

AUGUST 2025

VOL. 01

MALWANCHAL **MIRROR**

QUATERLY BULLETIN




Index Department of Physiotherapy
& Paramedical Sciences


*Our mission was never just to teach or to treat.
It was to empower, to uplift, and to lead change.*

**Shri Suresh
Singh Bhadoria**

Chairman,
Index Group of Institutions

TOP
EVENTS OF
JULY 2025

 /MalwanchalUniversity

 /MalwanchalUniversity

 /MalwanchalUniversity

From the desk of Principal ...



Dear Readers,

It is with immense joy and pride that I present this edition of our quarterly magazine, Bulletin. This publication is more than just a chronicle of events — it is a reflection of who we are as an academic community committed to excellence, compassion, and innovation in healthcare education.

Physiotherapy and paramedical sciences form the foundation of holistic, patient-centered care. At our college, we do not merely impart knowledge — we shape professionals who touch lives with skill, empathy, and integrity. This magazine captures those very values — the dedication of our students, the commitment of our faculty, and the momentum of progress that drives our institution forward.

Each section of Bulletin is crafted to inform, inspire, and involve — from academic highlights to creative expressions and community outreach. It offers a platform where voices are heard, stories are shared, and accomplishments are celebrated.

I extend my heartfelt congratulations to the editorial team, faculty coordinators, and student contributors who have made this initiative a reality. May this be the beginning of a vibrant tradition that binds us in purpose and pride.

Warm regards,

Dr. Reshma Khurana

Principal,

Physiotherapy and Paramedical Courses



CAMPUS NEWS

Felicitation of National team *PHYSIO*

On 14th July 2025, a Vice Chancellor Dr. Sanjeev Narang, Registrar Dr. Lokeshwar Singh Jodhana, Principal Dr. Reshma Khurana, and other dignitaries congratulated and felicitated him. Swapnil shared his inspiring journey, motivating students to pursue excellence. The event highlighted the university's commitment to nurturing talent and marked a proud moment for the entire institution.

On 14th July 2025, a felicitation ceremony was held at the Conference Room, Malwanchal University, to honour Dr. Swapnil Thergaonkar, an alumni student from Index Department of Physiotherapy and Paramedical Sciences, for his appointment as the physiotherapist of the National Para Table Tennis Team. The event celebrated his hard work, dedication, and significant career milestone.

Did You Know?

- Physiotherapy dates back to 460 BC, with early use by Hippocrates using massage and hydrotherapy.
- Physiotherapists are trained to assess biomechanics and posture to prevent future injuries.
- It can help improve mental health by reducing chronic pain and increasing mobility.



CAMPUS NEWS

International Day of Yoga 2025

(Theme: Yoga for One Earth, One Health)

On 21st June 2025, the Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University, Indore, celebrated International Yoga Day on the theme "Yoga for One Earth, One Health." The event, hosted at the Stadium Ground, featured performances by BPT, BMLT, and DMLT first-year students, beginning with an Adiyogi Yoga dance followed by Surya Namaskar and a Chair Yoga demonstration. Chair Yoga emphasized the importance of

yoga in sedentary lifestyles, showcasing poses like Anjanyasan and Ardh Matsyendrasan. Around 300 students participated in the event. Chairman Shri Suresh Singh Bhadoria Graced the occasion with his presence. The event began with a welcome by Dr. Reshma Khurana, Principal IDOPT and concluded with a vote of thanks. The program was well-received, covered by local media, and celebrated with great enthusiasm and success.



Did You Know?

- Yoga is over 5,000 years old!
- Yoga is practiced by over 300 million people worldwide.
- Studies show that regular yoga practice can improve memory, focus, and academic performance.
- Yoga is practiced in over 190 countries and is recognized globally as a tool for peace, health, and mindfulness.
- Yoga activates the parasympathetic nervous system, promoting rest, digestion, and mental clarity — perfect for a balanced student life.

CAMPUS NEWS

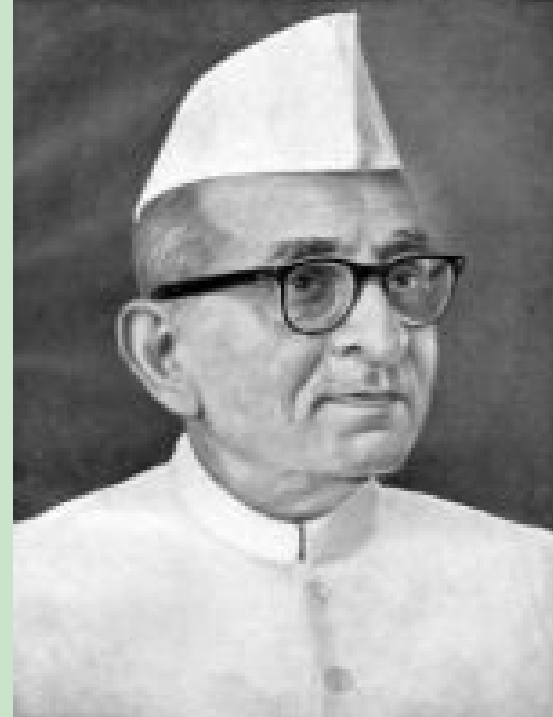
MOU with RNTU

A Memorandum of Understanding (MoU) was signed between the Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University, Indore and the Department of Paramedical Sciences, Rabindranath Tagore University (RNTU), Bhopal, to foster academic, clinical, and research collaboration. This partnership aims to promote interdisciplinary exposure,

student and faculty development, joint academic events, internships, and collaborative research projects. It also includes faculty exchange programs and skill enhancement initiatives. A Joint Coordination Committee (JCC) with coordinators from both institutions will oversee the execution and review of MoU activities. The MoU is valid for five years.



Did You Know?



Dr. Kanhaiyalal Maneklal Munshi

(30.12.1887 - 08.02.1971)

Father of Indian Physiotherapy

In India, Dr. K. M. Munshi is recognized as the "father of physiotherapy" for his contributions to establishing and promoting the profession in the country, according to some sources. However, globally, Per Henrik Ling is the universally recognized figure for his foundational work in the field.

CAMPUS NEWS

Nayandeeep Eye Camp

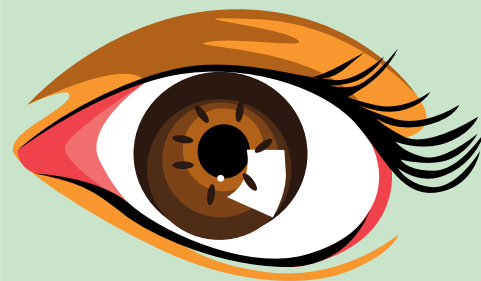
Students of Diploma in Optometry (DOR) from IDOPT, in collaboration with the Ophthalmology Department, organized Nayandeeep Eye Camp to raise awareness about eye health and deliver essential eye care services to the community. The students played an active role in conducting vision screenings, comprehensive eye examinations, collecting patient data, and dispensing corrective glasses. They also educated individuals about the significance of regular eye check-ups and early detection of vision problems.



The camp provided a valuable platform for hands-on learning, enhancing students' clinical skills, communication abilities, and teamwork. Patients needing advanced care were referred to Index Hospital and Research Centre for further evaluation and treatment.

A series of camps were conducted in nearby villages such as Pipalrawam, Kampel, Jagatpura, Simrol, Badiyamandu, Tillor, Amaltaj, and Juni Indore during May and June 2025. This initiative effectively combined community outreach with practical training, contributing to both student development and public health.

Did You Know?



- The human eye can distinguish around 10 million different colors.
- Eyes are the second most complex organ after the brain – they have over 2 million working parts!
- Your eyes can process 36,000 bits of information every hour.
- Each eyeball weighs about 28 grams and is approximately the size of a ping-pong ball.
- Eyes adjust to darkness in about 20 minutes, allowing us to see even in very low light.

