

**TILAK MAHARASHTRA VIDYAPEETH (TRUST)  
LOKMANYA TILAK COLLEGE OF PHYSIOTHERAPY**

**Affiliated to MUHS**

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**REPORT OF HANDS-ON SESSION ON "STRENGTH TRAINING IN  
OSTEOARTHRITIS"**

**Theme:- Strength training in Osteoarthritis**

**Date :- 08/09/2022**

**Venue : - Tmv's Lokmanya Tilak college of Physiotherapy, Kharghar.**

**Resource Person :- Dr. Yuvraj Singh, Dr. Pradnya Girdhar.**

**Principal as a organiser :- Dr. Shweta Phadke**

**Co-ordinator:- Dr. Sibi Joseph, Dr. Deepali Rathod, Dr. Juhi Bharnuke.**

**Photographs included :-yes**

**Report of the Event :**

A hands-on session on "Strength training in Osteoarthritis was organized on 08<sup>th</sup> September 2022 on occasion of World Physiotherapy Day.

The session was organized by the Department of Musculoskeletal Physiotherapy.

Dr. Sibi Joseph, Professor, Dr. Deepali Rathod, Associate Professor and Dr. Juhi Bharnuke Assistant Professor at TMV's Lokmanya Tilak College of Physiotherapy were the coordinators.

The session began with welcome speech and introduction by Dr. Sibi Joseph, following which felicitation of guest speakers was done with bouquet and a memento.

Dr. Yuvraj Singh and Dr Pradnya Girdhar, founder of Positive Physiotherapy Clinic were the resource persons. Dr Priya and Dr Masoomi assisted in the session.

Dr Shweta Phadke, Professor and Principal delivered a speech focusing on Industry and Education Institute collaboration. This was the first program to bridge the gap between industry and academic institute.

A doubt solving session was taken for participants.

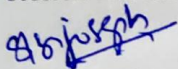
The session was attended by the staff, interns, final and third year students. The total number of attendees were 70.

The resource persons were given the appreciation letters.

The session was concluded with vote of thanks by Dr Juhi Bharnuke.

Feedback was collected from students as well as resource persons through google feedback forms.

The session was informative and knowledge enriching for all the participants. .



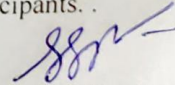
Dr. Sibi Joseph  
Professor & HOD



Dr. Deepali Rathod  
Associate Professor



Dr. Juhi Bharnuke  
Assistant Professor



Dr. Shweta S.D. Phadke  
Professor & Principal  
Lokmanya Tilak College of Physiotherapy  
Kharghar, Navi Mumbai.



