

Maharashtra University of Health Sciences, Nashik
Physiotherapy Faculty
Inspection Committee Report for Academic Year 2026-27
Webinar/Workshop/CME/Activities/Performing Last One Year.

Name of the College/Institute: Indutai Tilak College of Physiotherapy.

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

Sr. No.	Webinar/Workshop/CME/Any other Academic Activities
1	Downs screening
2	Downs Poster Presentation
3	Seminar competition
4	TMV World Health Day
5	Nation First Campaign
6	International Yoga Day
7	Waari Physiotherapy Services
8	Waari Physiotherapy Services
9	Breastfeeding week
10	Short Film Competition
11	Taping workshop



Verified by the LIC Committee Members

Mahendra Shende
Dean/Principal

Principal
Tilak Maharashtra Vidyapeeth
Indutai Tilak College of Physiotherapy
Gultekdi, Pune-411037.
Stamp &Signature



TILAK MAHARASHTRA VIDYAPEETH
INDUTAI TILAK COLLEGE OF
PHYSIOTHERAPY

**Report on Breastfeeding Awareness Drive At
Dias Plot, Pune.**

**Organized by: Tilak Maharashtra Vidyapeeth, Indutai College of Physiotherapy
College.**

Date: 08/08/2025

**Venue: Dias Plot,
Pune**

Name of the participating faculty members:

Dr. Rima Musale (PT)

Dr. Priyamwada Hinge (PT)

Dr. Kartika Bhilare (PT)

Dr. Sakshi Pandit (PT)

They were joined by post graduate students—

A) Tanuja Aherrao

B) Gayatri More

C) Gargi Ekar

And first year BPT students of Indutai Tilak College of Physiotherapy

In observance of the importance of maternal and child health, TMV College organized a community-based Breastfeeding Awareness Drive at Dias Plot, Pune. The initiative aimed to educate women, especially mothers and expecting mothers, about the benefits of breastfeeding for both the child and the mother. The program, in which first-year BPT Students of Indutai Tilak College of Physiotherapy and faculty members actively participated, aligned with the principles of World Breastfeeding Week and the broader goals of promoting public health through physiotherapy and community outreach.

The objectives of the program were to increase awareness about the significance of breastfeeding, educate mothers about the correct techniques and positions, inform women about its health benefits for infants and mothers, dispel common myths and misconceptions, and encourage community support for breastfeeding mothers.



As part of the program activities, a team comprising TMV College students and faculty members visited house hold sat Dias Plot. Each house hold was approached in a friendly and respectful manner to ensure comfort and trust before beginning discussions. One-on-one education sessions were conducted, particularly for mothers of infants and pregnant women, explaining exclusive breastfeeding for the first six months, the importance of colostrums as the baby's first vaccine, the continuation of breastfeeding along with complementary feeding up to two years or more, and proper latching and positioning techniques to avoid nipple pain and ensure adequate milk flow.





**Tilak Maharashtra Vidyapeeth's
Indutai Tilak College of Physiotherapy**

Name of the event: Poster Presentation

Venue: 7th floor Corridor

Date and Duration: 21/03/2025-11:30am to 01:00pm

Name of Coordinating Staff: Dr. Neerja Deshmukh and Dr. Shreya Deshak

Participating students of the event: Total 36 students divided in 9 groups

On the occasion of World Down's Syndrome Day, Poster Presentation was organized based on the same topic on 21st March 2025 which was held at the 7th floor corridor.

This event aimed to bring out the creative idea of the students as well as to enlighten other students with the knowledge about Down's syndrome. Total 36 students divided in 9 groups participated from 1st year to 4th year BPT.

Topics given were as followed: 1st Year-Awareness on Down's Syndrome

2nd to 4th Year-Etiology of Down's, Diagnosis of
Down's, Clinical Features and associated

