

(Deemed to be University)

Accredited (3rd Cycle) by NAAC with a CGPA of 3.64 on four point scale at 'A++' Grade (An ISO 9001:2015 Certified University)

Ref.No. DYPCPT/44(a)/ 2023

Date: 28/08/2023

CIRCULAR

All Teaching staff and Students are informed that Dr. D.Y. Patil College of Physiotherapy, Pune is organizing a value added course on **Comprehensive Diabetic Education for Physiotherapy Students** on 2nd, 9TH, 16TH, 23rd, 30TH Sept 2023 by Dr. Mayura P. Deshmukh, Associate Professor at Dr. D.Y. Patil College of Physiotherapy, Pune between 1:00 pm to 5:00 pm.

Final year BPT Students should attend the course.

Principal
(Dr. Tushar J. Palekar Ph.D.)
Principal
Dr. D.Y.Patil College of Physiotherapy
Pune-18.

DPU

Dr. D.Y. PATIL COLLEGE OF PHYSIOTHERAPY Dr. D.Y.PATIL VIDYAPEETH, PUNE

(Deemed to be University)

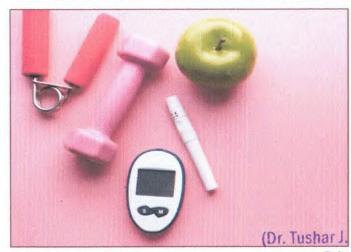
Accredited (3rd Cycle) by NAAC with a CGPA of 3.64 on four point scale at 'A++' Grade (An ISO 9001:2015 Certified University)

Comprehensive Diabetic Education for Physiotherapy Students

Course Includes

- ➤ Overview of Diabetes with
- Pathophysiology
- ➤ Complications & Medical management of Diabetes
- ➤ Physiotherapy assessment of Diabetes
- ➤ Physiotherapy Management in Diabetes Complications
- ➤ Diet counseling and Self Management

Resource Person Dr. Mayura P. Deshmukh



(Dr. Tushar J. Palekar Ph.D.)
Principal

Date:

2nd, 9th, 16th, 23rd, 30th September 2023 Time 1.00 pm to 5.00 pm Gr. D.Y.Patil College of Physiotherapy Pune-18.

Venue
Dr. D.Y. Patil College of Physiotherapy,
Pune



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VALUE ADDED COURSE

Timetable:

Date: 1/09/2023

Dat	Sr No.	Time	Topics
Day 1			
	1	1pm to 2pm	Overview of Diabetes
1 ^{2nd}	2	2pm to 4pm	Physiology and Pathophysiology
Sept 2023	3	4pm to 5pm	Overview of Juvenile Diabetes
Topics Day	2		
ath G	4	1pm to 2pm	Medical management of Diabetes
^{9th} Sept 2023	5	2pm to3pm	AcuteComplications of Diabetes
	6	3pm to 4pm	Chronic Microvascular Complications
	7	4pm to5pm	Chronic Macrovascular Complications
Topics Day	3	,	
16 th Sept 2023	8	1pm to3pm	Physiotherapy oriented Assessment of Diabetes
	9	3pm to5pm	Exercise Prescription for Diabetes
Topics Day	4		
23 rd Sept	10	1pm to2pm	Pt Management in Diabetic Complications
2023	11	2pm to3pm	Diet Counseling in Diabetes
	12	3pm to4pm	Monitoring and First Aid Care for Diabetic patient
	13	4 pm to 5pm	Self-Management in Diabetes

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Principal
D Y Patil Callage of Physiothera

Topics Day 5				
30th Sept	14	1pm to 2 pm	Role Play	
2023	15	2pm to 3 pm	Revision	
	16	3pm to 5pm	Examination	

Course Coordinator

ASSOCIATE PROFESSOR Dr.D.Y. PATIL COLLEGE OF PHYSIOTHERAPY PUNE- 411026 Principal

(Dr. Tushar J. Palekar Ph.D.)

Principal

Dr. D.Y.Patil College of Physiotherapy
Pune-18.



