

VALUE ADDED COURSE

Course Name	Blood transfusion red flags for technician .
Course code	MU/VAC/IDOPT/15
Duration	16 Hours

About The Course :

This course mainly describe Blood transfusion red flags for technician .Blood transfusion is the process of transferring blood products into a person's circulation intravenously. Transfusions are used for various medical conditions to replace lost components of the blood. Early transfusions used whole blood, but modern medical practice commonly uses only components of the blood, such as red blood cells, white blood cells, plasma, clotting factors and platelets.

Course Objectives :

After completion the course the students will be able to :

- To describe importance blood transfusion in health care system.
- To elaborately use basic red flags in blood transfusion for technician.

Course Content:

Module 1 :Introduction to blood transfusion.

Module 2:Importance of blood transfusion red flags for technician.



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VALUE ADDED COURSE

Course Name	Clinical biochemistry technician perspective .
Course code	MU/VAC/IDOPT/14
Duration	16 Hours

About The Course :

This course mainly focuses on Importance of clinical biochemist. Clinical Biochemistry is the division of laboratory medicine that deals with the measurement of chemicals (both natural and unnatural) in blood, urine and other body fluids. These test results are useful for detecting health problems, determining prognosis and guiding the therapy of a patient.

Course Objectives :

After completion the course the students will be able to :

- To describe importance of clinical biochemist.
- To elaborately use latest test which are useful for detecting health problems and determining prognosis.

Course Content:

Module 1 :Introduction to clinical biochemist.

Module 2:Importance of clinical biochemistry technician.

Module 3: Lab preparation




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VALUE ADDED COURSE

Course Name	Electrotherapy and exercise advantage in physiotherapy
Course code	MU/VAC/IDOPT/10
Duration	16 Hours

About The Course :

This course mainly target on the advantages of electrotherapy and exercise in physiotherapy. Electrotherapy is an Integral part of physiotherapy. The use of electricity for therapeutic purposes has grown Up in recent years and now includes a wide variety of apparatus and equipments. A large number of therapeutic modalities for treating several disorders are now in use.

Course Objectives :

After completion the course the students will be able to :

1. To describe the advantages of electrotherapy and exercise in physiotherapy.
2. To elaborately can use the various electrotherapy modalities like TENS ,IFT, ULTRASOUND , IRR ,UVR etc. to treat chronic pain, musculoskeletal injuries, muscle wasting, and nerve pain by using targeted and controlled electrical stimulation.

Course Content:

Module 1 : Introduction to Electrotherapy.

Module 2: Basic indications and contraindications of electrotherapy modalities.

Module 3: Application of electrotherapy modalities to treat acute and chronic pain , musculoskeletal injuries.



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VALUE ADDED COURSE

Course Name	Galvanic current in rehabilitation
Course code	MU/VAC/IDOPT/12
Duration	16 Hours

About The Course :

This course mainly target on the use of galvanic current in rehabilitation which produces predictable electrochemical and physiological effects at the site of application. the use of galvanic stimulation, uses direct current modalities that deliver a unidirectional, uninterrupted current flow within the tolerance of the patient and without the destruction of tissue. This type of modality can be used to directly stimulate muscle following a nerve injury, to produce ionic changes within the tissues and decrease edema, or to introduce topically applied medications into the skin (iontophoresis)

Course Objectives :

After completion the course the students will be able to :

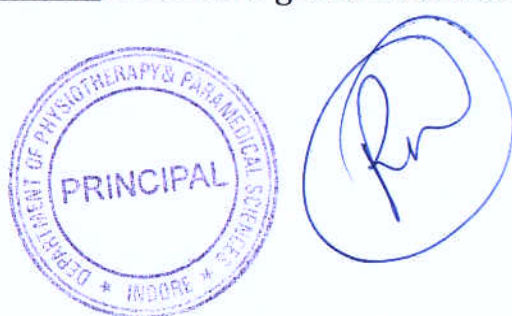
1. To describe the uses and effects of Galvanic current in rehabilitation.
2. They can use Medical galvanism, or the use of galvanic stimulation in rehabilitation, uses direct current modalities that deliver a unidirectional, uninterrupted current flow within the tolerance of the patient and without the destruction of tissue.

Course Content:

Module 1 : introduction of Galvanic current in rehabilitation.

Module 2: Basic indications and contraindications of Galvanic current stimulation.

Module 3: Method of galvanic current stimulation.



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VALUE ADDED COURSE

Course Name	Effective academic writing and presentation.
Course code	MU/VAC/IDOPT/17
Duration	16 Hours

About The Course :

This course mainly target on role of academic writing and presentations in career. Academic writings main objective is to inform rather that to entertain. Features are formality, impersonality, structure and hedging. Academic writing needs to be written in a language that is appropriate and formal but not pretentious. Academic writing is a soft skill and assist the writer in gaining professional credibility. Leadership involves managing, coordinating, supervising supporting and giving constructive criticism to team members.

Course Objectives :

After completion the course the students will be able to:

- To describe the main objectives of effective academic writing and Importance of presentation and to promote critical and analytical thinking.

Course Content:

Module 1 : introduction of academic writings.

Module 2: Role of academic writing and presentations in successful career.

Module 3: Principle of prescription writing.

Module 4: Progression and protocol.



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VALUE ADDED COURSE

Course Name	Wellness and yoga for betterment of Life.
Course code	MU/VAC/IDOPT/18
Duration	16 Hours

About The Course :

This course mainly focuses on importance of yoga and wellness for betterment of Life and exploring the therapeutic effects of yoga and its ability to increase quality of life. Regularly practicing yoga can help to improve your health by increasing flexibility, strength, reducing the symptoms of depression, anxiety, and stress.

Course Objectives :

After completion the course the students will be able to :

- To describe importance of yoga and wellness for betterment of Life.
- To elaborately use yoga to improve health by increasing flexibility, reducing symptoms of depression, anxiety and stress.

Course Content:

Module 1: Introduction of yoga.

Module 2: Importance of wellness and yoga to improve or to increase quality of life.

Module 3: Various asans and its demonstration.

Module 4: Meditation and wellness.



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VALUE ADDED COURSE

Course Name	Skills for lab technician.
Course code	MU/VAC/IDOPT/20
Duration	16 Hours

About The Course :

Laboratory technician skills refer to the ability to carry out specialized tasks in a laboratory setting. This course mainly targets at the basic skills of the lab technician as Ability to multitask, Good problem-solving skills, Ability to think analytically and critically.

Course Objectives :

After completion the course the students will be able to :

- Use and maintain lab equipment, such as microscopes, autoclaves, incubators, chemical analyzers and cell counters Using and maintaining lab equipment, such as microscopes, autoclaves, incubators, chemical analyzers and cell counters.
- Analyzing biological samples such as tissue and bodily fluids and medicines .

Course Content:

Module 1: Introduction all the test and diagnosing criteria protocol.

Module 2: Introduction to management skills for the lab technologies.

Module 3: Testing and reporting criteria.

Module 4: Testing Protocol.




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Value Added Course

Course Name	Skills of a diploma lab technician
Course Code	MU/VAC/IDOPT/21
Duration	16 hrs

About the course

A lab technician course is a program that prepares individuals to work in a laboratory setting, assisting scientists and other professionals in conducting experiments and carrying out research. The course typically covers various laboratory procedures, equipment operation, safety protocols, data analysis, and record-keeping.

Course objectives

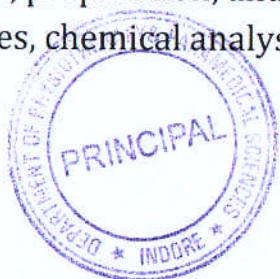
1. To provide students with the theoretical and practical knowledge necessary to perform laboratory procedures and experiments accurately and safely.
2. To teach students how to operate and maintain laboratory equipment and instruments and troubleshoot any issues that may arise.
3. To prepare students to follow standard laboratory protocols and safety procedures to avoid accidents and contamination.

course content

Module-1 Laboratory safety protocols and procedures, including handling hazardous materials and equipment, wearing personal protective equipment (PPE), and managing waste.

Module-2 Laboratory math and statistics, including calculations, unit conversions, and statistical analysis

Module-3 Laboratory techniques and procedures, including specimen collection, preparation, and analysis, microscopy, molecular biology techniques, chemical analysis, and other common laboratory procedures.



Value Added Course

Course Name	Ergonomics of work place
Course Code	MU/VAC/IDOPT/22
Duration	16 hrs

About the course

Ergonomics is the science of design the work place and the tools and equipment

Used in it to fit the worker the goal is to reduce the injury

Course objectives

1. Designing workstations and equipment to fit the user's body size, posture, and range of motion.
2. Minimizing awkward postures, repetitive motions, and forceful exertions that can lead to strain and injury.
3. Providing adjustable seating, work surfaces, and equipment to accommodate different users and tasks.

course content

Module-1 Physical ergonomics: This type of ergonomics focuses on the design of workstations, tools, and equipment to optimize physical performance and reduce the risk of injury

Module-2 Cognitive ergonomics: This type of ergonomics focuses on optimizing mental processes and human-machine interaction.

Module-3 Organizational ergonomics: This type of ergonomics focuses on the design of work systems, policies, and procedures to optimize productivity, efficiency, and safety.




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VALUE ADDED COURSE

Course Name	Essential life skills helping students for future development
Course code	MU/VAC/IDOPT/16
Duration	16 Hours

About The Course :

This course mainly focuses on Importance of Essential life skills that help in students future development. The essential life skills play a vitally significant role in a student's success in school and life. A student is needed life skills to learn beyond academics. Mastering beneficial lifelong learning skills help us to work, learn, and live better.

Course Objectives :

After completion the course the students will be able to :

- To describe importance of Essential life skills helping students for future development
- To elaborately use basic essential life skills for the growth of career.

Course Content:

Module 1 : Introduction to essential life skills for future development of students.

Module 2: Importance of Essential life skills helping students for future development.



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VALUE ADDED COURSE

Course Name	Laboratory investigation and latest tools.
Course code	MU/VAC/IDOPT/13
Duration	16 Hours

About The Course :

This course mainly focuses on Important Laboratory investigation and latest tools. Medical analyzes are considered the first step in detecting human diseases, through conducting a medical analysis in special laboratories for this, by taking a sample of the patient's blood from a vein by drawing with a syringe, or by needing a needle, and medical analyzes are used to determine the patient's condition

Course Objectives :

After completion the course the students will be able to :

- To describe importance laboratory investigation and latest tools.
- To elaborately use latest tools for lab investigations.

Course Content:

Module 1 :Introduction to laboratory investigation.

