



# QUARTERLY REPORT

June 2025



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# PRESIDENT'S MESSAGE

Greetings for the final time WCCS!

How bittersweet it is to come to this. Thank you all for your contributions, both small and large, to this organization. Without the individual dedication of our delegates we would be far from the organization that you have come to know and love. I would like to extend my sincerest gratitude to the members of the BoD and the ToO for the countless hours of hard work that each of you have invested over this past term of service. Individually each of you are extremely capable, however as a whole you all have become a force of nature. Watching the level of cooperation that occurred over this past term is inspiring to say the least. I know that you all have very bright futures ahead, I am excited to see what kinds of doctors you each become and the impact that this group will have on the chiropractic profession as a whole.

Recently, our Director of External affairs, Florian Allix, represented the WCCS at the WHA 18th biennial conference held in Copenhagen, Denmark. Thank you Florian for your ongoing commitment to representing the WCCS with the highest level of professionalism. We are very fortunate to have delegates like you in our ranks.



**JOSHUA W. BOUDAR**  
PRESIDENT

It just so happens that Denmark is the site of this year's Annual General Meeting, as coincidence would have it. We will be visiting Southern Denmark University in Odense on July 6th-11th for our AGM. The option to register Virtual Delegate closed on the 25<sup>th</sup> of June. Please visit our recelty updated website for more information.

To all those delegates already planning to attend this upcoming AGM, please make sure you're looking at the member page to come prepared. Be ready because this year we have several proposals and new school applications to vote on. Also, make sure to update your resume and/or curriculum vitae should you wish to apply for any positions within the wider ToO. Finally, look at the packing list and dress code carefully as all dress code policies will be strictly enforced.

To all those delegates already planning to attend this upcoming AGM, please make sure you're looking at the member page to come prepared. Be ready because this year we have several proposals and new school applications to vote on. Also, make sure to update your resume and/or curriculum vitae should you wish to apply for any positions within the wider ToO. Finally, look at the packing list and dress code carefully as all dress code policies will be strictly enforced.

Good luck to those currently preparing for exams, congratulations to those preparing for graduation, and have a great summer holiday to those of you in the northern hemisphere or vice versa have a great winter holiday to those of you in the southern hemisphere.

When I began my term of service I shared one of my favorite quotes from the developer of chiropractic, B.J. Palmer, and now it only seems fitting to end my time as president with another quote from his father, the discoverer of chiropractic, D.D. Palmer. "To all who long to elevate the human race by freeing it from ignorance, traditional prejudice, superstition and the pernicious delusions ..." we do what we do here for dreamers like you.





**PREELAN GOVENDER**  
SECRETARY

## SECRETARY

As this term comes to an end, I've been reflecting on what an incredible journey it's been serving as Director of Secretariat on the WCCS Board of Directors. It's honestly been such a privilege to work alongside so many passionate, dedicated students from around the world. I'm proud of what we've achieved together and grateful for the opportunity to be part of it all.

One of the biggest highlights for me was our successful mass meeting, a real testament to the strength and unity within our organisation. It was amazing to see how engaged everyone was and how committed we all are to growing the chiropractic profession through student leadership and collaboration.

Another standout moment for me was attending the African Regional Event. It was inspiring to meet with regional members and leaders, exchange ideas, and see firsthand how much energy and enthusiasm there is for making an impact—both locally and globally. The conversations and connections made there reminded me why WCCS is so special.

As we look ahead to the AGM in Odense, Denmark, I'm genuinely excited to see everyone again in person, to celebrate all we've done, and to keep building on the momentum we've created. These events always leave me feeling motivated and proud to be part of this global community.

Being part of the Board of Directors has been such an honour. I've grown so much through this experience not just in leadership, but also in learning from others, building lasting relationships, and contributing to something bigger than myself. I'll always carry this experience with me and will continue to support the WCCS however I can in the future.

Thank you to every member, chapter, and friend who's been part of this term. Let's keep pushing forward and continue to make a difference together.

# FINANCE

Hello to all WCCS members,

I am pleased to share with you the final financial update for the 2024–2025 year. This year, we successfully reinstated the annual chapter fee to a pre-COVID amount of \$1000 CAD, marking a return to financial stability and continuity. This chapter fee grants each chapter the right to vote at the upcoming 2025 AGM in Denmark.

In addition, financial assistance was provided to support key international representation: our Director of External Affairs, Florian Allix, attended the WFC Biannual Congress in Denmark, and our European Regional Coordinator, Michelle Fontana, represented the WCCS at the WHA. This support was essential to ensuring the presence and visibility of our organization on the global stage.

