

STUDENT'S TESTIMONIALS

13 of us - BPT Final Year students of SVCOPT were pursuing for our classmate's wedding to Chennai on 1st of August.

And in the train, deciding to use our travel hours for community's welfare we delivered small awareness programme and guidelines to the passengers. The event was conducted after receiving permission from the TTR who happily agreed when we explained him our motto. Much needful precautions and safety measures for COVID-19 was followed during our interactions with the passengers such as with double masks, sanitisers and hand gloves.



**Swetha & Harini
with awareness
show Cards**



Balaji sharing Fitness guidelines with a passenger

The aim was to teach the present community - the work and the need of a

Physiotherapist in today's world and how much indispensable they are in improving the quality of a patient's life and in receiving their sufferings. Passengers were interested to know that Physiotherapists also are working in the frontline during this pandemic by aiding the patients with improved lung and breathing capacity and coping with their lung disorders.



**Blood Pressure
Screening**

Show Cards were used to create awareness among the passengers and on follow up the interested people were taught important breathing exercises for COVID-19 and encouraged to maintain proper postures.



**Abhijith educating on Lifestyle
Modifications for Hypertension**

Free blood pressure screening was also informed and few of the passengers availed it and further counselling on a healthy lifestyle was also given. As they recognised the work of a Physiotherapist, few passengers approached us seeking for guidelines in fitness and regular exercises schedule.

At the end, we handed our college academic brochures to the passengers - leaving them with a take home message.