

sAmagri-yojanA-sUtraM

vishvAs

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## Part I

# parichayaH

## Part II

# kArya-sAmagrayaH

### 1 Computer

See ergonomics section in shArIrika-kriyA-sUtra.

### 2 Chairs

#### 2.1 Cushioning, support

The base and the back-rest should be padded - mesh support is uncomfortable. For the comfort of the buttock, exterior should be a finely knit cloth - a deficiency here can be filled by spreading a towel or a bed-sheet.

Mesh backrests are usually unsatisfactory.

#### 2.2 Adjustability

The following should be precisely and firmly adjustable: Position on the floor (using wheels), face direction (by swiveling), seat depth (and, potentially footrest height), back-rest height, back-rest tilt angle.

### **2.2.1 Effort**

If they are adjustable with low effort - like at the push of a lever, the chair can easily be adjusted to varying demands of the body. This should atleast be the case with frequently adjusted components like back-rest angle and seat depth.

The wheels should move freely even when no one is sitting on it.

### **2.3 Armrest**

Armrests are generally not necessary, as wrists/ elbows can be rested on the table during use.

### **2.4 Footrest**

The chair may possess an adjustable footrest/ foot ring- but that should be wide and firm enough to be useful. The footring should be sufficiently wide.

Otherwise, a foot stool may be used.

## **3 Tables**

Buy a wide table which can hold both the computer and writing/ reading material.

Height adjustability is important, but can be compromised on if the chair used with the table is sufficiently height adjustable, and has a good footrest.

Ideally, the table should be adjustable so as to allow working while standing up. Eg: Ikea FREDRIK work station (201.159.91).

## **Part III**

# **gRRiha-visheShAH**

## **4 Conversation chairs**

Buy ottomans which also serve as storage bins.

## **5 Storage**

Buy plastic tray trolleys with wheels.

Buy collapsible cloth + cardboard shelves which can be hung from a rod or a mobile rod with wheels.

## **6   Transportation**

Buy luggage with wheels - avoid things you need to carry on your shoulder.