

Naval Tata High Performance Centre (HPC), Odisha, India.

On the occasion of **World Physiotherapy Day 2025**, our physiotherapy team came together to observe and highlight the importance of physiotherapy in promoting health, well-being, and athletic performance. This year's theme, **"Healthy Ageing: Preventing Frailty and Falls,"** was the central focus of our observance. The sessions emphasized evidence-based strategies to maintain functional independence, enhance quality of life, and reduce fall-related injuries through physiotherapy interventions.

The day was observed by our team of physiotherapists:

- **Dr. Anoop N Dev**, MS Exercise Physiology, MPT (Sports)
- **Dr. Trupti Sonone**, MPT (Sports)
- **Dr. Dibya Prakash Kar**, MPT (Sports)