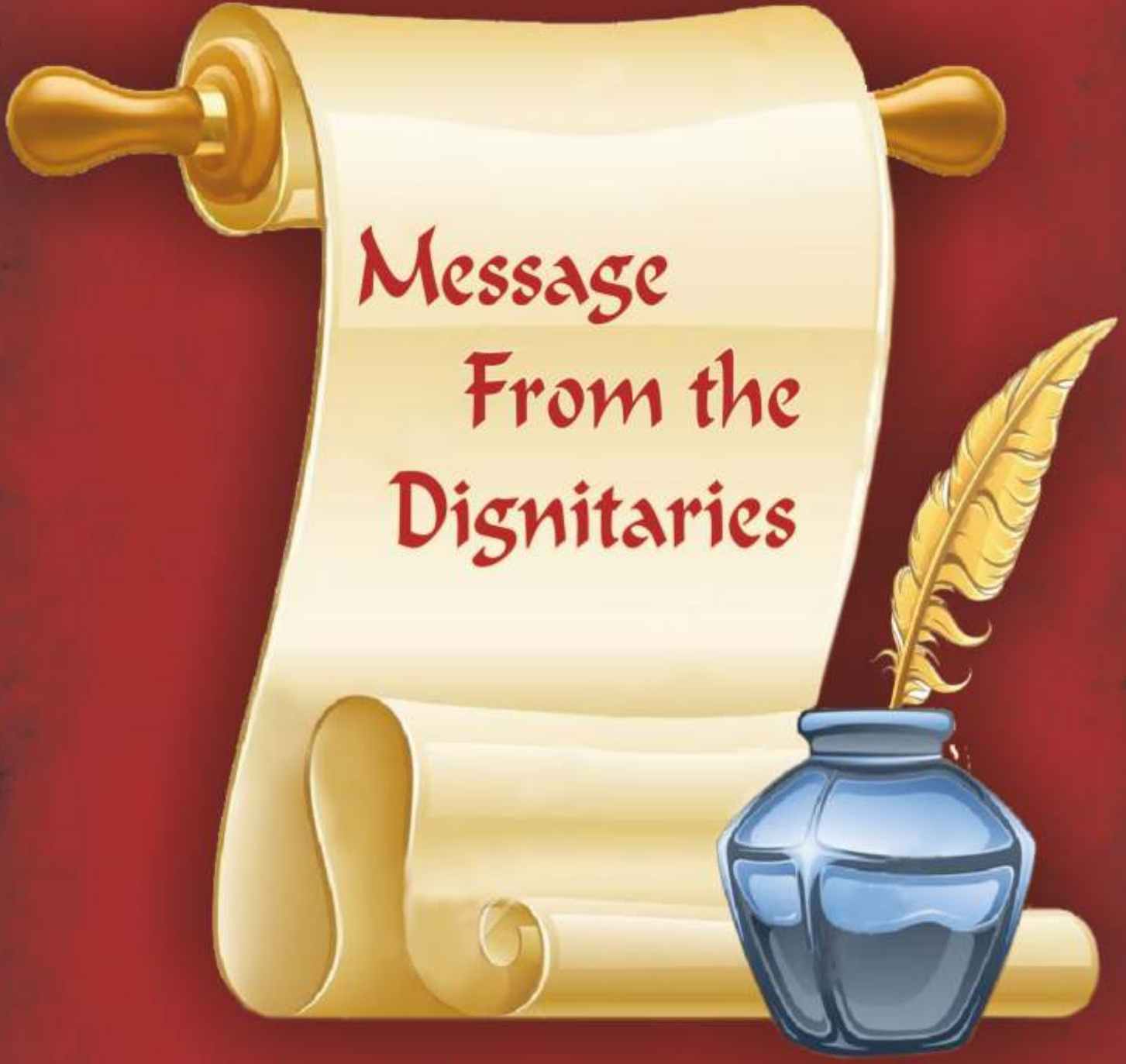




IRAHAT 2018





**Message
From the
Dignitaries**

Message...

Honourable Chancellor
Shri Dattaji Meghe's

Words...



It gives me immense pleasure to learn that the student's magazine RAHAT 2018 is being brought out. The student's magazine is the perfect avenue to surface the conceal literacy talents and creativity of the students. It is a document of collective wisdoms of the students. I am sure that RAHAT 2018 would be an apt milestone on the path towards our mission of knowledge, service and health. I extend my words of appreciation to the editorial board and the students who have worked hard for this creative venture. This is the time when we have to stretch our abilities and step out of the rut. If we go through the same motions, we will end up with the same results. We have to put more time, energy, thought and creativity into our efforts and resolve to reach higher.

My best wishes are with each one of you to keep learning, keep growing and keep venturing beyond what you already know and make a difference to this world as staff and students of Ravi Nair Physiotherapy College.



Honourable Pro Chancellor

Dr. Vedprakash Mishra's

Words...

It gives me immense pleasure and satisfaction to note that students of Ravi Nair Physiotherapy College are bringing out its magazine for the academic year 2018 titled "Rahat" which would be an embodiment of the manifestation of creativity endowed in them.

It is a notable venture in as much as, it would be rendering a platform for the students and members of the teaching faculty to bring out their creative talents to fore in a substantial way.

As a matter of fact, publication of the Annual Magazine with such wide ranging inputs incorporated therein, operationally provides a very meaningful and effective opportunity to the students for the purposes of unfolding their otherwise occult talent.

It is very rightly said that there cannot be 'monopoly on creativity', but yet the talent, which is innate in the students ultimately is required to be given an opportunity, whereby it is capable of manifesting itself out.

On these counts the endeavour, so undertaken is not only 'praiseworthy', but is 'exemplary' as well and calls for its replication on a wider scale in larger 'societal and academic' interests.

I record my sincere appreciation for the Editorial Board and their team for untiring efforts in 'actualizing' the same.

I record my very best to all those associated in bringing out of the said annual magazine.

Message...



Honourable Treasurer

Member, Board of Management, DMIMS(DU)

Shri Sagarji Meghe's

Words...

It gives me immense pleasure to know that the students" magazine RAHAT 2018 is being released.

The students" magazine is the mirror of the innate creativity of the students in the field of literature and fine arts which are as much essential to a student as the regular curriculum.

The articles in the magazine reveals the wisdom, enthusiasm and knowledge of the students to the fullest. I extend my heartiest congratulations to the students, staff and the editorial board of RAHAT 2018.

Message...



Honourable Secretary

Member, Board of Management, DMIMS(DU)

Shri Sameerji Meghe's

Words...

I am very happy to know that the students of Ravi Nair Physiotherapy College are bringing out their magazine RAHAT 2018.

The students' magazine provides an important stage and wonderful platform to the creativity and the hidden talents of the students. I believe that the magazine will reveal the projects, activities, achievements of the students along with their literacy zeal.

I wish the editorial students and staff all the luck and extend my sincere appreciation for this creative venture of theirs.

Message...

Honourable Vice Chancellor

Dr. R.M. Borle's



Words...

I am immensely pleased to give this message to RAHAT 2018 DMIMS(DU) student's reflection. College magazine is the true reflection of the creative minds of the student's impaired education in curricular and co-curricular activities by the institution.

It is also an avenue for the expression of their feelings, thinking and creativity which is also equally vital as these are the thoughts based on high literary value acting as an oasis in an otherwise day to day routine. It is also a reflection of academics and achievements of the institution in it's totally for the preceding year.

The magazine is also a place where under able guidance of their teachers an outlet is given for the expansion of their creativity and thoughts.

Message...



Honourable Pro Vice Chancellor

Dr. Neelam Mishra's

Words...

It is indeed a matter of great pride that Ravi Nair Physiotherapy College is first time going to publish a Student Magazine titled "RAHAT" for the year 2018. The caption itself is catchy, meaningful in as much as that "RAHAT" contemplates the sign of relief.

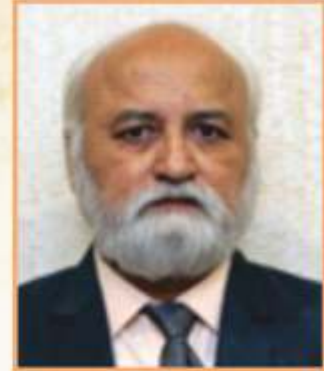
The magazine helps to record the creative talents, curricular and extra-curricular activities of the school and also provides an opportunity to the students to showcase their talent and explore their creative potential and help them to shape the overall personality of the student.

I extend my heartiest greetings and best wishes to all the students and teachers who have involved in bringing out the students magazine for their greater success and career ahead.

Message..

Honourable Registrar
Dr. A. J. Anjankar's

Words...



Our college is collectively embarking on a great voyage to the frontiers of medical knowledge, which is where our students will begin their individual exploration in the yet uncharted territory of sufferings and diseases. I wish my students all the very best to achieve their goals. But in the midst of all this students must not forget that the character can not be developed in ease and quiet. Only through experience of trial and toil can the soul be strengthen, vision cleared, ambitions inspired and success achieved.

I am very happy to congratulate the staff and students of our college who have helped the editorial board to unleash the magazine of our college "RAHAT 2018".

Message...



Honourable Director

Mrs. Manisha Meghe's

Words...

I am extremely pleased to learn that this year's student magazine of RNPC is about to be unfurled.

The magazine I believe is a true creation and representation of the students. It is a rare opportunity to not only exhibit but also share their experience and enhance their talent amongst their contemporaries and faculty members.

I am sure that the students magazine will not only boost the moral amongst the younger generation of students towards creativity but will also reflect the high cultural and aesthetic values.

My sincere wishes and blessings to the staff and the editorial board.

Message...



Honourable Principal

Dr. Atharuddin Kazi's

Words...

