



Index Department of Physiotherapy & Paramedical Sciences

Malwanchal University, Indore



"Introduction to Functional
Ergonomics for Physiotherapy
Students"



Registrar
Malwanchal University
Indore (M.P.)

ABOUT

"Introduction to Functional Ergonomics for Physiotherapy Students" explores ergonomic principles to prevent injuries, enhance workplace safety, and promote optimal performance in daily activities.

Eligibility Criteria :

BPT Students.

Resource Person

Dr. Aseem Yadav

Registration Fees: 0

Start Date:- 01/05/24 To 04

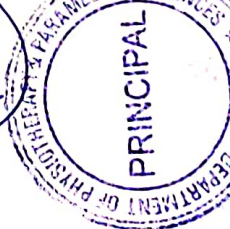
Schedule:- 09:00 to 04:00

Module

Module content covers: ergonomic fundamentals, workplace assessment, anthropometry, biomechanics, posture analysis, task analysis, and design of workstations, plus practical applications for physiotherapy practice.

Course Outcome

Upon completion, students will be able to analyze work environments, identify ergonomic risks, design preventative strategies, and apply evidence-based ergonomic principles to promote occupational health and safety.





Index

Department of Physiotherapy & Paramedical Sciences



MALWANCHAL UNIVERSITY, INDORE

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 91 9755008280, +91 7024107465
Email : principalparamed@indexgroup.co.in, paramedical@indexgroup.co.in Website. Wwww.malwanchaluniversity/paramedical.co.in
City Office : 104, Trishul Apartment., 5, Sanghi Colony, A.B. Road, Indore M.P. -452008 (M.P.)

REF.NO.- IDOPT/PO/2024/

DATE: 23/04/2024

CIRCULAR

Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University is conducting

Introduction to functional ergonomics for BPT students : the course will provide a depth knowledge on given topic

*Topic: - Introduction to functional ergonomics for BPT students

*Date: 01/05/2024-04/05/2024

*Venue: Index department of physiotherapy and paramedical sciences.

*Resource Person: Dr. Aseem Yadav


You are expected to attend the above mentioned course to facilitate in-depth understanding of the topic and enhance the skills.

Faculties can enroll the names to Course Coordinator on or before 27/04/2024


COURSE COORDINATOR
DR. SURBHI RAJPUT



PRINCIPAL
PARAMEDICAL COURSES


Registrar
Malwanchal University
Indore (M.P.)



INDEX

Department of Physiotherapy and Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE

Ref: - IDOPT/PO/2024/446/17)

Date: 06/05/2024

Report: Introduction to Functional Ergonomics

Date: -01/05/2024-03/05/2024

Introduction and Overview

Functional ergonomics is the application of ergonomic principles to enhance human performance, reduce injury risk, and improve overall well-being. Physiotherapists play a crucial role in promoting functional ability and preventing work-related injuries. This three-day workshop aimed to introduce physiotherapy students to the fundamental principles of functional ergonomics, enabling them to design and implement effective ergonomic interventions.

The objectives of this workshop were:

- To understand the principles of functional ergonomics and its application in physiotherapy
- To analyze work-related tasks and identify ergonomic risk factors
- To design and implement ergonomic interventions to prevent injuries and enhance functional ability
- To integrate functional ergonomics into physiotherapy practice

Day 1: Foundations of Functional Ergonomics

The first day of the workshop introduced the foundations of functional ergonomics. Key concepts discussed included:

- Definition and scope of ergonomics
- Human factors and anthropometry
- Biomechanics and movement analysis
- Ergonomic principles for workplace design

Hands-on activities allowed students to apply ergonomic principles to real-world scenarios.

Day 2: Ergonomic Assessment and Analysis

The second day of the workshop focused on ergonomic assessment and analysis. Topics included:

- Task analysis and job demands analysis
- Ergonomic risk assessment tools and methods
- Workplace evaluations and assessments
- Case study discussions and group activities

Students practiced conducting ergonomic assessments and analyzing work-related tasks.

Day 3: Ergonomic Interventions and Implementation

The third day of the workshop explored ergonomic interventions and implementation strategies. Topics included:

- Designing ergonomic interventions for workplace injuries
- Implementing ergonomic solutions and technologies
- Ergonomic training and education programs
- Integrating functional ergonomics into physiotherapy practice

Students developed skills in designing and implementing ergonomic interventions.

Key Takeaways

Sankar
Registrar
Malwanchal University
Indore (M.P.)



