



B.V. Patel Institute of Commerce



Details about event

Event	Health Awareness & Basics of Physiotherapy
Date of Event	7 th February, 2023
Time of Event	9:00 a.m to 10:30 a.m
Resource Person	Dr. Sujit Vasava, Faculty, Srimad Rajchandra College of Physiotherapy
Coordinator	Mr. Vijay Dayama



Vasava from SRCP discussed on how physical exercise will help to prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being.

The Institute organized an expert session on Health Awareness & Basics of Physiotherapy for the students of second year. As in today's competitive world all carry the burden of stress with them and has been proven that regular physical activity shall help and manage non-communicable diseases such as heart disease, stroke, diabetes and several cancers. Dr. Sujit

