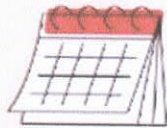




**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
SCHOOL OF PHYSIOTHERAPY SANGLI**

ORGANIZES

**ASSESSMENT OF PHYSICAL
FITNESS FOR IMRDA AND LAW
COLLEGE STAFF**



24/9/2025



**BHARATI BHAVAN, RAJWADA CHOWK,
GANAPATI PETH, SANGLI, SANGLI MIRAJ
KUPWAD,**



3PM ONWARDS

**COORDINATOR: DR. SHEETAL SWAMY
+91 94211 20477**



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
SCHOOL OF PHYSIOTHERAPY, SANGLI

Date: 23/09/2025

Circular

BVDU School of Physiotherapy, Sangli has organized an “**Assessment of Physical Fitness**” for IMRDA and Law College Staff.

- **Date:** 24/09/2025
- **Time:** 3:00 p.m. onwards
- **Venue:** Bharati Bhavan, Rajwada Chowk, Ganpati Peth Sangli

All are cordially invited to participate in the event and contribute to the noble cause of promoting healthy ageing through physiotherapy.

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

PRINCIPAL
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School of Physiotherapy,
Sangli - 416 416.



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

Report on -"Swasthyanari- Health Awareness and Physical Fitness Assessment "

Title of the Activity-"Swasthyanari- Health Awareness and Physical Fitness Assessment"

Venue of the Activity- IMRDA and Law College, Sangli

Date of Activity- 24/09/2025

Duration of Activity- 3pm onwards

Collaborating Agency- IMRDA and Law College, Sangli

No. of Students Participated- 229

No. of Teachers Participated - 2

No. of Beneficiaries- 229

Details of the Activity with Photographs-

The BV (DU) School of Physiotherapy, Sangli, successfully conducted an event Swasthyanari-Health Awareness and Physical Fitness Assessment program focused on Pelvic Floor Health for the female staff of IMRDA and Law College. The event took place at Bharati Bhavan, Rajwada Chowk, Sangli, and aimed to promote awareness and proactive health management among women. The session featured an expert talk by Dr. Sheetal Swamy (Associate Professor, BV DU SOP, Sangli) highlighting the significance of pelvic floor health, its impact on overall well-being, and preventive strategies to maintain optimal function. Participants gained valuable insights into the importance of early intervention and lifestyle modifications to support long-term health. In addition to the informative lecture, the program included a comprehensive physical fitness assessment to help attendees identify areas for improvement. Personalized guidance was provided by the expert faculty, who offered practical tips and tailored recommendations for maintaining physical fitness and enhancing quality of life. 20 women took advantage from the event.

The initiative empowered participants to take charge of their health through informed choices and active engagement. The event was well-received and marked a meaningful step toward fostering a culture of wellness and preventive care among the academic community. The coordinators for the event were Dr. Sheetal Swamy (Associate Professor, BV DU SOP, Sangli) and Dr. Aishwarya Wayadande (Associate Professor, BV DU SOP, Sangli). Vote of thanks was given by Dr. Sheetal Swamy (Associate Professor, BV DU SOP, Sangli). The event was successful under the guidance of Dr. Sneha Katke (Principal, (BV DU SOP, Sangli).



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Impact of the Activity-

Enhanced Clinical Exposure

Students gained experience in organizing and conducting health awareness and assessment programs, enriching their understanding of real-world physiotherapy applications and patient interaction.

Improved Communication and Counseling Skills

Assisting in personalized guidance sessions helped students refine their ability to communicate health concepts effectively and offer tailored advice—essential skills for future healthcare professionals.

Deeper Understanding of Women's Health Issues

The expert talk and assessments deepened students' knowledge of pelvic floor health, empowering them to address gender-specific concerns with greater sensitivity and expertise.

Boosted Confidence and Professionalism

Participating in a structured, impactful community event fostered a sense of responsibility and professionalism, motivating students to take initiative in promoting public health.

***Please tick the Criterion for the activity:**

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

Event coordinator



Principal

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Sangli - 416 416.



