



WORLD PHYSICAL THERAPY DAY – 2018
COLLEGE OF PHYSIOTHERAPY
SUMANDEEP VIDYAPEETH

(AN INSTITUTION DECLARED AS DEEMED TO BE UNIVERSITY U/S 3 OF UGC ACT, 1956)
ACCREDITED NAAC 'A' GRADE WITH CGPA 3.53 ON 4 POINT SCALE



“PHYSICAL THERAPY & MENTAL HEALTH”

Report on World Physical therapy Day, 8th September 2018

The College of Physiotherapy (COP), Sumandeep Vidyapeeth Deemed to be University (SVDU) organized an educational program for physiotherapy students, on World Physical therapy Day, 8th of September 2018 based on this year's theme **“Physical Therapy & Mental Health”**. The program was organized to give an overview about the common mental health disorders in the community and role of physiotherapy in mental health.



“Rangoli”



Like in every event the students have made ‘Rangoli’ based on the theme and filled it with colors. The program began at 10 am in the morning and was graced by honorable Chancellor, SVDU, Air (Com) Dr. G. D. Mehta; Dean, Medical College, SBKS MI&RC, Dr. G. V. Shah and Principal, COP, Professor Dr. Lata Parmar.

Dr. Dhawal Patel, M.D. Psychiatry, SBKS MI&RC and Dr. Neha Mukkamala, Assistant Professor, COP were the speakers for the program. All the faculties and

approximately 500 students of COP attended the program. Keeping in mind about this year's theme & also ‘My Campus Green Campus’ drive of our University, all the dignitaries and faculties were felicitated by plant saplings.



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After invoking Almighty's blessing and lamp lighting, honorable Chancellor, Air (Com) Dr. G. D. Mehta; Dean, Dr. G. V. Shah and Principal, Professor Dr. Lata Parmar addressed the gathering about importance of Physical activity and Physiotherapy in improving mental health in patients as well as healthy individuals.

This was followed by Dr. Dhawal Patel's session on common mental health disorders, their impact on society, stigma of seeking help and treatment available. Dr. Neha Mukkamala's explained how exercise



and physical activity helps in improving mental health of an individual. In her talk she covered various theories and evidences supporting positive influence of exercises on mental health. Both sessions enlightened the audience on various aspects of this year's declared theme

strongly sending a message that 'Physical activity is very essential to keep mentally fit.



COP Students' Council with few faculties

