

# **CHHATTISGARH PHYSIOTHERAPY DAY REPORT**





**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 CHHATTISGARH

Sr. No.	Activity Name/Title	Date	Venue
1	STUDENT AWARENESS CAMPAIGN	06 <sup>TH</sup> JULY 2025	RESIDENTIAL BOYS HOSTEL NO. 4, GANJPARA, RAIPUR
2	STUDENT AWARENESS CAMPAIGN	04 <sup>TH</sup> SEPTEMBER 2025	GOVERNMENT PRIMARY SCHOOL, RAIPUR
3	STUDENT AWARENESS CAMPAIGN	05 <sup>TH</sup> SEPTEMBER 2025	NAV JAGATI HS SCHOOL, SADDU
4			





**Activity Topic: STUDENT AWARENESS CAMPAIGN**

**Date & Time: 06<sup>TH</sup> JULY 2025**

**Venue: RESIDENTIAL BOYS HOSTEL NO. 4, GANJPARA, RAIPUR**









## WORLD PHYSIOTHERAPY DAY 2025

Special Event – 4<sup>th</sup> September

**3 S – School · Society · Sports**

**Date:** 4<sup>th</sup> September **Time:** 9:00 AM **Venue:** Government Primary School, Saddu

**Main Sessions:**

- Dr. Neha Agrawal (PT) – Posture Correction
- Dr. Sarika Shrivastava (Dietician) – Nutrition Importance

**Fun Activities:**

- Posture games (sitting, standing & walking correctly)
- Food & nutrition quiz
- "Healthy Plate – Smart Choices" activity for kids

**Under the Esteemed Guidance of:**

Dr. Sanjiv Jha  
Dr. Ruchi Varshney  
Dr. Sakina Kanchwala

**Organised by:**

Dr. Garima Tiwari  
Dr. Neha Agrawal  
Dr. Richa Vishwakarr  
Dr. Pooja Jain  
Dr. Supriya Gupta

**Learning through fun – for a healthier tomorrow**

ACTIVITY 4



ACTIVITY 5







# IAPWC CHHATTISGARH

Sr. No.	Activity Name/Title	Date	Venue
1	PANEL DISCUSSION ON MENOPAUSE & MENTAL HEALTH OF WOMEN	13 <sup>TH</sup> AUGUST 2025	IMA HALL AUDITORIUM, CMD CHOWK, BILAPSUR
2	MINI MARATHON ORGANIZED ON PHYSIOTHERAPY DAY	8 <sup>TH</sup> SEPTEMBER 2024	BILASPUR
3	PHYSIOTHERAPY FOR HEALTHY LIVING	31 <sup>TH</sup> AUGUST 2025	JAN KALYAN SAMITI, MAHILA VRIDH ASHRAM, BILASPUR





**Activity Topic:** PANEL DISCUSSION ON MENOPAUSE & MENTAL HEALTH OF WOMEN

**Date & Time:** 13TH AUGUST 2025

**Venue:** IMA HALL AUDITORIUM, CMD CHOWK, BILAPSUR







**5 KM MINI MARATHON EVENT 2024**

*Run for health, Run for fun*

**On the occasion of World Physiotherapy Day**

**Organizing Team:**

- Dr Shikha Singh (PT)**  
District Coordinator
- Dr Khushboo Kaur Gambhir (PT)**  
Sub Coordinator
- Dr Neha Dwivedi (PT)**  
Sub Coordinator

**By Teams : IAP BILASPUR DISTRICT  
IAP WOMEN CELL BILASPUR DISTRICT**

**Under Guidance of:**

- Dr Sanjiv K Jha PT** (National IAP President)
- Dr Ruchi Varshney PT** (IAPWC National head)
- Dr Sakina M Kanchwala PT** (IAPWC Zonal head)
- Dr Garima Tiwari PT** (State Co-ordinator)

\*DATE: 8th Sep 2024, Sunday



Indian Association of  
**Physiotherapist Women Cell**  
Bilaspur, Chhattisgarh

On Occasion of  
**"World Physiotherapy Day"**  
Organising a  
**"Physiotherapy for Healthy Living"**  
Posture Awareness • Exercise Demonstration • Aid Distribution

**31st August 2025 | Sunday**  
Time- 10:00 AM [JOIN US](#)

पता- जन कल्याण समिति मातारानी की कुटिया महिला वृद्धा आश्रम  
राजकिशोर नगर, लोयला स्कूल रोड, इंटर्नेशनल स्टेडियम के पीछे, बिलासपुर (छ. ग.)

