

Activity Report

Name of the event: Swacch Bharat Abhiyaan

Date: 18th May, 2022

Venue: KJ Somaiya College of Physiotherapy

Name of the Organiser: Student's Council

Resource person: Dr. Priti Mehendale and Dr Pankhuri Vairagade

Objective of the Program: To maintain hygiene, promote cleanliness and organisation of objects and utilities in workplace.

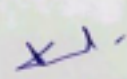
Attendees (Participants): Faculty (teaching and non-teaching staff present on 18th May, 2022)
1st and 2nd year Masters students
Interns

Activity Description:

Swacch Bharat Abhiyaan was organised at KJ Somaiya college of Physiotherapy as an initiative to honour Mahatma Gandhi's vision of a clean India. Cleanliness begins at home. The title of our activity was 'A place for everything and everything in its place.' The activity included cleaning and organising all the OPD areas, classrooms, faculty rooms, administrative offices, Special OPD/Niramay rooms, Central Research lab, Electrotherapy and Kinesiotherapy laboratories. It was a well coordinated effort by the faculty, non teaching staff, MPT students, Interns as also the housekeeping staff. Each faculty was allotted a designated area for cleaning and organising. The activity began at 2pm and concluded at 3pm. The activity was concluded by checking each and every area of KJSCOPT by Dr. Shweta Manwadkar -Principal and student's council teachers.

Conclusion/Outcome- In view of this activity, each and every area was cleaned thoroughly and organised neatly which gave a sense of wellbeing and discipline.

Annexure:
Flyer (if any)


Principal
K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022





Swacch Bharat Abhiyaan



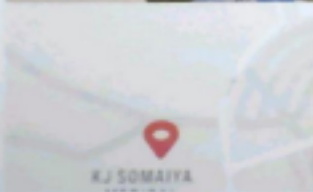
Date: 18/05/2022

Time: 2PM Onwards



Delegates Attendance list -
Program Activity Geo tagged Photos (Link of photos if any)





Mumbai, MH, India
KJ Somaiya Lane, Sion East, Mumbai,
Lat 19.047613, Long 72.873547





Mumbai, MH, India
Somaiya Hospital Road, Sion East,
Lat 19.048126, Long 72.873533

GPS Map Camera

Feedback (Feedback link if any)
Activity Meeting report (if applicable)
List of student participant/volunteers(if any)

Faculty

Msk-1: Dr. Rupali
Msk-2: Dr. Sneha
ANR : Dr. Sandesh
PNR: Dr. Mugdha O
Community opd : Dr. Riddhi
CRL: Dr. Annamma
Library : Nisha
First year class room and Epfl and conference room- Dr. Shraddha and Dr. AasmaA
Second year classroom and Cardio pulmonary opd : Dr. Swati
Women's health opd : Dr. Mugdha J
Third year : Dr. Mugdha J
Fourth year classroom and boys common room- Dr. Manali
Faculty room : Dr. Pothiraj and Dr. Mayur
Admin-1: Sulbha
Admin/2: Anita
Common room- Dr. Pankhuri Dr.PaV and Dr. YoginiDr. Yogini S
MPT classroom- Dr. Dr.Dipali S
Niramay room 1 & 2 : Dr.Priti M

***MPT 1 students ***

- 1) Msk 1- Tripti , Ria K
- 2) Msk 2 - Aditi, Sashrika
- 3) ANR - Prachi, Shraddha
- 4) PNR +4th BPTH- Aimen, dipika
- 5) Community OPD (TG)- Khushi ,Sanjana
- 6) Women's health OPD - Simran T, Himanshi
- 7) MPT 2 classroom- Ria S, Sonal
- 8) EPFL- Simran S , Amruta
- 9) Cardio OPD- Pragya, Shweta
- 10) 1st BPT Classroom- Aayushi, Sujata
- 11) 2nd BPT classroom- Devanshi, Sanika
- 12) 3rd BPT classroom- Rakhee, Shrutika

***MPT 2 students ***

- 1) Msk 1- Sidra Aishwarya
- 2) Msk 2 - Harshika Surabhi

- 3) ANR - Payal Aanavi
- 4) PNR +4th BPTH- Prajakta Mugdha
- 5) Community OPD (TG)- Pavitra
- 6) Women's health OPD - Kiran
- 7) MPT 2 classroom- Mahima, Meghana, Jaina
- 8) EPFL- Ishwari, Aayusha
- 9) Cardio OPD- Himani
- 10) 1st BPT Classroom- Bhargavi, Riya
- 11) 2nd BPT classroom- Aditi, Nirali
- 12) 3rd BPT classroom- Gauri Prachi

Interns

Msk1- dhvani
Msk 2- dhvani
Anr- Anushka
Pnr- charmi
Gopd- tanushree
Epfl- sakshi
WH-manali
1st bpth- batul,zinel
2nd bpth- urmi ,Shivani
3rd bpth- dhruvi, chaitanya
4th bpth- Pooja, tanvi
Cr- vedika,isha,prachitee,hemakshi,veneta

Principal

(Signature with college seal)

Principal
K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



CARDIOPULMONARY PHYSIOTHERAPY CAMP

Name of the event: Health camp (Cardiopulmonary Physiotherapy)

Date: 10.05.2022

Venue: K J Somaiya Vidyavihar campus, Maitreye Building ladies Hostel

Name of the Organiser: cardio respi Department

Objective of the Program: To assess Body Fat Percentage, BMI, Pulmonary Function test and Cardiovascular Fitness of Staff in K J Somaiya Vidyavihar campus

Attendees (Participants): Staff of K J Somaiya Vidyavihar campus


Activity Description: Each Participant was assessed individually.

1. Body Fat % and BMI was assessed
2. Pulmonary function test was performed
3. All vitals were checked at Rest
4. Cardiovascular Fitness i.e Step test was done on each participant.


Conclusion/Outcome - In total 21 staff were assessed by Master students of Cardiovascular and Respiratory department and 1 Intern. Under Supervision of Dr Yogini Shinde, Assistant Professor in Cardio respiratory Department.

Annexure:

Flyer (if any)



SOMAIYA
AYURVEDHA
K J Somaiya College of Physiotherapy



Somaiya
TRUST

K J Somaiya College of Physiotherapy
Invites

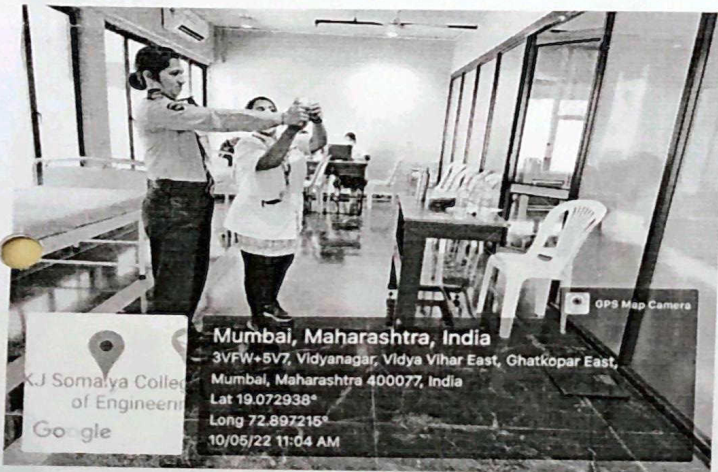
All Somaiya employees for a Fitness camp !
Employees can get checked for body composition, fat percentage and lung functions and get counselled for improving the fitness level.

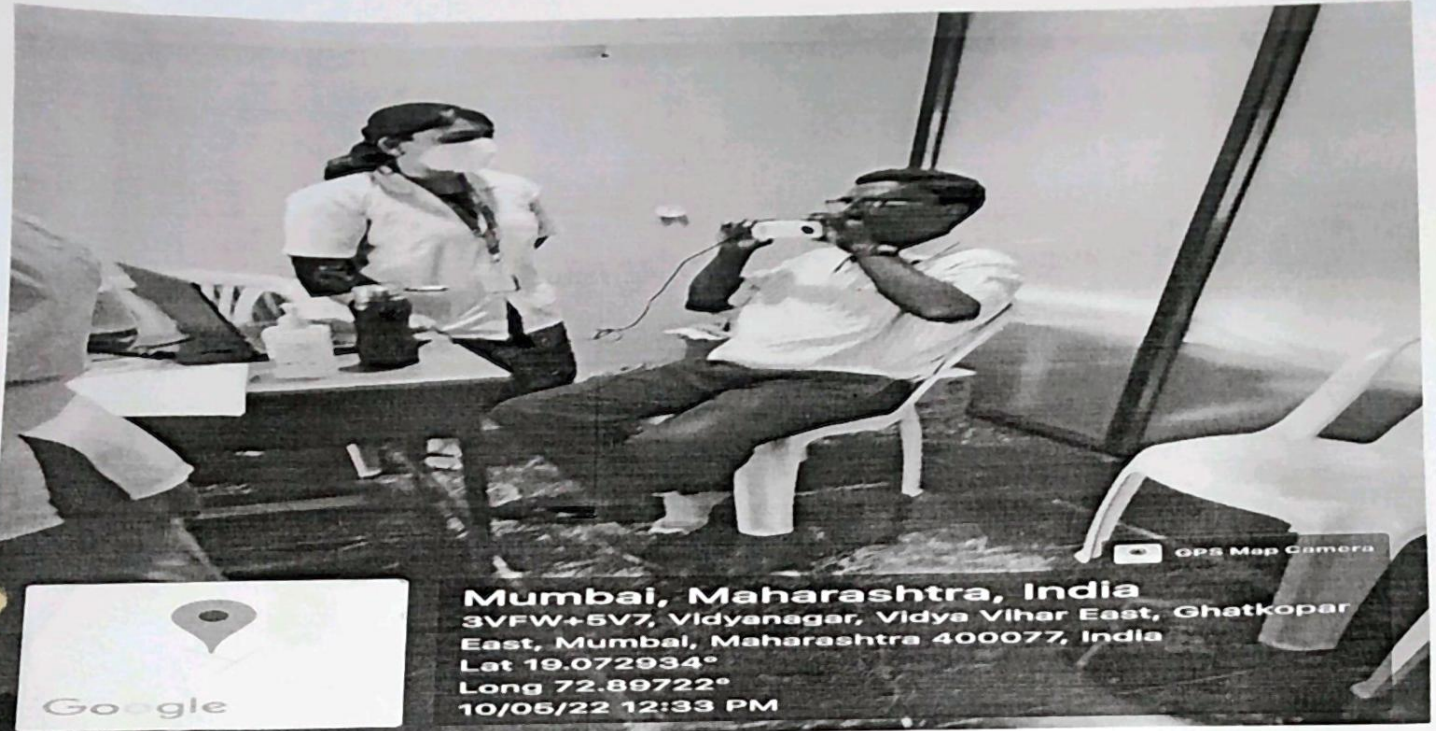
10th May 2022 10:00AM - 2:00PM
Venue- K J Somaiya Vidyavihar campus
Registration charges - Rs. 20
No charges for Fitness assessment and counselling.
Interested employees are requested to register through the link given below:
[LINK FOR REGISTRATION](#)
For any other details contact: Aayusha Gavand: 9987199978, Pranjal Keny: 8668210448

Delegates Attendance list

1. Reshma Bandekar - 37/F
2. Hema Kawde-51/F
3. Bajirao Kakad- 49/M
4. Sushant Gaikwad- 35/M
5. Neelam Singh- 36/F
6. Anil Purkar- 54/M
7. Kumudlata Dani-46/F
8. Vijay Tappal-57/M
9. Satish Kurkure- 41/M
10. Sandeep Nanekar-35/M
11. Tushar Prabhu-33/M
12. Avinash Gorde-42/M
13. Sudhir Udaman-37/M
14. Medha Gankule 31/F
15. Sheela Kanojia-31/F
16. Geetanjali Rane-45/F
17. Poonam Mane- 39/F
18. Ashwini Deshmukh- 30/F
19. Savita Salunkhe-32/F
20. Sudeshana. S- 30/F
21. Sudhir Chaudhary- 51/M

Program Activity Geo tagged Photos (Link of photos if any)

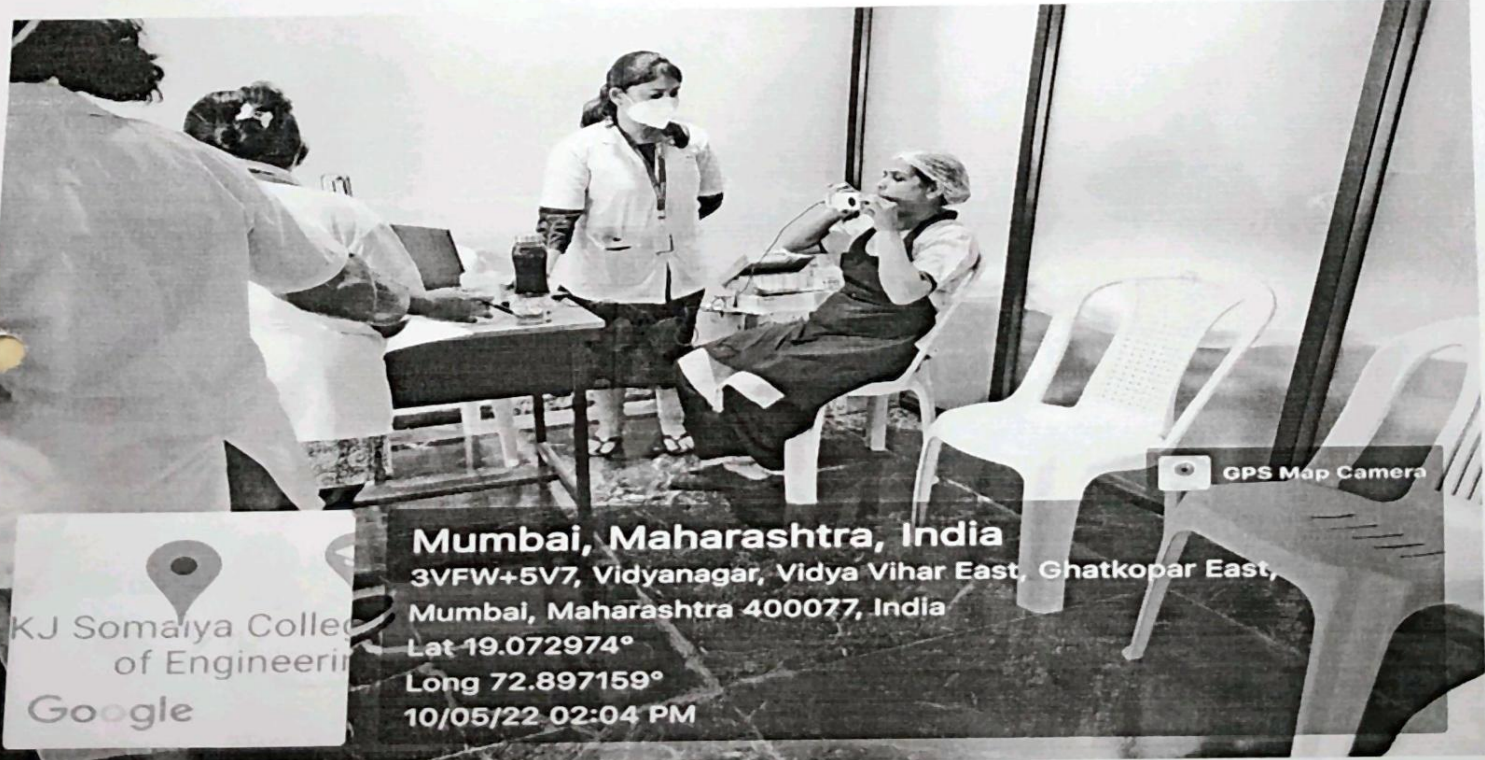




GPS Map Camera



Mumbai, Maharashtra, India
3VFW+5V7, Vidyanagar, Vidya Vihar East, Ghatkopar East, Mumbai, Maharashtra 400077, India
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Long 72.89722°
10/05/22 12:33 PM



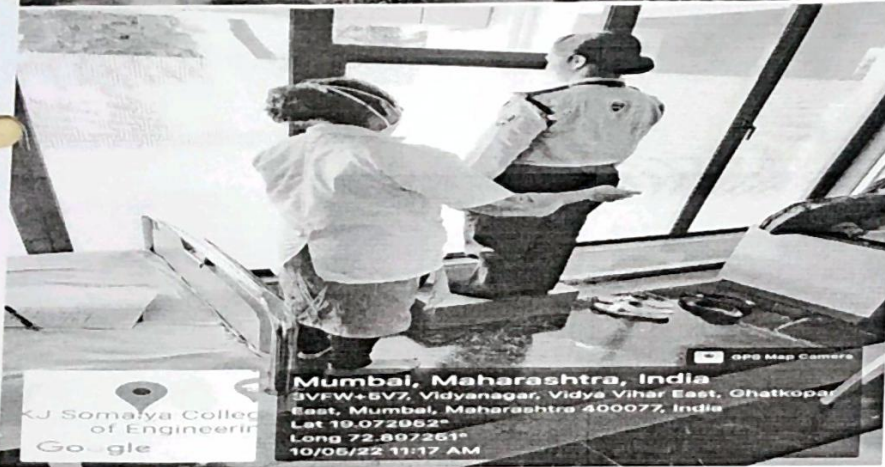
GPS Map Camera



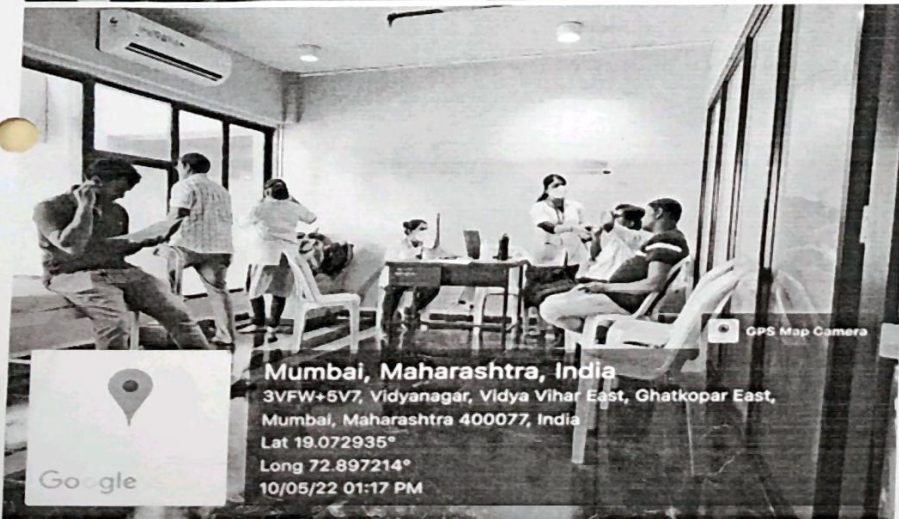
Mumbai, Maharashtra, India
3VFW+5V7, Vidyanagar, Vidya Vihar East, Ghatkopar East, Mumbai, Maharashtra 400077, India
Lat 19.072974°
Long 72.897159°
10/05/22 02:04 PM



Mumbai, Maharashtra, India
3VFW+5V7, Vidyanagar, Vidya Vihar East, Ghatkopar East,
Mumbai, Maharashtra 400077, India
Lat 19.07293°
Long 72.897219°
10/05/22 01:35 PM



Mumbai, Maharashtra, India
3VFW+5V7, Vidyanagar, Vidya Vihar East, Ghatkopar
East, Mumbai, Maharashtra 400077, India
Lat 19.072962°
Long 72.897261°
10/05/22 11:17 AM




Mumbai, Maharashtra, India
3VFW+5V7, Vidyanagar, Vidya Vihar East, Ghatkopar East,
Mumbai, Maharashtra 400077, India
Lat 19.072935°
Long 72.897214°
10/05/22 01:17 PM

Feedback (Feedback link if any) X

Activity Meeting report (if applicable) X

List of student participant/volunteers(if any) -

1. Pranjal Kenny
2. Aayusha Gawand
3. Prachi Jadhav (Intern)



Principal
(Signature with college seal)

Professional Practice, Ethics and Administration Workshop Report 2022

Title of the Workshop: Professional Practice, Ethics and Administration

Venue: K J Somaiya College of Physiotherapy, Sion

Date of the Workshop: 26.04.2022 to 28.04.2022

Target Audience: First year Postgraduate Physiotherapy students, Undergraduate Final year students

Resource Person:

1	Dr Annamma Varghese	11	Dr Khyati Kothary
2	Dr Siddhi Ghodge	12	Dr Mugdha Joshi
3	Dr Dhvani Shah	13	Dr Geeta Bhatt
4	Dr Yogini Shinde	14	Dr Shraddha Deshpande
5	Dr Swati Nerkar	15	Dr Shweta Marwadkar
6	Dr Sneha Ganu	16	Dr Mayur Revadkar
7	Dr Sandesh Sakpal	17	Dr Pothiraj Pitchai
8	Dr Pankhuri Vairagade	18	Dr Dipali Suvarna
9	Dr Supriya Dhumale	19	Dr Priti Mehendale
10	Dr Shalaka Patel	20	Dr Varsha Solanki

Total hours of Training: 15 hours

Organizers: Workshop Committee

Training Activities: The 2-day workshop on Professional Practice, Ethics & Administration was conducted for the MPT (2021-23) batch as well as undergraduate final year students on 26th, 27th & 28th April 2022. This was as per the MUHS syllabus. The lectures were conducted by the faculty of K J Somaiya College of Physiotherapy.

The topics that were covered included: History of Physiotherapy, Laws governing physiotherapy practice, Ethical issues in the practice of physiotherapy, physiotherapist as a leader & manager, Scope of physiotherapy in hospital, community & industry, Role of physiotherapist as per WCPT, Standards for practice, competency statements, communication skills, Professionalism, Align physiotherapy objectives with goals of national health.

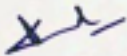
Conclusions: This program was well received by the delegates. As a follow up action plan to contribute further, it was recommended to inculcate this technique into their clinical practice.

Annexure:

Annexure 1: Program Schedule

Annexure 2: Delegates attendance list.

Annexure 3: Workshop activity photographs.



Dr. Shweta Manwadkar (PT)

PRINCIPAL

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Slon (East), Mumbai - 400 022.



Dr. Pothiraj Pitchai (PT)

Workshop Committee

Annexure 1: Program Schedule

WORKSHOP-Professional Practice, Ethics and Administration			
Date	Time	Topics	Faculty
27.04.2022	9.00-10.00 am	History of PT and Development of Physiotherapy Profession	Dr Annamma and Dr Siddhi
	10.00-11.00 am	Laws governing physiotherapy practice	Dr Dhiva, Dr Yogin and Dr Swati
	11.00-11.15 am	Break	
	11.15-12.15 pm	Ethical issues in practice of physiotherapy	Dr Sneha and Dr Sandesh
	12.15-1.15 pm	Ethics in Physiotherapy practice, code of conduct for safe disciplined practice-legal aspect, Rights and responsibility of physiotherapist and client, PMD Act. Rules and regulations governing physiotherapy practice- National & International Administration, legislation, rules and regulations governing physiotherapy practice- National & International	Dr Dhvani, Dr Pankhuri and Dr Supriya
	1.15-2.00 pm	Lunch	
	2.00-3.00 pm	Administration-Physiotherapy Management in Hospital, community & Industry. Principles of management, planning, organisation, budget, policy procedures and quality assurance. Setting up a physiotherapy department	Dr Shalaka, Dr Khyati and Dr Mugdha Joshi
	3.00-4.00 pm	Roles of the physiotherapist as per WCPT/WHO	Dr Geeta and Dr Shraddha
28.04.2022	9.00-10.00 am	Communication skills, leadership quality & teamwork,	Dr Shweta and Dr Mayur
	10.00-11.00 am	Scope of Physiotherapy and Future challenges in physiotherapy	Dr Pothiraj and Dr Dipali
	11.00-11.15 am	Break	
	11.15-12.15pm	Physiotherapist as a leader and manager.	Dr Priti M and Dr Varsha
	12.15-1.15 pm	Professionalism	Dr Rupali and Dr Pragatika
	1.15-2.00 pm	Lunch	
	2.00-3.00 pm	Importance of documentation, types of documentation systems, Documentation of professional assessment including ICF	Dr Mugdha O, Dr Isha and Dr Tejal
	3.00-4.00pm	Standards for practice for physiotherapist and the criteria as competency statements	Dr Priti A and Dr Prachi
26.04.2022	3.00-4.00pm	Align physiotherapy objectives with the goals of national health	Dr Riddhi, Dr Asma and Dr Manasi

Annexure 2: Delegates attendance list.

