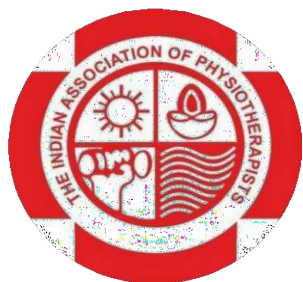




The Indian Association Of Physiotherapists Women Cell

Celebrating World Physiotherapy Day 2025



HEALTHY AGEING

Enhancing the Quality of Elder Care

Activities Report From Tamil Nadu State And Districts



INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL TAMILNADU TEAM



Dr. Sanjiv K. Jha (PT)
IAP President



Dr. Ruchi Varshney (PT)
National Head - IAPWC



Dr. M.C. Mercy Jeya Prabha (PT)
South Zonal Head



Dr. S. Parvathi (PT)
State Head



Dr. K. Pradeepa (PT)
Joint Coordinator



Dr. Jayashree JayaKrishnan (PT)
Sub Coordinator



Dr. S. Chandhiraleka (PT)
Sub Coordinator



Dr. R. Bharathi (PT)
Sub Coordinator



**INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL
TAMILNADU
TEAM**



DR.SANJIV K.JHA PT
IAP President



DR.RUCHI VARSHENEY PT
National Head - IAPWC



DR.M.C.MERCY JEYA PRABHA PT
South Zonal Head



DR. S.PARVATHI PT
State Head



DR. K. PRADEEPA PT
State Joint Coordinator

COIMBATORE DISTRICT TEAM



DR.SAMPOORNA BHUVANESH PT
District Co-ordinator



DR.C.S.AATHISHA PT
Sub Co-ordinator



DR. KRISHNAVENI.T PT
Sub Co-ordinator

OUR VALUABLE OFFICE BEARERS

STATE TEAM

- 1.Dr. S.Parvathi (PT)
- 2.Dr. Pradeepa Kannan (PT)
- 3.Dr. Jayashree Jayakrishnan (PT)
- 4.Dr. Chandiraleka (PT)
- 5.Dr. Bharathi .R (PT)

DISTRICT – COIMBATORE

- 1.Dr. Sampoorna (PT)
- 2.Dr. C.S. Aathisha (PT)
- 3.Dr. Krishnaveni (PT)

DISTRICT – CHENNAI CENTRAL

- 1.Dr. Sophia Mc'Connell (PT)
- 2.Dr. Soniya Mohan (PT)
- 3.Dr. Durga Devi. M (PT)



DISTRICT – CHENNAI NORTH

- 1.Dr. V. Sandhiya (PT)
- 2.Dr. Divya Bharathi (PT)
- 3.Dr. Priya Ravichandran (PT)
- 4.Dr. Vinitha (PT)

DISTRICT – CHENNAI SOUTH

- 1.Dr. A. Sophia Elizabeth (PT)
- 2.Dr. K. Kavitha (PT)
- 3.Dr. J. Devisri (PT)
- 4.Dr. V. Vijaya Bharathi (PT)

DISTRICT – CHENNAI EAST

- 1.Dr. R. Subhashini (PT)
- 2.Dr. P. Sreemathy (PT)
- 3.Dr. Aravinda Suresh (PT)

DISTRICT – CHENNAI WEST

- 1.Dr. Priya Harikrishnan (PT)
- 2.Dr. Mohanapriya (PT)
- 3.Dr. Sushil Bella Amali (PT)



Activity Topic: Role of resistance training in preserving muscle mass

Date & Time: 02/09/2025 & 10 am to 12 pm

Venue: Saveetha college of physiotherapy

Team Members: TNIAPWC (State team) & Chennai district South team

Beneficiaries: 30 students (BPT&MPT)



INDIAN ASSOCIATION OF PHYSIOTHERAPISTS - WOMEN CELL
CHENNAI DISTRICT - TAMIL NADU
IN COLLABORATION WITH
DEPARTMENT OF EXERCISE AND KINESIOTHERAPY,
SIMATS COLLEGE OF PHYSIOTHERAPY
A CME ON THE OCCASION OF

