Annexure-XII

MaharashtraUniversityofHealthSciences,Nashik

PhysiotherapyFaculty

InspectionCommitteeReportforAcademicYear2026–2027

Attendance Details/ Research Details/ Welfare Scheme Details

Name of College/Institute : SEF's Suryadatta Institute of Health Sciences- College of Physiotherapy , Bavdhan, Pune

1	Attendance		Month-wise Biometric attendance to be uploadedbythe college on College Website (No hard copies of attendance to be submitted to the University)
	TeachingStaff		
	Non teaching staff		
	Hospital Staff		
	UG&PGStudents		
2	Project		
	Research Articles / Publications		Attached
	Research Award (Student/Teacher)		Attached
3	Utilization of Student Welfare Schemes:-		
	Earn and Learn Scheme		YES
	Dhanwantri Vidyadhan Scheme		YES
	Sanjivani Student Safety Scheme		YES
	Student Safety Scheme		YES
	Book Bank Scheme		YES
	Savitribai Phule Vidyadhan Scheme		YES
	Bahishal Shikshan Mandal Scheme		YES
4	Sport participants /Other Activities:		
	i) Information of Student(s) who participated University level & State level Avishkar Competition.		NO
	ii) Information of Student(s) who participated in Regional Sport Competition & State level Sports Competition.		ATTACHED
	iii)Information of Student(s) who participated in Cultural Activities.		ATTACHED
	iv)Does the college have NSS Unit?		YES
5	Whether "Swaccha Bharat Abhiyan" implemented in college		YES

VerifiedbyTheLICCommitteeMembers

Dean/PrincipalStamp&Signature

Suryadatta Institute of Health Science (SIHS) Pune - 21

Dr. Seemi A. Retharekar (PT)
Principal & Professor
Suryadatta Education Foundation's
Suryadatta Institute of Health Science
College of Physiotherapy, Pune-21

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COLLEGE OF PHYSIOTHERAPY
BAVDHAN, PUNE-411021

REPORT ON CLINOQUIUM 2025

Date & Day	12th July 2025, Saturday
Time	08:00AM To 05:00PM
Venue	Sancheti Institute for Orthopedics and Rehabilitation, College of Physiotherapy, Shivajinagar, Pune.
Summary	Clinoquium 2025 was an intercollegiate case presentation and clinical skills competition hosted by the Sancheti Institute for Orthopaedic Rehabilitation, College of Physiotherapy. This academic event provided a platform for undergraduate and postgraduate physiotherapy students across Maharashtra to exhibit their innovative thinking, critical reasoning, and clinical skills. **Participating colleges:** • Sancheti Institute for Orthopedics and Rehabilitation, College of Physiotherapy, Shivajinagar, Pune. • Suryadatta Institute of Health Sciences, College of Physiotherapy, Bavdhan, Pune. • DES's Brijlal Jindal College of Physiotherapy, Shivajinagar, Pune. • PES Modern College of Physiotherapy, Shivajinagar, Pune. • MGM College of Physiotherapy, Navi Mumbai • Dhole Patil College of Physiotherapy, Kharadi, Pune **Inauguration:** The event commenced with a formal inauguration ceremony graced by eminent dignitaries, including Dr. Parag Sancheti, renowned Orthopedic Surgeon and Chairman of Sancheti Group of Hospitals, and Dr. Apurv Shimpi (PT), Principal and Professor, Sancheti Institute for Orthopaedics and Rehabilitation, College of Physiotherapy. The speakers emphasized the significance of clinical reasoning, intercollegiate collaboration, and evidence-based learning, setting an inspiring tone for the competitions that followed. **Representation from Suryadatta Group of Institutes, SIHS-COP:** Suryadatta Institute of Health Sciences, College of Physiotherapy enthusiastically participated in Clinoquium '25 and was honored to have Dr. Seemi Retharekar (PT), Principal, as a distinguished judge for the Cardiovascular and Respiratory case presentations. Dr. Manasi S. Deshmukh (PT), Assistant Professor, guided and accompanied the students as the faculty in-charge.

Suryadatta Institute of Health Science (SIHS) Pune - 21

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Dr. Seemi A. Retharekar (PT)
Principal & Professor
Suryadatta Education Foundation's
Suryadatta Institute of Health Science
Pune-21

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Participant details:

Case Presentation (4th Year BPTh Students):

1. Shraddha Gavhane
2. Shailee Patil
3. Raghavi Morankar
4. Srushti Gaikwad
5. Maheshwari Ransube
6. Vishakha Salunkhe
7. Aksh Shah
8. Aaditi Bansod
9. Gayatri Rajguru

Games of Clinic (Team):

1. Yahavi Barai
2. Meenal Parate
3. Onkar Raut
4. Shweta Shinde

Out of over 90 plus case presentation entries, students of Suryadatta Institute of Health Sciences, College of Physiotherapy showcased commendable performance:

- **Aksh Shah – 1st Prize** in Undergraduate category Musculoskeletal case presentation
- **Maheshwari Ransube – 2nd Prize** in Undergraduate category Respiratory case presentation

Both the students received trophies and certificates, while all participants received certificates of participation.

Principal, Dr. Seemi Retharekar (PT), was felicitated with a trophy and certificate for her role as a judge for the Cardiovascular and Respiratory case presentations.

A team of four students actively participated in the unique clinical reasoning-based game competition – 'Games of Clinic'.

The rounds included:

1. PhysioInk Mania – Drawing and guessing physio terms
2. Physio Taboo – Describing terms without using key words
3. Flexathon – Live clinical reasoning and demonstration challenge

The team exhibited excellent teamwork, clinical reasoning, and analytical thinking, gaining invaluable experience.

The event featured a keynote lecture by **Dr. Sudeep Kale (PT),** Professor and HOD, Terna Public Charitable Trust's College of Physiotherapy, Navi Mumbai, on: "Physiotherapy practice and Law: What every clinician must know in the NCAHP Age"

The session addressed:

Suryadatta Institute of Health Sciences (SIHS) Pune - 21 SEF's

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Dr. Seemi A. Retharekar (PT)
Professor
Suryadatta Foundation's
Suryadatta Health Science
College of Physiotherapy, Pune-21

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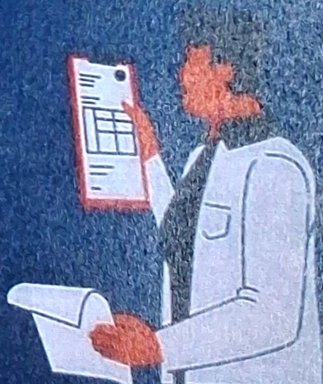
sancheti
College of Physiotherapy

CLINOQUIUM-2025

PRESENT -COMPETE -INSPIRE

DATE: 12TH JULY 25

- SHARPEN YOUR CLINICAL SKILLS
- LEARN FROM THE BEST
- HEALTHY COMPETITION
- NETWORK & CONNECT
- BE INSPIRED



SCAN QR TO REGISTER

LAST DATE: 10TH JULY 2025

FEES: 800/-

FOR ANY QUERIES CONTACT: DR. NIKUNJA GUJARATHI (PT): [illegible]

Dr. Seemi A. [illegible] (PT)

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CASE CLOSED? PROVE IT!

An intercollegiate case presentation competition .

Showcase your clinical skills through real-world pre assessed cases using the ICF format. Sharpen your reasoning, analysis, and decision-making. Think critically. Present confidently. Let your skills speak!

CATEGORIES: Musculoskeletal & Sports | Neurosciences | Cardiorespiratory | Community & Rehabilitation (UG & PG)

GUIDELINES:

- Eligibility: Third & Final Year UG, Interns & PG
- Use PowerPoint or Google Slides.
- Max 12 slides (excluding references).
- Audio-visual content, simulated patients, models, and live patients (with prior consent and at your own expense) are permitted.
- Submit a case summary (max 300 words) by 4th July, 5 PM to scopclinoquium@gmail.com.
- Final case PPT to be submitted by 8th July.
- Case presentation duration: 12 mins + 3 mins Q&A.
- Consent form will be provided later via whatsapp.
- Judges' decisions will be final.

FOR ANY QUERIES CONTACT: DR. FARHEEN PATEL (PT): 9822796792

GAME OF CLINICS

Thrilling clinical games that test strategy, teamwork, and quick thinking.

Games of Clinics is a team-based event that tests your clinical acumen, speed, and teamwork – a platform for physiotherapy students to learn, compete, and excel.
Step in, think fast, and let the clinic become your arena!

GUIDELINES:

- All team members must register for Clinoquium 2025.
- One team per college; 4 members per team (First Year BPT to Second Year MPT, Min 0 to Max. 2 MPTs per team allowed).
- Team leader will be the point of contact.
- Online prelims may be held before finals.
- Registration Deadline: 2nd July 2025.

Round 1: PhysioInk Mania: Participants draw and guess physiotherapy-related terms.

Round 2: Physio Taboo: Word-guessing game where you describe physio terms—without using the obvious ones!

Round 3: Flexathon: A test of clinical reasoning, demonstration, and sharp analysis—where precision and skill lead to victory.

FOR ANY QUERIES CONTACT: DR. RIA [illegible] (PT): [illegible]

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Dr. Seemi A. Retharekar (PT)
Principal & Professor
Suryadatta Education Foundation's
Suryadatta Institute of Health Science
College of Physiotherapy, Pune-21

Suryadatta Institute of Health Science ... Pune

Estd. 1999 | Suryadatta Education Foundation's
SURYADATTA INSTITUTE OF HEALTH SCIENCES
COLLEGE OF PHYSIOTHERAPY (SIHS-COP)
Recognized by Govt. of Maharashtra & Approved by Directorate of Medical Education & Research (DMER)
Affiliated to Maharashtra University of Health Science (MUHS), Nashik
Recognized by Maharashtra State Council for Occupational Therapy & Physiotherapy, Mumbai
Tel. No.: 020-67901300 / 9763266829 Email: scop.sihs@suryadatta.edu.in Website: www.sgisihs.org
Campus & Corporate Office: Dhanvantari, Bavdhan, Tal- Mulshi, Dist. Pune - 411021, Maharashtra, INDIA.
SIHS Recipient of Best Physiotherapy College State Rank 7th & All India Rank 46th by IIRF 2022 Medical & Allied Rankings

Enriching Careers, Enhancing Lives for Sustainable Development

SURYADATTA Celebrating 25 Rajat Mahotsav Enriching Careers & Enhancing Lives Since 1999

Ref. No. : SEF/SIHS-COP/873/2025 Date : 09/07/2025

To,
The Organizing Committee,
Sancheti Institute for Orthopaedics and Rehabilitation College of Physiotherapy,
Shivajinagar, Pune

Subject: Confirmation of student participation in Clinoquium 2025 from Suryadatta Institute of Health Sciences- College of Physiotherapy, Pune

Respected Sir/Ma'am,
This is to confirm the participation of students from Suryadatta Institute of Health Sciences- College of Physiotherapy in Clinoquium 2025 as follows:
8 students will be participating in the Case Presentation Competition
4 students will be participating in the Clinical Games as a team
Kindly find the attached list of participants

CASE PRESENTATION COMPETITION

SR NO.	NAME OF STUDENT	CURRENT YEAR
1	Shraddha Gavhane	4th year BPTh
2	Shailee Patil	4th year BPTh
3	Raghavi Morankar	4th year BPTh
4	Srushti Gaikwad	4th year BPTh
5	Maheshwari Ransube	4th year BPTh
6	Vishakha Salunkhe	4th year BPTh
7	Aksh Shah	4th year BPTh
8	Aaditi Bansod	4th year BPTh
9	Gayatri Rajguru	4th year BPTh

CLINICAL GAMES

SR NO.	NAME OF STUDENT	CURRENT YEAR
1	Yahavi Barai	4th year BPTh
2	Meenal Parate	4th year BPTh
3	Onkar Raut	4th year BPTh
4	Shweta Shinde	4th year BPTh

Thanks and Regards.

Suryadatta Institute of Health Science (SIHS) Pune - 21 SEF/

Dr. Seemi A. Rethareker (PT)
Principal Cum Professor
Suryadatta Education Foundation's
Suryadatta Institute of Health Science (SIHS)
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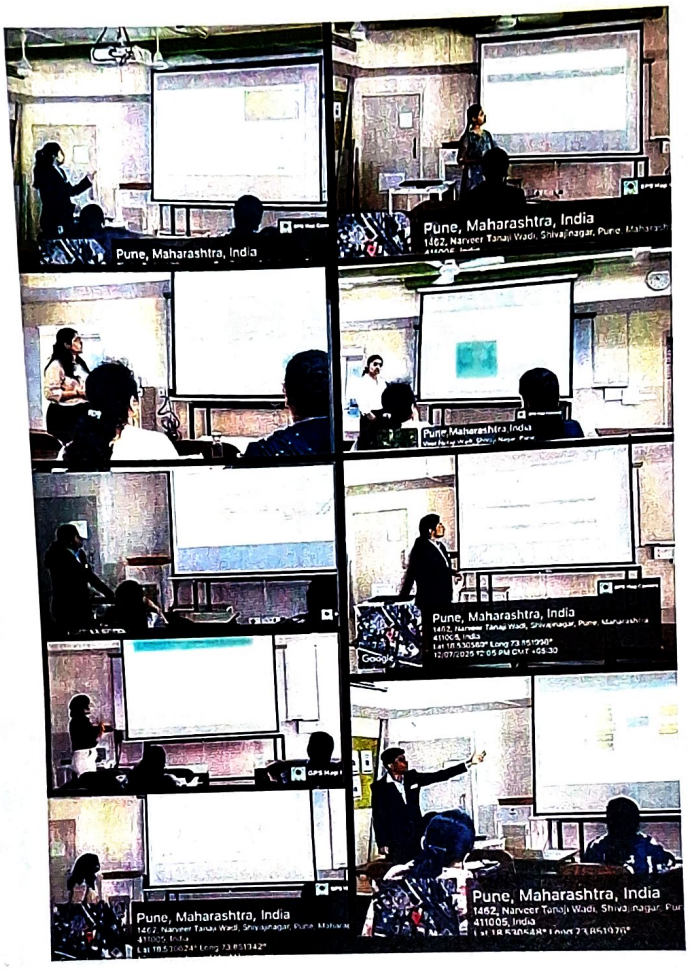

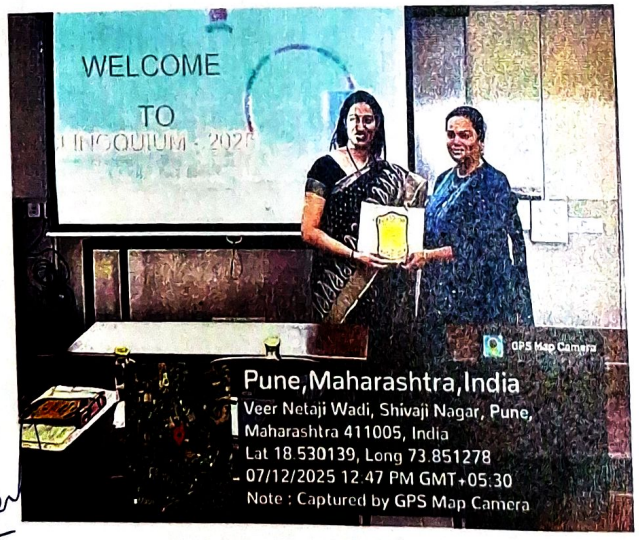

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EVENT: CLINOQUIUM 2025 Sancheti Healthcare Academy,

DATE & DAY: 12th July 2025, Saturday.

