



**RIPHAH**  
FACULTY OF REHABILITATION  
& ALLIED HEALTH SCIENCES

# WORLD PHYSIOTHERAPY DAY

## EVENT REPORT

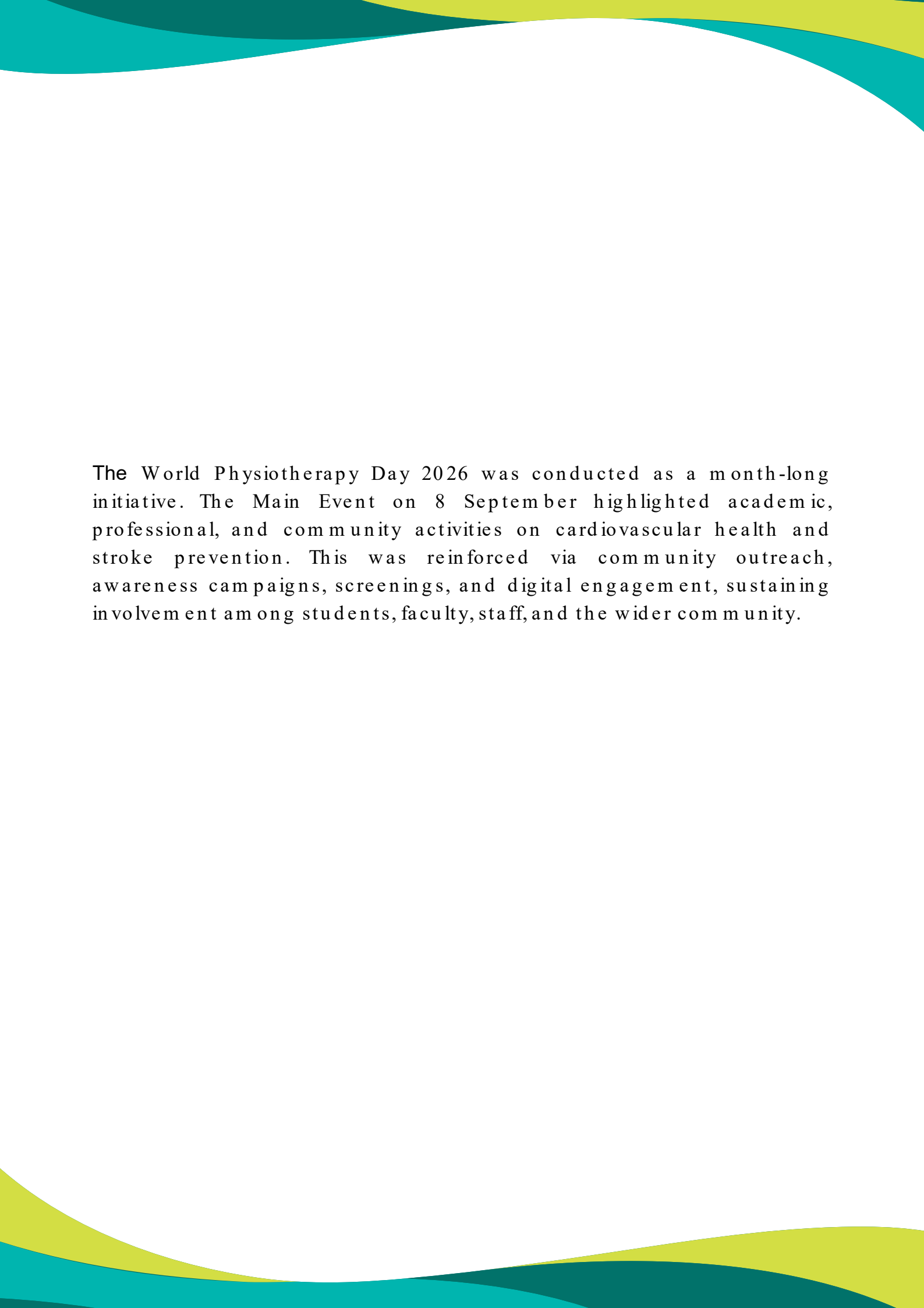


*Role of Physiotherapy and Physical Activity*

in the Prevention, Management and Rehabilitation  
of Cardiovascular Disease and Stroke



