

RAHAT

2017

- Strap
- Flat Foot
 - Pediatric conditions
 - Joint Pain
 - Frozen Shoulder
 - Cerebral Palsy
 - Carpal Tunnel Syndrome
 - Tendonitis
 - Headaches
 - Spondylosis
 - Pelvic floor condition
 - Bursitis
 - Scoliosis
 - Low back Pain
 - Rotatory Cuff Injury
 - Sciatica
 - Osteoporosis
 - Knock knee
 - Paralysis
 - Bells Palsy
 - Gollers Elbow
 - Arthritis
 - Running Injuries
 - Alzheimer Disease
 - Tennis Elbow
 - Parkinsons Disease
 - Ergonomi
 - Hypertension





Healing Hands

We feel, we share, we care!

The central graphic features a stylized logo on the left composed of blue and green abstract shapes that resemble a person's arms raised in a gesture of care or support. To the right of the logo, the words "Healing Hands" are written in a blue and green script font. Below this, the slogan "We feel, we share, we care!" is written in a blue and green sans-serif font.

Contents

DIGNITARY WORDS

TEAM RAHAT

ENGLISH SECTION

HINDI SECTION

MARATHI SECTION

SCIENTIFIC SECTION

CREATIVITY

PHOTOGRAPHY

ACHIEVEMENT SECTION



RNPC presents... 😄

गेंदा FOOL

🤔

Insaaf hoga....Aur LAUGH bhi!

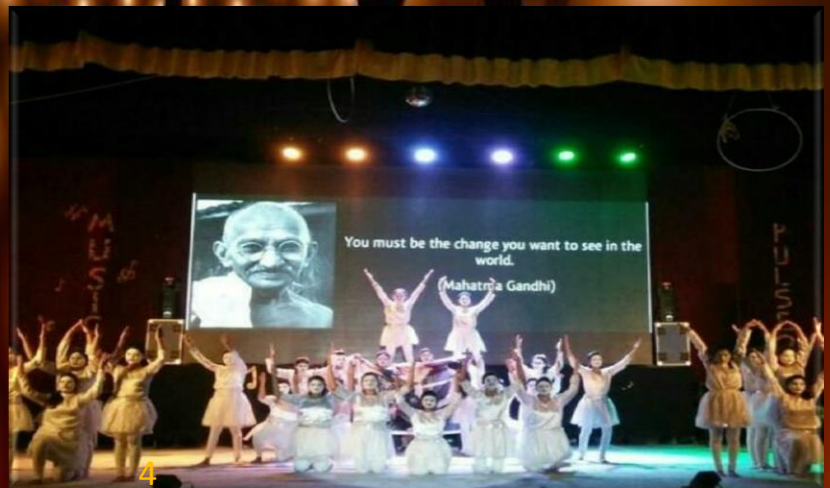
Participation of Students in Cultural activities

RNPC PRESENTS

STORY OF BRAVE GIRL

SHE SEEMS FRAIL BUT SHE IS STRONG

Poster Maker



The Message from Dignitaries



Honourable Chancellor
*Shri Dattaji
Meghe's Words*



It gives me immense pleasure to learn that the students' magazine RAHAT 2017 is being brought out. The students' 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 2017 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 maiden issue of students magazine for the academic year 2017 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
*Shri Sagarji
Meghe's Words*



It gives me immense pleasure to know that the students' magazine RAHAT 2017 is being released. The students' magazine is the mirror of the innate creativity of the students in the field of literature and fine arts which are as much essential to a student as the regular curriculum.

The articles in the magazine reveals the wisdom, enthusiasm and knowledge of the students to the fullest. I extend my heartiest congratulations to the students, staff and the editorial board of RAHAT 2017.

Honourable Secretary
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 2017.

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 2017 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 also 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. Neelam Mishra's
Words

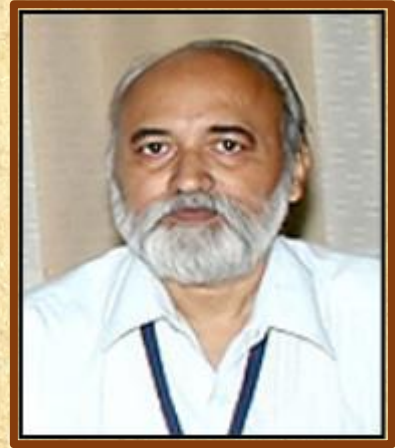


It is indeed a matter of great pride that Ravi Nair Physiotherapy College is first time going to publish a Student Magazine titled 'RAHAT' for the year 2017. The caption itself is catchy, meaningful in as much as that "Rahat" contemplates the sign of relief.

The magazine helps to record the creative talents, curricular and extra-curricular activities of the school 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.A.J Anjankar'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 2018".

Honourable Director
*Mrs. Manisha
Meghe's words*



I am extremely pleased to learn that this year's student magazine of RNPC is about to be unfurled . The magazine I believe is a true creation and representation of the students. It is a rare opportunity to not only exhibit but also share their experience and enhance their talent amongst their contemporaries and faculty members.

I am sure that the students magazine will not only boost the moral amongst the younger generation of students towards creativity but will also reflect the high cultural and aesthetic values .

My sincere wishes and blessings to the staff and the editorial board.

Honourable Principal
*Dr. Atharuddin
Kazi's words*



Its' a feeling of immense pride and joy to witness the literary culture of our institution unfold through our college magazine "RAHAT 2017 ". I am sure the untiring efforts put in by my editorials colleagues, magazine staff ,authors , and students will be Appreciable.

In this occasion I wish the Physiotherapy to touch the Global altitudes and pride.

I take this opportunity to congratulate the " RAHAT" team for their very successful endeavour.

Best wishes .

Honourable Vice Dean(Academics)
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 2017**”.*

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.



Ganesh Festival 2k17





Unity is strength....

**When there is teamwork & Collaboration ,
Wonderful things
can be achieved**

From the Editors Desk...

Dr. Madhuri Wane

Convener, Student Magazine



Dear readers,

I am extremely pleased to present you RAHAT 2017 . With a unique look, I sincerely hope you all would like to keep on reading it as soon as you see it .when the idea was put up by my team to hold you the magazine in the form of a blog, it was instantaneous hit with everyone, from the Principal and to the Director, given today's rampant use of the internet. I would like to extend my personal thanks to students chief in editor Prasad Dhage who has been integral in the making of the magazine , the Advisory board ,staff and the Student Editorial Board. 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 Editors Desk...

Prasad Dhage

Student Editor -in Chief

Batch 2k16



Dear readers,

It gives us immense pleasure to put before you the first issue of the student college magazine of Ravi Nair Physiotherapy College, Sawangi (meghe), wardha. (RAHAT 2017)

We have tried to collect all memorable events of our campus life which we have experienced and enjoyed as one family.

In a budding institution our first requires intense effort, patience and perseverance but with the support of management, teachers and all our friends

We are really thankful to our principal Dr. Atharuddin Kazi whose experience guidance made this mammoth job and enjoyable learning.

Dr. Madhuri Wane for encouraging us and providing support at every step, all the faculty members and students whose inspired us to put before you the most awaited first issue of RAHAT 2017.

We are also thankful to our teacher editorial board for guiding and motivating us.

I thanks to all students who helped us directly or indirectly in bringing at this issue.

I beseech the readers to omit the petty mistake which may have Occur as it is inevitable and I believe that the man who makes no mistake doesn't usually make anything.

I appreciate the creative contribution of my friends and hope that the pages ahead will tempt you to read the magazine again and again. We wish you all happy and enjoyable reading.-



Teacher Editorial Board

Advisory Board :-

- 1) Dr. Atharuddin Kazi
- 2) Mrs. Manisha Meghe
- 3) Dr. Irshad Qureshi

Convener Student's Magazine

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- 1) Dr. Chitra Mridha
- 2) Dr. Ashwini Chinnewar

Hindi Section :-

- 1) Dr. Shiril Nagarkar
- 2) Dr. Subrat Samal

Marathi Section :-

- 1) Dr. Shyam Jungade
- 2) Dr. Swapna Kamble
- 3) Dr. Sumit Messhram

Scientific Section :-

- 1) Dr. Ashish Bele
- 2) Dr. Lajwanti Lalwani

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(Student Editor in cheif)
2) Pracheti Patel
(Student Co-editor)**

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2) Snehal Samal PG
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3) Divyani Padole
4) Riya Bansal**

**Magazine Secretary:-1) Mohammad Zishan PG
2) Shraddha Kawishwar PG**

Teacher Editorial Board Rahat 2017



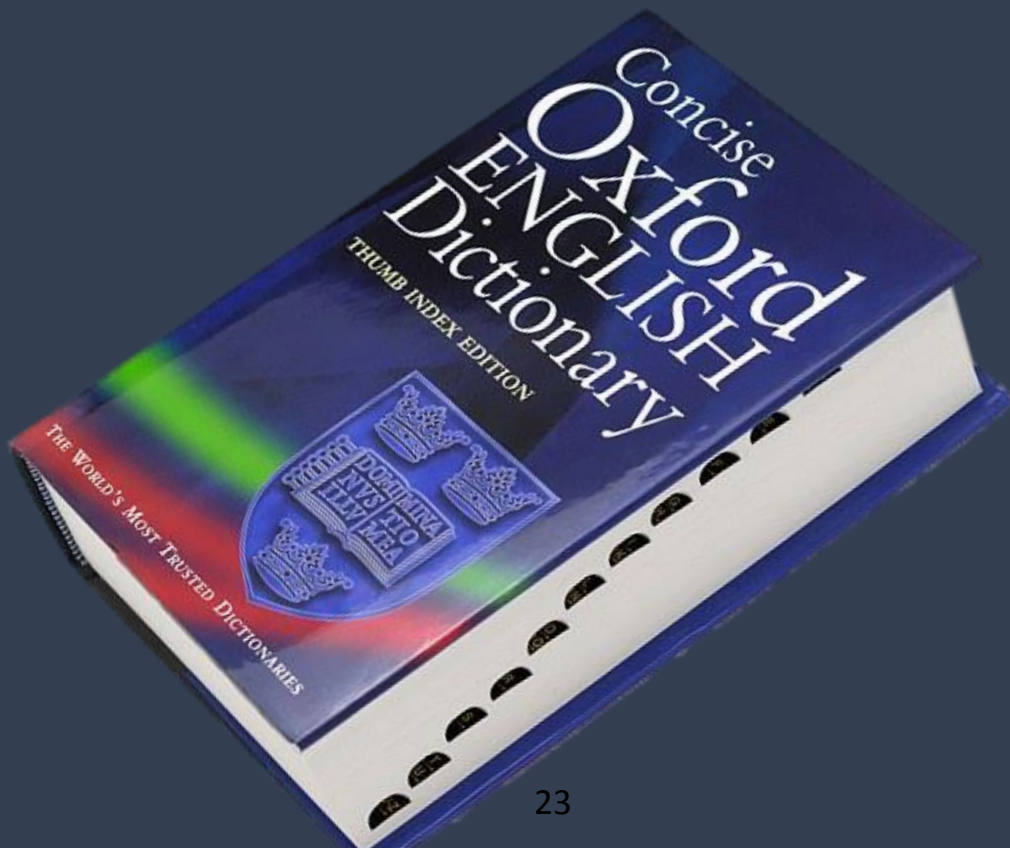
Student Editorial Board Rahat 2017



MAGAZINE COMMITTEE

English Section

RAHAT 2017





STUDENT *life*

They say-

The process of learning never ends,
I wish I could say should I learn or
earn?

Or should I survive the bitter world?

Parents say

"Score well for a living in the future"

Can I ask?

When should I live my present day?

Teacher's say-

Study to give yourself a name! A fame!

My thoughts say

What's there in a name or fame?

Relative's say-

My child scored! How about you?

Let me justly answer them

I'm not your child! Why do you care!

I DON'T CARE

BE FAIR!!

Just let me live my life

MY WAY

Just today, I shall learn and earn

And give myself a name and fame

And do the rest tomorrow.

It's a long life

A student's life

To live the present and the future

Depending upon the process of

learning

THAT NEVER ENDS!!!

- **Gunjan Shende**

2k16 Batch

Fate Or Destiny ?

