



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

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**Ref No-IHS/Pri/858(d)/22-23**

**Date: 12/07/2023**

To  
Sukanya Mahakul  
Clinical Psychologist  
SCB Medical College and Hospital  
Cuttack

Sub: Invitation for conducting Positive Psychiatry and Mental Health programme for UG students of IHS

Madam,

Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in Psychiatry and Mental Health with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.

We shall suggest your professional services as voluntary support for the IHS, a unit of Margdarsi, i.e. a non-profit organization. Your support will go a long way in shaping the career of the future professionals in disability rehabilitation in India. You may please conduct the program at your convenient time in the campus of IHS.

With warm regards.

Yours Sincerely

Dr. Vijendra K Morla  
The Principal  
Institute of Health Science,  
Bhubaneswar

Director  
Institute of Health Sciences  
Bhubaneswar



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Dt: 13/07/2023

To,  
The Principal  
Institute of Health Science,  
Chandaka,  
Bhubaneswar.

Sir,

With reference to your letter, I am glad to accept your intimation to provide professional services on Positive Psychiatry and Mental Health for undergraduate students of BPT & BASLP.

With regards  
Yours faithfully

Sukanya Mahakul  
Clinical Psychologist  
SCMCH

Director  
Institute of Health Sciences  
Bhubaneswar



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## One day session on Analytical Skills(Positive Psychiatry and Mental Health)

**Date:** 15/07/2023

**Mode of Training:** Offline

**Time:** 3:00p.m - 5:00 p.m

Analytical Skill (Positive Psychiatry and Mental Health )program was conducted for the undergraduate students of Institute of Health Sciences in the campus of IHS. Students attended a session by Mrs. Sukanya Mahakul, expertise in positive psychology and psychiatry by providing a comprehensive and engaging learning experience.


### Objectives:

- To raise awareness about the significance of mental health and well-being.
- To understand the principles and concepts of mindfulness.
- To explore the impact of positive emotions and interventions on mental health.
- To equip participants with practical tools for enhancing resilience and coping mechanisms.
- To discuss the integration of positive psychology in psychiatric practice.

The workshop introduced positive psychiatry, emphasizing its differences from traditional approaches. It discussed the role of positive emotions in mental health, positive interventions, resilience and coping strategies, and the mind-body connection between physical and mental health. Participants learned about the importance of Mindfulness, about exercise and nutrition in mental well-being. The workshop also highlighted the application of psychological principles in clinical settings and encouraged participants to incorporate positive psychology into their professional practices.

The Positive Psychiatry and Mental Health workshop received positive feedback from participants, who appreciated its comprehensive coverage of positive psychiatry and its practical applications in promoting mental well-being. Participants expressed enthusiasm for integrating positive psychology interventions into their professional practices. The organizers aim to continue organizing workshops to promote positive mental health practices in psychiatry.

Lastly, the students were asked to give feedback and queries regarding the session and was closed with a vote of thanks by Dr. Vijendra Kumar Morla( Principal, IHS).



Director  
Institute of Health Sciences  
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Director  
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**Ref No-IHS/Pri/858(e)/22-23**

**Date: 11/07/2023**

To

Mr. Jasobant Narayan Singhlal  
Founder and Managing Director,  
Identity Groups and Training,  
Identity Foundation Trust,  
Career map

Sub: Invitation for conducting Employability and Soft Skills development program for UG students of IHS

Sir,

Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in the Employability skill and Soft skills with the UG students of IHS, pursuing BPT & BASLP degree.

We shall suggest your professional services as voluntary support for the IHS, a unit of Margdarsi, i.e. a non-profit organization. Your support will go a long way in shaping the career of the future Professionals in disability rehabilitation. You may please conduct the program on 17th July 2023 at 10:30 a.m.

With warm regards  
Yours Sincerely

Dr. Vijendra K Morla  
The Principal  
Institute of Health Science,  
Bhubaneswar

Director  
Institute of Health Sciences  
Bhubaneswar



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Dt: 13/07/2023

To,  
The Principal  
Institute of Health Science,  
Chandaka,  
Bhubaneswar.

