



**The Indian Association Of Physiotherapists**

Celebrating World Physiotherapy Day 2025

# HEALTHY AGEING

Enhancing the Quality of Elder Care



# What is Healthy Ageing?

A process of maintaining physical, mental and social well-being of elderly.

It involves staying active through regular exercise, eating a balanced diet, engaging in activities that stimulate the mind.

Preventive healthcare, adequate sleep and managing stress also play key roles.



# IAP, Gujarat Chapter

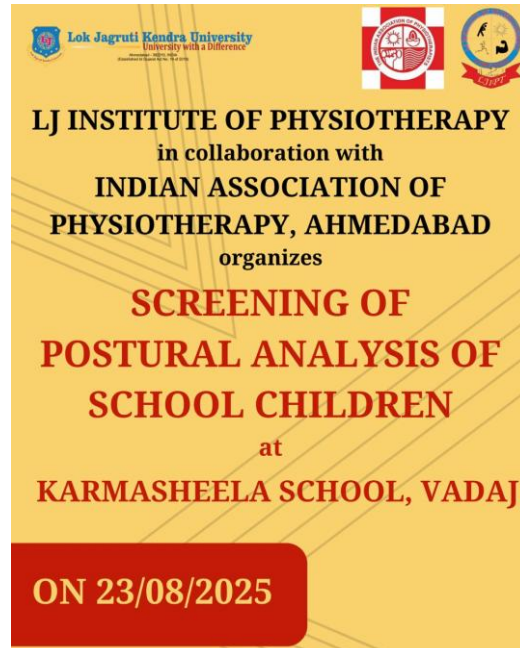
Sr. No	Activity Name/Title	Date	Venue
1.	School health and wellness camp, focusing on overall health of primary and higher secondary students and teachers	28/08/2025	Karmshila school, Vadaj
2.	Celebration of world physiotherapy day 2025	01/09/2025 - 08/09/2025	College of Physiotherapy & SSG Hospital Premises,
3.	Encouraging healthy aging through interactive cognitive and physical activities	06/09/2025	HIRAMANI, Maniben Hiralal Amin Educational Complex Sarkhej Gandhinagar Highway, Opposite Nirma University
4.	An expert talk on “Empowering the Aging Population- Role of Community Physiotherapist”	06/09/2025	LJ Institute of Physiotherapy, LJ Campus, Sarkhej
5.	Awareness camp for general mobility and fall prevention in geriatric population	07/09/2025	PAPAYA CARE ASSISTED Living factions and senior care, Kalol

**Activity Topic:** School health and wellness camp, focusing on overall health of primary and higher secondary students and teachers

**Date & Time:** 28/08/2025

**Venue:** Karmshila school, Vadaj

**Team Members:** Dr. Jalpa Parikh (PT), Dr. Ruchi Desai (PT), Dr. Khushboo Makwana (PT), Jatan Joshi, Dwija Manavadaria, Neha Vekariya, Krisha Patel, Prince Modi, Janhvi Darji, Bhakti Agravat, Prachi Patel, Diya Anadakat, Agresha Patel.



## **Description of Activity:**

A detailed screening camp was organized during school to assess posture, flexibility, musculoskeletal health, and Work-Related Musculoskeletal Disorders (WMSDs).

Screening was carried out for both primary teachers (7:00 AM - 01:00 PM) and secondary teachers (12:00 PM- 5:00PM), aligned with their regular working schedules.

Among students, screening focused on postural abnormalities such as scoliosis, flat feet, rounded shoulders, and forward head posture.

Teachers' screening helped identify common WMSD issues and guided them on preventive measures.





**Activity Topic:** World Physiotherapy Day / Week 2025 Celebration by College of Physiotherapy, SSG Hospital

**Date & Time:** 28/08/2025

01/09/2025

MONDAY

3.00 TO 5.00 PM

NEW COLLEGE BUILDING Lecture

Dr. Chetna Seju (PT)

Topic :- Healthy Ageing and Preventing Falls  
and Frailty

Sub Topic : Introduction , WHO Definition,  
Key Components,

Role of Physiotherapy in Healthy Ageing,

Falls in Elderly – Why Important? ,

Risk Factors for Falls,

Tools to measure , Physiotherapy for Fall Prevention,

Conclusion

5 minutes lecture by Temporary physiotherapist Dr. Priyanka Kharva On Exercise prescriptions in geriatric people and By Dr. Apexa Rathva ( PT) on Yog benefits in elderly .

