SCHOOL OF PHYSIOTHERAPY
RK.UNIVERSITY

Movement for Health
World Physical Therapy Day

Summary Report on - World Physiotherapy Day, 8th Sept 2016

ADD LIFE TO YEARS

School of Physiotherapy, RK University Celebrated World Physiotherapy Day on 8th September 2016 to spread awareness about Health and wellness in community.

The theme of this year focused on is "***ADD LIFE TO YEARS***" to people living longer and healthier lives. Physiotherapist helps to millions of people in the management of effects of ageing, illness, accidents, particularly the stress and strains of modern living. It has become an important and fast growing part of health care system worldwide. Physiotherapists are health professionals who have a key role in helping people with long-term conditions to achieve their goals, fulfil their potential and helps to participate fully in society. They work with patients to maximize their movement and functional ability.

, School of Physiotherapy, RK University celebrated a world physiotherapy day with organizing several in campus and out campus activities incudes a **WALKATHON** at Racecourse ring road in presence of Mr. Vijay Nehra, Commissioner, RMC, Mr. Denish Patel, Exe. Vice President, RKU and Mr. S. Ramani, Registrar, RKU, Students and Faculties of School of physiotherapy, Members of Rajkot Physiotherapy Association, senior clinical therapists from Saurashtra, Mr. J. D. Parmar, President, Parkinson's Diseases Support group (PDSG) and health conscious people of Rajkot.

HEALTH & WELLNESS AWARENESS BY STUDENTS OF SOPT AMONG GENERAL POPULATION – BY VARIOUS POSTERS

Various fitness challenges organized on morning walkers of Race course Ring road by students of School of Physiotherapy, Rk University.

