



MADHA DENTAL COLLEGE AND HOSPITAL

Affiliated to the Tamil Nadu Dr. MGR
University

Department Of Orthodontics
Cordially Invites You To Value Added Course

“Dental Ergonomics”

Venue: Madha Dental College Auditorium

Date: 22.06.24, 13.07.24 and 27.07.24

Timings: 09.00am to 03.45pm

**FREE
REGISTRATION**

PATRONS



**LION. DR. S. PETER
CHAIRMAN**



**MISS MERCY FLORENCE
PETER
VICE CHAIRPERSON**



**MR. AJAY RAVINDRA
KUMAR
DIRECTOR**



**DR. BAGAVAD GITA
PRINCIPAL**

GUEST SPEAKER

Dr. Navaneetha Nambi
Professor and Head
Dept. of Orthodontics
Madha Dental College and Hospital

DAY 1 PROGRAM SCHEDULE—22.06.2024

08.30 AM TO 09.00 AM	INAUGURATION	
09.00 AM TO 10.30 AM	SESSION 1 Introduction to Ergonomics	Dr. Navaneetha Nambi
10.30 AM TO 11.00 AM	TEA BREAK	
11.00 AM TO 12.15 PM	SESSION 2 Ergonomics in everyday life	Dr. Navaneetha Nambi
11.15 AM TO 12.15 PM	SESSION 2 Importance of ergonomics in dentistry	Dr. Navaneetha Nambi
12.15 PM TO 1.15 PM	LUNCH BREAK	
01.15 PM TO 02.15 PM	SESSION 3 Consequences of poor posture	Dr. Navaneetha Nambi
02.15 PM TO 03.45 PM	SESSION 4 Workstation requirements	Dr. Navaneetha Nambi

Dr. Karthik.S
Reader
Dept. of Orthodontics
Madha Dental College and Hospital

DAY 2 PROGRAM SCHEDULE—13.07.2024

09.00 AM TO 10.00 AM	SESSION 1 Reasons for early retirement of dentists	Dr. Karthik
10.00 AM TO 10.30 AM	TEA BREAK	
10.30 AM TO 11.30 AM	SESSION 1 Musculoskeletal disorders in dentists	Dr. Karthik
11.30 AM TO 12.30 PM	SESSION 2 Signs and symptoms of MSDs	Dr. Karthik
12.30 PM TO 01.00 PM	LUNCH BREAK	
01.00 PM TO 03.15 PM	SESSION 3 Psychosocial factors in MSDs	Dr. Karthik
03.15 PM TO 03.45 PM	QUIZ	

Dr. Lasington P Rayen T, SL, Madha Dental College
DAY 3 PROGRAM SCHEDULE – 27.07.2024

09.00 AM TO 11.00 AM	SESSION 1 Application of ergonomics in dentistry	Dr.Lasington
11.00 AM TO 11.30 AM	TEA BREAK	
11.30 AM TO 12.30 PM	SESSION 2 Early treatment in MSD's	Dr.Lasington
12.30 PM TO 01.00 PM	LUNCH BREAK	
01.00 PM TO 2.45 PM	SESSION 3 Body strengthening exercises for MSDs	Dr.Lasington
02.45 PM TO 03.00 PM	VOTE OF THANKS	
03.00 PM TO 03.45 PM	TEST	

ORGANIZING COMMITTEE

Dr. Navaneetha Nambi **Dr. Ilanchezhian.J**
Professor & HOD **Senior Lecturer**

Dr. Premila.D
Senior Lecturer

For further details
CONTACT

Dr. Premila.D - 9384624458