



Tilak Maharashtra Vidyapeeth(Trust)
Lokmanya Tilak College of Physiotherapy

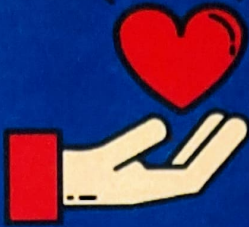
Affiliated to MUHS

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

Department of Cardiovascular & Respiratory Physiotherapy.

celebrates

WORLD HEART WEEK



28th September 2024 - 04th October 2024

organises

**REEL
MAKING
COMPETITION**



THEME: USE HEART FOR ACTION

**BE READY TO UNLEASH
YOUR 'REEL' POWER**

**WIN
EXCITING
PRIZES!**

OUR PATRONS

DR. PRANATI TILAK
Campus Director

DR. PRANJAL GROVER
Principal

ORGANIZERS

DR. VIJAYENDRA RAJGURU
Professor & HOD

DR. HIRANMAYEE BAGWE
Associate Professor

DR. RUTUJA KAMBLE
Assistant Professor

DR. SHRUTI SARKAR
Assistant Professor

Maximum time limit: 90 seconds

Individual or groups of upto 3 participants for each entry

**SAVE
THE
DATE** **29th
SEPT**

For details: Dr. Shruti Sarkar
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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: 15.10.2024

Report on Reel making Competition 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 engage students in a creative project that would spread awareness regarding heart health.2. To inspire participants to reflect on the significance of heart health and the steps individuals can take—whether through exercise, balanced nutrition, or stress management—to protect their hearts.
Event	: Reel Making Competition
Date	: 29th September 2024
Organized by	: Department of Cardiovascular and Respiratory Physiotherapy, TMV's Lokmanya Tilak College of Physiotherapy, Kharghar
Participants	: BPTd Students from all academic years
Event Coordinator	: Dr. Vijayendra Rajguru, Dr. Shruti Sarkar
Venue	: TMV's Lokmanya Tilak College of Physiotherapy, Kharghar
Summary	: The Department of Cardiovascular and Respiratory Physiotherapy, TMV's Lokmanya Tilak College of Physiotherapy announced the reel making competition, on the occasion of the World Heart Day, a total of 9 reels were submitted by students amongst different batches. These reels explored diverse aspects of heart health, each reflecting unique perspectives on how individuals can take action to improve their cardiovascular wellness. The winning teams were: <ul style="list-style-type: none">• 1st Place: "Heart of Darkness"• 2nd Place: "Healing Heroes"• 3rd Place: "Thrice as Nice"
Feedback	: Feedback from the judges: The judges commended the students for their innovative approach in conveying messages about heart health through visual storytelling. They appreciated the creativity of the reels, as well as the participants' ability to effectively align their content with the theme. Feedback from the students: The students expressed that the competition was a fun and enriching experience, allowing them to creatively express their thoughts on cardiovascular health. Many appreciated the opportunity to develop and enhance their digital media skills while promoting an important cause.



Snapshot from reels submitted for the competition

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**

