

World Heart Day, 29th September, 2016

Power Your Life

School Of Physiotherapy, RK University celebrated World Heart Day in Collaboration with Olympus Hospital, Rajkot on 29th September, 2016.

Theme of this year was *"Power your heart"*. The aim was to provide awareness among individuals about their normal health and how to avoid CardioVascularAccidents. Physiotherapist plays an important role in maintaing healthy heart. Activities aimed at spreading awarness among individuals about their helath.

The event started by arranging students in form of anatomical heart. It was followed by Jogathon around the University campus.



An Expert lecture by Dr. Mihir Tanna (MD, DNB cardio) was arranged at SOPT. Brief ideas about different diagnostic methods in cardiac conditions were the main area of his lecture.



Camps were organised at 3 different places for health check up. One was at OPD of School of physiotherapy which was open for all the faculties of RKU and patients too. Another were at Primary health centre, Gadhka and Swaminarayan Hospital, Sardhar.

BMI, blood Pressure and Blood sugar measurements were the main area of health check up. According to the these findings, Diet modification and exercises were suggested. Whole 7th semester was involved in these 3 different camps.

CAMP AT SOPT OPD



Total 110 individuals were checked at SOPT including RKU faculties and patients.

CAMPS AT GADHKA AND SARDHAR



Total 65 subjects were evaluated at Gadha and Sardhar.

The purpose of the camps was to make people aware about their cardiac health. People were advised to quit smoking, eat healthy diet and perform exercises daily.

Camps ended successfully by treating 175 individuals at 3 different places.