



Pune Districts Education Associations
Shankarrao Ursal College of Pharmaceutical Sciences &
Research Centre, Kharadi, Pune-14.

A Report on
A Seminar on “Back Pain” (20th July 2022)

On the occasion of 63rd birthday celebration of Hon. Shri. Ajiitdada Pawar, Ex. Deputy Chief Minister, Government of Maharashtra and President, Pune District Education Associations, the college organized a seminar on “Health Awareness’ in our institute. Since Dr. Sunil Satav, Orthopedic surgeon Balaji Hospital Kharadi, Pune, is an eminent speaker in this field and have made valuable contributions to the topic, and in an endeavor to raise the health awareness and to highlight the importance of good health in our students and staff, the Dr. Sunil Satav, delivered the seminar on “Back Pain”. The students and staff members actively participated in this activity. This seminar was coordinated by Mrs. Trusha P. Shangrapawar.



Dr. Sunil Satav, delivering seminar on “Back Pain”



Dr. Sunil Satav, delivering seminar on “Back Pain”



**Mrs. Trusha P. Shangrapawar
Cultural Co-ordinator**

PRINCIPAL
Pune District Education Association's
Shankarrao Ursal College of Pharmaceutical
Sciences & Research Centre,
Khoradi, Pune-411014.



Pune District Education Association's
Shankarrao Ursal college of Pharmaceutical Sciences & Research Centre,
Kharadi, Pune-14.

Health Check Up Camp- 20/07/2022

Sr. No.	Name of the Student/Participants	Year	Sign
1.	Choudhary Abhijeet Shivlal	T.Y.B Pharm	
2.	Rathod Bhorat Babulal	T.Y.B Pharm	
3.	Choudhary Yogesh Kuparam	T.Y.B Pharm	
4.	Bohra Sayam Sunil	T.Y.B Pharm	
5.	Doke Shubham Daddabhai	T.Y.B Pharm	
6.	Dhale Rushikesh Krishna	T.Y.B Pharm	
7.	Sumit Mohite	T.Y.B Pharm	
8.	Shubham Kaspat	T.Y.B Pharm	
9.	Suyash Thorate	T.Y.B Pharm	
10.	Rutvik Jagtap	T.Y.B Pharm	
11.	Hrishikesh Jagtap	T.Y.B Pharm	
12.	Aditya Mohite	T.Y.B Pharm	
13.	Sadhar Shivjeet	T.Y.B Pharm	
14.	Vaibhav Kirtane	T.Y.B Pharm	
15.	Tejas Khaladkar	T.Y.B Pharm	
16.	Manish Kadam	T.Y.B Pharm	
17.	Vinit Kale	T.Y.B Pharm	
18.	Utharsh Gaikwad	T.Y.B Pharm	
19.	Vidhate Rachna	T.Y.B Pharm	
20.	Nalknave Deepali R	T.Y.B Pharm	
21.	Dreeshi Sonawane	T.Y.B Pharm	
22.	Yash Shegokar	T.Y.B Pharm	
23.	Sakshi Dolare	T.Y.B Pharm	
24.	Akshada Dombre	T.Y.B Pharm	
25.	Nikita Gaikwad	T.Y.B Pharm	
26.	Jay Lagod	T.Y.B Pharm	
27.	Pooja Vikas R.	T.Y.B Pharm	

