

VOICE OF ANCHOR

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

NEWSLETTER, ISSUE 2 | VOLUME 8

INDEPENDENCE DAY CELEBRATION AT ARAIZ INTERNATIONAL SCHOOL KOCHULLOOR

In Association with Trivandrum Rajadhani Lions Club, District 318A (2025–2026)



A series of cultural programs brought color and energy to the celebration. Students presented patriotic songs, dances, and skits that depicted India's freedom struggle, unity in diversity, and the responsibilities of citizens in building a stronger nation. A special speech competition on the theme "Freedom and Responsibility" showcased the eloquence and confidence of the young learners.

The 79th Independence Day was celebrated with great pride and enthusiasm at Araiz International School, Kochulloor, on Friday, 15th August 2025, in association with the Trivandrum Rajadhani Lions Club.

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MESSAGE ON NATIONAL HAND SURGERY DAY

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Today, on National Hand Surgery Day, we celebrate the vital role of hand surgery in healthcare. Our hands are central to everything we do working, caring, creating, and connecting. When injury, deformity, or disease affects them, it impacts every aspect of life.

Hand surgery combines the precision of surgery with the vision of restoring mobility, strength, and independence. From treating fractures, nerve and tendon injuries, burns, and congenital conditions to advanced microsurgery, this specialty has transformed countless lives.

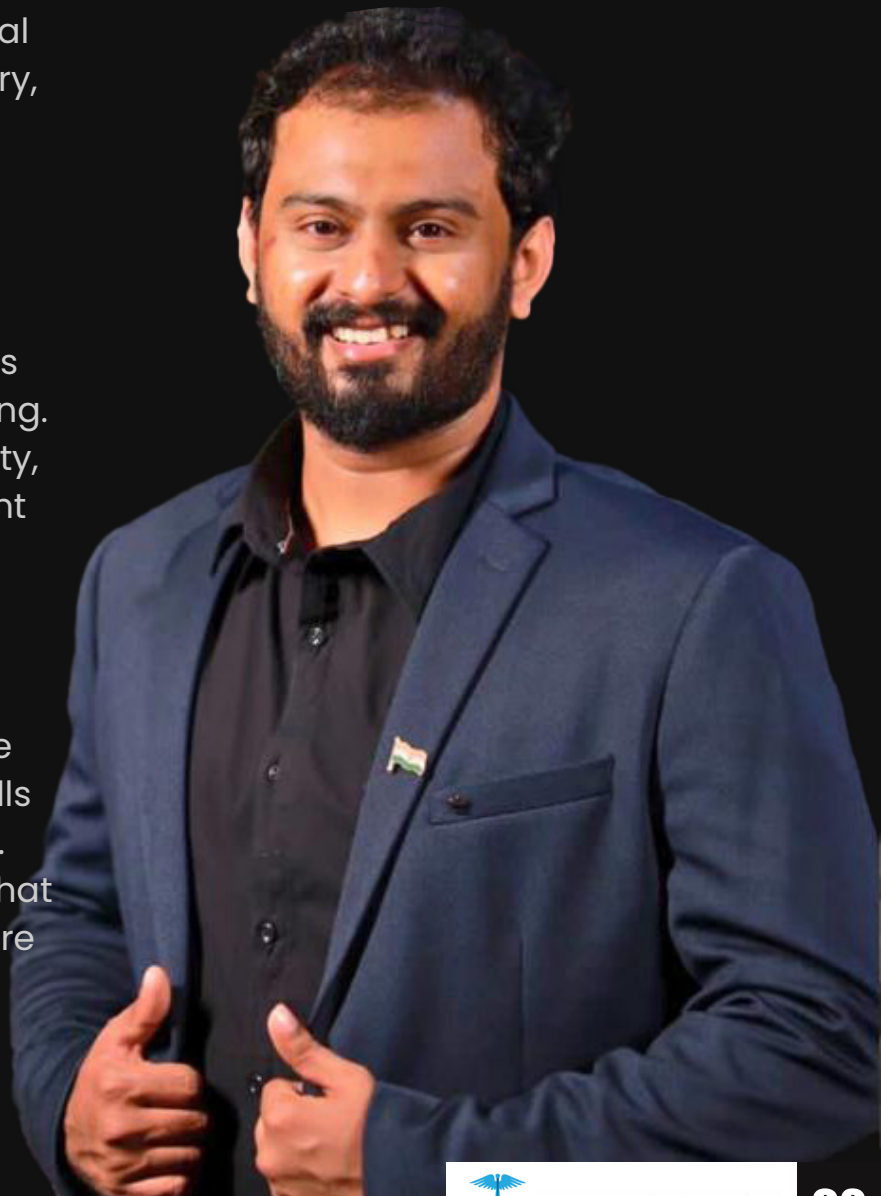
Equally important is rehabilitation through physiotherapy and occupational therapy, which ensures recovery is complete and long-lasting. Raising awareness about hand safety, early diagnosis, and timely treatment can prevent disability and improve quality of life.

