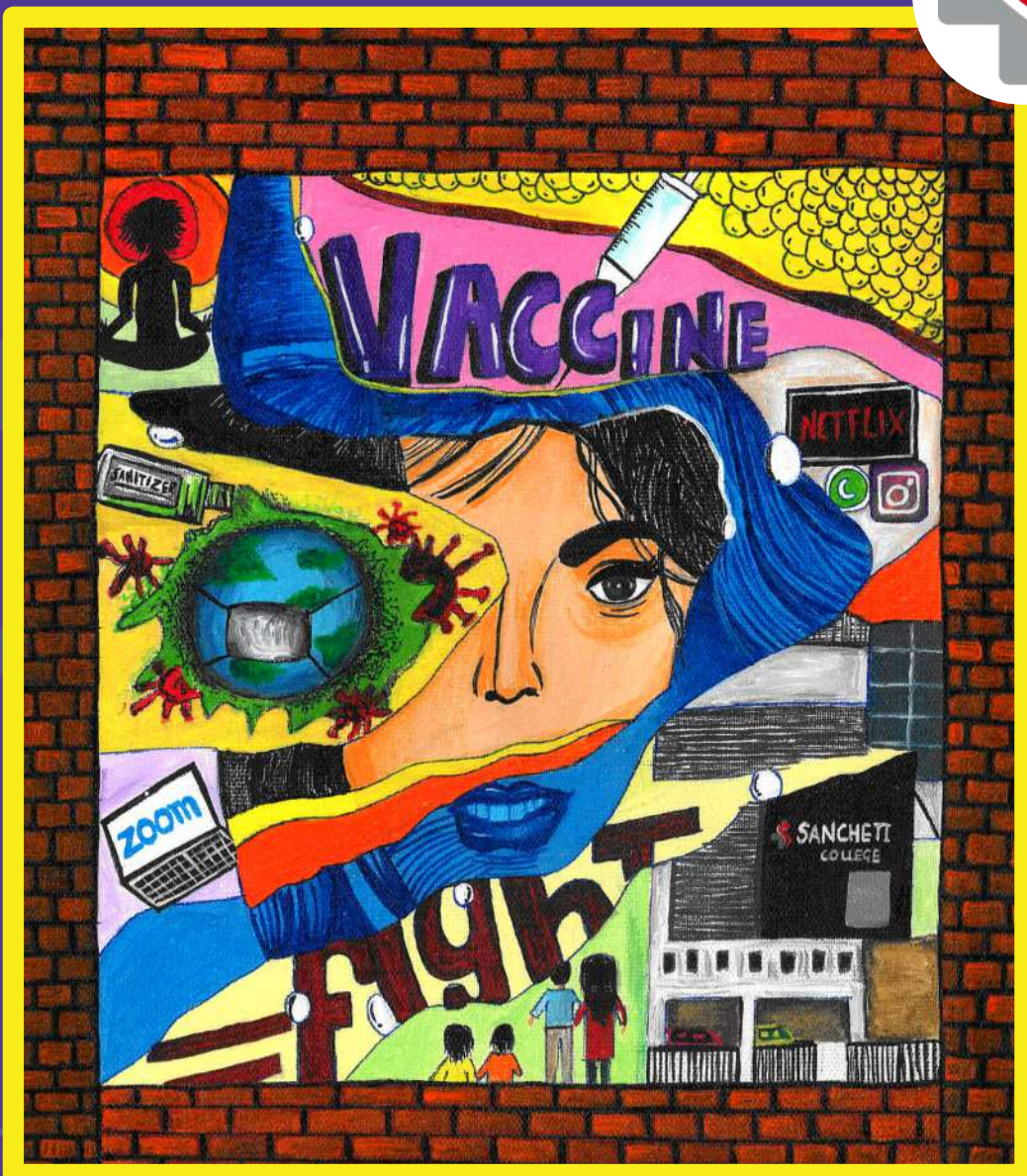


SANCALP

AUGUST 2021



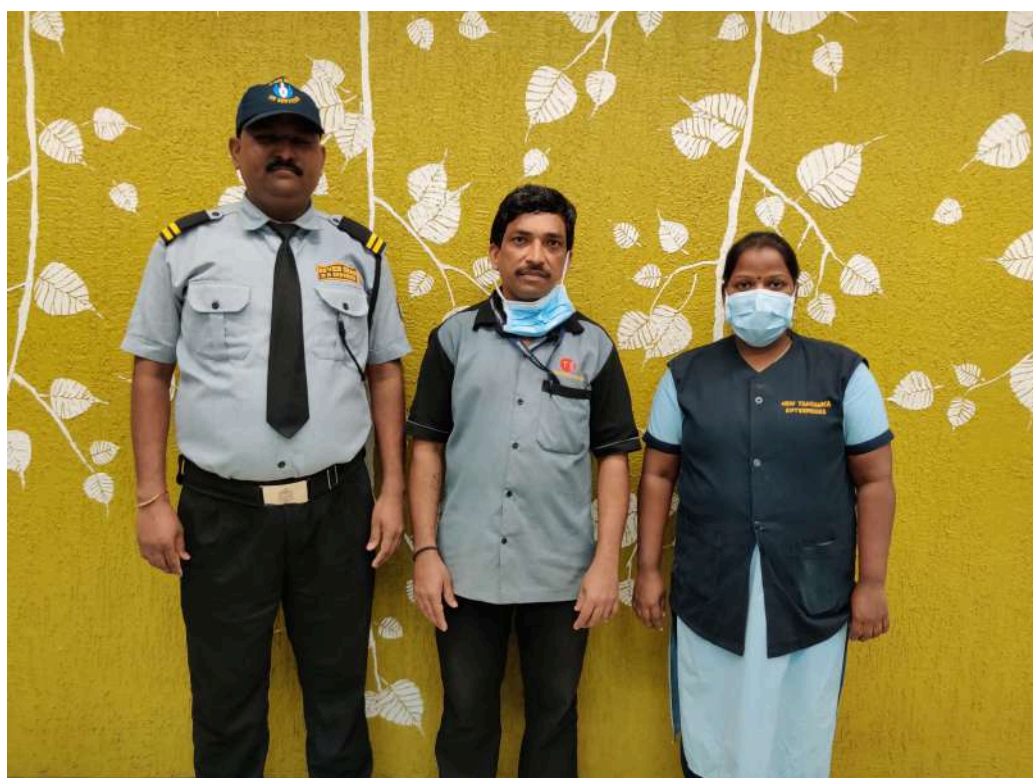
*EMBRACE,
ADAPT,
OVERCOME*



Academicians



Office Staff



House Keeping

MESSAGE FROM DR. K. H. SANCHETI



My heartiest congratulations to the Sancheti College of Physiotherapy on completing another successful year. It gives me immense pride and joy to see the faculty, staff and students perform so well. The faculty has done a commendable job in adapting to the new methods of teaching with equal zest and eagerness. Our teachers emphasize on the holistic growth of the children by not only maintaining high standards of academic and clinical education but also imbuing them with important life skills.

Dear students, it makes me very happy to see everyone work hard and strive for greatness despite these challenging times. Always make the most of the opportunities given to you all and become the best versions of yourselves. Sancheti students are renowned all around the world and continue to make the institute proud. Wishing you all the best.

Padmavibhushan Dr. K. H. Sancheti

Chief Orthopaedic Surgeon
Founder President
Sancheti Institute of Orthopaedic &
Rehabilitation, Pune



MESSAGE FROM DR. PARAG SANCHETI



It is amazing to see the strides made by Sancheti Healthcare Academy in the last few years. It has gone from strength to strength, with a strong focus on **excellence**. The progress made by the academy is a source of pride and joy to me.

My heartfelt compliments to our executive director of Sancheti group, Mrs. Manisha Sanghavi, for providing such outstanding leadership to the staff & faculty of the physiotherapy college. She has done a great job as a motivating and caring leader.

The physiotherapy requirement in our country is increasing, hence, training and grooming of high quality physiotherapists is the need of the hour. While doing so, we will have to lay more emphasis on research and practical training, so that our physiotherapists can be highly successful in their practice in the years to come.

My simple advice to all students and fresh graduates is that you must learn to believe in yourself. While it is necessary to develop expert clinical skills, do not be afraid to recognize the importance of the 'medicalization' of patient care. You are blessed to work in a medical profession and to have spent time training and learning in hospitals where the sick, vulnerable, pained and dying have allowed you to observe and learn way more than you can be taught in any lecture theatre. Do not let anyone take your critical and analytical skills away from you. Observe, think, and learn, and then critically review everything!

Learn the vocabulary of medicine at the level of a doctor, the vocabulary of research at the level of a scientist, and the vocabulary of diplomatic critical debate at the level of someone who respects, and is respected, by his peers.

I wish to congratulate **Dr. Apurv Shimpi (PT)** for taking over as principal of Sancheti Institute College of Physiotherapy. We have very high expectations from him.

I wish all the students of physiotherapy a successful year ahead with a future full of accomplishments. I hope that you all will follow your dreams and I pray that you are able to achieve them soon.

Dr. Parag Sancheti

FRCS (Ed), MS (ORTHO) UK
Professor & Chairman
Sancheti Institute for Orthopaedic &
Rehabilitation, Pune

MESSAGE FROM MRS. MANISHA SANGHAVI



Mrs. Manisha Sanghavi

Executive Director
Sancheti Group

Dear Students,

It gives me immense pleasure to address all our students through this year's magazine!

As we all know, this year has not been easy for anyone, with various challenges to face, various problems to tackle, but let me congratulate you all for giving your best. We all know that the field of physiotherapy has been growing extensively since the past few years. Even in this situation of pandemic, the teachers and clinicians of Sancheti have given their best contribution.

Sancheti Institute College of Physiotherapy has always looked at the 360 degree development of its students and to give them the latest and best in every possible aspect. We aim to strive to make you not only excellent physiotherapists but also good humans. We believe that success should be associated with empathy, and knowledge with wisdom. So, the most important value that we want you to take from Sancheti Institute College of Physiotherapy is the value of being in a noble profession.

I would like to congratulate all the teachers for their dedication, and appreciate them for their efforts, for not only managing online lectures and practicals, but also for organizing successful events like Scientifica and other college activities. And last but not least, I would like to appreciate all the students, who have always shown enthusiasm and readiness to face all the challenges and hurdles in the path to pursue their dreams. The success of our college lies in your hands.

Our past principal, **Dr. Vivek Kulkarni (PT)**, has ensured that the college imparts good knowledge and attributes to our students and I am sure **Dr. Apurv Shimpi (PT)** will also ensure the maximal and optimal growth of this institute.

So, getting accustomed to the new normal, let us all start afresh! I wish you all the best for your future prospects!



FROM THE PRINCIPAL'S DESK



Dr. Apurv P. Shimpi (PT)

Principal & Professor,
Sancheti Institute
College of Physiotherapy

Dear friends,

Let me begin by congratulating the Students' Council and the Magazine Committee for the fantastic work they have done in this short period. This year has, indeed, been an unusual one for all of us. The era of COVID-19 has brought to us never-before-seen experiences. This global pandemic shook the whole world, challenging us beyond our beliefs and expectations. India, too, has seen a lot of variations in life, living through 2020 and 2021. From the silent but unknown domains of the first wave, to the tremendous but now known domains of the second wave, we have learnt a lot about this pandemic and the means to handle it. We are learning to embrace and adapt to this new normal and to live our way through it.

We, at Sancheti Institute College of Physiotherapy, are also learning to go through this new normalcy. In fact, this past one year has been a plethora of learning experiences. Never before has humanity and technology been so close to each other, helping us survive and progress together. From in-person teaching, the world shifted to online mode, challenging us not only in healthcare delivery but also in health sciences education, shifting the focus to tele-health and tele-education. But none of these could enhance the efficacy and accuracy of the actual domains of patient care which we can only gain by being there for them.

As healthcare workers, there was a fear and phobia in all of us. But the zeal to serve mankind and the oath to work for the betterment of patients brought all the healthcare workers out in the field. We, too, at SICOP, served our duties in outpatient care, even in these challenging times. And we are working towards imbibing the same qualities and characteristics within our students, who are the future of our healthcare profession.

Taking over the responsibility as the Principal of this esteemed institute, in these challenging times, has been a blessing in disguise. Not only has it given me the opportunity to lead a fantastic team, it has also brought each of us closer to our students and their families as well. It gave us all an opportunity to understand their concerns and guided us towards the rightful goals. I am ever thankful to Dr. KH Sancheti sir, Dr. Parag Sancheti sir and Mrs. Manisha Sanghavi ma'am for the faith and trust that they laid on my shoulders. It is said that **'TEAM'** means - together everyone achieves more. I am grateful to all the faculty members, parent-partners, alumni, all the stakeholders and especially to all our students for their love, care and support given to this wonderful institute and for working together to bring Sancheti Institute College of Physiotherapy towards its glory.



MESSAGE FROM THE EDITORIAL DESK



"**Substitute 'damn'** every time you're inclined to write 'very;' your editor will delete it and the writing will be just as it should be." - Mark Twain

This entire year has been one big roller coaster ride for all of us. The uncertainty that these times brought affected all of us and so the magazine this year is a special COVID edition- **Embrace, Adapt, Overcome**. We are proud to feature the best works of our students, teachers and alumni. It's been one of the finest experiences reading, editing and publishing Sanalp 2021. This year, we bring to you interviews with COVID warriors, special achievements of our staff and students along with other fun-filled pages.

Happy reading!!!

Thank you

Apurva Gulanikar, Krupali Bhatt

Editors, Sanalp 2021, Magazine committee





Magazine Committee



Student's Council

ANNUAL REPORT 2020 - 2021



Sancheti Institute College of Physiotherapy is committed to providing excellence in education and health care. We aim to develop world class physiotherapists that are dedicated to their work, to the community and to transforming lives.

The year 2020 was filled with uncertainty and confusion for the whole world. Yet, Sancheti Institute College of Physiotherapy continued the work towards its goal of quality education and all of our department heads, faculties, staff and students worked extremely hard to make this a successful year.

