



WCCS
WORLD CONGRESS OF CHIROPRACTIC STUDENTS

QUARTERLY REPORT

September 2023



info@wccsworldwide.org



1246 Yong Street, Suit
202/203, Toronto, Ontario



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PRESIDENT'S WELCOME

Good Day and welcome to the first Quarterly Report of our new term of office. We are excited about this edition and hope you enjoy perusing it at your leisure.

Firstly, I would like to begin by acknowledging and thanking the outgoing Team of Officials (ToO). Their hard-work, determination and tenacity have been nothing short of increACdible. They did a sterling job despite the challenges that were faced and for that I applaud them. The team at University of Quebec Trois-Rivières cannot be thanked enough for the Annual General Meeting that was held in July. The week started with a group of apprehensive students - some not knowing what to expect. The week ended with a family who have made memories to last a life-time. We had a jam-packed schedule that included interesting and knowledgeable speakers, practical workshops and time to let our hair down and experience some typical Canadian

food and drink. I am sure no one can forget their first taste of poutine! In between all this chaos we still found time to hold our elections-which by far was the most nerve-wrecking part of the week. There were many incredible candidates to choose from and this in itself was exciting. The new Team of Officials that were elected include:

Board of Directors:

- **President:**
Tamia Abrahams (South Africa)
- **Immediate Past President:**
Dr Brian Miller (England)
- **Director of Secretariat:**
Danielle Tonkin (Australia)
- **Director of Public Relations:**
Michelle Fontana (Switzerland)
- **Director of External Affairs:**
Ammaarah Ebrahim (South Africa)
- **Director of Finance:**
Carolanne Dion (Canada)
- **Director of Internal Affairs:**
Edith Scalabrini, DC (Canada)





Regional Co-ordinators:

- **Africa:** Mohamed Naseem Jooma
- **America:** Gabrielle Nepton
- **Europe:** Ashley Elizondo
- **Western Pacific:** Shelby Griestede

Legislative Committee:

- **Head:** Praelan Govender
- **Secretary:** Jessican Bonthuys
- **Editor:** Danyka Bedard

These group of quality leaders will serve the interest of the students for the next year and advance the WCCS to the best of its ability. Along with new leadership we too have to set new goals and plan for the annum. We as a team hope to invest in each of our chapters and make sure there is continuity and a burning passion for chiropractic within our regions. We aim to have an “open-door” policy and be approachable and helpful every step of the way. Should we not be meeting these

goals - please hold us accountable. The possibilities for the WCCS over the next year are endless! This is your opportunity to get involved with your chapters, your community or the internal committees within the organisation. Let us take this organisation forward by doing our little bit. You are part of something special and without you, the WCCS would not exist.

So let us go out there and show the world how proud we are to be part of such a unique profession.

TAMIA ABRAHAMS
PRESIDENT

BOARD OF DIRECTORS



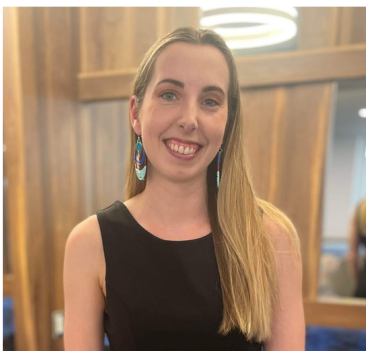
President
Tamia Abrahams



Secretary
Danielle Tonkin



Public Relations
Michelle Fontana



Finance
Carolanne Dion



Internal Affairs
Édith Scalabrini, DC



External Affairs
Ammaarah Ebrahim



Past President
Brian Miller, DC

PRESIDENT UPDATE

Hi WCCS Family!

I am Tamia and I am a final year master's student at the Durban University of Technology in Kwa-Zulu Natal, South Africa. I have had extensive involvement within the WCCS in my six year membership. I joined WCCS in my first year and worked my way from being a chapter member to the chapter chair. I then was elected as the African (and European) Regional Coordinator whereafter I served on the BoD as director on internal affairs. This is my second term on the board and I am elated I get to serve my peers yet again.

I most recently had the opportunity to attend the World Health Assembly as part of the WFC delegation. I am excited to serve you by leading this organisation, about which I am so passionate. I am the "face of the organisation" and basically ensure that the Team of Officials are working together cohesively and that the organisation is moving forward. I hope to achieve continuity for each chapter that is part of this beautiful organisation and be a good leader by listening well and being solution driven. I am always open to questions, suggestions and discussions. So please reach out to me should you wish.



TAMIA ABRAHAMS
PRESIDENT

SECRETARY UPDATE



DANIELLE TONKIN
SECRETARY

Hello readers! I'm Danielle Tonkin and I'm a master's student studying at Macquarie University in Sydney, Australia. I've been a member of the WCCS since 2018, and have had the honour of holding an executive role since 2019. Having been Chapter Treasurer, Chair and the Regional Coordinator for my region 2 years in a row, and having been nominated multiple times for director, this year I was finally able to accept the nomination and the responsibilities of joining the BoD, and have taken on the role of Director of Secretariat (DoS). What is that about you might ask? Well, the DoS is responsible for quite a lot as it used to originally be the Vice President position. This role requires someone who is highly organised, has good writing and speaking skills, and has a lot of experience with multitasking, which is why I think I make the perfect fit. With over 25 years of experience across multiple industries, during which I have led teams and provided guidance to multi-billion-dollar corporations, helping them enhance their efficiency and productivity, I believe that the role of Director of Secretariat suits me quite well. This is why my goal for this year is to help clean up and make the BoD a bit more efficient and better written. It's been a long time since our Bylaws and Standard Operating Procedures & Policies (SOPPs) were carefully reviewed and it really needs to be done. My main goal is to completely cut apart and re-construct both documents as well as any required associated documents to make them easier to read, more consistent and more aligned with where we are as a global organisation today. To do that, I do need help! So if this sounds like something you might be interested in participating in, please reach out and let's get started!

