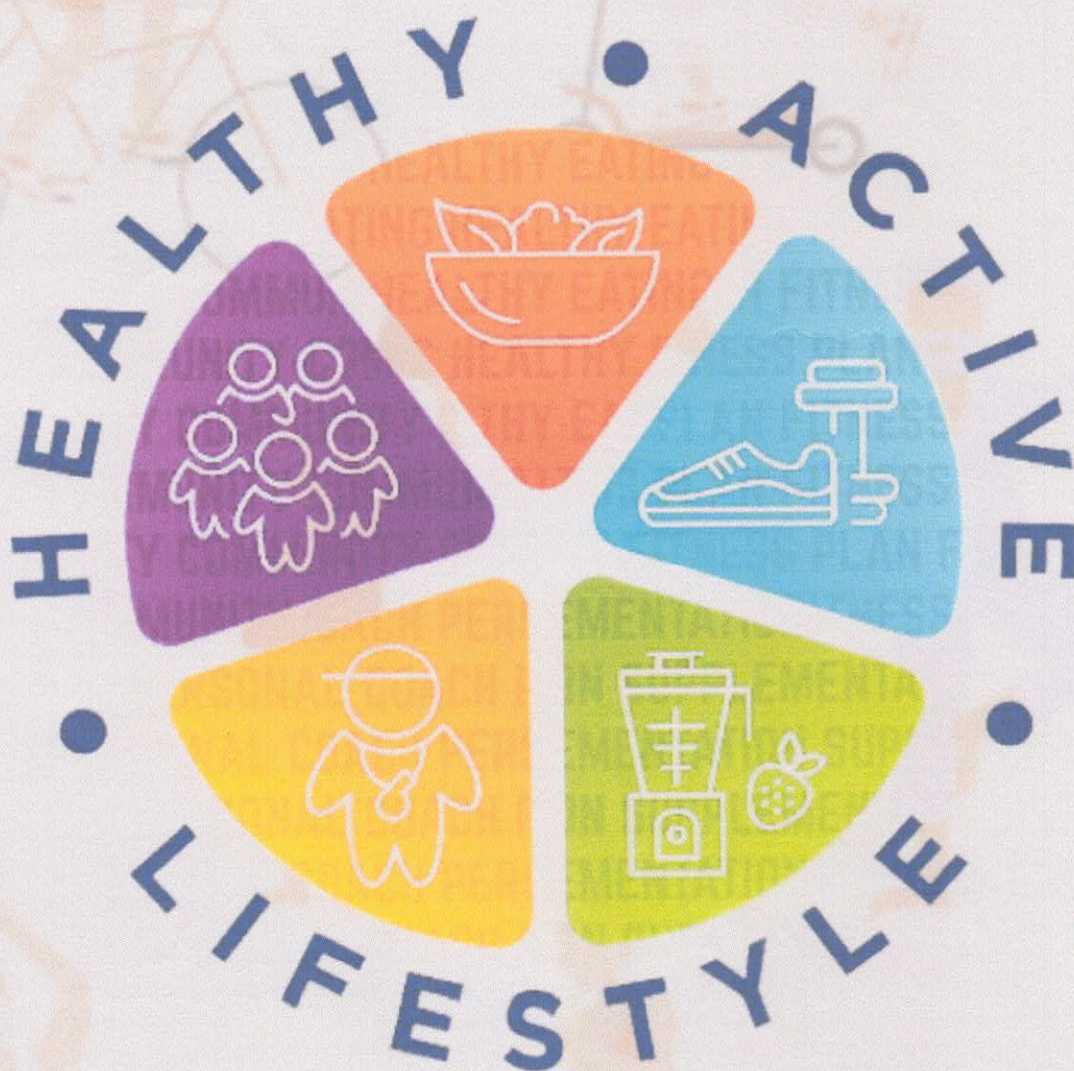




BHARATI VIDYAPEETH (Deemed to be University)
School Of Physiotherapy, Sangli

HEALTHY ACTIVE LIFESTYLE

Dr. Manal Anthikat
Academic Incharge, Associate Professor
Neuro Physiotherapy,
BVDU School Of Physiotherapy, Sangli



Venue: E2 Wing, 5th Floor, BVDU MCH, Sangli
Date and Time: 02 August, 2024, 09:00 am to 11:00 am.



