



Index Department of Physiotherapy & Paramedical Sciences

Malwanchal University, Indore



"Psychiatry Rehabilitation and
Mental Health for Physiotherapy
Students"

ABOUT

"Psychiatry Rehabilitation and Mental Health for Physiotherapy Students" explores the role of physiotherapy in mental health, focusing on assessment, intervention, and rehabilitation strategies for patients with mental health conditions.

Module

Module content includes: mental health fundamentals, psychopathology, assessment tools, therapeutic exercises, stress management, cognitive behavioral therapy, trauma-informed care, and interdisciplinary collaboration, with case studies and practical applications.

Eligibility Criteria :

BPT Students.
Resource Person
Dr. Garv Jani

Registration Fees: 0
Start Date:- 18/01/24 To 20
Schedule:- 09:00 to 04:00

Course Outcome

Upon completion, students will be able to assess and manage patients with mental health conditions, design evidence-based rehabilitation programs, and collaborate with interdisciplinary teams to promote holistic patient care.



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Malwanchal University
Indore (M.P.)





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Department of Physiotherapy & Paramedical Sciences



MALWANCHAL UNIVERSITY, INDORE

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 91 9755008280, +91 7024107465
Email : principalparamed@indexgroup.co.in, paramedical@indexgroup.co.in Website. Www.malwanchaluniversity/paramedical.co.in
City Office : 104, Trishul Apartment., 5, Sanghi Colony, A.B. Road, Indore M.P. -452008 (M.P.)

REF.NO.- IDOPT/PO/2024/

DATE: 04/01/2024

CIRCULAR

Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University is conducting **Psychiatric rehabilitation to promote mental health & wellness for BPT students**: the course will provide a depth knowledge on given topic.

*Topic: -**Psychiatric rehabilitation to promote mental health & wellness for BPT students**

*Date: 18/01/2024 - 21/01/2024

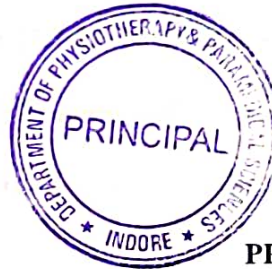
*Venue: Index department of physiotherapy and paramedical sciences.

*Resource Person: Dr. Garv Jani


You are expected to attend the above mentioned course to facilitate in-depth understanding of the topic and enhance the skills.

Faculties can enroll the names to Course Coordinator on or before 08/01/2024


COURSE COORDINATOR
DR. SURBHI RAJPUT




PRINCIPAL
PARAMEDICAL COURSES


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Department of Physiotherapy and Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE

Ref: - IDOPT/PO/2024/15/17

Date: 22/01/2024

Psychiatric Rehabilitation Report

Date -18/01/24 - 19/01/24

Introduction and Overview

- Psychiatric rehabilitation is a crucial aspect of mental health care that focuses on helping individuals with mental illnesses or disorders to recover and reintegrate into their communities. As physiotherapy students, understanding the principles and practices of psychiatric rehabilitation is essential to provide holistic care to patients with physical and mental health needs. This two-day report summarizes the key takeaways from the psychiatric rehabilitation workshop attended by physiotherapy students, highlighting the importance of promoting mental health and well-being in clinical practice.

Day 1: Understanding Psychiatric Rehabilitation

The first day of the workshop began with an introduction to psychiatric rehabilitation, its history, and core principles. The speaker emphasized the shift from a medical model to a recovery-oriented approach, focusing on patient-centered care and empowerment. Key concepts discussed included:

- The role of psychiatric rehabilitation in promoting mental health and well-being
- The importance of understanding mental health diagnoses, symptoms, and treatment options
- The concept of recovery and its application in clinical practice

The afternoon session focused on assessment and evaluation in psychiatric rehabilitation. The speaker discussed various assessment tools and techniques used to evaluate cognitive, emotional, and behavioral functioning. Participants engaged in group activities to practice using standardized assessment tools.

Day 2: Interventions and Strategies

The second day of the workshop explored various interventions and strategies used in psychiatric rehabilitation. The speaker discussed:

- Cognitive-behavioral therapy (CBT) and its application in psychiatric rehabilitation
- Family-centered care and the importance of involving family members in the rehabilitation process
- Group therapy and its benefits in promoting social skills and community integration

Participants participated in role-playing exercises to demonstrate CBT techniques and group therapy interventions.

