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

MALWANCHAL MIRROR

QUATERLY BULLETIN



Index

Department of Physiotherapy
and Paramedical Sciences



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FROM THE DESK OF PRINCIPAL ...

Dr. Reshma Khurana

Principal, Index Department of
Physiotherapy and Paramedical Sciences

Dear Readers,

It is with great pride and enthusiasm that I present this edition of our Physiotherapy and Paramedical College Bulletin, inspired by the theme “Transforming Lives Through Healthcare Excellence.”

The journey of healthcare extends far beyond treatment—it is about restoring hope, improving quality of life, and making a meaningful difference in the well-being of individuals and communities. As healthcare professionals, we carry the responsibility of combining scientific knowledge with compassion, dedication, and ethical practice to create a positive impact on society.



At our institution, we are committed to nurturing future healthcare leaders by providing an environment that promotes academic excellence, professional competence, and personal growth. We encourage our students to embrace innovation, develop critical thinking skills, and uphold the values that define quality healthcare service.

This bulletin showcases the accomplishments, experiences, and contributions of our students and faculty members. It stands as a celebration of hard work, perseverance, and the collective efforts that continue to strengthen our academic community.

I extend my heartfelt appreciation to the editorial team and all contributors for their dedication, creativity, and sincere efforts in bringing this publication to fruition. Their commitment has made this edition both informative and inspiring.

May this bulletin motivate every reader to strive for excellence, pursue lifelong learning, and continue contributing to the advancement of healthcare with knowledge, compassion, and integrity.

CAMPUS NEWS

Anuroop 2026 – Sports, Cultural Fest, Celebrity Night & DJ Evening: A Grand Celebration of Talent, Music and Excellence

The Department of Physiotherapy & Paramedical Sciences, Malwanchal University, Indore, showcased remarkable achievements at Anuroop 2026 – Sports and Cultural Fest held in April 2026. The department secured Winner position in Dance and Runner-Up positions in Skit, Football, and Volleyball, reflecting excellence in both cultural and sports events. Faculty members Mr. Durgesh Yadav and Ms. Yogita Sikarwar were honored with Best Employee Awards for their dedication and support. The fest concluded with a grand Celebrity Night and DJ Evening featuring Punjabi singer Sunanda Sharma, along with electrifying performances, student participation, special titles, and intern felicitation, making it a memorable celebration of talent, recognition, and togetherness.



CAMPUS NEWS

5TH CONVOCATION CEREMONY 2026:

A Milestone of Academic Excellence in Healthcare Education

The Department of Physiotherapy & Paramedical Sciences, Malwanchal University, Indore, showcased remarkable achievements at Anuroop 2026 – Sports and Cultural Fest held in April 2026. The department secured Winner position in Dance and Runner-Up positions in Skit, Football, and Volleyball, reflecting excellence in both cultural and sports events. Faculty members Mr. Durgesh Yadav and Ms. Yogita Sikarwar were honored with Best Employee Awards for their dedication and support. The fest concluded with a grand Celebrity Night and DJ Evening featuring Punjabi singer Sunanda Sharma, along with electrifying performances, student participation, special titles, and intern felicitation, making it a memorable celebration of talent, recognition, and togetherness.

5th CONVOCATION



CAMPUS NEWS

YOGA & WELLNESS WORKSHOP 2026:

Promoting Holistic Health, Mindfulness and Stress Management

The Department of Physiotherapy and Paramedical Sciences, Index Medical College, Malwanchal University, organized a Yoga & Wellness Workshop on 13th April 2026 under the guidance of Principal Dr. Reshma Khurana. The session was led by yoga expert Imran Salat, who conducted practical demonstrations of asanas, pranayama, and mindfulness techniques. A total of 115 students actively participated, gaining hands-on experience in yoga practices aimed at improving physical fitness, mental balance, and stress management. The workshop emphasized the importance of integrating wellness into daily life and encouraged students to adopt a disciplined and healthy lifestyle for overall well-being.



