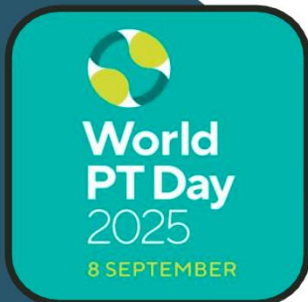




The Indian Association Of Physiotherapists
Celebrating World Physiotherapy Day 2025

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.



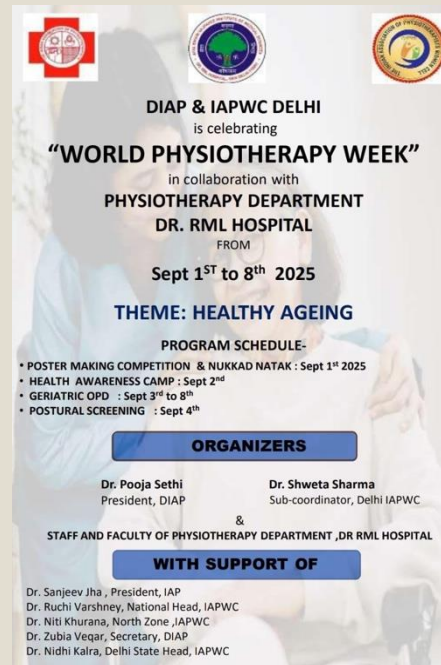
DELHI STATE TEAM

S.NO	DATE	ACTIVITY	VENUE
1	01/09/25	Poster Making competition	Dr. RML Hospital
2	01/09/25	Nukkad Natak	Dr. RML Hospital
3	02/09/25	Health Awareness Camp	Senior Citizens Home, Kali Bari
4	03/09/25- 08/09/25	Geriatric OPD	Dr. RML Hospital
5	04/09/25	Postural Screening	Dr. RML Hospital



DIAP & IAPWC Delhi, in collaboration with the Physiotherapy Department , Dr. RML Hospital, has begun a week-long celebration of World Physiotherapy Day from September 1st to 8th. Observed globally on September 8th, this year's theme is "Healthy Aging" with a special focus on the prevention of frailty and falls.

The inaugural event featured a poster competition and a Nukkad Natak to spread awareness among patients. Throughout the week, various activities—including geriatric OPD, health talks, and postural screenings—will highlight the importance of physiotherapy in promoting health and well-being.



SOUTHWEST DELHI DISTRICT

S.NO	DATE	ACTIVITY	VENUE
1	24/08/25	Free Health Camp	Godhuli Senior Citizens Home, Sector 2, Dwarka
2	31/08/25	Free Health Camp	Dhingra Park, Punjabi Bagh



Activity Topic	Free Health Camp
Date	24 August 2025
Venue	Godhuli Senior Citizen Home, Dwarka
Team Members	Dr. KK Kant, Dr. Roshan Jha, Dr. Ankush Pal, Dr. Ritika Ria, Dr. Anjali Vats, Dr. Mamta Rani




THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS
SOUTH WEST DELHI DISTRICT

ORGANIZES

PHYSIOTHERAPY CAMP
FOR SENIOR CITIZENS

THEME: HEALTHY AGEING; FALL AND FRAILITY PREVENTION

VENUE:
GODHULI SENIOR CITIZEN HOME, SEC-2,DWARKA

DATE: 24 AUGUST 2025

TIME: 11:00 AM- 12:00PM

JOIN US FOR A HEALTHIER TOMORROW!

Dr. K K Kant | Dr. Roshan Jha | Dr. Ankush Pal | Dr. Ritika Ria | Dr. Mamta Rani | Dr. Anjali Vats
Convener Secretary Treasurer EC Member EC Member EC Member

On World Senior Citizens Day, the Southwest Delhi District Branch of the Indian Association of Physiotherapists (IAP) organized a Physiotherapy Camp on 24th August 2025 at Godhuli Senior Citizens' Home, Sector 2, Dwarka.

The camp was conducted on the theme “Healthy Ageing – Fall and Frailty Prevention”, with the objective of promoting awareness and providing preventive care for the elderly. Residents of the old age home participated enthusiastically and expressed appreciation for this initiative.

A total of 46 residents attended the camp and benefited from assessments, therapeutic exercises, and expert guidance provided by the dedicated physiotherapy team.



Activity Topic	Free Health Camp
Date	31 August 2025
Venue	Dhingra Park, Punjabi Bagh
Team Members	Dr. KK Kant, Dr. Roshan Jha, Dr. Ankush Pal, Dr. Ritika Ria, Dr. Anjali Vats, Dr. Mamta Rani


THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS
 SOUTH WEST DELHI DISTRICT
 

ORGANIZES

FREE PHYSIOTHERAPY CAMP

VENUE:
 Dhingra Park, East Punjabi Bagh

DATE: 31 AUGUST 2025
TIME: 07:00 AM- 08:00AM

JOIN US FOR A HEALTHIER TOMORROW!

