



Marathwada Mitra Mandal's M M COLLEGE OF PHYSIOTHERAPY

S. No. 35, Plot No. 5/6, Wadgaon Shinde Road, Lohgaon, Pune – 411047



“येथे बहुतांचे हित”

Celebration of World Physiotherapy Day 2025

Seniors' Olympics

On the occasion of *World Physiotherapy Day* (8th September 2025), Marathwada Mitramandal's MM College of Physiotherapy (MMCOPT), Pune, Maharashtra, India organized a unique and inspiring event **Seniors' Olympics** – exclusively for senior citizens. The theme for this year's World Physiotherapy Day, “*Healthy Ageing*”, was aptly highlighted through this program. It was followed by an interactive fitness awareness session with Chair Aerobics Session. The event started with blessings of Goddess Saraswati and lamp lighting. Dr. Aashirwad Mahajan, Principal of MMCOPT delivered the welcome address followed by the felicitation of guests of honour. Then Seniors' Olympics event was conducted by staff members of MMCOPT, Dr. Nupoor Kulkarni, Dr. Priya Chauhan, D. Rupinder Bhatti, Dr. Shrikant Mhase, Dr. Ankita Yelikar and Dr. Sakshi Dupare ensured the arrangements and smooth conduction of the event. All non-teaching staff members Mr. Dattatray Korade, Mrs. Sunali Shinde, Mr. Sagar Patil, Mr. Chandrashekhar Taur, Mrs. Jyoti Kadam and all the IBPT student volunteers helped enormously for the event.

Objective:

The objective of the Seniors' Olympics was to promote the importance of physical activity, physiotherapy, and active ageing in enhancing the health, independence, and quality of life of elderly individuals.

Events: Senior's Olympics & Chair Aerobics Session

1. The featured simple, fun-filled, and safe competitions designed to encourage mobility, balance, coordination, and social interaction among participants. Key events included:

- 30 sec sit to stand challenge for lower extremity strength
- Tandem walking competition for a balance
- Obstacle walking competition for dynamic, balance, agility, coordination
- Balloon blowing competition for pulmonary function
- Balloon in the air challenge for hand-eye coordination
- 2 minutes step challenge for aerobic capacity

2. An interactive fitness awareness session with Chair Aerobics Session: Senior's Olympics event was followed by information on fitness in older adults and Chair aerobic session which consisted of general mobility exercises and stretching of major muscle groups. This session highlighted the importance of movements in older age and reinforced that physiotherapy plays a vital role in maintaining independence and quality of

Participants: Total 31 **senior citizens** between the ages 60 to 77 years enthusiastically participated in the event. The atmosphere was filled with joy, energy, and camaraderie. Family members, students, and faculty were present to encourage and support the participants.

Event Highlights

- Physiotherapy faculty and students assisted seniors throughout the events, ensuring safety and guidance.
- Winners of each category were felicitated with medals and certificates. Participation certificates were awarded to all seniors as a token of appreciation.
- An interactive fitness awareness session with Chair Aerobics Session was conducted on the role of physiotherapy in promoting healthy ageing, fall prevention and preventing lifestyle-related issues.

Outcome:

The Seniors' Olympics successfully conveyed the message that *age is just a number* and that regular physical activity, guided by physiotherapy principles, can make ageing a healthy and joyful process. The program strengthened the bond between the college and the community while motivating seniors to stay active. The event was a resounding success, celebrating the spirit of active ageing and recognizing the vital role of physiotherapy in elderly well-being.

The poster is for the 'Seniors' Olympics' organized by Marathwada Mitra Mandal's M M College of Physiotherapy. It is held on the occasion of World Physiotherapy Day 2025. The event is for senior citizens on September 8th, 2025, from 10:45 AM to 1:00 PM at the Seminar Hall, 1st floor of the college. The poster includes logos of the college and World PT Day 2025, a list of highlights like friendly games, awards, and free physiotherapy, and a cartoon illustration of two elderly people walking.

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Organizes

Seniors' Olympics
On the occasion of World Physiotherapy Day 2025

Invitees: Senior citizens
Date: 8th September 2025.
Time: 10.45 AM – 1.00 PM.
Venue: Seminar Hall, 1st floor,
Marathwada Mitramandal's MM College of
Physiotherapy, Lohegaon, Pune 411047

World PT Day 2025
HEALTHY AGEING

Highlights:
✎ Friendly Games for Seniors
🏆 Awards & Recognition for Participants
\$ Free Physiotherapy & Health Check-up











**Event Coordinator
MMCOPT,Pune**

**Principal
MMCOPT,Pune
Maharashtra,India**