



Banarsidas Chandiwala Institute of Physiotherapy

AFFILIATED TO G.G.S. INDRAPRASTHA UNIVERSITY

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WORLD PHYSIOTHERAPY DAY: INFLAMMATORY ARTHRITIS

Date: September 15

Venue: Banarsidas Chandiwala Institute of Physiotherapy (BCIP)

On the morning of September 15th, the Banarsidas Chandiwala Institute of Physiotherapy came alive with enthusiasm and purpose as it celebrated World Physiotherapy Day under the theme of Inflammatory Arthritis. The event was a resounding success, serving as a platform to raise awareness about this debilitating condition and the role of physiotherapy in its management.

Welcome Speech by Dr. Nidhi Kalra

The program commenced with a warm and inspiring welcome speech by Dr. Nidhi Kalra, the officiating in-charge of BCIP.



Lamp Lighting Ceremony by Chief Guests, Panelists, and Faculty Members

Following the welcome address, a serene lamp lighting ceremony took place, graced by esteemed chief guests, panelists, and dedicated faculty members of BCIP. The ceremony symbolized the illumination of knowledge and hope in the lives of those affected by inflammatory arthritis.



Words from Chief Guest, Dr. Lakshya Bhakhtiani

Dr. Lakshya Bhakhtiani, the chief guest of the program, shared valuable insights and words of encouragement. Dr. Bhakhtiani's words resonated with the audience, emphasizing the significance of collaborative efforts in addressing the challenges posed by inflammatory arthritis.



Felicitating the Chief Guest

Dr. Nidhi Kalra expressed her gratitude to Dr. Bhakhtiani by presenting him with a sapling, a memento, and a gift as tokens of appreciation for his presence and support.



Unveiling of Pamphlet: "Role of Physiotherapy in Inflammatory Arthritis"

An important moment in the program was the unveiling of a pamphlet in both Hindi and English, titled "Role of Physiotherapy in Inflammatory Arthritis." This pamphlet aims to spread awareness and knowledge about the condition and the positive impact of physiotherapy. All guests, panelists, and faculty members participated in this significant event.



Panel Discussion Moderated by Dr. Jyoti Kataria

The program then transitioned into an engaging panel discussion expertly moderated by Dr. Jyoti Kataria, an Assistant Professor at BCIP. Dr. Kataria commenced the session by introducing the distinguished panelists: Dr. Priyanka Kharbanda, Dr. Jyotsana Batra, and Ms. Ritika Samaddar. The panelists delved into discussions about the management and challenges of inflammatory arthritis, providing valuable insights for all attendees.



Felicitating Panelists

The panelists were honored and appreciated for their contributions to the discussion with a bag, a sapling, and a certificate, acknowledging their expertise and dedication.



Seminar: "Way to Australia" by Ms. Anubhuti Rautela

Ms. Anubhuti Rautela took the stage to enlighten the audience with her seminar, "Way to Australia." Her journey and experiences abroad served as an inspiration to aspiring physiotherapists in the audience.



Plantation Drive

The plantation drive was held in the institute garden with the demarcated area for plantation. The plantation was based on the theme "arthritis" hence the Moringa Plants were planted for the drive.

