

SHQY

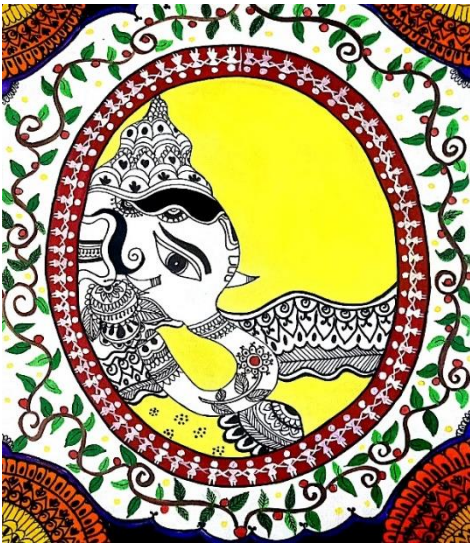
2018-19





Physiotherapy

SHQY



Ms. Aakanksha Pednekar

(Winner – Own the Page)

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JUHIKA SURVE

“Education should be as gradual as the moonrise,

Perceptible not in progress, but in result.”

- G. Melville

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Interview with Dr. Rajani Mullerpatan

Director of Mahatma Gandhi Mission's School of Physiotherapy



Q1. Ma'am, we would like to know about your academic journey from a student to a teacher and further to being the director of this esteemed Institute.


Primarily, my aim was a career in health. To begin with, I was highly fascinated by surgery – especially neurosurgery and plastic surgery, but since that didn't go through, the next available option was physiotherapy. I still remember, in our Fresher's Party; we got this bookmark and it said *'Doing what you like is freedom and liking what you do is happiness'*. Then I discovered that I have to like what I'm doing now and probably this career has a lot in store. By the third year I was settled and pretty comfortable because by then we had seen patients. I was convinced what difference you can make in somebody's life and also discovered that there is lot more to do in this field as compared to medicine and surgery which is quite established.

Right from the beginning, movement always fascinated me; the mechanics. After graduation it was a clear path, Musculoskeletal Physiotherapy was the choice for my Master's degree at Lokmanya Tilak – Sion Hospital in 1993. Between the two degree programs I had the opportunity to work at Nanavati Hospital and Bombay Hospital. I have some striking memories of actually being at the Bombay Hospital at 1992 when the riots broke out and the city was ablaze. ₹500 was our first salary that we earned in Bombay Hospital.

Sion as compared to KEM had a fewer beds. However, in Sion there were specialized areas – burns ward and hand rehabilitation. After completing MScPT – we went to Manipal with Professor Bellare, as back then only a diploma course for Rehabilitation Technicians was offered. With the vision of establishing a degree program, we chalked out the first curriculum. I still remember the first batch of Manipal! We were their mentors 24x7 as we all were on campus. I was an Assistant Professor for 4 years, after which I joined Nair Hospital for a short while as Assistant Professor. I was shortlisted for the scholarship offered by the High Commission of India in London, that sponsored a physiotherapist to visit different healthcare units. There was always this keen desire to see a Human Movement Science Lab is like, because while in India we didn't have any back then. Students from Cardiff University used to be posted as well and when I spoke to them about my passion for movement sciences, they mentioned they had a lab. When I was travelling from one hospital to another, I came across an advertisement for PhD studentship – a fully funded project. I had missed the deadline, but I thought let me still try. I was shortlisted and got the opportunity. Those three years were great networking with biomechanists in UK and Europe. From my PhD I had almost 8 scientific publications. I got a job offer at Nottingham Medical School where I taught for 2 years. Since 2008, I'm here.

Q2. Do you think there is any scope for improvement in the present generation?

As a BPT student, in our final year we would be attending rounds with consultants as responsible for that particular ward. So we had to have our patient evaluation upto date, to be able to present it that morning at 8 a.m. to the



surgeon – as to what's the current status of function of the patient. There was always that zest to get things precise and be up to date. Be there, before time; before you were expected because you had to make sure you were ready for the rounds! The entire experience of KEM Hospital is so so vivid maybe because we were completely immersed in it. We could actually do differential diagnosis of persons with MND, Syringomyelia; we even remember who those patients were!

Our lectures used to be only at mornings or late in the evenings after 5:30pm, or on Saturday afternoons as the consulting faculty would not be available otherwise. The entire schedule was as per their availability. But they were so committed which got us so motivated. Whatever that was taught – going back and doing that so that you know that you have acquired that skill.


Q3. What according to you are the ways of bridging the generation gap? How does the present generation differ from yours?

I feel that the present generation is blessed with a lot of things. You are blessed with access to information, you are blessed with resources; both at home and at study place. You are blessed with opportunities. It's just about making the most of it! There were no distractions; when we needed information – we were in the library, after the day was over. The day was typically supposed to be over by 3:30pm but we never left; it used to be 5 – 5:30pm because there was that aftertime to go to the library to find out more! As undergraduate students we used to be in the postgraduate library of KEM, because that's where we had the reference books (and the second reason was that it was air conditioned).

At that point of time in the entire of Mumbai, KEM was the only institute that offered Physiotherapy with 40 seats – there wasn't even Sion and Nair. So, there wasn't much competition, but yet there was the zest for precision and knowledge; which I think should be the other way round – because there is so much competition now, that I feel that the students need to strive even more for their skill set. Those days when the physiotherapists were far and few – still they struggled and they worked hard to reach that point; but now that there are so many, I don't understand why they aren't struggling. They have to understand that if they have to survive and climb up, they do have to be different! They have to be exclusive!

Back then, there were no seminars conducted; seminars were amongst us – as groups. We used to form teams, depending on what each other's speciality was, each person would prepare accordingly. There was huge team spirit and fantastic peer learning, which I feel sad to see fading out. People are more self-bound and self-oriented.

Our seniors were our *Gurus*! We used to have very few scheduled sessions, rest everything that we learnt was in the wards with the patients. That is why we still remember our patients. I remember the Cerebral Palsy gait and surgery through that patient. Our patients were our best teachers! We had a fantastic rapport with our patients, we would be there on every festival. Even if it was a holiday, it wasn't for us. We would make sure we decorated the ward and make it a little more cheerful for them! Going to the hospital was never for attendance, because there was a drive to see



that today how much better is the patient going to do. TKR was a fairly new concept, we used to be excited to see when the patient reaches that 90 degrees of range!

Q4. Do you think that the children of our Institute will shine in the forthcoming years?

I feel that the field in term of opportunities, the figures may change but the situation still remains the same. Back then there weren't so many opportunities because people didn't know various applications of physiotherapy. Right now the opportunities are many however the number of PTs have also increased. Effort and struggle to get to that point was then and is now as well.

This credit-choice based curriculum has given you an opportunity to introduce you to lot of other courses. They are like appetizers – they give a flavor of what its like, so that when you finish your course, you know where your interest lies.

Q5. Which aspect of Physiotherapy appeals to you the most? Academics, Clinics or Research?

All 3! When you walk into a clinic, the first patient you see – you evaluate the patient, you think of therapy. Now that is based on what you've been trained. However, when you try that and you come across a point when it doesn't work, there is a need for reflecting on it – and that is research! I feel that all three are so deeply embedded together, its hard to segregate one from another.

Q6. Please give us your tips on time management.

