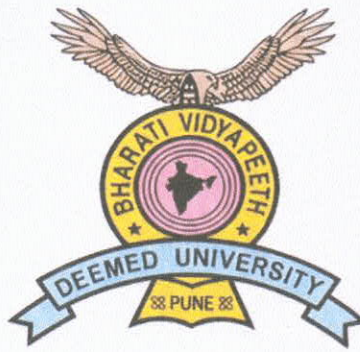




BHARATI VIDYAPEETH
DEEMED TO BE UNIVERSITY
SCHOOL OF PHYSIOTHERAPY, SANGLI

★ **ACTIVITY** ★

STUDY STRATEGIES AND **TIME MANAGEMENT**

Plan Smart. Study Better. Achieve More.



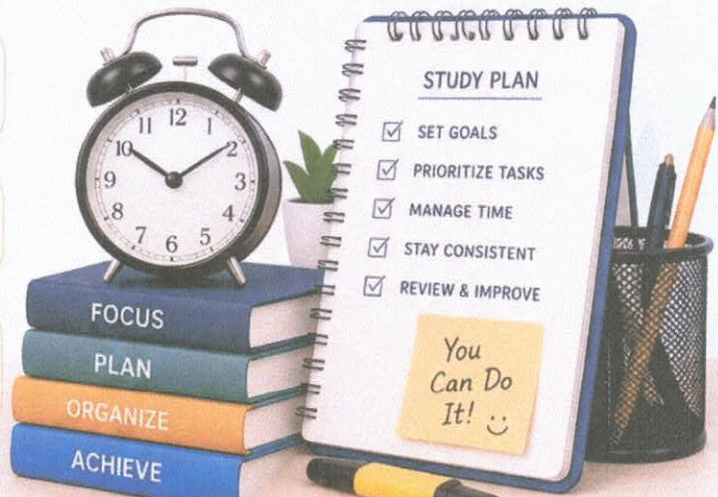
DATE:
4/8/2026



TIME:
10.30 a.m to 11.30 a.m



VENUE:
Auditorium, 4th floor,
BVDU School of Physiotherapy



“ Good planning and smart strategies
turn effort into success.



SET GOALS
Stay focused
and motivated



PLAN AHEAD
Organize your
study time



STAY FOCUSED
Eliminate distractions
and build habits



MANAGE TIME
Balance study,
rest and activities



LEARN TOGETHER
Peer support
leads to growth

**SMART STRATEGIES TODAY,
BRIGHTER TOMORROW!**



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

CIRCULAR

Date: 01/08/2026

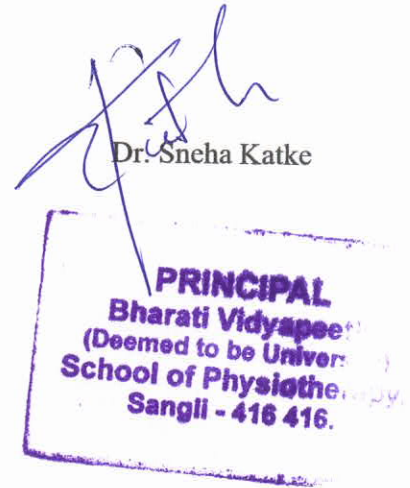
This is to inform all first-year Bachelor of Physiotherapy (BPT) students and faculty members that a guest lecture on "**Study Strategies & Time Management**" is scheduled as follows:

- **Date:** 4th August 2026
- **Time:** 10:30 AM – 11:30 AM
- **Venue:** 4th Floor Auditorium, BV (DU) School of Physiotherapy, Sangli
- **Resource Person:** Dr. Akshay Chougule (Associate Professor, BVDU SOP, Sangli)
- **Event Coordinators:** Dr. Sheetal Swamy & Dr. Sayali Jadhav

The session aims to provide practical techniques for organizing study routines, prioritizing academic tasks, avoiding distractions, and managing time effectively. All first-year students are requested to attend promptly.

