



INTEGRAL UNIVERSITY इंटीग्रल विश्वविद्यालय

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DEPARTMENT OF PHYSIOTHERAPY


Ref.No. : IIAHSR/PT/WS/2022/45A

Dated: 05/03/2022

NOTICE







A meeting regarding the planning of workshop in the month of March, 2022, Session 2021-22 (Even Sem) is scheduled to be held on 10th March, 2022. All the faculty members are requested to make a convenient to attend the same in HoD office at 12:00 PM.


Dr. Neeraj Kumar Maurya (PT)
Incharge DAQC, Physiotherapy


Prof. (Dr.) Abdur Raheem Khan
Head, Physiotherapy

Head
Deptt. of Physiotherapy
Integral Unive.sity, Lucknow.

CC to:

1. Director, IIAHSR
2. Dr. Mohd. Javed Iqbal 
3. Dr. A. M. H. Inam 
4. Dr. Ammar Faisal Khan 
5. Dr. Aafreen 
6. Dr. Taufish Ahmad
7. Dr. Namrata Suri
8. Dr. Sadiya Begum 
9. Dr. Shaikh Shohaim Mohd 
10. Dr. Hera Naeem
11. Office copy



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DEPARTMENT OF PHYSIOTHERAPY

Ref.No. : IIAHSR/PT/WS/2022/45B

Dated: 14/03/2022

MINUTES OF MEETING WORKSHOP

A meeting regarding organizing the workshop in the month of March 2022 was held on 12th March, 2022. The agenda of the meeting was regarding the nomination, selection and arrangement of Guest Speaker.

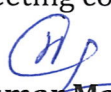
The following members attended the meeting:

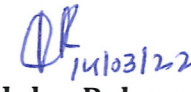
● Prof. (Dr.) Ashfaque Khan	Chairperson
● Prof. (Dr.) Abdur Raheem Khan	Member
● Dr. Neeraj Kumar Maurya (PT)	Member
● Dr. Javed Iqbal (PT)	Member
● Dr. A.M.H.Inam (PT)	Member (Incharge)
● Dr. Namrata Suri (PT)	Member
● Dr. Aafreen (PT)	Member

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

1. The Workshop date was proposed on **31st March & 1st April 2022**, by HoD, timing would be from 9:00 AM to 4.00PM.
2. The guest faculty proposed for the workshop will be **Dr. Mohammad Shahid Malik**, General Secretary, Scientific Society of Hijamah, Aligarh, UP. The nomination was given by Dr. A. M. H. Inam (PT).
3. The topic of presentation upon confirmation from speaker & faculty and members will be **"Hijamah (Cupping Therapy) Training Course"**.
4. The responsibility for arrangement of Lecture theatre II with Audio Visuals & couch will be allotted to Dr. Namrata Suri (PT)
5. Welcome speech will be given by Dr. Hera Naeem (PT).
6. Vote of thanks will be given by Dr. Aafreen (PT).
7. Banner of Workshop will be arranged by Dr. Ammar Faisal Khan
8. All students from Bachelor of Physiotherapy III & IV year and Master of Physiotherapy would be allowed to attend the workshop.

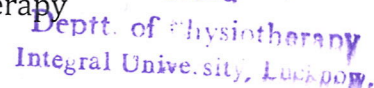
The Meeting concluded with the vote of thanks.


Dr. Neeraj Kumar Maurya (PT)
Incharge DAQC, Physiotherapy


Prof. (Dr.) Abdur Raheem Khan
Head, Physiotherapy

CC to:

1. All Concerned
2. Office copy


Deptt. of Physiotherapy
Integral University, Lucknow.



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DEPARTMENT OF PHYSIOTHERAPY

Dated: 07/03/2022

MINUTES OF MEETING WORKSHOP







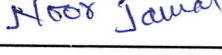
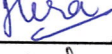

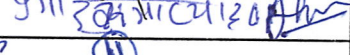


Attendance Sheets for "Hijamah (Cupping Therapy) Workshop


S.N.	Name of the Faculty	Signature
16.	Dr. Ashfaq Khan	
17.	Dr. Alekh Rishi Kh	
18.	Mohd Javed Iqbal	
19.	Ahmad Mergul Hasan Sam	
20.	Dr. Heeraj Mavys	
21.	Hera Naeem	
22.	Sadiq Begum	
23.	Namrata Sen	
24.	Dr. Ammar Faisal Khan (PT)	
25.	AAREEN	
26.	DR. TAUFISH AHAMAD	
27.	Dr. Sheikh Shohaim Mohd	
28.		
29.		
30.		

