

Maharashtra University of Health Sciences,
 Inspection Committee Report for Academic Year 2023-2024
 Webinar/ Workshop /CME /Activities / Performing Last One Year.

Faculty: Physiotherapy

Name of the College/Institute: Miraj medical Centre, College of physiotherapy, Wanless Hospital, Miraj-416410

No. of Webinars Arranged, Guest Lectures & CME/ Workshops, camp (Publish details on College website)

Sr. No.	Details of Webinar/Workshop/CME/Activities/Perform
1	World Yoga day 22 nd June 2022
2	Free Physiotherapy Camp at Wanless Hospital Primary Health Care Center,BEDAG 8 th September 2022
3	Blood Donation Camp 20 th February to 25 th February 2023 28 donor participated
4	Sangli Cyclothon (cycle marathon) 26 th February 2023
5	Geriatric Physiotherapy Camp 1 st January 2023 to 15 th March 2023
6	World obesity ay day 04 march 2023
7	World Yoga day 21 st June 2023



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Principal
College of Physiotherapy
Wanless Hospital
Miraj Medical Centre.
Miraj - 416 410.

Report for International Yoga Day Celebration

Miraj Medical Centre, College of Physiotherapy, Wanless Hospital Miraj celebrated the International Yoga Day by conducting the Yoga session for the students and the staff of Physiotherapy college at yoga hall. The theme for the day was "Yoga for Humanity".

The welcome note was given by Dr. Aakanksha Joshi, Prof. COP. The Yoga session was lead by Vaishnavi Ahir Rao (certified in Yoga). There were total 39 participants including 31 students and 8 staffs in the session. The session duration was for 2 hours. The session was including with basic sukshma kriyas, dynamic yoga postures, pranayamas, relaxation techniques and meditation. The event was coordinated by Dr. Ushma Prajapathi, Assist. Prof. under the guidance of Dr. Ronald Prabhakar, Principal, COP.



Aakanksha Joshi
Principal

Principal
College of Physiotherapy
Wanless Hospital
Miraj Medical Centre.
Miraj - 416 410.

**MIRAJ MEDICAL CENTRE
COLLEGE OF PHYSIOTHERAPY
WANLESS HOSPITAL, MIRAJ**

**“FREE PHYSIOTHERAPY CAMP AT WANLESS PRIMARY HEALTH CARE
CENTER, BEDAG”**

Miraj Medical Centre, College of Physiotherapy, Wanless Hospital conducted a camp on 8th September 2022 on the occasion of World Physiotherapy Day at Primary Health Centre, Bedag from 10:00 AM to 2:00 PM. The camp was inaugurated by Dr. Sanjeev Waidande, Medical Superintendent, Miraj Medical Centre, Wanless Hospital. Sir has graced the occasion and gave his best wishes for conducting the camp. Dr. Ronald Prabhakar, Principal, College of Physiotherapy shared his view on creating awareness about Physiotherapy and the need for community-based rehabilitation. 18 patients were benefitted from the camp. For the successful conduct of the camp, Mr. Eliya Pandhare (MSW) and Dr. Prachi Patil (Medical officer) gave their valuable inputs. Total 25 students and 7 teaching staffs were attended the camp. Refreshments were provided in the end of the camp. The camp was coordinated by Dr. Aakanksha Joshi and Dr. Chintan Solanki, guided by Dr. Ronald Prabhakar (Principal).



A Joshi

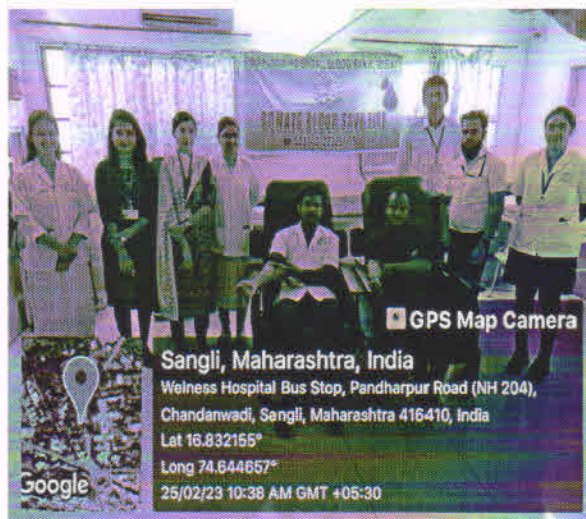


**Principal
College of Physiotherapy
Wanless Hospital
Miraj Medical Centre.
Miraj - 416 410.**

BLOOD DONATION CAMP


The DMER (Directory of medical education and research) Mumbai has announced a blood donation camp for all the associated medical institutions under Maharashtra University, which was successfully organized by NSS committee of College of physiotherapy, Miraj and it was conducted in blood bank department of Miraj Medical Centre, Wanless hospital where it was coordinated by Dr Esther (HOD, Blood bank Department) from 20th February 2023 to 25th February 2023.

