LIST OF PLATES

Sr. No.	Title	Page No.
1	Map of Gujarat State	22
2	Map of Vadodara City	23
3	Map of Anand City	23
4	White Colour Painted on the Ceiling in the Class Room	102
5	Checked Tiles Flooring in the Class Room	103
6	Kota-stone Flooring in the Class Room	104
7	Door in the classroom	105
8	Windows in the classrooms	107
9	Writing Board in the class room	119
10	Image of Green Writing Board mounted on Classroom Wall	123
11	Image of Storage Unit in the Classroom	125
12	Images of Chair in the Classroom	128
13	Image of Writing Table in the Classroom	131
14	Recording Weight Of The Respondents with Weighing Scale	143
15	Side View, Front View and Back View of Existing Chair	197
16	Plan and 3d View of Existing Chair	198

17	Proposed Chair Design Option-1	199
18	Proposed Chair Design Option-2	200
19	Proposed Chair Design Option-3	201
20	Proposed Chair Design Option-4	202
21	Existing Design of Writing Table	205
22	Proposed Design of Writing Table	206
23	Detailed Design of Proposed Writing Table	207
24	3D View of Proposed Writing Table	208
25	Existing Design of Writing Board	210
26	Proposed Writing Board Design -1	211
27	Proposed Writing Board Design -2	212
28	Image of Proposed Stepping Stool	213
29	Elevation of Proposed Stepping Stool Design	214
30	3D View of Proposed Stepping Stool Design	215
31	Screenshot of online ergonomic intervention programme	216
32	Screenshot of the researcher during online intervention programme	217
33	Screenshot of the participants during online intervention programme	217
34	Screenshot taken during online intervention programme	218

35	Screenshot of the respondents during online intervention programme	218
36	Respondent using the Stepping Stool in the Classroom	219
37	Respondents using the Stepping Stool in the Classroom	220