

Circular

All final year BPT Students are hereby informed that Dr. D. Y. Patil College of Physiotherapy, Pune is organizing a **Value Added Course on Holistic Approach for Weight Management**. Interested candidate can give their names to the course coordinator Dr. Manisha Rathi by 7th March 2024. Details of the course is as follows:

Venue:-Community Physiotherapy lab**Time:-** 2:00 PM to 6:00 PM**Resource Person:-**Dr. Manisha Rathi and Dr. Reema Joshi**Date:** 9th, 16th, 23rd, 30th March**Participants:** Final year BPT students

Course Coordinator
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.



Dr. D.Y. PATIL COLLEGE OF PHYSIOTHERAPY
Dr. D.Y.PATIL VIDYAPEETH, PUNE
(Deemed to be University)

Value Added Course on
Obesity Management

Faculty Resource Person



Dr. Manisha Rath
Professor,
Dr. D.Y. Patil College of Physiotherapy
Pimpri, Pune



2024 March 9, 16, 23, 30



2.00 pm to 6.00pm



Community Physiotherapy
Department

Total Hours= 16

Content of the Course

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

- Overview
- Pathophysiology
- Risk factors & Complication
- Assessment
- Management
- Exercise Prescription

Organised by

Start-up & Innovation Cell,
Dr. D.Y. Patil College of Physiotherapy, Pune

Dr. Tushar J. Palekar
Principal



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

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(An ISO 9001:2015 Certified University)

Date: 04-03-2024

VALUE ADDED COURSE
Holistic Approach for Weight Management

TIME TABLE

Venue: - Community Physiotherapy lab

Time: - 2:00 PM to 6:00 PM

Resource Person: - Dr. Manisha Rath

Dates: 9, 16, 23 & 30 March 2024 (All Saturday)

Day	Topic	Duration	Time
Day 1	Overview of body composition	1 hr.	2.00 -3.00 pm
	Pathophysiology of Obesity	1 hr.	3.00 -4.00 pm
	Assessment of Obesity	2 hrs.	4.00 – 6.00 pm
Day 2	Management of overweight and under weight		
	Diet	1 hr.	2.00 -3.00 pm
	Lifestyle Modification	1 hr.	3.00 -4.00 pm
	Exercise prescription	2 hrs.	4.00 – 6.00 pm
Day 3	Holistic approach to manage the overweight and underweight (Surgery, pharmacology, Ayurveda and Homoeopathy)	2 Hr.	2.00 -4.00 pm
	Hands on Assessment of Obesity	2 hrs.	4.00 – 6.00 pm
Day 4	Hands on Exercise prescription for management of weight	2 hrs.	2.00 -4.00 pm
	Risk factors and complications of Overweight and underweight	1 hr.	4.00 – 5.00 pm
	Doubt solving session on weight management and Exam – Post course	1 hr.	5.00 – 6.00 pm

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**Student's attendance record of Value added course on
"Holistic Approach for Body Weight Management"**

