

# World Physiotherapy Day 2025

September 1<sup>st</sup> to 8<sup>th</sup> 2025

Events report

Organised by

**Department of Cardiopulmonary Physiotherapy**  
**Sri Ramachandra Faculty of Physiotherapy**  
**Sri Ramachandra**  
**Institute of Higher Education Research(DU)**

On the occasion of *World Physiotherapy Day 2025*, the Department of Cardiopulmonary Physiotherapy, Faculty of Physiotherapy, Sri Ramachandra Institute of Higher Education and Research (SRIHER), successfully organized a week-long series of events from **1st to 8th September 2025**, culminating with the valedictory function on **8th September**

## The events scheduled for World Physiotherapy Day 2025

**SRI RAMACHANDRA**  
FACULTY OF PHYSIOTHERAPY



Department of Cardiopulmonary Physiotherapy  
**WORLD PHYSIOTHERAPY DAY CELEBRATIONS -  
SEPTEMBER 2025**

**Events**

**September 1** – Frial To Fit: Health & Fall risk screening & Training at Old Age home

**September 2** – Community Outreach at Vayalanallur Centre – Health Assessment and Exercise Counselling / Training (above 45 years)

**September 3** – Guidance for Happy Ageing: Preventive care for SRIHER Employees & Public (above 45 years)

**September 4** – Webinar on “Graceful Ageing: Physiotherapy in Geriatric Health Resilience”

**September 5** – Students' Activity – Reels & Memes

**September 6** – Human chain awareness: Raise the voice for Healthy Ageing

**September 8** – NET Buzz Social media engagement & Valedictory Ceremony with Keynote Address


**Healthy Ageing, with a focus on preventing falls and frailty**

**World Physiotherapy**

**#WorldPTDay**  
[www.world.physio/wptday](http://www.world.physio/wptday)

**World PT Day 2025**

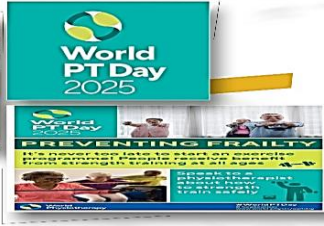

**Day 1: 01.09.2025**




**SRI RAMACHANDRA**  
FACULTY OF PHYSIOTHERAPY

On the occasion of  
**World Physiotherapy Day 2025**  
Department of Cardiopulmonary Physiotherapy  
Organizes health camp

On  
**“Frail to Fit – Health and fall risk- screening and training for elderly”**

1<sup>st</sup> September 2025  
Time : 09:00 AM – 02:00 PM  
Venue: Akshaya Old age Home, 5, Noombal Rd,  
Velappanchavadi,  
Kattupakkam, Chennai, Tamil Nadu 600077



**Fun Activities planned**  
 QUIZ TIME  
 KAROKE- SING ALONG  
 TALENT SHOWCASE

**“FRAILTY TO FIT -HEALTH AND FALL RISK- SCREENING AND TRAINING FOR ELDERLY”** at Old age home Velappanchavadi, Chennai was conducted by the Department of Cardiopulmonary Physiotherapy of Sri Ramachandra Faculty of Physiotherapy. In this highly engaging camp, assessments were conducted to identify balance issues, muscle strength, history of falls and the reasons behind those falls. Fun activities were organized for the elderly and the strategies for fall prevention along with customized exercise protocols were offered. Group exercise session was conducted. Posters on risk factors for falls in elderly and strategies to prevent fall prevention were displayed. Educational videos on fall prevention and exercises were displayed. Individualized screening and counselling on importance of the physical activity and exercise prescription for fall prevention and various methods of exercise training / physical activity was given to elderly. As a token of love a small gift package containing a massager, towel and smiley ball was given to the participants. About 58 senior citizens of varying severity of impairments benefitted



**Day 2: 02.9.2025**

The poster is for the World Physiotherapy Day 2025 event. At the top left is the Sri Ramachandra Faculty of Physiotherapy logo. To its right are icons for various health goals. The main text reads: 'On the occasion of World Physiotherapy Day 2025', 'Department of Cardiopulmonary Physiotherapy Organizes health camp', 'On', and '“Frail to Fit – Health and fall risk- screening and training for elderly”'. The date and time are '2<sup>nd</sup> September 2025' and 'Time : 09:00 AM – 02:00 PM'. The venue is 'Sri Ramachandra Rural Health & Training Centre, Vayalanallur, Thiruvallur district, TN 600 072.' On the right side, there are three smaller posters: 'HEALTHY AGEING' with the tagline 'Getting older does not mean you must stop or do less of what you enjoy', 'World PT Day 2025' with a globe logo, and 'PREVENTING FRAILTY' with the tagline 'It's never too late to start an exercise programme! People receive benefit from strength training at all ages.' and 'Speak to a physiotherapist about how to strength train safely.'

The Department of Cardiopulmonary Physiotherapy, Sri Ramachandra Faculty of Physiotherapy organized a **HEALTH AND FALL RISK-SCREENING CAMP** and conducted at Sri Ramachandra Rural health and Training Centre, Vayalanallur. The general public from rural community focusing on the adults above 45 years underwent general fitness evaluations, which included anthropometric measurements, muscle strength, muscle endurance, balance, Clinical frailty and fatigue severity.

More than 60+ individual benefitted with screening and exercise counselling on methods to improve physical health through physical activity promotion, simple exercise and importance of fall risk prevention and appropriate training was given.

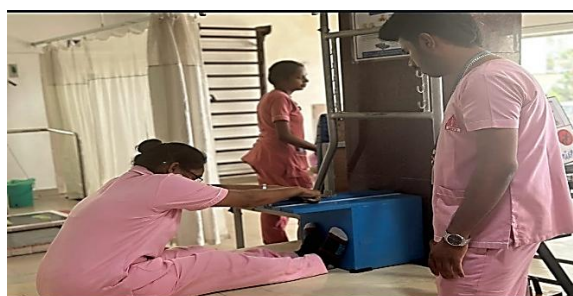


**Day 3: 03.9.2025**



A screening camp on “GUIDANCE FOR HAPPY AGEING” for the employees of Sri Ramachandra Institute of Higher Education & Research ( Deemed to be University) was conducted at New Block Physiotherapy OPD. The adults above 45 years underwent general fitness evaluations, which included anthropometric measurements, muscle strength assessments using a handheld dynamometer, muscle endurance tests through sit to stand test, balance using berg balance scale, Clinical frailty scale using questionnaire, fatigue severity score using questionnaire. Exercise prescription was given based on their evaluation

In addition, an education and awareness camp was conducted at Sri Ramachandra Hospital Outpatient Department for general public. The importance of exercise and managing the symptoms occurring due to ageing was discussed and educated with all the participants. More than 86 participants benefitted in this screening and counselling.



## Day 4: 04.9.2025

**SRI RAMACHANDRA**  
FACULTY OF PHYSIOTHERAPY

World PT Day 2025

**Department of Cardiopulmonary Physiotherapy**

World Physiotherapy Day 2025 Webinar on

**Graceful Ageing: Physiotherapy in Geriatric Health Resilience**

**4<sup>th</sup> September 2025**  
**09.00 AM - 01.00 PM**

**Beneficiaries**

- Faculties
- Physiotherapy practitioners
- Physiotherapy students

**Registrations link**  
Click and Scan QR Code

**Registration Amount**  
RS.300 (including GST)

For Registration contact:  
Ms. Yogeshwari R - **99943 60164**  
Mr. Ajith Kumar P - **90873 50257**

This interactive webinar offers valuable insights into how movement, mindset, and precision care are transforming physiotherapy into a powerful tool for ageing with strength, resilience, and grace.

