

Maharashtra University of Health Sciences, Nashik
Inspection Committee Report for Academic Year 2025 - 2026
Webinar / Workshop/ CME/ Activities/ Perform in Last One Year.

Faculty: Allied Health Sciences

**Name of the College / Institute:- Sancheti Institute for Orthopaedics & Rehabilitation,
College of Physiotherapy, Pune**

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

Sr No	Details of Webinar / Workshop/ CME/ Activities/ Preform
	Details Attached



Dr. Apurv Shimpi
Principal

Maharashtra University of Health Sciences, Nashik

Webinar/Workshop/CME/activities performed in AY 2024 – 25

Faculty : **Physiotherapy**

Name of the college : **Sancheti Institute for Orthopaedics & Rehabilitation College of Physiotherapy, Pune**

Sr. no	Webinar/Workshop/CME/activities performed in AY 2024 – 25	Date	Details
1	3 D Biomechanical Assessment & Diagnostics for lumbo-pelvic hip complex	16 th Feb 2024	Dr. Kruti Khemani
2	Resistance band training	16 th Feb 2024	Dr. Luqmann Shaikh
3	Blood flow restriction therapy in rehab	16 th Feb 2024	Dr. Sona Kolke, Dr. Darshita Narwani
4	Robotic hard training & immersive VRT	16 th Feb 2024	Dr. Prajakta Joshi
5	Gym ball training for physiotherapy	16 th Feb & 24 th Feb 2024	Dr. Apurv Shimpi
6	Electrodiagnosis using EMG, NCV	18 th Feb 2024	Dr. Radha Bhattad
7	Mulligan manual therapy in sports	18 th Feb 2024	Dr. Kiran Satpute
8	Yoga for training respiratory muscle	18 th Feb 2024	Dr. Prajakta Sahasrabudhe
9	Athletic shoulder rehabilitation	18 th Feb 2024	Dr. Padmanabhan Sekaran
10	Taping in sports	18 th Feb 2024	Dr. Anand Gangwal
11	Advances function in electrical stimulation	18 th Feb 2024 & 2 nd March 2024	Dr. Vaishnavi Ajjewdiermath
12	Masterclass in scapula assessment in rehab	18 th Feb 2024	Dr. Ajit Dabholkar
13	Blood flow restriction therapy	6 th July 2024	Dr. Sona Kolke, Dr. Darshita Narwani
14	Task specific training in neuro rehab	6 th July 2024	Dr. Gajanan Bhalerao
15	Competency based curriculum in Physiotherapy	8 th June 2024	Dr. Gaurang Baxi, Dr. Suvarna Ganvir
16	Qualitative research	2 nd & 3 rd Aug 2024	Dr. Ketaki Mujumdar
17	Hands on WS on lymphoedema mx	29 th & 30 th Nov 2024	Dr. Anuradha Daptardar, Dr. Ajeeta Kulkarne
18	Clinoquium	13 th July 2024	Inter college event focussing on assessment & mx of patient
19	Sanvad	5 th Oct 2024	Inter college debate competition




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Sancheti Institute For Orthopaedics and Rehabilitation College of Physiotherapy

Physio Tv Talks

1	Dr. Altaf Warid	Management of Carpal Tunnel Syndrome	Webinar	Dr. Sona Kolke	6th January 2024	https://youtu.be/6pMGMV1Vep4?si=anNy_20y0VA4IRbl
2	Dr. Bhakti Khandediya	Physiotherapy Management of Carpal Tunnel Syndrome	Webinar	Dr. Sona Kolke	7th January 2024	https://youtu.be/-tZOP32XG7u?si=JWgkyMnyJKWNkf
3	Dr. Prachita Dugad	Direct & Indirect measures of Body Composition	Little Masters		13th January 2024	https://youtu.be/D11Yq4GYw7si-Y6jLkRWBpMinwpc
4	Dr. Shreya Dhake	Prehabilitation of Patients Awaiting Lung Transplant	Webinar	Dr. Prajakta Sahasrabudhe	13th January 2024	https://youtu.be/_DfCn8q9bfa?si=Fa0R4khiNocryUda
5	Dr. Arpita Kulkarni	Physiological Changes in Cardiovascular System with Aging	Little Masters		20th January 2024	https://youtu.be/Q8FEFwYyod4?si=d332DD6B4X855yQ
6	Dr. Reema Joshi	Pelvic Floor Dysfunction and Physiotherapy	Webinar	Dr. Farheen Patel	21st January 2024	https://youtu.be/gUfmgN0mYc3mbiFpNKYcD5Rqds5
7	Dr. Mahadevi Patil	Responses & Adaptations of Cardiovascular System to Exercise & Training	Little Masters		27th January 2024	https://youtu.be/EntNe_X499M7si-UzryyZTb8RZLcF
8	Dr. Shilpa Chaudhari	Screening for Routine Exercise Regime during ANC - An Indian Perspective	Webinar	Dr. Suroshree Mitra	28th January 2024	https://youtu.be/gfsSIIHwYLTk?si=xkoQ5wqzZhhY0G3IQ
9	Dr. Rutuja Waghumbare	Risk Factors	Little Masters		3rd February 2024	https://youtu.be/05eyKKuB90?si=t2SCmbiAuh9xG7I
10	Dr. Ajay Kothari	Recent Advances in Spine Surgery Part 1	Webinar	Dr. Ravinder Kaur	4th February 2024	https://youtu.be/4fMHSTbYr7?si=tDVQp2Ar72Ys1dL
11	Dr. Ajay Kothari	Recent Advances in Spine Surgery Part 2	Webinar	Dr. Ravinder Kaur	10th February 2024	https://youtu.be/cowp890bacs?si=ulJjyeyg88KXWXPY
12	Dr. Ravinder Kaur (PT)	Postoperative Rehabilitation following Cervical & Lumbar Spine Surgery	Webinar	Dr. Sona Kolke	11th February 2024	https://youtu.be/AOhGmTzWp8?si=B5Bic2oXJRkVFlu
13	Dr. Ria Gondhali (PT)	Dry Powder Inhalers	PhysioTV Classroom		20th February 2024	https://youtu.be/pwU0f0iQ?si=MEXRCEmTN7z_44x
14	Dr. Sandesh Sakpal	Neuroanatomy & Neuroimaging for Physiotherapy Students	Webinar	Dr. Raksha Satdeve	20th February 2024	https://youtu.be/gMyc33mlto?si=h8a7G6mbvZ0vHnI
15	Dr. Priyanka Nikhare	Benefits of Exercise and Exercise Advocacy in Common Population	Little Masters		24th February 2024	https://youtu.be/CCHL5iWateA?si=ohF8CpP6P_RJt2_
16	Dr. Shimaz Khan	ICU Monitoring	Webinar	Dr. Ria Gondhali	25th February 2024	https://youtu.be/20si-6Uj6D?si=y4fRg3yTulceRbSi
17	Dr. Kailash Patil	Arthritis and Total Knee Replacement	Webinar	Dr. Pavandeep Kaur Sabherwal	2nd March 2024	https://youtu.be/TD34wBudy3A?si=KYR3iFCwdWOYp4Fy
18	Dr. Pavandeep Kaur Sabherwal	Arthritis and Total Knee Replacement Rehabilitation	PhysioTV Classroom		3rd March 2024	https://youtu.be/jb0k7nYK7KU2?si=pl9VHoEmixE33Atm
19	Dr. Truptee Parckh	Physiological Changes with Aging - Respiratory System	Little Masters		9th March 2024	https://youtu.be/gB0TO?si=T47si=J8N6jXEzASj8sdcn
20	Dr. Mudita Chavan	Diaphragm Structure & Function	PhysioTV Classroom		10th March 2024	https://youtu.be/RB9m0ZROSME?si=waCkxT6KPL7W216J
21	Dr. Juwayriah Dalvi	Beyond Physiotherapy: Exploring Alternate Career Paths	Webinar	Dr. Mudita Chavan	16th March 2024	https://youtu.be/_CTub7S5j?si=ZRLyZbu9FRILHb
22	Dr. Apurv Shimpi	Working Hard or Hardly Working	PEP Talk	Dr. Sona Kolke	17th March 2024	https://youtu.be/wN8s5VnO2?si=jpPcqm6NJY9N-X6
23	Dr. Venu Mohan	Application of Interferential Currents	PhysioTV Classroom		23rd March 2024	https://youtu.be/3Yn2vedAjI
24	Dr. Barkha Nathani	Flexibar	Little Masters		25th March 2024	https://youtu.be/YIE541PiQc0
25	Dr. Siddhanth Sawant	Classification & Biomechanics of the Skeletal Muscles Part - 1	PhysioTV Classroom		30th March 2024	https://youtu.be/5z2N1EmLb4?si=A3d6yiKKP8X232q2
26	Dr. Siddhanth Sawant	Classification & Biomechanics of the Skeletal Muscles Part - 2	PhysioTV Classroom		31st March 2024	https://youtu.be/Z7zeO657ays2?si=jNalS90MR_nar249
27	Dr. Aditi Ketkar Berry (PT)	ABCs of Aerobic Exercises Part - 1	Webinar	Dr. Farheen Patel	6th April 2024	https://youtu.be/jUk4BmCVrY?si=YoKq8KrdJhMLHmU
28	Dr. Dharmang Vyas (PT)	Anatomy Integrated Biomechanics for Shoulder Joint Part -1	Webinar	Dr. Sona Kolke	7th April 2024	https://youtu.be/KGR0Z7RkaV4?si=j8Ch7ShiUuDUul44
29	Dr. Aditi Ketkar Berry (PT)	ABCs of Aerobic Exercises Part - 2	Webinar	Dr. Farheen Patel	13th April 2024	https://youtu.be/fintDwaibaS1?si=R4h09rZwfbA7rh
30	Dr. Dharmang Vyas (PT)	Anatomy Integrated Biomechanics for Shoulder Joint Part - 2	Webinar	Dr. Sona Kolke	14th April 2024	https://youtu.be/EGsVWQsv-g8?si=NfE21ymnBfAuS_VA
31	Dr. Alisha Memon (PT)	Choosing a Research Topic	PhysioTV Classroom		20th April 2024	https://youtu.be/dDwEdjG70VE?si=0_Si5SnIS09Tluc
32	Dr. Supriya Joshi (PT)	Being a Physiopreneur Part-1	Webinar	Dr. Vedant Ballal (PT)	21st April 2024	https://youtu.be/4zeQwvDNEl?si=7bM3Pchdn5ku06
33	Dr. Amruta Ekbote (PT)	Anatomy and Physiology of Spinal Cord Part-1	PhysioTV Classroom		4th May 2024	https://youtu.be/-E1arFvUqsE?si=mxwt6oL5Pmhid8-a
34	Dr. Supriya Joshi (PT)	Being a Physiopreneur Part-2	Webinar	Dr. Vedant Ballal (PT)	5th May 2024	https://youtu.be/Od6ardXs9L?si=3Egy7e9jQuilEFk
35	Dr. Amruta Ekbotc (PT)	Anatomy and Physiology of Spinal Cord Part-2	PhysioTV Classroom		11th May 2024	https://youtu.be/w44QwZtmMLU?si=q9kUclPP7ABZw09
36	Dr. Kiran Shanbhogue (PT)	Embracing Humility: Vital Role of 'I Don't Know' in Physiotherapy Practice	PEP Talk	Dr. Suroshree Mitra (PT)	12th May 2024	https://youtu.be/YmKSPmM5K?si=h1LlEiSAIG7JR5ZP
37	Dr. Sibi Daniel Joseph (PT)	Clinical Prediction Rules in Musculoskeletal Rehabilitation Part-1	Webinar	Dr. Barkha Nathani (PT)	18th May 2024	https://youtu.be/4u3Jua9maWM?si=pT99vQUipU_gK-S
38	Dr. Sibi Daniel Joseph (PT)	Clinical Prediction Rules in Musculoskeletal Rehabilitation Part-2	Webinar	Dr. Barkha Nathani (PT)	19th May 2024	https://youtu.be/4u3Jua9maWM?si=YkBSLHsKzX2mZx
39	Dr. Aditee Mangaonkar (PT)	Hand Deformities in Rheumatoid Arthritis	Little Masters		25th May 2024	https://youtu.be/OZ4ILXazVA4?si=SqU4nG_2QF8iQRB


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40	Dr. Anup Bhat (PT)	Promoting Pulmonary Rehabilitation to Reality in India Part-1	Webinar	Dr. Suroshree Mitra (PT)	26th May 2024	https://youtu.be/IsRVsc816Qg?si=PqGVD2FGM0y04Q6h
June 2024						
41	Dr. Tanvi Dhavale (PT)	Theories of Pain	Little Masters		1st June 2024	https://youtu.be/kPbzTf4Cf6w?si=IGnSjLZKkKub2ug
42	Dr. Anup Bhat (PT)	Promoting Pulmonary Rehabilitation to Reality in India Part-2	Webinar	Dr. Suroshree Mitra (PT)	2nd June 2024	https://youtu.be/B15hg396qUY?si=L_g4_JdFLs2NjN86l
43	Dr. Harshita Agrawal (PT)	Foam Rolling	Little Masters		8th June 2024	https://youtu.be/0W5DgGEGFgA?si=hrFWaQ55bRrlw7d-
44	Dr. Farheen Patel (PT)	Health & Disease: Definition, Dimensions & Determinants of Health	PhysioTV Classroom		9th June 2024	https://youtu.be/xJdEdwSXIQ?si=n05jFg7cZ3R2xzrEK
45	Dr.Suroshree Mitra(PT)	Ergonomic Risk Management and Bioinstrumentation	PhysioTV Classroom			https://youtu.be/8JbCbs3uQA?si=7z0mYpM9Qazd--gY
46	Dr.Suroshree Mitra(PT)	Ergonomic Risk Management and Work Hardening	PhysioTV Classroom			https://youtu.be/DMj9iL6BSak?si=PBex3YWinenJfAcCIZ
47	Dr.Ankita Duda(PT)	Thoracic Outlet Syndrome	Little Masters			https://youtu.be/pZNNiqofdA8?si=PFZHSdNR-00H0UyP
August 2024						
48	Dr.Shruti Mohod(PT)	Cervical Spine:Outcome Measures	Little Masters		30 Aug 2024	https://youtu.be/zleOnFOxysQ?si=hKCwDzjPiXcFqOy9
49	John Gloster	Athletes or Assests-Part 1	Scientifica Archives	Dr.Kruti Khemnani(PT)	24 Aug 2024	https://youtu.be/EZ6guBngnCe?si=v4A_RANcHXDQg5pE
50	Dr.Apurva Jadhav(PT)	Falls in Elderly :Risk factors and Assessment Tools-Part 1	Webinar	Dr.Shivani Chutke(PT)	16 Aug 2024	https://youtu.be/TDX6scm4Mg?si=MCOGduQ1dDmSN5E5
51	Dr.Apurva Jadhav(PT)	Falls in Elderly :Risk factors and Assessment Tools-Part 2	Webinar	Dr.Shivani Chutke(PT)	17 Aug 2024	https://youtu.be/jkZaG9-PNAo?si=vjWLVcOsva_TAUFn
52	Dr.Prajakta Sahasrabudhe(PT)	Pateint Positioning in respiratory dysfunctions	PhysioTV Classroom		9 Aug 2024	https://youtu.be/f4_mM-lAd0?si=ssTqOngFHgaMHf9B
53	Dr.Pooja Patel(PT) & Dr.Maitri Shukla(PT)	Ergonomics and Employee well-being-Part 1	Webinar	Dr. Amruta Ekbote(PT)	2 Aug 2024	https://youtu.be/5kQnLkPZcCs?si=YDn42nHGwnt02QfG
54	Dr.Pooja Patel(PT) & Dr.Maitri Shukla(PT)	Ergonomics and Employee well-being-Part 2	Webinar	Dr. Amruta Ekbote(PT)	3 Aug 2024	https://youtu.be/3SeK-UUuIQdY?si=CTab8alaByi6Kt2s
September 2024						
55	Dr.Apurv Shimpi(PT)	Routine Physiotherapy for back pain and Spinal Neuro Rehabilitation-Part 1	Webinar			https://youtu.be/hzqh7G3mgJo?si=FcPvyaNrPCGcIRLe-
56	Dr.Apurv Shimpi(PT)	Routine Physiotherapy for back pain and Spinal Neuro Rehabilitation-Part 2	Webinar			https://youtu.be/eA7Rrp-SjX0?si=XHRvshiaHlevdAe7
57	Dr.Shivani Chutke(PT)	PhysioTV- PhysioBrain Quiz Pre qualifiers group 1		Dr.Shivani Chutke(PT)	12 sept 2024	https://youtu.be/pHAQD4vwyRw?si=N0jytUuv_NGik2QR
58	Dr.Shivani Chutke(PT)	PhysioTV- PhysioBrain Quiz Pre qualifiers Group 2		Dr.Shivani Chutke(PT)	14 Sept 2024	https://youtu.be/05jnmxf0Tg?si=q8Ov1uXpKe1a5ndr
59	Dr.Shivani Chutke(PT)	PhysioTV- PhysioBrain Quiz Pre qualifiers Group 3		Dr.Shivani Chutke(PT)	15 sept 2024	https://youtu.be/cn4SDiQ075Q?si=SnHBCizAW1DzQd-i
60	Dr Amruta Ekbote (PT)	PhysioTV- PhysioBrain Quiz PreQualifiers Group 4		Dr Amruta Ekbote (PT)	20 sept 2024	https://youtu.be/hzqg-4k5Y_c?si=KwR66S50a_H9Zak
61	Dr.Shivani Chutke(PT)	PhysioTV- PhysioBrain Quiz Finale		Dr.Shivani Chutke(PT)	21 sept 2024	https://youtu.be/P53OS4N9ySY?si=akkiA17cxFg3eXI
62	Dr.Apurv Shimpi(PT)	PhysioTV- Routine PT for Back Pain & Spinal Neuro Rehabilitation- Part 1 by D	Webinar	Dr.Apurv Shimpi(PT)	28 sept 2024	https://youtu.be/bzqh7G3mgJo?si=Md52LkR-No3YXLDS
63	Dr.Apurv Shimpi(PT)	PhysioTV- Routine PT for Back Pain and Spinal Neuro Rehabilitation- Part 2 by	Webinar	Dr.Apurv Shimpi(PT)	29 sept 2024	https://youtu.be/eA7Rrp-SjX0?si=ncEeO-yV9pKWx8_r
October 2024						
64	Dr.Alisha Memon(PT)	Sampling Techniques	PhysioTV Classroom		25 Oct 2024	https://youtu.be/85GpsKtLqnA?si=qm_xWjPnnOCiOM3Y
65	Dr.Anagha Kadam(PT)	Differential Diagnosis for Knee Pain-Part 1	PhysioTV Classroom		19 Oct 2024	https://youtu.be/SDRXbPcrlc?si=gexckpG1_fYDdsE-
66	Dr.Anagha Kadam(PT)	Differential Diagnosis for Knee Pain-Part 2	PhysioTV Classroom		20 Oct 2024	https://youtu.be/UoikSLhEYfo?si=CQmz-rJkFzkn93E
67	Dr.Alisha Memon(PT)	Scales of Measurements	PhysioTV Classroom		26 Oct 2024	https://youtu.be/92u2DujSXXo?si=3jWZujly4k9HlyMM
November 2024						
68	Dr.Yuva Ranghava(PT)	Pain mechanisms in Kneec Osteoarthritis and implications for Rehabilitation -Part 1	Webinar	Dr.Sona Kolke(PT)	30 Nov 2024	https://youtu.be/7ed87H1toI_8?si=-CaYvxNNFHMkWAva
69	Dr.Nupur Jadhao (PT)	Integrated Neuromuscular Inhibition Technique	PhysioTV Classroom			https://youtu.be/DUyE4Ftlwq?si=PsjmVHtr-TSXZT
70	Dr.Vijaykumar(PT)	Functional Asesment for Knee and Ankle Part-1	Webinar	Dr.Sona Kolke(PT)	15 Nov 2024	https://youtu.be/Tqy-IRGPfHU?si=Fi9vgolar1jyc0N
71	Dr.Vijaykumar(PT)	Functional Asesment for Knee and Ankle Part-2	Webinar	Dr.Sona Kolke(PT)	16 Nov 2024	https://youtu.be/drE6M5JygnI?si=d5Fafng6NE3W0sNT
72	Dr.Riya Surti(PT)	Introduction to Hydrotherapy-Part 2	Little Masters		1 Nov 2024	https://youtu.be/rXVvq6H5k?si=SjyNAoS0iemSMwE
73	Dr.Riya Surti(PT)	Introduction to Hydrotherapy-Part 1	Little Masters		2 Nov 2024	https://youtu.be/N75CqY7VMKlU?si=EDV_mwROSnxFuWGR
74	Dr.Nupur Jadhao (PT)	PhysioTV- Integrated Neuromuscular Inhibition Technique by Dr. Nupur Jadhao (H	Webinar		29 Nov 2024	https://youtu.be/DUyE4Ftlwq?si=HjPfyTUSiA1DwT
December 2024						