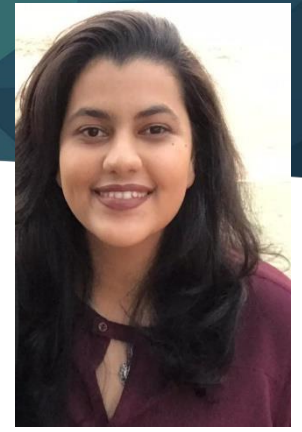
Be before time, that's what I always feel. You are a generation with immense competition. The opportunities have increased but the number of graduates have multiplied and are multiplying each year! So be there before time. Just commit yourself, if I'm here – I'm just going to be here completely. This generation is blessed because there might be very few who are coming from families from dependents on them. Balance between sport, extra-curriculum and academics is all that's expected from you. These are the formative years of your life – social engagement; building your personality. Being sensitive to current issues and understanding your social responsibility.

Q7. What do you think is the key to success?

Wherever you are, absorb the maximum that you can – from each and everyone. Polish all your skills, you have to refine and polish them – as much as somebody identifies you by your skill set! Aim for that 200% Add that *sanskaar* of physical activity. Work on your basic knowledge, core competencies and self-expression. Admit what you cant do and identify what you are very good at! So what you can't, you can always work on that. So whatever you have done, polish it to the finesse.

Have this *mantra* of fantastic discipline of balance between academics, physical activity and cultural life – because you cannot do without the other two! Be positive – perseverance; do not let go!

EDITOR'S NOTE



Within the pages of **SHODH 2018-19**, you will find tremendous amount of passion, determination and dedication. Hours of hard work, intertwined with ambition and creativity to produce impactful results.

We extend our gratitude to the Heads of our Institution and to Faculty of the Student Welfare Committee – Dr. Mamta Shetty for her unwavering support and guidance.

The task of presenting this magazine before you has been an honourable and enriching experience with the support of the Editorial Committee Staff In-charge and the Editorial Student Body.

SHODH 2018-19 marks the various events, achievements and awards that have brought honours to the institution. We had the privilege to celebrate Mahatma Gandhi's 150th Birth Anniversary – let us take this time to remember and reflect on his principles of truth and non-violence and his uncompromising commitment to them.

Our Student editorial team needs to be commended for the time and effort they have put together in getting the magazine together. Bright and talented, disciplined and untiring, they have worked as a team.

They have given you hours of interesting and varied reading. Enjoy!

Jayati B. Sampat

(Editorial Head)

"A dream becomes a goal when action is taken towards its achievement"

- Bo Bennett

FACULTY PROFILE



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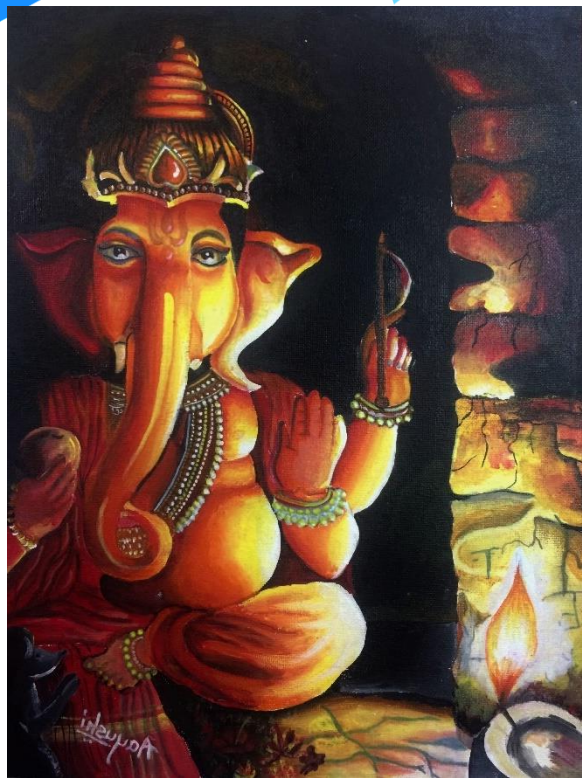
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AAYUSHI GALA (I-BPT)

"A nation's culture resides in the hearts and in the soul of its people"
- Mahatma Gandhi



AAYUSHI GALA (I-BPT)



"Culture is the arts elevated to a set of beliefs"

BHUMI CHHEDA (IV-BPT)

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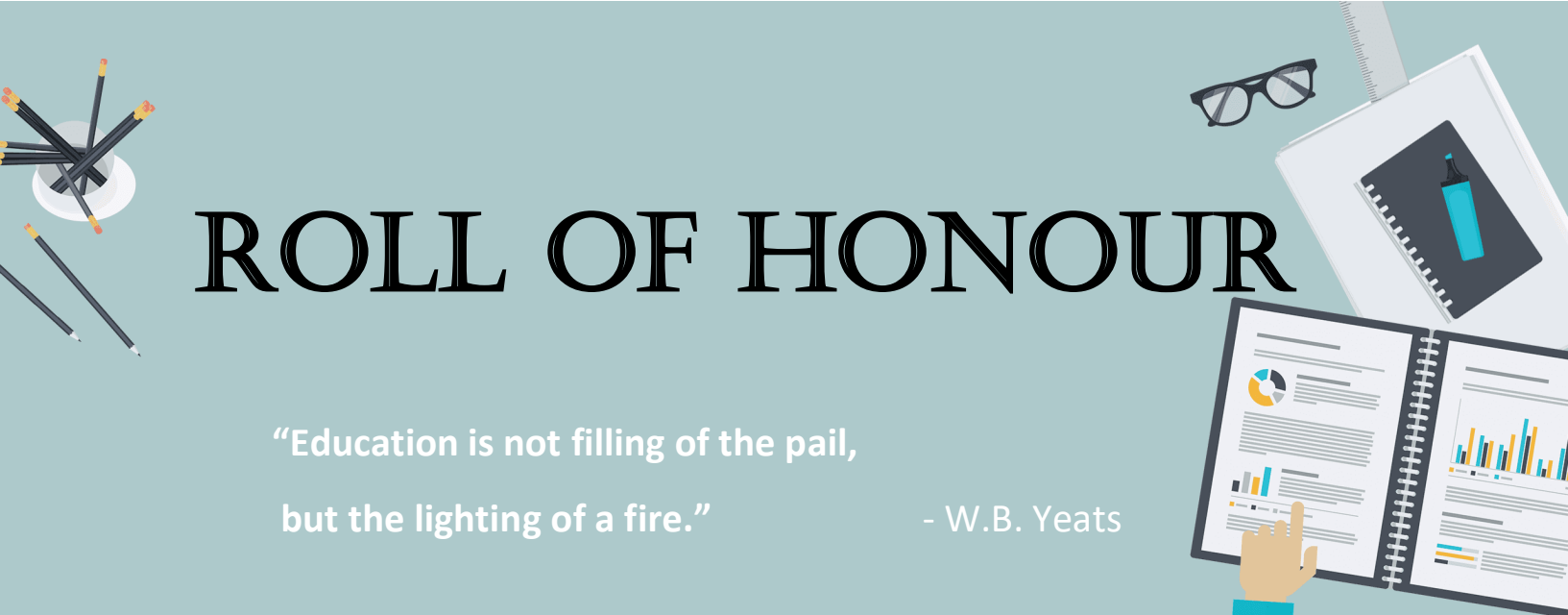
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MGM SCHOOL OF PHYSIOTHERAPY: RANK HOLDERS

ACADEMIC YEAR	2017-2018	2018-2019
I - BPT	1st – Roshni Kukreja 2nd - Farzeen Mody 3rd – Saba Kalokhe	1st – Tanvi Shah 2nd - Vishwa Sanghavi 3rd – Palak Trivedi
II - BPT	1st – Surraya Deshmukh 2nd - Zoya Shaffi Mohammed 3rd – Ovi Ghadigaokar	1st – Arya Savadi 2nd - Farzeen Mody 3rd – Roshni Kukreja
III - BPT	1st – Jayati Sampat 2nd - Sidra Shaikh 3rd – Sakshi Duseja	1st – Zoya Shaffi Mohammed 2nd - Ovi Ghadigaokar 3rd – Surraya Deshmukh & Hinal Parikh
IV - BPT	1st – Akshita Goel 2nd - Pooja Pandey 3rd – Krishna Iyer	1st – Jayati Sampat 2nd - Khushi Thakkar 3rd – Rucha Dalvi

SPORTS SPIRIT

4TH Annual MGM Olympics were held from 30th October to 1st November at MGM Aurangabad Campus where students from all campuses participated.

