

Maharashtra University of Health Sciences, Nashik
Physiotherapy Faculty
Inspection Committee Report for Academic Year 2026-2027
Attendance Details/Research Details/Welfare Scheme Details
Name of College/Institute: Nootan College of Physiotherapy

1	Attendance	Month-wise Biometric attendance to be uploaded by the college-on-College Website (No hard copies of attendance to be submitted to the University)
	Teaching Staff	
	Non-teaching staff	
	Hospital Staff	
	UG&PG Students	
2	Project	
	Research Articles/Publications	3-Completed
	Research Award (Student/Teacher)	1
3	Utilization of Student Welfare Schemes: -	
	Earn and Learn Scheme	Yes
	Dhanwantri Vidyadhan Scheme	Yes
	Sanjivani Student Safety Scheme	No
	Student Safety Scheme	No
	Book Bank Scheme	Yes
	Savitribai Phule Vidyadhan Scheme	Yes
Bahishal Shikshan Mandal Scheme	No	
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.	No
	iii)Information of Student(s) who participated in Cultural Activities.	No
	iv)Does the college have NSS Unit?	No
5	Whether "Swaccha Bharat Abhiyan" implemented in college	Yes

Verified by The LIC Committee Members

Dean/Principal Stamp & Signature

PRINCIPAL
Nootan College of Physiotherapy
Narsinhgaon (Landgewadi)
Kavathe Mahankal, Dist-Sangli
418405 Maharashtra

N/A
DOI: 10.7759/cureus

Multimodal Approach of Myofascial Release Trigger-Point Therapy Combined With Cryo-Stretch and Resisted Exercises on Early-Stage Quadriceps Strain in Amateur Athletes: A Randomized Controlled Trial

Sedharaja Malnichamy¹, Vivek Swaroop^{2,3}, Meghana Palkhade⁴, A Yashudas⁵

¹ Professor, SVICT's BKL Walawalkar College of Physiotherapy, Ratnagiri District, IND; ² MUSCULOSKELETAL PHYSIOTHERAPY, BKJW COLLEGE OF PHYSIOTHERAPY, CHHPLUN, IND; ³ Physiotherapy, Lovely Professional University, Phagwara, IND; ⁴ Physical Therapy, SVICT's BKL Walawalkar College of Physiotherapy, Ratnagiri District, IND; ⁵ Allied Medical Science, Lovely Professional University, Phagwara - Jalandar, IND

Corresponding author: A Yashudas, dr.andhon@gmail.com

Abstract

Background: Quadriceps strains induce discomfort, decreased range of motion, and poorer performance among amateur athletes. Cryotherapy, stretching, and strengthening are used in conventional rehabilitation; myofascial release (MFR) may improve tissue healing even more. No randomized study has looked at the combined effects of resisted exercise, cryo-stretch, and myofascial trigger point (MTyP) release for Grade I quadriceps strain, despite their clinical use.

Objective: To evaluate MTyP release to cryo-stretch and strengthening regimen enhances athletes with Grade I quadriceps strain.

Methods: 40 athletes, ages 12 to 24 took part in a 12-week RCT and were randomly assigned to the experimental group, which received the identical program plus MTyP release and to the control group, which received cryo-stretch and resistive exercises. At baseline and after the intervention, blinded assessors measured the 100-meter sprint time, knee flexion and extension using goniometry and discomfort using a visual analog scale.

Results: All outcomes showed a significant improvement for all groups, although the experimental group showed significantly. MTyP release significantly reduced pain scores (1.25 ± 0.64 vs. 3.00 ± 0.73 ; $p < 0.001$). Both knee flexion ($135.01^\circ \pm 2.70$ vs. $128.94^\circ \pm 2.02$; $p < 0.001$) and knee extension ($3.04^\circ \pm 1.82$ vs. $1.45^\circ \pm 1.22$; $p = 0.001$) increased more. The experimental group's 100-meter timings were faster (12.76 ± 0.98 vs. 13.66 ± 0.79 s; $p = 0.001$), indicating a significant improvement in sprint performance.

Conclusion: MTyP release combined with cryo-stretching and strengthening improves pain, ROM and performance in athletes with Grade I quadriceps strain.

Categories: Sports Medicine, Physical Medicine, & Rehabilitation, Pain Management

Keywords: amateur athletes, cryo-stretch, myofascial trigger point release, quadriceps strain, rehabilitation outcomes, resisted exercise

Introduction

1. INTRODUCTION

1.1 Background and Rationale

1.1.1 Overview of Quadriceps Strain in Amateur Athletes

Quadriceps muscles strains are among the most frequent injuries sustained by athletes participating in sports involving running, jumping, and kicking. Due to its biarticular nature and strong eccentric load during running and deceleration, the quadriceps group in particular, the rectus femoris is susceptible to strain [1]. Grade I strains are characterized by a slight overstretching of muscle fibers with minimum structural disruption, minor soreness, and negligible strength loss [2]. Strains are generally graded based on the degree of damage to muscle fibers. Although grade I strains are regarded as small, they can delay an athlete's return to sports by causing severe discomfort, decreased range of motion (ROM) and functional impairment. Such injuries are especially problematic for recreational and amateur athletes because effective management techniques that encourage a quick yet secure recovery are consequently essential.

