



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 wellbeing 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 HARYANA

Sr. no.	Activity name / Title	Date	Venue
1	Webinar – Healthy Ageing	8 September 2025	Zoom
2	Camping and wellness workshop	7 September 2025	Decathlon
3	Talk on physiotherapy role in healthy ageing	4 th September 2025	Aurum - Gurugram
4	Talk on postures and pains in school	6 th September 2025	Sanskriti govt. school, kurushetra
5	World physiotherapy week celebration	3 rd to 8 th September 2025	RPIIMS, Bastara, Karnal
6	Poster and Quiz Competition	8 th September 2025	TDTR DAV institute of physiotherapy, Yamuna nagar

IAPWC HARYANA

ACTIVITY TOPIC - HEALTHY AGEING WEBINAR

DATE – 8TH SEPTEMBER 2025

TIME – 4:30 TO 5:30

TEAM MEMBERS – DR. POOJA ANAND (PT) IAPWC STATE HEAD

DR. DIVYA AGGARWAL (PT) IAPWC JOINT COORDINATOR

DR. BHAWANA MANGLA (PT) STATE SUBCOORDINATOR

DR. PRIYANKA RISHI (PT) STATE SUBCOORDINATOR

DR. BHAWANA (PT) STATE SUBCOORDINATOR



INDIAN ASSOCIATION OF PHYSIOTHERAPIST WOMEN CELL, HARYANA

Organises

WORLD PHYSIOTHERAPY DAY 2025

Healthy Ageing Webinar

PHYSIOTHERAPY FOR ACTIVE & INDEPENDENT LIVING



Highlights of webinar

- Importance of Physiotherapy in Healthy Ageing
- Nutrition & lifestyle tips for ageing gracefully
- Preventing falls, fractures and joint problems
- Exercise and mobility for seniors
- Q & A with Experts

 : Zoom Webinar

 : 8 September 2025

 : 4:30 pm to 5:30 pm

SPEAKER:

Dr. Sonika (PT) IAPWC Gurugram Coordinator
Dr. Ankur Kler (PT) IAPWC Faridabad Coordinator
Dr. Neelam Kaushal (PT) IAPWC Gurugram Sub Coordinator
Dr. Ritu Jatav (PT) IAPWC Gurugram SubCoordinator
Dr. Rajni (PT) IAPWC Kurushetra SubCoordinator

Under the Guidance of:

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

Organised by:

Dr. Pooja Anand (PT) Haryana Co-ordinator
Dr. Divya Aggarwal (PT) Haryana Joint Coordinator
Dr. Bhawana Mangla (PT) Haryana SubCoordinator
Dr. Priyanka Rishi (PT) Haryana SubCoordinator
Dr. Bhawna (PT) Haryana SubCoordinator

Report On World Physiotherapy Day Webinar

On The Occasion Of World Physiotherapy Day 2025, The Indian Association Of Physiotherapist Women Cell, Haryana, Organized A State-level Webinar On The Theme “Healthy Ageing – Physiotherapy For Active & Independent Living” On 8th September 2025.

The Session Focused On Spreading Awareness About The Role Of Physiotherapy In Promoting An Active, Independent, And Healthy Lifestyle In The Ageing Population. Key Topics Included :

