



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.

Collaborates with



World Heart Week

28th September 2024 - 03 th october 2024

Zumba class for Faculty
of TMV, Kharghar



1st October 2024



2:30 PM to 3:30 PM



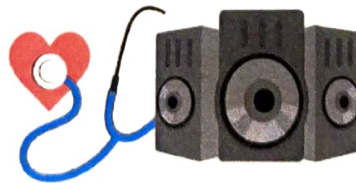
**3rd floor,
Seminar hall**

For details contact:

Dr.Rutuja Kamble
9766918986

Join us for an enjoyable and
fun-filled dance aerobic
workout session.

It will be conducted by
Certified & Experienced
Zumba Instructors by
Mr.Hari Tiwar &
his team



OUR PATRONS

DR. PRANATI R. TILAK
Campus Director

DR. PRANJAL GROVER
Principal

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.

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

Date: 02.10.2024

Report on 'Zumba session' conducted at TMV's Lokmanya Tilak college of Physiotherapy 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 use educate participants regarding Zumba and its significance in maintaining physical fitness among healthy individuals.2. To emphasis on need of aerobic fitness through Zumba to enhance long-term health and prevent future health issues.3. To encourage healthy individuals to engage in regular physical activity as a preventive measure for maintaining optimal cardiovascular and overall health.
Event	: World Heart Week Celebration 2024
Time and Date	: 1 st October 2024, 2.30 pm to 3.30 pm
Organized by	: Department of Cardiovascular and Respiratory Physiotherapy, TMV's Lokmanya Tilak College of Physiotherapy, Kharghar
Participants	: 30 TMV's faculties of Physiotherapy & Law department
Event Coordinator	: Dr. Vijayendra Rajguru, Dr. Rutuja kamble
Venue	: Lokmanya Tilak College of Physiotherapy, 3 rd floor seminar hall
Summary	: The Zumba session was conducted at Lokmanya Tilak College of Physiotherapy by Dr. Vijayendra Rajguru and Dr. Rutuja Kamble. A total of 30 participants participated in the Zumba session. Professional Zumba instructor, Mr. Hari Tiwari, with 14 years of experience, was invited to take the Zumba sessions. For the safety of participants, pre- and post-vitals were taken. The entire session lasted for 1 hour including 10 minutes of warm-up exercises. The Zumba session lasted for 40 minutes, featuring a mix of high- and low-intensity dance routines, focusing on cardiovascular endurance, coordination, and core strength. Movements were designed to elevate the heart rate while keeping the class fun and engaging. Modifications were provided for beginners and advanced participants. The session ended with a cool-down dance for 10 minutes.
Feedback	: Participants appreciated the lively and engaging environment created during the Zumba session. The upbeat music and high-energy choreography made the workout



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enjoyable and entertaining. Several participants noted that the class felt more like a dance party than a traditional workout, which kept them motivated throughout the session and further expressed they never thought exercise could also be fun.

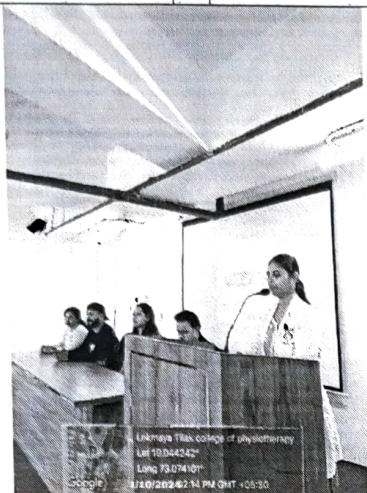


Fig 1. Dr. Rutuja is introducing guest Mr. Harri and giving instructions regarding the zumba session



Fig 2. Dr. Vijendra Rajguru, HOD & Professor of Cardiovascular department giving token of appreciation to guest zumba instructor



Fig 3 Physiotherapy & law department faculty is performing zumba under guidance of zumba instructor Mr. Hari Tiwari

Event Coordinator

TMV's Lokmanya Tilak College of Physiotherapy, Navi Mumbai

Head of Department

TMV's Lokmanya Tilak College of Physiotherapy, Navi Mumbai

Professor - Principal

TMV's Lokmanya Tilak College of Physiotherapy, Navi Mumbai

