



MGM INSTITUTE OF HEALTH SCIENCES

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

Grade 'A++' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

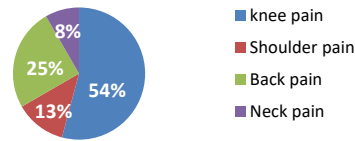
Physiotherapy Screening Camp on the occasion of International Women's Day

Date: 08/03/2023

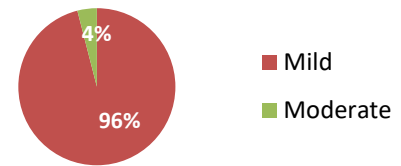
Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps to screen and identify the burden of non-communicable conditions that impact physical functioning, early detection, intervention and referral. It helps in structuring preventive and rehabilitation services.
Objective	:	Early detection, rehabilitation and monitoring pertaining to Physiotherapy care. To engage students towards the importance of early identification and prevention of menopausal symptoms. To create awareness about effects of different phases of menopause on women's health and providing information regarding importance of Physiotherapy in combating menopausal symptoms with the help of skit performance. To create awareness about importance of Physiotherapy for: <ol style="list-style-type: none">1. Menopausal symptoms2. Prevention of weight gain3. Osteoporosis4. Sarcopenia5. Reduction of joint pain
Date and Time	:	8 th March 2023, 12:00pm to 4:00pm
Organized by	:	Department of Community Physiotherapy
Event coordinator	:	Dr.Ramandeep Saini (PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai. Dr.Gargi Mishra (PT), Dr.Shrutika Sawant (PT), Junior Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.
Attended by	:	No of beneficiaries for camp:32 1 Assistant Professor 2 Junior Assistant professor 9 interns 2 Semester 7 students 8 Semester 3 students
Venue	:	2 nd floor, Physiotherapy OPD, MGM Hospital, Kamothe, Navi Mumbai, 410209.
Summary	:	MGM School of Physiotherapy, Navi Mumbai organized a Physiotherapy screening camp for middle aged women visiting Physiotherapy OPD and MGM Medical College staff. Women were screened according to five giants that are Immobility, Incontinence, Insomnia, Instability, Impaired cognition. Thirty two participants assessed using a screening questionnaire that included joint pain, menopausal symptoms, urinary incontinence, and physical fitness assessment. They were educated towards their health status and advised for changes in lifestyle by

inculcating physical exercise.

Frequency of Musculoskeletal pain amongst menopausal women



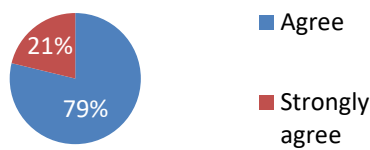
Frequency of menopausal symptoms



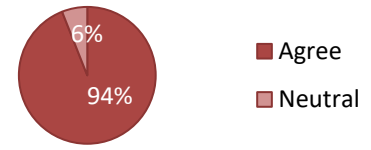
Participant's feedback

Participants stated that "they will try to enculcate consultation advice provided by Physiotherapist in their daily activities."