MOVE | PREVENT | RECOVER



The World Physiotherapy Day 2026 was conducted as a month-long initiative. The Main Event on 8 September highlighted academic, professional, and community activities on cardiovascular health and stroke prevention. This was reinforced via community outreach, awareness campaigns, screenings, and digital engagement, sustaining involvement among students, faculty, staff, and the wider community.



# World PT Day 2026



# MAIN DAY EVENT

(World Physical Therapy Day 2026)

| Sr. No. | Activity Title                     | Key Activities                                                                                                                                                                                                            |
|---------|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1       | Thematic Expert Talks              | <ul style="list-style-type: none"><li>• Expert talks on cardiovascular health and stroke</li><li>• Role of physical therapy in prevention and rehabilitation</li></ul>                                                    |
| 2       | Patient Recovery Documentary       | <ul style="list-style-type: none"><li>• Cardiovascular and stroke patient success stories</li></ul>                                                                                                                       |
| 3       | Multidisciplinary Panel Discussion | <ul style="list-style-type: none"><li>• Expert panel from multiple healthcare disciplines</li><li>• Discussion on cardiovascular and stroke prevention, management, rehabilitation, and multidisciplinary care</li></ul>  |
| 4       | Research Showcase                  | <ul style="list-style-type: none"><li>• Presentation of cardiopulmonary and stroke research</li><li>• Showcase of departmental research contributions</li><li>• Promotion of research and academic achievements</li></ul> |
| 5       | Poster Gallery                     | <ul style="list-style-type: none"><li>• Student posters on cardiovascular disease and stroke</li><li>• Awareness, prevention, assessment, and management themes</li></ul>                                                 |
| 6       | Awareness Walk                     | <ul style="list-style-type: none"><li>• Community awareness walk</li><li>• Promotion of physical activity</li></ul>                                                                                                       |

# COMMUNITY INITIATIVES

| Sr. No. | Activity Title                        | Key Activities                                                                                                                                                                                                                                                                        |
|---------|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1       | Awareness & Screening Camp            | <p>Five-day (7th -11th Sep) Cardiovascular and Stroke screening camp</p> <ul style="list-style-type: none"> <li>• For Students, faculty, parents &amp; other community members on:</li> <li>• Health -risk assessment and awareness</li> <li>• Preventive health education</li> </ul> |
| 2       | 3 day: "Sit Less, Move More" Activity | <p><b>Day 1:</b> CVD &amp; Stroke Screening<br/> <b>Day 2:</b> Beat the Odds (Work place friendly exercises)<br/> <b>Day 3:</b> Time is brain (BE FAST awareness + Mobility, Balance and Fall prevention Activity)</p>                                                                |
| 3       | FM Radio Awareness                    | <ul style="list-style-type: none"> <li>• 30 Messages for 30 Days:</li> <li>• Daily bite -sized messages on Facts, Myths, Exercise Tips, FAST awareness &amp; prevention for Stroke and CVDs</li> </ul>                                                                                |
| 4       | Social Media Campaign                 | <p>1st - 30th September</p> <ul style="list-style-type: none"> <li>• Digital campaign through fb, linked in Insta promoting prevention, risk factor modification, physical activity and the role of physiotherapy running throughout the month.</li> </ul>                            |
| 6       | Old Age Home Visit                    | <ul style="list-style-type: none"> <li>• Health Screening</li> <li>• Fall Risk Assessment</li> <li>• BE-FAST Awareness</li> <li>• Guided Exercise Activities</li> <li>• Healthy Lifestyle Awareness</li> </ul>                                                                        |
| 7       | Stroke & CVD Quiz Competitions        | <ul style="list-style-type: none"> <li>• Classroom -based quiz on CVD and stroke</li> <li>• Risk factors and prevention</li> <li>• Stroke warning signs and BE FAST</li> <li>• Role of physiotherapy in prevention and rehabilitation</li> </ul>                                      |