1.1.2 Current Rehabilitation Approaches

Cryotherapy, therapeutic stretching, and gradual resistive strengthening are common components of conventional rehabilitation for quadriceps pain [3]. While stretching and avoid stiffness, cryotherapy is frequently utilized in the acute phase to manage inflammation and pain. To restore strength and function and get the athlete ready for return to sport activities, resisted exercise is progressively added [1]. However, these modalities could not adequately address the multifactorial character of muscle rehabilitation or poor neuromuscular activation. In order to optimize results, clinicians are placing a greater emphasis on integrated multimodal rehabilitation, which combines mechanical, thermal, and manual therapies.

1.1.3 Rationale for Combining Modalities

Recent literature supports the combination of stretching, resistive exercise, and cryotherapy to improve functional recovery after lower-limb injuries. It has been demonstrated that cryotherapy before to exercise improves quadriceps activation and counteracts arthrogenous muscle inhibition, setting the stage for later strengthening [4, 7]. In a similar vein, cryo-stretch, which involves applying ice right before stretching, improves range of motion and increases stretch tolerance by lowering muscle tone and pain perception [5]. Adding myofascial release (MFR) or trigger-point therapy may further augment outcomes by restoring fascial glide and decreasing local tissue tension [6, 10], [13]. Cryotherapy may lessen pain and inhibition, MFR may increase tissue elasticity, and resisted exercise may strengthen neuromuscular adaptation, according to theoretical synergy between these treatments.

Despite these apparent explanations, there is still a substantial data gap because no randomized controlled trial (RCT) has assessed their combined application for Grade I quadriceps strains in amateur athletes.

1.2 Evidence Base From Precedent Literature

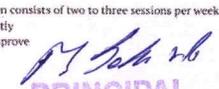
1.2.1 Cryotherapy in Quadriceps Rehabilitation

Cryotherapy is most widely used interventions for acute muscle injury. The primary mechanism of cryotherapy include reduction of local temperature, slowing of metabolism with anterior cruciate ligament.

1.2.2 Cryo-stretch technique

Cryotherapy and static or proprioceptive neuromuscular facilitation (PNF) stretching are combined in the cryo-stretch technique. Cooling before stretching allows for a greater, less painful extension of muscle fibers by reducing muscle spindle activity and pain perception [8]. Studies comparing knee injury and osteoarthritis cohorts have demonstrated that cryo-stretch outperforms stretching alone in terms of pain alleviation and range of motion [13], [14]. Typically, the regimen consists of two to three sessions per week of short-duration ice application (10-20 minutes) followed by therapist-assisted stretching. By concurrently addressing pain, muscle tone, and extensibility, this approach which was initially intended to improve

How to cite this article


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ORIGINAL RESEARCH ARTICLE

Open Access



Impact of a novel physical and electrotherapy in bilateral knee osteoarthritis

Sedhuraja Malaichamy¹, Meghana Palkhade¹, Vivek Swaroop² and A. Yashudas^{3*}

Abstract

Introduction A cure for osteoarthritis is unknown. However, lessen the discomfort and symptoms by implementing several lifestyle changes and therapies. Reducing discomfort, enhancing joint mobility, and halting more joint injury are the goals of therapy.

Purpose To evaluate the combined effect of wax therapy, Ultrasound therapy, Interferential therapy, stretching and resisted exercises when compare to Pulsed shortwave diathermy and resisted exercise among bilateral osteoarthritis knee patients.

Methods This was a randomized controlled trial conducted on participant aged above 45 with Bilateral knee osteoarthritis, in the Outpatient Physiotherapy Department, B.K.L Walawalkar Rural Medical Hospital, Sawarde, Maharashtra. The outcome measure used were Visual Analogue Scale for pain, Goniometer for bilateral knee flexion and extension Range of Motion, and Western Ontario and McMaster Universities Osteoarthritis Index.

Result There were significant improvements in the experimental group and control group in terms of the pre-test and post-test scores for the Pain by VAS ($p=0.000 < 0.05$), average both knee flexion ROM by goniometry ($p=0.000 < 0.05$), average both knee extension ROM by goniometry ($p=0.000 < 0.05$), speed 50 Meters (in distance/time) ($p=0.000 < 0.05$) and WOMAC by physiotherapy ($p=0.000 < 0.05$).