FACULTY ATTENDANCE

SR NO.	NAME OF FACULTY	SIGNATURE
1	Dr. Seemi Retharekar (PT)	12/7/25
2	Dr. Manasi Deshmukh (PT)	12/7/25

SEF's Suryadatta Institute of Health Science (SIHS) Pune - 21

Dr. Seemi A. Retharekar (PT)
Principal & Professor
Suryadatta Education Foundation's
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FACULTY AWARDS

Dr. Manasi Deshmukh (PT), Assistant Professor, Cardiovascular and Respiratory Physiotherapy Department was awarded the 1st Prize in Senior Category for Paper Presentation at the 2nd National Conference of The Society of Cardiovascular and Pulmonary Rehabilitation (SOCVPR) held at Smt. Kashibai Navale Medical College & General Hospital Auditorium, Narhe, Pune on 13th & 14th September 2025.

Dr. Seemi A. Ret
Principal & Professor
Suryadatta Education Foundation's
Suryadatta Institute of Health Science
College of Physiotherapy, Pune-21

SEF's SIHS COP, Bavdhan, Pune-21

Suryadatta Institute of Health Science (SIHS) Pune - 21 SEF's

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pISSN 2394-6032 | eISSN 2394-6040

DOI: https://dx.doi.org/10.18203/2394-6040.ijcmph20253690

Original Research Article

Effect of exergaming-based balance training on short term memory and spatial cognition in healthy young adults: a randomized controlled trial

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Department of Neuro Physiotherapy, Chaintanya Medical Foundation's College of Physiotherapy, Chinchwad, Maharashtra, India

Received: 13 August 2025
Revised: 24 September 2025
Accepted: 25 September 2025

***Correspondence:**
Dr. Sneha S. Sadawarte,
E-mail: snehasadawarte@gmail.com

ABSTRACT

Background: Physical exercises are crucial in cognitive functioning. Centres in brain responsible for balance function coincide with cognitive functions centres like short term memory and spatial cognition. Young population faces immense stress which causes cognitive deterioration. Conventional balance training has shown to have positive impact on cognitive functioning. Exergaming is a relatively new frontier which creates interest among young adults. Researchers speculated that stimulating the vestibular system during the training induces the changes of the hippocampus and the parietal cortex.

Methods: Seventy healthy young individuals participated. Participants were selected using inclusion and exclusion criterion and randomly divided in two equal groups using computerized randomization. Group A and Group B had Conventional and Exergaming based balance training protocol respectively, thrice a week for six weeks. Backward digit span test and perspective taking/ spatial orientation test (PTSOT) was used to assess pre and post intervention short term memory and spatial cognition respectively. Statistical analysis and conclusion were drawn.

Results: Both groups had statistically significant improvement in post intervention backward digit span scores (p value=0.000 in each). Although, no significant difference was observed between the groups. Similarly, both groups had statistically significant improvement in post intervention PTSOT (p value <0.0001 in Group A and p value 0.0006 in Group B). Although, no significant difference was observed between the groups.

Conclusions: Conventional and exergaming-based balance exercises are equally effective in healthy young individuals to improve spatial cognition.

Keywords: Balance, Short term memory, Spatial cognition, Exergaming, Cerebellum, Hippocampus

INTRODUCTION

Physical exercises have an impact on cognitive functioning of an individual[1]. Researchers are developing several new methods to improve neuroplasticity in the light of fast improving skills and technologies.[1] Aerobic exercise is one of the most common type of physical exercise which is studied over a period of time which proves to have a positive impact on cognitive functions as well as executive functions.[1]

Physical exercises like balance training provide stimulus to three major systems, namely – neuromuscular system, proprioceptive system and vestibular system[1]. The sense of balance is coded by the vestibular detection along with proprioceptive and visual signals. The links that are connected between the vestibular nuclei and the cerebellum, hippocampus as well as the prefrontal and parietal cortices provide information for several cognitive functions.[1] These include memory, navigation and spatial functions.[1]

Balance is one of the key elements that helps a person to maintain a stable posture for performing daily activitieswhilecounteractingtheexternalandinternalconflis. [1] Biomechanically, balance is defined as the process to maintain the Centre of Gravity within Body's Base of Support. Balance is controlled by the vestibular, auditory and the proprioceptive system. Balance is majorly controlled through the cerebellum and hippocampus[1].In humans, it has been proven that balance

Skills areas are associated with an increased volume of hippocampus, the basal ganglia, and frontal and parietal brain areas.[1] It has been hypothesized that an increased stimulation of the vestibular system during the self-motion may be an important mediator between physical exercise and cognitive functioning.

Short term memory (STM) refers to systems which provide retention of limited material for a short period of time(seconds).[2] Discrete brain areas support STM. It contributes to learning of new information and aspects. STM is an ability of the mind that is both enabled and constrained by the function and structure of neural circuits and systems.[2] The human hippocampal formation has an extensive role in various aspects of memory processing.[5]

Spatial cognition includes locating points in space, determining the orientation of lines and objects and also assessing the location in depth, appreciating geometric relationships and to process information in motion and depth too.[3] Tolman, in 1940's first studied the component. Yet, limited studies are conducted on short term memory and spatial cognition.

Although it is a broad area of inquiry that includes mind and brain organization, function and development.

A few human studies have pointed out to a direct relation between hippocampal size, Navigation and spatial memory. Spatial navigation crucially depends on preserved vestibular function, even when subjects are stationary[5].

A review considers the relationship between the vestibular system and memory and suggest that evolutionary age of this primitive sensory system as well as how it detects self-motion maybe reason for its unique contribution to spatial memory.[6]

Also, the vestibular system has anatomical connections to the medial-temporal lobe along with the parieto- temporal cortical networks.[7]

Exergame, video games are designed to improve overall health and body fitness. This is a relatively new frontier in the field of physical medicine and rehabilitation. This new approach utilizes the technology to create several interventions that are easy to access, cost effective and engaging for the participants.[10]

Amongst several devices one of the popular devices which is implemented in both clinical and research domains is Nintendo Wii Fit.[10]

Young population always demands more challenges and interesting activities to continue the rehabilitation protocol.[12]

Although limited studies have been done to evaluate the effect of exergaming Based balance training spatial cognition in healthy young adults.

Stress is an adaptive biological mechanism that enhances alertness to environmental demands and mobilizes coping resources. The stress mechanism gets activated by the perception of possible threats, which may arise due to excessive demands imposed on an individual. Chronic stress gives rise to elevation of glucocorticoids that damages brain structures, hippocampus and amygdala.[13]

Young population is the major productive population of the society. They have to be more efficient in their professional and personal lives too. Hippocampal atrophy due to stress thus leads to problems with higher cognitive abilities which includes short term memory and spatial cognition.[15-17]

Cognitive functioning in geriatric population is a major research topic of interest as there is deterioration of cognitive function as age advances.[17] Limited studies focus on young individuals.

Exergaming is a type of exercise where young population would indulge more and would be more interesting and challenging to them. There are limited studies done to understand the effect of exergaming Based balance training on short term memory and spatial cognition in healthy young adults.

Hence the need of the study arises.

METHODS

This study was an experimental research design in the form of a randomized controlled trial (RCT) conducted over a period of 1 years, from 24th November 2023 to 25th November 2024. The research targeted healthy young adults as the population of interest, with a total sample size of 70 participants. A convenience sampling method was employed for participant recruitment. The study was conducted at the Neurophysiotherapy Outpatient Department of Chaitanya Medical Foundation's College of Physiotherapy, Chinchwad, Pune.

Continues variable expressed as mean and SD. The data was initially explored to assess its distribution using the Shapiro-Wilk test. The results indicated that the data for the Backward Digit Span Test outcome was not normally distributed, whereas the data for the Perspective

Taking/spatial orientation test outcome was normally distributed. Based on these findings, appropriate statistical tests were applied. For the Backward Digit Span (BDS) test, the Wilcoxon Signed-Rank Test was used to assess within-group (pre/post) differences, and the Mann-Whitney U Test was used to evaluate between-group (pre/post) differences. In contrast, for the perspective taking/spatial orientation test, a paired t-test was employed to analyze within-group (pre/post) differences, and an unpaired t-test was used for between-group (pre/post) comparisons.

Materials

Wobble board, WII FIT device

Procedure

A total 70 healthy young individuals were selected using inclusion and exclusion criterion and randomly divided in two equal groups using computerized randomization. Group A and B were trained for thrice a week for six weeks. Backward digit span (BDS) test and perspective taking/ spatial orientation test was used as the outcome measure.

Inclusion criteria

Young adults aged between 18-22 years having a Stork Balance test score between 25-39 seconds and Backward Digit Span Test score between 3-7 were included in the study.

Exclusion criteria

Subjects who had fractures or had undergone any surgeries in past six months were excluded. Also. Participants with congenital deformities and who had previously played exergames were excluded.

Ethical clearance was received from the Ethical Board of the Chaitanya Medical Foundation's College of Physiotherapy, Pune.

Data collected from outcome measure: Backward digit span test and perspective taking/ spatial orientation test was entered into MS Excel and master chart was created.

The data was entered in Microsoft Excel in Microsoft Excel 2022. Microsoft: 2019 and analyzed using WINPEPI version 11.65 and Graph pad INSTAT version 3.05.

Protocol

Group A: Conventional balance exercise

Tandem standing on firm surface with eyes open – 30 seconds and 3 repetitions.

Tandem standing on firm surface with eyes closed – 30 seconds and 3 repetitions.

Unilateral standing on firm surface with eyes open- 30 seconds and 3 repetitions Unilateral standing on firm surface with eyes closed – 30 seconds and 3 repetitions Standing with narrow base of support with eyes open on wobble board – 30 seconds and 3 repetitions. Standing with narrow base of support with eyes closed on wobble board – 30 seconds and 3 repetitions.

Tandem standing on wobble board with eyes open – 30 seconds and 3 repetitions. Tandem standing on wobble board with eyes closed – 30 seconds and 3 repetitions. Unilateral standing on wobble board with eyes open – 30 seconds and 3 repetitions Unilateral standing on wobble board with eyes closed – 30 seconds and 3 repetitions

Group B: Exergaming

Exergaming

Using WIIFIT device Balance training protocol will be given to the subjects.

Three Balance games will be played by the subjects and each game will be played three times per session.

Following are the games

Table tilt

Subject will be asked to stand on the balance board that is paired with the WII fit device. Subjects have to balance themselves by maintaining the COG over the BOS. They have to put the balls shown on the screen in the holes given for it. Lateral and forward backward shifts will be used to maintain the balance and complete the task. It is a time-based game.

Tightrope

Subject will be asked to walk in a straight line. A rope will be displayed the screen. Person has to cross the two buildings walking on the rope. If he/she fails to balance, the person on screen falls down. It concentrates mainly on maintaining the COG over the BOS.

Penguine slide

It is a game that majorly concentrates on the lateral balance of an individual. Person has to stand on the board paired with WIIFIT and has to catch the fishes given on screen. Truncal activity is a major component to complete this task. It is a time-Based game.

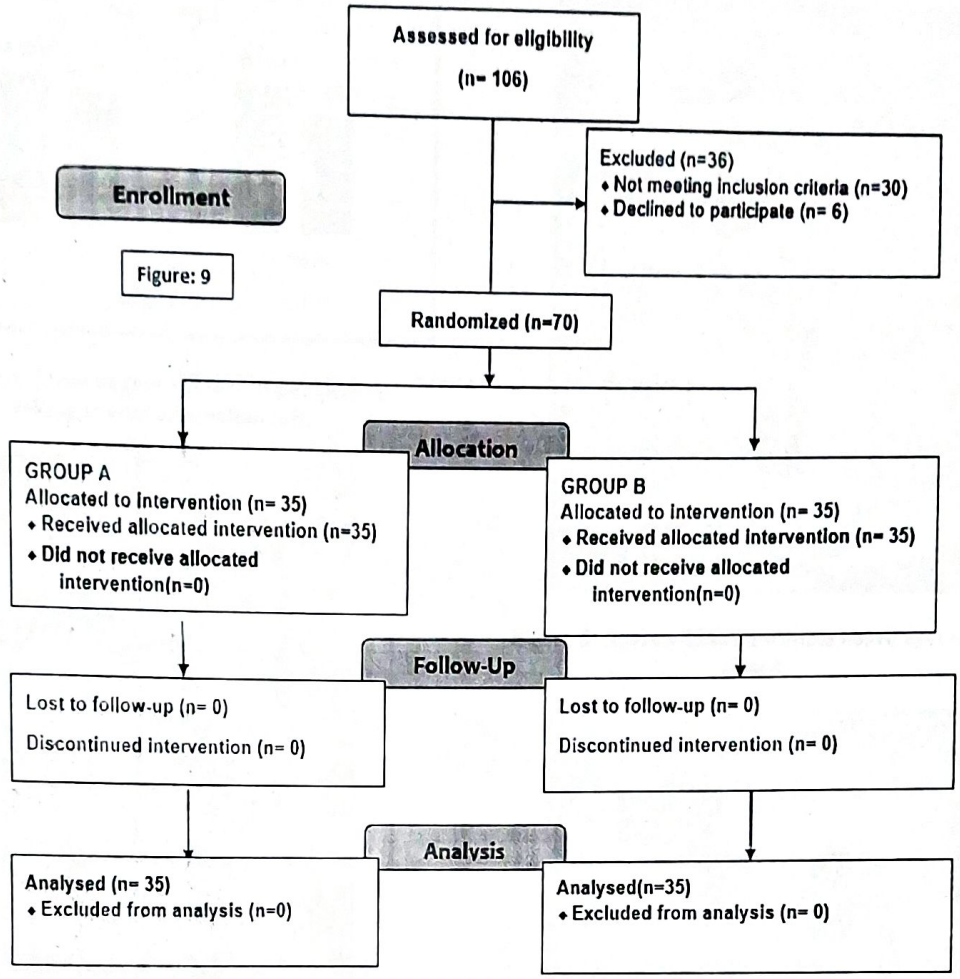

Figure 1: CONSORT diagram.