28 donors from College of Physiotherapy voluntarily participated for blood donation camp. The event was Co-ordinated by Dr Ahmad Noor and Guided by Dr. Aakanksha Joshi (Principal). The students were given the certificate of appreciation.




Coordinator




Principal
Principal
College of Physiotherapy
Wanless Hospital
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SANGLI CYCLOTHON

Sangli Cyclothon was organised on 26th February 2023 by Aryan Heart Care lead by Dr. Riyaz Mujawar. The cyclothon had different groups of participants varying with distance i.e. 5km, 20km, 50km and 100km. The cyclothon commenced from the New English School, Miraj.

The College of Physiotherapy, MMC, Wanless Hospital, Miraj had been part of the cyclothon. It was entirely coordinated by Dr. Chintan Solanki with the supporting help of Dr. Ahmad Noor and Dr. Mrunali Patel under the guidance of Dr. Aakanksha Joshi, Principal, College of Physiotherapy.

15 students from the internship took part as physiotherapist and 15 students from the undergraduates as volunteers for the same. The timing was from 6am to 12pm. The cyclothon participants, after completing their route, received the physiotherapy service given by our physiotherapists and were immensely happy and satisfied with the treatment given and gave positive feedback. The College of Physiotherapy, Miraj was felicitated with token of appreciation for its service and being part of Sangli Cyclothon. The students who participated for this service were felicitated by the certificate of appreciation.



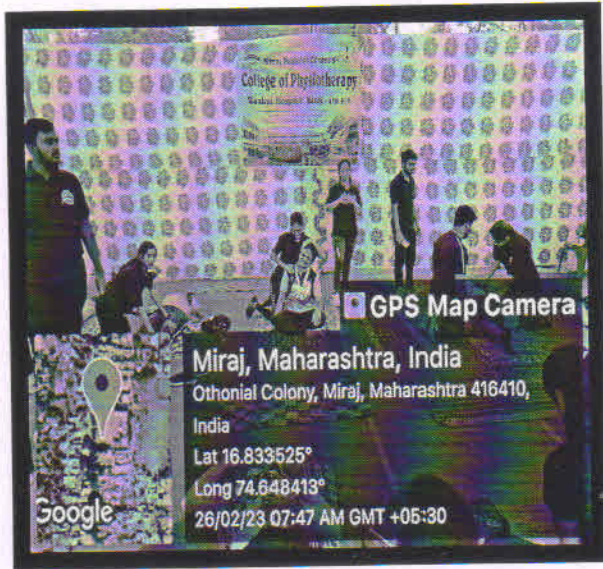
A. Joshi
Principal
College of Physiotherapy
Wanless Hospital
Miraj Medical Centre.
Miraj - 416 410.



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**Principal
College of Physiotherapy
Wanless Hospital
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Principal
College of Physiotherapy
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GERIATRIC PHYSIOTHERAPY CAMP

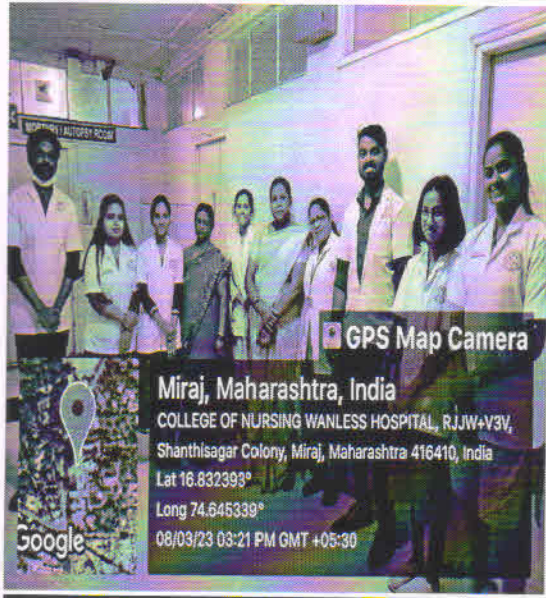
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Geriatric physiotherapy camp was organized by College Of Physiotherapy, Wanless Hospital, Mira j from 01/01/2023 to 15/03/2023. Overall eight interns had voluntarily participated for the same. Total 123 patients were benefitted from camp who recieved physiotherapy rehabilitation for various geriatric ailments

Complete physiotherapy assessment was taken and rehabilitation was given to them. The camp was held at the Department of Community Physiotherapy. Camp was coordinated successfully by the staff WHMMC. College of physiotherapy miraj under guidance of Principal, Dr. Aakankasha Joshi.



