

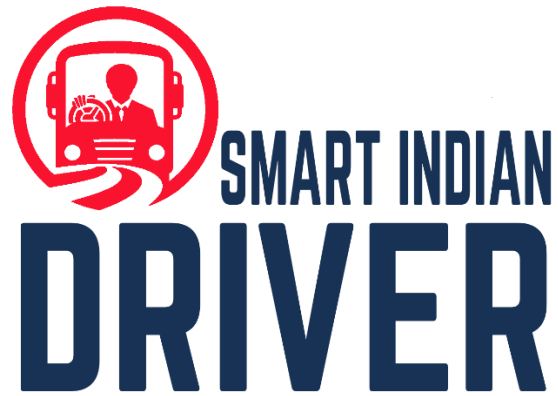
SMART INDIAN DRIVER

INDIAN BUS DRIVERS DO A TOUGHER
JOB THAN **FORMULA 1** DRIVERS

STUDY REPORT



**SPORTS & MANAGEMENT
RESEARCH INSTITUTE**
MAKING INDIA SPORTS SUPERPOWER



INDIAN BUS DRIVERS DO A TOUGHER JOB THAN FORMULA 1 DRIVERS

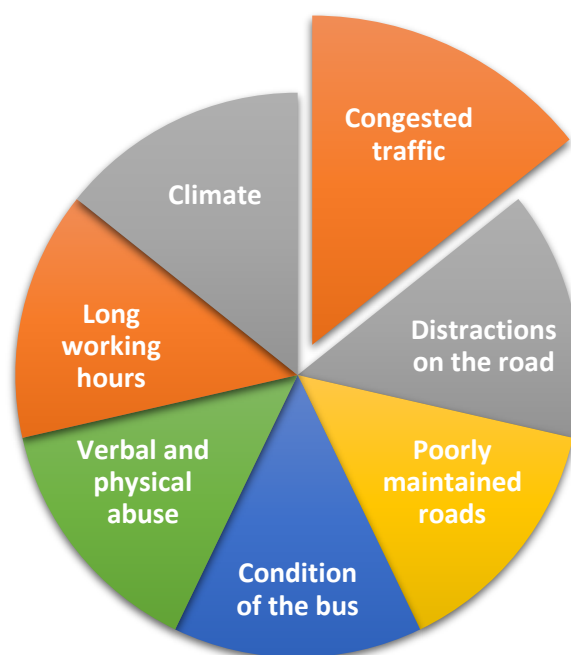
**APPLICATION OF SPORTS KNOWLEDGE TO MAKE DRIVING
EASY, COMFORTABLE AND HEALTHY**

BUS DRIVING IS THE TOUGHEST JOB ON THE PLANET.

Imagine, what will happen if a driver closes his eyes for two or three seconds while driving. Unthinkable. In every other job, one can close eyes for a second or minutes to relax. Whatever the reason, a bus driver cannot close his eyes even for two or three seconds. It is difficult for a bus driver to stop the bus for a quick nap even if he is sleepy or feels a headache. A tight schedule, impatient passengers and traffic officials will ruin his nap.

WHAT MAKES THE BUS DRIVING TOUGHEST JOB ON THE PLANET?

Compared to other jobs, bus drivers have less control over their work environment. Many factors beyond their control make bus driving tough, tedious, stressful and dangerous.

