

Annexure XII

Maharashtra University of Health Sciences, Nashik Inspection Committee Report for Academic Year 2024-2025 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		33
	Research Articles/ Publications		84
	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.		Yes
	ii) Information of Student(s) who participated in Cultural Activities.		Yes
	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	09
3	Dr. Sanjeev Kumar	07
4	Dr. Pooja Kesharwani	10
5	Dr. Sumaiyya Shaikh	03
6	Dr. Manjiri Kulkarni	02
7	Dr. Sharayu Bhure	06
8	Dr. Pooja Gulunjkar	05
9	Dr. Mamta Chainani	01
10	Dr. Gauri Wakde	03



Pooja
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11	Dr. Sanat Kulkarni	01
12	Dr. Haji Ismail	01
13	Dr. Sayali Bhalage	01
14	Dr. Sneha Naikoji	02

Total no. of Publications - 84



Sanat

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Projects of MPT's

SR. NO	NAME	TITLE OF PROJECT	GUIDE	STATUS
1	Veebha Jadhao	Comparison of Myofacial release technique versus Muscle Energy Technique in improving pain intensity, cervical ROM and functional disability on Myofacial trigger points in upper fibers of trapezius.	Dr. Ronika Agrawal	Completed
2	Chaitali Kirtane	To study the effectiveness of Maitland versus Kaltenborn mobilization technique in improving pain, ROM of flexion and internal rotation and functional disability in patients of adhesive capsulitis.	Dr. Ronika Agrawal	Completed
3	Afreen Rai	Effect of 2-week intervention comparing Myofascial release techniques of cross hand and knuckle versus foam roller and tennis ball on pain, Dorsiflexion ROM and foot function in patients with plantar fasciitis: an experimental study.	Dr. Ronika Agrawal	Ongoing
4	Zoha Belkar	Effect of 4-week deep cervical flexor strengthening versus scapular strengthening exercises in university students with forward head posture on pain, posture and disability: A comparative study.	Dr. Ronika Agrawal	Ongoing



Photo

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Completed Projects of Interns (2018-2019)

SR.NO	NAME	TITLE OF PROJECT	GUIDE
1	Arshiya Khan Qudsiya Khan	Prevalence of diastasis recti in middle aged Indian men with abdominal obesity	Dr. Mamta Chainani
2	Arwa Indorewala Umme Salma Nandervawala	A comparative study of effect of yogasana and work ergonomics in information technology professionals with mechanical low back pain	Dr. Sharayu Bhure
3	Zeba Shaikh Sofiyan Shaikh	Comparison of effects of Plyometric trainings on soft vs hard surfaces on agility in soccer players	Dr. Seemab Khan
4	Rabiya Sande Tasneem Presswala	Comparison pf muscle energy technique vs stretching foe glenohumeral horizontal abductors and external rotators to improve glenohumeral internal rotation deficit in district level badminton players.	Dr. Divya Kawediya
5	Mariya Saeed Alfiya Shaikh	Effect of TENS and tibial nerve mobilization on diabetic peripheral neuropathy	Dr. Sanjeev Singh
6	Azmina Sultan Zahra Shaikh	Effect of aerobic exercise on cognition and fatigue in post covid syndrome in middle age adults-An experimental study	Dr. Sanat Kulkarni
7	Sajida Shaikh Shagufa Umrani	Effect of Anulom Vilom vs diaphragmatic breathing exercise in primary dysmenorrhea in young females-A comparative study	Dr. Gauri Wakde
8	Arshee Bagdadi Junaid Shaikh	Effect of Positional Release technique versus ischemic compression therapy for gastrocnemius muscle to reduce pain and improve ankle dorsiflexion in football players - a comparative study.	Dr. Sanat Kulkarni
9	Swaleha Shaikh Kashaf Chaudhary	Effect of corrective and balance exercises on balance, fear of fall and physical performance in geriatric population with increased thoracic kyphosis	Dr. Avani Thar
10	Ruheena Shaikh	Effect of square stepping exercises on risk of fall in chronic stroke patients	Dr. Sumayya Shaikh

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Synopsis of Final Year B.P.Th Projects

SR.NO	NAME	TITLE OF PROJECT	GUIDE
1	Uzair Khan	Comparison of Effect of Progressive strengthening of Extensor carpi radialis brevis (ECRB) versus Progressive Strengthening of Supinator on Pain, Grip Strength and Functional Disability in Lateral Epicondylitis among Computer users	Dr. Sneha Naikoji
2	Abdulla Patel	Incidence of Vertigo in I.T Professionals	Dr. Haji Ismail
3	Lujjain Momin	Prevalence of Scapular Dyskinesis Among Dental Professionals	Dr. Sneha Naikoji
4	Krishika Verma	Effect of Stationary Cycling versus Effect of Brisk Walking Exercise on Blood pressure in Hypertensive individuals	Dr. Sneha Naikoji
5	Noman Shaikh	Effect of Lumbar Stabilization with MFR in Chronic Low Back Pain in Autorickshaw Drivers	Dr. Haji Ismail