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SCHOOL OF PHYSIOTHERAPY, SANGLI

Assessment of physical fitness for IMRDA and law college Staff



Sangli – Miraj Road Sangli – 416 416 , Maharashtra

Email : sopt.sangli@bharatividyaapeeth.edu



Tel No. : 0233-2601593/0233-278 269

Website : <http://soptsangli@bharatividyaapeeth.edu>


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Date – 24/09/2025

ASSESSMENT OF PHYSICAL FITNESS

| Sr. NO. | STUDENT'S NAME |
|--------------------|------------------------------|
| 1 | AWALE PRANAV PRAVIN |
| 2 | BADIGER SANIKA KIRAN |
| 3 | BANDE AMEY UTTAM |
| 4 | BANKAR SAKSHI GORAKH |
| 5 | BARGIR ANAUM AYAZ |
| 6 | BHORE SRUSHTI AVINASH |
| 7 | BHOSLE ANUJA MAHESH |
| 8 | BHOSALE SAEED ATUL |
| 9 | BHOSALE SAMRUDDHI AMBADAS |
| 10 | BHOSALE SANCHITA SUDARSHAN |
| 11 | DABHOLE JANHVI PRAHLAD |
| 12 | EKUNDE VEDIKA VIJAY |
| 13 | GADHALE SAKSHI VITTAL |
| 14 | GAIKWAD NANDINI VIJAY |
| 15 | GARALE PRUTHVIRAJ SUBHASH |
| 16 | GHADGE AKASH INDRAJEET |
| 17 | GOLE SANIKA UDAY |
| 18 | GONDHALEKAR SHRUSHTI SANTOSH |
| 19 | GOWARI BHOO MIKA SUNIL |
| 20 | HARAWADE VALLARI SUDESH |
| 21 | HINDURDE PRERANA SUBHASH |
| 22 | INGLE RAJ JAY |
| 23 | JADHAV ASMITA PRAKASH |
| 24 | JADHAV SAYLEE UTTAM |
| 25 | JANVEKAR RIYA SANJAY |
| 26 | KADAM PIYUSHA SANTOSH |
| 27 | KADAM PRANITA HARMANT |
| 28 | KADAM PRITAM SANTOSH |
| 29 | KAKLIJ OM RAJENDRA |
| 30 | KALE SHREETEJ PIRAJI |



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| | |
|----|---------------------------|
| 31 | KHARADE SUYASH DATTA |
| 32 | KOKATE ATHARVA SAMBAJI |
| 33 | KOLI ANURADHA SAMBAJI |
| 34 | KOSHTI YASH CHANDRAKANT |
| 35 | KUSHTI OVI CHETAN |
| 36 | LENGURE OM SANJAY |
| 37 | MALI VISHAL MURLIDHAR |
| 38 | MASKAR MANASI MARUTI |
| 39 | MHETRE ATHARVA SACHIN |
| 40 | MORE ADITYA DILIP |
| 41 | MOTE GRISHMA BHAUSAHEB |
| 42 | MOTE SANIKA JALINDAR |
| 43 | MULAKE ADITYA DILIP |
| 44 | NALAWADE SNEHAL BAPUSO |
| 45 | NALAWADE VIRAJ VIJAYSINH |
| 46 | NIKHARE VARSHITA GIRISH |
| 47 | PATIL PRANJALEE AMAR |
| 48 | PATIL SAMRUDDHI ASHITOSH |
| 49 | PATIL SHRAVANI RAJAN |
| 50 | PUDALE SHREYA VIKASRAO |
| 51 | RAUT JIGISHA DILIP |
| 52 | SALI BRID SANTOSH |
| 53 | SALUNKHE GAYATRI PRAKASH |
| 54 | SHAHA SHREYASH PRITAM |
| 55 | SHENDGE VALLABH BALASAHEB |
| 56 | SHIKALKAR HASIBA SAMSHER |
| 57 | SIRSAT SIDDHANT PREMCHAND |
| 58 | TIKUTE RAVIKESH BALU |
| 59 | VALLAKATI VEDIKA SANDEEP |
| 60 | MAHALKAR ONKAR SHIVAJI |



