



**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.



## </IAPWC> <Jammu And Kashmir>

Sr. No.	Activity Name/Title	Date	Venue
1	Geriatric Camp	8/09/25	Bandipora J&k
2	Awareness Drive HA	8/09/25	Srinagar
3	Marathon	8/09/25	Dh Ganderbal
4	CME /Consultation	8/09/25	Jammu

**Activity 1 Topic:** Geriatric Care

**Date & Time:** 8/09/25 (9-4PM)

**Venue:** Complete Care Clinic Bandipora kashmir

**Team Members:** Dr Nadiya Mir, Dr Shazia Mapnoo, Dr Talia, Dr Aslya

**Indian Association Of Physiotherapists Women Cell**  
**State Team And District Team**  
**Organising Free Physiotherapy Camp**

**World Physiotherapy DAY 2025**  
**8 SEPTEMBER**

**Physiotherapy For Healthy AGEING:  
Staying Mobile And Independent**

**Speakers:**  
Dr Sanjiv K Jha (IAP President)  
Dr Ruchi Varshney (National Head)  
Dr Niti Khurana (North Zonal Head)  
Dr Nadiya Mir (State Coordinator)  
Dr Shazia Mapnoo (Sub Coordinator)

**Co Organisers:**  
Dr Saima, Dr Madhiha, Dr Asiya, Dr Shabeena, Dr Faizana, Dr Romana Shafi, Dr Chetna Dogra, Dr Insha, Dr Zarnain, Dr Shazia Amin, Dr Vaishali Kohli, Dr Aadhunik Gupta, Dr Sheetal Kumari, Dr Geetakshi Bali, Dr Heena, Dr Insha

**8 September 2025**  
**11 AM To 5 PM**

**Complete care physiotherapy health care clinic**  
**Kashmir J&K**



## Description of Activity:

Geriatric care, education, fall and prevention strategies & Consultation Camp for health issues, benefits of exercises & fitness for elderly patients



**Activity 2 Topic:** Geriatric Health & Fitness – Marathaon

**Date & Time:** 8/09/25 9AM\_2PM

**Venue:** DH Hospital Ganderbal

**Team Members:** **Dr Naiyla Ellahi, Dr Romana Shafi,**

The poster is for an event organized by the Indian Association of Physiotherapists Women Cell in Jammu & Kashmir. It features a map of the region at the top. The event is titled "Free Physiotherapy Camp At Old Age Home /Walkathon/Seminar Role Of Physiotherapy And Physical Activity" and is part of "World Physiotherapy DAY 2025" on "8 SEPTEMBER". The location is "DISTRICT Ganderbal". A grid of photos and names lists the organizers: Dr Sanjiv K Jha (IAP President), Dr Ruchi Varshney (National Head), Dr Niti Khurana (North Zonal Head), Dr Nadiya Mir (State Coordinator), Dr Naiyla Ellahi (District Coordinator), Dr Romana Shafi (Sub Coordinator), and Dr Asiya Rashid (Sub Coordinator). The event dates are "6 To 8 September 2025" from "10 AM To 4PM" at "District Hospital Ganderbal Kashmir J&k". A photo of a group of people running is in the bottom right corner.

**Indian Association Of Physiotherapists Women Cell**

Jammu & Kashmir

**Free Physiotherapy Camp At Old Age Home /Walkathon/Seminar Role Of Physiotherapy And Physical Activity**

**World Physiotherapy DAY 2025 8 SEPTEMBER**

**DISTRICT Ganderbal**

**Dr Sanjiv K Jha**  
IAP President

**Dr Ruchi Varshney**  
National Head

**Dr Niti Khurana**  
North Zonal Head

**Dr Nadiya Mir**  
State Coordinator

**Dr Naiyla Ellahi**  
District Coordinator

**Dr Romana Shafi**  
Sub Coordinator

**Dr Asiya Rashid**  
Sub Coordinator

**6 To 8 September 2025 10 AM To 4PM**  
District Hospital Ganderbal  
Kashmir J&k



# Description of Activity:

*Geriatric care : education, assessment & Consultation camp for health issues. Benefits of exercises and fitness for elderly population and recognition of physiotherapist*



