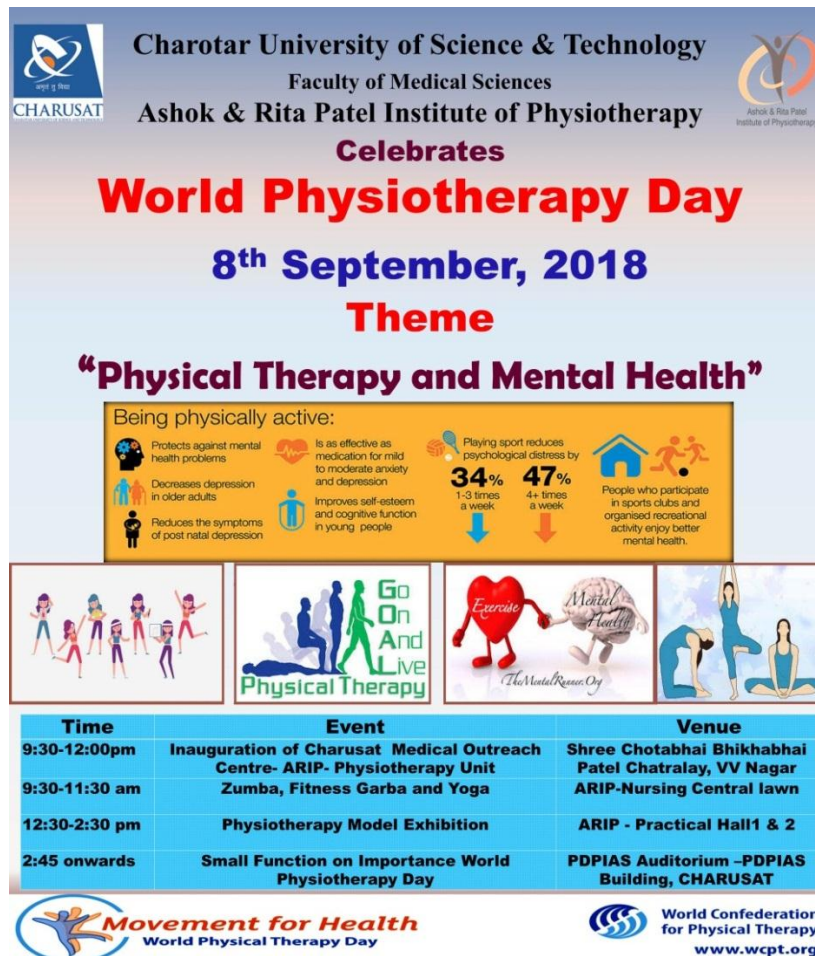


A Report on World Physiotherapy Day, 2018

Ashok & Rita Patel Institute of Physiotherapy (ARIP), a constituent of CHARUSAT celebrated World Physiotherapy Day on 8th of September, Saturday, 2018 to spread awareness about physical activity and mental health among individuals of all ages.

The theme of this year was “Physical Therapy and Mental Health.” ARIP celebrated World Physiotherapy Day by organizing various in-campus and off-campus activities including Zumba, Fitness Garba, Yoga, Physical activity awareness talks, Fun games, and exercise sessions for hospital in-patients and patients family.



Charotar University of Science & Technology
Faculty of Medical Sciences
Ashok & Rita Patel Institute of Physiotherapy

Celebrates
World Physiotherapy Day
8th September, 2018
Theme
“Physical Therapy and Mental Health”

Being physically active:

- Protects against mental health problems
- Decreases depression in older adults
- Reduces the symptoms of post natal depression
- Is as effective as medication for mild to moderate anxiety and depression
- Improves self-esteem and cognitive function in young people
- Playing sport reduces psychological distress by **34%** (1-3 times a week) and **47%** (4+ times a week)
- People who participate in sports clubs and organised recreational activity enjoy better mental health.

