



Extension activity on “Workplace exercises for IT employees”

An awareness program on “Workplace exercises for IT employees” was organized by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, in association with Blaze software solutions and Rotary club- Madurai Meenakshi , Madurai, Tamil Nadu on 17.02.25.



Following students accompanied the faculty of the department (Dr.Ajit Kumar, Dr.Noel Naveen Johnson and dept attender Mr.Kumaresan)

S.no	Name	Roll no
1	SENTHILKUMAR M	122



**Department of Physiology,
Velammal Medical College Hospital & Research Institute, Madurai**



2	PANDIYAN P	88
3	KANDIAH V	56
4	HARSHIT SELVAM	48
5	AKASHKUMAR V	07
6	SHREESHIVA RAJA	127
7	VISHNU VIGASH A P	38
8	ABIYSHEK S	03

The target audience were the IT professionals working at Blaze software solutions, Madurai, Tamilnadu.

Prior to the program, the participants were asked to fill a google form surveying their wellness at the workplace environment. A graphical representation of it was displayed during the program.

The program began with the welcome address by Dr.Noel Naveen Johnson, Assistant Professor, Department of Physiology, Velammal Medical College, Madurai. Around 40 IT professionals participated in the program. It was followed by a acknowledgement talk on the topic “Posture for good health” by Dr. Noel Naveen Johnson. The session was simultaneously paired with in house demonstration of the corrections and postures to be attained by the First year MBBS students. The IT Professionals were benefited and found the speech very useful and cleared their doubts on the topic after the speech.



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This was followed by a talk on “Breathe a little, more consciously” by Dr.Ajit Kumar, Assistant Professor, Physiology department, Velammal Medical College, Madurai. Again, the session was conducted in a hybrid manner, with the students showcasing various breathing postures and techniques that can be integrated in the office environment on a daily basis.



The program concluded by the Vote of thanks delivered by Dr.Ajit Kumar. The program was a timely awakener and eye-opener for the audience. The same was appreciated by Ms.Aishwarya, HR manager. She specifically commented that the knowledge transfer of this program was outstanding.

Post program: Willing participants were checked for BP, PEFr and some basic health doubts were shared and the consult was provided by our department assistants.