

## WORLD PHYSIOTHERAPY DAY 2026 CELEBRATION – REPORT

**World Physiotherapy Day 2026 celebrations** were organized by the Department of Neurological Physiotherapy, Sri Ramachandra Faculty of Physiotherapy, SRIHER.

World Physiotherapy Day is celebrated every year on **8th September** to recognize the invaluable contribution of physiotherapists to health, prevention, rehabilitation, functional independence and quality of life. This year, the Department planned a series of activities with a strong focus on “The role of physiotherapy and physical activity in the prevention, management, and rehabilitation of cardiovascular disease and stroke.”

The celebrations extended from **25th August to 8th September 2026**, bringing together community outreach, employee health screening, academic enrichment and awareness activities.

### IT, Corporate and Industrial Employee Screening

The celebrations commenced with a series of **workplace screening programmes** under the theme:

#### “Screening of Risk Factors for Stroke and Awareness of Physical Activity”

The programmes were conducted at three different organizations:

- **Wittmann Battenfeld India Pvt Ltd, Poonamallee – 25th August 2026**
- **Sukraa Software Solution Private Limited, Ekkaduthangal – 29th August 2026**
- **Harsha Toyota, Velappanchavadi – 7th September 2026**

Thus, the workplace outreach programmes collectively benefitted 128 employees, above 35 years of age.

#### Wittmann Battenfeld India Pvt Ltd, Poonamallee:





## Sukraa Software Solution Private Limited, Ekkaduthangal:





**Harsha Toyota, Velappanchavadi:**



The screening was comprehensive and included assessment of physical activity levels, physical performance and perceived stress. Most of the employees showed low physical activity levels and moderate levels of stress, which could be modifiable risk factors for stroke and cardiovascular disease. Based on the findings from these assessments, employees were stratified into low, moderate and high-risk categories. Tailored exercise and physical activity programmes were recommended according to the risk category and individual needs of each employee.

Another important component of the workplace programme was the opportunity for employees to discuss their musculoskeletal and work-related health concerns with the physiotherapy team. Individual consultation was provided for the same wherever applicable.

This comprehensive approach demonstrated the important role of physiotherapists in workplace health promotion, disease prevention, ergonomic awareness, physical activity promotion and early management of musculoskeletal problems.

The successful outreach to 128 employees provides a strong foundation for expanding our initiatives from episodic screening programmes to sustained consultancy partnerships & MOUs, with the ultimate vision of making physiotherapy an integral component of workplace health, disease prevention and employee wellbeing.

### Preventive Care Screening for SRIHER Employees

Continuing the preventive health initiative, a dedicated screening programme was conducted for **SRIHER employees on 3rd September 2026**.

A total of 40 employees benefited from this programme.

Employees were categorized into low, moderate and high-risk groups, following which appropriate advice and tailored physical activity programmes were recommended.

The programme emphasized that prevention begins with awareness, early identification of risk and appropriate lifestyle modification.

It also reinforced the commitment of the institution towards promoting the health and wellbeing of its own employees.





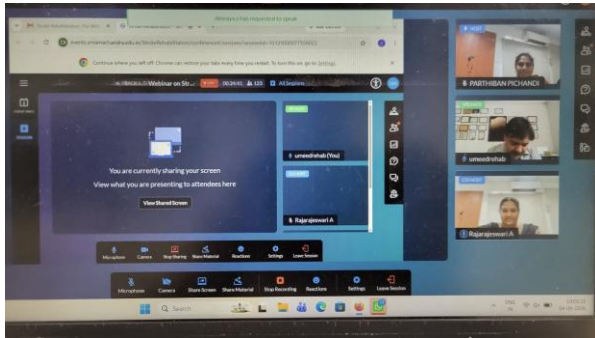
## Webinar on Stroke Rehabilitation

As part of the academic component of the celebrations, a **Webinar on “Stroke Rehabilitation”** was conducted on **4th September 2026**. Mr. Siddhant Kumar, Director, Umeed Rehabilitation Centre & Trustee, Foundation for Child & Adult Rehabilitation, Lucknow was the resource person.

The webinar provided an excellent academic platform for students and faculty to enhance their understanding of contemporary approaches to stroke rehabilitation.

It also provided an opportunity for participants to appreciate the evolving role of physiotherapists in evidence-based neurological rehabilitation.





## Campus Walkathon

On **8th September 2026**, the Department organized a **Campus Walkathon** carrying the important message:

**“Raise the Voice for Prevention of Cardiovascular Disease & Stroke.”**

The walkathon served as a powerful awareness initiative to promote regular physical activity & cardiovascular health and stroke prevention.

It reinforced the message that physical activity is not merely a component of fitness, but an important part of a healthy lifestyle and disease prevention.

The active participation of the campus community helped spread the message that **small, consistent changes in daily physical activity can contribute to long-term health and wellbeing.**





## Radio Talk

Our Principal Prof. Antony Leo Aseer have delivered a talk on **World Physiotherapy Day 2026**, its theme and its importance in **All India Radio, Chennai**, on **8.9.26**. He has also conveyed his wishes to all fellow physiotherapists.





## Awareness activities

On 8.9.26, patient education booths were arranged in Sri Ramachandra Medical Center and Hospital lobby to promote early identification of risk factors of Stroke and physical activity awareness, through distribution of educational pamphlets.



## Special Address

On 8.9.26 in valedictory program, a **Special address on “Role of Physiotherapy in Prevention of Stroke”** was delivered by Dr.S.Benedic Kingslin Suresh, Chief Physiotherapist, MGM Health Care, Chennai.

The special address highlighted on identification, prevention and management of risk factors of stroke at various phases.



# SRI RAMACHANDRA

FACULTY OF PHYSIOTHERAPY





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As we **conclude** the World Physiotherapy Day 2026 celebrations, the activities conducted over the past two weeks have reinforced a very important message:

Physiotherapy is not only about restoring movement after disease or disability—it is also about preventing disease, promoting physical activity, optimizing health and empowering individuals to take charge of their wellbeing.

Let us continue to carry this message beyond World Physiotherapy Day and make movement, prevention and healthy living a part of everyday life.