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Department of Physiotherapy & Paramedical Sciences

Title on – Multiple Intelligence

Date – 25/05/2022 to 29/05/2022

Venue - Index Department of Physiotherapy and Paramedical Sciences, Indore

Resource person - Dr. Neelam Hingorani

Faculty Development programe was organised by Index Department Of Physiotherapy and Paramedical Sciences, Malwanchal University,Indore on 11/12/2017 to 15 /12/2017. The started with the lightening of the lamp, in which Dr.Reshma Khurana,Principal, Index Department Of Physiotherapy and Paramedical Science, all the faculty members,staff members and students of institution were present.

Day - 1

This study correlates intelligence with learning styles in students of Medical and Health Sciences disciplines to determine their preferred learning styles. The results will further guide medical teachers to facilitate methodologies to suit the preferred hem to cope in the learning styles of students help them to cope in the transition from medical studies in their future professional life.

The was conducted under the guidance of Dr.Reshma Khurana, Principal, Index department of physiotherapy and paramedical sciences. The managed by Dr.Vidhi Tiwari, Faculty, Index Department Of Physiotherapy and Paramedical Sciences

Day - 2

The authors present the results of research carried out in the environment of the uni- versity and business employing graduates of this university and this particular field of education with the intention of emphasizing both the importance and the opportunity to

Day -3

Strengthening the recruitment system of teachers and performance improvement, capacity building of educators to design models, approaches, strategies, methods, and learning activities, as well as establishing togetherness on all lines, government, principals, supervisors, community, and teachers as the primary element.



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Day 4

The activity of designing the student-centered approach gave a good contribution to the capability of designing every single one of the multiple intelligences-based strategies. The mentoring system improved teachers' performance greater than those of training and instructional design Implementation of training instructional design, and the mentoring system implies improving learning processes and outcomes

Day -5

Multiple intelligences-based instructions, improve teachers' performance in designing learning and teaching performance in implementing instruction. This study used prospective action research involving 126 teachers (interment) as trainees and instructional design members came from 10 elementary schools in Indonesia. 34 of them mentored and 192 students participated in a focus group discussion. There were 10 principals and two supervisors to be research collaborators. Teachers' understanding and performance improvement through training multiple intelligence-based instructions, designing student-centered approach, and mentoring the implementation of student-centered learning had a significant contribution. The teachers' understanding of multiple intelligence-based instruction was the majority in the good category.



A handwritten signature in purple ink, enclosed within a hand-drawn circle. The signature appears to be "P. M. D." or similar initials.

A handwritten signature in green ink, positioned above the text of the stamp.

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Department of Physiotherapy & Paramedical Sciences

Title - Faculty Development Program on Pedagogical transition in higher education

Date -18/4/2022 to 23/4/2022

Venue – Index Department Of Physiotherapy and Paramedical Science, Indore

Resource Person -Dr. Shailaja M.

Educating for the future we want

6 Days Faculty Development Program was organised by Index Department Of Physiotherapy and Paramedical Sciences, Malwanchal University, Indore on 18/04/2022 to 23/04/2022.

The training started with the lightening of the lamp, in which Dr.Reshma Khurana, Principal, Index Department Of Physiotherapy and Paramedical Science, Dr.Shailja M., Resource Person all the faculty members institution were present.

Day 1

Following points were discussed

- Introduction of topic
- Influence of COVID pandemic on higher education
- Effect on course content
- Effect on delivery method
- Effect on faculty readiness & teaching technology
- Transition in Course delivery
- Establishment of online system
- Challenges for education

Day 2

- Following points were discussed
- Education for well being
- Researching
- Teaching environment
- Cultivating a sustainability mindset

Day 3

- Following points were discussed
- Educating for future we want
- Critical role in global social learning process
- Sustainability of education
- Ten ways forward
- Education from infancy to old-age
- Ecological education
- Fulll being education
- Early childhood education
- Practical education.