Dr. K K Kant | Dr. Roshan Jha | Dr. Ankush Pal | Dr. Ritika Ria | Dr. Mamta Rani | Dr. Anjali Vats
 Convener Secretary Treasurer EC Member EC Member EC Member

The Southwest Delhi District Branch of the Indian Association of Physiotherapists (IAP) organized a Physiotherapy Camp on 31st August 2025 at Dhingra Park, East Punjabi Bagh. The camp received an overwhelming response from the local community, with more than 50 patients actively participating. Attendees benefited from physiotherapy consultations, assessments, and expert guidance. The participants expressed their full satisfaction with the initiative and the services provided by the dedicated physiotherapy team.



NORTH DELHI DISTRICT

S.NO	DATE	ACTIVITY	VENUE
1	02/09/25	Free Health Camp	Indira Gandhi Recreation Centre for Senior Citizen, Gulabi Bagh, Delhi
2	07/09/25	Free Health Camp and Health Talk	District Park, Pitampura



Activity Topic	Free Health Camp
Date	2 September 2025
Venue	Indira Gandhi Recreation Centre for Senior Citizen, Gulabi Bagh
Team Members	Dr. Sumit Saxena, Dr. Bharat Gupta, Dr. Shardeshu Srivastav, Dr. Ashish Jindal, Dr. Siddharth Gupta, Dr. Shivani Sharma, Dr. Sajal Agarwal, Dr. Gaurav Gupta, Dr. Aakanksha


THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS


NORTH DELHI DISTRICT TEAM

IN COLLABORATION WITH INDIRA GANDHI RECREATION CENTRE FOR SENIOR CITIZENS, GULABI BAGH

Organizes **PHYSIOTHERAPY & EYE CHECK-UP CAMP**

on
WORLD PHYSIOTHERAPY DAY

2nd September 2025 (Tuesday)
11:00 Am To 1:30 Pm

HEALTHY AGEING

PHYSIOTHERAPY CONSULTATION FOR-

SUPPORTED BY





- Neck pain
- Back pain
- Knee pain
- Ankle pain
- Parkinsonism
- Balance Issue

Convenor Dr. Sumit Saxena (PT)	Secretary Dr. Bharat Gupta (PT)	Treasurer Dr. Shardeshu Srivastav (PT)	EC Member Dr. Siddharth Gupta (PT) Dr. Sajal Agarwal (PT) Dr. Gaurav Gupta (PT) Dr. Aakanksha Gupta (PT) Dr. Ashish Jindal (PT) Dr. Shivani Sharma (PT)
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VEENA KANT, GENERAL SECRETARY, SUR NIRMAL KENDRA

The North Delhi District Branch of the Indian Association of Physiotherapists (IAP) organized a Physiotherapy and EYE check Up camp on 2nd September 2025 at INDIRA GANDHI RECREATION CENTRE FOR SENIOR CITIZEN, GULABI BAGH, DELHI.

The camp received an overwhelming response from the local community, around 40 patients actively participating even in Heavy rain. Attendees benefited from physiotherapy consultations, assessments, blood pressure, weight measurement and expert guidance. Health talk was also taken up on the TOPIC HEALTHY AGEING and age related conditions in senior citizens. The participants expressed their full satisfaction with the initiative and the services provided by the dedicated physiotherapy team.

We would like to sincerely thanks Mrs Veena kant, General secretary, Sur Nirman kendra for allowing us to conduct a camp at the centre.



Activity Topic	Free Health Camp and Health Talk
Date	7 September 2025
Venue	District Park, Pitampura
Team Members	Dr. Sumit Saxena, Dr. Bharat Gupta, Dr. Shardeshu Srivastav, Dr. Ashish Jindal, Dr. Siddharth Gupta, Dr. Shivani Sharma, Dr. Sajal Agarwal, Dr. Gaurav Gupta, Dr. Aakanksha



THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS

NORTH DELHI DISTRICT TEAM
ORGANISES

PHYSIOTHERAPY CAMP AND HEALTH TALK

on

WORLD PHYSIOTHERAPY DAY

SUNDAY, 7 SEPTEMBER 2025
TIMING : 7.00 AM TO 10.00 AM
VENUE : DISTRICT PARK, PITAM PURA

Physio Consultation

Dr. Sumit Saxena (PT)
Dr. Siddharth Gupta (PT)
Dr. Gaurav Gupta (PT)

