

Press Release

**Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia  
concludes a one-day seminar on 'Healthy Ageing: Preventing Falls and  
Frailty in Older Adults'**

New Delhi, September 04, 2025

The Centre for Physiotherapy and Rehabilitation Sciences (CPRS), Jamia Millia Islamia (JMI), New Delhi, yesterday organised a seminar on 'Healthy Ageing: Preventing Falls and Frailty in Older Adults' as a part of World Physiotherapy week celebrations at the Centre for Information and Technology (CIT).

The program began with the recitation of the Quran, followed by the formal inauguration and felicitation of dignitaries. Prof. Mazhar Asif, Vice Chancellor (VC) of JMI, Chief Guest on the occasion was welcomed along with Guests of Honour, Prof. Dr. Yagna Shukla, Chairperson of the National Commission for Allied and Healthcare Professions (NCAHP), and Prof. Zahid Ashraf, Dean, Faculty of Life Sciences.

In her welcome address, Prof. Zubia Veqar, Director, CPRS, emphasized the growing importance of physiotherapy in prevention of falls and frailty. She also shared the upcoming activities and awareness drives to be conducted during Physiotherapy Week. Prof. Dr. Yagna Shukla, who is the Chairperson of NCAHP, Principal of a Physiotherapy College, and President of the Gujarat State Council for Physiotherapy, delivered an inspiring talk. She shared a brief history of World Physiotherapy Day and discussed the vital role physiotherapy plays in healthy ageing. She emphasized strategies for preventing falls and frailty, including regular exercise, awareness of home safety, and proper nutrition. Prof. Zahid Ashraf praised the CPRS team for their significant contributions in research, highlighting the Centre's achievements including over 270 research publications, an h-index of 31, and a high citation rate, indicating the quality and impact of their work.

In his presidential address, Prof. Mazhar Asif, VC JMI, stressed the importance of discipline and spirituality in achieving a healthy and meaningful life. He encouraged the participants to develop good habits early in life, including regular physical activity, mindfulness, and time management which can significantly improve both physical and mental well-being as people age. He also emphasized the importance of inner strength and values.


The inaugural session concluded with a vote of thanks by Prof. Majumi M. Noohu, who expressed gratitude to all guests, speakers, and participants.

Later, the academic session featured expert lectures by professionals from the National Centre for Ageing, AIIMS, New Delhi. Dr. Richa Mallick explained the prevention and management of frailty. She discussed the criteria used to assess frailty, stages of ageing, physiological changes, and current management models. Dr. Pooja Vijay Shevale presented on the role of physiotherapy in promoting healthy ageing. Her talk was supported by recent research and evidence showing how physiotherapy interventions can help prevent frailty and maintain mobility in older adults. Dr. Shivani Shailaja discussed the prevalence and challenges of ageing in India. She focused on the importance of a balanced diet for the elderly, as well as common nutritional deficiencies and strategies to address them.

All the speakers were honoured with mementos and certificates for their valuable contributions. The event concluded with a summary of proceedings by Dr. Iram PT and a final vote of thanks by Prof. Suraj Kumar.

