

NOTICE

12.09.2025

Subject: Invitation to Volunteer for World Physiotherapy Day – Healthy Ageing Program

Dear Students,

As you are aware, the theme for this year's *World Physiotherapy Day*, set by the **World Confederation for Physical Therapy (WCPT)**, is **Healthy Ageing**.

Healthy ageing is not only about living longer but also about living better. Physiotherapy plays a vital role in supporting older adults to remain active, independent, and fulfilled by:

- Enhancing mobility and flexibility
- Reducing pain and managing chronic conditions
- Improving mental health and social engagement
- Preventing injuries and hospitalizations

We are delighted to announce the launch of a **month-long Healthy Ageing Program** and invite students to join as volunteers in this meaningful initiative.

Program Highlights:

- Home visits to senior citizens
- Awareness drives in the community
- Distribution of health tips and resources
- Support in physiotherapy and counselling sessions

Volunteer Benefits:

- Certificate of Participation
- Recognition in the final project report
- Name featured in the article to be submitted to WCPT and other platforms

Your support will bring a positive impact to the lives of our elderly community members. Let us join hands to promote health, dignity, and vitality in ageing.

Interested students are requested to register their names to Ms. Amrita Mukherjee (Student Relationship Officer) at the earliest.

Sincerely

For Nopany Institute of Healthcare Studies

Administrative Co-ordinator

Nopany Institute of Healthcare Studies

Anupam Das

Kolkata - 700006

Administrative Coordinator