RESULTS

Short term memory

In Group A, the mean score increased from 3.86 (Pre) to 4.94 (Post). T value of 7.2424 with a p value less than 0.0001, was achieved indicating that the improvement was statistically significant.

Similarly, Group B, the mean score increased from 3.80 (Pre) to 4.89 (Post). Group B yielded a T value of 6.7549 and a p value less than 0.0001, also indicating a statistically significant improvement.

To compare the magnitude of improvement between the two groups, a test was conducted on the difference in mean change scores. The result showed a difference of mean equal to 0, with a T value of 0 and a pP value of 1, suggesting that there was no statistically significant difference in improvement between Group A and Group B.

This shows that both interventions are equally statistically significant.

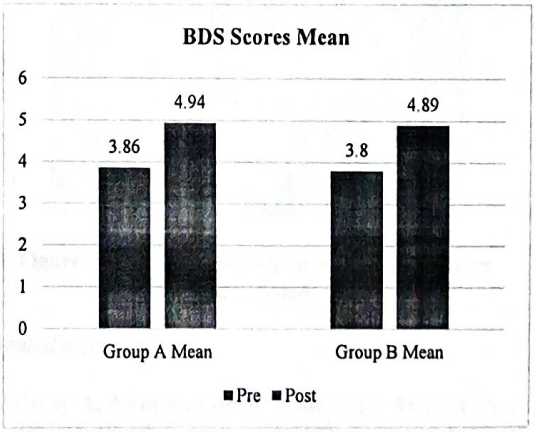

Figure 2: Mean values of BDS scores.

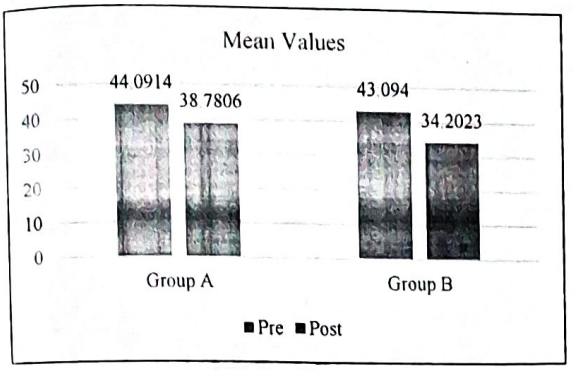

Figure 3: Mean degree of error of perspective taking/spatial orientation test.

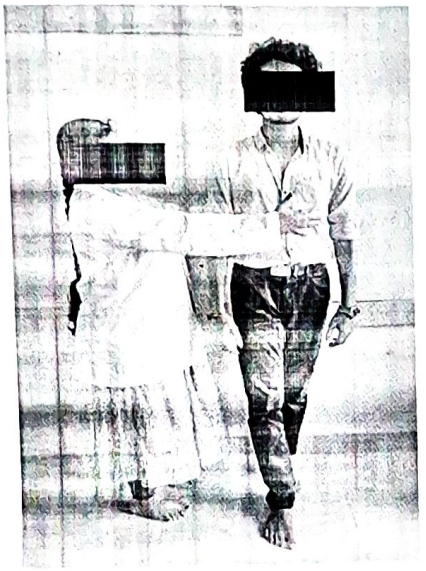

Figure 4: Tandem standing eyes open/closed.

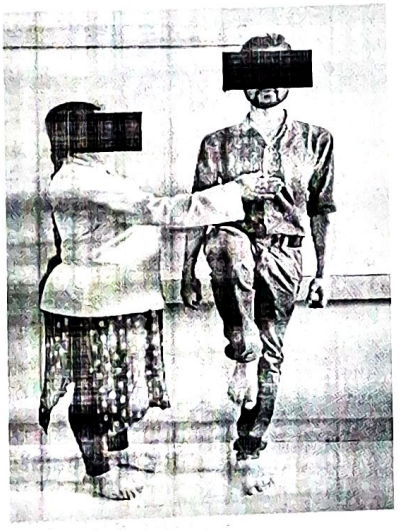

Figure 5: Unilateral standing eyes open/closed.

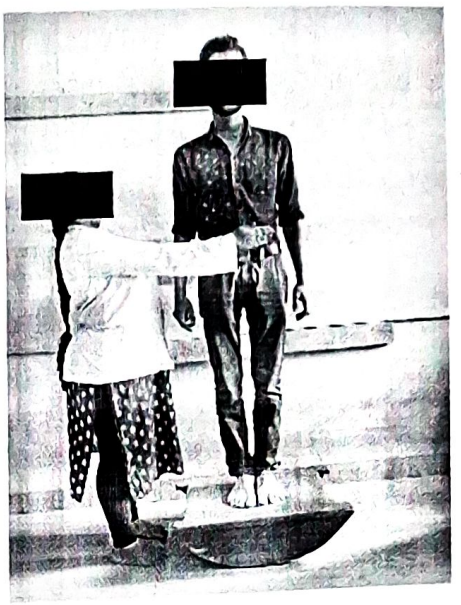

Figure 6: Narrow base on wobble board eyes open/ closed.

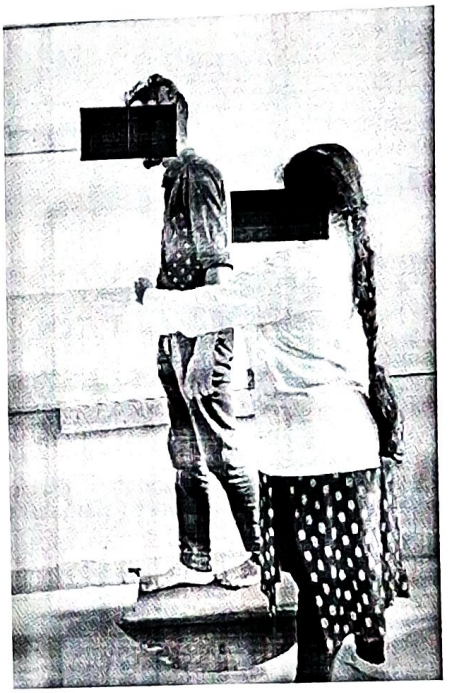

Figure 7: Tandem standing on wobble board eyes open/ closed.

Spatial cognition

In Group A, the mean score decreased from 44.0914 (Pre) to 38.7806 (Post). T value of 7.2520 with a p value less than 0.0001, was achieved indicating a statistically significant decrease in scores.

Figure 8: Unilateral standing on wobble board eyes open/ closed.

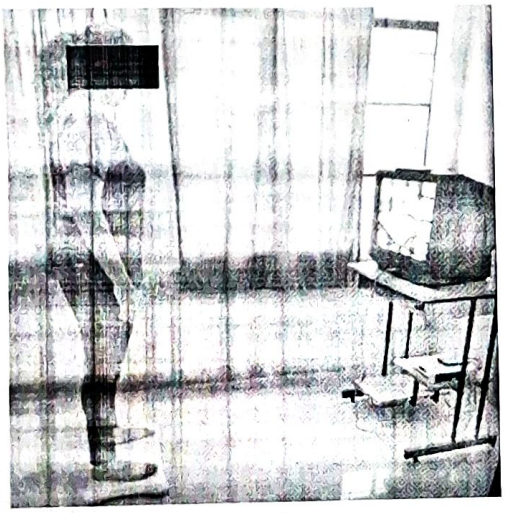

Figure 9: Exergaming based balance training protocol.

In Group B, the mean score also decreased from 43.0940 (Pre) to 34.2023 (Post). This change was likewise statistically significant, with a t value of 3.7980 and a p value of 0.0006.

To assess whether the magnitude of change between the two groups was significantly different, a comparison of mean differences was performed. The difference of mean change was 3.5831, with a T value of 1.4622 and a p value of 0.1483. This indicates that the difference in improvement between Group A and Group B was not statistically significant.

This shows that both interventions are equally statistically significant.

DISCUSSION

The purpose of this study was to find the effect of exergaming-based balance training on short-term memory and spatial cognition in healthy young adults. Various studies have proved that a systematic protocol of physical activity can help to improve cognitive function. Concentration, attention, and memory, along with academic and employee performance, are strongly associated with physical activity.[27] Although previous research has highlighted the importance of physical activity, adults have adapted to a more sedentary lifestyle. This technology-driven lifestyle, along with increasing stress, leads to harmful impacts on cognitive centers in the brain, namely the hippocampus. This creates the need for interesting interventions that can motivate young adults to be physically active.[27-29]

Balance and cognitive domains like memory and spatial cognition are mainly controlled by the prefrontal cortices, parietal cortices, and the hippocampus. Recent articles state that there is a positive correlation between balance and hippocampal volume.[30]

Stress levels in young adults have increased exponentially compared to past decades. This negatively impacts the cognitive centers of the brain. The influence of stress has been related to stress-induced activation of both the hypothalamus–pituitary–adrenal axis (HPA-axis) and the sympathetic nervous system (SNS). The release of cortisol, the end product of HPA-axis activity, and several SNS biomarkers (e.g., catecholamines) can influence cognitive processes.[31,32]

In this study, participants were enthusiastic about the exergaming training protocol compared to the conventional exercise group. This finding aligns with Prensky (2001), who stated that young adults demand interesting activities to complete exercise regimens. Exergames could serve as a significant alternative. As digital natives, young adults show greater enthusiasm and intrinsic motivation when using devices.[33] Studies have demonstrated that different games can be helpful for cognitive stimulation. The interactive dynamics of play and exercise engage young adults effectively. Active video games or exercise-based games can be a novel strategy to increase physical activity levels in young adults.[34]

Exergames-based balance exercises have recently gained significant importance. A study by Peter C in 2012 concluded that exergaming has both psychological and physiological benefits and may be used in young adults as an alternative to traditional aerobic exercise.[35] Another

study concluded that there is improvement in balance and strength, but not in somatosensory measures, using the Wii Fit device.[36] Similarly, Roopchand et al found significant improvements in Berg Balance Scale scores ($p=0.004$), star excursion balance test scores ($p<0.001$ both legs), and multidirectional reach test scores ($p=0.002$) after 6 weeks of Wii Fit training. However, no significant change was seen in the modified clinical test for sensory integration in balance.[37]

Thus, Wii Fit appears to be an enjoyable exergame for adolescents and adults, stimulating light-to-moderate intensity activity while modifying typically sedentary leisure behaviour.[38] The present study also shows significant improvement in short-term memory and spatial cognition in healthy young adults in both groups (conventional and exergaming) who underwent balance training. These results align with Stroth et al who found a significant increase in visuospatial memory performance and positive affect after an exercise protocol, concluding that physical activity regimens can improve visuospatial memory.[39]

Exergames, video games, and game-based exercises yield better results due to higher adherence among young participants. In exergames, the reward system motivates and engages individuals, making the Wii Fit device a potentially significant tool for cognitive improvement. Previous studies in elderly individuals (Taheri et al, Langoni et al) also found improvements in psychomotor performance, cognitive functions, endurance, and balance through exercise and exergaming interventions.[40] Collectively, these findings support the view that cognitive improvement is directly proportional to physical activity.

According to past studies, the benefits of exercise may lead to neurophysiological alterations such as increased hippocampal volume, Gray matter, and brain tissue plasticity. Balance training stimulates compensatory reactions, which involve selective attention and information processing speed. Short-term plasticity is known to support both memory and attentional functions, and may even serve as a prerequisite for perceptual learning. Thus, balance, strength, and dual-task training are all helpful in improving cognitive functions and daily living skills.

Physical and cognitive components are essential for balance across all age groups. Shubert et al. concluded that multicomponent exercise programs that include strength, aerobic, and balance training yield positive outcomes on both cognition and physical health.[47] With technological advancements, exergaming approaches have become increasingly relevant for adolescents and young adults.

In the present study, both proactive (conventional training) and reactive (exergaming training) balance strategies showed significant improvements. Proactive training used feedforward mechanisms, where participants made corrections before stepping on the wobble board, while reactive training used feedback mechanisms, where corrections were made after feedback from the screen. This explains why both groups showed similar post-intervention results.

Executive functions, supported by frontal lobe structures, are particularly sensitive to aging and stress. Shrinkage of medial temporal lobe structures has been observed not only in older adults but also in middle age. Some studies indicate episodic memory decline starting as early as the second decade of life. The relatively lower pre-intervention scores in this study align with such findings. Since young adults' neuronal circuitry is still developing, their executive and hippocampal functions may be more responsive to exercise interventions. This explains the improvements seen in short-term memory and spatial cognition following balance training.

Thus, it is evident that balance training helps to improve short-term memory and spatial cognition in healthy young adults. Both proactive and reactive balance training approaches were effective, though future research could compare identical training modes for clearer outcomes.

A limitation of this study was that the carryover effect of the training was not analyzed.

CONCLUSION

Physical exercises like balance training helps to improve short term memory and spatial cognition. Conventional and Exergaming Based Balance Exercises are equally effective in healthy young individuals to improve short term memory and spatial cognition.

