


**Integral University, Lucknow**  
**Integral Institute of Allied Health Sciences & Research**  
**Department of Physiotherapy**

Ref. No.: IUL/IIAHS&R/PT/GL/2019/40





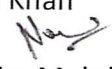


Dated: 26/02/2019

**Notice**

A meeting regarding the planning of Guest Lecture for the month of March 2019 Session 2018-19 is scheduled to be held on 27<sup>th</sup> February 2019 at the HoD office at 12:05PM. Presence of all faculty members is mandatory.

  
**(Dr. Ashfaque Khan)**  
Head, Physiotherapy  
Deptt. of Physiotherapy  
Integral University, Lucknow.

CC to:

1. Dr. Abdur Raheem Khan 
2. Dr. Neeraj Maurya 
3. Dr. Mohd. Javed Iqbal 
4. Dr. A. M. H. Inam 
5. Dr. Ammar Faisal Khan
6. Dr. Namrata Suri 
7. Dr. Shaikh Shohaim Mohd. 
8. Dr. Sadiya Begum 
9. Office copy

**Integral University, Lucknow**  
**Integral Institute of Allied Health Sciences & Research**  
**Department of Physiotherapy**

Ref. No.: IUL/IIAHS&R/PT/GL/2019/41

Dated: 27/02/2019

**Minutes of Meeting for Guest Lecture**

A meeting regarding guest lecture for the month of March 2019 was conducted on 27<sup>th</sup> February 2019. The agenda of the meeting was regarding the nomination and selection of the Guest Speaker.

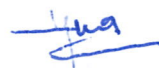
The following members are attended the meeting:

- |                            |              |
|----------------------------|--------------|
| 1. Dr. Ashfaque Khan       | Chair Person |
| 2. Dr. Abdur Raheem Khan   | Member       |
| 3. Dr. Neeraj Maurya       | Member       |
| 4. Dr. A.M.H.Inam          | Member       |
| 5. Dr. Mohd. Javed Iqbal   | Member       |
| 6. Dr. Ammar Faisal Khan   | Member       |
| 7. Dr. Namrata Suri        | Member       |
| 8. Dr. Shaikh Shohaim Mohd | Member       |
| 9. Dr. Sadiya Begum        | Member       |

The following aspects were discussed and accordingly following decisions were taken:

1. The guest lecture date is proposed on 06<sup>th</sup> March 2019 by Head, Physiotherapy at 12:05PM onwards.
2. The guest faculty proposed for the lecture was **Dr. Samaranika Das**, Founder and Managing Director, Curamos, Goa. The nomination was given by **Dr. Shaikh Shohaim Mohd.**
3. The topic of presentation confirmation from speaker & faculty and members was **"Effective Employment Readiness Strategies for Physiotherapists"**.
4. The responsibility for arrangement of lecture theatre II with Audio Visuals & couch was allotted to **Dr. A. M. H. Inam.**
5. Welcome speech will be given by **Dr. Ashfaque Khan.**
6. Vote of thanks will be given by **Dr. Mohd. Javed Iqbal.**
7. All students from Bachelor of Physiotherapy III year, IV year and Master of Physiotherapy would be allowed for attending the lecture.

The meeting conducted with the vote of thanks.

  
**Dr. Ashfaque Khan (PT)**  
Head, Physiotherapy  
Integral University, Lucknow

Integral University, Lucknow  
Integral Institute of Allied Health Sciences & Research  
Department of Physiotherapy

Ref. No.: IUL/IIAHS&R/PT/GL/Approval/ 2019/ 42

Dated: 28/02/2019

To,

The Dean,  
IIMS&R  
Integral University,  
Lucknow

(Through Proper Channel)

**Subject:** Regarding approval for Guest Lecture for the month of March 2019.

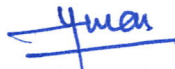
Respected Sir,

With due respect I would like to state that we wish organizing a Guest Lecture on the topic **"Effective Employment Readiness Strategies for Physiotherapists"** by **Dr. Samaranika Das, Founder and Managing Director, Curamos, Goa** which is scheduled to be held on **06<sup>th</sup> March 2019** in the department of Physiotherapy at **11:00AM** onwards. The event will help the students of BPT & MPT for their knowledge and skill upgradation. Kindly permit to hold the guest lecture and sanction the remuneration amount as per the university rules.