Day/Date	Event	Participants	Winners
30 th October	Throwball (Girls)	AFROZE SARWAR POORVA MEHER DISHA SURWASE MRUNALINI KANDALE MASUMI DASGUPTA AMREEN KHAN YASHIKA GANDHI MAYANKA PANDE SHIFA M S NIDA SHAIKH POOJA PANDEY INNDRANI SARODE	1 ST PRIZE(GOLD)
	Patriotic song competition	SNEHA VENKATRAMAN SNEHA SHINDE SHIFA MS DHARMIN VORA INNDRANI SARDE POOJA PANDEY NIDA SHAIKH SUMEDH VAIDYA	3 RD PRIZE
	Carrom (boys)	DHARMIN VORA IVAN D'SOUZA NITESH VAISHYA GAVIN FERNANDES	1 ST PRIZE (GOLD)
	100M Girls	INDRANI SARODE MAYANKA PANDE	INDRANI SARODE (BRONZE)
	GK QUIZ COMPETITION	UMRAN SAYYED ATHARVA PINGULKAR	THIRD PRIZE



Day/Date	Event	Participants	Winners
	DEBATE COMPETITION	POORVA MEHER POOJA PANDEY	FIRST PRIZE POOJA PANDEY (BEST SPEAKER- 2 ND PRIZE)
	SWIMMING 100M BACKSTROKE (BOYS)	UTKARSH SHINDE	2 ND PRIZE
	RELAY (4*50M)GIRLS	POOJA PANDEY DISHA SURVASA MASUMI DASGUPTA YASHIKA GANDHI	1 ST PRIZE
	RELAY (4*50M)BOYS	UTKARSH SHINDE GAVIN FERNANDES DHARMIN VORA AKASH MUTE	1 ST PRIZE
1 ST NOVEMBER	ATHLETICS 200M GIRLS	INNDRANI SARODE MAYANKA PANDE	MAYANKA PANDE (2 ND PRIZE)
	RELAY 4*100M GIRLS	MAYANKA PANDE INNDRANI SARODE AMREEN KHAN SHIFA M S	1 ST PRIZE



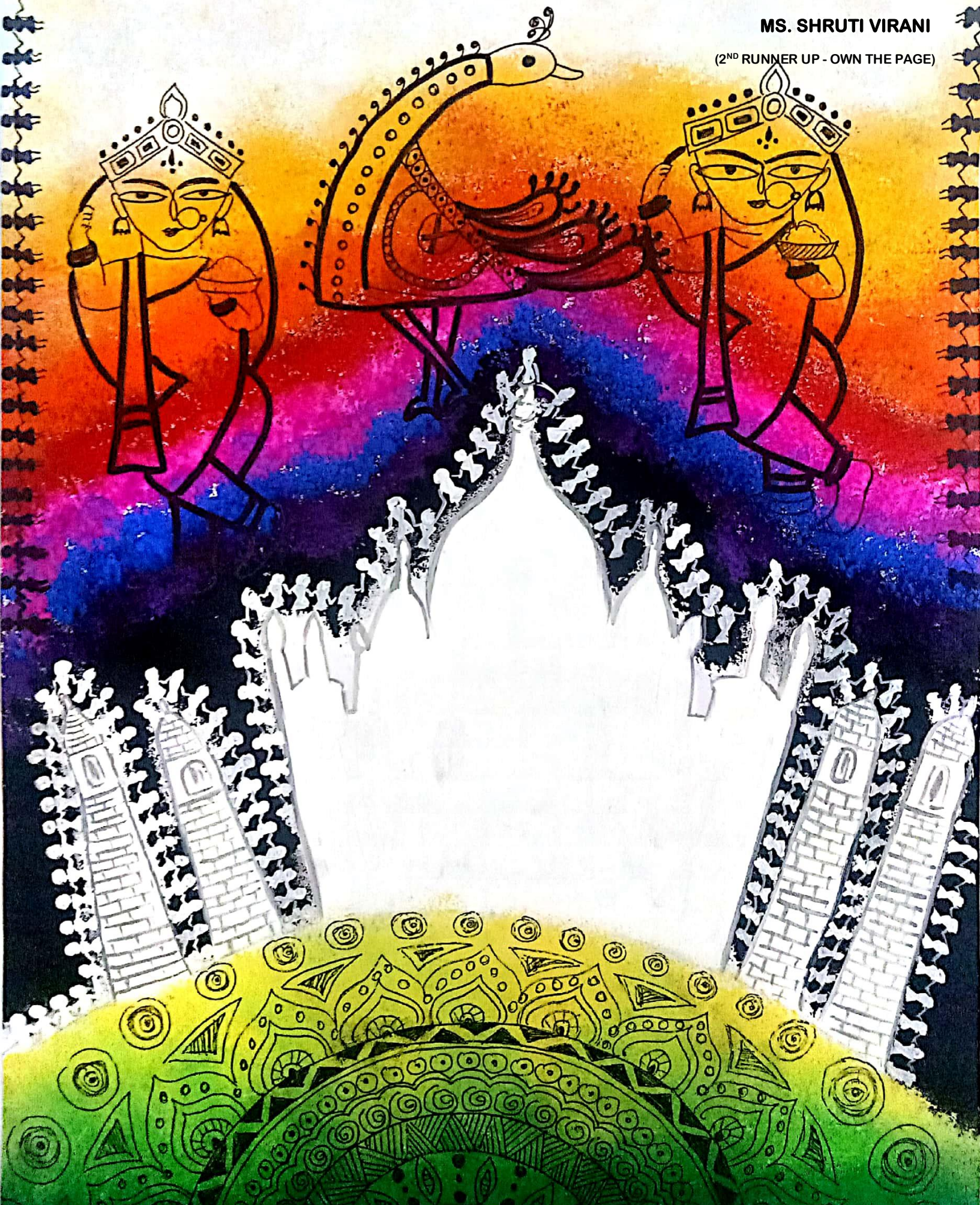
4TH ANNUAL MGM OLYMPICS, AURANGABAD

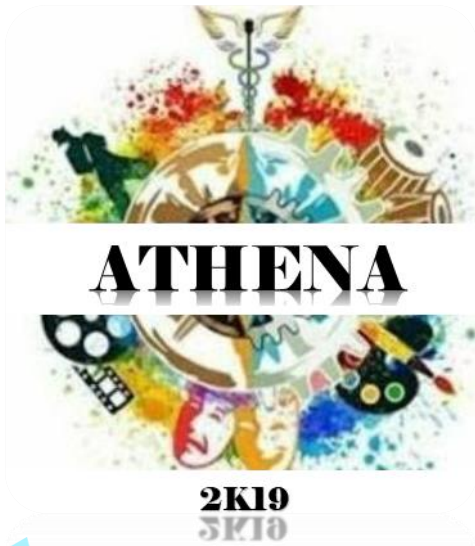


MGM SCHOOL OF PHYSIOTHERAPY STUDENTS AT MGM OLYMPICS, AURANGABAD

MS. SHRUTI VIRANI

(2ND RUNNER UP - OWN THE PAGE)





In the droning life cycle of a student, which mainly includes eating, sleeping, clinics, lectures, and repeating; 'ATHENA' shows certain degree of fluctuations in the excitement levels of students. Why wouldn't it? As the festive season slowly marches closer and closer with time, every student can taste the sweet scent of hard work; hard work of not only the students organizing it but the ones killing themselves with incessant practices to win that victory title!