Mrs. T.P. Shangrapur

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Kharadi, Pune-411014



28.	Srushti Harishchandra Rajgundhit	T.Y.B. Pharm	Shri
29.	Pallavi Girase m.	T.Y.B. Pharm	Pallavi
30.	Shreya Salunke	T.Y.B. Pharm	Shreya
31.	Pranali Shewale	T.Y.B. Pharm	Pranali
32.	Arshi Sawant	T.Y.B. Pharm	Arshi
33.	Ghule Vaibhavi	T.Y.B. Pharm	Dhriti
34.	Ghule Sonali	T.Y.B. Pharm	Sonali
35.	Ghavate Siddhi	T.Y.B. Pharm	Siddhi
36.	Tambre Vaibhav	T.Y.B. Pharm	Tambre
37.	Amkar Zalte	T.Y.B. Pharm	Amkar
38.	Ajay S. Pawar	S.V. M. Ph.	Ajay
39.	Vaundharg S. Rajje	T.Y.B. Pharm	Vaundharg
40.	Ingle Rajlaxmi	T.Y.B. Pharm	Ingle
41.	Siddhant Ohmanai	T.Y.B. Pharm	Siddhant
42.	Nikita Holkar	T.Y.B. Pharm	Nikita
43.	Rutuja Gund	T.Y.B. Pharm	Rutuja
44.	Sakshi Mone	T.Y.B. Pharm	Sakshi
45.	Gitanjali Bhosale	T.Y.B. Pharm	Gitanjali
46.	Ra. Holkar Nikita	T.Y.B. Pharm	Ra. Holkar
47.	Doraje Shreya	T.Y.B. Pharm	Doraje
48.	Hambir Vansha	T.Y.B. Pharm	Hambir
49.	Mano Rahani	T.Y.B. Pharm	Mano
50.	Gauri Kulkar	T.Y.B. Pharm	Gauri
51.	Mayur Mate	T.Y.B. Pharm	Mayur
52.	Jyoti Dhumbar	T.Y.B. Pharm	Jyoti
53.	Rabhisur Bawale. C.	T.Y.B. Pharm	Rabhisur
54.	Bhakti Tadwal	T.Y.B. Pharm	Bhakti
55.	Gourav Jadhav	T.Y.B. Pharm	Gourav
56.	Kavitha Jadhav	T.Y.B. Pharm	Kavitha
57.	Thokal Sakshi B.	T.Y.B. Pharm	Thokal
58.	Atole Arunaksha	T.Y.B. Pharm	Atole
59.	Atkita Rajaram Hotta	T.Y.B. Pharm	Atkita
60.	Badhe payal S.	T.Y.B. Pharm	Badhe
61.	Nilam Bavdhane	T.Y.B. Pharm	Nilam
62.	Pratiksha Pawar	T.Y.B. Pharm	Pratiksha
63.	Shamsh Bahadur	T.Y.B. Pharm	Shamsh
64.	Esha Kamble	T.Y.B. Pharm	Esha

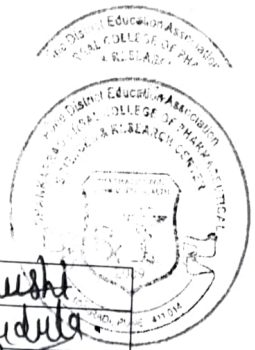
Shamsh

Ms. T. P. Shangare Pawar

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P. D. E. A'S



65.	Khushi Kharebe	T.Y. B. Pharm	Khushi
66.	Mayudula thombse	T.Y. B. Pharm	Mayudula
67.	Gosavi Subhash S	T.Y. B. Pharm	Gosavi
68.	Mole shubham M.	T.Y. B. Pharm	Mole
69.	Deshmane kamlesh R	S.Y.M. Pharm	Deshmane
70.	Bhosale Pallavi Sarjerao	S.Y.M. Pharm	Bhosale
71.	Tanmayi Kalamkar	S.Y.M. Pharm	Tanmayi
72.	Ashad Pratiksha	S.Y.M. Pharm	Ashad
73.	Shinde Harsha.	S.Y.M. Pharm	Shinde
74.	Tanvi Therat	S.Y.M. Pharm	Tanvi
75.	Damini S. patel	S.Y.M. Pharm	Damini
76.	Shinde Harsha	S.Y.M. Pharm	Shinde
77.	Bramhane Jayshri	S.Y.M. Pharm	Bramhane JA
78.	Beldar Aditi	S.Y.M. Pharm	Aditi
79.	Bhondve Riya	S.Y.M. Pharm	Riya
80.	Mhojan Vishal	S.Y.M. Pharm	Vishal
81.	Patade Amol.	S.Y.M. Pharm	Amol
82.	Biradar Pramod.	S.Y.M. Pharm	Biradar
83.	Sanaesh Nagargoje.	S.Y.M. Pharm	Sanaesh
84.	Aadeppa vishakha	S.Y.M. Pharm	Aadeppa
85.	Asu Athara Anil	S.Y.M. Pharm	Asu
86.	Awhale Shivraj Kondina	S.Y.M. Pharm	Awhale
87.	Awhale vaishnavi Tatayha	S.Y.M. Pharm	Awhale
88.	Bhure Shweta Ramdas	S.Y.M. Pharm	Bhure
89.	Chermmakani Shrikant Anupati	S.Y.M. Pharm	Chermmakani
90.	Chavan Divya Kalyan	S.Y.M. Pharm	Chavan
91.	Chaugule Akursha	S.Y.M. Pharm	Chaugule
92.	Gashale Harsh Ramchandea	S.Y.M. Pharm	Gashale
93.	Gade Bhakti Ashok	S.Y.M. Pharm	Gade
94.	Dixit Rutuja Ashok	S.Y.M. Pharm	Dixit
95.	Gade Rutuja Prabhakar	S.Y.M. Pharm	Gade
96.	Gadekar Sakshi Suresh	S.Y.M. Pharm	Gadekar
97.	Ananya Jadhav	S.Y.M. Pharm	Ananya
98.	Jadhav Kalyani	S.Y.M. Pharm	Jadhav
99.	Jadhav Kamal	S.Y.M. Pharm	Jadhav
100.	Sakshi Dhumal	S.Y.M. Pharm	Sakshi
101.	Vaishnavi Kalbhoy	S.Y.M. Pharm	Vaishnavi