I request you to kindly give your approval in this regard.

Thanking you in anticipation.

Approved  
Oudho  
5/3/19

  
**Dr. Ashfaq Khan (PT)**  
Head, Physiotherapy  
Deptt. of Physiotherapy  
Integral University, Lucknow.



**INTEGRAL UNIVERSITY, LUCKNOW**  
**INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH**  
**DEPARTMENT OF PHYSIOTHERAPY**  
Dasauli, P.O. Bas-ha Kursi Road, Lucknow – 226026

Ref. No: IUL/IIAHS&R/PT/GL/2019/43

Date: 28/02/2019

To,

**Dr. Samaranika Das,**  
Founder and Managing Director,  
Curamos,  
Goa


**Subject:** Invitation as a resource person for Guest lecture on “Effective Employment Readiness Strategies for Physiotherapists” on 06<sup>th</sup> March 2019.

Sir,

We are pleased to inform you that Integral institute of Allied Health Sciences & Research (IIAHS&R), Department of Physiotherapy, Integral University, Lucknow, would like to invite you as a Resource person for the guest lecture on “Effective Employment Readiness Strategies for Physiotherapists” on 06<sup>th</sup> March 2019 at 11:00AM onwards.

Kindly give your consent in this regards.

Thanking you.

  
**Dr. Ashfaque Khan (PT)**  
Head, Physiotherapy  
Deptt. of Physiotherapy  
Integral University, Lucknow.

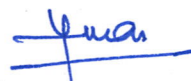


**INTEGRAL UNIVERSITY, LUCKNOW**  
**Integral Institute of Allied Health Sciences & Research**  
**Department of Physiotherapy**

Dated: 05/03/2019

**NOTICE**

This is inform all the students of BPT and MPT that Guest lecture is to be scheduled on 06<sup>th</sup> March 2019 at 11:00 AM, on **“Effective Employment Readiness Strategies for Physiotherapists”** by **Dr. Samaranika Das**, Founder and Managing Director, Curamos, Goa in the department of Physiotherapy. Attendance will be mandatory for all the students.

  
**Dr. Ashfaque Khan (PT)**  
Head, Physiotherapy

Head,  
Dept. of Physiotherapy  
Integral University, Lucknow.

**Copy To,**

1. Dean/ Director IIMS&R
2. Dean Academic Affairs, IUL
3. All Faculty Members Physiotherapy
4. All HOD, IIMS&R
5. Notice Board
6. Office Copy



Ashfaque Khan &lt;ashfaque@iul.ac.in&gt;

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**Interlocking Curamos with Integral University Lucknow**

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Managing Director Curamos Physiotherapy &lt;md@curamos.in&gt;

Sat, Mar 2, 2019 at 4:38 PM

To: Ashfaque Khan &lt;ashfaque@iul.ac.in&gt;

Dear Dr. Ashfaque,

Thanks for your mail. We confirm the meeting with you and your team on **06th March 2019 at 1100 Hrs.** The following shall be visiting the University

1. **Dr. Smaranika Das** - Founder, Curamos Physiotherapy
2. **Abhishek Pratap Singh** - Co-Founder (Curamos) & AP/TS State Vice President at Confederation of Indian Micro, Small and Medium Enterprises (CIMSME)

Looking forward towards the meeting.

Regards

[Quoted text hidden]

Forwarded to  
Dr. Neeraj Kumar Maurya Sr and  
Dr. Shokaim sb. for further  
w. a.

Yusuf  
03/02/19.  
Deptt. of Physiotherapy  
Integral University, Lucknow.



Ashfaq Khan &lt;ashfaq@iul.ac.in&gt;

## Interlocking Curamos with Integral University Lucknow

3 messages

Managing Director Curamos Physiotherapy <md@curamos.in>  
To: bpt@iul.ac.in, ashfaq@iul.ac.in

Tue, Feb 26, 2019 at 10:30 AM

Dear Dr. Ashfaq,

Greetings from Curamos Physiotherapy !!!

We would like to introduce ourselves as a multi-disciplinary and holistic care unit, operating in Hyderabad, we intend towards having our presence in Goa and Lucknow soon. We also provide Workshops and Training (Online Courses) for Young Physios. Attached is our Profile attached.