Judges: Dr. Rutuja Kowale, Aishwarya Ghodke, Dr. Neerja Deshmukh, Dr. Aditi Shah

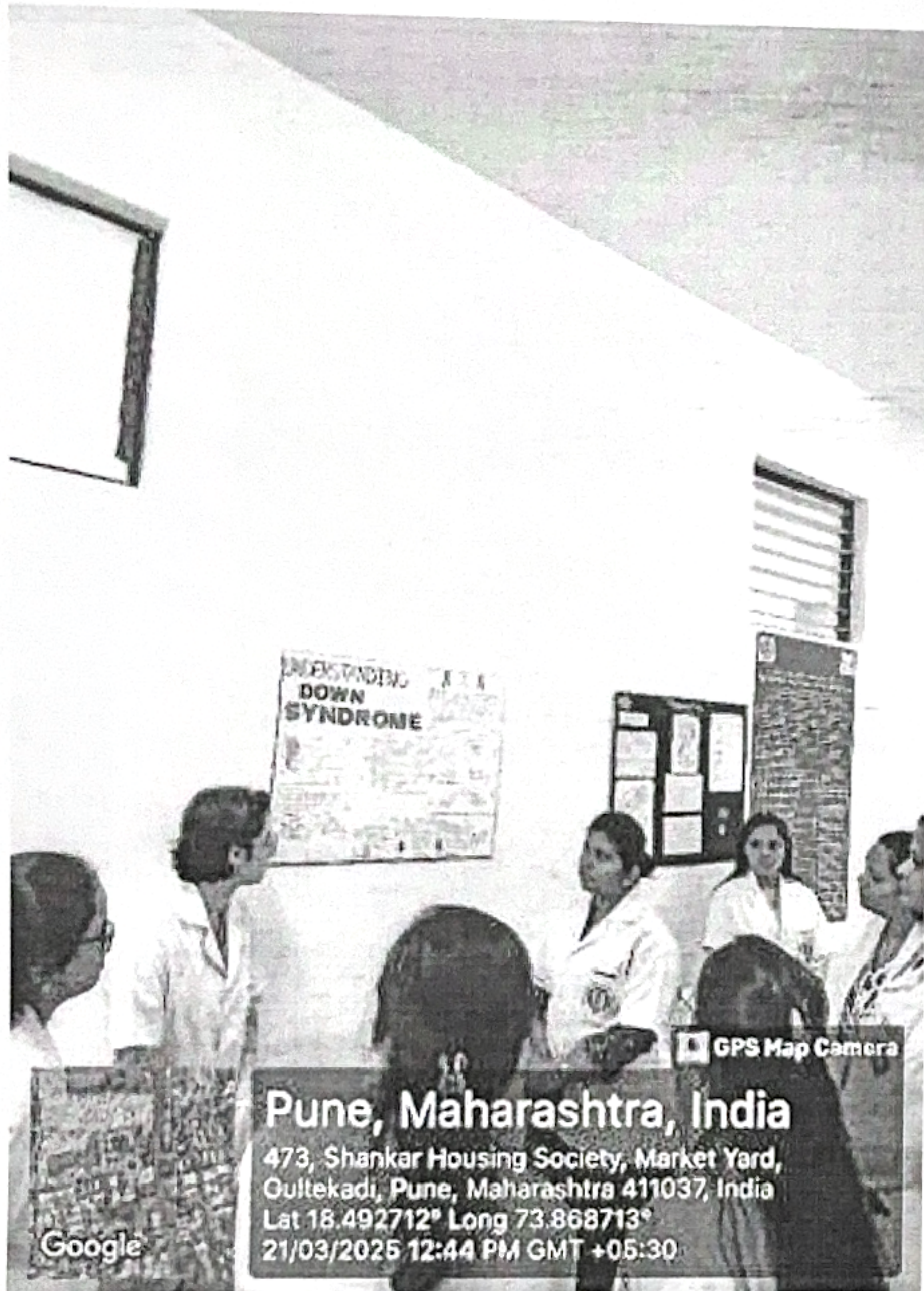
The event started with announcement of instructions to the students about the criteria for judging and 2 students from each group represented their posters. Judging was done on the basis of following 4 criteria: Creativity, Informative, Relevant and Response ability each for 5 marks, with total of 20 marks.