# **MAIN DAY CELEBRATIONS**

## **EVENT HIGHLIGHTS**







# **RESEARCH AND ACADEMIC SHOWCASE:**





# **MULTIDISCIPLINARY PANEL DISCUSSION**





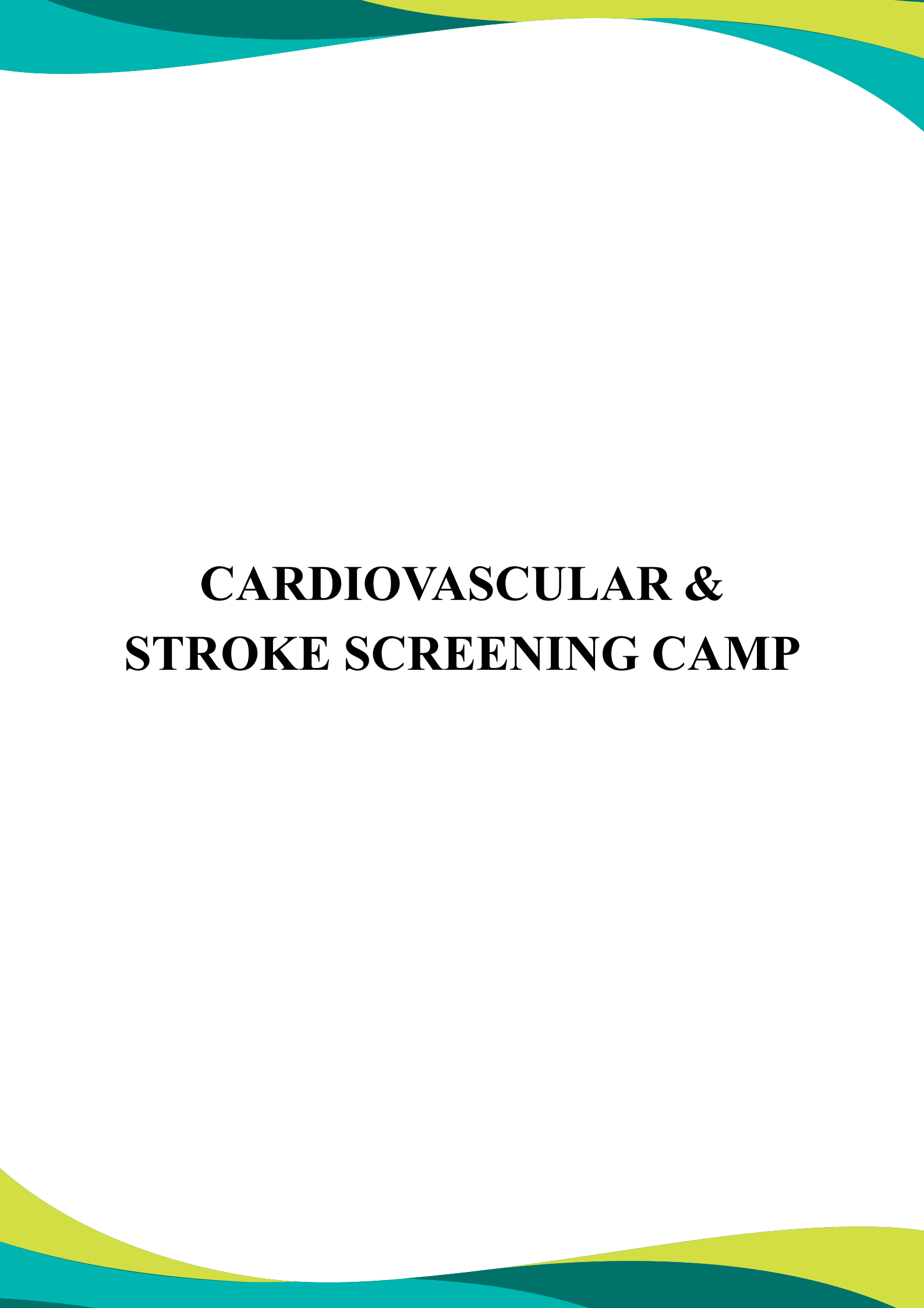
**PATIENT-CENTERED  
PHYSIOTHERAPY  
DOCUMENTARIES:**





# **CAMPUS VISIT TO ASSESSMENT CAMP & POSTER GALLERY**





# **CARDIOVASCULAR & STROKE SCREENING CAMP**





# **CAKE CUTTING CEREMONY**





# **AWARENESS WALK**





# **SOCIAL MEDIA CAMPAIGN**



## Riphah College of Rehab & Allied Health Sciences Islamabad

Riphah College of Rehabilitation & Allied Health Sciences - Riphah International University - Gulberg

University

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Reels



We then perform the 30-Second Sit-to-Stand Test to assess lower limb strength and functional mobility.

371

Associate Professor  
Dr Suman Sheraz

462

← rcrahs\_frahs



Riphah College of Rehabilitation and Allied Health Sciences

16 posts

145 followers

