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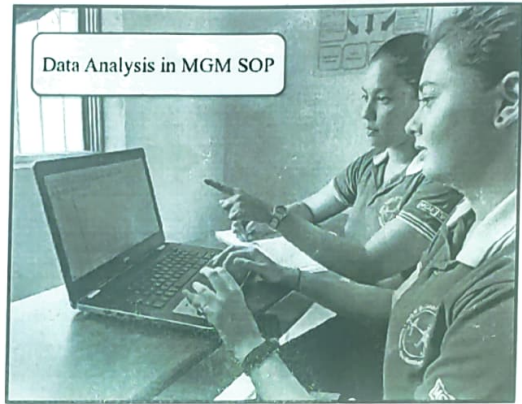
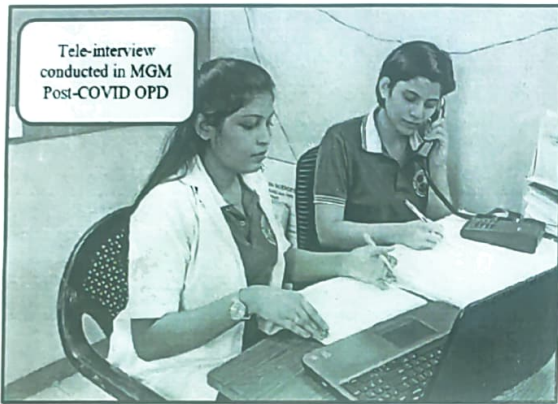
Sector-1, Kamothe, Navi Mumbai – 410209

BPT/Internship Project Report Summary

Project title	EXPLORATION OF MUSCULOSKELETAL IMPAIRMENTS IN INDIVIDUALS POST COVID-19 INFECTION IN THE LONG COVID PERIOD OF 9-12 MONTHS: A SURVEY STUDY.
Name and signature of Guide	Dr. Mamta Shetty (PT) Dr. Rucha Pradhan (PT)
Name and signature of Co-Guide	Dr. Rajani Mullerpatan
Name and signature of candidate/s	Anoli Gupta Arangasseri Shalom Cardoza Smerra Chandanshive Aarti
Duration of project	10 months
Approval date	16 th March 2022
Submission date	09 th April 2022
Project Summary	
Purpose	To explore the musculoskeletal impairments in patients in the Long COVID phase post-COVID 19 infection.
Objectives	To explore long-term (9-12 months) effects on the musculoskeletal system of patients who have suffered from COVID 19 infection with an interview-based questionnaire through telecommunication. To quantify the severity of affection on Activities of Daily living and Quality of Life based on the following domains: Fatigue, Pain, Strength and Endurance, Work-related Quality of Life and Psychological behavior.
Methods	It is a descriptive study conducted via telephonic interviews after obtaining informed consent from 957 participants along with their demographic data. A Self-designed questionnaire validated through the Delphi method from the respective members of the research committee and experts of the field was used to interview participants in their preferred language (Hindi, Marathi, English). The participants were selected based on inclusion/exclusion criteria. Statistical analysis was done with SPSS version 24 (IBM SPSS 28 Statistics Windows, Armonk, NY: IBM Corp) and Microsoft Excel 2013.

Results	A total of 68.7% participants reported of one or more symptoms of musculoskeletal origin, the most common being myalgia (63.3%), followed by fatigue (55%), arthralgia (48%). Dull aching type of pain was commonly complained by more than half of patients in both knees or either knee (24.6%), followed by the Calves, heels, and feet (23.8%). The psychological domain revealed difficulties in enjoying activities due to pain (78.2%) followed by inadequate rest and sleep (78%), feeling sad, blue or low spirited (69.7%) and anxiety or discomfort (67.4%).
Conclusion	The study described the prevalence of musculoskeletal symptoms 9 to 12 months post discharge. Myalgia and fatigue were most prevalent followed by arthralgia and decreased strength and endurance. The affection to the psychological domain was mild with most individuals adopting healthy coping mechanisms. The study provides a follow-up profile for patients aiding to more efficient care for COVID-19 survivors and provision of comprehensive post-COVID rehabilitation.

Photographs:




BPT CO-ORDINATOR


IQAC CO-ORDINATOR


Guide: Dr. Mamta Shetty(PT)


Internship Coordinator


Professor- Director





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BPT/Internship Project Report Summary

Project title	Evaluation Of Balance, Core Muscle Endurance And Flexibility of Lower Limb In Rhythmic Gymnasts And Ballet Trained Rhythmic Gymnasts: A Cross Sectional Study
Name and signature of Guide	Dr. Anisha Gulati (PT)
Name and signature of candidate/s	Avani Dixit Shivani Chavan Vidhi Desai <i>Desai Mubarak</i> <i>Damle Neha</i>
Duration of project	8 months
Approval date	14/03/2022
Submission date	26/04/2022
Project Summary	
Purpose	To evaluate balance, core muscle endurance and flexibility of lower limb in Rhythmic Gymnasts and Ballet trained Rhythmic Gymnasts.
Objectives	To evaluate balance, core muscle endurance and flexibility of lower limb in Rhythmic Gymnasts and Ballet trained Rhythmic Gymnasts and to compare the test results.
Methods	A cross sectional study was done on Rhythmic Gymnasts and Ballet trained Rhythmic Gymnasts to evaluate balance, core muscle endurance and flexibility of lower limb to compare the test results. Approval of the research proposal by the Institutional Ethics Review Committee was taken. A total of 30 Gymnasts (15 Rhythmic Gymnasts and 15 Ballet trained Rhythmic Gymnasts) were selected via purposive sampling. Following tests were evaluated -balance was measured in four positions, core muscular endurance was measured using McGill's torso muscular endurance test battery, flexibility measured using battery of lower limb flexibility tests of Federation International Gymnastics (FIG, 2010). Data collected was coded in an excel sheet and was analyzed by the SPSS software version 24.0.
Results	In balance test 1,2,3 group A and group B show significant difference with p value being 0.00; test 4 group A and group B show significant difference with p value being 0.001. In core muscle endurance test 1 group A and group B show significant difference with p value being 0.01; test 2 group A and group B show significant difference with p value being 0.022; test 3 group A and group B show significant difference with p value being 0.03; test 4 group A and group B show significant difference with p value being 0.01. Flexibility tests of preferred lower limb group A and B show significant difference with p value of test01, test02, test03, test04, test07 being 0.00 and p value of test05 being 0.010 and test06 being 0.011 and that of non-preferred lower limb group A and group B show significant difference with p value test02

	being 0.05, test03 test04 and test06 being 0.0, test05 being 0.01 and test07 being 0.01. However, there was no significant difference seen in test 01 of non-preferred lower limb group A and group B with the p value of 0.158.
Conclusion	From this study we conclude that Ballet trained Rhythmic Gymnasts exhibited far better balance, core muscle endurance and flexibility of lower limb than Rhythmic Gymnasts. Hence, incorporating Ballet training along with skill based training can be beneficial for the Gymnasts.

Photographs:



Testing of Core extensor endurance



Testing of flexibility



Shivani
Arani Vidhi
Co-investigators

[Signature]
Guide

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Internship Coordinator

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Professor- Director

Professor - Director
MGM School of Physiotherapy
MGMIHS, Navi Mumbai





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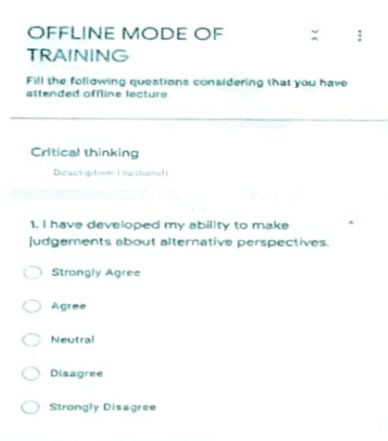
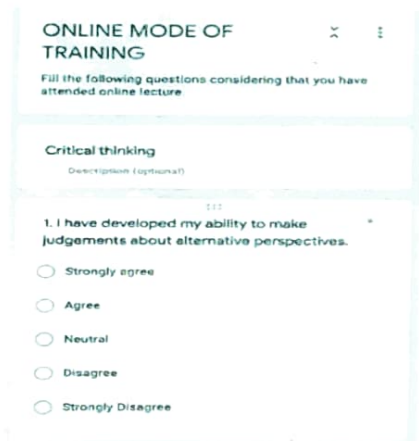
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Internship Project Report Summary

Project title	Perception of BPT graduates regarding offline and online mode of training – A survey
Name and signature of Guide	Dr. Mamta Shetty (PT)
Name and signature of candidate/s	Khilti Furia Urvi Jain Shifa Joad Kalpita Kadam Tanvi Kadve
Duration of project	6 months
Approval date	16 th March 2022
Submission date	22 nd April 2022
Project Summary	
Purpose	COVID-19 has significantly affected medical education imparted to students as well as their clinical training. It is critical in these times of the COVID-19 pandemic to assess the learning and teaching style of students as to which mode gives them more freedom to connect with their teachers, fellow students and engage with their study material at their comfort and flexibility of space and time. The perception of students will assist in better student's outcome as this will aid in knowing which group of students need more attention through the mode of training for their better development in curriculums.
Objectives	The objectives of this study are as follows: 1: To probe into the learner's perception of offline mode of training using Student Engagement Questionnaire. 2: To probe into the learner's perception of online mode of training using Student Engagement Questionnaire.
Methods	An online survey was administered to 500 BPT graduates across Mumbai and Navi Mumbai. An orientation session regarding the research was conducted by the co-investigator for the sampling population over Zoom meeting informing them about the details of study. A google form link containing the Student Engagement questionnaire was formed and shared with the sampling population (graduate students of BPT) via electronic platform of their individual preferences. Statistical analysis was performed on the data collected which was further evaluated for conclusion.

