

DPU

DYP Physios Alum- Alumni Association of
Dr. D.Y. Patil College of Physiotherapy, Pune

Webinar No. 17

Ergonomics and Fitness while Working from Home

An IQAC Initiative

Speaker



Dr. Palak Shah
Chief Physiotherapist
Pranayam Lung and Heart Institute
Vadodara

About the Webinar

- Ergonomic risk factors
- Importance of Engineering & Administrative controls
- Musculoskeletal disorders due to poor working posture
- Customizing workstation design at home to Prevent stress & strain
- Prevention of injuries
- Diet, hydration, exercise routine & lifestyle modification

Webinar Details

Date: 17th August 2020 Time : 3.30 pm to 4.30 pm

<https://www.facebook.com/DPU.Physiotherapy/>

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