Co- ordinated by Dr. Bhavesh Rajpurohit . ( PT)



02/09/2025

TUESDAY

3.00 TO 5.00 PM NEW COLLEGE BUILDING Rangoli Competition on theme of Healthy Ageing .

Co-ordinated by Dr. Bijal Prajapati ( PT)

Dr. Leena Darji (PT)

To celebrate creativity with awareness, we are organizing a Rangoli Competition on the inspiring theme of “Healthy Ageing.”

Ageing is a natural process, and with the right lifestyle, exercise, nutrition, and preventive care, one can age gracefully while staying active and independent. Through the vibrant colors of rangoli, participants will depict ideas like:

- Active lifestyle and fitness in older age
- Balanced diet and wellness
- Physiotherapy and fall prevention
- Social connection, positivity, and joyful living in ageing

03/09/2025

WEDNESDAY

3.00 TO 5.00 PM NEW COLLEGE BUILDING

-Physio Charades

Co-ordinator Dr. Ishita Pandya ( PT)

### Physio Charade Game

Just like the classic Dumb Charades, this game adds a professional twist for physiotherapists and students. Instead of guessing movies, players act out physiotherapy-related terms, conditions, exercises, or equipment without speaking—only through actions, expressions, and gestures.

04/09/2025

THURSDAY

3.00 TO 5.00 PM NEW COLLEGE BUILDING

Treasure Hunt

Co-ordinator

Dr.Nayan Patel ( PT)

The Treasure Hunt is one of the most exciting and interactive game of mystery, problem-solving, and adventure, where teams follow a trail of clues to reach the hidden “treasure.”

To Build teamwork and coordination.

To Enhances logical thinking and creativity.

To Create excitement, laughter, and bonding.

05/09/2025

FRIDAY

10.00 AM TO

1.00 PM

OPD 16

Screening Camp:--

Healthy Aging and Preventing Falls and Frailty

Co-ordinator :

Dr. Rushik Modi (PT)

Dr. Farjana Meman (PT)

The camp focused on assessing and guiding elderly individuals Visiting OPD :16 of SSG Hospital for:



- Vitals ,Blood pressure, & BMI check
- Posture, balance & fall-risk assessment
- Mobility, flexibility & strength screening
- Lifestyle and diet counselling
- Exercises /Awareness about physiotherapy in preventing age-related problems

06/09/2025

SATURDAY

10.00 AM TO

1.00 PM

OPD 16

Poster Presentation to aware about Healthy Ageing to All the Patients , Staff n Students

Co- Ordinator :

Dr. Yogini Patel (PT)

Dr. Kausha Lukka (PT)

Felicitation Program of Mr.Babani of Hariom Trust. who provides free orthosis & Prosthesis , Medicines and other financial help to poor patients of SSG hospital since years . SSG hospital is the biggest government hospital of central Gujarat .

All members of Hari Om Trust are above 60 years old and still working towards benefits of community selflessly .

07/09/2025

SUNDAY

07.30 AM TO

09.00 AM

KAMATI BAUG

Awareness Program for general public :-

Healthy Aging and Preventing Falls ( interaction )

Co- Ordinator :

Dr. Nayan Patel (PT)

Dr. Ishita Pandya (PT)

Dr. Rushik Modi (PT)



