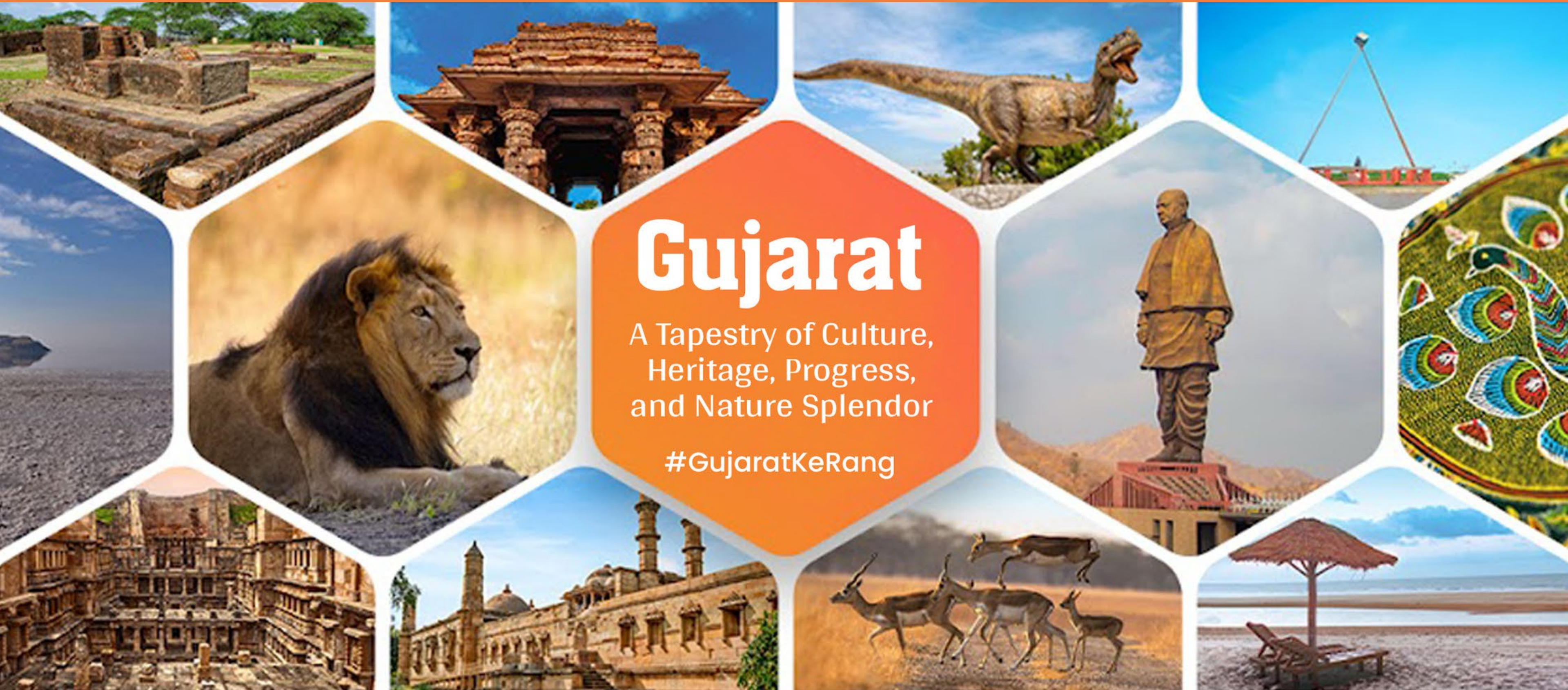


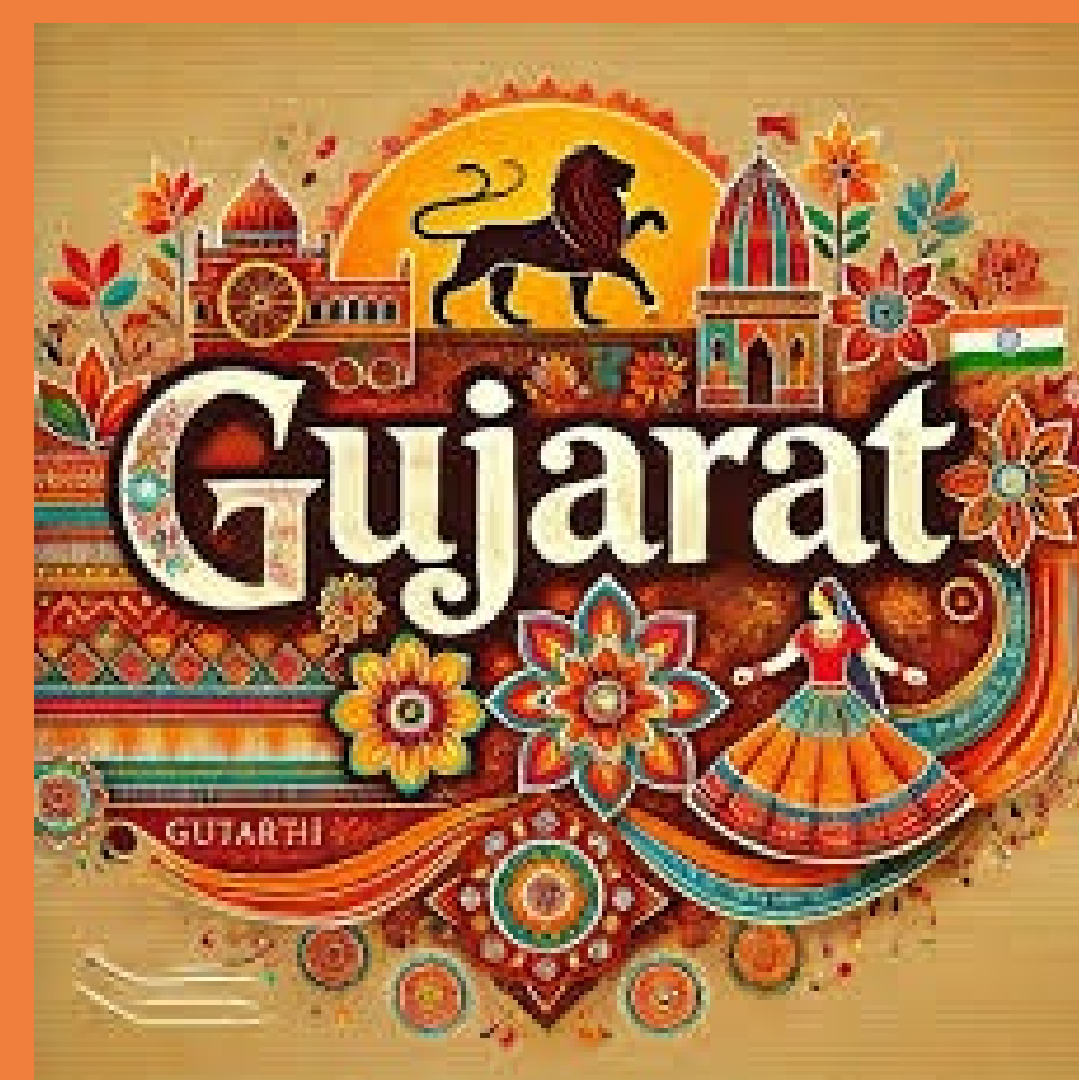


# IAPWC GUJARAT



Activity Reports Of World Physiotherapy Day Celebrations





# THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS

An ISO 9001:2015 Certified Association



## IAP WOMEN CELL - GUJARAT STATE



DR. SANJIV JHA PT  
PRESIDENT IAP



DR. RUCHI VARSHNEY PT  
NATIONAL HEAD



DR. POOJA KAMBLE PT  
ZONAL HEAD



DR. JASPREET KANG PT  
STATE COORDINATOR



DR. SHWETA PARIKH PT  
STATE JOINT COORDINATOR



DR. ALPA PUROHIT PT  
STATE SUB COORDINATOR



DR. ADVITA NEVILLE PT  
STATE SUB COORDINATOR



DR. NEETI MISHRA PT  
STATE SUB COORDINATOR



# IAPWC GUJARAT

21 Districts

- Team Vadodara
- Team Anand
- Team Kheda
- Team Surat
- Team Bharuch
- Team Valsad
- Team Kutch (Bhuj)
- Team Kutch (Gandhidham )
- Team Mehsana
- Team Kalol Activities:
- Team Gandhinagar





- Team Banaskantha
- Team Ahmedabad-EAST
- Team Ahmedabad-WEST
- Team Ahmedabad-CENTRAL
- Ahmedabad-RURAL District
- Team Panchmahal
- Rajkot District
- Suredranagar District
- Jamnagar District
- Junagadh District





# IAPWC AHMEDABAD RURAL DISTRICT






Indian Association of Physiotherapists Women Cell  
Ahmedabad Rural District  
celebrates


## World Physiotherapy Day 2025

by organising

### FALL-PROOF WITH PHYSIOTHERAPY FOR OLDER ADULTS

RESOURCE PERSON: DR. DISHA DALAL

 DATE & TIME :  
08 - 09 - 2025  
