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MALWANCHAL **MIRROR**

QUATERLY BULLETIN



Index Department of Physiotherapy
& Paramedical Sciences

*Leadership has never been about position – it's about progress.
About daring to dream, daring to do, and helping others rise with
me*



**Mr. MayankRaj Singh
Bhadoria**

Vice-Chairman,
Index Group of Institutions

**TOP
EVENTS OF
OCTOBER
2025**

From the desk of Principal ...



Dear Readers,

It gives me great pleasure to present this special edition of our Physiotherapy and Paramedical College Bulletin, themed “Healing Through Knowledge.” The phrase reflects our mission to educate minds, inspire hearts, and nurture professionals who combine science with compassion in service to humanity.

In today’s evolving healthcare landscape, true healing begins with empathy, understanding, and the ability to apply knowledge for the greater good. At our institution, we aim to instill these values in every student, shaping them into skilled, confident, and compassionate caregivers.

This bulletin reflects our shared dedication—the achievements of our students, the commitment of our faculty, and the collective vision that drives us forward.

I extend heartfelt appreciation to the editorial team and contributors for their creativity and effort. May this edition continue to inspire learning, service, and healing through knowledge.

Warm regards,

Dr. Reshma Khurana

Principal,

Index Department of Physiotherapy and
Paramedical Courses



CAMPUS NEWS

Saluting the Nation – Independence Day 2025

The Independence Day Celebration 2025 was held on 15th August at IMCHRC Auditorium with great zeal. The event began with flag hoisting by Shri Suresh Singh Bhadoriya (Chairman, Index Group) and dignitaries, followed by the national anthem. Students from the

Index Department of Physiotherapy and Paramedical Sciences performed a patriotic dance and skit showcasing India's freedom journey. The celebration concluded with an inspiring speech and sweet distribution, promoting unity and patriotism among all.



Did You Know?

- The first Indian flag after independence was hoisted at Red Fort by Jawaharlal Nehru on 16 August 1947, not on the 15th.
- India had five major flag designs from 1906 to 1947 before the final tricolour was adopted.
- The Union Jack was lowered at the Viceroy's House (Rashtrapati Bhavan) exactly at midnight, symbolizing the end of British rule.

CAMPUS NEWS

Crafting with Care: Eco-Friendly Ganesh Idol Workshop

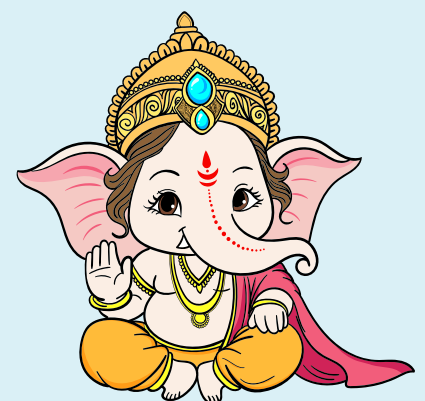
An Eco-Friendly Ganesh Idol Workshop was organized on 26th August 2025 at the Index Institute of Dental Sciences. BPT 1st-year students from the Index Department of Physiotherapy and Paramedical Sciences participated under the guidance of Ms. Jaya Shetty.

Students crafted bio degradable Ganesh idols using natural materials like clay, cow dung, and vermi compost. The workshop promoted sustainability, creativity, and awareness about eco-friendly celebrations, encouraging students to adopt greener and responsible festive practices.



Did You Know?

- Lokmanya Bal Gangadhar Tilak turned it into a public celebration in 1893 to unite Indians against British rule.
- Although celebrated across India today, Pune is considered the birthplace of the modern public Ganeshotsav.
- The first ever sarvajanik (public) Ganesh idol was made by Khurjekar family of Pune in 1893.



CAMPUS NEWS

From Awareness to Action – Physiotherapy Camp at Sannod

On 15th October 2025, a one-day free Physiotherapy Health Camp was organized at Gram Sannod, District Dewas (M.P.) by the Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University, Indore. Conducted under the guidance of

Dr. Reshma Khurana and supervision of Dr. Amit Nagar and Dr. Sandeep Patel, the event featured a Nukkad Natak by students under Dr. Sakshi Rajak. Over 125 villagers benefited through consultations, exercise therapy, and postural correction, promoting rural health awareness



Did You Know?

- Most back, neck, and knee pains are caused by poor posture, long sitting hours, and low activity – physiotherapy camps help identify these risks.
- Physiotherapy provides drug-free treatment, using exercises, manual therapy, heat/cold therapy, stretching, and strengthening techniques.
- Correcting posture through physiotherapy significantly improves focus, energy levels, and academic/work performance.

