

WORLD PHYSIOTHERAPY DAY 2026

Better Movement • Better Function • A Healthier Tomorrow

Event Report



CONFERENCE

3rd GOOD HEALTH AND WELL-BEING



GUEST LECTURE

4th QUALITY EDUCATION



WEBINAR

9th INDUSTRY, INNOVATION AND INFRASTRUCTURE



CAMP

3rd GOOD HEALTH AND WELL-BEING




FITNESS CHECK

3rd GOOD HEALTH AND WELL-BEING



THEMED ART COMPETITION

4th QUALITY EDUCATION



MEDICAL SCREENING

3rd GOOD HEALTH AND WELL-BEING



INNOVATIVE POSTER COMPETITION

9th INDUSTRY, INNOVATION AND INFRASTRUCTURE



LEAVE NO ONE BEHIND
SUSTAINABLE DEVELOPMENT GOALS

SAVEETHA COLLEGE OF PHYSIOTHERAPY
SAVEETHA INSTITUTE OF MEDICAL AND TECHNICAL SCIENCES(SIMATS)



DEPARTMENT OF CARDIO VASCULAR AND PULMONARY SCIENCES

EVENT: WEBINAR

SAVEETHA COLLEGE OF PHYSIOTHERAPY
SAVEETHA INSTITUTE OF MEDICAL AND TECHNICAL SCIENCES
 NAAC A++ NIF 13
 INSTITUTIONS INNOVATION COUNCIL
 SAVEETHA INNOVATION CELL
 Internal Quality Assurance Cell

Department of Cardio - Pulmonary Sciences
 Organizes a
FREE WEBINAR
 in view of
WORLD PHYSIOTHERAPY DAY

RESOURCE PERSONS

Dr. Arjun AS, MD Respiratory Medicine
 Assistant Professor,
 Department of Respiratory Medicine
 Saveetha Medical College and
 Hospital, Chennai

Dr. Sathya Sivakumar, MPT (Cardio), PhD scholar,
 Assistant Professor,
 Department of Anatomy
 MMM College of health sciences,
 Madhavai, Chennai

SESSION DETAILS

01 1.00 to 2.00 pm
 "The Role of Physiotherapy in Post-Cardiac Surgery Respiratory Care: A Pulmonologist's Perspective"
 By Dr. Arjun AS, MD (Resp.Med)

02 2.00 to 3.00 pm
 "The Physiotherapist as the First Line of Cardiovascular Detection, Prevention & Rehabilitation"
 By Dr. Sathya Sivakumar, MPT (Cardio), (Ph.D)

DATE 08/09/2026 **TIME** 1.00 TO 3.00 PM **MODE** GOOGLE MEET

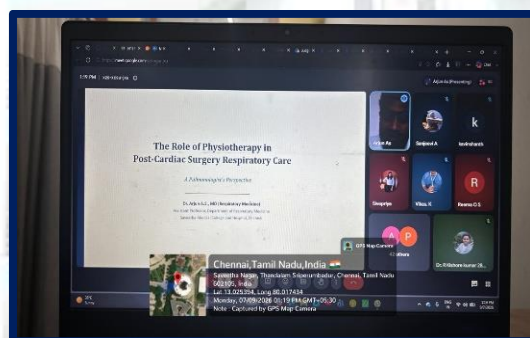
For Enquiry Contact :

Dr. S. Aravind MPT (Cardio) (Ph.D)
 HEAD OF THE DEPARTMENT
 DEPARTMENT OF CARDIO-PULMONARY SCIENCES
 SAVEETHA COLLEGE OF PHYSIOTHERAPY
 PH: 9880026329

**Dr. R. Mahesh Kumar MPT (Cardio),
 WEBINAR CO-ORDINATOR
 DEPARTMENT OF CARDIO-PULMONARY SCIENCES
 SAVEETHA COLLEGE OF PHYSIOTHERAPY
 PH: 9667747995**

SCAN THIS QR CODE FOR REGISTRATION

Let's celebrate movement. Let's inspire health.