AT  
6 : 30 PM

 VENUE :  
NEHRU NAGAR  
TORRENT GARDEN

**EVENT ORGANIZERS**

DR . Aalopi Dave PT  
District co - ordinator

DR . Disha Dalal PT  
District sub co - ordinator

DR . Himakshi Thakur P  
District sub co - ordinator

**ORGANISED WITH THE GUIDANCE OF**

Dr. Jaspreet Kaur Kang (PT) state co-ordinator	Dr. Shweta Parikh (PT) state joint co ordinator	Dr. Alpa Purohit (PT) state sub- co ordinator
Dr. Pooja Kamble (PT) Zonal head, IAPWC	Dr. Ruchi Vashney(PT) National head, IAPWC	Dr. Sanjiv Jha (PT) IAP President



Event: Fall Proof with Physiotherapy for Older Adults

Venue: Nehru Nagar Torrent Garden

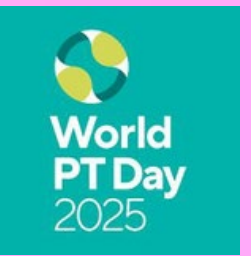
No of individual screened: 40 -45

Percentage of geriatrics having high risk of fall: 55%





# IAPWC Anand District



## Event Organizers:



Dr. Komal Patel (PT)  
District Coordinator



Dr. Krishna Vyas (PT)  
District Sub Coordinator



Dr. Maitri Shah (PT)  
District Sub Coordinator

## Organized with guidance of:

Dr. Jaspreet Kaur Kang (PT)  
State Head

Dr. Shweta Parikh (PT)  
State Joint Coordinator

Dr. Advita Neville (PT)  
State Sub Coordinator

Dr. Pooja Kamble (PT)  
Zonal Head, IAPWC

Dr. Ruchi Varshney (PT)  
National Head, IAPWC

Dr. Sanjiv Jha (PT)  
IAP President

## Capturing the Spirit of Healthy Ageing

“Strong muscles,  
strong mind, strong years ahead —  
that’s the power of  
Healthy Ageing .”







