

Summary report of Add-on Certificate Course Workstation Design and Applied Ergonomics

NIRMALA NIKETAN COLLEGE OF HOME SCIENCE

**VALUE ADDED COURSE IN
 WORKSTATION DESIGN AND APPLIED ERGONOMICS**

The three - month Value-Added Course in Workstation Design and Applied Ergonomics conducted by the specialization of Community Resource Management is specially designed to provide an understanding of the key issues related to workplace ergonomics and applied concepts of ergonomics to varied sections of the population. Students are required to use this understanding both to complete the course and to apply the knowledge gained in real situations in the workplaces while conducting an in-depth study in their area of interest.

The value added course has a flexible structure which allows the students to manage simultaneously with their graduation lectures and the certificate course work. The course was coordinated by Mrs. Roopa Rao who invited subject experts and planned/organized field visits/industrial visits to ensure pro-active learning throughout the study.

This academic year 23 students enrolled from TY B.Sc. CRM (the course is open only for CRM students because of the technical nature of the course content). Dr. (Ms.) Wricha Mishra, Ms. Priya Arora, Ms. Ashwini Gaikwad, Ms. Nidhi Dattani, Ms. Jetal Patel and Ms. Arundhati Dolas were the invited experts to conduct the lectures. Research/ in-depth study was guided by Mrs. Roopa Rao. The student groups were guided from topic selection to final report writing. After completing their in-depth study the students learnt the knowledge and understanding of how human factors principles and methods can be used in the design and management of organizational systems to improve performance, productivity and quality while ensuring the safety and wellbeing of the workforce.

The industrial visit to Amritsar-Chandigarh which was planned for the TYBSc (CRM) students helped those of this value added course to get a practical insight of the various industrial applications of ergonomics.

The students gave positive feedback regarding the course content and research/in-depth studies conducted by them stating that it gave them a practical insight of how, where and which position they would fit in industries. All students mentioned that participation and winning awards for research competitions along with a supportive and encouraging faculty boosted their confidence levels immensely. There were also a few suggestions for improvement received, which will help the coordinator plan the upcoming courses more effectively.

This academic year the students of this Value Added Course got the opportunity to participate in Undergraduate Research Competitions wherein they won best research awards. The prize for highest marks secured in this VAC was awarded to Ms. Hinal Shah (1st rank), Ms. Nidhi Mehta (2nd rank) and Ms. Hilba Sarang (2nd rank). The research/ in-depth studies titled "Ergonomic Evaluation of the Residences of the Home Living Elderly" and "Prevalence of Musculoskeletal Discomfort among Housemaids (26 - 40 Years)," were awarded the best group projects.

Finally, this academic year there were 3 students who had attended all classes. Ms. Khushbu Ashar, Ms. Ritu Shah and Ms. Shubhada Sonawane were appreciated with a certificate for 100% attendance.

Mrs. Roopa Rao
 Coordinator of Value Added Course
 (Workstation Design and Applied Ergonomics)

Workstation Design and Applied Ergonomics
 Value Added Course, Department of Community Resource Management
 "Gaze Upward, Look Inward, Reach Outward, Press Forward."
 - Thomas S Monson

The VAC course for the academic year 2017-18 started in June 2017 with 26 enthusiastic students. The group believed strongly that "Extraordinary claims require Extraordinary evidence" (Carl Sagan) and so they pledged to put in their best efforts and ensure that the enthusiasm stays till the end! They grabbed all opportunities that came their way.

Avtishkar 2017-18: All 26 students of VAC "Workstation Design and Applied Ergonomics" participated at the Inter-Collegiate (Zone 1: South Mumbai) Avtishkar Research Convention organized by the University of Mumbai and hosted by K. C. College on 9th Dec 2017. This being their first experience at presenting research papers they were very anxious. Six posters were presented. Three studies were appreciated by the judges and mentioned by the coordinators of the event. One project qualified the 1st round and participated in the 2nd PowerPoint presentation round conducted on the same day. They qualified the 2nd round and moved on to participate further.

Ms. Gunjan Gheola, Ms. Dhanashree Gurav, Ms. Ratul Dahodwala and Ms. Dhanashree Kohare presented their undergraduate research titled "Work related Challenges faced by E-Commerce Delivery Boys." This research was selected among 40 - 45 researches for presentation at the inter-zonal competition at K.L.E. College, Kalmoli on 21st Dec 2017.

Urjita 2017-18: URJITA was an interdisciplinary undergraduate research competition organized by Smt. P.N. Doshi Women's College, Ghatkopar, on 3rd Feb 2018. This year's theme was "GenNEXT: Contemporary Issues, Promises and Challenges."

Ms. Prakrasi Patel, Ms. Salome Pandhare, Ms. Sonali Bhandwalkar and Ms. Shraddha Chauhan presented their undergraduate research study titled "Factors adopted by teenagers (14 - 19 years) while using e-gadgets". This paper was awarded 1st prize, a cash prize of Rs. 5000.

Ms. Gunjan Gheola, Ms. Dhanashree Gurav, Ms. Ratul Dahodwala and Ms. Dhanashree Kohare presented their undergraduate research study titled "Work related Challenges faced by E-Commerce Delivery Boys."

Sustainable Development Goals: Ms. Saniya Pai and Ms. Amanullah Motiwala participated at the Inter-Collegiate Research Competition organized by Maulana Nanavati Women's College, Vile Parle "Sustainable Development Goals - An Interdisciplinary Perspective" on 27th Jan 2018. They presented their research study titled "Work related Challenges faced by Sugarcane Juice Vendors".

The Valedictory function was organized on 12th March 2018. Certificates were distributed to the qualifying students.

Mrs. Roopa Rao
 Course Coordinator

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**VALUE ADDED COURSE IN
 WORKSTATION DESIGN AND APPLIED ERGONOMICS (2018 - 19)**

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This academic year 26 students enrolled from TY B.Sc. CRM (the course is open only for CRM students because of the technical nature of the course content). Ms. Sakina Chhatrivala, Ms. Priya Arora, Ms. Ashwini Gaikwad and Ms. Arundhati Dolas were the invited experts to conduct the lectures. Research/in-depth study was guided by Mrs. Roopa Rao. The student groups were guided from topic selection to final report writing. The details of research/in-depth study are as follows:

Group	Names of students	Topic of in-depth study
1.	Gala, Dhruvi Ghadiali, Insiya Fernandes, Stessy Ginwala, Delnaaz	Prevalence of Musculoskeletal discomfort among Dabbawalas.
2.	Fernandes, Ruena Rodrigues, Saniya Carvalho, Roslyn Lopes Valeta Fernandes, Riya	An Ergonomic Study of Workers in Small Scale Industries in Vasai - Virar Areas of Maharashtra
3.	Dedhia, Priyanka Shamsi Safura Patil Ankita Chavan Mansi	Ergonomic Assessment for Musculoskeletal Discomfort Among Restaurant Wait Staff
4.	Mishra Revati Parikh Rutvi	Work Related Musculoskeletal Morbidity among Garment Alteration Tailors
	Khan Saba, Jessica Joseph	
5.	Purva Rane Salekar Divya Sayyed Unaiza Sayyed Rabab Bhole Ashni	Ergonomic Evaluation for Safety Hazards in Old Age Homes
6.	Parekh Ayushi Varadkar, Shreya Worlikar, Prashita Verma, Meenakshi	Anthropometric Considerations while Designing Furniture for School Children (10 - 12 years)


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