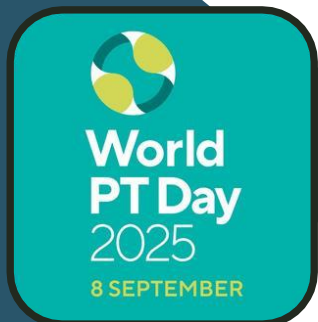




The Indian Association Of Physiotherapists
Celebrating World Physiotherapy Day 2025

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/IAPWC> <Rajasthan>


Sr. No.	Activity Name/Title	Date	Venue
1	Geriatric Talk & Camp	8/9/25	Ajmer
2	Marathon	7/9/25	Udaipur
3	Poster & Art Workshop – Differently abled Kids	9/9/25	Jaipur
4	Geriatric Camp	7/9/15	Hanumangarh

Activity 1 Topic: Geriatric Health & Fitness Talk & Camp


Date & Time: 8/9/25 (3-5 Pm)

Venue: Jain Multispecialty Clinic , LIC Colony Ajmer

Team Members: Dr Priyank Bhargava, Dr Priya Surana , Dr Deepti Bhargava, Dr Bharti Detani



FREE HEALTH CAMP
IAPWC
Ajmer branch
On the occasion
of world physiotherapy day
is organising a free health camp



Date: 8/9/25
Time : 3-5 pm
Jain multispeciality
clinic, LIC colony
Ajmer

GERIATRIC HEALTH AND
FITNESS

Resource person: Dr Priyank Bhargava(PT)

With immense support
Dr Sanjiv K. Jha(PT)
IAP PRESIDENT
Dr Ruchi Varshney(PT)
National Head,IAPWC
Dr Sakina M Kanchwala (PT)
Central head IAPWC
Dr Vinita Baghela(PT)
Rajasthan state coordinator

Organisers:
Dr. Priya Surana(PT)
District coordinator
Dr. Deepti Bhargava (PT)
District sub coordinator
Dr. Bharti Detani(PT)
District sub coordinator



Description of Activity: *Geriatric care : education, fall prevention strategies & Consultation camp for health issues. Benefits of exercises and fitness for elderly and aging issues.*



photograph



Activity 2 Topic: Geriatric Health & Fitness – Marathaon

Date & Time: 7/9/25 (5,30-7.30 am)

Venue: Fatehsagar lake End , Udaipur

Team Members: Dr Pallav Bhatnagar, Dr Zafar Khan , Dr Deepak Sharma, Dr Shailendra Mehta



Description of Activity: *A marathon was organized to promote fitness in elderly & young and educate them about benefits of activities, exercises & walking . Role of Physiotherapy in achieving fitness among aging population was promoted.*



Activity 3 Topic: Ability in Creativity – Poster & Art Workshop for differently abled.

Date & Time: 9/9/25 (10.30 am -1 .30 Pm)

Venue: Disha Foundation , Nirman Nagar, Jaipur

Team Members: Dr Vikas Mathur, Dr Upendra Agarwal , Dr Ashutosh Sharma,

ABILITY in Creativity

POSTER & ART WORKSHOP

TUE 9 Sept. 2025

10:30 AM ONWARDS

Venue: DISHA FOUNDATION
A Resource Centre For Multiple Disabilities
C-Nirman Nagar, Pandit TN Mishra Marg,
Jaipur-302019 Rajasthan

Theme: Health for All

Supported by

Logos of supporting organizations: IRS ABROAD STUDIES, J-VPD, BIOTECH, Hardika Rehabilitation, PROPELTY USERS, NH, SIGHT FIRST VISION THERAPY, BLUE PLUTO JALSA LAWN, V-PLANET, LIBRA.

Description of Activity . *Educative Nukad Natak, Motivational Talk, Rehab latest trends and an event to encourage differently abled kids by poster and art competition was organized .*



Activity 4 Topic: Geriatric Health Awareness & Mega Camp

Date & Time: 8/9/25 (9am -2 Pm)

