



# RAHAT

2021



Datta Meghe Institute of Medical Sciences  
(deemed to be university)  
RAVI NAIR PHYSIOTHERAPY COLLEGE  
Sawangi Meghe, Wardha





# Datta Meghe Institute of Medical Sciences (Deemed to be University)

Re-accredited by NAAC (3rd Cycle) With A+ Grade  
Conferred 'A' Grade status by H.R.D. Ministry Govt. Of India  
Placed Under Category-I(Graded Autonomy) by UGC  
NIRF Ranking 2020-University Ranking 61<sup>st</sup> in India

## RAVI NAIR PHYSIOTHERAPY COLLEGE Sawangi (Meghe), Wardha



### COURSES OFFERED

1. BPT
2. MPT
  - Musculoskeletal PT
  - Neurosciences PT
  - Cardio-Respiratory PT
  - Community Health PT
3. PhD in Physiotherapy



### Benefits of Physical Therapy



Improve coordination, Balance & muscle strength



Improve breathing, cardiovascular functioning & endurance



Helps in recovery from surgery, major illnesses or disabilities



Reduces swelling and inflammation of joints



Restores normal movement for standing, walking & running

### Common PHYSICAL THERAPY TREATMENTS



Exercise



Ultrasound



Traction



SWD (Short Wave Diathermy Treatment)



Laser or Light Therapy



Heat or Ice



Electrical Stimulation (TENS)

### Salient Features

- Excellent Modern Infrastructure
- Digital Library with learning resource material
- Experienced & Dedicated Faculty

**Datta Meghe Institute of Medical Sciences**  
(Deemed to be University)

**RAVI NAIR PHYSIOTHERAPY COLLEGE**  
Sawangi (Meghe), Wardha

**rahat**  
2021

## **Editorial Board**

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Principal  
RNPC, Sawangi (Meghe), Wardha

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Assistant professor, Occupational Therapy, RNPC, Sawangi Meghe

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### **Co-editor**

**Ritika Bhagwani**  
Final BPT student, RNPC, Sawangi (Meghe), Wardha  
**Saurabh Puri**  
Third year BPT student, RNPC, Sawangi (Meghe) Wardha





AVBRH'S

# SHALINITAI MEGHE SUPERSPECIALITY CENTRE

## SERVICES

Cardiac Bypass Surgery  
Mininal Access Surgeries  
Renal Transplantation Surgeries  
Services in the field of Neurology  
Neurosurgery  
Urology  
Kidney Transplant  
Dialysis & Nephrology  
Gastroenterology  
Surgical Gastroenterology  
Orthopaedics including Spine Surgery  
Joint Replacement & Sports Medicine  
Cosmetic & Childcare including advanced IVF  
Critical Care services  
Diagnostic and Imaging facilities





# CONTENT

<b>Words by Dignitaries</b>	<b>7</b>
<b>GFC-2021</b>	<b>20</b>
<b>Covid Warriors</b>	<b>30</b>
<b>Literature section</b>	<b>33</b>
<b>Socio-Cultural Activities</b>	<b>52</b>
<b>Photography &amp; Art Section</b>	<b>63</b>
<b>Achievement</b>	<b>72</b>





rahat  
2021



From

# Dignitaries



# Message

Honourable Chancellor

**Shri Dattaji Meghe's**

Words...



It gives me immense pleasure to learn that the student's magazine RAHAT 2019 is being brought out. The student's magazine is the perfect avenue to surface the conceal literacy talents and creativity of the students. It is a document of collective wisdoms of the students. I am sure that RAHAT 2019 would be an apt milestone on the path towards our mission of knowledge, service and health. I extend my words of appreciation to the editorial board and the students who have worked hard for this creative venture. This is the time when we have to stretch our abilities and step out of the rut. If we go through the same motions, we will end up with the same results. We have to put more time, energy, thought and creativity into our efforts and resolve to reach higher.

My best wishes are with each one of you to keep learning, keep growing and keep venturing beyond what you already know and make a difference to this world as staff and students of Ravi Nair Physiotherapy College.



Honourable Pro Chancellor  
**Dr. Vedprakash Mishra's**  
Words...

It gives me immense pleasure and satisfaction to note that students of Ravi Nair Physiotherapy College are bringing out its magazine for the academic year 2019 titled "Rahat" which would be an embodiment of the manifestation of creativity endowed in them.

It is a notable venture in as much as, it would be rendering a platform for the students and members of the teaching faculty to bring out their creative talents to fore in a substantial way.

As a matter of fact, publication of the Annual Magazine with such wide ranging inputs incorporated therein, operationally provides a very meaningful and effective opportunity to the students for the purposes of unfolding their otherwise occult talent.

It is very rightly said that there cannot be 'monopoly on creativity, but yet the talent, which is innate in the students ultimately is required to be given an opportunity, whereby it is capable of manifesting itself out.

On these counts the endeavour, so undertaken is not only 'praiseworthy, but is 'exemplary as well and calls for its replication on a wider scale in larger societal and academic interests.

I record my sincere appreciation for the Editorial Board and their team for untiring efforts in 'actualizing the same.

I record my very best to all those associated in bringing out of the said annual magazine.





Honourable Treasurer  
Member, Board of Management, DMIMS (DU)

**Shri. Sagarji Meghe's**  
Words...

Education opens up the mind, expands it and allows you to improve life in so many ways. One such is the incredible creativity in young minds. I am proud to witness the talent and aptitude that is unravelled through this student magazine by students of Physiotherapy.

The world has changed as we know it and COVID19 has left an impact that is hard to reverse. These are very challenging times for the whole world and specifically for the healthcare fraternity. As much as I admire and salute the entire healthcare fraternity for their hard work and sacrifice in the fight against this deadly virus, I also appreciate the courage and sincerity of our students, for their efforts to do their bit in the best way possible. I am confident that time will change and we will succeed against the virus. Let us pray for the safety of each and every one.

All our institutions together are home to almost 50,000 students who take education under the ambit of 'Meghe group of Institutions, and I am proud that we have faced this adverse situation in the right spirit and positively by making the best use of technology to impart education. I am thankful to our students who accepted the change readily and optimistically.

I hope that this zeal to learn remains unparalleled against such challenging situations in future too.



Honourable Secretary  
Member, Board of Management, DMIMS (DU)

**Shri. Sameerji Meghe's**  
Words...

I am very happy to know that the students of Ravi Nair Physiotherapy College are bringing out their magazine RAHAT 2019.

The students. magazine provides an important stage and wonderful platform to the creativity and the hidden talents of the students. I believe that the magazine will reveal the projects, activities, achievements of the students along with their literacy zeal.

I wish the editorial students and staff all the luck and extend my sincere appreciation for this creative venture of theirs.





Honourable Vice Chancellor  
**Dr. R.M. Borle's**

Words...

I am immensely pleased to give this message to RAHAT 2019 DMIMS(DU) student's reflection. College magazine is the true reflection of the creative minds of the student's impaired education in curricular and co-curricular activities by the institution.

It is also an avenue for the expression of their feelings, thinking and creativity which is equally vital as these are the thoughts based on high literary value acting as an oasis in an otherwise day to day routine. It is also a reflection of academics and achievements of the institution in it's totally for the preceding year.

The magazine is also a place where under able guidance of their teachers an outlet is given for the expansion of their creativity and thoughts.



Honourable Pro Vice Chancellor  
**Dr. Lalitbhushan S. Waghmare's**  
Words...

It is indeed a matter of great pride that Ravi Nair Physiotherapy College is going to publish a Student Magazine titled "RAHAT" for the year 2019. The caption itself is catchy, meaningful in as much as that "RAHAT" contemplates the sign of relief.

The magazine helps to record the creative talents, curricular and extra-curricular activities of the College and also provides an opportunity to the students to showcase their talent and explore their creative potential and help them to shape the overall personality of the student.

I extend my heartiest greetings and best wishes to all the students and teachers who have involved in bringing out the students magazine for their greater success and career ahead.





Honourable Registrar  
**Dr. Babaji D. Ghewade's**

Words...

Our college is collectively embarking on a great voyage to the frontiers of medical knowledge, which is where our students will begin their individual exploration in the yet uncharted territory of sufferings and diseases. I wish my students all the very best to achieve their goals. But in the midst of all this students must not forget that the character can not be developed in ease and quiet. Only through experience of trial and toil can the soul be strengthen, vision cleared, ambitions inspired and success achieved.

I am very happy to congratulate the staff and students of our college who have helped the editorial board to unleash the magazine of our college "RAHAT 2021".



Honourable Principal  
Dr. Irshad Qureshi's

Words...

It gives me immense pleasure and satisfaction to note that Ravi Nair Physiotherapy College, a constituent unit of Datta Meghe Institute of Medical Sciences (Deemed University), Nagpur, is bringing out the first edition of the students magazine under the caption "RAHAT 2019".

It is heartening to note that the magazine has received a overwhelming response from the students which goes to indicate its acceptance at the first place. A venture like this is indeed aimed at providing an appropriate platform to the young minds to show case their creative talents and positive aptitude.

The young generations have to bear in mind that "there cannot be a monopoly of ideas, innovations and creativity". Each individual harbors several ideas within himself which on many occasions suffocate and die for want of an appropriate opportunity for manifestation. This not only ends up in death of a genuine idea in the mind of an individual but it also deprives the society and humanity from reaping the benefits which could. have generated out of the same.





Honourable Dean (Academics)...

**Dr. Rakesh Krishna Kovala**

Words....

Dear readers,

It gives me great pleasure and contentment to note that Ravi Nair Physiotherapy College, a constituent unit of Datta Meghe Institute of Medical Sciences (Deemed University), Sawangi is bringing out this edition of the students magazine under the caption "RAHAT 2021".

A project like this is to provide an opportunity for young talents to showcase their talents and encourage them further to create more such projects in coming future. "The expert in anything was once a beginner".

We are very proud of our students and the opportunities they have to positively impact the future students. "Success is the sum of small efforts, repeated".

I wish them good luck for all the future ventures and i desire that all the students realise their talent to create more opportunities. "The mind is not a vessel to be filled but a fire to be ignited".



From the Editor's Desk...

**Dr. Madhuri Wane**

Convener, Student Magazine.

