

Activity Report

Name of Activity:	Ergonomic session at New India Assurance Co Ltd, Ghatkopar West, Mumbai.
Name of school:	Sunandan Divatia School of Science, NMIMS, Mumbai.
Date:	June 3, 2025
Time:	04:30 PM to 05:30 PM
Venue:	New India Assurance Co Ltd, JV Road, Khot Lane, Ghatkopar West, 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:

Where the activity conducted	New India Assurance Co Ltd, JV Road, Khot Lane, Ghatkopar West, Mumbai
Who organized	Dept of Physiotherapy
Which students participated	MPT students, SDSOS NMIMS, Mumbai
No. of students participated	2 MPT Students
Faculty / Mentor	Dr. Khadijeh Menai
Description	<p>1. Welcome and Introduction: The session began with a warm welcome extended to the employees of New India Assurance Co Ltd. Our student presenters introduced themselves and shared the objective of the session -to promote health and productivity through simple ergonomic strategies. Attendees were encouraged to reflect on their daily postural habits and participate actively.</p> <p>2. Importance of Ergonomics and Its Applications: A detailed overview of ergonomics was provided, emphasizing its significance in office environments. The presentation discussed how improper workstation setup and prolonged</p>

	<p>static postures contribute to musculoskeletal disorders. Real-life examples of work-related pain and its long-term consequences were shared, making the topic relatable and engaging.</p> <p>3. Exercise Demonstration: Our MPT students demonstrated various stretching and strengthening exercises targeting the neck, shoulders, spine, and lower limbs. Each exercise was explained in terms of its purpose, whether to reduce stiffness, improve circulation, or correct posture. Employees were encouraged to follow along and experience immediate relief from common discomforts. Additionally, guidelines were provided for incorporating these exercises into their daily work routine.</p> <p>4. Q&A Session: A highly interactive segment followed, where employees raised queries about their specific workstation-related challenges. Topics ranged from laptop usage, monitor height, and chair ergonomics to work-from-home adjustments. Our students addressed each concern thoroughly and provided actionable solutions with visual references.</p> <p>5. Outcome: The session was met with enthusiastic participation and feedback. Many employees expressed that it was eye-opening to understand how minor adjustments in posture and setup could prevent long-term health issues. The engagement and interest during the Q&A indicated a strong willingness to incorporate ergonomic habits, marking the session as a success in workplace health education.</p>
Beneficiary Group	30 employees from New India Assurance Co Ltd
Conclusion	The Ergonomic Session at New India Assurance Co Ltd was a valuable initiative to promote ergonomic awareness among employees. It highlighted the significance of incorporating small changes for better physical health and productivity in office settings.

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

Khadijeh Menai

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Dr Khadijeh Menai



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