



Margdarsi
Foundation

Autonomous Institute Of Health Sciences

VRTAANT

Chronicle of Empowering Rehabilitation

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WELCOME TO THE **FIRST EDITION** OF THE INSTITUTE OF HEALTH SCIENCES QUARTERLY NEWSLETTER!

For over 25 years, the Autonomous Institute of Health Sciences (IHS) has held a steadfast mission: to be a pioneering force in the field of medical rehabilitation of people with all kinds of disabilities. Our unwavering dedication lies in helping individuals with disabilities live a fulfilling and integrated life within the society, regardless of their chronic conditions or disorders.

Our vision extends beyond simply providing medical intervention. We actively engage in manpower development in rehabilitation sector, conducting research to develop solutions and even public awareness programs like Hear Expos and Autism Day celebrations. These initiatives while aim to educate the public about early diagnosis, the importance of medical rehabilitation for various developmental disorders, also creates hope for the people with disabilities.

The past quarter has been a whirlwind of activity at IHS! We hosted a variety of events aimed at capacity building of professionals, sensitization of public, volunteering activities aimed at promoting inclusion and need for medical intervention through early diagnosis. These included:

- **Disability Rehabilitation Promotional Events**
- **Stakeholder Engagement**
- **Academic Advancements**
- **Campus Events**

At IHS, we are dedicated to providing a comprehensive range of services that support and empower individuals with disabilities. We believe everyone deserves the opportunity to reach their full potential, and our programs are designed to address their physical, mental, and social needs.

IHS is committed to extending our services beyond our walls. This quarter, we conducted:

- **Medical Camps:** We organized medical camps in underserved communities, providing essential medical screenings and consultations for speech and language disorder, hearing impairments etc.
- **Screening Activities:** We held targeted screening activities focused on audiology and physiotherapy, helping to identify and address potential needs within the community.

IHS is a breeding ground for intellectual pursuit. We host prestigious events like ISAM (International Symposium on Audiological Medicine), COMNCLAVE, PHYSIOCON, seminars, workshops etc.

fostering knowledge-sharing and innovation within the medical rehabilitation field. We also collaborate with organizations like NSS and Red Cross, amplifying our collective impact on the suffering humanity.

To achieve our ambitious goals, we actively seek collaboration with individuals, institutes, and organizations throughout the community. Whether it's volunteering your time, sharing resources, or leveraging your network, every contribution paves the way towards a more inclusive society. Remember, united action has the power to create lasting change.

IHS recognizes the importance of building strong social connections. We have established two unique programs to connect with the wider community:

- **Special Friends Program:** The people with disabilities are lonely, deprived of opportunity, education, jobs. A helping hand can bring such people into the mainstream. IHS welcomes individuals from the community who volunteer their time, resources, or connections to support IHS and the people with special needs. Thus, we call it the Special Friends Program!
- **Health Volunteer Program:** We collaborate with organizations like NSS (National Service Scheme) and Red Cross to integrate health volunteers into our programs. We create opportunities and encourage students to volunteer and provide valuable support and contribute to a more inclusive environment. Students pursuing education at school, college or university level are welcome to spend quality time for internship at IHS. Thus, this rehabilitation ecosystem can prepare the youth for a better future with empathy, compassion and focus on a more fulfilling life for themselves.

Join us in this transformative journey! Together, let's build a society where everyone has the opportunity to reach their full potential.





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DISABILITY REHABILITATION PROMOTION EVENTS

IIT Conference (3-4 Jan)

A collaborative effort between IIT Bhubaneswar and Nottingham Trent University aimed to improve inclusivity in Asian higher education. Funded by the Erasmus+ Programme, the "Embracing Diversity in ASIA" conference (January 3-6, 2024) offered workshops and discussions on best practices for supporting students with disabilities. Experts from the Autonomous Institute, including Prof. Satya Mahapatra, Ms. Nalini Mohanty, Mr. Vivek Kumar, and Mr. Rama Krishana Pattnaik, also shared their knowledge on topics like autism and assistive technologies. This international event fostered knowledge sharing and collaboration to create a more inclusive learning environment for all students.



