

## WORKSHOP ON WORKPLACE EFFICIENCY DEVELOPMENT

Social Media Club of BCIP organized a Workshop on “Workplace Efficiency Development” on 31<sup>st</sup> January 2020 for the students of Janki Devi Vocational Centre, as part of its community outreach program. Dr. Priyanka Sharma (PT) and students of BPT IV yr participated in the event. The main focus of the session was to teach the students the correct ergonomics regarding their work place. They were taught a many exercises which they can do on the workstation and college desk any time of the day which would help them in combating discomforts or postural pains they encounter during working and hence their productivity gets affected. The students of Janki Devi Vocational Centre enriched their knowledge regarding different ailment and got an opportunity to break some myths. The response was overwhelming .It was a great learning for the students of BCIP too as they got chance to apply their theoretical knowledge in actual settings.