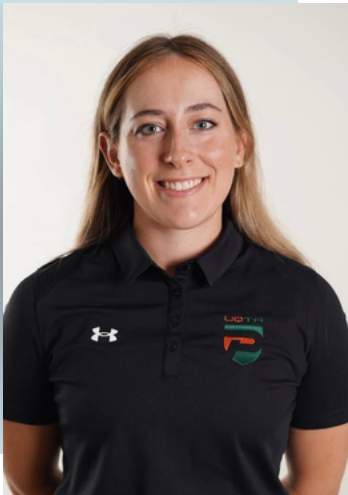
Finally, I am honored to be attending the 2025 AGM myself and truly look forward to meeting you all in person and sharing this incredible experience with you.

Thank you to all chapters for your dedication and active involvement throughout the year — your contributions are the strength of the WCCS.



**DANYKA BEDARD**  
FINANCE





**GABRIELLE NEPTON**  
INTERNAL AFFAIRS

## INTERNAL AFFAIRS

The past quarter has been full of exciting progress within the WCCS community. One of the highlights was the African Regional Event, hosted at the Durban University of Technology (DUT) in South Africa. This gathering brought together students from the region to share ideas, build connections, and strengthen their role in the global chiropractic community. A huge thank you to the DUT chapter for organizing such a meaningful event!

In parallel, the WCCS has been working on a new proposal to support volunteering engagement and expand opportunities for students across our chapters. This initiative will be presented and voted on at the upcoming Annual General Meeting (AGM).

Preparations for the AGM are well underway. We're looking forward to connecting with members in person and online as we review the year's work, elect new leaders, and vote on key proposals.

We're also set to welcome several new chapters at this year's AGM. It's encouraging to see continued interest and involvement from students around the world as we move forward into the next term.

## EXTERNAL AFFAIRS

Hello WCCS, I really hope you're all doing well! I'm thrilled to share some exciting updates on my recent activities with you.

Firstly, we were so happy to make new contacts with colleges in Brazil and the Philippines, as well as the chiropractic associations in Germany and Sweden, at the recent WFC event. These exciting new connections are opening doors to some incredible opportunities for WCCS, and I'm super excited to see what the future holds, especially when it comes to these wonderful international collaborations!

Secondly, I'm delighted to tell you that our WSD link is getting stronger and stronger, which is just fantastic news! It shows how great our network is. And don't forget to post on social networks, following the instructions in the document provided by our director of secretariat. Let's all show the world just how strong and united our community is!

And don't forget – the AGM (Annual General Meeting) is coming up next month in Odense! I really want you to sign up and come along! It's a lovely chance for us all to get together, exchange ideas and actively contribute to the future of our association.

Thank you all so much for your commitment and passion. Let's keep up the good work and make our student association even better!



**FLORIAN ALLIX**  
EXTERNAL AFFAIRS



**DANIELY MENDOZA**  
PUBLIC RELATIONS

## PUBLIC RELATIONS

As I reflect on a full year working as the Director of Public Relations for the World Congress of Chiropractic Students (WCCS), I am filled with immense gratitude. It has been an incredibly busy, yet unbelievably fun and fulfilling journey. From managing a whirlwind of event posts to crafting engaging social media stories that showcase what WCCS is truly about - global unity, leadership, and passion for chiropractic, every moment has been a chance to grow and contribute to something meaningful. Working alongside such a dedicated and inspiring team has made this experience even more rewarding, and I'm so proud of everything we've accomplished together in connecting students worldwide through the power of communication and collaboration.

In addition, let's not forget the upcoming Annual General Meeting in Denmark that is shaping up to be one of the most exciting events of the year for the World Congress of Chiropractic Students! It's an incredible opportunity to connect with WCCS members from around the globe, build lasting friendships, and explore the beautiful sights and culture of Denmark together. Beyond the fun and adventure, this AGM offers a unique chance to learn from fellow chiropractic students, exchange ideas, and grow both personally and professionally. We will also have the privilege of learning from experienced doctors in Denmark, gaining insight into the chiropractic field from a local and international perspective. AGM will be an unforgettable experience filled with inspiration, connection, and learning. I am so excited to see you all there and to share in the amazing memories we'll create together!



# REGION UPDATES



**ESTEBAN LAROCHELLE**  
AMERICAS RC

## AMERICA'S RC

As we now reach the end of this final quarter, the American region has had some updates and a few changes, including the graduation of brand new Doctors of Chiropractic!

First and foremost I'd like to congratulate all of the new graduates from our region, who have worked tirelessly on finishing their studies as well as investing time in their respective chapters. I'd also like to congratulate the members who have been going through exam season at the same time as preparing to get themselves to the AGM this year. Great job!

I'm happy to announce that the American region will be proudly represented by almost a dozen people all heading to Odense, Denmark this July. A few more people, including potential new chapters, will also be joining us online for their first AGM experience. With new chapters and the AGM on the horizon, nothing but excitement to close off this final quarter.



