



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

Ref No-IHS/Pri/857(a)/22-23

Date: 13/05/2022

To
Ramkrishna Pattanayak
Training Coordinator
Department of Yoga
IHS, Bhubaneswar

Sub: Invitation for conducting of Yoga and Wellness programme for UG students of IHS Sir,

Greetings from the institute of Health sciences (IHS). We invite you to share your expertise in Yoga and Wellness with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.

We shall suggest your professional service 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 Regards
Yours Sincerely

Subhasmita Sahoo
The Principal
Institute of Health Science,
Bhubaneswar



Director
Institute of Health Sciences
Bhubaneswar



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

Dt: 14/05/2022

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

Dear Madam,

With reference to your letter, I am glad to accept your intimation to provide professional services on Yoga and wellness training for undergraduate students of BPT & BASLP.

I have planned to conduct a three day training program for an interval of two hours . Activity plan is attached herewith.

With regards
Yours faithfully

Ramkrishna Pattanayak
Training Coordinator IHS,
Bhubaneswar



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

Plan for training session on yoga and wellness

DAY 1:

- AUM Chanting
- Mantra Chanting
- Introduction and Relevance of Yoga in Modern time
- Pawanmuktasana (Practice and its effect on body and mind)
- Surya Namaskar
- Savasana
- Nadi Shodhan Pranayama
- Contradictions and Benefits of today's practice.

DAY 2:

- AUM Chanting
- Mantra Chanting
- Joint Mobilizations
- Surya Namaskar
- Asanas (Selected for this training programme, it's Contradictions and Benefits)
- Savasana
- Kapal bhati and Nadi Shodhan Pranayama
- Observation Meditation
- Yoga Nidra
- End with AUM chanting DAY 3:

- AUM Chanting
- Mantra Chanting
- Pawanmuktasana (Joint movements)
- Surya Namaskar
- Asanas (Selected for this training programme and its Contradictions and Benefits)
- Kapal bhati and Nadi Shodhan Pranayama
- Kapal bhati and Nadi Shodhan Pranayama
- Observation Meditation



Director
Institute of Health Sciences
Bhubaneswar



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

- Yoga Nidra (pratyahara practice)
- Question answer with participants
- End With AUM chanting

3 days Training report on Yoga and Wellness

Duration: 17/05/22, 18/05/22 and 19/05/22

Time: 9:00 a.m - 10:00 a.m (BPT) 11:00a.m - 12:00 p.m (BASLP)

Yoga and Wellness training was conducted for the undergraduate students of Institute of Health Sciences in the campus of IHS. This training programme was conducted by Mr. Ramkrishna Pattanayak as a trainer. All the students of BPT and BASLP attended the training programme. The aim of the training programme is to promote physical, mental and spiritual well being through Yoga.

Objective

- ☐ To foster a calmness of the mind
- ☐ To reduce symptoms of anxiety and stress
- ☐ To increase the flexibility & support to joints
- ☐ To bring awareness of the fundamentals of Yoga for wellness in the daily life
- ☐ To boost cardio health and respiratory system

Yoga is an ancient and complex practice rooted in Indian philosophy. It began as a spiritual practice but today it has become popular as a way of promoting physical and mental well being.



Director
Institute of Health Sciences
Bhubaneswar



IHS

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

Yoga is just not about physical exercise but it can be helpful for anxiety associated with various life situations such as medical conditions or stressful life events(educational programme), it has been seen that Yoga can have a positive impact on a person dealing with these situations.

No single reason is driving people to millennia old practice . It is said that the popularity of Yoga is due to the combination of physical and mental health benefits, that is uniting the mind & body by use of breath.

During this training programme the students were educated with the basic concepts of Yoga for wellness. The trainer taught some Yogic postures, and relaxation techniques with its importance on health and wellness.

The session ended with the interaction between the trainer and participants about the benefits of Yoga and positive impact of Yoga in daily life. The students were asked to give feedback about the training.

The programme closed with vote of thanks by Mrs. Subhasmita Sahoo (Principal IHS).