FINANCE UPDATE

Hi everyone, I'm Carolanne Dion, a fifth-year chiropractic student at Université du Québec à Trois-Rivières (UQTR), Canada. I've been an active leader at UQTR for four years, contributing to membership growth, organizing meetings, and assisting in AGM planning. The WCCS shaped my chiropractic identity, allowing me to connect with renowned chiropractors and create lifelong friendships around the world. So far, I've attended three WCCS international events: the 2022 AGM in Johannesburg (South Africa), the 2023 America's Regional Event in Veracruz (Mexico), and the 2023 AGM in Trois-Rivières (Canada).

As I enter my final year as a chiropractic student, I'm committed to maximizing my engagement with the organization. I'm currently serving my second term on the Board of Directors, overseeing financial matters such as fund management, reporting at AGMs, and account maintenance.

In this term, my goals include:

- Establishing a payment platform for registrations, donations, and AGM/RE payments.
- Creating sponsorship opportunities.
- Reverting to previous AGM and membership fees for chapters.
- Identifying a Canadian organization willing to handle finance signing authority and manage WCCS financial resources.
- Optimizing expenses by selecting delegates located closest to events.

Feel free to reach out if you have any questions or need assistance with financial matters within WCCS.



CAROLANNE DION
FINANCE

INTERNAL AFFAIRS UPDATE



ÉDITH SCALABRINI, DC
INTERNAL AFFAIRS

Hi everyone!

My name is Edith Scalabrini, and I recently completed my studies at the University of Quebec in Trois-Rivières. My involvement with WCCS began during my second year of chiropractic school when I participated in a Zoom meeting connecting members from the UQTR and Sherman chapters. The concept of the organization and WCCS's motto, 'Unity through diversity,' immediately resonated with me. Since then, I've actively engaged in various Zoom meetings, including those involving members from London and South Africa. Moreover, I had the privilege of attending the 2022 AGM in South Africa and the 2023 regional event in Mexico in person.

Throughout the 2022-2023 term, I held the role of Americas regional coordinator and also played a key role in co-organizing the 2023 AGM in close collaboration with my fellow UQTR members.

The function of internal affairs is to facilitate communication between chapters and the Board of Directors, assisted by regional coordinators.

During the 2023-2024 term, my primary objectives are to:

- Expand the representation of chiropractic schools within the organisation by getting on board new universities. Ensuring a strong representation of student community members in the organization is crucial to encompass diverse perspectives.
- Re-establish self-help programs among chapters and encourage zoom communication to enhance interactions beyond in-person activities.

EXTERNAL AFFAIRS UPDATE

Hi everyone, my name is Ammaarah Ebrahim and I am a Chiropractic master's student at the University of Johannesburg in South Africa. During my undergraduate years of study at the University of Johannesburg I held many positions on the WCCS team of officials and am looking forward to using the skills I have cultivated over the years to help me in my new role as the Director of External Affairs on the Board of Directors of the WCCS. I am passionate about the progression and growth of chiropractic in Africa as well as producing relevant chiropractic research. Currently, I am studying the link between comorbidity and lower back pain. Outside of chiropractic I am an avid motorsport fan and spend weekends following Formula 1 and MotoGP.

The role of the Director of External Affairs director is an important one as this person interacts with all external stakeholders, partners, and chiropractic organisations that the WCCS wishes to associate with. The director of external affairs serves as the primary liaison for the WCCS in its interactions with the World Federation of Chiropractic (WFC), the International Federation of Sports Chiropractic (FICS), and numerous other organisations. Additionally, this role entails the responsibility of communicating with chapters regarding events organized by the aforementioned organisations.

My goals for this term are to continue to grow the relationships with the organisations mentioned above and extend an invitation to new organisation such as the International Chiropractic Association (ICA) to partner with or endorse the WCCS.



AMMAARAH EBRAHIM
EXTERNAL AFFAIRS

PUBLIC RELATIONS UPDATE



MICHELLE FONTANA
PUBLIC RELATIONS

Hi, my name is Michelle Fontana, I am in my 6th year of chiropractic studies at the University of Zurich in Switzerland. I have been involved with the WCCS since our chapter joined the organisation at the AGM 2019 in Brisbane, Australia. Since then, I have helped create and shape our chapter in Zurich and have been attending various international events organised by the WCCS. I have been drawn to the WCCS for its international involvement, the opportunity for leadership skills development and the possibility of getting a deeper understanding about the profession's diversity, necessary to advance chiropractic in the wider health care industry.

Since this year's Annual General Meeting in July, I am part of the WCCS Team of Officials and am currently serving the role of Director of Public Relations. As Director of Public Relation, I am in charge of our social media and marketing strategy, ensuring our brand is consistent, recognisable and shared! Furthermore, I am in charge of the Marketing Committee, sharing marketing strategies with chapters and managing the website and promotional content for the WCCS.

The main three goals I set myself for this current term are:

- Reinstalling the dormant Marketing Committee.
- Create a new and updated website design.
- Increasing Social Media Interactions on various platforms and increasing awareness about the WCCS, it's goals and supporting campaigns, and the chiropractic profession in general.

I look forward to putting my passion and knowledge into the WCCS and giving back to the organisation what it has given me over the last four years.

PAST PRESIDENT UPDATE

Hi, my name is Dr Brian Miller. I graduated in December 2022 with a First Class Masters degree in Chiropractic from the McTimoney College of Chiropractic. Currently, I am working in a private practice as an associate Chiropractor in addition to serving patients within my own chiropractic business.

During my five years of study, my passion for the profession was clear to see with my active involvement in the McTimoney WCCS Chapter, which I was also Chair of in my 3rd and 4th year. Additionally, my unwavering commitment was demonstrated through my attendance at each European Regional Event (ERE) and Annual General Meeting (AGM) ever since I first joined the WCCS in 2018, and also by facilitating the participation of fellow McTimoney WCCS Chapter members in these events.