**K J SOMAIYA COLLEGE OF PHYSIOTHERAPY
I MPT (2021-22)
Workshop - Professional Practice, Ethics and Administration
Attendance Sheet**

Sr.No	Roll No	Name of Students	26-04-2022	27-04-2022	28-04-2022
1	21-22/PG/1	Devanshi Doshi	<u>Doshi</u>	<u>Doshi</u>	<u>Doshi</u>
2	21-22/PG/2	Shweta Goklani	<u>Goklani</u>	<u>Goklani</u>	<u>Goklani</u>
3	21-22/PG/3	Amruta Kadam	<u>Amruta</u>	<u>Amruta</u>	<u>Amruta</u>
4	21-22/PG/4	Sujata Maharana	<u>Sujata</u>	<u>Sujata</u>	<u>Sujata</u>
5	21-22/PG/5	Shradha Mohite	<u>Mohite</u>	<u>Mohite</u>	<u>Mohite</u>
6	21-22/PG/6	Aimen Mulla	<u>Mulla</u>	<u>Mulla</u>	<u>Mulla</u>
7	21-22/PG/7	Shrutika Sartape	<u>Sartape</u>	<u>Sartape</u>	<u>Sartape</u>
8	21-22/PG/8	Simran Thapar	<u>Simran</u>	<u>Simran</u>	<u>Simran</u>
9	21-22/PG/9	Sanjana Zad	<u>Sanjana</u>	<u>Sanjana</u>	<u>Sanjana</u>
10	21-22/PG/10	Rakhee Chandane	<u>Chandane</u>	<u>Chandane</u>	<u>Chandane</u>
11	21-22/PG/11	Pragya Jain	<u>Jain</u>	<u>Jain</u>	<u>Jain</u>
12	21-22/PG/12	Ria Kapadia	<u>Kapadia</u>	<u>Kapadia</u>	<u>Kapadia</u>
13	21-22/PG/13	Aditi Pawaskar	<u>Pawaskar</u>	<u>Pawaskar</u>	<u>Pawaskar</u>
14	21-22/PG/14	Aayushi Shah	<u>Shah</u>	<u>Shah</u>	<u>Shah</u>
15	21-22/PG/15	Himanshi Thaker	<u>H B Thaker</u>	<u>H B Thaker</u>	<u>H B Thaker</u>
16	21-22/PG/16	Prachi Pattnaik	<u>AB</u>	<u>Prachi</u>	<u>Prachi</u>
17	21-22/PG/17	Sanika Pawar	<u>AB</u>	<u>AB</u>	<u>Sanika Pawar</u>
18	21-22/PG/18	Ria Shah	<u>AB</u>	<u>AB</u>	<u>Ria</u>
19	21-22/PG/19	Tripti Sharma	<u>AB</u>	<u>Tripti</u>	<u>Tripti</u>
20	21-22/PG/20	Sonal Shukla	<u>Sonal</u>	<u>Sonal</u>	<u>Sonal</u>
21	21-22/PG/21	Khushi Thakkar	<u>Khushi</u>	<u>Khushi</u>	<u>Khushi</u>
22	21-22/PG/22	Dipika Jadhav	<u>Dipika</u>	<u>Dipika</u>	<u>Dipika</u>
23	21-22/PG/23	Sashrika Nanoti	<u>Sashrika</u>	<u>Sashrika</u>	<u>Sashrika</u>
24	21-22/PG/24	Simran Shaikh	<u>Shaikh</u>	<u>Shaikh</u>	<u>AB</u>

K J SOMAIYA COLLEGE OF PHYSIOTHERAPY
IV B.P.TH (WINTER BATCH)
Workshop - Professional Practice, Ethics and Administration
Attendance Sheet

Sr.No	Roll No.	Name of Student	26-04-2022	27-04-2022	28-04-2022
1	18-19/UG/20	Gondane Sarjana Mahesh		Ab	Ab
2	18-19/UG/37	Makhya Divya Sunil			
3	18-19/UG/38	Maloo Shriya Pavan			
4	18-19/UG/48	Mishani Ali Naqi Faiyaz			
5	18-19/UG/53	Panchania Krishna Sanjay			
6	18-19/UG/55	Kadam Parth Milind	Ab		
7	18-19/UG/58	Patwari Urja Gopal	Ab	Ab	Ab
8	18-19/UG/64	Raut Pratika Prashant			
9	18-19/UG/69	Sangekar Diksha Avinash	Ab	Ab	Ab
10	18-19/UG/85	Shirsat Nikhil Navanath	Ab		
11	18-19/UG/90	Tambhakar Nisarga Suresh			
12	18-19/UG/96	Vaidya Trisha Dharmendra			

K J SOMAIYA COLLEGE OF PHYSIOTHERAPY
IV B.P.TH (REGULAR BATCH)
Workshop - Professional Practice, Ethics and Administration
Attendance Sheet

Sr.No.	Roll No.	Name of Student	26-04-2022	27-04-2022	28-04-2022
1	17-18/UG/2	AGAWANE TEJASWI SUBHASH	Tejaswi	Tejaswi	Tejaswi
2	17-18/UG/44	ANSARI FATIMA KABIR AHMED	Fatima	Fatima	Fatima
3	18-19/UG/01	RAVISHI BHAKTI KAUSHAL	Ab	Bhakti	Bhakti
4	18-19/UG/03	BURKULE YAMINI SANTOSH	Yamini	Yamini	Yamini
5	18-19/UG/04	CHANDEL SAKSHI INDERJEET	Ab	Sakshi	Sakshi
6	18-19/UG/05	CHIMBAIWALA SIKANDER SOHEL	Sikander	Sikander	Sikander
7	18-19/UG/06	CHOUDHARY SAMRA IQBAL HUSAIN	Ab	Samra	Samra
8	18-19/UG/07	DAHIR IQRA GULREZ	Iqra	Iqra	Iqra
9	18-19/UG/103	DARIKA SHIVANI	Ab	Darika	Darika
10	18-19/UG/09	DEOKULE SPANDITA SATYEN	Ab	Spandita	Spandita
11	18-19/UG/10	DEORA BHAVNA NANDLAL	Bhavna	Bhavna	Bhavna
12	18-19/UG/11	DHAKAD PRIKSHA RAMESH	Ab	Priksa	Priksa
13	18-19/UG/13	DOCTOR ADITYA PINANG	Ab	Aditya	Aditya
14	18-19/UG/15	DOSHI FORUM HITESH	Forum	Forum	Forum
15	18-19/UG/16	GADMALE DURVESH JAGDISH	Durvish	Durvish	Durvish
16	18-19/UG/17	GALA JAINI SUSHIL	Ab	J-S Gala	J-S Gala
17	18-19/UG/18	GHULE MAITHLI MANOJ	Maitlhi	Maitlhi	Maitlhi
18	18-19/UG/21	GOVALKAR SRUSHTI SHAILENDRA	Ab	Srushiti	Srushiti
19	18-19/UG/22	GUNJIKAR KIRTI GIRISH	Ab	Kirti	Kirti
20	18-19/UG/23	GUPTA ANANYA ARUN	Ananya	Ananya	Ananya
21	18-19/UG/25	SAINI HARLEEN KAUR	Harleen	Harleen	Harleen
22	18-19/UG/26	HARWANI NEELAM GIRDHARILAL	Neelam	Neelam	Neelam
23	18-19/UG/27	HERLEKAR PRASAD MANOJ	Prasad	Prasad	Prasad
24	16-17/UG/20	JADHAV SAAKSHI KRISHNA	Saakshi	Saakshi	Saakshi
25	18-19/UG/28	JAT DURGA BHERARAM	Durga	Durga	Durga
26	18-19/UG/29	JOGATAR KAVYA BHARAT	Kavya	Kavya	Kavya
27	18-19/UG/30	JOSHI ATHARVA AJAY	Ab	Atharva	Atharva
28	18-19/UG/31	KANANI VINITA SANJAY	Vinita	Vinita	Vinita
29	18-19/UG/32	KARIA DHRUMI MANISH	Ab	D.R	D.R
30	18-19/UG/33	KETKAR SANTIKA MADHAV	Ab	Santika	Santika
31	18-19/UG/34	MELWANI KIRTA HARESH	Kirta	Kirta	Kirta
32	18-19/UG/35	KUDU SUPRA PRADEEP	Supra	Supra	Supra
33	18-19/UG/36	MAJMUNDAR RAJVI ASHISH	Ab	Rajvi	Rajvi
34	18-19/UG/39	MANGAONKAR NIDHI RAJENDRA	Ab	Nidhi	Nidhi
35	18-19/UG/40	MENZLA ANMANYA DIVYANG	Ananya	Ananya	Ananya

77	18-19UG92	THAKKAR HEEL Y SANJAY	As	kealy	kealy
78	18-19UG94	UGALE NEELNEKA BHASKAR	As	kealy	kealy
79	18-19UG95	VAIDYA KAVYA RGNESH	krishna	krishna	krishna
80	18-19UG98	VIRKUD SWARANGI SHRUSHI	Virkud	Virkud	Virkud
81	18-19UG99	WAGHELA NEDIB AJAY	to	Rajwala	Rajwala

Annexure 3: Workshop Activity Photographs



Activity Report

Name of the event: Pulmonary rehabilitation awareness program

Date: 21st March to 26th March 2022, 12pm to 1pm

Venue: Respiratory Medicine OPD, K.J.Somaiya Medical Hospital, Sion

Name of the Organizer: Cardiorespiratory physiotherapy department

Resource person: Dr. Yogini Shinde(PT), Dr. Shalaka Patel(PT)

Objective of the Program: In view of Pulmonary Rehabilitation week, Cardio respiratory department had organized an awareness program for patients suffering from respiratory disorders

Attendees (Participants): Patients with respiratory disorders from respiratory medicine OPD, K.J.Somaiya Medical Hospital, Sion

Activity Description: In view of Pulmonary Rehabilitation week, Cardio respiratory department had organized an awareness program for patients suffering from respiratory disorders, from 21st March to 26th March 2022. Timing was 12pm -1pm.

Patients coming to Pulmonary OPD were counseled by Cardiorespiratory MPTs - Aayusha, Pranjali, Ishwari, Himani, Rashida, Shravani, Prachi, Sonal, Trupti and Khushi, under the guidance of Dr. Yogini and Dr. Shalaka

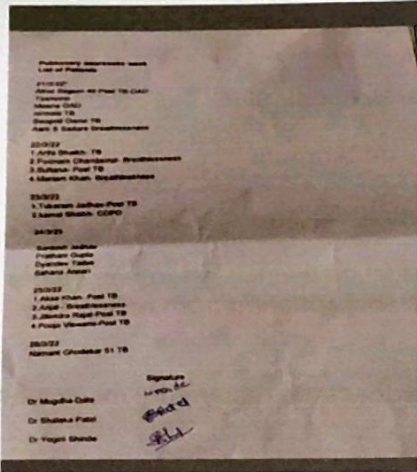
Patients were given an overview about Pulmonary rehabilitation, components of pulmonary rehabilitation and its benefits. Dyspnea relieving positions, breathing exercises, energy conservation techniques and devices used in pulmonary rehabilitation were explained and demonstrated using charts.

Over the week, a total 21 patients were counseled.

Conclusion/Outcome : After the awareness programme, patients started coming to the physiotherapy department for pulmonary rehabilitation.

Annexure:

- 1. Flyer (if any)
- 2. Delegates Attendance list - Pulmonary awareness week



- 3. Program Activity Geo tagged Photos (Link of photos if any)
- 4. Feedback (Feedback link if any)
- 5. Activity Meeting report (if applicable)
- 6. List of student participant/volunteers(if any) -
Cardiorespiratory MPT - Ayusha, Pranjal, Shravani, Rashida, Himani, Ishwari, Prachi,
Sonal, Trupti and Khushi
Faculty - Dr Yogini and Dr Shalaka




Pulmonary Rehabilitation Awareness Program

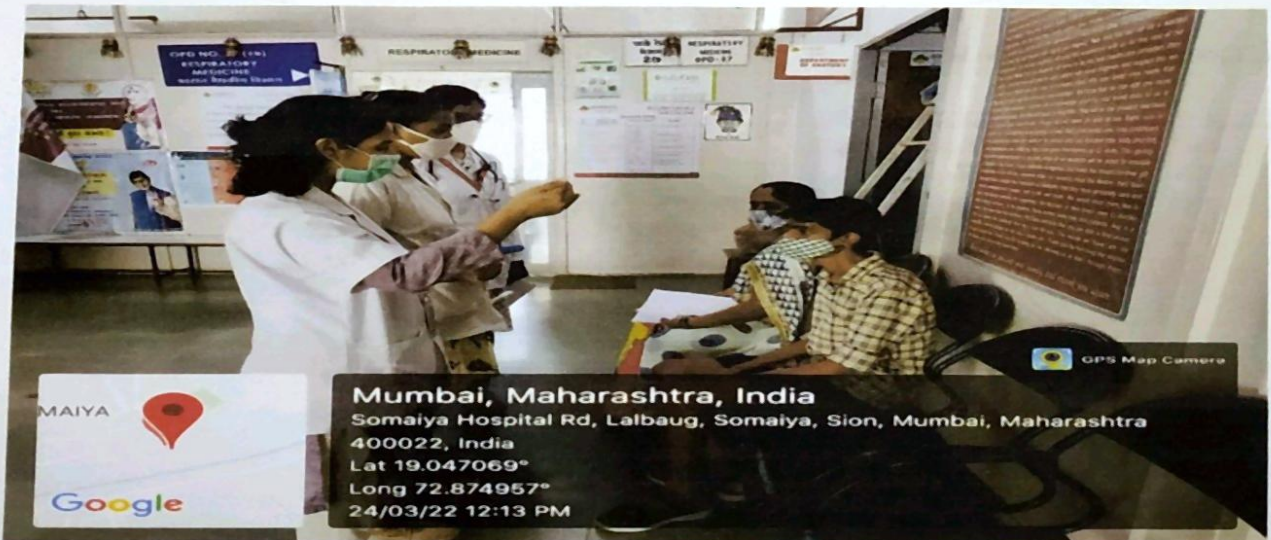
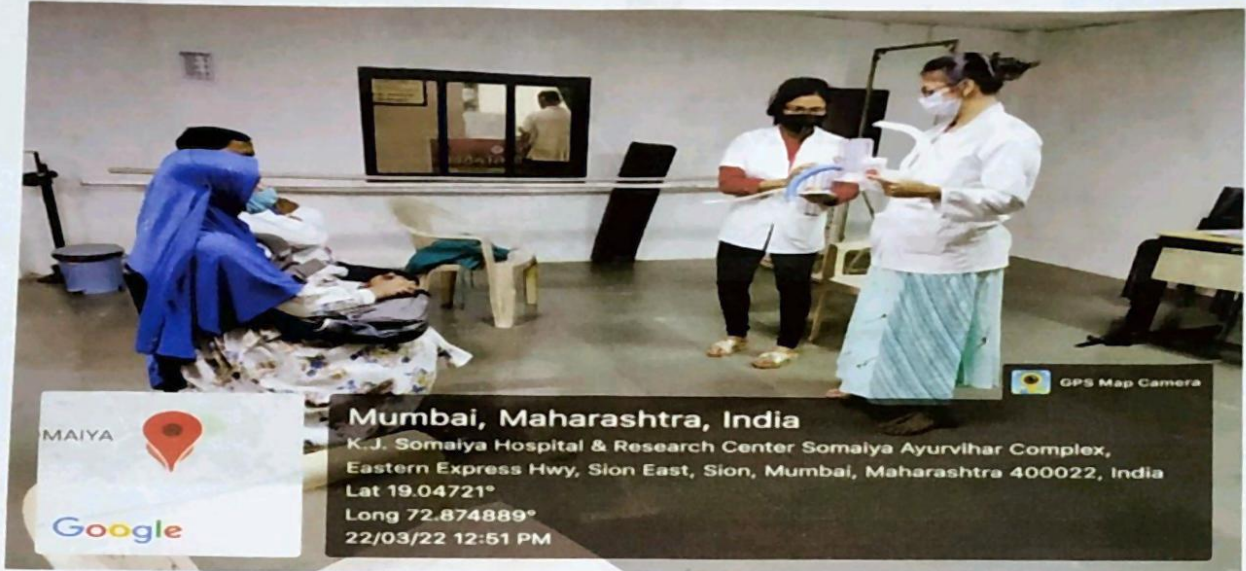
Organised by
**Cardio Respiratory Physiotherapy
Department for patients suffering from
respiratory disorders.**

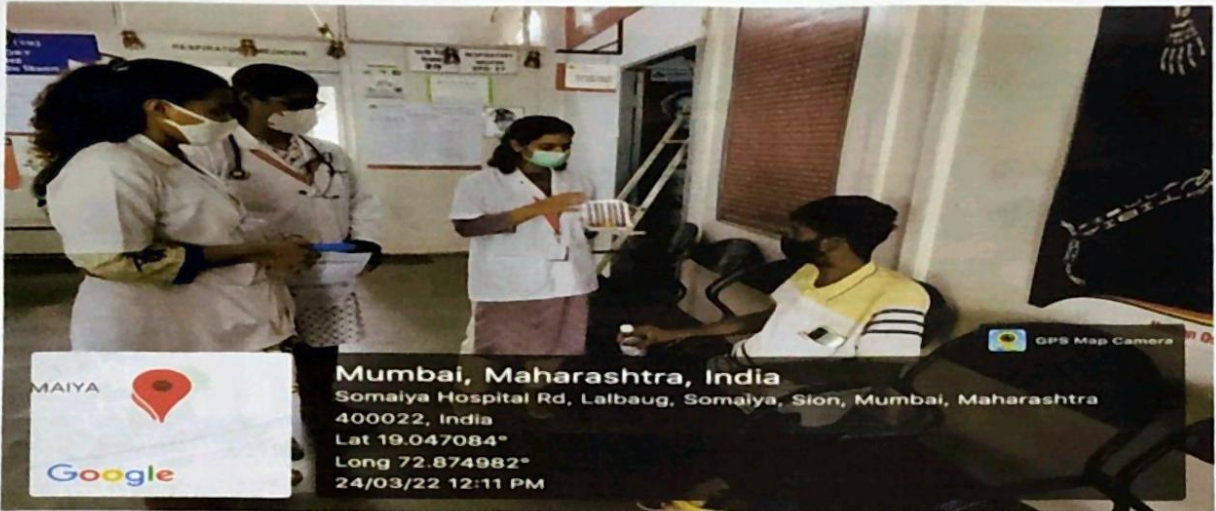
Venue: Respiratory Medicine OPD, K J Somaiya Medical Hospital

 **21-26 March, 2022**

 **12:00 to 1:00 PM**







Principal

(Signature with college seal)

PRINCIPAL

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.





SOMAIYA
AYURVIHAR

K J Somaiya College of Physiotherapy



SELF DEFENCE WORKSHOP 2022

Name of the event: Self Defence Workshop on the occasion of International Women's Day

Date: 11.03.2022

Time: 3:00pm-5:00pm

Venue: K J Somaiya College of Physiotherapy , First Year Classroom

Name of the Organizer: Workshop Committee, K J Somaiya College of Physiotherapy

Resource person: Mr. Manoj Barde and his team KLM Educational, cultural and sports foundation Navi Mumbai

Objective of the Program: This program aimed to introduce the concept of self reliance and to help the female students be confident to deal with any situation if need be.

Participants: All students from 3rd and 4th BPTTh , Interns, PG students, Faculty and non-teaching staff

Activity Description: The workshop began with introduction of the resource person Mr. Manoj Barde and his team to the audience by Dr. Pothiraj Pitchai, member of the Workshop Organizing Committee. Then Mr. Manoj Barde introduced his academy and the motive of the establishment of the same. He demonstrated various techniques along with his team members to the audience, wherein different situations were addressed. Later every participant was also made to practice each technique and corrections were suggested if any.

The audience had a very interactive session with Mr. Manoj, their queries were also addressed, the session concluded with a thank you note from Dr. Pothiraj Pitchai and a very encouraging applause from the audience.


Dr. Shweta Manwadkar (PT)
Principal **PRINCIPAL**

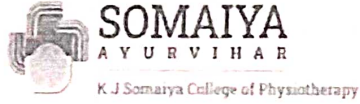
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.


Dr. Pothiraj Pitchai (PT)
Workshop Committee

Annexures:

1. Flyer
2. Delegates Attendance list
3. Program Activity Geo tagged Photos
4. Feedback

Annexure-I: Flyer




K J Somaiya College of Physiotherapy
On Occasion of Womens Day Organises
One Day Self Defence Workshop 2022

Resource person: **Mr. Manoj Barde** and his team
KLM Educational, cultural and sports foundation
Navi Mumbai

Target audience: Undergraduate & Postgraduate
students and faculty.

 Friday, 11 March, 2022

 3:00-5:00 PM
1 BPT Classroom

Annexure 2: Delegates Attendance list

K J SOMAIYA COLLEGE OF PHYSIOTHERAPY ORGANISES WORKSHOP FOR SELF DEFENCE 2022

Sr No	Full Name	Sign
1	Dr. Ishweta Manwadkar	
2	Dr. Annamma Varghese	
3	Dr Nisha Dhasal	
4	Dr. Riddhi M. Goradia	
5	Dr. Priti Nisheet Agni	
6	Dr. Sandesh Sakpal	
7	Dr. Isha Tajane	
8	Dr. Dipali Prasad Suvama	
9	Dr Prachi Sarvaiya (PT)	
10	Dr. Mayur Revadkar	
11	Dr. Tejal Umashankar Pardeshi	
12	Dr. Varsha Solanki	
13	Dr Manali Yadav	
14	Dr. Prajakta Tilaye	
15	Dr. Shalaka Patel	
16	Dr. Yogini vasant Shinde	
17	Dr. Asma sharma	
18	Dr Mugdha Joshi	
19	Dr Dhvani Naresh Shah	
20	Riddhi Mehta	
21	Pavitra Thombare	
22	Hemakshi Jain	
23	Aayushi Dipen Shah	
24	Vrinda	
25	Dhvani Panchal	
26	Nidhi Mangaonkar	
27	Kanchi Ranawat	
28	Niti Parekh	
29	Prachi Jadhav	
30	Dhruvi Karia	
31	Supra kudu	
32	Vrinda Navani	
33	Pravin Sawant	
34	Supnya Ghadi	
35	Radha Shevade	

/s/

Annexure 3: Activity Geo tagged photos



Annexure 4 : Feedback

The workshop content was useful
21 responses



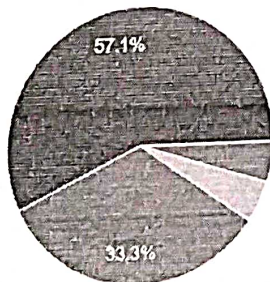
- Disagree
- Neutral
- Agree

The facilitator was knowledgeable.
21 responses



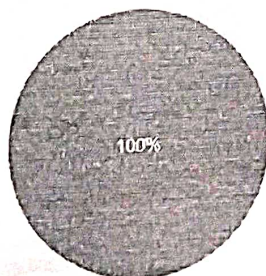
- Disagree
- Neutral
- Agree

The workshop had a good practical exposure
21 responses



- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

Will you recommend this workshop to future batches.
21 responses



- Yes
- No
- Maybe

**K J Somaiya College Of Physiotherapy
Department of Community Physiotherapy**

Extension and Outreach Activity Report

Name of the event:

Employee Fitness and Training Program for all Employees of Samarpan Blood Center, an NGO working for the welfare of Thalassemia patients.

Dates:

Presentation addressing specific complaints (Phase 2): 2nd March 2022 and 4th March 2022.

Venue:

Samarpan Blood Center, Patanwala Estate, behind HP Petrol pump, opposite Shreyas cinema road, Ghatkopar (west), Mumbai- 400086

Name of the Organizer:

Department of Community Physiotherapy, K J Somaiya College of Physiotherapy, Sion, Mumbai- 400022.

Objective of the Program:

The objectives of this program was to provide adequate ergonomic solutions, fitness solutions and demonstrate workstation exercises based on their assessment conducted in Phase 1

Faculty and Students Name:

Dr. Mayur Revadkar
Dr. Kiran Shanbhogue
Dr. Mahima Shah
Dr. Pavitra Yamgar

Activity Description:

The data collected during 1st Phase was collected, analyzed and a list of common risk factors that were identified was made. Also, some of the employees were identified to have specific medical concerns. After the analysis, a report was made to not only address the common risk factors, but also the specific medical conditions that were reported. An individualized report was prepared and sent to each employee. This report consisted of their baseline assessment values, a risk factor that was identified, probable solutions, and adequate referral if necessary was also provided.

A group seminar was conducted to address the common risk factors in the second phase. The second phase of the event included a talk and an interactive session by the faculty and the post-graduate students addressing the common risk factors identified amongst the employees and providing different solutions to reduce these risk factors. A demonstration of the different workstation exercises was also done. The seminar was followed by addressing the doubts and queries of the participants.

Phase 2 was conducted on 2 days:

Individualized assessment and treatment recommendation reports were prepared and shared with the institute and employees for their information via email.

Conclusion/Outcome: Employees were advised with workstation exercises to prevent work related musculoskeletal disorders. Students got an opportunity to learn conduction of outreach activity in industrial set up and how to address work related musculoskeletal disorders.

Geo Tagged Photos

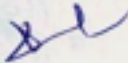
Date: 2/3/22



Date: 4/3/22



Samarpan Blood Bank felicitated our team with certificate distribution and conveyed their heartfelt thanks for the fitness program conducted for their employees on 1st July 2022.



Principal
(Signature with college seal)

PRINCIPAL
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



COUNCIL ACTIVITIES : JANUARY 2022
24th January 2022: National Girl Child Day

National Girl Child Day was celebrated at KJ Somaiya College of Physiotherapy on 24th January 2022. An E-poster making competition was organised where the participants were invited to submit an E-poster/ Physical poster with a video clip of 2 minutes explaining the poster. The theme was: "Save the Girl Child". An announcement was made over the PA system in the morning informing everyone of the conception & importance of the National Girl Child Day.

The winners of the competition were presented with certificates.

1st prize: Insiya Haidery(TYBPTTh)

2nd prize: Charmi Shah (Interns)



XJ

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K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.





GPS Map Camera

Mumbai, MH, India
Somaiya Hospital Road, Sion East,
Lat 19.048549, Long 72.873131
02/04/2022 12:27 PM



GPS Map Camera

A handwritten signature in blue ink, appearing to be 'KJ'.

PRINCIPAL

J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



Mumbai, MH, India

Somaiya Hospital Road, Sion East,

Lat 19.048721, Long 72.873161

Faculty Development Program 2021-Report

Title of the Program: Mastering Communication Skills

Venue: Conference Hall, K J Somaiya College of Physiotherapy, Sion.

Date of the Program: 28th December 2021

Target Audience: Physiotherapy Faculty

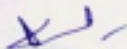
Resource Person: Mr. Subodh Gajre

Total hours of training: 1.30 hours

Organizers: Dr.Pothiraj Pitchai, Dr.Siddhi Ghodge

Training Activities: Mr. Subodh Gajre talked about "Mastering communication skills: A faculty development program" on 28th December 2021 (12.00-1.30pm) for the KJ Somaiya college of physiotherapy faculty. This session was conducted in offline mode, Mr. Subodh talked about how to communicate effectively. He also explained to make the communication more clarity it is always one should start with why? He demonstrated this technique with a "Role Play". Moreover he mentioned how as a teacher we should communicate with students, by allowing them the freedom of speech, opinions and gain their trust. He also encouraged teachers to be non-judgemental and not to have rigid , preconceived thoughts. At the end of the session he clarified for the questions and answers addressed by the faculty.

Conclusion: This session was very thought provoking and well received among the faculties. It ended at 1.30 pm with vote of thanks by Prof.Pothiraj Pitchai.



Principal

Dr. Shweta Manwadkar
PRINCIPAL

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvedic Complex, Eastern Express Highway,
Mumbai - 400 022.

Annexure

Annexure 1: Fliers of the event

Annexure 2: Delegates attendance list

Annexure 3: Program activity photographs

Annexure 4: Feedback



Workshop Committee

K J Somaiya College Of Physiotherapy

Ayurvihar Complex, Eastern express Highway
Sion, Mumbai- 400022.
Contact No. (022) 24091796
Email :somaiya_physiotherapy@somaiya.edu

Faculty Development Program 2021-Report

Title of the Program: Mastering Communication Skills

Venue: Conference Hall, K J Somaiya College of Physiotherapy, Sion.

Date of the Program: 28th December 2021

Target Audience: Physiotherapy Faculty

Resource Person: Mr. Subodh Gajre

Total hours of training: 1.30 hours

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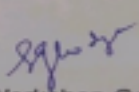
Annexure:

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- Annexure 2: Delegates attendance list
- Annexure 3: Program activity photographs
- Annexure 4: Feedback

Principal
Dr. Shweta Manwadkar

PRINCIPAL

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.


Workshop Committee
Dr.Pothiraj Pitchai
Dr.Siddhi Ghodge

K J Somaiya College Of Physiotherapy

Ayurvihar Complex, Eastern express Highway
Sion, Mumbai- 400022.
Contact No. (022) 24091796
Email :somaiya_physiotherapy@somaiya.edu

Annexure 1-Event Flier

12/27/21, 11:57 AM Communication Skills.jpg



Mastering Communication: A Faculty Development Program



Speaker:
Mr. Subodh Gajare
Lead Architect
at Cisco R&D centre

28 Dec 2021 12:00 PM - 1:00 PM (IST) Library

K J Somaiya College Of Physiotherapy

Ayurvihar Complex, Eastern express Highway

Sion, Mumbai- 400022.

Contact No. (022) 24091796

Email :somaiya_physiotherapy@somaiya.edu

Annexure 2-Delegates attendance list

MASTERING COMMUNICATION: A FACULTY DEVELOPMENT PROGRAM
K J SOMAIYA COLLEGE OF PHYSIOTHERAPY

Date: 28/12/2021
Time: 12:00 pm
Venue: Library / Conference Room

Sl No	Teaching Staff	Signature	Sl No	Teaching Staff	Signature
1	Dr. Shweta Manwarwar		16	Dr. Swati Nerkar	
2	Dr. Anamika Vaghmare		17	Dr. Nisha Dhanal	
3	Dr. Geeta Bhat		18	Dr. Divyanshu Shah	
4	Dr. Khyati Kumbhar		19	Dr. Pragati Tilera	
5	Dr. Poojara Pawar		20	Dr. Dipali Saravali	
6	Dr. Prat. Mahabadi		21	Dr. Prachi Saravali	
7	Dr. Rajesh Shrivastava		22	Dr. Parthiv Vairagade	
8	Dr. Pooj. Agni		23	Dr. Manish Vaidya	
9	Dr. Mayur Revadkar		24	Dr. Megha Joshi	
10	Dr. Nupur Dhavale		25	Dr. Yogesh Shinde	
11	Dr. Lata Tapre		26	Dr. Tapan Pawar	
12	Dr. Shweta Deshpande		27	Dr. Varsha Patil	
13	Dr. Megha Chavan		28	Dr. Sandesh Subram	
14	Dr. Siddhi Chavhan		29	Dr. Shikha Patel	
15	Dr. Radhika Geraole		30	Dr. Sneha Chavan	
			31	Dr. Anjali Sharma	

Dr. Shweta Manwarwar (PT)
Principal
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (West), Mumbai - 400022.

K J Somaiya College Of Physiotherapy

Ayurvihar Complex, Eastern express Highway
Sion, Mumbai- 400022,
Contact No. (022) 24091796
Email :somaiya_physiotherapy@somaiya.edu

Annexure 3-Program activity photographs



K J Somaiya College Of Physiotherapy

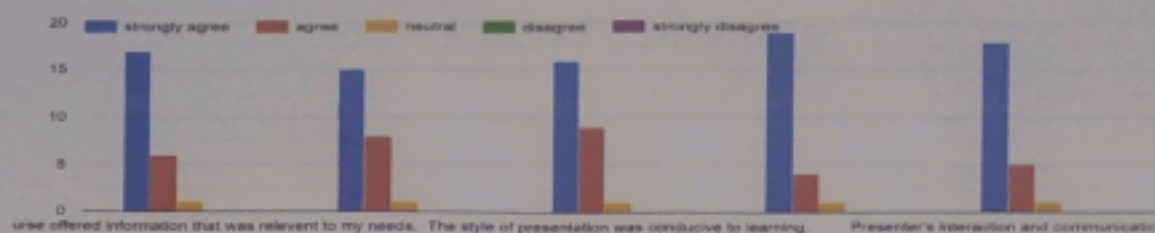
Ayurvihar Complex, Eastern express Highway

Sion, Mumbai- 400022.