Dear readers,

Once again I am extremely pleased to present you our college Magazine RAHAT 20-21. With the blessings and encouragement from management of our Esteem Institute and hard work done by team RAHAT.

Our magazine won 2 prize for two consecutive years which shows the reflection of imaginative and creative talent of students. I would like to present my personal thanks to student chief editor Dushyant Bawiskar who constantly taking efforts since the period of lockdown to shape one of the best magazine to uplift our college image building.

I personally believe that the every page of the magazine reflects the spirit and dreams of ever RNPCian keeping the spirit of RAHAT alive always.





From the Editor's Desk...

## **Abhishek Daf**

President, Student Council 2020-2021, RNPC.

Dear readers,

Welcome to the comeback edition of our departmental magazine 'RAHAT 2021'. In this edition, we try to bind together each and every aspect of our "RNPC" family and we hope it inspires every RNPCian to actively contribute in the development of our college academically and also in extra-curricular activities. It represents the creative side of our students to a fair degree—something that we think we all need to reconnect with.

I thank our Respected Principal Dr. Moh'd Irshad Qureshi sir, Dr Wane Ma'am, other faculty members and my dear friends who stood by us patiently and contributed in the development of our magazine. Also we are lucky to have talented students in our college because of whom we have shown consistent performances in various activities held throughout the year. I also congratulate our Seniors from 2k16 batch for successfully clearing the graduation. We tried to give them a small tribute by showcasing their efforts during covid times.

I hope every reader will like this year's issue.



## Message

From the Editor's Desk...

**Saurabh Puri**

Student Co-Editor-Batch 2k19, RNPC.

Dear readers,

Memories are like the box of sweets, when opened, you can't limit yourself to have just one of it. Rushing back to the dusty old pages of college magazine, one just gets in a flashback full with the prosperous feelings of the memories of the college, the gossip in the class, the fight between fellows, the cutting tea of the canteen, the fun in the corridor and time just stops at the glorious moments.

We are pleased to finally re introduce our college magazine "Rahat 2021" to give your memory lane a glimpse of what the magazine is all about and the innovative potential of our students and faculty members. "Rahat 2021" reflects and encircles the diversity inherent to the academic and extracurricular space of magazine. This issue compiles articles, poems and creativity of our students.

We hope it will provide the moment of happiness and glory as the way we had while making it.





## Message

From the Editor's Desk...

**Ritika Bhagwani**

Student Co-Editor, Batch 2k18, RNPC.

Dear readers,

I feel gratified in sharing the responsibility of creating the current edition of our student magazine RAHAT, 2021 Ravi Nair Physiotherapy College.

We (Team Rahat 2021) are elated to present before you RAHAT, a magazine that represents all the indelible moments our college has fabricated.

RAHAT provides a platform to outshine and encourage the talents of the students through art, academics, writing etc. I'm thrilled to share about the covid section we've engaged into our magazine this year, which greatly highlights the fortitude shared by the students of our college.

We hope it brings all the readers immense pleasure to dive into the dynamic and fascinating journey of the past year.



*Team Rahat*

**Teachers**

**Editorial Board**

**English**

**Dr. Vishnu Vardhan  
Dr. Pratik Phansopkar**

**Hindi**

**Dr. Vaishnavi Yadav  
Dr. Swapna Kamble**

**Marathi**

**Dr. Deepali Patil  
Dr. Shubhangi Patil  
Dr. Priyanka Telang**

**Urdu**

**Dr. Irshad Qureshi**

**Socio-Cultural  
involvement**

**Dr. Mitushi Deshmukh  
Rashmi Walke**





# rahat 2021

*Team Rahat*

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**Editorial Board**

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Ms. Riya Bansal  
Ms. Purva Gulrandhe

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Ms. Sakshi Palkrit  
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Avanti Gachake

**Urdu**

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Ms. Sidrah Ahmad

**Socio-Cultural  
involvement**

Dr. Sakshi Arora  
Mr. Abhishek Daf



# RNPC Student Council 2020-21



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President



**Leksha Patel**  
Vice President



**Purva Gulrandhe**  
General Secretary



**Avanti Gachake**  
Cultural Secretary



**Rajeshwari Ade**  
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**Mohini Gadge**  
Joint Secretary



**Vibhuti Gaur**  
Final Year CR



**Jae Kapre**  
3rd Year CR



**Neha Arya**  
2nd Year CR



**Sarang Bhojar**  
1st Year CR







**Teaching and Non-Teaching Staff**  
Ravi Nair Physiotherapy College, Sawangi (Meghe)



**Post Graduate Students**  
Ravi Nair Physiotherapy College, Sawangi (Meghe)





## **Final Year BPT Students**

Ravi Nair Physiotherapy College, Sawangi (Meghe)



## **Third Year BPT Students**

Ravi Nair Physiotherapy College, Sawangi (Meghe)





**Second Year BPT Students**  
Ravi Nair Physiotherapy College, Sawangi (Meghe)



**First Year BPT Students**  
Ravi Nair Physiotherapy College, Sawangi (Meghe)



# ***GFC 2021***





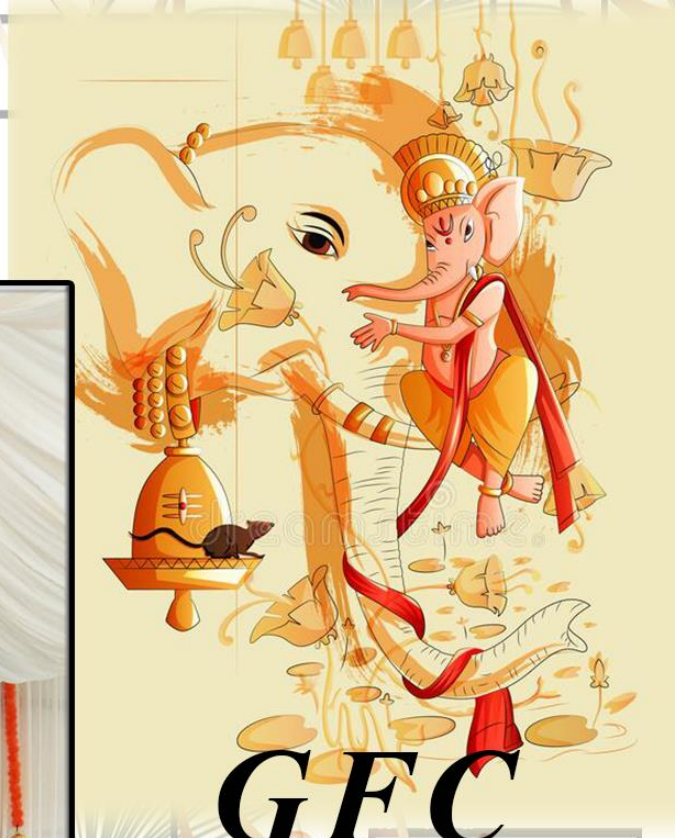


**GFC**  
*Cultural*









**GFC**  
**2021**



गणपती  
बाप्पा  
६  
मौश्या





# COVID WARRIORS



### Covid Duty

Hello! This is Palak P. Darda from batch 2016. I and my fellow batchmates just passed our exam in November 2021 and soon our internship begun but with thrill and fear as it was alarming situation in the country because 2nd wave of covid had hit maximum population all over the world. Started with regular posting in Jan-Feb but in March Maharashtra was seriously affected with covid and our working Hospital got converted into Covid hospital so everywhere there was fear, anxiety, stress and lots of case every day. It drastically affected our internship as we used to go to wards for treating patients but soon one by one cases got raised warda started to get isolated and sealed increasing pressure and stress on the management. All departments from medicine, surgery, paeds, ENT, Opth, Dental, therapist were posted in shifts in covid hospital but still they were lacking in manpower comparing to number of raise of case. The notification came all interns, PGs will be posted to the covid duty whenever required soon and everyone has to do it without fail. First we all got scared and our families too but soon we realise how bad the situation was and we were ready for the work. Soon we were called up and started with 5 students we were posted in the hospital with 9Am-5Pm shift work. Later more students were called and ultimately whole batch was doing covid duty. Some were posted in documentation work, online prescription work, ward duty, discharge, rehab team, counselling team, communication work between families and many more. It last almost for 45-50 days continuously with all the respective departments. In this we were fighting all together seniors, juniors, Faculties, nurses, management everyone. Close monitoring was being done on us regularly for betterment of work and whole hospital was working together as a big team to beat this Covid. This does not end year sometimes we have seen bad situation where beds are not available, oxygen is not available and system is helpless as they can't do anything being trying hard. All patients from poor to rich were under same roof and same priority but still this situation was so affecting each and everyone. This affected our internship but we have seen, experienced reality of the time, and we were happy that we worked for the country and our small work was helping patients. Physiotherapy rehabilitation started where group of students first counsel the patient in warda while wearing the PPE and then on OPD basis the rehabilitation started to get patient better as soon as possible. The situation was affecting each one of us differently, stress, high workload, not able to study, no proper sleep due to tight schedule, calls, and even many students joined NGOs to help the patient with availability of beds, oxygen. This experience has given us lot to learn, perceive, how to tackle stressful situations, how to be strong and bold in tough times and especially the importance of team work. I give my special thanks to our college for trusting us and sending us for valuable work.

