

World Physiotherapy Day: Plantation Drive

15th September 2023

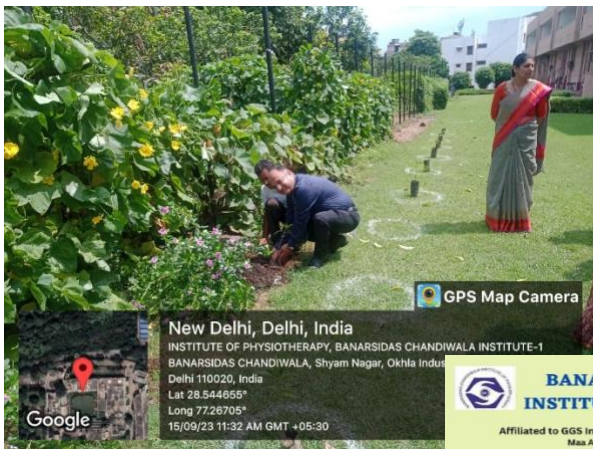
Objective



To attract attention of general population on medicinal potential of plants and promote afforestation.

Description

World Physiotherapy Day celebrated every year on 8th September 2023 and every year we at Banarsidas Chandiwala Institute of Physiotherapy celebrate World Physiotherapy Week, where we organise multiple extracurricular activities according to the theme of the event. For the year 2023 the theme was “Arthritis and Forms of Inflammatory Arthritis” . Being an active InCharge of Institutional Eco-Club, Dr. Prithvi Parasher (PT), Assistant Professor, planned to highlight the role of medicinal plants in the disease of interest. To pursue the same, we planned a plantation drive at the campus garden for which we approached Delhi government and requested saplings of medicinal plants from them. As per the procedural formalities we processed our request and finally we were allotted with Moringa Plants. The plants were very healthy and fresh and reflecting calm-lively vibes, the plants were allotted to us on 14th of September 2023 and was planned to be planted on 15th September 2023. For the plantation purpose the institutional gardeners dedicatedly demarcated the area within the garden and single separate circular field was given marked for each sap planting. To conduct the drive we invited 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 InCharge of Banarsidas Chandiwala Institute of Physiotherapy, Dr. Nidhi Kalra and whole faculty planted medicinal saplings in their dedicated position. To maintain the quality of plantation and considering the health of the planting saplings, the process was conducted under the guidance of the

institutional gardeners. Social media update of the event with a In awareness poster was uploded on several platforms to create public awareness.












BANARSIDAS CHANDIWALA INSTITUTE OF PHYSIOTHERAPY


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Role of Medicinal Plants in Inflammatory Arthritis
 World Physiotherapy Day: 8th September 2023

Plants Have Enough Spirit to Transform Your Health

 <i>Allium sativum</i> Garlic	 <i>Zingiber officinale</i> Ginger	 <i>Elettaria cardamomum</i> Cardamom
 <i>Curcuma longa</i> Turmeric	 <i>Rosmarinus officinalis</i> Rosemary	 <i>Ocimum tenuiflorum</i> Holy Basil
 <i>Moringa oleifera</i> Drum Stick	 <i>Piper nigrum L.</i> Black Pepper	 <i>Aloe Barbadensis miller</i> Aloe vera