



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

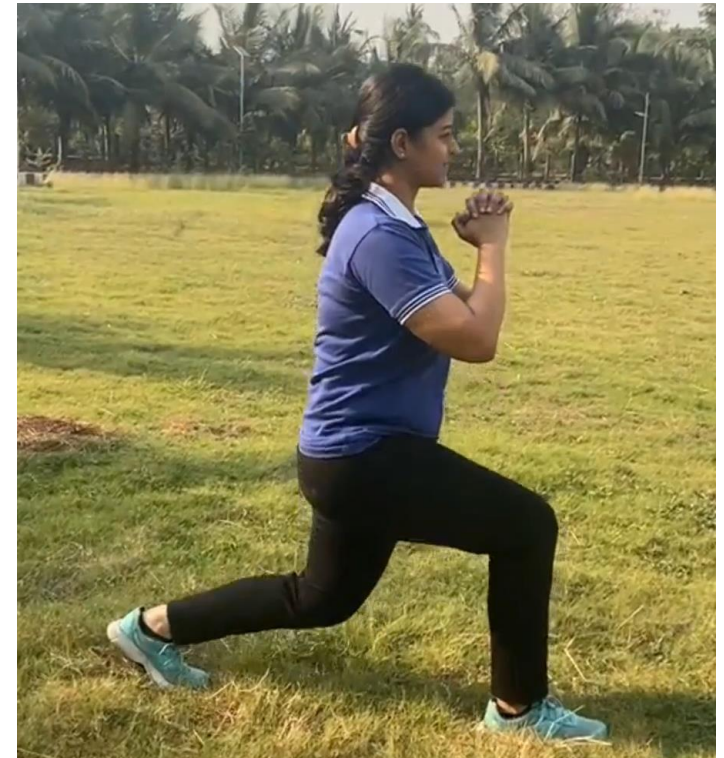
Sector-1, Kamothe, Navi Mumbai – 410209

MGM Healthy Institute of Health Sciences:

An Initiative of MGMIHS aligned with Fit India Campaign

Conducted by

MGM School of Physiotherapy, Navi Mumbai



Team of MGM School of Physiotherapy, Navi Mumbai



led by
Dr. Rajani Mullerpatan
Dr. Bela Agarwal (PT)

Team members :

Dr. Hiranmayee Bagwe (PT)
Dr. Payal Murkudkar (PT)
Dr. Bhoomika Sawant (PT)
Dr. Diksha Basu (PT)

