



**WORLD PHYSICAL THERAPY DAY
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

Report on World Physical therapy Day, 8th September 2019

Every year 8th of September is celebrated as World Physiotherapy Day. As this year it fell on a Sunday, College of Physiotherapy, SVDU observed World Physiotherapy Day on 7th of September, 2019.



World Confederation for Physical Therapy has declared “Chronic Pain” as theme for the year 2019. Keeping this theme in mind a series of ‘Role of Acupuncture in Physiotherapy for Chronic Pain’ has

been planned. A small introductory session was organized by college for all the faculty members, Dr. Palani Kumar was the resource person.

During the session Dr. G.P.Kumar took an informative lecture on ‘Role of Acupuncture in Physiotherapy for Chronic Pain’. He concisely explained about the origin of Acupuncture, its traditional uses, the concepts of ‘Qi’ and ‘Yin & Yang’, types of acupuncture and the various meridians existing in our body. Also, the topic comprised of role of



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acupuncture in physiotherapy which primarily aims at relieving pain and inflammation to enhance physiotherapy management.

Various useful acupuncture points from physiotherapy point of view were discussed. The session continued with Dr. Kumar showing the participants the different kinds of needles used for acupuncture and a stimulator used forelectrical



acupuncture. He also demonstrated how to insert a needle at a desired point along with precautions and instructions to be followed. The session was concluded by vote of thanks given by Dr. Megha Mehta followed by refreshments.