The Department of Cardio-Pulmonary Sciences, Saveetha College of Physiotherapy, SIMATS, successfully organized the SCOPE–2026 Pre-Conference Free Webinar and National Conference on 8 September 2026, celebrating World PT Day under the theme “Cardiovascular Diseases and Stroke.” The webinar featured expert sessions on cardiopulmonary physiotherapy, prevention, early detection, respiratory care, and cardiovascular rehabilitation. The conference provided a dynamic platform for knowledge, research, clinical insights, and teamwork, with 147 students actively participating. An engaging Quiz Competition and Fitness Challenge promoted clinical knowledge, critical thinking, physical fitness, and healthy competition.

DEPARTMENT OF CARDIO VASCULAR AND PULMONARY SCIENCES

EVENT: CONFERENCE



The Department of Cardio-Pulmonary Sciences, Saveetha College of Physiotherapy, SIMATS, successfully organized the SCOPE–2026 National Conference on 8 September 2026, in celebration of World PT Day. The conference provided a vibrant platform for knowledge sharing, research, clinical insights, professional learning, and collaborative teamwork. A total of 147 students actively participated, making the event highly engaging and impactful. The programme featured enriching academic sessions and meaningful interactions among students, faculty, delegates, and experts.

DEPARTMENT OF NEUROSCIENCES

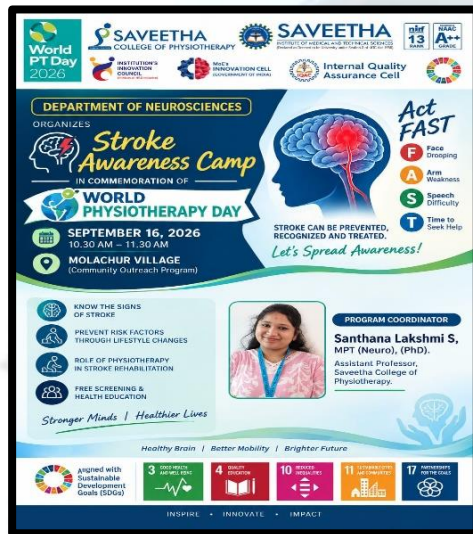
EVENT: WEBINAR



Saveetha College of Physiotherapy, SIMATS, proudly hosted an insightful webinar on “Evidence-Based Guidelines for ICU Management of Stroke Patients” on the occasion of World Physiotherapy Day 2026, organized by the Department of Neurosciences. The session was delivered by Dr. R. Sharmila (PT), MPT (Neuro), Chief Physiotherapist & Co-Founder, Kenopt Physio Remedium, Chennai, offering valuable insights into evidence-based ICU and neurological physiotherapy practices. The webinar was organized and moderated by Dr. Yamini U, (PT), MPT (Neuro), (PhD), Lecturer, Department of Neurosciences, with around 80 participants actively engaging in the session. The webinar highlighted evidence-based practice, interdisciplinary collaboration, and improved patient outcomes in stroke ICU management.

DEPARTMENT OF NEUROSCIENCES

EVENT: COMMUNITY AWARENESS CAM



Saveetha College of Physiotherapy, SIMATS, Department of Neurosciences, conducted a Stroke Awareness Programme on 16-9-26 at Molachur Village in commemoration of World Physiotherapy Day 2026. The programme focused on BE FAST awareness, stroke prevention, timely medical care and the early interventional benefits of physiotherapy in rehabilitation. Health education and basic screening guidance were provided to the community. The programme was coordinated by Dr. Santhana Lakshmi SM.PT(Neuro), (PhD), Assistant Professor, with the active participation of 2nd-year PGs Manasa and Sirajul Huda, 1st-year PGs Varsha and Manoj, along with 15 interns from the Department of Neurosciences.