Module 2:Importance of laboratory investigation in health care profession.




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VALUE ADDED COURSE

Course Name	Learning psychology aspect in rehabilitation .
Course code	MU/VAC/IDOPT/11
Duration	16 Hours

About The Course :

This course mainly focuses on important learning psychology aspect in rehabilitation. This includes assessment and intervention regarding the range of physical, personal, psychosocial, cognitive, and behavioral factors that may be affected, such as neurocognitive status, sensory difficulties, mood/emotions, desired level of independence and interdependence, mobility/freedom of movement, self-esteem and self-determination, behavioral control and coping skills, subjective view of capabilities, and quality of life.

Course Objectives :

After completion the course the students will be able to :

- To describe importance of learning psychology aspect in rehabilitation.
- To elaborately use psychology aspect in rehabilitation.

Course Content:

Module 1 :Introduction to psychology aspect in rehabilitation.

Module 2:Important effects of psychology aspect in rehabilitation.



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VALUE ADDED COURSE

Course Name	Medical technologist & a relation with clinical laboratory physician.
Course code	MU/VAC/IDOPT/19
Duration	16 Hours

About The Course :

This course mainly focuses on Importance of medical technologist & a relation with clinical laboratory physician. medical laboratory technician, which some call a clinical laboratory technician, is a specialist who uses lab equipment, tests and procedures to determine the health of human tissues and blood samples. They work in clinical, diagnostic or hospital laboratories under the supervision of physicians, laboratory technologists and laboratory managers.

Course Objectives :

After completion the course the students will be able to :

- To describe importance of medical technologist and its relation with clinical laboratory physician.
- To elaborately use lab equipment, tests and procedures to determine the health of human tissues and blood samples.

Course Content:

Module 1 :Introduction of importance of Medical technologist & a relation with clinical laboratory physician.

Module 2:Importance of use of lab equipment, tests and procedures to determine the health of human tissues and blood samples.



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VALUE ADDED COURSES

Course Name	Education environment for fresher laboratory technician students
Course Code	MU/VAC/IDOPT/26
Duration	16 hrs

About the course

An education environment for laboratory technician students should be designed to provide them with the necessary knowledge, skills, and practical experience to excel in their field of study.

Course objectives

1. Well-equipped laboratory facilities: Laboratory technician students require access to well-equipped laboratories to perform experiments, analyze samples, and carry out research.
2. Experienced instructors: Experienced instructors who are knowledgeable in their field and passionate about teaching are crucial in creating a positive learning environment.

course content

Module-1 Laboratory safety: Students should be taught how to identify potential hazards in the laboratory and how to prevent accidents from occurring.

Module-2 Laboratory math: This includes basic calculations, units of measurement, and statistical analysis of data.

Module-3 Laboratory equipment and instrumentation: Students should learn how to operate, maintain, and troubleshoot laboratory equipment and instrumentation such as microscopes, spectrophotometers, and centrifuges.



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VALUE ADDED COURSES

Course Name	Depression anxiety and stress
Course Code	MU/VAC/IDOPT/23
Duration	16 hrs

About the course

It's important to find the stress management techniques that work best for you. Experiment with different techniques and see what works best for you. If you find that stress is impacting your daily life or causing significant distress, consider talking to a mental health professional.

Course objectives

1. Exercise: Regular exercise can help reduce stress and improve mood.
2. Mindfulness: Mindfulness techniques, such as meditation and deep breathing, can help reduce stress and promote relaxation
3. Time Management: Learning how to prioritize tasks and manage time effectively can reduce stress caused by feeling overwhelmed or overworked

course content

Module-1 mindfulness based stress reduction

Module-2 The anxiety and depression association of America

Module-3 The mood gym learning cognitive behavioral therapy



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VALUE ADDED COURSES

Course Name	Coping with stress and its management
Course Code	MU/VAC/IDOPT/24
Duration	16 hrs

About the course

It's important to find the stress management techniques that work best for you. Experiment with different techniques and see what works best for you. If you find that stress is impacting your daily life or causing significant distress, consider talking to a mental health professional.

Course objectives

1. Exercise: Regular exercise can help reduce stress and improve mood.
2. Mindfulness: Mindfulness techniques, such as meditation and deep breathing, can help reduce stress and promote relaxation
3. Time Management: Learning how to prioritize tasks and manage time effectively can reduce stress caused by feeling overwhelmed or overworked

course content

Module-1 mindfulness based stress reduction

Module-2 The anxiety and depression association of America

Module-3 The mood gym learning cognitive behavioral therapy



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VALUE ADDED COURSES

Course Name	Exploring perception of the Educational environment among under graduate
Course Code	MU/VAC/IDOPT/25
Duration	16 hrs

About the course

Perceptions of the educational environment are important for students' contentment with their course of study, perceived well-being, motivation and goals, happiness, and academic accomplishment

Course objectives

1. Physical environment: The physical environment of the educational setting, such as the layout of the classroom or laboratory, lighting, and noise levels, can affect students' comfort and ability to learn.
2. Interpersonal relationships: The relationships between students, instructors, and other staff members can affect students' perceptions of the educational environment and their ability to learn effectively

course content

Module-1 Learning objectives: These are statements that describe what students should be able to know or do by the end of the course.

Module-2 Readings: These are assigned materials, such as textbooks, articles, or other resources, that students are expected to read and understand.

Module-3 Assignments: These are tasks that students complete to demonstrate their understanding of course material, such as essays, projects, or exams




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Value Added Course

Course Name	Campus Recruitment Training
Course Code	MU/VAC/IDOPT/36
Duration	16 Hours.

About the course: Campus Recruitment Training (CRT) is a programme exclusively designed for the students preparing for recruitment. Its aim is to ensure that the students are well-equipped to go through the recruitment process of various IT and non-IT companies. Job-seekers and placement providers contribute through their inputs in order to make this programme an effective one. GEL is well known for all the training services that they provide.

And Campus Recruitment Training is one of them.

Course Objective: Companies look for the right traits in the applicants depending on the job profile. But the process and basic screening remain the same in all cases. It generally involves aptitude tests, interviews and group discussions. Each of them evaluates a certain set of qualities and skills in the individual.

Course Content:-

Module 1: Introduction

Module 2: What do Companies look for

Module 3: Personality and aptitude test

Module 4: Training Programme

Module 5: Recruitment




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Value Added Course

Course Name	Common Orthopedic complication and physiotherapy
Course Code	MU/VAC/IDOPT/32
Duration	16 Hours.

About the course: Physiotherapy as described by World Physiotherapy is a health care profession concerned with human function and movement and maximising physical potential. It is concerned with identifying and maximising quality of life and movement potential within the spheres of promotion, prevention, treatment/intervention, habilitation and rehabilitation.

Course Objective: Usually, in cases where it supports other treatments, your doctor refers you to a physical therapist. In the process of healing, your doctor may suggest physical therapy for preventive, restorative, or pain management procedures. In other cases, the patients themselves may be aware of their weaknesses, such as stiffness in the neck and shoulder, and seek therapy on their own. People of all ages can improve their health for a long list of diseases treated by physical therapy.

Course Content:

Module 1: Introduction

Module 2: List of disease

Module 3: Orthopaedic complaint

Module 4: Physiotherapy And Its importance

Module 5: Benefits



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Value Added Course

Course Name	Kegals exercise :bloom to physiotherapy
Course Code	MU/VAC/IDOPT/33
Duration	16 Hours.

About the course: Kegel exercises strengthen the pelvic floor muscles, which support the uterus, bladder, small intestine and rectum. You can do Kegel exercises, also known as pelvic floor muscle training, just about anytime.

Course Objective: Think Kegel exercises are just for women? Think again. Kegel exercises for men can strengthen the pelvic floor muscles, which support the bladder and bowel and affect sexual function. With practice, Kegel exercises for men can be done just about anytime. Before you start doing Kegel exercises, find out how to locate the correct muscles and understand the proper technique.

Course Content:

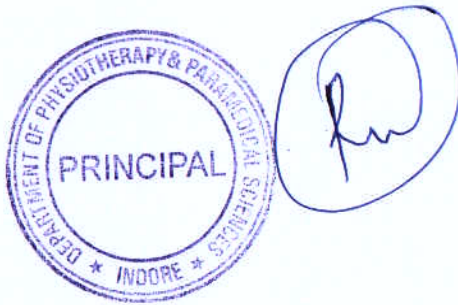
Module 1: Introduction

Module 2: Why kegels is important

Module 3: Technique

Module 4: Benefits of kegels exercise

Module 5: Results




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Value Added Course

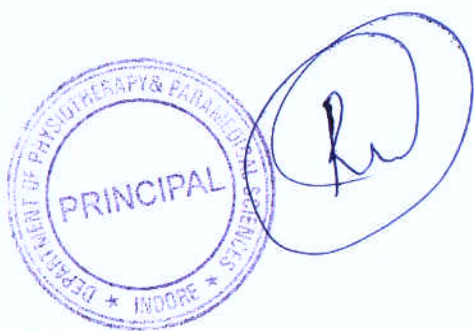
Course Name	Living with arthritis: physiotherapy perspective
Course Code	MU/VAC/IDOPT/31
Duration	16 Hours.

About the course: The main objective of PT in treating arthritis involves improving the mobility and re-establishing the functioning of affected joints. Physiotherapists are licensed professionals who strengthen affected joints by employing various therapies.

Course Objective: Osteoarthritis mainly affects knee joints, hips, spine, and fingers. PT is recommended in patients suffering from osteoarthritis because it benefits the patients by improving physical functioning and reducing pain.

Course Content:

- Module 1: Lifestyle changes
- Module 2: Physiotherapy For Arthritis
- Module 3: Agility and Perturbation Training Techniques
- Module 4: Cold/Hot Applications
- Module 5: Electrical Stimulation




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Value Added Course

Course Name	Physical activity rehabilitation and cancer care
Course Code	MU/VAC/IDOPT/27
Duration	16 Hours.

About the course: can help improve your quality of life as well as the energy you have to do the things you like. Physical activity may also help you cope with side effects of treatment and possibly decrease your risk of new cancers in the future.

Course Objective: The goal is to stay as active as you can. People who were very sedentary (inactive) before cancer treatment may need to start with short, low-intensity activity, such as short slow walks. Talk with your cancer care team about exercising during treatment and whether there are any limits to what you can do.

Course Content:

Module 1: Introduction

Module 2: keep exercise easy and fun

Module 3: Planning to be more active

Module 4: living with advanced cancer

Module 5: Living well after cancer treatment




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Value Added Course

Course Name	Post natal care: guide to fitness
Course Code	MU/VAC/IDOPT/29
Duration	16 Hours.

