

**8.1.7 (QIM) Describe the activities of specialized units like Physiotherapy/Yoga and Naturopathy in the Institution within 500 words**

The attached hospital of the Institute has Physiotherapy and Yoga Unit. Physiotherapy unit is equipped with

1. Electric Traction
2. Manual Traction
3. Inferential Therapy
4. Short wave Diathermy
5. Ultrasound

**Physiotherapy** helps people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice. It maintains health for people of all ages, helping patients to manage pain and prevent diseases. Musculoskeletal which is also called orthopaedic **physiotherapy** is used to treat conditions such as sprains, back pain, arthritis, strains, incontinence, bursitis, posture problems, sport and workplace injuries, plus reduced mobility. Rehabilitation following surgery is also included within this category.

**Dr. Vinod Sonawane** is appointed as a Physiotherapist. OPD and IPD patients are daily getting benefit of all the above mentioned equipments for their discomforts.

Yoga unit is also developed in the Hospital. **Mr. Ambadas Yeloa**, a Yoga Instructor is daily conducting yoga sessions in the morning hours for both OPD and IPD patients. Yoga Improves Flexibility by increasing muscle strength and tone. It also reduces stress level with improved respiration, energy and vitality, maintains a balanced metabolism, reduces weight and improves cardio and circulatory health.

Daily yoga session starts with warm exercises in which movements of all the joints of the body are demonstrated. After that different yoga postures which is to be perform by standing such as Tadasan, Vrikashan, Padhastasan, Chakrasan Trikonasan etc are conducted. Then postures which is to be performed by sitting such as Bhadrasan, Veerasan, Ardha ushtrasan, Ushtrasan, Shashankasan, Mandukasan, Ardhamachhendriya asan, Parvatasan, Manjrasan are to be conducted and at last the postures which is to be performed by lying down such as Shalbhasan, Bhujangasan, Viprit Shalbhasan, Dhanurasan, Noukasan, Pavanmuktasan, Sarvangasan and Natrajasan etc. are conducted on daily basis. The Yoga session has been concluded with Shavasan and Meditation.



  
**PRINCIPAL**

SNJB's Smt. K. B. Abad Homoeopathic  
Medical College & Shri R. P. Chordiya  
Hospital, & Bhamashah Shri V. D. Mehata Dev-Vijay  
P. G. Institute of Homoeopathy & Research  
Genira, Chandwad, Dist. Nashik




S. N. J. B's  
SMT. K. B. ABAD HOMOEOPATHIC MEDICAL COLLEGE &  
SHRI. R. P. CHORDIYA HOSPITAL, CHANDWAD - 423 101(NASHIK)

**CERTIFICATE**

CERTIFIED THAT THIS REGISTER HAS PAGE FROM 01 TO 103 & THIS  
REGISTER IS USED FOR PHYSIOTHERAPY PT. ENTRY & THIS IS  
TAKEN INTO USE ON 18/07/2016.

DATE : 18/07/2016.

  
MEDICAL SUPDT.  
MED. SUPERINTENDENT  
Shriman R.P.Chordiya Hospital,  
Neminagar - Chandwad



  
PRINCIPAL

SNJB's Smt. K. B. Abad Homoeopathic  
Medical College & Shri R. P. Chordiya  
Hospital, & Bhameshah Shri V. D. Mehata Dev-Vijay  
P. G. Institute of Homoeopathy & Research  
Centre, Chandwad, Dist. Nashik.