DEPARTMENT OF NEUROSCIENCES

EVENT: GUEST LECTURE


SAVEETHA
 COLLEGE OF PHYSIOTHERAPY
INSTITUTE OF MEDICAL AND TECHNICAL SCIENCES
(Deemed to be University under Section 3 of UGC Act 1956)


NAAC
A++
Grade


INSTITUTION'S
INNOVATION
COUNCIL


MUE'S
INNOVATION CELL
(GOVERNMENT OF MADRAS)


Internal Quality
Assurance Cell


World PT Day
2026

Department of Neuroscience

Organizes A
Expert Guest Lecture Series
on the occasion of
World Physiotherapy Day 2026



Dr.ADELIN PREETY Y.S M.P.T. (Neurology)
 Assistant Professor, Jaya College of Physiotherapy

Title: "The Hidden Energy Cost of Stroke: Cardiovascular Stress, Oxygen Demand and Inefficient Movement"



Dr.ILLAVENIL J M.P.T. (Neurology)
 Chief physiotherapist, Kenoot physio remedium

Title: "Integrating Cardiovascular Fitness into Stroke Rehabilitation"



Event Coordinator
Dr.K.Sathya Siva
M.P.T(Neuro),PhD

TIME : 10AM
DATE : 17 SEP
VENUE: 4th FLOOR HEALTH SCIENCE BLOCK

3
GOOD HEALTH AND WELL-BEING

4
QUALITY EDUCATION

10
REDUCED INEQUALITIES

17
PARTNERSHIP FOR THE GOALS


SAVEETHA
 COLLEGE OF PHYSIOTHERAPY
INSTITUTE OF MEDICAL AND TECHNICAL SCIENCES
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NAAC
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MUE'S
INNOVATION CELL
(GOVERNMENT OF MADRAS)


Internal Quality
Assurance Cell


World PT Day
2026

Certificate OF APPRECIATION

This certificate is proudly presented to



Dr.K.SATHYASIVA
M.P.T (Neuro), (PhD)
 Lecturer

In recognition of his valuable contribution as a
EVENT COORDINATOR
 for the Expert Guest Lecture Series
 organized by the Department of Neurosciences, Saveetha College of
 Physiotherapy, Saveetha Institute of Medical and Technical Sciences
 (SIMATS) on the occasion of World Physiotherapy Day 8th September 2026.



DR.K.SATHYASIVA, M.P.T (NEURO), PH.D
HEAD, DEPARTMENT OF NEUROSCIENCE
SEPTEMBER 2026





DR. K. SATHYASIVA, M.P.T (NEURO), PH.D
HEAD, DEPT. OF NEUROSCIENCE
SEPTEMBER 2026



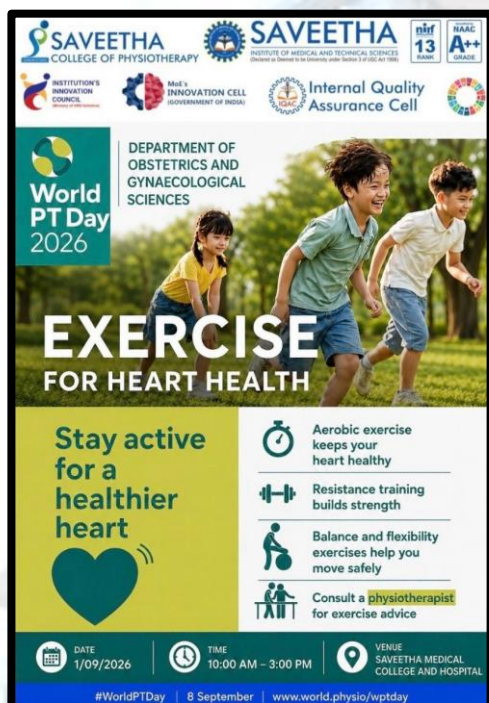
The Department of Neuroscience, Saveetha College of Physiotherapy, SIMATS, successfully organized an Expert Guest Lecture Series on the occasion of World Physiotherapy Day 2026 on 17 September 2026. The sessions by Dr. Adelin Preety Y.S., M.P.T. (Neurology) and Dr. Illavenil J., M.P.T. (Neurology) provided valuable insights into stroke rehabilitation and cardiovascular fitness, enriching the knowledge and clinical understanding of students and faculty. The event was coordinated by Dr. K. Sathya Siva, M.P.T. (Neuro), (Ph.D).