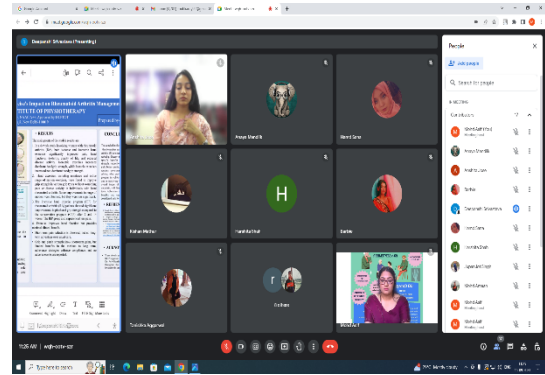
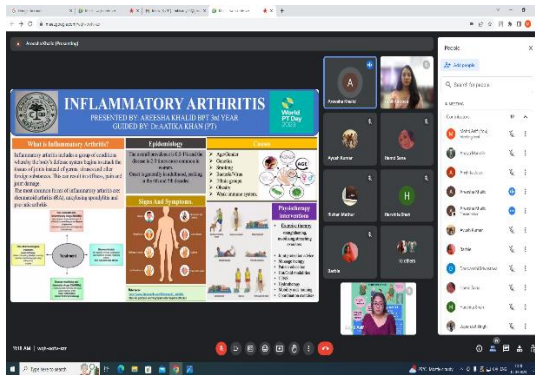
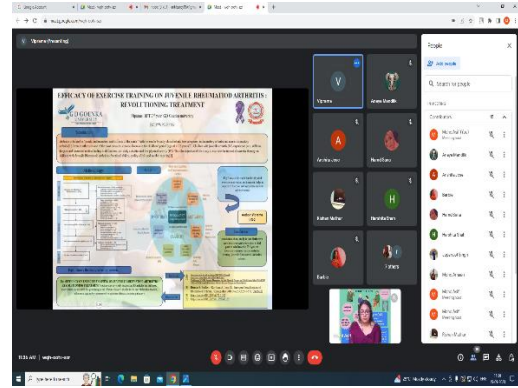
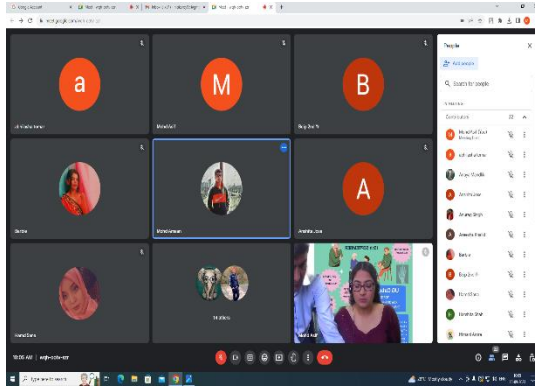
The drive was conducted by some esteemed professional personalities related to the theme of the event, that involves a nutritionist Ms. Ritika Samaddar from Max Healthcare, a Rheumatologist Dr. Priyanka Kharbanda, a Physiotherapist Dr. Jyotsana Batra (PT), and an Alumni Dr. Shivam Bhardwaj; the Chief Guest for the event was Dr. Lakshay Bhakhtiani, Head of Physiotherapy Department, Pushpawati Singhanian Research Institute and Hospital. All the esteemed guest with officiating In-Charge of Banarsidas Chandiwala Institute of Physiotherapy, Dr. Nidhi Kalra and whole faculty planted medicinal saplings in their dedicated position.



E- Poster Competition: Inflammatory Arthritis (UG CATEGORY)

BCIP celebrated WPD by hosting an E-scientific poster competition centered around the theme, with a focus on the "Role of Exercises in Inflammatory Arthritis." focusing on raising awareness about the role of physiotherapy in managing this condition. The highlight of the event was the E-scientific poster competition, which saw enthusiastic participation from students who were eager to showcase their knowledge and expertise on the topic. A total of 19 students enthusiastically participated in the competition, each bringing unique insights into the role of exercises in managing inflammatory arthritis. The poster presentations were evaluated by a panel of esteemed judges: Dr. Asif and Dr. Nitika Roy. The winning team comprised Tanishka and Aditi, who presented their insights into the pivotal role of exercise in managing inflammatory arthritis effectively. The online platform, Google Meet, facilitated seamless participation and interaction among the students,

judges, and attendees. The event's success underscored the commitment of BCIP to promoting excellence in physiotherapy education and research.



Skit: "Adhura Gyan" by MPT 2nd Year Students

The MPT 2nd-year students enthralled the audience with a thought-provoking skit titled "Adhura Gyan." The skit aimed to raise awareness about physiotherapy, its importance, and its potential to make a difference in people's lives.



