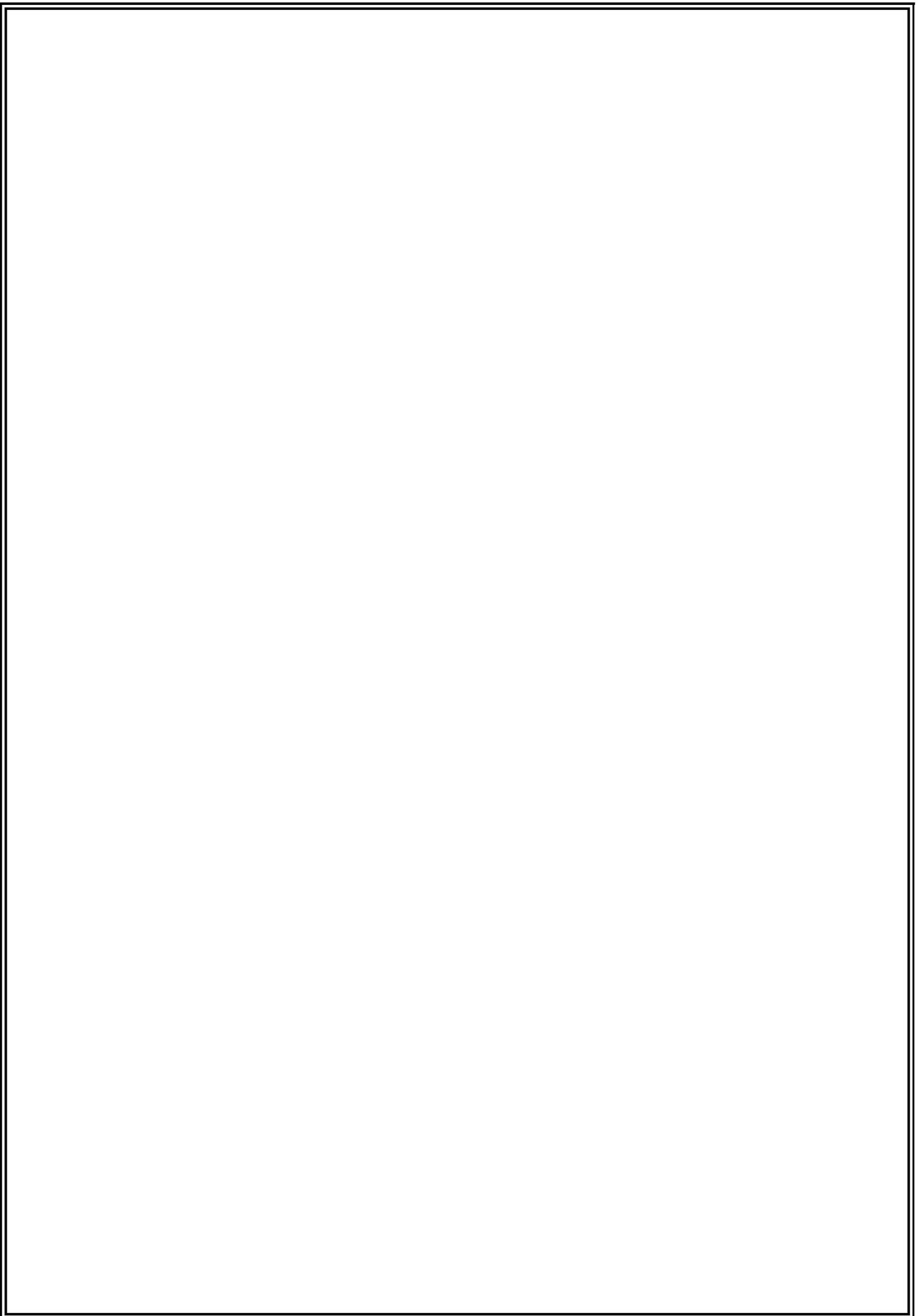




SHODH 2017



“HISTORY HAS SHOWN US THAT COURAGE CAN BE
CONTAGIOUS AND HOPE CAN TAKE A LIFE ON ITS OWN”

*OUR MINDS LIVE IN THE FUTURE
CONSTANTLY WORRYING TOWARDS
BUILDING IT BETTER , BRIGHTER . WE
FORGET THE PAST , THE HISTORY , WHICH
SHAPED US TO WHO WE ARE TODAY .
SHODH 2017 IS DECICATED TO THAT
HISTORY WHICH CHANGED THE WORLDS FOR
US, THE INVENTIONS WHICH WERE
EXTRAORDINARY, THE PEOPLE BEHIND
THEM, FOR THE COURAGEOUS FEATS , THE
GOOD , THE BAD , THE LESSONSTAUGHT....*

*MAY WE DRAW INSPIRATION AND
COURAGE FROM HISTORY WE REQUIRE
TO MOVE FORWARD....*

INDEX

FOREWORD

EDITOR'S NOTE

MEET THE FACULTY

SNIPPET OF HISTORY -1

RANKERS

STUDENT COMMITTEE

RESEARCH CORNER

ORGAN DONATION

SNIPPET OF HISTORY- 2

ARTICLES

SKETCHES

PHOTOGRAPHY

EVENTS

SNIPPET OF HISTORY-3

MGM DIARIES

ACKNOWLEDGEMENTS

FOREWORD

EDITORS NOTE:

The editorial board of the Institute proudly presents its unique creation in the form of the ANNUAL MAGAZINE "SHODH". This magazine is a platform to highlight the literary and artistic segment of the MGM-ites.

It also highlights the cultural, educational and sports activities of the Institute.

A lot of effort has gone into the making of this issue, we hope you enjoy reading this magazine. Amidst the busy schedule of the postings, case submissions, modules, internals and all those assignments that make you want to bang your head on the wall, we tend to lose track of all the other simpler things that we are capable of, things that we could have been proud of, that can bring one satisfaction. Hence, we have made an attempt to bring out the talent concealed within our student community.

I hope you enjoy reading this as much as we have enjoyed making it.

We would like to thank our mentors Shruti ma'am and Sreeraj sir for their immense co-operation and guidance without which none of this would be possible.

-Magazine Committee,

-IshwariMistry, HarshadaRewale

, AishwaryaAvsare.

MEET THE FAULTY

DIRECTOR PROFESSOR:



Dr. RAJANI MULLERPATAN

PRINCIPAL OF SCHOOL OF PHYSIOTHERAPY:



Dr. BELA AGARWAL

PRINCIPAL OF COLLEGE OF PHYSIOTHERAPY:



Dr. VRUSHALI PANHALE

PROFESSORS:



Dr. SREERAJ S.R

ASSOCIATE PROFESSORS:



Dr. MERUNA BOSE



Dr. POTHIRAJ PILLAI



Dr. SNEHA GANU



Dr. RESHMA GURAV

LECTURERS:



**Dr. VIJENDRA
RAJGURU**



Dr. SHRUTI NAIR



**Dr. SHRADDHA
SAWANT**



Dr. JYOTI PARLE



**Dr. NIKITA
SINHA**



**Dr. MONAL
SHAH**



**Dr. TRIVENI
SHETTY**

SNIPPET OF HISTORY- 1



JAGDISH CHANDRA BOSE

“THE
TRUE LABORATORY IS THE
MIND, WHERE BEHIND
ILLUSIONS, WE UNCOVER
THE TRUTH”

Jagdish Chandra Bose, during his college wanted to pursue medicine, but he could not because he was allergic to the odours of the anatomy lab. He did not deter there, he pursued natural sciences for his degree.

While he was a professor at Presidency college, Calcutta he spent his spare time in the laboratory. But the college felt he was just wasting his time. He went ahead by making his own instruments at home. Bose's instrument was a scientific marvel in itself. The apparatus was much superior to Hertz for producing sound waves. He later went on discovering wireless communication, which produced the first radios in the country.

He refused to patent his discoveries. He believed whatever knowledge he acquired belonged to the entire world. The most famous of his discoveries was life in plants. Acceptance to his revolutionary ideas however was slow to come. But Bose did not give up. His painstaking work and planned experiments slowly won him recognition.

BOSE'S PIONEERING WORK HAD OPENED UP A NEW BRANCH IN NATURAL SCIENCE – BIOPHYSICS.

RANKERS

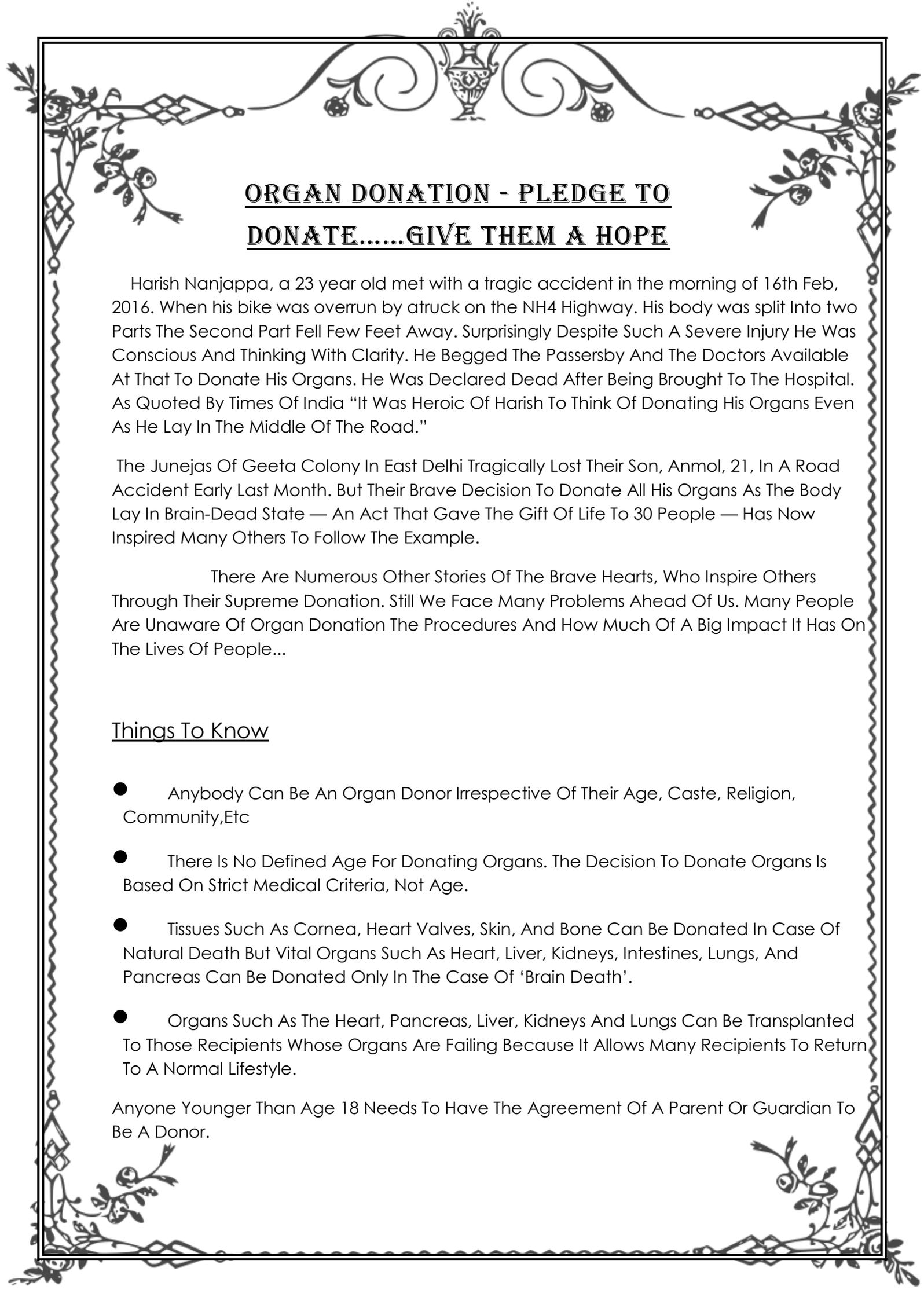
	COP	SOP
1 ST BPTH	1 ST RIDA PEERZADA 2 ND SHIVANGI GUPTA 3 RD JOSHEETA SHETTY	1 ST SIDRA SHAIKH 2 ND ADITI PATKAR 3 RD PRIYADARSHINI PALANI & RUHA DALVI
2 ND BPTH	1 ST SHAZIA DALVI 2 ND HEMANT KANDOI 3 RD NIRALI OZA	1 ST VIRAL SARVAIYA 2 ND POOJA PANDEY & AKSHITA GOEL 3 RD LAKSHMAN IYER & ANKITA VAGHALE
3 RD BPTH	1 ST PRIYANKA SHAH 2 ND RADHIKA GUPTA 3 RD CHARUSMITA BADGUJAR	1 ST RUTUJA BADADE 2 ND AAROHI JOSHI & ANULUCIA AUGUSTINE 3 RD SHRUTI DRAVID
FINAL YEAR	1 ST MEGHANATRAJ 2 ND ANKITA MERCHANT 3 RD NITHINNAIR	1 ST DHVANISHETH 2 ND KHADIJA DHOLKAWALA 3 RD KIRTI JADHAV

STUDENT COMMITTEE 2015 -16

	COLLEGE OF PHYSIOTHERAPY	SCHOOL OF PHYSIOTHERAPY
GENERAL SECRETARY	AISHWARYA SRIDHAR	MAMTASOLANKI
CO GS	JAYESHBELLARA	
CULTURAL	ALISHA KHOKHAWALA	HIRALDEDHIA
ACADEMIC	DIPTIKOLHATKAR	POOJANAGORI
SPORTS	NINISHAPATIL	NISHADABHYANKAR
TREASURER	RADHIKAGUPTA	RAJALSAVLA
ARTS	KRISHNA BHANUSHALI	NIDHIBHANDARI

STUDENT COMMITTEE 2016-17

	COLLEGE OF PHYSIOTHERAPY	SCHOOL OF PHYSIOTHERAPY
GENERAL SECRETARY	NIRALIOZA	HILONIBADANI
CULTURAL	SARADASRIDHAR	AAROHIJOSHI
ACADEMIC	PRACHINARKHADE	PREETIGANACHARI
SPORTS	UMRANSAYED	URJITA SWAMI
TREASURER	HEMAKSHI SHAH	SANKETVAIDYA
ARTS	SHAZIADALVI	SWAPNILKARDAK



ORGAN DONATION - PLEDGE TO DONATE.....GIVE THEM A HOPE

Harish Nanjappa, a 23 year old met with a tragic accident in the morning of 16th Feb, 2016. When his bike was overrun by a truck on the NH4 Highway. His body was split into two parts. The second part fell few feet away. Surprisingly despite such a severe injury he was conscious and thinking with clarity. He begged the passersby and the doctors available at that time to donate his organs. He was declared dead after being brought to the hospital. As quoted by Times of India "It was heroic of Harish to think of donating his organs even as he lay in the middle of the road."

The Junejas of Geeta Colony in East Delhi tragically lost their son, Anmol, 21, in a road accident early last month. But their brave decision to donate all his organs as the body lay in a brain-dead state — an act that gave the gift of life to 30 people — has now inspired many others to follow the example.

There are numerous other stories of the brave hearts, who inspire others through their supreme donation. Still we face many problems ahead of us. Many people are unaware of organ donation procedures and how much of a big impact it has on the lives of people...

Things To Know

- Anybody can be an organ donor irrespective of their age, caste, religion, community, etc.
- There is no defined age for donating organs. The decision to donate organs is based on strict medical criteria, not age.
- Tissues such as cornea, heart valves, skin, and bone can be donated in case of natural death but vital organs such as heart, liver, kidneys, intestines, lungs, and pancreas can be donated only in the case of 'brain death'.
- Organs such as the heart, pancreas, liver, kidneys and lungs can be transplanted to those recipients whose organs are failing because it allows many recipients to return to a normal lifestyle.

Anyone younger than age 18 needs to have the agreement of a parent or guardian to be a donor.

ORGAN DONATION!