(Signature)

Mrs. T. P. Shange (Principal)

3/6

(Signature)



102.	Vaishnavi Khandagale	S.Y. B Pharm	Athandagale
103.	Bhaqyalaxmi kadam	S.Y. B. Pharm	Badar
104.	Tanmay Jagtap.	S.Y. B. pharm.	Jagtap
105.	Kshirsagar Aishwarya	- 11 -	Kshirsagar
106.	Kale Tejpal	- 11 -	Kale
107.	Lungare Nitesh	- 11 -	Lungare
108.	Jadhav. Komal	- 11 -	Jadhav.
109.	Satashi dhawal	- 11 -	S. P. Dhawal
110.	Shambhuraaj Dhawal	S.Y. B Pharm	Shambhaji
111.	Chandhari Gaurav	S.Y. B. Pharm	Chandhari
112.	Siddharth Bodke	S.Y. B. Pharm	Bodke
113.	Jeetendra Chaudhary	S.Y. B. Pharm	Jeetendra
114.	Diveja charan	- 11 -	DC
115.	Akanksha Chougule	- 11 -	AK
116.	Rohad ray	- 11 -	Rohad
117.	Shitole omkar	- 11 -	Shitole
118.	Pratibha Kodag	- 11 -	Kodag
119.	Vartika Singh	- 11 -	Vartika
120.	Sachin Chavan	- 11 - 11	Sachin
121.	Sureaj Parkate	- 11 - 11	Sureaj
122.	Katate Siddhant	- 11 - 11	Katate
123.	Prathmesh Tanwar	B. Ph	Prathmesh
124.	Gabhale Harsh Rombharaj	S.Y. B Pharm	Gabhale
125.	Gadekar sakshi Suresh	S. Y. B pharm	Sakshi
126.	Hes Kumar Wankhede	S. Y. B Pharm	Hes Kumar
127.	Pechhekar Anurag	S. Y. B. Pharm	Pechhekar
128.	Salunke Ritesh	S.Y. B. pharm	Salunke
129.	Hake Neha	Final. Y. B. Phar	Hake
130.	Anisa Nulga	Final Y. B. Pharm	Anisa
131.	Gauri V. Khandre.	Final year B Pharm	Khandre.
132.	Anuja Patil.	Final year B Pharm	Anuja.
133.	Rushita B. Waghade	Final year B Pharm	Rushita.
134.	Pratiksha B. Salode	Final year B Pharm	Pratiksha.
135.	Rutuja Thorat	- 11 -	Rutuja.
136.	Komal Shelke	- 11 -	Komal.
137.	Akshada Raghawan	- 11 -	Akshada
138.	minkashi Londhe	- 11 -	Londhe

128 + 50 = 178
 Mrs. T. P. Shangrapawar

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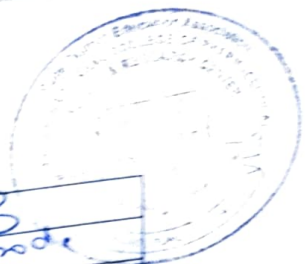


