



Physiotherapy School & Centre, Government Medical College, Nagpur celebrated 'World Physiotherapy Day on 8th September 2025' with a relishing central theme of 'Empowering Healthy Aging Amidst a Fast-Paced World'

Fitness, Agility and Dexterity assessment camp was successfully conducted for the individuals above 50 at Physiotherapy S&C under the Guidance of Dr Umanjali Damke, Principal & Professor.

Assesments were done for the Body Fat Analysis, Fine motor movements, 6-min walk test, Timed Up and Go Test, 30 Seconds Sit to stand, Step Up and down test. The benefits of physical exercises, active lifestyle and healthy eating were explained to the participants.