**NIKHITA NATHOO**  
AFRICAN RC

## AFRICA'S RC

As we close off this final quarter, here are some exciting updates from around the WCCS DUT community:

The African Regional Event was a fantastic success, featuring a series of inspiring talks and engaging interactive discussions. Attendees came away energized and connected, making it a truly memorable gathering. We also hosted a highly successful Soft Tissue Workshop, which saw great participation and hands-on learning. Feedback was overwhelmingly positive, with participants appreciating the practical skills and collaborative environment.

A huge thank you to the DUT team for their hard work and dedication in organizing and hosting these impactful events. Your efforts are noted! We're continually inspired by the energy and commitment of our members.

# REGION UPDATES



**TAMIA ABRAHAMS**  
WESTERN PACIFIC RC

## WESTERN PACIFIC

Kia Ora, Konnichiwa, Ni hao, Ya pulingina, Hello! It's a pleasure to report on the progress of the Western-Pacific region! Although we are geographically on the other side of the world, we've certainly been busy over the past few months. This last quarter, we held a successful regional meeting with NZCC. Although meetings with Murdoch University have been limited we have finally made some progress with the chapter head scouting some new talent to take over the running of the chapter. A meeting was held with IMU and CQU as we try to encourage revival of these chapters. This will be an area that will need some work for the incoming West-Pac Regional Coordinator.

NZCC has continued to work diligently and recently hosted a successful Quiz Night! The event was well-attended and was a crowd pleaser.

Unfortunately due to the rigorous academic schedule in this region no regional event was hosted this quarter. Not to fear! There will be a regional event hosted during the next term. It will be back, bigger and better than ever!

I would like to congratulate the Western-Pacific Region on always giving their best and holding on during tough times. It's no secret that this region has struggled with engagement. However there are always those willing to make the effort and it truly shows. It has been a privilege to assist with leading this region this past term and I know that it will not be long before the Western-Pacific will be thriving rather than surviving!



# REGION UPDATES



**MICHELLE FONTANA**  
EUROPEAN RC

## EUROPE

Hello WCCS members,

As we enter the final quarter of the term, many of our students are busy preparing for exam season. Despite the academic rush, our Chapter Heads have continued to meet regularly each month to share updates and collaborate on chapter activities.

Some chapters recently held elections for new board positions, and we were thrilled to welcome several new faces to our monthly Zoom meetings. A warm welcome to our newest leaders—it's exciting to see how you'll shape the future of your chapters and the WCCS community!

In addition, chapters have been actively preparing for the upcoming AGM 2025 in Odense. We're proud to announce that the European region will be represented by five colleges—four attending in person and one joining us online. Even more exciting, two of these colleges will be officially recognized as new WCCS Chapters at this year's AGM. We can't wait to celebrate this milestone with them!

On another note, the Biennial WFC Congress took place in Denmark during the second week of May, and we're proud that several WCCS members were able to attend and take part in such an important event for the profession.

Best of luck to everyone on your upcoming exams—you've got this!

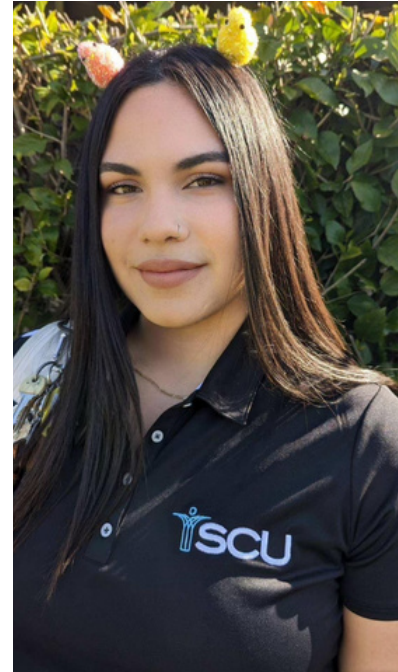
# COMMITTEES UPDATES

## LEGISLATIVE COMMITTEE

As we approach the close of a rewarding year working in the ToO, we get to witness the culmination of all our hard work here at LC. Following the AGM, we will be thrilled to see the efforts put forth for the enhancement of WCCS. Our primary goal for the past quarter has been to complete the proposals that our congress will vote on this year in order to guarantee its continued growth and advancement.

To my fellow members of the legislative committee, I would like to express my gratitude for our productive sessions and joint efforts to amend the SOPPs and bylaws from the previous AGM. Additionally, I am aware that the management and input relating to these new proposals have been extremely demanding, thus our LC members have been working hard to finish this on schedule and with the proper formatting.

