



RIPHAH
FACULTY OF REHABILITATION
& ALLIED HEALTH SCIENCES

World Physical Therapy Day 2025

**Theme:
Health Aging
Preventing Falls and
Frailty**



**Venue: Riphah International University Gulberg Greens
Campus, Islamabad - Pakistan**

World Physical Therapy Day 2025 Report

World Physical Therapy Day (WPT) 2025 was celebrated with enthusiasm and purpose at Riphah International University, Gulberg Greens Campus. In alignment with the global theme “*Healthy Ageing: Preventing Falls and Frailty*,” the event highlighted the vital role of physiotherapy in promoting independence, preventing frailty, and improving quality of life among older adults. Organized by the **Faculty of Rehabilitation and Allied Health Sciences (FRAHS)**, the celebration integrated academic learning, creativity, and community engagement to reinforce the impact of physical therapy on healthy ageing.

Faculty-Led Activities: Knowledge, Practice, and Leadership

The event began with a series of **faculty-led sessions** aimed at translating research and clinical knowledge into practical understanding and community benefit.

Workshop for Undergraduate Students

A focused seminar was held for DPT students to deepen their understanding of the multifactorial nature of falls and frailty. Faculty members discussed the **biopsychosocial model of ageing**, outlining physical, environmental, and lifestyle contributors to fall risk. The seminar highlighted preventive strategies including **early screening, strength and balance training, and patient education**, reinforcing the global theme “*Healthy Ageing: Preventing Falls and Frailty*.”



Recap of Undergraduate and Postgraduate Research: A Year-Long Commitment to the Theme

A key highlight of the day was the presentation of Riphah’s ongoing research on healthy ageing, showing how undergraduate and postgraduate students have been contributing to this theme throughout the year.

Undergraduate projects explored topics such as:

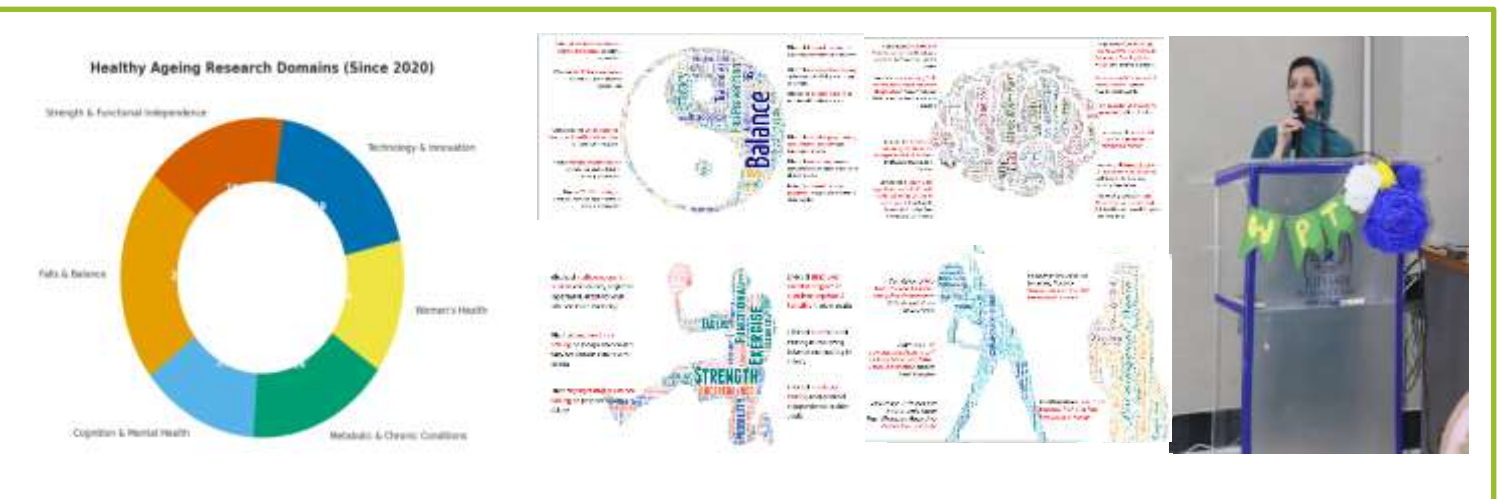
- Kinesiophobia and its association with fall risk and quality of life
- Cognitive decline and mobility
- Knowledge and preventive strategies for fall management
- Sensory and motor impairments and their link with balance
- Frailty prevalence among community-dwelling older adults
- The impact of diabetes, obesity, and menopause on fall risk

These projects emphasized early detection and preventive rehabilitation as key to promoting independence.

