


1.

Date: 06/01/21

Activity Name: World Diabetic Day: Webinar on “**Importance of Exercise in Diabetes**”




Chaitanya Medical Foundation

College of Physiotherapy

C/o. ATSS, C-2 MIDC Opp. Chinchwad (E) Post office, Chinchwad, Pune 411019
Tele-fax: (020) 27454501 / 27454502 Mobile: 9423559334 / 9822013420

ON OCCASION OF

World Diabetes Day




We Warmly Invite you for
A free webinar on

"Importance Of Exercise In Diabetes"

On 6th January 2021, Wednesday
at 11am on Google Meet

Event organiser
Dr. Shilpa Parab (HOD, CVRS)
Dr. Sushil Arora (Assistant Professor)
Dr. Priti Patil (Assistant Professor)



Registration at-
<https://forms.gle/zvdu48ykyqRW12vb8>

WORLD DIABETIC DAY WEBINAR 2021 REPORT

On Occasion of World Diabetic Day, Department of Cardio-respiratory sciences, CMF college of Physiotherapy Pune, organised an interactive webinar on "IMPORTANCE OF EXERCISE IN DIABETES" on 6th January 2021.

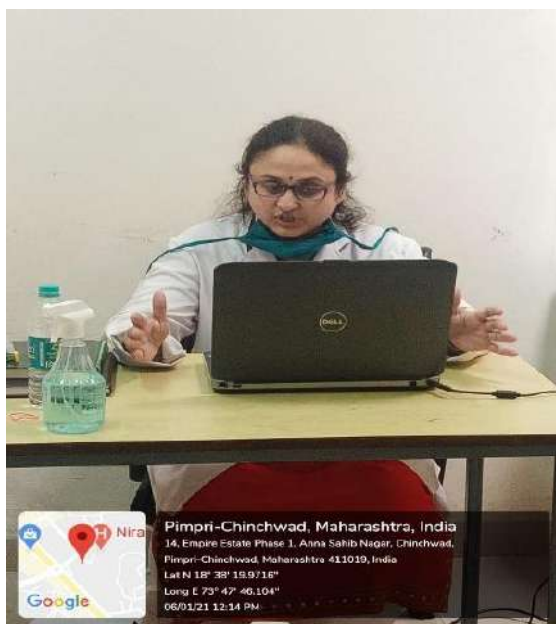
We would like to thank our chairman Mr M D Jambhekar and secretary Mr Abhay Kulkarni for giving us the opportunity and platform for conducting the event.

The event was conducted online on the google meet platform. A total of 118 registrations were received through Online registration. A whatsapp group was created for the participants which led to participation of additional 30 participants. We saw registration from different cities of the country and two participants were from Dubai and Singapore. Through this whatsapp group all the login details were provided and the communication was done. On the day of the event we saw participation of 90 participants from various strata of the society including students, teachers, diabetic patients, geriatrics and physiotherapists. The event was also live streamed on facebook through the college' official facebook account.

The event was conducted at 11 am on Saturday 6th January 2021. The session was introduced by Dr Hiral Jain, MPT, Department of Cardio-respiratory sciences. The participants were addressed by Dr Shilpa Parab, Principal & HOD, Department of Cardio-respiratory Sciences. The session was conducted by the team of Cardio-respiratory sciences, CMF college of Physiotherapy, Pune. Dr Priti Patil, Assistant Professor Department of Cardio-respiratory Sciences, started with an introductory session on 'Knowledge of Diabetes'. Dr Sushil Arora, Associate Professor Department of Cardio-respiratory Sciences, conducted the session on 'Investigations and pharmacological management of Diabetes'. The session was then concluded by Dr Shilpa Parab, Principal & HOD Department of Cardio-respiratory Sciences, with a session on 'Importance of exercises in Diabetes'. A question answer session was conducted for the participants by the team. The vote of thanks was given by Dr Priti Patil, Assistant Professor, Department of Cardio-respiratory sciences and the session was ended.

Feedback was taken through online google forms and analyzed.

PHOTOGRAPHS



2.

Date: 26/2/21

Activity Name: World Lecture on “Ergonomic Advice for Automobile Industry Workers”

Report

Date: 26/02/2021

LECTURE ON ERGONOMIC ADVICES AT SKODA AUTO VOLKSWAGEN INDIA PRIVATE LIMITED, CHAKAN

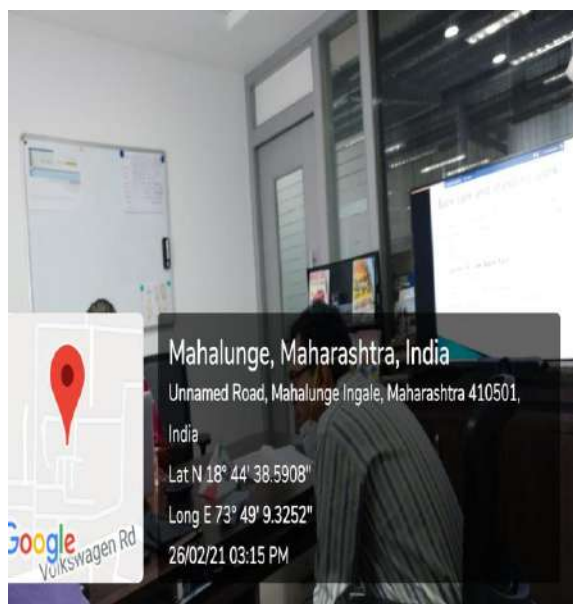
CMF's college of physiotherapy organized a lecture on “Ergonomic advices for Automobile Industry Workers” at Skoda Auto Volkswagen India Private limited, Chakan on February 26, 2021 under the guidance of Dr. Shilpa Parab madam, Principal CMF College of physiotherapy. The lecture was conducted by Dr. Himanshu Pathak & Dr. Shweta Naidu from Musculoskeletal Department. The lecture included Ergonomic considerations for automobile workers, possible risk factors, injuries, faulty working postures, cumulative trauma causes and preventive measures for the same. Total 52 employees attended the lecture on Skype platform. Employees from other cities also joined the Lecture online. The program was interactive one. It includes queries from the employee's regarding role of physiotherapy to overcome their problems. After the lecture Dr. Himanshu & Dr. Shweta consulted the employee's on one to one basis regarding their problems and the possible solutions. All the employees were satisfied with the suggestions offered by the staff.

H. Pathak
Shweta
Musculoskeletal Department

Shilpa
3/3/21
Dr. Mrs SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
110 ATSS, Chinchwad, Pune - 411019



PHOTOGRAPHS



3.

Date: 13/5/21

Activity Name: Vaccination awareness contest

VACCINATION AWARENESS CONTEST 2021

"Time to take covid 19 vaccine is NOW". Admist the covid 19 pandemic it is very important for us to get ourselves and our loved and dear ones to get vaccinated. There are a lot of myths and misconceptions being spread about the use of vaccine and hence people are reluctant to take vaccines. So taking this into mind, We at CMF College of Physiotherapy had conducted a vaccination awareness contest for our students on 13th May 2021. We would like to thank our chairman Mr M D Jambhekar, secretary Mr Abhay Kulkarni for giving us the opportunity and platform for conducting the event and playing our role in creating awareness about this topic to all. The topics for the event were as follows:

First year BPT: Benefits of COVID 19 vaccines

Second year BPT: Common Concerns regarding COVID 19 vaccines

Third year BPT: Side effects / Medications to be taken post COVID 19 vaccination

Fourth year BPT: Myths VS Facts associated with COVID 19 vaccination

Interns: Blood donation and COVID 19

Postgraduate students: Plasma donation post COVID 19 infection

Staff: Various vaccine brands approved for Indian population and their individual features: a comparative evaluation

The students prepared digital posts, posters & short videos. We saw total of 17 entries from all the classes. The judges were Dr Himanshu Pathak & Dr Sushil Arora. Three best posts were selected.

The winners were 1st prize- Rakshitha Chaudhary (2nd year BPT), 2nd prize- kruthika Subramaniam & Ruchi (3rd year BPT), 3rd prize- Jayashree Kolhe (MPT).

The posters of the winners were displayed on the digital platforms ie college website, Facebook (official page) and instagram.

We would like to acknowledge the efforts of our post graduate students taken towards the successful conduction of the event. We would like to thank our teaching and non teaching staff for their support in the event.



And



are glad to announce the Winners of
Vaccination Awareness Contest

#1



**RAKSHITA
CHAUDHARY**
2nd Year

#2



KRITHIKA & RUCHI
3rd Year

#3



JAYASHREE KOLHE
MPT 1



4.

Date: 18/6/21-20/6/21

Activity Name: Art of Living Workshop “Immunity Enhancement for the Youth”

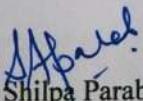
ART OF LIVING WORKSHOP 2021


During this COVID 19 pandemic, we all have been affected by it from all aspects economically, financially, physically, socially and mentally also. In this stressful situations all the groups in the society are affected in one or another way. The student population is one of them who is affected physically as well as mentally. Their stress levels are higher at present with the online classes, reduced physical activity, lack of motivation and constant stress about the future. So taking this into mind, We at CMF College of Physiotherapy had conducted a 3 day Art of Living's Covid Care Workshop on “IMMUNITY ENHANCEMENT FOR THE YOUTH” from 18th June to 20th June 2021.

We would like to thank our chairman Mr M D Jambhekar & secretary Mr Abhay Kulkarni for giving us the opportunity and platform for conducting the event and playing our role in creating awareness about this topic to all.

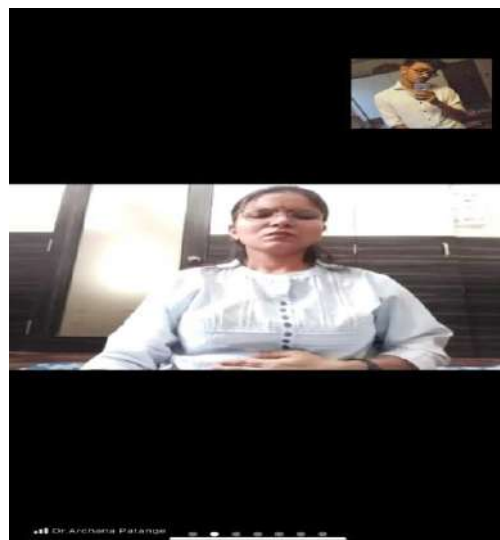
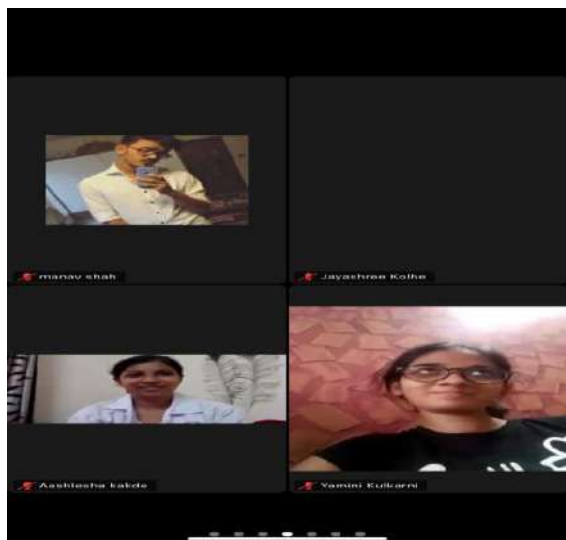
The three day workshop was conducted by Art of Living experts Dr Sunita Bamnikar, Dr Archana Patange & Dr Monica. The event was conducted online via zoom platform. A total of 116 participants attended the workshop. The session was conducted from 3.30- 4.30 pm. The workshop consisted of various types of yogasanas: pranayams, bastrika, anulom villom, kapalbharti, brilliant breathing, natrajasana, makarasana, shishuasaan, dance yoga.

We would like to thank our teaching and non teaching staff for their support in the event.


Dr Shilpa Parab
Principal & HOD
Department of Cardio-respiratory
Sciences
CMF College of Physiotherapy
Pune


Dr Priti Patil
Assistant Professor
Department of Cardio-Respiratory
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CMF College of Physiotherapy
Pune

PHOTOGRAPHS



05.

Date: 21/06/21

Activity Name: **International Yoga Day**

INTERNATIONAL YOGA DAY 2021

On occasion of International yoga day 2021, CMF College of Physiotherapy Chinchwad in association with ATSS College of Business Studies and Computer Applications Chinchwad conducted an online program on 21st June 2021.

We would like to thank our chairman Mr M D Jambhekar and secretary, Mr Abhay Kulkarni & Dr Aruna Deoskar Principal ATSS CBSCA for giving us the opportunity and platform for conducting the event.

The event was conducted online on the Google meet platform. A total of 85 registrations were received through online registration. A whatsapp group was created for the participants which led to participation of additional 50 participants. Through this whatsapp group all the login details were provided and the communication was done. On the day of the event we saw a total of 87 participants who attended the online session.

The event was conducted on 21st June 2021 from 9.30 to 10.30 am. The session was introduced by Dr Priti Patil Assistant Professor, Department of Cardio-respiratory sciences. The event was conducted by Ms Suvarna Puranik, Yoga expert, alumnus of CMF college of physiotherapy and Ms Samiksha Mahale, Yoga expert. The session consisted of various asanas as follows:

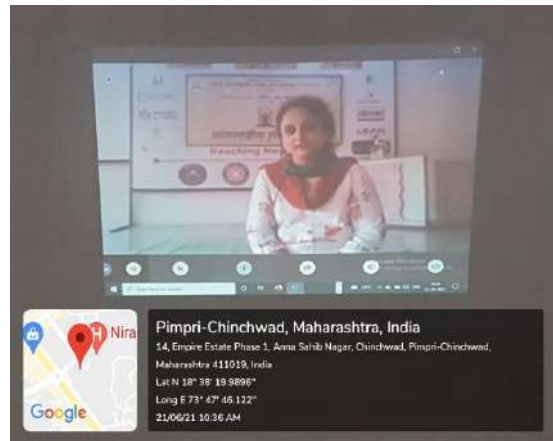
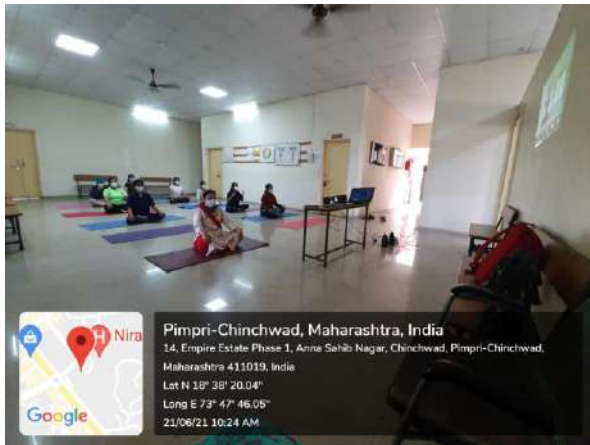
Supine	Prone	Standing	Sitting	Pranayam
Uttanpadasan Markatasan b/l	Bhujangasan Ardh shalbhasan	Vrukshasan Trikonasan Padhastasan	Macchindrasan Vajrasan Ushtrasan	Omkaara Bhramari Kapalbhati Anulon villom

The vote of thanks was given by Mr Vinayak More ATSS College of business studies and computer applications Chinchwad.

We would like to thank the staff and team on ATSS CBSCA for their assistance during the event.

We would like to acknowledge the efforts of our post graduate students taken towards the successful conduction of the event. We would like to thank our teaching and non teaching staff for their support in the event.

PHOTOGRAPHS



06.

Date: 22/06/21

Activity Name: **Post COVID Physiotherapy Webinar**

POST COVID PHYSIOTHERAPY WEBINAR 2021

As COVID 19 pandemic has been going on for past one and a half year. We know that COVID 19 infection causes a lot of complications and also affects the whole body of the patient. There are mild to severe post covid 19 complications those have been noted. These include difficulty in breathing, breathlessness, increased cough, joint pain, muscle atrophy, weakness & difficulty in continuing their day to day activities. So post covid rehabilitation plays a very important role. Physiotherapy play an important role in post covid rehabilitation with the patients in getting back to their normal life with ability to function at the maximum. So in this phase of the pandemic CMF College of Physiotherapy Chinchwad in association with ATSS College of Business Studies and Computer Applications Chinchwad organised a webinar over the topic "POST COVID PHYSIOTHERAPY" ON 22ND June 2021.

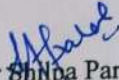
We would like to thank our Chairman Mr M D Jambhekar and Secretary Mr Abhay Kulkarni & Dr Aruna Deoskar Principal ATSS CBSCA for giving us the opportunity and platform for conducting the event.


- The event was conducted online on the Google meet platform. A total of 85 registrations were received through online registration. A whatsapp group was created for the participants which led to participation of additional 50 participants. Through this whatsapp group all the login details were provided and the communication was done. On the day of the event we saw a total of 87 participants who attended the online session.

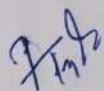
The event was conducted on 22nd June 2021 from 10.00 am to 11.00 am. The webinar was addressed by Dr Aruna Deoskar. The speakers for the webinar were Dr Shilpa Parab, Principal & HOD Department of Cardio-respiratory sciences, CMF college of physiotherapy, Dr Madhur Kulkarni (PT), Assistant professor, Department of Cardio-respiratory sciences, CMF college of physiotherapy & Dr Priti Patil (PT), Assistant professor, Department of Cardio-respiratory sciences, CMF college of physiotherapy. The session was introduced and started by Dr Shilpa Parab followed by Dr Madhur Kulkarni & Dr Priti Patil. The topics covered were Signs & Symptoms of COVID 19, Rehabilitation in post COVID 19 complications, Exercises in COVID 19 complications. Question-answer round was conducted and the doubts were cleared. The vote of thanks was given by Mr Vinayak More, ATSS College of Business Studies & Computer Applications, Chinchwad.

Online feedback via Google forms was taken and analysed.

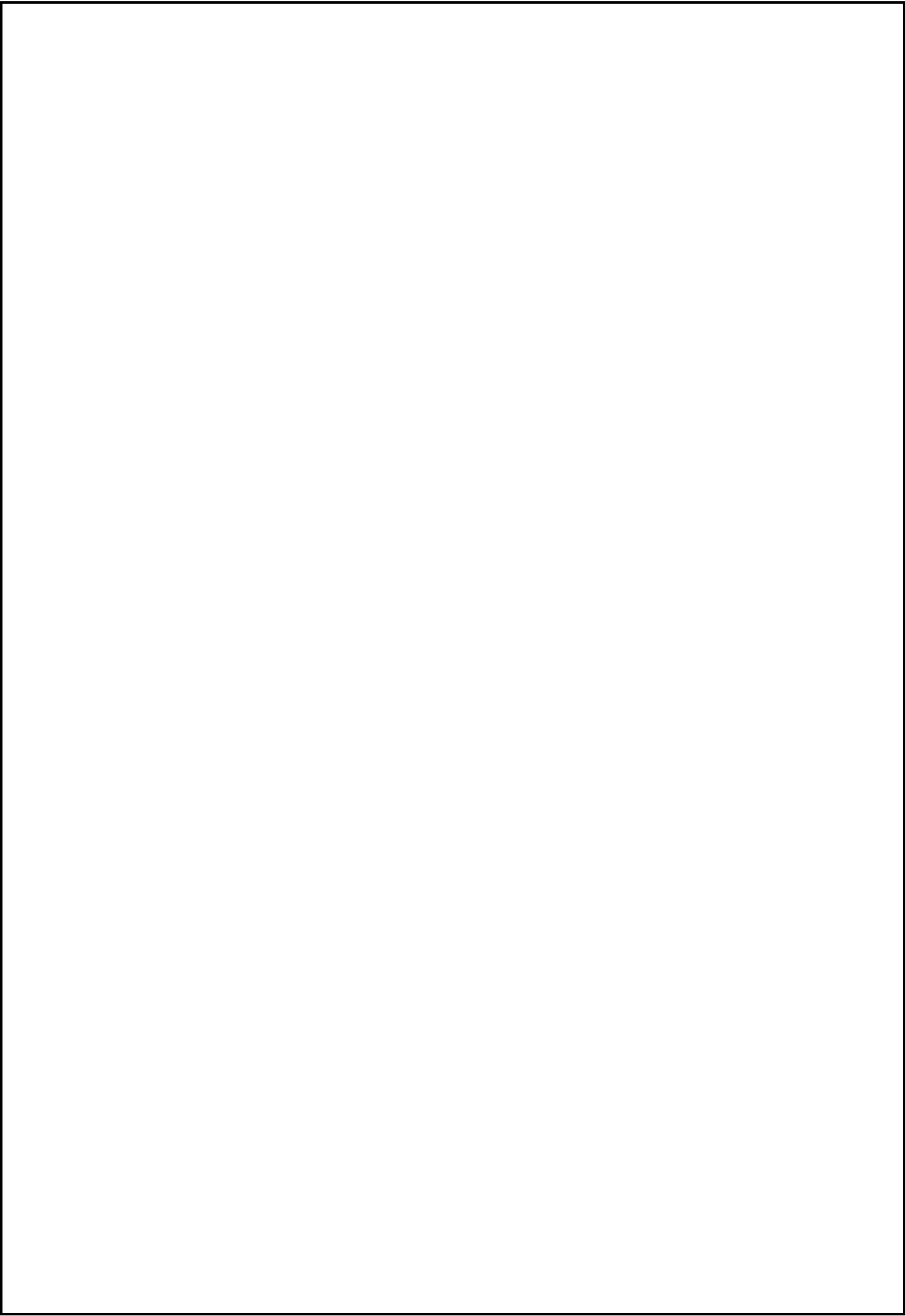
We would like to thank the staff and team on ATSS CBSCA for their assistance during the event.


Dr Shilpa Parab
Principal & HOD
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Dr Priti Patil
Assistant Professor
Department of Cardio-Respiratory
Sciences
CMF College of Physiotherapy
Pune


Dr Pallavi Tayade
Assistant professor
Department of Neurosciences
CMF College of Physiotherapy
Pune





WORLD ENVIRONMENT DAY 2021

For too long, humans have been exploiting and destroying the planet's ecosystems. Every three seconds, the world loses enough forest to cover a football pitch and over the last century, we have destroyed half of the wetlands. WORLD ENVIRONMENT DAY 2021 is a global mission to revive billions of hectares, from forests to farmlands, from the top of mountains to the depth of the sea. The theme for world environment day 2021 was ECOSYSTEM RESTORATION: REIMAGINE, RECREATE, RESTORE.

On this occasion, CMF College of Physiotherapy celebrated World Environment Day by organising a tree plantation event on 20th July 2021 as per the circular no MUHS/S.W/NSS/494/2021 dated 07/06/2021 given by MUHS Nashik.

We would like to thank our chairman Mr M D Jambhekar & secretary Mr Abhay Kulkarni for giving us the opportunity and platform for conducting the event and playing our role in creating awareness about this topic to all.

The event was conducted in the presence of our Secretary Mr Abhay Kulkarni. Due to COVID 19 pandemic situation we conducted an offline & online program where we had students participate by planting a sapling at home and send us their photos to us as well as we had conducted an offline event in our college premises. The event was addressed by the Principal Dr Shilpa Parab and secretary Mr Abhay Kulkarni. The saplings were procured from the municipal nursery with due permission. We planted 30 plants through the event. The event was conducted offline in the college with participation of the staff and students. We had made groups including 3 students from each year and 2 staff. Each group planted on plant each. The planted trees are duly watered and cared for.

We would like to acknowledge the efforts of the non-teaching staff for their efforts in procuring the plants and all the required work related to the event. We would like to thank the teachers and the students for their active participation in the event


Dr Shilpa Parab

Principal & HOD

Department of Cardio-respiratory

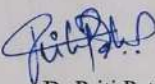
Sciences

CMF College of Physiotherapy

Pune

Dr. Mrs SHILPA A. PARAB
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PRINCIPAL
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Dr Priti Patil

Assistant Professor

Department of Cardio-Respiratory

Sciences

CMF College of Physiotherapy

Pune

PHOTOGRAPHS



08.

Date: 18/08/21

Activity Name: **World Organ Donation Day**

WORLD ORGAN DONATION DAY 2021

Every year, August 13 is observed as World Organ Donation Day to raise awareness about donating organs and encourage people to do the same. This is the day to make people understand the importance of organ donation. Organ failure was one of the major comorbid issues that led to losing a greater number of lives in the pandemic situation. A single person's initiative can save up to 8 lives by donating heart, kidney, pancreas, lungs, liver, intestines, hands, face, tissues, bone marrow, and stem cells. A number of people lose their lives because of the unavailability of organs. Donating an organ gives new life to the person suffering from the failure of any organ.

On this very occasion, CMF College of Physiotherapy celebrated World Organ Donation Day by organising a series of events on 18th August 2021 as per the circular no 16/2021, reference no MUHS/SW/ORGAN DONATION AWARENESS/683/2021, dated 05/08/2021 given by MUHS Nashik.

We would like to thank our chairman Mr M D Jambhekar & secretary Mr Abhay Kulkarni for giving us the opportunity and platform for conducting the event and playing our role in creating awareness about this topic to all through the series of events.

The following events were organised by the college in which the under-graduate & post graduate students had participated. These events were conducted offline while maintaining all the norms of safety for COVID 19 set by the authorities. The events included:

SR NO	EVENTS	TIMING	NO. OF PARTICIPANTS
1	RANGOLI COMETITION	9:30-11 am	7
2	ESSAY WRITING COMPETITION	11.15-11.45 am	13
3	DRAWING COMPETITION	12.00-1.30 pm	9
4	ELOCUTION COMPETITION	2.00- 2.30 pm	4

The event was inaugurated with a lamp lighting in the presence of our principal Dr. Shilpa Parab, staff members & the organising student committee. The event was conducted as mentioned in the above table. We had made group of 3 students who organised each event respectively. The results were declared by our principal mam.



We would like to acknowledge the efforts of the teaching, non-teaching staff and the students & thank them for their active participation in the event.


Dr. Shilpa Parab

Principal & HOD

Department of Cardio-respiratory

Sciences

CMF College of Physiotherapy

Pune

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



Dr Priti Patil

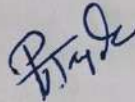
Assistant Professor

Department of Cardio-Respiratory

Sciences

CMF College of Physiotherapy

Pune



Dr Pallavi Tayade

Assistant professor

Electrotherapy

CMF College of Physiotherapy

Pune



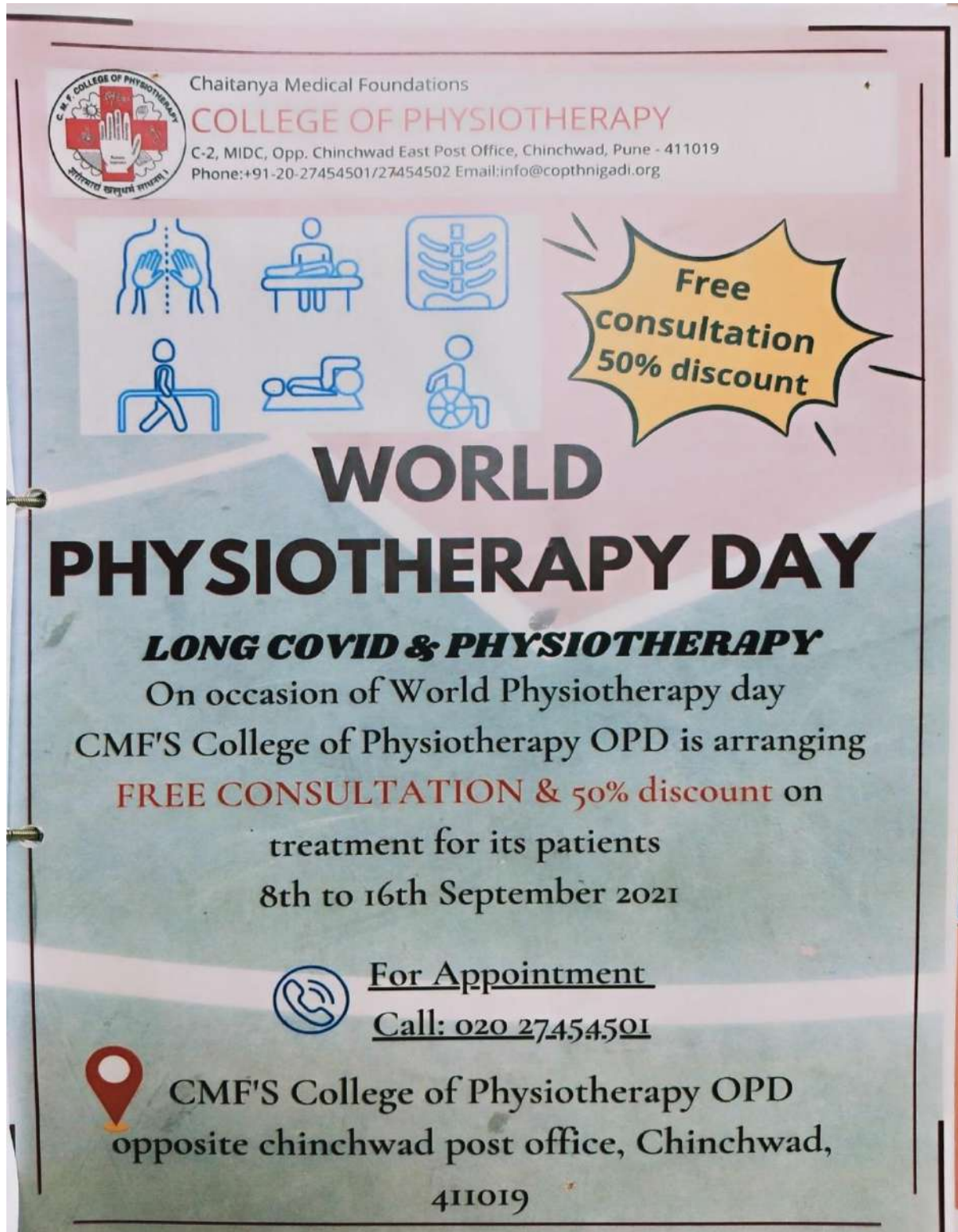
PHOTOGRAPHS



09.

Date: 08-22/09/21

Activity Name: **World Physiotherapy Day**




 Chaitanya Medical Foundations
COLLEGE OF PHYSIOTHERAPY
C-2, MIDC, Opp. Chinchwad East Post Office, Chinchwad, Pune - 411019
Phone: +91-20-27454501/27454502 Email: info@copthnigadi.org




**Free consultation
50% discount**

WORLD PHYSIOTHERAPY DAY

LONG COVID & PHYSIOTHERAPY
On occasion of World Physiotherapy day
CMF'S College of Physiotherapy OPD is arranging
FREE CONSULTATION & 50% discount on
treatment for its patients
8th to 16th September 2021

 For Appointment
Call: 020 27454501

 **CMF'S College of Physiotherapy OPD**
opposite chinchwad post office, Chinchwad,
411019

WORLD PHYSIOTHERAPY WEEK 2021

"Each body is different, therefore each rehabilitation must be different" - Joerg Teichmann.

World Physical Therapy Day is celebrated every year on September 8. This year, the focus is on the role of physical therapists in the management and treatment of people who were affected by long Covid-19. Theme for this year is "Long Covid and Rehabilitation"

On occasion of world physiotherapy day on 08th September 2021, CMF's College of Physiotherapy had organised a Physiotherapy week consisting of a series of events from 08-09-2021 to 16-09-2021.

We would like to thank our chairman Mr M D Jambhekar & secretary Mr Abhay Kulkarni for giving us the opportunity and platform for conducting the event.

Events were conducted as follows:

Sr no	Event	Date
1	Free consultation & 50% discount on treatment in CMF COP OPD	08-09-2021 to 16-09-2021
2	Poster Competition: Long Covid & Physiotherapy	13-09-2021
3	Risk screening camp for students & faculty	14-09-2021 & 15-09-2021
4	CMF's College of Physiotherapy's Foundation Day	16-09-2021
5	Health screening & ergonomic camp: ATSS CITY PRIDE SCHOOL IICMR	16-09-2021 18-09-2021 21-09-2021
6	PCOS awareness webinar	17-09-2021



1) Free consultation & 50 % discount on treatment in CMF's COP OPD

On occasion of world physiotherapy day CMF' College of Physiotherapy OPD had organised a camp from 08-09-2021 to 16-09-2021 which offered free consultation & 50% discount on treatment for all its patients. The aim of this camp was to create awareness about physiotherapy and reach out to the society as much as possible.

A total no of 110 patients benefited from this camp. It included variety of patients mainly orthopaedic followed by neurological patients and cardio-respiratory condition patients as well.

2) Poster competition: long Covid & physiotherapy

The poster competition was conducted for the undergraduate and post graduate students from 2-4 pm on 13th September 2021. It was an offline event where covid appropriate precautions were maintained. The participants could work alone or in a pair. We received 9 entries in total, 5 from UG and 4 from PG classes.

The theme for world physiotherapy day was LONG COVID & REHABILITATION. The topics for the competition were:

- Physiotherapy in long covid
- Endurance & long covid
- Dyspnoea & long covid
- Exercise in long covid

The judges for the events were Dr Shamla Pazare, Dr Pallavi Chopade & Dr Pratima Sarwadikar.

The winner of the competition were:

- Krithika Balasubramaniam & Rashmi Karniya (UG-3rd year)- 1st prize
- Shrutika Rajurkar & Ruchi Bangera (PG- 1st year)- 2nd prize
- Umangi Shah (UG-2nd year)- 3rd prize

3) Risk screening camp: Hypertension, Diabetes mellitus & Physical activity

A risk screening camp was organised on 14-09-2021 & 15-09-2021 for the students and the staff of CMF' COP. This risk assessment camp included screening of the students and faculty for 1) hypertension: using vital assessment and blood pressure evaluation, 2) diabetes mellitus: using Indian diabetic risk score calculation, Waist circumference, height, weight measurement, 3) Physical activity: GPAQ questionnaire which looked into the physical activity levels. A team of 6 teachers Dr Sushil A, Dr Ashish B, Dr Abhishek P, Dr Madhur Kulkarni, Dr Priti Patil & Dr Hina Jain and 8 Post-graduate students performed the evaluation. 3 stations were created in the yoga area of the college. Each station was monitored by one staff & 1/2 students. A total of 133 participants took the benefit of the camp which included 118 students both UG & PG students & 15 teaching and non teaching staffs. The data was analysed and report was submitted to the principal.