As we count down the days for the upcoming AGM, I reflect on the journey that I have been apart of here within WCCS and I can do nothing but smile and see the smiles of all of the friends and colleagues I met along the way. I have been blessed with so many meaningful connections and friends, I have so much love and gratitude for the opportunity for our chapter to have been accepted into the WCCS and to be able to travel across the globe and represent the career I have so much love for on top of that! I was a pleasure, and I look forward to fulfilling my first full year as a committee member, thank you!



**CAMRYN ARLEDGE**  
LC CHAIR



# COMMITTEES UPDATES

## LC SECRETARY

Hello everyone,

We are pleased to announce that the legislative committee is nearly finished finalizing the six proposals that will be presented at this year's AGM in Odense. We have put in significant effort to ensure these proposals are ready, and we hope that those that are accepted will contribute to the continued success and development of the WCCS in the future.

I can't wait to see you all at the AGM!



**MEGAN GALINAS**  
LC SECRETARY



**LAURINE BARBIER**  
LC EDITOR

## LC EDITOR

Hello everyone,

We have finished drafting and revising our six new proposals, which will be voted on at the annual general meeting. It was a long process that the three of us worked on together, and I was delighted to do it with these two incredible women. We hope that our proposals will be well received at the AGM.

It was a pleasure to work with all these wonderful people this year !

# COMMITTEES UPDATES

## WORK ABROAD COMMITTEE

Dear Members,

Are you interested in international chiropractic practice? The Work Abroad Committee is actively gathering and organizing information on the processes and requirements to practice chiropractic in countries around the world. Our goal is to create clear, accessible resources to support students and graduates pursuing careers abroad.

As we continue this important work, we're looking for motivated members to join the committee. Whether you have personal experience, research skills, or just a strong interest in global mobility, your contribution can make a meaningful impact.

If you'd like to get involved, please reach out to Gabrielle Nepton, Director of Internal Affairs, at [internalaffairs@wccsworldwide.org](mailto:internalaffairs@wccsworldwide.org). Gabrielle will be happy to provide more details on how to join and support the committee's ongoing initiatives.

We look forward to collaborating with members who share our vision of expanding opportunities and simplifying access to international chiropractic practice.

## CHAP

The Chiropractic Humanitarian Assistance Program (CHAP) is committed to supporting chapters in delivering meaningful community service. Through outreach and education, CHAP helps promote awareness of spinal health and the role of chiropractic care in improving quality of life.

This year, the committee encouraged chapters to engage in impactful service projects, ranging from public education to hands-on events, that strengthen local communities and increase understanding of chiropractic values. CHAP also continues to collaborate with World Spine Care, combining efforts to promote spinal health on a global scale.

We are truly grateful for the dedication and involvement of all the chapters and individuals who contributed to CHAP initiatives over the past year. Your work has made a real difference.

Looking ahead, we hope to expand our reach and impact even further. With continued collaboration and fresh ideas, we're excited about the opportunities that are ahead in the coming year. If your chapter is planning a project or looking to get involved, CHAP is here to support and guide you.

# COMMITTEES UPDATES



Hey everyone!

We're thrilled to share some exciting updates straight from the WCCS Marketing Committee, it's been a creative whirlwind and we can't wait to let you in on all the action!

## **WCCS Member Recruitment Presentation**

We've launched a visually engaging presentation designed to supercharge member recruitment! This toolkit is packed with everything chapters need to inspire future chiropractors, think bold visuals, a clear mission, powerful testimonials, and all the perks of being part of the WCCS family. We encourage all chapters to put it to good use and spark some fresh enthusiasm!

## **2025 AGM Logo, Content & Video Projects**

Things are heating up for the 2025 Annual General Meeting in Denmark! To build momentum, we're rolling out exciting videos, social media posts, and digital content to highlight not just the AGM, but the worldwide impact of WCCS. Expect behind-the-scenes footage, member stories, and much more. Want to join the fun? Join us at AGM and learn more on how to get involved! Everyone's welcome, whether you're a video-editing pro or just love creative brainstorming!

## **Videography in Action**

This year, we've captured highlights from student events, spotlighted member experiences from around the world, and created posts to promote key campaigns like World Spine Day and our SDG initiatives. Our team is growing, and we'd love your help to make our content even more dynamic, so bring your ideas, your phone cameras, or your editing skills and get involved!

## **Join the Marketing Movement**

We're looking for passionate, creative minds to help shape our global voice. If you have a flair for branding, social media, storytelling, or simply love sharing the WCCS mission, we want to hear from you. This is your chance to help drive campaigns that make a real impact—on campus, across continents, and around the chiropractic world.