# IAPWC Anand District



**The Indian Association of Physiotherapists Women Cell**  
**Anand District - Gujarat**

**"WORLD PHYSIOTHERAPY WEEK CELEBRATION"**  
**THEME : HEALTHY AGING**

**MONDAY**  
1st September 2025  
Knee Club

**TUESDAY**  
2nd September 2025  
Shoulder Club

**WEDNESDAY**  
3rd September 2025  
Hip Club

**THURSDAY**  
4th September 2025  
Spine Club

**SATURDAY**  
6th September 2025  
Neuro & Cardio Club

**Event Organizers :**

Dr. Komal Patel (PT) District Coordinator  
Dr. Krishna Vyas (PT) District Sub Coordinator  
Dr. Maitri Shah (PT) District Sub Coordinator

**Organized With Guidance Of**

Dr. Jaspreet Kaur Kang (PT) State Head  
Dr. Pooja Kamble (PT) Zonal Head, IAPWC  
Dr. Shweta Parikh (PT) State Joint Coordinator  
Dr. Ruchi Varshney (PT) National Head, IAPWC  
Dr. Advita Neville (PT) State Sub Coordinator  
Dr. Sanjiv Jha (PT) IAP President

**WORLD PHYSIOTHERAPY DAY 2025**

The club activities successfully reached and benefited 100 patients, promoting awareness and healthier living.

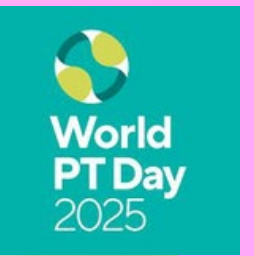
## In Action: Club Activities at a Glance


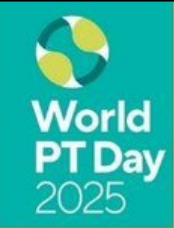








# IAPWC VADODARA DISTRICT





*Think Global... Choose Global...*

**Indian Association of Physiotherapists- Women cell  
Vadodara District- Gujarat**  
*in collaboration with Krishna School of Physiotherapy &  
Rehabilitation, KPGU-Vadodara*  
**Organizes**

## Balance Wellness Camp

**Venue:** Physiotherapy OPD, MDAH, Varnama, Vadodara  
**Date:** 05<sup>th</sup> September 2025  
**Timing:** 10:00-1:00 PM

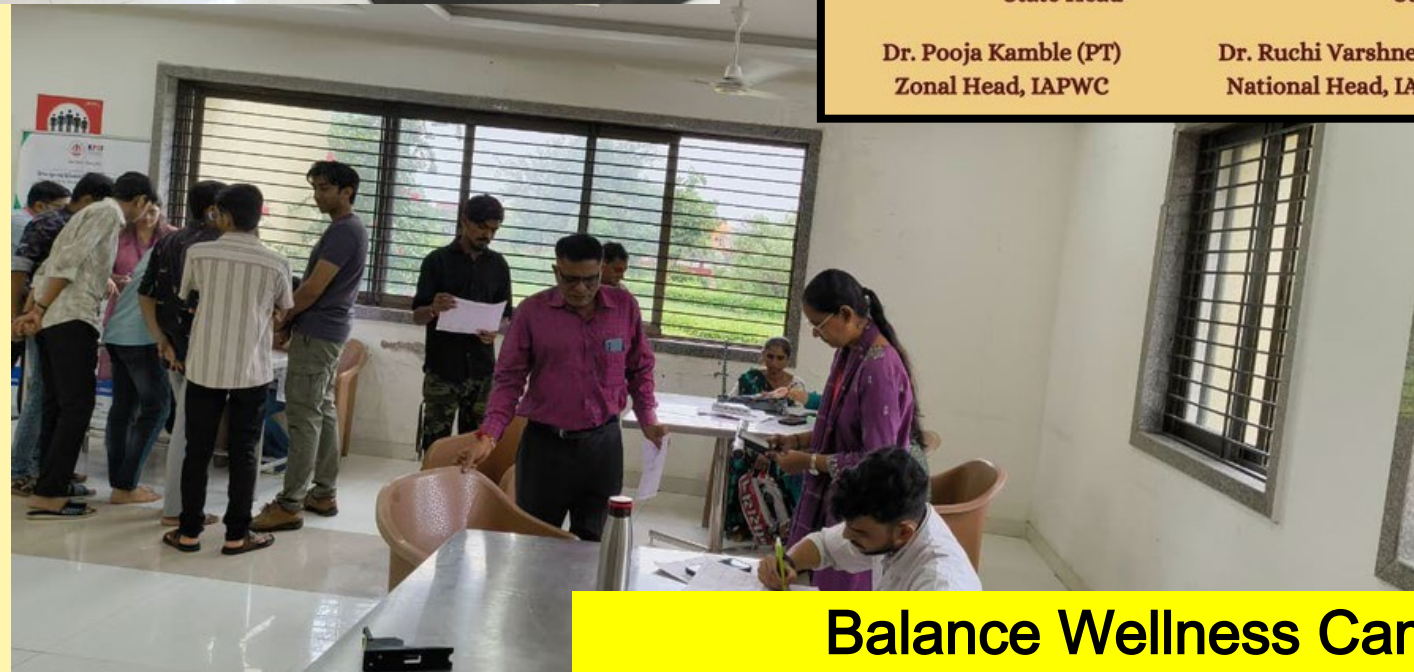
**Event Organisers**

Dr. Tanvi Sharma (PT) Vadodara District Sub- Coordinator	Dr. Pragna Landge (PT) Vadodara District Coordinator	Dr. Joyal Tejpal (PT) Vadodara District Sub- Coordinator	Dr. Dharmesh Contractor (PT) HOD Physio OPD-MDAH
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**Organised with the guidance of**

Dr. Jaspreet Kaur Kang (PT) State Head	Dr. Shweta Parikh (PT) State Joint Coordinator	Dr. Advita Neville (PT) State Sub Coordinator
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Dr. Pooja Kamble (PT) Zonal Head, IAPWC	Dr. Ruchi Varshney (PT) National Head, IAPWC	Dr. Sanjiv Jha (PT) IAP President	Dr. Chirag Nagda, Registrar, KPGU
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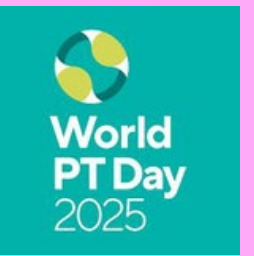




