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**MALWANCHAL
UNIVERSITY**
(INDEX GROUP OF INSTITUTIONS)

MALWANCHAL MIRROR

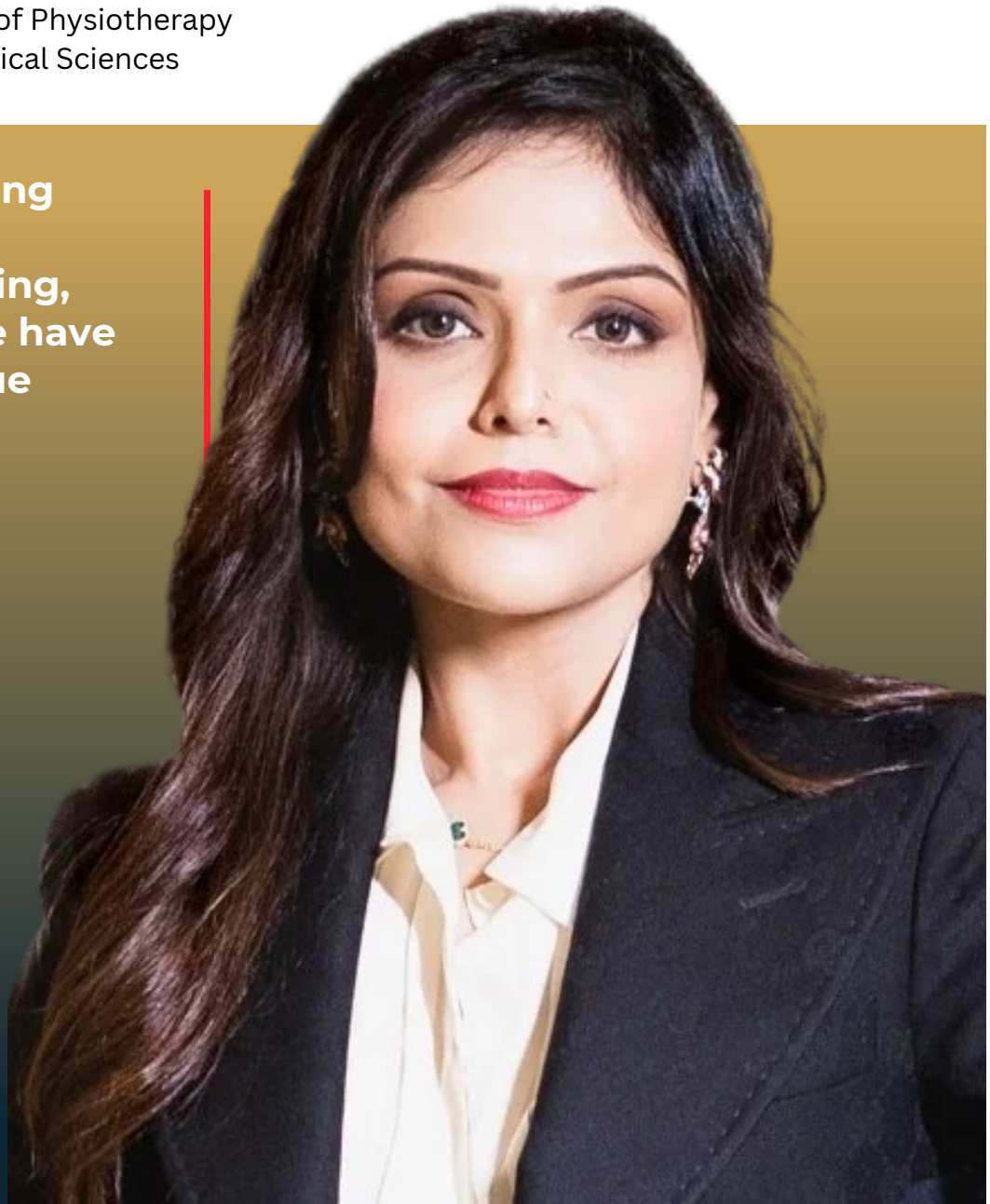
QUATERLY BULLETIN



Index

Department of Physiotherapy
and Paramedical Sciences

Teaching and treating
were just the start.
Empowering, uplifting,
and leading change have
always been our true
mission.