## **Let's Connect!**

Want to get involved? Reach out to us at [publicrelations@wccsworldwide.org](mailto:publicrelations@wccsworldwide.org) or send us a DM on Instagram [@wccschiro](https://www.instagram.com/wccschiro). Whether you're into designing graphics, scripting videos, managing social media, or anything in between—there's a place for you on our team! Let's make some noise, tell our story, and take the WCCS brand to exciting new heights together!



# WCCS UPDATES AND ACTIVITIES

## BIG BROTHER PROGRAM

Dear Members,

Over the past year, the Big Brother Program has continued to bring chapters together, both within regions and across the globe, to share chiropractic experiences and learn from one another.

Through these connections, members have supported each other by discussing challenges, celebrating successes, and exchanging fresh ideas. The program created a space where knowledge and experiences flowed openly, benefiting everyone involved.

We sincerely thank all members for their participation and engagement throughout the year. A special thanks also goes to the regional coordinators for their dedication and support in making the program run smoothly.

The program performed very well this year, and we hope it made a positive impact on all participants. Looking ahead, we are optimistic about continuing to grow and strengthen this community in the coming year.

We encourage chapters to continue embracing this opportunity to connect, grow, and enhance their chiropractic journeys together. Your involvement truly makes a difference!



# WCCS UPDATES AND ACTIVITIES



## BIMONTHLY SPEAKER SERIES

Dr. Michele M. Maiers, DC, MPH, PhD, is a leading figure in chiropractic research, education, and policy. She serves as Executive Director of Research & Innovation at Northwestern Health Sciences University in Minnesota and is Co-Director of the RAND REACH Center, advancing collaborative research in integrative health.

Her impressive career includes serving as:

- President of the American Chiropractic Association (ACA) the first woman to hold the post
- Vice President and longstanding Board Member of both the ACA and World Federation of Chiropractic
- A fellow of the International College of Chiropractors and active advocate with the American Public Health Association.

Dr. Maiers is a prolific researcher focused on non-pharmacological interventions such as spinal manipulation and exercise for spine-related conditions among older adults. Her work emphasizes pragmatic clinical trials that shape patient-centered care and inform health policy.

She was recently honored with the 2025 McAndrews Memorial Pioneer Award by the NCMIC Foundation for her impact in chiropractic research. Her talk, "Knowledge is Power: Leveraging Research to Advance Chiropractic," was well received. As the final event of the term, we waived all fees and opened it to everyone.

# WCCS UPDATES AND ACTIVITIES

## **All Chapter Meeting:**

We are so pleased to tell you that WCCS has recently hosted a global online meeting. The aim of the meeting was to strengthen engagement and outreach, and it was a great success!

The World Congress of Chiropractic Students (WCCS) recently held a worldwide online meeting. This was to introduce the organization's mission, structure, and key functions to students across the globe.

It was so lovely to see everyone at the virtual event, and it was so great to connect with potential new chapters, strengthen ties with current members, and ensure a clear understanding of the various roles and responsibilities within the WCCS.

One of the main things the meeting was all about was to make the WCCS Annual General Meeting (AGM) – the association's flagship event – feel more accessible and welcoming. We were so happy to be able to tell the participants all about the purpose of the gathering, what happens during it, and why it's such an important part of WCCS life. Overall, the AGM is going to be amazing! We've got leadership elections, educational workshops and international networking, so you'll grow both personally and professionally. It's truly inspiring to see the WCCS expanding its global reach and empowering the next generation of chiropractic leaders through this initiative.





# WCCS UPDATES AND ACTIVITIES



**FLORIAN ALLIX**  
EXTERNAL AFFAIRS

## **WFC Summit:**

I, Florian Allix, Director of External Affairs for the World Congress of Chiropractic Students (WCCS), recently attended the World Federation of Chiropractic (WFC) Congress in Copenhagen, where I had the privilege of representing the association on the international stage. This event brought together chiropractic professionals, researchers, and academic leaders from around the world, offering a unique opportunity for rich and inspiring exchanges. I highlighted the value of engaging with school directors and professionals from various countries, sharing ideas and best practices that will undoubtedly benefit the WCCS.

One of the standout moments of the congress was the interactive workshops, which explored current challenges and future directions in chiropractic. I also presented several of the WCCS's key initiatives, which sparked significant interest among attendees.

I would like to emphasize the importance of building international connections and encourage students to participate in global events like this, stressing the immense value for both personal and professional development. To conclude, I want to invite students to attend the upcoming WCCS AGM in Odense to experience these opportunities for themselves.

# WCCS UPDATES AND ACTIVITIES

## UPCOMING EVENTS

### ANNUAL GENERAL MEETING 2025

Preparations for the 2025 Annual General Meeting (AGM) are nearing completion. Hosted by the WCCS SDU Chapter in Odense, Denmark. This year's AGM promises a rich and engaging experience for attendees from around the world.

