Sports & Exercise Medicine



TRUE COPY

Principal  
O.P. Sarda's Dental Acad  
College of Physiotherapy  
Pune - 4

21) EXTENSION ACTIVITY: WORLD HEART DAY

COLLABORATING AGENCY/ORGANISATION UNIT: NEW ENGLISH SCHOOL,RAMANBAGH

DATE: 30 SEPT-15 OCT 2019



**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 ,obesity assessment, stress assessment ,BP,PR,RR and Spo2

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

Collaborating agency: NEW ENGLISH SCHOOL,RAMANBAGH

No.of students participated:8



  
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College of Physiotherapy  
Pune-4.





22) EXTENSION ACTIVITY: Physiotherapy services to geriatric population

ANANDHHAM, JYESHTHA NAGRIK VIRANGULA KENDRA

Detail report for all the above community posting

DATE: A.Y 2019-20



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

Community Physiotherapy Posting Consolidated Report

Department: Community Physiotherapy

Academic Year: 2019-20

Collaborating agency: ANANDHHAM,  
No. of students participated:166

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.

  
Sign of HoD



  
Sign of Principal

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College of Physiotherapy  
Pune - 4



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

List of Students

Academic Year: 2019-20

Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Anand Sakshi	Bhavika Agrawal	Agashe Manik	A. Anagha	Vidhi Kalyani	Aditi Tupe
2	Bagul Prachi	Kornal Agrawal	Apte Neha	Bhugat Siddhesh	Pooja Patil	Akansha Rabde
3	Baria Siddhi	Shreeya Athavale	Apte Rutuja	Bhide Janhavi	Meenal Chavan	Sunita Yadav
4	Bekte Sheetal	Vinita Bagul	Athavale Vidhali	Bhide Manasi	Prachi Sathe	Arwa Sinarwala
5	Bendre Purva	Mahi Bhandarkar	Berad Shravani	Chandras Vaideti	Nimesh Gupta	Bhargavi Saraf
6	Borse Pooja	Rajata Bhurve	Bhurve Neha	Deshmukh Shreya	Shreeya Saware	Kiran Wakparjar
7	Deolasi Mansi	Surabhi Bhote	Chhajed Nikita	Deshpande Poorva	Sejal Chhajed	Ayushi Rathi
8	Deshpande Falguni	Nidhi Chakhal	Gokhale Aaditi	Gayatri Suresh	Ashwini Nagargoje	Prajakta Valke
9	Deshpande Rhea	Mihir Chitale	Hirani Deo	Hatoekar Radhika	Pramil Jaypurkar	Ashwarya Dhage
10	Dombre Ashwarya	Neha Deshmukh	Ingle Mayuri	Kale Devaki	Prajakta Balkar	Ashwarya Kadam
11	Dupare Sweejal	Siddhant Deshmukh	Majmudar Aayushi	Kale Shreya	Shantana Dharkari	Supriyakumari Raik
12	Gomes Charmelle	Bhargavi Dhormane	Mangoankar Aditee	Keny Pranjal	Shilpa Bharti	Kushal Shah
13	Jadhav Rutuja	Harshita Dhruv	Mengde Varada	Limaye Swarada	Jinal Kothari	Shrikant Sahu
14	Jain Kashish	Taruna Gambhir	Nakul Nawade	Mohite Kshitija	Shrinidhi Kulkarni	Kavyani Sawant
15	Joshi Gayatri	Ranjeet Ghatge	Natu Pranjali	More Urja	Jithee Khadke	Sharvani Sathe
16	Katke Mrunmayee	Snehal Giri	Oak Devashree	Mungekar Apoorva	Akshay Salve	Shikha Vora
17	Kende Vaishnavi	Akshay Gujar	Patil Ronit	Pandit Ruta	Krutika Zala	Varsha Kale
18	Khandawala Rushabh	Koyal Jadhav	Patkar Anagha	Patil Manasi		
19	Kunte Shrin	Sanyukta Jagtap	Pal Deepakkumar	Perkar Leora		
20	Mane Akshata	Vaishnavi Katusadikar	Rajurohit Manav	Pradhani Saniya		
21	Meigh Thakar	Neha Kekkar	Rebello Hazel	Srinap Anushka		
22	Modak Mugdha	Krishna Kolhatkar	Issac Salve	Shah Juhi		
23	Navathe Shubham	Neha Kulkarni	Mahesh Soni	Shastry Varun		
24	Palwal Priyanshi	Shivani Mhaskar	Akanksha Shah	Solanki Krishna		
25	Patel Pooja	Rhujata More	Shengal Shweta	Sonawane Garga		
26	Rasane Purva	Abhay Nayak	Shradhdha Karande	Vaishampayan Jai		
27	Rashmeet Garudatta	Apoorva Ozarkar	Thakar Shweta	Verkatchellim Lavanya		
28	Rathi Bharat	Tarvi Parikh		Wadhokar Om		
29	Rege Vedika	Vaishnavi Paturde		Waghmare Stutee		
30	Sankav Anushka	Tanika Sane		Yadnarpavit Apoorva		
31	Sathe Isha	Aashika Shah				
32	Sathe Swarangee	Antara Shah				
33	Satte Tarvi	Nirali Shah				
34	Solapurkar Srushti	Rashmi Thakkar				
35	Surana Rishabh	Uma Tulapurkar				
36	Tarhiankar Shruti	Rhushikesh Ujade				
37	Thakare Dinkar					
38	Nikita Chopade					
39	Neha Wagh					



*A. Anagha*  
**PRINCIPAL**

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

23) EXTENSION ACTIVITY: Physiotherapy services to geriatric population

SAHAJIVAN, OLD AGE HOME

Detail report for all the above community posting

DATE: A.Y 2019-20



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

Community Physiotherapy Posting Consolidated Report

Department: Community Physiotherapy


Academic Year: 2019-20

Collaborating agency: SAHAJIVAN,  
No. of students participated: 166

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.

  
Sign of HoD



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





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

List of Students

Academic Year: 2019-20

Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Anand Sakshi	Bhavya Agrawal	Agashe Manik	A. Anagha	Vidhi Kalyani	Aditi Tupe
2	Bagul Prachi	Komal Agrawal	Apte Neha	Bhugat Siddhesh	Pooja Patil	Akansha Rabde
3	Baria Siddhi	Shreeya Athavale	Apte Rutuja	Bhide Janhavi	Meenal Chavan	Sunita Yadav
4	Bekte Sheetal	Vinita Bagul	Athavale Vidhali	Bhide Manasi	Prachi Sathe	Arwa Sinarwala
5	Bendre Purva	Mahi Bhandarkar	Berad Shravani	Chandras Vaideti	Nimesh Gupta	Bhargavi Saraf
6	Borse Pooja	Rajata Bhawe	Bhawe Neha	Deshmukh Shreya	Shreeya Saware	Kiran Wakparjar
7	Deolasi Mansi	Surabhi Bhote	Chhajed Nikita	Deshpande Poorva	Sejal Chhajed	Ayushi Rathi
8	Deshpande Falguni	Nidhi Chakhal	Gokhale Aaditi	Gayatri Suresh	Ashwini Nagargoje	Prajakta Valke
9	Deshpande Rhea	Mihir Chitale	Hirani Deo	Hatoekar Radhika	Pramil Jaypurkar	Aishwarya Dhage
10	Dombre Aishwarya	Neha Deshmukh	Ingle Mayuri	Kale Devaki	Prajakta Balkar	Aishwarya Kadam
11	Dupare Sweejal	Siddhant Deshmukh	Majmudar Aayushi	Kale Shreya	Shantana Dharkari	Supriyakumari Raik
12	Gomes Charmelle	Bhargavi Dhormane	Mangoankar Aditee	Keny Pranjal	Shilpa Bharti	Kushal Shah
13	Jadhav Rutuja	Harshita Dhruv	Mengde Varada	Limaye Swarada	Jinal Kothari	Shrikant Sahu
14	Jain Kashish	Taruna Gambhir	Nakul Nawade	Mohite Kshitija	Shrinadi Kulkarni	Kavyani Sawant
15	Joshi Gayatri	Ranjeet Ghatge	Natu Pranjali	More Urja	Jithee Khadke	Sharvani Sathe
16	Katke Mrunmayee	Snehal Giri	Oak Devashree	Mungekar Apoorva	Akshay Salve	Shikha Vora
17	Kende Vaishnavi	Akshay Gujar	Patil Ronit	Pandit Ruta	Krutika Zala	Varsha Kale
18	Khandawala Rushabh	Koyal Jadhav	Patkar Anagha	Patil Manasi		
19	Kunte Shrin	Sanyukta Jagtap	Pal Deepakkumar	Perkar Leora		
20	Mane Akshata	Vaishnavi Katusadikar	Rajurohit Manav	Pradhani Saniya		
21	Meigh Thakar	Neha Kekkar	Rebello Hazel	Srinap Anushka		
22	Modak Mugdha	Krishna Kolhatkar	Issac Salve	Shah Juhi		
23	Navathe Shubham	Neha Kukarni	Mahesh Soni	Shastry Varun		
24	Palwal Priyanshi	Shivani Mhaskar	Akanksha Shah	Solanki Krishna		
25	Patel Pooja	Rhujata More	Shengal Shweta	Sonawane Garga		
26	Rasane Purva	Abhay Nayak	Shradha Karande	Vaishampayan Jai		
27	Rashmeet Garudatta	Apoorva Ozarkar	Thakar Shweta	Venkatchelliam Lavanya		
28	Rathi Bharat	Tarvi Parikh		Wadhkar Om		
29	Rege Vedika	Vaishnavi Paturde		Waghmare Stutee		
30	Sankav Anushka	Tanika Sane		Yadnarpavit Apoorva		
31	Sathe Isha	Aashika Shah				
32	Sathe Swarangee	Antara Shah				
33	Satte Tarvi	Nirali Shah				
34	Solapurkar Srushti	Rashmi Thakkar				
35	Surana Rishabh	Uma Tulapurkar				
36	Tarhiankar Shruti	Rhushikesh Ujade				
37	Thakare Dinkar					
38	Nikita Chopade					
39	Neha Wagh					