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)





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

Report on -"Lecture on Study Strategies & Time Management"

Title of the Activity- "Lecture on Study Strategies & Time Management"

Venue of the Activity- 4th floor Auditorium, BV (DU) School of Physiotherapy, Sangli

Date of Activity- 4/8/2026

Duration of Activity- 10:30 am -11:30 am

Collaborating Agency- Nil

No. of Students Participated- 52

No. of Teachers Participated - 20

No. of Beneficiaries- 52

Details of the Activity with Photographs-

On 4th August 2026, BV(DU) School of Physiotherapy, Sangli organized a guest lecture on "*Study Strategies & Time Management*" from 10:30 am to 11:30 am. The session was conducted by **Dr. Akshay Chougule** (Associate Professor, BVDU SOP, Sangli), who delivered a highly practical and motivating talk focused on helping students manage their academic responsibilities more effectively. He shared proven techniques for organizing study schedules, prioritizing tasks, and maintaining focus amidst distractions. The lecture included interactive segments where students reflected on their current habits and learned how to build routines that support consistent learning and stress reduction. Emphasizing the importance of balance, discipline, and smart planning, the session inspired students to take control of their time and academic goals. The coordinators for the event were Dr. Sheetal Swamy (Professor, BVDU SOP, Sangli), and Dr Sayali Jadhav (Assistant Professor, BVDU SOP, Sangli). The MOC and Vote of thanks was done by Dr. Manalee Kadam (Assistant Professor, BVDUSOP, Sangli). The event was successful under the guidance of Dr. Sneha Katke (Principal, (BVDU SOP, Sangli).



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

Impact of the Activity-

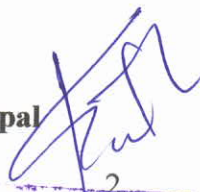
- **Better Planning Skills** – Students learned how to organize their study time and tasks more effectively.
- **Less Stress** – With smart time use, they felt more in control and less overwhelmed by deadlines.
- **Improved Focus** – Techniques shared in the session helped students concentrate better during study hours.
- **Higher Productivity** – They discovered how to get more done in less time by avoiding distractions.
- **Motivation Boost** – The lecture inspired students to take charge of their learning and stay consistent.

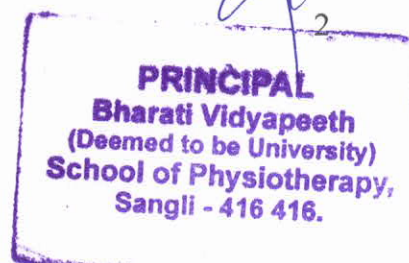
***Please tick the Criterion for the activity:**

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


Event co-ordinator




Principal





BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

Date-0 4/08/2026

“Lecture on Study strategies and time management”

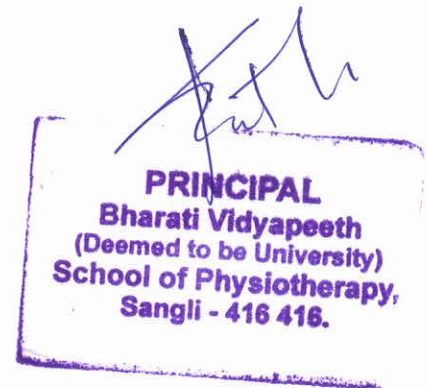
SR. NO.	NAME OF THE STUDENT
1	ISHITA VAIBHAV DOBHADA
2	VIDHI VINAY UPADHYE
3	FARHAT ASIF KACCHI
4	PRANAV VIJAY PACHUPATE
5	ADITYA MARUTI MISAL
6	CHAVAN VARNAN MILAND
7	RISHIT SANJAY LATKAR
8	MAROOFA ASIF KARVINKAR
9	ATHARV LAXMAN BHOSALE
10	YESHA KRUNAL BISCUITWALA
11	ANUSHKA SANJAY JORWAR
12	SHRUTI ATUL VARUNKAR
13	PALLAVI RAMESH KAMBLE
14	FARHAT GULAB PATEL
15	KIRTANA SUBHASH RATHOD
16	ANISHA NITIN KAMBLE
17	PURVA PRAKASH PATIL
18	ADITYA NITIN KADAM
19	TANVI VINAYAK PAPAT
20	NETRA MAHESH SOLANKI
21	BATUL ISAK PATHAN
22	NEHA BALARAM DONGARE
23	VAISHNAVI AJINATH JARAD
24	YUVINA KAMLESH LONDHE
25	SIDDHI TANAJI MHARANUR



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

26	AISHWARYA ASHOK MALI
27	ASHLYN AMEYA JOSHI
28	SHRIDHAR KIRAN AWASARKAR
29	ADI SHRIPAD MARALE
30	SHREYA PRATAPSINGH GORE
31	SRUJAL BALAJI LATKAR
32	YASH ANNASO DANDAWADE
33	DIYA RONAK SHAH
34	VIDISHA VIJAY ADHAV
35	ANUSHRI DEVENDRA SUSAR
36	AARYA DINESH DHOLE
37	ADITYA DILIP JAGTAP
38	POURNIMA RAJSHEKHAR DHEKANE
39	AYESHA SHAKIL AHMED KASKAR
40	KANAK DEEPAK KADAM
41	AYUSH RAJESH CHARIYA
42	KETAKI PAPASING CHAVAN
43	SHREYA KISHOR MARALE
44	NAITIK SHIVAJI SHIRSATH
45	MOUAVVIZ AHEMAD MUBINODDIN SHAIKH
46	ADITI RAJESH JANKAR
47	PRITAM SHRANIK KASAR
48	MOHAMAD REHAAN SHAFIQ KALEBHAI
49	VISHAL RANJIT SANAP
50	MIFZAL ZAFAR





BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

Study strategies and time management



Sangli – Miraj Road Sangli – 416 416, Maharashtra

Email : sopt.sangli@bharatividyaapeeth.edu

Tel No. : 0233-2601593/94/95 EXT.No. 228, 269

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

PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
School of Physiotherapy,
Sangli 416 416



BVDU School of Physiotherapy, Sangli

Feedback Analysis

Title : STUDY STRATEGIES AND TIME MANAGEMENT

Academic Year : 2026-27

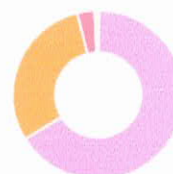
Class : BPT First year [Bachelor of Physiotherapy]

Subject/Course : -

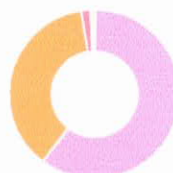
Details : Activity

Total number of response(s) : 33 / 58

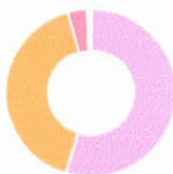
Question	How would you rate the overall organization of the activity/event			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	20	80	57.14
Good	3	12	36	25.71
Fair	2	2	4	2.86
Poor	1	1	1	0.71
Performance				86.43



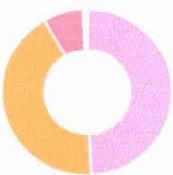
Question	How would you rate the arrangements of the event			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	17	68	51.52
Good	3	14	42	31.82
Fair	2	1	2	1.52
Poor	1	1	1	0.76
Performance				85.61



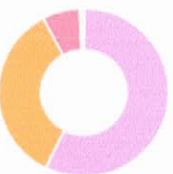
Question	How would rate the success of the event			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	15	60	45.45
Good	3	15	45	34.09
Fair	2	2	4	3.03
Poor	1	1	1	0.76
Performance				83.33



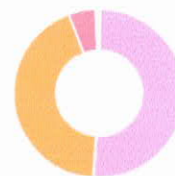
Question	How would you rate content and quality of event			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	13	52	39.39
Good	3	15	45	34.09
Fair	2	4	8	6.06
Poor	1	1	1	0.76
Performance				80.30



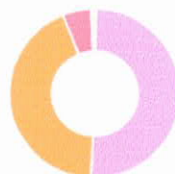
Question	How would you rate the knowledge obtained from event.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	16	64	47.06
Good	3	13	39	28.68
Fair	2	4	8	5.88
Poor	1	1	1	0.74
Performance				82.35



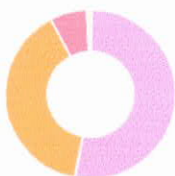
Question	The activity/event provided opportunities for active participation			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	15	60	41.67
Good	3	17	51	35.42
Fair	2	3	6	4.17
Poor	1	1	1	0.69
Performance				81.94



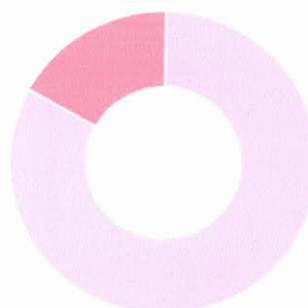
Question	The content and activities were engaging and interesting.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	14	56	41.18
Good	3	16	48	35.29
Fair	2	3	6	4.41
Poor	1	1	1	0.74
Performance				81.62



Question	The resource persons/coordinators effectively facilitated the activity			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	15	60	42.86
Good	3	15	45	32.14
Fair	2	4	8	5.71
Poor	1	1	1	0.71
Performance				81.43



Achieved Scope for improvement



Achieved 82.88 | Scope for improvement 17.12



BVDU School of Physiotherapy, Sangli

Feedback Analysis

Title : STUDY STRATEGIES AND TIME MANAGEMENT

Academic Year : 2026-27

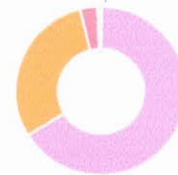
Class : BPT First year [Bachelor of Physiotherapy]

