



Faculty of physiotherapy

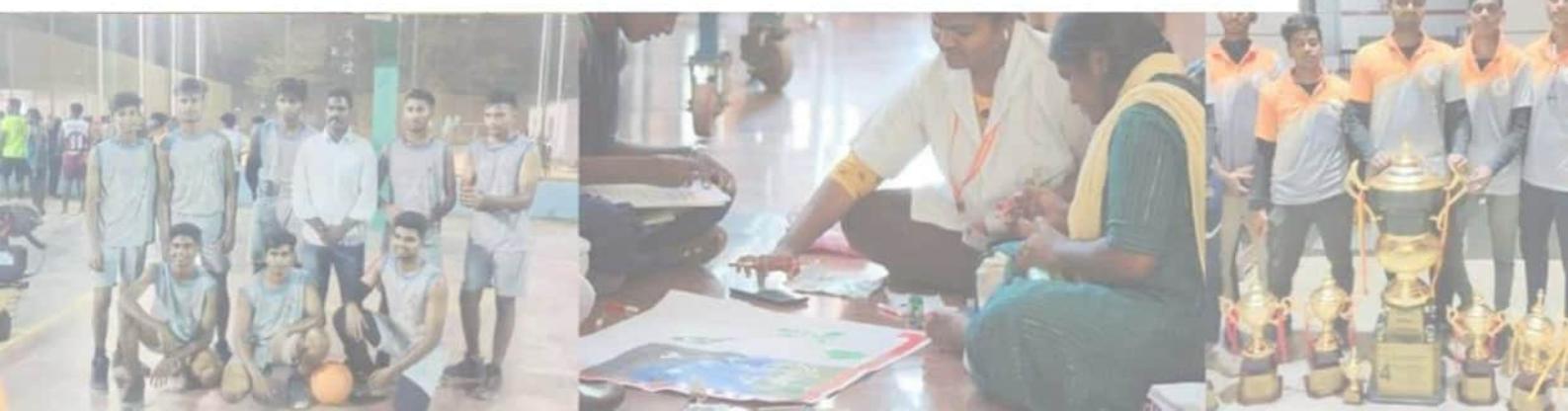
Edition: Dec-2023

PHYSIO MAG

OF THE STUDENT, BY THE STUDENT, FOR THE STUDENT



Volume:04 Issue:02





Dr. M.G.R.
EDUCATIONAL AND RESEARCH INSTITUTE
DEEMED TO BE UNIVERSITY



University with Graded Autonomy Status

(An ISO 21001 : 2018 Certified Institution)

Periyar E.V.R. High Road, Maduravoyal, Chennai-95, Tamil Nadu, India.

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FOUNDER CHANCELLOR



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HONOURABLE PRESIDENT**



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EDUCATIONAL AND RESEARCH INSTITUTE
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Periyar E.V.R. High Road, Maduravoyal, Chennai - 600095, Tamilnadu, India.

PATRON



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HONOURABLE SECRETARY**



Dr. M.G.R.
EDUCATIONAL AND RESEARCH INSTITUTE
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Prof. DR.S.GEETHALAKHMI MBBS.,M.D.,Ph.D
VICE CHANCELLOR

>>> PHYSIO MAG

EVENTS CORNER

--BEND OVER BACKWARDS --



>>> INTERNATIONAL DAY OF ELDERLY



Faculty of Physiotherapy organized Free Physiotherapy camp for the Elderly people in view of “INTERNATIONAL DAY OF ELDERLY “on 30/09/2023 at Thanal- Our Dream Home, 52, Cauvery nagar, Mathiravedu, Thiruverkadu, Chennai-77 between 10.00 AM – 12.30 PM. 2 Faculties from Physiotherapy department along with 3 MPT students assessed & treated nearly 20 elderly patients with various health problems and were enhanced by TENS, Ultrasound Therapy, Active, Passive exercise & Gait Training thereby providing importance of active and safe lifestyle.

AWARENESS ON COMPLICATION OF DIABETES <<<

SPEAKER: Dr. Senthil C, M.D (medicine), HOD of Department of General Medicine, ACS Medical College and Hospital

Faculty of Physiotherapy organized an interdisciplinary guest speaker in view of World diabetes Day on awareness on complications of diabetes by prof. Dr. Senthil C, HOD, DEPARTMENT OF GENERAL MEDICINE, on 09/11/2023 at 11.00 AM in seminar hall 1, Faculty of physiotherapy. Around 70 participants attended the program.



P A T E N T



DATE: 09/09/2023

VENUE: Seminar Hall, ACS

Medical College campus

Number of participants : 40 staffs

Faculty of Physiotherapy organized 2

Days FDP on PATENT &

PUBLICATIONS

between 10.30AM to 12.00PM

Two Days FDP on PATENT & PUBLICATIONS



RESOURCE PERSON: Dr. J. Arunkumar, Dean Innovation and Entrepreneurship, Dr APJ Abdul Kalam COE in Innovation and Entrepreneurship, Dr MGR Educational and Research Institute, Dr. V. Natarajan – Director (Funded Projects) – Advanced Research Institute

WORLD PHYSIOTHERAPY DAY

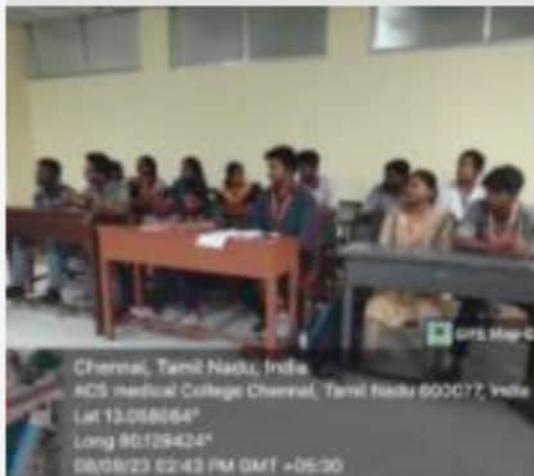
Of the student, by the student, for the student

PHYSIO **MAG**

SEPTEMBER 08

VENUE & TIME

Faculty of Physiotherapy organized "QUIZ COMPETITION & A DEBATE" IN VIEW OF WORLD PHYSIOTHERAPY DAY on September 8th 2023 between 10.30 am to 12.00 pm around 100 students from BPT & MPT participated in the event.



DEBATE

Debate on the Topic: "Emerging Physiotherapists and new trends: Boon or a Ban to the Profession" Students participated with full enthusiasm, and eagerness.

QUIZ COMPETITION

Dr.V. Saravanan, & Dr.K. Gayathri, Lecturer hosted the Competition which had 5 rounds of questions. Students answered the questions with full enthusiasm & also the importance of knowledge & awareness on Arthritis, it's prevention was emphasized in the event



Every year on September 8th, it provides a chance to spread awareness about the advantages of physical therapy and how it may help people heal from injuries, manage chronic ailments, and improve their overall quality of life.

WORLD HEART DAY



SEPTEMBER - 29

world heart day - Healthy heart, Happy life

Faculty of Physiotherapy organized a Poster Presentation Competition on the Topic "HEALTHY HEART, HAPPY LIFE" on 29/09/2023 at between 11.00 AM to 12.00 PM. Around 33 participants from BPT I Year attended the competition

The Posters were displayed by the students. Then Dr. Veena @ kiruthika, Vice Principal, Faculty of Physiotherapy, judged the students' work and winners were announced based on the scores for design, explanation of concept and ideas used for the poster. A total of 3 winners were chosen.



Healthy

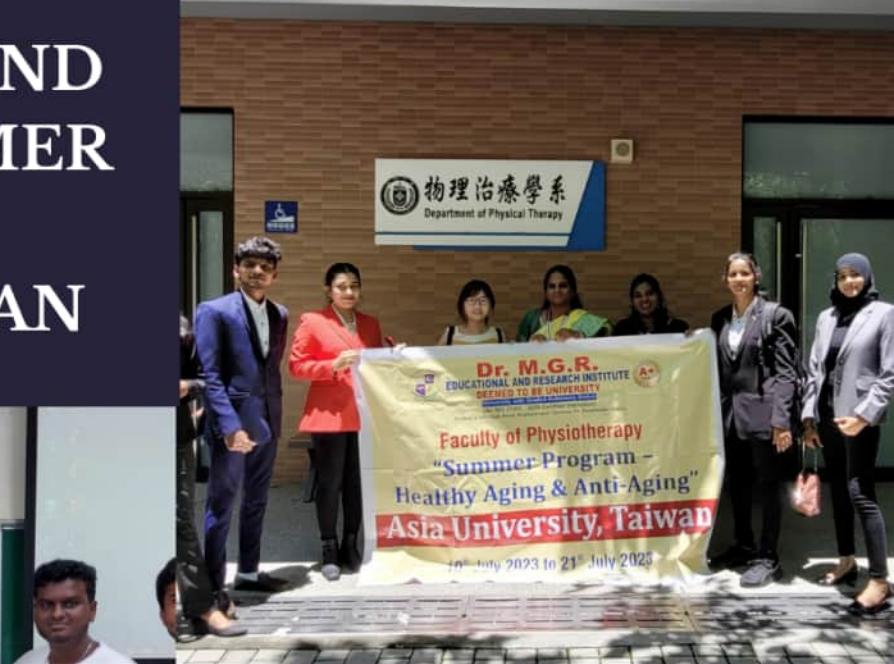
Heart

Healthy

Life



HEALTHY AGING AND ANTI-AGING SUMMER PROGRAM IN ASIA UNIVERSITY TAIWAN



Summer program

-10 MPT students and one staff member from the faculty of physiotherapy had attended the summer program - Healthy aging and anti-aging in Asia university, Taiwan



CHENNAI  TAIWAN

TEACHER'S DAY

CELEBRATION



VENUE & TIME

Faculty of Physiotherapy organized Teacher's Day celebration at Center of Excellence, A.C.S Medical College and hospital vellappanchavadi on 05/09/2023 between 11.30AM to 12.30PM. Around 41 Faculty staffs attended the Program.