It's a feeling of immense pride and joy to witness the literary culture of our institution unfold through our college magazine "RAHAT-2018".

I am sure the untiring efforts put in by my editorials colleagues, magazine staff, authors, and students will be Appreciable. In this occasion I wish the Physiotherapy to touch the Global altitudes and pride.

I take this opportunity to congratulate the "RAHAT" team for their very successful endeavour.

Best wishes .



Honourable Vice Dean(Academics)

Dr. Irshad Qureshi's Words

Words...

It gives me immense pleasure and satisfaction to note that Ravi Nair Physiotherapy College, a constituent unit of Datta Meghe Institute of Medical Sciences (Deemed University), Nagpur, is bringing out the first edition of the students magazine under the caption "RAHAT2018".

It is heartening to note that the magazine has received a overwhelming response from the students which goes to indicate its acceptance at the first place. A venture like this is indeed aimed at providing an appropriate platform to the young minds to show case their creative talents and positive aptitude.

The young generations have to bear in mind that "there cannot be a monopoly of ideas, innovations and creativity". Each individual harbors several ideas within himself which on many occasions suffocate and die for want of an appropriate opportunity for manifestation. This not only ends up in death of a genuine idea in the mind of an individual but it also deprives the society and humanity from reaping the benefits which could have generated out of the same.

Message...



From the Editors Desk...

Dr. Madhuri Wane

Convener, Student Magazine

Dear readers,

I am extremely pleased to present you RAHAT 2018. With a unique look, I sincerely hope you all would like to keep on reading it as soon as you see it. When the idea was put up by my team to hold you the magazine in the form of a blog, it was instantaneous hit with everyone, from the Principal and to the Director, given today's rampant use of the internet.

I would like to extend my personal thanks to students chief in editor Prasad Risaldar who has been integral in the making of the magazine, the Advisory board, staff and the Student Editorial Board. I personally believe that the every page of the magazine reflects the spirit and dreams of ever RNPCian keeping the spirit of RAHAT alive always.

Message...



From the Editors Desk...

Prasad Risaldar

Student Editor - in Chief Batch 2k16

Dear readers,

It is indeed pleasure to present before you the second edition of our student magazine RAHAT 2018, of Ravi Nair Physiotherapy College, Sawangi (Meghe).

We (Team Rahat 2018) tried to put a glimpse of all the memorable events which we have experienced in this year

It feels really great to reflect on the events, memories and the talent of my dear friends who showed their keen interest in the literature part of the magazine

I am personally very thankful to our principal Dr. K.K Singh whose experience and suggestions made this task a learning experience for me

I am also very thankful to Dr. Madhuri Wane for encouraging team Rahat 2018 at every step, I am also thankful to all the faculty members and students who inspired us to put before you the second edition of our magazine RAHAT 2018.

I hope that the contributions made by our students will make you to read our magazine again and again.

Message..



From the Co-Editors Desk...

Dushyant Bawiskar

Student Co-Editor - in Chief Batch 2k16

Dear readers,

"The strength of the team is each individual member.

The strength of each member is the team."

-Phil Jackson

It is indeed a proud moment for us that Datta Meghe Institute of Medical Sciences (Deemed to be University), Sawangi (M), Wardha is hosting the Magazine RAHAT for Ravi Nair Physiotherapy College.

This Magazine will provide a platform to the participants to deliberate upon and exchange ideas and information pertaining to the field of Physiotherapy, Disability, Geriatrics and many more.

I would like to express my sincere gratitude to the guiding spirit Patrons, Faculties without whose support this RAHAT MAGAZINE wouldn't have turned into a reality and I also express my gratitude to my friends for their unconditional support and Help. Last but not the least I would like to thank our patrons of DMIMS for giving us the opportunity to host this magazine.

I appreciate the creative contribution of my buddies and Thank you very much for your support and valuable contributions.

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Teacher Editorial Board

Mentors

- › Dr. K.K. Singh
- › Mrs. Manisha Meghe
- › Dr. Irshad Qureshi

Convener Student's Magazine

- › Dr. Madhuri Wane

English Section

- › Dr. Swapnil Ramteke
- › Dr. Lajwanti Lalwani
- › Dr. Ashwini Chinnewar

Hindi Section

- › Dr. Subrat Samal
- › Dr. Vaishnavi Yadav

Marathi Section

- › Dr. Ashish Bele
- › Dr. Swapna Kamble
- › Dr. Mithushi Deshmukh

Urdu Section

- › Dr. A. Kazi
- › Dr. Waqar Naqvi

Student Editorial Board

Editorial in chief

- **Prasad Risaldar** *Editor*
- **Dushyant Bawiskar** *Co - Editor*

English Section

- **Dr. Poonam Thakare**
- **Dr. Snehal Samal**
- **Lynn Fernandes**

Hindi Section

- **Dr. Nivedita Bele**
- **Radhika Sawal**
- **Nidhi Tiwari**

Marathi Section

- **Dr. Priyanka Telang**
- **Dhanshree Urganlawar**
- **Charul Dandle**

Urdu Section

- **Dr. Kaneez Fatema**
- **Sidra Ahamed**
- **Fatima Kazi**

Socio- Cultural Involvement

- **Dr. Mohammad Zishan**
- **Abhishek Daff**
- **Riddhi Jain**

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GFC - 2K18





GFC - 2K18





THE BOOK



*It pierces your heart, your brain it pacifies.
It acquaints you with worldly truth and deadly lies.
Echoes your laughter and resonates your voice.
Evokes empathy and deep sighs.*

*It stirs you and touches millions of souls.
Sometimes insane your belief in spirits and ghosts.,
Makes you shudder and speechless, and sometimes your
hand stand at end,
It makes you imagine even unconquerable will blend.*

*It rediscovers your adventurous streak and
make you yell "Ahoy!!!!"..
Takes you across seven seas, yet in the same sea you remain.
When you are in its jungle you forget loss and gain.!!*

*Mystery and magic emerges as page unfolds,
Every word has profound weight with profound meaning,
At your doorsteps arrives stars that once intended high!.*

*Teaching of saints, love for God ,It has it all, Perservance,
hard work, patience in it stands tall, So read it,
get inspired by its beautiful words and And you knowledge
soar high like bird.....!*

Anam Sasun
2k17 batch



THE BOOK



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Sushma Swaraj

People's Minister



What comes to mind when you hear the name 'Sushma Swaraj'? For people on Twitter, her quick wit and forever helping hand. For people off it, a strong woman with an assuring smile on her face. The bindi, the low bun and the long trail of sindoor, along with her saree and jacket, became her own in the years of public service that India saw her in. And above all of that, what the world saw, was the figure of a woman who did not hesitate to wear her culture on herself. In her bindi, sindoor and saree.

Sushma Swaraj was an Indian politician and a Supreme Court lawyer, Born February 14, 1952, she was a Bharatiya Janata Party leader and the minister of external affairs of India. Her father was a prominent RSS member. At 25, she became the country's youngest Cabinet minister in Haryana government and has also served as chief minister of Delhi.

She was educated at S. D. College, Ambala Cantonment and earned a BA degree with majors in Sanskrit and Political Science. Swaraj, who studied LL.B. at Punjab University, Chandigarh and practiced as a Supreme Court advocate from 1973, began her political career with the Akhil Bharatiya Vidyarthi Parishad in the 1970s. She has been elected six times to the Lok Sabha and three times as MLA. Holding various portfolios in the Union Cabinet, she has been minister for Information and Broadcasting, Telecommunications and health minister.

She was elected from Vidisha Lok Sabha constituency in Madhya Pradesh in 2014.



Sushma Swaraj

People's Minister

Sushma Swaraj was the first female Spokesperson of a national political party in India. She has many firsts to her credit as BJP's first female Chief Minister, Union Cabinet Minister, general secretary, Spokesperson, Leader of the Opposition and Minister of External Affairs. She is the Indian Parliament's first and only female MP honoured with the Outstanding Parliamentarian Award. She has contested 11 direct elections from four states. She has served as the President of the Hindi Sahitya Sammelan in Haryana for four years.

On 19 February 2019 Swaraj accepted the prestigious Grand Cross of the Order of Civil Merit, which was conferred by the Spanish government in recognition of India's support in evacuating its citizens from Nepal during the earthquake in 2015.

On 10 December 2016 she underwent a kidney transplant at AIIMS, Delhi with the organ being harvested from a living unrelated donor. The surgery was successful. On 6 August 2019, Sushma Swaraj reportedly suffered a heart attack in the evening after which she was rushed to AIIMS New Delhi, where she later died of cardiac arrest. The next day, she was cremated with full state honours at the Lodhi crematorium in Delhi.

Sushma Swaraj will be remembered by opponents and allies alike for fighting spirit, drive and dedication. She set a new standard in public life. She will always be remembered for her service to the people of India.

Anushka Raipure

2k18 batch

PROMISING DAYS

I will wake up in the morning
With courage in my heart
To brave the day
What it brings in my path

That in any situation
I will use my mind
To always remember
To stay humble and kind

Through the ups and downs,
He watches from above
To spread what is my duty
Not hate, but love

Tonight when I go to bed
I'll think of the people I paid respect
Be it the doctor or the clerk
Everyone deserves to feel their worth

With morals in-built
My head held up strong
To carry on with this life
To do what's right, not wrong

Lynn Fernandes
2k16 batch



The Curse OF VII

She woke up in the morning,
With pain at the side of her head,
Looking down at the pillow,
She found it all wet.

At the sight of dawn,
She tried to let out a yawn,
Her mouth tilted sideways,
Something was definitely wrong.