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VALUE ADDED COURSE

Title of the Course: Comprehensive Diabetic Education for Physiotherapy Students.

Expected Course Outcomes :

At the end of the course, the participant will be able to:

- ✓ Assess diabetic patient from physiotherapy perspective.
- ✓ Prescribe a personalized exercise protocol for a diabetic patient.
- ✓ Counsel a diabetic patient for complications, exercises, selfmonitoring and diet modifications.

· Course Objectives:

At the completion of the course, the learner will be able to:

- ✓ Describe of physiology and pathophysiology of Diabetes Mellitus.
- ✓ Describe the clinical features, signs and symptoms of Diabetes
- ✓ Describe the complications of Diabetes Mellitus.
- ✓ Assess a diabetic patient from physiotherapy perspective.
- ✓ Prescribe and supervise a tailored exercise protocol for a diabetic patient.
- ✓ Counsel a diabetic patient on the importance of proper diet.
- ✓ Identify medical emergencies which can happen while a diabetic patient is exercising.
- ✓ Provide first aid care to a diabetic patient in case of any emergency and appropriately refer to medical care.
- √ Teach self monitoring of blood sugar levels at home
- ✓ Teach patient how to identify signs of hypolgycemiaand take remedial action for the same.
- ✓ Teach appropriate foot care techniques to diabetic patients.
- ✓ Educate a diabetic patient regarding self-management of diabetes.

• Duration of the Course.: 18 Hrs course

(Dr. Tushar J. Palekar Ph.D.)

Principal

Syllabus of the Course:

- Introduction of Diabetes Mellitus (3)
- > Overview of Juvenile Diabetes (1)
- > Medical Management of Diabetes (1)
- Complications of Diabetes (3)
- > Physiotherapy oriented Assessment of Diabetes (2)
- > Exercise Prescription of Diabetes (3)
- > Diet Counseling in Diabetes (1)
- > Monitoring and First Aid of Diabetic patient (1)
- > Self management of Diabetes (1)
- > Role Play (1)
- > Revision (1)
- Examination (2) Hand weight Pilates- (2 Hrs.)
- Ball Pilates- Core exercises (1 Hr.)
- Clinical Pilates (1 Hr.)
 - Pattern of Examination and Evaluation Method :

MCO

20 Marks

Practical

20 Marks

Submission of a case study

10 Marks

Total

50 Marks

• Passing criteria:50 % of total marks: Certificate will be provided.

Maintenance of Attendance:

100 % Attendance

Approximate Expenditure involved running one batch per a Course :

Free of cost

Infrastructure Requirements:

Class rooms/Practical Halls/ Hospital / Clinical: Available

Course Coordinator

ASSOCIATE PROFESSOR Dr.D.Y. PATIL COLLEGE OF PHYSIOTHERAPY

PUNE-411026

Principal (Dr. Tushar J. Palekar Ph.D.) Principal

PPU

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Dr. D.Y. PATIL VIDYAPEETH, PUNE

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List of students attended the value added course on Comprehensive Diabetic Education for Physiotherapy Students

