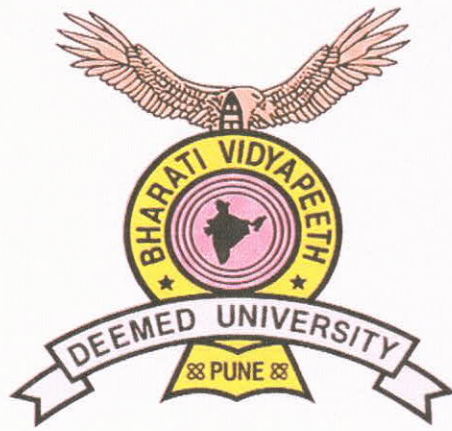




BHARATI VIDYAPEETH DEEMED TO BE UNIVERSITY

SCHOOL OF PHYSIOTHERAPY, SANGLI

★ ACTIVITY ★

SUSTAINING A HEALTHY AND ACTIVE LIFE STYLE



Healthy Habits Today, Stronger Tomorrow



DATE:
5/8/2026



TIME:
2 to 3 pm



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



STAY ACTIVE
Move more,
Feel better



EAT RIGHT
Nourish your
body



STAY BALANCED
Mental well-being
matters



LIVE BETTER
Small habits,
Big impact

*Take care of your body, It's the only place
you have to live.*





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

CIRCULAR

Date: 02/08/2026

An interactive session titled "**Sustaining a Healthy and Active Lifestyle**" is organized for first-year BPTth students and faculty members.

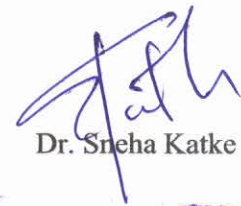
- **Date:** 5th August 2026
- **Time:** 3:00 PM – 4:00 PM
- **Venue:** 4th Floor Auditorium, BV (DU) School of Physiotherapy, Sangli
- **Resource Person:** Miss Aishwarya Chavan
- **Event Coordinators:** Dr. Sheetal Swamy & Dr. Sayali Jadhav

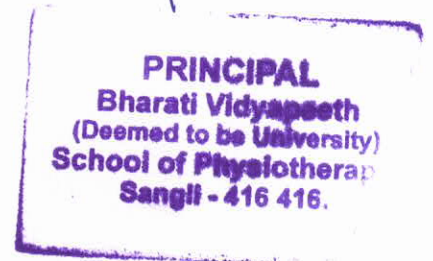
The session will focus on practical, evidence-based strategies for maintaining holistic well-being, balanced nutrition, daily physical activity, and mental health awareness. All students are expected to attend.

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





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

Report on -"Lecture on Sustaining a healthy and active lifestyle"

Title of the Activity- "Lecture on *Sustaining a healthy and active lifestyle*"

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

Date of Activity- 5/8/2026

Duration of Activity- 03:00 pm -04:00 pm

Collaborating Agency- Nil

No. of Students Participated- 52

No. of Teachers Participated - 20

No. of Beneficiaries- 52

Details of the Activity with Photographs-

The BV (DU) School of Physiotherapy in Sangli organized an enlightening and interactive session titled "*Sustaining a Healthy and Active Lifestyle*" on August 5, 2026. The event took place at the 4th floor auditorium, running from 03:00 PM to 04:00 PM, and witnessed enthusiastic participation from students and faculty alike. The session was led by Miss Aishwarya Chavan, who captivated the audience with her expertise and dynamic presentation. Throughout the hour-long program, she shared practical and evidence-based strategies for maintaining holistic well-being, emphasizing the vital role of balanced nutrition, consistent physical activity, mental health awareness, and the adoption of healthy daily habits. Miss Chavan highlighted how even small lifestyle modifications can significantly reduce the risk of lifestyle-related disorders and enhance overall quality of life. She also encouraged students to become proactive in implementing these changes and to foster a culture of wellness in their academic and personal environments. The session left a lasting impression, equipping attendees with actionable knowledge and inspiring them to pursue sustained health and vitality. The coordinators for the event were Dr. Sheetal Swamy (Associate 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-

Raised Health Awareness

Students gained a deeper understanding of the importance of maintaining an active lifestyle and its role in long-term wellness.

Motivated Lifestyle Changes

The session inspired many to consider integrating small, sustainable changes into their routines, such as daily walks or mindful eating.

Improved Knowledge Base

Participants were exposed to practical strategies and scientific insights related to physical fitness and nutrition, enhancing their academic and personal growth.

