

**Sanjay Gandhi Institute of Trauma & Orthopaedics, Bengaluru**

**College of Physiotherapy**

**“World Physiotherapy Day celebration”**

**18<sup>th</sup> to 23<sup>rd</sup> September 2021**

Covid-19 pandemic has led to a dramatic loss of human life world-wide and presents an unprecedented challenge to public health and life style. Covid-19 viral strain directly impacts the lungs, reducing its capacity and limiting the oxygen intake and leading to pneumonia and respiratory failure.

Once the patients recover, they also suffer from Post covid sequelae. Across the globe, set of patients who sustain an acute SARS COV-2 infection are developing a wide range of persistent symptoms that do not resolve over the course of many months. The patients are given the diagnosis **LONG COVID or POST ACUTE SEQUELAE of Covid-19.**

These patients might present with Breathlessness, Brain fogging, coagulation disorder, malaise, Arthralgia, neurological disorder and so on. The treatment approach towards Long covid is multi-disciplinary where Physicians, Orthopaedician, Neurologists, nurses and Physiotherapists are involved.

Physiotherapists play the vital role in the rehabilitation of people having Long covid, to optimize recovery. Physiotherapists help the patient to improve their, Cardio-pulmonary endurance, muscle power, balance and overall quality of life.

Every year September 8<sup>th</sup> is celebrated as “World Physiotherapy Day”. On this eve College of Physiotherapy, SGITO celebrated “**WORLD PHYSIOTHERAPY DAY**” on 18/09/2021 at Sanjay Gandhi Institute of Trauma & Orthopaedics, Bengaluru with the theme of

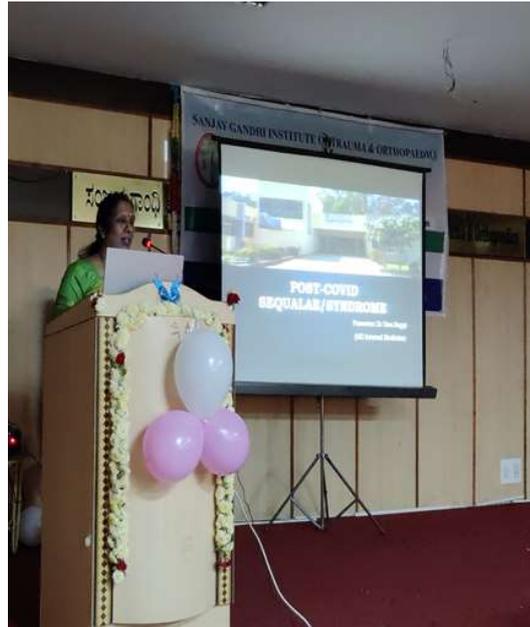
***“LONG COVID & REHABILITATION”***

Inauguration of the event was done by the Chief Guest Prof U.T. Ifthikar Ali Syndicate member, RGUHS.. presided by the Director of the Institute Dr H. S. Chandrashekar along with Dr Niranjana Gowda, Medical superintendent, Dr Bharatraj B.S, Resident medical officer, Mrs Manorama D.C, Chief administrative officer, Mrs Indumathi Devi, Finance officer & Prof. Saikumar.N, Principal SGITO.



### List of events held:

- A CME programme was held in which most eminent speakers who were actively involved in Acute covid care and post covid rehabilitation, shared their knowledge and experience in Long covid and rehabilitation.
- CME program on: **Post covid sequelae** by Dr Uma Buggi, Senior consultant, Epidemic disease hospital, Bengaluru.



- CME program on: **Covid-19 rehabilitation “A physiotherapist perspective”** by Dr Veena Kiran Nambiar, Associate professor, Dept of Physiotherapy, M S Ramaiah medical college, Bengaluru.



- CME program on: **Long covid rehabilitation** by Dr Nandan Kumar, Chief Physiotherapist, Rajshekar Multi-speciality hospital, Bengaluru.



- Poster competition was organised on the occasion of WorldPhysiotherapy Day at college campus, SGITO. The event was inaugurated by Dr Suresh Babu Reddy, Chief Physiotherapist, ESIC medical college, Bengaluru, Vice president, Indian Association of Physiotherapist.



Students presented poster on different conditions such as



- During covid and post covid, there was an acute shortage of blood across the globe where donors were hesitant to donate blood for various reasons. Sanjay Gandhi institute of trauma and orthopaedics, college of physiotherapy took initiation of mass blood donation camp within the campus to create an awareness and break the myth of blood donation during covid. Students and staffs of SGITO actively participated in voluntary blood donation camp.