Contact No. (022) 24091796

Email :somaiya_physiotherapy@somaiya.edu

Annexure 4-Feedback



Most Useful Ideas opted by the delegates:

- Clarity in communication
- Chessboard
- 4 C were most useful and the application of it in daily life
- Always ask why
- Chess board
- The example of chess board was very useful and practical
- How effective why is in any conversation
- To be more accepting and create a receptive environment for students
- Positive ways of handling student communication
- Including day to day examples
- *BE THE BOARD*
- All ideas
- Peer review
- Getting the students on board
- Of being the board

**K J Somaiya College Of Physiotherapy
Department of Community Physiotherapy**

Extension and Outreach Activity Report

Name of the event:

Occupational Health Screening and Fitness Assessment Program for all Employees of Samarpan Blood Center, an NGO working for the welfare of Thalassemia patients.

Dates:

Evaluation camp (Phase1): 21st to 23rd December 2021, 27th December 2021, 31st December 2021, 22nd January 2022.

Venue:

Samarpan Blood Center, Patanwala Estate, behind HP Petrol pump, opposite Shreyas cinema road, Ghatkopar (west), Mumbai- 400086

Name of the Organizer:

Department of Community Physiotherapy, K J Somaiya College of Physiotherapy, Sion, Mumbai- 400022.

Objective of the Program:

The objectives of this program were

- 1) To evaluate the employees for their levels of physical fitness.
- 2) To identify common risk factors of lifestyle disorders and/or work-related musculoskeletal disorders.
- 3) To screen and identify work-related stress in the employees.

List of Participants and Students Name :

Date of Evaluation	Sr. No.	Name of employees	Name of Final year students	Name of Interns	Name of Postgraduate student	Name of Faculty
21/12/2021	1	Darshana Upadhyaya	Amesh More,	Charmi Shah, Bhoomika Rajpurohit	Pavitra Yamgar	Dr. Pothiraj Pitchai and Dr. Mayur Revadkar
	2	Dr. Archana Pednekar	Musfira Darvesh,			
	3	Pooja Ahire	Palak Naik,			
	4	Supriya More	Urvashi Nigam			
	5	Poonam Utekar				

	6	Prakash Alwale				
	7	Naresh Bhalra				
	8	Ratan Chauhan				
	9	Anita Kauthankar				
	10	Sunil Nilay				
22/12/2021	11	Kavishree Takke	Kashish Parmar, Shriyash Patil, Mitali Patil	Pradnya Phapale, Dhruvi Gada	Kiran Shanbhogue	Dr. Mayur Revadkar
	12	Madhuri Shinde				
	13	Arti Yadav				
	14	Ravi tak				
	15	Chandana Gaikwad				
	16	Kavita Bhalerao				
	17	Dr. Shaikh MA				
	18	Rajesh Solanki				
	19	Dhanashree Lad				
23/12/2021	20	Seema nirmal	Malthili Ghule, Durvesh Gadmale, Jaini Gala	Rutuja Sathe, Bhumika Rajpurohit	Mahima Shah	Dr. Mayur Revadkar
	21	Yamuna Mogre				
	22	Snehal Kamble				
	23	Tejal Thakkar				
	24	Samadan Tombare				
	25	Arjun Ghole				
	26	Sana Shaikh				
27/12/2021	27	Pradeep Nitore	Kirti Gunjekar, Ananya Gupta, Harleen Kaur Saini	Rutuja Sathe, Charmi Shah	Pavitra Yamgar	Dr. Mayur Revadkar
	28	Poonam Yadav				
	29	Amit Maurya				
	30	Jyotsna Bhalerao				

31/12/21	31	Nikhil Pomedkar		Pradnya Phapale, Ayush Pitale, Anushka Phadke, Dhruvi Gada, Rituja Sathe, Charmi Shah	Kiran Shanbhogue, Mahima Shah, Pavitra Yamgar	Dr. Tejal Pardeshi
	32	Lata Desak				
	33	Swapnali Jadhav				
	34	Sayyad Tabasum				
	35	Pradnya Dalvi				
	36	Dr. Pallavi Jadhav				
	37	Swapnil Ganpathasa				
	38	Kunal Shedekar				
	39	Hamida Malik				
	40	Dipesh Sardar				
22/01/2022	41	Nitin Jadhav			Kiran Shanbhogue, Pavitra Yamgar	Dr. Mayur Revadkar
	42	Mangesh Pawar				
	43	Prakash Yacob				
	44	Sagar Kamble				

Activity Description:

Post-graduate students, interns, and final year students from the Community Physiotherapy department along with the concerned faculty conducted fitness assessments for the employees on different dates based on their availability. Before the start of the assessment program, all the students were trained in conducting the various tests.

The fitness assessment included different stations for assessing different components of fitness. Details as below:

- 1) Brief Job Profile of the employee and Important health information including pre existing levels of physical activity was documented.
- 2) Body Composition (BMI, Waist Circumference & Body Fat %, using the fat analyzer).
- 3) Vitals of the employees were assessed (Blood pressure, Heart rate, Respiratory rate).
- 4) Aerobic capacity (YMCA 3 minute - step test (without mask)).

- 5) Flexibility of lower back and Hamstring muscle (YMCA sit and reach).
- 6) Muscular endurance of upper body (ACSM Push up test).
- 7) Flexibility of upper body (Back scratch test).
- 8) Muscular endurance of lower body (One-minute squat test).
- 9) Work-related stress was assessed. (Workplace stress score).

Phase 1 was conducted for 6 days starting from 21st December 2021 to 22nd January 2022.
A total of 44 employees were assessed.

Conclusion/Outcome: Employees were benefited with understanding of their physical fitness levels and appropriate steps to improve or maintain the same. Students got an opportunity to learn conduction of outreach activity in industrial set up and how to address work related musculoskeletal disorders.

Geo Tagged Photos

Date: 21/12/2021



Date: 22/12/21



Date : 23/12/22

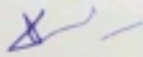


Date: 27/12/21



Date: 22/1/22




Principal
(Signature with college seal)

PRINCIPAL
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



COUNCIL ACTIVITIES: DECEMBER 2021

National Pollution Control Day: 2nd December

The National Pollution Control Day was observed on 2nd/ 3rd December 2021 at KJ Somaiya college of Physiotherapy. This was born after the Bhopal gas tragedy on the night of 2nd/ 3rd December 1984, in which many people lost their lives. A competition was held for the students which involved converting waste / old items into physiotherapeutic equipment. The competition was judged by Dr. Geeta Bhatt .Winner of this competition was Khushvi Shah (I st BPTTh). An announcement was made on the PA system to remember the victims of the tragedy. Student Council and faculty members spread awareness amongst students and patients as to how they can emulate various methods to be sustainable, contributing to a revolution to stop pollution.



[Handwritten signature]

PRINCIPAL
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022





INSTITUTIONAL
CERTIFICATE OF APPRECIATION
FOR
CONTRIBUTION TO THE
RESEARCH AND DEVELOPMENT

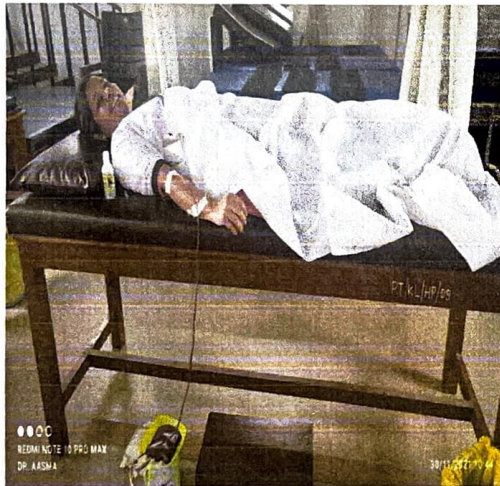


Blood donation Camp Report

Date : 30/11/21

Venue : K J SOMAIYA COLLEGE OF PHYSIOTHERAPY

Blood donation camp was organized by K J SOMAIYA COLLEGE OF PHYSIOTHERAPY in association with BLOOD BANK, K J Somaiya Hospital on 30th November 2021. The camp was conducted smoothly and the blood bank benefited as 34 donors donated blood. Undergraduate and postgraduate students volunteered and actively participated in the camp. This camp helped to enhance human values amongst students.



9

K. J.
PRINCIPAL
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

K J Somaiya College Of Physiotherapy

Ayurvihar Complex, Eastern express Highway

Sion, Mumbai- 400022.

Contact No. (022) 24091796

Email :somaiya_physiotherapy@somaiya.edu

EXTENSION ACTIVITY COMMITTEE MEETING REPORT

Agenda: Planning of extension activity of Diabetic Camp in Collaboration with the Medicine department in K J Somaiya Hospital.

Attendees:

Dr.Pothiraj Pitchai, Dr. Asma Sharma, Dr. Prajkta Tilaje, Dr.Siddhi Ghadge, Dr. Tejal Pardeshi, Dr.Mugdha Joshi,, Students- MPT-I

Points discussed during the meeting:

1. Securing permission and formal approval from the Principal of K J Somaiya College of Physiotherapy and Medicine Department HOD.
2. Discussion about the venue to execute Diabetic Camp in K J Somaiya Hospital building.
3. To check the availability of the workforce to conduct the camp
4. Discussion about the basic screening tools to be used for the assessment.
5. Discussion about creating an assessment station: Upper limb muscle strength station , Lower limb muscle strength assessment station ,Anthropometric assessment station, Neuropathy screening station.
6. Physiotherapy students were trained to screen the patients using the screening proforma and perform tests such as Jamar hand Dynamometer, sit and stand test, BMI and Using Body fat analyser machine and Portable Peripheral neuropathy screening tool.
7. Physiotherapy students were trained by group discussion about the approach to the patients, training in exercise prescription and clinical reasoning based on chief complaints, and the importance of teamwork to organize a camp.
8. The students were allotted a specified station to evaluate the patients in the camp.
9. All students were given responsibility to screen, evaluate and document all the assessments.
10. Issuing required equipment from college.


PRINCIPAL

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

Principal

K J Somaiya College Of Physiotherapy


HOD

Dept. of Community PT

Annexure I: List of Attendees

K J Somaiya College Of Physiotherapy



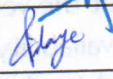
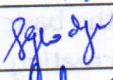
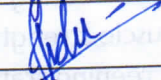

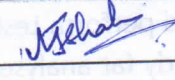
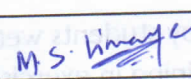

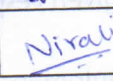
Ayurvihar Complex, Eastern express Highway

Sion, Mumbai- 400022.

Contact No. (022) 24091796

Email :somaiya_physiotherapy@somaiya.edu

Annexure I: Extension Activity Committee Meeting - Attendee list

Sr. No	Name of Attendee	Designation	Signature
1	Dr. Pothiraj Pitchai	Professor	
2	Dr. Asma Sharma	Associate Professor	 18/01/2022
3	Dr. Prajka Tilaje	Assistant Professor	
4	Dr. Siddhi Chodage	Assistant Professor	
5	Dr. Tejal Pardeshi	Assistant Professor	
6	Dr. Mugdha Joshi	Assistant Professor	
7	Mahima Shah	MPT I	
8	Pavitra Yamgar	MPT I	
9	Mugdha Limaye	MPT I	
10	Ayusha Gawand	MPT I	
11	Gauri Tike	MPT I	
12	Nirali Kenia	MPT I	

K J Somaiya College Of Physiotherapy

Ayurvihar Complex, Eastern express Highway

Sion, Mumbai- 400022.

Contact No. (022) 24091796

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Diabetic Camp Report

Date: 15th November 2021.

Activity: Diabetic Camp.

Venue: K J Somaiya Hospital, Sion.

Time: 9:30 am to 4 pm.

Preamble: Diabetic Camp was organized by the Department of Community Physiotherapy and the Department of Cardio-respiratory Physiotherapy in Collaboration with the Department of Medicine in order to screen and sensitize diabetic population for primary prevention and secondary prevention programs..

Objectives:

1. To screen and evaluate the patients for hand and forearm muscles strength, BMI, strength of the lower limbs and fat distribution in the body.
2. This was also to create awareness of the Role of Physiotherapy in Diabetes amongst patients.
3. To mobilize these participants to have a healthy lifestyle and control of sugar levels through the exercises.
4. To mobilize the patients to physiotherapy OPD for condition specific treatment.
5. For training and guiding PG students to plan, organize, conduct and participate in activities related to the camp.
6. For training the students on how to make Proforma for screening.

Participants

Physiotherapists on camp duty: Physiotherapy department was headed by

Dr. Pothiraj Pitchai (PT), Dr. Asma Sharma (PT), Dr. Prajkta Tilaje (PT), Dr. Siddhi Ghadge (PT)

Dr. Tejal Pardeshi (PT) and Dr. Mugdha Joshi (PT)

Accompanied by MPT Students: Ms. Mahima Shah, Ms. Pavitra Yamgar, Ms. Mugdha Limaye, Ms. Ayusha Gawand, Ms. Gauri Tike, Ms. Nirali Kenia.

K J Somaiya College Of Physiotherapy

Ayurvihar Complex, Eastern express Highway

Sion, Mumbai- 400022.

Contact No. (022) 24091796

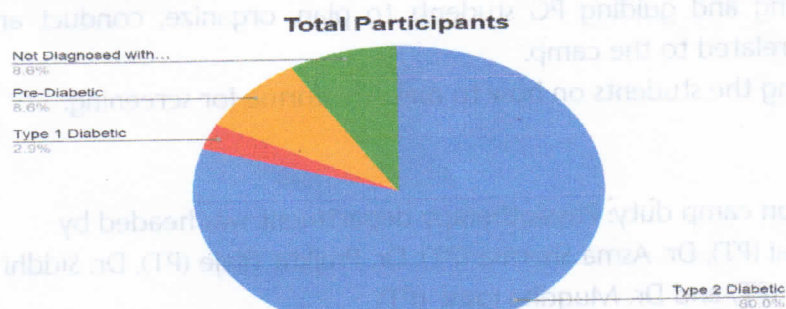
Email :somaiya_physiotherapy@somaiya.edu

Activities:-

1. Prior permission was taken from the Principal of K J Somaiya college of Physiotherapy and Department of Medicine to conduct the camp.
2. The camp was set up in the OPD of K J Somaiya Hospital, Sion.
3. Physiotherapy assessment was conducted at various stations. First station consisted of registration. A total of 5 stations were created and patients were screened for Body fat, BMI, strength of Upper and Lower extremities and peripheral neuropathy.
4. The team of the medicine department, ophthalmology department and Dietician were deployed for their screening activity. Then the patients were referred to the physiotherapy department for fitness evaluation and lifestyle modifications.
5. A total of 35 patients were screened. The consultation to the diabetes patients was given by the Physiotherapy faculty for Physiotherapy treatment and lifestyle modification.
6. Patients with diabetic neuropathy and PA shoulder were referred to Physiotherapy OPD

Outcome:

A total of 35 patients were screened. In which 28 patients were diagnosed with Type 2 Diabetes in which 10 patients were diagnosed with Type 2 Diabetes and with complaints of tingling in lower limbs and among them 2 patients were with muscle wasting, 2 patients were with Type 2 Diabetes and Shoulder pain and 1 patient was of Type 1 diabetes, 3 patients were Pre-Diabetic and 3 patients were not diagnosed with diabetes but came with complaints of B/L knee pain, urinary incontinence and Low back pain.



PRINCIPAL

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Principa Sion (East), Mumbai - 400 022.

K J Somaiya College Of Physiotherapy
Annexure I: List of Attendees

HOD

Dept. of Community PT

K J Somaiya College Of Physiotherapy

Ayurvihar Complex, Eastern express Highway
Sion, Mumbai- 400022.

Contact No. (022) 24091796

Email :somaiya_physiotherapy@somaiya.edu

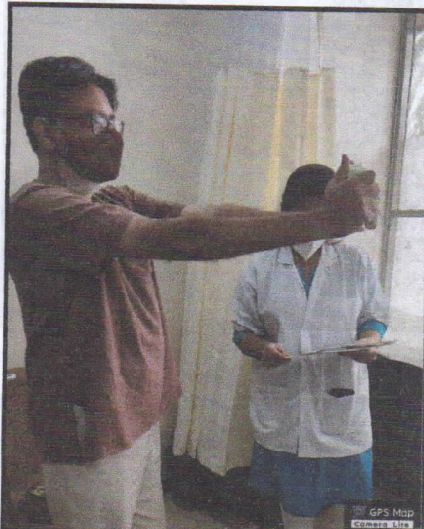
Annexure 2: Activity Photographs.

Annexure 2: Camp Activity Photographs.



K.J. Somaiya Hospital & Research Center
Somaiya Ayurvihar Complex, Eastern Express Hwy, Sion East, Sion, Mumbai, Maharashtra 400022, India

Latitude	Longitude
19.04761425°	72.87472518°
Local 01:12:00 PM	Altitude -71.66 meters
GMT 07:42:00 AM	Monday, 15-11-2021



Asian Cancer Institute At Somaiya Ayurvihar Medical Colg Campus, Somaiya, Sion, Mumbai, Maharashtra 400022, India

Latitude	Longitude
19.0475173°	72.87488876°
Local 11:35:46 AM	Altitude -61.94 meters
GMT 06:05:46 AM	Monday, 15-11-2021



Mumbai, MH, India
KJ Somaiya Lane, Sion East, Mumbai
Lat: 19.047459, Long 72.874591
11/15/2021 01:02 PM



Mumbai, Maharashtra, India
K J SOMAIYA HOSPITAL, Somaiya Ayurvihar Complex, Eastern Express Hwy, Sion East, Sion, Mumbai, Maharashtra 400022, India
Lat 19.047206°
Long 72.874849°
15/11/21 10:50 AM

K J Somaiya College Of Physiotherapy

Ayurvihar Complex, Eastern express Highway

Sion, Mumbai- 400022.

Contact No. (022) 24091796

Email :somaiya_physiotherapy@somaiya.edu



Sl. No.	Name	Age	Gender	Diabetes Type	Management	Family History	Stress	Symptoms	Screening Test	Recommendations
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Form No: _____

K J Somaiya College of Physiotherapy
Department of Community Physiotherapy
Diabetic Screening Tool

Name: _____ Age: _____ Gender: Male/Female
 AFE No: _____ Contact No: _____ Date: _____

DM Type 1 Type 2 Age at Onset
 Management Diet ORA Insulin

WORK FACTORS
 Physical inactivity Tobacco/Alcohol Use Obesity
 Abnormal Blood Lipids PCOS Family History
 Gestational Diabetes Chronic Illness Prediabetes
 HTN History of CVD Stress

SYMPTOMS
 Burning/Itching pain Tingling/numbness Swelling of feet
 Swelling in legs Non-healing ulcers Pain in calf when walking
 Slipping/shooper Toe deformities Foot drops
 Muscle wasting Difficulty in combing Proximal muscle weakness
 Wasting between metatarsals Wearing cloths Metatarsal heads
 Urinary incontinence

SCREENING TEST
 Hand held dynamometer BI LI
 Body Fat Analyzer Fat mass
 BMI
 (H to stand for 25 min/30 sec)

RECOMMENDATIONS:
 Diabetic Education Lifestyle modification Physiotherapy

Name of the Therapist: _____

World Osteoporosis Day: 20th October 2021

The World osteoporosis Day which falls on the 20th of October every year, was celebrated this year, in two parts by various activities organised & conducted by the Department of Musculoskeletal Physiotherapy of KJ Somaiya College of Physiotherapy. The central theme around all activities was healthy and strong bones and what we can do for them. On 18th October, two contests were held for the students.

Fireless cooking:

This involved making, creating & presenting healthy meals for strong bones. Students had to prepare food (meals/ snacks/ beverages) which would help to build strong bones. A time of 90 minutes was allotted during which they had to start and finish preparing and presenting the meals. Around 20 teams of students (of the FYBPT and the MPT students) and 3 teams of enthusiastic faculty members participated in the contest. Each team consisted of 5 members. This was held in the kinesiotherapy and electrotherapy labs and classrooms. After a frenzied activity of 90 minutes which involved the team members' combined efforts, the food was presented to be judged. This preparation of meals not only called for the members' culinary efforts but their creative ones as well. The judges' criteria was: taste, nutritive value and the presentation of the meal. The overall hygiene and cleanliness of the team members & the meal counter was also taken into consideration while judging. Due to the overwhelming response, enthusiasm and the zealous participation of the students and the faculty alike; it was decided to announce winners in 2 separate categories viz: students and the faculty members. The judges were: Dr. Swapna Sawant Head of Department of Ayurveda, (KJ Somaiya Medical College & Research Centre) and Dr. Siddhi Ghodge, assistant professor(KJ Somaiya College of Physiotherapy) and member of the canteen committee. The whole activity was conducted from (2-4pm).

The following winners were announced:

Students Category

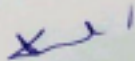
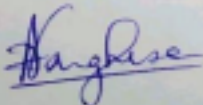
First Place: Divya Nakhaye, Khushi Shah, Viya Shah, Isha Shah, Samreen Merchant
Second Place: Prajakta Rohekar, Gauri Tike, Pavitra Yamgar, Bhargavi Potdar, Payal Rajpurohit
Third place: Kriti Sharma, Shikha Shah, Manushi Shah, Heli Shah, Dhvani Shah

Teachers category

First place: Sayali Abnave, Priti Agni, Prajakta Tilaye, Swati Nerkar, Shradha Deshpande
Second place: Dipali Suvama, mayur Revadkar, Riddhi Goradia, Pothiraj Pitchai, Mugdha Oberoi

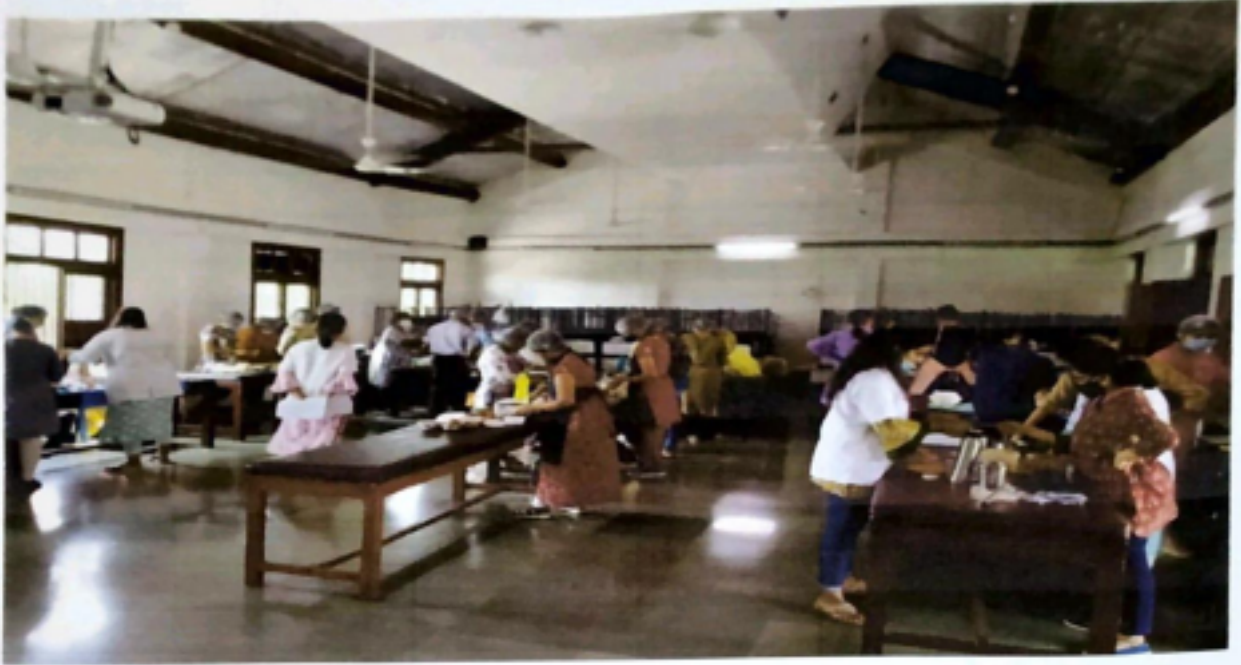
This activity was a huge success not only because of the novel way to educate about eating the right food for strong bones but also as it gave the students a chance to interact and bond with each other, offline.

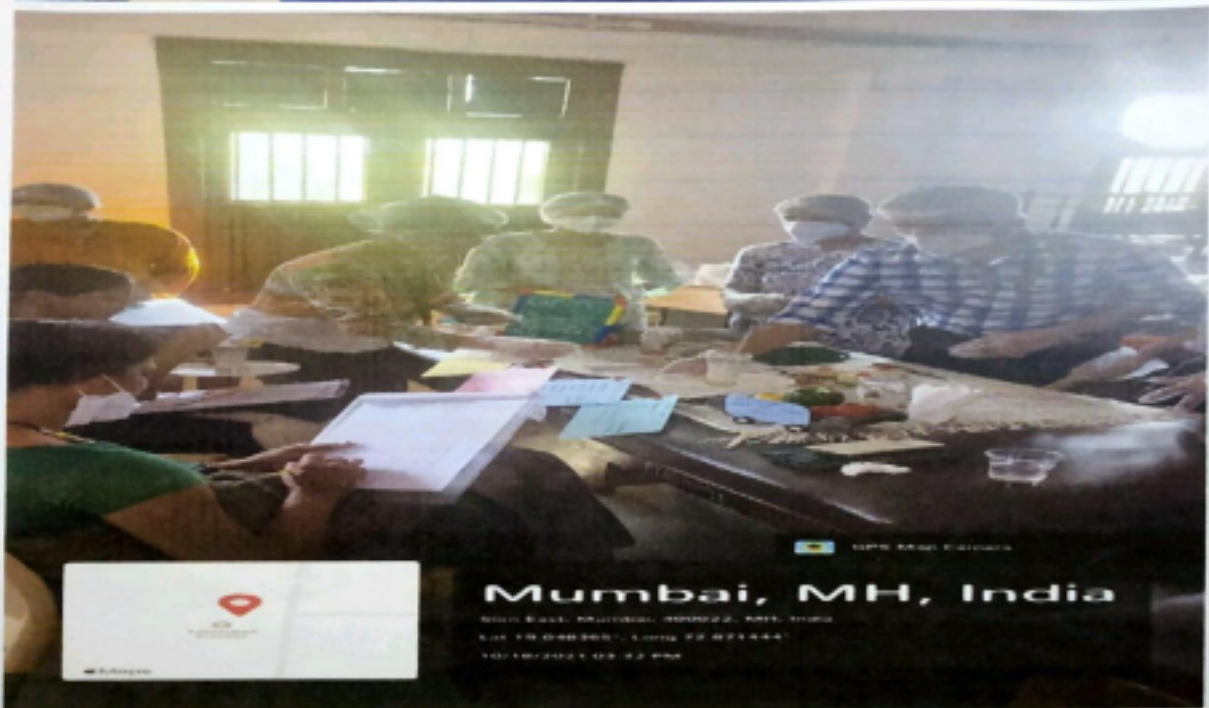
The efforts of the Dr. Swapna Sawant were appreciated by presenting a small token of appreciation from KJ Somaiya college of Physiotherapy

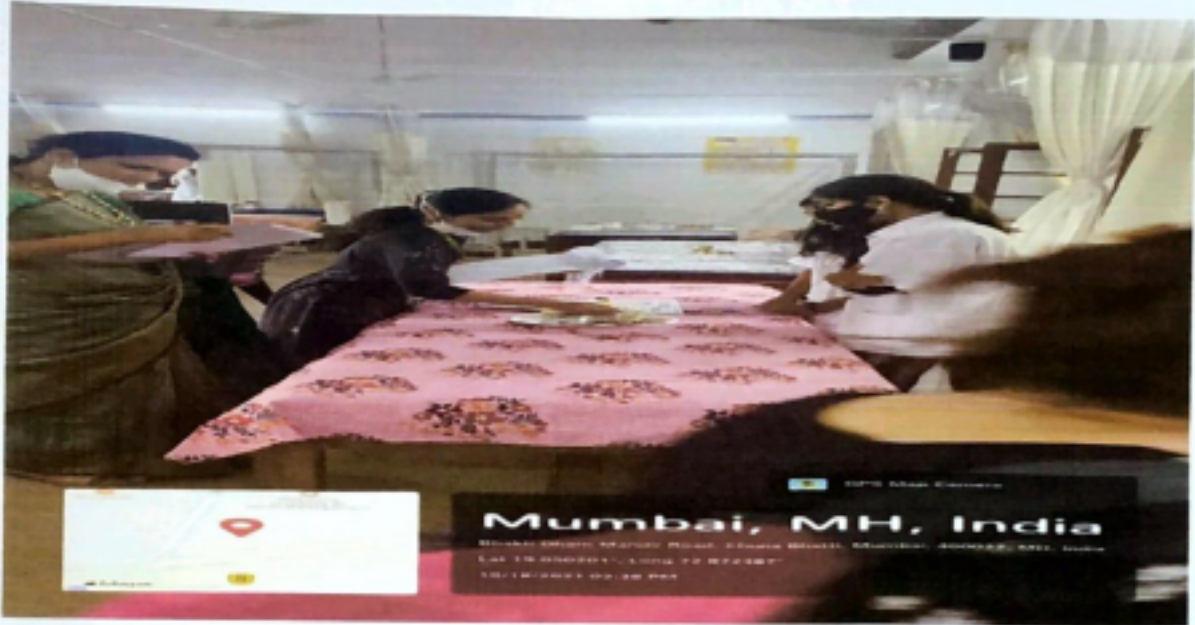


Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.