Conclusion The combined effect of Paraffin Wax Therapy, Ultrasound therapy, Interferential therapy, stretching, and resisted exercises in bilateral osteoarthritis knee patients significantly relieved the knee pain with increased knee flexion/extension range of motion, increased speed of walking for 50 m on floor and improved WOMAC Score when compare to pulsed shortwave diathermy with resisted exercises.

Keywords Paraffin Wax Bath Therapy, Ultrasound Therapy, Interferential Therapy, Stretching, Pulsed Shortwave Diathermy, Resisted exercise, Bilateral knee osteoarthritis

Introduction

Osteoarthritis (OA) of the knee, often called degenerative joint disease, is usually caused by the gradual loss of articular cartilage due to wear and strain. It is most commonly associated with pain, stiffness, swelling, reduced exercise tolerance, difficulty climbing stairs, increased risk of fall, and decreased cadence. It is especially prevalent in the elderly and comes in primary and secondary forms: Articular degeneration with no discernible underlying cause is known as primary osteoarthritis. The

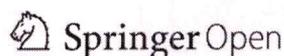
*Correspondence:

A. Yashudas
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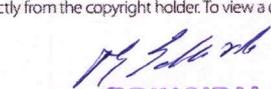
¹ SVJCT's B.K.L Walawalkar College of Physiotherapy, Sawarde, Ratnagiri District, Maharashtra, India

² SVJCT's B.K.L Walawalkar College of Physiotherapy, Sawarde, Ratnagiri District, Maharashtra, India

³ School of Allied Medical Science, Lovely Professional University, Phagwara, Punjab, India

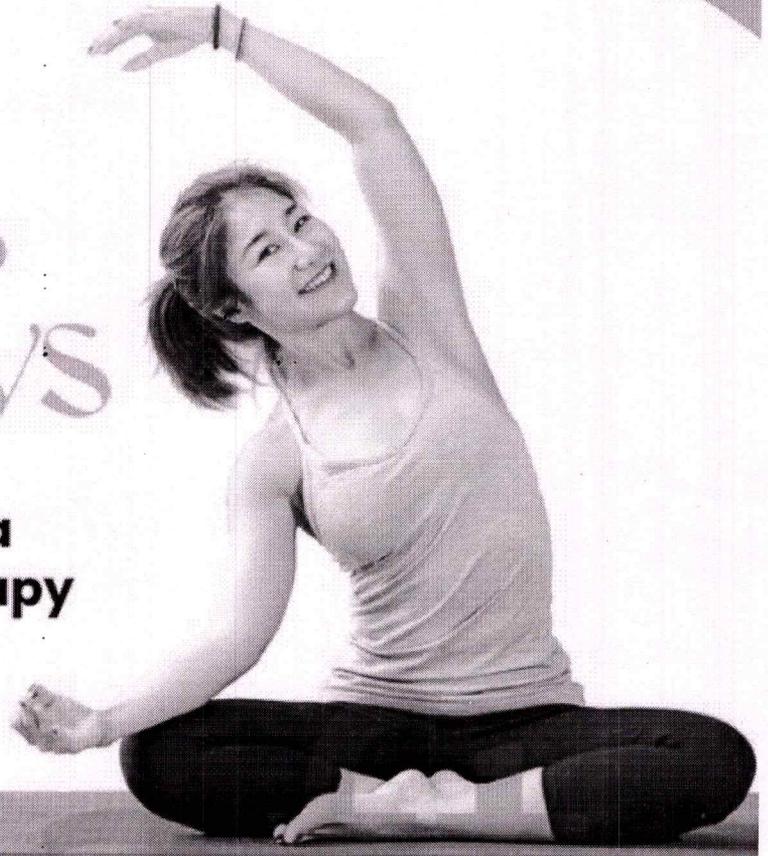


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416405 Maharashtra

Props as Pathways

Bridging Yoga and Physiotherapy for Optimal Recovery



Atharv Pawar
Physiotherapy
Blogger, BPT Student
(Tanmayi College of
Physiotherapy,
Nashik)

Healing is most effective when the body, mind, and movement are addressed together. The integration of Yoga and Physiotherapy creates a holistic rehabilitation pathway that restores physical function while nurturing awareness and emotional balance. Physiotherapy emphasizes evidence-based correction of movement dysfunctions, muscle strengthening, and functional recovery. Yoga complements this by enhancing flexibility, breath regulation, mindfulness, and inner stability.

Dr. Anita Singh (PT)
MPT (Sports), Sports
Physiotherapist, Assistant
Professor (Nootan College
of Physiotherapy, Sangli)

At the intersection of these two disciplines lies a powerful yet often understated tool: props. In yoga, props encourage safety, confidence, and accessibility, allowing individuals to progress at their own pace. In physiotherapy, props act as therapeutic instruments that assist in activation, alignment, and

neuromuscular retraining. Together, they bridge limitation and potential, transforming recovery into a supportive, patient-centered journey.