Highlights of the year :

- This year, our interns and PG students took up the new challenges under the guidance of the teachers to continue serving the society amidst the COVID -19 crisis by serving COVID patients at SIOR and SGH and continuing to treat routine patients with utmost precautions and dedication.
- Like every year, our results at MUHS exams have been outstanding. First BPTTh- 84.12%, Second BPTTh- 83.33%, Third BPTTh- 93.22%, Final BPTTh-92.22%, Final MPT (all specialties)- 100%
- Sancheti College of Physiotherapy organized the first ever International Classification of Functioning, Disability and Health (ICF) Facilitator Course by Dr. Catherine Sykes (University of Sydney, Australia) in collaboration with the Dutch WHO-FIC Center, The Netherlands from March to August of 2020, which was a combined offline and online program.
- Scientifica 2021 was associated with the Maharashtra University of Health Sciences, Nashik and had participants from across India, and internationally acclaimed speakers.
- Dr. Apurv Shimpi (PT) took the post as the Principal of Sancheti College of Physiotherapy on the 19th of May 2021 from the able hands of our previous Principal Dr. Vivek Kulkarni (PT).

College Rankers :

Sancheti College of Physiotherapy is proud of its students for their wonderful performance at university exams. Some of them deserve special accolades for their extraordinary efforts.

- **BPTTh** - First BPTTh - Pratiksha Khude, Second BPTTh- Tulsee Gujrathi, Third BPTTh- Rugved Bapat, Final BPTTh - Vaishnavi Shahane
- **MPT**- Dr. Hayy Patni (PT) (Neuro PT), Dr. Anjali Kale (PT) (Musculoskeletal PT), Dr. Chaitali Kadam (PT) (Cardiorespiratory PT), Dr. Rucha Gadgeel (PT) (Community PT), Dr. Roma Joglekar (PT) (Sports PT).

Webinars :

- A 15-hour webinar series on "Physiotherapy in Geriatrics" was organized by the Community Department and IQAC from the 21st of August 2020 to the 16th of October 2020 and included esteemed speakers from Community Physiotherapy and experts in Geriatric Physiotherapy from across Maharashtra.
- Osteoarthritis of Hip Update was done in the spirit of **World Osteoarthritis Day**.
- Healyos organized a webinar on the post-COVID rehabilitation by Dr. Razia Nagarwala (PT), on the 25th of October 2020.
- Dr. Sona Kolke (PT) took a lecture with LMF College of Physiotherapy.
- An online webinar on bone health in women was held on the 28th of May 2021.
- A yoga webinar was taken on the 24th of July 2021 and the 31st of July 2021, to embrace power and tranquility and recover from the challenges of the past year.
- Dr. Apurv Shimpi (PT) was a guest faculty member for SKN COPT in an ICF webinar on the 26th of July 2021.
- Dr. Apurv Shimpi (PT) took an online lecture on ergonomics in work-from-home for the National Association for Personnel Management, Bridgestone International and Eisai Pharmaceuticals.
- Dr. Apurv Shimpi (PT) conducted a workshop on Gym ball for Fitness for Physiotherapists as part of the Centenary Celebrations at BYLNCH and TNMC, Mumbai.
- Dr. Apurv Shimpi (PT) was a guest faculty for a research methodology workshop at Banarasidas Chandiwala Institute of Physiotherapy, Delhi.

Scientifica :

Scientifica 2021 - Amidst times of difficulties and challenges, we continued the tradition of providing a research platform and conducting a conference for students with 'Think Scientific, Think Research, Think Global'. This year, too, Scientifica went global with international speakers and delegates, and was held on a virtual platform on the 27th and the 28th of March 2021. Proudly supported by our very own Maharashtra University of Health Sciences, Nashik, we brought forth 14 international and 20 national speakers from India, USA, UK, Australia, Poland, Norway, The Netherlands, New Zealand and Canada. We had 162 scientific paper presenters, 6 chairpersons and more than 650 delegates that made this conference an ocean of knowledge and experiences.

PhysioTV :

On the occasion of World Physiotherapy Day, SHA launched PhysioTV, an online channel to broadcast physiotherapy webinars, conference telecasts, orations, skills, demonstrations, CMEs and workshops by national and international faculties. It aims to bring forth sessions for the physiotherapists by the physiotherapists. PhysioTV has more than 75 programs available, in collaboration with national and international speakers.



Community Awareness Programs :

- The pandemic year began on a virtual note with a YouTube video on breathing exercises by Dr. Rucha Rayas (PT) on the 17th of April 2020.
- Another video regarding exercises to improve lung capacities was uploaded by the CVRS department on the 28th of July 2020.
- Healyos interviewed Dr. Chetna Jain (PT) (Neuro MPT student) and Dr. Geeta Shahane (PT) (CVRS MPT student) on the effects and critical role of physiotherapy in COVID recovery on the 6th of September 2020.
- On the occasion of **World Physiotherapy Day** on the 8th of September 2020, COVID patient management experience of PG students was shared via Facebook and Instagram by Dr. Eden Mehdiabadi (PT), Dr. Geeta Sahane (PT), Dr. Viral Sarvaiya (PT). **A talk for the students of SICOP about the role of physiotherapy in COVID-19 was taken by Dr. Razia Nagarwala (PT).**
- Dr. Neeraj Athavle (PT) took a session with the orthopaedic consultants for the public.
- Dr. Apurv Shimpi (PT) and Dr. Neeraj Athavle (PT) took a session on Fitness and yoga at the Ravindranath Tagore School of Excellence, Baner.
- Dr. Nikita Dodwad (PT) gave a talk on menstrual hygiene at Bholagir Prathamik Vidyalaya Orphanage.

Events :

- SCI awareness program was held on the 29th of September 2020.
- On World Heart Day 2020, a Cardiovascular risk factor awareness drive was conducted (via Google Forms).
- Dr. Nilima Bedekar was a moderator for the PhysioCon 2021 Virtual Connect.
- Dr. Swapnil Ramteke (PT) conducted a session at the RGH Cyclathon in 2020.
- A free COVID physiotherapy assessment camp was held at SIOR on the 23rd and the 24th of January 2021.
- Stroke rehabilitation training was taken for Healyos on the 30th of January and the 6th of February 2021.
- Tele-rehab for post-COVID patients was held for a two-month duration in February and March of 2021.
- Dr. Swapnil Ramteke (PT) took sessions at the Poona Club Football Tournament from the 2nd to the 7th March 2021.
- Dr. Swapnil Ramteke (PT) took a session on football fitness on the 14th of February 2021.
- On the 13th of March 2021, an online session on COVID care and exercise demonstration was conducted by Dr. Rucha Rayas (PT) for the employees of REICO industries.
- A free neurological camp was held at Sancheti Hospital on the 27th of June 2021.
- Dr. Rucha Rayas (PT) conducted a lecture on the current trends in COVID rehab for the PMC Smart Sarthi.

Special Achievements :

- Dr. Apurv Shimpi (PT) participated in state level Avishkar 2020 where he represented MUHS, and won the Innovation Award. He was also invited by the Nehru Science Centre, Mumbai in March 2020, for the national level Innovation Competition, where he won the first prize with reward of Rs. 5,000/-
- Dr. Apurv Shimpi (PT) was nominated as Chairman of Indian Association of Physiotherapists Research Committee for the West Zone in April of 2020.
- Dr. Nilima Bedekar was awarded with the prestigious Oration and Lifetime achievement award by NARCAOOD on 28th Aug 2021.
- Ms. Gauri Chaudhary was awarded the third prize with a reward of Rs. 10,000/- by MUHS for standing 3rd in poster competition on Organ donation awareness.
- Ms. Charuta Khare from FYBPTH won the 1st rank in javelin throw at both, the Pune District Annual Athletics Meet and the Maharashtra State Junior Athletics Meet.
- Mr. Shardul Gadre from SYBPTH won the 3rd rank at the Nanal Memorial Inter Medical College competition in essay writing. His topic was 'Role of my pathy in COVID'. He also won 3rd rank in the extempore competition where he spoke about 'Isolation to Integration'.
- Dr. Manisha Masand (PT) Musculoskeletal Physiotherapy MPT student received 1st prize at the Physiotherapy for COVID-19 Innovation Competition by Indian Association of Physiotherapists, Women's Cell.



ACHIEVEMENTS



ART INSPIRA

Event / Competition	Rank	Name	Year
Meme Making	1	Dr. Aamir Khan (PT)	2 MPTH
	2	Dr. Shivani Chutke (PT)	1 MPTH
Poster Making	1	Saudamini Karnani	3 BPTH
	2	Esha Bhadkamkar	1 BPTH
Photography	1	Saudamini Karnani	3 BPTH
	2	Tanaya Sapre Shreya Kataria	1 BPTH 1 BPTH
Painting	1	Ketaki Shingre	3 BPTH
	2	Siddhi Kothari	1 BPTH

YOGA DAY COMPETITIONS

Event / Competition	Rank	Name	Year
Yoga Day Video Competition	1	Kashish Shah	3 BPTH
	2	Disha Patni	2 BPTH
	3	Isha Dhuri	3 BPTH
Yoga Day Essay Competition	1	Utkarsha Diwanji	2 BPTH
	2	Rutvi Solanki	2 BPTH
	3	Praiksha Khude	2 BPTH

ORGAN DONATION AWARENESS COMPETITIONS

Event / Competition	Rank	Name	Year
Organ Donation Awareness - Essay Competition	1	Aditya Gododiya	2 BPTH
Organ Donation Awareness - Poster Making	1	Dhanashree Joshi	3 BPTH



DEBATE

Event / Competition	Topic	Winner	Year	Best Speaker
Debate 1 (F.Y. V S.Y.)	Is language of Education important	Shardul Gadre Rutvi Solanki Purnima Iyer Prathamesh Kothari	2 BPTH 2 BPTH 2 BPTH 2 BPTH	Siddhi Bhadgaonkar - 1 BPTH
Debate 2 (T.Y. V Final Year)	Should there be offline exams during pandemic	Isha Dhuri Apurva Gulnikar Deepti Makhija Pooja	3 BPTH 3 BPTH 3 BPTH 3 BPTH	Apurva Gulnikar - 3 BPTH
Debate 3 (Interns V MPT)	Should there be extreme measures for population control in India	Dr. Shweta T (PT) Dr. Aamir Khan (PT)	MPTH MPH	Dr. Aamir Khan (PT)
Debate 4 - Teachers	Marriage- A social mandate in India	Dr. Anushree Narekuli (PT) Dr. Nikita Dodwad (PT) Dr. Manish Ray (PT)		Dr. Manish Ray (PT)

EXTRA CURRICULAR ACHIEVEMENTS

Sr. No	Event / Competition	Level of Competition	Winner / Rank / Year
1.	Poster Making Competition organized by MUHS on occasion of Organ Donation Awareness	State Level	Gauri Chaudhari - Rank 3 - SYBPTH
2.	Nanal Memorial Inter medical college Competition- Essay Competition- Role of my pathy in Covid	National Level	Shardul Gadre - Rank 3 - SYBPTH
3.	Nanal Memorial Inter medical college Competition- Extempore Competition- Isolation to Integration	National Level	Shardul Gadre - Rank 3 - SYBPTH
4.	Pune District Annual Athletics Meet- Javelin Throw	District Level	Charuta Khare - Rank 1 - FYBPTH
5.	Maharashtra State Junior Athletics Meet- Javelin Throw	State Level	Charuta Khare - Rank 1 - FYBPTH
6.	Physiotherapy for Covid 19 Innovation Competition by Indian Association of Physiotherapists- Women Cell (Topic- Amalgamation of Physiotherapy and Dance Movement Therapy to improve physical and mental health in Covid 19 patients)	National Level	Dr. Manisha Masand (PT) & Dr. Nikita Mittal (PT) - Rank 1
7.	Scientifica Research Conference- Innovation Category (Topic- Sensory stimulator tool to elicit normal sensations peripheral diabetic neuropathy)	National Level	Shivani Reddy - Rank 1 - SYBPTH
8.	Scientifica Research Conference- Paper Presentation- Musculoskeletal Physiotherapy (Junior Category) (Topic- Assessment of Neck Pain and it's related Activity Limitations and Participation Restrictions between class I and class II Skeletal Malocclusion)	National Level	Dr. Avni Jain - Rank 3 - SYMPH
9.	Scientifica Research Conference- Quiz Competition	National Level	Umama Mariya Khan - Rank 1 - Final BPTH
10.	Scientifica Research Conference- Quiz Competition	National Level	Truptee Parekh - Rank 1 - Final BPTH
11.	Scientifica Research Conference- Quiz Competition	National Level	Krupali Bhatt - Rank 1 - Final BPTH
12.	Scientifica Research Conference- Quiz Competition	National Level	Pranjal Banawlikar - Rank 1 - Final BPTH



Sr. No.	Achievement	Name	Year
1.	Content Writing and Video Blogging for Cancer Patients under company name Cancer Rounds	Riddhi Makwana	4 BPTH
2.	Music Therapy Course Completion	Harshita Bhole	1 MPTH
3.	Antenatal and Postnatal Pilates Exercise Specialist Course Completion with 1.2 CECS awarded by ACE	Umama Mariya Khan	4 BPTH
4.	ACE and ACSM approved Sports and Exercise Nutrition Program Completion to gain Fundamental Knowledge and Skills	Umama Mariya Khan	4 BPTH

ACADEMIC ACHIEVEMENTS

Year	Rank	Name	Percentage
1st Year BPTH	1	Pratiksha Khude	82.23%
	2	Purnima Iyer	80.58%
2nd Year BPTH	1	Tulsee Gujarathi	79.14%
	2	Saveri Nandgaonkar	78.80%
3rd Year BPTH	1	Rugved Bapat	77.20%
	2	Nirali Goradia	75.60%
4th Year BPTH	1	Vaishnavi Shahane	82.60%
	2	Shubham Joshi	78.75%
MPTH (Neuro)	1	Dr. Hayy Patni (PT)	66.54%
	2	Dr. Shruti Dravid (PT)	65.45%
MPTH (Musculoskeleton)	1	Dr. Anjali Kale (PT)	69.45%
	2	Dr. Shweta Agarwal (PT)	68.54%
MPTH (Cardio)	1	Dr. Chaitali Kadam (PT)	72.18%
	2	Dr. Shradha Lahoti (PT)	70.90%
MPTH (Community)	1	Dr. Rucha Gadgeel (PT)	71.45%
	2	Dr. Sanchita Kushwaha (PT)	65.45%
MPTH (Sports)	1	Dr. Roma Joglekar (PT)	65.45%
	2	Dr. Priya Jiswal (PT)	59.27%



EXTENSION COMMITTEE REPORT

Albert Einstein once said, "Strive, not to be a success, but rather to be of value". Sancheti Institute College of Physiotherapy has always worked on the same principle. It has aimed not only towards academics, but also holistic development of their students. By keeping the same aim in mind, a committee named 'Extension Activities Committee' has been formed under the able guidance of Chairperson Dr Suroshree Mitra (PT) and coordinator, Dr Franny Nathani (PT). The committee aims to provide guidelines for service learning which provides a strong sense of civic responsibility, accompanied by a better understanding of self, one own resources and the link between individuals and the community. Through its activities it aims to develop leadership and teamwork skills amongst students such that they become more attuned to working amongst populations of varying ethnicity and socio-economic status.