Sr. No	Name of Student	09/03/2024	16/03/2024	23/03/2024	30/03/2024
1	Sanika Shaha	<i>Shaha</i>	<i>Shaha</i>	<i>Shaha</i>	<i>Shaha</i>
2	Aditya Rathod	<i>Aditya</i>	<i>Aditya</i>	<i>Aditya</i>	<i>Aditya</i>
3	Khushi Yadav	<i>Khushi</i>	<i>Khushi</i>	<i>Khushi</i>	<i>Khushi</i>
4	Sachi Patil	<i>Sachi</i>	<i>Sachi</i>	<i>Sachi</i>	<i>Sachi</i>
5	Neha Pagar	<i>Neha</i>	<i>Neha</i>	<i>Neha</i>	<i>Neha</i>
6	Tejaswini Tambe	<i>Tejaswini</i>	<i>Tejaswini</i>	<i>Tejaswini</i>	<i>Tejaswini</i>
7	Rutuja Deore	<i>Ab</i>	<i>Rutuja</i>	<i>Rutuja</i>	<i>Rutuja</i>
8	VaishnaviJadhav	<i>Vaishnavi</i>	<i>Vaishnavi</i>	<i>Vaishnavi</i>	<i>Vaishnavi</i>
9	Mrunmayi Jadhav	<i>Ab</i>	<i>Jadhav</i>	<i>Jadhav</i>	<i>Jadhav</i>
10	Amruta Mestha	<i>Amruta</i>	<i>Amruta</i>	<i>Amruta</i>	<i>Amruta</i>
11	Vibhati Bangar	<i>Bangar</i>	<i>Bangar</i>	<i>Bangar</i>	<i>Bangar</i>
12	Rishika Bachav	<i>RB</i>	<i>RB</i>	<i>RB</i>	<i>RB</i>
13	Tanvi Acharyaa	<i>Tanvi</i>	<i>Tanvi</i>	<i>Tanvi</i>	<i>Tanvi</i>
14	Sheetal Singh	<i>Sheetal</i>	<i>Sheetal</i>	<i>Sheetal</i>	<i>Sheetal</i>
15	Mansi Bhatt	<i>Mansi</i>	<i>Mansi</i>	<i>Mansi</i>	<i>Mansi</i>
16	Sayali Sapkal <i>Sakpal</i>	<i>Sayali</i>	<i>Sayali</i>	<i>Sayali</i>	<i>Sayali</i>
17	Mehak Gupta	<i>Mehak</i>	<i>Mehak</i>	<i>Mehak</i>	<i>Mehak</i>
18	Kalyani Patil	<i>Kalyani</i>	<i>Kalyani</i>	<i>Kalyani</i>	<i>Kalyani</i>
19	Kranti Kale	<i>Kranti</i>	<i>Kranti</i>	<i>Kranti</i>	<i>Kranti</i>
20	Muskaan Kalra	<i>Muskaan</i>	<i>Muskaan</i>	<i>Muskaan</i>	<i>Muskaan</i>
21	Bhargavi Sukey	<i>Bhargavi</i>	<i>Bhargavi</i>	<i>Bhargavi</i>	<i>Bhargavi</i>
22	Janhvi Shinde	<i>Janhvi</i>	<i>Janhvi</i>	<i>Janhvi</i>	<i>Janhvi</i>
23	Rachna Kumawat	<i>Rachna</i>	<i>Rachna</i>	<i>Rachna</i>	<i>Rachna</i>
24	Vaishnavi Sattoor	<i>Vaishnavi</i>	<i>Vaishnavi</i>	<i>Vaishnavi</i>	<i>Vaishnavi</i>
25	Suraj Chavan	<i>Suraj</i>	<i>Suraj</i>	<i>Suraj</i>	<i>Suraj</i>

[Signature]
PROFESSOR
Course Co-ordinator
Dr. D.Y. PATIL COLLEGE
OF PHYSIOTHERAPY
PUNE- 411026

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

**Student's attendance record of Value added course on
"Holistic Approach for Body Weight Management"**

Sr. No	Name of Student	09/03/2024	16/03/2024	23/03/2024	30/03/2024
26.	Sakshi Yede				
27.	Dhanashree Urganlawar				
28.	Maitrayee Garud				
29.	Sakshi Kacholiya				
30.	Pinal Munot				
31.	Sakshi Pandit				
32.	Nikita Muthiyani				
33.	Chetna Tetgure				
34.	Varun Pohekar				
35.	Sakshi Mundle				
36.	Sakshi Kariya				
37.	Sai Jadhav				
38.	Shivani Godbole				
39.	Pragati Kinge				
40.	Darshana Sonune				
41.	Bhavisha Thakkar				
42.	Tanvi Nagotra				
43.	Ritisha Sancheti				
44.	Aanchal Goyal				
45.	Sushmita Rastogi				
46.	Neha Bhagdevani				
47.	Shruti Soni				
48.	Shivani Lalwani				
49.	Deepak Rathore				
50.	Sanika Gade				

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Date: 30/03/2024

Value Added Course

Holistic Approach for Body Weight Management

Question Paper

Batch 2

Total-50 marks

Theory

(10X2= 20 marks)

Q-1. Write all indirect methods of assessment methods for body composition .

Q-2. Write Holistic approaches to manage the overweight and underweight individuals

Practical

(10X3= 30 marks)

Q-1. Demonstrate the aerobic exercises for obese female.

Q-2. Demonstrate postural variations due to grade 3 obesity leading to various musculoskeletal variations

Q-3. Demonstrate skinfold measurement technique for calculation of fat mass

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Date: 30/03/2024

Value Added Course

Holistic Approach for Body Weight Management

Question Paper

Batch 1

Total-50 marks

Theory

(10X2= 20 marks)

Q-1. Discuss Risk factors and complications of altered body composition .

