

## Activity Report

<b>Name of Activity:</b>	<b>Bhauasaheb Ranade Navodit Spardha, 2024</b>
<b>Name of school:</b>	<b>Sunandan Divatia School of Science, NMIMS, Mumbai</b>
<b>Date:</b>	<b>December 14<sup>th</sup> &amp; 15<sup>th</sup>, 2024</b>
<b>Time:</b>	<b>8:00 AM to 8:00 PM</b>
<b>Venue:</b>	<b>Sane Guruji Aarogya Mandir, Santacruz (West), Mumbai</b>
<b>Objectives of the event:</b>	<b>As a physiotherapist affiliated with the Nanavati Max Super Speciality Hospital's physiotherapy department, NMIMS University was instrumental in the positive development of athletes. MPT students gave treatment to the injured players during and after the competition and provided with the First Aid to wounded Athletes</b>

### Details:

<b>1. Where the activity conducted</b>	Sane Guruji Aarogya Mandir, Mumbai
<b>2. Who organized</b>	Dept of Physiotherapy
<b>3. Which students participated</b>	MPT students, SDSOS NMIMS, Mumbai
<b>4. No. of students participated</b>	2 MPT Students  1. Dr Reshma Basant 2. Dr Smrutika Karanjkar
<b>5. Faculty / Mentor</b>	Dr Khadijeh Menai
<b>6. Description</b>	The event was all about the contest for the novice Mallakhamb and Gymnast Athletes of age group 7 years and above to show off their talent and skills and get motivated to become a better athlete in the upcoming future. Each student participated was unique in their own way as they performed numerous acts, catches, mounts, dismounts and routines on Pole Mallakhamb, Rope Mallakhamb and also Floor Gymnastics in their age group categories.  <b>Day 1:</b> On day one there was pole mallakhamb for boys, rope mallakhamb for girls and gymnastics

	<p>competition where the first 3 winners were awarded and felicitated with medals.</p> <p><b>Day 2:</b> Day 2 was started with the same competitions as mentioned and had various challenging activities to achieve the title of the Best Mallakhamb Player Male and Female.</p> <p><b>Activity</b> – To compete the young athletes performed various asanas on the mallakhamb like Ek Pad, Bend Natraj, Straddle, Bajarang, Padmasana, paschimottanasana, etc. There was a relay contest of rope mallakhamb climbing for males and pole mallakhamb routines for females.</p> <p>Injuries like forearm flexor strain, blunt traumas, skin abrasions, ankle sprains, nasal fracture, and various other aches and pains were treated with First Aid and therapeutic exercises.</p>
<p>7. <b>Beneficiary Group</b></p>	<p>Mallakhamb Players and Young Gymnastics from all over Mumbai.</p>
<p>8. <b>Conclusion/outcome</b></p>	<p>The wounded athletes were provided with First Aid and medical advices. They were also taught some exercises and stretches to improve their performance and skills.</p>

**Report should be supplemented with:**

<p>1. <b>Photographs and captions</b></p>	<p><b>MPT students providing aid at the concert</b></p>
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**Mumbai, Maharashtra, India**

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**Faculty Mentor Signature:**

*Dr Khadijeh Menai*

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