*I wanna donate my organs when i die
So that even if I am dead I am alive in that person.*

*My organs will work happily in him.
I will see by my eyes the nature, the inventions, the discoveries & lot more in him.*

*Everything in me is a part of god!
Before going to the heaven, i wanna donate my organs to a needy so that he
becomes my part!*

*I want that person's life span to increase.
I want to fulfil his dreams.
So by donating my organs, I can live again...freely alive in a new life!*

*Feeling of my organs being used by a needy is just so cool!
I want my organs to work, very fast like students in school..!*

*I request all to donate organs when you die..
& donate blood when you're alive!
Organ donation is the best donation!*

**-MANASI P. NANDAPURKAR
2nd BPT.**



-BY BHOOMI CHEDDA (2ND BPT)

SNIPPET OF HISTORY- 2



ZOMBIES ON THE STREETS OF ITALY

Yes, this happened in reality and not in the walking dead. So people who want to live through a zombie apocalypse, you might want to travel back in time to Italy during the Renaissance.

So it happened that, there was an major outbreak of syphilis in 1494, Italy. Thank god for antibiotics today! But back then this disease was more like flesh falling off from people's faces leading to death within a few months. Meaning you would see people on the streets who had lost hands, feet, eyes, nose, flesh popping out and their skulls showing. Pretty picture out there! Who wants a zombie apocalypse??

ARTICLES

- I. LifeAashví Doshí
- II. SuperpowerManísha Masand
- III. A woman's beauty.....Manasí. N
- IV. Being cultural..... Suhail Shaikh
- V. Inundate Umran Sayed
- VI. Shackles of poverty.....Hemant Kandoi
- VII. Live for the little things in life..... Neha Kukreja
- VIII. When the fox cannot reach the grapes he says they are sour
- IX..... Vípasha Mehta
- X. History of Jews in IndiaSamruddha.B
- XI. Beyond the ordinary - Jungle doctorSusan Jose
- XII. Feminism through HíjabTasmíya Boat
- XIII. Best friend.....Shreeya Chítale
- XIV. Are you happy ?.....Manasí.N
- XV. A step ahead.....Manísha Masand
- XVI. Don't quit.....Aashví Doshí

LIFE

Today, as you read this, stop, take a moment and relive the moments and memories you have made till date. Rejoice the past that you have come along and make way for the future to come, but in all the commotion and all the time in which you hustle to create a future worthy of living, don't forget to enjoy your gift from GOD, your "PRESENT" (well you might disagree with the concept of GOD if you're an atheist, but you might as well agree on the concept of "PRESENT")!

What lies in the present, that it is so worthy of enjoying? One may ask. Well the answer to that is very simple: "YOU". It is you who makes present so special. Your very existence in it makes it important!

Though, you may wander off in your past at times, or even dream about your future, but that accounts to only approximately one-eighth of all the time you have (now, though we are medical students, we obviously know our fractions, don't we?). The remaining is for our present. Another reason to love our present is that the most important and most loved activity is done in this time, and that would be "SLEEP".

Now, speaking about life as a whole, there are many phases in one's life, some known to all present around and the others only known to self, and research proves, that more are the phases unknown to others, the more is the self-growth (it's totally upto you to believe this).

Elaborating on phases known to all, in society life has a classification, there are only 4 phases according to "them", and those are: childhood, teenage, adulthood, and old age. We have to live in these 4 phases from birth to death. The first one where we are aware but unaware of a lot of things, the second where we learn, the third where we earn, and the fourth where we are unaware but aware for a lot of things.

To wrap it up, you only live once (YOLO), so whatever stage, phase and troubles you are in, just try and enjoy! I know this is too short, just like "LIFE". So today, promise yourself, whatever you want to do, do it now!

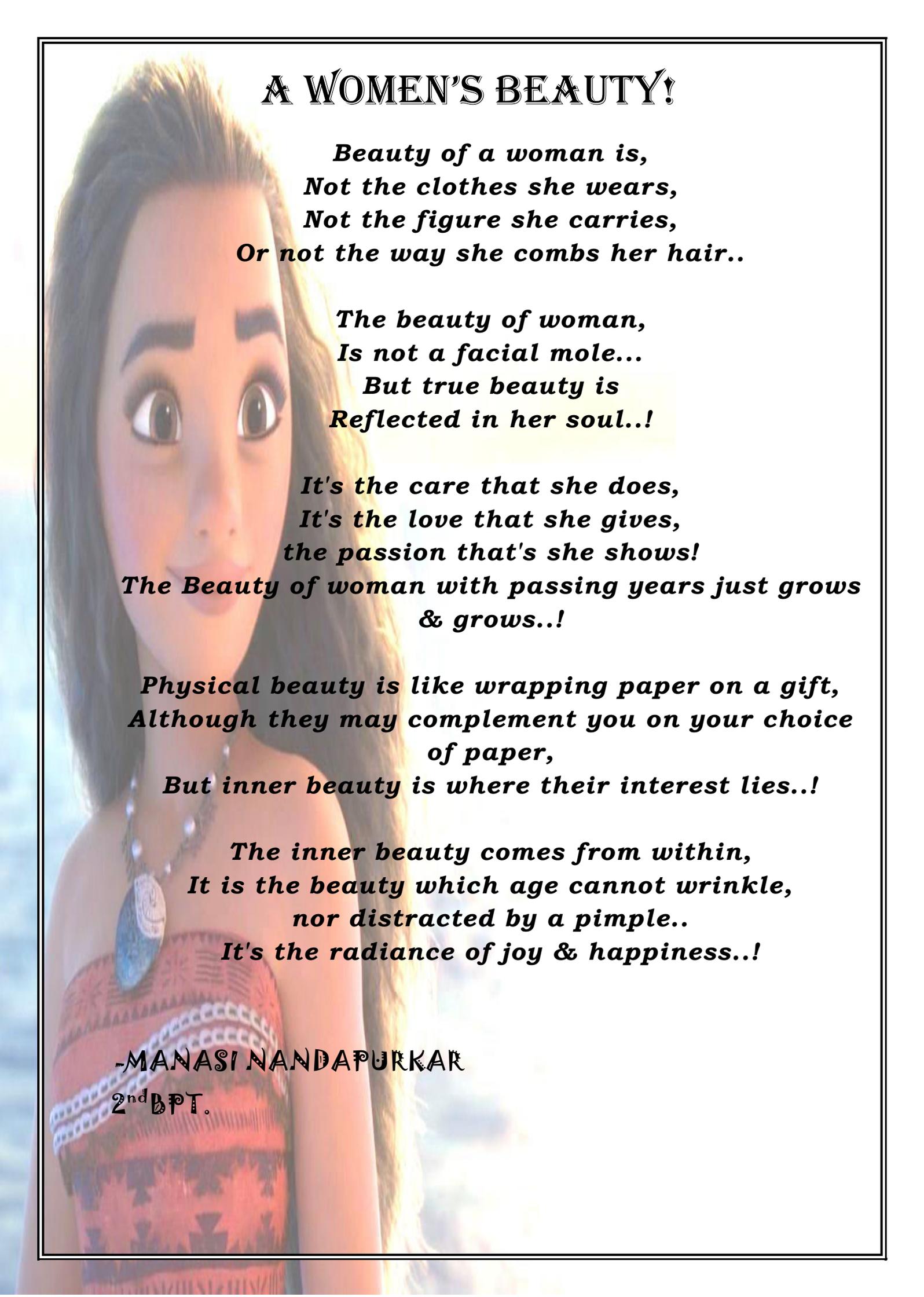
- AASHVI DOSHI*
1st BPT.

SUPERPOWER

Take care, don't let it out
Your thought, also has a shout
They say it all started with the word
This place, the world, the universe
The power lies in the sound you create
Those vibrations decide your fate
Time is an illusion
Will you ever let go of that delusion?
The present is all that is
Everything else is just the extra fizz
This world is just a phase
You aren't the vehicle in which you are caged
Everything you desire is all here
Your obstacle is your own fear
Embrace the fact and see the magic unfold
Make a story that has never been told.

- MANISHA MASAND

3rd BPT.



A WOMEN'S BEAUTY!

***Beauty of a woman is,
Not the clothes she wears,
Not the figure she carries,
Or not the way she combs her hair..***

***The beauty of woman,
Is not a facial mole...
But true beauty is
Reflected in her soul..!***

***It's the care that she does,
It's the love that she gives,
the passion that's she shows!
The Beauty of woman with passing years just grows
& grows..!***

***Physical beauty is like wrapping paper on a gift,
Although they may complement you on your choice
of paper,
But inner beauty is where their interest lies..!***

***The inner beauty comes from within,
It is the beauty which age cannot wrinkle,
nor distracted by a pimple..
It's the radiance of joy & happiness..!***

-MANASI NANDAPURKAR

2nd BPT.

