





## Kadi Sarva Vishwavidyalaya University C.M. Patel College of Physiotherapy

### A Report on World Physiotherapy Day, 2019

C.M. Patel college of Physiotherapy, a constituent college of Kadi Sarva Vishwavidyalaya University celebrated World Physiotherapy Day on 7<sup>th</sup> of September, Saturday, 2019 to spread awareness about how physical activity helps to alleviate chronic pain and ergonomic awareness among individuals of all ages.

The theme of this year was “Chronic pain.” C.M. Patel college of physiotherapy celebrated World Physiotherapy Day by organizing various in-campus and out-campus activities including Aerobics, Poster presentation, Chronic pain awareness talks, Skit about physiotherapy awareness and mime about ergonomics by students “During driving, for housewives and physiotherapists v/s Quacks” and mobile physiotherapy van camp.


Sarva Vidyalaya Keshavn Mandali Sonchali  
**CHANCHALBEN MAFATAL PATEL  
COLLEGE OF PHYSIOTHERAPY**  
Constituent College of Kadi Sarva Vishwavidyalaya

**Theme: Chronic Pain And Exercise**  
**Time : 9:30 Onwards**  
**Date : 7<sup>th</sup> September 2019**

**Group Exercise :**  
By Patients, Faculties And All The Students For General Fitness



**Poster Presentation:**  
On Chronic Pain By Physiotherapy Students

**TAKING CONTROL OF CHRONIC PAIN**



**Cultural Events:**

- Welcome Dance
- Expert Speech By Dr. Kandarp Trivedi and Dr. Shahi Mundra On Chronic Pain and importance of Physiotherapy.
- Patient Perspective about Physiotherapy
- Skit
- Mime On Ergonomics Modification

At Morning, 9:30-10:30 am aerobics fitness mass activity was organized in the Central Lawn of C. M. Patel College of physiotherapy Building where individuals including students and faculties across the University participated. The Aerobics event was led by Dr. Nisha Kanabar, Dr.Grishma Joshi and Dr.Bhoomi mistry.



At C.M. Patel college of Physiotherapy, Fitness session was followed by poster presentation. Second, Third and final year students participated and presented the posters on following topics : Pain Pathway, TENS on pain modulation, IFT on pain modulation, Types of neurons, pain gate theories, Thrower's elbow, Distal biceps tendon tear and Anconeus Syndrome.



later physiotherapy awareness program was continued at C. M. Patel college of physiotherapy auditorium. The function was started with lamp-lighting ceremony by principal Dr. K Vaittianadane, vice principal Dr. Tina G Chauhan, and guest Dr. Kandarp Trivedi orthopaedics surgeon and Dr. Sashi Mundra MD neurology followed welcome speech by Dr. K Vaittianadane and welcome dance. The session included awareness talk on chronic pain and role of physiotherapy by Dr. Kandarp Trivedi and Dr. Sashi Mundra.



Afterwards, some patients presented their views about importance of physiotherapy and how they improved after taking physiotherapy session. Patients were encouraged to share their views on access to care, treatment and their experience in the Institution.

Thereafter, students of second, third and final year performed a skit about awareness of physiotherapy in community and rural areas.



Skit was followed by mime about ergonomics correction for students, during driving, for housewives and physiotherapists v/s Quacks.



There was also mobile physiotherapy van camp as “physiotherapy on wheels” in old age home as part of community rehabilitation program for 1 week at kailash dham.



The function ended with vote of thanks from Dr. Tina G Chauhan program coordinator and prize distribution for poster presentation by Principal Dr. K Vaithianadane, Vice Principal Dr.Tina G Chauhan





World Physiotherapy day even was highlighted in news paper.