Sir,

With reference to your letter, I am glad to accept your intimation to provide professional services on Employability Skill and Soft skill for undergraduate students of BPT & BASLP.

With regards  
Yours faithfully

Mr. Jasobant Narayan Singhlal  
Founder and Managing Director,  
Identity Groups and Training,  
Identity Foundation Trust,  
Career map  
Bhubaneswar

Director  
Institute of Health Sciences  
Bhubaneswar



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## One day session on Soft Skills and Employability Skills

**Date:** 17/07/2023

**Mode of Training:** Offline

**Time:** 9:00a.m - 1:00 p.m

Employability Skills development program was conducted for the undergraduate students of Institute of Health Sciences in the campus of IHS. Students attended a session by Mr. Jasobanta Narayana Singhlal, expertise in career counselling and was involved to provide guidance on employability skills and job search strategies.


### Objectives:

- To raise awareness about the importance of employability skills in the healthcare profession.
- To identify and develop key employability skills required for BPT and BASLP graduates.
- To provide guidance on job searching techniques, resume writing, and interview preparation.
- To enhance communication and interpersonal skills for effective patient interaction.
- To offer insights into career options and opportunities in the field of BPT and BASLP

The employability skill development workshop was organized to equip undergraduate students pursuing Bachelor of Physiotherapy (BPT) and Bachelor of Audiology and Speech-Language Pathology (BASLP) degrees with essential skills and knowledge to enhance their employability prospects. The workshop aimed to bridge the gap between academic learning and real-world job requirements, providing students with practical tools to succeed in their future careers.

The workshop focused on employability skills for BPT and BASLP graduates, emphasizing their importance in the healthcare job market. Participants learned about communication, interpersonal, professionalism, ethics, resume writing, interview preparation, job searching techniques, and career opportunities in BPT and BASLP. The workshop received positive feedback from participants, who felt more confident about their career prospects and better equipped to navigate the job market. The knowledge and skills acquired during the workshop are expected to enhance employability and prepare students for successful careers in the healthcare profession. The organizers plan to continue conducting these workshops regularly to support students in their transition from education to employment.

Lastly, the session was concluded by vote of thanks by Dr. Vijendra Kumar Morla.



Director  
Institute of Health Sciences  
Bhubaneswar






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**Ref No-IHS/Pri/858(f)/22-23**

**Date: 13/07/2023**

To  
Dr. Prativa Shree  
Assistant Professor (Senior)  
PhD Coordinator, Department of Yogic Science  
Faculty of Health & Wellness,  
Sri Sri University

Sub: Invitation for conducting Human Value development program for UG students of IHS

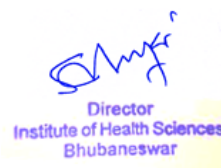
Madam,

Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in the Human Values with the UG students of IHS, pursuing BPT & BASLP degree.

We shall suggest your professional services as voluntary support for the IHS, a unit of Margdarsi, i.e. a non-profit organization. Your support will go a long way in shaping the career of the future Professionals in disability rehabilitation.

With warm regards  
Yours Sincerely

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The Principal  
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Dt: 15/07/2023

To,  
The Principal  
Institute of Health Science,  
Chandaka,  
Bhubaneswar.


Sir,

With reference to your letter, I am glad to accept your intimation to provide professional services on Human Value development for undergraduate students of BPT & BASLP.

With regards  
Yours faithfully

*Dr. Prativa Shree*

Dr. Prativa Shree  
Assistant Professor (Senior)  
PhD Coordinator, Department of Yogic Science  
Faculty of Health & Wellness,  
Sri Sri University

  
Director  
Institute of Health Sciences  
Bhubaneswar



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## One day session report on Human Value Development

**Date:** 19/07/2023

**Mode of Training:** Offline

**Time:** 9:00a.m - 1:00 p.m

Human Value development program was conducted for the undergraduate students of Institute of Health Sciences in the campus of IHS. Students attended a session by Dr. Prativa Shree, expertise in Yoga, Psychology, Ethics and Personal Development.