Yoga: Motion with Awareness

Yoga transforms movement into a mindful experience

where breath, posture, and awareness work in harmony. Rooted in Patanjali's Ashtanga Yoga, it encompasses eight interconnected limbs—ethical living (Yama, Niyama), physical postures (Asana), breath control (Pranayama), sensory withdrawal (Pratyahara), concentration (Dharana), meditation


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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/2024-25/ 86

Date: 28/07/2025

To,

The Director
Student Welfare Department
Maharashtra University of Health Sciences
Vani Dindori Road, Mhasrul,
Nashik-422004

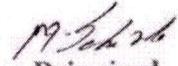
Sub: Regarding submission of **Dhanwantri Scheme** applications

Respected Sir/Madam,

With reference to the above cited subject, we have received Circular no **03/2025** and outward No: **MUHS/SW/Scheme/436/2025** dated on **02/04/2025**. Later, we have received Circular no **17/2025** and outward No: **MUHS/SW/Scheme/964/2025** dated on **30/06/2025** regarding enrollment of students under Dhanvantari scheme.

We have already submitted two applications in online and later printed out. We have enclosed a **Printout of the online application forms** of the students for the Dhanvantari Scheme with our college seal and signature of Principal along with this letter.

Kindly do needful


Principal
PRINCIPAL

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


PRINCIPAL

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NOOTAN COLLEGE OF PHYSIOTHERAPY

Narsinhgaon (Landgewadi), Kavathe Mahankal Dist.- Sangli.

Ph: 02341 222738 Email- nootanbpth21@gmail.com



Ref-NCOP/OFFICE/2024-25/ 85

Date: 26/07/2025

To,
The Director
Student Welfare Department
Maharashtra University of Health Sciences
Vani Dindori Road, Mhasrul,
Nashik-422004

Sub: Regarding submission of **Dhanwantri Scheme** applications

Respected Sir/Madam,

With reference to the above cited subject, we have received Circular no 03/2025 and outward No: MUHS/SW/Scheme/436/2025 dated on 02/04/2025. Later, we have received Circular no 17/2025 and outward No: MUHS/SW/Scheme/964/2025 dated on 30/06/2025 regarding enrollment of students under Dhanvantari scheme.

We have already submitted two applications in online and later printed out. We have enclosed a **Printout of the online application forms (2)** of the students for the Dhanvantari Scheme with our college seal and signature of Principal along with this letter.

Kindly do needful

26/07/24
महाराष्ट्र आरोग्य विज्ञान विद्यापीठ
म्हसळ, वणी-दिंडोरी रोड, नाशिक - 422 004

M. S. Patil
Principal
PRINCIPAL

Nootan College of Physiotherapy
Narsinhgaon (Landgewadi)
Kavathe Mahankal Dist-Sangli
416405 Maharashtra

M. S. Patil
PRINCIPAL

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

*College

*Academic Year

*Notification

Back

Notification is expired

Scheme Criteria : The eligibility criteria of students who are eligible to apply for this scheme is shown below

NRI : No Intern : No OMS : No Gender : Any Management Quota : Any Stipend Earner : No
 Annual Income (₹) : 800000 Course Type : Under Graduate, Post Graduate

Export

<input type="checkbox"/>	Enrollment No.	Student Name	Gender	Annual Income(₹)	Category	Sub Category	Course Type	Status
<input type="checkbox"/>	> TEMP-304840	INAMDAR AQSA ANWAR	Female	81000.00	General / Open		Under Graduate	Sent to University f...
<input type="checkbox"/>	> TEMP-304773	PATIL JANHAVI RAMCHANDRA	Female	339000.00	Other Backward Classes		Under Graduate	Sent to University f...
<input type="checkbox"/>	> TEMP-305173	GAIKWAD SNEHA KRUSHNA	Female	52000.00	Economically Weaker...		Under Graduate	Sent to University f...
<input type="checkbox"/>	> TEMP-304379	BANE SNEHAL SADANAND	Female	80000.00	General / Open		Under Graduate	Sent to University f...

Showing 1-4 of 4 entries

Showing 100 entries


 PRINCIPAL
 Nootan College of Physiotherapy
 Narsinghlon (Landgewadi)
 Kavathe Mahankal, Dist-Sangli
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Rashtriya Aarogya Nyaya Sanshodhan Sanstha

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OASIS Educational Campus M.G. Road Narsinhgaon

(Landgewadi), Kavathe Mahankal Dist- Sangli

Ph: 02341 222738 Email- nootanbpth21@gmail.com



Ref No: NCOP/Office/2026/

Date:21/02/2026

To,
The Director
Student Welfare Department
Maharashtra University of Health Sciences
Vani Dindori Road, Mhasrul,
Nashik-422004

Sub: Regarding sending the receipt of the grant amount to the eligible student of Dhanvantari Scheme to MUHS

Ref: Your Letter outward no. जा. क्र मआविवि/वि.क./योजना/१९६४/२०२५ dated on 30/12/2025

Respected Sir/Madam,

With reference to the above cited subject, we have received Your Letter outward no. जा. क्र मआविवि/वि.क./योजना/१९६४/२०२५ dated on 30/12/2025. We are sending a receipt of the grant amount Rs.6342/-for the one eligible student to the Dhanvantari Scheme 2024-25, along with the signature and stamp of the bank manager.