Having held the position of President of the World Congress of Chiropractic Students (WCCS) during the 2022/23 term, I am honoured to continue to represent the organisation as Immediate Past President on the Board of Directors (BoD) for the coming term. The role of Immediate Past President was created a number of years back to help ensure there was continuity within the directorship of the organisation and help provide for 'institutional memory' and historical context. I look forward to this term on the BoD in support of the newly elected Directors and wider Team of Officials, to offer to them guidance and mentorship.



BRIAN MILLER, DC
PAST PRESIDENT

REGIONAL COORDINATORS (RC)



African RC
Mahomed Naseem
Jooma



Americas RC
Gabrielle Nepton



European RC
Ashley Elizondo



Western Pacific RC
Shelby Gristede

The responsibilities of the Regional Coordinators lies in:

- Coordinating the respective region to encourage cooperation among their chapter members.
- Assisting in reactivating chapters that wish to re-establish their presence.
- Facilitating the establishment of college chapters to expand WCCS Membership regionally and globally.
- Supporting the Board of Directors in achieving the WCCS stated objectives.
- Serving as an intermediary between individual members and the Board.

AFRICA'S RC



**MAHOMED NASEEM
JOOMA**
AFRICAN RC

Hi, I'm Mahomed Naseem Jooma, a fourth-year student at Durban University of Technology (DUT) in South Africa, and currently serving as the African Regional Coordinator (RC) for the 2023/24 term. My WCCS journey began during my first year, and I've been dedicated to it ever since. Despite the pandemic shifting events online, I've actively participated in every AGM since then. This year, in Quebec, Canada, I had the opportunity to experience the essence of WCCS in person.

During my WCCS involvement, I served as the DUT chapter vice-chairperson for two years and later became the secretary of the Legislative Committee, which both provided valuable insights into BoD and ToO responsibilities.

The African Region comprises just two chapters: the University of Johannesburg (UJ) and DUT. My goals for the term as African RC are:

- Uniting both chapters and strengthening the bonds between them.
- Increasing my involvement in the UJ chapter.
- Facilitating the growth of both chapters to provide a more robust platform for current and future chiropractic students.

I'm eager to contribute to WCCS and enhancing opportunities for students.

AMERICA'S RC

Hi everyone! I'm Gabrielle Nepton, your new Americas Regional Coordinator. Currently, I'm a second-year chiropractic student at the University of Québec in Trois-Rivières (UQTR). My journey with WCCS began in 2022, and last year, I was part of the organising committee for the 2023 AGM in Trois-Rivières, Canada. This incredible experience allowed me to connect with numerous remarkable individuals and gain a deeper understanding of the chiropractic profession on a global scale.

We're aware that many chapters faced challenges due to COVID. Therefore, my primary goal is to support and encourage both new and existing chapters in the American Region establishing or re-establishing their presence within the WCCS. I aim to inspire participation and engagement among our members in the coming year.

I'm genuinely excited about the new school year and eager to see the valuable contributions that all WCCS members will bring to the organisation.



GABRIELLE NEPTON
AMERICAS RC

EUROPE'S RC



ASHLEY ELIZONDO
EUROPEAN RC

Hello everyone! I'm Ashley Elizondo Monge, a second-year student at McTimoney College of Chiropractic in Oxford, UK. I currently serve as the European Regional Coordinator for the 2023/24 term. My journey with the World Congress of Chiropractic Students (WCCS) began last year when I started my chiropractic training and helped organise the Regional Event in Madrid. This experience exposed me to the incredible opportunities offered by WCCS – the chance to learn from chiropractic professionals and students worldwide. Recently, I attended the Annual General Meeting (AGM) in Quebec, Canada, solidifying my belief that every chiropractic student should participate.

Since taking on this role, I've set clear goals:

- Strengthening the bonds between chapters and encouraging collaboration.
- Enhancing our platform.
- Raising awareness of WCCS within the European chiropractic community.

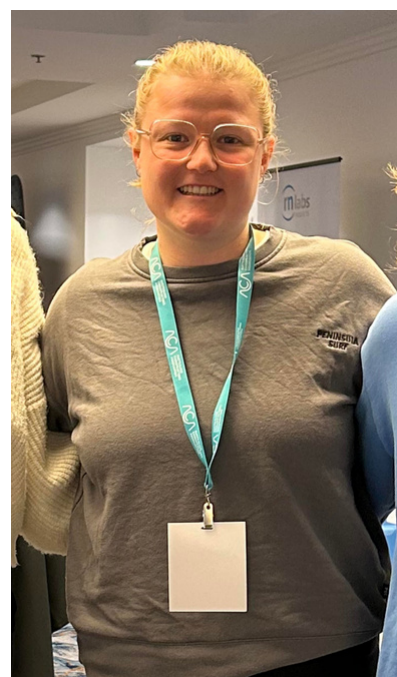
I'm looking forward to everything we can build together!

WESTERN PACIFIC RC

Hi everyone! I'm Shelby Gristede, a current 4th year Student at Australian Chiropractic College (ACC), based in Adelaide South Australia. I am also the new Regional Coordinator for Western Pacific, after being a chapter chair at the ACC chapter. I have been part of the WCCS since my first year at ACC, however, I took it more on this year to help out the current chapter members. I look forward to this new role at the WCCS, in hope I can assist with promoting the WCCS more within the Western Pacific region.

Currently, I am overseeing 5 Chapters in the Western Pacific area: Macquarie University, RMIT, NZCC, ACC, and Murdoch University. We are working towards a few goals this 2023-2024 year:

- Communicating with each of our chapters, plus other Chapters internationally
- Enhancing and promoting WCCS within Western Pacific region
- Strengthening our chapters with more numbers



SHELBY GRISTEDE
WESTERN PACIFIC RC

LEGISLATIVE COMMITTEE (LC)



LC Chair
Praelan Govender



LC Secretary
Jessica Bonthuys



LC Editor
Danyka Bédard

The responsibilities of the Legislative Committee lies in:

- Maintaining and enforcing the Standard Operating Procedures and Policies (SOPPs), the By-laws and the values of the Corporation.
- Ensuring that the Team of Officials and members of the organisation stay accountable to all legislative matters

LC CHAIR



PREELAN GOVENDER
LC CHAIR

My name is Preelan Govender, a fourth-year Chiropractic student at the Durban University of Technology in South Africa. My WCCS journey began in my first year, and joining the DUT Chapter has been one of my best decisions. It has allowed me to learn about the Chiropractic profession and serve humanity from day one. In my second year, I held positions as Head of community service and Vice Chair of CHAP (Chiropractic Humanitarian Assistance Program). In my third year, I served as Head Chair of the DUT Chapter, Head Chair of CHAP, and co-convenor of the African Regional Event 2023.

