


MIP COLLEGE OF PHYSIOTHERAPY, LATUR
DEPARTMENT OF COMMUNITY PHYSIOTHERAPY

A Report of Free Camp on Detection Of Osteoporosis And Physiotherapy Management In Menopausal Females.

Date and Day	:	7 th September, 2022. Wednesday
Organized by	:	DEPT of Community Physiotherapy, MIP College of Physiotherapy, in association with orthopedic department, MIMSR Medical College, Latur and IAPWC Latur district
Venue	:	OPD complex of YCRH MIMSR Health Campus
Time	:	10.00 am to 1 pm
Supported by	:	MIP College of Physiotherapy, YCRH, MIMSR, and Latur.
Targeted Participants	:	Menopausal females
Chairperson	:	Dr. Pallavi Dangat Jadhav HOD an Professor of Neurosciences department and IAPWC Coordinator of Latur district. Dr. Mohammad Rafi (Principal, MIP, COPT, Latur)
Coordinator (community physiotherapy)	:	Dr. Shyam Jungade (Associate Professor in department of physiotherapy) Dr. Shital Ghule (Assistant Professor in department of physiotherapy) Dr. Shruti Tadmare (Assistant Professor in department of physiotherapy)

Objective of the Program:

- To make the menopausal females aware about their Bone Mineral Density, this decreases as per the age and which leads to osteoporosis.
- To make them aware about the mobility and active exercises this will be beneficial for day to day life activities.
- To explain them about the do's and don'ts regarding the condition. Help them out with what appropriate dietary requirements they should follow to maintain optimum bone health.





Details about the Program:

IAPWC, Latur district in association with DEPT of Community Physiotherapy, MIP College of Physiotherapy had organized field activity a free camp on **"Detection of osteoporosis and physiotherapy management in menopausal females"** on 7th September, 2022 on the occasion of "World Physiotherapy Day. To start with prior permission to conduct the program was obtained from MIP/COPT/COMMUNITY DEPARTMENT and IAPWC respectively. On the morning of 7th September 2022, faculty and students was gathered for the program, at OPD complex, YCRH of MIMSR campus with community department MIP college of physiotherapy Latur Celebrated world physiotherapy day on 7th with the theme of "Osteoarthritis- A Global Problem. The program started at morning 10:00am on Wednesday, with the lamp lighting, followed by felicitation of the guests Dr. Mantri Madam (Academic and administrative Director of MIMSR Medical College), Dr. Varsha Karad Madam, (Superintendent and Head of Women's welfare Committee MIMSR Medical college), Dr. Meshra sir (CEO of MIMSR Medical College), Dr. Suryawanshi Sir, (Associate professor of Orthopedic department), MIMSR Medical College, Dr. Davle Madam, (HOD of OBGY) and Dr. Vidhya Kande madam (HOD of Pediatric departments of MIMSR latur). Followed by speech given by Dr. Mantri madam on benefits of physiotherapy exercise for menopausal females after that Dr. Davle madam share their thoughts on menopause and physiotherapy exercises followed by Dr. Pallavi Dangat Jadhav IAPWC Latur District coordinator share their views related this free camp and IAPWC Latur. Then Dr. Varsha Mam had given an insight on how osteoporosis is related with menopause and how it affects the physical lifestyle of females post menopause. Further the camp for detection of osteoporosis started with the registrations of all the females and they were assessed for Bone density and various osteoarthritis problems, accordingly each female was given appropriate physiotherapy management by staff and students (PG, Interns, Final year). Also the patient were made aware of DO'S and DONT'S about osteoporosis by distributing pamphlets. Further they were explained about the T- scores which they got on BMD detection by Dr. Shital and Dr. Shruti. The females who were osteopenic or had osteoporosis were taken together and a group exercise session was taken for the females further same exercise pamphlet was properly explained and distributed to the females, On an average around 102 females were screened and were explained about the importance of exercises as well as diet that they should follow to prevent osteoporosis. The camp was concluded at 1 pm and the vote of thanks speech given by Dr. Shyam Jungade.





Coordinators:

Dr. Shyam Jungade

Dr. Shital Ghule

Dr. Shruti Tadmare

[Handwritten Signature]
PRINCIPAL
MP College of Physiotherapy
Latur -413 531