



REPORT ON AWARENESS TALK ON "MOVE TO THRIVE: PREVENTING MUSCULOSKELETAL DISORDERS THROUGH ACTIVE LIVING AND PROPER ERGONOMICS

Date :13.12.24

Time: 5:30 PM-6:30 PM

Venue: Aquarelle India Ltd, Basavanagudi, Bengaluru

No. of participants: 31 employees of Aquarelle India Ltd

The College of Physiotherapy, Dayananda Sagar University, conducted an insightful awareness talk titled "*Move to Thrive: Preventing Musculoskeletal Disorders through Active Living and Proper Ergonomics*" on **13th December** at **Aquarelle India Ltd**.

The session aimed to promote active living and educate participants on preventing musculoskeletal disorders through proper ergonomics in their workplace environment.

Key Highlights of the Event:

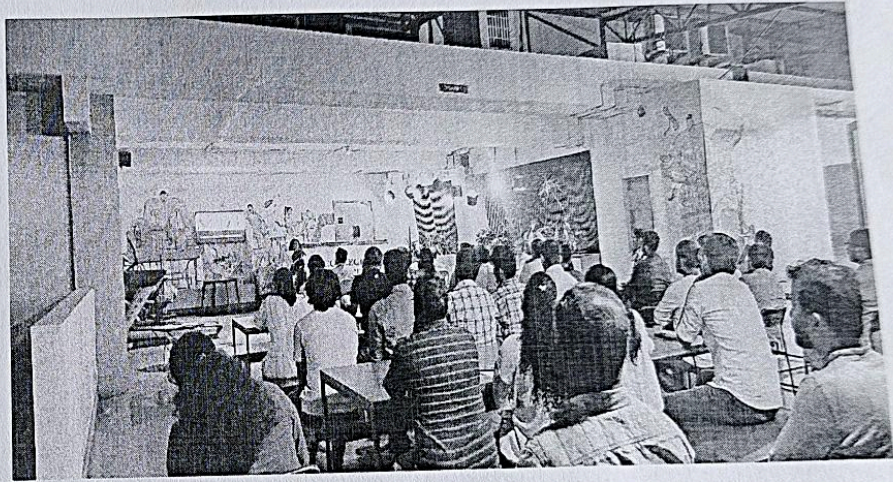
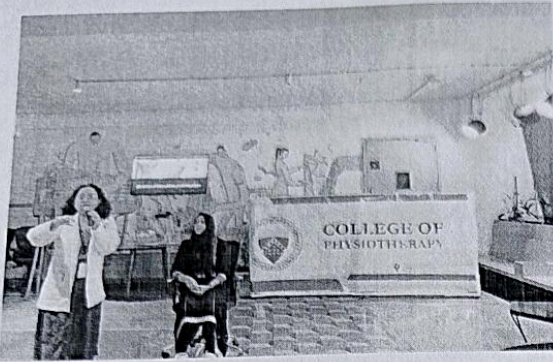
- 1. Participant Screening and Assessment:**
 - Participants were assessed and screened for hamstring tightness and their workplace ergonomics.
- 2. Personalized Ergonomic Advice:**
 - Personalized guidance was provided to optimize workplace ergonomics, ensuring a healthier and safer work environment.
- 3. Chair Exercises Demonstration:**
 - Participants were introduced to effective chair exercises that can be incorporated into their daily work routine to promote flexibility and reduce musculoskeletal strain.

The event concluded on a positive note, leaving participants with valuable takeaways for a healthier and more active work life. The practical tips shared during the session encouraged active participation and empowered attendees to take charge of their musculoskeletal health.



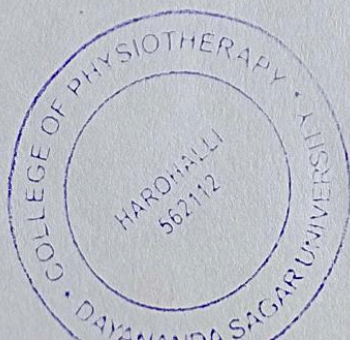
COLLEGE OF
PHYSIOTHERAPY

ppl-physio@dsu.edu.in
Deverakaggalahalli, Kanakapura Road Ramanagaram Dt.
Karnataka - 562 112



[Signature]
02-12-24
Program coordinator

[Signature]
17/12/2024
Principal



Principal
College of Physiotherapy,
Dayananda Sagar University
Bangalore, 560078