



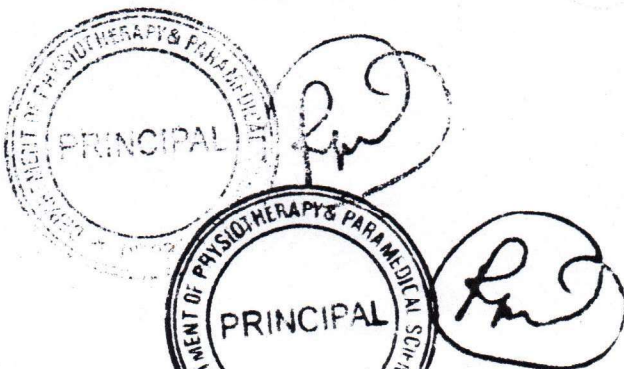
DEPARTMENT OF PHYSIOTHERAPY & PARAMEDICAL COURSES

E- Content Lecture
Faculty List

Ref.No./IDOPT/PO/2023/11111

Date: 21/06/2023

S. No.	Name Of Faculties	Signature
1	Dr. Reshma Khurana	
2	Dr. Saurabh Lal	Saurabh Lal
3	Dr. Sunny Howard	
4	Dr. Varun Vyas	Vyas
5	Dr. Shobhit Tiwari	Shobhit
6	Dr. Chhavi Jain	Chhavi
7	Dr. Ravindra Kolhe	Kolhe
8	Dr. Abhishek Rajoriya	Abhishek
9	Dr. Jayshree Kashyap	Jayshree
10	Dr. Neha Hardia	Neha
11	Dr. Pranita Sharma	Pranita
12	Dr. Vasihali Patel	Vasihali
13	Dr. Payal Jain	Payal
14	Dr. Shivi Trivedi	Shivi
15	Dr. Vidhi Tiwari	Vidhi
16	Dr. Ashutosh Chorey	Ashutosh
17	Dr. Anjali Mehta	Anjali
18	Dr. Jayshree Panchal	Jayshree
19	Dr. Shubham Mourya	Shubham
20	Dr. Arpita Mishra	Arpita
21	Dr. Ruchi Saxena	Ruchi
22	Dr. Radhika Agarwal	Radhika
23	Dr. Muskan Pathak	Muskan

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Department of Physiotherapy and Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE

Ref No. IDOPT/PO/2024/305

Date : 18/05/2024

Topic: An Introduction to the benefits and therapeutic uses of Ceragem Bed for faculty development.

Date: 10/05/2024

Day: Friday

Venue: Index Medical College Hospital & Research Centre (Rehabilitation Centre)

Response:-

The faculty members are introduced to the Ceragem Bed as a therapeutic technique by the Index Department of Physiotherapy and Paramedical Sciences. Mr. Ramakanth gave an excellent description of the usage and effects of the modality.

Spine is the central organ of the human body that protects the spinal cord, which connects our nerves. It serves as the main structural support system, connecting various parts of the body and allowing for movement, flexibility, and stability. The spine plays a crucial role in maintaining proper posture, balance, and coordination.

Ceragem bed is a thermal device that provides intensive heat and pressure stimulation to the spine and gives a personalised thermal massage experience. It is a treatment method that combines infrared heat and massage techniques during the treatment of various conditions. The Ceragem automatic thermal massage bed scans spine's length to help a therapist conduct customized massage therapy.

Procedure: -

The Ceragem Massage Bed offers a tailor-fitted massage and acupressure experience that is deeply healing and relaxing. The internal projector fitted in the massage bed measures the length and curvature of spine so it can accurately massage in the correct areas to stimulate acupressure points and offer the best experience for back as possible. Patient's back is also measured from side to side, so no area of back will be left untouched. This is the only massage bed that offers a custom massage experience in this way.



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Benefits of Ceragem Therapy: -

- Relief of minor muscles & joint pain stiffness, The main reason for getting Ceragem thermal therapy is to relieve different pain types such as knee pain, neck pain, and back pain. Ceragem can be done on individuals of any age, be it children or adults. It is a great alternative for people who have been suffering from long-term pain.
- Ceragem massage therapy increases body metabolism, which increases the supply of oxygen and nutrients to the body cells. This happens when the cells absorb infra-red heat.
- Relaxation of muscles, Apart from treating clinical conditions, it also helps the body relax. Physical relaxation leads to better emotional well-being by calming the mind.

The pressure points targeted during session include: -

- Benefits back and knee pain, spinal discs, circulation, kidney stones, cholesterol, and skin issues.
- Benefits the digestive system and helps with stomach and intestinal issues, ulcers, hernia, gas, and weight loss.
- Benefits the gallbladder and liver which helps with diabetes and other such illnesses.
- Benefits the respiratory system and sinuses, is a relief point for asthma, bronchitis and other respiratory issues.
- Benefits the cardiovascular system.
- Benefits blood pressure and shoulder pain.
- Benefits shoulder pain as well as circulation to the hands.
- Benefits the cranial systems and helps to reduce headaches, sinus pressure, and thyroid health.
- Benefits the lower extremities including knee and foot pain.
- Benefits the reproductive system including the prostate gland, ovaries, testis as well as the urinary tract.
- Benefits the lower back, lower intestine and the prostate gland.
- Benefits the skin as well as the abdomen and assists healing issues with ulcers and the uterus.



