



BHARATI VIDYAPEETH(Deemed to be university)
SCHOOL OF PHYSIOTHERAPY, SANGLI.

CIRCULAR

BVDU, School of Physiotherapy, Sangli has organized a Guest Lecture for Students on
“Stress Management and Healthy Lifestyle”

Attendance is compulsory for all the Staff and Students.

Day and Date: Friday and 16/09/2022

Venue:3rd Floor E-2 Wing, Classroom, School Of Physiotherapy, Sangli

Time: 9:30 am

Copy to

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

Dr. Sneha Katke


PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
School of Physiotherapy
Sangli - 410 416.



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SCHOOL OF PHYSIOTHERAPY, SANGLI

ACTIVITY REPORT

Title of program/event/course/activity	Stress Management and Healthy Lifestyle
Objective/s of program	1. To explain how to manage stress. 2. To educate the students possible ways of living healthy lifestyle
Date and Time of program	Friday and 16/09/2022
Venue	3rd Floor E-2 Wing, Classroom, School Of Physiotherapy, Sangli
Organized by	BVDU School of Physiotherapy, Sangli
If organized in collaboration, name of external institute/body/agency/hospital	NIL
Program approved by Dean/Principal/HOD/University	Dr. Sneha Katke(Principal, BVDU SOP,Sangli)
Name of Program Co-ordinator	Dr.Asif Kareem
Name of Supporting staff	Dr. Amruta Kabra
Name of Speaker/ Guest speaker	Dr.Vaijayanti Santosh Aphale
Vote of thanks presented by	Dr. Amruta Kabra
Photograph/video available	Yes(Photograph)
Nature of photo submission [Hard/soft copy]	Hard Copy
No. of Participants / Volunteers	2
No. of Beneficiaries	61


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Brief about the program/ activity/event:

1. On 16th September 2022, a guest lecture on "Stress Management and Healthy Lifestyle" was conducted for the Physiotherapy Students Academic Year 2022-2023 by the BVDU SOP, Sangli. The speaker for the lecture was Dr. Vaijayanti Santosh Aphale (MBBS DCH, Child and Adolescent guidance clinic consultant). Emphasis was given on physical, mental, emotional, behavior and strategies to be used dealing with stress are emotional intelligence, diet, exercise, proper sleep, laughter therapy. Total 61 participants benefitted from the lecture which was highly appreciated by the students. The lecture was followed by an interactive Question and Answer session. MOC of the program and Vote of thanks was presented by Dr. Amruta Kabra (Assistant Professor, BVDU SOP, Sangli).

*Please tick the Criterion for the activity:

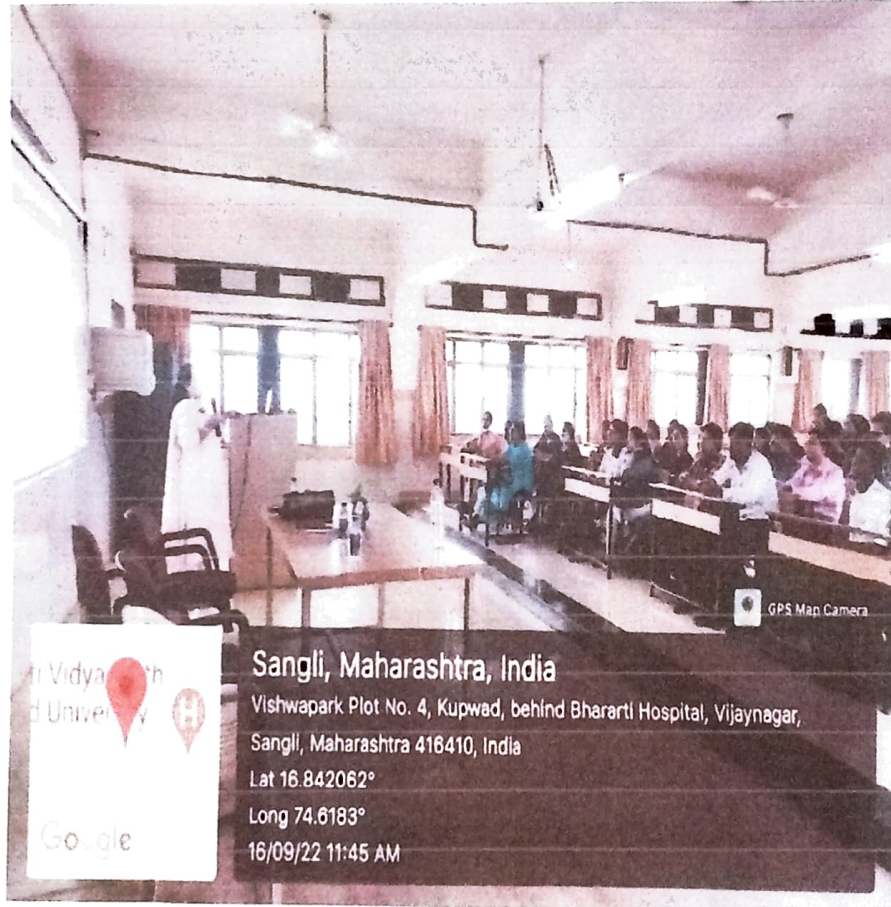
Criterion I	Criterion II	Criterion III	Criterion IV
Criterion V	Criterion VI	Criterion VII	Link


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“Stress Management and Healthy Lifestyle”



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School of Physiotherapy

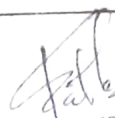


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SCHOOL OF PHYSIOTHERAPY, SANGLI.

