



॥ श्री स्वामिनारायण विजयते ॥

Shree Swaminarayan Vidhyashram Trust Organized

Shree Sahajanand Institute of Physiotherapy

(Affiliated to M. K. Bhavnagar University & Approved by Govt. of Gujarat)

Date: 18/09/2026

WORLD PHYSIOTHERAPY DAY 2026 Community Physiotherapy Camp

Date: 8 September 2026

Occasion: World Physiotherapy Day 2026

Theme: *The role of physiotherapy and physical activity in the prevention, management, and rehabilitation of cardiovascular disease and stroke*

Organised by: Shree Sahajanand Institute of Physiotherapy, Bhavnagar, Gujarat, India

Nature of Activity: Free-of-cost Community Physiotherapy Camp

Community Reach: 200 patients

Background

World PT Day is observed annually on 8 September and provides an opportunity for physiotherapists worldwide to promote the profession, demonstrate its contribution to the health and wellbeing of individuals and communities, and advocate for the role of physiotherapy in advancing global health. World Physiotherapy identifies impact, visibility, advocacy, and advancing global health as key goals of World PT Day.

For World PT Day 2026, the campaign focuses on the role of physiotherapy and physical activity in the prevention, management, and rehabilitation of cardiovascular disease (CVD) and stroke. The campaign promotes public awareness while supporting advocacy for the essential role of physiotherapy across the continuum of care.

Activity Overview
In alignment with the World PT Day 2026 campaign, Shree Sahajanand Institute of Physiotherapy, Bhavnagar, organised a free-of-cost community physiotherapy camp on 8 September 2026.

The initiative was designed to translate the key messages of the World PT Day 2026 campaign into a community-based activity by improving access to physiotherapy services, promoting physical activity and mobility, and increasing awareness of the role of physiotherapy in prevention, management, and rehabilitation. A total of 200 patients received physiotherapy treatment and rehabilitation guidance through the camp.

Objectives

The activity aimed to:

1. Increase community awareness regarding the role of physiotherapy in health promotion, disease prevention, rehabilitation, and maintenance of functional independence.
2. Promote physical activity and mobility as important components of a healthy and active lifestyle.
3. Increase awareness of the role of physiotherapy in cardiovascular disease and stroke, particularly in prevention, functional management, mobility, and rehabilitation.
4. Improve access to physiotherapy services by providing free assessment, treatment, rehabilitation guidance, and patient education to community members.
5. Demonstrate the contribution of physiotherapists to community health, consistent with the World PT Day objective of increasing the visibility and profile of the profession.
6. Provide practical learning opportunities for physiotherapy students through supervised community-based assessment, treatment, rehabilitation guidance, and patient education.

Activities Conducted

The community camp included:

- Physiotherapy assessment and functional evaluation
- Mobility and functional assessment
- Physiotherapy treatment and appropriate therapeutic intervention
- Rehabilitation guidance



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- Patient education
- Guidance regarding physical activity and maintaining mobility
- Awareness regarding the role of physiotherapy in cardiovascular disease and stroke rehabilitation
- Supervised participation of physiotherapy students in community-based care

Advocacy and Awareness Component

The activity supported the advocacy objectives of World PT Day 2026 by demonstrating the contribution of physiotherapy to community health and rehabilitation.

The 2026 World Physiotherapy advocacy campaign calls for greater recognition of physiotherapy as an essential, evidence-based component of cardiovascular disease and stroke care and encourages advocacy among governments, patient groups, decision-makers, and policymakers.

Through direct interaction with 200 community members, the camp provided an opportunity to communicate the importance of physiotherapy, physical activity, mobility, and rehabilitation and to increase public understanding of the profession's role beyond treatment alone.

Education and Community Engagement

Education was an integral component of the camp. Participants received guidance related to physical activity, mobility, rehabilitation, and the role of physiotherapy in maintaining functional health.

The activity also enabled physiotherapy students to engage directly with the community under professional supervision. This provided students with practical experience in patient communication, assessment, documentation, treatment, rehabilitation planning, and health education.

Impact

The camp reached 200 patients, providing them with free physiotherapy treatment and rehabilitation-related guidance.

The activity contributed to:

- Improving community access to physiotherapy services
- Increasing awareness of physiotherapy and rehabilitation
- Promoting physical activity and mobility
- Communicating the role of physiotherapy in cardiovascular disease and stroke prevention and rehabilitation
- Increasing visibility of physiotherapy within the community
- Providing students with supervised community-based clinical learning

Alignment with World PT Day 2026

The activity directly supported the major objectives of the World PT Day 2026 campaign:

World PT Day 2026 focus	Contribution of the activity
Impact	Provided free physiotherapy treatment and guidance to 200 patients
Visibility	Demonstrated the role and contribution of physiotherapists within the community
Advocacy	Promoted awareness of physiotherapy's role in prevention, management and rehabilitation
Education	Provided community education regarding physical activity, mobility and rehabilitation
Community engagement	Delivered accessible physiotherapy services directly to community members
Advancing health	Promoted physical activity, functional independence and rehabilitation



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These areas correspond with World Physiotherapy's stated goals for World PT Day and its 2026 campaign focus.

Conclusion

The World Physiotherapy Day 2026 Community Physiotherapy Camp organised by Shree Sahajanand Institute of Physiotherapy was a community-focused initiative aligned with the global 2026 campaign on cardiovascular disease and stroke.

By providing free physiotherapy treatment and rehabilitation guidance to 200 patients, the initiative promoted awareness of physical activity, mobility, prevention, rehabilitation, and the broader contribution of physiotherapy to community health.

The activity also served as a platform for professional visibility, community education, advocacy, and supervised student learning, reflecting the wider objectives of World PT Day 2026.

Organised by:

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