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Computer Vision Syndrome (CVS): Recognition and Control in Software Professionals

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ABSTRACT Musculoskeletal Disorders among video display terminal (VDT) users have become a worldwide problem. Computer Vision Syndrome holds the distinction of being called the number one occupational hazard of the 21st century. Prevention of injury and illness is, obviously, the best approach, but comprehensive health care and safety programs can help to reduce corporate sector's workplace injuries, absenteeism or presenteeism and related expenses. A fitness program was designed to reduce the symptoms of CVS in software professionals. A pre and post-test study was conducted to evaluate the effect of the fitness program. The study revealed that the fitness program helped to reduce the symptoms of CVS in software professionals.