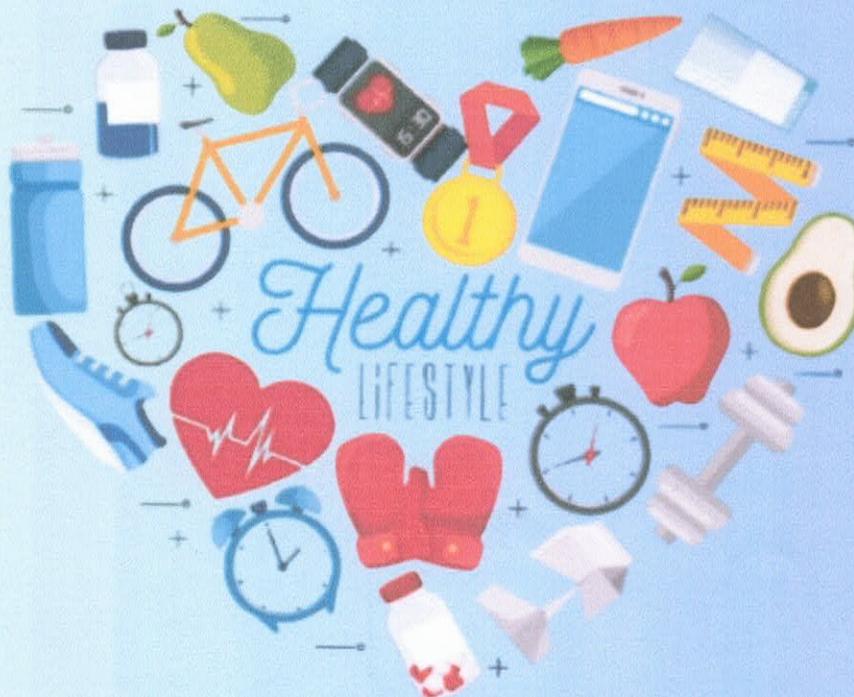




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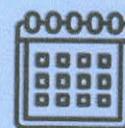
SUSTAINING A HEALTHY AND ACTIVE LIFESTYLE



4TH FLOOR, BVDU SCHOOL OF
PHYSIOTHERAPY, SANGLI



10:30AM-11:30AM



4-08-2025



**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
SCHOOL OF PHYSIOTHERAPY, SANGLI**

CIRCULAR

Date: 02/08/2025

Subject: Guest Lecture on "*Sustaining a healthy and active Lifestyle*"

Dear Students,

All First Year BPTth students are hereby informed that a **Guest Lecture** will be conducted on the topic: "*Sustaining a healthy and active Lifestyle*"

Resource Person: Miss. Aishwarya Chavan

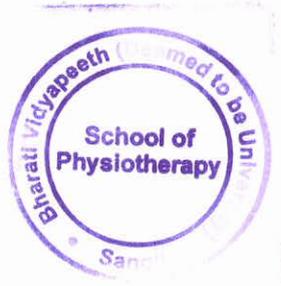
Date & Time: Saturday, 4th August 2025 | 11:30 am – 12:30 pm

Venue: Seminar Hall, School of Physiotherapy

Attendance is compulsory for all students.

Copy to

1. Hon. Regional Director, B.V. (D.U.), Sangli
2. Dean, BV (DU) M.C.H, Sangli
3. Dy. Dean, BV (D.U.) M.C.H, Sangli
4. Medical Superintendent, B.V (D.U.) M.C.H, Sangli
5. Dy. Medical Superintendent, B.V (DU) M.C.H, Sangli
6. All Notice Boards (College and Department)



Dr. Sneha Katke

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Sangli - 416 416.