Results	The study was focused on reporting the perception of BPT graduates regarding offline and online mode of training. Out of the total participants 98.2% perceived critical thinking, creative thinking, adaptability, problem solving, assessment and coherence of curriculum domain to be an important aspect of training in offline mode when compared to online mode. Combined perception of participants for the domains self-managed learning, computer literacy, feedback to assist learning and cooperative learning was considered 4.5 % to be salient in offline mode of training when compared to online mode. Assessment of the domains interpersonal skills, relationship with other students and between teachers and students revealed that 96.5% participants perceived these domains to be major aspect of offline mode of training. 97.7% perceived communication skills, active learning and teaching for understanding to an important aspect of domain for offline mode of training when compared to online mode.
Conclusion	Summarizing the entire report analysed on the basis of the supportive findings, students reported offline mode learning to be a more insightful mode of training. Many students perceived that the offline mode of lectures provides more information on subjects and more scope for interaction with peers and teachers. Online learning is a feasible solution for continuing medical education even after the pandemic but needs to be combined with offline skill training on campus that helps in better understanding of subjects.

Photographs:



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BPT CO-ORDINATOR

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IQAC CO-ORDINATOR

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Guide

[Handwritten Signature]

Internship Coordinator

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Professor- Director





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BPT/Internship Project Report Summary

Project title	Effect of peer mentorship in comparison to traditional mentorship in physiotherapy students
Name and signature of Guide	Dr. Shrutika Parab (PT)
Name and signature of candidate/s	Saba Kalokhe Kavya Agrawal Ankita Kelkar Keshav Singh Roshni Kukreja
Duration of project	1 Year
Approval date	16 th March 2022
Submission date	22 nd April 2022
Project Summary	
Purpose	To understand the effect of peer mentorship compared to traditional mentorship in physiotherapy students
Objectives	To compare the effect of traditional mentorship and peer mentorship on test anxiety levels in students. To compare the effect of traditional mentorship and peer mentorship on the self-esteem of students. To compare the effects of traditional mentorship and peer mentorship on the self-perception of students on test-taking skills.
Methods	Study commenced after approval of the research Proposal by the Institutional Ethics Review Committee, MGM Institute of Health Sciences, Kamothe, Navi Mumbai. A total of one hundred and twenty participants were selected on the basis of inclusion and exclusion criteria. Written informed consent was obtained from all participants. The demographic data of the participants were documented. Participants were divided into two groups by lottery method (via simplified random sampling-sorting method). Traditional mentorship (Control group) and Peer mentorship (Experimental group). Participants in both groups were pretested using three evaluation scales 'Westside Test Anxiety Scale' 'Rosenberg Self-esteem Scale' and 'Self Perception of test-taking skills. Group of Traditional mentorship students underwent the mentorship program that was set by the college i.e. one teacher guiding a group of students while the group of peer mentorship students were assigned individual mentors who were either physiotherapy interns or postgraduate students. One session was conducted every week for both groups for a total duration of twelve weeks. Upon completion of the duration post-study evaluation of all the students was done using the same evaluation measures.

Results	Finding of the study reported that by the end of twelve weeks the level of anxiety in students under peer mentorship reduced in comparison to traditional mentorship. Self-esteem levels improved more in students under peer mentorship compared to traditional mentorship, whereas self-perception of test-taking skills improved more in traditional mentorship students compared to peer mentorship students ($p < 0.05$).
Conclusion	Peer mentorship has the potential to reduce the anxiety levels in students as well as improve their self-esteem levels. Traditional mentorship helped improve the perception of test-taking skills in students. Therefore, peer mentorship must be complemented with traditional mentorship for better outcomes in higher educational institutes.



Peer Mentorship



Traditional Mentorship

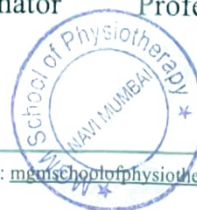
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BPT/Internship Project Report Summary

Project title	Effect Of Physiotherapy Telerehabilitation On The Physical, Cognitive And Psychosocial Domains Of Sedentary Work-From-Home IT Professionals
Name and signature of Guide	Dr. Pooja Dogra (PT)
Name and signature of candidate/s	Sanika Kulkarni Laiba Dalvi Kajal Lalwani Khadija Lokhandwala Ferzeen Mody
Duration of project	7 Months
Approval date	16 th March 2022
Submission date	18 th April 2022
Project Summary	
Purpose	To compare the effect of supervised and unsupervised physiotherapy telerehabilitation on the physical, cognitive (anxiety) and psychosocial domains of sedentary work from home IT professionals.
Objectives	To determine the effect of a supervised telerehabilitation intervention on the 1. physical domain using the International Fitness Scale (IFIS), push up test, 5 times sit to stand test and heel raise test 2. psychosocial domain using Work Ability Index (WAI) 3. cognitive domain using Zung Self Rating Anxiety Scale on work from home IT professionals. To compare the effect between the 2 groups: one receiving supervised therapy and the other following an unsupervised home exercise program independently.
Methods	The study commenced after approval from the ethical committee. An informed consent and screening form (Google form) was collected via an electronic platform (WhatsApp) after face and content validation. It was conducted on 50 IT professionals who were segregated into two groups of 25 each. Both groups were given the same exercise protocol either via live video based telerehabilitation or as a home exercise protocol for 3 weeks. Pre and post intervention data was collected for the physical, cognitive and psychosocial domains. Outcome measures included were the International Fitness Scale, Zung Self-Rating Anxiety Scale, Work Ability Index, push up test, 5 times sit to stand test and heel raise test. Descriptive statistics for the demographic details, independent and paired t tests using the SPSS software were used to analyse the data.
Results	Intragroup data was analysed using the paired t-test and intergroup data was analysed using the independent t-test. 54% of the participants worked for more

	<p>than 7 hours/day, while 46% worked for 5.5-7 hours/day. Significant improvement was seen in the supervised group as compared to the unsupervised group in the International Fitness Scale (supervised- 18.36±2.23, unsupervised- 16.88±2.38). Post the intervention significant improvement was seen in the International Fitness Scale (supervised- 18.36±2.23, unsupervised- 16.88±2.3), Zung Self Rating Anxiety Scale (supervised- 39.72±7.47, unsupervised- 39.76±5.99), Work Ability Index (supervised- 41.56±3.7, unsupervised- 41.92±4.10), push up test (supervised- 10.44±2.69, unsupervised- 9.24±3.53), 5 times sit to stand test (supervised- 9.20±1.68, unsupervised- 9.84±2.11) and the heel raise test (supervised- 24.16±4.72, unsupervised- 24.08±5.01).</p>
Conclusion	<p>Three weeks of physical activity given via telerhabilitation shows a significant result only in the self-perceived fitness levels using the International Fitness Scale, while significant changes are seen in the pre and post values within both supervised and unsupervised groups. To conclude we can say that a three week protocol shows changes in each domain regardless of whether the mode of intervention was supervised or unsupervised. This may in part be due to the positive mind set of people in the age group of 20-30 years.</p>

Photographs



Lunge



Squat

Santosh Kumar

Halwani

**Rhadija
Fazreen**
Co-Investigators

[Signature]

Guide



[Signature]

Internship Coordinator

[Signature]

Professor- Director
Professor - Director
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MGMIHS, Navi Mumbai





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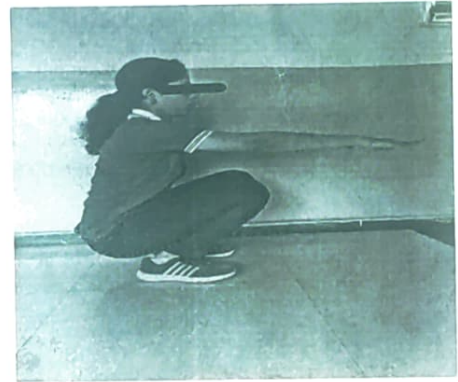
Project title	Validation of MGMGLAE brief version into Hindi and Marathi
Name and signature of Guide	Dr.Bela Agarwal(PT)
Name and signature of Co-Guide	Dr.Bhoomika Sawant(PT)
Name and signature of candidate/s	Sreya Nambiar Shriya Patil Tanvi Patil Vishakha Morye Kirtika Pillai
Duration of project	3 Months
Approval date	28 January, 2022
Submission date	25 April, 2022
Project Summary	
Purpose	The MGM Ground Level Activity Exposure questionnaire is an interview-based questionnaire which was developed through literature search item generation and a two-round modified Delphi survey. In this questionnaire the respondents provide information on daily, monthly, annually and past exposure to ground level activity. This instrument is a validated and reliable tool, developed by researchers at the MGM Institute of Health Sciences, Navi Mumbai, India. However, MGMGLAE questionnaire has a wide range of questions which proved to be time consuming and it can burden the healthcare workers. Hence a brief version of the MGMGLAE questionnaire was developed to minimize the burden on healthcare workers. As the original as well as the brief version is in English language, which is sometimes difficult to administer to patients or participants who have barrier in understanding English language, as well as when two different examiners are administering the questionnaire at different location or with different patients or participants, the way of explaining might differ which may give bias results. In a diverse country like India where people mainly speak regional languages, it becomes necessary to translate the scale into local regional languages for the ease of understanding among the population who do not understand English or who only speak regional languages like Hindi and Marathi.
Objectives	1- Validation of translated Hindi and Marathi versions of MGM Ground Level Activity Exposure questionnaire. 2- To compare the outcomes of the original scale with the translated versions.

