



ACTIVITY REPORT OF WORLD PHYSIOTHERAPY DAY CELEBRATION

**DELHI
IAPWC**





THEME



HEALTHY AGEING

- Stay Active
- Keep yourself fit & flexible
- Prevention from fall & frailty
- Improve Muscle Strength
- Live Independent & Quality Life



DELHI STATE



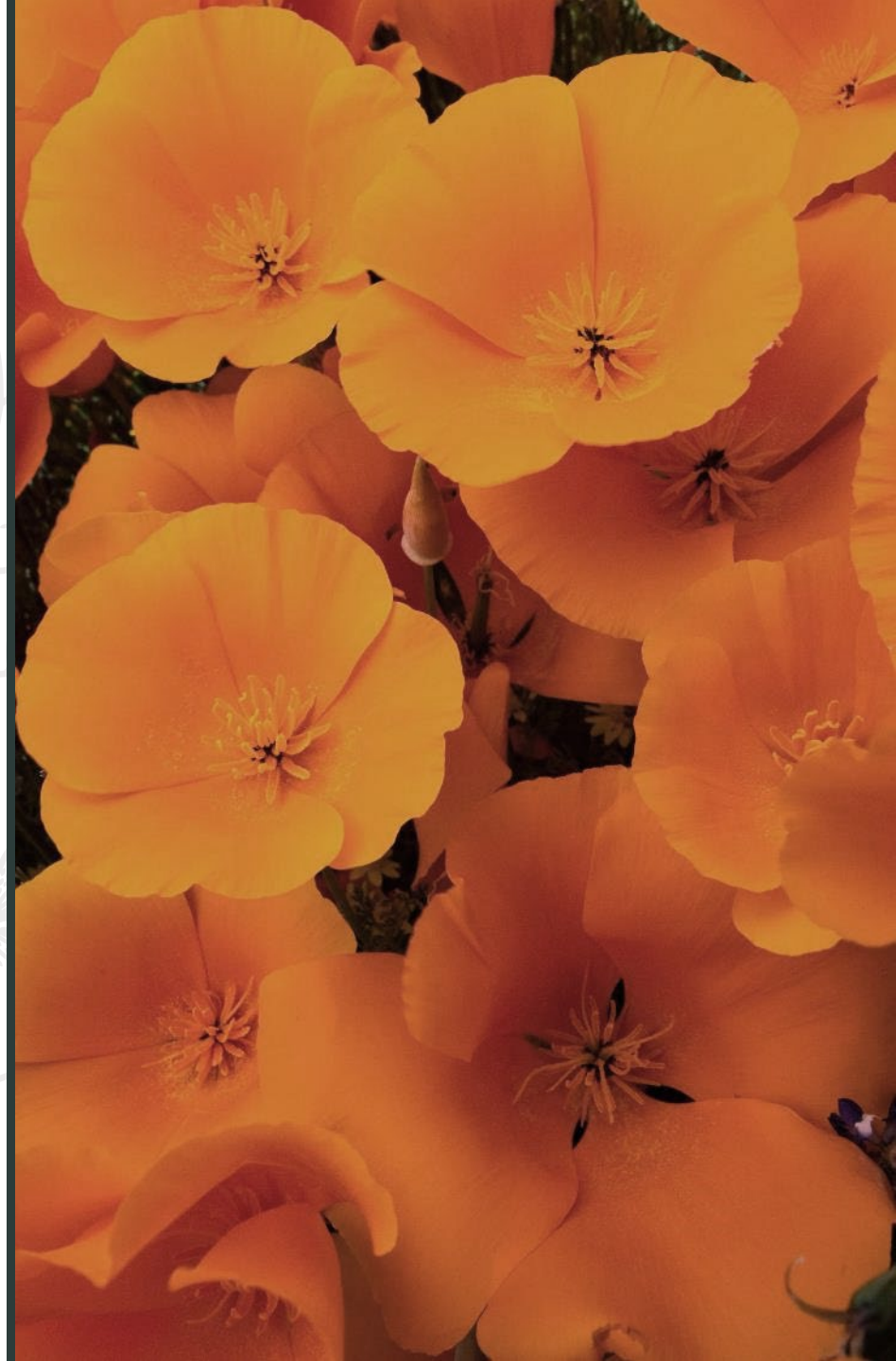
Dr. Nidhi Kalra, (Delhi State Head)

