

St. Marks Sr. Secondary School, Meera Bagh, New Delhi

PHYSIOTHERAPY CONSULTATION and AWARENESS CAMP On 30th Sep 2016

On 30th Sep 2016, was held a “Physiotherapy prevention and awareness program” for the teachers of St. Marks Sr. Secondary School, Meera Bagh, New Delhi, which was very well received and appreciated.

They were taught few workstation exercises along with few tips on workstation and stress management. It was emphasized why exercises were important to keep up their productive years alive. They were made to perform some exercises considering their occupational hazards and were also given hand outs for future reference. Teachers also discussed their personal pains and strains and were nicely guided and were taught few customized exercises.

It was organized by Dr Nidhi Kalra and Dr Daksha Davey Mehta. Seven Students from BPT 4th year helped in coordinating the camp and it served as a great hands on learning experience for them.

