



**TEERTHANKER MAHAVEER UNIVERSITY
DEPARTMENT OF PHYSIOTHERAPY**

(Established under Govt. of U.P. Act No. 30, 2008)

Tel.: +91-2360222, 2360777 · Fax: +91-591-2360077, 2487444, 2360444

Email: principal.physiotherapy@tmu.ac.in; Website: www.tmu.ac.in

Ref: TMU/PT/2025-26/258

Date: 28.04.2026

CIRCULAR

This is to inform all the BOS members that a BOS meeting is scheduled on Tuesday, 2nd May 2026, 10:30 AM onwards, Online mode.

All the BOS members are requested to be present for the meeting.

Agenda:

1. Discussion on the implementation of NCAHP Curriculum guidelines for the Academic Session 2026-27
2. Discussion on feedback received from various stakeholders
3. Discussion on the list of External Examiners for the Academic Session 2026-27
4. Review and implementation of Value-Added Courses (VAC)/ Short Courses
5. Any other matter with the permission of the Chair


Shivaneel Kaul
Head
Department of Physiotherapy
Faculty of Paramedical Sciences



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ATTENDANCE SHEET

Ref: TMU/PT/2025-26/258

Date: 02.05.2026

S.NO.	NAME	DESIGNATION	SIGNATURE
1	Prof. Shivane M. Kaul	Chairperson	
2	Prof. Chitra Kataria	External Member	
3	Prof. Nitish Bansal	External Member	
4	Prof. Navneet Kumar	Internal Member	
5	Dr. Samarpita Senapati (PT)	Internal Member	
6	Dr. Himani (PT)	Internal Member	





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Date: 02.05.2026

**MINUTES OF MEETING
BOS MEETING**

The BOS meeting was conducted on 2nd May 2026, 10:30 AM onwards, online mode, and was attended by the following members:

S.NO.	NAME
1	Prof. Dr. Shivane M. Kaul (PT)
2	Prof. Dr. Chitra Kataria
3	Prof. Dr. Nitish Bansal
4	Prof. Dr. Navneet Kumar
5	Dr. Himani (PT)
6	Dr. Samarpita Senapati (PT)

Agenda 1: Discussion on the implementation of NCAHP Curriculum Guidelines for the Academic Session 2026–27

Level of the program: UG & PG

Name of the programme: Bachelor of Physiotherapy & Master of Physiotherapy

Discussion & Resolution 1.1: The Board discussed and approved the proposal to implement the NCAHP-prescribed curriculum for the Bachelor of Physiotherapy (BPT) first Year and Master of Physiotherapy (MPT) programmes first Year, applicable from the academic session 2026–27, with the objective of ensuring curriculum standardization as per national guidelines followed by implementation of guidelines in Ph.D. Program as well. [Annexure-I].

Discussion & Resolution 1.2: Establishment of the Department of electrotherapy and electro diagnosis & Department of exercise therapy and kinesiotherapy was put up for discussion. The board suggested to first to convert the department of physiotherapy into institute/college or school of physiotherapy first as one cannot open department under department. Post change of nomenclature as per new guidelines the department should definitely be established.

Other points discussed included introduction of rest of departments upon the start of second year of NCAPH curriculum.

Discussion & Resolution 1.3: The board discussed and suggested to stick to the previous year admission seat criteria as per the approval of UP State Medical Faculty.

Agenda Point 2: Discussion on feedback received from various stakeholders

Discussion & Resolution 2: The Board reviewed the feedback received from faculty, alumni, experts, and employers for the academic year 2025-26. The feedback was reviewed and it was suggested that such feedback be encouraged and use them to fill the gaps, if any, to better the performance in upcoming sessions. [Annexure-II].

Agenda Point 3: Discussion over the list of External Examiners for the session 2025-26.

Discussion & Resolution 3: During the meeting the list of External Examiners was approved. [Annexure-III]

Agenda Point 4: Review and implementation of Value-Added Courses (VAC)/ Short Courses

Discussion & Resolution 4: During the meeting the list of Value-Added Courses (VAC)/ Short Courses were approved. [Annexure-IV]

Agenda Point 5: Any other points to be discussed

The board discussed and approved

- ✓ The Existing Clinical Skill Training Log Book format into NCAHP curriculum for the session 26-27 with additional suggestion to proceed with necessary modification as per NCAHP guidelines.
- ✓ Format of Continuous internal assessment for BPT & MPT programmes to be followed as per university guidelines.

The board suggested and discussed to conduct seminars/workshops for promoting competency-based curriculum implementation for both the BPT and MPT programmes.

The BOS meeting ended with vote of Thanks.


