

## **PHYSIOTHERAPY CONSULTATION AND AWARENESS CAMP**

“Physiotherapy Awareness and Consultation Camp” was organized at **KBR Technology, Gurgaon, Haryana on 18<sup>th</sup> Dec 2015**. The camp was organized by Dr Nidhi Kalra along with 4 BPT IV yr students. Dr Daksha also helped in making camp arrangements.

The Camp aimed at making the employees aware about their postures and how these postures when maintained for longer durations can cause various musculoskeletal problems which might affect their productivity both personally and professionally and may render them jobless.

Ergonomic self assessment tools were suggested along with various on desk exercises which would help them in the longer run for keeping good health and would also help the organization in having a healthy staff and hence better work productivity.

The camp was well appreciated and the employees wanted more such interactions in future, this feedback was overwhelming and satisfying. The organization felicitated all the speakers by a small momento.