

Maharashtra University of Health Sciences, Nashik
Physiotherapy Faculty
Inspection Committee Report for Academic Year 2026-2027
Webinar/Workshop/CME/Activities/Per form in Last One Year

Name of the College/Institute: -Nootan College of Physiotherapy, Kavathe Mahankal

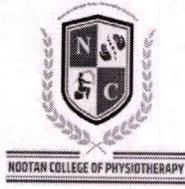
No. of Webinars Arranged, Guest Lectures & CME/ Workshops (Publish details on college website)

Sr No	Webinar/Workshop/CME/Any other Academic Activities
1	Physiotherapy Careers Opportunities and Advancement
2	Stretching
3	Quiz And Poster Making Competition on Scoliosis Day
4	Physinnova-2025
5	Recent Trends in Bronchial Hygiene Theory and Practical
6	Vari Seva Camp
7	Guest Lecture on Bronchial Hygiene Therapy- Nebulizer
8	Guest Lecture on Aerobic Exercise Training
9	Guest Lecture on Healing of Fracture
10	Guest Lecture on Future Trends in Physiotherapy and Emerging Technologies & Expectations

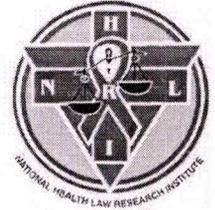
Verified by The LIC Committee Members


 Dean / Principal Stamp
 & Signature

Nootan College of Physiotherapy
 Narsingh-wan (Landgewadi)
 Kavathe Mahankal, Dist-Sangli
 416405 Maharashtra

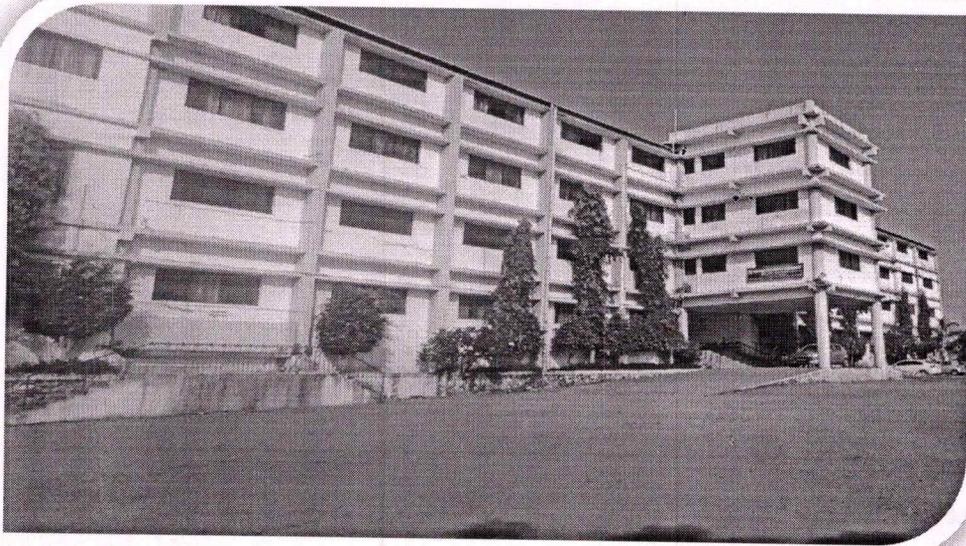


National Health Law Research Institutes
NOOTAN COLLEGE OF PHYSIOTHERAPY
KAVATHE MAHANKAL.



A Brief Report on

"Guest Lecture"



Day: Saturday

Date: 5 March 2025

Venue: Nootan College of Physiotherapy, Kavathe Mahankal.

Address:

Nootan College of Physiotherapy, Kavathe Mahankal.
Tal: Kavathe Mahankal, Dist.: Sangli (Maharashtra State) Pin-
416405

Phone No: 9994023549 / 8485025629

Email: nootanbpth21@gmail.com

Website: <https://nootanphysiotherapy.co.in>



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KAVATHE MAHANKAL.
REPORT ON "GUEST LECTURE"

Date: 5th March 2025

Venue: Nootan College of Physiotherapy Kavathe Mahankal.

Time: [4.00pm -5.00pm]

On 4th March 2025, Nootan College of Physiotherapy hosted an insightful and engaging guest lecture on the topic. The event, organized by the college's faculties, was well-attended by 1st and 2nd BPT^h students, and all were eager to learn about the significance, technique, uses and importance of stretching.

Key Highlights:

The lecture was delivered by Dr. Pinky Raghani (. A renowned expert in the field of physiotherapy. The speaker began by enlightening the students regarding physiotherapy Career Guidance.

Introduction:

Physiotherapy is a healthcare profession that focuses on helping individuals recover from injuries, illnesses, or surgery. Physiotherapists use evidence-based practices to assess, diagnose, and treat patients, promoting optimal physical function and well-being. This report provides guidance on pursuing a career in physiotherapy.

Career Paths:

1. **Clinical Physiotherapist:** Work in hospitals, clinics, or private practices, providing direct patient care.
2. **Research Physiotherapist:** Conduct studies and research to advance the field of physiotherapy.
3. **Academic Physiotherapist:** Teach and educate students in physiotherapy programs.
4. **Sports Physiotherapist:** Work with athletes and sports teams to prevent and treat injuries.
5. **Pediatric Physiotherapist:** Specialize in treating children and adolescents.


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Skill and Qualities:

- 1) **Communication:** Effective communication with patients, families, and healthcare teams.
- 2) **Empathy:** Compassion and understanding when working with patients.
- 3) **Problem-Solving:** Develop and implement treatment plans.
- 4) **Physical Stamina:** Ability to work in a physically demanding environment.

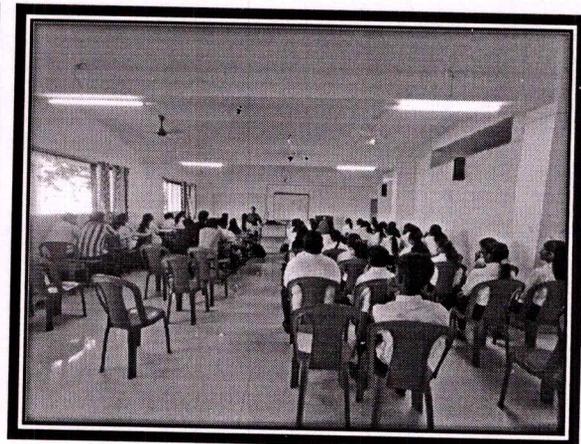
Education and Training:

- 1) **Bachelor's Degree:** Typically required for entry-level physiotherapy positions.
- 2) **Master's Degree:** May be required for advanced or specialized roles.
- 3) **Doctoral Degree:** Required for those interested in academia or research.
- 4) **Certifications:** Obtain certifications from professional organizations, such as the American Board of Physical Therapy Specialties (ABPTS).

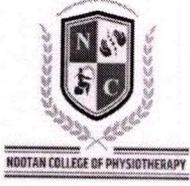
Audience Engagement:

The session was interactive, with students actively participating in discussions and asking insightful questions. Overall, the session was very informative and highly appreciated.

Photos of the event:




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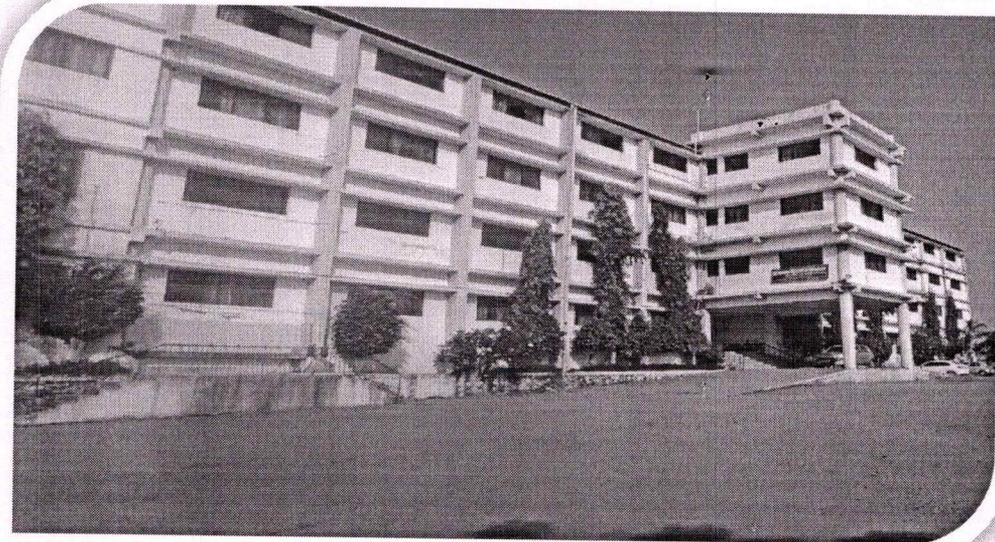


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NOOTAN COLLEGE OF PHYSIOTHERAPY
KAVATHE MAHANKAL.



A Brief Report on

“Guest Lecture”



Day: Friday

Date: 4 March 2025

Venue: Nootan College of Physiotherapy, Kavathe Mahankal.

Address:

Nootan College of Physiotherapy, Kavathe Mahankal.
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M. S. D. V. K.

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REPORT ON "GUEST LECTURE"

Date: 4th March 2025

Venue: Nootan College of Physiotherapy Kavathe Mahankal.

Time: [3pm to 04.30pm]

On 4th March 2025, Nootan College of Physiotherapy hosted an insightful and engaging guest lecture on the topic. The event, organized by the college's faculties, was well-attended by 1st and 2nd BPT students, and all were eager to learn about the significance, technique, uses and importance of stretching.

Key Highlights:

The lecture was delivered by Dr. Tushar Lingayat (A renowned expert in the field of physiotherapy). The speaker began by enlightening the students regarding different stretching techniques, methods, and its application in physiotherapy.

Introduction:

Stretching is a physical exercise that requires putting a body part in a certain position that'll serve in the lengthening and elongation of the muscle or muscle group and thus enhance its flexibility and elasticity.

Effects of Stretching:

1. Improves flexibility delaying impaired mobility associated with ageing
2. Improves performance in physical activities as a result of improved flexibility
3. Reduces the risk of injury and damage
4. Improves blood circulation which reduces muscle soreness and time for recovery
5. Increasing the range of motion.

Indications:

- Improves the joint range of motion
- Improves posture by strengthening the back muscles
- Restores normal neuromuscular balance between muscle groups
- Reduce injuries, strains and damage

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- Before and after exercise to reduce muscle soreness.