Prof. Chitra Kataria
(External Member)


Prof. Nitish Bansal
(External Member)


Prof. Navneet Kumar
(External Member)


Dr. Samarpita Senapati (PT)
(Internal Member)


Dr. Himani (PT)
(Internal Member)


★ Shivaji M Kaul
Head & BOS Chairperson
Department of Physiotherapy
Teerthankar Mahaveer University

ANNI

S.NO	HEADINGS	TMU ORDINANCE (23rd meeting dated 21 July 2025)	NCAHP ORDINANCE
1	RESEARCH GUIDE	As per Clause 10.12 • Professor - not more than 8 research scholars • Associate professor - upto 6 research scholars • Assistant Professor - upto 4 research scholars	As per Clause 6.2 • Guides can select maximum any Eight scholars at any given period of time as per the seniority in respected university. • Principal/ Dean/ Professor - Eight PhD scholars, • Associate professor - Five PhD scholars. • Scholars can have co-guide from other discipline, if required. • Research guide should be PhD in physiotherapy. • The guide should be from the same university.
2	Eligibility criteria for research guide	As per Clause 10.1.1 PhD in Physiotherapy with minimum 5 scientific publications in accredited national/International journal/scientific publications in accredited national/International journals.(Scopus/WOS/Pubmed/UGCcare) As per Clause 10.1.8 Maximum age to be a guide shall not be more than 70 years.	As per Clause 6.3 PhD in Physiotherapy with minimum 3 scientific publications in accredited national/International journal/scientific publications in accredited national/International journals.(Scopus/WOS/Pubmed/UGCcare) Maximum age to be a guide shall be 65 years.
3	Research scholar criteria	As per Clause 7.9 Research guides are allotted to the scholars As per clause 5 Candidate should eligible to be admitted into PhD programme with minimum 55% aggregate in MPT results and if the candidate belongs to SC/ST/Jain minority/OBS/Differently abled/EWS will be given 5% relaxation As per clause 7.1 Candidate must qualify UGC-NET examination to appear for TRAT	As per Clause 6.4 Research scholars can select the guide from the list of guides recognised by the respective university Eligibility with 55% MPT results to apply for PhD programme but no criteria mentioned for SC/ST/Jain minority/OBS/Differently abled/EWS. Criteria for Selection: Selection for the Ph.D. Program will be based on merit by university entrance examination.

S.NO	HEADINGS	TMU ORDINANCE (23rd meeting dated 21 July 2025)	NCAHP ORDINANCE
4	PhD duration	As per Clause 13 Ph.D. Programme shall be of a minimum duration of three (3) years, including coursework, and a maximum of six (6) years from the date of Ph.D. registration. As per Clause 13.3 A maximum of an additional two (2) years can be given through a process of re-registration as per the Statute/Ordinance of the University provided, however, that the total period for completion of a Ph.D. Programme should not exceed eight (8) years from the date of registration for the Ph.D. Programme.	As per clause 6.4 A PhD program is recommended with 3.5 to five years of research work in an elective field of choice 1. Full time : 3 years, maximum of 5 years 2. Part time : 4 years, maximum of 6 years
5	PhD Progress report	As per Clause 2.1.2 Each semester, a Ph.D. scholar shall appear before the Research Advisory Committee to make a presentation and submit a brief report on the progress of his work for evaluation and further guidance. The Research Advisory Committee shall submit its recommendations along with a copy of Ph.D. scholar's progress report to the CRAC and Ph.D. Cell of the University. A copy of such recommendations shall also be provided to the Ph.D. scholar. As per Clause 2.1.3 In case, the progress of the Ph.D. scholar is unsatisfactory, the Research Advisory Committee shall record the reasons for the same and suggest corrective measures. If the Ph.D. scholar fails to implement these corrective measures, the Research Advisory Committee may recommend with specific reasons, the cancellation of the registration of the scholar from the Ph.D. Programme.	After provisional registration, every candidate shall submit half yearly progress report regularly through the guide from 1st January to the end of June and from 1st July to the end of December. However, the first report for the fraction of 6 months period shall be submitted ending either in June or December. If the candidate fails to submit 2 consecutive half yearly progress reports in time, his/her provisional registration shall stand cancelled. If 2 consecutive half yearly progress reports are not satisfactory, the board/ respective committee shall recommend to the university for cancellation of the registration.

S.NO	HEADINGS	TMU ORDINANCE (23rd meeting dated 21 July 2025)	NCAHP ORDINANCE
6	Research Scholar assessment, evaluation and minimum standard required	As per Clause 16.3.2 1. The PhD scholar must publish 2 scientific papers related to the thesis title work in scientific publications in accredited national/international journals/scientific publications in accredited national/international journals (Scopus/WOS/Pubmed/UGC Care) 2. The PhD scholar must present 2 scientific papers related to the thesis title work in national/international conference. As per Clause 13.1 The minimum period of registration after which a Research Scholar can present his Pre-thesis Submission Presentation is thirty (30) months from the date of his registration and he can submit his thesis after completing the thirty-two (32) months from the date of registration. ODE will be conducted on the completion of the minimum thirty-six (36) months from the date of registration. As per Clause 13.2 A Research Scholar shall normally be allowed to submit his thesis within a maximum period of six (6) years. However, in exceptional cases, this limit may be extended by the Vice-Chancellor for a maximum period of two (2) years, on specific request from the Research Scholar duly recommended by the CRAC. As per Clause 16.3.3 After the pre-thesis presentation, the Research Scholar will submit five copies of his thesis (5), seven copies of a summary of the thesis (7) in soft binding along with two copies of a CD (2) (containing the thesis, research publications, and summary of the thesis) & the thesis submission form (Annexure V) duly signed by the scholar & the Chairperson, CRAC, for its External Evaluation to the Exam Division, TMU within three (3) months, after incorporating the suggestions of the CRAC, if any. In case, a scholar fails to submit his thesis within three (3) months and has suitable justification for the same, the Chairperson, URAC may, on the recommendation of the CRAC, grant an extension of three (3) months.	As per Clause 6.9 1. Registered Institutional Ethical Committee must approve the title of thesis. 2. The PhD scholar must publish 2 scientific papers related to the thesis title work in scientific publications in accredited national/international journals/scientific publications in accredited national/international journals (Scopus/WOS/Pubmed/UGC Care) 3. The PhD scholar must present 2 scientific papers related to the thesis title work in national/international conference. 4. The candidate who has completed the minimum required period of three or four years of prescribed research from the date of provisional registration, with at least three months remaining before the maximum period prescribed for thesis submission, may submit an application. This application, along with 3 copies of the Thesis synopsis, is to be submitted through the Guide and the Head of the institution to the respective Board of Research Studies/Committee, following University procedures.

