

Report on the World Physiotherapy Day Events organised by Sunandan Divatia School of Science, NMIMS (deemed-to-be) University

Introduction:

World Physiotherapy Day, observed on September 8th, is a crucial occasion that highlights the pivotal role physiotherapists play in promoting global health and wellness. The theme for 2024 was "Low Back Pain," emphasizing the widespread impact of this condition on individuals' quality of life. The Department of Physiotherapy at Sunandan Divatia School of Science (SDSOS) organized a series of events on the 4th, 6th, and 10th of September 2024 to commemorate this day.

Event Summaries:

****1. September 4th, 2024: Case presentation competition**

- **Case Selection:** Cases related to spine with detailed evaluation and rehabilitation
- **Judges:**
 - **Dr. Sangeeta Vasudeva:** Senior Physiotherapist at Nanavati Max Super Speciality hospital. Expert in manual therapy and orthopedic rehabilitation.
 - **Dr. Amit Kohli:** Co-founder AquaCentric Therapy,
- **Participants:**
 - Final-year MPT students were invited to present cases that demonstrated the importance of the spine in their respective specialties.

Presentation Topics:

The case presentations covered a broad range of topics, reflecting the spine's critical role in various specialties:

1. **Cardiorespiratory Science:**
 - Presentations focused on the spine's impact on respiratory mechanics and its role in conditions like scoliosis and kyphosis, which can affect lung function and overall respiratory health.
2. **Neuroscience:**
 - Participants presented cases involving spinal cord injuries, neurodegenerative diseases. The presentations emphasized how spinal health directly influences neurological outcomes.
3. **Musculoskeletal Science:**
 - This category featured cases related to common musculoskeletal disorders, such as herniated discs, spinal stenosis, and spondylolisthesis, showcasing the importance of physiotherapy in managing these conditions.

Judging and Feedback:

- The competition was judged by Dr. Sangeeta Vasudeva and Dr. Amit Kohli, both of whom brought a wealth of expertise to the event.
- Each presentation was evaluated on the following criteria:
 - Relevance to the theme.
 - Depth of evaluation and understanding of the topic.
 - Clarity and organization of the presentation.

- Ability to answer questions and engage with the audience.
- Both judges provided valuable feedback to the participants, commending them on their thorough research and the practical application of their knowledge. They also offered constructive suggestions for future improvements.

Outcome:

- The competition successfully highlighted the multidisciplinary importance of spinal health.
- The presentations not only enhanced the participants' understanding of the spine's role in various medical specialties but also provided an excellent platform for them to showcase their knowledge and presentation skills.
- The winning team was awarded certificates, trophies and a special prize money of Rs 1500/- for their outstanding presentation and rehabilitation strategies.

Conclusion:

The case presentation competition was a significant component of the World Physiotherapy Day celebrations. It served as an educational experience for both participants and attendees, reinforcing the theme of spinal health across multiple disciplines. The event was a testament to the importance of interdisciplinary approaches in physiotherapy and healthcare.





****2. September 6th, 2024: Busting Myths on Low Back Pain**

- **Time:** 12:00 PM onwards
- **Location:** Auditorium, Nanavati Max Hospital
- **Speaker:** Dr. Mihir Bapat, Director of Spine Surgery at Nanavati Max Hospital.
- **Details:**
 - Dr. Mihir Bapat, a leading expert in spine surgery, delivered a session focusing on debunking common myths surrounding low back pain. This event was crucial in providing the audience with evidence-based knowledge and clearing misconceptions about low back pain, which is a leading cause of disability worldwide.
 - The session was highly interactive, with a Q&A segment where Dr. Bapat addressed various queries from the participants.
- **Outcome:**
 - The session was attended by a large number of students, faculty, and healthcare professionals from various institutes in and around Mumbai . It successfully raised awareness and educated attendees on the realities of low back pain, its causes, and effective management strategies.