Scheduled to take place from July 6th to 11th, 2025, the event will feature a diverse program including internationally recognized speakers, evidence-based presentations, and hands-on clinical workshops. Activities will be held throughout the city, offering participants the chance to explore Odense while engaging with the global chiropractic student community.

The organizing team has been working diligently to ensure a professional and memorable event. The WCCS extends its appreciation for their commitment and efforts.

Registration for the AGM is now closed. Those who have registered are encouraged to stay updated via the official WCCS website and social media channels for any new announcements or logistical information.

The WCCS looks forward to welcoming its members to Odense for a dynamic and inspiring AGM.



# WCCS UPDATES AND ACTIVITIES

## PAST EVENTS

### **AMERICAN REGIONAL EVENT 2025**

From March 7–9, Cleveland University–Kansas City (CUKC) hosted the 2025 American Regional Event in Overland Park, KS, with five schools participating—three in person and two virtually. Highlights included volunteering at Harvesters, visiting the Nelson-Atkins Museum, and touring Dr. Thomas Adams’ practice. Delegates discussed AI in marketing, insurance issues, and referrals, while enjoying Kansas City barbecue.

Sunday’s debrief celebrated the event’s success and built excitement for the upcoming AGM in Denmark. Thanks to all delegates, sponsors, CUKC, and the American Black Chiropractic Association!

### **EUROPEAN REGIONAL EVENT 2025 - ZURICH, SWITZERLAND**

From March 21–23, the WCCS European Regional Event in Zurich united chiropractic students and professionals from across Europe for a weekend of learning and connection. Attendees from several schools took part in lectures, workshops, and hands-on sessions.

Highlights included talks on spinal disorders, pediatric care, and technique adaptation, plus workshops on Gonstead analysis, light therapy, and muscle testing. Social activities featured a city tour, anatomy lab visit, and a trip to the Lindt Chocolate Factory.

Thanks to all organizers, speakers, volunteers, and sponsors for making this inspiring, collaborative weekend possible!

### **AFRICAN REGIONAL EVENT 2025**

April 25-26, 2025 | DUT Hotel School, Durban

Hosted by the WCCS DUT Chapter, the 2025 African Regional Event brought together chiropractic students from DUT and UJ for two days of leadership, innovation, and cultural exchange. Event Highlights included keynotes from Dr. Grant Harper, Dr. Justin Henry, Prof. Richard Brown, and Dr. Matt Kay, plus sessions on sports chiropractic, public health, orthotics, and ethics. A hands-on adjustments workshop boosted clinical skills and confidence.

The event was a resounding success blending inspiration, education, and student empowerment. Thank you to all the speakers, sponsors, organizers, and participants who helped make it impactful!



# MEMORABLE MOMENTS AND ACTIVITIES





# WCCS UPDATES AND ACTIVITIES

## MEMBERSHIP SPOTLIGHT

Hello, my name is EJ Alter, and I'm in my fifth and final year at the New Zealand College of Chiropractic. In our final year of training, we are senior interns building our own practice bases within the NZ Chiropractic Centre. This is where we develop our skills as healthcare professionals, effective chiropractors, and future, competent business owners—with the help of our amazing team of CAs and guiding mentors.

As part of our program, senior interns have the incredible opportunity to be externs, where we visit places like Coca-Cola, teen parent units, and even international placements such as Rarotonga. This November, I will graduate and continue to serve my community in the Auckland/northern region.

### Why did I choose to become a chiropractor?

I believe chiropractic chose me. It's a profession that reflects all I want to be—not only as a professional but also as a person. When I first discovered it, I was an athlete dealing with injuries. Taping and resting were no longer enough to keep them at bay. I was searching for a remedy for my pain and concussions, and I found a career that is truly an art, a science, and a philosophy of life. Chiropractic has become the way I use my knowledge and skills to serve my community. It allows me to do the most good in the world without being limited by place or schedule. All I need in order to be a chiropractor is my hands and the belief that the body knows how to heal.

I joined the WCCS two years ago as chapter treasurer, looking to expand on the skills I gained in our college's CSA. WCCS has long been a key part of NZCC's culture, though it was disrupted by the global shutdown. However, I was inspired by mentors who spoke highly of their WCCS experiences, I wanted to help bring that connection back.

In early 2024, I stepped in as acting president and was later formally voted in. With the support of my amazing team—Tesarla, Phoebe, Marcus, and Chris—we revived signature events like Trivia Night and Dinners with Docs, helping to re-energize the WCCS community at NZCC. WCCS has helped me ask deeper questions, build meaningful connections, and see chiropractic from a global perspective.

### My advice to new members:

Set bold goals, share them, and surround yourself with people who believe in them. Building clubs and fundraising isn't easy, but it's deeply rewarding. This isn't just a club—it's a space to grow, lead, and make memories that last a lifetime.