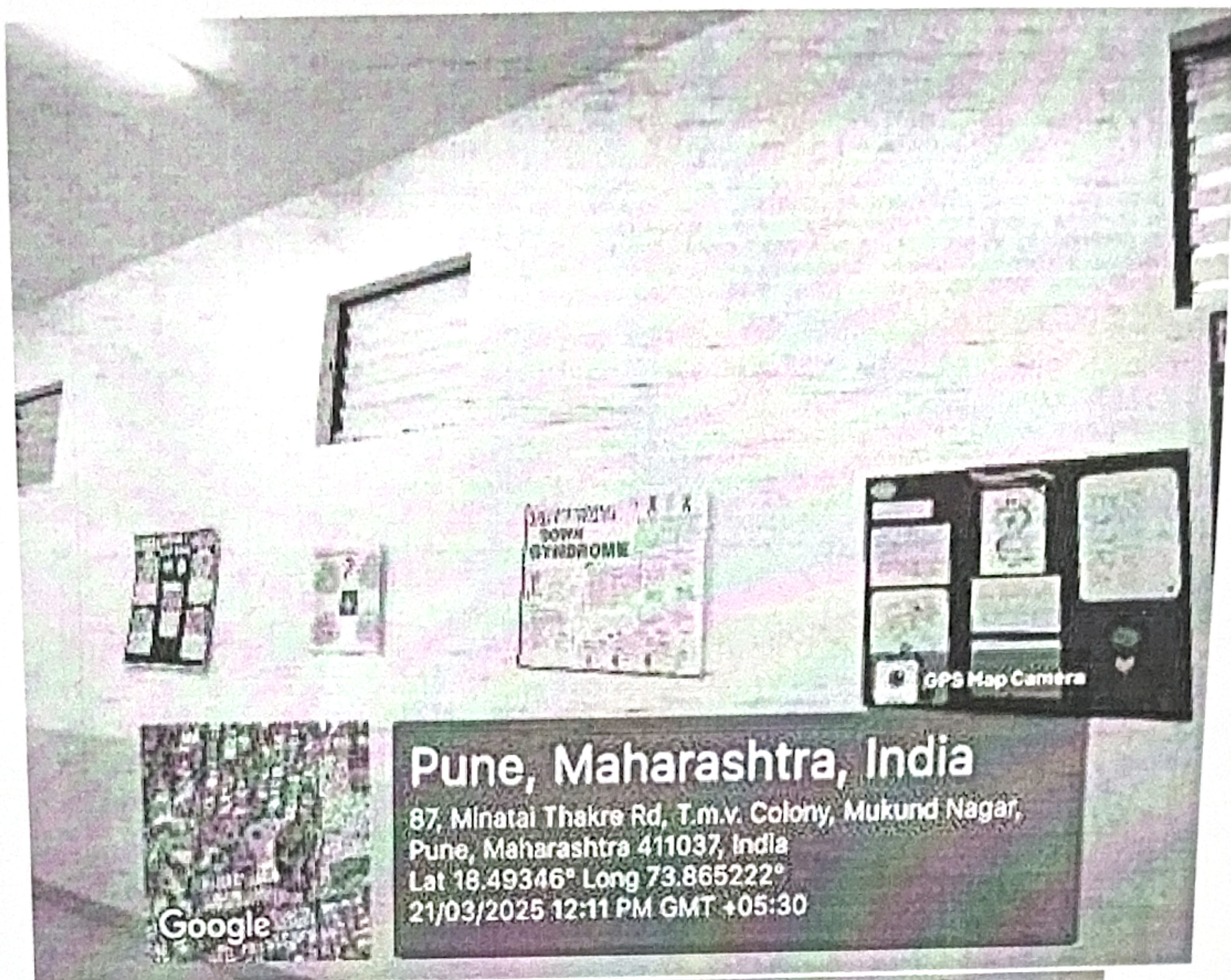
Students participated with great enthusiasm and showcased their creativity by crafting informative posters, and they successfully articulated their ideas when questioned by the judges. These posters were also showcased to the non-participants to enhance their knowledge about the condition.

Lastly, the event was successfully concluded with announcement of the winners and appreciation of all the participants by coordinating faculties and judges.

Overall, students tried to express their valuable insights through posters and this event gave them confidence to showcase their talent.









**Tilak Maharashtra Vidyapeeth's
Indutai Tilak College of Physiotherapy**

Name of the event: Yellow Movie Screening

Venue: TMV Auditorium 7th floor

Date and Duration: 18/03/2025-02:30 to 4:30pm

Name of Coordinating Staff: Dr. Neerja Deshmukh; Dr. Shreya Deshak.

Participating students of the event: all MUHS students

On the occasion of World Down's Syndrome Day **Yellow** Marathi Movie Screening was organized, which was based on down's syndrome on the date of 18th March 2025 which was held by the coordinating staff for all the faculties and students of TMV's College of Physiotherapy at TMV auditorium 7th floor.

