

World Physiotherapy Day Activity 2025

Dr Smaranika Das
Goa State Co-ordinator

**INDIAN ASSOCIATION OF PHYSIOTHERAPISTS
WOMEN CELL
GOA STATE (IAPWC)**





Goa State Team



 Dr. Sanjeev Jha (PT) President Executive - IAP	 Dr. Ruchi Varshney (PT) National Treasurer - IAP	 Dr. Pooja Kamble (PT) Zonal Head
 Dr. Sheela Kumar (PT) Honorary Member - Advisor	 Dr. Smaranika Das (PT) Goa State Co-ordinator	 Dr. Rashme Row Pawar (PT) Goa State Joint Co-ordinator
 Dr. Lavi Jain (PT) Goa State Sub Co-ordinator	 Dr. Riddhi Sampat (PT) Goa State Sub Co-ordinator	 Dr. Gauri Wagh (PT) Goa State Sub Co-ordinator



Goa District Team



Dr Mamta Kapre

Dr Pooja Asgaonkar

Dr Sailee Kamat

Dr Sadhvi Koyande

Dr Radha Bhende

North Goa District Coordinator

North Goa District Sub –
coordinator

South Goa District Sub -
Coordinator

South Goa District
Coordinator

South Goa District Sub
Coordinator



Activity #1



- **Date:** 22 Jul 2025
- **Venue:** Vasco Da Gama
- **Description:** An insightful session on elderly health and wellness was conducted at Umiya Quadro, Dabolim, Vasco da Gama by Dr. Smaranika, representing the Women Cell of the Indian Association of Physiotherapists. The event featured an interactive exercise demonstration, helping attendees understand the importance of movement, mobility, and strength in aging gracefully.





Activity #2



- **Date:** 19 Jul 2025
- **Venue:** Jayaram Nagar
- **Description:** IAPWC Goa successfully organized an awareness session titled "**Managing and Preventing Musculoskeletal Issues among Educators**" on 19th July 2025. The event focused on addressing the rising incidence of musculoskeletal problems among educators due to prolonged hours of teaching in static and often improper postures.
- The session was conducted by **Dr. Sadhvi Koyande**, who highlighted the most common ergonomic challenges faced by teachers, early signs of musculoskeletal strain, and practical preventive measures that can be adopted in daily routines. The event witnessed enthusiastic participation from approximately 70 educators, who found the session informative and beneficial in understanding how to take better care of their musculoskeletal health.





Activity #3



- **Date:** 26 Jul 2025
- **Venue:** Dabolim
- **Description:** An insightful session on **geriatric health** was conducted by Dr. Smaranika, representing the Indian Association of Physiotherapists – Women Cell Goa, at Prabhus Emerald, Dabolim, Goa. In alignment with this year's **World Physiotherapy Day** theme – Geriatrics, the talk focused on empowering our senior citizens with knowledge on mobility, posture, and active aging.
- Participants truly appreciated the valuable information and interactive format – a step forward in promoting healthy aging in our communities.





Activity #4



- **Date:** 07 Sep 2025
- **Venue:** Panjim
- **Description:** World Physiotherapy Day celebrations with Talk on '**Healthy aging in senior citizens**' and games at BN Melvani senior citizens recreation center where our IAPWC office bearers - Dr Sheela Kumar , Dr Smaranika Das, Dr Rashme Pawar, Dr Lavi, Dr Sailee, Dr Radha conducted an awareness talk followed by exercise session for all. It was then followed by fun games and low impact aerobic dance session for the Geriatric population.





Activity #5



- **Date:** 11 Sep 2025
- **Venue:** Zuari nagar
- **Description:** On the occasion of World physiotherapy day IAPWC Goa team organised a talk and demonstration session on Ergonomics and Injury prevention and Healthy Ageing for the employees of PPL goa Zuari agro limited company Jai Kishan bhawan Zuari Nagar Vasco da gama on 11 sep 2025, 30 employees attended the session and session was given by Dr.Lavi Jain.





Activity #6



- **Date:** Jul 2025
- **Venue:** Vasco da gama
- **Description:** We are privileged to invite Shri Krishna Daji Salkar, Hon'ble MLA of Vasco da Gama, as a special guest for the 3rd National IAP Women Cell Conference & Physiomanthan, taking place during September 2025 in New Delhi. Dr. Smaranika and Dr. Lavi, on behalf of the Indian Association of Physiotherapy, Women Cell – Goa, went to for invitation. This national event aims to empower and advance women in physiotherapy through knowledge, unity, and innovation.





Activity #7



- **Date:** 29 Jun 2025
- **Venue:** IAP zoom platform
- **Description:** On the occasion of Scoliosis awareness month, IAP Women cell, Goa conducted a webinar on “Scoliosis across all ages and its conservative management.” by Dr Sangeeta Joshi. Attending this **webinar on scoliosis** offered valuable benefits, especially for individuals living with scoliosis, caregivers, healthcare professionals, and anyone interested in spinal health.

#VirtualLearningSeries

Scoliosis across all ages and its Conservative Management.

 29th Jun 2025 (Sunday)

 9:30 AM - 10:30 AM

 Zoom + YouTube



Dr Sangeeta Joshi
MIAP registration no: L-17187
MPTh, Certified Scoliosis Therapist [ISST-]




Activity #8



- **Date:** 19 July 2025
- **Venue:** IAP Zoom Platform
- **Description:** Dr. Nikhil Chakravarty's webinar on **Pulmonary Rehabilitation** highlighted its role in managing chronic lung diseases like **COPD**, **post-COVID lung issues**, and **interstitial lung disease**. He explained how pulmonary rehab combines **exercise training**, **breathing techniques**, **education**, and **psychological support** to improve lung function and quality of life.

#VirtualLearningSeries

Pulmonary Rehabilitation



Dr. Nikhil Chakravarty (PT)
MPT, MIAP, DNP
MIAP - L -33568

(Saturday) | July, 19th 2025

08:00 PM - 09:00 PM

Zoom + YouTube