The first initiative by our Extension Activities team in 2021 was on the occasion of 'International Day of Action for Women's Health' on the 28th of May, 2021. The event was conducted via the Zoom platform for the general public. It included esteemed speakers, who focused on various topics such as; 'What affects bone health?' by Dr Sahil Sanghavi, 'How to keep bones healthy via supplements & treatments for maintenance of bone health' by Dietician Janhavi Akkalkotkar, 'Relaxation and Recreation for bone health' by Dr Nilima Bedekar, 'Modified Suryanamaskar' by Dr.Apurv Shimpi (PT), 'Bhartiya Naari and Bone Health' by Dr.Nikita Dodwad (PT) and exercise demonstration by Dr.Sona Kolke (PT). The discussion was followed by a question-answer round which focused on solving the doubts and queries of the audience. 89 people attended and the session was appreciated by all the participants.

"The camp was really helpful. All the speakers were very informative and they focused on all the aspects of improving bone health", one of the participants said. Another such event was conducted in celebration of International Yoga Day as an online Yoga webinar series that incorporated exercise demonstrations. This event was held on the 24th and 31st of July, 2021 and focussed on various topics such as 'Yoga for arthritis' by Dr.Nilima Bedekar, 'Ergo Yoga from home' by Dr.Neeraj Athavale (PT), 'Yoga in PCOS' by Dr.Supriya Deshmukh(PT), 'Yoga in pregnancy' by Dr.Manoj Wani (PT), 'Modified Suryanamaskar for back and knee pain' by Dr.Apurv Shimpi (PT), 'Pranayama for healthy lungs' by Dr.Shweta Kolhatkar (PT) and Dr.Rucha Rayas(PT) and a panel discussion on 'Yoga and its role in lifestyle modification' by Dr.Pyumori Jachak (PT),Dr.Shweta Kolhatkar (PT) , Dr.Aditi Malpani and Dr.Shilpa Dumbhare.

Our best wishes to the Extension Activities Committee for conducting more such events

successfully in the future with support from our faculty and enthusiastic students! Looking forward to extending our reach and touch lives with a lasting impact.





ACHIEVEMENTS

SCIENTIFICA



Scientifica 2021
Think Scientific, Think Research
Think Global



 **Scientifica 2021**
Think Scientific, Think Research
Think Global

 **MUHS**

WE ARE PLEASED TO
ANNOUNCE THAT

SCIENTIFICA 2021

IS NOW ASSOCIATED WITH

**MAHARASHTRA
UNIVERSITY OF
HEALTH SCIENCES,
NASHIK**

 **sancheti**
College of Physiotherapy

Powered By  **Sancheti Healthcare Academy**  **Sancheti College of Physiotherapy**

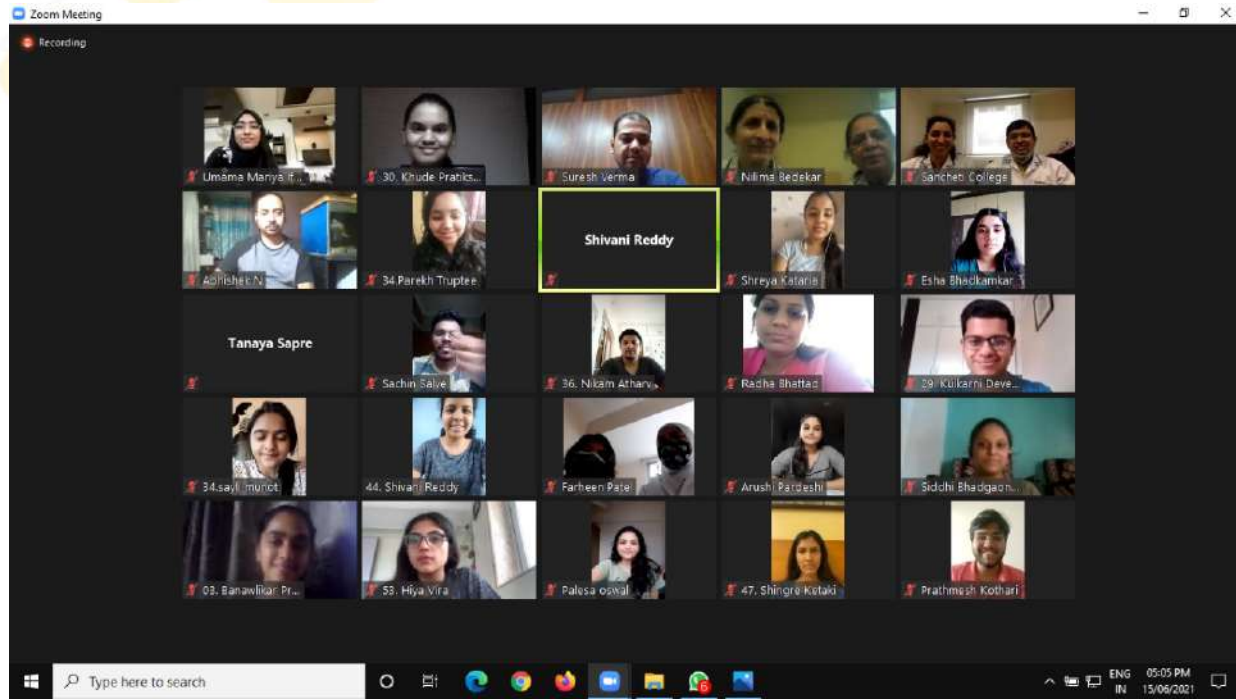
**Meet the Speakers of
SCIENTIFICA 2021!**

 Kari Bo Head, Norwegian School of Sports Sciences, Norway	 John Nyland Board of Directors, JOSPT, Spaulding University USA	 Fred Smoed IPNFA Advanced Instructor, Saxion University, Netherlands	 Guy Simonneau Editor in Chief, JOSPT Marquette University, USA
 Dr Saurabh Sharma PhD University of Otago New Zealand	 Catherine Sykes Member of WHO-FIC Melbourne University, Australia	 Jakub Marcinski IPNFA Instructor, Poland	 Dr John Solomon PhD Manipal College of Health Professions, India
 Dr Padmanabhan Srikaran Kinetic Control Accredited Tutor, India	 Dr Anaswari Page (PT) Cardiac Rehabilitation specialist, India		

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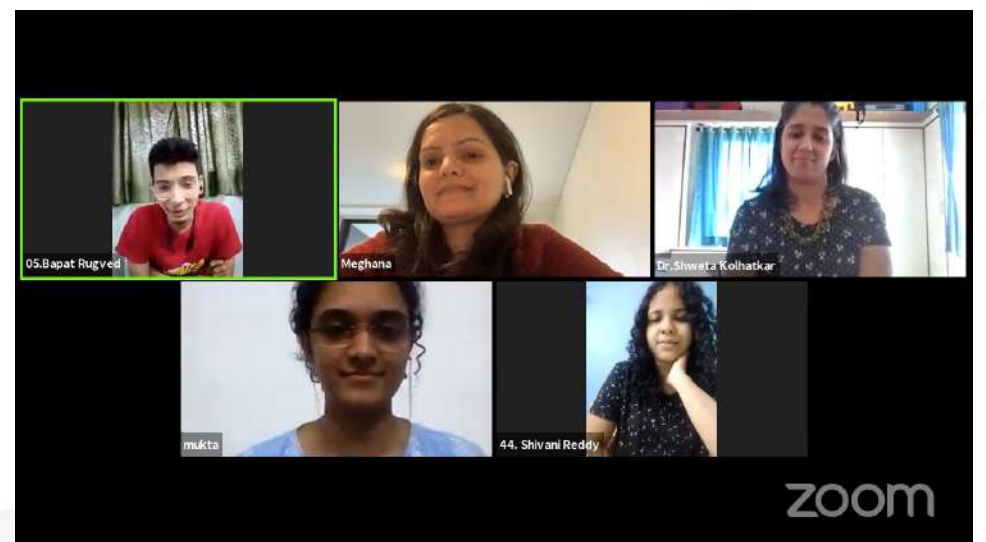
EVENTS



Art Inspira- Online Prize Distribution



Debate - TYBPTH vs Final BPTH on 'Should There Be Offline Exams During Pandemic?'



Debate - FYBPTH vs SYBPTH on 'Is Language of Education Important?'



Independence Day



Teachers' Day

INTERVIEW



Dr. Sayali Tulpule (MBBS,DNB Medicine), is a consultant Physician and Diabetologist and works at MJM Hospital, and Poona Hospital and Research Centre.

1. How has the online teaching experience been for you?

With online teaching, the problem is that it's a big class and everybody is on mute and no videos are on, so I can barely see what the reactions of the students are and whether or not they are getting what we are trying to teach them. I personally don't like this platform at all. We never imagined in our lifetimes that we would have to face a pandemic. We had read about epidemics and pandemics, for example, the typhoid epidemic, the plague epidemic which hit Pune, and the Spanish flu pandemic, of course, was historical. It came up with its own challenges and people over 50-60 years of age were not going to work and thus, the younger population in the workforce had to put in more effort in order to compensate for it. We had to go to Sassoon General Hospital and do our duties. Initially, when the pandemic started, the government started calling all of us for extra duties. We also had the burden of working at our own setups and the hospitals to which we were attached. It was, indeed, very difficult. The maids refused to come to our house because we are healthcare professionals and we were going to the hospitals for work. So, we had to do the housework as well as do the 'outside work'.

2. What message would you like to give to all the students and future healthcare professionals?

The only message that I'd like to give to anyone who is an aspiring healthcare professional, is that we always have to address our call of duty and we should try to help the society in whichever way possible. If you are physically incapacitated, or if you cannot work in the field because of some reasons, you can always give tele-consultation and use other similar platforms. I think, serving mankind should be our motto, for the larger good, always.

Were you also managing your clinic side-by-side when patients required your guidance or when you were on your covid duty?

Yes. So I was doing phone consultations in this second wave, because that became the norm, and I was also managing my clinic and also 2 children and their online classes and ICU duties in the hospital, I was juggling all of it during this pandemic.

Amazing!! That is commendable.

Thank you so much. I am sure all of you will also do it when the need arises. Yeah!! Adversity is a good teacher. I guess.

3. As a consultant physician and diabetologist, how has your experience been, working through both the waves of the pandemic?

What we noticed was that post the first wave, there were a lot of cardiac events noted in patients probably because of increased thrombogenicity because of the virus, so many young patients came in. A lot of research has gone into this and papers will be published in the coming years. Also, many diabetic patients stopped taking medicines and they came back with elevated blood sugar levels. Many people have lost their jobs because of the pandemic, so they can no longer support their families and their medicines. Healthcare in India is not yet advanced, so most of the patients have to rely on private sources of income to buy medicines. Thus, a lot of diabetics and patients of other chronic conditions have stopped taking medicines and then they come to clinics with their pre-existing condition worsened. This is what we are seeing as an effect of these waves.

There is a spectrum here. On one side of it, the lower socio-economic strata, who are not enrolled in online exercise programs, or who do not have access to social media -- their problems worsened because of lack of physical activity. The other end of the spectrum, i.e., the middle class and the upper middle class -- they really benefited from the lockdown because they started eating healthier, home-cooked food; they started exercising and doing home workouts because they had some free time. They have really benefited by losing weight, getting better blood sugars levels - basically getting their disease under control. So, it is a spectrum, we have to look at it that way. A lot of my patients made very good use of the lockdown.

4. How difficult was it balancing home and family during these times?

Actually, here, there is this greatest advantage of the Indian family system, wherein you have joint families or maybe you in-laws and parents who are living close by. Mine is not a joint family, it is a nuclear one, but I have my in-laws and parents living close by. So, whenever my husband and I used to go on hospital duties, either set of parents would take care of the kids. It was difficult, but my kids have also been cooperative during this entire time. The tantrums of the children did continue, but we had to tackle them effectively. It was difficult because my husband is also a doctor. Both of us were juggling our own practice and putting up extra work for the covid ICUs. But those times have passed and whatever has to come shall pass, too. Adversity is the best teacher and when we are put in that situation, all of us pull up our socks and we are there on the field.

5. What are some of the Covid myths that cardiac patients and their relatives have?

The myth that came in initially, was that some anti-hypertensive medicines like ACE-inhibitors are detrimental in COVID, but that is **not** true, as we have now come 2 years into the pandemic. You must continue your blood pressure medication. Another myth was that if you are on blood-thinners, you cannot take the vaccine, which is **not** true. Many people had misconceptions, basically through WhatsApp and other sources.

If at all you do get any symptoms of COVID-19 – fever/ cough/ breathlessness, etc., you should contact your healthcare provider immediately, especially diabetics and cardiac patients, who are at risk of developing complications that arise due to COVID-19. All cardiac and diabetic patients, too, must go and take the vaccine at the earliest. That is one more thing that I'd like to tell the people.



Dr. Nikita Mittal (PT) is an alumna of Sancheti Institute College of Physiotherapy. She has studied Dance Movement Therapy from the USA with the aim of giving a fresh approach to the previously available treatments. After returning back to India, she broke the age-old barriers of dance being overlooked as a form of therapy and combined it with her treatment methods. She has shared her journey through a small interview.



1. How crucial is family support and mental health for a patient? Also, how important is it in the life of a COVID warrior?

I think it is very important in both a patient and a COVID warrior's life to have a supportive family. In my case, since I worked in close proximity with the patients, my family had to isolate themselves. My children had a hard time coping up with the fact that their mother was out working while others' parents were working from home. I gave my children the example of our soldiers who, too, work away from their families, making it easier for them to understand the situation. As far as mental health is concerned, it is a very underrated topic and is often taken for granted for the healthcare professionals. Issues like unavailability of PPE kits, unaffordable hospital bills, helpless people lying on their deathbeds, constant bombardment of negative news, added to the deteriorating mental health. Caregivers, too, deserve to be cared for.