The workshop provided valuable insights into functional ergonomics, emphasizing:

- Importance of ergonomic principles in preventing work-related injuries
- Role of physiotherapists in promoting functional ability and ergonomic awareness
- Effective ergonomic assessment and analysis techniques
- Implementation strategies for ergonomic interventions

Clinical Applications for Physiotherapy Students

As physiotherapy students, the knowledge gained from this workshop can be applied in various clinical settings:

- Conducting ergonomic assessments and analyses
- Designing and implementing ergonomic interventions
- Promoting functional ability and preventing work-related injuries
- Integrating functional ergonomics into physiotherapy practice

Conclusion

This three-day workshop provided physiotherapy students with a comprehensive introduction to functional ergonomics, enhancing their ability to promote functional ability and prevent work-related injuries.

Assessment:

Students demonstrated proficiency through:


- Practical assessments (60%)
- Written quizzes (20%)
- Case study presentations (20%)

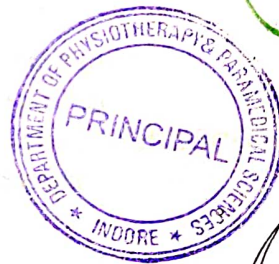
Resource Persons:

- Dr. Aseem Yadav

Duration:

Three days (24 hours)

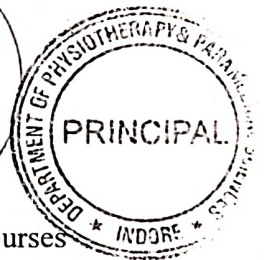

Report Made by:
Dr. Surbhi Rajput








Principal
Paramedical Courses




Registrar
Malwanchal University
Indore (M.P.)



INDEX

Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

Value Added Course: Introduction to Functional Ergonomics for Physiotherapy Students

Date: 1st-3rd May 2024

Venue: Index Department of Physiotherapy and Paramedical Sciences College, Indore

Resource Person: Dr. Aseem Yadav

Course Overview:

This 3-day value-added course aims to introduce Physiotherapy students to the principles and applications of functional ergonomics, enhancing their understanding of workplace safety and efficiency.

Day 1: Foundations of Functional Ergonomics

The first day covers:

- Introduction to Ergonomics: Definition, History, and Scope
- Human Factors and Anthropometry: Understanding Human Capabilities and Limitations
- Workplace Assessment: Identifying Ergonomic Hazards and Risks
- Basic Ergonomic Principles: Posture, Movement, and Lifting
- Case Studies: Applying Ergonomic Principles to Clinical Scenarios

Day 2: Advanced Ergonomic Applications and Interventions

The second day focuses on:

- Advanced Ergonomic Principles: Manual Handling, Repetitive Strain Injuries, and Work-Related Musculoskeletal Disorders
- Ergonomic Interventions: Designing Workstations, Tools, and Equipment
- Functional Capacity Evaluation: Assessing Work-Related Abilities
- Return-to-Work Strategies: Implementing Ergonomic Principles in Rehabilitation
- Group Discussions: Ergonomics in Various Industries and Settings

Day 3: Practical Sessions and Project Work

The third day involves:

- Practical Sessions: Conducting Workplace Ergonomic Assessments
- Project Work: Developing Ergonomic Intervention Plans
- Presentations and Feedback Session
- Viva Voce and Certificate Distribution

Course Objectives:

Upon completion, participants will:

1. Understand ergonomic principles and human factors.
2. Apply workplace assessment and intervention strategies.
3. Identify ergonomic hazards and risks.
4. Integrate ergonomic principles with physiotherapy practice.



Seetha
Registrar
Malwanchal University
Indore (M.P.)

Assessment and Certification:

Participants will be assessed through written quizzes, practical sessions, and project presentations. Successful completion will result in a certificate from Index Department of Physiotherapy and Paramedical Sciences College, Indore.