BEING CULTURAL

Culture, it's a pretty small word, but if you weigh all the words, it is pretty heavy. What is culture? What do you mean when you say that you're culturally apt. It doesn't mean having a best friend who is of the opposite religion, it doesn't mean that you like to dance on nashkhol, or perform a patriotic song, or attend some weddings. For example, having lunch with a Gujarati or sharing your deepest darkest secrets with a Muslim doesn't make you cultural. If a Hindu eats vegetarian, you shouldn't have any problem with that, you shouldn't accentuate any form of mockery towards their eating habits. You shouldn't be offended or upset if your religious beliefs are in contrast with the person on the other end of the table. How could you be cultural when you make fun of someone's mother tongue. Don't tell me that you don't mock South Indians, everyone has. Or the fact that the East Asians have a completely different culture, how do you come to that point? Simple, these are the folks that eat reptiles for dinner. Philippines, Chinese, Japanese, Koreans, Thai, Vietnamese, all are people with eyes that barely open and all speak the same "ShaSha She", NO! This is not being cultural. This is just you trying to fit in by showing how cool you're when you insult certain sentiments. It might be funny now, but in the long run, it is downright disrespectful. Everytime, on every occasion, you'll have a view and a counterview. What you need to do is, adapt. You can't ask a person to change, simply because you can't adjust to some of their habits, or "surnames" if I can be precise. You married a Mehta, for example, but then, that Mehta became a Singh. Why? To preserve your beliefs? Do you realise, that you broke a set of beliefs, just so that yours could be preserved. Oh, but the society will praise you because you did an intercaste marriage. But you lost the meaning of intercaste. It's between two different castes, followed even after marriage. You are coming back to square one in the end, so stick to square one. We think it is American Culture to get away from home at 18, go to college, work and study. It's not their culture, it's a protocol they follow. No one knows why, they just do it. And we want to adapt that. In a country, where we need our mothers, wives, daughters, to find us a pair of socks, we want to go away, work and study. We want to accept a culture, which is not even a culture. Culture is India. We need to adapt to the morales and virtues and values with which our ancestors lived by. Akbar married Jodha, she was still Jodha, she didn't become a Muslim. What we think about our faith, our customs, our beliefs is merely an illusion. We don't even know why we believe in it. We just enjoy mocking what others do, that we never reflect on what we do. Wearing a white kurta and pinning a tricolor on your chest and clicking a picture with people of different religions mixed, not cultural. Dancing in Ganpati Visarjan, not cultural. Wishing Eid Mubarak, and asking for Sheerkurma in the very next sentence, not at all cultural. We are far away from the meaning of being cultural. The reason I'm using the word repeatedly is to get my point across.

Being cultural is not agreeing to what someone believes or follows, it is ACCEPTING the same!

-SUHAIL SHAIKH

3rd BPT

INUNDATE

*She was drifting thinking
You wouldn't let her go
Why was she reaching for
Something that wasn't there
Light in the darkest place
Truth in a silent space
Hope when it's hopeless and
There's nothing left to save
Stuck alone in a bottom because
you,
Broken up in pieces unglued
seeing everything that she
had, float away
Thrown to the side like a
cast away
Where are you now?
Where are you now?
You know it weighs her
down
Pressure building all around
You said you'd never let her
drown
But now she's dead in the
water
Time washing over
This sacrifice
Sinking 'til she's out of sight
You said you'd bring her
back to life
But now she's dead in the
water
Time washing over*

*Soaked to the bone
Drenched in the sorrow
of the tide that keep rising
As her thoughts pull her
lower
You breathe when she
suffocates
Flood filling up her lungs
You cannot hear her scream
Where are you now?
Where are you now?
Gotta get her head back
above water
Come and save her cause
she's drowning
Gotta get her head back
above water
Stop Pulling her under
farther and farther
Gotta get her head back
above water
Come and save her cause
she's drowning
You know it weighs her down
Pressure building all around
You said you'd never let her
drown
This sacrifice
Sinking 'til she's out of sight
You said you'd bring her
back to life
But now she's dead in the
water*

SHACKLES OF POVERTY

The shackles of poverty, hunger, poor welfare, scams and corruption choke the egalitarian ideals of the country. Her heritage, her culture and her tradition, so precious and celebrated are now engulfed by these stereotypical demons. But is this phenomenon particular to just our country?

Poverty, hunger, scams, corruption... all of this exists worldwide. But why are these so familiar with India, like India can't be spelt without them? A very simple answer to this is that the impact of these demons is higher in India than its neighbours.

I'd always been intrigued by such a state of affairs in our country, and used to often wonder, that if we are all so 'focussed', so 'considerate' and so 'patriotic' towards our country then why is it that so many of our people- men, women and children are forced to beg still.

We've been waiting for a drastic change. But why hasn't anything changed? Is nobody aware? Is nobody trying? Or is the country so ignorant?

It is almost tragic, the present position of our country.

The youth, however, on their level, have taken up an initiative. But what seems to be clouded is the extent to which their efforts could work.

What do we mean by the shackles of poverty? What does it mean to be poor? Would we, as middle class or higher class people ever know what it means to be hungry for one loaf of bread or thirsty for that one bottle of water?

Is it really hard for us to remember the last time we threw a bottle in the trash because the water was "almost" finished?

One particular Monday morning, I had been commuting through trains. It being a particularly hot April day, I was in desperate need of water. But I had consoled myself that I'd get some on reaching home, or if unavoidable, I could buy a bottle, being in a financial position to do so, unlike a particular girl that caught my eye at one of the interchange stations. The said girl, thin and pale, brutally undernourished, with dry skin and worn out clothes, had fixed herself under a tap to settle her thirst. She probably was very poor, by appearance.

The sight of someone drinking tap water was not new to me. But the sight of this girl drinking water, desperately, trying to drink as much as her body would allow, sufficing the thirst, probably of a multiple days, was unique. Seeing her like this made me realise the guilt of all the times I had thrown the "almost finished" bottles in the trash. But before I could take an action, I was taken ahead by the motion of the train.

When I de-boarded the train, it was with a newfound humility. I looked around the platform, observing people as I moved towards the exit. An old woman caught my eye. She had a stooped spine, almost bent, and her eyes were hardly open, but she still sat there, resolutely, but helplessly, begging people for money. I went to her and gave her ten rupees. Looking at me with a grateful smile, she blessed me and asked me if I were new in the area.

Dumbfounded, I walked ahead without giving her an answer. I couldn't help but think that what would have happened to her by the evening if I hadn't passed her and helped her with ten rupees, because it now seemed clear to me that she was hardly given any alms by people.

With my recent discoveries and realizations, I reached home and shared the same with mom. She just smiled a little feeble smile and told me that such has been the scenario since her childhood.

"People are not bothered. The poor can beg, and starve, nobody will bother because we're all so devoid of heart", she said. But she appreciated what I did for the old woman. Any contribution at all, no matter how small, is significant in the lives of these people.

That same evening, my father came home in a much debilitated mood, with the news of the sacking of five peons from his office, due to the prevailing recession.

Were they given a warning? No.

Were they given a security? No.

They were just sacked; removed from the office. Like dirt from a table. Insignificantly, insensitively, dusted off like mere filth. But what these rich people don't understand is that their industries and their huge offices are incapable of functioning without the petty assistance of these very peons. In their meetings and tenders and increments, they are more than often ignorant towards the hardships of these people.

One of those peons had been very close to dad, and had shared with him his predicament of educating three daughters and marrying them off later.

Moved by the circumstances I had witnessed today, I decided to do something, even on a miniature scale. I searched for some NGOs on the internet, for old people and for the girl child.

Sorting out a list, I initiated contact with a social worker, and arranged a meeting between him and my father. During the course of the meeting, it was arranged that the NGO would pay for the education of the peon's daughters till 10th standard.

I further told the activist about the girl I had seen on the station and the old woman I had helped.

He was calm about it, hiding his shock and disapproval.