Palak Darda~  
Batch 2k16





## HEALTH CARE PROFESSIONALS IN COVID-19 PANDEMIC

Coronavirus disease 2019 or COVID-19 has been unfortunately successful spreading menace all over the Earth. COVID-19 which is also termed as medical emergency has been successful in turning itself into financial as well as general emergency which is needed to be studied thoroughly as soon as possible. The extremely virulent nature of the virus and the capability of producing lethal clinical outcomes aggravated the demand of containment of the novel coronavirus or SARS-COV-2 spread as soon as possible. Billions of lives has been directly affected by the infection itself and billions were adversely affected by the economic fall out of the pandemic as well as degradation in socioeconomic situation. Almost every human being has been affected by the pandemic in either direct or indirect way. The situation was so unprecedented that it was termed as unprecedented situation and categorized as once in a century event. No other event in the human civilizational past hundred years of history was successful in creating such widespread destruction of huge magnitude. Containment of the novel coronavirus or SARS-COV-2 was the real challenge as no precedent or medical evidence of the pandemic was available as novel coronavirus has been infecting people for the first time. The  $R_0$  value which is the value that tells that how many people further can be infected by one infected individual is extremely high in case of COVID-19 than any other recent outbreaks. It indicates that it is difficult than usual to contain the spread of the infection. Mitigation measures have to be employed. The model which was employed to contain the spread was test, trace and treat model. The important aspect of the model was dependent on the treatment. Health care professionals are at the forefront in fight against the COVID-19 pandemic. They are the prime and first contact to the infected patients and they have to treat the patients. No treatment guidelines or protocol was defined as the disease outbreak was new. Health care professionals were and are trying their best to somehow contain by existing methods. The expertise and knowledge of a doctors and nurses along with other allied health care professionals was tested. Various positive and negative impact has been experienced by these frontline warriors which they never had before. The multispectral impact on the health care professionals will remain to linger for at least few years as the event was once in a century. Many lessons are being drawn but after one year of inception, the pandemic is still evolving and creating new challenges every day.

Dushyant Bawiskar,  
2k16 Batch.









## Role of females Workers in Covid -19

Women are at the forefront of the battle against the Covid-19 pandemic, risking their lives to save others. Yet, this crisis has shown that decision making bodies including those established specifically to manage the pandemic do not reflect a gender balance between women and men. Today, women account for 70% of the health and social care workforce and deliver care to around 5 billion people. Nevertheless, they remain largely segregated into lower-status and lower paid and still under-represented in leadership and decision making process. 70% of executive directors of global health organisation are men & only 5% are women in low & middle income countries. Additionally, women health care workers are regularly subjected to discrimination, abuse and harassment, a situation that has worsened with Covid 19.

Women also play a key role at every level of the food industry where there is a strong gendered vertical division of labour. Most of the women occupy low revenue jobs while men work on higher paid jobs. With shuttered schools, even while with both parents working from home, it is the women who are dealing with their children's care, education and house chores in parallel with their other paid jobs.

However, it is their low paid & stigmatised unskilled jobs that succeed to glue together our societies during the pandemic. If only one lesson should be learned from the Covid -19 crisis, it could be learned that women are crucial to quench the world's population's vital needs: health, food security & caring. That's why women's organizations on the front-line of response should be represented in decision making bodies.

The Covid -19 pandemic has fueled existing volatile situations around the world by putting additional stress on fragile health care, political and economic systems. As the international community urgently responds to these conditions, women peace builders have mobilized to mitigate the threats arising in local communities.

Despite the range of work that women peacebuilders are carrying out during the pandemic it is often missing from assessments of conflict zones in the Covid-19 era and overlooked by national and international communities. "The grass roots efforts being led by these women are foundational to peace building because they address issues that threaten the peace."

Sojwal Nandanwar, Batch 2k19





## Shades of Life

*I dread every step I take, because I don't know which one will wreck my efforts, and I'm afraid to reset everything and start over .*

*Anxiety is taking charge. I may look perfectly fine but something keeps me up all night. Every time I find myself in such a situation, I remember that nothing is eternal. Success and failure are both part of life's journey. The key is to believe in yourself and to allow challenges push you to be a better version of yourself .*

*Purva Gulrandhe  
Batch 2k18*



## The Way You Came

The way you came,  
The moment you came,  
It was to show the world, I can still smile.

Just when my heart lost the hope,  
Just when my eyes lost the spark,  
The way you came,  
The moment you came,  
It was to show the world, I can still love.

Just when I was falling apart,  
Just when I lost faith,  
The way you came,  
The moment you came,  
It was to show the world, I can still fight.

- Abhishek Daf, batch 2k18



## UNCHAIN

Many times we feel lost.

We cannot subsist with the alentour.

The feeling of loneliness nerve goes away.

The sense of slipping away gives us chills.

Why ?

It is because we overvalue some emotions

Maybe about a person or situation which isn't worth.

So try to focus on the things which makes sense,

unleash yourself and the find the real you which is inside

the web of chained thoughts and drive yourself away in the euphoria.

- Purva Gulrandhe , Batch 2k18



## HOLD ON

Our existence is occasionally called into question.

What is the point of living?

Happiness? Fame? Pride?

Many times, we wonder if we are truly important to someone.

Is there a connection between our existence and the universe?

Is it important that we exist?

This mystery leads us to both bittersweet and beautiful life experiences.

This is why we exist.

We live for this, with emotions coloring picture of our life.

- Purva Gulrandhe , Batch 2k18



## PROMISE TO SELF

This pain is evermore,  
Infact it is increasing more and more.  
Unable to see a single ray of hope.  
I thought I could end this episode  
but everything seems like a distorted scenario.  
What to do? What to think?  
Figuring out all the question marks of living.  
Remembering where I went wrong  
Asking myself where I went wrong,  
Slipping away from actuality.  
Loosing my patience like a sinking ship.  
Whether I should hold or let it go ?  
Then realizing that all my cages are metal.  
Promising myself to fight till the end.  
Rise on my own while sowing the seeds of serenity.

Purva Gulrandhe , Batch 2k18





## \*A TO Z OF HAPPINESS\*

- \*A\* spire to reach your potential.
- \*B\* elieve in yourself.
- \*C\* reate a good life.
- \*D\* ream about what you might become.
- \*E\* xercise frequently.
- \*F\* orgive honest mistakr.
- \*G\* lorify that creative spirit.
- \*H\* umour yourself and others.
- \*I\* magine great things.
- \*J\* oyfully live each day.
- \*K\* indly help others.
- \*L\* ove one another.
- \*M\* editate daily.
- \*N\* urture the environment.
- \*O\* rganize the harmonious actions.
- \*P\* raise performance,well done.
- \*Q\* uestion most things.
- \*R\* egulate your own behaviour.
- \*S\* imple often.
- \*T\* hink rationally.
- \*U\* nderstand yourself.
- \*V\* alue life.
- \*W\* ork for common good.
- \*X\*- ray and carefully examine.
- \*Y\* ear to improve.
- \*Z\* estfully,pursue happiness.

Gunjan Shende  
2K16 Batch



## How does music boost a plyometric exercise ?

Intense, physically demanding exercise has several health benefits as well as one significant disadvantage. It can be physically painful, so many people are hesitant to begin or continue an aggressive fitness regimen. However, a promising new study reveals that listening to music makes rigorous workouts less complex and may encourage people to push themselves further than they previously thought feasible.

Many scientists and exercisers have been interested in strenuous exercise in recent years, particularly high-intensity interval training. High-intensity intervals (HIIT) are short bursts of intense, exhausting exercise separated by rest periods. Interval training sessions of 15 or 20 minutes have been demonstrated to increase people's fitness and reduce their risk of various chronic diseases as efficiently as much longer bouts of moderate, continuous endurance training in previous research. In other words, high-intensity interval training (HIIT) offers a big fitness payoff for a short amount of time.

However, as those of us who have tried this form of exercise can attest, time, no matter how brief, is punishing. According to Matthew Stork, a doctoral student at McMaster University in Hamilton, Ontario, who conducted the new study published in *Medicine & Science in Sports & Exercise*, many people found the experience "aversive." Mr Stork and his McMaster colleagues, who have undertaken numerous research on high-intensity interval training, wondered if there was any way to change people's impressions of how little they like it. He recognised that reducing the real intensity without reducing the physiological benefits was impossible. However, you might be able to change people's perceptions of the problem. His colleagues and he immediately thought of music.



Many previous research have discovered that listening to music affects people's exercise experiences, with the majority of people indicating that live music makes a workout feel easier and less tedious. However, the majority of those studies used typical endurance exercise, such as 30 minutes of continuous jogging or cycling. Few studies have looked at the impact of music during intense intervals, in part because many exercise scientists believe that such training is too taxing. Many scientists believed that the physiological noise produced by people's own muscles and lungs at intervals would drown out the music, rendering any effect insignificant. Mr. Stork, on the other hand, was not convinced. So he enlisted the help of 20 young, healthy adults who had never tried high-intensity interval training before. Then he took them into the lab and taught them how to work out extremely hard. The volunteers' particular routine was straightforward enough. They pedalled at the highest intensity each volunteer could stand for four 30-second stints on stationary bicycles, which the researchers refer to as "all-out" pedalling. Each 30-second bout was followed by a four-minute rest period during which the volunteers could gently ride, climb off the bike, and sit or wander around. During the all-out intervals, the scientists monitored the volunteers' pedalling power production and inquired how difficult the exercise was and whether they enjoyed it. Or maybe not. Following the workout, the participants sat down and made a list of their favourite songs, which the researchers then downloaded and utilised to construct personalised playlists for each volunteer.

The volunteers then returned to the lab twice more, groaning through two more bouts of high-intensity intervals. They listened to their own playlists during one of them. They did not listen to music in the other.

After that, the researchers compared the riders' power outputs and asked them how challenging the workout was.

