

NEW HORIZON COLLEGE OF ENGINEERING

REPORT on the Workshop “How to Protect Your Posture & Prevent Pain”

The Alumni Association of New Horizon College of Engineering and Department of Applied Science organised a workshop on “How to protect your posture & prevent pain” delivered by Dr Meghana Dave, Founder of HealthQ Rehab Pvt Ltd on May 29, 2024, for First-year Engineering students.

Dr Meghana Dave covered the following topics during the session.

- Introduction to the importance of posture for overall health and well-being
- Stressed on how poor posture can affect daily life, including study, work and physical health
- Icebreaker activity
- Presentation on the anatomy of the spine and the musculoskeletal system
- Discussion on common posture problems among college students
- Tips on maintaining good posture while studying, sitting, and standing
- Interactive quiz
- Stretching and strengthening exercises
- Mind fullness and relaxation

This “How to Protect Your Posture Challenge & Prevent Pain” session aimed to empower college students to prioritize their posture and make positive changes for their long-term health and well-being by incorporating a mix of education, practical exercises, and fun activities.

Glimpses of the event

<https://drive.google.com/drive/folders/17eqCexzZ9w8Id3HgQ3H7F3VRTRH4kzaW?usp=sharing>