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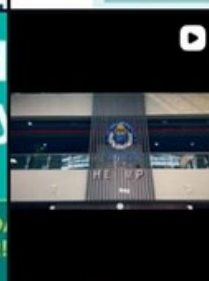
Faculty of Rehabilitation and Allied Health Sciences,  
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Message





# **2-DAY COMMUNITY ENGAGEMENT & HEALTH SCREENING**



RIPHAH  
INTERNATIONAL UNIVERSITY

# SIT LESS, MOVE MORE

2-DAY COMMUNITY ENGAGEMENT & HEALTH SCREENING

Date: 16<sup>th</sup> to 17<sup>th</sup> Sep, 2026

JOIN US FOR A TAILORED WELLNESS CAMPAIGN DESIGNED TO BREAK SEDENTARY ACADEMIC ROUTINES, EVALUATE FUNCTIONAL CARDIOVASCULAR HEALTH, AND EMPOWER YOU TO LEAD A HEART-HEALTHY LIFESTYLE.



## For Whom?

FACULTY & STAFF FROM  
ALL DEPARTMENTS  
RIPHAH UNIVERSITY  
GULBERG GREEN  
CAMPUS

Bring a colleague and wear  
comfortable footwear.

16<sup>th</sup>

## KNOW YOUR RISK

(9:00 AM–1:00 PM)

### CVD & Stroke Screening Booth

Venue: Reception

## BEAT THE ODDS

(01:00 PM–02:00PM)

### Workplace-friendly Exercises

Venue: Prayer Area

17<sup>th</sup>

## TIME IS BRAIN

(10:00 AM–12:00 PM)