The volunteers all agreed that the intervals were challenging. In fact, whether they were listening to music or not, their reactions to the challenge were nearly equal. It's worth noting that their power production was significantly higher when they were listening to music. They were

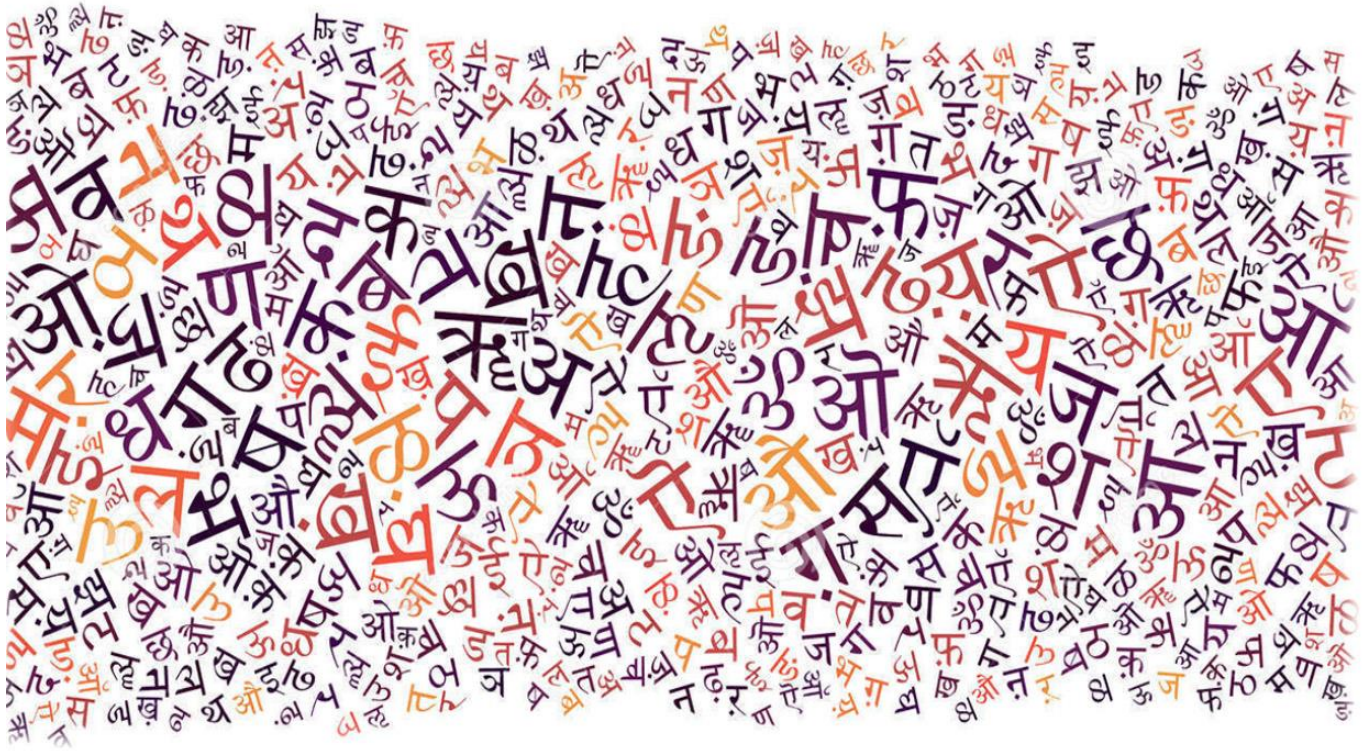
pedalling considerably more aggressively than when they weren't listening to music. They did not, however, find that effort to be any less uncomfortable. They rated the workout as an eight or higher on a scale of zero to ten on how unpleasant (it was without music (with 10 being unbearable).

Each interval seemed like an eight or higher to the cyclists with music on, but they were pushing significantly harder during each 30-second surge. The intensity grew, but the discomfort did not. When the scientists polled the riders at the end of the trial, they all agreed that if they were to do interval training on their own after the study, they would absolutely listen to music to get through the workout.

Mr. Stork said it's unclear how music influences performance and perceptions during intensive activity, but it's likely to include "arousal responses." The body's physiological revving in response to the music's rhythm prepares it for the demands of the intervals. People may also turn to music in order to ignore their bodies' nagging discomfort signals. Mr. Stork pointed us that music cannot completely counteract those messages. However, it may drown them out, making you more motivated to put in another round of intervals, sweat, and playlist streaming.

Vishnu Bhure, Batch 2k16





# HINDI SECTION



rahat  
2021



## सफ़र

"अलग-अलग मंजिल से आए दो अजनबी,  
भीड़ में साथ होने वाले, गुम हो गए हैं अभी कहीं ।  
अपनी बातों को आंखों से बया करने वाले,  
अभी लफ़्जो कमी होती हैं ।  
जानी पहचानी यादें अभी,  
अनजानी होते हैं ।  
दोस्त कहते थे हम जिन्हें, अभी अनजान होते हैं।"

निषीगंधा बोधनकर, Batch 2k18

आज खतरे में हम सब  
मिलकर सबको बचना है  
चलो मिलकर पर्यावरण को बचाना है।  
पेड ना काटे, बल्कि पेड़ लगाना है  
जंगल बहुत किमती है इन्हें बचाना है ।  
धरती माँ कि पुकार सुनो, अब मत करो अत्याचार,  
मत करो गोद मेरी सूनी सूनी ,  
लौटा दो प्यार मेरा, धरती माँ हूँ तुम्हारी कोई और नहीं।  
जीवन हु तुम्हारा कुछ और नहीं,  
क्यो छीन रहे मेरे आचल से ये हरियाली।  
गला घोंटकर ये ममता का नाता ना तोड़ो ना।  
फिर से भर दो मेरा आचल,  
फिर से लौटा जान लगाकर मुझको मेरा अस्तित्व,  
लौटा दो मेरी पहचान।

- अंजलि नवखरे, batch 2k18



## वो अपने लोग

ना जाने वो अपने ही क्यों पराए से लगते हैं,  
जो कभी जिंदगी साथ निभाने की बात किया करते थे,  
जो कभी दोस्ती में जान देने की बात किया करते थे,  
जो कभी साथ में हसने-रौने की बात किया करते थे,  
जो कभी रूठने मनने की बात किया करते थे,  
जो कभी हार में भी जीता करते हैं,  
जो कभी अनकही बातों को भी सुना करते थे,  
जो कभी गलतियों में भी कुछ सही देखा करते थे,  
जो कभी रूठने पे मनाया करते थे,  
जो कभी रौने पे हया करते थे,  
जो कभी प्यार जटाया करते थे,  
आज वही पराए से लगते हैं,  
ना जाने वो अपने ही क्यों पराए से लगते हैं।

- Abhishek Daf, batch 2k18



## मन मेरा

मन करता है बैठु तेरे पास और कह दु वो सब जो मेरे दिल मे है, पर क्या तुम सुनना चाहोगी।

मन करता है बैठु तेरे पास, और फिरसे जिलु वो सारे लम्हे जो कभी हकीकत हुआ करते थे, पर क्या तुम जीना चाहोगी।

मन करता है मांगू तझसे मेरे हर वो आंसू का हिसाब जो तेरी याद में बहे है, पर क्या तुम देना चाहोगी।

मन करता है सवारु मेरे आज को तेरे साये में, पर क्या तुम सवारना चाहोगी।

- अभिषेक डाफ  
2018 Batch



## मेरा आज और मेरा कल

आने वाले कल में उम्मीद बसी है मेरी,

और बीते हुए कल में बेचैनी,

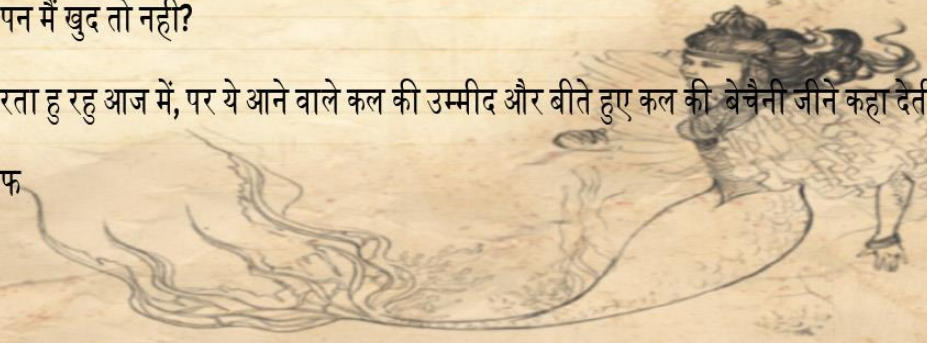
पर मेरा आज शोर से भरा है, ना जाने किस भीड़ में खोया हूं मैं।

ये भीड़ तो है मगर फिर भी कुछ अधूरा सा है,

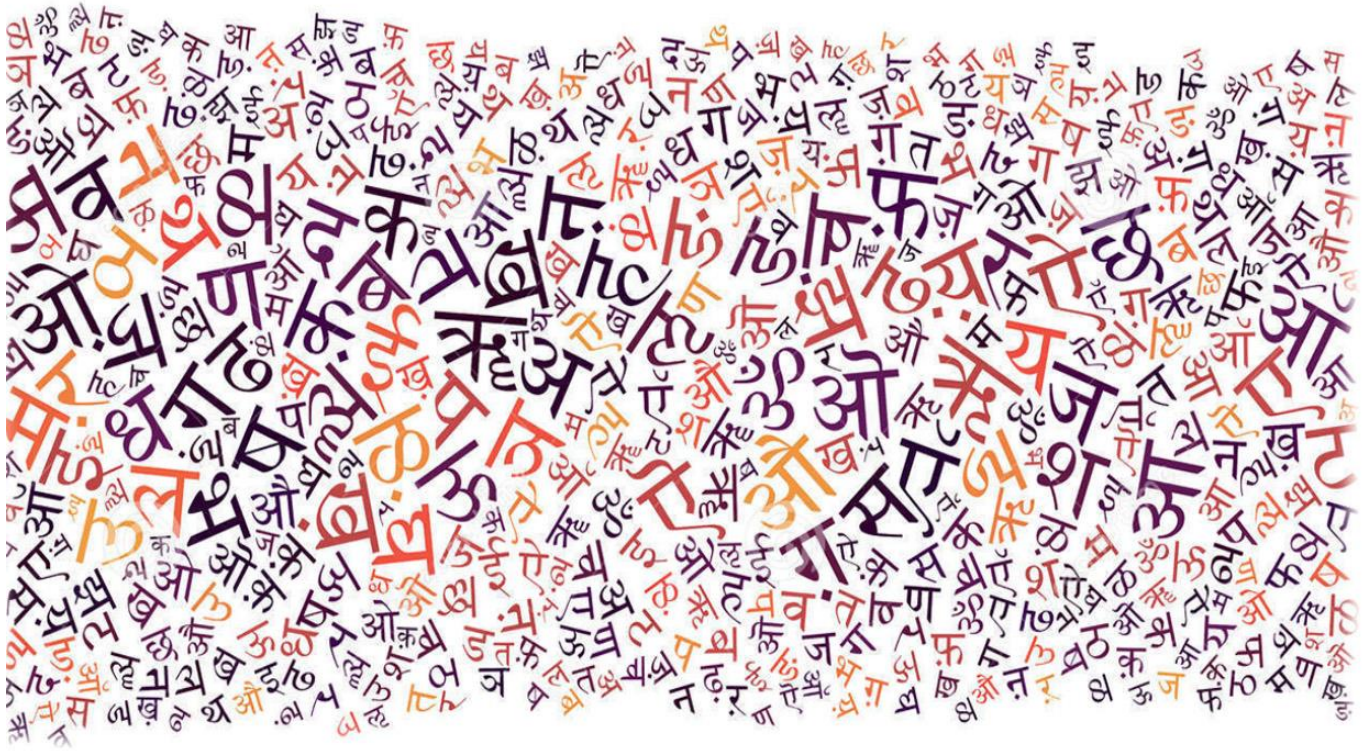
कही ये अधूरापन मैं खुद तो नहीं?

