COLOMBO PHYSIOTHERAPY WEEK
SEP 02nd-08th

UNIVERSITY OF COLOMBO
Physiotherapy Students’ Welfare Society
Faculty of Medicine, Colombo
World Physiotherapy Day Celebration – 2021

Colombo Physiotherapy Week

The Physiotherapy Students’ Welfare Society, Faculty of Medicine, University of Colombo, organized the “Colombo Physiotherapy Week – 2021” to commemorate the World Physiotherapy Day-2021. This consisted a series of physiotherapy awareness programs in a virtual platform from 2nd of September 2021 to 8th of September 2021.

The purposes of organizing this event were,

• To mark the World Physiotherapy Day – 2021
• To enhance the social awareness on physiotherapy profession in Sri Lanka.
• To enhance the knowledge on World Physiotherapy and World Physiotherapy Future Network among Physiotherapy undergraduates.
• To make the undergraduates proud on their profession.

This celebration was held under the patronage of,

• Professor Vidya Jyothi Vajira H. W. Dissanayake, Dean, Faculty of Medicine, University of Colombo.
• Dr. Subashini Jayawardana, Head, Department of Allied Health Science, Faculty of Medicine, University of Colombo.

❖ Events –

A webinar series was conducted on following topics for the audience of general public, physiotherapy professionals and physiotherapy undergraduates from 2nd September 2021 to 8th September 2021.

  o Paediatric Physiotherapy - Sinhala Medium
  o Paediatric Physiotherapy - English Medium
  o Physiotherapy for Pregnancy – Sinhala Medium
  o World Physiotherapy & World Physiotherapy Future Network Awareness Webinar
Welcome Ceremony

https://youtu.be/nt9AdyrXSQg

An inaugural ceremony was held on 2nd of September 2021 to officially commence the webinar series with the participation of Professor Vidya Jyothi. Vajira Dissanayake, the Dean of Faculty of Medicine, University of Colombo, Dr. Subashini Jayawardana, Head of Department of Allied Health Sciences, Faculty of Medicine, University of Colombo, the Physiotherapy Alumni and undergraduates of University of Colombo and University of Peradeniya.

❖ Speeches of the guests:

Professor Vidya Jyothi Vajira H. W. Dissanayake, Dean, Faculty of Medicine, University of Colombo.

Dr. Subhashini Jayawardana, Head, Department of Allied Health Science, Faculty of Medicine, University of Colombo.
Paediatric Physiotherapy English Webinar

https://youtu.be/k9ZAZTid8TQ

As the first step of the webinar series, we successfully conducted the paediatric Physiotherapy webinar in both Sinhala and English mediums as two separate sessions on 02\textsuperscript{nd} of September 2021. The first session (English medium) was conducted by Mr. Mahendran Rajkaran, a physiotherapist currently assigned to the NCCPDD (National Center for Children with Cerebral Palsy and other Development Disorders).

Our targeted audience were parents from the general public, and the participant count was over 200 symbolizing a great initiation to our project.
Paediatric Physiotherapy Sinhala Webinar

https://youtu.be/q_e3ZJoQngE

We had our second session on the paediatric physiotherapy in Sinhala medium on the same day at 7.00 pm. It was conducted by Mr. Nuwan C. Rodrigo, a renowned physiotherapist from Lady Ridgeway Hospital for children, Colombo, Sri Lanka. The target audience were parents from general public and we could attain a participant count over 220.
Physiotherapy for Pregnancy Webinar

https://youtu.be/Ah5VuWj7

We conducted a webinar on physiotherapy in pregnancy, in Sinhala medium on 03rd of September at 7.00 p.m as the third step of our webinar series with a maximum of 216 participants. It was conducted by Mrs. Hashini Nimesha, a physiotherapist attached to Joseph Fraser Memorial Hospital, Colombo. Prenatal and postnatal mothers from general public were the targeted audience.
World Physiotherapy & World Physiotherapy Future Network Awareness Webinar

As the fourth step of our webinar series, we conducted a webinar on “Introducing World Physiotherapy & World Physiotherapy Future Network” in English medium on 04th of September at 4.30 p.m. The guest speakers of that webinar were Mr. Jerome De Leon, a physiotherapist in Philippines, president of the World Physiotherapy(WPT) Future Network, Dr. Jonathan Foo, a physiotherapist in Australia, a facilitator for the WPT Future Network, Asia Western Pacific(AWP) region and Mr. Henry Guo, a facilitator for the WPT Future Network, Asia Western Pacific(AWP) region. and Mr. Ashan Wijekoon, Lecturer at Department of Allied Health Sciences, Faculty of Medicine, University of Colombo moderated the webinar. A participation count over 200 could be gained.
Posture Workshop Webinar

https://youtu.be/SgEy-8eqtJI

As the fifth step of our webinar series, we conducted a webinar on “Correct postures for a healthy life” in Sinhala medium. It was conducted on 06th of September at 6 p.m. It was conducted by Dr. K.R.M. Chandrathilake, a Lecturer at Department of Allied Health Sciences, Faculty of Medicine, University of Colombo. The targeted audience was office workers and students from general public as that is the population who have many issues specific to the topic. We could obtain a participation over 160 for this webinar.
Sports Physiotherapy Webinar

https://youtu.be/Xt8IeKBVrU

As the sixth step of our webinar series, we conducted a webinar on Sports physiotherapy in Sinhala medium which was held on 07th of September at 6 p.m. This webinar had the maximum number of participants via zoom platform (300 participants). It was conducted by Mr. Chamara Ravimal Gamage, a chief physiotherapist at C Physio - Physiotherapy and Sports injury clinic.

Our targeted audience were university sports teams, school sports teams, national players, club players, coaches and general public.
Long Covid and Rehabilitation Webinar

https://youtu.be/f5mX2dDeFho

A webinar on Long Covid & Rehabilitation was conducted on 08th September 2021 in both Sinhala and English mediums as the seventh step of the webinar series. The first session (Sinhala medium) was conducted by Mr. Suresh Chathurantha, Chief physiotherapist at the Central Chest Clinic, Borella, Sri Lanka. A participation over 160 could be obtained whereas the targeted audience was general public.
Acute Rehabilitation of COVID Patients Webinar

https://youtu.be/--VZfHxv/rc

The final webinar of the series titled “Acute Rehabilitation of COVID Patients” was conducted on the same day at 4.30 p.m in English medium. It was conducted by Ms. Samantha Cook, a highly specialized physiotherapist in critical care who is currently working at The Bart’s Health NHS Trust. Mr. Ashan Wijekoon, Lecturer at Department of Allied Health Sciences, Faculty of Medicine, University of Colombo moderated the webinar and we got over 190 participants from all over the world.