A Report on World Physiotherapy Day Celebration

8th September, Friday, 2017

Ashok & Rita Patel Institute of Physiotherapy (ARIP), a constituent of CHARUSAT celebrated World Physiotherapy Day on 8th of September, Friday 2017 to spread awareness about physical activity and fitness among individuals of all ages.

The theme of this year was “Physical Activity for Life.” ARIP celebrated World Physiotherapy Day by organising various in-campus and off-campus activities including an AEROZUMBA, Physical activity awareness talks, physical activity challenges, and exercise sessions for hospital in-patients, patients family and hospital staffs.

AEROZUMBA was organized in the Central Lawn of CHARUSAT campus where 140 individuals including students and faculties across the University participated. The Aerozumba event was led by Dr. Surbala, Dr. Anjali and Dr. Garima with team of students from all semester of UG and PG.

Picture 1: Aerozumba in Action

Faculties and students of ARIP visited schools in the district of Anand and organised physical activity awareness talks, fitness and exer-games. Dr. Dhruv and Dr. Mansi led the team of Physiotherapist who visited D.Z. Patel High School, Anand and Dr. Dipika and Dr. Sweta led the team of Physiotherapist at Shri B. A. Patel High School, Changa. More than 600 students participated in the fitness and physical activity awareness event.
Physiotherapy screening (routine blood pressure check-up, joint examination, balance assessment) and a general exercise session was also organised at Anand Dham Old age home, Lambhvel in collaboration with the NSS Unit, ARIP. NSS coordinator of ARIP, Dr. Hemal Patel led the team of Physiotherapist who visited the old age home. At the end of the screening and the exercise sessions, seasonal fruits were distributed to the inmates of the old age home.
Physical activity awareness programs and exercise sessions were also organized at various hospitals and clinics in Nadiad and Anand. Faculties and students of ARIP organised and observed the World Physiotherapy Day at Santaram Physiotherapy Center, Nadiad led by Dr. Shuchi Joshi and a team of students; Shivam Hospital, Nadiad led by Dr. Shreya and students; Sanjay Hospital, Nadiad by Dr. Shivani and students; DDMM heart Hospital, Nadiad by Dr. Viddhi and students; Mahagujarat Hospital, Nadiad by Dr. Hetshri and Dr. Avanti and students; Lakwa Kendra, Demol by Dr. Avinash and students; C.G. General Hospital, Uttarsanda by Dr. Nency and students; Anand General Hospital, Anand by Dr. Krishna and Dr. Sweni; Vihar Hospital, Anand by Dr. Parita; Jeevandeep Hospital, Anand by Dr. Heta with students; Charusat Hospital Physiotherapy OPD, Changa by Dr. Yashree, Dr. Arpita and Dr. Megha.
World PT day was also observed in various departments of ARIP OPD, Changa by conducting group physical exercise sessions, Garba aerobics and exer-games for the patients and their accompanying relatives, apart from the routine Physiotherapy treatment. Dr. Prakash, Dr. Ratan and Dr. Riddhi headed the teams in executing various activities in the Department of Neurology, Musculoskeletal and Paediatrics Physiotherapy respectively.

A Physiotherapy Model Exhibition was also organized showcasing the creativity in assembling and fabricating various assessment and treatment devices. The honourable Provost of CHARUSAT, Dr. B. G. Patel and Dr. M. C. Patel, Secretary, Kelavani Mandal, inaugurated the Model Exhibition along with Shri Ashok Patel, Advisor, CHARUSAT and Dr. M. Balaganapathy, Principal In-charge, ARIP. A total of 29 models were showcased in the exhibition. Dr. Shreya and Dr. Keyur executed the overall activities of Model Exhibition. Dr. M. Balaganapathy, Principal, ARIP presented Mementos to the invited judges of the model exhibition, Dr. Sachin Joshi, Chief Physiotherapist of Santaram Physiotherapy Center and Dr. Darshan Patel, Coordinator, CIPS.
The model exhibition was followed by a physical fitness challenge for the faculties and students of ARIP. A total of 52 activities comprising of strength, power, balance and coordination activities were included in the fitness challenge and performed by 300 participants in various sub-groups. The celebration of World Physiotherapy Day was concluded with prizes distribution to the winners of the model exhibition and fitness challenge, and aiming to continue physical activity throughout the life.