**3. September 6th, 2024: Quiz Competition

- **Time:** 1:30 PM onwards
- **Location:** Auditorium, Nanavati Max Super Specialty Hospital
- **Details:**
 - A quiz competition was organized, focusing on the anatomy, physiology, evaluation and rehabilitation strategies of the human spine. The competition was designed to test and enhance the knowledge of final-year BPT students, interns, and MPT students.
 - The event also featured a "Spine Test" segment, where participants could assess their spine health and win spot prizes.
 - The quiz fostered a competitive spirit among participants while also serving as an educational tool to reinforce their understanding of spinal health.
- **Outcome:**
 - Teams from various colleges participated in the quiz, and the winners were awarded certificates and special prize money of Rs 3000/- to winning team and Rs 2100/- to runner-up team. The event was well-received and appreciated for its innovative approach to learning.

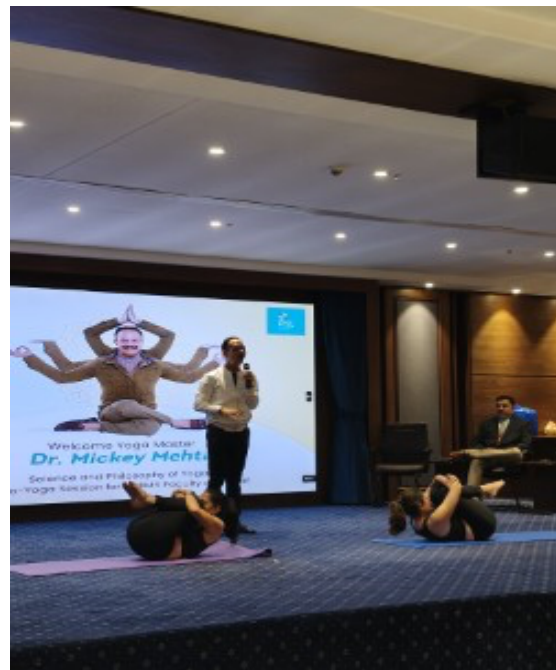




**4. September 10th, 2024: Yoga Session with Dr. Mickey Mehta

- **Time:** 2:30 PM - 4:00 PM
- **Location:** Big Seminar Hall, MPSTME
- **Speaker:** Dr. Mickey Mehta, Creator of Holistic Healing
- **Details:**
 - The concluding event for World Physiotherapy Day was a special yoga session led by Dr. Mickey Mehta, a renowned yoga master and holistic health expert. The session, titled "Healing the Spine: Low Back Care," focused on yoga techniques and mindful movements to promote spinal health.
 - Dr. Mehta demonstrated various yoga postures aimed at strengthening the back and alleviating low back pain. He also shared insights on the philosophy of yoga and its application in daily life for maintaining a healthy spine.
 - The event was open to all faculty and staff of NMIMS university, and it was designed to not only teach them how to care for their spines but also to foster a holistic approach to health and well-being.
 - The event also witnessed the inauguration of the book Physyog envisioned by Dr Mickey Mehta and Dr Ali Irani. The book promises to be an immense powerful tool yoga in the rehabilitation of spine and spinal injuries.
- **Outcome:**
 - The session was well-attended, with participants expressing positive feedback about the practical and philosophical aspects of yoga presented by Dr. Mehta. The event successfully capped off the World Physiotherapy Day celebrations, leaving a lasting impact on the attendees.





Conclusion:

The series of events organized by the Department of Physiotherapy at Sunandan Divatia School of Science, NMIMS university for World Physiotherapy Day 2024 were highly successful. They effectively highlighted the importance of low back pain management, provided education, and promoted holistic health practices among students, faculty, and the wider community. These events not only celebrated the contributions of physiotherapists but also reinforced the commitment of SDSOS to advancing the field of physiotherapy.

Prepared By

Dr. Menai

Dr Khadijeh Menai

Assistant Professor

Sunandan Divatia School of Science,

NMIMS university.