CAMPUS NEWS

NATIONAL CONFERENCE 2026 ON AI IN HEALTHCARE: INNOVATION, LEADERSHIP, AND ACADEMIC EXCELLENCE

The Index Department of Physiotherapy and Paramedical Sciences participated in the National Conference on "Emerging Trends in Artificial Intelligence for Advanced Health Care Delivery" held on 18 March 2026 at Amaltas Institute of Medical Sciences, Dewas. A major highlight of the conference was the expert session chaired by Dr. Reshma Khurana on "Future Prospects and Career Opportunities in Artificial Intelligence for Medical Professionals," where she emphasized the growing impact of AI in diagnostics, patient care, research, and healthcare management. Adding pride to the department, Ms. Isha Gaur secured 3rd position in the Quiz Competition, showcasing students' academic excellence and enthusiasm toward emerging healthcare technologies.



Village Outreach Diagnostic Health Camp: Promoting Preventive Healthcare in Rural Communities

The Index Department of Physiotherapy and Paramedical Sciences, under the aegis of Index Medical College Hospital & Research Centre, Indore, successfully organized village outreach diagnostic health camps to promote preventive healthcare and rural health awareness. More than 200 villagers benefited from free health screenings, including blood group identification, blood sugar testing, blood pressure monitoring, and hemoglobin estimation. Students and faculty members also provided counseling on nutrition, healthy lifestyle practices, and disease prevention. The initiative helped identify undiagnosed cases of diabetes, hypertension, and anemia, while offering valuable field exposure to students and strengthening the department's commitment toward community healthcare and social responsibility.

CAMPUS NEWS

25TH OPERATION THEATRE TECHNICIAN REORIENTATION COURSE: ADVANCING CLINICAL SKILLS AND SURGICAL TRAINING

The Index Department of Physiotherapy and Paramedical Sciences proudly participated in the 25th Operation Theatre Technician Reorientation Course Program held at Arihant Hospital and Research Centre on 28th and 29th March 2026. The programme provided students with hands-on exposure to modern operation theatre practices and surgical assistance techniques. Interactive sessions and practical demonstrations covered sterilization protocols, infection control, aseptic techniques, biomedical waste management, surgical instrument handling, anaesthesia fundamentals, and CPR training. The course enhanced students' technical knowledge, clinical confidence, and professional competency, reflecting the department's dedication to quality education, practical learning, and skill-based healthcare training.



Hands-on Workshop on Assessment and Evidence- Based Management of Temporomandibular Disorders

The Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University, Indore, organized a hands-on workshop on "Assessment and Evidence-Based Management of Temporomandibular Disorders (TMD)" on 6th February 2026 under the guidance of Dr. Renuka Jain and the leadership of Dr. Reshma Khurana. The workshop focused on epidemiology, clinical assessment, evidence-based treatment approaches, and mobilisation techniques for TMJ rehabilitation. Physiotherapy students actively participated in practical demonstrations, case discussions, and interactive sessions designed to enhance clinical understanding and hands-on skills. The workshop proved highly informative and beneficial in promoting evidence-based rehabilitation practices, interdisciplinary learning, and improved patient-centered care among participants.

FACULTY CORNER

Back Pain in Young Adults



Dr.Neha Mohite

MPT Ortho
Assistant Professor
Index Department of
Physiotherapy and Paramedical
Sciences

Back pain is no longer a condition confined to older adults; it has become increasingly prevalent among young adults due to modern lifestyle habits. Prolonged screen time, excessive smartphone use, sedentary behavior, and poor posture are among the leading contributors. College students, office employees, and work-from-home professionals are particularly susceptible to developing back-related problems.

Maintaining improper posture while using laptops or mobile devices places excessive stress on the spine and surrounding muscles, resulting in pain, stiffness, and discomfort. Other contributing factors include carrying heavy backpacks, inadequate physical activity, and poor sleeping habits. Common symptoms include lower back pain, muscle tightness, reduced flexibility, and discomfort after prolonged sitting or standing. If left unaddressed, these symptoms may progress to chronic pain and negatively affect daily activities, productivity, and overall well-being.

Physiotherapy plays a crucial role in the prevention and management of back pain. Through comprehensive posture assessment and individualized treatment plans, physiotherapists help improve spinal mobility, muscle strength, and functional performance. Stretching exercises, core strengthening programs, manual therapy, and ergonomic modifications are effective strategies for reducing pain and preventing recurrence. Patient education regarding proper posture, safe lifting techniques, and workplace ergonomics is also an essential component of treatment.

