

Activity Report 2025

The Indian Association of
Physiotherapists
**Women Cell
Telangana**



The Indian Association Of Physiotherapists
Celebrating World Physiotherapy Day 2025

HEALTHY AGEING

Enhancing the Quality of Elder Care



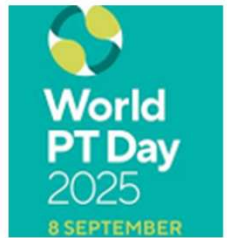


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What is Healthy Ageing?



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.



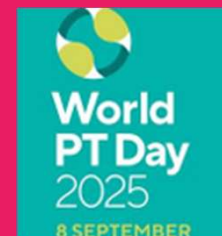


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Telangana State IAPWC Activity Report 2025

Activity	Occasion	Date Conducted	Mode	No of Participants
Role of Physiotherapy in Healthy Ageing	World Physiotherapy Day 2025	7th September 2025	Old Age Home, Khammam	30 members
Safety at Workplace - Awareness program on safety initiatives	World Physiotherapy Day 2026	8th September 2026	DGP Office, Hyderabad and Online	45 members



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**INDIAN ASSOCIATION OF PHYSIOTHERAPISTS-WOMEN CELL
KHAMMAM DISTRICT**

TOPIC :
**THE ROLE OF PHYSIOTHERAPY IN HEALTHY AGEING
WITH AN EMPHASIS ON PREVENTING FRAILTY AND FALLS**

THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS - WOMEN CELL TELANGANA IN
COLLABORATION WITH NANDAN PHYSIOTHERAPY CLINIC - KHAMMAM

IS PROUD TO ANNOUNCE THE ORGANIZATION OF A FREE PHYSIOTHERAPY
AWARENESS CAMP

On 7th September 2025
(Sunday)
from 10AM to 1PM

VENUE:
SATHYASAIMAHILA
OLD-AGEHOME ,
KHAMMAM


ORGANISER
DR.PRASANNA(PT)
IAPWC
KHAMMAM DISTRICT COORDINATOR

CAMP WILL BE CONDUCTED BY OUR EXPERT : DR. PRASANNA PUPPALA (PT),
WHO WILL PROVIDE VALUABLE INSIGHTS AND PRACTICAL ADVICE ON
MAINTAINING HEALTH AND WELLNESS

GUIDANCE FROM ESTEEMED PROFESSIONALS:

- DR. SANJIVJHA (PRESIDENT, IAP)
- DR. RUCHIVARSHNEY (NATIONAL HEAD, IAPWC)
- DR. JEYAPRABHA (SOUTH ZONAL HEAD, IAPWC)
- DR. MADHURI KASI (TELANGANA STATE HEAD, IAPWC)

KHAMMAM DISTRICT
DR. MADHURI KASI* (PT),
DR. ATHIYA SABA* (PT),
DR. ASHA THOMAS* (PT),
DR. VANDANA* (PT),
DR. BRAVANTHI* (PT),
DR. LAKSHMI PRASANNA* (PT),
RANGAREDDY DISTRICT.,
DR. NISSEE RAJ* (PT)

MEDCHAL DISTRICT,
DR. VISHALI* (PT)
DR. VEDA*
DR. RESHMI* (PT)
ADILABAD DISTRICT
DR. MONIKA* (PT)
HYDERABAD DISTRICT.,
DR. PRAHARSHA* (PT)
DR. VINODHA* (PT)
DR. RANJITHA* (PT)

IAPWC
TELANGANA TEAM

successful Physiotherapy Awareness Camp on World
Physiotherapy Day IAPWC Khammam district
conducted an impactful Physiotherapy Awareness
Camp on
The Role of Physiotherapy in Healthy Ageing!

To educate participants about preventing frailty and
falls in collaboration with Nandan Physiotherapy Clinic,
Khammam.

Awareness talk was delivered by Dr. Prasanna
Puppala (PT). This event took place on the 7th of
September, 2025, at the Sathyasai Mahila Old Age
Home in the Khammam district



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The Indian Association of Physiotherapists
Women Cell (IAPWC) Telangana
On the Occasion of
World Physiotherapy Day
With Support of

Dr. Sanjiv Jha (PT)
President, IAP

Dr. Ruchi Varshney (PT)
National Head IAPWC

In collaboration with

Telangana State Police Women's Safety Wing

Safety at Workplace
Awareness program on safety initiatives
Date: Sep 8th 2025, 3pm- 4pm
With Immense support from

Sri. Charu Sinha, IPS
Addl. Director General of Police, CID, Telangana,
Hyd. (FAC) Addl. Director General of Police WSW.