*Anshale*  
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24) EXTENSION ACTIVITY: Physiotherapy services to geriatric population  
**RAINBOW DAY CARE**  
 DATE: A.Y 2019-20



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2019-20

**Collaborating agency: RAINBOW DAY CARE**

**No. of students participated: 166**

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.

  
 Sign of HoD



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

List of Students

Academic Year: 2019-20

Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Anand Sakshi	Bhavika Agrawal	Agashe Manik	A. Anagha	Vidhi Kalyani	Aditi Tupe
2	Bagul Prachi	Kornal Agrawal	Apte Neha	Bhugat Siddhesh	Pooja Patil	Akansha Rabde
3	Baria Siddhi	Shreeya Athavale	Apte Rutuja	Bhide Janhavi	Meenal Chavan	Sunita Yadav
4	Bekte Sheetal	Vinita Bagul	Athavale Vidhali	Bhide Manasi	Prachi Sathe	Arwa Sinarwala
5	Bendre Purva	Mahi Bhandarkar	Berad Shravani	Chandras Vaideti	Nimesh Gupta	Bhargavi Saraf
6	Borse Pooja	Rajata Bhurve	Bhurve Neha	Deshmukh Shreya	Shreeya Saware	Kiran Wakparjar
7	Deolasi Mansi	Surabhi Bhote	Chhajed Nikita	Deshpande Poorva	Sejal Chhajed	Ayushi Rathi
8	Deshpande Falguni	Nidhi Chakhal	Gokhale Aaditi	Gayatri Suresh	Ashwini Nagargoje	Prajakta Valke
9	Deshpande Rhea	Mihir Chitale	Hirani Deo	Hatoekar Radhika	Pramil Jaypurkar	Aishwarya Dhage
10	Dombre Aishwarya	Neha Deshmukh	Ingle Mayuri	Kale Devaki	Prajakta Balkar	Aishwarya Kadam
11	Dupare Sweejal	Siddhant Deshmukh	Majmudar Aayushi	Kale Shreya	Shantana Dharkari	Supriyakumari Raik
12	Gomes Charmelle	Bhargavi Dhormane	Mangoankar Aditee	Keny Pranjal	Shilpa Bharti	Kushal Shah
13	Jadhav Rutuja	Harshita Dhruv	Mengde Varada	Limaye Swarada	Jinal Kothari	Shrikant Sahu
14	Jain Kashish	Taruna Gambhir	Nakul Nawade	Mohite Kshitija	Shrinadi Kulkarni	Kavyani Sawant
15	Joshi Gayatri	Ranjeet Ghatge	Natu Pranjali	More Urja	Jithee Khadke	Sharvani Sathe
16	Katke Mrunmayee	Snehal Giri	Oak Devashree	Mungekar Apoorva	Akshay Salve	Shikha Vora
17	Kende Vaishnavi	Akshay Gujar	Patil Ronit	Pandit Ruta	Krutika Zala	Varsha Kale
18	Khandawala Rushabh	Koyal Jadhav	Patkar Anagha	Patil Manasi		
19	Kunte Shrin	Sanyukta Jagtap	Pal Deepakkumar	Perkar Leora		
20	Mane Akshata	Vaishnavi Katusadikar	Rajurohit Manav	Pradhani Saniya		
21	Meigh Thakar	Neha Kekkar	Rebello Hazel	Srinap Anushka		
22	Modak Mugdha	Krishna Kolhatkar	Issac Salve	Shah Juhi		
23	Navathe Shubham	Neha Kukarni	Mahesh Soni	Shastry Varun		
24	Palwal Priyanshi	Shivani Mhaskar	Akanksha Shah	Solanki Krishna		
25	Patel Pooja	Rhujata More	Shengal Shweta	Sonawane Garga		
26	Rasane Purva	Abhay Nayak	Shradha Karande	Vaishampayan Jai		
27	Rashmeet Garudatta	Apoorva Ozarkar	Thakar Shweta	Venkatchelliam Lavanya		
28	Rathi Bharat	Tarvi Parikh		Wadhkar Om		
29	Rege Vedika	Vaishnavi Paturde		Waghmare Stutee		
30	Sankav Anushka	Tanika Sane		Yadnarpavit Apoorva		
31	Sathe Isha	Aashika Shah				
32	Sathe Swarangee	Antara Shah				
33	Satte Tarvi	Nirali Shah				
34	Solapurkar Srushti	Rashmi Thakkar				
35	Surana Rishabh	Uma Tulapurkar				
36	Tarbhankar Shruti	Rhushikesh Ujade				
37	Thakare Dinkar					
38	Nikita Chopade					
39	Neha Wagh					



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## 25) EXTENSION ACTIVITY: PHYSIOTHERAPY FOR SPECIAL AND ORPHANAGE CHILDREN SERVICES

COLLABORATING AGENCY/ORGANISATION UNIT: SOFOSH

DATE: A.Y.2019-20



D.E. Society's  
**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY, PUNE**

Collaboration: SOFOSH

Consolidated report for "SOFOSH" posting  
2019-20


No. of Students: 34

D. E. Society's Brijlal Jindal College of Physiotherapy MPT students provided services to family deprived and orphanage children in A. Y. 2019-20.

Sr. No.	Name of Posting	MPTI	MPTII
1	SOFOSH	Vidhi Kalyani	Aditi Tupe
2		Pooja Patil	Akasha Raote
3		Meenal Chavan	Sunita Yadav
4		Prachi Sathe	Arwa Sinharwala
5		Nimesh Gupta	Bhargavi Saraf
6		Shreya Saware	Kiran Wakpanjar
7		Sejal Chhajed	Ayushi Rathi
8		Ashwini Nagargoje	Prajakta Valke
9		Pranali Jaypurkar	Aishwarya Dhage
10		Prajakta Bidkar	Aishwarya Kadam
11		Shantanu Dharkari	Supriyakumari Raikwar
12		Shilpa Bharti	Kushal Shah
13		Jinal Kothari	Shrikant Sahu
14		Shrinidhi Kulkarni	Kalyani Sawant
15		Julee Khadke	Sharvani Sathe
16		Akshay Salve	Shikha Vora
17		Krutikka Zala	Varsha Kale

  
Coordinator  
Dr. Harshada Sonawane



  
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**LIST OF COLLABORATING AGENCY AND NUMBER OF  
STUDENTS**

**2019-20**



D.E. Society's

## BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

Fergusson College Campus, Pune - 411 004 •Phone : (020) 67656471,67656467

•Fax : (91) (020) 67656494, 67656120 • E-mail : [descoppune@gmail.com](mailto:descoppune@gmail.com)

•Web-site :[www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)


**Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik**

### LIST OF COLLABORATING AGENCY AND NUMBER OF STUDENTS PARTICIPTED IN EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2019-20

DESBJCOP collaborates with various collaborating agency to conduct different extension & outreach activities like sports events, community activities, geriatric camps and treatment for special children. The details are as follows:

