

SPEECH OF DR. NAJMA HEPTULLA, HON'BLE GOVERNOR OF MANIPUR AT THE WORLD PHYSICAL THERAPY DAY CELEBRATION ON 8TH SEPTEMBER, 2018 AT LAMYANBA SHANGLIN, PALACE COMPOUND, IMPHAL.

Shri Karam Shyam ji, Hon'ble Minister (Revenue),

Shri V. Hangkhanlian ji, Hon'ble Minister (Agriculture),

Prof. A. Santa Singh, Director (RIMS),

Dr. A. Rita Devi, President, All Manipur Physiotherapist Association,

All the participants,

Members of Electronic and Print Media,

Distinguished Invitees,

Ladies and Gentlemen,

Let me first congratulate the All Manipur Physiotherapist Association and Indian Association of Physiotherapists, Women Cell, Manipur for organizing the World Physical Therapy Day observance today. I am happy to be associated with such an important event.

We all know that Medical Science is one of the most advanced sciences today with medical wonders happening all around us. Cure has been found for diseases, which was once unthinkable. New technologies have been developed to combat the challenges in the health sector. The effort of our Doctors and others of the medical fraternity in the State to keep pace with this development and provide quality health services real time to the people is commendable. Our Government Hospitals form the backbone in providing health services to the people, specially for those who cannot afford the more expensive private hospitals. Our target is to provide healthcare to all by the turn of the century.

Physiotherapy has come to be recognized as an integral branch of medical science. All need assistance of a Physiotherapist right from birth to the last stage of life, whether it is sports, accident, trauma, child birth or

recovery after surgery. I have personally experienced the benefits of physiotherapy when I was much younger and so also my daughter at a tender age. We suffered from restrictive mobility of one hand which could have led to a distressful physical condition. Things were set right through physiotherapeutic treatment.

Physiotherapists can help older people to be independent, improving quality of life and reducing health care costs. Senior citizens and those having chronic diseases like arthritis, spinal injury, cancer need them most. In short, physiotherapy helps in overall management of pain and mobility. Every year, World Physiotherapy Day is an opportunity for Physiotherapists all over the world to raise awareness about their crucial role in keeping people well, mobile and independent. This World Physiotherapy Day uses the theme “Add life to years”. It is predicted that by 2050, the global population will include two billion people aged 60 or above and 400 million aged 80 or above. Physiotherapists play a key role in helping people with long-term conditions achieve their goals, fulfil their potential and participate fully in society and also work with people to maximize movement and functional ability. Every day, front line Physiotherapists are transforming lives through the application of their clinical skills and experience.

The campaign message of World Physical Therapy Day, 2018 is physical activity for life. The message builds on World Health Organization’s recommendations for moderate and vigorous activity and a range of research and reports showing the benefits of physical activity in maintaining health in people of all ages. All healthy adults need to be physically active. Globally, around 26% of adults aged 18 and over are not active enough. Physical activity and exercise help people lead happy and healthy lives. There is a saying - “Best medicine of human being is regular physical exercise”.

Physical activity improves cardio respiratory fitness, muscular health and reduces the risk of many conditions including cardiovascular disease and

type 2 diabetes. Physiotherapists keep people moving through interventions which maximise strength and mobility. Through advice and exercise programmes they support people of all ages to achieve activity goals. Sports is one area where the role of the Physiotherapist is increasingly felt. Sports is no longer extracurricular for today's generation. It is mainstream and has become stiffly competitive. The race to excel is more of a fight to outstrip the others in a game of grit and endurance. Physical strength is stretched to the limit and physiotherapy can make all the difference. This is all the more relevant in the State of Manipur where the people are sports loving.

I am sure that the Physiotherapists in the State have been doing their best in improving the health of the people in spite of various constraints that come in their way and hope they will continue to do so in future.

With these few words, it gives me immense pleasure to join the celebration of World Physical Therapy Day and wish the function all success.

Thank you,

Jai Hind.