Postgraduate studies focused on intervention-based approaches including:

- Exergaming, virtual reality, and motor imagery for balance improvement
- Dual-task, proprioceptive, and resistance training for fall prevention
- Multicomponent exercise programs such as Pilates, Tai Chi, and aerobic training

This recap celebrated Riphah's sustained academic dedication to *Healthy Ageing*, reflecting its leadership in geriatric rehabilitation and evidence-based practice.



Faculty Demonstration: Translating Theory into Practice

Faculty members demonstrated functional balance activities and rehabilitation techniques for fall prevention. These live demonstrations linked theoretical learning with real-world applications, showcasing how targeted interventions enhance coordination and stability.



Student-Led Activities: Engagement, Creativity, and Learning

Students of FRAHS played an active role in bringing energy and innovation to the event through performances and interactive learning experiences.

Educational Skit: The Power of Rehabilitation

A student-led skit portrayed the journey of an elderly individual at risk of falls and the collaborative role of physiotherapists from neurological, orthopedic, and cardiopulmonary specialties. The performance highlighted interdisciplinary teamwork and comprehensive care for older adult

Interactive Kahoot Quiz

An engaging quiz based on the WPT theme tested participants' knowledge of fall prevention and healthy ageing. The activity encouraged participation, teamwork, and learning in a fun and interactive way.

Informative Booths: From Knowledge to Practice

Students organized thematic booths in the university reception area:

- **Awareness Booth:** Displayed posters and educational material on balance and fall prevention.
- **Activity Booth:** Conducted practical demonstrations of strengthening and balance exercises.
- **Screening Booth:** Offered basic fall-risk and postural balance assessments.

These booths encouraged hands-on learning and interaction among students, faculty, and visitors.



Awareness Walk on Healthy Ageing

The event began with an **awareness walk** featuring faculty and students holding placards and banners highlighting messages on fall prevention and active ageing. The walk represented unity and Riphah's collective effort to promote health awareness in the community.



Community Engagement Activities: Extending Impact Beyond Campus

Community Awareness Session on Healthy Ageing

An interactive community session was organized, open to students, parents, faculty, and the general public. Faculty members delivered talks on physical activity, nutrition, and preventive strategies to delay frailty. A **practical exercise demonstration** allowed participants to learn simple, adaptable exercises for balance and strength that can be incorporated into daily life.



Visit to Old Age Home

As part of extended WPT Month activities, faculty and students visited a local old age home to conduct **screenings, exercise sessions, and awareness talks** on fall prevention. This outreach reflected Riphah's compassion and real-world application of physiotherapy principles to enhance the lives of older adults.

Exercise Sessions for University Staff

Practical exercise sessions were also conducted for the university's support staff, including guards, cleaners, and maintenance personnel. The sessions focused on easy, time-efficient exercises that could be integrated into their daily routines to improve strength, flexibility, and functional health. This initiative demonstrated **inclusive health promotion** and the application of physiotherapy for all.



Cake Cutting and Celebration of Unity

The celebration concluded with a **cake-cutting ceremony**, symbolizing teamwork and unity among students, faculty, and professionals. It marked the collective dedication of the Riphah community toward advancing the role of physiotherapy and promoting active, healthy ageing.



The **World Physical Therapy Day 2025** celebrations at Riphah International University successfully combined education, research, creativity, and service. Through faculty-led initiatives, student engagement, and community outreach, the event embodied the spirit of *“Healthy Ageing: Preventing Falls and Frailty.”*

By bridging academic excellence with social responsibility, Riphah reaffirmed its commitment to empowering individuals to live healthier, more independent lives, and to advancing the profession of physical therapy as a cornerstone of public health and wellbeing.