On this day, let us salute all hand surgeons, therapists, and healthcare professionals who dedicate their skills to healing hands and touching lives. Together, let us spread awareness that healthy hands mean a stronger, more capable tomorrow.

Dr Rahul Rajeev (PT)

Director & Chief Physiotherapist
Anchor Physiotherapy & Sports Fitness Studio

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WORLD PT DAY 2025 – CELEBRATING PHYSIOTHERAPY FOR HEALTHY AGEING

World Physiotherapy Day is observed globally on 8 September each year, marking the foundation of World Physiotherapy in 1951. It is a day to recognize the vital role physiotherapists play in keeping people healthy, active, and independent.

THE THEME FOR 2025 IS: “HEALTHY AGEING – PREVENTING FRAILITY AND FALLS”

As populations worldwide age, the risk of frailty and falls becomes a significant health concern. Physiotherapy provides effective strategies to maintain strength, balance, mobility, and confidence, enabling older adults to lead safe and independent lives. Through targeted exercise programs, lifestyle guidance, and early interventions, physiotherapists empower individuals to age actively and with dignity.

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This World PT Day, let's celebrate the profession's contribution to healthier communities and reaffirm our commitment to supporting people at every stage of life.



World
PT Day
2025

8 SEPTEMBER



World
PT Day
2025



ACTIVITY FOR HEALTHY AGEING

Doing some physical activity is better than none

Start by doing small amounts, and gradually increase over time.

Older adults should be as physically active as they can

Adjust the effort according to your fitness and range of motion.

Sit less!

Sitting for long periods of time is bad for your health, break up and reduce your sitting time by moving around regularly.

Physical activity reduces the risk of:

● cardiovascular disease

● type 2 diabetes

● poor bone health (osteoporosis)

● high blood pressure

● falls and related injuries

● cognitive decline (eg memory loss, dementia)

● some cancers

It will also improve your overall health, including your mental health, as well as help you move and sleep better.

How much physical activity and exercise should you do?

150-300
minutes

of moderate-intensity aerobic physical activity throughout the week



OR

75-150
minutes

of vigorous-intensity aerobic physical activity throughout the week



PLUS

2 days

per week do muscle-strengthening activities involving all muscle groups



On at least **3 days**

per week do varied physical activity that focuses on balance and strength – this will help you achieve your overall physical activity goals.

Your physiotherapist will be able to advise an exercise programme that works best for you. Join group classes that focus on balance and stretching, eg yoga, tai chi, and Pilates.

Limit your sitting time and replace with any type of physical activity:

- stand up and move during TV advert breaks
- stand or walk while on the phone
- use the stairs as much as possible
- take up active hobbies such as gardening
- join in community-based activities, such as dance classes and walking groups
- take up active play with grandchildren, if you have them
- do most types of housework



As the specialists in movement and exercise, physiotherapists can help you remain active as you get older





World
PT Day
2025



FALLS PREVENTION

#2

Falls are the **second** leading cause of unintentional **injury** deaths worldwide

37.3 million falls each year are severe enough to **require medical attention**



Adults over **60** years old are at the greatest risk of fatal falls



How physiotherapy can help prevent falls

Exercise is key to fall prevention - physiotherapists are experts in prescribing individualised exercise programmes to help improve your strength, balance, coordination, and flexibility. Exercises should be challenging, but safe and progressed as they become easier. They may include:

- sit-to-stand exercises
- squats
- **reaching** when standing
- **stepping** in different directions
- **walking** at different speeds and in different environments
- **getting up** from the floor

Activities such as walking, tai chi, or balance exercises will also help.

Physiotherapists can also:

- teach you how to **safely do daily activities**, such as standing up from a chair, or climbing stairs
- assess if you need a **walking frame or cane**
- provide **recommendations to make your home safer**, such as installing grab bars in bathrooms, securing rugs, and improving lighting
- advise on **footwear**
- help identify when you may need help from **other members of the healthcare team**



How at risk are you?

Lower risk: you are an older adult with **no history of falling**, or had one non-severe fall, and **no problems** with **balance** or **walking**.