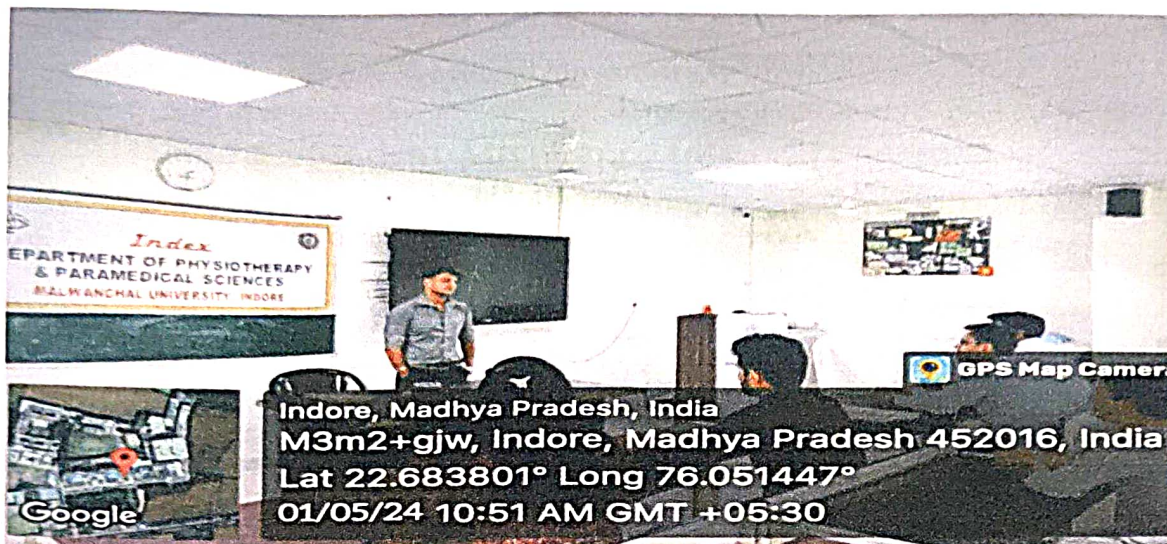
Course Materials:

- Workshop manual
- PowerPoint presentations
- Handouts and worksheets
- Relevant journals and research articles
- Ergonomic assessment tools and software

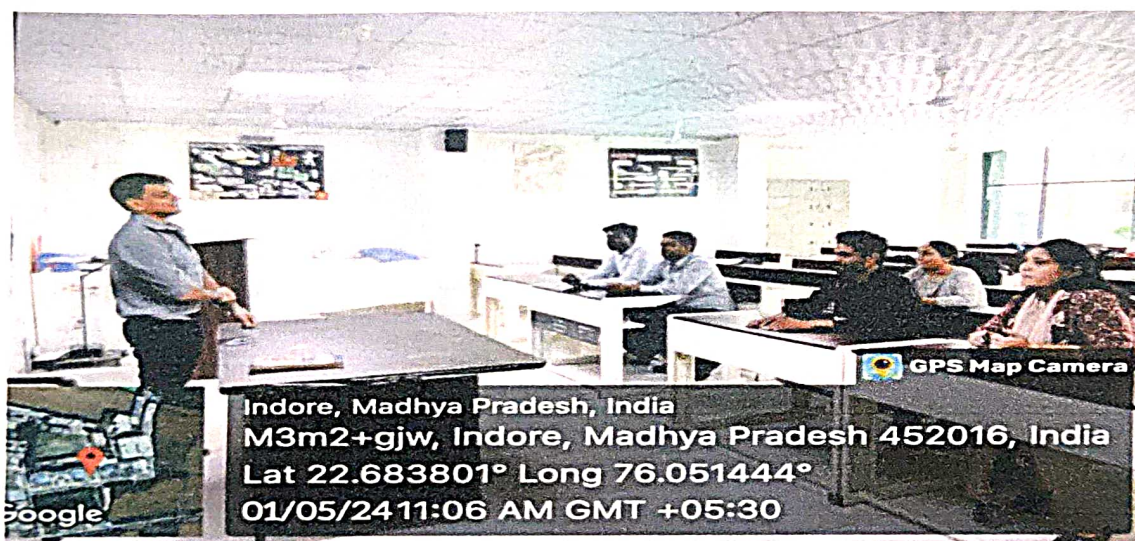


Sodha
Registrar
Malwanchal University
Indore (M.P.)

