



V.S.P.M's COLLEGE OF PHYSIOTHERAPY

OFFICE: DIGDOH HILLS, HINGNA ROAD, NAGPUR-440019, ☎ 07104-236290/91

FAX No. 07104-232905, Fax. No. 07104-232905, Email: vspmscop@gmail.com

No.VSPM'sCOP/Prin/—

Date:30.12.2021

REPORT: Yoga session

An informative yoga session delivered by Mr. Amey Chikane and other fellow rotractors on insert date 29.12.2021 for the elderly and old people. From Rotaract Club of VSPM Physio, total 07 fellow rotractors took part in the session. Total 17 no. of elderly attended the lecture by Amey Chikane focused on increasing flexibility, agility, balance, stability and alleviating pain. He recommended everyone to participate in simple stretching exercises and yoga in order to combat and delay diseases such as heart disease, diabetes, osteoporosis and fight the boredom in an interesting way.

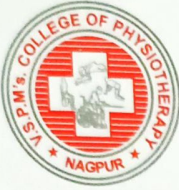
All the elderly enjoyed the session and participated with enthusiasm, and also asked a few questions. He suggested them to do simple exercises daily in order to stay fit and stay healthy.



PRINCIPAL

Principal

V.S.P.M's College of Physiotherapy,
Digdoh Hills, Hingna Road, Nagpur-440019



V.S.P.M.'S COLLEGE OF PHYSIOTHERAPY

OFFICE : DIGDOH HILLS, HINGNA ROAD, NAGPUR - 440 019. ☎ : 07104 - 244290, 244291, 665000

E-mail : vspmscop@gmail.com Fax No.: (07104) 232905

Ref. : _____

Date : 05/07/2021

Yoga day report 2021

Total three days workshop was organised by V.S.P.M's college of Physiotherapy for post graduate students

Guest Speaker : Mrs. Pratima Mathur Chennai, India (Certified Yoga Teacher And Practitioner)

Three Days Workshop Details Are As Follows:

Session 1: Dated 29/06/2021: Principles and Practice of Asana (Posture)

Session 2: Dated 01/07/2021: Principles and Practice of Pranayama (Breathing)

Session 3: Dated 03/07/2021: Integration of Mantra in Asana, Pranayama and Dhyana

Venue: VSPM's College of Physiotherapy

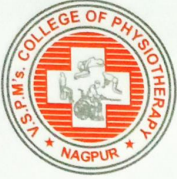
Time : 12.00 Noon To 01.00 Pm



MM

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V.S.P.M's College of Physiotherapy,
Digdoh Hills, Hingna Road, Nagpur-19



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Ref. : _____

Date : _____

ONLINE YOGA 3 DAYS WORKSHOP

ORGANIZED BY: V.S.P.M.'s College of Physiotherapy, Nagpur

**GUEST SPEAKER : MRS. PRATIMA MATHUR (CERTIFIED
YOGA TEACHER AND PRACTITIONER)**

THREE DAYS WORKSHOP DETAILS:

**SESSION 1: DATED 29/06/2021: PRINCIPLES AND PRACTICE OF
ASANA (POSTURE)**

**SESSION 2: DATED 01/07/2021: PRINCIPLES AND PRACTICE OF
PRANAYAMA (BREATHING)**

**SESSION 3: DATED 03/07/2021: INTEGRATION OF MANTRA IN
ASANA, PRANAYAMA AND DHYANA**

VENUE: ONLINE AT VSPM'S COLLEGE OF PHYSIOTHERAPY

TIME : 12.00 NOON TO 01.00 PM

SOURCE: GOOGLE MEET LINK: <https://meet.google.com/ksw-rput-hee>

Mm2

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Ref. : _____

Date : 24/07/2020

VIRTUAL INTERNATIONAL YOGA DAY 2020 REPORT

The Interns Monitoring Committee and Wellness Centre of VSPM Dental College & Research Centre, Nagpur has celebrated **Virtual International Yoga Day (Theme: Yoga at Home : Yoga with Family)** in collaboration with NKP SIMS, VSPM College of Physiotherapy & VSPM College of Nursing from **19th June to 21st June 2020**. All Teaching, Non-teaching staff, PG Students, UG Students & Interns were invited to celebrate "International Yoga Day" on 21st June 2020 on virtual platform due to COVID-19 pandemic situation.