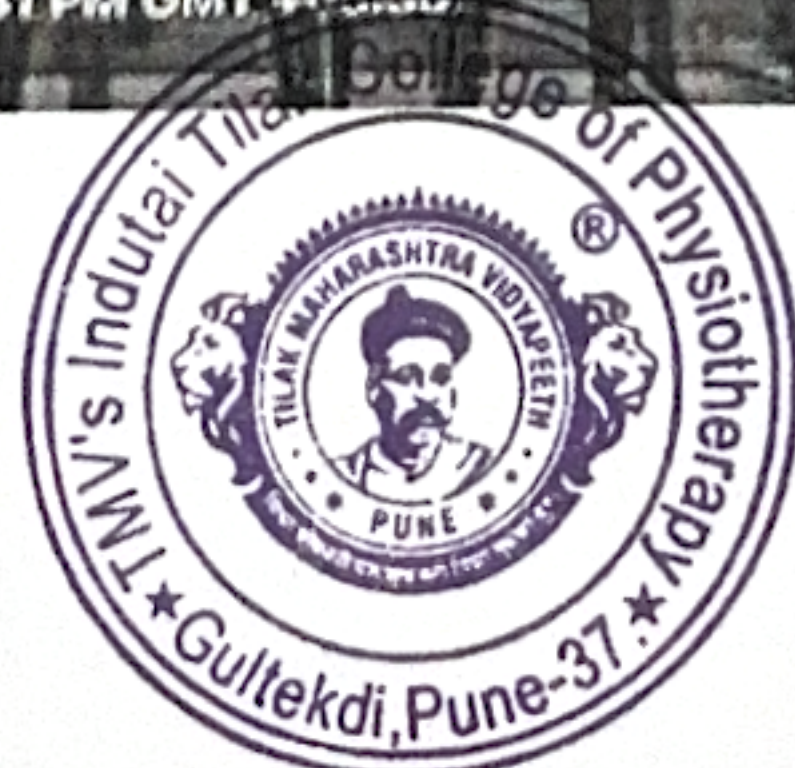
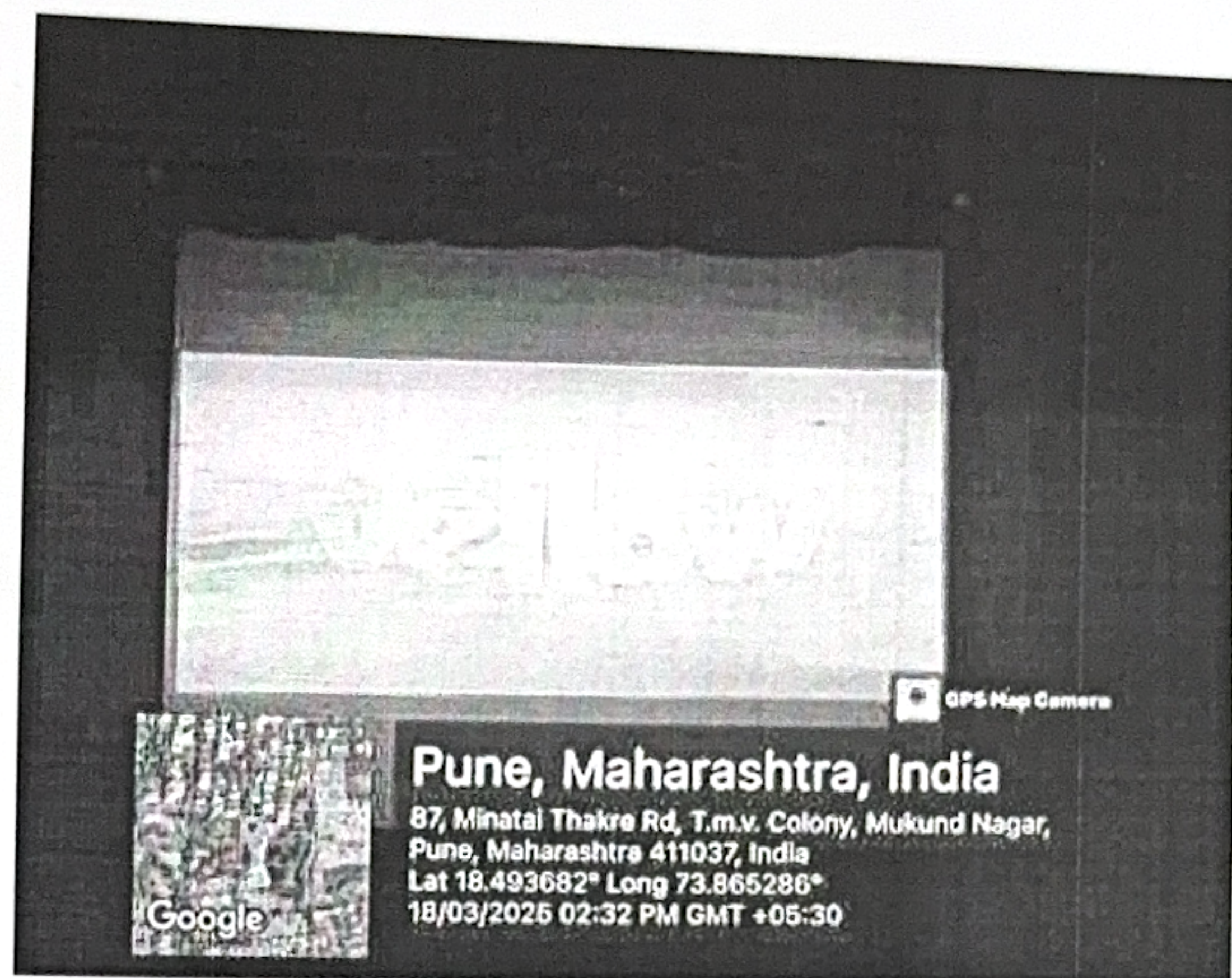
This event aimed to enhance the students understanding about the condition and how being a physiotherapist, we can enhance their quality of living.

The event began with an informative introduction led by Dr. Namita Bhandari who gave a gist of the movie followed by the screening.

Total number of students were around 250 from 1st to 4th years including both MUHS and Deemed. Overall, 12 faculties were also present for the screening.

The movie screening was of 2 hours which was followed by an interactive session with the students, where students expressed their empathy and promoting awareness and acceptance of Down Syndrome.

Overall, the event had an profound impact on students, expanding their knowledge and inspiring them to embrace their profession with passion, care and dedication.





