

Maharashtra University of Health Sciences, Nashik
Inspection Committee Report for Academic Year 2025-2026
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		44
	Research Articles/ Publications		92
	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	PUBLICATIONS IN 2024
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. Pooja Gulunekar	06	
8.	Dr. Abha Khisty	18	04
8	Dr. Haji Ismail	01	
9	Dr. Sayali Bhalage	01	
10	Dr. Sneha Naikoji	02	

Total no. of Publications – 92



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Projects of MPT's

SR. NO	NAME	TITLE OF PROJECT	GUIDE	STATUS
1	Afreen Rai (2nd MPT)	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	Dissertation submitted Completed
2	Zoha Belkar (2nd MPT)	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	Dissertation submitted Completed
3	Shruti Joshi (1st MPT)	Effect of 4-weeks Suryanamaskara on Pain, Hamstring tightness and improving function in college going females aged 18-25 years having chronic nonspecific low back pain: a Quasi-experimental study.	Dr. Ronika Agrawal	Synopsis submitted Ongoing
4	Aaisha Patel (1st MPT)	Effect of 4-weeks Lumbar Exercises on Pain, Core muscle strength, Back extensor endurance and Hamstring tightness in school going adolescents of age 15-16 years having nonspecific chronic low back pain.	Dr. Ronika Agrawal	Synopsis submitted Ongoing

Ronika

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M. A. Rangoonwala College of Physiotherapy, Pune

Completed Projects of Interns (Winter 2024 batch)

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 Gulunjar
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

Pooja

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Ongoing Project of Interns (Summer 2024 batch)

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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Synopsis of Final Year BPT (Winter 2024 batch)

SR.NO	NAME	TITLE OF PROJECT	GUIDE
1	Madeeha ansari	Post facilitation stretch technique Vs stretching exercise Along with hip abductor strengthening on pain and disability in sedentary population with piriformis pain syndrome	Dr. Raziya Khan
2	Sidra ansari	Effectiveness of integrated neuromuscular inhibition technique versus integrated neuromuscular inhibition technique along with scapular stabilization exercise on pain and cervical rom in patients with unilateral trapezitis	Dr. Raziya Khan
3	Vaishnavi chavan	Effectiveness of Myokinesthetic treatment vs Myofascial release along with intrinsic foot muscle strengthening in military cadets with medial tibial stress syndrome-	Dr. Raziya Khan
4	Simran chougale	Effect of swiss ball core strengthening versus tanzberger exercise amongst college students with primary dysmenhorreha	Dr. Raziya Khan
5	Maseera Hajate	Effectiveness of Back School Program on pain and disability in IT Professionals with chronic non specific low back pain : A Quasi Experimental Study	Dr. Sneha Naikoji
6	Silmi hirani	Effect of calisthenics vs core exercise in obesity	Dr Sanaa Naziri
7	Fatima kalsekar	Effect of TENS and Conventional Physiotherapy Exercises on Static and Dynamic Balance in Chronic Stroke Patient	D. Sanjeev Kumar Singh
8	Aisha khan	Additional effect of Thoracic Mobility Exercises along with conventional intervention on Pain and Thoracic Kyphosis in Autorickshaw drivers with Mechanical Neck Pain	D. Seemab Khan
9	Johina Khan	Asoociation of home falls and Accidents with Quality of life in community dwelling elderly population	D. Seemab Khan
10	Shazia Khan	Effect of neural tissue mobilisation on pain in subjects with diabetic neuropathy	Dr. Sumayya Shaikh
11	Sidra Khan	Effect of transcutaneous electrical nerve stimulation on pain in subjects with diabetic neuropathy	Dr. Sumayya Shaikh
12	Hadiya Khot	.Correlation between tibial torsion and hamstring tightness in sprinters	Dr. Sanat Kulkarni


13	Umera Mamtule	Effect of Ischemic Compression Technique versus Effect of Positional Release Technique in upper trapezius trigger points among university students	Dr. Sanat Kulkarni
14	Aasim Moulvi	Prevalence of Myofascial pain and clicking sound in Temporomandibular joint among tobacco users in Indian population	Dr. Sanat Kulkarni
15	Saniyah Qureshi	Effects of Dual task training vs Brain gym exercises on mild cognitive impairment individuals in elderly	Dr Sanaa Naziri
16	Sehrish Qureshi	Effect of myofascial release therapy versus Swiss ball exercises on pain, lumbar range of motion and muscles endurance in desk job workers with non-specific low back pain - a comparative study	Dr. Sanat Kulkarni
17	Fahim Sayyed	Effect of ankle stability exercise with calf stretching on pain and functional outcome on shin splint in recreational football players: A quasi experimental study	Dr. Haji Ismail
18	Noorain sayyed	Effectiveness of Multiple Step Training with Lower Limb Strengthening on Strength and Risk of falls in elderly individual. a quasi experimental study.	Dr. Haji Ismail
19	Aaliyah shaikh	Effect of chair aerobics vs yoga asana in primary dysmenorrhea	Dr Sanaa Naziri
20	Nuha Shaikh	effectiveness of Blackburn exercises on pain, range of motion and disability among competitive swimmers with shoulder impingement syndrome	Dr. Sneha Naikoji
21	Kiran Yadav	Effect of Progressive Inhibition of Neuromuscular Structure versus Neural tissue Mobilization with integrated lumbar stabilization exercises for sciatica in PIVD	Dr. Sanjeev Kumar Singh