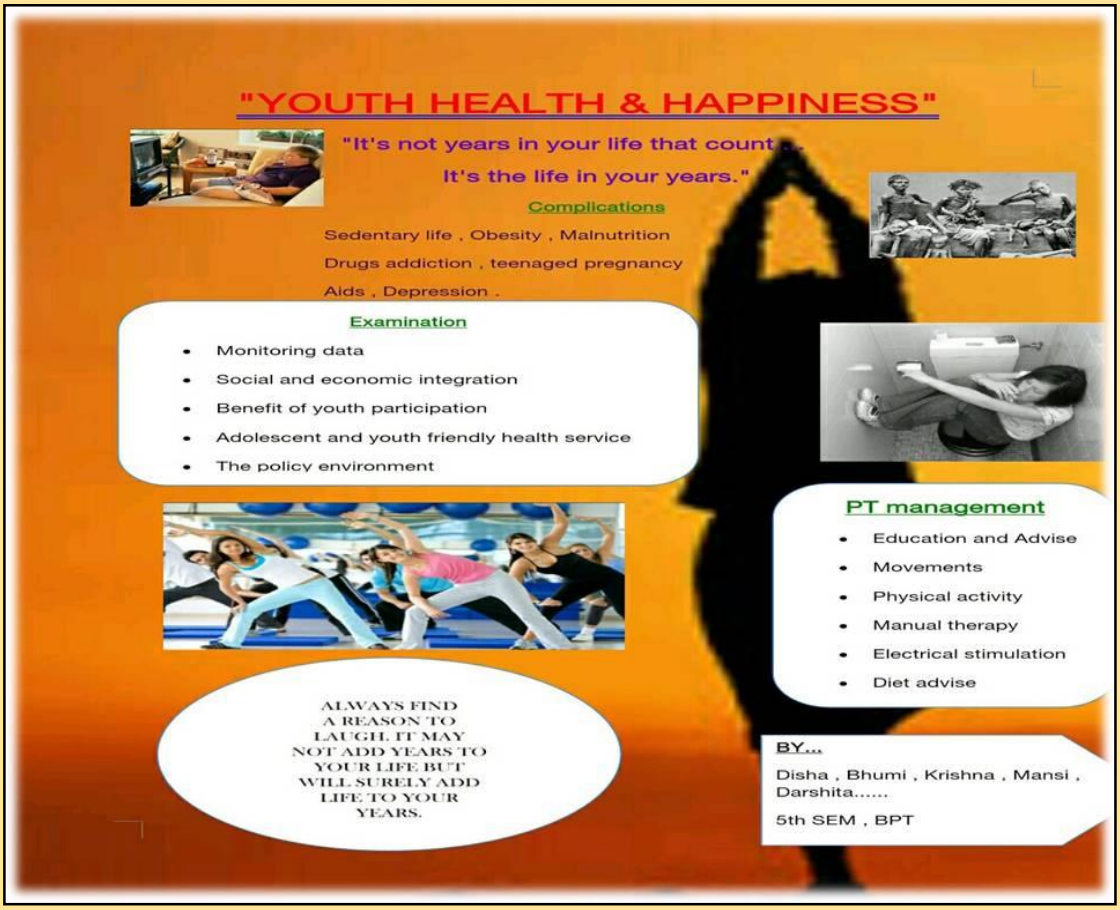
PHYSICAL FITNESS CHALLENGES – SCHOOL ACTIVITIES

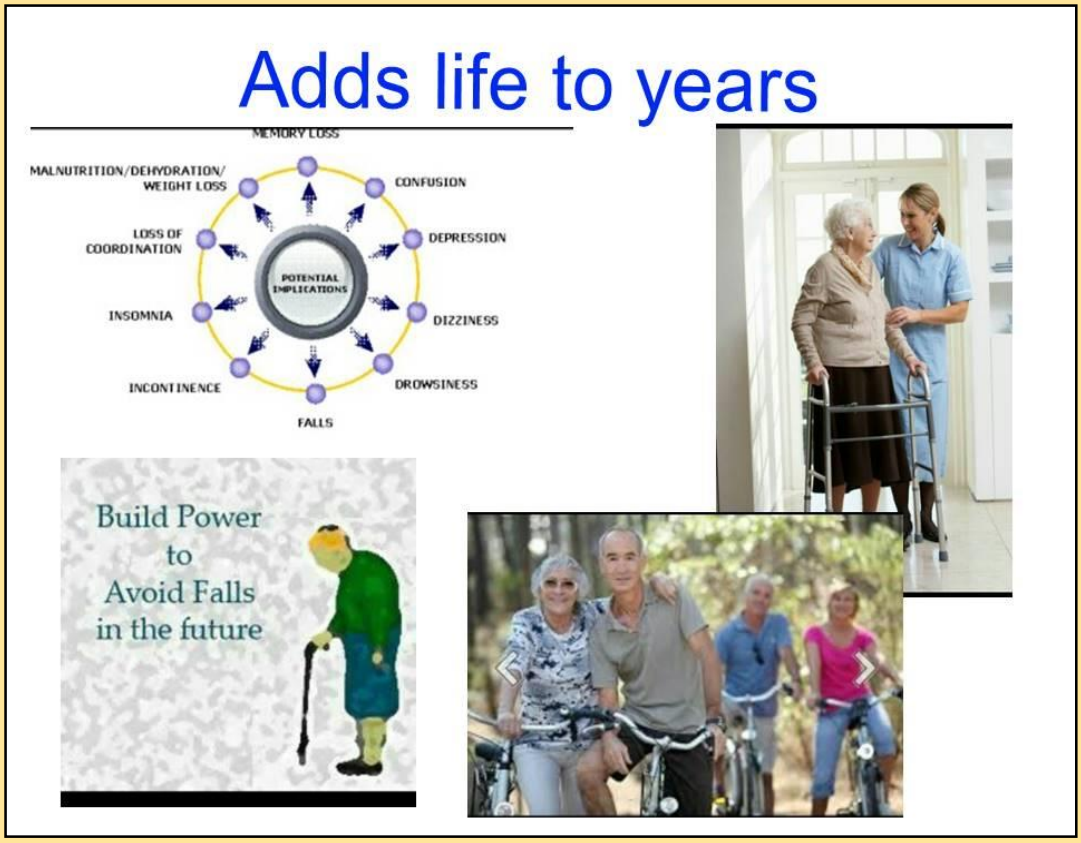
Students of 7th semester and Faculties of School of Physiotherapy visited various schools incudes **Global Science Academy, Shree Kotak Kanya vinay Mandir, Kadvibai Virani Kanya vidhyalay, Shree Purusharth School, Tapovan School and L G Dholakiya School,** and organized **HEALTH AND WELLNESS challenges AMONG SCHOOL GOING CHILDREN incudes fitness tests for P**ower (Vertical Jump Test), **S**trength (Push Up Test & Lower Abdominal Strength Test), **E**ndurance (Modified 2Min Step Test), **F**lexibility (Scratch Test), **B**alance, etc..

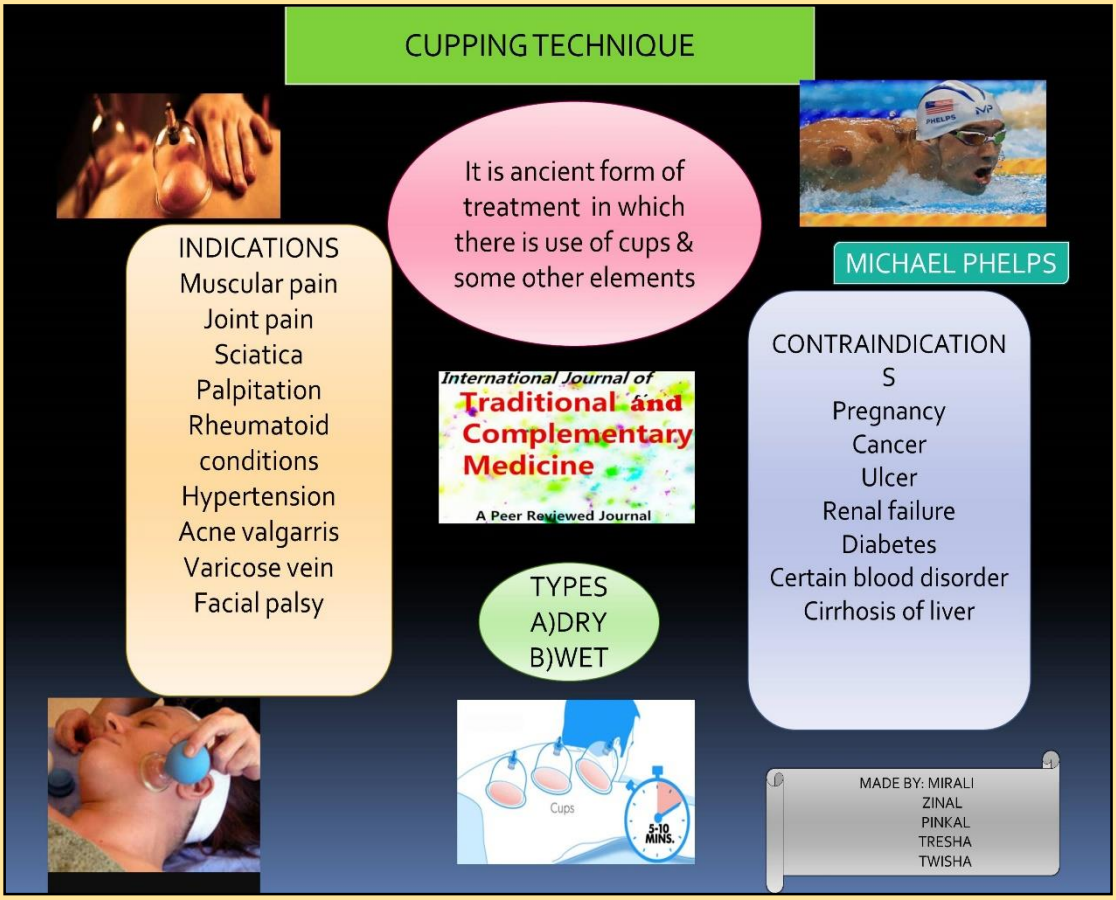
IN CAMPUS ACTIVITIES – AT SOPT

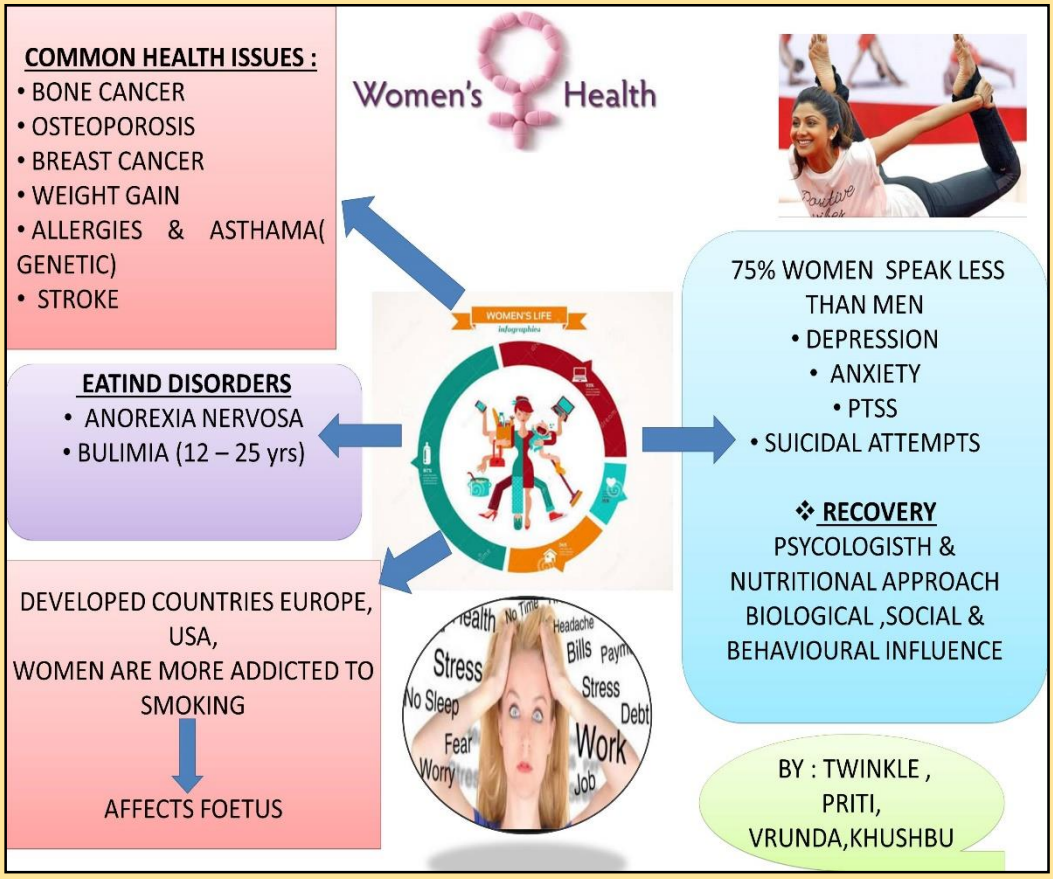
DIGITAL POSTER PRESENTATION COMPETITION

Students were actively participated and presented various theme based Digital Posters like Physio at every stage, Women's Health, Add Years to life, Youth Health & Happiness etc… on a day special in presence of Juries Dr. Ankur Khant & Dr. Ankur Parekh. Winner team for digital poster was Ms. Jahanvi Rathod & Ms. Juhi Rathod, 1st runner up team was Ms. Pooja Popat & Ms. Shreya Popat and 2nd runner up team was Ms. Bansi Sommaiya, Ms. Devangi Kotecha & Ms. Jumana Sutterwala were awarded with certificates. Few digital (Winners) posters are showcase below…


"YOUTH HEALTH & HAPPINESS"
"It's not years in your life that count .
It's the life in your years."
Complications
Sedentary life , Obesity , Malnutrition
Drugs addiction , teenaged pregnancy
Aids , Depression .
Examination
Monitoring data
Social and economic integration
Benefit of youth participation
Adolescent and youth friendly health service
The policy environment
PT management
Education and Advise
Movements
Physical activity
Manual therapy
Electrical stimulation
Diet advise
ALWAYS FIND A REASON TO LAUGH. IT MAY NOT ADD YEARS TO YOUR LIFE BUT WILL SURELY ADD LIFE TO YOUR YEARS.
BY...
Disha , Bhumi , Krishna , Mansi , Darshita.....
5th SEM , BPT


Adds life to years
MEMORY LOSS
CONFUSION
DEPRESSION
DIZZINESS
DROWSINESS
FALLS
INCONTINENCE
INSOMNIA
LOSS OF COORDINATION
MALNUTRITION/DEHYDRATION/ WEIGHT LOSS
POTENTIAL IMPLICATIONS
Build Power to Avoid Falls in the future


CUPPING TECHNIQUE
