

World Physical Therapy Day 2026 Activities

Cardiovascular Health and Stroke Prevention Campaign

In observance of World Physical Therapy Day 2026, the Lahore University of Biological and Applied Sciences (UBAS) delivered a week-long campaign (31 August – 8 September 2026) on cardiovascular health and stroke prevention, structured across four integrated components: institutional screening, community outreach, family engagement, and an expert-led symposium reinforced by World Physiotherapy pamphlets and standees displayed across campus for eight consecutive days.

Institutional Screening (31st Aug – 4th Sep)

A research based cardiovascular risk screening reached 110+ faculty members across Rehabilitation Sciences, Social Sciences, Allied Health Sciences, Biological Sciences, Nursing, Pharmaceutical Sciences, and Nutrition Sciences. Participants were stratified as mild, moderate, or high risk using standardized 10-year risk prediction, with individualized education and follow-up guidance.

Community Outreach (3rd and 4th Sep)

Over 30 UBAS students led public education sessions across Lahore's shopping malls, reaching 70+ citizens on the recognition of heart attack and stroke, emergency dos and don'ts, and ensuring timely, appropriate transfer to hospital care.

Family Engagement (3rd Sep)

Free cardiovascular screening was offered to parents of UBAS students, with risk stratification, education on precautionary and modifiable lifestyle measures, and the BE FAST stroke protocol. Each participant received a purpose-built Heart and Brain Passport and official World Physiotherapy pamphlets, extending impact beyond the session itself.

Multidisciplinary Symposium (8th Sep)

The week closed with a symposium featuring a neurologist, cardiologist, nutritionist, psychologist, and rehabilitation specialist, addressing rising cardiovascular disease prevalence in Pakistan and evidence-based prevention anchoring the week's activities in a coordinated, cross-specialty public health response.

Impact

The campaign engaged 250+ individuals directly across faculty, public, and family cohorts, with sustained reach through campus wide pamphlet and standee visibility. It reflects UBAS's institutional commitment to preventive, physical-therapy-led public health, aligned with the World Physical Therapy Day 2026 theme and Sustainable Development Goal 3 (Good Health and Well-Being). UBAS welcomes the opportunity for this initiative to be recognized and shared through World Physiotherapy's global platform.









