

**SHRIMAD RAJCHANDRA COLLEGE OF PHYSIOTHERAPY**  
**REPORT OF WORKSHOP**

**TOPIC OF WORKSHOP:** Exercise Testing

**RESOURCE PERSON:** Dr. AARZOO ANSARI

**DATE:** 3/07/2023 & 14/07/2023

**NO. OF STUDENTS PARTICIPATED:** 80

**SEMESTER:** 7th

**WORKSHOP CONTENT:**

Shrimad Rajchandra College of Physiotherapy organized One day Expert talk on “**EXERCISE TESTING**” for 7<sup>th</sup> Semester Bachelor of Physiotherapy students on the 3<sup>rd</sup> and 14<sup>th</sup> of July 2023. Dr Aarzoo Minnat Ansari, Assistant Professor at Shrimad Rajchandra College of Physiotherapy was the Expert for the topic. 80 students in their final year participated in the expert talk. Students learned about types and modes of fitness testing. The major aim of the expert talk was to teach how to perform fitness testing in clinical setups. The session included a practical demonstration of 6 min walk test and evaluation of aerobic capacities. The session will help students in clinical as well as in the research field. Throughout the talk, various queries regarding the topic were solved and discussed.

## WORKSHOP GALLERY:

