



NATIONAL SERVICE SCHEME
COLLEGE OF HORTICULTURE
ANAND AGRICULTURAL UNIVERSITY



“Ergonomics and Physiotherapy: Protecting Your Health in the Digital Age”

The College of Horticulture, AAU, Anand, conducted a program on "Ergonomics and Physiotherapy: Protecting Your Health in the Digital Age" on 19th October 2024 under the NSS Cell. The event, conducted under the guidance of Principal & Dean, Dr. N. I. Shah, aimed to raise awareness about the importance of maintaining physical well-being in the increasingly digital environment. The session began with an introduction by Dr. Prity Kumari, Program Officer of the NSS Cell, College of Horticulture, about the event and the guest speaker, Dr. Heta Patel, an Assistant Professor at ARP Institute of Physiotherapy, Charotar University of Science & Technology (CHARUSAT).

During the session, Dr. Heta Patel delivered an insightful lecture on the topic, providing valuable information on the principles of ergonomics and the importance of physiotherapy in preventing injuries related to prolonged digital device usage. Dr. Patel emphasized the common issues arising from poor posture and repetitive strain injuries, such as back pain, neck strain and carpal tunnel syndrome. She also provided practical advice on how to set up an ergonomic workspace, including the proper positioning of chairs, desks and screens, as well as the importance of taking regular breaks.

A total of 60 NSS volunteers participated actively in the program. The primary objective of the event was to educate students on how to protect their health while engaging in digital activities and to promote the adoption of good ergonomic practices. Dr. Patel's session raised awareness about the physical risks of excessive screen time and motivated the participants to implement healthy habits in their daily routines.

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