



## **MGM INSTITUTE OF HEALTH SCIENCES**

(Deemed to be University u/s 3 of UGC Act, 1956)

**Grade 'A' Accredited by NAAC**

Sector-01, Kamothe, Navi Mumbai - 410 209

Tel 022-27432471, 022-27432994, Fax 022 - 27431094


E-mail : [registrar@mgmuhs.com](mailto:registrar@mgmuhs.com) | Website : [www.mgmuhs.com](http://www.mgmuhs.com)

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# **Value Added Course**

## **Functional Ergonomics**

  
**Dr. Rajesh B. Goel**  
Registrar  
MGM INSTITUTE OF HEALTH SCIENCES  
(DEEMED UNIVERSITY u/s 3 of UGC Act, 1956)  
NAVI MUMBAI- 410 209

  
**Dr. Shashank D. Dalvi**  
Vice Chancellor  
MGM INSTITUTE OF HEALTH SCIENCES  
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KAMOTHE, NAVI MUMBAI



## VALUE ADDED COURSE

APPLIED AREAS  
OF  
ERGONOMICS



# FUNCTIONAL ERGONOMICS



COURSE COORDINATOR:  
DR. ANISHA GULATI (PT)



1

Objective of this course is to understand how to design workspaces for a diverse work population

2

Learn to study workstation evaluation methods to identify potential hazards that contribute to work-related musculoskeletal disorders

3

Duration : 40 hours for 8weeks

4

End of course evaluation will be assessed through video project and field visit of 80marks

5

Certificate will be provided after completion of 30 hours of coursework, evaluation and feedback submission



For Inquiries, Email us at:

[mgmschoolofphysiotherapy@mgmsopnm.edu.in](mailto:mgmschoolofphysiotherapy@mgmsopnm.edu.in)



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**MGM SCHOOL OF PHYSIOTHERAPY**  
Sector-1, Kamothe, Navi Mumbai – 410209

Value Added Course Title: **Functional Ergonomics**

**Duration: 40 hours – 8 weeks**

Course Co-ordinator : Dr. Anisha Gulati (PT)

<b>Course Learning Outcomes:</b> The student will be able to:	
CO 1	explain the idea of safety culture and its importance in work place.
CO 2	identify hazards and assess risk techniques at work place.
CO 3	critically analyse work place demands and modify dysfunctional body postures.
CO 4	prescribe ergonomic management at work place.

<b>Sr. No.</b>	<b>Topics- Theory</b>	<b>No. of Hrs.</b>
1	Introduction to Ergonomics and Health promotion	2
2	Biopsychosocial factors related to ergonomic practices	5
3	Health Care systems (Primary, secondary, tertiary)	3
4	Identify and evaluate task specific Musculoskeletal impairments amongst different professionals using surface EMG/ 2D analysis	3
5	Functional Capacity assessment	2
6	Work Hazards assessment (Vibration as risk factor, temperature, light, environment)	2
7	Management of impairments- Work conditioning, Work simulation & work hardening as per demands of occupation	3
<b>TOTAL HOURS</b>		<b>20</b>



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Sr. No.	Topics- Practical	No. of Hrs.
1.	Occupation specific movement analysis of impairments amongst different professionals	4
2.	Evaluation of environmental tools amongst different professionals- Field Visit	4
3.	Functional Capacity assessment	2
4.	Work Hazards assessment (Vibration as risk factor, temperature, light, environment)	2
5.	Management of impairments- Work conditioning, Work simulation & work hardening	3
6.	Conduction of health benefit program for health professionals	5
<b>TOTAL HOURS</b>		<b>20</b>

**Examination Scheme**

Sr. No.	Question	Marks
1	Multiple choice questions	10 marks
2	Short answer questions ( 5 marks x 2)	10 marks
3	Practical skill evaluation (10 marks x 2)	20 marks
4	*Project evaluation	40 marks
Total		80 marks

\*Project: Two videos (20 marks) and Field Visit (20 marks)

**Course completion criteria:**

1. Compulsory attendance of all sessions
2. Successful passing of course with more than 50% score
3. Submission of feedback on course



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### UNIVERSITY DEPARTMENT OF PROSTHETICS AND ORTHOTICS

Sector-01, Kamothe, Navi Mumbai - 410 209 Tel 022-27437829/7620, Website: www.mgmudpo.edu.in

<b>Title</b>	<b>Flower's Remedy</b>
<b>Department</b>	MGM Institute's University Department of Prosthetics and Orthotics, MGMIHS, Navi Mumbai.
<b>Venue</b>	MGM Institute's University Department of Prosthetics and Orthotics, MGMIHS, Kamothe, Navi Mumbai.
<b>Course Objectives</b>	To work on a person's emotions under following factors such as: <ul style="list-style-type: none"><li>• Fear</li><li>• Uncertainty</li><li>• Lack of interest in present circumstances</li><li>• Loneliness</li><li>• Oversensitivity to influences and ideas</li><li>• Sadness or despair</li><li>• Cares for others at the expense of self</li></ul>
<b>Course Outcome</b>	<ol style="list-style-type: none"><li>1. Empower the healthcare professional to identify various emotional and psychological problems in the society.</li><li>2. To make the healthcare professional self independent to prescribe the Flower Remedy medicines.</li><li>3. To help to reduce the psychological disorders like anxiety, depression, stress associated in day to day activities among the people in the society.</li><li>4. To improve immunity, confidence, and various psychological disorders.</li></ol>
<b>Course outline/content</b>	Brochure will be attached
<b>Course Instructor</b>	Dr. Uttara U. Deshmukh(P&O)
<b>Duration of the course</b>	18 Hours. One lecture will be conducted for 1 hour. There are total 38 Medicines of Flower Remedy. 2-3 flower medicines will be taught in 1 lecture. Thus, total 38 medicines will be taught in 18 hours.
<b>Course Evaluation</b>	Online objective evaluation

*Uttara U. Deshmukh*

**Dr. Uttara Deshmukh (P & O),**  
H. O. D. In-Charge,  
MGM Institute's University Department  
of Prosthetics and Orthotics,  
Kamothe, Navi Mumbai.