WORLD PHYSIOTHERAPY DAY

2014

FIT TO TAKE PART

19th of September 2014
8.00 am to 2.00 pm
Auditorium of Faculty of Graduate studies and gymnasium
University of Colombo
Sri Lanka
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTRODUCTION</td>
<td>3</td>
</tr>
<tr>
<td>OVERVIEW</td>
<td>4</td>
</tr>
<tr>
<td>OBJECTIVES</td>
<td>5</td>
</tr>
<tr>
<td>WALKING TOWARDS SUCCESS</td>
<td>6</td>
</tr>
<tr>
<td>TIME MANAGEMENT</td>
<td>7</td>
</tr>
<tr>
<td>AGENDA</td>
<td>8</td>
</tr>
<tr>
<td>Participated Schools</td>
<td>9</td>
</tr>
<tr>
<td>The Major events</td>
<td>10</td>
</tr>
<tr>
<td>QUIZ COMPETITION</td>
<td>10</td>
</tr>
<tr>
<td>PHYSICAL FITNESS PROGRAMME</td>
<td>11</td>
</tr>
<tr>
<td>Conduct this kind of programmes in rural areas as well.</td>
<td>12</td>
</tr>
<tr>
<td>Gallery</td>
<td>13</td>
</tr>
</tbody>
</table>
INTRODUCTION

We, a group of enthusiastic youth consists of BSc. Physiotherapy undergraduates of Allied Health Sciences Unit, Faculty of Medicine, University of Colombo is proud to announce “The World Physiotherapy Day 2014” was held on 19th of September 2014, at the Auditorium of Faculty of Graduate studies and Gymnasium University of Colombo.

Under the patronage of the
- Dr. Kumara Hirimburegama, Vice Chancellor, University of Colombo.
- Prof. Nadeera Karunarathna, Acting Dean, Faculty of Medicine, University of Colombo.
- Dr. Ajith Malalasekare, Course co-ordinator, Bsc. Physiotherapy, Faculty of Medicine, University of Colombo.

And the guidance of
- Prof. Wasantha Gunathunga, Senior Treasurer, Physiotherapy Students’ Welfare Society, Faculty of Medicine, University of Colombo.
- Ms. Subhashini Jayawardane, Lecturer, Allied Health Sciences Unit, Faculty of Medicine, University of Colombo.

And the Support of
- Graduate Physiotherapists, who passed out successfully from Faculty of Medicine, University of Colombo
- Sri Lanka Society of Physiotherapy and Government Physiotherapy Association

Yet again this year with, immense courage, motivation and positive aspiration, we are very pleased to accommodate this event.
OVERVIEW

Event – World Physiotherapy Day - 2014

Date – 19th September 2014

Time – 8.00 am – 2.00 pm

Venue – Auditorium of Faculty of Graduate studies
And Gymnasium, University of Colombo

Participants – A/L science stream students and school athletes
from island wide schools
World Physiotherapy Day – 2014
Objectives

OBJECTIVES

➢ Celebrating the world Physiotherapy day.
➢ Educating the people about the importance of Physiotherapy.
➢ Motivate the school students to seek the knowledge of science and technology, by organizing a science quiz competition.
➢ Improve the awareness about the importance of Physical Fitness among school children.
When organizing the World Physiotherapy day 2014, we faced many difficulties. But due to our dedication, unity, resourcefulness and creativity, we made this event a success.

One of the main obstacles we faced was gathering sponsorships. It was a very hard task. But we were able to overcome this challenge by working hard and organizing wisely with the support of graduate physiotherapists of University of Colombo, Sri Lanka Society of Physiotherapy and Government Physiotherapy Association.

The major events of our day were Physical fitness programme and the inter-school quiz competition. Preparing questions was a very difficult and tiring task and it was done successfully by the most junior batch. They had the responsibility in preparing questions that are standard relevant to the A/L syllabus. In between making questions, gathering information, searching for images for visual questions and making presentations, our quiz team was quite busy. They worked with dedication, day and night, to make this event a success.

While getting ready for the quiz competition, we had to prepare other things regarding the quiz. We had to invite schools. It was a tiring work, as some of our inviting schools were situated far away, like Galle, Mathra and Kurunegala.

Physical fitness programme was successfully organized by the Physiotherapy Students’ Welfare Society. It wasn’t easy to find all the equipment for the fitness programme. However, with great efforts and dedications we were able to conduct a Fabulous Physical fitness program.
**TIME MANAGEMENT**

Time Scale – from 16\textsuperscript{th} of July to 06\textsuperscript{th} of September