Dr. Aparna Sharma (Joint Coordinator)

Dr. Vidhu Varshney (Sub-Coordinator)

Dr. Shweta Sharma (Sub-Coordinator)

Dr. Jasmine Kaur Chawla (Sub-Coordinator)





FREE HEALTH CAMP



DELHI STATE IAPWC
ON THE OCCASION OF
WORLD PHYSIOTHERAPY DAY
IS ORGANISING A FREE HEALTH
CAMP

7/09/2025
10:00-12:00 PM
AT ARAVALI
APARTMENTS,
ALAKNANDA,
NEW DELHI

Free Services Offered

- Orthopaedic Consultation
- Internal Medicine Consultation
- Physiotherapy Consultation
- Nutritionist Consultation
- Foot Scanning
- Vitamin D3 testing
- BMD scan

WITH IMMENSE SUPPORT OF

Dr Sanjiv Jha (PT)
President IAP
Dr Ruchi Varshney (PT)
National head IAPWC
Dr Niti Khurana (PT)
North Zone Head IAPWC
Dr Pooja Sethi (PT)
President DIAP
Dr Nidhi Kalra (PT)
Delhi State coordinator IAPWC

DELHI IAPWC TEAM
Dr Aparna Sharma(PT)
Jt. Coordinator
Dr Vidhu Varshney (PT)
Subcoordinator
Dr Shweta Sharma (PT)
Subcoordinator
Dr Jasmine Kaur Chawla (PT)
Subcoordinator







DELHI STATE IAPWC
On the Occasion of
"WORLD PHYSIOTHERAPY DAY"
Conducting a





**Health talk on
"Backpain Awareness
and Posture care for
Pain free Ageing"**

**On Sept 6, 2025
10am – 12pm at**

**Takshila Apartment
Patparganj**




Resource Person:

Dr Aparna Sharma PT
Joint Coordinator, Delhi IAPWC

Dr Vidhu Varshney PT
Sub - Coordinator, Delhi IAPWC

Organisers:
Delhi IAPWC Team
Dr Shweta Sharma PT
Sub - Coordinator, Delhi IAPWC
Dr Jasmine Kaur Chawla PT
Sub - Coordinator, Delhi IAPWC

With Immense Support of:
Dr. Sanjeev Jha , President, IAP
Dr. Ruchi Varshney, National Head, IAPWC
Dr. Niti Khurana, North Zone ,IAPWC
Dr. Pooja Sethi, President DIAP
Dr. Nidhi Kalra, Delhi State Head, IAPWC

On the Occasion of

“WORLD PHYSIOTHERAPY DAY”

DELHI STATE IAPWC & DIAP

Conducting a

Health talk on “Health Challenges of Ageing”

On Sept 2, 2025 at

Aashirwad Old Age Home

Resource person

Dr. Shweta Sharma
Senior Physiotherapist,
Dr RML Hospital

Dr. Sumit Saxena
Senior Physiotherapist,
Dr RML Hospital

WITH SUPPORT OF

Dr. Sanjeev Jha , President, IAP
Dr. Ruchi Varshney, National Head, IAPWC
Dr. Niti Khurana, North Zone ,IAPWC
Dr. Pooja sethi, president DIAP
Dr. Zubia Veqar, Secretary, DIAP
Dr. Nidhi Kalra, Delhi State Head, IAPWC

Delhi IAPWC Team
Dr Aparna Sharma PT
Dr Vidhu Varshney PT
Dr Jasmine Kaur Chawla PT






POSTER MAKING COMPETITION



NUKKAD NATAK



The inaugural event featured a poster competition and a Nukkad Natak to spread awareness among patients. Throughout the week, various activities—including geriatric OPD, health talks, and postural screenings—will highlight the importance of physiotherapy in promoting health and well-being.



