



**Dayananda Sagar**  
**University** Bengaluru

**COLLEGE OF PHYSIOTHERAPY**  
SCHOOL OF HEALTH SCIENCES  
*Shavige Malleshshwara Hills*  
*Kumaraswamy Layout*  
Bangalore- 560078

### **Report for Free Physiotherapy Health Check-up**

Date: 29-03-2023

Venue: 125, Abalashrama, DVG Road, Bangalore

Timings: 09:00 a.m. to 01: 00 p.m.

The official Inaugural function was started at 09:00 a.m. in Abalashrama. The inaugural address was given by Dr Sathya Guruprasad, Principal, College of Physiotherapy, Dayananda Sagar University.

Mr. Ravindra Babu, Staff Incharge, Abalashrama has spoke on behalf of our Guest of Honour “ Mr Bagepalli Venkatacharya Shesha, Secretary of Abalashrama about the camp and other activities conducted by Abalashrama and about the initiatives taken by Abalashrama for Women empowerment.

On March 29th, 2023, a free physiotherapy health check-up was conducted specifically for women by college of physiotherapy, Dayananda Sagar University in Collaboration with Abalashrama, which was established in the year 1905, which was a charitable and welfare organization in Bangalore which was specifically established for women. The event was organized by College of Physiotherapy, DSU and aimed to promote awareness about the importance of physiotherapy for women's health.

This health camp was supported by Dr Sastry, Consultant Physician and specialized in Community Oncology.

This free health check-up consisted of general health assessment such as Blood Pressure check, GRBS, Basic Obesity Assessment including screening for Urinary incontinence, Diabetic Neuropathy and Quality of life using Questionnaire for Urinary Incontinence( QUID ), Vibrasense, and European Health Related Quality of Life Questionnaire- 5D respectively along with a free Consultation with an Orthopaedian and 2 physiotherapists qualified in Women’s Health Physiotherapy.

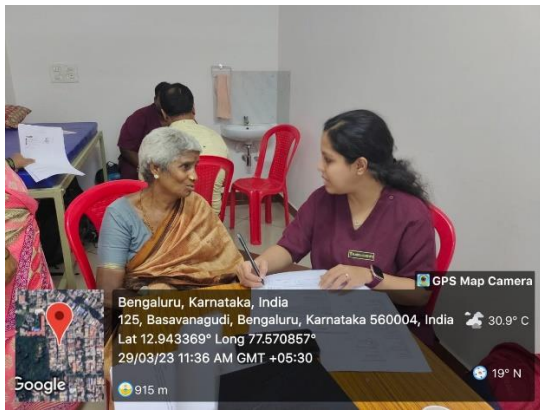
The check-up was held from 9:00 am to 1:00 pm at the Abalashrama premises, and a team of qualified physiotherapists was available to provide guidance and consultation to all participants. The check-up included a series of assessments to identify any potential health issues related to mobility, muscle strength, and joint flexibility. The physiotherapists provided individualized recommendations to each participant based on their specific needs.

On the day of the event, a total of 50 women participated in the free health check-up. The participants were from different age groups, and some of them had specific medical conditions that required physiotherapy interventions.

The participants were also given educational materials on the benefits of physiotherapy and how it can help to prevent future injuries and health issues. Additionally, they were informed about the various physiotherapy services available at the clinic and how to access them.

Overall, the free physiotherapy health check-up for women was a successful event that helped to raise awareness about the importance of physiotherapy for women's health.

The Staff Dr Sai Bhavani and Dr Feba Roy has co-ordinated with the event along with 15 volunteers from Post-graduate, Interns and Undergraduate students.



Program Co-ordinator

Principal