CAMPUS NEWS

Empowering Rural Health: Cancer Prevention and Awareness Initiative

On 20th September 2025, the Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University, organized a Cancer Prevention and Health Awareness Camp at Bawaliya Khurd, Nemawar Road. The camp focused on breast and cervical cancer awareness, early

detection, and managing common health issues. Faculty and students conducted door-to-door sessions and distributed pamphlets. Dr. Urvashi Kanik emphasized preventive care, with around 60 villagers participating, promoting health awareness and community well-being.



Did You Know?

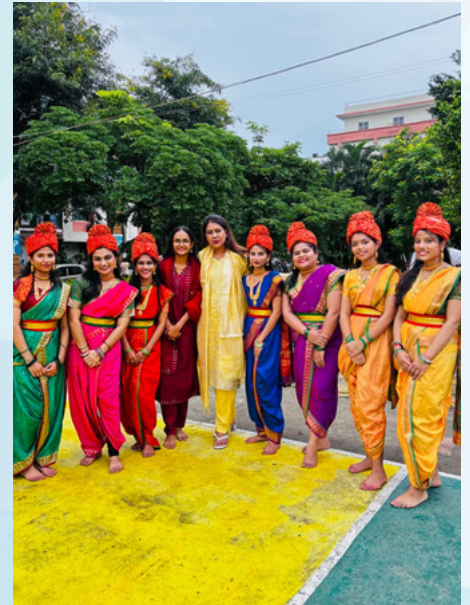
- 30–50% of Cancers Are Preventable
- Tobacco Causes 22% of Cancer Deaths
- Obesity Is Linked to 13 Types of Cancer
- Limiting exposure to harmful chemicals (like asbestos, pesticides, industrial fumes) reduces cancer risk.
- Stress & Poor Sleep Affect Immunity



CAMPUS NEWS

NIRVANA 2025

The Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University, Indore, celebrated Nirvana 2025 – Ganesh Utsav from 27th August to 6th September 2025 with great devotion at the Basketball Ground. The 10-day event included Ganesh Sthapna, Aarti, ISKCON Bhajan Kirtan, National Sports Day, Bhajan Sandhya, Sunderkand Path, cultural performances, and Teacher’s Day celebration. It concluded with Havan, Mahaprasadi, and Ganesh Visarjan, promoting unity, joy, spirituality, and cultural harmony among students and faculty.



CAMPUS NEWS

Victory and Vibrance: IDOPT Wins First Prize at World Physiotherapy Day 2025

The IAP Conference (Indore Chapter), held on 8th September 2025 at ICAI Bhawan, Indore, brought pride to the Index Department of Physiotherapy and Paramedical Sciences (IDOPT), Malwanchal University. Celebrating World Physiotherapy Day on the theme "Healthy Ageing," IDOPT students presented a group dance, skit, and Nukkad Natak—winning first prizes in all events. Their energetic performances showcased creativity, teamwork, and the importance of physiotherapy in promoting active and healthy living.



Faculty's Corner

Lab Technicians: Bridging the Gap Between Patients and Physicians Through Accurate Diagnostics

When we think of healthcare, we often picture doctors and nurses, but behind every accurate diagnosis stands a skilled team of laboratory technicians ensuring precision in every report. They form the invisible bridge between patients and physicians, transforming samples into life-saving information.

From blood tests to biopsies, lab technicians handle, process, and analyze specimens using advanced technology and scientific expertise. The accuracy of their work determines the success of diagnosis and treatment, making them an essential part of modern healthcare.

Mr. Durgesh Yadav

Assistant Professor

Index Department of Physiotherapy & Paramedical Sciences



Even the most experienced doctor relies on precise lab data to make informed medical decisions. A single error can alter a patient's treatment plan, which is why lab technicians are trained to be meticulous, focused, and ethical.

Though they often work quietly behind the scenes, their contribution is immense — providing clarity to doctors, confidence to patients, and hope to families.



Faculty's Corner

Breathe. Stretch. Move. Repeat

In our fast-paced and technology-driven world, we often forget one essential truth our bodies are designed to move. Long hours of sitting, scrolling, or studying can make our muscles tense and our minds weary. The human body thrives on rhythm the rhythm of breathing, stretching, and moving. Taking just a few mindful minutes each day to breathe deeply, stretch gently, and move purposefully can bring balance to both body and mind.

Deep breathing improves oxygen flow, calms the nervous system, and sharpens focus. Stretching releases stiffness, enhances flexibility, and revitalizes energy. Even small movements like a short walk, simple neck rolls, or shoulder rotations boost blood circulation and mental alertness.

Dr. Sakshi Rajak (PT)

Assistant Professor

*Index Department of Physiotherapy &
Paramedical Sciences*



Physiotherapy beautifully reinforces this philosophy: movement is medicine. Regular and mindful movement helps prevent postural problems, reduces stress, and promotes overall health. You don't need a gym or complex routine just awareness, intention, and consistency.

