



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

World Ergonomics Day Celebration 27th - 28th November 2024

On the occasion of World Ergonomics Day, NSS Club of Banarsidas Chandiwala Institute of Physiotherapy conducted an awareness social media campaign to emphasize the importance of proper ergonomics and physiotherapy exercises in daily life. The event's theme, "Movement is Medicine," highlighted how adopting correct ergonomic practices and incorporating regular movement can lead to a healthier and pain-free lifestyle.

The campaign focused on raising awareness among professionals about the significance of maintaining good posture, especially during prolonged sitting or standing. Practical tips, such as taking breaks every 30 minutes, stretching, and adjusting posture, were shared to reduce strain and enhance productivity through sharing videos on different social media platforms. The initiative served as a valuable reminder of ergonomics' role in promoting physical and mental well-being, especially in workplace settings.

It reinforced the importance of prioritising ergonomic health in daily routines, aligning with the institute's mission to promote community health and well-being through education and awareness.