**LEARNING OUTCOMES:** By attending this webinar, the learner would be able to:

- | Identify  | Apply   | Design   | Integrate  |
|---|---|--|--|
| The multidimensional challenges associated with ageing. | Standardized assessment tools for geriatric evaluation. | movement-based / physical activity programs to support healthy ageing. | exercise, physical activity and lifestyle strategies to improve mental well-being. |

TOPIC: Second the Wrinkles: Understanding the Hidden Risks of Ageing



**Dr. G. Usha**  
Professor,  
Department of Geriatric Medicine  
SRIIR, CHS, Pune  
Chennai.

TOPIC: Priority to Function: A Guide to Physiotherapy Geriatric Assessment



**Dr. Isha Akulwar-Tajane (PT)**  
Associate professor in Kinesiotherapy & Physical diagnosis Department & Institute  
Sri Ramachandra College of Physiotherapy

TOPIC: Move to Thrive: The Science of Staying Young



**Dr. Vaishali K (PT)**  
Professor, Department of Physiotherapy,  
Manipal College of Health Professions,  
Manipal Academy of Higher Education (MAHE)

TOPIC: Mind over Muscle: Exercise intervention for Mental Well-being



**Dr. J. Vijayalakshmi (PT)**  
Senior consultant Physiotherapist (SNMRC)  
Publication manager & Editorial Team,  
Indian Journal of Physiotherapy and Occupational Therapy

A webinar on, “GRACEFUL AGEING: PHYSIOTHERAPY IN GERIATRIC HEALTH RESILIENCE” was hosted on the ZOHO platform and conducted across four sessions, running from 8:30 AM to 1:30 PM. The event commenced with an inaugural address, followed by a pre-test administered via Google Forms. Upon completion of all four sessions, a post-test was conducted to assess participants' learning outcomes. Around 163 attended this mind awakening webinar for elderly care.

Registration & Welcome Address

**UNDERSTANDING AGING CHANGES ACROSS BODY SYSTEMS**

DR. GHANASAMBANDAM USHA, MD  
PROFESSOR OF GERIATRIC MEDICINE  
SRIIR, CHENNAI

Physiotherapy practitioners  
Physiotherapy students



Move to Thrive: The Science of Staying Young

**Physiological Changes: Musculoskeletal**

- Sarcopenia (loss of muscle mass & strength)
- Reduced bone density → osteoporosis risk
- Loss of flexibility & mobility → falls risk

Cruz-Uribe AJ et al., 2019



Day 5: 05.09.25



To unleash the creativity of students in promotion of healthy ageing was facilitated through competition to create reels and memes on the theme of “Healthy Ageing” was organised by the Department of Cardiopulmonary Physiotherapy, Sri Ramachandra Faculty of Physiotherapy. Around 12 teams with 23 participants across the college in the region exhibited their creative concerns to enhance elderly care addressing various impairments with motivational messages. The first two in each category received special prizes and all were appreciated with certificates.

### **Memes:**



### **Link for reels:**

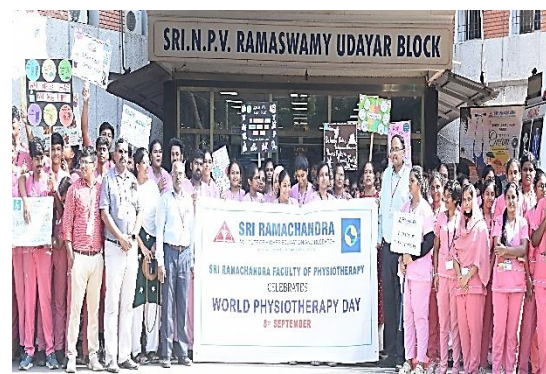
[https://drive.google.com/file/d/1a9CMw5E-VGDb76L3rjla2c1\\_3Gu7xXBv/view?usp=drive\\_link](https://drive.google.com/file/d/1a9CMw5E-VGDb76L3rjla2c1_3Gu7xXBv/view?usp=drive_link)

