

## **TILAK MAHARASHTRA VIDYAPEETH REPORT ON WORLD HEALTH DAY**

**NAME OF THE EVENT : CELEBRATION OF WORLD HEALTH DAY .**

**DATE AND DURATION OF THE EVENT : 8<sup>th</sup> April 2025 & 3:30 pm TO 4:30 pm (1 Hour)**

**NAME OF THE PARTICIPATING FACULTY MEMBERS:**

1. DR. RUTUJA KOWALE (PT)
2. DR. SONAM JAIN (PT)
3. DR. BHAKTI KARDILE (PT)
4. DR. VRUSHALI DURGE (PT)
5. DR. RASIKA JADHAV (PT)

**PARTICIPATING STUDENTS AT THE EVENT :**

1. Harshali Kompalvar
2. Sharayu Mandavar
3. Tanuja Aherrao
4. Gargi Ekar
5. Gayatri More

On the occasion of World Health Day 2025, a special aerobic workout session was organized for the staff members of Tilak Maharashtra Vidyapeeth. The session aimed to promote physical well-being, encourage active lifestyles, and raise awareness about the importance of exercise for overall health.

The aerobic workout session was led by a Post Graduate Students , who designed a series of fun and engaging activities suitable for all fitness levels. The session included a warm-up, a variety of aerobic exercises, stretching routines, and a cool-down period. The exercises focused on improving cardiovascular health, enhancing flexibility, and boosting energy levels.

The session was designed to be inclusive, allowing staff members of all ages and fitness levels to participate. Modifications were offered for individuals with specific needs or limitations, ensuring everyone could fully engage in the workout. The session commenced at 3:30 PM, The staff members actively participated, showing enthusiasm and motivation throughout the session.

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The session was free of charge and open to all staff members, regardless of their fitness levels. To gauge the effectiveness of the workout, feedback was taken both before and after the session, allowing participants to share their experiences and reflect on the benefits of the exercise..

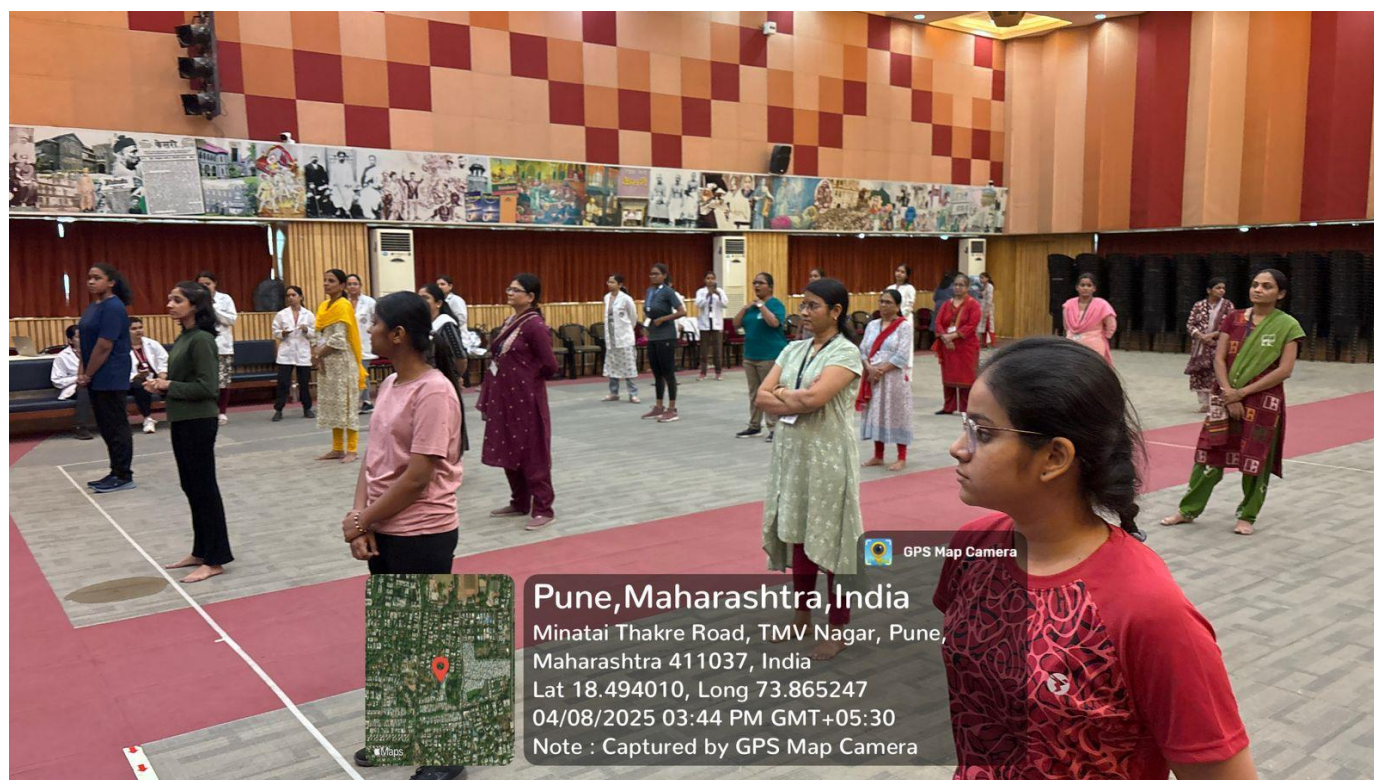
Overall the event was well organized by the CBR department . It was well received and appreciated by the University . Sincere thanks to management of TILAK MAHARASHTRA VIDYAPEETH for providing us this platform to serve the community .

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