

**PRO-Media Coordinator's Office
Jamia Millia Islamia**

September 08, 2019

Press Release

Series of events organized by JMI to mark World Physiotherapy Day, 2019

The Centre for Physiotherapy and Rehabilitation Sciences (CPRS), Jamia Millia Islamia(JMI) organised a week-long series of events and activities to commemorate World Physiotherapy Day being observed today(8th September).

The day is observed worldwide to generate awareness about the crucial contribution of physiotherapists towards the society enabling people to be mobile, healthy & independent.

As part of the event and activities the centre organised open days at the physiotherapy clinic where chronic patients suffering from musculoskeletal conditions such as low back pain, chronic neck pain, osteoarthritis, rheumatoid arthritis, ankle sprain, shoulder impingement syndrome etc were provided with expertise consultation.

The centre organised a poster/collage making competition, various sports events, interactive session on Legal and Ethical issues of clinical practice, a symposium on Chronic pain: Relief and management and a workshop on visceral mobilization and it's possible role in the management of various physiotherapy conditions during the week-long activities.

The interactive session on Legal and Ethical issues of clinical practice was opened by Dr. Nuzhat Parveen Khan, Dean, Faculty of Law, JMI where various experts in the field of physiotherapy and law discussed legal and ethical issues related to clinical practice.

During the interactive session Dr. VP Gupta, Chief Physiotherapist, CTVS, All India Institute of Medical Sciences (AIIMS), New Delhi, gave his views on the most talked upon "Physiotherapy Council Bill".

Among others who participated in the interaction were Prof. Eqbal Hussain of Faculty of Law, JMI, Dr. Selvam, Senior PT at CGHS Centre, Parliament House, New Delhi , Dr. Jamal Ali Moiz, Assistant Professor, JMI and Dr. Dharam Pandey, Director, Department of Physiotherapy, BLK Superspeciality Hospital, New Delhi.

100 meter race, 4×100 meter relay, Kho-Kho, Badminton, Kabaddi and Tug of war were among the sports in which all the students of the centre enthusiastically participated. The events were held at MAK Pataudi Sports Complex of the university.

Prof. M. Ejaz Hussain, Director, CPRS,JMI , Dr. Zubia Veqar (PT) Assistant Professor, CPRS and Dr. Sahar Zaidi (PT) Assistant Professor, Department of Rehabilitation Sciences, Jamia Hamdard University, judged the posters/collage and declared the winners.

A day-long symposium on “Chronic pain: Relief and management” was also held in which Prof. Sarita Kohli, Dean, Faculty of Dentistry, JMI, Prof. RK Parashar, Director, Amar Jyoti Institute of Physiotherapy and Dr. Kashif, Faculty of Dentistry, JMI expressed their views on various issues related to the topic.

A workshop on “visceral mobilization” was also organised in which Prof. (Dr.) Sanjiv K Jha, Principal, RDGMC, Vikram University, Ujjain was the resource person.

All the events were conducted under the guidance of Prof. M. Ejaz Hussain and were enthusiastically participated by students, teachers, and non- teaching staff of the centre.

Ahmad Azeem
PRO-Media Coordinator











WORLD PHYSIOTHERAPY DAY
CELEBRATIONS

CENTRE FOR PHYSIOTHERAPY AND
REHABILITATION SCIENCES, JMI
(2-8th SEPT 2019)

PHYSIO DAY 2019



"PHYSICAL ACTIVITY FOR HEALTH"

2-8th Sept 2019 Timing: 9 am - 12.30 pm







WORLD PHYSIOTHERAPY DAY CELEBRATIONS

2-8 September 2019

Interactive Session on: Legal and Ethical Issues of Clinical Practice

5th September 2019

Venue: Engineering Auditorium

Timings: 2.30PM-4.30 PM

Organized By:

Centre for Physiotherapy and Rehabilitation Sciences

Jamia Millia Islamia



WORLD PHYSIOTHERAPY DAY CELEBRATIONS

2-8 September 2019

Interactive Session on: Legal and Ethical Issues of Clinical Practice

5th September 2019

Venue: Engineering Auditorium

Timings: 2.30PM-4.30 PM

Organized By:

Centre for Physiotherapy and Rehabilitation Sciences









CHRONIC

1 IN 5 PEOPLE
EXPERIENCE CHRONIC PAIN



Chronic Pain

Chronic pain is a significant global health burden. It affects an estimated 20% of people worldwide. Living with chronic pain can have a huge impact on the globe. It can cause more disability than any other condition.

Conditions of

Chronic Pain - the myths

- I should stop the pain. **FALSE**
- Chronic pain is just a symptom of another condition. **FALSE**
- Chronic pain is just a symptom of another condition. **FALSE**
- Chronic pain is just a symptom of another condition. **FALSE**
- Chronic pain is just a symptom of another condition. **FALSE**

Physical Therapy Helps

FIT INDIA

Physical therapy helps in the management of chronic pain. It can improve the quality of life and reduce the need for painkillers. Physical therapy can also help to improve the strength and flexibility of the muscles and joints, which can help to reduce the pain.

ORANGE RUN OF LIFE

The diagram illustrates the life cycle of an orange tree through several stages:

- Seed:** The starting point of the cycle.
- Germination:** The seed begins to grow.
- Seedling:** A small young plant with two leaves.
- Sapling:** A slightly larger young plant.
- Mature Tree:** A large tree with many leaves and fruit.
- Fruit:** The mature tree produces fruit, which then falls and becomes a seed again, completing the cycle.

Paper of Life:

- Seed is dormant.
- Seed has a protective coat.
- Seed contains stored food.
- Seed is not attached to the parent plant.

Seedling:

- Seedling has two leaves.
- Seedling has a root system.
- Seedling has a stem.
- Seedling has a protective coat.

Sapling:

- Sapling has many leaves.
- Sapling has a root system.
- Sapling has a stem.
- Sapling has a protective coat.

Mature Tree:

- Mature tree has many leaves.
- Mature tree has a root system.
- Mature tree has a stem.
- Mature tree has a protective coat.

Fruit:

- Fruit has many seeds.
- Fruit has a protective coat.
- Fruit contains stored food.
- Fruit is not attached to the parent plant.

[illegible]