

TILAK MAHARSHTRA VIDYAPEETH

DEPARTMENT OF PHYSIOTHERAPY

Name of the Event: International Day for Older persons

Date and duration of the Event: 1st October, 2021 – 1 Hour

Department: Department of Community Physiotherapy

Name of the participating Faculty members:

- Dr.Rameshwari Korbekar (PT)
- Dr. Vaibhavi Mahendrakar (PT)
- Dr. Priyamwada Hinge (PT)
- Dr. Manali Kulkarni (PT)

In view of International Day for Older persons which is celebrated on every 1st of October, Faculty from Community Department of Physiotherapy had visited Dalvi Hospital- School (NGO) where all the older people had gathered. The senior citizens were given a talk on Do's & Dont's on various topics on general health by Doctors from the hospital. Physiotherapy session was conducted by the staff focussing on Breathing exercises and General Body Exercises along with explaining benefits of the same. Preventive Care management was also addressed to the Older people. All the older people performed all the exercises taught to them. There was a short Question and answer session. Feedback was also taken from them. The entire session was very interactive. The session was concluded by distributing momento and snacks.

Photos of the Event-



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