Encouraged Peer Engagement

Group participation created a supportive atmosphere where students could share ideas and learn from one another's experiences.

***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

2




Principal.

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



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

Date – 5/8/2026

“LECTURE ON SUSTAINING A HEALTHY & ACTIVE LIFESTYLE ”

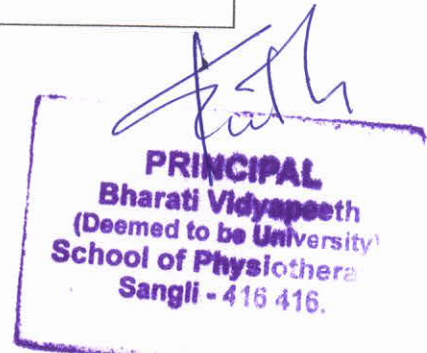
SR. NO.	NAME OF THE STUDENT
1	ISHITA VAIBHAV DOBHADA
2	VIDHI VINAY UPADHYE
3	FARHAT ASIF KACCHI
4	PRANAV VIJAY PACHUPATE
5	ADITYA MARUTI MISAL
6	CHAVAN VARNAN MILAND
7	RISHIT SANJAY LATKAR
8	MAROOF ASIF KARVINKAR
9	ATHARV LAXMAN BHOSALE
10	YESHA KRUNAL BISCUITWALA
11	ANUSHKA SANJAY JORWAR
12	SHRUTI ATUL 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

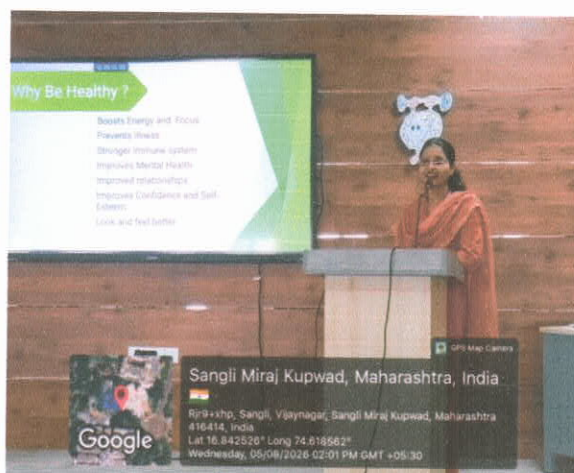
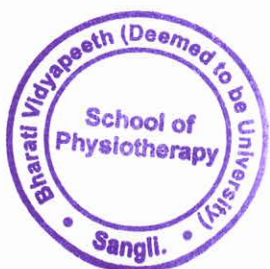
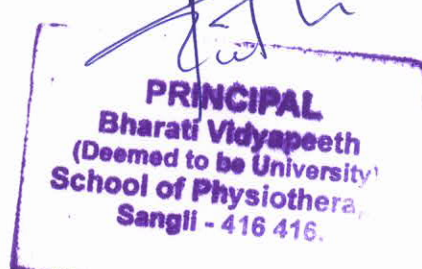




BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

Sustaining a healthy and active life style



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>



BVDU School of Physiotherapy, Sangli

Feedback Analysis

Title : SUSTAINING A HEALTHY AND ACTIVE LIFESTYLE

Academic Year : 2026-27

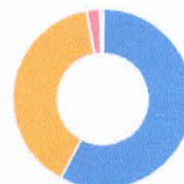
Class : BPT First year [Bachelor of Physiotherapy]

Subject/Course : -

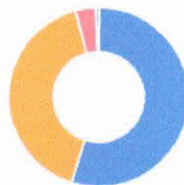
Details : Activity

Total number of response(s) : 46 / 58

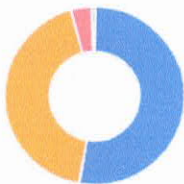
Question	The topic of the guest lecture/webinar was relevant and useful.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	24	96	48.98
Good	3	22	66	33.67
Fair	2	2	4	2.04
Poor	1	1	1	0.51
Performance				85.20
Final Attainment				2.56



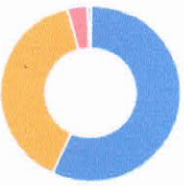
Question	The objectives of the session were clearly explained.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	22	88	45.83
Good	3	22	66	34.38
Fair	2	3	6	3.13
Poor	1	1	1	0.52
Performance				83.85
Final Attainment				2.52