"You remind me of the kind of curious kid that I was. I didn't understand the intensity of such problems. I just wanted to help people. But you see, you can initiate, but you can't bring about a change alone. You can help poverty, but you can't terminate it all on your own. As the numbers of NGOs are increasing, such cases are also on the rise. But I would advise you to come with me tomorrow at 10 o'clock in the morning. We are organising a service in which we give food and eatables to the needy. I would like you to help", the social activist told me.

I went to the service the next morning, and found a huge line of people. All the people in the line were given proper lunch and clothes. I helped the volunteers in the distribution through the assistance of the social worker. While distributing the food, I also came across the old lady I had helped.

Along with the supplies, I also gave her ten rupees. With a smile, she said to me, "May God bless you and grant all your wishes".

With a sense of pride, I looked around at everyone's happy faces; the faces that showed signs of hope and satisfaction.

The other volunteers, too, looked proud at their service. They were happy- a happiness that came about from giving.

It doesn't matter how much you do, as long as you do something to bring about a change. One action on your part can bring a million-dollar smile on someone's face.

HEMANT KANDOI

3rd BPT

LIVE FOR THE LITTLE THINGS IN LIFE

**Live for the air
of an unfamiliar place
when you first step out of the airport**

**Live for the roadtrips
you spend with friends and family
blasting music in the car, singing at the top of your lungs**

**Live for the sunrises and sunsets
that turn the skies into masterpieces,
that can never be duplicated**

**Live for the calm mornings
spent in coffee shops
sipping the caffeine
to get you through the day**

**Live for the first warm day
after a cold harsh winter
when you can open your windows**

**Live for the way the earth smells
during the first showers of rain,
which feels like eternity**

**Live for the feeling you get
when you first hear a new album
by your favourite artist**

**Live for the people who shower you with love
and make you realize that
the world isn't as cold and harsh as you think**

**Live for the people who make you believe
there are better things to come**

**Live for the moments
you can't put into words.
This is what life is all about.**

NEHA KUKREJA

3rd BPT



WHEN THE FOX CANNOT REACH THE GRAPES, HE SAYS THEY ARE NOT RIPE

“Girls should not wear provocative clothes.”

“Tight, short & revealing clothes cause rape.”

“Good Indian girls should cover themselves up.”

“She has a bit of a loose character anyway.”

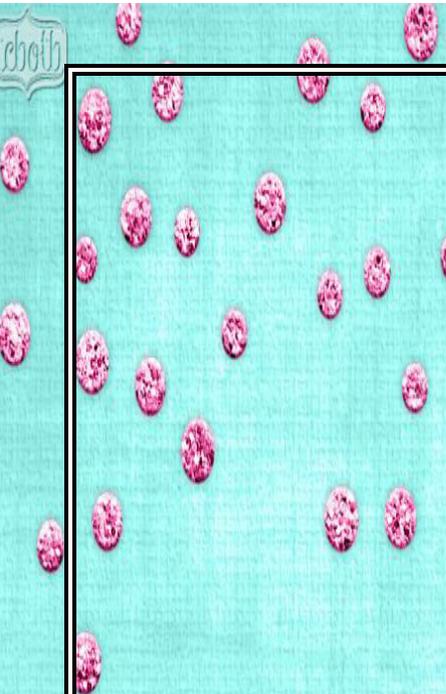
If you live in India the above lines are not alien. How many times has a girl's clothing or her lifestyle or her morality been questioned if she is sexually assaulted? Is she really the victim or the criminal?

Why is a woman questioned on what she wears. She has the full right to freedom of clothing. She can wear whatever she wants because she lives in a free country called India. Nobody has the right to seek her body without her consent or touch her against her will. Whatever may be her lifestyle, character or her clothing, nobody has the right to force their desires on her. Then why such attitudes prevail? This is because our society has developed a defence or coping mechanism of finding the fault in women who is the victim than the actual criminal. It has become much easier to assume that 'if my daughter is dressing up decently then she is safe from others' or 'if she is not out to roam till late then she will be safe.' This is not the case when a 4 yr old girl with frocks and possibly diapers can get raped.... if a 50 yr old nun can get assaulted ... if a 40 yr old women is salvarkameez gets raped.... Then certainly clothing is not the cause of rape!

It is the psychological disorder of criminal that leads to rape. It is the mind set of the rapists in our country that makes them believe that they are entitled to whatever they want and that woman is only a thing to be used to their pleasure as when and whoever they want. Is it only a fault in their upbringing that has led to their mind set or is it our society's general view as well?

Imagine a typical situation. It's a Sunday morning and the entire family is assembled on breakfast table. The parents pick up the news paper in hand and read about a recent sexual assault case. General reaction of parents to their daughter – “ Look another rape case! This is the heights! Rape cases have become so common in our country. Be careful. Don't be out till late. Dress extremely decent and go. Do not go alone anywhere.” Isn't it? Instead why can't the parent turn to their son and say “Look rape cases are increasing in India.

This is because of lack of proper ethics of boys and men in our country. Son, always respect women. Don't force your desires on her. She is not a thing to be used. Respect and admire her for what she is rather than her body or clothing. Do not play with her emotions either.” If this was the case in all the homes in our country then wouldn't the scenario be different?



We do not question a man if he wears tight or revealing clothes or walks shirtless. We also do not question his morality. Also we women do not force their desires on him! Why? Don't we women have sexual desire or physical attraction? Or is it less in us? The answer is no we have equal desires, attractions and needs in us. Then what is the difference here? The difference is in the society's attitudes and our general upbringing. A woman's upbringing is such that she cannot even think of sexual crimes or assault against men. The society's power over their minds is such that they are trained to respect the man fraternity.

Why is it that the rapist runs free on the streets despite the grave crime committed? I question the law system and its enforcement for it can't give adequate protection to women and instead makes them the delinquent. I ask the society that why blame women as the partner in crime rather questioning the political representatives whom they themselves elect especially for our safety. Many political leaders themselves pass offensive remarks against women fraternity. Why doesn't the society as a whole revolt against it?

I totally appreciate the efforts of some people who stand for women empowerment. Who protest for crimes against women. Who fight for woman's rights and justice. I acknowledge the efforts of many who take a stand for women especially on social media platform. For the rest i can just say one thing 'WHEN THE FOX CANNOT REACH THE GRAPES HE SAYS THAT THEY ARE NOT RIPE.'

VIPASHA MEHTA

3rd DPT

HISTORY OF JEWS IN INDIA

Kosher and Halal, both dietary law of two different religion exists in the same city. Majority of Jews live in peace in Muslim dominated areas in Mumbai setting an example for the international community.

I somehow got interested in Indian Jews after the murder of only rabbi of India in 2008 Mumbai attacks and visited the synagogue in thane.

Indian Jews mainly consist of Bene Israeli of Konkan, Bagdadi Jews of Iraq and Malabar Jews of Kochi. As much as 30000 Jews existed in Mumbai in 1945 who dominated the market and cinema industry with Parsees. With the formation of Israel in 1948 , majority of them migrated to the city of Ramla and Beersheba.

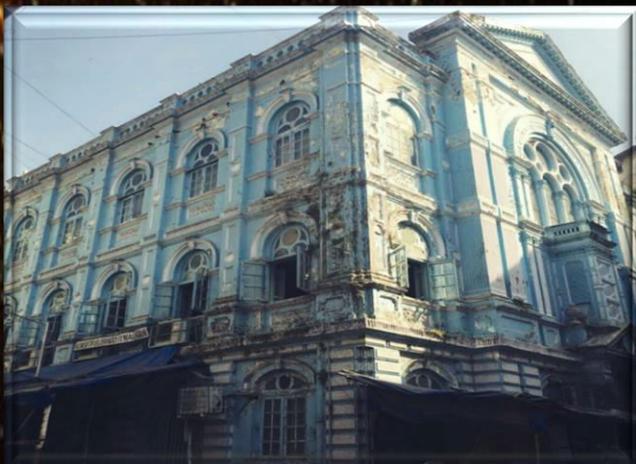
Bene Israelis are considered to the one of the 10 lost tribe of Jews which migrated from the holy land and settled in the Konkan region for 2000 years. In 19th century Rahabi David discovered a village in Konkan in which people followed Jewish customs but were unaware of what they followed. He named them BeneIsrealis (sons of Israel) and soon taught them more about Judaism. Soon most of them settled in Mumbai and Thane as they got better jobs in British Raj than the Hindus and the Muslims.

