

WORLD HEART DAY “MY HEART, YOUR HEART”

World Heart Federation declared 29th September as a “WORLD HEART DAY”. In context to this, The School of Physiotherapy, R.K. University is celebrating this day every year. This year the day was celebrated the day with onsite visit to BALAJI INDUSTRIES, METODA.



At BALAJI industries, physiotherapy camp was organized to assess the physical fitness of employees. 23 students has participated in the camp under the guidance of Dr. Anushree Gajjar, Dr. Nidhi Ved and Dr. Viral Dhamecha.



The camp was started around 11.30 AM. The registered employees were then directed towards the checkup area. Blood pressure, Pulse rate, Respiratory rate, sPO₂, PEFR and PFT was measured and recorded. The employees were then directed towards the cardiac fitness assessment area. TECUMSEH step test was done by the students for checking the fitness capacity of the employees. After doing the checkup consultation was done and physiotherapy advice was given to them. Around 85 employees took the advantage of health checkup camp.



Some workers are working in the masala areas and some are involved in dusting. This can reduce their lung capacity. This health checkup camp helped in identifying the lung capacity of the employees by the PEFR and Spirometry. Few employees with history of smoking were found to have lung capacity lower than the normal range. Appropriate advice was given to such employees.

Students had a good exposure of field work.