About the course: Regular exercise has numerous health benefits, all of which apply equally to the new mother as at any other stage of life. These benefits include assistance with weight loss, increased aerobic fitness, social interaction and psychological wellbeing. Exercise after giving birth can also hasten recovery, and assist with muscle strength and toning.

Course Objective: Help restore muscle strength and firm up your body Make you less tired because it raises your energy level and improves your sense of wellbeing Promote weight loss Improve your cardiovascular fitness and restore muscle strength Condition your abdominal muscles Improve your mood, relieve stress and help prevent postpartum depression.

Course Content:

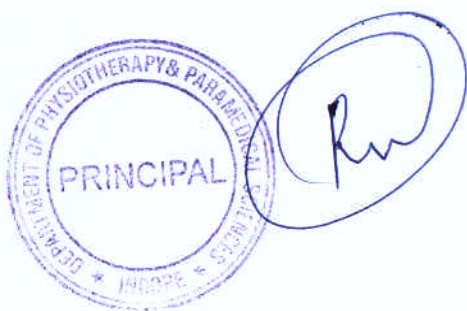
Module 1: When to start postnatal exercises

Module 2: Pelvic floor

Module 3: Creating time for postnatal exercise

Module 4: General exercise safety suggestions

Module 5: Breastfeeding and exercise




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Value Added Course

Course Name	Professional ethics
Course Code	MU/VAC/IDOPT/34
Duration	16 Hours.

About the course: ethics is a concept that deals with moral issues of good and bad, based on societal norms. Ethics, is the code written or unwritten that guides the behaviour of human beings, in the context of different cultures and situations.

This moral code may vary from society to society. However there are certain aspects that hold good in every situation.

Course Objective: Ethics in physiotherapy can be defined as the moral code of conduct that defines the relationship between the therapist and her patient or client, and the therapist and other healthcare professionals.

Course Content:

Module 1: Introduction

Module 2: Principles

Module 3: Dissipation of object

Module 4: Ethical issues in physiotherapy

Module 5: professional ethics




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Value Added Course

<i>Course Name</i>	Red & yellow flags in out patient physical therapy
<i>Course Code</i>	MU/VAC/IDOPT/28
<i>Duration</i>	16 Hours.

About the course: Clinical flags are common to many areas of health – for example, red flags for musculoskeletal disorders, which are indicators of possible serious pathology such as inflammatory or neurological conditions, structural musculoskeletal damage or disorders, circulatory problems, suspected infections, tumours or systemic disease. If suspected, these require urgent further investigation and often surgical referral.

Course Objective: Physical therapists (PTs) may practice in direct access or act as primary care practitioners, which necessitate patients' screening and management for red, orange and yellow flags. The objective of the project was to assess the PT's ability to manage red, orange and yellow flags in patients with low back pain and to compare this ability among PTs with different qualifications.

Course Content:

Module 1: Psychosocial Flags

Module 2: Orange Flags

Module 3: Yellow Flags

Module 4: Flag Assessment

Module 5: Screening



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A handwritten signature in green ink, consisting of stylized, cursive letters, likely representing the Registrar's name.

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Value Added Course

Course Name	Sterilization and its importance
Course Code	MU/VAC/IDOPT/30
Duration	16 Hours.

About the course: Disinfection and sterilization are essential for ensuring that medical and surgical instruments do not transmit infectious pathogens to patients. Because sterilization of all patient-care items is not necessary, health-care policies must identify, primarily on the basis of the items' intended use, whether cleaning, disinfection, or sterilization is indicated.

Course Objective: Sterilization and disinfection are the basic components of hospital infection control activities. Every day, a number of hospitals are performing various surgical procedures. Even more number of invasive procedures are being performed in different health care facilities. The medical device or the surgical instrument that comes in contact with the sterile tissue or the mucous membrane of the patient during the various processes is associated with increased risk of introduction of pathogens into the patient's body.

Course Content:

Module 1: Sterilization

Module 2: Chemical sterilant

Module 3: Disinfection

Module 4: High-level disinfectant (HLD)

Module 5: Decontamination and cleaning



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Value Added Course

Course Name	Women health in obstetric condition
Course Code	MU/VAC/IDOPT/35
Duration	16 Hours.

About the course: Investing in the health of women is investing in the health of current and future generations. Whether we as obstetrician/gynecologists (OBGYNs) are providing care for individual patients, guiding women's health services, leading global efforts to reduce maternal morbidity and mortality, reducing cervical cancer, directing global fistula programs, championing reproductive health access, eliminating exposures to toxic chemicals,

Course Objective: Our goal broadly is to summarize the research specific to women's health and help OBGYNs amplify their roles through education, research, and advocacy. In particular, we join other organizations in recognizing that we need society-wide solutions, government policies, and global cooperation to address and reduce contributors, including fossil fuel production, to climate change. This review focuses on the climate crisis and women's reproductive health.

Course Content:

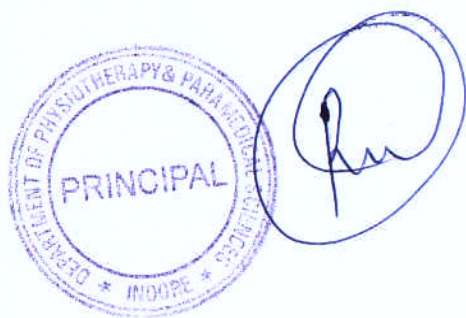
Module 1: Introduction

Module 2: The scope of the problem

Module 3: Reproductive health outcomes

Module 4: Social justice

Module 5: A case study




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Value Added Course

Course Name	Environmental education for physiotherapy students
Course Code	MU/VAC/IDOPT/41
Duration	16 Hours

About the course: , where key aspects of the relationship between the environment, human health and functioning and physiotherapy are considered and respected to mutually benefit patient health, the physiotherapist and the environment.

Course Objective: foundation for environmental physiotherapy is a robust understanding of the global environmental issues we are facing today alongside their health impacts. These include, for example: biodiversity loss, climate change, air and plastic pollution and extreme weather events, and the way these contribute to a range of health problems, directly and indirectly, relevant to physiotherapy.

Course Content:

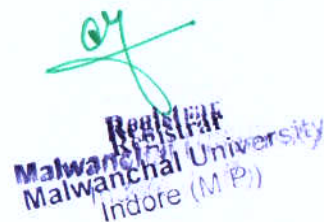
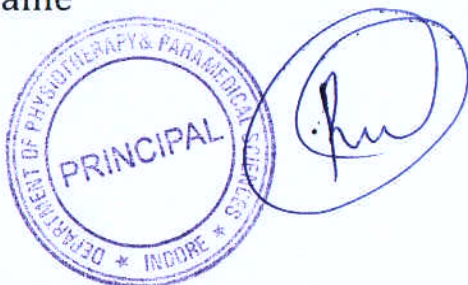
Module 1: Introduction

Module 2: Understanding the relationship between health and environment

Module 3: Identify the aspects of physiotherapy practice that need to change.

Module 4: A willingness to make a change based on new knowledge

Module 5: Expanding on this new field of physiotherapy, and inspiring others to do the same



Value Added Course

Course Name	Biomedical waste management
Course Code	MU/VAC/IDOPT/43
Duration	16 Hours

About the course: Biomedical waste management has recently emerged as an issue of major concern not only to hospitals, nursing home authorities but also to the environment. the bio-medical wastes generated from health care units depend upon a number of factors such as waste management methods, type of health care units, occupancy of healthcare units, specialization of healthcare units, ratio of reusable items in use, availability of infrastructure and resources etc.

Course Objective: The proper management of biomedical waste has become a worldwide humanitarian topic today. Although hazards of poor management of biomedical waste have aroused the concern world over, especially in the light of its far-reaching effects on human, health and the environment

Course Content:

Module 1: Introduction

Module 2: Generation and accumulation

Module 3: Storage and Handling

Module 4: country wise regulations and management

Module 5: Environment impacts



04
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Value Added Course

Course Name	Communication skill
Course Code	MU/VAC/IDOPT/44
Duration	16 Hours

About the course: Communication skills allow you to understand and be understood by others. These can include but are not limited to effectively communicating ideas to others, actively listening in conversations, giving and receiving critical feedback and public speaking.

Course Objective: Communication skills are the abilities you use when giving and receiving different kinds of information. Some examples include communicating new ideas, feelings or even an update on your project.

Communication skills involve listening, speaking, observing and empathising.

It is also helpful to understand the differences in how to communicate through face-to-face interactions, phone conversations and digital communications like email and social media.

Course Content:

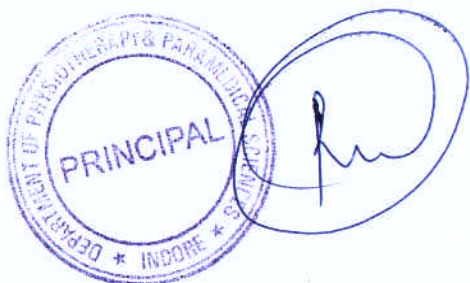
Module 1: Introduction

Module 2: Adapting your communication style to audience

Module 3: volume and clarity

Module 4: Giving and receiving feedback

Module 5: communicating effectively in Workplace



04
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Indore (M P)

Value Added Course

Course Name	Environmental health and hygiene
Course Code	MU/VAC/IDOPT/45
Duration	16 Hours

About the course: Environmental hygiene encompasses effective cleaning of surfaces using appropriate products, decontamination of medical equipment and devices used in patient-care procedures, safe and appropriate handling of sharps, blood and body fluid spills, waste and linen.

Course Objective: Environmental sanitation is a major public health issue in India. Recent interventional studies on environmental sanitation in India highlighted the importance of prioritizing control strategies. Research related to the appropriate cost-effective intervention strategies and their implementation in Indian context is a big challenge. This paper discusses various intervention strategies related to environmental sanitation in India and emphasizes to prioritize it according to the need of country.

Course Content:

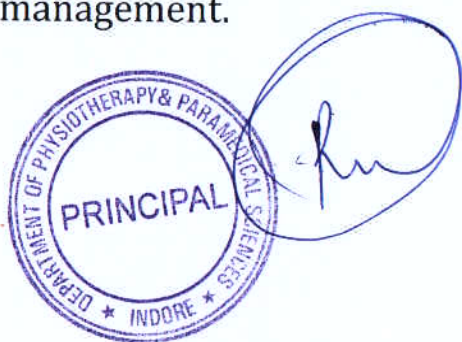
Module 1: Introduction


Module 2: Environmental cleaning principle for smaller health organization

Module 3: Management of environment during construction.

