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Happy New Year! It’s been a year to remember, but we are ready for a new leaf from which to grow. I hope everyone was able to spend time with loved ones and stay safe this holiday season as various parts of the world move through the 2nd and 3rd waves of the COVID-19 pandemic.

It has been a hard time for students, especially those in health care, whether it be students entering their first year of school, those trying to finish up their clinical placements, and those newly graduated making their way into practice. Trying to establish patient trust and good relationships with peers and colleagues in the wake of the pandemic has been a challenge none of us were prepared to navigate. However, this has also been a time during which we are able to reflect on the opportunities we have been given, the support systems we have in place, and where our priorities lie.

The pandemic has posed various obstacles that we have continually been facing as an organization, as has every other organization. We have made the transition to online AGMs and regional events, while trying to maintain student engagement with case discussion series and social events to keep people networking. Currently, we are battling burnout and Zoom fatigue in our student populations, striving for meaningful interaction and consumables that find a balance for those struggling.

To meet this need, we have started an online discussion series for members and students across the globe to engage with each other.

Along this avenue, our regional coordinators have transitioned our godfather program, which is a program used interregionally to pair chapters together to learn and network, to a cross regional program so that chapters can network similarly to in person events with those furthest from them both geographically and culturally. It’s been an interesting year, but we are hopeful our members and the profession continue to strive for good health and well being of our global populations, and continue to support each other and other health workers. Be safe and stay well,

Dr. Jordanne Buote
President
The Director of Internal affairs has been working closely with the Regional Coordinators (RCs) as well as the Committee Heads ensuring a smooth transition and continuation of online networking.

Several events have transpired since the previous online AGM, each being held on a new online platform. World Spine Day as well as the Act4SDG’s Campaign that WCCS participated in, both were online with minimal contact between our members. Because our networking has been transitioned to an online platform, WCCS has implemented two different things that contribute to our networking and our global outreach; The Godfather Program and monthly speakers with member discussions.

The monthly events with speakers and open discussions expose our members to new perspectives from chiropractic leaders around the world. The Godfather Program is special because it connects a couple of chapters from all different regions in a way they have not connected before. It allows the chapters open discussion in an informal setting to share and collaborate on events and issues that are unique to them. Overall, it has been a lot of learning and growing with the new online events and online networking.

This quarter has been quite an interesting one for the African region. We kicked it off by working on the United Nation’s ACT4SDG’s campaign at both UJ and DUT. UJ focused on goal #2 (Zero hunger) and goal #3 (Good Health and Well-being). DUT highlighted Goal #3 and goal #13 (Climate Action).

We then celebrated World Spine Day by getting Back on Track hosting a Pilates class on the beach, sharing study tips, as well as a widespread 7 day online competition and a virtual run. Both universities are committed to hosting various fundraisers and charity events throughout each quarter and have both been working hard to maintain a strong social presence. In the midst of this, both Universities started writing the end of year exams and the students who participated and planned these activities worked incredibly hard so a shout-out must go out to them!

Both schools are looking forward to what 2021 has to hold and the African region looks forward to facing and learning from any challenges it may bring! We wish all the WCCS members a wonderful festive season and may 2021 bring you a lot of joy and success!
Americas region has been quiet amidst the pandemic, every chapter and educational institutions facing their own unique challenges depending on their location, and the severity of local government lockdowns. All the Head Delegates are trying their hardest to motivate their members and gain new members during this difficult time with strict rules on if clubs are allowed to meet and not having on campus learning.

The last regional call of 2020 was Sunday, December 27, during which we started planning speakers for the 2021 America Regional event, as well as discussing possible dates for the event. Stay tuned for more details!

Like all, this has been a difficult time for the West Pacific Region. With the country’s hard state border restrictions being lifted for the festive season it has been a delight to see the sudden spike in travel as holidays have suddenly been planned and executed. There still has been little progression for the region as the restrictions have held back students and their Chapter’s activities. Fortunately, some chapters have been able to hold small online events or raffles.

Our Regional Event is projected to be in early March with an online setting, we hope we can really make a voice and reignite the motivation for students and chapters to make 2021 a great year! Now being the middle of our summer, we are recuperating with our time off. We look forward to discussing what this past year has taught us and what we can still do to reach out to our members and students. Our next chapter meeting will be early January, with goals to make this year more exciting and engaging for our region.
The universities in the European region have faced many challenges as Corona has turned our world upside down. However, the chapters have risen to face those challenges and continue to share their vision of chiropractic and the WCCS.