**Balance Wellness Camp participants=48**






# IAPWC VADODARA DISTRICT





**Parul® University** | **NAAC A++**  
Faculty of Physiotherapy





**INDIAN ASSOCIATION OF PHYSIOTHERAPISTS- WOMEN CELL  
VADODARA DISTRICT- GUJARAT**


**ALONG WITH PARUL INSTITUTE OF PHYSIOTHERAPY-  
WOMEN DEVELOPMENT CELL**

Organizes

## HEALTHY MENOPAUSE

 6<sup>th</sup> Sept 2025

 9 am to 1 pm

 NageshwarShiv Mandir, Chitrakut Soc.,  
Nalanda Water Tank Road, Vadodara, Gujarat

**HEALTHY MENOPAUSE- PROMOTING AWARENESS & WELLBEING**  
Sdg 3: good health & well being

*Event Organizers*

<b>Dr. Joyal Tejpal(PT)</b> Vadodara District Sub- Coordinator	<b>Dr. Pragna Landge (PT)</b> Vadodara District Coordinator	<b>Dr. Tanvi Sharma(PT)</b> Vadodara District Sub- Coordinator
--	---	--

*With the guidance of:*

<b>Dr. Jaspreet Kaur Kang (PT)</b> State Head	<b>Dr. Shweta Parikh (PT)</b> State Joint Coordinator	<b>Dr. Advita Neville (PT)</b> State Sub Coordinator
<b>Dr. Pooja Kamble (PT)</b> Zonal Head, IAPWC	<b>Dr. Ruchi Varshney (PT)</b> National Head, IAPWC	<b>Dr. Sanjiv Jha (PT)</b> IAP President

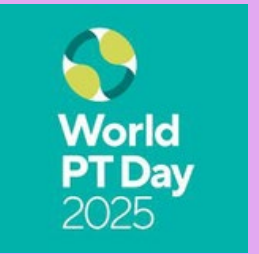


Healthy Menopause Camp Participants= 33





# IAPWC VADODARA DISTRICT



## Movement is Medicine ” E-Poster Making Competition

**Indian Association of Physiotherapists- Women cell  
Vadodara District- Gujarat  
Organizes**

**“Movement is Medicine”  
Poster Competition**

Scan for submission

**Theme: Physiotherapy for Healthy Ageing – Preventing Falls & Frailty**

**Submission: 01–05 Sept 2025**

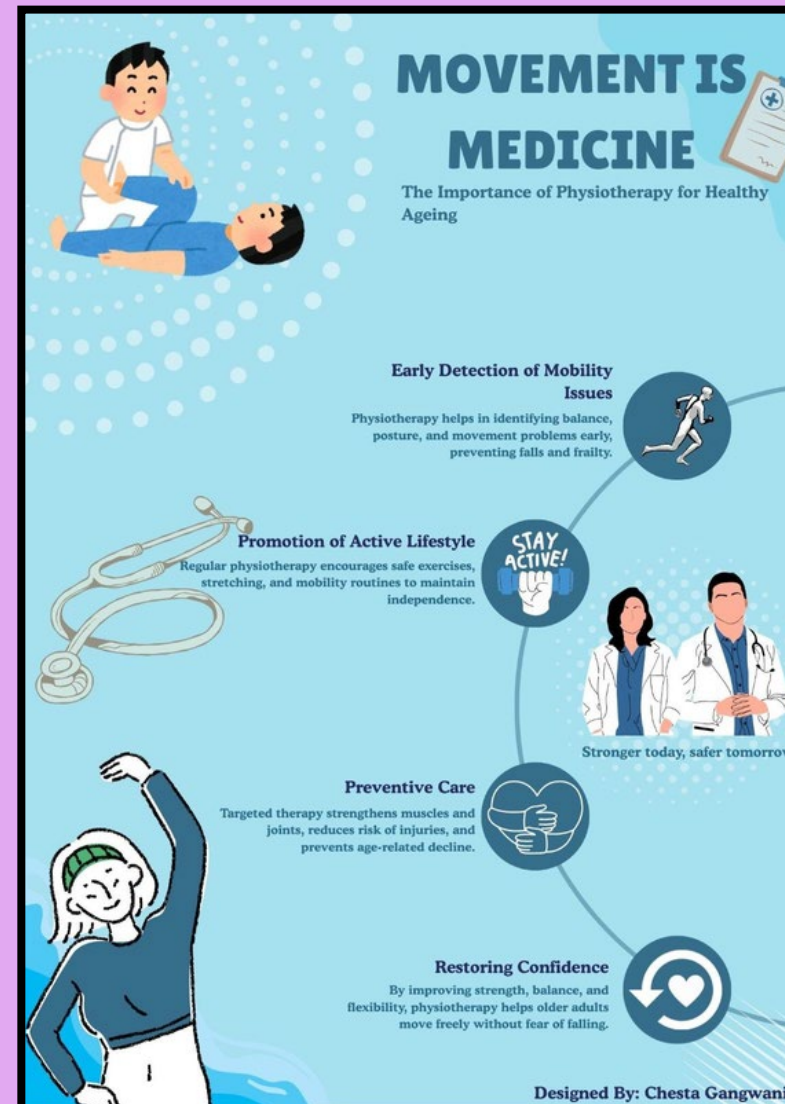
**Results: 08 Sept 2025 (World PT Day)**

**Event Organisers**

<b>Dr. Tanvi Sharma (PT)</b> Vadodara District Sub-Coordinator	<b>Dr. Pragna Landge (PT)</b> Vadodara District Coordinator	<b>Dr. Joyal Tejpal (PT)</b> Vadodara District Sub-Coordinator
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**Organised with the guidance of**

