

World Geriatrics Day 2025

Trichy SRM Medical College Hospital and Research Centre and SRM College of Physiotherapy, SRMIST Tiruchirappalli jointly organized as a part of world geriatric day 2025- Awareness programme on “Healthy Ageing and Healthy Spine”.



DATE: 31.10.2025



TIME: 10.00AM TO 11.30AM



VENUE: Front Lobby, Trichy SRM Medical College Hospital and Research Centre. The event aimed to promote awareness among elderly individuals about maintaining spinal health and overall well-being during ageing. The gathering was welcomed and addressed by Dr. V.P.R. Sivakumar Ph.D., Assistant Director, FMHS, and Dean, College of Physiotherapy. Sir, highlighted the importance of physiotherapy in promoting healthy ageing and spinal care among the elderly.

The Chief Guest of the event Dr. Gopakumaran Kartha, M.D., FRCP (London), Dean, Trichy SRM Medical College and Research Centre. The dignitaries included Dr. Arunachala D. Edukondalu, M.D., Medical Superintendent, and Dr. Saurabh Sharma, Branding Director, SRM Group of Institutions, Trichy.

More than 50 geriatric participants from SRM Hospital attended and actively took part in the event. The faculty and students from MPT I year and II year of the College of Physiotherapy organized various mini-games and interactive activities for the elderly participants, which were received with great enthusiasm and joy. An awareness talk was delivered covering various topics such as spine health, peripheral neuropathy, balance and coordination, osteoporosis, urinary incontinence, and fall risk with preventive strategies. The session emphasized the importance of maintaining spinal health, improving mobility, and adopting a healthy lifestyle to promote successful ageing and independence among the elderly population.

All the geriatric participants gained valuable insights on spinal health and healthy ageing, and those who participated in the games were presented with gifts as a token of appreciation.

The programme concluded with a Vote of Thanks delivered by R. Rajarethinam, Assistant professor, College of Physiotherapy & In-charge, Department of Physiotherapy.





SRM Institute of Science & Technology
Tiruchirappalli campus
College of physiotherapy

COORDINATOR

ASSISTANT DIRECTOR-FMHS
DEAN, COLLEGE OF PHYSIOTHERAPY