Importance Of Physiotherapy In Healthy Ageing

Nutrition And Lifestyle Tips For Ageing Gracefully

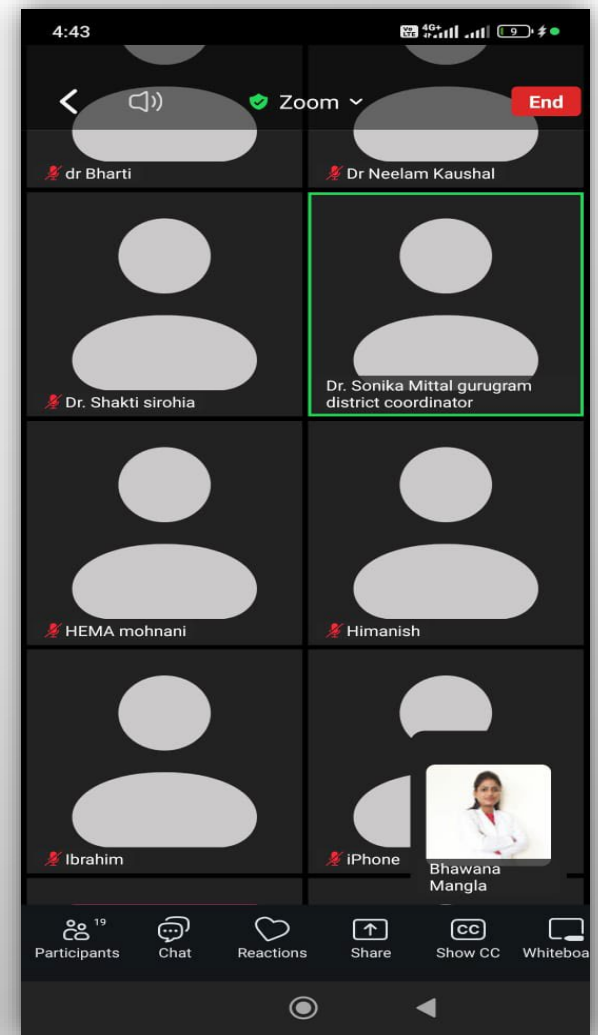
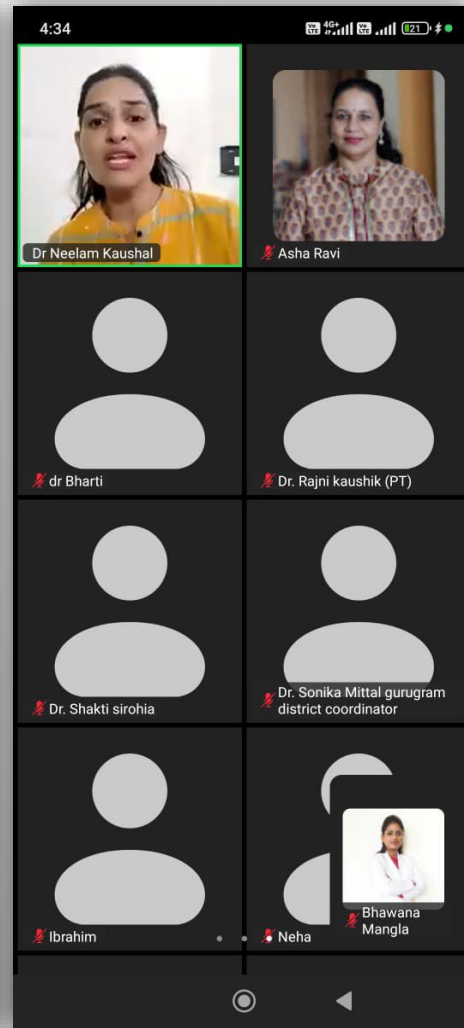
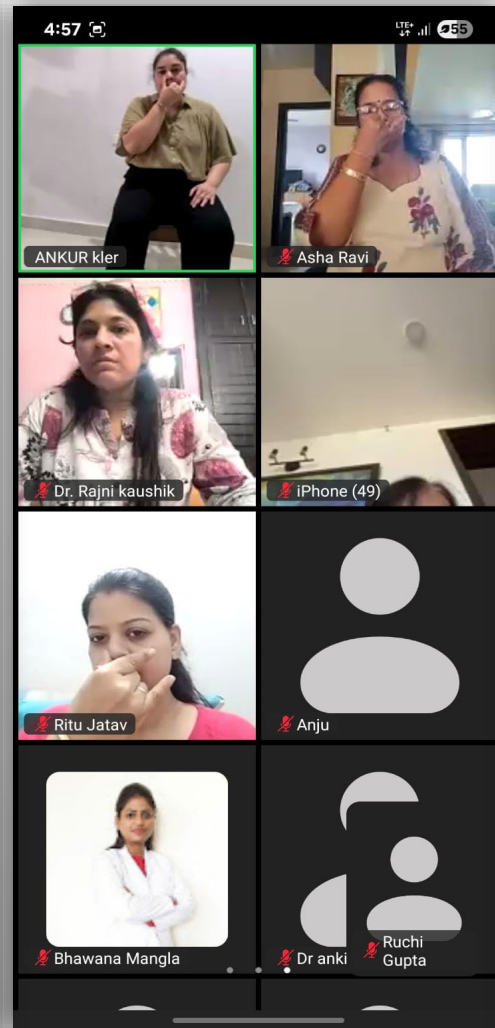
Preventing Falls, Fractures, And Joint Problems

Exercise And Mobility For Seniors q&a Interaction With Experts the

Expert Panel Of Speakers Included Dr. Neelam Kaushal, Dr. Sonika Mittal, Dr. Rajni Kaushik, Dr. Ankur Kler, And Dr. Ritu Jatav, Who Shared Their Valuable Knowledge And Practical Tips On Healthy Ageing.