Were you happy with your therapist's behavior towards you



Were your exercises explained in adequate manner



Did therapist answer your questions to your satisfaction



was a home program prescribe to you



How happy are you with the treatment you receiving

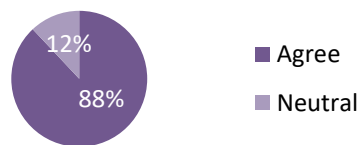




Fig 1- Physiotherapy screening camp team



Fig 2- Menopausal Fitness testing



Fig 5 and 6- Students performing screening for postmenopausal women

Ramandeep Kaur Saini

Dr. Ramandeep Kaur Saini (PT)
Faculty In-charge
MGM School of Physiotherapy

Shrutika Parab

Dr. Shrutika Parab (PT)
IQAC Co-ordinator
MGM School of Physiotherapy

Rajani Mullerpatan

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





MGM INSTITUTE OF HEALTH SCIENCES

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

Grade 'A++' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

Skit performance on the occasion of International Women's Day

Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps to screen and identify the burden of non-communicable conditions that impact physical functioning, early detection, intervention and referral. It helps in structuring preventive and rehabilitation services.
Objective	:	<p>Early detection, rehabilitation and monitoring pertaining to Physiotherapy care.</p> <p>To engage students towards the importance of early identification and prevention of menopausal symptoms.</p> <p>To create awareness about effects of different phases of menopause on women's health and providing information regarding importance of Physiotherapy in combating menopausal symptoms with the help of skit performance.</p> <p>To create awareness about importance of Physiotherapy for:</p> <ol style="list-style-type: none">1. Menopausal symptoms2. Prevention of weight gain3. Osteoporosis4. Sarcopenia5. Reduction of joint pain
Date and Time	:	8 th March 2023, 9:00pm to 12:30pm
Organized by	:	Department of Community Physiotherapy
Event coordinator	:	Dr.Ramandeep Saini (PT), Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai. Dr.Gargi Mishra (PT), Dr.Shrutika Sawant (PT), Junior Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.
Attended by	:	No of beneficiaries for camp:37 1 Assistant Professor 3 interns 2 Semester 7 students 8 Semester 3 students
Venue	:	MGM hospital for women & children, Kalamboli
Summary	:	<p>On the occasion of international women day, MGM School Of Physiotherapy, Navi Mumbai, Community Physiotherapy Department organized a skit performance at MGM Hospital for womens and child, Kalambili with an aim to sensitize community about menopause and its symptoms.</p> <p>The skit was performed by students in PNC wards and In OPD area of Hospital premises. The skit commenced with introduction of the skit</p>

	<p>participants and its objective. The act showed a school teacher undergoing the transition of menopause and the various symptoms affecting her quality of life at her work and personal life. It was followed by the sensitization of the female by her colleagues and then getting her screened and treated for the same.</p> <p>Act concluded with the adaptation of the menopausal woman with healthy lifestyle focusing on physical activity and maintaining good quality of life.</p>
Participant's feedback	<p>Participants stated that "they will try to enunciate consultation advice provided by Physiotherapist in their daily activities."</p>



Fig 1- Students performing Skit at MGM Hospital, Kalambooli



Fig 2- Students performing skit in hospital premise



Fig 3- Menopause Skit team along with coordinator

Dr. Ramandeep Kaur Saini (PT)
Faculty In-charge
MGM School of Physiotherapy

Dr. Shrutika Parab (PT)
IQAC Co-ordinator
MGM School of Physiotherapy

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





MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

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

Grade 'A++' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

CIRCULAR

Date: 06th March, 2023

CELEBRATION OF INTERNATIONAL WOMEN'S DAY-2023 AT MGMIUDPO.

Agenda: To create awareness about respecting the Women in the Society.

This is to inform all the students and faculty that, MGM Institute's University Department of Prosthetics & Orthotics is celebrating International Women's Day-2022 under NSS Unit of MGMIUDPO on 08th March 2022.

The Details are as follows:

1. **Date:** 08th March 2023, Wednesday
2. **Time:** 02.00 PM to 03.00 PM
3. **Venue:** Academic Section, MGM Department of Prosthetics & Orthotics.

Note: All are informed to join the Celebration of International Women's Day-2023 with full Strength.

Dr. Uttara Deshmukh (P&O)
Associate Professor,
Head of the Department,
MGM Institute's University Department of Prosthetics and Orthotics,
Sector-01, Kamothe, Navi Mumbai.

Head of the Department,
MGM INSTITUTE'S UNIVERSITY DEPARTMENT
OF PROSTHETICS AND ORTHOTICS
NAVI MUMBAI

IQAC Co-ordinator, MGMIUDPO



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

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

Grade 'A++' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

Report of "Celebration of International Women's Day-2023 at MGMIUDPO"

Name of the event: "Celebration of International Women's Day-2023"

Purpose of the Event: To create awareness about respecting the Women in the society.

Location of the event: Academic Section, MGM Department of Prosthetics and Orthotics.

Date and time of the event: Date: 08th march 2023.

Time: 02:00 PM to 03:00 PM (One hour).

No. of attendees: 25 students, 4 faculties of MGMIUDPO.

Proceedings of the event:

The event was organized as NSS Activity, under NSS Unit of MGMIUDPO, Kamothe, Navi Mumbai.