WORLD PHYSIOTHERAPY DAY '25

Topic:
**Role of Resistance
Training in Preserving
Muscle Mass**



Dr.K.Pradeepa(PT)
MPT(sports), M.I.A.P., Phd.
IAPWC TN State Joint Coordinator,
Founder,
Physkraft Super Speciality
Physiotherapy Clinic

 **2 SEPTEMBER 2025**
From 10 AM - 12 PM
 **4C1 - Health Science Block**

Our Mentors
Dr. Sanjit K Jha (PT), IAP President
Dr. Ruchi Varshney (PT), National Head, IAPWC
Dr. M. C. Mercy Jeya Prubha (PT), South Zonal Head
Dr. S. Parvathi (PT), IAPWC Tamilnadu State Head

Tamilnadu IAPWC Chennai (South) District Team
Dr. Priya Harikrishnan (PT), District Coordinator
Dr. Mohana Priya R (PT), District Sub-Coordinator

Event Organizers
Dr. Bharathi R (PT), IAPWC Tamilnadu State Sub-Coordinator
(9751500395)
Dr. Sushil Bella Amali J (PT), IAPWC Chennai South,
District Sub-Coordinator (9840953284)

Activity Topic: World Pt Day 2025 Webinar Series

Date & Time: From 02/09/2025 to 10/09/2025 & From 1pm to 2 pm.

Venue: Zoom and IAPWC YouTube live

Team Members: TNIAPWC (State Team)

TOPICS:

1. The Hidden Burden – Pelvic floor health in aging women
2. Healthy Heart, Healthy Ageing – The key to longevity
3. Exercise program design for Healthy Ageing
4. Exercise as medicine for Ageing Population
5. Frailty to fitness – Promoting Healthy ageing through movement
6. Direct access in Physiotherapy – A Dream comes true
7. Understanding falls in elderly
8. The Evolving Role of Physiotherapy in Healthy ageing – A comprehensive Geriatric care

WORLD PT DAY 2025 WEBINAR SERIES :



INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL ,TAMILNADU

Organises

WORLD PHYSIOTHERAPY DAY 2025 CELEBRATIONS

WEBINAR SERIES

Day 1

Topic : The Hidden Burden - Pelvic Floor Health in Aging Women

Resource Person



Dr. Jasmine Flora PT
MPT(OBG),Ph.D Scholar

Guest faculty for OBG, Women's Health & Pelvic Floor
Physiotherapist,Sugata Heart & Women's Wellness Clinic.
Guest faculty for OBG (Garden City University & Yenepoya University),
Bengaluru,
IAP Number : L- 20569

IAPWC - TN Team

Dr. S. Parvathi (PT), State Head

Dr. K. Pradeepa (PT), Joint Coordinator

Dr. Jayashree JayaKrishnan (PT), Sub Coordinator

Dr. S. Chandhiraleka (PT), Sub Coordinator

Dr. R. Bharathi (PT), Sub Coordinator

MENTORS

Dr. Sanjiv K. Jha (PT),
IAP President

Dr. Ruchi Varsheney (PT),
National Head, IAPWC

Dr. M.C. Mercy Jeya Prabha (PT),
South Zonal Head

Organised by :

Dr.S.Parvathi (PT),
TNIAPWC,
State Head

02, September 2025

1:00 PM to 2:00 PM IST

Zoom & IAP YouTube Live



INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL ,TAMILNADU

Organises

WORLD PHYSIOTHERAPY DAY 2025 CELEBRATIONS

WEBINAR SERIES

Day 2

Topic : Healthy Heart, Healthy Ageing - The Key to Longevity

Resource Person



Dr. P.Senthil, MPT (Cardio), PhD, MIAP
Prof & Dean (I/c),

Vels School of Physiotherapy,
Periyapalayam Campus - VISTAS,
Tiruvallur, TN
IAP Number : L-11313