<p>Methods</p>	<p>An interview based survey study was performed on participants from residential areas of navi Mumbai and Mumbai selected by simple random sampling method and were selected for inclusion and exclusion criteria After the selection, the participants were further divided into 3 groups namely-</p> <ul style="list-style-type: none"> ●Group A- Non Squatters : People who did not have daily squatting exposure in the past year. ●Group B- Functional Squatters : People who adopted deep squat for self care and ADL like washing clothes, cooking, mopping, sweeping and leisure activities. ●Group C- Occupational squatters: People who adopted deep squat daily when performing occupational activities (labourers, housemaids and gardeners). <p>The original English version of the questionnaire was administered to the participants. The translated Marathi and Hindi versions of the questionnaire were administered to the participants by the same examiner at two different occasions within a span of 3-7 days.</p>
<p>Results</p>	<p>The Test-retest reliability was assessed using Intra Class correlation Coefficient (ICC) for English and Hindi version of the questionnaire is 0.997* ,for English and hindi version of the questionnaire is 0.997* , for English and hindi version of the questionnaire is 0.997* and thus it shows excellent reliability.</p>
<p>Conclusion</p>	<p>Our results concluded that the translated Marathi and Hindi versions of the MGM Ground Level Activity Questionnaire are reliable and valid tools and can be further used as an instrument to measure the deep flexion ranges of ground level activities of the participants /patients</p>

Photographs:



Examiner administering MGM GLAE questionnaire



Deep Squat posture

Dr. P. S. Sawant *Shreyas*
 Co-investigators
Pilani

Guide

[Signature]
 Internship Coordinator

[Signature]
 Professor- Director





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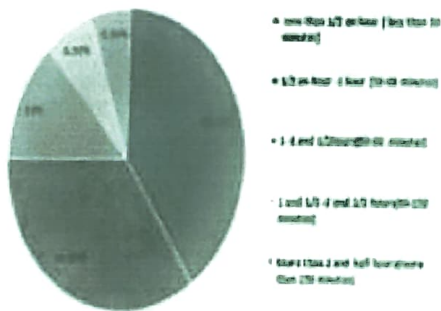
Internship Project Report Summary

Project title	Awareness and effectiveness of online exercise regime
Name and signature of Guide	Dr. Payal Murkudkar (PT)
Name and signature of candidate/s	Kanushka Sahita Arya Savadi Hinal Shah Priya Shah Rahul Haridas
Duration of project	7 months
Approval date	16 th March 2022
Submission date	18 th April 2022
Project Summary	
Purpose	There are two major forms of exercise program: Online and Offline. Online workouts are increasingly gaining popularity, with people since the Covid 19 pandemic. Different forms of Home exercises are yoga, Pilates, Zumba, aerobics, cardio workouts, weight lifting, sports specific workouts, high intensity interval training, etc. Available platforms for online workout modes: YouTube, Instagram, Facebook, third party applications, websites, blogs, etc. It can act as a conventional and comprehensive tool for goal setting and safety assistance in tele-rehabilitation.
Objectives	The following objectives are: 1. To explore about various platforms offering exercise programs 2. To explore about various exercise programs offered online 3. To get a feedback about suggestions regarding online exercise program 4. To know about safety measures and monitoring undertaken while doing online exercise regimen 5. To know about the outcome /benefits by online exercise
Methods	A comprehensive literature search was conducted by using PubMed databases. Number of studies selected for review was 41. Several research articles were reviewed to develop Review of Literature for a survey based Questionnaire formation. Ethical approval for validation of survey questionnaire was done by 3 experts. Approval of research proposal by Institutional Ethics Review Committee was taken. The following questionnaire was distributed via means of various online platforms like YouTube, Instagram, Facebook, websites, blogs, and third party applications. Individuals were selected on the basis of the inclusion and exclusion criteria. Statistical analysis from the data collected via survey questionnaire was evaluated for conclusion.

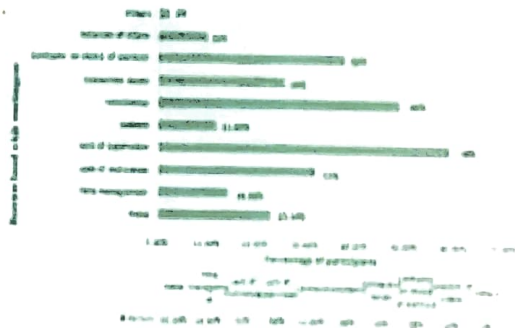
<p>Results</p>	<p>A 100% consent ratio was acquired from all 1,000 participants, with 27.4% more female engagement from the age group of 15-25 years most of which were students and physiotherapy interns. Fit individuals with BMI in the range 18.5-24.9 with no addictions and a few co-morbidities pharmacologically managed, had a 45% ratio for 30-90 minutes of moderate activities as well as 40.2% vigorous activities on the NPAQ scale. 54% percentage of participants are currently following the online exercise regimen including pilates, cardio workouts, home workouts, yoga in the increasing order of percentage ratio. Various social media platforms like Instagram, WhatsApp, fitness apps are the most preferred free and pre-recorded mode of online workouts used by participants. In terms of motivation provided by the instructor of the online workout session, 61.9% participants have agreed to it, among which 82% were a part of two or more programs simultaneously. Most of these participants use various equipments like yoga mats, shoes and weights ranking in the order of highest percentage and in contrast 31.40% participants did not avail any health monitoring devices to check parameters that are used to record vitals during the online workout session. 46.80% participants following this exercise regimen had faced no injuries during their online workout sessions. The warm up and cool down affirmative ratio being higher with the preferred frequency and duration being 3-4 days and 30-40 minutes respectively leading to 43% achieving their general overall fitness goal. Lack of supervision being the main barrier and liberty of working out in their own time slots being their basis for choosing online over offline workouts. With 39.8% participants not willing to attend an individual session to learn about the corrective ways of following an online workout regime, 44.5% seem to be interested in receiving information about the same.</p>
<p>Conclusion</p>	<p>Summarizing the entire report analyzed on the basis of the supportive findings, awareness regarding the online forms of workouts and platforms available took a hike in the pandemic phase. The effectiveness of these exercise regimens can be beneficially tailored for achieving targeted fitness goals when carried out under appropriate guidance, corrective exercise protocols, safety gears, equipments as well as health monitoring devices with proper time management.</p>

Photographs:

NPAQ vigorous activities done by participants



Barriers faced by participants during online workouts



NPAQ vigorous activities done by participants

Barriers faced by participants during online workouts

Kaneshky
Baradi
Blah
Bhal Shahu
Co-investigators

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Guide

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Internship Coordinator

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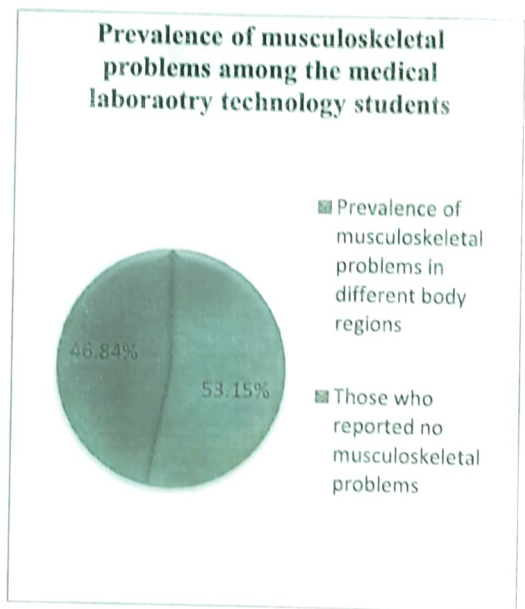
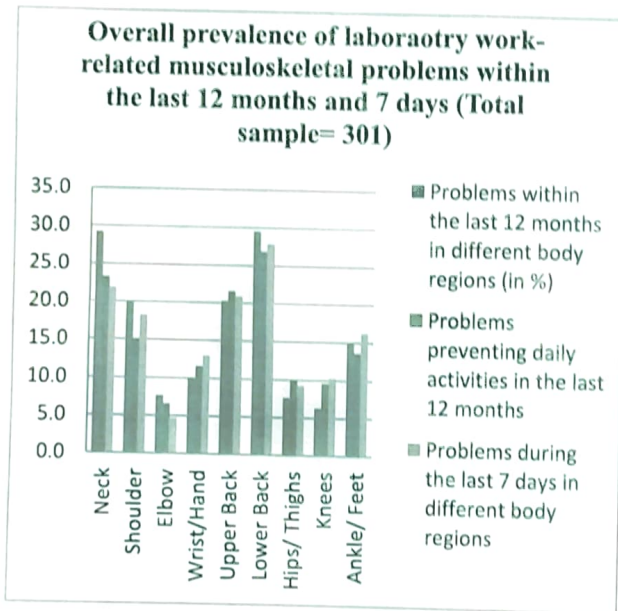
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Internship Project Report Summary

