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Guiding towards Successful Life since 1986

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Common information letter LGC/PP/INS/24/02 ENG

01.08.2024

Better productivity through Healthy Lifestyle

Healthy Work Patterns – POSTURE PERFECT Basic Ergonomics 2 - 2½ hours



Introduction :

Most of the office workers & other workers do not pay adequate attention to their postures & work patterns until they get physical discomforts. World over this kind of discomforts & disabilities causes loss of human hours for the institutions & loss of skilled workers.

By this workshop we are trying to educate participants on basic mistakes & how to prevent bad effect on Muscle, Joints, Eye, Ear & other parts of the body.

Aim : Giving basic knowledge on how human body works during physical works.
Mistakes & correct patterns of sitting, standing, sleeping & working postures.
Minimizing the effect on eye, brain, neck & hands during working with computers.
Common wrong practices during weight handling & how it should be corrected.
Remedial measures for minor injuries (Backache, Neck pain, Leg pain & etc.)
Common useful exercises to avoid muscle injuries / sprains / spasms.
Emphasizing the importance of utilizing available equipment's & tools during weight handling.
Bad effects of High-tech on muscles, joint, eyes, ears & brain.
How to identify serious muscle & bone related conditions that occurs at work place.

* Topics will be selected according to the time available & need of the participating group.

Benefit for the institution

By making employees' mind & physical life healthy, it is obvious that we can expect good quality work, less mistakes & minimum drop outs during their efficient productive period of working as employees. It is an accepted fact that improving employees' knowledge & skills on how to perform physical works in a safe & standard manner (Ergonomics) will reduce health care expenses & compensation expenses significantly. Undoubtedly this will produce positive long-term benefit for the institution.

Quotation for one program – 2 - 2½ hours **Max 30 participants.**

Program fee (excluding transport) = 36,000.00

Transport expenses should be provided. Average 80.00 per km + other charges

Our Experience:

We were discussing regarding Healthy mind & Healthy life style covering Psychosocial well-being since 1986. Since 2015 we have been conducting motivational program "Professionals & Society".

Please feel free to communicate with us.

Thanking you,

Dr. J.M. Nilam. MBBS, DCH, MD.
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Valid up to 31.12.2024.

