

MAEER'S Physiotherapy College

Talegaon Dabhade

SPORTS AND FITNESS CLUB

Report on Cycle Rally conducted for World Physiotherapy Day 2021

Date - 8/09/2021


Time - 8.45am to 10.15am

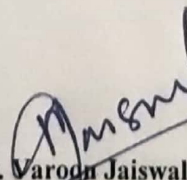
Permission - Dr Suchitra Nagare and Dr Snehal Ghodey

Co-ordinators - Dr Varoon Jaiswal, Dr Nitin Nikhade, Dr Nitin Nikhade, Dr Pooja Gulunjkar, Dr Aishwarya Kanhere, Dr Snehalata Tembhurne, Dr Ramya Shetty

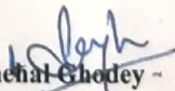
On the occasion of World Physiotherapy Day 2021, Sports and Fitness club of MAEER'S Physiotherapy College, Talegaon Dabhade organized a Cycle Rally on 8th September 2021 for creating awareness regarding 'Climate change and health'. Preparation for the same started 4weeks before the date of conduction. Permission from the institution was sought along with acquisition of police permission for the same. There were 3 meetings conducted prior to cycle rally for discussing the route and briefing all the cyclists about the rally. The route was from MIMER College OPD Building to shivaji chowk to varale till Eco city and back to MIMER OPD building. There were 25 cyclists participating in the rally accompanied by 10 volunteers.

A day prior to cycle rally, a final meeting was conducted to explain the final route, precautions to be taken and guiding all the volunteers about their roles. On the day of cycle rally, all the cyclists gathered at the starting point at 845 am. There were slogans made about climate change and health in Marathi which were attached to their t-shirts. The volunteers were posted at 10 checkpoints throughout the rally route from beginning till the end before commencement of rally. Cyclists in the Rally were lead by Dr Varoon Jaiswal, Dr Bindu Sarfare and Dr Sumitra Sakhawalkar. Dr Sayli Paldhikar and Dr Anuradha Sutar encouraged the cyclists before beginning. The actual rally began at 915 am from OPD building. They were lead by Dr Ankits Talreja along with volunteers who were in front, along side and behind the cyclists to provide support to them. They created awareness amongst the on lookers about climate change and health by orating slogans. All the participants completed the entire route and the event ended by 10.15am at the OPD building.


Dr. Pooja Gulunjkar
Co ordinator


Dr. Varoon Jaiswal
Organizer




Dr. Snehal Ghodey -
DR. SNEHAL GHODEY
Principal
M.Ph.T. (Musculoskeletal)
Principal
MAEER'S PHYSIOTHERAPY COLLEGE
TALEGAON DABHADE

MAEER'S Physiotherapy College

Talegaon Dabhade

SPORTS AND FITNESS CLUB



MAEER's Physiotherapy College, Talegaon Dabhade

Sports and Fitness Club

We are pleased to announce that this year in October 2020, MAEER'S Physiotherapy College; Talegaon Dabhade has come up with Sports and Fitness club to keep up with one's physical fitness in this COVID 19 Pandemic. To enhance the enthusiasm and relieve the mental/physical stress of our students, the sports club has come up with a '15 day walking challenge'. It can be easily completed by the students at their respective hometowns and this will in turn help them give their health a priority.

For this challenge, download the 'Google fit app' and sync it with your Gmail account with display/profile picture. Walk every day and send screenshot of the steps completed along with the heart points, on Sports and Fitness group. Caption the screenshot with your name. The student who completes 10000 steps and tries to reach the target of 100 heart points consistently for 15 day will be titled as Fitness champ of the month. Details of the challenge are given below. Participants are reminded of the safety norms of COVID-19 pandemic.



MAEER's Physiotherapy College,
Talegaon(D)

'Sports and Fitness Club'
brings you

MAEER'S MONTHLY FITNESS CHALLENGE

A 15 day super challenge starting
from
10th October to 25th October 2020

Join the fitness walk by:

- ⇒ Completing 10,000 steps everyday
- ⇒ Achieving maximum heart points each day

(Target – 100 heart points)
Winner will be announced as
#Fitnesschampofthemoth

#MPCSports&FitnessClub
#Fitspiration #Beatyesterday
#Feeltheburn #Beafinisher

MAEER's Physiotherapy College, Talegaon Dabhade

Sports and Fitness Club

The Sports and Fitness Club of MAEER'S Physiotherapy College Talegaon Dabhade is pleased to announce the '15 DAY FITNESS CHALLENGE' which was conducted from 10th October to 25th October 2020 is MISS MONALI TAORI from 3rd year BPTH. She is entitled as the #Fitness champ of the month to complete 235106 steps and 2437 heart points in this challenge. We congratulate her and all the Super performers for their enthusiastic participation.



MAEER'S PHYSIOTHERAPY COLLEGE
TALEGAON DABHADE, PUNE



#15 DAY CHALLENGE #FITNESS
CHAMP OF THE MONTH

MISS MONALI TAORI

(235106 STEPS, 2437 HEART POINTS)

SUPER PERFORMERS

- 1st year-1. Janvi Siknia
2. Poorva Hirde
- 2nd Year-1. Riddhi Khatu
2. Riddhi Raul
- 3rd Year-1. Raksha Gorte
2. Gayatri Panchal
- 4th Year-1. Gayatri R
2. Shranmayee Jadhav

CONGRATULATIONS !!!

#MPCSportsandFitnessClub

#Fitspiration

#BeatYesterday

#BeAFinisher