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| | |
|----|-------------------------------|
| 61 | AHER PRUTHVIRAJ JAYSING |
| 62 | ALMALE NISHANT CHANDRASHEKHAR |
| 63 | ALOLI ATHRVA BHIMRAO |
| 64 | ALTEKAR SUJAL SANJAY |
| 65 | AUNDHKAR VARAD YUVRAJ |
| 66 | BANDAL DIKSHA YOGESH |
| 67 | BAPAT AMOD PARAG |
| 68 | BHOKARE MRUNAL MINANATH |
| 69 | BIRADAR ADITYA MALLIKARJUN |
| 70 | CHAUDHARI SHIVLING DATTATRAY |
| 71 | DALVI ADITI UDAY |
| 72 | DEVAKATE ATHARVA ADHIKRAO |
| 73 | DHADWAD SURAJ RAVINDRA |
| 74 | GAVADE SANKALPANA KRUSHNDEV |
| 75 | GURAV PRANAV RAJENDRA |
| 76 | HALAKE VAISHNAVI VIJAY |
| 77 | HUWALE AMRAPALI ANKUSH |
| 78 | INGLE SNEHA SURYAJIT |
| 79 | IRALE SANIYA SANDIP |
| 80 | JAIN GAURAV NITIN |
| 81 | JOSHI SOHAM DHANANJAY |
| 82 | JOSHI VEDIKA RAMKISHOR |
| 83 | KADAM ISHITA AMOL |
| 84 | KALE KUNAL LAXMAN |
| 85 | KHOSE VAIBHAVI PRATAP |
| 86 | KORE AMOL ANNASAHEB |
| 87 | KUDALE SANDESH SUDHIR |
| 88 | KUMAVAT ANJALIKUMARI RAJKUMAR |
| 89 | LABADE SNEHAL SHAHAJI |
| 90 | LAMKANE MAYURI LAXMAN |



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| | |
|-----|-----------------------------------|
| 91 | LOKHANDE SRUSHTI MALHARI |
| 92 | MANE ABHISHEK SANTOSH |
| 93 | MARJE SANSKRUTI SANJAY |
| 94 | MASAL VAISHNAVI VILAS |
| 95 | MHAPSEKAR BHOOMI NANDU |
| 96 | MUJAWAR TASDIKA DILAWAR |
| 97 | MULLA MAHAMADSAIF MUNIR |
| 98 | MUNSE VAISHNAVI VIJAY |
| 99 | PARTHE DIYA SHANKAR |
| 100 | PATAIT ANAS MUDDASIR |
| 101 | PATIL VAIBHAVI DAYANAND |
| 102 | PAWAR ASHLESHA UMAKANT |
| 103 | POKALE MITALI UMESH |
| 104 | RATHORE KULDEEPSINGH BHOOPATSINGH |
| 105 | RODE SAKSHI DATTATRAY |
| 106 | RUKADIKAR JANHAVI HEMCHANDRA |
| 107 | SALUNKHE SANTOSH SANJAY |
| 108 | SANKPAL SHRAVANI SUNIL |
| 109 | SAYYAD MOHAMMAD SAAD SHAFIULLA |
| 110 | SHAIKH AYESHA ALTAF |
| 111 | SHARIKMASLAT ASADULLAH HUSEN |
| 112 | SHINDE ASHISH GORAKH |
| 113 | SHINDE SHREYA SANJIVKUMAR |
| 114 | SHINDE SIDDHI CHANDRAKANT |
| 115 | SNEHA KUMARI |
| 116 | SOHANI SAI ABHIJIT |
| 117 | SULEMAN IQBAL BAGWAN |
| 118 | SUTAR SANSKAR DHONDIRAM |
| 119 | THORAT GAYATRI BALASAHEB |
| 120 | ZENDE DEEPANJALI RAMDAS |