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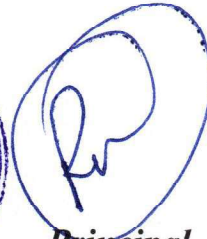
Conclusion: -

The faculty development program organized in IDOPT has been a success, and it has achieved its objectives. The program has helped in improving the therapeutic knowledge as well as teaching skills of the faculty members. The program has been well-received by the faculty members, and it has been successful in achieving its objectives.

Overall, the faculty development program has been a positive experience for the college, and it has helped in improving the quality of treatment and education.



**Report Made by
Mr. Durgesh Yadav**

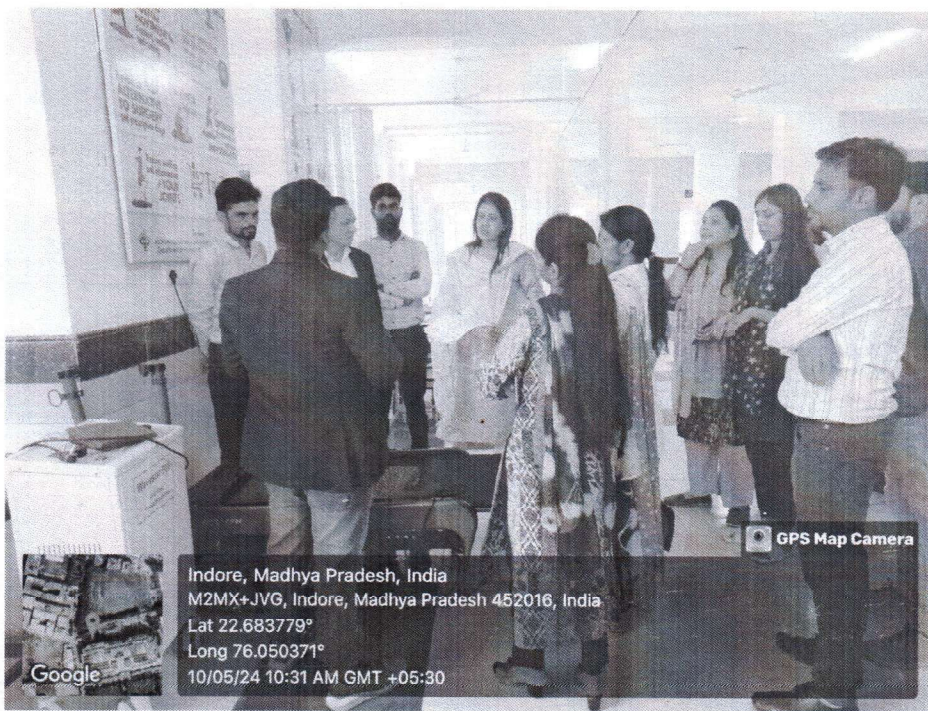


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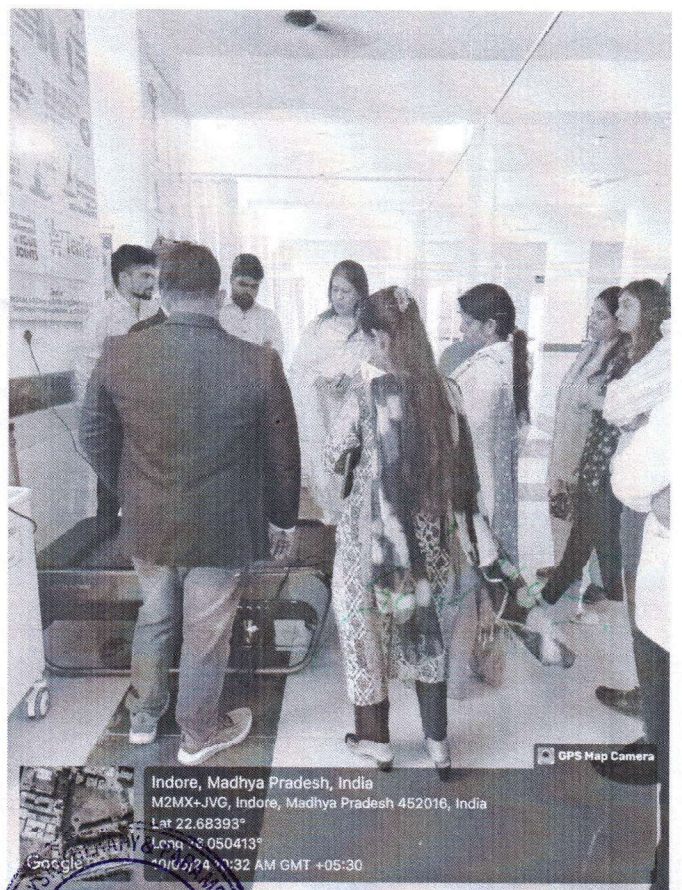
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An Introduction to the benefits and therapeutic uses of Ceragem Bed for faculty development



