

IAPWC Punjab

WORLD

PHYSIOTHERAPY DAY

STATE TEAM- PUNJAB

- **Indian Association of Physiotherapy Women Cell Punjab in collaboration with Sri Guru Ram Das University of Health Sciences, Amritsar**
- **organized a 2-day event filled with service, celebration & creativity!**
- **Day 1: A Free BMD & Physiotherapy Camp was conducted to serve the community with expert care.**
- **Day 2: Students celebrated World Physiotherapy Day with great enthusiasm, showcasing their talents in Rangoli | Anatomical body Painting | Poster Making | 3D Model Making – all based on the inspiring theme “Healthy Ageing.”**
- **The event was graced by our esteemed director principal Dr. Anupama Mahajan, followed by a felicitation ceremony & prize distribution, encouraging students for their dedication and creativity.**
- **The celebration beautifully highlighted the importance of physiotherapy in promoting health, innovation & community well-being!**
- **Venue: Department Of Physiotherapy, SGRD University of Health Sciences, Amritsar**

- **Organizing secretary:**
- **Dr.Mandeep Kang IAPWC PUNJAB STATE COORDINATOR**
- **Under the guidance of:**
- **Dr. Sanjiv Jha IAP President**
- **Dr. Ruchi Varshney National Head IAPWC**
- **Dr. Niti Khurana IAPWC North zonal Head**



FREE PHYSIOTHERAPY & BONE HEALTH CAMP

Restoring Movement, Relieving Pain

6th September | 10:00 AM - 2:00 PM



Low Back Pain



Cervical Spondylosis



Frozen Shoulder



Tennis Elbow



Bell's Palsy



Ankle Sprain



Migraine



Sports Injuries



Sciatica / Disc Prolapse



Arthritis & Joint Pain



Posture Correction



Muscle Weakness



Posture Correction



Stroke Rehabilitation



Department of Physiotherapy, Sri Guru Ram Das
Charitable Hospital, Vallah, Sri Amritsar 98765-43210

Department of Physiotherapy,
Sri Guru Ram Das University of
Medical Sciences & Research

in collaboration with
IAPWC Punjab

HEALTHY AGEING Move Well, Age Well



COMPETITIONS

Face Painting
Rangoli
Skit
3D Model
Poster Presentation



8th September 2025, Monday, 9:30 AM onwards

Organizing Secretary: Dr. Mandeep Kang



MOHALI, PUNJAB

- **Successful Camp Report – World Physiotherapy Day (8th Sept, 2025)**
- **We are delighted to share that our Free Physiotherapy Consultation Camp on the occasion of World Physiotherapy Day was successfully conducted at Mobility Hut Physiotherapy Clinic, SAS Nagar Punjab.**
- **The camp witnessed active participation from diverse groups including members from the corporate sector, ex-doctors, housewives, and business women, making the event truly impactful.**
- **This success would not have been possible without the valuable guidance and constant support of:**
- **Dr. Sanjiv K Jha, President IAP**
- **Dr. Ruchi Varshney, National Head IAPWC**
- **Dr. Niti Khurana, North Zone Head IAPWC**
- **Dr. Mandeep Kaur, State Co-ordinator Punjab**
- **Dr. Divita Arora, Joint Co-ordinator**
- **Dr. Simranjeet Kaur, District Head, Mohali**
- **Dr. Sakshi, Sub Co-ordinator Mohali**
- **A heartfelt thank you to each one of you for your contributions, encouragement, and guidance in making this initiative a success.**
- **With warm regards,**
- **Dr. Simran Jot (PT)**
- **MIAP, IAPWC**
- **Sub Co-ordinator, Mohali**
- **(Organiser)**



WORLD PHYSIOTHERAPY DAY

Free Physiotherapy Consultation Camp
(8th Sept, 2025)



Under Guidance of-
Dr. Sanjiv K Jha
President IAP

Dr. Ruchi Varshney
National Head IAPWC

Dr. Niti Khurana
North Zone Head
IAPWC

With Contributions of
Dr. Mandeep Kaur
State Co-ordinator
Punjab
Dr. Divita Arora
Joint Co-ordinator



