



Banarsidas Chandiwala Institute of Physiotherapy

**AFFILIATED TO G.G.S. INDRAPRASTHA UNIVERSITY Chandiwala Estate, Maa Anandmai
Marg, Kalkaji, New Delhi-110019. Phone: 01149020292 Fax: 011- 49020292
E-mail: director@bcip.ac.in Website: bcip.ac.in**

Workplace Ergonomics Awareness Consultancy Camp 19th **January 2024 at LLOYD INSOLUTIONS**

Objective – The primary objective of such a camp can be a great way to educate participants about the importance of maintaining good posture and practicing ergonomic habits to enhance overall well-being

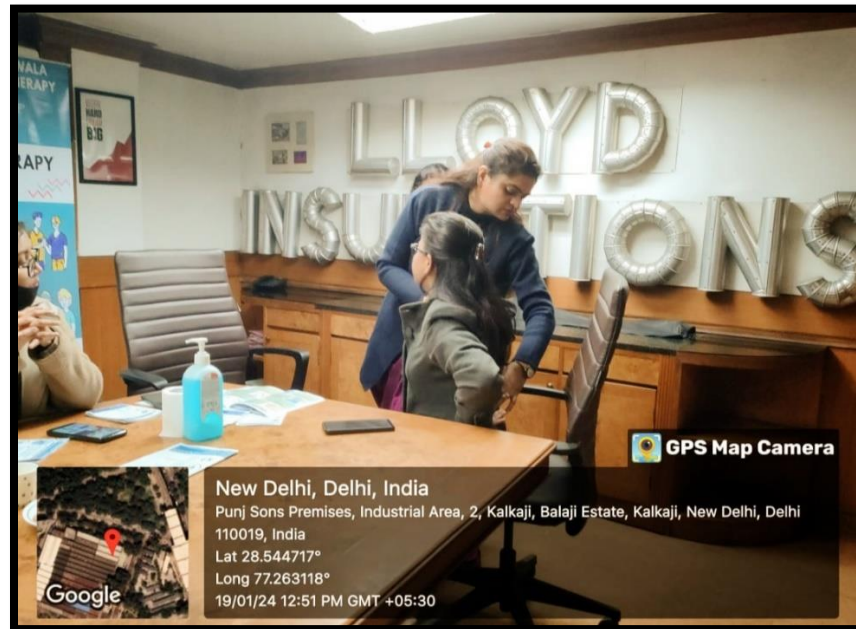
Date – 19th January 2024

Banarsidas Chandiwala Institute of Physiotherapy has organized Workplace Ergonomics Awareness Consultancy Camp at Llyod Insolutions Punj Sons Premises, (opposite Chandiwala Estate Near Kalkaji Mandir) 2, Kalkaji Industrial Area, New Delhi- 110 019 on 19th January 2024 11 am Onwards. Camp comprises interactive sessions and activities to make learning fun and engaging. We conducted posture assessments where participants can identify their own posture habits and learn how to improve them. Following services were offered during the camp.