ATHENA – 2K19

14 FEB 2019 – 26 FEB 2019



No culture can live if it attempts to be exclusive!

One must have their roots strong with their culture,
But also open their windows to the culture of all!

ATHENA 2K19 was celebrated in the spirit of fraternity, by going down to our common roots of loving, caring and sharing... In the following pages, you will find glimpses of joyous moments at Athena – 2k19

ATHENA 2K19

NOBLE ART OF GIVING



Swachh Bharat Abhiyaan: Students actively participated in this initiative by spreading awareness and conducting a cleanliness drive on campus!

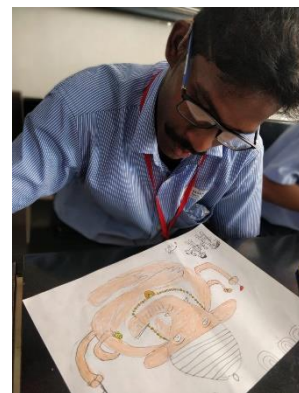
This event helped to inculcate the importance of sanitation and also honoured the cleaners and sweepers of the institute for their noble job.

In the end, we took an oath of keeping our homes, college and neighbourhoods clean.

FUN DAY with children from Aashray Special School:

Children were invited to MGM – Physiotherapy to be a part of our annual festival! They participated in the art competition and portrayed not just their art work and talent but also their individuality!

It was a pleasure having them around and indeed learnt a lot from them!



Blood Donation Drive: 14th February, 2019 marked the day of the noble cause of donating blood. What better way to celebrate Valentine's Day than by donating a pint of blood and helping to save upto 3 lives! Numerous students and faculty members came forward and contributed to this cause. Over 60 pints of blood was donated!

INAUGURATION CEREMONY



Athena – 2k19 was declared open in the august presence of Dr. Shashank Dalvi, Vice Chancellor of MGM Institution of Health Sciences, Dr. Rajani Mullerpatan, Director of MGM School of Physiotherapy, Navi Mumbai and Dr. Vrushali Panhale, Principal of MGM College of Physiotherapy, Navi Mumbai. Students gathered and waited in anticipation before the grand inauguration of the fest! The theme of the fest was announced and the festivities commenced!

EDITORIAL EXHIBITS

HUMANS OF MGM

QUOTE-UNQUOTE

athenaamgm



athenaamgm It all changed that day, sometimes I'm not even able to believe something like that could actually happen to me, I'm just 18 you know, so what happened is, my cousin landed up in my tuition classes and asked me to rush home with him due to dad's ill health, all panicky I hurried home but seems like he had some completely different plans, he took me to this aloof place and confessed that he loved me. He was my cousin didi, I'd never even seen him in that light how could I reciprocate the love he had for me? I tried to explain the scenario but he did not budge, he said, all that he wanted was to be with me and nothing else mattered, I can understand the matters of heart can be very sensitive but you just can't force yourself to love someone and moreover someone you've always looked up to in a chaste manner. So I denied, in a fit of rage he said, "meri nai toh kisiki nai" and pushed me in front of a train, after that it's all a blur but there's this one picture printed in my mind, I'd seen it, I'd seen the lower part of my leg dangling off the upper part only with one thin connection, it was horrific you know. I was rushed to a nearby hospital where my right leg was amputated and as I had multiple fractures in my arm and left leg they were all internally fixated. As the surgery done and treatment given didn't seem appropriate my parents got me here in Mumbai to MGM for further treatment, here my doctors told me that due to some situations during my initial surgeries they'll have to redo my fixations and to have a stable leg they'll have to put a rod through my knee because of that I'll never be able to bend my left knee. My right arm fixation had led to weakness and loss of action in my hand (she has radial nerve palsy) and the tips of my left hand fingers have died (gangrene). It's been a few months I still have these depressive phases but I've been blessed with amazing parents they've kept me going. I aspire to be an IAS officer someday, I'm sure I'll make all these shortcomings my strength, I still have to figure out the route but the goal is all fixed in my head, life can change with just one push, if bad things can happen this quick, good things will too, hai na?

[140]

Not a single strand of hair on
her head
Yet she sat in front of the mirror
and braided hope
He knew she was different
She was heroic.

#Different

by priyapalani

created on
terribly tiny tales



[140]

Hidden glances, soft touches,
unheard whispers, hopeful eyes
& a sincere soul. Alas! It felt
empty, for someone sensed
nothing Different.

#Different by Shruti

by sn23

created on
terribly tiny tales



[140]

She has always loved the idea of not being what
people expect her to be, being different is critical is
what she realised!

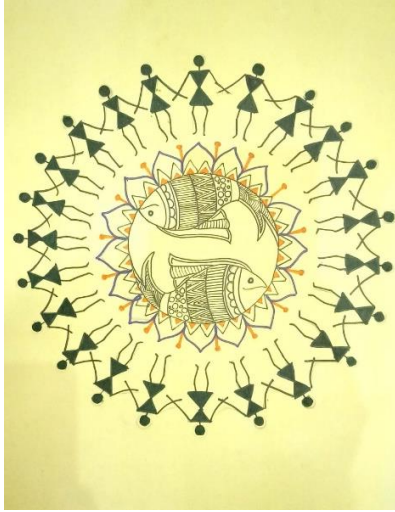
#different

by deekshareddy_B6

created on
terribly tiny tales



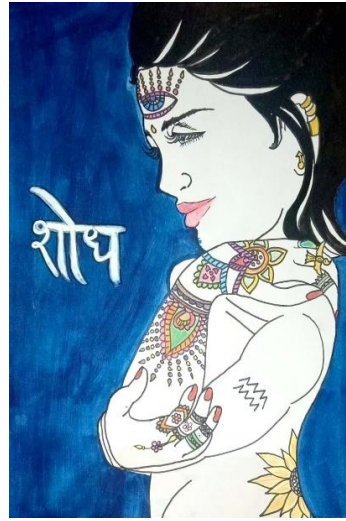
OWN THE PAGE: HALL OF FAME



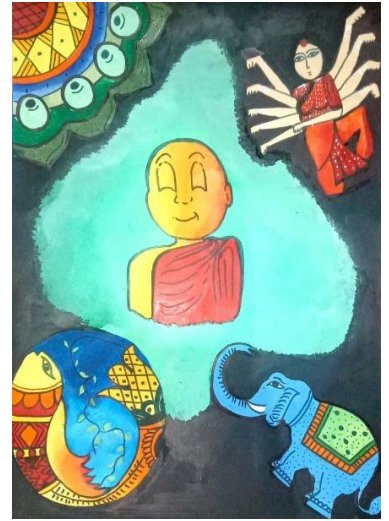
SNEHA SHINDE
(IV-BPT)



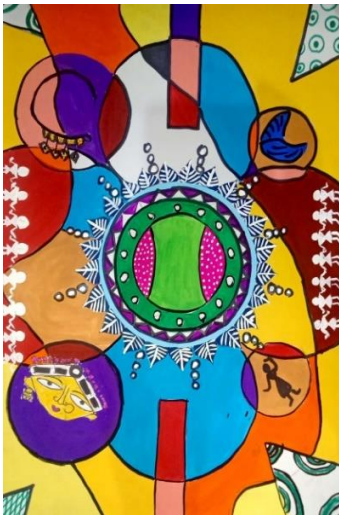
ISHA NILESHWAR
(I-BPT)



