



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/858(a)/22-23

Date: 18/04/2023

To
Swami Slvachidananda
Founder
Sivananda Centenary Boys School,
Khandagiri,
Bhubaneswar

Sub: Invitation for conducting 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



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

Dt: 20/04/2023

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

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.

With regards
Yours faithfully

Swami Sivachidananda
Founder
Sivananda Centenary Boys School,
Khandagiri,
Bhubaneswar

Director
Institute of Health Sciences
Bhubaneswar



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One day Training report on Yoga and Wellness

Date: 23/04/2023

Mode of Training: Offline

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

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 Swami Sivachidnanda . All the students of BPT and BASLP attended the training program. The aim of the training programme is to promote physical, mental and spiritual wellbeing through Yoga practice.

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 a holistic practice that promotes physical, mental, and spiritual well-being. It originated in ancient India and has gained popularity worldwide as a means to improve overall wellness. The practice combines physical postures (asanas), breath control (pranayama), meditation, and ethical principles to create a balanced and healthy lifestyle. Yoga incorporates mindfulness and relaxation techniques that calm the mind and reduce stress. It encourages self-awareness, emotional stability, and a positive outlook. Yoga also help manage anxiety, depression, and other mental health conditions. Yoga practices such as deep breathing and meditation activate the parasympathetic nervous system, which induces relaxation and reduces stress levels.

During this training programme the students were educated with the basic concepts of Yoga for wellness. The resource person taught some Yogic postures and relaxation techniques with its importance on health and wellness. Regular practice can improve resilience to stress and provide coping mechanisms for dealing with daily challenges. Yoga emphasizes the connection between the mind and body. By practicing physical postures while focusing on the breath and sensations in the body, individuals cultivate a deeper awareness of their physical and mental states. This increased awareness can lead to better self-care and overall well-being.



Director
Institute of Health Sciences
Bhubaneswar



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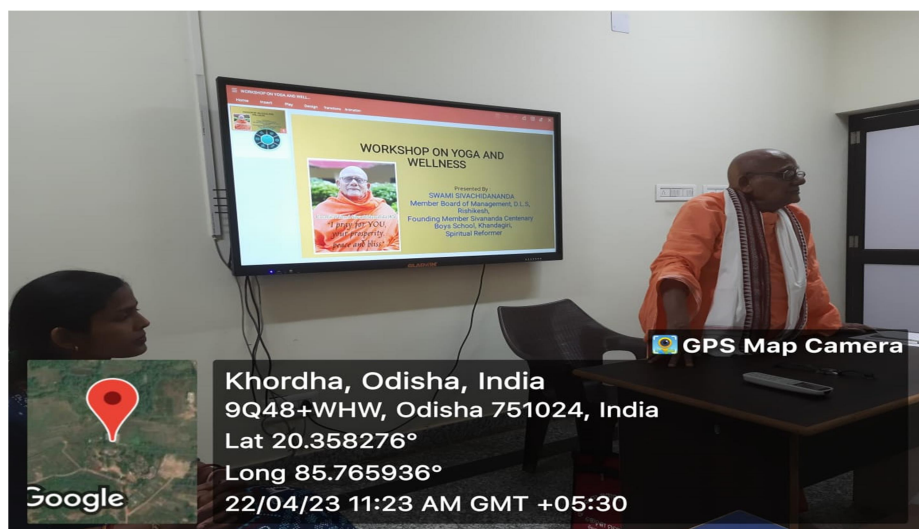
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Yoga promotes mindfulness, the practice of being fully present in the moment. Through conscious movement and breath awareness, individuals learn to pay attention to their thoughts, emotions, and physical sensations.

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



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Ref No-IHS/Pri/858(b)/22-23

Date: 14/04/2023

To
Jyoti Sarita
Senior Counselor
Under the supervision
Mr. Jasobant Narayan Singhal,
Managing Director
Identity Foundation and Training

Sub: Invitation for conducting Personality and Professional development program for UG students of IHS


Madam,

Greetings from the institute of Health sciences (IHS). We invite you to share your expertise in Personality and Professional skills 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



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Dt: 20/04/2023

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

Madam,

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

With regards
Yours faithfully

Jyoti Sarita
Senior Counselor
Under the supervision
Mr. Jasobant Narayan Singhlal,
Managing Director
Identity Foundation and Training

Director
Institute of Health Sciences
Bhubaneswar



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One day report on Personality and Professional development

Date: 24/04/2023

Mode of Training: Offline

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

Personality and Professional development program was conducted for the undergraduate students of Institute of Health Sciences in the campus of IHS. The workshop led by experienced facilitator Ms. Jyoti Sarita, Senior Counselor, Identity Foundation and Training. All the students of BPT and BASLP attended the training programme. The aim of the training programme is to enhance the professional skills as well as personality att


Objectives:

- To understand the role of personality in shaping professional success.
- To identify individual strengths and areas for improvement.
- To enhance communication and interpersonal skills.
- To promote a growth mindset and continuous learning.

The personality and professional development workshop was organized to help participants enhance their personal attributes and improve their skills to excel in their careers. The workshop aimed to foster self-awareness, develop effective communication skills, and understand the importance of continuous learning and growth in the professional sphere.