*These are the two sides of coin,
You are fated to suffer by being sad or destined to live a happy life!!
Fate is given to you,
Destiny is what you make of it
Fate is that path on which your life automatically moves,
Destiny is what you are meant to do with it
So, it's your choice to decide for your life..
Whether to live it as the way it is going
Or to make it into one that is worth living!*

*- Anjali Bais
Batch 2k16*



PHYSIOTHERAPY - AN ART

*We can make you walk ,when you can't
We can relieve your pain ,when pills can't*

*We keep you fit, healthy and strong
We make you live a life that's long*

*When you have pain, inability and impairment,
We add smile, confidence and repairment*

*I know shaking, stretching, cupping it hurts,
But you know later on tomorrow it works*

*Movement is medicine for creating change,
It is only for you , its your personal gain*

*Physiotherapy is an art , it is an exclusive devotion
And therapists are artists who work on motion..!!*

***-Simran Mishra
Batch 2k16***



A patient's faith in a doctor

A true story about faith and a dedicated doctor. A man once became very ill with stomach ailments. He consulted many doctors who examined him thoroughly and diagnosed a stomach ulcer condition. They were of the opinion that his stomach lining had completely corroded and nothing much could be done to help him. Overtime the suffering man could not even eat or drink anything. Whatever he ate, however light or plain, could not be digested. His condition became even more serious which led to a severe and continuous heart burn and discomfort the whole day. As a result, he could not work during the day nor could he sleep at night.

A friend of his came to know about his problem and recommended a doctor who was quiet old and very humble. He decided that there was no harm in consulting one more doctor. Though the ill man had no hope for himself, he visited the doctor.

The old doctor examined him and said that he could help him get better but he would have to stick to a strict diet and follow it religiously. The man said that he was ready for anything that would help him.

I go sleepless to help the needy
I have no Sundays and ready
to do service
YES I AM A DOCTOR
and i love to be...

Some patients recover,
because they
believe in
doctors

~ Hippocrates ~



To everyone's surprise, the old doctor did not prescribe much medicines but told him that if he followed a diet consisting of milk and bananas, he could be cured. The sick man was advised to have only milk and bananas and nothing else for a month. Though surprised, he agreed to do as he was asked.

He went home with not much strength and hope. His wife heard about the new treatment and prayed to god for it to work out. She put her husband on bed rest and gave him milk and bananas and cared for him with perseverance and hope.

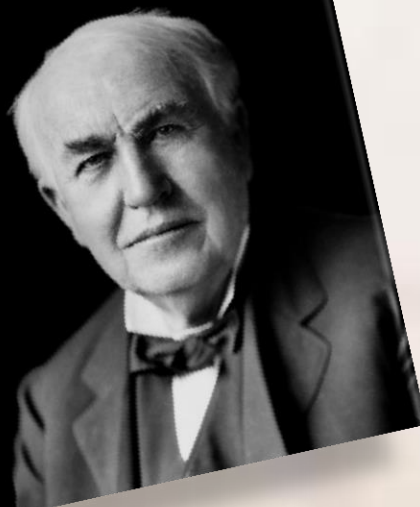
After about 15 days, he became slightly better and the pain in the stomach lessened. The continued feeling of his gut being on fire became better too and he smiled a bit after a long time. One month passed and he was completely cured. He started going to work and even met his saviour occasionally to sit and chat with him.

For him, his doctor was god himself who had saved him from dying. He learnt the true meaning of hope and faith.

**-Sakshi Karia
Batch 2k17**

"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."

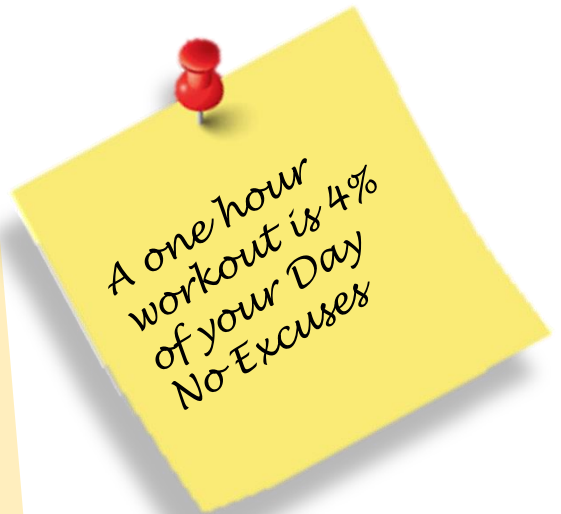
— Thomas Edison



BROTHER

Childhood without you
Would have been shallow
Preteen without you
Would have been so hollow
Teenage without you
Would have been a wild goose chase
Adulthood without you
Would have been a tough race
Brother, when I see my life
With a bird's eye view
I feel thankful for the fact
That I've always had you

- Taj Afreen Sheikh
Batch 2k17



Utter Cognizance

The mind is as cunning as it is kind,
But what emerges depends on what we surround it with.
Wisely choose what you allow your mind to be exposed to,
Because it is powerful enough to change your life!

By Tejal Babar
Batch 2k17

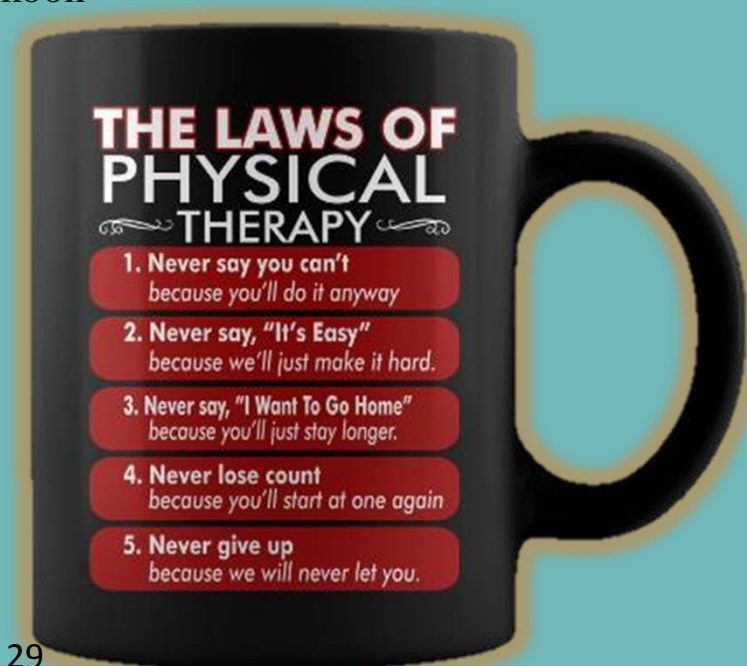


“ The experience has made me stronger. If you're strong, then you automatically become a positive person. Cancer doesn't mean that you're going to die.



They manage to live with their enemy
Without fearing death
Accepting life as a battle
In their simple breath
Everybody tries to please them
Because they may die soon
They don't give up hope
Their positivity is as bright as the moon

-By Sakina Saifee
Batch 2k17



The Perpetual Relationship

“Thicker than water” is the term used to describe the relationship between siblings. A sibling relationship is potentially one of life’s most significant connections. The relationship between two siblings, which begins with the birth of the younger and continues forever is often the longest lasting relationship that a person can experience. I am always baffled when I hear my friends call their siblings as brats and suck-ups. In my opinion, having a sibling for your own is the best way your life can ever be designed. As far as my life is concerned, it has been designed for me to be a solo artist, so in many cases I conflict to their comments. Strong bonds between siblings can develop remarkably early in life. The emotional aspect of a sibling relationship can motivate very small children to understand their siblings extremely well. I confess, a sibling, especially a younger one, can be an absolute menace in your life, but it is truly inequitable if as adults you cannot understand that they are after all “children”.

Admit it! You have also been notorious in your childhood, haven’t you? It is impossible for people with such opinions about their siblings to understand the life of an only child. Bound by blood, but not always by love, a sibling can be a friend or rival, defender or detractor sometimes simultaneously!

A sibling is the only relationship that accompanies, protects, secures, offends, defends, prosecutes for, and ofcourse loves you the way you are. Yes! For all the relationships you possess, your parents, friends, relations, partners, a sibling is the only person who accepts and protects you for who you really are. Siblings who grow up together accumulate a store of shared memories and experiences that can shape each sibling individually and establish a foundation for their lifelong relationship with each other.

My innermost concerns to people who are by whatever reason, a single child in the family. Not being offensive here but I’m sure we’ve missed the warm company of a sibling. They can most of the times be annoying but when they find you in some kind of grief or instability they will be the first to help you get out of it. In many ways a sibling assures to secure you from all your misfortunes, your failures and your worries. Though we solo artists are fortunate enough to get toys, clothes, candy and other comforts all for ourselves, we are not fortunate enough to get the cunning pleasure of fighting and conquering it from our siblings. It is always an indelible feeling to not have a sibling in our lives. The best way to love is to share it with our loved ones. Only with love and nobody to share it with, is deliberately brutal. It is extremely indescribable to express the gut feeling of loneliness. If not for now, in your dotage you will feel blessed for having such a blissful relationship in your life that you can never regret for. A sibling relationship can last for decades longer than the relationship between a parent and a child. Elderly siblings who have not maintained affectionate relationships with their brothers or sisters often identify this absence as a source of tremendous regret and loss. So don’t lose them; love them, for you are blessed!

- Vishnu Bhure
Batch 2k16

WAY TO HAPPINESS

When we change our thinking
We change our beliefs..
When we change our beliefs
We change our expectations
When we change our expectations
We change our attitude
When we change our attitude
We change our behaviour
When we change our behaviour
We change our performance
When we change our performance
We change our LIFE....

-Heena Pathan
Batch 2k16



*Stop focusing on the
disability and start focusing
on your ability.*



The Invisible Roof

We may not shower him with praise
Nor mention his name in songs,
And sometimes it seems as if he just
goes along,
But it doesn't mean that we don't know
The wonderful role that he has,
And way down deep in every heart
There's a place that is just for DAD.

- Nikita Seth
Batch 2k17

Strike back!!



Remember
when your
body is Hungry
It wants
NUTRIENTS not
calories

Health and
cheerfulness
naturally
beget each
other

Although there is slight chance of changing,
The path which our world is taking
It makes sense that the smallest voice
Can make the loudest noise!
And if they try to tell me my own fate
I'll turn it around, won't hesitate,
Gonna light the darkness,
Keep on burning my fire,
Ain't nobody gonna stop me ,
I gotta stop this nightmare....
Because I'm dreaming of my future
Past, Present and Future...
I ain't scared of my past,
because tomorrow keeps approaching fast
What's the point of tomorrow,
if you are missing the future
I need to wipe away my tears,
The time has come to face my fears,
I'm never falling down, I'll keep sailing,
Now I'll strike back!!!

-Mayuri Zoting.
Batch 2k17.

We ain't nothing but something

We have calcium in our bones, iron in our veins.

Carbon in our souls, and nitrogen in our brains.

**93% stardust, with souls made of flames,
We are all just stars that have people names.**

-Tasneem Lakkadsha
Batch 2k17

The mute angels

Need help... We are there for you anytime!!!
We do exist! We are not humans but we love you
We spread love, but you don't
We help you, but you don't
" YES WE ARE ANIMALS"

Animals are a wonderful part of our lives. They bring us joy, happiness and give us unconditional love .

In today's selfish world we are just using them for our lifestyle. They don't need fancy cars, big homes and designer clothes.

They just need water and food to fulfil their basic needs and also some love from humans. They have a soft corner towards us , but why don't we?

They also deserve a prestigious life like ours. Many people do not believe that animals are capable of loving and showing affection . If emotions are not universal , this indicates that there is not a phylogenetic relationship between human and animal emotions. Animals must be nurtured and pampered, after all humans have to take their care or this ecosystem will collapse. Treating animals with kindness will be a great way to show that you care for them.

Do you know how many animals in our society are suffering? They are homeless , unwanted , abused and neglected . Some go hungry on streets. Many suffer silently at the hands of stupid people who don't understand or simply don't care for them.

When you look into the eyes of an animal you do not see an animal,

You see a Friend

You see a Soul.

Animals doesn't care if you are rich or poor, clever or dull, Smart or dumb.

They never judge us

They never discriminate us.

Give them your heart and they will give you theirs.

Create a special bond between each other.

Respect them,

Care for them,

Protect them,

Nurture them,

Love them unconditionally

From a great animal lover.

Anushka Mudey

Batch 2k16

*Fitness is Not
about being
better than
someone else...
Its about being
better than you
used to be*

The Humble Way

A group of sales people left town for a meeting and told their families they would be back home by Friday evening for supper. But as with the meeting as they are, one thing leads to another and they didn't finish on time. They were delayed and had to catch a flight. They came to airport just at the last minute, with tickets in hand and ran, hoping the plane hadn't departed. While running one of them hit a table with a fruit basket on it. All the fruits got scattered and bruised but they didn't have time to stop. They kept running and bade it to the plane and all of them breathed a sigh of relief that they had made it, except one.

