

Maharashtra University of Health Sciences, Nashik
Inspection Committee Report for Academic Year 2023 - 2024
Attendance Details/ Research Details/ Welfare Scheme Details

Faculty: Physiotherapy

Name of College: M.A.Rangoonwala College of Physiotherapy and Research

1	Attendance	}	Month-wise Biometric attendance to be uploaded by the college on College Website. (No hard copies of attendance to be submitted to the University)
	Teaching Staff		
	Non-Teaching Staff		
	Hospital Staff		
	UG & PG Students		
2	Project		43
	Research Articles/ Publications		67
	Research Award (Student/Teacher)		-
Utilization of Student Welfare Schemes :-			
3	Earn and Learn Scheme		-
	Dhanwantri Vidyadhan Scheme		-
	Sanjivani Student Safety Scheme		-
	Student Safety Scheme		-
	Book Bank Scheme		Yes
	Savitribai Phule Vidyadhan Scheme		-
	Bahishal Shikshan Mandal Scheme		-
4	Sport participants/Other Activities:		
	i) Information of Student(s) who participated University level & State level Avishkar Competition.		NO
	ii) Information of Student(s) who participated in Regional Sport Competition & State level Sports Competition.		Ms. Zuveria Pinjari (Documents attached)
	ii) Information of Student(s) who participated in Cultural Activities.		NO
	iv) Does the college have NSS Unit?		NO
	Whether "Swaccha Bharat Abhiyan" implemented in college		Yes


Dean/Principal Stamp & Signature

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M.M.E. & R.C's

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PUBLICATIONS

SR.NO	NAME	NO.OF.PUBLICATIONS
1	Dr. Ronika Agrawal	33
2	Dr. Seemab Pandit	07
3	Dr. Sanjeev Kumar	07
4	Dr. Sumaiyya Shaikh	03
5	Dr. Manjiri Kulkarni	02
6	Dr. Sharayu Bhure	06
7	Dr. Pooja Gulunjkar	04
8	Dr. Mamta Chainani	01
9	Dr. Gauri Wakde	03
10	Dr. Haji Ismail	01


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Master of Musculoskeletal Physiotherapy Projects (22-23)

SR.NO	NAME	PROJECT TOPIC	STATUS
1	RAZIYA KHAN	Effectiveness of floor versus Swiss ball core strengthening on pain, core muscle strength and disability in sedentary population with mechanical low back pain.	Completed
2	TASMIYA BOAT	Effect of Shoulder strengthening exercises on hand grip strength and upper limb functional activity performance in normal individuals	Completed
3	VEEBHA JADHAO	Comparison of Myofascial release technique and Muscle energy technique in improving pain intensity, cervical range of motion and functional disability on myofascial trigger points in upper fibres of trapezius.	Ongoing
4	CHAITALI KIRTANE	To study the effectiveness of Maitland Vs Kaltenborn mobilization technique in improving pain, range of motion of flexion and internal rotation and Functional disability in patients with adhesive capsulitis.	Ongoing



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INTERN PROJECT REGULAR BATCH (2022-2023)

(ON - GOING)

SR NO.	NAME OF THE STUDENT	NAME OF THE GUIDE	TOPIC
1.	ARSHIYA KHAN QUDSIYA KHAN	DR. MAMTA CHAINANI	"PREVALENCE OF DIASTATIS RECTI IN MIDDLE AGED INDIAN MEN WITH ABDOMINAL OBESITY"
2.	ARWA INDOREWALA UMME SALMA NANDERVAWALA	DR. SHARAYU BHURE	"A COMPARATIVE STUDY BETWEEN EFFECTIVENESS OF YOGASANA AND WORK ERGONOMICS IN IT PROFESSIONALS WITH MECHANICAL LOW BACK PAIN"
3.	ZEBHA SHAIKH SOFIYAN SHAIKH	DR. SEEMAB KHAN	"COMPARISON OF EFFECTS OF PLYOMETRIC TRAINING ON SOFT VS HARD SURFACES ON AGILITY IN SOCCER PLAYERS"
4.	RABIYA SANDE TASNEEM PRESSWALA	DR. DIVYA KAWEDIYA	"COMPARISON OF MUSCLE ENERGY TECHNIQUE VERSUS STRETCHING FOR GLENOHUMERAL HORIZONTAL ABDUCTORS AND EXTERNAL ROTATORS TO IMPROVE GLENOHUMERAL INTERNAL ROTATION DEFICIT IN DISTRICT LEVEL BADMINTON PLAYERS"
5.	MARIYA SAEED ALFIYA SHAIKH	DR. SANJEEV KUMAR SINGH	"EFFECTS OF T.E.N.S. AND TIBIAL NERVE MOBILIZATION ON PATIENTS OF DIABETIC NEUROPATHY"
6.	AZMINA SULTAN ZAHRA SHAIKH	DR. SANAT KULKARNI	"EFFECT OF AEROBIC EXERCISES ON COGNITION AND FATIGUE IN POST COVID SYNDROME IN MIDDLE AGE ADULTS" – EXPERIMENTAL STUDY
7.	SAJIDA SHAIKH SHAGUFA UMRANI	DR. GAURI WAKDE	"EFFECTS OF ANULOM VILOM VS DIAPHRAGMATIC BREATHING ON PAIN, QUALITY OF LIFE AND SLEEP IN PRIMARY DYSMENORRHOEA IN YOUNG FEMALES"

8.	ARSHEE BAGDADI JUNAID SHAIKH	DR. SANAT KULKARNI	"EFFECT OF POSITIONAL RELEASE THERAPY VERSUS ISCHAEMIC COMPRESSION THERAPY FOR GASTROCNEMIUS MUSCLE TO REDUCE PAIN AND IMPROVE ANKLE DORSIFLEXION IN FOOTBALL PLAYERS" – A COMPARATIVE STUDY
9.	KASHAF CHAUDHARY SWALEHA SHAIKH	DR. AVANI THAR	"EFFECTS OF CORRECTIVE AND BALANCE EXERCISES ON BALANCE, FEAR OF FALL AND PHYSICAL PERFORMANCE IN GERIATRIC POPULATION WITH INCREASED THORACIC KYPHOSIS"
10.	RUHEENA SHAIKH	DR. SUMAYYA SHAIKH	"EFFECTS OF SQUARE STEPPING EXERCISES ON RISK OF FALL IN CHRONIC STROKE PATIENTS"

P. R. S.

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INTERN PROJECT [REGULAR BATCH] 2021-2022

(COMPLETED)

NAME	GUIDE	TOPIC
1] Sakina sharafali	Dr. Seemab	Effect of cognitive training on risk of fall in institutionalized elderly.
2] Summaiya sayyad	Dr. Seemab	Effect of multiple target slip training on risk of fall in institutionalized elderly.
3] Vaishnavi shah	Dr. Shikha passi	Effect of mindfulness meditation vs. progressive relaxation on sleep disturbances and climacteric symptoms in perimenopause women using (PSQI)
4] Mariya poonawala	Dr. Shikha passi	Effect of mindfulness meditation vs. progressive relaxation on sleep disturbances and climacteric symptoms in perimenopause women using menopause rating scale.
5] Mohammed Altaf kazi	Dr. Sharayu bhure	Comparison of effect of eccentric training exs and static stretching on hamstring flexibility in recreational football players with hams tightness

6)Tasneem modi	Dr.Saba	Effect of seated unloading vs spinal unloading position on pain and disability in sedentary workers with mechanical low back pain.
7)Juveriya Ansari	Dr.Sharayu Bhure	To study effect of deep neck flexor training program on pain, disability, craniovertebral angle and deep neck flexor strength in dental students with non-specific chronic neck pain.
8)Neha J Shaikh	Dr.Sharayu Bhure	To study effect of postural corrective exs program on pain, disability, craniovertebral angle and deep neck flexor strength in dental students with non-specific chronic neck pain.
9)Rufi Ansari	Dr. Saba	To study the effect of neurodynamic sliding technique for hamstring flexibility in young adults.
10)Shirin Siddiqui	Dr.Saba	To study the effect of active stretching technique for hamstring flexibility in young adults.