Sr no.	Name of extension activity	COLLABORATING AGENCY /ORGANISATION UNIT	NUMBER OF STUDENTS PARTICIPATION
1.	Workshop on physiotherapy	IDBI BANK FC road,Pune	Leora P, Saniya P: <b>2</b>
2.	Goa Ironman MOC triathlon	Pro sports and Bikes	Devaki K, Juhi S,Saniya P, Leora P,Pranjal K,Gayatari S,Anuskhka S: <b>7</b>
3.	Women's day	Fergusson college	Mithila P,Shikha B, Varsha K,Rashida, Farheen,: <b>5</b>
4.	32.2 Triatholon Sport event	Pro sports and Bikes	Radhika H,Ruta P: <b>2</b>
5.	Roll ball event	Fit2sport	Varun S, Ruta P : <b>2</b>
6.	Amravati Badminton tournament	Sudhanshu badminton academy	Siddhesh bhagat : <b>1</b>
7.	Sports event Marathon	Simple steps: Marathon	Gargi S, Krishma S: <b>2</b>
8.	Adeeshakti, Women empowerment	National medicos organisation(Maha.)rotary club	Aaditi Gokhale, Varda Mengle, Anagha pathkar,Neha Apte,Pooja P,Meenal C, Prachi Sathe: <b>7</b>
9.	SWASTH WARI	MUHS	Kushal S, Aishwarya D, Varsha K: <b>3</b>
10	Care Giver Training	Colonel's Cube NGO, Col Kumar Fulay	Rutugandha Sulay; Bhagyashree Gokhale, Richa Shah, Komal Patel, Dhanashree Modey : <b>5</b>
11	Yoga event for Danish student	Fergusson college	Mihir Chitale: <b>1</b>

12	Advance diploma in industrial safety	Technical institute	Supriya R, Kushal S, Aishwarya D, Aishwarya K, Kalyani, Shrinant Shahu: <b>6</b>
13	Sports posting	Dravid High school, Wai	Gargi S, Krishma S, Gayatri S, Varun S, Manasi B, Janavi B: <b>6</b>
14	Women Triathlon	Pro sports	Pooja P, Devaki K, Vidhi K, Kshitija M, Poorva D, Janhavi: <b>6</b>
15	Sports Event	MSGGVP, Tilak road, Pune	Radhika H, Ruta P: <b>2</b>
16	Dhanori Open Badminton	SUDHANSHU Badminton academy	Om Wadhokar, Pooja Patil: <b>2</b>
17	A & I digest tennis tournament	Fit2sport	Gargi Sonawane, Siddhesh B: <b>2</b>
18	MSLTA/ITF Junior tennis tournament	Fit2sport	Leora P., Om Wadhokar: <b>2</b>
19	NECC-ITF Womens Tennis tournament	Fit2sport	Devaki kale: <b>1</b>
20	5th roll ball world cup tournament	Fit2sport	Ruta pandit, Varun Shastri: <b>2</b>
21	World heart day	New English school, Ramanbaug	Pranjal K, Swarda L, Manasi, Devaki K, Kalyani Swant, Prajakta bidkar, Supriya Raikar, Pranali Jaypurkar.: <b>8</b>
22	Physiotherapy services to geriatric population	Ananddham, Jyeshtha nagrik Virangula Kendra	BPT II / III / IV / , Interns, / PGs: <b>166</b>
23	Physiotherapy services to geriatric population	Sahjivan, old age home	BPT II / III / IV / , Interns, / PGs: <b>166</b>
24	Physiotherapy services to geriatric population	Rainbow day care, CARE	BPT II / III / IV / , Interns / PGs: <b>166</b>
25	Physiotherapy treatment for special & orphanage children	SOFOSH	PG STUDENTS: <b>34</b>

  
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**2018-19**

**EXTENSION ACTIVITY: BREAST FEEDING CAMP**  
**COLLABORATING AGENCY/ORGANISATION UNIT: TARACHAND HOSPITAL SUTIKA SEVA,FAMILY PLANNING ASSOCIATION**  
**DATE: 1 Aug-7<sup>th</sup> Aug 2018**

1)



**D.E.Society's Brijlal Jindal College**

**Collaborating Agency: Tarachand hospital, Sutika seva,Family planning association**

**No.Of Students Participated:3**

### **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.

  
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**Photographs of the camp:**

Sutika Seva  
Mandir, Laxmi road



Family Planning  
Association of India

Seth Tarachand  
Ramnath Charitable  
Hospital, Rasta  
Peth.



**Report prepared by:** Abha Dhupkar



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## 2) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: ILC,OLD SANGHAVI

DATE: 25-08-18



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

### Camp Record

**Name of camp:** Geriatric Camp

**Date of camp:** 25.08.2018

**Site of camp:** Old Sanghvi

**Collaborating agency:** ILC,OLD SANGHAVI

**No.of students participated:** 9

**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:** 60

**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 organised in collaboration with the International Longevity Centre – India and was conducted to perform an initial evaluation of the geriatric individuals of the Old Sanghvi area.

The Senior Citizens' Association of the Old Sanghvi area had very graciously allowed us to use their headquarters to conduct the camp. Multiple stations were set up for different tests to be performed. The individual was evaluated at each station and the result of the test was recorded there. A separate bed had been set up for an overall musculoskeletal evaluation of the individual.

A baseline evaluation was performed which charted the individuals' height, weight, blood pressure and body mass index (BMI).

Tests that were performed were as follows:

1. PEFR
2. Inspiratory and expiratory muscle strength
3. Timed up and go test
4. 2 minute walk test



The Geriatric Depression Scale was used to identify the level of depression in these individuals. The cognitive function was assessed using the Montreal Cognitive Assessment scale.

The elderly appreciated the camp and we received a very affirmative feedback from them. The major characteristic that was highlighted was the very positive and helpful attitude that was shown by the staff and students of our college. The other feedback given was the appreciation of the variety of functions that were being assessed in this camp. Most of the participants said that they had not considered the effect of age on the cognitive function in any of their previous evaluations.

Overall, the camp was indicative of the different systems that need to be targeted in the elderly individual and was well appreciated.

### Photographs of the camp:

Demographic data and registration of patient.



Peak Expiratory Flow Rate Assessment







Musculoskeletal Evaluation



Timed up and Go Test

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



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### 3) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: ILC,OLD SANGHAVI

DATE: 27-09-18



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

**Collaborating agency:** ILC,OLD SANGHAVI

**No.of students participated:**9

**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

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#### 4) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: LAKE TOWN SOCIETY SENIOR CITIZEN ASSOCIATION

DATE: 01-12-18



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

**Collaborating agency:** Lake town society senior citizen association

**No. of students participated:** 14

**Participants in the camp:** Abha Dhupkar, Shikha Vora, Shravani Sathe, Varsha Kale, Aayushi 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:** 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:



*A. Dhale*  
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## 5) EXTENSION ACTIVITY: GERIATRIC CAMP

DATE: 29-09-18



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

**Collaborating agency:** Lake town society,  
Katraj

**No. of students participated:** 13

**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.

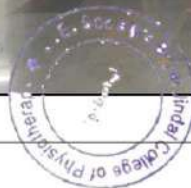
#### Photographs of the camp:



Report prepared by: Abha Dhupkar

*Abha Dhupkar*  
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## 6) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: SAVANGADI JYESHTHA NAGRIK SANGHA

DATE: 15-12-18



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

**Collaborating agency:** savangadi jyeshtha nagrik sangha

**No. of students participated:** 15

**Participants in the camp:** Abha Dhupkar, Shikha Vora, Shravani Sathe, Varsha Kale, Aayushi 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



*A. Dhale*

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**7) EXTENSION ACTIVITY: GERIATRIC CAMP**

**COLLABORATING AGENCY/ORGANISATION UNIT:PREMNAGAR JYESHTHA NAGRIK SANGHA**

**DATE: 23-02-19**

**Camp Record**

**Name of camp:** Geriatric Follow-up Camp

Collaboration: Premnagar jyeshtha nagrik sangha

**Date of camp:** 23.02.2019

No. of Students participated:12

**Site of camp:** Premnagar Jyeshtha Nagarik Sangha, Bibwewadi

**Participants in the camp:** Abha Dhupkar, Rashida Hamid, Farheen Patel, Mithila Pawar, Megha Joshi, Sneha Koraith, Rutugandha Sulay, Richa Shah, Shikha Vora, Shravani Sathe, Varsha Kale, Kushal Shah, Aayushi Rathi.

**Beneficiaries of the camp:** Geriatric individuals of the Premnagar Jyeshthta Nagarik Sangha.

**Number of beneficiaries:** 27

**Materials used in the camp:** Assessment sheet, weighing machine, measuring tape, peak flow-meter, Trail-making test, Geriatric Depression Scale, Montreal Cognitive Assessment Scale, exercise charts, cones.