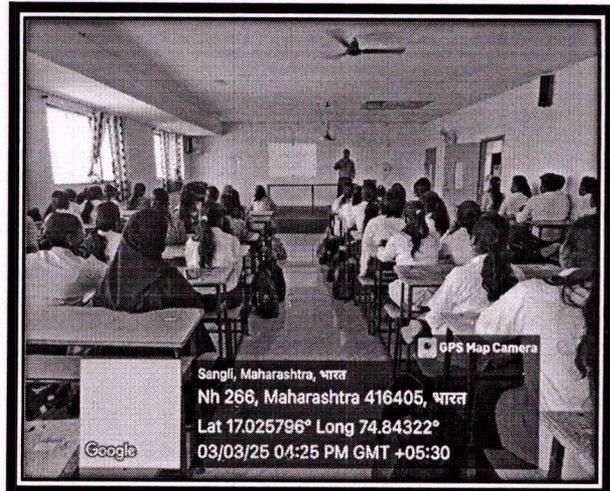
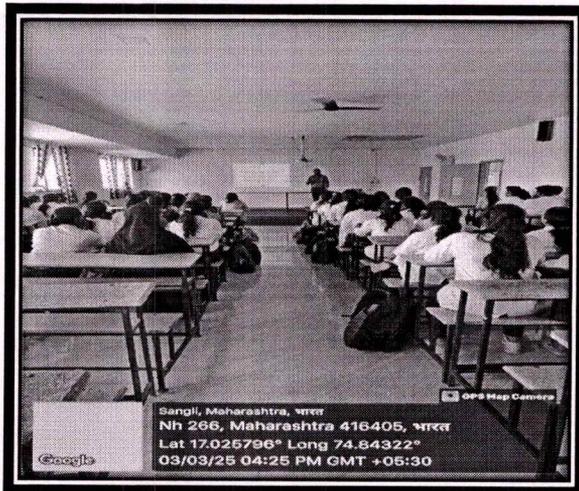
Contraindications:

- Limited movement at the joint due to the presence of a bony block
- Directly after fracture when it has not completely healed
- Acute inflammation or infection
- Sharp pain during joint movement
- Hematoma or other soft tissue trauma
- Hyper mobility.

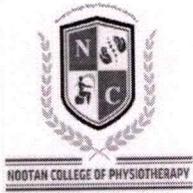
Audience Engagement:

The session was interactive, with students actively participating in discussions and asking insightful questions. Overall the session was very informative and highly appreciated.

Photo's of the event




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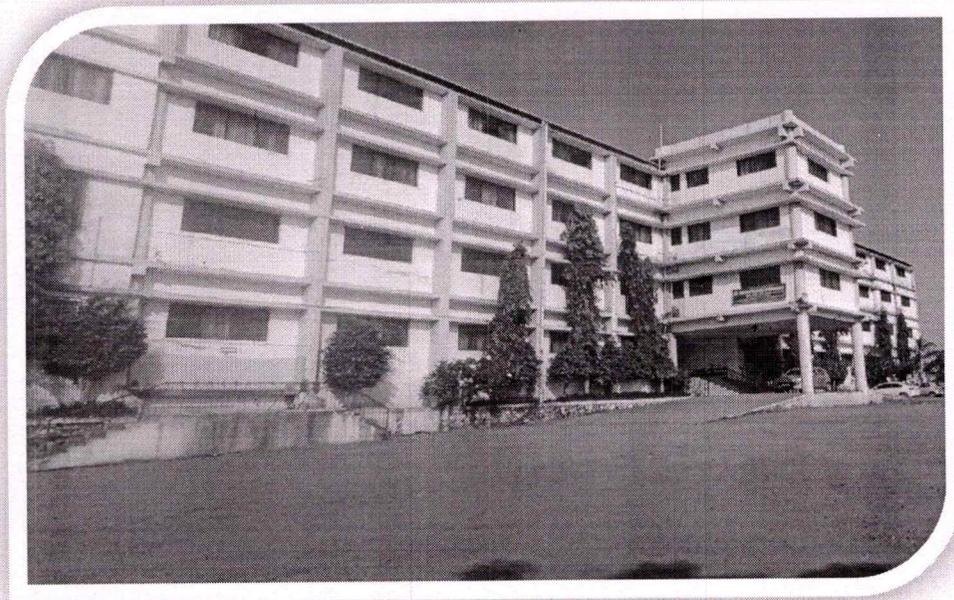


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KAVATHE MAHANKAL.



A Brief Report on

“Quiz and Poster Making Competition on Scoliosis Day”



Day: Saturday

Date: 28 June 2025

Venue: Nootan College of Physiotherapy, Kavathe Mahankal.

Address:

Nootan College of Physiotherapy, Kavathe Mahankal.
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NOOTAN COLLEGE OF PHYSIOTHERAPY

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“Report on Guest Lecture- Quiz and Poster Making Competition on Scoliosis Day”

The Bharati Vidyapeeth School of Physiotherapy Sangli organized a **Quiz and Poster Making Competition** on the occasion of **Scoliosis Awareness Day** to create awareness about scoliosis and its impact on posture, spinal health, and overall well-being. The event aimed to enhance students' knowledge and encourage creativity in presenting information related to scoliosis.

The program was held on **28 June 2025** at Bharati Vidyapeeth School of Physiotherapy Sangli, with enthusiastic participation from physiotherapy students. The event began with a brief introduction about **Scoliosis**, highlighting its causes, symptoms, early diagnosis, and the role of physiotherapy in its management and rehabilitation.

The **Quiz Competition** was conducted to test students' knowledge regarding spinal deformities, causes and types of scoliosis, assessment methods, and physiotherapy treatment approaches. Participants actively engaged in different rounds of the quiz, making the session both educational and competitive. The students of our institute secured 2nd place in quiz competition.

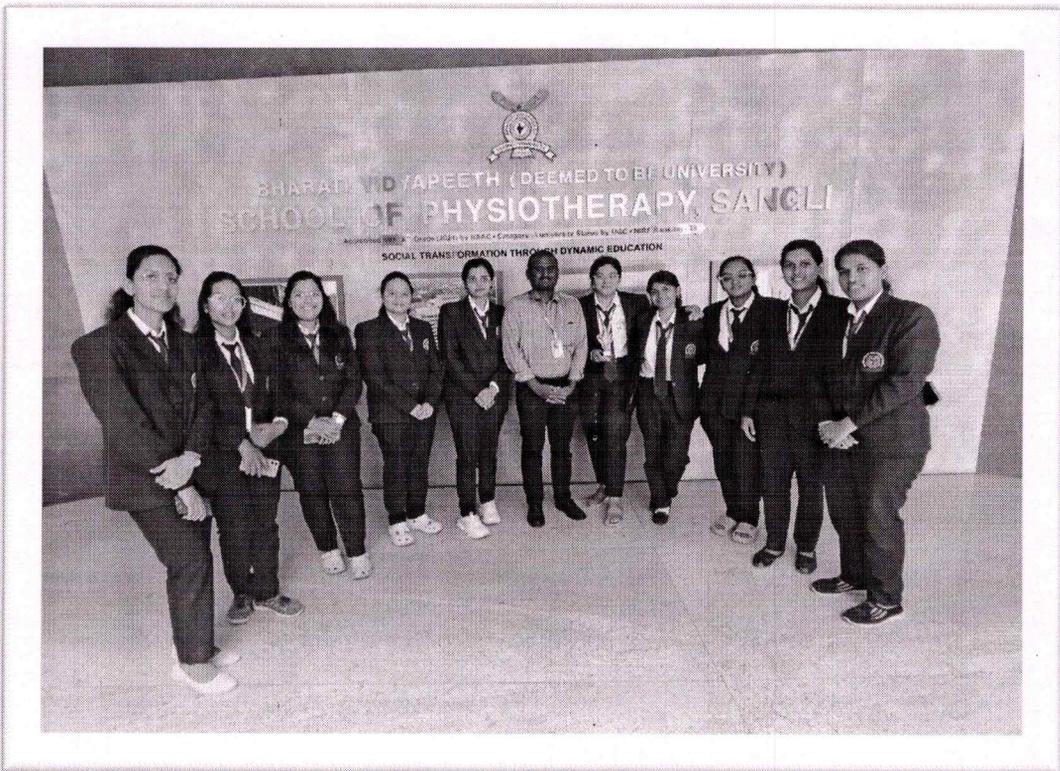
Alongside the quiz, a **Poster Making Competition** was organized to promote creative expression and awareness about scoliosis. Students prepared informative and visually appealing posters focusing on topics such as early detection, posture correction, preventive measures, and the importance of physiotherapy in scoliosis management. The students of our institute won participatory prize in poster competition.

All the participants showed great enthusiasm, creativity, and knowledge during the competitions. The posters were evaluated based on **creativity, clarity of message, presentation, and relevance to the theme**. Winners of both competitions were appreciated and awarded certificates.

The event successfully increased awareness about scoliosis and highlighted the important role of physiotherapy in its prevention and treatment. The program concluded with a **vote of thanks**, appreciating the efforts of the organizers, judges, and participants for making the event a great success.


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Photo's of the events:



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SCOLIOSIS ISN'T RARE BUT AWARENESS IS 12

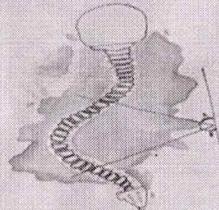
Normal
 Forward Curve
 Cervical Curve
 Thoracic Curve
 Lumbar Curve
 Sacral Curve
 The way things in nature

Braces
 It is a medical device used to support or correct spinal alignment. Many braces can provide support reduce pain, and in fact by limiting motion & stabilizing the spine.

Types of braces	Subbot	Example
Therapeutic Braces	Less	Lumbar belt
Postural Braces	More	Cervical collar
Orthopedic Braces	Most	Back braces

X-ray depiction
 Scoliosis X-ray include
 Cervical spine (upper back) Lumbar spine (lower back)

Physical Examination
 Physical Examination to include Adams
 test to observe if there is asymmetric hump
 to measure angle of trunk rotation



SCOLIOSIS: Spinal curves
 Open a 3 or 4 degree instead of straight line.