Project title	Prevalence of work-related musculoskeletal problems among students undergoing medical laboratory training: A survey study
Name and signature of Guide	Dr. Omeshree Nagrale (PT)
Name and signature of candidate/s	Zaheen Shaikh Shaili Gogri Shankari Balan Dhwani Sheth Nirmiti Shinde
Duration of project	7 months
Approval date	16 th March 2022
Submission date	18 th April 2022
Project Summary	
Purpose	Undergraduate students undergoing medical laboratory training adapt to prolonged static postures for extended periods accompanied with repetitive laboratory activities which lead to higher risk of developing musculoskeletal problems early in their career. There is limited evidence of musculoskeletal problems in relation to the work of students in India. Therefore, this study focuses on the prevalence of musculoskeletal problems and the body sites commonly affected in medical laboratory technology (MLT) students.
Objectives	The following objectives are: 1. To estimate the prevalence of musculoskeletal discomfort among the medical laboratory students. 2. To determine the body regions commonly affected among medical laboratory students.
Methods	A Standardised Nordic Musculoskeletal Questionnaire was circulated to 384 medical laboratory technology students using convenient sampling method out of which 320 responses were received. After excluding participants not fulfilling the selection criteria, 301 responses were analyzed. Survey was conducted via online electronic platforms such as WhatsApp and Emails. Form included demographic details and questions to evaluate prevalence, site and impact of work-related musculoskeletal problems in the students. Questionnaire was administered between March and April 2022. Statistical analysis from the data collected via survey questionnaire was evaluated for conclusion.

Results	The responses of 301 participants were analyzed and overall 53.15% prevalence of laboratory related musculoskeletal problems in the last 12 months was reported. The lower back (29.57%), neck (29.27%) and upper back (20.27%) were the most prevalent regions of the body reported to be having musculoskeletal problems. Also, many students reported discomfort in last 7 days. Students went on to report that these problems had a considerable impact on daily activities in the past 12 months.
Conclusion	Students though were in their laboratory training period, are already experiencing high levels of musculoskeletal problems even at the outset of their career. This is a matter of concern as not only the prevalence is high but also considerable numbers of students are facing difficulties in daily living activities. Hence inclusion of strategies to address ergonomic and postural training in the university curriculum is essential. Also identifying the problems for early intervention is needed which will prevent further discomfort and facilitate healthy and sustainable workforce.

Photographs:



[Signature]
BPT CO-ORDINATOR

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IQAC CO-ORDINATOR

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Guide

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Internship Coordinator

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BPT/Internship Project Report Summary

Project title	Effects Of 6 Weeks of Triphasic Training Protocol on Sports Fitness Parameters of Semi-Pro Basketball Players
Name and signature of Guide	Dr. Ruturaj Shete (PT)
Name and signature of candidate/s	Disha Surwase
	Sibimol Shivprasad
	Aishwarya Shirude
	Hricha Mane
	Punite Tayade
	Swati Shitole
Duration of project	7 weeks
Approval date	7 th March
Submission date	22 nd April 2022
Project Summary	
Purpose	Basketball requires swift upper extremity movements, improved reaction time and explosive power which can be manifested as a result of concentric contraction. Triphasic training believes in training all aspects of a muscle contraction to maximize power output. Uniting the triphasic model with a periodized protocol is therefore essential to be tested on fitness parameters in basketball players.
Methods	1. To study sports fitness parameters in semi-pro basketball players. 2. To study the effect of triphasic training in sports fitness parameters of semi-pro basketball players.
Results	In this study 20 semi-pro basketball players participated and their fitness parameters were assessed before and after the intervention. There was significant improvement

	seen in tests of Strength, Muscular anaerobic endurance, Power and Speed. Agility and Reaction time test showed no significant changes pre and post intervention.
Conclusion	The findings of this study tell us that triphasic training is effective in improving strength, muscular anaerobic endurance, power and speed in semi-pro basketball players. However, it doesn't show a significant contribution towards improving agility and reaction time.



A



B

- A. Our team at the U-18 state selections to identify the participants.
- B. Participant testing

BPT CO-ORDINATOR

IQAC CO-ORDINATOR

Guide

Internship Coordinator

Professor- Director





MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

BPT/Internship Project Report Summary

Project title	Impact of Physical Activity on Obese Pregnant Women to prevent Gestational Diabetes Mellitus - A Narrative Review
Name and signature of Guide	Dr. Hiloni Badani (PT)
Name and signature of candidate/s	Jalak Upadhyay Kasturi Vairagi Shweta Vayal Sumanvita Batni Rutuja Parte Kainat Khan
Duration of project	6 months
Approval date	21.04.2022
Submission date	22.04.2022
Project Summary	
Purpose	To determine the impact of physical activities in obese pregnant women to prevent Gestational Diabetes mellitus.
Objectives	The purpose of this study is to review the impact of physical activity in obese pregnant women, in order to prevent Gestational Diabetes Mellitus
Methods	Primary source articles published in peer-reviewed journals were included. Narrative review was carried out using PubMed, Cochrane, ScienceDirect, Medline, PMC Journals, BMJ, Elsevier, Sage Journals, and SpringerLink from 2015-2021. Keywords used were 'Gestational Diabetes Mellitus, Obese Pregnant Women, Physical Activity, Overweight, Exercise Intervention'. The methodological quality of studies was assessed and reviewed. The effects and impact of physical activities, and exercise intervention in obese pregnant women to prevent GDM were reviewed.
Results	Eighteen studies were included in the study. Studies included individuals affected with Obesity before pregnancy (BMI>30kg/m ²), inactive lifestyle, physical activities and exercise interventions like brisk walking, cycling, aerobic exercises, resistive exercises. Out of the eighteen studies, seven were

	<p>randomized controlled trials, four were meta-analysis and systematic reviews, two were cohort studies, three were literature searches, one was survey and one clinical trial. Four articles suggested that aerobic exercises and resistive exercises decrease the complications associated with gestational diabetes mellitus. Other articles suggested that the combination of both physical activities (aerobic and resistive exercises, brisk walking, cycling, water aerobics), and dietary changes help to control and prevent gestational diabetes mellitus in pregnant women, and the risks associated with it in pregnant women and fetus.</p>
<p>Conclusion</p>	<p>Gestational diabetes mellitus is a common complication of pregnancy that is caused due to carbohydrate intolerance resulting in hyperglycemia. It influences roughly six percent of pregnant ladies and its commonness is expanding on account of weight and inactive way of life. Actual work might be a modifiable way of life that assists with hindering significant intricacies during and after pregnancy. Practices carried out during pregnancy can help in lessening unreasonable weight gain and gestational DM. It's found that moderate-intensity exercise, cardiopulmonary exercise training, resistance training and a proper diet will help in reducing gestational DM in pregnant women. This narrative review can emerge as a useful study to know various interventions wont to prevent gestational diabetes and help physiotherapists to satisfy the wants of those patients in an exceedingly better and more efficient way.</p>



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IQAC CO-ORDINATOR



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Sector-1, Kamothe, Navi Mumbai – 410209

BPT/Internship Project Report Summary

Project title	Knowledge of awareness about home programme among caregivers for prevention of chest complications in children and adolescence with neurological conditions.
Name and signature of Guide	Dr Shrutika Parab(PT)
Name and signature of Co-Guide	Dr Hiranmayee Bagwe(PT)
Name and signature of candidates	Ms Sushmita Shirsat and Ms Siddhi More
Duration of project	1 Year
Approval date	15 th March,2021
Submission date	22 nd April,2022
Project Summary	
Purpose	To understand the knowledge of awareness about home programme among caregivers for prevention of chest complications.
Objectives	To understand the level of awareness regarding home programmes for prevention of respiratory complications in children and adolescence with neurological conditions
Methods	A semi structured questionnaire was designed, and face validated by experts from different fields. Study commends Institutional Ethical Committee of Navi Mumbai approval was done. Questionnaire was then translated into two local languages i.e Marathi and Hindi respectively. The questionnaire was then converted into e-form and circulated to the participant based on the inclusive and exclusive criteria via email. Total were 511 responses collected from March 2021 to March 2022. Data was coded and analysis was performed using Microsoft Excel
Results	Out of the 511 caregivers who participated in the survey, about 75% caregivers were aware about secondary chest complications. 68% of the participants were aware that chest complications can result in reduced functional capacity. 66% of the participants accepted that caregivers delivered home program can help reduce respiratory complications. 53% caregivers agreed that exercising daily will help improving quality of life. 43% caregivers were aware about that adopting dyspnea relieving position. 61% of the participants had seen an incentive spirometer, but don't know how to use it. 43% caregivers believed that adopting various position helps in mobilizing secretions. 84% caregivers are aware that breathing exercise is a part of Physiotherapy. 41% of the participants are 50% confident about delivering home exercise program and believed that educational video and informative booklets

	regarding home programme for prevention of respiratory complication will empower them.
Conclusion	Present study provides information regarding the awareness about the home programme amongst the caregivers for prevention of chest complications in children and adolescence with neurological conditions. Although, most caregivers were aware about the benefits of home exercise program but they were not confident in delivering care at home which could result in respiratory complication

Photographs:

Awareness regarding chest complications

Q1: Are you aware that chest complications are common in patients with neurological conditions? *

Yes
 No
 Not sure

Q2: Does the patient face any of the following concerns? *

Cough
 Difficulty in swallowing
 Abnormal sounds during breathing
 Heavy breathing
 None of the above

क्या आप जानते हैं कि न्यूरोलॉजिकल स्थिति वाले लोगों में छाती की जटिलताएं आम हैं?