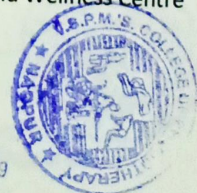
There was overwhelming response by **more than 573 faculty members**, P.G. Students, UG Students and Interns of all four Institutes of VSPMAHE in all the events. **Inter-collegiate E-Poster (Theme: Importance of YOGA in COVID-19 Pandemic)**, **E-slogan (theme: YOGA: Healthy Mind, Healthy Body)**, **Video making (Theme: YOGA for My Healthy Life)** competitions were held on this occasion. **Intercollegiate Online Quiz with Theme: "Youth & YOGA" for Interns through Google Form on 19th June 2020 at 11:00 a.m. onwards on "Awareness about Ancient Yoga - history & details of Yogasan, Pranayam, Sadhana in Contemporary situation"**, was conducted by Dr. Jaishree Chahande. All the interns expressed their enthusiasm and enjoyed this different and innovative quiz.

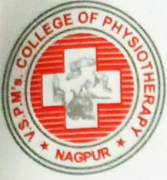
Webinar on 20th June 2020 at 10:30 a.m. on "**Yoga for Eternal Health: Battle against COVID-19**" by Dr. Abhijeet Deshmukh, Associate Professor, Department of Neuro-Physiotherapy, VSPM's College of Physiotherapy was organized and conducted by Dr. Jaishree Chahande on Google meet. Dr. Usha Radke, Dean, VSPMDCRC delivered a welcome speech and encouraged all the participants to include yoga in daily life as a mandatory practice by sharing her own experience about the benefits of Yoga in her own life. Then Dr. Abhijeet Deshmukh enlightened all about the importance of Yoga in current the situation for all the age groups and demonstrates **modified yoga techniques like chair yoga, wall yoga, aqua yoga etc.**

Dr. Maneesha Deshpande, Principal of VSPM's College of Physiotherapy, Dr. Asha Shimgekar, Principal of VSPM's College of Nursing has also attended the Webinar. **More than 150 faculties of all four Institutes registered for the webinar.** Dr. Jaishree Chahande delivered Vote of Thanks to all the Heads of the Institutes, Judges, HOD's, senior faculties, all the attendees and participants. Dr. Usha Radke, Dean, VSPM DCRC, Dr. Maneesha Deshpande, Principal, VSPM's College of Physiotherapy, Dr. Manish Sawane, HOD, Department of Physiology and Dr. Anagha Kherkar, HOD, Department of Child Nursing were Judges of various competitions. Dr. Bhavana Bhirud (NKPSIMS), Dr. Jaishree Chahande (VSPMDCRC), Dr. Abhijeet Deshmukh (VSPM's College of Physiotherapy), Mrs. Bincy K.P. (VSPM's College of Nursing) and Mr. Chetan Deshmukh (A.O. Dental) were coordinators for the programme. As per the guidelines given by AYUSH Ministry due to pandemic situation, all the staff members performed "Yoga at Home: Yoga with Family" on Sunday on 21st June 2020 and practiced Yoga taught by Dr. Abhijeet Deshmukh.

All the winners were felicitated with E-certificates and result was displayed on the college website. Deans of all the institutes of VSPMAHE enthusiastically supported all the events. The program was organized by the Chairperson of Interns Monitoring Committee of VSPM DCRC, Dr. Surekha Rathod and Wellness Centre in-charge Dr. Jaishree Chahande, and it was a grand success.