कोशिश तो करता हू रहू आज में, पर ये आने वाले कल की उम्मीद और बीते हुए कल की बेचैनी जीने कहा देती है।

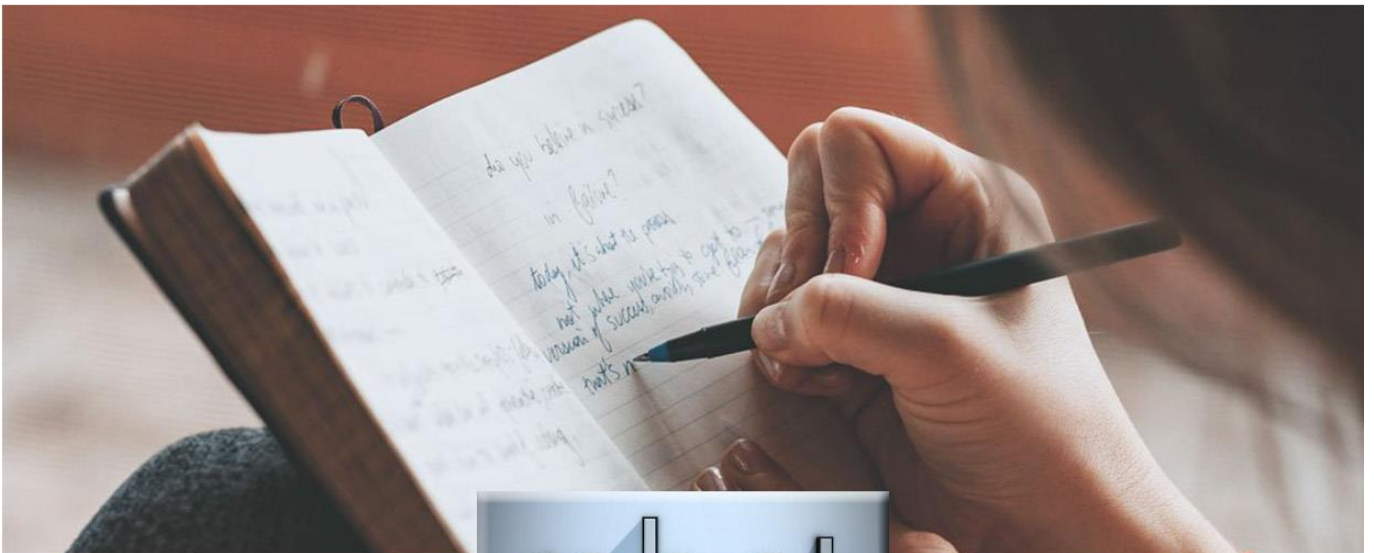
- अभिषेक डाफ







# MARATHI SECTION



rahat  
2021



तुझा घाम

सूर्याच्या वटेला लागुन नको विसरू त्या चंद्राला,  
ज्याने भर उन्हात अलेल्या तुझ्या घामाला दिला चांदन्यांचा आकार।

अभिषेक डाफ, Batch 2k18

**स्त्री पुरुष समानता काळाची गरज**

पुरुष कुळाचा दीपक असतो,

स्त्री त्याची ज्योत,

त्याच्या जगातील अस्तित्वाचा,

स्त्रीचं आहे स्रोत.

त्याचे कष्ट दिसे सर्वास,

तिचे कार्य ही काही कमी नाही,

धनाची अपेक्षा न करिता,

गुणाचे ती धडे देई.

तीचं सर्वश्रेष्ठ असे माझे म्हणणे नाही,

पण ती व तो सम समान आहे,

हेच माझे उद्देश्य मनी.

-Ghanistha Burile



## आई

आई साठी काय लिहू  
आई साठी कसे लिहू  
आई साठी पुरतील एवढे  
शब्द नाहीत कोठे  
आई तू उन्हामधली सावली  
आई तू पावसातली छत्री  
आई तू थंडीतली शाल  
प्रेम तुझं हे एक मोठे आकाश  
काळोखात आहे तू माझा प्रकाश  
जमिनी एवढी तुझी माया  
उन्हा मधली तू छाया दाखवले तू मला  
जग हे रंगीन  
माझे हात हातात तुझ्या आई  
मी चालतो ठायी ठायी  
अशीच थाप तुझी राहू दे गं आई  
मी जग जिंकेन पायी पायी

Anjali Nawkhare  
batch 2018





## URDU SECTION



rahat  
2021



منزل سے آگے بڑھ کر منزل تلاش کر  
مل مالے مجھ کو دریا تو سمندر تلاش کر  
پر شیشہ ٹوٹ جاتا ہے پھر کی چوٹ سے  
ہت ہی ٹوٹ جائے وہ شتہ تلاش کر  
سحبروں سے میرے کیا ہوا مہرباں گزر گئی  
دما شری بدل دے وہ سجدہ تلاش کر

Manzil se aage badh x kar, Manzil talash Kar;  
Mil jaye tujhko dariya toh samandar talash Kar;  
Har shisha tutt jata hai pathar ki chot se,  
Pathar hi tutt jaye wo shisha talash kar;  
Sajdo se tere kya hua sadiya guzar gayi,  
Duniya teri badal de wo sajda talash kar  
- Shifa Sheikh, batch 2k19

اپنا سر اونچا رکھو کہ تم کسی سے نہیں ڈرتے لیکن اپنی نگاہیں  
سے رکھو تاکہ پتہ چلے کہ تم ایک باعزت گھرانے سے  
تعلق رکھتے ہو۔۔ -

Apna Sar ucha rakho ke tum Kisi se nahi darte lekin apni nigahe niche rakho taki pata chale  
ke tum ba-izzat gharane se talluk rakhte ho.  
- Shifa Sheikh, batch 2k19



زندگی میں کچھ لوگ خوشبو کی مانند ہوتے ہیں

ساور من پر سے

امن میں ہوتے

نظر میں آنے

اراری

ان کی چاہت ان کا جلوس

انی باش

تار ہماری سوچوں میں ہمارس الثالوں میں . . . .

زندگی کے ہر پہلی ملت رہتے ہی

Zindagi mein kuch log khusboo ki manind hote hain,

Sath nahi hote,

pass nahi hote,

Nazar bhi nahi aate,

Lekin

Unki chahat,

Unka khulus,

unki baatein

Ta umr humare Socho mein,

Humare alfazo mein,

Zindagi ke har pehloo mein mahakte rehte hai.

- Anam Pathan, Batch 2k19



دوسروں ، سننے کے بجائے دوسروں کے ساتھ مل کر  
سکین - زندگی آسان ہو جائے گی  
الوں سے مقابلے کی بجائے لوگوں کے ساتھ مل کر مقابلہ کریں ریڈی آسان ہیں جانے کی دوسروں پر اخبار کی بجائے خود  
پر اعتماد کریں زندگی آسان ہو جائے گی۔ درمان

دوسروں کے کاموں میں انگ اڑانے کی بجائے اپنے کام سے کام رکھیں زندگی آسان ہو جائے گی -

Dusro par hasne ki balayeki balaye dusron ke sath mil kar hasna sikhien, zindagi aasan ho  
jayegi. Logon Se muqabla ki balaye logon ke Sath mil kar muqabla kijiye, zindagi aasan ho  
jayegi.

Dusron par inhisae ki balaye khud par aetimad Karen to Zinda aasan ho jayegi.

Dusron ke kamon me tang adane ki balaye apne Kaam se kaam rakhen, zindagi aasan ho  
jayegi.

- Anam Pathan, Batch 2k19







# SOCIO-CULTURAL INVOLVEMENT





# MANDALA ART

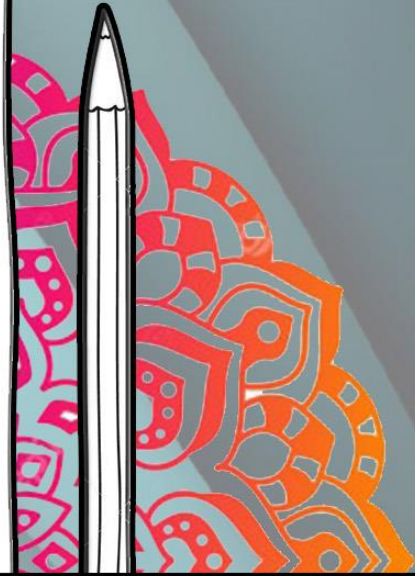
**Datta Meghe Institute Of Medical Science  
(Deemed To Be University)  
Ravi Nair Physiotherapy college  
STUDENT WELFARE ACTIVITY**

A Literary Event, 'MANDALA कला' was organised by Student Welfare Cell on 10th July, 2021 Saturday at Conference Hall, RNPC. Theme was 'Informative Mandala art'. The Activity was conducted under the guidance of Dr Irshad Qureshi, Principal RNPC and Dr Mitushi Deshmukh, co-conveyer of Student Welfare Cell, RNPC.

14 students participated in the event and the art created by them innovatively delivered a social message. The winners were judged by Dr Mitushi Deshmukh.

Winners of the competition are as follows

- 1st prize - Priyanka chandak, 3rd yr.
- 2nd prize - leksha patel, 3rd yr.
- 3rd prize - Rajas mudhe, 2nd yr.