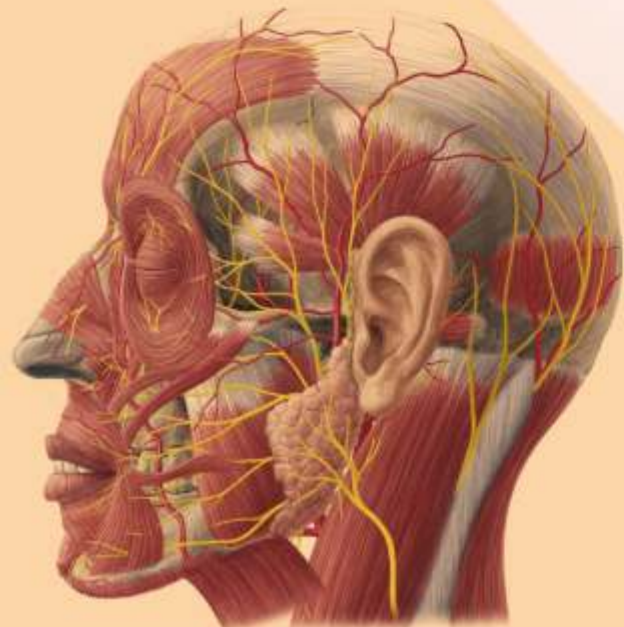
She rushed to the mirror,
As she tried hard to figure,
Why she couldn't close her eye,
This was just getting queerer..

She took her brush from beneath,
When the toothpaste touched her teeth,
It didn't taste right,
It wasn't salty, nor sweet.

"Will I ever get well?",
To God, she wanted to tell,
"Why is this curse upon me?",
Could this be bells..?

- *Vaishnavi Siroya*
Lynn Fernandes

2k16 batch



Beauty Of Nature

As one of Natures beauty

You swim so gently

In air, on land and sea

You are still as beautiful as you can be

So clean and fine

I wish I had one to be mine

You are truly amazing

Cause you I would never stop liking

- Anjali Nawkhare

2k18 batch



What we Say to Physios...



You are doing your client a huge disservice if you think you are smarter than their brain and activate muscles that their brain has inhibited for a reason

Motor Control- taking the smallest muscle involved and training it at 10% of MVC with every effort to turn off everything else with view that this muscle is inordinantly important

*Breathing- If we are not normalized no other movement can be
Posture- we follow movement like a shadow*

Pain-It's just not that what we are? It's what it means to that person.

Strengthening- The last three or four repetition is what makes the muscles grow. This area of pain divides the champion from someone else who is not a champion.

Exercise-we are a celebration of what your body can do not a punishment for what you ate

Posture-we are the one most important thing anybody can do now and afford to look better.

Gait - gentleness in the gait is what simplicity in dress. Violent gesture or quick movement inspire involuntary disrespect.

Coordination - there's not a pill or an injection that's going to give me , you have to yourself own me.

Massage In this hectic life people don't take care of themselves hence we are needed for rejuvenation and stress reduction. Like many people are taking medications and doing other thing which are not healthy.

But we are very holistic and natural try coming to us sometime.

- Ruchita Rao Chilkapurwar
2k16 batch



Guilty of being a Woman



She ripped her skin off to make her soul pure.

She scratched her body to get your touch off her.

Because you touched her body without asking for it.

They blamed her because she wanted to touch the sky,

They judged her for aiming the moon,

They called her guilty for what you did,

But no one cared what a devastating art she had become.

Because she was a woman

She was trapped in the cage which was meant for you.

But like a free bird, you were flying in the sky that was owned by her.

And when she realized that she is trapped in the cage for eternity,

*She decided to end it and said goodbye to the world leaving
behind a lament for her.*

Perhaps this world doesn't know how a rapist is treated.

- Sakshi Palkrit

2k17 batch



Melancholy

*Sitting with the broken souls around the table,
They were served with melancholy in their plates that
life served them. Which I tasted piece by piece.*

They all tasted woeful.

They were lost in the smoke,

They smoked their sorrows hard.

They wanted to be mortal.

Their souls were dead but with a smile.

They had everything but for the cost of nothing.

They woke up and fought the same battle every day.

*The battle between the one who they are and
the one who they dreamed to be.*

- Sakshi Palkrit
2k17 batch

- **Chust parishad/ चुस्त परिषद/-noun:**

Our student council members. Dont ask us what this people being called in other colleges.

- **Fanta /फंता/-noun:**

Although common hindi term but in RNPC, it is more than just a boy. Of ten, it is use to refer to your boyfriend and you will frequently here the discussions in girl's hostel on how to get one.

- **BT/बटी/-noun,verb:**

Short for "bad trip" . Whether it be a deadline or 34MB Jio WiFi, this word is used to refer to things which keep causing trouble and / or hardships. " बोहोत बटी है यार लाइफ में।" (Something you'll hear a lot in coming years).

- **Haddi, Magaj, Jigra, sarwajanik /हड्डी, मगज़, जिगरा, सास्वजनकि/- noun :**

Referring to depts musculoskeletal, Neurosciences , cardiorespiratory, community respectively.

- **Dhakkan/ढक्कन/-noun:**

The person with numerically largest NEET marks being admitted here.

- **Faccha/फच्चा/-noun:**

This is our freshmen. The word is a simple conjunction of words 'freshers' & 'baccha'.

- **BTM/बिटीएम/-noun:**

BTM in RNPC refers to "behenji trying to be modern".

- **Kaudi/कौड़ी/-noun:**

Slang for credits "Do kaudi ka course hai". (Not to be taken literally).

- **Fighter/फाईटर/-adj:**
Stuff that is difficult to do. When people say "ye prof. / Course fighter hai " , what they mean is that you have to put a lot of efforts to sail through.
- **Mintu-Pintu/मट्टि-पट्टि/-noun:**
Refers to student pursuing MPT.
- **Fundae / फंडे/-noun:**
The "free-of-cost" advice seniors(or even facchos) will give you. Although it is for you to decide which ones to give heed to.
- **Hukka/हुक्का/-noun:**
Hukka for sawangi people is considered to be "food court"(a life surviving place). Alas! Which is no more.
- **Proxy/प्रोक्सी/-noun:**
"Bro proxy laga dena" in RNPC is something which you will never gonna see, as our elite University has now came up with the face-scanner attendance.
- **Netaji/नेताजी/-noun:**
Pointed for politics. It is refer to the student/person playing safe, but sometimes things don't turn out the way we want them, do they?
- **chaliya/छलिया/-noun:**
The top ranked student in RNPC of every batch.

Tamanna Nurai

Batch -2K16



॥ हिन्दी ॥

सबसे अनोखी

हर गम में तुमने मेरा साथ दिया

मेरी खुशी में अपनी खुशी है पाई

मेरी जीत की खुशी मुझसे ज्यादा तुमने है मनाई

यकीन नहीं होता इतनी अच्छी दोस्त, कैसे है मैंने पाई।

वक्त ऐसा भी आता था, जब मैं तुमसे रूठ जाती थी,

पल भर में तुम, मुझे मना लिया करती थी,

मेरे चहरे की मुस्कान, मुझे लौटाया करती थी।

अब, भिन्न है हमारी मंजिले, रहते हैं मीलों दूर,

किंतु इस दोस्ती की परिभाषा का, है एक अलग ही नूर।

मीलों दूर रहने पर भी, दोस्ती हमेशा पास है लाई,

यकीन नहीं होता, इतनी अच्छी दोस्त कैसे है मैंने पाई।

तुम्हारी इस दोस्ती का कर्ज, चुका कभी ना पाऊंगी,

ईश्वर के चरण तुम्हारे लिये, दुआओं का प्रशाद चढाऊंगी।

तुम्हारी खूब तरक्की हो, यही मैं चाहूंगी,

तुम सबसे अनोखी हो, यही सबको बतलाऊंगी

आदिति जोशी

वर्ष - २०१८



अनुशासन

अनुशासन ये शब्द है बड़ा भारी,
सफलता का ये मंत्र और है बड़ा लाभकारी।

संयम की जरूरत होती है इसमें,
पालन करता है वो दृढ़ विश्वास है जिसमें।

अनुशासन के बलबुते पर पायी जा सकती है कोई भी चीज़,
विद्यालय से ही बो दिया जाता है इसका बीज।

निभा पाते हैं इसे जो लेते हैं जिम्मेदारी,
सोचते हैं अब कुछ कर दिखाने की है हमारी बारी।

सिखाता है हमें ये जिंदगी जीना,
कुछ नहीं पा सकते हम इसके बिना।

राधिका सावल

वर्ष - २०१६



दो लफ्ज़...



