



WORLD PHYSIOTHERAPY DAY – 2016
College of Physiotherapy, Sumandeep University
Accredited NAAC 'A' grade with CGPA 3.53 on 4 point scale



“ADD LIFE TO YEARS”

Report on World Physical therapy Day, 8th September 2016

The College of Physiotherapy, Sumandeep Vidyapeeth organized **“fitness screening camp”** for elderly residing in the University campus, on the occasion of World Physical therapy Day, 8th of September 2016. This was conducted from 10 am onwards at the College premises, based on this year’s theme **“Add life to years”**. Dr G. V. Shah, Dean, Medical College, Dr Kautilya Shukla, Director, Learning Resource Centre, along with HODs of Anatomy, Physiology and Community Medicine joined the camp. Professors of various departments, senior nurses, employees of inventory and maintenance department and few relatives residing in staff quarters also participated in this camp.





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Fitness screening was done at 9 stations as given below:

Station 1: Registration and history- here demographic & anthropometric data along with Physical activity readiness questionnaire (PAR – Q) were obtained.

Station 2: General assessment- Vitals, Range of motions, Uni pedal stance time, screening deformity and posture

Station 3: Lower body strength by performing 30 second Chair Stand test

Station 4: Upper body strength by performing Arm Curl test

Station 5: Grip strength assessed Hand held dynamometer

Station 6: Lower body flexibility by Chair Sit-And-Reach test

Station 7: Upper body flexibility by Back Scratch test

Station 8: Dynamic balance by Timed up and go (TUG) test

Station 9: Endurance by 2-Minute Step Test



At each station Physiotherapy faculty performed the fitness test. The students also participated.

Total 20 elderly of University campus participated. The record of each test was entered in the booklet which each participant received at the registration counter. The detail report on their fitness was also dispatched to the respective participants.

While waiting in the hall, participants were also requested to fill questionnaire regarding their “Mood”. Geriatric Depression Scale: short form was used for this. Among 20 participants, total 4 elderly scored >5 but <10 which “suggest” depression and requires comprehensive assessment by professionals. During camp refreshments (tea & biscuits) were also arranged.

Overall Feedback regarding camp from participants was highly *positive* and *encouraging*, recommending ‘fitness club’ to be started for the elderly residents of the campus.