



# WCCS

World Congress of Chiropractic Students

## Empowering communities through Chiropractic: The impact of giving back

---

Preeelan Govender

---

**Indexing terms:** Chiropractic; World Congress of Chiropractic Students, WCCS; Community engagement.

### Introduction

**A**s Chiropractors and Chiropractic students, our role extends far beyond the confines of a clinic or classroom. We are part of a larger healthcare ecosystem and have the unique opportunity to make a lasting impact on our communities. Giving back is not just a noble endeavour, it is an essential aspect of our profession that reinforces the core principles of Chiropractic care such as service, healing, and holistic well-being.

Community engagement allows chiropractors to connect with people on a deeper level, fostering trust and awareness about the benefits of chiropractic care. Many individuals remain unaware of how Chiropractic can help with pain management, mobility, and overall wellness. By participating in outreach programs, free health screenings, and educational workshops, we can bridge this gap and empower people with knowledge that may transform their lives.

For Chiropractic students, involvement in community service provides invaluable experience. Volunteering at events, assisting in wellness programs, and participating in public health initiatives expose students to real-world patient interactions, enhancing their clinical and interpersonal skills.

*... By dedicating time and effort to community service, we uphold the true essence of Chiropractic...'*



Access to healthcare remains a significant challenge in many communities, particularly in underserved areas. Chiropractic care, with its emphasis on non-invasive, drug-free treatment, can serve as an essential component of holistic healthcare. By offering free or discounted services to those in need, chiropractors can help alleviate pain and improve quality of life for individuals who may not otherwise afford care. Students can get involved by organising community outreach events, working with local shelters, or partnering with other healthcare providers to offer interdisciplinary care. These experiences not only contribute to the well-being of others but also shape students into compassionate and socially responsible practitioners.

Engaging in service based initiatives builds leadership, teamwork, and communication skills, qualities that are crucial for a successful Chiropractic career. Additionally, community service enhances one's reputation and credibility, positioning chiropractors as trusted healthcare professionals within society. Many Chiropractic students and professionals find that their most rewarding experiences come from making a difference in people's lives. Whether it's helping an elderly person regain mobility, educating youth about spinal health, or supporting an athlete's recovery, these moments reaffirm why we chose this profession in the first place.

By actively giving back, Chiropractors and students serve as role models for future generations of healthcare providers. Demonstrating a commitment to service encourages young professionals to embrace the responsibility of using their skills for the greater good. Chiropractic institutions and student organisations, such as the *World Congress of Chiropractic Students (WCCS)*, play a critical role in fostering this culture of service by promoting community involvement among students worldwide, by actively engaging in SDG week and using our CHAP (Chiropractic humanitarian assistance program ) committee to promote community service and giving back.

Chiropractic is more than just a career it is a calling to serve, heal, and uplift those around us. Giving back to the community strengthens the profession, improves public health, and creates meaningful connections that extend beyond the treatment room. Whether you are a seasoned Chiropractor or a student just beginning your journey, embracing the spirit of service will not only enrich the lives of others but also leave a lasting legacy of care and compassion.

By dedicating time and effort to community service, we uphold the true essence of Chiropractic, which helping people live healthier, pain free lives, one adjustment at a time.

*Everybody can be great, because everybody can serve*

*Martin Luther King Jr.*



**WCCS**  
World Congress of Chiropractic Students

Inspiring Unity.  
Respecting Diversity.  
Leading with Integrity.

**Preelan Govender**

BHSc (Chiropr), MHSc(Chiropr)(c)

Durban University of Technology  
Durban, South Africa

Director of Secretariats, WCCS  
[secretary@wccsworldwide.org](mailto:secretary@wccsworldwide.org)

---

Cite: Govender P. Empowering communities through Chiropractic: The impact of giving back [WCCS]. Asia-Pac Chiropr J. 2025;5.4.  
[www.apcj.net/papers-issue-5-4/#GovenderCommunities](http://www.apcj.net/papers-issue-5-4/#GovenderCommunities)

Note: All contributions from the WCCS are gathered at [apcj.net/WCCS](http://apcj.net/WCCS)  
Email to [president@wccsworldwide.org](mailto:president@wccsworldwide.org)