ANUSHKA JOGLEKAR
(II-BPT)



DISHTI SOLANKI
(III-BPT)



AAROHI SAXENA
(I-BPT)



DIVYA IRKAR
(IV-BPT)



IFFAT KHATIB
(I-BPT)



SHREYA SHAH
(IV-BPT)

“Treat a work of art like a Prince; let it speak to you first”

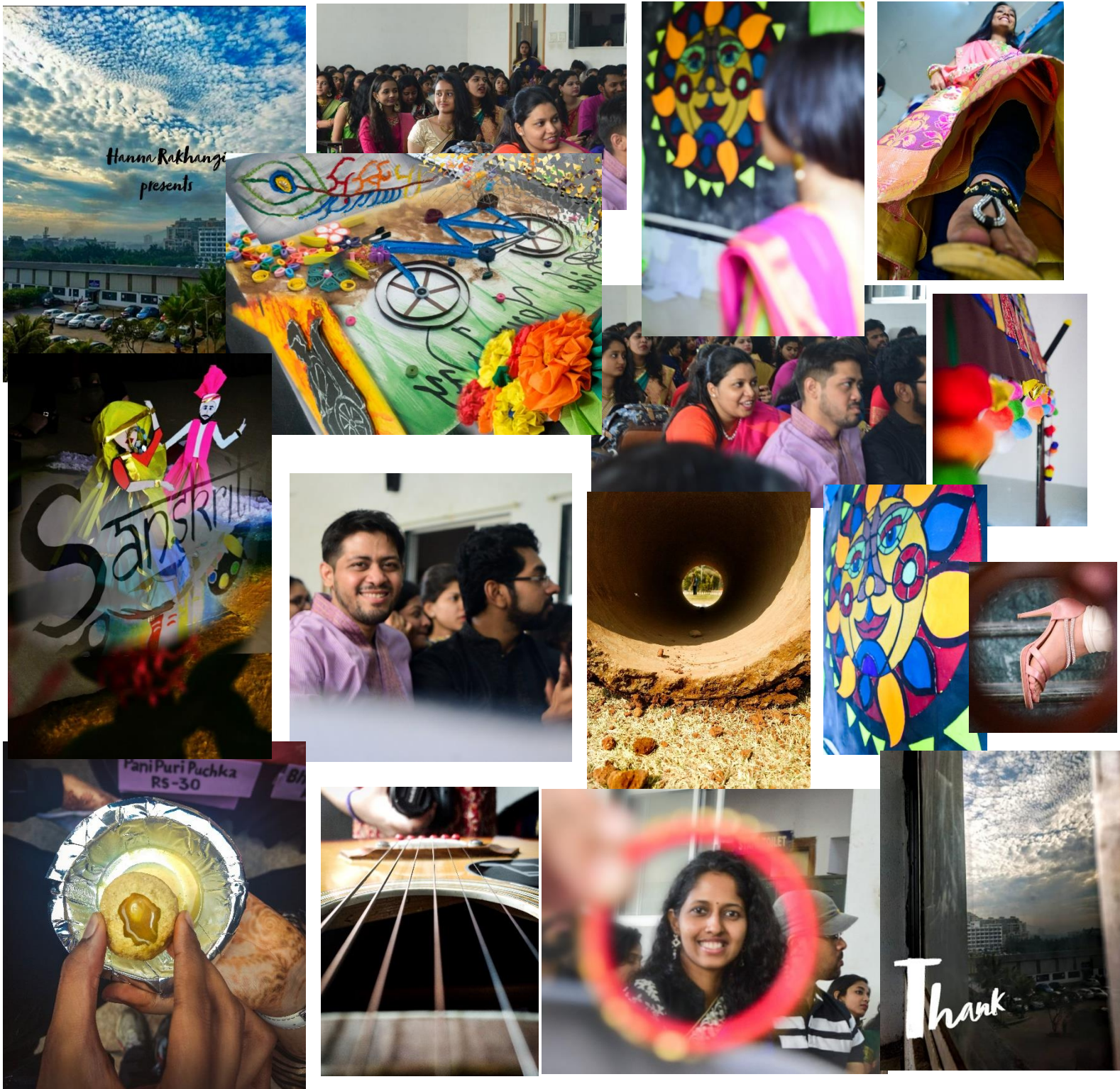
PICTURE PERFECT

ATHENA 2K19 THROUGH SIDRA SHAIKH'S LENS



PICTURE PERFECT

ATHENA 2K19 THROUGH HANNA RAKHANGI'S LENS





COMMEMORATING THE 150TH BIRTH ANNIVERSARY OF MAHATMA GANDHI



October 2nd is celebrated as Gandhi Jayanti to mark the birth anniversary of Mahatma Gandhi. To commemorate the 150th birth year of Mahatma, various events and programs were held at MGM Physiotherapy Department.

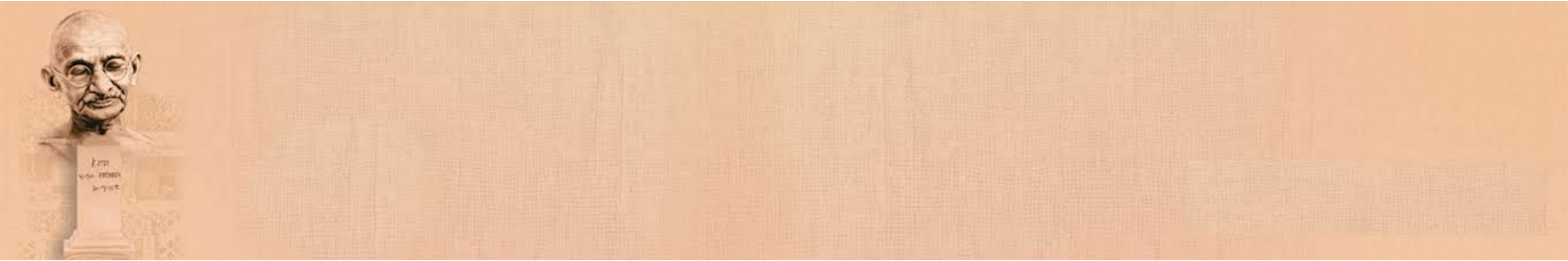


The year long extravaganza commenced on 2nd October 2018 through an interdepartmental skit competition exhibiting Gandhian values and principles.

The students of III-BPT not only won the competition by imparting Gandhi's message but also won the hearts of many by their soul-stirring performance.

'Scintillating Students' in the framework of Gandhian values was awarded to the students of MGM Physiotherapy at The 5th Estate on 11th December 2018. Dr. Juhi Bharnuke, Yashika Gandhi (IV-BPT), Disha Surwase (II-BPT), Shriya Patil (II-BPT) and Aakanksha Darekar (I-BPT)





Many intra-departmental programs and contests were also organised to raise the awareness of the applications of Gandhian principles in our day-to-day lives.



An art competition was held for the students to showcase and illustrate the implications of Gandhian principles in the 21st century.

1st – Viral Sarvaiya (Intern)

2nd – Iffat Khatib (I-BPT)

3rd – Sneha Shinde (IV-BPT)

A quiz competition was held on 1st October, 2018

Based on the Life and Works of Mahatma Gandhi.

The quiz was moderated by Dr. Shrutika Parab and Dr. Padnya Girdhar.