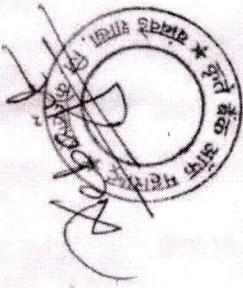



Principal
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Kavathe Mahankal, Dist-Sangli
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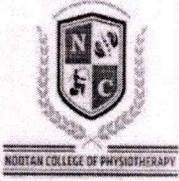
Maharashtra University Of Health Sciences, Nashik

Dhanvantari Vidyadhan Yojana Academic Year 2024-25 Eligible Student List

Sr. No.	Name of Student	Name of College	Name of Bank and Branch	Amt. to Dis.	Date	Stamp & Signature of Bank Manager
1	Janhavi Ramchandra Patil	Nootan College of Physiotherap, Sangali	Bank of Maharashtra, Bambwade Branch	6342	24/12/2025	

H. Bhat

PRINCIPAL
Nootan College of Physiotherapy
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Rashtriya Aarogya Nyaya Sanshodhan Sanstha
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Ref-NCOP/OFFICE/2025/97

Date: 21/08/2025

To,
The Director
Student Welfare Department
Maharashtra University of Health Sciences
Vani Dindori Road, Mhasrul,
Nashik-422004

Sub: Regarding submission of **Savitribai Phule Girls Scholarship Scheme** applications

Respected Sir/Madam,

With reference to the above cited subject, we have received Circular no **14/2025** and outward No: **MUHS/SW/Scheme/902/2025** dated on **20/06/2025** regarding enrollment of students under Savitribai Phule Girls Scholarship Scheme. Later, we have received Circular no **24** and outward No: **MUHS/SW/Scheme/1264/2025** dated on **08/08/2025** regarding date Extension Savitribai Phule Girls Scholarship Scheme.

We are pleased to forward the application of students of our college, for the MUHS Savitribai Phule Girls Scholarship Scheme. We have reviewed the application and confirmed that the student meets the eligibility criteria laid down by the University for the Savitribai Phule Girls Scholarship Scheme.

We humbly request you to consider the applications of these deserving students for the Savitribai Phule Scholarship Scheme. We have attached the student's complete applications along with the required supporting documents for your reference.

Kindly do needful



P. S. Phule
Principal
PRINCIPAL
Nootan College of Physiotherapy
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Kavathe Mahankal, Dist-Sangli
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P. S. Phule
PRINCIPAL
Nootan College of Physiotherapy
Narsinhaon (Landgewadi)
Kavathe Mahankal, Dist-Sangli
416405 Maharashtra

Savitribai Phule Girls Scholarship Yojana

*College

*Academic Year

*Notification

Back

Notification is expired

Scheme Criteria : The eligibility criteria of students who are eligible to apply for this scheme is shown below

NRI : No **Intern : No** **OMS : No** **Gender : Females only** **Management Quota : Any** **Stipend Earner : No**
Annual Income (₹) : 800000 **Course Type : Under Graduate, Post Graduate**

Export

<input type="checkbox"/>	Enrollment No.	Student Name	Gender	Annual Income(₹)	Category	Sub Category	Course Type	Status
<input type="checkbox"/>	> TEMP-305162	KORKE SANJANA NITIN	Female	80000.00	General / Open		Under Graduate	Sent to University f...
<input type="checkbox"/>	> TEMP-305157	PATIL TANISHKA DIPAK	Female	47000.00	General / Open		Under Graduate	Sent to University f...

Showing 1-2 of 2 entries

Showing 100 entries


PRINCIPAL
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Ref-NCOP/OFFICE/2025/ 96

Date: 20/08/2025

To.

The Director
Student Welfare Department
Maharashtra University of Health Sciences
Vani Dindori Road, Mhasrul,
Nashik-422004

Sub: Regarding submission of **Earn and Learn Scheme** applications

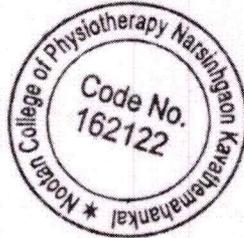
Respected Sir/Madam,

With reference to the above cited subject, we have received Circular no 13/2025 and outward No: **MUHS/SW/Scheme/901/2025** dated on 20/06/2025 regarding enrollment of students under Earn and Learn Scheme. Later, we have received Circular no 24 and outward No: **MUHS/SW/Scheme/1264/2025** dated on 08/08/2025 regarding date Extension Earn and Learn Scheme.