He got in touch with his feelings, got up, said goodbye to his friends and went. He went to the table that was knocked down and behind the table was a 10 year old blind girl who was selling the fruits to make a living. He said, 'I hope we haven't ruined your day.' He pulled out a ten dollar bill from his pocket and handed it to her saying, 'This will take care of the fruits.' and left. The girl couldn't see what was going on; all she could hear was the footsteps leaving. She shouted from behind, 'Are you God?' He missed his flight but wasn't he the winner? One can be a Winner without a medal and one can be a loser with a medal of winning is not kept in perspective. As Mark Twain said, "It is better to deserve an honor and not have it than to have it and not deserve it." Because dignity is not in possessing but deserving. If winning is the only objective, a person may miss out on the internal rewards that come with winning. More important than winning is winning with honor and deserving to win. It is better to lose honorably than to succeed with dishonesty. Losing honorably may signify lack of preparation but dishonest winning signifies lack of character. It is not worth compromising one's integrity and talking short cuts to win. More important than winning the trophy is being a good human being.

Winners live and work as if it is their last day. One of these it is going to be the last and we don't know which one. REMEMBER that real winners are gracious. They will never brag about themselves and always respect and appreciate their team members as well as the opponents.

Great people leave something behind. Winners recognize that no one can make it alone. Even though champions feel the medals, they realize that it would not have been possible to reach where they are without the people behind their success like their teachers, parents, coaches, fans and mentors. One can never really repay those who have helped them acquire their goals.

Other than all this, our greatest responsibility is to pass on a legacy that the coming generations can be proud of and can learn from.

Akshata Raut
Batch 2k16



Its Hard to get fit
But its harder to
look at the
mirror
and
dislike what you
see

Physical
fitness is the
first
requisite to
happiness

Can we still be friends....

A pair of friends like no other
Formed a great bond of becoming brothers.
They would go to the movies just to complain
And go to arcades to play video games.
Laughing, joking, and clowning around,
the two were the best of friends in the town.
Until a day, when a pretty girl passed by.
The two looked at her with wonder in their eyes.
Then the feud began between the friends,
A feud that seemed to have no end.
They both fought and tried to claim her as theirs.
Both the two rivals were fully unaware that the girl had a man
who was bright and fair.
When they found out, they were left in awe.
They both realized they went too far.
The friends hugged and apologized for their ways.
They promised to be brothers for the rest of their days.

Sakina Saifee
Batch2k17

WHAT IF....

*What if the sun sets forever
What if the blue sky pulls over a
blanket of permanent mirk
What if the sun isn't there
anymore to carve your shadow
What if all the sorrows gets
concealed in this dark
What if this dark pushes you in the
pond of obscurity
Will my light be bright enough on
the dark to catch your eye
Will the stars in my eye sparkle
enough for me to shine in this
dark night*

Vibhuti Gaur
Batch 2k17



We know about
the effect of
mind on body,
what about the
effect of the body
on the mind

SOUL

*Lonely is me,
Peaceful is my soul,
Searching you,
For finding me whole.*

*Alone is me,
Darken by the sight,
Strange is my way,
With me one to guide.*

*These rains are lovely,
Touching to my soul trying to cure,
The incurable cure.*

*And wishing to wonder,
Again in this whole,
Again in this whole and
Forever in this world.*

Sampada Meghe
Batch 2k17

Trust Me I'm
PHYSIOTHERAPIST

I am Physiotherapist ,
I solve Problems You
didn't even know You
Had

Yes I am a
Physiotherapist ,But I
use My power for
good

Hindi

Section

RAHAT 2017

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माँ

ये दुनिया है कितनी प्यारी
उससे प्यारी माँ हमारी ।
हर कमीओ को माफ किया
उसीको ईश्वर ने माँ नाम दिया ॥
बचपन मे दौड दौड हमको खिलायों
खुद रात भर जगकर हमको सुलाया ।
परीक्षा की तैयारी रात भर जगकर हमे कराई
और प्रशंसा खुद न पाकर हमे दिलाई ॥
अपनी सफलताओ का रौब कभी
अपने माँ-बाप को मत दिखाना ।
खुद को हराकर उन्होने तुम्हे है जिताया ॥
जोड - जोड कर हाथ जो कहती है भगवान को ।
है भगवान । दुनिया की सारी
खुशी देना मेरी संतान को ।

**By Heena Pathan
Batch 2k16**



THE BODY ACHIEVES

WHAT THE MIND BELIEVES

अतिथी सत्कार

इस कहानी का जीक़ पुराण में भी हो चुका है। चिड़ियों का फंसाकर उन्हें बेचने वाला एक बहेलिया था। वह अपना गोद लगा बॉस लिए वन में घूम रहा था। और चिड़ियों को फसॉया करता था। एक बार सर्दी के दिनों में वह बहुत सवेरे जंगल में गया। उसे कोई चिड़िया नहीं मिली। इस तरह भटकते हुए उसे सारा दिन हो गया। वह बहुत दूर निकल गया। अंधेरा होने पर वह एक पेड़ के नीचे रात बिताने के विचार से बैठ गया।

उस दिन बहुत सर्दी थी। ओले भी पड़ रहे थे। वर्षा भी हो चूकी थी। बहेलिया के पास कपड़े नहीं थे। वह जंगल में रात बिताने की बात सोचकर नहीं आया था। हवा जोर से चलने लगी और वो थर-थर काँपने लगा। जाड़े के मारे उसके दाँत कट – कट बजने लगे।

जिस पेड़ के नीचे बहेलिया बैठा था। उस पेड़ के उपर कबूतर का एक जोड़ा घोंसला बनाकर रहता था। बहेलिया की दुर्दशा देखकर कबूतर ने कबूतरी से कहा – यद्यपि यह हमारा शत्रु है किंतु आज हमारा अतिथी है। इसकी सेवा करनोँ हमारा धर्म है। अभी तो रात प्रारंभ हुई है। जाड़ा अभी और बढेगा। यदि ये ऐसा ही रहा तो इसकी मृत्यू हो जाएगी। इसका जाड़ा दूर करने का उपाय सोचना चाहिए। उन दोनो से अपना घोंसला नीचे गिरा दिया। थोड़े और तिनके चोंच में दबाकर लाकर गिराए। फिर कबूतरी उड़ गई और लकड़ियाँ इकट्ठी करके आग में डाल दी। उसका जाड़ा दूर हो रहा था।

बहेलिया दिन-भर का भूखा भी था। वह इधर-उधर खो की तलाश में देखने लगा। ताकी भूख मिटा सके। कबूतरी ने यह देखा तो वो बोली “अतिथी तो साक्षात भगवान का स्वरूप होता है। जिसके घर से अतिथी भूखा जाए उसके सारे पुण्य ही नष्ट हो जाएंगे।” हमारे पास इसकी भूख मिटाने के लिए और तो कुछ नहीं है, मैं इस जलती हुई आग में कूदती हूँ, जिससे मेरा माँस खाकर इसका पेट भर जाएगा। इतना कहते ही वह कूद गई। कबूतर ने मन में सोचा इससे इसका पेट नहीं भर पाएगा। कबूतर भी आग में कूद गया।

और उन्ने स्वर्ग में वो स्थान मिला जो बड़े-बड़े ऋषि-मुनि को ही मिल पाती है।

सारांश :-अतिथी सत्कार, सबसे बड़े आदर।।

By Anam Susan
Batch 2k17

There is no
exercise better
for the heart
than reacting
down and
lifting people
up

दिपावली

होता है खास दिवाली का त्योहार ।
इसे मनाता है भारत का हर परीवार ॥
रामजी के लौटने की खुशी थी, सबको अपार ।
इसी खुशी मे मनाई गई थी, दिपावली पहली बार ॥
माँ के वचन को निभाकर बढ़ाया उनका सम्मान ।
ऐसे थे मर्यादा पुरुषोत्तम श्री राम ॥
दिपावली के हर दिन होते हैं बड़े खास ।
हर घरों में होता है, लक्ष्मीजी का श्रीनिवास ॥
हफ्तों पहले से शुरु की जाती है, घरों की सफाईयाँ ।
बनाई जाती है, अनेको प्रकार की मिठाईयाँ ॥
बडो को मनाने, लग जाते हैं बच्चे ।
कहते हैं अब तो दिलादो, कपडे अच्छे अच्छे ॥
रांगोली और दिपक से, सजता है घर हरबार ।
फोडे जाते हैं फटाके, जैसे फुलझंडी और अनार ॥
रामजी ने किया, अंधकार का विनाश ।
फैलाकर हर जगह, जीत का प्रकाश ॥

A man is too busy
to take care of his
health is a
mechanic to busy
to take care of his
tools

Eat for the Body
you Want
Not for the Body
you have

By Priya Tikhile
Batch 2k16

स्कूल की यादे

याद आते है वो स्कूल के दिन,
न जाते थे स्कूल दोस्तो के बिन,
कैसे वो दोस्ती थी कैसे था वो प्यार,
एक दिन की जुदाई से डरते थे,
जब आता था शनिवार
चलते चलते पत्थरो को मारते थे ठोकर,
कभी हँसते गाते कभी चलते थे रोकर,
कंधे पे किताब लिए, हाथ मे एक बोटल पानी
किसे पता था, बचपन की दोस्ती चुरा लेगी जवानी..
याद आते है, वो शाही से रंगे हाथ,
क्या दिन थे वो जब करते थे लंच एक साथ,
छुट्टि की घंटी सुनते हि वो भाग के
कमरे से बाहर आना, फिर हँसते-हँसते
दोस्तो से गलेमिल जाना
काश वो दोस्त आज फिर से मिल जाते
दिलमे फिर से बचपन के फुल खिल जाते ...

स्कूल के दिन

कभी पहली बार स्कूल जाने मे
डर लगता था....
आज हर रास्ते खुद ही चुनते है,
कभी ममी, पापा की हर बात सची लगती थी,
आज उनी से झूठ बोलते है,
कभी छोटी सी चोट, कितना रुलाती थी...
आज दिल टूट जाता है फिर भी सम्भल जाते हे....
पहले दोस्त बस साथ खेलने तक याद रहते थे.
आज वही दोस्त जान से भी प्यारे लगते है,
एक दिन था जब पल मे लडना,
पल मे मनाना रोज का काम था
आज एक बार जुदा हुए
तो रिश्ते टूट जाते है....
सच जिंदगी मे बहुत कुछ सिख दिया,
न जाने जिंदगी ने हमे इतने जल्दी
क्यू बडा बना दिया

Apeksha Karale
Batch 2k17

We're Going Back To School



महानो से भी महान हमारे देश के जवान

इस दुनिया मे है सबको अपनी फिकर,
सिवाएँ एक की छोडकर जिनका नाम है सोलजर।।
रात दिन जगकर हमको चैन की नींद सुलाते है,
और खुद अपने देश के लिए, जिंदगी भर सो जाते है।।
घर परिवार को छोडकर, देश के लिए,
अपनी जान सिमाओ पर गवाते है।
क्या उन पर बितती है
यह सिर्फ वही महसूस कर पाते है।।
अरे, धन्य मानना चाहिए हमे उन जवानो का ।
जिनके वजह से डर नही रहता,
हमें किसी शैतानो का ।।
आखिरी सासो तक लडते है, वो देश के महान वीर।
और गद्दार हम उन्हे याद करते है,
साल में सिर्फ दो ही दीन।।

Yoga means
addition
Addition of energy
strength and
beauty to body
mind and soul

Sweat is
Fat
Crying

Radhika Sawal
Batch 2k16

Strong Heart
Fit Body
Clear Skin
Toned Muscles
Calm Nerves
Happy Soul
Big Smile
Want It ?
Eat Right
Exercise
Sleep Enough

" May God have mercy
on our enemies,
because we won't. "

दशहरा

आया है साल बाद फिरसे ये त्योहार ।
याद दिलाने हमको रामायण की एक बात ॥
दस चेहरे वाले को मार,
राम ने किया पूण्य का काम ।
इसलिए खुशीयो से मनाई जाती है,
ये दशहरे की शाम ॥
सुबह से शुरु होती है,
घरो मे सफाईयों ।
बांधे जाते है तोरण,
और बनाई जाती है मिठाईयों ॥
निकाली जाती है रांगोलियाँ
सजाए जाते है घर ।
नए-नए कपडे पहन ।
लोग देखने जाते है रावण दहन ॥
रावण को मार, राम ने दि हमे ये सिख ।
बुराई पे होती है हमेशा अच्छाई की जीत ॥

Devyani Purushe
Batch 2k16

Life has up
and down
We call
them
SQUATS

Fitness isn't
a seasonal
hobby.
Fitness is a
lifestyle.

