

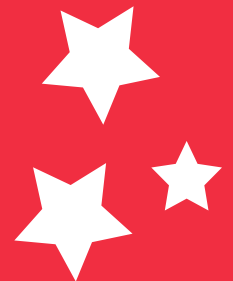


MAEER PUNE'S  
**MAHARASHTRA INSTITUTE OF  
PHYSIOTHERAPY | LATUR.**

Affiliated to Maharashtra University of Health Sciences, Nashik.

# PHYSIO MIRROR

**THE ANNUAL  
MAGAZINE  
[2024]**



## **Vision**

- To become a center of excellence in imparting Physiotherapy education

## **Mission**

- To create Value-based physiotherapists capable of treating common ailments that require physiotherapy treatment
- To build human resources in physiotherapy, offer physiotherapy rehabilitation services and serve the society
- To prepare students for fostering greater creativity and original thought in the professional context of research.
- To develop educational pathways which will give students the most flexibility in their physiotherapy career opportunities

## **Values**

- Integrity
- Transparency
- Quality
- Team work
- Execution with passion
- Human touch

## **Quality Policy**

- We pledge to meet the students and patient's requirements by offering expert Physiotherapy education and care with compassion through a dedicated and committed team of well qualified and trained professionals

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**Dr. Hanumant T. Karad**  
Executive Director  
MAEER'S, Maharashtra Institute of  
Physiotherapy,  
Latur, Maharashtra, India-413 531.

## *President's word of wisdom*

Dear Students

Welcome to Maharashtra institute of physiotherapy College, Latur.

MIPT College & Hospital is run by MAEER Trust Pune-prestigious institute & body of international repute. Currently MIPT is running bachelor of physiotherapy course with an intake capacity of 60 and Master of physiotherapy in 4 specialties.

MIPT has state of the art infrastructure with well-equipped 775-bedded hospital named as "YCRH" Yashwantrao Chavan Rural Hospital. It has all the basic and sophisticated facilities to cater the needy patients from backward areas of Marathwada region, with just, affordabl echarges.

Various outreach programs such as organization of multidiagnostic camps, health awareness programs, health surveys by students in surrounding rural areas etc, help students gain knowledge, develop comprehensive health attitudes, values and imparts necessary skills.

We, at MIPT always thrive to develop a holistic professional and complete doctor who is able to meet the requirements of society.

I hope your journey at MIPT would be very comfortable & rewarding.  
Wish you all the very best.....

Dr. Hanumant T. Karad  
Executive Director, MIPT, Latur-413 512



## **Prof. Dr. Subhash M Khatri** **Principal**

MAEER'S, Maharashtra Institute of Physiotherapy,  
Latur, Maharashtra, India-413 531.

### *Principal's Message of Motivation*

**Greetings from MIPT**

**It gives me immense pleasure and pride to inform you that, our institute is starting an annual magazine from this year onwards to allow a platform for our undergraduate students, post graduate students and faculty members to express their innovative thoughts and ideas as a part of extracurricular activities**

**I hope that the team will be successful in putting up their work in form of this magazine that has a strong history of alumni from 2005 onwards. Our alumni are almost all over the world and I am sure that you will get the guidance and support in form of the feedback from each one of them in near future.**

**Earl Nightingale, the great success writer, broadcaster and speaker identified the key to success in just six words: WE BECOME WHAT WE THINK ABOUT. Further, the same six words can be the key to failure as well!**

**So believe in yourself, your capabilities, your efforts and skills since we believe that harnessing every student's potential, their teamwork, and cooperation and is committed to upholding their ethos and magazine is a part of the same.**

**I extend my heartfelt congratulation to the chief editor and the entire editorial team for putting in their best in bringing out this issue of our college Magazine and express my best wishes for the fulfillment of each dream.**

