Activity Completion Report

Activity Details

Activity Title: Awareness Talk and Diagnostic Camp on Posture and Foot Deformities

Date & Duration of activity (Days): Tuesday, January 28, 2026 (1 Day, 5 hours)

Venue of the Activity: IIHMR University Campus, Jaipur

Name of the school: IIHMR University

Name & Contact Details of the organiser(s):

- National Service Scheme (NSS), IIHMR University, Jaipur

Event Details and Description

The National Service Scheme (NSS) of IIHMR University organized a comprehensive Awareness Talk and Diagnostic Camp on Posture and Foot Deformities on Tuesday, January 28, 2026. The camp was conducted from 11:00 AM to 4:00 PM at the IIHMR University campus, addressing critical health challenges related to prolonged sedentary behavior, extensive screen time, and poor ergonomic practices prevalent in contemporary academic environments.

The initiative was designed to educate the university community about the significance of proper posture and foot health while providing professional screening services to identify individuals requiring intervention. The camp addressed the rising prevalence of musculoskeletal disorders, particularly posture-related deformities and foot abnormalities resulting from prolonged sitting, inadequate workspace ergonomics, and limited physical activity.

Students and faculty members spend extended hours in classroom settings, computer laboratories, and library spaces, often maintaining static postures that place considerable strain on the musculoskeletal system. The increased use of mobile devices and laptops has exacerbated postural issues among the younger population, leading to conditions such as forward head posture, rounded shoulders, scoliosis, flat feet, and various gait abnormalities.

The camp brought together expert resource persons from leading national institutions to conduct systematic screening, provide evidence-based recommendations, and promote a culture of preventive healthcare on campus. The initiative aligned with the university's commitment to holistic student development and the promotion of a healthy campus culture.

Resource Persons

Name	Designation and Affiliation
Dr. M. C. Dash	Senior Manager, Northern Railway Central Hospital, New Delhi President, Orthotists and Prosthetists Association of India (OPAI)
Mr. Vivek Kumar	Clinical Prosthetist and Orthotist Pandit Deendayal Upadhyaya National Institute for Persons with Physical Disabilities (PDUNIPPD), New Delhi

Dr. M. C. Dash served as the primary resource person, bringing extensive expertise in biomechanical assessment, postural analysis, and orthotic management. He conducted comprehensive postural evaluations, demonstrated proper assessment techniques, and provided individualized recommendations based on evidence-based practice. Dr. Dash shared insights on the latest developments in orthotic technology and therapeutic approaches for managing musculoskeletal conditions.

Mr. Vivek Kumar specialized in the assessment, diagnosis, and management of postural abnormalities and foot deformities using orthotic interventions. His contribution included conducting detailed foot assessments, performing foot tracing analyses, observing gait patterns, and demonstrating proper techniques for postural correction. His practical approach and patient-centered methodology helped participants understand the connection between foot biomechanics and overall postural health.

Camp Objectives

- Create comprehensive awareness about posture-related deformities and foot abnormalities among students and staff members
- Identify early signs of musculoskeletal issues, postural deviations, and foot deformities through professional screening
- Provide expert guidance, evidence-based recommendations, and corrective strategies for prevention and management
- Promote a sustainable culture of preventive healthcare, health consciousness, and proactive health management on campus
- Facilitate early intervention and appropriate referrals for individuals requiring specialized orthotic or medical attention

Camp Activities and Methodology

The camp was conducted systematically with multiple integrated components:

Registration and Documentation

The camp commenced with a systematic registration process where participants provided basic demographic information, contact details, and relevant medical history. Each participant was assigned a unique identification number to maintain confidentiality and facilitate follow-up if required.

