

**Date: 29<sup>th</sup> September**

**Place: M.A Rangoonwala College of Physiotherapy and Research.**

On occasion of **WORLD HEART DAY 2021** M. A. Rangoonwala College of physiotherapy and research, Pune; organised a free camp on “Assessment and treatment for modifiable cardiovascular risk factors”.

Individuals of all age group were invited to participate in the camp. The pamphlets were distributed to create awareness about the camp. The camp was held from 9.30 to 4.00pm. Third year students also participated in the camp along with the faculties

The camp was targeted at clinical evaluation of modifiable cardiac risk factors such as Body Mass Index, Body composition analysis including relative percentage of Body Fat (%BF) and Muscle mass analysis, Waist Hip Ratio, Physical Activity Status, Cardiac endurance test by means of YMCA 3 minutes step test which gave fitness score, etc. Post assessment short introductory exercise session was taken in small groups. This session included warm up exercises, low intensity aerobic exercises and cool down exercises. Individual queries were also addressed.

A total of 65 individuals participated in the camp and took benefit of the assessment and the treatment program.

Thus the camp was a success in every sense.