139.	Prajakta Pawar	-11-	Pawar
140.	Snehal Ugale	-11-	Snehal
141.	Shweta J Khirarkar	-11-	Khirarkar
142.	Shruti Khote	-11-	Khote
143.	Surve Sakshi	-11-	S. Surve
144.	Ruteja Kawade	-11-	Ruteja
145.	Kalshetti Aishwarya	-11-	Aishwarya
146.	Mansi Motashi	-11-	Mansikashi
147.	Undue daushara Sanjay	final year B	Undue
148.	Raj Dake	final year	Raj
149.	Kiran Nikalje	-11-	Kiran
150.	Vishal Shinde	-11-	Vishal
151.	Dhanle Vaasha	final year B Pharm	Dhanle
152.	Paigude Shradha	-11-	Paigude
153.	Abhijit K. Pharale	-11-	Abhijit
154.	Vaishnavi S Madure	-11-	Vaishnavi
155.	Nandini D. Bhujbal	-11-	Nandini
156.	Nikita Bhosure	-11-	Nikita
157.	Snehal Bichukale	-11-	Snehal
158.	Kudale Swarna	-11-	Kudale
159.	Snehal Chaudhary	final year Bph	Snehal
160.	Afiya Shaikh	final yr B-ph	Afiya
161.	Deepali Sagar	final yr B-ph	Deepali
162.	Prachi Raipure	final yr B Pharm	Prachi
163.	Pooja Pote	final year B Pharm	Pooja
164.	Aishwarya Kamthe	-11-	Aishwarya
165.	Mansi Bhamare	final year B-ph	Mansi
166.	Rinky Dhanje	final year	Rinky
167.	Diksha M. Waghmare	-11-	Diksha
168.	Sejal S. Walaj	-11-	Sejal
169.	Harshada S. Kumbharkar	-11-	Harshada
170.	Shavale Sachin	-11-	Shavale
171.	Deepak B. Kakani	-11-	Deepak
172.	Ajay B. Wakchare	-11-	Ajay
173.	Nishit Deepak Bhapsekar	-11-	Nishit
174.	Ashay B. Aknole	-11-	Ashay
175.	Atharva R Aranya	-11-	Atharva

Mrs. T.P. Shangrawar

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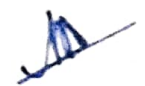
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176.	Rajuraj Rajurajit		
177.	Sarode Ravikiran. D	Final year B pharm	Sarode Rajuraj
178.	Pallavi Jamale		
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Answer
Mrs. T. P. Shengrapawar

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Pune District Education Association's
Shankarrao Ursal College of Pharmaceutical Sciences and Research Centre
Kharadi, Pune - 14.

Health Check-up Camp- 20th July 2022

Sr. No.	Name of the faculty (Teaching Staff)	Designation	Mobile	Signature
1.	Dr. Amit Kasabe	Asst. Prof.	7703366816	
2.	Khode P.H.	- -	8888972264	
3.	Dr. V.U. Barge	Professor	9923265133	
4.	Nehankar Nitin	Asst. Prof.	8184900931	Nitin
5.	T.R. Hande	Asst. Prof.	8669062889	T.R. Hande
6.	B.G. Shelar	Asst. Prof.	7744901138	B.G. Shelar
7.	R.G. Kumar	- -	7666445153	
8.	Yeer V.S.	Asst. Prof.	9606280837	
9.	Sunase, S.R.	Lab. Attendant	981087744	
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Dr. Ashok Bhosale

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Shankarrao Ursal College of Pharmaceutical Sciences and Research Centre
Kharadi, Pune - 14.

Health Check-up Camp- 20th July 2022

Sr. No.	Name of the faculty (Non- Teaching staff)	Designation	Mobile	Signature
1.	Pathan A.B	Lab. ASSIST	9860469578	
2.	Gilani S.V	Jr clerk	9637373757	
3.	Mr Pawar S.V	store keeper	8275741467	
4.	khude P.N.	khude P.N	8888872264	
5.	V.N. Bhandare	Lab. Assistant	9765458159	
6.	S.S. Parkhi	Jo. clerk	9765944749	
7.	Zainab S.M.	Peon	8806791406	
8.	Nagaralli S.B	Peon	9881832364	
9.	Damini S.patil	Lab. Assistant	7218654586	
10.	A. S. Survase	Peon	9322779479	
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Dr. Ashok Bhosale

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Kharadi, Pune - 14.

Health Check-up Camp- 20th July 2022

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1.	Pathan A.B	Lab. ASSIST	9860469578	
2.	Gilani, S.V	Jr clerk	9637373757	
3.	Mr Pawar S.V	store keeper	8275741467	
4.	khade P.M.	khade P.M	8888872264	
5.	V.N. Bhanabhai	Lab. Assistant	9765458159	
6.	S.S. Parkhy	Jr. clerk	9765944749	
7.	शंकाई शंकाई	शंकाई	8806791406	
8.	Nagarani S.B	Peon	9881832364	
9.	Damini S.patil	Lab. Assistant	7218654586	
10.	A. S. SURVASE	Peon	9322779479	
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Dr. Ashok Bhosale

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Pune District Education Association's

**Shankarrao Ursal College of Pharmaceutical Sciences and Research Centre
Kharadi, Pune – 14.**

Date- 15/07/2022

Notice No- 212

Health Check-up Camp

All the teaching and non- teaching staff members of B. Pharm and M. Pharm are hereby informed that the college is celebrating the 63rd birthday of Hon Shri. Ajitdada Pawar, Ex Deputy Chief Minister, and President, Pune District Education Association, and on the occasion of this, college has organized Health Check-up Camp, a team of the doctor from the Balaji Hospital, Kharadi would be conducting the camp on 20th July 2022 in our college in seminar hall from the 2.0 pm to 5.30 pm, so all the staff members must remain present for the camp for their health checkup. For further details, you may contact the undersigned.