SR. NO.	REGD. NO.	PATIENT NAME	COMPLAINT	ADVICE
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D- 18/07/16

- 1) 31578 Mrs. Vatsalabai Karbhari Thakare - Pain in Nape of Neck - SWD - Static Exercise - Radiating Pain to R<sup>th</sup> Hand. - Mobility Exercise - Numbness & Tingling Sensation. 7) 31584 Mrs 8) 31565 Mo
- 2) 31574 Mrs. Mirabai Sanjay Dhomse - Pain in the R<sup>th</sup> Knee Joint - Hot Pack - Swelling Around It. Stretching Exercise. 8) 31568. Mo
- 3) 31548 Mrs. Mandabai Haribhai Thakare - Pain in R<sup>th</sup> Leg - Corset. Hip to Toe. - Pillow Support - Throbbing type of Pain. 9) 31559 Mo
- 4) 31553 Mrs. Sumanbai J. Shinde - Pain in the R<sup>th</sup> leg. - Postural Alignment. - From Hip to Foot. - Aching with Numbness. - Corset. 10) 31411 M
- 5) 31558 Mo. Shivaji N. Parkar - Pain in Neck - SWD. - Pain in L<sup>th</sup> Hand. - Mobility Exercises. - From Neck to Index Finger & Thumb (L<sup>th</sup> side). - Throbbing Pain. 11) 31447. M
- 6) 31567 Mrs. Jijabai T. Khate - Pain in L<sup>th</sup> Lumbor Region. - Hot Pack - Formication sens<sup>n</sup>. - Lumbar Corset. 12) 31453 M



Principal  
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SHRI. R. P. CHORDIYA HOSPITAL & BHAMASHAH SHRI V.D. MEHTA,  
HOMOEOPATHY & RESEARCH CENTRE, NEMINAGAR, CHANDWAD  
REGISTER

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S.N.J.B.'S  
SMT. K. B. ABAD HOM. MED. COLLEGE,  
SHRI. R. P. CHORDIYA HOSPITAL &  
BHAMASHA SHRI. V. D. MEHATA P. G. INST. OF  
HOM. & RESEARCH CENTRE, NEMINAGAR,  
CHANDWAD - 423 101 (NASHIK)



ESTD - 1928

**CERTIFICATE**

*Certified that*


*This Register Contains* 104 *Pages, Paged Throughout*

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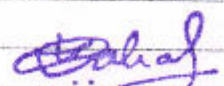
*And Taken into use on* Yoga

*Place :* R.P.C.H. Chandwad.

*Date :* 01/01/2019

  
**MEDESUPDT./PRINCIPAL**  
Shriman R.P.Chordiya Hom. I,  
Neminagar-Chandwad



  
**PRINCIPAL**  
S.N.J.B.'s Smt. K. B. Abad Homoeopathic  
Medical College & Shri R. P. Chordiya  
Hospital, & Bhamashah Shri V. D. Mehata Dev-Vijay  
P. G. Institute of Homoeopathy & Research  
Centre, Chandwad, Dist. Nashik

SR.NO

REDG. NO

NAME OF PERSON

ADDRESS

AGE

COMPLAINT

REMARK

11/1/2019

01 JAN 2019

- |    |       |                          |           |    |   |                         |   |
|----|-------|--------------------------|-----------|----|---|-------------------------|---|
| 17 | 31902 | Gayatri Arun Desai       | Chandwad  | 15 | F | pain in lumbar region   | Tadajasan / shivasan / omkar                        |
| 18 | 11793 | Pankaj Deepak Wagh       | Umarene   | 18 | M | Headache                | shivasan / pranayam / Vilom                         |
| 19 | 13543 | Vatsala Machindra Gite   | Chandwad  | 53 | F | pain in both knee joint | padasanchalan part-1<br>Kapalbhati knee exercises-1 |
| 20 | 31029 | Sahaboo Shankar More     | Kanmodale | 70 | M | pain in both knee joint | padasanchalan part-2<br>Kapalbhati / shivasan       |
| 21 | 16365 | Pradip Mishra Lal Bothra | Chandwad  | 56 | M | pain in back            | Bhujangasan (Ardha)                                 |

*[Signature]*  
Dr. B. Teela  
YOGA EXPERT  
Shri. R.P. Choudhary Hospital  
Chandwad