1st- Pankti Gala, Pankti Gangar, Dishti Solanki (III-BPT)

2nd- Jayati Sampat, Deepesh Singh, Rahul Zalte (IV-BPT)



FUN FACTS ABOUT MAHATMA GANDHI-

- Gandhi was the 1930 Times Magazine 'Man of the Year'.
- Shrimad Rajchandraji was his spiritual mentor
- Gandhiji was nominated for the Nobel Peace Prize five times



DISPLAY OF ART & CULTURE

FRAME-O-MANIA

- 1ST- Avani Dixit, Sanika Kulkarni
2ND- Susane Jose, Shreya Salunkhe
3RD- Trishala Singh, Taruna Rupchandani



PICK, SEW & STITCH

- 1ST- Dishti Solanki
2ND- Ayushi Jain



SWAAD ANUSAAR

- 1ST- Disha Jain, Drashti Parmar
2ND- Laveeba Besekar, Neha Tatli
3RD- Prajakta Kadam, Sneha Shinde



MELODRAMA

- 1ST- Rahul Zalte
2ND- Sumedh Vaidya
3RD- Ovi Satyavan

BATTLE OF TUNES

1ST- Sneha Venkatraman

2ND- Suraj R.

3RD- Priyanka Thakur



DHINKA CHIKA

SOLO:

1ST- Shalom Andrews

2ND- Simran Mansharamani

DUET:

1ST- Sukruti Pillai, Sejal Potnis

2ND- Masumi Dasgupta, Khushboo Bora



MEHFIL-E-MAUJ

1ST- Sneha Venkatraman, Dharmin Vora,
Trupti Shetty, Preksha Jain

2ND- Masumi Shah, Supriya Kadam, Zoya,
Kajol Mahadev



ACADEMIC EXCELLENCE

DRAMA-E-ALFAZ

1ST - Devika Pawshe, Sreya Nambiar, Deeksha Reddy, Chandralekha Patke, Sanjana Devlekar, Subhlaxmi Ghosh, Kalpita Kadam, Tanvi Kadve, Anushka Joglekar, Mokshada Kawle (II-BPT)

2ND- Shruti Virani, Disha Jain, Hrishikesh Khonde, Drashti Parmar, Suyash Ghanekar, Tejas Sawant, Ashima Dhiman (I-BPT)



NOSTALGIA

1ST- Prachi Mansatta, Masumi Shah

2ND- Chitrang Amonkar, Urvi Arsekar

3RD- Ferzeen Mody, Vidhi Desai

SYNAPTIC TRAFFIC

1ST - Palak Vora, Nisha Bhurasadiya, Khilti Furia

2ND- Calvin Pereira, Preksha Dedhia, Mansi Patil

3RD- Prajakta Kadam, Sneha Shinde, Shifa MS



MINUTE MASTI

1ST- Divya Irkar, Shamal Chopade

2ND- Suruchi Sawant, Shefali Kotwal

AN EVENT TO INVENT

1ST - Palak Vora, Nisha Bhrasadiya, Khilti Furia, Mehak Sarvaiya, Shaili Gogri, Arya Savadi (II-BPT)

2ND- Sharvari Sardeshmukh, Aashvi Doshi, Yashvee Shah, Charmi Khimasia, Muthuraj Thevar, Ovi Satyawar (III-BPT)



TALK-A-THON

1ST- Param Jumani, Suhail Shaikh, Svany Jain

2ND- Tayade, Disha Surwase, Chinmay Alwe

BEST SPEAKER- Poorva Meher

ADZAP

1ST - Meher Sandhu, Neha Damle

2ND- Calvin Pereira, Preksha Dedhia



THE LAST CLUE

1ST- Suhail Shaikh, Nida Shaikh, Svany Jain, Nirali Oza, Shazia Dalvi

2ND- Masumi Shah, Kanchi Vyas, Susan Jose, Priyal Gosar, Neelam Maurya



RELAY



SHOT-PUT



ATHLETICS



FOOTBALL



BADMINTON



CRICKET



SPORTS PERFORMANCE

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE
100m (Girls)	Shifa M.S	Yashvee Shah	Devika Lotlikar
100m (Boys)	Prateek Sontakke	Chinmay Alwe	Tejas Pandit
200m (Girls)	Shifa M.S	Rachelle Lobo	Prajakta Kadam
200m (Boys)	Prateek Sontakke	Chinmay Alwe	Tejas Pandit
4x100m (Girls)	Avani Dixit, Shalom Andrews, Nidhi Desai, Devika Lotlikar	Urvi Arsekar, Mahima Gaikwad, Rachelle Lobo, Yashvee Shah	
4x100m (Boys)	Abu Shalib, Rushikesh Rajgude, Shubham Pawar, Tejas Pandit	Atharva Pingulkar, Param Juman, Akash Mute, Laxman Iyer	
Shotput (Girls)	Aishwarya Salunkhe	Ankita Sawant	Kainat Khan
Shotput (Boys)	Atharva Pingulkar	Dhruvil Jain	Deepesh Singh
Discus Throw (Girls)	Ankita Sawant	Kainat Khan	Poorva Meher
Discus Throw (Boys)	Sahim Surve	Deepesh Singh	Calvin Periera





EVENT	FIRST PLACE	SECOND PLACE
LOTS Race (Girls)	Urvi Arsekar, Ovi Satyawar, Suruchi Sawant, Harshada Mhadgut, Sumanvita Batni	Kalpita Kadam, Devika Pawshe, Mokshada Kawale, Deeksha Reddy, Anushka Joglekar
LOTS Race (Boys)	Ivan D'souza, Indraneel Mhatre, Calvin Periera, Nitesh Vaishya, Samruddha Bamhankar	Deepesh Singh, Prateek Sontakke, Rahul Zalte, Gavin Fernandes, Dharmin Vora
Boot camp	Josheeta Shetty, Shifa M. S., Deepesh Singh, Dharmin Vora	Shikha Garg, Sana Khan, Rushikesh Rajgude, Siddhesh Mali
Box Cricket	Prasenjeet Kale, Mubarak Desai, Anushka Joglekar, Kalpita Kadam, Shweta Zende	Sayali Mandke, Palak Trivedi, Pooja Talbhuge, Hrishikesh Khonde, Tejas Sawant
Tug of War	Ivan D'souza, Prabhat Mudhaliar, Ashmita Das, Stuti Gaikwad, Smita Gaikwad, Aishwarya Kale, Carolyn D'souza	Deepesh Singh, Niraj Rao, Sanika Singh, Josheeta Shetty, Aditi Patkar, Divya Irkar, Sukruti Pillai
Throwball	Malay Parikh, Yash Gaba, Nandini Bhanushali, Sayali Kedare, Niloni Shah, Chhaya Dhurde	Indraneel Mhatre, Calvin Pereira, Ashmita Das, Kainat Khan, Kanak Khot, Ankita Sawant
Football	Chinmay Alwe, Prasenjeet Kale, Anushka Joglekar, Disha Surwase, Neha Damle, Shweta Zende	Calvin Periera, Ivan D'souza, Harshada Mhadgut, Ankita Sawant, Sharvari Sardeshmukh, Urvi Arsekar



EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE
Badminton (Girls)	Aditi Patkar	Stuti Gaikwad	Mahima Gaikwad
Badminton (Boys)	Hardik Nimla	Akhil Sunny	Abhinav Kumar
Ludo+	Shreeya Salunkhe, Sidra Shaikh, Mizba Siddiqui, Kumari Merugu	Aiman Shaikh, Pooja Talbhuge, Vaishali Rauniyar, Laveena Basekar	Siddhesh Mali, Lav Kumar, Sneha Sunil Kumar, Prajakta Tari
Carrom (Girls)	Ankita Sawant	Simranjeet Kaur	Manisha Yadav
Carrom (Boys)	Dharmin Vora	Siddhesh Mali	Rohan Sangade
Chess (Girls)	Aishwarya Salunkhe	Simranjeet Kaur	Vaishali Rauniyar
Chess (Boys)	Shubham Pawar	Chitrang Amonkar	Tejas Pandit

ATHENA: ANNUAL DAY

26TH FEBRUARY, 2019

The Athena-2k19 Annual Day was inaugurated by Dr. Rajani Mullerpatan, director of MGM School of Physiotherapy, Dr. Swagatika Mishra, Dr. Bela Agarwal (PT), Dr. Vrushali Panhale (PT), Dr. Meruna Bose along with the guest of honour, Dr. Sabita Ram.