(Contact person – Mrs Trusha P. Shangrapwar- 9823620854)

Trusha P. Shangrapwar

Mrs. T. P. Shangrapwar

Cultural coordinator

Ashok Bhosale

Dr. Ashok Bhosale

PRINCIPAL

P. D. E. A's

**Shankarrao Ursal College of
Pharmaceutical Sciences & Research Centre
Kharadi, Pune - 411014**

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D. A. J. Kasabe 

Veer V. S. 

Dhasade V. V. 

PHIC 

R. G. Pan 

Katade S. S. 

Karpe SK 

Jugale V. B. 


T. R. Hande - T. R. Hande

V. N. Bhandare -

B. G. Shelar - B. Shelar

R. B. Whigle R. Whigle

K. R. Ghule 

Sonawale R. 

Gunde C. V. 

Zunari S. S. 

Parthi S. S. 


Karpe SK Sunita

Mr Pawar S. V. 

Dr. V. U. B. 

Dr. P. V. Patil U. Chh.

M. M. Sayyad 

V. N. Bhandar - 

A. S. Sutarase - AS

S. S. Sonawane - SS



Pune District Education Association's

Shankarrao Ursal College of Pharmaceutical Sciences and Research Centre
Kharadi, Pune - 14.

Date- 15/07/2022

Health Check-up Camp -Roles and Responsibilities

All the staff members are informed to take a note of their roles and responsibilities assigned for the health checkup camp organized on the occasion of celebration 63rd birthday of Hon Shri. Ajitdada Pawar, Ex Deputy Chief Minister, and President, Pune District Education Association, on 20th July 2022 in our college in seminar hall from the 2.0 pm to 5.30 pm.

Sr. No.	Responsibilities	Name of the faculty	Signature
1.	Anchoring	Mrs. Trusha Shangrapawar Ms. Kiran Ghule	
2.	Registration	Ms. Tejaswini Kande	
3.	Hall Arrangement	Mr. Vikram Veer Ms. Bhagyashree Shelar Mr. A. B. Pathan Mr. Rajesh Ghige Mr. Shashikant Nagaralli Mr. D. B. Chande Mrs. V.N. Bhandare	
4.	Guest Felicitation	Ms. Kiran Ghule Ms. Naziya Sayyed	
5.	Guest Refreshment	Mrs. M. G. Zalte Mr. S. R. Suravase Mrs. A. S. Suravase	
6.	Vote of thanks	Mr. Amit Kasabe	

Dr. Ashok Bhosale

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Centre, Kharadi, Pune- 411014.


**Health Check Up Camp
&
A Seminar on Health Awareness**

20th July 2022

PROTOCOL

Sr. No.	Name of Event	Responsible Person	Time
1.	Saraswati Pujan	All Dignitaries	2.0 pm to 2.05 pm
2.	Preamble & Anchoring	Prof. Trusha Shangrapawar Prof. Kiran Ghule	2.05 pm to 2.10 pm
3.	Felicitation of Speaker	Principal	2.10 pm to 2.15 pm
4.	Address by Principal (Diploma)	Dr. Sachin Kotwal	2.15 pm to 2.20 pm
5.	Address by Principal	Dr. Ashok Bhosale	2.20 pm to 2.25 pm
6.	Address by Speaker	1. Dr. Sunil Satav, Orthopedic Surgeon, Balaji Hospital (Topic: - Back Pain) 2. Dr. Harsha Satav, ENT Surgeon, Balaji Hospital (Topic :- Immunity)	2.25 pm to 2.45 pm 2.45 pm to 3.05 pm
7.	Vote of Thanks	Dr. Amit Kasabe	3.05 pm to 3.10 pm
8.	Health Check Up Camp	---	3.15 pm to 5.30 pm


Mrs. Trusha P. Shangrapawar
Co-ordinator


Dr. Ashok Bhosale

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Pharmaceutical Sciences & Research Centre
Kharadi, Pune-411014

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Pune District Education Association's
**SHANKARRAO URSAL COLLEGE OF PHARMACEUTICAL
SCIENCES AND RESEARCH CENTRE**



Approved by : All India Council for Technical Education,
Pharmacy Council of India, New Delhi.
Affiliated to : Savitribai Phule Pune University (PU/PN/Pharm/384/2009), Code 1235
Recognised by : Government of Maharashtra
D.T.E.Institute Code : PH 6385 Website : www.pdeasubpharm.edu.in E-mail : sucopsrc_2009@yahoo.co.in

Phone : 020 - 27013835

Date : 16 / 7 / 2022

Ref. No. : SUCOPSRC / 32 / 2022-2023

President
Ajit Pawar

To,
Dr. Sunil Satav
Orthopedic Surgeon, Balaji Hospital
Kharadi, Pune-14.

