



REPORT ON WORLD PHYSIOTHERAPY DAY

TOPIC: INFLAMMATORY ARTHRITIS

E-POSTER AND VIDEO REEL MAKING COMPETITION

Date: Friday, 8th Sep, 2023

Venue: Microsoft Teams Meeting

[Microsoft Teams Meeting Link]

Target Group: BPT Students

Event Type: E-Poster and Video Reel Making Competition (School Level)

Mode of Activity: Online

Coordinator: Dr. Mansi Dewan (PT)

Organized by: School of Physiotherapy and Rehabilitation Sciences

Number of Participants: 07

Number of Attendees: 35

INTRODUCTION

World Physiotherapy Day (World PT Day) is a global healthcare event celebrated on the 8th of September every year since 1996, commemorating the date of the World Physiotherapy foundation in 1951.

This day serves as a homage to all the physiotherapists and the services they render, achieving the ultimate goal of a symptom-free movement at basic to complex physical activities in patients and the healthy alike.

SIGNIFICANCE

Everyone values the ability to function as independently as possible during everyday life. Patients and fitness enthusiasts typically seek out physical therapy services for physical impairments associated with movement disorders caused by injury, disease, or health-related



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conditions that interfere with their ability to perform or pursue any number of activities that are necessary or important to them.

The multidimensional aspects of physical function encompass diverse yet interrelated areas of performance, such as:

- Improving balance
- Cardiopulmonary endurance
- Developing coordination
- Progressing flexibility
- Improving mobility
- Muscle performance
- Neuromuscular control
- Postural control
- Postural stability
- Equilibrium

OBJECTIVES

- To spread awareness amongst the students about the physiotherapy day.
- To engage students in extra-curricular activities and inculcate competitive spirit.

METHODOLOGY

On the occasion of World PT Day, Friday, 8th Sep, 2023, the School of Physiotherapy and Rehabilitation Sciences of K.R. Mangalam University organized an intra-departmental E-Poster and Video Reel Making Competition on the topic *Inflammatory Arthritis*.

Registrations were completed after providing prior notice to students four days in advance. Interested candidates submitted their names to their respective mentors.

Judgment Criteria:

- Originality of content



- Quality of presentation
- Clarity of presentation
- Ability to answer cross questions

The judges for the competition were **Dr. Barnali Bhattacharjee** and **Dr. Ankita Samuel** from the Department of Physiotherapy.

The event commenced with a guest lecture by **Dr. Kshitija Bansal (P.T.)**, Associate Professor, *Manav Rachna International Institute of Research and Studies*. She spoke about *Inflammatory Arthritis*, the role of physiotherapists in maintaining mobility, and the importance of physiotherapy in the medical field.

The event then proceeded with the E-Poster presentation competition. The students displayed various posters depicting the cause, types, and prevention of inflammatory arthritis. A student from BPT first year presented a video reel on different forms of arthritis, their symptoms, and management.

Winners:

- Harsh (BPT Final Year) and Shruti Goswami (BPT Second Year) were announced as the Best Presenters of the event.

The event concluded with a vote of thanks by **Dr. Mamta Shankar (Coordinator, SPRS)** and **Dr. Mansi Dewan (Assistant Professor, SPRS)**.

OUTCOMES

The celebration had a positive impact on the students of KRMU. They were motivated to participate and further spread awareness about Physiotherapy. The conduction of the event was successful.

FUTURE SCOPE



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The success of the event paves its way for continuity in the future. The event is conducted every year with a scope of increasing student participation in extracurricular activities, helping them understand the relevance and societal importance of physiotherapy.