Prof. Saima Saeed  
Chief Public Relations Officer



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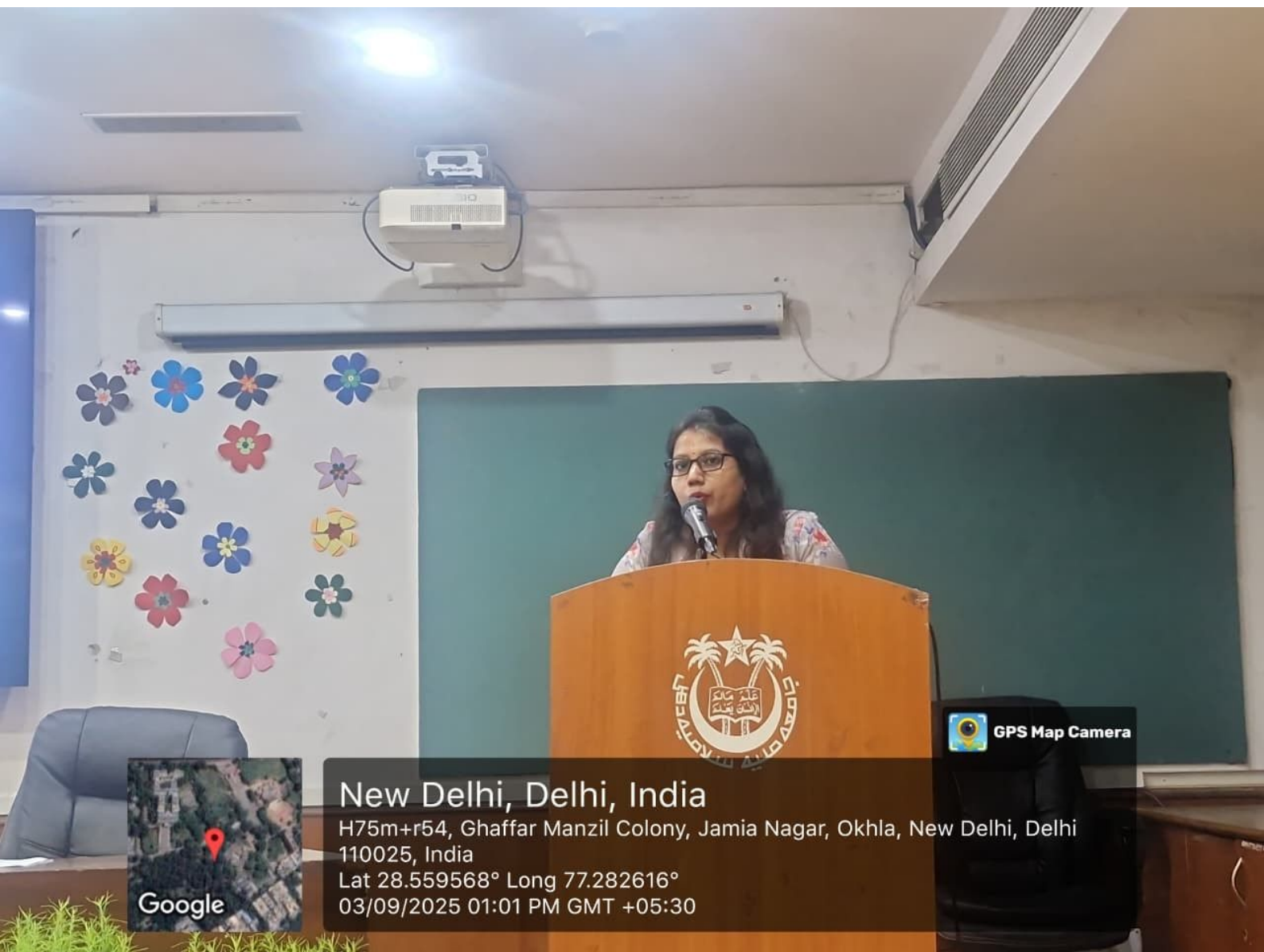
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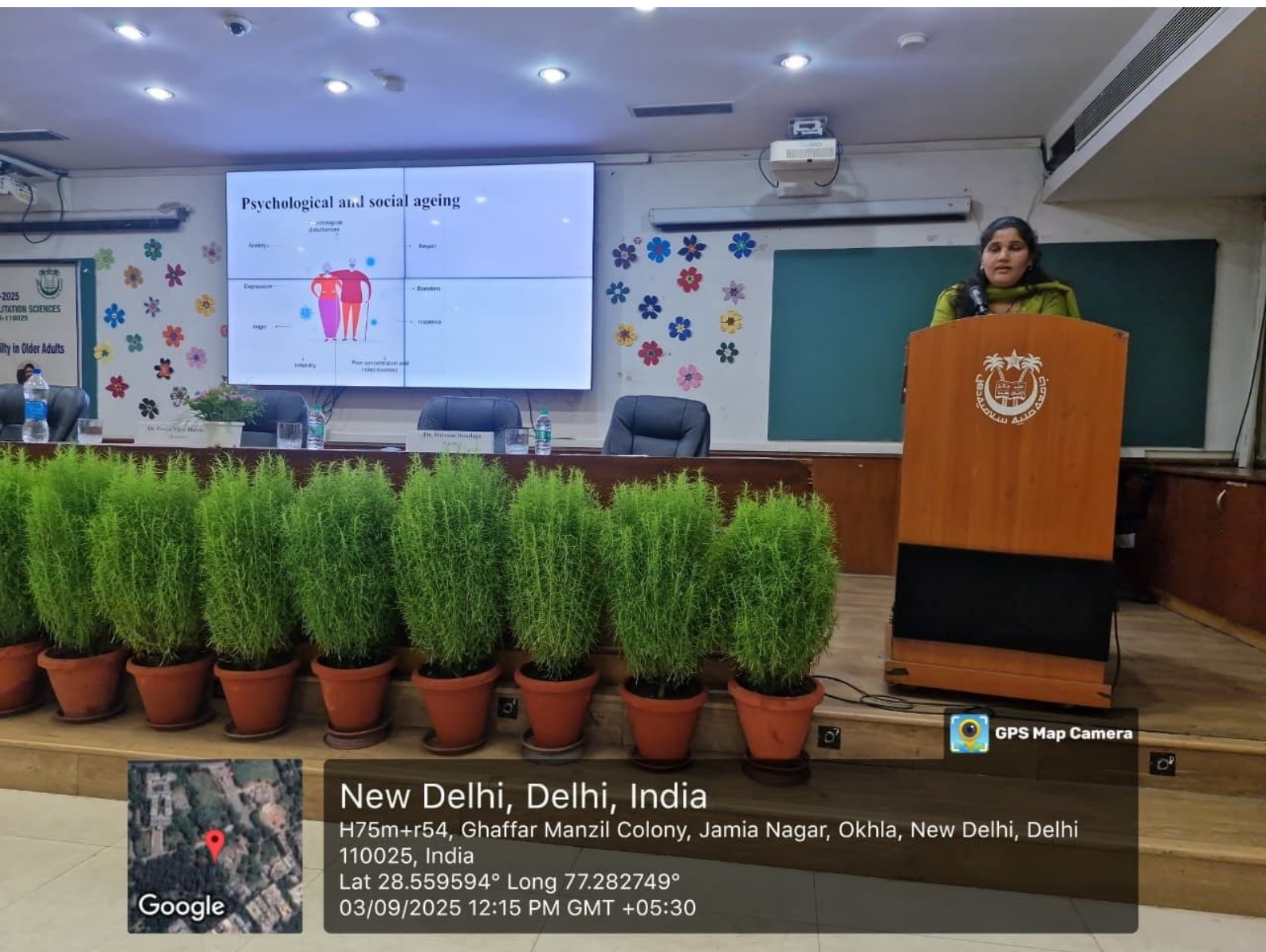
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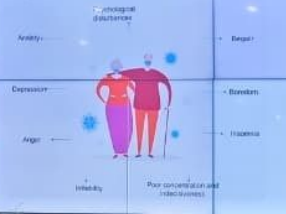
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## Psychological and social ageing