**Mrs. Gauri Singh
Bhadoria**

Malwanchal University



FROM THE DESK OF PRINCIPAL ...

Dr. Reshma Khurana

Principal, Index Department of
Physiotherapy and Paramedical Sciences

It is with great pride that I present this edition of our College Bulletin, which reflects our sustained commitment to academic excellence, clinical proficiency, and holistic professional development. This issue highlights our continued efforts to strengthen everyday academic practices while creating meaningful and practical learning experiences for our students.

In today's rapidly evolving healthcare environment, education must extend beyond theoretical knowledge. We have therefore placed special emphasis on enhancing classroom teaching, organizing structured clinical postings, upgrading laboratory facilities,

and promoting hands-on training. Regular academic initiatives such as seminars, workshops, guest lectures, and student skill-development programs are conducted to enrich understanding and prepare learners for the changing demands of healthcare.

Clinical exposure remains at the core of our training philosophy. Through hospital-based learning and direct patient interaction, students cultivate practical competence, empathy, and professional confidence qualities essential for responsible and effective healthcare delivery. With a clear vision for the future, the department continues to advance academic quality, strengthen clinical training

systems, improve infrastructure, and foster professional skill development. Our objective is to ensure that every student is well-equipped to meet real-world challenges with knowledge, ethics, and dedication.

I extend my sincere appreciation to our faculty, students, and contributors whose collective efforts make this progress possible. May we continue to move forward together in the pursuit of learning, service, and excellence.



ACHIEVEMENTS

NAIDUNIA ICON AWARD 2026

Dr. Reshma Khurana has been honored with the prestigious Naidunia Icon Award 2026 in recognition of her outstanding contributions to education, research, and healthcare. She received this honor on 31st January 2026 from Shree Prahlad Singh Patel Ji (Minister of Labor Department of M.P.), acknowledging her dedication to academic excellence and the advancement of physiotherapy education.

Through her visionary leadership, commitment to practical learning, and passion for mentoring, she has inspired numerous students to achieve success at national and international levels. Her active involvement in health awareness and community initiatives further reflects her dedication to creating a meaningful social impact.

This recognition celebrates her continuous efforts to promote excellence, innovation, and service in the field of healthcare education.



CAMPUS NEWS

THE SPORTS AND CULTURAL MEET – NEXUS 2026

NEXUS 2026, the Sports and Cultural Meet of the Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University, was held from 15th to 24th January 2026 with great enthusiasm. The event began with a grand inauguration by Shri Suresh Singh Bhadoria, Chairman, Index Group of Institutions, in the presence of Dr. Reshma Khurana, Principal, IDOPT, faculty members, and students. Activities included sports tournaments and cultural events such as Filmy Andaz, Talent Day, Traditional Day, and the Candyland Funfair, encouraging teamwork and creativity. The meet concluded with a prize distribution ceremony graced by Shri MayankRaj Singh Bhadoria, Vice Chairman, Mayank Welfare Foundation, inspiring students toward overall excellence.



CAMPUS NEWS

KITE FESTIVAL 2026

The Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University, Indore celebrated Kite Festival on 14th January 2026 at the Stadium Ground to mark the occasion of Makar Sankranti. Organized by the Student Council under the theme "Celebrating Traditions and Togetherness," the event witnessed enthusiastic participation from students and faculty. Activities included kite flying, cultural performances, and creative kite-making competitions. The venue was attractively decorated, and traditional delicacies enhanced the festive spirit. The celebration fostered cultural awareness, encouraged creativity, and strengthened the sense of unity and community among participants, making it a joyful and memorable event.



Physio Help Initiative: Supporting Athletes Across Multiple Tournaments

The Department of Physiotherapy provided Physio Help services during various tournaments held at different venues. Runveer 7.0 Infantry Marathon and Adrenaline Inter College Competition were supported at Malwanchal University Campus, the Index Cricket Championship was conducted at Daly College Cricket Ground, football matches were covered at Mount Index International School Ground, and the ODA Jhabua Trophy events took place at Mhow Garrison Ground. Students and faculty offered on-field rehabilitation for muscle fatigue, cramps, sprains, and minor injuries using stretching, taping, cryotherapy, and recovery exercises. This initiative ensured athlete safety and highlighted the importance of physiotherapy in sports care.