**EJ ALTER**  
NEW ZEALAND  
COLLEGE OF  
CHIROPRACTIC

# WCCS UPDATES AND ACTIVITIES

## ALUMNI SPOTLIGHT

Hi, my name is Zeenat Hoosen. I graduated with my Bachelor of Health Science in Chiropractic from Durban University of Technology (DUT) in 2024. I am currently completing a Master's in Chiropractic at DUT.

### Why Chiropractic?

Why not chiropractic? It has captivated me from the very beginning of my academic journey. While my curiosity is driven by the in-depth exploration of the neuromusculoskeletal system, my true inspiration stems from chiropractic's ability to show compassion by relieving patients of their pain and limitations. Every long day and late night spent developing my skills and knowledge has only reinforced my mindset of continuous growth and fostered a passion for lifelong learning.

### Getting Involved with WCCS

I first connected with the World Congress of Chiropractic Students (WCCS) at my very first AGM in Johannesburg. Meeting students from around the globe, sharing perspectives and experiences, and discovering diverse chiropractic pathways opened my eyes to the endless possibilities WCCS offers. It goes beyond education, providing a vibrant space for both personal and professional development.

### Leadership Roles

I've served as Vice Chair (2023) and Head Chair (2025) of the DUT Chapter, helping coordinate events and workshops that brought passionate students together for collaboration and growth.



**ZEENAT HOUSEN**

BACHELOR OF HEALTH  
SCIENCE IN CHIROPRACTIC  
DURBAN UNIVERSITY OF  
TECHNOLOGY 2024

### Benefits of WCCS Involvement

WCCS has been a transformative journey—connecting me with peers worldwide, building leadership skills, and expanding my view of chiropractic. Organizing events like AGMs has shown me the value of unity and strengthened my confidence and commitment to the profession.

### Advice for Members & New Graduates

Engage with purpose by attending meetings, volunteering for committees, and connecting with your peers. Embrace leadership by stepping into roles—every role, no matter the size, is vital for personal growth and building confidence. Prioritize lifelong learning by using WCCS as a platform for professional development, and take the time to discover what you truly want from your chiropractic journey. Practice generosity, as every kind deed enriches your personal growth and enhances the collective experience—strengthening both WCCS and the chiropractic profession as a whole.

# EXTERNAL ORGANIZATIONS

## APC JOURNAL

An inspiring article titled "The Reality of Balancing Life as a Chiropractic Student and a Student-Athlete" by our Director of Internal Affairs, Gabrielle Nepton, was recently featured in the Asia Pacific Chiropractic Journal.



This well written editorial published in APC Journal offers insight regarding time management and perseverance. This article explores the challenges that arise with chiropractic students as active athletes during the duration of their chiropractic education. This article is a must read!

Our Director highlights how time management, perseverance, and adaptability is crucial for success. This article gives students real-world experience that everyone can relate to during their education.

Why it matters: "Just as every golf shot requires focus, precision, and intention, every patient interaction will demand my undivided attention and care". This article is a powerful reminder that these skills strengthen both careers and communities.



**WCCS**  
World Congress of Chiropractic Students

## The Reality of Balancing Life as a Chiropractic Student and a Student-Athlete

# EXTERNAL ORGANIZATIONS

Gabrielle Nepton

**Indexing terms:** Chiropractic; World Congress of Chiropractic Students, WCCS; time management; perseverance; adaptability

## Introduction

With the demanding schedule of a chiropractic student, it's easy to assume there's no time for anything other than studying. At the *Université du Québec à Trois-Rivières* (UQTR) in Canada, a regular university student usually takes five courses per semester, for about 15 hours of classes per week. In comparison, a Chiropractic student at the same university averages 11 courses per semester.

This translates to approximately 29 hours of classes weekly for a third-year student and this doesn't even include internship hours. That's nearly double the time spent in class, and we haven't even started talking about studying yet!

However, somehow, we make it work. I often remind myself that many have walked this path before me, and many will follow. This mindset makes even the most overwhelming challenges seem achievable.

To give you some context, I am a third year Chiropractic student who works, plays sports for my university and is involved on the board of directors for the *World Congress of Chiropractic Students*. How can one possibly fit in work, participating in sports, having a social life and even sleep into such a packed schedule? For me, the answer lies in efficiency and integration. I work at the campus sports centre, which also happens to be where I train. This setup allows me to maximise my time by fitting in a workout right before or after my shifts. The convenience of having the gym on campus is a bonus, making it easier to stay consistent.

Of course, my involvement in sports doesn't stop there. I'm also on the university golf team, which adds another layer of responsibility. People often say golf is the perfect sport for Chiropractic students, and they're not entirely wrong. During the first three years of the program, we have summers off from school, giving me ample time to focus on my training.