IAPWC - TN Team

Dr. S. Parvathi (PT), State Head

Dr. K. Pradeepa (PT), Joint Coordinator

Dr. Jayashree JayaKrishnan (PT), Sub Coordinator

Dr. S. Chandhiraleka (PT), Sub Coordinator

Dr. R. Bharathi (PT), Sub Coordinator

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IAP President

Dr. Ruchi Varsheney (PT),
National Head, IAPWC

Dr. M.C. Mercy Jeya Prabha (PT),
South Zonal Head

Organised by :

Dr.K.Pradeepa (PT),
TNIAPWC,
State Joint Coordinator

03, September 2025

1:00 PM to 2:00 PM IST

Zoom & IAP YouTube Live



INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL ,TAMILNADU

Organises

WORLD PHYSIOTHERAPY DAY 2025 CELEBRATIONS

WEBINAR SERIES

Day 3

Topic : Exercise Program Design for Healthy Ageing

Resource Person



Prof.J.Muthukumaran MPT(Sports),Ph.d.,
ACSM Certified Exercise Physiologist,
Kinanthropometrist Level 2-ISAK certified Manual Therapist,
Certified Dry Needling Practitioner,

Principal
School of Physiotherapy Sri Balaji Vidyapeeth, Chennai
IAP Number : L-33197

IAPWC - TN Team

Dr. S. Parvathi (PT), State Head

Dr. K. Pradeepa (PT), Joint Coordinator

Dr. Jayashree JayaKrishnan (PT), Sub Coordinator

Dr. S. Chandhiraleka (PT), Sub Coordinator

Dr. R. Bharathi (PT), Sub Coordinator

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IAP President

Dr. Ruchi Varsheney (PT),
National Head, IAPWC

Dr. M.C. Mercy Jeya Prabha (PT),
South Zonal Head

Organised by :

Dr.K.Pradeepa (PT),
TNIAPWC,
State Joint Coordinator

04, September 2025

1:00 PM to 2:00 PM IST

Zoom & IAP YouTube Live



INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL ,TAMILNADU

Organises

WORLD PHYSIOTHERAPY DAY 2025 CELEBRATIONS

WEBINAR SERIES

Day 4

Topic : Exercise as Medicine for Ageing Population

Resource Person



Dr. K.C.Gayathri
Dean (I/c),
Chettinad Academy of Research and
Education CARE, Kelambakkam,
Chennai, TN
IAP Number : L-29784

IAPWC - TN Team

Dr. S. Parvathi (PT), State Head

Dr. K. Pradeepa (PT), Joint Coordinator

Dr. Jayashree JayaKrishnan (PT), Sub Coordinator

Dr. S. Chandhiraleka (PT), Sub Coordinator

Dr. R. Bharathi (PT), Sub Coordinator

MENTORS

Dr. Sanjiv K. Jha (PT),
IAP President

Dr. Ruchi Varsheney (PT),
National Head, IAPWC

Dr. M.C. Mercy Jeya Prabha (PT),
South Zonal Head

Organised by :

Dr.K.Pradeepa (PT),
TNIAPWC,
State Joint Coordinator

05, September 2025

1:00 PM to 2:00 PM IST

Zoom & IAP YouTube Live



INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL ,TAMILNADU
Organises

WORLD PHYSIOTHERAPY DAY 2025 CELEBRATIONS

WEBINAR SERIES

Day 5

Topic : Frailty to fitness - Promoting Healthy Ageing through Movement.

Resource Person



Dr. Lakshmi Prasanna (PT)
MPT Neurological & Psychosomatic Disorder
Ass. Professor
Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya (SCSV)
Kanchipuram, TN
IAP Number : L-50612

IAPWC - TN Team

Dr. S. Parvathi (PT), State Head

Dr. K. Pradeepa (PT), Joint Coordinator

Dr. Jayashree JayaKrishnan (PT), Sub Coordinator

Dr. S. Chandhiraleka (PT), Sub Coordinator

Dr. R. Bharathi (PT), Sub Coordinator

MENTORS

Dr. Sanjiv K. Jha (PT),
IAP President

Dr. Ruchi Varsheney (PT),
National Head, IAPWC

Dr. M.C. Mercy Jeya Prabha (PT),
South Zonal Head

Organised by :
Dr. K. Pradeepa (PT),
TNIAPWC,
State Joint Coordinator

📅 06, September 2025

🕒 1:00 PM to 2:00 PM IST

📍 Zoom & IAP YouTube Live



INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL ,TAMILNADU
Organises

WORLD PHYSIOTHERAPY DAY 2025 CELEBRATIONS

WEBINAR SERIES

Day 6

Topic : Direct Access in Physiotherapy - A Dream comes true.