**Camp details:** This camp was a follow up of a previously held camp.

The participants' assessments were performed again and a brief on-the-spot comparison of the recent assessment was done with the previous assessment.

Most of the participants showed a positive change from the previous assessment and were encouraged by these results. The new trail making test that was performed also received appreciation and many seniors expressed that they were realising the different functional areas that they needed to concentrate on other than physical fitness.

Overall the participants appreciated the conduct of the camp and felicitated members of the teams of DESBJCOP and ILC-I.

**Photographs of the camp:**



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Pune.

8) EXTENSION ACTIVITY: SENIOR CITIZEN CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: DGQA ENGINEERING DISCIPLINE CIVILIAN PENSIONERS ORGANISATION

DATE: 2nd February 2019



**Camp Record**

**Name of camp:** Geriatric Camp.

**Collaborating agency: DGQA ENGINEERING  
DISCIPLINE CIVILIAN PENSIONERS ORGANISATION**

**Date of camp:** 2nd February 2019.

**No. of students participated: 13**

**Site of camp:** DGQA Engineering Discipline Civilian Pensioners Organisation Pune

**Participants in the camp:** Rutuja Kowale, Rashida Hamid, Farheen Patel, Mithila Pawar, Varsha Kale, Shravani Sathe, Shikha Vora, Aishwarya Kadam, Kushal Shah, Ayushi Rathi, Bhagyashree Gokhale, Richa Shah, Komal Patel, Apurva Bhide.

**Beneficiaries of the camp:** Geriatric Population.

**Number of beneficiaries:** 50

**Materials used in the camp:** Sphygmomanometer, Cones, PEFR machine, Gauze, Tape, Stepper, Weighing Machine, Pulse Oxymeter, Tape and Mats.

**Camp details:** A physiotherapy assessment camp was organized on 2<sup>nd</sup> February 2019. A team of 14 physiotherapist did the assessment and taught the exercises as per the diagnosed condition. A documentation was done of the assessment and the planned exercise protocol and the queries of the beneficiaries were resolved individually. Ergonomic advice was also given to have a good healthy life ahead.

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





Photographs of the camp:



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



## 9) EXTENSION ACTIVITY: COMMUNITY HELPER TRAINING MODULE

COLLABORATING AGENCY/ORGANISATION UNIT: AROGYA SEVA VARDHINI AAROGYA MAITRINI

DATE: 14-06-19



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

### Training Report

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

**Date of Training:** 14.06.2019.

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

**Participants in the camp:** Abha Dhupkar, Rutuja Kowale, Mithila Pawar, Rashida Hamid, Farheen Patel, Shikha Vora, Shravani Sathe.

**Beneficiaries of the camp:** Bahgyashree Deo (Senior Project Coordinator), Aarogya Seva Vardhini Aarogya maitrini.

**Number of beneficiaries:** 4

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

**Training details:** This training module was taken to educate and prepare the aarogya maitrin for providing specified exercises to people of her community, who have been identified with musculoskeletal problems. The aarogya maitrin was shown exercises for 4 commonly affected regions of the body: the neck, shoulder, low back and knee. She was then asked for her preference amongst these exercise sets. Later the aarogya maitrin was asked to perform the exercises herself and was supervised by the MPT students and staff members. Necessary instructions and corrections were provided to the aarogya maitrin while she showed the exercises. They too cleared their doubts. The training was in preparation for these women to provide exercises to the members of their community, hence they were asked to practise the exercises till they felt themselves to be comfortable in the instructions and performance of the exercises.

The beneficiaries appreciated the method of teaching exercises and were enthusiastic to start practising themselves.



**Photographs of the training:**



**Report Prepared by: Abha Dhupkar**



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College of Physiotherapy  
Pune . 4

10) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: ANANDI JYESHTHA NAGRIK SANGHA,KOTHRUD

DATE: 22-07-19



### Camp Record

**Name of camp:** Geriatric Camp.

**Collaborating agency:** ANANDI JYESHTHA  
NAGRIK SANGHA,KOTHRUD

**Date of camp:** 22nd July 2019.

**No.of students participated:**11

**Site of camp:** Anandi Jyeshtha Nagrik Sangha Kothrud, Pune.

**Participants in the camp:** Rutuja Kowale, Rashida Hamid, Farheen Patel, Mithila Pawar, Varsha Kale, Shravani Sathe, Shrikant Sahu, Vaishnavi Ekbote, Bhagyashree Gokhale, Dhanashree Modhe, Kajal Sharma and Komal Landge.

**Beneficiaries of the camp:** Geriatric Population.

**Number of beneficiaries:** 50

**Materials used in the camp:** Sphygmomanometer, Cones, PEFR machine, Gauze, Tape, Stepper, Weighing Machine, Pulse Oxymeter, Tape and Mats.

**Camp details:** A physiotherapy assessment camp was organized on 22<sup>nd</sup> July 2019. A team of 12 physiotherapist did the assessment and taught the exercises as per the diagnosed condition. A documentation was done of the assessment and the planned exercise protocol and the queries of the beneficiaries were resolved individually. Ergonomic advice was also given to have a good healthy and functionally independent life ahead.

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





**Photographs of the camp:**



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



## 11) EXTENSION ACTIVITY: GERIATRIC CAMP

COLLABORATING AGENCY/ORGANISATION UNIT: CHAITANYA OLD AGE HOME

DATE: 05-01-19



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

**Collaborating agency: CHAITANYA OLD AGE HOME**  
**No.of students participated:5**



*Andhale*

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College of Physiotherapy  
Pune . 4

12) EXTENSION ACTIVITY: SPORTS DAY EVENT

COLLABORATING AGENCY/ORGANISATION UNIT:DATAR-SHENDURE ENGLISH HIGH SCHOOL, SATARA

DATE: 12-01-19



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

**Name of Activity: - DAtar Shendure high school sports event**

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade,Apoorva Likhite

**Department:** Sports Department

**Date:** 12 jan 19

**Timing:** 8.30 am to 5 pm

**Place:**Satara

**Online / Offline:** onfield

**Participants:** Sanjana M,Manali K, Kajol S,Komal P

**Outline of activity:**

-Students of DESBJCOP along with appointed staff were involved in pre-tournament training of the players. They also managed various on field injuries like sprains, strains etc. Studet

**Collaborating agency: DATAR-SHENDURE  
ENGLISH HIGH SCHOOL, SATARA  
No.of students participated:4**



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



D.E. Society's

**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**

Fergusson College Campus, Pune - 411 004 • Phone : (020) 67656471, 676564670

• Fax : (91) (020) 30866494, 30866120 • E-mail : [desocppune@gmail.com](mailto:desocppune@gmail.com)

• Web-site : [www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)

Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik

Ref No- 495/2018-19

Date- 11/01/2019

To,  
Headmistress,  
Datar-Shendure English Medium School, Satara

Subject- Participation of D.E.Society's Brijlal Jindal College of Physiotherapy, Pune in  
DES interschool sports event

Respected Madam,

As decided in the meeting, we are pleased to send our faculty members Smt. Namrata Sidhaye & Smt. Apoorva Likhite along with our Interns & PG students on 12<sup>th</sup> January, 2019 from 8 am to 5.30 pm.

Our faculty & students will be present for on field injury management of students participating in various sports activities.

This is for your Information,

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



Received

11/01/2019

**HEAD-MISTRESS**

**Datar-Shendure English Medium Secondary School,  
SATARA.**

13) EXTENSION ACTIVITY: SPORTS DAY EVENT

COLLABORATING AGENCY/ORGANISATION UNIT: NEW ENGLISH SCHOOL, TILAK ROAD

DATE: 6 Dec to 8 Dec 18



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

**Name of Activity:** -New english school,Tilak road,Pune.

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade,Apoorva Likhite

**Department:** Sports Department

**Date:** 6 Dec to 8 Dec 18

**Timing:** 8 am- 8 pm

**Place:** Devaki K,Manasi B. Kajol C,Apoorva bhide,Priya J, Richa Shah

**Online / Offline:** onfield

**Particiapants:**

**Outline of activity:**

-Students of DESBJCOP along with their teachers were involved in pre- sports training of the players

- They also managed various on field injuries like sprains, strains etc.

**Collaborating agency: NEW ENGLISH SCHOOL, TILAK ROAD**

**No.of students participated:6**



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





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



डॉ. एन. ए. सिधायें  
न्यू इंग्लिश स्कूल, टिळकरोड, पुणे

486, सदाशिव पेठ, पुणे 411030.