Symptoms Of Scoliosis
 Bulge or deformity in the back
 Structural abnormalities pain
 Muscle fatigue - related pain

Colleges such as a group for
 identifying the severity of the degree
 when mild or moderate
 Work the better than the
 children to reduce trunk curve
 Character is high flexibility
 Quantified degree follows much
 Small Management

It focuses on preventing curve from
 making worse, rather than reducing flexibility
 of it.
 Conservative Management
 Physical Therapy
 Pain Management



ABNORMAL
 The degree of the curve is
 measured in degrees

Awareness
 The degree of the curve is
 measured in degrees

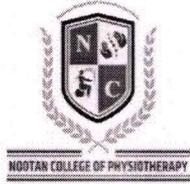
It is a type of scoliosis that
 is caused by a congenital
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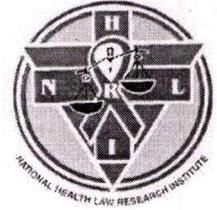
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M. S. Kulkarni
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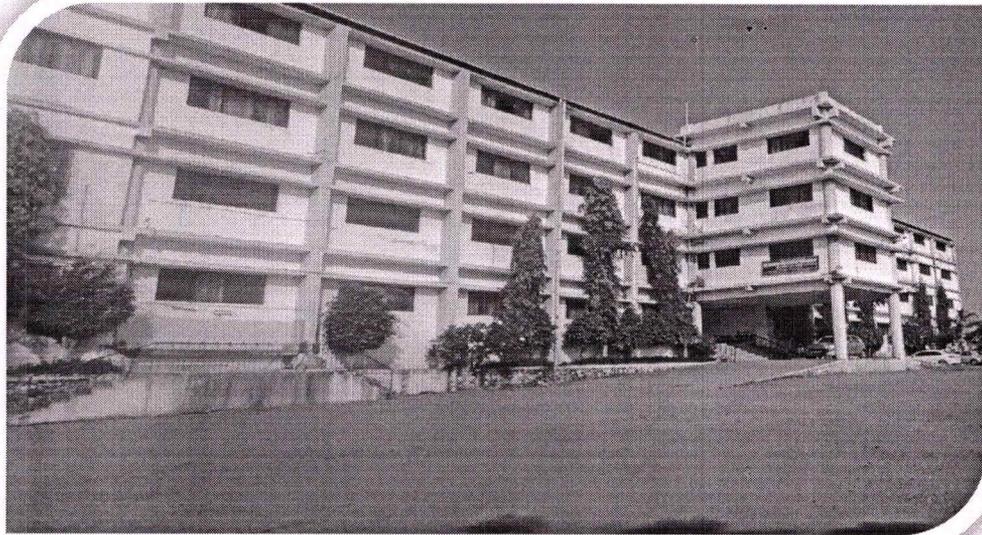


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KAVATHE MAHANKAL.



A Brief Report on

“Recent Advances of Bronchial Hygiene”



Day: Wednesday & Thursday

Date: 23 & 24 July, 2025

Venue: Nootan College of Physiotherapy, Kavathe Mahankal.

Address:

Nootan College of Physiotherapy, Kavathe Mahankal.
Tal: Kavathe Mahankal, Dist.: Sangli (Maharashtra State) Pin-
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NOOTAN COLLEGE OF PHYSIOTHERAPY
KAVATHE MAHANKAL.
“Recent Advances of Bronchial Hygiene”

Date: 23rd & 24th July 2025

Venue: Nootan College of Physiotherapy Kavathe Mahankal.

Time: [2pm to 5pm]

On 23rd & 24th July 2025, Nootan College of Physiotherapy hosted an insightful and engaging guest lecture on the topic. The event, organized by the college's faculties, was well-attended by 1st and 2nd BPTth students, and all were eager to learn about the significance, technique, uses and importance of stretching.

Key Highlights:

Recent advances in bronchial hygiene focus on improving airway clearance techniques and devices to manage respiratory conditions effectively. Here are some key developments. The lecture was delivered by Dr.D.Shivaganesha Balasubramaian. (A renowned expert in the field of physiotherapy. The speaker began by enlightening the students regarding different Bronchial Hygiene and its application in physiotherapy.

Techniques:

- Active Cycle of Breathing Technique (ACBT): A structured breathing approach those cycles through different phases to facilitate mucus clearance, consisting of breathing control, deep breathing, and huffing or coughing.

- Autogenic Drainage: A controlled breathing technique that uses varying lung volumes to mobilize secretions through the airways without external devices.

- Intrapulmonary Percussive Ventilation (IPV): A mechanical form of airway clearance that delivers rapid bursts of air or aerosolized medications to loosen and mobilize mucus...

Devices:

- Oscillating Positive Expiratory Pressure (PEP) Devices: Devices like Flutter or Acapella, which combine resistance with vibrations to loosen mucus, making it easier to clear.

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- High-Frequency Chest Wall Oscillation (HFCWO): A device that uses an inflatable vest connected to an air pulse generator to create gentle vibrations over the chest wall, helping to break up mucus.

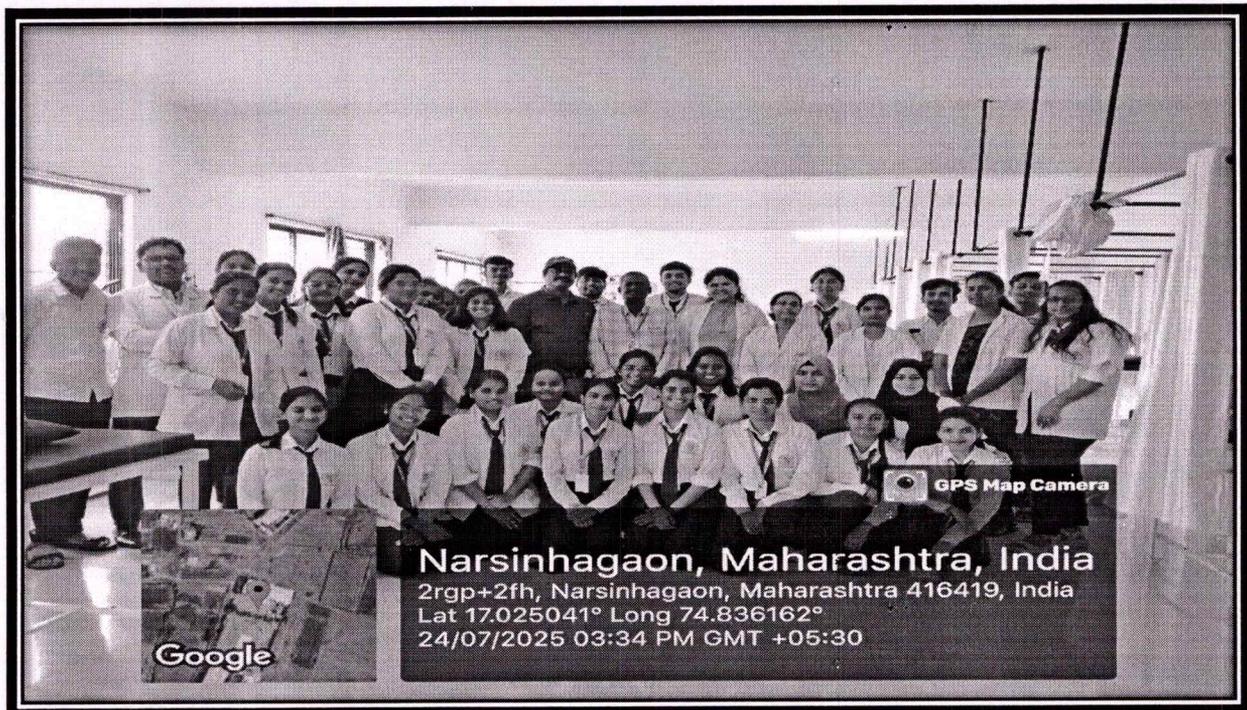
- Mechanical Insufflation-Exsufflation (MIE) or Cough Assist Machine: A device that helps patients with respiratory muscle weakness or ineffective cough to clear secretions from their airways.

Benefits:

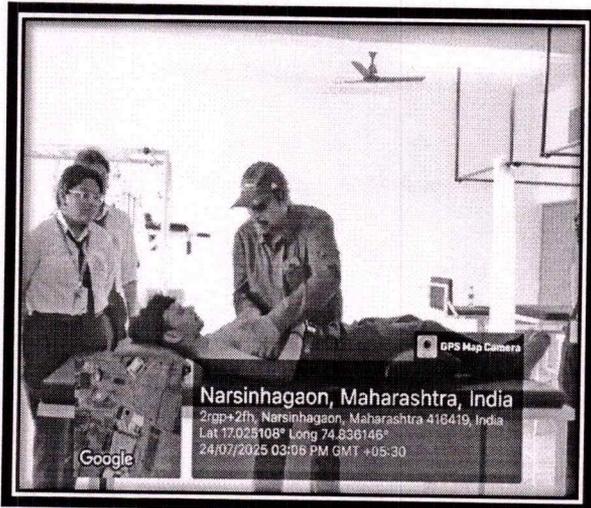
- Improved airway clearance and reduced mucus buildup.
- Enhanced lung function and reduced symptoms.
- Prevention of respiratory complications like pneumonia and atelectasis.
- Increased patient independence and quality of life.

These advances in bronchial hygiene offer new hope for patients with respiratory conditions, providing more effective and efficient ways to manage their symptoms and improve their quality of life.