Resource Person



Dr. D. Thiagarajan
Principal & HOD
Tagore College of Physiotherapy, Tagore Medical College
& Hospitals, Chennai 600127

IAP Number : L- 13805

IAPWC - TN Team

Dr. S. Parvathi (PT), State Head

Dr. K. Pradeepa (PT), Joint Coordinator

Dr. Jayashree JayaKrishnan (PT), Sub Coordinator

Dr. S. Chandhiraleka (PT), Sub Coordinator

Dr. R. Bharathi (PT), Sub Coordinator

MENTORS

Dr. Sanjiv K. Jha (PT),
IAP President

Dr. Ruchi Varsheney (PT),
National Head, IAPWC

Dr. M.C. Mercy Jeya Prabha (PT),
South Zonal Head

Organised by :
Dr. S. Parvathi (PT),
TNIAPWC,
State Head

📅 08, September 2025

🕒 1:00 PM to 2:00 PM IST

📍 Zoom & IAP YouTube Live



INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL ,TAMILNADU
Organises

WORLD PHYSIOTHERAPY DAY 2025 CELEBRATIONS

WEBINAR SERIES

Day 7

Topic : Understanding falls in Elderly

Resource Person



Dr. M. Rajeswari
Professor
Faculty of Physiotherapy, Sri Ramachandra Institute of
Higher Education and Research, Porur, Chennai 600116

IAP Number : L- 4211

IAPWC - TN Team

Dr. S. Parvathi (PT), State Head

Dr. K. Pradeepa (PT), Joint Coordinator

Dr. Jayashree JayaKrishnan (PT), Sub Coordinator

Dr. S. Chandhiraleka (PT), Sub Coordinator

Dr. R. Bharathi (PT), Sub Coordinator

MENTORS

Dr. Sanjiv K. Jha (PT),
IAP President

Dr. Ruchi Varsheney (PT),
National Head, IAPWC

Dr. M.C. Mercy Jeya Prabha (PT),
South Zonal Head

Organised by :
Dr. S. Parvathi (PT),
TNIAPWC,
State Head

📅 09, September 2025

🕒 1:00 PM to 2:00 PM IST

📍 Zoom & IAP YouTube Live



INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL ,TAMILNADU
Organises

WORLD PHYSIOTHERAPY DAY 2025 CELEBRATIONS

WEBINAR SERIES

Day 8

Topic : The Evolving Role of physiotherapy in Healthy ageing - A comprehensive Geriatric care.

Resource Person



Dr. K. Kamatchi
Ph.D
Associate professor, Joint Director ACS AMRI
Faculty of physiotherapy, Dr. M.G.R. Educational and Research Institute,
Velappanchavadi, Chennai