Bene Israelis speak Marathi and have Maharashtrian surnames with Jewish names.

I personally visited 3 synagogue in the city and had conversation with a Bene Israeli family. They spoke Marathi and said that Mumbai has given them alot and cannot think of living anywhere else. Their relatives live in the city of Ramla in Israel.

Today only 5000 Jews live in India with 2000 alone living in Mumbai with 1800 living in the civil hospital area of thane.

- 1) Notable Indian Jews -
- 2) Aditya Roy Kapur (Jewish mother)- Bollywood actor
- 3) RanjitChaudhry - Bollywood actor
- 4) David Abraham Cheulkar - Bollywood actor.
- 5) Nadira - Bollywood Actress
- 6) Karen David - British-Canadian actress
- 7) Samson Kehimkar- Musician
- 8) Ezekiel Isaac Malekar - Bene Israel Rabbi.



BEYOND THE ORDINARY – JUNGLE DOCTOR

Dr. Prakash Amte is the youngest son of the revered late Baba Amte and his wife Sadhanatai had brought up their two sons to live an austere life like them and serve the neediest. Baba had sent both his sons to do medicine.

Baba Amte asked Prakash to serve the neglected Madia Gontribals in eastern Maharashtra. Dr. Prakash and his young doctor-wife Mandakini arrived amidst these tribals in 1974. The young couple settled down in a door-less thatched hut, without electricity, telephone or privacy at Hemalkasa in Gadchiroli district, 360km away from Nagpur. In the beginning, the primitive locals could not trust these "foreigners". But the cure of an epileptic boy with terrible burns and a dying man from cerebral malaria turned the tide.

The government provided them with 50 acres of land in the heart of the jungle. Swiss-Aid financed them to build and equip a small hospital. Prakash and his wife were awarded with Magsaysay Award in 2008 for "community leadership".

Identifying him with the tribals Dr. Prakash wears a white short and a singlet while his wife puts on a simple saree.

"When I watch their wounds - black, poisonous, foul smelling - slowly turn red and healthy, that is my reward," says Dr. Prakash Amte.

SUSAN JOSE

3rd BPT

FEMINISM THROUGH HIJAB

Just a few years ago when I saw a towel head the first thing to cross my mind was "ow she must be told by her father or husband or some male chauvinist to wear it, poor thing" that sympathy I had for all hijabis or niqabis have suddenly vanished and destroyed within me...how and why...

The idea of wearing it had become clear to me in that FC lecture which I thought would be timepass turned out not to be one and made me to think how nowadays women were used, yes used as a glorifying object to market or sell a brand of whisky or car. Or women's external beauty had become a slave to fashion industry or looking perfect and beautiful has a criteria that she should have a perfect pair of bosom or a thin waist or she have to have a thigh gap but nobody bothers about the cleft between her legs which gave birth to lives. The popularity of size 0 or appealing looks were proportional to increasing eating disorders these days - 14 yr old kids skipping their meal which apparently made them look pretty. Yes this was a clear explanation given to me by a hijabi whom I fumbled to ask her reason behind wearing that scarf "it is in my religion" she said "the purpose is to get liberated". "LIBERATED!!!???" I exclaimed as that was hard to digest "yes from fashion prejudices ..after all my looks must be the last thing that some one notices in me" and that explained it all.

When asked about when did her parent told her to wear it, she replied "I chose to wear it in the 12th grade" now this was something.

The fact that she chose to wear it meant that she was given the choice to wear it or not to and it was HER decision.

The very concept of giving women the right to choose is women empowerment or feminism and the way by which she wrapped the scarf over her head or even covered her face did not make her any less of a feminist but my ignorance definitely did.

I bumped into her a few months later and came to know that she had got a degree in masters of philosophy which elaborated further that she was a happy and a self sufficient lady.

I learnt that there was more to talk about to her or any hijabi they were not mere towel heads they could be anything - a doctor, race car engineer, an architect or even a disturbed or depressed or disabled person.

And so rather than beginning the conversation with "why do you wear that scarf?" I could talk to her about a lot more may be enquire about her favourite book or theatre play or her views on demonetisation, etc etc..because you never know, they might give you a funny sarcastic answer "I wear to hide lord Voldemort under my scarf" hahahaha.

Even though there are more than hundreds of definitions or more than hundreds of disagreements about definition of women empowerment; my definition was clear and a revised one. My unconscious bias was identified and rectified as I now know hijab and feminism were compatible ideologies..and it did not oppress women.

TASMIYA BOAT

3rd BPT

A STEP AHEAD

The future of the world needs to address issues that are vital for its peaceful existence. A nation is strong only when its citizens are in harmony and satiated with the prevailing circumstances.

It is time now, we are the future of this country, we need to come together and take strong and bold steps, in order to create the kind of environment India has never witnessed before. The government no doubt needs to function well but that is only 20 percentage of our concern currently, we form the rest 80 percentage of this share. We are the change but aren't we too scared, too scared to voice our opinions, the change that can only post images, update statuses, complain and fight over antinational comments. Ask yourself, are you worth it? Worth enough that the world changes in order to give you all that you rightfully deserve? Look around, the nation needs you the most today than it ever has. Instead of dreaming of higher studies and finding a well-paid job abroad try transforming your country into the place you dream of and work so hard for it. You need to pay back to the land that served you in your formative years. If we all come together and stand for our rights, not even our corrupt government will be able to deny them. Moreover with the current leaders we have, our present will only change for the best but they need our back up and if we integrate and function well as one unit instead of standing against them, we will produce miraculous changes.

They say it's never too late, it's never too late to try something new, it's never too late to start but what if after a certain point it all crashes down, what if everything disintegrates into something so diffused that it can't ever reveal the fables of its past. Well, anything in excess is poison and so is dragging a certain phase, a certain chapter, do let's end it and pull out India from the abyss of recurrent failures.

MANISHA MASAND

3rd BPT

ARE YOU HAPPY ?

*I was fed up of my life
I was fed up of those ups & downs...*

*So,
I went to the birds...oh it was so high..
I asked them "are you happy?"
They said, "not much dear...
We are scared of tree cutters who destroy our nests..
We are scared of kites,it cuts our wings..
We suffer electric shock..
How can we be happy?"*

*So,
I went to fishes..oh it is so deep..
I asked them "are you happy?"
They said, " not much dear..
we have no world besides water ...the big dolphins eat our eggs...
People eat us & our relatives.
We cry but no one understands because we are always in water...how can we be
happy?"*

*So,
I went to creatures living in soil
I asked them "are you happy?"
They said, "not much dear...
Being underneath is not good..
We aren't lucky like you..
How can we be happy?"*

Neither big creatures nor small ones are happy with their lives...

*Their condition is same like mine but i think its fine..
Even I will struggle like ants & learn the art of working hard from them..
Only if I struggle for existence I'll be happiest on earth!*

MANASI NANDAPURKAR

2nd BPT

DON'T QUIT

*When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest! If you must; but don't you quit.*

*Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up, though the pace seems slow;
You might succeed with another blow.*

*Often the goal is nearer than
It seems to a faint and faltering man,
Often the struggler has given up
When he might have captured the victor's cup.
And he learned too late, when the night slipped down,
How close he was to the golden crown.*

*Success is failure turned inside out;
The silver tint of the clouds of doubt;
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit;
It's when things seem worst that you mustn't quit.*

AAVSHI DOSHI

1st BPT

TELL ME A FAIRYTAIL

*If I could find the words, if I could shake the world,
If I could turn back time would you still be there?*

I can't stop thinking about the way

I left you sinking with no escape.

Now there's no lifeline, no way to save.

But maybe next time I won't throw it all away.

I ask myself everyday...

If I could find the words, if I could shake the world,

If I could turn back time would you still be there?

If I could find the words to say,

If I could shake the world to break you down,

Then would you still be there?

Dislocated, I lie awake

Suffocating in my mistakes.

I lost my halo when I fell from grace,

But maybe next time I won't throw it all away.

I ask myself everyday...

There's no dancing around it,

I crawl into the fire then fan the flames,

And I can't stand it

And I can't stand it

But I don't have the strength to burn the page

If I could find the words, if I could shake the world,

If I could turn back time would you still be there?

If I could find the words to say,

If I could shake the world to break you down

Then would you still be there?

Would you still be there?