2. What do you think are the positive changes that the pandemic has brought about?

There are lots of positive things which this pandemic gave us. Firstly, it taught us to go back to our roots. Self-reliance, spending time with our families, maintaining our own fitness – mental as well as physical -- were some of the greatest benefits. Hopefully people will realize that fitness is not an expense but an investment for life.

Secondly, it made us realize how small the world is -- just a call away! Anything and everything is achievable if a person decides to do so. So basically, 'impossible' became 'I'm possible!' This pandemic has been such a valuable lesson for humanity. It was a reminder to follow our age-old traditions -- be it our eating practices like having turmeric milk or greeting with 'Namaste'. Indians have had answers to many problems right from the start! We must stop aping the west and follow our Vedas and Shastras.

3. Why and how has DMT become extremely crucial in treatment and achieving goals?

Since the beginning, the healthcare industry has been based on treating the physical symptoms with medication. There was a dichotomy that the body and the mind needed separate treatments. In recent times, this concept has changed, and emphasis on body-mind interdependency has gained significance. Lack of awareness about the same led to something known as 'psychosomatic diseases'. Dance movement therapy (DMT) uses the mobility of the body to treat it, thereby healing the mind and body. We are working with different populations to understand how to use a different approach for combining exercise with expression. There was a 75-year-old patient who had TKR and my aim was to rehabilitate her socially and emotionally, not just physically. DMT helped her interact socially, eliminated her fear and boosted her confidence for recovery. DMT also helps with paediatric rehab, especially in cases of Autism.

4. How has Dance Movement Therapy helped in treatment of COVID patients?

We did a 14-day research on treatment of COVID patients with DMT, with some DMT and physiotherapy students. We got astounding results. We were able to focus on breathing, chest expansion, and self-relaxation. Along with the other symptoms, COVID induces fear and anxiety. So, we worked more on reducing those, and increasing the patients' awareness of inner strength. DMT in COVID is extremely important for both patients and caregivers. Sometimes, caregivers can also become frustrated and feel the need to vent and DMT greatly helps with it.

5. What can be done to boost the morale of the society in the pandemic?

Following things can be done:

- 1) Be sensitive and kind towards each other since you don't know what the other person is going through.
- 2) Avoid spreading negative news and rumours.
- 3) Be in touch with your loved ones.
- 4) Spread positivity.
- 5) Indulge yourself in activities that make you happy.
- 6) Direct your energy in the right direction.



Mrs. Sonali Behl is an RCI Registered clinical psychologist based in Pune. She is a Master in Philosophy and Master in clinical psychology along with a Master in Social Work in Disability Studies from TISS Mumbai and 4 years of experience. She is a visiting faculty at Sancheti Healthcare Academy, Pune.



1. The pandemic, itself, is a stressor but so is the content posted about it on social media. What makes people more anxious – the virus or the social media?

In the present world, we cannot deny the influence of social media in our lives. For many, social media is the way of life, to share things about yourself and also to know others. Social media also plays a major role in the information we consume, which doesn't necessarily come from verified sources. To talk about mental health, we have to realize that the mental health scenario in India is grim. In my practice, I have seen a rise in anxiety cases. In the present situation, both the pandemic and social media, can generate anxiety. But, if in any case, both of these seem to be involved at the same time, it can be a double-jeopardy. Anxiety can be more difficult to deal with when the individual is having viral symptoms and also using social media to overcome the boredom during quarantine.

2. How should we monitor our own mental health in such times? What is considered healthy and what is considered concerning?

During the present times, monitoring our mental health matters the most. It has been suggested that we keep ourselves occupied with the best possible creative activities, work, or any form of physical activity, which will help everyone to keep themselves mentally engaged and healthy.

A person who is considered 'healthy' is someone with the coping skills of optimism, someone who is able to follow his regular routine, gets good sleep, is able to maintain his motivation and concentration during his work and is also able to stay connected with his friends and close ones. If anyone has difficulty with the above activities, then that can be a little concerning.

3. How can we support and guide our near and dear ones who may deny having mental health problems and are refusing to talk to a professional?

1. Help them be aware about how they are feeling and how it is impacting their personal and professional lives, relations and social situations. It is not considered a bad thing to consult a counsellor/psychologist.

2. Educate and help them understand what it will be like to take a counselling session/consultation with a psychologist.

3. IT IS OKAY TO TALK. Help them understand that some stress-provoking thoughts and feelings can be managed by communicating and by expressing their concerns about a particular stress or trauma.

4. Duration and prognosis of the illness matters. The faster you connect with a counsellor/psychologist, the faster you will be able to heal yourself.

4. Any specific advice for the ones who are dealing with the loss of a dear one due to COVID?

1. Understand that your feelings are valid. Grief is a natural reaction to loss. There is no right way to grieve. There are, of course, common emotional responses to loss, but our reactions to loss vary from person to person and also from loss to loss.

2. Recognize that sudden loss is shocking and difficult to handle. People often ruminate about changing the inevitable. This is a common reaction. In difficult situations, such as dealing with the COVID-19 deaths, there is a tendency to imagine different scenarios rather than concentrating on adapting. This usually distracts the individual from expressing his feelings in order to use them to heal.

3. Don't let negative thoughts interfere with your healing. If you let your negative feelings and thoughts linger in your mind, they might start impacting your self-esteem and later, could lead to feelings of self-doubt, self-blame, guilt, anger, or shame, imagining scenarios in which things could have turned out differently, losing faith in yourself or others, avoidance of reminders of the loss, and extreme social isolation, which can all, in turn, impact your well-being.

4. Avoid being overwhelmed by guilt. You may feel survivor's guilt, which is normal, but you should be aware of it and keep it in mind while you make choices as you move forward. In other words, you need to allow yourself to be joyful and satisfied again. This may take some time. Just don't hold yourself back from experiencing positive emotions again.

5. What take-home message would you like to give to our readers?

Learning is a lifelong process. We are learning something at all times. What is important is to, sometimes, unlearn certain aspects that negatively impact our well being and relearn better ways to cope with the challenges of life.

INTERVIEW OF COVID WARRIOR



Dr Manisha Masand (PT) is an alumna of MGM, Navi Mumbai. She has completed a period of 10 days of COVID duty in the slums of Malad, Mumbai, in collaboration with Brihanmumbai Municipal Corporation and Rashtriya Swayamsevak Sangh, followed by COVID duty at Sassoon General Hospital, Pune and at Jumbo Covid Centre, Baner, Pune. She is currently pursuing a masters in Musculoskeletal Physiotherapy at Sancheti Institute, College of Physiotherapy. Shining the light on the Covid-19 experiences of one of our very own masters' students...let's read on...



1. How did you process the pandemic and the fact that you may need to be a frontline warrior?

It all started around June, when I had the opportunity to do some voluntary work at RSS/BMC. Everything was spontaneous and new for me. I was very scared and sceptical at first due to the entire Covid situation. A major problem that I faced was convincing my parents, because the disease was spreading like wildfire at that time. However, once I started going out there, I learnt that it was nothing compared to what I had expected. In fact, the experience proved to be a life-changer for me. It changed my perspective towards life and more. I believe that you don't become a warrior alone, it's the support from family, peers, colleagues that make you a warrior. I am extremely lucky to have such supporting people in my life.

2. What were your initial thoughts/apprehensions about treating covid patients?

There was definitely some apprehension in the beginning. The primary concern for me was the actual assessment and treatment, as physiotherapy is all about our interaction with the patient. And in these trying times, this was going to be a real challenge. Initially, it was a little difficult, but then, gradually, we got used to the PPE kits. Plus, our staff and seniors were so, so helpful. It just made the entire beginning phase very easy for us.

3. What challenges did you face due to the lack of well-defined treatment parameters?

The challenges I faced were at varying levels, starting from the treatment procedure, and going up to maintaining the mental health of patients. What really helped were the treatment guidelines, which were provided by seniors and the faculty. These guidelines were constantly being updated, depending upon the advances and developments in the treatment protocol. Around the same time, I did a workshop on Dance Movement Therapy (DMT) with Dr. Nikita Mittal (PT). To deal with the emotional and mental health aspect of Covid, I tried applying DMT with the help of peers and teachers. It not only helped boost the morale of the patients, but also helped them relieve the emotional stress they were going through.

4. Can you share any particular incidence or some memory of how you worked to keep patients cheerful?

One of our ultimate aims was to make the situation easy and less stressful for the patients. We had some patients who were very reluctant to do therapy. Some others had lost the will to survive and recover and were really depressed. In both these conditions, Dance Movement Therapy (DMT) really helped. We'd play regional Marathi or movie songs and dance to them. We'd give steps that had a full range of motion. And I kid you not, I have seen aajis in nine-yard sarees who didn't want to exercise, and ended up wanting to dance even while wearing oxygen masks. All of this, together, saw improvement in not only the patient's conditions, but also in their will to recover through the disease.

5. As a student and a therapist what would you want every UG and PG student to know regarding the pandemic and patient care?

I would want everyone to know that things in life are going to be scary. Life is not always going to be a bed of roses, so grab as many opportunities as you can. Experiences are going to stir up new avenues that you didn't even know existed. In the end it is all going to contribute towards your personal growth. On a personal note, one major thing that I learnt from this pandemic was getting some perspective. I am guilty of being a little self-centred before, but once I went out there and saw the situation, it made me realise that my problems were nothing compared to what others endured. It broadened my views and helped me grow as a person. Life is way too short to be thinking about yourself all the time. Take risks, live life, take charge, be that change. Start living rather than surviving. This is my message to everyone.

COVID WARRIOR EXPERIENCES

- KARISHMA BOGAWAT, INTERN



What did this pandemic do to the soul of humankind?

It got us acquainted with empathy, hope, togetherness.

In such times, what we all need is gratitude: It transforms what we have into abundance and more.

It turns frowns into smiles, houses into homes, chaos into order and pain into joy.

Be grateful for your life and everything in it, because no matter how hard you think you have it, it still is somebody's fairy tale.

Truth be told, it's not that we don't know what the situation is, it's just that it is beyond our imagination, and it is terrifying and depressing and definitely an experience one would never want to experience.

Entering the wards and the ICU and seeing patients wake up every day in the hope of getting better, in the hope of meeting their family members, in the hope of getting back to life.

All we can do is be good with everyone, just give a smile. Be kind. Be affectionate. Be amiable. Be sympathetic. Be generous. Be you.

In this world full of terrors,

Be a soul that preaches peace.

Amongst eyes filled with grief,

Smile a smile that glimmers joy.

The world needs you, now more than ever.

Spread the love around, humanity needs a favour.

I guess the word 'luxury' has got a new meaning.

It is to breathe, breathe **freely**.

I was definitely petrified thinking that being an intern will I be efficient enough to handle patients and make any difference?

Working for the past seven days has given me the satisfaction that I, at least, could contribute something in this pandemic which is nowhere close to coming to an end.

Undoubtedly, one of the most informative, awakening, challenging, unprepared, unpredictable and most importantly, best, seven days of my entire internship.

Thank you to Dr. Raziya Nagarwala (PT) ma'am for giving us this opportunity.

I just hope that at the end of each day, I did my best and that I did justice to my work.





LOCKDOWN INSIGHTS WITH TEACHERS

QUESTIONS :

- 1) According to me, the best binge-worthy show this lockdown (if any) was...
- 2) I am going to tell my grandchildren that the year 2020 was...
- 3) One book that I read during lockdown and would like to recommend is...
- 4) My biggest source of entertainment this year was...
- 5) My go-to snack this year was / A dish I cooked for the first time during this time was...
- 6) I realized I have been taking this for granted. 'This' is...
- 7) I would describe the entire year as...



Dr. Raziya Nagarwala (PT)

- 1) Special ops.
- 2) We stayed at home, worked from home keeping up with the office time, did all house chores with the help of each other and even learnt to cut hair!
- 3) Atomic habits: An easy and proven way to build good habits and break bad ones by James Clear.
- 4) Modiji's speech.
- 5) Puran poli, baked bread too.
- 6) My domestic help.
- 7) Zoom out and zoom in. Am I audible??



Dr. Suroshree Mitra (PT)

- 1) Never got a chance, I was working from home and for home!
- 2) Kabhi khushi kabhi gham.
- 3) Portney..Kya karu!! Was preparing for my PhD entrance.
- 4) My toddler and my YNDs!!
- 5) Chocolate fudge. Courtesy : Dr. Nikita Dodwad and Rucha ma'am, I am almost ready to bake home-made rava cake as per the recipe given by you!!
- 6) Mental Health! Always.
- 7) A lesson much needed for everyone.



LOCKDOWN INSIGHTS WITH TEACHERS

Dr. Farheen Patel (PT)

- 1) The 100.
- 2) Once-in-a-lifetime experience.
- 3) The symbol by Dan Brown.
- 4) Netflix.
- 5) Cookies.
- 6) Freedom to roam around.
- 7) Shanti jo vapas nahi chahiye.

Dr. Rucha Rayas (PT)

- 1) Dark, Umbrella Academy, Sweet Tooth.
- 2) The year of Revelations.
- 3) a) The Little Prince by Antoine de Saint-Exupery.
b) Everything I never told you by Celeste Ng.
c) A man called Ove by Fredrik Backman.
- 4) My phone/Social media.
- 5) Stuffed garlic bread, homemade samosa.
- 6) Time with family, ability to meet in person, hugs.
- 7) Ever changing : For better and worse at the same time.

Dr. Prajakta Sahasrabudhe (PT)

- 1) Grey's anatomy, F.R.I.E.N.D.S (always).
- 2) Online overdose.
- 3) Dan Brown series.
- 4) My son.
- 5) Pasta.
- 6) Freedom to breathe.
- 7) A challenge to embrace a new normal.

Dr. Nikita Dodwad (PT)

- 1) Lupin.
- 2) Introspection and connecting with people.
- 3) Becoming, by Michelle Obama.
- 4) Gardening.
- 5) Banana bread.
- 6) Health.
- 7) Taking challenges, reaching your limit for working on yourself.

