

As in physiotherapy, continuity, conviction necessary for country's development: PM

AHMEDABAD, Feb 11:

Prime Minister Narendra Modi on Saturday said continuity and conviction were necessary, just as in physiotherapy, for the country's development.

Addressing the 60th National Indian Association of Physiotherapists Conference here through video conferencing, the PM said the spirit of physiotherapy has important messages for the people and the country, including consistency, be it in exercising or in policies to herald development.

"The first condition of physiotherapy is consistency. Generally, people exercise for two to four days out of enthusiasm, but then it wears off. But a physiotherapist knows that without consistency, you won't get results," he said.

"You have to ensure important exercises are done without a gap. Similarly, as in physiotherapy, continuity and conviction are necessary for the country's development. There should be consistency in our policies," he said.

Underlining the importance of consistency in policies, PM Modi said only this aspect will help the country to "rise and proceed on a long journey".

The PM said he too needed the help of physiotherapists sometimes, but suggested one combine this with Yoga, as knowing the two would lead to "growth in professional power".

"It is my experience that when the expertise of Yoga is added to physiotherapy, then its power increases manifold. Yoga and asanas have solutions to common problems of the body



that require physiotherapy," the PM asserted.

Physiotherapists should educate people on right exercise, right posture and right things for fitness, the PM said.

He said he is inspired by physiotherapy, as governance contains a message that physiotherapists have learnt, which is "your inner strength is stronger than challenges".

"With a little bit of encouragement and support, people can win over the toughest of challenges," the prime minister asserted.

Citing the massive earthquake in Turkey that has killed more than 20,000, the PM asked physiotherapists to devise ways to consult via telemedicine.

"After such a disaster, physiotherapists are required in large numbers. In such a situation, you all can provide help in different ways through mobile phones. The physiotherapists association should think about this," he told the IAP participants.

He said the best physiotherapist is one who is not needed regularly by the patient, which in

turn teaches one "self reliance". "One can say your goal is to make people self-resilient. Therefore, when India is moving towards self-reliance, physiotherapists can easily understand why this is important for the country," Modi said.

He said physiotherapists know best results are had when they work together with doctors, and so would understand the

government's efforts to make development a mass movement in the country.

Modi said his government had supported citizens by opening bank accounts, toilets, tap water supply and carrying out several such campaigns, including the Ayushman Bharat health scheme, all of which have created a strong social security net.(PTI)

Constitution remarkable homegrown product of self-governance : CJI

MUMBAI, Feb 11:

The Constitution of India is a remarkable homegrown product of self-governance, dignity and independence and while some speak of it in entirely adulatory terms, many others are cynical about its success, Chief Justice of India D Y Chandrachud said on Saturday.

The CJI, who was speaking at the first convocation ceremony of the Maharashtra National Law University in Nagpur, said India's colonial masters did not bestow the Constitution on us.

When the Constitution is viewed from the context in which it emerged, it is nothing short of remarkable, he asserted.

While the Constitution has made tremendous strides, much work needs to be accomplished and the deep rooted inequality that existed in the past persists even today, the CJI further said.

If young law students and graduates are guided by constitutional values then they would not fail, he added.

Referring to the Preamble, he said it is a short but weighty party to the Constitution, and states that "We the people of India give to ourselves this Constitution".

"This is immeasurably significant because it marks the transition of the people of India from the status of subjects to the status of citizens. The colonial masters did not bestow the Constitution upon us as an act of grace. Ours (Constitution) is a document that is home grown...a product of self-governance, dignity and independence," the CJI said.

"The success of our

Constitution is generally viewed from two opposite ends of the spectrum. Some people speak of our Constitution in entirely adulatory terms, while others are cynical of the success of our Constitution. The reality is neither here nor there," he said.(PTI)



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