Introduction to functional Ergonomics – physiotherapy view



Dr. Aseem yadav sir taking classes



Dr. Aseem yadav sir speaking about fuctional ergonomics

Goodkard



Rm



INDEX

Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

Topic: - Introduction to Ergonomic Functional Physiotherapy View

Resource Person :- Dr.Aseem Yadav

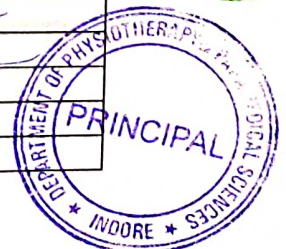
Date :- 04/05/2024-01/05/2024

Student Attendance List

(BPT 3rd, 4th year)

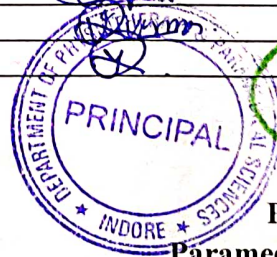
S.NO	Name of Student	Signature
1.	BPT 3rd Year. Anjali Jaiswal	
2.	Anjali Neekhara	
3.	Archie Jadhav	
4.	Arpit Kushwah	
5.	Bhavana Bhuriya	
6.	Chandan Doriya	
7.	Charu Powar	
8.	Deepak Meena	
9.	Deepika Goyal	
10.	Dishika Agrawal	
11.	Garima Sonwani	
12.	Geetanjali Koushal	
13.	Gourang Panchole	
14.	Harsh Sharma	
15.	Kapil Patidar	
16.	Khan Mehvish	
17.	Krishnapal Singh	
18.	Kritika Patidar	
19.	Kunjita Nargesh	
20.	Manisha Goyal	
21.	Manwani Anshul	
22.	Maya Jaiswal	
23.	Mehzabin Khan	
24.	Mufeed Sheikh	
25.	Muskan Patidar	
26.	Neha	
27.	Nikhil Patel	
28.	Nirali Patidar	
29.	Prajal khandelwal	
30.	Prathana Maske	
31.	Rajput Aman Singh	
32.	Rajput Vidhi Vilas	
33.	Ratnesh mandloi	
34.	Sakshi Joshi	
35.	Shiva Rathore	
36.	Shivam Meena	
37.	Shivani Patidar	
38.	Shruti Shrivastava	
39.	Simran Mehra	

Registrar
Malwanchal University
Indore (M.P.)



40.	Somnath Verma	
41.	Tanisha Prajapat	
42.	Tanshika Patidar	
43.	Umesh Patidar	
44.	Vaishnavi Soni	
45.	Varsha Patidar	
46.	Veena Rao	
47.	Vishranti Joshi	
48.	BPT- 4th year	
49.	Aafrin Khan	
50.	Aastha Parmar	
51.	Abhishek Chauhan	
52.	Ambika	
53.	Ameesha	
54.	Anjali Dawar	
55.	Ankit Rathore	
56.	Asmit Patel	
57.	Aayushi Maurya	
58.	Chetna Chouhan	
59.	Devandra khakal	
60.	Disha Baraskar	
61.	Divyani Chouhan	
62.	Garima Rathore	
63.	Gedam Chaitali Yogeshwar	
64.	Himanshi Satha	
65.	Ishika Yadav	
66.	Karan Bopcha	
67.	Nandini Parmar	
68.	Pooja Khandekar	
69.	Pranav Jadhav	
70.	Prayag Solanki	
71.	Prerna Carpenter	
72.	Radharaman Meena	
73.	Rane Divya Sonaji	
74.	Ravian Dawande	
75.	Ritika Bhaduriya	
76.	Rohit Meena	
77.	Rohit Yadav	
78.	Sagar	
79.	Shubham Tiwari	
80.	Simrandeep Sikh	
81.	Swapnil Thergaonkar	
82.	Vishesh Verma	
83.	Yashvi Bajpai	

Resource Person
Dr. Aseem Yadav



Principal
Paramedical Courses

Majwanchal University,
Indore (M.P.)



INDEX

Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

Topic: - Introduction to Ergonomic Functional Physiotherapy View

Resource Person :- Dr.Aseem Yadav

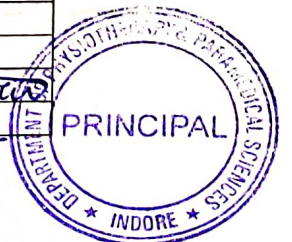
Date :- 04/05/2024-01/05/2024

Student Registration List

(BPT 3rd, 4th year)