Making your own exercise programme:

This was the second activity for the students held concurrently on 18th October. This consisted of making your own innovative exercise programme. Each team consisted of 5 members. 5 teams took part in the contest. Each team had to demonstrate a 10 minute exercise programme they had prepared. The exercise programme too, was themed around building strong bones. The team members were allowed to use any props and exercise equipment and music of their choice. The teams presented their exercises which consisted of various modes of exercises that ranged from warm up, cool down, strengthening with dumbbells/weights/resistance bands, yoga for flexibility. Some also were built around catchy and foot tapping music which definitely made the exercises fun and livelier instead of monotonous. The judges; Dr. Shweta Manwadkar , Principal & Professor, KJ Somaiya college of physiotherapy and Dr. Geeta Bhatt, Professor and HOD of Neuro Physiotherapy, asked questions to each team after their presentation and gave their feedback. The judges were This was held in the EPFL area, from 2-4 pm.

The following winners were announced:

First place: Natasha Tungare, Achala Parashar, Akshata Vejre & Anuj Mehta

Second place: Juee Pawar, Twinkle Naik, Isha Phadnis, Kritika Pai & Jidnyasa Patil







Both the activities were held with social distancing. All participants have been doubly vaccinated. This also emphasized the importance of social connect in everyone's lives; one that has been affected by COVID 19. Students were happy to be interacting with their batchmates in person, when their only connect had been virtual for most of the last academic year.

It was evident from the participation and the enthusiasm that both these events were much looked forward to and everyone enjoyed this novel way which emphasized the importance of strong and healthy bones.

BMD Camp

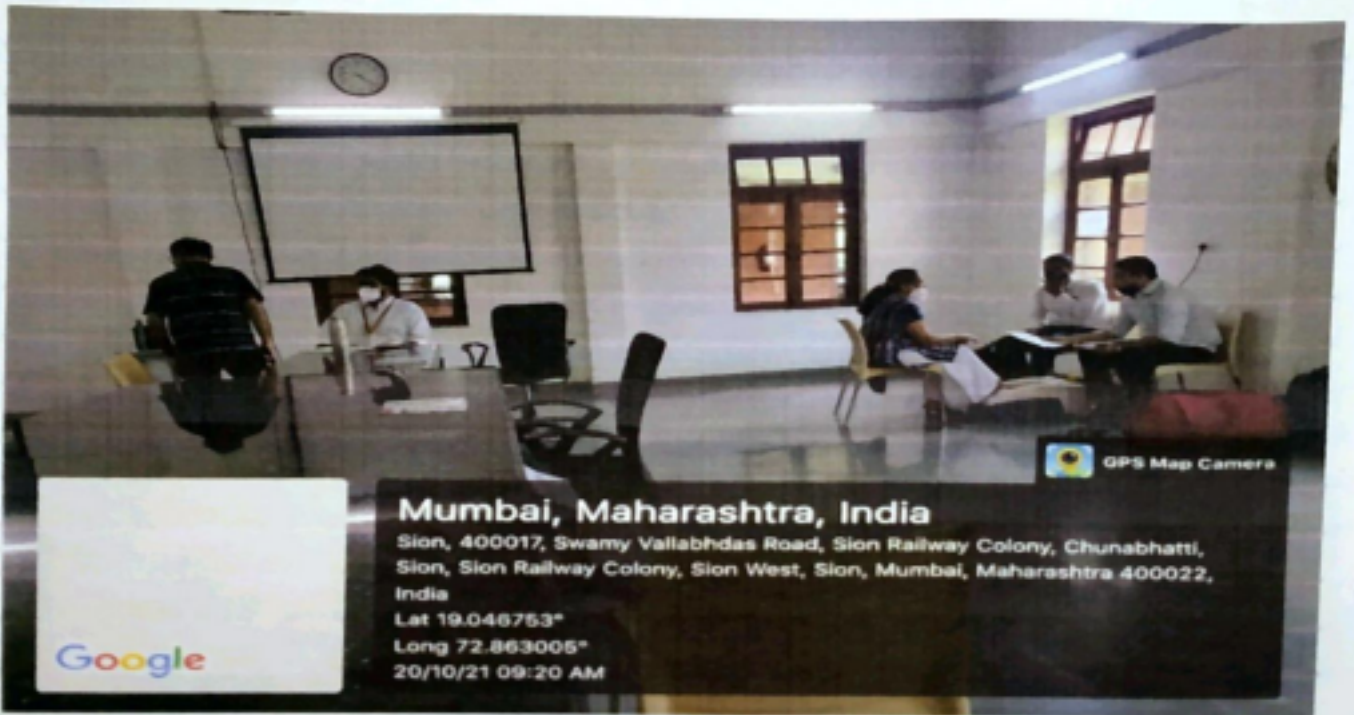
On 20th October, a BMD (bone mineral density) camp was held at the KJ Somaiya college of Physiotherapy. Around 200 Patients and their relatives were registered beforehand. This was done for a nominal charge of Rs. 20 per patient. There were three stations. The first station carried out the BMD scan. There were two machines and thus two patients underwent the scan at two separate stations, manned by expert technicians, Mr. Ashok & Mr. Ajit Mishra. This consisted of the ultrasonography of the right heel. The report was generated immediately; after which, the patients were guided for an orthopaedic consult. This second station consisted of advice and prescription of an orthopaedic surgeon, Dr. Sewn Modi & Dr. Kushal Gori from KJ Somaiya Medical College and Research Centre. This too, had two orthopaedic surgeons offering advice concurrently. The third station was that of Physiotherapy. This too, had two stations, manned by the MPT students of KJ Somaiya College of Physiotherapy. The camp started at 9 am and wound up around 2pm. The non teaching staff, canteen staff and the housekeeping staff had also registered for this BMD camp. All the faculty of the Musculoskeletal PT department were present and ensured that all that was planned, was executed. This ensured a minimum wait time for the patients. The Musculoskeletal elective MPT students helped two fold; not only for the BMD camp but also effortlessly ensured that the working of the regular Musculoskeletal OPDs and IPD was unhindered.

The camp was a huge success as was evidenced by the patient turnout and the number of patients, who had to be unfortunately; turned back due to the constraints of the number of scans performed per machine.

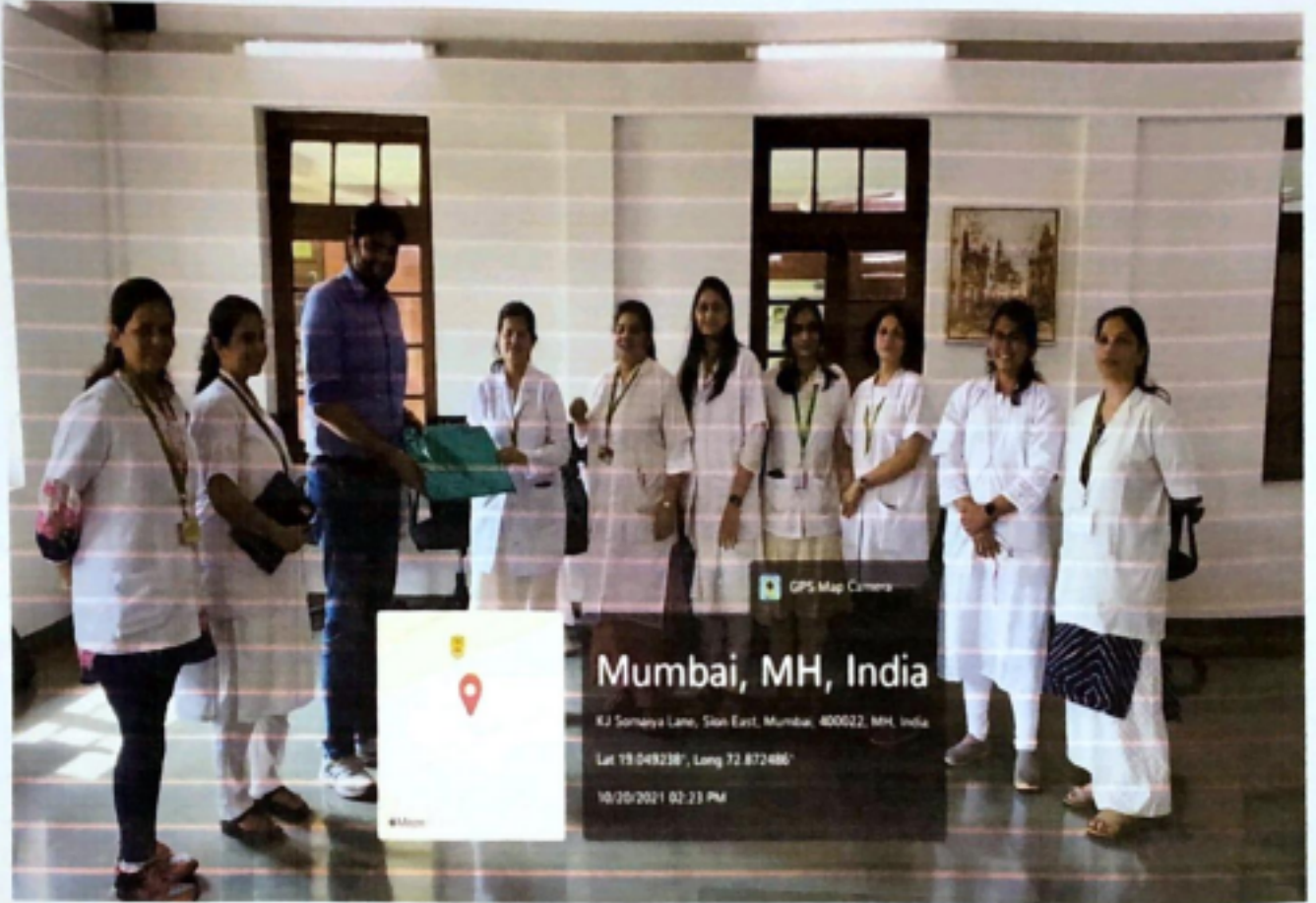
This camp, thus, arranged, helped make the patient aware of the concept of strong and healthy bones as against osteopenic and /or osteoporotic bone. It also stressed the important role of physiotherapy in the management of osteoporosis.

The success of this camp was celebrated by a cake cutting which appreciated the efforts of the faculty and students, alike.

The efforts of the orthopedic surgeons, Drs. Sewn Modi & Kushal Gori were appreciated by presenting a small token of appreciation from KJ Somaiya college of Physiotherapy



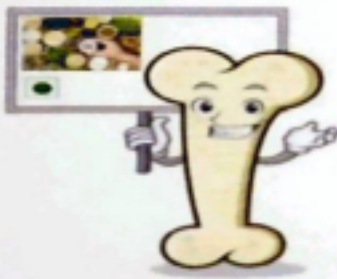






K J Somaiya College of Physiotherapy
Department of Musculoskeletal Physiotherapy
celebrates
Osteoporosis Day 18 October 2021

Move for strong bones: Innovative exercise
competition
Food for strong bones: Cooking competition



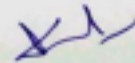
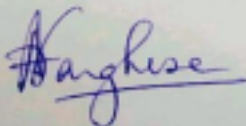
For registration & further details contact – Dr Dhvani Shah (PT)

WORLD ARTHRITIS DAY REPORT

World arthritis day is observed on October 12, every year. This day was started by Arthritis and Rheumatism International (ARI) in 1996 in order to spread awareness about arthritis and encourage people to reduce the burden of arthritis.

This year, K.J. Somaiya College of Physiotherapy celebrated World Arthritis day on 12th October'2021 from 9:00 am- 1:00 pm. Awareness and educational presentation on arthritis was held for patients and their relatives. The presentation explained the pathology, causes, signs , symptoms , ergonomics like modification in daily lifestyle, ergonomics, basic dietary advice and also the importance of physiotherapy. After the presentation, the viewers were asked to contact any of the physiotherapy OPD if required.

The efforts by the MSK team along with Pg students made the event memorable.



Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



प्रमस्तिष्क पक्षाघात

मेरे पसंदीदा शब्द

कार्य

मेरी चीजों को शायद अलग तरह से करता हूँ लेकिन मैं उन्हें कर सकता हूँ। यह बात महत्वपूर्ण नहीं है कि मैं इन्हें कैसे करता हूँ। मुझे बस कोशिश करने दो।



परिवार

वे मुझे सबसे अच्छी तरह जानते हैं और मुझे भरोसा है कि वे जो भी करेंगे, वही मेरे लिए बेहतरीन होगा। उनकी बात सुनें। उनसे बात करें। उन्हें सुनें। उनका सम्मान करें।



फिटनेस

चाहे मैं होऊँ या कोई और, सभी को फिट और स्वस्थ रहने की ज़रूरत है। फिट रहने के तरीके खोजने में मेरी सहायता करें।



दोस्त

बचपन के दोस्त होना ज़रूरी है। मुझे अपने साथियों से दोस्ती करने का मौका दे।



आनंद

बचपन मस्ती और खेल का समय है। मैं इसी तरह सीखता और बढ़ता हूँ। कृपया उन गतिविधियों को करने में मेरी सहायता करें जो मुझे सबसे मज़ेदार लगती हैं।



भविष्य


मैं एक दिन बड़ा हो जाऊँगा, इसलिए कृपया मेरे लिए आत्मनिर्भर होने और अपने समाज का हिस्सा बनने के तरीके खोजें।



अधिक जानकारी के लिए <https://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability> III 2022

CP36
CEREBRAL PALSY'S
GLOBAL NETWORK


Cerebral Palsy
ALLIANCE

 CanChild
www.canchild.ca

World CP Day 2021 Report
6 October 2021

The Department of Neuro Physiotherapy celebrated World Cerebral Palsy Day 2021 on 6th October. From 10:30AM to 12:30 PM in the conference room in accordance with the theme by worldcpday.org. Chief Guest for the event was Dr. Sujata Kanhere, Professor & Head, Department of Paediatrics & Neonatology.

Target Audience: Pediatric OPD patients, Parents, Faculty and students.

The program Flow:

The Conference room was decorated with a party theme. An Awareness presentation regarding Cerebral Palsy in Hindi and English was displayed in the waiting area for all from 9:00 AM to 1:00 PM. The Entrance notice board was updated with the event details and informative flyers were displayed on it. A donation box was kept for everyone.

The event was graced by our chief guest, Dr. Sujata Kanhere, Principal of College of physiotherapy Dr. Shweta Manwadkar (PT), Head of Department Neuro Physiotherapy Dr. Geeta Bhatt (PT).

Faculty members of Neuro Physiotherapy Dept, other Faculty members , and postgraduate, undergraduate students attended the event.

Event started with a warm welcome of our chief guest by Principal maam, followed by a talk by the chief guest. Dr. Sujata Kanhere maam explained about the various causes of CP, ways in which we can identify early signs of developmental delay, importance of multidisciplinary approach and physiotherapy. She also explained about the precautions to be followed during the ongoing COVID 19 pandemic. She appreciated the Neuro Physiotherapy Department for their services.

Parents shared their experiences and there was a Q&A session for their queries. Information regarding the services for pediatric rehabilitation was shared with all parents.

Chief Guest was felicitated by Principal maam and Head of Department Neuro Physiotherapy.

The 5 favourite words flyers given by worldcpday.org in Hindi were distributed to all parents. Dr. Dipali Suvarna (PT) and Dr. Mugdha Oberoi (PT) took a talk on explaining the importance of the 5 favourite words given by worldcpday.org as an awareness campaign for the year 2021.

Fun games were organised for all the children and parents. Every child left with a sweet takeaway.

Dr. Isha Tajane (PT)
Associate Professor

Dr Dipali Suvarna (PT)
Assistant Professor

Dr Mugdha Oberoi (PT)
Assistant Professor





Geeta Bhatt



Principal
K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



Somaiya Ayurvedic
K J Somaiya College of Physiotherapy

K J Somaiya College of Physiotherapy, Sion, Mumbai Community Physiotherapy Department

Name of the Event: International Day for Older Persons

Date: 1st October 2021

Venue: Seminar Hall, 5th Floor, Shree Manav Seva Sangh, Sion, Mumbai & Therapeutic Gym, K J Somaiya College of Physiotherapy, Mumbai.

Name of the Organizer: Community Physiotherapy Department, KJSCOPT.

Resource person: Dr. Tejal Pardeshi, Dr. Kiran Shanbhogue, Dr. Mayur Revadkar, Dr. Riddhi Goradia, & Dr. Apurva Chatarkar

Participants: Elderly Inmates of SMSS, SAFE-Class participants

Theme: "Digital Equity for All Ages" which affirms the need for access and meaningful participation in the digital world by older persons.

Objectives:

- The idea was to bring awareness about the inclusion of older persons, while tackling stereotypes, prejudice and discrimination associated with digitalization, taking into account sociocultural norms and the right to autonomy
- To explore the role of policies and legal frameworks to ensure privacy and safety of older persons in the digital world.

Activity Description: Community Physiotherapy Department, K J Somaiya College of Physiotherapy, Sion, Mumbai regularly conducts geriatric classes for the inmates of Shree Manav Seva Sangh, Sion, Mumbai and in Physiotherapy OPD of K J Somaiya College of Physiotherapy focusing on restoring their functions, improving quality of life and making them independent.

On the occasion of International Day for Older Persons celebrated on 1st October 2021, the Community PT department took an initiative to conduct a small awareness talk based on the theme "Digital Equity for All Ages" at both the places mentioned above.



Somaiya Ayurvedic Complex, Eastern Express Highway, Sion(East), Mumbai-400 022. India
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Web : www.somaiya.edu Email : somaiya_physiotherapy@somaiya.edu

existing amongst the elderly. For which a small demonstration of how to use basic applications was taught to the participant focusing on making their life quite convenient, comfortable and independent. Due to pandemic the need of digital equity surfaced greatly in elderly, for which following applications installation, step wise working & short demonstration was done for them:

- Communicating applications- WhatsApp, Facebook
- Financial assistance application- Google pay, Net banking
- Ordering online medications- Netmeds
- Doctor online consultation-Practo & Lybrate.
- Cooking, Musical recreational- YouTube
- Entertainment- Prime video,. Hotstar
- Transportation- Ola and Uber
- Water and medication reminder application

Followed by this was a series of events like group & solo singing, mimicry of their evergreen Bollywood stars, storytelling by the participants. Total 25 SMSS inmates and 20 of SAFE-Class participants attended the event. The event ended with a vote of thanks given by Dr. Tejal Pardeshi and Dr. Mayur Revadkar and Dr. Riddhi Goradia



Principal

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



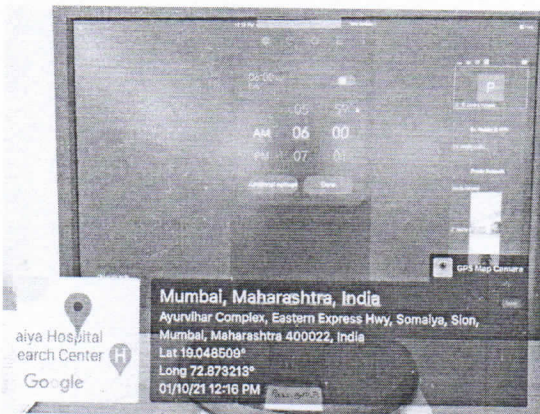
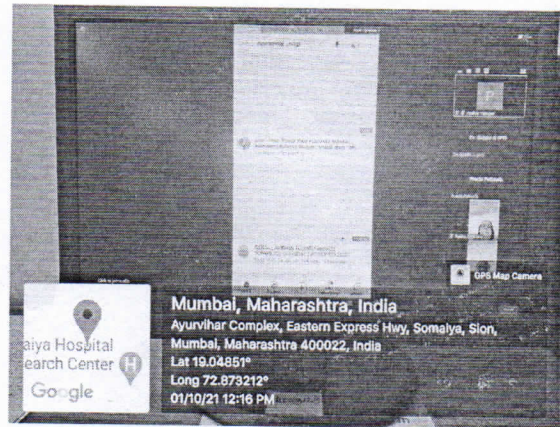
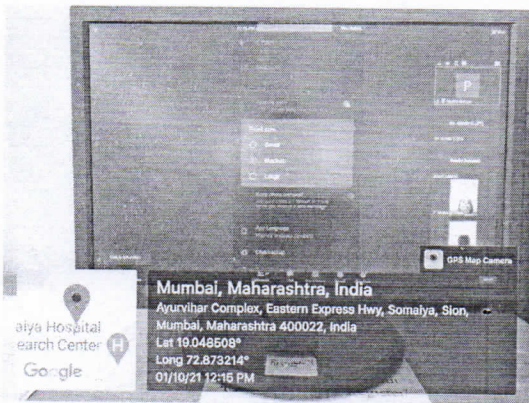
HOD

Dept. of Community PT

Annexure:

Annexure I: Activity Photographs

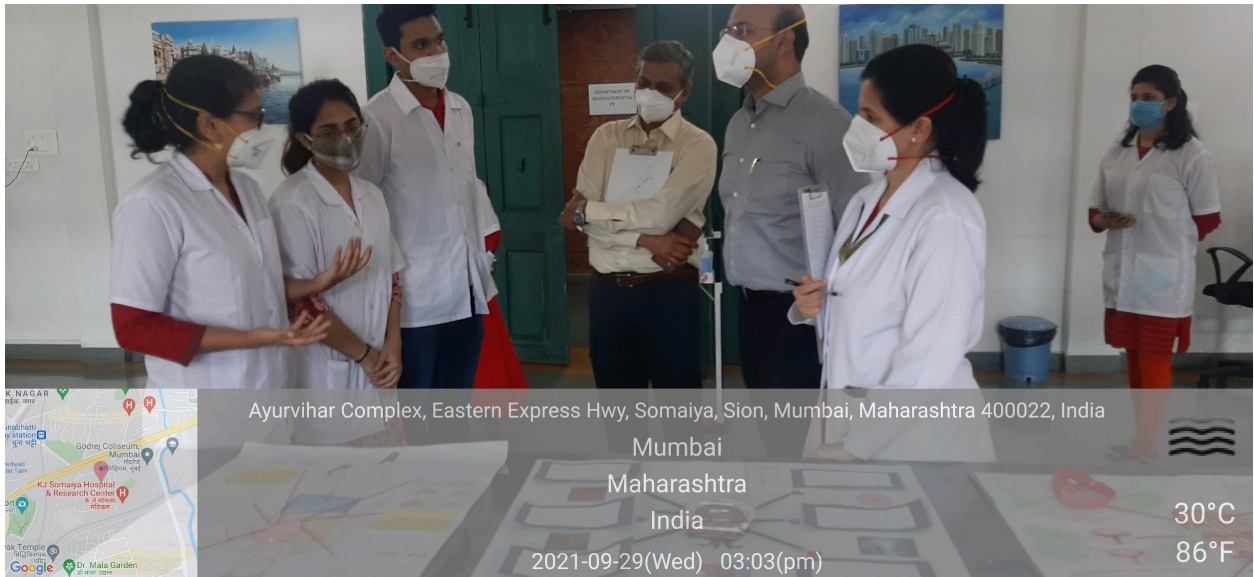
Annexure I: Activity Photographs



World Heart Day

On the occasion of World Heart Day on 29th September 2021, Department of Cardiovascular and Respiratory PT organised 3 events - Quiz and Poster making competition for the first year students on 28th September 2021 and health camp for risk stratification of heart disease for the patients and a talk for them on Prevention of Heart disease.

Poster competition - First year students were divided into 10 groups. They were assigned topics for the poster presentation and were given 1 weeks time to prepare it. Posters were judged by Dr. Nitin Gundre (cardiac surgeon) , Dr. Balaji Aironi (cardiac surgeon) and Dr. Shweta Manwadkar (principal). Certificates for the 1st and second prize was given.



Quiz competition - First year students were divided into 10 groups. 2 classrooms were arranged for the quiz with 5 teams in each. Questions were prepared by the faculty and post graduate students. This was conducted on 28th September.



Ayurvihar Complex, Eastern Express Hwy, Somaiya, Sion, Mumbai, Maharashtra 400022, India
Mumbai
Maharashtra
India
2021-09-28(Tue) 02:48(pm)

☁️
27°C
81°F



CVSL Sion Stop, Somaiya, Sion, Mumbai, Maharashtra 400022, India
Mumbai
Maharashtra
India
2021-09-28(Tue) 02:08(pm)

☁️
27°C
81°F



CVSL Sion Stop, Somaiya, Sion, Mumbai, Maharashtra 400022, India
Mumbai
Maharashtra
India
2021-09-28(Tue) 02:26(pm)

27°C
81°F

Health camp -45 clients including housekeeping staff registered for the camp. They were assessed for the risk factors, BMI, Fat% and Blood pressure by the faculty and postgraduate students. Following the assessment they were counselled by the faculty. After this they attended a talk on prevention of heart disease.



Prize winning charts

1st prize - kritika Pai, Twinkle Naik, Jui Pawar, Kunal Pawar, Sairaj Pawar, Misbah Kasmani, Batul shaikh, Varun Mishra, Isha Phadnis, Jidnyasa Patil



2nd prize
Jasir Shaikh, Sajida Shaikh, Tanis Shaikh, usma Shaikh, swarangi Surve, Sneha Yadav,
Kashinath Pole, Aditya Bhagit, Adved Joshi, Aditi Vadodariya



Winners of the quiz

1st prize - Buhuruddin Merchant

Ayushi Siddhapura

Mokshavi Jain

Isha Dhavale

VRutvik Vartak

Mili Mehta

Shreya Naik

Swapnil Pote

Shruti Tirlotkar
Niyati Shah

Kriti Sharma
Shikha Shah
Heli Shah
Helly shah
Dhvani Shah
Manushi Shah
Esha Shah
Prisha Savla
Yogeshwari Shewani
Shaily Shah

2nd prize
Divya Nakhe
Samreen Merchant
Tanur Dalal
Nirali Cheda
Merwyn Dantas
Stuti Tiwari
Yash Lakhani
Viya Shah
Disha Gelani
Khuahvi Shah

Link for the photos

<https://drive.google.com/folderview?id=1Th5d1FC2wchDSJH8Iknpk3oj9MbEYsvT>

COUNCIL ACTIVITIES: SEPTEMBER 2021

WORLD PHYSIOTHERAPY DAY: 8 TH SEPTEMBER 2021

The theme for the World Physiotherapy Day this year was Long COVID and Rehabilitation.

This was celebrated by conducting two activities, one for the students and one for the patients.

Students Activity: Reels Competition

Participants prepared and submitted a reel on COVID awareness and rehabilitation.

The three best ones were adjudged the winners.

Patient Activity: Talk on long COVID and rehabilitation.