**With best wishes,**

**Dr. Subhash Khatri, BPT, MPT ortho, FIAP, PhD Sports Medicine & Physiotherapy  
Principal,**

**Maharashtra Institute of Physiotherapy, Latur, Maharashtra, India- 413 531**

## EDITORIAL TEAM

### ▶ Faculty editors



**Dr. Smita Mundhe**



**Dr. Radhika Honap**

### ▶ Students editorial team



**Dr. Pratik Dhumal**



**Dr. Kiran Yadav**

**Continue Without Pause....**

**Our institute started with an awesome beginning and it is continuing to have a fantastic flow.....**

## *Message from Editorial Team*

On behalf of entire annual magazine team, we are glad to put this preface for the issue. Our time believes that reading constitutes a key proportion of fine art and bringing up this issue brings us great pleasure and satisfaction among students and the faculty community who had directly or indirectly contributed to bringing up the excellent extracurricular piece of work.

This edition has a mixture of articles and soft features that continue our mission to provide information combined with fun. It combines the Expressions and Impressions that revolve around each of us. The magazine has always emphasised the abilities, emotional flexibility and creative thinking that have developed throughout the academic year and have helped students develop their attitudes, skills and values.

To achieve progress and meet objectives we have to cross numerous milestones. With all the effort and contributions put in by the students, we truly hope that the pages that follow will make some interesting reading. Many tasks that the students undertook were done with the intention of assisting them in reaching the highest level of expertise and perfection in whatever work they undertook, so empowering their journey to achieve excellence.

One such cherished publication with persuasive roots was this magazine. It would provide a glimpse of numerous developments and activities for everyone connected to Maharashtra Institute of Physiotherapy.

We would like to thank our management for always encouraging and helping us, Dr. Subhash Khatri for his steadfast advice, and all of our team members who have been our strength in any situation. Last but not the least with have no hesitation in praising the pupils for their incredibly absurd amount of work.

Sending you all and infinite amount of good wishes.

Our Institute, Maharashtra Institute of Physiotherapy was set in motion in the year 2005 in Latur, Maharashtra, India.

Physiotherapy gives patients hope that they can continue living pain-free lives. By treating the underlying physical concerns, Physiotherapy is a form of treatment that focuses on the Science of Movement and assists individuals in regaining, preserving, and maximising their physical strength, function, range of motion, and general well-being.

Hence, we say, "MEDICINE ADDS DAYS TO LIFE BUT PHYSICAL THERAPY ADDS LIFE TO DAYS."

The ground floor contains all the outpatient departments. The Principal office, Clerk's office, class rooms and library is on first floor

**Let us begin with our 1st OPD...**

**Musculoskeletal physiotherapy Department:** It is designed with 10 cubicles as well as a variety of modalities including traction, continuous passive motion , paraffin wax bath , Moist heat ,US,SWD,IFT, TENS, IRR, UVR shockwave, longwave, theragun etc and different techniques of exercise that are used to treat the patient.



**Now, we'll move on to our 2nd OPD**

**Neuro physiotherapy Department:** It focuses on the treatment and rehabilitation of individuals with neurological condition affecting the functioning of the brain, spinal cord, and nerves. This OPD has modalities and equipment like EMS, treadmill, hand rehab unit, robotic gloves, parallel bar, standing frame, suspension unit, tilt table



diagnostic equipment like EMG/NCV etc... Therapy for neuro-disorders includes stimulation and various biofeedback activities that assist patients to build their confidence and advance in their quest for wellness. It also includes various physical exercises to carry out their functions of daily living.



**Paediatrics OPD** is specifically trained to improve the lives and daily function of children who suffer from a wide range of injuries and congenital conditions. Each patient at this facility receives individualized care while becoming a smile on their face. With tastefully adorned wall art and a toy-filled cabinet, the area is set up for children. It has equipments like standing frame, trampoline, swiss ball and various toys. Due to the adapted and humorous therapy technique, the process is joyful. Students visits are arranged at DDRC center Latur, Umang Autism center and high risk in paediatrics OPD.