As Legislative Committee Chair, I manage the committee's official email and serve as a liaison with the Board of Directors. I attend weekly BoD meetings to ensure compliance with Soppes and Bylaws. My goals for the next term include reviewing Soppes and By-laws, addressing any gaps, and keeping them up to date with the evolving world situation. I aim to ensure the organization is well-prepared to face any challenges.

The WCCS has profoundly impacted my life, offering endless opportunities for personal growth. I'm committed to promoting and expanding WCCS and enhancing the Chiropractic profession.

LC SECRETARY

Hello all, I'm Jessica Bonthuys, a fourth-year student at the University of Johannesburg (UJ) in South Africa. I joined the WCCS on my first day of university and have been actively involved in internal chapter committees in my first year. In my second year, I served as the legislative secretary and later as Head of the LC committee, assisting in organizing the AGM in Africa 2022. I also lead the UJ chapter. My involvement in the legislative committee has deepened my understanding of the organisation and its operations, fueling my passion for contributing to both the organisation and the chiropractic field.

As the Legislative Committee secretary, my responsibilities include recording meeting minutes, facilitating communication between the committee and the BoD, and providing support as needed. I ensure that SOPPs and Bylaws are up to date and concise. My goals for the term are to thoroughly revise SOPPs and Bylaws for consistency and clarity, leaving no room for confusion or misunderstanding.

I am eager to continue contributing to the organisation's growth. Thank you for the opportunity.



JESSICA BONTHUYS
LC SECRETARY

LC EDITOR



DANYKA BÉDARD
LC EDITOR

Hi everyone,

Allow me to introduce myself: I am Danyka Bédard, currently in my third year of studies at the University of Quebec in Trois-Rivières. When the WCCS committee approached us, I eagerly stepped up and assumed an active role, ultimately becoming the co-president of our committee. Over the past year, I've been instrumental in organizing the AGM 2023 at UQTR, primarily overseeing transportation logistics and the day's activities.

In my role as an editor, my responsibilities involve a meticulous review of legislative proposals, ensuring overall coherence, verifying legal compliance, and collaborating closely with the Board of Directors to address their inquiries. My main objective for this year is to maintain the quality and efficiency of our legislative process, ensuring it meets the highest standards.

Thank you very much for this opportunity!"



ORGANISATION UPDATES AND ACTIVITIES

ANNUAL GENERAL MEETING (AGM) 2023,

The most recent AGM was hosted at the Université du Québec à Trois-Rivières (UQTR) by its chapter, and took place from July 3rd to July 7th 2023 in Trois-Rivières, Québec, Canada. A total of 8 chapters and 28 delegates participated in person, additional 4 chapters joined virtually. Throughout this week-long congress, delegates had the opportunity to participate in nine speaker presentations and workshops, which encompassed a wide array of practical and theoretical subjects. Myofascial chains, congenital torticollis, diversity, equity, inclusion within the profession and its importance in

practice, interprofessional collaboration and various spinal conditions based on the patient's age were only a few of the subjects included. Moreover, the delegates also were given a tour through the Department of Chiropractic and the Chiropractic Clinic at the University of Quebec in Trois-Rivières, introducing them to the UQTR study program as well as its philosophy and values.

After official business hours, the UQTR chapter made sure that no one would miss out on the fun Canadians are known for. By organising various social activities,

such as cocktail night ceremony, indoor climbing, and a scavenger hunt, interactions in both formal and informal settings were encouraged throughout the whole week. Additionally, a guided tour through the charming city of Quebec was arranged, allowing the delegates to delve into its remarkable architecture and savor local food such as the famous "Poutine". All in all, the AGM provided participants with a profound insight into WCCS's values, objectives, and its role within the profession. Engaging in chiropractic-related discussions with fellow students from all around the world allowed the delegates to not only foster genuine connections and engage in stimulating conversations, but also aided in cultivating a deeper appreciation for the significance of 'unity through diversity' within the chiropractic profession.

And how could one summarize this incredible week better than with the statement made by one of our delegates, when asked about her experience at the AGM:

'I have met extraordinary people. The future of chiropractic is bright!'

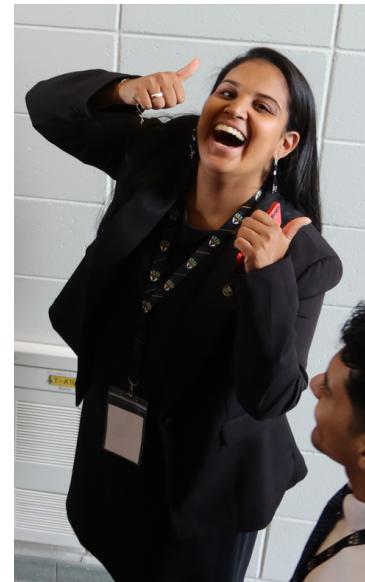
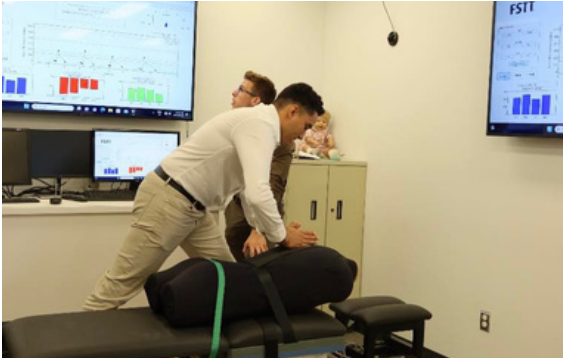
- Jeanne Couture, UQTR

Last but not least, we would like to give a special thank you to the UQTR chapter members who made the congress possible: Carolanne Dion, Edith Scalabrini, Jean-Christophe Moreau, Danyka Bédard, Gabrielle Nepton, Jeanne Couture, Sarah Castonguay, Alicia Tanguay and Alica Veronneau. You truly enriched us with a beautiful event we won't forget!