BY UMRAN SAYED

3RD BPT

RESEARCH

1) Title: Evaluation of balance in Indian classical dancers and age matched controls: A comparative study

By: Dr.JuhiBharnuke (2ND MPT).

Under the guidance of: Dr.RajaniMullerpatan

Introduction:Dance provides an active, non-competitive form of exercise that has potential positive effects on physical health as well as mental and emotional wellbeing. In Indian dance, the knees are usually bent with feet flat rather than lifted and pointed. Jumps are usually low and intricate foot steps are performed. The complexity of the footwork lies in elaborate stamping rhythms. The movement of torso is graceful, shifting from side to side and turning around the axis of the spine thereby challenging balance. Hence the need of this study was to evaluate standing balance performance in Indian classical dancers.

Aim: To compare standing balance performance amongst Indian classical dancers and healthy age-matched non-dancers.

Methodology: It was an exploratory cross sectional study conducted amongst dancers and non-dancers. Dancers group included 36 active dancers above the age of 18 who have been trained in Indian classical dance form for minimum 10 years. Non-dancers group included 36 age-matched, weight-matched and height-matched controls who were not involved in any form of active physical activity like yoga, swimming, sports etc. Balance was assessed using AMTI force plate and VICON software. Tasks for assessing balance included quiet stance in wide base of support with eyes open and eyes closed, quiet stance in narrow base of support with eyes open and eyes closed, single limb stance with eyes open and eyes closed and dual tasks in all three forms of stance. Value of displacement of center of pressure was computed using MATLAB program. Intergroup analysis between the two groups was done using Independent t test.

Result: Star excursion balance test revealed significantly better balance performance amongst dancers in anterior direction ($78.11\text{cm} \pm 4.45$) v/s ($67.50\text{cm} \pm 7.10$) at $p=0.00$; postero-medial direction ($78.30\text{cm} \pm 4.72$) v/s ($67.19\text{cm} \pm 7.14$) at $p=0.00$; postero-lateral direction ($77.77\text{cm} \pm 4.42$) v/s ($67.25\text{cm} \pm 7.23$) at $p=0.00$. Dancers presented greater stability with centre of pressure trajectory in wide base of support with eyes-open ($0.17\text{m} \pm 0.03$) v/s ($0.24\text{m} \pm 0.04$) at $p=0.00$ and eyes-closed ($0.23\text{m} \pm 0.03$) v/s ($0.32\text{m} \pm 0.04$) at $p=0.00$ for 30s; narrow base of support with eyes-open ($0.25\text{m} \pm 0.04$) v/s ($0.32\text{m} \pm 0.03$) at $p=0.00$ for 30s and eyes-closed ($0.32\text{m} \pm 0.04$) v/s ($0.39\text{m} \pm 0.05$) at $p=0.00$ for 30s; single limb stance with eyes-open ($0.74\text{m} \pm 0.18$) v/s ($1.07\text{m} \pm 0.37$) at $p=0.00$ for 30s and eyes-closed ($0.86\text{m} \pm 0.08$) v/s ($1.46\text{m} \pm 0.59$) at $p=0.00$ for 13s, dual task in single limb stance ($0.93\text{m} \pm 0.11$) v/s ($1.94\text{m} \pm 0.74$) at $p=0.00$ for 22s; dual task in wide base of support ($0.22\text{m} \pm 0.03$) v/s ($0.29\text{m} \pm 0.04$) at $p=0.00$ and dual task in narrow base of support ($0.23\text{m} \pm 0.03$) v/s ($0.27\text{m} \pm 0.04$) at $p=0.004$. Among dancers strong negative correlation was noted between training hours/per week and centre of pressure trajectory in dual task in single limb stance ($r= -0.73$, $p=0.001$). Dancers demonstrated greater strength in gluteus maximus (10.94 ± 2.30) v/s (9.05 ± 2.90) at $p=0.003$; quadriceps ($110.52\text{cm} \pm 10.44$) v/s ($100.80\text{cm} \pm 12.01$) at $p=0.00$; gastrocnemius (26.72 ± 6.47) v/s (18.08 ± 5.58) at $p=0.00$.

Conclusion: Dancers demonstrated greater strength in all 3 major muscles of lower limb. Standing balance performance was better among dancers on both instrumented and non-instrumented/clinical evaluation. On clinical evaluation, dancers presented greatest stability in postero-medial direction and least stability in anterior direction. Dancers engaged in greater hours of training revealed higher standing balance performance in dual task in single limb stance. Present findings can be used to recommend classical dance training to youth to achieve dual purpose of deriving better physical function and restoring Indian dance heritage.

***This study was presented at International Association for Dance, Medicine and Science, 22nd Oct 2016, Hong Kong**

2) Title: Comparison of functional performance among people with unilateral/bilateral total knee replacement and conservatively managed osteoarthritis of knee.

By: Dr Shruti Rane. (2ND MPT)

Introduction: Knee osteoarthritis (OA) is a common age-related clinical condition that has a major impact on function and QOL. Total knee replacement (TKR) is an increasingly prevalent surgery recommended to those with severe OA of knee joint showing radiographic evidence of joint damage moderate to severe persistent pain and clinically significant functional limitations that diminish quality of life. Patients with TKR continue to present with altered gait mechanics even after surgery. This may increase loading on non-operated knee joint, degenerative changes and altered gait pattern. Gait patterns in patients can be analysed using 2D motion analysis which are cheaper, easy and have been emphasized in clinical practice for analyzing joint kinematics as well as spatio-temporal variables. Comparison of magnitude of affection in operated and non-operated knees with respect to healthy individuals remains poorly explored. Hence a study was designed to compare functional performance in people with total knee replacement and conservatively managed osteoarthritis of knee with healthy people using 2D analysis.

Methods : 30 people including 10 TKR, 10 OA Knee and 10 healthy adults in the age group of 40-80 years were recruited for the study following ethical approval and informed consent. Walk trial was recorded and the video was analysed using Kinovea Software version 8.15. Knee angle at heel strike, midstance and push off and spatio-temporal variables were calculated. Muscle power of Gluteus maximus, gluteus medius, quadriceps, hamstrings, gastrocnemius, tibialis anterior were examined using Oxford scale and modified WOMAC Score were the functional outcome measures used.

Results: Gait speed of TKR group was higher than OA group (GS TKR 1.25, GS OA 1.14, GS N 1.35 m/s) ($p=0.00$). Left stride length and stride duration was increased in OA patients compared to TKR and healthy group (SL OA 206.80, SL TKR 186.74, SL N 237.51 cm) ($p=0.04$). Knee flexion angle at heel off was higher in OA compared to TKR (KFOA 13.76, SL TKR 7.63, SL N 7.36) ($p=0.01$).

Conclusion: Gait speed was decreased, stride length and stride duration were increased in patients with conservatively managed OA and TKR compared to healthy individuals. Muscle power of gluteus maximus, gluteus medius, hamstrings and quadriceps was decreased more in OA knee group than in TKR group. OA people had higher WOMAC scores indicating greater

affection of physical function .Moderate negative co-relation between gait speed and WOMAC pain (-0.62) in TKR patients demonstrate residual affection in function inspite of surgical intervention.2D analysis was effective in identifying alteration in temporo-spatial gait variables.

3) Title: Survey of Spinal Pain in Indian Rural Population

BY SHWETA NAHAR. (2nd MPT)

Background: Spinal pain is a major public health problem worldwide. Low back pain (LBP) and neck pain (NP) are the leading causes of disability in the world. In India, occurrence of spinal pain is alarming; nearly 60% of the people in India have significant back pain. In rural areas of Maharashtra, India; people are engaged in hardship and more of physical activities. Most of the studies have not been estimated the spinal pain prevalence in rural population of India.

Purpose: The purpose of this study is to conduct a survey, aiming to study the prevalence rate of spinal pain in rural population of India and to study the activity limitations, attitudes and beliefs towards spinal pain in rural communities of India.

Study design: Phase 1 included the survey from Tara and surrounding villages of Tara. Phase 2 included Focused Group Discussion (FGD) from Tara village.

Methods: The Spinal Pain Questionnaire tool was used in local language for survey. The survey was conducted in three rural and three tribal villages by house-to-house method. The FGD focused on participant's perception towards pain, their activity limitations, and attitudes and beliefs towards spinal pain.