Medium risk: have had a **single fall**, and have some problems with balance or walking.



Higher risk: have had a **single fall with injury**, **multiple falls** (>2) in the past year, have frailty, were unable to get up after the fall without help for at least an hour, may have lost consciousness and continence.



A physiotherapist will be able to assess how at risk you are and what strategies to put in place to prevent further falls. They may assess:



• your muscle **strength**, **mobility** and **flexibility**



• how **stable** you are, eg while **walking** or doing **daily tasks**

• your **thinking skills** and **memory**

A physiotherapist will often work closely with other health professionals such as doctors and occupational therapists. This is called a multidisciplinary approach.

Why falls prevention matters

Falls are a **leading cause of injury** among older adults, often resulting in serious consequences such as fractures, loss of independence, and even death.

Understanding how to **prevent falls** can help you **stay safe** and **maintain your quality of life**.



**Stay safe and independent -
speak to a physiotherapist today on how to prevent falls!**





World
PT Day
2025

HEALTHY AGEING



In **2019**
1 billion
were aged
60+ years



By **2030**
1.4 billion
will be aged
60+ years



By **2050**
2.1 billion
will be aged
60+ years

The pace of population ageing is much faster than at any time in history.

The number of persons aged **80 years or older** is expected to **triple between 2020 and 2050** to reach 426 million.



What is healthy ageing?

Healthy ageing means staying active, maintaining relationships, and continuing to do the things you value as you grow older.

Supportive environments that promote physical and mental wellbeing are essential for healthy ageing.



What promotes healthy ageing?

Having a healthy lifestyle throughout your life will help you reduce the risk of many chronic diseases and improve your physical and mental wellbeing, such as:

- staying as active as your circumstances allow
- keeping your joints and muscles moving
- challenging your balance regularly
- eating as well as you can
- staying socially connected



The life course approach

Ageing is often linked to health conditions like dementia and frailty, and the **risk of developing them is shaped by experiences throughout life**. Preventing age-related health conditions involves addressing risk factors at different life stages, such as:

Early life

Regular **physical activity during childhood and adolescence** is crucial for long-term health. It helps build strong bones and muscles, and improves cardiovascular health, **reducing the risk of chronic diseases** such as obesity, diabetes, and osteoporosis **later in life**.



Young adulthood

Engaging in **sports and regular exercise during young adulthood** has been linked to **better physical health later in life**. This includes lower risks of obesity, diabetes, and cardiovascular diseases. It can also protect cognitive health later.



Midlife

Staying **physically active during midlife** is essential for both immediate and long-term **health benefits**. It helps prevent chronic diseases, supports mental health, maintains bone density, improves overall quality of life, and can reduce dementia risk.



How can physiotherapy help?

Physiotherapists can advise on how to adopt a healthy lifestyle throughout your life, and offer treatments and exercise plans to meet your changing needs. They can:

- give you **tailored exercises** to maximise your physical function, including improving your balance and muscle strength, and help build stronger bones
- help you maintain the ability to **get up off the ground**
- help with your **recovery**, and show you how to get moving again after surgery, injury or illness
- **manage pain** to optimise your mobility
- help you **recover from stroke or heart attack**
- **manage long-term conditions** such as arthritis, diabetes, and Parkinson's
- **reduce breathlessness** and teach the best way for you to move



World
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2025



HEALTHY AGEING AND FRAILITY

What is frailty?

Anyone can experience frailty due to inactivity, disease, trauma, or persistent pain, however it is more common in older age.

Around 12% of people globally aged 50 years and over are diagnosed as having frailty and around 46% as being pre-frail, however the prevalence of frailty varies throughout the world.

Symptoms of frailty

- feeling **exhausted**
- feeling **weak**
- moving around **slowly**
- having trouble with **balance**
- **losing weight** without trying

Frailty is not an inevitable part of ageing - it is a long-term condition that can be made better or worse.

✗ MYTH



I'm too old to start lifting weights



I shouldn't exercise; I might fall



Weights will damage my joints



It's too late to make a difference

VS

✓ FACT

Older adults respond similarly to younger individuals with exercise and strength training

Strengthening your muscles improves balance and helps to reduce the risk of falls

Weights can strengthen the muscles around the joints. This can help prevent joint injuries, and improve overall joint health

It's never too late! The benefits of strength training can occur at any age!

How can physiotherapy help?

Physiotherapy can help you be as active as possible – people who are more active are up to 41% less likely to have frailty.