Dr. Dinesh Chavan (PT)

- 1) Chala hava yeu dya.
- 2) Please be prepared for unacceptable conditions.
- 3) Rich Dad's Before you quit your job: Lessons Every Entrepreneur should know about building a multimillion dollar business by Robert Kiyosaki.
- 4) Reality show- Chala hava yeu dya.
- 5) Paneer Manchurian.
- 6) Spending time on the internet.
- 7) I learnt that you don't take things for granted.

Dr. Siddhanth Sawant (PT)

- 1) F.R.I.E.N.D.S(#foreveralways).
- 2) The year I met your grandmother and how.
- 3) Boy in a blue pullover- Ruskin Bond.
- 4) Pre wedding photoshoots of my friends which flooded my social media.
- 5) Tomato-cheese-pepper sandwiches since my childhood.
- 6) My friends.
- 7) A bonfire - Warm yet having the ability to cause a wildfire.



LOCKDOWN INSIGHTS WITH TEACHERS

Dr. Franny Nathani (PT)

- 1) F.R.I.E.N.D.S and Money heist!!
- 2) Special.
- 3) Subtle art of not giving a F*ck by Mark Manson.
- 4) My niece.
- 5) Thin crust pizza.
- 6) Food!!
- 7) Different yet beautiful.

Dr. Tushar Sathe (PT)

- 1) Big Bang Theory.
- 2) Horrible year.
- 3) The monk who sold his Ferrari by Robin Sharma.
- 4) Youtube.
- 5) Bhindi 2 pyaja.
- 6) Everything.
- 7) Terrible.

Dr. Vasanti Joshi (PT)

- 1) The man in the high castle.
- 2) Ghar mein raho actually, duniya se judo virtually!
- 3) Karma dharma sanyog by Dr.Anand Nadkarni.
- 4) Writing fiction stories and making travel videos.
- 5) Gujarati Handvo cooked for the first time.
- 6) To go anywhere, whenever I wish.
- 7) Learning.

Dr. Rachana Dabadghav (PT)

- 1) 100, Lucifer, Legacies, Chernobyl.
- 2) A lockdown year. It was a new normal year. Our way of living changed completely post 2020.
- 3)-
- 4) Netflix and quality family time.
- 5) Chinese and Dalgona coffee.
- 6) Freedom.
- 7) A roller coaster ride.

Dr. Apurv Shimpi (PT)

- 1) The Mentalist.
- 2) A life changer.
- 3) NAAC Manual.
- 4) Asking "Am I audible??. Can you see the screen??? Any questions???"
Are you there in the lecture?"
- 5) Pepper garlic chicken, prawns chilli, butter mushrooms.
- 6) Presence of people in my life who love me.
- 7) Na bhuto, Na bhavishyati !

Dr. Sona Kolke (PT)

- 1) Money Heist and many others!
- 2) When working was besieged by an invisible force and warriors fought armed with needles, meds and oxygen tanks indoors in a hospital. But it was also a year of families coming together and knowing that little things matter. It was a year which made us take our mind away from materialistic things and the mad rush of life.
A year where nature got its time to heal without much intervention, when we heard birds chirping, clear skies and became techno-savvy!
- 3) Emperor of all Maldives by Sidhhartha Mukharjee.
- 4) My family! Also, OTT web series, cooking and trying to exercise indoors!
- 5) Made my mom's sheera and I loved it a lot!
- 6) Health, family, roof over my head and food stocked at my place- I was surely one of the blessed ones!
- 7) Living in hope!



LOCKDOWN INSIGHTS WITH TEACHERS

Dr. Manish Ray (PT)

- 1) Special Ops, Mirzapur 2, Money Heist, Paatal lok.
- 2) Bliss to drive on empty roads.
- 3) Start with why by Simon Sinek.
- 4) Netflix and Prime video.
- 5) Bhendichi Bhaji.
- 6) Cooking.
- 7) Shadi se pehle!

Dr. Nilima Bedekar

- 1)-
- 2) Challenging, encouraging to know effective use and importance of technology.
Relearning about hygiene and reinventing traditions.
- 3) Yogic physiology and psychic processes by Dutta Ray.
- 4) Music.
- 5)-
- 6) Net connectivity, independent living.
- 7) Getting connected in the virtual world.

Dr. Venu Mohan (PT)

- 1) James Bond Movies.
- 2) So scary and lots of confusion.
- 3) Shrimad Bhagavad Gita.
- 4) Amazon Prime and Investigation Discovery channel.
- 5) Actually learnt to make Chakli, Cheese balls.etc.
- 6) Home-making.
- 7) The year of losses.

Dr. Swapnil Ramteke (PT)

- 1) The forgotten army- Azadi ke liye.
- 2) When your granny married me against all odds!
- 3)-
- 4) Company of my friends and family.
- 5) French toast on a sandwich maker.
- 6) Cooking.
- 7) Life changing transformation for me. I learnt that we can survive with very few and minimal needs if we have a satisfactory mindset.

Dr. Radha Bhattad (PT)

- 1) Mirzapur.
- 2) Work from home and for home.
- 3) Jaya by Devdutt Pattanaik.
- 4) OTT platforms, nail art.
- 5) Cheese balls.
- 6) Health.
- 7) Patience testing.

Dr. Neeraj Athavale (PT)

- 1) Ramayan on Doordarshan
- 2) Unforgettable. This year gave the message that no one is greater than nature.
- 3) Wings of Fire by Dr. A.P.J.Abdul Kalam.
- 4) Playing with my son .
- 5) Maggie! Maggie! Maggie! .
- 6) Fitness.
- 7) Amid this pandemic there were negative vibes everywhere but still many opportunities came up. Virtual platforms as a way of communication helped the world come closer. So, each day of this year taught us new lessons.

REMINDE YOURSELF TO REMEMBER



DR. FARAH MEMON (PT)

- MPT I, MSK

Everything in life was in control, Everything was going according to plan;
But suddenly came a storm in our lives so wild, That in spite of all the anchors we couldn't withstand...
It was so distant in the beginning, That most questioned if it is true...
But in a blink it was so close to us, That just to be able to write this now, I'm considered lucky among the few...
We have lost so much in this pandemic, It's high time we appreciate all that is left;
All that remains and all that matters, All that is seen, unseen and felt.
Remind yourself to remember, What mattered the most to you in that dark isle;
When you wanted to hold your parents' hand, Or just needed a friend to make you smile...
When you saw the people closest to you, Just fading away from this world,
Suffering in pain and in silence, And all those good-byes that went unheard...
So the next time that you're angry, And want to say a mean thing or two;
Remind yourself to remember, It may be the last you do!
So take that first step, Make that first call,
Make peace with your hatred, Break down those barriers, shatter that wall!
Know that you're here just for a little while... Try to make a difference, walk that extra mile...
Answer that phone; ring that number you couldn't dial... Help that stressed out stranger, pass on that contagious smile...
So when all this darkness settles, The light that shines would be the brightest through the hearts that are torn...
Stay positive, stay safe and have faith, Trust that time will heal the injuries of the souls that are forlorn... ♥





OPEN LETTER TO DEPRESSION



NEHA KATKAR

- FYBPT

Dear Depression,

Why am I calling you 'dear'? I see you wrecking dreams and consuming people's spirits; so, what makes you dear? Maybe the fact that now, even though I am free from you, there was a time when you were my 'soul companion', or it could be just because 'dear depression' alliteration has got a really nice ring to it. Honestly, I don't know. Can we do a quick recap of our time together? We started going out around when I was in the 10th grade, when I was bullied and body-shamed for my weight and appearance by some of my schoolmates. Incidentally, I have learned in physiology this year that putting on weight in puberty is completely normal owing to hormonal changes but some humans really have to show how inhuman they are, don't they! So yeah anyway, you were around for quite some time.

Every insult and taunt thrown at me was like the interstellar gas to your black hole and you just kept on growing. You could have 'the - most - normal - looking - person - ever' in your clutches and no one would ever know. Correction : No one ever knows. I wish I could say we had fun times together but we really didn't. I remember feeling empty and later feeling nothing, being infinitely sad like I'd never be happy again and crying at the drop of a hat for absolutely no reason. It just makes me ascertain my theory that you are a 'dementor', feeding on people's positive thoughts and feelings.

I know I got rid of you after I managed to conjure the perfect patronus with the help of my family and friends. But, reflecting back, I'd like to thank you for teaching me the difference between solitude and loneliness, for breaking me down so that I could rise again, higher than ever, for teaching me to love myself with my imperfections and beauty.

I harboured a lot of hatred and vengeance towards those few schoolmates who helped you to establish yourself in my life. I've come to realize that only someone who is broken and damaged, themselves, is capable of inflicting so much pain, damage and hurt on others. So, really all I feel is indifference towards those who caused me so much pain. Now, if you'll excuse me for a moment or two, I know this letter is addressed to you but I'd like to tell all the bullies out there who wake up every day with the intention of making people's lives miserable; seriously, you need to stop. Bullying and being malevolent at any age is uncool. If you cannot make this world a better place, at least don't worsen it. I also know that there are so many people battling their own demons daily whilst plastering a fake smile on their face. Really, it's okay to not be okay. Ask for help, someone's listening. Keep fighting and hold on to every single bit of happiness, because in the end, depression is a dementor and defeating it is going to require the strongest patronus conjured from happiest thoughts. And yes, it is possible to win the battle against it. And coming back to you, dear depression, I know you are still around, claiming lives and broken souls, but there is hope that with conscious awareness of your presence, people might finally get over all the stigma related to mental health and help themselves and others in vanquishing you. Here's to Fawkes who taught me to rise from the ashes...

Truly not yours,

Neha

P.S.: Mental wounds are wounds too.



FOREVER GRATEFUL!



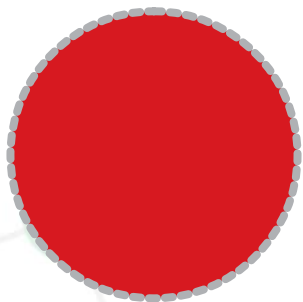
EESHA DESHPANDE

- FYBPT

Lockdown- the word itself, indicating a state of isolation or restriction, was very new for the social sapiens throughout the world. Imprisonment without committing a crime invaded our lives. Reading newspapers, watching news of deaths due to covid , hearing about our dear ones getting infected by this 20nm virus was all a part of this period. But as every coin has 2 sides, there was another worth revealing face to the lockdown too.!

Spending time with our families was, by far, the greatest boon along with other fun activities . Exploring new hobbies, trying new social media trends, doing all the chores by ourselves or simply observing how the dawn sets in after twilight was all in itself very satisfying! Realization about the number of people involved in getting a simple meal on our platter was an eye-opener indicating how our society is just incomplete without every single person!! Shops closed and limited essentials paved way for bringing out the creativity in us! We learned to create more from less, to value what we have, mostly importantly, to value our existence! Life being so evanescent, it's important to keep the child in us alive, to keep spreading the happiness all around! All of us stuck in our busy lives, needed a break to think about things.... to recharge our batteries, to think about the purpose of our life. This break did that for us. So, thank you lockdown for filling our pandora's-box-like mind with some amazing memories to cherish ahead!

SAILING WITH THE WINDS



ANONYMOUS

At the start of this year, my mom and I noticed a significant drop in my confidence levels and excessive self doubt. After seeking out a therapist, we were told these were signs of anxiety... a month of therapy went by and nothing changed. Then came appointments with a psychiatrist and I was put on a dosage of pills. They worked like magic. I was the most confident self I had ever been. I could actually hold a conversation with my batch mates without freaking out every two minutes, actually unmute my mic and speak in online class. Instances like these, that seem insignificant, were a milestone. But the real ordeal came after the pills stopped. My anxiety was back with full force. I would need constant reassurances over the littlest of things; I would worry over the most insignificant matters. It was during this time that I realized how much patience is needed to comfort someone who's hell bent on worrying. The amount of times my mom and my friends have tirelessly and endlessly supported me throughout my breakdowns is plentiful. I am still struggling with my anxiety and I am back on the pills but this time around, I know that I have people around, who are just as determined as I am, to help me get rid of my anxiety. Just knowing this little fact makes a whole lot of difference. And for all these people, I am immensely grateful.



MENTAL HEALTH; JOURNEY OR DESTINATION?



BHAKTI GUPTA

- SYBPTH

Do I start with statistics? Do I share real-life experiences or do I just start with some random quote on the internet that thinks it has 'mental health' wrapped in those small insignificant lines which aren't even sentences but just big words trying to conclude it all in its entirety.

'Mental health' is not something which has been launched only after the pandemic, it has been in existence ever since 'homo sapiens' happened, the only difference is, now that people have been facing these nameless issues themselves, have they finally come at the crossroads of knowing that there is more to it than people just being 'sad' or 'moody'.

On an average, WHO estimated a significant 7.5% of Indians suffering from some or the other mental disorder or mental health issues, however, by the end of this year, the number started to come up; around 20% of India had started suffering from an endless loop of disoriented thoughts, nightmares and somehow people unknowingly set out on a quest for some peace, some hope, some support, some comfort in knowing that they will live to see another day, their loved one will pick up the call tomorrow.

It could also be a random flinch on a sunny day because you suddenly remember that the hand you used to caress is just a carcass now, the shoulder you used to lean on had to be carried on yours or the people you enjoyed meeting and hugging and laughing with are just mere faces you now see from time to time on that the tiny screen which once held only memories but now holds the weight of identities, faces, relationships, in all -- human presence.

Questions are left unanswered, fuelling the anxiety to its maximum. Instead of worrying about which books to carry, we find ourselves in front of our idols, asking what went wrong? That's where the issue lies, doesn't it? We want everything to go as planned, but we fail to understand that life isn't a 6-day- 5-night trip with an itinerary, it's an adventure, where the destination doesn't always have to be reached within a set time period.

Lives are lost, souls are separated, dear ones are now deceased ones and yet we pretend to put up a strong front as if nothing happened, but something did happen, something which shouldn't have happened in the first place. You shouldn't have lost your father due to COVID, your best friend's opportunity of dancing at your wedding should have been her right and not her last wish, you shouldn't have had to see your brother fighting for his dear life when he should have been fighting with you for the television remote.

You are allowed to feel, to show, to express, and above all, we're entitled, entitled enough to step out, to ask and to answer the cries of help. One thing which came out of this pandemic is how giving and willing the people around us are, how generous and loving the people can be, and how understanding your neighbours are.