4) Foundation Day

16th September is observed as Foundation day of Chaitanya Medical Foundations College of Physiotherapy. On this occasion we had very eminent personality among us Shri Rajan Lakhe as our Guest of Honour. The event started with Lamp Lightning at the hands of our guest of honour, respected Chairman M. D. Jambhekar Sir, Secretary Dr. Abhay Kulkarni, Trustee Dr. Deepali Sawai and Principal Dr. Shilpa Parab. A formal function was organised in the auditorium. The function was compared by Dr Madhur Kulkarni (assistant professor). The function was addressed by our Principal Dr Shilpa Parab. It was followed by Mr M D Jambhekar sir' visionary speech about the institute. The student council committee informed about the poster competition which was held on 13th September 2021 on occasion of physiotherapy week celebration. Certificates were distributed to the winners. The first prizes went to Kritika Balasubramaniam & Rashmi Karniya (3rd year B.P.Th students), second place was won by Shrutika Rajurkar and Ruchi Bangera (1st M.P.Th students) and the third was grabbed by Umangi Shah (2nd year B.P.Th student). Dr Rajan Lakhe spoke about the importance of conversation, how communication & conversation play an important role. The vote of thanks was given by Dr Shamla Pazare. The function was ended with cake cutting.

5) Health screening & Ergonomic camp at ATSS, CITY PRIDE SCHOOL Nigadi & IICMR Nigadi.

Health screening camp was conducted in the sister institutes of CMF's College of Physiotherapy ATSS CBSCBA Chinchwad, City pride school Nigadi & IICMR Nigadi. The camp team consisted of 4 teachers, 6 PG and 5 UG students. The teaching and non teaching staff were assessed on basis of flexibility, endurance, fatigue and quality of life and was followed by counselling session by the team. There were 5 stations created which assessed the participants. Station 1: registration and basic vital evaluation, station 2: flexibility evaluation using sit and reach test, station 3: endurance testing using sit to stand test, station 4: Quality of life: SF 12 questionnaire station 5: fatigue assessment scale. A total of 193 participants had been assessed which were as ATSS: 38, CITY PRIDE: 103, IICMR: 56. The data was analysed and report was submitted to principal.

Dr Shweta Naidu had presented a small lecture on Covid 19 and its effects and how sedentary lifestyle is affecting teachers at IICMR Nigadi.

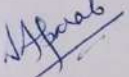
6) PCOS awareness webinar: women's health & PCOS

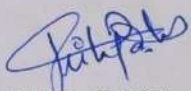
CMF's College of Physiotherapy, organised the Webinar on "Women's Health and Polycystic Ovarian Syndrome" under the Department of Community Physiotherapy & student council. The Webinar was held on 17th September 2021, 3:00 pm onwards on Google Meet platform. The resource person for the webinar was Dr. Sajivani Nikhil Kamle (PT), Associate Professor, Ph.D Scholar at Dr. D.Y. Patil, College of Physiotherapy, Pune.


Online registration via google forms was done. A total of 130 registrations were received. A whatsapp group was created where details of the webinar were shared with the participants.

The Webinar was organised at-03:00 pm via google meet platform. Dr. Pratima S. Sarwadikar, Assistant Professor Department of community rehabilitation introduced the Resource Person Dr. Sanjivani Nikhil Kamle (PT) Associate Professor, Ph.D Scholar at Dr. D.Y. Patil, College of Physiotherapy, Pune. Dr. Shilpa Parab, Principal, CMF's College of Physiotherapy addressed the participants. The Webinar witnessed an active participation of physiotherapy UG, PG students from various colleges from

various cities in Maharashtra. The total of 123 participants attended the Webinar. The webinar started with an Introduction to Women's Health. The Resource Person then explained about the PCOS causes, risk factors, Sign and Symptoms, Diagnostic criteria for PCOS, and Role of Physiotherapy in PCOS. She virtually demonstrated the various Asana's which are very effective in PCOS. At the end a question answer session was conducted and the doubts were cleared. Online feedback was collected and analysed.

Dr Shilpa Parab (PT) 
Principal
HOD Department of cardio-vascular respiratory PT
CMF's College of Physiotherapy
Chinchwad


Dr Priti Patil (PT)
Cultural Representative
Student council
CMF's College of Physiotherapy
Chinchwad


Dr Shweta Ingale
Teacher Representative
Student council
CMF's College of Physiotherapy
Chinchwad



Date: 17/09/21

Activity Name: **Webinar on Women's Health and Polycystic Ovarian Syndrome**



Chaitanya Medical Foundation's
College of Physiotherapy
Chinchwad, Pune
Affiliated to: Maharashtra University of Health Sciences, Nashik

WEBINAR REPORT

Date: 24/09/21

CMF's College of Physiotherapy, organised the Webinar on "Women's Health and Polycystic Ovarian Syndrome" under the Department of Community Physiotherapy. The Webinar was held on 17th September 2021, 3:00 PM onwards in Google Meet. Respected Dr. Sajivani Nikhil Kamble (PT), Associate Professor, Ph.D Scholar at Dr. D.Y. Patil, College of Physiotherapy, Pune was a Resource Person.

The Webinar began at 03:00 PM in the presence of all the participants of various colleges. Dr. Pratima S. Sarwadikar, Assistant Professor started webinar with the brief introduction of the Resource Person Dr. Sajivani Nikhil Kamble (PT), and Dr. Shilpa Parab, Principal, CMF's College of Physiotherapy welcomed the Resource person, Organising Committee, Teaching Staff and Participants. The Webinar witnessed an active participation of physiotherapy UG, PG students from various colleges. The total of 123 participants attended the Webinar. The Webinar was structured in a PPT with visual impact. The basic women's health issues were explained to the participants by the Resource person. The webinar started with an Introduction to Women's Health. The Resource Person then explained about the PCOS causes, risk factors, Sign and Symptoms, Diagnostic criteria for PCOS, and Role of Physiotherapy in PCOS. She virtually demonstrated the various Asana's which are very effective in PCOS. It was a very informative session which helped everyone imbibe knowledge about the Polycystic Ovarian Syndrome. A total of 123 people participated in the interactive session with an intensive question/answer session at conclusion. Many attendees sent their questions in the chat box during the session.



Chaitanya Medical Foundation's College of Physiotherapy

Chinchwad, Pune

Affiliated to: Maharashtra University of Health Sciences, Nashik



Photograph when demonstrating Asana's



Attendance of Participants

Ashish B

Dr. Ashish W. Bele (PT)
HEAD

Dept. of Community Physiotherapy
Reg. No 2019/106/PT/1000757



Shilpa A. Parale
Principal

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

**Health screening & Ergonomic camp at ATSS, CITY PRIDE SCHOOL
Nigadi & IICMR Nigadi.**

On occasion of 'World Physiotherapy Day' 2021, CMF's College of Physiotherapy, Chinchwad had organized and conducted a Health screening and Ergonomic camp in the sister institutes ATSS CBSCBA Chinchwad, City Pride School Nigadi & IICMR College Nigadi on 16-9-21, 18-9-2021 & 21-9-21 respectively.

The camp team consisting of 4 teachers Dr Shweta Naidu along with Dr Madhur Kulkarni, Dr Priti Patil & Dr Pratima Sarwadikar, 7 PG and 4 UG students visited each college and conducted the camp.

The teaching and non-teaching staff of the school & college were assessed on the basis of flexibility, endurance, fatigue and quality of life and was followed by counseling session by the team. There were 5 stations created which assessed the participants. Each station was handled by a team of two members each who assessed and recorded the data.

Station 1: registration and basic vital evaluation,

Station 2: flexibility evaluation using sit and reach test,

Station 3: endurance testing using sit to stand test

Station 4: Quality of life using SF 12 questionnaire






Station 5: Fatigue assessment using fatigue assessment scale.

A small interactive lecture was delivered at IICMR college Nigadi by Dr. Shweta Naidu, Assistant Professor Department of Musculoskeletal science, where she spoke about Covid 19 infection, problems related to Covid 19 infections, how sedentary lifestyle in teachers is affecting their health and what all measures can be taken to avoid the problem of sedentary behavior. A small exercise demonstration was done and the participants actively performed the exercises.

A total of 193 participants had been assessed which were as ATSS: 38 (33F, 5M), CITY PRIDE: 103 (95F, 8M), IICMR: 56 (32F, 24M). The participants were teachers of various groups ie teachers from schools, junior colleges, undergraduate college to post graduate colleges. The age group assessed varied from between 25 to 60 years of age including 37 Males & 156 females. The participants were also assessed on the basis of history of Covid 19 infection and counseling was done accordingly by the team.

It wouldn't have been possible without the constant support of the teaching and non-teaching staff of all the 4 Institutes who helped us in successful conduction of the camps.

The data will be analyzed and submitted to the principal.

Name of staff	Designation	sign
Dr Shilpa Parab	Principal	
Dr Shweta Naidu	Assistant professor	
Dr Madhur Kulkarni	Assistant Professor	
Dr Priti Patil	Assistant professor	
Dr Pratima Sarwadikar	Assistant professor	



10.

Date: 16/09/21

Activity Name: **College Foundation Day**

29th Foundation Day Report



CMF's College of Physiotherapy celebrated its 29th Foundation Day on 16th September 2021. On this occasion we had very eminent personality as Guest of Honour Shri Rajan Lakhe. The event started with Lamp Lightning by the guest of honour, respected Chairman M. D. Jambhekar Sir, Secretary Dr. Abhay Kulkarni, Trustee Dr. Deepali Sawai and Principal Dr. Shilpa Parab.

Our respected Principal Dr. Shilpa Parab addressed the session, delivered an Introductory Speech on the history of initiation of this college, she also shared the glimpses of various extended college activities which held in the college through-out these years.

Respected Chairman, M. D. Jambhekar sir enlightened everyone with is mesmerizing words. In few lines he expressed his effortless journey of 29 years in building an empire.



11.

Date: 29/09/21

Activity Name: **World Heart Day**




WORLD HEART DAY WEBINAR 2021 REPORT

On Occasion of World Heart Day, Department of Cardio-respiratory sciences, CMF college of Physiotherapy Pune, organised a webinar on "Cardiac Rehabilitation- A Vital Cog For Healthy Heart" on 29th September 2021.

The event was conducted online on the Zoom platform. A total of 187 registrations were received through Online registration. A whatsapp group was created for the participants. Participants were from different strata including UG, PG students, Academicians and Clinicians from all over India. Through this whatsapp group all the login details were provided and the communication was done.

The event was conducted at 2:30 pm on Wednesday 29th September 2021. The session was introduced by Dr Priti Patil, Assistant Professor, Department of Cardio-respiratory sciences. It was followed by the address note by Dr Shilpa Parab, Principal & HOD, Department of Cardio-respiratory Sciences. The session was conducted by Esteemed guest lecturer Dr. Aashirwad Mahajan (PT), Associate Professor and Incharge HOD, Dr,APJ Abdul kalam College Of Physiotherapy, Pravaranagar.. The vote of thanks was given by Dr Madhur Kulkarni (PT), Assistant Professor, Department of Cardio-respiratory sciences and the session was concluded.

Feedback was taken through online google forms and analyzed and E-certificates were provided to the participants.

Name	Designation	Department	Sign
Dr Shilpa Parab(PT)	Principal & HOD	Department of CVRS physiotherapy	
Dr. Madhur Kulkarni(PT)	Organising Secretary, Assistant Professor,	Department of CVRS physiotherapy	
Dr Priti Patil (PT)	Organising coordinator, Assistant Professor,	Department of CVRS physiotherapy	



12.

Date: 06/10/21`

Activity Name: **World Cerebral Palsy Day**

REPORT ON WORLD CEREBRAL PALSY DAY

6TH OCT 2021

The department of Neurophysiotherapy observed the World Cerebral Palsy Day on 6th October 2021. We arranged for a fun activity for the cerebral palsy children coming to our OPD. They exhibited their talent through colourful drawings. We also organized a free screening and consultation for Parents and Caretakers of these children. They were screened for neck, shoulder, back and other impairments and were provided with the treatment. We also conducted a group exercise session for all them. They were informed about the ergonomic advice to be followed routinely while handling the physically disabled child so as to prevent occurrence of injury to them. Along with the Parents of our patients, caretakers from Sofosh Centre also benefitted from today's camp. Department of Neurophysiotherapy including Dr Shamla Pazare, Dr Sushil arora, Dr Abhishek Panchal and the postgraduate students worked towards the accomplishment of this camp.

