

**M.A Rangoonwala College of Physiotherapy and Research, Azam campus,  
Pune, 411001.**

8<sup>th</sup> September 2021- On the occasion of World physiotherapy Day, M. A. Rangoonwala College of physiotherapy arranged a free awareness on camp. The theme for 2021 World Physiotherapy Day was **Long Covid and Physiotherapy Rehabilitation.**

The camp was carried out in accordance with covid-19 guidelines. The camp was held at physiotherapy OPD from 10.00 am -3.30 pm.

The Camp was started with basic information of Covid and difference between Covid and long Covid was explained. The main initiative of this following camp was to create awareness about the importance of physiotherapy in pre and post Covid recovery. As post Covid patients suffer from fatigue, breathlessness and lack of endurance, therefore exercise to increase the following parameters were carried out. Exercise such as breathing exercises, mobility exercises and strengthening exercises were performed by the participants as directed by the physiotherapists.

There were total of 51 participants in the camp. Active involvement of the participants was highlight of the following camp. Participants shared their personal experience of Covid as this helped in reducing the fear and anxiety related to long Covid symptoms. The world physiotherapy day concluded on a successful note. We are thankful to Mrs. Abeda Inamdar (President M.M.E & R.C), Dr. Arif Memon (Vice-President), Dr. Nazim Shaikh (Secretary) and Dr. Ronika Agrawal (Principal) for their constant support in organizing the camp.



