

REPORT OF
THE WORLD PHYSIOTHERAPY DAY
CELEBRATION 2025



JAMIA HAMDARD
DEPARTMENT OF PHYSIOTHERAPY
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WORLD PHYSIOTHERAPY DAY CELEBRATION 2025

JAMIA HAMDARD
(GOVT AIDED DEEMED TO BE UNIVERSITY)
ACCREDITED WITH NAAC A+ GRADE

DEPARTMENT OF PHYSIOTHERAPY
SCHOOL OF ALLIED HEALTH SCIENCES & RESEARCH

is celebrating
World Physiotherapy Week
(From 31st August to 8th September 2025)

in the memory of our Visionary Founder
Janab Hakeem Abdul Hameed Sahab
on the occasion of his 117th Birth Anniversary

“Honouring Hakeem Sahab’s Legacy - Healthy Ageing & Timeless Vision”
Theme: HEALTHY AGEING

EVENTS

Exciting Cash Prize FREE PHYSIOTHERAPY CAMP QUIZ COMPETITION POSTER COMPETITION AWARENESS WALK FREE WEBINAR REEL MAKING COMPETITION

Chief Patron
Janab Hammad Ahmed Sahab
Hon'ble Chancellor
Jamia Hamdard

Patron
Prof. (Dr.) M. Afshar Alam
Hon'ble Vice-Chancellor
Jamia Hamdard

Prof. (Dr.) Sohrab A. Khan
Dean, SAHSR
Jamia Hamdard

Dr. Nishat Quddus (PT)
Superintendent
Rehabilitation Center-PT
Jamia Hamdard

Date of the program :- 31st August - 8th September, 2025

Occasion: World Physiotherapy Day

Theme: Healthy Ageing

Location of Event :- Jamia Hamdard

Organiser(s) of the event –

Chairperson: Prof. (Dr) Sohrab Ahmad Khan, Dean, SAHSR

Co-chairperson: Dr. Nishat Quddus (PT), Superintendent, Physiotherapy Unit, Rehabilitation Center.

Core team - Dr Kalpana Zutshi (PT), Dr. Jyoti Ganai (PT), Dr. Deepak Malhotra (PT), Dr Zuheb Ahmed Siddiqui (PT)

EVENT SUMMARY

The World Physiotherapy Day is celebrated every year on 8th September to mark the unity and solidarity of the global Physiotherapy community and to generate awareness about the crucial contribution Physiotherapists make to society enabling people to be mobile, well and independent. The Department of Physiotherapy, Jamia Hamdard, successfully organized a week-long celebration from 31st August to 8th September to celebrate World Physiotherapy Day 2025. This year, the theme focused on "healthy ageing," aiming to spread awareness on active living in later years and the role of Physiotherapy in healthy ageing with a focused look at preventing falls and frailty. The celebrations spanned over an entire week with events ranging from organization of health camp at old age homes to conduction of intercollegiate competitions inviting participants from physiotherapy colleges from all across Delhi and NCR.

The event was held in the cherished memory of the Honorable Founder, Janab Hakeem Abdul Hameed Sahab, on the occasion of his 117th Birth Anniversary honouring Hakeem Sahab's Legacy of healthy ageing and timeless vision. Continuing with his patrimony of integrity, compassion and service, which continues to guide the organization under the able leadership of the Honourable Chancellor Janab Hammad Ahmed Sahab, the celebration of the World Physiotherapy day was spread over a week the highlights of which are as under:

Event Highlights:

DAY 1 :PHYSIOTHERAPY CAMP AT PANCHVATI OLD AGE HOME

As part of the World Physiotherapy Week 2025 celebrations, a free physiotherapy camp was successfully organized on 2nd September 2025 at Panchvati Old Age Home, Tughlakabad Extension. The camp was held from 3:00 PM to 5:00 PM. The initiative aimed to promote healthy ageing and improve the well-being of elderly residents through awareness and Physiotherapeutic care. The camp was conducted with the kind permission and support of Mrs. Neelam Mohan, owner of the old age home.

Elderly residents, along with their caretakers, participated in the camp. The program began with an insightful talk on healthy Ageing by Dr. Sujata Jha, followed by a session on physiological changes of ageing by Dr. Charu Chhabra. This was followed by an informative discussion led by Dr. Kalpana Zutshi, who highlighted the importance of Physiotherapy in geriatric health, emphasizing its role in maintaining mobility, reducing pain, and enhancing independence.

Student volunteers were involved in providing physiotherapy services under faculty guidance. They engaged with the residents to assess their individual health concerns and offered personalized therapeutic interventions specifically focussing on prevention of frailty and falls by targeting strength and mobility enhancement.

Special attention was given to bedridden residents, who were attended to in their rooms by the volunteers. Treatment sessions included therapeutic exercises, mobility training, pain management techniques and education on posture and joint care.

The response from the residents was overwhelmingly positive. Many expressed appreciation for the initiative and showed a strong interest in continuing Physiotherapy care by visiting the Rehabilitation Centre at Jamia Hamdard.





