



MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical Education Society)

Affiliated to GGSIP University; Recognized u/s 2(f) of UGC

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SESSION ON “BODY POSTURE AND ITS IMPACT ON OUR HEALTH” APRIL 17, 2019

Department of Commerce, organized a Session on “Body Posture and Its Impact on our Health” in Maharaja Agrasen Institute of Management Studies, New Delhi on April 17, 2019. The session focused on the importance of body posture and its impact on our health. There was a turnout of 37 students for the session. The speaker for the session was Mr. Sunil Kumar, Yoga Instructor.

Mr. Sunil interacted with the students and elucidated about the basics of one’s body posture and its impact on their body. He described how bad habits such as slouching and inactivity cause muscle fatigue and tension that ultimately lead to poor posture. He then spoke about the complications of poor posture include back pain, spinal dysfunction, joint degeneration, rounded shoulders and a potbelly. After this, questions were raised from the participants and their queries were suitably answered. He ended the session by briefing the participants about the how good posture is important to your overall health and offers a variety of benefits including reduced back pain, increased energy, and greater confidence.

On the behalf of Maharaja Agrasen Institute of Management Studies, Dr. Manju Gupta, thanked him for delivering an informative session which helped all the participants to lead a healthier life.