CAMPUS NEWS

SAHAJA YOGA MEDITATION: A STEP TOWARDS INNER PEACE

A special Sahaja Yoga Meditation session was organized to promote mental well-being and emotional balance among students and faculty. The program included an enlightening talk on meditation followed by guided practice focused on self-realization.

Participants felt calm and refreshed after the session. The event encouraged everyone to adopt meditation as a daily habit for stress management, improved concentration, and holistic health. It marked a meaningful step toward mindful living.



DRY NEEDLING WORKSHOP: A Step Towards Advanced Physiotherapy Care

The Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University, Indore organized a two-day hands-on workshop on Dry Needling for Chronic Pain Relief and Sports Injuries on 25th and 26th November 2025. Conducted by Dr. Richa Singh, Sports Physiotherapist and certified Dry Needling Instructor, the workshop combined theoretical learning with supervised practical sessions. Participants gained knowledge of myofascial trigger points, clinical surface anatomy, and therapeutic applications for various musculoskeletal conditions. The program concluded with certificate distribution, enhancing students' clinical competence and promoting advanced physiotherapy practice.

FACULTY CORNER

How AI Tutors Are Changing the College Classroom in Physiotherapy



Dr. Gouravi Tirole

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Index Department of
Physiotherapy and Paramedical
Sciences

Artificial Intelligence (AI) tutors are rapidly transforming the college classroom in physiotherapy, making learning more interactive, personalized, and effective. Traditionally, physiotherapy education has relied heavily on lectures, textbooks, and limited lab hours. AI tutors now complement these methods by offering 24/7 access to learning support, allowing students to study at their own pace.

Through AI-powered platforms, students can explore detailed 3D anatomy models, simulate joint movements, and practice clinical decision-making in virtual environments. These tools help bridge the gap between theory and practical application. AI tutors also analyze individual learning patterns and provide personalized feedback, helping students identify weak areas and improve their understanding of complex subjects such as biomechanics, neurophysiology, and therapeutic techniques.

In addition, AI-driven quizzes, case-based learning modules, and virtual patients enhance critical thinking and clinical reasoning skills. Faculty members benefit as well, as AI assists in tracking student progress and tailoring teaching strategies accordingly.

While AI tutors cannot replace the essential human interaction and hands-on experience required in physiotherapy, they serve as powerful supportive tools. By enhancing engagement, improving comprehension, and promoting self-directed learning, AI tutors are reshaping physiotherapy education and preparing students for a more technology-integrated healthcare future.



FACULTY CORNER

Healthy Spine – A Physiotherapy Perspective



Dr. Hitesh Vishwakarma

MPT Cardiothoracic
Assistant Professor
Index Department of Physiotherapy
and Paramedical Sciences

A healthy spine is essential for maintaining an active, functional, and pain-free life. In today's lifestyle, prolonged sitting, excessive screen exposure, and poor ergonomic habits have become common, placing continuous mechanical stress on the spine. Over time, this may lead to neck pain, back discomfort, muscle tightness, postural imbalance, and reduced spinal mobility.

From a physiotherapy perspective, prevention begins with postural awareness and regular movement. Sitting with proper back support, maintaining a neutral spine, keeping shoulders relaxed, and avoiding sustained slouched positions help reduce strain on spinal structures. It is equally important to take brief movement breaks every 30–40 minutes to prevent muscle fatigue and joint stiffness.

Incorporating simple chair-based mobility exercises, gentle stretching, and posture correction techniques into daily routines can significantly improve circulation, maintain

flexibility, and support muscular balance. Controlled breathing and mindful sitting further enhance relaxation and neuromuscular coordination.

Physiotherapy emphasizes that spinal health is built through consistent daily habits rather than occasional effort. Regular movement, ergonomic care, and active lifestyle choices play a key role in preventing musculoskeletal disorders and promoting long-term well-being.

Take care of your spine today—move more, sit correctly, and stay active for a healthier tomorrow.