We are traveling to **Lucknow from 4th - 6th March 2019** and would request for your appointment to meet you and the students in your college. We can provide a small talk on occasion of Womens' Day and help consult the students for their journey into the Professional practice.

Looking forward towards your response to take it forward.

Regards

--  
**Dr. Smaranika Das**

MPT (Ortho &amp; Sports), COMT, MIAP, MIAFT, D.Acu.

Founder &amp; Managing Director

(Goa State Coordinator IAP WC)

Mobile No. - +91-7588666497

Email Services - care@curamos.in | website - www.curamos.in



Follow us Socially



Curamos Physiotherapy - Company Profile.pdf  
653K

Managing Director Curamos Physiotherapy <md@curamos.in>  
To: Ashfaq Khan <ashfaq@iul.ac.in>

Thu, Feb 28, 2019 at 2:58 PM

Dear Dr. Ashfaq,

We hope you are doing well !!!

Just wondering if you got our mail and would suggest on a possible way to collaborate.

Regards

On Tue, Feb 26, 2019 at 10:30 AM Managing Director Curamos Physiotherapy <md@curamos.in> wrote:  
Dear Dr. Ashfaq,

Greetings from Curamos Physiotherapy !!!

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Regards

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**Dr. Smaranika Das**

MPT (Ortho &amp; Sports), COMT, MIAP, MIAFT, D.Acu.

Founder &amp; Managing Director

(Goa State Coordinator IAP WC)

Mobile No. - +91-7588666497

Email Services - care@curamos.in | website - www.curamos.in



Follow us Socially

--  
**Dr. Smaranika Das**



3/2/2019

Integral University Mail - Interlocking Curamos with Integral University Lucknow

MPT (Ortho & Sports), COMT, MIAP, MIAFT, D.Acu.  
Founder & Managing Director  
(Goa State Coordinator IAP WC)  
Mobile No. - +91-7588666497  
Email Services - care@curamos.in | website - www.curamos.in



Follow us Socially      

Ashfaque Khan <ashfaque@iul.ac.in>

Sat, Mar 2, 2019 at 3:31 PM

To: Managing Director Curamos Physiotherapy <md@curamos.in>

**Dr. Smaranika Das**

MPT (Ortho & Sports), COMT, MIAP, MIAFT, D.Acu.  
Founder & Managing Director  
(Goa State Coordinator IAP WC)  
Mobile No. - +91-7588666497  
Email Services - care@curamos.in | website - www.curamos.in

I would like to invite in our Prestigious Integral University, pericularlarily department of Physiotherapy, on 6th March, 2019.

On Thu, Feb 28, 2019, 2:59 PM Managing Director Curamos Physiotherapy <md@curamos.in> wrote:

Dear Dr. Ashfaque,

We hope you are doing well !!!

Just wondering if you got our mail and would suggest on a possible way to collaborate.

Regards

On Tue, Feb 26, 2019 at 10:30 AM Managing Director Curamos Physiotherapy <md@curamos.in> wrote:

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Looking forward towards your response to take it forward.

Regards

**Dr. Smaranika Das**

MPT (Ortho & Sports), COMT, MIAP, MIAFT, D.Acu.  
Founder & Managing Director  
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# Curamos Physiotherapy

(Taking a Holistic approach to Care)

Curamos Healthcare



## About Us



- Curamos Physiotherapy Clinic is a Multidisciplinary Healthcare and Wellness Initiative backed by the latest digital technology. We at Curamos are a strong believer of holistic approach to rehabilitation. Thus it comes natural to us that the diagnosis should be based on both intrinsic and extrinsic factors Hence; Curamos focuses on providing a patient specific treatment regime which involves a holistic approach of physical exercises and a lifestyle management.
- Curamos Physiotherapy has been associated with the Indian Association of Physiotherapists and its Women Cell activities not only in the state of Goa but also Telangana. Curamos also shares as association with World Confederation of Physiotherapists (WCPT) etc.
- Curamos associates with various Sports Institutions for imparting Sports Physiotherapy based services and trainings. Currently Curamos manages the Physiotherapy department of Pranaam Hospitals at Hyderabad, wherein they have already realized an exponential business growth of over 150%.
- Curamos Physiotherapy is a digitally enabled healthcare service utilizing the digital technology for expanding the reach of our service.