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SCHOOL OF PHYSIOTHERAPY, SANGLI

REF NO.: BV(DU)/SOPT/ /2024 – 2025

Date:

CIRCULAR

BVDU, School of Physiotherapy Sangli, is organizing informative lecture on 'HEALTHY ACTIVE LIFESTYLE' by Dr. Manal Anthikat, Associate Professor & Academic Incharge, BVDU SOP, Sangli.

Herewith all the staff and students are requested for active participation.

Date: 02/08/2024.

Time: 09:00 am to 11:00 am.

Venue: E2 Wing Seminar Hall, 5th Floor, BVDU Medical College and Hospital Building, Sangli.

Copy to:

1. Hon. Regional Director, B.V. (D.U.), Sangli
2. Dean, BV (DU) M.C.H, Sangli
3. Dy. Dean, BV (D.U.) M.C.H, Sangli
4. Medical Superintendent, B.V (D.U.) M.C.H, Sangli
5. Dy. Medical Superintendent, B.V (DU) M.C.H, Sangli
6. All Notice Boards (College and Department)


Dr. Sneha Katke

Sangli Miraj Road Sangli-416 416. Maharashtra
Website: <http://soptsangli.bharativedyapeeth.edu>

Tel No.: 0233-2601593 94/95 Ext. No. 228, 269
Email: sopt.sangli@bharativedyapeeth.edu



**BHARATI VIDYAPEETH (Deemed To Be University)
SCHOOL OF PHYSIOTHERAPY, SANGLI**

ACTIVITY REPORT

| | |
|--|--|
| Title of program/event/course/activity | Healthy active lifestyle |
| Objective/s of program | To educate students about prioritizing these habits can lead to improved physical and mental health. |
| Date and Time of program | 2 nd August 2024, 10 am 11 am |
| Venue | E2 wing 5 th floor, BVDU Hospital |
| Organized by | BVDU School of Physiotherapy, Sangli |
| If organized in collaboration, name of external institute/body/agency/hospital | - |
| Program approved by Dean/Principal/HOD/University | Dr.Sneha V. Katke (Principal) |
| Name of Program Co-ordinator | Dr. Amogh Kulkarni |
| Name of Supporting staff | Dr. Vishagh Nair |
| Name of Speaker/ Guest speaker | Dr. Manal Anthikat |
| Vote of thanks presented by | Dr.Sheetal Swamy |
| Photograph/video available | Yes (photograph) |
| Nature of photo submission [Hard/soft copy] | Hard and Soft copy |
| No. of Participants / Volunteers | 1 |
| No. of Beneficiaries | 54 |



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Brief about the program/ activity/event:

Bharati Vidyapeeth (deemed to be university) School of Physiotherapy, Sangli had organized a guest lecture on the topic healthy active lifestyle as a part of induction program for the batch of 2024-25. The main objective of the lecture was to educate students about prioritizing these habits can lead to improved physical and mental health. The guest speaker for the lecture was Dr. Manal Anthikat (Associate professor, BVDU SOP, Sangli) who spoke about various habits and practices that contribute to overall health and longevity, importance of regular exercises, maintaining a balanced nutritious diet and sleep. A total of 54 students attended the guest lecture.

The program coordinators for the event were Dr. Amogh Kulkarni (Assistant Professor, BVDU School of Physiotherapy, Sangli). Vote of thanks was presented by Dr. Sheetal Swamy (Assistant professor, BVDU SOP, Sangli). The event was successful under the guidance of Dr. Sneha Katke (Principal, (BVDU SOP, Sangli)

*Please tick the Criterion for the activity:

| | | | |
|-------------|--------------|---------------|--------------|
| Criterion I | Criterion II | Criterion III | Criterion IV |
| Criterion V | Criterion VI | Criterion VII | Link |

