

## *Summary Report on Celebration of World Physiotherapy Day- 2018*

School of Physiotherapy celebrates world Physiotherapy Day (8<sup>th</sup> sept) every year to spread awareness about health and wellness. In context to focal theme of 2018 – “Exercise Therapy & Mental Health”, students and faculties had organized various activities such as

- Walkathon and Cyclothon at Racecourse
- Fitness Challenges to morning walkers at Race course
- “Zumba” Session in front of Indoor stadium , Race Course.
- Fitness Awareness programs and Fitness Tests among school students.
- Camp for Heel, Foot and Ankle Pain at RK Physiotherapy and rehabilitation Centre.
- Pediatrics Camp RK OPD.
- Camp for Swimmers and Football Players, Race Course.

Proceeding of the day was as follows:

TIME	EVENT
6.30-7.15	Walkathon and Cyclothon
7.30-8.15	“Zumba” Session
9.00- 12.00	Fitness Awareness and Tests at various schools
	Camp for Heel, Foot and Ankle Pain at RKPRRC
3.00-5.00	Camp for Swimmers and Football Players, Race Course

9.00- 12.00 (on 10 <sup>th</sup> September)	Pediatrics Camp
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*Walkathon: Let's Walk for awareness*

*Walkathon was inaugurated by Mr. Banchhanidhi Pani, Commissioner of Rajkot. awareness quotes were chanted during walkathon*





Cyclothon:

*Flag off ceremony was done by Mr. Banchhanidhi Pani,  
Commissioner of Rajkot at Racecourse, Rajkot.*





*Physical and functional Fitness Challenges among morning walkers at Racecourse ring road, Rajkot and at various schools.*





Zumba session:

*It was held in front of indoor stadium, Racecourse, Rajkot.*





*Camp for swimmers & football Players:*





*Ankle, foot and heel camp at RKPRRC:*



*Pediatrics camp at RKU OPD*



*TEAM AT A GLANCE:*