Organiser
Dr. Simran Jot (PT)
MIAP, IAPWC
Sub Co-ordinator Mohali

With Support of
Dr. Simranjeet Kaur
District Head, Mohali
Dr. Sakshi
Sub Co-ordinator
Mohali



Venue: Mobility Hut Physiotherapy Clinic Randhawa Road Kharar
SAS Nagar Punjab 140301
Timing OFFLINE- 10 AM to 2 PM
ONLINE- 2 PM to 4 PM

Happy World PT Day



AMRITSAR, PUNJAB

- With immense support of IAP & IAPWC
- Dr. Sanjiv Jha(President,IAP)
- Dr. Ruchi Varshney (National Head, IAPWC)
- Dr. Niti Khurna (North Zonal Head, IAPWC)
- Dr. Mandeep Kang (Punjab State Head, IAPWC)
- On the occasion of World Physiotherapy Day, IAPWC Amritsar District organised a 'Free Physiotherapy Remedial Camp' at Physio Moves Physiotherapy Clinic, Holy City, Amritsar. The camp aimed to create awareness about the importance of physiotherapy in health promotion, injury prevention, and rehabilitation, while also providing free assessment and treatment to the community.
- A total of 22 people showed up for the free camp and benefited from the camp, including patients with musculoskeletal, neurological, and lifestyle related conditions. Special emphasis was given on rehabilitation of Geriatrics population and they were advised the importance of daily exercise, healthy eating and lifestyle modification.
- Date : 08/09/2025
- Time : 3:00 PM to 7:00 PM
- Venue : Physio Moves Clinic, Holy City, Amritsar
- **Organiser:**
- Dr. Kirandeep Kaur (PT)
- District Coordinator, IAPWC, Amritsar
- Dr. Varinder Kaur (PT)
- Sub Coordinator, IAPWC,Amritsar
- Dr. Mansi Tuli (PT)
- Sub coordinator, IAPWC, Amritsar



The Indian Association Of
Physiotherapists
An ISO 9001:2015 Certified Association

Indian Association of Physiotherapists Punjab IAP Women Cell



is organising

Free Physiotherapy Remedial Camp

Date - 8/09/2025

Time : 3:00 PM to 7:00 PM

Venue - Physio moves, 25 Holy Enclave,
Holy City, Amritsar

Free consultation Free assessment
Free Treatment



Dr Mansi Tuli (PT)
IAPWC Amritsar
District Subcoordinator



Dr Mandeep Kang (PT)
IAPWC Punjab State Coordinator



Dr Varinder Kaur (PT)
IAPWC Amritsar
District Subcoordinator



Dr Kirandeep Kaur (PT)
IAPWC District Coordinator

Under the guidance of

Dr Sanjeev Jha
President, IAP

Dr Ruchi Varshney
National Head, IAPWC

Dr Niti Khurana
North Zone Head



LUDHIANA, PUNJAB

- **World Physiotherapy Day 2025**
- **With the immense support of IAP & IAPWC, and the guidance of:**
 - 🙏 **Dr. Sanjiv Jha (President, IAP)**
 - 🙏 **Dr. Ruchi Varshney (National Head, IAPWC)**
 - 🙏 **Dr. Niti Khurana (North Zonal Head, IAPWC)**
 - 🙏 **Dr. Mandeep Kang (Punjab State Head, IAPWC)**
- 📌 **IAPWC Ludhiana District organized a Free Physiotherapy Remedial Camp at Shafa – The Superspeciality Physiotherapy Clinic, Ludhiana.**
- 🌱 **The camp focused on spreading awareness about the role of physiotherapy in:**
 - ✓ **Health Promotion**
 - ✓ **Injury Prevention**
 - ✓ **Rehabilitation**
- 👥 **Many patients benefited, including those with musculoskeletal, neurological & lifestyle-related conditions.**
- 💙 **Special focus was given to the geriatric population, highlighting the importance of daily exercise, healthy eating, and lifestyle modifications.**
- 📅 **Date: 08/09/2025**
- ⌚ **Time: 10:00 AM – 4:00 PM**
- **Organiser:**
 - **Dr. Sukham Preet Kaur (PT)**
 - **District Coordinator, IAPWC, Ludhiana**