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Participation in Cultural activities in year 2024

Name	Year	Culturals	Event	Level	Date and Venue	Participation/ Winner
Ammara Kazi	1st BPT	Poster making Competition Topic - Shikshan Ek Adhikar	Marathi Bhasha Sanvardhan Pandhravada 2024	District	19th January 2024, Azam Campus, Pune	2nd Prize in Senior College Category
Taqiuddin Shaikh, Rishabh Thaleswar, Altamash Shikalgar, Atif Malik, Asir shaikh, Hamza Tajma, Kashif Shaikh, Altaf Shaikh, Saad Ahmed, Rania Banu, Sariya Mariyam, Saima Thokan, Mahvish Shaikh	1st BPT	Street Play Competition Topic - Social Media Che Prabhav	Marathi Bhasha Sanvardhan Pandhravada 2024	District	18th January 2024, Azam Campus, Pune	2nd Prize
Rishabh Thaleswar	1st BPT	Street Play Competition	Marathi Bhasha Sanvardhan Pandhravada 2024	District	18th January 2024, Azam Campus, Pune	Best Actor in team
Johina Khan, Madiha Ansari	Final Year	Cooking Competition	Physio-Inspira 2024	Inter-college	22nd Sept 2024, Sancheti college	Winner
Simran Chougale, Sidra Khan	Final Year	Cooking Competition	Physio-Inspira 2024	Inter-college	23rd Sept 2024, Sancheti college	Runners up
Nuha Shaikh, Fatima Kalsekar, Silmi Hirani, Aasim Moulvi	Final Year	Debate Competition	Sanvad 2024	Inter-college	28th September 2024, Sancheti Institute COP	Participants
Bazgha Firdous	1st BPT	Poster making Competition	National Education Day	Inter-Campus	16th November 2024, Azam campus	Participant
Khan Ubaid Rafe	2nd BPT	Elocution competition	International Urdu Day celebration	Inter-Campus	23rd November 2024, Azam campus	1st Prize


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Participation in Sports activities in year 2024

Name	Year	Sports	Event	Level	Date and Venue	Participation/ Winner
Nuaim Nadkar	3rd BPT	Badminton	Krida Mahotsav 2024, Nagpur	All India University	12th January 2024, Nagpur	Participant
Sana Khan, Rafat Kaware, Vaishnavi, Sana, Ayesha and team	2nd, 3rd and 4th year BPT	Cricket Tounament	Womens Premier League	Inter-Campus	2nd May, VM Gani Sports Pavillion	Participants
Mr. Nuaim Nadkar, Mr. Mirza Dayan Baig, Mr. Aasim Moulvi, Mr. Adil Shaikh, Mr. Mohd Owais Baig, Mr. Atif Malik and Team	2nd, 3rd and 4th year BPT	Cricket Tounament	Synctium 2024	Inter-college	2nd and 3rd May, SKN Dental College ground	Participants
Adil Shaikh, Aasim Moulvi, Dayan Mirza, Owais, Saarim, Hamza Tajmat, Nuaim Nadkar and team	First to Final Year	Football tournament	Shaurya 2024	Inter-college	29th August Dhole Patil COP, Kharadi	Participants
Nuaim Nadkar	3rd BPT	Sports event-Badminton	Physio-Inspira 2024	Inter-college	21st Sept 2024, Sancheti college	Winner
Nuaim Nadkar	3rd BPT	Sports event-Badminton	MUHS Selection (trials)	Inter University	23rd and 24th October 2024	8th Position
Nuaim Nadkar	3rd BPT	Professional Men's Badminton	MGM Physio League 2024	State	2nd December 2024 MGM College of Physiotherapy, Aurangabad	Winner
Dr. Haji Ismail	Staff	Professional Men's Badminton	MGM Physio League 2025	State		Runner-up
Dr. Haji Ismail, Aasim Moulvi	Staff, Final Year	Intra campus sports event Badminton Doubles	PA Inamdar sir Birthday Celebration	Campus	24th December 2024, Azam Campus, Pune	Runner-up

