



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

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Report of Seminar – Visit to Hheal H20 Aquatic & Physiotherapy Centre

Topic: 3rd BPT Student visit to Hheal H20 Aquatic & Physiotherapy Centre in Mulund.

Date: 31/08/2024

Time: 10:00 a.m. to 1:00 p.m.

Venue: Hheal H20 Aquatic & Physiotherapy Centre in Unit 8, Nav Nandvan CSL, Lal Bahadur Shastri Marg Mulund west

Patrons: Dr. Pranati Tilak and Dr. Pranjal Grover

Organizers: Department of Kinesiotherapy and Physical diagnosis

Coordinators:

- Dr. Raturaj Shete – Associate Professor (Dept of Kinesiotherapy and Physical diagnosis)
- Dr. Daniyal Thekiya – Assistant Professor (Dept of Kinesiotherapy and Physical diagnosis)

Photographs included: Yes

Report of the event:

An educational field visit was conducted for Third year BPT students at Hheal H20 Aquatic & Physiotherapy Centre, Mulund on 31st August 2024, between 10:00 am -1:00 pm. The Aim of the visit was to gain practical insights into the application and benefits of aqua therapy in rehabilitation settings.

- 1.
2. Students were given a comprehensive tour of the facility, including:
 - **Hydrotherapy Pool:** Pool with varying temperatures and depths designed for specific therapeutic purposes.
 - **Therapeutic Equipment:** Tools and devices used in aqua therapy, including resistance bands, floatation aids, and underwater treadmills.
 - **Treatment Rooms:** Private areas where individualized therapy sessions take place which included Mobilization Plinths and Pilates exercise setup.
2. Several live demonstrations were conducted, including:
 - **Therapeutic Exercises:** Techniques such as water walking, resistance exercises, and Trx and Pilates exercises were demonstrated by Dr Brinda Merchant.

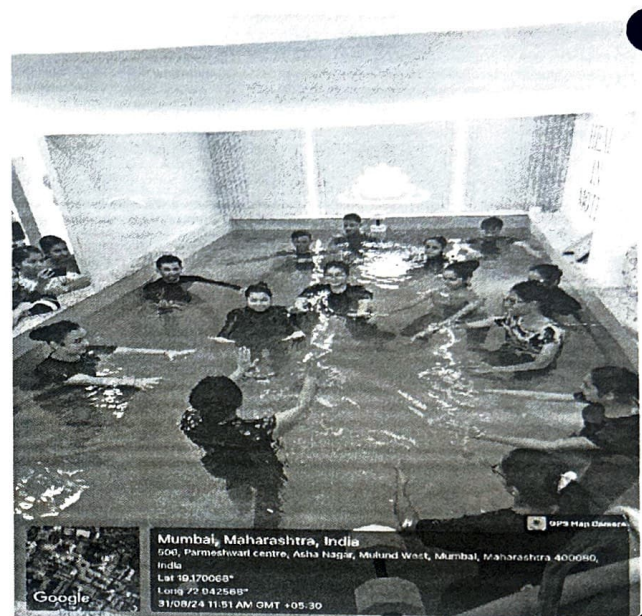
- **Patient Assessments:** Observations of how therapists assess patient needs and tailor therapy sessions accordingly.
- **Safety Protocols:** Emphasis on safety measures and protocols to ensure effective and secure therapy.

30 students participated in the visit and made a successful event. The students found the visit to be highly informative and improved their current knowledge about rehabilitation. Many students expressed interest in integrating aqua therapy into their future practice and further exploring its benefits. Also, the students recommended similar visit for further batches of LTCOP.

The co-ordinated efforts of the Department of Kinesiotherapy & Physical Diagnosis, constant guidance and support of Principal ma'am and the management, made the event a grand success.



Photograph 1: Faculty and participants with Dr. Brinda Merchant at H2O Aquatic & Physiotherapy Centre



Photography 2: Dr. Brinda Merchant demonstrating pool exercises to the students



Photography 3: Dr. Brinda Merchant interacting with students and demonstrating TRX and Pilates Based exercises.



Photography 4: Dr. Deepali Rathod and Dr. Ruturaj Shete felicitating Dr. Brinda Merchant.

Dr. Pranjal Grover
Professor & Principal
Lokmanya Tilak College of Physiotherapy
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