The programme was commenced with Diya lightening ceremony followed by Ganesh Vandanam by the students. MPT Scholar - Sumedh Vaidya performed a Solo Act depicting Maharashtrian culture.



There was a special folk performance by the committee heads- Rucha Dalvi and Simran Mansharamani.

A heart-warming dance and skit was performed by the outgoing batch of interns of MGM Physiotherapy department.





Academic felicitations for the Academic Years 2015-2016 and 2016-2017 were held during the Annual Day. The Academic Merit Rank Holders were felicitated by Dr. Rajani Mullerpatan, Dr. Bela Agarwal and Dr. Vrushali Panhale.



The event was graced by many Alumni Faculty members and students of MGM Department of Physiotherapy.

They were felicitated by Dr. Rajani Mullerpatan and Dr. Vrushali Panhale.



The Finale of Battle of Tunes was also held on the Annual Day. The audience rejoiced as the participants sang Karoke and performed whole-heartedly.

A Documentary on Pulwama Attack was played to pay respects to the Matyrs. A short slideshow on the World Spine Care and its activities was also showcased.

The Championship Trophy was awarded to the III-BPT students for their outstanding performance throughout the Fest



OUTREACH PROGRAMS

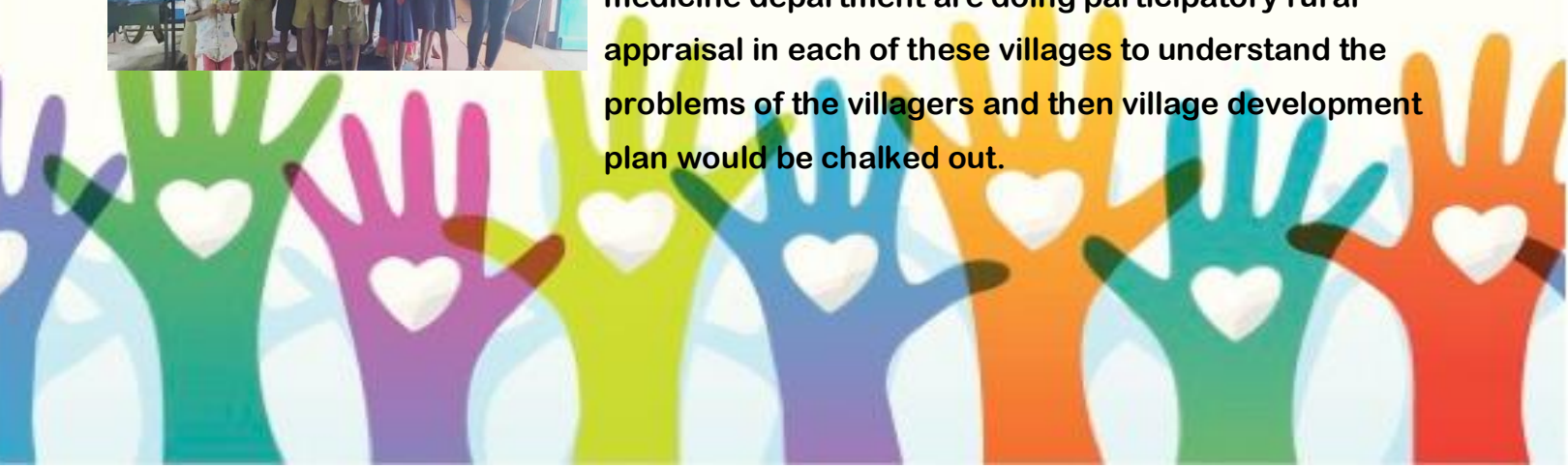


MGM School of Physiotherapy took active participation in the Unnat Bharat Abhiyaan, a Government initiative undertaken by the Community Medicine Department of MGM Institute of Health Sciences. Unnat Bharat Abhiyaan has the vision of transformational change in rural development processes by leveraging knowledge institutions.

The initiative involved a survey of villages namely Dodhani, Dhamani, Waghachi Wadi, Tawarwadi, Satichiwadi, Chinchwadi, Pimpalwadi, Kombal Tekadi, Maldunge, Kondichiwadi, Babdewadi, Tadpati, Lahan Dhamani, Hausachiwadi, and Dehrang, which were adopted by the MGM Institute of Health Sciences, from 6th September 2018 till 15th September 2018. The major problems found during the survey were: Lack of basic health amenities, water resources and Education facilities



Students of MGM School of Physiotherapy also donated toys, clothes, books and stationaries in all the villages that were surveyed and took initiative in teaching and interacting with the children and the villagers. Post survey, data entry was done by the Community Medicine Department and the information has been uploaded on the Unnat Bharat Abhiyaan website. Currently the medical social worker and the faculty members from the community medicine department are doing participatory rural appraisal in each of these villages to understand the problems of the villagers and then village development plan would be chalked out.





DUSSHERA CELEBRATIONS

Dusshera celebration was commenced with a Devi Pooja which was performed by the Heads of the Student Council followed by the cultural programme. Cultural performances took place by each year depicting emotions such as peace, joy, anger and courage respectively. After the cultural performance the winners were declared by the judges - Dr. Meruna Bose (PT), Dr. Reshma Gaurav (PT).



INTERNATIONAL DAY OF PERSONS WITH DISABILITY

On occasion of International Day of Person's with Disability 3rd December 2018, MGM School of Physiotherapy, Navi Mumbai in collaboration with Smt. Kamla Raheja Rehabilitation Centre for Paraplegics, Vashi organized a rally based on theme "Empowerment". Rally commenced with inauguration by police inspector Mr. Nitin Jithe from Vashi police department. It was followed by a speech given by Mrs. Maya (Social worker, Sharan Paraplegic centre) highlighting various ways in which community can aid in empowerment of persons with disability and also about their rights. Rally started at 10.30 am from Sharan paraplegic centre with the students of MGM aiding as volunteers. 25 students and 24 inmates participated in the rally. Various slogans and placards were used throughout the rally to increase awareness. Skit was performed by Inmates of Sharan paraplegic centre at two location during the rally. Purpose of the rally was to increase awareness for empowering persons with disability and providing them an inclusive society. Rally with a vote of thanks.



CURIOSITY CORNER

H S Z U L P P D J U F Z A T I L Z H N M N N G B
T U S V G Y D Z N P X N P E C I B T V X K X F R
Q I C O E R C E N G Z H M G V F C G J P K F E I
R Z P M L C K U U Y K W B G X R V U E M G Q U I
T E R W X E E V E E H A A Q L B K C U C M Y S Z
P P S D T U U T C T N S Y S Q S T B L V U G C Y
M A L J Q O Y S R H T F X Y R O R C B N F L X X
V R A J G O C I S R F F Z V R O C H Y S K U D X
D T T S T J C E O R I W H A U S T D W P W T E B
U U I K U E M C K E D S L S X I J C I D H E L Q
K F S W P E N X B R D I F M G L T I U H B A T P
G X S H S E N E D Z S P Z G F A C K E D J L O G
Y D I Y M N D O Y G I P Y M H I Z D A M D S I D
R C M I P G Y A C H A R L R K D Q C N K I A D I
H C U S X N H F D N Z O K W C A S Q I L Q S S K
O S S A K P Y U L D A D D M L R H S P X U T G E
M N D M P E M R O S G G U T E O Q G S H A U N I
B Z O D D K Y O M U O O V Q B I T D R D D F I B
O F R U O D S K I S O A O V M H E P O M R U R J
I Y S H L O N G U S C O L L I C I M T U I N T M
D G I R L B Q B M Y L O D B Q A M R C O C V S F
S E R N S R G I G E I U E I Q R O B E R E N M O
J H R Z H F Z K W Y F S T B I B X I R A P B A P
Y M R E C T U S A B D O M I N I S P E G S U H C

INSTRUCTIONS:

Word Search – Given above are scrabbled alphabets.