75	Dr.Prachita Dugad(PT)	Direct and Indirect measurements of Body Composition	Little Masters			https://youtu.be/sDjYq4GYjw?si=jYBvReW(Yi7D0GK4
76	Dr.Dhruv Dave,PhD(PT)	Caregivers Perspective :Personal Stories And My Journey Part-2	Webinar	Dr.Farheen Patel(PT)	28 Dec 2024	https://youtu.be/soWBqUONK9M?si=exGqbulgdW_oMuSg
77	Dr.Dhruv Dave,PhD(PT)	Caregivers Perspective :Personal Stories And My Journey Part-1	Webinar	Dr.Farheen Patel(PT)	27 Dec 2024	https://youtu.be/XKoxOmdOoF1?si=VAUO0JsOafidOABpw
78	Dr.Saumen Gupta(PT)	Where does India Stand:The Role of PT Part-1	Webinar	Dr.Shivani Chutke(PT)	20 Dec 2024	https://youtu.be/9HJSTUUnEK6YI?si=hqVxXzjsD-RpHd8a
79	Dr.Saumen Gupta(PT)	Where does India Stand:The Role of PT Part-2	Webinar	Dr.Shivani Chutke(PT)	21 Dec 2024	https://youtu.be/4OaIiSw75ZG8?si=aY3ef1HyrqssTL
80	Dr.Asha Shaikh (PT)	Employment Sports and Recreation for PWD's	Webinar	Dr.Farheen Patel(PT)	14 Dec 2024	https://youtu.be/XSlnCJumH-A?si=LjLnsNhb34Ar76I7
81	Dr.Seema Saini(PT)	Role of Cognitive Function in Chronic Low Back Pain Part-1	Webinar	Dr.Sona Kolke(PT)	13 Dec 2024	https://youtu.be/sUPXR2tNLp4?si=J9SL2mYblhyieR
82	Dr.Yuva Ranghava(PT)	Pain mechanisms in Knee Osteoarthritis and implications for Rehabilitation -Part 3	Webinar	Dr.Sona Kolke(PT)	7 Dec 2024	https://youtu.be/qWuarZuh1jk?si=LswNlpE-d2MDyiMV
83	Dr.Yuva Ranghava(PT)	Pain mechanisms in Knee Osteoarthritis and implications for Rehabilitation -Part 2	Webinar	Dr.Sona Kolke(PT)	6 Dec 2024	https://youtu.be/sUm368OyUPc?si=SIVONQV8REs2HCOP



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Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Extension Activities Committee

Annual Report 2024

Sr. No.	Activity	Date of Conduction	Beneficiaries	Participants
1	MI Junior Cricket Tournament	29 th January- 09 th February, 2024	83	4 Interns 3 MPTs
2	MMF Wai Satara Camp	30 th January, 2024	43	2 MPTs
3	IRC Medical Camp	6 th - 7 th February, 2024	20	2 Interns
4	JITO event	29 th February, 2024	8	2 MPTs
5	Free Brain & Spine Consultation Camp, Wai	6 th March, 2024	132	2 MPTs
6	ANC & PNC Camp	13 th – 14 th March, 2025	55	4 MPTs
7	Swatchh Bharat Abhiyaan	17 th March, 2024		96 BPTs
8	Neuro Camp, Dhankawadi	18 th March, 2024	58	1 Intern
9	Orthopedic free, Gangadham	21 st April, 2024	51	1 MPT
10	Orthopedic Camp, Alpha Wave	24 th April, 2024	29	2 MPTs
11	All India Football Championship	1 st May, 2024	12	1 MPT
12	Orthopedic Camp, SIOR	1 st May, 2024	17	2 Interns
13	Suzlon Company Camp, Hadapsar	17 th May, 2024	29	1 MPT
14	Orthopedic Camp, Girvi	28 th April, 2024	66	2 Interns
15	Orthopedic Camp, Epitome, Ahmednagar	22 nd May, 2024	34	1 MPT
16	Yoga Day Celebration	19 th June, 2024	22	3 MPTs
17	Fitness assessment & bone health camp	22 nd June, 2024	35	14 MPTs 16 BPTs
18	International Yoga day celebration, Bibvewadi	23 rd June, 2024		16 MPTs 6 BPTs
19	Free Orthopaedic Camp, Wagholi	25 th August, 2024	62	2 MPTs
20	Free Fitness Camp	10 th September, 2024	475	125 (Both BPTs & MPTs)
21	Free Orthopedic checkup & surgical camp	21 st - 22 nd September, 2024	53	2 MPTS

22	Orthopedic camp, Indapur & Akluj	21 st - 22 nd September, 2024	119	2 MPTS
23	Ahmednagar OPD camp	25 th September, 2024	38	1 MPT
24	World Heart Day Camp	30 th September, 2024	93	12 MPTs 43 BPTs
25	CP Day camp	6 th October, 2024	33	12 MPTs
26	Orthopedic camp, Ranjangaon	9 th October, 2024	53	2 MPTS
27	Arthritis Day Camp	11 th October, 2024	21	10 MPTs 14 BPTs
28	Arthritis Day Camp	14 th October, 2024	41	11 MPTs
29	World Osteoporosis Day	19 th October, 2024	30	2 MPTS
30	Orthopedic camp, Ambejogai & Parbhani	16 th - 17 th November, 2024	175	2 MPTS
31	Geriatric camp, MMF	14 th December, 2024	55	2 MPTS

Dr. Twinkle Kundnani (PT)
Coordinator
Extension Activities Committee

Dr. Suroshree Mitra (PT)
Chairperson
Extension Activities Committee

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



sancheti College of Physiotherapy

11/12, Thube Park, Shivajinagar, Pune - 411 005.
(Id No. PU / PN / Physio / 122 / [1997])
(Id No. MUHS / 121)

Direct : 020 - 25539393
Tele Fax : 020 - 25539494
E-mail : sancheticop@sha.edu.in

Tel. No. : 020 - 27999999,
28999999
Extn. : 9411 / 9412 / 9413

Extension Activities Committee

Ref No: SCOP/Ext act/ /2024

Date:24/04/2024

Kindly note that Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Extension Activities Committee along with Rotaract

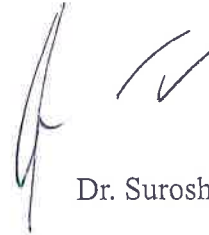
Club of Sancheti Healthcare Academy, is arranging a Swatchh Bharath at FC hills at 7:00 am for a cleanliness drive.. The camp will start at 10am. The UG batch and PG batch students volunteers will be attending the activity.



Dr. Twinkle Kundnani (PT)

Coordinator

Extension Activities Committee



Dr. Suroshree Mitra (PT)

Chairperson

Extension Activities Committee



Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

ACADEMIC WING OF HASTIMAL SANCHETI MEMORIAL TRUST
www.sha.edu.in/sicop

Sancheti Institute for Orthopaedics and Rehabilitation, College Of Physiotherapy

Swatchh Bharat Plogging Drive – Report

Date- 17th March 2024

Event- On 17th March 2024, about a 100 students and faculty from SIORCOP joined the Pune Ploggers in collaboration with the Rotaract Club of Sancheti Healthcare Academy at FC hills at 7:00 am for a Cleanliness drive. The event began by an introduction about the Pune Ploggers followed by a few instructions about what to collect in the bags and what to not. The Students were given gloves and masks and asked to distribute themselves around the area to collect plastic waste and glass bottles. The students enthusiastically collected about 30 bags of plastic and more than 204 kg of glass bottles in one and a half hour. The event concluded by a doubt solving session and vote of thanks by Dr. Ria Gondhali (PT) and Rtr. Sakshi Agrawal from final year.

FLYER FOR THE EVENT







ROTARACT CLUB OF SANCHETI HEALTHCARE ACADEMY in collaboration with **PUNE PLOGGLER'S**
"PLOGGING, THE SWACCH JOGGING 2.0 III"





an IQAC initiative



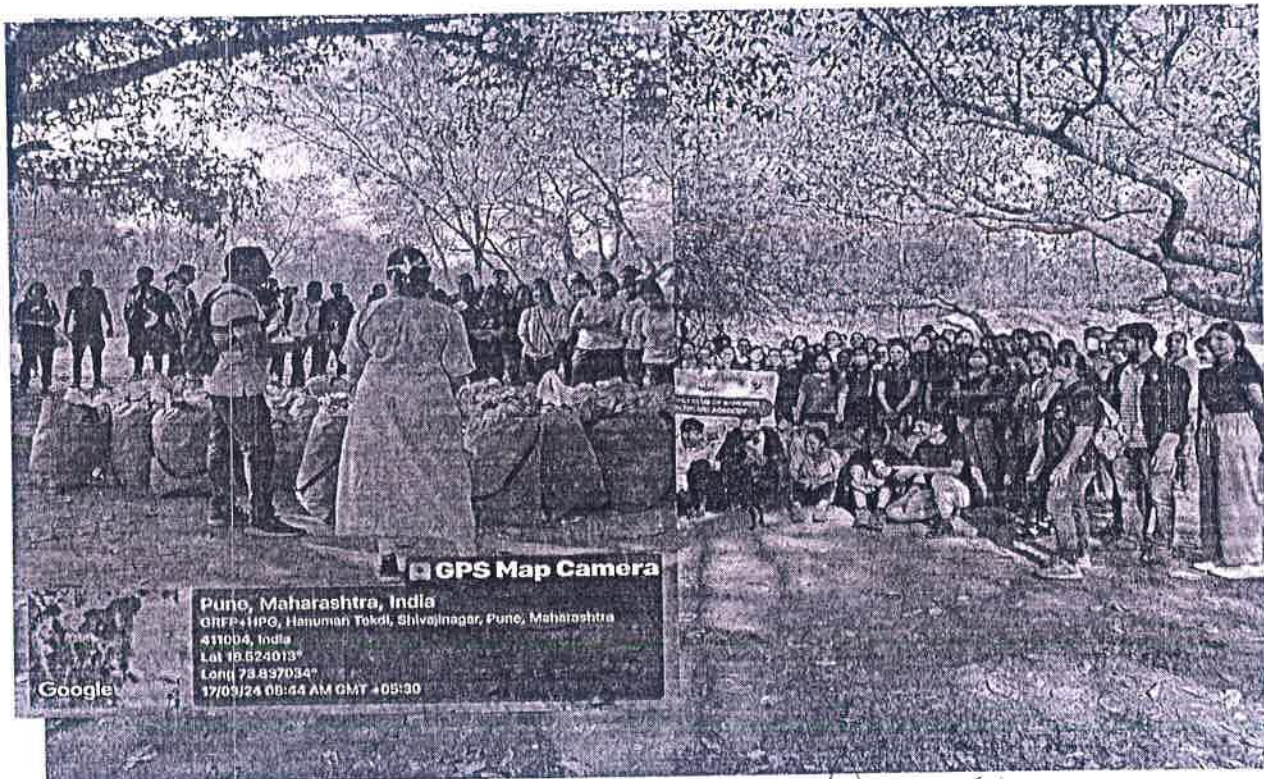


Day: 17th March, 2024
 Venue: FC Hills
 Time: 6:45-10 am

Principal and Professor
 Sancheti Institute College of Physiotherapy
 Pune - 411005



PHOTOS FROM THE EVENT



Twinkle Kundnani
 Dr. Twinkle Kundnani (PT)
 Coordinator

Extension Activities Committee

Suroshree Mitra
 Dr. Suroshree Mitra (PT)
 Chairperson

Extension Activities Committee



[Signature]
 Principal and Professor
 Sancheti Institute College of Physiotherapy
 Pune - 411005

08
128

Sancheti Institute for Orthopaedics & Rehabilitation College of Physiotherapy, Pune

Extension activity: Swatchh Bharat Plogging Drive

Date: 17th March 2024

Venue: Fergusson College hills (Hanuman tekdi)

Sr. No.	Name of the student	Year	Signature
1	Peiyal Mohata	1 st year	<i>Peiyal</i>
2	Yogini Rathi	— —	<i>Yogini</i>
3	Parth Gayakwad	— —	<i>Parth</i>
4	Mohak Maloo	— —	<i>Mohak</i>
5	Stavan Gavit	— —	<i>Stavan</i>
6	Peeranav Nikam	— —	<i>Peeranav</i>
7	Dhruv Raval	— —	<i>Dhruv</i>
8	Megha Kirsur	— —	<i>Megha</i>
9	Rashi Agarwal	— —	<i>Rashi</i>
10	Juni prajapati	— —	<i>Juni</i>
11	khushi agarwal	— —	<i>khushi</i>
12	vedika sonawane	— —	<i>Vedika</i>
13	Pushtkar Tatiya	— —	<i>Pushtkar</i>
14	Samiksha Agardal	— —	<i>Samiksha</i>
11	Mukta Patil	— —	<i>Mukta</i>
12	Pratiksha Gore	— —	<i>Pratiksha</i>
13	Kanchan Mukke	— —	<i>Kanchan</i>
14	Arpita Daware	— —	<i>Arpita</i>
15	Bhavana Jadhav	— —	<i>Bhavana</i>
16	Pearl Ferrao	— —	<i>Pearl</i>
17	Shawari Sonawane	— —	<i>Shawari</i>
18	Nandeeri Agardal	— —	<i>Nandeeri</i>
19	Radhika Deshmukh	— —	<i>Radhika</i>
20	Riya Koli	— —	<i>Riya</i>
21	Janhavi Patil	— —	<i>Janhavi</i>
22	Mangala Achadkar	— —	<i>Mangala</i>

