



NURTURING  
THOUGHT  
LEADERS FOR  
TOMORROW

SAHS

School of Allied Health Sciences



MANAV RACHNA  
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MANAV RACHNA INTERNATIONAL  
INSTITUTE OF RESEARCH AND STUDIES

'Deemed to be University' under Section 3 of the UGC Act, 1956  
NAAC ACCREDITED 'A++' GRADE INSTITUTION

## ABOUT THE INSTITUTE

Manav Rachna International Institute of Research and Studies (MRIIRS, Formerly MRIU), a NAAC Accredited 'A++' Grade Institution and is granted 'Deemed-to-be- University' Status under Section 3 of the UGC Act 1956. MRIIRS is a visible symbol of knowledge and experience providing quality higher education. MRIIRS is rated QS 5 Star for Teaching, Employability, Academic Development, Facilities, Social Responsibility and Inclusiveness.



## ABOUT SCHOOL OF ALLIED HEALTH SCIENCES

School of Allied Health Sciences (SAHS) offers undergraduate, postgraduate and doctoral Programmes in Physiotherapy, and Nutrition & Dietetics. It imparts practical based curriculum, backed by state-of-the-art laboratories, sound infrastructure as well as innovative and interesting learning procedures. The school prides itself on creating an environment of substantial academic freedom overlaid by rigorous, self-imposed standards of excellence and socially responsive practices.

Our faculty plays a hands-on role in the governance of the teaching methodology and assumes total ownership of collective decisions, while keeping themselves abreast of current developments in the related fields of Physiotherapy & Nutrition & Dietetics.

## PROGRAMMES OFFERED

- Bachelor of Physiotherapy
- Master of Physiotherapy
- Ph.D

## CLINICAL TRAINING PARTNERS

Students of Bachelor and Master of Physiotherapy undergo internship/ training at the prestigious hospitals and institutions:

- Fortis Escorts, Faridabad
- Asian Institute of Medical Science, Faridabad
- Sarvodaya Hospitals, Faridabad
- QRG hospital, Faridabad
- Batra Hospital, New Delhi
- VIMHANS Hospital, New Delhi IBS hospital, New Delhi etc.

## COMMUNITY SUPPORT SERVICES

Department regularly organizes community Health Camps, Awareness weeks, Community Visits and Physiotherapy and rehabilitative support at various sports events as part of Corporate Social responsibility. The students guided by faculty provide free assessment and diet counseling and advice on various life style related disorders. To create awareness among the people, dedicated weeks targeting a particular disease or population are observed.

To emphasize the importance of health and create awareness among students World cancer Day, Osteoarthritis Week, Geriatric Week are celebrated by organizing health talks and community camps.





## CLINICAL SERVICES

The Department of Physiotherapy runs its specialized Physiotherapy and Rehabilitative Outpatient department in campus, which is an initiative towards the preventive and curative care for musculoskeletal, neurological and cardiopulmonary conditions.

## RESEARCH LABS

Department of Physiotherapy provides in hand on research by providing research facilities in its labs namely

- Exercises Lab
- Electrotherapy Lab
- Neurology Physiotherapy lab
- Biochemistry Lab
- Microbiology Lab
- Anatomy and Physiology Lab
- Cardiothoracic Lab
- Musculoskeletal Lab
- Functional Diagnostic Lab

## STRENGTHS OF DEPARTMENT:

- On regular basis workshop are been organized for updating knowledge and skills of student and faculty members .
- The faculty has state-of-the-art OPD and rehabilitative facilities with good foot fall per day

- Professional orientation towards Research and evidence based practice for future sustainability.
- Department focuses on complete holistic development of the students as Personality Development Programs and Interdisciplinary learning is incorporated in to the curriculum.
- Department is keen on providing international exposure to its students in the form of international conferences and workshop on regular basis.

## PROGRAMS OFFERED

- B.Sc Nutrition and Dietetics: 3 year programme with Internship (122 Credits)
- B.Sc (H) Food Science and Technology: 3 year programme (142 Credits)
- M.Sc Nutrition and Dietetics: 2 year programme with specialization in Clinical Nutrition/ Food Science and Technology/ Sports Nutrition/ Public Health Nutrition (80 Credits)
- PhD