<b>Dr. Jaspreet Kaur Kang (PT)</b> State Head	<b>Dr. Shweta Parikh (PT)</b> State Joint Coordinator	<b>Dr. Advita Neville (PT)</b> State Sub Coordinator
<b>Dr. Pooja Kamble (PT)</b> Zonal Head, IAPWC	<b>Dr. Ruchi Varshney (PT)</b> National Head, IAPWC	<b>Dr. Sanjiv Jha (PT)</b> IAP President



**Movement is Medicine: Home-Based Fall Prevention Through Strength, Balance & Independence for Healthy Ageing**

**AUTHOR**  
AARYAN MAURYA

**FALLS AREN'T JUST ACCIDENTS. THEY'RE PREVENTABLE. BY COMBINING PROVEN BALANCE, STRENGTH, AND GAIT EXERCISES WITH BRAINGYM®, OLDER ADULTS CAN TRAIN BOTH MUSCLES AND THE MIND. SIMPLE CROSS-LATERAL MOVES LIKE LAZY 8S, CROSS-CRAWL, AND BRAIN BUTTONS SHARPEN COORDINATION, REACTION TIME, AND CONFIDENCE IN DAILY MOVEMENT. DELIVERED AT HOME OR THROUGH TELEREHAB, THIS INTEGRATIVE PROGRAM TRANSFORMS FALL PREVENTION INTO A SAFE, EMPOWERING ROUTINE THAT PROTECTS INDEPENDENCE AND PROMOTES HEALTHY AGEING.**

Component	Exercise Examples	Reps / Duration
Balance	Stomach down, single leg stance, weight shifts, heel-to-toe walk	10-20 sec, 2-3 sets
Strength	Sit-to-stand, mini-squats, calf raises, hip abduction	8-10 reps, 2-3 sets
Gait & Functional	Step-ups, obstacle course, heel-toe walking	5-10 min
BrainGym®	Cross-lateral movements, key to, brain buttons	5-8 min
Warm-up	Marching, shoulder rolls	2-5 min
Cool-down	Stretching, deep breathing	3-5 min

**CHECK YOUR RISK**

- Blurred vision or poor hearing
- Trouble standing or walking
- Dizziness, fainting, or balance loss
- Foot pain, numbness, or deformity
- Unsafe home (loose rugs, stairs, no rails)
- Sudden weight loss or weakness

**When to seek a Doctor**

**INTRODUCTION**

Falls are a leading cause of morbidity, loss of independence and healthcare utilization in older adults. Exercise programmes that target balance, gait and lower-limb strength consistently reduce fall rates and the number of people who fall. There is growing interest in home-based delivery and telerehabilitation to increase access for older adults who cannot attend physiotherapy. Concurrently, simple cognitive-motor skills "BrainGym" are proposed as low-burden adjuncts to promote engagement and dual task practice, but high-quality evidence for BrainGym's additive cognitive or fall-prevention benefit is limited.

**OBJECTIVE**

To synthesise the best available evidence on:

- (1) home-based, multi-component exercise (strength, balance, gait and telerehabilitation) for fall prevention in community-dwelling older adults,
- (2) the evidence for BrainGym or simple cognitive-motor skills as adjuncts to such programmes with respect to falls, mobility and cognition.

**RESULTS**

1. Exercise Balance + strength + gait reduces falls (24-34%); Tai Chi effective.
2. Home/telerehab: Feasible. Improves balance/function; fall reduction evidence promising.
3. Cognitive: Dual task + aerobic/resistance exercises modestly improve attention/executive function.
4. BrainGym®: Low-risk engagement tool; limited evidence for extra cognitive or fall-prevention benefits.

**CONCLUSION**

Falls in older adults arise from a mix of muscle weakness, balance loss, slowed reactions, and cognitive decline. Multicomponent exercise works best, and adding BrainGym offers a simple, engaging way to train both body and mind. Cross-lateral movements like Lazy 8s and Cross-Crawl improve coordination, attention, and motor planning, supporting safer gait and balance. Combined with home-based strength, balance, and gait training delivered in-person or via telerehab, BrainGym helps maintain independence, reduce falls, and promote healthy ageing in a safe, accessible way.

**MOVEMENT IS MEDICINE**

Physiotherapy for Healthy Aging – Preventing Falls & Frailty

**Statistics & Evidence**

- 1 in 3 adults aged 65+ falls each year
- Falls = leading cause of injury & hospitalization in elderly
- Frailty raises risk of disability and dependence by 50%

**Role of Physiotherapy**

- Physiotherapy restores strength, balance, flexibility, and confidence
- Tailored exercise programs reduce fall risk & improve independence
- Therapists teach safe walking, posture correction, and daily movement

