

10
YEARS
OF UNIVERSITY
RECOGNITION
20
YEARS OF
ACADEMIC
EXCELLENCE



REVA
UNIVERSITY

Bengaluru, India



Musculoskeletal Health Assessment for REVA Senior Management

www.reva.edu.in

“Musculoskeletal Health Assessment for REVA Senior Management”

Organized by:
School of Allied Health Sciences and
Department of Physical Education & Sports
In association with YOS Healthcare Pvt. Ltd

Date: 27th & 28th July, 2023

Organizer: Dr. Deepak C S, Director of Physical Education.
Mr. Rudragouda Chanveergouda Patil, Programme Lead - Sports Science.

Report of the event.

School of Allied Health Sciences and Department of Physical Education and Sports, in association with YOS Healthcare Pvt. Ltd, organized “Musculoskeletal Health Assessment for REVA Senior Management”.

On 27th July, between 9am to 5pm & 28th July between 9am to 3pm 2023.

25 Senior faculty members participated in the event.

Musculoskeletal Health.

It is paramount to our workforce's performance and longevity. By prioritizing ergonomic workstations, promoting regular exercise, and providing access to health resources, we safeguard our employees from injuries and discomfort.

Investing in wellness programmes and educational initiatives empowers our team to maintain strong bones and muscles, reducing the risk of musculoskeletal issues.

A healthy workforce leads to improved productivity, reduced absenteeism, and increased job satisfaction.



School of Allied Health Sciences Department of Physical Education and Sports

In Association with
YOS Sports Health
is Organizing

Musculoskeletal Health Assessment For REVA Senior Management

Why Prioritize Musculoskeletal Health?

As leaders, your well-being is crucial to driving our organization's success. A healthy musculoskeletal system improves performance, prevents injuries, and boosts productivity.

What's Included?

1. Comprehensive Assessment
2. Personalized Recommendations
3. Exercise Workshops
4. Posture and Ergonomics Tips

Date: 27th and 28th July, 20223

Time: 09:00 AM onwards

Venue: REVA Fitness Center

Invest in Your Health Today!

Contact

Mr. Rudragouda Chanveergouda Patil,
Programme Lead - Sports Science
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Director of Physical Education
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Highlights of the event

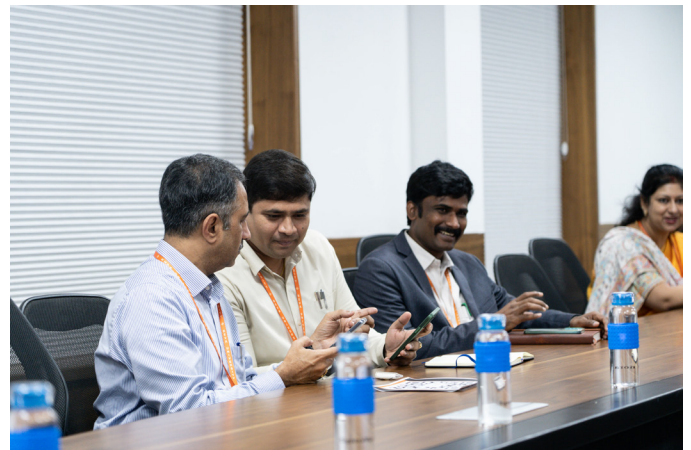
Arrival of senior faculty members at the Board Room for presentation



Dr. M Dhanamjaya - Vice Chancellor, addressing the members and introducing YOS Team.

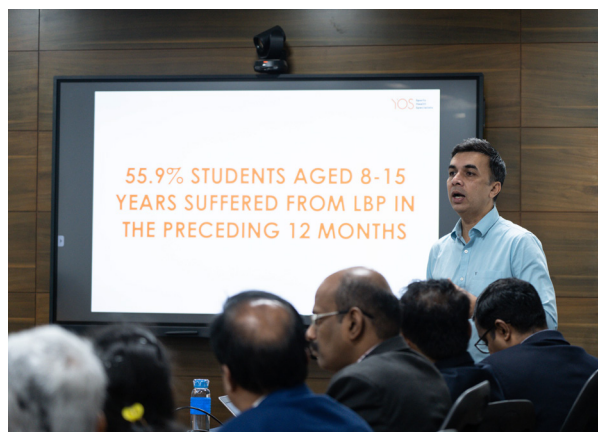


Faculty members registering for health screening.





Presentation by Dr. Ashish Kaushik, Co-Founder & MD, YOS Healthcare.



Simple test conducted by Dr. Kaushik for the faculty.



**All the faculty undergoing various tests conducted by team YOS,
Dr. Srividhya & students of B.Sc. Sports Science, REVA School of AHS.**



Team YOS

- 1.Dr. Ashish Kaushik**
- 2.Dr. Rahul Patwardhan**
- 3.Dr. Varun k**
- 4.Dr. Karthik**
- 5.Dr. Sumesh**
- 6.Dr. Rahul Rao**

Team REVA

- 1. Dr. Deepak CS (Dept. of Phy. Ed)**
- 2. Mr. Murukan (Dept. of Phy. Ed)**
- 3. Dr. Srividhya (Dept. of Sports Science)**
- 4. Mr. Rudragouda Patil (Dept. of Sports Science)**
- 5. Students of B.Sc. Sports Science.**

Team REVA



**From left to right 1. Vishal Borate 2. Harish Kumar 3.Harish Gowda
4.Rajath 5.E.Yoogashri 6.Dr. Srividhya 7.Mr.Murukan 8.Dhanush Kumar 9.
BP Sai Vijay 10. Gowrav.**

Group Photo



From left to right 1. Gowrav 2.Vishal Borate 3.Harish Kumar 4.Harish Gowda 5.Rajath 6.Dr Karthik 7.E.Yoogashri 8.Dr. Srividhya 9.Dr. Ashish Kaushik 10.Dr Varun 11.Mr.Murukan 12.Dhanush Kumar 13. BP Sai Vijay

Links to more images of the event.

<https://revaedu.sharepoint.com/sites/Prophotos/Pro%20Photos/Forms/AllItems.aspx?id=%2Fsites%2FProphotos%2FPro%20Photos%2FVIKRAM%2FJULY%202023%2F27%2D07%2D2023%2FYOS%2027%2D07%2D2023%20%28BOARD%20ROOM%29&p=true&ct=1691219672109&or=OWA%2DNT&cid=fb2d9b88%2Dc785%2D5bf6%2D71a7%2Daf0cf776a180&ga=1>

<https://revaedu.sharepoint.com/sites/Prophotos/Pro%20Photos/Forms/AllItems.aspx?id=%2Fsites%2FProphotos%2FPro%20Photos%2FVIKRAM%2FJULY%202023%2F27%2D07%2D2023%2FREVA%20FITNESS%20CENTER&p=true&ct=1691219638442&or=OWA%2DNT&cid=ae645260%2D70c8%2D8779%2D89e0%2D46fee4f0e753&ga=1>



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