

## Report of World PT Day Celebration on 8<sup>th</sup> September 2009

Venue: PTI Gymnasium/AAPT Kabul Afghanistan

Time: 10:00 to 12:30

Participants: Representatives of all Physiotherapy Institutions.

This year the celebration of PT Day was extended in Afghanistan. It also celebrated in two Regions of the country and two places in Central (East, West, AAPT Office and Handicap International Office which is located in Kabul) as well. We hope the celebration will be improved in future in all Region of Afghanistan.

The celebration was started by reciting of Holy Quran.



AAPT President during speech about 8<sup>th</sup> of Sep

- AAPT President Ms. Del Afroze Afzalzada has started her speech.

First of all she has read the WCPT message about Movement for Health and then she presented the history of the World Physiotherapy Day and also explained the benefits of Physical Therapy in different medical diseases and Obesity.

- AAPT Vice – President Mr. Aziz Ahmad Adel had a speech about Diabetes and the benefit of Physiotherapy and exercise for that and specially the role of PT in controlling Diabetes.

- One of the PTI Teacher has a message about memorandum of some Physiotherapists who passed away.

-AAPT Representative of Central Region also had speech about the importance of Physiotherapy in Afghanistan.

- Representative of Ministry of Public Health (MoPH) from Disability unit had a speech about Physiotherapy Profession Conditions and improvements.

- Representative of Ministry of Martyr and Disabled had a speech about importance of Physiotherapy profession for disability

- At the end there was shown two dramas by PT students which had very good message to people about benefit of Physiotherapy.



Photo of AAPT Members

### - Report of East Region:

It was celebrated in Swedish Committee Physiotherapy hall. In this celebration the representatives of different Organization who are working for disability took part.

Beside PT, also Orthotic and prosthetic Staff and other Admin Members of Swedish Committee for Afghanistan (SCA) took part.

- The AAPT Regional Responsible explained the message of WCPT which was provided and translated to local language by AAPT. He had an interview about PT Day with local TV and Radio and congratulate this Day to all Physiotherapists in the World. He prepared some slogans about Physiotherapy awareness and hung them around the Hospital for purpose of awareness.

**- Report of West Region:**

It was celebrated in Herat City by support of Handicap International Organization and in this celebration the representatives of different Organization who are working for disability have participated.

AAPT Regional Responsible had a speech about the message of WCPT about Movement for Health which was translated to local language by AAPT. Finally the celebration program was broadcasted through the TV and Radio.



View of Participants in 8<sup>th</sup> of Sep

**- Report of PT Day Celebration from Handicap International (HI) Organization:**

In this program something discussed as bellow:

What is Physical Therapy?

What Physical Therapists do?

What types of treatment?

Physiotherapy In Afghanistan

- Physical Therapy is a recognized profession by the Ministry of Public Health (MoPH).

HI Afghanistan and Physical Therapy

- HI currently supports or employs 26 Physical Therapists or Physical Therapy Assistants in Afghanistan.



PT student during drama

**Theme of 2009 World PT day:**

Movement for Health

- Regular physical activity can help prevent or manage over 20 medical conditions..
- Recommended amount
- It does not have to be sport!
- Examples of easy exercise
  - Walk a bit faster (if you are allowed to!)
  - Up/down steps
  - Afghan dancing!
  - Walk to people's offices instead of calling!
- Guidelines:
  - Moderate exercise = lightly out of breath

This was short report of World PT Day prepared by AAPT Secretary Abdul Hadi Afzalzada