Find the maximum number of names of muscles of the human body. Have fun!

1. Where and when did physiotherapy practice begun?
2. Who is known to be the first practitioner of physiotherapy?
3. What were the first physical therapists during World War I called?
4. Which year did physiotherapy start in India?
5. The Indian Association of Physiotherapists (IAP) was set up in which year?
6. According to Forbes 2013 physiotherapy held which rank in the list of top 10 “happiest jobs’ worldwide?
7. According to Forbes 2018 physiotherapy holds which rank as the best master’s degree?
8. Physiotherapy was initially a _____ - only Profession
9. Where was the first school of physical therapy established?
10. Where was the first physical therapy research published? What was it titled?
11. Currently the American Board of Physical Therapy Specialties lists ____ specialist certifications



Instruction:

Scan the QR Code to find the answers to the Crossword and Quiz

Quiz curated by Sharvari Sardeshmukh

CREATIVITY CORNER

TITLIS

Well if I plunge into your depths,
And can't find my way back,
Tuck me in safe and sound;
Cover my nose and toes within your
blanket of snow.
Have a funeral,
Call the bears and the yeti and the
wolves and reindeers,
Offer me icicles and snowflakes,
And wish with all your heart,
For a raging snow storm or a
pleasant snowfall
And fulfill my dying wish.
Build a snowman for a headstone
And mark my grave until I'm
completely gone.

Shreya Thakkar

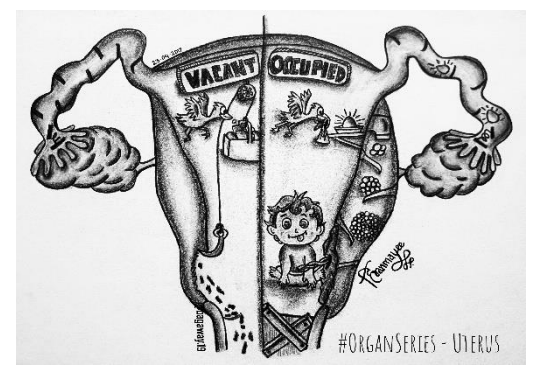
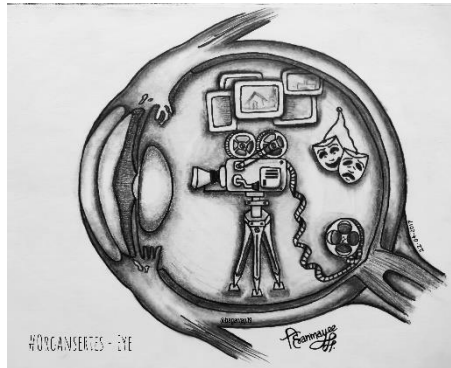
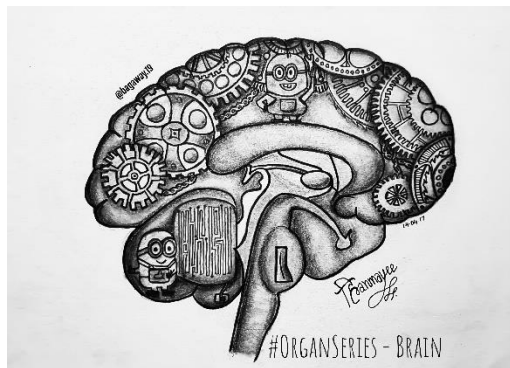
NEED YOU

You don't have to be so tough all the
damn time,
It's okay to fall apart.
Give yourself a minute,
Don't shy away to mourn the losses of
yesterday,
Just don't lose yourself in the process
Find your way back.
And remember to pull yourself back up
again
And if you can't,
Then don't you worry,
I'll always be here, holding out my hand,
Just hold on to it and we'll be okay, I
promise
At least for a little while.
So hang in there for me, will you?
I need you by my side.
But more than anything,
You need you.

Shreya Thakkar

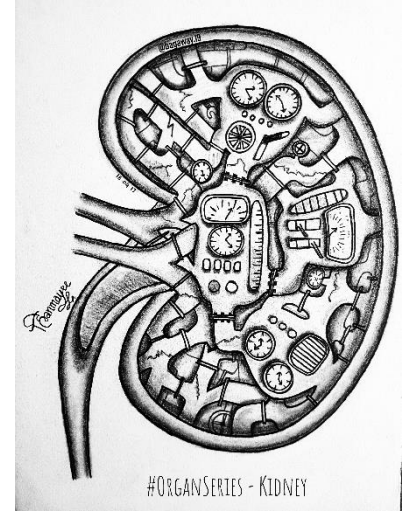
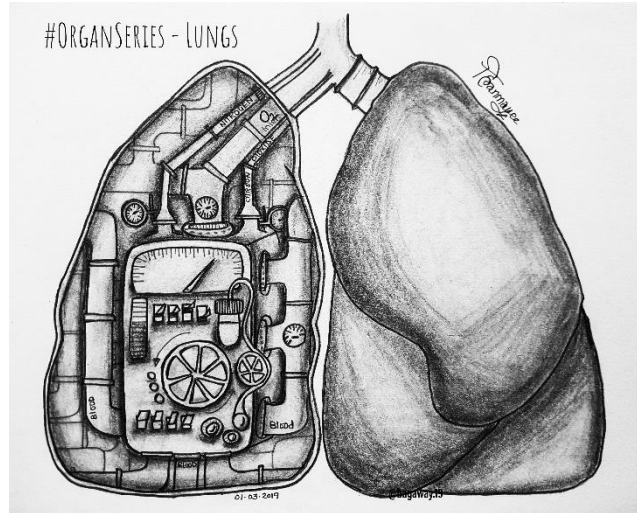
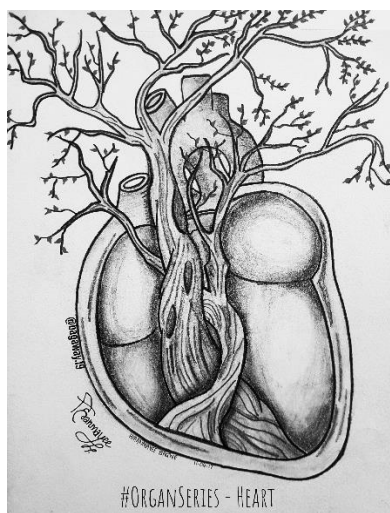
THE ORGAN SERIES

By Dr. Hiranmayee Bagwe (PT)



Organ series is an artistic attempt to simplify anatomy and physiology of our human organs relating them to the working of mechanics or such in our real life. This series would not just make the unaware acknowledge the different function of organs and their importance but also will artistically please the eye of the viewer.

When I started the series with my very first organ which was the heart, I never thought I would come up with a series. It was supposed to be just one piece of work. And then it happened, it just worked and worked so well that I have requests to bring season two of my organ series targetting the pathology this time. Well work in progress, it going to happen as well.. Soon!





grad of
2020

MS. JOSHEETA SHETTY

(1ST RUNNER UP - OWN THE PAGE)