[https://drive.google.com/file/d/1eKNeRXZ\\_Ay6AJezQvV6bAUCABeI3Wxh5/view?usp=drive\\_link](https://drive.google.com/file/d/1eKNeRXZ_Ay6AJezQvV6bAUCABeI3Wxh5/view?usp=drive_link)

Day 6: 06.9.2025



Department of Cardiopulmonary Physiotherapy at Sri Ramachandra Faculty of Physiotherapy organized a Human Chain Awareness event on the occasion of World Physiotherapy Day celebrations in 2025 on 6/9/2025. This event, themed 'Together for Fall Prevention and Safety in Ageing,' involved 450 participants, including undergraduate and postgraduate physiotherapy students, staff, and faculty. The human chain symbolized the joining of hands and hearts to raise awareness about a significant issue impacting our aging population: falls. It is important to note that falls are not an unavoidable aspect of aging; they can be largely prevented. Our chain represented a community-wide commitment to safeguarding our elders, ensuring they can live with dignity, independence, and safety. This impactful visual of unity demonstrates that we are all 'Together for Fall Prevention and Safety in Ageing.'



### Day 7: 08.09.2025

The week-long series of events from **1st to 8th September 2025**, culminating in the valedictory function on **8th September**. On 8<sup>th</sup> September spreading of awareness about physiotherapy and the theme of “**Healthy ageing**” was **promoted in various social media** by the students, staff and faculties by posting, liking/ tweeting and sharing with specific hashtags.

The valedictory ceremony began with a warm welcome address by **Prof. Antony Leo Aseer, Principal, Faculty of Physiotherapy**. A touching video presentation paid tribute to the legacy and tireless service of **Dr. V. S. Natarajan**, a pioneer in geriatric medicine. **Dr. T. Senthil Kumar, Head, Department of Cardiopulmonary Physiotherapy**, presented a comprehensive report on the week-long celebrations that highlighted academic deliberations, creative initiatives, and community outreach programs. The valedictory function was graced by **Dr. V. S. Natarajan**, recipient of the **prestigious Indian government's Padmasri award, Founder and Chairman, Geriatric Foundation, Chennai**, popularly known as the **Father of Indian Geriatrics**. In his keynote address, he emphasized the paradigm shift marked by the rising prevalence of non-communicable diseases and highlighted the indispensable role of physiotherapy in managing the geriatric spectrum of **Disease, Disability, Dependency, and Death (the 4Ds)**. The occasion was presided over by **Prof. Uma Sekar, Vice-Chancellor, SRIHER**, who, in her inaugural remarks, underscored the crucial contribution of physiotherapy in elderly care. Adding to the deliberations, **Prof. Sathyamurthy, Head of Geriatric Medicine, SRIHER (DU)**, elaborated on the role of physiotherapy in addressing the “**4 I's**” of geriatric impairments: **Immobility, Instability, Incontinence and Impairment of Cognition (Mental Health)**. The event also featured an inspiring address by **Dr. David Vijaykumar (PT)**, alumnus of SRIHER, Geriatric Physiotherapist and Founder of the Elderly Physiotherapy Care Centre. He detailed various physiotherapy techniques and reaffirmed the responsibility of physiotherapists in restoring functional independence and enhancing the quality of life in old age despite multi-system dysfunctions. The Chief Guest distributed prizes to winners of the *Reels and Memes Competition* conducted for physiotherapy students as part of the celebrations. The program concluded with a vote of thanks by **Mrs. Sridevi S., Associate Professor**, who left the gathering with a resonating thought: “*Physiotherapy is the art of restoring movement and the science of instilling hope—spreading health, strength, and positivity.*”



## Day 7 Net Buzz :



**Purpose: Raise the voice in Social media to increase the awareness about Physiotherapy and healthy ageing**

**Activities:**

- **Social media trending in various prominent / attractive platforms**

**Participants:**

All PT students along with Physios & Faculties



© 2025 Twitter Inc.