**Afterward, turn on to our 4th OPD...**

**Community-Based Rehabilitation :** Here the students are treating Geriatric patients and patient with disability, ANC, PNC with a new pleasurable and convenient form of activities. Also, arrange student visits at Matoshree Old age home and Khadgaon outposting and some other interesting activities like camps



**Later on, our 5th OPD...**

**Sports Physiotherapy :** It is involved in the prevention and management of injuries resulting from sports and exercise participation at all ages and at all levels of ability. This OPD fulfills various types of fitness equipment like Treadmill, Dumbbells, barbells, and much more. For use in athletic person to improve skills, Endurance, and strength....



**Finally, on the last 6 OPD...**

**The Cardiorespiratory pulmonary physiotherapy Department:**

Students are being taught about the many methods of managing cardio-pulmonary diseases in this instance. Additionally, they visit hospitals' intensive care units and learn about various kinds of instruments like incentive spirometer, volume oriented spirometer, PFT, static cycle and pedometer.



**Now, move to 1 floor...**

**All classrooms with advanced facilities for contemporary education, Computer -room and Practical-labs like Exercise therapy Lab and Electrotherapy lab . There is a library which is having all the latest editions of required books & magazines of physiotherapy for the latest information of our field. Here, we end with the introduction of our college but what keeps it alive is the people who are coming here daily: the Students, Faculty members, non-teaching staff, and Peons.**