UQTR convening Team (from left to right): Alicia Veronneau, Danyka Bédard, Jeanne Couture, Édith Scalabrini, Jean-Christophe Moreau, Carolanne Dion, Gabrielle Nepton



AGM 2023 PHOTO DUMP








AGM 2023 COMMENTS SECTION




 **Florian Allix, IFEC, France** 


The AGM was a really important event for me in terms of finally understanding the international aspect of our profession. To be able to see that chiropractic is as diverse and varied as its representatives, us students."   12 




 **Kyra Heller, UZH, Switzerland** 


Aaaah another quote over there! - How many can we do to still get points?   5 




 **Édith Scalabrini, DC, UQTR, Canada** 



As my second in-person AGM and my first time organizing, I've gained a deeper understanding of the WCCS's global impact on chiropractic. Chiropractic students shape the future, and our committee decisions today influence it. The say 'Unity through diversity' truly resonates when our chiropractic views are challenged. AGM discussions, both formal and social, broaden my perspective and enrich my practice."   9 





 **M.Naseem Jooma, DUT, South Africa** 

Night swims because who needs sleep?   20 

 **Fatima Hernández, UV, Mexico**




It was an inspiring, self-improvement and motivational event.   10 



 **Carolanne Dion, UQTR, Canada** 





WCCS and AGM's are about creating memories with chiropractic students from around the world  We might be far away now but I know that I have made friends for life!   12 

 **Benjamin Chimal, UV, Mexico** 




replied:
One of the most incredible experience meeting new and amazing people at the AGM in Quebec was one of the most incredible experiences! Fun one!


  10 




 **Jeanne Couture, DC, UQTR, Canada** 

I met extraordinary people. The future of chiropractic is bright !   17 




 **Anne Dorthe Petersen, SDU, Denmark** 



replied:
SDU seconds!   23 

 **Tamia Abrahams, DUT, South Africa** 




I really enjoyed learning about myofascial chains and getting to see the anatomy lab.   12 

 **Alex Ortega Sánchez, UV, Mexico** 

I loved the trivia game with JC, Carolanne and Edith. I enjoyed and learned at the same time.   6 




 **Michelle Fontana, UZH, Switzerland** 


The last in-person AGM I attended was in 2019 in Brisbane, Australia. The incredible sense of community among chiropractic students worldwide, despite the challenges of the pandemic, warms my heart. Next goal: getting back to pre-pandemic membership numbers!


  15 




 **Jessica Bonthuys, UJ, South Africa** 



Being able to see the streets of Quebec, make connections and load our phones with funny pictures all at once in picture race was so inventive!

  16 



 **Sara Fröhlich, UZH, Switzerland** 

replied:
I've never had that many photos from a city sight seeing tour 

  7 

 **Brian Miller, DC, McTimoney, England** 

The importance of interprofessional collaboration: for the health of the community.

  22 

Michelle Fontana, UZH, Switzerland

Dancing the night away in the Mexican room while forming friendships that will last a lifetime and having tons of meaningful conversations – and that all next to a packed week of AGM business! 🎉🌍

▲▼ 22 • Reply

↳ **Amalie Noddeskou, SDU, Denmark** replied:

It's been the most amazing experience to meet so many lovely, like-minded people. 10/10, am definitely going again!

▲▼ 16 • Reply

↳ **Danyka Bédard, UQTR, Canada** replied:

The friendships that we have developed will last forever!

▲▼ 18 • Reply

Jessica Bonthuys, UJ, South Africa

The opportunity to explore alternative ways of learning was truly insightful

▲▼ 21 • Reply

Fatima Hernández, UV, Mexico

The AGM was a unique experience, full of fun, adrenaline and creativity.

▲▼ 14 • Reply

Sara Fröhlich, UZH, Switzerland

Dr Hayes taught us values, that are important in chiropractic as well as in every interpersonal contact, e.g. Interprofessional collaboration or trust and respect.

▲▼ 12 • Reply

Florian Allix, IFEC, France

"beverage your beverage" or simply the fact of being able to dance internationally.

▲▼ 30 • Reply

Jean-Christophe Moreau, UQTR, Canada

"This year's AGM has changed the way I want to live chiropractic. I've made incredible exchanges, discoveries and friendships with amazing people from all around the world (Herzemoji mit Hand)

▲▼ 28 • Reply

Preelan Govender, DUT, South Africa

The scavenger hunt was an exceptional experience allowing us to explore Trois-Rivières as well as meet the founder of Chiropractic at UQTR.

▲▼ 5 • Reply

Alex Ortega Sánchez, UV, Mexico

I've learned about congenital muscular torticollis and how chiropractic care could be applied in an interprofessional s

▲▼ 11 • Reply

Édith Scalabrini, DC, UQTR, Canada

The social events that take place during AGM weeks allow us to connect with chiropractic students. It's always surprising to see how much we have in common, even coming from different corners of the world."

▲▼ 18 • Reply

↳ **Tamia Abrahams, DUT, South Africa** replied:

Such an awesome experience to get together and let our hair down after a formal day!

▲▼ 27 • Reply

M. Y. Tagari, DC, UJ, South Africa

The WCCS never fails to impress! Year in and year out this organization keeps providing for its global audience!! Opportunities for continuing education, professional & personal development, and global networking are a few of the great offerings of the WCCS and its AGMs. Can't wait to see it keep growing and providing for more future leaders in Chiropractic!