11)Riddhi Agrawal	Dr.Divya Kawediya	Effect of progressive muscle relaxation along with deep breathing on stress in type 2 diabetes mellitus patients.
12)Zainab Ghadyaly	Dr.Sumayya Shaikh	Effect of 'PUSH' program on upper limb motor function in subjects with chronic stroke using Upper limb Motor Assessment scale (UL-MAS).
13)Shereen Ara	Dr.Sumayya shaikh	Effect of 'PUSH' program on upper limb motor function in subjects with chronic stroke using Wolf Motor Functional Scale(WMFT).
14)Roshni Pathan	Dr.Divya Kawediya	Effect of progressive muscle relaxation along with deep breathing on fatigue in type 2 diabetes mellitus patients.
15)Sadaf A Shaikh	Dr.Avani Thar	Effect of breathing exercises along with strengthening exs vs. core strengthening exs alone on pain and disability in young adults with non-specific low back pain.

16)Munira Badani	Dr.Avani Thar	Effect of breathing exercises along with strengthening exs vs. core strengthening exs alone on strength and disability in young adults with non-specific low back pain.
17)Maria Josh	Dr.Divya Kawediya	Effect of suboccipital muscle inhibition along with posture correction exs on forward head posture in college students with chronic tension type headache.
18)Sakshi Pandit	Dr.Divya Kawediya	Effect of suboccipital muscle inhibition along with posture correction exs on headache in college students with chronic tension type headache.
19)Sameer Gosami	Dr.Divya Kawediya	Effect of plyometrics vs lumbar core training on jump performance and core strength of football players-A comparative study.
20)Ayesha Syed	Dr.Avani Thar	Additional effect of modified progressive Copenhagen adduction exercise programme on agility in football players.

21)Juveriya Ansari	Dr.Avani Thar	Additional effect of modified progressive Copenhagen adduction exercise programme on sprint-time in football players.
22)Huda Sarosh	Dr.Sanjeev Singh	Effect of chest mobilization exs on chest expansion and peak expiratory flow rate in chronic stroke patients.
23)Sumaiyya shaikh	Dr.Sanjeev Singh	Effect of chest resistance exs on chest expansion and peak expiratory flow rate in chronic stroke patients.

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FINAL YEAR (REGULAR BATCH) SYNOPSIS 2022-23

ONGOING

NAME	GUIDE	TOPIC
1.Tahera Khan	Dr.Sanjeev Singh	Effect of short foot exs on foot posture, weight bearing and balance in individuals with stroke
2.Mehvish Fiza Hanafi	Dr.Pooja Gulunjkar	Prevalence of musculoskeletal disorders in special school education teachers.
3.Mushafiqqua Kazi	Dr.Pooja Gulunjkar	Comparison of effect of tibialis posterior strengthening vs intrinsic muscles of foot and tibialis posterior strengthening to improve medial longitudinal arches in young individuals.
4.Shahana Perampalli	Dr.Seemab Khan	Comparison between effects of scapular stabilization exs and ergonomics on shoulder pain in primary school teachers.
5.Aaliya Mahat	Dr.Sumayya Shaikh	Effect of tibial nerve mobilization on gait speed in stroke patients.
6.Amaan Shaikh	Dr.Saba Khan	Effect of Otago exercise programme on functional mobility and daily activities in geriatrics population.



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MAHARASHTRA STATE KABADDI ASSOCIATION

Regd Under B P Tct 1950 No.-F-6206/Mumbai&S R Act No. 160 Bom 21 of 1959 G B S D
AFFILIATED Amateur Kabaddi Federation of India & Maharashtra Olympic Association.
Email: maharashtra.kabaddi@gmail.com



Certificate No.: 4907758

Date of Issue:- 07-12-2022



Merit Certificate

ZUVERIA PINJARI

This certificate is awarded to Mr./Ms.