All we need is one step forward and the world will take 10 similar ones towards you. All we need is to ask for help and the people will shower you with opportunities.

all we need, is the first step

Tears are shed but smiles are also bred. Hopes are kindled, trust is rebuilt and just like that happiness always finds its way back, it knows where it belongs, where it wishes to reside for the rest of its journey. One thing we humans have learned is that the tough times never last, our optimism is the biggest weapon and the pandemic's scariest enemy. 'Mental health' will always be omnipresent, but together we can make it easier to deal with because isn't that what we want? Only to make their loads lighter and ours shareable?



JUST THINKING!



A.A.G (nobodyislisteninghere.blogspot.com)

When I am asked how the COVID-19 lockdown was for me, I'd say that all my college-from-home days have flown by very fast, and I am sure all of you can relate. There were times when we wouldn't know if it's a Monday or a Wednesday. Our daily dose of Netflix and Amazon Prime made time travel super fast, and when we weren't binge-watching we'd be binge-eating. I have tried everything from the internet-famous Dalgona coffee to making pasta from scratch at home. But amidst all of this, there is one thing that these two years have taught me and that is having some perspective towards my work and towards different people and towards life. I am not talking about sympathy or empathy here; most of us have seen our fair share of terrible people and kind people. I believe that we have developed a certain amount of empathy and a sense of understanding in our being. What I learnt is that people have different perspectives and that you need to embrace them. Not all of your friends are going to be available all the time, not everyone is sitting at home and doing nothing. I know this sounds real, real sad. Trust me it's not as sad as I make it sound. But what I learned is that people matter. They matter a lot...but you matter, too, if not more. Take what you want into consideration, too, at least sometimes. That sounds so dramatic na? All of us know it, but we still end up getting pushed. And if watching so many series has had any effect at all, then all the Jake Peraltas, Meredith Greys, Sheldon Coopers, and Harvey Specters, and a little bit of life, have been telling us the same thing...That if they think you care...then they walk all over you...If you don't consider or think about yourself nobody else will....Work on your capabilities and let them fight for you... So maybe I learnt something and these two years weren't a total waste, and even if they were, we can always vote to change 'nice' to 'noice' and maybe all of this will be worth it.

LITTLE THINGS THAT MATTER



DR. SAJIRI JOSHI (PT)
- MPT II , MSK

Happiness is something that everyone seeks in any scenario, every moment. Ideas of happiness are also different for every person. For some, it might be in buying an expensive car, for some it might be in spending time with family and friends. Ultimately, we try to be happy at the end of the day.

For me, the idea of happiness was spending time with family, meeting random people and getting to know them, going for a movie, etc. Since COVID, all the above things were not possible except for a few like watching the series. But I realized that we, as humans, have started focusing on those little things that would also make us happy.

I had COVID duty for a week but was quarantined in a room for 14 days. The day my quarantine was over, and I got to roam in the entire house and even that made me happy. Getting out of the hospital, post- COVID duty, and getting rid of my mask and breathing to the fullest, made me happy.

I used to hate phenyl smell but when I got out of my room post-quarantine and smelled phenyl, the happiness that I got by knowing that my sense of smell is intact, made me forget how much I hated it.

Happiness lies in these little things, too!!

Always seek these little things that make you happy. Make life happier.



PHYSICAL FITNESS REVIEWS

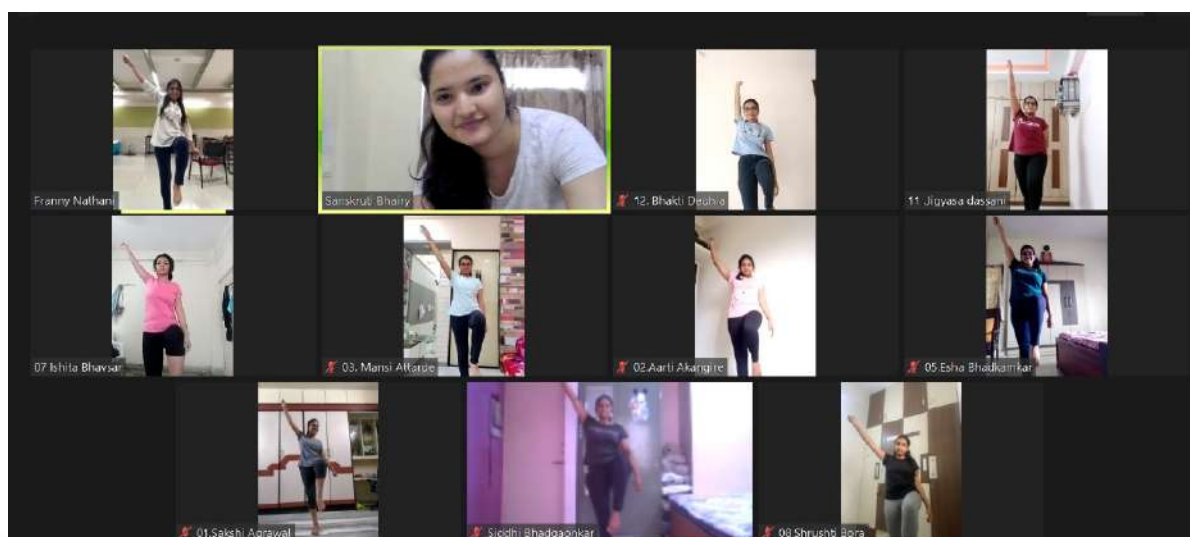
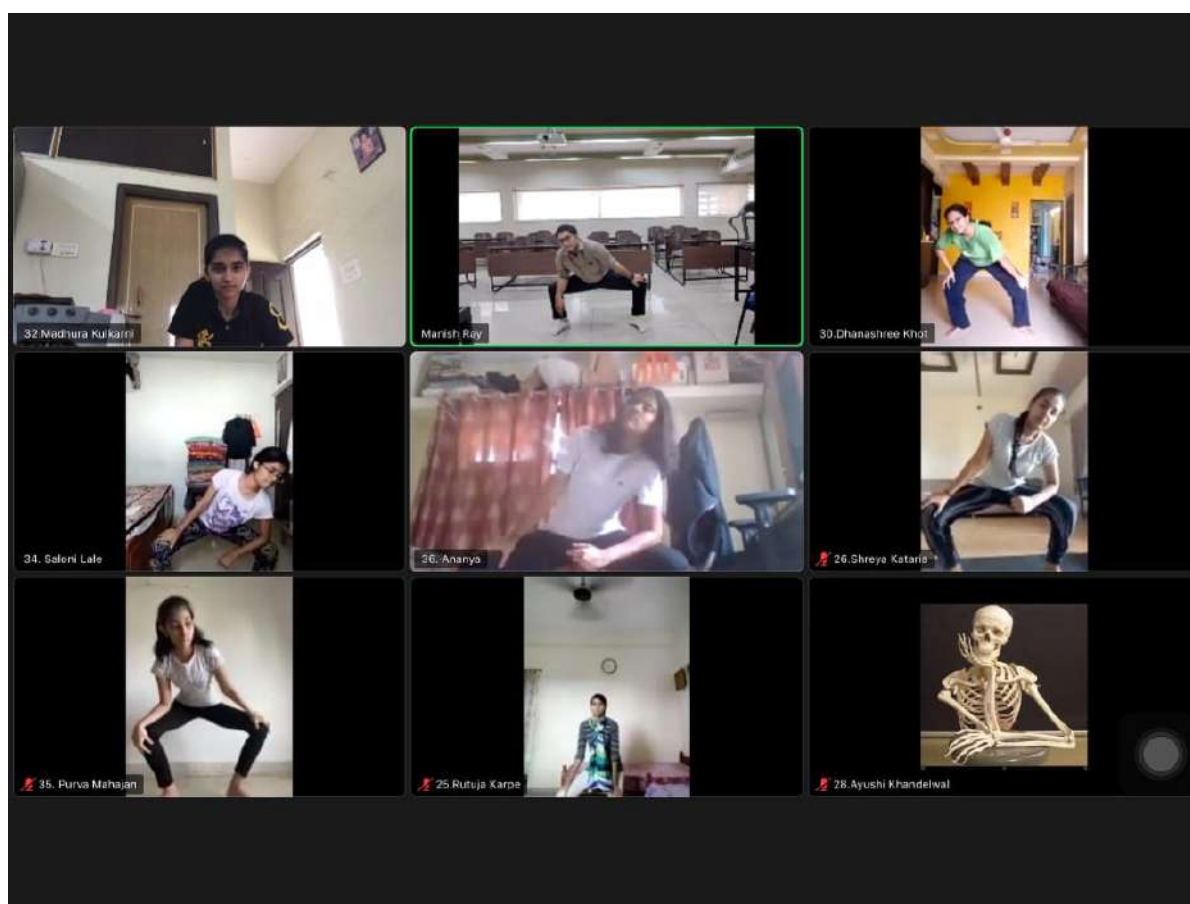


Amidst all the routine, boredom and stress, a notification popped on our WhatsApp groups! "Physical Activity" and we all started wondering what it might be. As we began with our first session, we realized how amazing an initiative it was. We had teachers planning and executing all kinds of workouts and activities, keeping us energized for the rest of the day! Every week brought a different workout with a different teacher introducing us to yoga, cardio, strength training, Tai chi, and many more. These sessions not only helped us get fit but also understand various parameters to consider in a workout as therapists. It was a great ice-breaker between teachers and students and it put an end to the monotony of online education and made us commit to our physical fitness.

- Utkarsha Diwanji - SYBPT

The physical fitness sessions conducted were really fun. They were so refreshing. It had been really long since I had even stretched my body. It also helped to get over the boredom of sitting at one place and attending lectures. Exercising with our classmates made it even more fun. Hope to have more of these sessions.

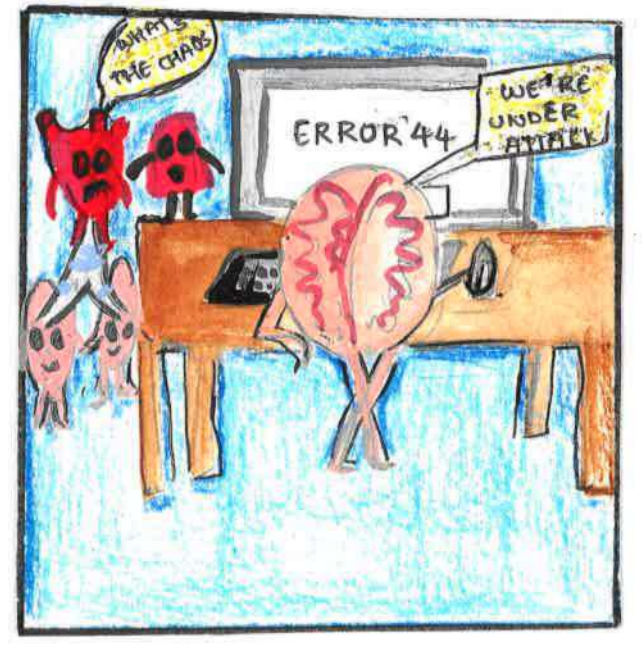
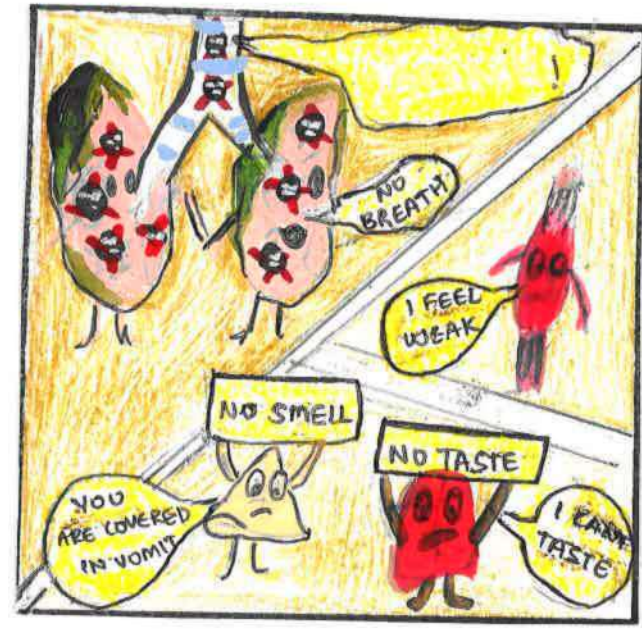
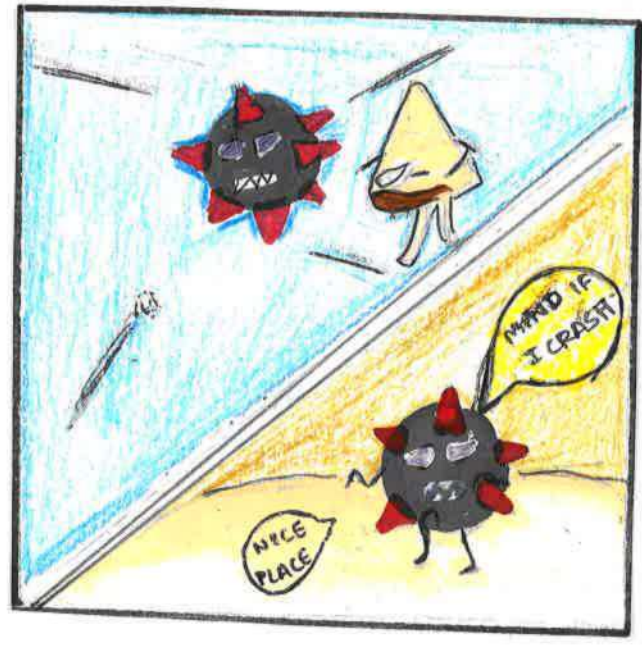
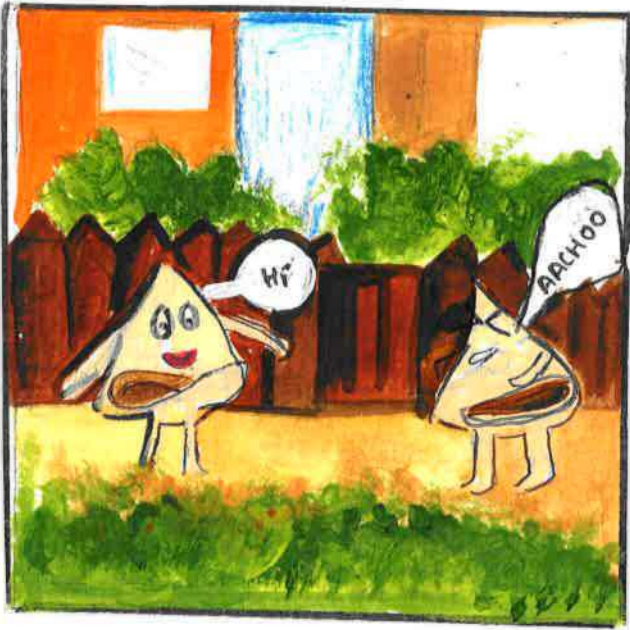
- Esha Bhadkamkar - FYBPT