PHYSIOTHERAPY CONSULTATION FOR

- NECK PAIN
- BACK PAIN
- KNEE PAIN
- ANKLE PAIN
- PARKINSONISM
- BALANCE ISSUE



Chief Guest
Dr. Amit Nagpal
Counsellor, ward 57, Pitam Pura

Convener
Dr. Sumit Saxena (PT)

Secretary
Dr. Bharat Gupta (PT)

Treasurer
Dr. Shardeshu Srivastava (PT)

EC Members
Dr. Siddharth Gupta (PT)
Dr. Akanksha Gupta (PT)

Dr. Sajal Agarwal (PT)
Dr. Ashish Jindal (PT)

Dr. Gaurav Gupta (PT)
Dr. Shivani Sharma (PT)

Sponsored By :

ADHUNIK PHYSIOTHERAPY CLINIC & SLIMMING CENTRE
LU-99, Pitam Pura, Delhi Contact : 9717716509

Total Healthsums
ND-10 (Basement) Pitampura,
Near DAV Darbari Lal School. Contact : 9811016559.

The North Delhi District Branch of the Indian Association of Physiotherapists (IAP) organized a Physiotherapy Camp and Health talk on 7th September 2025 at DISTRICT PARK, PITAM PURA

Dr. Amit Nagpal, Counsellor, Pitampura invited as GUEST OF HONOR, graced the occasion and told the role of Physiotherapy in promoting HEALTHY AGEING among senior citizens. The camp received an overwhelming response from the local community, around 50 patients actively participating in the event. Attendees benefited from physiotherapy consultations, assessment and Customised Home exercise program.

Health talk was also taken up on the TOPIC HEALTHY AGEING and age related conditions in senior citizens by Dr. Sumit Saxena, Senior physio, Dr. RML Hospital, *and ABVIMS Dr. Gaurav Gupta, consultant Physiotherapist, Total Healthsums Dr. Sidhartha, Senior physio, Adhunik Physiotherapy

The participants expressed their full satisfaction with the initiative and the services provided by the dedicated team.



SOUTH DELHI DISTRICT

S.NO	DATE	ACTIVITY	VENUE
1	02/09/25	Free Health Camp	BHM Girls Hostel, Jamia Millia Islamia

THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS
Welcomes
SOUTH DELHI DISTRICT TEAM

CENTRAL IAP TEAM


 Dr. Sanjeev Jha (PT)
 President IAP


 Dr. KM Annmalai (PT)
 Gen Secretary


 Dr. Ruchi Varshney (PT)
 Treasurer IAP


 Dr. Joji John (PT)
 National Head Branches

SOUTH DELHI IAP TEAM


 Dr. Saurabh Sharma (PT)
 (Convenor)


 Dr. Shikha Agarwal (PT)
 (Secretary)


 Dr. Sadhan Berry
 (Treasurer)


 Dr. Meena Makhija (PT)
 (EC Member)


 Dr. Piyush Singh (PT)
 (EC Member)

DELHI STATE TEAM


 Dr. Pooja Sethi (PT)
 President DIAP


 Dr. Zubia Veqar (PT)
 Gen Secretary DIAP


 Dr. Iram (PT)
 (EC Member)

Activity Topic	Free Health Camp and Lecture
Date	2 September 2025
Venue	BHM Girls Hostel, Jamia Millia Islamia
Team Members	Dr. Saurabh Sharma, Dr. Shika Agarwal, Dr. Sadhan Berry, Dr. Piyush Singh, Dr. Meena Makhija, Dr. Iram



THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS
SOUTH DELHI DISTRICT &
CENTRE FOR PHYSIOTHERAPY AND REHABILITATION SCIENCES

ORGANISES

PHYSIOTHERAPY CAMP & A LECTURE

FOR HOSTEL STAFF AND RESIDENTS

THEME : HEALTHY AGEING



VENUE : B H M GIRLS HOSTEL, JAMIA MILLIA ISLAMIA, JAMIA NAGAR OKHLA NEW DELHI -110025

DATE : 02 SEPTEMBER 2025 | TIME : 04:00 PM - 07:00 PM

Stay Fit, Stay Positive, Age With Strength

Prof Zubia Veqar Director CPRS	Dr. Saurabh Sharma Convener	Dr. Shikha Agarwal Secretary	Dr. Sadhan Berry Treasurer	Dr. Meena Makhija E C Member	Dr. Piyush E C Member	Dr. Iram E C Member
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The South Delhi District Branch of the Indian Association of Physiotherapists (IAP) organized a Physiotherapy Camp on 2nd September 2025 at BHM Girls hostel, Jamia Millia Islamia, New Delhi. The camp received an overwhelming response from the local community, hostel residents and staff with more than 25 patients actively participating. Attendees benefited from physiotherapy consultations, assessments, and expert guidance. The participants expressed their full satisfaction with the initiative and the services provided by the dedicated physiotherapy team. On the occasion Dr Moazzam Hussain Khan also delivered a lecture on healthy aging.