Results: The prevalence rate of low back pain is 4.87% and of neck pain is 2.94% in rural population. The prevalence rate of low back pain in tribal areas is 10% and of neck pain is 3.60%

Conclusion: Survey reported high prevalence of low back pain and neck pain in rural and tribal population of Karnala village. Spinal pain has interfered the activities of daily living and occupation in of village people. Lack of awareness of health, lack of transport facilities and high cost of treatment are the major barrier that bars the rural and tribal people from seeking effective health care services.

Key words: Spinal pain, Indian rural population, survey, focused group discussion

SKETCH CORNER

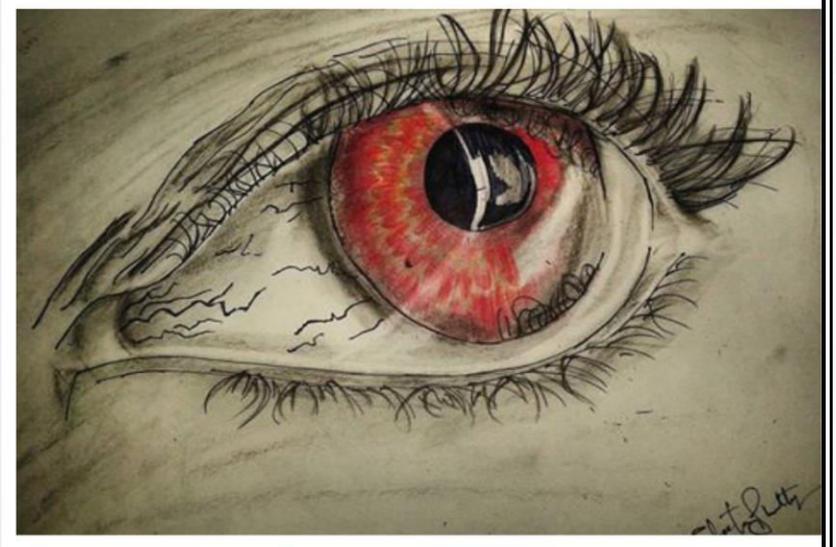


AAKANKSHA PEDNEKAR

2ND BPT

ANUSHREETA SHETTY

2ND BPT



JAYATI SAMPAT

2ND BPT



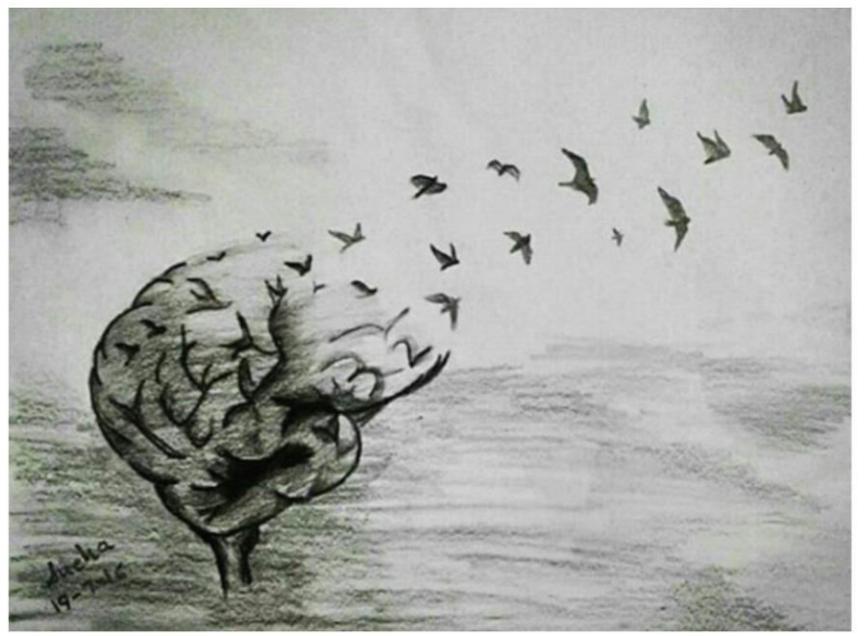


PRIYA PALANI

2ND BPT

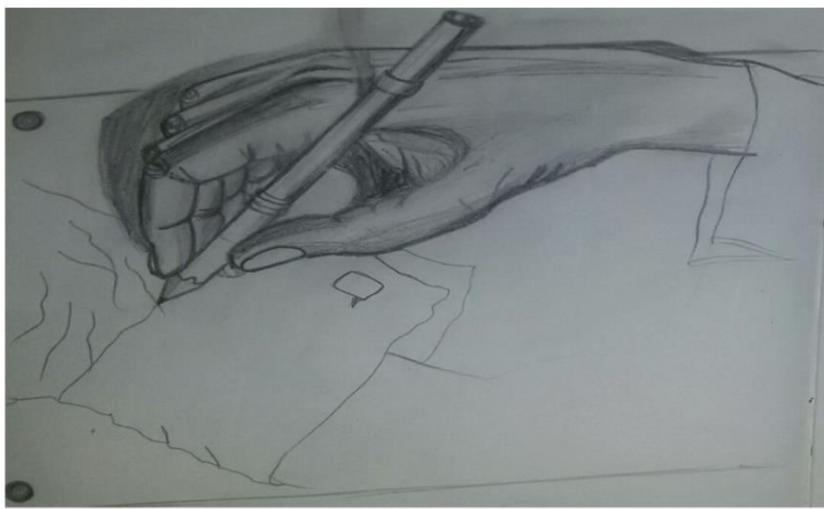
SNEHA SHINDE

2ND BPT



KHUSHBOO JAIN

3rd BPT



PHOTOGRAPHY



PHOTOGRAPHY BY JOSHEETA SHETTY (2ND BPT)

"No matter how many times you visit this place it never ceases to amaze you."- Omkar Deshmukh



PHOTOGRAPHY BY SIDRASHAIKH (2ND BPT)

"The future has a way of arriving unannounced."- George E Will



PHOTOGRAPHY BY SHRIYAMEDHI (3RD BPT)

ATTENDED A STAR GAZING PROGRAMME

"The unbeatable beauty of nature."



PHOTOGRAPHY BY DR. KANIKABANSAL



PHOTOGRAPHY BY SAHILBHAI SAHEB (FINAL YEAR BPT)

"Love is composed of a single soul inhabiting two bodies."- Aristotle



PHOTOGRAPHY BY SAUKYADAPATIL (FINAL YEAR BPT)

Every flower must push through the dirt to get to bath in sunlight."



PHOTOGRAPHY BY ANIKET GOVEKAR (FINAL YEAR BPT)

"winds high, the edge up high, yet she was doing the job for the god up high."

SNIPPET OF HISTORY

THE LIFE OF TYCHO BRAHE

Tycho Offesen Brahe in the 16th century lead a brilliant and a sensational life. He was a Danish Scientist known for his accurate astronomical and planetary observations. His best achviement were study of a supernova and the exact observations of the planets.

Beyond his astronomical genius, he is also remembered for his sensational stories. One of the stories goes as such ... At 20years he got into a disagreement with another nobleman over a Math formula. And because nobody could figure out what was right they got into a duel .Yup, you read it right, a duel over maths! So the deal was whoever won got the maths right because yes, that seemed like a fair deal. So Mr.Tycho here lost his nose in the duel. He went right ahead and flaunted his gold nose throughout his life. Don't ask who won because apparently evengoogle is so taken by this they forgot to mention who did.

He also had an elk as a pet who met with a bizarre end, reportedly drinking a lot of beer while visiting a nobleman on Brahe's behalf after which it fell down the stairs and died. Yes that apparently happened.

According to some it is also believed that he inspired The Hamlet, a Shakespearean Play. Quite a life there...

COLLEGE EVENTS





ATHENA 2016



- MIX & MATCH DAY



-HALLOWEEN DAY



-SAREE DAY

-RETRO DAY





-MASTERCHEF



-JAM



DUSSERA 2016



ATHENA 2017



SAREE DAY





DANCE BY MPTS



FASHION SHOW BY FINAL YEAR



DANCE BY TEACHERS



FASHION SHOW BY TEACHERS



DANCE BY 1ST YEARS



DANCE BY FINAL YEARS



2ND PRIZE WON BY 2ND YEARS



1ST PRIZE WON BY INTERNS