प. शासक क्र. 27251601504

दूरध्वनी क्र.: 020 - 67657014

संस्थापक :  
विद्युत्काली विद्यालय  
सोळाव्या बाल संघात टिळक  
रोडवर स्थित अखिल  
सहाय्य विद्यालय

\* PNA/PMC/93

\* e-mail : office.nest@despune.org

\* S.S.C. Code No. 11 : 11 : 013.

R-1.11.2018/15-13

दिनांक : 08/12/2019

TO

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

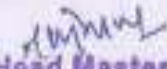
Respected Sir/Madam,

Smt.Namrata Sidhaye & Apporva Likhite,both were present on 6<sup>th</sup>,7<sup>th</sup>,and 8<sup>th</sup> December 2018 from 9 to 12 noon in our school.

Both helped our school children for injury management and enhanced their moral to participate in sports activities.

Thanking You,

Yours faithfully,

  
Head Master  
New English School  
Tilak Road, Pune-30.

**14) EXTENSION ACTIVITY: SPORTS FITNESS**

**COLLABORATING AGENCY/ORGANISATION UNIT: DES PRIMARY SCHOOL,TILAK ROAD**

**DATE: 3-5th Dec 18**



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

**Name of Activity:** -DES Primary School ,Tilak road,Pune Sports event

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade,Apoorva Likhite

**Department:** Sports Department

**Date:** 3-5 Dec 18

**Timing:** 8 am- 2pm

**Online / Offline:** onfield

**Participants:** Siddhesh B, Janavi B, Pruthini, Yash P, Vaishnavi E

**Outline of activity:**

-Students of DESBJCOP along with their teachers were involved in pre- sports training of the players. They also managed various on field injuries like sprains, strains, cuts and bruises etc.

**Collaborating agency: DES PRIMARY SCHOOL,TILAK ROAD**

**No.of students participated:5**



*A. Dhale*  
**PRINCIPAL**  
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College of Physiotherapy  
Pune-4.



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



D.E. Society's  
**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY**  
Fergusson College Campus, Pune - 411 004 • Phone : (020) 67656471, 676564670  
• Fax : (91) (020) 30866494, 30866120 • E-mail : [desocppune@gmail.com](mailto:desocppune@gmail.com)  
• Web-site : [www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despsme.org](http://www.despsme.org)

Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik

Ref No- 413 | 2018-19

Date- 01/12/2018

To,  
Headmistress,  
DES, English Medium Primary School,  
Tilak Road, Pune.

Subject- Participation of D.E.Society's Brijlal Jindal College of Physiotherapy, Pune during sports day events.

Respected Madam,

As decided in the meeting held on 26.11.2018, we are pleased to send our faculty members Smt. Namrata Sidhaye & Smt. Apoorva Likhite along with our final year B.P.Th students, Interns & PG students on 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> December 2018 from 9 am to 12 noon & 3 pm to 5 pm.

Our faculty & students will be present for on field injury management of your students participating in various sports activities.

This is for your information,

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



H.M.  
Primary Section

15) EXTENSION ACTIVITY: PHYSICAL FITNESS AND MOTOR PROFICIENCY ASSESSMENT

COLLABORATING AGENCY/ORGANISATION UNIT: DES PRIMARUY SCHOOL,TILAK ROAD

DATE:A.Y 2018-19



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

**Name of Activity:** -Sports specific fitness and motor proficiency assessment of school children

**Name of Coordinator:** Atiya Shaikh, Aparna Sadhale

**Department:** Neuro PT

**Date:** A.Y 18-19

**Timing:** once week 2PM-4PM.

**Online / Offline:** onfield

**Participants:** Leora P, Anagha C, Swarada, Gayatri Suresh & 3 PG students Nimesh G, Prachi S, Sejal C

**Outline of activity:**

-Students of DESBJCOP along with their teachers were involved Sports specific skills and motor proficiency assessment for school children .They were assessed using sport specific skills and Motor proficiency using Bruinniks Osterestky Scale of Motor Proficiency Short form. Reports were given to students in the end .Suggestions related to enhancement of performance for skills too were given.

**Collaborating agency: DES PRIMARUY  
SCHOOL,TILAK ROAD  
No.of students participated:7**



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





Deccan Education Society's  
**D.E.S. PRIMARY SCHOOL**

(Permanently Un-aided English Medium)  
Tilak Road, Pune-411 030  
Ph. No. (020) 32427444

Ref. No.

Date: 01/03/2019

## Certificate

This is to certify that students and faculty of DES Brijlal Jindal college of Physiotherapy have been coming to our School for sports specific physical fitness and motor proficiency assessment. They have been assessing Students of primary section. This association will continue in future too.

D. E. Society's Brijlal Jindal College of Physiotherapy, Pune
Inward No. 293/18-19
Date 02/03/2019
Sign. <i>A. Dhale</i>

*S. A. Kulkarni*  
Head Mistress  
DES primary School,  
Tilak road, Pune-30  
Head Mistress  
DES Primary School  
Tilak Road, Pune-411030

*hospital. Dr.*

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



16) EXTENSION ACTIVITY: SPORTS DAY EVENT

COLLABORATING AGENCY/ORGANISATION UNIT: MSGGVP,TILAK ROAD

DATE: 10,11-12-18



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

**Name of Activity:** -MGGSV,Tilak road,Pune Sports event

**Name of Coordinator:** Namrata Sidhaye- Bhadbhade,Apoorva Likhite

**Department:** Sports Department

**Collaborating agency:** MSGGVP,TILAK ROAD

**Date:** 9-11 dec 18

**No.of students participated:**7

**Timing:** 12 pm-5pm

**Online / Offline:** onfield

**Participants:** Sayali kulkarni,Nitesh Gupta,Savani Pargi, Charmi Shah,Shriya H,Manali K, Madhura S

**Outline of activity:**

-Students of DESBJCOP along with their teachers were involved in pre- sports training of the players

- They also managed various on field injuries like sprains, strains, cuts and bruises etc.



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



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



डिप्लोमा इन्सुकेशन सोसायटीचे  
भाधव सदाशिव गोकवळकर गुरुजी माध्यमिक विद्यालय  
शिल्क रोड, पुणे ४११०३०.

फोन नं : ०२०-२४३३०९४९/१५१७  
पु डाक नं : २७२५१६०१५२४

ई-मेल : msggvsecondary@gmail.com  
S.S.C. बोर्ड क्र./शाळा संकेतांक : ११.११.२७१

जो.क्र. ६२१९ प्रति,

११-१२/२०२०

मुख्याध्यापक  
श्रीम. अर्पणा साधळे  
श्री.ड.एस. सोसायटी

विषय:- आभार

मा. सहोदय,

आपण पाठविलेल्या सुपने पूर्ण वेळ उपस्थित राहून  
लागलेल्या मुलांवर योग्य ते उपचार मनापासून केले. या सगळे गोष्टींचा  
मुलांना व आमहाला खूप फायदा झाला. आपल्या सहकाऱ्यांवरून आम्ही  
आपले आभारी आहोत. पुन्हा एकदा मनापासून धन्यवाद.

विद्यार्थ्यांचे नाव	तारीख
अपूर्व लिखिते नमता सिधवे सायली कुलकर्णी जिनेश गुप्ता	९ व १० रोजी / १२/१९
सावनी परुळी सिनी गडा श्रीवा तुम्हाळकर म.जाही कुलकर्णी मधुरा सौहीनी	११-रोजी / १२/१९

मुळावे प्राधिका  
भा.स. गोकवळकर गुरुजी विद्यालय  
माध्यमिक विभाग, पुणे-३०.

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



17) EXTENSION ACTIVITY: VRUSHATHON

COLLABORATING AGENCY/ORGANISATION UNIT: FITNESS FIRST

DATE: 09-06-19



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

**Name of Extension activity:** Vrukshathon Marathon

**Department:** Sports

**Date/Time :** 9/6/2019

**Organisation/agency:** First fit

**Collaborating agency: : FITNESS FIRST**

**No.of students participated:26**

**Students participated:** Kushal Shah, Supriya Raikwar, Kalyani Sawant, Aishwarya Dhage, Aishwarya Kadam, Srikant Sahu, Bhargawi, Aayushi Rathi, Prajakta Valke, Kiran Vaghpanje, Arwa, Sunita Yadav Aditi Tupe, Akanksha Rabde, Shikha Vora, Shravani Sathe, Varsha Kale, Farheen,Rashida , Megha, Mithila pawar, Richa, Priya Joshi, Vaishnavi Ekbote, Sneha, Priyanka Munde.  
Total-26

No of staff: Namrata Sidhaye , Aparna Sadhale

**Outline of activity:** On field physio support was provided for the runners during the marathon.

**Objectives:**

1. To prepare the students to treat those injuries first hand
- 3.To provide exposure for On field injuries

First fit has organised Vrukshathon Marathon on occasion of World Environment Day to spread awareness of tree plantation amongst the Pune citizen in which around 5000 runners participated.Our college was associated with the event as Physio partner and had given required services to the Marathon runners . Common injuries which were treated by interns were muscle cramps, sprain, ankle injuries etc.