Q-2. Write various modes of interventions for excess body weight management of individuals.

Practical

(10X3= 30 marks)

Q-1. Demonstrate various technique of assessment of percentage of body fat

Q-2. Demonstrate Exercises for male, having sedentary lifestyle, with BMI of 31 kg. /m²

Q-3. Perform exercises testing for obese individual.

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Pune-18.**

**Exam result for value added course on
Holistic Approach for Body Weight Management**

Sr. No	Name of Student	Marks
26.	Sakshi Yede	45
27.	Dhanashree Upganlawar	39
28.	Maitrayee Garud	35
29.	Sakshi Kacholiya	35
30.	Pinal Munot	49
31.	Sakshi Pandit	48
32.	Nikita Muthiyan	46
33.	Chetna Tetgure	48
34.	Varun Pohekar	47
35.	Sakshi Mundle	49
36.	Sakshi Kariya	45
37.	Sai Jadhav	39
38.	Shivani Godbole	42
39.	Pragati Kinge	34
40.	Darshana Sonune	35
41.	Bhavisha Thakkar	39
42.	Tanvi Nagotra	43
43.	Ritisha Sancheti	41
44.	Aanchal Goyal	38
45.	Sushmita Rastogi	42
46.	Neha Bhagdevani	44
47.	Shruti Soni	41
48.	Shivani Lalwani	39
49.	Deepak Rathore	43
50.	Sanika Gade	42


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**Exam result for value added course on
Holistic Approach for Body Weight Management**

Sr. No	Name of Student	Marks
1	Sanika Shaha	32
2	Aditya Rathod	31
3	Khushi Yadav	34
4	Sachi Patil	35
5	Neha Pagar	34
6	Tejaswini Tambe	32
7	Rutuja Deore	29
8	Vaishnavi Jadhav	33
9	Mrunmayi Jadhav	32
10	Amruta Mestha	37
11	Vibhati Bangar	29
12	Rishika Bachav	31
13	Tanvi Acharyaa	39
14	Sheetal Singh	30
15	Mansi Bhatt	30
16	Sayali Sapkal	43
17	Mehak Gupta	40
18	Kalyani Patil	43
19	Kranti Kale	38
20	Muskaan Kalra	37
21	Bhargavi Sukey	49
22	Janhvi Shinde	37
23	Rachna Kumawat	45
24	Vaishnavi Sattoor	45
25	Suraj Chavan	39



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Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Sanika Shaha *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath, Ph.D.

Resource Person

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Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that **Aditya Rathod** *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

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Value Added Course on

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This is to certify that Khushi Yadav *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rathi, Ph.D.

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Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Sachi Patil *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

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Value Added Course on
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This is to certify that Neha Pagar participated in
Value Added Course on “Holistic Approach for Body Weight Management”
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This is to certify that Tejaswini Tombe *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

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Value Added Course on

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This is to certify that **Rutuja Deore** *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

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Dr. Manisha Rath

Dr. Manisha Rath, Ph.D.

Resource Person

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This is to certify that

Vaishnavi Tadhav

participated in

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This is to certify that *Mrunmayi Jadhav* participated in
Value Added Course on “Holistic Approach for Body Weight Management”
organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath

Dr. Manisha Rath, Ph.D.
Resource Person

Dr. Tushar J. Palekar

Dr. Tushar J. Palekar, Ph.D.
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Value Added Course on
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This is to certify that *Amruta Mestha* participated in
Value Added Course on “Holistic Approach for Body Weight Management”
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Value Added Course on
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This is to certify that Vibhati Bangar participated in

Value Added Course on “Holistic Approach for Body Weight Management”

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This is to certify that *Rishika Bachav* *participated in*
Value Added Course on “Holistic Approach for Body Weight Management”
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Value Added Course on

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This is to certify that Tanvi Acharyaa *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

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Dr. Manisha Rathi, Ph.D.

Resource Person



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Value Added Course on

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This is to certify that *Sheetal Singh* participated in

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune



Dr. Manisha Rathi, Ph.D.
Resource Person



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Value Added Course on

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This is to certify that Mansi Bhatt *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

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Dr. Manisha Rath, Ph.D.

