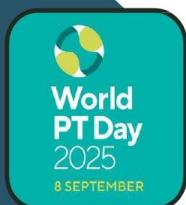


**The Indian Association Of Physiotherapists**  
Celebrating World Physiotherapy Day 2025

## HEALTHY AGEING

Enhancing the Quality of Elder Care



IAPWC> <State Name: Andhra Pradesh State Activity, Guntur District Activity and Vizag District Activity World Physiotherapy Day Report 2025

Sr.No.

1)

Activity Name/Title: Free healthy talk on Pelvic Floor Health Challenges and Benefits of Exercises-By state team- Resource person Dr. Surbhi Bhadauria

Date 09-09-2025

Venue: Gynaecology Department, Nori Hospital, Vijayawada, A.P.

S.no. 2)

Activity Name/Title: Free Healthy Talk on Workstation Ergonomics to Nursing Staff.- By state team- Resource person Dr. Surbhi Bhadauria

Date : 08-09-2025

Venue: Nori hospital, Nursing Department, Gandhi nagar, Vijayawada, A.P

S.No. 3)

Activity Name/Title: Free Healthy talk on Health Challenges of Ageing – By Guntur District-Resource Person- Dr.Gargi Thusharika.Challa

Date : 07-09-2025

Venue Dr.Basava Punnaiah old age Ashram,  
Palakaluru,  
Guntur,A.P.

S.No. 4)

Activity Name/Title: Healthy Ageing and Fall Prevention –By Vizag District, -Organizer – Dr. S.DeviSree -Rotaract club of Vizag Champions

Date: 07-09-2025

Venue: St.Joseph's Home For the Aged.

- 1) Activity Topic: Free healthy talk on Pelvic Floor Health Challenges and Benefits of Exercises- By state team- Resource person Dr. Surbhi Bhadauria

Date & Time: 09sep-2025

Venue: Gynaecology Department, Nori Hospital, Vijayawada, A.P.

The poster is for a World Physiotherapy Day event. It features a purple and pink color scheme. At the top, there are logos for the Indian Association of Physiotherapist Women Cell, Nori Hospital, and the Indian Physiotherapy Association. The text on the poster includes: 'INDIAN ASSOCIATION OF PHYSIOTHERAPIST WOMEN CELL IN COLLABORATION WITH NORI HOSPITAL, VIJAYAWADA, ANDHRA PRADESH CELEBRATES World Physiotherapy Day'. Below this, there is a photo of Dr. Surbhi Bhadauria, the organizer, and her credentials: 'Organiser Dr. Surbhi Bhadauria B.P.T, M.P.T, M.I.A.P Women's Health Physiotherapist Unit Head- Her Health Women's Wellness Centre'. The event details are: 'VENUE: GYNAECOLOGY DEPT. NORI HOSPITAL, VIJAYAWADA DATE: 9<sup>TH</sup> SEPTEMBER 2025'. The poster also states: 'TOGETHER WE CAN MAKE A POSITIVE IMPACT ON HEALTH. ORGANIZING FREE HEALTHY TALK ON PELVIC FLOOR HEALTH CHALLENGES AND BENEFITS OF EXERCISES'. At the bottom, it lists the support from various professionals: 'with the support of Dr. SURBHI BHADAURIA (PT) STATE COORDINATOR, Dr. VIRUPAKSH GOMATI (PT) STATE JOINT COORDINATOR, Dr. PALLAVI NAMAJUDURU (PT) STATE SUBCOORDINATOR, Dr. SHALINI VEDANTAM (PT) STATE SUBCOORDINATOR, Dr. K.SANJIV JHA (PT) IAP PRESIDENT, Dr. RUCHI VARSHNEY (PT) IAPWC NATIONAL HEAD, and Dr. M.C.JEYA PRABHA (PT) IAPWC SOUTH ZONAL HEAD'. There is also a small graphic on the left that says 'YOU SHOULD SEE A THERAPY & REHAB PT' with icons for various conditions.



2) Activity Topic: : Free Healthy Talk on Workstation Ergonomics to Nursing Staff and celebration and cake cutting of WPD Followed by Lunch- By state team- Resource person Dr. Surbhi Bhadauria



Date : 08-09-2025

Venue: Nori hospital, Nursing Department, Gandhi nagar, Vijayawada, A.P







- 3) Activity Name/Title: Free Healthy talk on Health Challenges of Ageing – By Guntur District- Resource Person- Dr.Gargi Thusharika. Challa Date : 07-09-2025 Venue Dr.Basava Punnaiah old age Ashram, Palakaluru, Guntur ,A.P.

**MYTRI INDIA Physio WORLD WELLNESS**

**Indian Association of Physiotherapist Women Cell Guntur - Andhra Pradesh Celebrating**

**WORLD PHYSIOTHERAPY DAY**

Self Theme :  
# Healthy Aging,  
Preventing Frailty

**HEALTHY AGEING**  
HEALTHY AGEING is a process of maintaining the ability to live independently and healthily as we age. It involves a combination of physical, mental, and social factors.

**PREVENTING FRAILTY**  
Frailty is a state of increased vulnerability to adverse health outcomes. It is characterized by a loss of reserve capacity and the ability to cope with stressors.

**Organizing Free Healthy talk on health challenges of ageing.**

Organizer  
Dr.Gargi Thusharika,Challa  
M.P.T Cardiopulmonary  
Guntur dist Coordinator IAPWC  
Associate Professor, Mytri India physio wellness world founder

**Venue:@Dr.Basava Punnaiah Old Age Ashram, Palakaluru Guntur.**

**Date&Time:-7th September 2025, Sunday@11am Onwards**

with the support of

Dr. SURBHI BHADOURIA (PT) STATE COORDINATOR	Dr. SHALINI VEDANTAM (PT) STATE SUBCOORDINATOR	Dr. VIKRASHI GOMATHI (PT) STATE JOINT COORDINATOR
Dr. PALLAVI NAMAJOURU (PT) STATE SUBCOORDINATOR	Dr. K.SANJIV JHA (PT) IAP PRESIDENT	Dr. M.C.JEYA PRABHA (PT) IAPWC SOUTH ZONAL HEAD





- 4) Activity Name/Title: Healthy Ageing and Fall Prevention –By Vizag District, -Organizer – Dr. S.DeviSree -Rotaract club of Vizag Champions Date: 07-09-2025 Venue: St.Joseph's Home For the Aged.