## **Library**

## **Electrotherapy lab**



## **Kinesiology lab**



**Class Room**

## Teaching staff



**Dr. Subhash Khatri**  
Principal



**Dr. Gaurav Bhatnagar**  
(HOD of musculoskeletal  
PT Department)



**Dr. R.M Singaravelan**  
(HOD of Neuro PT  
Department)



**Dr. Vishwanath Pawadshetty**  
(HOD of Cardiorespiratory  
PT Department)



**Dr. M.Sangeetha**  
(HOD of Community PT  
Department)



**Dr. Risha Kamble**  
Associate Professor



**Dr. Mohammad Zishan**  
Assistant Professor



**Dr. Neha Singh Mandade**  
Associate Professor



**Dr. Pawan Kumar**  
Associate Professor



**Dr. Pramod Gaisamudre**  
Assistant Professor



**Dr. Shital Ghule**  
Associate Professor



**Dr. Shruti Tadmare**  
Assistant Professor



**Dr. Salim Shaikh**  
Assistant Professor



**Dr. Anil Sathe**  
Assistant Professor



**Dr. Radhika Honap**  
Assistant Professor



**Dr. Madhura Deshpande**  
Assistant Professor



**Dr. Smita Munde**  
Assistant Professor



## Non Teaching Staff



**Satyanwar Zare**  
(AO)



**Balbhim Thakur**  
(Librarian)



**Suresh Irpe**  
(Accountant)



**Hanmant Mali**  
(Clerk)



**Sanjivani Munde**  
(Clerk)



**Narsinh Sagar**  
(Accountant)



**Limbraj Lokhare**  
(Peon)



**Vacchalabai Lahane**  
(Peon)



**Balaji Kale**  
(Peon)



**Shubhangi Ronge**  
(Peon)



**Third year Batch 2023 - 24**



**Final year Batch 2023 - 24**





## Intern 2023 - 24



## First MPTTh 2024 - 25



## First MPTTh 2023 - 24



## Second MPTTh 2023-24



## Paper presentation of our PGs 2023-24

<b>Author Name</b>	<b>Title</b>
<b>Dr. Arshiya Sayyed</b>	<b>Effect of knee to chest position on menstrual pain in females with primary dysmenorrhea</b>
<b>Dr. Mahima Manoj Chakwate</b>	<b>1) Prevalence of Restless Legs Syndrome amongst middle aged medical professionals: A cross sectional study 2) Prevalence of Pulmonary function amongst elderly population living in industrial area: An observational study</b>
<b>Dr. Sharvari Jagdish Joshi</b>	<b>To Assess The Prevalence Of Cumulative Trauma Disorder In 2- wheeler Automobile Industry Mechanical Workers Using Outcome RULA Scale</b>
<b>Dr. Vaidehi Vivek kannao(PT)</b>	<b>Diastasis recti abdominis corrective exercises effectively reduce inter- rectus distance and abdominal girth in postpartum women.</b>
<b>Dr. Abhilasha P. Mundada</b>	<b>Immediate Effect of Backpack Loading on Cervical and Shoulder Posture in School-Going Children Between 12-16 Years-an Experimental Study</b>
<b>Dr. Sameeksha Sanjay Hemke</b>	<b>Prevalence of musculoskeletal discomfort in severe post COVID patients with aged 30-45 years</b>
<b>Dr. Pradnya Prabhakar Tele</b>	<b>Effectiveness of MET versus Static passive stretching on hamstring Tightness in physiotherapy students: A comparative study</b>
<b>Dr. Yukta Suresh Telrandhe</b>	<b>Prevalence of Depression, Anxiety, and Stress in Physiotherapists Working in the covid-19 Pandemic in Nagpur</b>

## Ours Interns ongoing research project 2023-2024

<b>Students Name</b>	<b>Title</b>
<b>Shreya Sanjay Baheti</b>	<b>Correlation between anxiety, depression and physical activity in patients with chronic kidney disease</b>
<b>Sanjana Hanmant Dure</b>	<b>Immediate effects of pranayama breathing techniques in older individual function</b>
<b>Ankita shriniwas Toshniwal</b>	<b>Effect of motivational interviewing and breathing exercise on functional capacity and Quality of life in CKD patient</b>
<b>Swetlana Anil Kachare</b>	<b>Prevalence of Burnout syndrome in IT professionals who work from home in latur</b>
<b>Shraddha Narendra Deshmukh</b>	<b>Prevalance of orthostatic hypotension and pulmonary function in patient on hemodialysis.</b>
<b>Ruturaj Suresh more</b>	<b>Effect of cervical lateral glide on patients with cervico brachial pain syndrome</b>
<b>Kirti Madanlal Zanwar</b>	<b>Effect of Constraint Induced Movement Therapy versus Modified Constraint Induced Movement Therapy on improving upper extremity function in patients with stroke.</b>
<b>Hardik Dilip Mhatre</b>	<b>Prevalence of musculoskeletal disorders in women two-wheeler riders after postpartum period.</b>
<b>Megha Balasaheb Munde</b>	<b>To compare the effects of pursed lip breathing exercise verses diaphragmatic breathing exercise on quality of life and six minute walk test in chronic bronchitis patients.</b>

Students Name	Title
Sneha venkatrao jadhav	The Effectiveness of surya-Namaskar on trunk flexibility and hamstring flexibility among Bpth students
Pallavi Bhanudas Gundre	Immediate effect of pursed lip breathing as compared to conventional physiotherapy on breath holding test in chronic bronchitis patients
Chetna Narendra Meshram	Effect of aerobic exercises combined with flexibility exercises on aerobic capacity and quality of life in type II diabetes mellitus patients.
Prerna Ravindra Sarwadikar	Correlation of shoulder pain and it's effect on quality of life in patients with stroke