हाँ
 नहीं
 नहीं

रोगी को निम्नलिखित में से किसी कारण का सामना करना पड़ता है?

खाँसी
 खाँस पीने में कठिनाई
 खाँस होने पर श्वास अस्थिर
 श्वास में भारी गंधी
 इनमें से कोई भी नहीं
 इनमें से कोई नहीं

आपका छातीरोगी को देखने पर आपका क्या मतलब है?

न्यूरोलॉजिकल रोगियों में अक्सर छातीरोगी के कारणों का अर्थ है अचानक आने वाले *

हाँ
 थोड़ा-थोड़ा
 नहीं

आपका छातीरोगी को देखने पर आपका क्या मतलब है?

खाँस के कारण अचानक
 खाँस के कारण श्वास अस्थिर
 खाँस के कारण
 छातीरोगी के कारणों में
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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

BPT/Internship Project Report Summary

Project title	Awareness and Application of online teaching and learning methods among faculty of Healthcare - An online survey
Name and signature of Guide	Dr. Hiranmayee Bagwe (PT)
Name and signature of Co-Guide	Dr. Bela Agarwal (PT)
Name and signature of candidate/s	Tejas Patil Dipti Mumbaikar Niyati Choksi Shubham Jawale
Duration of project	6 Months
Approval date	15 th March 2021
Submission date	5 th July 2021


Project Summary

Purpose	To document Awareness and Application of online teaching and learning methods among faculty of healthcare profession
Objectives	To study the level of awareness and application of online learning in the faculty of healthcare profession. To evaluate the capability of e-learning strategies utilized by the faculty and its adequacy on training framework.
Methods	Perspective study. Study duration was 4 months. Sample size 110, 53 males and 57 females. Questionnaire approved by the ethical committee were circulated to the willing faculty members, consent was taken prior to sending the google link via mail, whatsapp etc.
Results	It was observed that 41% of contestants were aware of both synchronized and hybrid modes of online teaching and learning, 37.2% were aware of asynchronous method 25.6% were aware of competency based online teaching. While 16.7% were not sure of any mode of online teaching and learning with laptop being the most preferred device and google classroom most widely used application.
Conclusion	Majority of faculty in healthcare professional courses are aware of online teaching and learning methods. Though internet costs, internet connectivity and technical skills of an individual may alter the application of online teaching methods. It cannot be said true for the masses as number of participants included in this were only a small portion of the whole.


Co-investigators


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MGMHS, Navi Mumbai





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**1.3.4B List of Programmes and details of students undertaking field visits / research projects / internships/Industry visits/Community postings
(Current Year data) (From MGMIHS - for upload)**

Sr. No.	Name of the field visit / research project / internship /Industry visit/ Community posting	Date of conduction	UG / PG	Name of program / Department	Number of students	Names of students	Relevant documents - for each entry merged as 1 PDF document in same order		
							Circular/ Notice	Time tables. Attendance record.	Geotagged Photographs
1	Exploration of Musculoskeletal Impairments In Individuals Post Covid-19 Infection in the Long Covid Period of 9-12 Months: A Survey Study	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	4	Anoli Alok Gupta	Annexure Attached	Annexure Attached	Annexure Attached
						Arangasseri Shalom Andrews			
						Cardoza Smerra Melwyn			
						Aarti Chandanshive			
2	Evaluation Of Balance, Core Muscle Endurance And Flexibility of Lower Limb In Rhythmic Gymnasts And Ballet Trained Rhythmic Gymnasts: A Cross Sectional Study	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	5	Shivani Chavan	Annexure Attached	Annexure Attached	Annexure Attached
						Damle Neha Atul			
						Desai Mubarak Tajuddin			
						Desai Vidhi Kalpesh			
						Avani Atul Dixit			
3	Perception of BPT Graduates Regarding Offline and Online mode of Training : A survey.	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	5	Furia Khilti Rajesh	Annexure Attached	Annexure Attached	Annexure Attached
						Jain Urvi Rajesh			
						Joad Shifa Salauddin			
						Kadam Kalpita Vijay			
						Tanvi Santosh Kadve			



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Sr. No.	Name of the field visit / research project / internship /Industry visit/ Community posting	Date of conduction	UG / PG	Name of program / Department	Number of students	Names of students	Relevant documents - for each		
							Circular/ Notice	Time tables. Attendance record.	Geotagged Photographs
4	Effect of peer mentorship in comparison to traditional mentorship in physiotherapy students	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	5	Kalokhe Saba Akhtar	Annexure Attached	Annexure Attached	Annexure Attached
						Agrawal Kavya Harish			
						Kelkar Ankita Makarand			
						Keshav Kumar Jagjit Singh			
Roshni Kukreja									
5	Effect of physiotherapy telerehabilitation on the physical, cognitive and psychosocial domains of sedentary work-from-home IT professionals	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	5	Kulkarni Sanika Satish			
						Laiba Imtiyaz Dalvi			
						Lalwani Kajal Jeetender			
						Lokhandwala Khadija Ebrahim			
Mody Ferzeen Minoo									
6	Validation of Hindi and Marathi version of MGMGLAE brief questionnaire	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	5	Morye Vishakha Dilip			
						Sreya Nambiar			
						Patil Shreecya Naresh			
						Patil Tanvi Surendra			
Kirtika Dharmar Pillai									
7	Awareness and Effectiveness of online exercise regime-a survey	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	5	Rahul Haridas			
						Sahita Kanishka Tarun Geeta			
						Savadi Arya Vinayak			
						Hinal Parag Shah			
Shah Priya Hemant									
8	Prevalence of Work- Related Musculoskeletal Problems among Students Undergoing Medical Laboratory Training : A Survey Study	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	5	Zahcen Zahid Shaikh			
						Shaili Anil Gogri			
						Shankari Balan			
						Dhwani Sheth			
Nirmiti shinde									
9	Effects of 6 weeks of triphasic training protocol on sports fitness parameters of semi pro basketball players	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	6	Shirude Aishwarya Anil			
						Shitole Swati Sanjay			
						Sibimol Sivaprasad			
						Surwase Disha Prakash			
						Tayade Punite Mukunt			
Hricha Mane									

Sr. No.	Name of the field visit / research project / internship /Industry visit/ Community posting	Date of conduction	UG / PG	Name of program / Department	Number of students	Names of students	Relevant documents - for each entry merged as 1 PDF document in same order		
							Circular/ Notice	Time tables. Attendance record.	Geotagged Photographs
10	Impact of Physical Activity on Obese Pregnant Women to prevent Gestational Diabetes Mellitus - A Narrative Review	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	6	Upadhyay Jalak Rishikesh	Annexure Attached	Annexure Attached	Annexure Attached
						Vairagi Kasturi Nitin			
						Vayal Shweta Mahesh			
						Sumanvita Batni			
						Parte Rutuja Ashok			
						Kainat khan			
11	Knowledge of awareness about home programme among caregivers for prevention of chest complications in children and adolescence with neurological conditions	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	2	More Siddhi Santosh	Annexure Attached	Annexure Attached	Annexure Attached
						Shirsat Sushmita Uday			
12	Awareness and Application of Online teaching and learning methods among faculty of Healthcare profession	November 2021-April 2022	UG	Bachelor of Physiotherapy (BPT)	1	Jawale Shubham Balaji			



Dr. Bela Agarwal
Criterion I Incharge
MGM School of Physiotherapy,
Navi Mumbai



Dr. Shrutika Parab (PT)
IQAC Coordinator
MGM School of Physiotherapy,
Navi Mumbai



Dr. Rajani Mullerpatan
Professor Director
MGM School of Physiotherapy,
Navi Mumbai





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MGM School of Physiotherapy

N-6 CIDCO, Aurangabad-431003

Tel No. 0240-6482000, (Ext. 2912/2913), E-mail: mgmsop@themgmgroup.com

Ref.No. MGM/SOP/2022/ 63

Date: 07/07/2022

NOTICE

We MGM School of Physiotherapy Conducting one day Camp at Daulatabad Village on date 9th July, 2022.

Date: 9th July, 2022.