Nuaim Nadkar, Aatif Malik	Third Year, First Year	Intra campus sports event Badminton Doubles	PA Inamdar sir Birthday Celebration	Campus	24th December 2024, Azam Campus, Pune	Winner
Dr. Sanjeev Singh, Owais Baig, Dr. Haji Ismail, Aasim Moulvi, Mirza Dayan, Sarim Shaikh, Nuaim Nadkar,	Staff and Students	Intra campus sports event Football	PA Inamdar sir Birthday Celebration	Campus	24th December 2024, Azam Campus, Pune	Winner

Signature

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SWACCH BHARAT ABHIYAAN 2024

Date: 7th December, 2024

Time: 2pm – 3pm

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

Attendees: 1st year B.P.Th students

Total: 43 Students

On 7th December 2024, the students and faculty of M.A. Rangoonwala College of Physiotherapy and Research actively participated in the Swacch Bharat Abhiyaan, showcasing their commitment to environmental cleanliness and public health. The event was held in alignment with the national mission launched by the Government of India to create awareness about sanitation and promotes cleanliness across the country. The college divided its students into groups, with each group comprising 15 members. These groups were assigned specific tasks and locations to ensure maximum coverage and efficiency. The activities included cleaning, mopping, dusting, and waste management across the campus and nearby public spaces.

Each group was provided with essential cleaning supplies such as brooms, mops, dusters, gloves, garbage bags and disinfectants. The teams coordinated their efforts to cover designated areas such as classrooms and corridors. Dusting and mopping were carried out to ensure the learning spaces were spotless and hygienic. Dr. Sneha Ma'am supervised the entire initiative, ensuring that safety measures were followed throughout. . 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 arranging lectures and providing us this opportunity.



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Sneha Naikoji

Co-ordinator

Dr. Sneha Naikoji (PT)

Ronika Agrawal

Principal

Dr. Ronika Agrawal (PT)

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

वणी दिंडोरी रोड, म्हसळ, नाशिक - ४२२००४ Dindori Road, Mhasrul, Nashik - 422004

Tel : (0253) 2539172/169/171/172 Student Helpline : 0253-2539111/6659111

Website: www.muhs.ac.in, E-mail: sw@muhs.ac.in

डॉ. देवेंद्र शेषराव पाटील

एम.डी.(होमिओपॅथी)

संचालक, विद्यार्थी कल्याण

Dr. Devendra Sheshrao Patil

M.D. (Homoeopathy)

Director, Student Welfare

जा.क्र.:मआविवि/एस.डब्ल्यु/पुरस्कार/२३१७/२०२४

दि.१६/०७/२०२४

प्रति,
 अधिष्ठाता/प्राचार्य,
 एम.ए.रंगुनवाला कॉलेज ऑफ फिजीओथेरेपी,
 २३९०-बी, के.बी. हीदायतुल्लाह रोड, आझम कॅम्पस,
 जि - पुणे ४११००१

विषय :- आंतर विद्यापीठ क्रीडा महोत्सव २०२३ स्पर्धा सहभाग प्रमाणपत्र पाठविणेबाबत...

मा. महोदय/महोदया,

उपरोक्त विषयाच्या अनुषंगाने राष्ट्रसंत तुकडोजी महाराज विद्यापीठ, नागपूर येथे आंतर विद्यापीठ क्रीडा महोत्सव २०२३ स्पर्धामध्ये आपल्या महाविद्यालयातील सहभागी झालेल्या खेळाडू विद्यार्थी / विद्यार्थ्यांचे सहभाग प्रमाणपत्र पाठविण्यात येत आहे.

तरी, सोबत जोडलेल्या तक्त्यामध्ये नमूद केलेल्या खेळाडू विद्यार्थ्यांना उक्त प्रमाणपत्र देण्यात यावे, तसेच सदर विद्यार्थ्यांच्या स्वाक्षरीसह पोहच विद्यापीठास उलट टपाली पाठविण्यात यावी.

संचालक,
 विद्यार्थी कल्याण

सोबत : एकुण प्रमाणपत्र ०१

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प्रत : कु.नुईम नदीम नाडकर



Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur



25th Maharashtra State Inter University Sports Festival

Krida Mahotsav

12-16 January 2024 • Nagpur

Certificate No. 000662

CERTIFICATE

This certificate is awarded to

Huain Nadem Nadkar
of MHHS, Nashik

who has participated as a Player/Coach/Manager in Badminton (Men)
in the 25th Maharashtra State Inter University Sports Festival

Krida Mahotsav 2023

Organised by Rashtrasant Tukadoji Maharaj Nagpur University
from January 12-16, 2024 at Nagpur

PRINCIPAL

M.M.F.

M. A. RANGOO

PHYSIOTHER

PUNE

Dr. Sharad Suryawanshi

Director, Sports and Physical Education
Rashtrasant Tukadoji Maharaj
Nagpur University

Dr. Raju Hiwase

Registrar
Rashtrasant Tukadoji Maharaj
Nagpur University

Dr. Subhash Choudhari

Vice-Chancellor
Rashtrasant Tukadoji Maharaj
Nagpur University