## Academic excellence 2023-24 Post- Graduates



**Dr. Apeksha Burde**  
1st rank holder



**Dr. Smita Munde**  
2nd rank holder



**Dr. Pratiksha Kawade**  
3rd rank holder

## First-year



**Aryan Madhusudan Das**  
1st rank holder



**Gauri Rajkumar Patil**  
2nd rank holder



**Sarang Deshmukh**  
3rd rank holder

## Second year



**Vishakha Surwase**  
1st rank holder



**Rajeshri Yewate**  
2nd rank holder



**Snehal Bhutada**  
3rd rank holder

## Third year



**Sneha Sunil Gunale**  
1st rank holder



**Aakanksha Gattani**  
2nd rank holder



**Aboli Choudhari**  
3rd rank holder

## Final year



**Nikita Brijwasi**  
1st rank holder



**Snehal Ghule**  
2nd rank holder



**Khushwant Kour Akhbarwale**  
3rd rank holder

**CURRICULAR ACTIVITY**  
**Guest Lecture, Workshop ,**  
**Webinars And Camps**

<b>TOPICS</b>	<b>RESOURCE PERSON</b>
Workshop on ‘Kinesiotaping Techniques’–10th December 2023	Dr. Diana Pinto
Workshop on ‘ Introduction To pilates’ – 27th January 2024	Dr. Aparna Kulkarni
Workshop on ‘BLS’ – 16th February 2024	Dr. Anju Badne
Guest Lecture on – ‘Stress management’(Mantarang) – 19th July 2024	Dr. Anand Reddy
Guest Lecture on – “Myofascial Release” On 10 August 2024	Dr. Neha Singh Roda
Guest Lecture on – “Motor Speech Disorder” On 20 September 2024	Dr. Srisailam Talari
Guest Lecture on – “World Lung Day” On 25 September 2024	Dr. Rajkumar Toshniwal
Guest Lecture on – “World Heart Day” On 28 September 2024	Dr. Bajrang Dube

## Therapeutic Taping Workshop by Dr. Diana Pinto





# Stress Management Guest Lecture at MIPT





# BLS Workshop



## Guest Lecture on – “World Lung Day”



## Guest Lecture on – “World Heart Day”



# Guest Lecture on – “Career Guidance”



## Our Healthy Food Competition on occasion of cardiorespiratory week 2024



## Guest Lecture on - "Myofascial Release"



## Guest Lecture on - "Motor Speech Disorder"



## Our Zumba day on occasion of Cardiorespiratory week 2024



## Our Sports day on occasion of cardiorespiratory week 2024



# National Sports Day 29 August 2024



# World Breastfeeding week August 2024 By Community Department





**Celebrate "Nasha ek Abhishap"**



**"World Parliament 2024" in Loni-kalbhor, Pune**



# Old Age Home Visit



# Outreach Physiotherapy by MIPT



**Womens day celebration with  
Dr. Manisha Barmade (Gynaecologist)**



# Sanvedna CP School, Latur



## Field visit to old age Home



# World Hemophilia Day



# World Stroke Day



## Academic Debate by MPT Student on Experience Based Practice vs Evidence Based Practice



# Cultural activities

## ANNUAL CULTURAL DAY - "ANTARANG"











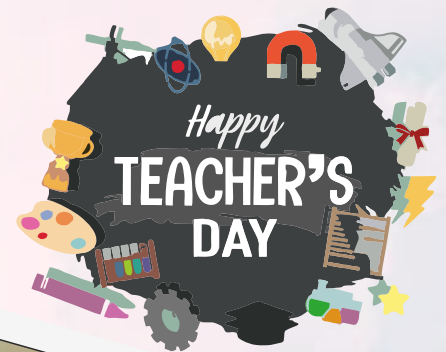
# Graduation Ceremony 2024





# Blood Donation Camp

Blood  
Donation



# Teachers Day Celebration



# Yoga Day



# World Physiotherapy Day



# Alumini Meet RECONNECT



## Antiragging Measures



# Our Mobile Physiotherapy Clinic Van



College Bus

## First National Conference at MIPT, Latur ELECTROCON-24





# ELECTROCON - 24



# Our Equipments





# Blood Bank



# BOI Bank & ATM

**BOI Bank**



**ATM**





## SECURITY OFFICE



## Digital Library

## College Canteen



## Sports Ground

# Sport



## Outposting



Rameshwar (RHTC)

