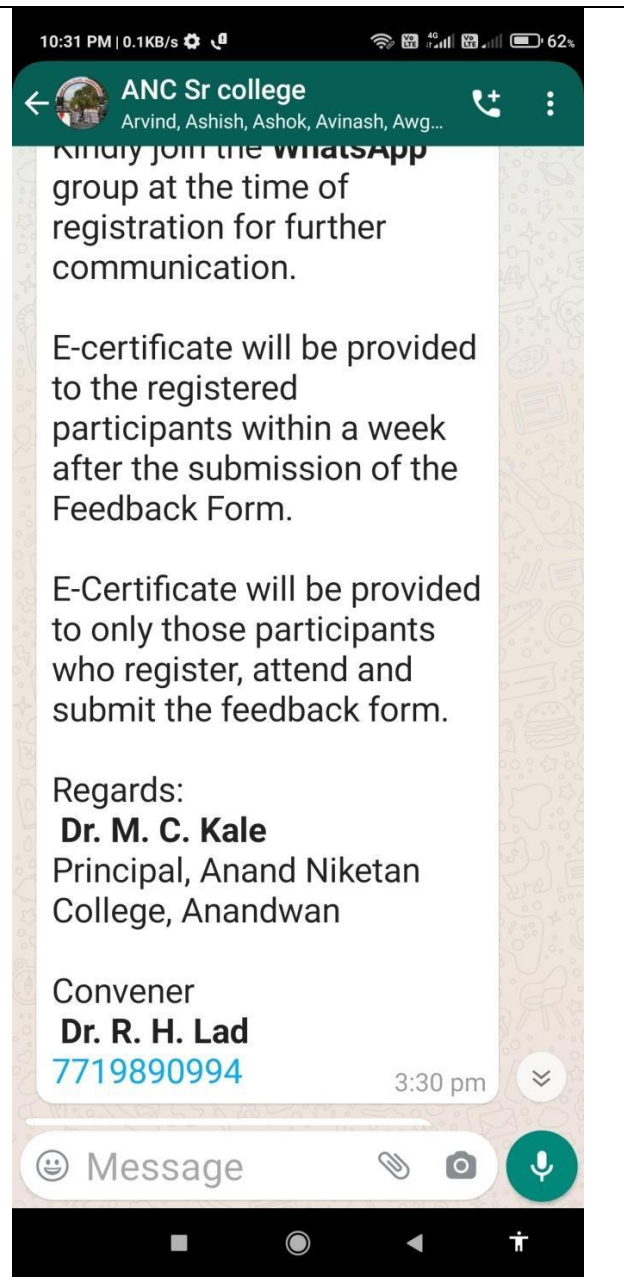
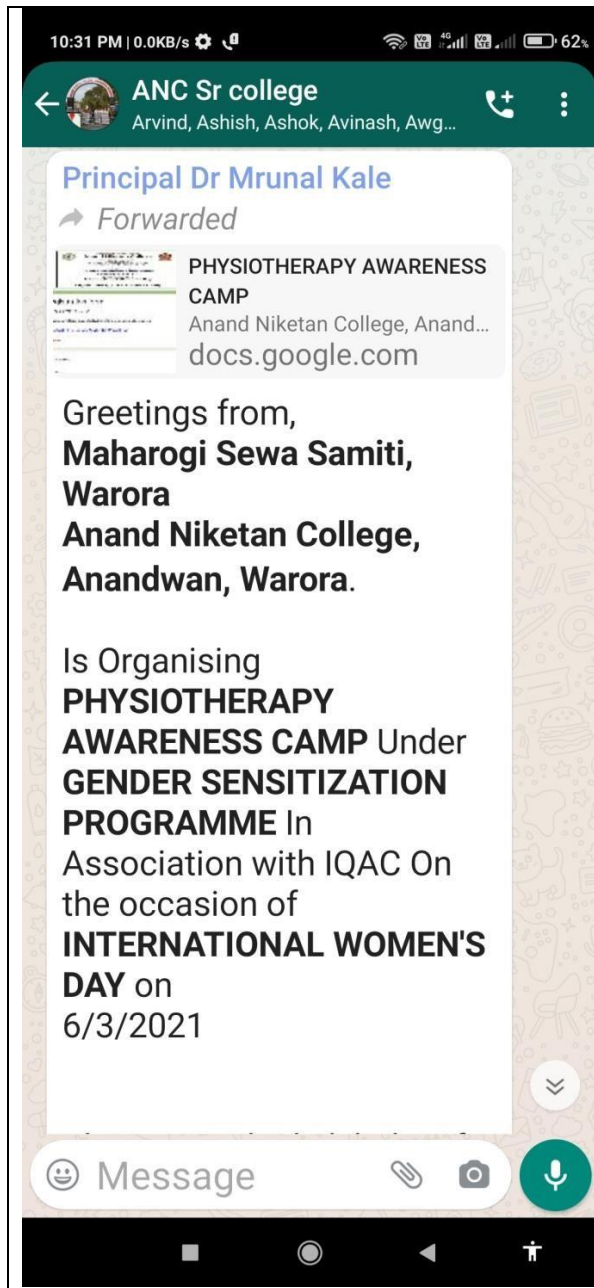