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY **Certificate**

Value Added Course on **— Holistic Approach for Body Weight Management —**

This is to certify that Sayali Sakpal participated in
Value Added Course on "Holistic Approach for Body Weight Management"
organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune



Dr. Manisha Rathi, Ph.D.
Resource Person



Dr. Tushar J. Palekar, Ph.D.
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Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Mehak Gupta *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

Principal



Dr. D. Y. PATIL VIDYAPEETH, PIMPRI, 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, ISO 14001:2015 Certified University)

Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Kalyani Patil *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath, Ph.D.

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Khanti kale *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rathi, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

Principal



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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Muskaan kalra *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rathi, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

Principal

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on **— Holistic Approach for Body Weight Management —**

This is to certify that Bhargavi Sukey participated in
Value Added Course on "Holistic Approach for Body Weight Management"
organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune


Dr. Manisha Rath, Ph.D.
Resource Person


Dr. Tushar J. Palekar, Ph.D.
Principal



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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Tanhvi Shinde *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

A handwritten signature in blue ink, appearing to read 'M. Rathi'.

Dr. Manisha Rathi, Ph.D.

Resource Person

A handwritten signature in blue ink, appearing to read 'Tushar Palekar'.

Dr. Tushar J. Palekar, Ph.D.

Principal

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Rachna Kumawat *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

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Dr. Manisha Rath, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Vaishnavi Sattoor participated in

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Suraj Chavan participated in

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rathi, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

Principal



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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Sakshi Yede *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

A handwritten signature in blue ink, appearing to read 'M Rathi'.

Dr. Manisha Rathi, Ph.D.

Resource Person

A handwritten signature in blue ink, appearing to read 'Tushar Palekar'.

Dr. Tushar J. Palekar, Ph.D.

Principal

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Dhanashree Upganlawar *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune



Dr. Manisha Rathi, Ph.D.

Resource Person



Dr. Tushar J. Palekar, Ph.D.

Principal

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Maitreyee Gaxud *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune



Dr. Manisha Rathi, Ph.D.

Resource Person



Dr. Tushar J. Palekar, Ph.D.

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Sakshi Kacholiya *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rathi, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

Principal



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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY
Certificate

Value Added Course on
— Holistic Approach for Body Weight Management —

This is to certify that Pinal Munot participated in

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

A handwritten signature in blue ink, appearing to read 'M. Rathi'.

Dr. Manisha Rathi, Ph.D.

Resource Person

A handwritten signature in blue ink, appearing to read 'Tushar Palekar'.

Dr. Tushar J. Palekar, Ph.D.

Principal

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Sakshi Pandit *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath

Dr. Manisha Rath, Ph.D.

Resource Person

Dr. Tushar J. Palekar

Dr. Tushar J. Palekar, Ph.D.

Principal

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Nikita Muthiyan *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

Principal

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Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Chetana Tetgure *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

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Dr. Manisha Rathi, Ph.D.

Resource Person



Dr. Tushar J. Palekar, Ph.D.

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Varun Tohekar *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

M. Rath

Dr. Manisha Rath, Ph.D.

Resource Person

Tushar Palekar

Dr. Tushar J. Palekar, Ph.D.

Principal

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY **Certificate**

Value Added Course on
— Holistic Approach for Body Weight Management —

This is to certify that Sakshi Mundle *participated in*
Value Added Course on “Holistic Approach for Body Weight Management”
organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath

Dr. Manisha Rath, Ph.D.
Resource Person

Tushar Palekar

Dr. Tushar J. Palekar, Ph.D.
Principal

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

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This is to certify that Sakshi Kaviya *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

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Dr. Manisha Rathi, Ph.D.

Resource Person



Dr. Tushar J. Palekar, Ph.D.

Principal

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Sai Tadhav participated in
Value Added Course on “Holistic Approach for Body Weight Management”
organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath, Ph.D.
Resource Person

Dr. Tushar J. Palekar, Ph.D.
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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Shivani Godbole *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune



Dr. Manisha Rathi, Ph.D.

Resource Person



Dr. Tushar J. Palekar, Ph.D.