DIAP & IAPWC DELHI
is celebrating
“WORLD PHYSIOTHERAPY WEEK”
in collaboration with
PHYSIOTHERAPY DEPARTMENT
DR. RML HOSPITAL
FROM
Sept 1ST to 8th 2025
THEME: HEALTHY AGEING
PROGRAM SCHEDULE-

- POSTER MAKING COMPETITION & NUKKAD NATAK : Sept 1st 2025
- HEALTH AWARENESS CAMP : Sept 2nd
- GERIATRIC OPD : Sept 3rd to 8th
- POSTURAL SCREENING : Sept 4th

ORGANIZERS

Dr. Pooja Sethi President, DIAP	Dr. Shweta Sharma Sub-coordinator, Delhi IAPWC
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&
STAFF AND FACULTY OF PHYSIOTHERAPY DEPARTMENT ,DR RML HOSPITAL

WITH SUPPORT OF

Dr. Sanjeev Jha , President, IAP
Dr. Ruchi Varshney, National Head, IAPWC
Dr. Niti Khurana, North Zone ,IAPWC
Dr. Zubia Veqar, Secretary, DIAP
Dr. Nidhi Kalra, Delhi State Head, IAPWC

NORTH DELHI

DR, NIDHI KUMAR PT

DR, HARSHA CHAWLA PT | DR. DIPALI GUPTA PT



 **NORTH DELHI DISTRICT IAPWC**
IS ORGANISING A
GERIATRIC CAMP

ON THE OCCASION OF
WORLD PHYSIOTHERAPY DAY

DATE -6TH SEPTEMBER, SATURDAY
TIME-5PM ONWARDS

GERIATRIC CAMP INCLUDES:

- ✓ Balance & Coordination Training
- ✓ Mobility
- ✓ Core strengthening
- ✓ Cognitive exercises
- ✓ Breathing exercises

ORGANISERS
IAPWC- NORTH DELHI DISTRICT

 **Dr. Nidhi Kumar (PT)**
North Delhi District Coordinator, IAPWC

 **Dr. Harsha Chawla (PT)**
North Delhi District Sub-coordinator, IAPWC

 **Dr. Deepali Gupta (PT)**
North Delhi District Sub-coordinator, IAPWC

WITH IMMENSE SUPPORT OF IAP & IAPWC

Dr. Sanjiv Jha (PT) (President, IAP)
Dr. Ruchi Varshney (PT) (National Head, IAPWC)
Dr. Niti Khurana (PT) (North Zonal Head, IAPWC)

Dr. Pooja Sethi (PT) (President, DIAP)
Dr. Nidhi Kalra (PT) (Delhi State Head, IAPWC)

VENUE: WZ-77A RAJA GARDEN



NORTH-EAST DELHI

Dr Chitra Gupta PT | Dr Neha Singh PT

North- East Delhi District, IAPWC
Is Organizing
FREE PHYSIOTHERAPY CAMP

Topic
Healthy Aging and Joint Deterioration Prevention

08/09/2025

3.00 pm - 4.00 pm

Senior Citizen Welfare Association, Pocket- 1 , Mayur Vihar ph- 1

Organisers:

Dr. CHITRA GUPTA (PT)
Co-ordinator , North-East Delhi District ,IAPWC

Dr. NEHA SINGH (PT)
Sub Co-ordinator , North-East Delhi District, IAPWC

• With immense support of :