We are pleased to forward the application of students of our college, for the MUHS Earn and Learn Scheme. We have reviewed the application and confirmed that the student meets the eligibility criteria laid down by the University for the Earn and Learn Scheme.

We request your kind consideration and approval for students' enrolment in the scheme for the upcoming academic year. We have attached the student's complete applications along with the required supporting documents for your reference.

Kindly do needful



[Signature]
Principal
PRINCIPAL

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

[Signature]
PRINCIPAL
Nootan College of Physiotherapy
Narsinhgaon (Landgewadi)
Kavathe Mahankal, Dist-Sangli
416405 Maharashtra

***College**

***Academic Year**

***Notification**

Back

Notification is expired

Scheme Criteria : The eligibility criteria of students who are eligible to apply for this scheme is shown below

NRI : No Intern : No OMS : No Gender : Any Management Quota : No Stipend Earner : No
 Annual Income (₹) : 800000 Course Type : Under Graduate

Export

<input type="checkbox"/>	Enrollment No.	Student Name	Gender	Annual Income(₹)	Category	Sub Category	Course Type	Status
<input type="checkbox"/>	T...	CHOUGALE AISHWARYAARUN	Female	48000.00	Socially and Economically...	SEBC	Under Graduate	Sent to University f...
<input type="checkbox"/>	TEMP-304326	KHARAT ANJALI SHRIPATI	Female	50000.00	Nomadic Tribes (C)/Noma...		Under Graduate	Sent to University f...
<input type="checkbox"/>	TEMP-304756	SHAIKH SHAISTA LAYAK	Female	40000.00	General / Open		Under Graduate	Sent to University f...
<input type="checkbox"/>	TEMP-305153	BHAND SHIVANI BAPU	Female	46000.00	Nomadic Tribes (C)/Noma...		Under Graduate	Sent to University f...
<input type="checkbox"/>	T...	NILLE SHREYA SANTOSH	Female	60000.00	Economically Weaker...		Under Graduate	Sent to University f...
<input type="checkbox"/>	TEMP-305165	VANJARI VAISHNAV VAISHNAV	Male	47500.00	Scheduled Caste		Under Graduate	Sent to University f...

Showing 1-6 of 6 entries

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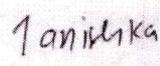
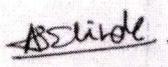
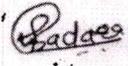
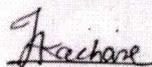

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 Kavathe Mahankal, Dist. Sangli
 416405 Maharashtra

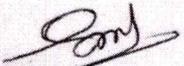
NATIONAL HEALTH LAW RESEARCH INSTITUTE
NOOTAN COLLEGE OF PHYSIOTHERAPY

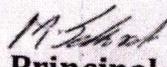
NARSIHGAON (LANDGEWADI) KAVATHE MAHANKAL

Student Book Bank List (2024-25)

PHYSIOTHERAPY- I

Sr.No.	Name of Student	Signature
1	Aakansha Ramesh Bansode	
2	Tanishka Satish Sonawane	
3	Abhedika Suresh Shinde	
4	Sakshi Yuvraj Sadare	
5	Indrajit Anil Kachare	


Librarian


Principal
Nootan College of Physiotherapy
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Kavathe Mahankal, Dist-Sangli
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416405 Maharashtra

Rashtriya Aarogya Nyaya Sanshodhan Sanstha

NOOTAN COLLEGE OF PHYSIOTHERAPY

Library Book Bank Form

Name [In Capital] AAKANSHA RAMESH BANSODE

Course: - BPTH Year: 1st Roll No. 2403

Book Bank Rec. No.

Address MARUTI NAGAR NEAR G.L COMPOUND

J.I.T MAIN GATE POWAI - 76

Contact - Phone No. 9326451516



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Kavathe Mahankal, Dist-Sangli
416406 Maharashtra

BOOKS RECEIVED

[To be filled only when you actually received]

Acc.No.	Name of the book	Author	Price Rs.	Date of Issue	For office use only [Date of Return, Checked by]
PH000197	Human Histology	Neelam Vasudeo	225	17/12/24	
PH00088	clayton's Electrothrap	Angela Forster	450	17/12/24	
PH00028	Exercise Therapy	Dena Gardiner	425	17/12/24	

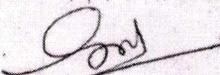
RULES AND INSTRUCTIONS

1. The Application once accepted is valid for one full academic year
2. Issue of the books is subject to availability. The books will be issued to the students only and not to be any representative. Returns can be through anyone.
3. All Students who are availing the Facility must ensure returning the entire sheet of book provided then within two days of completion of their final examination in the concerned year.
4. If any students availing the Facility loses the book / damages the book / disfigures the book, he/she shall replace the volumes with new book [or pay the current cost of books plus fine, if any as may be directed by authority].