21/1/2019

02 JAN 2019

- |   |       |                             |          |    |   |                        |   |
|---|-------|-----------------------------|----------|----|---|------------------------|---|
| 1 | 23166 | Shashikala Shankarrao Khute | Urelhul  | 58 | F | pain in lower back     | shalabhasan / prakarasan                            |
| 2 | 15802 | Thakubai Mali               | Audgaon  | 65 | F | pain in knee joint     | Kapalbhati / Tadajasan<br>shivasan knee exercises-1 |
| 3 | 31816 | Kashinath Dashrath Jadhav   | Chandwad | 29 | M | pain in shoulder joint | skand sanchalan p-1 & 2<br>TRUNK movement           |
| 4 | 11612 | Prashram Guikwad            | Chandwad | 53 | M | pain in all joint      | janusanchalan (prakarasan)<br>deep Breathing        |
| 5 | 11613 | Prashanti Prakash Jadhav    | Chandwad |    |   | pain in back           | Bhujangasan / shalabhasan                           |



*[Signature]*  
PRINCIPAL

SNJB's Smt. K. B. Abad Homoeopathic  
Medical College

Hos.

P.G. Institute of Homoeopathy &amp; Research

*[Signature]*  
Dr. B. Teela



26124	Zukim Shaikh	Chandwad	42	M	Knee joint pain	rehabilitation exercises
37126	Dilip Dattu Thakare	Vadkhul	37	M	pain in Neck	preparatory exercises
50693	Komalabai Dattu Jadhav	Chandwad	65	F	pain in Left extremities & lumbar region pain	hast sanchalan & pad sanchalan, shavasana
35335	Sitabai Pawar	Vadkhul	60	F	pain in Lumbar region	padasana, shavasana
50702	Shobha Ratan Pongerkhane	Chandwad	35	F	pain in back & lumbar region	Bhujangasana, marjarasana
50702	Rajkumar Shivram Jagtap	Chandwad	48	M	pain in cervical region	Kanthsandhan, shavasana

13 AUG 2019

50664	Sejal Ishwar Chordiya	Chandwad	23	F	pain in Back	Bujangmatsara
50800	Surama Nitesh Ghodke	Chandwad	39	F	pain in Nape of Neck	preparatory exercises
13540	Keshav Ananda Kotkar	Chandwad	26	F	pain in Cervical region	sahajast Bhujangasana
37122	Runaprath G. Sathe	Vadkhul	60	M	pain in Lumbar region	padasana, shavasana
50859	Jayesh Digambar Bacher	Nashik	28	M	pain in both extremities	rehabilitation exercises



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**YOGA EXPERT**  
 Shri. R.P. Chordiya Hospital Chandwad



## SNJB'S

Smt. K.B. Abad Homoeopathic Medical College, Shri R. P. Chordiya  
Hospital and Bhamashah Shri V. D. Mehta Dev Vijay P .G. Institute of  
Homoeopathy & Research Centre Neminagar, Chandwad

**NOTICE**

08/06/2019

All the teaching and not teaching staff are hereby informed that as per the instructions from Directorate of Ayush, Maharashtra State, Mumbai a Yoga week is going to be celebrated from 14/06/2019 to 21/06/2019 in the college campus.

**YOGA WEEK SCHEDULE**

Sr. No.	Date	Time	Venue	Activity	Conducted By
1.	14/06/2019	9.20 to 10.20 AM	Hospital Yoga Hall	Debate Competition	Dr. Pratibha Pagar
2.	15/06/2019	9.20 to 10.20 AM	Students' Reading Room (Library)	Essay Competition	Dr. Pratibha Pagar Mr. K. K. Patil
3.	17/06/2019	9.20 to 10.20 AM	Hospital Yoga Hall	Lecture on Yoga	Dr. A.S .Pareek
4.	18/06/2019	9.20 to 10.20 AM	Hospital Yoga Hall	Meditation	Dr. J. R. Suryawanshi Dr. A. S. Pareek
5.	19/06/2019	9.20 to 10.20 AM	Hospital Yoga Hall	Yoga especially for OPD and IPD Patients	Dr. J. R. Suryawanshi Dr. A. S. Pareek
6.	20/06/2019	9.20 to 10.20 AM	College Ground	Rally	Dr. S .P. Tripathi Mr. K. K. Patil
7.	21/06/2019	7.30 to 8.30 AM	College Ground	Demonstration of yoga postures	Dr. J. R. Suryawanshi Dr. A. S. Pareek Dr. A P. Jagzap Mr. K. K. Patil