The workshop provided valuable insights into psychiatric rehabilitation, emphasizing the importance of:

- Person-centered care and empowerment
- Interdisciplinary collaboration between healthcare professionals
- Understanding mental health diagnoses and treatment options
- Assessment and evaluation in psychiatric rehabilitation
- Effective interventions and strategies for promoting mental health and well-being

Clinical Applications for Physiotherapy Students



As physiotherapy students, the knowledge gained from this workshop can be applied in various clinical settings:

- Recognizing the impact of mental health on physical functioning and rehabilitation outcomes
- Developing sensitive and effective communication strategies for patients with mental health needs
- Collaborating with mental health professionals to provide comprehensive care
- Incorporating psychiatric rehabilitation principles into physiotherapy practice to promote holistic patient care

Conclusion

This two-day workshop provided physiotherapy students with a comprehensive understanding of psychiatric rehabilitation principles and practices. By integrating this knowledge into clinical practice, physiotherapy students can promote mental health and well-being, enhancing overall patient care and rehabilitation outcomes.

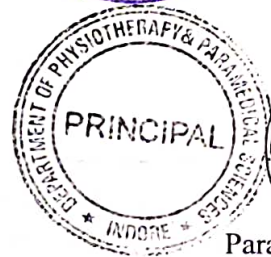
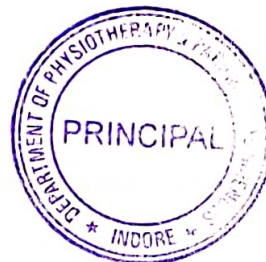
Resource Persons:

- Dr. Garv Jani

Duration:

Two days (16 hours)


Report Made by:
Dr. Surbhi Rajput



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Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

Value Added Course: Psychiatry Rehabilitation and Mental Health for Physiotherapy Students

Date: 18th-20th January 2024

Venue: Index Department of Physiotherapy and Paramedical Sciences College, Indore

Resource Person: Dr. Garv Jani

Course Overview:

This 3-day value-added course aims to equip Physiotherapy students with comprehensive knowledge and skills in psychiatry rehabilitation and mental health, enhancing their understanding of holistic patient care.

Day 1: Foundations of Psychiatry Rehabilitation

The first day covers:

- Introduction to Psychiatry Rehabilitation: Concepts and Principles
- Mental Health Conditions: Classification, Symptoms, and Diagnosis
- Therapeutic Communication: Building Rapport and Trust
- Psychosocial Interventions: Cognitive-Behavioral Therapy and Support Groups
- Role of Physiotherapy in Psychiatry Rehabilitation

Day 2: Mental Health Assessment and Management

The second day focuses on:

- Mental Health Assessment Tools: Screening and Evaluation
- Management of Common Mental Health Conditions: Anxiety, Depression, and Psychosis
- Pharmacological Interventions: Medication Management and Side Effects
- Non-Pharmacological Interventions: Relaxation Techniques and Mindfulness
- Case Studies and Group Discussions: Applying Psychiatry Rehabilitation Principles

Day 3: Practical Sessions and Project Work

The third day involves:

- Practical Sessions: Therapeutic Communication and Psychosocial Interventions
- Project Work: Developing Rehabilitation Plans for Mental Health Conditions
- Presentations and Feedback Session
- Viva Voce and Certificate Distribution

Course Objectives:

Upon completion, participants will:

1. Understand psychiatry rehabilitation concepts and principles.
2. Identify mental health conditions and develop assessment skills.
3. Apply psychosocial interventions and therapeutic communication techniques.
4. Integrate physiotherapy with mental health management.

Assessment and Certification:

Participants will be assessed through written quizzes, practical sessions, and project presentations.

Successful completion will result in a certificate from Index Department of Physiotherapy and Paramedical Sciences College, Indore.



Course Materials:

- Workshop manual
- PowerPoint presentations
- Handouts and worksheets
- Relevant journals and research articles
- Additional resources for further learning

Learning Outcomes:

- Enhanced understanding of mental health conditions and rehabilitation principles
- Improved communication skills for therapeutic interactions
- Ability to develop rehabilitation plans for mental health conditions
- Integration of physiotherapy with mental health management

Note: Participants are encouraged to engage actively in discussions and practical sessions to maximize learning outcomes.



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Psychiatric Rehabilitation to promote mental health and wellness for BPT students

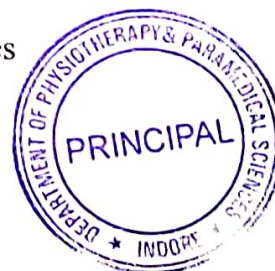


Dr. Garv Jani sir telling about mental health and wellness



Dr. Garv jani sir taking classes

Soakand
Rajendra
Maitwanth (University)
Indore (M.P.)