CAMPUS NEWS

Sahaja Yoga Meditation at IDOPT in collaboration with Sahaja Yoga Samiti Indore

On July 29, 2025, the Index Department of Physiotherapy and Paramedical Sciences organized a seminar on Sahaj Yoga Meditation, featuring Dr. Sunil Jaiswal as the guest speaker. The seminar, attended by BPT, BMLT, and DMLT students, focused on the philosophy and practices of Sahaj Yoga, a holistic approach to physical, mental, and spiritual well-being. Students learned meditation techniques, including specific hand positions, and participated in practical sessions.



The seminar highlighted the benefits of Sahaj Yoga, such as stress reduction, improved mental clarity, and enhanced self-awareness. Students gained a deeper understanding of holistic well-being practices and learned techniques to manage stress and improve their mental well-being. The seminar promoted self-awareness and equipped students with practical tools for overall wellness.



Did You Know?

- Physiotherapy is a science-based profession that helps people restore, maintain, and maximize movement, function, and overall well-being.
- It uses physical techniques like exercises, manual therapy, electrotherapy, and education — not just medications or surgery.
- Physiotherapists treat a wide range of conditions, including neurological disorders (stroke, Parkinson's), musculoskeletal injuries, sports injuries, respiratory problems, and more.

CAMPUS NEWS

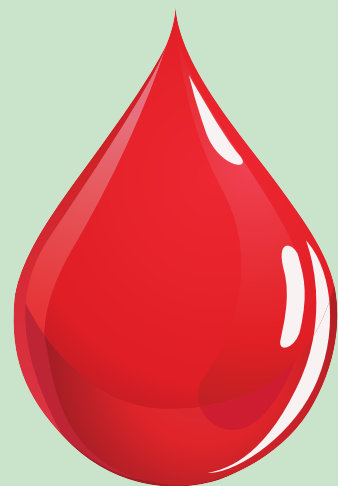
World Blood Donor Day, 14th June 2025 (Blood Donation Awareness Rally and Donation Camp)

On World Blood Donor Day that is on 14th June 2025 students and staff from the Index Department of Physiotherapy and Paramedical Sciences, including BMLT and DMLT students, actively participated in a blood donation awareness rally and blood donation camp organized by Malwanchal University. The awareness rally spread the message of voluntary blood donation, while a well-organized blood donation camp, in collaboration with a

local blood bank, ensured safe and efficient blood collection. A poster-making competition by 1st-year students creatively highlighted the importance of blood donation. The event was graced by Vice Chancellor Dr. Sanjeev Narang and Principal IDOPT Dr. Reshma Khurana. The initiative successfully promoted social responsibility, collected life-saving blood units, and educated participants on the value of donating blood.

Did You Know?

- There are actually over 30 recognized blood group systems, not just ABO and Rh — including Kell, Duffy, and MNS systems
- The rarest blood type in the world is “Rh-null” — also known as “golden blood” — found in fewer than 50 people worldwide!
- Blood appears blue in your veins, but it's never actually blue — it's always red; it just looks blue under the skin due to how light penetrates and reflects.



CAMPUS NEWS

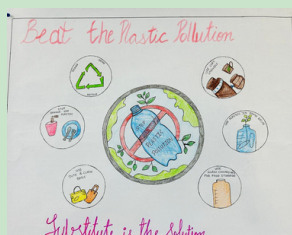
World Environment Day, 5th June 2025

(Poster Making Competition)

The Index Department of Physiotherapy and Paramedical Sciences organized a Poster Making Competition on World Environment Day 2025 celebrated every year on 5th June, with the theme "Putting an end to Plastic Pollution." Fifteen entries were submitted, showcasing creativity and awareness about plastic pollution. Students worked individually or in groups, highlighting eco-friendly alternatives like cloth bags and biodegradable packaging.



A panel of judges selected the top three posters. All winners received appreciation certificates. The event promoted environmental awareness, encouraged artistic expression, and inspired students to reduce plastic usage. The department successfully provided a platform for students to showcase their talents while promoting a crucial environmental cause.



Did You Know?

