



## ***REPORT ON WORLD PHYSIOTHERAPY DAY-2020***

***8<sup>TH</sup> September,2020***

***THEME :- COVID 19 AND PHYSIOTHERAPY***

***SHRI SULESHWARI COLLEGE OF PHYSIOTHERAPY***

***(Managed by M.L.Charitable trust,Mumbai)***

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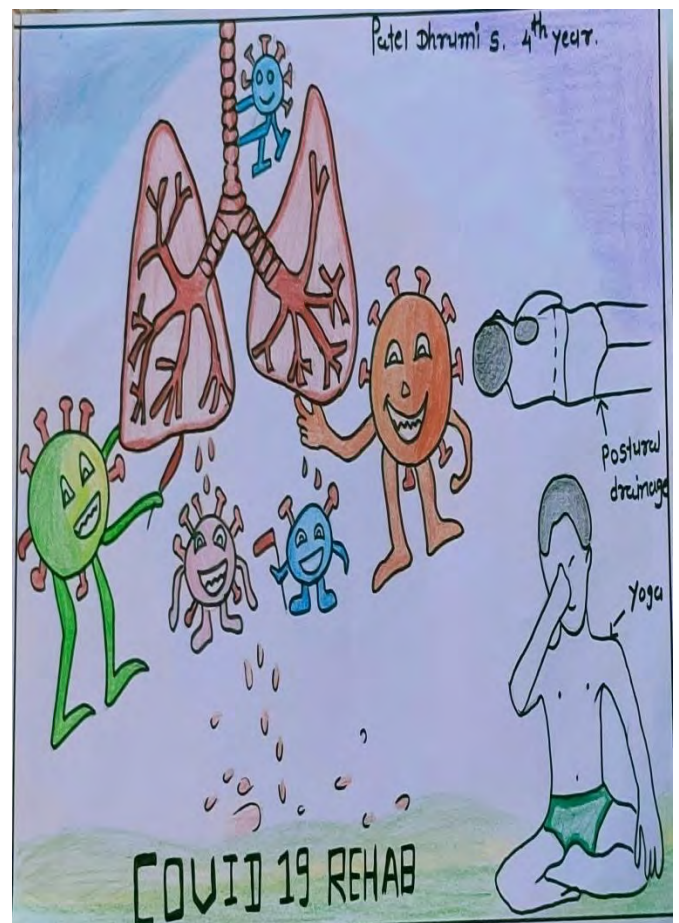
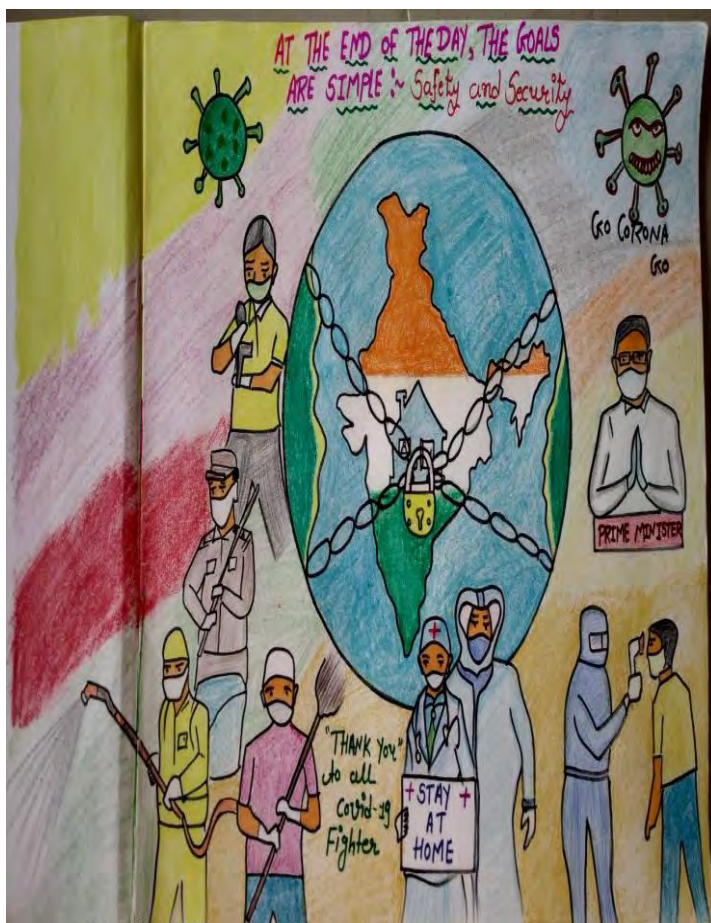
***Website: [sscp.mlct.org.in](http://sscp.mlct.org.in)***

***Phone no: 02765-287033***

## COLLEGE INFORMATION

- Shri Suleshwari college of Physiotherapy, Bhandu celebrated world physiotherapy day on 8<sup>th</sup> september, 2020.
- Shri Suleshwari college of Physiotherapy, Bhandu is affiliated by Hamchandracharya North Gujarat University, Patan-384265. Accredited by NAAC "A" grade (CGPA 3.02) and permitted by Gujarat state council for physiotherapy, Gujarat state and Government of Gujarat.
- Our college is established in green nature and large campus.