अंधेरा हुआ तो, हाथ थाम लिया
बुरे वक्त में होसला दिलाया, दुनिया खिलाफ होने
पे खुद अकेला खड़ा रहा ।
वो बाप हि तो है,
जो मुझे खिलाकर खुद भुके पेट सो गया।

रातों के अंधेरो में,
लोग बस रोने के कारण नहीं देते,
कुछ लोग खुशी मनाने की वजह भी दे जाते हैं ।

निधी तिवारी

वर्ष - २०१६



गणपति बाप्या माय्या



हाथ जोड़ वन्दन करू, झुकाकर शिश प्रणाम।

पार्वती और शिव के नन्दन, आप हो सबसे महान॥

मनाते हैं ये पर्व भारत के कई परिवार,

महाराष्ट्र का है ये बड़ा प्रसिद्ध त्योहार।

लगया जाता है यह नारा बार बार,

एक,दो,तीन,चार गणपति की जय जय कार ॥

इनके हम पर कई उपकार,महिमा इनकी अपरंपार।

स्वागत मैं इनके ये सबको नचाए,

मोदक लड्डू और मिठाईयाँ खिलाएं।

प्रथम पूजनीय यह देव कहलाये, मूषक पर सवार होके ये आएँ ॥

दुर्वा और पुष्प से शृंगार कराएं, भक्त जन इन्का गुण गाए ।

आंखो मैं अश्रु ये लाएं, विदाई के शानो मैं ये सबको रुलाए॥

शिश नवाए इन्हे पुरा जहाँ, इनके समक्ष नही किसिके पास ज्ञान,

गलतियो पर शमा करना, समझकर हमको नादान।

है गणराज आप हो सबसे महान॥

राधिका सावल

वर्ष - २०१६



सपने

चाहे वो हो छोटे, या हो अधूरे ।

हर इन्सान के सपने, कभी ना कभी जरूर होते हैं पूरे ॥

हिम्मत को ना डगमगाओ,

बस आगे हे आगे बढते जाओ।

मन ही मन यह गुनगुनाओ,

पार होगी अपनी भी नाव ॥

कभी ना मानो तुम हार,

होगा तुम्हारा भी उद्धार।

गीता का भी यही है सार,

कर्म करते जा, फल की चिंता मत कर यार॥

बार बार गिरने के बाद भी, जब तु नही हारे।

तब सफलताए चूमेगी चरण तुम्हारे॥

राधिका सावल

वर्ष - २०१६

आहान

याद है वो दिन,
जब तुम्हारे आने की आहट हुई थी ।
झूम उठी थी मेरी दुनिया,
जब तुम्हारी हलचल मेरे अंदर हुई थी ॥॥॥॥

तुम्हारे नन्हे ख्यालो मे,
हमारी पुरी जिंदगी गुम हुई थी ।
याद है हमे वो दिन,
अब वो घडी आ गई थी ॥

जब तुम मेरी बाहो मे,
हमारी जिंदगी मे समा गए ।
न जाने कब हमे,
जिम्मेदार बना गए ॥

सच खुदा का जितना शुक्र मानु, उतना कम है
तु हमारी जिंदगी मे, जन्नत से क्या कम है ॥

बस युही तु खुश रहे,
और छू ले आसमान ॥
तु ही है हमारी जिंदगी, रे आहान

डॉ. निवेदीता बेले





॥ मराठी ॥

आई

तू सुंदर नसलीस तरी, आईच आहेस कारण
तुझ्या अंतरीच सौंदर्य मला माहीत आहे अग !

चेहऱ्यावरचं सौंदर्य पाहून, कुणाला का कुणी आई म्हणत?
फाटक्या पदरातल लेकरुहि का, भरजरी शालूला भुलत?
अंतरीच्या वेदनेचे, अतूट हे नातं आहे,

आई तू, सुंदर नसलीस तरी आईच आहेस

लहान असताना मी भरविली तुझी मांडी शी-सू करुन
पदरान तुझ्या, मी घेतले शेंबड माझ नाकही पुसून
घाण होतो असा, म्हणून मला तू का दूर लोटल आहेस

आई तू, सुंदर नसलीस तरी आईच आहेस

तूझ्या म्हातारपणात मी तुझा आधार होईन
पांग तूझे फिटणार नाहीत, माये पर्यन्त निश्चय करुन
सोसलेल्या वेदनांची तू जाण मला आहे

आई तू, सुंदर नसलीस तरी आईच आहेस !!

धनश्री उपगन्लावार

वर्ष - २०१८



माझे मन...

कोणासांगू काही कळेनासे झाले

माझे मन कवीचे झाले....

त्या मध्यरात्री लुकलुकणारे तारे,

थंड हवा आणि रातकिड्यांचाआवाज मोहक वाटे

माझे मन कवी चे झाले.

पहाटेचा उगवणारा सूर्य नवी दिशा देई

मावळणारा सूर्य दुसरी संधी देईल

कोणासांगू काही कळेनासे झाले

माझे मन कवीचे झाले....

अंजली विकास नवखरे

वर्ष - २०१८



मनातील जग...

या टिपटिपणाच्या चांदण्या...

लुकलुकणारे तारे...

सर्वत्र चंद्राचा प्रकाश

सारे जग आपलेसे करी

या छोटुश्या जगात माणसात माणसे च जिवंत मेले आहे

या जगात ना प्रकृतीला जपे, ना पाही

सगळे व्यस्त आपल्या कामात

कोणाला कळे कोणाला नाही ..

या टिपटिपणाच्या चांदण्या ...

लुकलुकणारे तारे..

अंजली विकास नवखरे

वर्ष - २०१८



कुंडी

तेव्हा आजोबा नेहमी बजाऊन सांगायांचे
पाणी टंचाई कितीही असली तरी
अंगणातील भिंतीवर टांगलेल्या
कुंडीमध्ये नियमितपणे पाणी घालावे
तिषार्त चिमण्या पाखरांसाठी !
त्यांचा सांगण्यात
किती गर्भितार्थ होता
हे आता लक्षात आले माझ्या...
चातक पक्ष्याला
पहिल्या पावसाच्या सरींमधून
पाण्याचा एक थेंब
टिपून तहान भागवतांना
जेव्हा मी बघितले अन
पाण्याच्या कुंडीचे महत्व
मला कळले!!

अंजली विकास नवखरे

वर्ष - २०१८



أُرْدُو



میری دعا سے قضا تو بدل نہیں سکتی۔

مگر ہے اس سے یہ ممکن کی تو بدل جائے

تیری دعا ہے کی ہو آرزو، ہو تیری پوری

میری دعا ہے کہ تیری آرزو بدل جائے۔

میری دعا سے کچھ تو بدل نہیں سکتا

مگر ہے اس سے یہ ممکن کی تو بدل جائے

تیری دعا ہے کی ہو آرزو، ہو تیری پوری

میری دعا ہے کہ تیری آرزو بدل جائے |

Sidra Ahamad
2k18

حالات کے قدموں میں قلندر نہیں گرتا
لٹ لٹ جو ستارہ تو زمیں پہ نہیں گرتا
گرتے ہیں سمندر میں بہت شوق سے دریا
لیکن کسی دریا میں سمندر نہیں گرتا

حالات کے قدموں میں قلندر نہیں گرتا
وہ جو ستارہ تو جہاں پہ نہیں گرتا
گرتے ہیں سمندر میں بہت شوق سے دریا
لیکن کسی دریا میں سمندر نہیں گرتا

Sidra Ahamad
2k18

سجدہ عشق پر تو عبادت میں مزہ آتا ہے

خالی سجدوں میں تو دنیا ہی بسا کرتی ہے

لوگ کہتے ہیں کہ بس فرض ادا کرنا ہے

ایسے لگتا ہے جیسے کوئی قرض ادا کرنا ہے

سجدہ ہر عشق ہی تو عبادت میں ملتا آتا ہے

رہا تو سجدوں میں تو دنیا ہی بسا کرتی ہے

لوگ کہتے ہیں کہ بس فرض ادا کرنا ہے

ایسے لگتا ہے جیسے کوئی قرض ادا کرنا ہے

Fatima Kazi

2k18

منہ دیکھ لیا، سینے میں پردا غ نہ دیکھ سینے میں

3) ایسا لگایا جینے میں سر نہ کہ مسلمان بھول گئے

تکبیر لقا اب بھی ہوتی ہے مسجد کی فضا میں اے الف

جس قرب سے دل بیل جاتا تھے وہ قرب لگانا بھول گئے

میں دیکھ لیا، آئینے میں پردا غ نہ دیکھ سینے میں

جی ایسا لگایا جینے میں سر نہ کہ مسلمان بھول گئے

تکبیر لقا اب بھی ہوتی ہے مسجد کی فضا میں اے الف

۹۹
۱۱
۱۲

جس قرب سے دل بیل جاتا تھے وہ قرب لگانا بھول گئے

Fatima Kazi
2k18

دिल کی لگاتار دعا جان کو ہوتی ہے

سیتاروں کی لگاتار دعا آسمان کو ہوتی ہے

ہماری سزا سے بچا ہے آپ سلامت رہے

کچھ اچھے دوست کی لگاتار دعا انسان
کو ہوتی ہے

دل کی ضرورت ہر جان کو ہوتی ہے

ستاروں کی ضرورت ہر آسمان کو ہوتی ہے

ہماری فراسے دعا ہے آپ سلامت رہے

کیونکہ اچھے دوست کی ضرورت ہر انسان کو ہوتی ہے

Alfiza Z. Khan

2k19

خشبوکی طرح آپ کے پاس بکھر جائیے گئے۔
کون بن کر آپ کے دل میں اتر جائیے گئے۔
ضامسوں کرنے کی کوشش تو کیجیے
دور بیٹھے بیٹھے بھی آپ کے پاس نظر آئے گئے۔

خوشی کی طرح آپ کے پاس بکھر جائیے گئے۔
مکھن بن کر آپ کے دل میں اتر جائیے گئے۔
جسکا محسوس کرنے کی کوشش تو کیجیے۔
دور دور ہوتے ہوئے بھی آپ کے پاس نظر آئے گئے۔

Alfiza Z. Khan
2k19

A golden scroll is unrolled against a dark red background. The scroll is held by two golden handles. In the center of the scroll, the text "Pillars of R.N.P.C." is written in a red, serif font. To the right of the scroll, a golden quill pen is placed in a blue, octagonal inkwell. The scroll is partially unrolled, showing its texture and the way it curves.

