

**WORLD PHYSIOTHERAPY DAY
CELEBRATIONS**
Centre for Physiotherapy and Rehabilitation Sciences,
JMI
2-8 September 2019



The 8th of September every year signifies **World Physical Therapy Day** which was established by WCPT in 1996 to mark the foundation of WCPT in 1951. Every year it is celebrated as a day to raise awareness about the contribution of physiotherapy and its crucial role in maintaining health and wellness. A campaign message is added along with the theme every year. The campaign for World Physical Therapy Day 2019 is focussed around **chronic pain and role of physiotherapy and physical activity in managing chronic pain**. It is being recognised as a significant burden on global health, with low back pain causing more disability than any other condition. Physiotherapists are amongst the best placed to manage the patients living with chronic pain and the 8th of September is taken as our opportunity to showcase this to the world. The day also provides an opportunity for all of us to make sure we are up to date with the latest evidence for how to best manage chronic pain across our different specialities and we ourselves understand the importance of physical activity in maintaining health and wellness.

To commemorate this day we at **Centre for Physiotherapy and Rehabilitation Sciences, JMI**, are organizing a plethora of activities to mark a “World Physiotherapy day celebrations”. During the week physiotherapists will volunteer their time to promote healthy living and management of chronic pain. The programme for the same is as following:

Day 1: 2 September (Monday): Open day at Physiotherapy Clinic

An open day for all the Jamia fraternity is planned at clinic , CPRS. Free consultation will be provided to the patients of Chronic pain

Day 2: 3 September (Tuesday): Open Day at Physiotherapy Clinic

An open day for all the Jamia fraternity is planned at clinic , CPRS. Free consultation will be provided to the patients of Chronic pain and Sports injury.

Day 3: 4 September (Wednesday) : Open Day at Physiotherapy Clinic and student activities

1. An open day for all the Jamia fraternity is planned at clinic , CPRS. Free consultation will be provided to the patients of Chronic pain and Sports injury.
2. A poster competition on “Chronic Pain” will be organised at the centre for all the university students.
3. A quiz competition will be organised for the students of the centre

Day 4: 5 September (Thursday): “Physical activity for health”

1. A interclass sports tournament will be organised at Jamia sports ground where multiple group and individual activities will be held.
2. An interactive session on “**Legal and Ethical issues of clinical practice**” is being organised to increase awareness about various issues concerning physiotherapist .It will be attended by the students and various other physiotherapist from across NCR.

Day 5: 6 September (Friday): Chronic Pain symposium

A symposium on “**Chronic Pain: Relief and management**” where a series of lectures will be delivered by eminent Anaesthesiologist, Physiologist, Physiotherapist and Psychologist of Delhi and NCR on chronic pain. It will be attended by the students and various other physiotherapist from across NCR.

Day 6: 7 September (Saturday): Manual therapy and hypoalgesia

A workshop on “**Visceral Mobilisation**” by **Prof Sanjeev Jha** will be conducted in collaboration with IAP women cell. This will be attended by Masters students of the centre.

Day 7: 8 September (Sunday) : Community based activity on chronic pain management

A **free physiotherapy camp** will be organized by the CPRS around university campus where the community dwellers will be assessed and home and other self - management strategies will be explained to them.

Director

Prof Ejaz Hussain

Organising secretary

Dr Zubia Veqar

Organising committee

Dr Majumi M Noohu

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