## Founders



**Dr. Smaranika Das**  
(Founder)

(MPT Ortho & Sports, MIAP, MIAFT,  
COMT, D. Acu, Reg. No.: L-31480)

- Dr Smaranika Das, having completed her Masters in Physiotherapy from Rajiv Gandhi University of Health Sciences (Sports Physiotherapy) is a certified Orthopaedic Manual Therapist, recognised by McConnell Institute, Australia is also the Goa State Co-ordinator for IAP Women Cell (IAPWC Goa).
- Smaranika Das is an enthusiastic speaker, who has addressed various forums and Conferences to create awareness among people and healthcare Institutions to understand the need of Holistic Wellness.



**Abhishek Pratap Singh**  
(Co-Founder)

(AP/TS State Vice President & SME  
at CIMSME, India & ICTMAE, USA)

- Abhishek who comes from an IT enablement background has been instrumental in digitizing the services of Curamos. He was recently named among the 100 most Impactful healthcare leaders due to his association with Global Patient Portal (Australia) for initiating a virtual consultation platform in the country called 'netik - Quick Clinic'.
- Abhishek is an avid writer, who has written various technical white-papers. He also comes with highly agile marketing strategies.

[www.curamos.in](http://www.curamos.in)

## Strategic Benefits of Outsourcing



- More focus on the Core Competencies.
- Capital Efficient.
- No need of reinventing the wheel, get access to ready from Day 1 Physiotherapy division in your premise.
- Access to Professional, expert and High quality services.
- Cost advantage and elevated Performance standards towards the Physiotherapy services.
- Achieve updated practices in Physiotherapy with little or no Investment.
- Get access to a complete documentation of the cases, case studies, Audit reports (Both financial and medical).
- Joint Marketing to ensure a growth in line with the Hospital growth plans.
- Dedicated focus on Physiotherapy not as an ancillary service but a mainstream revenue generating business unit.
- Get access to various training programs from Curamos Physiotherapy on different techniques at special prices.

[www.curamos.in](http://www.curamos.in)



## Exploring Physiotherapy for the following Divisions



Pediatric Care



Women Healthcare



Ergonomics



Orthopaedic Care



Neurological Care



Osteopathy



Cardio-Pulmonary Care



Geriatric Care



Diet & Nutrition

[www.curamos.in](http://www.curamos.in)



curamos

We care, we heal



**Integral University, Lucknow**  
**Integral Institute of Allied Health Sciences & Research**  
**Department of Physiotherapy**