Participants participated in a workshop focused on personality assessment tools, self-awareness exercises, communication skills, time management, resilience, networking, and personal branding. They learned about the importance of self-assessment, goal setting, and resilience in professional settings. The workshop also addressed the importance of networking and personal branding in professional growth. Overall, the workshop provided valuable insights into personal growth and professional development.

The personality and professional development workshop significantly improved participants' self-awareness, communication skills, and professional development. Participants felt more confident and motivated to pursue career goals. The interactive nature and practical strategies provided valuable insights for personal growth.



Director
Institute of Health Sciences
Bhubaneswar



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Lastly, the students were asked to give feedback and queries regarding the session and was closed with a vote of thanks by Mrs. Subhasmita Sahoo (Principal, IHS).




Director
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Ref No-IHS/Pri/858(c)/22-23

Date: 24/04/2023

Dr. Punyashree Paanda
Associate Professor
School of Humanities, Social Sciences and Management
IIT Bhubaneswar

Sub: Invitation for conducting Language and Communication Skills programme for UG students of IHS

Madam,


Greetings from the Institute of Health Sciences (IHS). We invite you to share your expertise in Language and Communication 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



Director
Institute of Health Sciences
Bhubaneswar



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Dt: 26/04/2023

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

Madam,

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

With regards
Yours faithfully

Dr. Punyashree Paanda
Associate Professor
School of Humanities, Social Sciences and Management
IIT Bhubaneswar

Director
Institute of Health Sciences
Bhubaneswar



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One day report on Language and Communication Skills

Date: 29/04/2023

Mode of Training: Offline

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

Language and Communication Skill program was conducted for the undergraduate students of Institute of Health Sciences in the campus of IHS. Students attended a session by Dr. Punyashree Panda, expertise in language, communication, and instructional techniques and shared how to enhance communication skills through interactive methods, role-playing, and real-life scenarios.

Objectives:

- To understand the importance of language and communication skills in various contexts.
- To identify common communication barriers and ways to overcome them.
- To enhance verbal communication through active listening and appropriate language usage.
- To improve written communication through proper grammar, clarity, and structure.
- To foster effective interpersonal communication for building strong relationships.

The language and communication skills session was organized with the objective of helping participants improve their verbal and written communication abilities. Effective communication is crucial in both personal and professional spheres, and this session aimed to equip attendees with essential language skills and techniques to enhance their interactions and convey messages more clearly and confidently.

The session covered communication, including verbal, non-verbal, and written forms, and their impact on interactions. Common communication barriers were discussed, and strategies were learned to overcome them. Participants practiced verbal communication, written communication, and interpersonal communication, punctuation, and sentence structure. They also learned to adapt their communication style to different audiences and contexts. The session also provided practical tips for public speaking, encouraging participants to practice and receive constructive feedback to boost confidence.

Lastly, the students were asked to give feedback and queries regarding the session and was closed with a vote of thanks by Mrs. Subhasmita Sahoo (Principal, IHS).

Director
Institute of Health Sciences
Bhubaneswar




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

Date: 12/07/2023

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
Bhubaneswar

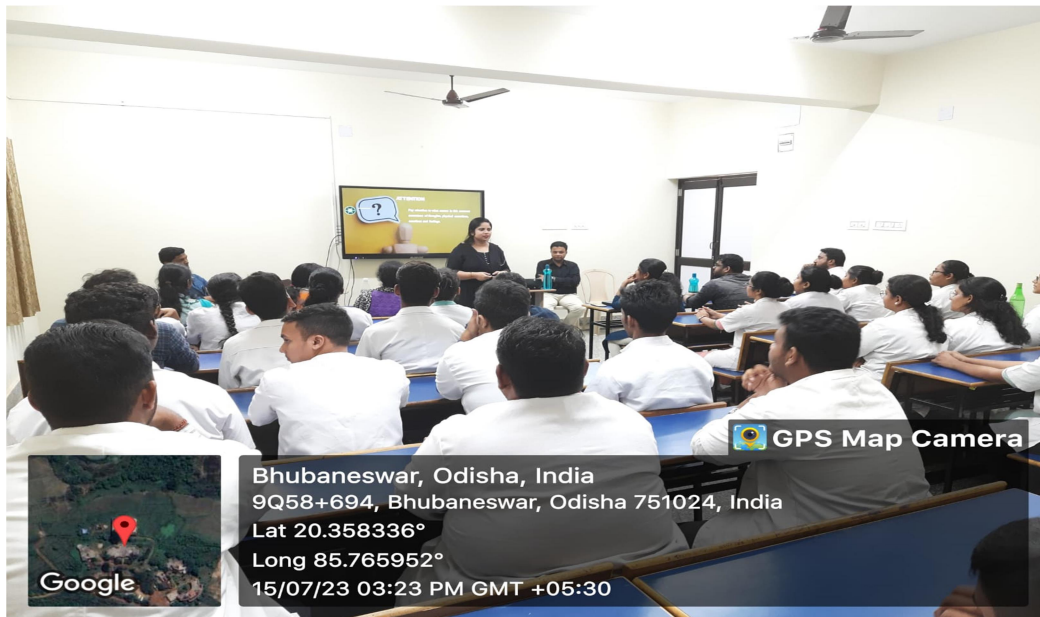



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Ref No-IHS/Pri/858(e)/22-23

Date: 11/07/2023

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: 13/04/2023

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 Singhal, 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

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

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



Director
Institute of Health Sciences
Bhubaneswar



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

One day session 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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