Director
Institute of Health Sciences
Bhubaneswar



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




Director
Institute of Health Sciences
Bhubaneswar

Pioneer institution imparting Bachelor & Master's degree in Audiology and Speech Language Pathology and Physiotherapy
Modern Diagnostic & Complete Treatment center for Hearing Impairment, Multi Modal Therapy for CP, MR, Autism, Learning Disability, Therapy for speech defects, Musculo, Skeletal disorders and Neurological Problems.



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

Ref No-IHS/Pri/857(b)/22-23

Dt: 07/06/2022

To
BK Asmita
Rajyoga Trainer & Motivational Speaker, Mount Abu
Rajasthan

Sub: Invitation for conducting of Human Value development programmeMadam,

Greetings from the institute of Health sciences (IHS). We invite you to share your expertise in Human values with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.

We shall suggest your professional service 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 Regards
Yours Sincerely

Subhasmita Sahoo
The Principal
Institute of Health Science,
Bhubaneswar



Director
Institute of Health Sciences
Bhubaneswar



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

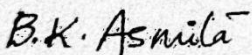
Dt: 09/06/2022

To,
The Principal
Institute of Health Sciences
Bhubaneswar

Dear Madam,

With reference to your letter, I accept your invitation to provide professional services to your organization and to conduct a Human value development programme for the undergraduate students of IHS.

With Regards,
Yours Sincerely



BK Asmita
Rajyoga Trainer & Motivational Speaker,
Mount Abu
Rajasthan



Director
Institute of Health Sciences
Bhubaneswar



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

Training Report on Human Value development

Duration: One day

Date: 17/06/2022

Time: 10am-5pm

Venue: Conference room

Participants: All BPT & BASLP

One day training programme on soft skill development for Stress management was conducted in the campus of IHS, Chandaka, students of BPT & BASLP participated in the training programme.

The training, an inaugural session, was held in the presence of the resource person, BK Asmita, Mount Abu, Rajasthan.

In this inaugural function the resource person shared about the objectives of this one day training programme, and interacted with participants. The Principal of the institute Mrs. Subhasmita Sahoo, also talked about the importance of Human values.

Objectives of the training programme

- ☐ To create awareness and commitment to values for improving the quality of life.

Values are beliefs that have an inherent worth in importance to an individual. Just identifying one's aspiration is not enough, a person must know how to fulfill their aspirations. Generally, a person tends to pursue their goals in a variety of ways as per their appraisals and beliefs. An individual keeps on trying and making mistakes yet learning from those mistakes and try not to make those in future and improvising their ways to achieve their goal, this is how human beings have been moving on.





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

A complete understanding of human values gives us a definite way to fulfill the aspiration. Human values are a necessity in today's society and educational world. Human values are features that guide people to take into account the human element when one interacts with others. The human values have many positive characters that create bonds of humanity between people and thus have value for all human beings.

The training resource person BK Asmita explained the importance of human values like empathy, listening, acceptance, appreciation, civility, respect and many others. She also explained how these human values can help a person to promote a good and healthy lifestyle and maintain a healthy state of mind and peace with others and self.

She talked about many real life situations where inculcating these values helped a person to enhance his/her quality of life and changed a person's perspective of how they see the world around them.

The training programme was closed with a vote of thanks to all participants.



Director
Institute of Health Sciences
Bhubaneswar



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




Director
Institute of Health Sciences
Bhubaneswar

Pioneer institution imparting Bachelor & Master's degree in Audiology and Speech Language Pathology and Physiotherapy
Modern Diagnostic & Complete Treatment center for Hearing Impairment, Multi Modal Therapy for CP, MR,
Autism, Learning Disability, Therapy for speech defects, Musculo, Skeletal disorders and Neurological Problems.



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

Ref No – IHS/Pri/857(c)/ 22-23.

Date: 17/06/2022

To,
Mrs. Pushpa Maharana
M.A.in English
Bhubaneswar

Sub: Invitation to conduct Language and Communication Skills training for undergraduate students of IHS

Madam,

Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in Yoga & Wellness 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

Subhasmita Sahoo
The Principal
Institute of Health Science,
Bhubaneswar



INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640,
Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org,



Dt: 19/06/2022

To,
The Principal
Institute of Health Science,
Bhubaneswar

Dear Madam,

With reference to your letter on 15.06.2022, I accept your invitation to provide professional services to your organization and to conduct Language and Communication Skills training for your undergraduate students.