Prof. (Dr.) Abdur Raheem Khan
Head, Physiotherapy

Department of Physiotherapy
Integral University, Lucknow

INTEGRAL UNIVERSITY, LUCKNOW
INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH
DEPARTMENT OF PHYSIOTHERAPY
Name of Workshop: Hijamah (Cupping Therapy) 31 March to 05 April 2022

Day wise/Minute to Minute Responsibility			
S. No.	Work / Task	Responsibility	Signature
1	Banner & Certificate	Dr. Ammar Faisal Khan	
2	Pick & Drop from Guest House	Dr. Shohaim Shaikh	
		Dr. Neeraj Maurya	
3	Lecture Hall Preparation	Dr. A.M.H. Inam	
		Dr. Sadiya Begum	
		Dr. Hera Naeem	
4	Mic & Projector	Mr. Noor Jamal	
5	Welcome Speech	Dr. Hera Naeem	
6	Vote of Thanks	Dr. Aafreen	
7	Maintenance of Lecture Theater & Lab	Mr. Pramod Kumar Mr. Akhilesh Grawtam	
8	Attendance & Feedback	Dr. A.M.H. Inam	
9	Workshop Photos	Dr. Javed Iqbal	


Prof. (Dr.) Abdur Raheem Khan
 Head, Physiotherapy
 Deptt. of Physiotherapy
 Integral Unive sit., Lucknow.



**INTEGRAL
UNIVERSITY**
LUCKNOW-INDIA

**INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH
DEPARTMENT OF PHYSIOTHERAPY**

ORGANISING
Five Day Hands-on Workshop on
"HIJAMAH (CUPPING THERAPY) TRAINING COURSE"
31st March to 5th April 2022

ABOUT COURSE- Hijamah (Cupping Therapy) is an applied & very effective method in Unani system of medicine based on various Regimen & techniques of expertises. After it's global recognition by different health agencies including AYUSH & CCRUM, CCIM & WORLD HEALTH ORGANISATION, it has emerge as a very promising carrier oriented prospects for Unani medical practitioner in last few years.

Eligibility - Students of BPT (3rd , 4th Year) and MPT

No of Seats - 40

Last Date for Registration - 26 March 2022 | REGISTRATION FEES - Rs. 1200/-

CHIEF-PATRON



Prof. S.W. AKHTAR
FOUNDER & CHANCELLOR
Integral University, Lucknow

PATRONS



Dr. SYED NADEEM AKHTAR
PRO-CHANCELLOR
Integral University, Lucknow



Prof. JAVED MUSARRAT
VICE-CHANCELLOR
Integral University, Lucknow

CO-PATRONS



SYED M. FAUZAN AKHTAR
Executive Director, IIMS&R
Integral University, Lucknow

CO-PATRONS



Prof. (Dr.) ABHA CHANDRA
Medical Superintendent, Vice Dean IIMS&R
Integral University, Lucknow

RESOURCE PERSON



Dr. MOHAMMAD SHAHID MALIK
MD, REGIMA ALIGARH
Chief Trainer, Hijama & Ilaj-Bit-Tadbeer

ORGANIZING SECRETARY



Prof. (Dr.) ASHFAQUE KHAN
Director, IIAHS&R
Integral University, Lucknow

CO-ORGANIZING SECRETARY



Prof. (Dr.) ABDUR RAHEEM KHAN
Head Physiotherapy
Integral University, Lucknow



Dr. MINAKSHI SINGH
Medical Co-ordinator Outreach
Integral University, Lucknow

Workshop Includes

Certificate | Study material | Refreshment

Contact For Registration & Query : Dr. A.M.H. Inam | Mob 9335967194



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DEPARTMENT OF PHYSIOTHERAPY

Ref.No.: IIAHSR/PT/WS/2022/45C

Dated: 14/03/2022

From,

Prof. (Dr.) Abdur Raheem Khan
Department Physiotherapy
Integral University, Lucknow

To,

Dr. Mohammad Shahid Malik,
General Secretary
Scientific Society of Hijamah, Aligarh
U.P

Subject: Invitation as a resource person for workshop on "Hijamah (Cupping Therapy) Training Course" on 31st to 5th April 2022.

Sir,

We are pleased to inform you that Integral institute of Allied Health Science (IIAHS), Department of Physiotherapy, Integral University, Lucknow, would you like to invite as a Resource person for workshop on "Hijamah (Cupping Therapy) Training Course" on 31st to 5th April 2022. at 9.00 AM to 4:00 PM.

Please consider this letter as a humble invitation and kindly revert back with a positive response. It would be deeply appreciated.

Thanking you.

Prof. (Dr.) Abdur Raheem Khan
14/03/2022

Prof. (Dr.) Abdur Raheem Khan
Head, Physiotherapy
Head
Department of Physiotherapy
Integral University, Lucknow



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DEPARTMENT OF PHYSIOTHERAPY


Ref.No. : IIAHSR/PT/WS/2022/45D

Dated: 14/03/2022

NOTICE

All the students of Physiotherapy (BPT, MPT, and PhD) are hereby informed that the workshop is to be scheduled on 31st March to 5th April 2022 at 9.00 AM to 4:00 PM, on **"Hijamah (Cupping Therapy) Training Course"** by **Dr. Mohammad Shahid Malik**, General Secretary Scientific Society of Hijamah Aligarh, UP., India at the Department of Physiotherapy. In this context it is requested to all kindly enroll yourself as soon as possible, only 40 seats are available.