Dr. SANJIV JHA (PT)- President,IAP

Dr. RUCHI VARSHNEY(PT)- National Head,IAPWC

Dr. NITI KHURANA (PT)- Zonal Head,IAPWC

Dr. POOJA SETHI (PT)- President,DIAP

Dr. NIDHI KALRA (PT)- Delhi State Head,IAPWC

SOUTH - EAST DELHI



The Indian Association of Physiotherapists Women's Cell



Strength in every Step, Wellness in every Body

South -East Delhi District IAPWC

Organized Physiotherapy Camp & Posture Awareness
on World Physiotherapy Day



Resource person:
Dr. Rakhi Anand(PT)
South-East Delhi
District,
Sub Co-ordinator



With immense support of IAP & IAPWC

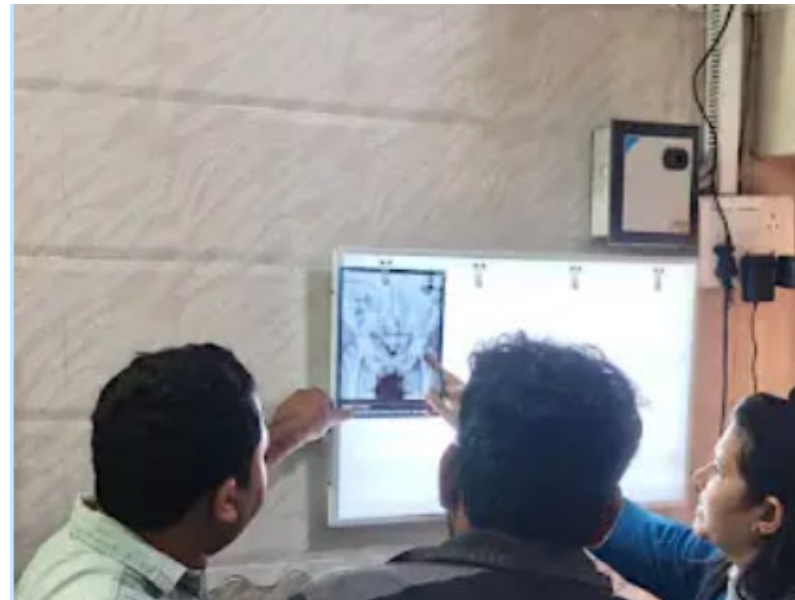
Dr. Sanjiv Jha (President, IAP)

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Dr. Niti Khurana (North Zonal Head, IAPWC)

Dr Pooja Sethi (President DIAP)

Dr Nidhi Kalra (Delhi State Head, IAPWC)





NORTH - WEST DELHI

DR MEENAKSH PT
DR. JYOTSANA BATRA PT | DR. LATIKA PT



**NORTH WEST
DELHI
IAPWC
ORGANIZES**



FREE PHYSIOTHERAPY HEALTH CAMP



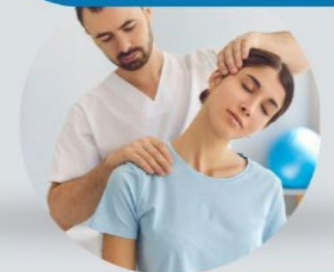
ORGANISERS

**DATE : 10 September.
2025
TIME : 10.30 am
venue : Shiv mandir 2/ 47
Roop Nagar New Delhi
110007**

**Dr Meenakshi
North West Delhi
Coordinator, IAPWC**

**Dr Jyotsna Batra PT
North West Delhi
Sub- coordinator, IAPWC**

**Dr Latika Arora PT
North west Delhi
Sub coordinator , IAPWC**



WITH IMMENSE SUPPORT OF IAP & IAPWC

**Dr. Sanjiv Jha
(President,IAP)**

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(National Head, IAPWC)**

**Dr. Niti Khurana
(North Zonal Head, IAPWC)**

**Dr Pooja Sethi
(President, DIAP)**

**Dr Nidhi Kalra
(Delhi State Head, IAPWC)**

NORTH ELHI

DR. GEETANJALI SETIA PT

DR DIVYA RATHORE PT



INDIAN ASSOCIATION OF PHYSIOTHERAPY
WOMEN CELL, IAPWC - WEST DELHI BRANCH



FREE PHYSIOTHERAPY CAMP ON HEALTHY AGING



16th September 2025
9 - 11 AM



Shri Sanatan Dharm Mandir
New Multan Nagar, Delhi



+91 98110 10280
+91 98106 04094

Dr. Geetanjali Setia (PT)
West Delhi District
Coordinator, IAPWC

Dr. Divya Rathore (PT)
West Delhi District
Sub Coordinator, IAPWC

WITH SUPPORT OF:

Dr. Sanjiv Jha (PT)
IAP President

Dr. Ruchi Varshney (PT)
Treasurer, IAP
National Head, IAPWC

Dr. Niti Khurana (PT)
North Zonal Head, IAPWC

Dr. Pooja Sethi (PT)
President, DIAP

Dr. Nidhi Kalra (PT)
Delhi State Head, IAPWC



Thank you

For immense support of IAP & IAPWC

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Dr. Ruchi Varshney (National Head, IAPWC)

Dr. Niti Khurana (North Zonal Head, IAPWC)

Dr Pooja Sethi (President DIAP)