With Regards,
Yours Sincerely,

Mrs. Pushpa Maharana
M.A.in English
Bhubaneswar



One day Training Report on Language and Communication Skills development

Date: 23/06/2022

Venue: Balmukund Conference Hall, IHS

Time: 10am-5pm

Language and Communication Skills development for BASLP and BPT students of IHS was conducted at the conference hall, Chandaka Campus, IHS. All the students of BASLP and BPT participated in the training programme.

Mrs Pushpa Maharana was the trainer for the one day training on Language and Communication Skills development.

Objectives

By the end of this language and communication skills training, the participants will have Recognized different styles of communication and how to improve understanding and build rapport with others. Reflected on different methods of communication and decided when each is most suitable.

Communication is both an art and a science. It often involves acts of speaking and listening, reading and writing, but it also goes beyond these and incorporates the transmission of non-verbal language and messages communicated by other means. The act of communicating verbally serves to convey how we feel and how we think of others. Increasing knowledge and awareness of some of the components involved in effective communication can serve to improve how we use those components personality.



INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 251
Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, we



The purpose of communication skills training is to improve the ability to inform and persuade. Communication is a core skill for professionals. Communication training courses enhance verbal and written communication skills, improving the quality and effectiveness of communication.

Communication training courses teach practical techniques to enable participants to assemble thoughts and communicate them effectively, whether in a meeting, conference or at the desk. This training programme helps to understand how to improve the communication skills and get the point across clearly and concisely.

In the training program, some exercises, energizers were conducted to make the training program more interesting. At the end, feedback from the students was also collected by the trainer.

Finally, the training programme was closed with a vote of thanks to all participants.

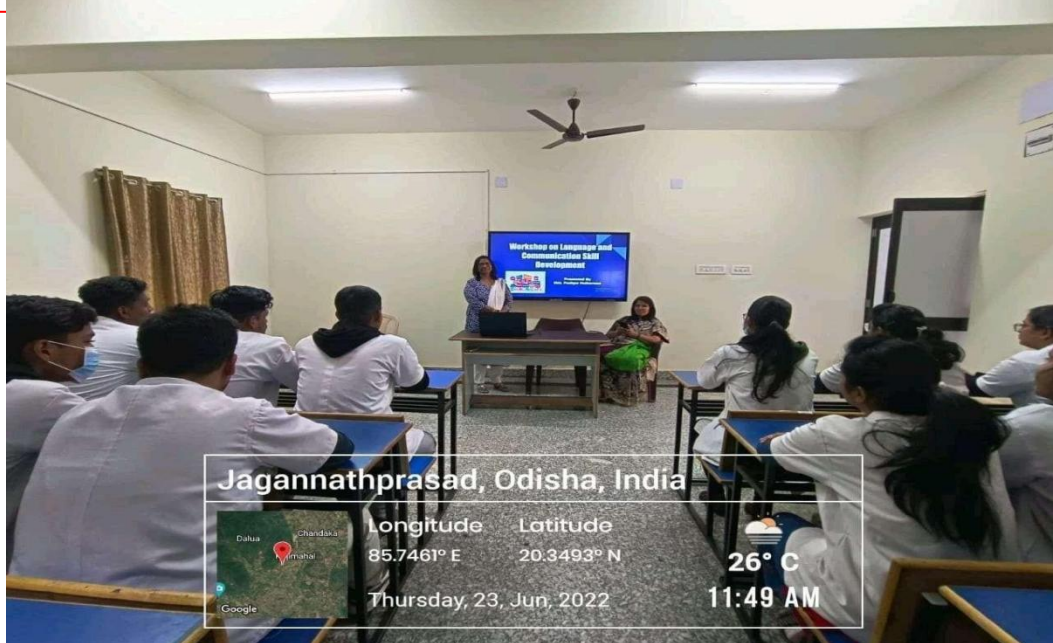


INSTITUTE OF HEALTH SCIENCES

(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



Jagannathprasad, Odisha, India



Longitude Latitude

85.7461° E 20.3493° N

Thursday, 23, Jun. 2022

26° C

11:49 AM


Director
Institute of Health Sciences
Bhubaneswar

Ref No-IHS/Pri/857(d)/22-23

Date- 17/07/2022

To
Jyosil Kumar Bhol
Clinical Psychologist
SSEPD
Bhubaneswar

Sub: Invitation for conducting of Personality and professional development programme

Sir,
Greetings from the institute of Health sciences (IHS). We invite you to share your expertise in Clinical Psychology with the UG students of IHS, pursuing BPT & BASLP degree under Utkal University.