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An Introduction to the benefits and therapeutic uses of Ceragem Bed for faculty development





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Department of Physiotherapy and Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE

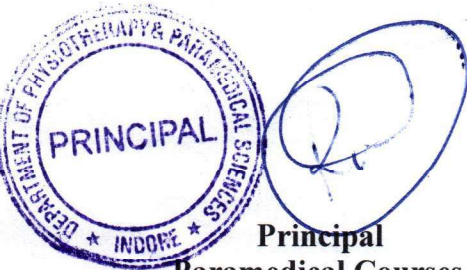
Ref No. IDOPT/PO/2024/305(B)

Date : 18/05/2024

An Introduction to the benefits and therapeutic uses of Ceragem Bed for faculty development programe.

Faculty Attendance Sheet

S.no	Year	Name of Teaching Staff	Course name	Resource Person	Date
1	2023-24	Dr. Reshma Khurana Dr. Alisha Kumawat Dr. Hitesh Vishwakarma Dr. Amit Nagar Dr. Arpita Mishra Dr. Shivi Trivedi Dr. Shobhit Tiwari Dr. Jayshree Kashyap Dr. Sandeep Patel Dr. Shivam Joshi Dr. Saurabh Lal Dr. Sunny Howard Dr. Varun Vyas Dr. Chhavi Jain Dr. Ravindra Kolhe Dr. Abhishek Rajoriya Dr. Neha Hardia Dr. Pranita Sharma Dr. Vaishali Patel Dr. Payal Jain Dr. Vidhi Tiwari Dr. Ashutosh Chorey Dr. Anjali Mehata Dr. Jayshree Panchal Dr. Shubham Mourya Dr. Ruchi Saxena Dr. Radhika Agrawal Dr. Muskan Pathak	Demonstration of Ceragem machine	Mr. Ramakant	10/05/2024



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This is to certify that

Dr. Reshma Khurana

has participated in the faculty development program on

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This is to certify that

Dr. Alisha Kumawat

has participated in the faculty development program on

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This is to certify that

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has participated in the faculty development program on

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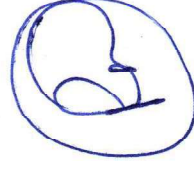
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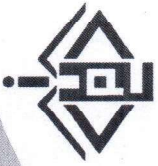


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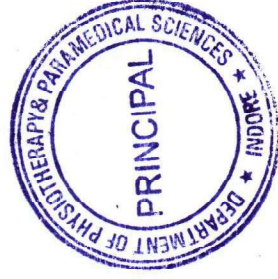
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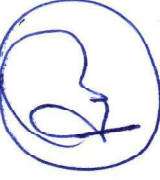
Dr. Sandeep Patel

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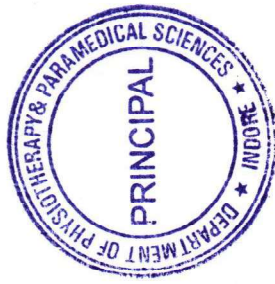
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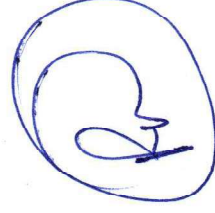
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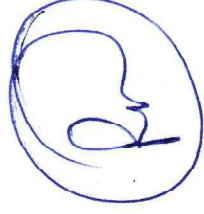
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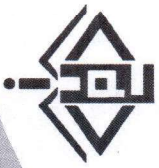
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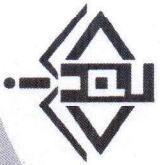
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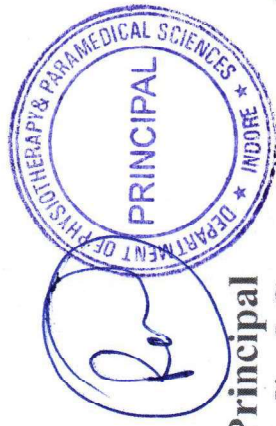
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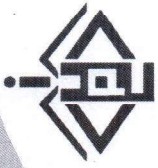
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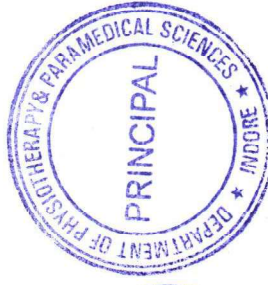
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This is to certify that

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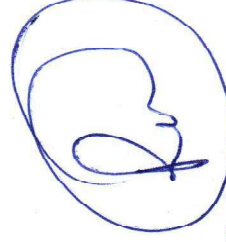
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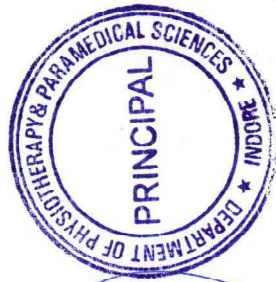
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