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Pune - 411005



23.	Anisha Agarwal	1 st year	Anisha
24.	Manasi Chavan	— —	Manasi
25.	Subani Kanhere	— —	Subhani
26.	Mansi Pakulwad	— —	Mansi
27.	Deepashri Sarvankar	— —	DSS
28.	Ankita Pandurang Made	— —	Ankita
29.	Komal Pramod Limale	— —	Komal
30.	Mehak P. Singh	— —	Mehak
31.	Tanvi. Thatkar	— —	Tanvi
32.	Kalyani V. Waware	— —	Kalyani
33.	Aditi Rathod	— —	Arathod
34.	PRIYA. DAIYA	— —	Priya
35.	Sameya Misrey	— —	S
36.	Isha Patil	— —	Isha
37.	Siya Chalke	— —	Siya
38.	Tejas Jain	— —	Tejas
39.	Siddhi Doshi	— —	Siddhi
40.	Samudhdi Pawar	— —	Samudhdi
41.	Tanaya Sapre	4 th year	Tanaya
42.	Arushi Pandeshi	— —	Arushi
43.	Bhakti Dedhia	— —	Bhakti
44.	Kinnari Gala	— —	Kinnari
45.	Jigyasa Dassani	— —	Jigyasa
46.	Sakshi Agarwal	— —	Sakshi
47.	Dhruvika Pachisia	— —	Dhruvika
48.	Siddhali Dhargalkar	— —	Siddhali
49.	Shardul Gadre.	Intern	Shardul



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Pune - 411005

Sancheti Institute for Orthopaedics & Rehabilitation College of Physiotherapy, Pune

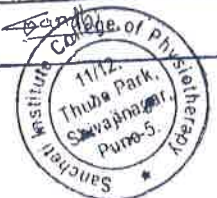
Extension activity:


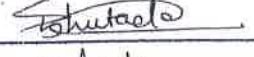
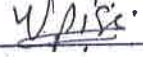

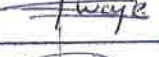
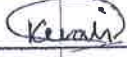

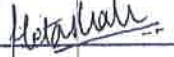


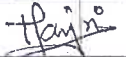
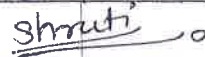
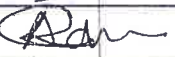
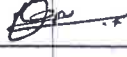
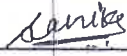


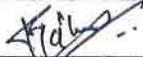

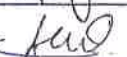
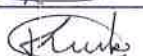
Date:

Venue:

Sr. No.	Name of the student	Year	Signature
1.	Sanskṛuti Taju	SYBPTH	
2.	Ishita Keswani	SYBPTH	
3.	Vaishnavi Solanke	SYBPTH	
4.	Rashi Hirani	SYBPTH	
5.	Khushi Lahoti	SYBPTH	
6.	Arya Kardile	SYBPTH	
7.	Vinayak Kardile Khilare	SYBPTH	
8.	Rushiprasad Joshi	SYBPTH	
9.	Akshata Kamath	SYBPTH	
10.	Akhilesh Charke	SYBPTH	
11.	Kaushal Anawalikar	SYBPTH	
12.	Junaid Shaikh	SYBPTH	
13.	Nandan Biyani	SYBPTH	
14.	Yash Palkar	SYBPTH	
15.	Himanshu Tarale	SYBPTH	
16.	Adwait Mainkar	SYBPTH	
17.	Prachi Gaba	SYBPTH	
18.	Prachi Mandi	SYBPTH	
19.	Siddhi Karnavat	SYBPTH	
20.	Swati Agrawal	SYBPTH	
21.	Nayan Dalvi	SYBPTH	
22.	Rajashree Shinde	SYBPTH	
23.	Sambodhi Dhane	SYBPTH	
24.	Samruddhi Gadekar	SYBPTH	
25.	Shreya Pathak	SYBPTH	
26.	Siddhi Gandhi	SYBPTH	

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27	Aabha Hasabnis	TYBPTH	
28	Sakshi Bhutada	TYBPTH	
29	Yogita V. Pise	TYBPTH	
30	Tanaya V. Belade	TYBPTH	
31	Sejal Waje	TYBPTH	
32	Kavali Doshi	TYBPTH	
33	Yukti Gajani	TYBPTH	
34	Heta Shali	TYBPTH	
35	Tanisha Dhasod	TYBPTH	
36	Rucha Deshmukh	TYBPTH	
37	Manjiri Tamhankar	TYBPTH	
38	Shruti Thalcer	TYBPTH	
39)	Agavane Rohan	TYBPTH	
40)	Om mitra	TYBPTH	
41)	Janika Mandavkar	TYBPTH	
42)	Aarushi Desai	TYBPTH	
43)	Chinmayee Joshi	TYBPTH	
44)	Prachi Gaikwad	TYBPTH	
45)	Sachi Agrawal	TYBPTH	
46)	Juilee Bhavsar	TYBPTH	
47)	Rupali Mahajan	TYBPTH	



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Report of Resident as Teacher- Basic workshop in Educational methodology conducted at Sancheti Institute for Orthopaedics and Rehabilitation college of Physiotherapy, Pune

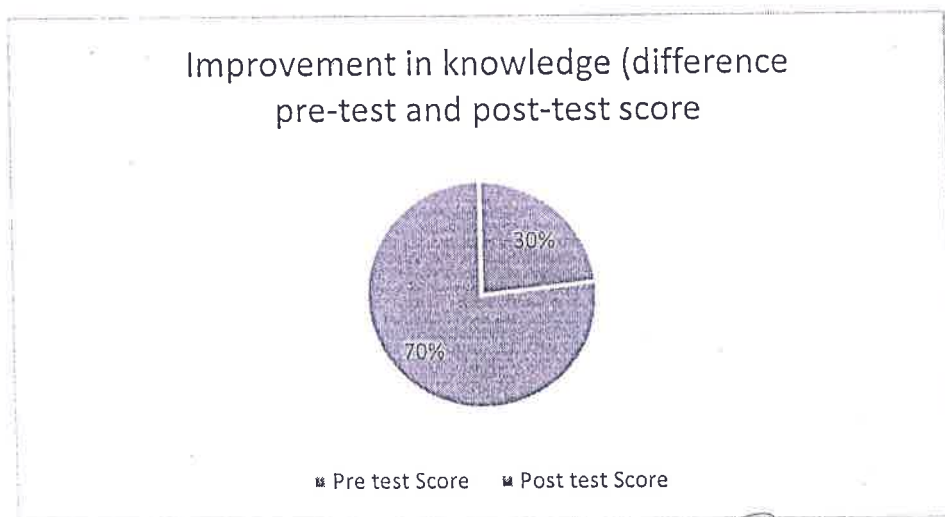
2nd and 3rd January 2024

29 participants attended the workshop who were from Sancheti Institute college of Physiotherapy. The sessions were conducted by 6 faculties. The participants started the workshop with a pre-test, followed by ice breaking and further sessions were conducted as per two day schedule. There were six small groups of five participants in each group. At the end of the workshop, post-test was also conducted.

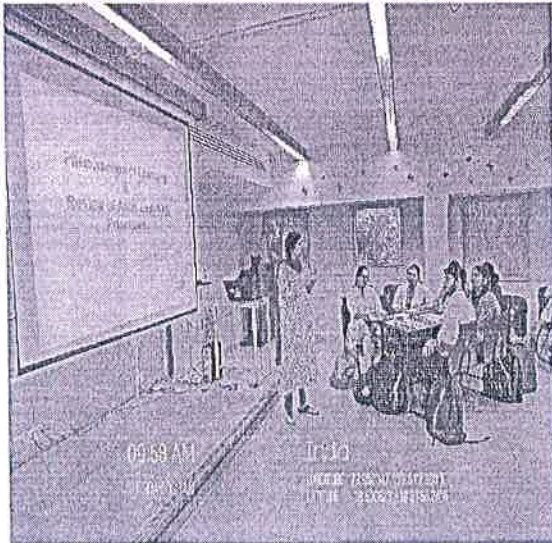
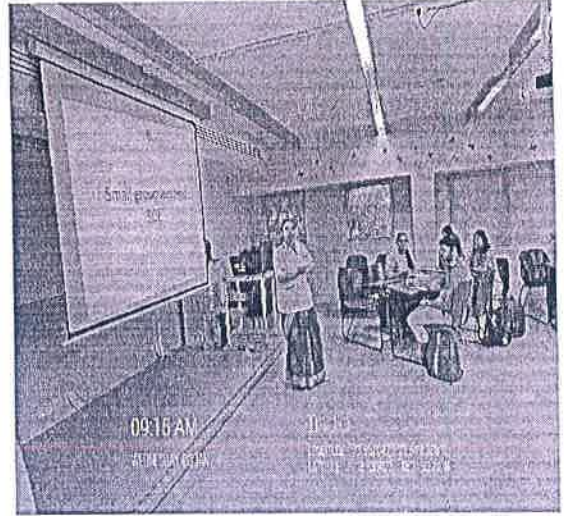
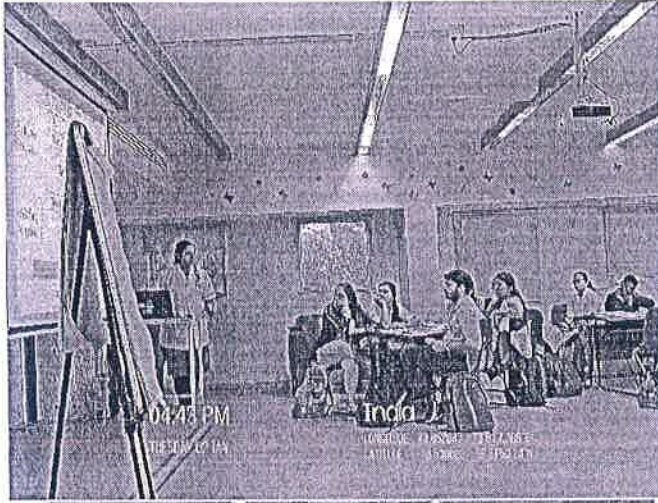
Twice a day (morning and afternoon), the attendance was taken for the participants as well as the faculty. The participants have an improvement of 70-75% percent between pre and post test score. The feedback (both qualitative and quantitative) has been analysed and maximum participants have found the workshop very interactive and useful for teaching, learning and evaluation domains.

Also, the participants delivered a microteaching session of 5 to 8 mins within their small group, facilitated by faculties of the workshop. A self-feedback was given for each microteaching session followed by individual feedback by each member of the small group in feedback sandwich format.

Also, each participant has submitted specific learning objective from three domains and also MCQs as per requirement of the workshop assignments to be submitted.



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[Handwritten signature]

Dr. Suroshree Mitra
HSET cell co-ordinator

[Handwritten signature]

Principal and Professor
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Pune - 411005

Dr. Apurv Shimpi

Principal & HSET cell chairperson



**SANCHETI INSTITUTE FOR ORTHOPAEDICS AND
REHABILITATION COLLEGE OF PHYSIOTHERAPY, PUNE**

Extension Activities Committee

REPORT


January-December 2024

Sanawad camp



Indapur and Akluj camp




Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Sanawad camp



Indapur and Akluj camp



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Ambejogai and Parbhani Camp



FIAT camp, Ranjangaon




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World Arthritis Day

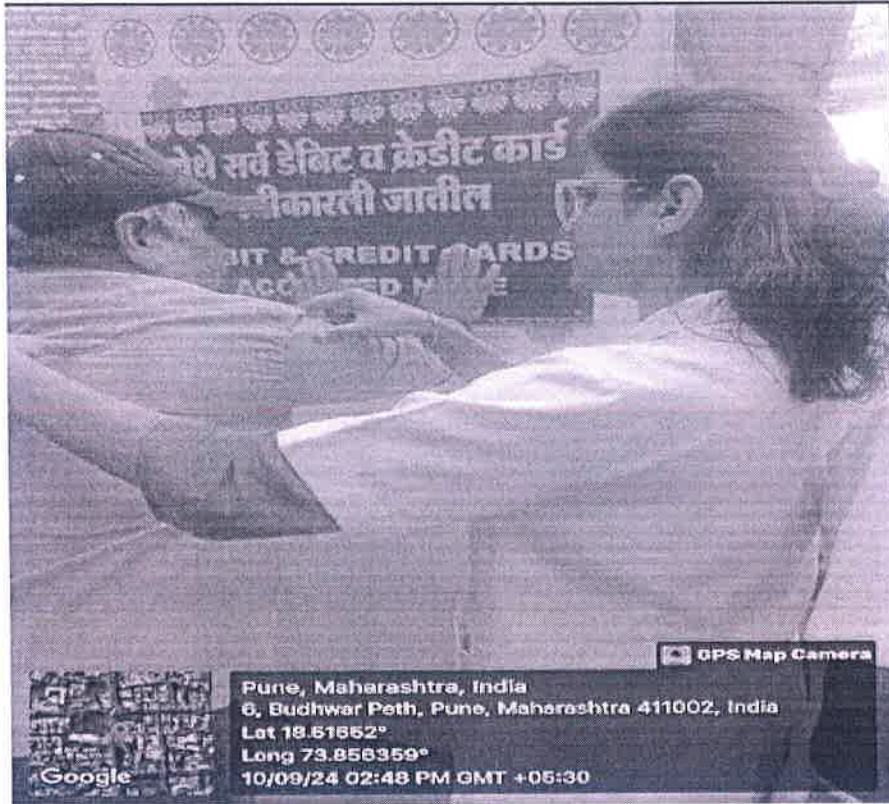


Federal bank marathon




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Ganpati Pandal free fitness camp



Pune International Marathon

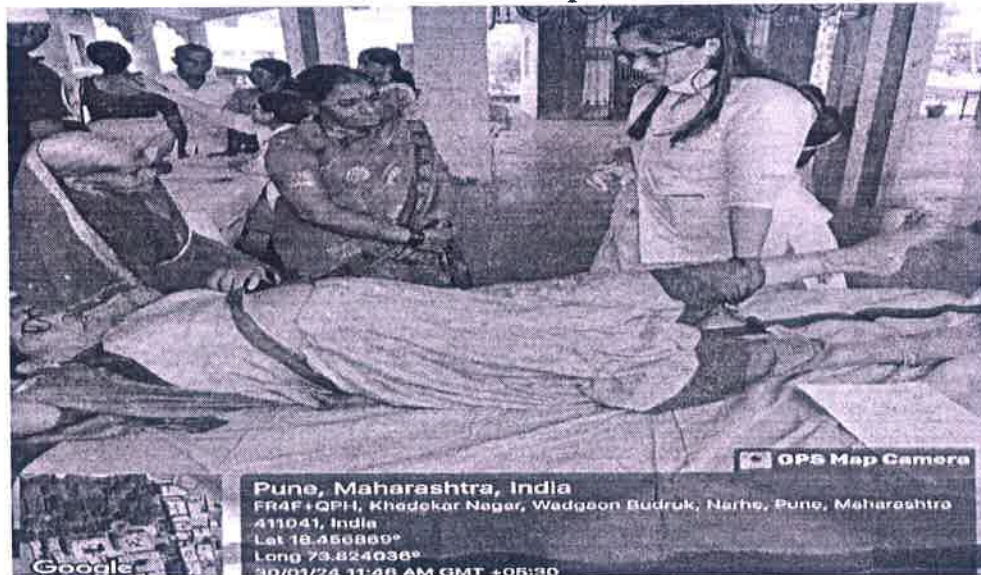


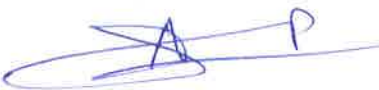

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MI Junior Camp



MMF camp





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India Red Cross Society Camp

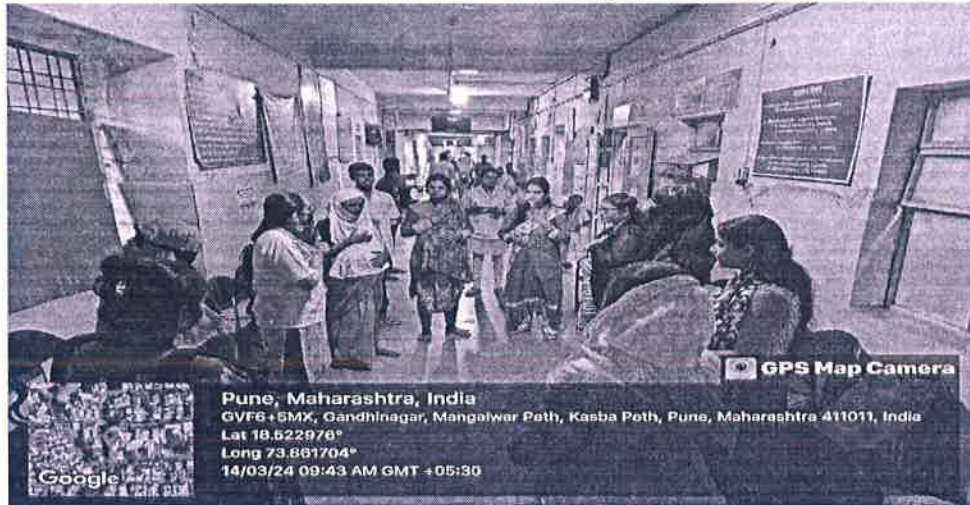


JITO India




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Pune - 411005

ANC PNC Camp



Swachh Bharat Abhiyaan



Principal and Professor
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Parbhani Camp



