



सत्यमेव जयते



राष्ट्रीय गतिशील दिव्यांगजन संस्थान  
**National Institute for Locomotor Disabilities (Divyangjan)**  
(दिव्यांगजन सशक्तिकरण विभाग, सामाजिक न्याय एवं अधिकारिता मंत्रालय, भारत सरकार)  
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## Department of Physiotherapy

### REPORT ON WORLD STROKE DAY 29<sup>th</sup> OCTOBER 2024

On the occasion of World Stroke Day, Department of Physiotherapy organized various events and awareness program at NILD, Kolkata to increase awareness among Patients, Caregivers, Students and General public on 29<sup>th</sup> October 2024. This year the theme was ‘#GreaterThan Stroke’.



Public awareness regarding Stroke was shown through Street Play in the morning, near NILD main gate, displaying the risk factors, warning signs of stroke and appropriate management by various health professionals.



Recreational activities like Card Sorting, Peg Board activity and Ball Passing were conducted for the stroke Patients. Winners of the activities were felicitated during the program.



An Awareness program for Stroke patients, Caregivers & Students was also organized in the NILD auditorium in the afternoon which was inaugurated by Lamp Lighting by respected dignitaries. Inaugural welcome address was given by Sh. Pravin Kumar, HOD (PT), NILD, Kolkata.



Sh. Sougato Banerjee, Dy. Director (Admn), NILD, Kolkata addressed the stroke patients, caregiver, students and staff about the stroke and also highlighted the importance of various rehabilitation professionals for the management of the same.





Program proceeded with a talk session by **Dr. Ameer Equebal**, Assistant Professor cum Assistant Director (Training), NILD, Kolkata who focused about the risk factors, prevention and medical management in the stroke.

The next session was taken by **Sh. Pravin Kumar**, Assistant Professor & HOD (PT), NILD, Kolkata who discussed about the clinical features, their Physiotherapeutic management in the Stroke patients. He also stressed upon the barriers in the rehabilitation process and the ways to overcome them.

The following speaker **Sh. Jeetender Mohapatra**, Lecturer (OT), NILD, Kolkata emphasized on Role of Occupational therapy with a special mention on ADLs in stroke patients and devices prescribed for the same in this population.

The final session was on role of orthosis after stroke taken by **Sh. Prakash Sahoo**, Demonstrator (PO), NILD, Kolkata who enlightened about the orthotics devices and splint in the rehabilitation of the stroke patients with an objective to maximize functional recovery and independence.

The program continued on with the experiences by Stroke survivors that highlighted the problems they faced after the stroke episode and the benefits they are having now, showing the importance of rehabilitation.



The Program concluded with prize and certificate distribution ceremony to the patients and speakers of the seminar by the Asst. Director (Training) and HOD (PT).



Vote of thanks was given by **Ms. Patralika Nath**, Lecturer (Physiotherapy). The program was coordinated by **Ms. Preeti Chaudhary**, Physiotherapist, Dept. of Physiotherapy, NILD, Kolkata.



Program ended with the National Anthem.