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





# Konkar, Kousadikar win titles in Vrukshathon

**SPORTS REPORTER**  
sports@vishvakarma.com

Pune Anirudh Konkar and Sachin Kousadikar ran and walked two-hour marathons to win the men's and women's 50-60 km half-marathons held at Vrukshathon, a two-day event held to spread the awareness of planting and watering trees to environmentalists.

Over 5000 runners participated in Vrukshathon marathon over 10 km, 20 km, 30 km and 50 km distances, by Fitness Playz and Support Sahakar Running.

The 50 km run began from BHCC ground and ended at the beautiful Bagar Road, Park and Forest and back. The 10 km run took the runners, but only 1000, and started back to BHCC at the starting point. These proved for the



**TRIPATHY TIMES:** All the winners of Vrukshathon with their trophies.

Sign-off were Anirudh Prabhakar, Pratik Chaturvedi, Pravin, Anirudh Karale, Sachin Kousadikar, Deepak Jagtap, Vinayak Manoj Karale, Manoj Dattaram, Rajat Mehta, Anirudh Shrinivasa and Chandrashekhar Nishank. A wide spectrum of, various age and gender groups

in plant trees. All the participants were given their trophies and trophies's certificate. Sachin Mehta, Yash Gokhale, Anirudh Narwal, Manoj Salun, Anirudh Jagtap, Chandrashekhar Gokhale, Pratik Datta and Anirudh Kousadikar worked to make the event possible.

**Vrukshathon - 2023**  
Anirudh Prabhakar (50 km), Sachin Kousadikar (50 km), Pratik Chaturvedi (20 km), Manoj Dattaram (20 km), Anirudh Narwal (10 km), Anirudh Shrinivasa (10 km), Chandrashekhar Nishank (10 km) supported the event.

- Men**
- 50 km (Anirudh 40): Anirudh Prabhakar (50 km), Sachin Kousadikar (50 km), Pratik Chaturvedi (20 km), Manoj Dattaram (20 km), Anirudh Narwal (10 km), Anirudh Shrinivasa (10 km), Chandrashekhar Nishank (10 km)
  - 20 km (Anirudh 40): Anirudh Prabhakar (50 km), Sachin Kousadikar (50 km), Pratik Chaturvedi (20 km), Manoj Dattaram (20 km), Anirudh Narwal (10 km), Anirudh Shrinivasa (10 km), Chandrashekhar Nishank (10 km)
  - 10 km (Anirudh 40): Anirudh Prabhakar (50 km), Sachin Kousadikar (50 km), Pratik Chaturvedi (20 km), Manoj Dattaram (20 km), Anirudh Narwal (10 km), Anirudh Shrinivasa (10 km), Chandrashekhar Nishank (10 km)
- Women**
- 20 km (Anirudh 40): Anirudh Prabhakar (50 km), Sachin Kousadikar (50 km), Pratik Chaturvedi (20 km), Manoj Dattaram (20 km), Anirudh Narwal (10 km), Anirudh Shrinivasa (10 km), Chandrashekhar Nishank (10 km)
  - 10 km (Anirudh 40): Anirudh Prabhakar (50 km), Sachin Kousadikar (50 km), Pratik Chaturvedi (20 km), Manoj Dattaram (20 km), Anirudh Narwal (10 km), Anirudh Shrinivasa (10 km), Chandrashekhar Nishank (10 km)



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



18) EXTENSION ACTIVITY: Physiotherapy services to geriatric population

ANANDDHAM, JYESHTHA NAGRIK VIRANGULA KENDRA

DATE: A.Y 2018

Detail report for all the above community posting



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2018-19

Collaborating agency: ANANDDHAM

No.of students participated:153

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.

  
Sign of HoD



  
Sign of Principal

**PRINCIPAL**

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

List of Students

Academic Year: 2018-19

Sr.No.	II	III	IV	Interns	I MPPT	II MPPT
1	Bhavika Agrawal	Agashe Manik	A. Anagha	Revati Bachute	Aditi Tupe	Vaishnavi Ekbote
2	Komal Agrawal	Apte Neha	Bhagat Siddhesh	Aishwarya Bhawe	Akansha Rabde	Pratiksha Sankhe
3	Shreeya Athavale	Apte Rutuja	Bhide Janhavi	Apoorva Bhide	Sunita Yadav	Bhagyashree Gokh
4	Vinita Bagal	Athavale Vishwali	Bhide Manasi	Prajakta Bhosale	Arwa Sinnarwala	Komal Patel
5	Mahi Bhandarkar	Berad Shravani	Chandras Vaidehi	Kajol Chopra	Bhargavi Saraf	Rutugandha Sulay
6	Rujuta Bhawe	Bhave Neha	Deshmukh Shreya	Dhanashree Damle	Kiran Wakpanjar	Dhanashree Mode
7	Surabhi Bhote	Chhajed Nikita	Deshpande Poorva	Gauri Deshpande	Ayushi Rathi	Richa Shah
8	Nidhi Chikhal	Gokhale Aaditi	Gayatri Suresh	Komal Gangurde	Prajakta Valke	Komal Landge
9	Mihir Chitale	Himani Deo	Hatoikar Radhika	Nimesh Gupta	Aishwarya Dhage	Priya Joshi
10	Neha Deshmukh	Ingle Mayuri	Kale Devaki	Shriya Humnabadkar	Aishwarya Kadam	Megha Joshi
11	Siddhant Deshmukh	Majmudar Aayushi	Kale Shreya	Apurva Kangude	Supriyakumari Raikwar	Sneha Koriath
12	Bhargawi Dhomane	Mangoankar Aditee	Keny Pranjal	Manali Kulkarni	Kushal Shah	Neesha Neelkantar
13	Harshita Dhruv	Mengle Varada	Limaye Swarada	Sayali Kulkarni	Shrikant Sabu	Kajol Sharma
14	Taruna Gambhir	Nakul Nawale	Mohite Kshitiya	Sargana Mane	Kalyani Sawant	Priyanka Munde
15	Ranjeet Ghatge	Natu Pranjali	More Urja	Trishala Nainwal	Sharvani Sathe	Farheen Patel
16	Snehal Giri	Oak Devashree	Mungekar Apoorva	Saniya Palkar	Shikha Vora	Rashida Hamid
17	Akshay Gujar	Patil Ronit	Pandit Ruta	Yash Pandit	Varsha Kale	Mithila Pawar
18	Koyal Jadhav	Patkar Anagha	Patil Manasi	Savni Pargi		
19	Sanyukta Jagtap	Pal Deepakkumar	Penkar Leora	Neha Pathak		
20	Vaishnavi Kausadikar	Rajpurohit Manav	Pradhan Saniya	Pruthini Patil		
21	Neha Kelkar	Rebello Hazel	Sanap Anushka	Taraya Randive		
22	Krishna Kohatkar	Issac Salve	Shah Juhi	Shivani Ragharam		
23	Neha Kulkarni	Mahesh Soni	Shastry Varun	Charmie Shah		
24	Shivani Mhaskar	Akanksha Shah	Solanki Krishna	Meghana Sheth		
25	Rhutuja More	Shengal Shweta	Sonawane Gangi	Madhura Sohani		
26	Abhay Nayak	Shraddha Kanade	Vaishampayan Jai	Mrinmayee Sompurkar		
27	Apoorva Ozarkar	Thakar Shweta	Venkatchellam Lavanya			
28	Tanvi Parikh		Wadhokar Om			
29	Vaishnavi Paturde		Waghmare Stutee			
30	Tanika Sane		Yadnopavit Apoorva			
31	Aashika Shah					
32	Antara Shah					
33	Nirali Shah					
34	Rashmi Thakkar					
35	Uma Tulapurkar					
36	Rhushikesh Ujade					



*Aadhale*

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19) EXTENSION ACTIVITY: Physiotherapy services to geriatric population  
 SAHAJIVAN, OLD AGE HOME  
 DATE: A.Y 2018



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2018-19

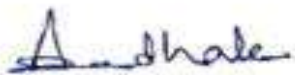
Collaborating agency: SAHAJIVAN, OLD AGE HOME

No.of students participated:34

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.