<table>
<thead>
<tr>
<th>Task</th>
<th>Time Duration (weeks)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Selecting the committee members</td>
<td></td>
</tr>
<tr>
<td>Preparing the project proposal and getting it approved</td>
<td></td>
</tr>
<tr>
<td>Preparing questions for the quiz</td>
<td></td>
</tr>
<tr>
<td>Designing the trophies and certificates.</td>
<td></td>
</tr>
<tr>
<td>Inviting the schools</td>
<td></td>
</tr>
<tr>
<td>Collecting sponsors</td>
<td></td>
</tr>
<tr>
<td>Finalizing the Quiz competition and Physical fitness programme</td>
<td></td>
</tr>
<tr>
<td>Arranging the hall</td>
<td></td>
</tr>
</tbody>
</table>
AGENDA
8.00 am  Start of physical fitness programme
8.15- 9.00 am  MCQ Test
9.00 – 9.15 am  Refreshment
9.20 – 9.25 am  Welcome Speech
9.25 - 9.40 am  Speech by Mr. Suranga Dassanayaka
9.40 – 10.10 am  1st and 2nd rounds of quiz
10.10 – 10.15 am  Arrival of chief guest
10.15 – 10.20 am  Lighting the Oil lamp
10.20 – 10.25 am  Speech by Dr. Ajith Malalasekara
10.25 – 10.30 am  Speech by Dean Faculty of Medicine
10.30 – 10.35 am  Speech by chief guest
10.35 – 10.40 am  Speech by guest of honor
10.40 – 11.10 am  3rd and 4th rounds of quiz
11.10 – 11.30 am  Refreshments for guests
11.30 – 11.50 am  Award ceremony
11.50 – 12.10 pm  Presentation on physiotherapy profession
12.10 – 12.30 pm  Presentation on physical fitness
12.30 – 12.35 pm  Vote of thanks
12.35 – 12.40 pm  National anthem
1.00 pm  Lunch
Participated Schools

1. Thurstan College, Colombo 07
2. St. Joseph’s Girls’ College, Nugegoda
3. Wesley College, Colombo 10
5. Bandaranayaka College, Gampaha
6. Carey College, Colombo.
7. Isipathana College, Colombo.
8. Sangamiththa Vidyalaya, Galle
9. Holly Family convent, Bambalapitiya
11. Mahanama College, Colombo.
12. Sirimavo Bandaranayaka Vidyalaya, Colombo 07
13. Gamini Central College
14. Samudradevi Balika Vidyalaya, Nugegoda
15. Maliyadewa Girls’ College, Kurunegala
16. Anula Vidyalaya, Nugegoda
17. Vishaka Vidyalaya, Colombo.
18. Gothamee Balika Vidyalaya, Colombo.
22. Taxila Central College, Horana.
23. Musaeus College, Colombo 07
24. D.S. Senanayaka College, Colombo 07
The Major events

QUIZ COMPETITION

The quiz competition was consisted of three stages.

- The MCQ paper
- MCQ round and Visual round
- Rapid round and Buzzer round

Goals :-

- Improve awareness about physiotherapy among school children.
- Enhance the Biological knowledge among school children.

Summary of the Programme :-

72 school children from 24 schools participated in this Inter School Quiz Competition. After facing a MCQ test paper with 40 questions by each student, 4 schools selected for the quiz competition according to the marks of the MCQ paper.

Quiz competition

- 1st round – MCQ round
- 2nd round – Visual round
- 3rd round – Rapid round
- 4th round – Buzzer round

Winners:-

Champion - Anula Vidyala, Nugegoda

2nd runners up - Vishaka Vidyala, Colombo

3rd runners up - Sirimavo BAndaranayaka Vidyala, Colombo

Achievements:-

We were able to develop the Biological knowledge among school children.

We were able to make the school children to view through different aspects of biology subject.
PHYSICAL FITNESS PROGRAMME

Physical fitness encompasses cardio respiratory endurance, muscular endurance, muscular strength, flexibility and body composition. It also includes motor skills of agility, balance, coordination, power, speed and reaction time.

Goals :-

- Improve awareness of physical fitness among school children.
- Reduce non communicable diseases among school children.

Objectives :-

1. Measure cardio respiratory endurance.
2. Measure muscular endurance.
3. Measure muscular strength.
4. Measure flexibility.
5. Measure motor skills of agility, balance, coordination and speed.

Summary of the Programme :-

45 school children from 15 schools participated this Inter School Fitness Competition. After medical clearance by the medical team of Institute of Sports Medicine, Ministry of Sports school children was assessed by graduate physiotherapists who have Sri Lanka Medical Council registrations under following categories.

- Cardio Respiratory endurance was measured from 3 minutes step up test
- Muscular endurance was measured by counting pushups within a minute
- Muscular strength was measured by using a hand gripping dynamometer
- Flexibility was measured from sit and reach test
- Agility, coordination, and speed were measured by conducting fun activity. In this activity the student had to run through cones with a basketball, and they had to shoot the basketball into a ring by standing on one leg, and then they had to come again through the cones.

At the end of the programme Capt. Rowan Dharshika, In charge of Sri Lanka Army Athletic Committee, presented an introduction about physical fitness and its components.
World Physiotherapy Day – 2014
The World Physiotherapy Day 2014

**Winners:-**

Boys Category - Taxila C.C, Horana

Girls Category - St. Joseph College, Nugegoda

**Achievements:-**

We could make participated schools aware about components of physical fitness and how to measure them.

We could appreciate participated students by selecting the students who have the best physical fitness level. They were awarded under the male category and the female category.

We could give a good knowledge about physiotherapy to the school players.

**Recommendations:-**

Advise students how to improve physical fitness.

Instruct students individually about their level of physical fitness components.

Conduct this kind of programmes in rural areas as well.
World Physiotherapy Day – 2014
The World Physiotherapy Day 2014
World Physiotherapy Day – 2014
The World Physiotherapy Day 2014
THE END