Sr. No	Name of Student	2/9/2023	9/9/2023	16/9/2023	23/9/2023	30/9/2023
1	A. Waradkar	Aw	Aw	Aw	AW	Aw
2	Ahire Atharva	Ande	mel	was	Mel	Mel
3	Arkadi Mukta	Multon	Hulet	pull	Mulel	Under.
4	Bag Anannya	Ahany	Aning	Shinga	Ahrange	Andry-
5	Param Ravi Nankani	Param N.	Pasam N	Parant.	Param to	Prem N.
6	Avani Mangal	Alex	And	Ame	Aug	Aur
7	Nikam Akanksha Vikas	Panho	Ganshe	Deamh	How	Hansh
8	Bavla Danish Tofik	Danish.	Dauth	Danish	Davish	Doub
9	Behera Sonali	Sonali	Sonali	Sonali	Sonali	Sonali
10	Bhagyashri Zope	Ten	zene	sem	Jepu	zerre
11	Bhure Mansi Parshuram	Shun M.	Bhurn.	Bhur M.	three M.	Bure W.
12	Bramhecha Saloni Nilesh	18	BS	₽8	BS	BS
13	Chaudhari Harshita Rajendra	the Chandhar	H. Chaudh	H. Chaudhun	4. Candha	M. Chaudha
14	Chavan Srushti Sanjay	charein	charan	charren	charan	chanas
15	Chettiar Binaifer Xavier	Binaile C.	Birment.	Hornitary	Bryling	might
16	Dahiwadkar Minal	winds.	mind D.	wind D.	Wind D.	mind D.
17	Dalvi Sakshi Sandeep	(dalvi	Adalai	Abalvi	Alalin	Alder
18	Deshmukh Purva	Destroit	- Destronum	-	Deshmush	Deshmuk
19	Dubey Prachi Sanjay	practi Duby	Practi Dubey	Prochi Duby	Panh Dubey	Practi Dubey
20	Gendle Ishvari	yeu,	John	Ches	Cle	Cell
21	God Asmita Ananda	Ashmet	Ashmita	Ashmita	Ashmite	Ashony

(Dr. Tushar J. Palekar Ph.D.)
Principal

			4 1	À 1		Syoswan
22	Goswami Sudisha Suresh	Shoppan	Shomin	Syonam	Showand	Sylosia.
23	Ingole Pranidhi Pradip	Juste	Syle	Slable	Shoole	Mole
24	Iyer Sanjana Manikandan	ganjun Tyen	Snyntyen	Sugartyon	Smjaniya	Sanjantya
25	Jadhav Shubhada Niranjan	Jadler	Jahr	Jadles	Jack and a T	Jeda und T
26	Jain Khushi Kishor	chush 5	(hushi)	xhish !	thushit	khushi 1
27	Jangra Aditi Balkesh Kumar	Add	No	Aditi	Chili	Mach
28	Jawale Shruti Subhash	Should	Should S.	Grant I	Sur! I	Sheut I
29	Kashid Sakshi	Sakilik	Sakoh k	Stoht	Sakshi K	Sakolin K
30	Khandagale Swapnil Kabir	Shapin	K. Surpey	Kylipust	K-Siegue!	Kiscopil.
31	Kodre Saneekka Ravindra	rodre	kodil	Kedel	Kedel	Kedrl
32	Kokate Dhananjay Dayanand	Bhanis Jk	- Phantyk	manjong K	Drugge	Thongrap K
33	Kulkarni Sanika Krishna	- Kulkenn	Krelkann	Sam & Kulken	Shulk	Fulking .
34	Kulkarni Sanjyot Santosh	Single	Signit	Sugget &	- Smyor 10	5)
35	Lande Arati Bajarang	Arabi L	AMIL	Aarti L	- Amhil	Arabil
36		Samuelle	Simulde	- Samuel	Simulai	- Smulls
37		8. Madhib	2 S. Wellet	S. Mudha	S. Halling	S. Mhelen.
38		METY S	MORAS	- MERSUS	. Moral S	Mora ?
39	Metkar Manasi	Manstra	- Manny	- Wount	nount	Mars M.
40	Manot Rishika	Manal	Maret	Manot	Manut	Konst

Course Co-ordinator

ASSOCIATE PROFESSOR Dr.D.Y. PATIL COLLEGE OF PHYSIOTHERAPY PUNE- 411026

Principal

(Dr. Tushar J. Palekar Ph.D.) Principal

Dr. D.Y. PATIL VIDYAPEETH, PUNE

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Date: 30/09/2023

Value Added Course Comprehensive Diabetic Education for Physiotherapy **Students**

1.	Diabetes Mellitus is an abnorm	al m	echanism of
	Carbohydrate	4.6	Protein
	Sodium	,	Potassium
	What is the primary role of physiotherapy i		
	Prescribing Medications		Providing dietary Advice
	Promoting active lifestyle	200	Any of the above
	Micro vascular complications		
	Retinopathy		Nephropathy
	Neuropathy	,	All of the above
	Following is the normal range		
	140 mg/dL or lower		140 to 199 mg/dL
	200 mg/dL or high		None of the above
	The commonest congenital and		
	liabetes mellitus is		Programmy water
a.	Multicystic kidneys	b.	Duodenal atresia
	Osteophageal atresia		Neural tube defect
	People with diabetes are at hig		
	Heart Disease		Cancer
c)	Neuropathy	,	Both a and c
	low many people with diabetes		
	10% to 15 %		30% to 35%
c)	45% to 50%	(5)	More than 90%
. 1	This measure does not help to		
	Controlling Blood lipids and		Prompt detection of diabetic eye
	blood pressure.	,	and kidney diseases.
c)	Eliminating all carbohydrates	d)	controlling blood glucose
	from the diet	,	8
. P	resence of Protein in urine is	knov	n as
a)	Proteinuria	b)	Hematuria
c)	Urolithiasis		Nephritis
0.	Hyperglycemia in late pregnar	,	-
	Congenital anomaly		Post maturity

(Dr. Tushar J. Palekar Ph.D.) Principal Dr. D.Y.Patil College of Physiotherapy Pune-18.

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Date: 30/09/2023

Value Added Course Comprehensive Diabetic Education for Physiotherapy Students Question Paper (Practical)

Practical (20 Marks)

Group 1	 A 60 year old male K/C/O DM type 2 since 20 years,
Roll No.	admitted for intermittent claudication. Counsel this
(1-10)	patient for DM management.
Group 2	 Educate a mother of 3 year old male child for his Juvenile
(11-20)	diabetes.
Group 3	 Manage a 33 year old software engineer for his recently
(21-30)	diagnosed type 2 DM.
Group 4 (31-40)	Educate a pre diabetic 40 year old female working in a IT company.

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Date: 30/09/2023

Exam result for value added course on Comprehensive Diabetic Education for Physiotherapy Students

Sr. No	Name of Student	Marks. (50)	Sr. No	Name of Student	Marks.(50)
1	A. Waradkar	34	21	God Asmita Ananda	28
2	Ahire Atharva	31	22	Goswami Sudisha Suresh	34
3	Arkadi Mukta	35	23	Ingole Pranidhi Pradip	31
4	Bag Anannya	30	24	Iyer Sanjana Manikandan	27
5	Param Ravi Nankani	32	25	Jadhav Shubhada Niranjan	37
6	Avani Mangal	29	26	Jain Khushi Kishor	32
7	Nikam Akanksha Vikas	29	27	Jangra Aditi Balkesh Kumar	32
8	Bayla Danish Tofik	39	28	Jawale Shruti Subhash	36
9	Behera Sonali	32	29	Kashid Sakshi	36
10	Bhagyashri Zope	30	30	Khandagale Swapnil Kabir	35
11	Bhure Mansi Parshuram	28	31	Kodre Saneekka Ravindra	34
12	Bramhecha Saloni Nilesh	28	32	Kokate Dhananjay Dayanand	38
13	Chaudhari Harshita Rajendra	31	33	Kulkarni Sanika Krishna	33
14	Chavan Srushti Sanjay	32	34	Kulkarni Sanjyot Santosh	38
15	Chettiar Binaifer Xavier	33	35	Lande Arati Bajarang	34
16	Dahiwadkar Minal	32	36	Lokhande Samruddhi	31
17	Dalvi Sakshi Sandeep	34	37	S. Madhekar	26
18	Deshmukh Purva	32	38	Mokal Saideep	32
19	Dubey Prachi Sanjay	31	39	Metkar Manasi	36
20	Gendle Ishvari	31	40	Manot Rishika	36

Course Co-ordinator

ASSOCIATE PROFESSOR Dr.D.Y. PATIL COLLEGE OF PHYSIOTHERAPY PUNE- 411026 Principal
(Dr. Tushar J. Palekar Ph.D.)