Subject/Course : -

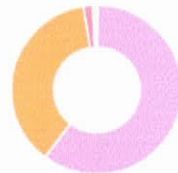
Details : Activity

Total number of response(s) : 33 / 58

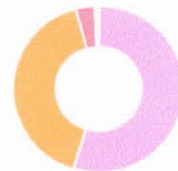
Question	How would you rate the overall organization of the activity/event			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	20	80	57.14
Good	3	12	36	25.71
Fair	2	2	4	2.86
Poor	1	1	1	0.71
Performance				86.43
Final Attainment				2.59



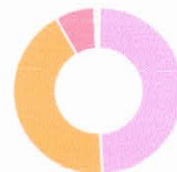
Question	How would you rate the arrangements of the event			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	17	68	51.52
Good	3	14	42	31.82
Fair	2	1	2	1.52
Poor	1	1	1	0.76
Performance				85.61
Final Attainment				2.57



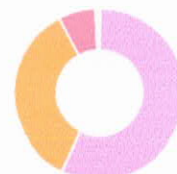
Question	How would rate the success of the event			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	15	60	45.45
Good	3	15	45	34.09
Fair	2	2	4	3.03
Poor	1	1	1	0.76
Performance				83.33
Final Attainment				2.50



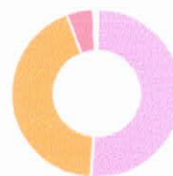
Question	How would you rate content and quality of event			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	13	52	39.39
Good	3	15	45	34.09
Fair	2	4	8	6.06
Poor	1	1	1	0.76
Performance				80.30
Final Attainment				2.41



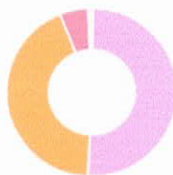
Question	How would you rate the knowledge obtained from event.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	16	64	47.06
Good	3	13	39	28.68
Fair	2	4	8	5.88
Poor	1	1	1	0.74
Performance				82.35
Final Attainment				2.47



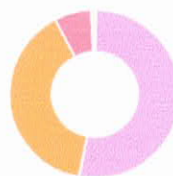
Question	The activity/event provided opportunities for active participation			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	15	60	41.67
Good	3	17	51	35.42
Fair	2	3	6	4.17
Poor	1	1	1	0.69
Performance				81.94
Final Attainment				2.46



Question	The content and activities were engaging and interesting.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	14	56	41.18
Good	3	16	48	35.29
Fair	2	3	6	4.41
Poor	1	1	1	0.74
Performance				81.62
Final Attainment				2.45



Question	The resource persons/coordinators effectively facilitated the activity			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	15	60	42.86
Good	3	15	45	32.14
Fair	2	4	8	5.71
Poor	1	1	1	0.71
Performance				81.43
Final Attainment				2.44

**NOTE:**

- Response Value = (Value * Total Number of Responses)
- Response % = (Response Value / (Max Value * Total Number of Responses))

Questionwise Attainment

Activity Number	Attainment
1	2.59
2	2.57
3	2.50
4	2.41
5	2.47
6	2.46
7	2.45
8	2.44

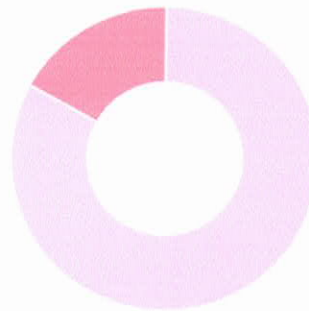
Program outcome and question mapping

AO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6	PO-7	PO-8	PO-9	PO-10	PO-11	PO-12
AO1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
AO2																							
AO3																							
AO4																							
AO5																							
AO6																							
AO7																							
AO8																							
Average	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00

Program outcome attainment

AO	AO Attainment	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6	PO-7	PO-8	PO-9	PO-10	PO-11	PO-12
AO1	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59
AO2	2.57																							
AO3	2.50																							
AO4	2.41																							
AO5	2.47																							
AO6	2.46																							
AO7	2.45																							
AO8	2.44																							
Average	2.49	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59

Achieved Scope for improvement



Achieved 82.88 | Scope for improvement 17.12



BVDU School of Physiotherapy, Sangli

Feedback Analysis

Title : STUDY STRATEGIES AND TIME MANAGEMENT

Academic Year : 2026-27

Class : BPT First year [Bachelor of Physiotherapy]

