

Event Report: World Physiotherapy Day Celebrations 2025 at R.L. Jalappa College of Physiotherapy, Tamaka, Kolar

R.L. Jalappa College of Physiotherapy celebrated *World Physiotherapy Day* on the **8th and 9th of September 2025**, with two days of impactful programs focusing on the theme *healthy ageing, with a focus on preventing falls and frailty*. The event combined academic enrichment, health awareness, and community service, reflecting the institution's ongoing commitment to education, patient care, and social responsibility.

Day 1 Overview: The celebrations commenced with a **3 km Walkathon**, flagged off from **R.L. Jalappa Hospital, Kolar**, led enthusiastically by students and faculty. The walkathon route extended from **R.L Jalappa hospital** to the **Kolar Clock Tower** and back, drawing attention and participation from the local community. Graced by **Dr. Muninarayana, Registrar, SDUAHER**, and supported by the **Kolar Traffic Police**, the event was marked by energetic slogans on **health promotion and physiotherapy awareness**. Along the way, students and faculty members actively engaged with the public, spreading messages about the importance of physiotherapy in preventing disability, promoting healthy living, and improving quality of life. The spirited atmosphere reflected the commitment of the college towards community health education and awareness.



Following this, a **CME at BC Roy Auditorium** was inaugurated by distinguished leaders – **Dr. Vengamma (Vice Chancellor, SDUAHER), Dr. DVLN Prasad (Chief Academic Officer), Dr. Muninarayana (Registrar), and Dr. Aravind Natarajan (Dean, AHS).** Eminent speakers, including **Dr. Pretesh Kiran (St. John's College, Bangalore), Dr. Kiran Babu M (HOD, KITES), Dr. Shashwath (RLJCOPT) and Dr. Saniksha(RLJCOPT)** delivered insightful lectures on *Healthy Aging*, enriching the academic dimension of the celebrations.



Day 2 Overview: The second day was dedicated to service, outreach, and healthy living activities. The program was graced by the presence of **Shri G H Nagaraja (President, SDUET & Hon'ble Chancellor, SDUAHER)**, **Sri J Rajendra (Vice President, SDUET)**, **Sri K G Hanumantha Raju (Secretary, SDUET)**, and other esteemed academic leaders. Key highlights of the day included:

- **Inauguration of the Women's Health Physiotherapy Clinic at RLJHRC**



- **Inauguration of the Geriatric Physiotherapy Clinic at RLJHRC**



- **Fitness evaluation programs for the geriatric population**



- **Engaging skill-based games for participants**



- **Donation of walkers and canes to differently-abled individuals, generously sponsored by Dyna Company**



- **A lively Zumba fitness session for the elderly**



- **Release of the Physiotherapy for Healthy Ageing Handbook**



- **Orthotics & Prosthetics product display, aimed at student learning and patient awareness**



Impact and Experience

The two-day celebration not only created awareness about the role of physiotherapy in promoting healthy aging but also provided valuable outreach services to the community. Students and faculty actively engaged in both academic and service-oriented activities, gaining practical exposure and reinforcing the relevance of physiotherapy in real-life contexts.

Through these celebrations, R.L. Jalappa College of Physiotherapy once again demonstrated its dedication to advancing physiotherapy education, improving community health, and empowering future professionals. The enthusiasm of the participants and the support of esteemed dignitaries made *World Physiotherapy Day 2025* a memorable and meaningful milestone in the institution's journey of service and excellence.