Suzlon Camp

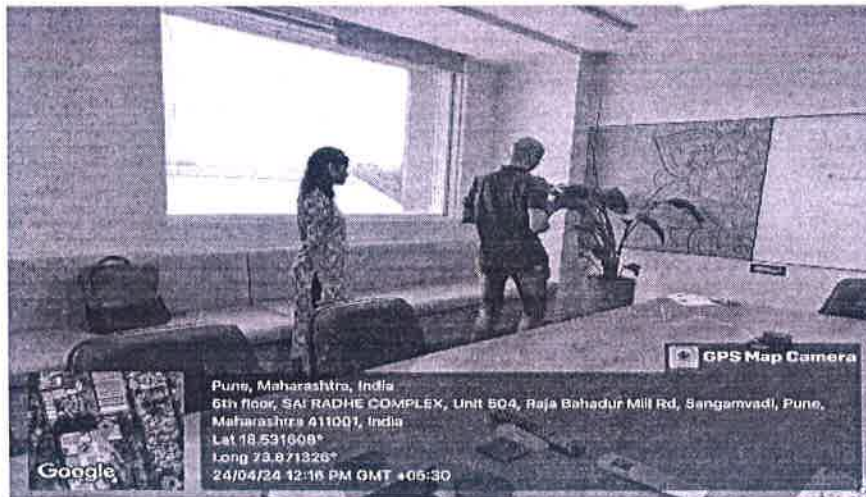



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SIOR Camp Gangadhama



Alphawave Camp



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All India Football Championship



SIOR camp Girvi Phalthan



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SIOR Maharashtra Orthopaedic Association camp



SIOR Camp Epitome

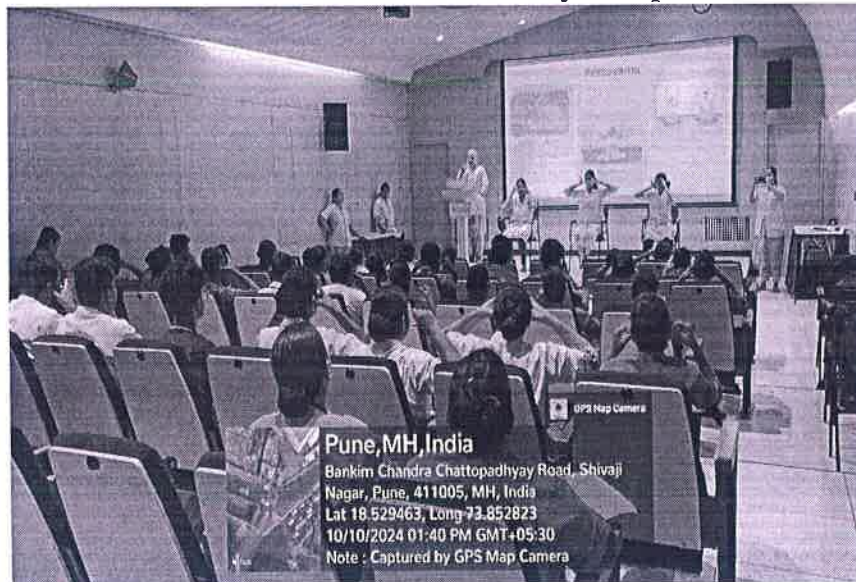



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International Yoga Day



World mental health day camp

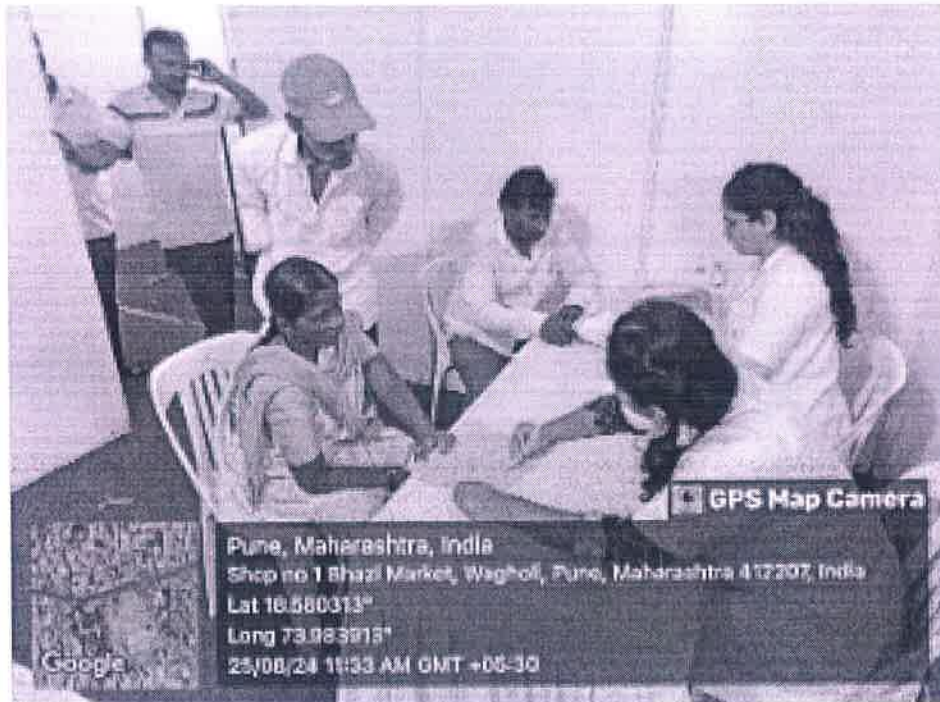




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Sancheti Institute College of Physiotherapy
Pune - 411005

Geriatric camp MMF (PHC)



SIOR Wagholi camp




Principal and Professor
Sanchei Institute College of Physiotherapy
Pune - 411005

CP day



Ahmednagar camp




Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

COPD Day



World Heart day



Twinkle Kundani
Dr. Twinkle Kundani (PT)

Coordinator

Extension Activities Committee



Suroshree Mitra
Dr. Suroshree Mitra (PT)

Chairperson

Extension Activities Committee

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Pre conference workshop



Topic: 3D biomechanical assessment and diagnostics
for the lumbo-pelvic hip complex.



Kruti Khemani

Partner/ principal physiotherapist at Continuum
Physiotherapy & Rehab, Mumbai

Course objectives :

- Assessing, analysing and diagnosing biomechanical issues in the lower body.
- Clinical reasoning and evidence based diagnostic tools
- Nailing the art of diagnostics from a functional rehab perspective without the need of investigations

Date: 16 February

Duration: 3 Hours

Time: 2 to 5pm

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Workshop Fee: 2500 + 18%GST= 2950rs

(Scientifica registration is mandatory for workshop registration)

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Name of the Workshop: 3D Biomechanical assessment for lumbopelvic hip complex

Date: 16th February 2024

Time: 2-5 pm

Venue: Sancheti Healthcare Academy, Thube Park

OBJECTIVE:

1. Assessing and analysing and diagnosing biomechanical issues in lower body.
2. Clinical reasoning and evidence based diagnostic tools.
3. Nailing the art of diagnostics from functional rehab perspective.

The workshop covered:

1. Assessment and diagnosis of biomechanical issues in lower body.
2. Diagnosis from functional rehab perspective.

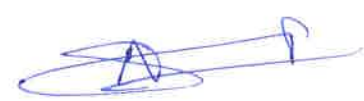
Total participants: 05

The workshop effectively met its objectives, providing participants with valuable insights and practical skills in 3D Biomechanical assessment for lumbopelvic hip complex. Participants left with a clear understanding of how to incorporate 3D biomechanical assessment for lumbopelvic hip complex.




Dr. Amruta Ekbote (PT)
Workshop Coordinator




Dr. Apurv Shimpi (PT)
Principal, SIORCOP

Sancheti Institute for Orthopaedic Rehabilitation and College of Physiotherapy

“NATIONAL CONFERENCE SCIENTIFICA 2024”

Pre Conference Workshop – 3D biomechanical assessment and diagnostics for lumbo-pelvic hip complex

ATTENDANCE SHEET

Date - 16th February, 2024

Sr No.	Name (as per required on the certificate)	Email- Id	Signature	
			2pm	5pm
1	Dr. Khushboo Laddha	Laddhakhushboo@gmail.com		
2	Dr. Barkha Nathani	nathanibarkha1@gmail.com		
3	Dr. Vedant Ballal	vedantballal184@gmail.com		
4	Dr. Aditee Mangaonkar	aditeemangaonkar@gmail.com		
5	Dr. Sameer Ushkawat	Sammyushkawat@gmail.com		
6				
7				
8				
9				
10				

Dr. Kruti Khemani (PT)
Resource person

Dr. Apurv Shimpi (PT)
Principal and Professor

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Pre conference workshop



Topic - Resistance Band Training Specialist ACSM Approved
International Certification

10 ACSM Continuing Education Credits



Luqmaan Shaikh

**Founder Prehab 121 Academy, ACE CPT Global Educator, MSc
in Sports & Exercise Science (UK)**


Course Objectives:

- To understand to perform and cue foundational resistance exercises
- To plan modifications and progressions to adapt the exercises to fitness level
- To learn how to perform and cue foundational resistance training exercises that benefit the targeted muscles.

Date: 16 February

Duration: 3 Hours

Time: 2 to 5pm


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Workshop Fee: 2500 + 18%GST = 2950rs

(Scientifica registration is mandatory for workshop registration)



Pre conference workshop



Topic: Blood Flow Restriction Therapy in Rehabilitation



Dr. Sona Kolke

**Professor and HOD, MSK and
Sports PT Dept, SIORCOP**



Dr. Darshita Narwani

**HOD PT Dept
Sancheti Hospital**


Course Objectives:

- Understand the workings of the BFR and the mechanism of adaptations with BFR training.
- Understand the various modes of BFR and their safety
- Have a hands-on Demo of the Delphi Personalized BFR apparatus

Date: 16 February

Duration: 3 Hours

Time: 2 to 5pm


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

(Scientifica registration is mandatory for workshop registration)

SANCHETI INSTITUTE FOR ORTHOPAEDICS AND REHABILITATION COLLEGE OF PHYSIOTHERAPY, PUNE

Name of the Workshop: Blood flow restriction therapy

Date: 16th February 2024

Time: 9.00 am to 5.00 pm

Venue: Sancheti Hospital, Pune

OBJECTIVE: Blood flow restriction therapy workshop at Sancheti Hospital, was planned with the objective of educating the participants on the science, safety, and application of BFRT for improving strength, muscle growth, and rehabilitation. The workshop was conducted by Dr. Sona Kolke and Dr Darshita Narwani .It was a one-day workshop which included overview of a clear understanding of the physiological mechanisms behind blood flow restriction, including how it promotes muscle hypertrophy and strength gains. Explore the benefits of BFRT for muscle growth, strength, rehabilitation, injury prevention, and recovery.

Offer hands-on experience for participants to practice using BFRT devices while performing exercises, ensuring that participants leave the workshop feeling confident in applying the technique. Review recent research and studies supporting BFRT's efficacy for various goals like strength training, hypertrophy, and rehabilitation

Ample amount of time was provided for the participants to practice under the supervision of the resource person. A total of 29 participants participate 16th Feb 2024 . Feedback was obtained from the participants via google forms. BFRT workshop effectively met its objectives, offering valuable insight and practical skills in BFRT. Participants left with a clear understanding of how to incorporate BFRT into their Strength training.



Principal and Professor
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Pune - 411005

Sancheti Institute for Orthopaedic Rehabilitation and College of Physiotherapy

"NATIONAL CONFERENCE SCIENTIFICA 2024"

Pre-Conference Workshop – Blood Flow Restriction Therapy

ATTENDANCE SHEET

Date -

Sr No.	Name (as per required on the certificate)	Email- Id	Signature	
			2pm	3pm
1	Saachi PRABHU DESSAI	saachiprabhudessai@gmail.com		
2	SAHANA SAWAIKER	swikarshn@gmail.com		
3	NIKITA NALWADE	nikitanalawade@gmail.com		
4	SHRUTI PRABHALE	shrutiprabhale@gmail.com		
5	AALIYA SHAIKH	aaliyashaikh5001@gmail.com		
6	DBHUNIKA PATEL	bhunikampat@gmail.com		
7	Dr. NITAL PARMAR	nitalparmar43@gmail.com		
8	Neha Magee	nehamagatos10@gmail.com		
9	Himani Pandit	kalhimani@gmail.com		
10	RADHIKA PATIL	radhikapatil@yahoo.com		
11	Atshay Mehta	dratshaymehta@gmail.com		
12	LE. Dr. Prathmesh P. Nikam	prathmesh.nikam@dy.pah.edu		
13	Dr. Prerna Ghoshke (PT)	prerna.ghoshke@dy.pah.edu		
14	Dr. Anjanesh Paw (PT)	anjanesh.paw@dy.pah.edu		
15	Dr. Tanjite Yeshkote	tanjitedobkote@gmail.com		
16	CHAETALI PATIL	chaitalipatil2003@gmail.com		
17	GARIMA TOTLA	garitotla25@gmail.com		
18	RISHIKESH CHAVHAN	rishichavhan22@gmail.com		
19	KUSHITA TANK	kushitatank@gmail.com		
20	Sakshi Bhavsar	sakshibhavsar200@gmail.com		
21	Vidhi Chaudhary	vidhichaudhary2809@gmail.com		
22	Janvi Patel	Janvipatel1310@gmail.com	Janvi	Janvi


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Pre conference workshop



Topic: Robotic hand training
& Non immersive VRT training



Dr Prajakta Joshi

Senior Neuro Physiotherapist, Sancheti Hospital.

Course objectives:

- Understanding about use and functional independence for stroke Mechanism - How it works for stroke or any other patient with hand disability
- To understand functional benefits with help of games and tasks to elicit functional goals.
- How to gain Dynamic stability with VRT for neurologic condition as well as other eligible population.

Date: 16 February

Duration: 3 Hours

Time: 2 to 5pm

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

(Scientifica registration is mandatory for workshop registration)

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Name of the Workshop: Robotic Hand Training

Date: 16th February 2024

Time: 2-5 pm

Venue: Sancheti Healthcare Academy, Thube Park

OBJECTIVE:

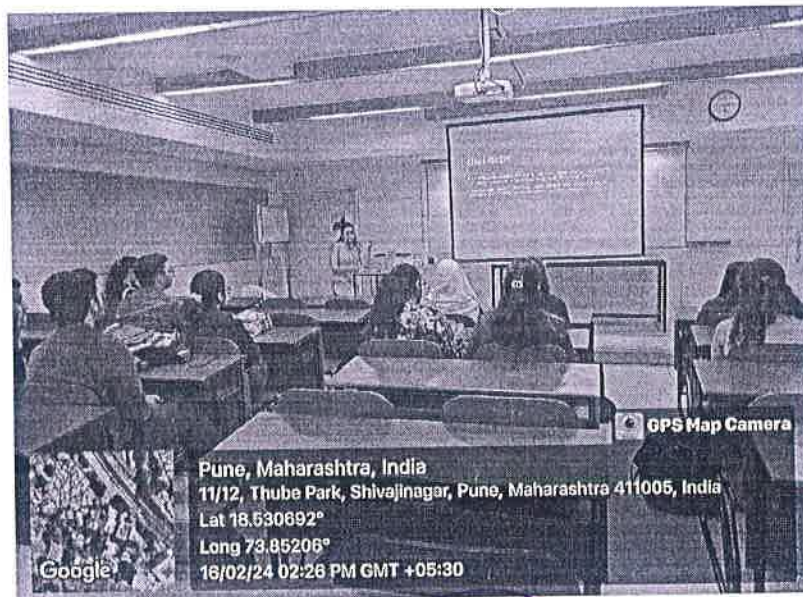
1. Understanding about use and functional independence for stroke mechanism
2. To understand functional benefits with help of games and tasks to elicit functional goals
3. How to gain Dynamic stability with VRT for neurologic conditions .

The workshop covered:

1. Basic understanding about the Robotic Hand Training.
2. To understand how to achieve dynamic stability with VRT for neurologic conditions.


Total participants: 16

The workshop effectively met its objectives, providing participants with valuable insights and practical skills in Robotic Hand Training. Participants left with a clear understanding of how to incorporate Robotic hand training in Neurologic conditions.