Vice President
Rajendra Ghadge

Subject: Regarding organization of Health Check-up Camp in our
institute on the occasion of birthday celebration of Hon. Shri. Ajitdada Pawar on 20th
July 2022 at 2.0 pm.

Dear Sir,

As per our telephonic conversation, I am pleased to extend an invitation to you for
organization of Health Check-up Camp in our institute on the occasion of birthday
celebration of Hon. Shri. Ajitdada Pawar, Ex Deputy Chief Minister, and President, Pune
District Education Association, Pune.

As we are aware that you are always working for the wellbeing of the society, and in an
endeavor to raise the health awareness and to highlight the importance of regular health
check-ups in our students and staff, we take this opportunity to invite you and your team
of doctors to our college for organization of Health Check-up Camp on 20th July 2022 at
2.0 pm. So, we look forward to your presence and co-operation. (For any query please
contact to coordinator Mrs. Trusha P. Shangrapawar- 9823620854)

Thanking you!

(Dr. Ashok Bhosale)
Principal

Shankarrao Ursal College of
Pharmaceutical Sciences & Research Centre
Kharadi - Pune - 411004

Received
Dr. Sunil S. Satav

Hon. Secretary
Adv. Sandeep Kadam
Senate Member, SPPU, Pune

Treasurer
Adv. Mohanrao Deshmukh

Dy. Secretary
L. M. Pawar

Principal
Dr. Ashok Bhosale



Pune District Education Association's
**SHANKARRAO URSAL COLLEGE OF PHARMACEUTICAL
SCIENCES AND RESEARCH CENTRE**



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Phone : 020 - 27013835

Date : 17/7/22

Ref. No.: SUCOPSRC/39/2022-2023

Thanking Letter

President
Ajit Pawar



Vice President
Rajendra Ghadge

To,
Dr. Sunil Satav
Director,
Balaji Hospital, Kharadi, Pune

Respected Sir,

At the outset, we wish to convey our sincere gratitude towards you for organizing the Health Check-Up Camp on the occasion of Birthday of Hon. Shri. Ajitdada Pawar Saheb, Ex-Deputy Chief Minister, Maharashtra State and President, Pune District Education Association, Pune on 20th July 2022.

We are looking forward for having much more interaction with you in the future.

Thanking you with regards.

Yours Sincerely,

Dr. Ashok Bhosale
PRINCIPAL
P. D. E. A's

Dy. Secretary
L. M. Pawar

Principal
Dr. Ashok Bhosale

Shankarrao Ursal College of Pharmaceutical
Sciences & Research Centre
Kharadi, Pune - 411014



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M.B.B.S. D.O.R.L. (Mumbai)
Regd. No. 2005/02/0605**Dr. Gopal Jaju**Consultant Physician
M.B.B.S., MD (Medicine)
Regd. No. MCI 1139360**Dr. Chintan S. Gujarathi**Plastic Surgeon
M.B.B.S., M.S., D.NB, M.Ch
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- Urosurgery
- Neurosurgery
- Health check-up plan for companies
- Hand Surgery
- Spine Surgery
- Pathology
- Plastic Surgery
- Gynecology
- Neurophysician
- No Obstetrics

Authorised for many Cashless Insurance Companies.No.: **36857**Date: **20/07/22**Patients Name: **Tejaswini Rande** Age **25y** Sex **F**Diagnosis: **Rt furbinak hyperthyroid Acute lumbago**Rx **BSL-97****BP - 140 / 90 mm Hg.****lumbar braden
- IFT back
- no sound back (x 2 days)****SpO2 - 98
Pulse - 90.**

क्र.	औषधाचे नाव (Name of medicine)	सकाळी (Morning)	दुपारी (Afternoon)	रात्री (Night)	दिवस (Days)
१	Budnase Ac Nasal spray	1/2	1/2	2 वेळ	x 8 days
२					
३	T. Limcel	1	-	-	x 15 days
४	T. Mic free H3	1	1	1	x 2 days
५	T. Ankinaclovars B	1	1	1	x 2 days
६	T. Praxo 4000	1	1	1	x 2 days
७	Qvel gel	1	1	1	x 2 days

सूचना :
(Instructions)

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- Gynecology
- Medicine
- Ophthalm
- Psychiatry
- Neurosurgery
- Pathology
- Neurophysician
- 24 hrs. Ambulance Service
- Audiometry
- Health check-up plan for companies
- No Obstetrics

Authorised for many Cashless Insurance Companies.