“EXCUSES
DON'T
GET
RESULTS.”



नवरात्री

हमारा तुम्हारा हम सब का त्योहार

आई है शेरवाली शेर पे सवार होके,
आईए स्वागत करते है हम उनका,
दोनो हाथ जोडके ॥

नवरात्री का त्योहार होता है, सबसे अलग ।
दूर-दूर से आते है लोग,
देखने माँ की एक झलक ॥

गरबा से होती है, नवरात्री की शुरुवात ।
डॉडीया खेलके मनाया जाता है ये त्योहार ॥

कोई त्यागता है पैरो के जोडे,
तो कोई करता है निर्जला उपवास ।

अपने श्रद्धा अनुसार भक्त मनाते है, ये त्योहार ॥

जब आती है माँ के बिदाई की घडी,

तो आ जाते है भक्त के आँखो में आँसू ।

हाथ जोड, मन नही मन कहते है,

अगले बरस जल्दी आना माँ तुम ॥

Shraddha Chandak
Batch 2k16

Physical
Therapists
IMPROVE the
way you Move



Marati Section

RAHAT 2017

पावसाच्या धारा

You can not
always control
what goes on
outside
But you can
always control
what goes on
inside

Let
exercise be
your stress
reliever,
Not Food

पावसाच्या रिमझिम धारा
बेधुंद होऊनी बरसू ई
ग्रीष्मातल्या उन्हाणे तप्त
धरतीस दिलासा लाभू दे ॥

बेधुंद होऊनी बरसू दे
भिजू दे मातीचा कण कण
मृत्तिकाच्या धूंद सुवासाने
धूंद होऊ दे पक्षीगण ॥

पावसाच्या बेधुंद धारा
पाणी टपटप निथळू दे
धरीत्रीच्या कुशीत बियांना
आशेचे अंकुर फुटू दे ॥

बेधुंद होऊनी बरसू दे धारा
श्रावणाच्या हिंदोळ्यावर
झिम्मा फुगडीच्या तालावर
उधाण आनंदाला येऊ दे ॥

पावसाच्या संजीवन धारा
धुंद होऊनी बरसू दे
भूमीपुत्राच्या भकास डोळ्यात
स्वप्न संपन्नतेचे झळकू दे ॥

पावसाच्या बेभान धारा
सरीवर सरी कोसळू दे
विदर्भातील कोरडी जलाशय
अमृतमय जलाने भरू दे ॥

पावसाच्या रिमझिम धारा
सृष्टी आनंदात न्हाऊ दे
चराचराचा कण अन् कण
आनंदाने व्यापू दे

आनंदाने व्यापू दे ॥

Shrushti Jachak
Batch 2k17

बळीराजा

रात्र असो, दिवस असो राबतो मी खूप
तरी माझा नशिबात नसते कुठलेच सुख
पिकवतो शेतात मी भरघोस पीक
तरी मला मागावी लागते भीक
रात्रीची झोप सुखाने येत नाही.
सावकाराचे आज्ञे कमी होत नाही
मला म्हणतात सारे जगाचा पोशिंदा
तरी गळ्यात येतो माझ्या फाशीचा फंदा
दुःख मी सांगत आहे तुमच्याकडे
थोड तरी असू द्या लक्ष माझ्याकडे

Devyani Purushe
Batch 2k16

Physiotherapy
is a Noble
Profession for
Pain free
world

आयुष्य

आयुष्य म्हणजे काय,
तर उजाडलेला दिवस आण
अंधारलेली काळाखी रात्र
पण या अजाडण्यातही दुःख असे
आणि या अंधारण्यातही सुख असे
आयुष्य म्हणजे एक जुगान्याचा खेळ
आयुष्यरूपी जीवनात या खेळामध्ये
माणूस कधी जिंकेल तर कधी हरेल
कधी रडेल तर कधी हसेल
संसाररूपी या सागरात कुणीच का आनंदी नसे?
आपआपल्या मानण्यात आनंद दिसे
मानता येतो आनंद दुःखातही
आयुष्य म्हणजे काय ?
तर दुःखात सुख मानण्यातच आनंद यालाच म्हणतात
आयुष्य.....

Gunjan Shende
Batch 2k16

The difference
Between
wanting and
achieving is
DISCIPLINE

जिवन

खरच जिवन काय असत ।

सुख-दुखःच मिलन असतं ।।

दुखःशी लढायचं असतं ।

ध्येय गाठायचं असतं ।।

जीवन असते एक प्रवास ।

त्यास फुलविते उदयाची आसं ।।

दुखःमध्ये न देती कुणीही साथ ।

सुखामध्ये पुढे येती हजारो हाथ ।।

या स्वार्थीरूपी विश्वात ।

कोणी कुणाचं नसतं ।।

सहानुभुतीच्या नावाखाली ।

कोरड अवसान असतं ।।

जिवन असले नाहक ।

बालपण, तारुण्य, वार्धक्याच ।।

स्वप्न, ध्येय, आकांशाकडे वळूनि ।

भराव अपयश मिळवायचं असतं ।।

अपयश आलं तरी ।

जिद्द सोसायची असते ।।

निराश मनात लोळवून ।

खिन्न व्हायचं नसते ।।

अपयशामध्ये कोणीतरी ।

यश शोधत राहायचं असतं ।।

जे दिवस अनुभवतो ।

त्याला जिवन म्हणायच असतं ।।

Exercise
To be fit not skinny
Eat to nourish your
body
And always Ignore the
haters, doubters &
unhealthy examples
that were once feeding
you
You are worth more
than you realise

YOUR BODY IS
YOUR MOST
PRICELESS
POSSESSION
TAKE CARE
OF IT.

YESFIT.COM

I DON'T
BUILD MUSCLE
I BUILD A
MIND
THAT BUILD MUSCLE

Nivedita Singh Bele

PG Batch 2k17

सकारात्मकतेनं जीवन घडतं

विचार सतत वाहतात, पण त्यांचे सामर्थ्य कमी होत नाही. ते नदीप्रमाणे असतात... एक एक विचार येत गेला, नाहीसा होत गेला ... पण सत्ता चालली ती विचारांचीच ... मनुष्याला या विचारांपासूनच प्रेरणा मिळत आली आहे. विचारांच्या सामर्थ्याची तुलना करावी अशी अन्य शक्ति या जगात नाही.

– आचार्य विनोबा भावे

विचारांचं सामर्थ्य फार मोठं असतं. आपणा सर्वांनाच ही गोष्ट चांगल्याने ठाऊक आहे की विचारांनीच माणूस घडतो. त्यातही जर मनुष्य सकारात्मक विचार करणारा असेल तर त्याची प्रगती लवकर होताना दिसते.

समारात्मक विचार तुम्हाला दर अडथळ्याला पार करण्यात मदत करतात. आयुष्यात कितीही बरे वाईट प्रसंग आले तरी या व्यक्तींची सकारात्मक विचारसरणी त्यांना आयुष्याचे प्रत्येक वेडेवाकडे वळण समर्थपणे पार करण्याची ताकद देत असते. सकारात्मक विचार आपली शक्ति, आत्मविश्वास, मनोबल वाढवतात.

सकारात्मक विचारांत अशक्यला शक्य करण्याची ताकद असते. सकारात्मकतेत इतकी शक्ति असते कि ते वाईट वळणावर असलेल्या माणसाला चांगल्या वळणावर आणू शकते. आज आपल्या देशाला जे थोर नेत्यांच, व्यक्तिमत्वांचं वारसा लाभला आहे ते त्यांच्या सकारात्मक विचारांमुळेच. सकारात्मकता सतत प्रयत्न करण्याची, कधी न हार माणण्याची शिकवण देते.

एडिसनने 111 प्रयोग केले – हजारोव्या प्रयोगाच्या वेळेला विजेचा दिवा लागला. 111 प्रयोग फसले तरी त्यांनी हार पत्करली नाही. का? कारण त्यांना माहित होतं कि एक न एक दिवस तर दिवा जळेल. 111 प्रमाण फसले यावर त्यांचं मत असं होतं – 111 प्रयोग फसले असं नव्हे 111 वेळी मी हे सिध्द केलं, या मार्गाने विजेचा दिवा लागू शकत नाही. आपणही आपल्या जीवनात असंच असलं पाहिजे. लक्ष्याला प्राप्त करतेपेळी कितीही अपयश हाती लागले. तरी प्रयत्न करनं सोडू नये. मनात आशेची ज्योत प्रज्वलीत ठेवावी.

“जर आपण विचार करू की आपण हे करू शकतो तर आपण करू शकतो,
जर आपण विचार करू की आपण हे नाही करू शकत तर ते आपण नाही करू शकत.”

सकारात्मकतेचा धडा अपंग, दुबळ्या लोकांना पाहून मिळतं. ते कधीच आपल्या स्थितिचं दुःख नाही मानत. उलट जे त्यांच्याकडे आहे त्यात ते सुखी राहतात. आपण जर आपल्या आजु-बाजु ला पाहू तर आपल्याला असे किती तरी लोक दिसतील जे रोज आपल्या जीवनांत लढत आहेत. सतत आर्थिक, मानसिक, वैयक्तिक अडचणींना तोंड देत आहेत. दर रोज नव्या संकटांशी लढून विजय प्राप्त करत आहेत. खरं तर हे सोपं नसतं. काही लोकं तर संकटांना कंटाळून मृत्यू पत्करतात. पण जे लोकं जीवनाच्या लढाईत जिंकतात ते फक्त आपल्या सकारात्मक विचारसरणी मुळेच. मला तर असं वाटतं जर लोकांना सकारात्मक विचार करणं शिकवलं गेलं तर आपल्या देशांत आत्महत्येचे प्रकरण कमी होतील! सकारात्मकतेचा एक उल्लेखनीय उदाहरण आहे. स्टिफन हॉकिंग. कोणतीही हालचाल, बोलणे व लिहिणे शक्य नसूनही हा महान शास्त्रज्ञ अविश्रांत संशोधनात गढलेला होता. स्टिफन हॉकिंग यांचं आयुष्य अतिशय संघर्षमयी होत. स्टिफन यांना मोटर न्युरॉन डिजीज नावाची एक असाध्य रोग होता. या रोगामुळे शरीरातील स्नायुंवरचे नियंत्रण संपून जाते. याच्या सुरुवातीच्या काळात अशक्तपणा जाणवतो मग अडखळत बोलणे, अन्न गिळतांना त्रास होणे, हळूहळू चालणे-फिरणे आणि बोलणे बंद होत जाते. स्टिफन हॉकिंग जेमतेम 3-5 वर्षे जगतील असे त्यांना डॉक्टर सांगतात. ते खूप निराश झाले. आजाराचं निदान झाल्यानंतर त्यांचं आयुष्य उलथापालथ झालं. तरीही त्यांनी मृत्युवर मात करत मोठ्या धैर्याने आपले अथक संशोधनकार्य सुरु ठेवले. याच काळात त्यांनी – कृष्णविवरा मध्ये झालेल्या स्फोटामुळे (बिग बॅंग) विश्वाची निर्मिती झाल्याचा आपला जगप्रसिध्द सिध्दांत मांडला. हे सकारात्मक दृष्टिकोण त्यांच्यात कुठून आला ?

तर इस्पितळात त्यांनी एका अश्या रोग्याला पाहिले जो ल्यूकेमिया सारख्या असाध्य रोगाशी झगडत होता. जेव्हा हि त्यांना आपल्या जीवनाबद्दल दुःख वाटे तेव्हा ते त्याची आठवण करीत आणि त्यांना आशेचे किरण दिसू लागले. ते म्हणायचे आयुष्य कितीही खडतर असेल, तरी आपण काहीतरी नक्कीच करू शकतो. आयुष्य आहे तो पर्यंत आशा आहे" तर असे होते स्टिफन – असहाय परिस्थितीत जगत असूनही हार न मानणारे, संशोधन कार्यातून कधीही निवृत्त न होण्याचा संकल्प करणारे. खरंच स्टिफनचं जीवन हे खुपच प्रेरणादायी आहे, फक्त रोगी, अपंग या लोकांसाठीच नव्हे तर आपल्यासाठीही. त्यांचं जीवन हे शिकवतं कि-रोग फक्त शरीरालाच दुबळं करू शकतात, तुमच्या विचारांना नाही.

