

A Session with a Physiotherapist

A special session by **Dr. M. R. Zulfi, MPT (Ortho), FSS, MIAP** was organized for the students of Grades I - IV on Monday, 16th January 2023. Dr. Zulfi highlighted the importance of correct posture as well as a balanced diet in leading a healthy life. He sensitized the children about the health issues which could arise as a result of improper body posture.

Later, a few stretching exercises were also demonstrated to make our muscles flexible, strong, and healthy. The children understood, through the demonstration, how muscles shorten and become tight which puts one at a risk for joint pain, strains and muscle damage.

He cautioned the children about spending long hours on screen. He advised the children to take good care of their postures both while sitting and walking. Later, his team members demonstrated the difference between good and bad posture. Dr. Zulfi also spoke about the hazards of lifting heavy school bags. He shared the maximum bag weight which can be lifted by the children without causing any harm.

At the end of the session, the Head of School, Ms. Nandita Mathur reiterated to the children that “Your body is a priceless possession and needs to be given priority.”

Dr Zulfi was given a beautiful card as a token of thanks by the students of Suncity School.

