

Maharashtra University of Health Sciences, Nashik

Physiotherapy Faculty

Inspection Committee Report for Academic Year 2025- 2026
Attendance Details/ Research Details/ Welfare Scheme Details

Name of College/Institute – Laxmibai Gorule College of Physiotherapy, Washim

1	Attendance	}	Month-wise Biometric attendance to be uploaded by the college on College Website (No hard copies of attendance to be submitted to the University)
	Teaching Staff		
	Non-teaching staff		
	Hospital Staff		
	UG & PG Students		
2	Project	06	
	Research Articles/Publications	02	
	Research Award (Student/Teacher)	05	
3	Utilization of Student Welfare Schemes: -		
	Earn and Learn Scheme	Yes	
	Dhanwantri Vidyadhan Scheme	No	
	Sanjivani Student Safety Scheme	Yes	
	Student Safety Scheme	No	
	Book Bank Scheme	No	
	Savitribai Phule Vidyadhan Scheme	No	
	Bahishal Shikshan Mandal Scheme	No	
4	Sport participants/Other Activities:		
	i) Information of Student(s) who participated University level & State level Avishkar Competition.	No	
	ii) Information of Student(s) who participated in Regional Sport Competition & State level Sports Competition.	Yes	
	iii) Information of Student(s) who participated in Cultural Activities.	Yes	
	iv) Does the college have NSS Unit?	No	
5	Whether "Swaccha Bharat Abhiyan" implemented in college	Yes	

Verified by The LIC Committee Members



[Signature]
Principal
 Dean/Principal Stamp & Signature
 Physiotherapy- Washim-444605.



JAY SAMAKA KALYANI SHIKSHAN VA BAHUDESHIYA SANSTHA'S

LAXMIBAI GORULE COLLEGE OF PHYSIOTHERAPY

Recognize By DMER Govt Of Maharashtra Affiliated to M.U.H.S Nashik

✉ - principal@gcop@gmail.com / lgcollege.washim@gmail.com Website - www.lgcollege.com

Address - Gat No.43/1, Pusad Road, Near Sallee Colony, Kakaddati Phata, Washim Tq. Dist. Washim - 444505 Mo.No - 9423130899 ,

Out No.JKSBS/LGCollege/Washim/344 /2024

Date.28/11/2024

प्रति,

भा.संचालक,
विद्यार्थी कल्याण विभाग,
महाराष्ट्र आरोग्य विज्ञानविद्यापीठ,
दिंडोरी रोड, म्हसळ, नाशिक - ४२२०१०

विषय - ए.आय.यु.निवड चाचणी २०२४-२५ क्रिकेट या खेळात सहभागी होणा-या विद्यार्थ्यांची नावे सादर करणे बाबत.

संदर्भ - परिपत्रक क्र.२९/२०२४ अन्वये.

महोदय,

उपरोक्त संदर्भीय विषयास अनुसरून आपणास साविनय पूर्वक सादर करण्यात येते कि, आगच्या लक्ष्मीबाई गोरुले कॉलेज ऑफ फिजीओथेरेपी, वाशिम या महाविद्यालयामधील संदर्भीय परिपत्रकानुसार क्रिकेट खेळात इच्छुक विद्यार्थ्यांची नावे खालीलप्रमाणे सादर करण्यात येत आहेत.


अ.क्र	विद्यार्थ्याचे नांव	संपर्क क्रमांक
१	वेमव सुरेश हिंवराळे	8966798731
२	रितेश मंगलसिंग साबळे	9370571871

करिता आपल्या माहितीस्तव साविनय सादर.



आपला विश्वासु


Principal
Laxmibai Gorule College of
Physiotherapy- Washim-444505.


Principal
Laxmibai Gorule College of
Physiotherapy- Washim-444505.

LAXMIBAI GORULE COLLEGE OF PHYSIOTHERAPY



SYNOPSIS ON


**“COMPARATIVE EFFECT OF ISCHEMIC COMPRESSION
TECHNIQUE AND POSITIONAL RELEASE TECHNIQUE ON
QUALITY OF LIFE IN PATIENTS HAVING NON-SPECIFIC NECK
PAIN WITH UPPER TRAPEZIUS TRIGGER POINT”**

Synopsis submitted for the degree of B.P.T

UNDER

**LAXMIBAI GORULE COLLEGE OF PHYSIOTHERAPY,
WASHIM**

2023-2024


Principal
Laxmibai Gorule College of
Physiotherapy, Washim-444505.