जगात वावरताना एका गोष्टीचा कधी कधी खरोखरच खूप वाईट वाटतं. ती ही कि – लोकं फक्त कामाच्या वेळीच आपली आठवण करतात. स्वतःचं स्वार्थं पुर्ण करायचं असलं तर आपल्या मागेपुढे फिरतात. पण एक गोष्ट मात्र नेहमी लक्षात ठेवण्यासारखी आहे कि –

“जर कोणी तुम्हाला फक्त गरज पडल्यावरच आठवण करतं तर वाईट नका वाटून घेवू परंतु गर्व करा कारण मेणबत्ती ची आठवण तेव्हाच येते जेव्हा अंधार असतो ।।”

कोणत्याही कामात अपयश येणे म्हणजे जीवनाचा अंत नव्हे. जीवनात किंवा आयुष्यात तुम्ही कधीच आपयशी नाही व्हाल जर तुमच्याकडे सकारात्मक विचारांचा खजीना आहे. म्हणून जीवनाच्या दर टप्प्यावर सकारात्मक रहा, कारण सकारात्मकतेनं जीवन घडतं.

**Purva Mundhada
Batch 2k17**



Exercise is like telling your body
"you're gonna hate me for this,
but you'll thank me later"



NOTHING
WILL
WORK
UNLESS
YOU
DO.



मानवता

A person has
two hands,
One for helping
himself, the
other for helping
others

Any
exercise is
better than
no exercise

By Gunjan Shende
Batch 2k16

मानवता

मानवता शोधताच शोधते पण मिळत नाही कुठेही
बजारात दुकाने दुकाने फिरले
शोधून शोधून श्रमले
दृष्टीतच नाही पडले
मिळेल कुठे याचा थांग पत्ताच नाही
फिरुन फिरुन पाय मात्र थकले
पाहून पाहून डोळे माझे शिणले
विचारुन विचारुन तोंड माझे दुखले
आपण बघितली का कुठे ?
त्या कोपऱ्यात दुकान आहे
तिथे तर मिळत नसेल
विचारले तर तिथेही नाही
तेव्हा दृष्टीस पडली बघा
मानवता माझ्या
म्हतारी रस्ता करीत होती पार
भरधाव वेगाने आली हो कार
कार आली बघा तिकडून
म्हतारी चेंगणार इकडून
एका मुलाने वाचविले तिचे प्राण
माणसातील माणुसकी न मिळे बाजारी
ओळखावी लागे त्याच्या अंतरी
तर दृष्टीस येई आपल्या सामोरी
माणसातील माणुसकी असे हीच मानवता.

ती

ती जननी ती भगिनी
ती सहचारीणी ती कन्या
ती न्यात्यातील घट्ट वीण
ती आयुष्याची सावली
ती भविष्याची माऊली
जन्माआधीच ती ची खुडणी
माणसा! हि कसली विकृत करणी!
फुलण्या आधीच नको संपवू कहाणी
एक होता राजा नि एक राणी
गोष्ट अशीच असायला हवी
हक्क आहे प्रत्येक बीजाला अंकुरण्याचा
प्रश्न आहे सर्वांच्याच अस्थित्वाचा
तीच आधार ती जन्माची साखळी
संपलीच ती तर उरेल अंधार पोकळी
न मिळे घरोघरी वा बाजारी
ती मिळे प्रत्येकाच्या अंतरी

Gunjan Shende
Batch 2k16

DON'TS LET
THE LIVES
END BEFORE
IT EVEN
BEGINS

GIVE GIRLS
THE WINGS TO
FLY , NOT THE
PAIN TO CRY
AND DIE

SAVING
GIRL CHILD
IS LIKE
SAVING
UPCOMING
GENERATI
ONS

PLEASE
STOP
FEMALE
FOETICIDE

THINK A
WORLD
WITHOUT
US

A GIRL
CHILD
BRINGS JOY
SHE IS NO
LESS THAN
BOY

GIRLS ARE
THE SPIRIT
OF OUR
NATION
SAVE
THEM

SAVE
THE
GIRL
SAVE
CHILD

A DAUGHTER IS
ONE OF THE
MOST
BEAUTIFUL
GIFTS THIS
WORLD HAS TO
GIVE

LET EVERY GIRL
CHILD EDUCATE
TO KILL THE
DEMON OF
GENDER
DISCRIMINATION
IN THE SOCIETY

GIVE THE
GIRL CHILD
A CHANCE
TO LIVE

LET ME
SEE THE
WORLD

NO GIRLS ,
SO NO
MOTHER
ULTIMATEL
Y NO LIFE

WHEN YOU
KILL A GIRL
YOU KILL
MANY
OTHER
RELATIONS

FAMILY IS
INCOMPLETE
WITHOUT A
GIRL CHILD

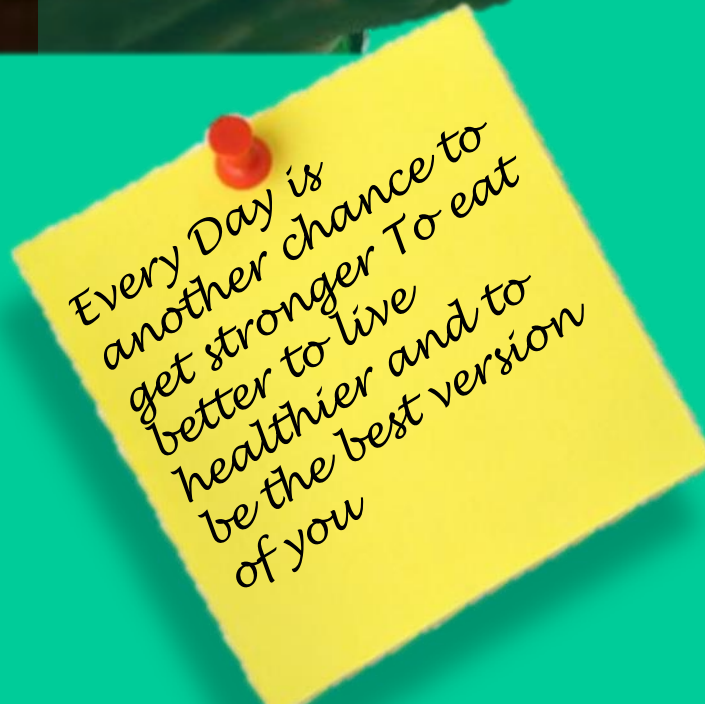
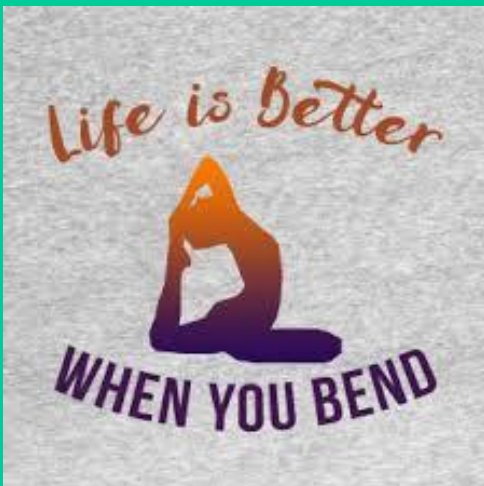


प्रिती

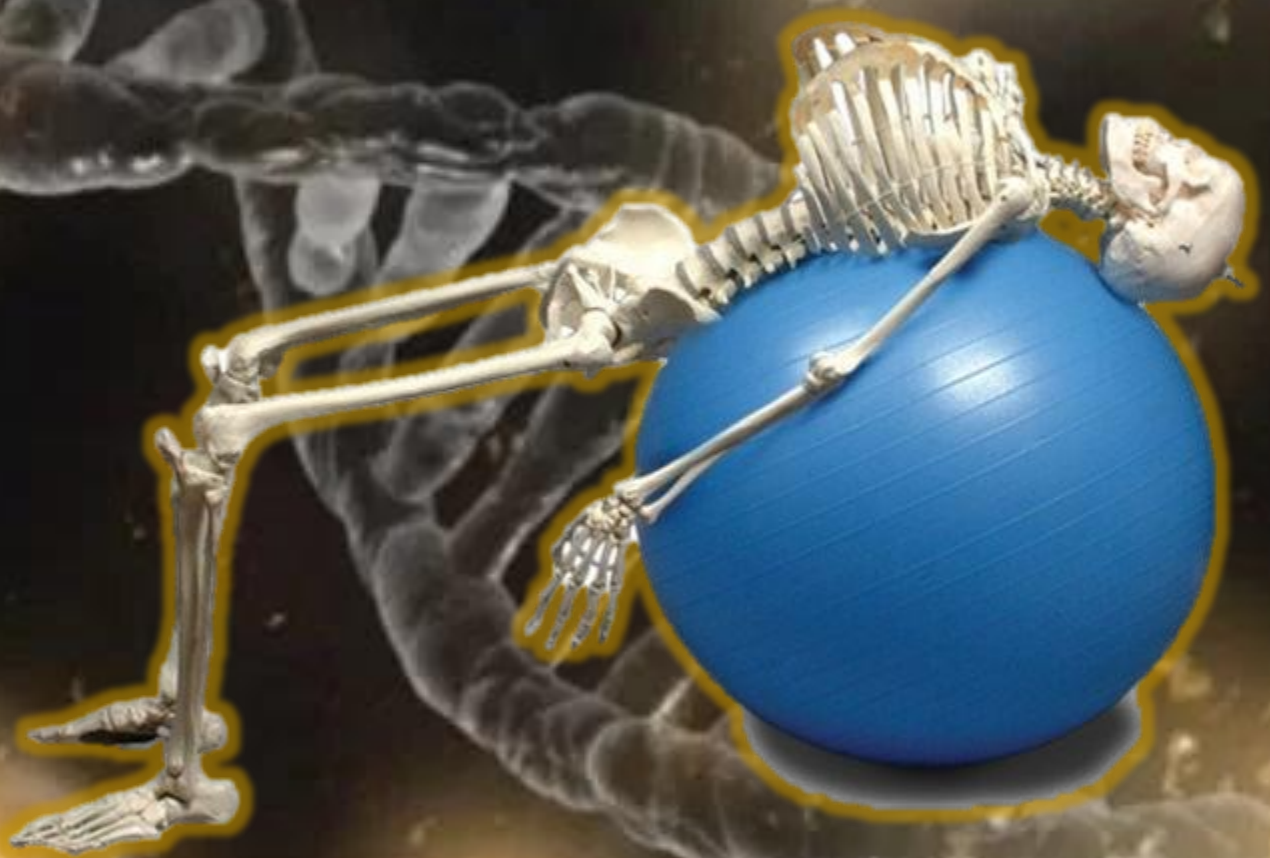
तुच तु जिवनी , मन प्रितीत गुंतले
या अशा मोहिनी, हि कशी रागीनी
म्हणुनीही आहे ती बंदिनी, बंदिनी
या अशा प्रितीने जुळली ही कहानी
मनात कोण ही आहे ती दामीणी
माझ्या या सावलीत ती कांजनी सावली
तुच तु

काय ते होते हे या मनात प्रितीनी
मनात कोण आहेही सौदामिनी
माझ्या या स्वप्नांत ती कोणती आहे
तुच तु....

By Nivedita Singh Bele
PG Batch 2k17



Scientific Section





Sports Physiotherapy

First Aids of Physiotherapy in **common** cricket injuries

Sport physiotherapy is a specialized branch which deals with injuries and issues related to sport people. Playing sport promotes self-esteem for the athletes and their team and gives entertainment to the audience all over the world. However, whatever in any sport, the risk of the injuries to the players is always imminent. Accidents, mistakes and injuries are sure to happen during and after a game. Sport physiotherapy is helpful to manage sport injuries.

One of the most popular sports being played in our country is cricket. Physiotherapy helps a cricketer to prevent & minimize risk and recover from injuries. Batting, bowling, and fielding can carry serious injury risk which can become career-threatening and even life-threatening in some cases. Cricket

players are most likely to get these injuries while in the field.