**BHARATI VIDYAPEETH (Deemed To Be University)
SCHOOL OF PHYSIOTHERAPY, SANGLI**

Report on -" Sustaining a healthy and active lifestyle"

Title of the Activity- " *Sustaining a healthy and active lifestyle* "

Venue of the Activity- 4th floor Auditorium, BV (DU) School of Physiotherapy, Sangli

Date of Activity- 4/8/2025

Duration of Activity- 11:30 pm -12:30 pm

Collaborating Agency- Nil

No. of Students Participated- 54

No. of Teachers Participated - 1

No. of Beneficiaries- 54

Details of the Activity with Photographs-

The BV (DU) School of Physiotherapy in Sangli organized an enlightening and interactive session titled "*Sustaining a Healthy and Active Lifestyle*" on August 4, 2025. The event took place at the 4th floor auditorium, running from 11:30 PM to 12:30 AM, and witnessed enthusiastic participation from students and faculty alike. The session was led by Miss Aishwarya Chavan, who captivated the audience with her expertise and dynamic presentation. Throughout the hour-long program, she shared practical and evidence-based strategies for maintaining holistic well-being, emphasizing the vital role of balanced nutrition, consistent physical activity, mental health awareness, and the adoption of healthy daily habits. Miss Chavan highlighted how even small lifestyle modifications can significantly reduce the risk of lifestyle-related disorders and enhance overall quality of life. She also encouraged students to become proactive in implementing these changes and to foster a culture of wellness in their academic and personal environments. The session left a lasting impression, equipping attendees with actionable knowledge and inspiring them to pursue sustained health and vitality. The coordinators for the event were Dr. Sheetal Swamy (Associate Professor, BV DU SOP, Sangli), Dr Rutuja Phadke (Assistant Professor, BV DU SOP, Sangli), Dr Sayali Jadhav (Assistant Professor, BV DU SOP, Sangli) . Vote of thanks was given by Dr. Sheetal Swamy (Associate Professor, BV DU SOP, Sangli) The event was successful under the guidance of Dr. Sneha Katke (Principal, (BV DU SOP, Sangli)

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Tel No.:0233-2601593 94/95 Ext. No. 228, 269

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Impact of the Activity-

Raised Health Awareness

Students gained a deeper understanding of the importance of maintaining an active lifestyle and its role in long-term wellness.

Motivated Lifestyle Changes

The session inspired many to consider integrating small, sustainable changes into their routines, such as daily walks or mindful eating.

Improved Knowledge Base

Participants were exposed to practical strategies and scientific insights related to physical fitness and nutrition, enhancing their academic and personal growth.

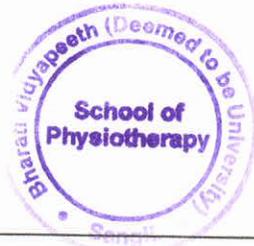
Encouraged Peer Engagement

Group participation created a supportive atmosphere where students could share ideas and learn from one another's experiences.

***Please tick the Criterion for the activity:**

Criterion I	Criterion II	Criterion III	Criterion IV
Criterion V	Criterion VI	Criterion VII	Link

Event co-ordinator



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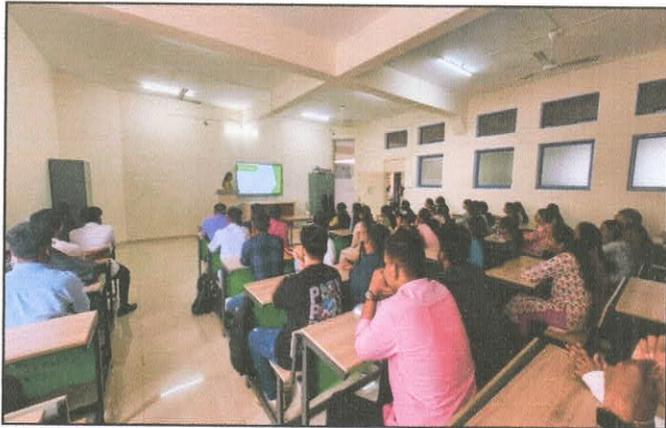
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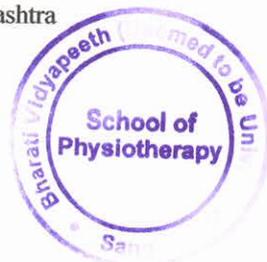
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**INDUCTION PROGRAM 2025: "Guest Lecture on Sustaining
A Healthy And Active Lifestyle"**



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Email : sopt.sangli@bharatividyaapeeth.edu



Tel No. : 0233-2601593/94/95 Ext.No. 228, 269

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SCHOOL OF PHYSIOTHERAPY, SANGLI