06<sup>th</sup> March 2019

**"Effective Employment Readiness Strategies for Physiotherapists"**

**List of the Students for attending the Guest Lecture**

S.No.	Name	Year	Signature	S.No.	Name	Year	Signature
1.	Pallavi Kumari	MPT 1 <sup>st</sup>	Pallavi Kumari	35.	Anupama	BPTH III <sup>rd</sup>	Anupama
2.	Anjali Singh	MPT 2 <sup>nd</sup>	Anjali	36.	Sumbul Jahan	BPTH III <sup>rd</sup>	Sumbul Jahan
3.	Shweta Pandey	MPT 2 <sup>nd</sup>	Shweta	37.	Aparna Sachan	B.P.Th III	Aparna
4.	Keerthi Yadav	MPT 2 <sup>nd</sup>	Keerthi	38.	Ranu Bharti	"	Ranu Bharti
5.	Moham K Kumar	MPT 2 <sup>nd</sup>	Moham K Kumar	39.	Neha Gupta	MPT II <sup>nd</sup>	Neha Gupta
6.	Mohammed Arif	MPT 2 <sup>nd</sup>	Mohammed Arif	40.	Amar Saxena	MPT II <sup>nd</sup>	Amar Saxena
7.	Sanjeeta Ranjan	MPT 1 <sup>st</sup>	Sanjeeta	41.	Shadan Shamsi	BPTH III <sup>rd</sup>	Shadan Shamsi
8.	Adiba Khan	MPT 2 <sup>nd</sup>	Adiba Khan	42.	Mehwish Jamal	BPTH III <sup>rd</sup>	Mehwish Jamal
9.	Samreen Naz	MPT 1 <sup>st</sup>	Samreen Naz	43.	Hafsa sawood	BPTH III <sup>rd</sup>	Hafsa
10.	Tabish Fatima	MPT 1 <sup>st</sup>	Tabish Fatima	44.	Harshita Tiwari	B.P.Th III <sup>rd</sup>	Harshita
11.	Aruna Khan	MPT II <sup>nd</sup>	Aruna Khan	45.	Tejnet Khatun	B.P.Th II	Tejnet
12.	Jaya Chandra	MPT 1 <sup>st</sup>	Jaya Chandra	46.	Divya Sharma	B.P.Th II	Divya
13.	Ambika Baranwal	MPT II <sup>nd</sup>	Ambika Baranwal	47.	Ashutosh Sahani	B.P.Th III <sup>rd</sup>	Ashutosh
14.	ANJNEY SHUKLA	BPT 3 <sup>rd</sup>	Anjney Shukla	48.	Salman Hussain	B.P.Th III	Salman
15.	Mohd. Zia	B.P.Th III <sup>rd</sup>	Mohd. Zia	49.	Shakhan K Phani Dwivedi	B.P.Th III	Shakhan
16.	Shobhna Mishra	B.P.Th III <sup>rd</sup>	Shobhna Mishra	50.	Saddam Hussain	B.P.Th III	Saddam
17.	Shilpi	BPTH 3 <sup>rd</sup>	Shilpi	51.	Jannat Tasneem	BPTH III <sup>rd</sup>	Jannat
18.	Vishakha Dubey	BPTH 3 <sup>rd</sup>	Vishakha Dubey	52.	Irsha Jameel	BPTH III <sup>rd</sup>	Irsha
19.	MD. QAIS	3 <sup>rd</sup> yr	MD. QAIS	53.	Zeba Rami	BPTH III <sup>rd</sup>	Zeba
20.	Farah Raza	4 <sup>th</sup> yr	Farah Raza	54.	Zohra Akhtar	3 <sup>rd</sup>	Zohra Akhtar
21.	Nazish Sultana	4 <sup>th</sup>	Nazish Sultana	55.	Paul Singh	3 <sup>rd</sup> yr	Paul Singh
22.	Khushboo Mansoori	4 <sup>th</sup> year	Khushboo Mansoori	56.	Yeshveen Pervez	3 <sup>rd</sup> yr	Yeshveen Pervez
23.	Nousheen Jahan	4 <sup>th</sup> Year	Nousheen Jahan	57.	Salma Iqtekhara	3 <sup>rd</sup> yr	Salma Iqtekhara
24.	Mohammad Alceel	"	Mohammad Alceel	58.	Antonia Yadav	3 <sup>rd</sup> yr	Antonia
25.	Fatima Saad	"	Fatima Saad	59.	Shivani Pandey	B.P.Th 3 <sup>rd</sup>	Shivani Pandey
26.	Niyati	"	Niyati	60.	Zahoor Ahmad	4 <sup>th</sup> Year	Zahoor
27.	Neha Yadav	"	Neha Yadav	61.	Zohaib Qazi	4 <sup>th</sup> year	Zohaib
28.	Ruchi Singh	"	Ruchi Singh	62.	Mohd. Mustafa Azaiz	4 <sup>th</sup> year	Mohd. Mustafa
29.	Mohd. Suleman Kamel	III <sup>rd</sup>	Mohd. Suleman Kamel	63.	Shabnam Naz	4 <sup>th</sup> year	Shabnam Naz
30.	Samad Faragui	III <sup>rd</sup>	Samad Faragui	64.	Ayush Srivastava	4 <sup>th</sup> year	Ayush
31.	Nahid Aarfa	III <sup>rd</sup>	Nahid Aarfa	65.	AKSHANSHU KOL	B.P.Th	AKSHANSHU
32.	Tahira Perveen	4 <sup>th</sup> year	Tahira Perveen	66.	AKA SINGH	B.P.Th	AKA
33.	Riza Ahsan	B.P.Th	Riza Ahsan	67.	Deepu Nal	BPTH	Deepu
34.	Salma Khan	B.P.Th	Salma Khan	68.	Fatiz Ahmad	BPTH	Fatiz
	Mithun Kumar Yadav	B.P.Th 4 <sup>th</sup>	Mithun Kumar Yadav		Rohit Kumar Gupta	BPTH	Rohit
	Alotamuddin	B.P.Th 4 <sup>th</sup>	Alotamuddin				