Dr. Shivani Chutke (PT)
Workshop Coordinator




Dr. Apurv Shimpi (PT)
Principal, SIORCOP

Sancheti Institute for Orthopaedics Rehabilitation and College of Physiotherapy

“NATIONAL CONFERENCE SCIENTIFICA 2024”

Pre-Conference Workshop – Robotic hand training & Non-immersive VRT

Date- 16-02-2024

ATTENDANCE SHEET

Sr No.	Name (as per required on the certificate)	Email- Id	Signature	
			2pm	5pm
1	Sanobar Jaleel Rambol.	Sanobartambol1222@gmail.com		
2	Bhaghyani Nailk	bhaghyainailk@gmail.com		
3	Pradnya A. Wankhade	pradnyawankhade@gmail.com		
4	Maithilee. S. Pilankar.	maithileephysiotherapy@gmail.com		
5	Kirti Srivastava	kirtisr2003@gmail.com		
6	Tanya Patel	tanyapatel1103@gmail.com		
7	Vineet Priyani	Vineetpriyani28@gmail.com		
8	Lay Desai	Layadesai1148@gmail.com		
9	Jatan Joshi	Jatanjoshi0215@gmail.com		
10	Tanaya Patil	tanaya.patil28@gmail.com		
11	Swarada Mhatre	swarada33.mhatre@gmail.com		
12	Uma Tulapurkar	uma.tulapurkar@gmail.com		
13	Dr. Juhi Bharnuke	juhi.bharnuke@dyptitk.edu		
14	Vinay Shah.	Vinayshah4@gmail.com		
15	Sayed Al-Musa. R.	almusasayed@gmail.com		
16	Dr. Saywani Kamble	saywani.dhate@gmail.com		
17				
18				

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Pre conference workshop



Topic: Gym ball training for Physiotherapy management



Dr. Apurv Shimpi

Principal and Professor, Sancheti Institute for
Orthopaedics and Rehabilitation College of PT

Course Objectives:

- Choosing the proper gymball for fitness training.
- Designing a workout program for upper quarter and core training.
- Practical application of the gymball for training in sports, fitness and rehab.

Date: 16 February

Duration: 3 Hours

Time: 2 to 5pm

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

(Scientifica registration is mandatory for workshop registration)

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Name of the Workshop: Gym ball training for Physiotherapy management

Date: 16th February 2024 and 24th February 2024

Time: 16th February: 2-5 pm and 24th February: 9.30 am – 12.30 pm

Venue: Sancheti Healthcare Academy, Thube Park

OBJECTIVE:


A Gym Ball Training Workshop for Physiotherapy Management was organized by the Sancheti Healthcare Academy, focusing on educating participants on the proper use, safety protocols, and hands-on experience of incorporating gym ball exercises into fitness routines. Dr. Apurv Shimpi, Principal and Professor at Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune conducted the workshop.

The workshop covered:

1. An overview of the benefits of gym ball exercises and the basic principles of balance and stability.
2. Key safety tips to ensure safe and effective use of gym balls.
3. Hands-on practice of fundamental gym ball exercises, emphasizing proper form and technique.
4. Guidance on creating tailored gym ball exercise programs for different fitness levels and goals.

The workshop was conducted on two dates: 39 participants attended on 16th February 2024, and 17 participants on 24th February 2024. Feedback was collected from the participants via Google Forms.

The workshop effectively met its objectives, providing participants with valuable insights and practical skills in gym ball training. Participants left with a clear understanding of how to incorporate gym ball exercises into their fitness routines.


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Sancheti Institute for Orthopaedics Rehabilitation and College of Physiotherapy

“NATIONAL CONFERENCE SCIENTIFICA 2024”

Pre-Conference Workshop - GYMBALL TRAINING FOR
PHYSIOTHERAPY MANAGEMENT.

Date- 16th February 2024

ATTENDANCE SHEET

Sr No.	Name (as per required on the certificate)	Email- Id	Signature	
			2pm	5pm
1	Aayushi Viren Pandya	aayushivp18@gmail.com		
2	Shubham Tawade	shubhantawade1993@gmail.com		
3	Vaishnavi kelkar	kelkarvvaish@gmail.com		
4	Manjiri Venekar	manjirivenekar07@gmail.com		
5	Shavni Sunil Banaulkar	shavnibanaulkar@gmail.com		
6	Sakshi Amrutkar	sakshi amrutkar069@gmail.com		
7	Mamta Mahto	mamtamah06@gmail.com		
8	Dhruvi A Patel	dhruvipatel5135@gmail.com		
9	Shrushti Jagdhane	shrushtijagdhane1553@gmail.com		
10	Janvi V Shah	Janvi05shah@gmail.com		
11	Twinkle Azevindhari Dhodi	Twinkledhodi04@gmail.com		
12	Gayatri yogesh Johore	Gayatriyogeshjohore@gmail.com		
13	Paanchal Vishwa	Pvishwa1712@gmail.com		
14	Krishna Mehta	Kissumehta921@gmail.com		
15	Vaishnavi Desgude	desgudevvaishnavi17@gmail.com		
16	Dhananjay Singh Panwar	Panward74@gmail.com		
17	Pooja Anil Patil	patil anil Pooja 08@gmail.com		
18	Nandini Yadav	nandinigeeata0997@gmail.com		

16/2/24
Dr. Apurv Shimpi

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Sancheti Institute for Orthopaedics Rehabilitation and College of Physiotherapy

“NATIONAL CONFERENCE SCIENTIFICA 2024”

Pre-Conference Workshop - GYMBALL TRAINING FOR
PHYSIOTHERAPY MANAGEMENT.

Date- 24th February 2024

ATTENDANCE SHEET

S r. N o	Name (as per required on the certificate)	Email- Id	Signature	
			9:30am	
1	Utkarsha V. Diwanji	utkarselhad28@gmail.com		
2	Rutvi A. Solanki	rutvisolanki181@gmail.com		
3	Aditi S. Gaharwar	aditigaharwar@gmail.com		
4	Urja I. Shah	urjarocks3@gmail.com		
5	Aditi M. Gadodiya	aditigadodiya@gmail.com		
6	Bhakti A. Somani	bhaktisomani07@gmail.com		
7	Atharv G. Nikam	nikamatharv10@gmail.com		
8	Anuj Chavan	anujchavan16@gmail.com		
9	Nandini Patil	nandini.patil16@gmail.com		
10	Saloni Manish Late	saloni.late@gmail.com		
11	Rutuja R. Karle	karlerutu@gmail.com		
12	Shrutimohod	shrutimohod30@gmail.com		
13	Rasika Kate	rasikakate27@gmail.com		
14	Deshna Kankariya	deshnakankariya739@gmail.com		
15	Harshita Agrawal	harshitaagrawal192@gmail.com		
16	Dr. Shivani Chutke	shivani.chutke14@gmail.com		
17	Raghav Z Tharwar	raghavzaccari.rz@gmail.com		
18				

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Dr. Anurag Shingde



Post conference workshop



Topic: Electrodiagnosis using EMG NCV



Dr. Radha Bhattad

Professor and HOD, Neuro PT Dept, SIORCOP


Course Objectives:

- Gain a full understanding and learn the basics of Nerve Conduction Studies.
- Gain a full understanding and learn the basics of Electromyography.
- Gain insight of performing EMG and NCV & interpreting the results.

Date: 18 February

Duration: 3 Hours

Time: 2 to 5pm


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

(Scientifica registration is mandatory for workshop registration)

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Name of the Workshop: Electro diagnosis using EMG and NCV

Resource person: Dr. Radha Bhattad (PT) and Dr. Venu Mohan (PT)

Date: 18th February, 2024 and 02nd March, 2024

Time: 2-5 pm

Venue: Sancheti Healthcare Academy, Thube Park

OBJECTIVE:

1. To gain a full understanding and learn the basics of Nerve conduction studies
2. To gain a full understanding and learn the basics of electromyography
3. To gain insight of performing EMG an NCV and interpreting the results.


The workshop covered:

1. The basics of EMG and NCV.
2. Insights of performing EMG and NCV and interpreting the results.


Total participants: 89

The workshop effectively met its objectives, providing participants a full understanding and the basics of Nerve conduction studies and electromyography and helped participants gain insight of performing EMG an NCV and interpreting the results.


Dr. Twinkle Kundnani (PT)
Workshop Coordinator


Dr. Apurv Shimpi (PT)
Principal, SIORCOP




Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Post conference workshop



Topic: Mulligan manual therapy in sports



Kiran Satpute

M.P.Th, COMT, CSMT, M.C.T. A.
Accredited Mulligan Concept Teacher
Professor

Department of Musculoskeletal Physiotherapy
Smt. Kashibai Navale College of Physiotherapy,
Pune, India


Course Objectives:

- To Learn basic principles of MWM
- To understand MWM techniques for sports population

Date: 18 February

Duration: 3 Hours

Time: 2 to 5pm


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Workshop Fee: 2500 + 18%GST= 2950rs

(Scientifica registration is mandatory for workshop registration)

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Name of the Workshop: Mulligan manual therapy in sports

Date: 18th February 2024

Time: 2-5 pm

Venue: Sancheti Healthcare Academy, Thube Park

OBJECTIVE:

1. To learn basic principles of MWM
2. To understand MWM techniques for sports population


The workshop covered:

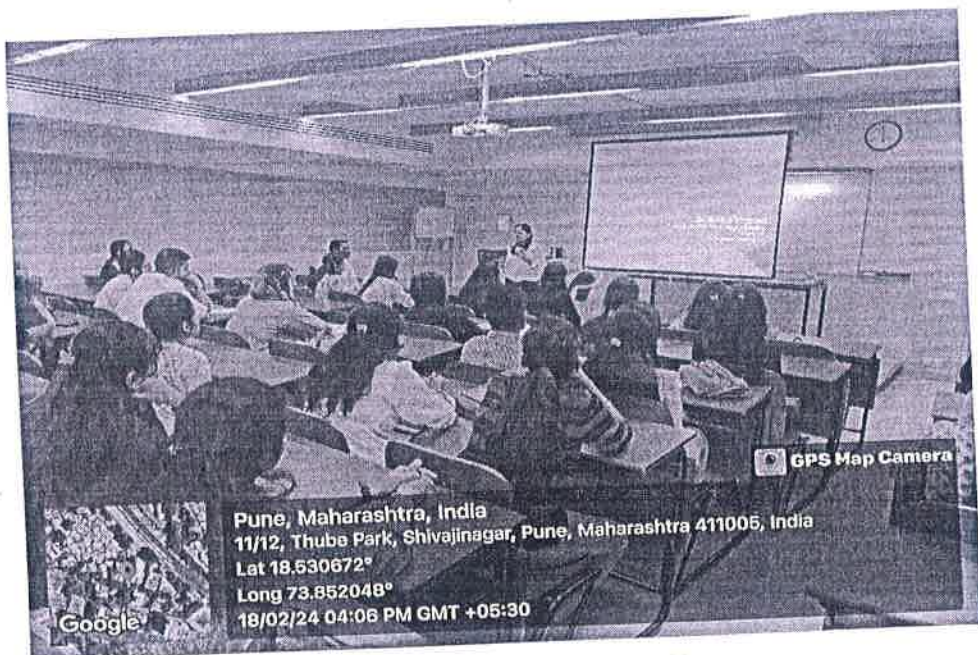
1. An overview of the Mulligan Manual therapy and its principles.
2. Hands-on practice of MWM techniques for athletes.

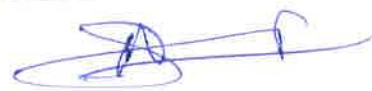
Total participants: 07

The workshop effectively met its objectives, providing participants with valuable insights and practical skills in Mulligan manual therapy in sports. Participants left with a clear understanding of how to incorporate MWM techniques for sports population.

Dr. Shivani chutke (PT)
Workshop Coordinator


Dr. Apurv Shimpi (PT)
Principal, SIORCOP




Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Sancheti Institute for Orthopaedics Rehabilitation and College of Physiotherapy

“NATIONAL CONFERENCE SCIENTIFICA 2024”

Post-Conference Workshop – Mulligan Manual Therapy Of Sports

Date- 18/02/24.

ATTENDANCE SHEET

Sr No.	Name (as per required on the certificate)	Email- Id	Signature	
			2pm	5pm
1	Dr. Shaila Khan	khan.shaila 91@gmail.com		
2	Dr. Viral Gareja	viral.k.gareja1111@gmail.com		
3	Dr. Khushbu Bhavshali	khushbunanda 6@gmail.com		
4	Dr. Tirth. Bhavin Kumar Sheh			
5	Dr. Tirth. Bhavin Kumar Sheh	83221247@gmail.com		
6	Dr. Asif Kareem	kareemasif 44@gmail.com		
7	Dr. Smriti Patil	psruti 28@gmail.com		
8				
9				
10				

18/2/24
Dr. Kiran Satpute (PT)
Resource person

18/2/24
Dr. Apurv Shimpi (PT)
Principal, SIORCOP

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Post conference workshop



Topic: Yoga for training respiratory muscles



Dr. Prajakta Sahasrabudhe

Professor and HOD, CVRS PT Dept, SIORCOP

Course Objectives:

- Understand principles and benefits of training respiratory muscles.
- Apply principles of yoga to enhance respiratory muscle performance.
- Practice yoga to facilitate recovery and enhance accuracy

Date: 18 February

Duration: 3 Hours

Time: 2 to 5pm

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

(Scientifica registration is mandatory for workshop registration)

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Name of the Workshop: Yoga for training respiratory muscles.

Resource person: Dr. Prajakta Shahrabudhe (PT)

Date: 18th and 24th February, 2024

Time: 2-5 pm

Venue: Sancheti Healthcare Academy, Thube Park

OBJECTIVE:

1. To understand principles and benefits of respiratory muscle training
2. Apply principles of yoga to enhance respiratory muscle performance.
3. Practice yoga to improve respiration (Asana and pranayam).

The workshop covered:

1. Principles of RMT.
2. Practice of various asana to improve respiratory muscle performance

Total participants: 42

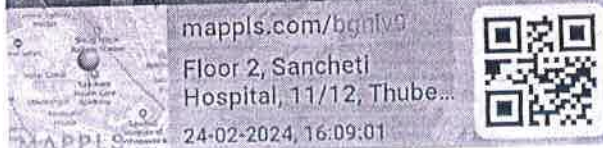
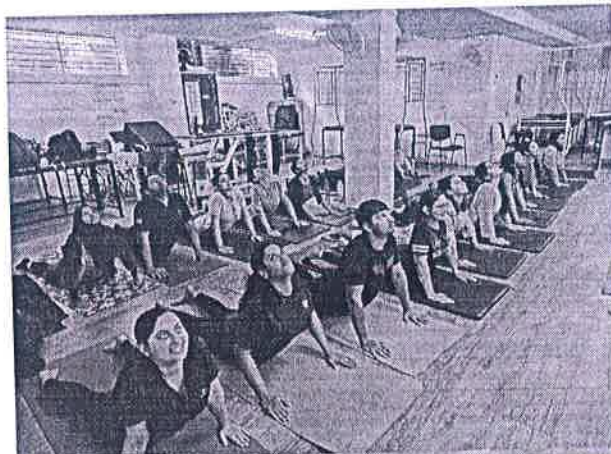
The workshop effectively met its objectives, providing participants an understanding about principles of yoga and its application to improve respiratory muscle performance.



Dr. Farheen Patel (PT)
Workshop Coordinator



Dr. Apurv Shimpi (PT)
Principal, SIORCOP



Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



post conference workshop



Topic : Athletic Shoulder Rehab



Padmanaban Sekaran

Founder Director Movementology Academy

Lead Tutor Arthrorehab:Advanced Orthopedic Rehabilitation.

Course objectives :

- Recognize injury patterns specific to sports activity
- Execute patient specific, injury specific treatment pathways
- Understand and design for late-stage sports specific programs
- Learn testing and progress monitoring of an athletic shoulder throughout rehab
- Understand and implement strength and conditioning principles for athletic demands

Date: 18 February

Duration: 3 Hours

Time: 2 to 5pm

Workshop Fee: 2500 + 18%GST= 2950rs

Principal and Professor

Sancheti Institute College of Physiotherapy

Pune - 411005

(Scientifica registration is mandatory for workshop registration)

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Name of the Workshop: Athletic Shoulder Rehab

Date: 18th February 2024

Time: 2-5 pm

Venue: Sancheti Healthcare Academy, Thube Park

OBJECTIVE:

1. Recognize injury patterns specific to sports activity.
2. Execute Patient specific ,injury specific pathways. .
3. Understand and design for late -stage sports specific programs.


The workshop covered:

1. Basic understanding for late-stage sports specific programs.
2. To understand and implement strength and conditioning principles for athletic demands.

Total participants: 15

The workshop effectively met its objectives, providing participants with valuable insights and practical skills in Athletic Shoulder Rehab. Participants left with a clear understanding of how to incorporate Athletic Shoulder Rehab in sports specific programs.