DPT Student Feedback

Comprehensive Analysis of Academic Performance and Instructional Quality
across Semesters

Dashboard Overview

1,072

Total Students
Participated

56

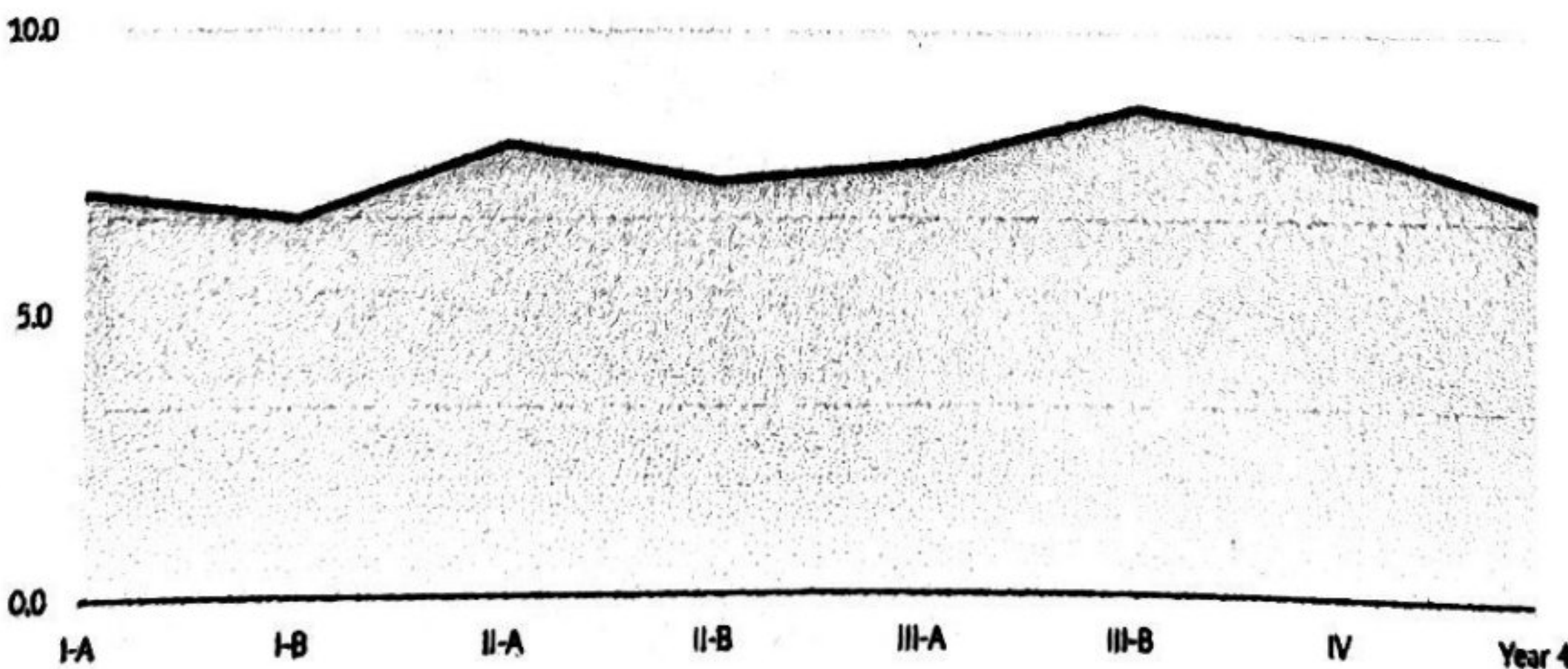
Academic Subjects
Evaluated

7.46

Average Overall Rating
(/10)