Hamstring stretch → this injury is the result of having a tear in the muscle tissue after a sudden sprint while taking a quick single or fielding a ball. To care for a hamstring strain, put ice on the affected area to minimize swelling & compress the injured area using elastic wrap to protect it from further harm. Having a good warm-up before the game will help prevent injury as the muscle becomes more flexible to take on stress during the game.

Low back pain → this injury occurs as a result of constant bending and fielding of the ball in cricket. Prolonged playing time while standing also puts stress on the back of the players and causes back pain. In this case, take a moment's rest from the game and apply a heat pack to the injured area to relieve the pain and muscle spasms.

*Surgery adds
years to life
Physiotherapy
adds life to
years*

*It's our goal to help
every athlete achieve
their maximum level
of performance.
Helping to prevent
injuries & treating
current ones.
We focus on getting
you back to what you
love*

Side strain → the injury occur as a result of a tear of any of the abdominal muscle classified as internal oblique, external oblique and transversalis & fascia membrane that attached this muscles to rib For light cases of side strain put ice on the injury area and compress it with good elastic bandage

shoulder pain → this injury is the result of having a tear in any of the rotator cuff muscle due to constant stress in the game. Apply ice on the injured area will help to minimize the swellings

sprained ankle → this injury occur as a result of damage to the ligament and tissue around the ankle due to sudden sprint and movements. Intense pain and swelling usually develops in and around the injured area put ice on it to minimize the swelling and compress the swelling with elastic bandage.

In case of cricket injuries physiotherapy helps with effective strengthening and conditioning strategies , addressing fitness and muscular imbalances to help players back to the pitch as soon as possible.

By Prasad Dhage
Batch 2k16

*Physiotherapists
are Engineers of
the worlds most
finest Machines
Ie Human Body*

Knowledge gained by repeated trial



A powerful social learning strategy that creates an environment of learning is through sharing research experiences.

I am glad to have an opportunity to be a part of research project i.e. **“To study the effect of hamstring versus quadriceps strengthening in patients of osteoarthritis of knee”**.

This is the only institution in which students are exposed to the research works from the 1st year of UG itself.

Research work is a very good platform for implementation of theoretical knowledge in practical situations.

My research topics gave me the early clinical exposure. This exposure led to our increase interaction with patients, which helped in enhancing our soft skill and communication skill.

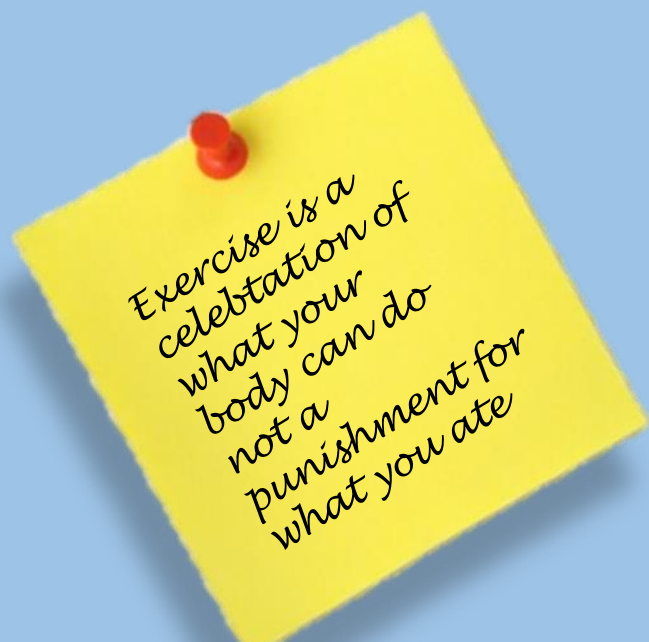
This also enhanced our knowledge and added to our learning experiences.

As we began with our research, initially the patients were unresponsive but, as we went on explaining our research and the way it benefited them, we saw a change with patients change in attitude and acceptance towards our exercise therapy.

Post our exercise sessions, patients were relieved of pain till satisfactory range which was visible in our pain rating scale.

We are blessed to be working under the guidance of Dr. Subrat Samal Sir whose experiences and knowledge helped us for research topic.

Shrushti Jachak
Batch 2k17



Ballet improves balance, social skills in children with cerebral palsy

CP is the most common developmental motor disorder in children. The prevalence of CP in children in the United States is estimated to be between 3.1 and 3.6 cases per 1000 live births. Children with CP present abnormal muscle activity and motor control. Although CP is a static encephalopathy, movement impairments manifest at an early age and tend to worsen with time in detriment to musculoskeletal structures and functions, activities of daily living, and participation in society. Consequently, the main goals of rehabilitation for children with CP include decreasing the risk for skeletal deformity and promoting function and social participation in engaging activities.

The [Cerebral Palsy International Research Foundation](#) (CPIRF) is considering funding a dance therapy program. Doctors at the CPIRF explain that there are pre-existing structures in the brain that are very receptive to music, rhythm, and moving to music. Dancing to music acts as reinforcement for getting the body activated and helps form new pathways in the brain. Through dance, children learn to activate and train their own affected muscles and therefore learn to take control of their own bodies.

The research was done on this that evaluates the effects of a targeted dance class (TDC) utilizing classical ballet principles for rehabilitation of children with cerebral palsy (CP) on balance and upper extremity control. The training principles of classical ballet for postural control with trunk stabilization, static and dynamic balance, and focused movement control of individual joints were utilized to design the Target dance class (TDC) as an adjunct to physical therapy practices. This TDC demonstrated positive perceived benefits for the children as reported by the participants, their parents, and the therapists involved.

By
Poonam Thakare PG 2k17

Results happen
over time not
overnight
Work hard, stay
consistent and
be patient

SPORTS PHYSIOTHERAPY IS MOST TRENDING AND SPECIALISED BRANCH IN THE FIELD OF PHYSIOTHERAPY WHICH PRIMARILY DEALS WITH INJURIES RELATED WITH SPORTS PHYSIOTHERAPY . ALL SPORTSPERSONS REQUIRE HIGH LEVEL PERFORMANCE IN THE FIELD OF THEIR RESPECTIVE GAMES DUE TO WHICH THERE IS INCREASE IN THE BODILY STRESSES ESPECIALLY ON THE MUSCLES AND THE JOINTS AND THUS THIS BRANCH DEALS WITH THE SPORTS INJURIES AND HELPS ATHLETES TO OVERCOME FROM THEIR INJURIES. SPORTS PHYSIOTHERAPISTS GENRALLY HAS FOCUS ON PLANNING TREATMENT PROGRAMMES AND USING METHODS LIKE MASSAGE, MANIPULATIONS AND ELECTROTHERAPY AND VARIOUS TAPING TECNIQUES, THEY ALSO HELP ATHLETES BY INSTRUCTING AND ADVISING TECNIQUES TO AVOID SPORTS INJURIES, THUS IT'S ONE OF THE MOST INTRESTING BRANCH OF PHYSIOTHERAPY, AND A BRANCH TO WHICH MANIER YOUTHS ARE INFLUENCED.

By Prasad Risaldar
Batch 2k16

More Water
More Miles
More Sweats
More Effort
More Satisfied

Food is the
most abused
anxiety drug
Exercise is the
most under
utilized
antidepressan
t

Research on Mechanical Low Back Pain

Prevalence of Mechanical Low Back Pain in housewives of Wardha district.

Objective

- 1-To find out the prevalence of mechanical low back pain in housewives.
- 2- To find out the pain intensity using Numeric Pain Rating Scale (NPRS)

Purpose

Purpose of the study is to evaluate the prevalence of mechanical low back pain (MLBP) in non working housewives.

Participants

Sample of 100 housewives from Wardha district were taken, aged between 20-40 years was selected as per the inclusion and exclusion criteria.

Interventions

The patient is asked to make pain ratings, corresponding pain experienced during any household working activities.

Material used- Numeric pain rating scale.

Scores range from 0-10 points, with higher scores indicating greater pain intensity.

Result

Analysis of data reveals prevalence of MLBP in housewives is 83%. More than 50% housewives have mild intensity of MLBP and there is less percentage of women with severe intensity of MLBP.

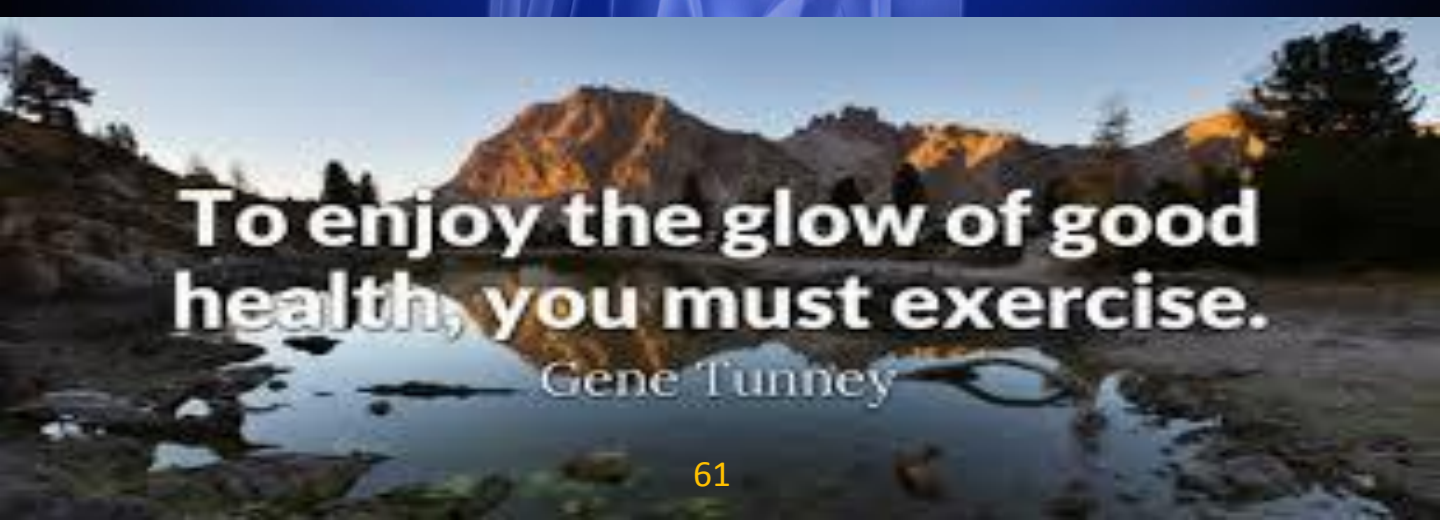
Conclusion

The non working housewives have mechanical low back pain and activity restriction due to their pain.

There is less problem of mechanical low back pain as the result is showing the mild disability of pain is more than moderate and severe but to rule out these problems better health-care measures should be provided to enhance the education about good posture, ergonomic measures, health schemes.

By Anjali Bais

Batch 2k16



To enjoy the glow of good health, you must exercise.

Gene Tunney

Improving brain health through exercise



Exercise is just as good for the brain as it is for the body, a growing body of research is showing. And one kind in particular aerobic exercise appears to be king. With mounting evidence that exercise is good for the brain and may even slow brain ageing.

Forget exercising to fit into a dress size look at that as a coincidental benefit. New research now suggests that exercise causes changes in the brain that boost memory and thinking skills. Additionally, let us not forget, exercise reduces the diseases like diabetes, blood pressure and stroke.

However, you probably know by now that the health benefits of regular exercise and physical activity include helping you lose weight, boost your mood, is healthy for your heart and reduces your risk of developing chronic diseases. But, if like most people, that is not motivation enough, perhaps a compelling reason would be facing the fact that exercise can get the brain working better. After all, who wants to deal with brain fog when you are old, right? Old age comes with its own set of health issues.

In a study done at the University of British Columbia, researchers found that regular aerobic exercise, seems to boost the size of the hippocampus, the brain area involved in verbal memory and learning. Resistance training and other exercises do not have the same results. Researchers from the University also pointed out that physical activity is associated with a reduced risk of Alzheimer's disease and that regular physical activity may improve the performance of daily activities for people afflicted with the disease.

At a time when dementia is highly prevalent and it is estimated that by the year 2050, more than 115 million people will have dementia worldwide, this study seems extremely pertinent.

Exercise is known to help brain health and over the years, research after research is reinforcing the same thing. It is a known fact that parts of the brain that control thinking and memory (the prefrontal cortex and medial temporal cortex) have greater volume in people who exercise versus people who do not. It helps stimulate blood vessels in the brain, and even helps in developing new brain cells. Exercise also helps the body release chemicals called endorphins," said "Endorphins also trigger a positive feeling in the body. Regular exercise is known to improve your mood, reduce stress, reduce anxiety and even depression and improve sleep. Brain health decreases as we get older. Since aerobic exercise increases hippocampus volume, it can help maintain brain age. Physical activity also increases levels of brain-derived neurotrophic factor (BDNF), which is known to help repair and protect brain cells from degeneration as well as help grow new brain cells and neurons.