DEPARTMENT OF SPORTS SCIENCES EVENT: FITNESS CHALLENGE GAMES



The Department of Sports Sciences, Saveetha, successfully organized MOTION RUSH 2026 – Fitness Challenge on the occasion of World Physiotherapy Day 2026 under the theme “Move • Challenge • Conquer.” The event encouraged students to actively participate in various fitness challenges, including squat jumps, push-ups, single-leg balance, musical chair, and the 3-minute step test, promoting strength, endurance, balance, coordination, and cardiorespiratory fitness. The programme provided an engaging platform for students to challenge themselves, compete with peers, and celebrate the importance of movement and physical activity.

DEPARTMENT OF OBSTETRICS AND GYNAECOLOGICAL SCIENCES EVENT: WEBINAR

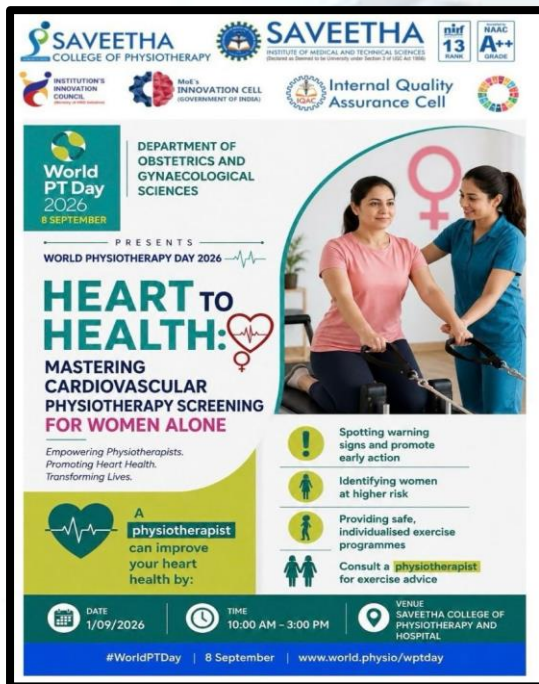


From Pregnancy to Parenthood: Physiotherapy Strategies for Cardiovascular Health and Functional Recovery. The Department of Obstetrics and Gynaecological Sciences, Saveetha College of Physiotherapy, successfully organized an insightful webinar focused on the role of physiotherapy in promoting cardiovascular health, functional recovery, and lifelong well-being across the journey from pregnancy to parenthood.

Resource Person: Dr. Sujitha S., MPT (Urology & Obstetrics), Ph.D. Assistant Professor, Sathyabama College of Physiotherapy. 71 participants benefited from this knowledge-enriching session, gaining valuable insights into evidence-informed physiotherapy strategies for maternal health, recovery, and functional well-being. The initiative contributes to Sustainable Development Goal 3 – Good Health and Well-being, supporting improved health outcomes, preventive healthcare, and quality of life for women and families. Empowering women through physiotherapy. Promoting healthier pregnancies, stronger recoveries, and better futures.

