



**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.

Email ID: lokmanyamcop@gmail.com / Web Site: <http://www.lmcop.edu.in>

**REPORT OF FITNESS CAMP CONDUCTED BY CARDIOVASCULAR AND  
RESPIRATORY DEPARTMENT**

Topic: Report of Fitness Camp Conducted by Cardiovascular and Respiratory Department on the occasion of World COPD Day.

Date: 26<sup>th</sup> November 2022

Venue: Cardiovascular and Respiratory Lab, Physiotherapy OPD, TMV's Lokmanya College of Physiotherapy, Kharghar.

Coordinator: Dr. Vijayendra Rajguru. Dr.Sabina Hakim, Dr.Rutuja Kamble, Dr.Monali Kashyap.

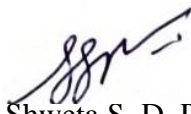
Principal: Dr. Shweta Phadke

Attended by: Teaching and Non-teaching Staff of Tilak Maharashtra Vidyapeeth.

Photographs included: Yes

Fitness Camp was organised on the occasion of World COPD Day with an objective of early recognition of lack of physical activity as a risk factor for development of non-communicable diseases, leading to promotion of active and healthy lifestyle.

On 26<sup>th</sup> November 2022, department of Cardiovascular & Respiratory Physiotherapy of TMV's Lokmanya College of Physiotherapy organised Health-Related Physical Fitness Assessment Camp for Staff (teaching and non-teaching) working at all the institutes/colleges at the TMV Kharghar Campus, Navi Mumbai from 9:30am till 3:00pm. All the participants were initially assessed for their vital parameters, demographic details, brief history of any present or past medical complaints, drug history, physical activity levels. Fitness Test Battery included measurement of participant's height, weight, Waist-Hip circumference, Flexibility test, Strength test, Body Composition Analysis, PEF, Pulmonary Function Test (PFT by Cipla) and Step Test. Total of 66 participants (45 teaching & non-teaching staff and 21 students) attended the camp. All the above screened and upcoming participants will be advised for follow up along-with their individual fitness reports for counselling and fitness promotion at Physiotherapy OPD.

  
Dr. Shweta S. D. Phadke  
Professor & Principal

Lokmanya Tilak College of Physiotherapy,  
Kharghar, Navi Mumbai

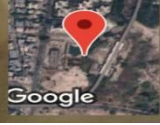


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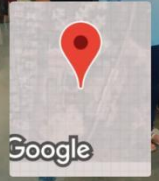
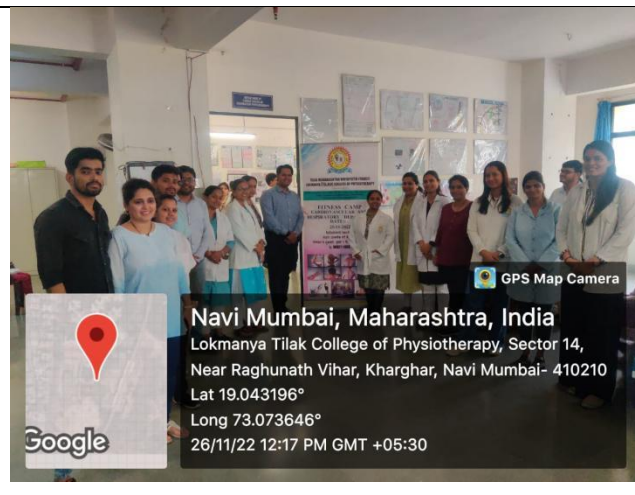
**Navi Mumbai, Maharashtra, India**  
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