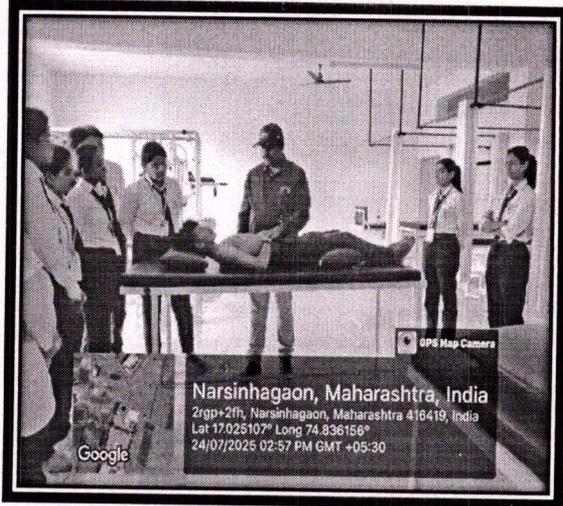
Photo's of the event



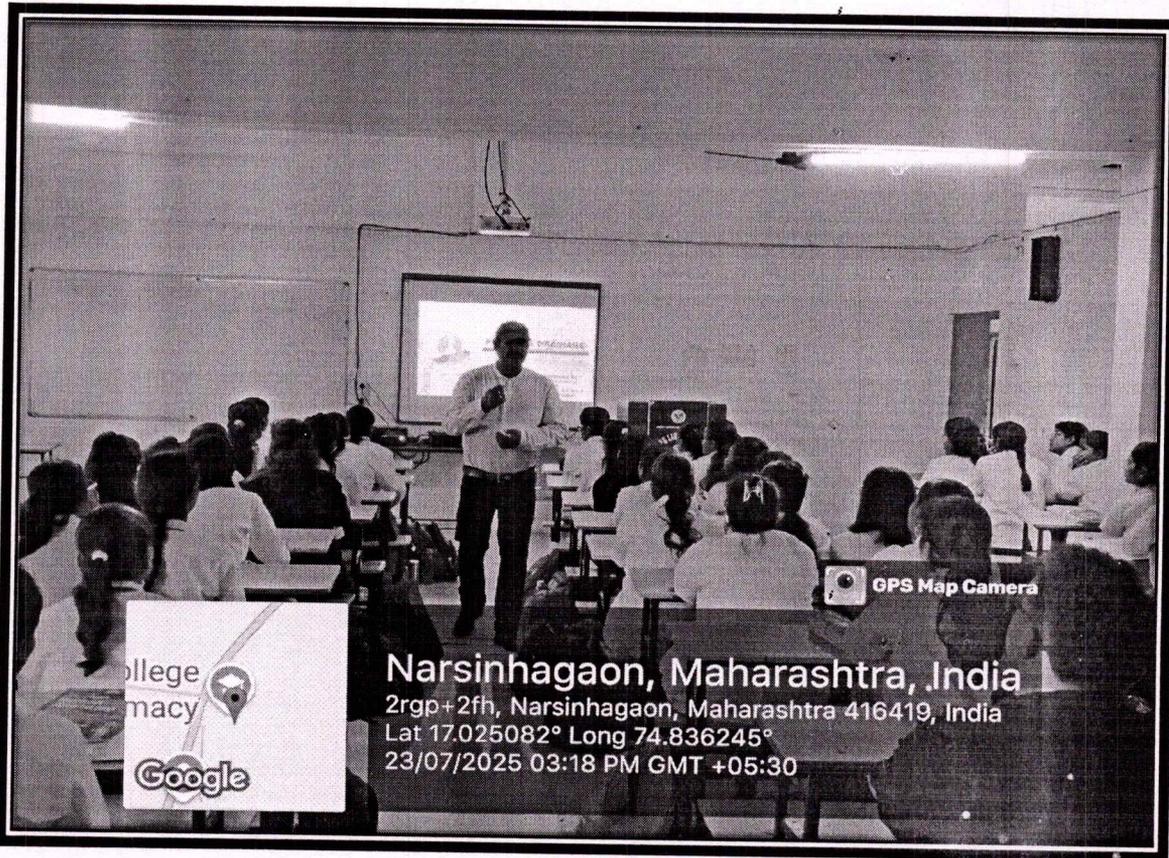
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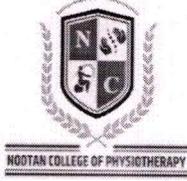
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 Lat 17.025107° Long 74.836156°
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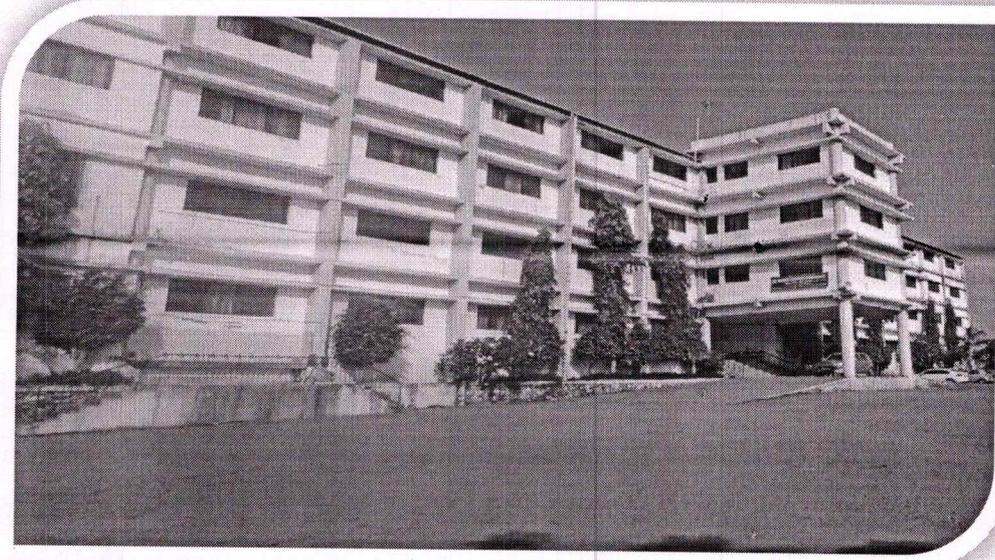


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KAVATHE MAHANKAL.



A Brief Report on

**“Report on Health Camp and Free Medication Distribution
for the Varkari Community”**



Day: Tuesday & Wednesday

Date: 1 & 2 July 2025

Venue: Shirdhon.

Address:

Nootan College of Physiotherapy, Kavathe Mahankal.
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KAVATHE MAHANKAL.

**“Report on Health Camp and Free Medication Distribution
for the Varkari Community”**

Date of Event: 1st & 2nd July 2025

Location: Shirdhon, Kavathe Mahankal

Organized By: Nootan College of Physiotherapy

Under the Guidance of:

- CEO: Dr. Amol Patil Sir
 - Principal: Dr. M. Sedhu Raja Sir
 - Clinical Co-Ordinator: Dr. Pooja R. Urankar
 - Staff members: Dr. Nidhi Ashokan, Dr. Amiya Dessai, Dr. Shweta Patnaik.
- In Collaboration with:**
- Teaching and Non-Teaching Staff of Nootan College of Physiotherapy.
 - Physiotherapy Students.

Introduction:

On the 1st & 2nd of July, 2025, Nootan College of Physiotherapy successfully organized a Free Physiotherapy Health Camp and Free Medication Distribution for the Varkari community at Shirdhon, Kavathe Mahankal. The event was conducted under the auspices of the unit of the college, with support from the CEO, Principal, and Clinical Co-Ordinator and staff. Initiative aimed to provide healthcare services to underserved sections of the community, particularly focusing on the Varkari pilgrims, who often face challenges in accessing healthcare due to their spiritual and rural lifestyle. Free physiotherapy health camps are organized by various institutions to provide essential healthcare services to the community, focusing on musculoskeletal issues, posture correction, and exercise education. Here's a report based on recent events:

Objectives of the Health Camp:

1. **Health Check-ups:** To provide free health screenings for the Varkari community, including basic diagnostics such as blood pressure monitoring, blood sugar levels, and general health assessments.

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2. **Free Medication Distribution:** To distribute essential medicines for common ailments, including fever, cough, cold, pain relief, and other basic health issues faced by the community.
3. **Health Awareness:** To educate the Varkari community members about general hygiene, nutrition, and preventive health measures.
4. **Involvement of Students:** To engage Diploma and Degree Pharmacy students in practical activities that enhances their skills and social responsibility, while contributing to the welfare of the community.

Planning and Execution:

Guidance and Leadership:

The camp was organized with the guidance and leadership of:

- **Dr. Amol Patil Sir (CEO)**, whose vision and leadership ensured the seamless execution of this health initiative.
- **Dr. M.Sedhu Raja (Principal)**, provided strategic direction and coordination.
- **Clinical Co-Ordinator: Dr. Pooja R. Urankar:** played a pivotal role in overseeing the execution and mobilizing both students and staff.

Involvement of Students:

The **Physiotherapy Students** were actively involved in every stage of the health camp. Their roles included:

- **Health Screening Assistance:** Assisting in taking basic health measurements, such as blood pressure and blood sugar levels.
- **Medication Distribution:** Dispensing medicines under the supervision of senior faculty and professionals.
- **Community Interaction:** Engaging with the local Varkari community to provide them with health education materials, answer basic health queries, and raise awareness about common health issues.
- **Inventory Management:** Managing the inventory of medicines, ensuring proper storage and distribution of the required medication.

Camp Objectives:

- Provide free physiotherapy services to those in need.
- Raise awareness about the importance of physiotherapy in maintaining overall health.
- Educate participants on injury prevention and proper exercise techniques.

Services Offered:

- Personalized physiotherapy consultations.
- Posture and gait assessments.


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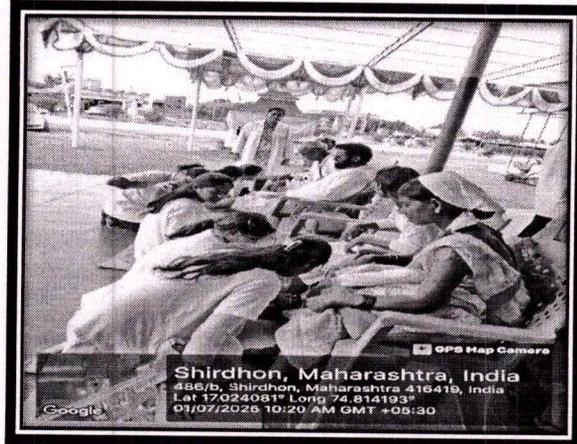
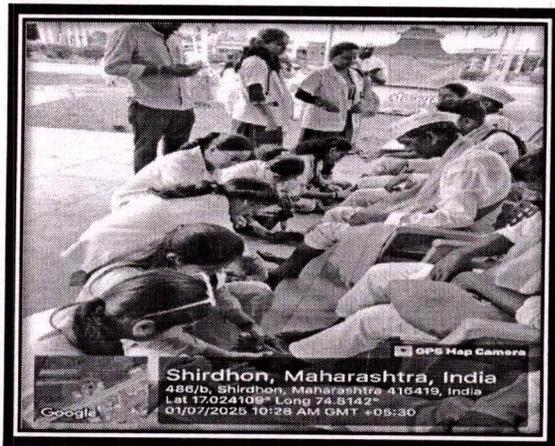
- Muscle strengthening exercises.
- Pain management techniques.
- Preventive care tips for injury and strain.

Benefits:

- Improved mobility and reduced pain for participants.
- Increased awareness about physiotherapy and its benefits.
- Access to quality healthcare services for underprivileged populations.