Date – 4/08/2025

Guest Lecture on – “Sustaining A Healthy And Active Lifestyle”

Sr. NO.	STUDENT'S NAME
1	BHOSALE SAE ATUL
2	MASKAR MANASI MARUTI
3	PATIL PRANJALEE AMAR
4	JADHAV ASMITA PRAKASH
5	MOTE SANIKA JALINDAR
6	RAUT JIGISHA DILIP
7	GOLE SANIKA UDAY
8	NIKHARE VARSHITA GIRISH
9	NALAWADE SNEHAL BAPUSO
10	SRUSHTI SANTOSH GONDHALEKAR
11	BHOSALE SANCHITA SUDARSHAN
12	KOLI ANURADHA SAMBHAJI
13	MHETRE ATHARVA SACHIN
14	KADAM PRANITA HANMANT
15	SALI BRID SANTOSH
16	EKUNDE VEDIKA VIJAY
17	MORE ADITYA DILIP
18	HARAWADE VALLARI SUDESH
19	BANKAR SAKSHI GORAKH
20	MALI VISHAL MURLIDHAR
21	BADIGER SANIKA KIRAN
22	MULAKE ADITYA DILIP
23	BHOSALE ANUJA MAHESH
24	MOTE GRISHMA BHAUSAHEB
25	BHORE SRUSHTI AVINASH
26	AWALE PRANAV PRAVIN

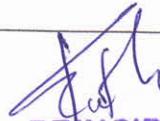


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27	GARALE PRUTHWIRAJ SUBHASH
28	GADHALE SAKSHI VITTHAL
29	SHAHA SHREYAS PRITAM
30	TIKUTE RAVIKESH BALU
31	NALAWADE VIRAJ VIJAYSINH
32	GAIKWAD NANDINI VIJAY
33	BARGIR ANAUM AYAZ
34	BHOSALE SAMRUDDHI AMBADAS
35	INGLE RAJ JAY
36	KHARADE SUYASH DATTA
37	KADAM PIYUSHA SANTOSH
38	KOKATE ATHARV NITIN
39	KALE SHREETEJ PIRAJI
40	LENGURE OM SANJAY
41	DABHOLE JANHAVI PRALHAD
42	PATIL SHRAVANI RAJAN
43	PATIL SAMRUDDHI ASHITOSH
44	VALLAKATI VEDIKA SANDEEP
45	KUSHTE OVI CHETAN
46	GOWARI BHOOMIKA SUNIL
47	SALUNKHE GAYATRI PRAKASH
48	BANDE AMEY UTTAM
49	KOSHTI YASH CHANDRAKANT
50	JANVEKAR RIYA SANJAY
51	SHENDAGE VALLABH BALASAHEB
52	SHIKALKAR HASIBA SAMSHER
53	KAKLIJ OM RAJENDRA
54	PUDALE SHREYA VIKASRAO




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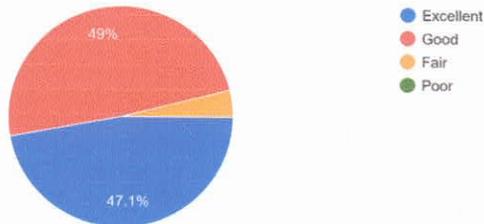
Feedback Form

Date- 04/08/2025

Name of Event: Sustaining a healthy and active lifestyle

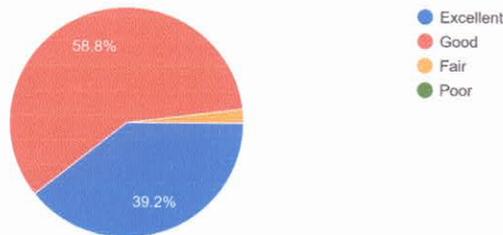
1. How would you rate the overview of the event.