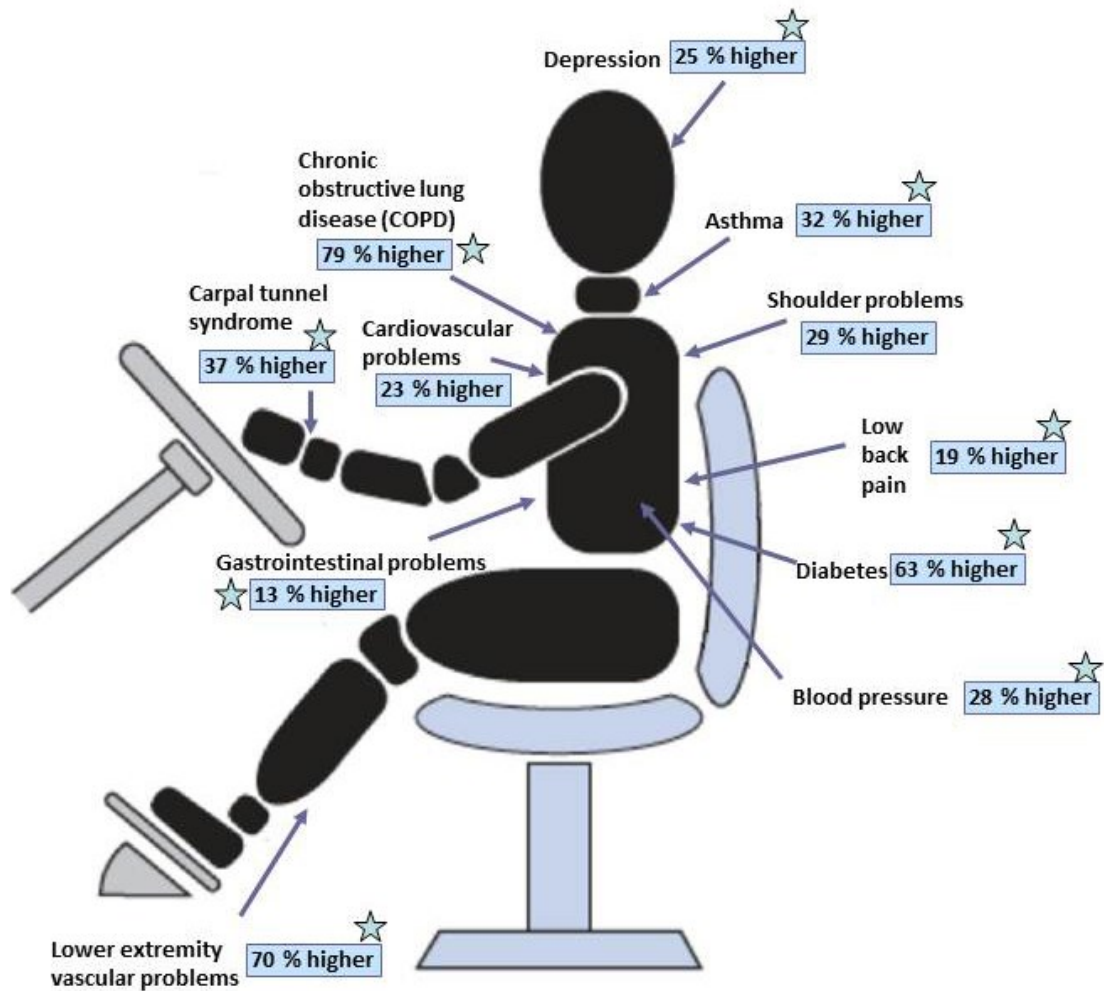


INCIDENCE OF WORK-RELATED DISEASES

The incidence of work-related diseases is very high among bus drivers. The most common work-related diseases associated with driving are

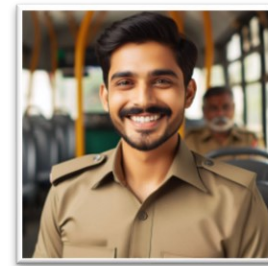
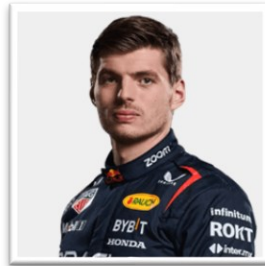
1. Migraine
2. Neck pain
3. Low back pain
4. Knee pain
5. Tennis Elbow
6. Carpal tunnel syndrome
7. Issues related to noise and vibration exposure

8. Asthma
9. Eye irritation
10. Bronchial issues
11. Gastrointestinal diseases such as upset stomach, nausea, diarrhoea, constipation, peptic ulcer and heartburn
12. Cancer
13. Hypertension
14. Type 2 diabetes



INDIAN BUS DRIVERS DO A TOUGHER JOB THAN FORMULA 1 DRIVERS

The study conducted by the **Sports & Management Research Institute (SMRI)** in association with **JCI COCHIN** reveals the toughness of the job done by bus drivers compared to the drivers of FORMULA 1 and other top driving contests in the world.