**Pillars
of R.N.P.C.**



**Work With Sporty
Enthusiasm**



**Be Punctual
& Determined
in your Work**

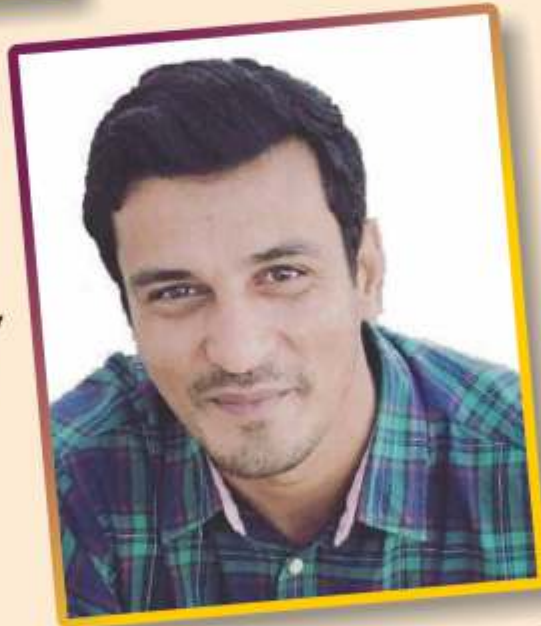
**Enjoy Work
Happily & Do
Sincerely**





**Work Silently
& Give the Results**

**Work
Smartly**



**Work With
Calmness**





**Work With Peace
& Be Passionate**



**Work
Enthusiastically**

**Be Perfect
in your Work**





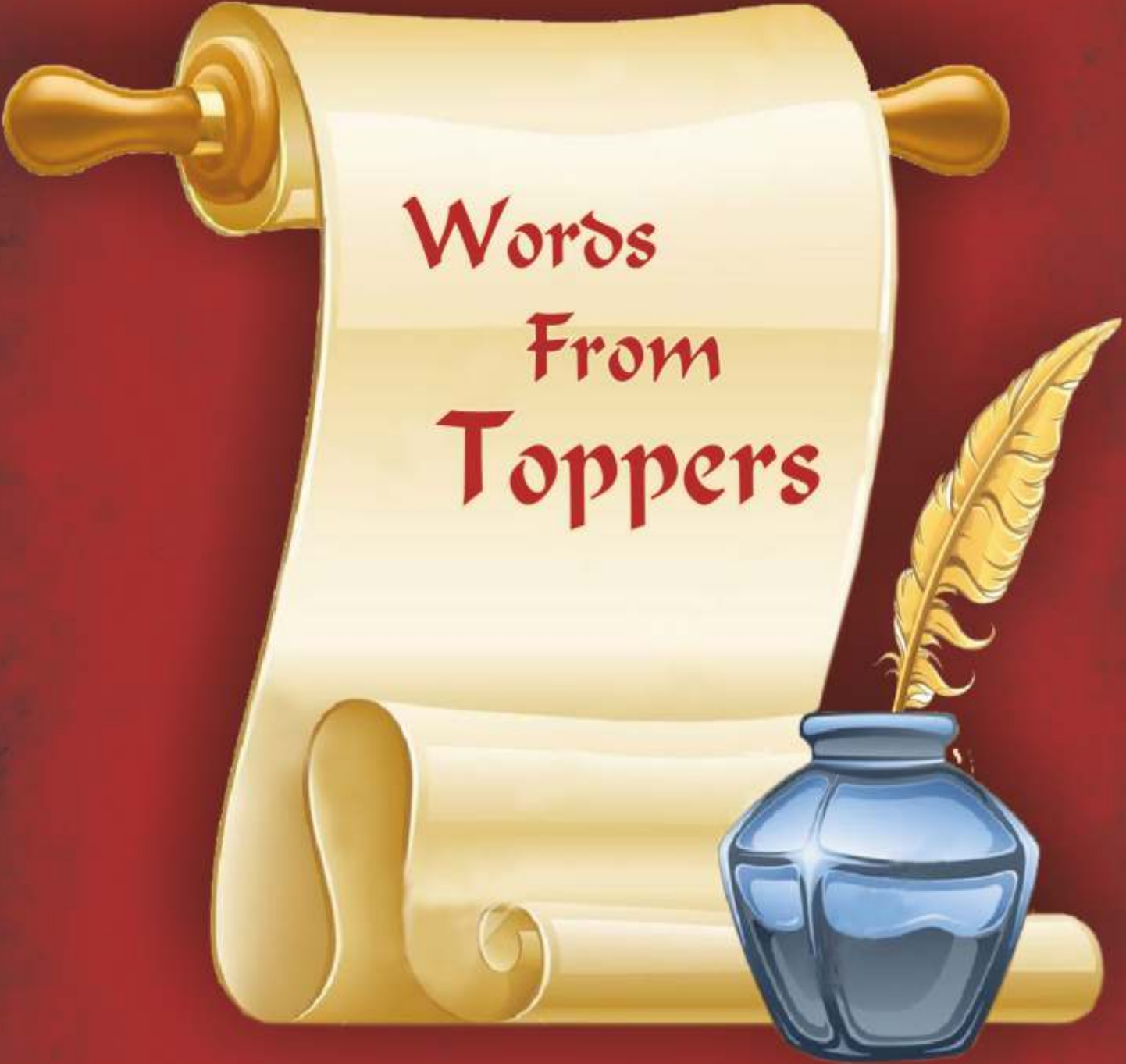
**Work in
innovative Way**

**Work With
Good Efforts**



**Work For the
Betterment**



A golden scroll is unrolled against a dark red background. The scroll has two golden handles. The text 'Words From Toppers' is written in a red, serif font on the scroll. To the right of the scroll is a blue inkwell with a golden quill pen resting inside it.

**Words
From
Toppers**

Myself Palak Pradeepkumar Darda final year BPT (2016 batch). I am topper since three years. It's a happy thing for everybody but not on serious note there are some things that a topper has to face a lot First let's talk about what are the perks of being a topper- You get personal satisfaction, you start believing more in yourself and do more n more hard work and you yourself create a target for you and your aim is fix. I never studied to become a topper, even didn't think about it also but it happens. Everyone respects you, you get many more friends, you get popular, your friends and family are more happy then you yourself. Teachers start praising you, you create your own different identity. As our university give more opportunity and importance to toppers on the day of convocation you recieve medal and certificate in presence of your teachers, dignitaries and specially parents. This is one side of being topper and each passing day become challenge for you.

Other some challenging perks of being a topper-

*If you are a topper every question from a teacher should be answered by you. Their expectations are so high from you creating pressure, then if you are absent on a single day they will easily identify that you are absent. You should be so strong that for every mistake of class you will be scold, no matter you have done it or not. If you are a topper your name is no more your name, everyone will call you topper... You must have big amount in your bank because for ever good thing you will be sponsor for parties. Every question asked by teacher in class - **Topper kon hai batao** So in every class you do a exercise of standing to sitting several times in an hour. In practical exams you are the most awaited target for them and expectation level is so high that you become fatigue reaching there.*

In DMIMS(DU) being a topper you get LAPTOP.....

My only work as a student is to work hard not for laptop or any other thing but for myself and being in medical profession, i want to be best in my professions and want to help so many patients to get back them in normal functioning

- Palak P. Darda

Batch 2k16

Dream It ! Wish It ! Do It !

Winning once can be by luck but winning again and again is only by hard work . It is an amazing feeling to be consistently topper for two years , Topper is just a word which can't justify the struggle behind it .

I am not a genius who can study and remember everything. There are so many books and so much to study. I focused on important chapters according to our Physiotherapy needs and studied strategically.

*I always worked with **3' D's** in my life **Desire, Dedication, Determination** towards my work this was an ultimate key to my success.*

My parents have always supported me and put just enough pressure on me. They have not pushed me into anything I wasn't able to achieve, so I am glad I have that encouragement from them.

To achieve success not only in Academics but in every field , U need to start forehand. I believe that sometimes later becomes never, do it now .

The harder you work for something , the greater u will feel when you achieve it , Our only limitation is our Imagination ..

So Dream written down with the date becomes a goal and a goal broken down into steps becomes a plan and A planned backed actions makes our dreams come true .

Always make Your goal be in front of your eye all the time ..Than nothing can stop to reach our target .

Nikita Seth

Batch 2k17

ENJOY AND STAY DETERMINED

Definitely gave me an amazing experience to be a topper and to make my parents proud who never forced me to anything but just allowed me to follow my goals.

Frankly, I wasn't expecting this result. This whole year for me was like a basket full of fruits, some moments sweet, some sour, some unknown and some tasteless. But enthusiasm was maintained and ever so focused on a single thing.

The credit for my success is not only for me or my family but the biggest piece of pie goes to my teachers and seniors too who helped me and guided me through out the year.

I am also very thankful to my friends. Group discussions were also very helpful and proved beneficial to me.

Studying for anatomy practicals with bones was a fun task to do. Being a subject for kinesiotherapy and electrotherapy practicals was the best part because experiencing different things on our self is very important.

This also gives us the experience how a patient could feel and in this way it could help us to treat them.

Yukti Jobanputtra

Batch 2k18



Achievements



Received

1st Prize in Hospital Exhibition Event

in GFC 2018



*Won Gold & Silver Medal at
Maharashtra State Level
Intercollegiate Physiotherapy Sports Meet
"Radiance-2019" held at LSFPEF College of
Physiotherapy Nigdi, Pune. on 13th -16th February 2019.*



Title :

A Pilot Study On Quality Of Life In Modified Radical Mastectomy Patients In Rural

1278204-S001

Institution & Dept :

MPT - IInd year, Cardio-Respiratory Department, Ravi Nair Physiotherapy College,

Background :

Breast cancer is the commonest cause of death in middle age women, 1 female chance distinct to develop breast cancer in future. It occurs more commonly in women with breast cancer than general population. Usually the management of classified carcinoma is curative surgery (modified radical mastectomy) followed by chemotherapy and radiotherapy. Modified radical mastectomy where short term as well as long term complications happen and this complications are in the form of restricted shoulder range, edema of extremity followed by that affects quality of life need attention in larger scale to improve status of patient as well as quality of life.

Objectives :

To evaluate range of motion of shoulder joint post-modified radical mastectomy in breast female (83/130). Assessment of quality of life by WHO BREF in CA breast patient undergone Modified Mastectomy.