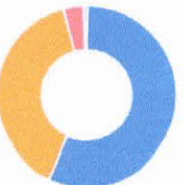
Question	The speaker demonstrated thorough knowledge of the subject.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	21	84	43.75
Good	3	23	69	35.94
Fair	2	3	6	3.13
Poor	1	1	1	0.52
Performance				83.33
Final Attainment				2.50



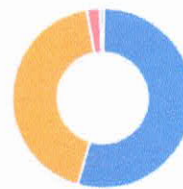
Question	The content was well-organized and easy to understand.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	23	92	47.92
Good	3	21	63	32.81
Fair	2	3	6	3.13
Poor	1	1	1	0.52
Performance				84.38
Final Attainment				2.53



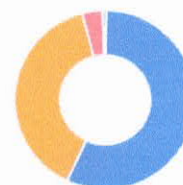
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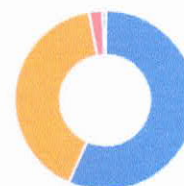
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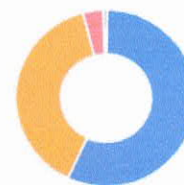
Question	The examples, demonstrations, or case studies used were helpful.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	23	92	47.92
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Fair	2	3	6	3.13
Poor	1	1	1	0.52
Performance				84.38
Final Attainment				2.53



Question	Adequate opportunity was provided for interaction and questions.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	23	92	47.92
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Performance				84.90
Final Attainment				2.55



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Answer	Value	No. of response(s)	Response value	Response %
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Fair	2	3	6	3.13
Poor	1	1	1	0.52
Performance				84.38
Final Attainment				2.53

**NOTE:**

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

Questionwise Attainment

Activity Number	Attainment
1	2.56
2	2.52
3	2.50
4	2.53
5	2.53
6	2.53
7	2.53
8	2.55
9	2.53

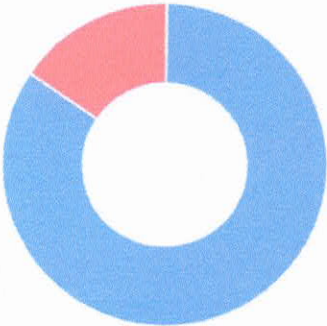
Program outcome and question mapping

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																							
AO9																							
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	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56
AO2	2.52																							
AO3	2.50																							
AO4	2.53																							
AO5	2.53																							
AO6	2.53																							
AO7	2.53																							
AO8	2.55																							
AO9	2.53																							
Average	2.53	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56	2.56

Achieved Scope for improvement



Achieved 84.35 | Scope for improvement 15.65



BVDU School of Physiotherapy, Sangli

Feedback Analysis

Title : SUSTAINING A HEALTHY AND ACTIVE LIFESTYLE

Academic Year : 2026-27

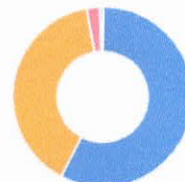
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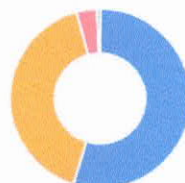
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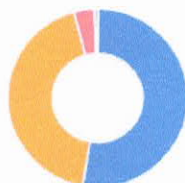
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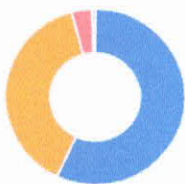
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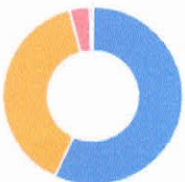
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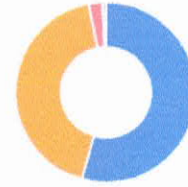
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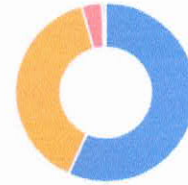
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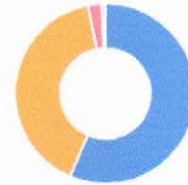
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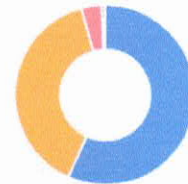
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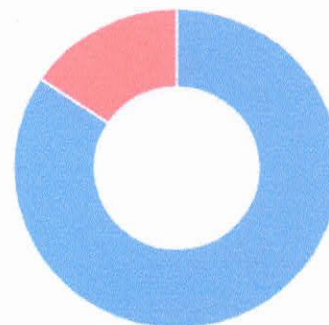
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Achieved Scope for improvement



Achieved 84.35 | Scope for improvement 15.65

