

Workshop 5:

Topic: Ergonomics

Number of participants: 25 (max)

Time duration: 08 hours (one day)

Speaker: Dr. Nipun Choudhry



Derived from the Greek ergon (work) and nomos (laws) to denote the science of work, ergonomics is a systems-oriented discipline, which now applies to all aspects of human activity. Practicing ergonomists must have a broad understanding of the full scope of the discipline, taking into account the physical, cognitive, social, organizational, environmental and other relevant factors. Within the discipline, domains of specialization represent deeper competencies in specific human attributes or characteristics of human interaction. Learn the prevention techniques of body aches /pains ,the basic first Aid ,the do's and Don'ts in an emergency & Self defense tips

Special attractions: Action Planning & Group Counseling