Awareness Talk on Posture, Ergonomics, and Foot Health

Mr. Vivek Kumar delivered an interactive awareness session covering the fundamentals of musculoskeletal health. The session addressed:

- Common postural problems observed in academic settings
- Biomechanics of proper posture and spinal alignment
- Ergonomic principles for study and work environments
- Relationship between foot health and overall posture
- Warning signs requiring professional attention

The resource persons utilized visual aids, anatomical models, and real-life examples to enhance understanding and engagement among participants.

Individual Posture and Foot Assessment

Each participant underwent thorough individual assessment conducted by the resource persons:

Postural Assessment:

- Observation of standing posture from anterior, posterior, and lateral views
- Evaluation of head, neck, and shoulder alignment
- Assessment of spinal curvature and symmetry
- Pelvic alignment and lower limb positioning
- Identification of common postural deviations

Foot Assessment:

- Examination of foot structure and arch height
- Identification of foot deformities (flat feet, high arches, toe abnormalities)
- Observation of weight-bearing patterns and foot alignment
- Assessment of visible signs of foot-related concerns

Foot Tracing and Gait Observation

Participants underwent foot tracing procedures to create permanent records of their foot structure by standing on paper to capture the contact pattern of the foot. The tracings were analyzed to determine arch type, foot pressure distribution, and structural abnormalities. Basic gait observation assessed walking patterns, stride characteristics, and any observable gait asymmetries or abnormalities.

One-to-One Expert Consultation

Following assessment, each participant received personalized consultation including:

- Explanation of assessment findings in understandable terms
- Discussion of potential implications and prognosis
- Recommendations for corrective exercises and lifestyle modifications
- Guidance on ergonomic improvements for study and work spaces
- Advice on appropriate footwear and orthotic interventions when necessary

Preventive Recommendations and Referrals

Participants received written or verbal recommendations tailored to their individual needs. Those requiring further medical evaluation, advanced imaging, or specialized orthotic interventions were provided with appropriate referrals to qualified healthcare professionals.

Participants Details

Summary

Total Participants Screened
50

Participant Details:

Enrollment No.	Email ID	Student Name
IIHMR-U/01/2024-26/1888	aanshi.hm29@iihmr.in	Aanshi Singhal
IIHMR-U/01/2024-26/2010	nishi.hm29@iihmr.in	Nishi Mary Jacob
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IIHMR-U/01/2024-26/1988	lira.hm29@iihmr.in	Lira Sarkar

Enrollment No.	Email ID	Student Name
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Enrollment No.	Email ID	Student Name
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Photographs of the event:

Key Observations and Preliminary Findings

Based on professional screening conducted by Dr. M. C. Dash and Mr. Vivek Kumar, several important observations emerged:

Common Postural Deviations

- **Forward head posture:** Frequently observed, likely attributable to prolonged mobile phone and computer usage
- **Rounded shoulders:** Common among students spending extended hours in seated positions
- **Spinal deviations:** Lateral spinal deviations with varying severity observed in some participants
- **Pelvic abnormalities:** Several individuals showed pelvic tilt abnormalities and uneven weight distribution
- **Associated symptoms:** Participants reported neck pain, upper back discomfort, and general fatigue

Prevalence of Foot Deformities

- **Flat foot (pes planus):** Reduced or absent medial longitudinal arch identified in multiple participants
- **Excessive pronation:** Some individuals presented with excessive pronation affecting lower limb alignment

- **High-arched feet (pes cavus):** A smaller number exhibited high arches
- **Toe abnormalities:** Various degrees of hallux valgus, hammer toes, and overlapping toes observed
- **Associated symptoms:** Participants reported foot pain, fatigue after prolonged standing, and difficulty finding comfortable footwear

Lifestyle-Related Contributing Factors

- Participants reported spending 8-12 hours daily in seated positions for academic work
- Inadequate ergonomic setup of study spaces (improper desk/chair heights, poor monitor positioning)
- Limited engagement in regular physical activity or structured exercise programs
- Predominant use of smartphones and tablets with head in flexed position
- Improper footwear choices lacking adequate arch support or cushioning