TILAK MAHARASHTRA VIDYAPEETH

INDUTAI TILAK COLLEGE OF PHYSIOTHERAPY

Name of the event: Celebration International Yoga Day 2025

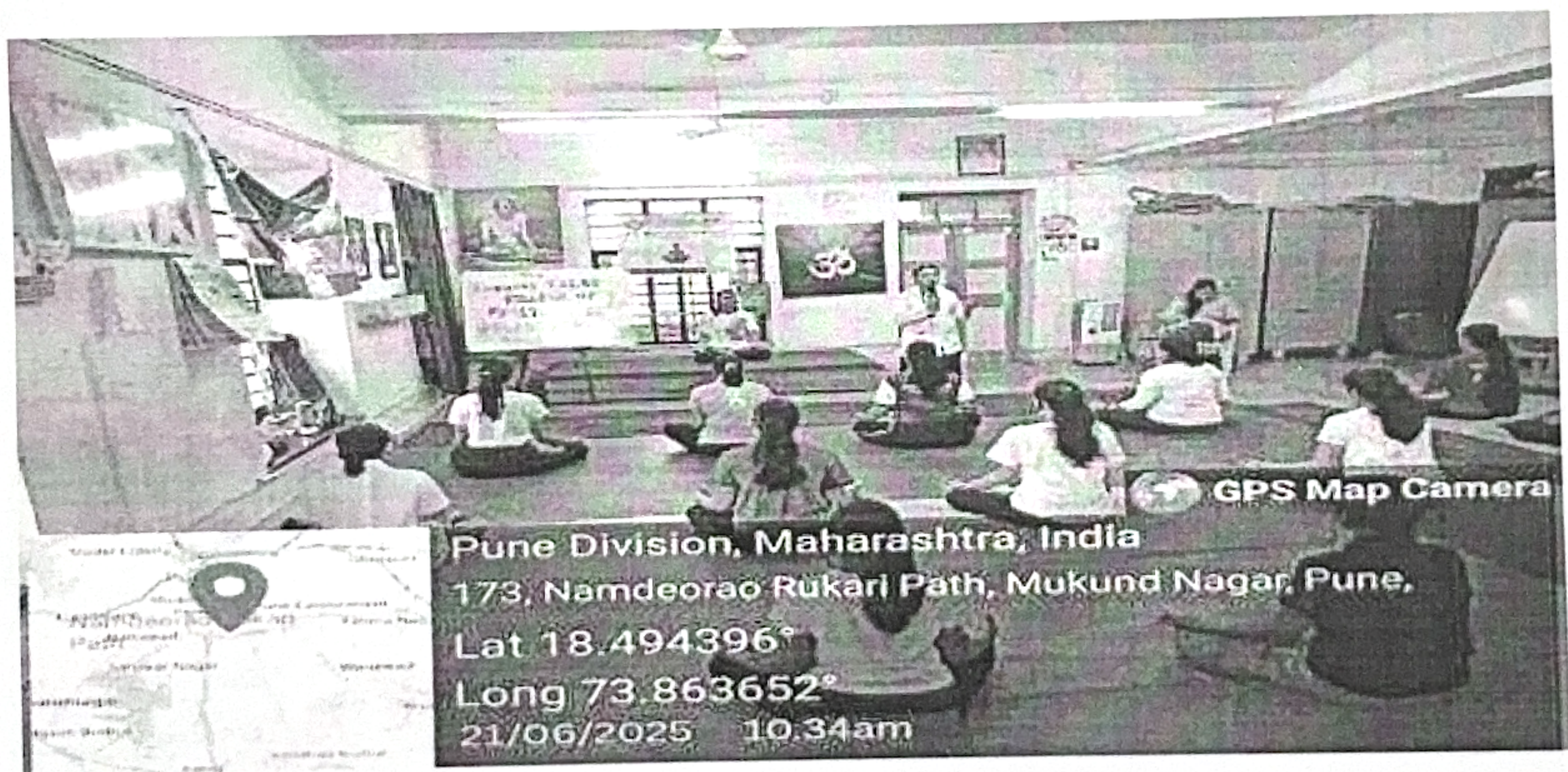
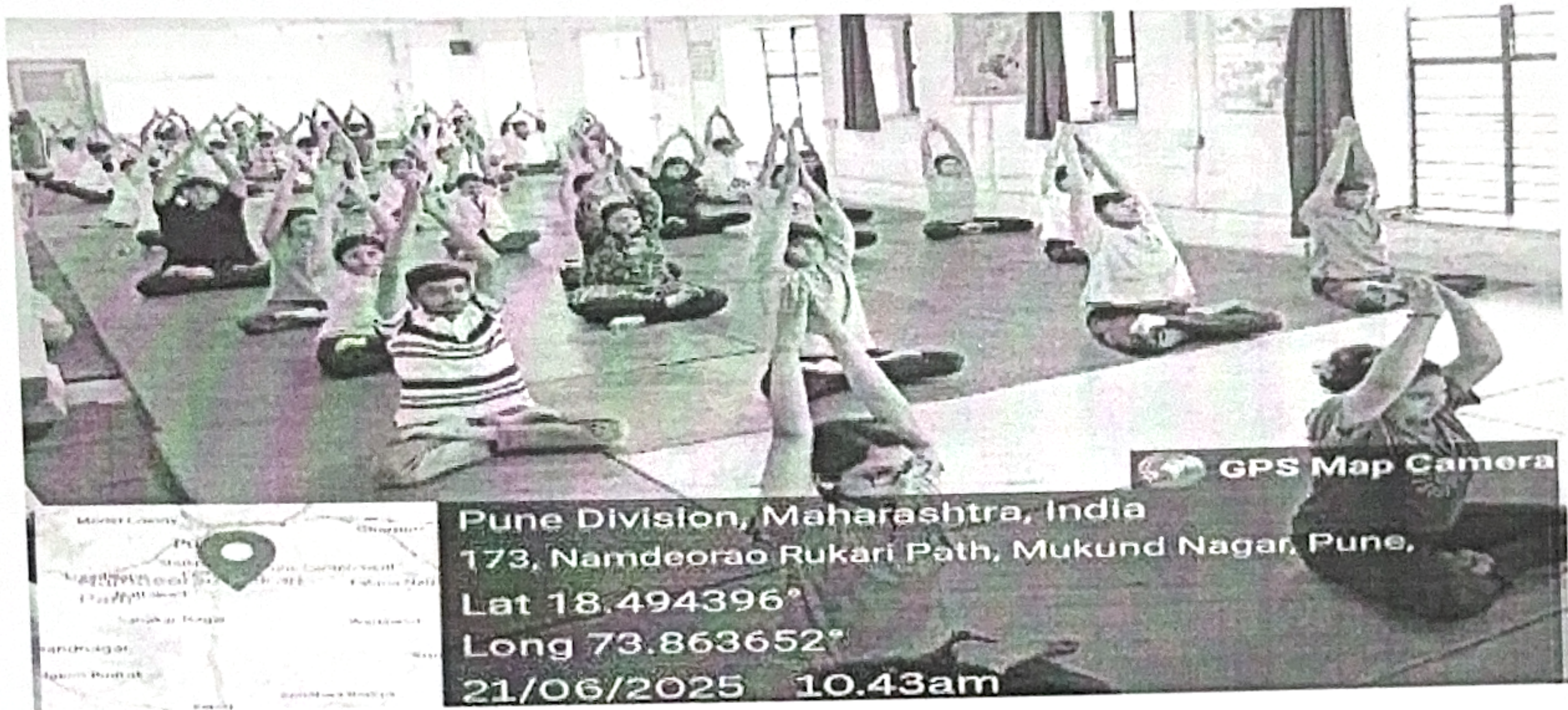
Date and duration of the event: 21st June 2025, 10.00am – 11.00am