CENTRAL DELHI DISTRICT

S.NO	DATE	ACTIVITY	VENUE
1	08/09/25	- Scientific Session & Hands on Demonstration - Awareness Camp - Poster Competition - Quiz Competition	Sir Ganga Ram Hospital



Activity Topic	• Scientific Session & Hands on Demonstration • Awareness Camp • Poster Competition • Quiz Competition
Date	8 September 2025
Venue	Sir Ganga Ram Hospital
Team Members	Dr. Amit Kumar, Dr. Amit Goel, Dr. Vimal Sharma, Dr. Sagar Singh, Dr. Ajit Kumar Sinha, Dr. Rehan Jamal Saifi, Dr. Deepti Pandey

The Central Delhi District Branch of the Indian Association of Physiotherapists (IAP) proudly celebrated World Physiotherapy Day 2025 at Sir Ganga Ram Hospital with great zeal and participation. This year's global theme, "Healthy Aging," was brought to life through a meaningful blend of academics, awareness, and cultural expression.

- Scientific Session & Hands-on Demonstration:

Dr. Amit Kumar delivered an engaging presentation and live demonstration on biomechanics of movement, emphasizing its crucial role in rehabilitation and preventive care for the aging population.

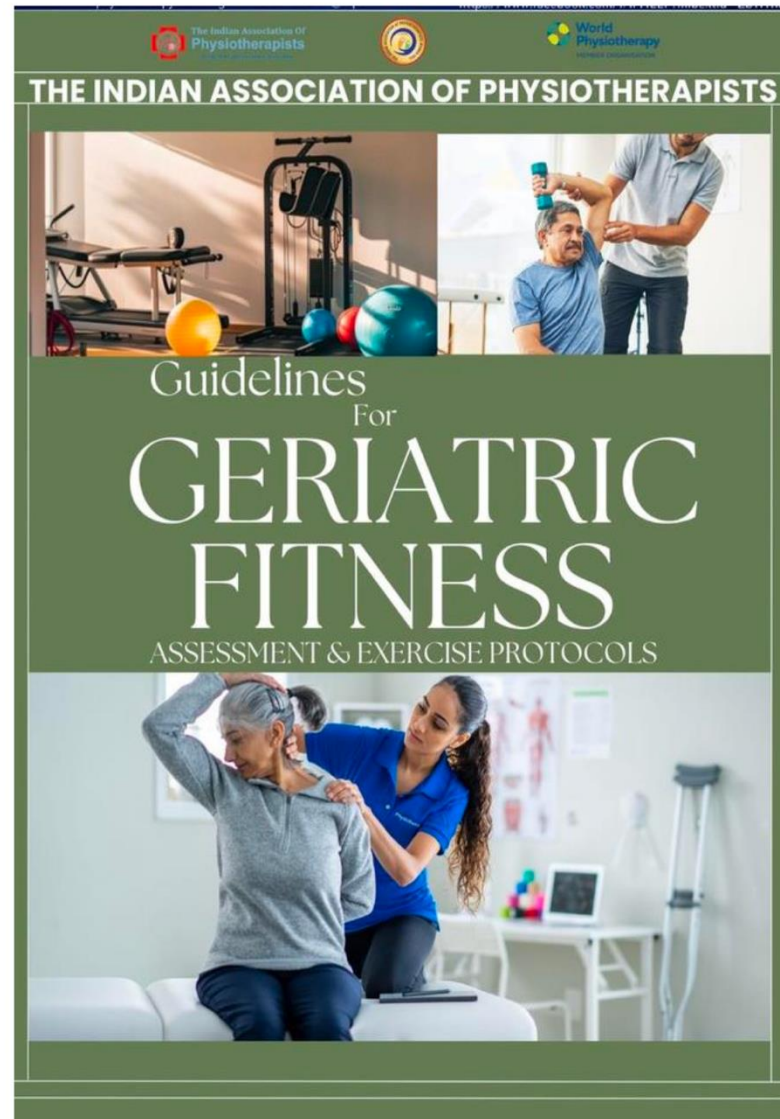
- Awareness Camp:

- Student & Intern Engagement: Poster Competition on Healthy Aging, Quiz Competition to test and expand knowledge, Skit/Play creatively portraying strategies to maintain independence and quality of life in older adults

The program beautifully combined knowledge-sharing, community awareness, and cultural well-being, reinforcing the indispensable contribution of physiotherapists to public health.



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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Or SCAN



