



WORLD PHYSICAL THERAPY DAY – 2017  
COLLEGE OF PHYSIOTHERAPY, SUMANDEEP UNIVERSITY  
ACCREDITED NAAC 'A' GRADE WITH CGPA 3.53 ON 4 POINT SCALE



# “PHYSICAL ACTIVITY FOR LIFE”

## Report on World Physical therapy Day, 8<sup>th</sup> September 2017

The College of Physiotherapy (COP), Sumandeep Vidyapeeth University (SVU) celebrated this day with great enthusiasm as it is done each year. This year the College started the activity much in advance as the plan in the first phase was to assess *how physically active our own students were??*

Student coordinator, Dr Megha Mehta, Assistant Professor, COP along with her team of few faculties screened **309 undergraduate students** (age  $20.69 \pm 1.13$  years) for their level of physical activity with the help of “Global Physical Activity Questionnaire (GPAQ)” developed by WHO. The data of this would be presented on the World Physical therapy Day, 8<sup>th</sup> of September 2017. This year’s theme “*Physical activity for life*”, the College decided to conduct program in two sessions.

The 1<sup>st</sup> session began at 10 am in the morning where honorable Chancellor, SVU, Air (Com) Dr G. D. Mehta; I/c Dean, SBKS MI&RC, Dr Paresh Golwala; Medical Superintendent, DGH, Dr. (Col) Rakesh Sareen; Principal, COP, SVU Professor Dr Lata Parmar addressed the gathering of our students (approx. 500) and faculties about importance of physical activity and role of Physiotherapist promoting physical activity in all age groups. Dr Kalpesh Satani, Associate Professor, COP, spoke





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on the recommended levels of physical activity for all age groups and means of incorporating necessary physical activity in daily routine. At the end of this session the student coordinator, Dr Megha Mehta, presented data and report of level of physical activity (survey conducted phase I). It was found, **59.5 %** of our students were ***not meeting WHO recommended Physical activity level for health***. She also laid down the strategy / action plan to improve and bring in change both physical fitness & mind set.



***Inspiration to all: Honorable Chancellor, SVU, Air(Com) Dr G. D. Mehta exercising on treadmill***

**The 2<sup>nd</sup> session** was the actual physical activity session started by 11:30 am and was conducted by other faculties of COP. All the undergraduate students were divided in 6 batches. One by one all batches performed a program including warm up, stretching, upper & lower body strengthening, aerobic exercises and cool down. All the students enjoyed the session and overall feedback from them was ***positive and encouraging***.

