

REPORT OF DEEKSHARAMBH BACHELOR OF PHYSIOTHERAPY(BPT) AND BACHELOR OF OCCUPATIONAL THERAPY (BOT)- OCTOBER 2024

Day 1 (16-10-2024)

The first day of Deeksharambh was filled with enthusiasm. The event began with lighting the lamp along with a prayer. The Academic director, Dean, HOD of Management, Mr Sandesh, Dr Madhukar addressed the gathering followed by the guest speaker Mr Abhijeeth Jain.

After the Inauguration, BPT and BOT students got introduced to the faculties. This was followed by course specific introduction by the respective PROGRAMMES.

Day 2 (17-10-24)

As part of the *Deeksharambham* program for BPT and BOT students, the second day was filled with joy and zeal. The day began with an engaging session by **Dr Nidhi.B. Iyer (PT)** briefing about the schedule of the day and also about the activity “IDEATHON” planned for the students.

Dr. Bindu Srinivas and **Dr. Nidhi B. Iyer (PT)** organized students into groups based on their chosen streams, and topics were assigned accordingly. A time frame of 1.5 hours was provided for students to come up with creative solutions for their given topics. The students were asked to come forward in groups and share their ideas with the audience.

Day 3 (18-10-24)

The third day began with few ice breaker activities conducted by Mr. Sharath. This set the tone for the day where they had the guest lecture by **Dr. Jyotsna** who spoke on emotional intelligence and stress management. Students were participative and interacted well in the session. To end the day, **Dr Anitha** conducted an activity called mirroring to bring the concept of Empathy which was fun at the same time educational.

Day 4 (19-10-24)

Saturday was filled by enthusiasm as the session was addressed by **Dr Avin**, a chef who runs pastry academy. Students were intrigued by his speech and was looking forward to have more of his session. His topic on turning passion to success helped students to understand their goal and the way to pursue it.

Day 5 (21-10-24)

Fifth day began with a session on time management conducted by **Mr Sharath** where the students played games like pyramid, shuffling of cups and ping pong balls. Later in the day they had a guest session by **Prof Jayasimha** who amazed students with his magic techniques.

Day 6 (22-10-24)

This day saw two eminent guest speakers. Firstly, **Ms Lynette** addressed the students on the importance of communication skills followed by **Col Vijay Sarathi** who motivated students on equipping themselves with ethics and leadership values. Being from the army he could instil the courage and skills required to be a responsible citizen in the country.

Day 7 (23-10-24)

Before commencement of their PG classes the students attended the guest lecture on Etiquettes addressed by **Dr Dharitri (PT)**, director of Physio tattva group. They were very interactive and engaged the students throughout the session. She herself being part of the team overseeing the entire physiotherapy unit of Cadabams, students couldn't have asked for a better facilitator.

Day 8 (24-10-24)

On the eighth day for the UG students, a session on Diversity, Equality and Inclusion was conducted by Ms Shathavisha, being a Queer Affirmative Therapist herself, she could create an importance awareness on the role of inclusivity in educational institutions and work place. Providing with real life scenarios, they could relate well and gain new insights from it.

They also had a session on understanding the importance of healthy habits and lifestyle by **Dr.Nidhi.B.Iyer(PT)**

Day 9 (25-10-24)

Dr. Nidhi B. Iyer (PT) conducted a series of engaging activities for students, focusing on skill development, teamwork, and creative thinking. The sessions included interactive discussions, and group activities designed to enhance students' critical thinking and communication skills. The activities received positive feedback, contributing to the overall growth and confidence of the students.

Day 10 (26-10-24)

On the tenth day, students got the opportunity to attend two guest lectures on the topic of Interpersonal relationships and Tenets for successful life conducted by **Prof Raghotham Rao** and **Dr Pavithra** respectively. Being experts in their fields, the facilitators could catch the student's attention with vivid examples across different timelines of their lives.

Day 11 (28-10-24)

An interactive ice-breaking session was conducted by **Dr. Nidhi B. Iyer (PT)** to help students connect and engage. Held on the ground, the session featured fun activities that encouraged teamwork, communication, and confidence. Through exciting games, students bonded with their peers in a lively and positive environment approach

Dat 12 (29-10-24)

Students of the Bachelor of Occupational Therapy (BOT) program were assigned to deliver a short talk on **World Occupational Therapy Day** (October 27) and the significance of occupational therapy). The students discussed the profession's impact on rehabilitation, disability management, and holistic well-being. Their presentations aimed to raise awareness about the field's importance in healthcare. The event took place in the presence of **Dr. Nidhi B. Iyer (PT)**

Day 13 (30-10-24)

On the last day of the Deeksharambh, the Allied and Healthcare departments organized a closing ceremony with cultural events. Students organized the activities which saw the participation from all the four streams. It was also attended by Dr. Geethanjali who shared her college experiences while narrating the event as a nostalgic one. Post the completion of the events, the department gathered for a group picture.





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