Time: 9 am to 1 pm


Venue: Daulatabad Village, Aurangabad

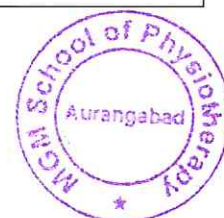



Director

MGM School of Physiotherapy
Aurangabad

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	MGM SCHOOL OF PHYSIOTHERAPY AURANGABAD		Doc No.	DC/MGMSOP/ AER/IQAC/00
			Issue No.	1
	Academic Event Report Conferences/ Seminars/Workshop/CME/Quiz/ Debate/ Guest Lecture/Extension activity etc		Rev. No.	
			Date	09/07/2022
			Page	Page 1 of 2
No	Points for Report			
1	Name & Level of Event –			
	Physical Assessment Camp at Daulatabad Village			
2	Background/Introduction –			
	For screening the people of the village and assessing the people to check for any abnormality present & providing them with effective treatment.			
3	Venue -			
	Daulatabad Village			
4	Sponsors - Name & Details			
	MGM School of Physiotherapy, Department of Community Physiotherapy, Aurangabad			
5	Inauguration - Including the details of Chief Guest, Guest(S) of Honor, List of speeches given, compared by etc.....			
	1) Mr. Pawan Gaikwad (Sarpanch of village) 2) Dr. Shrikant Mhase (HOD Department of Community Physiotherapy)			
6	Speakers/ Judges/ Chairman/Panel Team –			
	After the screening and treatment was done, Dr. Shrikant Mhase & Dr. Aniruddha Thorat delivered a lecture and made people aware of the role of physiotherapy and all the treatment and conditions associated with it.			



	MGM SCHOOL OF PHYSIOTHERAPY AURANGABAD	Doc No.	DC/MGMSOP/ AER/IQAC/00
		Issue No.	1
	Academic Event Report Conferences/ Seminars/CME/Quiz/ Debate/ Guest Lecture etc	Rev. No.	
		Date	09/07/2022
		Page	Page 2 of 2

7 | **Participants & Delegates** – No. of participants & delegates/teams with their names.

More than 70 people of the village were benefitted by the camp and the screening.

8 | **Prize Distribution etc** - Brief Summary of the Proceeding.

The Sarpanch & other members of the gram panchayat felicitated the contribution of community department to the society.

9 | **Valedictory Ceremony** - Brief of the proceeding including chief guest etc. and who conducted it.

At the end of the camp, Dr. Shrikant Mhase thanked the authorities for allowing to arrange the camp and also to the people for co-operating.

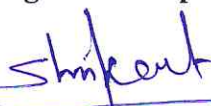
10 | **Highlights of the Event** - Brief about the main highlight(s) of the event.

After reaching the village, all the students along with the interns and PGs splitted in equal groups. 1 group was looking after the camp organized at the anganwadi and all the other groups proceeded in the village for door-to-door screening. All the people having any disorder was diagnosed and treated according to the need.

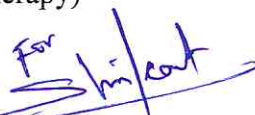
Report Prepared on-...10/07/2022

Report Prepared by-...Kunal Nagwani

Designation/ Dept- Junior Resident (Department of Community Physiotherapy)


Signature
Organizing Chairman/ Secretary




Signature
Principal/ HOD
Director
MGM School of Physiotherapy
Aurangabad



MAHATMA GANDHI MISSION

MGM SCHOOL OF PHYSIOTHERAPY AURANGABAD



Daulatabad, Maharashtra, India
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Daultabad villege camp 2022





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Aurangabad

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**MGM SCHOOL OF PHYSIOTHERAPY
AURANGABAD**

Academic Event Report
Conferences/ Seminars/Workshop/CME/Quiz/
Debate/ Guest Lecture/Extension activity etc

Doc No.

DC/MGMSOP/
AER/IQAC/00

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Rev. No.

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Page

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No

Points for Report

1

Name & Level of Event –

Physical Assessment Camp at Daulatabad Village

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For screening the people of the village and assessing the people to check for any abnormality present & providing them with effective treatment.

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MGM School of Physiotherapy, Department of Community Physiotherapy, Aurangabad

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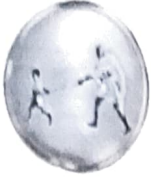
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**MGM SCHOOL OF PHYSIOTHERAPY
AURANGABAD**

Academic Event Report
Conferences/ Seminars/CME/Quiz/ Debate/ Guest
Lecture etc

Doc No.	DC/MGMSOP/ AER/IQAC/00
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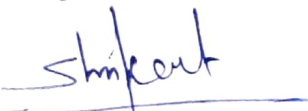
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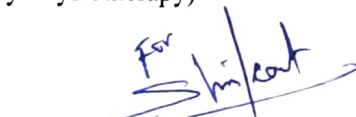
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Signature
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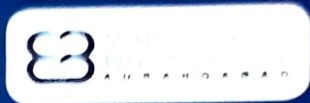
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LIST OF PROJECTS BPT INTERNSHIP STUDENTS FOR 2021-22

Sr. No.	Date	Class	Name of student's	Title	Name of Guide	Year
1	20-11-21	Internship	Ruchika Atul Jaswal; Dnyaneshwari Prakash Lokhande; Aaditi Sunil Deshpande	Impact of Covid-19 Pandmic on Pregnant Women Depression Anxiety & Stress Using Dass Scale : A Cross Sectional Study	Dr. Kajal Kadam	2020-2021
2	20-12-21	Internship	Aarti Munot; Ankita Bawale	Effects of Pilates Tele Tehabilitation Therapy in Females Having Urinary Incontinence With Low Back Pain: A Randomized Control Trial	Dr. Satyam Bhodaji	2020-2021
3	18-04-22	Internship	Sakshi Shah; Farrukh Ali; Taymeena Ghanchi	Postural Awareness Among Architects With Musculoskeletal Pain - A Cross Sectional Study	Dr. Bhalchandr a Kharsade	2020-2021
4	20-04-22	Internship	Pooja Chungade Ankita Sahani; Riya Lahoti	The Effect of Sensory integration Based Physical Activity & Shavasana on Attention Span of School Going Children With Attention - Deficit	Dr. Pallavi Palaskar	2021-2022
5	21-04-22	Internship	Syeda Sameeha Tartil; Shweta Ghodke; Ashlesha Vaidya	Combined Effect of Yoga and Aerobic Exrcise on Mild Cognition in Patients with Alcohol Use Disorder - An Experimental Study	Dr. Pooja Motar	2021-2022
6	27-04-22	Internship	Cicely Rodrigues; Mansi Rathi; Saurabh Mahajan	Association Between Sleep Quality & Chronic Mechanical Neck Pain in Adults	Dr. Kajal Kadam	2021-2022
7	18-05-22	Internship	Gauravi Desale; Ketaki Naik ; Dipti Shinde	Does Rotational Vestibular Stimlitation Have Impact on Balance and Gravitational Insecurity in Children With Down Syndrome	Dr. Pallavi Palaskar	2021-2022


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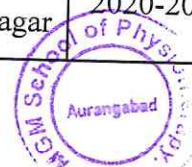
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8	23-05-22	Internship	Apurva Vaidya; Vedeeka Goje; Parinita Mhatre	Reliability & Validation of the Hindi Translation of the Foot Function Index in Patients of Foot Pathologies	Dr. Tajuddin Chitapure	2021-2022
9	02-06-22	Internship	Siddhi Dalvi; Triveni Gosavi; Shruti Soni	Effect of Shiatsu Therapy in Females With Primary Dysmenorrhea : An Experimental Study	Dr. Krishna Gawande	2021-2022
10	13-06-22	Internship	Benish Bubere; Sonal Biyani; Snehal Thote	Impact of Pain Neuroscience Education Added As An Adjunct to Conventional Exercises on Pain and Pain Coping/ Pain Behaviour in Patients with Non-Specific Neck Pain - A Randomized Control Trial	Dr. Vaibhavi Walimbe	2021-2022
11	17-06-22	Internship	Elham Chogle; Ishwa Nathwin; Kshitija Ghadge	Ergonomics Modifications and Improving will Beingas an Early Disease Prevention in School Going Children In Developing Countries During Pandemic An Experimental	Dr. Pooja Kumari Mahaseth	2021-2022
12	30-06-22	Internship	Shaikh Anam Roshni; Bhagyashri Lohoti	Prevalence of Orthostatic Intolerance Syndrome in Patients with Post- acute COVID Infection A Cross Sectional Study	Dr. Pooja Motar	2021-2022
13	30-06-22	Internship	Sayed Mohammed Talib; Rohan Hulawale; Pranal Kulkarni	Moderating the Impact of Covid-19 and the Subsequent Lockown Impositionon Players Particity of life of players Participating in contact	Dr. Tajuddin Chitapure	2021-2022
14	12-07-22	Internship	Vishakha Gaikwad; Apurava Joshi; Monika Thombale	Impact of Brain GYM Exercises on Attention Span in Medical Students with Smartphone Addiction : A Quasi- Exerimental Study	Dr. Sherin Paulose	2021-2021
15	26-07-22	Internship	Vaishnavi Deshpande; Akash Tandale; Shweta Thorat	Prevalence of Sports Injuries in Coaches. An Observational Study	Dr. Ashwin Kishirsagar	2020-2021

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LIST OF PROJECTS IV BPT STUDENTS FOR 2021-22