Principal

PPU

Dr. D.Y. PATIL COLLEGE OF PHYSIOTHERAPY Dr. D.Y. PATIL VIDYAPEETH, PUNE

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Ref.No.DYPCPT/ /2023

Date: 1/10/2023

Comprehensive Diabetic Education for Physiotherapy Students

Dr. D Y Patil College of Physiotherapy, Pune has organized a value added course on Comprehensive Diabetic Education for Physiotherapy Students for final year students on 2^{nd} , 9^{th} , 16^{th} , 23^{rd} , 30^{th} September 2023. The course was conducted by Dr. Mayura P. Deshmukh, Associate Professor, Dr. D Y Patil College of Physiotherapy, Pune

The course included introduction, pathomechanics, types, signs and symptoms, Clinical features, medical and physiotherapy management of Diabetes mellitus. Students were given brief theoretical knowledge along with practical demonstration. Doubt clearing session and case discussion was held for the course. Theory and practical examination for the course was conducted. Course was concluded with a vote of thanks by Dr. Sanjivani Kambale. Total 40 students from final year were part of the course.



9/9/23, 14:28:31, 15/19, Bhosari, Pimpri Chinchwad



16/9/23, 15:08:04, 15/19, Bhosari, Pimpri Chinchwad

Participants attending the Theory session for Comprehensive Diabetic Education for Physiotherapy Students

Course Co-ordinator

ASSOCIATE PROFESSOR Dr.D.Y. PATIL COLLEGE OF PHYSIOTHERAPY PUNE- 411026 (Dr. Tushar J. Palekar Ph.D.)

Principal

Dr. D.Y.Patil College of Physiotherapy

Pune-18.



Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY Dr. D. Y. PATIL VIDYAPEETH, PUNE

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Comprehensive Diabetic Education for Physiotherapy Students

Certificate

This is to certify that

Has participated in value added course

"Comprehensive Diabetic Education for Physiotherapy Students"

Conducted by Dr. D.Y. Patil College of Physiotherapy, Pune

on 2nd, 9th, 16th, 23rd, 30th Sept 2023

Dr. Mayura Deshmukh (PT) Course Co-coordinator



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Comprehensive Diabetic Education for Physiotherapy Students

Certificate

This is to certify that

Abhilasha H Waradkar

has participated in value added course

"Comprehensive Diabetic Education for Physiotherapy Students"

Conducted by Dr. D.Y. Patil College of Physiotherapy, Pune

on 2nd, 9th, 16th, 23rd, 30th Sept 2023

Dr. Mayura Deshmukh (PT)

Course Co-coordinator

Dr. Tushar J. Palekar



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This is to certify that

Ahire Atharva Manoj

has participated in value added course

 $"Comprehensive\ Diabetic\ Education\ for\ Physiotherapy\ Students"$

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on 2nd, 9th, 16th, 23rd, 30th Sept 2023

Dr. Mayura Deshmukh (PT)

Course Co-coordinator

Tuesar Paler

Dr. Tushar J. Palekar



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This is to certify that

Arkadi Mukta Prasad

has participated in value added course

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on 2nd, 9th, 16th, 23rd, 30th Sept 2023

Dr. Mayura Deshmukh (PT)

Course Co-coordinator

Julian Palul Dr. Tushar J. Palekar



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Bag Anannya Ashutosh

has participated in value added course

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Dr. Mayura Deshmukh (PT)

Course Co-coordinator

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This is to certify that

Param Ravi Nankani

has participated in value added course

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Dr. Mayura Deshmukh (PT)

Course Co-coordinator

Tombor Paleled



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Avani Mangal

has participated in value added course

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Dr. Mayura Deshmukh (PT)

Course Co-coordinator

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Bavla Danish Tofik

has participated in value added course

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Dr. Mayura Deshmukh (PT)

Course Co-coordinator

rear Poler

Dr. Tushar J. Palekar



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This is to certify that

Behera Sonali Santoshkumar

has participated in value added course

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on 2nd, 9th, 16th, 23rd, 30th Sept 2023

Dr. Mayura Deshmukh (PT)

Course Co-coordinator

Julian Palen

Dr. Tushar J. Palekar Principal



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This is to certify that

Bhagyashri Pankaj Zope

has participated in value added course

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Dr. Mayura Deshmukh (PT)