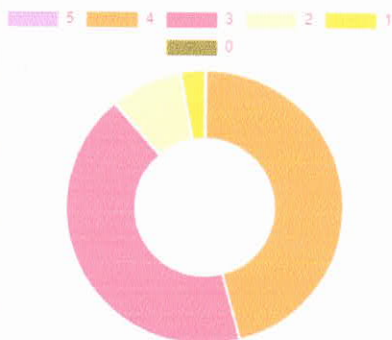
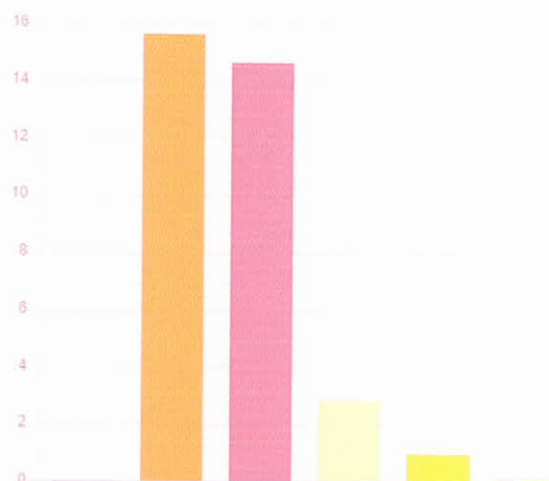
Subject/Course : -

Details : Activity

Total number of response(s) : 33 / 58

Question	MaxValue	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	Total	Percentage		
How would you rate the overall organization of the activity/event	4	4	4	4	4	4	3	3	4	3	3	3	3	4	4	3,2	3	2	3	4	3	4	4,3	4	4	4	4	4	4	3	4	4	4	3	1	121	91.67%	
How would you rate the arrangements of the event	4	3	4	3	4	4	4	3	4	3	3	3	3	4	4	3	3	2	3	4	3	4	4	4	4	4	3	4	4	4	4	4	3	1	113	85.61%		
How would rate the success of the event	4	4	4	4	3	4	3	3	4	3	3	3	3	4	4	2	3	2	3	4	3	4	3	3	4	3	3	4	4	3	4	4	4	3	1	110	83.33%	
How would you rate content and quality of event	4	2	4	3	3	4	3	3	4	3	3	3	3	4	4	2	3	2	3	4	3	4	3	3	4	3	3	4	4	3	4	4	4	2	1	106	80.30%	
How would you rate the knowledge obtained from event.	4	4	4	4	3	4	3	3	4	3	3	3	3	4	4	3,2	3	2	3	4	3	4	4	3	4	3	2	4	4	3	4	4	4	2	1	112	84.85%	
The activity/event provided opportunities for active participation	4	3	4	3	4,3	4	3	3	4	3	3	3	3	4	4	3,2	3	2	3	4	3	4	4,3	3	4	3	4	4	4	3	4	4	3	2	1	118	89.39%	
The content and activities were engaging and interesting.	4	4	4	4	3	4	3	3	4	3	3	3	3	4	4	3,2	3	2	3	4	3	4	3	3	4	3	3	4	4	3	4	4	3	2	1	111	84.09%	
The resource persons/coordinators effectively facilitated the activity	4	3	4	3	4	4	3	3	4	3	3	3	3	4	4	3,2	3	2	3	4	3	4	3	3	4	3	4,2	4	4	3	4	4	4	2	1	114	86.36%	
Write three words/ expression which describe event.	It was good , The session was really helpful. , All Good , It was nice , Good , Overall good, Helpful , Good, , Well organized, educational and managed, Good experience , No any suggestions , Good!!!! Experience , , This event is excellent , Nothing , Nil, ud83dudc4d, The session was really helpful and inspired , Session was Good , Good excellent best, overall good , It was wonderful , Interesting , Nope																																					
Suggestions (if any)	No suggestion , The session was really helpful. , All Good , No, Good, Nothing, Nice, , No suggestions , Good experience , No any suggestions , ? , Nil, The session was really helpfull and inspired , Nothing , Nope																																					

Question	Response Value				Average
	4	3	2	1	
How would you rate the overall organization of the activity/event	20	12	2	1	3.46
How would you rate the arrangements of the event	17	14	1	1	3.42
How would rate the success of the event	15	15	2	1	3.33
How would you rate content and quality of event	13	15	4	1	3.21
How would you rate the knowledge obtained from event.	16	13	4	1	3.29
The activity/event provided opportunities for active participation	15	17	3	1	3.28
The content and activities were engaging and interesting.	14	16	3	1	3.26
The resource persons/coordinators effectively facilitated the activity	15	15	4	1	3.26
Overall Average	15.63	14.63	2.88	1.00	3.32



Question Wise Percentage

