



The Indian Association Of Physiotherapists  
Celebrating World Physiotherapy Day 2025

# HEALTHY AGEING

Enhancing the Quality of Elder Care



# What is Healthy Ageing?

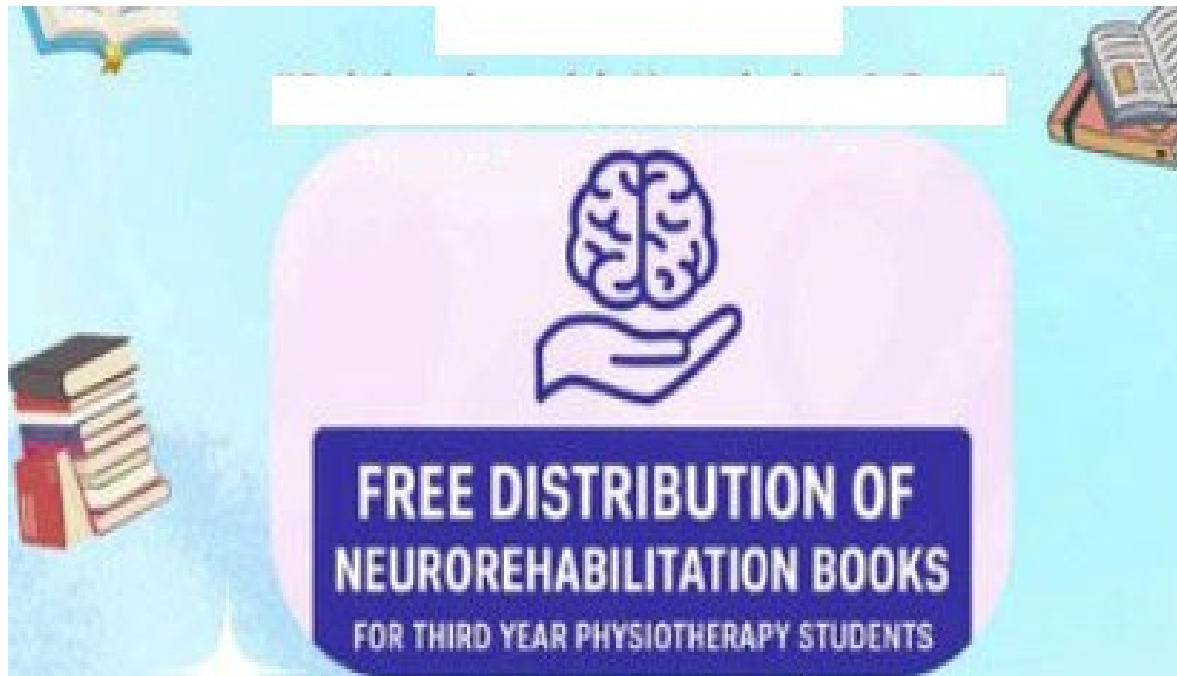
A process of maintaining physical, mental and social well-being of elderly.

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.




# IAP & IAPWC Madhya Pradesh Free Distribution of Neurorehab Books






# IAPWC Madhya Pradesh


## Student orientation camp in Saksham School, Dewa



**IAPWC MP State**  
**On the occasion of**  
**World Physiotherapy Day**



*"Every Child Deserves Strength, Support & Smiles  
Physiotherapy Camp at Saksham."*



Date - Monday 8/9/25  
Timing - 11 A.M.  
Venue - Saksham Special School  
Bal Vihar civil lines Dewas

