

EVENT REPORT

WELCOMING CEREMONY

Date: March 3, 2025

Venue: Auditorium, Noble Hospital

The **White Coat and Welcoming Ceremony** was held on March 3, 2025, marking the formal initiation of journey for 1st year BPT Students in physiotherapy. This event symbolized our commitment to professionalism, ethics, and responsibility in the medical field.

The ceremony commenced with the **National Anthem**, fostering a sense of unity and pride among all attendees. This was followed by **Saraswati Vandana**, invoking the blessings of Goddess Saraswati for wisdom and knowledge.

The **felicitation of dignitaries** was done, wherein esteemed guests and faculty members were honoured. The event was graced by the presence of **Dr. S.K. Raut** and **Dr. Traymbak Waghchaure**, whose support and motivational words added great value to the celebration. Their guidance and encouragement inspired everyone present.

A highly anticipated moment, the **White Coat Ceremony**, then took place, where students were invited onto the stage to receive their aprons. This marked their official entry into the Physiotherapy profession.

The ceremony concluded with a **vote of thanks**, expressing gratitude to all dignitaries, faculty members, and students for their contributions in making the event a success. This event instilled a deep sense of pride and responsibility as we embarked on our journey in physiotherapy.

Following the formal proceedings, after the ceremony, the atmosphere shifted to a celebratory mood with the much-awaited **Fresher's Party**. The event featured a variety of engaging performances, including soulful singing, graceful classical dances, energetic group dance performances, and interactive games conducted by students.

One of the major highlights of the evening was the **ramp walk**, where participants showcased confidence and charisma. The event concluded with the announcement of **Mr. and Miss Fresher**, along with the distribution of prizes to the winners of various games, adding excitement to the celebration.

The day was a perfect blend of tradition and celebration. The **White Coat Ceremony** marked the beginning of students professional journey with responsibility and commitment, while the **Fresher's Party** added joy and enthusiasm, making the occasion truly unforgettable. Together, these events created a memorable start to this new chapter in our lives.



A handwritten signature in black ink, appearing to read "B. Waghchaure", written over a horizontal line.

Principal

Noble Institute of Medical Sciences, Pune
(College of Physiotherapy)



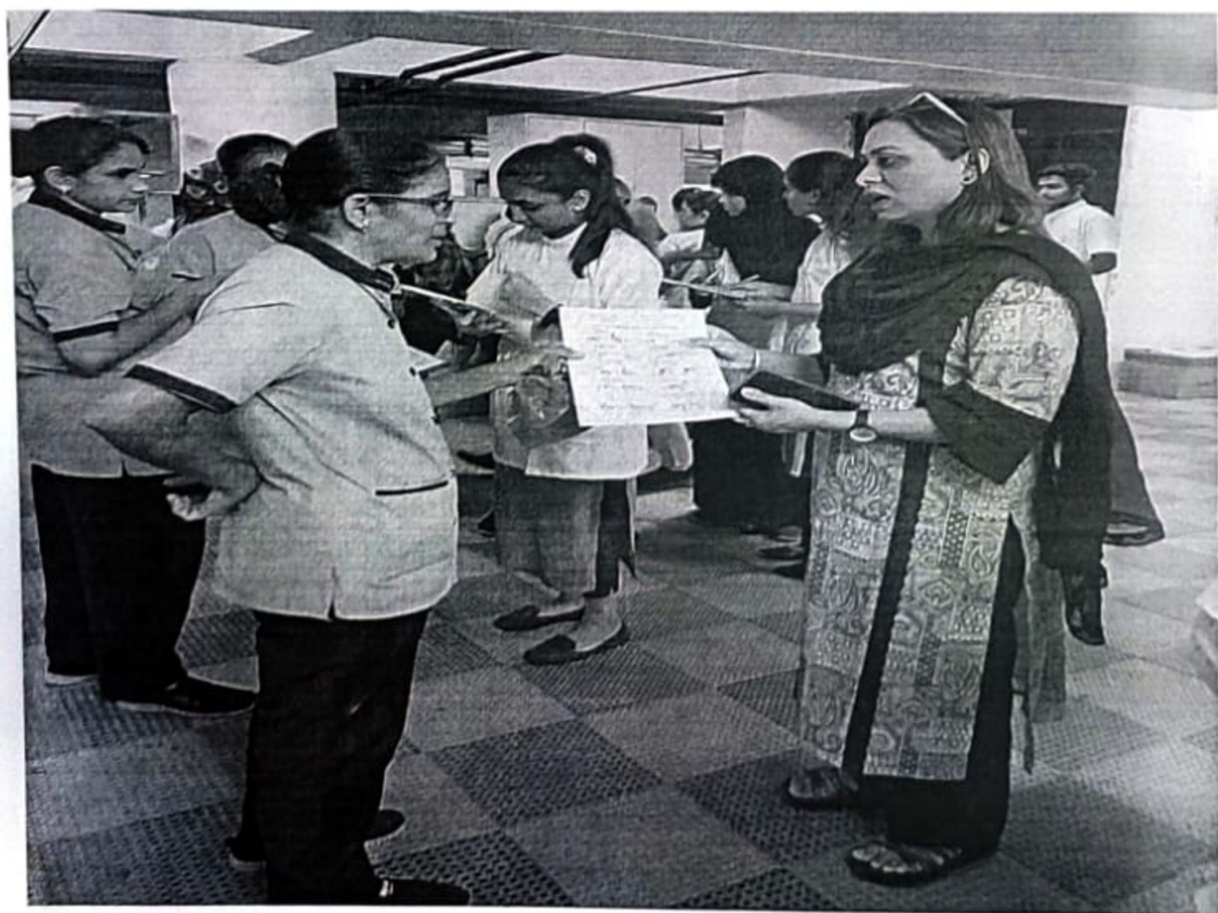
Report on International Women's Day Musculoskeletal Assessment and Physiotherapy Management Camp

