

## Activity Report

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| <b>Name of Activity:</b>        | <b>GSC Marathon, 2025</b>   |
| <b>Name of school:</b>          | <b>Sunandan Divatia School of Science, NMIMS, Mumbai</b>  |
| <b>Date:</b>                    | <b>February 16<sup>th</sup>, 2025</b>   |
| <b>Time:</b>                    | <b>6:30 AM to 8:00 AM</b>   |
| <b>Venue:</b>                   | <b>Goregaon Sports Club, Malad West, Mumbai</b>   |
| <b>Objectives of the event:</b> | <b>As physiotherapists affiliated with the Nanavati Max Super Speciality Hospital's Physiotherapy Department, NMIMS University, MPT students play an instrumental role in ensuring the physical well-being and safety of participants during the GSC Marathon 2025. Our role was to provide physiotherapy support before the event, manage injuries during the marathon, and assist in post-race recovery. Our focus was on preventing injuries and promoting recovery through effective physiotherapy interventions.</b> |

### Details:

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| <b>1. Where the activity conducted</b> | Goregaon Sports Club, Malad West, 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> | 8 MPT Students<br><br><ol style="list-style-type: none"> <li>1. Dr Umam Fatima</li> <li>2. Dr.Dulhaz Karani</li> <li>3. Dr Shrishti Agarwal</li> <li>4. Dr Bhavana kadam</li> <li>5. Dr.Revati Vichare</li> <li>6. Dr. Bhakti Chavda</li> <li>7. Dr Deeya Dhanuka</li> <li>8. Dr.Vanshika Khambhati</li> </ol> |
| <b>5. Faculty / Mentor</b>             | Dr Khadijeh Menai  |
| <b>6. Description</b>                  | <b>Overview:</b> A visit was conducted to the GSC Marathon event, which took place on February 16th, 2025, at the Goregaon Sports Club. The marathon ran from 4:00 AM to 11:00 AM and was an exciting  |

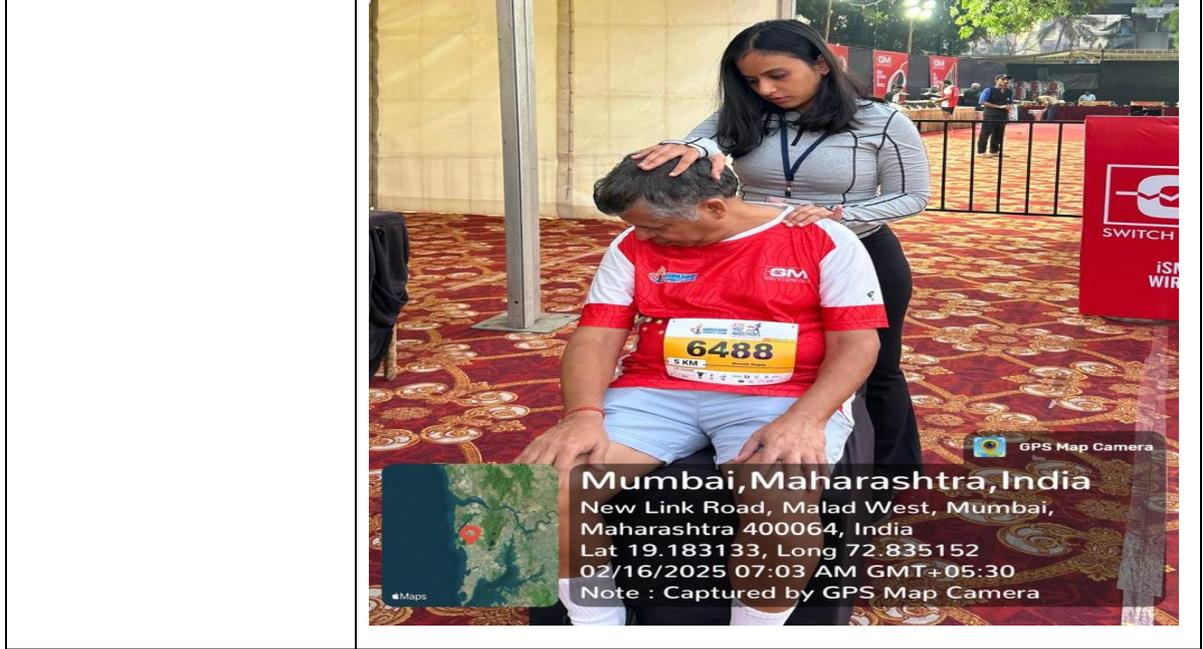
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|                                     | <p>challenge for all the runners. The objective of our participation was to ensure the participants' physical readiness for the marathon and address any injuries or discomfort that occurred during the race.</p> <p><b>Injury Management:</b> During the event, we provided physiotherapy services including pre-race warm-ups, injury management during the marathon, and post-race rehabilitation to aid in recovery. Our team of eight students, led by Dr. 365 from Nanavati Max Hospital, worked closely with the runners to address common marathon-related concerns such as muscle strains, joint discomfort, and fatigue. We engaged with the participants to help them prepare physically, prevent injuries, and recover effectively after completing the race.</p> <p><b>Activity:</b> Our physiotherapy activities included dynamic warm-up exercises for the lower limbs, hip mobility drills, and stretches to enhance flexibility. During the race, we provided immediate treatment for any injuries that occurred. After the marathon, we offered post-race care such as muscle relaxation techniques, stretching, and cool-down exercises to help prevent soreness and improve recovery.</p> |
| <p>7. <b>Beneficiary Group</b></p>  | <p>Marathon Runners</p>  |
| <p>8. <b>Conclusion/outcome</b></p> | <p>Overall, the event was a meaningful experience that highlighted the importance of injury prevention, proper recovery strategies, and the role of physiotherapy in enhancing marathon performance. We look forward to continuing our support in future events and expanding our outreach to athletes and participants in similar sports activities.</p>  |

Report should be supplemented with:

**1. Photographs and captions**

**MPT students providing aid at the concert**





**Faculty Mentor Signature:**

*Dr Khadijeh Menai*

**Faculty Mentor Name:**

Dr Khadijeh Menai



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