ACTIVITY ATTENDANCE SHEET

ACTIVITY NAME: Healthy lifestyle & stress management DATE: 16/09/22.

Roll No.	NAME OF PARTICIPANTS	SIGN
01	Vaishnavi Prakash Patil [2022-23]	Patil
02	Aditi Inasudeo Munde [2022-23]	Munde
03	Shubhangi Shivdas Patdar [2022-23]	Shubhangi
04	Paarul Kagwade	Paarul
05	Shruti Shrikant Pawar [2022-23]	Shruti
06	Pooja Sachin Parit [2022-23]	Parit
07	Vishakha Vijay Kale [2022-23]	Kale
08	Priyanshu Amar Farukate [2022-23]	Farukate
09	Samsudhi Sandeep Kumbhar [2022-23]	Kumbhar
10	Tanisha Prashant Shah [2022-23]	Shah
11	Jhalak Alpesh Doshi (22-23)	Doshi
12	Sakshi Prasad Shinde (22-23)	Shinde
13	Apita Prashant Kamalkar (22-23)	Kamalkar
14	Amina Nadim Bangi (2022-2023)	Bangi
15	Sanika Arun Patil (2022-2023)	Patil
16	Sakshi Ramesh Suryawanshi (2022-23)	Sakshi
17	Ruchita Manoj Patil (2022-23)	Patil
18	Moksha Shailesh Mahajan (2022-23)	Mahajan
19	Shardul Sandeep Khoskande (2022-23)	Shardul
20	Tanmay Dattateya Kashid (22-23)	Kashid
21	Deshpande Aryan Amrut (22-23)	Deshpande
22	SIDDHARTH PRAKASH KHADKAR (22-23)	Siddharth
23	Kabir Pendhari (22-23)	Pendhari
24	Aditya Sarkale (2022-23)	Sarkale
25	Harshad Gajannawar (2022-23)	Harshad
26	Pranay Pandhare (2022-23)	Pandhare
27	Moin Muehsif (2022-23)	Muehsif
28	Shravani S. Gurav (2021-22)	Gurav


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Principal
Bharati Vidyapeeth
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School of Physiotherapy,
Sangli - 416 416.

29.	Aarya Satish Deshmukh (2021-22)	A Deshmukh
30.	Neha . P. Chavan (2021-22)	Chavan
31.	Meturi . M. Vara (2021-22)	Muri
32.	Kanak . S. Pawar - 1 -	Kan
33.	Manjiri . S. Mane - 1 -	Mane
34.	Tisha . S. Shah (2021-22)	Tisha
35.	Ketaki . A. Rajoba (2021-22)	Ketaki
36.	Keval . R. Bheda (2021-22)	Keval Bheda
37.	Kushagrah . S. Sahani (2021-22)	Kushagrah Sahani
38.	Rajkumar . P. Chavan (2021-22)	R Chavan
39.	Anisha A. Lanjekar (2021-22)	Anisha
40.	Aditya D. Yadau (2022-23)	Aditya
41.	Suzaj S. Kumbale (2022-23)	Suzaj
42.	Tanuja Sandipani Kalsude (21-22)	Tanuja
43.	Purnima . Mahesh . Shinde (21-22)	Purnima
44.	Hindavi . Pandurang . Salunke (21-22)	Hindavi
45.	Ishwari Mahesh Chotthe (21-22)	Ishwari
46.	Akanksha Vijay Raval (21-22)	Akanksha
47.	Sakshi Amol Mali (21-22)	Sakshi
48.	Rebecca Datta Mahapure (2021-22)	Rebecca
49.	Shrushti Dushant Surve (2021-22)	Shrushti
50.	Diksha Jaywant More. (2021-22)	Diksha
51.	Mrudula Arun Suryawanshi (2021-22)	Mrudula
52.	YASH AHI (2021-22)	Yash
53.	Ayush Kale (2021-22)	Ayush
54.	Poochi . chandsakant . Kitture. (2021-22)	Poochi
55.	Sneha . S. Apte	Sneha
56.	Mrunali . S. Mohite	M.S. Mohite
57.	Gaurav . S. Mangale	Gaurav
58.	Sourabh . I. Sonawane	Sourabh
59.	Prem Sanjay Patil	Patil
60.	Ved Gautam Kameer	Ved Kameer
61.	Bhosale Manket Subhash.	Bhosale