08/09/2025

MONDAY

3.00 TO 5.00 PM NEW COLLEGE BUILDING

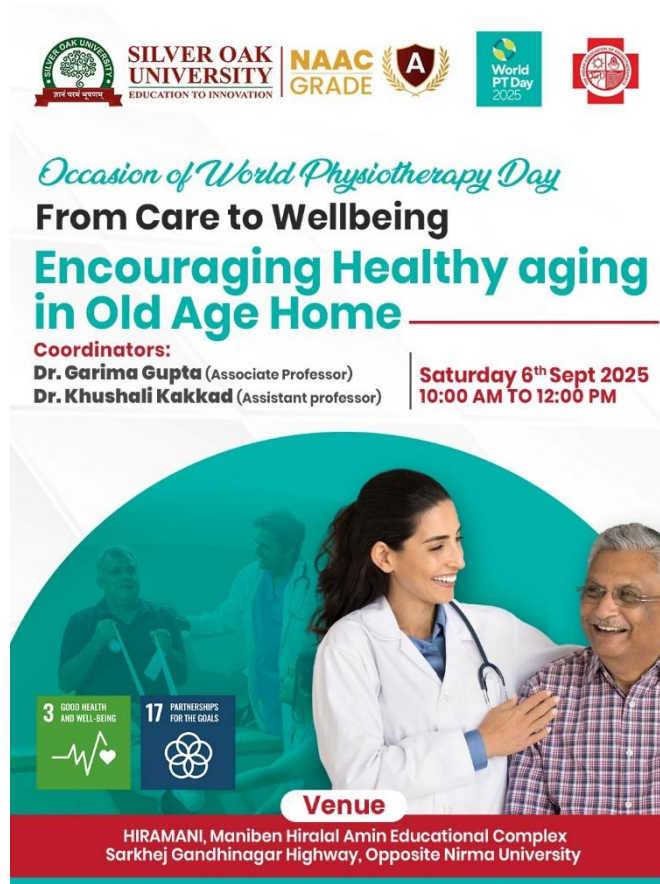
Drama on Healthy Ageing ( Fun intended )



**Activity Topic:** Encouraging healthy aging through interactive cognitive and physical activities

**Date & Time:** 06/09/2025

**Venue:** HIRAMANI, Maniben Hiralal Amin Educational Complex  
Sarkhej Gandhinagar Highway, Opposite Nirma University



**SILVER OAK UNIVERSITY** | **NAAC GRADE A** | **World PT Day 2025**

*Occasion of World Physiotherapy Day*  
**From Care to Wellbeing**  
**Encouraging Healthy aging in Old Age Home**

