

Date: 29.05.20202

Report of ICF & Motor learning Workshop

Neuro Physiotherapy Department, CMF's College of Physiotherapy, organized a workshop on "ICF & MOTOR RELEARNING" on 28th & 29th of May 2022 by Dr. Gaurish Kenkre, Director, Rehab Team of India.

A Total number of 36 students along with 4 faculties attended the workshop. The workshop started at 10 am with the address & felicitation of resource person by Dr. Shamla Pazare, Head of Department, Neuro Physiotherapy Department followed by introduction of resource person by Dr. Sushil Arora sir.

The workshop contained theory session on ICF & Motor Relearning concept and hands on practice on stroke patients. Students actively participated in group activities. There were hands on practice on patients. 4 patients were invited for the hands on session. All 4 patients showed improvement in functional tasks at the end of session. The workshop ended by Validation Program wherein Certificates & Transcripts were handed to the participants. Vote of thanks was given by Dr. Shweta Ingale. Feedback was taken via Google forms post workshop.

   
Dr Shamla Pazare Dr Sushil Arora Dr Abhishek Panchal Dr.Shweta Ingale





Azadi ka Amrut Mahotsav - Planned Activities by College for 75 Weeks

Name of College		CMF's College of Physiotherapy, Chinchwad			Reporting Month
Item		Number of Programs @ College Level			May April, 2022
		Actions @75			
		1	2	3	
		Swachh Amrit Mahotsav "Cleanathons"	Plantation Drives	Set of activities that University/College will undertake to reach to College in 100th year of Independence	
Till Last Months	No of Activities Organised			04	
	No of Participants			283	
During Reporting Months	No of Activities Organised			Swachh Bharat Abhiyaan cleaning drive	
	No of Participants			88	
Progressive Total	No of Activities Organised			January, February & March, April, May 2022: 05	
	No of Participants			371	

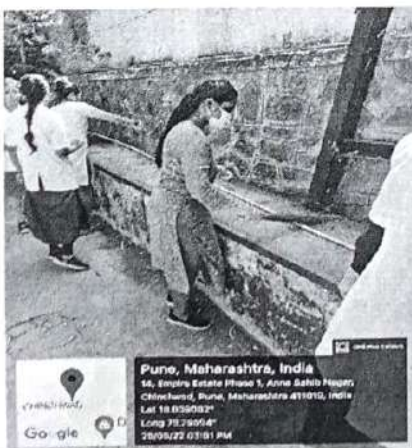
Total No of Faculty in Colleges	April 2022 13	May 2022 13
% Students Participated in AKAM	100	47
% Faculty @ College Participated in AKAM	100	25



Date: 25.05.2022

Swachh Bharat Abhiyaan cleaning drive.

CMF's College of Physiotherapy had organised a Swachh Bharat **Abhiyaan** cleaning drive in college campus on 25th of May 2022 under Azaadi ka Amrut Mahotsav activities. A Total number of 85 students & 3 staff participated in the cleaning drive in the campus. The whole campus was cleaned & cleared.



Dr Shilpa Parab

Dr. Mrs SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)

PRINCIPAL

CMF's College of Physiotherapy

ATSS, Chinchwad, Pune -19

Dr Priti Patil



Report Placement Cell

Study Smart Orientation Program which is an overseas education consultancy firm for higher education. A seminar titled "Higher Education and Career opportunities Abroad" was conducted at CMF's College of Physiotherapy dated 30-05-22 for the interns batch comprising of 30 Students. There was an active participation of all the interns regarding this counseling program.

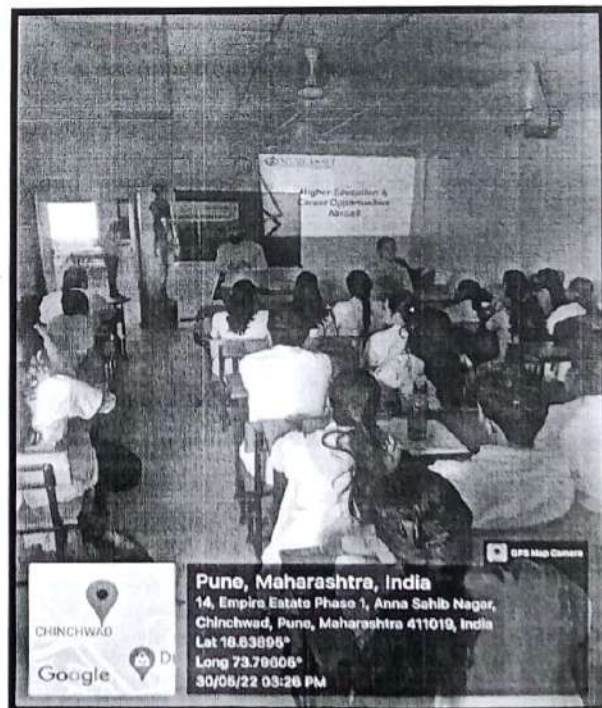
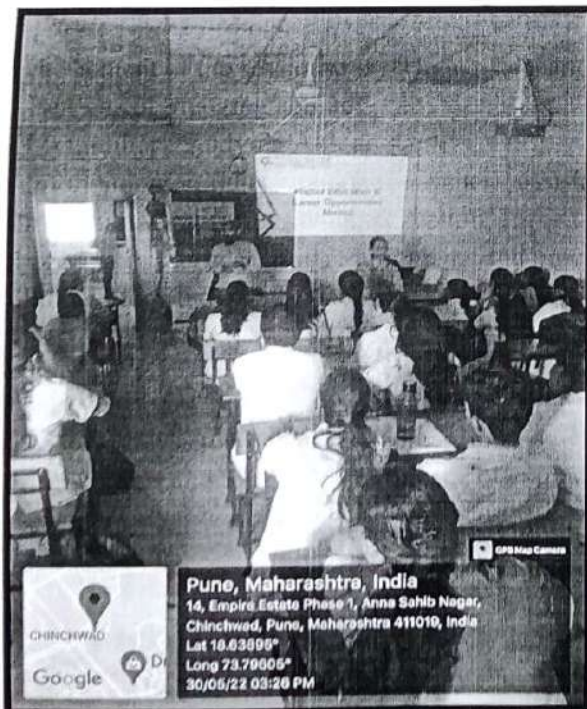
The seminar was of 1 hour in which the information was given regarding the higher education and career and also the contact details were shared for further enquiries. The students showed an active response in the seminar.

The content of the session was : "Higher Education and Career opportunities Abroad"

- Benefits of Studying abroad
- Myths about Studying Abroad
- Information on Education loans, financial assistance, and Scholarships
- Information on various Country Option
- Information on academic requirements and process of applying
- Process for Studying abroad
- Details about IELTS

The speaker was Chetan Jain - Managing Director of Study Smart Overseas Education

The session was really helpful and a rewarding experience for students. It helped the students to expand their horizons and thus gave confidence of exploring new avenues.

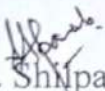


Shilpa
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CMF COLLEGE OF PHYSIOTHERAPY
DEPARTMENT OF COMMUNITY PHYSIOTHERAPY
REPORT ON THINKATHON CONFERENCE

The Indian Association of Physiotherapists Women Cell, West Zone (Maharashtra, Gujarat & Goa) had organised ThinkaThon Conference on 4th June 2022 at Topiwala National Medical College & BYL Nair Charitable Hospital, Mumbai.

Eminent Physiotherapists across India delivered guest lectures. The experiences shared by the renowned speakers enriched the knowledge of the students. Various events were conducted like Research paper presentation, poster presentation and innovative model competition under different categories. Our team of 2 interns & 7 MPT students represented the Institute. Mansi Ambulkar, MPT student won 1st position for her paper presentation. Ms. Akanksha Mahajan, intern also participated in poster presentation.


Dr. Shilpa Parab

Principal, CMF's COP.



Report of MUHS Foundation DAY 2022

CMF's College of Physiotherapy celebrated MUHS Foundation Day on 10th of June 2022. As per the circular no. MUHS/A-284/2022 dated 18th May 2022; MUHS flag was hoisted at 10 am in the college campus in the presence of staff and students followed by playing of MUHS anthem.

As per the circular no. MUHS/SW/EO/1196/2022 dated 6th May 2022, "One student One tree" program was implemented in the college campus. A total number of 25 students (list enclosed) planted trees in the college campus. All the teaching and non teaching staff along with the students were present in the event.



For, H. Pathak
Principal,

Dr. Mrs SHILPA A. PAKAB
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INTERNATIONAL YOGA DAY 2022

On occasion of 7th international Yoga day CMF's College of Physiotherapy, Pune in collaboration with ATSS college of business sciences and computer applications, Pune conducted a yoga session on 21st June 2022.

The session was conducted by Swami Vivekanand Yoga Anusandhana Samsthana Pimpri Chinchwad. The session was commenced with importance of yoga day and the guests with was introduced by Mr Vinayak from ATSS CBSCA. Mr. Avinash Gokhale from the Samasthana conducted the session with his assistants and volunteers. A total of 60 participants including teaching staff, non teaching staff and students of both the colleges had participated in the session.

The session was started with a prayer and asanas conducted were as follows. Warm up for all joints, Omkar, surya-namaskar, vrikshasana, tadasana, baddhakonasana, artha matsyendrasana, followed by pranayam and shavasana. Inauguration of a three day workshop to be held in December conducted by Swami Vivekanand Yoga Anusandhana Samsthana was done post the session by Dr Aruna Deoskar, Principal ATSS CBSCA and Dr Shilpa Parab, Principal CMF's College of Physiotherapy along with the senior members from the Samsthana. The session was concluded by vote of thanks given by Dr Shweta Ingale from CMF's College of Physiotherapy, Pune.

We thank all the staff, non teaching staff and students for their active participation and help in smooth conduction of the event.

Dr Shilpa Parab

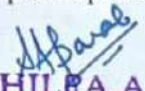
Principal CMF's COP

Dr Shweta Ingale

Assistant Professor, CMF' COP

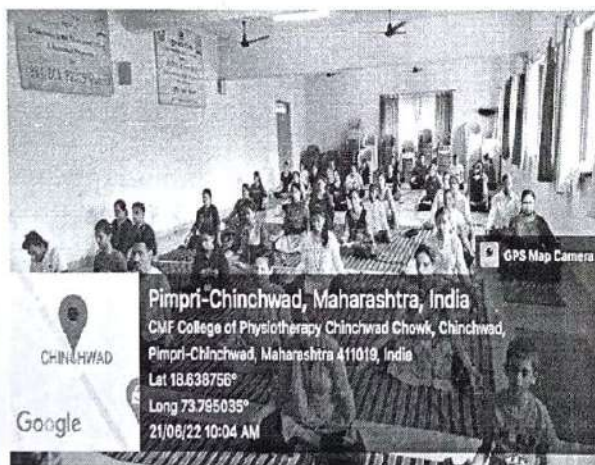
Dr Priti Patil

Assistant Professor, CMF' COP


Dr. Mrs. SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
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Report of Faculty Development Program: Team Work

Cmf's College of physiotherapy, IQAC committee along with ATSS College had organised a faculty development programme "Team Work" for teaching and non teaching staff on 30th June 2022. The speaker for the programme was Mr Sachin Surve.