**Preventing Falls & Frailty**

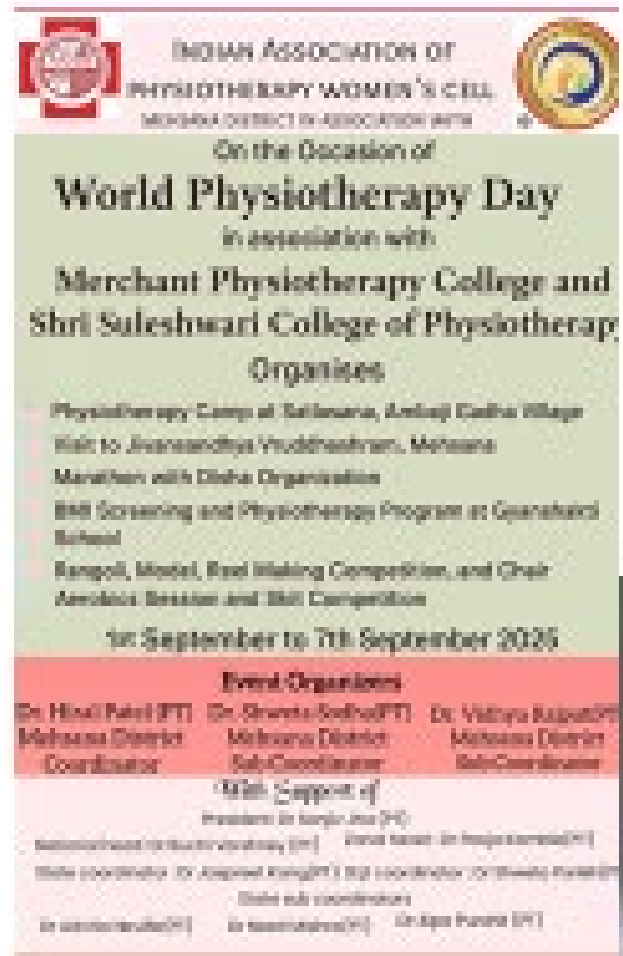
- Regular strength & balance training
- Supportive footwear & mobility aids
- Safe home environment – rails, lighting, clutter-free
- Routine physiotherapy & medical check-ups

Total Participants=34





# IAP Women Cell, Mehsana District




- Physiotherapy Camps at Oldage centre
- Rangoli and Skit Competition
- Model presentation on preventing falls and frailty
- Reel-making competition to spread awareness digitally
- Chair aerobics session for elderly patients





# IAPWC BANASKANTHA DISTRICT





IAP & IAPWC (BANASKANTHA DISTRICT)  
in associate with

**AKSHATAM PHYSIOTHERAPY COLLEGE**

**AKSHATAM**  
PHYSIOTHERAPY COLLEGE


celebrating  
**WORLD PHYSIOTHERAPY DAY**


**FREE PHYSIOTHERAPY CAMP**

At  
**AKSHATAM PHYSIOTHERAPY CLINIC**  
G-2 MEDIPOLIS, DEESA HIGHWAY, PALANPUR.


TIME:- 9:00 AM - 4:00 PM  
CONTACT- 8799451001

8 SEPTEMBER ,2025  
MONDAY






DR BRIJAL PATEL  
BANASKANTHA  
DISTRICT COORDINATOR



DR. FORAM PATEL  
BANASKANTHA  
DISTRICT SUB-  
COORDINATOR



DR. KRISHNA JINGAR  
BANASKANTHA  
DISTRICT SUB -  
COORDINATOR

Organised with the Guidance Of

Dr. Jaspreet Kaur Kang (PT)  
State Co ordinato

Dr. Pooja Kamble (PT)  
Zonal Head, IAPWC

Dr. Shweta Parikh (PT)  
State Joint Co ordinator

Dr. Ruchi Vashney (PT)  
National Head, IAPWC

Dr. Alpa Purohit (PT)  
State Sub Co ordinator

Dr. Sanjiv Jha (PT)  
IAP President

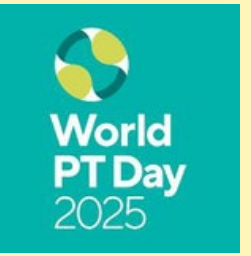


EVENT :-FREE PHYSIOTHERAPY  
CAMP  
TOTAL PARTICIPANTS:-128  
PATIENTS  
EVENT CONCEPT:-“ PAIN FREE  
LIFE THROUGH  
PHYSIOTHERAPY”  
OBJECTIVE:-TO EDUCATE  
PEOPLE ABOUT THE  
IMPORTANCE OF  
PHYSIOTHERAPY IN MANAGING  
AND PREVENTING PAIN,  
PARTICULARLY LOWER BACK  
PAIN AND PROMOTE A HEALTHY  
LIFESTYLE.





# IAPWC PANCHMAHAL - DAHOD TEAM



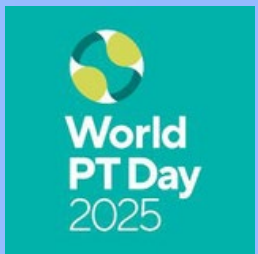
- POSTER PRESENTATION ",on Geriatric Health Awareness with Free Physiotherapy Treatment Camp
  - PHYSIOTHERAPY QUIZ"
- ORGANIZER:-  
DR.MEHA BHATT  
DR.JUMANA VANWALA -












# IAPWC, RAJKOT






**ON THE OCCASION OF WORLD PHYSIOTHERAPY DAY**  
**An Awareness and Training Session**  
collaboratively Organised by the Indian Association of Physiotherapists Women Cell, Rajkot, Gujarat, and the Geriatric Support Group, School of Physiotherapy, RK University



**"Healthy Ageing through Physiotherapy: Geriatric Rehabilitation for Better Living"**

**Date: 30th August 2025**  
**Time: 4:30 PM onwards**  
**Venue: Shree Ramnik Kuvarba Old Age Home, Rajkot**



**Event Organizers:**  
Dr. VAIBHAVI VED PT (DISTRICT COORDINATOR )  
Dr. KRUPA TANK PT (DISTRICT SUB COORDINATOR )  
Dr. JANKI AGHERA PT (DISTRICT SUB COORDINATOR)

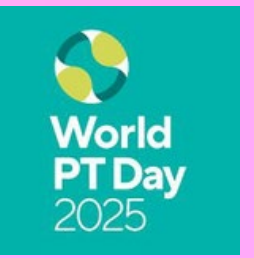
**Under the Guidance of:**  
Dr. JASPREET KANG PT (STATE COORDINATOR )  
Dr. POOJA KAMBLE PT (ZONAL HEAD)  
Dr. SHWETA PARIKH PT (STATE JOINT COORDINATOR )  
Dr. RUCHI VARSHNEY PT (NATIONAL HEAD )  
Dr. ADVITA NEVILLE PT (STATE SUB COORDINATOR)  
Dr. SANJIV JHA PT (PRESIDENT IAP )











