



**TILAK MAHARASHTRA VIDYAPEETH (TRUST)**  
**LOKMANYA TILAK COLLEGE OF PHYSIOTHERAPY**  
RECOGNIZED BY MAHARASHTRA STATE COUNCIL FOR OCCUPATIONAL THERAPY  
AND PHYSIOTHERAPY, MUMBAI

**Affiliated to MUHS**

**Plot No. 3, Sector 14, Near RaghunathVihar, Kharghar, Navi Mumbai 410210.**

**Email ID: lokmanyamcop@gmail.com / Web Site: <http://www.lmcop.edu.in>**

**REPORT OF 1<sup>ST</sup> BPT<sup>H</sup> INDUCTION PROGRAM ( 2023-24)**

**DATE:** 27<sup>th</sup> November 2023

**VENUE:** 3<sup>rd</sup> floor seminar hall

**VICE PRINCIPAL:** Dr. Pranjal Grover


**COORDINATOR:** Dr Jyoti Parle


**PHOTOGRAPHS:** yes


**REPORT OF EVENT:**

Induction program for first BPT<sup>H</sup> (2023-24) batch was organized by class Incharges Dr Jyoti Parle (PT) & Dr. Monali K(PT) at TMVs Lokamanya Tilak college of Physiotherapy under the guidance of Dr Pranjal Grover. The program coordinated by Dr.Jyoti Parle(PT), Dr. Monali K(PT)& Dr. Rutuja kamble(PT). Dr Dhruv Mehta was invited as guest speaker for Induction program.

The Induction program began with lamp lighting and offering garland to Tilak statue and Goddess Saraswati along with Saraswati Vandana sung by our student Ms. Swarnima. Welcome speech was given by Dr. Pranjal Grover (PT) followed by felicitation of Dr Pranati Tilak and Dr Dhruv Mehta. The tour of TMVs Lokamanya Tilak college of Physiotherapy was given by Dr Jyoti Parle through the Power point presentation. In which she explained exam pattern, IA , rules& regulation of college, all committee functions and event, camps conducted in college. Then Dr. Dhruv Mehta and Dr.Pranati Tilak madam addressed the parents and students by inspiring and motivational words. The event attended by all the Physiotherapy faculty. A momento, and attendance letter was handed over to Dr Dhruv Mehta as a token of appreciation. Lastly vote of thanks was given by Dr Monali k. which was followed by lunch. Total 90 participants attended the program and made the event grand success.

  
**Dr. Jyoti Parle**  
Professor & HOD  
Lokmanya Tilak College of Physiotherapy  
Kharghar, Navi Mumbai.

  
**Dr. Pranjal Grover**  
Professor & Vice Principal  
Neurophysiotherapy  
Lokmanya Tilak College of Physiotherapy  
Kharghar, Navi Mumbai.

  
**Dr. Monali Kashyap**  
Assistant Professor  
Lokmanya Tilak College of Physiotherapy  
Kharghar, Navi Mumbai.



Photographs:



*Patil*





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**Report of Brand Carmesi's Campaign for Menstrual Hygiene Awareness.**

**Theme :-** Menstrual Hygiene Awareness and Women's Health.

**Venue :-** Tilak Maharashtra Vidyapeeth, Kharghar .

**Date :-** 06/10/2023

**Time :-** 9:30am-4:00 pm

**Organizer :-** Dr.Pranati.Tilak ( Campus Director, Tilak Maharashtra Vidyapeeth, Kharghar)

**Campus Co-ordinator:-** Dr.Pranjal.Grover (Vice Principal, LokmanyaTilak College of Physiotherapy, Kharghar)

**Faculty Co-ordinator:-** Dr.Jyoti.Parle ( HOD of Community Physiotherapy, LokmanyaTilak College of Physiotherapy,Kharghar)

**Student Co-ordinator:-** Miss. Ishita.A.Mhaske ( Third Year student of LTCOP , Kharghar)

**Photographs included:-** Yes

**Report of the event :-**

Lokmanya Tilak college of Physiotherapy in collaboration with CARMESI a Health and Wellness Brand for women had organized“kiosk”on 6th November 2023 in our institute.

CARMESI aims to create awareness about Women's Health and provide quality Menstrual Hygiene Solutions. They collaborated with our esteemed institution as they found the Community Physiotherapy Department of the institution aiming for the goals of their Brand. They selected student representative, our third year Physiotherapy student Miss. Ishita Mhaske by taking an online interview and selected our esteemed campus for the campaign for the Menstrual Hygiene Awareness.

On 6th November 2023 , At 8:30 am our student representative and the team of Brand Carmesi started setting up the kiosk. All department as per allotted time slots joined the campaign along with students along with the enthusiastic faculties of Tilak Maharashtra Vidyapeeth ,Kharghar.

The campaign included two tasks:-

**1. The Blindfold test** - A fun, engaging activity where students were blindfolded and then made to touch pads from different brands, one of them being that of Carmesi. They were then be asked to rate the softest pad out of a total of 3 samples.

**2. The Dart Board Fun** - A few words that describe the pad were put on the dart board. Students were told to pick a word and aim on it. They were gratified from the brand if they get it right. Gratification was sanitary pads and Carmesi branded tote bags from the Brand.

The students and faculties were given a brief about the Brand and their sanitary pads. The total count of students for the campaign was 260 students.

And the Faculties of all the Departments were felicitated by the Brand with a tote bag and their sanitary pads product promoting Menstrual Hygiene Solution and Women's Health Awareness.

It was a joyous , informative and an important awareness program regarding Women's Health and Wellness and Menstrual Hygiene.

Tilak Maharashtra Vidyapeeth's Pharmacy, Law, BCA, MSW along with the Physiotherapy Department actively participated in the campaign.



**Dr. Jyoti Parle**  
**Professor And HOD**  
**Dept Of Community PT**  
**Lokmanya Tilak College Of Physiotherapy**  
**Kharghar, Navi Mumbai.**



**Dr Pranjal Grover**  
**Vice Principal & Professor**  
**Lokmanya Tilak College Of Physiotherapy**  
**Kharghar, Navi Mumbai**



**Photographs:-**