Methodology :

25 modified radical mastectomy patients were assessed shoulder range of motion for measurements at three levels examined. Affected and non-affected side arm & forearm levels were measured to know the swelling. On the same day of examination the trans BREF was furnished to mark the questionnaire.

Result :

After Modified Radical Mastectomy the quality of life was affected during hospital stay breast female (83/130). Shoulder flexion and lateral rotation were affected post operative pain was most common complaint of patients.

Conclusion :

Most common impairment observed was pain followed by that reduced flexibility of shoulder. Lateral rotation of shoulder on affected side was second most common impairment. The expansion was overall restricted due to bandage. Overall quality of life assessment was since the score was 83/130.

Keywords :

Modified radical mastectomy, shoulder flexion and lateral rotation, chest circumference, girth.

References :

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2. Bailey and Lloyd's Short practice of Surgery
3. A.R. Ban, M.S. (CAL) Retired Professor & Head, Department of Surgery, K.D. Kar Medical College, Kolkata
4. Wajid Akram, Jari, M.D. (M.B.B.S.) Retired Professor & Head, Department of Surgery, K.D. Kar Medical College, Kolkata
5. Srinivas Babbar, Zahid Mahmood, Mehdiqul Nazim, Asadullah Khan

Dr. Smita Nair

"1st Prize" in Poster Presentation at

State level IAP conference MP-PHYSIOCON Bhopal.

दक्षिण अफ्रिका में होनेवाले मैचेस की रहेगी जिम्मेदारी

शहर के डॉ. सुमित मेश्राम का कनाडा क्रिकेट टीम के फिजियोथेरेपिस्ट के रूप में चयन

ब्यूरो | वर्धा

कनाडा अंतरराष्ट्रीय क्रिकेट टीम के फिजियोथेरेपिस्ट के रूप में वर्धा के डॉक्टर सुमित मेश्राम का चयन किया गया है। क्रिकेट खेलते समय खिलाड़ियों को चोट आ जाती है। इस कारण टीम किसी भी देश की हो, उस टीम के प्रत्येक खिलाड़ियों स्वस्थ रहना पड़ता है। इसी के लिए टीम के लिए एक फिजिओथेरेपिस्ट नियुक्त किया जाता है। इसी के तहत कनाडा अंतरराष्ट्रीय क्रिकेट टीम के फिजिओथेरेपिस्ट के रूप में वर्धा के डॉक्टर सुमित मेश्राम का चयन किया गया है। डॉ. सुमित मेश्राम गत अनेक दिनों से फिजिओ के रूप में काम संभाल रहे हैं। फिरहाल वे भारतीय क्रिकेट नियामक मंडल (बीसीसीआय) में कार्यरत हैं। उनकी कनाडा



क्रिकेट टीम के लिए हुए चयन एक बड़ी सफलता है।

डॉ. सुमित मेश्राम ने सावंगी मेघे आयुर्विज्ञान संस्था के रवि नायर फिजिओथेरेपी कॉलेज से शिक्षा प्राप्त की है। साथ ही वे वहां

फिजिओथेरेपिस्ट के रूप में कार्यरत हैं। उन्हें क्रिकेट खेल में रुचि होने के कारण मैदानी खेल खेलते समय उन्होंने यह करियर चुना। स्थानीय ब्रदरहुड क्रिकेट क्लब में उन्होंने जिले के क्रिकेट टीम का अनेक वर्ष प्रतिनिधित्व किया। दक्षिण अफ्रिका में प्रैक्टिस मैचेस खत्म होते ही नामिबिया में होनेवाले आईसीसी के इवेंट में क्रिकेट वर्ल्ड कप क्वालिफायर है।

पृष्ठ | पृष्ठ 14 पर

क्या होती फिजियोथेरेपिस्ट की जिम्मेदारी

खेल में खिलाड़ियों को अनेक प्रकार की छोटी बड़ी चोट लगाते रहती हैं। एक फिजिओ के रूप में खिलाड़ियों के फिटनेस, वर्क लोड पर मॉनिटरिंग करना बड़ी जिम्मेदारी का काम है। खिलाड़ी को लगी छोटीसी चोट पर अज्ञेय कर लेने पर उस का संपूर्ण करियर खराब हो सकता है। इस कारण फिजिओ पर काफी जिम्मेदारी होती है।

-डॉ. सुमित मेश्राम

Dr. Sumit Meshram

Got Selected as a Physiotherapist

in Canada National Cricket Team

वर्ध्यातील क्रिकेटपटू बीसीसीआयचा फिजिओथेरेपिस्ट

लोकमत न्यूज नेटवर्क

वर्धा : भारतीय क्रिकेट कंट्रोल बोर्डाने



येथील डॉ.सुमित
मेश्राम या
क्रिकेटपटूची
फिजिओथेरेपिस्ट
म्हणून नियुक्त केली

डॉ. सुमित मेश्राम आहे. मेघालय
राज्यात होणाऱ्या १९ वर्षे
ययोगटाआतील चीनू मॅकड व कूच
बिहार ट्रॉफीकरिता ते चार महिने
फिजिओथेरेपिस्टची जबाबदारी
सांभाळणार आहेत.

डॉ. सुमित मेश्राम हे अनेक
वर्षांपासून क्रिकेट खेळत आहे. याच
दरम्यान त्यांनी दत्ता मेघे इन्स्टिट्यूट
ऑफ मेडिकल सायन्स द्वारा संचालित
रवी नायर विद्यालयातून
फिजिओथेरेपिस्टचा अभ्यासक्रम पूर्ण
केला. त्यानंतर तेथेच ते दोन वर्षांपासून
कार्यरत आहे. पण, खेळण्याची आवड
असल्याने मैदानाकडे घाब कधीही
सोडली नाही. त्यांच्याकडे असलेल्या



आज मोबाईल आणि सोशल
मीडियामुळे मैदानी खेळाकडे
मुलांचे दुर्लक्ष होत आहे. त्यामुळे
शारीरिक आणि बौद्धिकतेवरही
त्याचा परिणाम होत असून
तरुणांमधील आजाराचे प्रमाण वाढले
आहे. सुदृढ आणि निरोगी आयुष्य
जगण्यासाठी मैदानी खेळाकडे वळणे
गरजेचे आहे.

-डॉ. सुमित मेश्राम

दोन्ही कौशल्याचा फायदा नवीन
खेळाडूंना व्हावा म्हणून. त्यांची
फिजिओथेरेपिस्ट म्हणून करण्यात
आली. यंदा रणजी ट्रॉफीसाठी नवीन
संघाची निवड अद्य व क अशा तीन
गटात झाली. त्यामुळे ३७ संघ आता
रणजी ट्रॉफी खेळणार आहे. यातीलच
मेघालय राज्यातील अंडर १९ चा संघ
असणार आहे. यापूर्वी डॉ.मेश्राम यांनी
२०१७ मध्ये वेस्ट झोनच्या १९
वर्षांखालील संघासाठी फिजिओ
म्हणून कामगिरी बजावली. तसेच
२०१८ च्या प्रारंभी त्यांनी अंडर १९ नॉर्थ
ईस्ट झोनचेही काम पहिले.

Dr. Sumit Messhram

Got Selected as a Physiotherapist

at BCCI Under - 19 Meghalaya Ranji Team





*Visit for Differently
Abled Children
at Carmel School,
Sawangi (M.) Wardha*



**Physiotherapy awareness rally on
 occasion of World Physiotherapy Day.**



***Demonstration of breathing exercise
and awareness of physiotherapy at
AVBR Hospital Events in GFC 2k18.***



***Performance of skit on
GANDHI JI On Occasion of
150th Birth Anniversary of
Mahatma Gandhi.***



***Social awareness regarding
Physiotherapy through Skit***



***Social awareness of Physiotherapy
in Rural Setup through
Rally in Deoli***

लैंगिक अत्याचारांवर प्रतिबंधात्मक उपाययोजना

कर्मचारी व विद्यार्थ्यांसाठी मेघे आयुर्विज्ञान संस्थेत जाणीवजागृती कार्यक्रम

संकाश कुमारेकर

बर्फा, ता. १ : वेप्रेत रान मेघे आयुर्विज्ञान संस्थेत विद्यार्थ्यांसाठी आयोजित तज्ञ शिक्षण सत्राविषयी कार्यवाहीसंबंधी होणाऱ्या विद्यार्थ्यांसाठी लैंगिक अत्याचारांबद्दल प्रतिबंधात्मक उपाययोजना याद्वारे डॉ. सुभाष काळे व विद्यार्थ्यांसाठी सुभाषी (ता. १) यांनी आयोजित उपाययोजना कार्यक्रम आयोजित केले.

याद्वारे वेप्रेत रान मेघे आयुर्विज्ञान संस्थेत या कार्यक्रमाचे उद्घाटन विद्यार्थ्यांचे कुमारेकर

डॉ. ए. डी. अंबकर यांच्या हस्ते झाले. याद्वारे लैंगिक अत्याचारांबद्दल डॉ. अशोक राजेंकर, सहाय्य सहाय्य सहाय्य, डॉ. विद्या कवित्त, डॉ. बी. एस. शिल्पा, डॉ. प्रज्ञा टांडेकर, सविता चव्हाण, जय गाई, सुले उके यांनी प्रमुख सत्रांमध्ये होणे. या उपाययोजना लैंगिक अत्याचारांचे विविध प्रकार, त्यांच्यावर प्रतिबंधात्मक उपाय, नव्या उपाययोजना, तज्ञांच्या मदतीने तज्ञांच्या मदतीने, उपाययोजना, लैंगिक अत्याचारांचे विविध प्रकार याबद्दल आयुर्विज्ञान संस्थेत आयोजित करण्यात आले. लैंगिक अत्याचारांचे एक सार्वजनिक सत्र.