Event co-ordinator

Principal

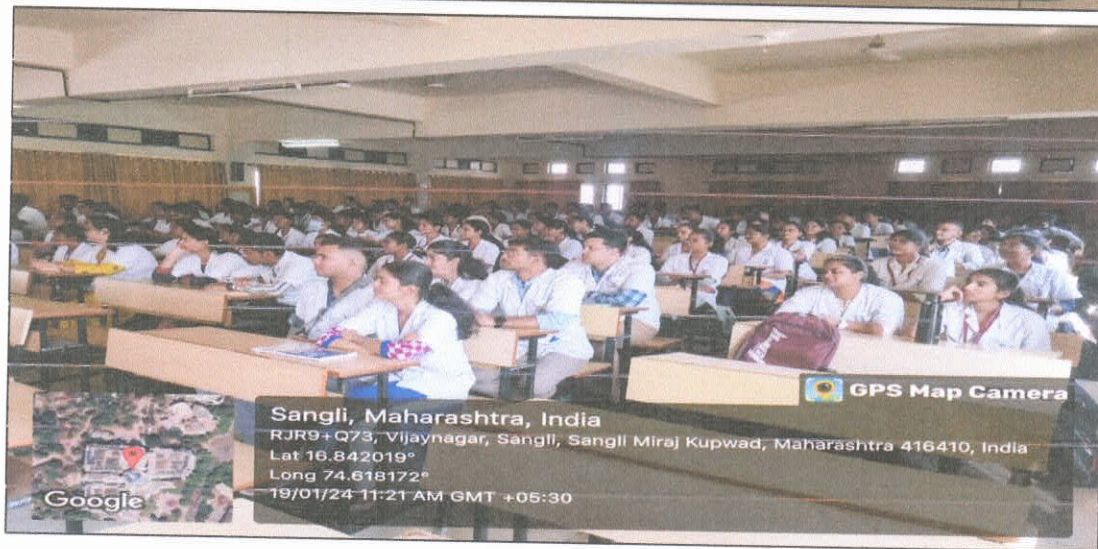
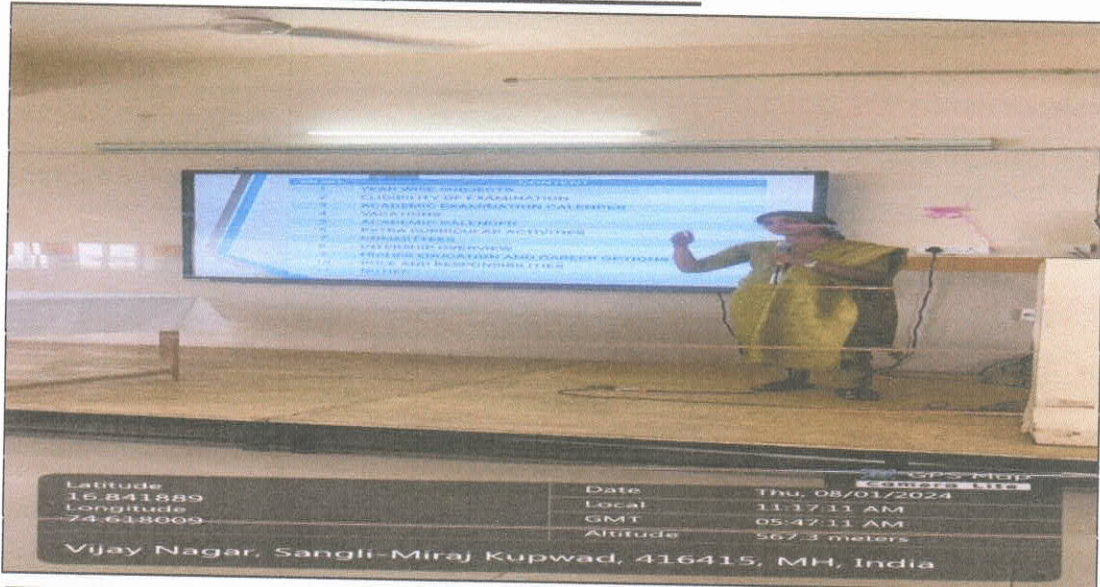
2



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Key to Successful Life



[Signature]
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Bharati Vidyapeeth
(Deemed to be University)
School of Physiotherapy
Sangli - 416 416.