IAPWC Ludhiana , Punjab &
Shafa Physiotherapy Ludhiana



Presents

Free **ONLINE + OFFLINE**
PHYSIOTHERAPY

**Consultation &
Awareness Camp**

On

**WORLD PHYSIOTHERAPY DAY
8 SEPT 2025**

Highlights:

- ✓ Free posture & joint screening
- ✓ Diabetic rehabilitation check-up
- ✓ Antenatal & postnatal exercise guidance
- ✓ Stress & lifestyle management with physiotherapy

SHAFI PHYSIOTHERAPY CLINIC
COLLEGE ROAD, LUDHIANA
8TH SEPT. 2025 | 10 AM TO 4 PM

Dr. Sukham
district coordinator IAPWC
Ludhiana
Contact Us : 9915400144,
9915783144



Shafa Superspeciality Physiotherapy Clinic

CONSULTATION FEE - 400/-

Single Sitting Packages

| No. of Days/Sessions | Actual Amount | Package Amount | % Save |
|----------------------|---------------|----------------|---------|
| 10 Days | 3000/- | 2100/- | 10% Off |
| 15 Days | 5000/- | 4500/- | 10% Off |
| 20 Days | 7000/- | 6000/- | 14% Off |
| 30 Days | 10000/- | 7400/- | 26% Off |

Double Sitting Packages


| No. of Days/Sessions | Actual Amount | Package Amount |
|----------------------|---------------|----------------|
| 10 Days | 7000/- | 5400/- |
| 15 Days | 10500/- | 7500/- |
| 20 Days | 14000/- | 9600/- |

** Day Bedding, Kinesio Taping - Extra Charges


Per Day Charges

| | |
|----------------|-------|
| Senior Doctor | 400/- |
| Junior Doctor | 350/- |
| Double Sitting | 700/- |





IAPWC Ludhiana , Punjab &
Shafa Physiotherapy Ludhiana



Presents

Free **ONLINE + OFFLINE**

PHYSIOTHERAPY

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Dr. Sukham
district coordinator IAPWC
Ludhiana

SHAFA PHYSIOTHERAPY CLINIC
COLLEGE ROAD, LUDHIANA
8TH SEPT. 2025 | 10 AM TO 4 PM

Contact Us : 9915400144,
9915783144





FARIDKOT, PUNJAB

- **World Physiotherapy Day Celebrations**
- **On the occasion of World Physiotherapy Day, a series of events were organized by IAPWC Faridkot Team at University College of Physiotherapy, Faridkot.**
- **6th September 2025**
- **A vibrant celebration was held on campus that included multiple competitions such as Poster Making, Quiz, Calligraphy, and Rangoli. The theme for the poster competition was “Healthy Aging: Embrace life, embrace wellness.” Students and interns participated with great enthusiasm, showcasing their creativity and knowledge.**
- **8th September 2025**
- **On World Physiotherapy Day itself, a Speech Competition was conducted, where students shared their insights on the importance of physiotherapy in healthy living and community well-being. The day was further marked by a certificate distribution ceremony and cake cutting to commemorate the occasion.**
- **Organised by**
- **IAPWC FARIDKOT TEAM**
- **Under esteemed guidance of -**
- **Dr. Sanjeev k Jha (PT) - IAP President**
- **Dr. Ruchi Varshney (PT) - IAPWC National Head**
- **Dr. Niti Khurana (PT)**
- **Dr. Mandeep Kang (PT) - State Head**
- **Dr. Divita Arora (PT) Joint Coordinator IAPWC Faridkot**
- **Dr. Reena Arora (PT) District Co-ordinator, Dr. Anmol Narang (PT) Sub co-ordinator, Dr. Shiny George Gill (PT) Sub co-ordinator**