Master Plan



Education

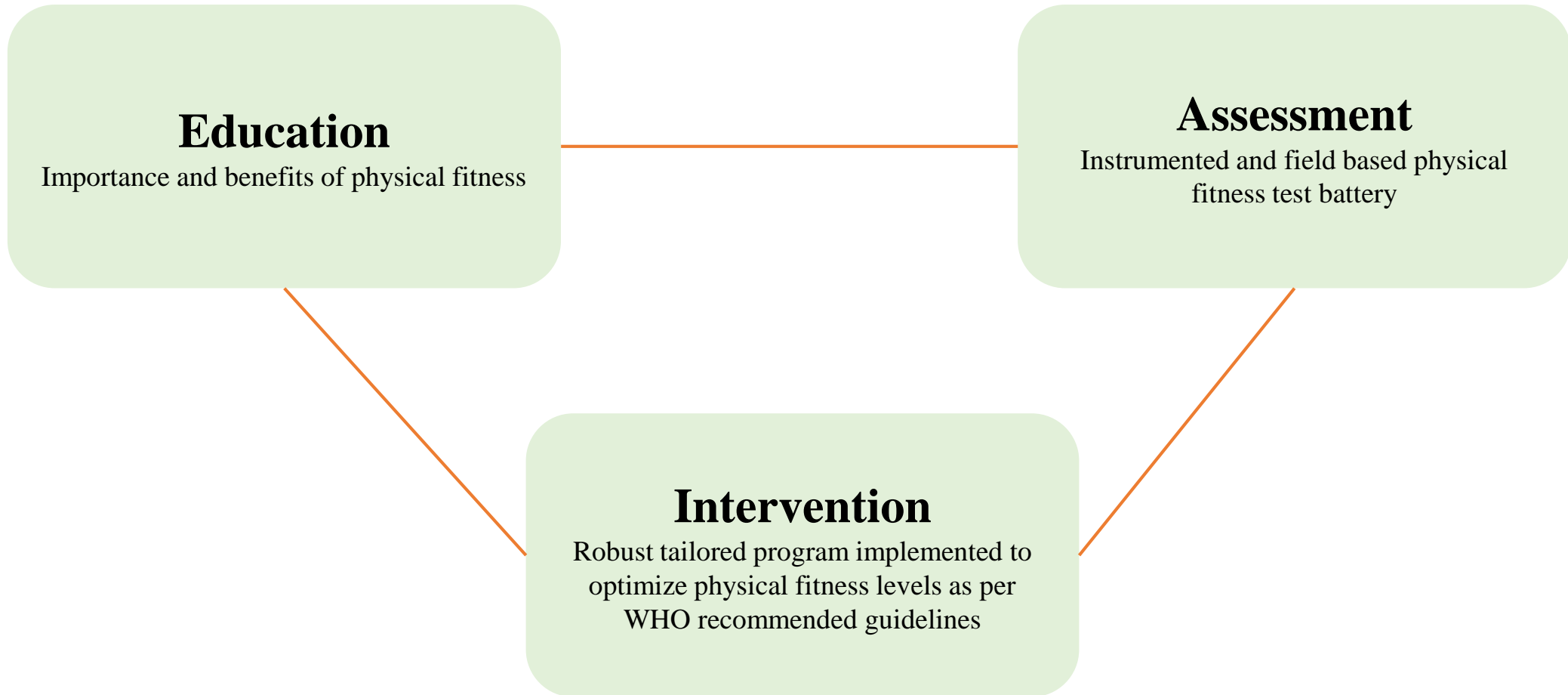
Importance and benefits of physical fitness

Assessment

Instrumented and field based physical fitness test battery

Intervention

Robust tailored program implemented to optimize physical fitness levels as per WHO recommended guidelines





Work done so far

**MGM Healthy Institute of Health Sciences, Initiative of MGMIHS was commenced on
27th December 2019 – 09th March 2020**

Sr. No	Name of Institute	Number of Girls	Number of Boys	Total
1	MGM School of Physiotherapy, Navi Mumbai	410	42	452
2	University Department of Prosthetics and Orthotics, MGMIHS.	18	4	22
3	Mahatma Gandhi Mission's Primary & Secondary school – English Medium, Nerul.	292	370	662
4	Mahatma Gandhi Mission's Primary & Secondary school – Marathi Medium, Nerul.	427	357	784
5	Mahatma Gandhi Mission's High School and Junior College, Nerul	42	94	136
Total		1189	867	2056

All constituent units of MGM Institute of Health Sciences are a part of this initiative





Work in progress

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27th December 2019**

MGM School of Physiotherapy, Navi Mumbai is currently conducting fitness assessment and intervention program for the following constituent units :

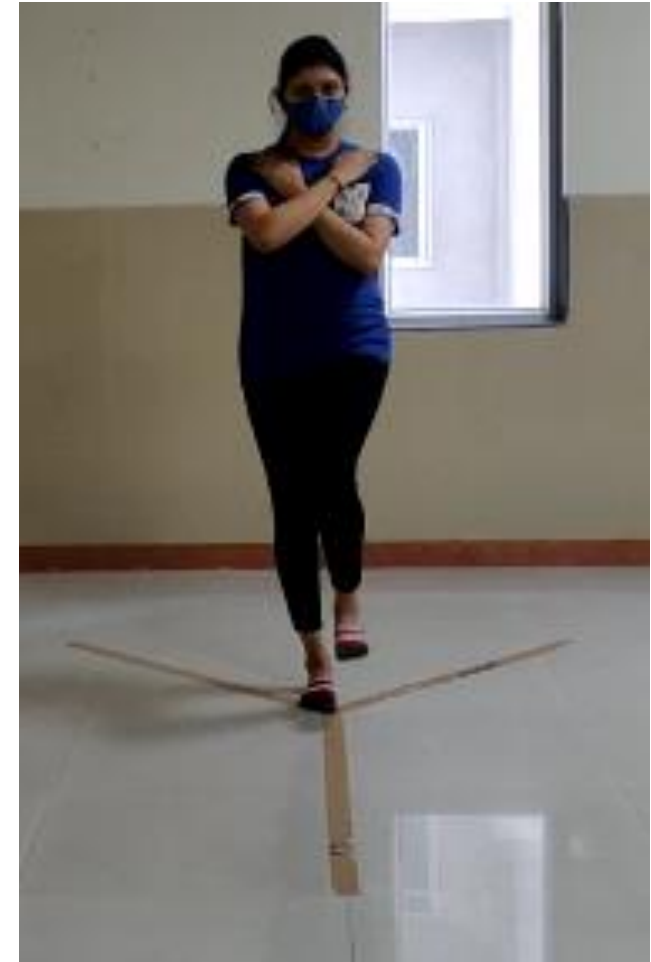
MGM School of Biomedical Sciences
MGM Dental College
MGM Nursing College of New Bombay
MGM Medical College