**Dr.Sanjiv Jha**  
President,IAP

**Dr.Ruchi Varshney**  
National head,IAPWC

**Dr.Sakina Kanchwala**  
Zonal head

**Dr.Payal Malpani Thakre**  
State head,MP

**Dr.Deepali Dev**  
State sub-coordinator,MP





# IAPWC Bhopal District

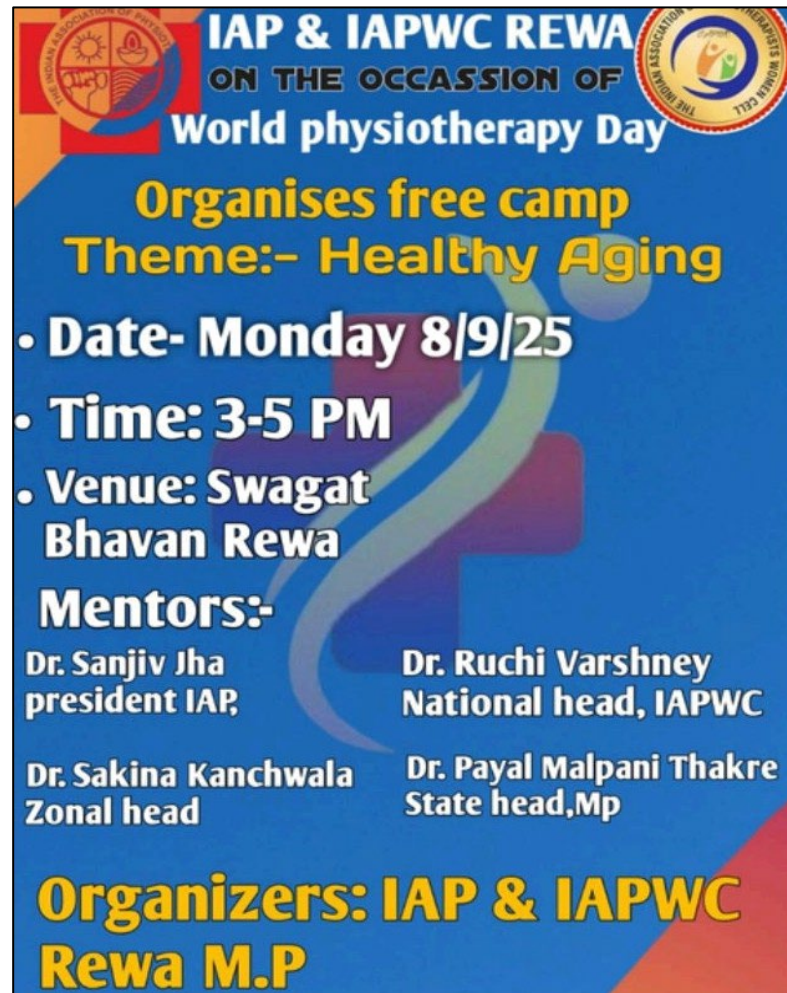
## “Physiotherapy Role in Healthy Ageing” at Khushilal Ayurvedic Government Hospital

IAPWC BHOPAL DIS.



# IAPWC Rewa District

## “Physiotherapy Role in Healthy Ageing” at Swagat Bhavan

The poster is for an event organized by IAP & IAPWC Rewa. It features a blue background with a stylized graphic of a person in a dynamic pose. At the top, there are two circular logos: the IAP logo on the left and the IAPWC logo on the right. The text on the poster is as follows:

**IAP & IAPWC REWA**  
**ON THE OCCASION OF**  
**World physiotherapy Day**

**Organises free camp**  
**Theme:- Healthy Aging**

- **Date- Monday 8/9/25**
- **Time: 3-5 PM**
- **Venue: Swagat Bhavan Rewa**

**Mentors:-**

<b>Dr. Sanjiv Jha</b> president IAP	<b>Dr. Ruchi Varshney</b> National head, IAPWC
<b>Dr. Sakina Kanchwala</b> Zonal head	<b>Dr. Payal Malpani Thakre</b> State head, Mp

**Organizers: IAP & IAPWC**  
**Rewa M.P**







# IAPWC Indore District

## Shri Bhartiya Sankriti Shiksha Sanasthan



### IAPWC INDORE DISTRICT



ORGANIZING A FREE POSTURAL AWARENESS TALK FOR SCHOOL STUDENTS AIMING INTEGRATION OF PHYSIOTHERAPY INTO 3S (SCHOOL , SPORTS, SOCIETY)

ON THE OCCASION OF  
WORLD PHYSIOTHERAPY DAY

**VENUE** SHRI BHARTIYA SANSKRITI SHIKSHA SANSTHAN

**TIME** 12:30 - 2:00 PM

**DATE** 11 SEPT 2025

**SPEAKER - DR. PRIYA CHHABRA (PT)**  
**DR. AISHVARYA RAJPUROHIT (PT)**

#### UNDER THE GUIDANCE

DR. SANJEEV JHA, PRESIDENT IAP  
DR. RUCHI VARSHNEY, NATIONAL HEAD  
IAPWC  
DR. SAKINA KANCHWALA, CENTRAL  
ZONAL HEAD IAPWC  
DR. PAYAL MALPANI THAKRE ,M.P.STATE  
HEAD