Regular physical activity, maintaining a healthy body weight, taking frequent movement breaks, and adopting proper sitting and sleeping postures are key preventive measures. Early intervention and physiotherapy can significantly enhance recovery and promote long-term spinal health in young adults.



FACULTY CORNER

The Evolving Role of Physiotherapy in Lung Cancer Care



Dr. Urvashi Kanik

MPT Oncology
Assistant Professor
Index Department of Physiotherapy and
Paramedical Sciences

Today, I would like to highlight the expanding role of physiotherapy in the management of lung cancer patients. Physiotherapy has become an essential part of modern oncology care, focusing on improving physical function, treatment tolerance, and overall quality of life.

One of the key advancements is the use of prehabilitation programs before surgery or cancer treatment. These programs include aerobic exercises, respiratory muscle training, and strength-building activities that help improve lung function and reduce treatment-related complications. Recent studies have also demonstrated the effectiveness of individualized exercise programs, including high-intensity interval training (HIIT), in reducing fatigue and enhancing physical endurance.

Technological innovations have transformed rehabilitation practices through tele-rehabilitation services, virtual exercise sessions, and wearable health-monitoring devices. These tools enable continuous patient support and personalized care, even from remote locations.

Advanced respiratory physiotherapy techniques, such as inspiratory muscle training and airway clearance strategies, are increasingly being used to improve breathing efficiency and respiratory health. Physiotherapists also incorporate breathing exercises and relaxation techniques to manage anxiety-related breathlessness.

Furthermore, physiotherapy plays a vital role in cancer survivorship and palliative care by promoting mobility, reducing pain, maintaining independence, and enhancing overall well-being. Through evidence-based interventions and patient-centered care, physiotherapy continues to contribute significantly to improving outcomes and quality of life for individuals living with lung cancer.



FACULTY CORNER

The Forgotten Muscle: Why Core Strength Decides Everything



Dr. Garima Sonwaniya

Demonstrator,
Index Department of Physiotherapy
& Paramedical Sciences

Core muscles are often called the “powerhouse” of the human body, yet they are frequently ignored in daily fitness and health awareness. The core is not just the abdominal muscles; it includes the deep muscles of the abdomen, back, pelvis, and hips that work together to stabilize the spine and support every movement of the body.

A strong core is essential for maintaining good posture, preventing injuries, and improving overall functional efficiency. Whether a person is sitting in a classroom, lifting an object, walking, or playing sports, the core is constantly active. Weak core muscles often lead to poor posture, back pain, imbalance, and increased risk of musculoskeletal injuries.

In students and young adults, prolonged sitting and lack of physical activity weaken core stability. This can result in

discomfort in the lower back and reduced physical performance. Many people focus only on visible muscles, ignoring the deeper stabilizing muscles that actually control body alignment.

Physiotherapy plays a crucial role in developing core strength through targeted exercises such as pelvic tilts, bridging, planks, and stability training. These exercises not only improve strength but also enhance coordination and balance.

In conclusion, core strength is the foundation of a healthy body. A strong core ensures better posture, reduced pain, and improved quality of life. Strengthening it early helps build lifelong physical stability and prevents future problems



STUDENT CORNER

THE LANGUAGE OF BLOOD AND MICROSCOPES



Roshni Rathod

BMLT 2nd Year
Index Department of Physiotherapy
and Paramedical Sciences

When I first joined the Bachelor of Medical Laboratory Technology (BMLT) program, I believed that my role would simply involve collecting blood samples, mixing chemicals, operating laboratory instruments, and generating reports. To me, laboratory science seemed like a routine process carried out behind the scenes of healthcare.