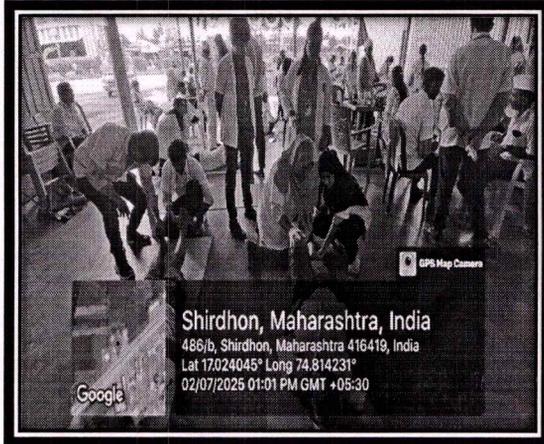
A total of 154 devotees or Varkari we are given free physiotherapy. Treatment given includes gentle stretches, active ROM exercise, and massage for relaxation. Devotees appreciated effort of our college. Although it was a great experience to treat and conduct free physiotherapy camp to Varkari.

Photos of the Event:

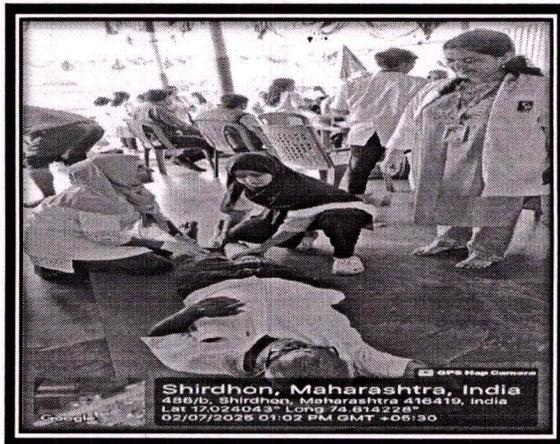


H. Saha

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416405 Maharashtra



Shirdhon, Maharashtra, India
 486/b, Shirdhon, Maharashtra 416419, India
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Shirdhon, Maharashtra, India
 486/b, Shirdhon, Maharashtra 416419, India
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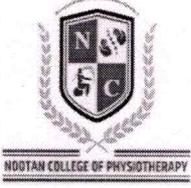


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 416405 Maharashtra

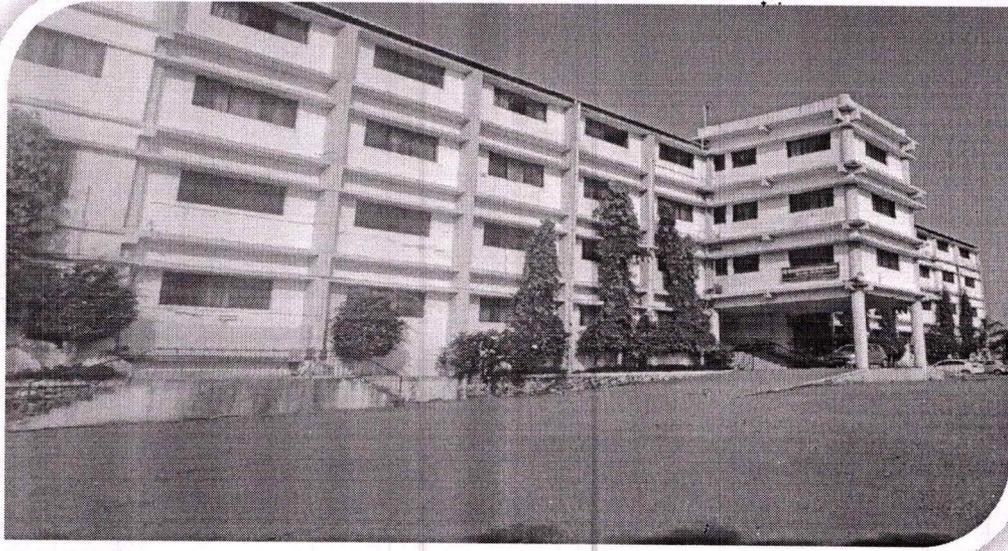


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A Brief Report on

“Report on Conference -PHYSINNOVA-2025”



Day: Saturday

Date: 5 April 2025

Venue: Bharati Vidyapeeth School of Physiotherapy. Sangli.

Address:

Nootan College of Physiotherapy, Kavathe Mahankal.

Tal: Kavathe Mahankal, Dist: Sangli (Maharashtra State) Pin-416405

Phone No: 9994023549 / 8485025629

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KAVATHE MAHANKAL.

“Report on Conference -PHYSINNOVA-2025”

Date of Event: 5 April 2025

Location: Bharati Vidyapeeth School of Physiotherapy. Sangli.

A **Physiotherapy Conference** PHYSINNOVA-2025 was successfully organized by the Bharati Vidyapeeth School of Physiotherapy, Sangli on **5 April 2025** at **Sangli**. The conference was conducted with the objective of enhancing professional knowledge, promoting evidence-based practice, and creating awareness about recent advances in the field of physiotherapy.

The conference began with an inaugural session, which started with a welcome address by Dr. Sneha Katke Principal Bharati Vidyapeeth School of Physiotherapy. This was followed by the inauguration and keynote address by Dr. Vijay Kage Vice Principal KLE College of Physiotherapy Belagavi, who emphasized the evolving role of physiotherapy in preventive, curative, and rehabilitative healthcare.

Various **scientific and technical sessions** were conducted during the conference, focusing on topics such as **musculoskeletal rehabilitation, neurological physiotherapy, cardiopulmonary physiotherapy, sports rehabilitation, pain management, and recent therapeutic techniques**. Eminent speakers shared their expertise through lectures, case discussions, and interactive sessions, which were highly informative and engaging.

The conference also provided a platform for **paper and poster presentations**, allowing students and professionals to present their research work and innovative ideas. Active participation and discussions contributed to the overall academic enrichment of the participants.

The program concluded with a **valedictory session**, during which certificates were distributed to the participants. A vote of thanks was delivered, acknowledging the efforts of the organizing committee, speakers, volunteers, and participants.

Overall, the physiotherapy conference was a **successful and enriching academic event**, contributing significantly to professional development and knowledge enhancement in the field of physiotherapy.

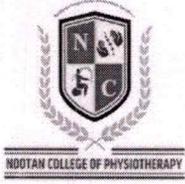

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Photos of the Event:



M. Laha

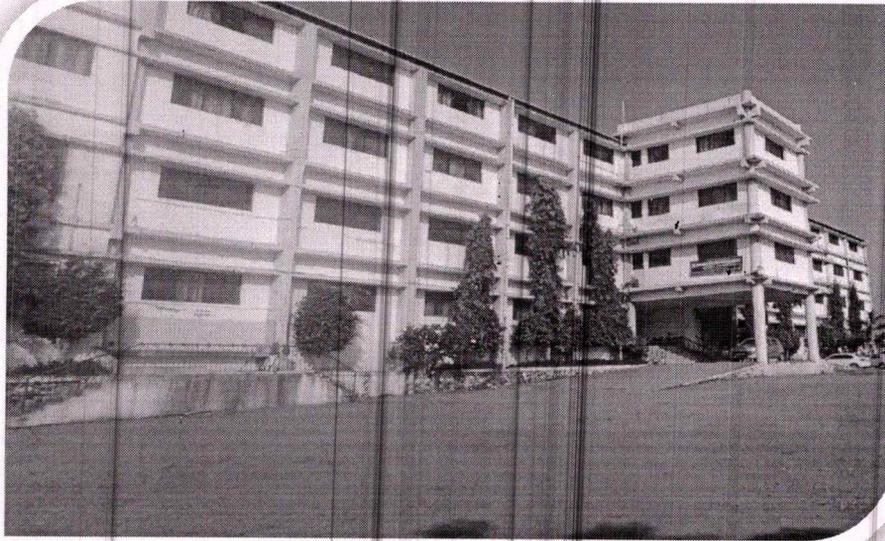
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A Brief Report on

"Guest Lecture on Bronchial Hygiene Therapy- Nebuliser"



Day: Wednesday

Date: 28 Jan 2026

Venue: Nootan College of Physiotherapy, Kavathe Mahankal.

Address:

**Nootan College of Physiotherapy, Kavathe
Mahankal.**

Tal: Kavathe Mahankal, **Dist:** Sangli (Maharashtra State) Pin-
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Phone No.: 9994023549 / 8485025629

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Email: nootanbpth21@gmail.com

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**“Report on Guest Lecture on Bronchial Hygiene Therapy-
Nebuliser”**

Guest Speaker- Dr.Rajas Ved Pathak

Introduction

A guest lecture on **Bronchial Hygiene Therapy** was conducted to enhance students' knowledge about airway clearance techniques used in respiratory care. Bronchial hygiene therapy focuses on removing mucus and secretions from the airways to improve breathing and lung function in patients with respiratory disorders.

Objectives of the Lecture

- To understand the importance of airway clearance.
- To learn different techniques used in bronchial hygiene therapy.
- To understand the role of physiotherapists in respiratory management.

Overview of Bronchial Hygiene Therapy

Bronchial hygiene therapy refers to a group of techniques used to **mobilize and remove secretions from the respiratory tract**. These techniques help improve ventilation and reduce airway obstruction.

It is commonly used in conditions such as:

- Bronchial Asthma
- Chronic Obstructive Pulmonary Disease
- Pneumonia
- Cystic Fibrosis

Techniques Discussed

The speaker explained several bronchial hygiene techniques, including:

1. **Postural Drainage**
Uses different body positions to drain mucus from specific lung segments.
2. **Chest Percussion and Vibration**
Rhythmic clapping and vibration on the chest wall to loosen mucus.


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3. **Deep Breathing Exercises**

Helps expand the lungs and improve ventilation.

4. **Coughing Techniques**

Controlled coughing helps expel secretions effectively.

5. **Nebulization Therapy**

A nebulizer delivers medication in mist form to open airways and loosen mucus.

Common medications include

- Salbutamol
- Budesonide.

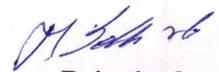
Importance in Physiotherapy

The guest lecturer emphasized that bronchial hygiene therapy plays a vital role in **respiratory physiotherapy**. Proper airway clearance helps:

- Improve oxygenation
- Reduce respiratory distress
- Prevent lung infections
- Improve overall lung function

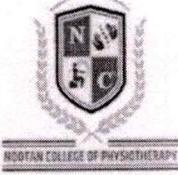
Conclusion

The guest lecture was highly informative and enhanced our understanding of bronchial hygiene therapy and its clinical applications. The session helped students gain insight into various airway clearance techniques and their importance in managing respiratory conditions.