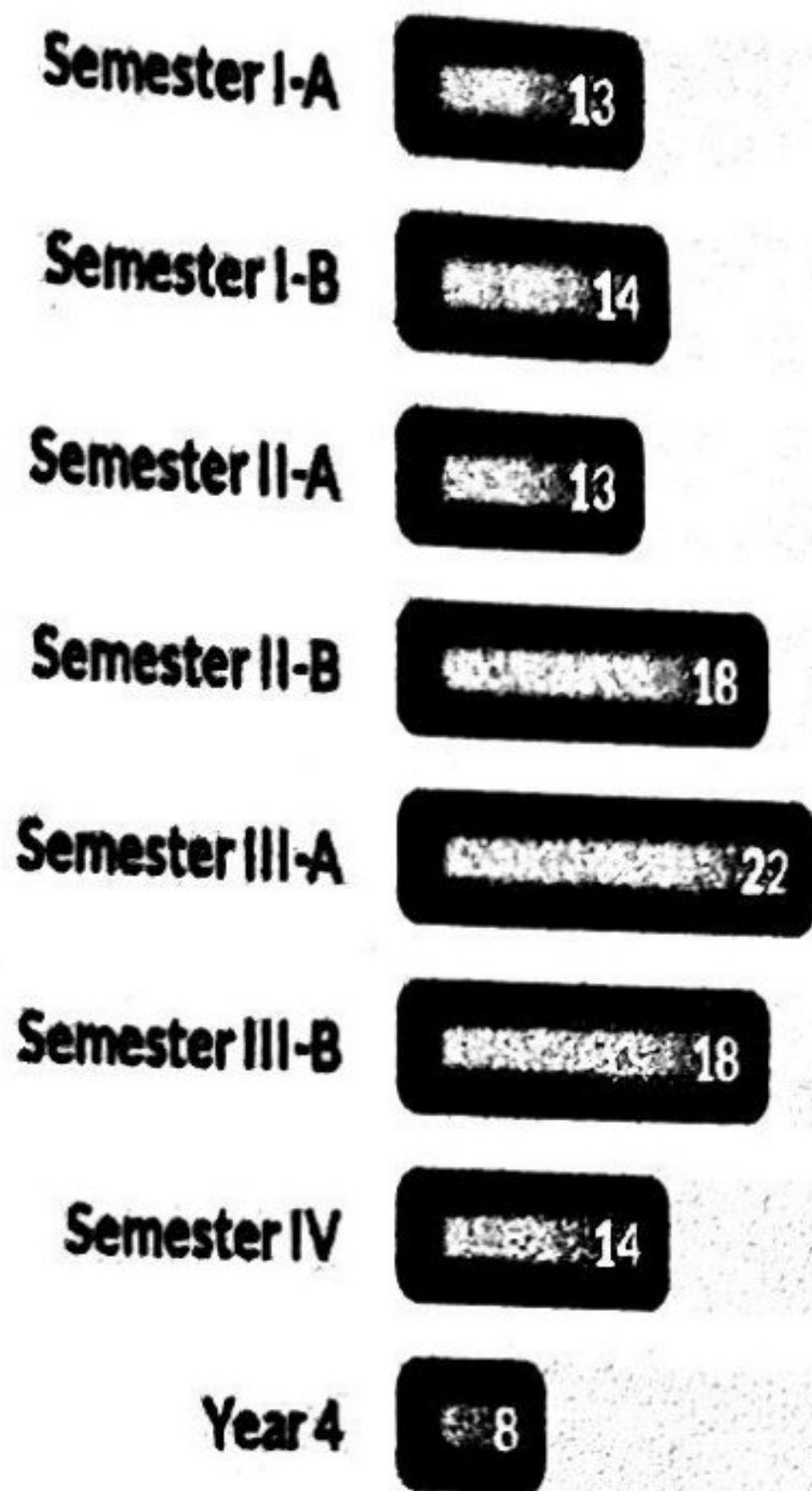
The feedback ecosystem captures structured ratings across 7 key academic dimensions, providing a robust dataset for Institutional improvement.

