

Cordially invites you to

Weekend Series - Dialogue with Experts

Online

Faculty Coordinator :Dr. Janani T , Dr. Archana T

Transcend - Work Beyond Limits

Resource Persons :

Discussion Points :

- ❖ Getting Insight on Musculoskeletal Issues
- ❖ Improving work efficiency by simple stretches and chair workouts
- ❖ Overcoming damages caused by prolonged Laptop usage and constant Sitting

Dr. M.Anupama,

B.PT., MSC.,(Psy), DYT
Physiotherapist , Renu
Physiotherapy Clinic
Kaptadi, Vellore

**12 - Feb 2022
(Saturday) Time : 04.00 PM
to 06.00 PM**