We are thankful to The Chairman and Managing Trustee of CMF and Principal Dr Shilpa Parab madam for their permission and support towards organization of this camp.

Spazare

Dr Shamla Pazare

Prof & Head

Department of Neurophysiotherapy



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


PHOTOGRAPHS



13.


Date: 25/10/21

Activity Name: **World Arthritis Day**



CMF'S COLLEGE OF PHYSIOTHERAPY
C-2, MIDC, Opp. Chinchwad East Post Office, Chinchwad, Pune - 411019
Phone: +91-20-27454501/27454502 Email: info@coptnigadi.org

Department of musculoskeletal
physiotherapy



On occasion of
**'WORLD ARTHRITIS
DAY'**
Organises

**Free Camp on diagnosis and
treatment of arthritis in senior
citizens**

Dr. Shilpa Parab
PRINCIPAL

Dr. Himanshu Pathak
Professor


Dr. Pallavi Chopade
Associate Professor

Dr. Hina Jain
Assistant Professor

**25th
October
2021
8am-10am**

SANT TUKARAM
GARDEN
PRADHIKARAN,
NIGDI

For further details CONTACT
Dr. Pallavi Chopade- 9860571465
Dr. Hina Jain - 97628 58255



CMF'S COLLEGE OF PHYSIOTHERAPY
CHINCHWAD

'World Arthritis Day' Camp Report

On the occasion of 'World Arthritis Day' CMF's college of physiotherapy organised a free camp on diagnosis and treatment of arthritis on senior citizens on 25th October 2021 at Sant Tukaram garden, Nigdi Pradhikaran.

The camp commenced at 8.30 am with awareness lecture on arthritis by Dr.Himanshu Pathak, Dr.Pallavi Chopade and Dr.Hina Jain. Then it was followed by demonstration of general exercises for back,neck,hip,knee,ankle ,shoulder and wrist and hand by our post graduate students. At last, the participants were evaluated for their individual problems, specific exercises were taught to them and they are called for specific physiotherapy interventions in college OPD. The Principal of the institute Dr.Shilpa Parab and Chairman Mr.M.D.Jambhekar sir graced the occasion and threw a light on significance of physiotherapy in geriatric population. A total of 60 participants took part in camp and were positive about doing physiotherapy exercises regularly.

Staff

Dr.Himanshu Pathak

Dr.Pallavi Chopade

Dr.Hina Jain


Principal

Dr.Mrs.Shilpa Parab

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



PHOTOGRAPHS



प्रभात

15/16

ज्येष्ठांसाठी आरोग्य शिबिर

निगडी, दि. २५ (वार्ताहर) - निगडी प्राधिकरण येथील सुसंगती ज्येष्ठ नागरिक संघ व चैतन्य मेडिकल फाउंडेशन कॉलेज ऑफ फिजीओथेरेपी यांच्या माध्यमातून चैतन्य परिवार संत तुकाराम उद्यान येथे ज्येष्ठांसाठी आरोग्य शिबिराचे आयोजन करण्यात आले होते.

या शिबिरात ज्येष्ठ नागरिकांच्या सांघ्यांचे आजार व उपाय यासाठी आरोग्य शिबिर घेण्यात आले. या कार्यक्रमांमध्ये डॉक्टर व डायरेक्टर जांबेकर, डॉ. शिल्पा परब, डॉ. पाठक, डॉ. पल्लवी चोपडे, डॉ. हिना जैन यांनी सांघेदुखी आणि सांघ्याच्या आजाराविषयी मार्गदर्शन केले. सदर कार्यक्रमांमध्ये डॉ.

गुणवंत चिखलीकर, चंद्रकांत पाटील, जगन्नाथ वैद्य, दलीचंद शिंगवी, अशोक चोपडे, पांडू लोहार, चंद्रकांत ढगे, अनंत खिरे, राजेंद्र तांबे, अशोक चोपडे, दत्तात्रय शिंदे, बाळासाहेब साळुंखे यांनी अतिशय मोलाचे सहकार्य करून आरोग्य शिबिर यशस्वी केले.

गुणवंत चिखलीकर यांनी सर्वांना मार्गदर्शन केले. सदर शिबिरामध्ये ७० लोकांनी भाग घेतला. याप्रसंगी ज्येष्ठ नागरिक संघाचे अध्यक्ष सुभाष जोशी यांनीही आपले मनोगत व्यक्त केले. दिलीप गोसावी यांनी आभार मानले. अशोक चोपडे यांचे विशेष सहकार्य लाभले.



निगडी : आरोग्य शिबिरास उपस्थित असलेले सुसंगती ज्येष्ठ नागरिक संघाचे सदस्य व वैद्यकीय कर्मचारी.



14.

Date: 29/09/21

Activity Name: **World Heart Day**




WORLD HEART DAY WEBINAR 2021 REPORT

On Occasion of World Heart Day, Department of Cardio-respiratory sciences, CMF college of Physiotherapy Pune, organised a webinar on "Cardiac Rehabilitation- A Vital Cog For Healthy Heart" on 29th September 2021.

The event was conducted online on the Zoom platform. A total of 187 registrations were received through Online registration. A whatsapp group was created for the participants. Participants were from different strata including UG, PG students, Academicians and Clinicians from all over India. Through this whatsapp group all the login details were provided and the communication was done.

The event was conducted at 2:30 pm on Wednesday 29th September 2021. The session was introduced by Dr Priti Patil, Assistant Professor, Department of Cardio-respiratory sciences. It was followed by the address note by Dr Shilpa Parab, Principal & HOD, Department of Cardio-respiratory Sciences. The session was conducted by Esteemed guest lecturer Dr. Aashirwad Mahajan (PT), Associate Professor and Incharge HOD, Dr,APJ Abdul kalam College Of Physiotherapy, Pravaranagar.. The vote of thanks was given by Dr Madhur Kulkarni (PT), Assistant Professor, Department of Cardio-respiratory sciences and the session was concluded.

Feedback was taken through online google forms and analyzed and E-certificates were provided to the participants.

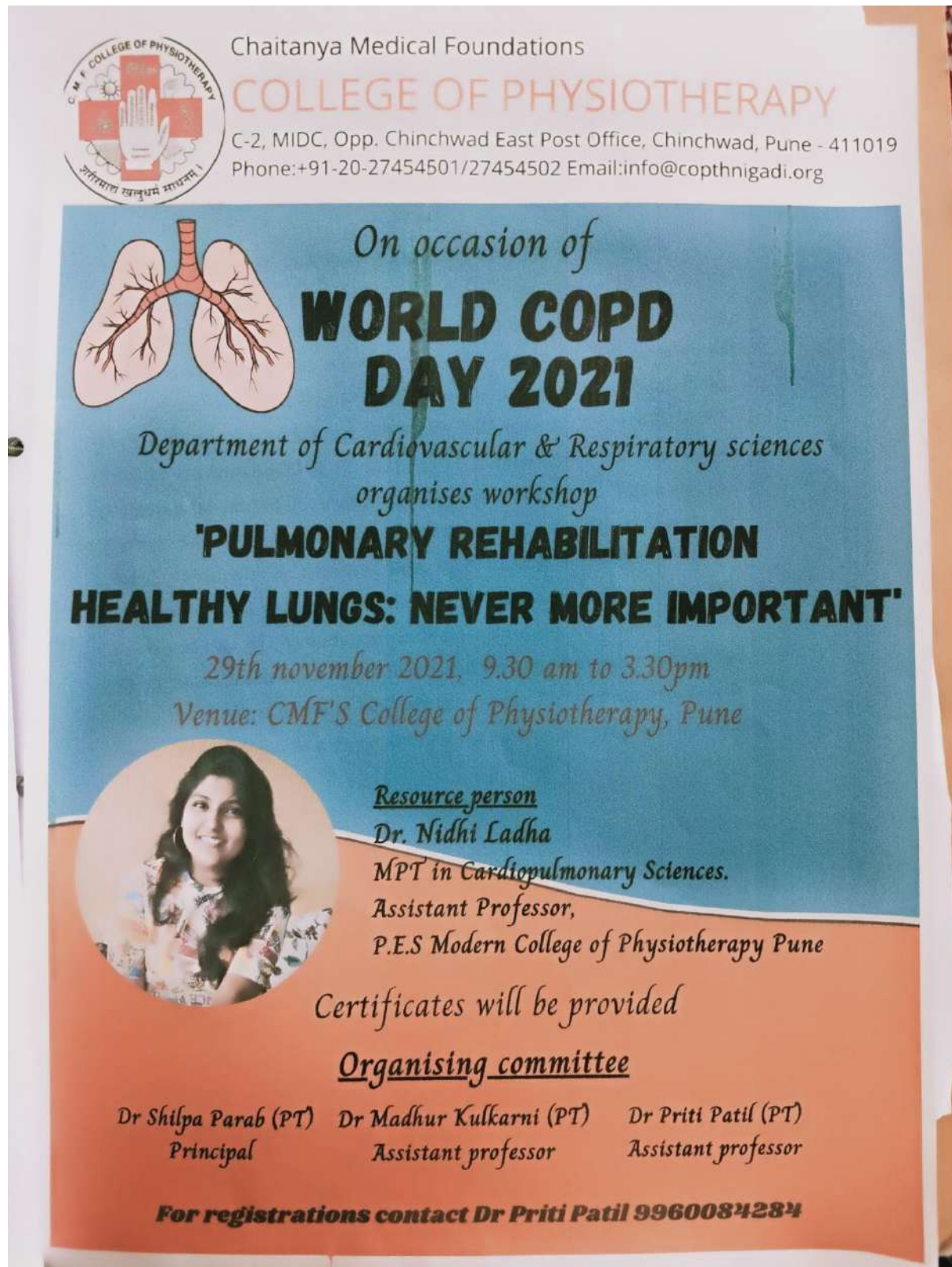
Name	Designation	Department	Sign
Dr Shilpa Parab(PT)	Principal & HOD	Department of CVRS physiotherapy	
Dr. Madhur Kulkarni(PT)	Organising Secretary, Assistant Professor,	Department of CVRS physiotherapy	
Dr Priti Patil (PT)	Organising coordinator, Assistant Professor,	Department of CVRS physiotherapy	



15.

Date: 29/11/21

Activity Name: **Workshop on Pulmonary Rehabilitation**




Chaitanya Medical Foundations
COLLEGE OF PHYSIOTHERAPY
C-2, MIDC, Opp. Chinchwad East Post Office, Chinchwad, Pune - 411019
Phone: +91-20-27454501/27454502 Email: info@copthnigadi.org

On occasion of
WORLD COPD DAY 2021

*Department of Cardiovascular & Respiratory sciences
organises workshop*
'PULMONARY REHABILITATION'
HEALTHY LUNGS: NEVER MORE IMPORTANT'

29th november 2021, 9.30 am to 3.30pm
Venue: CMF'S College of Physiotherapy, Pune


Resource person
Dr. Nidhi Ladha
MPT in Cardiopulmonary Sciences.
Assistant Professor,
P.E.S Modern College of Physiotherapy Pune

Certificates will be provided

Organising committee


<i>Dr Shilpa Parab (PT)</i> <i>Principal</i>	<i>Dr Madhur Kulkarni (PT)</i> <i>Assistant professor</i>	<i>Dr Priti Patil (PT)</i> <i>Assistant professor</i>
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For registrations contact Dr Priti Patil 9960084284

16.