Overall Satisfaction by Semester

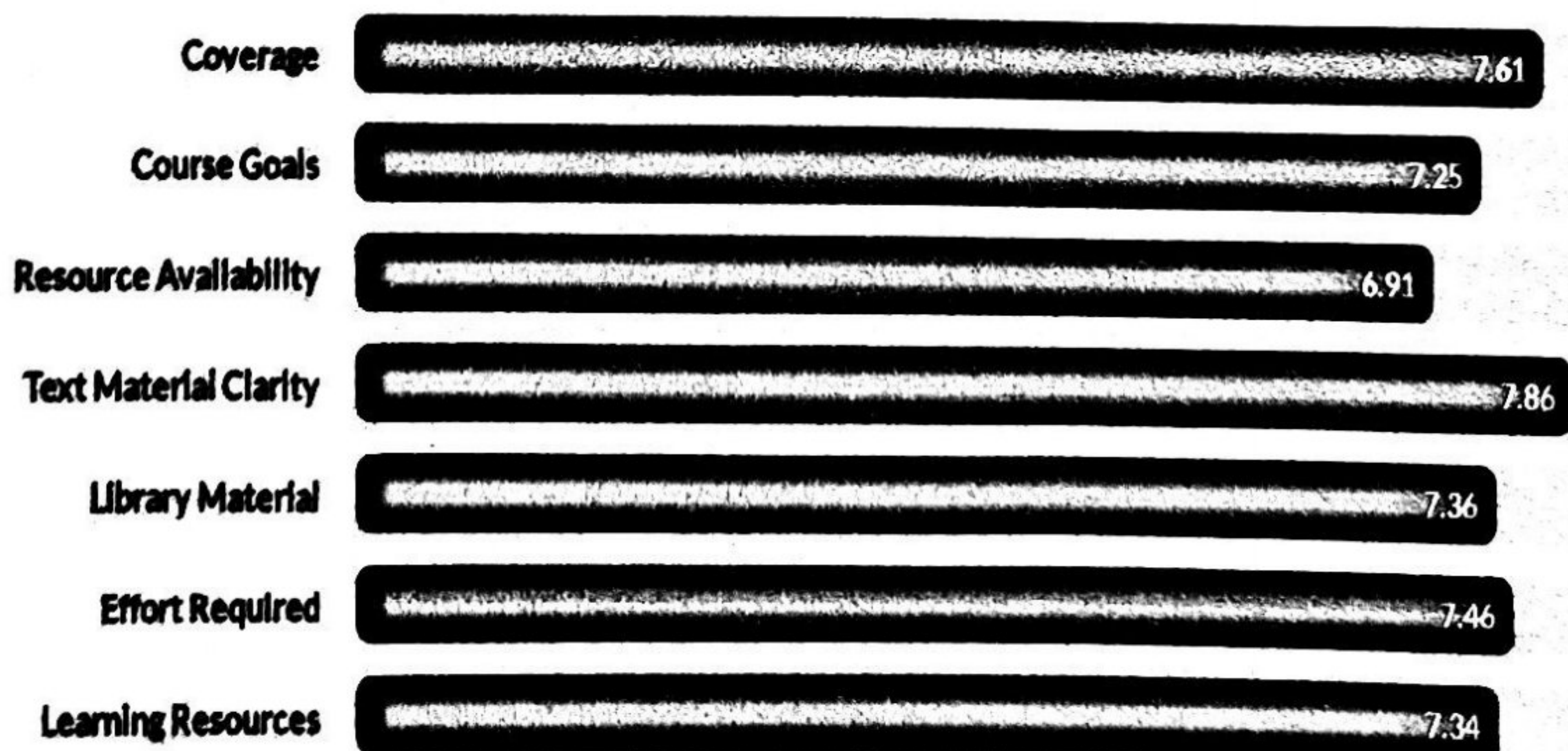


Average satisfaction remains strong, peaking at 7.84 during Semester III-B.

Engagement: Student Count by Semester



Dimension Scoring (Avg Scores)



Comparative Feedback Matrix

Dimension	Semester V	Semester VI	Semester VII	YEAR 4
Course coverage	7.84	7.22	7.26	6.81
Goal clarity	7.86	7.26	7.18	6.68
Resource Availability	7.86	7.30	7.18	6.88
Text Material	7.88	7.37	7.27	6.88
Library Materials	8.00	7.35	7.26	6.70
Effort Required	7.85	7.45	7.25	6.81

BPTS108 8.92

BPTS114 8.61

BPTS201 8.41

BPTS204 8.21

BPTS302 8.10

BPTS310 8.04

BPTS402 7.96

List of Approved External Examiners (2026-27)

Sl.No.	Name of Examiner	Designation (Current)	Specialisation	PG Experience (In Years)	UG Experience (In Years)	Official Address (Current University/Institute/College)	Contact No.	Email Id
1	Dr. Manika Bishnoi	Assistant Professor	Ortho	4	4	Bareilly Springdale College	9458644326	manikabishnoi@gmail.com
2	Dr. Supriya Awasthi	Head & Professor	Ortho	10	4	NIU (Noida)	8527452565	supriya.awasthi@niu.edu.in
3	Dr. Akansha Bajpai	Assistant Professor	Cardio	3	2	CSMU-Kanpur	7524853949	aakankshabajpai2403@gmail.com
4	Dr. Sunita Yadav	Assistant Professor	Neuro	4	4	MRIIRS (Faridabad)	8800125047	sumita.fas@mriu.edu.in
5	Dr. Preeti Sami	Assistant Professor	Cardio	5	4	MRIIRS (Faridabad)	9711365736	preetisphysio@gmail.com
6	Dr. Pooja Anand	Dean / Principal	Sports	10	4	SGT University	9810240409	poojajanand@gmail.com
7	Dr. Sudda	Assistant Professor	ortho	5	3	Sharda University	9582563059	
8	Dr. Vaibhav Agarwal	Assistant Professor	Neuro	7	5	SRHU, Dehradun	9837732318	vaibhavagarwalphysio@yahoo.co.in
9	Dr. Gurpreet Kaur	Assistant Professor	ortho	7	3	KMC, Meerut	9634329452	GURPREETMAL@GMAIL.COM
10	Dr. (Prof) Sumit Asthana	HOD	Orthopedics	10	7	ERA Medical university and research centre Lucknow	8126090486	sumit.physio@gmail.com
11	Dr. Arif Rizvi	Assistant Professor	Sports	5	3	ERA Medical university and research centre Lucknow	8853229459	rizviarifphysio@gmail.com
12	Dr. Upendra Pandey	Assistant Professor	Physiology	4	2	Varun Arjun Medical college & Rohilkhand Hospital, Shahjahanpur (U.P)	8423811339	Upendrapandey57@gmail.com
13	Dr. Jasmine	Dean	Neurology	19	6	Subharti university Meerut	9456010755	jas_mino@yahoo.com
14	Dr. Aashish Negi	Associate Professor	Cardio	7	4	Swami Rama Himalayan University, Dehradun	7060327618	aashishnegi@srhu.edu.in
15	Dr. Sumesh Prasad Sah	Assistant professor	BIOCHEMISTRY	5	4	Muzzafarnagar medical college	8006677132	SUMESH.SAH@GMAIL.COM
16	Dr. Manorama	Assistant professor	PHYSIOLOGY	4	2	Aiims, new delhi	7838584389	manorma.aims@gmail.com
17	Dr. Vibhash Kumar Vaidya	Assistant professor	Anatomy	4	2	Varun arjun medical college & Rohilkhand hospital banthara	8077409384	vibhash455@gmail.com
18	Dr. Ashish Dobhal	Head of Department & Associate professor	Ortho	5	4	Uttaranchal college of biomedical sciences & Hospital	9760931541	ashishdobhal1907@gmail.com
19	Dr. Shikha Singh	Professor	neuro	5	4	Subharti university, meerut	7906842808	shikhashinghmpt@gmail.com
20	Dr. Devesh Seth	Associate professor	Sports	4	2	I.T.S, muradnagar	8650001555	dr.deveshseth@its.edu.in
21	Dr. Shishir Nigam	Assistant professor	Sports	10	4	Mriirs, (Faridabad)	8700284789	hodpt@mvn.edu.in
22	Dr. Raj Sharma	Associate professor	Neurology	4	2	IIMT University, meerut	8128203442	dr.rajsharma1984@gmail.com
23	Dr. Anuj Deshwal	Assistant professor (anatomy)	Anatomy	3	2	Saharanpur medical college	7599366159	anujanatomy@gmail.com
24	Dr. Shobhit Saxena	Professor	Ortho	12	8	Manav rachna international university, Faridabad	9999143933	shobhit.fac@edu.in
25	Dr. Chandan	Professor & HOD	Neuro	5	3	Galgotias university, Noida	7773923831	chandankumar@galgotiasuniversity.edu.in
26	Dr. Stuti Mittal	Professor	Musculoskeletal	10	5	Sarswati college of physiotherapy	9412468744	
27	Dr. Sandeep Malik	Associate professor	Musculoskeletal	7	3	SGRR university Dehradun	9412468744	drskumar@gmail.com

28	Dr. Shagun Agarwal	Dean	Neuro		12	3	Galgotias University, Greater Noida	9910259583	shagunbpt@yahoo.com
29	Dr. Susmita Saha	Professor	Anatomy		15	5	SGT University	9811398278	drsusmita.sh@gmail.com
30	Dr. Prasad Mergu	Professor	Anatomy		15	5	Varun Arjun Medical College and Rohilkhand Hospital, Banthra.	9550924600	
31	Dr. Prachi Saffar Aneja	Professor and HoD	Anatomy		15	5	SGT university, Gurgaon	9205568648	
32	Dr. Ashish Behl	Professor	Physiology		12	3	Rama University Harpur	9315677078	hod.phys.gzb@its.edu.in
33	Dr. Vicky Chaudhary	Assistant professor	Ortho		4	2	I.T.S	9113130454	
34	Dr. Sachin Sharma	Associate professor	Biochemistry		5	4	Muzaffarnagar Medical College	8171488606	
35	Dr. Sakshi Naithani	Assistant professor	Cardio		3	2	Uttaranchal PG college Dehradun	9027669924	
36	Dr. Tripti Pandey	Assistant professor	NEUROLOGY		5	2	Dev Bhoomi Institute of Technology	8449333305	TRIPTIPANDEY3191@GMAIL.COM
37	Dr. Nisha Kaul	Professor	Anatomy		12	4	ITS Dental College	9871606960	
38	Dr. Soumik Saha	Assistant Professor	Sports		8	4	Manav Rachna University, Faridabad	9501183644	soumik.saha@mriu@ac.in
39	Dr. Rinku Yadav	Head of Department & Assistant Professor	sports		6	4	Graphic Era University, Dehradun	9837072363	rinkuyadav.physio@geu.ac.in
40	Dr. Binod Raj Bisht	Head of department, Physiotherapy	ORTHO		15	5	Motherhood University, Roorkee	9456757574	PHYSIOBINODRAS2041@GMAIL.COM
41	Dr. Vibhuti Gaur	Assistant Professor	MPT SPORTS		5	3	Kailash Institute of Nursing & Paramedical Sciences, Greater Noida	9717527933	VIBHUTIGAUR40@GMAIL.COM



ANNEXURE

DEPARTMENT OF PHYSIOTHERAPY
TEERTHANKER MAHAVEER UNIVERSITY
Welcomes applications for Value Added Course

Name of the Course: AI in Healthcare

Who Should Apply?