### Stroke Awareness & Preventive Exercise Session

Venue: Prayer Area



RIPHAH  
INTERNATIONAL UNIVERSITY

Department of  
Physical Therapy

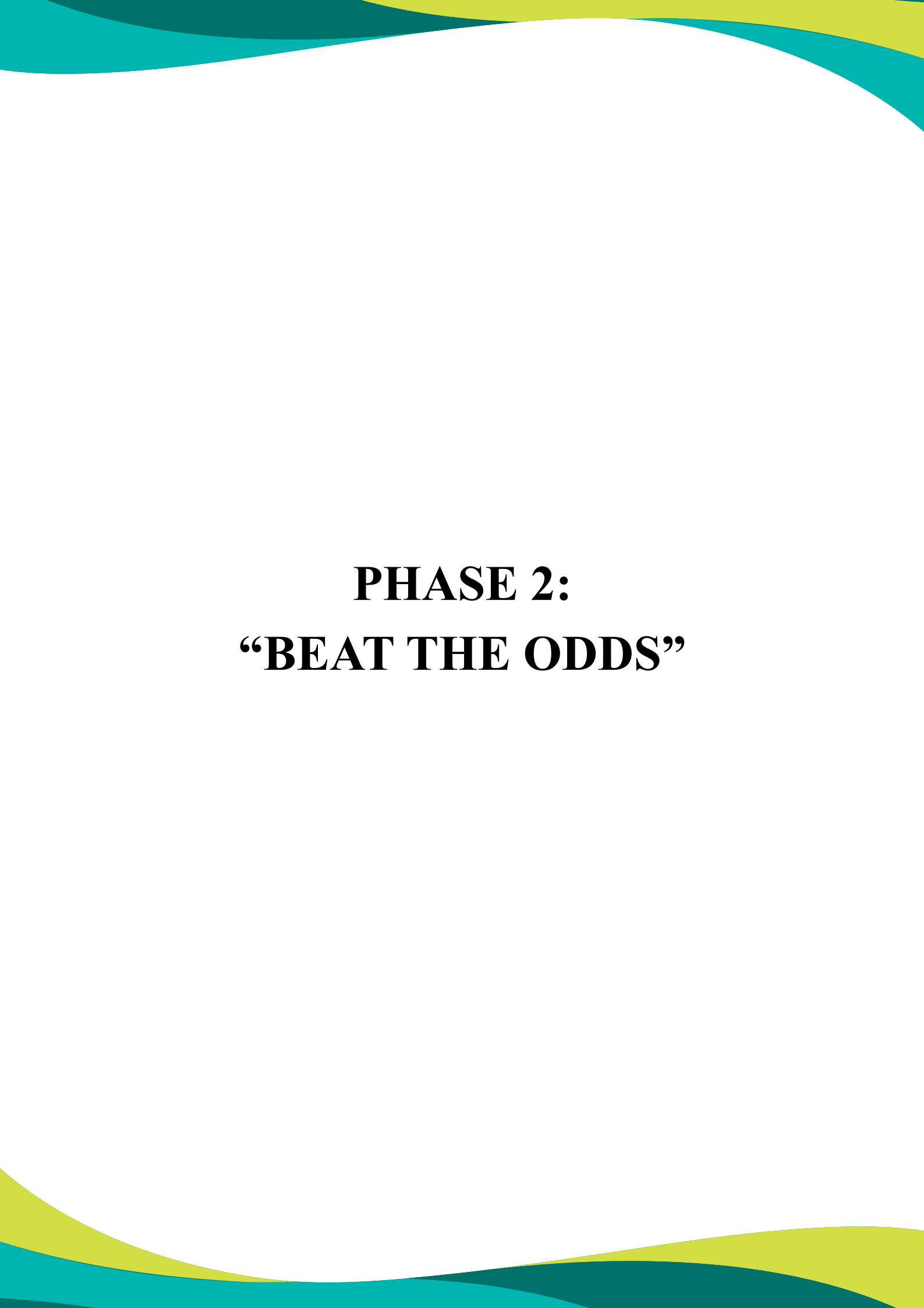


Riphah International University, Gulberg  
Greens Campus, ISB.