**Integral University, Lucknow**  
**Integral Institute of Allied Health Sciences & Research**  
**Department of Physiotherapy**

06<sup>th</sup> March 2019

**"Effective Employment Readiness Strategies for Physiotherapists"**

**List of the Students for attending the Guest Lecture**

S.No.	Name	Year	Signature	S.No.	Name	Year	Signature
1.	Aunna Ubeid.	8 <sup>th</sup> year	Aunna Ubeid.	35			
2.	Naina Rajput	4 <sup>th</sup> year	Naina Rajput	36			
3.	Azhi Anwar	1 <sup>st</sup> year	Azhi Anwar	37			
4.	Sahar Anwar	4 <sup>th</sup> year	Sahar Anwar	38			
5.	Mero	4 <sup>th</sup> year	Mero	39			
6.	Safia	1 <sup>st</sup> year	Safia	40			
7.	Anwar Mubareez	4 <sup>th</sup> year	Anwar Mubareez	41			
8.	Saima Siddiqui	1 <sup>st</sup> year	Saima	42			
9.	Tamiza Bora	1 <sup>st</sup> year	Tamiza	43			
10.	Salwan Ahmad	-	Salwan	44			
11.	Salwa Khan	4 <sup>th</sup> year	Salwa	45			
12.	Tahira	4 <sup>th</sup> year	Tahira	46			
13.	Riza	7 <sup>th</sup> year	Riza	47			
14.	Anas Khan	-	Anas	48			
15.	Nighat	4 <sup>th</sup> year	Nighat	49			
16.	Sana	4 <sup>th</sup> year	Sana	50			
17.	Shirna	4 <sup>th</sup> year	Shirna	51			
18.				52			
19.				53			
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34.				68			

Head  
 Deptt. of Physiotherapy  
 Integral University, Lucknow.

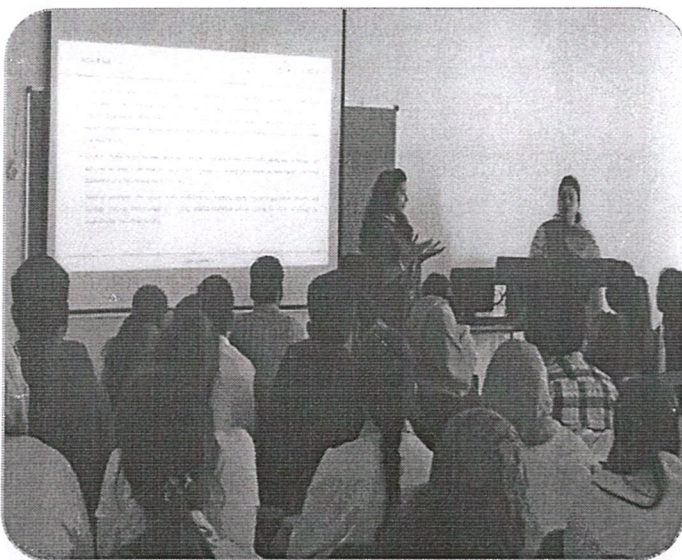


**Integral University, Lucknow**  
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**Department of Physiotherapy**

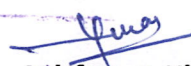
**Guest Lecture Report**

A Guest lecture on the topic **"Effective Employment Readiness Strategies for Physiotherapists"** was conducted by the department of Physiotherapy, Integral University, Lucknow on **06<sup>th</sup> March 2019**.

**Dr. Samaranika Das**, Founder and Managing Director, Curamos, Goa and Mr. Abhishek Pratap Singh, Co-Founder, Curamos & AP/TS State Vice President, CIMSME was the invited resource person. She has explored the future prospective and possibility in the field of Physiotherapy. She has also explained guideline about the startup opportunity in the Physiotherapy field. She has also aware students about how fast the physiotherapy services requirement is increasing and how a physiotherapist can become a successful professional in this field.



The students from Bachelor of Physiotherapy (BPT), Interns and Master of Physiotherapy (MPT) were present on the occasion. Dr. Ashfaque Khan (PT), Principal, IIAHS&R & HoD department of physiotherapy expressed his gratitude to the speaker.

  
**(Dr. Ashfaque Khan)**  
Head, Physiotherapy  
Integral University, Lucknow.