**ORGANIZER**  
**Dr. Neha Dwivedi (PT)**  
(Sub coordinator Bilaspur district IAPWC)

**WITH IMMENSE GUIDANCE & SUPPORT OF**

- 1. Dr. Sanjiv Jha (PT)**  
(President IAP)
- 2. Dr. Ruchi Varshney (PT)**  
(National head IAPWC)
- 3. Dr. Sakina Kanchwala (PT)**  
(Zonal head IAPWC)
- 4. Dr. Prashant Chakraborty (PT)**  
(President CG IAP)
- 5. Dr. Garima Tiwari (PT)**  
(State head CG IAPWC)

**An Association of Physiotherapist  
Women Cell Chhattisgarh  
Bilaspur District**







# IAPWC CHHATTISGARH



Sr. No.	Activity Name/Title	Date	Venue
1	PHYSIOTHERAPY DAY CELEBRATION FOR SENIORS	23 <sup>TH</sup> AUGUST 2025	DURG BHILAI
2	PHYSIOTHERAPY DAY CELEBRATION FOR SOCIETY	5 <sup>TH</sup> SEPTEMBER 2025	MAHARASHTRA MANDAL MALVIYA NAGAR, DURG
3	PHYSIOTHERAPY DAY CELEBRATION FOR STUDENTS	3 <sup>TH</sup> SEPTEMBER 2025	GOVERNMENT POLYTECNIC COLLEGE, DURG





**Activity Topic:** PHYSIOTHERAPY DAY CELEBRATION FOR SENIORS

**Date & Time:** 23TH AUGUST 2025

**Venue:** DURG BHILAI







**IAP WOMEN CELL**  
DURG - BHILAI DISTRICT

### Physiotherapy Day Celebration S for Society



**5<sup>th</sup> September 2025**  
**Physiotherapy Day Celebration**  
Maharashtra Mandal Malviya  
Nagar, Durg  
Free Physiotherapy Treatment Camp  
80+ Members

**IAP WOMEN CELL**  
DURG - BHILAI DISTRICT

### Physiotherapy Day Celebration S for Students



**3<sup>th</sup> September 2025**  
**Physiotherapy Day Celebration**  
Govt Polytechnic College, Durg  
Awareness Interactive Session  
400+ Students & 40 Staff





# IAPWC CHHATTISGARH

Sr. No.	Activity Name/Title	Date	Venue
1	PHYSIOTHERAPY DAY CELEBRATION "BUILDING HEALTHY MIND AND HEALTHY BODY"	28 <sup>TH</sup> AUGUST 2025	YUGANTAR PUBLIC SCHOOL, RAJNANDGAON
2	AWARENESS PROGRAM	8 <sup>TH</sup> SEPTEMBER 2025	POLICE TRAINING SCHOOL, RAJNANDGAON

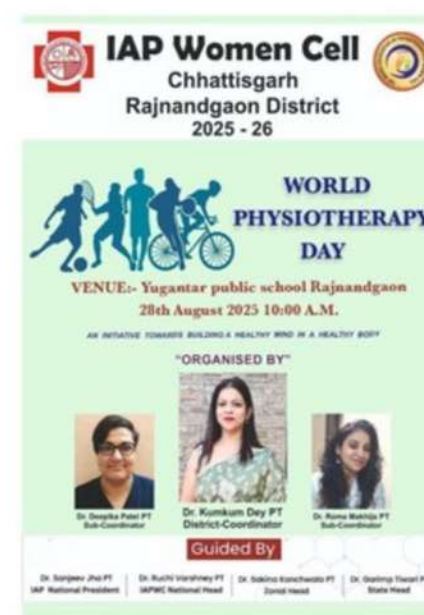




**Activity Topic:** PHYSIOTHERAPY DAY CELEBRATION – “BUILDING HEALTHY MIND AND HEALTHY BODY”

**Date & Time:** 28<sup>TH</sup> AUGUST 2025

**Venue:** YUGANTAR PUBLIC SCHOOL, RAJNANDGAON



This event was held at YUGANTAR PUBLIC SCHOOL Rajnandgaon on the occasion of WORLD PHYSIOTHERAPY DAY 2025 where the students were asked to perform various fitness tests including coordination, balance, flexibility and endurance tests and the winners were encouraged with gifts. It was a fun to fitness event for the students.