**Activity 3 Topic:** Geriatric C/Screening/Consultation

**Date & Time:** 8/09/25 (11\_5PM )

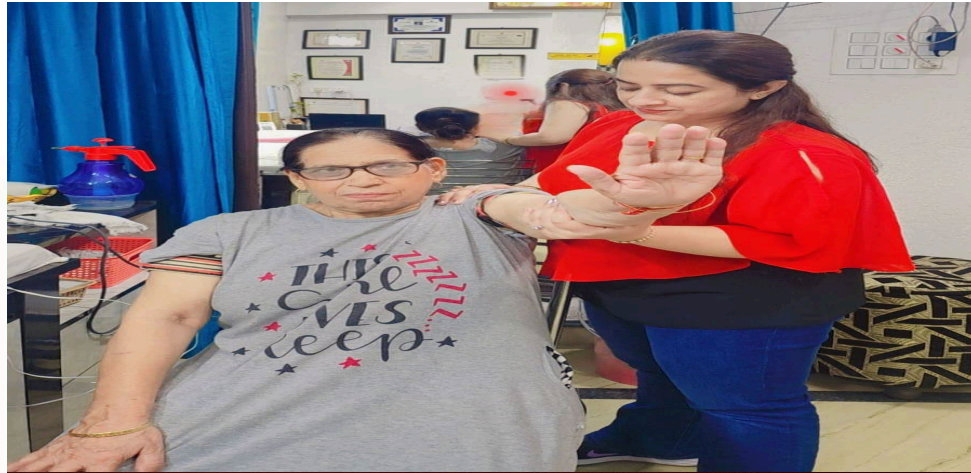
**Venue:** Aadhunik physio Centre  
Jammu

**Team Members:** Dr Vaishali Kohli, Dr Aadhunik, Dr Sarita, Dr Rachita, Dr Ritasha, Dr Diksha, Dr Divya, Dr Pallavi, Dr Geetakshi



## Description of Activity:

Free Camp Organised for old aged person,  
Assessment, Screening, Free Consultation And Awareness for Being  
fit and healthy and practical demonstrations of exercises and  
advised Maintaining proper Posture and importance of Deep  
breathing Exercises and benefits of electrotherapy



of 8



**Activity 4 Topic:** CME/Awareness Drive  
(Geriatric)

**Date & Time:** 8/09/25 (11 Am – 4 PM)

**Venue:** Chotay tarey foundation Srinagar

**Team Members:** Dr Chintanjeet Kaur, Dr Madhiha



## Description of Activity:

Well CME Organised And free Distribution of ointment at Chotay tarey foundation Srinagar And Demonstration of theraband exercises and benefits for elderly



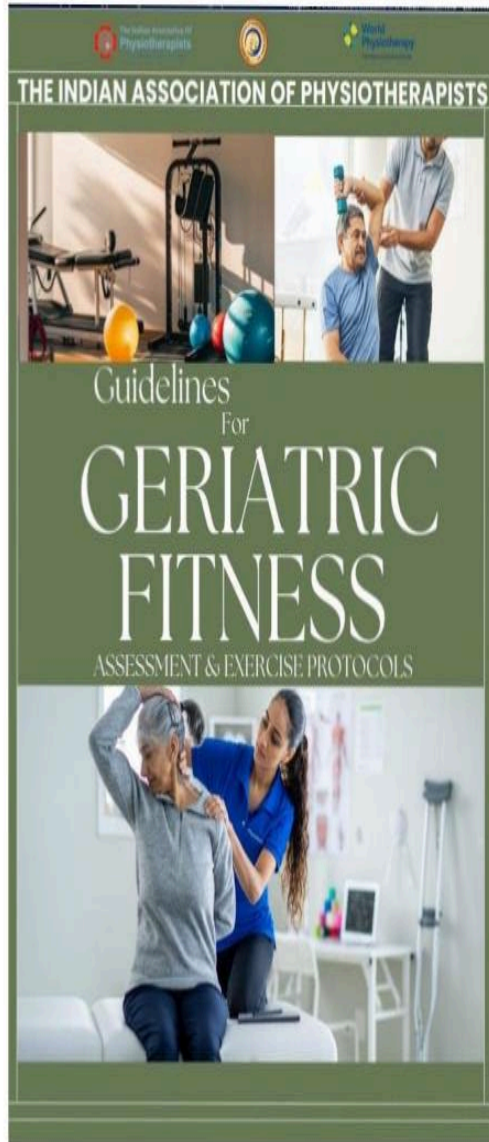
# IAP Women Cell Jammu And Kashmir Proudly Celebrated World Physiotherapy Day

Under the Guidance of Dr Sanjiv k Jha President IAP And Dr Ruchi Varshney Treasurer And National Head IAP Women Cell, Dr Niti Khurana (North zonal Head) IAP Women Cell Jammu And Kashmir Proudly Celebrated World Physiotherapy Day 8 September 2025

**Theme :** Healthy Ageing Free Camps Organized, Workshops, Seminars, Practical exercises, Awareness drive, Geriatric Care, Prevention and Progression of disease Screening By State Team And as Well As By District Teams Total Activities 9 by State and District Teams in every district as Jammu, Srinagar, Anantnag, Ganderbal, Baramulla, Samba, Reasi, Udhampur Bandipora

Total Participation of patients Activity 1: 50, Activity 2 : 100, Activity 3: 80, Activity 4 : 50

## Reference Guidelines



### TOOLS FOR:

- Standardizing care
- Promoting Evidence-based practice
- Optimizing patient outcomes
- Enhancing professionalism
- Facilitating future Research & Innovation

### IAP STRIVES TO :

**EMPOWER PHYSIOTHERAPISTS BY MAKING THESE GUIDELINES READILY AVAILABLE TOOLS TO DELIVER HIGHEST QUALITY OF TREATMENT TO THEIR PATIENTS.**

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OR SCAN



# IAP WC Jammu and Kashmir State