Module 4: Decontamination of medical equipment and Devices

Module 5: management.




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Value Added Course

Course Name	Advance of physiotherapy: Electroherapeutical modality
Course Code	MU/VAC/IDOPT/39
Duration	16 Hours

About the course: This course aims towards the Therapeutic modalities refer to the administration of thermal, mechanical, electromagnetic and light energies fortherapeutic purposes. They are commonly used by physiotherapists to help theirpatients/clients achieve therapy goals

Course Objective: The completion of this courseTherapeutic modalities have been apart of physiotherapy-used modalities for decades. They are commonly used with other physiotherapy tools e.g. exercise, manual techniques, patient education, and although there is some evidence that different patients may benefit from different modalities, it is suggested that they should not be used as stand-alone treatment

Course Content:

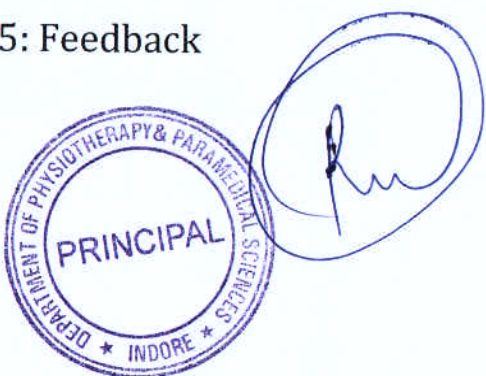
Module 1: Introduction

Module 2: Importance of Electrotherapy

Module 3: Advance Techniques

Module 4: Application and management

Module 5: Feedback




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Indore (M.P.)

Value Added Courses

Course name	Yoga therapy
Course code	MU/VAC/IDOPT/61
Duration	16hrs

About course:

course to train graduates and qualified yoga teachers into clinical/therapeutic aspects of yoga.

Course objectives:

- To build strength,
- To build awareness and harmony in both the mind and body

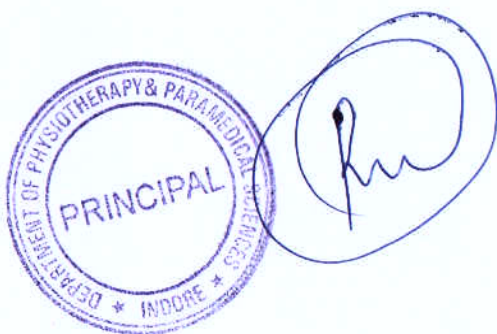
Course content:

Module 1 :postures,

Module 2:regulation of breathing

Module 3:relaxation,

Module 4:meditation




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Value Added Courses

Course name	Basics of oncology
Course code	MU/VSAC/IDOPT/62
Duration	16hrs

About course:

Course provides an overview of the pathophysiology and diagnosis of cancer, major treatment modalities and their side effects and principles of care for people with cancer.

Course objectives:

- develop care plans for each patient,
- recognize cancer-related issues;

Course content :

Module 1: Characteristics of cancer and cancer cells.

Module 2: Key concepts in the genomic basis of cancer.

Module 3: Cancer risk, screening, prevention, and diagnosis

Module 4: Cancer treatment modalities and their common side effects




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Value Added Course

Course Name	Counselling and psychotherapy
Course code	MU/VAC/IDOPT/64
Duration	16hrs

About course:

The course allows the learner to gain extensive knowledge and practical application of counselling skills and psychotherapy skills that students can apply at various places like clinics, hospitals, schools, industries, etc.

Course objectives:

- treat emotional problems and mental health conditions
- Facilitate client's potential

Course content:

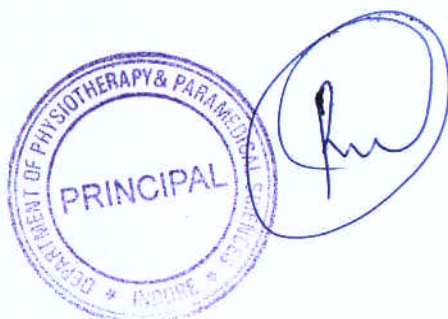
Module 1: Healthy relationships.

Module 2: Developing your identity.

Module 3: Effective communication.

Module 4: Team building and cohesion.

Module 5: Conflict resolution.




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Value Added Course

Course name	Good laboratory practice
Course code	MU/VAC/IDOPT/63
Duration	16hrs

About course:

About the course-The Good Laboratory Practices (GLP) program provides participants with an insight on having good practices inside the laboratory used for testing, analysis, etc.

Course objectives:

- To ensure the quality and integrity of test data related to non-clinical safety studies.
- Improving the conceptual knowledge of the participant for Good Laboratory Practice

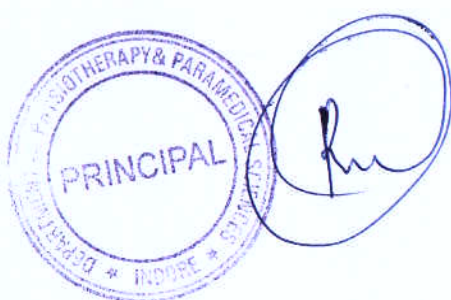
Course content:

Module 1:Type of laboratory work,

Module 2:Disciplines,

Module 3:Management,

Module 4:Safety standard operating procedures.




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Value Added Courses

Course name	Clinical nutrition
Course code	MU/VAC/IDOPT/60
Duration	16hrs

About course:

Clinical nutrition can be defined as the study and overall analysis of the relationship between ingested food and the overall well-being of the human body.

Course objectives:

- provide scientific understanding about nutrition and strategies for improving patient care
- Makes it easy to understand the nutritive value of diets and various foods.

Course content:

Module 1: Introduction to Clinical Nutrition.


Module 2: introduction to insulin resistance and diabetes.

Module 3: Introduction to dyslipidemia and hypertension.

Module 4: Basics of PCOS/PCOD.

Module 5 : Introduction to Hypothyroidism.




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Value Added Course

Course name	Disability evaluation
Course code	MU/VAC/IDOPT/53
Duration	16hrs

About the course:

Disability evaluation is the assessment of the disability, especially its extent and impact on the quality of life of the person, in order for relevant stakeholders such as the government and physicians to provide assistance or interventions, whenever necessary. Disability should not be confused with impairment.

Course objectives:

Summarize the differences between impairment, disability, and handicap.

Outline the diagnosis-based impairment method and how to determine an impairment score

Course content:

Module1.duties and responsibilities of appropriate government

Module2. Registration of institution for person with disabilities

Module3.certification of specified disability

Module 4.function are assist in relation to standard desire function of anatomical part




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Value Added Course

Course name	Handling skills and rehabilitation
Course code	MU/VAC/IDOPT/69
Duration	16hrs

About course:

Moving and handling forms a key part of most occupations.^[1] Safe moving and handling requires physiotherapists to know the correct procedures for moving adults and children without causing injury to either themselves or the person they are supporting. This includes learning to use hoists and other aids.

Course objectives:

- Increase independence in daily living activities such as dressing, bathing and eating meals.
- Toileting and bladder and bowel management.
- Bed, chair, toilet and tub or shower transfers

Course content:

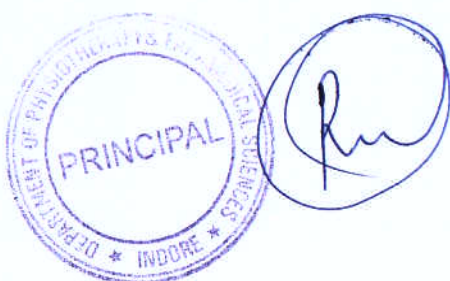
Module 1:Physical therapy (PT) ...

Module 2:Occupational therapy (OT) ...

Module 3:Vocational rehabilitation. ...

Module 4:Speech-language pathology.

Module 5:Cognitive rehabilitation




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Value Added Course

Course name	Meditation :coping with depression
Course code	MU/VAC/IDOPT/70
Duration	16hrs

About course :

This course is designed to help you reduce anxiety & depression through the use of yoga and meditation.

Course objectives:

- It give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health.
- Gaining a new perspective on stressful situations.

Course content:

Module 1 :Building skills to manage your stress.

Module 2:Increasing self-awareness.

Module 3:Focusing on the present.

Module 4:Reducing negative emotions.




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Value Added Course

Course name	Clinical pathology technician prospective
Course code	MU/VAC/IDOPT/71
Duration	16hrs

About course:

It is typically associated with diagnosing, preventing and treating diseases through clinical laboratory.

Course objectives:

- Medical and pathology laboratory technicians perform clinical tests on specimens of bodily fluids and tissues in order to obtain information about the health of a patient or cause of death.
- they work for the general patient population with the help of their investigation skills and management skills.

Course content:

Module 1:General concepts.

Module 2 :Auto immune deaconate

Module 3:Immune deficiency diseases.

Module 4:Amyloidosis.



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Value Added Course

Coursename	Pain management in muscular skeletal condition
Course code	MU/VAC/IDOPT/72
Duration	16hrs

About course:

In addition to degenerative joint disease, musculoskeletal pain is also commonly related to trauma and is often managed with opioids. Among patients prescribed an opioid in emergency care.

Course objectives:

- The first and most major pain management goal is pain control and relief while taking the lowest dose of medications possible.
- Meaningful pain relief has been proven to improve functionality and quality of life.

Course content :

Module 1. mechanisms of musculoskeletal pain

Module 2. assessment of musculoskeletal mechanics

Module 3. non-pharmacological treatments

Module 4. other treatment and management approaches




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Value Added Course

Coursename	Mental health and its importance
Course code	MU/VAC/IDOPT/73
Duration	16hrs

About course:

You'll learn about the different types of mental disorders, how to spot the signs and symptoms, and most importantly, how to get help.

Course objectives:

- To encourage application of mental health knowledge in general health care and in social development.
- To promote community participation in the mental health services.

Course content:

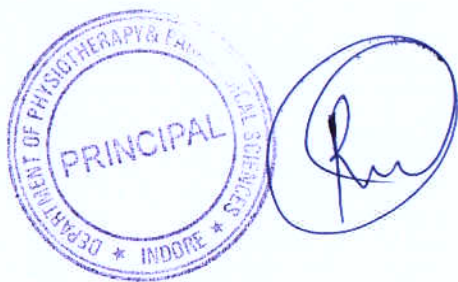
Module 1: mental health and resilience for healthcare workers.

Module 2: cannabis, mental health, and brain disorders.

Module 3: positive psychiatry and mental health.

Module 3 : the social context of mental health and illness.

Module 4: mind control: managing your mental health during covid-19.