DEPARTMENT OF OBSTETRICS AND GYNAECOLOGICAL SCIENCES

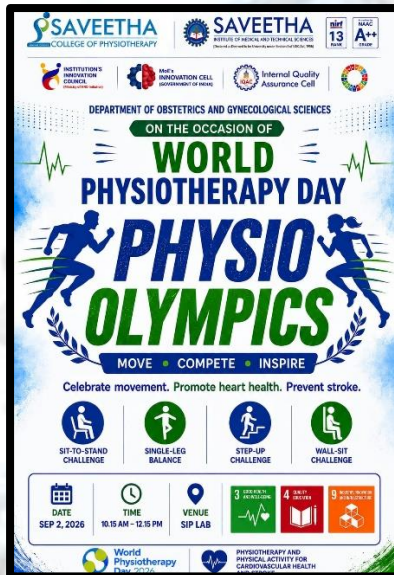
EVENT: SCREENING PROGRAMME



On the occasion of World Physiotherapy Day 2026, the Department of Obstetrics and Gynaecological Sciences, Saveetha College of Physiotherapy, SIMATS, commenced a week-long celebration with a Cardiovascular Disease Risk Screening Programme for Women. 56 female collegiate students participated in the screening, focusing on cardiovascular risk factors, physical activity, lifestyle, sleep, stress, and family history. Cardiovascular health-promoting exercises were also taught to the participants. The initiative highlighted the importance of early screening, preventive healthcare, and an active lifestyle among young women.

DEPARTMENT OF OBSTETRICS AND GYNAECOLOGICAL SCIENCES

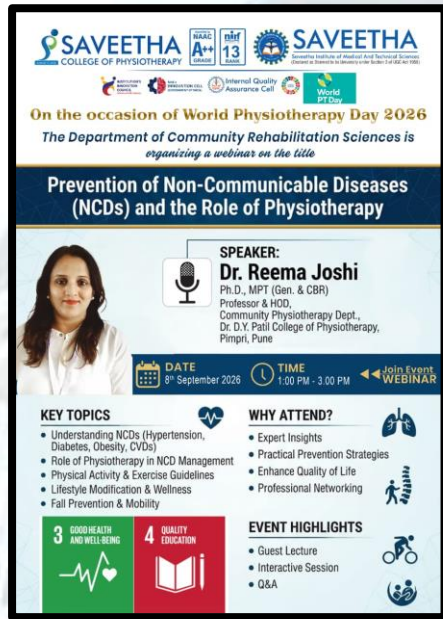
EVENT: PHYSIO OLYMPICS



The Department of Obstetrics and Gynaecological Sciences, Saveetha college of Physiotherapy celebrated World Physiotherapy Day 2026 through “PHYSIO OLYMPICS – Move • Compete • Inspire” on 2 September 2026 at SIP Lab. A total of 103 students enthusiastically participated in various physical challenges, including Sit-to-Stand, Single-Leg Balance, Step-Up, and Wall-Sit challenges. The event promoted movement, cardiovascular health, physical fitness fostering active participation and healthy lifestyles among students.

DEPARTMENT OF COMMUNITY REHABILITATION SCIENCES

EVENT: WEBINAR



SAVEETHA
COLLEGE OF PHYSIOTHERAPY

SAVEETHA
Saveetha Institute of Health and Technical Sciences
Center for Research, Innovation and Education

On the occasion of World Physiotherapy Day 2026
The Department of Community Rehabilitation Sciences is
organizing a webinar on the title

Prevention of Non-Communicable Diseases (NCDs) and the Role of Physiotherapy

SPEAKER:
Dr. Reema Joshi
Ph.D., MPT (Gen. & CBR)
Professor & HOD,
Community Physiotherapy Dept.,
Dr. D.Y. Patil College of Physiotherapy,
Pimpri, Pune

DATE
8th September 2026

TIME
1:00 PM - 3:00 PM

KEY TOPICS

- Understanding NCDs (Hypertension, Diabetes, Obesity, CVDs)
- Role of Physiotherapy in NCD Management
- Physical Activity & Exercise Guidelines
- Lifestyle Modification & Wellness
- Fall Prevention & Mobility

WHY ATTEND?