▲▼ 28 • Reply



WCCS COMMITTEES

CHAP (CHIROPRACTIC HUMANITARIAN ASSISTANCE PROGRAM)

The Chiropractic Humanitarian Assistance Program (CHAP) is a sub committee of the WCCS which helps promote community service within active chapters of the organization. This committee's main goal is to illustrate the importance of giving back to our community as well as actively promote chiropractic and educate the public on the importance of spinal care.

Important days are coming up and the CHAP committee would like to promote and support International day of awareness of food loss and waste on the 29th September, World mental health day on the 10th October, World spine day and World food day on the 16th October and World diabetes day on 14th November. For more information on how to support these upcoming dates please email chap@wccsworldwide.org.

MARKETING COMMITTEE

After being dormant for some time, the Marketing Committee was finally reactivated in August 2023. Collaborating closely with the Director of Public Relations, the committee promotes the WCCS, chiropractic care, and overall health across social media and online platforms. Currently, they're actively involved in campaigns supported by WCCS, including SDGs (Sustainable Development Goals) and WSD (World Spine Day). Additionally, they are consistently striving to enhance marketing strategies and online presence.

If you have a creative spirit, social media expertise, marketing experience, or a desire to engage, please don't hesitate to reach out to our Director of Public Relations at publicrelations@wccsworldwide.org if you're interested.

BIG BROTHER PROGRAM

Stay tuned for the Big Brother Program! During the week of October 9th, 2023, you will receive an email regarding your assigned chapter for the Big Brother Program. This initiative involves pairing two or three chapters with one Regional Coordinator to arrange a web meeting and facilitate interactions among WCCS members. The primary objective is to allow members to connect before attending in-person events. The virtual meeting, guided by the Regional Coordinator, encourages sharing chiropractic student experiences, discussing different chiropractic programs and philosophies, and exploring fundraising activities conducted by fellow chapter to support their members in WCCS-organized in-person events. Plus, it's a great way to stay updated on upcoming in-person events and prepare effectively for them.

WORK ABROAD COMMITTEE

Considering a career abroad? The Work Abroad Committee is here to assist you! The Work Abroad Committee is a dedicated group of volunteers from around the world. Their primary aim is to create an extensive database outlining the requirements for practicing as chiropractors in other countries. This database will serve as a valuable resource for chiropractors globally who are looking for international work opportunities, thus facilitating their transition process to another country. We are actively seeking volunteers to contribute to this program. Intrigued? Please contact Edith Scalabrini at internalaffairs@wccsworldwide.org. Our initial committee meeting is scheduled for early November. Volunteers will be contacted in the coming weeks to determine their availability.



BIMONTHLY SPEAKER SERIES



For our bimonthly speaker series in June, we were extremely honoured to have Dr Stuart Murray on screen, teaching us more about Advanced Biostructural Correction™ (ABC™).

The presentation took place on June 9, 2023, and was well attended by many WCCS members around the world. The talk provided an introduction to Advanced Biostructural Correction™ (ABC™) and emphasized the crucial role of posture in maintaining good health. Dr. Stuart Murray, an alumnus of WCCS and a seasoned ABC practitioner since 2012, led the discussion. He is a practice owner and an integral part of the board and teaching team at ABC-Europe. Stuart completed his Master's Degree in Chiropractic from the University of Johannesburg in South Africa. During his studies, he received training in various chiropractic methods. However, what particularly caught his interest in ABC was the uniformity in adjustments and outcomes across diverse patients after relocating to the UK. ABC concentrates on rectifying the mechanical framework of the human body through postural alignment. The tangible progress in posture can be observed through visual evidence in before and after photographs. This improvement often leads to significant health advantages, including decreased back and neck discomfort, enhanced mobility, and better breathing, which are frequently observed in patients.



DR GERALD VARGAS

Our bi-monthly speaker series for September was proud to host Dr Gerald Vargas from Sydney Australia, speaking about SOT.

Dr. Vargas is the principal and founding Chiropractor at Essential Health Chiropractic in Sydney, Australia. His interest in Sacral Occipital Technique (SOT) started very early in his career and turned into a major passion. He has served on the board of examiners for SOTO-Australasia and was past-President for the organisation as well as a 'Primary Educator' for SOTO-Australasia, teaching SOT to Chiropractors both locally and internationally. Dr Vargas has also been a regular speaker at SORSI (Sacro-Occipital Research Symposium International) in the USA and has also been a regular examiner at the International Certification examinations in San Diego for Neuro-emotional Technique (NET), another therapy that he uses.

On September 19th, 2023, Dr Vargas presented on what SOT is about and how it can be useful to all practitioners. He addressed the different categorisations which define SOT and explained what each one was about as well as common presentations of each. Being incredibly informative, Dr Vargas spoke eloquently about how a common misconception about SOT is that it's a stand-alone technique, when in actuality it is an integrative technique that allows you to use whatever other techniques you chose along with it!

We greatly appreciate Dr Vargas sharing his story and his knowledge with us and thank all of our attendees for taking the time to join in. We hope to see more of our members participate in our future speaker series and partake in this amazing opportunity to expand their knowledge!

MEMBERSHIP SPOTLIGHT

Hi everyone, my name is Alejandro Ortega Sánchez and I am a 4th year chiropractic student at the University of Veracruz in Mexico.

I got involved with chiropractic after experiencing numerous injuries over the course of three years by playing handball. Chiropractic played a crucial role in treating many of those injuries, which ultimately influence my decision to pursue a career in this field.

After meeting Diana Napoles, a BoD member at the time, I got interested in joining the WCCS. She explained me what the organisation was about and invited me to participate at this year AGM 2023 in Canada. Since then I've been very active in the

convening team for hosting AGM 2024 in Veracruz, Mexico. I'm in charge of accomodation and am currently evaluating the best hotel options, but also helping out the team with finding sponsors and speakers. The WCCS gave me the opportunity to learn about how chiropractic is taught and applied in different parts of the world. It has also led me to meet people who have the same passion and curiosity to expand knowledge and skills within the chiropractic profession. Being able to exchange my own experiences and knowledge with them while also learning from their journeys has been truly enlightening for me.