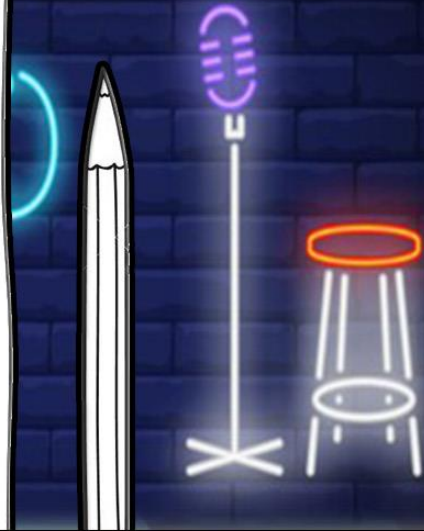


# OPEN MIC

**Datta Meghe Institute Of Medical Science  
(Deemed To Be University)  
Ravi Nair Physiotherapy college  
STUDENT WELFARE ACTIVITY**

A Cultural activity “ open mic “, was conducted by the Student Welfare Cell on 24th July 2021, Saturday at RNPC . The activity was conducted under the guidance of Dr. Irshad Qureshi, Principal, RNPC; Dr. Mitushi Deshmukh, Co-Convener Student Welfare Cell ,RNPC .

Dr. Irshad Qureshi , Principal, RNPC enhanced the gathering by his valuable presence and also addressed the students by his motivational words . The event was organised by following all the covid-19 norms.





# INTERNATIONAL YOGA DAY

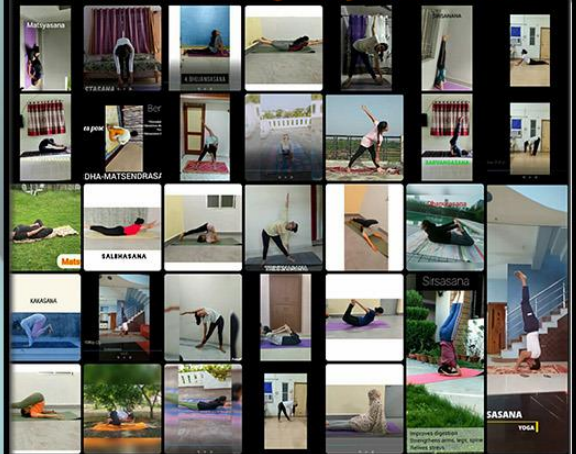
Datta Meghe Institute Of Medical Science  
(Deemed To Be University)  
Ravi Nair Physiotherapy college

## NSS ACTIVITY

Yoga Competition "THE MINDFUL MOVEMENTS", was conducted by Student Council, RNPC in co-ordination with NSS Committee, RNPC on the occasion of INTERNATIONAL YOGA DAY 21st June 2021, Monday on virtual platform (Google meet). The activity was conducted under the guidance of Dr. Irshad Qureshi, Principal, RNPC.

Dr. Shruti Deshpande, Co-convener NSS, RNPC Total of 34 students participated in the Competition. Participants were asked to send a 2 minute video while performing yoga following the guidelines provided. The top three prizes were given to the winners, judged by Dr. Irshad Qureshi sir, Dr. Shruti Deshpande ma'am.

## International Yoga Day Celebration



## The Mindful Movements

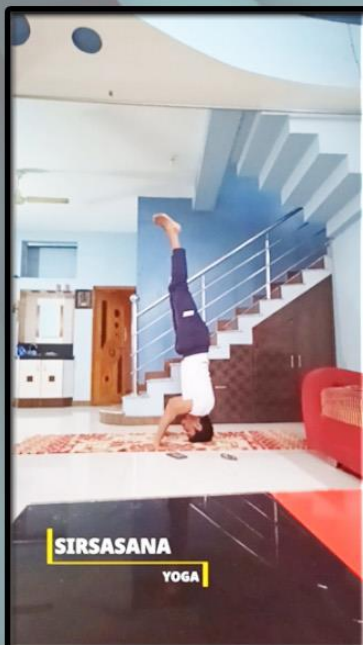
### Lord of fishes pose



### Benefits

- \*Stimulates the liver and kidneys.
- \*Stretches the shoulders, hips, and neck.
- \*Energizes the spine.
- \*Stimulates the digestive fire in the belly.

## ARDHA-MATSENDRASANA



**SECOND WINNER  
(PRAJYOT ANKAR)**



Improves digestion  
Strengthens arms, legs, spine  
Relives stress

**FIRST WINNER  
(ANUSHKA BHAGWAT)**

**THIRD WINNER  
(NIKITA BHUSARI)**





# DRAMATICS

Datta Meghe Institute Of Medical Science  
(Deemed To Be University)  
Ravi Nair Physiotherapy college

## STUDENT WELFARE ACTIVITY

A cultural activity “ DRAMATICS “, a drama competition was conducted by the student welfare cell on 29th may 2021, Saturday on virtual platform (Google meet) . The activity was conducted under the guidance of Dr. Irshad Qureshi, Principal,RN-PC; Dr. Waqar Naqvi, Vice Principal,RNPC;Dr. Mitushi Deshmukh, co-convenor student welfare cell ,RNPC.

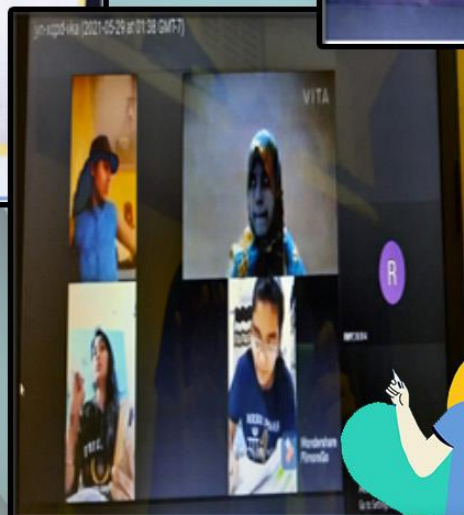
The videos were made by the students portraying the social messages .The top three prizes were given to the winners, judged by DR. Waqar Naqvi.



### FIRST WINNER (NITU SHARMA AND GROUP)



### SECOND WINNER (AAKANSHA ZADE)



### THIRD WINNER (TEAM AMIGO)





# WORLD PHYSIOTHERAPY DAY

**Datta Meghe Institute Of Medical Science  
(Deemed To Be University)  
Ravi Nair Physiotherapy college**

**World Physiotherapy Day Celebration**  
On occasion of World Physiotherapy Day, the WCPT has declared the theme 'Long COVID and Rehabilitation'. The day was celebrated with our approach for the emergence of COVID-19 in terms of long standing signs and symptoms of the deadly virus.

Also, a visit to an orphanage was scheduled on the same day. The purpose of the visit was to spread happiness among the children. We had an aerobic exercises session for the children and their care takers. After the session, we had donated educational stuff for the upliftment of the children. We had provided meal as well where in PG students actively participated in serving and enjoying the meal.





# WORLD AUTISM AWARENESS DAY

**Datta Meghe Institute Of Medical Science  
(Deemed To Be University)  
Ravi Nair Physiotherapy college**

**World Autism Awareness Day Program - Report**  
Department of Neurophysiotherapy, Ravi Nair Physiotherapy College, Datta Meghe Institute of Medical Sciences, DU, organized a seminar on Understanding Autism-Physiotherapists Perspective on 01/04/2021 to observe world autism awareness day which was on 2nd April 2021. Dr. Rakesh Krishna Kovela, Associate Professor, Department of Neurophysiotherapy took Seminar for three hours 2pm to 5pm. A total of 60 participants including Interns and postgraduates of our college were present for the seminar and more than 60 students pursuing physiotherapy attended online. The content was primarily concentrated on how to understand the root cause of motor planning and execution deficits with various objective structured assessment formats and how to manage the problems. The session was based on clinical scenarios which helped the students to understand the concept easily.

**Dr. Mohammed  
Irshad Qureshi  
Principal**

**Dr. Rakesh Krishna Kovela  
Associate Professor**





# WORLD ENVIRONMENT DAY

Datta Meghe Institute Of Medical Science  
(Deemed To Be University)  
Ravi Nair Physiotherapy college

## NSS ACTIVITY

Poster Competition was organised by Student Council, RNPC in co-ordination with NSS Committee, RNPC on the occasion of WORLD ENVIRONMENT DAY 2021 dated 5th June on virtual platform. The activity was conducted under the guidance of Dr. Irshad Qureshi, Principal, RNPC  
Dr. Shruti Deshpande, Co-convener NSS, RNPC  
Total of 25 students participated in the Competition





# WEBINAR ON INTRODUCTION TO RESEARCH

**Datta Meghe Institute Of Medical Science  
(Deemed To Be University)  
Ravi Nair Physiotherapy college**

## **Webinar on Introduction to Research - A Report**

Research Committee, Ravi Nair Physiotherapy College, Datta Meghe Institute of Medical Sciences, DU, organized a webinar on Introduction to research on 12/07/2021 to orient regarding research knowledge and the importance of research to the students. Dr. Pratik Phansopkar (PT), Associate Professor and HOD, Department of Musculoskeletal Physiotherapy took the webinar along with Dr. Sakshi Arora (PT) and Dr. Neha Chitale (PT), Ravi Nair Physiotherapy College between 5pm to 7pm on gsuite platform. Dr. Pratik Phansopkar (PT) guided Dr. Sakshi Arora (PT) and Dr. Neha Chitale (PT) for conducting the webinar. A total of 240 participants including undergraduates, interns and postgraduates students of our college as well as from outside DMIMSU attended the webinar and more than 86 registrations were from other than DMIMSU. The content was primarily concentrated on the basics of research and how one should go forward to do research, scope of research and the art of writing the manuscript. Power point presentation was made for the better understanding of the students and pre and post tests were conducted to check the level of understanding and the output of the webinar. Pre and post assessment test were taken at both intervals of webinar. Total 270 participants attempted the pre and post assessment test and the Average learning gain was calculated based on the scores. In Pre assessment the mean score was 3.2 and Post assessment the mean score was 7.6. The Average learning Gain was 72% which is a good level of learning Gain.

**Dr. Pratik Phansopkar**  
Associate Professor and HOD

**Dr. Mohammed Irshad Qureshil**  
Principal





# MUSICOMATIC

**Musicomatic :**  
An online music competition Musicomatics  
An online music competition named 'Musicomatics' was organised by Student welfare cell RNPC on 20th March 2021. Total 15 students participated in the program and 3 top performers were given prizes with consolation prize to 4th winner. nemed 'Musicomatics' was organised by Student welfare cell RNPC on 20th March 2021. Total 15 students participated in the program and 3 top performers were given prizes with consolation prize to 4th winner.