The Webinar Witnessed The Enthusiastic Participation Of 25–30 Patients, Who Actively Engaged In The Discussion And Expressed Their Appreciation For The Insights Shared. The Interactive Session Helped The Participants Understand How Simple Lifestyle Modifications, Combined With Physiotherapy, Can Enhance Their Quality Of Life.

The Event Successfully Highlighted The Importance Of Physiotherapy In Healthy Ageing And Reinforced The Clinic’s Commitment To Patient Education And Community Health Awareness.



IAPWC FARIDABAD

ACTIVITY TOPIC - CAMPING AND WELLNESS
WORKSHOP

DATE – 7TH SEPTEMBER 2025

TIME – 10 AM TO 11 AM

TEAM MEMBERS – DR. ANKUR KLER (PT)
IAPWC FARIDABAD COORDINATOR

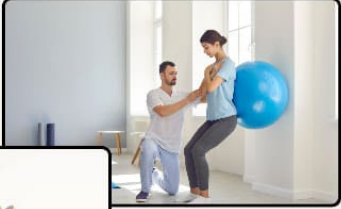
DR. MANISHA SACHDEVA (PT) IAPWC
FARIDABAD SUBCOORDINATOR



WORLD PHYSIOTHERAPY DAY


**CAMPING
& WELLNESS WORKSHOP**

In collaboration with Decathlon &
IAPWC Faridabad District



7/09/2025
10:00 am to 11:00 am


**Decathlon
Faridabad Store**

- Learn about physical well being & outdoor fitness
- Live physiotherapy tips for active lifestyles
- Fun camping and wellness activities
- Exclusive shopping vouchers for participants

Under the guidance of
Dr. Sanjeev Jha (PT) (President , IAP)
Dr. Ruchi Varshney (PT) (National head, IAPWC)
Dr. Niti Khurana (PT)
IAPWC North Zonal Head
Dr. Pooja Anand (PT)
IAPWC Haryana Coordinator

Organiser
Dr. Ankur Kler (PT)
IAPWC Faridabad coordinator
7011655012
Dr. Manisha Sachdeva (PT)
IAPWC Faridabad SubCoordinator

Report on CAMPING and wellness Workshop in collaboration with Decathlon, faridabad.

Organised by IAPWC Faridabad on World Physiotherapy Day 2025.

On the occasion of World Physiotherapy Day 2025, IAPWC Faridabad organised a unique Camping Workshop combined with an awareness session on the importance of physiotherapy in outdoor activities.

The workshop witnessed the active participation of around 21 attendees, including physiotherapists, patients, and fitness enthusiasts. The program began with a warm welcome to all participants, physiotherapist introduction, followed by interactive sessions and hands-on demonstrations.

This was followed by a talk by Dr. Bhawana about how camping and physiotherapy are related. She highlighted how physiotherapy not only plays a role in clinical rehabilitation but also supports safe and effective participation in outdoor recreation, camping, and adventure activities.

We extend our heartfelt gratitude to Mr. Rajkumar, who shared valuable insights about camping techniques and guided everyone through the practical steps of how to tie a tent efficiently. His demonstration made the learning both fun and practical for real-life use.



IAPWC GURUGRAM

ACTIVITY TOPIC - TALK ON PHYSIOTHERAPY
ROLE IN HEALTHY AGEING

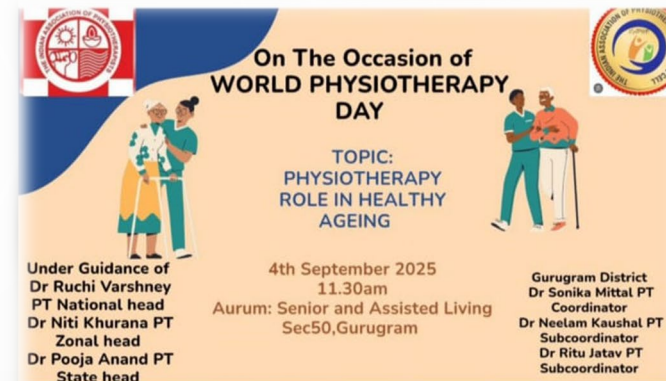
DATE – 4TH SEPTEMBER 2025

TIME – 11: 30 AM

TEAM MEMBERS – DR. SONIKA MITTAL (PT)
IAPWC GURUGRAM COORDINATOR

DR. NEELAM KAUSHAL (PT) IAPWC GURUGRAM
SUBCOORDINATOR

DR. RITU JATAV (PT)) IAPWC GURUGRAM
SUBCOORDINATOR





REPORT OF TALK ON PHYSIOTHERAPY ROLE IN HEALTHY AGEING

To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent—that is to triumph over old age. This is what is reflected by the event conducted in