ACTIVITY- 1 (GENDER)

Physiotherapy Awareness Camp under Gender Sensitization Programme

NOTICE ON WHATSAPP GROUP



Gender Sensitization Programme in association with IQAC and Women Counselling Cell on the Occasion of International Women's Day

Topic: Physiotherapy Awareness Camp

Cordinator: Dr. Ranjana J. Lad

Members:

Date : 06/03/2021

Resource Person: Ms. Sonal Bhagat

Indian Association of Physiotherispt, Nagpur

No. of Participants:

Objective: To create awareness about concept of PHYSIOTHEARPY among students and faculties

To imbibe the skill and techniques, if someone is affected by injury, illness or disability

Students should acquire importance of health and how to maintain it.

Outcome:

- An effective **awareness** session was delivered and many sports students stand to share their problems, met during sports activities
- Students and faculties learned short warm up exercise and breathing techniques . Which can carry out during any time while carrying out our daily chores.

Maharogi Sewa Samiti, Anandwan, Warora's
Anand Niektn College
Science, Arts and Commerce, Anandwan, Warora
Affiliated to Gondwana University, Gadchiroli
Re-Accredited with B+ + Grade by NAAC
Is Organizing
Gender Sensitization Programme
In association with IQAC on the occasion of
International Women's Day
Physiotherapy Awareness Camp
Date:06/03/2021 2:39 pm

Report on Physiotherapy Awareness Camp held at Anand Niketan College, Anandwan-Warora

Physiotherapy Awareness Camp was held at Anand Niketan College, Anandwan, Warora to observe **International Women's Day**. This camp was jointly organized by Women Cell of IAP (The Indian Association of Physiotherapist) Nagpur District, Sainath Blood Bank, Nagpur and Anand Niketan College on Saturday **6th March 2021**.

The programme began with lighting the traditional lamp by the Principal, Dr. Mrunal Kale, Dr. Sonal Bhagat from the I.A.P. Women's Cell, doctors and colleagues of Sainath Blood Center and Dr. Ranjana Lad, the coordinator of the program.

“Women leadership - Achieving an equal future in a world plagued by -Covid-19” is the slogan for this year's Women's Day. Following this and considering Covid-19 background, a physiotherapy awareness camp was conducted. On this occasion, Dr. Sonal Bhagat delivered a very informative and motivating lecture. First she commented on Corona, its symptoms, the three-tiered care to be taken before, during and after Covid-19. She provided relevant guidance on how physiotherapy is needed during corona. She also expounded on breathing control, proper diet, and exercise as well. She also discussed the physiotherapy required in games and sports. The lecture ended with highly interactive ‘Question and Answer’ session, and Dr. Sonal Bhagat answered the questions with proper explanations and illustrations.

Principal Dr. Mrinal Kale, who was the chairperson of the program, also emphasized the importance of balanced diet and exercise in our life. Dr. Ranjana Lad in her introductory speech explained the objective behind the organization of this event. The program was conducted by Prof. Priyanka Bhukya and the vote of thanks was proposed by Prof. Kalyani Atram.

Keeping the corona background in view, the program was also organized in a virtual manner along with the actual program so that everyone could watch the program. Prof. Tilak Dhoble, Prof. Kalyani Atram, Prof. Vidya Dadmal provided special support for the success of this virtual program.

With the guidance of the Principal, Dr. Kale and the cooperation of members of the organizing committee and the support of teaching and non-teaching staff the program was conducted with great enthusiasm.