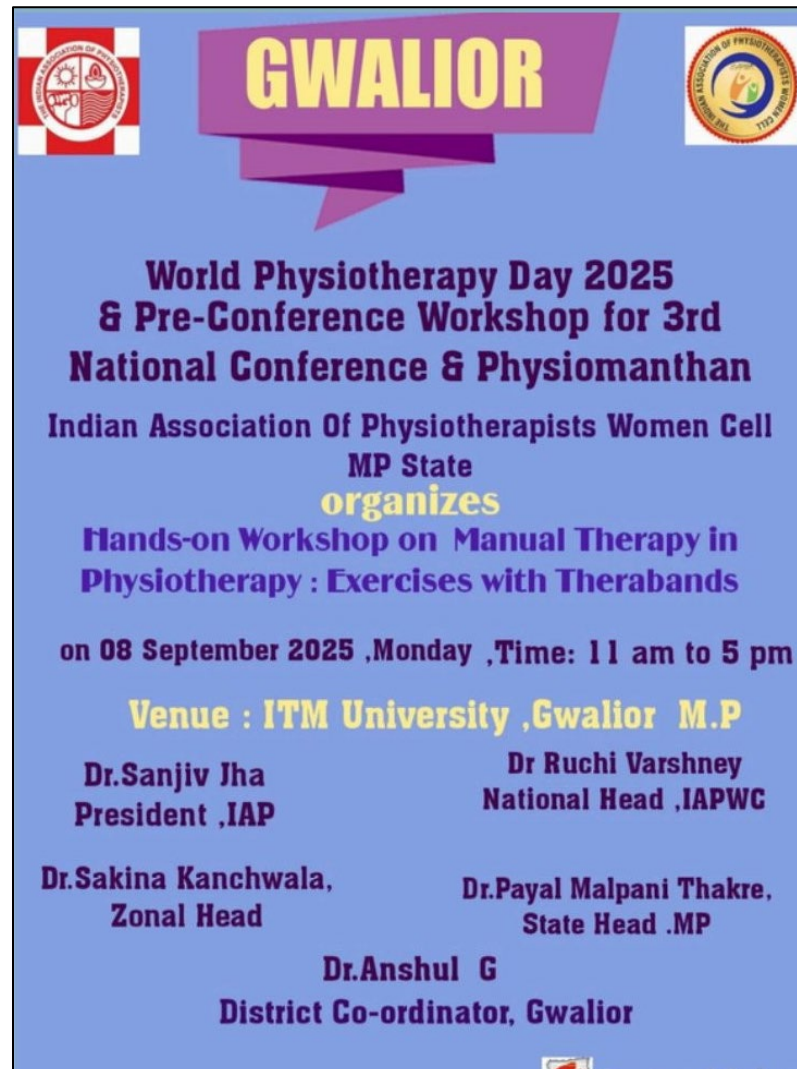
#### ORGANIZING TEAM

DR. PRIYA CHHABRA ,IAPWC INDORE  
DISTRICT COORDINATOR  
DR. PRIYA MEHTA ,IAPWC INDORE SUB  
COORDINATOR  
DR. AISHVARYA RAJPUROHIT, IAPWC  
INDORE SUB COORDINATOR





# IAPWC Gwalior District Hands-on Workshop on Exercises with Theraband



The poster is for a workshop titled "Hands-on Workshop on Exercises with Theraband". It is organized by the Indian Association of Physiotherapists Women Cell, MP State. The event is part of the World Physiotherapy Day 2025 & Pre-Conference Workshop for the 3rd National Conference & Physiomanthan. The workshop is scheduled for 08 September 2025, Monday, from 11 am to 5 pm. The venue is ITM University, Gwalior, M.P. The poster features logos of the Indian Association of Physiotherapists (IAP) and the Indian Association of Physiotherapists Women Cell (IAPWC) at the top. The word "GWALIOR" is prominently displayed in a purple banner. The text is in various colors (purple, yellow, and black) on a light blue background.