या विषयावर आयोजित सत्रात स्त्री व पुरुषांमध्ये लैंगिक अत्याचारांविषयी विद्यार्थ्यां यांच्यासाठी आयोजित होणारे. या सत्रात लैंगिक अत्याचारांचे विविध प्रकार, त्यांच्यावर प्रतिबंधात्मक उपाय, नव्या उपाययोजना, तज्ञांच्या मदतीने तज्ञांच्या मदतीने, उपाययोजना, लैंगिक अत्याचारांचे विविध प्रकार याबद्दल आयुर्विज्ञान संस्थेत आयोजित करण्यात आले. लैंगिक अत्याचारांचे एक सार्वजनिक सत्र.



बर्फा : लैंगिक अत्याचारांबद्दल सत्रात आयोजित झालेला लैंगिक अत्याचारांचे प्रतिबंधात्मक उपाययोजना कार्यक्रम.

Skit performed on "Sexual Harassment" on occassion of International women day.

विविध सामाजिक संघटनांचा पुढाकार

वर्धेत रॅलीने भौतिकोपचार दिनाचा समारोप

सोळाव्या नव्या वेप्रेत

बर्फा : रान मेघे आयुर्विज्ञान संस्थेत विद्यार्थ्यांसाठी आयोजित सत्राविषयी कार्यवाहीसंबंधी होणाऱ्या विद्यार्थ्यांसाठी लैंगिक अत्याचारांबद्दल प्रतिबंधात्मक उपाययोजना याद्वारे डॉ. सुभाष काळे व विद्यार्थ्यांसाठी सुभाषी (ता. १) यांनी आयोजित उपाययोजना कार्यक्रम आयोजित केले.



वर्धेत रॅलीने भौतिकोपचार दिनाचा समारोप

समाजिक कार्यकर्त्यांचे अध्यक्ष यांच्यात आयोजित झालेला कार्यक्रम याद्वारे डॉ. सुभाष काळे व विद्यार्थ्यांसाठी सुभाषी (ता. १) यांनी आयोजित उपाययोजना कार्यक्रम आयोजित केले.

वर्धेत रॅलीने भौतिकोपचार दिनाचा समारोप

आयोजित झालेला कार्यक्रम याद्वारे डॉ. सुभाष काळे व विद्यार्थ्यांसाठी सुभाषी (ता. १) यांनी आयोजित उपाययोजना कार्यक्रम आयोजित केले.

Social awareness of Physiotherapy in Wardha through Rally.





Event
"INDRADHANUSH"
on occassion of
WORLD DISABLE DAY.



***Workshop of Dr. Subhash Khatri
at R.N.P.C on
"Manual therapy on Cervical Spine"***



***Attended workshop on "Spinal Cord Injuries"
at AVBR Hospital, Sawangi Meghe.***



Donation of Orthosis - by Dr. Nivedita bele

***Happiness doesn't result from what we get,
but from what we give.....it's really true...***

***Donation brings happiness to someone's
face....and yes me too...***

***Where there is charity and wisdom,
there is neither fear nor ignorance***



***Hands on workshop on NDT by
Dr. Mandar Malawade.***

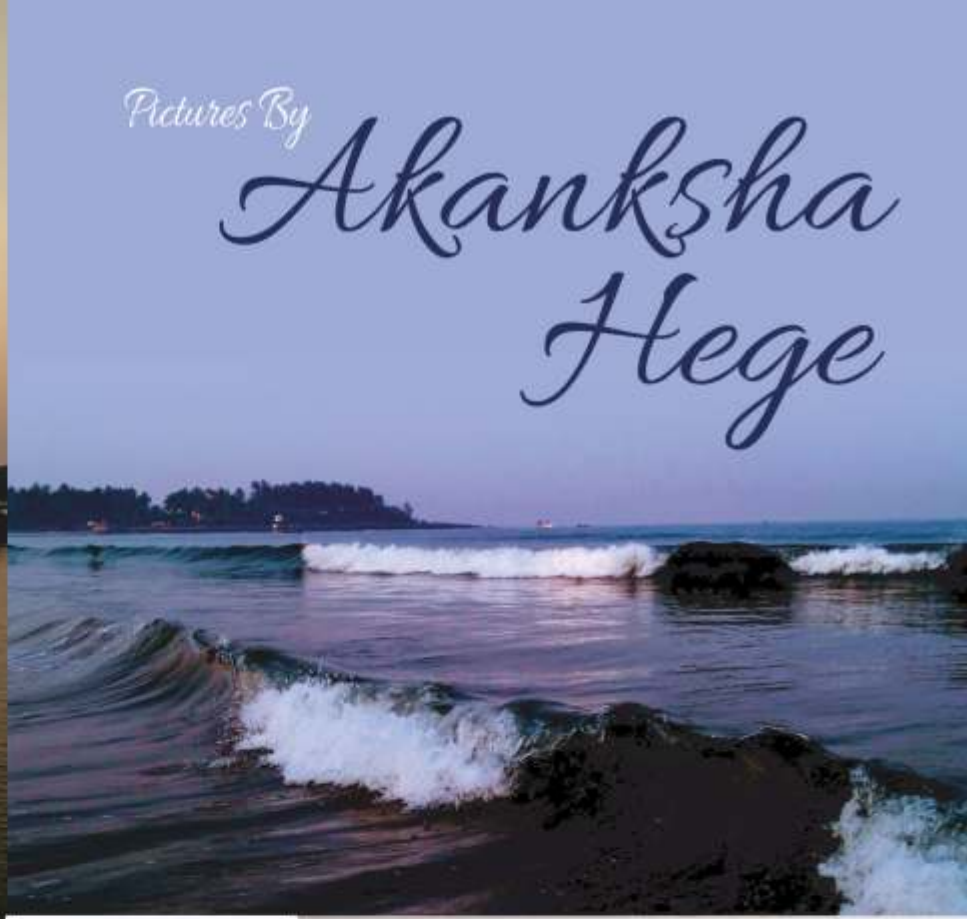


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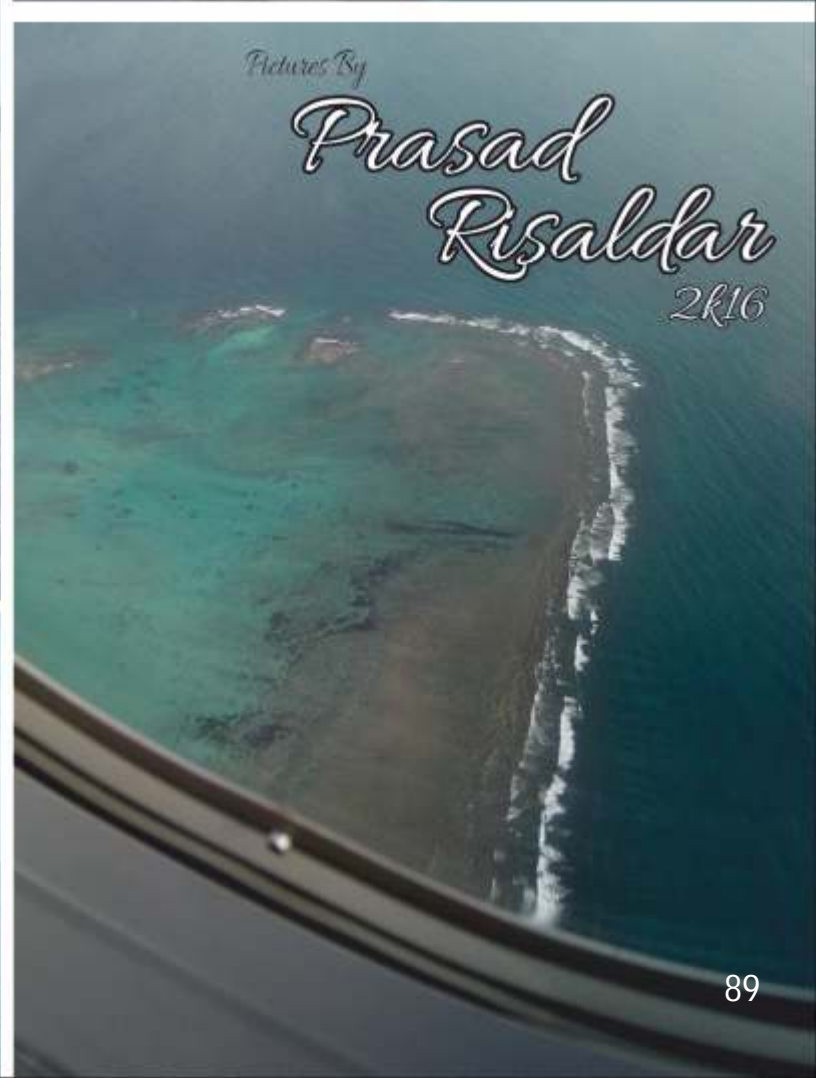
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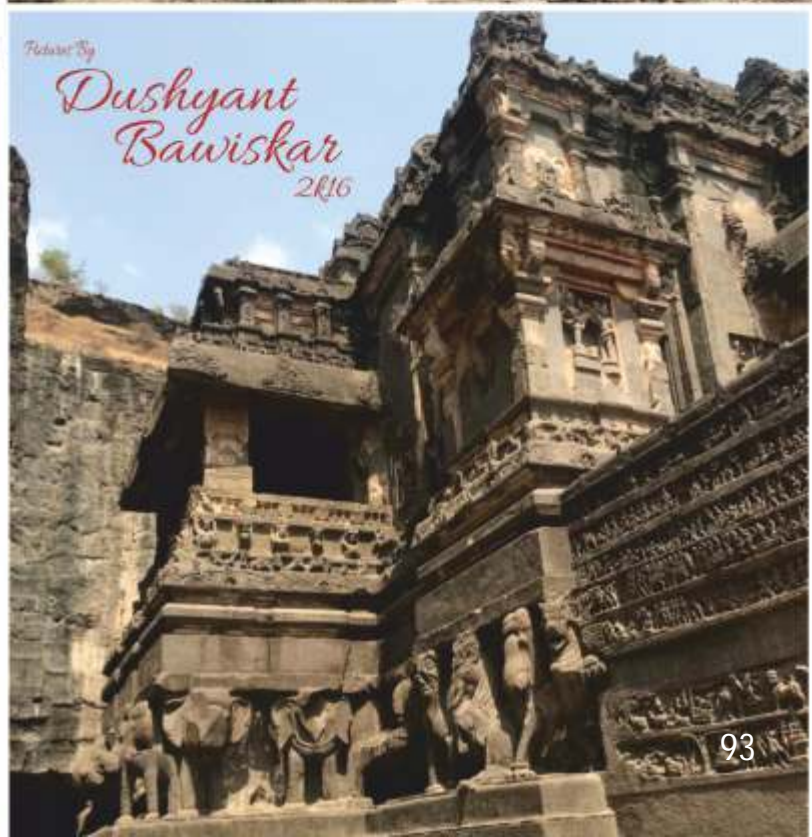