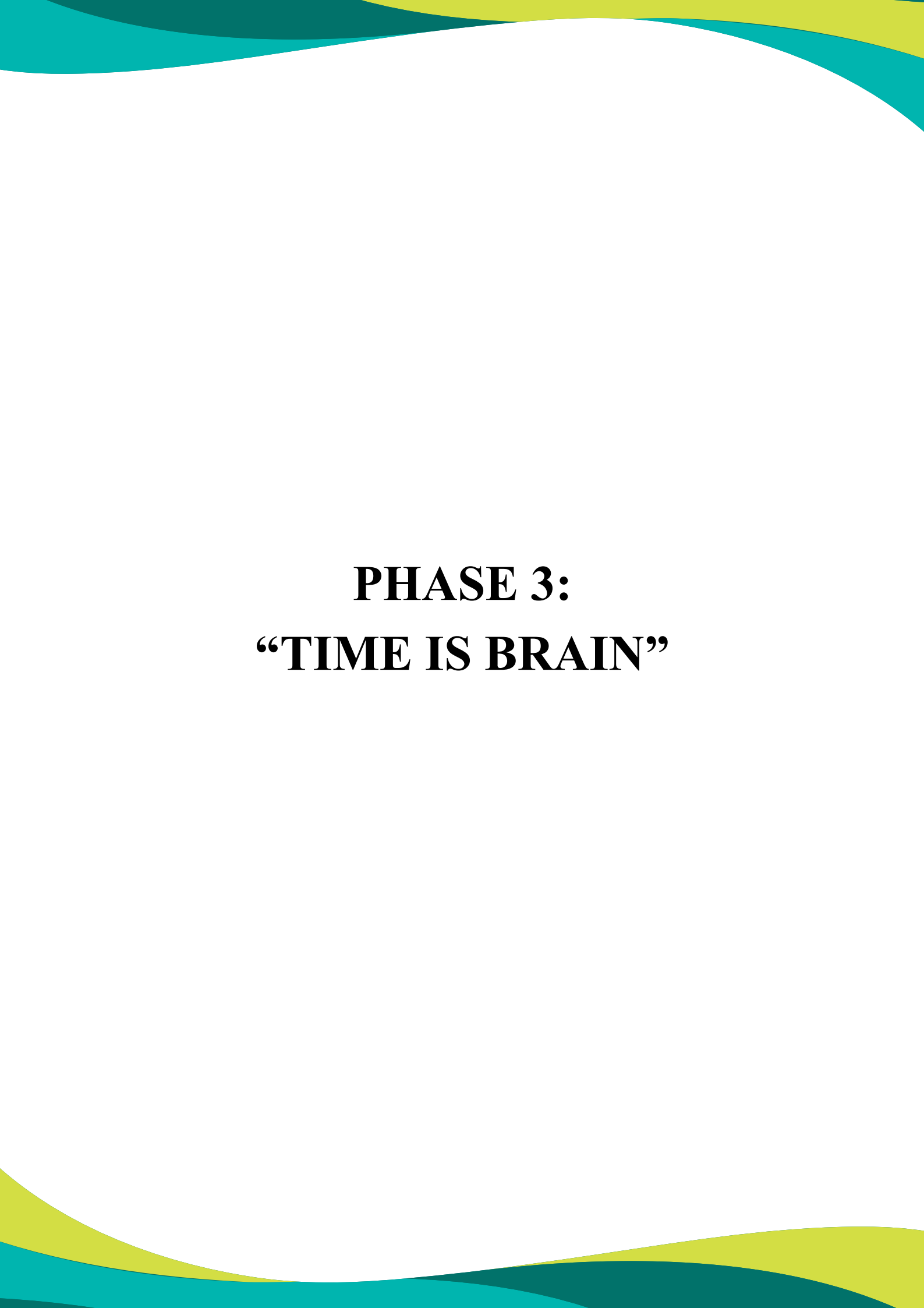
# **PHASE 1: “KNOW YOUR RISK”**





## **PHASE 2: “BEAT THE ODDS”**





## **PHASE 3:**

# **“TIME IS BRAIN”**

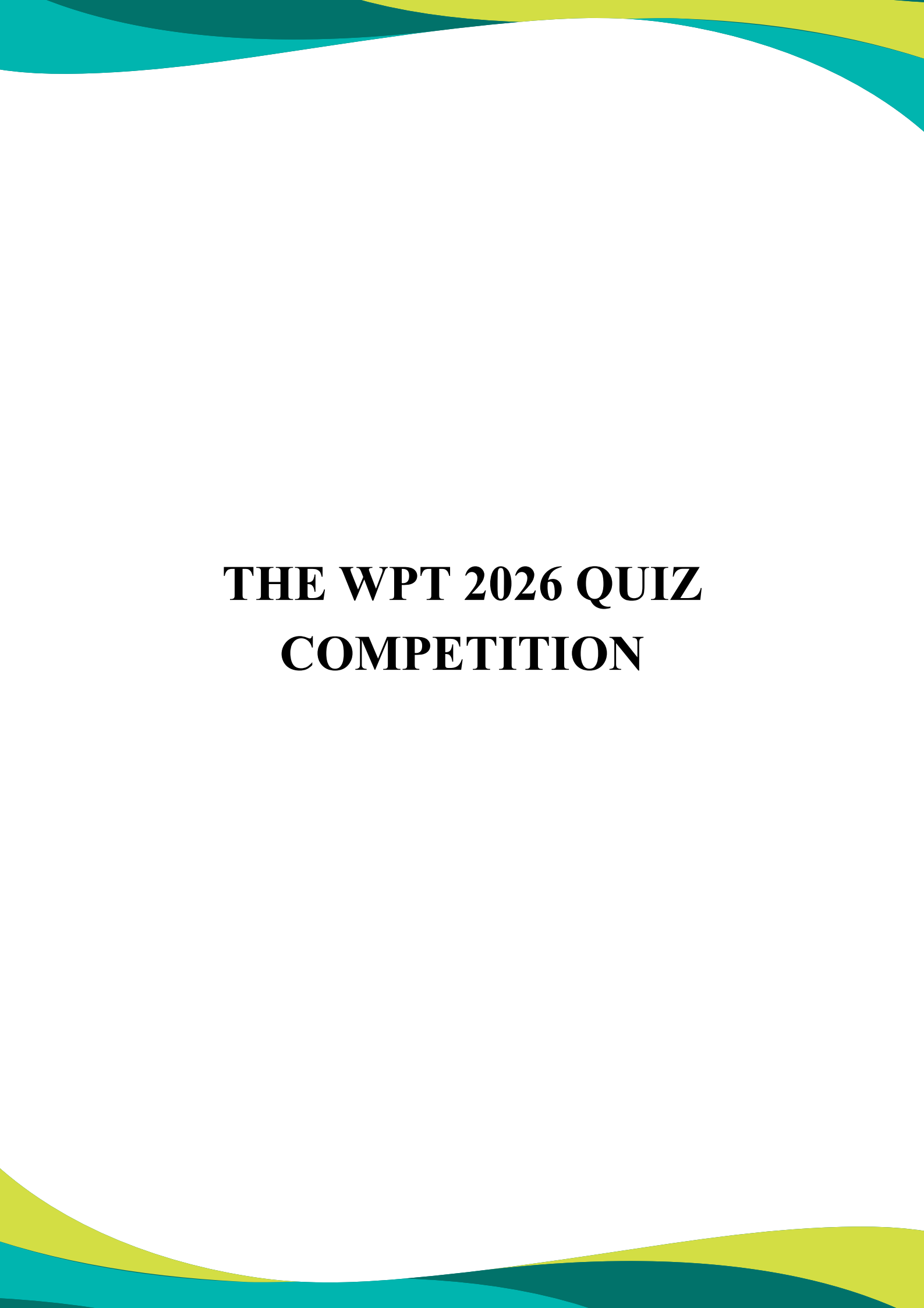




# **SCHEDULED EVENTS**

**FM RADIO:  
30 Messages for 30 Days**