## UHTC



# CAMP posting



# Vivekanand Hospital



## Umang



## DSK Posting



## District Disability Rehabilitation Centre





# Our Students Achievements

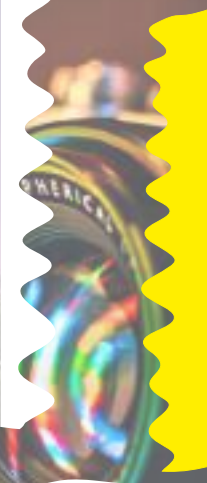


# Swachh Bharat Abhiyan



# CCTV

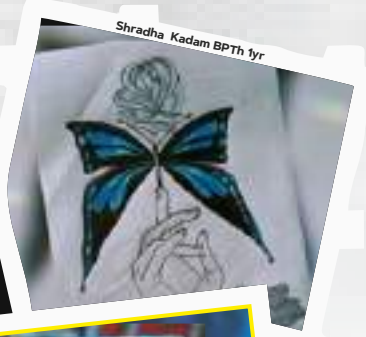
# PHOTOGRAPHY



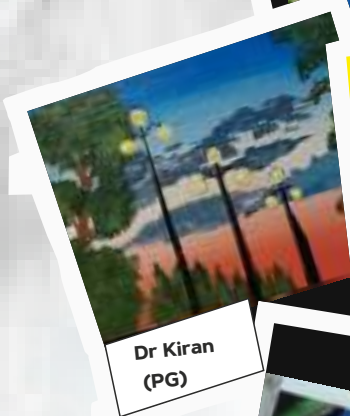
# DRAWING AND SKETCH



Sneha Gangne ...BPTH 1st yr



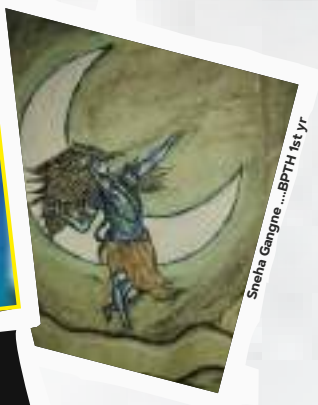
Shradha Kadam BPTH 1yr



Dr Kiran (PG)



Dr Kiran Yadav (PG)



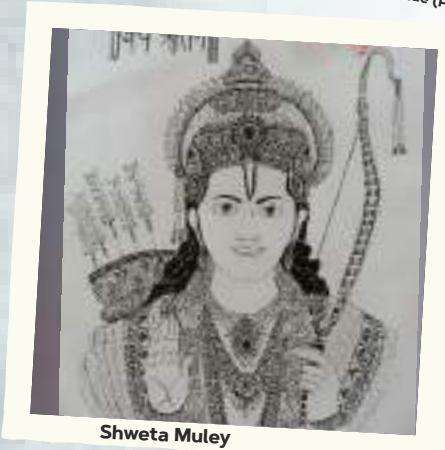
Sneha Gangne ...BPTH 1st yr



Dr. Sunidhi Shinde (PG)



Sneha Gangne .... BPTH 1st yr



Shweta Muley



Shradha Kadam BPTH 1yr



By: Bhagwati Gitte Bpth(1st year)



Shweta Muley



Dr. Sneha Gangne BPTH 1st year

# DRAWING AND SKETCH

Rutuja Jadhav BPTH 1yr



Rutuja Jadhav BPTH 1yr

So again..... By the end !  
So again ,when it's a weekend!  
Thoughts clutter in my mind  
having no end.....  
urge to achieve the week goals  
are lost by weekend!  
Why does the story end!!!  
Overlapping today's phrase with  
tomorrow's poem was how my  
Monday end!  
Carrying thesis of yesterday with  
meetings of Wednesday was how  
my Tuesday end!  
Drastically the only thing to catch  
was chirp of bird by days end!  
Though I was diligent with my  
rituals,  
I eyed the bird by the day's end....  
The harmony with which nature  
accord it's rituals was allaying by  
end!

# RANGOLI



Dr. Kiran Nagargoje



Dr. Kiran Nagargoje



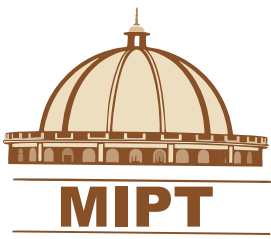
Yadav Asmita BPTH 1ST YEAR



Dr. Kiran Nagargoje

# Physiotherapy





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*The Annual Magazine*  
2024-25

## **Maharashtra Institute of Physiotherapy**

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