The event was started by warm welcome of all students and faculty by Mr. Shivam Pandey, Internship Student of MGMIUDPO. A small speech about the importance of the day was given by him, in which he mentioned about the role of women in formation of healthy society.

The event was processed with a playing of video which was made by boys students in which they showed role of woman which include staff and students to take the department to well-known position in this area by their hard work.

Later boy students shared their experience with all, in which they explained how women in their life are contributing in various ways with various roles of mother, sister, friend for their holistic development in various ways.

Lastly Dr. Uttara Deshmukh, HOD of MGMIUDPO delivered a speech, in her speech she explained the importance of the event to all and also said that now also in various aspects, women are going through various types of traumas and violence by society, then all students and faculty took oath that everyone must speak against violence of women in the society.

The event was ended by cake cutting ceremony specially brought for Women's Day for all female staff and students in the institute and lastly giving the Rose flowers was done by boy students to all female staff and students as a token of respect by which they expressed their gratitude to all women's of the department.

Dr. Uttara Deshmukh (P&O)
Associate Professor & Head of the Department,
MGM Institute's University Department of Prosthetics and Orthotics,
Sector-01, Kamothe, Navi Mumbai.

ICAC Co-ordinator MGMIUDPO



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROTHETICS & ORTHOTICS
(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)
(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

Name of the Activity	:	Celebration of International Women's Day - 2023
Date	:	08-03-2023, Wednesday.
Time	:	02:00 pm to 03:00 pm
Venue	:	Academic Section, MAMUDPO.

List of Faculty Participated

Sr No.	Name of the Faculty	Signature
1	Dr. Uttara Deshmukh (Pto)	
2	Dr. Deepshikha Raut (Pto)	
3	Dr. Subhasish Paikray (Pto)	
4	Dr. Gauri Pansse (Pto)	
5		
6		
7		

List of Students Participated

Sr No.	Name of the Students	PRN No.	Signature
1	Riya Gawade	11910600005	
2	Aishwarya Surve	12210600010	
3	Pranaya More	12110600006	
4	Hrida Anesai	12010600001	

5	Frayakta Tazi	11810600012	<u>Pran</u>
6	Aarti Marani	12210600006	<u>Madhu</u>
7	Janhavi Bhojane	12210600002	<u>Jhanvi</u>
8	Sushma Singh	12210600009	<u>Sush</u>
9	Apeksha Ubhare	11810600017	<u>Apeksha</u>
10	Rasika Gurav	11810600005	<u>Rasika</u>
11	Shaifa Khan	11810600006	<u>Shaifa</u>
12	Snehal Rane	11810600011	<u>Snehal</u>
13	Shikha Garg	11810600018	<u>Shikha</u>
14	Pradnya Gawde	11810600004	<u>Pradnya</u>
15	Sheetal Gaikwad	11810600015	<u>Sheetal</u>
16	Surbhi Waghate	11810600020	<u>Surbhi</u>
17	Vignesh Bidre	11810600023	<u>Vignesh</u>
18	Shivam Pandey	11810600010	<u>Shivam</u>
19	Mayuresh. Shinde	12110600004	<u>Mayuresh</u>
20	Kartik Agarwal		
21	Yadnesh Patil	12210600007	<u>Yadnesh</u>
22	Nikhil Wagh		
23	Rushikesh Rajgude	11810600016	<u>Rushikesh</u>
24	Krutik Jadhav	11810600007	<u>Krutik</u>
25	Rohan Abu Thalib	11810600022	<u>Rohan</u>
26	Manoj Jaiswal	12210600003	<u>Manoj</u>
27	Lav Kumar	11810600006	<u>Lav</u>
28	Akhil Sunny	11810600001	<u>Akhil</u>
29	Shaba Khan	11610600001	<u>Shaba</u>
30			
31			
32	<u>Spair</u>	<u>Prof. Dr. Keshavnath</u>	
33	IAAE Coordinator,		
34	MGMTUDPO		
35	<p style="text-align: center;">Head of the Department, MGMI INSTITUTE OF PROSTHETICS AND ORTHOTICS NAVI MUMBAI</p>		



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS
(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

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

Grade 'A⁺⁺' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

GLIMPSES OF GENDER AWARENESS PROGRAMME AT MGMIUDPO

DATE: 08 -03 -2023

