



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

organises

10K STEP Challenge

EXCLUSIVE for the staff of TMV Kharghar

**26 SEPTEMBER TO
2 OCTOBER**

**WIN
EXCITING
PRIZES!**

Instructions for Participation

01

Step One

Download & Register

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

02

Step Two

Walk & Track

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

03

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

**RESULTS ON
3rd
OCTOBER !!**

ORGANISERS

DR. VIJAYENDRA RAJGURU
Professor & HOD

DR. HIRANMAYEE BAGWE
Associate Professor

DR. RUTUJA KAMBLE
Assistant Professor

DR. SHRUTI SARKAR
Assistant Professor



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	: On Occasion of World Heart Day 2024, Department of Cardiovascular and Respiratory Physiotherapy, TMV's Lokmanya Tilak College of Physiotherapy, Kharghar organized a week focusing on importance of Physical activity and fitness based on the theme 'Use Heart for Action' for the year 2024. An array of events were organised and conducted for patients, students and faculty members. This week long event underscored the importance of Heart Health both in Awareness and Action.
Objective	: <ol style="list-style-type: none">1. To promote cardiovascular health and overall well-being by encouraging participants to walk 10,000 steps daily.2. To raise awareness about the importance of regular physical activity for heart health while fostering community participation.
Event	: 10,000 Step Challenge
Date	: 26th September to 2nd October 2024
Organized by	: Department of Cardiovascular and Respiratory Physiotherapy, TMV's Lokmanya Tilak College of Physiotherapy, Kharghar
Participants	: Staff of Tilak Maharashtra Vidyapeeth, Kharghar
Event Coordinator	: Dr. Vijayendra Rajguru, Dr. Hiranmayee Bagwe, Dr. Shruti Sarkar
Venue	: TMV's Lokmanya Tilak College of Physiotherapy, Kharghar
Summary	: <p>A total of 53 participants registered, tracking their steps daily using the Google Fit Mobile Application. The goal was to reach a minimum of 10,000 steps per day, with progress evaluated based on step count, heart points, and calories burned.</p> <p>The challenge concluded successfully, with several participants exceeding the 10,000-step goal. Dr. Vijayendra Rajguru with the highest cumulative step count was declared the winner, while tokens of appreciation were given to the next four participants, namely Mrs. Gauri Kala, Disha Sharma, Dr. Mayuri Khatavkar & Mr. Satish Gadge for their impressive step counts, heart points, and calories burned.</p>
Feedback	: The feedback from participants was overwhelmingly positive. Many expressed that the 10k Step Challenge was an excellent motivator, helping them stay committed to their daily fitness goals. Participants reported feeling more energized and engaged throughout the week, and the challenge provided a welcome push toward a more active lifestyle.



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Screenshots from the Google Fit Mobile Application of Participants


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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
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