- Physiotherapy promotes natural healing through movement, reducing the need for medicines and surgeries.
- It encourages walking, cycling, and outdoor activities — eco-friendly habits that also improve health.
- Physiotherapy generates minimal clinical and pharmaceutical waste, supporting environmental sustainability.
- No harmful chemicals or disposables are used — making it a low-impact treatment method.



Faculty Corner

The Role of a Physiotherapist in an Athlete's Life

Physiotherapists play a vital role in an athlete's life, ensuring their physical health, enhancing performance, and preventing injuries. Athletes constantly push their bodies to the limit, making them more susceptible to strains, sprains, and overuse injuries. Physiotherapists help manage these risks through specialized assessments, tailored exercise programs, and recovery techniques.

Injury prevention is a key focus, with physiotherapists designing warm-up routines, flexibility drills, and strength training plans to enhance muscular balance and joint stability. When injuries occur, they guide the rehabilitation process—promoting faster and safer recovery. Techniques like manual therapy, electrotherapy, and taping are commonly used, alongside progressive functional exercises.

Dr. Aseem Yadav (PT)

Professor & Vice-Principal

*Index Department of Physiotherapy and
Paramedical Sciences*



Beyond physical recovery, physiotherapists provide emotional support and motivation, helping athletes remain focused and confident. They also work closely with coaches and fitness experts to monitor training loads, ensuring that athletes remain in peak condition.

From grassroots to elite sports, physiotherapists are indispensable team members, contributing significantly to an athlete's career longevity and success. Their expertise ensures not only quick returns to sport after injury but also optimal performance and reduced injury recurrence. In essence, a physiotherapist is both a healer and a performance enhancer in the dynamic life of an athlete.

Faculty Corner

Prehabilitation: Empowering Patients for a Smoother Surgical Journey

Prehabilitation, or "prehab," is a proactive approach to healthcare that focuses on preparing patients physically, emotionally, and mentally before undergoing surgery. By optimizing a patient's overall health and well-being, prehab aims to enhance resilience, reduce postoperative complications, and improve recovery outcomes. A comprehensive prehab program typically involves a multidisciplinary team that evaluates the patient's physical and emotional status, develops a personalized intervention plan, and provides ongoing support. This plan may include exercise programs to improve strength, flexibility, and cardiovascular health, as well as nutritional counseling to ensure adequate energy and nutrient intake for optimal recovery.

In addition to physical preparation, prehab also emphasizes stress management techniques, such as meditation, deep breathing, or yoga, to help patients cope with anxiety and stress related to surgery. Education and support are also crucial components of prehab, as patients are informed about the surgical process, postoperative care, and potential complications. By empowering patients with knowledge and skills, prehab enables them to take an active role in their care, making informed decisions about their health and well-being.

Dr. Sandeep Patel (PT)

Demonstrator

Index Department of Physiotherapy &
Paramedical Sciences



The benefits of prehabilitation are numerous. By investing time and effort into prehab, patients can reduce their risk of postoperative complications, such as infections or respiratory issues, and experience faster recovery times. Prehab can also lead to better overall health outcomes, reduced readmission rates, and improved quality of life. By adopting a prehabilitation approach, patients can navigate their surgical journey with confidence, knowing they have taken proactive steps to optimize their health and well-being. Ultimately, prehab has the potential to revolutionize the way we approach surgery, shifting the focus from reactive care to proactive, patient-centred care.

Faculty Corner

Tai Chi: The Physio's Prescription for Graceful Aging

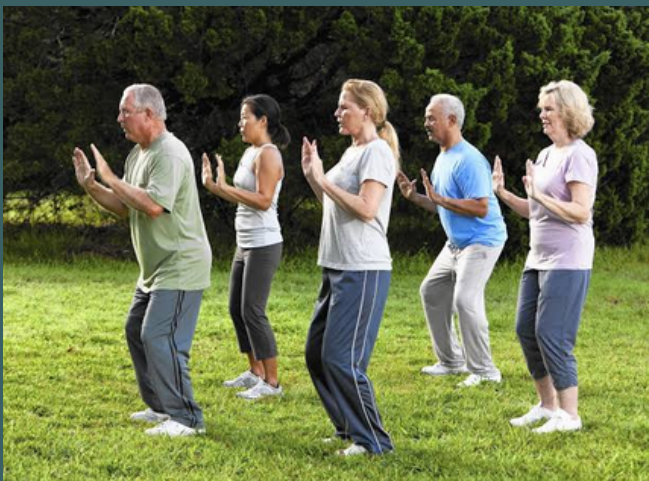
As a physiotherapist, I see the golden years not as a time of slowing down, but as a chance to move smarter, gentler, and deeper. Enter Tai Chi—an ancient art that moves like a whisper but speaks volumes to the aging body.

