

NEW HORIZON COLLEGE OF ENGINEERING

Workshop on How to protect your posture & prevent pain - A REPORT

The Alumni Association of New Horizon College of Engineering and Department of Human Resources organised a workshop on “How to protect your posture & prevent pain” delivered by Dr. Meghana Dave, Founder of HealthQ Rehab Pvt Ltd on June 29, 2024 for Staff members.

She has covered following topics during the session.

- Introduction to the importance of posture for over all health and well-being.
- Brief explanation of how poor posture can affect daily life, including studying, work place and physical health.
- Presentation on the anatomy of the spine and the musculoskeletal system.
- Discussion on common posture problems among working people
- Tips on maintaining good posture while studying, sitting, working and standing
- Stretching and strengthening exercises
- Mind fullness and relaxation

By incorporating a mix of education, practical exercises, and fun activities, this protect your posture challenge session aims to empower staff members to prioritize their posture and make positive changes for their long term health and well-being. All staff members were enjoyed and gained takeaways from this session.

Glimpses of the event :

<https://drive.google.com/drive/folders/1vmT2KmTY61HQzkhUkSYGpziQXURt0qk1?usp=sharing>