Sri. Rema Rajeshwari, IPS
Deputy Inspector General of Police
WSW Telangana Police

Venue: CID office Conference Hall, DGP office, Hyderabad

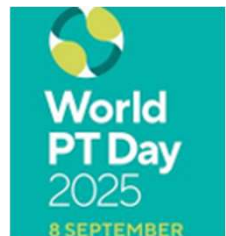
Zoom link:
Telangana State Indian Association of Physiotherapy Women Cell Telangana Team

To Create awareness Women Safety
Initiatives

Activity: Telangana State Women Cell Team

Venue: In person at the DGP office at
Hyderabad and Online Zoom Meeting

Date: 8th September 2025



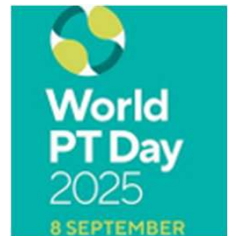
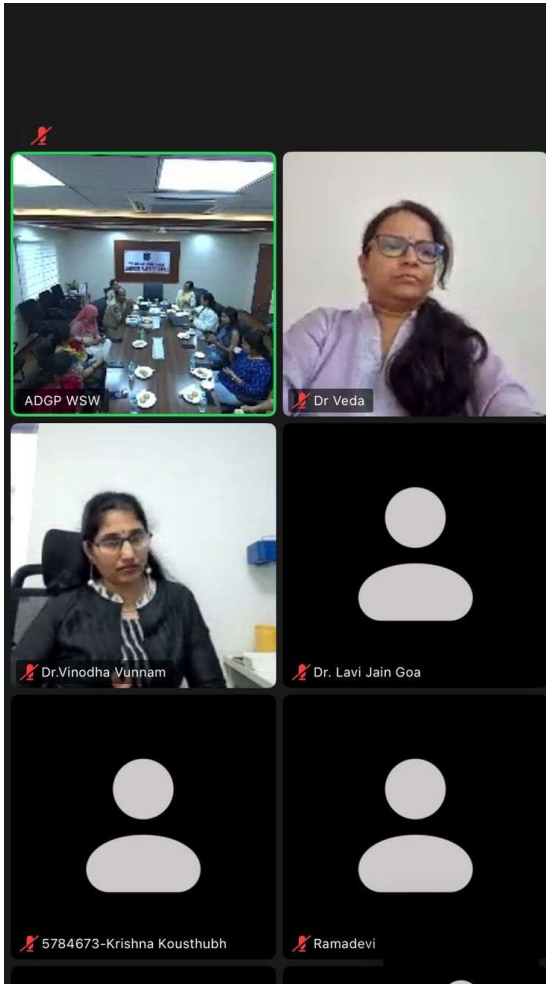


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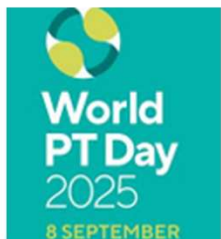
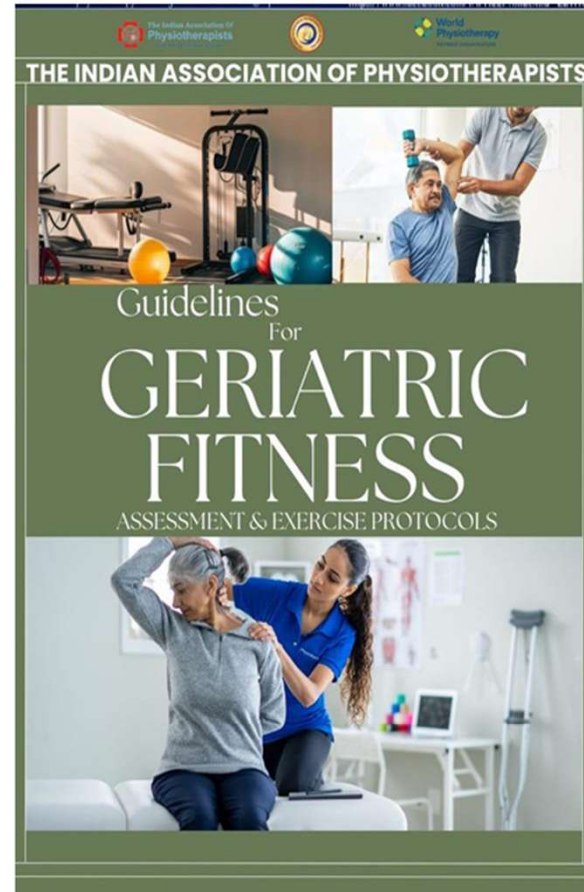


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Reference Guidelines





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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