NSS Special winter camp (8-14 Jan)

IHS organized 7 day winter special NSS health and awareness camp under the national service scheme in Daruthenga Gram Panchayat, Around 50 students under the leadership of Mr. Amulya Kumar Panda (NSS Coordinator) and Dr Durgesh Nandini (Faculty, Department of Physiotherapy) established a camp at the allotted site and conducted weeklong screening and awareness events pertaining to Audiology, speech language pathology, mental health and various physiotherapy interventions for the geriatric and pediatric population.



Blood Donation camp- Red cross (12 Jan)

A blood donation camp too was organised in collaboration with Indian Red Cross where the IHS students and staff enthusiastically participated and donated blood. The camp was a huge success and the residents of the village and their leaders appreciated the dedication with which our students and staff organised the event with meticulous planning and commitment.



Down Syndrome Day (21 March)

In collaboration with AIIMS Bhubaneswar, IHS hosted a Down Syndrome Day event on March 21st, 2024. Around 40 faculty members and resident doctors from AIIMS visited IHS campus and co-organized the said event. Featuring guest lectures from AIIMS faculty on various genetic and chromosomal disorders, Down syndrome, Karyotyping & Neonatal diagnostics, Molecular testing and Genetic Counselling and IHS's innovative therapies, the event aimed to raise awareness and foster future collaboration between the institutions.



Autism Day (2 April)

In a momentous event marked with community engagement, empathy, and a steadfast commitment to healthcare service, IHS in Bhubaneswar hosted a World Autism Awareness Day event on April 02, 2024 focused on community engagement and combating Autism Spectrum Disorder (ASD). Led by founder Prof. Satya Mahapatra, the event featured an engaging myth-busting session, challenging misconceptions surrounding autism and advocating for innovative multi-modal approaches, and the importance of collaboration between institutions, foundations, and individuals. This one of its kind event, served as a platform to bring together altruistic individuals and professionals from diverse institutions and philanthropic foundations to celebrate the remarkable strides made in the field of autism treatment in IHS and to renew the collective pledge towards combating ASD. The event also featured heartfelt testimonial videos showcasing the transformative journey of patients at IHS, who emerged empowered to lead fulfilling lives post-therapy, while discussions with stakeholders explored ways to further support those with ASD. The event concluded with appreciation for participating organizations and a call to action for continued progress.



The delegates too voiced their admiration for the IHS establishment, its leadership and staff for advancing research backed therapeutic intervention in the field of disability rehabilitation.



Director invited to YRC event (19 March)

On 19th March 2024 Maharshi women's degree college, Bhubaneswar organized a Youth Red Cross social awareness programme named "Be the friend of Dibyangra". Prof Satya Mahapatra, Director of IHS was cordially invited to deliver a talk on disability that comprehensively covered various legal acts related to disability rehabilitation which have been introduced by the government of India, over last four decades. He traced his own journey as a professional actively engaged in the said domain spearheading the rehabilitation effort in the state of Odisha through his brain child the Margdarsi Foundation and the IHS. Prof Mahapatra diligently explained about various types of disabilities, the physiological and social facets of them. He linked many prevailing health conditions to our modern behavior and threw light on the concept of disability adjusted life years which is alarmingly having a dysfunctional impact on the contemporary society. The talk was well received by the students and the faculties who enthusiastically engaged with the esteemed speaker and showed interest in visiting the IHS campus.

STAKEHOLDER ENGAGEMENT

IIT conference delegates visiting IHS (5 Jan)

Delegates who attended the Diversasia conference held in the IIT, Bhubaneswar Campus visited the IHS Chandaka campus on 6th January 2024 to explore opportunities for research collaboration and mutual cooperation. around 35 delegates from various institutions of national and international repute (for ex. Nottingham University, England) went around various clinical facilities in IHS and admired the advanced cutting-edge treatment provided to patients suffering from various physical and developmental disorders. In a session held in the IHS academic Block our esteemed Director addressed them and gave a brief presentation on the evolution of IHS as the pioneer institution in disability rehabilitation in the state and highlighted possible areas of formal cooperation.