Date: 14/12/21

Activity Name: **Webinar on Current Trends on Rehabilitation During COVID-19 Pandemic for PWD**



Chaitanya Medical Foundation's
College of Physiotherapy
Chinchwad, Pune
Affiliated to: Maharashtra University of Health Sciences, Nashik

Department of Community Physiotherapy

WEBINAR REPORT

Date: 15/12/21

CMF's College of Physiotherapy, Department of Community Physiotherapy organised the Webinar on "Current Trends on Rehabilitation During COVID-19 Pandemic for Person with Disability". The Webinar was held on 14th December 2021, from 2:00 PM onwards on Google Meet platform. Respected Dr. Madhuri Ajay Wane(OT), Assistant Professor, Ravi Nair Physiotherapy College Sawangi (Meghe) Wardha was a Resource Person.

Dr. Pratima S. Sarwadikar, Assistant Professor started webinar with the brief introduction of the Resource Person Dr. Madhuri Ajay Wane(OT) and Dr. Shilpa Parab, Principal, CMF's College of Physiotherapy welcomed the Resource person. The Webinar started at 02:10 PM in the presence of all the participants. The Webinar witnessed an active participation of Physiotherapy UG, Interns, PG students and Faculties and Professionals. The total 75 participants attended the Webinar. The Webinar was structured in a PPT with visual impact. The webinar started with an Introduction on Disability by the Resource person. Then Resource Person explained about the principles of disability, types of disability, disability awareness in Rural and Urban areas and Role of Physiotherapy in Disability and also challenges towards Rehabilitation of the disabled person during COVID-19 Pandemic. It was a very informative session which helped everyone imbibe knowledge about the Disability. All Participants participated in the interactive session with an intensive question/answer at conclusion. Many attendees sent their



Chaitanya Medical Foundation's
College of Physiotherapy

Chinchwad, Pune

Affiliated to: Maharashtra University of Health Sciences, Nashik

questions in the chat box during the session. Also discussed about strategies for disability awareness in rural and urban areas. Dr. Ashish W. Bele proposed the vote of thanks.

Enclosures:

- Invitation of the webinar
- Attendance of Participants
- Staffs group photo in webinar

Pratima
Dr. Pratima Sarwadikar (PT)
Assistant Professor
Dept. of Community Physiotherapy
Reg. No. 2018/12/PT/007750

Ashish
Dr. Ashish W. Bele (PT)
HEAD
Dept. of Community Physiotherapy
Reg. No. 2010/06/PT/000797


Shilpa
Principal
Dr. Mrs SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
4/155, Chinchwad, Pune - 411



17.

Date: 22/12/21

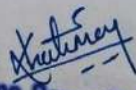
Activity Name: **World Elderly Day**


 Chaitanya Medical Foundation's
College of Physiotherapy
Chinchwad, Pune
Affiliated to: Maharashtra University of Health Sciences, Nashik


Department of Community Physiotherapy
REPORT
Activity: Geriatric Day Celebration


Date: 24/12/21

CMF's College of Physiotherapy, Department of Community Physiotherapy conducted activities for Geriatrics on the occasion of Geriatric day at Mother Teresa Missionary School, Chinchwad, Pune. The program was scheduled on 22nd December 2021, from 09:30AM to 11:00AM. Total 14 students UG (6), PG (4), and interns (4) were visited. The program was carried out under the supervision of Dr. Ashish Bele and Dr. Pratima Sarwadikar. The Program was started with Small Speech on Geriatrics by Dr. Ashish W. Bele. All the Students were involved with every individual in Agility exercises, Recreational Activities etc. Total 43 older individuals were voluntarily participated in the activities. Winners of every activity has been awarded with small Gift. At the end, Dr. Pratima Sarwadikar proposed the vote of thanks.


Dr. Pratima Sarwadikar (PT)
Assistant Professor
Dept. of Community Physiotherapy
Reg. No. 2018/12/PT/007750


Dr. Ashish W. Bele (PT)
HEAD
Dept. of Community Physiotherapy
Reg. No. 2010/06/PT/000797


Principal
Dr. Mrs SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
At ATSS, Chinchwad, Pune - 411009




PHOTOGRAPHS



18.

Date: 22/12/21

Activity Name: World Disability Day

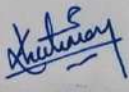



Chaitanya Medical Foundation's
College of Physiotherapy
Chinchwad, Pune
Affiliated to: Maharashtra University of Health Sciences, Nashik


Department of Community Physiotherapy
REPORT
Activity: Disability Day Celebration


Date: 24/12/21

CMF's College of Physiotherapy, Department of Community Physiotherapy conducted activities for the disabled persons on the occasion of Disability day at Mother Teresa Missionary School, Chinchwad, Pune. The program was scheduled on 22nd December 2021, from 09:30AM to 11:30AM. Total 14 students UG (6), PG (4), and interns (4) were visited. The program was carried out under the supervision of Dr. Ashish Bele and Dr. Pratima Sarwadikar. The Program was started with Small Speech on Disability by Dr. Ashish W. Bele. After that PPT session was held for students on Disability, Types of Disabilities, Awareness of Disability and Rehabilitation goals of Disability. All the Students were involved with every individual in Gaming Activities, Singing etc. Total 65 individuals were voluntarily participated in the activities. Winners of every activity has been awarded with small Gift. At the end of activity, Dr. Pratima Sarwadikar proposed the vote of thanks and program was ended after one song which was sung by Umesh (A blind individual).


Dr. Pratima Sarwadikar (PT)
Assistant Professor
Dept. of Community Physiotherapy
Reg. No. 2018/12/PT/007750


Dr. Ashish W. Bele (PT)
HEAD
Dept. of Community Physiotherapy
Reg. No. 2010/06/PT/000797



Principal
Dr. Mrs SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
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ATSS, Chinchwad, Pune - 411019



19.

Date: 24/12/21

Activity Name: **Community Field Visit**

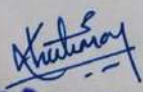



Chaitanya Medical Foundation's
College of Physiotherapy
Chinchwad, Pune
Affiliated to: Maharashtra University of Health Sciences, Nashik


Department of Community Physiotherapy
REPORT
Activity: Physiotherapy Awareness


Date: 27/12/21

CMF's College of Physiotherapy, Department of Community Physiotherapy conducted the field visit at Shelarwadi, Talegaon (Dabhade), Dehu Road, Pune for Physiotherapy Awareness. The field visit was scheduled on 24th December 2021, from 10:00AM to 12:00PM. On Field Dr. Ashish W. Bele, HOD and Associate Professor and Dr. Pratima S. Sarwadikar, Assistant Professor were with the Students. Total 15 students UG (8), PG (1), and interns (6) and 1 Assistant were visited. Students were divided into three groups under the supervision of Dr. Ashish Bele and Dr. Pratima Sarwadikar and spread to different areas of Village. During visit, Physiotherapy awareness leaflets were circulated the verbal information given to every individual of the village and also. Dr. Pratima Sarwadikar interacted with ANC/PNC women, post-menopausal and Geriatric women and discussed on their complaints and given the information on importance of Physiotherapy as well.


Dr. Pratima Sarwadikar (PT)
Assistant Professor
Dept. of Community Physiotherapy
Reg. No. 2018/12/PT/007750


Dr. Ashish W. Bele (PT)
HEAD
Dept. of Community Physiotherapy
Reg. No. 2010/06/PT/000797


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



PHOTOGRAPHS



20.

Date: 24/12/21

Activity Name: **Christmas Celebration**

Christmas celebration 2021

On the occasion of Christmas day Student Council of CMF's College of Physiotherapy had organized an Activity like Christmas decoration competition on 24th December 2021.

The competition was held inter batches with involvement of 1st year, 3rd year, 4th year & Post graduate students. The event was organized on the third floor where the batches were allotted their areas respectively. A time frame of 2 hours was given for the preparation. It was held from 1 pm to 3 pm.

The event was conducted in accordance with the COVID 19 precaution guidelines.

The Judges for the competition were Dr Shamala Pazare, Dr Himashu Pathak & Dr Pallavi Chopade. The results were as follows:

1st prize: 1st year batch


2nd prize: 4th year batch

3rd prize: 3rd year batch

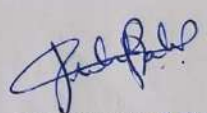
We thank all the teaching, non teaching staff for their support & cooperation in the event.


Dr Shilpa Parab (PT)

Principal


Dr Shweta Ingale (PT)

Teacher Representative


Dr Priti Patil (PT)

Cultural Representative

Dr. Mrs SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
105, Churchwad, Pune - 411019



PHOTOGRAPHS



21.

Date: 12/01/22

Activity Name: **Blood Donation Camp**

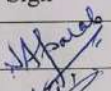
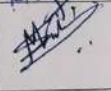
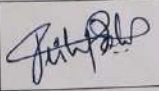

Blood Donation Camp Report

Student council and Rotaract club of CMF's College of Physiotherapy, Chinchwad has organized Blood donation camp in collaboration with Blood bank of Yashwantrao Chavhan Memorial Hospita (YCMH), Pimpri on 12 January 2022. The camp team consisted of 3 teachers and 19 UG students. The team was headed by Dr Madhur Kulkarni (PT) along with Dr Priti Patil & Dr Shweta Ingale.

The Camp was inaugurated by Chief Guest Mr. Jitendra Sharma (Rotarian) and Principal Dr. Mrs Shilpa Parab and Secretary Dr. Abhay kulkarni. A total of 100 participants had shown interest and registered their names in this cause. Out of which 37 eligible candidates donated the blood. Candidates and volunteers were offered refreshments after that and certificate was provided to the donors by YCMH blood bank.

The camp was concluded by felicitation of the members of the medical team from the blood bank.

We would like to thank the teaching and non-teaching staff for their support in successful conduction of the workshop.

Staff	Designation	Sign
Dr Shilpa Parab (PT)	Principal & HOD	
Dr Madhur Kulkarni (PT)	Assistant Professor (Faculty Coordinator of Rotaract Club of CMF's COP)	
Dr Priti Patil (PT)	Assistant Professor (Cultural representative Student Council)	
Dr Shweta Ingale(PT)	Assistant Professor (Teacher representative Student Council)	


PHOTOGRAPHS



22.

Date: 09/02/22

Activity Name: **Webinar on Gender Equality**



Chaitanya Medical Foundation's
College of Physiotherapy
Chinchwad, Pune
Affiliated to: Maharashtra University of Health Sciences, Nashik

Department of Community Physiotherapy
WEBINAR REPORT

Date: 09/02/22

CMF's College of Physiotherapy, Department of Community Physiotherapy organised the Webinar on "Gender Equality". The Webinar was held on 08th February 2022, from 3:00 PM onwards on Google Meet platform. Respected Dr. Rupali Dhananjay Sarode (PhD), Clinical Psychologist, Wardha was a Resource Person.

Dr. Pratima S. Sarwadikar, Assistant Professor started webinar with the brief introduction of the Resource Person Dr. Rupali Dhananjay Sarode and Dr. Shilpa Parab, Principal, CMF's College of Physiotherapy welcomed the Resource person. The Webinar started at 03:00 PM in the presence of all the participants. The Webinar witnessed an active participation of Physiotherapy UG, Interns, PG students and Faculties. The total 70 participants attended the Webinar. The Webinar was structured in a PPT with visual impact. The webinar started with an Introduction on Gender Equality by the Resource person. Then Resource Person explained about the social issues related to gender inequality with examples, Laws related to gender equality, workplace gender equality etc. It was a very informative session which helped everyone imbibe knowledge about the Gender Equality. All Participants participated in the interactive session with an intensive question/answer at conclusion. Many attendees sent their questions in the chat box during the session. Also discussed about the NAAC perspective importance of Gender Equality. Dr. Ashish W. Bele proposed the vote of thanks.