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

List of Students

Academic Year: 2018-19

Sr.No.	II	III	IV	Interns	I MPPT	II MPPT
1	Bhavika Agrawal	Agashe Manik	A. Anagha	Revati Bachute	Aditi Tupe	Vaishnavi Ekbote
2	Komal Agrawal	Apte Neha	Bhagat Siddhesh	Aishwarya Bhawe	Akansha Rabde	Pratiksha Sankhe
3	Shreeya Athavale	Apte Rutuja	Bhide Janhavi	Apoorva Bhide	Sunita Yadav	Bhagyashree Gokh
4	Vinita Bagal	Athavale Vishwali	Bhide Manasi	Prajakta Bhosale	Arwa Sinnarwala	Komal Patel
5	Mahi Bhandarkar	Berad Shravani	Chandras Vaidehi	Kajol Chopra	Bhargavi Saraf	Rutugandha Sulay
6	Rujuta Bhawe	Bhave Neha	Deshmukh Shreya	Dhanashree Damle	Kiran Wakpanjar	Dhanashree Mode
7	Surabhi Bhote	Chhajed Nikita	Deshpande Poorva	Gauri Deshpande	Ayushi Rathi	Richa Shah
8	Nidhi Chikhal	Gokhale Aaditi	Gayatri Suresh	Komal Gangurde	Prajakta Valke	Komal Landge
9	Mihir Chitale	Himani Deo	Hatoikar Radhika	Nimesh Gupta	Aishwarya Dhage	Priya Joshi
10	Neha Deshmukh	Ingle Mayuri	Kale Devaki	Shriya Humnabadkar	Aishwarya Kadam	Megha Joshi
11	Siddhant Deshmukh	Majmudar Aayushi	Kale Shreya	Apurva Kangude	Supriyakumari Raikwar	Sneha Koriath
12	Bhargawi Dhomane	Mangoankar Aditee	Keny Pranjal	Manali Kulkarni	Kushal Shah	Neesha Neelkantar
13	Harshita Dhruv	Mengle Varada	Limaye Swarada	Sayali Kulkarni	Shrikant Sabu	Kajol Sharma
14	Taruna Gambhir	Nakul Nawale	Mohite Kshitiya	Sargana Mane	Kalyani Sawant	Priyanka Munde
15	Ranjeet Ghatge	Natu Pranjali	More Urja	Trishala Nainwal	Sharvani Sathe	Farheen Patel
16	Snehal Giri	Oak Devashree	Mungekar Apoorva	Saniya Palkar	Shikha Vora	Rashida Hamid
17	Akshay Gujar	Patil Ronit	Pandit Ruta	Yash Pandit	Varsha Kale	Mithila Pawar
18	Koyal Jadhav	Patkar Anagha	Patil Manasi	Savni Pargi		
19	Sanyukta Jagtap	Pal Deepakkumar	Penkar Leora	Neha Pathak		
20	Vaishnavi Kausadikar	Rajpurohit Manav	Pradhan Saniya	Pruthini Patil		
21	Neha Kelkar	Rebello Hazel	Sanap Anushka	Taraya Randive		
22	Krishna Kohatkar	Issac Salve	Shah Juhi	Shivani Ragharam		
23	Neha Kulkarni	Mahesh Soni	Shastry Varun	Charmie Shah		
24	Shivani Mhaskar	Akanksha Shah	Solanki Krishna	Meghana Sheth		
25	Rhutuja More	Shengal Shweta	Sonawane Gangi	Madhura Sohani		
26	Abhay Nayak	Shraddha Kanade	Vaishampayan Jai	Mrinmayee Sompurkar		
27	Apoorva Ozarkar	Thakar Shweta	Venkatchellam Lavanya			
28	Tanvi Parikh		Wadhokar Om			
29	Vaishnavi Paturde		Waghmare Stutee			
30	Tanika Sane		Yadnopavit Apoorva			
31	Aashika Shah					
32	Antara Shah					
33	Nirali Shah					
34	Rashmi Thakkar					
35	Uma Tulapurkar					
36	Rhushikesh Ujade					



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20) EXTENSION ACTIVITY: Physiotherapy services to geriatric population  
RAINBOW DAY CARE  
DATE: A.Y 2018



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

**Community Physiotherapy Posting Consolidated Report**

Department: Community Physiotherapy

Academic Year: 2018-19

Collaborating agency: RAINBOW DAY CARE  
No.of students participated: 153

Sr. No.	Name of Posting	Frequency of visits	Students posted
1	Sahajivan Narayan Peth	Monday, Wednesday, Thursday, Saturday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
2	Sahajivan Bhugaon	Friday	Interns I M.P.T. II M.P.T.
3	Rainbow Day Care	Tuesday, Thursday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.
4	AnandDham	Monday, Tuesday	II B.P.Th. III B.P.Th. IV B.P.Th. Interns I M.P.T. II M.P.T.

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

List of Students						
Academic Year: 2018-19						
Sr.No.	II	III	IV	Interns	I MPT	II MPT
1	Bhavika Agrawal	Agashe Manik	A. Anagha	Revati Bachute	Aditi Tupe	Vaishnavi Ekbote
2	Komal Agrawal	Apte Neha	Bhagat Siddhesh	Aishwarya Bhawe	Akansha Rabde	Pratiksha Sankhe
3	Shreeya Athavale	Apte Rutuja	Bhide Janhavi	Apoorva Bhide	Sunita Yadav	Bhagyashree Gokh
4	Vinita Bagul	Athavale Vishwali	Bhide Manasi	Prajakta Bhosale	Arwa Sinnarwala	Komal Patel
5	Mahi Bhandarkar	Berad Shravani	Chandras Vaidehi	Kajol Chopra	Bhargavi Saraf	Rutugandha Sulay
6	Rujuta Bhawe	Bhawe Neha	Deshmukh Shreya	Dhanashree Damle	Kiran Wakpanjar	Dhanashree Mode
7	Surabhi Bhote	Chhajed Nikita	Deshpande Poorva	Gauri Deshpande	Ayushi Rathi	Richa Shah
8	Nidhi Chikhal	Gokhale Aaditi	Gayatri Suresh	Komal Gangurde	Prajakta Valke	Komal Landge
9	Mihir Chitale	Himani Deo	Hatolkar Radhika	Nimesh Gupta	Aishwarya Dhage	Priya Joshi
10	Neha Deshmukh	Ingle Mayuri	Kale Devaki	Shriya Humnabadkar	Aishwarya Kadam	Megha Joshi
11	Siddhant Deshmukh	Majmudar Aayushi	Kale Shreya	Apurva Kangude	Supriyakumari Raikwar	Sneha Koriath
12	Bhargavi Dhokane	Mangoankar Aditee	Keny Pranjal	Manali Kulkarni	Kushal Shah	Neesha Neelkantar
13	Harshita Dhruv	Mengle Varada	Limaye Swarada	Sayali Kulkarni	Shrikant Sabu	Kajol Sharma
14	Taruna Gambhir	Nakul Nawale	Mohite Kshitiya	Sanjana Mane	Kalyani Sawant	Priyanka Munde
15	Ranjeet Ghatge	Natu Pranjali	More Urja	Trishala Nainwal	Sharvani Sathe	Farheen Patel
16	Snehal Giri	Oak Devashree	Mungekar Apoorva	Saniya Palkar	Shikha Vora	Rashida Hamid
17	Akshay Gujar	Patil Ronit	Pandit Ruta	Yash Pandit	Varsha Kale	Mithila Pawar
18	Koyal Jadhav	Patkar Anagha	Patil Manasi	Savni Pargi		
19	Sanyukta Jagtap	Pal Deepakkumar	Penkar Leora	Neha Pathak		
20	Vaishnavi Kausadikar	Rajpurohit Manav	Pradhan Saniya	Pruthini Patil		
21	Neha Kelkar	Rebello Hazel	Sanap Anushka	Taraya Randive		
22	Krishna Kolhatkar	Issac Salve	Shah Juhi	Shivani Raghuram		
23	Neha Kulkarni	Mahek Soni	Shastry Varun	Charmie Shah		
24	Shivani Mhaskar	Akanksha Shah	Solanki Krishna	Meghana Sheth		
25	Rhutuja More	Shengal Shweta	Sonawane Gargi	Madhura Sohani		
26	Abhay Nayak	Shraddha Kanade	Vaishampayan Jai	Mrinmayee Sompurkar		
27	Apoorva Ozarkar	Thakar Shweta	Venkatchellam Lavanya			
28	Tanvi Parikh		Wadhokar Om			
29	Vaishnavi Paturde		Waghmare Stutee			
30	Tanika Sane		Yadnopavit Apoorva			
31	Aashika Shah					
32	Antara Shah					
33	Nirali Shah					
34	Rashmi Thakkar					
35	Uma Tulapurkar					
36	Rhushikesh Ujade					



*A. Dhale*  
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21) EXTENSION ACTIVITY: PHYSIOTHERAPY FOR SPECIAL AND ORPHANAGE CHILDREN  
 COLLABORATING AGENCY/ORGANISATION UNIT: SOFOSH  
 DATE: A.Y.2018-19



D.E. Society's  
**BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY, PUNE**

**Collaboration: SOFOSH**

Consolidated report for "SOFOSH" posting  
 2018-19

**No.of students participated:34**

D. E. Society's Brijlal Jindal College of Physiotherapy MPT students provided services to family deprived and orphanage children in A. Y. 2018-19.

