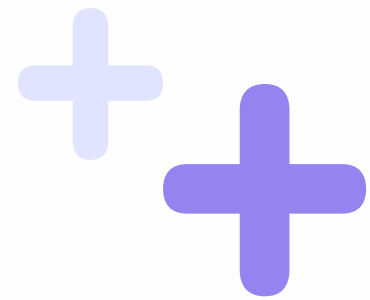




Expert Talk on Physiotherapy

by



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The Office of Administration organized a Physiotherapy & Wellness Session on 18 July 2026 to promote physical well-being and encourage healthy lifestyle habits among supporting staff.



Healthy Body, Healthy Workplace



Participants actively performed simple physiotherapy exercises and yoga asanas demonstrated by Dr. Shrivastava and volunteer students from the Department of Physiotherapy, making the session interactive and engaging.



Learning Through Practice



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The practical techniques shared during the session empowered participants to adopt healthier daily habits, reinforcing the University's commitment to employee well-being.



Wellness in Action.....