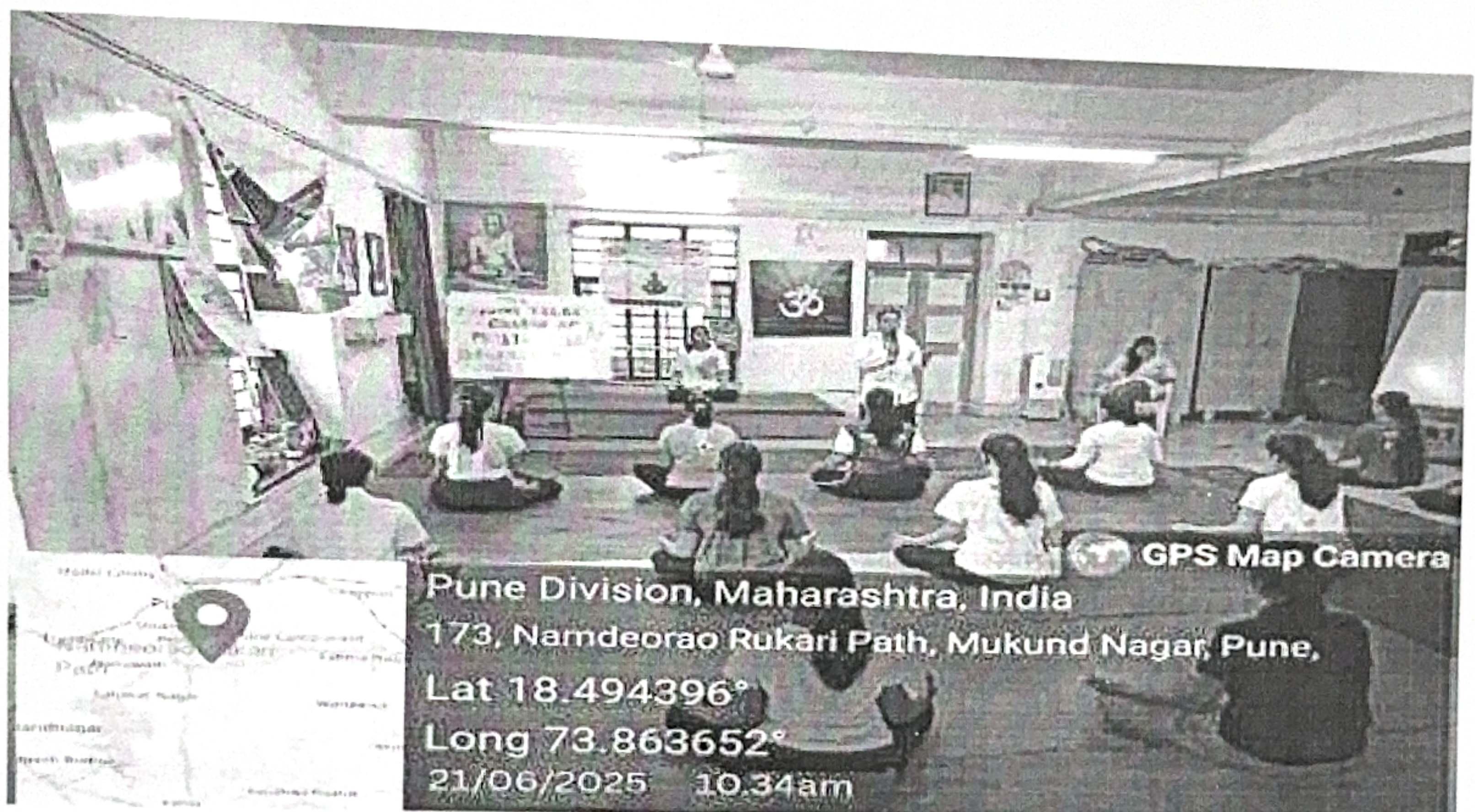
No. of students participating in the event: 50

Name of the Faculty members:

1. Dr. Gaurai Gharote (PT)
2. Dr. Ankita D (PT)
3. Dr. Yogesh Patil (PT)
4. Dr. Kartiki B (PT)

On the occasion of International Yoga day on 21st June 2025, TMV's Indutai Tilak College of Physiotherapy has organized a Yoga session following the theme 2025 that is 'Yoga for One Earth, One Health' which was conducted by Dr. Gaurai Gharote (PT), Students of all the batches along with faculty actively participated in the event.







Tilak Maharashtra Vidyapeeth
Indutai Tilak College of Physiotherapy

Event: Ashadhi Waari Physiotherapy camp

Date and Time: 25th June 2025, 10.00 am to 5.00 pm

Location: Walhe, Purandar

Total Number of Pilgrims Treated: 182 pilgrims

Total no. of students participating in the event: 35

Names of faculties:

1. Dr. Siddhima Hardikar
2. Dr. Bhakti Kardile
3. Dr. Apurva Vaidya
4. Dr. Rasika Jadhav
5. Dr. Shweta Choudhari
6. Dr. Vrushali Durge
7. Dr. Gordon Miranda
8. Dr. Pranali Chowgule

Physiotherapy treatment services were offered to the pilgrims. The treatment was administered by a team of trained physiotherapy students and faculty members. Various physical complaints such as muscle and joint pain, fatigue, leg pain, strain, and other related issues were addressed.



Highlights of the event were as follows:

- Treatment services were available from morning till evening.
- Many pilgrims expressed that the physiotherapy services were beneficial.
- Efforts were made to provide comfortable and appropriate care to the pilgrims.
- Students gained valuable experience in voluntary and service-oriented work.

Conclusion:

A total of 182 pilgrims benefited from the treatments. The initiative highlighted the importance of social responsibility.

Photos:







Tilak Maharashtra Vidyapeeth
Indutai Tilak College of Physiotherapy

Event: Ashadhi Waari Physiotherapy camp

Date and duration: 21st June 2025, 9.00 am to 5.00 pm

Location: Suryamukhi Maruti Temple, Bhavani Peth, Ramoshi Gate, Pune

Total Number of Pilgrims Treated: 247

Total number of participating students: 60

Names of Faculties:

1. Dr. Manasi Sukhtankar
2. Dr. Ankita Dabshede
3. Dr. Shreya Deshak
4. Dr. Arpita Rathod
5. Dr. Rima Musale
6. Dr. Priyamwada
7. Dr. Gaurai Gharote
8. Dr. Reshma Nipunge
9. Dr. Neeraja Deshmukh
10. Dr. Yogesh Patil

This event was organised by Tilak Maharashtra Vidyapeeth in collaboration with government of Maharashtra. Physiotherapy treatment services were offered to the pilgrims travelling towards Pandharpur. Majority of the pilgrims were walking through out the journey. The treatment was administered by a team of physiotherapy



Students and faculty members. Various physical complaints such as muscle and joint pain, fatigue, leg pain, strain, and other related issues were addressed.

Highlights of the event were as follows:

- Treatment services were available from morning till evening.
- Many pilgrims expressed that the physiotherapy services were beneficial.
- Efforts were made to provide comfortable and appropriate care to the pilgrims.

Photos:



NAME OF THE EVENT: CELEBRATION OF WORLD HEALTH DAY.