Go On And Live Physical Therapy

Exercise Mental Health
The Mental Resource Org

Time	Event	Venue
9:30-12:00pm	Inauguration of Charusat Medical Outreach Centre- ARIP- Physiotherapy Unit	Shree Chotabhai Bhikhabhai Patel Chatralay, VV Nagar
9:30-11:30 am	Zumba, Fitness Garba and Yoga	ARIP-Nursing Central lawn
12:30-2:30 pm	Physiotherapy Model Exhibition	ARIP - Practical Hall1 & 2
2:45 onwards	Small Function on Importance World Physiotherapy Day	PDPIAS Auditorium –PDPIAS Building, CHARUSAT

Movement for Health
World Physical Therapy Day

World Confederation for Physical Therapy
www.wcpt.org



On the occasion of World Physiotherapy Day, 2018, an extension center named CHARUSAT Medical Outreach Centre – a joint venture of CHARUSAT University and CHARUSAT Hospital has been inaugurated at Shri Chhotabhai Bhikhabhai Patel Chhatralaya, AV Nagar Road, Anand. The dignitaries remain present in the function were Dr. Pankaj Joshi, Provost CHARUSAT; Dr. M C Patel, Secretary – Matrusanstha, Kelvani Mandal & CHRF; Dr. B G Patel, Advisor – CHARUSAT; Shri C A Patel, Vice President – Kelvani Mandal; Shri Jashbhai Patel, Trustee – Matrusanstha; Dr Devang Joshi, Registrar – CHARUSAT. The function started with prayer from CIPS students. Dr. Balaganapathy has given the introduction of guests and motive behind starting the extension centre. Dr. B G Patel has showered his blessings by explaining the importance of physiotherapy and laboratory facilities in today's era. Dr. Pankaj Joshi has connected the occasion with the cosmology and gave blessings. The function ended with vote of thanks from Dr. Darshan Patel, Principal – Charotar Institute of Paramedical Sciences. The center was opened with basic and latest equipments for physiotherapy to provide services in and around Anand. The target population would be from children to aged individuals, from pregnant mothers to the disabled. The timings of the center has been kept between 9 am to 1 pm and 5 pm to 8 pm. Dr. Hemal Patel and Dr. Krishna Bhatt, faculties of ARIP will be taking care of the physiotherapy unit.



At Morning 9:30-11:30 am Zumba, Fitness Garba and Yoga events were organized in the Central Lawn of ARIP- Nursing Building where 289 individuals including students and faculties across the University participated. The Zumba event was led by Dr. Anjali, Dr. Garima and Dr. Krupa Shah with team of students from all semesters of UG and PG.



A physiotherapy and physical activity awareness program was organized at Shri M. P. Patel Dhoneshwar Vinay Mandir School, Kasor, coordinated by Dr. L. Surbala and Dr. Ekta Soni. A total of 250 students of 9th and 10th standard were present in various sessions. The sessions included awareness talk on Physiotherapy and the role of physical activity in physical health and mental wellbeing. Thereafter, an activity session which included Yoga sessions, Aerobic exercise, Zumba, Fitness garba and various physical activity challenges and other competitive exergames among the students was organized in an attempt to motivate physical activity in the form of fun games. Prizes were distributed to the winners of the physical activity challenges and the exergames. The Secretary of the school Mr. Indubhai Patel and the Principal Mr. K.C. Patel expressed their gratitude and appreciated the efforts of the ARIP team.



Dr. Vandita Soni co-ordinate activities held at old age home, Mahelav along with MPT and BPT Students. They interacted with elders and they shared their feelings about living in old age home and casual counseling was carried out to motivate them. Physiotherapy screening (routine blood pressure check-up, joint examination, balance assessment) and a general exercise session was also organized at Old age home. 17 elders were screened for various musculoskeletal and neurological deficits. Formal sessions on patient education for Low back pain and knee osteoarthritis was also organized. Games related with patient education (snake and ladder/ Move up in life with healthy habits) was also included. At last Fun filled activities were carried out like passing the parcel and playing garba. At the end session Biscuits were distributed to the inmates of the old age home.