Dr. Pratima Sarwadikar (PT)
Assistant Professor
Dept. of Community Physiotherapy
Reg. No. 2018-2019/007750


Dr. Ashish W. Bele (PT)
Assistant Professor
Dept. of Community Physiotherapy
Reg. No. 2018-2019/007750




Chaitanya Medical Foundation's
College of Physiotherapy
Chinchwad, Pune
Affiliated to: Maharashtra University of Health Sciences, Nashik

Enclosures:

- Invitation of the webinar
- Attendance of Participants
- Staffs group photo in webinar


Organizing Member

Dr. Pratima Sarwadikar (PT)
Assistant Professor
Dept. of Community Physiotherapy
Reg. No. 2018/12/PT/007750


Organizing Secretary

Dr. Ashish W. Bele (PT)
HEAD
Dept. of Community Physiotherapy
Reg. No. 2010/06/PT/000797


Principal

Dr. Mrs. SHILPA A. PARASHAR
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy
Maharashtra University of Health Sciences, Chinchwad, Pune

23.

Date: 11/02/22

Activity Name: **Awareness of Plastic Free Environment**

Report of 'Best out of waste: innovative ways to eliminate plastic' competition

Under the **Azaadi ka Amrut Mahotsav** activities, we at CMF'S College of Physiotherapy Chinchwad had organised a competition for the students on the topic "Best out of waste: innovative ways to eliminate plastic with the theme of elimination of plastic".

The competition was held on 11-02-2022 from 3 to 4.30 pm in Yoga area 3rd floor. A total number of 20 students in 5 groups participated in the competition. The students prepared various models, charts and presented on the day of the event.

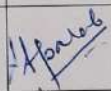


The judges for the event were Dr Sushil Arora & Dr Ashish Bele. The winners for the events were

1 prize: Kumari, Chinmaya, Tejas ,Rajesh (IIIrd BPT)

2 prize: Jayashree, Ashlesha, Shrutika, Ruchi & Apoorva(Post Graduates)

3 prize: Mrunal & Megha(IIIrd BPT)

We thank the teaching and non-teaching staff for their support during the event.

Staff	Designation	Sign
Dr Shilpa Parab	Principal	
Dr Shweta Ingale	Assistant Professor	
Dr Priti Patil	Assistant Professor	

CMF College of Physiotherapy
ELIXIR PRESENTS



BEST OUT OF WASTE COMPETITION

Innovative ways to eliminate plastic

Use less plastic go zero waste



Burst up your minds and create a masterpiece or
art out of trash or give innovative ways to
eliminate plastic



Date: 11 february

Time: 3-4:30 pm

Venue: Yoga lab

Organisers

Dr.Shilpa Parab
(Principal)

Dr.Priti Patil
(Assistant Professor)

Dr.Shweta Ingale
(Assistant Professor)




PHOTOGRAPHS



24.

Date: - 08/03/22

Activity Name: **International Women's Day**

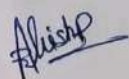


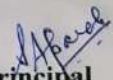
Chaitanya Medical Foundation's
College of Physiotherapy
Chinchwad, Pune
Affiliated to: Maharashtra University of Health Sciences, Nashik

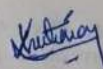
Department of Community Physiotherapy
&
Students Welfare Cell
REPORT

Activity: Azadi Ka Amrut Mahotsav 2022 Celebration
Date: 11/03/22

CMF's College of Physiotherapy, Department of Community Physiotherapy conducted activities for Rural females on the occasion of Azadi Ka Amrut Mohatsav 2022 on the theme, "Awareness of Women's Health During Menstruation in Community." at Dehu Containment OPD, Dehu, Pune. The program was scheduled on 08th March 2022, from 12:00PM to 12:30PM. Total 13 students UG (10), PG (03) and 16 women were participated. The program was carried out under the supervision of Dr. Ashish Bele and Dr. Pratima Sarwadikar. Dr. Pratima Presented a powerpoint presentation and provided a valuable information about the menstruation and Women's Health. The students have made awareness poster on Menstruation and Hygiene. At the end, Dr. Ashish Bele proposed the vote of thanks.


Dr. Ashish W. Bele (PT)
HEAD
Dept. of Community Physiotherapy
Reg. No. 2010/06/PT/000797


Principal
Dr. Mrs SHILPA A. PARAB
M.Ph.T. (Cardio Respiratory)
PRINCIPAL
CMF's College of Physiotherapy



PHOTOGRAPHS



25.

Date: 28/02/22 to 04/03/22

Activity Name: Pulse Polio Campaign



Pimpri-Chinchwad, Maharashtra, India
JQJR+M6W Sai Woods, Wolf Colony, Chinchwad,
Pimpri-Chinchwad, Maharashtra 411033, India
Lat 18.631508°
Long 73.790536°
01/03/22 11:58 AM

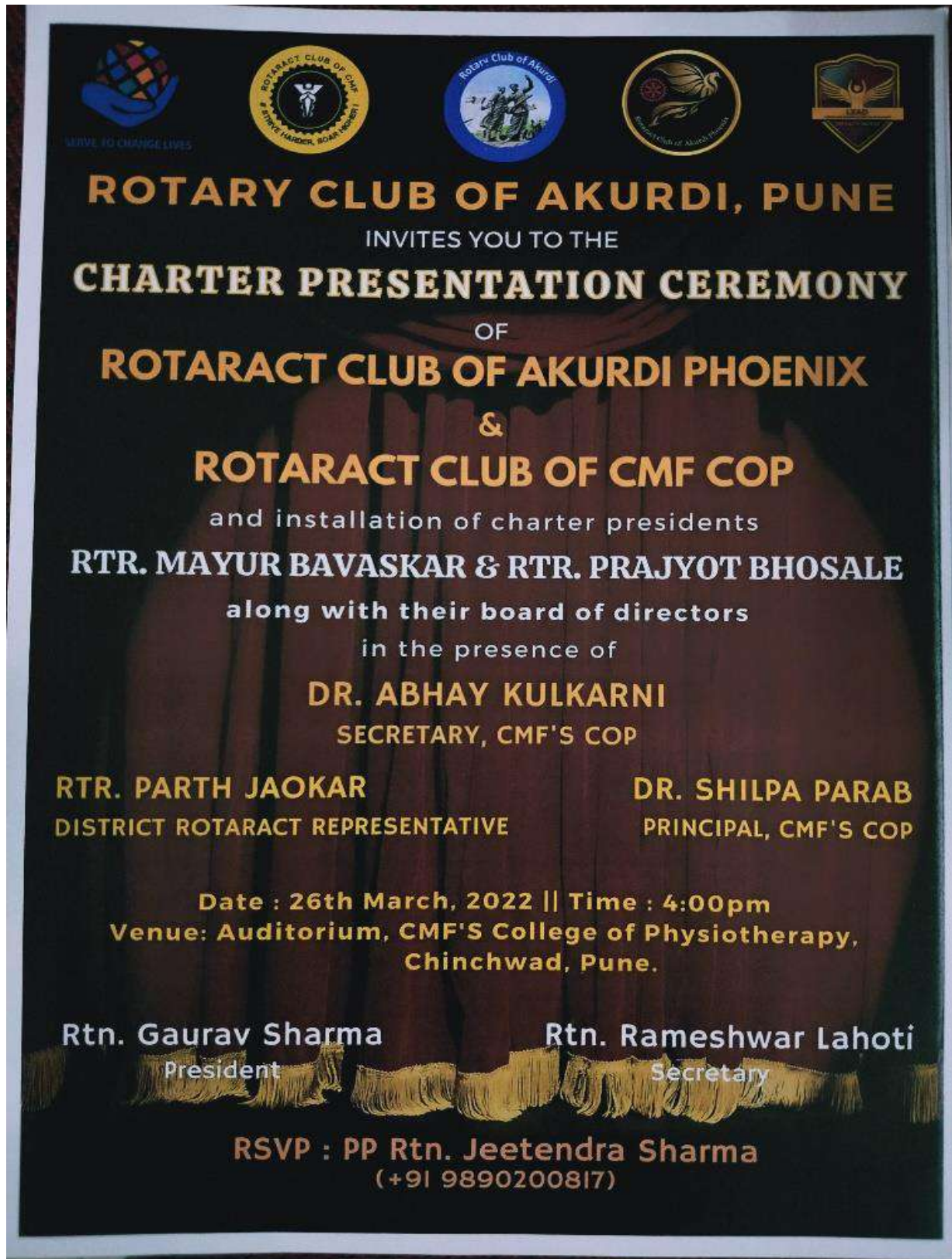


Pimpri-Chinchwad, Maharashtra, India
141440, PCMC Link Rd, Wolf Colony, Chinchwad,
Pimpri-Chinchwad, Maharashtra 411033, India
Lat 18.630871°
Long 73.791359°
28/02/22 10:36 AM

26.

Date: 26/03/22

Activity Name: **Rotaract Installation Ceremony**



The poster is for a Rotaract Installation Ceremony. At the top, there are five logos: a globe with the text 'SERVE TO CHANGE LIVES', a yellow circular logo for 'ROTARACT CLUB OF CMF COP', a blue circular logo for 'Rotary Club of Akurdi', a yellow circular logo for 'Rotaract Club of Akurdi Phoenix', and a shield-shaped logo for 'Rotaract Club of Akurdi Phoenix'. The main text is in gold and white on a dark background. It reads: 'ROTARY CLUB OF AKURDI, PUNE INVITES YOU TO THE CHARTER PRESENTATION CEREMONY OF ROTARACT CLUB OF AKURDI PHOENIX & ROTARACT CLUB OF CMF COP and installation of charter presidents RTR. MAYUR BAVASKAR & RTR. PRAJYOT BHOSALE along with their board of directors in the presence of DR. ABHAY KULKARNI SECRETARY, CMF'S COP'. Below this, it lists 'RTR. PARTH JAOKAR DISTRICT ROTARACT REPRESENTATIVE' and 'DR. SHILPA PARAB PRINCIPAL, CMF'S COP'. The date and time are 'Date : 26th March, 2022 || Time : 4:00pm' and the venue is 'Venue: Auditorium, CMF'S College of Physiotherapy, Chinchwad, Pune.' At the bottom, it shows 'Rtn. Gaurav Sharma President' and 'Rtn. Rameshwar Lahoti Secretary' with their signatures. The RSVP information is 'RSVP : PP Rtn. Jeetendra Sharma (+91 9890200817)'.