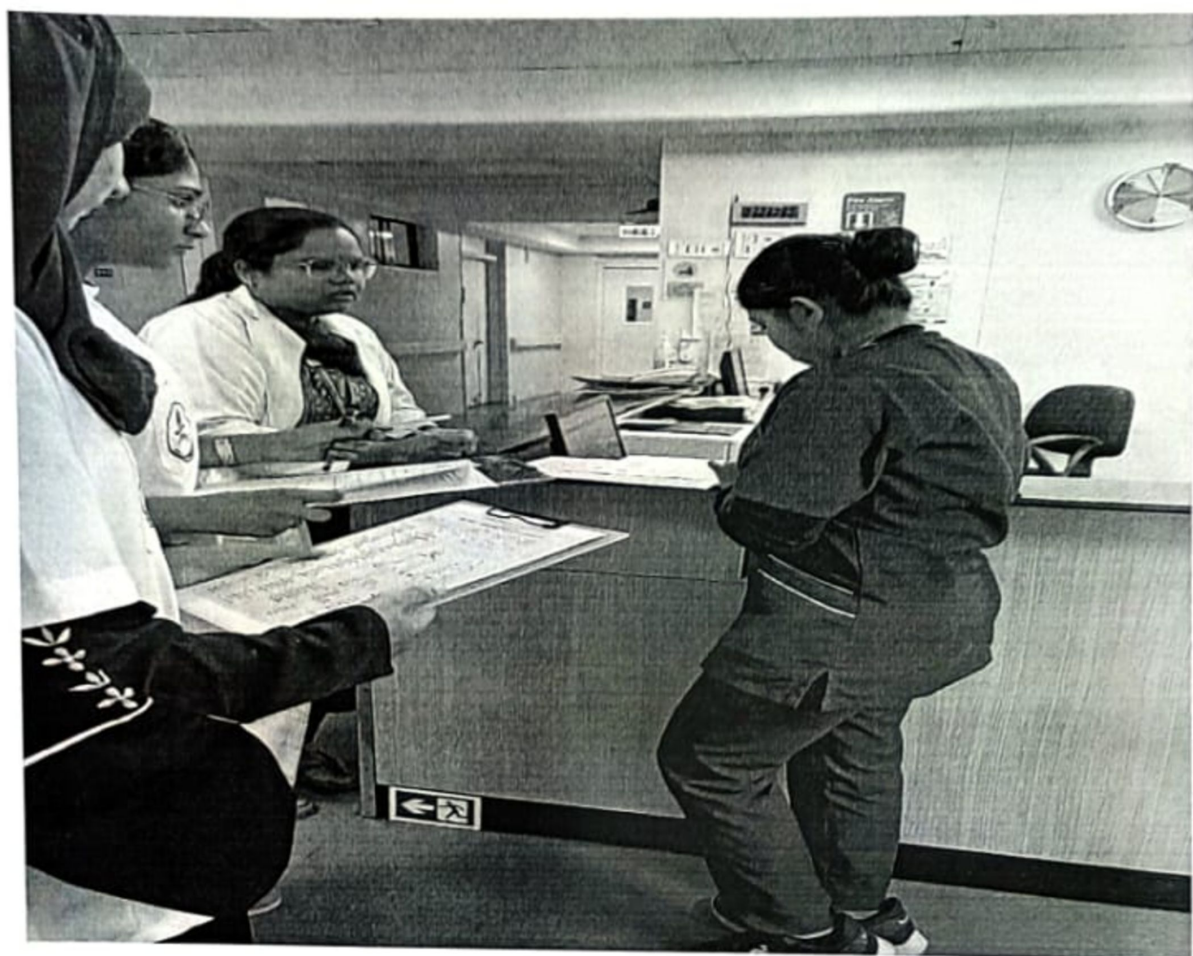
On the occasion of International Women's Day, the first-year physiotherapy students of Noble Institute of Medical Sciences, College of Physiotherapy, conducted a musculoskeletal assessment and physiotherapy management camp for the women staff at Noble Hospital and Research Centre on **11th March 2025**. This initiative aimed to evaluate and assist women staff, including ground staff, nurses, DNB students, and women doctors, in identifying and addressing their musculoskeletal discomforts.