- Bachelor of Physiotherapy (BPT) Students
- Master of Physiotherapy (MPT) Students
- Undergraduate and Postgraduate Students from Allied Health Sciences
- Healthcare professionals interested in artificial intelligence applications

Course Duration: Total Contact Hours: 30 Hours

Assessment: Final evaluation through assignments, case studies, and project-based assessments.

Course Objectives:

- To provide comprehensive understanding of AI applications in healthcare settings.
- To develop skills in applying machine learning algorithms to real-world healthcare problems.
- To enhance understanding of ethical, legal, and societal implications of AI in healthcare.
- To bridge the gap between AI technology and clinical practice.

Course Highlights:

- Overview of AI technologies: Machine Learning, Deep Learning, NLP, Computer Vision.
- Healthcare data analysis and regulatory compliance (HIPAA, GDPR).
- Hands-on experience with medical datasets and AI tools.
- Deep learning applications in medical imaging and clinical NLP.
- Ethics and deployment challenges in healthcare AI systems.

Course Contents:

- Introduction to AI in Healthcare and Key Applications
- Healthcare Data Types, Sources and Regulatory Issues
- Machine Learning Algorithms for Medical Data Analysis
- Deep Learning for Medical Imaging and NLP Applications
- Ethics, Deployment Challenges and Future Trends in Healthcare AI

Certification:

A certificate of completion will be awarded to participants who attend the course and successfully complete the assessment.

Note: Minimum Enrollment of 30 students is required for the course to commence. The university reserves the right to cancel the course if the minimum registration is not met.

COURSE CODE VACPT2-25-26	VALUE ADDED COURSE AI IN HEALTHCARE	HOURS: 30
COURSE OUTCOME	On Completion of the Course, The Students will be:	
CO1	Understand the scope, use-cases, and challenges of AI in healthcare.	
CO2	Understand healthcare data modalities and regulatory issues.	
CO3	Apply machine learning algorithms to real-world healthcare problems.	
CO4	Analyze AI model performance metrics and understand model interpretability in clinical contexts.	
CO5	Explore the ethical, legal, and societal implications (ELSI) of AI deployment in healthcare systems.	
Course Content		
Unit 1	Introduction to AI in Healthcare -Overview of AI: Machine Learning, Deep Learning, NLP, Computer Vision -Evolution of AI in the healthcare domain -Benefits and risks of using AI in healthcare -Key applications: Diagnosis, drug discovery, personalized treatment, administrative workflow automation	6 Hours
Unit 2	Healthcare Data - Types and Sources -Types of data: EHRs, imaging (X-ray, MRI), genomics, wearables, clinical notes -Public healthcare datasets (MIMIC-III, Che Xpert, UK Biobank, PhysioNet) -Data quality, preprocessing, cleaning, and annotation -Privacy, security, and compliance: HIPAA, GDPR	6 Hours
Unit 3	Machine Learning for Healthcare -Supervised vs unsupervised learning in medical data -Use-cases: Predicting disease from EHR (e.g., diabetes, sepsis), readmission prediction -Model evaluation: Precision, recall, AUC, F1-score, confusion matrix	6 Hours
Unit 4	Deep Learning and Advanced Applications -Deep learning for medical imaging (e.g., CNNs for X-ray, MRI analysis) -NLP in healthcare: Extracting data from clinical notes using BERT, transformers -Computer vision for surgery and pathology -Case studies: COVID-19 diagnosis, cancer detection, diabetic retinopathy	6 Hours
Unit 5	Ethics, Deployment, and Future of AI in Healthcare -Ethical issues: Bias, fairness, accountability, transparency -Challenges in clinical deployment: Model drift, regulatory approvals, explainability -Human-AI collaboration in clinical decision making -Emerging trends: Federated learning, wearable AI, digital twins in healthcare	6 Hours
Text Books	1. Jiang, Fei, et al. <i>Artificial Intelligence in Healthcare: Past, Present and Future</i> , BMJ, 2017. 2. Eric Topol, <i>Deep Medicine: How Artificial Intelligence Can Make Healthcare Human Again</i> , Basic Books, 2019	
Reference Books	1. Dey, Nilanjan et al. <i>Applied Machine Learning for Healthcare and Life Sciences Using AWS</i> , Springer, 2021. 2. Matheny, M. E., et al. <i>Artificial Intelligence in Health Care: The Hope, the Hype, the Promise, the Peril</i> , National Academy of Medicine, 2019. 3. Mehta, Rajendra A., et al. <i>Machine Learning for Healthcare Applications</i> , CRC Press, 2021.	



Accredited with NAAC **A** Grade

12-B Status from UGC

**DEPARTMENT OF PHYSIOTHERAPY
TEERTHANKER MAHAVEER UNIVERSITY
Welcomes applications for Value Added Course**

Name of the Course: Stress Management

Who Should Apply?

