

Activity Report

Name of Activity:	Online Ergonomics & Fitness session for Hitachi Company
Name of school:	Sunandan Divatia School of Science, NMIMS, Mumbai
Date:	June 25th, 2025
Time:	4:00 PM to 5:00 PM
Venue:	Nanavati Max Super Speciality Hospital, Mumbai
Objectives of the event:	As physiotherapists affiliated with the Nanavati Max Super Speciality Hospital's Physiotherapy Department, NMIMS University, MPT students played an instrumental role in preparing corporate workers of Hitachi company on proper working techniques. The goal was to enhance their sitting postures, building endurance for long sitting hours, increasing their productivity and reducing the incidence of injury.

Details:

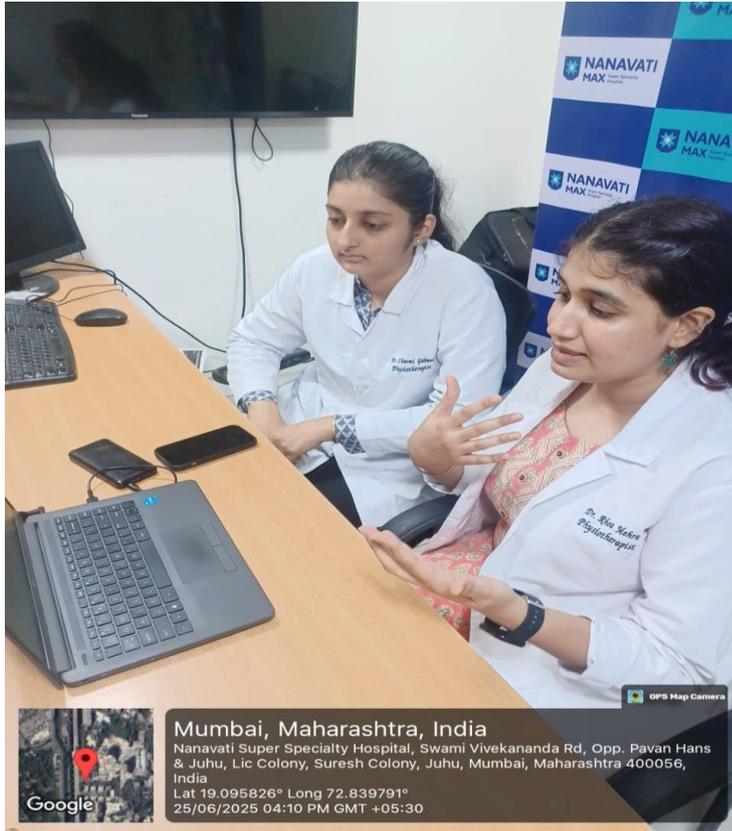
1. Where the activity conducted	Nanavati Max Super Speciality Hospital, Mumbai
2. Who organized	Dept of Physiotherapy
3. Which students participated	MPT students, SDSOS NMIMS, Mumbai
4. No. of students participated	2 MPT Students 1. Dr Rhea Mehra 2. Dr Charmi Gabani
5. Faculty / Mentor	Dr Khadijeh Menai
6. Description	<p>Overview: An online lecture was conducted on June 25th, 2025, at 4:00 PM, focusing on training for corporate workers, specifically targeting Hitachi company employees. The session focused on proactive ergonomic solutions for sedentary desk workers. The goal was to enhance awareness, prevent work-related musculoskeletal disorders, and promote long-term occupational health.</p> <p>Ergonomic Presentation: The session focused on identifying common workplace risk factors contributing to musculoskeletal disorders, such as</p>