Demographic Trends

- Younger students demonstrated greater flexibility but showed emerging problematic postural habits
- Postgraduate students and doctoral scholars exhibited more established postural deviations due to longer sedentary research hours
- Female participants showed slightly higher prevalence of certain foot deformities, potentially related to footwear choices
- Participants with prior awareness of postural health generally demonstrated better alignment

Key Highlights

- Professional screening by nationally recognized experts in orthotics and prosthetics
- Comprehensive assessment covering posture evaluation, foot examination, and gait observation
- Personalized one-to-one consultations with evidence-based recommendations
- Interactive awareness session on ergonomics and musculoskeletal health
- Foot tracing and biomechanical analysis for permanent records
- Early identification of musculoskeletal issues requiring intervention
- Appropriate referrals provided for participants requiring specialized care
- Positive feedback from participants appreciating accessibility and convenience
- Promotion of preventive healthcare culture on campus

Outcomes and Impact

1. **Enhanced Health Awareness:** Participants gained valuable knowledge about proper posture, ergonomic principles, and foot health. Post-camp feedback indicated increased consciousness about sitting posture, screen time, and daily habits.
2. **Early Identification of Issues:** The screening enabled early identification of postural deviations and foot deformities that many participants were previously unaware of, allowing timely interventions before conditions become chronic.
3. **Professional Guidance and Recommendations:** Each participant received evidence-based, personalized recommendations including specific exercises for postural correction, ergonomic modifications, footwear recommendations, and guidance on when to seek further medical evaluation.
4. **Accessibility of Healthcare Services:** Students and staff appreciated the convenience and accessibility of receiving professional health services on campus, which many would have been unlikely to seek independently due to time constraints.
5. **Preventive Healthcare Culture:** The initiative contributed significantly to fostering a culture of preventive healthcare on campus, demonstrating the university's commitment to holistic student development and employee wellness.

6. **Student-Led Initiative Success:** The camp, organized by NSS, showcased the value of student-led health promotion activities that benefit the immediate participants and build health awareness among student volunteers.
7. **Baseline for Future Programs:** The substantial participation rate validates the need for such health initiatives and establishes a baseline for future health promotion activities and regular screening programs.
8. **Empowerment Through Education:** Participants were empowered to take proactive measures for their musculoskeletal health, understanding long-term consequences of poor postural habits and importance of early intervention.

Recommendations for Future Initiatives

- Organize similar camps regularly, focusing on specific subgroups or other aspects of musculoskeletal health
- Implement ongoing programs such as ergonomics workshops and yoga sessions for postural correction
- Establish regular health screening initiatives throughout the academic year
- Create referral mechanisms for students requiring specialized orthotic or medical care
- Develop educational materials on workplace ergonomics for distribution to students and staff
- Consider establishing a campus health promotion committee for sustained preventive healthcare initiatives

Conclusion

The Awareness Talk and Diagnostic Camp on Posture and Foot Deformities organized by NSS on January 28, 2026, was a highly successful initiative that addressed a critical yet often overlooked aspect of student and staff health. The camp achieved its objectives by creating awareness, facilitating early identification of musculoskeletal issues, and providing professional guidance to 50+ individuals from the university community.

The expertise and dedication of Dr. M. C. Dash and Mr. Vivek Kumar ensured high-quality screening and meaningful interactions with participants. Their professional approach and evidence-based recommendations equipped participants with knowledge and tools to address their musculoskeletal health proactively. The observations underscore the prevalence of lifestyle-related postural and foot problems in academic settings and reinforce the urgent need for preventive interventions.

The NSS team deserves commendation for conceptualizing, organizing, and successfully executing this valuable initiative. Such student-led health promotion activities not only benefit immediate participants but also contribute to building health awareness and social responsibility among student volunteers. Sustained commitment to preventive healthcare through similar initiatives will significantly enhance the overall health and well-being of the IIHMR University community, thereby supporting academic excellence and personal development.