FACULTY CORNER

Mind–Body Connection in Physiotherapy



Dr. Manasvi Tiwari

Demonstrator,
Index Department of Physiotherapy
& Paramedical Sciences

The mind–body connection plays a vital role in modern physiotherapy, emphasizing that physical recovery is deeply influenced by emotional and psychological well-being. Increasingly, physiotherapists recognize that stress, anxiety, and negative thoughts can delay healing, while a calm and positive mental state can significantly enhance treatment outcomes. This integrated approach helps patients achieve faster recovery, better pain management, and improved overall function.

Physiotherapy interventions such as breathing exercises, relaxation techniques, mindfulness, and guided movement enable patients to develop greater awareness of their bodies. As patients learn to recognize posture, muscle tension, and movement patterns, they gain improved control over their healing process. These practices also help reduce stress hormones, allowing muscles to relax and promoting better circulation and tissue repair.



For individuals experiencing chronic pain, physiotherapists often combine physical rehabilitation with cognitive and behavioral strategies to break the cycle of fear and discomfort. Encouraging a positive mindset, goal setting, and active participation empowers patients and builds confidence in their own abilities.

By integrating mind–body principles, physiotherapy becomes a truly holistic practice—treating not just the condition, but the person as a whole. This comprehensive approach supports long-term recovery and enhances overall health and well-being.

STUDENT CORNER

MARKS VS SKILLS: WHO TRULY DEFINES SUCCESS?



Noor Afshan

BPT 1st Year
Index Department of Physiotherapy
and Paramedical Sciences

Marks have traditionally been viewed as the primary measure of success. However, in today's competitive world, skills are equally important. While marks reflect academic performance, skills demonstrate the ability to apply knowledge in real-life situations.

Qualities such as communication, confidence, problem-solving, adaptability, and teamwork cannot be evaluated through examinations alone, yet they play a vital role in shaping careers. Many students with average marks perform exceptionally well in presentations, internships, and interviews because practical skills leave a lasting impression.

This does not mean that marks are unimportant. Academic achievements provide a strong foundation and open initial opportunities. However, it is skills that help individuals grow, adapt, and succeed professionally.

In reality, marks may begin the journey, but skills determine the destination. The true achiever is one who maintains a balance between academics and practical abilities. Success is not defined by percentages alone, but by overall performance, confidence, and competence.



ROLE OF PHYSIOTHERAPY IN CANCER TREATMENT

Cancer is a progressive disease that requires early diagnosis and appropriate treatment. Advances in surgery, radiotherapy, and chemotherapy have improved survival rates, but these treatments often cause physical and psychological complications.

Physiotherapy plays a crucial role in managing treatment-related side effects and supporting recovery. One common complication is lymphedema, which involves fluid accumulation and swelling in the limbs.

Physiotherapists use specialized exercises and lymphatic drainage techniques to reduce swelling, improve flexibility, and restore movement.

Cancer patients frequently experience muscle weakness, fatigue, reduced mobility, and decreased endurance. Structured physiotherapy programs help improve strength, flexibility, and functional independence. Physiotherapy also assists in pain management through individualized rehabilitation techniques.

Overall, physiotherapy enhances quality of life by promoting physical activity, reducing discomfort, and restoring confidence. It is an essential part of cancer rehabilitation.



Abhishek Tiwari

BPT 2nd Year
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STUDENT CORNER

FROM SAMPLE TO REPORT: THE JOURNEY OF LABORATORY TESTING



Kumkum Panwar

BMLT 1st Year
Index Department of Physiotherapy
and Paramedical Sciences

Every laboratory report represents a detailed process that begins long before results reach the doctor. The journey from sample collection to final report is systematic and essential for accurate diagnosis.

The process starts with collecting specimens such as blood, urine, stool, or tissue. Proper identification, labeling, and sterile techniques are crucial to avoid errors. Samples are then transported safely to the laboratory.

In the pre-analytical phase, samples are registered and prepared for testing. The analytical phase involves examining specimens using advanced instruments, ensuring accuracy through quality control. During the post-analytical phase, results are reviewed and validated. Finally, reports are delivered to clinicians to guide diagnosis and treatment.





ACCREDITATIONS & AFFILIATIONS



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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