On the occasion of World Physiotherapy day, Sharda College of Physiotherapy has conducted following activities.

1. Aerobic exercise session for the visitors and joggers at Central Vista Garden on 5th of September.

2. Talk on importance of Physiotherapy in sports and aerobic exercise session at Gandhinagar International Public School on 6th of September where more than 250 students were addressed and were demonstrated the exercises.

3. Ante natal Physiotherapy advises and practical exercise session for the pregnant women of Unava, at Unava primary health centre, more than 20 women were demonstrated the exercises on 6th of September.

4. Talk on mental health and Physiotherapy at R. G. High school. 200 Students of 11th and 12th standard were explained the importance of exercise in mental health. Demonstrated exercises to improve the cognitive abilities. Interactive session on Physiotherapy and the scope of Physiotherapy on 7th September.

6. Poster competition for the students of Physiotherapy at Sharda College of Physiotherapy on 7th September.

8. Treasure hunt for students of Sharda College of Physiotherapy on 7th September.

9. Talk on mental health and Physiotherapy at C. M. Patel school. Addressing 11th and 12th standard students, explaining the importance of exercises in mental health. Demonstration and execution of the exercises for more than 300 students On 8th September.

11. Free Physiotherapy Camp was conducted on 8th September at Pethapur, where 64 patients were provided free consultation and Physiotherapy treatment.

12. Exercise session at the old age home to improve the mental health and cognitive abilities of older adults, demonstration and explanation of exercises.

In above mentioned activities, more than 60 students and 9 Physiotherapist gave their valued contribution.
The world celebrates “physiotherapy day” on 8th September. Sharda college of Physiotherapy in association with Indian association of physiotherapy women’s cell Gandhinagar district chapter, celebrated World physiotherapy day by conducting various programs for individuals of all age groups. Considering this year’s World confederation of Physiotherapy’s theme, “Physiotherapy and Mental health”, the students of Gandhinagar international public school, C M School and R G School were given guidance as how the exercises help to fight the stress related to studies and exams, not only that, how it helps them to increase their attention. They were also taught the kind of exercises to be done and for how long it should be done. At Unava primary health centre, pregnant ladies were given guidance and demonstration of how to perform exercises during pregnancy and what is the importance of exercise for their and their baby’s better health. The exercises were demonstrated to older adults to increase their fitness and cognitive abilities. Bearing in mind our Prime Minister NarendraModji’s mantra “hum fit to India fit”, individuals of all the age groups were covered and were made aware of the fitness the measures to be taken to improve their fitness levels.
At Unava PHC

At R G school

Camp at Pethapur

At Old Age Home

Camp at Pethapur

At C M school and GIPS
1. Gandhinagar Sandesh

TUESDAY, 11•09•2018

જ્ઞાનોથીરી સેમિનાર સુપરેસાયન
ગાંધીનગર ઈન્ટરનેશનલ પ્લાવિક સુધારા જ્ઞાનોથીરી સેમિનારનું
ટાલણ આરોગ્ય કરાવવાની અન્ય કલા. તેમાં ડૉક્ટર્સ તેમજ
વિદ્યાર્થીઓને સ્વાસ્થ્યને તદ્દર્શ શાખા માટે સંગીત સાથે મેડિસિક
યોગા કરાવવામાં આવ્યા છતી. શિક્ષકોએ પદ સંખ્યા લઈને
વિદ્યાર્થીઓને પ્રોત્સાહન પુરુ પાડતા છતી. 

સ્વસ્થ શરીર તથા સ્વસ્થ
માટે અદવાદિયાને બે-ટ્્રડ હિવસ યોગા કરવાને તબીબોએ
સુખ કરયું છતી.
2. Gandhinagar Metro newspaper:
3. Divya bhaskar Gandhinagar

4. Tej Gujarati: