

World Physiotherapy Day 2025

Theme: Healthy Ageing

IAPWC NOIDA ACTIVITIES



IAP & IAPWC NOIDA
Is celebrating
7TH SEPTEMBER 2025
8th September
WORLD Physiotherapy Day
10AM TO 1PM

In collaboration with Apollo
& Clove Dental Clinic

LISTS OF CELEBRATIONS

- Ganesh Vandana By Poonam Dance Academy
- Therapeutic Yoga By Arushi Bhargava
- Elderly care & posture care
- Health Camp including Blood tests by Apollo
- Dental Checkup by Clove dental

VENUE:
AEROBICS ROOM,
GRAND OMAXE SOCIETY
SECTOR - 93, NOIDA

Blood Donation

Inauguration By
Association of Apartments Owners
AAO
Grand omaxe society

Contact for Query
Dr. Kanchan Bhardwaj (PT)
8800997735

Under the guidance
Dr. Sanjiv Jha PT (President, IAP)
Dr. Ruchi Varshney PT (National Head, IAPWC)
Dr. Joji Johns PT (National Head Branch Committee IAP)
Dr. K. K. Sharma PT (Secretary IAP-UP)
Dr. Smrita Singh PT (East Zonal Head IAPWC)
UP IAP & IAPWC State Team



We **IAPWC NOIDA** celebrated #WorldPhysiotherapy Day on 7th & 8th September, 2025 with community service and academic events! 💪 ❤️

📍 Day 1 @ Grand Omaxe, Sec 93 Noida

✅ **Ganesh Vandana by Poonam Academy**

✅ **Therapeutic Yoga by Arushi Bhargav**

✓ **Elderly care & awareness camp**

✓ **Blood donation & dental check-up camps**

🎨 **Chief Guest: Shri Pankaj Singh, MLA Noida**

👉 **Over 70 participants availed free health services.**



Day 2 Kailash institute Greater Noida

ON THE OCCASION OF
World Physiotherapy Day
IAP & IAPWC NOIDA
IS ORGANISING
"Creative Canvas Competition"
IN COLLABORATION WITH
KAILASH INSTITUTE, GREATER NOIDA

KAILASH INSTITUTE
NURSING | PHYSIOTHERAPY | PARAMEDICAL
"A" RATED MENTOR INSTITUTE

"A POSTER IS WORTH A THOUSANDS WORDS. DON'T MISS YOUR CHANCE TO SPEAK UP!"

THEME
HEALTHY AGEING
DATE
8TH SEPT, 2025
TIME : 10 AM

CHIEF GUESTS:
DR. VINOD KAUSHIK (PT)
VICE PRESIDENT (IAP HARYANA)
DR. SARU BANSAL (PT)
DISTRICT CO-ORDINATOR
IAPWC NOIDA

Under the guidance
Dr. Sanjiv Jha PT (President, IAP)
Dr. Ruchi Varshney PT (National Head, IAPWC)
Dr. Jaji Johns PT (National Head Branch Committee IAP)
Dr. K K Sharma PT (Secretary IAP-UP)
Dr. Smrita Singh PT (East Zonal Head IAPWC)
UP IAP & IAPWC Team

VENUE- AUDITORIUM
KAILASH INSTITUTE, GREATER NOIDA

Patron
MR. SANDEEP GOEL
DIRECTOR, KAILASH INSTITUTE



✓ **Poster presentations on Healthy Ageing**

✓ **Talks by Dr. Saru Bansal, Dr. Vinod Kaushik & Dr. Prashant Kaushik on Pilates, physiotherapy in the 21st century & its evolution.**

Organizers

Dr. Saru Bansal PT

Dr. Nida Juneja Kocher PT

Dr. Kanchan Bhardwaj PT

IAPWC AGRA DISTRICT

Agra District IAPWC has

Organised a Geriatric Screening and advice camp on the occasion of World Physiotherapy Day on 8th September, Monday

Time- 10 am - 5 pm

With immense support of IAP & IAPWC

Dr. Sanjiv Jha PT(President,IAP)

Dr. Ruchi Varshney PT (National Head, IAPWC)

Dr. Smiti

(North zone head IAPWC)

Dr. Shruti Sharma

(State coordinator IAPWC)

and Dr. Anjana

(Joint coordinator state IAPWC)

Dr. Renu Giri

(Sub coordinator state IAPWC)

Dr. Deepika

(Sub coordinator state IAPWC)

Dr. Namrata

(Sub coordinator state IAPWC)

Organisers








Dr Shellyka PT
District Cordinator
IAPWC



Dr Ripun PT
Sub- coordinator
IAPWC



Dr Shilpi PT
Sub - coordinator

**IAPWC AGRA IN COLLABORATION WITH
P.R.O.T.O.N REHAB
ORGANISES**


Geriatric Screening & Advice CAMP

**to celebrate World Physiotherapy Day on
8th Sept 2025**

General Screening, Balance & risk of Fall assessment

BMI, Body Fat analysis, Bone mass, Muscle mass, Obesity level

Exercise & Lifestyle modification advice



Under the Guidance of-

- Dr. Sanjiv Jha PT, IAP President
- Dr. Ruchi Varshneya PT, IAPWC National Head
- Dr. Smita Singh PT, East Zone Head
- Dr. Shruti Sharma PT, State Co-ordinator U.P.
- Dr. Anjana PT, Joint Co-ordinator U.P.

Contact Information:

📞 7060980327 📍 3rd Floor, Raghunath Medical Complex, KPIIMS, Near St. John's College, Agra

IAPWC



IAPWC MEERUT

The IAPWC Meerut District successfully organized an Awareness Session on Physiotherapy at Rosewood Academy, Modipuram, Meerut with the aim of promoting knowledge about the vital role of physiotherapy in health, wellness, and rehabilitation.

The session was conducted on 30th August 2025 and received an enthusiastic response, with a total of 35 participants taking part in the event.

The event was organized under the esteemed guidance of Dr. Ruchi Varshney (National Head, IAPWC), Dr. Sanjiv Jha (President, IAP), Dr. Smita Singh (East Zonal Head), along with the entire UP State Team.

Through interactive discussions and practical demonstrations for postural correction at work place, participants gained valuable insights into the benefits of physiotherapy in daily life with demonstrations of important exercises for the back, upper limb, and lower limb to promote long-term well-being.



IAPWC LUCKNOW

Date: 08 September 2025

Venue: 9C/48, Below Khushboo Palace, Vrindavan Yojna, Lucknow

The IAP Women Cell, Lucknow District organised a Free Physiotherapy Camp on the occasion of World Physiotherapy Day on 8th September 2025 from 10:00 AM to 1:00 PM. The programme was

conducted under the guidance of Dr. Sanjeev Jha (President IAP), Dr. Ruchi Varshney (National Head IAPWC), and Dr. Smita Singh (East Zonal Head IAPWC), with the support of the state team.

The event was organised by Dr. Anupama Dhuria (PT) - District Coordinator along with Dr. Shivali Gupta (PT) - District Sub Coordinators.

A total of 30–35 patients were registered and benefited from this camp. Patients presented with various

musculoskeletal, postural, and lifestyle-related problems, and were provided with free consultation,

assessment, and physiotherapy guidance. Specific advice was given on therapeutic exercises, posture

correction, and preventive physiotherapy for long-term health benefits.

The camp was also supported by dedicated volunteers, namely Dr. Saurabh Yadav (PT), Dr. Faraz Ahmad (PT), Dr. Tamanna (PT), and Dr. Suchita Sharma (PT), who actively assisted in registration, assessment, and exercise demonstration. Their valuable contribution ensured smooth organisation and

effective patient care throughout the camp. The event successfully fulfilled its objective of spreading

awareness about physiotherapy and extending its benefits to the local community.

Dr. Anupama Dhuria (PT)

District Coordinator, IAPWC

Lucknow District



IAP WOMEN CELL LUCKNOW DISTRICT



ON THE OCCASION OF

WORLD PHYSIOTHERAPY DAY

FREE

ORGANISING

PHYSIOTHERAPY CAMP

DATE : 08 SEPT 2025

TIME : 10 A.M - 1 P.M

VENUE : 9C/48, BELOW KHUSHBOO PALACE, VRINDAVAN YOJNA,
LUCKNOW

UNDER GUIDANCE OF

Dr. Sanjeev Jha (PT) Dr. Ruchi Varshney (PT) Dr. Smita Singh (PT)
President IAP National Head IAPWC East Zonal Head IAPWC

