

Post-Event Report

Foundation University College of Physical Therapy

Foundation University Islamabad

World Physical Therapy Day 2025 — Theme: Healthy Ageing

Foundation University College of Physical Therapy (FUCP) marked the celebration of “World Physical Therapy Day” on September 08, 2025—a vibrant day of learning, community outreach and practical action to promote healthy, active ageing for all!

The day was marked with a range of activities comprised of informative lecture by experts highlighted core principles of healthy ageing; maintaining mobility and independence through regular physical activity, preventing and managing balance related issues along with appropriate gait training to reduce risk of falls. The lecture also highlighted the need of appropriate nutrition, aspects related to bone health, importance of cognitive and mental well-being, social engagement, early screening and multidisciplinary care pathways. Practical takeaways included community-friendly exercise prescriptions, home-based programs, and strategies to make environments age friendly.

An Awareness Walk was also arranged, led by Campus Director Maj. Gen Qudrat Ullah HI(M) Retd., Dean Prof. Dr. Furqan Ahmed Siddiqi, HOU Prof. Dr. Naureen Tassadaq, HOD Clinical Assoc. Prof. Dr. Muhammad Ehab Azim, HOD Postgraduate Dr. Muhammad Furqan Yaqoob, HOD Undergraduate Dr. Muhammad Furqan Hassan, and In-charge House Job & WPTD Coordinator Dr. Sana Khalid, together with FUCP faculty, staff and house officers. Participants carried placards and banners promoting practical messages related to staying active, preventing and regular screen of falls and fall risk, importance of strength training, and need to stay socially connected. The walk aimed to raise public awareness across campus and the surrounding community.

At the end of the walk the Campus Director encouraged our young physical therapists to be the torch bearers and champions of Healthy Ageing at every level of community by educating communities, screen early, prescribing evidence-based exercises, collaborating with other health

professionals, pushing for age friendly public spaces, and advocating for policies that enable older adults to thrive in community.

A cake cutting ceremony was also arranged as a joyful moment to thank everyone who contributed and to celebrate the profession's role in promoting health across the life span.

A Free Fall Risk Screening Camp was organized in Multidisciplinary Lab of FUCP to provide objective balance and fall risk assessments for older adults. This was followed by tailored advice. Attendees received practical exercise recommendations, structured aerobic activity program, progressive strengthening, information regarding role of calisthenics, appropriate balance drills and functional training protocols plus guidance on home modifications and when to seek further rehabilitation.







