



Shri Siddheshwar Devasthan Solapur,

SHREE SIDDHESHWAR COLLEGE OF PHYSIOTHERAPY, SOLAPUR.

(Affiliated to MUHS, Nashik)

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Report on Women's Health Camp – "Swasth Nari, Sashakt Parivar Abhiyaan"

The Maharashtra Government and District Hospital, in collaboration with Shree Siddheshwar College of Physiotherapy, Solapur, organized a Women's Health Camp under the initiative "Swasth Nari, Sashakt Parivar." The camp aimed to promote women's health and empowerment by addressing key issues related to physical well-being, particularly among women and children with disabilities or musculoskeletal conditions. The event was held at District Hospital, Solapur on 17th September, 2025.

The main objective of the camp was to create awareness about women's health, provide free health assessments, and offer physiotherapy consultations. Female patients and children were assessed for **musculoskeletal, natal care, postural, and neurological problems**. The camp also focused on early identification of conditions requiring further medical attention and on empowering women with knowledge about self-care and preventive health practices. Women diagnosed with pregnancy or post pregnancy were advised with Antenatal and Post-natal care exercises and were asked to keep a follow-up for the same.

Various activities were conducted during the camp by different departments, including health screening to record blood pressure, BMI, and general fitness levels. Participants received **physiotherapy assessments and on-the-spot treatments, including exercises, mobility training, necessary electrotherapy treatment and ergonomic guidance**. The role of regular physical activity in maintaining wellness was explained to the women who attended the camp. **Special rehabilitation guidance and treatment with continuous follow up was recommended to children with physical disabilities** to help improve their mobility and functional abilities.

The camp saw active participation from a large number of women and children from the local community. **Dr. Kaustubh Jadhav (PT)** and **nine students from Shree Siddheshwar College of Physiotherapy** played a vital role in conducting the event. The initiative received a positive response, with **over 69 women and children** being assessed and treated. The community appreciated the efforts of both the Maharashtra Government and the college for extending free, quality healthcare services.

In conclusion, the “**Swasth Nari, Sashakt Parivar Abhiyaan**” Women’s Health Camp was a successful event that underscored the importance of women’s and children’s health in building a stronger and healthier society. The collaboration between the **Government of Maharashtra** and **Shree Siddheshwar College of Physiotherapy** effectively promoted health awareness, early diagnosis, and empowerment through education and treatment. This initiative reaffirmed that a healthy woman forms the foundation of a healthy and empowered family.



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