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Value Added Course

Course name	Ethical patient care
Course code	MU/VAC/IDOPT/74
Duration	16hrs

About the course:

On this course, you'll explore ethical issues that arise in daily care, and learn the best practices for reflecting on and making moral decisions.

Course objectives:

- Understand the role of ethics in medicine.
- Recognize ethical issues when they arise in your practice.

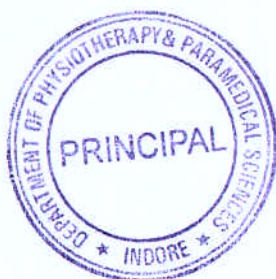
Course content:

Module 1- Deals with the relationships between physicians and society.

Module 2 -introduces the course with a description of medical ethic

Module 3- Deals with the difference between medical ethics and other ethics.

Module 4 - introduces the basic ethical requirements for medical research involving human subjects.




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Value Added Course

Course name	Neuro developmental approach
Course code	MU/VAC/IDOPT/51
Duration	16hrs

About the course:

An advanced "hands-on" therapeutic approach that helps guide the individual to more efficient functional abilities. It utilizes principles of motor development, motor control, motor learning, and other supporting scientific principles to improve basic body functions.

Course objectives:

Neurodevelopmental treatment is a hands-on, client-centred approach that seeks to improve gross motor function in children and adults with neurological problems (such as cerebral palsy), and thereby improve their independence in a variety of contexts.

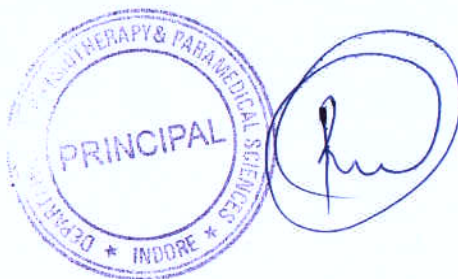
Course content:

Module1. Analysis of normal movement

Module2. Analysis of the deviation from normal for that individual

Module3. Understanding of the concepts of system control and neural and muscle plasticity

Module4. Appropriate use of treatment technique to facilitate normal alignment , movement and tone




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Indore (M P)

Value Added Course

Course name	urinary incontinence and pelvic floor
Course code	MU/VAC/IDOPT/52
Duration	16hrs

About the course:

PFD occurs when the muscles or connective tissues of the pelvic area weaken or are injured. The most common PFDs are urinary incontinence, fecal incontinence, and pelvic organ prolapse.

Course objectives:

Strengthening your pelvic floor muscles can help urinary incontinence, treat pelvic organ prolapse, and make sex better too. Everyone can benefit from doing pelvic floor exercises.

Course content:

Module1. Improving bladder and bowel control

Module2. Reducing the risk of prolapse in women

Module3. Better recovery from child birth

And surgery

Module4. Increase social confidence and quality of life




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Value Added Course

Course name	introduction to clinical research for the health planning in physical therapy
Course code	MU/VAC/IDOPT/46
Duration	16hrs

About the course :

Although physical therapists are experts in rehabilitation and habilitation, they play a key role in promoting fitness and wellness by encouraging active living, providing early diagnosis of disease, prescribing targeted activity interventions to improve fitness and participation, and helping individuals overcome

Course objective:

The objective of the course is that after the specified hours of lectures and demonstrations the student will be able to identify disabilities due to musculoskeletal dysfunction, plan and set treatment goals and apply the skills gained in exercise therapy and electrotherapy in these clinical situations to restore ...

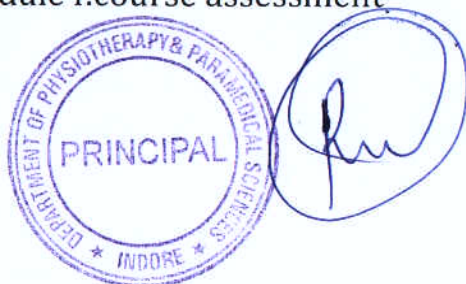
Course content:

Module1. Basic structure and function of the human body

Module2. Turning and position of the patient

Module3. Therapeutic exercise , agents and modalities

Module4.course assessment




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Value Added Course

Course name	evaluation process and treatment planning in physical therapy
Course code	MU/VAC/IDOPT/47
Duration	16hrs

About the course:

Your first session with your physical therapist is called an initial evaluation. During this session, your physical therapist will spend time with you to learn about your condition, your previous level of function, and how your condition is affecting your life.

Course objectives:

Cognitive. Psychomotor. Attitudes.

Course content:

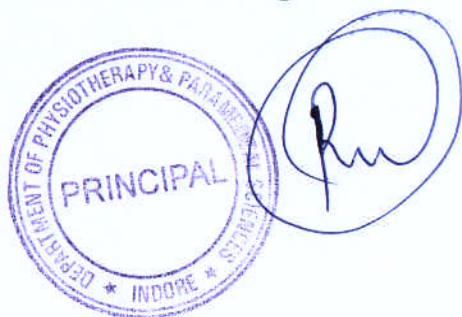
Module1. Identify the problem .it is essential that you are clear from the start about the problem you are aiming to address

Module2. Review the evidence

Module3. Draw a logic model of how your service should work

Module4. Identify indicators and collect monitoring data

Module5. Evaluate logic model



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Value Added Course

Course name	exercise prescription for fall prevention
Course code	MU/VAC/IDOPT/48
Duration	16hrs

About the course:

There is strong evidence that exercise prevents falls in community-dwelling older people. This review summarises trial and participant characteristics, intervention contents and study quality of 108 randomised trials evaluating exercise interventions for falls prevention in community-dwelling older adults.

Course objectives:

1. Shape system and policies to support fall prevention
- 2.increase public awareness about fall prevention
- 3.improve fall prevention where people live
- 4.imorove fall prevention in health care settings

Course content :

Module1. Make an appointment with your health care provider start by making an appointment with your health care provider

Module2.keep moving physical activity can go a long way towards fall prevention

Module 3.bear sensible shoes

Module4.remove home hazards

Module 5.use assistive device




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Indore (M P)

Value Added Course

Course name	Enhancing Skills In Pediatric Physiotherapy
Course code	MU/VAC/IDOPT/49
Duration	16hrs

About the course:

Physiotherapists who work in the field of paediatrics provide support and treatment services to the paediatric population. They understand well that children are very different from adults. These health professionals have a good understanding of typical Child Development and how this relates to body systems and functions

Course objectives :

Pediatric PTs help kids improve their range of motion, strength, flexibility, and movement patterns. The goal? Help children move their bodies how and when they want to the best of their abilities. Pediatric PTs help make everyday activities easier for kids.

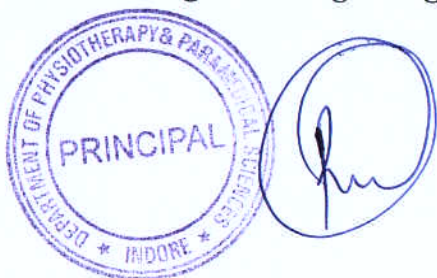
Course content :

Module1. Facilitate to baby to look to both direction

Module2. Perform legs and arm exercise after nappy change

Module3.facilitate crawling instead of bottom shuffling .

Module4.encourage walking along furniture negotiate obstacles .




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Indore (M.P.)

Value Added Course

Course name	Cardiac rehabilitation for physiotherapist evidence based approach
Course code	MU/VAC/IDOPT/50
Duration	16hrs

About the course:

Cardiac rehabilitation (CR) is an evidence-based intervention that uses exercise training, health behaviour modification, medication adherence and psychological counselling to improve secondary prevention outcomes in patients with cardiovascular disease. CR programs reduce morbidity and mortality rates in adults with ischemic heart disease, following coronary intervention, heart failure, or cardiac surgery.

Course objectives:

The goals of cardiac rehabilitation include establishing a plan to help you regain strength, prevent your condition from worsening, reduce your risk of future heart problems, and improve your health and quality of life.

Course content:

Module1. Rest and protect the injury

Module2. Recover your motion

Module3. Recover your strength

Module4. Recover your functioning.




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Indore (M P.)

VALUE ADDED COURSE

Course name	Health, hygiene and infection control
Course code	MU/VAC/IDOPT/68
Duration	16hrs

About course:

It includes to train health-care workers on practising, teaching and observing hand hygiene

Course objectives:

- preventing and stopping the transmission of infections .
- to protect yourself from getting gastro or infectious diseases such as COVID-19, colds and flu.

Course content:

Module 1:Disinfection and sterilization.

Module 2 :Environmental infection control.

Module 3:Hand hygiene.

Module 4 :Isolation precautions.




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Indore (M P)

VALUE ADDED COURSE

Course name	Language and communication
Course code	MU/VAC/IDOPT/67
Duration	16 hrs

About course:

The course offers students the opportunity to develop a good foundation in linguistic, and communications theory, and to explore the uses and application of this theory for the language-related professions.

Course objectives:

- Understand and apply communication theory.
- Critically think about communication processes and messages.

Course content :

Module 1- introduction to communication skills

Module 2- Understanding the communicative environment

Module 3- listening and speaking

Module 4- language skills.




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Indore (M.P.)

VALUE ADDED COURSE

Course name	nutrition and health
Course code	MU/VAC/IDOPT/55
Duration	16hrs

About course:

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

Course objectives:

They are to promote health and reduce the risk of developing chronic diseases by encouraging Americans to consume healthful diets and to achieve and maintain healthy body weights.

Course content:

Module1.nutrition and ageing process

Module2.nutrition and disease

Module3.muscle mass and eating behavior

Module4.nutrition,carers and communities.




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Indore (M.P.)

VALUE ADDED COURSE

Course name	professional ethics
Course code	MU/VAC/IDOPT/56
Duration	16hrs

About course:

About course:

Professional ethics are principles that govern the behaviour of a person or group in a business environment.

Course objectives:

To create an awareness on Management Ethics and Human Values. To inspire Moral and Social Values and Loyalty. To appreciate the rights of others. The prime objective of the Professional Ethics

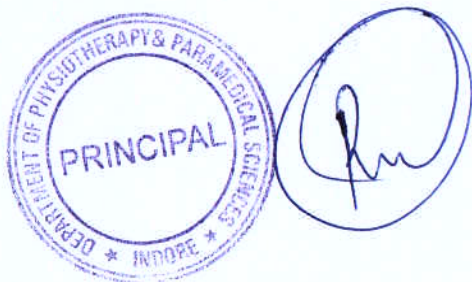
Course content:

Module1. Integrity

Module2. Objectivity

Module 3.professional competence and due care

Module 4.professional behavior




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VALUE ADDED COURSE

Course name	rehabilitation principle in amputee
Course code	MU/VAC/IDOPT/54
Duration	16hrs

About course:

The ultimate goal of rehabilitation after limb loss is to ambulate successfully with the use of a prosthesis and to return to a high level of social reintegration. However, many individuals after lower limb amputation have "poor physical function and psychosocial outcomes".