Over the last months, each chapter elected a new board, recruited new members and took steps to adapt to the current situation, including hosting chapter meetings and local events online. They further contributed to WCCS events such as the Monthly discussions and The Godfather Program, which offer great amounts of food for thought and possibilities for personal growth and international chapter collaboration. As contribution for the Sustainable Development Goals - Week of Actions and the World Spine Day, the chapters within Europe organized activities ranging from Possibilities to get Back on Track to online activity and meditation events as well as a discussion series with four amazing speakers.

The main event to strengthen connection and collaboration between the chapters and spread the WCCS values was the Regional Event 2020. This year's event was hosted by the WCCS Chapter at the Institut Franco-Européen De Chiropraxie (IFEC) in Toulouse and, for the first time, available to every chapter internationally through Zoom. The convening team did exceptional work to put this amazing event together! It incorporated social activities and movement classes as well as interesting discussion topics and amazing speakers – a fantastic event full of diversity and fun! Well done!!

After a well-deserved Christmas Break, the European chapters will return in January ready to get involved with upcoming events including the Annual General Meeting 2021 in Wales and the Regional Event 2021 in Zürich. We are looking forward to it!
As Director of External Affairs this past year, my goals have been centered around increasing awareness of chiropractic globally, forming interprofessional collaborations and relationships with different healthcare and student organizations. This was to ensure that our own organization was able to partake in the activities to make those goals a reality.

There were, of course, plans to attend events and conferences where these types of collaborations are often formed and that unfortunately all came to a halt. It has been a perplexing time and it feels as though I have not accomplished much in this position under the circumstances of the Covid-19 pandemic. However, it is always comforting to know that I was not the only one feeling this way. In my virtual interactions with student led and other healthcare, it can be noted that we have all been facing struggles, whether they be academic, financial, or health related. It has been inspiring to see how we have rallied together despite our differences to lean on for support in these times.

I am proud to say that even though 2020 did not plan out how most of us expected, students were able to contribute to the fight against the COVID-19 pandemic. There are several working groups, research teams and future healthcare workers doing their part and it’s pretty epic to see chiropractic and some of our very own WCCS members be a part of that. 2021 is looking bigger and brighter and I cannot wait to see you all there. Until then, stay safe.

It has been a pleasure thus far to be Director of Secretariat for such a motivated and organized Board of Directors. I am proud to say that despite the challenges of this year, I feel that the BoD has continued to make great progress. Credit must also be given to our incredible members, as they have persevered through these tough times to keep their chapters, and themselves, motivated.

During this time, communication and engagement with our members has been a top priority. I hope that those members who were able to attend our discussion series events so far have enjoyed this. I was incredibly impressed by the European Regional Event this year, which wonderfully overcame the challenges of online events.

I look forward to 2021, our online AGM hosted by WIOC, and much more to come. The WCCS is here to support its members, and as always I highly encourage everyone to reach out.
The first half of my term as your finance director has focused on strategizing to recover losses associated with the ongoing COVID-19 pandemic. The alterations to our 2020 AGM and remaining Regional Events to allow virtual participation, resulted in financial losses and restraints on fundraising that have not before been faced by our organization.

Following the successful online platform transformations to AGM 2020 and this summer’s African Regional Event, we were able to plot out an informed path forwards for the European Regional Event.

Thanks to a tremendous Convening Team at IFEC Toulouse, this event was attended by over 100 participants, not only from our European region but across the world. We hope to carry this momentum forward, in an effort to engage our broader global chiropractic community in educational and professional development events that are online-accessible and sensitive to the financial strains faced by our young professionals.

Public Relations has a huge part in keeping our organization connected with everyone, especially during COVID-19. This involves interaction between chapters, non-members and the Team of Officials through social media — utilizing the feedback to better serve one another.

Some of the main goals of public relations are to create, maintain, and protect the organization’s reputation, enhance its prestige, and present a favorable image. We attempt to educate the public regarding the freedom of speech in our platform and the importance of bringing various perspectives that encourage critical thinking and help develop the future leaders of the chiropractic profession.

A lot of work goes into all our social media platforms and it requires a team to make sure it is kept to standard.