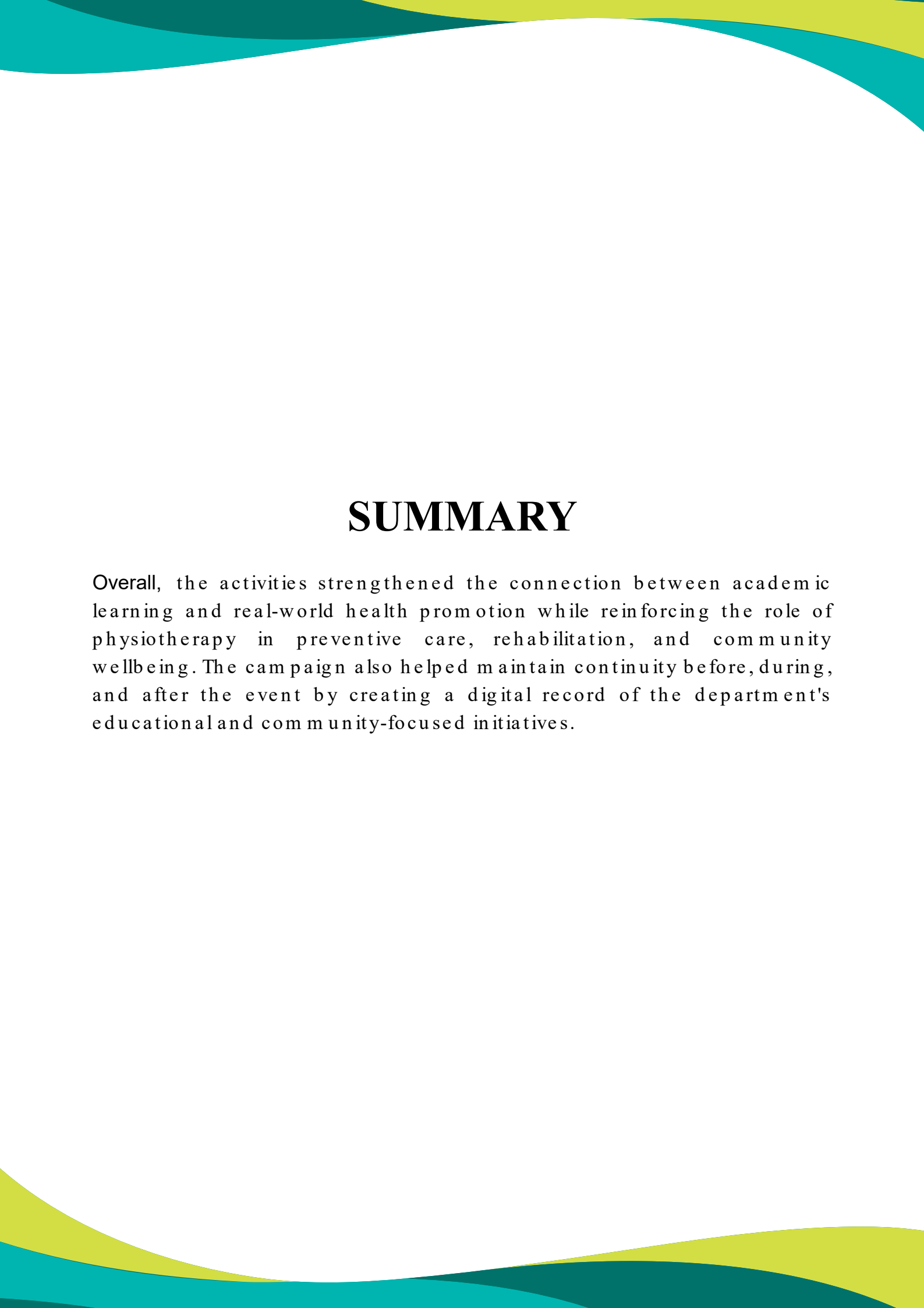
# **THE WPT 2026 QUIZ COMPETITION**





**MOVE TODAY, AGE  
HEALTHIER:  
OLD AGE HOME VISIT**





## SUMMARY

Overall, the activities strengthened the connection between academic learning and real-world health promotion while reinforcing the role of physiotherapy in preventive care, rehabilitation, and community wellbeing. The campaign also helped maintain continuity before, during, and after the event by creating a digital record of the department's educational and community-focused initiatives.



HAPPY WORLD PT DAY  
ON 8 SEPTEMBER  
#WorldPTDay