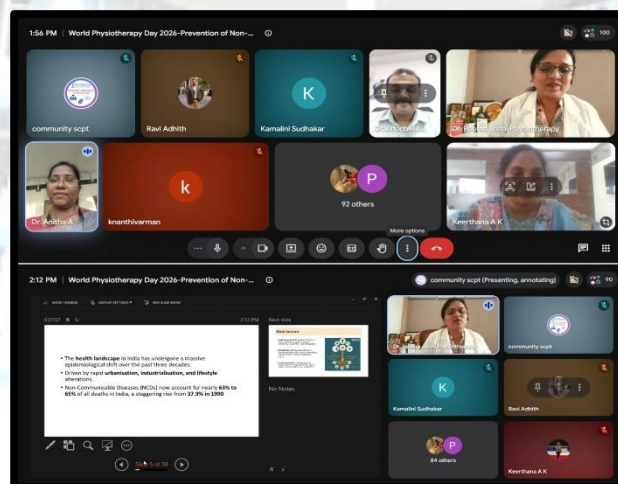
- Expert Insights
- Practical Prevention Strategies
- Enhance Quality of Life
- Professional Networking

EVENT HIGHLIGHTS

- Guest Lecture
- Interactive Session
- Q&A

3 GOOD HEALTH AND WELL-BEING

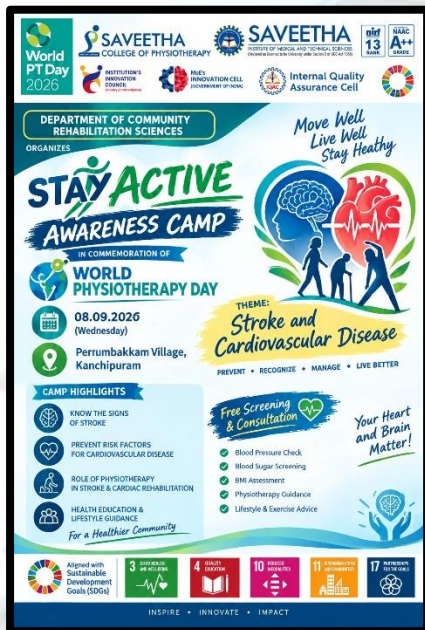
4 QUALITY EDUCATION



On the occasion of World Physiotherapy Day 2026, the Department of Community Rehabilitation Sciences, Saveetha College of Physiotherapy, organized a webinar titled “Prevention of Non-Communicable Diseases (NCDs) and the Role of Physiotherapy” on 8 September 2026. The session addressed NCD awareness, physiotherapy-based management, physical activity, exercise, lifestyle modification, wellness, fall prevention and mobility. Dr. Reema Joshi, Ph.D., MPT (Gen. & CBR), Professor & HOD, Community Physiotherapy Department, Dr. D.Y. Patil College of Physiotherapy, Pimpri, Pune, served as the speaker. The webinar featured expert insights, interactive discussion and Q&A, with 90+ participants.

DEPARTMENT OF COMMUNITY REHABILITATION SCIENCES

EVENT: AWARENESS CAMP



In view of World Physiotherapy Day 2026, the Department of Community Rehabilitation Sciences, Saveetha College of Physiotherapy, organized a “Stay Active” Awareness Camp at Perumbakkam Village, Kanchipuram, on 08.09.2026, in collaboration with the Ophthalmology Department. The camp focused on the theme “Stroke and Cardiovascular Disease”, promoting awareness of risk factors, early recognition, prevention, physical activity, healthy lifestyle practices, and the role of physiotherapy in rehabilitation. PG Dr. Revathy T. (Community Rehabilitation Science) guided rehabilitation and follow-up care for 22 beneficiaries. The initiative included general health screening, physiotherapy guidance, health education, and lifestyle advice, supporting healthier and more active communities.