After graduating I would like to get certified in a few techniques I studied at university, e.g. Gonstead, Diversified, Activator and others. I'm convinced, that this would help me optimise my adjustments. Moreover, I aim to work within an interprofessional setting, to being able to give my patients integral health care if needed.



ALEJANDRO ORTEGA SÁNCHEZ

STUDENT AT THE UNIVERSITY OF VERACRUZ, MEXICO

PARTNERSHIP ORGANISATIONS

The WCCS continues to maintain relationships with other organisations such as the GHWN youth hub, the International Federation of Sports Chiropractic and World Spine Care through the World Federation of Chiropractic and the International Chiropractic Regulatory Society.



We appreciate the support and recognition that this partnership has given us. It has enabled us to contribute to important conversations about key issues in our field by highlighting the unique perspectives and insights of chiropractic students through collaboration with this journal. Our ongoing collaboration is deeply valued as it allows us to share our knowledge and expertise with a broader audience and engage in meaningful discussions with thought leaders in the field.



Fédération Internationale de Chiropratique du Sport, known as (FICS) is an organisation with a worldwide membership. As the leaders in Sports Chiropractic, they strive to provide equitable access to sports chiropractic care, education, mentoring, and research to all athletes and sports chiropractors regionally, nationally, and internationally. FICS has developed student clubs at chiropractic schools across the globe and allows for student development in the field of sports chiropractic through their mentorship and scholarship projects.



The Global Health Workforce Network (GHWN) Youth Hub is an interprofessional community of practice, hosted by the Health Workforce Department at the WHO. The focus of the hub is to systematically include youth issues related to employment, practice and the work environment in the health and social care sector. Through advocacy, research and capacity building, efforts, the The Global Health Workforce Network (GHWN) Youth Hub is an interprofessional community of practice, hosted by the Health Workforce Department at the WHO. The focus of the hub is to systematically include youth issues related to employment, practice and the work environment in the health and social care sector. Through advocacy, research and capacity building, efforts, the



The World Federation of Chiropractic is an international consulting body representing chiropractic to the international health care community. The WFC is a non-state actor in official relations with the World Health Organisation. The relationship between the WCCS and the WFC allows for the student chiropractic body to be represented on a greater global platform and to a wider healthcare network.

ASIA PACIFIC CHIROPRACTIC (APC) JOURNAL

Our last issue was written by our Immediate Past President Dr Brian Miller and was published in June 2023. We encourage you to read this well-written, very motivational report if you haven't already! With that, enjoy your reading.

BY BRIAN MILLER, DC



Since the first time of joining the World Congress of Chiropractic Students (WCCS) in 2018, when the McTimoney WCCS Chapter hosted the European Regional Event, the WCCS has undergone some challenging times, as have many other organisations around the world. The national lockdown's during the Coronavirus Covid-19 pandemic hit hard for many people, including students, who's learning was severely impacted in many ways. During those pandemic years the number of WCCS student members and chapters shrank, but in the past couple of years this has started to change. Getting involved can often seem a huge mountain to climb, especially when the pressures of studies and life compete for student's time. This article aims to highlight how coming together and being part of the WCCS, and the wider chiropractic profession, is an experience not to be missed and how it can be achieved through three key elements of turning up, being present and giving.

Turn up, be present, and give: Leadership in the making

Brian Miller

Narrative abstract: The World Congress of Chiropractic Students is the global representative body of chiropractic students and recent graduates. Participation is through a local chapter based in a chiropractic educational institution.

All students in all colleges are invited to join this dynamic and growing body which presently has 20 chapters around the world.

The three key elements for successful participation are the same as those for establishing a successful practice: turn up, be present, and give.

Indexing terms: Chiropractic; World Congress of Chiropractic Students, WCCS, Leadership.

Exposition

At the heart of the *World Congress of Chiropractic Students (WCCS)* is its passion and desire to unite the profession in its diversity and to increase the health and well-being of our local communities. It is a student led organisation, comprising over 20 Chapters from around the world, including new member Chapters in the process of joining this year. Each Chapter consists of student and graduate members from a different chiropractic college or university from around the world. The WCCS provides an apolitical platform to develop leadership skills and provide a safe place to gain insight into the wide range of values and opinions of the profession worldwide.

But how can and perhaps why should students experience this?

Turn up

When I started on my journey to becoming a chiropractor I was working for a wildlife charity in the UK and later in local government; two vastly different vocations to where I am now. During those years I saw the amazing health benefits people realised from receiving chiropractic care and getting checked. This inspired me to enrol with the McTimoney College of Chiropractic back in 2017 to start on their 5-year Full Time Extended MChiro programme in 2018. It was in that first year I heard about the WCCS and wanted to know more. With the McTimoney Chapter hosting the European Regional Event that same year, it was the perfect opportunity to get involved and experience what the WCCS was about. And so, I turned up to a WCCS Chapter meeting to express my interest and everything followed on from that first step.

The active membership of our Chapter grew over those initial two years and then shrank when the Covid-19 pandemic hit. There were times when the pressures of life and studies were immense and attending the WCCS events in person and then online were sometimes a challenge. However, engaging with fellow chiropractic students from other chapters and hearing and engaging with inspiring speakers were just what was needed during those difficult times, to then be able to keep moving forward.

Although turning up is the first and most important thing to do, being present in the occasion is equally as important.

Be present

Being part of the WCCS allows students to develop and grow their existing skills and provides opportunities to acquire new ones, not just in leadership but also in respect and care for others. Going to the WCCS Annual General Meetings (AGMs) and local Regional Events not only expands our understanding of the profession at the global and regional scale, but it also helps us to understand our strengths and lays bare our weaknesses. Being present (beyond just turning up) is not about being the same as everyone else, it is not about trying to become an extrovert if one is an introvert or being outgoing if quiet. It is instead about stepping out from our comfort zone (whichever zone that is), embracing the challenge and exploring where that takes us. Engaging with others from where we are at is all that is needed to start that experience and journey.

After all, the patients we see in clinic and practice will not all be the same, and being able to meet them where they are at is a vital communication skill to learn.