A total of 53 patients were assessed during the camp, with the most common complaints observed being low back pain (42%), knee and calf pain (34%), shoulder pain (19%), and multiple joint pain (5%). The students were divided into multiple groups, with some focusing on assessing the ground-level staff, while others visited different floors of the hospital to assess nursing staff and doctors at their workstations. This approach ensured comprehensive coverage and allowed the students to engage directly with a diverse group of healthcare professionals.

Each patient underwent a basic pain assessment, which included history-taking, demographic data collection, and an evaluation of their physical condition. Based on their complaints, they were provided with educational pamphlets containing ergonomic exercises and full-body exercises designed to help alleviate their pain and prevent future musculoskeletal issues.

The assessment camp provided a valuable hands-on learning experience for the students. They were introduced to the practical application of pain assessment, gaining firsthand experience in patient history-taking, understanding common musculoskeletal issues, and recognizing the significance of ergonomic and stretching exercises in pain management. This initiative not only helped in identifying common pain issues among hospital staff but also promoted awareness about preventive exercises.






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EVENT REPORT

WORLD HEALTH DAY 2025

7th April 2025

On the occasion of **World Health Day 2025**, the **College of Physiotherapy** organized a special webinar for its **first-year BPT students** on **7th April 2025** at the **Noble Institute of Medical Sciences, Pune**. This year's theme, "**Healthy Beginnings, Hopeful Futures,**" highlighted the crucial role of maternal and newborn health in shaping long-term well-being. The webinar was designed to educate students about the scope of Physiotherapy in this essential area of healthcare and to provide them with early exposure to specialized fields within the profession.