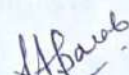
The faculty development programme started with introduction of the speaker. Programme consisted of many fun activities in the auditorium and college ground. Participants were divided into groups and team building tasks were assigned. Each activity helped in enhancing different aspects of team work.

At the end, the tasks of all the groups were analyzed and improvements were suggested by the speaker. The best groups in each task were rewarded. The programme ended with vote of thanks.



Dr Shilpa Parab

Principal, CMF's COP

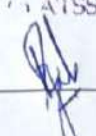

Dr. Mrs. SHILPA A. PARAB
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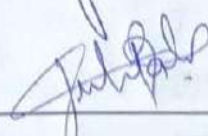
Dr Shweta Ingale

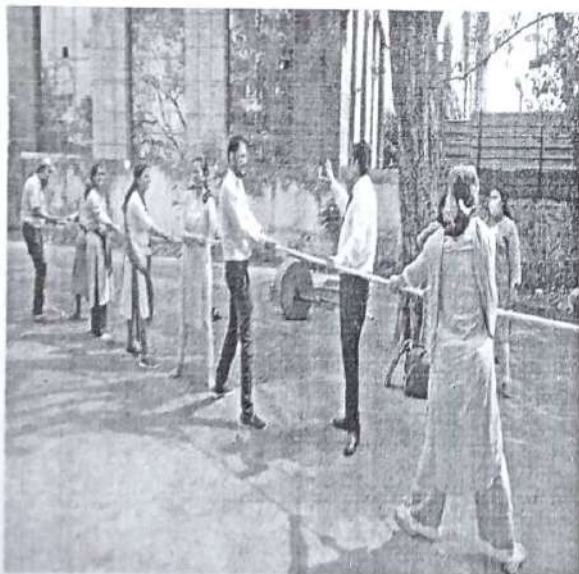
Assistant Professor, CMF' COP

Dr Priti Patil

Assistant Professor, CMF' COP









College of Physiotherapy

C/o. ATSS, C-2, MIDC, Opp. Chinchwad (E) Post Office, Chinchwad, Pune - 411 019.

Registered Public Charitable Trust No. E-1613 (Pune) Date 26-8-1992

Recognised by : Maharashtra State Council for Occupational Therapy & Physiotherapy, Mumbai
Government of Maharashtra

Affiliated to : Maharashtra University of Health Sciences, Nashik

Ref. :

Date :

COP/BPTb/146/22

11.7.2022

"One student One tree"

On occasion of 'Van mahotsav, vrukshancha utsav', 'Azaadi ka Amrut Mahotsav' & 'One student One tree' drive, as per directives by MUHS circular no- 44/2022, CMF'S College of Physiotherapy Chinchwad conducted tree plantation drive in and around Pimpri Chinchwad area. We conducted tree plantation drive where we planted tree at CMF's College of Physiotherapy Chinchwad, Mother Teresa Missionaries old age home, Dr Babasaheb Ambedkar Hospital Dehu Cantonment & Gurudwara at Dehu road. A total of 125 students participated in the drive along with 15 staff at various locations.

We would like to acknowledge the non teaching and teaching staff for the support in conducting the event smoothly.



Dr. Mrs. *Shilpa A. Parab*
M.Ph.T. (Cardio Respiratory)
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C/o ATSS, Chinchwad, Pune - 19

"One student One tree"

PHOTOS





Pimpri-Chinchwad, Maharashtra, India
JAYVARE, Khatol Nagar, MIDC, Chinchwad, Pimpri-Chinchwad, Maharashtra
Lat 18.644672°
Long 73.79297°
11/07/23 10:58 AM
Maha. Yashwantrao Chavan Pratishthan, Pimpri-Chinchwad



Pimpri-Chinchwad, Maharashtra, India
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11/07/23 10:58 AM
Maha. Yashwantrao Chavan Pratishthan, Pimpri-Chinchwad





Report on Tuberculosis Awareness Lecture

Pimpri Chinchwad Municipal Corporation, Akurdi had conducted an awareness lecture on Tuberculosis in CMF's College of Physiotherapy on 18th July 2022. The speakers for the lecture were Dr. Anjali Dhone, City Tuberculosis Officer and Dr. Vidyadhar Falle, Medical officer PCMC.

A total number of 69 undergraduate students were present for the awareness lecture from 2.30 pm to 3.30 pm. The session was started with introduction of the guests by Dr. Shweta Ingale. Dr. Vidyadhar Falle discussed about the causes, modes of transmission and diagnosis of Tuberculosis. Epidemiology and treatment was elaborated by Dr. Anjali Dhone. The session ended by vote of thanks by Dr. Pratima Sarwadikar.

We thank all the staff, non teaching staff and students for their active participation and help in smooth conduction of the event.

Dr Shilpa Parab

Principal, CMF's COP

Dr Shweta Ingale

Assistant Professor, CMF' COP

Dr Priti Patil

Assistant Professor, CMF' COP

Dr Pratima Sarwadikar

Assistant Professor, CMF' COP

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Dr. Mrs **SHILPA A. PARAB**
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Shweta
Priti

Pratima







CMF College of Physiotherapy

HSET unit in association with MUHS Nashik

Basic research Methodology workshop

Chaitanya Medical Foundation's college of Physiotherapy HSET unit in association with Maharashtra university of health sciences Nashik organized a 3 days workshop on " Basic Research Methodology" on 26th July 2022 to 28th July 2022. The event was co-ordinated by Dr. Shamala Pazare HSET co-ordinator. Total of 23 participants registered for this event.

Objectives

The objective of the workshop were to train the Master of Physiotherapy students and staff in basic methods of research. The workshop intended to give conceptual clarity about research methods and methodology which would help the students while they are conducting their dissertation.

Action

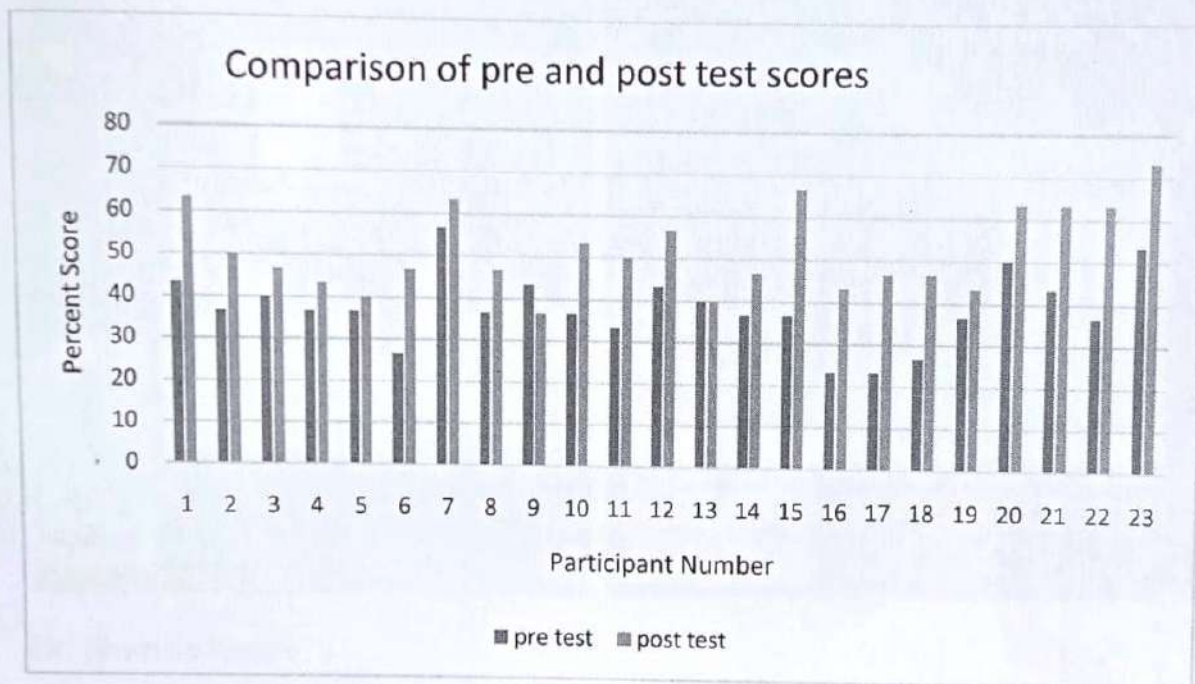
The workshop was of 3 days duration for 8 hrs per day. The timings were 9a.m. onwards. The event was inaugurated on 26th July and immediately the sessions were started. All three days approved faculty from MUHS for Medical education were invited to cover various topics such as Types of Study designs, Statistics, ROL, Critical appraisal of research activity were conducted. All the speakers took interactive activity based session.

Awareness

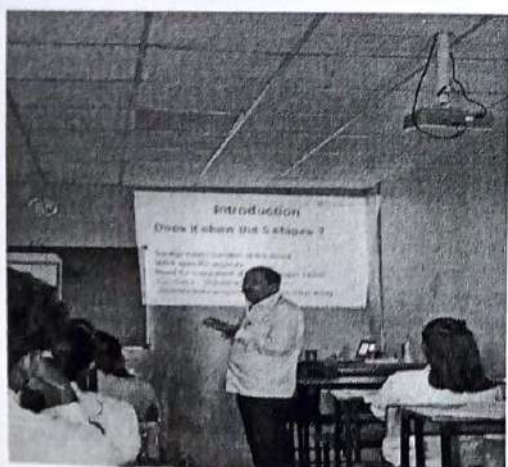
The master students became aware about the research methods. They gain knowledge about research statistics and related softwares. They also practically performed few tests under the guidance of Resource faculties. They also got insights and guidance for conducting their own PG thesis research projects.

