HEALTH AND FITNESS FOR ALL
8TH SEPTEMBER 2017

AEROBICS: THE BEST WAY TO BUILD A HEALTHIER TOMORROW

Training young football players for better performance and injury prevention

Encouraging the senior citizen to live healthy life

Report on World Physiotherapy Day
Parul Institute of Physiotherapy
Vadodara
Parul Institute of Physiotherapy
Parul University

Report on Celebration of Physiotherapy Week
4th September to 8th September 2017

Parul Institute of Physiotherapy celebrates “World Physiotherapy Day” every year with the purpose of creating awareness about the contribution of the profession in keeping people healthy, mobile and independent.

In the year 2017, Parul Institute of Physiotherapy celebrated one week that is from 4th September to 9th September for spreading awareness from Pediatric to Geriatric Population.

The activities were divided into three categories.
1) Community Awareness Programme.
2) Institutional Activities for Students
3) Free Physiotherapy Camps for Patients.
4) Radio Tips on Local Radio Mirchi Channel.

All the Activities mainly focused on Awareness of Physiotherapy in Community.
**Community Activity**

Day – 1: 4th September 2017

**Programme**: Aerobic Training for Morning Walker

**Time**: 6.00 am to 8 am

**Venue**: Kamati Garden, Vadodara.

**Programme coordinator**: Dr. Advita Deepak Neville

**Total No of Participants**: >50 Males and Females

**Summary**: During this session all the morning walkers were explained about the role of Aerobic exercises in maintaining fitness. They were also taught some aerobic exercises which they can perform regularly.

All the Participants had a great experience during Aerobic Exercise Session.

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**Warm up session before aerobics**

**Aerobic session**
Day – 2: 5\textsuperscript{th} September 2017

\textbf{Programme:} Ergonomics for Industrial Workers.
\textbf{Time:} 11.00 am to 1.00 pm
\textbf{Venue:} Apollo Tyrese, Waghodia, Vadodara.
\textbf{Programme coordinators:} Dr. Gaurav Solanki, Dr. Bhavin Madhvani, Dr. Unika Christian

\textbf{Target Population:} Office Workers (Apollo Industries)

\textbf{Total No of Participants:} 70 Males

\textbf{Summary:} Apollo Tyres Ltd, with its corporate headquarters in Gurgaon, India, is in the business of manufacture and sale of tyres since its inception in 1972.

Physiotherapists along with postgraduate and graduate students have taught the ergonomics for the workers who lift heavy weight during their work. During the session what is Industrial Ergonomics? Why it is important to the Industrial workers? How this advice will be beneficial to increase Productivity of the workers. What is the ideal way of doing Heavy work was
explained in detail. Physiotherapists have shown the correct and easier method of lifting heavy weight as well as educated the workers to do some exercises to relieve their body aches. For the Executive officers also sitting ergonomics, Computer ergonomics were explained.

The session ends with Question by the Workers and their Answers by the Physiotherapists. This session Produce deep sense of Use of Industrial Ergonomics to enhance productivity and prevent Musculoskeletal Complications.
**Day – 3: 6th September 2017**

**Programme:** Screening for Flat foot and Scoliosis in school children  
**Time:** 2.00 pm to 4.00 pm  
**Venue:** SanskarVidhyalay, Pipariya  
**Programme Coordinators:** Dr. Dharmang Vyas, Dr. Heema Parmar  
**Target Population:** School children: Std. 6th, 7th, 9th and 10th  
**Total No of Participants:** 150 Students were screened.  
**Total no. of Flatfoot:** Bilateral-2, Right-1, Left-3.  
**Total no. of Scoliosis:** 12  
**Summary:** The students of 6th, 7th, 9th & 10th standard of SanskarVidhyalay were screened for flatfoot and scoliosis. Screening was done in 2 rounds. In 1st round students were assessed for flat foot and scoliosis.
Round 1: Assessment of flatfoot was done on observation and the students suspected with flatfoot were screened and name, age and gender of these students were recorded and these students were further progressed to round 2. Similarly the students were also screened for scoliosis using Adam’s forward bend test. The students suspected with scoliosis were then progressed to round 2.
Round 2: All the students suspected with flat foot were assessed by taking foot print on paper and the re-assessing the prints to check for flatfoot. Scoliosis was reassessed using Adam’s forward bend test and the final students suspected with scoliosis were noted down.
Foot painting

Foot print (Flat Foot)

Screening for Scoliosis

Screening for Scoliosis
Day – 4: 7th September 2017

Programme: Maternal and Child Care

Time: 10.00 am to 11.00 am

Venue: Seminar Hall, Parul Sevasharam Hospital.

