



**DAYANANDA SAGAR UNIVERSITY**  
**School of Allied Health Sciences**  
**College of Physiotherapy**

### **WORLD PHYSIOTHERAPY DAY 2021**

The College of Physiotherapy, Dayananda Sagar University commemorated World Physiotherapy Day on the 8th of September 2021. The event started with a Pilates session followed by Zumba participated by around 300 students and staff.

The occasion was graced by Dr. Pushpa Sarkar, Dean-School of Allied Health Sciences, DSU, who delivered a strong encouraging message to all the Physiotherapy students and highlighted on the importance of a Physiotherapist in the healthcare sector and concluded quoting "A Physician may give life, but a Physiotherapist makes life worth living ...". Ms. Asha Nayak, Chief Physiotherapist, Sagar Hospitals Jayanagar, Mr. Girish, Chief Physiotherapist, Sagar Hospitals Banashankari, Ms. Nivedha, Physiotherapist and fitness trainer were among the guests who graced the event. The Introduction of this year's World Physiotherapy Day theme "Long COVID" was given by Dr. Srihari Sharma, Associate Professor, and Principal-in charge, COPT, DSU who emphasized on the humble beginning of the Physiotherapy profession and the much evolved phase where it stands now. He appreciated the contribution of the students of COPT for actively volunteering to be COVID 19 warriors during the pandemic.

The COVID-19 warriors as well as the "Student Achievers" who represented the college at State, National and International events in sports, literary and cultural events were felicitated by the honorary Chief guests. The formal program came to an end with a vote of thanks by Dr. Vinod Kumar, Assistant Professor, COPT.

This was followed by poster display and presentation, where the undergraduate students had channeled their creativity by creating posters on three topics - "Long COVID", "Fitness mantra in pandemic", "Preventive awareness in COVID". Three winners were declared by judges Ms. Asha and Mr Girish. The winners were felicitated by certificates by Dr. Sharmila, Principal, the College of Nursing Sciences.

A fitness evaluation camp was organized to assess the fitness status of post COVID population. The cardio-respiratory fitness of the participants was evaluated through 6 minute walk test and Harvard step test. The participants were asked to answer a questionnaire to assess their entry level fitness status. This was followed by one to one counseling with the participants and advising them individualized lifestyle modifications and activity recommendations. More than a hundred people, comprising of students, faculty, and public participated in this fitness evaluation camp.

The posters prepared by the BPT students were used at around 10 schools in and around Kumaraswamy layout, wherein the faculty and students of the COPT reached to the school students who had started coming to the schools after a long time gap. This activity which was planned over a period of 2 weeks, was an attempt to inculcate social responsibility in our students and also to strengthen the morale of the school students and staff in addition to create awareness on the various strategies to keep COVID at bay. The demonstrations included activity based education on the importance of maintaining individual fitness, proper usage of masks, sanitizers etc and the importance of social distance and vaccination. The beneficiaries of this sequence of events have crossed 1500 numbers.

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World Physiotherapy Day  
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Dayananda Sagar University  
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Karnataka 560078



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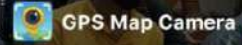
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Bengaluru, 560078, KA, India

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09/25/2021 11:08 AM





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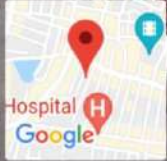
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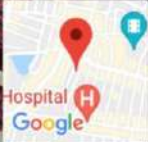


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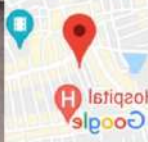


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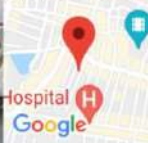




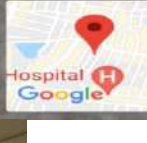
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**Bengaluru, Karnataka, India**  
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