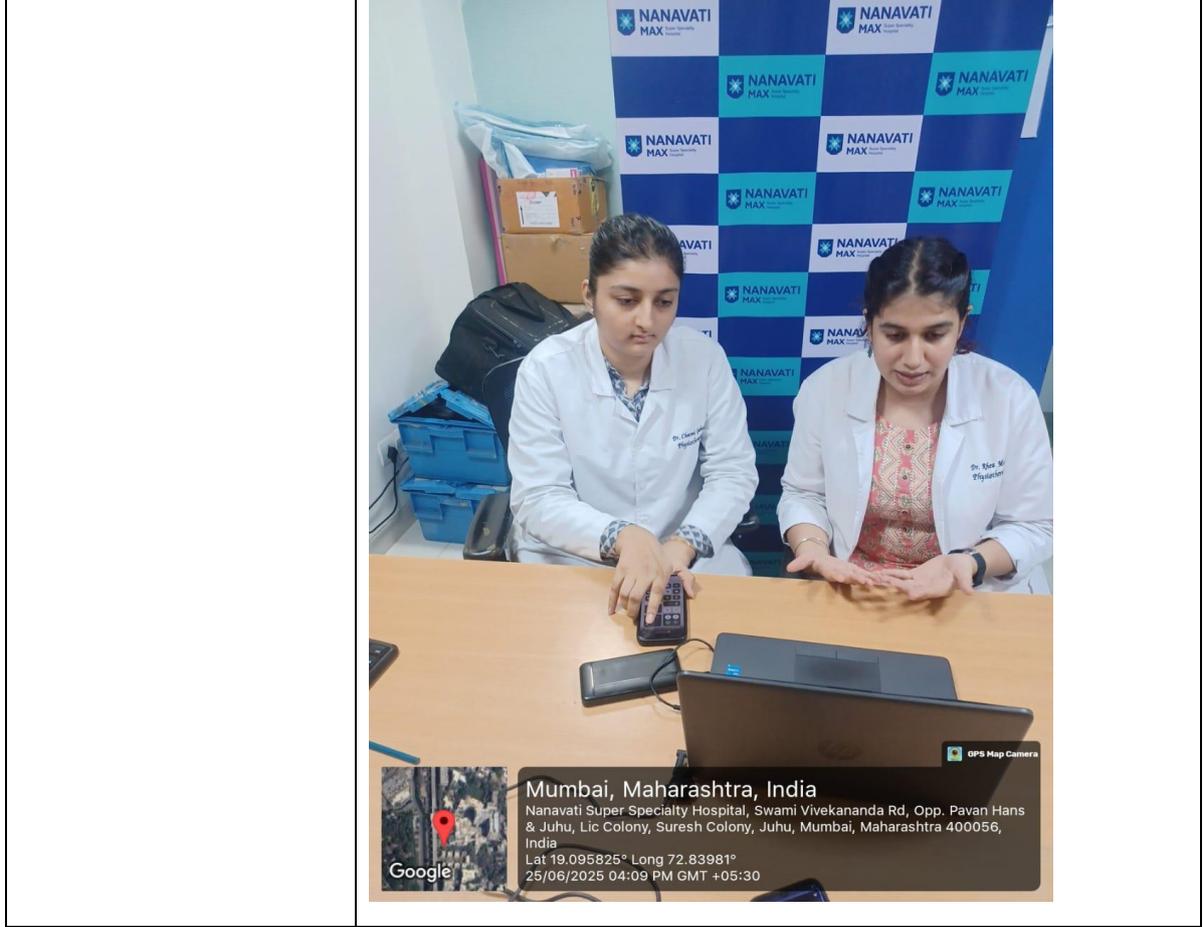
	<p>prolonged sitting, poor posture, and repetitive movements. It provided evidence-based strategies to optimize workstation setup, including proper monitor height, chair alignment, and keyboard positioning. The session also emphasized on posture correction, movement between work, mini breaks, and the use of ergonomic aids.</p> <p>Activity: During the activity session, participants were guided through simple stretches and mobility exercises targeting the neck, shoulders, and lower back. They learned seated posture correction, desk-based neck stretches, upper body mobility, and spinal mobility drills. Additionally, they were advised on proper hydration, nutrition, importance of physical activity as well.</p>
<p>7. Beneficiary Group</p>	<p>Hitachi company employees</p>
<p>8. Conclusion/outcome</p>	<p>Overall, the event was a valuable experience that emphasized on improved awareness of workplace ergonomics and practical strategies to prevent discomfort and strain. Participants gained an experience with posture correction, stretching, and mobility exercises, helping them to apply these principles in their daily work environments.</p>

Report should be supplemented with:

1. Photographs and captions

MPT students presenting demonstrating in the webinar





Faculty Mentor Signature:

Faculty Mentor Name:

Dr Khadijeh Menai



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