



Write-up: World PT Day 2026

Organised by the Dept. of Neurological Science

Father Muller College of Physiotherapy, Mangalore, India

Father Muller College of Physiotherapy raises awareness of the role of physiotherapy and physical activity in preventing, managing, and rehabilitating cardiovascular disease and stroke.

As part of World Physiotherapy Day 2026, the Father Muller College of Physiotherapy (FMCOP) organised an awareness initiative under the theme “The role of physiotherapy and physical activity in the prevention, management, and rehabilitation of cardiovascular disease and stroke.”

The Dept of Neurological Science FMCOP, conducted a month-long drive to celebrate World PT Day 2026. The drive started on **4th Sep 2026** with the Director of FMCI officially releasing an awareness video, while the administrators of the various institutions under FMCI released awareness pamphlets, both carrying the message “Sit Less, Move More.” These initiatives aim to create awareness about the importance of regular movement and reducing prolonged sitting, while highlighting the role of physiotherapy and physical activity in the prevention, management, and rehabilitation of cardiovascular disease and stroke.

Dr Garima Gupta, the Organising Secretary, welcomed the gathering and highlighted the importance of collective efforts in promoting awareness regarding physical activity and preventive healthcare.

The occasion was further graced by the presence and inspiring addresses of Prof. Cherishma D'Silva and Rev. Fr. Faustine, Director, who appreciated the initiative and emphasised the importance of incorporating regular movement and physical activity into everyday life.

The programme was a collective initiative of the Department of Neurological Sciences, FMCOP. The faculty members of the department, Prof. Sydney Rebello, Mrs Rinku Roshan, and Dr. Garima Gupta, along with the first-year postgraduate students of the Neurological Sciences Unit, worked together with great enthusiasm and dedication in planning, preparing,

and successfully executing the awareness initiative. Through this initiative, Father Muller College of Physiotherapy reinforced the simple yet powerful message:

“Sit Less, Move More – Move Towards Better Health.”

The initiative continued as a month-long awareness drive across Mangalore and its surrounding areas.

1. The first session was conducted by Mrs Rinku Roshan at New Mangalore Port Trust (NMPT); 100 people attended the program
2. The second session was at the MRPL CISF camp and was conducted by Dr Garima Gupta, where 60 people attended and participated in the activity.
3. The third awareness drive was conducted by Mrs Rinku Roshan at the Karnataka Bank head office, Pumpwell, Mangalore, where 250 people attended the session.
4. The fourth session was conducted by Prof. Sydney Rebello at St. Sebastian’s Church, Perumannur where 120 people attended the program.

The programme reflects FMCOP’s continued commitment to promoting community health, preventive healthcare, stroke prevention, cardiovascular well-being, and the vital role of physiotherapy in improving health, functional independence, and quality of life.



FATHER MULLER COLLEGE OF PHYSIOTHERAPY

(A unit of Father Muller Charitable Institutions)
Father Muller Road, Kankanady, Mangalore-575002



We cordially invite you to the

VIDEO & PAMPHLET

Release

on

'Role of physiotherapy and physical activity in the prevention, management, and rehabilitation of cardiovascular disease and stroke'



**4 SEPT
2026**

On the occasion of
**WORLD PHYSIOTHERAPY
DAY 2026**

In presence of

Rev. Fr Faustine Lucas Lobo
Director, Father Muller Charitable Institutions

Join us as we commemorate **World Physiotherapy Day 2026** and highlight the vital role of physiotherapy in stroke prevention, rehabilitation, recovery, and improved quality of life.

Prof. Dr Cherishma D'Silva, Principal & Unit Head
Faculty, Staff & Students



Team FMCOP and FMCI



Pamphlet & Educational Video release ceremony on 4th Sep 2026



1st Awareness Session by Mrs Rinku Roshan, Assistant Professor, FMCOP at New Mangalore Port Trust (NMPT)



**2nd Awareness Session by Dr Garima Gupta, Professor, FMCOP at MRPL CISF camp
Mangalore**



3rd Awareness Session by Mrs Rinku Roshan, Assistant Professor, FMCOP at Karnataka Bank head office, Pumpwell, Mangalore



4th Awareness Session by Prof. Sydney Rebello, Professor, FMCOP at St. Sebastian's Church, Perumannur