Venue: Dr Ram Sihags Physiotherapy Hospital, Hanumangarh

Team Members: Dr Ram Sihag & Team

The poster is for 'World Physiotherapy Day' at 'Dr. Ram Sihag's Physiotherapy Hospital'. It features the logo of 'The Indian Association Of Physiotherapists' at the top, which is a red cross with a white circle in the center. Below this, the text 'The Indian Association Of Physiotherapists' is written in blue, followed by 'An ISO 9001:2015 Certified Association' in smaller text. To the left of the main text is a logo for 'Dr. Ram Sihag's Physiotherapy Hospital' featuring a stylized figure in blue and yellow. The main text 'World Physiotherapy Day' is in a large, blue, serif font. Below this, a yellow banner reads 'SUCCESSFULLY 15 YEARS COMPLETED'. The text 'डॉ. राम सिहाग फिजियोथेरेपी हॉस्पिटल' is written in red, and 'मेगा निःशुल्क परामर्श शिविर' is in white on a blue background. Below this, a black box contains the text 'कीय में उपलब्ध सेवाएं' in white. Four blue boxes with yellow text list the services: 'Orthopedic Physiotherapy', 'Sports Physiotherapy', 'Pediatric Physiotherapy', and 'Neuro Physiotherapy'. At the bottom left is a photo of Dr. Ram Sihag, a man with a beard, wearing a white shirt. To his right, the text 'Dr. Ram Sihag MPT (Neurology)' is written. Below this, the website 'www.drroysihag.com' and phone number '+91 98500 33333' are listed, followed by the Instagram handle '@drroysihag'. At the very bottom, the address 'Address: E-46, Shukar Nagar, Ward No. 76, Town in Road, Hanumangarh Junction' is written.

The Indian Association Of Physiotherapists
An ISO 9001:2015 Certified Association

Dr. Ram Sihag's
Physiotherapy Hospital

World
Physiotherapy
Day

SUCCESSFULLY 15 YEARS COMPLETED

डॉ. राम सिहाग फिजियोथेरेपी हॉस्पिटल

मेगा निःशुल्क परामर्श शिविर

कीय में उपलब्ध सेवाएं

Orthopedic Physiotherapy Sports Physiotherapy

Pediatric Physiotherapy Neuro Physiotherapy

Dr. Ram Sihag
MPT (Neurology)

www.drroysihag.com +91 98500 33333 @drroysihag

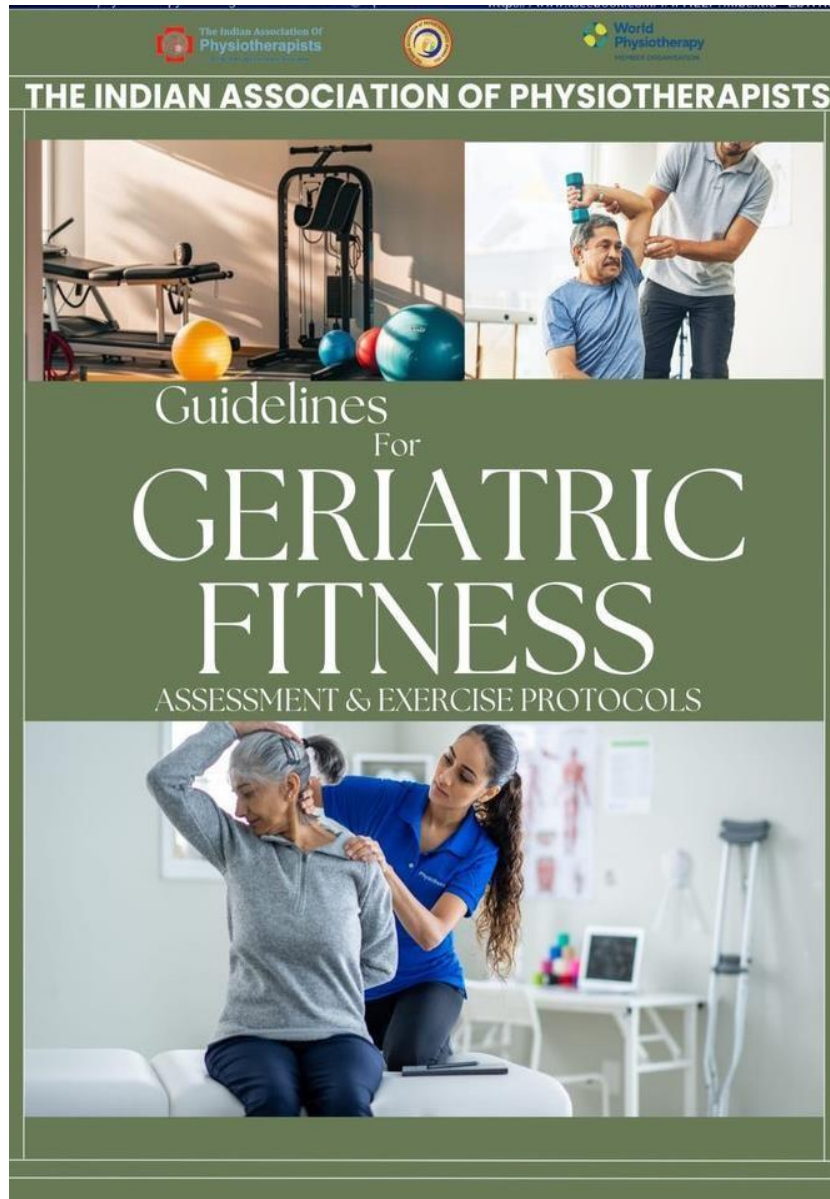
Address: E-46, Shukar Nagar, Ward No. 76, Town in Road, Hanumangarh Junction



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



Reference Guidelines





TOOLS FOR:

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

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

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Thank You
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