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- Civics education
- Big history education
- Respect for teachers
- Transforming Universities

Day 4

- Following points were discussed
- Educator, educate themselves –
- Reimaginatin of education
- Banking model of education
- Critical Reflection
- Transformation learning
- Personal awareness
- Assumptions
- Value centered education journey

Day 5

- Following points were discussed
- Power of transgressive learning
- Fundamental of systemic change
- Creating value accountability
- Pedagogical for life
- Liberation of capturesd imagination
- Why integral learning mattes

The workshop ended by Vote of thanks by Dr.Vaishali Patel and presenting mementos to Dr. Dr.Shailja M. by Dr. Reshma Khurana, Principal, Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University Indore.




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Department of Physiotherapy & Paramedical Sciences

Faculty Development Program:-Planning and Implementation

Date:- 15/3/2022 – 19/3/2022

Resource Person:- Dr. Sudha Shrivastava

Venue:- Index Department Of Physiotherapy and Paramedical Sciences

Index Department of Physiotherapy and Paramedical Sciences organised a faculty development program started with lamp lighting. A six day course includes the planning and implementation which is helpful for the faculty to plan their session with whole planning and implement through out the session. The program is attend by the faculty.

Implementation planning is a process in project management that entails creating step-by-step instructions for completing projects. The purpose of this process is to inform members of a project team of the concrete actions and individual tasks required to achieve the team's strategic goals.

Day 1

Although you may find implementation plans that differ from one project to another, there are several components you may find in common, including:

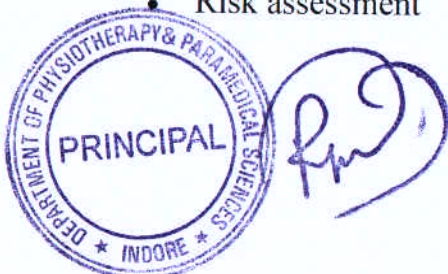
- Project objectives
- Scope statement
- Risks analysis
- Resources and tools
- Outline of deliverables
- Implementation strategy
- Implementation schedule
- Team roles and responsibilities
- Implementation plan metrics

Day 2

The perfect project plan includes:

- Objectives, requirements
- Scope assessment
- An outline of deliverables
- Task due dates
- Scheduling
- Risk assessment


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Day 3

- Stakeholder, team, and process management plans
- Team member roles and responsibilities
- Resource management
- Communication tools

Roadmap planning breaks down big-picture goals into measurable project phases, tasks, and subtasks.

Day 4

- Tasks and subtasks
- Budgets
- Timelines
- Collaborators
- Any additional resources

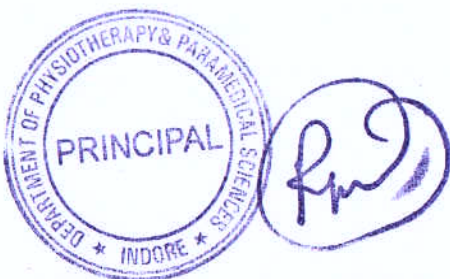
It's also important to note that having a flexible implementation plan is key for dealing with changes that come up once the project is live.

Day 5

The benefits of implementation planning range from organizational to relationship-building to increased profitability. A solid implementation plan:

- Creates an actionable roadmap from project inception to completion
- Makes communication simple and crystal clear
- Improves employee retention in the long-term
- Organizes all resources in one manageable place

The course is very fruitful and the certificate distribution to faculties and courses is ended with vote of thanks.




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Department of Physiotherapy and Paramedical Sciences

Title – Faculty development program on "Management of anxiety and depression"

Date -05/06/2022 to 09/06/2022

Venue – Index Department Of Physiotherapy and Paramedical Science, Indore

Resource Person -Dr. Anchala Dixit.

"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength."

Faculty development program on "Management of anxiety and depression". was organised by Index Department Of Physiotherapy and Paramedical Sciences, Malwanchal University, Indore on 05/06/2022 to 09/06/2022. The workshop started with the lightening of the lamp, in which Dr. Reshma Khurana, Principal, Index Department Of Physiotherapy and Paramedical Science, Dr. Anchala Dixit, all the faculty members of institution were present.

"Management of anxiety and depression"

ANXIETY

Excessive and/or unrealistic worry that is difficult to control occurring more days than not for at least 6 months about a number of events or activities.