**MUSICOMATIC**  
A virtual singing competition  
**CONGRATULATIONS**

FIRST RANK	SECOND RANK
 <b>ABITI JOSHI</b>	 <b>RANCHAN RATHI</b>
THIRD RANK	CONSOLATION PRIZE
 <b>ABHISHEK GUJAR</b>	 <b>DR. VIKRANT SALPHALE</b>





# POSTER COMPETITION

Virtual Poster making Competition was organised by Student Welfare Cell RNPC on the Topic 'Online learning and health'. The program was conducted on 2nd April 2021 by Virtual Mode. Top 3 prizes were given along with consolation prize to the 4th rank.

**VIRTUAL POSTER MAKING COMPETITION  
CONGRATULATIONS**

**SRUSHTI DAGA** 1

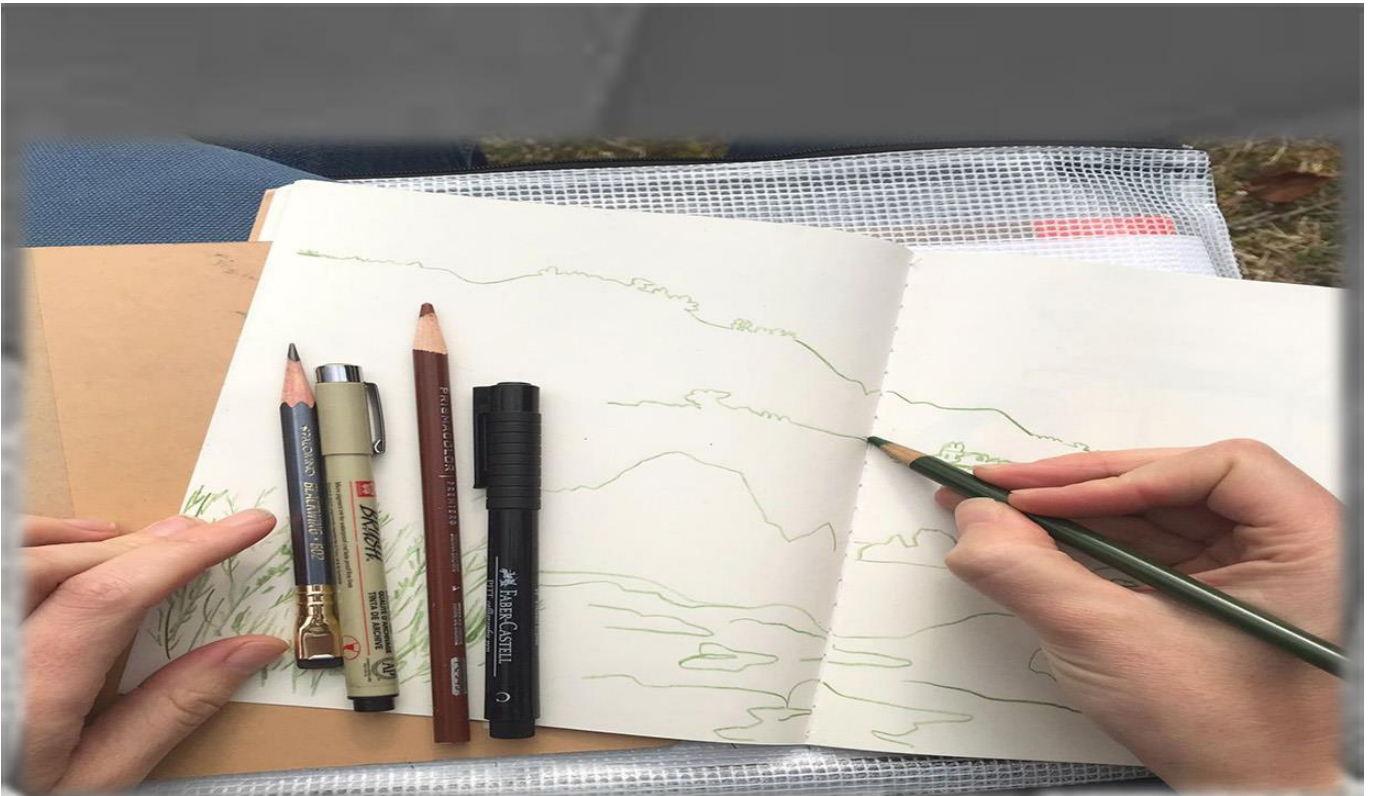
**REVA RAJURKAR** 3

**AMISHA ZADE** 2

**GRISHA RATNANI  
(CONSOLATION PRIZE)** 4







# ART & PHOTOGRAPHY



rahat  
2021

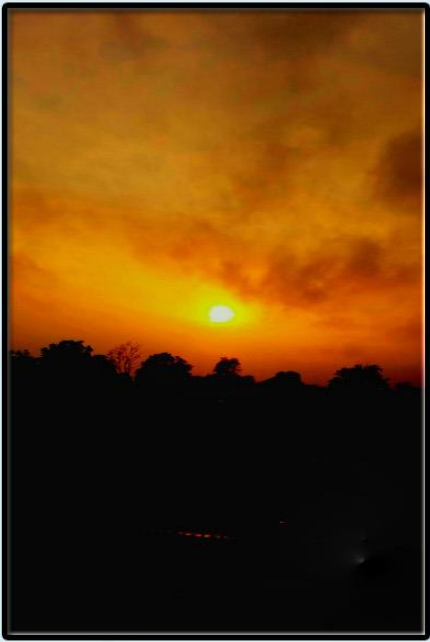


**Purva Gulrandhe**  
**Batch 2k18**



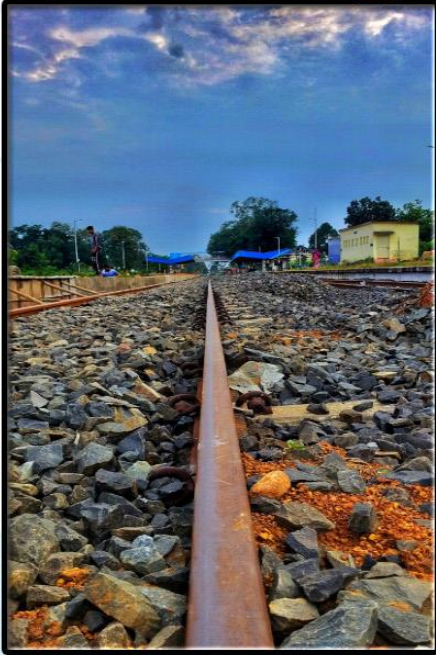


Saurabh Puri



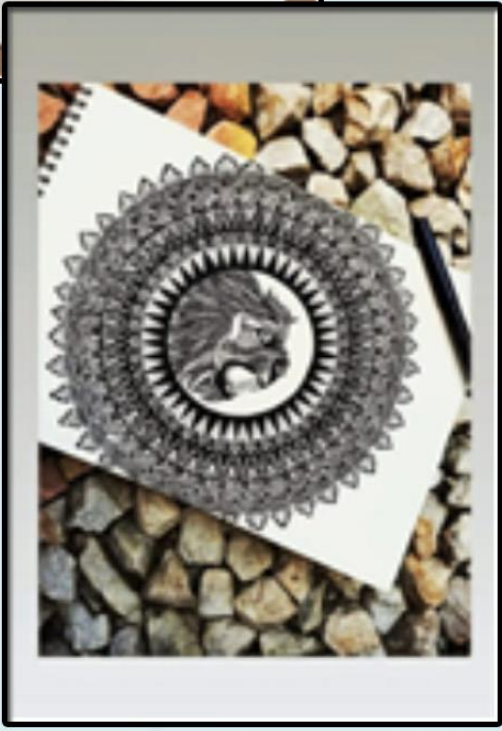
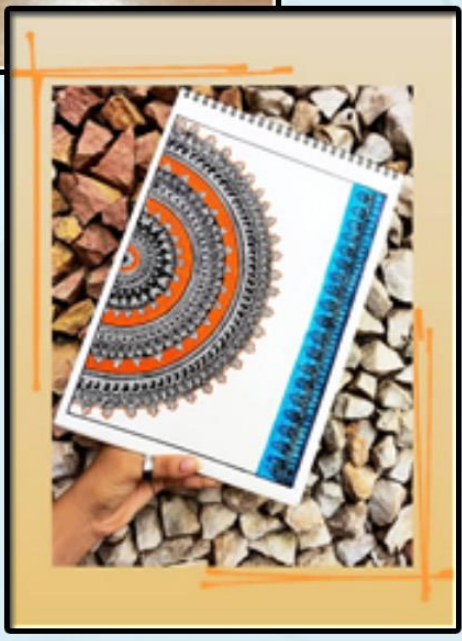
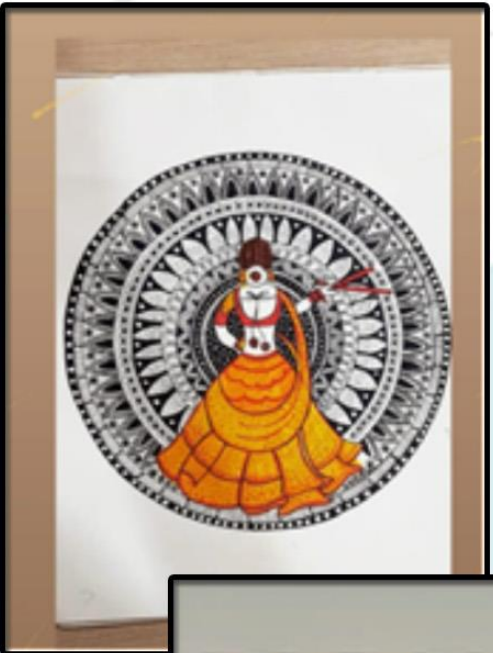


