

ISR Camp in “Omron Pvt. Ltd., Gurgaon”

BCIP organized an ISR camp at "Omron Pvt. Ltd. at Gurgaon on 25th Jan 2017. Dr. Nidhi Kalra (PT), Dr. Daksha Davey Mehta (PT) and students of BPT IV yr initiated the event. The main focus of the camp was to teach the employees the correct ergonomics regarding their work place. They were taught a few exercises which they can do on the workstation any time of the day which would help them in combating discomforts or postural pains they encounter during working and hence their productivity gets affected. The employees of the company enriched their knowledge regarding different ailment and got an opportunity to break some myths. The response was overwhelming and the organizers showed their keen interest to have more such events in future also.

It was a great learning for the students too as they got chance to apply their theoretical knowledge in actual settings.