No.: 36810

Date :

Patients Name : R. Y. Patil Age 50y Sex MDiagnosis : RT DNS + B/L Wax

Rx AS+ 130
B.P. :- 130/90 mm

SpO2 - 97
Pulse - 87.

क्र.	औषधाचे नाव (Name of medicine)	सकाळी (Morning)	दुपारी (Afternoon)	रात्री (Night)	दिवस (Days)
१	<u>Fluticasone Nasal</u>	<u>नाहात</u>	<u>2 वेळ</u>		<u>x 15 days</u>
२	<u>spray</u>				
३					
४	<u>solivox ear</u>	<u>5-6 वेळ</u>	<u>5-6 वेळ</u>		<u>x 5 days</u>
५	<u>drop</u>				
६					
७					

सूचना :
(Instructions)

CT PNS - PTA

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- Neurosurgery
- Health check-up plan for companies
- Hand Surgery
- Spine Surgery
- Pathology
- Plastic Surgery
- Gynecology
- Neurophysician
- No Obstetrics

Authorised for many Cashless Insurance Companies.

No.: 36702

Date: 20/7/22

Patients Name: Mr. Dr. R. S. Patil. Age _____ Sex _____

Diagnosis: Acute lumbago L @ hip spasm

Rx

R - IFT @ thigh
- Ultrasound @ thigh & knees

क्र.	औषधाचे नाव (Name of medicine)	सकाळी (Morning)	दुपारी (Afternoon)	रात्री (Night)	दिवस (Days)
१	T. Analgin 1000mg BD	-----			} 7 Days
२	T. Mefenamic acid 500	-----			
३	T. Paracetamol 650	-----			
४	Oral gel	-----			
५					
६					
७					

सूचना: (Instructions)

कांढरचे व गुडल्याचे आयाम करणे

Doctor's Sign

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• फेरतपासणी (Follow-up):

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- Neurosurgery
- Health check-up plan for companies
- Hand Surgery
- Spine Surgery
- Pathology
- Plastic Surgery
- Gynecology
- Neurophysician
- No Obstetrics

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No.: 36815




Date :

Patients Name : Kiran Ghule Age 25yr. Sex M

Diagnosis : _____

Rx BSL-102
BP-110/70

Spine: 97
Pulse: 94

क्र.	औषधाचे नाव (Name of medicine)	सकाळी (Morning) 	दुपारी (Afternoon) 	रात्री (Night) 	दिवस (Days)
१					
२					
३					
४					
५					
६					
७					

सूचना :
(Instructions)

• फेरतपासणी (Follow-up) :

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- Gynecology
- Neurophysician
- No Obstetrics

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No.: **36707**

Date: 28/7/2022

Patients Name: Mrs. Trisha Age _____ Sex _____

Diagnosis: Acute Lumbago & Sciatica

Rx
BSL - 106
B.P - 110/70.
R - lumbar traction
- left back
- O hand back (x-rays)
SPO - 99
Pulse - 90

क्र.	औषधाचे नाव (Name of medicine)	सकाळी (Morning)	दुपारी (Afternoon)	रात्री (Night)	दिवस (Days)
१	T. Ankinac-Plom 80	—	—	—	7 days
२	A. Midtree 800 TD	—	—	—	
३	A. Parale 40000	—	—	—	
४	Paral gel	—	—	—	
५					
६					
७					

सूचना :
(Instructions)

• फेरतपासणी (Follow-up) :

In case of Emergency like

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- Audiometry
- Health check-up plan for companies
- No Obstetrics

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No.: **36862**

Date: **20/07/22**

Patients Name: Mrs. Vidya Kamble Age 37 Sex F

Diagnosis:

Rx
PSL - 112
B-P - 150/90.
— Lumbar fracture
— IFT back
— Around back (2 days)

SpO2 - 99
Pulse - 88

क्र	औषधाचे नाव (Name of medicine)	सकाळी (Morning)	दुपारी (Afternoon)	रात्री (Night)	दिवस (Days)
१	T. Ankinad (P) (cont. = 60)	-----			(Kidney)
२	T. Ankech (P) 400 MS	-----			
३	T. Ankech (P) 400 MS	-----			
४	Over gel	-----			
५					
६					
७					

सूचना :

(Instructions)

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In case of Emergency like

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- Health check-up plan for companies
- No Obstetrics

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No.: 36804

Date :

Patients Name : Mr. Prashant Khade Age 35yrs. Sex M

Diagnosis : _____

Rx

BSL :- 92.
B.P :- 110/70.