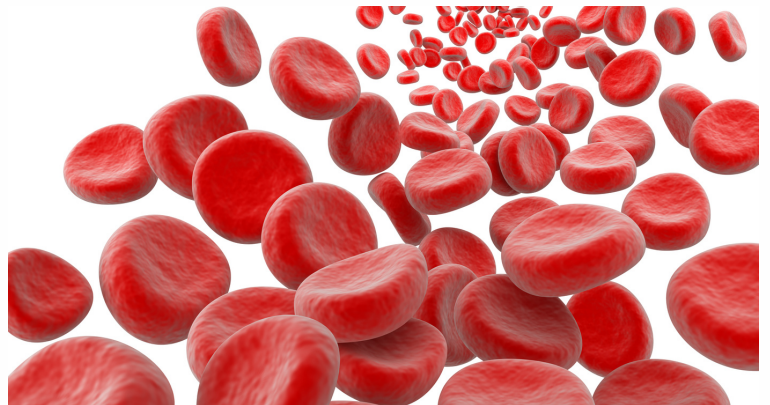
However, as I progressed into my second year, my perspective changed completely. Science was no longer just a subject—it became a language. Not a language of words, grammar, or alphabets, but a language spoken through cells, tissues, and microscopic structures.

I still remember the first time I placed a drop of blood on a microscope slide. As I looked through the lens, I was amazed to see countless red blood cells floating across the field of view like tiny planets in a vast universe. At that moment, I realized that an entire world existed within a single drop of blood.

In the beginning, everything seemed complicated. Cells appeared similar, staining techniques were challenging, and identifying microscopic details required patience and practice. Gradually, however, I began to recognize patterns and understand the stories hidden within each slide. Changes in cell structure could reveal anemia, while the presence of parasites could indicate malaria. Every specimen carried valuable information waiting to be discovered.

Being a BMLT student has taught me that our profession is much more than performing laboratory tests. We play a crucial role in diagnosis, treatment, and patient care by interpreting the silent messages hidden within biological samples.

For me, Medical Laboratory Technology is not merely a course of study—it is the fascinating language of life under the microscope, where every cell tells a story and every slide opens a window into the wonders of the human body.



STUDENT CORNER

BEAT STRESS, LIVE BETTER



Ankush Patel

BPT 1st Year

Index Department of Physiotherapy
and Paramedical Sciences

Stress has become an unavoidable part of modern life. It is the body's natural response to challenges, demands, and changes that we encounter every day. Whether it is academic pressure, work responsibilities, personal relationships, or health concerns, everyone experiences stress at some stage of life.

A moderate level of stress can be beneficial, as it motivates individuals to stay focused, work efficiently, and achieve their goals. However, excessive or prolonged stress can have negative effects on both physical and mental health. It may lead to headaches, fatigue, anxiety, difficulty in concentration, sleep disturbances, and a reduced quality of life.

Managing stress effectively is essential for maintaining overall well-being. Simple lifestyle habits such as regular physical activity, meditation, listening to music, pursuing hobbies, and spending quality time with family and friends can help reduce stress levels. Maintaining a balanced diet and ensuring adequate rest are equally important. Seeking support from trusted friends, teachers, or counselors can also make a significant difference during challenging times.

While stress is a natural part of life, it should not control our lives. By adopting healthy coping strategies and maintaining a positive outlook, we can transform stress into an opportunity for growth and resilience. A calm mind and a healthy body are the foundation of a happy and successful life.

Digital Detox: A Step Towards a Healthier Life

What's the first thing you do when boredom strikes? For most of us, the answer is simple—reach for our phones. However, learning to embrace boredom can be the first step towards a successful digital detox. Boredom is not a problem; it is the brain's natural way of resetting and encouraging creativity and reflection. A digital detox is a deliberate break from digital devices such as smartphones, computers, and social media platforms. In today's fast-paced world, we have normalized constant digital consumption.

We watch videos while eating, scroll endlessly during free moments, and rarely allow ourselves to sit in silence. This overuse of technology can affect our focus, productivity, and mental well-being.

There are several ways to practice a digital detox. Turn your phone into a less distracting device by limiting notifications and unnecessary apps. Create no-phone zones at home, especially during meals and before bedtime. Replace the temporary pleasure of scrolling with meaningful activities such as exercising, reading, or learning a new skill. Spending time in a tech-free environment can also help refresh the mind.

The goal of a digital detox is not to eliminate technology but to regain control over it. Every time you choose real-life experiences over scrolling, you take a step towards a healthier and more balanced life. Disconnecting from the digital world helps us reconnect with ourselves and the people around us.



IFRA KHAN

BPT 1st Year

Index Department of Physiotherapy
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EDITORIAL CORNER



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

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

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