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| | |
|-----|--------------------------------|
| 121 | AMBEKAR ADITYA GANESH |
| 122 | ANGAJ RIYA PRAKASH |
| 123 | AWASARKAR KASTURI KIRAN |
| 124 | BHALERAO SAKSHI BALSHIRAM |
| 125 | BHATTAD NITYA LAXMIKANT |
| 126 | BHOJANI REHMAT MOHOMADBAKAR |
| 127 | CHINCHKAR GAYATRI SANJEEVKUMAR |
| 128 | DHAVANE TANISHA PRABHAKAR |
| 129 | DIGHE VEDIKA BHAUSAHEB |
| 130 | GOGAVALE OM SUBHASH |
| 131 | HAJARE VYANKTESH SANJAY |
| 132 | HAKE SHARYU MARUTI |
| 133 | INAMDAR ARSHIYA MOHAMMAD |
| 134 | JADHAV ONKAR SATISH |
| 135 | JADHAV SHRADHA HAVIL |
| 136 | JAGTAP ISHWARI MUKUND |
| 137 | JAMADADE SUMIT VIRENDRA |
| 138 | JAMANE ADITYA ANIL |
| 139 | KADAM MADHURA GANESH |
| 140 | KALE AYUSHMA RAJENDRA |
| 141 | KAMBLE SHREYAS SHASHIKANT |
| 142 | KANTODE MRUNALI RAJENDRA |
| 143 | KATKAR VEDANTIKA RAVINDRA |
| 144 | KAVADE VISHAKHA RAJESH |
| 145 | KELGANE MANSI ANKUSH |
| 146 | KESARE VAIBHAVI RAVINDRA |
| 147 | KHADILKAR SMRUTI MAYUR |
| 148 | KULKARNI SAISH SANDEEP |
| 149 | LANDAGE SHRUTI ANIL |
| 150 | MAHADIK SHUBHAM PRAVIN |
| 151 | MANGALWARE MOHAMMADALI YUNUS |
| 152 | MARGAL AAKANKSHA VITTHAL |
| 153 | MASALI ZUHA ASLAM |



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| | |
|-----|---------------------------------|
| 154 | NAIK SANSKRUTI RAMCHANDRA |
| 155 | NAIK SRUSHTI ISHWAR |
| 156 | NAIKWADI DIPALI NAMDEV |
| 157 | NALE BHAKTI KRISHNA |
| 158 | PARLEKAR NITYASHREE SAMPATRAO |
| 159 | PATIL ATHARV POPAT |
| 160 | PATIL MAYURESH SANJAY |
| 161 | PATIL VEDIKA MOHAN |
| 162 | PAWAR PRATHAMESH MACHHINDRA |
| 163 | PAWAR RIYA RAVINDRA |
| 164 | PHADNIS AYUSH NITIN |
| 165 | RANMALE GAURAV KIRAN |
| 166 | RAUT VAIBHAV DATTATRAYA |
| 167 | SALUNKHE SHIVTEJA DHAIRYASHIEEL |
| 168 | SAMAL DHARITRI PRAMODKUMAR |
| 169 | SHAH DEEPTI NIPUL |
| 170 | SHELKE SATYAM VIKRAM |
| 171 | SHINDE PRATIK BAPU |
| 172 | SHINDE SAKSHI PRAVIN |
| 173 | SHINDE SHREYAS KIRAN |
| 174 | SINHA RUPALI HARENDRA |
| 175 | TIRTHAKAR PRADNYA DAYANAND |
| 176 | VATHARE KARAN SURESH |
| 177 | WALKE DNYANESHWARI RAJENDRA |
| 178 | YADAV HIMANI DHANIRAM |
| 179 | KHAN ABDURRAHIM ABDULREHMAN |
| 180 | CHAVAN ABHISHEK SUNIL |
| 181 | MOHITE JAYKUMAR MOHAN |



