

Dr. Ambedkar College, Deekshabhoomi, Nagpur
Life Line Services Cell
Report 2022-23
Visit to Physiotherapy Center
& Talk on Rehabilitation and Prevention of Injury
Date- 14th November 2022

DR.AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

NOTICE

Date: 12-11-2022

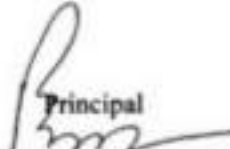
All the students are hereby informed that Lifeline Services Cell in association with Department of Physical Education and Sports Academy have arranged a visit to the Physiotherapy centre of the Sports academy and a talk the topic "Rehabilitation and Prevention of Injury" on 14th November 2022.

Date: 14th November 2022

Timings: Timings: 1.30 pm - 2.30 pm

Speaker: Dr. Vivek M. Bamal, Physiotherapist and Psychologist.




Principal
(Prof. Dr. B.A. Mehere)
PRINCIPAL
DR. AMBEDKAR COLLEGE
NAGPUR.

Poster:

**DR AMBEDKAR COLLEGE DEEKSHABHOOMI
NAGPUR**

**Lifeline Services Cell
in association with
Department of Physical
Education and
Sports Academy**

organises

**SPORTS REHABILITATION CENTRE VISIT
AND GUEST LECTURE ON REHABILITATION
AND PREVENTION OF INJURY**

Guest Speaker

DR. VIVEK M. BAMBAL

Master of Occupational Therapy

Master of Psychology

Time: 1.30pm to 2.00pm

Date: 14 November 2022

Report:

The Lifeline Services Cell of Dr.Ambedkar College, Deekshabhoomi,Nagpur organized a Visit to physiotherapy center of the Sports Academy, Dr. Ambedkar College, Deekshabhoomi, Nagpur College and a talk on “Rehabilitation and Prevention of Injury” on 14th November 2022 in association with the Department of Physical Education and Sports Academy, Dr, Ambedkar College, Deekshabhoomi, Nagpur. This program was organized to educate the students of the college about the ways to lead an injury free life and to seek proper medical attention whenever one feels the need. The Visit and talk was presented by Dr. Vivek M. Bambal, Physiotherapist, Head of Multi-Specialty Rehab Center, Nagpur.

In the visit Dr. Vivek M. Bambal demonstrated the working of various medical equipment available at the Physiotherapy Centre and discussed about the use of equipment in different types of injuries and rehabilitation. He also emphasized the need for early detection of strains and injuries, so that these can be rectified without any invasive medical treatments. The students actively participated in the demonstration.

A talk on “Rehabilitation and Prevention of Injury” by Dr Vivek M. Bambal was also conducted. Miss. Rita Lakakul, Member, Lifeline Services cell, conducted the program. Dr. Jitesh Tripathi, Co-ordinator, Lifeline Services Cell, Dr. V. M. Shivankar and Dr. Deepak Borkar, Member of Lifeline Services cell very present and helped in conduction of the activities. All the Students appreciated the initiative taken by the Lifeline Services Cell. In the talk, Dr. Vivek M. Bambal, a renowned Physiotherapist in Nagpur, discussed about the various types of injuries and causes for the said injuries. He also emphasized about the proper resting methods and the ways to detect an injury or strain on the muscles and tissues. He also pointed out the importance of treating the injuries at an early stage with the help of a physiotherapist, so that the injured can prevent invasive medical treatments and surgeries later on. He also discussed about muscle strengthening exercised to be taken up to prevent future injuries. Dr. Jitesh Tripathi, Coordinator of the Lifeline Services cell, Dr. Ambedkar College, Nagpur presented the aims and objectives of the lifeline services cell of the College. Dr. Deepak Borkar, Member, Lifeline Services cell, emphasized the necessity for such a program, so that all are able to lead a healthy life. Dr. V. M. Shivankar, Member


Lifeline services cell, presented the vote of thanks. Dr. (Mrs.) B.A. Mehere, Principal, Dr. Ambedkar College, Deekshabhoomi, Nagpur, congratulated the team of Lifeline services cell and had a discussion with Dr. Vivek M. Bambal, for future associations and organizing such programs for the benefit of Students and faculty members of the College.

The program was a success.


Photographs:






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Attendance Sheet:

VISIT TO SPORTS REHABILITATION CENTRE

Date: 14th Nov 2022

4 GUEST LECTURE ON

Page: _____

"REHABILITATION & PREVENTION OF INJURY"

1)	Harsh Wath	Sem I	Harsh
2)	Tilak Rewatkar	Sem I	Tilak
3)	Chandan Rewatkar	Sem I	Chandan
4)	Harsh Fulzale	Sem I	Harsh
5)	Prajwal Maske	Sem I	Prajwal
6)	Kartik Silasipuria	Sem I	Kartik
7)	Nakul Shende	Sem I	Nakul
8)	Ayush Jendat	Sem I	Ayush
9)	Bhendes Ramteko	Sem I	Bhendes
10)	Videsh Patil	Sem I	upatil
11)	Krishna Gupta	Sem I	Krishna
12)	Dnyandeep Dubodhi	Sem I	Dnyandeep
13)	Manjil Jorgale	Sem I	Manjil
14)	Pranay A Patle	Sem I	Pranay
15)	Saurabh Bhute	Sem I	Saurabh
16)	Sahil Wankar	Sem I	Sahil
17)	Navmeet Housadehelija	Bsc 1 st yr	Navmeet
18)	Samiya Sheikh	Bsc 1 st yr	Samiya
19)	Ruchika Sonwane	Bsc 1 st yr	Ruchika
20)	Divyani Annase	Bsc 1 st yr	Divyani
21)	Reena Choumare	Bsc 1 st yr	Reena
22)	Ishika Pakhmode	Bsc 1 st yr	Ishika
23)	Tariveni Khandaskar	Bsc 1 st yr	Tariveni
24)	Kashish Sayare	Bsc 1 st	Kashish
25)	Amitish Madani	Bsc 1 st	Amitish
26)	Rohit Junde	Bsc 1 st	Rohit
27)	Aditya Bhingare	Bsc 1 st	Aditya
28)	Aryan Grabekar	Bsc 1 st	Aryan
29)	Riyansh Sontakke	Bsc 1 st	Riyansh

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|-----|------------------------|-------------------------------|----------------------|
| 30) | Neha Rahangdale | Bsc. F 1+ | Deha |
| 31) | Ketul Rahangdale | Bsc. 2nd | Keul |
| 32) | Jidnyasha Tembhekar | Bsc. 2nd | Jidnyasha |
| 33) | Nikito Hatawar | Bsc I st sem (PAM) | Ni |
| 34) | Anyan Chokhandre | Bsc I st sem (PST) | An |
| 35) | Sanchit Dhengre | Bsc I st year | Sanchit |
| 36) | Deven Warkar | Bsc I st yr | Deven |
| 37) | Vansh Tamsetwar | Bsc I st yr | Vansh |
| 38) | Abhishek Shende | B.sc. (CG) | Abhishek |
| 39) | Harshad Sanjiv Mahamaj | B.Sc. (PAM) | Harshad |