



Department of Physiotherapy, Teerthanker Mahaveer University

welcomes applications for Value Added Course.

Name of the Value Added Course: Mental Fitness

Who should apply?

The Bachelor of Physiotherapy fourth year students and undergraduate & postgraduate students of any other stream.

Course Duration: Minimum contact hours : 20 hours

Assessment through Assignments would be conducted at the end of the programme

Value added Courses Objectives:

- To develop insight into various values that necessarily helps one in professional development.
- To gain knowledge and skills that would help the student understand the core course in a more efficient way.

Value added Courses Highlights:

- Understanding how to review and synthesize the most current information on aging and neuro-plasticity and explore activities/exercises that support positive plasticity and brain health.
- Learning the hands on mental fitness exercises (virtual, cognitive and/or physical)
- Gaining knowledge on how to recognize the main causes of age-related cognitive decline and be able to implement preventative, protective and antidotal measures for the maintenance of brain and mental health.

Course Contents:

- Introduction to mental fitness
- Exercise for memory, attention, brain speed, people skills, intelligence
- Brain plasticity, age related cognitive decline
- Physical exercise and brain; left brain and right brain; nutrition for the brain
- Social life and brain health; everyday mental fitness; brain healthy lifestyle changes/ personal health plan

NOTE: *If the registration in the above mentioned course is less than 10, the course shall be withdrawn from being functional.*