

DAY 3 – WEDNESDAY, 5TH AUGUST 2026

POSTURE INDIA

"Stand Tall • Sit Right • Move Better"

Theme

Good Posture Today... Healthy Spine Tomorrow



IOA BONE & JOINT WEEK 2026
DAY 3 – WEDNESDAY, 5TH AUGUST 2026
POSTURE INDIA
"Stand Tall • Sit Right • Move Better"
THEME: GOOD POSTURE TODAY... HEALTHY SPINE TOMORROW

DURATION: 1 HOUR This program can be easily conducted in any workplace, hospital, bank, school, college, factory, IT office, government office, or community hall.

1 WELCOME & INTRODUCTION (5 Minutes)
Explain how poor posture has become one of the leading causes of:
• Neck pain
• Back pain
• Shoulder pain
• Computer-related injuries
• Mobile phone neck syndrome
• Work-related musculoskeletal disorders
MESSAGE: Most posture problems are preventable.

2 POSTURE AWARENESS TALK (15 Minutes)
Cover these simple topics:
• Correct sitting posture
• Correct standing posture
• Proper computer ergonomics
• Mobile phone posture ("Text Neck")
• Correct lifting techniques
• Importance of taking short movement breaks
• Daily stretching habits

3 LIVE POSTURE ASSESSMENT (15 Minutes)
Demonstrate and assess:
• Sitting posture
• Standing posture
• Computer workstation setup
• Chair and table height
• Mobile phone usage posture
Invite 5–10 volunteers for live demonstrations.

4 FIVE-MINUTE OFFICE EXERCISE ROUTINE (15 Minutes)
Teach everyone these easy exercises:
• Chin tucks
• Neck stretches
• Shoulder rolls
• Back extension stretch
• Hamstring stretch
• Wrist stretches
• Standing squats
• Deep breathing
Encourage participants to repeat this routine every 2–3 hours during work.

5 "HEALTHY SPINE PLEDGE" & GROUP PHOTOGRAPH (10 Minutes)
Healthy Spine Pledge
"I pledge to maintain good posture, exercise regularly, avoid prolonged sitting, use proper ergonomics, and encourage my family and colleagues to protect their spine for a healthier future."
Take a group photograph and display the Posture India banner.

FIVE GOLDEN RULES OF POSTURE
1 Sit upright with back support.
2 Keep computer screens at eye level.
3 Avoid bending your neck while using mobile phones.
4 Stand up and stretch every 30–45 minutes.
5 Exercise for at least 30 minutes every day.

WHAT EVERY ORTHOPAEDIC SURGEON NEEDS
• One workplace or institution
• One awareness poster
• One-hour session
• Simple exercise demonstration
• Mobile phone for photographs
No special equipment is required.

IDEAL VENUES
• Corporate Offices
• Banks
• IT Companies
• Government Offices
• Hospitals
• Medical Colleges
• Factories
• Industries
• Police Departments
• Schools and Colleges (for teachers and staff)

DOCUMENTATION
Each chapter should submit:
• 5–10 photographs
• One group photograph
• Number of participants
• Name of the organization visited
• One-page activity report
Share photographs and videos in the IOA CSRC WhatsApp Group.

SUBMIT REPORT
Email the report to:
chairman.csrcioa@gmail.com

NATIONAL MISSION
One Office • One Hour • One Healthier Spine
If every orthopaedic surgeon conducts one simple one-hour posture awareness session, thousands of office workers, healthcare professionals, teachers, and industrial employees can learn habits that reduce neck and back pain and improve lifelong musculoskeletal health.

CAMPAIGN SLOGAN
"CORRECT YOUR POSTURE TODAY... PROTECT YOUR SPINE FOR LIFE."

POSTURE TIPS
SIT RIGHT • STAND TALL • MOVE BETTER • STAY HEALTHY • LIVE PAIN-FREE

<https://youtube.com/shorts/k7unAoCXtG0?feature=share>

MOBILE VERSION

<https://youtu.be/LFoAveMn-Ys>

PRESENTATION VERSION

Duration: 1 Hour

This program should be **very easy to conduct** in any workplace, hospital, bank, school, college, factory, IT office, government office, or community hall.

1. Welcome & Introduction (5 Minutes)

Explain how poor posture has become one of the leading causes of:

- Neck pain
- Back pain
- Shoulder pain
- Computer-related injuries
- Mobile phone neck syndrome
- Work-related musculoskeletal disorders

Message: *Most posture problems are preventable.*

2. Posture Awareness Talk (15 Minutes) PREPARE PPT, PLAY SONG IN PPT

Cover these simple topics:

- Correct sitting posture
- Correct standing posture
- Proper computer ergonomics
- Mobile phone posture ("Text Neck")
- Correct lifting techniques
- Importance of taking short movement breaks
- Daily stretching habits

3. Live Posture Assessment (15 Minutes)

Demonstrate and assess:

- ☒ Sitting posture
- ☒ Standing posture
- ☒ Computer workstation setup
- ☒ Chair and table height
- ☒ Mobile phone usage posture

Invite 5–10 volunteers for live demonstrations.