A physiotherapist can develop an exercise programme for you and show you how to gradually increase the resistance and intensity to prevent and treat frailty. This will help to prevent loss of strength and muscle (sarcopenia) and make you fitter by increasing your aerobic and lung capacity. A physiotherapist can help you:

- **move better** and improve your **mobility**
- improve your **balance and strength**
- find an **aerobic exercise** you enjoy and recommend the length of time you should be doing it
- return to the **activities you enjoy** doing
- **manage** any acute and chronic **pain**
- **address any fears** you may have about exercising

A physiotherapist will also work with other members of your health team, such as medical doctors, occupational therapists, nutritionists and counsellors, to find the right services and treatment for you.



People receive benefit from strength training at all ages.
Speak to a physiotherapist about how to strength train safely.





World
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2025



Healthy ageing

How to take part in World PT Day 2025

8 SEPTEMBER

This year's campaign

The focus for this year's World PT Day is the role of physiotherapy and physical activity in healthy ageing, with a focused look at preventing frailty and falls.

The 2025 campaign is focused around the following key messages.

- The pace of population ageing is much faster than at any time in history.
- In 2019, the number of people aged 60 years and older was 1 billion. This number will increase to 1.4 billion by 2030 and 2.1 billion by 2050.
- The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million.
- Getting older does not mean you must stop or do less of what you enjoy. Healthy ageing means staying active, maintaining relationships and doing what you value as you get older. Supportive environments that promote physical and mental wellbeing are essential for healthy ageing.
- Having a healthy lifestyle throughout your life will help you reduce the risk of many chronic diseases and improve your physical and mental wellbeing, such as:
 - staying as active as your circumstances allow
 - challenging your balance regularly
 - keeping your joints and muscles moving
 - staying socially connected
 - eating as well as you can
- Physiotherapists can advise on how to adopt a healthy lifestyle throughout your life, and offer treatments and exercise plans to meet your changing needs.
- It's never too late to start an exercise programme! People receive benefit from strength training at all ages - speak to a physiotherapist about how to strength train safely.
- Exercise is key to fall prevention - physiotherapists are experts in prescribing individualised exercise programmes to help improve your strength, balance, coordination, and flexibility.
- Injury from a fall is avoidable. Improving your balance can prevent falls. Being strong and flexible can prevent serious injury should you fall. Stay safe and independent - speak to a physiotherapist today on how to prevent falls!
- Physiotherapy can help you be as active as possible - people who are more active are up to 41% less likely to have frailty.
- A physiotherapist can develop an exercise programme for you and show you how to gradually increase the resistance and intensity to prevent and treat frailty. This will help to prevent loss of strength and muscle (sarcopenia) and make you fitter by increasing your aerobic and lung capacity.

World Physiotherapy encourages member organisations and physiotherapists around the world to use World Physiotherapy's toolkit to convey these messages to the public and policy makers.

World Physiotherapy would like to express its sincere thanks to the following for their input and assistance in the production of the materials for World PT Day 2025: International Association of Physiotherapists working with Older People (IPTOP) (www.world.physio/subgroups/older-people); Melanie Farlie (www.linkedin.com/in/dr-melanie-farlie-74682762); Cathie Sherrington (www.linkedin.com/in/cathie-sherrington-752b7a83); and Dawn Skelton (@LaterLifeTrain and www.linkedin.com/in/dawn-a-skelton).

About World PT Day

World PT Day is held every year on 8 September, the day World Physiotherapy was founded in 1951. World PT Day is a day when physiotherapists around the world can promote the profession.



World PT Day goals



Impact

Showcase and advocate for the significant role the profession makes to the health and wellbeing of the global population



Visibility

Raise the profile of the profession



Advocacy

Campaign on behalf of the profession and the general public to governments, patient groups, decision makers and policy makers

Advancing global health

The day marks the unity and solidarity of the physiotherapy community around the world. It is an opportunity to recognise the work that physiotherapists do for people and communities.

World Physiotherapy aims to support its member organisations and individual physiotherapists in their efforts to promote the profession and advance global health, using World PT Day as the focus.





**World
PT Day
2025**



HEALTHY AGEING

**Getting older does not mean
you must stop or do less of
what you enjoy**



**Healthy ageing
means staying
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**World
PT Day
2025**



FALLS PREVENTION

Injury from a fall is avoidable.
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**World
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PREVENTING FRAILTY

It's never too late to start an exercise programme! People receive benefit from strength training at all ages



**Speak to a
physiotherapist
about how
to strength
train safely**





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