## COVID 19 & REHABILITATION



# College Activity on World Physiotherapy Day

BY SHRI SULESHWARI COLLEGE OF PHYSIOTHERAPY

8th September 2020

On 8th September, on the occasion of **World Physiotherapy Day**, Shri Suleshwari college of Physiotherapy has organized different Events.

- ✚ Drawing Competition
- ✚ Eassy Writing
- ✚ Poster presentation
- ✚ Aerobic exercise
- ✚ Yoga
- ✚ Rangoli Competition
- ✚ Tree planting
- ✚ Thanking Speech By Principalsir And Staff

## DRAWING COMPETITION



## ESSAY WRITING




COVID-19  
Rehabilitation.

- Countries all across the world are in various type of the pandemic with many countries now entering the "day after" COVID 19 phase. many people who have suffered from the effects of this disease might now be at risk of long-term impairment and disability.


rehabilitation is defined as "a set of interventions designed to reduce disability and optimize functioning in individuals with health conditions in interaction with their environment." Rehabilitation might very well be a key strategy to reduce the impact of COVID-19 on the health and function of people. Physiotherapists are essential to these rehabilitation efforts in all phases to facilitate early discharge and

Helly Patel  
4th year  
Topic :-  
Mental Health &  
COVID-19



\* Health :-  
- WHO definition :-  
"A state of complete physical, Mental and social well being; and not absence of disease of infirmity"

\* Mental Health :-  
- Mental Health is - defined as "A state of well-being in which every individual realizes his or her own potential, can cope with the normal - stresses of life, and is able to make a contribution to his or her community."



## POSTER PRESENTATION

On 8<sup>th</sup> September in the afternoon Poster Competition Competition were organized.

Topic for the COVID 19 REHABILITATION was based on physical therapy and Mental health in covid 19 and more then 50 students has participated in online with their innovative Ideas.

Name: Patel Drashti Jayeshkumar, 2<sup>nd</sup> Year

# MENTAL HEALTH & COVID-19

## MAKE MENTAL HEALTH A PRIORITY.

**Be Positive:** Always remember that this situation is temporary. It is normal to feel sad & stressed. Talking to people you trust. Keep the mind calm.

**Stay Informed:** Obtain accurate information from reliable sources like local government & World Health Organization (WHO).

**Seek Support:** Mental health services are available if you're feeling anxious, worried or overwhelmed. Be supportive to each other.

**Health:** Get plenty of sleep & eat nutritious meals. Maintain healthy lifestyle including proper diet. Disinfect your food before eat.

**Stay Connected:** Keep in touch with friends & family via email, social media, video conferencing. Contact your friends & family. Keep in touch.

**STOP:** Don't use smoking, alcohol or other drugs to deal with your emotions. Stay away from the bad habits.

**Skill:** Make your self busy in doing skillful ideas, like drawing, writing, craft related, cooking, etc. Keep shining your self. Make this time the most helpful moment.

**Work from Home:** Don't go outside. Do your office work or schooling from home. Avoid social gathering. Stay Home Stay Safe.

**Activities:** Use your golden time to do some activity. Walk laps inside your house, Have a dance, Attend online class, do exercises, go up & down on stairs, do yoga & keep your mind calm.

# COVID 19 REHABILITATION

→ 'Covid 19' recommended to not begin with respiratory rehabilitation too early to avoid aggravating the virus unnecessarily.

→ Techniques such as bronchial hygiene, lung expansion techniques, manual mobilization of the ribcage and postural drainage.

Medical mask attracted by viruses

Affected lungs

→ Postural drainage involves a combination of techniques, including multiple positions to drain the lungs, percussion vibration, deep breathing and coughing.

→ Chest physiotherapy, including postural drainage and percussion techniques, allows gravity to remove mucus build-up in the lungs in covid-19 patients with respiratory distress.

→ These techniques also help open up both the airways and get more oxygen into air sacs and improve circulation to the lungs.

### "Indications"

- Acute or chronic lung disease.
- Chronically weak or elderly people.
- Patients with artificial airways.
- To determine the effectiveness of any postural drainage treatment.