Dr. Neeraj Kumar Maurya (PT)
Incharge DAQC, Physiotherapy


Prof. (Dr.) Abdur Raheem Khan
Head, Physiotherapy
Department of Physiotherapy
Integral University, Lucknow

Copy To,

1. Director, IIAHSR
2. All Faculty Members Physiotherapy
3. Notice Board
4. Office Copy

INTEGRAL UNIVERSITY, LUCKNOW
INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH
DEPARTMENT OF PHYSIOTHERAPY

Name of Workshop: Hijama Cupping Therapy (31st March to 5th April 2022)

Session: 2021-22

Attendance Sheet

S. No.	Name of Students	Date				
		31.03.22	01.04.22	02.04.22	04.04.22	05.04.22
1	Khushi Vishwakarma	Khushi	Khushi	Khushi	Khushi	Khushi
2	Aliya Seraj	Aliya	Aliya	Aliya	Aliya	Aliya
3	Harshita Tripathi	Harshita	Harshita	Harshita	Harshita	Harshita
4	Samad Farooqui	Samad	Samad	Samad	Samad	Samad
5	Radhika Sharma	Radhika	Radhika	Radhika	Radhika	Radhika
6	Khan Shahreen	Shahreen	Shahreen	Shahreen	Shahreen	Shahreen
7	Nabiya Sajjad	Nabiya	Nabiya	Nabiya	Nabiya	Nabiya
8	Basra Mansoor	Basra Mansoor	Basra Mansoor	Basra Mansoor	Basra Mansoor	Basra Mansoor
9	Hafsa Parwez	Hafsa	Hafsa	Hafsa	Hafsa	Hafsa
10	Sameena Mazhar	Sameena	Sameena	Sameena	Sameena	Sameena
11	Yasmeen Fatima	Yasmeen	Yasmeen	Yasmeen	Yasmeen	Yasmeen
12	Khursheed Fatima	Khursheed	Khursheed	Khursheed	Khursheed	Khursheed
13	Mohd Sayid Alam Siddiqui					
14	Ajit Kumar Gupta	Ajit	Ajit	Ajit	Ajit	Ajit
15	Mohd Anas	Mohd Anas	Mohd Anas	Mohd Anas	Mohd Anas	Mohd Anas
16	Kirti Singh	Kirti Singh	Kirti Singh	Kirti Singh	Kirti Singh	Kirti Singh
17	Pragya Tripathi	Pragya	Pragya	Pragya	Pragya	Pragya
18	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika
19	Neelam Kushwaha					
20	Yamini Rai	Yamini Rai	Yamini Rai	Yamini Rai	Yamini Rai	Yamini Rai
21	Shaba Siddiqui	Shaba	Shaba	Shaba	Shaba	Shaba
22	Saniya Suhail	Saniya	Saniya	Saniya	Saniya	Saniya
23	Saher Ansari	Saher Ansari	Saher Ansari	Saher Ansari	Saher Ansari	Saher Ansari
24	Hera Eqbal	Hera	Hera	Hera	Hera	Hera
25	Riza Ahsan	Riza	Riza	Riza	Riza	Riza
26	Abdul Karim Azhar	Azhar	Azhar	Azhar	Azhar	Azhar
27	Jagriti Yadav	Jagriti Yadav	Jagriti Yadav	Jagriti Yadav	Jagriti Yadav	Jagriti Yadav
28	Amisha Soni	Amisha Soni	Amisha Soni	Amisha Soni	Amisha Soni	Amisha Soni
29	Prince Verma	Prince	Prince	Prince	Prince	Prince
30	Sattwik Dutta	Sattwik	Sattwik	Sattwik	Sattwik	Sattwik
31	Ibra Asad	Ibra Asad	Ibra Asad	Ibra Asad	Ibra Asad	Ibra Asad
32	Neha Kumari	Neha	Neha	Neha	Neha	Neha
33	Jyotsana Singh	Jyotsana	Jyotsana	Jyotsana	Jyotsana	Jyotsana
34	Pratibha Gupta	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha
35	Urusia Parveen	Urusia	Urusia	Urusia	Urusia	Urusia
36	Subuhi Khan	Subuhi	Subuhi	Subuhi	Subuhi	Subuhi
37	Nilay Kumar Mandal	Nilay	Nilay	Nilay	Nilay	Nilay
38	Junaaid Shahzad	Junaaid	Junaaid	Junaaid	Junaaid	Junaaid
39	Ruchi Singh	Ruchi Singh	Ruchi Singh	Ruchi Singh	Ruchi Singh	Ruchi Singh
40	Neha Yadav	Neha	Neha	Neha	Neha	Neha
41	Aparna Mishra	Aparna	Aparna	Aparna	Aparna	Aparna