WITH SUPPORT OF STATE TEAM

Dr. Shruti Sharma (PT) Dr. Deepika Sharma (PT)
Dr. Anjana Tavatia (PT) Dr. Renu Giri (PT)
Dr. Namrata Suri (PT)

ORGANISED BY

Dr. Anupama Dhuria (PT) Dr. Shivali Gupta (PT) Dr. Anjali Gupta (PT)
District Coordinator District Sub Coordinator District Sub Coordinator



IAP WOMEN CELL LUCKNOW DISTRICT



ON THE OCCASION OF

WORLD PHYSIOTHERAPY DAY

IS ORGANISING

FREE PHYSIOTHERAPY CAMP

DATE- 8 SEPTEMBER

TIME- 10 A.M. TO 1.00 P.M.

VENUE : 9C/48, BELOW KHUSHBOO PALACE, VRINDAVAN YOJNA, LUCKNOW

ORGANISED BY

Dr. Anupama Dhuria (PT) Dr. Shivali Gupta (PT) Dr. Anjali Gupta (PT)
District Coordinator District Sub Coordinator District Sub Coordinator



IAPWC KANPUR DISTRICT

Bone Health in Women and Role of Exercises

KEY MESSAGE & KEY PRECAUTION

Moderate weight bearing exercises protects the bone

Avoid trunk flexion no dynamic abdominal exercises

Avoid lifting more than moderate weights

Avoid twisting trunk

Avoid touching toes or low bending from waist

Avoid high/medium impact loading activities"Healthy aging is about quality, not just quantity.
Preventing falls helps protect the life you love."



IAP WOMEN CELL

Kanpur Branch (U.P.)

ORGANISING

FREE ONLINE WEBINAR



ON THE OCCASSION OF

PHYSIOTHERAPY Day

Topic : Bone Health in Women and Role of Exercises



Date: September 11th, Thursday

Timing 4:30 pm to 5:30 pm

Speaker

Dr. Parull Shraff (PT)

Senior Consultant Physiotherapist
B.P.T., M.P.T. (Cardiopulmonary)

UNDER THE GUIDANCE OF

Dr. SANJIV JHA (PT)
(PRESIDENT IAP)

Dr. RUCHI VARSHNEY (PT)
(NATIONAL HEAD IAPWC)

Dr. SMITA SINGH (PT)
(EAST ZONAL HEAD)

WITH SUPPORT OF STAFF TEAM

Dr. SHRUTI SHARMA (PT)
Dr. DEEPIKA SHARMA (PT)
Dr. NAMARATA SURI (PT)

Dr. ANJANA TAVATIA (PT)
Dr. RENU GIRI (PT)

ORGANISING BY

Dr. TRISHNA MISHRA (PT)
(District Coordinator)

Dr. SNEHA GANDHI (PT)
(Sub Coordinator)

Dr. SIYA PAMNANI (PT)
(Sub Coordinator)

For Free Registration Call On 8090808899

IAPWC GREATER NOIDA

IAPWC Greater Noida branch successfully conducted a activity on the occasion of World Physiotherapy Day on the topic healthy ageing and fall prevention . The camp was conducted on 11th september 2025 from 7pm to 8pm at , the recreation room , Purvanchal heights society , Sector-Zeta 1, Greater Noida.

25 plus senior residents attended the camp.

The camp was well organised by-

Dr. Preeti Handa (Dist. Co-ordinator)

Dr. Charu Paliwal (Dist. Sub-ordinator)

Dr. Ruby Nagar (Dist. Sub-ordinator)

Under the expert guidance of:-

Dr. Sanjiv Jha (IAP President)

Dr. Ruchi Varshney (National Head

IAPWC)

Dr.Smita Singh (PT)

(East-zonal Head)

And Special thanks to UP team and our mentor Dr.Shruti Sharma (UP State Head) for continuous guidance and support.



Indian Association of Physiotherapy Women Cell

(Greater Noida Branch)



Organizing a Physiotherapy Awareness Camp

Topic: *Healthy ageing and Fall Prevention*Date/Day.....Time: *7:00 PM To 8:00 PM*



Dr. Preeti Handa PT
Co-ordinator
Gr. Noida



Dr. Charu Paliwal PT
Sub Co-ordinator
Gr. Noida



Dr. Ruby Nagar PT
Sub Co-ordinator
Gr. Noida