Note: Wear loose clothes on yoga day i.e 21st June 2019



*Principal*  
**PRINCIPAL**

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*F. D. S. W.*  
**Principal**

SNJB's Smt. K. B. Abad Homoeopathic Medical College & Shri R. P. Chordiya Hospital, & Bhamashah Shri V. D. Mehta Dev-Vijay P. G. Institute of Homoeopathy & Research Centre, Chandwad, Dist. Nashik

*Pr*



Sr. No.	Name of staff	Sign	Sr. No.	Name of staff	Sign
<b>TEACHING STAFF</b>					
01	Dr. P. S. Abad		02	Dr. S. S. Thorat	
03	Dr. A.N. Binayake		04	Dr. Mrs. S.N. Doshi	
05	Dr. Mrs. J.R. Suryavanshi		06	Dr. N.V. Doshi	
07	Dr. C.B. Khot		08	Dr. V.V. Ghodke	
09	Dr. Mrs. S.R. Kale		10	Dr. Mrs. A. N. Kulkarni	
11	Dr. M.H. Parewal		12	Dr. Mrs. Shilpa D.	
13	Dr. Mrs. S.S. Thorat		14	Dr. S. I. Chordiya	
15	Dr. P.G. Kapadni		16	Dr. A.N. Brahmanne	
17	Dr. S.P. Tripathi		18	Dr. S.M. Agrawal	
19	Dr. S. N. Pareek		20	Dr. Mrs. A.S. Pareek	
21	Dr. Nilesh Dhawankar		22	Dr. (Mrs) P. P. Kapadni	
23	Dr. A. P. Jagzap		24	Dr. Ms. P. J. Pagar	
25	Dr. Minal Mahajan		26	Dr. A. K. Ahire	
<b>HOSPITAL STAFF</b>					
01	Dr. S.R. Jangada		02	Dr. Mrs. S. K. Ghodake	
03	Dr. P.T. Kabade		04	Dr. N. R. Jain	
05	Dr. M. K. Chajjed				
<b>NON TEACHING STAFF</b>					
01	Shri P.H. Jain		02	Shri M. G. Kothari	
03	Shri M. R. Joshi		04	Shri. V. T. Bagul	
05	Shri. K.R. More		06	Shri. K.K. Patil	
07	Shri. M.R. Jadhav		08	Shri. K. M. Pagar	
09	Shri. R.A. Sonawane		10	Mrs. N. K. Rothe	
11	Shri R. N. Sugandhi		12	Shri. N.A. Khaire	
13	Shri. S.T. Hiran		14	Shri. P.A. Dhamane	
15	Mrs. J.P. Sahasrabuddhe		16	Shri S. P. Gholap	
17	Shri R. D. Ahire		18	Shri P.B. Mutha	
19	Shri R. G. Suryawanshi		20	Shri U. G. Shinde	
21	Shri. R.D. Ghumare		22	Mrs. S. D. Jadhav	
23	Shri P. V. Patil		24	Shri. J. D. Sonawane	
25	Mrs. R.U. Shinde		26	Shri P. B. Sonar	
27	Shri. S.S. Gadhe		28	Smt. R. D. Sonawane	
29	Shri. R.R. Wagh		30	Shri V.J. Gholap	
31	Shri Gokul Gangurde		32	Shri. S.D. Deore	
33	Shri Manish Fullbati		34	Shri Navnath Sonawane	
35	Shri Yuvraj Deokar		36	Mrs. S. P. Sonar	
37	Shri D. N. Pagar		38	Shri S. A. Gangurde	
39	Smt Mangala Sonawane		40	Shri P. B. Bagul	
41	Ms. M. K. Gangurde		42	Mrs. S. K. Shinde	
43	Mr. Solase				



21/06/2019

**International Yoga day Celebration**

**Conducted By: Prof. Dr. Rajan Kulkarni, Prof Dr. J.R. Suryawanshi &  
Prof Dr. A S. Pareek**