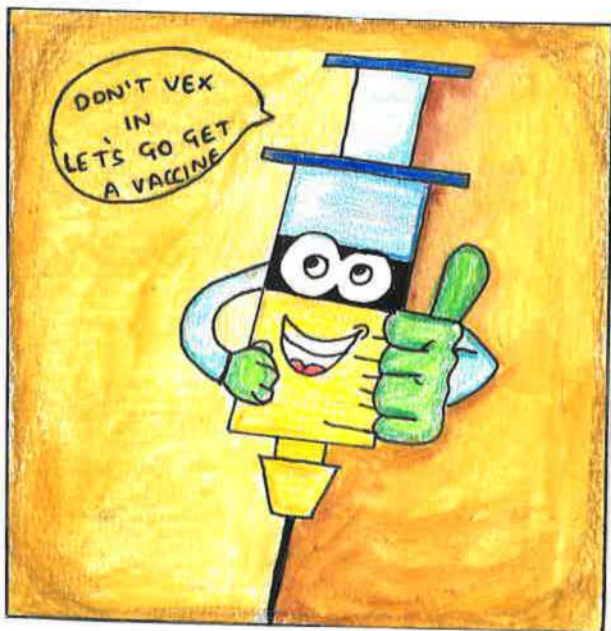
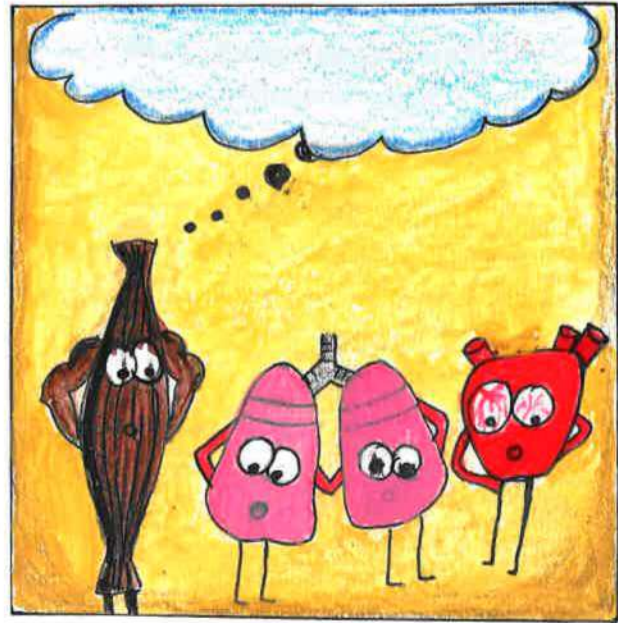
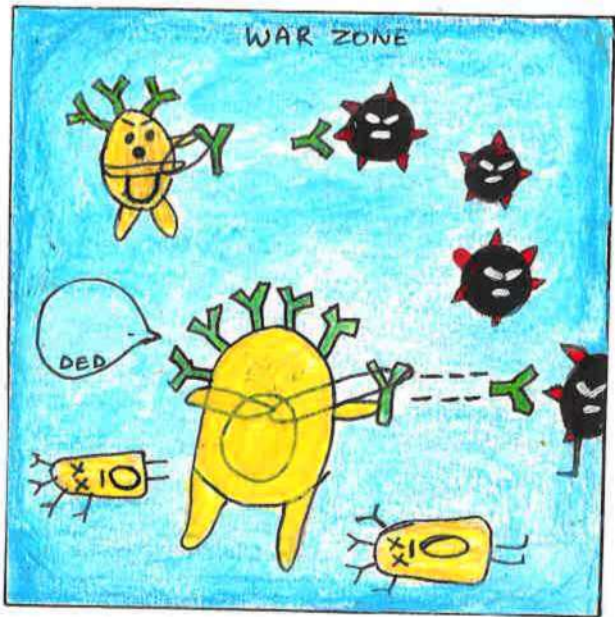


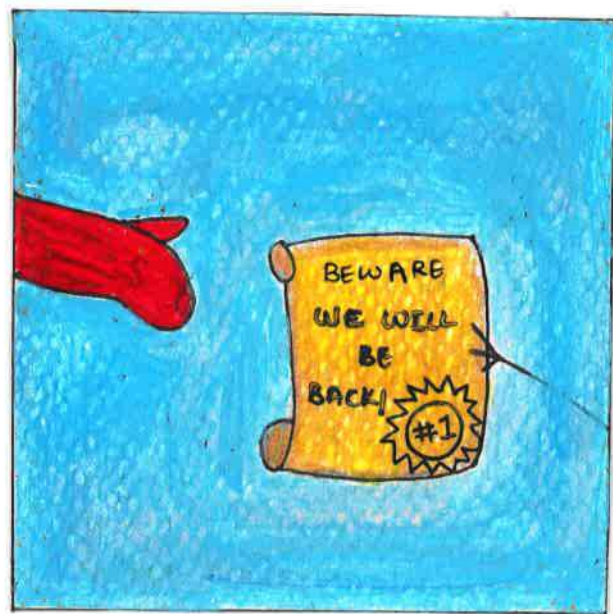
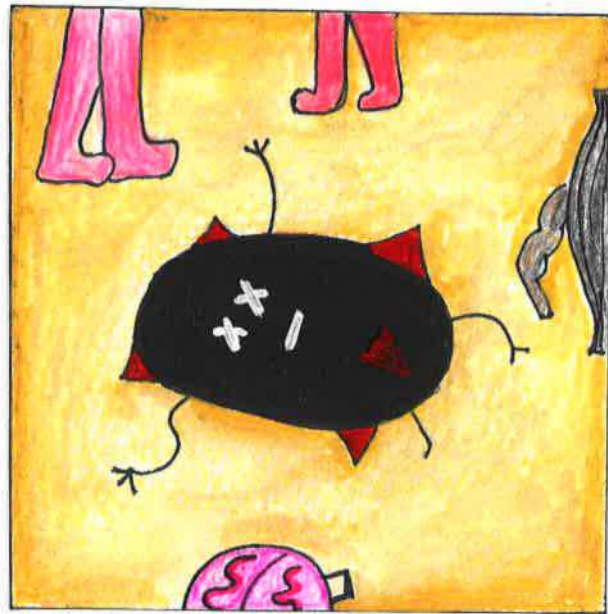


VIRUS Vs. VACCINE

Siddhi Kothari - (FYBPTH) | Ananya Naik - (First BPTH) | Nidhi Vira - (Final BPTH)





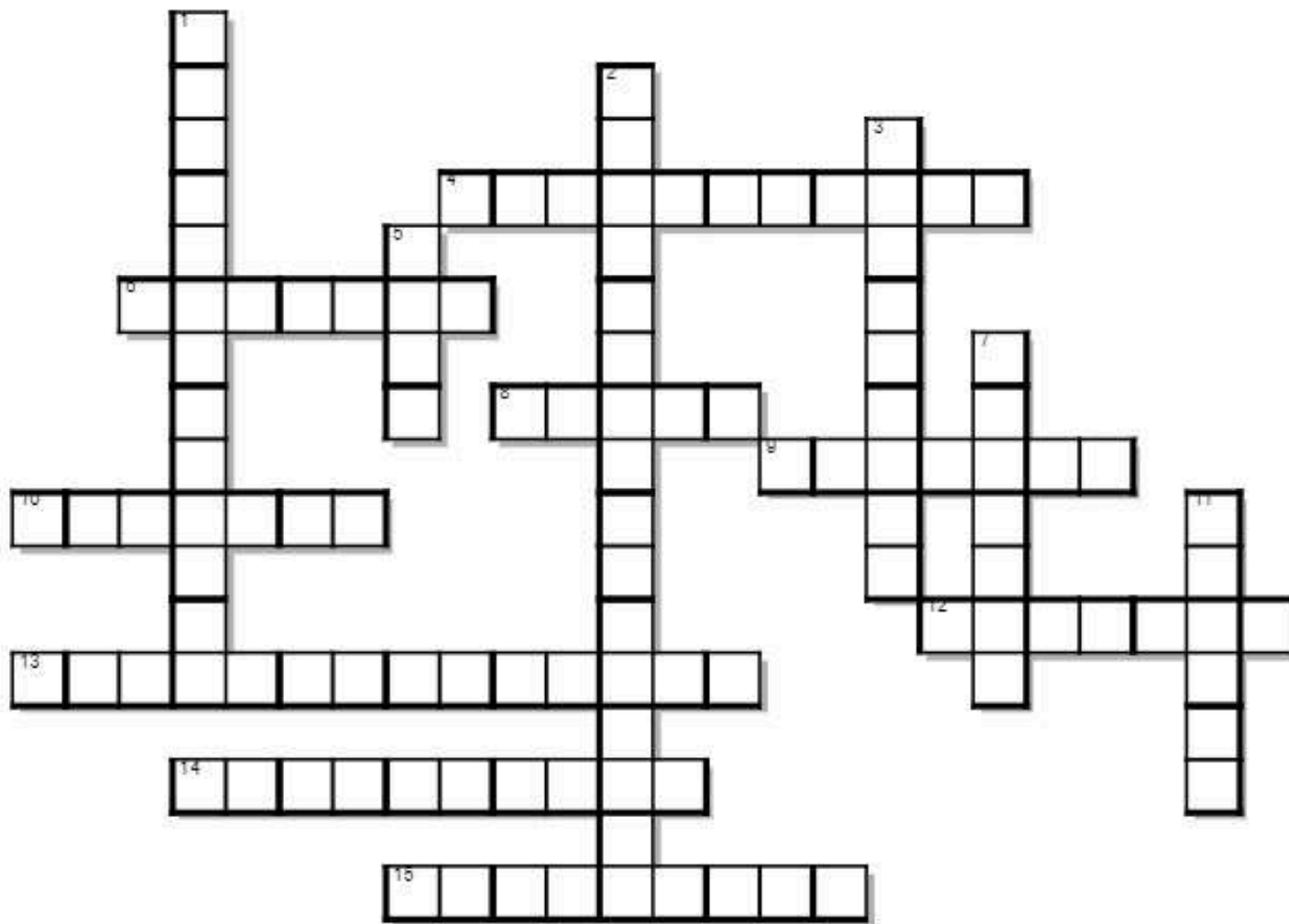




CROSSWORD

Malavi Modi - (Final BPTTh) , Eesha Deshpande (FYBPTTh)

LOCKDOWN EDITION



ACROSS

- 4 Republican who lost the 2020 US presidential elections
- 6 Most common alcohol ingredient in sanitizers
- 8 Which country did COVID-19 disease outbreak originate from?
- 9 A Korean coffee drink
- 10 The Russian Covid-19 vaccine
- 12 Quick dessert you made in cups
- 13 Social media star who made the "rasode mein kaun tha" mashup
- 14 New hangout spot with friends where you could talk and play games
- 15 Crime documentary on Netflix about the life of big cat conservationists and collectors in America

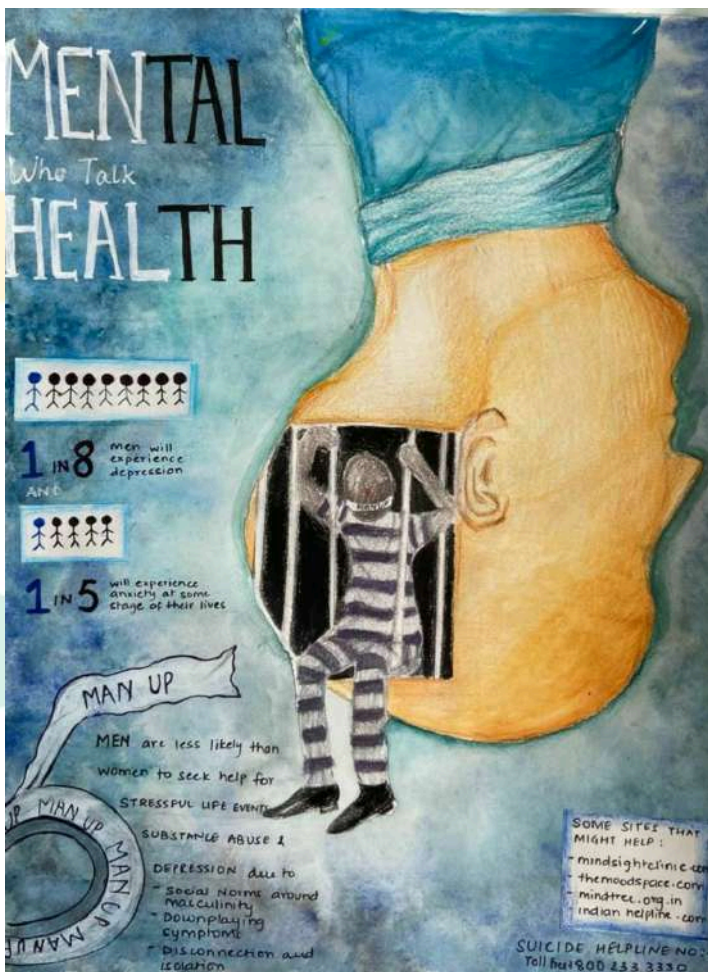
DOWN

- 1 India's first indigenous COVID-19 vaccine was manufactured by which company?
- 2 A political and social movement against racial discrimination
- 3 In which country did the "black summer" take place?
- 5 Our new classroom
- 7 Online game - "James is acting sus he could be the impostor"
- 11 App with viral trends but banned in India