Clinical implication

Thus, young adults should always indulge in physical activities so as to maintain their cognitive abilities.

Future scope

Long term implication of Balance training on cognitive functions could be analyzed. Comparison between genders could be done.

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Physiotherapy approach to digital addiction: Strategies for health and recovery

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Abstract

The widespread use of digital devices has led to the rise of digital addiction (DA), a condition affecting both physical and psychological health. This addiction encompasses various behaviors such as social media usage, gaming, gambling, and compulsive online shopping. Digital addiction impacts the brain's neurobiological processes, affecting mood regulation, cognitive functions, and impulse control. Physiotherapy, through tailored exercise programs and physical activity, can play a vital role in mitigating the adverse effects of DA. Physiotherapy not only addresses the physical health impacts but also supports mental well-being by enhancing cognitive function and reducing dependence on digital behaviors. Integrating physiotherapy with digital therapeutics offers a holistic approach, combining physical and psychological interventions for effective recovery.

Keywords: Digital addiction, physiotherapy, cognitive function, holistic recovery

Introduction

The internet has revolutionized communication, work, and access to information, becoming an integral part of modern life with numerous benefits and conveniences for users. However, this ubiquitous technology also has a darker side. Concerns about excessive Internet use have been raised in recent years, leading to the concept of Internet addiction [1] over the past few years, digital addiction (DA) has emerged as a significant research area due to its increasing prevalence. The prevalence of DA differs globally, varying between 8.90% in Eastern countries and 4.60% in Western countries [2]. Excessive and compulsive engagement in internet-based activities can negatively affect various aspects of an individual's life. Digital addiction encompasses multiple online behaviors, including social media usage, gaming, gambling, problematic consumption of online pornography, and more. Social media addiction refers to an uncontrollable and habitual use of social networking platforms, characterized by a persistent need to check and update these platforms. This behavior often interferes with daily functioning and disrupts real-world relationships. Internet gaming disorder involves excessive involvement in online or video gaming, leading to the neglect of responsibilities, physical health, and other aspects of life. Online gambling has emerged as a significant issue, with the increasing availability of betting apps and virtual gambling options. Features of gambling are also being integrated into other digital activities, such as video games, raising new concerns about accessibility and addiction. Compulsive online shopping is another growing issue, where individuals feel a strong urge to shop online, frequently acting on these impulses in ways that negatively affect their personal and professional lives. Problematic use of online pornography involves compulsive engagement with digital sexual content, which can harm mental health and strain interpersonal relationships.

Impact of digital addition on human body [4]

1. **Salience**: This occurs when the activity becomes the most significant aspect of a person's life, dominating their thoughts (preoccupations and distorted cognition), emotions (intense cravings), and behaviors (decline in socially appropriate actions). Even when not actively participating in the activity, the individual remains fixated on it, constantly anticipating the next opportunity to engage.

Mood Modification: This refers to the subjective emotional changes experienced during the activity, often used as a coping mechanism. Individuals may feel an intense "buzz" or "high," or conversely, a calming sense of "escape" or "numbness," depending on their emotional state and engagement with the activity.

Tolerance: Over time, increasing levels of engagement are required to achieve the same emotional effects previously experienced. This means individuals progressively dedicate more time to the activity to reach the desired mood-altering outcomes.

Withdrawal Symptoms: When the individual is unable to engage in the activity, they may experience unpleasant physical and emotional states such as irritability, mood swings, restlessness, or physical discomfort.

Conflict: This encompasses the tensions that arise due to excessive engagement in the activity. These may include interpersonal conflicts (e.g., strained relationships), conflicts with responsibilities or other activities (e.g., work, social life, hobbies), or internal struggles (e.g., feelings of loss of control or guilt).

pse: This refers to the tendency for individuals to rn to earlier patterns of excessive engagement in the tivity. Even after periods of restraint or control, the dividual may quickly revert to extreme levels of involvement reminiscent of their prior behavior.

Mechanism of Action [5]

Neurobiological Stages of Addiction: The cycle of addiction is composed of three interconnected stages:

Intoxication: This stage, primarily involving the basal ganglia, is characterized by the rewarding and pleasurable effects of substance or activity use, which reinforce the behavior.

Withdrawal/Negative Affect: Linked to the extended amygdale, this stage occurs when access to the substance or activity is restricted, leading to emotional distress, irritability, and physical withdrawal symptoms.

Preoccupation/Anticipation: Associated with dysfunction in the prefrontal cortex, this stage involves obsessive thinking about the substance or activity.

Behavioral Patterns in Addiction: Addiction is driven by key behavioral mechanisms:

- **Impulsivity:** Engaging in behaviors without considering long-term consequences.
- **Compulsivity:** Repetitive actions driven by an irresistible urge, even in the face of adverse outcomes.
- **Positive Reinforcement:** The rewarding effects of substances or activities that motivate continued use.
- **Negative Reinforcement:** The relief from discomfort or withdrawal symptoms that encourages repeated engagement.

Dopamine and Neural Dynamics: Dopaminergic activity plays a central role in the addiction process. During the intoxication or binge stage, increased dopamine release enhances the salience of substance- or activity-related cues, making them more appealing and difficult to resist. Over time, chronic exposure leads to alterations in dopamine signaling pathways, reducing sensitivity to natural rewards and increasing reliance on the addictive behavior for gratification. Additionally, these changes impair decision-making and impulse control, further entrenching the addiction cycle.

The Role of Physiotherapy

Physiotherapy plays a crucial role in addressing digital addiction by offering both preventive and therapeutic strategies. Physiotherapists can help mitigate the adverse effects of digital addiction, particularly in vulnerable groups such as adolescents. This approach not only improves physical health but also supports mental well-being, addressing both the physiological and psychological components of addiction.

Customized Exercise Programs

Individualized exercise regimens have proven effective in alleviating symptoms of digital addiction, particularly in teenagers. These programs contribute to improved mental health outcomes and reduced dependency on digital devices [6].

Cognitive and Neurological Enhancements

Engaging in regular physical activity has been shown to improve cognitive function and neuroplasticity. This aids in reprogramming the brain's response to addictive behaviors, facilitating recovery [7].

Complementary Strategies

Physiotherapy can complement digital therapeutics, which involve psychological and behavioral therapies, to create a well-rounded treatment approach for digital addiction. This integration allows for a more comprehensive management plan.

Holistic Recovery

Combining physical activity with digital intervention strategies addresses both the physical and psychological aspects of addiction, fostering a more complete recovery process [8].

Conclusion

Physiotherapy offers a unique and holistic approach to managing digital addiction, addressing both its physical and psychological effects. By incorporating structured physical activity, physiotherapists can help mitigate the negative impacts of excessive digital use while promoting mental well-being and cognitive resilience. Integrating physiotherapy with other therapeutic modalities, such as digital therapeutics and psychological counseling, ensures a comprehensive treatment strategy. As digital addiction continues to rise, physiotherapists are well-equipped to play a significant role in both prevention and recovery. Their interventions not only improve physical health but also contribute to long-term behavioral changes, making physiotherapy an essential component in tackling this modern health challenge.

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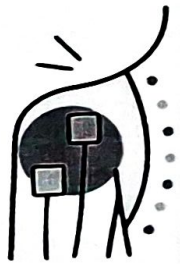

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UK: 27 Old Gloucester Street London WC1N 3AX, UK, Fax: +44 20-3031-1429

Dr. Seemi A. Retharekar (PT)
Principal & Professor
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Suryadatta Institute of Health Science
College of Physiotherapy, Pune-21

Suryadatta Institute of Health Science (SIHS) Pune - 21 SEF's

2 IA
NATIONAL CONFERENCE
HOSTED BY I.P.M. MAHARASHTRA STATE
Physiotherapy ICRC

Theme - "Fortifying towards emerging healthcare needs and technology"

CERTIFICATE

OF PARTICIPATION

THIS CERTIFICATE IS PRESENTED TO

Dr./Mr./Mrs./Ms. SIMRAN A. MISHRA (PT)

for Participating in Research Paper Competition under Junior/Senior Professionals Category of

Junior Professional Neuro-Physiotherapy

at **62nd Annual National Conference** of The Indian Association of Physiotherapists held on 15th & 16th February 2025 at Nashik, Maharashtra.

SEFI's Suryadatta Institute of Health Science (SIHS) Pune - 21

Dr. Sanjiv Jha (PT)	Dr. K.M. Annamalai (PT)	Dr. Ruchi Varshney (PT)	Dr. Ujwal Yeole	Dr. Amit Girey	Dr. Suvarna Ganvir
Organizing Chairman (National)	Organizing Secretary (National)	National Head IAPWC, National Treasurer IAP	Organizing Chairman (State)	Organizing Secretary (State)	Scientific Committee Head

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ICPT
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NEURO Confluence 2025

MUHS

ICPT NEURO CONFLUENCE 2025
25th & 26th January 2025

terna

Certificate of Presentation

This is to certify that

Dr. Simran A. Mishra.

has Presented a Paper / ~~Poster~~ / ~~Case Study~~ ~~Model titled~~

Professional Category.

at the ICPT Neuro Confluence 2025 held on 25th & 26th January 2025 at Terna Auditorium, Nerul, Navi Mumbai. This conference is recognized by World Physiotherapy (WCPT) as CPD event with grant of 13 Continued education points (CEU), also by Maharashtra State Occupational Therapy & Physiotherapy Council, Mumbai & Maharashtra University of Health Sciences

Dr. Sudeep Kale
Organizing Chairperson

Dr. Jui Dave
Organizing Secretary

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SURYADATTA EDUCATION FOUNDATION'S

SURYADATTA INSTITUTE OF HEALTH SCIENCES

COLLEGE OF PHYSIOTHERAPY

BAVDHAN, PUNE-411021

SPORTS EVENTS CONDUCTED 2025

Sr. No.	Intra College Events	Games	Date	Number of Partcipants
1	Suryoutsav		11 - 14 th Feb 2025	
		Chess	11-02-2025	6
		Carrom	11-02-2025	8
		Table Tennis	12-02-2025	2
		Tug of War	12-02-2025	61
		Badminton	13-02-2025	20
		Football	14-02-2025	11
2	Flex & Flow		21 March 2024	
		Medmind Games	10-09-2025	168
		Leg Cricket		45
		10 pass		63

Sr. No.	Inter College Events		Date	Number of Partcipants
1	Physiogames 25		7 Feb - 23 March 2025	
		Cricket league	21-03-2025	27
		Basketball leauge	23-03-2025	8
2	IAPWC			
		Badminton	07-03-2025	7
3	Renaissance 25		9-13 April 2025	18
		Badminton	9,10-04-25	10
		Carrom	09-04-2025	2
		Cricket league	9-11-04-25	27
4	Shaurya 25			
		Cricket league	18-21 -08-2025	21

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ज्ञानं सविज्ञानम्
DPES
Dhole Patil Education Society

DHOLE PATIL COLLEGE OF PHYSIOTHERAP
Approved by Govt. of Maharashtra,
Affiliated to Maharashtra University of Health Science, (MUHS) Nash

Campus - Near EON IT Park, Kharadi, Dhole Patil College Road, Wagholi,Pune - 412207., India. Tel. : +91-20-66059900 Email : dholepatilphysiotherapy@gmail.com Web. : www.dpc

Ref. No.: Dpcop/A.Y - 2024-25/invitation/126

Date : 01/08/2

To,
The Principal,
Suryadatta College of Physiotherapy, Pune

Respected Sir/Madam,

With the grand success and overwhelming response to "*SHAURYA*" 2024, we are absolutely thrilled to bring back ***"SHAURYA" 2025*** the most awaited **State Level Football and Cricket Tournament**, scheduled from **18th to 21st August 2025** at our vibrant DPES campus.

"*SHAURYA*" is not just a tournament; it is a celebration of sportsmanship, strength, strategy, and spirit. This year, we're leveling up – **along with Football, Cricket has now been added**, making the event bigger, better, and bolder than ever before. Teams from across the state will battle it out for glory, pride, and the coveted *"SHAURYA"* 2025 trophy. It's a platform for young athletes to showcase their talent, teamwork, and unwavering determination.

On behalf of the Management of DPES I, Dr. N. Gunasekaran, Principal Dhole Patil College of Physiotherapy would like to cordially invite you for the Inaugural Ceremony of this Tournament, on the 18th of August at 11:00 am and would also invite your team of students from your esteemed institution to participate in this high-energy, action-packed sporting extravaganza.

Kindly confirm your college's participation so we can make necessary arrangements and share detailed schedules and guidelines. Let your champions rise to the occasion, represent your institution, and be a part of this unforgettable celebration of youth and sports.

For any further details, please feel free to contact:
1. Staff Incharge: Dr Shruti Bhalerao (Asst. Professor)
   Mob No.: 9529808912
   Email ID : dr.shrutib@dpcoepune.edu.in

2. Mr. Suraj Jawade (Sports Secretary): 7219145789

We look forward to hosting you at "*SHAURYA*" 2025

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Dhole Patil College of Physiotherapy Pune 412207.

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Principal
Dr. N. Gunasekaran
D P E S, Dhole Patil
College of Physiotherapy
Pune - 412207.

Sports Participation Report –Shaurya '25

Event Name:
Shaurya 2025 – State Level Football and Cricket Tournament
Organized By:
Dhole Patil College of Physiotherapy (DPES), Pune
Date:
18th August to 21st August 2025
Venue:
DPES Campus, Pune

Introduction

Shaurya 2025 was a State-Level Intercollegiate Sports Tournament organized by Dhole Patil College of Physiotherapy, Pune. The event was conducted following the grand success of its previous edition and aimed at bringing together institutions from across the state to celebrate sportsmanship, strength, strategy, and team spirit.

The tournament included Football and Cricket events and witnessed active participation from various colleges.

Purpose of the Event

The primary objective of Shaurya 2025 was to promote sports culture among students, encourage physical fitness, and provide a competitive platform to showcase talent, teamwork, and determination. The event also aimed to strengthen intercollegiate bonding and foster unity through sports.

Event Highlights

Modern College of Physiotherapy participated in the Cricket Tournament under the team name Surya Giants.