- Bachelor of Physiotherapy (BPT) Students
- Master of Physiotherapy (MPT) Students
- Undergraduate and Postgraduate Students from Allied Health Sciences
- Healthcare professionals seeking stress management skills
- Students interested in enhancing emotional intelligence and resilience

Course Duration: Total Contact Hours: 30 Hours

Assessment: Final evaluation through assignments, practical demonstrations, and case-based discussions.

Course Objectives:

- To provide understanding of physiological and psychological basis of stress.
- To identify stress sources and symptoms specific to healthcare environments.
- To develop practical stress management and mindfulness techniques.
- To enhance emotional intelligence, resilience, and effective coping mechanisms.
- To improve patient care through stress-informed practices.

Course Highlights:

- Understanding neurophysiology of stress and its impact on health.
- Hands-on training in relaxation techniques and mindfulness practices.
- Development of emotional intelligence and communication skills.
- Practical application of stress management in clinical settings.
- Self-care strategies for healthcare professionals.

Course Contents:

- Understanding and Assessing Different Types of Stress
- Neurophysiology of Stress: HPA Axis, Cortisol, and Brain Functions
- Practical Stress Management: Breathing, PMR, and Relaxation Techniques
- Mindfulness-Based Stress Reduction and Cognitive Strategies
- Emotional Intelligence and Clinical Application in Patient Care

Certification:

A certificate of completion will be awarded to participants who attend the course and successfully complete the assessment.

Note: Minimum Enrollment of 30 students is required for the course to commence. The university reserves the right to cancel the course if the minimum registration is not met.

COURSE CODE VACPT3-25-26	VALUE ADDED COURSE STRESS MANAGEMENT	
COURSE OUTCOME	On Completion of the Course, The Students will be:	HOURS: 30
CO1	Understand the physiological and psychological basis of stress.	
CO2	Identify sources and symptoms of stress specific to healthcare environments.	
CO3	Apply practical relaxation techniques and mindfulness strategies.	
CO4	Develop emotional intelligence, resilience, and effective stress coping mechanisms.	
CO5	Enhance patient care and communication through stress-informed practices.	
Course Content		
Unit 1	Understanding and Assessing Stress -Types of stress (acute, chronic, eustress, distress) -Sources of stress in healthcare and academic life -Symptoms and effects of stress on health and performance -Tools for assessment: Stress inventories, journaling, self-awareness scales	6 Hours
Unit 2	Neurophysiology of Stress -Role of the HPA axis and cortisol -Psychoneuroimmunology: Impact of stress on immune function -Relationship between stress, pain perception, and healing -Brain regions involved: Amygdala, hippocampus, prefrontal cortex	6 Hours
Unit 3	Practical Stress Management Techniques -Breathing techniques: Diaphragmatic, box breathing -Progressive Muscle Relaxation (PMR) -Guided imagery and visualization -Laughter therapy, music therapy, movement-based relaxation	6 Hours
Unit 4	Mindfulness and Cognitive Strategies -Introduction to Mindfulness-Based Stress Reduction (MBSR) -Personal mindfulness practices -Cognitive reframing and self-talk -Time management and lifestyle balance -Self-care routines for professionals	6 Hours
Unit 5	Emotional Intelligence and Clinical Application -Developing empathy, resilience, and emotional regulation -Setting emotional boundaries in patient care -Communicating under stress -Case discussions and role play for clinical scenarios	6 Hours
Text Books	3. Greenberg, J. S. <i>Comprehensive Stress Management</i> . McGraw-Hill Education. 4. Kabat-Zinn, J. <i>Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness</i> . Bantam Books.	
Reference Books	4. Sapolsky, R. M. <i>Why Zebras Don't Get Ulcers</i> . Holt Paperbacks. 5. Goleman, D. <i>Emotional Intelligence</i> . Bantam Books. 6. Shapiro, S. L., & Carlson, L. E. <i>The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions</i> .	



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Ref. TMU/PT/2025-26/258

Date: 8.05.2026

ACTION TAKEN REPORT

S. No.	AGENDA	ACTION TAKEN
1	Discussion on the implementation of NCAHP Curriculum Guidelines for the Academic Session 2026-27	As approved by the BOS, the NCAHP curriculum for BPT and MPT programmes for the first years has been implemented from the academic session 2026-27 and the suggestions provided for the PhD program implementation in the ordinance has been consider for the session 2026-27.
2	Discussion on feedback received from various stakeholders	The gaps have been identified and work to fulfil them has started.
3	Discussion on the list of External Examiners for the Academic Session 2026-27	The list of External Examiners for the academic session 2026-27 has been recorded for administrative use. (Annexure-II)
4	Review and implementation of Value-Added Courses (VAC)/ Short Courses	The list of Value-Added Courses (VAC)/ Short Courses for the academic session 2026-27 has been recorded for administrative use and will be further implemented in the session later. (Annexure-II)
5	Any other matter with the permission of the Chair	The modifications as per the board suggestions following NCAHP guidelines has been done in the existing Clinical Skill Training Log Book format which has been implemented in the session 26-27, Continuous internal assessment for BPT & MPT programmes has been implemented as per university guidelines and also implementation of consultative workshops/seminars as suggested for promoting competency-based curriculum will be done in the session 26-27.