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| | |
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| 182 | BANGI AMINA NADIM |
| 183 | BHADAVANKAR DIYA SUNIL |
| 184 | DABADE NIKITA AMAR |
| 185 | DESHPANDE ARYAN AMRUT |
| 186 | DOSHI JHALAK ALPESH |
| 187 | DOSHI NIRJARA VIRKUMAR |
| 188 | FARAKATE PRIYANSHU AMAR |
| 189 | GAJANNAVAR HARSHAD SANJAY |
| 190 | GURAV SOHAM BABASAHEB |
| 191 | JADHAV SONALI DILIP |
| 192 | JADHAV TANVI SANDEEP |
| 193 | KADU SHRADDHA SANJAY |
| 194 | KAGWADE PAARUL SANJAY |
| 195 | KALE VISHAKHA VIJAY |
| 196 | KAMBLE SURAJ SUDHIR |
| 197 | KARMALKAR ARPITA PRASHANT |
| 198 | KASHID TANMAY DATTATRAYA |
| 199 | KHADATARE SEJAL SANJAY |
| 200 | KHADILKAR SIDDHARTH MAKARAND |
| 201 | KHARKANDE SHARDUL SANDEEP |
| 202 | KULKARNI SARTHAK NITIN |
| 203 | KULKARNI SAYALI PRASAD |
| 204 | KUMBHAR SAMRUDHI SANDEEP |
| 205 | KUSNALE INDRAJIT SANJAY |
| 206 | LATKAR POOJA BHADRAYU |
| 207 | MADIWAL HRISHITA AMOL |
| 208 | MAHAJAN MOKSHA SHAILESH |
| 209 | MANE KRANTI MAHADEV |
| 210 | MUSHRIF MOIN ASLAM |
| 211 | MUNDE ADITI WASUDEO |
| 212 | PANDHARE PRANAY PRAVIN |



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| | |
|-----|---------------------------|
| 213 | PARIT POOJA SACHIN |
| 214 | PARKAR FATIMA ASIF |
| 215 | PATIL RIDDHI PRAVIN |
| 216 | PATIL SANIKA ARUN |
| 217 | PATIL VAISHNAVI PRAKASH |
| 218 | PAWALE PRATIKSHA SANJAY |
| 219 | PAWAR SAKSHI MAHESH |
| 220 | PAWAR SHRUTI SHRIKANT |
| 221 | POTDAR SHUBHANGI SHIVDAS |
| 222 | PUNWATKAR VARUN ANIL |
| 223 | SARKALE ADITYA AMOD |
| 224 | SHAH TANISHA PRASHANT |
| 225 | SHINDE SAKSHI PRASAD |
| 226 | SURYAWANSHI SAKSHI RAMESH |
| 227 | TAKANE PRADNYA RAJENDRA |
| 228 | TAMBOLI DIYA RAFIK |
| 229 | YADAV PRADYUMNA DEVKUMAR |




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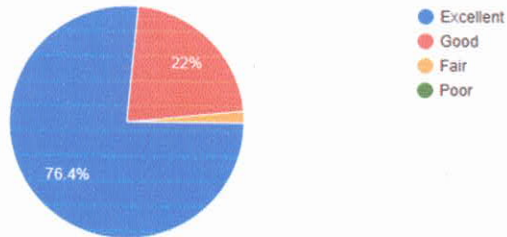
Feedback Form

Date-24/09/2025

Name of Event: Health Awareness and Physical Fitness

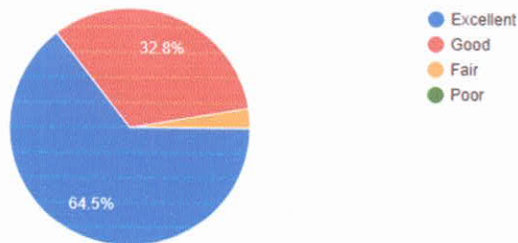
1.How would you rate the overview of the event.

229 responses



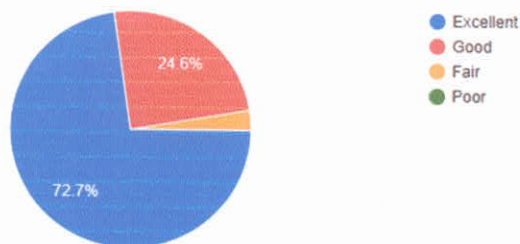
2.How would you rate the interaction between you and the speaker

229 responses



3.How would you rate the arrangements of the event

229 responses



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Website : <http://soptsangli.bharativedyapeeth.edu>

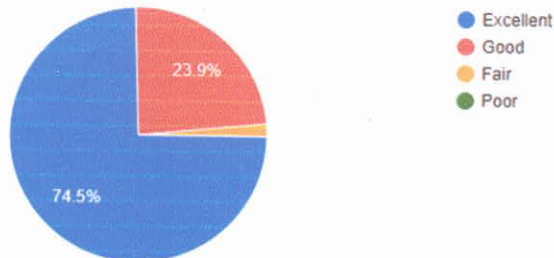
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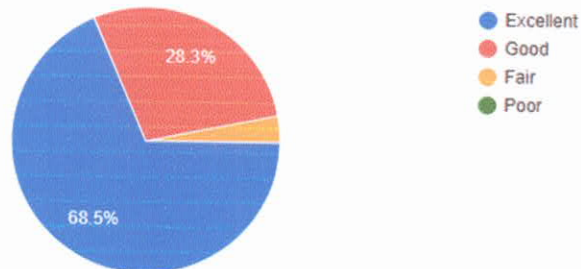
4. How would rate the success of the event