The Program was hosted by R. Aishwarya, MPT 1st YEAR student, The event started with Tamil Thai Vazhthu. R.B.Ijaj, Thee program began with welcome dance by BPT 1st year student and welcome song was sung by BPT II Year student . Followed by Bala of BPT II Year played violin.



BLISSFULL MOMENT

Few games and events were conducted for staff members. Games such as mucical stick,statue game,musical chair,ramp walk was done by all staff members,with this the games and events session concluded with some dance and singing by our staff members.

The cake cutting was done by Principal, Vice principals and other faculty members, a group photo was taken and MPT 1st year students presented plant saplings to all the staff members.

SPORTS CORNER



Name : R. Andrew Joseph
Class : BPT I year
Event : All india level open karate championship
Date : 03/09/2023
Position : 1st place.

PHYSIO MAG

"HUSTLE, HIT
AND NEVER
QUIT"



Name : Mr. Sai tejashwan.R.S
Class : BPT I year
Event : Badminton warriors spl open state level
U-17 badminton doubles .
Date : 13/08/2023.
Position : 2nd place

"Fuel Your Passion, Ignite Your Game"



EVENT:

Chairman's trophy - volleyball team Faculty of physiotherapy

POSITION:

"Runners"

INTRA PHYSIO SPORTS MEET 2023 'National Sports Day'



THROW BALL FOR GIRLS & VOLLEYBALL FOR BOYS.

Throw Ball Winners: BPT III year Team A.

Runner up: BPT IV year Team A

Volley Ball Winner: MPT

Runner up: BPT IV year Team A.

"Rise Above the Rest, Aim for the Best"

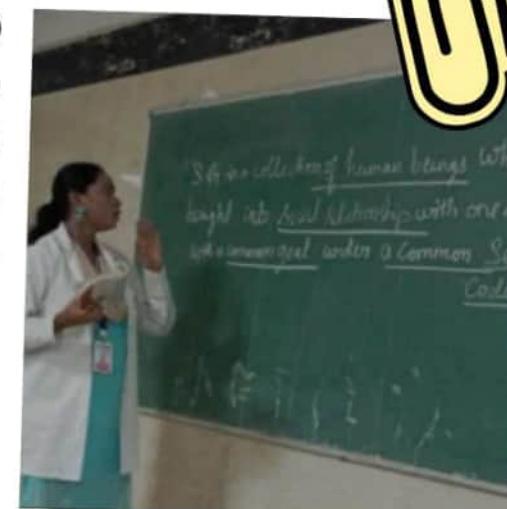
NSS ACTIVITIES

NOT ME, BUT YOU

WORLD ENVIRONMENT DAY - LECTURE

05 JUNE, 2023

A Lecture was organised in view of WORLD ENVIRONMENT DAY. The purpose of World Environment Day is to encourage awareness and action for the protection of environment. The theme chosen this year focuses on solutions to plastic pollution and to restore the ecosystem, as the world is being inundated by plastic. Our Speaker Mrs. R. Gladia M.A SOCIOLOGY, Faculty of Physiotherapy, started her presentation



on "Ecosystem Restoration"
-To Beat the Plastic, she gave an explanation about Ten things that can be done to help to save our planet.



WORLD BLOOD DONOR DAY- GUEST LECTURE

15 JUNE, 2023

Our Faculty in associNSS unit – VI organized a BLOOD DONATION in view of WORLD BLOOD DONOR DAY - 2023. Every year 14th, June is observed as WORLD BLOOD DONOR DAY. Around 10 NSS Volunteers Participated and donated blood today. In continuation with this, a guest lecture on "Hematological Manifestations in Nutritional deficiencies" was delivered by P. Jagatheswari M.Sc., M.Phil -State Coordinator, FSSAI, Tamilnadu.

INTERNATIONAL DAY OF YOGA

YOGA POSE PHOTO CLIPPING 20 JUNE, 2023

A Lecture was organised in view of WORLD ENVIRONMENT DAY. The purpose of World Environment Day is to encourage awareness and action for the protection of environment. The theme chosen this year focuses on solutions to plastic pollution and to restore the ecosystem, as the world is being inundated by plastic. Our Speaker Mrs.R.Gladia M.A SOCIOLOGY, Faculty of Physiotherapy, started her presentation on "Ecosystem Restoration"



- To Beat the Plastic, she gave an explanation about Ten things that can be done to help to save our planet.

LECTURE ON YOGA FOR SUCCESS 21 JUNE, 2023



Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a Live Demonstration of Yoga on the Theme, "YOGA FOR SUCCESS" inview of INTERNATIONAL DAY OF YOGA on 21/06/2023 at Faculty of Physiotherapy Department PG Lecture Hall - 06 between 10.30 AM to 12.30 PM. Around 50 Students Participated along with NSS Volunteers.

LECTURE ON KAYAKALPA EXERCISE 22 JUNE, 2023

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a Live Demonstration of Yoga on the Theme, "KAYAKALPA EXERCISE" inview of INTERNATIONAL DAY OF YOGA on 22/06/2023 between 10.30 AM to 12.30 PM. Around 50 Students Participated along with NSS Volunteers. The purpose of International Day of Yoga is to encourage, bring awareness of various health benefits occurs through exercise. This theme is chosen to focus on the solutions to restore the normal human functions effectively over all activities.



INDIAN ORGAN DONATION DAY 03 AUGUST, 2023

Faculty of physiotherapy in association with NSS unit – VI organized a Awareness Pledge in view of INDIAN ORGAN DONATION DAY on the theme "DONATE ORGAN AND TISSUES". Every year 3RD, August 2023 is observed as INTERNATIONAL DAY OF ORGAN DONATION. This theme is chosen to focus on the solutions to restore the normal human functions effectively over all activities by donating organs.



In CR Department, Seminar Hall - 01 between 9.30 AM to 10.00AM. Around 100 Students Participated along with NSS Volunteers. Awareness Pledge which was taken in Tamil Language for donating Organ and Tissue after death. Our Principal, Prof.Dr.C.V.Senthil Nathan, Faculty of Physiotherapy shared his knowledge with the students about the importance of donation and social services towards the society. The students were the one who left with mind and heart filled with happiness in participating in such a program.

ANTI-DRUG PLEDGE ON "DRUG FREE TAMILNADU 11 AUGUST, 2023

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a Mass Anti- Drug Pledge on the Theme "DRUG FREE TAMILNADU" on 11/08/2023 at Faculty of Physiotherapy Department, PG Lecture Hall - 06 between 10.00AM to 11.00AM. Around 100 NSS Volunteers Participated.



The Program started in YouTube Live Streaming with Our Honorable Chief Minister released 20minutes Video to create awareness among the students regarding the ill effects of Drug Addiction. Followed by, Awareness Pledge which was taken in Tamil Language through live streaming along with Our Principal, Prof.Dr.C.V.Senthil Nathan, Prof.Dr.S.Veena@Kiruthika, Joint Registrar and Vice Principal and Prof.Dr.V.Rajalaxmi, Vice Principal, Mrs.Umamageshwari, Inspector of Police and Mr.Vellaiswamy, Sub-Inspector of Police, Thiruverukadu, NSS Programme Officer and Incharges with 100 NSS Volunteers too...

HONOURABLE PRESIDENT'S BIRTHDAY

BLOOD DONATION

30 JUNE, 2023

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a Blood Donation inview of Honorable President's Birthday on 30/06/2023 at Blood Bank, ACS Medical College and Hospital between 10.00 AM to 12.00 PM. Around 15 NSS Volunteers Participated and donated blood today.