- Aurum- Assisted living on the occasion of "World Physiotherapy Day"
 - 4th Sept 2025 where more than 20 senior citizens actively participated in fun games which took them to their childhood .
 - Timing - 11.30am Happy memories, cherishable moments created.
- 



IAPWC KURUSHETRA

ACTIVITY TOPIC - TALK ON POSTURES AND PAINS IN SCHOOL

DATE – 6TH SEPTEMBER 2025

TIME – 10:00AM

TEAM MEMBERS – DR. SUDHA (PT) IAPWC KURUSHETRA COORDINATOR

DR. MEENU (PT) IAPWC KURUSHETRA SUB COORDINATOR

DR. RAJNI (PT)) IAPWC KURUSHETRA SUB COORDINATOR



WORLD PHYSIOTHERAPY DAY 2025



IAPWC, KURUKSHETRA

**Session for the Faculty of Sanskriti School,
Kurukshetra about posture corrections and
pain issues. (In Association with IAPWC, Kkr)**



DATE: 06/09/25



TIME: 10:00AM



**VENUE: SANSKRITI GOVT SCHOOL,
KURUKSHETRA**

Under the guidance of:

Dr Sanjeev Jha (PT)

Dr Ruchi Varshney(PT)

Dr Niti Khurana(PT)

Dr Pooja Anand(PT)

Organised by:

Dr Sudha(PT)

Dr Meenu(PT)

Dr Dimple(PT)

Dr Saloni(PT)

Report of Talk on Pain and Posture in among Teachers in School

On the occasion of World Physiotherapy Day, a session was organised for the Faculty of Sanskriti Govt School, Kurukshetra on 06/09/25.

The session was started at 10am with the help and full support of Arun Sir (Principal, Sanskriti school) under the guidance of IAPWC. Dr Sudha Dr Dimple Dr Meenu Dr Saloni started the session telling about posture corrections and exercises for the same and problems related to pain issues.

The session was completed around 11:30am in which all the physio doctors gave solutions to the queries of teachers. Overall the session was successfully completed by the team of IAPWC, Kurukshetra.



IAPWC KARNAL

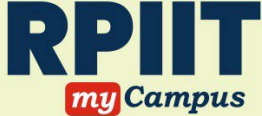
ACTIVITY TOPIC - WORLD PHYSIOTHERAPY
WEEK CELEBRATION

DATE – 3RD TO 8TH SEPTEMBER 2025

TEAM MEMBERS – DR. BHARTI ARORA (PT)
IAPWC KARNAL COORDINATOR

DR. KIRTI (PT) IAPWC KARNAL SUB
COORDINATOR

DR. GEETANJALI (PT)) IAPWC KARNAL SUB
COORDINATOR



THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL
KARNAL DISTRICT - HARYANA
Organizes



ONE DAY PHYSIOTHERAPY CAMP
on the occasion of
WORLD PHYSIOTHERAPY WEEK CELEBRATION

Organized By:
Dr. Bharti (PT)
IAPWC Karnal District
Coordinator/Sub Coordinators

Under the Guidance of
Dr. Sanjeev Jha (PT)
IAP President
Dr. Ruchi Varshney (PT)
IAPWC National Head

Under the Guidance of
Dr. Niti Khurana (PT)
IAPWC Haryana State
Coordinator



Report

World Physiotherapy Day celebration 2025

Grand Celebration of World Physiotherapy Day Week at RPIIMS, Bastara, Karnal

On 8th September 2025, World Physiotherapy Day was celebrated with great enthusiasm and dignity at RPIIMS, Bastara, Karnal. This marked the grand conclusion of a week-long series of activities and events organized by the Department of Physiotherapy.

The celebrations began on 3rd September 2025 and continued till 8th September 2025, aiming to enhance students' creativity, knowledge, and active participation through various competitions and programs.

Week-long Activities



3rd September – Students enthusiastically took part in Brain-related Fun Activity, Musical Chair Game, Skeleton Game, and a special Volleyball Match organized exclusively for boys.



