

WORLD PHYSIOTHERAPY DAY CELEBRATION

ON 8.9.19 AT SALEM, TAMILNADU, INDIA.

WORLD PHYSIOTHERAPY CELEBRATIONS AT SALEM, TAMILNADU, INDIA
WAS ORGANIZED ON 8TH SEPTEMBER 2019

Jointly By



THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS- TAMILNADU BRANCH
THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS- SALEM BRANCH
THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS- WOMEN CELL (SOUTH ZONE)
THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS- WOMEN CELL (SALEM)
THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS – STUDENT WING (SALEM)

IN ASSOCIATION WITH

VINAYAKA MISSION'S COLLEGE OF PHYSIOTHERAPY, SALEM
GOVT. COLLEGE OF PHYSIOTHERAPY, TIRUCHIRAPALLI
JKKM COLLEGE OF PHYSIOTHERAPY, KOMARAPALAYAM,
NANDHA COLLEGE OF PHYSIOTHERAPY, ERODE
EXCEL COLLEGE OF PHYSIOTHERAPY, NAMAKKAL
SRI VENKATESHWARA COLLEGE OF PHYSIOTHERAPY, GOPICHETIPLAYAM

THEME

 **CHRONIC PAIN**

ACTIVITIES :

- ◆ Mega Awareness Rally
- ◆ Pamphlet Distribution
- ◆ Physiotherapist Pledge
- ◆ Press Meet
- ◆ Donations
- ◆ Social service
- ◆ Disability screening
- ◆ Physical activity
- ◆ Fun & Games

MEGA AWARENESS RALLY

Start venue : Nattammai Kazhaga Building (Opposite to Collector office), Salem
End venue : Kottai grounds, Salem
Distance : 1.5 Kms
Flag off by : Dr. M. Murugan PT, President, Tamilnadu State Physiotherapy Council
Participants : 200 Physiotherapists & Students with display boards

PAMPHLET DISTRIBUTION

Pamphlet released by : Dr. S.A. Karthikeyan PT Member, Tamilnadu State Physiotherapy Council
No. of pamphlets distributed : 2000
Aim of the Pamphlet : To educate the public about various health problems managed by Physiotherapy

PHYSIOTHERAPIST PLEDGE

Administration of Pledge by : Dr. A. Rajan Samuel, Executive member, Central Executive Council,
IAP Pledge was taken to by all the Physiotherapists to reinforce our responsibility.

PRESS MEET

Press meet was given by Dr. M. Murugan PT , President, Tamilnadu State Physiotherapy Council & Dr.M.Senthil kumar PT , President , The Indian Association of Physiotherapists - Tamilnadu branch

They thanked the Government for establishment of Physiotherapy Council and announcement of 77 posts in Government Hospitals.

They emphasized the importance of Physiotherapy and Physiotherapists in the management of Chronic pain.

DONATIONS

Physiotherapy equipments were donated by Salem IAP Student wing for the benefit of Special children at IENRSTC Panchayat Union Primary school, Nainampatty, Veerapandi. Salem

EQUIPMENTS DONATED

- | | | |
|--------------------|-------------------------|---------------------------------|
| ◆ Sensory sack | ◆ Chanting box | ◆ Special Educational materials |
| ◆ Quadriceps board | ◆ Pin ball hammer table | ◆ Peg boards |
| ◆ Swiss ball | ◆ Ball pounding toy | |

SOCIAL SERVICE

Lunch with the orphan and left out school children residents of Don Bosco Anbu Illam ,Yercaud foot hills, Salem

DISABILITY SCREENING

Basic screening of the orphan and left out school children residents of Don Bosco Anbu Illam for disabilities and deformities was carried out. Simple exercises to overcome issues and good practices to prevent ailments were taught.

PHYSICAL ACTIVITY

The importance of Physical activity emphasized among the physiotherapists, students and children.

PHYSICAL ACTIVITY INCLUDED

- ◆ Warm up exercises
- ◆ Self stretches
- ◆ Mobility exercises
- ◆ Aerobic exercises
- ◆ Super brain yoga
- ◆ Tai Chi ◆ Cool down

FUN & GAMES

Games and fun activities were conducted for the orphan and left out school children residents of Don Bosco Anbu Illam to entertain them and make them feel good and supported. Plenty of gifts were given to boost their talents and morale.

GAMES INCLUDED

- ◆ Hopping race
- ◆ Frog race
- ◆ You or I
- ◆ Sheela the Princess
- ◆ Dodge ball
- ◆ Singing
- ◆ Group Dancing
- ◆ Ice breaking games

A full day of celebration including all the components of awareness, reassurance, thanksgiving, donations, social service, physiotherapy services, physical activity, fun and games made us we feel that, we lived the day in a meaningful way.

**PROUD TO BE A PHYSIO.
WISH YOU ALL A HAPPY PHYSIOTHERAPY DAY. JAI HIND.**