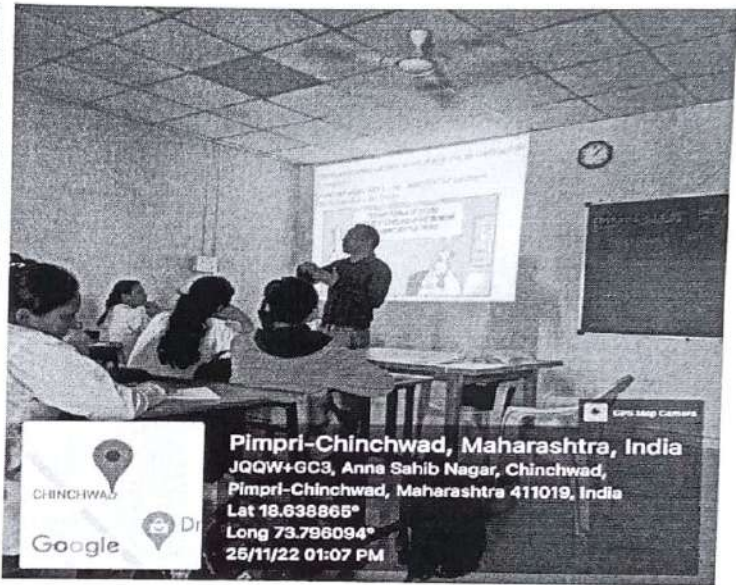
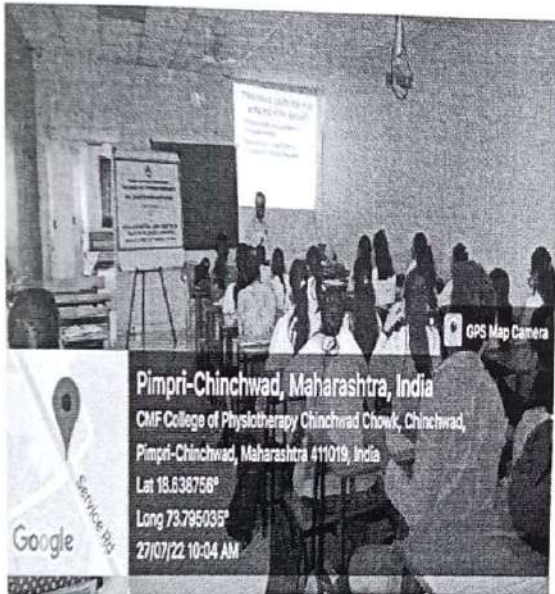
Outcome

The students were given pretest and post test to know the effectiveness of the workshop and whether the objective of organizing the workshop was met. The test had MCQ test paper on topics taken by the faculty.



The results shown above shows improvement in post test scores





Dr. Shamala Pazare

HSET unit Co-ordinator

S. Pazare

Dr. Shilpa Parab

Principal CMF's College of Physiotherapy

S. Parab



Dr. Mrs SHILPA A. PARAB
 M.Ph.T. (Cardio Respiratory)
 PRINCIPAL
 CMF's College of Physiotherapy
 ATSS, Chinchwad, Pune - 411

Report on Physiotherapy Week 2022

On occasion of World Physiotherapy Week, CMF's College of Physiotherapy, Chinchwad organized various activities from 5th to 8th September 2022.

On 5th September 2022, Physiotherapy Awareness Rally was organized in and around Chinchwad area from 9.30 am to 10.30 am. A Total number of 90 students which included 1st year BPT, 2nd year BPT, 4th BPT & 3 MPT students participated in the rally. Students were divided into 3 groups of 30 students each, led by MPT student which was proceeded in Keshav nagar, Gavade park & Orchid school Chinchwad areas. Students displayed posters regarding physiotherapy awareness and sang slogans. They solved the queries of the public regarding questions related to physiotherapy.

6th September was celebrated as Teachers day by the Organising batch in the auditorium from 2 to 4.30pm. Celebration included fun activities like singing, dancing followed by games. Students expressed their gratitude towards teachers and the programme was enjoyed by all the staff and students.

On 7th September 2022, Blood donation camp was organized in association with Lions Club of Pune Galaxy from 10 am to 4.30 pm in college. A total number of 48 participants donated blood out of the total 120 participants screened. All participants were awarded with a Certificate of Appreciation.

On 8th September 2022, a Physiotherapy screening camp was conducted by the Community Physiotherapy department at Dr Babasaheb Ambedkar Dehu Cantonment Hospital . A total of 22 patients participated in the screening camp. The camp was conducted under the guidance of Dr Anuja Bamne and a team of 5



MPT's & 3 UG students. On the same day an arthritis screening camp was conducted by the Musculoskeletal department which included Dr Himanshu Pathak, Dr Pallavi Chopade & Dr Vibhawari Wagh in OPD Of CMF's COP. Physiotherapy Week ended with Poster making & Reel making competition which was held in Yoga lobby from 2 pm to 4.30 pm. The theme for Poster making competition was osteoarthritis while for reels was Physiotherapy Awareness.

The winners for Poster making competition were as follows:

1. Miss, Rajeshwari, Miss Akshata, Miss Sakshi B (Final years)
2. Miss Kumari, Mr Rajesh (Final years)
3. Miss Mugdha, Miss Shruti, Miss Shreya, Miss Prajakta (First years)

The winners for Reel making competition were as follows:

1. Miss Mansi, Miss Ashlesha, Miss bhagyashri (Mpt)
2. Miss Vaishali (Second years)
3. Miss Shrutika, Miss Ashlesha (Mpt)

Dr Shilpa Parab


Principal, CMF's COP

Dr Shweta Ingale

Assistant Professor, CMF' COP

Dr Priti Patil

Assistant Professor, CMF' COP


~~Dr. Mrs. SHILPA A. PARAB~~
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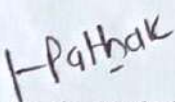


Arthritis Camp Report

Department of Musculoskeletal Physiotherapy of CMF'S College of Physiotherapy organized a Arthritis Camp on 8th September 2022, under the guidance of Dr.Shilpa Parab Madam, Principal CMF'S College of Physiotherapy. Camp was organized on the occasion of World Physiotherapy Day which is celebrated every year on 8th September 2022.

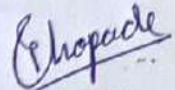
The overall focus for the World Physical Therapy day this year is osteoarthritis and the role of physiotherapist in its prevention and in the management of people affected by Osteoarthritis.

The camp was organized by a team of students led by Dr.Himanshu Pathak , Dr.Pallavi Chopade and Dr.Vibhavari Wagh. Free consultation was done and 50 % discount was given to the arthritis patients. Arthritis patients were evaluated and prescribed exercises. They were educated about the precautions and need of taking regular treatment and were referred to general OPD of the college for extended treatment.


Dr.Himanshu Pathak

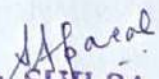
HOD

Musculoskeletal Department

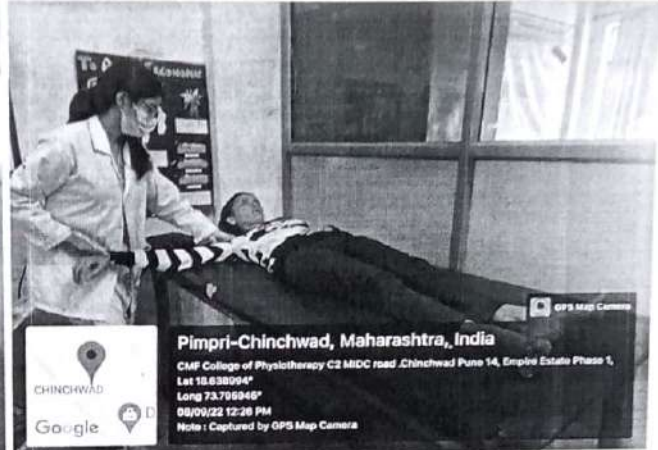

Dr.Pallavi Chopade

Associate Professor




Dr. Mrs. SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
1/3 ATSS, Chinchwad, Pune -19

Arthritis Camp Photo



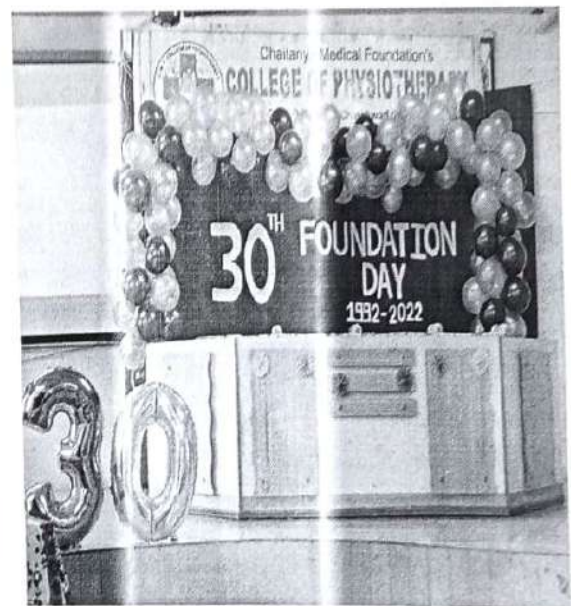
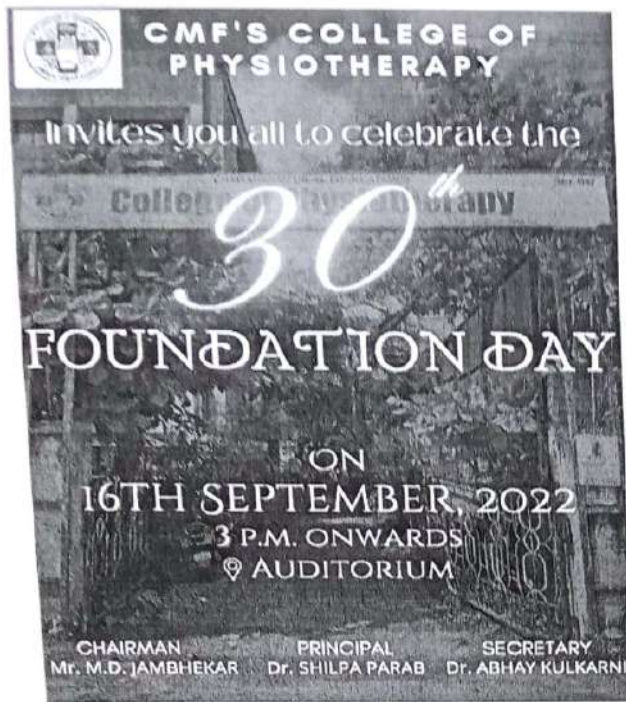
REPORT ON FOUNDATION DAY 2022

“It is said & believed that for any great work to be done, it is important to have a right foundation”. CMF’s College of Physiotherapy celebrated its 30th Foundation Day on 16th September 2022 with great pride & pleasure.

Foundation day was celebrated in the auditorium in presence of all the dignitaries, teaching & non-teaching staff & students from 3.30 pm to 5.30 pm. Dr Jayashree Kotwal, Ex HOD, YCM Hospital and Dr Parag Ranade, Principal Smt Kashibai Navle were invited as Chief Guest & Guest of Honour Respectively for the evening.

The programme started with Introduction by Dr Shweta Ingale & Dr Priti Patil. It was followed by Welcoming of guests by Dr Abhay Kulkarni, Secretary CMF’s COP & Dr Shilpa Parab, and Principal CMF’s COP. Lamp lighting ceremony was done by all the dignitaries. Dr Abhay Kulkarni shared his thoughts and future prospects of CMF’s COP. Dr Shilpa Parab conveyed her wishes and views on Foundation day. Chief Guest Dr Jayashree Kotwal expressed her outlook about CMF’s COP. Dr Parag Ranade, Guest of Honor his journey of in CMF’s COP as an undergraduate & postgraduate student and how it shaped his life. It was

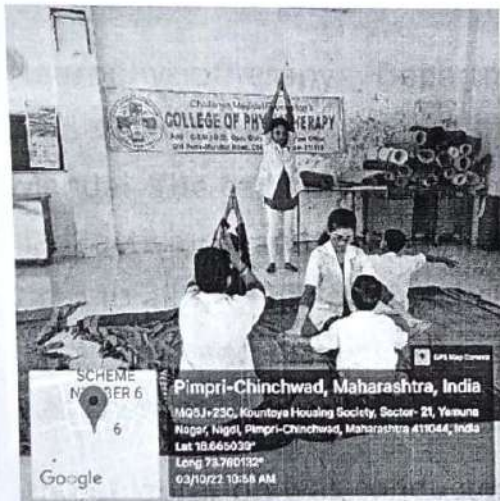




Report of Cerebral Palsy Day 2022

Neurophysiotherapy Department, CMF's College of Physiotherapy celebrated Cerebral Palsy Day on 3rd October 2022 at Pimpri Chinchwad Apang Mitra Mandal. The celebration began with a song, "Manasane manasasang". Fun filled activities and games were conducted for the children. Gifts were distributed to all the children for their participation. The children showcased their talent by singing and dialogue delivery. A group exercise session was conducted for these children.

The Celebration was conducted by Dr Shamla Pazare along with the Under-graduate students. The trustee Mrs Bhoite appreciated the activity.



Spazare

Dr. Shamla Pazare

HOD, Neurophysiotherapy, CMF's COP

Shilpa
Dr Shilpa Parab

Dr. Mrs SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
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ATSS, Chinchwad, Pune-19



ELDERLY DAY CELEBRATED

CMF's College of Physiotherapy, Community Physiotherapy Department celebrated The International Day of Older Persons at Mother Teresa Home, Pune on 1st October 2022.

The overall umbrella theme for the United Nations International Day of Older Persons in 2022 is "Resilience of Older Persons in a Changing World." Dr. Anuja Bamne led the celebration by holding a gathering of elderly persons and cordially welcoming them, encouraging the senior citizens enthusiastically throughout the event.


The Program commenced with a welcoming speech highlighting both the opportunities and the challenges that ageing presents, celebrating and honouring to respect the contributions that older individuals make to society, followed by fun activities like passing the parcel with music and others. They sang old melodies, recited poems, and presented mimicry to enliven the programme. The program ended with vote of thanks by the management of CMF college of physiotherapy.

Dr Shilpa Parab

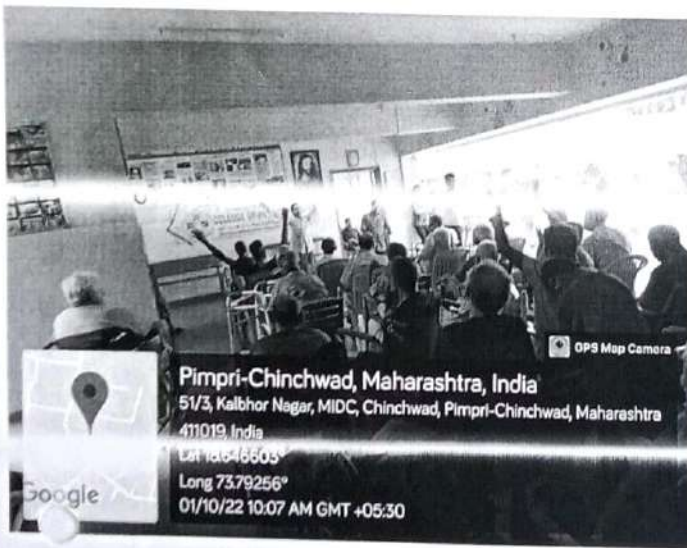


Principal, CMF's COP

Dr Anuja Bamne



Assistant Professor, CMF' COP





Report of Diabetes Screening and Awareness Camp

On the occasion of World Diabetes Day on the 14th of November 2022, CMF's College of Physiotherapy organized a Diabetes Screening and Awareness Camp at Dr. Babasaheb Ambedkar Cantonment General Hospital, Dehu.

The camp was held in the Physiotherapy OPD between 9:30 am and 1:00 pm. 3 teaching staff members - Dr. Priti Patil, Dr. Sayali Rasal and Dr. Namrata Mali along with 2 MPT students, 5 interns and 4 final year BPT students; a total of 14 physiotherapists conducted the camp.

15 patients had pre registered for the camp. 31 patients were screened for diabetes in the camp. The camp consisted of random blood sugar level testing, diabetes risk factor assessment, diabetic foot assessment and care and exercise prescription for the patients.


The students had prepared informative charts and presentations to educate the patients regarding various risk factors, foot care and exercises in diabetes.

We thank the management and all the teaching and non teaching staff for their support for the smooth and successful conduction of the camp.