Turning up and being present will invariably and naturally lead us into the far-reaching act of giving.

... The WCCS is the long established global representative body of the world's chiropractic students. All students are warmly invited to reach out and participate ...'



Give

As chiropractors, and as chiropractic students we have something unique to offer to the world on so many levels. First, we provide (and will provide) chiropractic care for the health and well-being of our local communities. Then there is the generosity of chiropractors, the professional associations and other chiropractic organisations, and perhaps most importantly, the universities and colleges who provide the foundational education and training. Every one of these gives to the profession whether it be financially or of their time or indeed both.

Equally every WCCS student member can also give to the profession through their involvement in their Chapters and at the annual and regional events. Putting oneself forward to be on a committee or leadership team, being part of a supporting team at events, supporting others to enable them to be present at events, even taking a step back to allow others to step up are all forms of giving, and it is something we all do on a regular basis.

This was all very true. But by coming together and supporting each other in those times, as well as being part of the WCCS and the global chiropractic family is what made it possible to get through the challenges, to grow and mature into the chiropractors and people we now are. Although it may not always be obvious at the time, every level of support is a form of giving, whether that is of time, in friendship, or financially.

We can simply never know how much of our turning up, being present and selflessly giving will both inspire and encourage others both now and, in the future, to do the same.

Brian Miller

President, WCCS

BSc(Hons), MChiro, MMCA

Graduate of McTimoney College of Chiropractic

Oxford, United Kingdom

president@wccsworldwide.org

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CLICK ON THE [LINK](#) FOR THE ISSUE



PAST AND UPCOMING EVENTS

SDG WEEK 2023 (15TH TO 25TH OF SEPTEMBER 2023)

The SDGs, or Sustainable Development Goals, are a set of 17 global goals established by the United Nations in 2015. The goals are designed to address various social, economic, and environmental challenges faced by the world and to guide sustainable development efforts until 2030.

The 17 SDGs cover a wide range of interconnected issues and provide a holistic framework for sustainable development. They address poverty, hunger, health, education, gender equality, clean water and sanitation, affordable and clean energy, decent work and economic growth, industry innovation and infrastructure, reducing inequalities, sustainable cities and communities, responsible consumption and production, climate action, life below water, life on land, peace and justice, and partnerships for the goals.



The SDGs build upon the Millennium Development Goals (MDGs) that were established in 2000 and expired in 2015. However, the SDGs have a broader scope and are more ambitious, aiming to integrate economic, social, and environmental dimensions of sustainability.

Countries and various stakeholders, including governments, international organizations, civil society, and the private sector, are working together to implement and achieve the SDGs. Progress is tracked through indicators and targets defined for each goal to ensure accountability and measure the impact of actions taken to promote sustainable development worldwide.

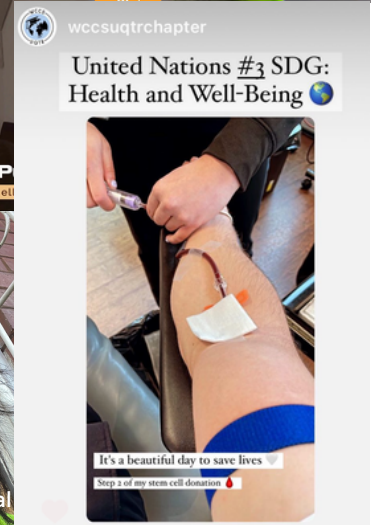
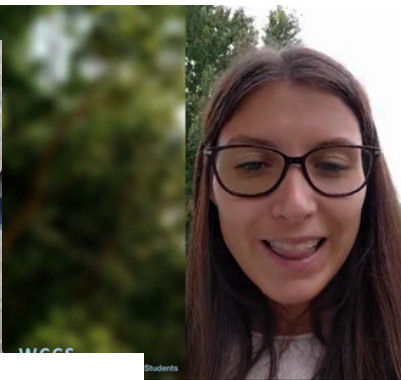
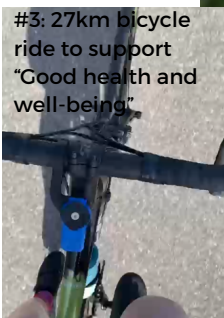
ensure accountability and measure the impact of actions taken to promote sustainable development worldwide.

The WCCS actively supports the SDGs and has chosen 8 goals to focus on and help promote the SDGs. The goals that the WCCS has chosen to focus on is as follows

- # 1. No poverty
- #2. Zero Hunger
- #3. Good Health and wellbeing
- #4. Quality education
- #5. Gender equality
- #6. Clean water and sanitation
- #13. Climate change
- #15. Life on land.



The four regions of the WCCS have been helping create awareness on the current world issues by doing activities to help eliminate these current world issues that affects people all around the world. Thank you to everyone who participated and took action to ensure a better future!



WCCS promotes and encourages blood, plasma and stem cell donation



WFC BIENNIAL CONGRESS 2023, GOLD COAST, AUSTRALIA

(11TH TO 14TH OF OCTOBER 2023)

Our Director of Secretariat will be attending the 17th WFC Conference in Australia this year. The event will be co-hosted by the Australian Chiropractic Association and will have a massive 3-day lineup of speakers, panel discussions and events. Some amazing topics addressing chiropractic from around the world, including presenters from Africa, Canada, Norway, and the Philippines!

For more information check out the WFC FaceBook page, otherwise stay tuned for our next quarterly report where Danielle will be updating you on the favourites from the conference!



WORLD SPINE DAY 2023

(16TH OF OCTOBER 2023)

Join us on October 16, 2023, for World Spine Day! This year's "Move Your Spine" campaign aims to inform about spinal pain and disability in various settings, emphasizing lifelong movement and healthy habits such as practicing caution to prevent strain and embracing healthy habits like weight management and quitting smoking. We're excited for our chapters' awareness ideas! Visit the World Spine Day website for past event inspiration and a chance to win up to US\$600 in the WFC World Spine Day Competition. Check criteria [here](#).

AND HOW DO YOU

- October 16th, 2023 -

