



# Institute Lecture

## *Ergonomics: Sense and Science of Human movement*

**Rajeev Sharangpani**

**Friday, 11<sup>th</sup> March, 2011; Time: 5:00 PM, Venue: L-1, Lecture Hall Complex**

### **Abstract**

Ergonomics is the economic use of Human energy. It mainly deals with movements and work positions of Human organism. Human organism responds with discomfort and pain if something starts going ergonomically wrong in Human body. Physical and mental ergonomics is the main theme of the lecture. All civilization disorders spondilitis, osteoarthritis etc. are a direct or indirect result of poor ergonomics. If we use our body in ergonomically correct fashion we can avoid a lot of pain, especially important for those who are sedentary and working on laptops or desktops. We can design ergonomic laptops, chairs, vehicles and practically every single equipment we use. We can design ergonomically correct exercises to alleviate pain and maintain the body in good condition.

### **About the speaker**

Dr. Rajeev C. Sharangpani did his M.S. in general surgery in B.J. Medical College, Pune. Later he acquired a Diploma in sports medicine working with Prof. Wildor Hollmann in Cologne, Germany. He is currently practicing in Pune as a consultant on sports medicine, fitness training and a design expert.

Dr. Sharangpani has represented Maharashtra state in Ranaji trophy (1972 and 1975), represented India for Yoga demonstrations in Russia, Latvia, Lithuania etc. and has been trained in Indian Martial art Krishnividhya. He is practising Yoga since 1965. He has done extensive trekking in Himalayas, in south American Andes mountains and in Kilimanjaro, South Africa. He has been playing Indian flute since 1990 & Violin since 2003. He has done several innovative ergonomic designs including an ergonomic laptop.

Dr. Sharangpani has taught in National School of Drama in Delhi for three years and has conducted several workshops on fitness for dancers and actors. He has been a wellness consultant to several industries including Daimler-Chrysler, Telco, TCS etc. He has travelled widely all over the country and abroad including U.S.A., New Zealand, Europe, Russia, Australia, Mauritius & Peru.

**All interested are welcome.**

---

A. K. Chaturvedi  
Dean of Research and Development  
IIT Kanpur