

## **World Physiotherapy Day 2025 Celebration: "Healthy Ageing" at The Wisdom Club**

On the 13th of September 2025, as part of the World Physiotherapy Day celebrations centred on the theme of arthritis, MPT-II students and faculty member from the Department of Physiotherapy, Sunandan Divatia School of Science, SVKM's NMIMS (Deemed-to-be) University, visited *The Wisdom Club Geriatric Home Care Executive Centre*. The session was designed to promote awareness, engagement, and holistic well-being among the elderly through interactive games and therapeutic exercises.

### **Session Highlights:**

#### **1. Icebreaker and Interactive Games**

The program began with a series of icebreaker activities and fun-filled interactive games, carefully tailored to suit the elderly population. These activities were aimed at fostering a sense of comfort, social interaction, and enthusiasm among the participants, creating a positive and welcoming atmosphere.

#### **2. Guided Exercise Session**

Following the games, students and faculty conducted a structured exercise session focusing on:

- **Breathing exercises** to promote relaxation, lung capacity, and overall respiratory health.
- **Range of motion activities** designed to maintain and enhance joint mobility.
- **Gentle flexibility and stretching routines** targeting commonly stiff areas in geriatric individuals.
- **Simple functional exercises** aimed at promoting independence in daily living activities.

#### **3. Active Participation**

The participants engaged wholeheartedly in the activities. The interactive and enjoyable approach not only encouraged physical activity but also elevated their mood, promoting emotional well-being.

### **Outcome and Impact:**

The session provided the elderly participants with a sense of empowerment, reminding them of the importance of physical activity in maintaining independence, preventing stiffness, and improving quality of life. The exercises and games promoted not only health benefits but also social bonding and mental stimulation.

### **Conclusion:**

The visit to *The Wisdom Club* was a heartwarming and impactful extension of World Physiotherapy Day celebrations. It underscored the Department of Physiotherapy's commitment at NMIMS University to community outreach and service, particularly in empowering geriatric populations. By combining fun, education, and therapeutic exercises, the session highlighted the role of physiotherapy in enhancing both physical and emotional well-being among older adults.

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GPS Map Camera



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Lat 19.106806, Long 72.840126

09/13/2025 11:07 AM GMT+05:30

Note : Captured by GPS Map Camera