**Inter-Netting for  
Healthy ageing**



Watch the 7- days all events summary video @

[https://drive.google.com/file/d/1n6QBL01kBPuQkAINEeTNK2g7\\_MDZ0KcN/view?usp=sharing](https://drive.google.com/file/d/1n6QBL01kBPuQkAINEeTNK2g7_MDZ0KcN/view?usp=sharing)

World Physiotherapy Day 2025 Media release links:

1. [https://youtu.be/h\\_zose-tSDQ?feature=shared](https://youtu.be/h_zose-tSDQ?feature=shared)
2. [https://drive.google.com/file/d/1l6mKfxCM4\\_mh2vKZ6vIjcW1Yi708HHSD/view?usp=sharing](https://drive.google.com/file/d/1l6mKfxCM4_mh2vKZ6vIjcW1Yi708HHSD/view?usp=sharing)
3. <https://drive.google.com/file/d/1l6AQXYV45fNBaZbRRAZOxQChStjvNCdW/viaw?usp=sharing>
4. [https://drive.google.com/file/d/1lQlq9pec1ZlQc\\_2Kh8j\\_FFHbmErwMM1/view?usp=sharing](https://drive.google.com/file/d/1lQlq9pec1ZlQc_2Kh8j_FFHbmErwMM1/view?usp=sharing)

Press releases in Tamil, English and Hindi news papers

## உலக இயன்முறை மருத்துவ தினம்



உலக இயன்முறை மருத்துவ தினத்தை முன்னிட்டு ஸ்ரீ ராமச்சந்திரா உயர் கல்வி மற்றும் ஆராய்ச்சி நிறுவனம் சார்பில் நடைபெற்ற நிகழ்வில் முதியோர் நல சங்க நிறுவனர் டாக்டர் வி. எஸ். நடராஜனுக்கு நினைவுப் பரிசு வழங்கிய துணைவேந்தர் டாக்டர் உமா சேகர்.

சென்னை, செப்.9: உலக இயன் முறை மருத்துவ தினத்தை முன்னிட்டு ஸ்ரீ ராமச்சந்திரா உயர் கல்வி மற்றும் ஆராய்ச்சி நிறுவனத்தில் செப்.1 முதல் 8 வரை ஒரு வார சிறப்பு நிகழ்ச்சிகள் நடைபெற்றன.

இதன்படி, முதியோர்கள் கீழே விழுவதை தடுத்தல், ஆரோக்கியமான முதுமையை மேம்படுத்துதல், எளிமையான உடற்பயிற்சி மற்றும் உடல் வலிமை குறித்த விழிப்புணர்வு பேரணிகள், இயன்முறை கல்வி கருத்தரங்கம், கிராமப்புற சேவை உள்ளிட்ட பல்வேறு நிகழ்ச்சிகள் நடத்தப்பட்டன.

இந்த ஒருவார விழாவின், நிறைவு நிகழ்ச்சியில் சென்னை முதியோர் நலச்சங்கத்தின் நிறுவனர் வி.எஸ்.நடராஜன்

சிறப்பு விருந்தினராக கலந்து கொண்டு, முதியோர்களுக்கு ஏற்படும் மூட்டு வலி, கால்வலி, முதுகுவலி போன்ற பிரச்சனைகளிலிருந்து விடுபட்டு ஆரோக்கியமான முதுமையை எவ்வித தொந்தரவுகளும் இல்லாமல் வாழ இயன்முறை மருத்துவம் பெரிதும் உதவுகிறது என்று கூறினார்.

இந்நிகழ்ச்சியில் துணைவேந்தர் உமா சேகர், இயன்முறை மருத்துவத்துறை முதல்வர் ஆண்டனி லியோ ஆசீர், இதய நெஞ்சக இயன்முறை மருத்துவத்துறை தலைவர் டி.செந்தில் குமார், முதியோர் நல மருத்துவத்துறை தலைவர் சத்தியமூர்த்தி உள்ளிட்ட பலர் கலந்து கொண்டனர்.



