

Report



Webinar on “Quality of Life with Physical Health Fitness”



Organized by
Electronics and Communication Department
C. K. Pithawala College of Engineering and Technology

Date: 12th July 2020

Time: 10:00 AM to 11:00 AM

Venue: ECC Dept., CKPCET, Surat.

Speaker: Dr. Heema Patel

[BPT,MIAP,NDT,MIAFT]

Coordinator: Dr. Mita C. Paunwala, Associate professor, ECC Department, CKPCET, Surat.

Dr. Amisha J. Shah, Assistant Professor, ECC Department, CKPCET, Surat.

Bio-sketch of speaker:



Dr. Heema received her Bachelor of Physiotherapy degree from The MS University of Baroda in 1999[29/06/1999]. Since 20 yrs, she Worked as a private practitioner in Adajan,Surat-395009,Gujarat. She received Global Healthcare excellence Awards, In New Delhi, for “Best physiotherapy in Surat” in, 2014. She also received India’s most Prominent Women Empowerment Awards in New Delhi, for “Among Best Consulting Physiotherapist in Surat” in 2019.

Department of Electronics and Communication Engineering have organized a webinar on "**Quality of Life with Physical Health Fitness**" on 12th July 2020 from 10:00 am to 11:00 am.

The webinar was started by brief introduction of speaker by **Prof. Dr. Mita Paunwala**. After warm welcome of speaker and participants, talk was started. Dr. Heema highlighted about health and quality of life (QOL). She also has discussed about postural health, Postural control and Management of posture during webinar. Moreover, few exercise were suggested by her to manage posture. Participants enjoyed exercise session a lot.

A talk was ended by giving vote of thanks to speaker and participants by **Prof. Dr. Amisha Shah**. Total 37 participants have attended webinar. All the participants have appreciated and enjoyed a very informative webinar.

Some glimpse of the webinar are as under:

C. K. Pithawala College of Engineering and Technology
Electronics and Communication Department
Webinar on
Quality of Life with Physical Health Fitness

JOIN US
Registration link
<https://qr.google.page.link/KGwwE>

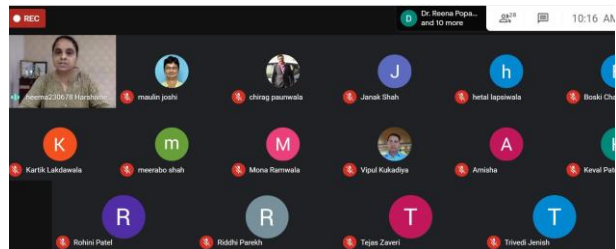
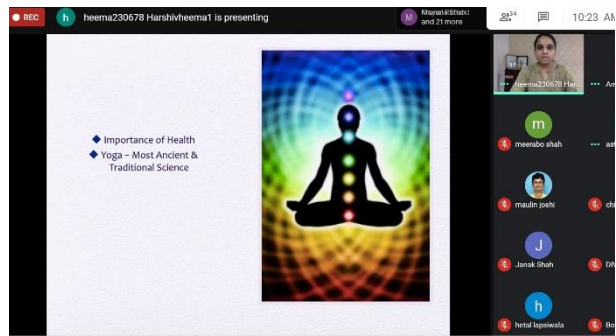
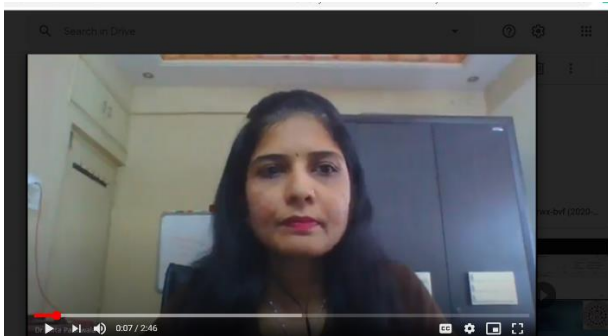
Sunday, July 12, 2020
@ 10:00am

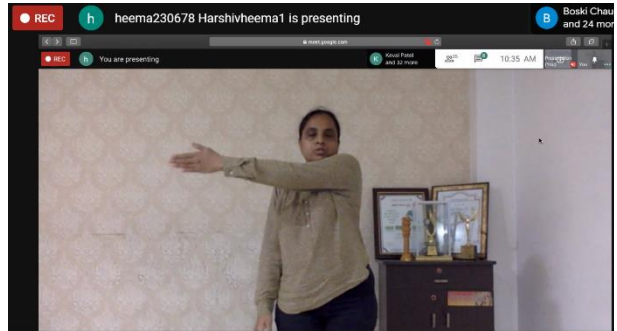
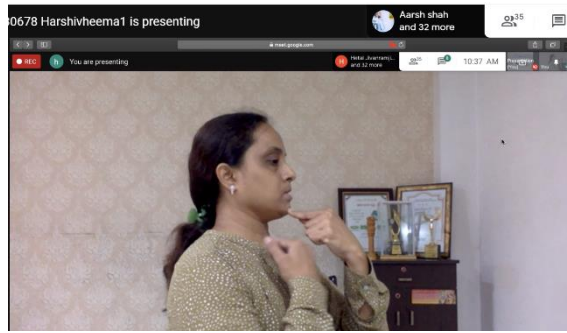
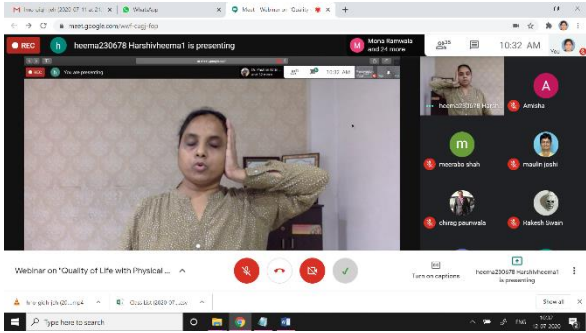
Coordinators

Speaker
Dr. Heema Patel
Consulting physiotherapist

Dr. Mira Paunwala
Associate Professor

Dr. Amisha Shah
Assistant Professor





Harshivheema1 is presenting

Stavan Shah and 31 more

Management Multimodal PT Program

- Program - 1
- 11 Rep. of Omkar meditation
- 11 Rep. of Breathing exercises
- Top 6 whole body exercises - jumping jacks, tugging, lunges, body wt. squats, crunches, supported / unsupported push-
- Program - 2
- 11 Rep. of Omkar meditation
- 11 Rep. of Breathing exercises
- Chair exercises
- Yogasan