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

We shall suggest your professional service 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 Regards
Yours Sincerely

Subhasmita Sahoo
The Principal,
Institute of Health Science,
Bhubaneswar



Dt: 18/07/2022

To, Principal,
Institute of Health Sciences
Chandaka,
Bhubaneswar

Dear Madam,

With reference to your letter, I accept your invitation to provide professional services to your organization and to conduct a Personality and Professional development programme for the undergraduate students of IHS at the IHS campus.



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

With Regards,
Yours Sincerely,

Mr. Jyosil Kumar Bhol

Jyosil Kumar Bhol
Clinical Psychologist
SSEPD,
Bhubaneswar



One day training report for Personality and Professional development programme.

Duration: One day

Time: 10am-5pm **Venue:** Conference room

Participants: All BPT & BASLP

One day training programme on soft skill development for Stress management was conducted in the campus of IHS, Chandaka, students of BPT & BASLP participated in the training programme. The training, an inaugural session, was held in the presence of the resource person, Jyosil Kumar Bhol, Clinical Psychologist, SSEPD, Bhubaneswar.

In this inaugural function the resource person shared about the objectives of this one day training programme, and interacted with participants. The Principal of the institute Mrs. Subhasmita Sahoo, also talked about the importance of Personality in a professional field.



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

Objectives of the training programme

- ☐ To recognize different personality types.
- ☐ How the personality affects the rapport between the therapist and the patients.

Personality is characteristic patterns of behaviors , feelings , thoughts and attitudes that influence how a person interact with others and the perceive the world around them. Understanding one's personality can help an individual modify their behaviour at work, play to strengths,



Director
Institute of Health Sciences
Bhubaneswar

improve on weaknesses, interact with others more effectively and ultimately lead to success in life and professional life too.

In the training programme, the resource person started with explaining what personality is and how a person's personality is formed. He explained the influence of personality in the professional field and how having a better personality can enhance a person's career and build a rapport with the patients. The students were also given some situational plots where they had to analyse the situation and give an alternative solution or scenario. There was also a video presentation of how a person with a positive personality can affect others around them and change them in a positive way.

A feedback session was conducted for students and queries were asked related to the topic and lastly the session was closed with a vote of thanks to all participants.



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


Director
Institute of Health Sciences
Bhubaneswar



biotherapy
y,
s.



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



Ref No – IHS/Pri/857(e)/ 22-23.

Date: 18/07/2022

To
Bishnu Prasad Sahoo
M.Phil in Psychology,
Utkal University,
Bhubaneswar

Sub: Invitation for conducting of Analytical skill development on
Positive Psychiatry and Mental Health

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



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

We shall suggest your professional service as voluntary support for the IHS, a unit of Margdarsi i.e. a nonprofit 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 Regards
Yours Sincerely

Subhasmita Sahoo
The Principal,
Institute of Health Sciences,
Bhubaneswar



Director
Institute of Health Sciences
Bhubaneswar

Dt: 20.07.2022

To, Principal,
Institute of Health Sciences
Chandaka,
Bhubaneswar

Dear Madam,

With reference to your letter, I accept your invitation to provide professional services to your organization and to conduct a Positive Psychiatry and Mental Health programme for the undergraduate students of IHS at the IHS campus.



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

With Regards,
Yours Sincerely,

Bishnu PrasaSahoo
M.Phil in Psychology,
Utkal University,
Bhubaneswar



One day training report for Analytical skill programme.

Duration: One day

Time: 10am-5pm

Venue: Conference room

Participants: All BPT & BASLP

One day training programme on soft skill development for Stress management was conducted in the campus of IHS, Chandaka, students of BPT & BASLP participated in the training programme.