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Date : 24/07/2020

ORGANISING AGENCY: VSPMDCRC AND V.S.P.M.'S COLLEGE OF PHYSIOTHERAPY, NAGPUR
INTERNATIONAL YOGA DAY 2020 Inter-Collegiate Video making, E-Slogan, E-Poster & Quiz competitions
DATE: 19th - 21st June 2020 (FOR Teaching, PG, Interns, UG category)

Theme: Yoga at Home: Yoga with Family

Prize Winners List :

• VIDEO MAKING :-


- ✓ 1 st Prize:- a) Dr. Diksha Bawane (PT- PG Student) b) Ms. Aayushi Chauhan (Dental - Intern) c) Mr. Shubham Gaynewar (Nursing - UG Student) d) Ms. Gurpreet Juneja (PT- UG Student)
- ✓ 2 nd Prize:- a) Ms. Harshala Manchalwar (Dental - Intern) b) Ms. Khushbu Waghmare (Dental - UG Student)
- ✓ 3rd Prize:- a) Ms. Prashika Chahande (Dental - Intern) b) Ms. Rashmi Moundekar (Dental - UG Student)

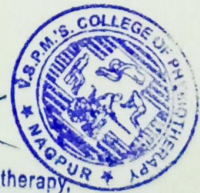
• E-SLOGAN:-

- ✓ 1st Prize:- a) Dr. Harshadeep Kothare (PT-Teaching Staff) b) Dr. Gopal Samarth (Dental - PG Student) c) Ms. Nitisha Saraf (Dental - Intern) d) Ms. Rashmi Moundekar (Dental - UG Student)
- ✓ 2 nd Prize:- a) Dr. Vrushali Lathiya (Dental -Teaching Staff) b) Dr. Pranottee Bageshwar (PT- PG Student) c) Ms. Sargam Parate (Dental - Intern) d) Mr. Nikhilesh Bomble (Nursing – UG Student)
- ✓ 3 rd Prize:- a) Mrs. Sushma Manwatkar (Nursing – Teaching Staff) b) Dr. Richa Sahai (Dental – PG Student) c) Ms. Twinkle Dhengale (Dental – Intern) d) Ms. Gurpreet Juneja (PT- UG Student) e) Ms. Samruddhi Oswal (Dental – UG Student) 1st Consolation Prize:- Ms. Sweta Borkar (Dental – Intern) 2nd Consolation Prize:- Ms. Chinmayee Chauliwar (Dental – Intern)

• E-POSTER

- ✓ 1 st Prize:- a) Mrs. Liji Varghese (Nursing – Teaching Staff) b) Dr. Parag Dhake (Dental – PG Student) c) Dr. Priyanka Tompe (Dental – PG Student) d) Ms. Samiksha Kapse (Dental - Intern) e) Ms. Devyani Lanjewar (Dental – UG Student)
- ✓ 2 nd Prize:- a) Dr. Priti Jaiswal (Dental -Teaching Staff) b) Dr. Jyoti Sharma (Dental - PG Student) c) Ms. Chinmayee Chauliwar (Dental – Intern) d) Ms. Mahima Thorat (Nursing – UG Student)
- ✓ 3rd Prize:- a) Dr. Harshadeep Kothare (PT – Teaching Staff) b) Dr. Diksha Bawane (PT– PG Student) c) Dr. Pranottee Bageshwar (PT– PG Student) d) Ms. Sargam Parate (Dental – Intern) e) Ms. Abha Garode (Dental – UG Student)
- ✓ 1st Consolation Prize:- Ms. Shaishvi Satfale (Dental – Intern)
- ✓ 2 nd Consolation Prize:- Ankita Thakare (Dental – Intern)


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• **QUIZ COMPETITIONS-**

- ✓ Interns 1st Prize:- 86% Ms. Apeksha Burde (PT)
- ✓ 2nd Prize:- 83% a) Ms. Sakshi Chandak (PT) b) Ms. Madhuri Lende (Nursing)
- ✓ 3rd Prize:- 81% Ms. Surbhi Patil (Dental)
- ✓ 1st Consolation Prize:-80% a) Ms. Pragati Burad (Dental) b) Ms. Shrutika Wagh (PT)
- ✓ 2nd Consolation Prize:- 76% a) Ms. Shrunkhal Bhupal (Dental) b) Ms. Harsha Gandhi (Dental) c) Ms. Anuja Satija (NKPSIMS) d) Ms. Pooja Pande (PT)
- ✓ 3rd Consolation Prize:- a) Ms. Prashika Chahande (Dental) b) Ms. Shweta Agrawal (PT)