**GWALIOR**

**World Physiotherapy Day 2025  
& Pre-Conference Workshop for 3rd  
National Conference & Physiomanthan**

**Indian Association Of Physiotherapists Women Cell  
MP State  
organizes**

**Hands-on Workshop on Manual Therapy in  
Physiotherapy : Exercises with Therabands**

**on 08 September 2025 ,Monday ,Time: 11 am to 5 pm**

**Venue : ITM University ,Gwalior M.P**

**Dr.Sanjiv Jha  
President ,IAP**

**Dr Ruchi Varshney  
National Head ,IAPWC**

**Dr.Sakina Kanchwala,  
Zonal Head**

**Dr.Payal Malpani Thakre,  
State Head .MP**

**Dr.Anshul G  
District Co-ordinator, Gwalior**

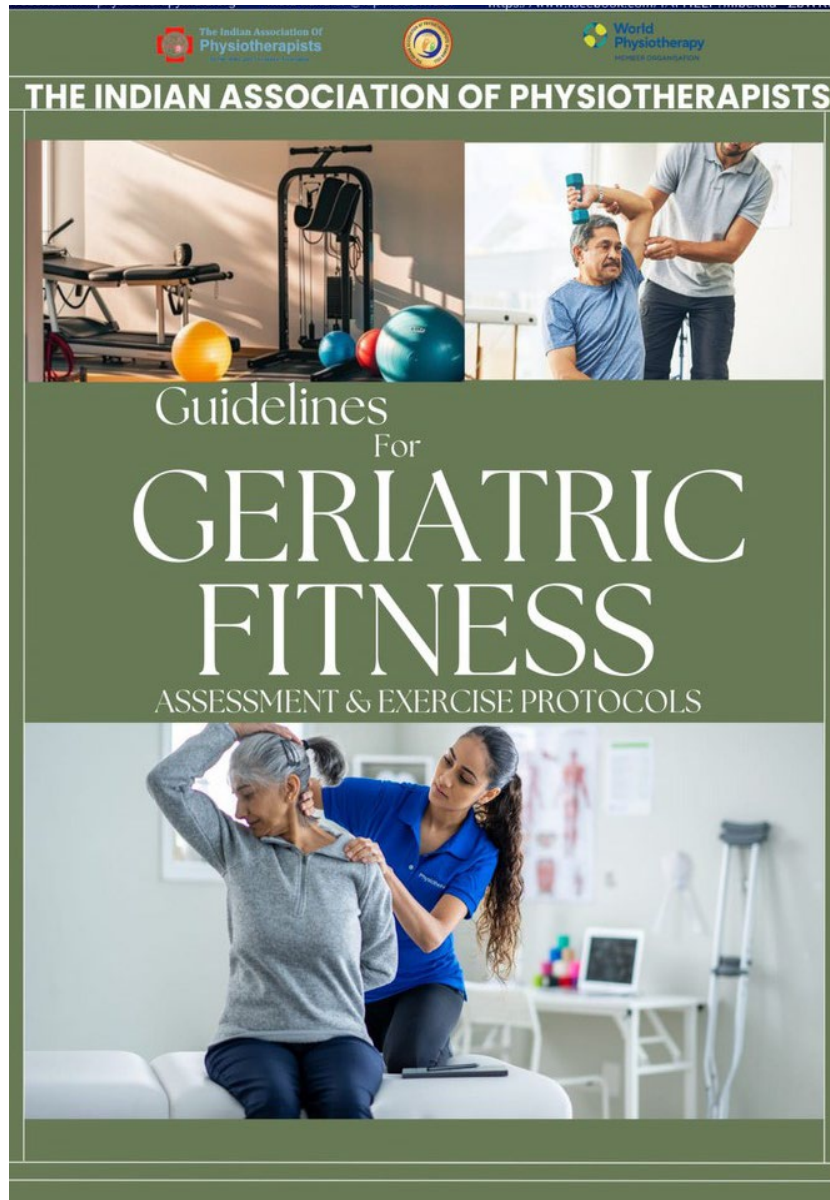








# Reference Guidelines





## 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.**

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<https://forms.gle/cRoPHvjK5HYjj3ab9>

Or SCAN







Thank You  
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