The training, an inaugural session, was held in the presence of the resource person, Mr. Bishnu Prasad Sahoo, Lecturer in Psychology.

In this inaugural function the resource person shared about the objectives of this one day training programme, and interacted with participants. The Principal of the institute Mrs. Subhasmita Sahoo, also talked about the importance of Positive Psychiatry and Mental Health.



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

Objectives of the training programme

- To acknowledge the emotions and how these emotions affect the suicidal thoughts.

Emotions are reactions that human beings experience in response to events or situations. The type of emotion a person experiences is determined by the circumstance that triggers the emotion. For instance, a person experiences joy when they receive good news. A person experiences fear when they are threatened. The emotions can be overpowering and induce excitement or persistent sadness which later on sometimes develops into suicidal thoughts because of the feelings of worthlessness, miserable, melancholy.



Director
Institute of Health Sciences
Bhubaneswar

A person can be all good from outside and others cannot even think that he/she is going through a very difficult time and are at the edge of losing themselves.

So, it is very essential to check on the persons we care for and the training programme on the Positive psychiatry and mental health was conducted in order to make awareness about suicidal thoughts.

The training programme started with the resource person explaining about the emotions and how it influences our cognition. He also explained how these emotions can be channeled in a positive and induced in some productive activities rather than over thinking and getting entangled in those thoughts.

In the training programme the resource person also explained how it is totally okay to rely on others and ask for help in times of need. He also enlightened the students how to take care of the person who has attempted for suicide. The students were also made aware of the



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

professional helps that can be seeked when there is chance of suicidal attempt.

The training programme closed with a vote of thanks to all the participants.



Director
Institute of Health Sciences
Bhubaneswar



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




Director
Institute of Health Sciences
Bhubaneswar

Ref No – IHS/Pri/857(f)/ 22-23.

Date: 06.08.2022

To,

Pioneer institution imparting Bachelor & Master's degree in Audiology and Speech Language Pathology and Physiotherapy
Modern Diagnostic & Complete Treatment center for Hearing Impairment, Multi Modal Therapy for CP, MR,
Autism, Learning Disability, Therapy for speech defects, Musculo, Skeletal disorders and Neurological Problems.



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

Nilanchala Sarangi

Lecturer in psychology,
Pathani Samanta College,
Khandapara,
Nayagarah

Sub: Invitation to conduct Soft skill development programme for undergraduate students of IHS.

Sir,

Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in the Soft skill Development programme 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. You may please conduct the program at your convenient time in the campus of IHS.

With warm regards

Yours Sincerely

Subhasmita Sahoo
The Principal
Institute of Health Science,
Bhubaneswar



Director
Institute of Health Sciences
Bhubaneswar

Dt: 08.08.2022

To,



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

The Principal
Institute of Health Science,
Bhubaneswar

Madam,

With reference to your letter on 06.08.2022, I accept your invitation to provide professional services to your organization and to conduct a Soft skill Development programme for undergraduate students of IHS at IHS campus.

With Regards,
Yours Sincerely,

Nilanchala Sarangi
Lecturer in psychology,
Pathani Samanta College,
Khandapara,
Nayagarah

Director
Institute of Health Sciences
Bhubaneswar

Training Report on Soft skill development

Duration: One day



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

Time : 10am-5pm

Venue: Conference hall

No. of participants: All BPT & BASLP

One day training programme on soft skill development for Stress management was conducted in the campus of IHS, Chandaka, students of BPT & BASLP participated in the training programme.

The training, an inaugural session was held in the presence of the resource person, Mr. Nilanchal Sarangi, Lecturer in Psychology.

In this inaugural function the resource person shared about the objectives of this one day training programme, and interacted with participants. The Principal of the institute Mrs. Subhasmita Sahoo, also talked about the importance of this training programme and learning out of that.

Objectives of training programme

- Identify the causes of unwanted stress
- Develop effective personal action plan for stress management
- Avoid negative stress and enhancing positive experience

Psychological stress is emotional strain and pressure. Stress has the ability to influence lives and can cause physical conditions such as headaches, digestive issues and sleep disturbances as well as psychological strain anxiety such as depression.