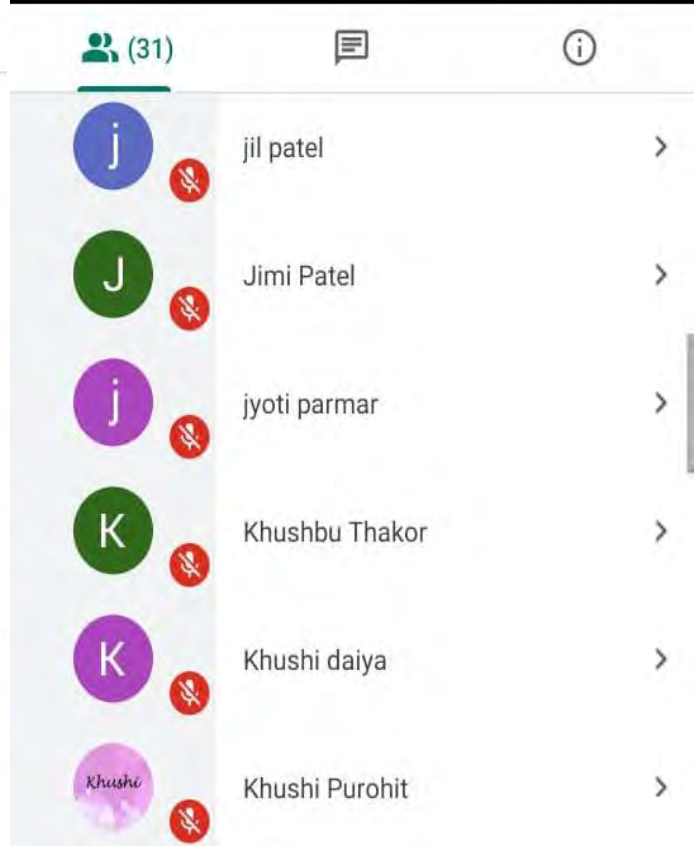
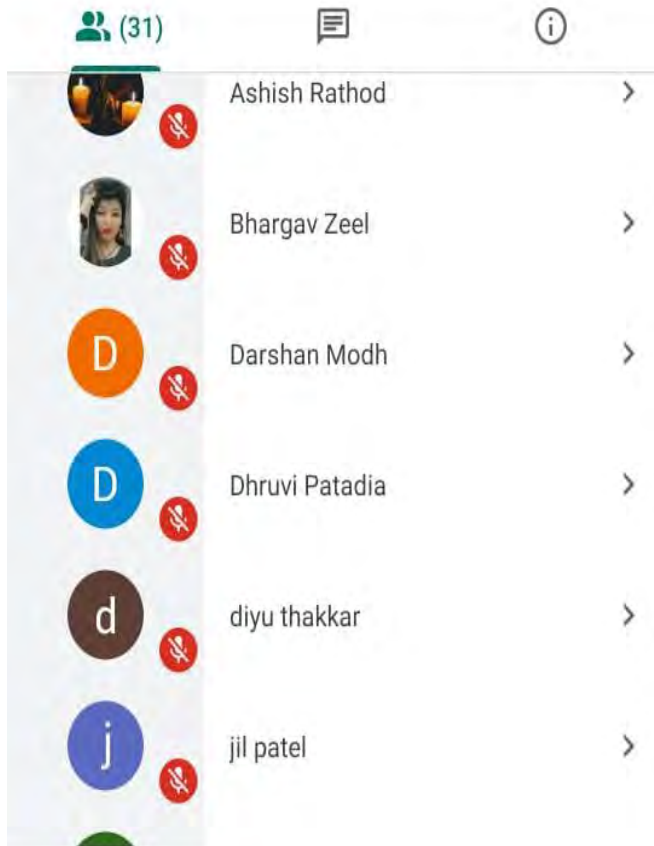
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Physiotherapy  
Bhopal

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## **AEROBIC EXERCISE**

On 8<sup>th</sup> September in the morning session we were organized online aerobics virtual classes for students ad staff.

Students were actively participated in that class and enjoy very well. Our faculty member gave general introduction and benifits about aerobics to the students.



## YOGA

On 8<sup>th</sup> September in the morning session all staff and students perform the YOGA. Then Our college Principal Dr. Indravadan Patel was given onlie speech on Mental health in covid 19.



## **RANGOLI COMPETITION**

In Rangoli Competition around 20 students has participated. They have prepared drawing based on Covid 19 & Physical Rehabilitation. Dr.Hetal Vaghela and Dr.Shweta Sodha Faculty of Physiotherapy has judge the Competition.





## **TREE PLANTATION**

Trees and plants soothe the mind. The cultivation of flowers,vegetables,and ornamental plants is thought to have therapeutic value in building confidence and self-esteem.

This year our college celebrated physiotherapy day on the basis of covid 19 and metal health so our students make there efforts for metal health.



### **VOTE OF THANKS**

The Programme ended with vote of thanks by Principal Dr.Indravadan Patel and all staff members of college. They have also appreciated all the participants, winners and students.

We are thankful to our faculties and all 2<sup>nd</sup>/3<sup>rd</sup>/4<sup>th</sup> year students.

✚ Faculties:-

✚ Dr.Indravadan Patel(Principal)

✚ Dr.Shweta Sodha(Assi.Professor)

✚ Dr.Hetal Vaghela(Assi.Professor)

✚ Dr. Jigar Parmar (Assi.Professor)

✚ Dr.Komal Jani (Tutor cum clinical instructor)

✚ Dr. Hetvi Khamar (Tutor cum clinical instructor)

✚ Dr.Hiten Solanki(Clinical Instructor)

### **EVENT CO-ORDINATOR**



**DR.SHWETA SODHA**



**DR.HETAL VAGHELA**

### **PRINCIPAL**



**DR.INDRAVADAN PATEL**