If you would like to learn more about marketing and/or would like to help online strategies, reach out to publicrelation@wccsworldwide.org, we would love to hear your input and feedback.
World Spine Day highlighted the importance of spinal health and well being. It promotes physical activity, good posture, responsible lifting and healthy working conditions as people are encouraged to look after their spines and stay active.

World Spine Day 2020 focused on getting people BACK ON TRACK to revitalize their spines and restore spinal health and well being.

We had an online Pilates session and we would like to thank our instructor Talitha Marx for bringing us together to sweat it out! She is currently a chiropractic student intern having completed her M-tech chiropractic this year.

There were many chapters that organized events and activities in their communities online (because of covid) and in person for those who had the freedom to do so. We admire you hard work, and we enjoyed seeing what you share in your social media.
The current pandemic caused some restrictions in terms of the activities we would be able to organize. Therefore, we decided to create a zoom based event. We wanted to make the event as interactive as possible, so we chose to invite speakers to talk to us, and the participants live.

To reach as many people as possible, we started to advertise our event on our social media platforms on Facebook and Instagram a month before World Spine Day. We also created a Facebook event and Facebook group, where participants and group members can access recordings of the videos. We thought that this was appropriate considering the nature of the event and that we wanted to ensure that every person interested in this would be able to access it. From the number of people that showed interest in the event and became part of the Facebook group, we were proven right. These presentations were able to reach so many more people than those who could attend the event on the 16th of October.

We had five guests:

Our first guest was Perttu Riipinen, a recent graduate from our University who is now a chiropractor in Finland. His presentation explained why low back pain needs to be understood as a “whole person condition”. His presentation emphasized the importance of physical activity, especially when dealing with low back pain and why it is essential to get “Back on Track”.

Therefore, our next guest was Canadian Chiropractor and Yoga Instructor Dr. Kirstie Griffiths. She led us through a half an hour-long yoga practice, specifically designed to help with back pain and mobility to help all participants get “Back on Track”.

Our third guest was Richard Brown. He talked to us about the World Federation of Chiropractic. After this, there was a long Q&A session because of the large number of participants’ questions.

Afterwards, a lecturer from our University, Sarah Bhatti, gave her presentation on how to avoid injuries when getting “Back on Track”, especially because many people could not stay as active as they usually were throughout quarantine.

The last part of the event was a recording that BCA president Catherine Quinn kindly provided because she could not attend the event live. We decided to stream this on a zoom call as well. Catherine Quinn talked about her personal history with sports and Chiropractic.
Have you ever heard about a Spine Charity event?

World Spine Care is an organization with a mission to improve lives in underserved communities through sustainable, integrated, evidence based, spine care.

They have recently launched the Helping Hands Campaign to encourage individuals to donate a dollar each day for 54 days ($54 total), in honor of the 540 million people in the world suffering from lower back pain.

This campaign provides the opportunity for Chiropractors – and others from the spine field - to support a meaningful cause and engage with their networks while supporting spine health.

This campaign was launched in October and continued until the end of the year - December 31, 2020. As students, we were asked to help by creating a post on social media in order to bring awareness of the importance of spinal care.

We would like to thank everyone who participated all over the world.
Diana Janeth Nápoles Robles is in her fifth year out of 6 in Universidad Veracruzana, Mexico. She was previously going to school for electronic engineering, but changed careers after meeting a Chiropractor in Veracruz, who told her more information about the profession. She learned about a new chiropractic program starting in Veracruz and the possibility of specializing in Pediatrics. Chiropractic resonated with her heart and mind as she wanted to help people. Since Diana has been part of this journey she describes feeling whole and “plena” which means at peace with finding her path in Spanish.

During a seminar in (UNEVT), Diana heard about the WCCS and started digging. Diana then spoke with the Doctor in charge of the career in her Faculty looking to get a chapter started in Universidad Veracruzana. She was then put in touch with Dr. Dafne Jiménez, America’s East Region Coordinator (2019-2020), who has always given her the support and help needed. Dr. Dafne has always been available, and helpful with the entire process.

June 2019 was the first time they were in touch, and tried to have the process started. However, due to travel documents and paperwork, they were not able to go to Brisbane, Australia, and therefore start a chapter.

This year, Diana was able to start a WCCS chapter in Universidad Veracruzana and they were ready to go to Toronto. She says “Sadly as we know, because of Covid-19 it wasn’t possible to be present in 2020 AGM in Toronto, but we are super grateful you guys managed to celebrate the AGM online despite all things.”

Diana’s goal is to provide chiropractic service of quality to people who she will be honored to serve, and continue to prepare herself, learning and always improving herself. She is looking forward to practicing everyday doing what she loves, never forgetting her dreams, and helping every person in her path.
Over the past 5 years we have had a lot of committees created and wonderful members putting effort into helping this organization grow. Unfortunately, with the rate of turn over of the WCCS we tend to lose momentum and work tends to be lost or not continued in the process.

This term we have decided to make some changes to provide better opportunity for members to work in a committee, providing more guidance and support to have the committees more active.
CURRENT ACTIVE COMMITTEES

**Legislative Committee (LC)**
Since AGM 2019 in Brisbane, Australia, the LC is the head of the WCCS standard operating policies, procedures, and by-laws. They work to ensure that the Team of Officials and members of the organization stay accountable to all legislative matters.

### Get in touch through legislativechair@wccsworldwide.org

**CHAP - Chiropractic Humanitarian Assistance Program**
A Group of students passionate about chiropractic service and giving back to the communities. CHAP usually worked together with the World Spine Care. Would you like to be involved?

### Get in touch through chap@wccsworldwide.org

**Disability Committee**
Members currently working on updating.

**Marketing Committee**
This committee has been very active and has currently added its working groups under different umbrella of topics to work with. Such as Chiromail, SDGs and WSD. Would you like to get involved?

### Get in touch through marketing@wccsworldwide.org

**Sponsorship Committee**
Due to the importance of this committee, it has officially become a complete responsibility of the Team of Officials. If you have any feedback on ideas, we would love to hear your feedback.

### Get in touch through sponsorship@wccsworldwide.org

**Reach out to us through your Regional Coordinators! We would love to have you participate more!**
According to a study selecting optimal colour palettes can improve the appearance and readability (Plante and Cushman, 2020). Therefore, in order to optimise the World Congress of Chiropractic (WCCS) colour scheme we are editing and extending the existing guidelines from 2018 with the 2020 update by adding an additional colour palette.

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The appearance of the logo itself will stay the same within the new primary colours and cannot be changed to colours out of the additional colour palette. This will continue to show a professional and consistent image from the World Congress of Chiropractic Students. Stay tuned, we are very excited to share the new material with you.
In October, the British Chiropractic Association (BCA) hosted their Annual Conference online. Our Director of Secretariat Alison McLuckie and Legislative Secretary Louisa Conradi were able to attend from the Team of Officials, as well as other members of the WCCS.

There were a variety of fantastic speakers at this event. Including Dr. Andreas Eklund, who also spoke at this year’s European Regional Event (RE), and Dr. Greg Kawchuck, another previous WCCS RE speaker.

A presentation on graduating into the unknown was given by Dr. Dan Sullivan, a recent graduate practicing in the UK, who covered the challenges he has faced since beginning his professional career in the midst of this ongoing pandemic. The advice from this presentation felt particularly relevant to the mission of the WCCS as we try to support all members through these times.
During these unprecedented circumstances it is clear to one and all of the significance of the 73rd World Health Assembly. Being one of the biggest health events on the international calendar, this 73rd congregation will be one of the most crucial in our history. In November, the 73rd WHA that took place in May 2020, was resumed in November 2020, in an attempt to close out the agenda items.

There is no sufficient amount of gratitude we could offer to the World Federation of Chiropractic for providing such an opportunity for young aspiring chiropractors to join their delegation in attendance of such a significant event. A well coordinated effort by 3 individuals on behalf of the WCCS made all efforts to ensure their presence at the majority of the assembly proceedings. Director of External Affairs Keiron Boosi (DUT), Director of Finance Sarah Hampton (CMCC) and Legislative Editor in Chief Muhammed Yaseen Tagari (UJ) proudly and humbly represented the WCCS and the youth of chiropractic at this monumental event.
During these difficult times when all eyes were on the World Health Organization for solutions to the current health situations, the WHO invoked all measures necessary to ensure the topics of the set agenda for May 2020 were properly addressed, and that all member states and other involved members had meaningful access to, and engagement with the assembly.