S.NO	Name of Student	Signature
1.	BPT 3rd Year. Anjali Jaiswal	Anjali
2.	Anjali Neekhra	Anjali Neekhra
3.	Archie Jadhav	Archie
4.	Arpit Kushwah	Arpit
5.	Bhavana Bhuriya	Bhavana
6.	Chandan Doriya	Chandan
7.	Charu Powar	Charu
8.	Deepak Meena	Deepak
9.	Deepika Goyal	Deepika
10.	Dishika Agrawal	Dishika
11.	Garima Sonwani	Garima
12.	Geetanjali Koushal	Geetanjali
13.	Gourang Panchole	Gourang
14.	Harsh Sharma	Harsh
15.	Kapil Patidar	Kapil
16.	Khan Mehvish	Khan
17.	Krishnapal Singh	Krishnapal
18.	Kritika Patidar	Kritika
19.	Kunjita Nargesh	Kunjita
20.	Manisha Goyal	Manisha
21.	Manwani Anshul	Manwani
22.	Maya Jaiswal	Maya
23.	Mehzabin Khan	Mehzabin
24.	Mufeed Sheikh	Mufeed
25.	Muskan Patidar	Muskan
26.	Neha	Neha
27.	Nikhil Patel	Nikhil
28.	Nirali Patidar	Nirali
29.	Prajat khandelwal	Prajat
30.	Prathana Maske	Prathana
31.	Rajput Aman Singh	Rajput
32.	Rajput Vidhi Vilas	Rajput
33.	Ratnesh mandloi	Ratnesh
34.	Sakshi Joshi	Sakshi
35.	Shiva Rathore	Shiva
36.	Shivam Meena	Shivam
37.	Shivani Patidar	Shivani
38.	Shruti Shrivastava	Shruti
39.	Simran Mehra	Simran

Registrar
Malwanchal University
Indore (M.P.)



40.	Somnath Verma	Uemal Somnath
41.	Tanisha Prajapat	Tanisha
42.	Tanshika Patidar	Tanshika Patidar
43.	Umesh Patidar	umesh patidar
44.	Vaishnavi Soni	V Soni
45.	Varsha Patidar	Varsha
46.	Veena Rao	veena rao
47.	Vishranti Joshi	Vishr. J.
48.	BPT- 4th year	
49.	Aafrin Khan	Aafrin
50.	Aastha Parmar	Aastha Parmar
51.	Abhishek Chauhan	Abhishek
52.	Ambika	Ambika
53.	Ameesha	Ameesha
54.	Anjali Dawar	Anjali
55.	Ankit Rathore	Ankit Rathore
56.	Asmit Patel	Asmit Patel
57.	Aayushi Maurya	Aayushi
58.	Chetna Chouhan	Chetna
59.	Devandra khakal	Devandra
60.	Disha Baraskar	Disha Baraskar
61.	Divyani Chouhan	Divyani Chouhan
62.	Garima Rathore	Garima Rathore
63.	Gedam Chaitali Yogeshwar	gedam Chaitali
64.	Himanshi Satha	Himanshi
65.	Ishika Yadav	Ishika
66.	Karan Bopcha	Karan
67.	Nandini Parmar	Nandini
68.	Pooja Khandekar	Pooja
69.	Pranav Jadhav	Pranav
70.	Prayag Solanki	Prayag Solanki
71.	Prerna Carpentar	Prerna Carpentar
72.	Radharaman Meena	Radharaman Meena
73.	Rane Divya Sonaji	Rane Divya Sonaji
74.	Ravian Dawande	Ravian Dawande
75.	Ritika Bhaduriya	Ritika Bhaduriya
76.	Rohit Meena	Rohit Meena
77.	Rohit Yadav	Rohit Yadav
78.	Sagar	Sagar
79.	Shubham Tiwari	Shubham Tiwari
80.	Simrandeep Sikh	Simrandeep Sikh
81.	Swapnil Thergaonkar	Swapnil Thergaonkar
82.	Vishesh Verma	Vishesh Verma
83.	Yashvi Bajpai	Yashvi Bajpai

Resource Person
Dr. Aseem Yadav



Principal
Paramedical Courses

Registrar
Malwanchal University
Indore (M.P.)