DOB 06-02-2004

Player Reg. No. 0709580003

Aadhaar No.

426832184169

for representing

PUNE DISTRICT KABADDI ASSOCIATION

as Player-


in the


49TH JUNIOR BOYS-GIRLS STATE CHAMPIONSHIP SELECTION TOURNAMENT 2022


organised at

MATOSHRI DAGADUBAI GUTTE PRATISHTAN, GANGAKHED AND PARBHANI DISTRICT KABADDI ASSOCIATION

from 03.12.2022 to 06.12.2022 This Team secured Second Position in the event.


Ajit Pawar
President


Gajanan Kiritkar
Chairman


Adv. Aswad Patil
General Secretary

❦ वंदनीस वितरण-शुभहस्ते ❦

माता श्री. अतुलजी सावे

(महाराष्ट्र राज्य)

महाराष्ट्र राज्य कबड्डी असोसिएशन



✕ श्री कुमार-कुमारी गट राज्य अनिव्यपद व

निजड चाचणी कबड्डी स्पर्धा २०२२

संगमनेंद्र, जि. पाचगणी

द्वितीय पारितोषिक - कुमारी



आयोजक :-
आमदार श्री. रत्नाकररावजी गुडे

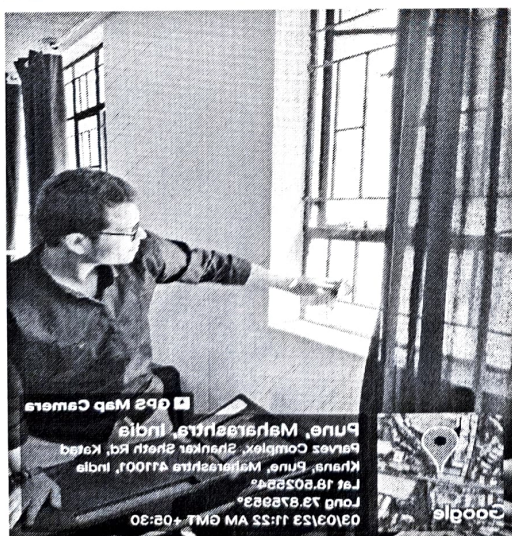
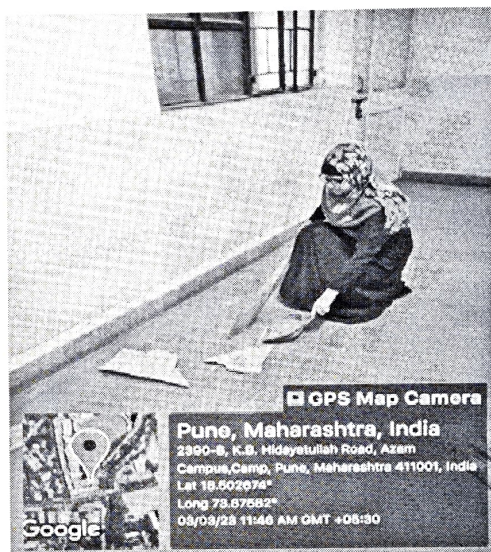
आयोजी कबड्डी गुडे तालिका
संगमनेंद्र, जि. पाचगणी



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SWACCH BHARAT ABHIYAAN 2023

On 3rd March 2023, Under the guidance of Principal Dr. Ronika Agrawal, M.A. Rangoonwala College of Physiotherapy and Research, conducted 'Swacch Bharat Abhiyaan 2023' campaign also called the 'Clean India Campaign'. As declared by the government of India, cleaning the streets, roads and infrastructure of the country is included in mission Clean India Campaign. To take this plunge ahead, BPTH students of M.A. Rangoonwala College of Physiotherapy and Research, very actively and enthusiastically participated in this activity by getting their cleaning supplies and cleaned classrooms and college passages in the morning hours of college as a part of this noble mission. All the students also took the pledge of keeping their surroundings clean and spread awareness about the same.




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