DEPARTMENT OF COMMUNITY REHABILITATION SCIENCES

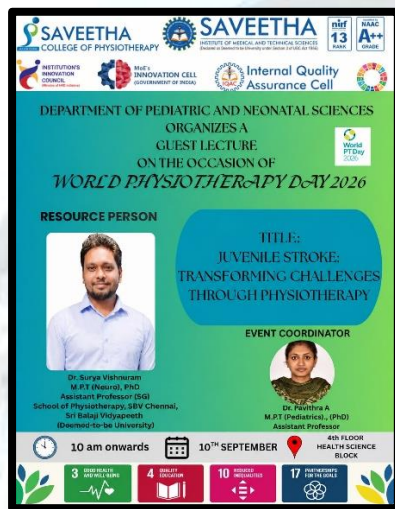
EVENT: GUEST LECTURE



In view of World Physiotherapy Day 2026, the Department of Community Rehabilitation Sciences, Saveetha College of Physiotherapy, organized a guest lecture “Wearables to Wellness” on 15.09.2026. Dr. S. Pavithra PT, Assistant Professor, Sri Lalithambigai Medical College and Hospital, shared insights on wearable technology, rehabilitation and wellness.

DEPARTMENT OF PEDIATRIC AND NEONATAL SCIENCES

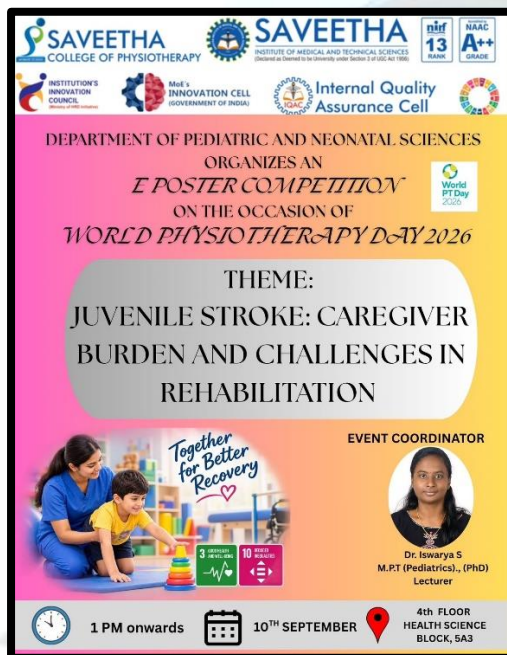
EVENT: GUEST LECTURE



The Department of Pediatric and Neonatal Sciences, Saveetha College of Physiotherapy, SIMATS, organized a Guest Lecture on 10-9-2026 in Commemoration of World Physiotherapy Day 2026 under the topic **“Juvenile Stroke: Transforming Challenges Through Physiotherapy.”** The session was delivered by Dr. Surya Vishnuram, M.P.T (Neuro), Ph.D., Assistant Professor (SG), School of Physiotherapy, Sri Balaji Vidyapeeth, Chennai and provided valuable insights into juvenile stroke, rehabilitation challenges, and the role of physiotherapy in promoting functional recovery and quality of life among young individuals. The Event was Organised & Coordinated by Dr.Pavithra.A.M.P.T(Peds), (PhD), Lecturer, SCPT. Around 45 UG, Internees & PG students actively participated in the interactive session and gained knowledge on evidence-based, patient-centred pediatric neurorehabilitation.

DEPARTMENT OF PEDIATRIC AND NEONATAL SCIENCES

EVENT: E POSTER COMPETITION



The poster is for an E-Poster Competition organized by the Department of Pediatric and Neonatal Sciences at Saveetha College of Physiotherapy. It features logos for Saveetha, NIF 13, NAAC A++, and the Internal Quality Assurance Cell. The event is on the occasion of World Physiotherapy Day 2026, with the theme 'Juvenile Stroke: Caregiver Burden and Challenges in Rehabilitation'. The event coordinator is Dr. Iswarya S. M.P.T (Pediatrics), (PhD), Lecturer. The event is scheduled for 1 PM onwards on 10th September at the 4th Floor Health Science Block, 5A3. A graphic of a woman and child is included with the text 'Together for Better Recovery'.