## Human chain, community outreach programmes mark Physiotherapy Day

Chennai, Sept 9

On the occasion of World Physiotherapy day, Sri Ramachandra Institute of Higher Education and Research (SRIHER) organised a week-long event from 1st to 8th September. More than 500 students, faculty members and staff participated in the human chain creating awareness about the geriatric care and prevention of fall among elderly people. The week-long programmes include human chain, academic events, creative initiatives and community outreach

programmes.

Dr. V. S. Natarajan, Founder and Chairman, Geriatric Foundation, Chennai was the chief guest for valedictory function. Speaking on the occasion, he emphasised the paradigm shift in the health of the elderly, marked by the rising prevalence of non-communicable diseases linked to lifestyle changes. He highlighted the indispensable role of physiotherapy in reducing pain, disability, promoting healthy ageing and enabling older adults to lead a life of dignity and in-

dependence. He further described the integral role of exercise in managing the geriatric spectrum of Disease, Disability, Dependency, and Death (the 4Ds).

Earlier Dr. Uma Sekar, Vice Chancellor felicitated Dr. V.S. Natarajan. Prof. Antony Leo Aseer, Principal, Faculty of Physiotherapy, Dr. T. Senthil Kumar, HOD, Cardiopulmonary Physiotherapy and Prof. Sathyamurthy, HoD, Geriatric Medicine, SRIHER participated in the event.

## वृद्धजनों को जीवन जीने में सक्षम बनाने में फिजियोथेरेपी की भूमिका अपरिहार्य



कार्यक्रम में उपस्थित संस्थान के अधिकारी व अतिथि।

चेन्नई ७ पत्रिका, विश्व फिजियोथेरेपी दिवस के अवसर पर, श्री रामचंद्र उच्च शिक्षा एवं अनुसंधान संस्थान ने 1 से 8 सितंबर तक एक सप्ताह तक चलने वाले कार्यक्रम का आयोजन किया। 500 से अधिक छात्रों, संकाय सदस्यों और कर्मचारियों ने मानव श्रृंखला में भाग लिया और वृद्धजनों में वृद्धावस्था देखभाल और गिरने से बचाव के बारे में जागरूकता पैदा की। सप्ताह भर चलने वाले कार्यक्रमों में मानव श्रृंखला, शैक्षणिक कार्यक्रम, रचनात्मक पहलू और सामुदायिक आउटरीच कार्यक्रम शामिल थे।

चेन्नई स्थित जेरिएट्रिक फाउंडेशन के संस्थापक और अध्यक्ष डॉ. वी. एस. नटराजन समापन समारोह के मुख्य अतिथि थे। इस अवसर पर बोलते हुए उन्होंने जीवनशैली में बदलाव से

जुड़ी गैर-संचारी बीमारियों के बढ़ते प्रचलन के कारण वृद्धजनों के स्वास्थ्य में आ रहे आमूल-चूल परिवर्तन पर जोर दिया। उन्होंने दर्द और विकलांगता को कम करने, स्वस्थ वृद्धावस्था को बढ़ावा देने और वृद्धजनों को सम्मान और स्वतंत्रता का जीवन जीने में सक्षम बनाने में फिजियोथेरेपी की अपरिहार्य भूमिका पर प्रकाश डाला। उन्होंने व्यायाम की अभिन्न भूमिका का भी वर्णन किया। इससे पहले कुलपति डॉ. उमा सेकर ने डॉ. वी.एस. नटराजन को सम्मानित किया।

इस कार्यक्रम में फिजियोथेरेपी संकाय के प्राचार्य प्रो. एंटनी लियो असीर, कार्डियोपल्मोनरी फिजियोथेरेपी विभागाध्यक्ष डॉ. टी. सेंथिल कुमार और जराचिकित्सा विभागाध्यक्ष प्रो. सत्यमूर्ति भी शामिल हुए।