229 responses



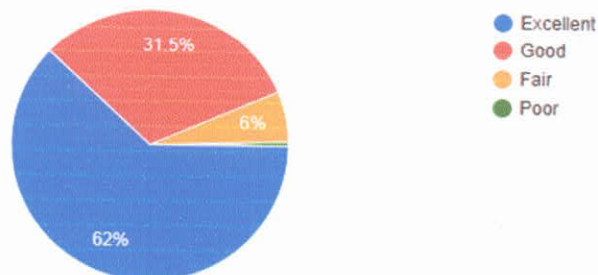
5. How would you rate content and quality of event

229 responses



6. How would you rate queries answered by the speaker

229 responses

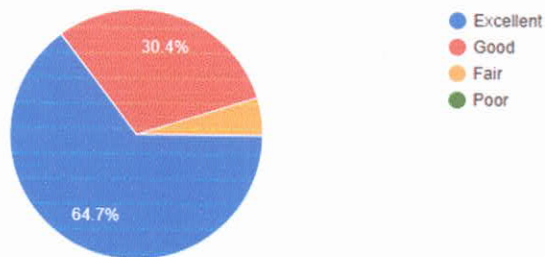




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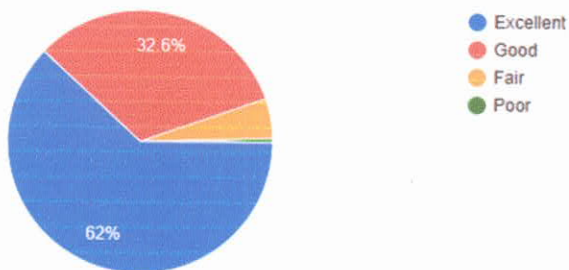
7. How would you rate the preparations of the speakers

229 responses



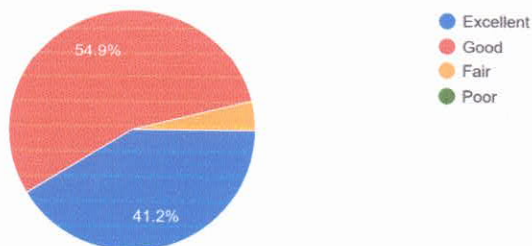
8. How would you rate the knowledge obtained from event.

229 responses



9. please write three words/ expression which describe event.

229 responses



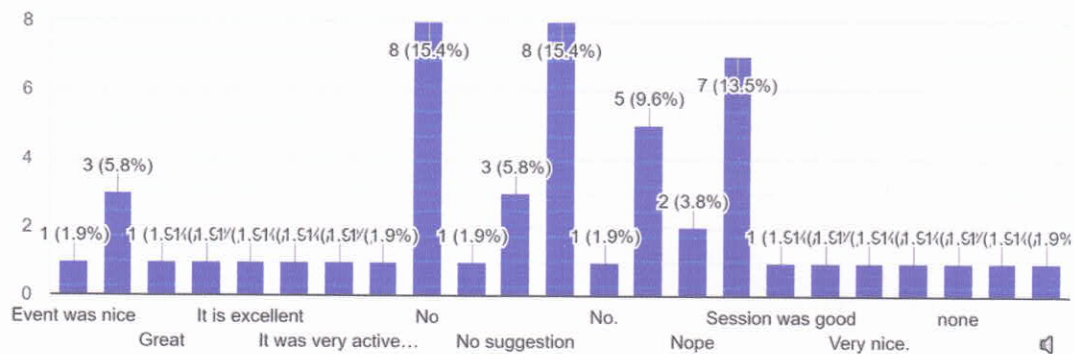
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10. If any suggestion (please specify)

229 responses



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