INDEX

Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

Topic: - Introduction to Ergonomic Functional Physiotherapy View

Resource Person :- Dr. Aseem Yadav

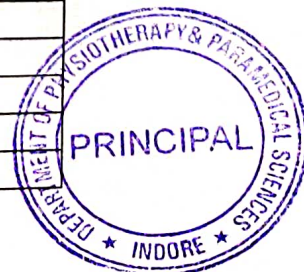
Date :- 04/05/2024-01/05/2024

Student Certificate List

(BPT 3rd, 4th year)

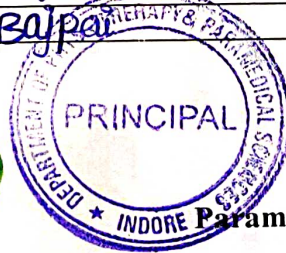
S.NO	Name of Student	Signature
1.	BPT 3rd Year. Anjali Jaiswal	Anjali
2.	Anjali Neekhra	Anjali
3.	Archie Jadhav	Archie
4.	Arpit Kushwah	Arpit
5.	Bhavana Bhuriya	Bhavana
6.	Chandan Doriya	Chandan
7.	Charu Powar	Charu
8.	Deepak Meena	Deepak Meena
9.	Deepika Goyal	Deepika
10.	Dishika Agrawal	Dishika
11.	Garima Sonwani	Garima
12.	Geetanjali Koushal	Geetanjali
13.	Gourang Panchole	Gourang
14.	Harsh Sharma	Harsh
15.	Kapil Patidar	Kapil
16.	Khan Mehvish	Khan
17.	Krishnapal Singh	Krishnapal
18.	Kritika Patidar	Kritika
19.	Kunjita Nargesh	Kunjita
20.	Manisha Goyal	Manisha Goyal
21.	Manwani Anshul	Manwani
22.	Maya Jaiswal	Maya
23.	Mehzabin Khan	Mehzabin
24.	Mufeed Sheikh	Mufeed
25.	Muskan Patidar	Muskan
26.	Neha	Neha
27.	Nikhil Patel	Nikhil Patel
28.	Nirali Patidar	Nirali
29.	Prajal khandelwal	Prajal
30.	Prathana Maske	Prathana
31.	Rajput Aman Singh	Rajput
32.	Rajput Vidhi Vilas	Rajput
33.	Ratnesh mandloi	Ratnesh
34.	Sakshi Joshi	Sakshi
35.	Shiva Rathore	Shiva
36.	Shivam Meena	Shivam
37.	Shivani Patidar	Shivani
38.	Shruti Shrivastava	Shruti
39.	Simran Mehra	Simran

Registrar
Malwanchal University,
Indore (M.P.)



40.	Somnath Verma	Somnath Verma
41.	Tanisha Prajapat	Tanisha
42.	Tanshika Patidar	Patidar Tanshika
43.	Umesh Patidar	UPatidar
44.	Vaishnavi Soni	VSoni
45.	Varsha Patidar	Varshapatidar
46.	Veena Rao	Rao Veena
47.	Vishranti Joshi	Joshi Vishranti
48.	BPT- 4th year	
49.	Aafrin Khan	Aafrin Khan
50.	Aastha Parmar	Parmaraastha
51.	Abhishek Chauhan	Chauhan Abhishek
52.	Ambika	Ambika
53.	Ameesha	Meesha
54.	Anjali Dawar	Anjalidawar
55.	Ankit Rathore	Rathorankit
56.	Asmit Patel	APatel
57.	Aayushi Maurya	Aayushi Maurya
58.	Chetna Chouhan	Chetna Chouhan
59.	Devandra khakal	Devandra
60.	Disha Baraskar	Dishab
61.	Divyani Chouhan	Chouhan Divyani
62.	Garima Rathore	Garima
63.	Gedam Chaitali Yogeshwar	Yogeshwar GC
64.	Himanshi Satha	Sathah
65.	Ishika Yadav	Ishikayadav
66.	Karan Bopcha	Karan Bopcha
67.	Nandini Parmar	Nandini Parmar
68.	Pooja Khandekar	Khandekar Pooja
69.	Pranav Jadhav	Jadhav P
70.	Prayag Solanki	PSolanki
71.	Prerna Carpenter	Carpenter Prerna
72.	Radharaman Meena	Radharaman
73.	Rane Divya Sonaji	Rane Sonaji
74.	Ravian Dawande	Dawande
75.	Ritika Bhaduriya	Ritika Bhaduriya
76.	Rohit Meena	Rohit Meena
77.	Rohit Yadav	Rohit Yadav
78.	Sagar	Sagar
79.	Shubham Tiwari	Shubham Tiwari
80.	Simrandeep Sikh	SSikh
81.	Swapnil Thergaonkar	Swapnil T
82.	Vishesh Verma	Vishesh Verma
83.	Yashvi Bajpai	YBajpai

Resource Person
Dr. Aseem Yadav



Principal
Indore Paramedical Courses

Registrar,
Matwanchal University
Indore (M.P.)