



## Report on Low Back Pain Awareness Talk – World Physiotherapy Day

Date: September 10, 2024

Location: Urban Health Training Center, Kanakapura

Event Type: Awareness Talk on Low Back Pain

In honor of World Physiotherapy Day, College of Physiotherapy, Dayananda Sagar University conducted an awareness talk on September 10, 2024 at Urban Health Training Center, Kanakapura, successfully hosted an informative awareness talk. The event aimed to address the widespread issue of low back pain, providing attendees with valuable insights and practical advice for managing and preventing this common condition. The session was led Dr. Gayathri and Dr. Vimarsha Assistant Professor and 4 teams from IV BPT( VARUN, VASANTH, TALHA, ROHITH, SWATHI, ANGEL) by a team of experienced physiotherapists who discussed various aspects of low back pain, including its causes, symptoms, and effective treatment options. The talk also covered preventive measures and lifestyle modifications that can help reduce the risk of developing back pain. Attendees included a mix of community members and healthcare professionals who actively participated in the discussions and Q&A sessions. The interactive nature of the event allowed participants to gain a deeper understanding of back pain management and engage with experts on a personal level.



Program Coordinator

Principal