We sincerely thank our Principal, Prof.Dr.C.V.Senthil Nathan Sir for motivating us to do all the events successfully. We extend our thanks to our Programme Coordinator, Prof.P.S.Rajakumar sir for encouraging our unit to do all NSS activities. We once again thank Our Beloved President Sir and Our Beloved Secretary Sir for their constant support, guidance and providing us the right platform for all our ventures.



77th INDEPENDENCE DAY

"MERI MATI MERA DESH" - "MY SOIL MY COUNTRY"

TREE PLANTATION

12 AUGUST, 2023

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a "Tree Plantation" inview of 77th Independence Day on 12/08/2023 at Faculty of Physiotherapy (New Building) between 10.00AM to 10.30AM. Around 20 NSS Volunteers Participated.

The O2 NEEM TREES Saplings were planted in the New Building Premises of Faculty of Physiotherapy by Our Respected Principal, Vice principal's and other Staff members.



AZADI KA AMRIT MAHOTSAV

13 AUGUST, 2023



Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a "Tree Plantation at Various Village" and "Hoist of National Flag at Every Home" inview of 77th Independence Day on the Theme "MERI MATI MERA DESH" - "MY SOIL MY COUNTRY" and "Azadi Ka Amrit Mahotsav" on 13/08/2023. Around 20 NSS Volunteers Participated. The Volunteers planted various trees and Small plants in and around their living area and also Hoisted National Flag at their homes and sent selfies and received E-certificate also.

ORIENTATION ON THE THEME

14 AUGUST ,2023

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a "Orientation Program" on "Save The Land" inview of 77th Independence Day on the Theme "MERI MATI MERA DESH" - "MY SOIL MY COUNTRY" on 14/08/2023 at Lecture Hall - 08, Faculty of Physiotherapy (New Building) between 12.00PM to 12.45PM. Around 85 BPT Students along with NSS Volunteers Participated.



Our Speaker Dr.S.Ramachandran Phd, explained about why we should not spoil our land? And what are the ill effects we are getting out of it? Sir shared a poem on the Topic "Save the Land" to the students which was quite thinking about our country upgrade. It was really a soulful orientation.

77th INDEPENDENCE DAY

"MERI MATI MERA DESH"- "MY SOIL MY COUNTRY"

AWARENESS PLEDGE

14 AUGUST, 2023

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai participated in Awareness Pledge on "MERI MATI MERA DESH" - "MY SOIL MY COUNTRY" through online mode via link. 01 staff and 100 NSS Volunteers participated. Students showed their passion towards our nation by participating the pledge.



TREE PLANTATION AT EVERY HOME SELFIE

14 AUGUST, 2023

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai participated in Tree Plantation at Every Home selfie upload inview of - "Azadi Ka Amrit Mahotsav" through online mode via link. 01 staff and 100 NSS Volunteers participated. Students showed their passion towards our nation by participating the event.

POSTER PRESENTATION

14 AUGUST ,2023

Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai organized a Poster Presentation Competition on the Theme, "NATION FIRST, ALWAYS FIRST (Different cultures of our country)" in view of 77th Independence Day on 14/08/2023 at Lecture Hall- 1, Faculty of Physiotherapy between 02.00 PM to 03.00 PM. Around 50 Students Participated along with NSS Volunteers.

The students presented their Art work before the judge and gave a wonderful explanation on their work. We had wonderful responses from the Physiotherapy students who participated and expressed their talents in the above mentioned event.



MARCH PAST - INDEPENDENCE DAY

15 AUGUST, 2023

Faculty of physiotherapy in association with NSS unit – VI organized a March Fast event in view of 77TH INDEPENDENCE DAY. Every year 15th, Aug 2023 is observed as INDEPENDENCE DAY. Independence is not just about being free from external control: it's also about unity and working together as a nation.

The program started around 9:00 AM with Thamizhthai Vazhthu in continuation with this our Honourable Secretary Sir discussed in brief the significance of Independence Day.

Then our Honorable Secretary Sir hoisted the National Flag and then all staff and students saluted the flag and sang our National Anthem together., Followed by this balloons and Dove was released in the air after that students performed the Parade with the Indian flag to pay tribute to mother INDIA.

In addition to this cultural programs were also held in which students from all the department participated. Towards the end of the program vote of thanks was proposed and the session came to an end.



WALKATHON ON THE THEME, "DRUG FREE INDIA"

26 AUGUST, 2023



Faculty of Physiotherapy in association with NSS Unit-VI, Dr.M.G.R.Educational and Research Institute, Chennai attended a Walkathon on the Theme, "DRUG FREE INDIA" on 26/08/2023 at Anna University Organised by "The Art of Living" between 05.00 PM to 07.30 PM. Around 20 NSS Volunteers participated along with 02 staffs.

We oThe program started with Tamil Thai Valzthu. Followed by felicitation of the Chief Guest, Mr.Ma.Subramanian, Ministry for Health and Family Welfare of Tamilnadu. Then, the Chief Guest addressed the gathering by sharing his experience with the young dynamic students against not to use drugs and prevent India a drug free nation. Anti-Drug Pledge was taken by all the volunteers. NSS Programme Coordinator and Program Officers were felicitated with Appreciation Shield. Live Music Concert on the Theme " The Live Non-violinist Project " was played. The event ended with the National Anthem. Refreshments and T-Shirts were given. E-certificate QR code provided. The students were the one who left with mind and heart filled with happiness in participating in such a program.

nce again thank Our Beloved President Sir and Our Beloved Secretary Sir for their constant support, guidance and providing us the right platform for all our ventures.

SOCIAL JUSTICE DAY

15 SEPTEMBER, 2023

Faculty of Physiotherapy in association with NSS Unit-VI, organized a Awareness Pledge inview of "SOCIAL JUSTICE DAY - 2023". Around 100 Students Participated along with Staff Members and NSS Volunteers. The Program started with a welcome Address by Dr.P.Anu Preethi, Assistant Professor & NSS Program Officer Unit - VI followed by Awareness Pledge which was taken in Tamil Language about social justice to be followed everywhere. Our Vice - Principal's Prof.Dr.S.Veena@Kiruthika & Prof.Dr.V.Rajalaxmi and Prof.Dr.G.Mohan Kumar (HOD of orthopaedics) graced the program along with all staff members and student.



NATIONAL UNITY DAY - PLEDGE

01 OCTOBER, 2023



Faculty of Physiotherapy in association with NSS Unit-VI, organized an Awareness Pledge inview of "NATIONAL UNITY DAY"- "RASHTRIYA EKTA DIWAS". Around 100 Students Participated along with Staff Members and NSS Volunteers. The Program started with a welcome Address by Dr.P.Anu Preethi & NSS Program Officer Unit - VI followed by Awareness Pledge which was taken in English Language to honour the brave freedom fighters who sacrificed their lives for our Independence. Prof.Dr.G.Mohan Kumar, HOD (Orthopaedics) and Prof.Dr.S.Ramachandran, HOD (Cardiovascular and Pulmonary) graced the program along with all staff members, NSS Volunteers and BPT students.

SHRAMDAAN FOR SWACHHATA

31 OCTOBER, 2023

Faculty of Physiotherapy in association with NSS Unit-VI, participated in the "Shramdaan for Swachhata - a Cleanliness Program of our nation" as a part of Swachh Bharat on 01/10/2023 at various part the volunteers living area between 10:00 AM-11:00 AM Around 20 Volunteers Participated.

We thank Our Principal Prof.Dr.C.V.Senthil Nathan Sir for their constant support in doing all NSS activities. I thank Prof.Dr.S.Rajakumar Sir, Programme Coordinator, NSS for guiding us in doing the NSS Programs.



ADVANCED NEURO REHABILITATION UNIT



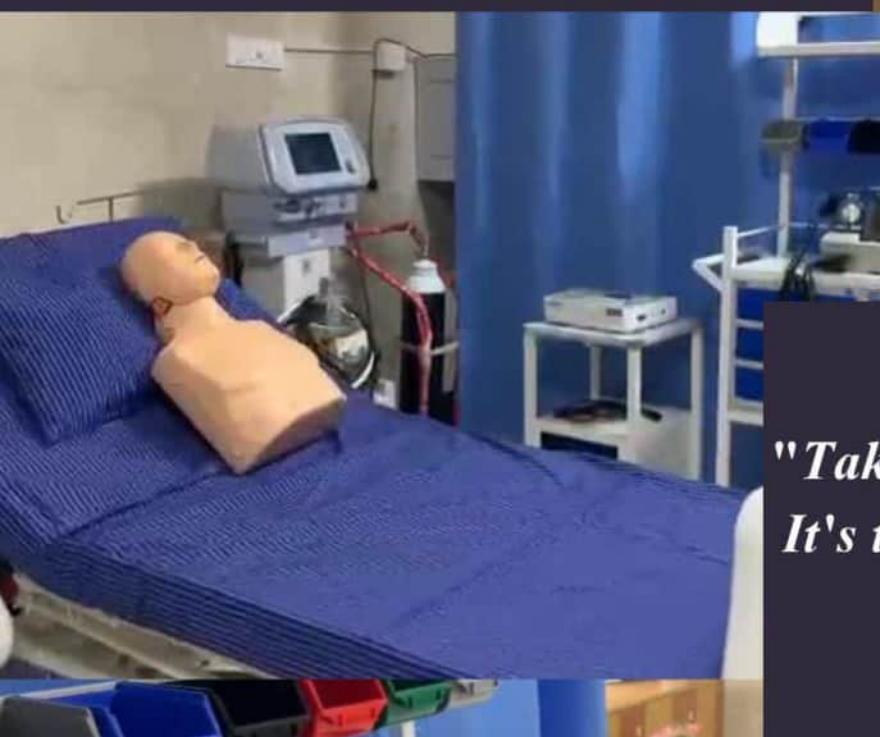
*"Take care of your body.,
It's the only place you have to live"*



