



ACHARYA'S NR INSTITUTE OF PHYSIOTHERAPY

MOVE SMART, LIVE HEALTHY: WORKPLACE WELLNESS SCREENING PROGRAMME HEALTHY HABITS ACROSS EVERY SHIFT

About :

- Assess the prevalence of overweight and obesity among shift workers using BMI and waist circumference.
- Promote awareness of physical activity, healthy eating, and maintaining a healthy weight.
- Educate workers on the health risks of shift work and encourage lifestyle changes to prevent obesity and non-communicable diseases.

**09th to 11th
September 2026**

09:00 AM to 04:00 PM

Venue: ANRIPT, Acharya Campus

Know More



Register