4th September – Students showcased their artistic skills through Poster Making and Rangoli Competitions.



6th September – In collaboration with Civil Hospital, Panipat, RPIIMS organized a special Physiotherapy Camp offering free consultation and treatment facilities to patients. More than 50 patients were seen during that day. Most of the case were OA Knee, cervical & back pain. Faculty member & students of RPIIMS educate THE OLD AGE POPULATION with visual & oral presentation & also advice the ergonomic care to them .



Valedictory Function (8th September 2025)

The closing ceremony was held in the Auditorium at RIIIMS Campus, Karnal. On this occasion, The event was conducted in an engaging and interactive format, aimed to educate the students about the significance of Physiotherapy. We emphasized that physiotherapy is not only a treatment method but also a significant approach for health preservation and preventive care. Students presented a remarkable thematic play based on Physiotherapy along with several cultural performances. They actively participated in all the competitions and programs held during the week, and on World Physiotherapy Day they were also honoured for their participation and achievements. The event was end with cake cutting ceremony.



IAPWC YAMUNA NAGAR

ACTIVITY TOPIC - POSTER AND QUIZ
COMPETITION

DATE – 8TH SEPTEMBER 2025

TEAM MEMBERS – DR. RUCHIKA GUPTA (PT)
IAPWC YAMUNA NAGAR COORDINATOR

DR. HEENA (PT) IAPWC YAMUNA NAGAR
SUB COORDINATOR

DR. YUKTI (PT)) IAPWC YAMUNA NAGAR
SUB COORDINATOR



IAP & IAPWC, in collaboration with TDTR DAV Institute of Physiotherapy, Yamunanagar, are organizing a Poster Competition and Quiz Competition on the occasion of World Physiotherapy Day.

Our Mentors:

- ✓ Dr. Sanjiv Jha, IAP President
- ✓ Dr. Ruchi Varshney, IAPWC National Head
- ✓ Dr. Niti Khurana IAPWC North Zonal Head
- ✓ Dr. Pooja Anand, IAPWC State Coordinator

Topic for Poster Competition
**Healthy Aging: Embrace life,
embrace wellness .**

Event Date: 8th Sep 2025

Organizers:

- ✓ Dr. Ruchika Gupta, IAPWC District Coordinator
- ✓ Dr. Heena, IAPWC District Sub-coordinator
- ✓ Dr. Yukti, IAPWC District Sub-coordinator

Join IAP, IAPWC Team Yamunanagar & TDTR DAV Institute of Physiotherapy, Yamunanagar, Haryana, in celebrating this event and showcasing the importance of physiotherapy in modern healthcare.



TDTR DAV INSTITUTE OF PHYSIOTHERAPY & REHABILITATION YAMUNANAGAR HARYANA

 **CONTACT US: 098129-95151**
94662-10262, 99880-21416

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GOBINDPURI RD, PROFESSOR COLONY, YAMUNA NAGAR, JAGADHRI, HARYANA 135001



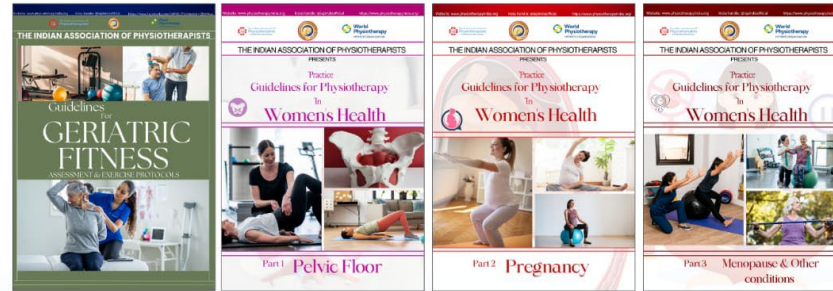




WITH GRATITUDE TO OUR LEADERS AND MENTORS

We extend our heartfelt gratitude to Dr. Sanjeev Jha (PT), President IAP, Dr. Ruchi Varshney (PT), National Head IAPWC, Dr. Niti Khurana (PT), Zonal Head IAPWC, and Dr. Pooja Anand (PT), Haryana State Coordinator for their constant guidance and encouragement. It is under your leadership and vision that we were able to successfully organize meaningful events on World Physiotherapy Day. Your unwavering support, motivation, and direction not only helped us in planning and execution but also inspired us to create greater awareness about physiotherapy and its role in promoting health. We are truly grateful for your mentorship, which made this celebration impactful and memorable.





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.

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Thank You