# IAPWC CHHATTISGARH



Sr. No.	Activity Name/Title	Date	Venue
1	PHYSICAL & MENTAL HEALTH OF ADOLESCENTS	21 <sup>TH</sup> JULY 2025	EKLAVYA AWASIYA SCHOOL, AMBIKAPUR
2	AWARENESS PROGRAM	8 <sup>TH</sup> SEPTEMBER 2025	KANYA HIGH SCHOOL, AMBIKAPUR
3	AWARENESS PROGRAM	8 <sup>TH</sup> SEPTEMBER 2025	SURGUJA





**Activity Topic:** PHYSICAL & MENTAL HEALTH OF ADOLESCENTS

**Date & Time:** 21TH JULY 2025

**Venue:** EKLAVYA AWASIYA SCHOOL, AMBIKAPUR



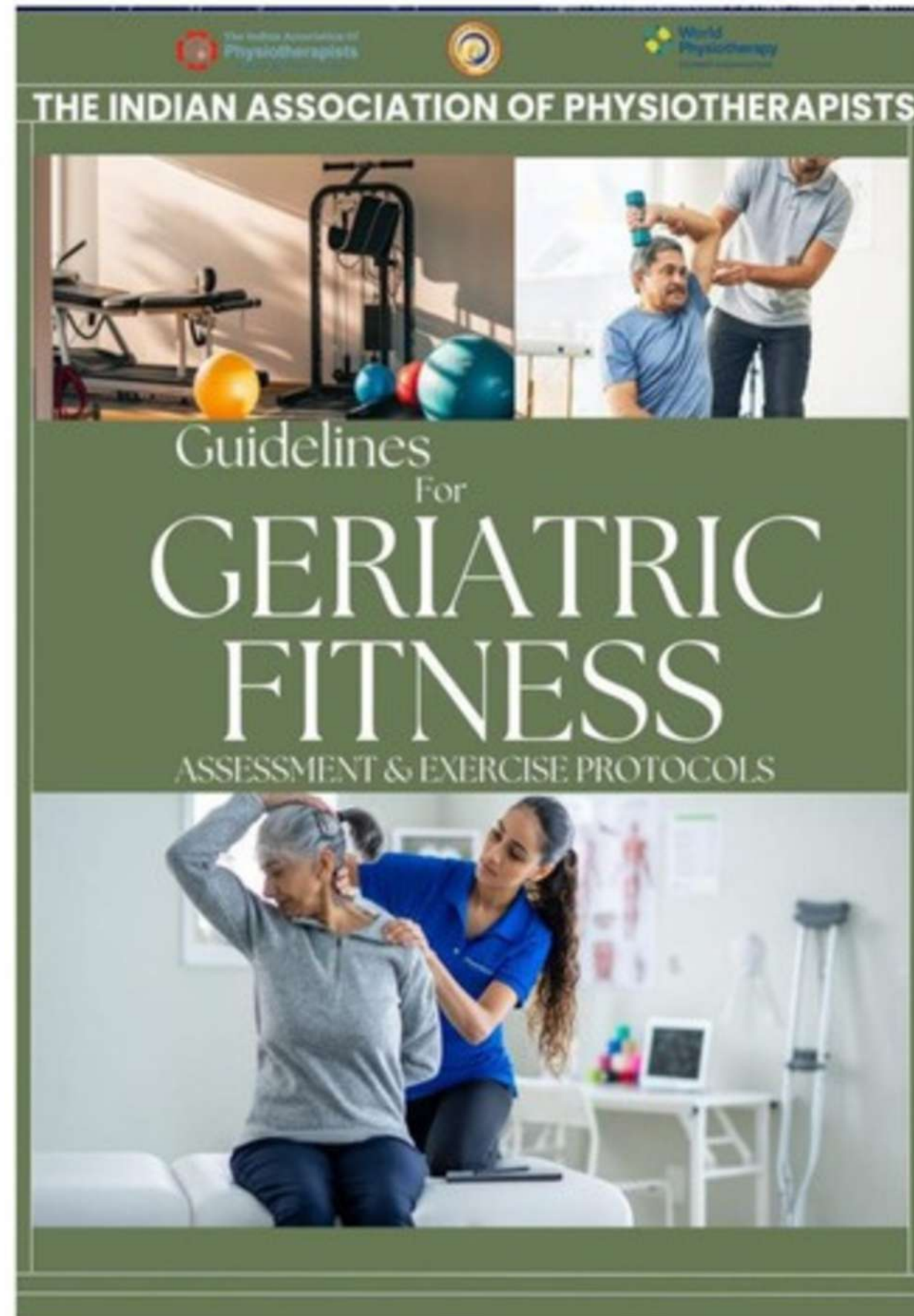








# Reference Guidelines







## 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.**

Order your copy here :

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<https://forms.gle/cRoPHvJKSHYjJ3ab9>

Or, SCAN:







**Thank You**