It is ancient form of treatment in which there is use of cups & some other elements
MICHAEL PHELPS
INDICATIONS
Muscular pain
Joint pain
Sciatica
Palpitation
Rheumatoid conditions
Hypertension
Acne valgarris
Varicose vein
Facial palsy
International Journal of Traditional and Complementary Medicine
A Peer Reviewed Journal
CONTRAINDICATIONS
Pregnancy
Cancer
Ulcer
Renal failure
Diabetes
Certain blood disorder
Cirrhosis of liver
TYPES
A)DRY
B)WET
Cups
5-10 MINS.
MADE BY: MIRALI
ZINAL
PINKAL
TRESHA
TWISHA


COMMON HEALTH ISSUES :
• BONE CANCER
• OSTEOPOROSIS
• BREAST CANCER
• WEIGHT GAIN
• ALLERGIES & ASTHAMA(GENETIC)
• STROKE
Women's Health
75% WOMEN SPEAK LESS THAN MEN
• DEPRESSION
• ANXIETY
• PTSS
• SUICIDAL ATTEMPTS
❖ RECOVERY
PSYCOLOGISTH & NUTRITIONAL APPROACH
BIOLOGICAL ,SOCIAL & BEHAVIOURAL INFLUENCE
EATIND DISORDERS
• ANOREXIA NERVOSA
• BULIMIA (12 – 25 yrs)
DEVELOPED COUNTRIES EUROPE, USA,
WOMEN ARE MORE ADDICTED TO SMOKING
AFFECTS FOETUS
Stress
No Sleep
Fear
Worry
Headache
Bills
Stress
Work
Job
Debt
BY : TWINKLE , PRITI, VRUNDA,KHUSHBU

QUIZ COMPETITION

Students were actively participated in Quiz competition which was conducted by Dr. Amit Sharma. There were various rounds of Quiz like Knock out round, Questions on Physiotherapeutics and Questions on General Knowledge. Winner team of Quiz competition was Ms. Bansi Soammaiya, Ms. Shivani Vyas & Ms. Karishma Solanki and 1st runner up team was Ms. Devangi Kotecha, Mr. Bhargav Shukla & Ms. Neha Savaliya were falicited with certificates.

Many Congratulations to Students and Faculty - Team SOPT

on grand celebration of World PT Day - 2016