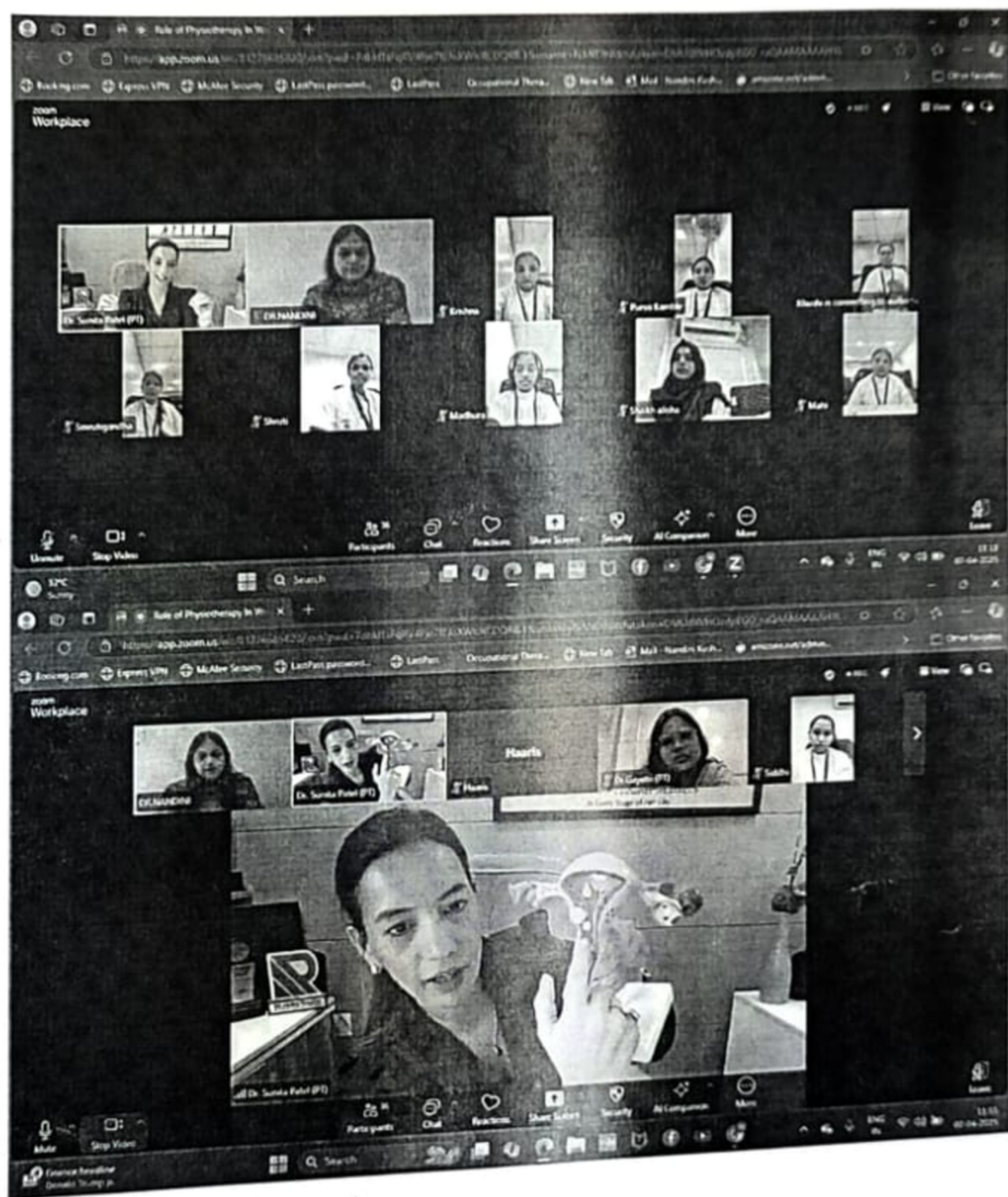
The session was graced by the speaker **Dr. Sunita Patel (PT)**, a renowned Women's Health Physiotherapist, Pelvic Health Therapist, and International Educator. She is the Founder of *Pelvicare – Women Health Physiotherapy* and is widely recognized for her extensive work in pelvic floor rehabilitation and women's health education. Dr. Sunita brought a wealth of experience to the session, sharing practical insights and global perspectives drawn from her training programs conducted across various countries.

The webinar offered an in-depth understanding of Physiotherapy's impact on women's health, particularly focusing on areas such as the **menstrual cycle, hormonal balance, pregnancy care, and postnatal rehabilitation**. Dr. Sunita explained how Physiotherapists can support women throughout different stages of life, especially during motherhood, by offering therapeutic interventions that enhance recovery, functionality, and overall quality of life. She also discussed the importance of early care and preventive approaches in improving maternal health.

Students found the session highly informative and engaging. They gained valuable knowledge about the interdisciplinary role of Physiotherapy in maternal care and were introduced to various career paths within the domain of women's health. The webinar also included interactive discussions and Q&A segments that allowed students to clarify their doubts and understand real-life clinical scenarios.

In conclusion, the webinar successfully fulfilled its objective of raising awareness, sharing knowledge, and inspiring young Physiotherapists to explore meaningful opportunities in women's health.