Course objectives:

The goal of rehabilitation after an amputation is to help the patient return to the highest level of function and independence possible, while improving the overall quality of life—physically, emotionally, and socially.

Course content:

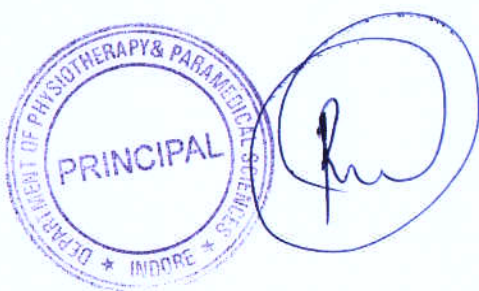
Module1. Healing and starting physiotherapy

Module2. Visiting the prosthetist

Module3. Choosing an artificial limb

Module4. Learning to use your artificial limb

Module5. Life as a new amputee




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Indore (M.P.)

VALUE ADDED COURSE

Course name	essential communication for laboratory techniques.
Course code	MU/VAC/IDOPT/57
Duration	16hrs

About course:

This course is an introduction to the importance of communication and how it can positively and negatively impact our work environment.

Course objectives:

Determine the quantitative and qualitative value of a lecture-laboratory course with standardized patients on student communication skills.

Course content:

Module1.verabal communication

Module2.non-verbal communication

Module3.written communication

Module4.visual communication

Module5.listening communication




Registrar
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Indore (M.P.)

VALUE ADDED COURSE

Course name	Physiotherapy aspects of safe obstetrics and gynaecology conditions
Coursecode	MU/VAC/IDOPT/66
Duration	16hrs

About course :

A branch of medicine that specializes in the care of women during pregnancy and childbirth and in the diagnosis and treatment of diseases of the female reproductive organs.

Course objectives:

- Decreased caesarean births and operative vaginal delivery
- Better postpartum recovery
- Prevention of postpartum depression

Course content:

Module 1: improve movement and ability

Module 2: restore physical health

Module 3 : restore quality of life

Module 4:minimizeing the risk of injury



Register
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Indore (M.P.)

VALUE ADDED COURSE

Course name	Communication skills for physiotherapy students.
Course code	MU/VAC/IDOPT/58
Duration	16hrs

About course:

Most interventions in physiotherapy are of long-term nature. Accordingly, communication skill is central to engaging patients in a therapeutic relationship, and particularly putting the patient at the center of the care as an active participant in decision-making

Course objectives:

In the communication cycle, messages are transmitted from a sender to a receiver. The receiver interprets the message and then provides feedback to the sender. This then becomes a message that the sender needs to decode. These messages can be transmitted in several ways; verbal, non-verbal, written, visual or even tactile.

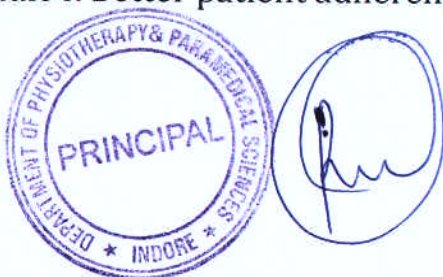
Course content:

Module1. Patient may display more information

Module 2.build reapture between patient and professional

Module3. Patient in more involved in decision making

Module4. Better patient adherence to treatment.



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Indore (M.P.)

VALUE ADDED COURSE

Course name	advance computer application
Course code	MU/VAC/IDOPT/59
Duration	16hrs

About course:

Advance Computer Application trains the student in understanding the computer application development, starting from fundamental programming to C, C++, SQL, HTML, and CSS

Course objectives:

Advanced Computer Applications prepares students to continue postsecondary training in business related programs, provides advanced training for students pursuing a career in administrative and information support, and supports obtaining an industry certification in specific software applications

Course content:


Module1. Operating system &IT

Module2. Office package and databse

Module3. Accounting package

Module4. Desktop publishing




Registrar
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Indore (M.P.)

VALUE ADDED COURSE

Course name	Infection control: hospital acquired infections
Course code	MU/VAC/IDOPT/65
Duration	16hrs

About course:

Healthcare-Acquired Infections (HAIs), sometimes called Healthcare-Associated Infections, are infections that you get while receiving treatment at a healthcare facility, like a hospital, or from a healthcare professional, like a doctor or nurse.

Course objectives:

- Describe the pathophysiology of hospital-acquired infections.
- Review the laboratory tests used in the evaluation of hospital-acquired infections.
- Summarize the management of hospital-acquired infections.

Course content:


Module 1: Disinfection and hospital-acquired

Module 2: Environmental infection control.

Module 3: Hand hygiene.

Module 4: Isolation precautions.




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Indore (M.P.)

Value Added Course

Course name	Mobilisation technique and rehabilitation in COVID-19
Course code	MU/VAC/IDOPT/82
Duration	16 hours

About the course: This course is intended to develop an understanding of techniques used for the mobilisation and rehabilitation in the patients struck with COVID-19.

Course objective:- Objective of the course is to understand:

1. Techniques, Indication and safety of mobilisation in early phases and exercises in mild to severe patients of COVID-19.
2. Rehabilitation Essentials and techniques.

Course content:

Module 1: Introduction on the mobilisation and rehabilitation. Its importance and benefits.

Module 2: Techniques of mobilisation, Indications and contraindications

Module 3: Rehabilitation methods and phases

Module 4: Presenting comorbidities and complications

Module 5: Sequelae after infection, General rehabilitation, respiratory rehabilitation and functional rehabilitation




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Indore (M.P.)

Value Added Course

Course name	Positioning and awake proning in pregnant women
Course code	MU/VAC/IDOPT/83
Duration	16 hours

About the course: This course is focused on making the importance of positioning and awake probing in pregnant women.

Course objective: To understand the knowledge available on the use of awake proning and positioning in pregnant women to help better ventilation and respiration.

Course content:

Module 1: Introduction, objectives and methods

Module 2: Options of awake proning, indications and contraindications

Module 3: Methods, precautions and risks




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Value Added Course

<i>Course name</i>	Chest physiotherapy and Airway techniques in Covid 19 patients
<i>Course code</i>	MU/VAC/IDOPT/84
<i>Duration</i>	16 hours

About the course: This course depicts the importance of the chest physiotherapy and airway techniques in Covid 19 patients.

Course objective: To understand the importance and types of chest physiotherapy and other techniques concerned with airway clearance in Covid 19 patients.

Course content:

Module 1: Introduction and importance of chest physiotherapy and airway clearance techniques

Module 2: Safety and efficacy of chest physiotherapy

Module 3: Methods of Chest physiotherapy and airway clearance. Chest physiotherapy in different phases of Covid-19 and the consequent situation of the patients

Module 4: Post extubation and after discharge management for the boosting of Spo2 levels and the maintenance for the same.

Module 5: Indications, contraindications and precautions.



Value Added Course

<i>Course name</i>	Diet and nutrition for healthy life
<i>Course code</i>	MU/VAC/IDOPT/86
<i>Duration</i>	16 hours

About the course: This course depicts the importance of diet and nutrition for healthy thriving.

Course objective: To develop an understanding of importance of

1. Diet and nutrition for living a healthy life
2. Dietary requirements and designing of a well balanced diet for good health and fitness of the patients

Course contents:

Module 1: Introduction and essentials for diet and fitness

Module 2: Importance of well balanced diet in every age group. Using basic food groups for the planning of balanced diet.

Module 3: Designing a well balanced diet according to the condition of the patient as well as easy availability for the patient as per his or her economic conditions, beliefs and preferences

Module 4: Dietary patterns and modifying diet related behaviour

Module 5: Eating disorders and factors influencing eating behaviour




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Value Added Course

<i>Course name</i>	Postural correction in workplace
<i>Course code</i>	MU/VAC/IDOPT/87
<i>Duration</i>	16 hours

About the course: This course depicts the workplace ergonomics that deals with the improvisation of the posture at the workplace.

Course objective: To develop an understanding of workplace posture consequences in order To prevent chronic health issues related to posture and to encourage the implementation of healthy workplace habits that helps improving the posture at work through ergonomic principles.

Course content:

Module 1: Introduction and importance

Module 2: Reason and consequences of bad ergonomics

Module 3: Communication with the patient for better understanding

Module 4: Practicing tips for better ergonomics

Module 5: Factors affecting and designing of ergonomic advises and tips based on the specific occupation.



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Value Added Course

Course name	Anxiety and stress management
Course code	MU/VAC/IDOPT/88
Duration	16 hours

About the course: This course depicts the importance and techniques of anxiety and stress management.

Course objective: 1. To understand the importance of psychological well being and the management of factors affecting it.

2. Also, to understand the difference between the stress and anxiety and specific management approaches.

Course content:

Module 1: Introduction: Definition, Difference and connections between stress and anxiety

Module 2: Stress and anxiety related disorders

Module 3: Importance and techniques of management

Module 4: Factors affecting and conclusion



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Value Added Course

<i>Course name</i>	Latest skill and techniques in laboratory
<i>Course code</i>	MU/VAC/IDOPT/89
<i>Duration</i>	16 hours

About the course: This course depicts the knowledge available on of latest skills and techniques essential in laboratory

Course objective: To understand the latest skills and techniques useful in the laboratory in order to polish the lab skills.

Course content:

Module 1: Introduction and contents involved

Module 2: Improvisation of lab skills and methods

Module 3: Latest lab skills and techniques

Module 4: Specific evidences and conclusion



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VALUE ADDED COURSE

Course Name	Hands on MET,MFR,Tapping.
Course code	MU/VAC/IDOPT/77
Duration	16 Hours

About The Course :

The course mainly focuses METs = **metabolic equivalents**. One MET is defined as the energy you use when you're resting or sitting still. Myofascial release (MFR, self-myofascial release) is an alternative medicine therapy claimed to be useful for treating skeletal muscle immobility and pain by relaxing contracted muscles and tapping helps to avoid the unwanted movement of the muscles.

Course Objectives :

After completion the course the students will be able to :

- 1.To describe the MET,MFR and tapping.
- 2.To assess the condition and prescribe the exercise accordingly.

Course Content:

Module 1 :Detail introduction of the MET and exercises.

Module 2: Introduction to basics of MFR and contraindication and indication.

Module 3: Introduction to tapping and its application.