LAXMIBAI GORULE COLLEGE OF PHYSIOTHERAPY



SYNOPSIS ON

**“AWARENESS AMONG MULTIGRAVIDA WOMAN OF WASHIM
DISTRICT ABOUT ASSOCIATION BETWEEN MULTIPLE
PREGNANCY AND PELVIC FLOOR DYSFUNCTION”**

Synopsis submitted for the degree of B.P.T

**UNDER
LAXMIBAI GORULE COLLEGE OF PHYSIOTHERAPY,
WASHIM**

2023-2024

**Principal
Laxmibai Gorule College of
Physiotherapy, Washim-444305.**

LAXMIBAI GORULE COLLEGE OF PHYSIOTHERAPY



SYNOPSIS ON


**“PERCEIVED BENEFITS AND BARRIERS TO EXERCISES AMONG
PHYSICALLY ACTIVE AND NON ACTIVE TYPE 2 DIABETIC
ELDERLY”**

Synopsis submitted for the degree of B.P.T

UNDER

**LAXMIBAI GORULE COLLEGE OF PHYSIOTHERAPY,
WASHIM**

2023-2024


Principal
Laxmibai Gorule College of
Physiotherapy, Washim-444505.

LAXMIBAI GORULE COLLEGE OF PHYSIOTHERAPY



SYNOPSIS ON


“EFFECT OF MOIST HEAT VERSUS CORE STRENGTHENING EXERCISES ON MENSTRUAL ABDOMINAL PAIN IN YOUNG COLLEGE GOING STUDENTS”

Synopsis submitted for the degree of B.P.T

UNDER

**LAXMIBAI GORULE COLLEGE OF PHYSIOTHERAPY,
WASHIM**

2023-2024



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IMMEDIATE EFFECT OF MUSCLE ENERGY TECHNIQUE AND POSITIONAL RELEASE TECHNIQUE ON HAMSTRING MUSCLE TIGHTNESS IN HEALTHY FEMALES

INTRODUCTION

Flexibility is considered an essential element of normal biomechanical function.[1] Limited flexibility has been shown to predispose a person to several musculoskeletal overuse injuries and significantly affect a person's level of function and causes neuro -musculoskeletal symptoms. These musculoskeletal symptoms will lead to decrease in strength, stability, endurance and much more.[2]

The hamstrings comprise three large muscles, namely semitendinosus, semi-membranous and biceps femoris which originate from the infero-medial impression on the upper part of the Ischial tuberosity and gets inserted on the upper parts of posterior surface of tibia. They are located in the posterior compartment of the thigh and acts on the hip and knee joint. Hence, they are extensors of the hip and flexors of the knee.[1] Overuse of muscles can also cause pain and injury to the area and can lead to pulls and tears or hypoxia of the involved muscles. This may cause the body to produce scar tissue that binds up the tissues that need to move about freely. This can cause the muscles to become shorter and put tension on the tendons and nerves can become entrapped.[3]


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TITLE

Effect of Resistance and aerobic training in Polycystic Ovarian Syndrome -A Comparative study

INTRODUCTION

Polycystic Ovarian Syndrome is a common disorder which includes endocrine symptoms chiefly affecting the women at reproductive ages. Exact cause is unknown but can be caused by imbalance of female sex hormones. ^[1] 9.3% in Indian adolescents and 3.7% in young women is the estimated prevalence rate of PCOS (POLYCYSTIC OVARIAN SYNDROME) in India. ^[2]

There are three types of PCOS in relation to androgenic function ^[3]:-

TYPE 1- No Hirsutism and no irregular menstrual periods.

TYPE 2- No Hirsutism and irregular menstrual cycle.


TYPE 3- Both Hirsutism and irregular menstrual cycle.

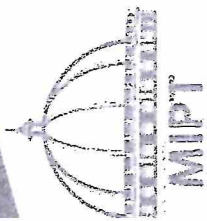
In PCOS reduced frequency of ovulation, menstrual irregularity, reduced fertility, abdominal obesity, sonographic evidence of ovarian cyst, high levels of male hormones such as Testosterone and Androstenedione are the clinical reproductive manifestation of PCOS. ^[1]

PCOS may lead to metabolic dysfunction like elevated levels of insulin secretion, insulin resistance, diabetes, abnormal cholesterol levels and plasma free lipids. ^[4]

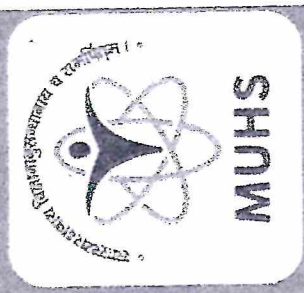
PCOS may be related to the dysregulation in female reproductive hormones, insulin resistance and its compensatory are said significant etiological factors of PCOS. ^[1,2]

Obesity is said to be related to PCOS, obesity increases androgen and excess blood insulin levels causing hormone imbalance and worsening the

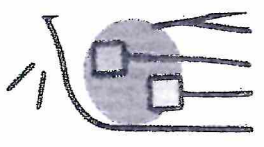

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Certificate of Achievement



This is to certify that **Ms. Shrutika Sanjay Dhobe** has
been awarded **1st Prize** for her outstanding **Poster
Presentation virtually** on 20th December 2024 in the **UG
Category** at the 1st National Electrotherapy Conference
"Electrocon-24", held on 21st and 22nd December 2024 at
Maharashtra Institute of Physiotherapy, Latur

Organising Secretary
Dr. Gaurav Bhatnagar
Professor, MIPT Latur

Principal
Laxmibai Gorur College of
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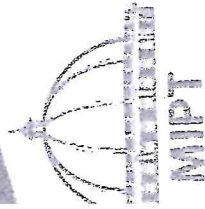
Organising Chairman
Dr. Subhash Khatri
Principal, MIPT Latur