Sr. No.	Date	Class	Name of student's	Title	Name of Guide	Year
1	16-11-21	IV	Syeda Sameeha Tartil; Shweta Ghodke; Ashlesha Vaidya	Combined Effect of Yoga and Aerobic Exercise on Mild Cognition in Patients with Alcohol Use Disorder - An Experimental Study	Dr. Pooja Motar	2021-2022
2	20-12-21	IV	Aarti Munot; Ankita Bawale; Supriya Sugave	Effects of Pilates Therapy in 17-60 Years Old Females Having urinary incontinence with low back pain : A Randomized Clinical Protocol	Dr. Satyam Bhodaji	2020-2021
3	28-01-22	IV	Cicely Rodrigues; Mansi Rathi; Saurabh Mahajan	Association Between Sleep Quality & Chronic Mechanical Neck Pain in Adults	Dr. Kajal Kadam	2020-2021
4	20-04-22	IV	Ankita Sahani; Riya Lahoti; Pooja Chungade	The Effect of Sensory integration Based Physical Activity & Shavasana on Attention Span of School Going Children With Attention - Deficit Hyperactivity Disorder A Research Protocol	Dr. Pallavi Palaskar	2020-2021
5	13-06-22	Final	Benish Bubere; Sonal Biyani; Snehal Thote	Impact of Pain Neuroscience Education Added As An Adjunct to Conventional Exercises on Pain and Pain Coping/ Pain Behaviour in Patients with Non-Specific Neck Pain - A Randomized Control Trial	Dr. Vaibhavi Walimbe	2021-2022

[Signature]

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6	30-06-22	Final	Shaikh Anam Roshni; Bhagyashri Lohoti	Prevalence of Orthostatic Intolerance Syndrome in Patients with Post- acute COVID Infection A Cross Sectional Study	Dr. Pooja Motar	2020-2021
7	30-06-22	Final	Sayed Mohammed Talib; Rohan Hulawale; Pranal Kulkarni	Moderating the Impact of Covid-19 and the Subsequent Lockown Imposition on Players Particity of life of players Participating in contact Sports	Dr. Tajuddin Chitapure	2020-2021
8	12-07-22	Final	Vishakha Gaikwad; Apurava Joshi; Monika Thombale	Impact of Brain GYM Exercises on Attention Span in Medical Students with Smartphone Addiction : A Quasi- Exerimental Study	Dr. Sherin Paulose	2020-2021
9	26-07-22	Final	Vaishnavi Deshpande; Akash Tandale; Shweta Thorat	Prevalence of Sports Injuries in Coaches. An Observational Study	Dr. Ashwin Kishirsagar	2020-2021


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Tel No. 0240-6482000, (Ext. 2912/2913), E-mail: mgmsop@themgmgroup.com

1.3.4A Common List of Programmes and number of students undertaking field visits / research projects / internships/Industry visits/ Community postings (2021-22)

Programme Name	Name of the Department	Field visits	No. of students	Research projects	No. of students	Industry internship /internship	No. of students	Industry visit	No. of students	Community postings	No. of students
Cancer Awareness Screening Camp Shendra MIDC Industrial Area Kumbhephal, Maharashtra	Community Physiotherapy	-	-	BPT Final Year	9 Students Completed	-	-	Shendra MIDC industrial Area Kumbhephal, Maharashtra	12 Students	Physical Assessment Camp at Daulatabad village	18 Students
				BPT Internship	15 Students Completed						
				MPT	6 Students Completed						



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Dr. Satyam Sitaram Bhodaji (MPT-CMO)
HOD Department of Community Physiotherapy
MGM School of Physiotherapy,
Aurangabad, Maharashtra

Date: 29/12/2021

Sub: Letter of appreciation.

Dear Sir,

I would like to take this opportunity to say thank you to you and your staff for conducting the free musculoskeletal problems screening survey and advising ergonomic and physiotherapy management held on 27th November 2021 at TATA Capitals Financial Services Ltd., Third floor, Kandi Tower near Kotak bank, Jalna road, Aurangabad, Maharashtra India.

This event was quite a success in our company in Aurangabad enhancing and enriching the lives of more than 50 employees in the company who attended the same. I would like to recognize the dedicated contribution of this team to such events as they continue to contribute to the development of workers health in different occupational musculoskeletal problems with their tireless efforts. It was a very good experience to interact with you and your team. Words would never be sufficient to express our gratitude for the same towards the team.

1. Dr. Satyam Bhodaji
2. Dr. Kunal Nagwani
3. Dr Aniruddha Thorat
4. Dr. Pooja Chungade
5. Abhay Chincholkar
6. Sanjana Kulthe
7. Shweta Dadgal

Please accept this letter as a token of our appreciation.
Thank you from the bottom of our hearts.



TATA CAPITAL FINANCIAL SERVICES LIMITED

Corporate Identity Number U67100MH2010PLC210201

3rd Floor Kandi Tower Beside Indusind Bank Jalna Road Aurangabad 431 001 Maharashtra

Tel:91 240 6500122-126 Web www.tatacapital.com

Registered Office 11th Floor Tower A Peninsula Business Park Ganpatrao Kadam Marg Lower Parel Mumbai 400 013



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Sector-01, Kamothe, Navi Mumbai - 410 209

Tel 022-27432471, 022-27432994, Fax 022 - 27431094

E-mail : registrar@mgsuhs.com ; Website : www.mgsuhs.com

The following students have completed their internship in the year 2021 -22

Sr. No.	Name of Students	College Name	Date of Issue	Programme Name
1	Choksi Niyati Jignesh	MGM School of Physiotherapy, Navi Mumbai	16/02/2022	BPT
2	Gaikwad Mahima Navnath	MGM School of Physiotherapy, Navi Mumbai	25/02/2022	BPT
3	Gaikwad Stuti Navnath	MGM School of Physiotherapy, Navi Mumbai	25/02/2022	BPT
4	Nair Tanishka Shaji	MGM School of Physiotherapy, Navi Mumbai	07/03/2022	BPT
5	Ankita A Sawant	MGM School of Physiotherapy, Navi Mumbai	10/03/2022	BPT
6	Srivastav Jaishree Virendra Kumar	MGM School of Physiotherapy, Navi Mumbai	15/03/2022	BPT
7	Raut Shalaka Rajendra	MGM School of Physiotherapy, Navi Mumbai	15/03/2022	BPT
8	Patil Tejas Arvind	MGM School of Physiotherapy, Navi Mumbai	15/03/2022	BPT
9	Thacker Shreya Rajesh	MGM School of Physiotherapy, Navi Mumbai	15/03/2022	BPT
10	Kadam Simran Santosh	MGM School of Physiotherapy, Navi Mumbai	15/03/2022	BPT
11	Jain Kritika Arun	MGM School of Physiotherapy, Navi Mumbai	24/03/2022	BPT
12	Mumbaikar Dipti Kailas	MGM School of Physiotherapy, Navi Mumbai	09/04/2022	BPT
13	Khimasia Charmi Shashikant	MGM School of Physiotherapy, Navi Mumbai	19/04/2022	BPT
14	Vasawalia Karan Ravindra	MGM School of Physiotherapy, Navi Mumbai	02/05/2022	BPT
15	Sibimol Shivprasad	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
16	Shirsat Sushmita Uday	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
17	Sumanvita Batni	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
18	Chavan Shivani Narendra	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
19	Joad Shifa Salauddin	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
20	Kelkar Ankita Makarand	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
21	Lokhandwala Khadija Ebrahim	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
22	Mody Ferzeen Minoo	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
23	Morye Vishakha Dilip	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
24	Patil Shreya Naresh	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
25	Patil Tanvi Surendra	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
26	Savadi Arya Vinayak	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
27	Shah Hinal Parag	MGM School of Physiotherapy, Navi Mumbai	16/05/2022	BPT
28	Shah Priya Hemant	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
29	Shaikh Zaheen Zahid	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
30	Shankari Balan	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
31	Sheth Dhvani Hemanshu	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
32	Shirude Aishwarya Anil	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
33	Shitole Swati Sanjay	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
34	Vayal Shweta Mahesh	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
35	Jawale Shubham Balaji	MGM School of Physiotherapy, Navi Mumbai	18/05/2022	BPT
36	Vairagi Kasturi Nitin	MGM School of Physiotherapy, Navi Mumbai	21/05/2022	BPT
37	Anoli Gupta	MGM School of Physiotherapy, Navi Mumbai	20/05/2022	BPT
38	Arangasseri Shalom Andrews	MGM School of Physiotherapy, Navi Mumbai	19/05/2022	BPT
39	Cardoza Smerra Melwyn	MGM School of Physiotherapy, Navi Mumbai	20/05/2022	BPT

