

Report on Extension activity

Awareness on “Posture for Better Health” at Dot Com Infoway, Anna Nagar, Madurai, on 26th April 2023

An awareness program on “**Posture for Better Health** ” was organized by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, in association with Dot com Infoway and Rotary club- Metro Heritage , Madurai, Tamilnadu on 26.04.23.

The target audience were the IT professionals working at Dot com Infoway, Madurai, Tamilnadu.

The program began with the welcome address by Rtn.C.R. Venkatesh President, Rotary club, Madurai. Around 59 IT professionals participated in the program. It was followed by a acknowledgement talk on the topic “Maintaining Right Posture” by Dr.M. Renu Meena, Assistant Professor, Department of Physiology, Velammal Medical College, Madurai. The IT Professionals were benefited and found the speech very useful and cleared their doubts on the topic after the speech. This was followed by a talk on

“Posture and Breathing” by Dr.S. Anu, Professor and Head of the physiology department, Velammal Medical College, Madurai. After such impressive talks, First MBBS students of 2022-2023 batch

BK Vikaash Annamalai, AAR Vimal, spoke about importance of sitting posture and BRK Vasudev Omesha, Vijay Vignesh demonstrated simple exercises for maintaining the correct posture and alleviate ourself from neck pain and back pain. They also demonstrated breathing exercise for the IT professionals which was very helpful for them. Following this, the audience came with questions and the doubts were immediately and appropriately cleared by the resource persons.

Later, the Blood pressure measurements was taken for 30 IT professionals and Peak expiratory flow rate was checked for IT professionals by the resource persons.

The program concluded by the Vote of thanks delivered by Dr.S.P.Kausikan , Final Year Postgraduate, Department of Physiology, Velammal Medical College, Madurai. The program was a timely awakener and eye-opener for the audience. The same was appreciated by the Rtn.C.R.Venkatesh President, Managing Director, Dot Com Infoway, Madurai.