LIC Bus gifting (20 March)

The Margdarsi Foundation, a disability rehabilitation organization in Bhubaneswar, received a significant boost through a renewed collaboration with Life Insurance Corporation of India (LIC). As part of LIC's golden jubilee CSR initiative, LIC Bhubaneswar generously donated a bus to transport individuals receiving treatment at Margdarsi. A ceremony at the Margdarsi headquarters marked the occasion, with senior LIC officials handing over the keys to Prof. Sathya Mahapatra, Founder Director of Margdarsi. The event included a video highlighting Margdarsi's achievements and a pledge from LIC to continue supporting their rehabilitation efforts.



Mera Pehla Vote awareness session (29 March)

IHS organized a session on Mera Pehla Vote for sensitizing the first-time voters, who hold the power to shape the future of our democracy. Voting is not just a right but a responsibility towards building a better nation. To help the students understand the significance of their first vote and the role it plays in our democratic process, a special session on "Exercising Your First Vote: Awareness and Responsibility." was conducted on 29th March, 2024.

The session covered the following issues:

- 1.The importance of voting in a democratic society.
- 2.How one's vote impacts local and national decisions.
- 3.The significance of informed voting and how to research candidates and issues.
- 4.Practical steps for registering and casting your vote.
- 5.Rights and responsibilities of a voter.

Dr Bhabani Shankar Padhy, Principal, IHS, Dr Rituparna Mohanty, Faculty, Department of Physiotherapy, and Dr Priyanka Mishra, Faculty Department of Psychology provided valuable insights and guidance to empower the students to make informed decisions when they step into the voting booth for the first time.

Foundation Day- Empathy (17 April)

IHS Celebrated 25 Years of Inspiring Hope in the Fight Against Disability.

The journey of IHS is an endearing odyssey of vision, aspiration, struggle and accomplishment. Disability often invokes the crippling emotion of helplessness, shifting the focus from treatment to social isolation and custodial care resulting in aggravating the impairment. IHS remains the pioneer in providing professional medical care to thousands of people rehabilitating them successfully by providing them functional independence and necessary skills. On 17 April 2024, IHS commemorated its 26th foundation day as Empathy Day. The event was formally inaugurated by the honourable chief guest Mr Lalith Das, DGP Human Rights and Guest of Honour Mrs Abha Mishra (Head, UNDP). Professor Satya Mahapatra the Founder Director of IHS highlighted IHS's contribution in transforming helplessness to hope by bringing back thousands of individuals with disability to the social mainstream in the last 25 years. He elaborated on the Institute's continuous stride in research and development focusing on providing technological solutions towards rehabilitation. The evening was replete with fabulous cultural extravaganza consisting of melodious songs and vibrant dances prepared and presented by the students of IHS. The presentations were diverse; from the classical Odissi to refreshing folk dance and a medley of old and new songs. Another highlight of the Empathy Day was the participation of parents, alumni and interns who are integral part of the IHS family. Empathy -2024 became a cherished event carefully planned and meticulously implemented by the staff, faculty members and students of IHS.



ACADEMIC ADVANCEMENT

ISAM (24-25 Feb)

International Symposium on Audiological Medicine (ISAM) was hosted on 24-25 February 2024 by IHS at Chandaka, Bhubaneswar, India. ISAM 2024 with the theme of "Advancing Audiology: Bridging Research and Practice" aimed to unite cutting edge research with practical applications in hearing rehabilitation. The conference hosted academics, researchers, practitioners and students in the field of audiology on the same platform. It provided opportunities to discuss latest advancements, share and exchange knowledge and promote professional collaborations.

The conference focused on a range of topics such as causes of hearing loss in children, evidence-based hearing assessment, hearing aid fitting, cochlear implant and assessment & management of tinnitus. Additionally, sessions on recent technological advancements, i.e. Audiological engineering and social audiology were held.



Cupping Therapy (25 April)

IHS Bhubaneswar held a Cupping Therapy Workshop led by Dr. Pradyot Kumar Kuila(PT). The workshop aimed to educate participants on the history, practices, and safety of cupping therapy, with a focus on integrating it effectively into existing healthcare approaches. The day included lectures and practical sessions on various cupping techniques, providing a valuable learning experience for faculty and students.