Quiz Competition Hosted by Dr. Nikita Tripathi

Dr. Nikita Tripathi, an Assistant Professor at BCIP, hosted an exciting quiz competition involving students of BPT and MPT. Three teams, Team A, Team B, and Team C with 3 students in each team, showcased their knowledge and enthusiasm, making it a thrilling contest.



Fashion Show: "Splints"

The highlight of the event was a mesmerizing fashion show themed "Splints." Students of BPT creatively displayed innovative splint designs, highlighting the fusion of fashion and physiotherapy.



Sports events- relay race and tug of war

Relay race

Banarsidas Chandiwala Institute of Physiotherapy (BCIP) organized an InterBatch Relay competition on 31.08.23 (Thursday) at Sports Ground, BCIP, Kalkaji, Delhi. In this event sports enthused students of BPT 2nd and 3rd year students participated to boost the sportsmanship. Sports is the celebration of human spirit and youth, it not only inspires only young minds but also teaches good values and ethics to young students. The most entertaining and fascinating part of the event was the mass student participation which sprinkled on the field, and extravaganza of color and vibrancies, was just wonderful to experience. There were vivid filed displays alternative by energetic track event by all our students. What we witnessed was surreal and it was a memorable

day for all the teachers, administrators and students who made the program very special. The aim of the competition brings students together to interact, boost confidence and maintain extracurricular activity, increase focus and develop creativity among students. Relay race develop social skills and teach participants how to work as a team. There were 4 participants in each team. BCIP provided certificate to every participant and prize to winners. Winner of Girls team was BPT 2nd years and winner of Boys team was BPT 3rd year



Tug of War

Banarsidas Chandiwala Institute of Physiotherapy (BCIP) organized an Inter Batch Tug of war competition on 29.09.23 (Saturday) at BCIP ground, Kalkaji, Delhi. Where sports enthusiast students clash in the inter batch competition. The competition was held between 2nd and 3rd year students of Banarsidas Chandiwala Institute of Physiotherapy.

The aim of the competition was to increase sports awareness and fitness among students and to bring sportsmanship among students. Students can interact with each other and boost confidence. Tug of war helps you focus, maintenance of extracurricular activities, increase concentration and helps you learn how to be calm under pressure.

There were 8 participants in each team (GIRLS + BOYS). BCIP provided certificate to every participants and prize to winners, Winners of tug of war Boys and Girls team was BPT 3rd year.





Social Media Campaign- Inflammatory Arthritis

The social media campaign organized by BCIP in celebration of World Physiotherapy Week, with a focus on raising awareness about Inflammatory Arthritis, has been a significant success. The campaign utilized various social media platforms to share informative content in the form of posters. The content included awareness messages, information on the role of splints, and recommended measures for managing inflammatory arthritis.

Alumni Felicitation: Dr. Shivam Bharadwaj

Dr. Shivam Bharadwaj, an illustrious alumnus of BCIP, was honored for his outstanding contributions to the field of physiotherapy. Dr. Nidhi Kalra presented him with a bag, a memento, and a sapling as a token of appreciation.



Valedictory Address

The program concluded with a valedictory address by Dr. Shivam Bharadwaj, Dr. Jyotsana Batra, and the esteemed faculty of BCIP. They reflected on the day's events and underscored the importance of physiotherapy in healthcare.





Vote of Thanks by Dr. Nidhi Kalra

Dr. Nidhi Kalra extended heartfelt thanks to all participants, guests, and contributors for making the World Physiotherapy Day celebration a resounding success. The event left everyone inspired and motivated to continue their dedicated efforts in promoting the role of physiotherapy in improving lives.

As the day concluded, the memories and knowledge gained during this special event were a testament to the commitment of BCIP to the field of physiotherapy and its dedication to raising awareness about inflammatory arthritis.