There are so many options for aerobic exercises like walking, running, swimming, cycling, rowing, boxing, kickboxing, and dancing are all different types of aerobic exercises that can provide a host of health benefits. If individuals have other health problems it is best to seek a doctor's advice before chalking out an exercise regime. How much exercise is required to improve memory?

In these study participants walked briskly for one hour, twice a week. That's 120 minutes of moderate intensity exercise a week. Standard recommendations advise half an hour of moderate physical activity most days of the week, or 150 minutes a week. If that seems daunting, start with a few minutes a day, and increase the amount you exercise by five or 10 minutes every week until you reach your goal.

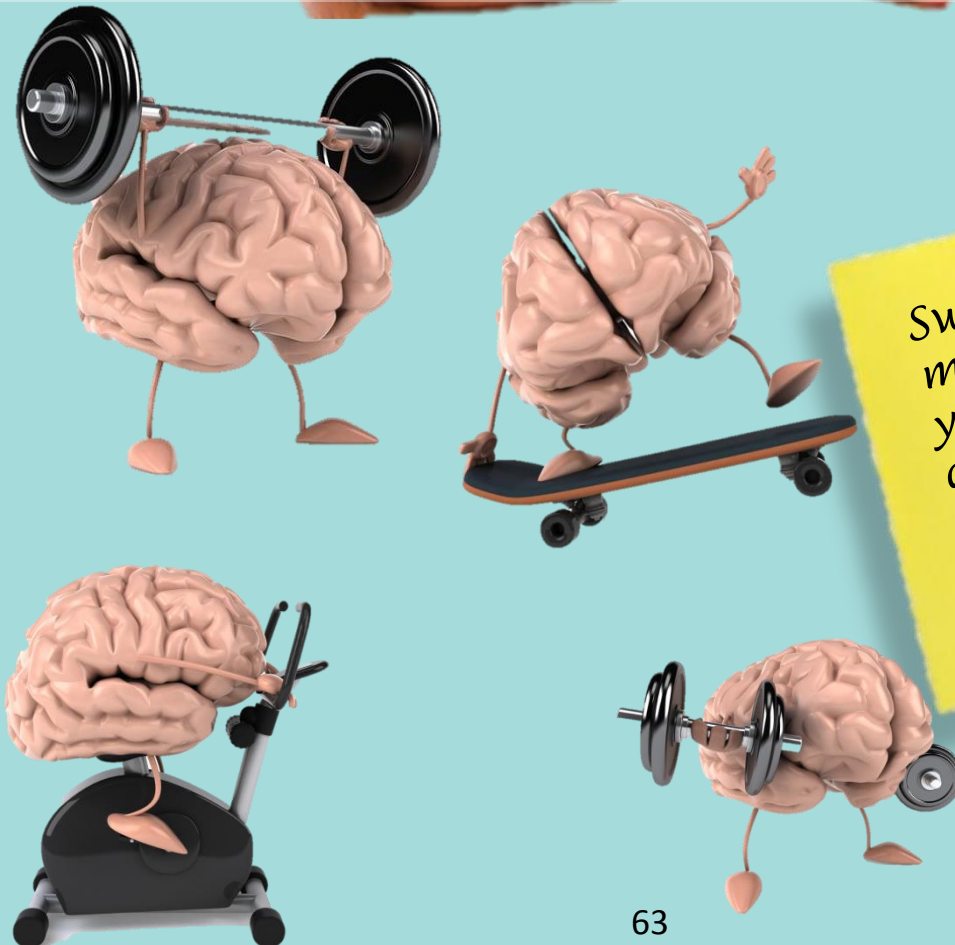
If you don't want to walk, consider other moderate-intensity exercises, such as swimming, stair climbing, tennis, squash, or dancing. Don't forget that household activities can count as well, such as intense floor mopping, raking leaves, or anything that gets your heart pumping so much that you break out in a light sweat.

The younger generation seems to be hooked on to achieving a certain body shape, size, etc and while it is good to have goals, I think it is better to think of making exercise a regular habit. Once that is achieved, getting into shape, or improving physical and mental health become incidental.

caution: "While exercise is important, healthy nutrition, mindfulness and adequate sleep also go hand-in-hand. Opt for whatever motivates you but commit to establishing exercise as a habit, think of it like prescription medication."

So Start exercising!

Poonam Thakare
PG Batch 2k17



Sweat is
magic Convey
yourself in it
daily to
gaint your
real wishes

Music therapy a tool for stroke patient



Music is part of the human nature, and it is also phylogenically relevant to language evolution. Language and music are bound together in the enhancement of important social functions, such as communication, cooperation and social cohesion. Music induced adjustment of respiratory rhythm, relaxation of muscular stiffness, decrease of heart rate and blood pressure by formation of a comfortable atmosphere, and alleviation of tension by increased alpha waves in the brain, it has been found that effects of music on the reduction of depression and anxiety indices in patients with respiratory diseases, rehabilitation, and cranial nerve diseases. Music has a core function in our brain. Day-old infants are able to detect differences in rhythmic patterns. Mothers across cultures and throughout time have used lullabies and rhythmic rocking to calm crying babies. From an evolutionary standpoint, music precedes language. We don't yet know why, but our brains are wired to respond to music, even though it's not "essential" for our survival.

Every time your breathing quickens, your heart-rate increases, or you feel a shiver down your spine, that's your body responding physiologically to music. Qualified music therapists can use this to help stimulate a person in a coma or use music to effectively help someone relax.



When a musical input enters our central nervous system via the auditory nerve, most of the input goes to the brain for processing. But some of it heads straight to motor nerves in our spinal cord. This allows our muscles to move to the rhythm without our having to think about it or “try.” It’s how we dance to music, tap our foot to a rhythm, and walk in time to a beat. This is also why music therapists can help a person who’s had a stroke re-learn how to walk and develop strength and endurance in their upper bodies, Playing music can engage the part of the brain responsible for movement. Music is also a predictable stimulus, and the steady beat can help build coordination and during gait training to help stroke survivors improve their walking ability. For example, playing familiar music with a strong beat and having patients walk in time with it may help fix their uneven gait or enable them to walk further and faster than they could without music. Recovering from a stroke is a long and difficult process, but for many stroke survivors music therapy could be a solution. Music has the power to inspire patients to strengthen motor, speech, and cognitive skills—the abilities they cherish most. The right tunes move people physically and emotionally, and they are also a way to keep strenuous rehab sessions fun, when combined with traditional therapies, music therapy can have amazing and lasting effects on stroke survivors’ lives.

Snehal Samal
PG Batch 2k17

Life after death – through organ donation

Many diseases affect various organs in human body and leads to permanent and near complete loss of function of organ concerned. This is referred as end stage of organ failure and the person cannot survive without a treatment modality that replaces the function of the organ or the patient has to undergone organ transplantation surgery but unfortunately artificial organ support is not available for patients



Obviously the organ for transplantation need to be obtained from human being either during life or after death. The single organs like pancreas and heart donation during life is not possible this organ can be donated only after death. A person who have suffered brain death would never ever come back to the life, the organ from this persons can retrieved and used for the purpose of saving lives of patients with organ failures and can be given a seconds lease of life

At present we are just burying or burning this valuable organs which have the potential to give a second life to many unfortunate human beings who have organ failure

No person should die for want of an organ. Everyone of us should make a dicision to donate our organ if we are unfortunate to have a brain death. Let us take a reasolve to give this unfortunate victims of organ failure a new life after death.

Prasad Dhage
Batch 2k16

**Is there any
another way of looking
at life after death?
Certainly!**

**Why burns /cremate good organs
with the body of a brain dead persons when
such simple and human action as transplanting
them to a needy persons can transform life**



LOW BACK PAIN

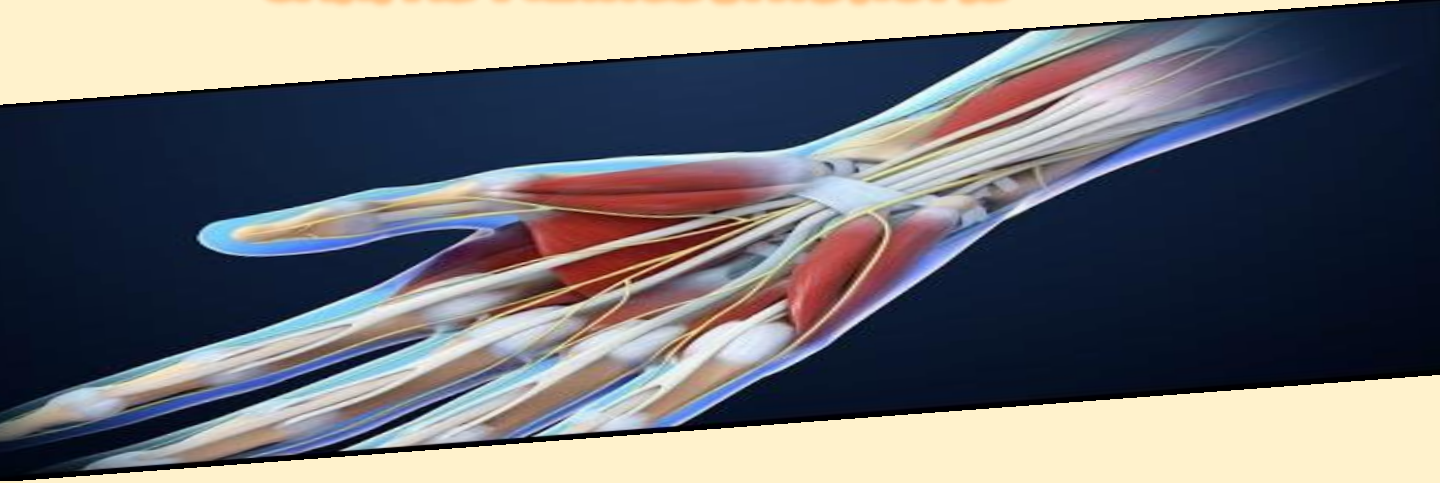
**FIVE EXERCISES IN
PHYSIOTHERAPY
WHICH MIGHT HELP IN
COUNTERING
LOW BACK PAIN OR CAN
REDUCE LOW
BACK PAIN.**

**Standing hamstring stretch
Extension exercise
Pelvic tilt (pelvis elevation)
Kneeling with hands rested on floor
Paschimottanasan (forward bending)**

**Prasad Risaldar
Batch 2k16**



CARPAL TUNNEL SYNDROME



Carpal Tunnel syndrome is characterized by the sensory loss and motor weakness that occurs when median nerve is compromised in carpal tunnel. Decreased the space in carpal tunnel could compress or restrict the mobility of median nerve causing compression, traction injury, ischemia and neurological symptoms.

Examination:

History: The patients describes sensory changes in median nerve distribution of the hand and nocturnal numbness and pain.

Common structural and functional impairments:

- 1: Increase pain in hand
- 2: Progressive weakness and atrophy in thenar muscle and first two lumbricals.
- 3: Tightness in adductor pollicis.
- 4: Irritability and sensory loss in median nerve distribution.
- 5: Decreased in range of motion of wrist joint.

Functional Limitations:

- 1: Decreased prehension in tip to tip, tip to pad and pad to pad activities.
- 2: Inability to perform provoking sustained and repetitive wrist motion.

Management of carpal tunnel syndrome

1: Nerve Protection

Splint the wrist in neutral position so that there is minimal pressure in tunnel.

2: Activity Modification

Modify activity to keep the wrist in neutral and to reduce forceful prehension.

3: Mobilisation Techniques

A) Joint Mobilisation

Mobilize the carpal for increasing carpal tunnel space.

B) Tendon Gliding exercises

Teach the patient tendon gliding exercise for mobility in extrinsic tendons

C) Muscle Performance

Muscle setting exercises are resistance exercises.

Give resistance exercises with endurance.