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VALUE ADDED COURSE

Course Name	Osteoporosis and exercise in women.
Course code	MU/VAC/IDOPT/76
Duration	16 Hours

About The Course :

The course mainly focuses on Osteoporosis, Osteoporosis is a major cause of disability in older women. A bone-weakening disorder, osteoporosis often results in fractures in the hip and spine — which can severely impair your mobility and independence.

Course Objectives :

After completion the course the students will be able to :

- 1.To describe the Osteoporosis in the women.
- 2.To asses the condition and prescribe the exercise accordingly.

Course Content:

Module 1 :Detail introduction of the Osteoporosis in women.

Module 2: Introduction to basics of ergonomics during osteoporosis in women.

Module 3: Exercise prescription and posture education during the Osteoporosis.




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VALUE ADDED COURSE

Course Name	Antenatal care :physiotherapist approach.
Course code	MU/VAC/IDOPT/75
Duration	16 Hours

About The Course :

The course mainly focuses on the physical and emotional stresses encountered during pregnancy and labour by improving mother's overall physical fitness and educating her about physiological changes occurring in her body during pregnancy..

Course Objectives :

After completion the course the students will be able to :

- 1.To describe the Antenatal care during the pregnancy.
- 2.To asses the condition and prescribe the exercise accordingly.

Course Content:

Module 1 :Detail introduction of the antenatal care.

Module 2: Introduction to basics of ergonomics during pregnancy.

Module 3: Exercise prescription and evaluation during pregnancy.




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Value Added Course

<i>Course name</i>	Dry needling: latest tool in physiotherapy
<i>Course code</i>	MU/VAC/IDOPT/78
<i>Duration</i>	16 hours

About the course: This course depicts the importance and usefulness of dry needling in different conditions.

Course objective: To understand the usefulness of dry needling in rehabilitation program and treatment protocols.

Course content:

Module 1: Introduction and evidence

Module 2: Usefulness, types and mechanism of actions

Module 3: Indication and contraindication

Module 4: Choice of the type of dry needling according to the concern in order to design an effective rehabilitation program.

Module 5: Combination therapy options in dry needling and conclusion




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Value Added Course

Course name	Pilates training
Course code	MU/VAC/IDOPT/80
Duration	16 hours

About the course: This course depicts the importance, basics and principles of Pilates

Course objective: To enhance the treatment skills by adding Pilates to the repertoire of the aspiring physical therapists.

Course content:

Module 1: Introduction to Pilates, Importance in both rehabilitation and preventative treatment.

Module 2: Matwork and reformer exercises along with the tips on how to instruct the clients

Module 3: Cueing formula to retrain movement biomechanics

Module 4: Usefulness of Pilates repertoire to treat a range of different physical pathologies and injuries

Module 5: Basics and principles of Pilates along with indications, contraindications and precautions




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VALUE ADDED COURSE

Course Name	Wheelchair cricket tournament and player on-field rehabilitation.
Course code	MU/VAC/IDOPT/81
Duration	16 Hours

About The Course :

The course mainly focuses on the on-field rehabilitation of the injuries that takes part the time of the on-going sports.

This course includes the overall treatment and post rehabilitation of the injury during the sports

Course Objectives :

After completion the course the students will be able to :

- 1.To describe the on-field management of the sports injury
- 2.To assess the condition and prescribe the exercise accordingly.

Course Content:

Module 1 :Detail introduction of Cricket and its injury.

Module 2: Introduction to on-field treatment and management of injury.

Module 3: Introduction to detail rehabilitation protocol for the sports injuries .




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VALUE ADDED COURSE

Course Name	Clinical gems for tendinopathy and pain rehabilitation.
Course code	MU/VAC/IDOPT/79
Duration	16 Hours

About The Course :

The course mainly focuses on the rehabilitation protocol for the Tendinopathy: Pre and post operatively pain rehabilitation management.

Course Objectives :

After completion the course the students will be able to :

- 1.To describe the Tendinopathy and all the preventive measures.
- 2.To assess the condition and prescribe the exercise accordingly.

Course Content:

Module 1 :Detail introduction of Tendinopathy.

Module 2: Introduction to exercise prescription for tendinopathy

Module 3: Introduction to detail rehabilitation protocol for the tendinopathy.



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VALUE ADDED COURSE

Course Name	Cupping Therapy
Course code	MU/VAC/IDOPT/90
Duration	16 Hours

About the Course :

Cupping therapy is an ancient form of alternative medicine in which a therapist puts a special cup on your skin for a few minutes to create suction.

Purpose for the cupping therapy including to help with the pain, Inflammation, blood flow, relaxation.

Course objectives :

The course mainly targets for the students:

- Able to learn about the basic of anatomy of body and learned about landmarks of the muscles and to target muscles to relive the pain.
- Able to target the muscles to enhance the blood flow and relaxation.

Course Content:

Module 1 : Brief Introduction of the anatomy of the body.

Module 2: Introduction of Cupping therapy includes benefits ,indication and contraindication.

Module 3 :Cupping therapy targets upper limb muscles.

Module 4: Cupping therapy targets lower limb muscles .




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VALUE ADDED COURSE

Course Name	Women health and obstetrics physiotherapy
Course code	MU/VAC/IDOPT/91
Duration	16 Hours

About the Course :

Women's health care and Obstetrics Physiotherapy aims at the assessment and planned therapeutic treatment specific to various health problems affecting women of all age groups, with complete knowledge of the physiological differences and the impact of hormonal changes on their wellbeing.

Course objectives :

After completion the course the students will be able to :

- 1.To describe the various health problem women's face of all the age group.
- 2.Take the brief assessment of the patient and prescribing the therapeutic treatment of the various health care problem affecting women.

Course Content:

Module 1: Detail introduction to all the Health problem affecting women's .

Module 2: Introduction to Women's Health care physiotherapy.

Module 3:Therapeutic treatment protocol to all the health care problem to women's.

Module 4: Strenthening exercise protocol



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VALUE ADDED COURSE

Course Name	Skills for Laboratory Technician in COVID -19
Course code	MU/VAC/IDOPT/92
Duration	16 Hours

About the Course :

- Laboratory technician skills refer to the ability to carry out specialized tasks in a laboratory setting. This course mainly targets at the basic skills of the lab technician as Ability to multitask, Good problem-solving skills, Ability to think analytically and critically and many more to help effectively in COVID -19.

Course objectives :

After completion the course the students will be able to :

1. Use and maintain lab equipment, such as microscopes, autoclaves, incubators, chemical analyzers and cell counters Using and maintaining lab equipment, such as microscopes, autoclaves, incubators, chemical analyzers and cell counters
2. Analyzing biological samples such as tissue and bodily fluids and medicines.

Course Content:

Module 1 : Detail introduction to Virus COVID-19.

Module 2: Introduction all the test and diagnosing criteria protocol.

Module 3 : Introduction to management skills for the lab technologies during COVID-19.

Module 4: Breathing excercises and bed mobility



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VALUE ADDED COURSE

Course Name	Recruitment training for the lab technician.
Course code	MU/VAC/IDOPT/93
Duration	16 Hours

About The Course :

This course mainly targets at the recruitment training for the appointing the lab technicians. This course teaches the evaluating criteria for the basic skills of the lab technician as Ability to multitask, Good problem-solving skills, Ability to think analytically and critically and many more to help effectively in COVID -19.

Course Objectives :

After completion the course the students will be able to :

1. To describe the evaluating criteria to appoint a candidate as a lab technician.
2. To select the candidate among all and to evaluate the necessary requirement as a lab technician.

Course Content:

Module 1 : Detail introduction to skills of lab technician.

Module 2: Introduction all the required criteria in a candidate as a lab technician .

Module 3: General Laboratory sciences and practices

Module 4: Laboratory skill session.




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VALUE ADDED COURSE

Course Name	Aerobic Therapy.
Course code	MU/VAC/IDOPT/94
Duration	16 Hours

About The Course :

The course detailed the students about Aerobic therapy includes details about the exercise refers to the type of repetitive, structure physical activity that requires the body's metabolic system to use oxygen to produce energy.

Course Objectives :

After completion the course the students will be able to :

1. To describe the various aerobic exercises in the various health condition and in rehabilitation.
2. To assess the condition and prescribe the exercise accordingly.

Course Content:

Module 1 : Detail introduction of the anatomy and physiology of the body .

Module 2: Introduction to basics of aerobic exercises.

Module 3: Exercise prescription and evaluation for the aerobic exercise according to condition.

Module 4: Overall assessment, Indication and Contraindication according to the condition.



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Value Added Course

Course name	Evaluation based on function
Course code	MU/VAC/IDOPT/95
Duration	16 hours

About the course: This course is intended to develop an understanding of importance of evaluating based on the functionality of an individual. Evaluation based on function is an integral part of the comprehensive rehabilitation medicine evaluation.

Course objective:

To develop an understanding of:-

1. Importance of the evaluation based on function for a well designed rehabilitation program
2. Relevance to clinical practice as well as assessments used.

Course content:

Module 1: Introduction and overview

Module 2: Relevance to clinical practice and commonly used assessments

Module 3- Commonly used assessments (cont.)

Module 4- Unique concepts and evidence base




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VALUE ADDED COURSE

Course Name	Campus recruitment session.
Course code	MU/VAC/IDOPT/96
Duration	16 Hours

About The Course :

The course highlights about the strategy for sourcing, engaging and hiring young talent for internship and entry-level positions. Campus recruitment often involves working with university career services centers and attending career fairs to meet in-person with college students and recent graduates.

Course Objectives :

After completion the course the students will be able to :

1. To describe developing a campus recruitment strategy, including budget and calendar of events.
2. To describe the details about Creating job descriptions, interview questions and formats, assessment tools and job offers.
3. Able to Build relationships with campus career services staff

Course Content:

Module 1 : Detail introduction recruitment strategy and sessions in community.

Module 2: Introduction to basics of communication skills and strategy.

Module 3: Management of the overall community sessions and their strategy.

Module 4: Event management and strategy.



VALUE ADDED COURSE

Course Name	Physiotherapy approach and ethical patient care
Course code	MU/VAC/IDOPT/98
Duration	16 Hours

About The Course :

Describes ethics in the physiotherapy that elaborates the moral code of conduct that defines the relationship between the therapist and her patient or client, and the therapist and other healthcare professionals based on mutual respect and trust.

Course Objectives :

After completion the course the students will be able to :

1. To describe the Code of Ethics in Physiotherapy.
2. To elaborately can use the code of ethics in the field of physiotherapy.

Course Content:

Module 1: Introduction to Code of Ethics .

Module 2: Application of Code of Ethics in physiotherapy.