Picture this: no machines, no weights—just the rhythm of your breath, the sway of your arms, and the grounded strength of your feet. Tai Chi isn't just exercise; it's therapy in motion. Each flow improves joint mobility without strain, each shift in weight subtly retrains balance, and every posture becomes a quiet resistance against falls, stiffness, and frailty.

For my geriatric patients, Tai Chi is magic hidden in simplicity. It calms arthritic joints, improves posture, enhances proprioception, and even lowers blood pressure—all while creating a calm, meditative space for the mind. It's as if you're giving your nervous system a gentle massage from the inside out.

And here's the best part: it's inclusive. Whether standing tall or seated with support, Tai Chi meets the patient where they are. It's not just movement; it's empowerment. So when the world tells you to slow down with age, I say—move with Tai Chi, and let age dance with you.

"Graceful Aging with Tai Chi: A Dance of Health for Seniors"



Faculty Corner

Imagine a dance where each movement flows like water, each breath aligns with motion, and peace gently settles in the mind—this is Tai Chi. Often called "meditation in motion," Tai Chi is a graceful and ancient Chinese practice that's becoming a powerful ally in elderly care.

For seniors, aging often brings stiffness, imbalance, and the fear of falling. Tai Chi moves slowly, like poetry in motion, allowing the body to stretch, bend, and sway without strain. With consistent practice, it quietly strengthens muscles, improves balance, and sharpens coordination—helping elders walk with more confidence and fall less often.

But Tai Chi does more than move the body—it calms the mind. In the golden years of life, stress and loneliness can weigh heavy. Practicing Tai Chi in groups or alone brings a sense of connection, calm, and joy. It is gentle enough for those with arthritis or osteoporosis and can even be done seated.

In a world that often races ahead, Tai Chi invites seniors to slow down, breathe deep, and move with intention. It's not just exercise—it's a graceful way to age with dignity, health, and harmony.

Dr. Khushboo Jeswani (PT)

Asst. Professor

*Index Department of Physiotherapy &
Paramedical Sciences*



Student's Corner

Muscle and Hustle: – My first “Anatomy class”

*I walked into halls of polished white with dreams in my bag and books held tight.
A girl with questions, hands unsure Learning a subject that felt so pure.*

*Muscle by muscle, name by name I played the world's toughest learning game.
Origin, Insertion, nerve supply too,
I barely knew what to do.*

*Between muscle and Hustle, I made my way through stretched-out nights and
practical days,
The gluteus laughed, the deltoid cried,
The brachial plexus made me hide.*

*The cadaver taught me how life works
In silent grace, as mystery perks.
A view inside this human shell-
A place where science and soul both dwells.*

*I hustled hard but found my peace, in every joint, in each release Between these, I
Came alive
Not just to pass, but to survive.
Anatomy didn't break me down.
It made me real, it gave me ground and now I walk, not just to Score But to
understand my body more.*

"A Student of Strength and Soul".

Pallavi Sharma

*Student- BPT II Year
Index Department of Physiotherapy
and Paramedical Sciences*



Student's Corner

Stress management Through Sport's

Stress is a dynamic Condition when One is Confronted with a Situation Related to what he or she desires for which outcome is uncertain and important.

*"Stress drives 40 Student's to death every Year. (Source: Deccan Herald)
Other consequences are High Blood Pressure, Anxiety, depression.*

People Think of Sport's as a Physical Activity with defined set of Rule's and Result But Sport's is much That. It's a Pleasure, it's learning and most of all it's a Complete Physical Therapy.