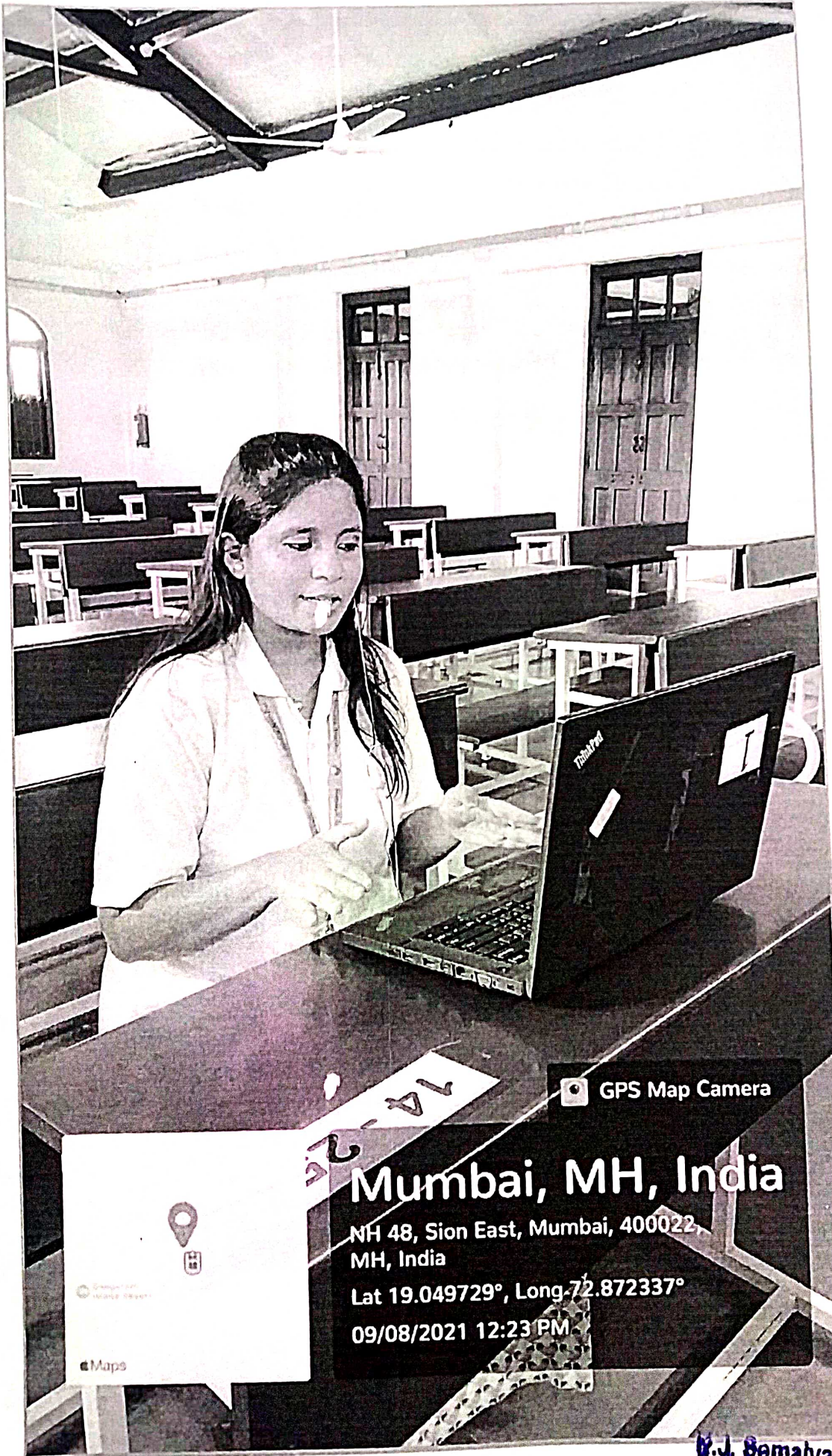
An informative talk regarding Long COVID : Awareness and Rehabilitation was given by Dr. Shraddha Deshpande, Associate professor, Cardiorespiratory Sciences. She was assisted by Pranjal Keny, our MPT-1 student. This was conducted online on Zoom.

Patients from our fitness and SAFE class as also their colleagues and friends attended the talk. After the talk , there was a question answer session. There were many questions and Dr. Shraddha addressed them all.



Principal

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Sion (East), Mumbai - 400 022.



GPS Map Camera

Mumbai, MH, India

NH 48, Sion East, Mumbai, 400022,
MH, India

Lat 19.049729°, Long 72.872337°

09/08/2021 12:23 PM




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K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

COUNCIL ACTIVITIES: DECEMBER 2021
NATIONAL POLLUTION CONTROL DAY: 2ND DECEMBER 2021

The National Pollution Control Day was observed on 2nd/ 3rd December 2021 at KJ Somaiya college of Physiotherapy. This was born after the Bhopal gas tragedy on the night of 2nd/ 3rd December 1984, in which many people lost their lives. A competition was held for the students which involved converting waste / old items into physiotherapeutic equipment. The competition was judged by Dr. Geeta Bhatt .Winner of this competition was Khushvi Shah (1 st BPT h). An announcement was made on the PA system to remember the victims of the tragedy. Student Council and faculty members spread awareness amongst students and patients as to how they can emulate various methods to be sustainable, contributing to a revolution to stop pollution.




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SOMAIYA
AYURVIHAR

K J Somaiya College of Physiotherapy



Webinar on-

Gender Equity



Speaker:
Dr. Preeti Rawat

Director & Head HR - SVV, SAV & SVU
Certified Behavioural and Executive
Coach, assessor for Workplace Big Five
Profile 3.0™ and Seville International
Certification

 **16 August 2021**  **Zoom**  **2:00pm - 3:00pm**


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Somaiya Ayurvihar Complex, Eastern Express Highway,
Gion (East), Mumbai - 400 022.

Topic - Gender equity

Date - 16th August 2021

Time - 2:00 - 3:00 PM

Speaker - Dr. Preeti Rawat

Attendees - Physiotherapy and Nursing faculty and students

Venue - Online via zoom

K J Somaiya College of Physiotherapy and K J Somaiya Nursing College arranged a sensitizing session on Gender equity by Dr. Preeti Rawat . She made the session interesting by engaging attendees with her questions . She covered the differences between equality and equity in great detail.

Feedback of the session.

<https://docs.google.com/forms/d/1wwNHvJi1cTRiAfup-i8lQTVlZLR4I-vPk3OS8hrf494/edit>

Attendance

<https://docs.google.com/spreadsheets/d/1G7GP0YKOxLwohvGAOEucvxFfMpxbNkoj672Dbi2p7bA/edit#gid=1043046846>



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Somaiya Ayurvihar Complex, Eastern Express Highway,

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Unconscious bias

- Unconscious bias (or implicit bias) is often defined as prejudice or unsupported judgments in favor of or against one thing, person or group as compared to another in a way that is usually considered unfair
- Prejudice and discrimination
- Privilege

Mumbai Maharashtra India
 27°C
 81°F
 2021-08-16(Mon) 02:23(pm)


Principal
K.J. Somaiya College Of Physiotherapy
 Somaiya Ayurvihar Complex, Eastern Express Highway,
 Sion (East), Mumbai - 400 022.



Gyanyagna - Spiritual sessions-Graceful Aging

Name of the event: 33rd Gyanyagna

Date: 25th January 2022

Venue: Online mode (YouTube Live)

Name of the Organizer: K J Somaiya Trust, Somaiya Sanskriti Vihar and Somaiya Vidyavihar

Resource person: Dr. Pothiraj.P (PT) & Dr. Tejal Pardeshi (PT)

Participants: Older population residing in Mumbai

Objective of the Program:

- 1.Create awareness about the normal aging process.
- 2.Age related functional problems.
- 3.To demonstrate exercise to improve functional status.

Activity Description: The team from the community physiotherapy department delivered a talk on the topic "Graceful Aging".The session began by highlighting the salient feature of the webinar.Aging gives rise to multiple irreversible adaptations due to which daily activity becomes demanding and strenuous. So the seminar was primarily accentuated to identify elderly populations shortcomings and the correct approach to tackle them. Dr. Tejal illustrated the wide aspects of age related physiological changes in various systems such as Musculoskeletal, Respiratory, Cardiovascular & Reproductive in the elderly population.

Leading an independent life throughout is a goal by many seniors but not everyone can achieve it, keeping this in mind Dr. Pothiraj presented videos, where the major focus was addressed on improving one's Endurance, Flexibility, Balance and Strength through exercises. The session was concluded by emphasizing the importance of these exercises in routine practice for healthy and graceful aging.

Conclusion/ Outcomes: The session was well received by the participants. They could relate to the topic well and appreciated the ease with which the session and exercises were conducted.

Principal

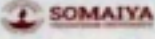

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvedic Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

Annexure:

Annexure 1: Flier

Annexure 2: Program Activity Geo tagged Photos

Annexure 1: Flier

**डा. जे. सोमैया ट्रस्ट, सोमैया संस्कृतिविहार
और
सोमैया विद्याविहार
द्वारा आयोजित
३० दिवसीय ज्ञानधरज**

२०२३-२४ का अंतिम वर्ष के ३० दिवसीय ज्ञानधरज का
विवरण

पुस्तक, लेखन, चित्रण और प्रस्तुति प्रतियोगिता

दिनांक	विषय	वयस	प्रकार	विषय
२०२३-२४	२०२३-२४	२-४	२-४	२-४
२०२३-२४	२०२३-२४	५-७	५-७	५-७
२०२३-२४	२०२३-२४	८-१०	८-१०	८-१०
२०२३-२४	२०२३-२४	११-१३	११-१३	११-१३
२०२३-२४	२०२३-२४	१४-१६	१४-१६	१४-१६
२०२३-२४	२०२३-२४	१७-१९	१७-१९	१७-१९
२०२३-२४	२०२३-२४	२०-२२	२०-२२	२०-२२
२०२३-२४	२०२३-२४	२३-२५	२३-२५	२३-२५
२०२३-२४	२०२३-२४	२६-२८	२६-२८	२६-२८
२०२३-२४	२०२३-२४	२९-३१	२९-३१	२९-३१

दिनांक	विषय	वयस	प्रकार	विषय
२०२३-२४	२०२३-२४	२-४	२-४	२-४
२०२३-२४	२०२३-२४	५-७	५-७	५-७
२०२३-२४	२०२३-२४	८-१०	८-१०	८-१०
२०२३-२४	२०२३-२४	११-१३	११-१३	११-१३
२०२३-२४	२०२३-२४	१४-१६	१४-१६	१४-१६
२०२३-२४	२०२३-२४	१७-१९	१७-१९	१७-१९
२०२३-२४	२०२३-२४	२०-२२	२०-२२	२०-२२
२०२३-२४	२०२३-२४	२३-२५	२३-२५	२३-२५
२०२३-२४	२०२३-२४	२६-२८	२६-२८	२६-२८
२०२३-२४	२०२३-२४	२९-३१	२९-३१	२९-३१

१. प्रश्न-उत्तर प्रतियोगिता
 २. लेखन प्रतियोगिता
 ३. चित्रण प्रतियोगिता
 ४. प्रस्तुति प्रतियोगिता

Annexure 2: Program Activity Geo tagged Photos



II BPTH ORIENTATION PROGRAMME (2021-2022)

The orientation programme for 2nd BPTH (2012) for the academic year 2021-2022 was conducted on 4th April 2022 in the 2nd BPTH classroom from 10-11 am.

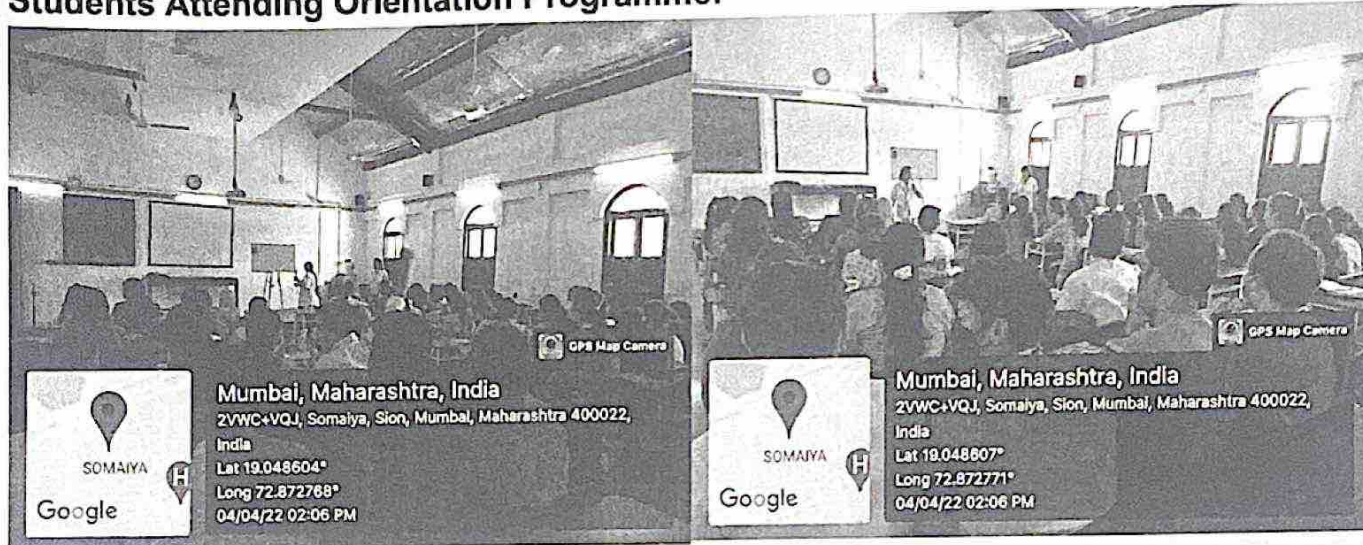
Students attended the orientation in-person, whereas parents attended on Zoom.

During the session students were explained about various internal and external subjects, 2nd BPTH syllabus, mark distribution and IA calculation. Tentative terminal exam schedule was also informed. Students and parents having any doubt during the orientation were cleared.

II BPTH Coordinators:

- 1) Dr. Rupali Shevkar
- 2) Dr. Dipali Suvarna
- 3) Dr. Swati Nerkar
- 4) Dr. Varsha Solanki

Students Attending Orientation Programme:



Principal
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Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

Student Attendance:

1	ALAVE DIVYA DEEPAK	P	33	JAIN PAHINI ROHIT	A
2	ANSARI SABA SHAKEEL AHMED	P	34	JANI SHRUTI VASUDEV	P
3	ARTANI ANISHA ARIUN	P	35	JHA SUMMY PRAKASH	P
4	BAHETI NANDINI NILESH	P	36	JOSHI ADWAIT GIRISH	P
5	BAMBULKAR VANSHEEKA DEEPAK	P	37	KAMANI JAINI DHARMESH	P
6	BELWALKAR NEHA VILAS	P	38	KASMANI MISBAH SALIM	P
7	BHAGIT ADITYA EKNATH	P	39	KATARMAL JANVI MAHESH	P
8	BHAGWAT TANAYA SUNIL	P	40	KAUL VAIBHAV VIJAY	P
9	BHARODIA YANSHU RAMESH	P	41	KENI ANUSHKA AVINASH	P
10	BHATIA SAUMYA PARAG	P	42	KINKHABWALA DHRITI PARAG	P
11	BHINGRADIA HETVI RAJUBHAI	P	43	LAKHANI YASH SAMIR	P
12	BIYANI PURVA PANKAJ	P	44	LANDGE DIVYA ASHOK	P
13	BUSA DHRUVI CHIRAG	P	45	LOKHANDWALA MISBAH NIZAR	P
14	CHAVAN AARTI DILIP	P	46	MAKWANA DHRUVI JAYESH	P
15	CHHEDA NIRALI ASHISH	P	47	MAKWANA JIGAR GIRISH	P
16	CHIRDE MRUNALI MUKUND	P	48	MANE PARINIT SUDHIR	A
17	DAGLI AYUSHI TEJPAL	A	49	MARGAL SOUMYA RAVI	P
18	DALAL TANUR MITESH	P	50	MATEY PIYUSH SHAILESH	P
19	DANI ADITI PRASAD	A			
20	DANTAS MERWYN MICHAEL	P			
21	DHAVALE ISHA MADHUKAR	P			
22	GANDHI HARDI CHIRAG	P			
23	GHARATE DHANASHREE PRAKASH	P			
24	GHELANI DISHA TUSHAR	P			
25	GORE VEDEEKA MOHAN	P			
26	GOSAVI SAKSHI NAVNATH	P			
27	INGLE ANJALI JEETENDRA	P			
28	JAIN ANVI SHANTILAL	P			
29	JAIN ISHIKA YASHWANT	P			
30	JAIN MITHI SUNIL	P			
31	JAIN MOKSHA ANURAG	P			
32	JAIN MOKSHVI KALPESH	A			

Principal
 P. J. Somaiya College of Pharmacy
 201/202, V. K. Rajwade Complex, Behind
 S. N. D. College, Mumbai - 400 005

REPORT OF ORIENTATION PROGRAM (2021-2022)

DATE: 11th June 2022

TIME: 2.00 PM- 3.00 PM

VENUE: Fourth Bpth Classroom

TARGET AUDIENCE: Parents of fourth BPth students for the year 2021-2022.

OBJECTIVES: Orientation to 4th BPTth program and its code of conduct for fourth year students.

SHORT DESCRIPTION:

The orientation program began on 1st November, 2021 by Dr. Mayur Revadkar (PT) and Dr. Manali Yadav (PT). Dr. Mayur Revadkar addressed the students explaining about the program of fourth year. A brief introduction about subjects, its theory lectures were explained and what they are expected to write in terms of fourth year was explained to the students. This was then followed by clinical posting describing the different areas of posting where they would be given the clinical exposure and learn more hands-on skills. Along with this the code of conduct , various facilities available were explained to them. Students were also explained about the attendance policy for theory and practical. Doubts related to above mentioned points were answered by the class coordinators Dr.Mayur Revadkar (PT) and Dr.Manali Yadav(PT) The session ended with a vote of thanks.




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III B.P.Th Orientation Program for the Winter Academic Year 2021-2022

III B.P.Th Orientation Program for the Winter Academic Year 2021-22 was held on 6th June 2022. Parents and students were invited to attend the same.

Third year coordinators introduced themselves. Students and parents were welcomed. College's Vision and Mission was mentioned. They were given a birds eye about the subjects in third year and then talking about each subject in detail with respect to the scheme of university examination. They were also told about the college timings, attendance, code of conduct including dress code, communication being the key. CRs were elected for the academic year.

 Third Year Physiotherapy <3bpt@somaiya.edu>

III B.P.Th Orientation Program| 6th June 2022| 10:00 AM to 11:00 AM
2 messages

Third Year Physiotherapy <3bpt@somaiya.edu>
To: Manishkumar1987@gmail.com, charanabhai1987@gmail.com, drityasingh123@gmail.com, parvati23pnb@yasho.co.in, paurneyashar111@gmail.com, parikap@icloud.com, anoushkeerathi14@gmail.com, Pratikdas110@gmail.com Sat, Jun 4, 2022 at 2:25 PM

CC: Jitendra Patil <jitendrapatil@somaiya.edu>, Dr. Bhanu Prasad <bhannu_b@somaiya.edu>, Dr. Eshya Nishit <nishit.eshya@somaiya.edu>, chaitanyas@icloud.com, Dr. GUPTA RUCHA <gupta.rucha@somaiya.edu>, jayant@somaiya.edu, jayant19101@gmail.com, Anushrikan @somaiya.edu, ashira @somaiya.edu, Dr. GRASE ESHESHAN <grase.esheshan@somaiya.edu>, Dr. KAPADIA CHIRAN <kapadia.chirana@somaiya.edu>

Dear Parents, Greetings of the day

We hope this email finds you well. We are pleased to invite you for the III B.P.Th Orientation Program for the Academic Year 2022-23 of your child.

Orientation Program details are as follows:
Date: Monday, June 06, 2022
Timing: 10:00 AM to 11:00 AM
Venue: Third B.P.Th Classroom

Your word's presence is compulsory for this orientation program. Your presence would be appreciated. Looking forward to meeting you.

Thank you and Best Regards

Dr. Pankaj Agre (PT)
Dr. Rishi Chakrabarti (PT)
Dr. Shilpa Patil (PT)
Third Year Class Coordinators



Handwritten signature

Principal
K.J. Somaiya College Of Physiotherapy
Somaiya Ayurveda Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

III B.P.Th Orientation Program for the Academic Year 2021-2022

On 26th October 2021, III B.P.Th Orientation Program for the Academic Year 2021-2022 was conducted in the hybrid mode where students were on the campus whereas parents were given the option to come on campus and attend or attend online.

Third year coordinators introduced themselves. Students and parents were welcomed. College's Vision and Mission was mentioned. They were given a birds eye about the subjects in third year and then talking about each subject in detail with respect to the scheme of university examination. They were also told about the college timings, attendance, code of conduct including dress code, communication being the key. The class was allocated into the division A and B for theory and further batches for practical sessions. CRs were elected for the academic year.

10/10/2021, 11:50

Somaiya Ayurvedic Mail - III B.P.Th Orientation Program | Tuesday, 26th October 2021 @ 12pm



Third Year Physiotherapy <3bpt@somaiya.edu>

III B.P.Th Orientation Program | Tuesday, 26th October 2021 @ 12pm

7 messages

Third Year Physiotherapy <3bpt@somaiya.edu>

Mon, Oct 25, 2021 at 3:43 PM

Cc: principal physiotherapy <principal.physiotherapy@somaiya.edu>, PRITI AGNI <pritiagni@somaiya.edu>, RIDDIHI GORADIA <rgoradia@somaiya.edu>

Bcc: padmalund@gmail.com, asthanikshan@gmail.com, bachhavpr71@gmail.com, manishabarange1605@gmail.com, anant_bershtar@yahoo.co.in, changhemant@yahoo.com, bkc942350624@gmail.com, s_sihery@yahoo.co.in, vershachotaiya@gmail.com, chothanidip@gmail.com, shakeelchowdhury@siemens.com, dandekar57@gmail.com, kamalidesai74@gmail.com, vijulaf1@rediffmail.com, suvamaanideshmukh1975@gmail.com, salorabams1@gmail.com, amit101070@gmail.com, nitin.dhandhale0@gmail.com, shvkumar0ge@gmail.com, kamalideshi40@gmail.com, sunilshuber@gmail.com, cyril19sara@gmail.com, prashhaneer@gmail.com, manojgorey@gmail.com, mehemosh.gotta@gmail.com, zahidery786@yahoo.com, chetsjad@gmail.com, ashishstiles74@yahoo.com, chandrakant76jain@gmail.com, balajiawale4@gmail.com, jagaduramant11@gmail.com, bhushan_joshi2001@hotmail.com, kadalk@rediffmail.com, pankaj@hotmail.com, vckathano@gmail.com, kenesprava.1973@gmail.com, khemantipesh@outlook.com, akshaymahure55@gmail.com, smitamaitar@yahoo.co.in, chhitanra77@gmail.com, sanjaysmendipara@gmail.com, gauravmody@hotmail.com, jayesh_monani@yahoo.com, abdulnagor78@gmail.com, kishorenagpal1@gmail.com, nitantanushta@gmail.com, anilbhadwal23@gmail.com, mangeshpalkar5@gmail.com, bhaskarparad@gmail.com, drishrup@gmail.com, rajipatel4electrocontrols@gmail.com, patelvj68@gmail.com, shhaipal0624@gmail.com, gtrshpat2001@yahoo.com, ravindraputhran@gmail.com, vcral.6@gmail.com, satishrananare@gmail.com, rane.neha6@gmail.com, subhasrathod1964@gmail.com, manishrathod16@gmail.com, ramaparkhi1jay54@gmail.com, zubairahmed531@gmail.com, tryaqems@yahoo.in, sanjaysankpal1970@gmail.com, chandrakant_sawa@yahoo.co.in, sakshisandip@rediffmail.com, smanbaz@gmail.com, samir91827@gmail.com, sanjay_ashah10@yahoo.co.in, psakarca@rediffmail.com, shakh.gazzia2041@gmail.com, prasanna.shere23@gmail.com, udshinde27@gmail.com, s3rajiv@rediffmail.com, shuklaarun229@gmail.com, geetasutarla@hotmail.com, hareshrathkar9930@gmail.com, neelamirani07@gmail.com, kishoreudas@yahoo.com, vitas_heena@yahoo.com, yogivgandhar@gmail.com, svspvshwatarma67@gmail.com, prakashvora01@gmail.com, pntamwade@rediffmail.com, velishuraj@yahoo.com, drsanjoshvindrani@yahoo.com, drzate1976@gmail.com

Dear Parents, Greetings of the day.

We hope this email finds you well. We are pleased to invite you for the III B.P.Th Orientation Program for the Academic Year 2021-22 of your child on Tuesday, October 26, 2021, 12:00 PM to 1:00 PM. Details for the orientation are as follows:

1. It would be a blended mode program, where it is compulsory for all the students to be present on campus in the Third B.P.Th Classroom whereas parents can opt the mode of attending the session either Online on campus or online.

2. On Campus Orientation Program
Venue: Third B.P.Th Classroom

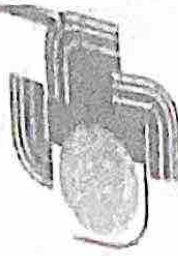
3. The Parents who wishes to attend it online can join the Zoom meeting using following details:
Topic: III B.P.Th Orientation Program
Time: Oct 26, 2021 12:00 PM to 1:00 PM Mumbai, Kolkata, New Delhi
Join Zoom Meeting by clicking on the link below:
<https://somaiya-edu.zoom.us/j/95425242480?pwd=ejQZWFU0NTU0UkFhZ2JkX3Y2Qk09>
Meeting ID: 954 2524 2480
Passcode: sb123

See you!