# IAPWC-AHMEDABAD WEST DISTRICT



Indian Association of Physiotherapists Women Cell  
in association with  
Ahmedabad Institute of medical sciences  
celebrates  
**World Physiotherapy Day 2025**  
by organising  
**COMPREHENSIVE DEMENTIA SCREENING IN  
GERIATRICS POPULATION**

**DATE :**  
01 - 09 - 2025  
TO  
08 - 09 - 25

**VENUE :**  
AIMS PHYSIOTHERAPY COLLEGE AND  
LOCAL COMMUNITY AT AHMEDABAD  
REGION

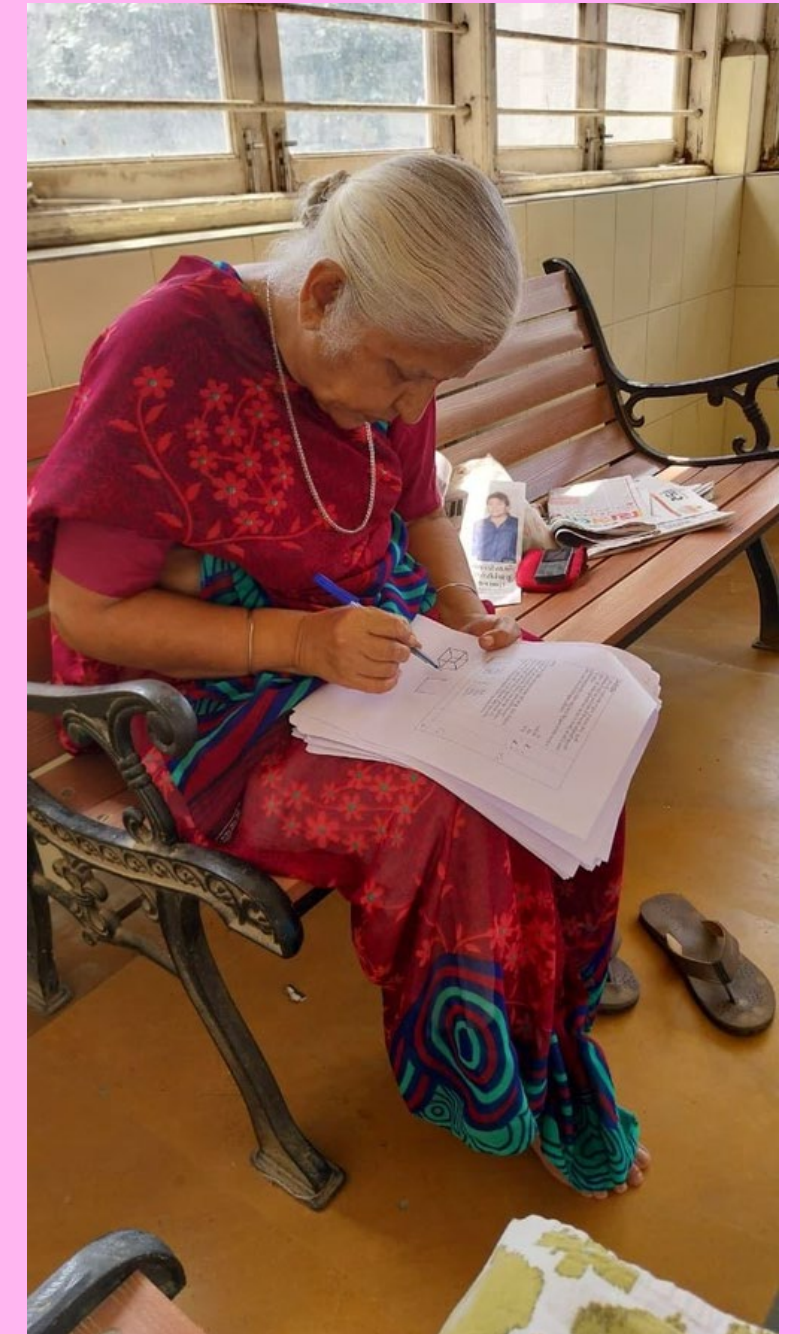
in coordination with faculties, BPT and MPT students of  
AIMS physiotherapy College

**EVENT ORGANIZERS**

DR . Krima Shah PT District sub co - ordinator	DR . Gopi Contractor PT District co - ordinator	DR . Nidhi Suthar PT District sub co - ordinator
---	--	---

**ORGANISED WITH THE GUIDANCE OF**

Dr. Jaspreet Kaur Kang (PT) state co-ordinator	Dr. Shweta Parikh (PT) state joint co ordinator	Dr. Alpa Purohit (PT) state sub- co ordinator
Dr. Pooja Kamble (PT) Zonal head, IAPWC	Dr. Ruchi Vashney (PT) National head, IAPWC	Dr. Sanjiu Jha (PT) IAP President



## COMPREHENSIVE DEMENTIA SCREENING IN GERIATRIC POPULATION

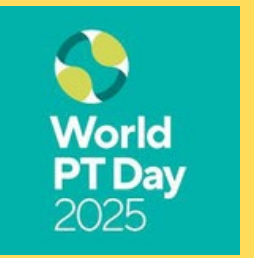
No of individual screened: 65

Percentage of geriatrics having cognitive impairment: 44.44%





# IAPWC-AHMEDABAD WEST DISTRICT



Indian Association of Physiotherapists Women Cell  
in association with  
Ahmedabad Institute of medical sciences  
celebrates

**World Physiotherapy Day 2025**

by organising

## INSIGHTS FOR HEALTHY AGEING

RESOURCE PERSON- DR. GOPI CONTRACTOR(PT) AND TEAM OF AIMS

📅 DATE & TIME :  
08 - 09 - 2025  
FROM  
9 :00 AM TO 12 :00 PM

📍 VENUE :  
HIRAMANI OLD AGE HOME, NEAR  
VAISHNODEVI CIRCLE, AHMEDABAD

in coordination with faculties, BPT and MPT students of  
AIMS physiotherapy College