Quality care for a better quality of life



ADVANCED CARDIOVASCULAR AND PULMONARY REHABILITATION UNIT



*"Take care of your body.,
It's the only place you have to live"*



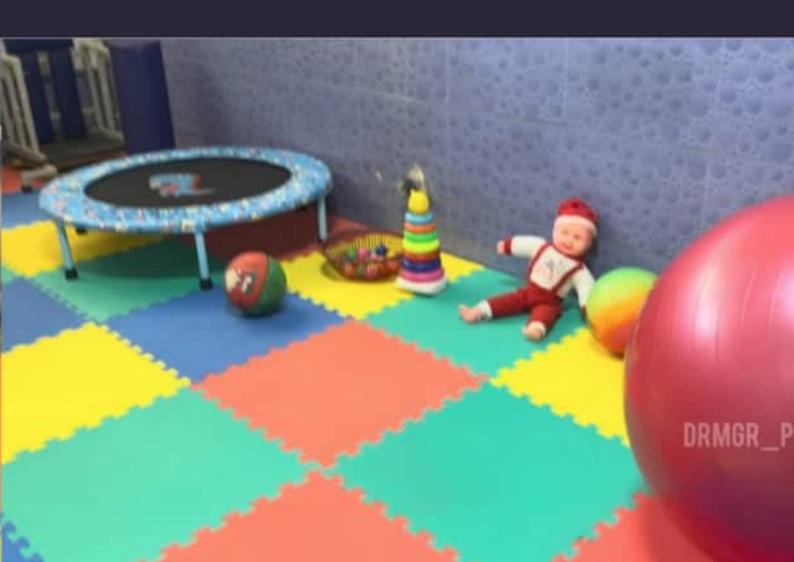
Quality care for a better quality of life



ADVANCED PEDIATRIC REHABILITATION UNIT



*"Take care of your body.,
It's the only place you have to live"*



Quality care for a better quality of life



ADVANCED MUSCULOSKELETAL UNIT



*"Take care of your body.,
It's the only place you have to live"*



Quality care for a better quality of life



ADVANCED SPORTS REHABILITATION AND FIELD WORK



*"Take care of your body.,
It's the only place you have to live"*



Quality care for a better quality of life



ADVANCED OBSTETRICS AND GYNAECOLOGY UNIT



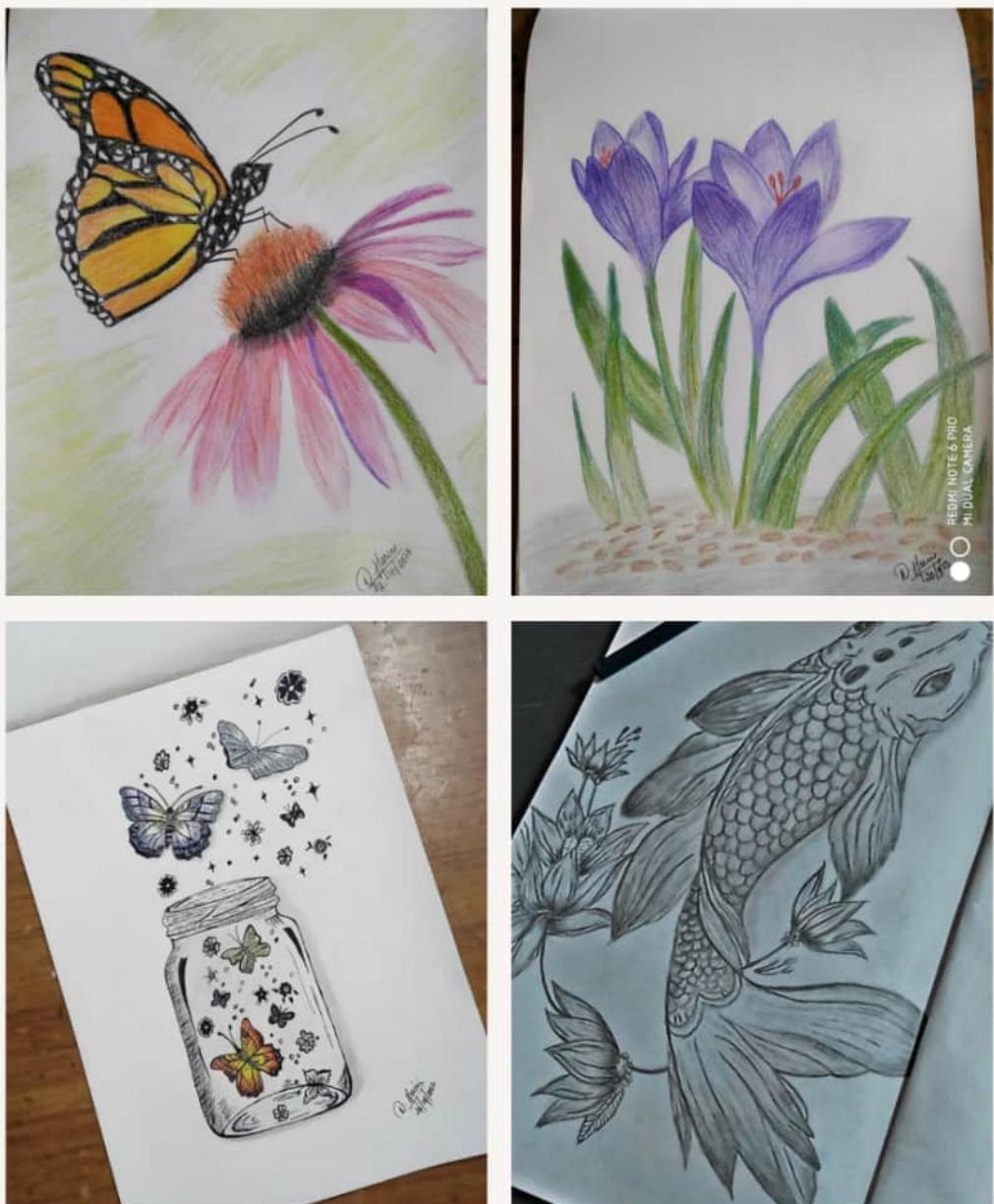
*"Take care of your body.,
It's the only place you have to live"*



Quality care for a better quality of life

STUDENTS CORNER

- - Eager Beaver - -





கவிதை கிறுக்கல்கள்

விலகினேன் அருகில் வந்தாய் நம்பு வதற்காக

நம்பினேன் உடைத்து சென்றாய்

உடைந்தது கண்ணாடி அல்ல என் இதயம் (நம்பிக்கை)

அந்த உடைந்த இதயம் உன்னையே நினைத்து வாழ்கிறது....

Shree varshini
B.P.T Second year B-Section

1) எதுவும் நிரந்தரம் இல்லை என்று தெரிந்தும் தற்காலிகத்தை நிரந்தரம் என்று என்னி ஏமாரும்போது கிடைக்கும் அனுபவத்தின் அறிவு சிறந்தது எனின் புன்னைக்கடிடன் ஏற்றுக்கொள்.....
" ஏமாற்றங்கள் தவறில்லை "



V.Sruthika
B.P.T Second year B-Section

Students touch...

*"Strive for Excellence!
Your Education, Your Future.
Dream Big, Study Hard."*

Shree varshini

B.P.T Second year B-Section

--She had published a book under the topic of

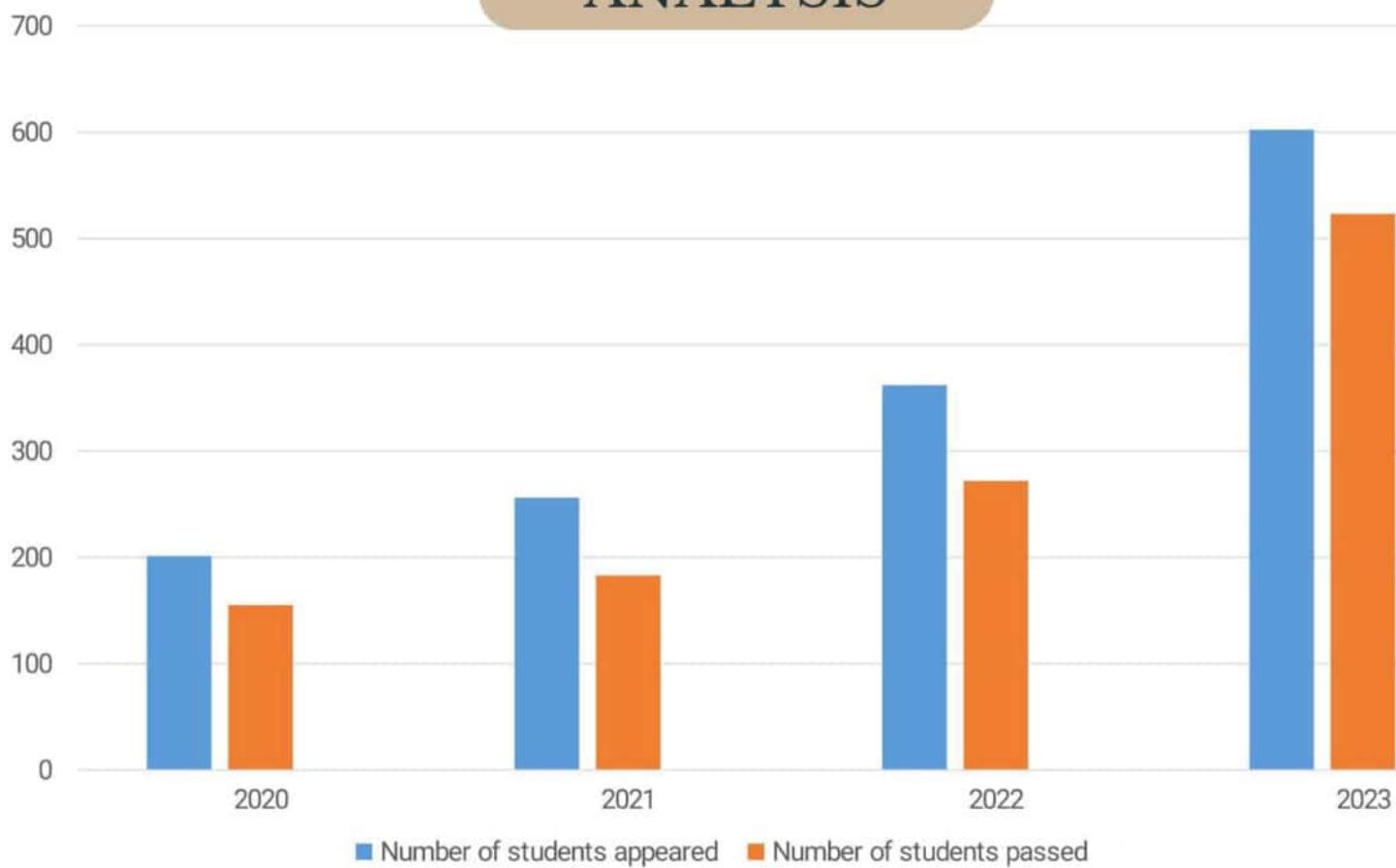
"வாழ்க்கையில் நல்ல பழக்கம் வழக்கங்களின் முக்கியத்துவம்"



"Never miss an artwork"

S.Sri Sruthika
B.P.T Second year C-section

"Drawing things makes them seem more real and makes me feel more alive"



NPTEL ANALYSIS

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NPTEL Online Certification

(Funded by the MoE, Govt. of India)

This certificate is awarded to

SUBASHINI A

for successfully completing the course

Psychology of Learning

with a consolidated score of **96** %

Online Assignments	22.19/25	Proctored Exam	73.5/75
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Total number of candidates certified in this course: 2709




Prof. Haimanti Banerji
Coordinator, NPTEL
IIT Kharagpur



NPTEL Online Certification

(Funded by the MoE, Govt. of India)

This certificate is awarded to

SUBETHAV

for successfully completing the course

Psychology of Learning

with a consolidated score of **91** %

Online Assignments	20.94/25	Proctored Exam	70.5/75
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Total number of candidates certified in this course: 2709




Prof. Haimanti Banerji
Coordinator, NPTEL
IIT Kharagpur



Indian Institute of Technology Kharagpur

.....NPTEL Elite Toppers.....

Knowledge is the eye of desire and can
become the pilot of the soul.





Elite

NPTEL Online Certification

(Funded by the MoE, Govt. of India)



This certificate is awarded to

VARSHAYA

for successfully completing the course

Psychology of Learning



with a consolidated score of 80 %

Online Assignments	21.56/25	Proctored Exam	58.5/75
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Total number of candidates certified in this course: 2709



Elite

NPTEL Online Certification

(Funded by the MoE, Govt. of India)



This certificate is awarded to

SUSMITHA S

for successfully completing the course



Psychology of Learning


Prof. Haimanti Banerji
Coordinator, NPTEL
IIT Kharagpur



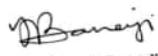
with a consolidated score of 75 %

Online Assignments	21.25/25	Proctored Exam	54/75
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Total number of candidates certified in this course: 2709

Jul-Oct 2023

(12 week course)


Prof. Haimanti Banerji
Coordinator, NPTEL
IIT Kharagpur

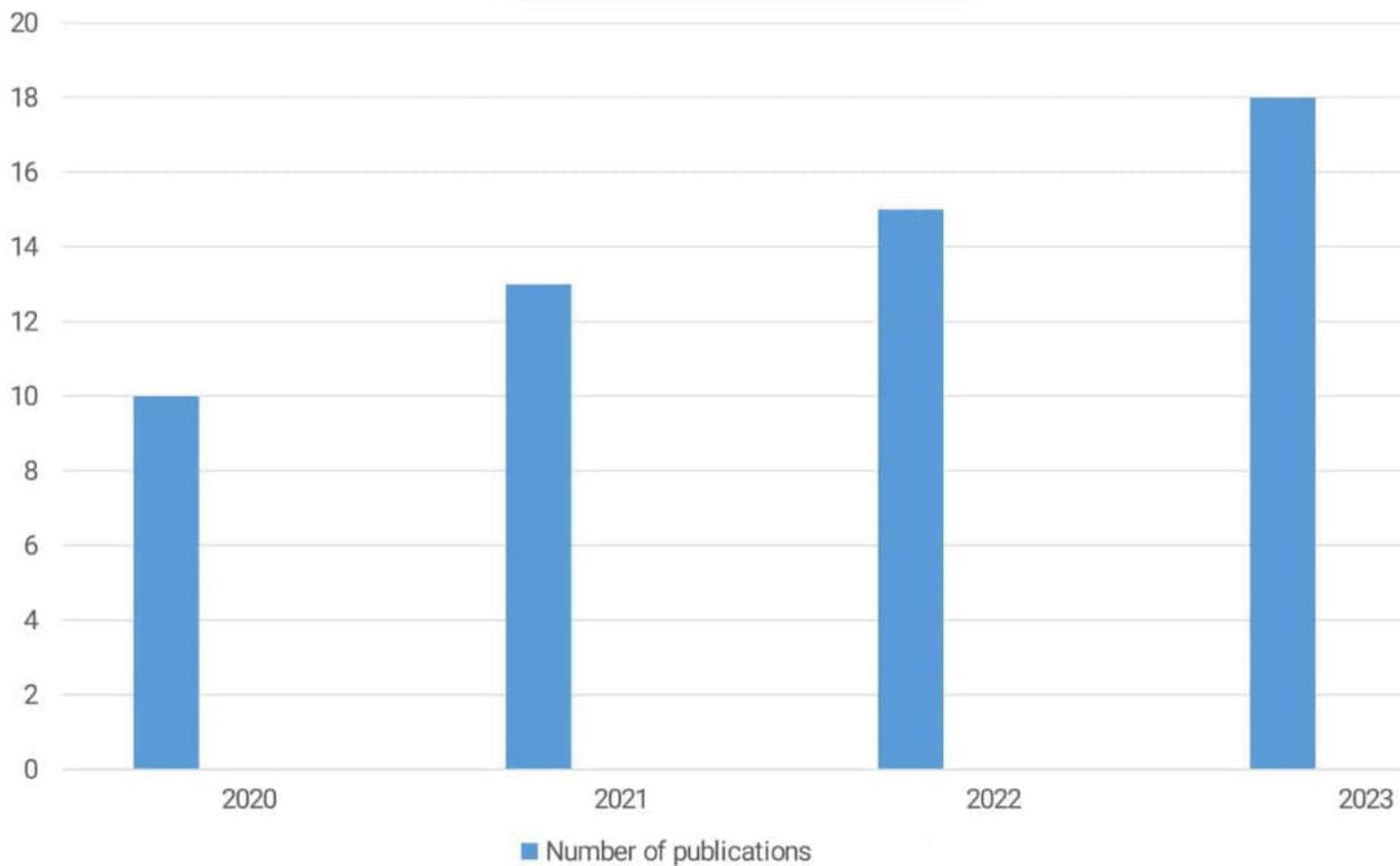


Indian Institute of Technology Kharagpur

.....NPTEL Elite Toppers.....

Knowledge is the eye of desire and can
become the pilot of the soul.





PUBLICATIONS ANALYSIS

EVERY CONTENT COUNTS



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A Studio Update

DR MGR PHYSIO'S



வாழ்வொம் நலமுடன்

EXPERT HEALTH TALK SHOW

Our faculty organises an Expert talk show - "VAZHVOM NALAMUDAN" dedicated to promote well-being and a healthy life style. Renowned health professionals and specialist share valuable insights on various health topics. Covering physical, mental, and emotional aspects. The show provides evidence-based information, practical tips and engages viewers in discussions to empower them with knowledge for making informed health choices. Join us in journey towards a healthier life, guided by expert advice and a commitment to overall well being.

In this channel you will find:

Latest workshops, free resources, and more. Keep viewing!





Our Latest Expert talk Show

"VAZHOM NALAMUDAN"
SEASON-01 EPISODES

1. மார்பகபுற்றுநோய்
2. கண்குறைபாடுகள் மற்றும் கண் பாதுகாப்பு
3. நீரிழிவு நோய்
4. முகவாதம்
5. இன்றைய சூழலில் முதியோர்களின் மன நலமும் உடல் நலமும்
6. கீல்வாதம்
7. விளையாட்டு துறையில் பெண்கள்
8. பின் மகப்பேற்று மன இறுக்கம்
9. காது மூக்கு தொண்டை பிரச்சனை
10. நாள் பட்ட நுரையீரல் அடைப்பு நோய்
11. முதுகு வலி
12. உடல் பருமன்
13. குழந்தைகளுக்கான உணவும் சுகவாழ்வும்
14. ஆட்டிசம் ஸ்பெக்ட்ரம் கோளாறு

[TO SEE FULL CONTENT](#)



Free Resource

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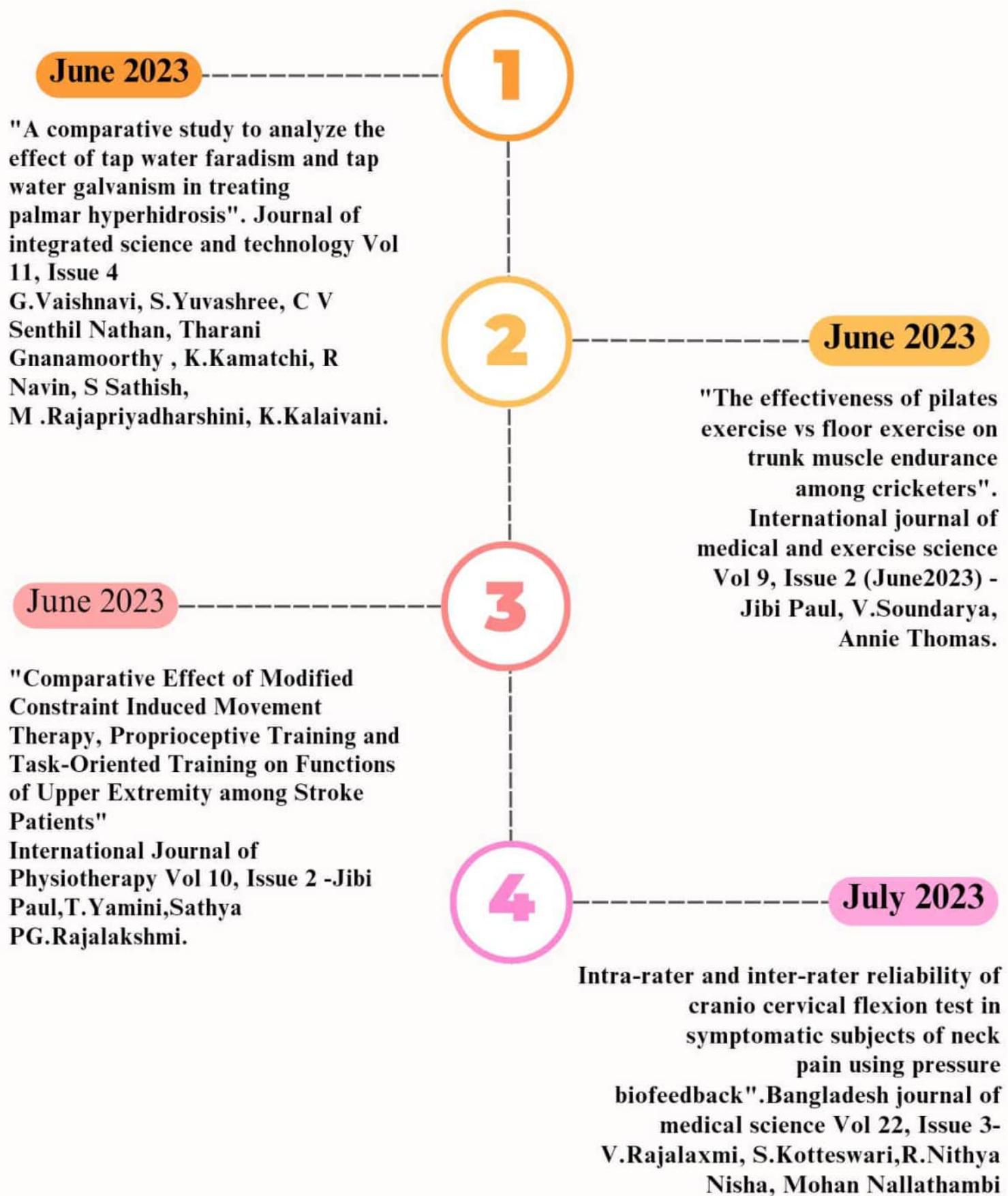
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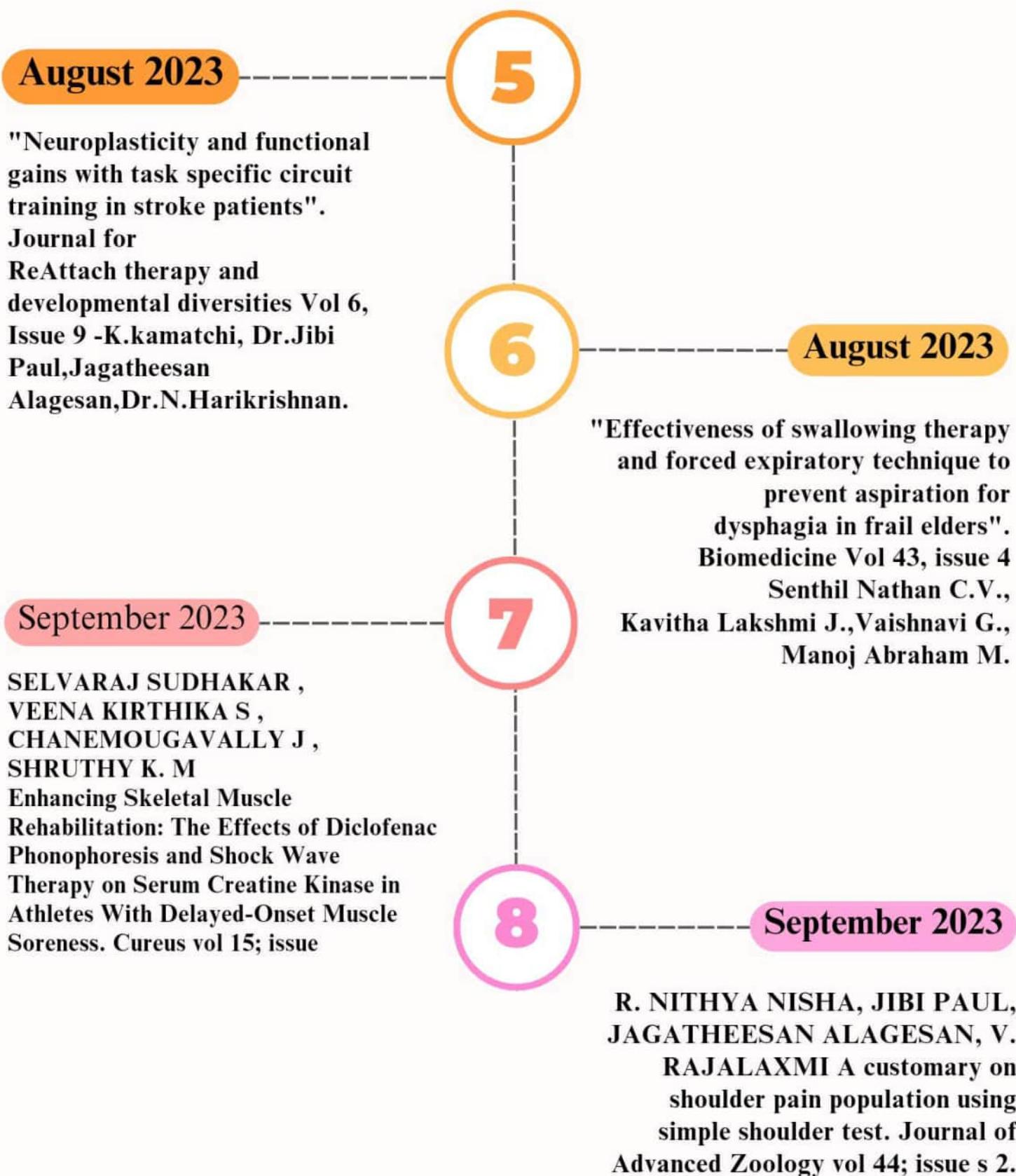
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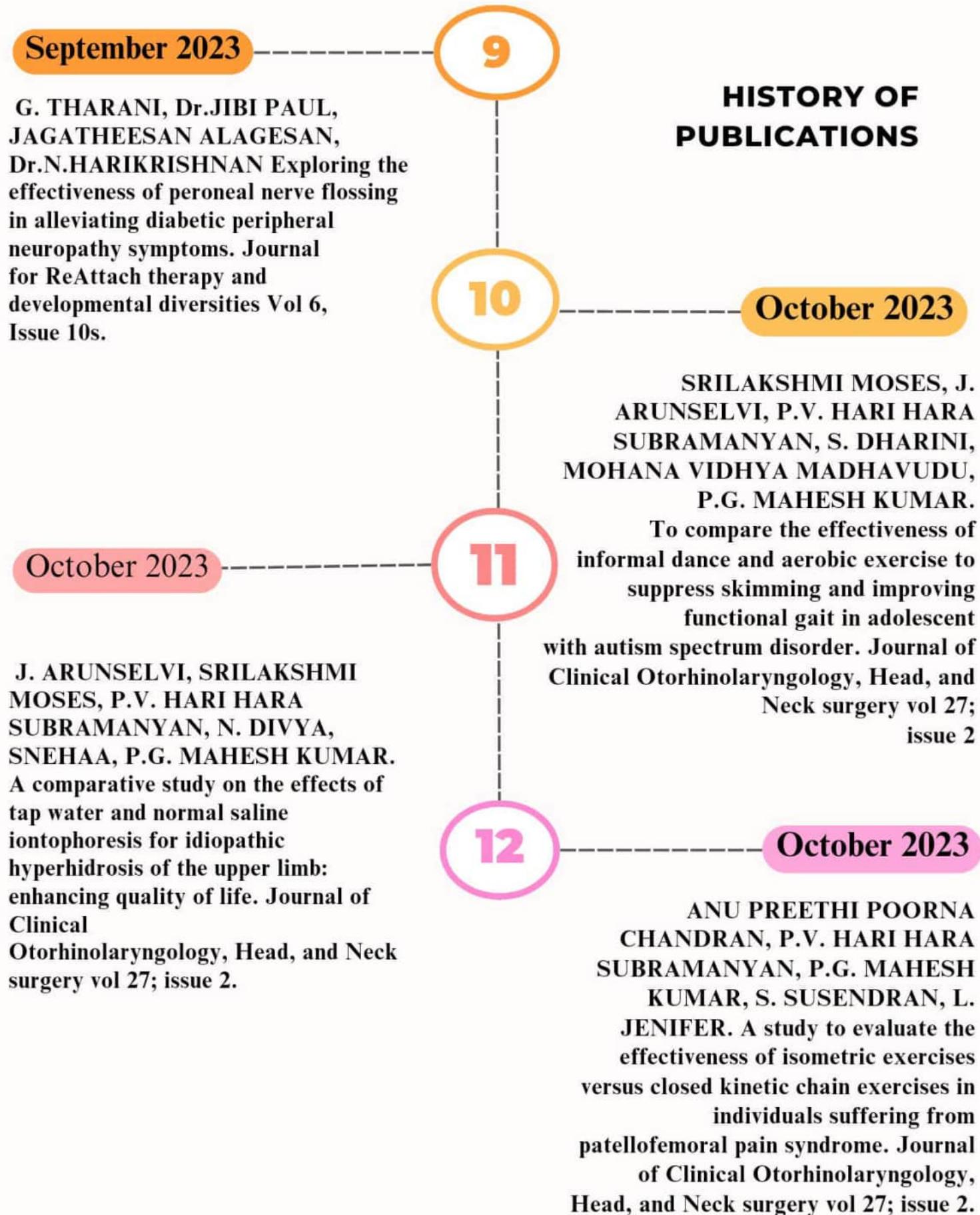
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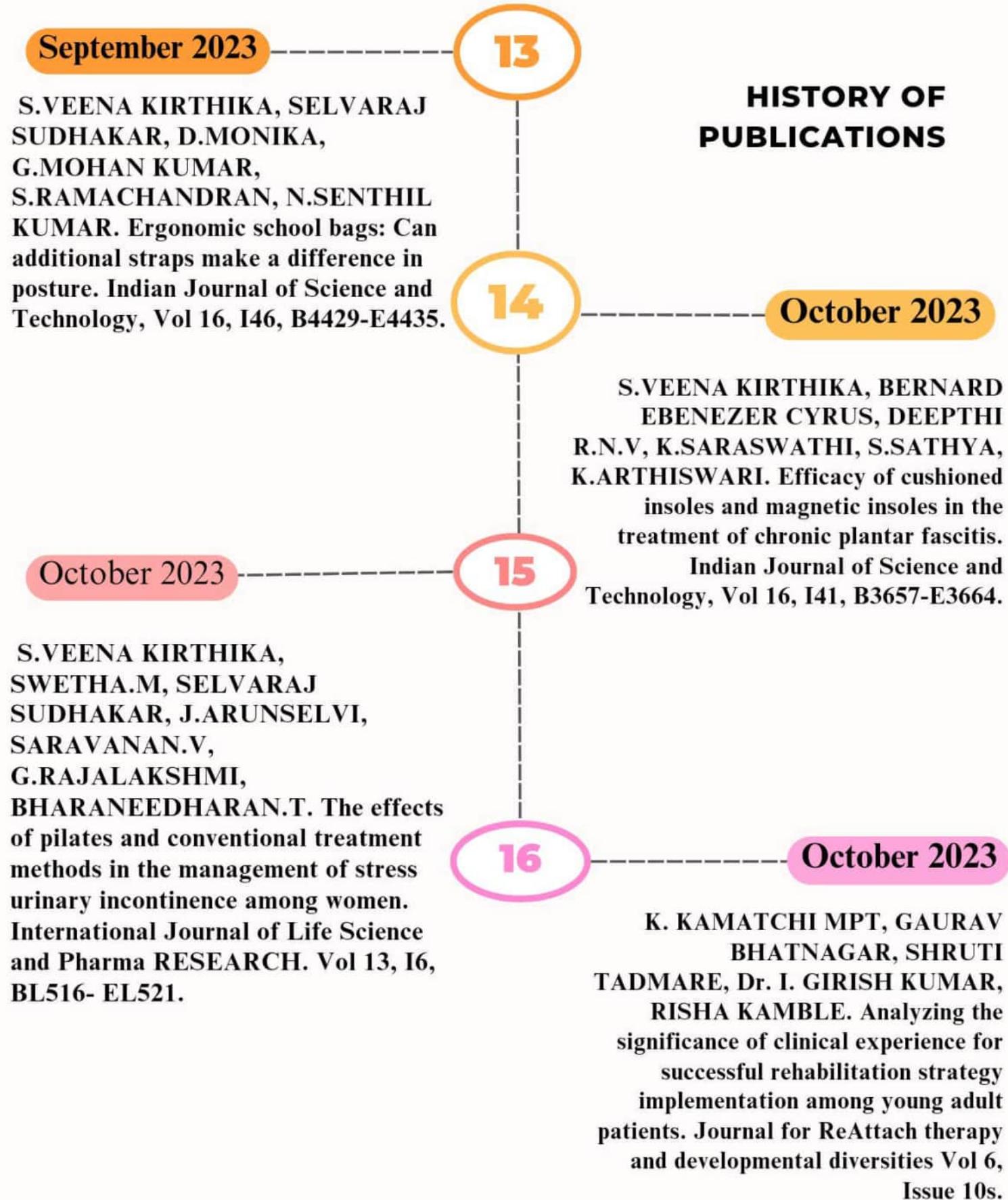
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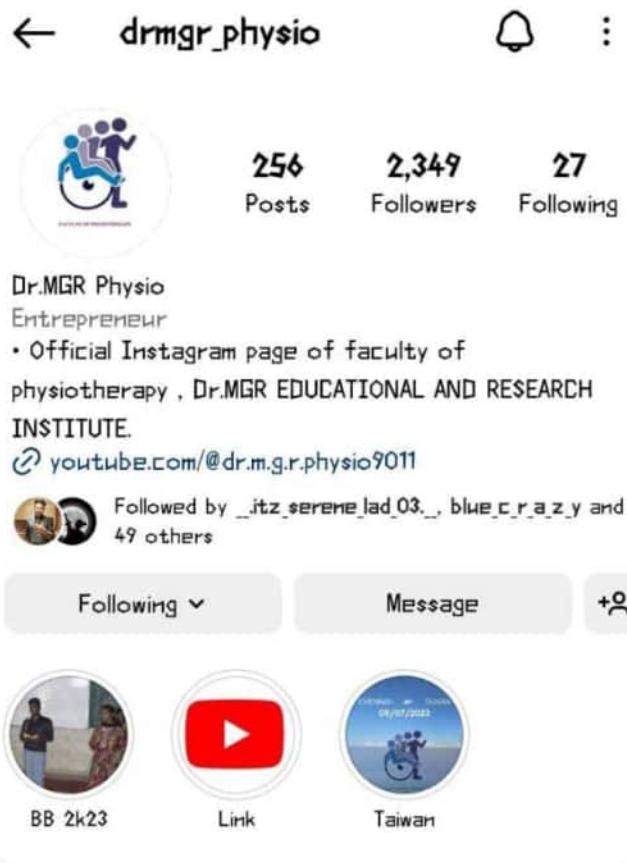
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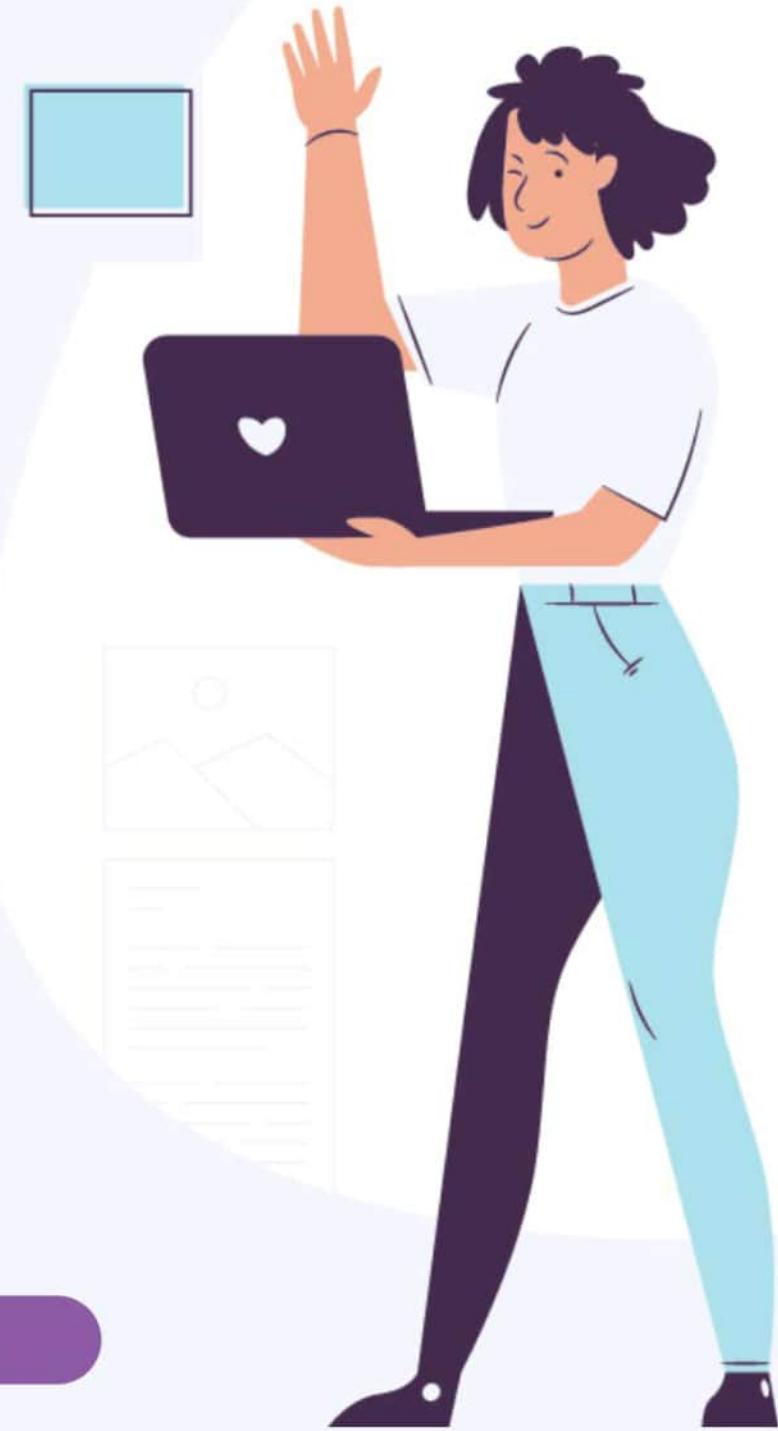
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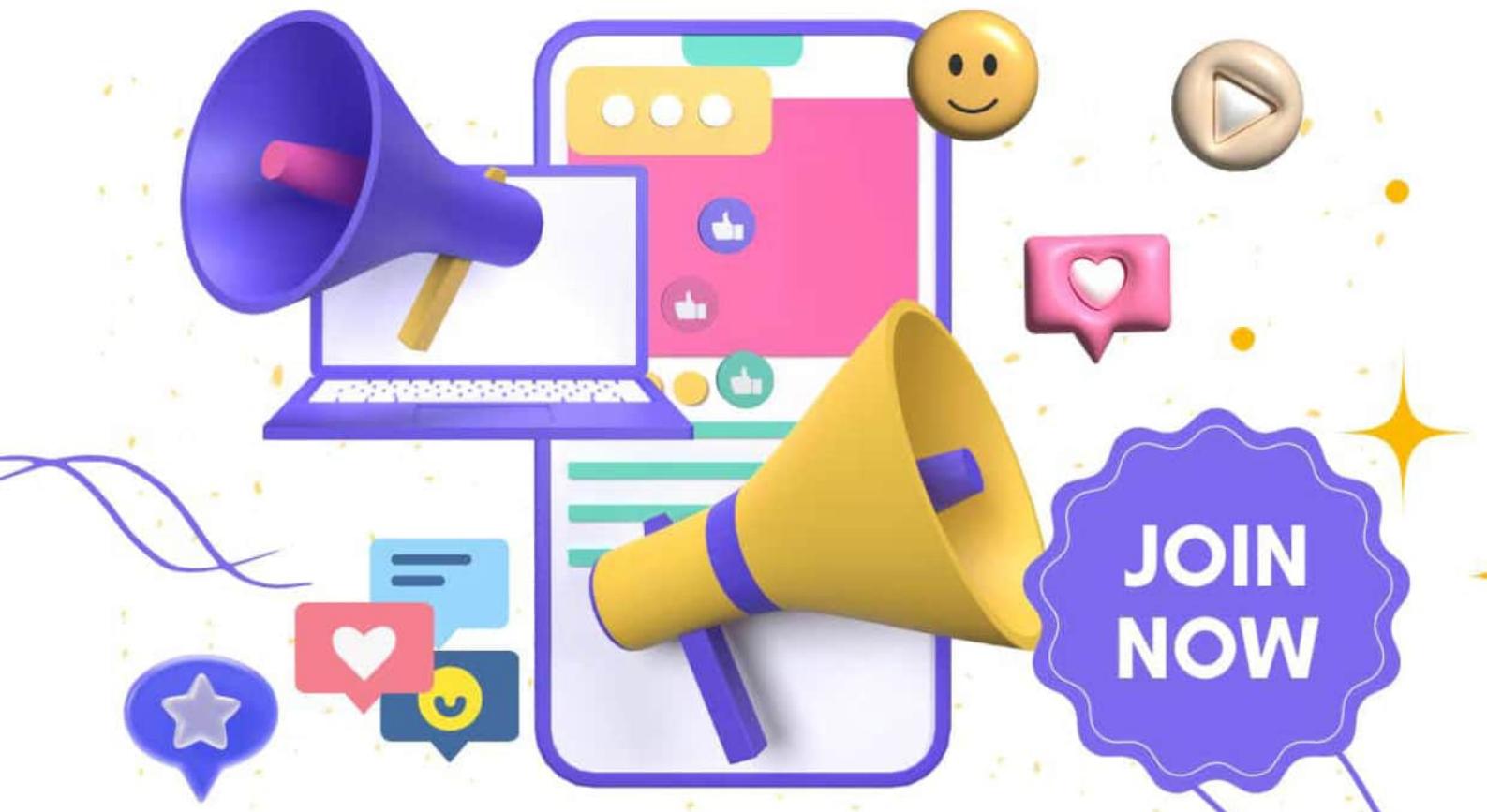
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