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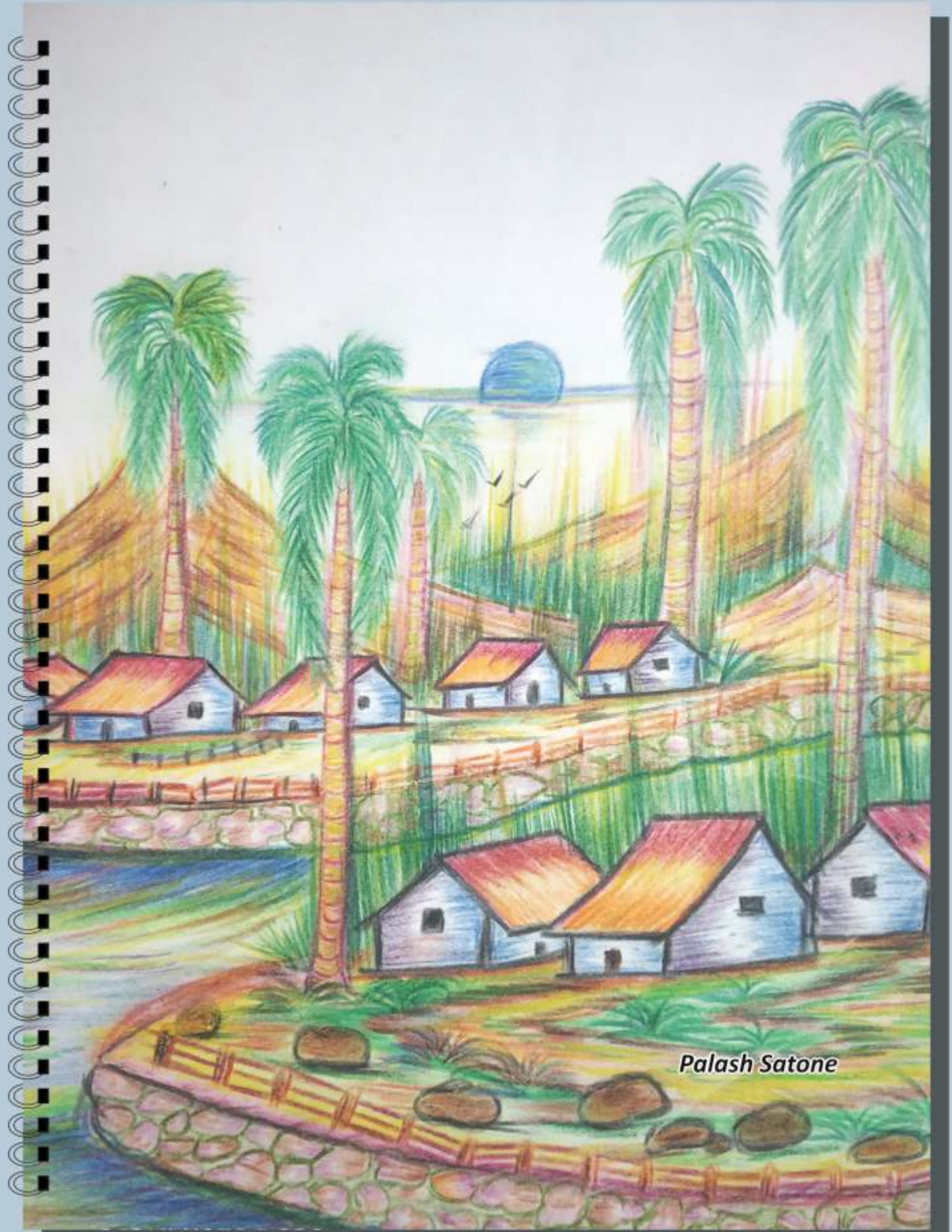




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2016



Sketches & Drawings



Palash Satone



Palash Satone



Palash Satone



Prasad

Prasad Risaldar



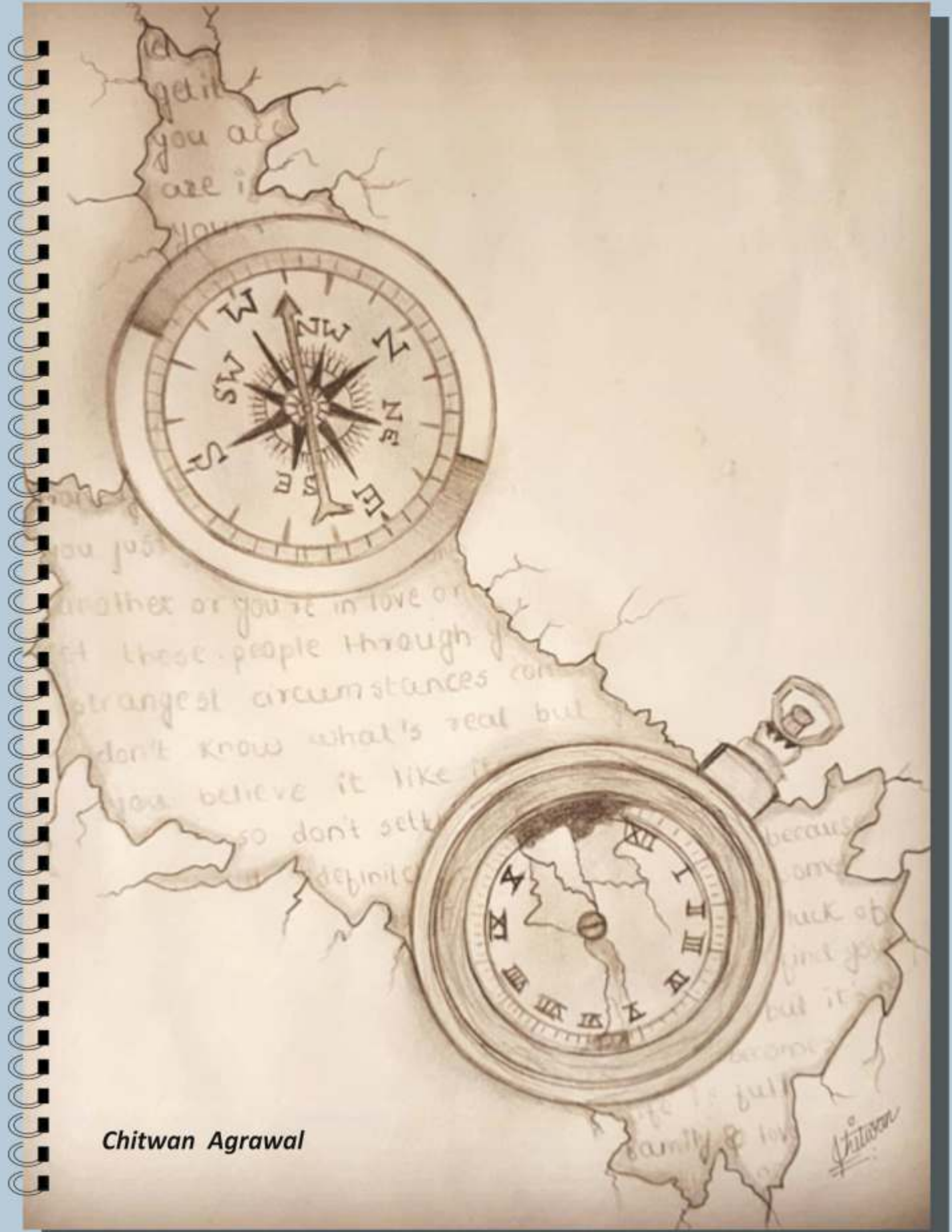
Vaishnavi Sharma



Ishwin Kaur Bagga



Chitwan Agrawal



Chitwan Agrawal



Shradhha Kochar



NAAC Accredited Grade A*

Datta Meghe Institute of Medical Sciences

(Deemed to be University)

NAAC Accredited Grade "A +" University



RAVI NAIR PHYSIOTHERAPY COLLEGE

Sawangi (Meghe), Wardha

RAHAT - 2018



- Magazine Designed By -

Prasad Risaldar & Dushyant Bawiskar
Batch 2K16

-: For more Information Please Contact us :-

Ravi Nair Physiotherapy College

Sawangi Meghe Wardha, (Maharashtra)

Phone No - 07152-304000 Ext 336,337

Website :- www.dmimsu.edu.in Email :- principal@gmail.com