Image: Physiotherapy students and Faculty members interacting with geriatric patients and prescribing exercises

DAY 2: CONDUCTION OF INTERCOLLEGIATE POSTER MAKING COMPETITION AND QUIZ COMPETITION.

POSTER MAKING COMPETITION:

An intercollegiate poster making competition was held with an aim to create awareness about the importance of Physiotherapy in promoting health, preventing disability and improving quality of life while encouraging creativity and innovation among students.

The competition witnessed enthusiastic participation from students representing various universities like Jamia Millia islamia, New Delhi, Sharda University, Uttar Pradesh and Banarasidas Chandiwalla Institute of Physiotherapy, New Delhi who presented their artistic skills and knowledge of physiotherapy through their posters adhering to the theme of healthy ageing, rehabilitation and community awareness. The event was organised by Dr Sahar Zaidi and Dr Deepika Singla and student volunteers. Following are the names of winners:

S. No	Name of the students	Name of the college	Position secured	Prize money
1.	Aisha Mohammad Aziz , Kulsum Akhtar	Jamia Millia Islamia	First	Rs 1,000/
2.	Deepika Sharma and Shrishti Singh	Jamia Hamdard	Second	Rs 800/
3	Tie between Anza Khan and Sufiya & Pooja And Deepanshi	Jamia Hamdard Sharda university	Third	Rs 600/



Image: Glimpses of Poster Competition

INTERCOLLEGIATE QUIZ COMPETITION:

The Department organized an Intercollegiate Quiz Competition on 3rd September 2025 at the Smart Classroom, Central Library Building.

The event commenced at 10:00 a.m. and witnessed enthusiastic participation from eight teams across various institutions of Delhi-NCR. Teams competed in three rounds that tested their knowledge in diverse areas such as Musculoskeletal Physiotherapy, Neurological Rehabilitation, Cardiopulmonary Physiotherapy, Exercise Therapy, Biomechanics, and Anatomy. The competition provided an engaging platform for students to demonstrate their academic excellence, clinical reasoning, and teamwork skills. It also encouraged inter-institutional collaboration fostering a spirit of healthy competition. The following winners were awarded attractive cash prizes, adding to the excitement and motivation among participants.

S. No	Name of the students	Name of the college	Position secured	Prize money
1.	Aafiya Rais, Nisha Khan, Samir Ahmed, Tabassum Fatima	Jamia Milia Islamia	First	Rs 1,000/
2.	Nandini Gupta, Manisha Ahirwar, Lakshita Garg, Nayanshree Jha	Jamia Hamdard	Second	Rs 800/
3	Madhusmita Jena, Pragya Pal, Bhavya Saxena, Ved Prakash	Banarsidas Chandiwalla Institute of Physiotherapy	Third	Rs 600/

The event was successfully coordinated by Dr. Zuheb Ahmed Siddiqui (PT) and Dr. Prachi Tiwari (PT) and it was a resounding success, celebrating the spirit of physiotherapy and highlighting the Department of Physiotherapy, Jamia Hamdard's Commitment to promoting academic growth, professional interaction, and evidence - based learning among budding physiotherapists.





Image: Glimpse of the quiz competition and the winners

DAY 3: HEALTH AWARENESS WALK

To raise awareness about the importance of healthy living and ageing, the Dean SAHSR, Faculty members and students of the Department of Physiotherapy organised a health awareness walk which also saw active participation from Faculty members and students of the Department of Occupational therapy as well. The event which was flagged off by the Honourable Vice Chancellor at the administrative building and was attended by around 150 students. They covered the route from the administrative building till the Rehabilitation Center. The event witnessed attendance by the Dean students welfare -Dr Reshma Parveen and Cultural coordinator Dr Khurshid Ansari.





Image: conduction of the health awareness walk

DAY 4: INTERCOLLEGIATE REEL MAKING COMPETITION

The Department of Physiotherapy, Jamia Hamdard, organized an Inter-College Reel Making Competition on 5th September 2025 as part of the celebrations of World Physiotherapy Week. The event witnessed enthusiastic participation from reputed institutions including college of Physiotherapy ITS group of Institutions (Greater Noida, Uttar Pradesh), School of Physiotherapy, DPSRU(Pushp Vihar , New Delhi) ,School of Physiotherapy and Rehabilitation

Sciences, KR Mangalam University(Guru gram, Haryana) and Jamia Hamdard, New Delhi. Participants showcased their creativity and awareness through reels centered on the theme of Healthy Ageing, healthy living, and community well-being, reflecting the spirit of World Physiotherapy Week.

After a close competition, the 1st, 2nd, and 3rd prizes were secured by Jamia Hamdard students. The event was a roaring success, fostering creativity, spreading awareness about physiotherapy, and strengthening inter-college collaborations. The event was conducted by Dr Shaima Saifi and Dr Ifra Aman.