Dr. Pawandeep Kaur (PT)
Workshop Coordinator

Dr. Apurv Shimpi (PT)
Principal, SIORCOP


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Sancheti Institute for Orthopaedic Rehabilitation and College of Physiotherapy

“NATIONAL CONFERENCE SCIENTIFICA 2024”

Post Conference Workshop - Athletic Shoulder Rehabilitation

ATTENDANCE SHEET

Date - 18-02-2024

Sr No.	Name (as per required on the certificate)	Email- Id	Signature	
			2pm	5pm
1	Dr. Richa R. Bisen &	speechu28@gmail.com		
2	Dr. Treshu Parmar	treshuparmar@gmail.com		
3	Dr. Samru Ushkewar	Samruushkewar@gmail.com		
4	Dr. Shwetha Rao Worke	srworke@physioinesis.com		
5	Dr. Aditee Mangankar (PT)	aditeemangankar@gmail.com		
6	Swaral Deshmukh	swaralkor@gmail.com		
7	Dr. BENJI . K. ABRAHAM	benjikabraham@gmail.com		
8	Dr. ZISHTA PATEL	drzishtapatelpt@gmail.com		
9	Dr. NINAD CHOUDHARI	CONTACTNINAD0611@gmail.com		
10	Dr. Preksha Vyankatesh Komat	prekshekomat@gmail.com		
11	Maitilee . S. Pitankar	maitilee.physiotherapy@gmail.com		
12	Anushka Medi	anushkanedi30@gmail.com		
13	Manisha Lal	drmanishahphwani@gmail.com		
14	Dr. Saiyami Shah	saiyushah1998@gmail.com		
15	Dr. Sohi Doshi	sohidoshi2302@gmail.com		
16				
17				

Dr. Padmanaban Sekaran

Resource person

18/2/24

Dr. Apurv Shimpi (PT)

Principal and Professor

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Post conference workshop



Topic: Taping in Sports



Dr. Anand Gangwal

Associate Professor, SIORCOP,
Founder of Prime Physio, Ironman

Course Objectives:

- Understand the uses of Taping in Sports
- Understand the various Taping techniques used in Sports
- Have a hands-on Demo of the common Taping techniques used in Sports

Date: 18 February

Duration: 3 Hours

Time: 2 to 5pm

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

(Scientifica registration is mandatory for workshop registration)

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Name of the Workshop: Taping in sports

Resource person: Dr. Anand Gangwal (PT)

Date: 18th February, 2024

Time: 2-5 pm

Venue: Sancheti Healthcare Academy, Thube Park

OBJECTIVE:

1. To understand the uses of taping in sports
2. Understand various taping techniques used in sports.
3. Hands on demo of common taping techniques in sports.


The workshop covered:

1. Uses of taping techniques in sports.
2. Hand on Demo of common taping techniques in sports.

Total participants: 28

The workshop effectively met its objectives, providing participants an understanding about uses and hands on demo of common taping techniques in sports.

Dr. Pawandeep Kaur(PT)
Workshop Coordinator


Dr. Apurv Shimpi (PT)
Principal, SIORCOP




Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Sancheti Institute for Orthopaedics Rehabilitation and College of Physiotherapy


"NATIONAL CONFERENCE SCIENTIFICA 2024"

Post-Conference Workshop – Taping in Sports

Date- 18 - 02 - 24

ATTENDANCE SHEET

Sr No.	Name (as per required on the certificate)	Email- Id	Signature	
			2pm	5pm
1	Dr. Divya Ajay Sojani	divyajhalak13@gmail.com		
2	Dr. Mariya Saeed	mariyasaeed00@gmail.com		
3	Dr. Aditi Yeshwant Patil	AditiyPatil1812@gmail.com		
4	Dr. Nikita Nandgaonkar	nandgaonkarnikita12@gmail.com		
5	Dr. Sanket S. Gabhane	gabhaneSanket68@gmail.com		
6	Dr. Vedant D. Ballal	vedantballal184@gmail.com		
7	Piyusha Varma.	piyusha.b.varma@gmail.com		
8	Anjali Vrajeshkumar Bhatt	anjali.vbhatt2803@gmail.com		
9	Neha Rajendar Bhatia	neha18bhatia@gmail.com		
10	ANKITA SUBHASH SHARMA	as12080909@gmail.com		
11	Khushi Harish Sancheti	khushiS282828@gmail.com		
12	Hetvi Niroeshbhai Desai	hetvidesai1103@gmail.com		
13	Prachi Suhans Mhaprolkar	mhaprolkarprachi@gmail.com		
14	Ritika Sanil Awate	awateritika200115@gmail.com		
15	Neha Siddheshwar Magar	nehamagaros10@gmail.com		
16	Aireen Shemle.	shemle.aireen@gmail.com		
17	Akshata Karlos Patil	akshata200117@gmail.com		
18	Dr. Khushboo Laddha	Laddhakhushboo4@gmail.com		


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



2 pm 5 pm

19	Prathmesh Shailesh Kothari	prathmeshkothari@gmail.com	<u>Prath</u>	<u>Prath</u>
20	Nidhi Chikhal	nidhi.chikhal31@gmail.com	<u>Nidhi</u>	<u>Nidhi</u>
21	Anus Chavhan	chavhananus15@gmail.com	<u>Anus</u>	<u>Anus</u>
22	Bhaghyani Naik	bhaghyaninaik@gmail.com	<u>Bhag</u>	<u>Bhag</u>
23	Hardhi Patel	hardhi.patel1002@gmail.com	<u>Hardhi</u>	<u>Hardhi</u>
24	Manjiri Venekar	manjirivenekar07@gmail.com	<u>Manjiri</u>	<u>Manjiri</u>
25	Saachi Prabhakar Desai	SaachiPrabhakarDesai@gmail.com	<u>Saachi</u>	<u>Saachi</u>
26	Sharni Banaulikar	sharnibanaulikar18@gmail.com	<u>Sharni</u>	<u>Sharni</u>
27	Vaishnavi Kelkar	kelkarvaish@gmail.com	<u>Vaishnavi</u>	<u>Vaishnavi</u>
28	Dr. Neha. S. Bhise (PT)	neha.sawant@gmail.com	<u>Neha</u>	<u>Neha</u>
29				
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Dr. Anand Gangwal

Dr. Anand Gangwal (PT)
Resource person

Dr. Apurv Shimpi
18/2/24

Dr. Apurv Shimpi (PT)
Principal, SIORCOP

Dr. Anand Gangwal

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Post conference workshop



Topic: Advanced Functional electrical stimulation



Dr. Vaishnavi Ajjewadiermath

Neuro Physiotherapist, Sancheti Hospital


Course objectives:

- This workshop is to provide an insight into the notion of physiology, mechanism as well as the indications for application
- Focus on attaining a comprehensive understanding of conditions for customizing program protocol specific to the condition.
- The participants will have a wide ranging idea on utilization of FES for further research.

Date: 18 February

Duration: 3 Hours

Time: 2 to 5pm


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

(Scientifica registration is mandatory for workshop registration)

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Name of the Workshop: Advanced Functional Electrical Stimulation

Resource person: Dr. Vaishnavi Ajjewadiermath(PT)

Date: 18th February, 2024 and 02nd March, 2024

Time: 2-5 pm

Venue: Sancheti Healthcare Academy, Thube Park

OBJECTIVE:

1. To provide insight into notion of physiology, mechanism as well as indications for application of FES
2. To attain a comprehensive understanding of conditions for customising a program protocol to the condition a
3. To have a wide idea on utilisation of FES for further research

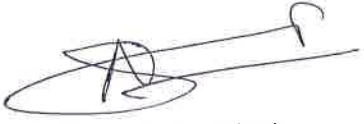
The workshop covered:

1. The physiology and mechanism of FES
2. Indications, benefits and precautions of FES
3. Demonstration and practice of FES use.

Total participants: 48

The workshop effectively met its objectives, providing participants an understanding about FES, its benefits, Indications and practical use of FES in neurorehab.


Dr. Amruta Ekbote (PT)
Workshop Coordinator


Dr. Apurv Shimpi (PT)
Principal, SIORCOP




Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Post conference workshop



Masterclass in Scapula Assessment and Rehabilitation



Dr. Ajit Dabholkar

Ph.D, M.PTh, FAIMER Fellow

Professor & Head Sports Physiotherapy,

D. Y. PATIL University, Navi Mumbai

Course Objectives:

- Understanding the Biomechanics of Scapula and its implications
- Effective and Efficient evaluation of Scapula including Scapular Dyskinesis
- Understanding the Rationale of Scapula Rehabilitation across different clinical scenarios with Case discussion

Date: 18 February

Duration: 3 Hours

Time: 2 to 5pm

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Workshop Fee: 2500 + 18%GST = 2950rs

(Scientifica registration is mandatory for workshop registration)

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy, Pune

Name of the Workshop: Masterclass in Scapula Assessment and Rehabilitation

Resource person: Dr. Ajit Dabholkar (PT)

Date: 18th February, 2024

Time: 2-5 pm

Venue: Sancheti Healthcare Academy, Thube Park

OBJECTIVE:

1. Understand the biomechanics of scapula and its implications
2. Evaluation including scapular dyskinesis
3. To understand the rationale of scapula Rehabilitation across different clinical scenarios with case discussion

The workshop covered:

1. Biomechanics of scapula and its implications
2. Evaluation of scapular dyskinesis
3. Case discussions of various scenarios of scapular rehabilitation

Total participants: 08

The workshop effectively met its objectives, providing participants an understanding about biomechanics of scapula and its implications, evaluation of scapular dyskinesis and discussion of various case studies.

Dr. Amruta Ekbote (PT)
Workshop Coordinator

Dr. Apurv Shimpi (PT)
Principal, SIORCOP



Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

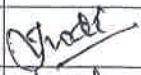
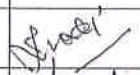
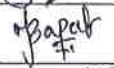
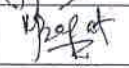
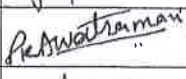
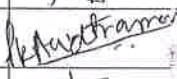


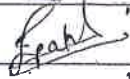
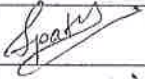

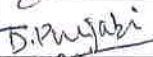
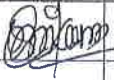

Sancheti Institute for Orthopaedic Rehabilitation and College of Physiotherapy


“NATIONAL CONFERENCE SCIENTIFICA 2024”

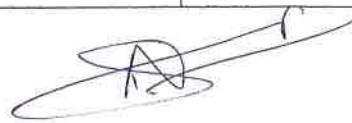
Post Conference Workshop – Masterclass in Scapula Assessment and Rehabilitation


ATTENDANCE SHEET

Date -18th Feb 2024

Sr No.	Name (as per required on the certificate)	Email- Id	Signature	
			2pm	5pm
1.	TWINKLE MODI	twinklemodi128@gmail.com		
2.	TANVI BAPAT	bapat.tanvi84@gmail.com		
3.	Priyanka Awatramani	priyankaawatramani15@gmail.com		
4.	Dr. Barkha Nathani	nathanibarkha1@gmail.com		
5.	Shalmali Pahl	pshalmali19@gmail.com		
7.	Deepali Punjabi	deepali.punjabiz@gmail.com		
8.	Lt. Dr. Prathamesh Nikam	prathamesh.nikam@dypatil.edu		
9.				

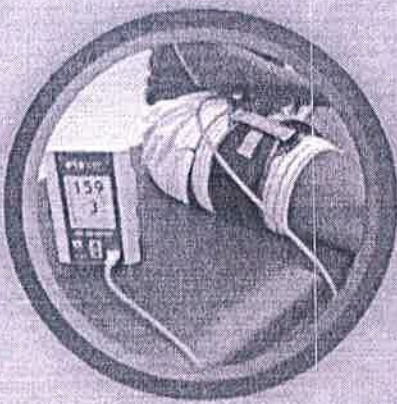

Dr. Ajit Dabhalkar
Resource person


Dr. Apurv Shimpi(PT)
Principal and Professor


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

WORKSHOP ON BLOOD FLOW RESTRICTION THERAPY

Workshop Date : 6th July 2024
Registration fees : ₹ 2500/-



SALIENT FEATURES

- ✓ Basic physiology of BFR training
- ✓ Upper limb BFRT
- ✓ Lower limb BFRT
- ✓ Closed and Open chain BFRT
- ✓ Endurance and resistance BFR training
- ✓ Passive BFR along with NMES
- ✓ Safety Precautions

KEY FEATURES:

- Hands-on training by BFR-Trained professionals
- Most evidence based training
- Automatic, controlled, safe practice

"E-certificates will be provided".

Resource Person:
Dr. Sona Kolke. (PT)
Dr. Darshita Narwani (PT)

Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



For Registration Contact:
Dr. Alisha Memon (PT) -
9175078924

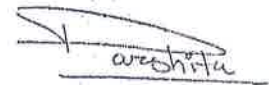
Blood Flow Restriction Therapy Workshop - Report

Event: Blood flow restriction therapy workshop
Date: 06/07/2024
Time: 9.00am to 5.00pm
Venue: Sancheti Hospital, Pune.

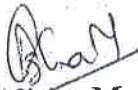
The Musculoskeletal and Sports Physiotherapy Department successfully organized a Blood Flow Restriction Therapy (BFRT) Workshop on 6th July 2024 at CMR, 5th floor, Sancheti Hospital, Pune. The event commenced with an inauguration by Dr. Apurv Shimpi, Dr. Sona Kolke, and Dr. Darshita, setting the stage for an insightful and hands-on learning experience. The workshop, led by Dr. Sona Kolke and Dr. Darshita, ran from 9:00 AM to 5:00 PM, with participants displaying great enthusiasm throughout the sessions. A physician was on call to address any potential emergencies, ensuring a safe learning environment. A total of 23 participants, including Master's students and clinical practitioners, attended the workshop. The sessions covered the ethical practice of BFRT, including appropriate dosage, advantages, precautions, and contraindications. Dr. Alisha Memon co-ordinated the workshop with the help of volunteers Aishwarya (MPT-1) and Arti (MPT-1).



Dr. Sona Kolke (PT)
Resource Person
Professor & HOD
Dept. Musculoskeletal and Sports
SIORCOP



Dr. Darshita Narwani (PT)
Resource Person
HOD, Physiotherapy
Sancheti Hospital



Dr. Alisha Memon (PT)
Workshop Co-ordinator
SIORCOP



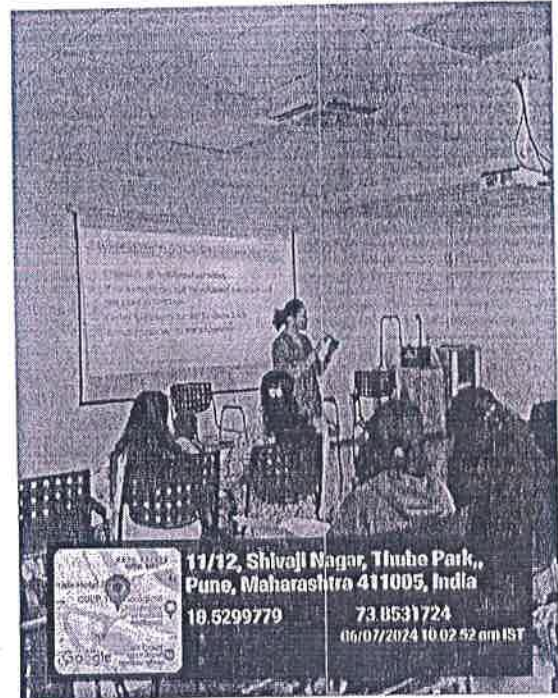
Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Sancheti College of Physiotherapy

11/12, Thube Park, Shivajinagar, Pune - 411 005.
(Id No. PU / PN / Physio / 122 / [1997]))
(Id No. MUHS / 121)

Direct : 020 - 25539393
Tele Fax : 020 - 25539494
E-mail : sancheticop@sha.edu.in

Tel. No. : 020 - 27999999,
28999999
Extn. : 9411 / 9412 / 9413



ACADEMIC WING OF HASTIMAL SANCHETI MEMORIAL TRUST
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Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

Sancheti Institute for Orthopaedics & Rehabilitation College of Physiotherapy & SIOR

