World Physiotherapy Day is celebrated every year on 8th September. The theme for year 2016 was “*Adding Life to Years*.”

On this occasion staff and students of Physiotherapy School & Centre, KEM hospital & GS Medical College celebrated *Physiotherapy week* from 7th September to 9th September.

**7th SEPTEMBER 2016:**

“Yoga” session was held by our esteemed professors as a part of our PT week celebration in our dept. In view of promotion of interdisciplinary practices Yoga has become an integral part of physiotherapy syllabus. This session had a beautiful overview on historical perspectives, spiritual and physical aspects of Yoga. Session also included demonstration of “Yogic Asana” with explanation of intricate movement analysis. Physiotherapy lecture sessions for undergraduate students on “yoga & Physiotherapy” were also taken. Benefits and effect of yoga in everyday life were discussed along with explanation on detection and prevention of injuries with faulty yoga postures was also emphasized. The session concluded with highlight on research work done in the field of Yoga.

**8th SEPTEMBER 2016:**

Awareness of physiotherapy in various fields was created with the use of posters displayed and interactive group discussion. Posters giving information on - Ergonomics at work station, role of physiotherapy in Pediatrics, Peripheral vascular diseases, Burns & Sports injury were put up. Along with poster presentation, active session on work station ergonomics, eye ergonomics, modification & preventive measures was held for the faculty, administrative staff & Nursing students & Physiotherapy staff. Students took this initiative to educate on preventing workstations injuries by demonstrating exercises, proper postures and distributing leaflets to all in various time slots period throughout the day. There was overwhelming response to these sessions. The value of preventing work station injuries & stress which adds to a better quality of life & increases work performance was hugely appreciated by the participants.
**9th SEPTEMBER 2016:**

“AEROBIC” session on highlighting the importance of physical activity, endurance and its benefit by incorporating it in our daily lifestyle importance was discussed. This session gave an overview on history and recent trends in aerobic exercise how it affects different parts of our human body. This included swimming, Pilates, Zumba & Pound (Cardio – Pound). A session on Neurobic was conducted which also included a few brain games pumping up all the neurons of our brain.

- All students participated in the Students Conference organized by Mumbai Branch of IAP on the occasion of World Physiotherapy Day and received an educational treat along with presentation of papers and posters with theme “Adding Life to Years”.
- We at P. T. School & Centre, GSMC & KEMH would like to acknowledge the guidance and support of our Dean & Director(ME & MH) Dr. Avinash Supe who graced the occasion with his presence at the poster display and encouraged us and also would like to extend our gratitude to our ever supporting HOD Prof Amita Mehta. We also acknowledge the Gymkhana Committee of Seth GSMC & KEMH for funding the events. A special thanks to Shiv sena local corporator Shri Sanjay(G.Nana).G.Ambole who visited the poster display and participated in discussion. He took the initiative on this account of creating public awareness by publishing public a booklet on physiotherapy prepared by PT School & Centre, Seth GSMC & KEMH in local language which will be distributed in more than 5000 households on occasion of Diwali.

P T School &Centre, Seth GS Medical College and KEM hospital conducted a Physiotherapy awareness program. Display of posters and ergonomic advice was given to all administrative staff, nursing students and local public. Educational lectures on yoga, physiotherapy and aerobic exercises were conducted for undergraduate students.

Some of the pics of Physiotherapy students with Dr. Avinash Supe (Dean & Director ME &MH ), Shiv sena local corporator Shri Sanjay (Nana).G .Ambole and TV awareness programme with nursing and administrative staff and faculty of KEMH.