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World Asthma Day 2025: Insightful Webinar on Asthma Awareness and Hands-on Lung Function Activities

7th May 2025

On the occasion of World Asthma Day 2025, an engaging and informative webinar was organized by the Noble Institute of Medical Sciences, College of Physiotherapy on 6th May 2025 aimed at raising awareness about asthma and emphasizing the significance of lung health.

The webinar was attended by the first-year BPT students, who actively participated and gained valuable insights into the role of physiotherapy in respiratory care.

The session commenced with a comprehensive presentation by Dr. Samana Sayed (PT), Consultant Cardiopulmonary Physiotherapist, Director, and Global Educator. Dr. Sayed, a distinguished specialist in the field, dug into core cardiopulmonary concepts and elaborated on the vital role physiotherapy plays in managing asthma, improving respiratory function, and enhancing the overall quality of life for individuals with asthma.

A highlight of the event was a fun and interactive game segment, designed to reinforce key concepts related to lung capacity and respiratory therapy. These activities included the Balloon Blow Challenge, where students competed to inflate balloons in a single breath, emphasizing breath control and lung expansion. The Straw Ping Pong Race required students to use controlled breathing to move ping pong balls across a table using straws, highlighting airflow and endurance. In the Candle Blowout from a Distance, participants attempted to extinguish a flame from varying distances, demonstrating expiratory force and technique. The Pick-the-Object Marathon challenged students to use their breath to move small objects, reinforcing coordination and respiratory effort. Lastly, the Breath-Holding Contest tested students' ability