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Ongoing Projects of Interns (2019-2020)

SR.NO	NAME	TITLE OF PROJECT	GUIDE
1	Mehvish Fiza Mushaffiqua Kazi	Prevalence of work-related musculoskeletal disorder in special school education teachers dealing with physically disabled students in Pune.	Dr. Pooja Gulunjkar
2	Ayesha Firdous Aaliya Mahat	Effect of core stability exercises on gait velocity in stroke patients	Dr. Sumayya Shaikh
3	Sofiya Bagwan Kaainaat Khan	Effect of Rhythmic stabilization versus lumbar stabilization exercises on pain and functional disability in nurses with low back pain	Dr. Saba Khan
4	Nida Dadan Muneeba Anwar	Effects Of Calisthenics exercise on sleep quality and quality of life in postmenopausal women	Dr. Sanjeev Singh
5	Arbaaz Karigar Umair Muqri	Effect of percussivemassage gun and conventional exercises on pain and functional performance in individual with knee osteoarthritis.	Dr. Haji Ismail
6	Amaan Shaikh Tasmiya Tamboli	Effect of OTAGO exercise programme on functional mobility and activities of daily living in geriatric population	Dr. Saba Khan
7	Amna Huda Insiyya Bandukwala	Effect of yoga on risk of fall and depression in elderly.	Dr. Sayali Bhalge
8	Aadil Shaikh Ashfaq Pathan	Effect of muscle energy technique + t.e.n.s v/s positional release technique + t.e.n.s on neck pain and disability in hair dressers with trapezius myalgia over a duration of 4 weeks – a comparative study	Dr. Sanat Kulkarni
9	Ayesha Bano Prajakta kadam	Prevalence of LBP in mechanics	Dr. Saba Khan
10	Osama Shaikh Shahana Perampalli	Efficacy of upper extremity plyometrics on strength and function in badminton players	Dr. Seemab Khan
11	Mahima Shaikh Misbah Thobani	Effect of scapular stabilization exercises in neck pain and disability on forward head posture in school going children	Dr. Jennifer Jadhav
12	Maseera Shaikh Iram Shaikh	Association of polypharmacy with senior fitness test components among community dwelling older adults of india	Dr. Mamta Chainani
13	Rutuja Whaval Munazzah Parkar	Comparison of effect of weight bearing v/s non-weight bearing short foot exercises in young female individuals having flexible flat feet.	Dr. Pooja Gulunjkar
14	Shifa Khan Tahera Khan	Effect of Yogasana vs Laura Mitchell's relaxation technique on pain intensity in primary dysmenorrhea.	Dr. Sanjeev Singh



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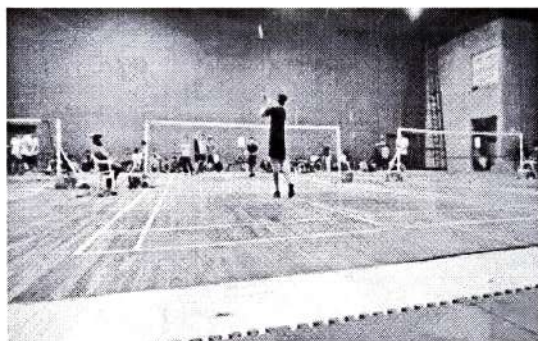
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MUHS BADMINTON TOURNAMENT 2023

In September 2023, a Badminton Tournament was conducted by MUHS for the purpose of selection of top 8 badminton players amongst various colleges. These top 8 players were supposed to represent MUHS (Nashik) at university games. Venue for the selection tournament was arranged at SMT Sushiladevi Mahavidyalya, Latur on 3rd and 4th September 2023. The total numbers of participants were 256 in boys' category and 128 in girls' category. Mr Nuaim Nadkar, 2nd year B.P.Th student from M. A. Rangoonwala College of Physiotherapy and Research, Pune was a participant. On 4th September, amongst the top 8 players, all play all scenario was created and the one to win most matches was ranked as the top player.

We are extremely thankful to Mrs. Abeda Inamdar (President, M.M.E&R.C), Dr. Arif Memon (Vice-President M.M.E&R.C), Dr. Nazim Shaikh (Secretary M.M.E&R.C) and Dr. Ronika Agrawal, Principal M. A. Rangoonwala College of Physiotherapy and Research, Pune for encouraging us to attend this event.





महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक Maharashtra University of Health Sciences, Nashik

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Tel: (0253) 2539179/169/173/174 Student Helpline : 0253-2539111/6659111
Website: www.muhs.ac.in, E-mail: sw@muhs.ac.in



डॉ. मनोजकुमार बी. मोरे
एम.डी.(आयुर्वेद)
संचालक, विद्यार्थी कल्याण

Dr. Manojkumar B. More
M.D.(Ayurved)
Director, Student Welfare

मआवि/एसडब्ल्यू/स्पोर्ट्स/ ८२/२०२४

दि. ०५/०१/२०२४

प्रति,
अधिष्ठाता/प्राचार्य,
एम.ए.रंगुनवाला कॉलेज ऑफ फिजीओथेरेपी,
जि - पुणे

विषय : सराव शिबीर व क्रिडा महोत्सव २०२३ करिता स्पर्धक उपस्थितीबाबत...

महोदय,

उपरोक्त विषयाच्या अनुषंगाने आपणास कळविण्यात येते की, "क्रीडा महोत्सव २०२३" राष्ट्रसंत तुकडोजी महाराज नागपुर विद्यापीठ, नागपुर" येथे दि. १२ ते १६ जानेवारी २०२४ या कालावधीत १) मैदानी स्पर्धा २) बास्केटबॉल ३) व्हॉलीबॉल ४) टेबल टेनिस ५) बॅडमिंटन आयोजन करण्यात आले आहे. या राज्यस्तरीय क्रीडा स्पर्धेच्या अनुषंगाने विद्यापीठ संघाची तयारी उत्तम प्रकारे होणे करिता दि. ०६ जानेवारी ते १० जानेवारी २०२४ या कालावधीत एम.जी.आय.एम.एस.वैद्यकीय महाविद्यालय, वर्धा येथे आंतर विभागीय स्पर्धेतुन निवड करण्यात आलेल्या सर्व स्पर्धकांचे खेळ निहाय सराव शिबीर आयोजित करण्यात आलेले आहे.

सदर सराव शिबीर व क्रिडा महोत्सवाकरिता आपल्या महाविद्यालयातील कु.नुईम नदीम नाडकर ह्या विद्यार्थ्याची बॅडमिंटन क्रिडास्पर्धेसाठी निवड करण्यात आलेली आहे. त्याअनुषंगानेसदर विद्यार्थीस सराव शिबीर व क्रिडा महोत्सवाकरिता उपस्थित राहण्यास कळविण्यात यावे व संघ व्यवस्थापक प्रा.सुरेंद्र भाऊराव गावंडे, डॉ.उल्हास पाटील वैद्यकीय महाविद्यालय, जळगाव यांना संपर्क करावा.

(संघ व्यवस्थापक यांचा भ्रमण ध्वनी क्र. ९९२३३११३०३)

कळावे,

संचालक,
विद्यार्थी कल्याण

प्रत : कु.नुईम नदीम नाडकर

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Sanvad 2023 Inter-College Debate Competition

On 23rd September 2023, Debate Society of Sancheti Institute College of Physiotherapy had arranged an Inter-college Debate Competition – “Sanvad 2023”. The elimination round was held on 23rd September 2023 which included 14 colleges from various fields of Allied Health Science. A team of students from M.A. Rangoonwala College of Physiotherapy had participated in this competition. The team of 4 participants comprised Ms. Silmi Hirani (3rd B.P.Th), Ms. Nuha Shaikh (3rd B.P.Th), Ms. Fatema Kalsekar (3rd B.P.Th) and Ms. Aisha Shaikh (2nd B.P.Th). They were given topic- “Vaccination should be mandatory for all individuals” one day prior to competition and they were supposed to debate **FOR** the topic. They won in this round and went ahead for quarter finals. The best speaker for this round was Ms. Silmi Hirani.

For the next round, they were given the topic of “Wealth is the appropriate measure for success” and they had to speak **AGAINST** the notion. This topic was given 1 hour prior to debate however the team couldn't qualify for semi-finals by 1 mark. Despite of this, the team was well appreciated by the judges with best speakers being Ms. Fatima Kalsekar and Ms. Nuha Shaikh for that round. Students got a good exposure of extra-curricular event and were great full for the same. We would like to thank Mrs. Abeda Inamdar (President, M.M.E&R.C), Dr. Arif Memon (Vice-President M.M.E&R.C), Dr. Nazim Shaikh (Secretary M.M.E&R.C) and Dr. Ronika Agrawal, (Principal M. A. Rangoonwala College of Physiotherapy and Research) for encouraging the student to participate in such activities.



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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, BPTd 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.

