

OFFICE ERGONOMIC SESSION AT BYJUS EXAM PREP

15th December,2022

OBJECTIVE:

To make the students as well as the employs aware regarding the desk job related Musculoskeletal conditions.

DESCRIPTION:

BCIP organized the Ergonomic camp at BYJUS exam prep, Windsor IT Park, Noida Sec.125 on 15th December 2022. The session was regarding the desk job related musculoskeletal conditions. Students of BCIP Khushi khare, Varshita Saini and Alamin Mansuri went to the office with Sports club Incharge Dr Mohd Asif., Employees learned about desk job musculoskeletal conditions

- They learned about occurrence and risk factors of these conditions
- They learned about disorders which can occur due to msd.
- They learned about symptoms.
- They learned about prevention principles and ergonomics.
- They were taught basic stretching and strengthening exercises.

The presentation was held about the basics of desk job related musculoskeletal conditions, their risk factors, their symptoms, occurrence and preventive principles. After presentation the demonstration was held. In this basic stretching and strengthening exercises were taught to the employees. The exercises were also performed by the employees. Basic stretching exercises explained were trapezius stretch, scm stretch and back stretch. Basic strengthening exercises explained were neck and back isometrics. After the demonstration, the interview session was held. In this session, various employees came to us with their problems. There were few employees who faced difficulty with constant eye strain and eye stress. There were also few patients who experienced pain in back radiating to legs.

The session was quite helpful for the employees as well as for us, as this gave us an immense opportunity to spread awareness about the common desk related issues in employees.