Thank you and Best Regards

Dr. Priti Agni (PT)
Dr. Ridhi Goradia (PT)

Principal
K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvedic Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



SOMAIYA
AYURVIHAR

K J Somaiya College of Physiotherapy

Oath taking Ceremony: 14.06.2022



Activity Report

Name of the event: Oath taking ceremony (batch of 2017-18)
Date: 14.06.2022
Venue: Nalanda Auditorium, Somaiya Institute of Management Studies, Somaiya Vidyaviha
Name of the Organiser: Students' Council (2021-22)
Resource person: Dr. Priti Mehendale & Dr. Pankhuri Vairagade
Objective of the Program: Oath ceremony of the Interns Batch of 2017-18
Attendees (Participants): Faculty of K J Somaiya College of Physiotherapy, Chief Guest: Dr. Hutoxi Writer, Guest of Honor: Dr. Prashanth Kumar, Dean, K J Somaiya Medical College.: Varsha Phadke Interns (batch of 2017-18), family members
Activity Description: The fresh graduates took their oath and were formally inducted into the of Physiotherapy
Conclusion/Outcome

Annexure:

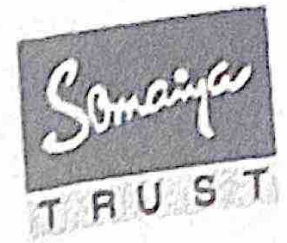
1. Flyer (if any)
2. Delegates Attendance list
3. Program Activity Geo tagged Photos (Link of photos if any)
4. Feedback (Feedback link if any)
5. Activity Meeting report (if applicable)
6. List of student participant/volunteers(if any)

Principal
(Signature with college seal)

Principal
K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



Principal
K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



K J Somaiya College Of Physiotherapy

Presents

Oath Taking Ceremony
Batch of 2017-18

Grace us with your presence



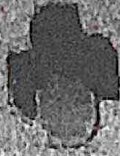
14 June 2022



9:30 am onwards followed by lunch



Venue - Nalanda Auditorium,
K J Somaiya Institute of Management
Somaiya Vidyavihar



SOMAIYA
AYURVEDHA
K J Somaiya College of Physiotherapy



K J SOMAIYA COLLEGE OF PHYSIOTHERAPY
invites you for the
OATH TAKING CEREMONY 2022

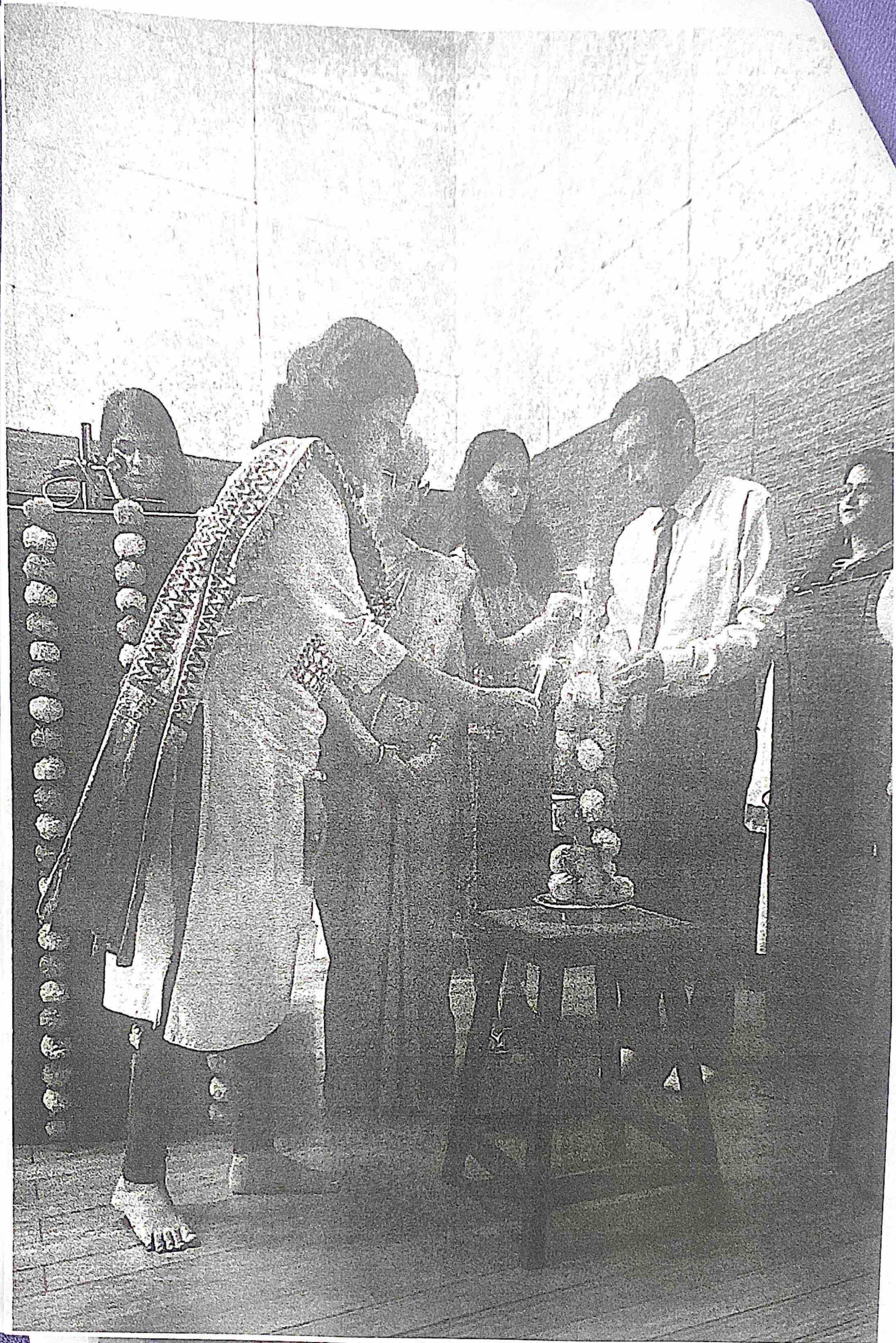
Batch of 2017-18

Date: 14th June 2022 Time: 9:30am onwards

Venue: Nalanda Auditorium,
K J Somaiya Institute of Management, Somaiya Vidyavihar

Sequence of Events

- 09:30am : Arrival of Guests
- 09:50am : Campus Prayer
- 09:55am : Invocation Dance
- 10:00am : Lighting the lamp
- 10:05am : Felicitation of Dignitaries on the Dias
- 10:10am : Welcome Address by Dr. Shweta Manwadkar(PT)
(Principal, K J Somaiya College of Physiotherapy)
- 10:20am : Address by - Dr. Varsha Phadke
(Dean, K J Somaiya Medical College)
- 10:30am : Address by Guest of Honour - Dr. Raghunath Shevgaonkar(Provost, Somaiya Vidyavihar)
- 10:40am : Address by Guest of Honour - Dr. Prashanth K
(Dean-Research, Somaiya Vidyavihar University)
- 10:50am : Address by Chief Guest - Dr. Hutoxi Writer(P
(Eminent Senior Physiotherapist)
- 11:05am : Students' Felicitation
- 11:35am : Oath Taking
- 11:45am : Parents' Speech
- 11:55am : Students' Speech



WORKSHOPS RECORD AND RESEARCH THESES

(MPT 2020-21)

Sr.No.	Date	Topic	Faculty	Signature
1.	07/04/2021	(Professional practice, ethics and Administration in Physiotherapy (ONLINE))		
	[All present]	(1) Introduction & learning objectives of the 2 day workshop. (2) Development of Physiotherapy ^{prof-ethics} (3) Role of PT as per WCPT/WHO PT objectives & goals of national health. (4) Professionalism in Physiotherapy. (5) Law's governing PT practice (6) Scope of PT in hospital, community & industry. future challenges of PT.	Dr Anna V. Dr. Anna V. Dr. Mayur R. Dr. Mayur R. Dr. Davani S. Dr. Anna V.	Signature SE Signature Signature
	08/04/2021	(1) Ethical issues in PT practice. (2) Introduction to principles of Administration and Management (in PT practice) (3) Budget (4) Documentation, policy, procedures, quality assurance (5) ICF documentation (6) PT as a leader & manager. (7) Communication skills (8) Setting of PT department (Activity) (9) Feedback session	Dr Mayur R. Dr. Anjali P. Dr. Mugdha O. Dr. Mugdha O. Dr. Anne V, Dr. Mayur Dr. Anjali P. Dr. Anjali P. Dr. Anjali P & Dr. Mugdha O. Dr. Anjali P & Dr. Mugdha O.	SE SE SE SE SE SE

PROFESSIONAL PRACTICE AND ETHICS.

No.	Name	17/07/18	2	3	4	5
1.	Agarwal Prachi	P				
3.	Arkate Shaheen	P				
4.	Bhagbani Khushboo	P				
5.	Botadra Vedika	P				
6.	Chavan Isha	P				
7.	Dama Manali	P				
8.	Deshpande Sakshi	P				
9.	Dussa Pooja	P				
10.	Golwala Aamena	P				
12.	Jain Hemakshi	P				
13.	Jain Poonam	P				
14.	Joshi Pratikce	P				
15.	Kagane Siddhi	P				
16.	Kanse Gauri	P				
17.	Khakharia Kirjal	P				
18.	Kumar Veneta	P				
19.	Luggani Surat	P				
20.	Meheta Riddhi	P				
22.	Nangia Devanshi	P				
23.	Navani Vinida	P				
24.	Nile Aditi	P				
25.	Nirmal Dhvani	P				
26.	Panhal Dhvani	P				
27.	Pardawala Anusa	P				
28.	Parekh Niti	P				
29.	Parmar Ashita	P				
30.	Patel Batul	P				
31.	Patel Zineh	P				
32.	Phadke Anushka	P				
33.	Phaphale Pradnya	P				
34.	Pitale Ayush	P				
35.	Rajpurohit Bhumika	P				

No.	Name	1	2	3	4
37.	Sathe Rutija	P			
38.	Shah Uarmi	P			
39.	Shah Uarmi	P			
40.	Wakode Shivani	P			
41.	Grada Dhruvi	P			
42.	Shah Jhami	P			
43.	Dave Tanushree	P			
44.	Modake Chaitanya	P			
45.	Uttekar Avani	P			

926

~~28/8/2021~~ 2-4 PM - Dr. Mayur

I BPTTh Orientation Programme for Students & Parents

Date: 19th April 2021, 2pm to 4pm

Venue: Online zoom Session

Target Audience: Students & Parents of 1st BPTTh students for the year 2020-21

Objectives: Orientation to college and its code of conduct for first year students.

Short description: The orientation program began with campus prayer. Principal Dr.Shweta Manwadkar(PT) addressed the parents explaining about the profession and how K.J.Somaiya College of Physiotherapy has an enriching experience to shape the future of the students. Further, Dr. Annamma Varghese(PT) gave the orientation presentation starting with the brief college history, achievements and explaining the code of conduct , various facilities available, touching upon various student schemes supported by the college. Individual teaching faculties introduced themselves. Further Dr.Mayur Revadkar (PT) gave in sight on anti ragging norms and introduced the anti ragging committee. Session continued further discussion on the mentorship programme and the code of conduct by Dr.Isha Tajane(PT).

The session ended with answering the questions from parents by the Principal Dr.Shweta Manwadkar(PT) and class coordinators Dr.Annamma Varghese(PT), Dr.Shradha Deshpande(PT) and Dr.Dhvani Shah(PT).

The session ended with a vote of thanks.



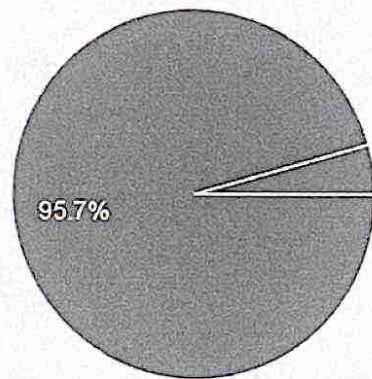
Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

FEEDBACK FOR IBPTh ORIENTATION 2020-21

Did you personally attend the orientation program ?

115 responses

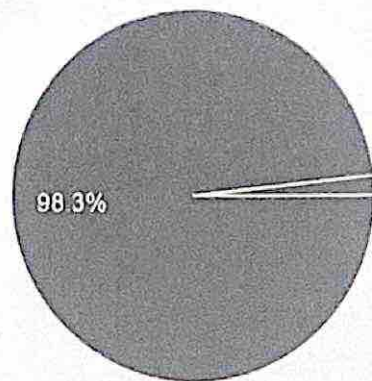


● Yes

● No

Were the queries solved to your satisfaction?

115 responses



- Yes
- No

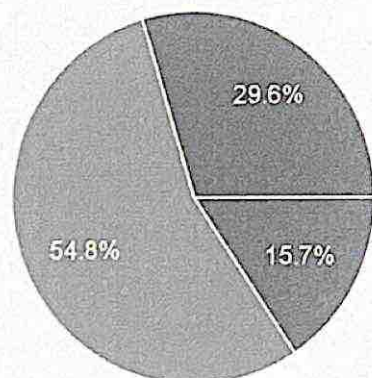
If No please specify 2 responses

Should clarify more about syllabus and portion.

Lectures recording were not sent

Overall rating of the orientation program

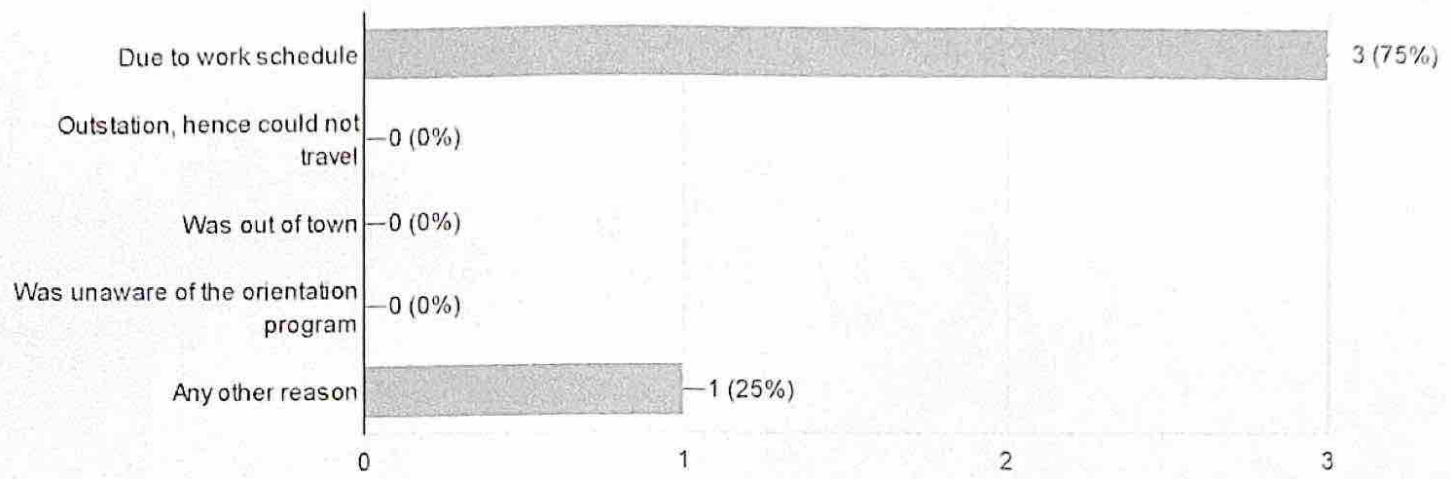
115 responses



- FAIR
- GOOD
- VERY GOOD
- EXCELLENT

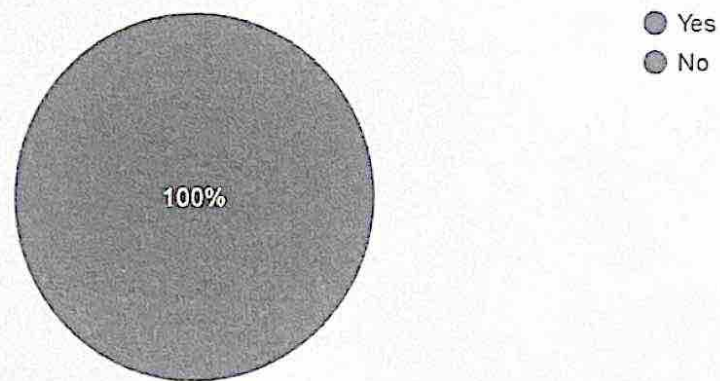
If No please specify reason

4 responses



Was the information shared during orientation program clearly explained and helpful ?

115 responses



Any suggestions/ feedback 14 responses

Great orientation

A humble request to arrange for regular doubt solving sessions as due to internet issues on both ends certain topics are not cleared.

Good to meet though virtually the wonderful team of the SOMAIYA institute.

Orientation was really good.

Feedback-coming up with the idea of Mentor Mentee programme was innovative and excellent!!

We are thankful and also expecting such innovative ways to make future of education easy and fun for children!

Orientation was very well explained by the professors

Kindly share the recordings of the Lec before 15th march as my daughter was admitted on 15th

No

It's was Very well prepared session , also Quite interactive and many Doubts and queries were solved . It's was very Helpful

It was very informative and we were introduced to the staff which was very necessary.

Thank you so much :))

Solve Your Network issues Because During Lectures students are facing problems

The orientation was indeed helpful but it would have been much better that this session with parents would had been conducted at the very beginning and

Its a request if the Online lec explanations could b more clear n simplified as sometimes offline mode makes things much clear n it can be equally tough to understand them on an online platform

XXXXXXXXXXXXXXXXXXXX

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX



Somaiya Ayurvedhar
K J Somaiya College of Physiotherapy

Ref. No. : KJSCPT/837/19-20

Date : 14/12/2019

To,

Dr.Amit Kohli, Mr. Anish & The Aquacentric Team,
Aquacentric, Andheri.

We thank you for conducting an "Introduction to Aquatherapy" at Aquacentric (Andheri) for the Post graduate students of K.J.Somaiya College of Physiotherapy, on 26th September 2019.

This included a lecture about the mechanics of Aquatherapy followed by a practical demonstration consisting of pool exercises and activities.

We thank you and the Aquacentric team for the wonderful insight into the World of Aquatherapy.

List of Students who participated –

- | | |
|-------------------------|-----------------------|
| 1) Priyanka Chavan | 2) Rupali Chaurangi |
| 3) Ishita Chonkar | 4) Khadija Dholkawala |
| 5) Prachi Ingle | 6) Aarti Mahadik |
| 7) Naushin Qureshi | 8) Hiral Shah |
| 9) Anvita Telang | 10) Rohini Wadkar |
| 11) Shraddha Borse | 12) Nikita Chauhan |
| 13) Swara Desai | 14) Jinal Gada |
| 15) Rucha Gadgil | 16) Priya Gogri |
| 17) Arwa Kotwal | 18) Priyanka Paliwal |
| 19) Dhanashree Parulkar | 20) Shiwani Phadke |
| 21) Ayushi Punmiya | 22) Prachi Sarvaiya |
| 23) Riya Solanki | 24) Hitav Someshwar |
| 25) Pankhuri Vairagade | |

Faculty : Dr.Anjali Puntambekar (PT)

Dr.Priti Mehendale (PT)

Dr.Shweta Manwadkar (PT)



Dr. Swalini Borkar

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvedhar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



Somaiya Ayurvedhar Complex, Eastern Express Highway, Sion(East), Mumbai-400 022.
Telephone : (91-22) 24091796 / 24090253
Web : www.somaiya.edu Email : somaiya_physiotherapy@somaiya.edu

K J Somaiya College of Physiotherapy

International day for Older Adults

Date: 1st October 2020

Venue: Online Zoom Platform

Meeting started with the Introduction of healthy aging and a talk by Dr. Minal. She put some light on a healthy diet and different forms of physical exercises like strength, endurance and flexibility. She also enhanced the importance of brain exercises and coordination of brain and body, hence the requirement of skill and balance training.

After the talk, the participants had certain doubts, which were answered by Dr. Anuj at the end of the session.

After the talk, fun activities were conducted by Dr. Aanchal and Dr. Sailee, where initially a timed one leg standing test was done and participants were given proper instructions to prevent any mishaps and give them a practical demonstration of the importance of balance and coordination. Later, old songs were put and participants were asked to show their moves and dance their hearts out. This session was greatly enjoyed by everyone! They wished they could have more dance sessions as a part of their regular classes.

The session ended with their queries answered by Dr. Anuj. The participants felt grateful and obliged that they have a day that celebrates their existence in this world.

The event was guided by Dr. Mayur Revadkar and Dr. Riddhi Goradia.



PRINCIPAL

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

REPORT ON WEBINAR 2019

**“Medicine striving for Humanity” - Live eWorkshop for Students on
16th September (10:00AM to 5:00PM)**

K J Somaiya College of Physiotherapy organized the broadcasting of the Webinar by Maharashtra University of Health Sciences (MUHS) a live e-workshop “Medicine striving for Humanity” on Monday, September 16, 2019 from 10:00 AM to 5:00 PM. The objective of the workshop was to develop the personality of students in a holistic manner.

The e-workshop was broadcasted LIVE from the digital technology platform of the Parth Knowledge Network Pvt. Ltd, Airoli, Navi Mumbai.

The workshop was interactive and students could ask their queries directly to the speaker through WhatsApp messaging on 8384858685.

Students and faculty participated in the live e-workshop.

Workshop Committee

Dr. Anjali Puntambekar

Dr. Supriya Dhumale

IT Committee

Dr. Isha Tajane

Dr. Mugdha Oberoi

Ms. Radha Shevade


Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

K J Somaiya College of Physiotherapy

E-Workshop by MUHS Student Welfare Dept. on Medicine - Striving for Humanity

Date : 16-09-2019 Time : 10:30 am to 5:00 pm

YEAR : I BPTH

Sr. No.	Student Name	Sign.
1.	Shagun R. Shroff	Shroff
2.	Madhura Joshi	Joshi
3.	Rhea Walawalkar	RHEA W
4.	Yashvi Gogri	Gogri
5.	Aakanksha Ghanekar	Ahanekar
6.	Vini Mendpara	Mendpara
7.	Rucha Kolte	Kolte
8.	Anya Patade	Patade
9.	Vidya Chivrey	Chivrey
10.	Bushra Nagori	Bushra
11.	Nikita Shirde	Shinde
12.	Enaas Shakeel	Shakeel
13.	Hanishka Jain	Jain
14.	Ayushi Monani	Monani
15.	Yashik Shah	Yashik
16.	Zeal Doshi	Doshi
17.	Riya Mehta	Mehta
18.	Dhanushi Dhandhukiya	Dhandhukiya
19.	Vianca Desai	Desai
20.	Keshav Padwal	Padwal
21.	Shaikh Hazim	Shaikh
22.	Pratnesh Tathar	Tathar
23.	Pritam D. Zalte	Zalte
24.	Abhijeet. Sartape	Sartape
25.	Rahul Jha.	Rahul
26.	Dhruv Kapadia	Dkapadia
27.	Sanaya Desai	Desai
28.	Arunal Dandekar	Dandekar
29.	Yashna Sambosh	Sambosh
30.	Poorva M. Malbar	Malbar
31.	Moitei Doshi	Doshi

YEAR : I BPTH

Sr. No.	Student Name	Sign.
1.	Shagun R. Shroff	
2.	Madhura Joshi	
3.	Rhea Walawalkar	
4.	Yashvi Gogri	
5.	Aakanksha Ghanekar	
6.	Vini Mendpara	
7.	Rucha Kolte	
8.	Anya Patade	
9.	Vidya Chivrey	
10.	Bushra Nagori	
11.	Nikita Shirde	
12.	Enaas Shakeel	
13.	Hanishka Jain	
14.	Ayushi Monani	
15.	Yashik Shah	
16.	Zeal Doshi	
17.	Riya Mehta	
18.	Dhanushi Dhandhukiya	
19.	Vianca Desai	
20.	Keshav Padwal	
21.	Shaikh Hazim	
22.	Pranesh Jathar	
23.	Pritam D. Zalte	
24.	Abhijeet. Sartape	
25.	Rahul Jha.	
26.	Dhruv Kapadia	
27.	Sanaya Desai	
28.	Arunal Dandekar	
29.	Yashna Santosh	
30.	Poorva M. Malbar	
31.	Maitei. Doshi	

K J Somaiya College of Physiotherapy

E-Workshop by MUHS Student Welfare Dept. on Medicine - Striving for Humanity

Date : 16-09-2019 Time : 10:30 am to 5:00 pm

YEAR : I BPTH

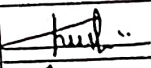
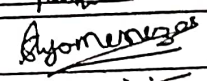
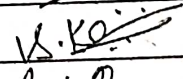
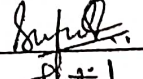
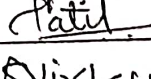
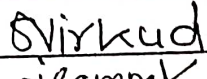
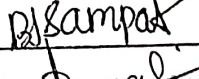
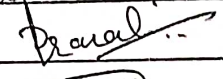
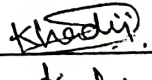
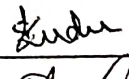
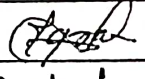
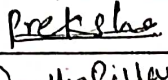
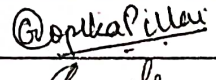
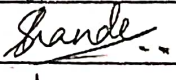
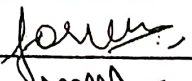
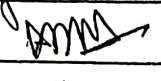
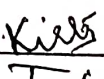
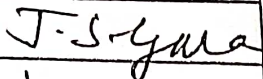
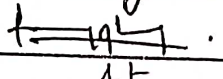
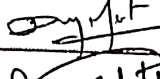
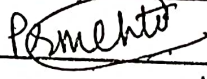
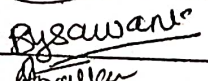
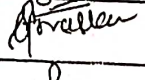
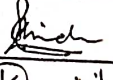
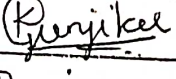
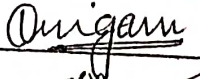


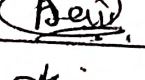


Sr. No.	Student Name	Sign.
1.	Shagun R. Shroff	Shagun
2.	Madhura Joshi	Madhura
3.	Rhea Walawalkar	Rhea
4.	Yashvi Gogri	Yashvi
5.	Aakanksha Ghanekar	Akanksha
6.	Vini Mendpara	Vini
7.	Rucha Kolte	Rucha
8.	Anya Patade	Anya
9.	Vidya Chilvery	Vidya
10.	Bushra Nagori	Bushra
11.	Nikita Shinde	Nikita
12.	Enaas Shakeel	Enaas
13.	Hanishka Jain	Hanishka
14.	Ayushi Monani	Ayushi
15.	Yashik Shah	Yashik
16.	Zeal Doshi	Zeal
17.	Riya Mehta	Riya
18.	Dhanushi Dhandhukiya	Dhanushi
19.	Vianca Desai	Vianca
20.	Keshav Padwal	Keshav
21.	Shaikh Hazim	Shaikh
22.	Pranesh Jathar	Pranesh
23.	Pritam D. Zalte	Pritam
24.	Abhijeet. Sartape	Abhijeet
25.	Rahul Jha.	Rahul
26.	Jhruv Kapadia	Jhruv
27.	Sanaya Desai	Sanaya
28.	Aishal Dandekar	Aishal
29.	Yashna Santosh	Yashna
30.	Poorva M. Malhar	Poorva
31.	Maitei. Doshi	Maitei

K J Somaiya College of Physiotherapy

E-Workshop by MUHS Student Welfare Dept. on Medicine - Striving for Humanity

Date : 16-09-2019 Time : 10:30 am to 5:00 pm

YEAR : II BPT

Sr. No.	Student Name	Sign.
1.	Khushi Rathod	
2.	Shreya Menezes	
3.	Vinita Kanani	
4.	Smriti Sinha	
5.	Tanmaya Patil	
6.	Swarangi Virkud	
7.	Bhoomi Sampat	
8.	Pranali Redekar	
9.	Khadija Penwala	
10.	Supra Kudu	
11.	Dabi Pooa	
12.	Preksha Dhakad	
13.	Gopika Pillai	
14.	Sanjay Hande	
15.	Forun Dasli	
16.	Annayanya mehta	
17.	Kirta melwani	
18.	Jaini Gale	
19.	Samra Choudhary	
20.	Durga Jat	
21.	Poisha Mehta	
22.	Bilwa Sawant	
23.	Srushti Goralkar	
24.	Ankita shinde	
25.	Kirti Gurjekar	
26.	Muashi Nigam	
27.	Yamini Buskule	
28.	Atharva A. Joshi	
29.	Aditya P. Doctor	
30.	ALI NAQI	
31.	Drishhi Shah	

K J Somaiya College of Physiotherapy

E-Workshop by MUHS Student Welfare Dept. on Medicine - Striving for Humanity

Date : 16-09-2019 Time : 10:30 am to 5:00 pm

YEAR : II BPT

Sr. No.	Student Name	Sign.
32	Kashish Shah	KSP
33	Dhruvi Karia	Dhruvi
34	Kanchi Kanawat	K.P. Kanawat
35	Mitali Patil	Mitali
36	Nidhi Mangaonkar	Nidhi
37	Kavya Jogatao	Kavya
38	Prasad Hulekar	Prasad
39	Om Singh	Om
40	Dhruv Gadmale	Dhruv
41	Sikander S. Chimbaiwala	S.S. Chimbaiwala
42	Shriyash W. Patil	Shriyash
44	Akshay Kulkarni	Akshay
45	Harshal S. Nikumbhe	Harshal
46	Fejashafi Awale	Fejashafi
47	Sara Zehra	Sara
48	Apoorva Menon	Apoorva
44	Amesh More	Amesh
45	Maithili Ghule	Maithili
46	Sanika Kettar	Sanika
47	Arwa Sidhpurwala	Arwa
48	Suruchi Shambag	Suruchi
49	Ananya Gupta	Ananya
50	Divya Makhiya	Divya
51	Surat Musfir Darvesh	Musfir
52	Harleen Kaur	Harleen
53	Spandita Deokule	Spandita
54	Bharna Deora	Bharna
55	Vedika Mhabe	Vedika
56	Rajvi Majmundar	Rajvi
57	Sakshi Chandel	Sakshi

K J Somaiya College of Physiotherapy

E-Workshop by MUHS Student Welfare Dept. on Medicine - Striving for Humanity

Date : 16-09-2019 Time : 10:30 am to 5:00 pm

YEAR : Interns

Sr. No.	Student Name	Sign.
1.	Mrunmayee Dixit	<u>M Dixit</u>
2.	Parth Doshi	<u>P Doshi</u>
3.	Hekui Chheda	<u>H Chheda</u>
4.	Drishti Poshi	<u>D Poshi</u>
5.	Vidhi Shah	<u>V Shah</u>
6.	Manuma Dani	<u>M Dani</u>
7.	Sonali Manels	<u>S Manels</u>
8.	Isha Dube	<u>I Dube</u>
9.	Kanvi Bhavsar	<u>K Bhavsar</u>
10.	Shreya Gala	<u>S Gala</u>
11.	Kajal Chheda	<u>K Chheda</u>
12.	Rohan Bhangre	<u>R Bhangre</u>
13.	Neerati Srirangapur	<u>N Srirangapur</u>
14.	Aarna Tare	<u>A Tare</u>
15.	Natasha John	<u>N John</u>
16.	Eton Menezes	<u>E Menezes</u>
17.	Shivam Patel	<u>S Patel</u>
18.	Ishwari Gosavi	<u>I Gosavi</u>
19.	Vaishnavi Mishra	<u>V Mishra</u>
20.	Srabhi Patwardhan	<u>S Patwardhan</u>
21.	Drishti Chheda	<u>D Chheda</u>
22.	Tinali Uora	<u>T Uora</u>
23.	Safara Parker	<u>S Parker</u>
24.	Siddhi Sharma	<u>S Sharma</u>
25.	Akshata Manjrekar	<u>A Manjrekar</u>
26.	Viraj Chauhan	<u>V Chauhan</u>
27.	Krupa Zatakia	<u>K Zatakia</u>
28.	Tejal Sonawane	<u>T Sonawane</u>

Report of International Yoga Day 2019

International Yoga Day is observed on 21st June of every year. K. J. Somaiya College of Physiotherapy conducted various events this week. Details of the same as follow:

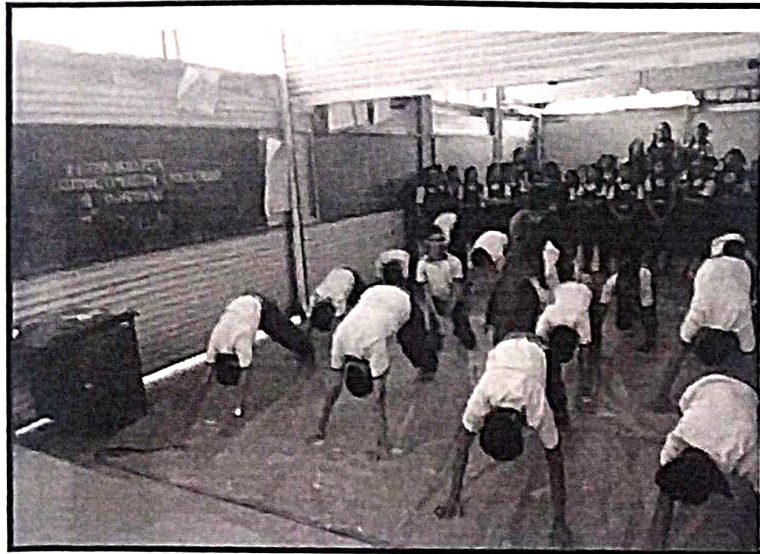
1. Yoga Session for School Children (17/06/2019)

This event was organised by Department of Community Medicine of K. J. Somaiya Medical College at Karmaveer Bhaurao School, Pratiksha Nagar. K. J. Somaiya College of Physiotherapy collaborated with Community Medicine department for execution of this event. 10th Std students participated in this event. Mrs. Priya Parakh, Medical Social Worker from Community Medicine department gave introduction to students about International Yoga Day. Dr. Riddhi Goradia (PT), faculty from physiotherapy demonstrated SuryaNamaskar to students and students were made to do it in batches. It was followed by teaching Omkar and imagery relaxation technique.