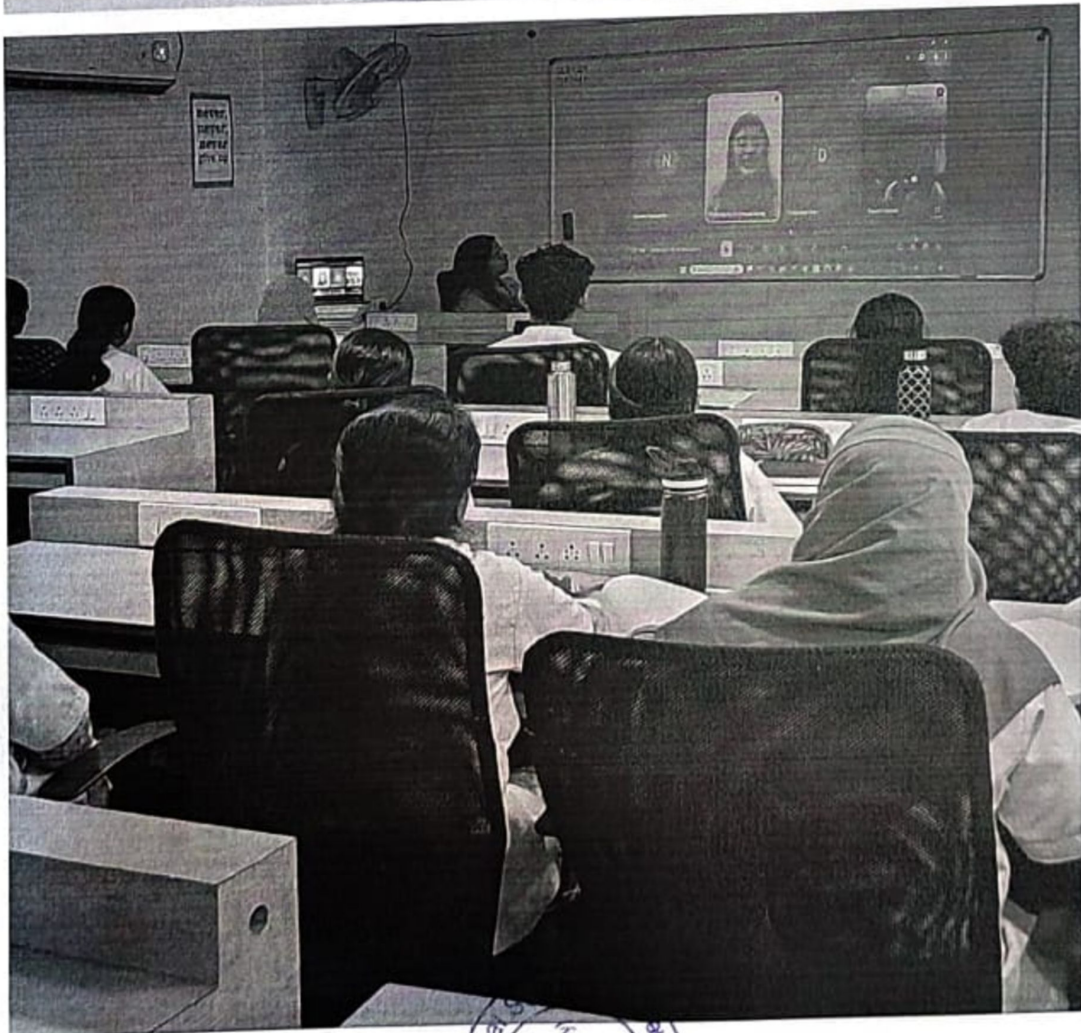
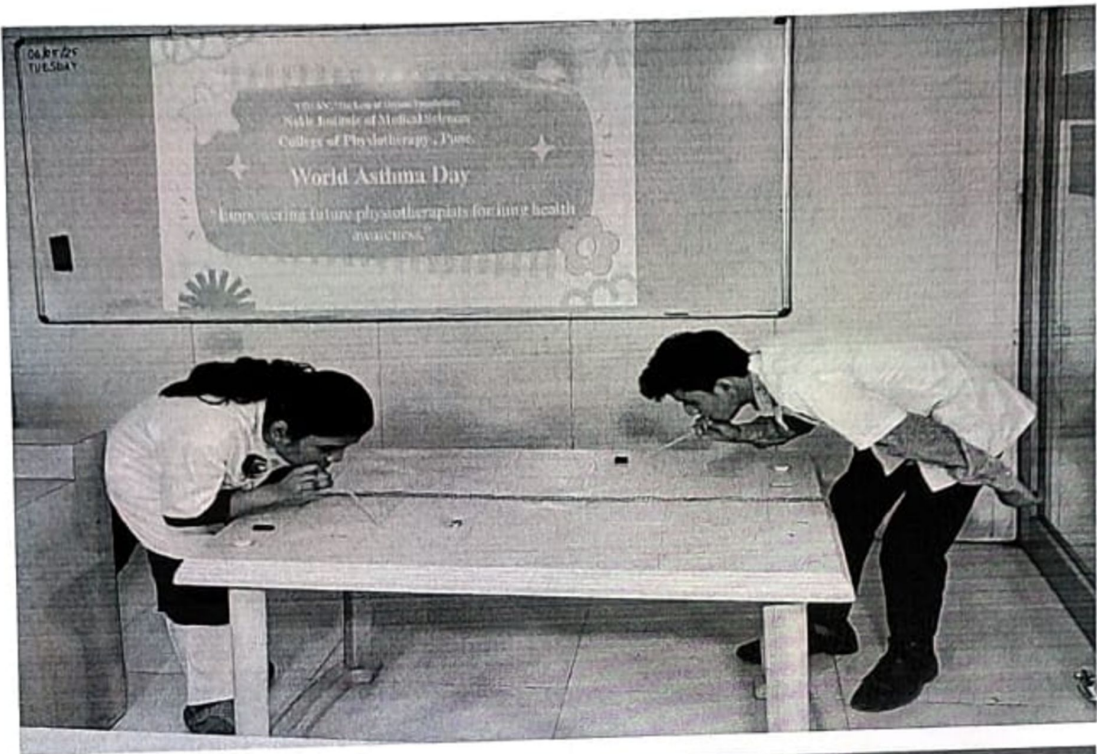
to hold their breath, promoting awareness of lung capacity and oxygen utilization. These enjoyable yet educational games encouraged active participation, making the learning experience both memorable and impactful.

These hands-on exercises provided students with an experiential learning opportunity, deepening their understanding of lung function, breathing exercises, and the importance of pulmonary rehabilitation.

The event concluded with a felicitation ceremony, where the winners of the lung health games were honoured by Principal Ma'am Prof. Seemab Pandit. This gesture of appreciation not only celebrated student participation but also fostered a spirit of encouragement and recognition.

The World Asthma Day webinar proved to be a memorable and educational experience for all attendees, reinforcing the critical role of physiotherapy in cardiopulmonary health and empowering students with knowledge to make a difference in the lives of those affected by asthma.