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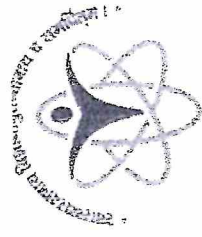
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MUHS



Certificate of Achievement

This is to certify that **Ms. Stuti Shelokar** has
been awarded **2nd Prize** for her outstanding **Poster**
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"Electrocon-24", held on 21st and 22nd December 2024 at
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Organising Secretary
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Professor, MIPT Latur



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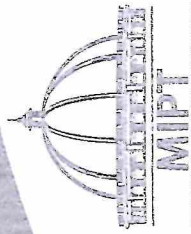


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Dr. Subhash Khatri
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From: ELECTROCON MIPT electroconmipt@gmail.com
Subject: UG Poster 2nd prize certificate
Date: 26 Dec 2024 at 4:47:45 PM
To: Niharika Nikalje niharikanikalje@gmail.com

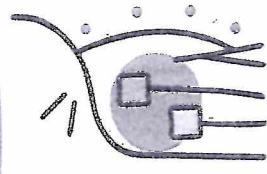
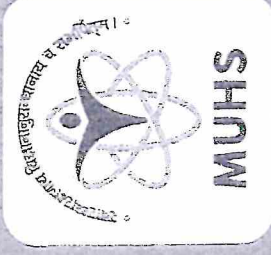


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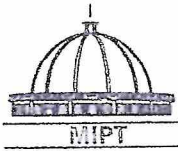
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This is to certify that **Ms. Purna Ingle** has
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Principal, MIPT Latur



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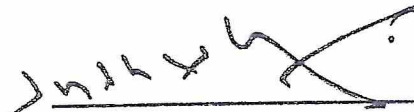


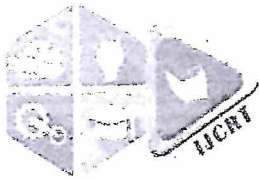
Academic Eminence Award (Senior)

Dr. Ashish Bele

This Certificate is Awarded to -----
in Recognition & Appreciation of his/her contribution in Physiotherapy,
at ELECTROCON-24 1st National Electrotherapy Conference on
21-22 December 2024 Latur.


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INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

The Effect Of Shoulder Proprioceptive Neuromuscular Facilitation With Scapular Stability Exercises On Pain, Range Of Motion And Function In Adhesive Capsulitis –A Case Study

Authors: Dr.Kalyani Malpani¹, Dr.Mayuri Zanwar²

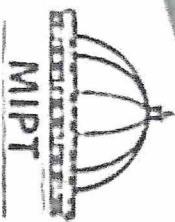
- 1- Dr.Kalyani Malpani(PT),Assistant Professor ,Department of Musculoskeletal Physiotherapy, Laxmibai Gorule College of Physiotherapy, Washim,Maharashtra .
- 2- Dr.Mayuri Zanwar, Assistant Professor, Department of Community Physiotherapy, Laxmibai Gorule College of Physiotherapy, Washim, Maharashtra.

Abstract

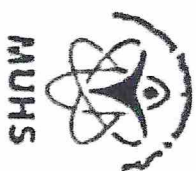
Background:-Adhesive capsulitis is a nonspecific chronic inflammatory reaction of tissues in the Glenohumeral joint which causes synovial thickening. This Thickening results in limited range of motion (ROM) most commonly seen in Shoulder abduction and external rotation. The onset can be insidious or occur after an injury. **Aim:-**The purpose of this case report is to describe proprioceptive neuromuscular facilitation with scapular stabilization exercise Interventions on pain, range and function for a patient with adhesive capsulitis. **CaseDescription:-**The patient was a 50-year-old right-handed male who presented with left Shoulder pain and limited range of motion (ROM) The diagnosis of adhesive capsulitis was determined following mechanism of Injury, past medical history, and physical therapy examination and evaluation. **Intervention:-**The patient was seen for a total of 12 physical therapy sessions over the Span of 3 weeks. Interventions included a proprioceptive neuromuscular facilitation, Scapular stabilization exercise including Scapular clock exercise,shoulder sling exercise and Lawnmower exercise .Outcome measures included ROM measurements, pain Ratings, the Shoulder Pain and Disability Index (SPADI)**Conclusion:-** ProprioceptiveNeuromuscular Facilitation with Scapular stability exercise were found to be effective interventions for a patient with adhesive capsulitis.

Keywords:- Adhesive capsulitis, Scapular stability, Proprioceptive Neuromuscular facilitation


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Certificate of Appreciation



This is to Certify that **Dr. Ashish Bele (PT)** has Served as a guest
Speaker and Contributed Significantly by Delivering a
Lecture titled **"Electrical Stimulation in Pelvic floor
Rehabilitation"** at the 1st National Electrotherapy conference
"Electrocon-24" held on 21st and 22nd December 2024 at
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