



Shri Siddheshwar Devasthan Solapur,

## SHREE SIDDHESHWAR COLLEGE OF PHYSIOTHERAPY, SOLAPUR.

(Affiliated to MUHS, Nashik)

City Survey No. 6095 / 4, 6095 / 69, Siddheshwar Peth, Near Panch Katta,  
Solapur - 413001. Maharashtra ■ Phone : 0217-2748760

■ Email Id : ssamchsol@gmail.com ■ Website : www.ssccop.edu.in

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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 24<sup>th</sup> 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 63 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 **Maharashtra Government** 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.



Coordinators  
K. Sathya  
K. Hawker

R. Shekhar