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Era University, Lucknow Observes Physiotherapy Week 2025 with the Theme “Healthy Ageing”

The Department of Physiotherapy, Era University, organized a three-day celebration as a Physiotherapy Week to mark World Physiotherapy Day 2025 under the global theme “Healthy Ageing.” The series of events reflected the University’s & Department’s commitment to promoting physiotherapy’s role in active, independent and healthier living across all age groups.

The first day featured a **Free Health and Fitness Assessment Camp** for Era University faculty members especially above 40 years of age. Expert Physiotherapy Faculties with PG & UG students conducted screenings and provided guidance on posture correction, ergonomic advices, fitness exercises and preventive health care, emphasizing the importance of early intervention for healthy ageing with the Moto **Prevention is better than Cure**.

On the second day, the team of senior & expert faculties with PG & UG students visited an **Old Age Home**, where they extended free physiotherapy consultations, conducted mobility and balance assessments and donated walking aids to all residents. The visit was both service-oriented and emotional, highlighting physiotherapy’s pivot role in enhancing the quality of life of the elderly population.

The third day culminated in the **World Physiotherapy Day celebration** at the University campus. The event was graced by the presence of **Chief Guest, Hon’ble Vice Chancellor Prof. (Dr.) Abbas Ali Mahdi, Principal & CMS of Era’s Lucknow Medical College & Hospital, Prof. (Dr.) Jamal Masood and Guest Speaker Dr. S.P. Chaudhary, Director MS Institute and Assistant Dean & HOD Physiotherapy, Faculty of Allied Health Sciences & Research**. The program was virtually joined by eminent physiotherapy leaders, including **Prof. (Dr.) Sanjiv Jha, President of the Indian Association of Physiotherapists, Dr. Ajaz Ashai, Director at Ax1 Physio And Fitness Centre, Senior Sports & Celebrity Physiotherapist from Mumbai, Prof. (Dr.) Ali Irani, International Affairs (IAP) & HOD – Physiotherapy & Sports Medicine, Nanavati Super Specialty Hospital, Mumbai**.

The **Head of Department of Physiotherapy** addressed the gathering on the significance of the day, with a special focus on *Healthy Ageing* and physiotherapy’s pivot role in preventive and rehabilitative healthcare. Students of **DPT, BPT, MPT, PhD scholars and interns** with clinical staff actively participated in cultural and academic events such as **skits, poster, debate, and rangoli competitions**, showcasing their awareness and creativity.

The celebration was successfully organized by Faculties of Department of Physiotherapy under the guidance of the HOD - Physiotherapy with dedicated efforts of the organizing team including **Dr. Arif Rizvi (PT), Dr. Chaahat Jaiswal (PT), Dr. Badri Vishal (PT) & PG Students**.

All the dignitaries appreciated the role of Physiotherapist with their personal experiences and commended the Department’s efforts in extending physiotherapy beyond the classroom and clinical settings, making it accessible to the community. The celebration concluded with a collective pledge to promote the role of physiotherapy in building a healthier society that supports graceful and active ageing.

Thank You & Regards



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Asst. Dean & Head

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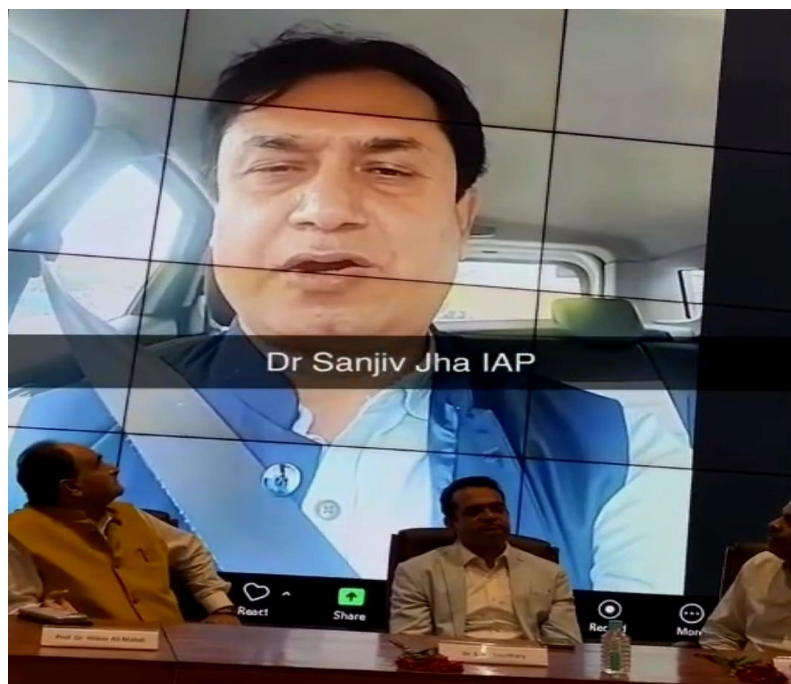












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