Sr. No.	Name of Posting	MPTI	MPII
1	SOFOSH	Aditi Tupe	Vaishnavi Ekbote
2		Akansha Rabde	Pratiksha Sankhe
3		Sunita Yadav	Bhagyashree Gokhale
4		Arwa Sinnarwala	Komal Patel
5		Bhargavi Saraf	Rutugandha Sulay
6		Kiran Wakpanjar	Dhanashree Mode
7		Ayushi Rathi	Richa Shah
8		Prajakta Valke	Komal Landge
9		Aishwarya Dhage	Priya Joshi
10		Aishwarya Kadam	Megha Joshi
11		Supriyakumari Raikwar	Sneha Koriath
12		Kushal Shah	Neesha Neelkantam
13		Shrikant Sahu	Kajol Sharma
14		Kalyani Sawant	Priyanka Munde
15		Sharvani Sathe	Farheen Patel
16		Shikha Vora	Rashida Hamid
17		Varsha Kale	Mithila Pawar

Coordinator  
 Dr. Harshada Sonawane



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**LIST OF COLLABORATING AGENCY AND  
NUMBER OF STUDENTS  
2018-19**

D.E. Society's

## BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

Fergusson College Campus, Pune - 411 004 •Phone : (020) 67656471,67656467

•Fax : (91) (020) 67656494, 67656120 • E-mail : [descoppune@gmail.com](mailto:descoppune@gmail.com)

•Web-site :[www.desphysiotherapycollege.com](http://www.desphysiotherapycollege.com) , [www.despune.org](http://www.despune.org)

**Approved by Govt. of Maharashtra, Maharashtra State Council of OT/ PT, Indian Association of Physiotherapist & affiliated to Maharashtra University of Health Sciences, Nashik**


### LIST OF COLLABORATING AGENCY AND NUMBER OF STUDENTS PARTICIPTED IN EXTENSION AND OUTREACH ACTIVITY DURING ACADEMIC YEAR 2018-19

DESBJCOP collaborates with various collaborating agency to conduct different extension & outreach activities like sports events, community activities, geriatric camps and treatment for special children. The details are as follows:

Sr no.	Extension activity	COLLABORATING AGENCY /ORGANISATION UNIT	NUMBER OF STUDENTS PARTICIPATION
1)	Breast feeding camp	Tarachand, Sutika Seva Mandir,Family Planning Association of India	Rashida Hamid, Mithila Pawar, Farheen Patel: <b>3</b>
2)	Geriatric Camp	Old Sanghvi	Mithila Pawar, Farheen Patel, Rashida Hamid, Richa Shah, Komal Patel, Priya Joshi, Sneha Jose, Pratiksha Sankhe, Rucha Deshpande. : <b>9</b>
3)	Geriatric Camp	Old Sanghvi	Mithila Pawar, Farheen Patel, Rashida Hamid, Richa Shah, Komal Patel, Priya Joshi, Sneha Jose, Pratiksha Sankhe, Rucha Deshpande: <b>9</b>
4)	Geriatric Camp	Lake Town Society Senior Citizens' Association	Shikha Vora, Shravani Sathe, Varsha Kale, Aayushi Rathi, Bhargavi Saraf, Kalyani Savant, Aishwarya Kadam, Shriya Humnabadkar, Neha Pathak, Sanjana Mane, Anagha Ajaychandrashekhar, Siddhesh Bhagat, Janhavi Bhide, Manasi: <b>14</b>
5)	Geriatric Camp	Lake Town Society,Katraj	Mithila P, Farsheen P, Rashida H, komal P,Ankita J, Nisha K, BhageshreeG, Kajol S,Vaishanavi ,Meghana S, Mrunmayee S,Revati B, Charmi S: <b>13</b>
6)	Geriatric Camp	Savangadi Jyeshtha Nagarik Sangha, Kothrud	Shikha Vora, Shravani Sathe, Varsha Kale, Aayushi Rathi, Bhargavi Saraf, Kalyani Savant, Aishwarya Kadam, Shriya Humnabadkar, Neha Pathak, Sanjana Mane, Anagha Ajaychandrashekhar, Siddhesh Bhagat, Janhavi Bhide, Manasi Bhide, Vaidehi Chandras. <b>15</b>

7)	Geriatric Camp	Premnagar Jyeshtha Nagarik Sangha, Bibwewadi	: Rashida Hamid, Farheen Patel, Mithila Pawar, Megha Joshi, Sneha Koraith, Rutugandha Sulay, Richa Shah, Shikha Vora, Shravani Sathe, : Varsha Kale, Kushal Shah, Aayushi Rathi: <b>12</b>
8)	Senior citizen camp	DGOA engineering discipline civilian organisation, Pune	Rashida Hamid, Farheen Patel, Mithila Pawar, Varsha Kale, Shravani Sathe, Shikha Vora, Aishwarya Kadam, Kushal Shah, Ayushi Rathi, Bhagyashree Gokhale, Richa Shah, Komal Patel, Apurva Bhide: <b>13</b>
9)	Community Helper training module	Arogya maitrin	Mithila Pawar, Rashida Hamid, Farheen Patel, Shikha Vora, Shravani Sathe.: <b>5</b>
10	Geriatric Camp	Anandi Jyeshtha Nagrik Sangha Kothrud, Pune	Rashida Hamid, Farheen Patel, Mithila Pawar, Varsha Kale, Shravani Sathe, Shrikant Sahu, Vaishnavi Ekbote, Bhagyashree Gokhale, Dhanashree Modhe, Kajal Sharma and Komal Landge: <b>11</b>
11	Geriatric Camp	Chaitanya Old Age Home, Khopoli	Shikha Vora, Aditi Tupe, Aishwarya Kadam, Aayushi Rathi, Kushal Shah: <b>5</b>
12	Sports day event	Datar-shendure english medium school, satara	Sanjana M,Manali K, Kajol S,Komal P: <b>4</b>
13	Sports day event	New English school,Tilak road	Devaki K,Manasi B. Kajol C,Apoorva bhide,Priya J, Richa Shah: <b>6</b>
14	SPORTS FITNESS	English Medium primary school,Tilak road,Pune	Siddhesh B, Janavi B, Pruthini, Yash P, Vaishnavi E: <b>5</b>
15	Physical fitness & motor proficiency assessment	DES Primary school,Tilak road,Pune	Leora P, Anagha C, Swarada, Gayatri Suresh & 3 PG students Nimesh G, Prachi S, Sejal C: <b>7</b>
16	Sports day event	MSGGVP, Tilak road,Pune	Sayali kulkarni,Nitesh Gupta,Savani Pargi, Charmi Shah,Shriya H,Manali K,Madhura S : <b>7</b>
17	Vrukshathon	Fitness first	Kushal Shah, Supriya Raikwar, Kalyani Sawant, Aishwarya Dhage, Aishwarya Kadam, Srikant Sahu, Bhargawi, Aayushi Rathi, Prajakta Valke, Kiran Vaghpanje, Arwa, Sunita Yadav Aditi Tupe, Akanksha Rabde, Shikha Vora, Shravani Sathe, Varsha Kale, Farheen,Rashida , Megha, Mithila pawar, Richa, Priya Joshi, Vaishnavi Ekbote, Sneha, Priyanka Munde. <b>26</b>
18	Physiotherapy services to geriatric population	AnandDham,Jyeshtha nagrik Virangula Kendra	BPT II / III / IV / ,Interns, / PGs: <b>153</b>
19	Physiotherapy services to geriatric population	Sahjivan ,old age home	BPT II / III / IV / ,Interns / PGs: <b>153</b>

20	Physiotherapy services to geriatric population	Rainbow day care ,CARE	BPT II / III / IV / ,Interns / PGs: <b>153</b>
21	Physiotherapy for special & orphanage children	SOFOSH	PG students: <b>34</b>

  
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