



WORLD PHYSIOTHERAPY DAY

8TH SEPTEMBER 2016

Nopany Institute of Healthcare Studies (NIHS) is situated in the City of Joy, Kolkata. NIHS is a unit of Nopany Foundation which has been found with the mission to impart quality education enabling students to achieve their optimum potential. The college started with Bachelor of Physiotherapy (BPT) degree program and continued with the Master of Physiotherapy (MPT) in Orthopaedics and Neurology, affiliated to the West Bengal University of Health Sciences and approved by the Department of Health and Family Welfare, Government of West Bengal. The college has its own Physiotherapy Clinic with all contemporary facilities for education and healthcare.

8th September is observed as World Physiotherapy Day (WPD) Worldwide and We at NIHS, started observing this noble day since 2008. The World Physical Therapy Day is marked every year by thousands of physical therapists around the world drawing attention to the profession's contribution in promoting global health.

At NIHS the students and faculty conduct various activities to mark the importance of the day. In the year 2008, observance of the WPD started with a visit to the Old Age Home of the Missionaries of Charity, Prem Dan, Kolkata. The faculty and students under the initiative of Dr Shabnam Agarwal, Director-Education provided physiotherapeutic care to the geriatric inmates of Premdan. In 2009, the NIHS team visited the Leprosy Mission, Kolkata. There the students were taken to the different wards and departments where they saw Leprosy patients in different stages of the disease process, the complications caused by the Mycobacterium Leprae.

NIHS conducts Seminars, Discussions and Poster Presentations which have been conducted at the College Campus where the enthusiastic students participate with great interest.

Since the beginning of its inception, NIHS has been striving very hard to spread the awareness and importance of Physiotherapy and matching steps with the World Confederation of Physical Therapy (WCPT); NIHS adopts the theme of the WCPT every year and conducts program to spread good health and fitness in the society. The campaign message of World Physiotherapy Day 2016 is **'Add Life to Years'** under the theme Movement for health emphasizing the role of a physical therapist in encouraging health and activity in Elderly individuals. NIHS has put up posters based on the theme and a talk was arranged to explain the role of Physiotherapy on healthy ageing. NIHS organized an exercise session for the elderly individuals at Nopany Physiotherapy Clinic. The participants performed Indoor Walking as Warm-up, Strength, Balance and

Flexibility training exercise for 60 minutes duration. All participants were explained in details how these exercises can improve their quality of life, minimise dependency on care givers and family and reduce health care cost. Handouts were also distributed to the elderly individuals so that they can refer to the exercises while practicing daily.



Participants with NIHS Faculty members



Instruction for the program



Dr. S. Agarwal, Director NIHS demonstrating Exercises



Participants performing stretching exercises