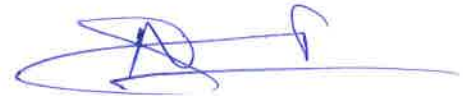
Blood Flow Restriction Therapy Workshop

Workshop Faculty: Dr. Sona Kolke & Dr. Darshita Narwani Date: 6th July 2024

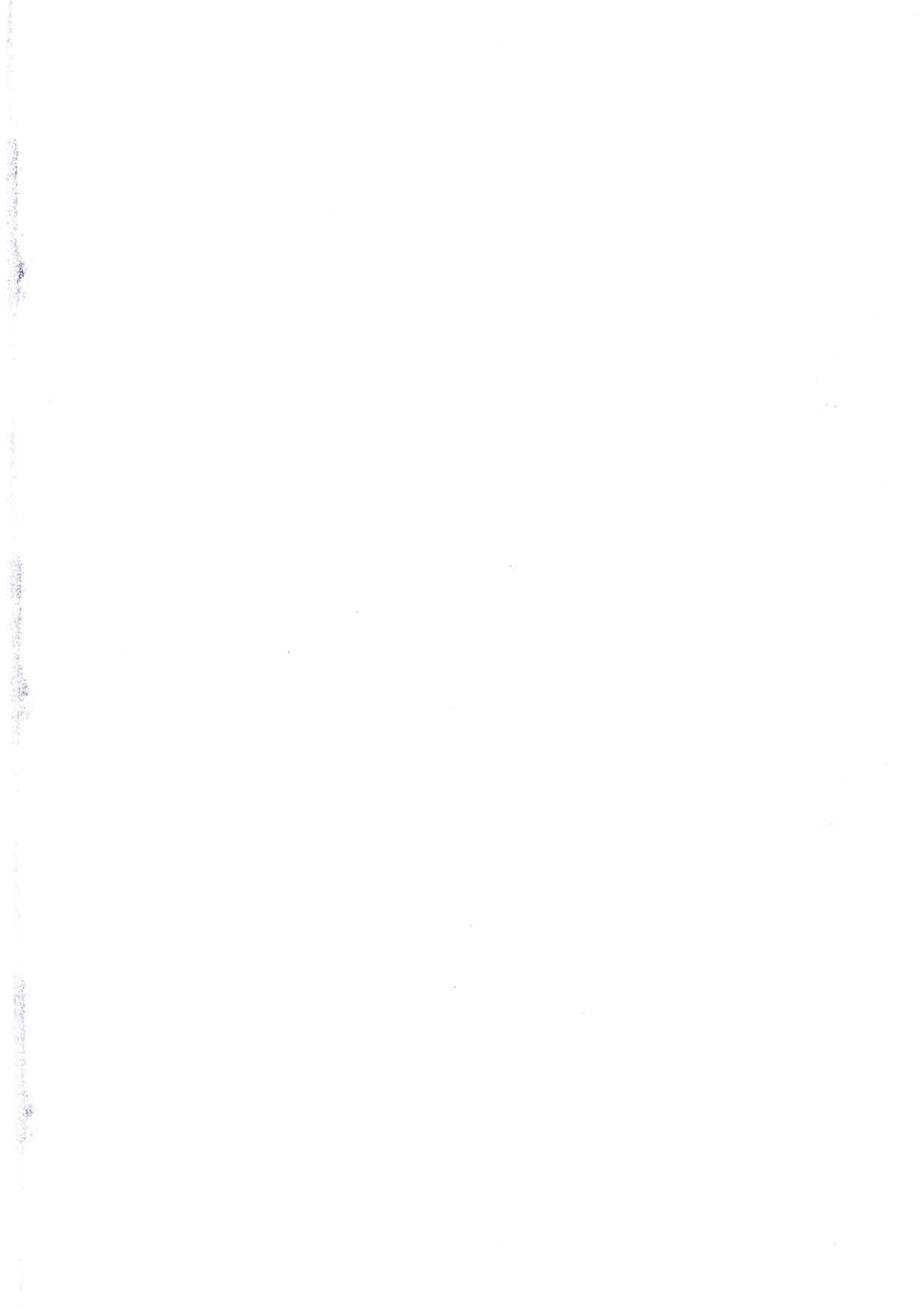
Venue: CMR, 5th Floor, SIOR

Tentative Schedule

Time	Schedule
9:00 am to 9:15 am	Registration
9:15am to 11:00 am	Theory
11:00 am to 11:15 am	Tea break
11:15 am to 11:20 am	Setting the apparatus
11:20 am to 11:45 am	Putting on the machine + Safety precautions
11:45 am to 12:00 pm	Checking for leaks
12:00 pm to 1:30 pm	Lower Limb exercises (open and close KC)
1:30 pm to 2:15 pm	Lunch
2:15pm to 3:15pm	Upper Limb BFRT (open and close KC)
3:15pm to 4:15pm	Aerobic/Endurance training
4:15pm to 4.30 pm	Passive BFRT (demo only)
4.30pm to 5:00pm	Tea and snacks




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Pune - 411005

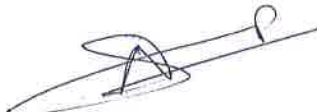



Sancheti Institute of Orthopaedics and Rehabilitation College of Physiotherapy
Blood Flow Restriction Therapy Workshop
6th July 2024


Attendance Sheet

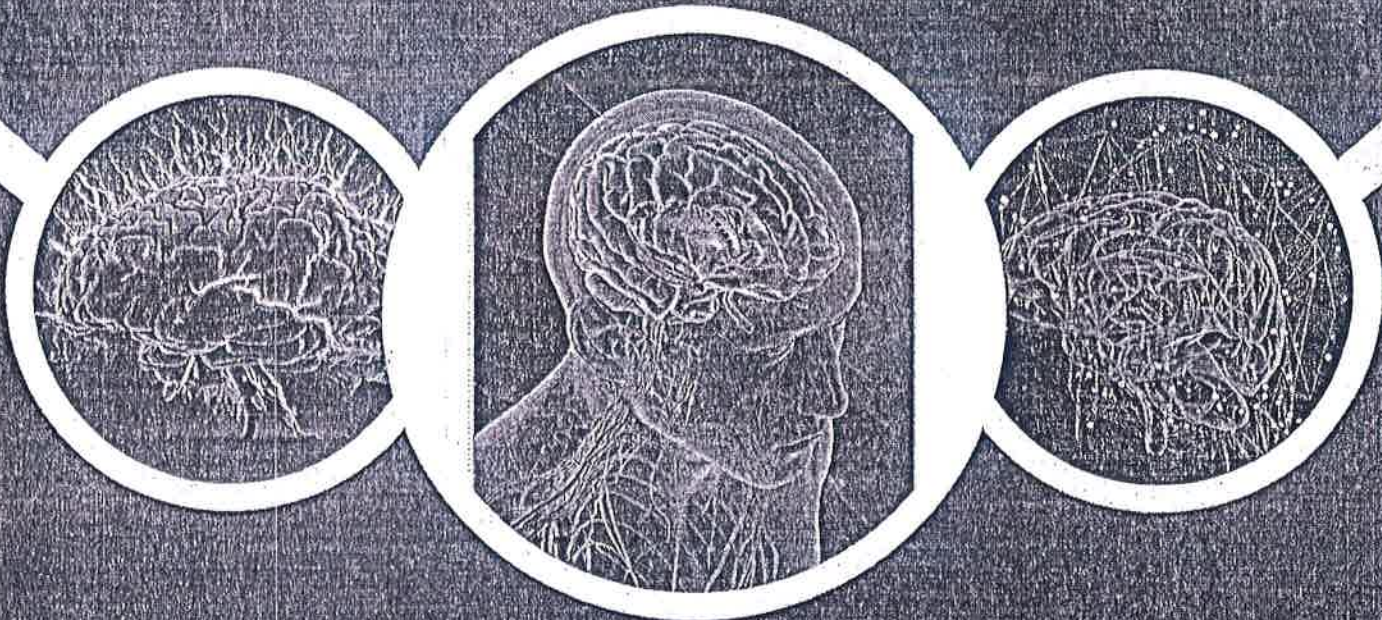
Sr.No.	Participant Name	Morning Session	Afternoon Session
1	Riya Bhanushali	<i>Riya</i>	<i>Riya</i>
2	Siddhi Pratap Sawant	<i>Siddhi</i>	<i>Siddhi</i>
3	Dr Nikita Dabholkar	<i>Nikita</i>	<i>Nikita</i>
4	Dhanashree Prakash Kirtikar	<i>Dhanashree</i>	<i>Dhanashree</i>
5	Chaitali Kadam		
6	Dr. Mrs. Swati A Thengodkar	<i>Swati</i>	<i>Swati</i>
7	Shraddha Sanjay Kanade	<i>Shraddha</i>	<i>Shraddha</i>
8	Rucha Suresh Deshpande	<i>R.S. Deshpande</i>	<i>R.S. Deshpande</i>
9	Shivani Nitin Surana	<i>Shivani</i>	<i>Shivani</i>
10	Dr. Siddhi Ravindra Jadhav	<i>Siddhi</i>	<i>Siddhi</i>
11	Dr. Aditi Ramesh Pathak	<i>Aditi</i>	<i>Aditi</i>
12	Dr Vedeeka Goje	<i>Vedeeka</i>	<i>Vedeeka</i>
13	Dr. Harshita Gupta	<i>Harshita</i>	<i>Harshita</i>
14	Dr Shruti Khandelwal	<i>Shruti</i>	<i>Shruti</i>
15	Dr. Zishta Patel (PT)	<i>Zishta</i>	<i>Zishta</i>
16	Sanskruti N Bhairy	<i>Sanskruti</i>	<i>Sanskruti</i>
17	Dr.Janhavi Dhananjay Kale	<i>Janhavi</i>	<i>Janhavi</i>
18	Dr.Sampada Naik (PT)	<i>Sampada</i>	<i>Sampada</i>
19	Dr.Alisha Memon (PT)	<i>Alisha</i>	<i>Alisha</i>
20	Eesha Deshpande	<i>Eesha</i>	<i>Eesha</i>
21	Ananya Naik	<i>Ananya</i>	<i>Ananya</i>
22	Arushi Pardeshi	<i>Arushi</i>	<i>Arushi</i>
23	Pratham Rathod	<i>Pratham</i>	<i>Pratham</i>


Dr.Sona Kolke (PT),
Resource person,
SIORCOP




Dr.Darshita Narwani (PT)
Resource person,
SIOR


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



"TASK SPECIFIC TRAINING IN NEURO REHA"

Workshop Date : 06th -07th July 2024,
9AM -5PM

RESOURCE PERSON

Dr. GAJANAN BHALERAO (PT)

Master of Neuro Physiotherapy, PhD Scholar MUHS Nashik

C/ PNF level I-IV(IPNFA), C/ NDT Adult (NDTA UDA),

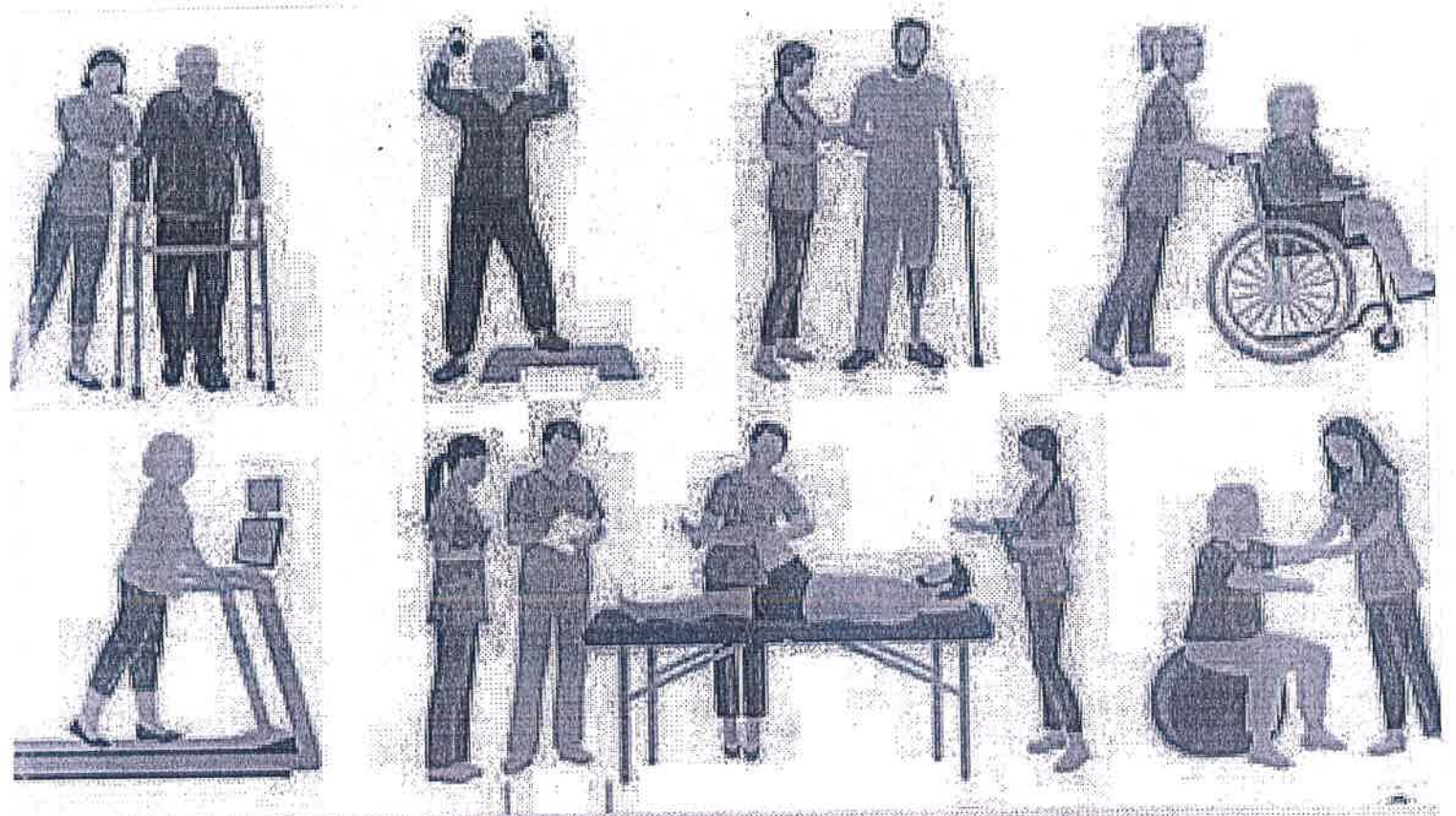
C/Aquatic therapist (Switzerland)

Principal Jayantrao Tilak college of physiotherapy.

Founder & Director of GB School of Neuro Rehab and

Aquatic therapy, Pune India.





Salient features:

The workshop focuses on :-

Practical demonstration & handling techniques in the Neuro rehabilitation.

Enhancing the skills of the participants & better understanding of problems commonly encountered in the management of stroke patients.

Insight into unique case studies as well. different approaches in neuro rehab, Neuro maturation approaches and task specific training approach.

What is motor control?

Theories of motor control- limitations and clinical implications

What is importance of the task specific approach (Carry over, Neuroplasticity)

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TASK SPECIFIC TRAINING IN STROKE REHAB

	Day 1 (6 th July 2024)	Time
1.1	Neuro rehabilitation approaches in stroke. Why task specific training	9:00 -10:30
1.2	Impairments after stroke,	
1.3	Strength training and Intensity of practice	
2	TRUNK AND LOWER LIMB RETRAINING	10:30 -12:00
2.1	Balance and postural adjustments	
2.2	Task Analysis of Supine to sit and sitting	
2.3	Task Analysis of Sit to stand and standing	
2.4	Task analysis of walking	
2.5	Assessment demonstration on patients by instructor	12:00 -1:30
	Lunch	1:30 -2:00
3.1	On Patient practice session : Delegate will analyse and assess normal and abnormal movement on patients and design treatment for the same	2:00-3:00
3.2	Group discussion of delegate finding,	3:00-4:30
3.3	Feedback "Important thing I learnt today....."	

	Day 2 (7 th July 2024)	
4	UPPER LIMB RETRAINING	
4.1	Task Analysis of normal movement	9:00 -10:30
4.2	Task Analysis of Abnormal Movement	
4.3	Assessment of Factors affecting movement dysfunction in task	
4.4	Treatment of movement dysfunction appropriate to the task	10:30 -1:30
4.5	Assessment demonstration on patients	
	Lunch	1:30 - 2:00
5.1	On Patient practice session : Delegate will analyse and assess normal and abnormal movement on patients and design treatment for the same	2:00 - 3:00
5.2	Group discussion of delegate finding,	3:00 - 4:30
5.3	Feedback "Important thing I learnt today....."	




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Task Specific Training in Stroke Rehab

Event: Task Specific Training in Stroke Rehab Workshop by Dr. Gajanan Bhalerao

Date: 6th & 7th July 2024

Time: 9:00am to 5:00pm

Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy in collaboration with GB school of neuro rehab conducted a workshop on "Task Specific Training in Stroke Rehab" on 6-7th July 2024 from 9 am to 5 pm. This workshop was conducted by Dr. Gajanan Bhalerao and was coordinated by Associate Professor Dr. Chetali Paliwal (PT). A total of 38 participants attended this workshop.

On day one, the session commenced with Dr. Bhalerao being felicitated by Dr. Apurv Shimpi who graciously gifted him Mrs. Manisha Sanghvi's newly published book as a token of appreciation.

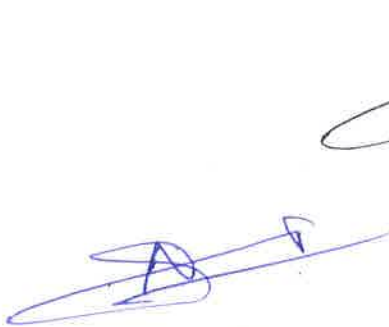
Over the weekend (Day 2), Dr. Bhalerao's vibrant sessions peaked the participants' curiosity and engaged their drive to learn. Topics and practical sessions related to the lower extremity were covered on day one and similarly the upper extremity related topics were covered on day two. Theoretical and hands-on skill based knowledge was shared with the participants along with on-patient demonstrations. Also, practice sessions and plenty time to explore techniques and protocols were given to the participants. Participants were encouraged to interact with the patients and engage them in activities using the multitude of equipment provided by Dr. Bhalerao.

All the students were thoroughly involved and experienced a fruitful learning session.

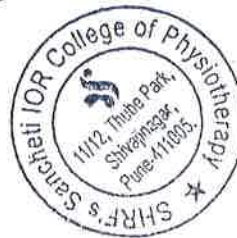
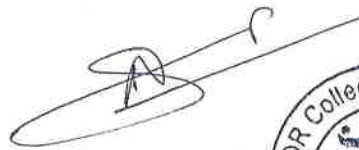
The students were provided with study materials, lunch and refreshments on both days.

The workshop ended on a high note with students expressing their experience and feedback. As a token of love the student's gifted Dr. Bhalerao flowers and a handmade card. Following which the certificate distribution ceremony was conducted.