## TOP RECRUITERS



## KEY STRENGTHS

- A mandatory internship/training program with various hospitals, food industries, research labs, sports organizations etc. in BSc Nutrition and Dietetics
- Student exchange programme with tsukuba University, Japan for Master's Student
- In house Nutrition and Diet clinic to enhance counseling skills.
- Regular health camps conducted by the students for the community
- Value added courses by MOOCS courses (National Platform) and Coursera courses (International Platform) is provided to the students
- Internship and placements with organizations like DRDO, SAI, PHFI, HCL Health care, NFI, Amul, Shikha Sharma's clinic etc.
- 5 start ups funded by DST running in the department
- Practical knowledge of food science and the principles underlying food processing, preservation techniques, food engineering, packaging methods etc. to apply in research and development.
- Carrier development in the field of food Industries/ R &D labs/ teaching and education/ Entrepreneur/ consultant/ Restaurants/ Food handler/ machinery inspection, organic chemist, sensory evaluation, Food inspector etc.
- Compulsory Hands on training/ Internships in Food Industries like Amul, Parle, FSSAI, Britannia, Mother Dairy, Nestle, Coca- Cola etc.
- State-of-the art laboratories equipped with latest processing technologies
- Practical and skill based curriculum to enhance problems solving skills for food industry

## SALIENT COMPONENTS

- Self employment
- Career Counseling for competitive exam like NET/JRF
- Well Qualified and research oriented faculty members
- Well structured curriculum (designed under guidance of experts from Delhi University)
- Choice based credit system providing multi-dimensional academic growth through open elective courses of other disciplines



## ACHIEVEMENTS

- B.Sc. Students participated in State level youth red cross training camp, 2022
- B.Sc. Students received best out of waste award, INNOSKILL 2022
- PhD. Scholars received Young Scientist award by NSI, 2023 and FAAMPNFS-2022
- B.Sc. FST students received Anveshan Award 2021
- Faculty members received CQFS Food Safety Award 2022, Manav Rachna Karmu Kaushlam Puraskar, 2022, National Chhatra Vishwakarma Award, 2019 and 2018
- Two Patents published in the Department on 'Green Nanotechnology' and 'A novel method IoT based saline bottle for health care system' in 2022

## DEPARTMENTAL LABORATORIES

- Food Science Laboratory
- Food testing Laboratory - I
- Food Testing Laboratory - II
- Public Health Nutrition Laboratory
- Physiology Laboratory
- Biochemistry Laboratory
- Anatomy Laboratory

## PLACEMENT OPPORTUNITIES

- Public Health Departments
- International Organizations (UNICEF, UNDP, WHO)
- Hospitals
- Non-Governmental Organizations
- Health Organizations
- Consultant for Multinational Companies
- Food Industry
- Pharmaceutical companies



## TOP RECRUITERS- DEPARTMENT OF NUTRITION AND DIETETICS



## NATIONAL AND INTERNATIONAL COLLABORATIONS



## PLACEMENT



**NEKULU SASU**  
M.Sc. N & D,  
Batch: 2020-2022  
CDF,



**MALAH RASHEED**  
M.Sc. N & D,  
Batch: 2015-2017  
Consultant,



**CHHAVI WIDGE**  
BPT,  
Batch: 2015-19



**MS. LOVELY BANSAL**  
MPT,  
Batch: 2019-21  
Head Physiotherapist: Senior  
Women Cricket Team  
Jammu and Kashmir Cricket  
Association



## PROMINENT ALUMNI TESTIMONIALS



**KANIKA ADLAKHA**  
BPT,  
Clinical Investigator  
Batch: 2017-2021

Like every other university, Manav Rachna too has a bustling variety of occupants. People from all around the world and from various walks of life, make this university the dynamic space that actively transforms the lives of every student. The opportunity to learn from here was not just limited to Manav Rachna. The exchange program, seminars, workshops that it offered with a whole list of esteemed institutions, is the best experience anyone could learn from. In fact, the best workshop I have ever attended was organized by Manav Rachna itself. Dr. Harpreet Singh was the resource person during that workshop on "Bobath/NDT Perspective Management of Adult Stroke and Brain injury". This institute also helped me to gain a lot of clinical practice as we were posted in various nearby hospitals. I was lucky enough to study in a college which provides clinical practice from the second year itself.

Our college has adopted a well-established system to mentoring the students. In order to resolve day to day academic problems of the students, mentors are appointed for every student. Dr. Sunita being my mentor monitored our batch student's regularity & discipline.



**MS. SHIVANI BHATIA**  
M.Sc. N& D,  
Batch: 2017-19  
Program Manager,  
SHARP NGO,  
Safdarjung Enclave, Delhi

I completed both my graduation and post-graduation in Nutrition and Dietetics from MRIIRS and this place has played a pivotal role in shaping my career and personal growth. Studying N&D from here allowed me to gain knowledge about various aspects of the field, including Clinical Nutrition, Community Nutrition, Sports Nutrition and Food Science. The university offered several projects and internships that helped me explore different career paths and eventually led me to choose Public Health Nutrition as my field of expertise. Today, as a successful Public Health Nutritionist, I owe a great deal of my success to the education and training I received at MRIIRS to make a mark in the social development sector.



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### MANAV RACHNA CITY OFFICES

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GUWAHATI: 09864078779, INDORE: 0731-4050399, PATNA: 09608095599  
VARANASI: 09973663222, HYDERABAD: 09966695455

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### MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES (MRIIRS)

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