



**M.M.E. &R.C's**  
**M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND**  
**RESEARCH**  
**Awareness Programme on World Down's Syndrome Day**

**Date:** 21<sup>st</sup> March 2025

**Time:** 3pm - 4pm

**Venue:** M.A. Rangoonwala College of Physiotherapy and Research (Final year classroom)

**Attendees:** 4<sup>th</sup> year B.P.Th students

**Total:** 48 Students

**Resource person:** Dr. Rebecca Timothy

On March 21, 2025, M.A. Rangoonwala College of Physiotherapy and Research organized an awareness program to mark *World Down Syndrome Day*, specifically for final-year physiotherapy students. The event was thoughtfully planned through a series of meetings led by Principal Dr. Ronika Agrawal, in collaboration with Dr. Rebecca Timothy and Dr. Pooja Gulunjkar. Total 48 students attended the programme.

The program began with an insightful introductory presentation by Dr. Rebecca Timothy, who discussed the key aspects of Down syndrome—including its causes, symptoms, and the role of physiotherapy in managing the condition. The session was interactive, encouraging active participation from students who shared their questions, perspectives, and concerns.

Following the presentation, Dr. Rebecca screened a compelling documentary that shed light on the everyday lives of individuals with physical disabilities. She then discussed practical strategies for motivating and supporting these individuals, while also addressing the unique challenges faced by their mothers and caregivers. We would like to thank Mrs. Abeda Inamdar (President, M.M.E & R.C), Dr. Arif Memon (Vice-President M.M.E&R.C), Dr. Nazim Shaikh (Secretary M.M.E & R.C) and Dr. Ronika Agrawal, (Principal M. A. Rangoonwala College of Physiotherapy and Research) for encouraging and supporting us for conducting the awareness programme.