Saurabh Puri





Priya Chandak  
Batch 2k18





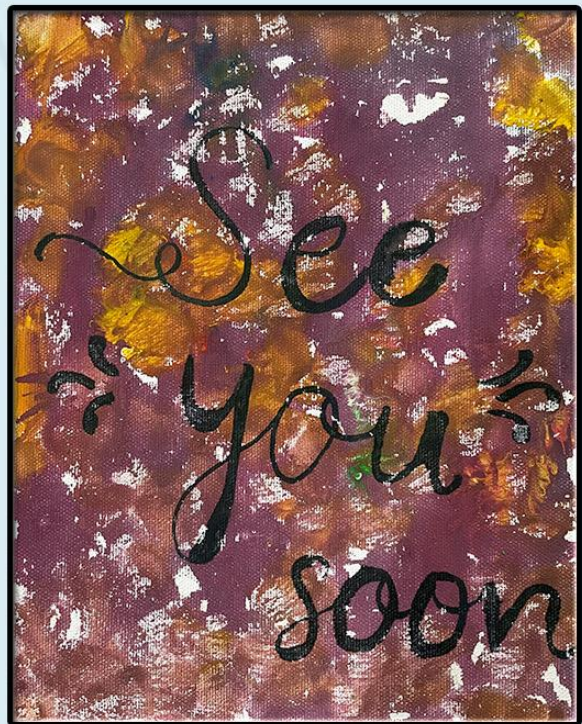
Anjali Nawkhare  
Batch 2k18



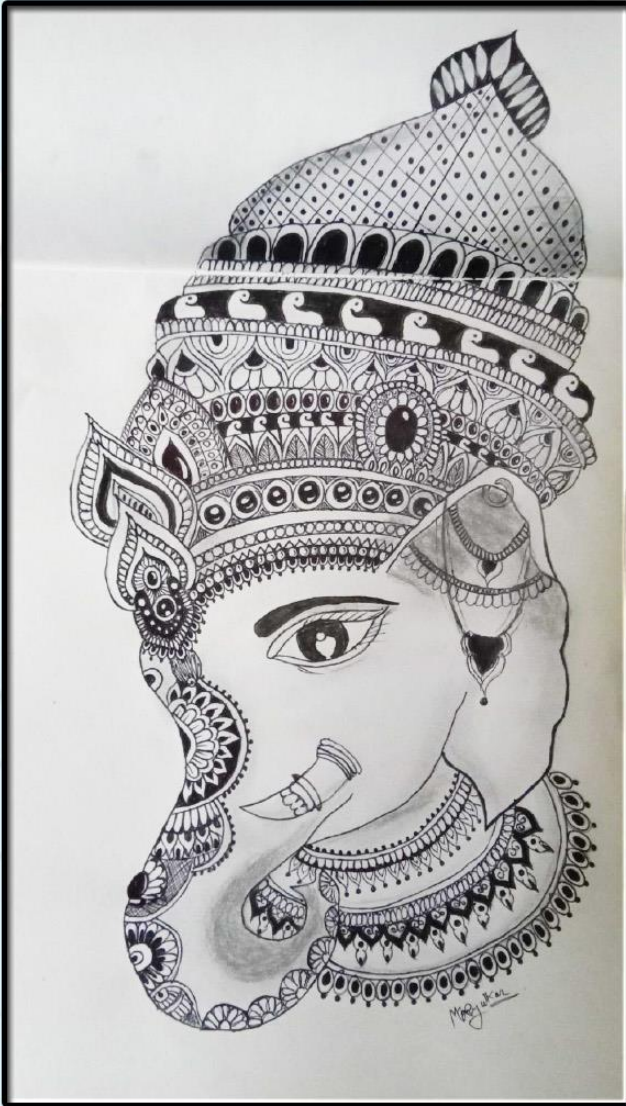




Anjali Nawkhare  
Batch 2k18







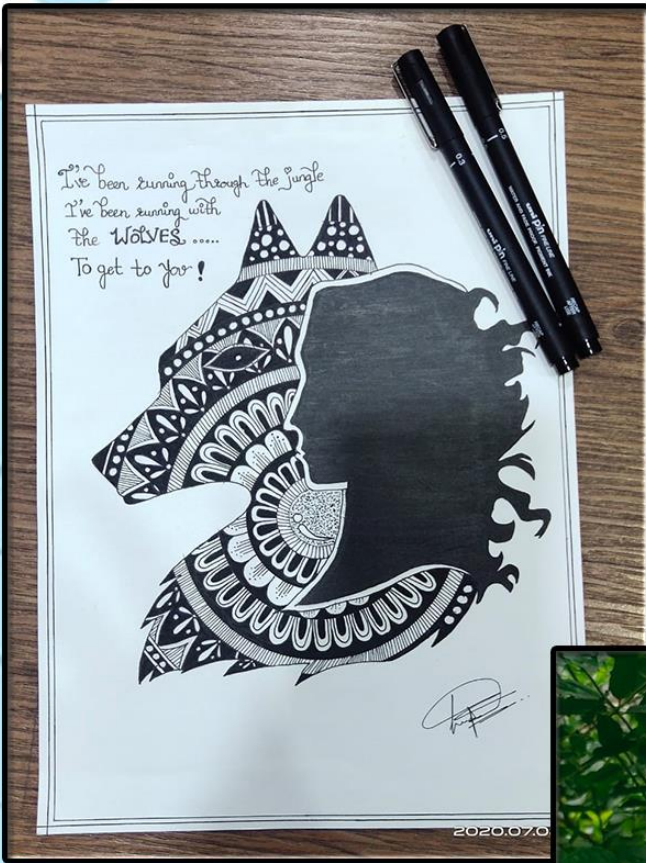
**Utkarsha Mangulkar**  
Batch 2k18

**Vaishnavi Hatwar**  
Batch 2k18





Leksha Patel  
Batch-2k18







# ACHIEVEMENT



rahat  
2021





**Ms. Lynn Fernandes secured 1st prize in paper presentation at International Pain E-conference 2021 organized by MGM Physiotherapy Rehabilitation and fitness centre, Aurangabad, Maharashtra, India on 5th March 2021.**

**Dr. Pallavi Harjpal secured 1st prize in Art poster presentation at International Pain E-conference 2021 organized by MGM Physiotherapy Rehabilitation and fitness centre, Aurangabad, Maharashtra, India on 5th March 2021.**



**Dr. Medhavi Joshi secured 2nd prize in paper presentation at International Pain E-conference 2021 organized by MGM Physiotherapy Rehabilitation and fitness centre, Aurangabad, Maharashtra, India on 6th March 2021.**





**Ms. Dhanashree Ghordadekar secured 1st position in paper presentation at National Conference Rehab E-con 2021 organised College Of Physiotherapy, Nigdi, Pune, Maharashtra on 15th March 2021.**

**Ms. Vaishnavi Siroya secured 2nd position in paper presentation at National Conference Rehab E-con 2021 organised College Of Physiotherapy, Nigdi, Pune, Maharashtra on 15th March 2021.**



**Ms. Manpreet Kaur Bhamra secured 2nd position in paper presentation at National Conference Rehab E-con 2021 organised College Of Physiotherapy, Nigdi, Pune, Maharashtra on 15th March 2021.**





**Ms. Tasneem Lakkadsha and Ms Sakina Saifee secured 2nd position at National Quiz Competition organised by Nargund College of Physiotherapy, Bengaluru(Karnataka) on 14th September 2020.**



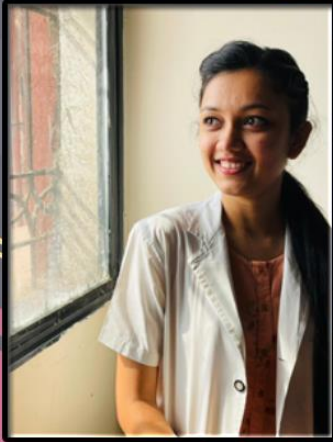
**Ms. Palak Darda Secured 3rd position at National Quiz Competition organised by Career Point University, Kota, Rajasthan on 9th September 2020.**



**Ms. Reva Rajurkar secured 1st rank in 2019 batch in 'Promising Teacher Competition' held on the occasion of Teacher's day 2021.**





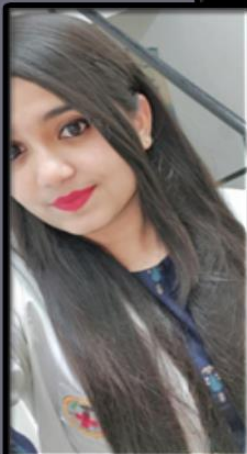


**Ms. Leksha Patel secured 2nd prize in intra-collegiate Mandala Art Competition held on 10th July 2021 and also secured 1st rank in 2018 batch for 'Promising Teacher' competition held on the occasion of Teacher's day 2021.**

**Ms. Priyanka Chandak secured 1st prize in intra-collegiate Mandala Art Competition held on 10th July 2021.**



**Ms. Rajas Mude secured 2nd prize in intra-collegiate Mandala Art Competition held on 10th July 2021.**





Ravi Nair Physiotherapy College got 2nd prize for the College Magazine 'RAHAT 2020'  
TEAM RAHAT 2020  
Dr. Madhuri wane, Convener, RAHAT 2020, RNPC  
Mr. Dushyant Bawiskar, Chief Editor, RAHAT, 2020  
Mr. Prasad Risaldar, Co-editor, RAHAT, 2020



Dr. Waqar Naqvi was awarded with The Best Teacher Award, Ravi Nair Physiotherapy College on Teacher's day 2020...



Dr. Rashmi Walke, Cardiovascular and Respiratory Physiotherapist, Asst. Professor, RNPC was invited on a Radio Talk Show by RJ Vaishali, Radio Mgiri, 90.4 FM, Wardha where she made an awareness regarding post-covid rehabilitation..







Ms. Palak Darda from 2k16 batch, Topper for 4 consecutive years hoisted the National Flag and delivered a speech on the occasion of Independence Day, 15th August 2021 in the DMIMS campus.







NAAC Accredited Grade A+

Datta Meghe Institute of Medical Sciences

(Deemed to be University)

NAAC Accredited Grade "A +" University



# RAVI NAIR PHYSIOTHERAPY COLLEGE

Sawangi (Meghe), Wardha

rahat  
2021



- Magazine Designed By -

Abhishek Daf  
Ritika Bhagwani  
Saurabh Puri  
(Batch 2k18)

-: For more Information Please Contact us :-

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