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Eco (East), Mumbai - 401 022.



2. Yoga Session for Pregnant Ladies (19/06/2019)

This event was held at Primary Health Center, Aangao Village, Thane by Department of Community Medicine of K. J. Somaiya Medical College. K. J. Somaiya College of Physiotherapy collaborated with Community Medicine department for execution of this event. Dr. Ashima Bhaumik, Faculty from the Department of Community Medicine coordinated the whole event. Dr. Mayur Revadkar (PT), faculty from physiotherapy educated rural women about the importance of yoga during pregnancy for healthy mother and healthy baby. Some of the yogasana and pranayama was demonstrated and practiced by these ladies. 20 antenatal patients were benefited by this activity. Yoga session was conducted for them in groups.

A handwritten signature in black ink, appearing to be 'K. J. Somaiya'.

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Sion (East), Mumbai - 400 022.



3. Yoga Session for Health Workers at PHC, Aangao (19/06/2019)

This event was held at Primary Health Center, Aangao Village, Thane by Department of Community Medicine of K. J. Somaiya Medical College. K. J. Somaiya College of Physiotherapy collaborated with Community Medicine department for execution of this event. Dr. Ashima Bhaumik, Faculty from the Department of Community Medicine coordinated the whole event. Dr. Mayur Revadkar (PT) informed everyone about why yoga day is celebrated on 21st June. He further spoke on Concept of Ashtangyoga given by Maharishi Patanjali. Everyone practiced some of the asanas. Session was concluded with practice of Omkar.

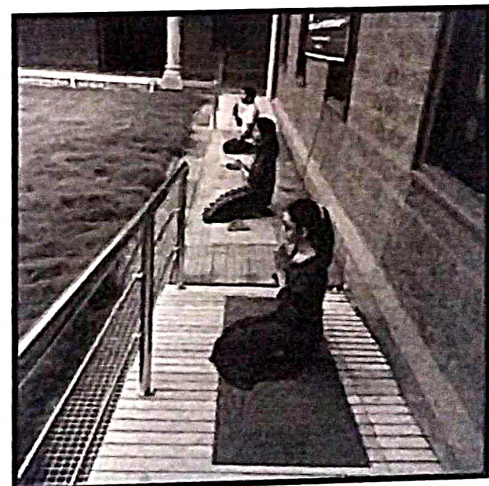


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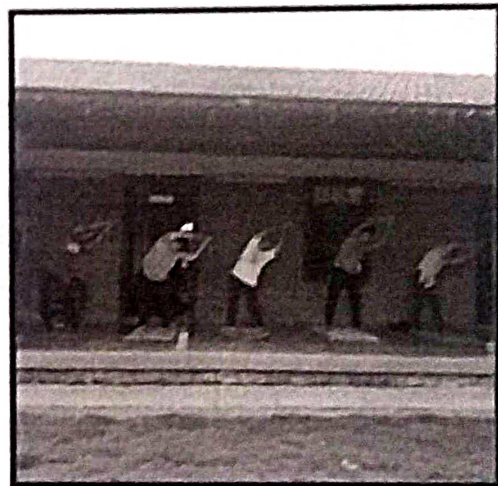
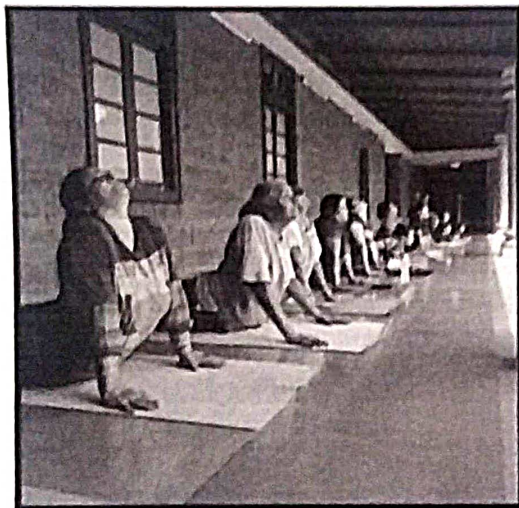
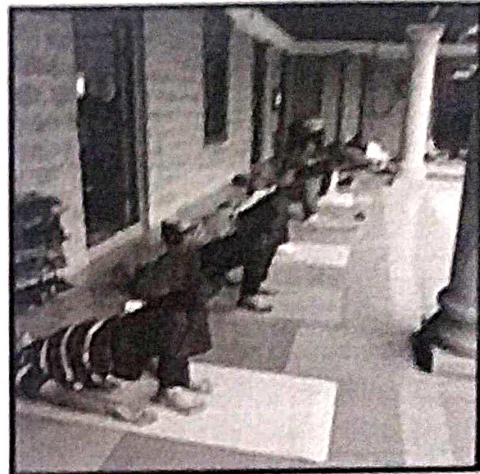
4. Yoga Session for patients of K. J. Somaiya College of Physiotherapy (21/06/2019)

This event was held at the campus of K. J. Somaiya College of Physiotherapy. Dr Sayali Abnave (PT) and Dr. Mayur Revadkar (PT) coordinated this event. Dr. Sayali welcomed all the participants and informed them about the importance of yoga for healthy living. Session started with chanting of some of the yoga sutras, as a tribute to Maharshi Patanjali. Later, participants practiced some of the asanas and pranayama under the guidance of Dr. Sayali and Dr. Mayur. Session was concluded with theoretical demonstration of Jalneti, one of the yogic kriyas to clean upper respiratory tract. 60 patients participated in this event.



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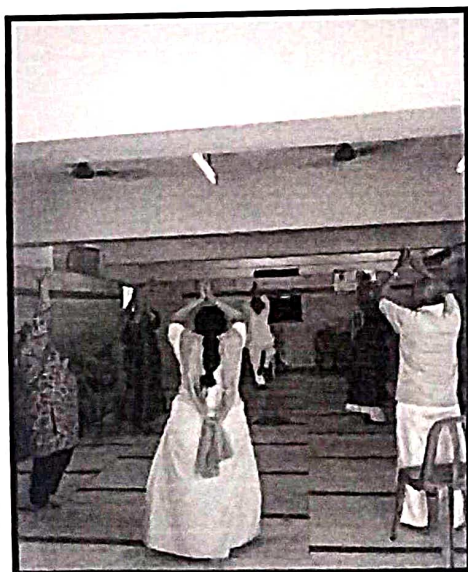
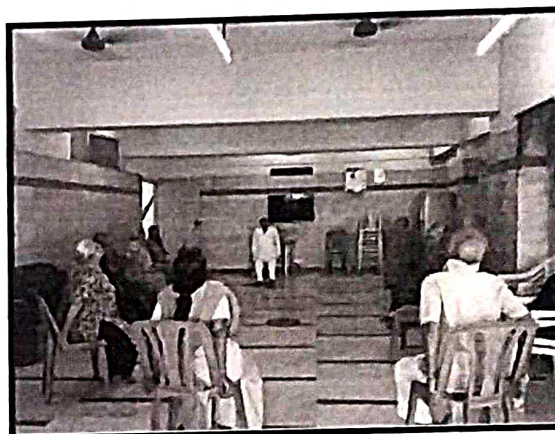
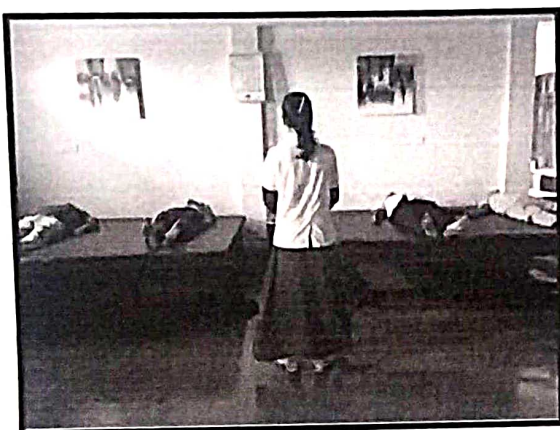
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5. Yoga Session for Geriatric Patients (21/06/2019)

This event was held at Manav Seva Sangha, Sion. Dr. Riddhi Goradia (PT) conducted this session for elderly patients of Manav Seva Sangha. Chair Yoga and modified Yoga poses in standing were performed by everyone followed by Pranayama and Omkar. Also our seniors who are part of our senior fitness class at KJ Somaiya College of Physiotherapy performed Yogasana followed by Shavasna.



6. Yoga Session for female workers of Kamgar Kalyan Kendra, Siwari (21/06/2019)

This event was held at Kamgar Kalyan Kendra, Siwari from 2 pm to 3 pm. Many housewives and female workers participated in this session. Dr. Mayur Revadkar (PT), Faculty from K. J. Somaiya College of Physiotherapy told importance of Yogic lifestyle for healthy living. He emphasized on changes in female body throughout her lifespan and importance of yoga at


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each stage. They were demonstrated with some of the yogasana and made to do the same. Session concluded with practice of Shavasana and chanting Omkar.



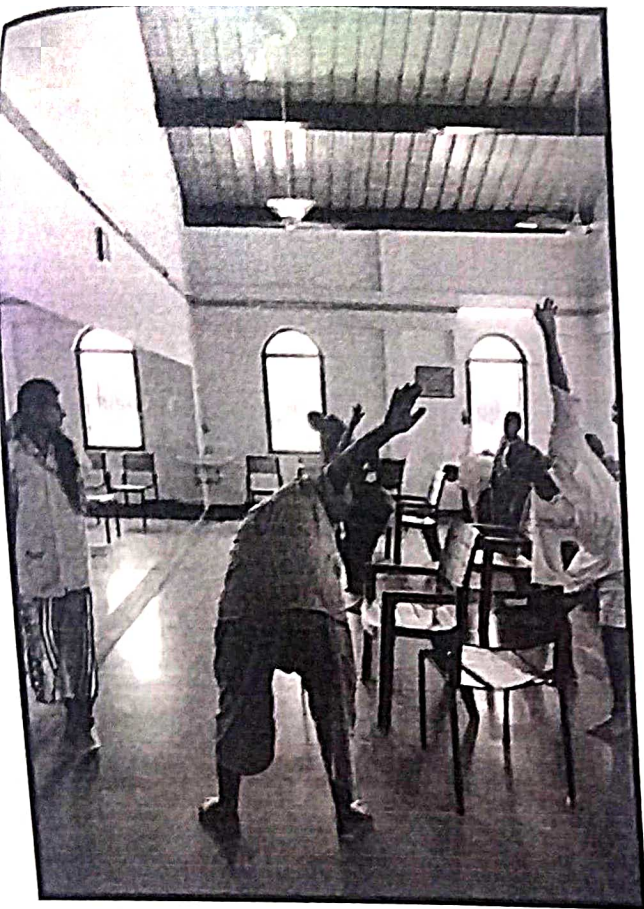
7. Yoga Session for Neurologically disabled patients (21/06/2019)

Department of Neuro Rehabilitation conducted yoga sessions for stroke and parkinson's patients at Adult Neuro Rehabilitation OPD of K. J. Somaiya College of Physiotherapy. Dr. Priti Agni (PT), faculty, demonstrated Yoga Asanas like Trikonasana, Talasana, Virabhadrasana, Pawanmuktasana, Shalabhasana and they were made to do it. This was followed by Anulom-vilom pranayama. They were informed that regular practice of Yoga asanas help to develop balance, strength, endurance, respiratory capacity, concentration and relaxation.

A handwritten signature in black ink, appearing to be 'K. J. Somaiya'.

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Pratiksha Nagar Health Camp (17th Feb 2019)

Physiotherapeutic health camp was conducted in the community of Pratiksha Nagar on 17th Feb 2019 in association with ShivSena Branch No. 173 at Suvarna Krida Mandal, Pratiksha Nagar.

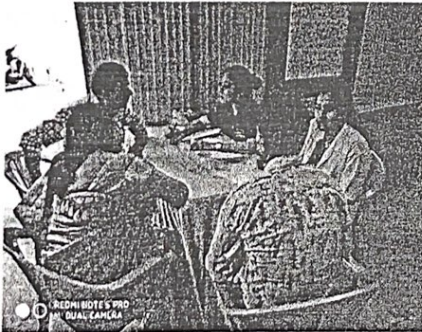
Total 115 patients were benefited in this camp. Major complains were low back pain, neck pain and knee pain. Some patients had neurological diseases like Stroke. Many had non communicable diseases such as diabetes, hypertension and obesity.


All patients were screened for their body composition, risk for cardiovascular diseases and lung function. Further they were assessed for aches and pains if any and appropriate management was given. All patients gave positive feedback for the camp.

Total 9 physiotherapy students (3 post graduate students and 6 undergraduate students) conducted this camp under the guidance of 2 faculty of department of Community Physiotherapy; namely Dr. Mayur Revadkar (PT) and Dr. Riddhi Goradia (PT)

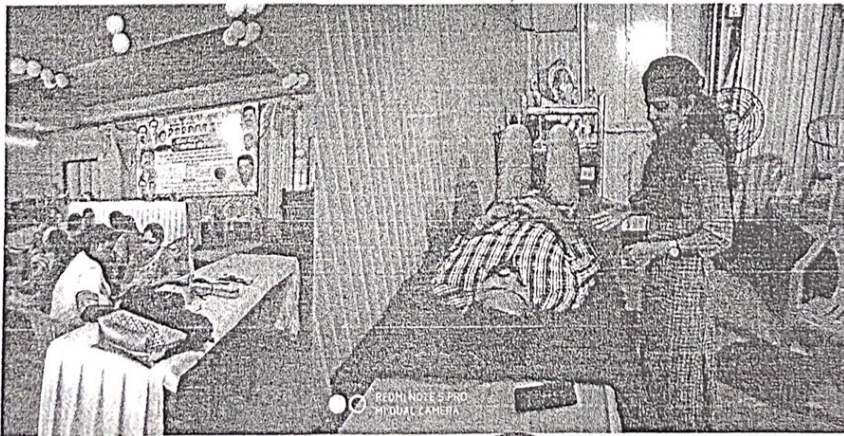
We are thankful to Mr. Narayan Shigvan (Ex branch incharge and one of our regular patients) and Mr. Mangesh Satamkar (Education Committee President) for giving us this platform to serve the community.

Camp started at 8:30 am and ended at 2:30 pm.




Dr. Shweta Manwadkar (PT)
Principal

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Women's Health Camp (16th Feb 2019)

K. J. Somaiya College of Physiotherapy conducted one womens health camp at Borivali in association with Samata Mahila Mandal, Mumbai on 16th Feb 2019.

Total 55 ladies availed the benefit of this camp. The main focus of the camp was pelvic floor muscles assessment and management.

Most of the ladies were in the age group of perimenopausal and postmenopausal state (50 and above). Participants were screened for osteoporosis, urinary incontinence and any organ prolapse. All patients underwent routine examination and 18 patients were assessed by Perineometer (Advanced machine to test pelvic floor muscles strength). Appropriate management tips were given to all patients.


Dr. Riddhi Goradia gave a health talk to all ladies on the topic of health of pelvic floor muscles and prevention of osteoporosis. She also spoke about self-breast examination technique for early detection of breast cancer.

The camp was conducted by Department of Community Physiotherapy under the guidance of Dr. Mayur Revadkar (PT) and Dr. Riddhi Goradia (PT). Two post graduate students and two undergraduate students were part of this camp. The camp started at 9:00 am and ended at 2:30 pm.




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Dr. Shweta Manwadkar (PT)
Principal

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Sion (East), Mumbai - 400 022.

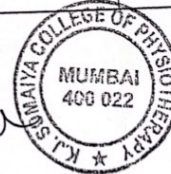
Report of HPCL Common Health Games 2019

Occupational Health Services Centre of Mumbai Refinery of Hindustan Petroleum Corporation Limited had organized Common Health Games 2019 for employee fitness activities. The event was held at HP Nagar West Colony Ground, Chembur on Sunday 03rd February 2019.

272 participants including employees and spouses took participation in this event. Assessment of Physical fitness tests was done by Team of Physiotherapy students (55) from K. J. Somaiya College of Physiotherapy under the guidance of Dr. Mayur Revadkar (PT) and Dr. Riddhi Goradia (PT)

Following tests were performed by the team of physiotherapists on field.

Category	Decathlete (Less than 35 years of age)	Heptathlete (35-50 years old)	Pentathlete (50 years and above)
	One leg Knee Stance	One leg Knee Stance	One leg Knee Stance
	Shuttle Run Test	Shuttle Run Test	Shuttle Run Test
	Planks	Planks	Planks
	Sit and Reach Test	Sit and Reach Test	Sit and Reach Test
	Squats	Squats	Squats
	High Knee spot march	High Knee spot march	
	T Run	T Run	
	Push Ups		
	Step Test		
	Crunches		
No. of Participants	66	130	76



[Signature]
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 Sion (East), Mumbai - 400 022.

[Signature]
Dr. Shweta Manwadkar (PT)
 Principal
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
 Somaiya Ayurvihar Complex, Eastern Express Highway,
 Sion (East), Mumbai - 400 022.

Fwd: FW: Stem Cell Donor Registration Event - MDRI

2 messages

Tue, Jan 8, 2019 at 5:07 AM

ANNAMMA VARGHESE <annamma@somaiya.edu>

To: Somaiya Physiotherapy <somaiya_physiotherapy@somaiya.edu>

Mail sent by Devyani for the event
Anna

----- Forwarded message -----

From: Marrow Donor Registry India <admin@mdrindia.org>

Date: Tue, Jan 8, 2019, 4:21 PM

Subject: RE: FW: Stem Cell Donor Registration Event - MDRI

To: ANNAMMA VARGHESE <annamma@somaiya.edu>

Dear Madam,

Thank you for confirmation.

29th January 2019, Tuesday, Dr Praveen Clement will be addressing first & second year students for 10-12 minutes. Dr. Clement has been a MBBS doctor for 16 years. He had also done his PG in Family Medicine from CMC Vellore. He has worked in the department of transfusion medicine in Tata Memorial Hospital for 9 years. After that he has been in MDRI since 2009 till date. He was trained in transfusion medicine during his Tata Memorial days. Now he is Transplant Centre Co-ordinator in Marrow Donor Registry India. He handles all the donor patient management of the registry.

30th January 2019, Wednesday, our team of five will be present in campus at a specified location, where interested candidates can get registered themselves by giving their consent & one vial(4ml) of blood sample for testing, which will be a 5min activity per head. Where we need the setup of 3 tables, 10 chairs and permission to display few event standees.

As for the donor's criteria -

1. Age should be 18 to 50 years only.
2. Should not have any major health condition like heart, liver, kidney disease or cancer.
3. Blood pressure and diabetic donors can register.
4. Donors with low Haemoglobin (especially ladies) upto 10 gm % can register.
5. Even if you are on any medication you will be mostly allowed to register, but confirm with the counsellor before doing it.
6. Minor factors like, kidney stone, malaria, jaundice, typhoid, TB, fever, pregnancy, Thyroid, etc can register.
7. People on medication for heart disease, fits, cancer etc cannot register.
8. The donor should be committed to the cause, as when he/she is found to be a match with a dying cancer patient, he should come forward for the donation at the time of need.
9. No prerequisite criteria like empty stomach/full stomach, good sleep is required.


It is a very safe time tested procedure.

Looking forward for good response.

Thanking you.

Sincere Regards,
Devyani Rajput

Donor Recruit Coordinator

 cid:part10.08090008.07080206@mdrindia.org
MARROW DONOR REGISTRY INDIA

+91 9823292566


Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway
Sion (East), Mumbai - 400 022.


Dr. Shweta Manwadkar (PT)
Principal

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

Fwd: List of students registered as Voluntary Stem Cell Donors with MDR(India)

1 message

ANNAMMA VARGHESE <annamma@somaiya.edu>
To: Somaiya Physiotherapy <somaiya_physiotherapy@somaiya.edu>

Tue, May 7, 2019 at 12:43 AM

----- Forwarded message -----

From: **ANNAMMA VARGHESE** <annamma@somaiya.edu>
Date: Thu, Jan 31, 2019, 2:28 PM
Subject: Re: List of students registered as Voluntary Stem Cell Donors with MDR(India)
To: Marrow Donor Registry India <admin@mdrindia.org>

Thank you very much.
Anna Varghese
Professor.

On Thu, Jan 31, 2019, 11:56 AM Marrow Donor Registry India <admin@mdrindia.org> wrote:

Dear Madam,

Please find below the list of students registered as voluntary Stem Cell Donors with Marrow Donor Registry India during Donor Registration Drive yesterday, for your record.

Sr No.	Name
1	Ayushi Viral Shah
2	Palak Hitendra Naik
3	Rutuja Sunil Sathe
4	Riya Minesh Shah
5	Ayushi Dipen Shah
6	Heily Sanjay Thakkar
7	Heth Mehul Shah
8	Aamena Mustafa Golwala
9	Niti Kamal Parekh
10	Prachi Vipin Agarwal

11	Khushboo Omprakash Bhagtani
12	Prajakta Bapusaheb Yenare
13	Riya Kamlesh Surti
14	Vinita Sanjay Kanani
15	Yasha Piyush Salra
16	Dhruvi Ketan Gada
17	Dhairya Ashish Mehta
18	Apoorva Sunil Menon
19	Ananya Arun Gupta
20	Nikhil Navanath Shirsat
21	Yogesh Dajiram Dorage
22	Srushti Shailendra Govalkar
23	Kirti Girish Gunjekar
24	Rucha Dhananjay Gupte
25	Rajvi Ashish Majmundar
26	Gopika Gopal Pillai
27	Harleen Kaur Saini
28	Vedika Deepak Mhatre
29	Bhoomi Jitendra Sampat
30	Preksha Ramesh Dhakad
31	Maithili Manoj Ghule
32	Nepuneka Bhaskar Ugale

33	Vaidehi Ravi Shettigar
34	Shruti Ashok Gada
35	Spandita Satyen Deokule
36	Aditya Pinang Doctor
37	Kavya Bharat Jogatar
38	Om Sanjay Singh
39	Israa Husain Dalvi
40	Trisha Dharmendra Vaidya
41	Shadab Naved Shaikh
42	Iqra Gulrez Dabir
43	Diksha Avinash Sangekar
44	Arwa Zoher Sidhpurwala
45	Kavya Jignesh Vaidya
46	Bhakti Kaushal Bavishi
47	Bilwa Yashwant Sawant
48	Ali Naqi Faiyaz Mithani
49	Durga Bheraram Jat
50	Urvashi Rakesh Nigam
51	Yashvi Pranav Shah
52	Krishna Sanjay Panchamia
53	Forum Hitesh Doshi
54	Surucha Gururaj Shanbhag
55	Atharva Ajay Joshi


5/7/2019

Somaiya Vidyavihar Mail - Fwd: List of students registered as Voluntary Stem Cell Donors

56	Khushi Narendrakumar Rathod
57	Prisha Raj Mehta
58	Prachitee Ravikiran Joshi
59	Batul Ismail Patel
60	Seerat Kaur Luggani
61	Zinel Paresh Patel
62	Urja Gopal Patwari
63	Shreya Pavan Maloo
64	Paridhi Rajiv Mehta
65	Aayushi Kalpesh Shah

Thanking you.

Sincere regards,
Devyani Rajput,

Donor Recruit Coordinator
cid:image001.png@01D0B588.0CC681A0

Administrative office:
Raheja/Fortis hospital,
Old wing, 2nd Floor,

Mahim(W),
Mumbai – 400016
+91 9823292566

Website: <http://www.mdrindia.org>
MDRI - Team



Somaiya Vidyavihar



image001.png
16K

Blood Donation Camp (23rd Nov 2018)

Blood donation camp was organised at K. J. Somaiya College of Physiotherapy on 23rd November 2018.

Blood Bank, Somaiya Hospital conducted this camp. Total 40 participants (Faculty, Students and Patients) donated blood.

We are thankful to Mrs. Pradnya Kulkarni, Mr. Gaavit and whole team of blood bank for this initiative.



A handwritten signature in black ink, appearing to be "Shweta Manwadkar".

Dr. Shweta Manwadkar (PT)
Principal

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

A handwritten signature in black ink, appearing to be "K. J. Somaiya".

PRINCIPAL

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

Fwd: Report for World Arthritis Day.
1 message

ANJALI PUNTAMBEKAR <anjali.sp@somaiya.edu>
To: Khyati Kothary <khyati@somaiya.edu>

Tue, Nov 6, 2018 at 6:07 PM

----- Forwarded message -----

From: **ANJALI PUNTAMBEKAR** <anjali.sp@somaiya.edu>

Date: Fri, 12 Oct 2018, 18:14

Subject: Report for World Arthritis Day.

To: Annamma Susan <annamma@somaiya.edu>, PRITI AGNI <prittiagni@somaiya.edu>, Mugdha Oberoi <mugdha@somaiya.edu>

World Arthritis Day is celebrated on 12th october. The KJSCOPT had special celebration for the same. Morning 9.30 to 12.30 special awareness of arthritis prevention for patients was done. Exercise sessions were conducted by the therapists to sensitise the patients. In the afternoon lecture was organised Dr. Bhavana shared her knowledge on movement analysis. She is an eminent speaker and a medecian from GS Medical college and KEM hospital Parel Mumbai. Her expertise in the subject enlightened students to a great extent. The entire MSK team with PG students and UG students made the event memorable.
Dr. Anjali S Puntambekar.



Somaiya Vidyavihar

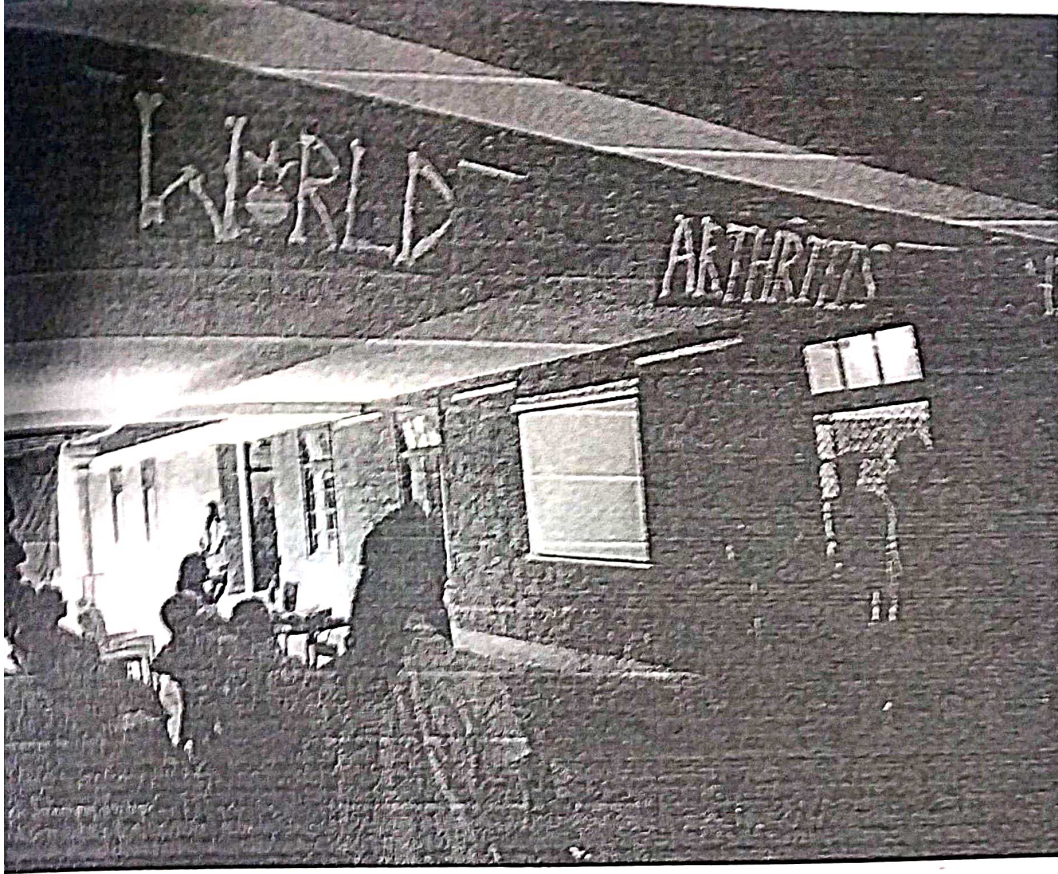



Dr. Shweta Manwadkar (PT)
Principal

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.


Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



Dr. Shweta Manwadkar (PT)
Principal

K. J. SOMAYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurveda Centre, Eastern Express Highway,
Sion (E), Mumbai - 400 022.

REPORT OF WORLD HEART DAY CELEBRATION 2018

K J Somaiya College of Physiotherapy, cardiorespiratory department had organized a FIT BUDDY Competition on 25th September 2018 and series of lectures were arranged on 29th September 2018 for the celebration of world heart day.

The purpose of celebrating world heart day was to promote fitness and to emphasise the importance of all aspects of health and wellness.

In FIT BUDDY competition our fitness clients, doctors from K J Somaiya Medical College, Hospital and Research institute as well as our college staff participated enthusiastically. Entry fee of rupees 20/- was collected from the participants. The event comprised of four components of fitness assessment which included abdominal crunches, planks, step-test and a relay race. Groups of 4 participants were made to form a team and the total time of each team to complete all the activities was recorded. The team with highest time was declared as winner. 3 prizes were announced for the same from the fitness clients and a winning team from the staff was announced.

This FIT BUDDY competition was in conjunction with the lecture series organised on 29th September 2018 for the occasion of World Heart Day 2018. The theme of this year's World Heart Day was to make a Promise for a Healthy Heart. Hence keeping in mind the holistic approach required to prevent and treat heart diseases lectures of eminent speakers from the field of cardiology, dietician, physiotherapy and stress management were invited to share their expert opinion. The event was sponsored by the Pinnacle division of Lupin Pharma Ltd. and was followed by a snack boxes distribution to all the attendees.

Dr. Sadanand Shetty, HOD Cardiology division of K J Somaiya Super-Speciality Hospital gave his views on holistic approach towards cardiac diseases.

Ms. Monal Velangi, Dietician, K J Somaiya Hospital and Research Centre, her talk was on Healthy eating for a stronger heart beating enlighten us about the benefits of a well-balanced diet in prevention of cardiac diseases.

Our esteemed clients Kanyakumari Madam and Mrs Savita Gopal also shared their perspectives about exercises and the benefits of the same experienced by them.

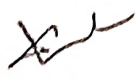
Dr. Prajakta Tilaye, Assistant Professor K J Somaiya College of Physiotherapy, shared her views on how it is important to regularly exercise and be consistent with it. Hence concluding that for a healthy heart sake it is important to jump, run and shake.

Dr. Shweta Manwadkar, Principal, K J Somaiya College of Physiotherapy gave her valued thoughts on Body-Mind wellbeing and the importance to incorporate meditation as a part of exercise to deal with stress management issues.

The event was concluded with vote of thank you to all the speakers, audiences and sponsors followed by national anthem.


Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.


Dr. Shweta Manwadkar (PT)
Principal

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex Eastern Express Highway,
Sion (East), Mumbai - 400 022.

World heart day

praju tilaye <praju.tilaye@gmail.com>

Sat, Sep 29, 2018 at 6:45 PM

To: radha.shevade@somaiya.edu, mugdha@somaiya.edu, isha@somaiya.edu, mayur.kr@somaiya.edu
Cc: principal physiotherapy <principal.physiotherapy@somaiya.edu>, Siddhi Ghodge <siddhighodge@gmail.com>, khyati@somaiya.edu

Please find attached world heart day and fit buddy competition report and photos.
Photos are sent in two emails as files are not attached in same email.

Thanks and regards

Dr. Prajakta Tilaye
Assistant professor
K. J. Somaiya college of physiotherapy

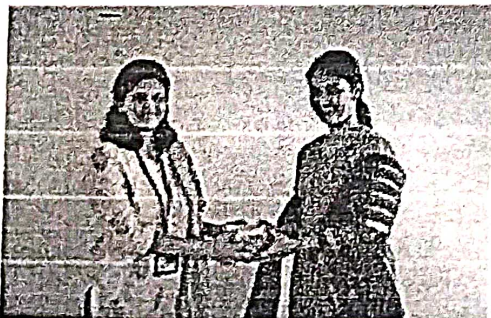
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Dr. Shweta Manwadkar (PT)
Principal

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



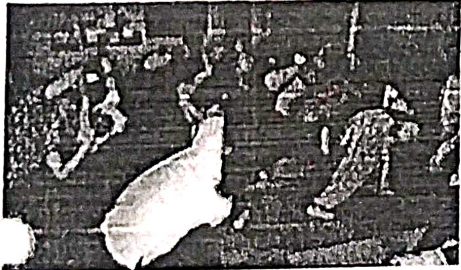
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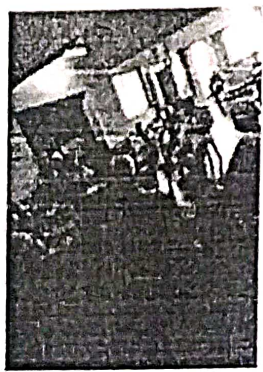
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Dr. Shweta Marwadekar (PT)
Principal
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Institute of Health Sciences, Express Highway,
Vikhroli (W), Mumbai - 400 022.



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Dr. Shweta Manwadkar (PT)
Principal

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurveda Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



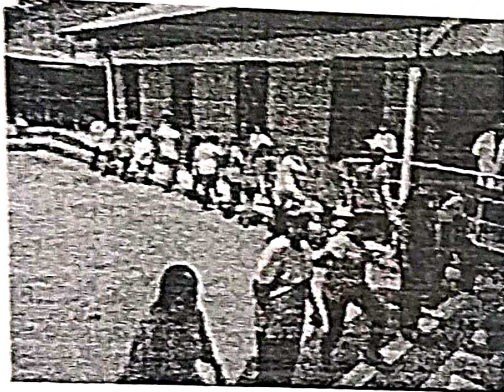
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Dr. Shweta Manwadkar (PT)
Principal
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurveda Center, ESI Road Express Highway,
Sector 10, Mumbai - 400 022.

WORLD PHYSIOTHERAPY DAY 2018


World physiotherapy day marks the opportunity and platform to recognize the work and effects of Physical Therapy.

For the occasion on 8th September, at 10:30am, the student council of KJ somaiya college of Physiotherapy arranged for an elaborate approach to spread awareness and knowledge about the importance of Physiotherapy. Patients showcased their talents and shared their success stories to motivate other patients and students. They spoke about how physiotherapy affected their lives, not only physically but also mentally. They spoke about how they got the courage and hope to move forward and lead a better and stronger life, and how important physiotherapy really is for rehabilitation and getting back on track with life. Our students showcased their beautiful talents and amazed the audience with their grace and dedication. The members of the student council hosted the event and made it memorable for all present. The objective was to draw the attention of people of all ages to the importance and efficiency of physical activity and fathoming the function of a Physical Therapist. The auspicious event ended with the National Anthem. The slogan "Hum fit, toh India fit" was imprinted in the minds and motivated everyone to implement it in their lives.



Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



Dr. Shweta Manwadkar (PT)
Principal

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

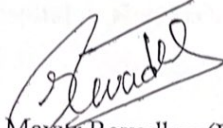
Date : 12/02/2019


PR COMMITTEE REPORT

(November 18 – till date)

Following communication was done with Vidyavihar PR Team :

- 1) Regarding students' survey for National Science Day – 11th February, 2019
- 2) Report of HPCL Common Health Games 2019 – 07th February, 2019
- 3) Update about upcoming events in month of February – 07th February, 2019
- 4) Communication for articles by Dr. Khyati in Diabetes Health Magazine – 06th February, 2019.
- 5) Update about MUHS Research Conference – 17th January, 2019
- 6) Information about accreditation, re-accreditation, recognition & ranking – 16th January, 2019.
- 7) Report of k-taping Workshop – 25th December, 2018.
- 8) Co-ordination for participation in World Education Summit – 05th December, 2018.
- 9) Report of Research Methodology Workshop – 29th November, 2018.
- 10) Report of Blood Donation Camp – 23rd November, 2018
- 11) Information about total students strength for the academic year 2018-19 – 14th November, 2018.


Dr. Mayur Revadkar (PT)
PR Committee Member


Dr. Shweta Manwadkar (PT)
Principal
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

Report: 1st year Orientation for Parents

Date: 3 Nov 2018 Saturday 11:00 am To 1:00pm

Venue: 1st year class room

Target audience: Parents of 1st Yr students for the year 2018-19.

Objective: Orientation to the college and its code of conduct for 1st BPTH program short description. The Orientation program began with the campus prayer by intern Abhishek.

Principal Dr Shweta Manwadkar addressed the parents explaining about the profession and how K. J. Somaiya college of Physiotherapy has an enriching environment to shape the future of the students.

Further Dr Mugdha Oberoi gave the orientation presentation starting with a brief college history, achievements, introducing the team, explaining the code of conduct, various facilities available, touching upon various student schemes supported by the college this session ended with answering the questions from parents.

Further Dr Mayur Revadkar gave insight on anti ragging norms and introduced the anti ragging Committee.

Mr Biju Spoke about the canteen facilities and healthy eating habits.

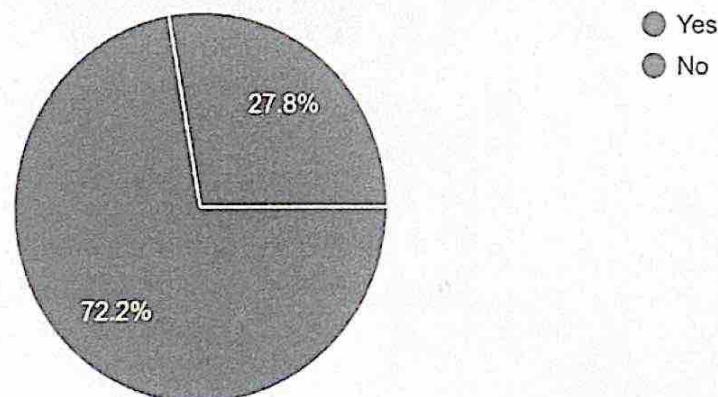
The event ended with a vote of thanks by Dr Siddhi Ghodge.

The event was followed by tea and biscuits for all. Also, a book stall was put for students and parents to visit.

FEEDBACK FOR I B.P.TH ORIENTATION 2018-19.

Did you personally attend the orientation program ?

90 responses

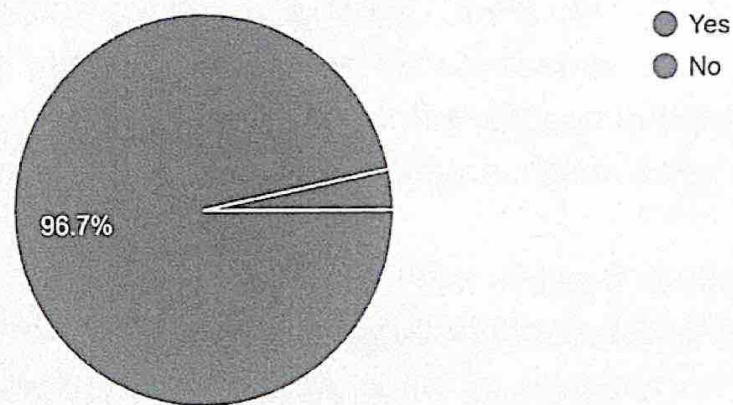


If No please specify reason 22 responses

- Out of town - 17
- Live out of mumbai - 3
- Not well - 2

Was the information shared during orientation program clearly explained and helpful ?

90 responses

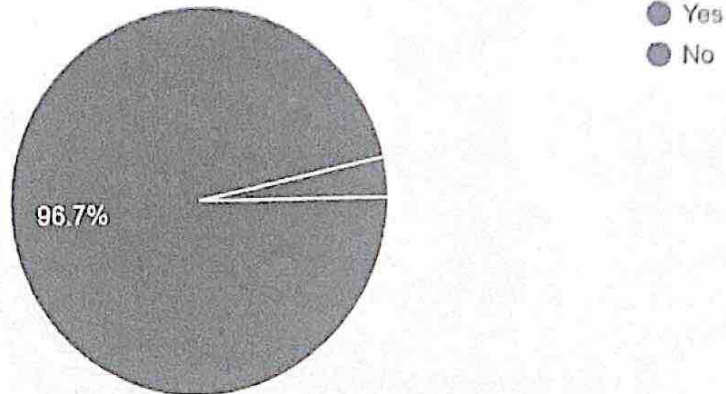


If No please specify 2 responses

Actually we could not attend the orientation
NA

Were the queries solved to your satisfaction?

90 responses



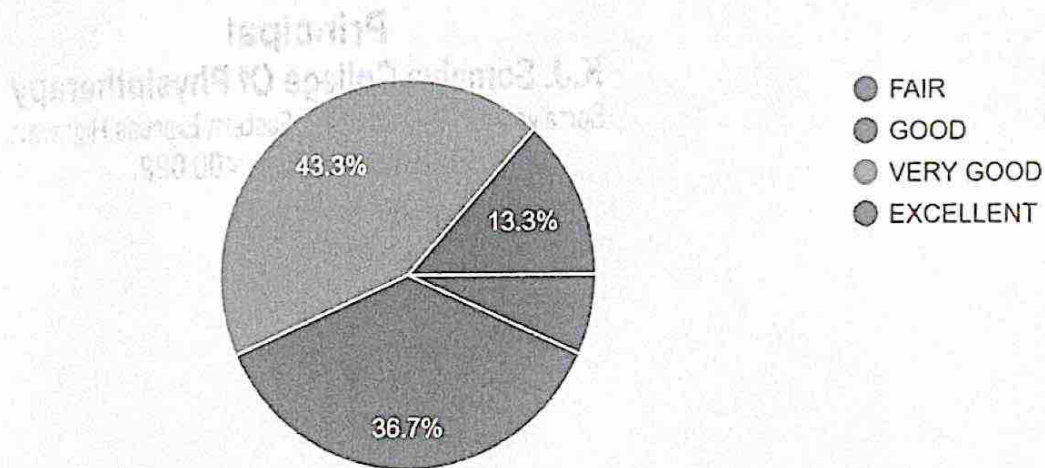
If No please specify 2 responses

NA

Some of the questions were not properly attended, explained and clarified properly

Overall rating of the orientation program

90 responses



Any suggestions/ feedback 10 responses

- Keep your work efficiency as good as this throughout the year

- Formation of Parent Teacher Association could be considered.
- NA
- In the orientation programme proper lunch should be provided as per the time
- Already mentioned during orientation
- Very good and very informative and clear
- None
- As requested by parents and students during orientation, please install air conditioners in the classrooms as it is very hot.
- Please install air conditioners
- Please install air conditioner



Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

ICI

Geriatric Health Camp (1st October 2018)

On the occasion of International Day of Older persons (1st October 2018), a free ^{CAMP &} ~~Physiotherapy~~ ^(Expensive) Health Camp was organised for elderly persons.

Timings: 9:30 am to 1:30 pm.

Total 46 patients (within the age group of 60-80) were benefited through this activity. Their physical fitness was assessed using Senior Citizens Fitness Tests and quality of life and Memory was evaluated. It was observed that most of them had problems with respect to maintaining balance and memory.

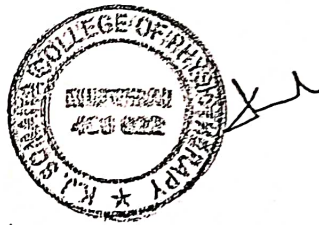
Also, all participants went through detailed physio-therapeutic evaluation, wherein specific aches and pains were addressed and simple exercises were demonstrated for respective problems.

Later all participants attended a short presentation on "Role of Physiotherapy in Successful Aging". All participants have positive feedback about the camp activities.

Coordinator: Dr. Mayur Revadkar and Dr. Riddhi Goradia

Department: Department of Community Physiotherapy

UG and PG students actively participated and learned about physiotherapy for elderly through the camp.



[Handwritten signature]

PRINCIPAL
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

[Handwritten signature]

Dr. Shweta Manwadkar (PT)
Principal
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

World heart day 2017

1 message

Shweta Manwadkar <shweta@somaiya.edu>
To: somaiya physiotherapy <somaiya_physiotherapy@somaiya.edu>
Bcc: khyati@somaiya.edu

Mon, Oct 2, 2017 at 5:05 PM

WORLD HEART DAY
29TH SEP '17
FRIDAY.

The 'World Heart Foundation' organizes 'World Heart Day' an International campaign held on September 29 to inform people about cardiovascular disease which are the biggest cause of death. On this day we promote preventative measures and health promotion to reduce the risk of cardiovascular diseases.

On this occasion this year, Department of cardiovascular Respiratory PT of K.J. Somaiya College of physiotherapy had organized a sporting event "THE FITNESS BUDDY COMPETITION" for students. The basis of the competition was to check the cardiorespiratory endurance of the participants.

The participants were asked to select their own buddy to team up. Undergraduate students and interns took participation in the competition which made a total of 19 pairs of buddies. An intra-class elimination round was conducted for 2 days during which 'STEP TEST' was conducted for every participant. 1 minute post test heart rate was noted and an average of the partners' heart rate scores was taken. On the basis of this average heart rate further selections were made for the final round.

On the first day of the elimination round of step test, 5 pairs from first year participated and one pair got selected. Similarly from the second year 5 pairs participated and 1 pair was selected. On the second day of the elimination round, step test was conducted on remaining 3rd and 4th years and interns. From the 3rd year 5 pairs participated and one pair got selected. Similarly from the 4th year 2 pairs participated and 1 pair was selected & from the Interns 3 pairs participated and one pair got selected. The total 5 pairs thus selected proceeded for the final round which was held on 29th Sep '17.

In the final round, the participants were asked to perform certain challenging tasks with the buddy for a time span of 5mins. The pair which performed maximum number of tasks & had the lowest average heart rate was considered having most fit hearts and was declared as the winner.

All the participants performed the tasks with enthusiasm as the crowd cheered them. On the basis of performance in the final round 'INTERNS' were declared as the "Winner Fitness buddies" of the competition.

With today's fast paced life and sedentary lifestyle, risk of cardiovascular diseases is on the rise. Health awareness and fitness promotion in young age itself can help maintain an active healthy lifestyle in later years and can help minimise the risk of cardiac ailments. Also, Physiotherapy students being the future health care providers must have healthy hearts and must be fit themselves. This fitness buddy competition on occasion of World heart day was in view of inspiring and sensitising students for enjoying being fit together for a happy, healthy life.

"YOU CAN'T BEAT A HEALTHY HEART."

- Dr. Shweta Manwadkar (PT)
- Dr. Khyati Kothary (PT)



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Principal
K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



2018 World Yoga Day Celebration at K. J. Somaiya College of Physiotherapy

4 messages

Mayur Revadkar <mayur.kr@somaiya.edu>

Thu, Jun 21, 2018 at 1:06 PM

To: RISHIKA BHATI <rishika@somaiya.edu>, Aditi Rajani <aditi@somaiya.edu>

Cc: principal physiotherapy <principal.physiotherapy@somaiya.edu>, Khyatl Kothary <khyatl@somaiya.edu>, sayali abanave <sayaliabanave@gmail.com>, sdhvani7@gmail.com

Dear Rishika,

Please find attached herewith some of the pictures of World Yoga Day Celebration at K. J. Somaiya College of Physiotherapy.

A class on Power Yoga was conducted by Dr. Khyati Kothary (PT)

A class on Tratak (Eye Cleansing Kriya) and Traditional Yoga was conducted by Dr. Mayur Revadkar (PT)

Dr. Sayali Abanave (PT) Coordinated the whole event and conducted modified high intensity suryanamskar for the patients.

30 patients of all the age groups and both genders participated in the event. The session was conducted between 9:30 am to 11:30 am in the fitness lab of K. J. Somaiya College of Physiotherapy.

Along with this, Dr. Dhvani Shah (PT) Conducted Yoga session including Asana and Pranayama for Elderly at Manav Seva Sangha.

on 21/6/2018 -

Thank you.

Best Regards,

Dr. Mayur Revadkar (PT)



Somaiya Vidyavihar



10 attachments



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IMG-20180621-WA0042.jpg
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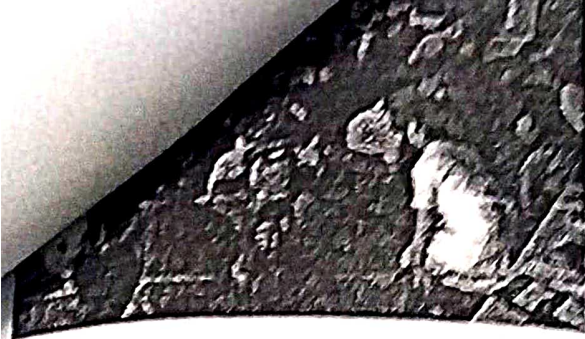
Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

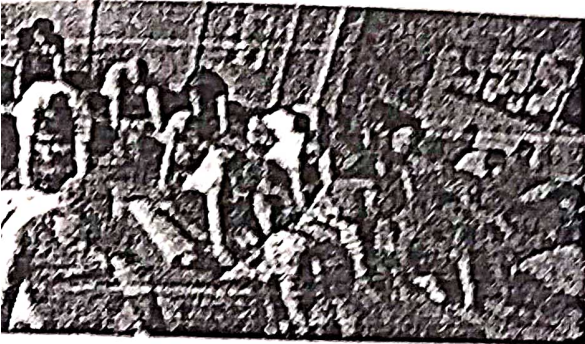


PRINCIPAL

K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



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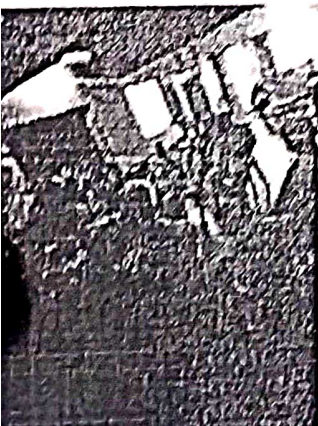
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Salvation Army Health Camp Report

A free health promotion camp was conducted by K. J. Somaiya College of Physiotherapy in association with K. J. Somaiya Medical College. The camp was organized by a youth group and medical fellowship of The Salvation Army Tamil Church.

Venue : The Salvation Army Tamil Church, Sion East

Date : 18th March, 2018

Day : Sunday

Time : 11:00 am to 4:00 pm

The camp was inaugurated by Captain Tamil Selvan, MLA, Sion Koliwada Constituency, Mumbai.

Total 69 patients of both genders and different age groups registered for the Physiotherapy services. They were assessed for components of physical fitness such as body composition and flexibility. Along with this patients vitals (blood pressure and pulse) and Peak Expiratory Flow Rate measurement was noted. All patients were screened for any kind of physical dysfunctions and appropriate physiotherapy treatment was given based on their evaluation.

As per body composition evaluation measures, most of the patients were in the category of overweight and few were obese with abnormal fat percentage values. 85% of the participants had muscular tightness. 90% of participant's Peak Expiratory Flow Rate measurements were below the normal range; indicating weak respiratory muscle strength.

Common conditions treated were knee pain, back pain, neck pain and shoulder pain. Along with these, patient suffering from Parkinson's disease, a pregnant lady was also treated as per their evaluation. General ergonomic advice and health promotion tips to improvise physical fitness was given to all patients.

The camp was conducted by Dr. Mayur Revadkar, Assistant Professor, Department of Community Physiotherapy, along with 10 post graduate and undergraduate physiotherapy students.

All participants appreciated the overall quality of physiotherapy services and gave positive feedback.

Students list Participated in the Camp

Course	Name of Student
PG	Ishita Chonkar
	Vibhuti Shah
	Janhavi Shah
	Aarati Mahadik
UG	Mishika Shah
	Snehal More
	Aditya Rajput
	Insiya Nagri
	Priyadarshani
	Aastha Shah

Report of Salvation Army Health Camp dated 18th March 2018

Mayur Revadkar <mayur.kr@somaiya.edu>

Tue, Mar 20, 2018 at 12:50 PM

Aditi Rajani <aditi@somaiya.edu>, RISHIKA BHATI <rishika@somaiya.edu>, shirin kapadia
<shirinkapadia@gmail.com>

Principal physiotherapy <principal.physiotherapy@somaiya.edu>, VINAYAK SABNIS <sabnis@somaiya.edu>, SUNIL
KADAM <sunil.kadam@somaiya.edu>, RITESH PAGARE <ritesh.pagare@somaiya.edu>

Dear Aditi Ma'am,

Please find attached herewith report of Salvation Army Health Camp conducted by K.J. Somaiya College of
Physiotherapy and K. J. Somaiya Medical College.

Attached herewith some of the pictures for the same.

*We do not have quotes from the participants.

This is for your kind information.

Thank you.

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26 attachments



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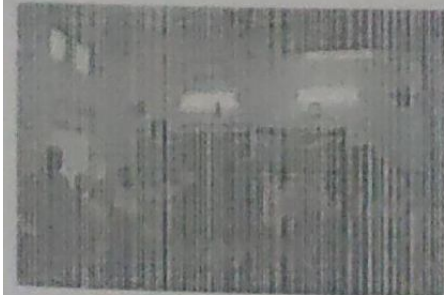
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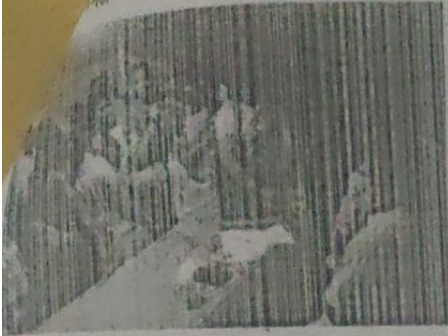


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PRINCIPAL
K. J. SOMAIYA COLLEGE OF PHYSIOTHERAPY
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.

K J SOMAIYA COLLEGE OF PHYSIOTHERAPY

REPORT: ORIENTATION FOR I BPTH STUDENTS AND PARENTS


DATE: 6TH JANUARY 2018 SATURDAY 10:00 AM TO 12:00 NOON

VENUE: LECTURE HALL, K J SOMAIYA HOSPITAL AND RESEARCH CENTRE

TARGET AUDIENCE: STUDENTS AND PARENTS OF 1ST YEAR BPTH OF ACADEMIC YEAR 2017-18.

OBJECTIVE: ORIENTATION TO THE COLLEGE AND ITS CODE OF CONDUCT FOR 1ST BPTH PROGRAM.

SHORT DESCRIPTION: 1ST BPTH CLASS COORDINATOR, DR. ISHA TAJANE (PT) WELCOMED THE NEWLY JOINED STUDENTS TO K J SOMAIYA COLLEGE OF PHYSIOTHERAPY. SHE GAVE AN ORIENTATION PRESENTATION STARTING WITH A BRIEF HISTORY OF K J SOMAIYA COLLEGE OF PHYSIOTHERAPY AND INTRODUCING THE FACULTY AND NON-TEACHING STAFF. SHE EXPLAINED IN DETAIL ABOUT THE COURSE CURRICULUM AND EXAM PATTERN. FURTHER SHE EXPLAINED THE CODE OF CONDUCT, VARIOUS FACILITIES AVAILABLE, TOUCHING UPON VARIOUS STUDENT SCHEMES SUPPORTED BY THE COLLEGE. PRINCIPAL DR. SHWETA MANWADKAR (PT) HIGHLIGHTED HOW K J SOMAIYA COLLEGE OF PHYSIOTHERAPY HAS AN ENRICHING ENVIRONMENT TO SUPPORT LEARNING AND OVERALL DEVELOPMENT OF ITS STUDENTS. THIS SESSION ENDED WITH ANSWERING THE QUESTIONS FROM STUDENTS AND PARENTS.



Principal

K.J. Somaiya College Of Physiotherapy
Somaiya Ayurvihar Complex, Eastern Express Highway,
Sion (East), Mumbai - 400 022.



Principal

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