IAP Number : L- 19930

IAPWC - TN Team

Dr. S. Parvathi (PT), State Head

Dr. K. Pradeepa (PT), Joint Coordinator

Dr. Jayashree JayaKrishnan (PT), Sub Coordinator

Dr. S. Chandhiraleka (PT), Sub Coordinator

Dr. R. Bharathi (PT), Sub Coordinator

MENTORS

Dr. Sanjiv K. Jha (PT),
IAP President

Dr. Ruchi Varsheney (PT),
National Head, IAPWC

Dr. M.C. Mercy Jeya Prabha (PT),
South Zonal Head

Organised by :
Dr. S. Parvathi (PT),
TNIAPWC,
State Head

📅 10, September 2025

🕒 1:00 PM to 2:00 PM IST

📍 Zoom & IAP YouTube Live

Activity Topic: Geriatric physio camp

Date & Time: 03/09/2025

Venue: Universal Peace Foundation,
Coimbatore

Team Members: Coimbatore district
team, TNIAPWC

Beneficiaries: 40 + elderly people



The Indian Association Of
Physiotherapists



IAP WOMEN CELL

Tamil Nadu State

COIMBATORE DISTRICT

Organises

Geriatric Physio Camp

As part of World Physiotherapy Day 2025

Theme: Healthy ageing – Preventing frailty & falls

Venue - Universal Peace Foundation,
Coimbatore

Date- 03/09/2025

Organizers

District Co-Ordinator Dr.Sampoorna.PT

District Sub Co-Ordinators

Dr.C.S.Aathisha.PT Dr.T.Krishnaveni.PT

UNDER THE GUIDANCE OF

IAP President Dr.Sanjay K Jha PT

National Head IAPWC

South Zonal Head

Dr.Ruchi Varsheney PT

Dr.M.C.Mercy Jeya Prabha PT

State Head

State Joint Coordinator

Dr.S.Parvathi PT

Dr.K.Pradeepa PT



Activity Topic: Forever fit, Forever young, physiotherapy awareness campaign

Date & Time: 07/09/2025 & 6:30 am to 7:30 am

Venue: Pallikarani marsh land park , Chennai

Team Members: TNIAPWC (State Team)

Beneficiaries: 45+ mid-aged individuals involved in regular walking





THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS WOMEN CELL,
TAMILNADU
in Association with
ROTARY CLUB OF CHENNAI VELACHERY
Celebrates
WORLD PT DAY 2025



Theme : Healthy Ageing
Forever Fit, Forever Young
Physiotherapy Awareness Campaign

 **07 September, 2025**
 **Pallikaranai Marsh Land Park**
 **6:30 AM to 7:30AM**

IAPWC - TN Team Dr. S. Parvathi (PT), State Head Dr. K. Pradeepa (PT), Joint Coordinator Sub Coordinators Dr. Jayshree JayaKrishnan (PT) Dr. S. Chandhiraleka (PT) Dr. R. Bharathi (PT)	Rotary Team Rtn Senthil Kumar Balraj President Rtn Shankar M Secretary Rtn Dr.K.Pradeepa (PT) Health Director	MENTORS Dr. Sanjiv K. Jha (PT), IAP President Dr. Ruchi Varshney (PT), National Head, IAPWC Dr. M.C. Mercy Jeya Prabha (PT), South Zonal Head
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Activity Topic: Physiotherapy camp for senior citizens

Date & Time: 10/09/2025 & 10 am to 1 pm

Venue: Sivananda Gurukulam, Kattankulathur, Chennai

Team Members: TNIAPWC (State team)

Beneficiaries: 16+ elderly people





**Indian Association of
Physiotherapists Women Cell,
Tamilnadu, Chennai district**

Presents

**PHYSIOTHERAPY CAMP for
SENIOR CITIZENS**

- "Age is just a number, Stay active & thrive"

Venue: Sivananda Gurukulam, Kattankulathur
Date: 10/09/2025, Day: Wednesday,
Time - 10 am to 1 pm

With immense support from

IAPWC TN state team

Dr. Sanjiv K Jha, PT (IAP president)
Dr. Ruchi Varsheney, PT (National head, IAPWC)
Dr. M.C. Mercy Jeya Prabha, PT (South Zonal Head)

Dr. S. Parvathi, PT (State Head)
Dr. K. Pradeepa, PT (Joint Coordinator)
Dr. Jayashree Jayakrishnan, PT (Sub Coordinator)
Dr. S. Chandhiraleka, PT (Sub Coordinator)
Dr. R. Bharathi, PT (Sub Coordinator)

A photograph of a man in a blue medical uniform supporting an elderly man in a garden. The man in the uniform has his arm around the elderly man's shoulder and is gesturing with his other hand. The elderly man is wearing glasses and a grey cardigan over a white shirt. They are walking on a grassy area with large green plants in the background.

**THANK
YOU**