Parameter	FORMULA 1 DRIVER	PUBLIC BUS DRIVER
Job Training	Professional Advanced Regular	Vocational Basic Rare
Track	Well-maintained Wide Limited Vehicles Predictable No distractions	Mostly Poorly Maintained Mostly narrow & Crowded Unlimited vehicles Unpredictable High distractions
Duration of work	2+ hours continuous Max 3 hours	2+ hours continuous Max 7+ hours in a day
Vehicles	Most advanced Ergonomically designed Adjustable	Mostly obsolete Mostly not Mostly not adjustable
Fitness Training	Yes	No
Diet Support	Yes	No
Psychological Support	Yes	No
Appreciation & Recognition	Yes	No

SMART INDIAN DRIVER PROJECT

SPORTS-BASED DRIVER PERFORMANCE MANAGEMENT PROGRAMME

The lives of hundreds of passengers and others using the roads are in the hands of a driver. Good physical, mental and emotional conditions of the drivers are essential for a safe and comfortable trip. **Sports & Management Research Institute (SMRI)**, the premier sports research, training and consultancy institute in India in association with **JCI COCHIN** initiates **SMART INDIAN DRIVER**, a project to make every journey safe by making the driver's work easier and by enhancing the quality of their lives. SMART INDIAN DRIVER is a sports-based driver performance management programme using time-tested sports knowledge to prevent, reduce and manage work-related diseases associated with driving.

OBJECTIVES OF SMART INDIAN DRIVER

1. Make driving easy, comfortable and healthy with the application of sports engineering knowledge.
2. Enhancing the quality of lives of bus drivers by preventing, reducing and managing the work-related diseases associated with driving by applying sports science knowledge

HOW

Sports Science and Sports Engineering play a major role in enhancing the performance of athletes. It helps humanity to get more speed, distance and height. It reduces the incidence of injuries. Like this, sports science and sports engineering know-how can be used to enhance the performance of bus drivers and to prevent, reduce and manage work-related diseases.

1. **PHYSICAL & MENTAL EXERCISES FOR DRIVERS**- Exercise will prepare the drivers for work and will also reduce the possibility of injuries. We design special physical & exercises for drivers. This workout plan is developed by the sports science department of SMRI.
2. **DIET PLAN FOR DRIVERS**- Like the bus needs the proper fuel, a driver's body needs the proper fuel, both food and fluids, to perform well and to lead a healthy life. We have specially developed a healthy diet plan for drivers to keep them fit. This diet plan is developed by our Sports Nutritionists.
3. **SMART INDIAN DRIVER WORKSHOPS**- SMRI will organize workshops for bus drivers in association with bus operators to train the Exercises and Diet Plan developed for the drivers.
4. **APPLICATION OF SPORTS ENGINEERING PRINCIPLES** in vehicle design, driver clothing etc. to reduce the energy consumption (workload) of the drivers

IMPLEMENTATION PLAN

1. **WORKOUT VIDEO & BOOKLET**

Preparing a workout video for the drivers with fitness-loving film actors (Salman Khan, Akshay Kumar...) or sports stars (MS Dhoni, Kohli...)



2. **SMART INDIAN DRIVER WORKSHOPS**

Conducting SMART INDIAN DRIVER WORKSHOPS at different bus stands with the support of public and private transport operators such as KSRTC, SETC (Tamil Nadu), APRTC, KPN, Kallada etc.

- For taxi drivers, autorickshaw drivers and lorry drivers in local communities

3. **WEBSITE & APP FOR DRIVERS**

Developing an App which helps drivers get information in one place

- Exercise video and updates
- Diet plan
- Life tips
- Details of sponsors and partners (Eg: Office addresses of a sponsor)

4. **WORKOUT INSTRUCTION BOARDS**

Workout instruction boards with the branding of sponsors can be erected in all bus stands, taxi stands, auto stands and lorry stands.

5. **CERTIFICATION OF DRIVERS**

Trained drivers will get a certificate and sticker. They can stick the sticker on their vehicle's glass.