### EVENT ORGANIZERS

DR . Krma Shah PT District sub co - ordinator	DR . Gopi Contractor PT District co - ordinator	DR . Nidhi Suthar PT District sub co - ordinator
--	--	---

### ORGANISED WITH THE GUIDANCE OF

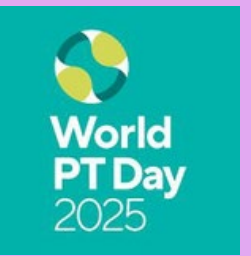
Dr. Jaspreet Kaur Kang (PT) state co-ordinator	Dr. Shweta Parikh (PT) state joint co ordinator	Dr. Alpa Purohit (PT) state sub- co ordinator
Dr. Pooja Kamble (PT) Zonal head, IAPWC	Dr. Ruchi Vashney(PT) National head, IAPWC	Dr. Sanjiu Jha (PT) IAP President









# IAPWC KALOL





## IAP & IAPWC (KALOL DISTRICT) IN ASSOCIATION WITH SHREE SWAMINARAYAN PHYSIOTHERAPY COLLEGE, KALOL

The Ageless Journey-  
Physiotherapy for lifelong health

GROUP EXERCISE SESSIONS FOR GERIATRICS:  
DAY 1 : BALANCE AND COORDINATION EXERCISES  
DAY 2 : CHAIR AEROBICS & CHEST EXPANSION EXERCISES  
DAY 3 : STRENGTH TRAINING & FUN ACTIVITIES

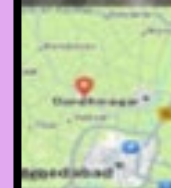
ORGANIZED BY:  
DR. URVASHI JADEJA  
DISTRICT COORDINATOR  
DR. MITRANGI VAGHELA  
DISTRICT SUB-COORDINATOR  
DR. POOJA PATEL  
DISTRICT SUB-COORDINATOR

GUIDED BY:  
DR. JASPREET KALUR KANG  
STATE COORDINATOR  
DR. SWETA PARDKH  
STATE JOINT COORDINATOR  
DR. ALPA PUROHIT  
STATE JOINT COORDINATOR  
DR. SANJIV JHA  
IAP PRESIDENT  
DR. RUCHE VARSHNEY  
NATIONAL HEAD & IAPWC  
DR. POOJA KAMBLE  
ZONAL HEAD & IAPWC

Date  
**SEPT 2 TO 4, 2025**

Time  
**10.00 AM - 12 NOON**

[Join Now](#)



Kalol, Gujarat, India  
Kalol Palasana Jaspur Road, GIOC Estate, Kalol, Gujarat, 382725, India  
Lat: 23.22492, Long: 72.50762  
02/09/2025 11:07 AM GMT +05:30





# IAP WOMEN'S CELL – AHMEDABAD EAST



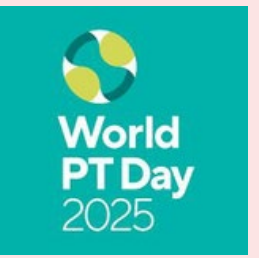
- **33 students** (MPT, BPT and academicians) across Ahmedabad participating for the activity at SBB college of physiotherapy on 3rd September 2025 at 3pm.
- Participants made beautiful Rangolis on the theme Healthy aging.
- The event was judged by esteemed guests Dr. Jaspreet Kaur (IAPWC State Head) and Dr. Sarla Bhatt (Senior physiotherapist).
- Judges gave their insight about the Rangolis made and appreciated all the participants.
- The **winners** were declared on the same day with Dharmi Patel and Hardi at 1st position (SBB college), 2 winners on second position, Rudri (SBB college) and Riddhi Shah and Liza (SBB college) and on 3rd position Yesha Panchal and Bhoomi (LJ institute of Physiotherapy).












# IAPWC Gandhinagar District






**LJ Institute of Physiotherapy & Apollo Institute of Physiotherapy,**  
in collaboration with  
**IAP & IAP-Women Cell, Gandhinagar**

**Organizes Seminar on**  
**Empowering the Aging Population-**  
**Role of Community Physiotherapist**

<b>Dr. Harsha Yewley PT</b> Gandhinagar District Sub-Coordinator	<b>Dr. Priya Rangey PT</b> Gandhinagar District Coordinator	<b>Dr. Pallavi S Variyani PT</b> Gandhinagar District Sub-Coordinator
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**Organised with the Guidance of**

<b>Dr. Jaspreet Kaur Kang PT</b> State Coordinator	<b>Dr. Shweta Parikh PT</b> State Joint Coordinator	<b>Dr. Alpa Purohit PT</b> State Sub-Coordinator
<b>Dr. Pooja Kamble PT</b> Zonal Head, IAPWC	<b>Dr. Ruchi Varshney PT</b> National Head, IAPWC	<b>Dr. Sanjiv Jha PT</b> IAP President



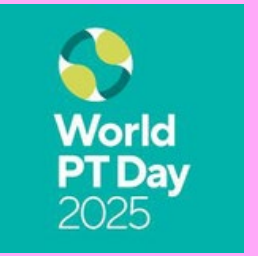
**Dr. Megha Sheth PT**

**Date: 6th September 2025**  
**Time: 10am to 12pm**  
**Venue: Seminar Hall, 2<sup>nd</sup> Floor,**  
**LJ Institute of Physiotherapy,**  
**LJ Campus, Sarkhej**



**Participants : 129 students and 12 faculty members**





Physiotherapy is not just about  
healing the body, it's about  
empowering the patient to take  
control of their own health.