



St. Andrews Education Foundation's
(An ISO 9001:2015 Certified Minority Institution)

St. Andrews College of Physiotherapy

(Christian Minority Institution)

Affiliated to Maharashtra University of Health Sciences, Nashik and

Recognized by Maharashtra State Council for Occupational Therapy & Physiotherapy, Mumbai

Cerebellar ataxia awareness talk

St Andrews College of Physiotherapy's Neuro Physiotherapy Department has organized an awareness talk about cerebellar ataxia on 13th November 2025. Dr. Arwa Sinnarwala and Dr. Pooja Chungade made required arrangements for conducting the awareness talk. Mr. Vilas Shinde was invited to deliver a talk on cerebellar ataxia. Mr. Vilas Shinde was a patient affected with cerebellar ataxia. Dr. Venkatesan Ramakrishnan felicitated Mr. Vilas Shinde with a shawl and bouquet.

Mr. Vilas Shinde listed various signs and symptoms that he was experiencing from the age of 15. The major issue faced by him was that he couldn't attend schooling and education like other normal kids. Later he managed to attend a special school. Since he was slow in all activities and had cerebellar ataxia-related disabilities, he couldn't find a job for his livelihood. He was expressing his interest in searching for associations and organizations that are supporting people with disabilities. He came to know about an organization that empowers people with disabilities to be involved in activities like paper bag making and other packaging items. Later he started making paper bags.

He found his memory and cognition intact without any deconditioning. The symptoms that progressed were only related to his movements. He found a Bengaluru-based NGO providing accommodation and jobs for people with disabilities. He attended various interviews in Bengaluru for IT- and call center-based jobs. After returning to Pune, he was involved in writing poetry and shayari. He was explaining a video on the modification of his tricycle according to his physical convenience. This enabled him to roam to various parts of Pune and meet different people. Now he is in the process of writing his autobiography. His friends in Pune offered a helping hand for all his efforts for a noble cause.

He added a note on the medications and exercises that he was doing regularly. He was explaining the importance of pranayama and the benefits of other basic yogasanas for healthy living. He has been conducting awareness programs since 2020. He, in association with the Cerebellar Ataxia Association, organizes activities and provides support for people with various disabilities. He was invited by various colleges to provide information about cerebellar ataxia disabilities and strategies to overcome those difficulties.

Students of 3rd BPTH and 4th BPTH actively participated in the program. A question and answer session was organized during the session. Mr. Vilas shone while answering the questions and doubts raised by the students. Mr. Jayden Francis, a student of 4th BPTH, delivered a vote of thanks. The program was beneficial and informative for students.



Principal,
St. Andrews College of Physiotherapy,
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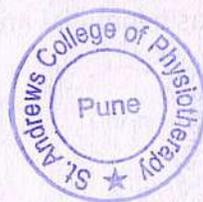
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