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Guest Lecture on : “Supporting the Differently Abled: A Physiotherapist's Role and Legal Benefits Awareness”

23rd May 2025

An interactive and insightful session Titled “Supporting the Differently Abled: A Physiotherapist's Role and Legal Benefits Awareness” was organized for the first-year BPT students of Noble Institute of Medical Sciences , College of Physiotherapy on 22nd May 2025 in the auditorium of Noble Hospital Building. The session was graced by the presence of our resource person Dr. Mahendra Pandit (PT), Head of the Physiotherapy Department at SWPH Wanowrie, who brought his extensive clinical experience and deep understanding of patient care to the discussion.

The primary aim of the session was to highlight the vital role Physiotherapists play in improving the quality of life for differently abled individuals. He also emphasized that physiotherapists are not only physical healers but also emotional and psychological supporters. In addition to the clinical aspects, Dr. Pandit shed light on the various legal benefits and government schemes available to differently abled individuals in India. He encouraged students to become well-informed who can guide patients toward these crucial resources. The inclusion of this topic served as a reminder that physiotherapists also have a social responsibility to empower their patients beyond the clinic.

Towards the conclusion, Dr. Pandit delivered a motivating message to the students, encouraging them to explore opportunities within India. He emphasized that success and fulfilment can be achieved without necessarily going abroad, inspiring students to contribute meaningfully to the healthcare system in their own country.

Overall, the session was a perfect blend of education, interaction, and motivation. It provided the students with valuable insights into the clinical, social, and legal dimensions of their future profession.





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EVENT REPORT

POSTER PRESENTATION ON WORLD ENVIRONMENT DAY 2025

5th June 2025

On the occasion of World Environment Day 2025, the Noble Institute of Medical Sciences, College of Physiotherapy organized a vibrant and educational poster presentation featuring the active participation of First Year BPT students. This year's global theme, "Putting an End to Plastic Pollution", served as the central focus for the event, encouraging students to raise awareness and propose solutions for reducing plastic usage.

A total of eleven groups of students prepared and presented creative, insightful, and impactful posters on various aspects of plastic pollution. Each group addressed different sub-themes such as Plastic-free alternatives, harmful effects of microplastics, marine pollution, and sustainable living. These posters were thoughtfully displayed at the Noble Hospital's reception area, where students stood alongside their work to explain their ideas to visitors, staff, and invited guests.

To enhance the educational value of the event, Honourable Executive Director Dr H.K. Sale and Trustees of the Institute Dr. SK. Raut and Dr. Tryambak Waghchoure sir were invited to judge the presentations. Their presence brought encouragement and significance to the occasion, as they interacted with students, appreciated their efforts, and provided valuable feedback. The posters were evaluated based on creativity, content clarity, relevance to the theme, and overall presentation.

The event attracted attention from hospital visitors and staff alike, many of whom engaged with students and expressed interest in the informative displays. The enthusiasm of the participants and the quality of the artwork highlighted the importance of youth involvement in environmental support.

The poster presentation was a successful and inspiring initiative that not only promoted environmental consciousness but also encouraged teamwork, creativity, and public engagement among physiotherapy students. It served as a reminder of the vital role each individual plays in combating environmental issues and fostering a sustainable future.







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 Principal
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WORLD ENVIRONMENT DAY2025: "TREE PLANTAION PROGRAM"

8th June 2025

On the occasion of World Environment Day, the first-year students of Noble Institute of Medical Sciences College of Physiotherapy enthusiastically participated in a Tree Plantation Program held on 8th June 2025 at Anna Saheb Magar Garden in Magarpatta City, Hadapsar. The event was organized under the esteemed presence of Hon. Satishdada Magar, Managing Director of Magarpatta City. The primary objective of this initiative was to promote environmental sustainability and raise awareness about the vital role of trees in combating climate change.

The event commenced with a short awareness session that highlighted the significance of tree plantation and the environmental and social benefits associated with it. The aim was to instill a sense of responsibility among students and community members while encouraging everyone to contribute to increasing the green cover in the area. This message was well-received by the attendees, setting a positive tone for the day.