Sangli – Miraj Road Sangli – 416 416 , Maharashtra

Email : sopt.sangli@bharatividyapecth.edu

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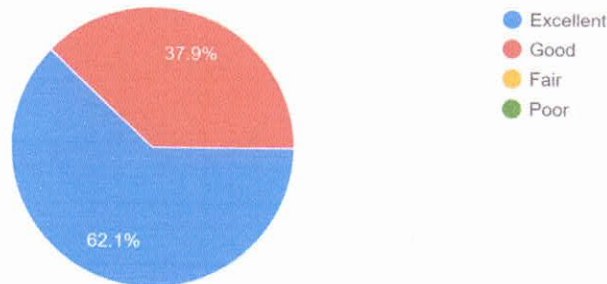
FEEDBACK FORM

EVENT NAME: Induction Program- Healthy Active Lifestyle

DATE: 02/08/24

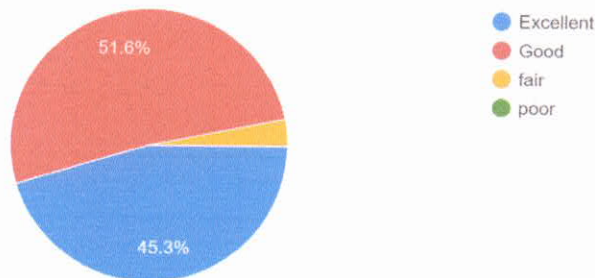
1. How would you rate the overview of the event.

95 responses



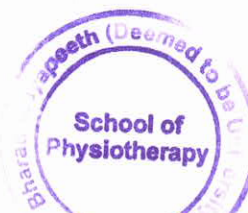
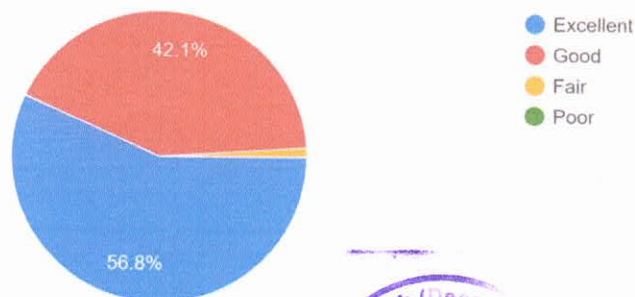
2. How would you rate the interaction between you and the speaker.


95 responses



3. How would you rate the arrangements of the event.

95 responses



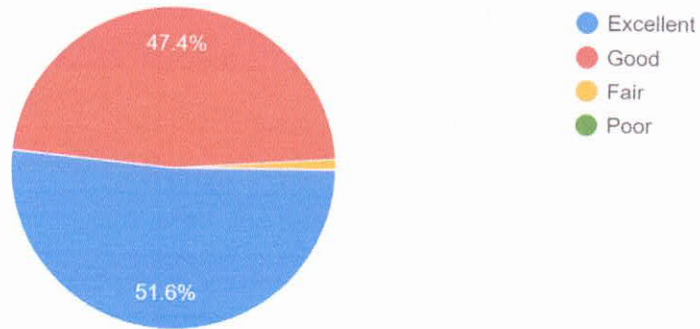

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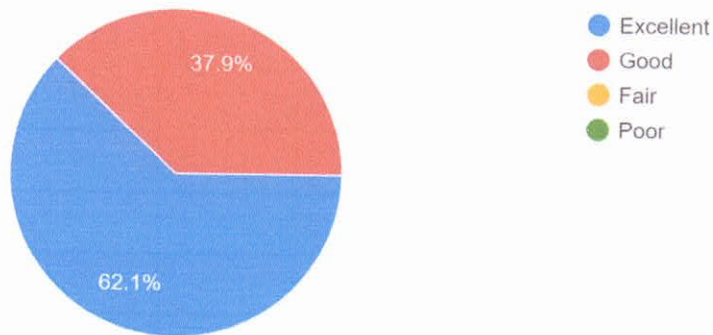
4. How would you rate the success of the event.