IPR Seminar (26 April)

IHS commemorated the World Intellectual Property Day on 26th April by conducting a Faculty Development Program on "Harnessing Intellectual Property and Copyrights for Institutional Growth". The FDP was conducted by subject matter experts Dr Santosh Mohanty, and IP attorneys: Ms. Samreen Iboo Sait and Ms Sannidhi Mahapatra who provided interesting insights into the world of IP, patents, copyrights and its contribution in enhancing the organizational and professional value.



CAMPUS EVENTS

Annual Sports (23-24 Jan)

The IHS sports meet held on 23rd and 24th January was a resounding success, promoting team spirit, unity and sportsmanship. It provided an excellent platform bringing our students together in celebration of sports. There were almost more than a dozen tournaments, athletic and team events where students participated enthusiastically and excelled. The sports meet was organized by Mr Ramakrishna Pattanayak, Training Coordinator, Department of Yoga and Naturopathy and Dr Vivek Kumar, Faculty Department of Audiology and speech language pathology.



Republic Day (26 Jan)

Republic Day was celebrated on 26th January 2024 with great patriotic fervour in the IHS campus. After the national flag was hoisted by the esteemed Director, the students and staff presented a bouquet of cultural presentations; dances and songs showcasing the salient patriotic spirit of the day. Students also spoke about the importance of republic day and the citizen's responsibility in upholding the valued democratic tradition of India. The republic day was made truly remarkable as both the staff and students came together to plan and organize a beautiful event in the campus.



Saraswati Puja (14 Feb)

Saraswati Puja was organized on 14th February 2024 in the institute campus. The senior students of both BPT & BASLP took proactive initiative in planning and organizing the event quite flawlessly. The esteemed Director led the IHS community in participating in the sacred rituals symbolizing the invocation of Goddess Saraswati on to the seat of higher learning. The beautiful decoration of the altar, the atmosphere filled with sacred chants and devotional splendor and the wholesome participation of students and staff of IHS turned the event to a grand success.

Holi (25 March)

IHS was drenched in the festive color of spring as it celebrated Holi in its premises on 25th March 2024. As the gentle breeze brought out the innermost happiness on to the surface the students and staff joined in an ecstatic celebration throwing vibrant colors on each other. It was a unique event showcasing the IHS way of enthusing passion and creative expression actualized in the spirit of unity and brotherhood.

Special Friends

IHS Bhubaneswar started a new and unique concept of the Special Friend of Person with Disability that embodies a profound vision of inclusivity, compassion, and solidarity. At its core, this initiative seeks to bridge the gap between individuals with disabilities and the broader community by fostering understanding, support, and genuine companionship.

This group of over 24 individuals was formed with the dual goals of bringing together people with different experiences, skills, and viewpoints to work together to improve the lives of those with disabilities. Through bringing people from all walks of life together, this project acknowledges the intrinsic worth of diversity and the ability of teamwork to bring about significant change.

The idea of joining hands in solidarity to overcome obstacles and challenges faced by people with disabilities is fundamental to the mission of the Special Friend of Person with Disability. This solidarity is about more than just helping others or giving to charity; it's about creating real connections, establishing bonds based on respect and empathy, and acknowledging the inherent value and dignity of every person.

Ultimately, the aim and vision of the Special Friend of Person with Disability initiative extend beyond mere charity or assistance; it's about building a more inclusive, equitable, and compassionate society where every individual, regardless of ability, can thrive and contribute their unique talents and perspectives. Through collective action and solidarity, we can create a world where everyone is valued, supported, and empowered to reach their full potential.

Awards

The foundation day Empathy-24 also provided us with an opportunity to celebrate various achievements of our students. Around 70 gold and 15 silver medals were awarded to students for their spectacular performance in various sports and athletic events organized during the institute sports meet. Similarly, special awards were given to a selected few for their academic performance.

1. Academic Excellence Award B.ASLP- Ms. Snigdha Rani Behera
2. Academic Excellence Award BPT- Ms. Sandhyarani Sahoo
3. Commendable Social service – Mr Manas Nayak
4. Highest Attendance – Ms. Monalisa Kar (BASLP)
5. Highest Attendance – Mr. Abhaya Pratap Behera (BPT)

Stay tuned for the next edition of the IHS Quarterly Newsletter, where we will share more inspiring stories and updates on our ongoing work.

Thank you for your continued support!

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