In CHRF Hospital, Dr. Yashree Patel and Dr. Shipraa Shah on occasion of World Physiotherapy day with the theme physical therapy for mental health, did an individual counseling and explained about importance of exercises in mental health to all patients of different ages, which helped them in gaining knowledge of scope of physiotherapy other than most known conditions. Along with their regular physiotherapy treatment we made them did relaxation at the end of session.



Dr. Shuchi Joshi along with MPT students coordinated the celebration of World Physiotherapy Day, 2018 at Demol Outreach center and hosted a series of events. A total of 42 people attended the event. The event started with poster presentation by MPT students. 3 posters were presented on these topics: Awareness regarding physiotherapy, various modalities available, common indications and contraindications of physiotherapy, Common misconceptions regarding physiotherapy and their solutions and Ergonomics to be followed in neck, back and knee pains. They demonstrated common exercises for frozen shoulder, low back pain and OA Knee. Following this free screening and management was performed for 11 patients that volunteered for the event. They were suffering from various conditions and found the treatment to be effective. It was concluded with refreshments for all those who attended the event.



Dr. Krishna Bhatt and students of ARIP visited I.B. Patel English Medium School, Anand and organized physical activity awareness talks, talk on mental health, Physical activity challenges, Aerobic exercises, Zumba and Yoga. More than 600 students participated in the event. Students and Teachers interacted and discussed about problems in the physical activity during their school activities and different mental health challenges like examination and their fears. Strategies were shown to cope up examination stress and fear.



At ARIP, OPD the celebration started with the orientation program of Physiotherapy and its various disciplines. Dr. Dipika Shah gave an awareness session about the different ways in which physiotherapy can be helpful for any person from childhood till geriatric age. Patients who attended the session were impressed at the latest equipment available at ARIP. It was then followed by a small fun event which included 1 minute games. Dr. Sweta Upadhyay along with the student volunteers conducted the games. All the patients participated in the fun games and they were appreciated with small gifts at the end of the session for their enthusiasm. The patients were then encouraged to participate in the Fitness Garba organized in the open lawn



In afternoon at ARIP, Physiotherapy Model Exhibition was also organized showcasing the creativity in assembling and fabricating various assessment, teaching-learning tools and treatment models. Honorable Dr. Manan Raval, Principal, RPCP, CHARUSAT and Dr. Rishee Patel, Physiotherapist, Revival Physiotherapy Center, Anand were the judges for the event and they inaugurated the Model Exhibition. A total of 13 models were showcased in the exhibition. Dr. Anjali and Dr. Vidhi executed the overall activities of Model Exhibition. Dr. M. Balaganapathy, Principal, ARIP presented Mementos to the invited judges. 1st Prize in PG category was given to Astha Desai and Vidhi Modi, UG 1st Prize was given to Kruti Ghevariya and Krishna Maisuriya, UG 2nd prize was given to Ayushi Vaghasiya and Payal Vala, UG 3rd prize was given to Rajvi Pokar and Komal Patel and UG 4th prize was given to Krishna Tailor and Mansi.



Furthermore, we had a small function in PDPIAS Auditorium organized by Student Council, ARIP. The event started with Welcome Speech by Dr Anjali Patel, followed by speech on Importance of Physiotherapy, which was said by MPT student. Event continued with the importance of Pilates and its role in physiotherapy was coordinated by Dr Krupa Shah and UG Students. A small performance showing Pilates exercises was been performed by UG students. Furthermore, event on Importance of Bokwa and its role in physiotherapy was coordinated by Dr Suchi Patel and PG-UG Students with their performance in form of Bokwa dance. Dr M Balaganapathy, Principal, ARIP gave motivational speech on World Physiotherapy Day. The celebration of World Physiotherapy Day was concluded with prizes distribution to the winners of the model exhibition, expression of gratitude by Dr Vidhi Thakkar and Group photographs followed by Snacks and refreshments which was arranged by Dr Hemal Patel and Dr Gaurav Gosai.