The team demonstrated remarkable performance throughout the tournament:

- **First Match:** Surya Giants competed against Modern College and secured a convincing victory.
- **Second Match:** The team played against Rangoonwala College and once again emerged victorious, advancing confidently to the semifinals.
- **Semifinal Match:** Surya Giants faced Tilak Maharashtra Vidyapeeth. Despite a strong and determined effort, the team narrowly lost after a competitive performance.

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Acknowledgement

- The institution extends sincere appreciation to Dhole Patil College of Physiotherapy for organizing Shaurya 2025 and providing a well-structured and energetic platform for intercollegiate sports participation.
- Gratitude is also extended to the faculty members and management for encouraging and supporting students in extracurricular activities.

Conclusion

- Participation in Shaurya 2025 proved to be an enriching and valuable experience for the students. The tournament enhanced their match exposure, confidence, and team spirit. Such events play a significant role in maintaining a healthy balance between academics and sports, contributing to the overall personality development of students.

V. S. Shinde

Prepared By

Vipul Shinde

SY Sports Incharge

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DPES
Dhole Patil Education Society

DHOLE PATIL COLLEGE OF PHYSIOTHERAPY

PRESENTS

shaurya

2k25

State level Football and Cricket Tournament

-DATE-

18TH-21ST AUGUST

-VENUE-

KAMAL ULHAS GROUND, DPES, KHARADI, PUNE

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Suryadatta Institute of Health Sciences (SIHS) Pune - 21

Shaurya 2025, organized by Dhole Patil College of Physiotherapy dated August 2025

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Sr.Fr.S Suryadatta Institute of Health Science (SIHS) Pune - 21

Shaurya 2025, organized by Dhole Patil College of Physiotherapy dated August 2025

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REPORT ON FLEX N FLOW DAY

Date & Day	10th September 2025, Wednesday.
Venue	Basketball Court and Physiotherapy College, Suryadatta Institute of Health Sciences, Bavdhan Pune.
Faculty Coordinator	Dr. Harshada Kumbhar (PT) Dr. Rutuja Lomte (PT) Dr. Akanksha Wadodkar (PT)
Purpose	• To promote physical fitness, teamwork, and sportsmanship among students. • To provide a platform for mentor–mentee groups to bond and compete in a spirit of healthy competition. • To encourage participation in recreational outdoor games for stress relief and overall well-being.
Summary	As part of *Spectrum 2025*, the third day of the fest was celebrated as **Sports Day**, aptly named **"Flex n Flow."** The day was dedicated to both indoor and outdoor games, encouraging active participation and team spirit among students. The outdoor events began with **Leg Cricket**, setting an energetic tone for the day. All mentor–mentee groups participated enthusiastically, showcasing great teamwork and sportsmanship. From this round, three teams qualified for the next game — **10 Passes**, which tested coordination, quick thinking, and strategy. Based on their performance, two teams advanced to the **final round of Tug of War**, which created an electrifying atmosphere filled with cheers and excitement. After a thrilling contest, **Group Mitra** emerged as the **Winners**, while **Group Mitra** secured the **Runner-up** position. Alongside these outdoor events, **indoor games** were organized under the title "**Med Mind Games.**" These activities were designed to combine fun with learning, featuring games based on the **academic curriculum** and **clinical concepts.** Students actively participated in quizzes, puzzles, and scenario-based tasks that tested their medical knowledge and critical thinking skills. The event proved to be both engaging and intellectually stimulating, fostering a spirit of healthy academic competition. The winner was Group **Aryama** The Sports Day successfully highlighted the values of **fitness, unity,** and **sportsmanship**, while also offering students a refreshing and enjoyable break from their academic routine. The enthusiasm of both participants and spectators made "Flex n Flow" one of the most memorable highlights of *Spectrum 2025*.
Conclusion	The Sports Day – *Flex n Flow* proved to be an engaging and refreshing experience for students, reinforcing the importance of physical activity and teamwork in academic life. It fostered unity within mentor–mentee groups while promoting a culture of health and fitness. The event was an integral part of *Spectrum 2025*, contributing to the holistic

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COLLEGE OF PHYSIOTHERAPY
BAVDHAN, PUNE-411021

Conclusion	The Sports Day – *Flex n Flow* proved to be an engaging and refreshing experience fc students, reinforcing the importance of physical activity and teamwork in academic life. It fostered unity within mentor–mentee groups while promoting a culture of heal and fitness. The event was an integral part of *Spectrum 2025*, contributing to the holistic development of students through recreational and competitive activities.

Dr. Seemi Retharekar (PT)
Professor- Principal

Prepared by,
Dr. Rutuja Lomte(I
Assistant Professor

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Flex and Flow Day September 2025

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Sports Participation Report – Renaissance'25

Event: Renaissance'25 – State Level Intercollegiate Physiofest
Organized by: Modern College of Physiotherapy, Pune
Dates: 7th – 15th April 2025
Venue: Modern College Grounds, Pune

Introduction

A contingent of **39 students** from **Suryadatta College of Physiotherapy** actively participated in *Renaissance'25*, **a state-level intercollegiate event** aligned with the institution's commitment to **holistic development, student progression**, and **experiential learning**.

The fest brought together physiotherapy colleges from **Pune and Mumbai districts**, providing a platform that **promoted competitive exposure, peer learning**, and **overall personality development**. Students participated in **Boys' Cricket, Girls' Cricket, Badminton**, and **Carrom**, displaying exemplary **discipline, teamwork**, and **sportsmanship**.

Event-wise Participation and Performance

1. Boys' Cricket Team

- **Total Participants:** 14
- **Total Teams Competing:** 10

The Boys' Cricket team showcased **exceptional performance**, demonstrating **strategic gameplay, coordination**, and a high level of **physical fitness**.

Match Performance Summary

- Secured **three consecutive wins** in the knockout rounds.
- Displayed **strong team cohesion, consistent effort**, and **effective leadership**.
- Entered the **final match** against DY Patil College of Physiotherapy after a series of high-intensity performances.
- Despite an **excellent** effort, the team secured the **Runner-Up** position.

Final Result: Runner-Up

Their performance highlighted **student engagement, participation in competitive sports**, and readiness for **intercollegiate challenges**.

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2. Girls' Cricket Team

- **Total Participants:** 13
- **Total Teams Participating:** 6

The Girls' Cricket team demonstrated **resilience, team spirit,** and **consistent performance** throughout **the tournament.**

Match Performance Summary

- Achieved victory in **three matches,** showcasing **technical skills** and **tactical awareness.**
- Qualified for the finals after strong performances in the league stages.
- Competed in the final against **A.P.J. Abdul Kalam College of Physiotherapy, Loni.**
- The team finished as **Runner-Up,** earning recognition for their **dedicated preparation** and **sports ethics.**

Final Result: Runner-Up

Their achievement contributed to **institutional visibility** and reflected the college's emphasis on **students participation and development.**

3. Badminton

- **Total Participants:** 10
- **Categories:** Boys' Singles, Girls' Singles, Boys' Doubles, Girls' Doubles

The Badminton participants displayed **agility, focus,** and **competitive spirit** across all categories.

Event Highlights

- Students participated actively in both singles and doubles matches.
- Demonstrated **individual skill development, mental alertness,** and **sports discipline.**
- Gained **valuable exposure,** aiding in developing **self-confidence** and enhancing **interpersonal interactions** with participants from other institutions.

This event supported **holistic student development,** aligning with the institution's goals for **skill enhancement and co-curricular engagement.**

4. Carrom

- **Total Participants:** 2

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The Carrom participants represented the college with **concentration, precision,** and **strategic thinking.**

Event Highlights

- Competed with students from multiple institutions, providing opportunities for **peer learning** and **performance refinement.**
- Demonstrated **discipline, focus,** and adherence to **fair play,** contributing to their **cognitive and decision-making skills.**
- Built **interpersonal connections** with participants from various colleges, emphasis on **student collaboration.**

Conclusion

The participation of SEF's Suryadatta Institute of Health Science College of Physiotherapy Pune, in *Renaissance '25* significantly contributed to the holistic development of students. Securing Runner-Up positions in both the Boys' and Girls' Cricket Teams, along with enthusiastic participation in Badminton and Carrom, showcases the institution's commitment to promoting physical fitness, leadership qualities, teamwork, and competitive excellence. The event provided students with experiential learning opportunities, strengthened intercollegiate collaboration, and supported the development of essential life skills, further enhancing the college's culture of sports participation and co-curricular engagement.

Report Prepared By,

Gayatri Rasguru,
Sports Incharge Final BPT

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Renaissance 2025 Badminton League – April 2025

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Renaissance 2025 Cricket league – April 2025

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Renaissance 2025 Cricket League – April 2025

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Report on Participation in Physio Badminton Tournament 2025

Event Name:
Physio Badminton Tournament (On the Occasion of International Women's Day)
Organized By:
Indian Association of Physiotherapists – Women Cell (IAPWC), PCMC Pune District
In association with Modern College of Physiotherapy, Pune
Date:
7th March 2025
Venue:
PDMBA Sports Complex, near Modern College, Pune

Introduction

On the occasion of International Women's Day, the Indian Association of Physiotherapists – Women Cell (IAPWC) PCMC Pune, District organized a Physio Badminton Tournament to encourage active participation in sports among physiotherapy students. The event witnessed enthusiastic participation from various physiotherapy colleges across Pune, fostering a spirit of unity and healthy competition.

In association with Modern College of Physiotherapy, Pune
Students from First Year, Second Year, and Third Year BPT of SEF's Suryadatta Institute of Health Science college of Physiotherapy, actively participated in the tournament and represented the institution with great enthusiasm and dedication.

Purpose of the Event

The tournament was conducted with the aim of promoting physical fitness, sportsmanship, teamwork, and leadership qualities among students. It also provided an opportunity for inter-collegiate interaction, exposure to competitive environments, and holistic personality development beyond academics.

Event Highlights

The matches were conducted in both **Singles** and **Doubles** categories, following a league and knockout format. Participants competed with students from various institutions including Modern College, DES College, and MMCOP College.

Singles Category:

The following students participated in the singles category:

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- Srushti Maheshwari (Second Year)
- Aditya Satpute
- Diya Shete
- Lori Palresha
- Anushka Sonawane (First Year)

Srushti Maheshwari advanced up to the Quarter Finals, while Anushka Sonawane reached the Semi Finals, showcasing commendable performance and competitive spirit.

Doubles Category:

- Prathamesh Dorage (Second Year)
- Tejraj Choudhary (Second Year)

Both students demonstrated strong coordination and teamwork during their matches.

Participants

Students from First, Second, and Third Year BPT actively represented Modern College of Physiotherapy in the tournament across different categories.

Acknowledgement

The college expresses sincere appreciation to the Indian Association of Physiotherapists – Women Cell (IAPWC), PCMC Pune District for organizing this meaningful sporting event. Special thanks to the faculty coordinators and supporting staff for encouraging student participation and ensuring smooth coordination.

Conclusion

The tournament proved to be a valuable experience for the students, encouraging them to maintain a healthy balance between academics and extracurricular activities. It not only enhanced their physical fitness and confidence but also strengthened inter-collegiate bonding and sporting culture. Overall, the event was enriching and contributed positively to the overall personality development of the participants.

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College of Physiotherapy, Pune-21

THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS
WOMEN CELL, PIMPRI CHINCHWAD, PUNE
DISTRICT MAHARASHTRA

In Association with

Modern College of Physiotherapy, Pune

LifeWear™

on occasion of
"International Women's Day"
Physio Badminton Tournament

Date & Time

7th March 2025, 10 am - 2 pm

Venue

PDMBA Sports Complex,
(near Modern College) Pune

Payment & Registration scanner
Registrations Fees: Rs.150/-
Google Pay: 9822796732
Last Date of Registration
4th March 2025

MATCHES ARE CATEGORIZED INTO
SINGLES & DOUBLES

IAPWC DISTRICT TEAM

Coordinator
Dr. Sandeep Kamath

District Sub Coordinator
Dr Farheen Sayed

MODERN COLLEGE TEAM

Principal
Dr Sucheta Golhar

Sports Coordinator
Dr Unika Purohit

SUPPORTING TEAM

IAPWC National Head : Dr. Ruchi Varshney
IAPWC Zonal Head : Dr. Pooja Kamble
State Coordinator : Dr. Suvarna Ganvir
State Joint coordinator : Dr. Snehal Patel
State Sub Coordinator:
Dr Uthra Mohan, Dr. Priya Karande,
Dr. Nirali Sanghavi