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Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

Topic:- Psychiatric Rehabilitation to Promote mental health and wellness

Resources Person: Dr. Garv Jain

Date 18/01/2024-21/01/2024

Student Attendance List (BPT 3rd, 4th year)

| S.NO | Name of Student | Signature |
|------|---------------------------------|----------------|
| 1. | BPT 3rd Year. Anjali Jaiswal | Anjali Jaiswal |
| 2. | Anjali Neekhra | Anjali |
| 3. | Archie Jadhav | Archie |
| 4. | Arpit Kushwah | Arpit |
| 5. | Bhavana Bhuriya | Bhavana |
| 6. | Chandan Doriya | Chandan |
| 7. | Charu Powar | Charu |
| 8. | Deepak Meena | Deepak |
| 9. | Deepika Goyal | Deepika |
| 10. | Dishika Agrawal | Dishika |
| 11. | Garima Sonwani | Garima |
| 12. | Geetanjali Koushal | Geetanjali |
| 13. | Gourang Panchole | Gourang |
| 14. | Harsh Sharma | Harsh |
| 15. | Kapil Patidar | Kapil |
| 16. | Khan Mehvish | Khan |
| 17. | Krishnapal Singh | Krishnapal |
| 18. | Kritika Patidar | Kritika |
| 19. | Kunjita Nargesh | Kunjita |
| 20. | Manisha Goyal | Manisha |
| 21. | Manwani Anshul | Anshul |
| 22. | Maya Jaiswal | Maya |
| 23. | Mehzabin Khan | Mehzabin |
| 24. | Mufeed Sheikh | Mufeed |
| 25. | Muskan Patidar | Muskan |
| 26. | Neha | Neha |
| 27. | Nikhil Patel | Nikhil |
| 28. | Nirali Patidar | Nirali |
| 29. | Prajal khandelwal | Prajal |
| 30. | Prathana Maske | Prathana |
| 31. | Rajput Aman Singh | Aman |
| 32. | Rajput Vidhi Vilas | Vidhi |
| 33. | Ratnesh mandloi | Ratnesh |
| 34. | Sakshi Joshi | Sakshi |
| 35. | Shiva Rathore | Rathore |
| 36. | Shivam Meena | Shivam |
| 37. | Shivani Patidar | Shivani |
| 38. | Shruti Shrivastava | Shruti |

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| | | |
|-----|--------------------------|---------------------|
| 39. | Simran Mehra | Simran |
| 40. | Somnath Verma | Somnath Verma |
| 41. | Tanisha Prajapat | Tanisha |
| 42. | Tanshika Patidar | Tanshika |
| 43. | Umesh Patidar | Umesh |
| 44. | Vaishnavi Soni | Vaishnavi |
| 45. | Varsha Patidar | Varsha |
| 46. | Veena Rao | Veena Rao |
| 47. | Vishranti Joshi | Vishranti Joshi |
| 48. | BPT- 4th year | |
| 49. | Aafrin Khan | Aafrin |
| 50. | Aastha Parmar | Aastha |
| 51. | Abhishek Chauhan | Abhishek |
| 52. | Ambika | Ambika |
| 53. | Ameesha | Ameesha |
| 54. | Anjali Dawar | Anjali |
| 55. | Ankit Rathore | Ankit Rathore |
| 56. | Asmit Patel | Asmit |
| 57. | Aayushi Maurya | Aayushi |
| 58. | Chetna Chouhan | Chetna |
| 59. | Devandra khakal | Devandra |
| 60. | Disha Baraskar | Disha Baraskar |
| 61. | Divyani Chouhan | Divyani |
| 62. | Garima Rathore | Garima Rathore |
| 63. | Gedam Chaitali Yogeshwar | Gedam Chaitali |
| 64. | Himanshi Satha | Himanshi |
| 65. | Ishika Yadav | Ishika Y. |
| 66. | Karan Bopcha | Karan B. |
| 67. | Nandini Parmar | Nandini |
| 68. | Pooja Khandekar | Pooja |
| 69. | Pranav Jadhav | Pranav |
| 70. | Prayag Solanki | Prayag |
| 71. | Prerna Carpenter | Prerna |
| 72. | Radharaman Meena | Rad Meena |
| 73. | Rane Divya Sonaji | Rane D. |
| 74. | Ravian Dawande | Ravian |
| 75. | Ritika Bhaduriya | Ritika Bha. |
| 76. | Rohit Meena | Rohit M. |
| 77. | Rohit Yadav | Rohit |
| 78. | Sagar | Sagar |
| 79. | Shubham Tiwari | Shubham |
| 80. | Simrandeep Sikh | Simrandeep |
| 81. | Swapnil Thergaonkar | Swapnil Thergaonkar |
| 82. | Vishesh Verma | Vishesh |
| 83. | Yashvi Bajpai | Yashvi Bajpai |