**Coordinators:**  
**Dr. Garima Gupta** (Associate Professor)  
**Dr. Khushali Kakkad** (Assistant professor)

**Saturday 6<sup>th</sup> Sept 2025**  
**10:00 AM TO 12:00 PM**

**Venue**  
HIRAMANI, Maniben Hiralal Amin Educational Complex  
Sarkhej Gandhinagar Highway, Opposite Nirma University



## Description of Activity:

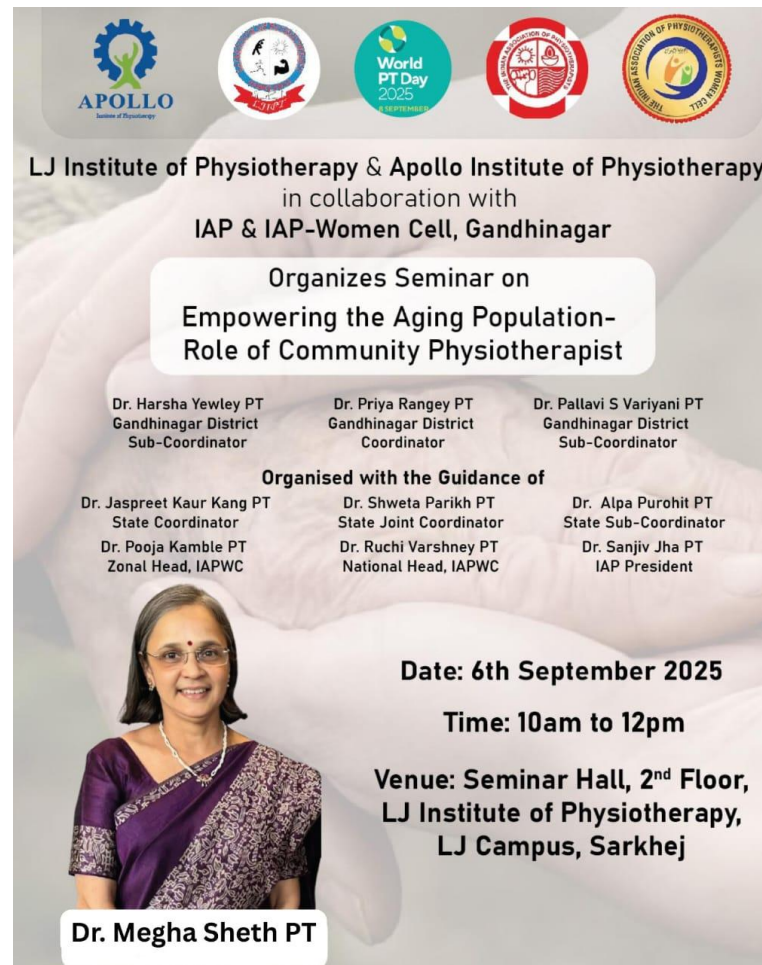
Silver Oak College of Physiotherapy, Silver Oak University, celebrated World Physiotherapy Day at an Old Age Home in association with IAP Gujarat. The event focused on encouraging healthy aging through interactive cognitive and physical activities. Elders enthusiastically participated, enjoying games and exercises promoting wellbeing. The session brought joy, connection, and smiles to all participants.



**Activity Topic:** An expert talk on “Empowering the Aging Population- Role of Community Physiotherapist”

**Date & Time:** 06/09/2025

**Venue:** LJ Institute of Physiotherapy, LJ Campus, Sarkhej



**APOLLO**  
Institute of Physiotherapy

**World PT Day 2025**  
6 SEPTEMBER

**ASSOCIATION OF PHYSIOTHERAPISTS IN INDIA**  
IAP

**ASSOCIATION OF PHYSIOTHERAPISTS IN INDIA**  
IAP

LJ Institute of Physiotherapy & Apollo Institute of Physiotherapy,  
in collaboration with  
IAP & IAP-Women Cell, Gandhinagar

Organizes Seminar on  
**Empowering the Aging Population-  
Role of Community Physiotherapist**

Dr. Harsha Yewley PT  
Gandhinagar District  
Sub-Coordinator

Dr. Priya Rangey PT  
Gandhinagar District  
Coordinator

Dr. Pallavi S Variyani PT  
Gandhinagar District  
Sub-Coordinator

Organised with the Guidance of

Dr. Jaspreet Kaur Kang PT  
State Coordinator

Dr. Shweta Parikh PT  
State Joint Coordinator

Dr. Alpa Purohit PT  
State Sub-Coordinator

Dr. Pooja Kamble PT  
Zonal Head, IAPWC

Dr. Ruchi Varshney PT  
National Head, IAPWC

Dr. Sanjiv Jha PT  
IAP President

**Date: 6th September 2025**

**Time: 10am to 12pm**

**Venue: Seminar Hall, 2<sup>nd</sup> Floor,  
LJ Institute of Physiotherapy,  
LJ Campus, Sarkhej**

**Dr. Megha Sheth PT**



## **Description of Activity:**

On occasion of World Physiotherapy Day, LJ Institute of Physiotherapy and Apollo institute of Physiotherapy in collaboration with IAP Ahmedabad, Gujarat and IAPWC Gandhinagar organised an expert talk for students titled “Empowering the Aging Population- Role of Community Physiotherapist”. Total 129 students and 12 faculty members participated in the session. The expert talk was conducted by Dr. Megha Sheth PT, which aimed to enlighten and educate students the role of community physiotherapy in healthy aging and management of older individuals. It was a successful event with great participation and response by students and faculty members.



**Activity Topic:** Awareness camp for general mobility and fall prevention in geriatric population

**Date & Time:** 07/09/2025

**Venue:** PAPAYA CARE ASSISTED Living factions and senior care, Kalol





## Activity Topic: World physiotherapy day celebration by Sabarkantha Branch







**Thank You**  
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