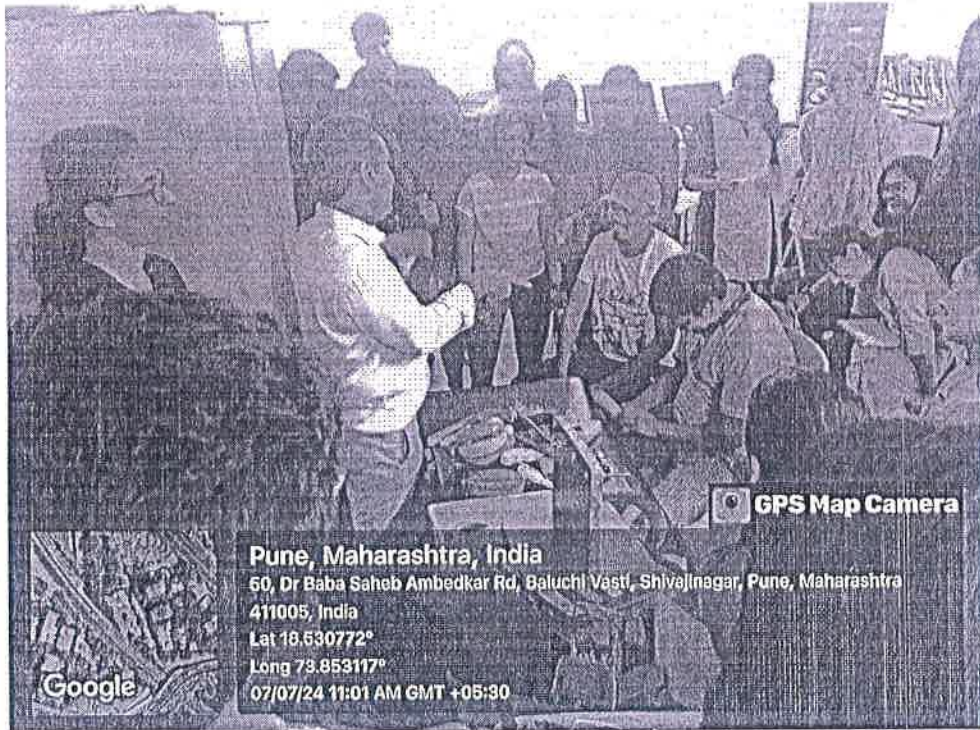
Number of Participants: 31 (SIORCOP) + 7(outside) = 38



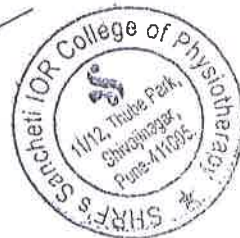
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Sancheti Institute for Orthopaedics and
Rehabilitation College of Physiotherapy



Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Sancheti Institute for Orthopaedics and Rehabilitation College of physiotherapy, Pune

Task Specific Training in Neuro Rehab Workshop Attendance Sheet

Sr. No.	Name of the participant (as you want on certificate)	Signature 06/07/2024		Signature 07/07/2024	
		Morning	Afternoon	Morning	Afternoon
1	Dr. Devyani Srinivasan Gastru				
2	Dr. Nupur Nitin Sahasrabudhe				
3	Dr. Ishika Vishal Jaiswal				
4	Dr. Riya Kamlesh Surti	Rs.	Rs.	Rs.	Rs.
5	Palesa Oswal				
6	Shrushti Bora.				
7	Kinnari Gala				
8	Madhura Jenukar				
9	Shubhanjali Raorane.				
10	Aarti Akangire.				
11	Pooja Karle				
12	Isha Said				
13	Taraya Sapre				
14	Purva Mahajan				
15	Hrushikesh Karmarkar				
16	Shruti Pachisia				
17	Siddhi Kotian				

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Sancheti Institute College of Physiotherapy
Pune - 411005

10	Dr. Kogta	KK	KK	KK	KK
19	Bhakti Gupta	B	B		
20	Smruti Shetty	S	S	S	S
21	Rushikesh Gongadhar Patil	RP	RP	RP	RP
22	Anusha Deshpande	A	A	A	A
23	Sanchi Chavhan	Chavhan	Chavhan	Chavhan	Chavhan
24	Mansi Atude	M	M	M	M
25	Pagimol Gawde	P	P	P	P
26	Rucha Satpurkar	R	R	R	R
27	Hanshala Dawkar	D	D	D	D
28	Shreya Kataria	K	K	K	K
29	Kritika Sheth	K	K	K	K
30	Tanvi Meda	T	T	T	T
31	Sakshi Agrawal	S	S	S	S
32	Jigyasa Dessani	J	J	J	J
33	Kadha Iyer	K	K	K	K
34	Samarth Kanade	S	S	S	S
35	Anjali Rao	A	A	A	A

36 NIKKI MATHEW.
37 Dr. Shradha Dinesh Giroli
Dr. Gajanan

Dr. Gajanan Bhatrao (PT)

Resource Person



Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

36/37 Dr. Chetali Paliwal

Dr. Chetali Paliwal (PT)

Course Coordinator

Sancheti Institute for Orthopaedics and
Rehabilitation College of Physiotherapy

Sancheti Institute For Orthopedics And Rehabilitation College Of Physiotherapy, Pune.

Name of the event: Hands on Workshop on Lymphoedema Management

Date: 29-30th November 2024

Venue: Sancheti Healthcare Academy, Pune

Objective: To educate the participants regarding lymphoedema and its physiotherapeutic management along with demonstration and practice of techniques such as bandaging and manual lymphatic drainage. The main goal of the workshop was also to enable the participants to apply the learned techniques in clinical settings

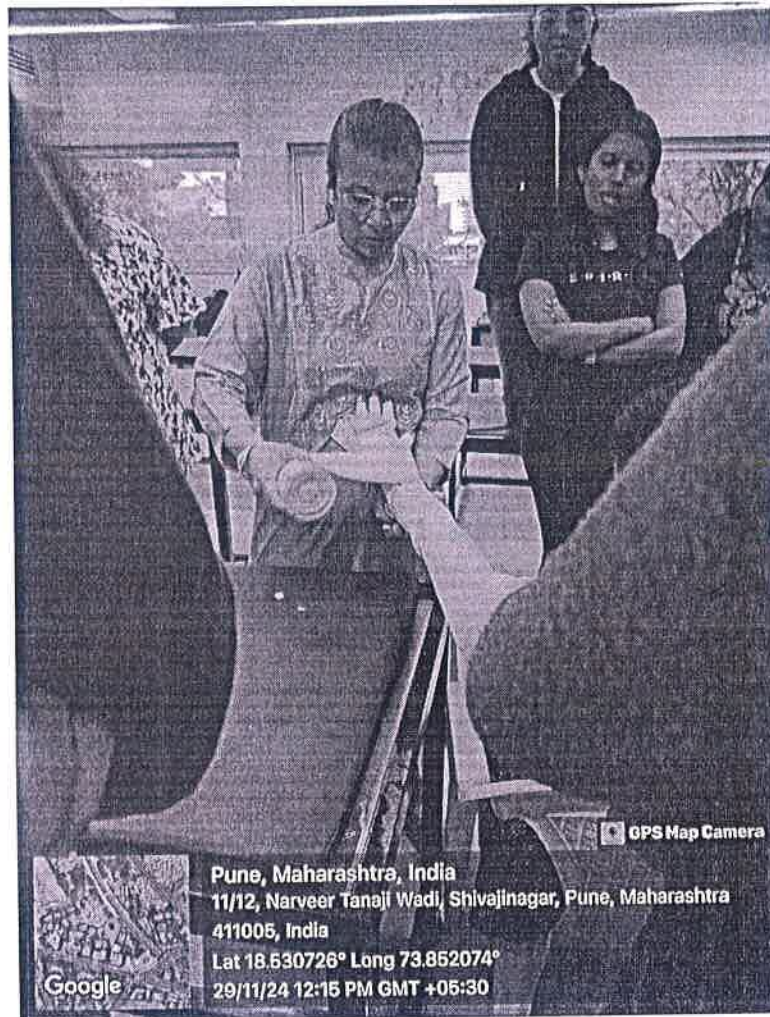
Report: 21 participants from Sancheti Institute College of Physiotherapy attended the hands on workshop on Lymphoedema management on 29-30th November, 2024 between 9am to 5pm. The session was conducted by 2 esteemed resource persons in the field, Dr. Ajeeta Kulkarni (PT) and Dr. Anuradha Daptardar (PT) and was assisted by our co-ordinator, Dr. Prajakta Sahasrabudhe (PT) The participants started the workshop by brushing up their theoretical knowledge followed by an extensive demonstration of practical skills with respect to bandaging and manual lymphatic drainage.

The session on Day 1 began with an overview of lymphoedema and its causes, pathophysiology along with a brief about how to assess the severity of the condition through clinical examination and measurement techniques. The afternoon session comprised of repetitive demonstration techniques of compression bandaging for the upper limbs followed by multiple practice sessions by the participants for the same. Whereas demonstration and practice of bandaging for lower limb along with Manual Lymphatic Drainage (MLD) was covered on Day 2.

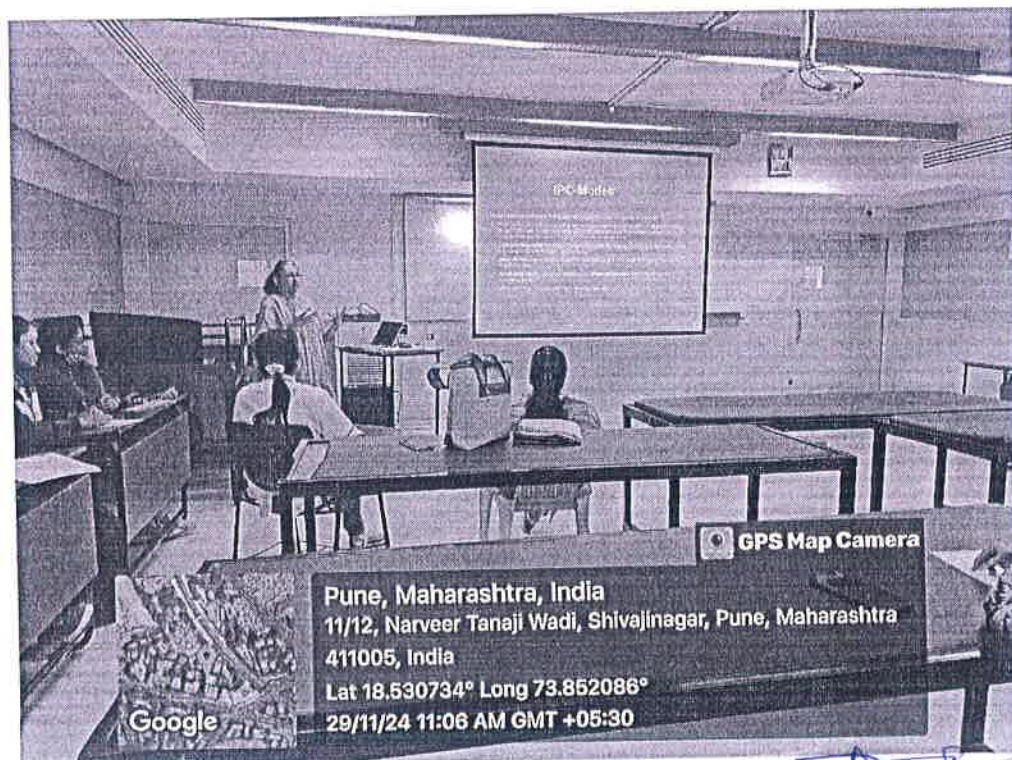
To conclude, the 2-day workshop was a resounding success, with participants gaining both theoretical and practical skills in managing lymphoedema.


Dr. Prajakta Sahasrabudhe (PT)
Workshop Coordinator



Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Pune, Maharashtra, India
11/12, Narveer Tanaji Wadi, Shivajinagar, Pune, Maharashtra
411005, India
Lat 18.530726° Long 73.852074°
29/11/24 12:15 PM GMT +05:30



Pune, Maharashtra, India
11/12, Narveer Tanaji Wadi, Shivajinagar, Pune, Maharashtra
411005, India
Lat 18.530734° Long 73.852086°
29/11/24 11:06 AM GMT +05:30


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005



Pune, Maharashtra, India
11/12, Narveer Tanaji Wadi, Shivajinagar, Pune, Maharashtra
411005, India
Lat 18.530715° Long 73.852068°
29/11/24 12:17 PM GMT +05:30

Balasubudhe


Principal and Professor
Sancheti Institute College of Physiotherapy
Pune - 411005

 **sancheti**
College of Physiotherapy

11/12, Thube Park, Shivajinagar, Pune - 411 005.
(Id No. PU / PN / Physio / 122 / [1997]))
(Id No. MUHS / 121)

Direct : 020 - 25539393
Tele Fax : 020 - 25539494
E-mail : sancheticop@sha.edu.in

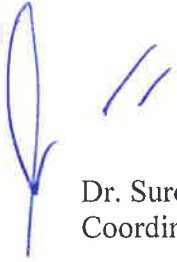
Tel. No. : 020 - 27999999,
28999999
Extn. : 9411 / 9412 / 9413

Ref No: SIORCOP/IQAC/ 09-A/2024

Date: 27th July 2024

Circular FDP

This is to inform that a FDP has been organized on 3rd & 4th Aug on Qualitative research. All faculty are requested to attend



Dr. Suroshree Mitra
Coordinator, IQAC



Dr. Apurv Shimpi
Chairperson, IQAC

Workshop on Qualitative Research on 3rd & 4th Aug 2024

The Sancheti Healthcare Academy in Pune hosted an insightful workshop led by Dr. Ketoki Mazumdar, an Assistant Professor of Clinical and Counselling Psychology at FLAME University, Pune. With over 15 years of experience in mental health, specializing in Clinical, Social, Health, and Cross-cultural Psychology, Dr. Mazumdar brought her extensive expertise to the attendees. Holding a PhD and MPhil in Psychology from the Tata Institute of Social Sciences, Mumbai, and being a certified psychotherapist, she shared her profound knowledge on qualitative research methodology. Throughout the workshop, participants gained valuable insights into various qualitative research frameworks and techniques, benefiting from Dr. Mazumdar's experience in publishing in reputable journals and presenting at international conferences.

The workshop, currently under the process of receiving MUHS recognition, offered an enriching experience for professionals and students in the field of qualitative research. Priced at 3000 INR, the event featured interactive sessions, case studies, and hands-on exercises, allowing attendees to apply theoretical knowledge to real-world scenarios. Held at the Sancheti Healthcare Academy in Pune, the event fostered collaboration and networking among participants. For further details, attendees could reach out to Dr. Suroshree Mitra. Overall, the workshop proved to be an invaluable opportunity for enhancing skills and staying updated with the latest trends in qualitative research.



Dr. Suroshree Mitra
Coordinator

Dr. Apurv Shimpi
Principal, SIORCOP

Sancheti Institute for Orthopaedics and Rehabilitation

College of Physiotherapy

Qualitative Research Workshop

2nd and 3rd August 2024

Day 1: 2nd August, Friday

Time	Session Title	Contents	Delivery Methods
Day 1			
9.30-10am: Inauguration & Pre-test			
10:00 am – 11:00 am	Introduction to Qualitative Research	An overview of qualitative research, with an emphasis on its significance and differences from quantitative research	PowerPoints Discussions
11:15 am-12:30 pm	Overview of qualitative research designs	An overview of selected qualitative research designs including Phenomenology, Ethnography, Qualitative Descriptive Studies, Grounded Theory, Participatory Action Research	PowerPoints Discussions
12:30 pm -1:30 pm Lunch			
1:30 pm - 2:30 pm	Overview of Interviews in Qualitative Research	A description of when and how to use interviews and focus groups in research studies	Videos, PowerPoints Discussions Practice Session
2:30 pm – 2.45 pm Tea break			
2:45 pm-3:45 pm	Interviews	Practice session on conducting Interviews – Asking the right questions	Practice Session
3:45 pm-4:30 pm	Field notes	A description of the process of maintaining field-notes and their importance to the qualitative research process.	PowerPoints and Discussions

Day 2: 3rd August, Saturday

Time	Session Title	Contents	Delivery Methods
Day 2			
10:00-10:15 am Review			
10:15 am-11:15 am	Participant Observation	A description of what and how to do participant observation. This session also includes a video demonstration of conducting participant observations.	PowerPoints Discussions
11.15 – 11.30 am Tea Break			
11:30 am-12:30 pm	Focus groups	Explanation of the logistics of conducting focus groups.	PowerPoints Discussions Practice Session
12.30– 1.30 pm Lunch Break			
1:30 pm-2:30 pm	Focus Groups	Practice session on performing a focus group.	PowerPoints Discussions Practice Session
2.30-3.30 pm	Overview of Qualitative Analysis	Description and explanation	PowerPoints Discussions
3.30-4pm Q & A			
4-4.30pm Feedback & Post-test			

Resource Person:

Dr. Ketoki Mazumdar, PhD & MPhil in Psychology from Tata Institute of Social Sciences, Mumbai. Assistant Professor of clinical and counselling psychology, Flame University.