

Tilak Maharashtra Vidyapeeth (Trust)

Lokmanya Tilak College of Physiotherapy

Affiliated to MUHS

Plot No. 3, Sector 14, Near Raghunath Vihar, Kharghar, Navi Mumbai

Department of Cardiovascular & Respiratory Physiotherapy

celebrates

WORLD HEART WEEK

28th September 2024 - 03rd October 2024



EXCLUSIVE for the staff of TMV Kharghar



Instructions for Participation









Download & Register

"Google Fit: Activity Tracking" Create an account and ensure accurate step tracking is enabled.



Walk & Track

Complete 10,000 steps daily between 26th September & 2nd October. Use the app to monitor your progress.





Step Three

Share & Participate

Share your progress on social media using the #tmv10kstepchallenge hashtag.

OUR PATRONS



DR. PRANATI TILAK **Campus Director**

DR. PRANJAL GROVER Principal

OCTOBER!

ORGANISERS

DR. VIJAYENDRA RAJGURU Professor & HOD

DR. HIRANMAYEE BAGWE Associate Professor

DR. RUTUJA KAMBLE **Assistant Professor**

Assistant Professor

DR. SHRUTI SARKAR



TILAK MAHARASHTRA VIDYAPEETH (TRUST) LOKMANYA TILAK COLLEGE OF PHYSIOTHERAPY

RECOGNIZED BY MAHARASHTRA STATE COUNCIL FOR OCCUPATIONAL THERAPY
AND PHYSIOTHERAPY, MUMBAI

Affiliated to MUHS

Plot No. 3, Sector 14, Near Raghunath Vihar, Kharghar, Navi Mumbai 410210.

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Date: 19.02.2024

Report on 10,000 Step Challenge on occasion of World Heart Week Celebration 2024

Preamble	In Occasion of World Heart Day 2024, Department of Cardiovascular and espiratory Physiotherapy, TMV's Lokmanya Tilak College of Physiother Charghar organized a week focusing on importance of Physical activity and these based on the theme 'Use Heart for Action' for the year 2024. An arrivents were organised and conducted for patients, students and faculty me his week long event underscored the importance of Heart Health both in Awareness and Action.	rapy, ad ray of mbers.
Objective	 To promote cardiovascular health and overall well-being by encour participants to walk 10,000 steps daily. To raise awareness about the importance of regular physical activit heart health while fostering community participation. 	
Event	0,000 Step Challenge	
Date	26th September to 2nd October 2024	
Organized by	Department of Cardiovascular and Respiratory Physiotherapy, TMV's Lo Filak College of Physiotherapy, Kharghar	kmanya
Participants	Staff of Tilak Maharashtra Vidyapeeth, Kharghar	
Event Coordinator	Dr. Vijavendra Rajguru, Dr. Hiranmayee Bagwe, Dr. Shruti Sarkar	
Venue	TMV's Lokmanya Tilak College of Physiotherapy, Kharghar	
Summary	A total of 53 participants registered, tracking their steps daily using the G Fit Mobile Application. The goal was to reach a minimum of 10,000 steps day, with progress evaluated based on step count, heart points, and caloridate burned. The challenge concluded successfully, with several participants exceeding 10,000-step goal. Dr. Vijayendra Rajguru with the highest cumulative ste was declared the winner, while tokens of appreciation were given to the participants, namely Mrs. Gauri Kala, Disha Sharma, Dr. Mayuri Khatavi Mr. Satish Gadge for their impressive step counts, heart points, and calor burned.	g the p count next four kar &
Feedback	The feedback from participants was overwhelmingly positive. Many expert that the 10k Step Challenge was an excellent motivator, helping them star committed to their daily fitness goals. Participants reported feeling more energized and engaged throughout the week, and the challenge provided welcome push toward a more active lifestyle.	У



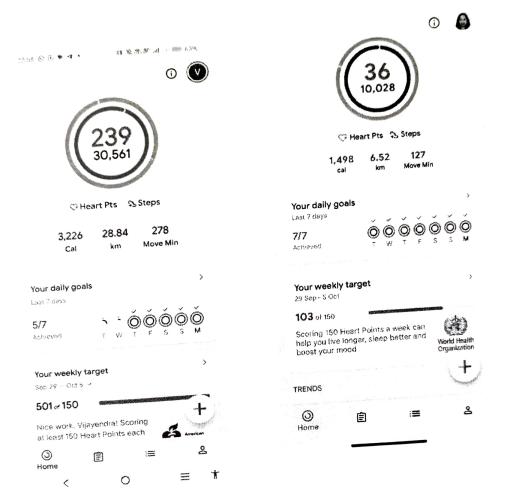
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Screenshots from the Google Fit Mobile Application of Participants

Dr. Shruti Sarkar **Event Coordinator**

TMV's Lokmanya Tilak College of Physiotherapy, Navi Mumbai

Dr. Vijayendra Rajguru **Head of Department**

TMV's Lokmanya Tilak College of Physiotherapy, Navi Mumbai

Dr. Pranjal Grover Professor – Principal

TMV's Lokmanya Tilak College of Physiotherapy, Navi Mumbai

