

Volunteering provided at Navsari Coastal Run Marathon, Navsari by MPT and BPT students of SRCP.

Navsari Coastal Run Marathon, Navsari was held at Navsari, Gujarat on 23<sup>rd</sup> February, 2025. Dr.Snehal Patel (P.T) co-ordinated the students of Shrimad Rajchandra College of physiotherapy who volunteered as physiotherapists under Orange Hospital, Navsari. The trail race consists of 5km, 10km &21 km. Students had a great learning experience to work. Our student volunteers provided physiotherapy for injuries such as muscle cramp, shin pain, knee pain and generalized stretching of major group of muscles to prevent post running muscle soreness. It was tremendously stimulating as well as entirely a different experience for the students especially @6am in the morning. Athletes from all around Navsari and Valsad participated in the race. Students hard work was appreciated by the Navsari Police and Orange Hospital who were the sponsors of the event.