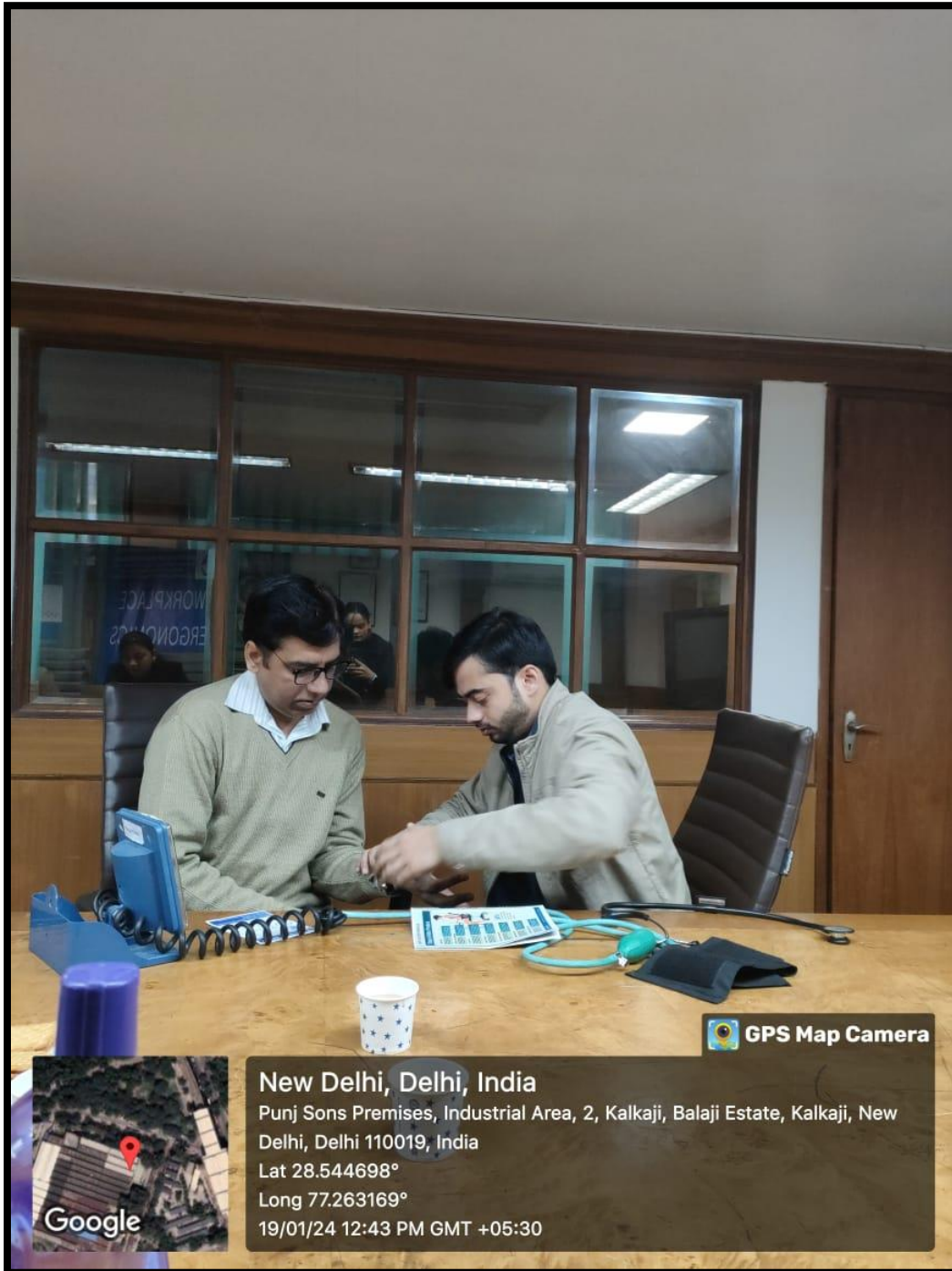
- **Basic physiotherapy assessments:** Conducting assessments to identify musculoskeletal issues, movement impairments, and other physical conditions.
- **Treatment sessions:** Providing therapeutic exercises, manual therapy, and other interventions to address specific concerns.
- **Education and advice:** Offering guidance on injury prevention, rehabilitation exercises, and lifestyle modifications.
- **Screening for specific conditions:** Conducting screenings for conditions such as posture-related problems, sports injuries, or chronic pain.


Organized posture assessment and explained importance of good posture throughout the camp. Discuss the impact of technology on posture and how to mitigate issues associated with excessive screen time. Teach participants about "tech neck" and other posture-related problems

that can arise from prolonged device use. Physiotherapy consultancy camps play a crucial role in promoting community health, preventing injuries, and providing access to physiotherapy services for individuals who may not have easy access to regular healthcare facilities.







 **GPS Map Camera**



New Delhi, Delhi, India
Punj Sons Premises, Industrial Area, 2, Kalkaji, Balaji Estate, Kalkaji, New
Delhi, Delhi 110019, India
Lat 28.544698°
Long 77.263169°
19/01/24 12:43 PM GMT +05:30