

NOVEMBER 2022|VOLUME 4

RHYTHM

THE NEWSLETTER
MGM ALLIED HEALTH SCIENCES INSTITUTE



IN THIS ISSUE

- ✚ From the desk of
Founder Director
- ✚ Events
- ✚ Visit
- ✚ Students Achievement
- ✚ Glimpse of MAHSI in
news

FROM THE DESK OF FOUNDER DIRECTOR



As we come to the end of our 2021-2022 year which has been a very unprecedented year, MAHSI has grown continuously in the recent past. While continues to sustain its growth. People reading this RHYTHM Newsletter will realize in depth happening in the MAHSI Institute. The newsletter is presenting a glimpse of the growth of institution on many occasions.

I am happy to put on your record that Sports Injury Centre is about to be built, the work of which is going on in full swing. For the development of this centre, I have recently visited & interacted with the faculty of National Sports Institute, Patiala.

The college has been simply unstoppable in its progress as it has been actively involved in various activities that have brought to light the hidden talents of the college students and staff. The highly qualified and dedicated members of staff have always stood shoulder to shoulder with the management and have carried out their duties with a level of commitment.

This Newsletter has recorded achievements such as events organized by Faculty members and students, competitions won by the highly talented students, symposium carried out by faculty members. They stand as a witness to the monumental efforts taken by the management to make the college venue of excellence in education and research. I extend my greetings and best wishes to the faculty and students of the MAHSI and wish their Endeavors for future prospects.

-Dr. D.K Taneja

EVENTS

World Physiotherapy Day



The MGM Allied Health Science, Indore has successfully organized a week celebrating world physiotherapy day from 5th September-8th September 2022. The weekly program included poster competition, speech competition, quiz, and symposium in accordance with the theme Osteoarthritis. A Physiotherapy Camp was conducted 7th September 2022 at Astha Old Age home, Pardesipura, Indore. The Camp was conducted by a group of enthusiastic Physio from MAHSI. The Camp conducted by Dr. Vijay Kaushik, Professor and Dr. Jharna Gupta, Assistant Professor, MAHSI. The Response to the camp was way beyond expectation. Complete evaluation of all the patients was done followed by appropriate treatment which include exercise protocols and modalities as required. The main aim of the Camp was to to create awareness of Physiotherapy treatment in geriatric population with Osteoarthritis. Students actively participated in all the competition under the guidance of their teachers. The entire week was a paragon of knowledge.

Annual Day





The MGM Allied Health Sciences Indore has celebrated their glorious 25 years of excellence. The event was named “PHYSIONOVA” derived from physiotherapy and nova meaning, the brightest star in the field. The event was held on 27th July 2022 celebrating the glory and success of the institution. The celebration had a formal function and a cultural program given by the students. The chief guest of Physionova was Dr. Bimla Buti, she is the first Indian woman Physicist Fellow of Indian National Science Academy. She addressed the audience about empowerment of women and role of women in the field of science. Our guest of honor was Dr. Pawan Kumar Sharma, he is the Divisional Commissioner of Indore. We also had Dr. Prakash Bangani as our guest of honor, he is the Joint Director of Arihant Hospital and Research Center, Indore. The Dean of MGM Medical College, Indore, Dr. Sanjay Dixit also gave their presence. Gold medal was given to the toppers of Institute. Dr. P.S. Narkar gold medal was given to the overall topper of MPT; Dr. D.K. Taneja gold medal was given to the overall topper of BPT; Late Gourav V. Kibe gold medal was given to the final year topper of BPT; Gold medal was given to the topper of MPT; R.S. Julaniya "MAHSI BLUE" was given to Pavneet Singh Saluja for being the overall best student and the Best motivational student award was given to Ritika Sony. In the second half of cultural program various performances were given by the students of MAHSI, among which following were the winners. The entire event was a grand success.

Symposium



MAHSI has successfully conducted National Symposium on Sports Sciences. The event took place on 7 November 2022. Event was blessed with the presence of Mr. Mir Ranjan Negi (former Indian hockey player) and Mr. Sanjay Jagdale (former cricketer and BCCI selector) as special guest on honor. There were 9 eminent speakers from all over India who delivered lecture on various aspects of sports sciences Institution collaborated with Decathlon; they were official partner for the same. The program was executed under the guidance of Dr DK Taneja, Founder Director MAHSI and Dr RamHari Meena Principal, MAHSI Indore.

Sahaj yoga

Yoga means addition, the addition of energy, strength and beauty to body, mind and soul....

With this thought, MAHSI has organized a session with Sahaj Yoga Foundation on "Stress Management" in August-September month 2022. The Sahaj Yoga team, including Dr. Sunil Jaiswal and Dr. Shweta Walia led the session.

The session began with a brief introduction to Sahaj Yoga and a description on the subtle system and then spoke on self-realization, the 7 chakras and their related plexuses, as well as the value of meditation. They also urged the students to get involve, so that they may focus on meditation to acquire serenity and good mental health which is an important aspect of life. The session was quite beneficial for the students, as they got a lot out of this session.

VISIT



Dr. D.K Taneja , Founder Director , MAHSI visited Netaji Subhas National Institute of Sports, Patiala

Students Achievement

✚ Hemant Binjwa BPT second year student participated in Indore District Powerlifting and Bench Press Championship and positioned sixth with a Bronze Medal as highest Bench press Lift in Indore District.

✚ **Students of MAHSI participated in district level yoga competition**

S. No	Name of students	Award	District level
1	Rubeena Bee	Silver medal in Rhythmic Pair Yogasana in 18+ category	Ujjain District
2	Vedika Agrawal	Bronze medal in Traditional Yogasana in 18+ category	Bhopal District
3	Pooja Sisodiya	Gold medal in Traditional Yogasana in 18+ category	Dewas District
4	Neha Bonoriya	Silver medal in Traditional Yogasana in 18+ category	Dewas District
5	Nandini Paliwal	Silver medal in Traditional Yogasana in 18+ category	Guna District
6	Nitya Upadhya y	Silver medal in Traditional Yogasana in 18+ category	Sagar District
7	Bharti Malviya	Gold medal in Traditional Yogasana in 18+ category	Alirajpur District
8	Shrashti Rathod	Silver medal in Traditional Yogasana in 18+ category	Alirajpur District