Motor tension (e.g., restlessness, tiredness, shakiness, muscle tension).

Autonomic hyperactivity (e.g., palpitations, shortness of breath, dry mouth, trouble swallowing, nausea, diarrhea).

Hypervigilance (e.g., feeling constantly on edge, experiencing concentration difficulties, having trouble falling or staying asleep, exhibiting a general state of irritability).

Main objectives of the program :-

Reduce overall frequency, intensity, and duration of the anxiety so that daily functioning is not impaired.

Learn and implement coping skills that result in a reduction of anxiety and worry, and improved daily functioning.

Some important points were also discussed during this program which are as follows:-

1) Describe situations, thoughts, feelings, and actions associated with anxieties and worries, their impact on functioning, and attempts to resolve them.

A) . Focus on developing a level of trust with the client; provide support and empathy to encourage the client to feel safe in expressing his/her GAD symptoms.

B) Ask the client to describe his/her past experiences of anxiety and their impact on functioning; assess the focus, excessiveness, and uncontrollability of the worry and the type, frequency, intensity, and duration of his/her anxiety symptoms.

2) Verbalize an understanding of the cognitive, physiological, and behavioral components of anxiety and its treatment.

A) . Discuss how generalized anxiety typically involves excessive worry about unrealistic threats, various bodily expressions of



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tension, overarousal, and hypervigilance, and avoidance of what is threatening that interact to maintain the problem (see *Mastery of Your Anxiety and Worry—Therapist Guide* by Zinbarg, Craske, and Barlow; *Treating GAD* by Rygh and Sanderson).

B) Discuss how treatment targets worry, anxiety symptoms, and avoidance to help the client manage worry effectively, reduce overarousal, and eliminate unnecessary avoidance.

3) Learn and implement calming skills to reduce overall anxiety and manage anxiety symptoms.

A) Teach the client calming/relaxation skills (e.g., applied relaxation, progressive muscle relaxation, cue controlled relaxation; mindful breathing; biofeedback) and how to discriminate better between relaxation and tension; teach the client how to apply these skills to his/her daily life (e.g., *New Directions in Progressive Muscle Relaxation* by Bernstein, Borkovec, and Hazlett-Stevens; *Treating GAD* by Rygh and Sanderson).

B) Assign the client homework each session in which he/she practices relaxation exercises daily, gradually applying them progressively from non-anxiety-provoking to anxiety-provoking situations; review and reinforce success while providing corrective feedback toward improvement.

4) Learn and implement a strategy to limit the association between various environmental settings and worry, delaying the worry until a designated "worry time."

A) Explain the rationale for using a worry time as well as how it is to be used; agree upon a worry time with the client and implement.

B) Teach the client how to recognize, stop, and postpone worry to the agreed-upon worry time using skills such as thought stopping, relaxation, and redirecting attention (or assign "Making Use of the Thought-Stopping Technique" and/or "Worry Time" in the *Adult Psychotherapy Homework Planner* by Jongsma to assist skill development); encourage use in daily life; review and reinforce success while providing corrective feedback toward improvement.

5) Verbalize an understanding of the role that cognitive biases play in excessive irrational worry and persistent anxiety symptoms.

A) Assist the client in analyzing his/her worries by examining potential biases such as the probability of the negative expectation occurring, the real consequences of it occurring, his/her ability to control the outcome, the worst possible outcome, and his/her ability to accept it (see "Analyze the Probability of a Feared Event" in the *Adult Psychotherapy Homework Planner* by Jongsma; *Cognitive Therapy of Anxiety Disorders* by Clark and Beck).

Faculties of Index Department of physiotherapy and Paramedical Sciences, Malwanchal University has attended this program and learn lots of beneficial strategy under the guidance of Dr. Anchala Dixit, during the program hours.

The main purpose of this program is to guide the teachers about "Management of anxiety and depression".

The program ended by Vote of thanks by Shivi Triwedi and presenting mementos to Dr. Anchala Dixit by Dr. Reshma Khurana, Principal, Index department of physiotherapy and paramedical sciences.



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