To provide more context, in Quebec, Canada, the golf season is relatively short, limited to the summer with a brief window in late spring and early autumn, if the weather permits. This means our university tournaments are concentrated at the beginning of the academic year. I'll admit that balancing golf tournaments with the start of a new semester can be challenging. Missing several days of classes in September isn't an ideal way to begin the year and it does create obstacles to staying on track academically. What's more, the tournaments themselves bring unique challenges.

... Time management, perseverance, and adaptability are skills I'll carry with me into my future Chiropractic practice...





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After spending 10 hours on the golf course, my teammates and I often find ourselves in a nearby café, books spread out, studying late into the night to prepare for upcoming exams. It's a delicate juggling act, but one that we have learned to manage.

I count myself fortunate to have a strong support system, including understanding professors and helpful classmates. Whether it's sharing notes, explaining complex concepts, or offering encouragement, their support has been invaluable. I am deeply grateful for their generosity and patience.

While academics and sports demand a lot of focus, it's also important not to forget the social aspect of university life. These are incredible years, some would even say the best of our lives. It is essential to take time to enjoy moments with friends and to build connections that can last a lifetime. This is what initially drew me to the *World Congress of Chiropractic Students* (WCCS).

The opportunity to connect with Chiropractic students from around the globe and to learn about how Chiropractic care differs from one region to another was incredibly appealing. I consider myself fortunate to be part of this organisation and to have the chance to contribute. Taking time to get involved in such initiatives is, in my opinion, just as important as academic success.

From the very start of our Chiropractic education, we are taught the importance of both physical and mental health, not just for our future patients, but for ourselves as well. Maintaining a healthy lifestyle through sports like golf helps me stay focused and energised. It's a constant reminder that physical activity is not a distraction, but an essential pillar to my pursuit of success in body and mind.

Being a student-athlete has also taught me lessons that extend far beyond the classroom or the golf course. Time management, perseverance, and adaptability are skills I'll carry with me into my future Chiropractic practice. Just as every golf shot requires focus, precision, and intention, every patient interaction will demand my undivided attention and care.

By sharing my experiences, I hope to inspire other students to pursue their passions alongside their studies. It's not always easy, but with determination, creativity, and the right support, it's absolutely possible.

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## PARTNERSHIP ORGANIZATIONS



The Asia Pacific Chiropractic Journal along with its editor Dr Phillip Ebrall, a WCCS alumn, have been avid supporters of the WCCS and continuously and consistently afforded the WCCS the opportunity to publish editorials authored by WCCS members in the journal. The APCJ is been instrumental in the continuity of the WCCS and

we are extremely grateful for this platform upon which student voices may be heard. We look forward to working with the APCJ for many years to come. The WCCS has contributed to the journal each quarter. All WCCS editorials may be viewed under the WCCS tab in the journal or may be found on the WCCS website. Happy reading!



The International Federation of Sports Chiropractic is an international specialty chiropractic organisation working to make chiropractic care accessible to all athletes around the world. The FICS student clubs and student commission have engaged with the

WCCS over the term to strengthen our relationship and educate members on sports chiropractic by offering to present at our AGM and all AGM's for the foreseeable future. We thank our former public relations director and current FICS student commission liaison, Dr Tagari, for engaging with us.



The Global Health Workers Network youth hub is a subsidiary of the World Health Organisation. The WCCS is an active member of the youth hub steering committee and is actively involved in youth advocacy. The relationship between the WCCS and the GHWN Youth Hub allows the WCCS access to many youth advocacy toolkits and research participation opportunity. It also allows us to

foster interprofessional relationships with members of adjacent healthcare professions and gives our members access to global health seminars. The WCCS is committed to increasing its involvement with the youth hub as the WCCS continues to grow its membership.



The World Federation of Chiropractic is an international chiropractic organisation and has supported the WCCS for many years. Firstly, we take this opportunity to thank Dr Richard Brown

for continuously supporting and advising the WCCS. We congratulate Dr Kendra Da Silva on her new position as WFC president and wish her the best of luck in this role. Dr Da Silva has been a champion of the WCCS for many years and has supported the organisation both locally, in her home country of South Africa, and internationally. This year the WFC has graciously extended an invitation to the WCCS to attend the World Health Assembly as part of its delegation and have generously chosen to be a sponsor for the AGM. The WFC have played a vital roll in ensuring the continuity of the WCCS.



We are extremely proud of our Director of Public Relations for attending the IFMSA Youth preWHA event. Ms Fontana has shown great passion for interprofessional collaborations as is seen by the effort made to foster good relations with the International Federation of Medical Students Association (IFMSA). We hope to continue the relationship with IFMSA and start working on joint projects in the future.