DATE AND DURATION OF THE EVENT: 8th April 2025 & 3:30pm TO 4:30pm (1 Hour)

NAME OF THE PARTICIPATING FACULTY MEMBERS:

1. DR. RIMA MUSALE (PT)
2. DR. PRIYAM WADA HINGE (PT)
3. DR. GAURAI GHAROTE (PT)
4. DR. YOGESH PATIL (PT)

PARTICIPATING STUDENTS AT THE EVENT:

1. Harshali Kompalvar
2. Sharayu Mandavar
3. Tanuja Aherrao
4. Gargi Ekar
5. Gayatri More

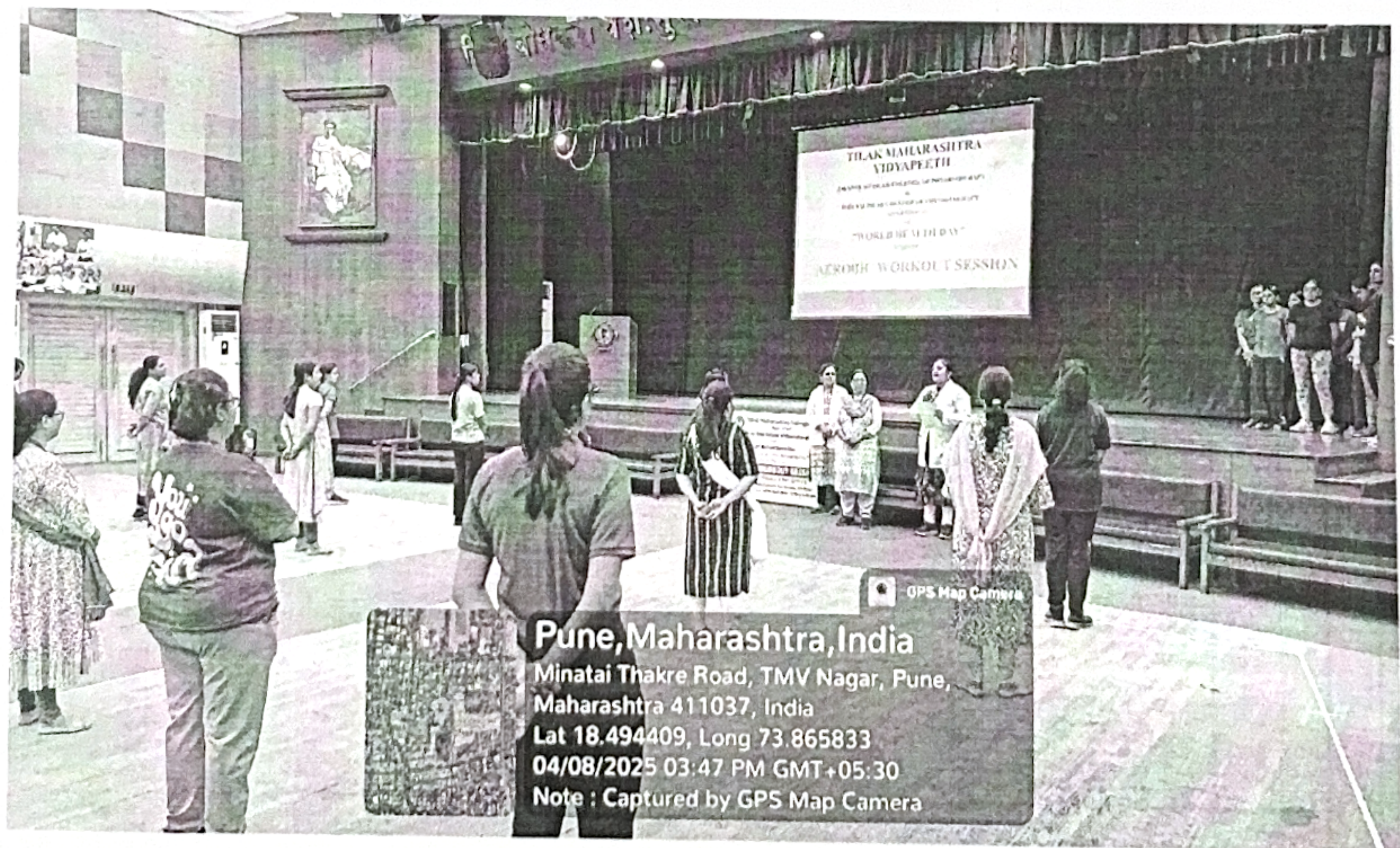
On the occasion of World Health Day 2025, a special aerobic workout session was organized for the staff members of Tilak Maharashtra Vidyapeeth. The session aimed to promote physical well-being, encourage active lifestyles, and raise awareness about the importance of exercise for overall health.

The aerobic workout session was led by a Post Graduate Student, who designed a series of fun and engaging activities suitable for all fitness levels. The session included a warm-up, a variety of aerobic exercises, stretching routines, and a cool-down period. The exercises focused on improving cardiovascular health, enhancing flexibility, and boosting energy levels.

The session was designed to be inclusive, allowing staff members of all ages and fitness levels to participate. Modifications were offered for individuals with specific needs or limitations, ensuring everyone could fully engage in the workout. The session commenced at 3:30 PM. The staff members actively participated, showing enthusiasm and motivation throughout the session.



Tilak Maharashtra Vidyapeeth's
Indutai Tilak College of Physiotherapy



Tilak Maharashtra Vidyapeeth's
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