In times like these we see the true importance of global strength and unity. We observe how the most disadvantaged are often the most implicated when tragedy strikes but at the same time, we also see how lending out a helping hand between regions strengthens our global health system. As a united global community and with a multilateral approach to the various health crises which face us, we can overcome them all one step at a time. A variety of topics were addressed during this assembly involving a global vaccine action plan, accelerating the elimination of cervical cancer, ending tuberculosis, epilepsy, neglected tropical diseases, cholera prevention and control and the global strategy and plan of action on public health, innovation and intellectual property.

Some topics addressed in the final session of the global assembly involved the draft on the global strategy on digital health, amendments to staff rules and regulations. This closing day also presented some critical decisions made by the assembly including maternal, infant and young child nutrition, human resources for health, and health conditions in the occupied Palestinian territory, including east Jerusalem, and in the occupied Syrian Golan. Resolutions of the assembly highlighted meningitis prevention and control of human resources for health, global actions on epilepsy and other neurological disorders.

The week-long event ended with the closing resolutions and reports from two sub committees as well as the resolutions brought upon during the assembly.
The Councils on Chiropractic Education International (CCEI) held its first virtual AGM on December 16th, 2020. WCCS delegates in attendance included: Our President Dr. Jordanne Buote, Director of Finance Sarah Hampton, and Legislative Chair Kesego Chika.

The WCCS is a student and youth led organization working to provide an apolitical platform on which chiropractic students and new graduates are able to develop leadership skills and a deeper understanding of the profession and its place in the wider healthcare industry. One of the most common threads of conversations in our organization is how to eventually work in different parts of the world, so it is clear how important the work of this council is, and how it can apply to all current and future practitioners.
We have asked our members what challenges they have faced in the wake of the COVID-19 Pandemic, and while most students have faced similar issues regarding maintaining their educational goals, the obstacles have varied in intensity across regions. Similar themes emerged as the conversation surrounding COVID-19 and education continues. In some colleges, timelines for assignments, testing and attending lectures were amalgamated, causing students to have the inability to balance school and home life. Transitioning to online platforms was difficult for those that did not possess the proper technology, or those living in areas with poor internet connection and services. This disparity between socioeconomic status left students unable to catch up to their peers, and constantly had them at a disadvantage. Self motivation has been a perfect learning scenario for some, while for others it has proved detrimental, especially for those already in the midst of burnout and zoom fatigue. For the most part, practical classes have proceeded in person in most programs, with limited class sizes, designated treatment partners and strict PPE.

All these methods aim to reduce the amount of social interaction, thus the risk of spreading the virus amongst the students and faculty. Consequently, all other social activities located on campuses and gatherings outside of class are prohibited as well. We understand there are numerous challenges to consider when contemplating how best to serve the needs of students in every year, be that their first program year or their final clinic year. Educational institutions have responded phenomenally in their ability to pivot and provide given a global pandemic. However, in light of an eminent mental health crisis, we urge educational institutions to prioritize social engagement and personal connectedness as well as knowledge transfer, working within the means of each college and their countries current public health directives. We also urge accrediting bodies, while holding standards of chiropractic practice to those that would not dilute the profession’s integrity, but allows for support and development of new graduates, and transparency with current students.
The International Chiropractic Regulatory Society (ICRS) held their first online AGM on December 12, 2020. WCCS was represented by Dr. Jordanne Buote, who reported on WCCS activities over the past year, and the effect of the Covid-19 pandemic.

Regulators are working hard all over the globe to ensure that patient care and safety remains to be an utmost concern of the profession. Dr. Lisa Richard, the exiting Chair of the society was right to say the silver lining of covid is that “There are no Silos in regulation”, and what happens in one part of the world affects another.
Thank you for taking the time out of your busy schedules during all festivities to attend our WCCS Christmas Beverage Social. We appreciate the online gathering and the discussions held. Your participation helped to make this event a great outcome and your enthusiasm and positive spirit helped make our time together productive and enjoyable.

We hope you continue to enjoy your holidays and recharge for the year to come. Great things are about to happen and we are excited to have you as part of our future.
AGM 2021
ANNOUNCEMENT

“We are still putting together a (hopefully incredible) online event and we can’t wait to see you all again someday - not just on a screen.
I send my love to my WCCS family across the globe. We’ll meet again, don’t know where, don’t know when. Please stay safe.”

Sophie Donaldson
2021 AGM Convener