

VISVESVARAYA TECHNOLOGICAL UNIVERSITY

“Jnana Sangama” Belagavi – 590 010



PROJECT REPORT ON “PALLIATIVE CHAIR”

Submitted in partial fulfillment of the requirements for the award of degree

BACHELOR OF ENGINEERING IN ELECTRONICS & COMMUNICATION ENGINEERING

Submitted By

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**DEPARTMENT OF ELECTRONICS & COMMUNICATION ENGINEERING
ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY**

Accredited by NAAC with A+ Grade & NBA

MOODBIDRI – 574 225.

2022-2023

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MOOBBIDRI - 574 225

(Affiliated to VTU, BELAGAVI)

DEPARTMENT OF ELECTRONICS & COMMUNICATION ENGINEERING

CERTIFICATE

Certified that the project work entitled "PALLIATIVE CHAIR" is a bona fide work carried out by

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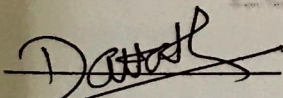
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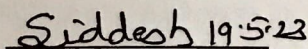
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in partial fulfillment for the award of **BACHELOR OF ENGINEERING** in **ELECTRONICS & COMMUNICATION ENGINEERING** of the **VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELAGAVI** during the year 2022-2023. It is certified that all corrections/suggestions indicated for Internal Assessment have been incorporated in the report deposited in the departmental library. The project report has been approved as it satisfies the academic requirements in respect of Project work prescribed for the Bachelor of Engineering Degree.



Signature of the Guide

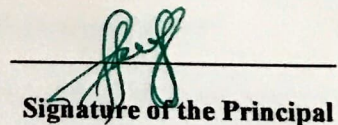
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Signature of the Principal

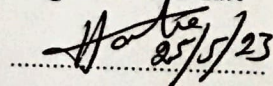
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Siddesh 25/5/23

ABSTRACT

Many occupations involve sedentary work, and for workers, extended sitting can cause pain and discomfort. The productivity and general well-being may be significantly impacted by this. To address this problem, a modified palliative chair has been proposed. In addition to having elements for on-demand massage and heat therapy, this chair is made to support the lower back, neck, and shoulders.

Numerous studies have been conducted on the possible health advantages of massage and heat therapy, and it has been discovered that both treatments are successful in lowering muscle tension, pain, and stress as well as enhancing circulation, flexibility, and range of motion. It is possible to greatly enhance employees' physical health and productivity by incorporating these therapies into ergonomic chairs.

While the idea of a massage and heat therapy-equipped ergonomic chair is intriguing, additional study is necessary to fully grasp its efficacy and customer happiness. To fully examine the technology, it would be essential to test the chair on a sample of employees, evaluate the advantages of massage and heat therapy, and get user input on the design. In the end, both employers and employees stand to gain from an upgraded ergonomic chair design's potential to considerably improve the physical health of workers in sedentary employment. This technology can improve output and employee satisfaction while decreasing discomfort and pain, which will improve workplace performance and culture.