

Activity Report

Name of Activity: Ergonomic session at Saint Gobain, Andheri East, Mumbai.

Name of school: SunandanDivatia School of Science, NMIMS, Mumbai

Date: July 26, 2024

Time: 03:30 AM to 04:30 AM

Venue: Saint Gobain, Vijay Nagar Colony West, Marol, Andheri East, Mumbai.

Objectives of the event: The event aimed to address the importance of ergonomics in the workplace, promoting employee health, and reducing the risk of work-related injuries and discomfort. Our students addressed the audience with insight on the importance of work site ergonomics and the hazards of work related musculoskeletal disorders..

Details:

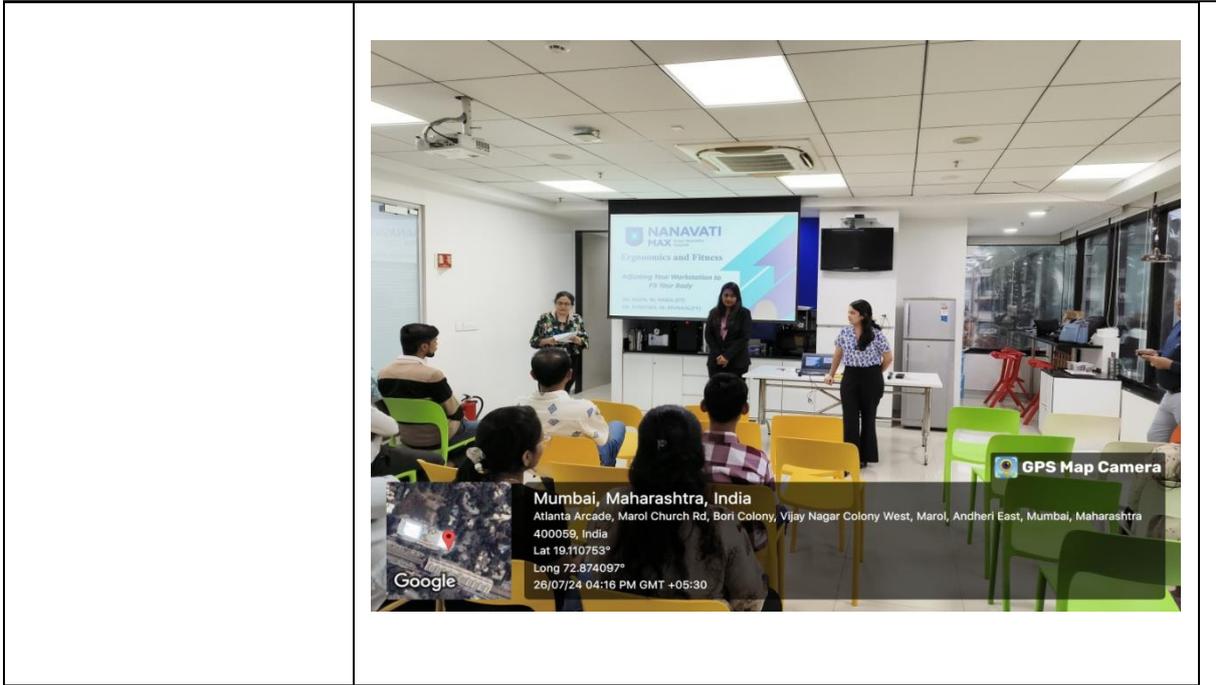
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| 1. Where the activity conducted | Saint Gobain, Vijay Nagar Colony West, Marol, Andheri (E), Mumbai. |
| 2. Who organized | Dept of Physiotherapy |
| 3. Which students participated | MPT students, SDSOS NMIMS, Mumbai |
| 4. No. of students participated | 2MPT Students |
| 5. Faculty / Mentor | Dr.KhadijehMenai |
| 6. Description | <p>1. Welcome and Introduction: The event began with a warm welcome and an introduction to the importance of ergonomics in the workplace. Attendees were encouraged to actively participate and learn how ergonomics could enhance their work experience.</p> <p>2. Ergonomics Presentation: Our students delivered a comprehensive presentation on various aspects of ergonomics. The presentation covered the fundamentals of ergonomics, work related musculoskeletal disorders, and the benefits of ergonomic practices in the workplace.</p> <p>3. Workstation Assessment: Employees had the</p> |

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| | <p>opportunity to assess their workstations with guidance from our students. They were shown how to optimize their workstations for comfort and productivity while minimizing the risk of musculoskeletal issues.</p> <p>4. Exercise Demonstrations: Our students conducted exercise demonstrations designed for the workplace. These exercises were tailored to improve strength, flexibility, and mobility while minimizing the risk of injury. Attendees actively participated and learned exercises that could be incorporated into their daily routines.</p> <p>5. Best Practices and Tips: The session provided practical tips and best practices for maintaining ergonomic principles in the workplace. Employees learned about proper posture, positioning, and techniques to reduce strain and discomfort.</p> <p>6. Q&A Session: The event concluded with a question-and-answer session, allowing employees to seek clarification on ergonomic concerns and explore how to implement ergonomic principles in their daily work.</p> <p>Outcome: The Ergonomic Session was well-received by the employees, who expressed their appreciation for the valuable information provided. They found the session informative and relevant to their work, and many employees expressed a keen interest in applying ergonomic principles in their day-to-day tasks.</p> |
| 7. Beneficiary Group | 50 employes from Saint Gobain |
| 8. Conclusion/outcome | The Ergonomic Session at Saint Gobain was a successful initiative in creating awareness about the importance of ergonomics in the workplace. It emphasized the benefits of adopting ergonomic practices to enhance employee comfort, productivity, and overall well-being. |

Report should be supplemented with:

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| 1. Photographs and captions | MPT students providing ergonomic session |
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Faculty Mentor Signature:

Dr Khadijeh Menai

Faculty Mentor Name:

Dr Khadijeh Menai



SUNANDAN DIVATIA SCHOOL OF SCIENCE
SVKM'S NMIMS UNIVERSITY
VILE PARLE (WEST), MUMBAI - 400 056.