95 responses



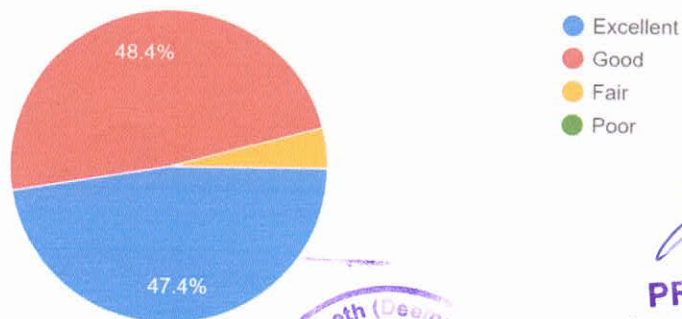
5. How would rate the content and quality of the event.


95 responses



6. How would you rate the queries answered by the speaker.

95 responses



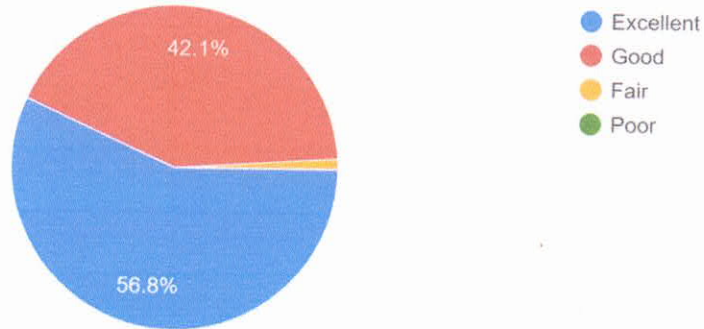

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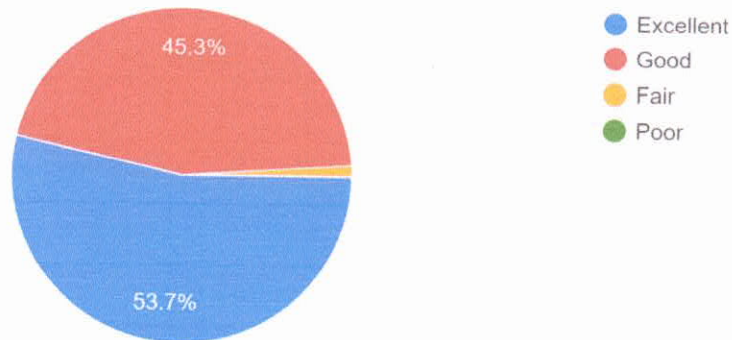
7. How would you rate the preparations of the speaker.

95 responses



8. How would you rate the knowledge obtained from the event.

95 responses



9. Please write three words/expression which describe the event.

Good

Good

Excellent

It was good

It was good


Knowledgeable

Better

-

Nice




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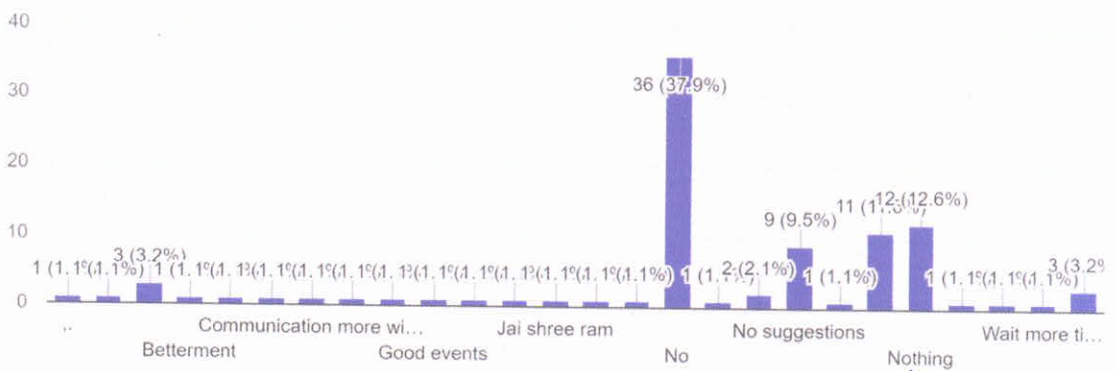