UNDERTAKING:

I, AAKANSHA RAMESH BANSODE hereby undertake that, if I am given Text Book bank, I shall use the same with utmost care: that I shall return the books as soon as the annual exams are over or even earlier if I am asked to do so and that I shall abide by the rules of the book bank.

Date: 17/12/2024


Signature of Librarian & seal


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Kavathe Mahankal, Dist-Sangli
416406 Maharashtra


Student Signature

Rashtriya Aarogya Nyaya Sanshodhan Sanstha

NOOTAN COLLEGE OF PHYSIOTHERAPY

Library Book Bank Form

Name [In Capital]... TANISHKA . SATISH . SONAWANE

Course: - BPTH Year... 1st Roll No. 2436

Book Bank Rec. No.

Address 43, Aakash residency, majewadi,

near railway gate, julesolapur, solapur 413004.

Contact - Phone No. 8767965995



(Principal Signature with Seal)
Naraingaon (Landgewadi)
Kavathe Mahankal, Dist-Sangli
416405 Maharashtra

BOOKS RECEIVED

[To be filled only when you actually received]

Acc.No.	Name of the book	Author	Price Rs.	Date of Issue	For office use only [Date of Return, Checked by]
PH00196	Human Histology	Neelam Vasudeva	525	17/12/24	
PH00197	The Principle of Exercise Therapy	Dena Goodwin	450	17/12/24	
PH00384	Clatw's Electrotherapy	Nigel Palastanga	425	17/12/24	

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UNDERTAKING:

I, Tanishka Sonawane hereby undertake that, if I am given Text Book bank, I shall use the same with utmost care: that I shall return the books as soon as the annual exams are over or even earlier if I am asked to do so and that I shall abide by the rules of the book bank.

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416405 Maharashtra

Tanishka
Student Signature

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NOOTAN COLLEGE OF PHYSIOTHERAPY

Library Book Bank Form

Name [In Capital] ABHEDIKA SURESH SHINDE

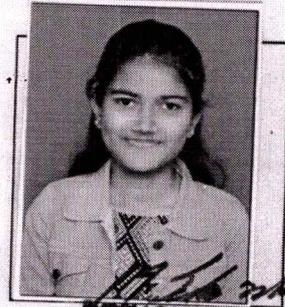
Course: - BPTH I Year Ist Roll No. 2434

Book Bank Rec. No.

Address A/P - SHIPUR, Tal - Miraj

Dist - Sangli

Contact - Phone No. 9359600799



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Kavathe Mahankal, Dist-Sangli
416405 Maharashtra

BOOKS RECEIVED

[To be filled only when you actually received]

Acc.No.	Name of the book	Author	Price Rs.	Date of Issue	For office use only [Date of Return, Checked by]
PH000195	Human Histology	Neelam Vasdeva	525	17/12/24	
PH00023	Exercise Therapy	Dena Gardiner	450	17/12/24	
PH000882	Clyton's Electrotherapy	Angela forster	425	17/12/24	

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UNDERTAKING:

I, Abhedika Suresh Shinde hereby undertake that, if I am given Text Book bank, I shall use the same with utmost care: that I shall return the books as soon as the annual exams are over or even earlier if I am asked to do so and that I shall abide by the rules of the book bank.

Date: 17/12/2024


Signature of Librarian & seal


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Assu nole
Student Signature

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NOOTAN COLLEGE OF PHYSIOTHERAPY

Library Book Bank Form

Name [In Capital]... SAKSHI YUVRAJ SADARE

Course: - BPTH Year 1st Roll No. 2429

Book Bank Rec. No.

Address A/P Sangli Tal - miraj Dist - Sangli

Swapnagri Vishrambag, sangli

Contact - Phone No. 8625948595



Principal
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416405 Maharashtra

BOOKS RECEIVED

[To be filled only when you actually received]

Acc.No.	Name of the book	Author	Price Rs.	Date of Issue	For office use only [Date of Return, Checked by]
P1000021	Clayton's Electrotherapy	Angela Forster	425	17/12/24	
P1000025	Exercise Therapy	Dina Gardiner	450	17/12/24	
P1000203	Human Histology	Neebam Vasudeva	525	17/12/24	

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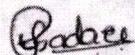
UNDERTAKING:

I, Sakshi Yuvraj Sadare hereby undertake that, if I am given Text Book bank, I shall use the same with utmost care: that I shall return the books as soon as the annual exams are over or even earlier if I am asked to do so and that I shall abide by the rules of the book bank.