A. Joshi
Principal
College of Physiotherapy
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 Coordinator

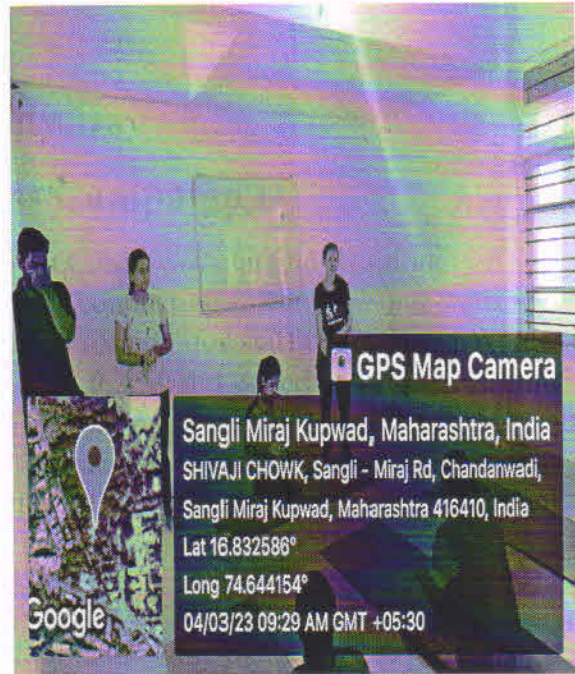
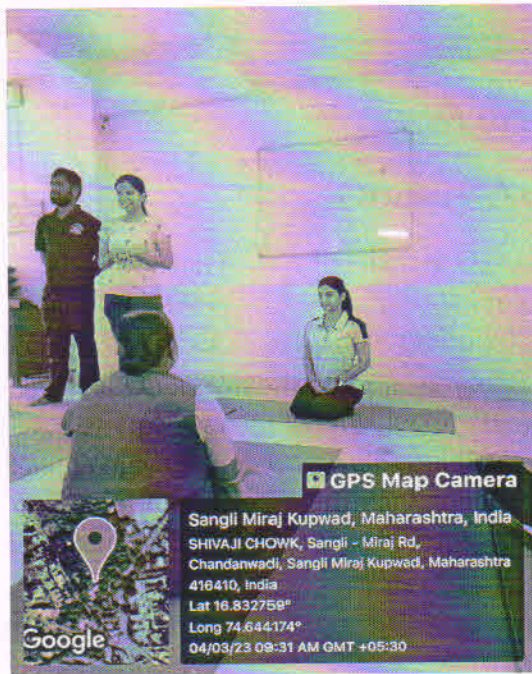


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 Miraj Medical Centre.
 Miraj - 416 410.

World Obesity Day

Obesity Awareness Campaign

On the occasion of World Obesity Day, Department of Cardiovascular and Respiratory PT had organized Obesity awareness Programme by conducting lecture on "changing Perspectives: Let's Talk about Obesity" and Free Yoga session for staff of COP and Wanless Hospital. On 4th March 2023 programme was started at 9 AM and ended at 11:30 AM. Thirty five participants attended this lecture. It was conducted by Dr. Aakanksha Joshi and Dr. Mrunali Patel. Yoga session was well conducted by intern Vaishnavi Ahirrao. Entire programme was well coordinated by intern Pankaj under the guidance of Dr. Mrunali Patel and vote of thanks was delivered by intern Sakshi Patwardhan.



Coordinator *M Patel*



Principal *A Joshi*
Principal
College of Physiotherapy
Wanless Hospital
Miraj Medical Centre.
Miraj - 416 410.

Report On International Yoga Day Celebration

Miraj Medical Centre, College of Physiotherapy, Wanless Hospital Miraj, celebrated International Yoga Day by conducting a Yoga session on 21st June 2023 for the students and staff of the Physiotherapy College at the yoga hall. Aimed to promote the physical and mental well-being of the participants through various yoga practices. The theme for the day was "Yoga for vasudhaiva kutumbakam."

