



TILAK MAHARASHTRA VIDYAPEETH (TRUST) LOKMANYA TILAK COLLEGE OF PHYSIOTHERAPY

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

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

DEPARTMENT OF CARDIOVASCULAR &
RESPIRATORY PHYSIOTHERAPY

is organising & conducting a

FREE PHYSIOTHERAPY FITNESS CAMP

Let's check How Fit are you ? Now at your Doorstep ! We will assess your physical fitness and guide & motivate you further for achieving better Health and Fitness



Blood Pressure
measurement



Balance
assessment



Lung Function




Sit to stand
Assessment




Flexibility
Assessment



Cardiovascular
Endurance assessment

 **Date : 30th September 2024**

 **Time : 10 am - 1 pm**

Our Patrons

Dr. Pranati Tilak
Campus Director

Dr. Pranjal Grover
Principal

Organising Committee


Dr. Vijayendra Rajguru
Professor & HOD

Dr. Hiranmayee Bagwe
Associate Professor

Dr. Rutuja Kamble
Assistant Professor

Dr. Shruti Sarkar
Assistant Professor



 **Venue: Sai Mannat Co-op
Society, Kharghar**



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Affiliated to MUHS

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

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

Date: 04.10.2024

Report on 'Physical Fitness Camp' conducted at Sai Mannat Co-op Hsg. Society 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 create awareness regarding importance of Physical fitness and activity among normal healthy individuals in the community.2. To provide guidance and consultation regarding improvement of Physical Fitness level.
Event	: World Heart Week Celebration 2024
Date and Time	: 28 th September 2024, 10.00 am to 1.00 pm
Organized by	: Department of Cardiovascular and Respiratory Physiotherapy, TMV's Lokmanya Tilak College of Physiotherapy, Kharghar
Participants	: 20 residents of Sai Mannat Co-op Hsg. Society and 25 BPT students
Event Coordinator	: Dr. Vijayendra Rajguru, Dr. Hiranmayee Bagwe, Dr. Vaishali Ingole
Venue	: Sai Mannat Co-op Hsg. Society, Sector 35, Kharghar, Navi Mumbai
Summary	: The Physical Fitness camp was conducted at Sai Mannat Co-op Hsg. Society by Dr. Vijayendra Rajguru, Dr. Hiranmayee Bagwe and Dr. Vaishali Ingole. A total of 20 residents were evaluated for their Physical fitness in the domains of Body composition, Muscle strength and endurance, Flexibility, Balance and Agility. All 20 residents were individually counseled regarding their Physical fitness as per their performance. Students gained hands-on experience of assessment of Physical fitness in normal healthy adults. Camp was concluded after casting vote of thanks to the Chairperson of Sai Mannat Co-op Hsg. Society for their cooperation.
Feedback	: Residents reported the Physical fitness camp to be helpful and informative. The camp helped them gain insights into their current level of fitness and received personal guidance for further management strategies and Physiotherapy referral. Students reported it as a good learning experience focusing on hands-on assessment skills and interpretation of Physical fitness tests.

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Fig 1. Dr. Vijayendra Rajguru and Dr. Hiranmayee Bagwe counseling a resident during Physical Fitness camp

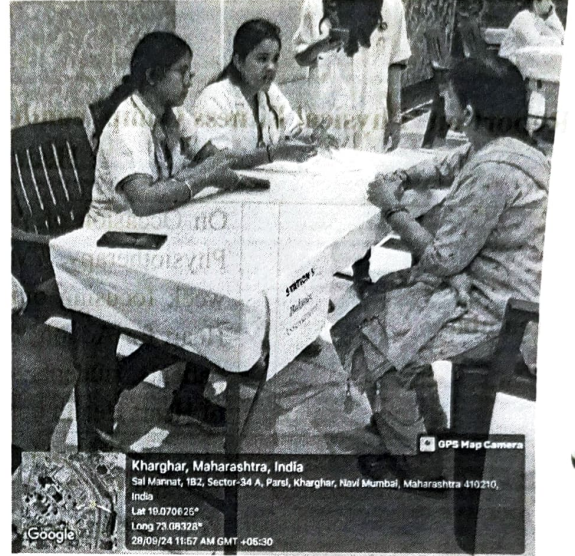


Fig 1. Students assessing residents Physical Fitness camp

Dr. Hiranmayee Bagwe
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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