

## **Report- World Physiotherapy Day Celebration, Nepal- 8<sup>th</sup> September 2018**



8th September is marked as World Physiotherapy Day (WPTD). The day is an opportunity for physiotherapists from all over the world to raise awareness about the crucial contribution the profession makes to keeping people well, mobile and independent. The day is also marked to be awareness generating on Physiotherapy towards the community and acknowledge the work that physiotherapists do for the patients to improve the quality of life. Every year a theme is chosen by World Confederation for Physical Therapy (WCPT) to celebrate the day. Nepal Physiotherapy Association (NEPTA) this year celebrated WPTD with the theme “Physical therapy can improve Mental Health”. As per the evidence one in four people will experience a mental health issues during their life time. Thus, the key message NEPTA aimed to disseminate was physiotherapy is not just only about exercise and fitness but it also helps to keep mental and physical health back to life. NEPTA is a national organization of professional Nepalese physiotherapists which is also a member of WCPT and is recognized by government of Nepal. It has various chapters in different parts of Nepal and works as an integrated association. This year, WPTD was marked across the country by organizing various programs, including inter physiotherapy futsal tournament, seminar on the importance of ergonomic to bankers, wheel chair race and fruit distribution program to patients.

### **Inter Physiotherapy Futsal Tournament, Kathmandu - Organized by NEPTA**

On 8th September 2018, World Physiotherapy Day was celebrated organizing “Inter Physiotherapy Futsal Tournament” among Physiotherapists working in various set up of Nepal. The objective of Futsal Tournament was to promote health and fitness, also to build camaraderie among the team. General Secretary of NEPTA, Shamed Katila Shrestha kicked off the event with welcome speech and introduction on World Physiotherapy Day along with this years’ theme. Humanity & Inclusion (the new name of Handicap International) team was invited to participate in the inauguration match against the captains representing each team for tournament. Willy Bergogne, the country director of HI Nepal Program also the captain of team HI expressed his speech on the emerging need of physiotherapy and physiotherapists being one of the integral assets in health sector. Hereafter, zumba dance heated the ground just before the futsal match. Physiotherapists representing various organizations, universities, hospitals and clinics formed eight team to play a day league match.



**Inauguration match- Team HI and Captains**



**Groove to Zumba**

## **Events organized at NEPTA Chapters**

NEPTA- Chitwan branch celebrated WPTD by organizing seminar on “Ergonomic” for the bankers. The objective of the seminar was to orient the bankers on the importance of correct posture to avoid musculoskeletal problems. Likewise, Butwal Branch celebrated by distributing fruits to inpatients of Lumbini Zonal Hospital (Government Hospital) and also provided awareness about importance of physiotherapy. Whereas, Biratnagar branch organized yoga class, wheelchair race, free physiotherapy camp, blood donation program and exhibition on rehabilitation products with the objective to increase awareness on physiotherapy.



**Ergonomic training to the bankers**



**Fruits distribution to inpatient and awareness on the importance of Physiotherapy**



**Wheel Chair users getting ready for the race**