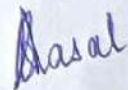



Dr. Shilpa Parab

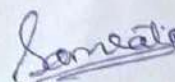
Principal


Dr. Priti Patil

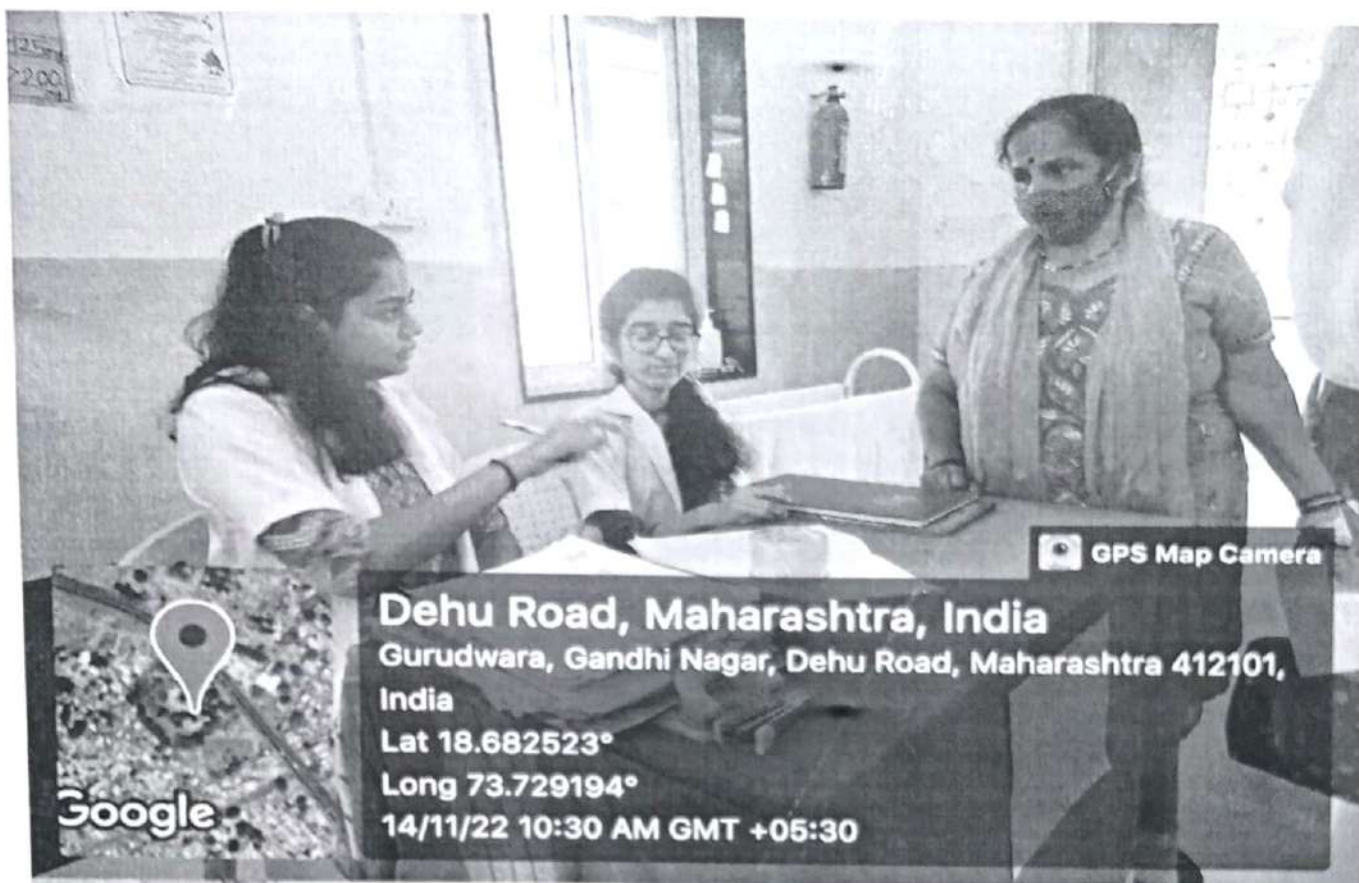
Assistant Professor

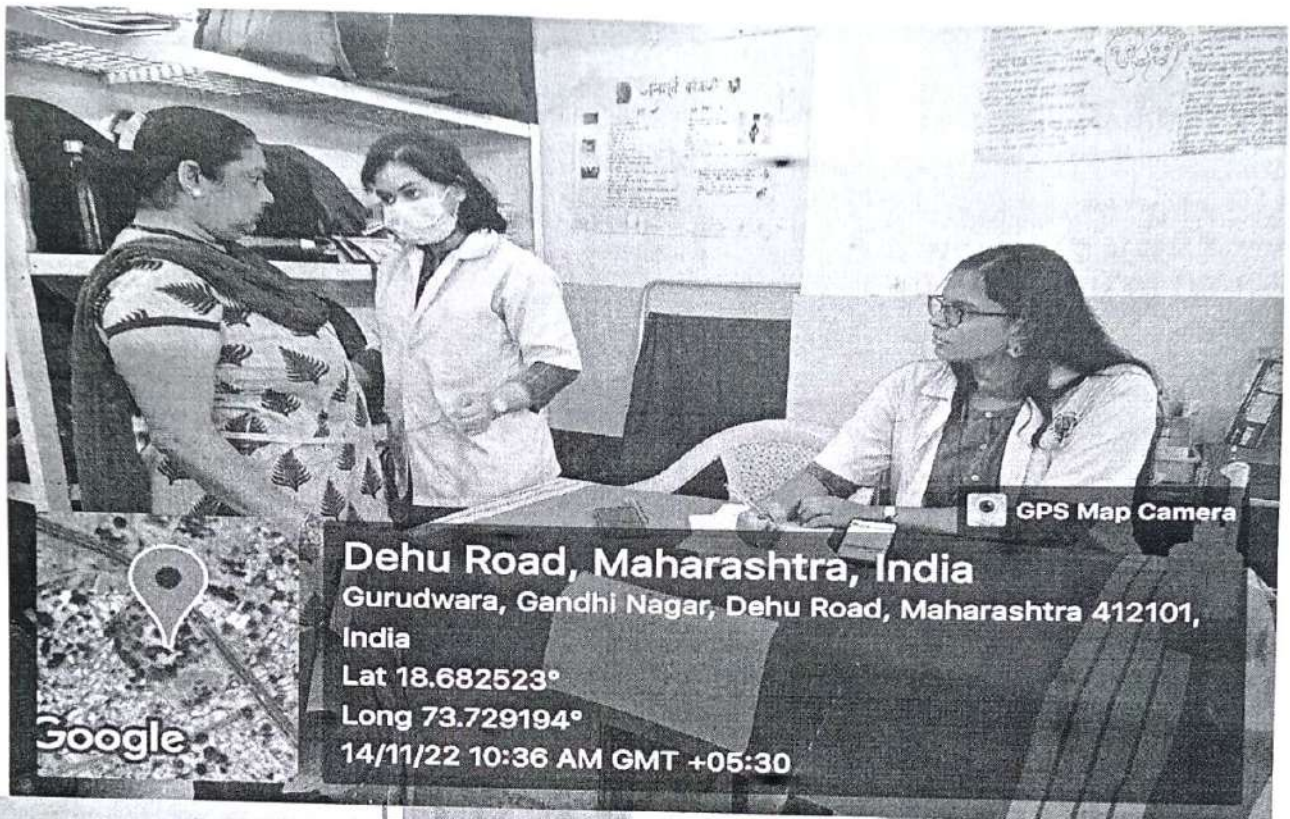

Dr. Sayali Rasal

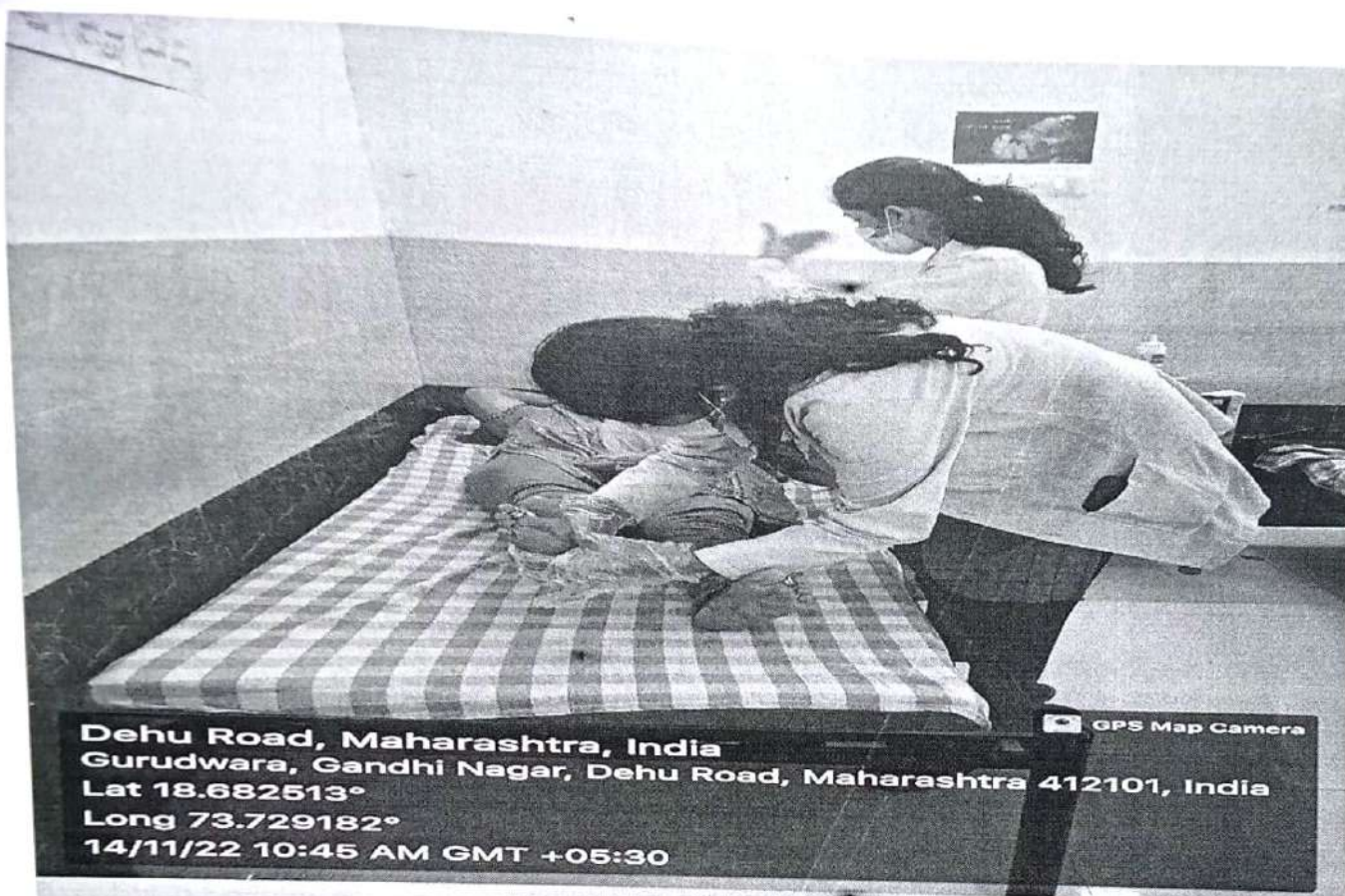
Assistant Professor


Dr. Namrata Mali

Assistant Professor







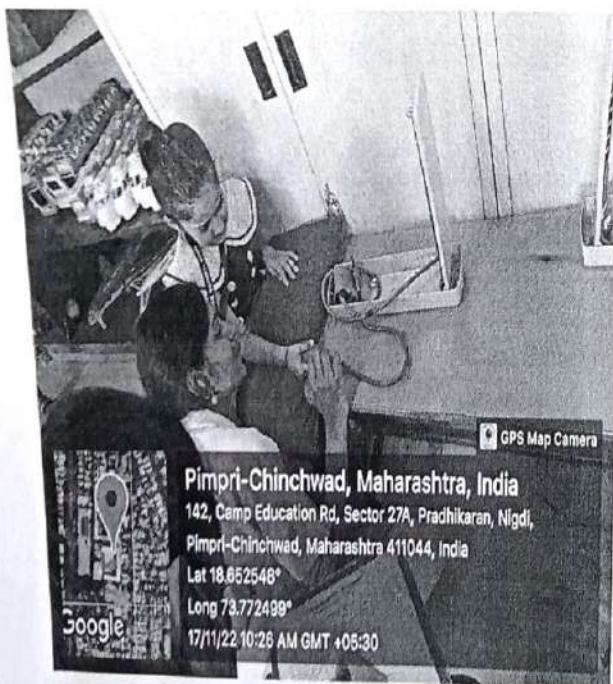
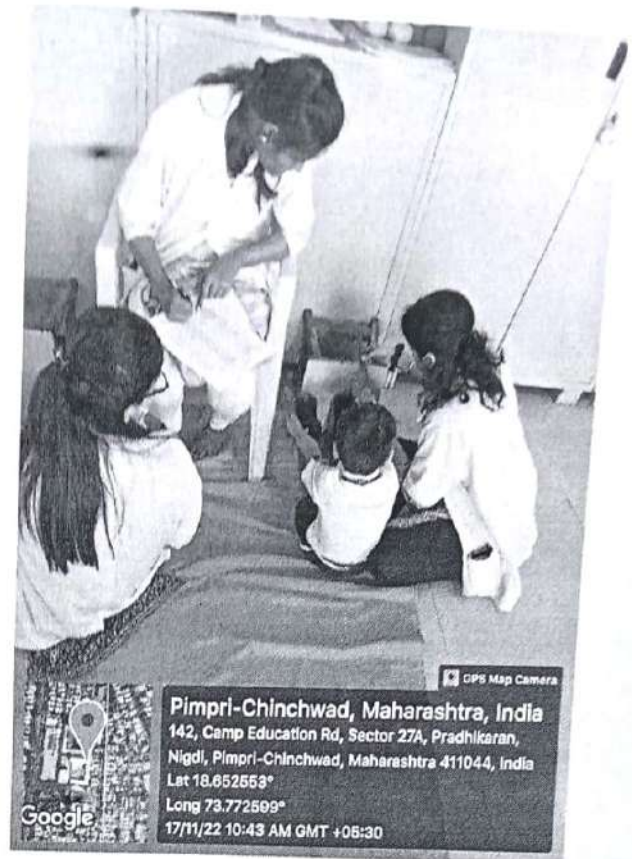
Date: 17.11.2022

Report of Pediatric Camp 2022

As a part of celebration of our beloved Chairman and Managing Trustee, Mr M. D. Jambhekar sir's birthday on 13th November, pediatric Camp was organized by Neurophysiotherapy Department, CMF's College of Physiotherapy at City Pride School, Nigdi on 17th November 2022. The Camp was conducted by Dr Shamla Pazare, Dr Shweta Ingale along with 3 post-graduate students & 9 Under-graduate students.

A total number of 155 students of Lower Kindergarten Section: Mickey, Noddy, Donald & Oswald divisions were assessed. Assessment consisted of Flexibility, Co- ordination & Grip strength testing along with Height & Weight measurement. Sit & Reach test was used for assessment of Flexibility. For Co- ordination testing, Students were asked to aim ball in basket from 1 metre distance & the number of total number of aims in 1 minute were recorded. Grip strength was assessed by using Sphygmomanometer; best of the 3 trials was recorded. All the assessments were recorded in respective assessment sheets.

The activity was highly appreciated by the teachers of City Pride school, Nigdi.



Shweta
Dr Shweta Ingale
Assistant Professor



Shamla
Dr. Shamla Pazare
HOD, Neurophysiotherapy



CMF College of Physiotherapy

HSET unit in association with MUHS Nashik

Resident as Teacher Workshop

Chaitanya Medical Foundation's college of Physiotherapy HSET unit in association with Maharashtra university of health sciences Nashik organized a 3 days workshop on "Basic Research Methodology" on 24th to 25th November 2022. The event was co-ordinated by Dr. Shamala Pazare HSET co-ordinator. Total of 21 participants registered for this event.

Objectives

The objective of the workshop were to train the Master of Physiotherapy students to train as teachers. This workshop would make the pg students aware about Various methods of teaching learning. The pg students would get trained as future teachers..

Action

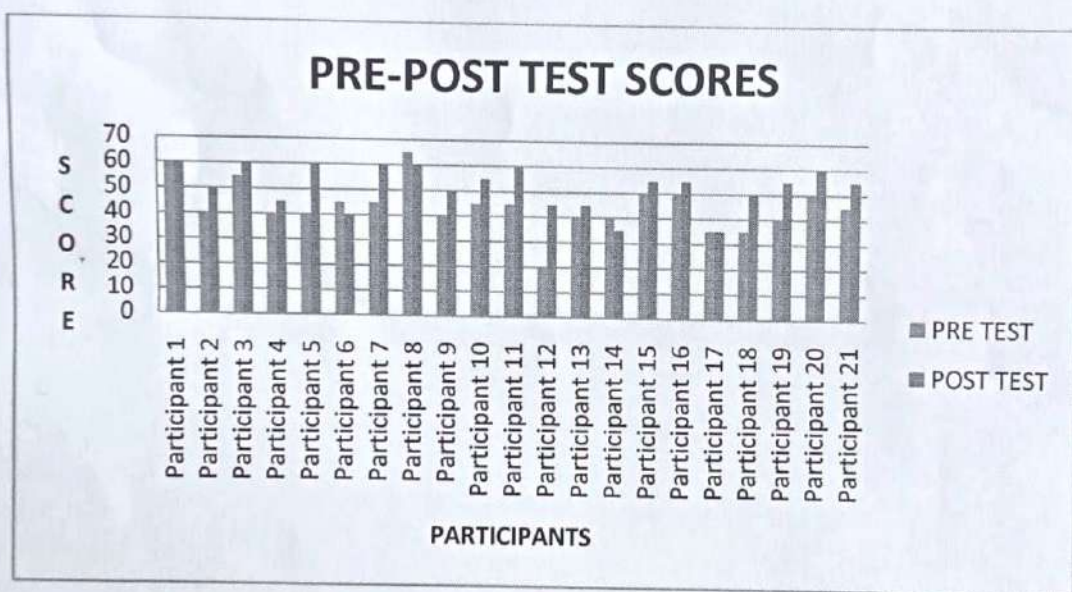
The workshop was of 2 days duration for 8 hrs per day. The timings were 9a.m. onwards. The event was inaugurated on 24th November 2022 and immediately the sessions were started. Both the days approved faculty from MUHS for Medical education from affiliated colleges were invited to cover various topics such Learning domains, audio visuals tools and educational research domains, theories of learning.

Awareness

The master students gained knowledge about various methods of teaching skills. They practically experienced the art of teaching by performing microteaching session activity themselves.

Outcomes

The students were given pretest and post test to know the effectiveness of the workshop and whether the objective of organizing the workshop was met. The test had MCQ test paper on topics taken by the faculty. The participants gave positive feedback



Dr. Shamala Pazare

HSET Co-ordinator

Spazare



Dr. Shilpa Parab

Principal CMF's college of Physiotherapy Chinchwad

Shilpa Parab

Dr. Mrs SHILPA A. PARAB

M.Ph.T. (Cardio Respiratory)

PRINCIPAL

CMF's College of Physiotherapy

10 ATSS, Chinchwad, Pune -19

CMF college of Physiotherapy
Department of Community Physiotherapy
Report of Disability awareness camp

CMF's college of Physiotherapy had organized Disability awareness camp under the observation of Dr. Shilpa Parab (Principal), Dr. Namrata Mali (Assistant Professor in CBR), and Dr. Anuja Bamne (Assistant Professor in CBR) on occasion of world disability day at Dr. Babasaheb Ambedkar cantonment hospital, Dehuroad, Pune on 10 December 2022.

Objectives

The objective of camp was to spread awareness about disability, to change society's attitude towards disabled people, acknowledge disabled and society about resources and provisions made by government.

Action

The camp started with the introduction and felicitation of the speaker. Dr. Palkar, AMO at Cantonment hospital, Mr. Todkar, AMO at Cantonment hospital, Mrs. Kokate, Nursing Incharge. Short skit based on "Misbehaviors with disabled and its impact" were presented by PG and final year students of CMF college of Physiotherapy.

Awareness

All the speakers emphasized on disability and positive attitude towards disabled people. Rights and provisions as per 2016 PWD ACT were discussed. Information about Government loan and Pension schemes were given to people. Attendees shared their views and experiences. Physiotherapy role in Disability rehabilitation was appreciated by people.

Outcome

Camp feedback was taken from people using satisfaction survey questions. Total 32 people gave their feedbacks.

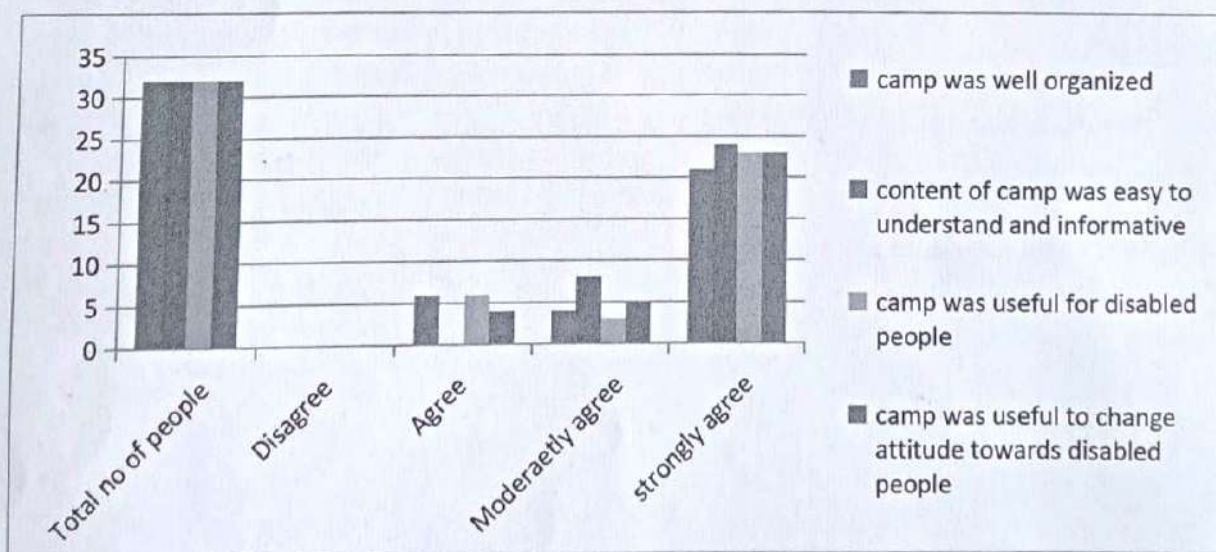
The camp ended with vote of thanks.

Satisfaction survey:

Total number of people attended the camp were 32.

Questions	Disagree	Agree	Moderately agree	Strongly agree
Camp was well organized.	-	4	4	21
Content of the camp was easy to understand and informative.	-	-	8	24
Camp was useful for disabled people.	-	6	3	23
Camp was useful to change attitude towards disabled people.	-	4	5	23

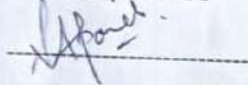
Interpretation:



- 1) Camp was well organized? : - About 0% were Disagree, 18.75% people were agree, 12.5% were moderately agree and 65.62% people were strongly agree with this question.
- 2) Content of camp was easy to understand and informative? : - 0% Disagree, 0% Agree, 25% moderately agree and 75% strongly agree.
- 3) Camp was useful for disabled people? : - 0% Disagree, 18.75% agree, 9.37% moderately agree, 71.8% strongly agree.
- 4) Camp was useful to change attitude towards disabled people? :- 0% disagree, 12.5% agree, 15.6% Moderately agree, 71.8% Strongly agree.

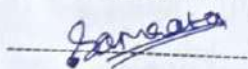
Students feedback about Camp:- Students got knowledge about disability awareness, they came to know about various newly established government provisions for Disabled people. e.g. Maharashtra state handicapped finance and development corporation, Indira Gandhi national disabled pension scheme.

1. Dr. Shilpa Parab



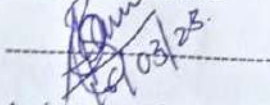
Principal, CMF's COP

2. Dr. Namrata Mali



Assistant Professor, CMF's COP

3. Dr. Anuja Bamne



Assistant professor, CMF's COP



Dr. Mrs SHILPA
M.Ph.T. (Cardio Respirology)
PRINCIPAL
CMF's College of Physiotherapy
78 ASES, Churchwad, Pune -19

Pictures:



Report on SELF DEFENCE WORKSHOP

Self-defense is a kind of protective action that one performs when he/ she is in troublesome situation. These actions are produced within the available resources and minimum equipment. One should always be aware and alert to defend their own body. As we live in this brutal 21st century where most of the females are harassed this education of self-defense is a must for every female out there.

Place - Pimpri Chinchwad, Pune. Date – 17 January 2023

The Rotaract Club of CMF COP, in association with the Spartans Sports Academy conducted a sweet and simple yet very enthusiastic and insightful, THE SELF DEFENCE WORKSHOP. This workshop was possible because of the support of Dr. Shilpa Parab ma'am, the principal of the CMF's College of Physiotherapy, the thoughtful teaching staff and Dr. Priti Patil and last but not the least the energetic students of the college.

The purpose behind this workshop was to enlighten the students about their own safety by the means of self-defense. All the students from the 3rd and 4th year bpth and the mpts participated in this event. At the beginning of the program all of the students had the basic idea of what self-defense means but at the end of the day the same students were able to learn and perform the protective moves which were taught during the session. Dipti Kalse, Vivek Bhusum, Mihika Tambe were the instructor who were teaching the students the defensive moves.

The workshop started with a brief introduction about the instructors and by felicitating them, then Dr. Shilpa Parab ma'am shared her few words of wisdom with the students and the importance of this workshop in today's world.


A short period of warm up exercises were done before beginning the actual workshop. Students were made aware of the different situation which they might face in the outside world and the technique to tackle them. Various protective and defensive moves were taught to them. All of them enjoyed as well as learnt a lot from the workshop. A general idea was given by the instructors about how the student should be alert aware and responsible about the surrounding. The physical and the mental preparation of oneself is important before performing any of these defensive moves were taken into consideration. Students were actively participating in the workshop, asking queries and doubts to the instructors and seeking solutions for the same. By the end of the workshop all of them were quite aware about how they should tackle any

violent situation by the means of self-defense. Major thanks to the principle of the CMF's college of Physiotherapy, the coordinating staff and the instructors from the Spartans Sports Academy for managing their schedule and providing their knowledge.