Mm

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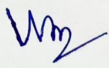

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Dagdoh Hills, Hingna Road, Nagpur-46



Dr. Usha Radke, Dean, VSPM DCRC, Dr. Maneesha Deshpande, Principal, VSPM's College of Physiotherapy, Dr. Manish Sawane, HOD, Department of Physiology and Dr. Anagha Kherkar, HOD, Department of Child Nursing were Judges of various competitions. Dr. Bhavana Bhirud (NKPSIMS), Dr. Jaishree Chahande (VSPMDCRC), Dr. Abhijeet Deshmukh (VSPM's College of Physiotherapy), Mrs. Bincy K.P. (VSPM's College of Nursing) and Mr. Chetan Deshmukh (A.O. Dental) were coordinators for the programme.

As per the guidelines given by AYUSH Ministry due to pandemic situation, all the staff members performed "*Yoga at Home: Yoga with Family*" on Sunday on 21st June 2020 and practiced Yoga taught by Dr. Abhijeet Deshmukh.

All the winners were felicitated with E-certificates and result was displayed on the college website. Deans of all the institutes of VSPMAHE enthusiastically supported all the events. The program was organized by the Chairperson of Interns Monitoring Committee of VSPM DCRC, Dr. Surekha Rathod and Wellness Centre in-charge Dr. Jaishree Chahande, and it was a grand success.


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No.VSPM'sCOP/Prin /—

Date:20.1.2020

Report : 'Kidathon' (Marathon Race For Kids)

Students of VSPM's College of physiotherapy took part in 'Kidathon' (marathon race for kids) with great enthusiasm in the very first month of 2020. 12 students took part in this event.

Even in the bitterly cold morning of January the students were keen enough to gather at Tirpude college at 6:00 am and report the authorities. After which they were sent at nearly 5 different water stations to provide the participating kids with water bottles and also to cheer them up on their way to finish line.

Students were quite appreciated for their helpful gestures by the event organizers as they kept the ball rolling even in rain.

All together it was a great event for the students to take part in as they celebrated the new year season.



PRINCIPAL

Principal

V.S.P.M's College of Physiotherapy,
Digdoh Hills, Hingna Road, Nagpur-19



Maharashtra University of Health Sciences, Nashik

Vani - Dindori Road, Mhasrul, Nashik - 422 004.

E-mail : sw@muhs.ac.in Web : www.muhs.ac.in



Brief Report of International Day of Yoga Conducted on 21 June 2019

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

Name of the College: VS PM's College of Physiotherapy,
Hingna, Nagpur

Region: - Mumbai/ Pune/ Uttar Maharashtra/ Vidarbha/ Marathwada

1. Morning Yoga demo (7:00 am to 8:00 am) was conducted: - ☒ Yes ☐ No
2. Number of participants in the morning demo: - 80 + 15 = 95
3. Name of Yoga teacher who conducted the morning demo: Mrs. Sulabha Kulkarni
Mrs. Shashi Teipalki
4. Name of the Asanas and Pranayama conducted during the morning demo: -
a) Tadasana, Omkar Chanting
b) Surya Namaskara
c) Kapalbhati
d) Trikonasana, Shashankasana
5. Name of the best participant in the Morning Yoga Session: Dr. Karthik Shah
Dr. Prayansh Deshmule
6. Was the Participant Felicitated: - ☒ Yes ☐ No
7. Whether Yoga exhibition was conducted at College: - ☒ Yes ☐ No
8. Whether banners/ poster were displayed in campus of awareness of yoga: ☒ Yes ☐ No
9. Whether essay competition was conducted: - ☒ Yes ☐ No
10. Number of prize winning participants: - 04
11. Topics of the essay given: Importance of Yoga and Climate Change
12. Name of the prize Winners & topics of the essay: Dr. Pooja Akhtar & Ms. Parnoti Bageshwar
Dr. Abhijeet Deshmule & Ms. Mansi Kashyap
13. Any other Activity conducted for awareness of yoga: E-poster Competition
14. Relevant photographs of Morning Demo of action taken report & other photographs of the day: - ☒ Yes ☐ No
15. Soft copy of photographs & report sent by email: - ☒ Yes ☐ No

College Co-ordinator: -

Name: Dr. Rashmi Mahulkar
Signature: Dr. Abhijeet A. Deshmule

Designation: Asst. Prof.