51 responses



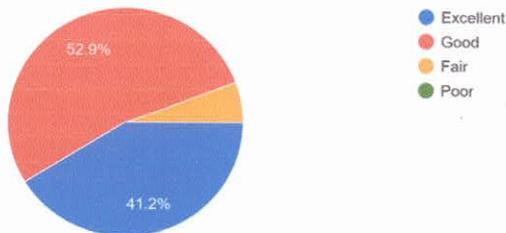
2. How would you rate the interaction between you and the speaker

51 responses



3. How would you rate the arrangements of the event

51 responses




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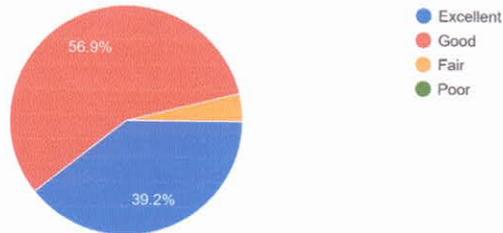




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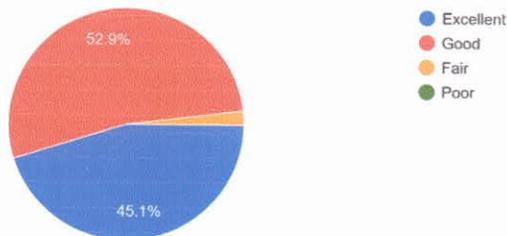
4. How would you rate the success of the event

51 responses



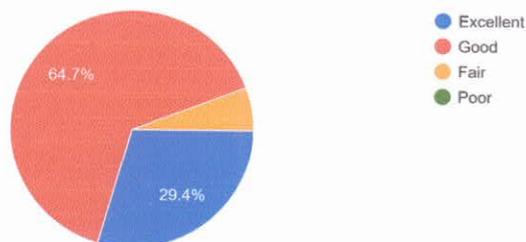
5. How would you rate content and quality of event

51 responses



6. How would you rate queries answered by the speaker

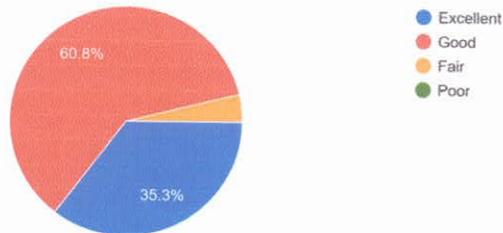
51 responses



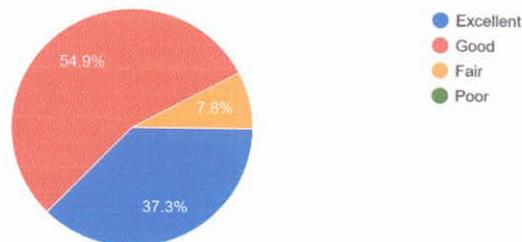


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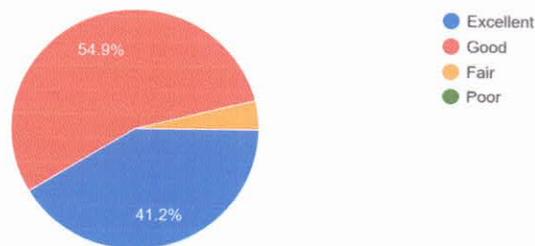
7. How would you rate the preparations of the speakers
51 responses



8. How would you rate the knowledge obtained from event.
51 responses



9. please write three words/ expression which describe event.
51 responses





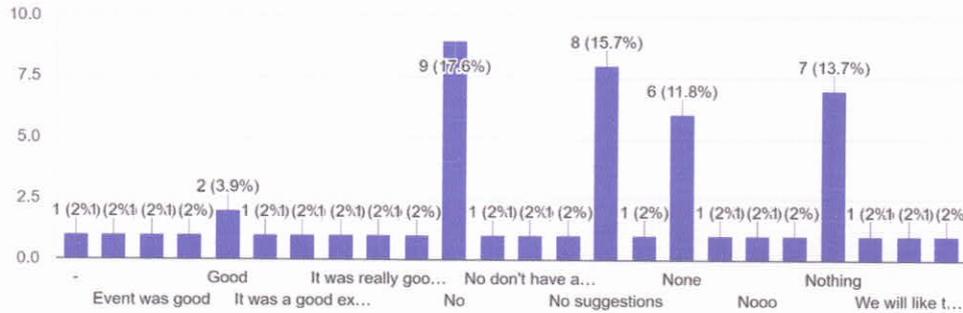
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10. If any suggestion (please specify)

51 responses



[Signature]
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