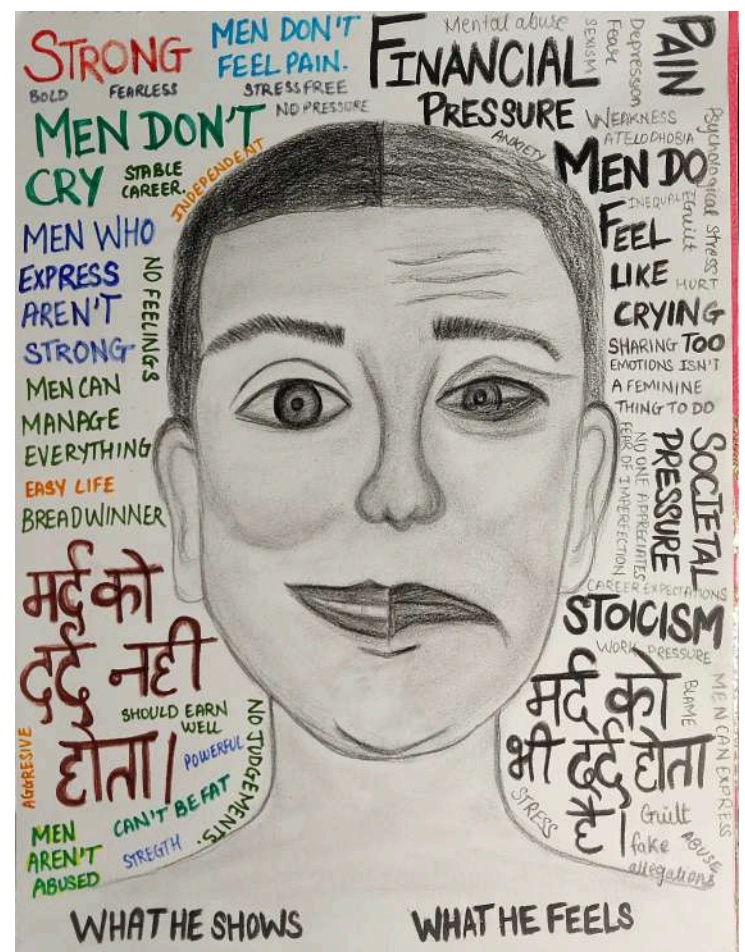
Answers

1. Bharat Biotech 2. Black Lives Matter 3. Australia 4. Donald Trump 5. ZOOM 6. Ethanol 7. Among Us 8. China 9. Dalgona 10. Sputnik 11. TikTok 12. Mug Cake 13. Yashraj Mukhate 14. Houseparty 15. Tiger King

PAINTINGS



Saudamini Karnani (TYBPTH)
1st prize in Poster Making



Esha Bhadkamkar (FYBPTH)
2nd prize in Poster Making



Madhura Kulkarni (FYBPTH)



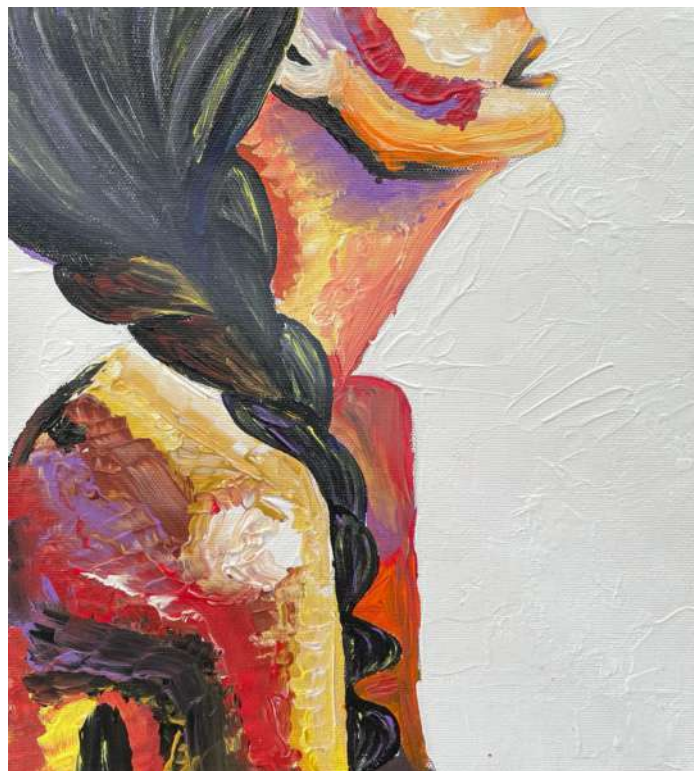
Sayali Munot (FYBPTH)



Dhanashree Khot (FYBPTH)



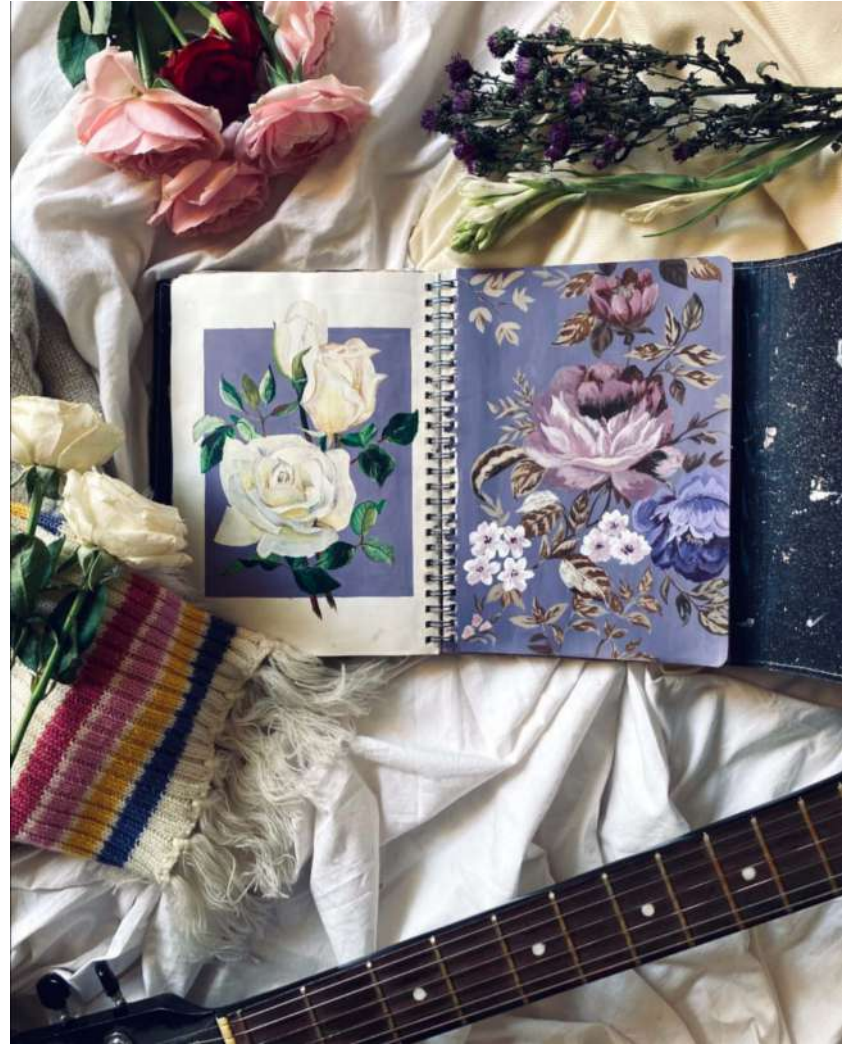
Shreya Kataria (FYBPTH)



Vyomika Jashnani (SYBPTH)



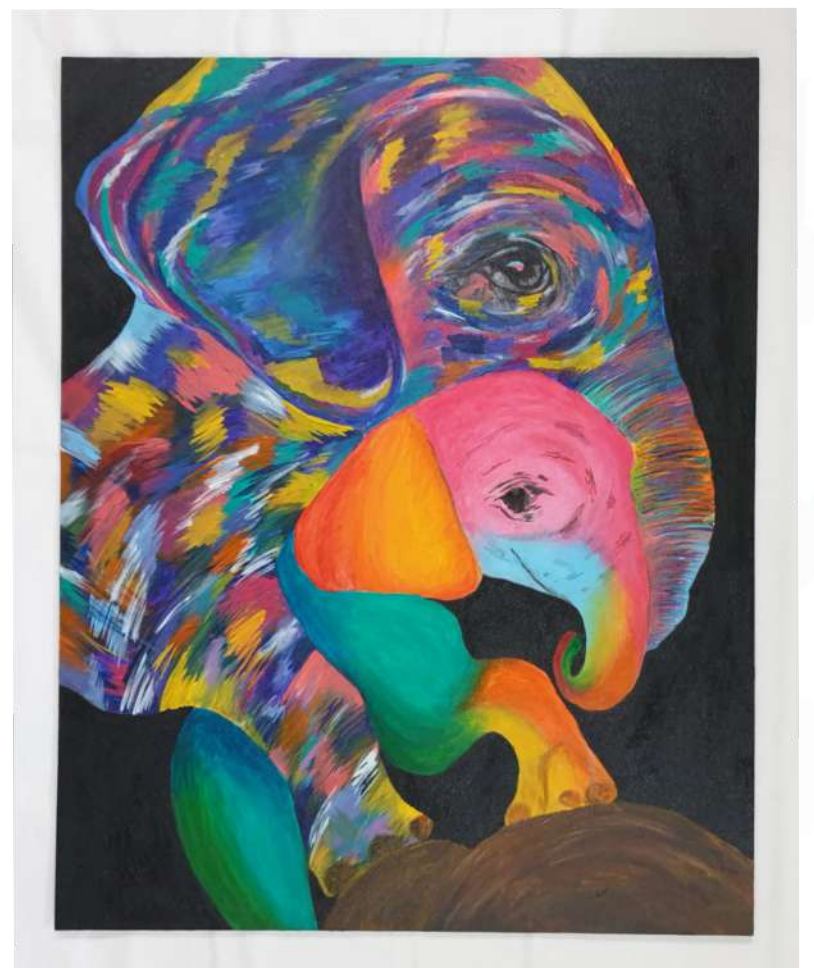
Sharyu Bangad (Final BPTTh)



Sharyu Bangad (Final BPTTh)



Deepti Makhija (TYBPTTh)

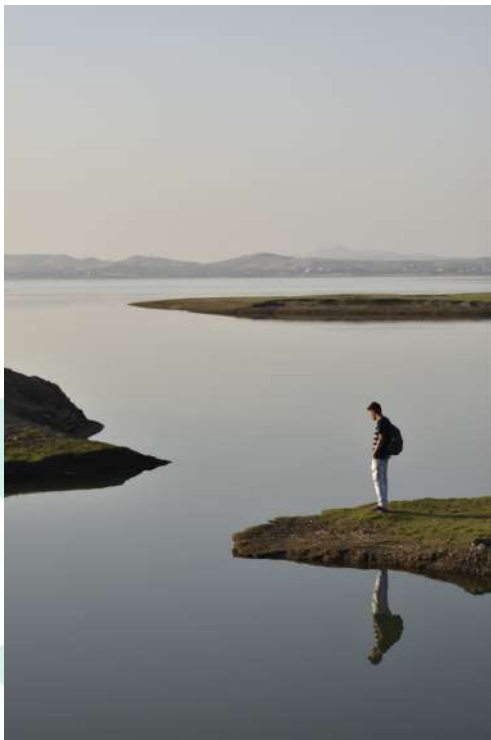


Deepti Makhija (TYBPTTh)

PHOTOGRAPHY



Saudamini Karnani (TYBPTTh)
1st prize in Photography Competition



Shreya Kataria (FYBPTTh)
2nd prize in Photography Competition



Tanaya Sapre (FYBPTTh)
2nd prize in Photography Competition



Dr. Farheen Patel (PT)



Dr. Franny Nathani (PT)



Pranjal Banawalikar (Fourth BPTTh)



Prathmesh Kothari (SYBPTTh)



CLASS PHOTOGRAPHS



First Year BPTTh



Second Year BPTTh

CLASS PHOTOGRAPHS



Third Year BPTTh



Final Year BPTTh

CLASS PHOTOGRAPHS



First year MPT



Second Year MPT



COVID MYTH BUSTERS

1. People should not wear masks while exercising as the sweat can make the mask become wet and cause difficulty in breathing and also promote the growth of microorganisms.
2. Vitamin and mineral supplements such as Vitamin C and D, and Zinc are critical for a well-functioning immune system.
3. It is safer to frequently clean your hands than to wear gloves, as there is an increased risk of transferring germs from one surface to another and contaminating your hands while removing the gloves.
4. 5G does not spread SARS-Cov-2. Viruses cannot travel through radio waves/mobile towers.
5. Drinking alcohol does not reduce risk of COVID-19 infection.
6. Spraying and introducing bleach or any other disinfectant into your body will not protect you against COVID-19 and it can be dangerous.
7. The prolonged use of a surgical mask, when worn properly, does not cause carbon dioxide intoxication or oxygen deficiency.
8. Consuming garlic and sesame seeds will not protect against coronavirus.
9. Ultraviolet disinfection lamps will not kill coronavirus.
10. Vaccine provides immunity against the virus. It does not prevent one from getting the infection but reduces the complications of it.
11. A minimum of 14 days should be the period of interval between COVID-19 vaccine and a vaccine for another disease.
12. No evidence has been found that the vaccine causes sterilization in women.
13. Coronavirus can survive in hot climates.
14. A pneumococcal vaccine does not prevent COVID-19 infection.
15. COVID-19 cannot be transmitted through mosquito bite.
16. Thermal scanners can detect only the body temperature and not the presence or absence of COVID-19 infection.
17. COVID-19 is caused by a virus and not bacteria.
18. Hand dryers are not effective against COVID-19.
19. A mask should be worn even after vaccination, as no evidence has been found yet about discontinuing mask use post-vaccination.
20. A person who receives COVID-19 vaccine does not need to quarantine himself for 14 days as the vaccine does NOT contain live coronavirus.
21. COVID-19 can't be treated solely with anticoagulants like Aspirin. They are given if infection is moderate to severe, to prevent clot formation as was seen in a few cases.
22. Applying pepper in your nose does not cure COVID-19. It will cause burning of the nasal mucosa (the surface lining the insides of your nose).
23. Consumption of properly cooked non-vegetarian food does not lead to COVID-19 infection.
24. Common allergies like peanut allergies, lactose intolerance, etc. do not hamper you from taking the vaccine.



COURTSEY

Caricature Courtsey - Aarya Lohokare (TYBPTh)
Front Page Courtsey - Ketaki Shingre (Final BPTh)
Siddhi Kothari (FYBPTh)



 **sancheti**
Healthcare Academy

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INSPIRING EXCELLENCE!!***

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