

World Physiotherapy Day

Activity 1:

Department of Physiotherapy organized health camp at Mumbai Campus

- **Two-day health camp to offer free check-up related to joint pains**

Objectives:

- **To increase awareness of Osteoarthritis as World Physiotherapy Day this year focuses on osteoarthritis**
- **Celebration to raise awareness on physiotherapy and honour work of physiotherapists**

Sunandan Divatia School of Science, part of the prestigious SVKM's Narsee Monjee Institute of Management Studies (NMIMS), commemorated the occasion of 'World Physiotherapy Day' by organising a two-day free health camp which was inaugurated by Dr. Ramesh Bhat, Vice Chancellor, NMIMS. The camp was for its faculty, staff and students.

The camp, organized by the department of physiotherapy at Sunandan Divatia School of Science, on September 7 and September 8, offered diagnosis and treatment advice to its faculty, staff and students. The physiotherapy team also engaged with the staff members to educate them about osteoarthritis and responded to their queries.

84 patients were treated and counseled over two days. Out of these >50% i.e nearly 65 patients showed symptom of Osteoarthritis of one or more than one joints.

They were assessed, treated, taught exercises which included stretching of tight structures, and strengthening and proprioception exercises. A home program was also taught to the patients and contact credentials of the physiotherapy department were given to them to follow up for further management and queries.

Dr. Purvi Bhatt, Associate Professor & HOD, Biological Sciences, Sunandan Divatia School of Science, NMIMS said: *"At NMIMS, it is our constant endeavor to bring in a positive difference in the community through awareness campaigns on such health issues. We recognize the remarkable work done by our physiotherapy department in ensuring physical well being of the people. The two day camp has seen an extraordinary effort in sensitizing the public about symptoms, prevention and treatment of osteoarthritis."*

Dr. Ali Irani, Honorary Professor, Physiotherapy at Sunandan Divatia School of Science, & Chairperson International Affairs, Indian Association of Physiotherapists said: *"About 80 percent of us are suffering from some kind of joint pain and the main reasons for that are unhealthy food, sedentary lifestyles that lead to lethargy & obesity. In today's fast paced life it is extremely important that we take some time out everyday and dedicate it to our own health and wellness. Simple activities like walking daily or swimming can prove to be beneficial for our joints in the long run. We need to invest now in our health rather than look for shortcuts later"*

Dr. Mansi Bhartiya, Assistant Professor, Physiotherapy at Sunandan Divatia School of Science said, *"The last few years of Covid lockdown has put a serious dent on the physical movement and activity of people across the world. Osteoarthritis, a silent disease inflicting millions across the globe. General public should ensure that they maintain physical activity, a normative weight and healthy diet, to keep Osteoarthritis at bay. They should also seek appropriate medical and physiotherapy advice once signs like pain, stiffness, muscle soreness and restricted joint mobility develop"*.

Glimpses of the Camp:





Activity 2:

- ***Department of Physiotherapy organized a Guest Talk given by Dr Ali Irani for faculty and staff of NMIMS***

Objectives:

- ***To increase awareness of Osteoarthritis as World Physiotherapy Day this year focuses on osteoarthritis***
- ***To give tips and create awareness of the importance of leading a healthy lifestyle***

Dr. Ali Irani, Honorary Professor, Physiotherapy at Sunandan Divatia School of Science,& Chairperson International Affairs, Indian Association of Physiotherapists gave a special talk and guidance on the occasion about measures that can be useful to prevent joint pain. Focussing on the importance of physical activity, exercise, right eating habits and correct body postures. The talk was attended by several of the staff and faculty members of NMIMS university. The same was recorded for those who were unable to attend but wished to hear the talk.

Glimpses of the Talk

Activity 2:

- **Department of Physiotherapy organized a Guest Talk given by Dr Ali Irani for faculty and staff of NMIMS**

Objectives:

- **To increase awareness of Osteoarthritis as World Physiotherapy Day this year focuses on osteoarthritis**
- **To give tips and create awareness of the importance of leading a healthy lifestyle**

Dr. Ali Irani, Honorary Professor, Physiotherapy at Sunandan Divatia School of Science,& Chairperson International Affairs, Indian Association of Physiotherapists gave a special talk and guidance on the occasion about measures that can be useful to prevent joint pain. Focussing on the importance of physical activity, exercise, right eating habits and correct body postures. The talk was attended by several of the staff and faculty members of NMIMS university. The same was recorded for those who were unable to attend but wished to hear the talk.

Glimpses of the Talk



Activity 3:

Department of Physiotherapy organized 12 day Free Geriatric Camp for Patients and staff of Nanavati Super Specialty Hospital.

Objectives:

- ***To increase awareness of Osteoarthritis as World Physiotherapy Day this year focuses on osteoarthritis***
- ***To give tips and create awareness of the importance of leading a healthy lifestyle***
- ***To assess balance and fitness and provide treatment wherever necessary***

A 12 day long camp was organised by Department of Physiotherapy at Nanavati Max Super Specialty Hospital, Vile Parle West. This camp provided free balance and fitness assessment for all geriatric patients coming to the outpatient departments of the hospital as well as the staff of the hospital.

Over 100 patients have benefited from the camp so far at the end of one week and a 100 more are expected for the upcoming week.

Glimpses of the Camp