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Rashtriya Aarogya Nyaya Sanshodhan Sanstha
NOOTAN COLLEGE OF PHYSIOTHERAPY
Narsinhgaon (Landgewadi), Kavathe Mahankal Dist- Sangli.
Ph: 02341 222738 Email- nootanbpth21@gmail.com



Ref-NCOP/OFFICE/2026/ 211

Date: 28/01/2026

APPRECIATION CERTIFICATE

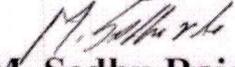
To,
Dr. Rajas Vedpathak,
Assistant Professor,
AIMS College of Physiotherapy,
Kalyan, Thane.

I thank you on behalf of Nootan college of Physiotherapy, Kavathe Mahankal, Sangli for a Guest Lecture on **“BRONCHIAL HYGIENE THERAPY: NEBULIZERS”**.

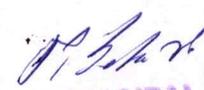
The Guest Lecture was highly appreciated by all participants. We are grateful for your time, effort and dedication.

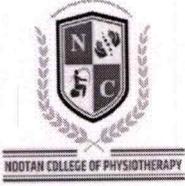
Thanking you.

Kind Regards,


Dr. M. Sedha Raja (PT)
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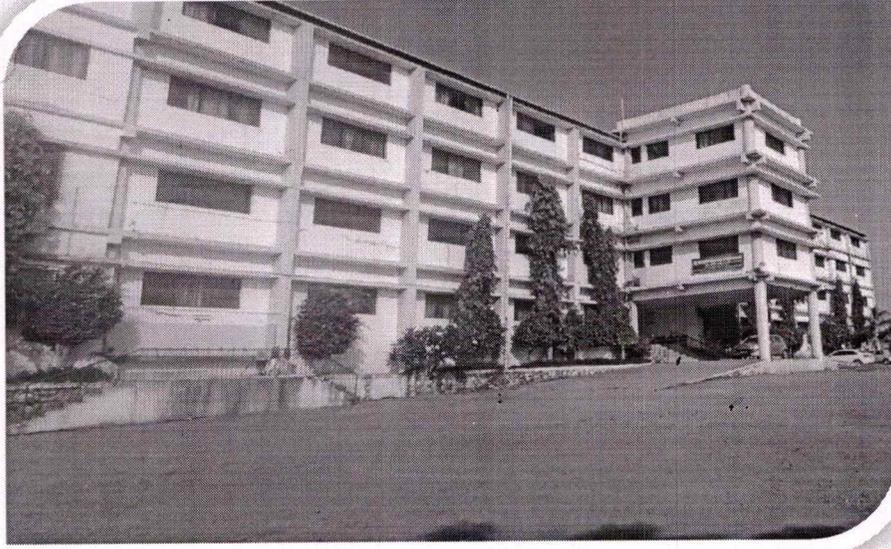


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A Brief Report on

"Guest Lecture on Healing of Fracture"



Day: Thursday

Date: 5 Feb 2026

Venue: Nootan College of Physiotherapy, Kavathe Mahankal.

Address:

**Nootan College of Physiotherapy, Kavathe
Mahankal.**

Tal: Kavathe Mahankal, Dist: Sangli (Maharashtra State) Pin-
416405

Phone No.: 9994023549 / 8485025629

Website: <https://nootanphysiotherapy.co.in>

Email: nootanbpth21@gmail.com


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“Reports on- Guest Lecture on Healing of Fracture”

Guest Speaker- Dr.Tushar Lingayat

A guest lecture on the topic “**Healing of Fracture**” was organized by the Nootan College of Physiotherapy on 5 February 2026 in the college seminar hall. The objective of the lecture was to help students understand how bone fractures occur and the process involved in their healing.

The session was delivered by **Dr. Tushar Lingayat**, a renowned orthopedic specialist with years of experience in treating bone injuries. The program began with a welcome speech by the Principal, who introduced the guest speaker and highlighted the importance of awareness about bone health and injury management.

During the lecture, Dr. Tushar Lingayat explained that a **fracture** is a break or crack in a bone caused by accidents, falls, sports injuries, or excessive pressure on the bone. He discussed the **different types of fractures**, such as simple fractures, compound fractures, greenstick fractures, and comminuted fractures.

The speaker then elaborated on the **stages of fracture healing**, which include:

1. **Hematoma Formation:** Blood clots form around the broken bone immediately after injury.
2. **Fibrocartilaginous Callus Formation:** Soft tissue begins to bridge the broken ends of the bone.
3. **Bony Callus Formation:** The soft callus is gradually replaced by hard bone.
4. **Bone Remodeling:** The bone regains its normal shape and strength over time.

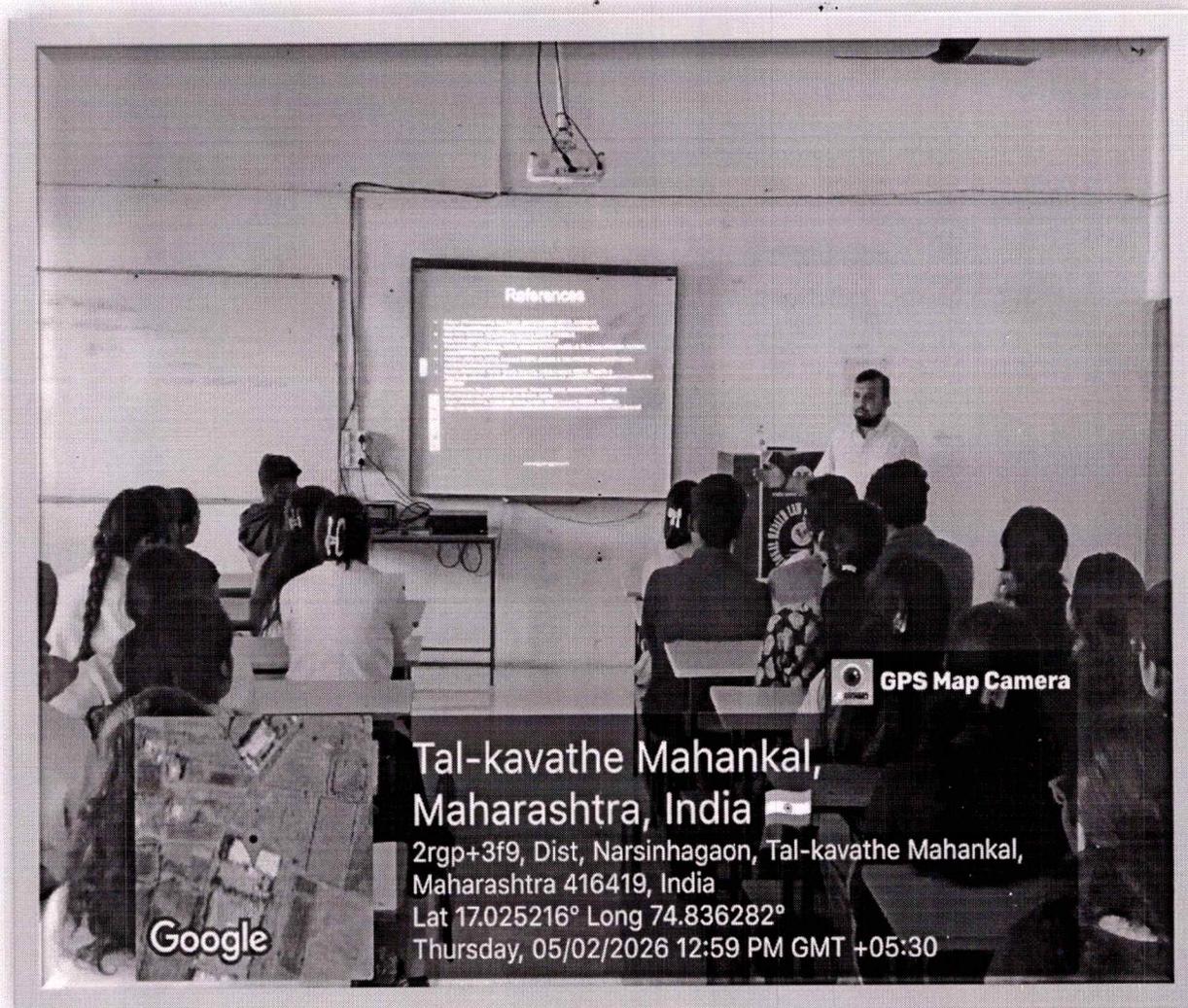
Dr. Lingayat also emphasized the importance of **proper medical treatment, immobilization of the injured area, balanced nutrition, calcium intake, and physiotherapy** for faster recovery. He advised students to take preventive measures such as maintaining strong bones through exercise and a healthy diet.

The lecture was interactive and informative. Students actively participated in the question-and-answer session and gained valuable knowledge about bone injuries and their treatment.

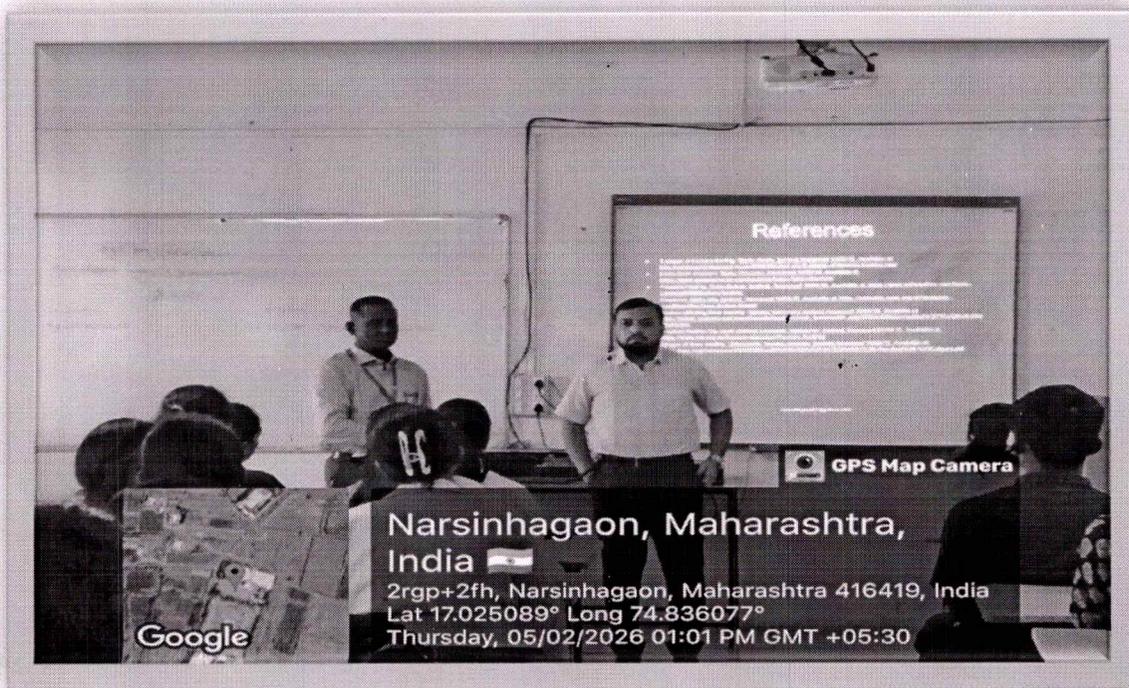

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The program concluded with a **vote of thanks**, expressing gratitude to the guest speaker for sharing his expertise and providing useful insights into the healing process of fractures. The session proved to be highly educational and beneficial for all the participants.

Photo's of the events:



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A Brief Report on

"Guest Lecture On Aerobic Exercise Training"



Day: Tuesday

Date: 3/2/2026

Venue: Nootan College of Physiotherapy, Kavathe Mahankal.

Address:

**Nootan College of Physiotherapy, Kavathe
Mahankal.**

Tal: Kavathe Mahankal, **Dist:** Sangli (Maharashtra State) **Pin-**
416405

Phone No.: 9994023549 / 8485025629

Website: <https://nootanphysiotherapy.co.in>

Email: nootanbpth21@gmail.com


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“Reports on- Guest Lecture On Aerobic Exercise Training”

Guest Speaker- Dr. Vaibhav Karpe

A guest lecture on **Aerobic Exercise and Its Importance for Health** was organized by the Nootan College of Physiotherapy on 3 February 2026 in the college seminar hall. The session aimed to create awareness among students about the importance of aerobic exercises in maintaining physical fitness and overall well-being:

The guest speaker, **Dr. Vaibhav Karpe**, is a well-known fitness trainer and health expert with extensive experience in promoting healthy lifestyles. The program began with a warm welcome by the Principal, who introduced the guest speaker and highlighted the significance of regular physical activity.

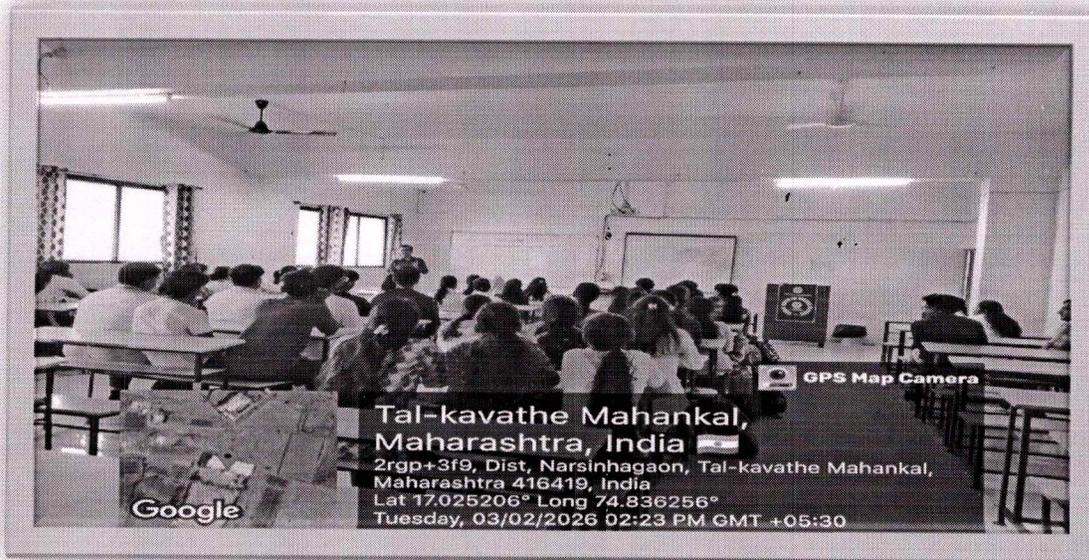
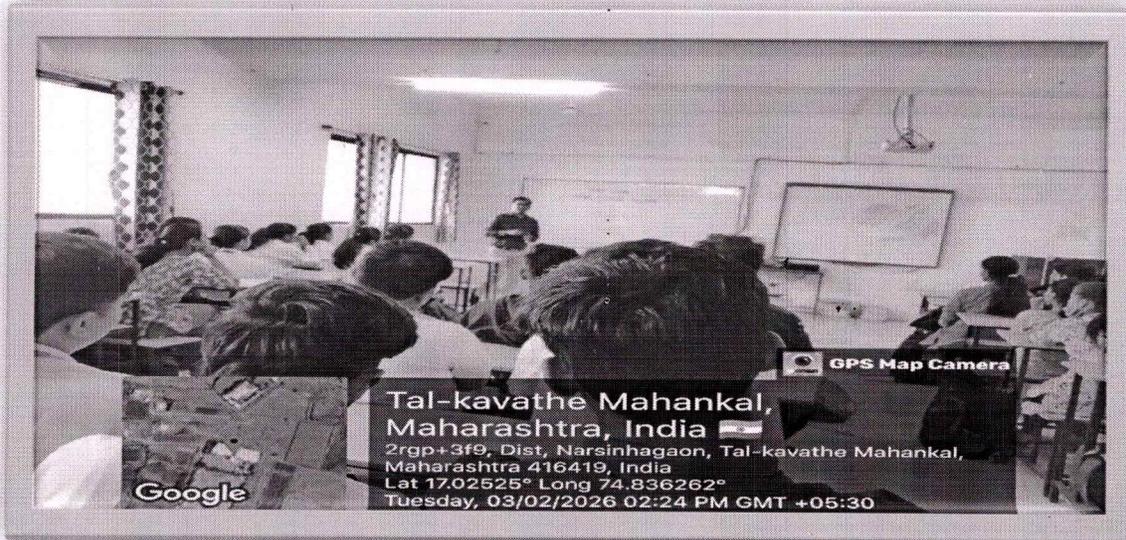
During the lecture, Dr. Karpe explained the concept of **aerobic exercise**, which includes activities such as jogging, cycling, swimming, dancing, and brisk walking. He emphasized that these exercises help improve heart health, increase lung capacity, and boost overall stamina. The speaker also discussed how aerobic workouts help in **weight management, reducing stress, improving mood, and preventing lifestyle diseases** such as obesity, diabetes, and heart problems.

The lecture included a short **demonstration of basic aerobic movements and warm-up exercises**, encouraging students to participate actively. The session was interactive, and students were given the opportunity to ask questions regarding fitness routines, diet, and maintaining a healthy lifestyle.

The program concluded with a **vote of thanks**, expressing gratitude to the guest speaker for sharing valuable knowledge and motivating students to adopt healthy habits. The lecture was informative, engaging, and highly beneficial for all the participants.

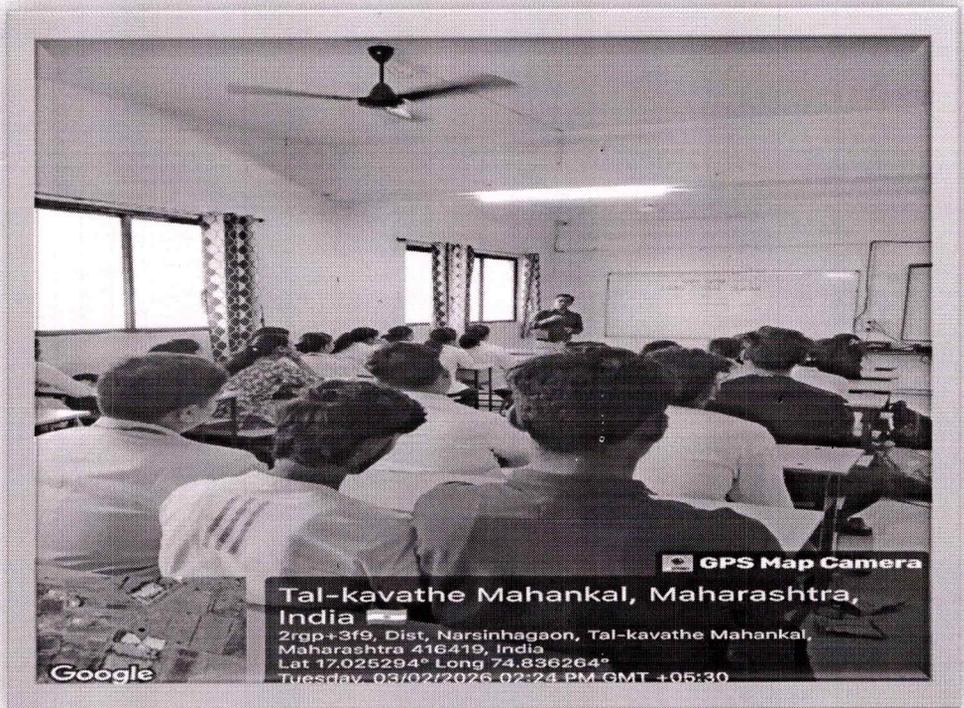
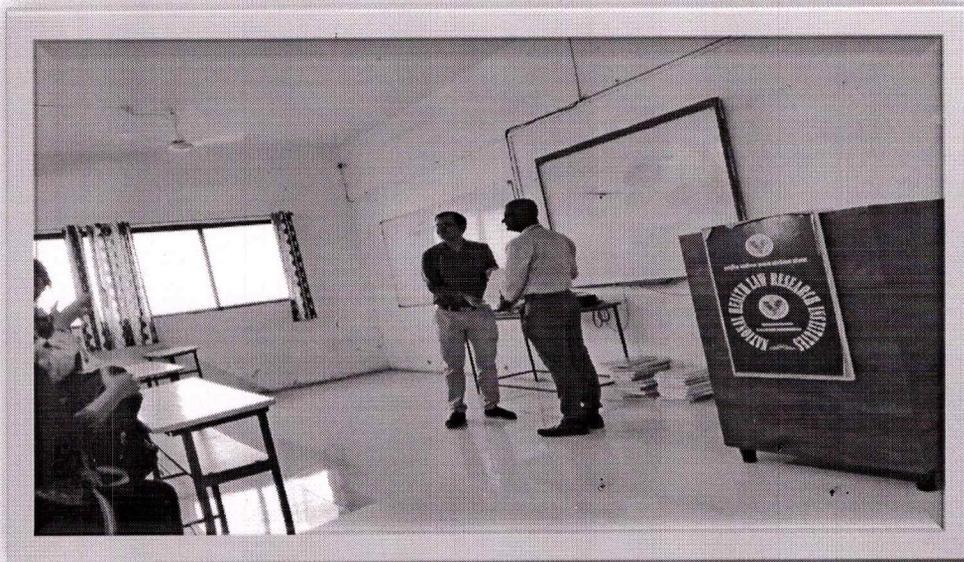