क्र.	औषधाचे नाव (Name of medicine)	सकाळी (Morning)	दुपारी (Afternoon)	रात्री (Night)	दिवस (Days)
१					
२					
३					
४					
५					
६					
७					

सूचना :

(Instructions)

• फेरतपासणी (Follow-up) :

Doctor's Sign

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In case of Emergency like _____

Call on Emergency Contact No.: 9850060894, 7276239333, 8888843122, 8888843121

काही इमर्जन्सी असल्यास ताबडतोब ९८५००६०८९४, ७२७६२३९३३३, ८८८८८४३९२२, ८८८८८४३९२९ या नंबरवर फोन करा.

- आपला त्रास वाढल्यास ताबडतोब डॉक्टरांना दाखविणे. • हॉस्पिटलमध्ये येताना हा पेपर बरोबर आणावाच.
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NECK PAIN

To avoid neck pain, follow the following instructions.

(1) Don't take a big pillow under your neck while sleeping (2) Don't read or watch TV while sleeping (3) Don't lift any heavy weight on your neck while in pain (4) Don't twist your neck while in pain (5) Avoid bending your neck at home or while working (6) Avoid driving in neck pain to prevent jerks.

Exercises for neck pain



1. Keep your neck straight and bend it to right and left side.



2. Keep your neck straight and turn it to right and left side.



3. Bend your neck forward and backward slowly. Hold position for few seconds.



4. Lift your shoulder in upward direction till it reaches your ear and keep for 3-4 seconds and take it downward slowly.



5. Put your hands back on your head and put gentle pressure backward and resist with your hands.



6. Put your hands on your forehead and put pressure forward and resist with your hands.



7. Put your hand on your ear and press the hand with neck and press the ear with hand. Repeat the same on opposite side.

Note: For doing above exercises consult the Ortho Surgeon or a Physiotherapist.

मराठी माहितीसाठी
पाठीमागे पहा.

Dr. Sunil Satav

Chief Ortho Surgeon & Founder, Balaji Hospital, Kharadi.

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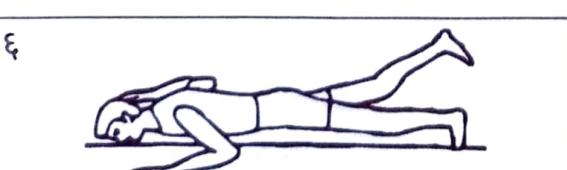
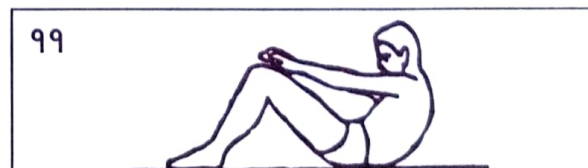
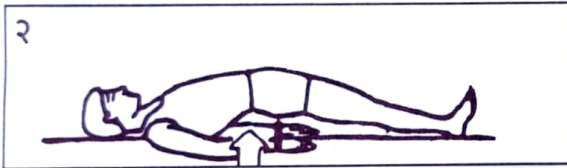
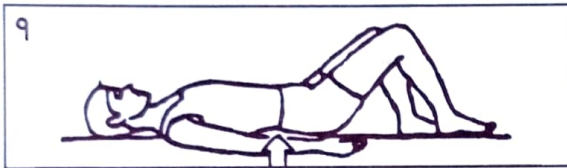
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BACK PAIN

To avoid back pain, follow the following instructions.

(1) Avoid lifting weight till back pain is reduced. (2) While getting up from lying position turn to one side to avoid strain on painful nerves and muscles. (3) While lifting heavy weight bend on your knees not on your back to avoid strain. (4) Keep equal and same weight on both the hands while lifting. (5) While working on table, keep the legs parallel and don't bend at back and keep posture straight. (6) Keep your back straight while sitting on chair. (7) Make sure that your mattress should be plain and slightly hard while sleeping. (8) Keep your posture straight while walking and don't bend.

Exercises for back pain



Note: For doing above exercises consult the Ortho Surgeon or a Physiotherapist.

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