4. Five-Minute Office Exercise Routine (15 Minutes)

Teach everyone these easy exercises:

- Chin tucks
- Neck stretches
- Shoulder rolls
- Back extension stretch
- Hamstring stretch
- Wrist stretches
- Standing squats
- Deep breathing

Encourage participants to repeat this routine every 2–3 hours during work.

5. "Healthy Spine Pledge" & Group Photograph (10 Minutes)

Healthy Spine Pledge

"I pledge to maintain good posture, exercise regularly, avoid prolonged sitting, use proper ergonomics, and encourage my family and colleagues to protect their spine for a healthier future."

Take a group photograph and display the **Posture India** banner.

IDEAL VENUES

- Corporate Offices
- Banks
- IT Companies
- Government Offices
- Hospitals
- Medical Colleges
- Factories
- Industries
- Police Departments
- Schools and Colleges (for teachers and staff)

FIVE GOLDEN RULES OF POSTURE

1. **Sit upright with back support.**
2. **Keep computer screens at eye level.**
3. **Avoid bending your neck while using mobile phones.**
4. **Stand up and stretch every 30–45 minutes.**
5. **Exercise for at least 30 minutes every day.**

WHAT EVERY ORTHOPAEDIC AND SPINE SURGEON NEEDS

- One workplace or institution
- One awareness poster
- One-hour session
- Simple exercise demonstration
- Mobile phone for photographs

No special equipment is required.

DOCUMENTATION

Each chapter should submit:

- 5–10 photographs
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Share photographs and videos in the **IOA CSRC WhatsApp Group**.

Email the report to:

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NATIONAL MISSION

One Office • One Hour • One Healthier Spine

If every orthopaedic surgeon conducts **one simple one-hour posture awareness session**, thousands of office workers, healthcare professionals, teachers, and industrial employees can learn habits that reduce neck and back pain and improve lifelong musculoskeletal health.

Campaign Slogan

"Correct Your Posture Today... Protect Your Spine for Life."

CAN USE CHAT GPT TO CONVERT THIS SONG INTO REGIONAL LANGUAGE. PROMPT FOR MUSIC ON SUNO.AI

POSTURE INDIA ANTHEM

"Stand Tall • Sit Right • Move Better"

Duration: ~90 Seconds

(Energetic Intro)



Stand up straight, hold your head high,
Touch the dreams that fill the sky.
Healthy spine, healthy life,
Leave behind the pain and strife.

Every step, every move,
Keeps our body strong and smooth.
Stretch a little, smile each day,
Keep the aches and pains away.

Lift your shoulders,
Raise your chin,
Healthy habits always win!

Stand together,
Young and old,
Stronger stories yet untold!



Posture India... Stand Tall Today!

Move with pride in every way.

Indian Orthopaedic Association leads the way,

Healthy spine for every day!

Orthopaedic Surgeons by your side,

Keeping India strong with pride.

Sit right... Stand right...

Move Better every day!

At your school,
At your work,
Healthy posture does its work.
Office chair or classroom seat,
Good habits make our lives complete.

Every family,
Every friend,
Healthy spines until the end.
One small change is all it takes,
Healthy future that we make.



Stand Tall...
Sit Right...
Move Better...
Shine Bright!

Indian Orthopaedic Association
Bringing health across the nation!

Orthopaedic Surgeons care for all,
Helping every Indian stand tall!

Posture India...
Healthy Spine...
Healthy India...
For All!



Stand Tall... Sit Right... Move Better! 

Here is a **Suno AI prompt (approximately 100 words)** designed for a catchy, uplifting, cinematic motivational song suitable for **schools, colleges, offices, hospitals, and public awareness campaigns**.



SUNO AI Prompt

inspiring 90-second motivational anthem in English with a modern Indian pop-rock sound, uplifting orchestral elements, energetic drums, acoustic guitar, piano, and children's choir. song should promote **Posture India** under the **Indian Orthopaedic Association**. lyrics should encourage children, teachers, office workers, and families to **stand tall, sit right, move better, stretch regularly, reduce screen time, and maintain a healthy spine**. Include the phrases "**Indian Orthopaedic Association,**" "**Orthopaedic Surgeons,**" "**Stand Tall, Sit Right, Move Better,**" and end with a powerful, memorable chorus celebrating a healthy spine and a healthier India. optimistic, inspiring, easy-to-sing melody suitable for community events and school assemblies.