

## Neotech Campus – Event report

Name of Institute: NEOTECH INSTITUTE OF PHYSIOTHERAPY

NC/NIP/Event report/2024-25/018

Date: 8th September 2025

### 1. Title of the Event:

World Physiotherapy Day Celebration

### 2. Organized by:

Neotech Institute of Physiotherapy

### 3. Date & Venue:

8th September 2025, Seminar hall Neotech Campus

### 4. Objective:

Promote awareness about the importance of physiotherapy in maintaining health, mobility, and independence in older adults.

Educate the community on preventive and rehabilitative strategies to enhance quality of life during aging.

Encourage active lifestyles and healthy habits to prevent age-related functional decline.

Highlight the role of physiotherapists in promoting safe physical activity, fall prevention, and management of chronic conditions in elderly populations.

Foster interaction between students, faculty, and the community to spread knowledge and practical approaches toward healthy and active aging.

### 5. Resource Person(s):

Dr. Sagar Rathod, Assistant Professor

Dr. Nisarg Vaghela, Assistant Professor

### 6. Number of Participants:

|                                          |    |
|------------------------------------------|----|
| Number of Student                        | 52 |
| Number of Faculty                        | 8  |
| Number of external participants (if any) | -- |

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### 7. Program Schedule:

| Time               | Session Details                     | Speaker            |
|--------------------|-------------------------------------|--------------------|
| 10:30 to 10:40 AM  | Lamp lightning                      | Principals         |
| 10:40 to 11:00 AM  | Principal madam's Speech            | Dr. Himani Parikh  |
| 11:00 AM- 12:30 PM | Poster and model making competition | By NIP Students    |
| 02:00 to 2:30 PM   | Demo zone – “Physio in action”      | By NIP Students    |
| 2:30 to 3:30 PM    | Physio quiz                         | By NIP Students    |
| 3:30 to 4:00 PM    | Games                               | By NIP Students    |
| 4:00 to 4:30       | Vote of thanks & Price Distribution | By Principal Madam |

### 8. Key Highlights:

Celebration of World Physiotherapy Day on the global theme “Healthy Aging.”

Awareness lectures and presentations on the role of physiotherapy in promoting mobility, independence, and quality of life in older adults.

Interactive sessions and demonstrations on exercises for fall prevention, posture correction, balance training, and active lifestyle promotion.

Community engagement activities focusing on preventive care and healthy habits for aging gracefully.

Participation of faculty, students, and community members to spread awareness about physiotherapy's contribution to healthy and active aging.

### **9. Outcomes of the Event:**

Increased awareness among students, faculty, and community about the significance of physiotherapy in promoting active and healthy aging.

Enhanced understanding of preventive physiotherapy strategies such as fall prevention, posture correction, and safe exercise practices for older adults.

Improved community participation and motivation toward adopting healthy lifestyle practices for aging gracefully.

Strengthened practical skills of students through active involvement in awareness sessions, demonstrations, and poster presentations.

### **10. Feedback Summary:**

The celebration of World Physiotherapy Day on the theme “Healthy Aging” received positive feedback from students and faculty. Attendees appreciated the informative sessions, practical demonstrations, and interactive activities conducted during the event.

The focus on preventive care, fall prevention, posture correction, and lifestyle modification for the elderly was found to be highly relevant and useful.

Students expressed that the event enhanced their knowledge and confidence in applying physiotherapy concepts for elderly care, while community members valued the simple and practical exercise tips for maintaining independence and mobility. Faculty highlighted the enthusiastic participation and creativity shown in poster presentations and awareness activities.

### **11. Conclusion & Acknowledgment:**

The celebration of World Physiotherapy Day on the theme “Healthy Aging” at Neotech Institute of Physiotherapy successfully highlighted the vital role of physiotherapy in promoting mobility, independence, and quality of life among older adults. Through awareness sessions, demonstrations, and community engagement activities, the event emphasized preventive strategies and practical approaches for graceful and active aging.

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We extend our sincere gratitude to the management of Neotech Institute of Physiotherapy for their continuous support and encouragement in organizing this event. Special thanks to the faculty members for guiding the students and coordinating the activities. We also acknowledge the enthusiastic participation of our students whose creativity and dedication added great value to the program.

### 12. Supporting Documents:





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### Submitted by:

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Dr. Nisarg Vaghela, Assistant Professor

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CAMPUS  
VADODARA