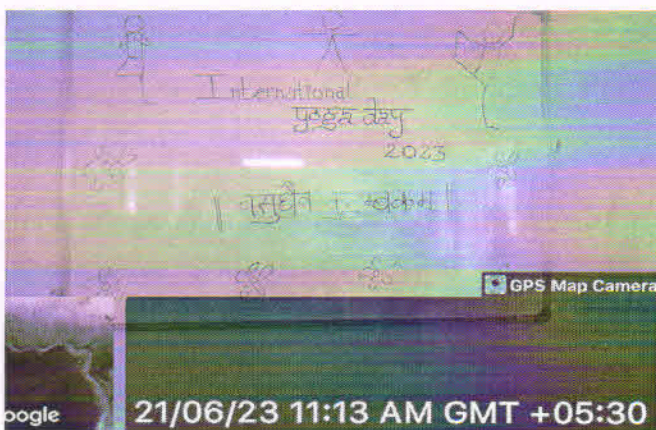
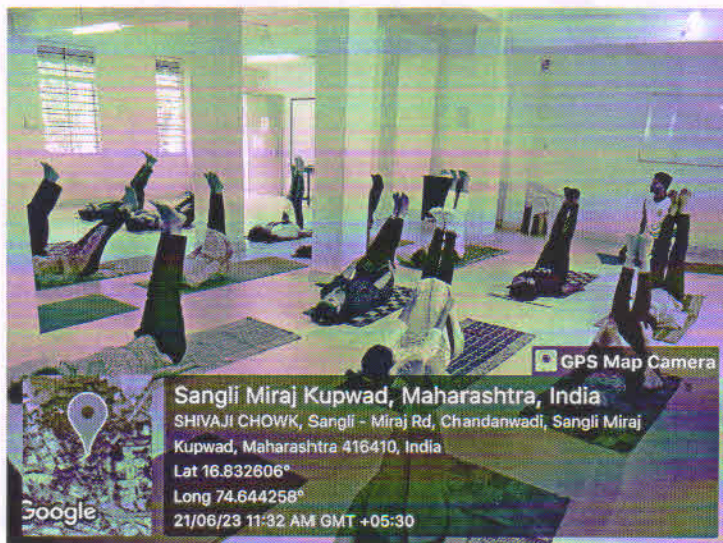
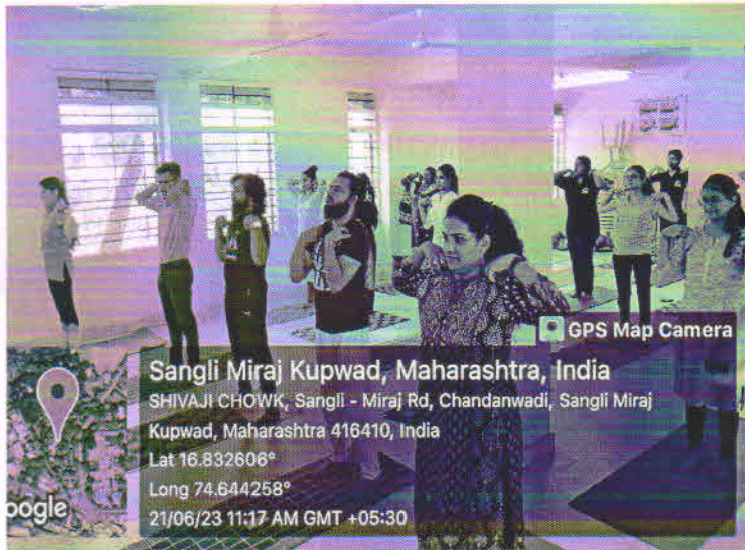
The welcome note was given by Dr. Chintan solanki, Assistant Professor at the College of Physiotherapy (COP). The Yoga session was led by Sumit pote, a certified Yoga instructor. A total of 40 participants attended the session, including 32 students and 8 staff members. The session lasted for 2 hours and the schedule encompassed the following activities:

- Basic Sukshma Kriyas: Participants engaged in gentle warm-up exercises to prepare their bodies for the yoga session.
- Dynamic Yoga Postures: The session incorporated a series of dynamic yoga postures to enhance flexibility, strength, and balance.
- Pranayamas: Breathing techniques were introduced to foster relaxation, mindfulness, and control over breath.
- Relaxation Techniques: Participants were guided through relaxation exercises, helping them unwind and release stress.
- Meditation: The session concluded with a meditation practice, allowing participants to attain a state of deep relaxation and inner peace.

The event was coordinated by Dr. Chintan solanki, Assistant Professor, under the guidance of Dr. Aakanksha joshi, Principal of the College of Physiotherapy (COP).

The Yoga Day celebration at College of Physiotherapy, Miraj proved to be a resounding success, providing an opportunity for participants to engage in physical exercise, enhance mindfulness, and experience the numerous benefits of yoga. The event not only promoted a healthy lifestyle but also fostered a sense of community and unity among the participants.

We extend our heartfelt gratitude to all the participants, instructors, and organizers who contributed to the success of the event. It is through such initiatives that we can continue to promote holistic well-being and create a positive impact on the lives of individuals.



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PRINCIPAL
Principal
College of Physiotherapy
Wanless Hospital
Miraj Medical Centre.
Miraj - 416 410.