Module 3: Social responsibility & Ethical Management

Module 4: Nature and Content of Participants

Module 5: Professionalism and Ethics



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VALUE ADDED COURSE

Course Name	Physiotherapy in COVID - 19rehabilitation: holistic approach
Course code	MU/VAC/IDOPT/99
Duration	16 Hours

About The Course :

Describes lifestyle, diet, stress and a host of other factors which are believed to contribute to the severity and duration of an injury or physical condition. Taking a holistic approach offers more than an exercise program.

Course Objectives :

After completion the course the students will be able to :

1. To describe COVID-19 virus and its rehabilitation approach .
2. To elaborate the rehabilitation protocols and management approach in the COVID-19 virus affected patients.

Course Content:

Module 1 : Detailed introduction to the basic anatomy of the lungs, structure associated and the body.

Module 2: Introduction to COVID-19 virus .

Module 3: Detail to the therapeutic protocol and exercise prescription to associated condition.

Module 4: Overall rehabilitation protocol in pre and post COVID virus affected patients.




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VALUE ADDED COURSE

Course Name	Skill in computer applications and it's importance in laboratory technician.
Course code	MU/VAC/IDOPT/100
Duration	16 Hours

About The Course :

The course mainly focuses on the computer applications and technology including all the basics of the computer and applications.

The basics of computer helps in laboratory technician to maintain the data and to demonstrate the reports of an individual related to the disease .

Course Objectives :

After completion the course the students will be able to :

1. To describe the basics of the computer and technology.
2. To elaborate the importance of the computer technology in lab and laboratory technician.

Course Content:

Module 1: Introduction to basics of computer.

Module 2: Introduction technology of computer applications and their use in lab .

Module 3: Management of laboratory Reports and data in computer skills.

Module 4: Computer skills Development.




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VALUE ADDED COURSE

Course Name	Importance of positioning in pregnant women
Course code	MU/VAC/IDOPT/101
Duration	16 Hours

About The Course :

This course mainly highlights the importance of positioning and posture during pregnancy. Good posture (the position in which you hold your body while standing, sitting, or lying down) during pregnancy involves training your body to stand, walk, sit, and lie in positions where the least amount of strain is placed on your back.

Course Objectives :

After completion the course the students will be able to :

1. To describe the pregnancy period , positioning and posture attain .
- 2.To elaborate the importance of therapeutic exercise and posture adaptation during pregnancy

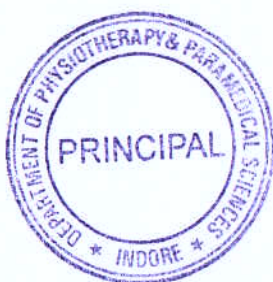
Course Content:

Module 1: introduction .

Module 2: Detailed introduction to body posture and alignment.

Module 3: Importance and adaption of body posture and alignment during pregnancy.

Module 4: Physiotherapy positioning and Treatment




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Value Added Course

Course name	Communication Method for Patient education in Physiotherapy and soft skills
Course code	MU/VAC/IDOPT/102
Duration	16 hours

About the course: Focused on understanding the communication method for patient education in physiotherapy and developing soft skills in order to deepen patient-therapist relationship and in doing so educate and empower the patient of their physical condition and management.

Course Objective: The completion of the course will develop a deep understanding on:-

1. Importance of communication with the patient
2. Various methods to communicate
3. Other soft skills important to deepen patient-therapist relationship

Course content:

Module 1: Introduction

Module 2: Importance and benefits of good communication

Module 3: Pathways through which communication influences health and well being

1. Direct Pathways
2. Indirect Pathways

Module 4: Communicating Sensitive Issues

Module 5: Soft skills development

Module 6: Importance of active listening, understanding and empathy



Value Added Course

Course name	Administration and its application for physiotherapy patients
Course code	MU/VAC/IDOPT/103
Duration	16 hours

About the course: This course serves to integrate knowledge gained by the students in basic management knowledge and skills essential for effective functioning and to be conversant with planning organisation, work scheduling, and cost & control of quality in relation to physiotherapy care & service.

Course Objective: By the completion of the course students will understand:-

1. The Administration and management functions essential for physiotherapy care of the patients.
2. Planning, organising, directing and controlling will be clear.

Course content:

Module 1: Introduction

Module 2: Management functions

1. Planning
2. Organising
3. Directing
4. Controlling

Module 3: Administration level

1. First line management
2. Middle management
3. Top management

Module 4: Business planning goals

Module 5: Communication



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Value Added Course

Course name	Ataxia Awareness Society (AAS)
Course code	MU/VAC/IDOPT/104
Duration	16 hours

About the course: Ataxia Awareness Society (AAS) is an organization for people with ataxia and for their families and friends in India.

Course Objective: The objective or primary purpose is to make the students aware of ataxia and also to encourage the research on ataxia in India. Also, the awareness of the students will lead to encourage awareness in the patients.


Course Contents:

Module 1: Introduction

Module 2: Importance of Ataxia awareness

Module 3: Ways of spreading awareness

Module 4: Counselling



A circular purple stamp of the Department of Physiotherapy & Paramedical Sciences, Indore, with the word 'PRINCIPAL' in the center. Next to it is a large, stylized blue ink signature.



A green ink signature above a rectangular stamp that reads 'Registrar Malwanchal University Indore (M.P.)'.

Value Added Course

Course name	Vestibular Rehabilitation
Course code	MU/VAC/IDOPT/105
Duration	16 hours

About the course: This course aims towards the exercises involved in vestibular rehabilitation therapy that helps improving quality of life of the patient.

Course Objective: The completion of this course will help develop a better understanding of rehabilitation in various vestibular conditions such as Vertigo, Migraine, Stroke, etc.

The course will also make the students understand that Vestibular rehabilitation facilitates vestibular recovery mechanisms: vestibular adaptation, substitution by the other eye-movement systems, substitution by vision, somatosensory cues, other postural strategies, and habituation.

Course Content:

Module 1: Introduction

Module 2: Methods and exercises

Module 3: Indications and Contraindications

Module 4: Principles and components

Module 5: Factors affecting recovery




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Value Added Course

Course name	Resistance band and ball training: tool in physiotherapy
Course code	MU/VAC/IDOPT/106
Duration	16 hours

About the course: This course depicts the importance of resistance band and ball training for strength training.

Course Objective: This course will make students understand the better use of resistance band and ball training towards the strength building.

Course content:

Module 1: Introduction and methods

Module 2: Principles of Resistance band and ball training

Module 3: Designing the training program

Module 4: Effects, Indications and Contraindications




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Value Added Course

Course name	Prevention and Management of Disabilities
Course code	MU/VAC/IDOPT/107
Duration	16 hours

About the course: This course aims towards making the students learn about preventing the disabilities and managing the disabilities. Includes patient's awareness too.

Course objective: This course will help students develop a better understanding on the causes of disabilities that can be prevented and managed.

Also, the importance for prevention of disabilities and its management for a healthy and happy society.

Course content:

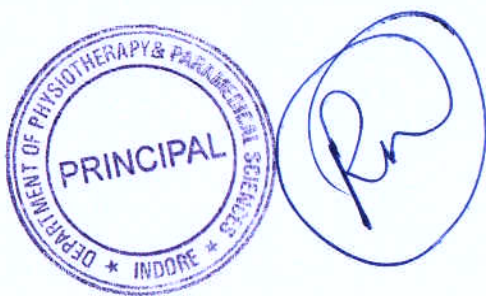
Module 1: Introduction

Module 2: Causes and types of disabilities

Module 3: Importance and methods of prevention

Module 4: Importance and methods of management

Module 5: Communication method and precautions



04
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Value Added Course

Course name	Geriatric care and rehab: need for society
Course code	MU/VAC/IDOPT/108
Duration	16 hours

About the course: This course aims towards the understanding and importance of Geriatric care that is a need for society ethically.

Course Objective: The objective of the course is to encourage awareness about the importance and ways of geriatric care and rehabilitation.

Course content:

Module 1: Introduction, Multidisciplinary approach, Care and rehab model

Module 2: Importance and ways to care

Module 3: Principles of rehabilitation

Module 4: Expert consensus on geriatric rehab and conclusion



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VALUE ADDED COURSE

Course Name	Functional biological approach to stroke rehabilitation.
Course code	MU/VAC/IDOPT/109
Duration	16 Hours

About The Course :

This course focuses on the stroke patients and their rehabilitation.

Functional training after a stroke will include exercises that are focused on restoring motion and movement and helping to improve quality of life.

Course Objectives :

After completion the course the students will be able to :

1. To describe the disease stroke and prevention measures .
2. To elaborate the importance of therapeutic exercise, protocols and adaptive changes in lifestyle.

Course Content:

Module 1 : Introduction .

Module 2: Detailed introduction of Anatomy and Physiology of Brain.

Module 3: Importance of regular exercise and modifications in sedentary lifestyle.

Module 4: Detailed introduction to stroke and rehabilitation protocol.




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Value Added Course

Course name	Plyometrics for peak performance
Course code	MU/VAC/IDOPT/110
Duration	16 hours

About the course: To understand the plyometrics and its importance via understanding its physiological, mechanical as well as neurophysiological basis. Also, clinical guidelines and contraindications in its application.

Course Objective: After the completion of the course students will be able to:-

1. Describe the purpose plyometrics serves into strength training and peak performance
2. Implement of plyometrics in the rehabilitation program.

Course content:

Module 1: Introduction: An overview of Plyometrics.

Module 2: Phases of Plyometrics:-

1. Eccentric pre stretch
2. Amortisation Phase (time to rebound)
3. Concentric shortening phase

Module 3: Examples of Plyometrics in athletics for peak performance

Module 4: Scientific foundation for the application of Plyometrics

1. Physiological basis
2. Mechanical basis
3. Neurophysiological basis

Module 5: Potential benefits of Plyometric exercises.

Module 6: Training variables to consider while designing a plyometric program

1. Neuromuscular overload
2. Spatial overload: Range of motion
3. Temporal overload: Timing




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VALUE ADDED COURSE

Course Name	Life skills for the future development.
Course code	MU/VAC/IDOPT/97
Duration	16 Hours

About The Course :

Describes and elaborates the skills that helps the students for their future purpose and also help them to grow more with the more interpersonal skills ,the skills involve communication skills, thinking skills decision making skills .

Course Objectives :

After completion the course the students will be able to :

- 1.To describe the basics skills and task orientation.
- 2.To elaborately can use the skills in their professional field

Course Content:

Module 1 :introductionto basic skills .

Module 2:Application of basic skills in the professional field.

Module 3: Introduction to psychological and behavioral management in the individual during the task.




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