Programme Coordinators: Dr. Heema Parmar, Dr. Dhruvi Patel, Dr. Prachi Patel

Target Population: Post Natal women from Gynecology Ward.

Total No of Participants: 20 Females.

Summary: In the Session Physiotherapists Explain about changes in the body after delivery of baby, what are the physical problems after child birth, how to prevent them. All the females were also explained about role of exercise to prevent these problems. They were also advice for healthy food for mother and child, for maintenance of Hygiene. The mothers were also made aware about how normal development of child takes place and what is role of mother to promote normal development. The mothers were also explained about breast feeding techniques, Postural corrections, lifting and caring of babies.
Report on Physiotherapy Week Celebration

Demonstration of Exercise

Explanation of the Exercises

PG students with patients

Staff and patients
Day – 5: 8th September 2017

Programme: Fitness for Geriatric Population

Time: 6.00 pm to 7.30 pm

Venue: AmbeMaa temple, Vadsar

Programme Coordinators: Dr. Nilesh Parmar

Target Population: Geriatric population

Total No of Participants: 70 males and females.

Summary: A special program was arranged for the geriatric population to make them aware of the importance of daily exercises in old age. Also specific exercises were demonstrated to individuals with knee pain, back pain, neck pain etc.
Day – 6: 9th September 2017

Programme: “Preventive measures and fitness funda for football players”

Time: 3.30 pm to 5.30 pm

Venue: Tejas School and Rosary School

Programme Coordinators: Dr. Ishan Pathak

Target Population: Football Players and their Parents

Total No of Participants: 190 Players and their Parents.

Summary: An awareness program was arranged for the future football players to aware them about the importance of fitness level in the football game and to know about their own fitness and also to their parents to how to maintain a child’s fitness level better and to make their fitness level as per the demand of Football Game and also a brief explanation about the common musculoskeletal injuries and their preventive measures.
Explanation to the players

Explanation to the parents

Players and parents with PT staff
Activities at Different Institutes of Parul University

Day – 1 to 4: 4\textsuperscript{th} to 7\textsuperscript{th} September 2017

**Programme:** Smart Phone ergonomics

**Venue:** Parul University

**Programme Coordinators:** Dr. Didhiti Desai

**Target Population:** University Students

**Summary:** During Physio week from 4\textsuperscript{th} Sep 2017 to 8\textsuperscript{th} Sep 2017 students conducted seminar on Ergonomics for smart phone users in more than 20 faculties of Parul University and the seminar was delivered to around 2000 students from different faculties like Engineering, Law, BBA, Pharmacy, Diploma, Architecture, Nursing, Medical, Homeopathy, Design etc. In the seminar the students were explained about the harmful effects of prolonged mobile usage on their body and were also explained about the benefits of exercise and ergonomics in their day to day life. There was a positive response from all the faculties and they expected that the students of Physiotherapy to arrange such type of seminars in the future.
Students performing stretching exercises
College Activities

On 8th September various competitions like essay writing, debate, quiz competition; fitness competition and poster presentation was organized for the students of Parul Institute of Physiotherapy.

Essay Competition was held in the Morning Session. Topic for the Essay was “Physical Activity for Life”. More than 45 Students have taken part in the same. They have presented their Views. Also a fitness competiton was organized and more than 50 students participated for it.

In the Afternoon Session Digital Poster Presentation on the topic “Obesity in Children and its Causes” in which 30 students participated. Debate on Scope of Physiotherapy VS Abroad” and Quiz Were Planned.
Report on Physiotherapy Week Celebration

Poster Presentation

Fitness competition

Essay Competition
List of Winners:

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<th>ACTIVITIES</th>
<th>WINNERS</th>
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<tr>
<td>Essay Competition</td>
<td>1. Vidhi Bavasiya</td>
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<td>Quiz Competition</td>
<td>1. Megha Shah</td>
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<td>2. Siddharth Raqvaliya</td>
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<td>Debate Competition</td>
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<td>2. Parijat Dave</td>
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<td>3. Jhanvi Patel</td>
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<td>4. Mariyum Dordawala</td>
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<td>5. Neha Maurya</td>
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<td>Poster competition</td>
<td>1. Lubna Malek</td>
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<td>2. Divya Gupta</td>
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Free Physiotherapy Camp for Patients

Parul Institute of Physiotherapy has organized free Physiotherapy camp at different OPDs from 4th September to 9th September at all OPDs located in the Vadodara city, Waghodia and at Physiotherapy OPD of Parul Sevasharam Hospital. More than 500 Patients get benefitted during free camps. Patients were assessed, diagnosed, provided with treatment and Home advices.
A talk on the celebration of physiotherapy week and various activities during the week was broadcasted on “Radio Mirchi”. Also a small talk on ergonomics for house wives was also delivered.