Principal



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Certificate

Value Added Course on

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This is to certify that Pragati kinge participated in

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Dr. Manisha Rath, Ph.D.
Resource Person

Dr. Tushar J. Palekar, Ph.D.
Principal

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Certificate

Value Added Course on **— Holistic Approach for Body Weight Management —**

This is to certify that Daishana Sonune participated in
Value Added Course on “Holistic Approach for Body Weight Management”
organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune



Dr. Manisha Rathi, Ph.D.
Resource Person



Dr. Tushar J. Palekar, Ph.D.
Principal



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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Bhavisha Thakkar *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath, Ph.D.
Resource Person

Dr. Tushar J. Palekar, Ph.D.
Principal



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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Panvi Nagotra *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

Principal



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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY
Certificate

Value Added Course on
— Holistic Approach for Body Weight Management —

This is to certify that Ritisha Sancheti *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rathi, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

Principal

DPU

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Aanchal Goyal *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath

Dr. Manisha Rath, Ph.D.

Resource Person

Tushar Palekar

Dr. Tushar J. Palekar, Ph.D.

Principal



Dr. D. Y. PATIL VIDYAPEETH, PIMPRI, PUNE

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Sushmita Rastogi *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

A handwritten signature in blue ink, appearing to read 'M. Rathi', is positioned above the name of the Resource Person.

Dr. Manisha Rathi, Ph.D.

Resource Person

A handwritten signature in blue ink, appearing to read 'Tushar Palekar', is positioned above the name of the Principal.

Dr. Tushar J. Palekar, Ph.D.

Principal



Dr. D. Y. PATIL VIDYAPEETH, PIMPRI, PUNE

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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY

Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Neha Bhagdevani *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

A handwritten signature in blue ink, appearing to read 'M Rathi', is placed above the name of the Resource Person.

Dr. Manisha Rathi, Ph.D.
Resource Person

A handwritten signature in blue ink, appearing to read 'Tushar Palekar', is placed above the name of the Principal.

Dr. Tushar J. Palekar, Ph.D.
Principal

DPU

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Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Shruti Soni *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune



Dr. Manisha Rathi, Ph.D.

Resource Person



Dr. Tushar J. Palekar, Ph.D.

Principal



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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY
Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Shivani Lalwani *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

A blue ink signature of Dr. Manisha Rathi, written in a cursive style.

Dr. Manisha Rathi, Ph.D.
Resource Person

A blue ink signature of Dr. Tushar J. Palekar, written in a cursive style.

Dr. Tushar J. Palekar, Ph.D.
Principal



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Dr. D. Y. PATIL COLLEGE OF PHYSIOTHERAPY
Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Deepak Rathore *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

Principal



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Certificate

Value Added Course on

— Holistic Approach for Body Weight Management —

This is to certify that Sanika Gade *participated in*

Value Added Course on “Holistic Approach for Body Weight Management”

organized on 9, 16, 23 & 30 March 2024 at Dr. D. Y. Patil College of Physiotherapy, Pune

Dr. Manisha Rath, Ph.D.

Resource Person

Dr. Tushar J. Palekar, Ph.D.

Principal



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Dr. D.Y.PATIL VIDYAPEETH, PUNE

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(An ISO 9001:2015 Certified University)

Ref.: DYPCPT/1601/2024

Date: 30/03/2024

Report of Value Added Course on
"Holistic Approach for Weight Management"

Venue: - Community Physiotherapy Lab

Date: - 9, 16, 23 & 30 March 2024

Time: - 2:00 PM to 6:00 PM

Dr. D. Y. Patil College of Physiotherapy organized a value added course on **Holistic Approach for Weight Management** under the Guidance of Dr. Tushar Palekar from 9th to 30th March 2024. Professor Dr. Manisha Rathi from Community Physiotherapy Department was the Resource person for the same.

Total Students participated were 50 who were from final year BPT and MPT. Total duration of the course was 16 hours and topics covered were Overview of Body composition, Pathophysiology of Obesity, Assessment of Obesity, Management of overweight and underweight, Risk factors and Complications of Obesity, Holistic approach to manage the overweight and underweight and Exercise prescription of Obesity. Practice sessions were conducted for Assessment and Management. Hands-on-practice session was conducted for all the students. Case discussion was also carried out where scenarios were given to the students and asked them write exercise prescription to them.

Students expressed their gratitude by thanking the Principal and Faculty for organizing this course for them. Certificates were then distributed to the Participants.


Dr. Manisha Rathi
PROFESSOR
Dr.D.Y. PATIL COLLEGE
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PUNE- 411026


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



Participants attending value added course

Dr. D.Y. Patil

Course Co-ordinator
PROFESSOR
 Dr.D.Y. PATIL COLLEGE
 OF PHYSIOTHERAPY
 PUNE- 411026

Dr. Tushar J. Palekar

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