SAVEETHA COLLEGE OF PHYSIOTHERAPY
INSTITUTE OF MEDICAL AND TECHNICAL SCIENCES
NIF 13 NAAC A++
Internal Quality Assurance Cell

DEPARTMENT OF PEDIATRIC AND NEONATAL SCIENCES
ORGANIZES AN
E POSTER COMPETITION
ON THE OCCASION OF
WORLD PHYSIOTHERAPY DAY 2026

THEME:
JUVENILE STROKE: CAREGIVER
BURDEN AND CHALLENGES IN
REHABILITATION

EVENT COORDINATOR
Dr. Iswarya S.
M.P.T (Pediatrics), (PhD)
Lecturer

1 PM onwards 10th SEPTEMBER 4th FLOOR
HEALTH SCIENCE
BLOCK, 5A3



The Department of Pediatric and Neonatal Sciences, Saveetha College of Physiotherapy, SIMATS organized an E-Poster Competition on the occasion of "World Physiotherapy Day 2026" under the theme of "Juvenile Stroke: Caregiver Burden and Challenges in Rehabilitation." The event was Organised and Coordinated by Lecturer, Dr. Iswarya S, M.P.T (Pediatrics), (PhD) on 10th September. The Postgraduate students actively participated in the competition and showcased knowledge, creativity and understanding of rehabilitation challenges in Juvenile Stroke.

DEPARTMENT OF ONCOLOGY SCIENCES

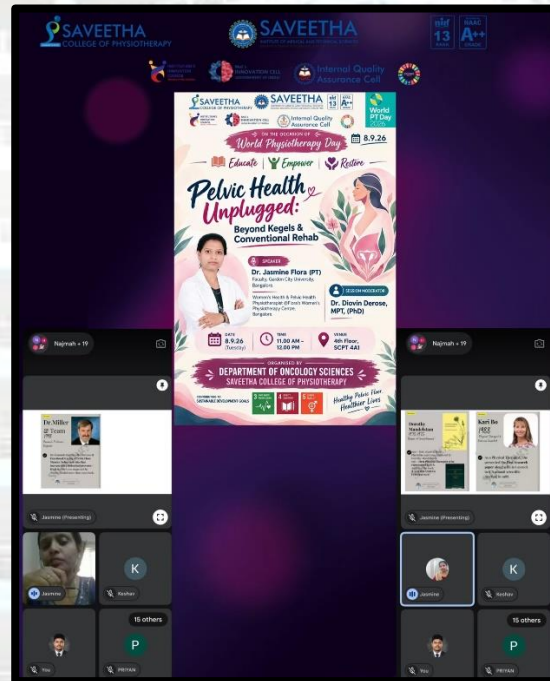
EVENT: ART COMPETITION



The Department of Oncology Sciences, Saveetha College of Physiotherapy, Saveetha Institute of Medical and Technical Sciences, successfully organized an Art Competition today, 5th September 2026, on the occasion of World Physiotherapy Day 2026. Under the theme "Hands of Comfort for the World," students showcased immense creativity and compassion, expressing the transformative and healing touch of physiotherapy through their vibrant artwork. We appreciate all the participants for their enthusiastic involvement in making this event a grand success.

DEPARTMENT OF ONCOLOGY SCIENCES

EVENT: WEBINAR



The Department of Oncology Sciences, Saveetha College of Physiotherapy, Saveetha Institute of Medical and Technical Sciences, successfully organized an insightful guest lecture titled "Pelvic Health Unplugged: Beyond Kegels & Conventional Rehab" on the occasion of World Physiotherapy Day 2026. Distinguished speaker Dr. Jasmine Flora (PT), Faculty at Garden City University and Women's & Pelvic Health Physiotherapist at Flora's Women's Physiotherapy Centre, Bangalore, delivered an engaging session enriching participants with evidence-based approaches in pelvic health rehabilitation. The interactive session was moderated by our Lecturer, Dr. Diovin Derose, MPT, (PhD).