Email id & Phone: 9130505065
8087037050

rashmikem@gmail.com

abhijeet.abhishek@gmail.com

Incharge of Institutes: -

Name: Dr. Manisha S. Deshpande
Signature: _____

Designation: Professor / Principal

Email id & Phone: 9422830875

maneshdesh@gmail.com

Handwritten signature



V.S.P.M's COLLEGE OF PHYSIOTHERAPY

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FAX No. 07104-232905 Fax. No. 07104-232905, Email: vspmscop@yahoo.co.in

Ref: VSPM's COP/Prin/241/2018

Date: 25/06/2018

To,

Dr. Sandeep D. Gundre,

The Director, Students' Welfare,

Maharashtra University of Health Sciences,

Mhsrul, Dindori Road,

Nashik-422004

Sub: - Brief Report of International Day of Yoga Conducted on 21 June 2018.

Ref: - On occasion of "International Yoga Day" which is celebrated on 21st June, 2018.

Respected Sir / Madam,

Kindly find herewith the attached copies of Brief Report of "International Day of Yoga" Conducted on 21 June 2018, college report of various activities and soft copies of photographs of that event.

This is for your kind information.



Y. Traveen
Principal

V.S.P.M's College of Physiotherapy,
Nagpur-19.

Mmm

Principal
V.S.P.M's College of Physiotherapy
Digdoh Hills, Hingna Road, Nagpur-19



Brief Report of International Day of Yoga Conducted on 21 June 2018

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

Name of the College: - V.S.P.M's College of Physiotherapy, Digdoh Hills, Hingna, Nagpur

Region: - **Vidarbha**

1. Morning Yoga demo (7:00 am to 8:00 am) on 21/06/2018 was conducted :- **Yes**

80

2. Number of participants in the morning demo :-

3. Name of Yoga Teacher who conducted the morning demo :- **Mr. Chetan Khandkar**

4. Name of the Asanas and Pranayama conducted during the morning demo :-

a) **Tadasana, Chakrasana, Gomukhasana, Pashichimotanasana, Bhujangasana,**

Shalabhasana.

b) **Anulome-Vilome, Kapalbhati, Bhastrika.**

c) **Omkar Chanting.**

5. Name of the best participant in the Morning Yoga Session :- **Dr. Priyanka Deshmukh**

6. Was the Participant Felicitated :-

Yes

7. Whether Yoga exhibition was conducted at College :-

Yes

8. Whether banners / poster were displayed in campus of awareness of yoga :-

Yes

9. Whether essay competition was conducted :-

Yes

10. Number of prize winning participants :-

4

11. Topics of the essay given: - **Health Benefits of Yoga – A Physiotherapist's perspective.**

12. Name of the prize Winner & topics of the essay: - **Miss. Pradnya Dumore 1st Prize,**

Miss. Mansi Kashyap (Interns) 2nd Prize.

13. Name of prize winner for poster:- **Dr. Abhijeet Deshmukh, Asst. Prof. 1st Prize,**

Miss. Mansi Kashyap (Interns) 2nd Prize.

14. Any other Activity conducted for awareness of yoga: - **Guest lecture delivered by Dr. Dinesh Bapat. from Yogabhaysi Mnadal, Nagpur on Yoga. (on 23-6-18)**

15. Relevant photographs of Morning Demo of action taken report & other photographs of the day:-

Yes

16. Soft copy of photographs & report sent by email: -

Yes.

College Co-ordinator: -

Name: - **1) Dr. Rashmi Mahulkar**

2) Dr. Pooja Akhtar

Signature: -

Designation: - **Asst. Professors**

Email id & Phone: - **rashmikum@gmail.com**

9130505045.

poojaakhtarvspm@gmail.com

9665038090

Incharge of Institutes:-

Name: - **Dr. Maneesha S.Deshpande**

Signature: -

Designation: - **Principal**

Email id: **maneeshadesh23@gmail.com**

Phone: - **9422830875**



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