### Objectives:


- To emphasize the significance of human values in personal and social development.
- To encourage participants to identify and embrace their core values.
- To facilitate discussions on the application of values in decision-making and interactions.
- To explore strategies for nurturing empathy, compassion, and ethical behavior.
- To inspire participants to become agents of positive change in their spheres of influence.

The Human Value Development workshop explored the importance of human values in shaping individuals and societies. Participants engaged in exercises to identify core values, such as honesty, compassion, respect, and integrity.

The facilitator guided participants in applying values in real-life situations, focusing on empathy and compassion. She also discussed ethical dilemmas and the role of individuals in creating positive change in their communities.

Participants learned strategies for cultivating these qualities, fostering understanding, and promoting harmonious relationships. The workshop was impactful and thought-provoking, allowing participants to reflect on their values, engage in meaningful discussions, and learn practical strategies for personal growth and ethical behavior. Open dialogues allowed for diverse perspectives on moral challenges and discussion.

Lastly, the session was wrapped with a vote of thanks by Dr. Vijendra Kumar Morla.



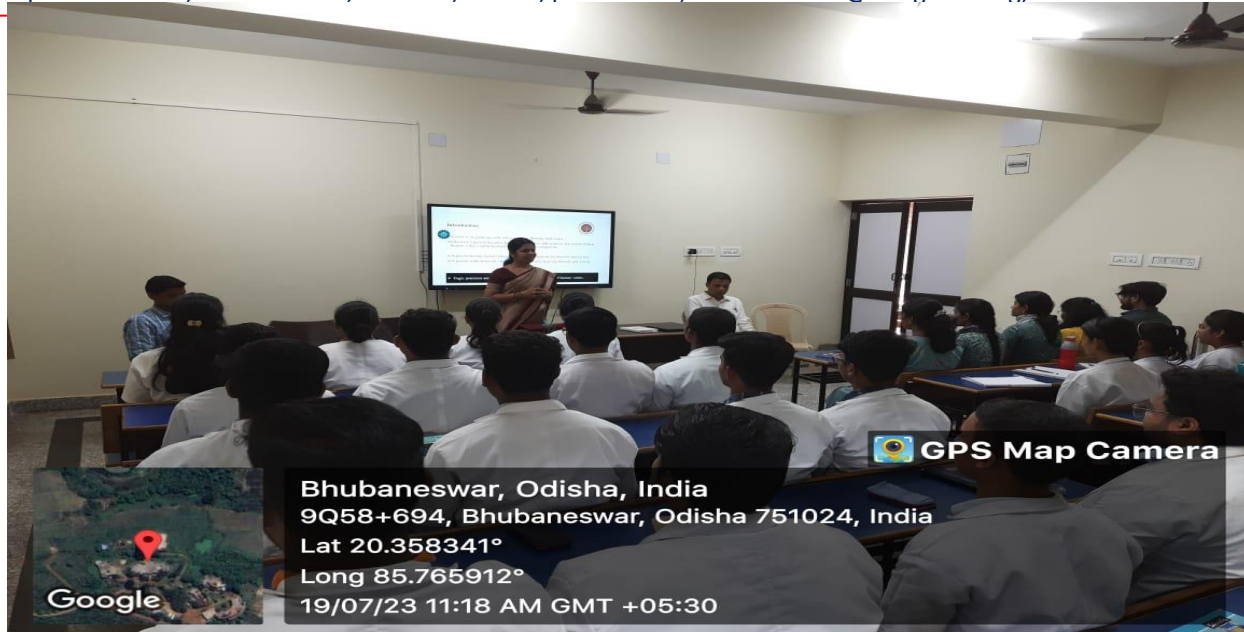
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Institute of Health Sciences  
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