Dr Shilpa Parab

Principal

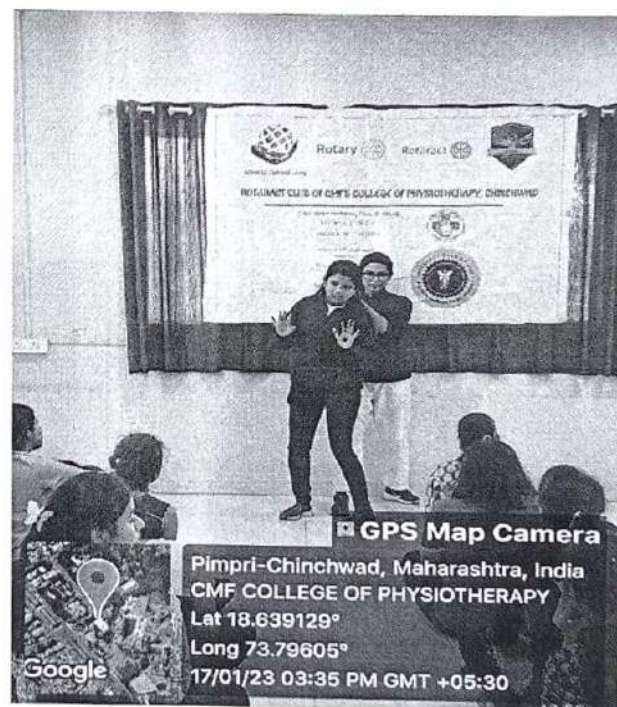
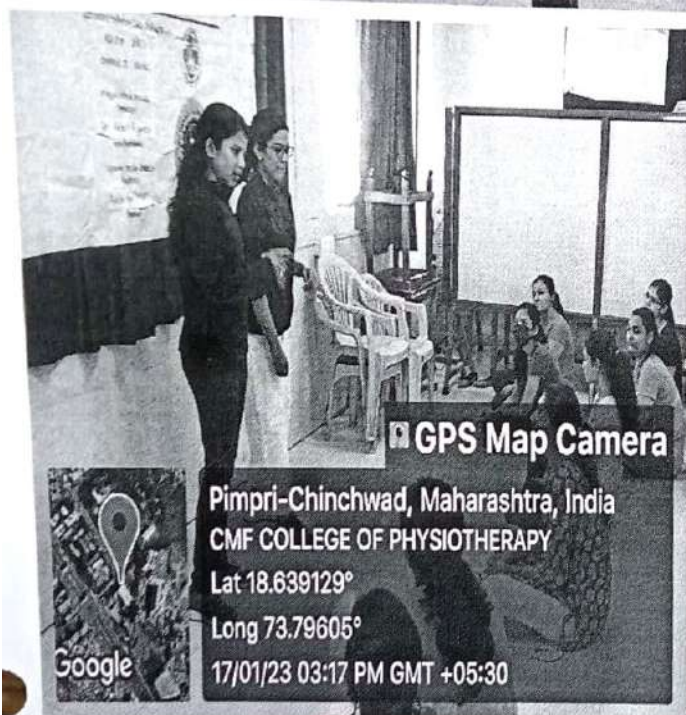



Dr. Mrs. SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
ATSS, Chinchwad, Pune -19

Dr Priti Patil

Rotaract faculty member





Pilates Instructor training course Report

Department of Musculoskeletal Physiotherapy of CMF'S College of Physiotherapy organized a workshop on "Pilates Instructor training course" on 30th and 31st January 2023, under the guidance of Dr. Shilpa Parab Madam, Principal CMF'S College of Physiotherapy. Resource person for this workshop was Dr. Surajeet Chakrabarty sir. Dr. Surajeet Chakrabarty sir is a certified fitness instructor and Educator, President of Indian Academy of Fitness Training. He trained over 8000 professionals and Physiotherapists in the field of fitness training.

Total 30 Student's (Interns, Masters and Final year) and 4 faculty members attended the workshop. Chakrabarty sir has explained the importance of fitness industry and how to do entrepreneurship in fitness industry.

It was a practical oriented workshop. Sir has demonstrated Basic, Introductory, Intermediate and Advanced Pilates moves along with band Pilates; ball Pilates, standing Pilates to students. He supervises the practice done by students nicely. It was an interactive session. Students learned a lot from the workshop.

After the workshop vote of thanks was given by Dr. Pallavi Chopade. Dr. Surajeet Chakrabarty sir and Dr. Himanshu Pathak sir has distributed the certificates.

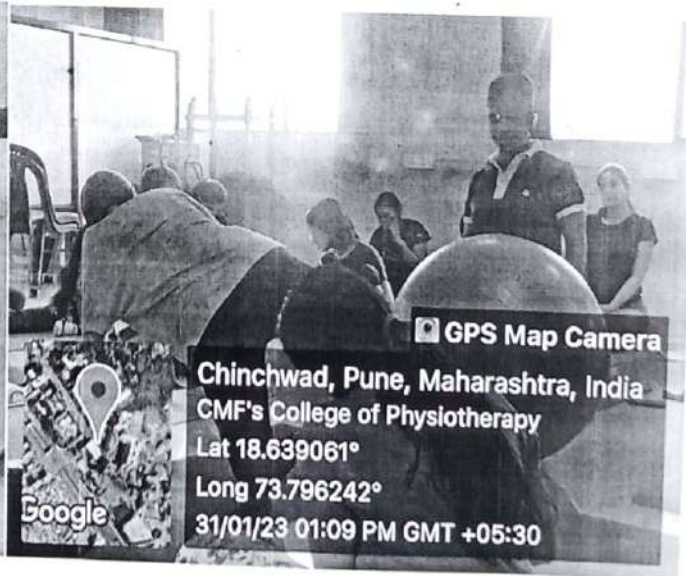
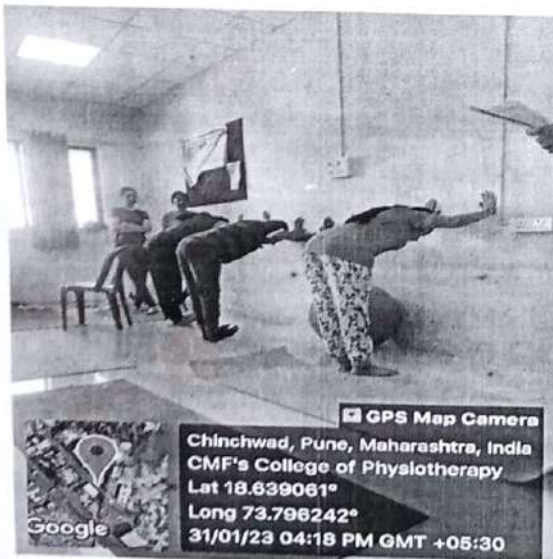
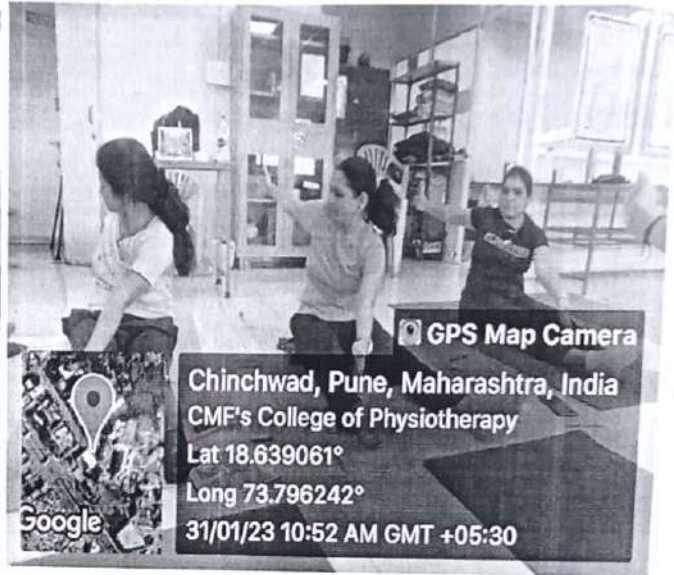
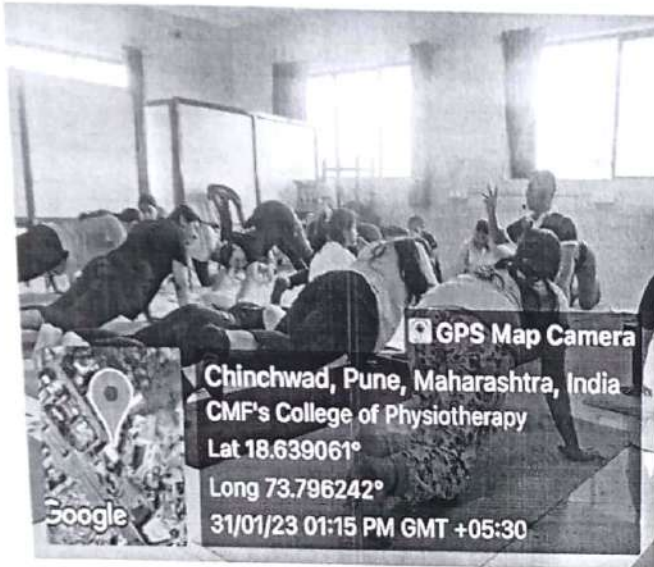
H. Pathak
P. Chopade

Musculoskeletal Department



Dr. Mrs. SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
ATSS, Chinchwad, Pune - 19

Pilates Instructor Training Workshop Photo



Report of Decoding Recovery Nutrition

Recovery nutrition is an important aspect of physiotherapy practice, as it plays a key role in the rehabilitation process. Physiotherapy students should understand the impact of nutrition on patient outcomes and the role of protein, carbohydrates, and hydration in the recovery process. Adequate nutrition and hydration support the body's ability to repair and rebuild tissues, improve healing, and promote overall well-being. Physiotherapy students should be able to educate their patients on the importance of recovery nutrition and provide practical guidance on how to meet their nutritional needs during the rehabilitation process. Incorporating principles of recovery nutrition into clinical practice can lead to improved patient outcomes and a more comprehensive approach to rehabilitation.

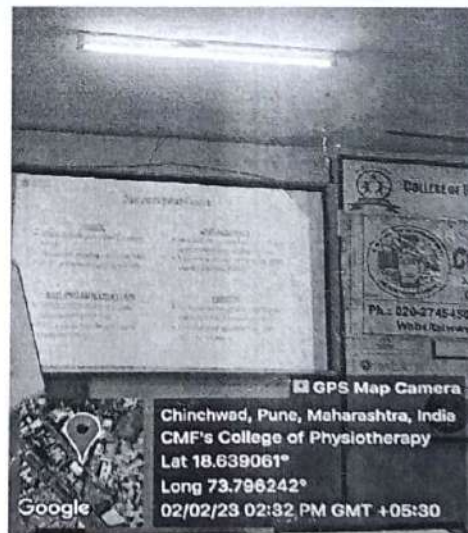
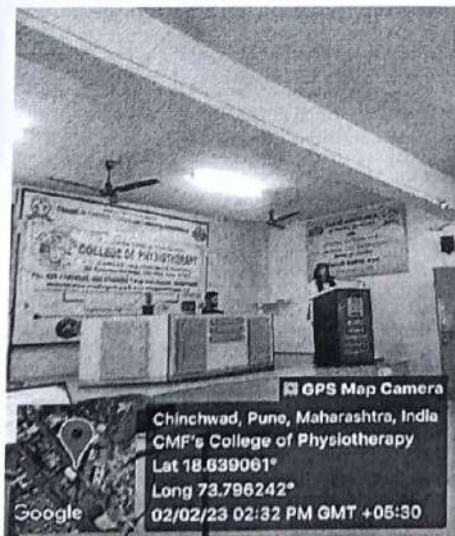
The seminar was conducted for all the students of 3rd year, 4th year BPT and 1st year and 2nd year MPT students and staff. The session was conducted in the auditorium on 2nd February 2023 from 2 to 3 pm. The session was opened by Dr Priti Patil with brief introduction of the speaker, followed by Welcoming of the speaker and the coordinator of iThrive academy Mr Saurabh. A brief overview was given by our Principal Dr Shilpa Parab ma'am. The session was conducted by our guest speaker for the day Dr Meryn Aricatt, Masters in Sports Science, Sports Nutrition practitioner, Visiting faculty ISST, Instructor at iThrive Academy.

Session outline:

Introduction to recovery nutrition. Definition of recovery nutrition. Importance of recovery nutrition for maintaining good health and recovering quickly after an injury. The role of different nutrients in recovery. Protein for muscle repair and rebuilding. Other important nutrients, such as vitamins and minerals. Practical tips for incorporating recovery nutrition with your practice. Q&A and discussion.

The session was closed with vote of thanks given by Dr Hina Jain.

We acknowledge the support and cooperation of our management, our teaching, non teaching and students for the seminar.





Dr Shilpa Parab
Principal

Dr Priti Patil
Assistant Professor

S. Parab
Dr. Mrs SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
ATSS, Chinchwad, Pune



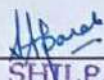
Report of the WORLD CANCER DAY awareness rally

Cmf's College of physiotherapy had organized an awareness rally on the occasion of world cancer day dated 4th of February 2023, as directed by MUHS, Nashik.

A Total number of 30 students including both undergraduate and post- graduates participated in the Cancer awareness rally along with teaching staff Dr Shweta Ingale and Dr Anuja Bamne under the guidance of Principal, Dr Shilpa Parab ma'am. The route of awareness rally was in and around area of Mohan Nagar from the CMF college of physiotherapy, Chinchwad. Rally started at 9:30 am from the area of CMF college of physiotherapy to the route of Mohan Nagar. Student carried the posters of preventions and Awareness Messages regarding Cancer, along with hard-hitting slogans "*Tambako se naata todo, swasth jeevan se naata jodo*" to spread Awareness in the people. Student enthusiastically took a part in the rally and helped the society to educate and prevent the cancer.

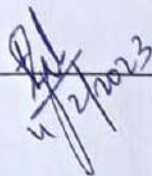
Dr Shilpa Parab

Principal, CMF's COP


Dr. Mrs. SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
Chinchwad, Pune -19

Dr Shweta Ingale

Assistant professor, CMF's COP

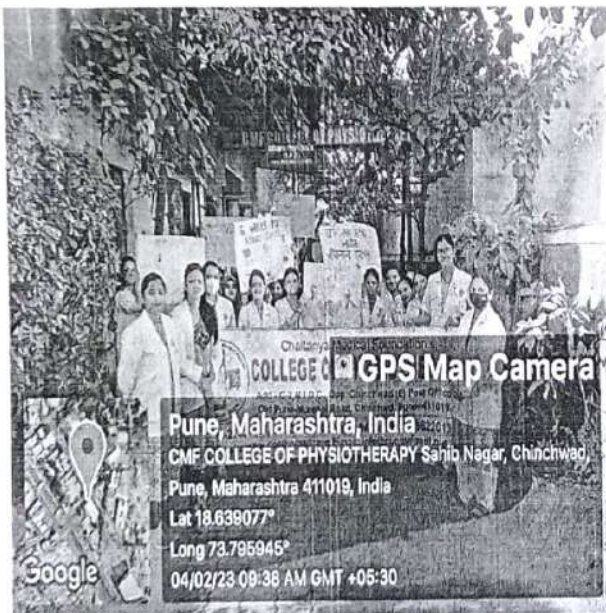
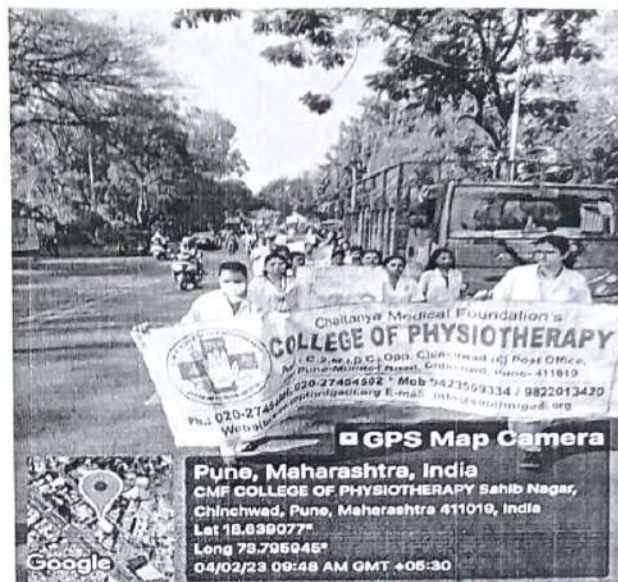

4/2/2023

Dr Anuja Bamne

Assistant Professor, CMF' COP


4/2/2023





Date: 10.02.2023

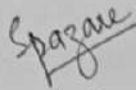
Report of Pediatric Camp 2022

As a part of celebration of our beloved Chairman and Managing Trustee, Mr M. D. Jambhekar sir's birthday on 13th November, pediatric Camp was organized by Neurophysiotherapy Department, CMF's College of Physiotherapy at City Pride School, Moshi on 6th February 2023 & City Pride School, Ravet on 7th and 8th February 2023 . The Camp was conducted by Dr Shamla Pazare, Dr Abhishek Panchal along with post-graduate students & ujnnder- graduate students.

All the LKG students of City Pride School, Moshi & all LKG and UKG students City Pride School, Ravet were assessed. Assessment consisted of Flexibility, Co- ordination & Grip strength testing along with Height & Weight measurement. Sit & Reach test was used for assessment of Flexibility. The activity was highly appreciated by the teachers of both the branches of City Pride School.



Dr Abhishek Panchal
Associate Professor

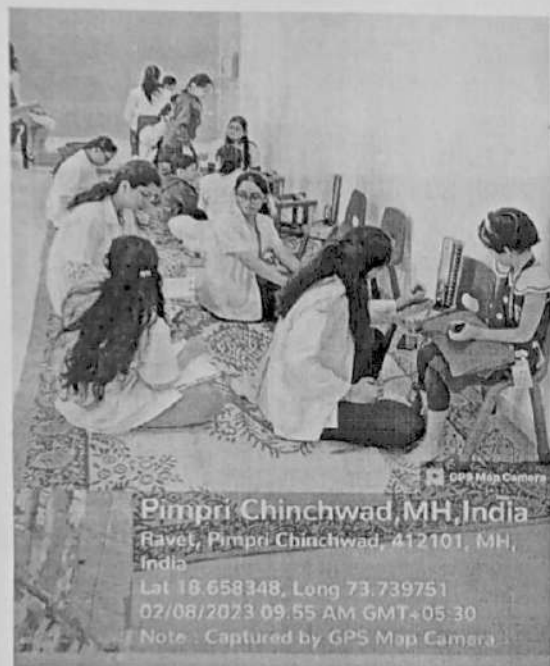


Dr. Shamla Pazare
HOD, Neurophysiotherapy



Dr. Mrs SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
ATSS, Chinchwad, Pune -19





Dr. Panchal

Dr. Abhishek Panchal
Associate Professor

Dr. Pazare

Dr. Shamla Pazare
HOD, Neurophysiotherapy

Principal



Dr. Mrs. Shilpa A. Parab
Dr. Mrs. SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
ATSS, Chinchwad, Pune -19

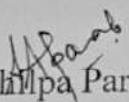
CMF COLLEGE OF PHYSIOTHERAPY
DEPARTMENT OF COMMUNITY PHYSIOTHERAPY
REPORT ON PUNE MAHA MARATHON

On 19th February 2023 Lokmat initiated PUNE MAHA MARATHON. It was presented by Punit Balan Group with a slogan of BHAAGO BINDASS. It was a 21 KM marathon.

CMF COLLEGE OF PHYSIOTHERAPY students mainly Masters and interns represented in that marathon as a physiotherapist. It started early morning 4:30 AM and ended by 11:30AM.

Students gave pre and post marathon stretching to the runners. Post marathon runners who were injured with muscle strain and ligament sprain were treated accordingly.

It ended with a vote of thanks by the organizer and a Cool down session by the aerobic fitness team.


Dr. Shilpa Parab

Principal, CMF'S COP.



CMF COLLEGE OF PHYSIOTHERAPY
DEPARTMENT OF COMMUNITY PHYSIOTHERAPY
REPORT ON INTERNATIONAL OBESITY DAY CAMP

CMF's college of Physiotherapy had organized Obesity awareness camp under the observation of Dr. Shilpa Parab (Principal), Dr. Priti Lendghar (HOD and Associate Professor CBR), Dr. Namrata Mali (Assistant Professor in CBR) and Dr. Anuja Bamne (Assistant Professor in CBR) at Dr. Babasaheb Ambedkar Cantonment Hospital, Dehu road, Pune on 4th March 2023.

Objectives

Objective was to spread awareness about obesity. To discuss risk factors, ill effects and modifications that can be done for same.

Action

The camp started with the introduction and felicitation of the speaker. Mrs. Kokate, (Nursing incharge) and Mrs. Nivedita (Nursing incharge). Short skit based on "Obesity Its Causes And Things To Be Modified" were presented by final year and third year students. Also awareness information was given by PG students of CMF college of Physiotherapy.

Awareness

All the speakers emphasized on obesity, its causes and positive attitude towards changing lifestyle. What are modifiable and non-modifiable causes of obesity were discussed. Information about dietary changes and importance of physical activity was denoted. Attendees shared their views and experiences. Physiotherapy plays a role in awareness and preventing obesity.

Outcome

Camp feedback was taken from viewers. A total of 22 gave their feedback.

A camp ended with a vote of thanks.

Pictures