Physical fitness evaluation



Modified Sit & Reach test

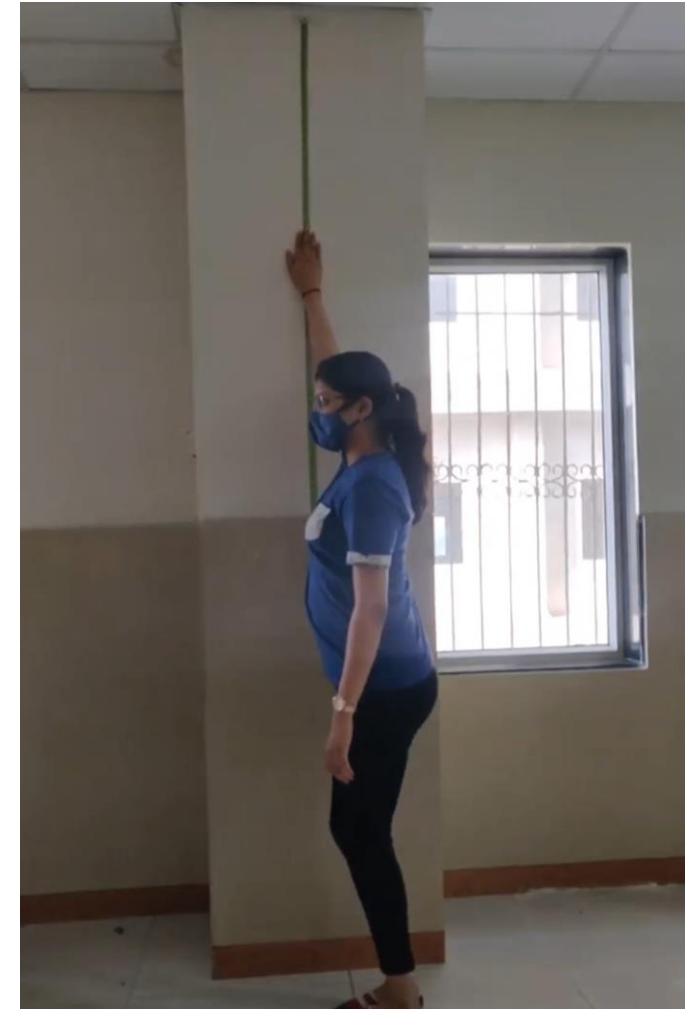


Y Balance test

Physical fitness evaluation



VO₂ max Analysis - COSMED



Jump and Reach test

Physical fitness training



Partial Squats



Step up and down

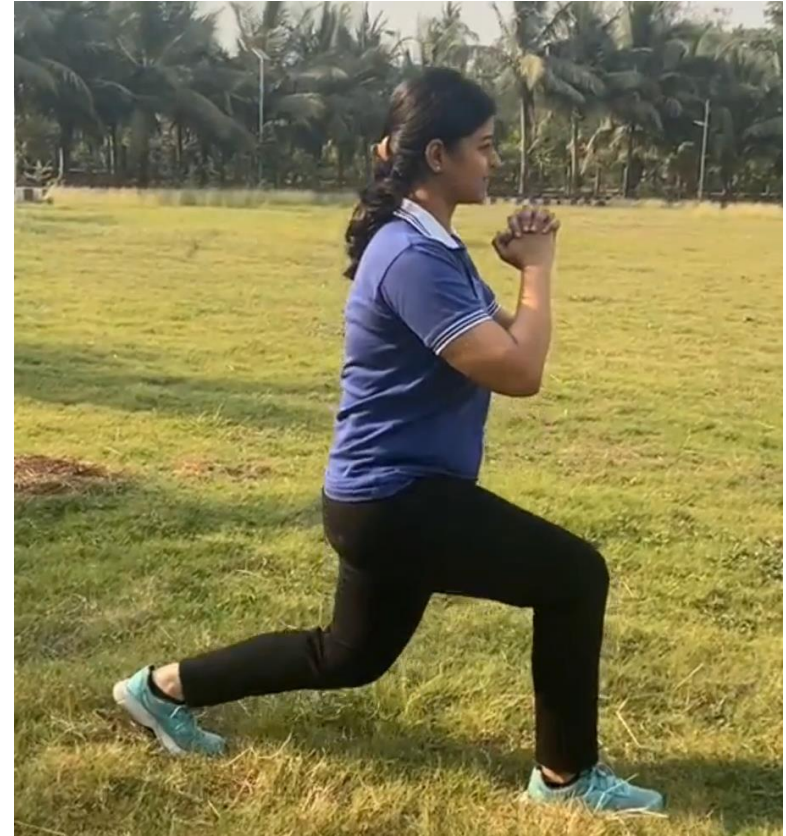


Trunk side bend

Physical fitness training



Push ups



Forward Lunge

Physical fitness training

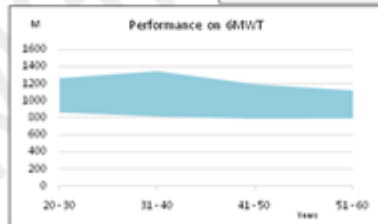
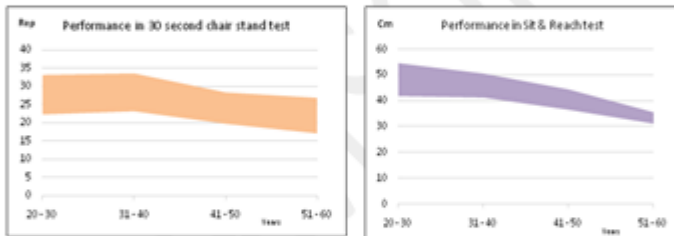
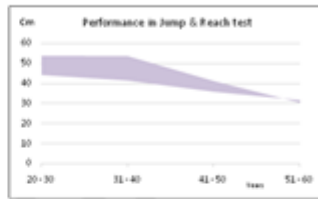
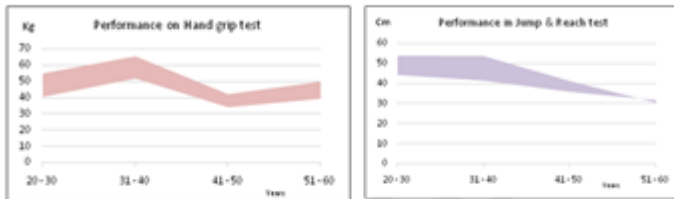


Jumping Jacks

Report



MGM School of Physiotherapy
MGM Institute of Health Sciences, Navi Mumbai



Graphs representing actual performance compared to normative reference values generated from healthy adults (Mean \pm 2SD) for each component of fitness.



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Interpretation:

Kindly correlate clinically.

Please consult your physician before commencing any exercise program.

Disclaimer: CPET System will not be responsible for any untoward response to exercise. Do not continue exercises if you feel excessively tired, breathless, if you experience chest pain, palpitations or if your blood pressure and blood sugar levels are not controlled, if you have fever or acute illness. Please consult your physician/Physiotherapist in case of any untoward symptoms.

The tests undertaken are submaximal in nature and in no way represent maximal functional capacity nor as a stress test. The objective of the above fitness testing is to identify physical inactivity and provide general guidelines for improving health related fitness.

Report is based on reference values generated for Indian population for various age - groups

Outcome



Research Publications : 06

Copyrights registered : 03

Ongoing research activities : 04



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Thank you