So wherever you are, take a deep breath, loosen your shoulders, and remind yourself – “Your body heals and grows stronger every time you breathe, stretch, move, and repeat.”



Faculty's Corner

Sports Injury and Prevention

Every sport demands strength, speed, and endurance – but along with these come the risk of injuries. Whether it's an ankle sprain, muscle strain, or chronic shoulder pain, such issues can affect both performance and confidence if not addressed properly.

Most sports injuries occur due to improper warm-up, poor technique, overtraining, or insufficient rest. Early physiotherapy intervention plays a vital role in recovery. Through pain management, stretching, strengthening, and sport-specific rehabilitation, physiotherapists help restore mobility and ensure a safe return to play.

Dr. Amit Nagar (PT)

Assistant Professor

*Index Department of Physiotherapy &
Paramedical Sciences*



Equally important is injury prevention – maintaining correct posture, staying hydrated, following a proper warm-up and cool-down routine, and scheduling regular physiotherapy checkups can significantly reduce the risk of injury.

Sports physiotherapy not only heals the body but also strengthens the mind and spirit. With timely care and guided exercises, athletes can transform injuries into opportunities to come back stronger.

Indeed, every setback can become a powerful comeback with the right physiotherapy, dedication, and resilience.

Student's Corner

Stress and Its Management

Stress is the body's natural response to pressure, challenges, or change. Everyone experiences it at some point—due to studies, work, relationships, or health issues. In small amounts, stress can be beneficial, motivating us to stay alert and perform better.

However, when stress becomes excessive or prolonged, it can harm both body and mind. The body releases hormones like cortisol and adrenaline, preparing for a “fight or flight” response. Long-term stress may lead to fatigue, headaches, anxiety, sleep problems, or heart disease.

Effective stress management is vital for overall well-being. Regular exercise, yoga, meditation, deep breathing, and engaging in hobbies help calm the mind. Maintaining a healthy diet, staying connected with loved ones, and taking short breaks also reduce stress.

Learning to manage stress is a lifelong skill that nurtures balance, resilience, and inner peace—helping us face life's challenges with clarity, strength, and a positive spirit.

Ankush Patel

BPT 1st Year

*Index Department of Physiotherapy
and Paramedical Sciences*



Student's Corner

Dr. Google: When Google Diagnoses Before the Doctor Does

In today's digital era, many people turn to Google to diagnose their symptoms before visiting a doctor. While it's good that individuals are becoming more health-aware, self-diagnosis through internet searches can often be misleading and harmful.

Medical professionals are trained to take a detailed history, perform clinical examinations, and order appropriate investigations before reaching a diagnosis. In contrast, Google simply lists possible diseases based on keywords, without understanding your individual condition.

For example, a person with a severe headache and nausea might read online that they could have a brain tumour – causing unnecessary anxiety – when it could simply be a tension-type headache.

Google can be a valuable educational tool, especially for students, but it can never replace a doctor's clinical judgment, empathy, and experience.

So, the next time you feel unwell, consult your doctor – not the internet. Because Google may give you information, but only a doctor can truly understand and heal you.

Raj Howra

BPT 4th Year

*Index Department of Physiotherapy
and Paramedical Sciences*



Student's Corner

Indian Army and Physiotherapy – A Partnership of Recovery and Strength

The Indian Army is one of the most disciplined and courageous forces in the world, protecting the nation's borders through extreme conditions – from icy mountains to scorching deserts. In the line of duty, soldiers often face physical and mental challenges, including injuries sustained during training or combat. Here, physiotherapy plays a crucial role in their recovery and rehabilitation.

Recognized officially in 1950 as a specialized profession, physiotherapy has become an essential part of the military healthcare system. Army physiotherapists not only treat injuries but also work on prevention, physical conditioning, and post-injury rehabilitation to help soldiers regain strength, mobility, and confidence.

Beyond recovery, physiotherapy offers renewed hope restoring movement, reducing pain, and enabling a faster return to active duty. It serves as a bridge between strength and healing, empowering soldiers to stand tall once again.

This collaboration between the Indian Army and physiotherapy truly symbolizes resilience, dedication, and the silent power of healing that supports our nation's real heroes.

Umesh Patidar

BPT 1st Year

*Index Department of Physiotherapy
and Paramedical Sciences*



MALWANCHAL MIRROR



EDITORIAL CORNER



Every page of Malwanchal Mirror captures growth, innovation, and the heart of our institution.

Mr. Sankalp Ojha
Editor

Malwanchal Mirror's design celebrates learning, achievement, and the vibrancy of campus life.

Mr. Pranav Sharma
Creative Designer



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