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Malwanchal University
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Resource Person
Dr. Garv Jain

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Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

Topic:- Psychiatric Rehabilitation to Promote mental health and wellness

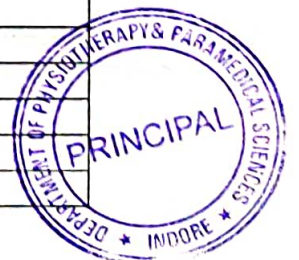
Resources Person: Dr. Garv Jain

Date 18/01/2024-21/01/2024

Student Registration List (BPT 3rd, 4th year)

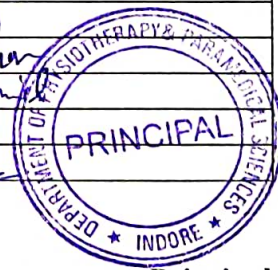
| S.NO | Name of Student | Signature |
|------|---------------------------------|------------|
| 1. | BPT 3rd Year. Anjali Jaiswal | Anjali |
| 2. | Anjali Neekhra | Anjali |
| 3. | Archie Jadhav | Archie |
| 4. | Arpit Kushwah | Arpit |
| 5. | Bhavana Bhuriya | Bhavana |
| 6. | Chandan Doriya | Chandan |
| 7. | Charu Powar | Charu |
| 8. | Deepak Meena | Deepak |
| 9. | Deepika Goyal | Deepika |
| 10. | Dishika Agrawal | Dishika |
| 11. | Garima Sonwani | Garima |
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| 14. | Harsh Sharma | Harsh |
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| 18. | Kritika Patidar | Kritika |
| 19. | Kunjita Nargesh | Kunjita |
| 20. | Manisha Goyal | Manisha |
| 21. | Manwani Anshul | Anshul |
| 22. | Maya Jaiswal | Maya |
| 23. | Mehzabin Khan | Mehzabin |
| 24. | Mufeed Sheikh | Mufeed |
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| 28. | Nirali Patidar | Nirali |
| 29. | Prajal khandelwal | Prajal |
| 30. | Prathana Maske | Prathana |
| 31. | Rajput Aman Singh | Rajput |
| 32. | Rajput Vidhi Vilas | Rajput |
| 33. | Ratnesh mandloi | Ratnesh |
| 34. | Sakshi Joshi | Sakshi |
| 35. | Shiva Rathore | Shiva |
| 36. | Shivam Meena | Shivam |
| 37. | Shivani Patidar | Shivani |
| 38. | Shruti Shrivastava | Shruti |
| 39. | Simran Mehra | Simran |

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|-----|--------------------------|------------|
| 40. | Somnath Verma | Somnath |
| 41. | Tanisha Prajapat | Tanisha |
| 42. | Tanshika Patidar | Tanshika |
| 43. | Umesh Patidar | Umesh |
| 44. | Vaishnavi Soni | Vaishnavi |
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| 52. | Ambika | Ambika |
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| 82. | Vishesh Verma | Vishesh |
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Resource Person
Dr. Garv Jain



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Department of Physiotherapy and Paramedical Sciences

Malwanchal University Indore

Topic:- Psychiatric Rehabilitation to Promote mental health and wellness

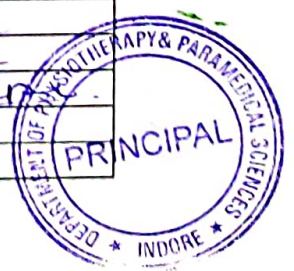
Resources Person: Dr. Garv Jain

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| 39. | Simran Mehra | |

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|-----|--------------------------|------------|
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| 74. | Ravian Dawande | Ravian |
| 75. | Ritika Bhaduriya | Ritika |
| 76. | Rohit Meena | Rohit |
| 77. | Rohit Yadav | Rohit |
| 78. | Sagar | Sagar |
| 79. | Shubham Tiwari | Shubham |
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| 81. | Swapnil Thergaonkar | Swapnil |
| 82. | Vishesh Verma | Vishesh |
| 83. | Yashvi Bajpai | Yashvi |

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Registrar
Maharaja University
Indore (M.P.)

Resource Person
Dr. Garv Jain

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PRINCIPAL

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