Course Co-coordinator

Trubar Palerea

Dr. Tushar J. Palekar



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Bhure Mansi Parshuram

has participated in value added course

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Course Co-coordinator

Junear Paletra

Dr. Tushar J. Palekar



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This is to certify that

Bramhecha Saloni Nilesh

has participated in value added course

"Comprehensive Diabetic Education for Physiotherapy Students"

Conducted by Dr. D.Y. Patil College of Physiotherapy, Pune

on 2nd, 9th, 16th, 23rd, 30th Sept 2023

Dr. Mayura Deshmukh (PT)

Course Co-coordinator

Junear Palew



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Comprehensive Diabetic Education for Physiotherapy Students

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This is to certify that

Chaudhari Harshita Rajendra

has participated in value added course

"Comprehensive Diabetic Education for Physiotherapy Students"

Conducted by Dr. D.Y. Patil College of Physiotherapy, Pune

on 2nd, 9th, 16th, 23rd, 30th Sept 2023

Dr. Mayura Deshmukh (PT)

Course Co-coordinator

Juna Palen



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This is to certify that

Chavan Srushti Sanjay

has participated in value added course

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Dr. Mayura Deshmukh (PT)
Course Co-coordinator

Dr. Tushar J. Palekar Principal

Julian Palen



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This is to certify that

Chettiar Binaifer Xavier

has participated in value added course

"Comprehensive Diabetic Education for Physiotherapy Students"

Conducted by Dr. D.Y. Patil College of Physiotherapy, Pune

on 2nd, 9th, 16th, 23rd, 30th Sept 2023

Dr. Mayura Deshmukh (PT)

Course Co-coordinator

Tura Paler



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Comprehensive Diabetic Education for Physiotherapy Students

Certificate

This is to certify that

Dahiwadkar Minal Ravindra

has participated in value added course

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Dr. Mayura Deshmukh (PT)

Course Co-coordinator

Juhan Palemi



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Dalvi Sakshi Sandeep

has participated in value added course

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Course Co-coordinator

Julian Palen

Dr. Tushar J. Palekar



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This is to certify that

Deshmukh Purva Shivajirao

has participated in value added course

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Dubey Prachi Sanjay

has participated in value added course

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Dr. Mayura Deshmukh (PT)

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Course Co-coordinator

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Gendle Ishvari Pradeep

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God Asmita Ananda

has participated in value added course

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Juean Rales



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Goswami Sudisha Suresh

has participated in value added course

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Ingole Pranidhi Pradip

has participated in value added course

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Iyer Sanjana Manikandan

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Tuliar Rulew

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Jadhav Shubhada Niranjan

has participated in value added course

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Juhar Blok Dr. Tushar J. Palekar Principal



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Jain Khushi Kishor

has participated in value added course

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Jangra Aditi Balkesh Kumar

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Jawale Shruti Subhash

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Kashid Sakshi Santosh

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Khandagale Swapnil Kabir

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Kodre Saneekka Ravindra

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Kokate Dhananjay Dayanand

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Kulkarni Sanika Krishna

has participated in value added course

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Kulkarni Sanjyot Santosh

has participated in value added course

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Lande Arati Bajarang

has participated in value added course

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Lokhande Samruddhi Anil

has participated in value added course

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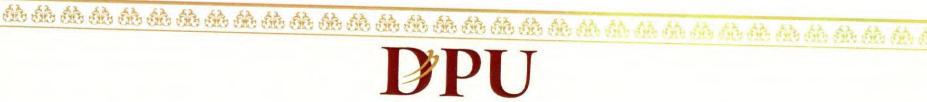
on 2nd, 9th, 16th, 23rd, 30th Sept 2023

Dr. Mayura Deshmukh (PT)

Course Co-coordinator

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Swaranjali Charudatta Madhekar

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Mokal Saideep Pundalik

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Metkar Manasi Pravin

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Manot Rishika Vimal

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Nikam Akanksha Vikas

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Tuchas Pales Dr. Tushar J. Palekar