



TILAK MAHARASHTRA VIDYAPEETH (TRUST)
LOKMANYA TILAK COLLEGE OF PHYSIOTHERAPY

Affiliated to MUHS

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

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REPORT OF FUN-FILLED ACTIVITY CAMP CONDUCTED BY
CARDIOVASCULAR AND RESPIRATORY PHYSIOTHERAPY
DEPARTMENT

Topic: Report of Fun-Filled Activity Camp for Residents of Kharghar, Navi Mumbai

Date: 2nd June 2023

Venue: Auditorium, TMV Campus, Kharghar

Coordinator: Dr. Vijayendra Rajguru and Dr. Sabina Hakim.

Principal: Dr. Shweta Phadke

Attended by: Residents of Kharghar, Navi Mumbai

Photographs included: Yes

Fun-filled Activity Camp was organized 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 lifestyle. On 2nd June 2023, department of Cardiovascular & Respiratory Physiotherapy of TMV's Lokmanya Tilak College of Physiotherapy organized and conducted Fun-filled Activity Camp for Residents of Kharghar, Navi Mumbai at TMV Campus Auditorium, Kharghar Navi Mumbai from 10:00am till 1:00pm. 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, Balance, PEF and Pulmonary Function Test (PFT by Cipla). Total of 25 subjects participated for the camp. All the above screened and upcoming participants are advised for follow up along-with their individual fitness reports for Weight reduction and Fitness training classes at Physiotherapy OPD.

Dr. Vijayendra Rajguru
Professor

Lokmanya Tilak College of Physiotherapy
Kharghar, Navi Mumbai

Dr. Shweta S. D. Phadke
Professor & Principal

Lokmanya Tilak College of Physiotherapy
Kharghar, Navi Mumbai



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