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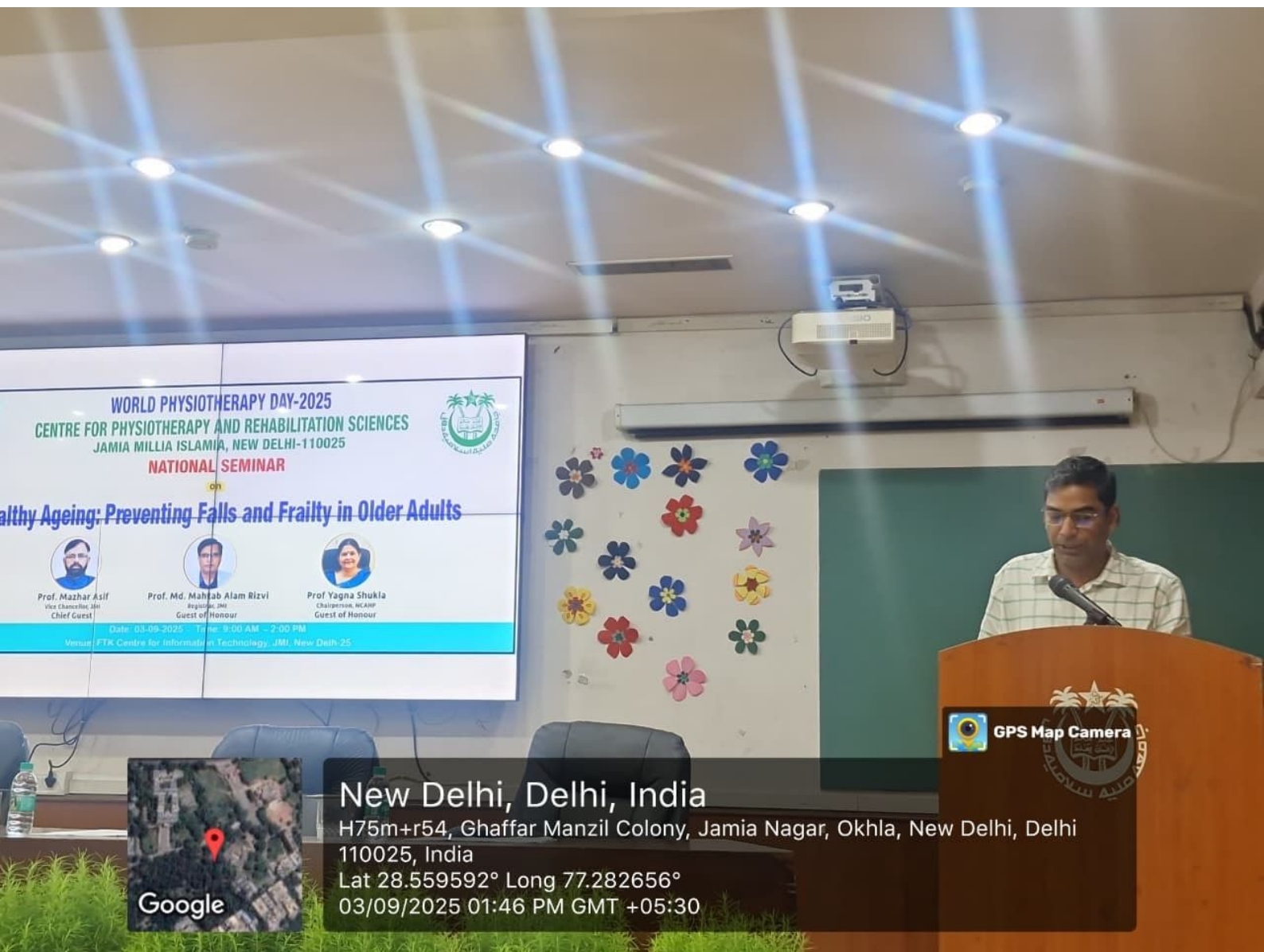
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WORLD PHYSIOTHERAPY DAY-2025  
CENTRE FOR PHYSIOTHERAPY AND REHABILITATION SCIENCES  
JAMIA MILLIA ISLAMIA, NEW DELHI-110025  
NATIONAL SEMINAR



Healthy Ageing: Preventing Falls and Frailty in Older Adults



Prof. Mazhar Asif  
Vice-Chancellor, JMI  
Chief Guest



Prof. Md. Mahab Alam Rizvi  
Regisrator, JMI  
Guest of Honour



Prof. Yagna Shukla  
Chairperson, ICAP  
Guest of Honour

Date: 03-09-2025 Time: 9:00 AM - 2:00 PM

Venue: FTK Centre for Information Technology, JMI, New Delhi-25



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