Following the session, participants actively engaged in the plantation drive. A total of 100 saplings were planted during the event, with neem trees being the predominant species, selected for their excellent air-purifying qualities and compatibility with the local soil and climate, ensuring long-term sustainability. The enthusiastic participation of students, professors, and local residents turned the event into a collaborative and community-focused effort.

A significant highlight of the day was the address delivered by Hon. Satishdada Magar, who welcomed the participants warmly and spoke passionately about the importance of such initiatives in building a greener and healthier future. His motivational speech inspired the attendees to take personal responsibility for protecting and preserving the environment.

The event saw the active involvement of the trustee of the institute, Dr. T. M. Waghchaure, along with Principal Dr. Seemab Pandit, faculty members, and students. Their presence and encouragement added to the sense of unity and commitment felt throughout the program. By the end of the day, each participant had contributed to the plantation activity, leaving behind a visible and meaningful impact.

This initiative not only enhanced the greenery of the locality but also fostered a strong sense of environmental stewardship among those involved. The event concluded with a collective sense of accomplishment, and discussions were held about monitoring and maintaining the planted saplings to ensure their healthy growth.



8TH JUNE 2025



8TH JUNE 2025




8th JUNE 2025



8TH JUNE 2025




Principal
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EVENT REPORT
INTERNATIONAL YOGA DAY

21st June 2025

The Noble Institute of Medical Sciences, College of Physiotherapy, organised and celebrated International Yoga Day on 21st June 2025 with great enthusiasm and participation. The event, held under the global theme *"Yoga for One Earth, One Health,"* was organized at the Noble Hospital, Atrium from 8:00 AM to 9:00 AM. The primary aim was to highlight the physical, mental, and emotional benefits of yoga and to encourage its incorporation into daily routines for a healthier lifestyle.

The celebration saw active involvement from the first-year BPT students, the Director, Principal, faculty members, nursing students, and hospital staff. Their collective presence fostered a sense of unity, promoting the true essence of yoga – harmony of mind, body, and spirit. The session was conducted by two experienced and certified instructors, Ms. Vinita Suresh Sukhrani, who holds a Master Diploma in Yoga and Naturopathy Science, and Ms. Simran Sukhrani, a certified yoga trainer from Pune University.

During the one-hour session, participants were guided through various yoga asanas and breathing techniques. These exercises focused on improving flexibility, posture, stress relief, and overall well-being. The instructors emphasized mindfulness and relaxation, which greatly resonated with all attendees. The energy, sincerity, and enthusiasm of the students and staff created a peaceful and uplifting environment, truly reflecting the spirit of the day.

Overall, the International Yoga Day event was a resounding success, leaving a positive and lasting impact on all participants. It reinforced the importance of integrating yoga into everyday life and demonstrated the Institute's commitment to promoting health and holistic well-being among its students and staff.




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Physiotherapy Camp – Sant Tukaram Maharaj Palkhi Vari 2025

A free physiotherapy medical camp was conducted with great enthusiasm and commitment during the holy procession of Sant Tukaram Maharaj Palkhi Vari 22th June 2025, organized by 'Udaan' - The Leap of Dreams Foundation's Noble Institute of Medical Sciences, College of Physiotherapy, Pune. The initiative aimed to provide medical and physiotherapy assistance to the Varkaris undertaking this spiritually significant journey.

The day began with the physiotherapy team assembling at the parking area at 8:30 AM. The team was accompanied and guided by Dr. Akshay Raut Sir (Head of the Dental Department) and physiotherapy team added immense value to the camp. Upon arrival, the physiotherapy students immediately began attending to the needs of the Varkaris. A large number of devotees were treated with care and empathy. Stretching exercises were taught to relieve muscle stiffness and fatigue, and analgesic sprays were used to ease pain. For those suffering from minor injuries, appropriate wound dressing and basic first aid was provided.

Throughout the camp, the students worked tirelessly, ensuring that each Varkari received the attention they needed. Many devotees expressed their heartfelt blessings and gratitude, deeply touched by the kindness and dedication of the young physiotherapists. The act of helping to reduce the pain and discomfort of the Varkaris was a great experience for the entire team.

As the camp concluded, a felicitation ceremony was held to honor the contributions of the staff and students. Dr. Akshay Raut and whole Physiotherapy team were felicitated for their unwavering support and leadership.



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