Sr. No.	Name of Students	College Name	Date of Issue	Programme Name
40	Desai Vidhi Kalpesh	MGM School of Physiotherapy, Navi Mumbai	19/05/2022	BPT
41	Kadve Tanvi Santosh	MGM School of Physiotherapy, Navi Mumbai	19/05/2022	BPT
42	Kalokhe Saba Akhtar	MGM School of Physiotherapy, Navi Mumbai	19/05/2022	BPT
43	Kukreja Roshni Nandlal	MGM School of Physiotherapy, Navi Mumbai	19/05/2022	BPT
44	Laiba Imtiyaz Dalvi	MGM School of Physiotherapy, Navi Mumbai	19/05/2022	BPT
45	Lalwani Kajal Jeetender	MGM School of Physiotherapy, Navi Mumbai	19/05/2022	BPT
46	Sahita Kanishka Tarun Geeta	MGM School of Physiotherapy, Navi Mumbai	19/05/2022	BPT
47	Shinde Nirmitti Rajendra	MGM School of Physiotherapy, Navi Mumbai	19/05/2022	BPT
48	Upadhyay Jalak Rishikesh	MGM School of Physiotherapy, Navi Mumbai	25/05/2022	BPT
49	Shaili Anil Gogri	MGM School of Physiotherapy, Navi Mumbai	24/05/2022	BPT
50	Pillai Kirtika Dharmar	MGM School of Physiotherapy, Navi Mumbai	24/05/2022	BPT
51	Nambiar Sreya Murlidharan	MGM School of Physiotherapy, Navi Mumbai	24/05/2022	BPT
52	Kulkarni Sanika Satish	MGM School of Physiotherapy, Navi Mumbai	25/05/2022	BPT
53	Kavya Agrawal	MGM School of Physiotherapy, Navi Mumbai	24/05/2022	BPT
54	Jain Urvi Rajesh	MGM School of Physiotherapy, Navi Mumbai	24/05/2022	BPT
55	Dixit Avani Atul	MGM School of Physiotherapy, Navi Mumbai	24/05/2022	BPT
56	Chandanshive Aarti Babu	MGM School of Physiotherapy, Navi Mumbai	23/05/2022	BPT
57	Mane Hricha Dileep	MGM School of Physiotherapy, Navi Mumbai	24/05/2022	BPT
58	Khan Kainat Ali Ahmed	MGM School of Physiotherapy, Navi Mumbai	23/05/2022	BPT
59	More Siddhi Santosh	MGM School of Physiotherapy, Navi Mumbai	25/05/2022	BPT
60	Furia Khilti Rajesh	MGM School of Physiotherapy, Navi Mumbai	26/05/2022	BPT
61	Tayade Punite Mukund	MGM School of Physiotherapy, Navi Mumbai	31/05/2022	BPT
62	Keshav Kumar Jagjit Singh	MGM School of Physiotherapy, Navi Mumbai	03/06/2022	BPT
63	Kadam Kalpita Vijay	MGM School of Physiotherapy, Navi Mumbai	31/05/2022	BPT
64	Desai Mubarak Tajuddin	MGM School of Physiotherapy, Navi Mumbai	31/05/2022	BPT
65	Damle Neha Atul	MGM School of Physiotherapy, Navi Mumbai	03/06/2022	BPT
66	Somani Shruti Rohit	MGM School of Physiotherapy, Navi Mumbai	03/06/2022	BPT
67	Surwase Disha Prakash	MGM School of Physiotherapy, Navi Mumbai	10/06/2022	BPT
68	Parte Rutuja Ashok	MGM School of Physiotherapy, Navi Mumbai	10/06/2022	BPT
69	Munot Aarti Prakashchand	MGM School of Physiotherapy, Aurangabad	20/11/2021	BPT
70	Deshmukh Nikhil Madhusudhanrao	MGM School of Physiotherapy, Aurangabad	26/11/2021	BPT
71	Suryawanshi Nishigandha Eshwardas	MGM School of Physiotherapy, Aurangabad	29/11/2021	BPT
72	Patil Kshitija Shahuraj	MGM School of Physiotherapy, Aurangabad	02/12/2021	BPT
73	Kulkarni Akanksha Umesh	MGM School of Physiotherapy, Aurangabad	02/12/2021	BPT
74	Pathak Aditi Ramesh	MGM School of Physiotherapy, Aurangabad	13/12/2021	BPT
75	Bawale Ankita Bhagwat	MGM School of Physiotherapy, Aurangabad	13/12/2021	BPT
76	Lokhande Dnyaneshwari Prakash	MGM School of Physiotherapy, Aurangabad	27/01/2022	BPT
77	Saraf Tejaswini Ashok	MGM School of Physiotherapy, Aurangabad	09/02/2022	BPT
78	Misba Abdul Majeed	MGM School of Physiotherapy, Aurangabad	10/03/2022	BPT
79	Soni Shruti Rakesh	MGM School of Physiotherapy, Aurangabad	24/06/2022	BPT
80	Gosavi Triveni Ashok	MGM School of Physiotherapy, Aurangabad	16/04/2022	BPT
81	Ghadge Kshitija Malhari	MGM School of Physiotherapy, Aurangabad	16/04/2022	BPT
82	Desale Gauravi Sanjay	MGM School of Physiotherapy, Aurangabad	16/04/2022	BPT
83	Nathwani Ishwa Pareshbhai	MGM School of Physiotherapy, Aurangabad	16/04/2022	BPT
84	Chogle Elham Altaf	MGM School of Physiotherapy, Aurangabad	16/04/2022	BPT
85	Bubere Benish Laeeque Ali	MGM School of Physiotherapy, Aurangabad	16/04/2022	BPT
86	Kulkarni Pranal Makarand	MGM School of Physiotherapy, Aurangabad	16/04/2022	BPT
87	Lahoti Riya Sanjaykumar	MGM School of Physiotherapy, Aurangabad	19/04/2022	BPT
88	Sahani Ankita Anup	MGM School of Physiotherapy, Aurangabad	19/04/2022	BPT
89	Ali Farrukh Syed Sikander Ali	MGM School of Physiotherapy, Aurangabad	19/04/2022	BPT
90	Biyani Sonal Satish	MGM School of Physiotherapy, Aurangabad	19/04/2022	BPT
91	Goje Vedeeka Devendra	MGM School of Physiotherapy, Aurangabad	19/04/2022	BPT

Sr. No.	Name of Students	College Name	Date of Issue	Programme Name
92	Sayed Mohammed Talib Shabi Haider	MGM School of Physiotherapy, Aurangabad	19/04/2022	BPT
93	Shinde Dipti Mahadev	MGM School of Physiotherapy, Aurangabad	19/04/2022	BPT
94	Rodrigues Cicely Anthony	MGM School of Physiotherapy, Aurangabad	21/04/2022	BPT
95	Thote Snehal Shankarrao	MGM School of Physiotherapy, Aurangabad	21/04/2022	BPT
96	Deshmukh Ankita Bhalchandra	MGM School of Physiotherapy, Aurangabad	21/04/2022	BPT
97	Mahajan Saurabh Pravin	MGM School of Physiotherapy, Aurangabad	21/04/2022	BPT
98	Mhatre Parinita Rakesh	MGM School of Physiotherapy, Aurangabad	21/04/2022	BPT
99	Dalvi Siddhi Avadhut	MGM School of Physiotherapy, Aurangabad	25/04/2022	BPT
100	Naik Ketaki Ravindra	MGM School of Physiotherapy, Aurangabad	25/04/2022	BPT
101	Rathi Mansi Suresh	MGM School of Physiotherapy, Aurangabad	22/04/2022	BPT
102	Shah Sakshi Jayesh	MGM School of Physiotherapy, Aurangabad	25/04/2022	BPT
103	Ashlesha Vikas Vaidya	MGM School of Physiotherapy, Aurangabad	26/04/2022	BPT
104	Gaikwad Vishakha Sukhdev	MGM School of Physiotherapy, Aurangabad	27/04/2022	BPT
105	Thombale Monika Mangesh	MGM School of Physiotherapy, Aurangabad	26/04/2022	BPT
106	Joshi Apurva Bipin	MGM School of Physiotherapy, Aurangabad	29/04/2022	BPT
107	Hulawale Rohan Vikram	MGM School of Physiotherapy, Aurangabad	11/05/2022	BPT
108	Asolkar Sonali Shekhar	MGM School of Physiotherapy, Aurangabad	18/05/2022	BPT
109	Vaidya Apurva Charudatta	MGM School of Physiotherapy, Aurangabad	13/05/2022	BPT
110	Shaikh Anam Roshani Aslam	MGM School of Physiotherapy, Aurangabad	21/05/2022	BPT
111	Deshpande Vaishnavi Sunil	MGM School of Physiotherapy, Aurangabad	25/05/2022	BPT
112	Syeda Sameeha Tartil Syed Mustafa A	MGM School of Physiotherapy, Aurangabad	25/05/2022	BPT
113	Shelke Amruta Mahadev	MGM School of Physiotherapy, Aurangabad	10/06/2022	BPT
114	Thorat Shweta Dattatray	MGM School of Physiotherapy, Aurangabad	10/06/2022	BPT
115	Payal Kishorrao Padole	MGM School of Physiotherapy, Aurangabad	17/06/2022	BPT
116	Ghanchi Taymeena Md Raooof	MGM School of Physiotherapy, Aurangabad	17/06/2022	BPT
117	Tandale Akash Ambadas	MGM School of Physiotherapy, Aurangabad	17/06/2022	BPT
118	Hivale Anushka Madhukamal	MGM School of Physiotherapy, Aurangabad	22/06/2022	BPT
119	Jadhav Pooja Keshav	MGM School of Physiotherapy, Aurangabad	22/06/2022	BPT
120	Chungade Pooja Sawairam	MGM School of Physiotherapy, Aurangabad	22/06/2022	BPT
121	Sugave Supriya Tripatrao	MGM School of Physiotherapy, Aurangabad	22/06/2022	BPT
122	Ghodke Shweta Ramdas	MGM School of Physiotherapy, Aurangabad	22/06/2022	BPT
123	Patange Rushali Sanjay	MGM School of Physiotherapy, Aurangabad	28/06/2022	BPT


Dr. Rajesh B. Goel
 Registrar

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