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- Amazing
- Nice event
- Very nice event
- Received good knowledge
- No
- Received really instresting information
- informative event
- Jai shree ram
- Very good event
- Excellent,good& intrested
- Knowledgeable, great , helpful
- It was nice
- Helped to improve my lifestyle
- Added new points to be followed
- Amazing good
- It was unique experience
- It's was good and knowledgeable
- None
- Good lecture

10. If any suggestion (Please specify).

95 responses




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SCHOOL OF PHYSIOTHERAPY, SANGLI

| ROLL NO. | STUDENT'S NAME |
|----------|------------------------------|
| 1 | AHER PRUTHVIRAJ JAYSING |
| 2 | ALOLI ATHARVA BHIMRAO |
| 3 | ALTEKAR SUJAL SANJAY |
| 4 | AUNDHKAR VARAD YUVRAJ |
| 5 | BANDAL DIKSHA YOGESH |
| 6 | BAPAT AMOD PARAG |
| 7 | BHOKARE MRUNAL MINANATH |
| 8 | BIRADAR ADITYA MALLIKARJUN |
| 9 | CHAUDHARI SHIVLING DATTATRAY |
| 10 | DALVI ADITI UDAY |
| 11 | DEVAKATE ATHARVA ADHIKRAO |
| 12 | DHADWAD SURAJ RAVINDRA |
| 13 | GAVADE SANKALPANA KRUSHNDEV |
| 14 | GURAV PRANAV RAJENDRA |
| 15 | HALAKE VAISHNAVI VIJAY |
| 16 | HUWALE AMRAPALI ANKUSH |
| 17 | INGLE SNEHA SURYAJIT |
| 18 | IRALE SANIYA SANDIP |
| 19 | JAIN GAURAV NITIN |
| 20 | JOSHI SOHAM DHANANJAY |
| 21 | JOSHI VEDIKA RAMKISHOR |
| 22 | KADAM ISHITA AMOL |
| 23 | KALE KUNAL LAXMAN |
| 24 | KHOSE VAIBHAVI PRATAP |
| 25 | KORE AMOL ANNASAHEB |
| 26 | KUDALE SANDESH SUDHIR |
| 27 | LABADE SNEHAL SHAHAJI |
| 28 | LAMKANE MAHESH LAXMAN |

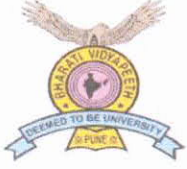


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| | |
|----|--------------------------------|
| 29 | LOKHANDE SRUSHTI MALHARI |
| 30 | MARJE SANSKRUTI SANJAY |
| 31 | MASAL VAISHNAVI VILAS |
| 32 | MHAPSEKAR BHOOMI NANDU |
| 33 | MUJAWAR TASDIKA DILAWAR |
| 34 | MUNSE VAISHNAVI VIJAY |
| 35 | PARTHE DIYA SHANKAR |
| 36 | PATAIT ANAS MUDDASIR |
| 37 | PATIL VAIBHAVI DAYANAND |
| 38 | PAWAR ASHLESHA UMAKANT |
| 39 | POKALE MITALI UMESH |
| 40 | RODE SAKSHI DATTATRAY |
| 41 | RUKADIKAR JANHAVI HEMCHANDRA |
| 42 | SALUNKHE SANTOSH SANJAY |
| 43 | SANKPAL SHRAVANI SUNIL |
| 44 | SAYYAD MOHAMMAD SAAD SHAFIULLA |
| 45 | SHAIKH AYESHA ALTAF |
| 46 | SHARIKMASLAT ASADULLAH HUSEN |
| 47 | SHINDE SHREYA SANJIVKUMAR |
| 48 | SHINDE SIDDHI CHANDRAKANT |
| 49 | SNEHA KUMARI |
| 50 | SOHANI SAI ABHIJIT |
| 51 | SULEMAN IQBAL BAGWAN |
| 52 | SUTAR SANSKAR DHONDIRAM |
| 53 | ZENDE DEEPANJALI RAMDAS |
| 54 | SHINDE ASHISH GORAKH |




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