Dr Seemi A. Rathankar (PT)
Principal & Professor
Suryadatta Education Foundation's
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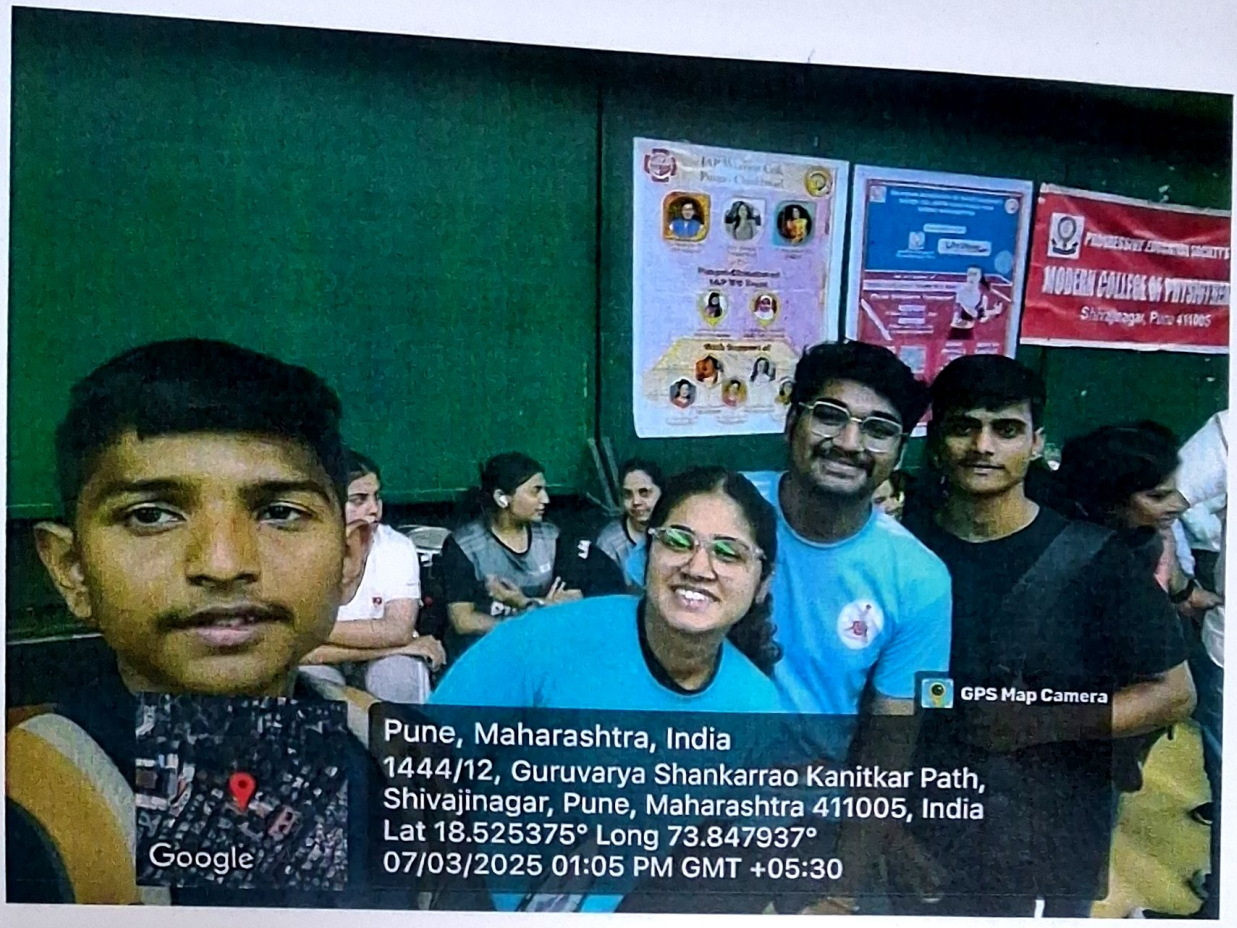

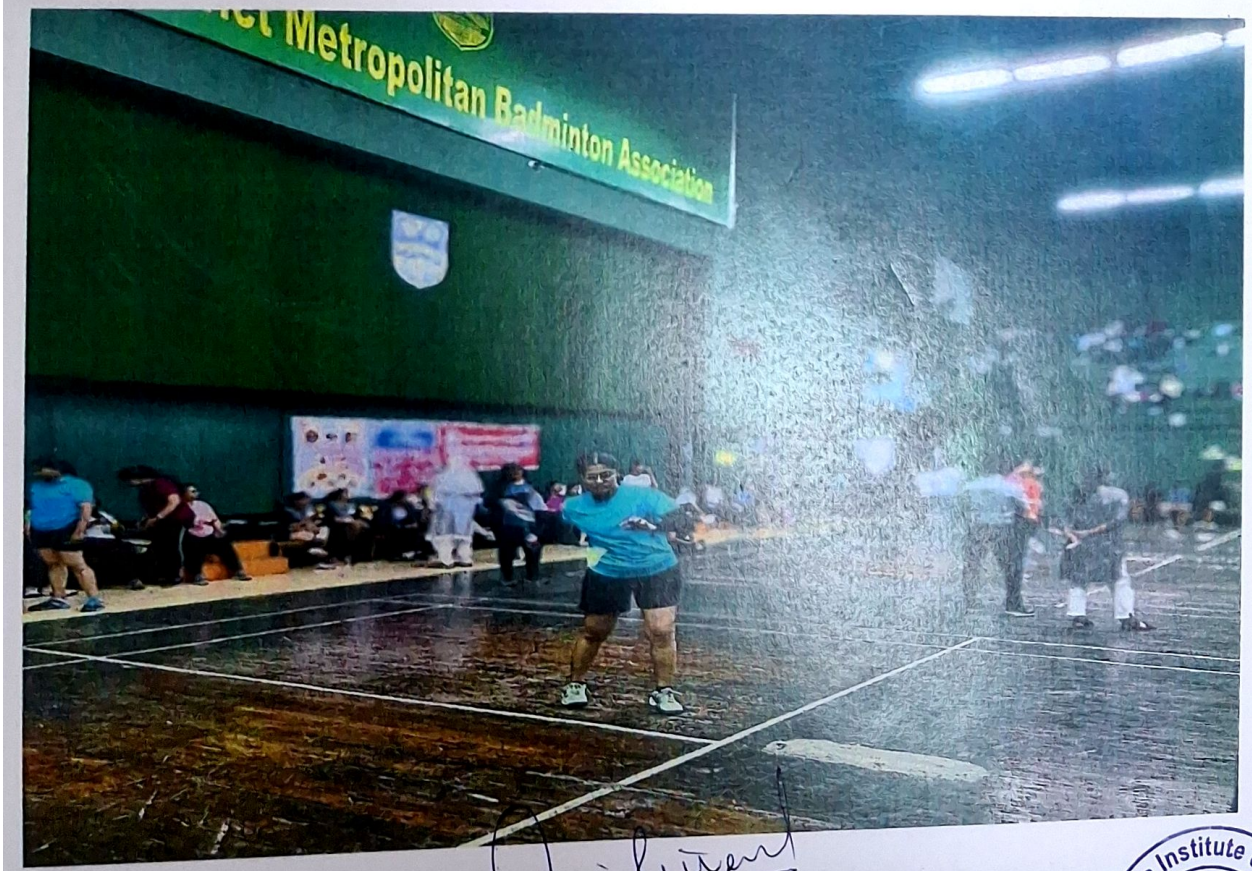

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Physio Badminton tournament organized by IAPWC dated 7-March 2025

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IAP WOMEN CELL MAHARASHTRA STATE

2025
Ms & Mrs
Physio Fitness Challenge

on 8th March 2025
(Last Date of Registration 5th March 2025)

Event Celebration

Four Challenges

1. Push-up
2. Burpees
3. Skipping
4. Surya Namshkar

Google Form

[illegible]

Dr. Sanjiv Jha
IAP President

Dr. Ruchi Varshney
National Head IAPWC

Dr. Pooja Kamble
West Zonal Head

Dr. Suvarna Ganvir
State Co-ordinator

Dr. Snehal Patel
State Joint Co-ordinator

Dr. Uthra Mohan
State Sub Co-ordinator

Dr. Priyan Karande
State Sub Co-ordinator

Dr. Nirali Sanghavi
State Sub Co-ordinator

Dr. Seemi A. Retharekar (PT)
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Suryadatta Institute of Health Science
College of Physiotherapy, Pune-21

SEF's Suryadatta Institute of Health Science (SIHS) Pune - 21

iapindiaofficial

IAPWC
MAHARASHTRA STATE

Winners of Ms. & Mrs. Physio Fitness Challenge 2025

On occasion of 8th March 2025 International Women's Day

Ms. Physio

Ms. Rivina Ashok Lavhate
MPT Student
Dr. APJ Abdul Kalam College of Physiotherapy, Latur

Ms. Revati Kulkarni
MPT Student
DMF College of Physiotherapy

Ms. Anushka K. Sonawane
BPT Student, Sanjeevan Institute of Health Sciences, College of Physiotherapy, Bavdhan, Pune

Mrs. Physio

Dr.Mrs.Sanjivani Kamble, PhD
Dr. D. Y. Patil College of Physiotherapy, Pimpri as a Associate Professor
Pune

Dr.Mrs.Sayali Jatgaonkar (PT)
Dr.Spine Clinic
Worli

Dr.Mrs.Mayuri Khatavkar (PT)

HEARTFELT GRATITUDE FOR YOUR ENTHUSIASTIC PARTICIPATION

Dr. Ruchi Varshney
IAPWC National Head

Dr. Suvarna Ganvir
State Coordinator

State Sub Coordinator

Dr. Pooja Kamble
West Zonal Head

Dr. Snehal Patel
State Joint Coordinator

Dr. Uthra Mohan
Dr. Priya Karande
Dr. Niraii Sanghavi

Dr. Seema A. Ratharekar (PT)
Principal & Professor

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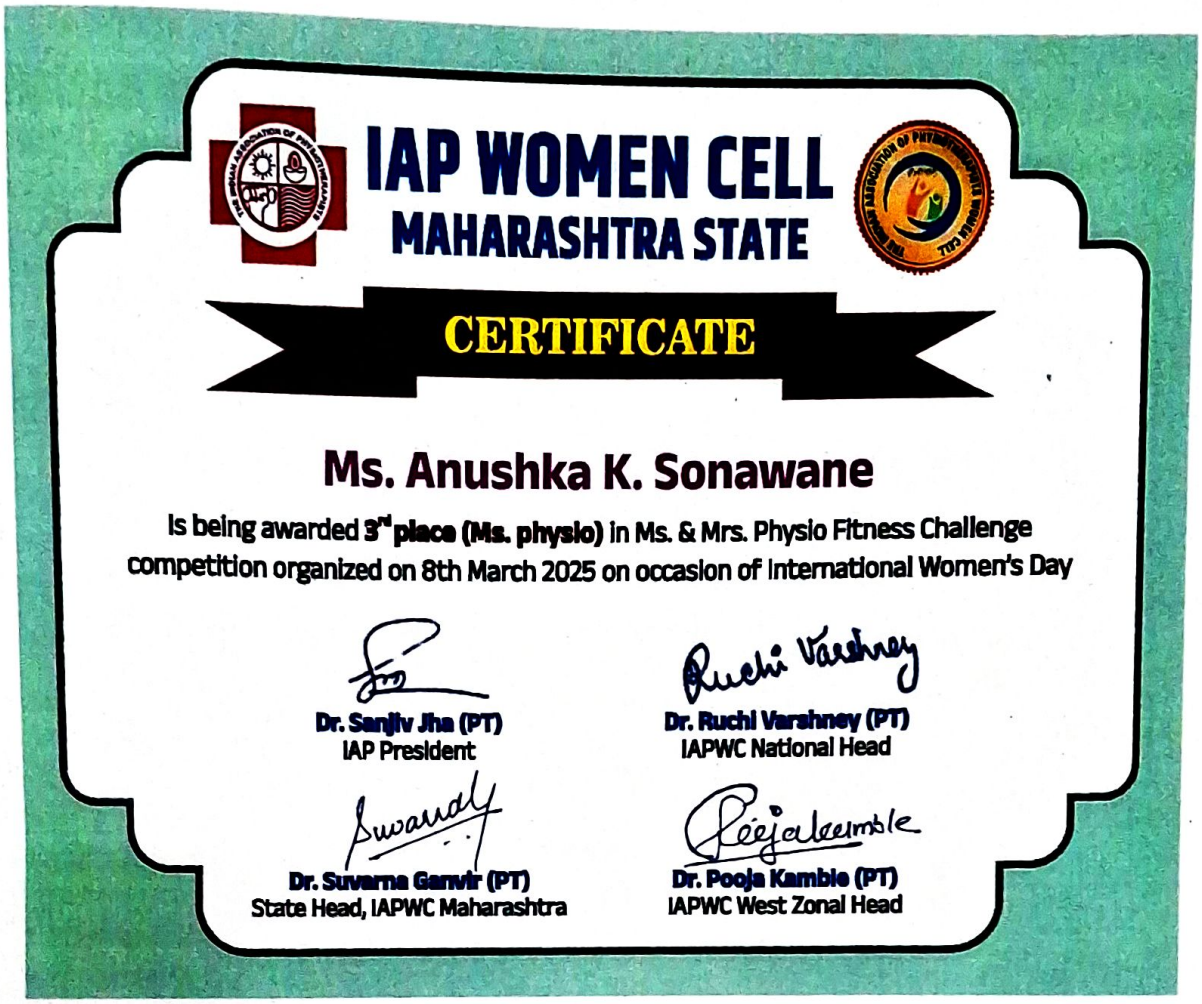

IAP WOMEN CELL
MAHARASHTRA STATE

CERTIFICATE

Ms. Anushka K. Sonawane

Is being awarded 3rd place (Ms. physio) in Ms. & Mrs. Physio Fitness Challenge competition organized on 8th March 2025 on occasion of International Women's Day

Dr. Sanjiv Jha (PT)
IAP President

Dr. Ruchi Varshney (PT)
IAPWC National Head

Dr. Suvarna Ganvir (PT)
State Head, IAPWC Maharashtra

Dr. Pooja Kamble (PT)
IAPWC West Zonal Head

Physio Fitness Challenge organized by IAPWC dated 8-March 2025

Suryadatta Institute of Health Science (SIHS) Pune - 21 SEF's

Dr. Seemi A. Retharekar (PT)
Principal & Professor
Suryadatta Education Foundation's
Suryadatta Institute of Health Science
College of Physiotherapy, Pune-21

REPORT OF PTCL 2025 – SEASON 3

Event Under: PHYSIOGAMES '25 – Season 6

Event Dates:
February 7, 2025
March 21–23, 2025

Sport:
Physiotherapy Basketball league (PTBL)
Physiotherapy Cricket League (PTCL)

Venue: Shivajinagar, Pune
Time: 10:00 AM – 4:00 PM

INTRODUCTION

Physiogames '25 – Season 6, organized by **Bharati Vidyapeeth School of Physiotherapy, Pune,** was an exhilarating inter-collegiate sports festival designed exclusively for physiotherapy students. The objective of this annual sporting extravaganza is to promote physical fitness, teamwork, leadership, and healthy competition among budding physiotherapists.

This year, Physiogames featured multiple leagues, including:

- **PTCL – Physiotherapy Cricket League**
- **PTBL – Physiotherapy Basketball League**
- **PTBBL – Physiotherapy Volleyball & Basketball League**
- **PTFL – Physiotherapy Football League**
- **PTTL – Physiotherapy Table Tennis League**

Physiotherapy colleges from Pune, Mumbai, and neighboring regions participated with great enthusiasm, showcasing impressive athletic skills and sportsmanship.

Participation By SEF's Suryadatta Institute Health Science College of Physiotherapy

Students of **Suryadatta Institute of Health Sciences** – College of Physiotherapy (SIHS-COP) proudly participated in:

- **PTCL – Season 3 (Cricket)**
- **PTBL – Season 6 (Basketball)**

The teams represented their college under the team name SURYA GIANTS.

Dr. Seemi A. Retharekar (PT)
Principal & Professor
Suryadatta Education Foundation's
Suryadatta Institute of Health Science
College of Physiotherapy, Pune-21

Suryadatta Institute of Health Sciences (SIHS) Pune 21

PURPOSE OF THE EVENT

The league aimed to:

- Encourage sportsmanship and professional bonding among physiotherapy students.
- Develop teamwork, discipline, and resilience.
- Promote physical fitness and stress relief through competitive sports.
- Provide a platform to showcase talent beyond academics.

MATCH HIGHLIGHTS (Cricket)

MATCH 1

Surya Giants vs. DES Dynamites
Venue: Shinde Ground, Pune

Toss: Surya Giants won the toss and elected to bowl first.

Innings 1 – DES Dynamites

- Scored **81/7 in 8 overs.**

Innings 2 – Surya Giants

- Chased valiantly but scored **67/6 in 8 overs.**

Result: DES Dynamites won by 17 runs.

MATCH 2

Surya Giants vs. Eastern Warhawks
Venue: Tembekar Farm, Pune

Toss: Surya Giants won the toss and elected to bat.

Innings 1 – Surya Giants

- Excellent performance with a total of **104/5 in 8 overs.**

Innings 2 – Eastern Warhawks

- Scored **72 runs**, with Surya Giants successfully taking all 8 wickets.

Result: Surya Giants won by 32 runs.

MATCH 3 – QUALIFIER MATCH

Surya Giants vs. Eastern Warhawks
Venue: PYC Hindu Gymkhana, Deccan, Pune

Dr. Seemi A. Retharekar (PT)
Principal & Professor
Suryadatta Education Foundation's
Suryadatta Institute of Health Science
College of Physiotherapy, Pune-21

Toss: Eastern Warhawks won the toss and elected to bowl.

Innings 1 – Surya Giants

- Scored **49/9 in 8 overs.**

Innings 2 – Eastern Warhawks

- Chased the target comfortably in **7 overs.**

Result: Eastern Warhawks won by 8 wickets.

Participants (SIHS–COP Cricket Team)

- Vipul Shinde (Captain)
- Saish Pitambare
- Musa Shaikh
- Kunal Patil
- Onkar Raut
- Prashik Borkar
- Prathmesh Dorage
- Kunal Jawale
- Dhaval Gadankush
- Shwet Borkar
- Darshan Nahar
- Aniket Ombase

MATCH HIGHLIGHTS (Basketball)

The SIHS–COP basketball team participated in **PTBL – Season 6**, competing in an intense and energetic match against Bharati Vidyapeeth College. Despite showcasing commendable effort, teamwork, and sportsmanship, the SIHS team narrowly lost the match.

The match served as an important learning experience, helping the players strengthen their coordination, on-court strategy, and competitive spirit. Their enthusiasm and perseverance throughout the game truly reflected the essence of Physiogames.

Participants (SIHS–COP Basketball Team)

1. **Tejraj Choudhari** (Final Year)
2. **Gaurav Gavit** (Final Year)
3. **Aditya Satpute** (Third Year)
4. **Srushti Maheshwari** (Third Year)
5. **Samruddhi Chordiya** (First Year)
6. **Komal Shrishrimal** (Final Year)
7. **Anushka** (First Year)
8. **Dhanashree D.** (First Year)

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AUDIENCE ENGAGEMENT

The league witnessed strong audience support, with physiotherapy students and cricket enthusiasts filling the stands. The cheering and lively atmosphere significantly boosted the morale of the players and contributed to the energetic spirit of the event.

ACKNOWLEDGMENTS

The success of PTCL Season 3 is credited to the dedicated efforts of:

- **Dr. Shreyansh Bafna (PT)** – League Coordinator
- Organizing partners: *Society of Physiotherapists*, *HealthConnect's D.N.E.*, *Project Hypertension*
- Volunteers and support staff who ensured smooth and efficient management throughout the event.
- Our Principal Dr. Seemi Retharekar ma'am and Sports coordinator Dr. Simran Mishra ma'am for always motivating and supporting us.

CONCLUSION

PTCL 2025 concluded on a vibrant and memorable note. The matches not only highlighted the sporting excellence of physiotherapy students but also strengthened unity, discipline, and sportsmanship. Surya Giants displayed commendable determination throughout the tournament.

Events like Physiogames play a vital role in fostering holistic development among physiotherapy students, and we look forward to participating in future editions with renewed enthusiasm and vigor.

Report Prepared By:

U.S. Shinde

Vipul Shinde,
Sports Incharge SY BPT

Dr. Seemi R[illegible]kar (PT)
Professor
Surya[illegible]ation Foundation's
S[illegible]te of Health Science
[illegible] Physiotherapy, Pune-21

Suryadatta Institute of Health Science (SIHS) Pune - 21

Dr. Seemi [illegible]kar (PT)
Suryadatta [illegible]on's
Suryadatta [illegible]nce
College of [illegible]

SCHOOL OF PHYSIOTHERAPY

PHYSIOGAMES '25

SEASON 6

THE BIGGEST SPORTING FEST FOR PHYSIOS

FEB 7, 2025

PTBL (INDIVIDUAL EVENT)
SINGLES - RS 500, DOUBLES RS 900
VENUE - SHIVAJINAGAR ,PUNE

PHYSIOTHERAPY FOOTBALL LEAGUE - TEAM EVENT
(AUCTION BASED)
VENUE - SHIVAJINAGAR, PUNE

MARCH 21-23, 2025

PTCL- S3
REGISTRATION FEES - RS 7000

PHYSIOTHERAPY VOLLEYBALL
& BASKETBALL LEAGUE
REGISTRATION FEES - RS 400/PLAYER

CONTACT - 7499729321, 7066371217

INCLUSIONS - VOUCHERS, BREAKFAST AND REFRESHMENTS,
CERTIFICATES AND PRIZE POOL WORTH 1 LAKH.

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College of Physiotherapy, Pune-21

SEF's Suryadatta Institute of Health Science (SIHS) Pune 21

Surya Giants

104/5 (8.0)

Eastern warhawks

72/8 (8.0)

Surya Giants won by 32 runs

RESULT

267 Views

Saish Pitambare

Surya Giants

51*(26) **5**4s **3**6s

3.0-0-20-2

8.01

MVP

Dr. Seemi A. Retharekar (PT)
Principal & Professor
Suryadatta Education Foundation's
Suryadatta Institute of Health Science
College of Physiotherapy, Pune-21

Physiogames 2025 organised by Bharati Vidyapeeth Deemed University dated 21-23 rd March 2025

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College of Physiotherapy, Pune-21

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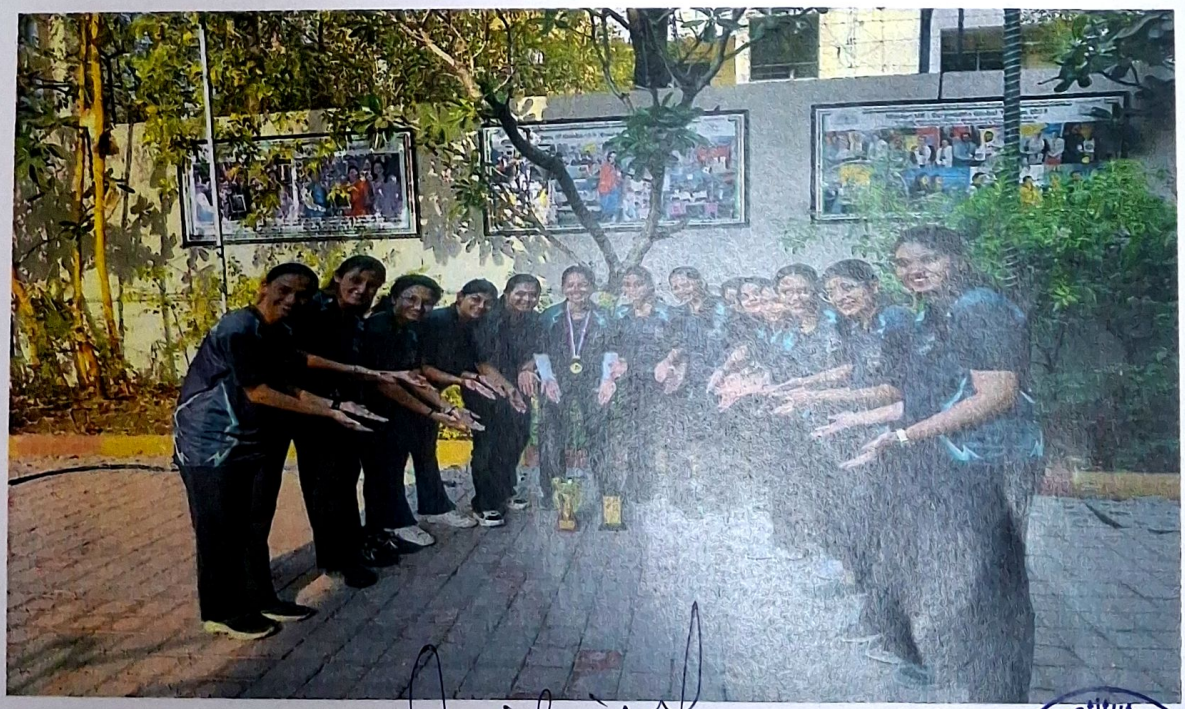

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SURYADATTA INSTITUTE OF HEALTH SCIENCES
COLLEGE OF PHYSIOTHERAPY
BAVDHAN, PUNE-411021

Circular

Suryotsav Sports

Subject: Suryotsav 2025, Sports Events

February 11th to 14th, 2025

Dear Faculty & Staff,

We are pleased to announce that **Suryotsav Sports Events 2025** will be conducted from **February 11th to 14th, 2025**, providing students with an opportunity to participate in various sports competitions.

The event schedule is as follows:

- **Chess** – February 11 | 1st Building Ground Floor Corridor | 10:00 AM – 4:00 PM
- **Carrom** – February 11 | 1st Building Ground Floor Corridor | 10:00 AM – 4:00 PM
- **Tug of War** – February 12 | Central Hub | 10:00 AM – 4:00 PM
- **Table Tennis** – February 12 | 1st Building Ground Floor Corridor | 10:00 AM – 4:00 PM
- **Badminton** – February 13 | Suyash Academy, Bavdhan | 10:00 AM – 4:00 PM
- **Football** – February 14 | Suyash Academy, Bavdhan | 10:00 AM – 4:00 PM

Faculty members and class coordinators are requested to encourage students to participate and assist in ensuring smooth coordination.

For Any Queries and information contact Sports Committee Member.

for 9/02/25

Coordinator

8/2/25

Principal

Seth's Suryadatta Institute of Health Science (SIHS) Pune - 21

Seth's Suryadatta Institute of Health Science (SIHS) Pune - 21

SBES & SIHS COP, Bavdhan, Pune-21

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Dr. Seemi A. Retharekar (PT)
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Suryoutsav 2025 organised by SGI dated Feb 2025

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College of Physiotherapy, Pune-21

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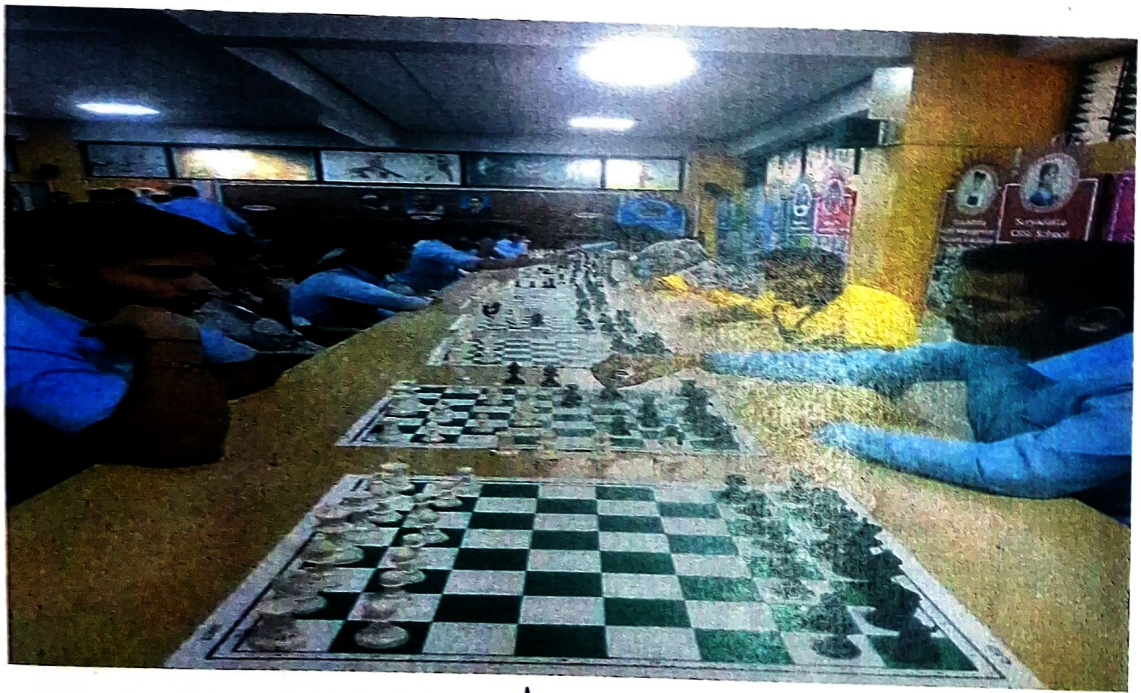

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Report of NSS day 2025 celebration

Blood Donation Camp

Date & Day	24/09/2025, Wednesday
Time	10.00AM – 3.00PM
Venue	Bansi Ratna Auditorium, Bavdhan
Purpose	To promote the noble cause of saving lives and promoting voluntary blood donation among students and faculty members. To support the community healthcare system by addressing the constant need for safe and adequate blood supply.
Summary	• A blood donation camp was organized along with the blood bank of Ruby Hall clinic, Pune on 24-09-2025, Wednesday on the occasion of National NSS day 2025. • More than 100 students and faculties donated the blood in the campaign. • The camp concluded with felicitation of students and faculties who donated the blood in order to recognize their contribution. • The donors gave a positive feedback regarding the organization of the blood donation camp. • The camp ended with felicitation of Suryadatta Multidisciplinary Group Of Institutes represented by respected Chairman prof. Dr. Sanjay B. Chordiya sir for his guidance and support. The Blood bank staff of Ruby Hall Clinic was alos felicitated on behalf of Suryadatta Multidisciplinary Group Of Institutes represented by respected Chairman prof. Dr. Sanjay B. Chordiya sir.