Director
Institute of Health Sciences
Bhubaneswar

Stress management as part of a soft skill development programme can help the students learn how to cope and work under stressful



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.ihcindia.org

situations and also maintain a healthy interpersonal relation, patience and time management in education, professional field and life in general.

This also provides strong practical orientation to the students. As stress can also result in the inability to focus & concentrate, resulting in more stressful situations/ problems.

Managing stress can be helpful in time management and achieve the desired target. Similarly, stress also affects the interpersonal relation at workplace, education and also family and friends.

Thus, managing stress can help the individual not to be impatient and deal the situation or problem with different perspectives by communicating and discussing the problems, building good quality of voicing out problems and working as a team to solve the issues. The one day training programme had two parts, one part focusing on stress and develop coping strategies and the other part involved the role playing of the stressful situations and students implementing coping strategies towards the issues.

At the end of the training, a feedback session was conducted to know the response of the students about the benefits and learning from the training programme. Most students responded that the training was interactive and educative, some also shared their queries and doubts.



Director
Institute of Health Sciences
Bhubaneswar

During the training programme, a number of tricks and techniques , presentation, energizers and group activities with case study analysis



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

were observed. The training programme was closed with a vote of thanks to all participants.




Director
Institute of Health Sciences
Bhubaneswar

Ref No – IHS/Pri/857(g)/ 22-23

Date: 08/08/2022

Pioneer institution imparting Bachelor & Master's degree in Audiology and Speech Language Pathology and Physiotherapy
Modern Diagnostic & Complete Treatment center for Hearing Impairment, Multi Modal Therapy for CP, MR,
Autism, Learning Disability, Therapy for speech defects, Musculo, Skeletal disorders and Neurological Problems.



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

To,
Soumya Priyadarshini
Administration Trainee,
KIMS(PBMH) Hospital,
Bhubaneswar

Sub: Invitation to conduct Soft skill development programme for undergraduate students of IHS.

Madam,

Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in the Employability skill Development programme 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. You may please conduct the program at your convenient time in the campus of IHS.

With warm regards
Yours Sincerely

Subhasmita Sahoo
The Principal
Institute of Health Science,
Bhubaneswar



Director
Institute of Health Sciences
Bhubaneswar

Dt: 10/08/2022

To,
The Principal



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

Institute of Health Science,
Bhubaneswar

Madam,

With reference to your letter on 08.08.2022, I accept your invitation to provide professional services to your organization and to conduct a Employability skill Development programme for undergraduate students of IHS at IHS campus.

With Regards,
Yours Sincerely,

Soumya Priyadarshini
Administration Trainee,
KIMS(PBMH) Hospital,
Bhubaneswar

Director
Institute of Health Sciences
Bhubaneswar

Training Report on Employability skill development



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

Duration: One day

Time : 10am-5pm

Venue: Conference hall

No. of participants: All BPT & BASLP

One day training programme on employability skill development was conducted in the campus of IHS, Chandaka, students of BPT & BASLP participated in the training programme. The training, an inaugural session was held in the presence of the resource person, Ms. Soumya Priyadarshini.

In this inaugural function the resource person shared about the objectives of this one day training programme, and interacted with participants. The Principal of the institute Mrs. Subhasmita Sahoo, also talked about the importance of this training programme and learning out of that.

Objectives

- ☐ To make realistic employment choices and to identify the steps necessary to achieve a goal.

Employability Skills can be defined as the transferable skills needed by an individual to make them 'employable'. Along with good technical understanding and subject knowledge, employers often outline a set of skills that they want from an employee. These skills are what they believe will equip the employee to carry out their role to the best of their ability.



Director
Institute of Health Sciences
Bhubaneswar

Employability depends on your knowledge, skills and attitudes, how you use those assets, and how you present them to employers.

The training programme started with the resource person giving an introduction on what employability is, she further explained how the employability skills affect a person's attributes and skills that are highly valuable to the employer and essential for effective performance in the workplace. She gave examples of how to enhance these skills.

She explained about how to work in hospital or clinical settings and how the work should be done and managed, she also told about how a clinician can work in administration of a hospital.

The session closed with a vote of thanks to all participants.




Director
Institute of Health Sciences
Bhubaneswar