Date: 17/12/2024


Signature of Librarian & seal


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Student Signature

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NOOTAN COLLEGE OF PHYSIOTHERAPY

Library Book Bank Form

Name [In Capital] INDRAJIT ANIL KACHARE

Course: - BPTH Year 1st Roll No. 2410

Book Bank Rec. No.

Address AP - Wakeshwar, Tal - Khatav

Dist - Satara 415506

Contact - Phone No. 8237573834



Principal Signature with Seal
Nootan College of Physiotherapy
Narainhg. on (Landgewadi)
Kavathe Mahankal, Dist - Sangli
416405 Maharashtra

BOOKS RECEIVED

[To be filled only when you actually received]

Acc.No.	Name of the book	Author	Price Rs.	Date of Issue	For office use only [Date of Return, Checked by]
PH000386	Claytons Electrophysiology	Angela Forster	425	17/12/24	
PH000027	Human Histology	Neelam Varadava	525	17/12/24	
PH000019	Exercise Therapy	Dina Berndtson	450	17/12/24	

RULES AND INSTRUCTIONS

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UNDERTAKING:

I, Indrajit Anil Kachare hereby undertake that, if I am given Text Book bank, I shall use the same with utmost care; that I shall return the books as soon as the annual exams are over or even earlier if I am asked to do so and that I shall abide by the rules of the book bank.

Date: 17/12/2024

[Signature]
Signature of Librarian & seal

[Signature]
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416405 Maharashtra

[Signature]
Student Signature



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



A Brief Report on

" SWACCHATA ABHIYAN "



Day: Thursday

Date : 10 Sept 2024

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.: (02341)222737

[Signature]

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Kavathe Mahankal, Dist-Sangli
416405 Maharashtra**

[Signature]

PRINCIPAL

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NOOTAN COLLEGE OF PHYSIOTHERAPY
KAVATHE MAHANKAL.

REPORTS ON SWACCHATA ABHIYAN

Introduction:

On the 10th of September 2024, Nootan College of Physiotherapy, under the aegis of the National Service Scheme (NSS), conducted a Swachhata Abhiyan (Cleanliness Drive) as part of its ongoing commitment to promoting cleanliness and environmental sustainability. The event was organized with the permission and guidance of the Principal and the Head of Department (HOD) of the institution.

Objectives:

1. To enhance cleanliness and hygiene within the college premises.
2. To foster a sense of responsibility among students towards maintaining a clean environment.
3. To contribute to the broader Swachh Bharat Abhiyan (Clean India Mission) initiated by the Government of India.

Activities Undertaken:

1. **Cleanliness Drive:**
 - o The NSS volunteers, along with students and faculty members, engaged in a comprehensive cleanliness drive across various parts of the college campus, including classrooms, laboratories, administrative blocks, and outdoor areas.
 - o Participants were equipped with necessary cleaning materials such as brooms, dustpans, and garbage bags.
2. **Waste Segregation:**
 - o Efforts were made to segregate waste into biodegradable and non-biodegradable categories.
 - o Awareness was raised about the importance of proper waste management and recycling.
3. **Awareness Campaign:**
 - o Short sessions were conducted to educate students and staff about the significance of maintaining cleanliness and the impact of waste on the environment.
 - o Pamphlets and posters were distributed to reinforce the message of cleanliness and hygiene.
4. **Feedback and Reflection:**
 - o After the completion of the cleanliness drive, participants shared their experiences and reflections on the importance of such initiatives.
 - o Feedback was collected to improve future activities and ensure sustained involvement in cleanliness efforts.

M. S. D. S.

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416405 Maharashtra

M. S. D. S.

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Narsinhgaon (Landgewadi)
Kavathe Mahankal, Dist-Sangli
416405 Maharashtra

Outcomes:

1. Enhanced Cleanliness:

- o Significant improvement in the cleanliness of the college campus was observed, with litter and waste effectively managed and removed.

2. Increased Awareness:

- o Participants demonstrated a heightened awareness of cleanliness issues and the importance of maintaining a clean environment.

3. Community Engagement:

- o The event fostered a sense of community and teamwork among students and staff, reinforcing collective responsibility towards cleanliness.

Acknowledgments:

We extend our gratitude to the Principal and HOD for their support and guidance in making this event successful. Special thanks to all the NSS volunteers, students, and faculty members who actively participated and contributed to the success of the Swachhata Abhiyan.

Conclusion:

The Swachhata Abhiyan at Nootan College of Physiotherapy was a significant step towards fostering a cleaner and more hygienic environment within the college. Through collective efforts and awareness-building, the initiative has contributed positively to the Swachh Bharat Abhiyan and has set a precedent for future cleanliness drives.



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Photo's of the event



M. Subbarao
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M. Subbarao
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