Prepared by,
Dr. Kshitija Santosh Ghole (PT)
Assistant Professor,
SIHS-COP

Approved By,
Principal,

Dr. Seemi A. Retharekar (PT)
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College of Physiotherapy, Pune-21

Suryadatta Institute of Health Science (SIHS)

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Suryadatta Institute of Health Science (SIHS) Pune - 21 SEFS

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नगर, नाशिक, पुणे येथून एकाचवेळी प्रसिध्द होणारे दैनिक

स्नेहप्रकाश

सूर्यदत्त परिवाराचा भव्य रक्तदान शिबिराला उत्स्फूर्त प्रतिसाद

समाजकल्याणात सूर्यदत्तचा आदर्श । बावधन कॅम्पसमध्ये मेगा यशस्वी रक्तदान शिबीर

पुणे - समाजाप्रती सामाजिक बांधिलकी आणि अनुभवाधारित आरोग्य शिक्षणाच्या निखाल बांधिलकीचा भाग म्हणून, सूर्यदत्त एज्युकेशन फाउंडेशनच्या सूर्यदत्त मल्टिडिसीप्लेनेरी इंटिग्रेटेड कॅम्पस आणि स्त्री हॉल क्लिनिकच्या संयुक्त विद्यमाने बावधन कॅम्पसमध्ये मेगा रक्तदान शिबीर यशस्वीपणे आयोजित करण्यात आले. शिबीर २४ सप्टेंबर २०२५ रोजी सकाळी ९ ते दुपारी १ वाजेपर्यंत बन्सीरत्न ऑडिटोरियम, सूर्यदत्त बावधन कॅम्पस, पुणे येथे पार पडला.

हा नोबेल उपक्रम सूर्यदत्त धन्वंतरी हॉस्पिटल - सिम्युलेटेड वातावरणात आरोग्यसेवा अनुभवणे या तीन दिवसांच्या अनुभवाधारित शिक्षण कार्यक्रमाचा एक महत्त्वाचा भाग होता. संस्थापक अध्यक्ष प्रा. डॉ. संजय बी. चोरडिया यांच्या दूरदृष्टीपूर्ण नेतृत्वाखाली कार्यक्रमाची रूपरेषा तयार करण्यात आली. हा उपक्रम विद्यार्थ्यांना, कर्मचाऱ्यांना आणि संबंधितांना विविध शाखांमध्ये, फिजिओथेरपी, फार्मसी, नर्सिंग, हॉस्पिटॅलिटी मॅनेजमेंट आणि इंटिरियर डिझायनिंग - आरोग्यसेवेचा प्रत्यक्ष अनुभव घेता येईल अशा प्रकारे आखण्यात आला आहे.

रक्तदान शिबीर ही सूर्यदत्तच्या दीर्घकालीन समाजसेवा, आरोग्य

जागरूकता आणि राष्ट्रनिर्मितीबाबतच्या बांधिलकीचे प्रतीक आहे. या शिबीरात अंदाजे ३१० लोकांनी सहभाग घेतला, ज्यात विद्यार्थी, शिक्षक, माजी विद्यार्थी आणि पुणेकरांचा समावेश होता. यापैकी ११४ पात्र दात्यांनी रक्तदान करून उपक्रम रुग्णालये व आरोग्यसेवा संस्थांमधील तातडीच्या रक्त गरजांसाठी महत्त्वपूर्ण योगदान दिले.

डॉ. सीमि रेठरेकर, प्राचार्य, सूर्यदत्त कॉलेज ऑफ फिजिओथेरपी म्हणाल्या, हा शिबीर विद्यार्थ्यांना केवळ आरोग्यसेवेचे शिक्षण घेण्याची संधी नाही, तर प्रत्यक्ष समाजासाठी योगदान देण्याचा अनुभवही देतो. याचबरोबर डॉ. राजकिरण टिकू आणि डॉ. श्रीधर शिरोडकर यांनी नमूद केले, अशा उपक्रमांमुळे भविष्यातील आरोग्यसेवा व्यावसायिकांमध्ये सहानुभूती, टीमवर्क आणि सामाजिक जबाबदारी यांचा विकास होतो.

या उपक्रमाचे यशस्वी संयोजन विविध शाखांमधील विभागप्रमुख, शिक्षक व विद्यार्थ्यांनी केले. डॉ. श्रीधर शिरोडकर यांनी फिजिओथेरपी विभागाच्या योगदानाबद्दल, डॉ. सीमि रेठरेकर यांनी हॉस्पिटल संकल्पनेबद्दल, डॉ. सारिका झांबड यांनी फार्मसीबद्दल तर डॉ. रसिका गुमास्ते यांनी हॉस्पिटॅलिटी विभागाच्या योगदानाबद्दल आपले विचार व्यक्त केले.

या प्रसंगी सुपमा चोरडिया, उपाध्यक्ष, सूर्यदत्त एज्युकेशन फाउंडेशन व सिद्धांत चोरडिया, सहयोगी उपाध्यक्ष, सूर्यदत्त एज्युकेशन फाउंडेशन यांची विशेष उपस्थिती होती. त्यांनी स्वतः रक्तदान करून सर्व कर्मचारी व विद्यार्थ्यांना प्रेरित केले आणि उपक्रमाची शोभा अधिक वाढवली. त्यांच्या उपस्थितीमुळे संपूर्ण सूर्यदत्त परिवाराला ऊर्जा मिळाली व सामाजिक बांधिलकी जपण्याची प्रेरणा मिळाली.

याशिवाय डॉ. सीमि रेठरेकर, डॉ. राजकिरण टिकू आणि डॉ. श्रीधर शिरोडकर यांच्या अचूक व उत्कृष्ट व्यवस्थापनाचे कौतुक करण्यात आले. तसेच कार्यक्रमाचे सर्वांगीण नियोजन विविध विभागांमधील समन्वय आणि उपक्रमाचे नेतृत्व करण्याच्या कार्यासाठी संचालक स्वप्नाली कोगजे (व्यवस्थापक - संचालन व जनसंपर्क) यांचे अभिनंदन करण्यात आले.

सर्व कर्मचारी वर्गाने कुशलतेने व एकोप्याने काम केले, ज्यामुळे उपक्रम अधिक प्रभावी, शिस्तबद्ध आणि यशस्वी पद्धतीने पार पडला. रक्तदान शिबीरात स्त्री हॉल क्लिनिकच्या डॉक्टर व कर्मचाऱ्यांनी उत्कृष्ट सेवा व सहकार्य दिले. श्री. राकेश सजलानी म्हणाले, सूर्यदत्त परिवाराने आज ११४ बाटल्या रक्त दिले नाही, तर प्रत्यक्षात ३४२ जणांचे प्राण वाचवले आहेत. एका बाटलीतून प्लाझमा, रेड ब्लड सेल्स आणि प्लेटलेट्स हे तीन घटक वेगळे करता येतात आणि त्यामुळे तीन रुग्णांची जीवनरक्षा होऊ शकते.

प्रा. डॉ. संजय बी. चोरडिया, संस्थापक अध्यक्ष, सूर्यदत्त एज्युकेशन फाउंडेशन यांनी आरोग्य व फिटनेस क्षेत्रातील उल्लेखनीय योगदानाबद्दल श्री. दीपक तोशनीवाल, श्री. बाळ कुलकर्णी आणि श्री. राजकुमार सुराणा यांचा सन्मान सूर्यदत्त गौरवगाथा ट्रॉफी, सुवर्णपदक, प्रमाणपत्र आणि सूर्यदत्त स्कार्फ देऊन गौरव केला. या प्रसंगी प्रा. डॉ. चोरडियांनी त्यांच्या रक्तदान आणि समाजोपयोगी कार्याचे कौतुक करताना या प्रमुख पाहुण्यांनी अधोरेखित केले की, त्यांच्या योगदानामुळे विद्यार्थ्यांना, कर्मचाऱ्यांना आणि स्थानिक नागरिकांना समाजसेवेची प्रेरणा मिळाली आहे.

याशिवाय, डॉ. शुभांगी आमटे आणि श्री. राकेश सजलानी यांचा विशेष सन्मान सूर्यदत्त गौरवगाथा ट्रॉफी, सुवर्णपदक व प्रमाणपत्र देऊन करण्यात आला. त्यांच्या उत्कृष्ट कार्यामुळे रक्तदान शिबीराचे आयोजन यशस्वीपणे पार पडले आणि उपस्थित सर्वांना आरोग्यसेवा व सामाजिक बांधिलकीबाबत जागरूकता मिळाली. तसेच, त्यांच्या सहकारी कर्मचाऱ्यांच्या योगदानाचे महत्त्व अधोरेखित करत, सर्व सहकारी कर्मचाऱ्यांना प्रमाणपत्र देऊन गौरवण्यात आले, जे त्यांच्या समर्पण, कार्यप्रणाली आणि समाजोपयोगी वृत्तीचे प्रतीक ठरले.

हा सर्व सन्मान सोहळा प्रा. डॉ. संजय बी. चोरडियांच्या हस्ते पार पडला, ज्यांनी उपस्थित मान्यवरांचे आणि रक्तदान शिबीरातील सहभागींनी केलेल्या योगदानाचे मनःपूर्वक कौतुक केले. त्यांच्या मार्गदर्शनाखाली सन्मानित व्यक्तींनी सामाजिक बांधिलकी, आरोग्यसेवा आणि विद्यार्थ्यांच्या सहभागाचे आदर्श उदाहरण उपस्थित समोर सादर केले. यामुळे संपूर्ण कार्यक्रमाला एक भव्यता, शालीनता आणि प्रेरणादायी स्वरूप प्राप्त झाले.

Suryadatta Institute of Health Science (SIHS) Pune - 21 SEF's

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Minutes of Meeting for NSS day 2025 celebration

Date and Day	15/09/2025, Monday
Time	2:00 pm -2:30 pm
Venue	Principal's Office, SIHS-COP
Name of the Faculty who conducted the meeting	Dr. Seemi Retharekar (PT),Principal of SIHS-COP
Name of the attendees	Dr. Kshitija Santosh Ghole (PT), NSS Co-ordinator Dr. Rutuja Lomte (PT), NSS Co co-ordinator
Points discussed in the meeting	1) Meeting was held to discuss and plan the execution of National NSS day 2025 on 24/09/2025, Wednesday. 2) It was discussed and decided that a blood donation camp will be organised in SIHS – COP campus. 3) Principal ma'am suggested a few potential blood banks to be contacted. 4) Dr. Kshitija and Dr. Rutuja contacted Ruby hall clinic's blood bank for the blood donation camp. 5) It was decided that that the camp will take place on 24-09-2025 from 10.00am – 2.00pm. in Bansi Ratna Auditorium.

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REPORT ON COMPREHENSIVE PHYSICAL ASSESSMENT OF SURYADATTA NATIONAL SCHOOL STUDENTS

Date & Day	24/02/2025;26/02/2025;05/03/2025;07/03/2025;17/03/2025
Venue	SIHS College of Physiotherapy
Purpose	To assess the physical fitness, flexibility, coordination, and general health status of students from Suryadatta National School through a series of standardized physical tests. The objective was to: • Create awareness about health and fitness at the school level. • Identify early signs of physical or postural imbalances. • Encourage students to adopt healthy habits and active lifestyles.
Summary	Students from Suryadatta National School visited SIHS College of Physiotherapy for a **Comprehensive Physical Assessment**. The assessment was conducted by trained physiotherapy faculty members and included a series of standardized fitness tests aimed at evaluating multiple aspects of the students' physical health. The following tests were conducted: 1. **Waist-Hip Ratio (WHR):** To assess fat distribution and abdominal obesity risk. 2. **Body Mass Index (BMI):** To evaluate body composition and overall nutritional status. 3. **Vital Signs:** Heart rate, respiratory rate, and blood pressure monitoring to check baseline health. 4. **Sit and Reach Test:** To assess lower back and hamstring flexibility. 5. **Flamingo Balance Test:** To test single-leg balance and postural control. 6. **Plate Tapping Test:** To evaluate upper body coordination and motor speed. 7. **Vertical Jump Test:** To assess lower limb power and explosiveness. 8. **Obstacle Course:** Designed to assess agility, endurance, coordination, and dynamic balance. Each student underwent all tests under expert supervision. Results were explained, and recommendations were provided based on individual findings.

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	Faculty also educated students on maintaining good posture, managing screen time, carrying school bags correctly, and the importance of daily physical activity. **Conclusion:** The session was highly interactive and informative. Students enthusiastically participated and showed curiosity about improving their physical health. This initiative successfully promoted awareness about fitness and preventive healthcare in school-aged children. The SIHS College of Physiotherapy looks forward to conducting more such collaborative school outreach programs in the future.

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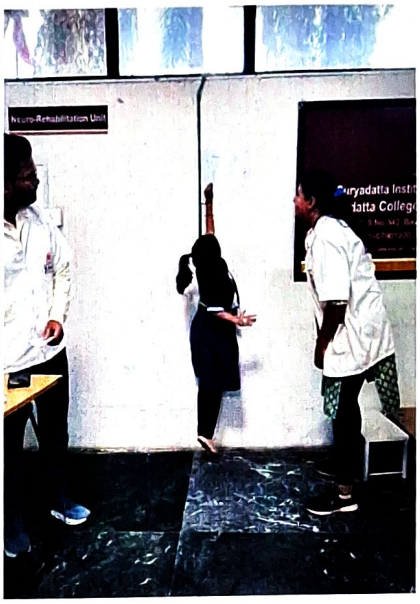

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