Physically Active People have a 20-30% Reduced Risk of Premature death and up to 50% Reduced Risk of major Chronicdisease.

A Study in Wales " A 10% increase in Physical Activity Combined with a Better diet.

Sport's teaches us a lot "Imagination Decision making, Team Spirit, Goal Setting. Inter Personal Skills.

Bhupendra Gurjar

Student- BPT II Year

Index Department of Physiotherapy
and Paramedical Sciences



Student's Corner

Artificial Intelligence in Daily Life: Friend or Foe

Artificial Intelligence (AI) is now a part of over everyday life. From using Google Map to chatting with Virtual assistants like Alexa or Siri, AI helps us in many ways but as AI helps us in many becomes more common people ask- is it Our Friend or Our Foe? AI was not discovered by One single person, but John McCarthy is known as "Father of Artificial Intelligence" In 1956, he Coined the term "Artificial Intelligence" He Organized the Dartmouth Conference, where AI was officially born. He believed that machines Could be made to stimulate any aspect of human intelligence. John McCarthy gave AI its name and led early research. Alan Turing proposed the idea of thinking machines. Alan Turing gave the first idea of machine intelligence.

AI as a friend: AI makes daily life easier and faster. It helps us shop online, suggest movies or Song and reminds us of important tasks. In healthcare, AI helps in early disease detection and better treatments in education, AI tools help students learn in a personalized way. Smart homes Systems, Security Cameras and Voice assistants also Use AI to improve our comfort and Safety.

AI as a foe: However, AI has its risk Many jobs are being replaced by machines, especially in factories and offices. AI Collect a lot of personal data, which may affect Our privacy. Fake news and deepfake Videos Created using AI can also Spread misinformation.

Conclusion: AI has both good and bad sides. it used Carefully and with proper rules, it can be our helpful friend but without Control, it could become a danger. The choice depends on how we use is....

Shruti Dubey

Student- BPT II Year

Index Department of Physiotherapy
and Paramedical Sciences



Student's Corner

Seniors: Our Google Before Google

Stepping into college is a bit like opening a mystery box. Everything's new—the subjects, the faces, the timing of lectures that somehow feel too early & course, the epic hint for attendance. In the middle of all this chaos, one group quietly steps in to save the day —OUR SENIORS

They don't wear capes, but they do carry years of experiences.

➤ *First Day fears to final year cheers –*

The first day of college can feel overwhelming – too many rooms, too many rules & too many unknowns. This is where seniors become our first real support system. From guiding us through the campus maze to helping us settle in.

➤ *The Bridge between Rules and Reality –*

Professors teach us what's in the syllabus, Seniors teach us what's actually useful. Their tips before exams, their notes passed down like family heirlooms, and their Insider knowledge about teachers and up subjects – it all adds up to survival and success.

➤ *Friendship Beyond Years –*

Seniors become our unofficial siblings. They cheer up after a bad test, guide us through heartaches, and sometimes even share their last Maggi packet when the canteen's closed. Their presence brings comfort and their advice feels real.

➤ *The chain That keeps Going*

The best part? The guidance doesn't stop juniors become seniors, Juniors become seniors, and the cycle continues. It's a legacy of Kindness, shared lessons, and mutual respect – something that truly defines the spirit of college.

➤ *Thank You, Seniors*

To every Senior who took time to help to guide, to Simply listen– thank you. You've made our journey smoother and left a mark Journey that'll last way beyond the classroom.

Roshni Vishwakarma

*Student- BPT I Year
Index Department of Physiotherapy
and Paramedical Sciences*



MALWANCHAL MIRROR



AFFILIATIONS & ACCREDITATIONS



MPPURC



Madhya Pradesh
Paramedical Council

OUR GROUP VENTURES



OTHER GROUP
OF INSTITUTIONS



Campus: Index City, NH-59A, Nemawar Road, Indore - 452016 (M.P.)

☎ 0731-4013774, 4013370 ✉ registrar@malwanchaluniversity.in

www.malwanchaluniversity.in