ROTARY CLUB OF AKURDI, PUNE
INVITES YOU TO THE
CHARTER PRESENTATION CEREMONY
OF
ROTARACT CLUB OF AKURDI PHOENIX
&
ROTARACT CLUB OF CMF COP
and installation of charter presidents
RTR. MAYUR BAVASKAR & RTR. PRAJYOT BHOSALE
along with their board of directors
in the presence of
DR. ABHAY KULKARNI
SECRETARY, CMF'S COP

RTR. PARTH JAOKAR
DISTRICT ROTARACT REPRESENTATIVE

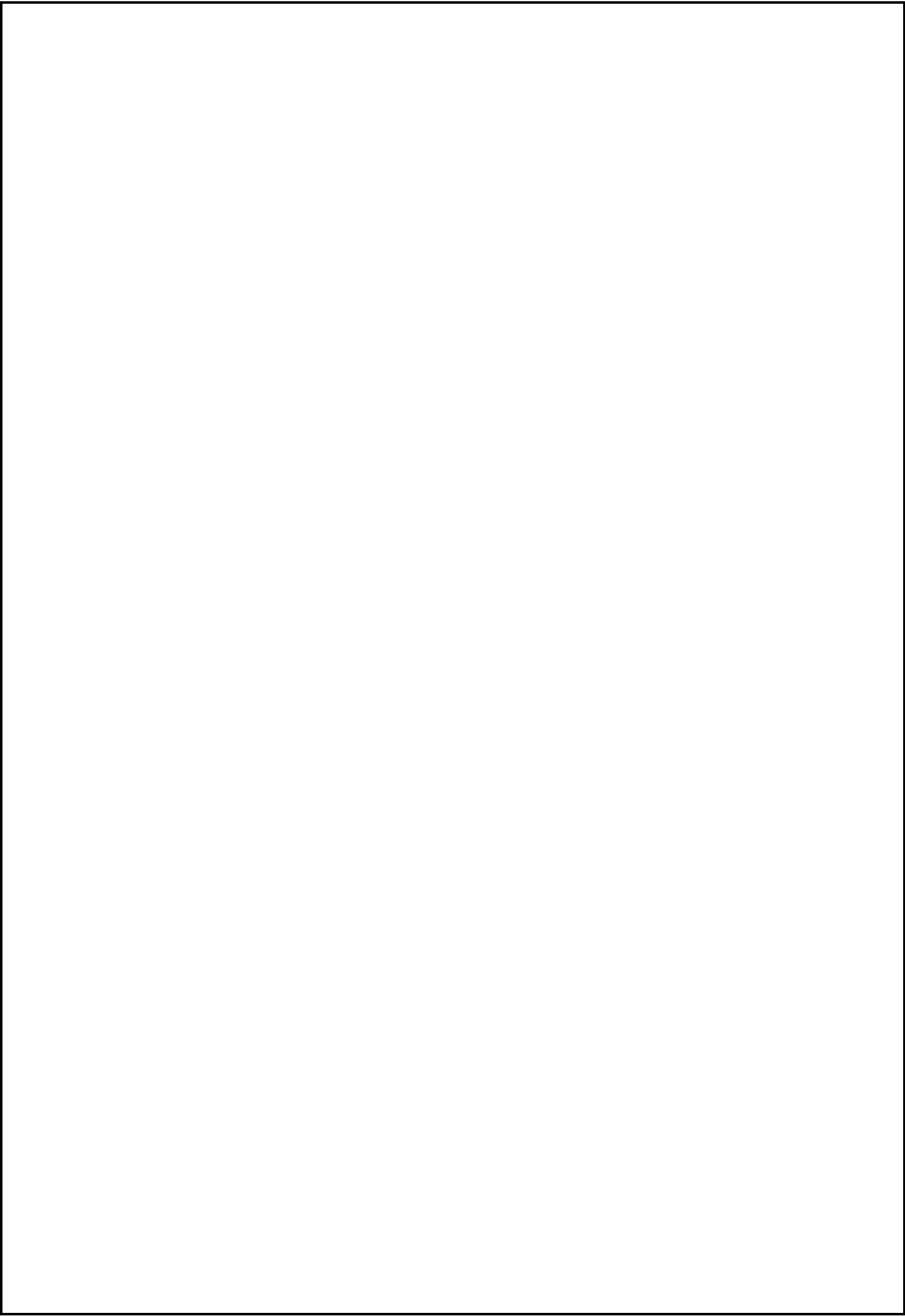
DR. SHILPA PARAB
PRINCIPAL, CMF'S COP

Date : 26th March, 2022 || Time : 4:00pm
Venue: Auditorium, CMF'S College of Physiotherapy,
Chinchwad, Pune.

Rtn. Gaurav Sharma
President

Rtn. Rameshwar Lahoti
Secretary

RSVP : PP Rtn. Jeetendra Sharma
(+91 9890200817)



27.

Date: 11 & 13/04/22

Activity Name: Annual Sports Days

28.

Date: 12/04/22

Activity Name: Workshop on Questionnaire Designing and Validation



Chaitanya Medical Foundation

College of Physiotherapy

C/o. ATSS, C-2 MIDC Opp. Chinchwad (E) Post office, Chinchwad, Pune 411019
Tele-fax: (020) 27454501 / 27454502 Mobile: 9423559334 / 9822013420

HSET COMMITTEE PRESENTS.....

Workshop on QUESTIONNAIRE DESIGNING & VALIDATION



Speaker:

Dr. Suvarna Ganvir
Professor & HOD,
Neurophysiotherapy Department,
Dr. Vitthalrao Vitke Patil Foundation's College of Physiotherapy

12 April 2022
10 AM - 3.30 PM

**FOR FINAL YEAR BPTH
&
MPTH STUDENTS**



10 am- 1.15 pm: Morning Session
1.15 pm - 2pm : Break
2pm - 3.30 pm : Afternoon Session

Principal & Chairman, HSET Committee
Dr. Shilpa Parab

HSET Committee members:
Dr. Shamla Pazare
Dr. Shweta Ingale

E-certificates will be provided to the participants

Pre Registration is mandatory, Click on the Link: <https://forms.gle/7DGZfazYebWLthHGA>

Date: 12.04.20202

Report of HSET Workshop: Questionnaire Designing & Validation

Health Sciences & Technology Committee of CMF's College of Physiotherapy, organized a workshop on "*Questionnaire Designing & Validation*" on 12th of April 2022. The resource person was Dr. Suvarna Ganvir, Professor, Dr. PD Vithalrao Vikhe Patil College of Physiotherapy, Ahmednagar, Pune.

A Total number of 51 students, 37 Final year BPT students and 14 MPT students attended the workshop. Registration for the workshop was done through Google Forms. The workshop started at 10 am with the address of Principal, Dr. Shilpa Parab mam, followed by introduction of resource person by Dr. Shamla Pazare mam.

The workshop contained theory lectures and interactive activities related to questionnaire designing and validation. Students actively participated in group activities. Dr Shamla Pazare, Dr Sushil Arora, Dr Ashish Bele, Dr Abhishek Panchal and Dr Shweta Ingale were present to coordinate with group activities.

The workshop ended with felicitation of resource person by Principal Dr Shilpa Parab mam. Vote of thanks was given by Dr. Shweta Ingale. Feedback was taken via Google forms post workshop and e-certificates were issued to the participants



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

Dr Shilpa Parab *Shilpa Parab*

Dr Shamla Pazare *Shamla Pazare*

Dr. Shweta Ingale *Shweta Ingale*





29.

Date: 18 & 19/04/22

Activity Name: Workshop on Instrument Assisted Soft Tissue Mobilization

CMF's College of Physiotherapy Organizes Certificate Workshop On



INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION (IASTM)

(AN IQAC INITIATIVE)

Date: 18th & 19th April, 2022



Course Instructor:

Dr. Piyush Jain

PhD Scholar,

**Accredited Instructor: Nasara International
Taping Academy Author of Manual of Dry Needling
techniques**

COURSE INCLUSIONS:

- *Introduction Of IASTM**
- *Indication, Contraindications
& Precautions of IASTM**
- *Types of IASTM**
- *IASTM Techniques for Joint
and Muscles**
- *IASTM Techniques for Trigger
Point Release**
- *IASTM Techniques for Fascia
Release**
- *IASTM Techniques for Planter
Fasciitis**
- *IASTM Techniques for
Tendinopathy**
- *IASTM Techniques for Other
Clinical Conditions**
- *Use of JT Tool.**

WORKSHOP INCLUDES

**Certificate , Transcript
IASTM Tool , Study Material
Breakfast , Lunch & High Tea**

Course Coordinator:

Dr. Himanshu Pathak

Dr. Pallavi Chopade

FEES: INR 4400/-

For Registration Contact:

Dr. Hina Jain (9762858255)

30 Seats Only

PHOTOGRAPHS



30.

Date: 20/4/22

Activity Name: Rain Water Harvesting



The poster features a background image of rain falling on a surface. On the left, the text "WATER IS PRECIOUS" is written in a large, bold, sans-serif font, with "CAPTURE THE RAIN" written below it in a smaller, similar font. The main title "RAIN WATER HARVESTING" is prominently displayed in the center in a large, bold, sans-serif font. Above the title, it says "An AKAM initiative" and "organises a webinar on". Below the title, the date and time "On 20-04-2022, Wednesday 3:00 pm to 4:30 pm" are listed, followed by the instruction "join through link:" and the Google Meet link "https://meet.google.com/pyj-ndwb-cdt". At the bottom, the organizing committee is listed with three members: Dr Shilpa Parab (PT) Principal, Dr Priti Patil (PT) Assistant professor, and Dr Shweta Ingale (PT) Assistant professor. The top of the poster includes the FORCE logo (a vertical bar with green, blue, and yellow segments) and the text "FORCE CMF's College of Physiotherapy Pune in association with FORCE NGO, New Delhi". A circular logo for CMF's College of Physiotherapy is also present in the top right corner.

FORCE

CMF's College of Physiotherapy Pune
in association with
FORCE NGO, New Delhi

WATER IS PRECIOUS
CAPTURE THE RAIN

An *AKAM* initiative
organises a webinar on
**RAIN WATER
HARVESTING**

On 20-04-2022, Wednesday 3:00 pm to 4:30 pm
join through link:
<https://meet.google.com/pyj-ndwb-cdt>

Organizing committee

Dr Shilpa Parab (PT) Principal	Dr Priti Patil (PT) Assistant professor	Dr Shweta Ingale (PT) Assistant professor
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Date: 20.04.2022

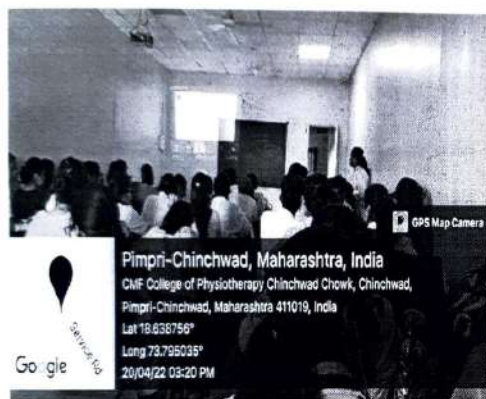
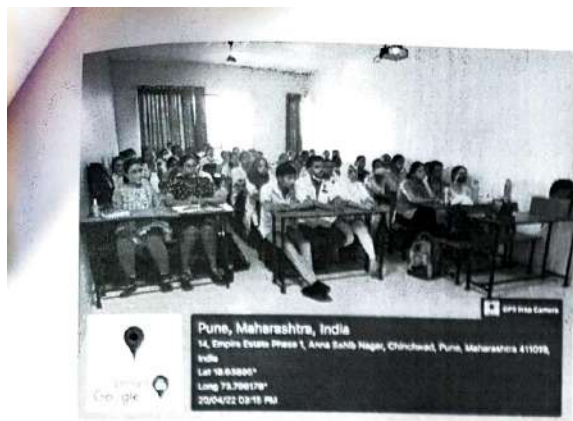
Report of Lecture on Rainwater Harvesting

CMF's College of Physiotherapy in association with FORCE NGO, New Delhi organized a webinar on "*RAINWATER HARVESTING*" on 20th of April 2022 under Azaadi ka Amrut Mahotsav activity . The resource person for the webinar was Mr.Sanjeev Sharma from FORCE NGO.

A Total number of 142 students, 118 undergraduate students and 24 MPT students along with staff attended the webinar. The webinar was conducted via Google Meet Platform, and was started at 3pm with the address of Principal, Dr. Shilpa Parab mam, followed by introduction of resource person and details of FORCE organization by Dr. Priti Patil.

The webinar highlighted the amount of wastage of water at Pune district level and different ways to prevent it at personal and institutional level. Detailed information about Rainwater Harvesting was explained.

The workshop ended by question and answer session. Vote of thanks was given by Dr. Shweta Ingale.



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

Dr Shilpa Parab

CMF's College of Physiotherapy
 Chinchwad, Pune-411019

Dr Priti Patil

Dr.Shweta Ingale