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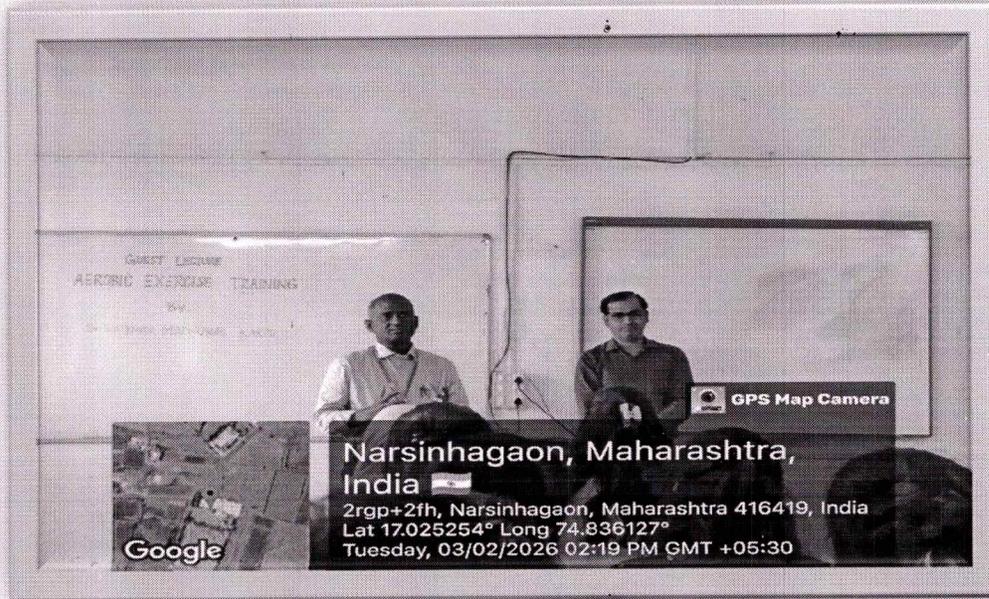
M. S. Kulkarni
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Photo's of the events:



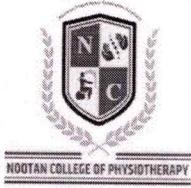
M. Subbar

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416405 Maharashtra



M. S. Patil
Principal

**Nootan College of Physiotherapy
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416405 Maharashtra**



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KAVATHE MAHANKAL.



A Brief Report on

**“Guest Lecture on Future Trends in Physiotherapy and Emerging
Technologies & Expectations”**



Day: Friday

Date: 30 Jan 2026

Venue: Nootan College of Physiotherapy, Kavathe Mahankal.

Address:

Nootan College of Physiotherapy, Kavathe Mahankal.

Tal: Kavathe Mahankal, Dist: Sangli (Maharashtra State) Pin-416405

Phone No.: 9994023549 / 8485025629

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Email: nootanbpth21@gmail.com


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“Report on Guest Lecture- Future Trends in Physiotherapy and Emerging Technologies & Expectations”

Guest Speaker- Dr. N. Gunasekaran

A guest lecture on **“Future Trends in Physiotherapy and Emerging Technologies & Expectations”** was organized by the Nootan college of Physiotherapy to enhance students’ knowledge about upcoming advancements and innovations in the field of physiotherapy.

The session was conducted on **30 January 2026**. The lecture was delivered by Dr. N. Gunasekaran, who is an experienced professional in the field of physiotherapy. The program began with a warm welcome and introduction of the guest speaker by Principal Dr.M.Sedhu Raja.

During the lecture, the speaker discussed the **rapid development of modern technologies in physiotherapy**, including advanced rehabilitation equipment, digital health tools, and innovative treatment techniques. The speaker also explained how technologies such as **robotic rehabilitation, virtual reality therapy, tele-rehabilitation, and artificial intelligence** are transforming physiotherapy practice and improving patient outcomes.

The speaker highlighted the **importance of continuous learning, research, and skill development** for physiotherapy students to keep pace with modern healthcare advancements. Students were encouraged to develop strong clinical skills while also understanding new technological tools used in rehabilitation.

The session was very **informative, interactive, and beneficial** for the students. At the end of the lecture, students actively participated in the **question-and-answer session**, where the speaker clarified their doubts and shared valuable guidance for their future careers.

The program concluded with a **vote of thanks** delivered by Dr. Nidhi Ashokan Assistant Professor, expressing gratitude to the guest speaker for sharing their knowledge and valuable insights with the students.

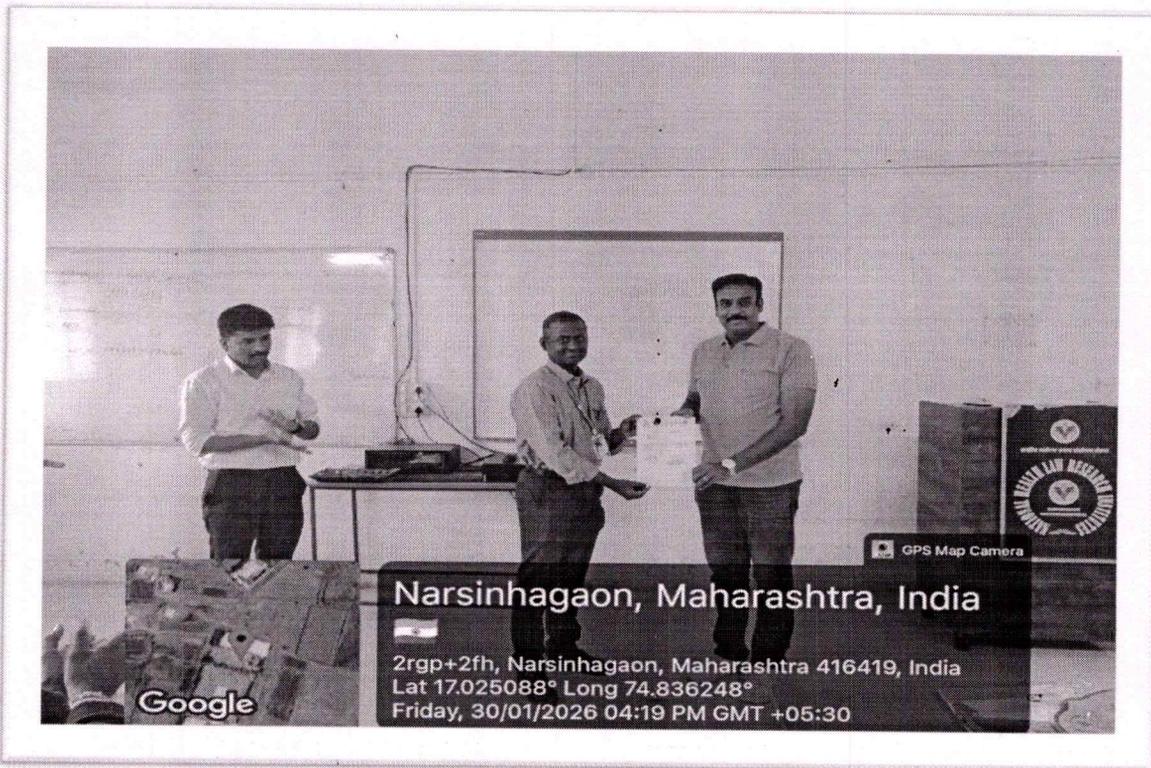
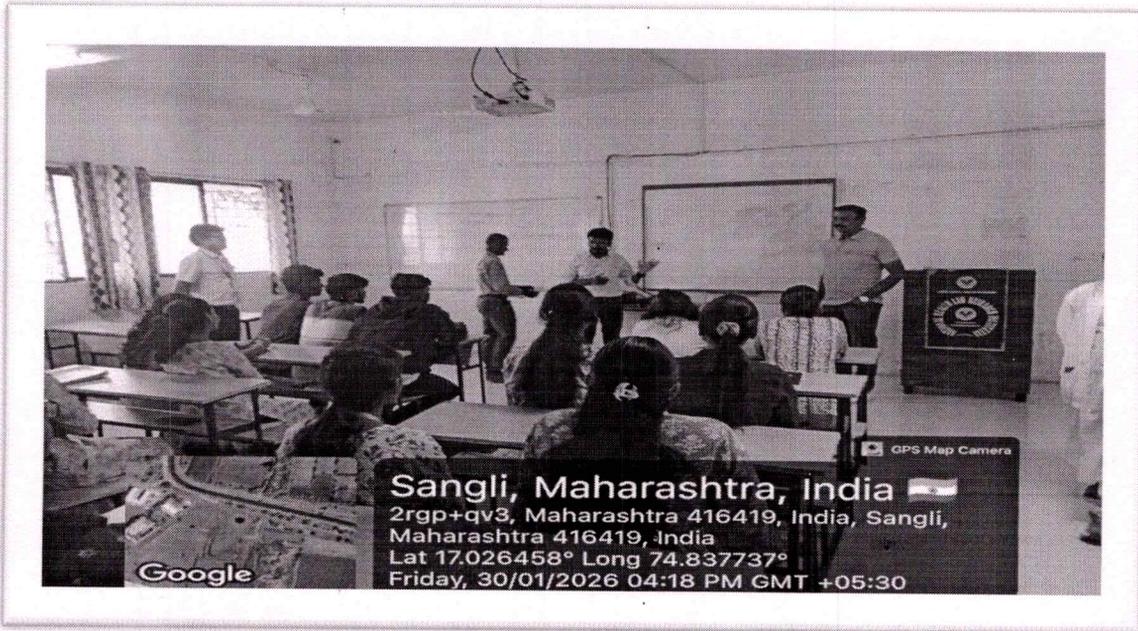
Overall, the guest lecture provided **great exposure to the future scope of physiotherapy and the role of emerging technologies in modern rehabilitation practices**.



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Photo's of the events:



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H. Bhat
Principal
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