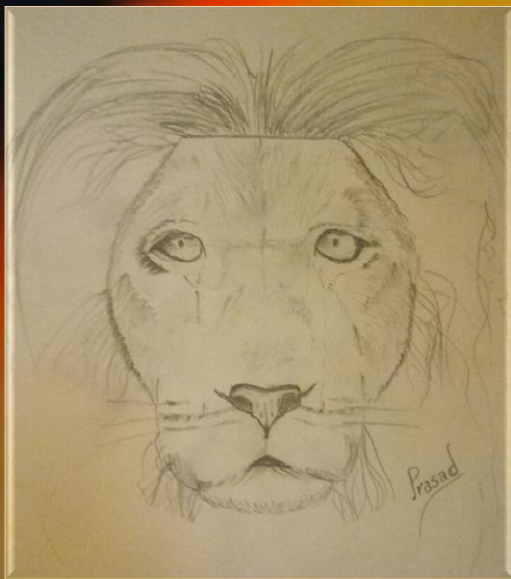
Add dynamic strengthening and endurance exercises.

Perform activities that develop tip to tip prehension and tip to pad prehension.

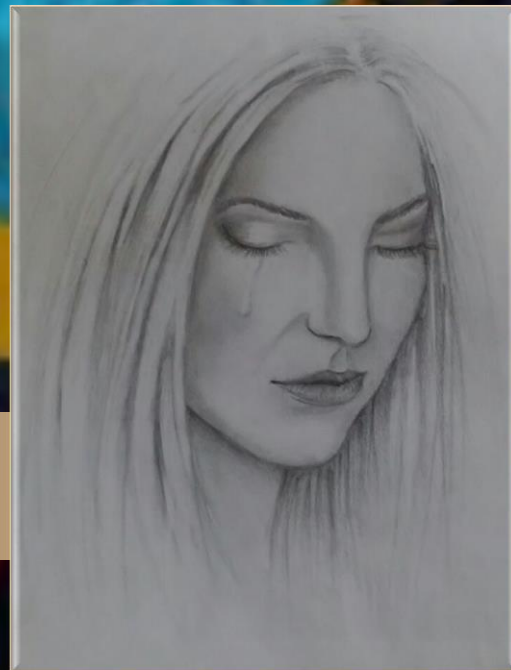
By Vrushali Athawale Batch 2k16

Creativity Section

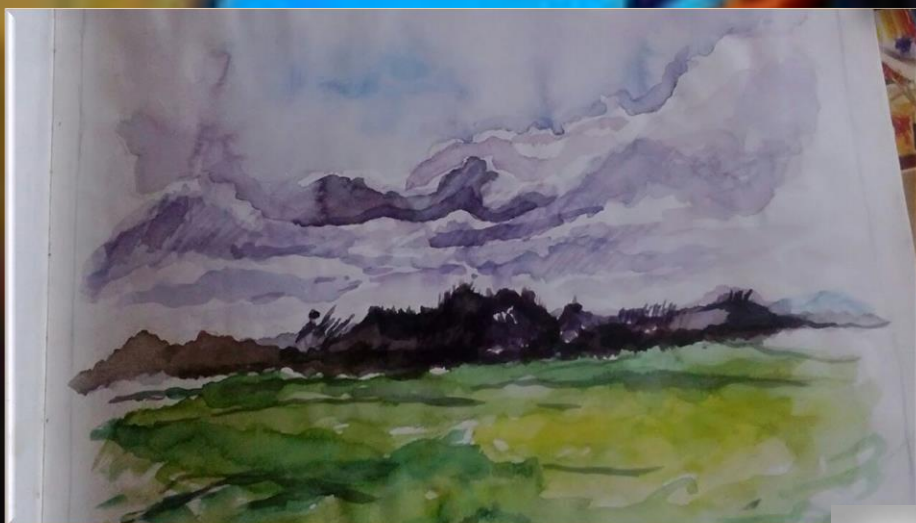




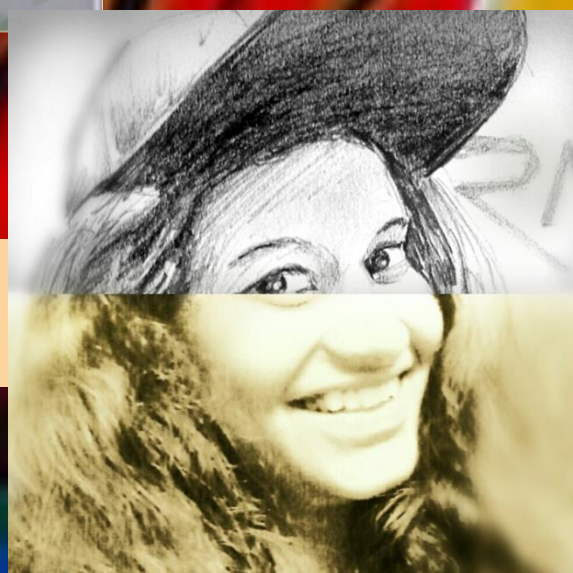
Prasad Risaldar
2k16



Sapna Dhote
2k16



Devyani
Purushe 2k16



Radhika Sawal
2k16



Radhika Sawal
2k16

Shraddha Chandak
2k16



Pooja Shah
2k16

Renuka Dhole
2k16





Pooja Shah
2k16



Priya Tikhile 2k16



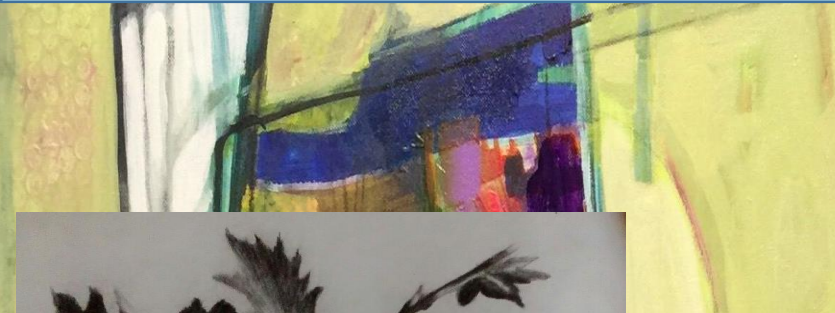
Riya Bansal 2k17



Riya Bansal 2k17



Vaidehi Kannao 2k16



Sapna Dhote 2k16



Divyani Padole 2k16



Divyani Padole 2k16

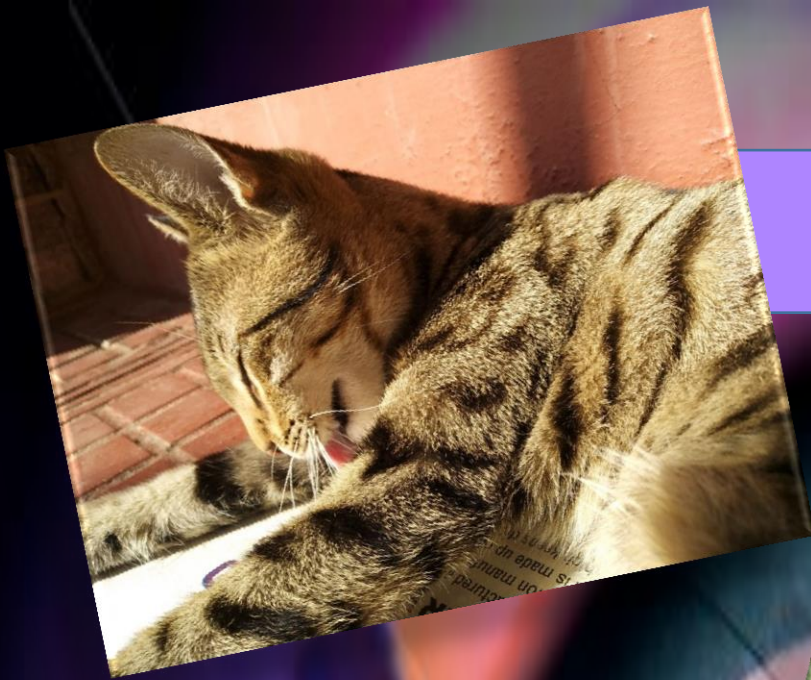


*Impairment & Inability
& Pain & Disability
means
Sadness*

*Sadness +
Physiotherapy
Means
Smile & Confidence &
Hope & Health
That's what Physios Do!*

Photography Section





Smita Nair
PG 2k17

Nivedita Singh Bele
PG 2k17



Ankita Aashthankar PG
2k17



**Mohammad Zeeshan
PG Batch 2k17**

**Prasad Risaldar
Batch 2k16**



**Mohammad
Zeeshan
PG Batch 2k17**

**Prasad Dhage
Batch 2k16**



**Devyani Purushe
Batch 2k16**



**Devyani Purushe
Batch 2k16**



**Priya Tikhile
Batch 2k16**

**Prasad Dhage
Batch 2k16**



**Prasad Risaldar
Batch 2k16**

Batch is group of college friends which becomes a kind of Family . They laugh, eat , cry, fight together , They support each other, learn things together and grow up together.

They left many sweet and sour memories that brings smile on their face after few years

Batch Photograph



PG Batch 2k17
1st Yr MPT



UG Batch 2k16
2nd Yr BPT



UG Batch 2k17
1st yr BPT



*Movement is a
medicine for
creating change
in a persons
physical,
emotional, and
mental states.*

Achievement Section





Interdisciplinary Model Making Competition

3rd Position Winner from RNPC

1st year

Akansa Hege

Aditi Jodhi

Rutuja Parkhi

Yukta Budhawani

Chitrakshi Chaurasia





Intercollegiate Vidarha Level
 Anatomy Quiz 2018 Competition
 1st Position Winner from RNPC
 1st year
 Sakina Saifee & Tasneem Lakaddsha





Dushyant Bawiskar

IASM SCIENTIFICA NATIONAL CONFERENCE PUNE

Dt. 2,3,4 February 2018

Received CONSOLATION Prize for paper presentation

Title – Estimation of normalized data of hand grip strength by
hand dynamometer.



RNPC Students of Batch presented Nirbhaya Dance in Ganesh Festival 2017 and won 11,000 prize.





*A physiotherapist
has the Brain of a
Scientist, the Heart
of a Humanist and
the Hands of an
artist*

*Events Organised
by Ravi Nair
Physiotherapy
College .*



Ravi Nair Physiotherapy College stall in Ganesh Festival Celebration 2017



World Disability Day

3 December

My ABILITY is stronger than my DISABILITY

INDRADHANUSHYA-a classicle and heart touching programme including drawing competition and cultural event was organized for Disabled childrens from schools of Wardha District at Datta Meghe auditorium on 3rd December 2017 in the auspicious presence of Hon. chancellor Shri Dattaji Meghe and Civil surgeon Dr. Purushottam Madavi, Social welfare officer Avinash Ramteke, OSD Shri Abhyudayji Meghe, Director RNPC Manisha Meghe & Principal Dr.AtharuddinKazi

Dr.Sandeep Shrivastava was the organizing chairperson
Dr. Madhuri Wane was the Organizing Secretary of Whole event along with her team.



World Physiotherapy Day

On the occasion of World Physiotherapy Day Dated 8/09/2017. Ravi Nair Physiotherapy College, Sawangi Meghe Wardha under Datta Meghe Institute of Medical Science {DU} organized following programs and activities.

Felicitation of all Respected Teachers

Skit played by student of RNPC on the theme Physical Activity for life

On this occasion Dr. Atharuddin Kazi Principal of RNPC delivered his valuable speech on the physiotherapy Perceptive development of profession.

Dr. Sohan Selkar, Dean Academics also highlighted on the physiotherapy awareness among people & upliftment in future.

Various flex and banner were used to promote awareness of physiotherapy.



Cardio Physiotherapy Updates



Continuous physiotherapy Education CPE on Cardio physiotherapy update was organized by **Ravi Nair Physiotherapy College** as dated 2 February 2018. Respected, Vice Chancellor Dr.Rajiv Borale, Registrar Dr.Anjankar, Director RNPC Mrs. Manisha Meghe, Principal Dr.Atharuddin Kazi, Dean Academics Dr.Sohan Selkar were as guest. Dr.Borale was Chief Guest , Dr. Shiril Nagarkar was the organizing secretary behind this successful event. Guest lecture on latest updates were highlighted by guest speaker Dr.Satish Khadase, Dr. Imran Khan , Dr,Umanjali Damake, Dr, Pravin Kumar, Dr, A. K. Kazi.

Field Visit to Yelakeli



Rasulabad Village Adoption





Datta Meghe Institute of Medical Sciences
[Deemed to be University]



Ravi Nair Physiotherapy College,
Sawangi Meghe Wardha (MS)

Rahat 2017



Magazine Design By - Prasad Dhage

Batch 2K16

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