



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

Name of the Faculty/ Admin Training Program: “Personal effectiveness and stress management through yoga practices”

Date :21.06.2021

Resource Person : Mr. Ramakrisna Pattnaik

Number of Faculty Participants: 13

Number of Admin staff Participants : 15

Description:


One day program has been conducted on “**Personal effectiveness and stress management through yoga practices**”.

The topics covered :

- 1.Yogic Asana
- 2.Pranayana
- 3.Meditation
- 4.Relaxation Practices

Photographs:




Director
Institute of Health Sciences
Bhubaneswar



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Name of the Faculty/ Admin Training Program: “Psychological first Aid”

Date :15.05.2021

Resource Person :Dr. Sibananda Mishra

Number of Faculty Participants:

Number of Admin staff Participants :

Description:


One day program has been conducted on “Psychological first Aid”.

The topics covered :

- 1.Diaster ,crisis & emergency
- 2.Introduction about Psychological first Aids
- 3.Reaction to disaster stress – Reacting non verbal communication
- 4.5 steps of Psychological first Aid
- 5.Selfcare & Stress Management Techniques

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Name of the Faculty/ Admin Training Program: “Role of IQAC in Academic and Admin Audits”

Date :17.03.2021

Resource Person :Dr. Priyadarshini Mishra

Number of Faculty Participants: 15


Number of Admin staff Participants : 15

Description:

Description: One day training program on Role of IQAC in Academic and Admin Audits has been organized. The program aims for awareness about the best practices in conducting IQAC to the participants. This initiative will enable the participants to establish IQAC or improving existing IQAC in their institutions. This seminar will help in strengthening and regulating the existing internal Quality Assurance System by systematically and continuously monitoring academic and administrative standards so that the complexity of external monitoring procedures may be reduced and effective. The new and innovative strategies to be discussed along with required suggestions will be brought to the attention of all the stake holders for proper planning and review. Overall the seminar will be a good platform to fine tune our ideas on Academic and Administrative audit. The following areas are addressed through four sessions with each session of 1 hour and 30 Mins SESSION 1: Identify the bottlenecks and identify opportunities for reforms in the administrative mechanisms. SESSION 2: Unified Approach towards Administrative Audit for all Accreditation Processes through IQAC. SESSION 3: Digital solutions for Academic Activities of Institution. SESSION 4: Internal audit mechanisms for Academic and Administrative process by IQAC.

Photographs:




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