Image: glimpses of the winners of the reel making competition

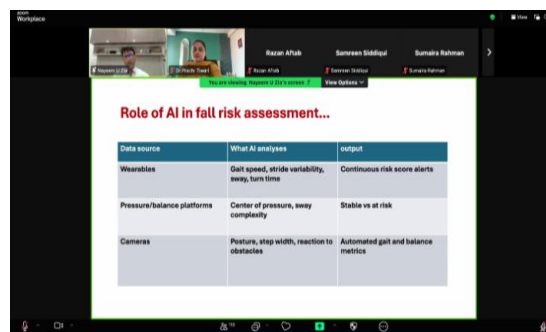
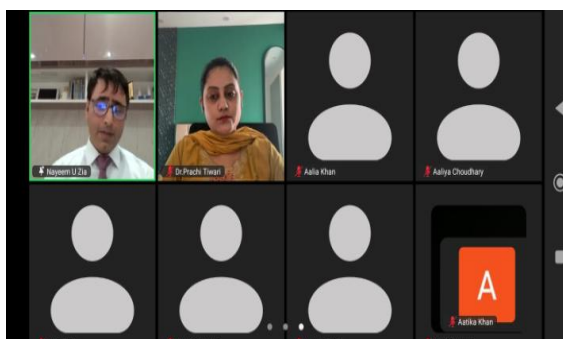
DAY 5: WEBINAR

The Department of Physiotherapy organized a webinar titled “Safe Steps: Physiotherapy for Fall Prevention in Healthy Ageing”, on September 6, 2025, from 3:00 PM to 4:00 PM on ECHO India Platform. The session aimed to explore evidence - based strategies that enhance balance , mobility , and independence in older adults . It also highlighted practical Physiotherapy approaches to promote safe, active, and healthy ageing.

The resource person for the event was Dr. Nayeem U Zia, Jamia Hamdard Alumnus, Senior Physiotherapist , Health and Medical Education Department , Jammu and Kashmir. Dr. Zia delivered an insightful lecture focusing on preventive physiotherapy strategies for fall management in elderly individuals, emphasizing the importance of early interventions and lifestyle modifications. He also discussed the role of physiotherapists in promoting functional Independence and reducing fall-related risks in the ageing population.

The event was well-attended by faculty members , students, and professionals, who actively engaged in the discussion and raised pertinent questions related to clinical applications of Physiotherapy in geriatric rehabilitation. The program was successfully organized by Dr.

Zuheb Ahmed Siddiqui (PT), Dr. Hammad Ahmed Siddiqui (PT), and Dr. Prachi Tiwari (PT) who ensured smooth execution and coordination.



Glimpses of the webinar

DAY 6: HEALTH AWARENESS CAMP AND MELA AT REHABILITATION CENTER, JAMIA HAMDARD.

The Physiotherapy week culminated with a free health check up and awareness camp held at Rehabilitation Centre, Jamia Hamdard, on 8th of September where individuals from the university and surrounding communities received free Physiotherapy consultations and treatments for various musculoskeletal, cardiopulmonary, neurological issues with a special focus on geriatric population. The camp was inaugurated with a ribbon-cutting ceremony by the Honourable Vice-Chancellor, Prof. (Dr.) M. Afshar Alam and the Honourable first lady of Jamia Hamdard Mrs Hena Parveen.

Presidential remarks were given by the Honourable Vice-Chancellor who elaborated on the importance of healthy living and ageing while emphasizing importance of holistic wellbeing. The first lady of Jamia Hamdard Mrs. Hena Parveen also spoke on the importance of Physiotherapy for management of various physical and psychological issues pertaining to the ageing population.

Prof.(Dr) Sohrab Ahmad Khan, Dean SAHSR, also appreciated the efforts of the staff of the Department of Physiotherapy and Rehabilitation Centre in organising the program and credited the successful conduction of the week long activities to the tireless efforts and hard work of the faculty members and students of the Department of Physiotherapy. This was followed by vote of thanks by Dr. Nishat Quddus (PT), Superintendent, PT Unit, Rehabilitation Center.

The winners of the intercollegiate poster competition, quiz competition and reel making competition were felicitated with certificates and cash prizes by the Honorable Vice Chancellor during the valedictory ceremony of World Physiotherapy Week celebrations.

The Physiotherapists offered free health check-ups, posture and mobility assessments to the participants. Educational talks and demonstrations highlighted the role of exercise in preventing age related health issues. Pamphlets on lifestyle modification and home based exercises were distributed to promote self care.

The event saw active participation from BPT and MPT students, who also set up food stalls and organized games to engage visitors.



Image:Glimpses of Free Physiotherapy health camp and Physio mela on 8th September 2025

Adhering to the true spirit of philanthropy and public charity, a rooh-afza vending machine stall was put up with the permission of the Hamdard National Foundation distributing a variety of free refreshing rooh-afza drinks to visitors of the Health camp and students.



Image: visitors and students enjoying refreshing drinks from the rooh afza stall

The week-long celebration of World Physiotherapy Day 2025 was a resounding success. It not only raised awareness about living and ageing healthy but also showcased the talent and dedication of the students and faculty of the Department of Physiotherapy, Jamia Hamdard. The event demonstrated the critical role of Physiotherapy in promoting health and well-being in the community.

Report by :

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