Report on- Five Day Hands on workshop on "Hijamah (Dry Cupping) Training Course" Organized by Department of Physiotherapy from 31 March to 5 April 2022

Dear All,

The department of Physiotherapy, faculty of Allied Health Sciences & Research had conducted a Five day hands on workshop on "Hijamah (Dry Cupping) Training Course" from 31 March to 5 April 2022. The Resource person for this workshop was **Dr. Mohammad Shahid Malik**, Managing Director, REGIMA Hijamah Clinic, Laser and Skin Care Center, Silver Plaza Anupshehar Road, Aligarh-202002, India. Dr. Shahid has more than 20 years of experience in the field of Unani Medicine and Hijamah Technique. He has achieved several award like **Man of the Year** by American Biographical Institute, **Excellent Performance Award** by IDB, **Excellent Leadership Award** by Islamic Research and Training institute at Malaysia, for his excellent work in Hijamah.

The Workshop was organized under the Chief Patronage of **Prof. Syed Waseem Akhtar**, **Hon'ble Chancellor & Founder**, Integral University, Patronage of **Dr. Syed Nadeem Akhtar**, **Pro-Chancellor**, Integral University, and **Prof. Javed Musarrat**, **Hon'ble Vice-Chancellor**, Integral University, Lucknow. The **Co-Patron** of the Workshop, **Syed Mohammad Fauzan Akhtar**, **Executive Director**, IIMS&R, Integral University, **Prof. (Dr.) Abha Chandra**, **Medical Superintendent**, **Vice Dean** IIMS&R Integral University and The **Organizing Secretary** and **Prof (Dr) Ashfaq Khan**, **Director IIAHS&R**, Integral University. The **Co-organizing Secretary** **Prof. (Dr.) Abdur Raheem**, **HoD Department of Physiotherapy** Integral University. The **Convener** of the workshop **Dr.A.M.H.Inam** **Asst. Prof.** Department of Physiotherapy.

DAY 1 (31/03/2022)

The inaugural session commenced on 31 March hosted by **Dr Hera Naeem** with welcome speech and continued by **Prof. (Dr.) Ashfaq Khan** who shared his valuable insights on the topic and spoke about the relevance of the workshop which shall certainly help the students to develop their knowledge and skills in developing clinical oriented problem of Neuromusculoskeletal pathologies. A bouquet was presented by **Prof.(Dr.) Abdur Raheem** to the Chief guest and the resource Person of the workshop. The chief guest of the inaugural session **Mr. Syed M. Fauzan Akhter** **Integral University** discussed his views on the topic of the workshop, he talked about building the capabilities in clinical practice and how this will be helpful for the students while serving the society.



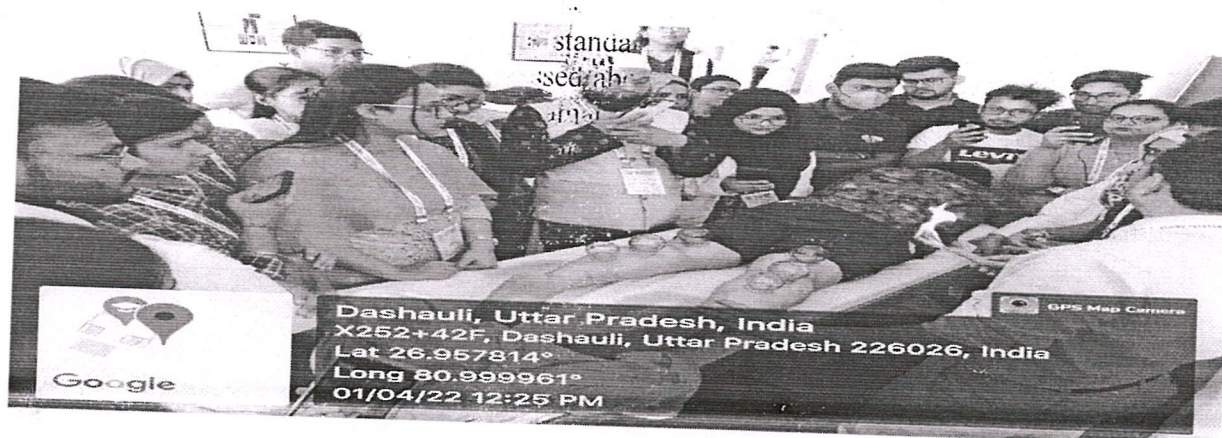
Day First Inaugural Session



After the inaugural session day one workshop had been started by **Dr. Mohammad Shahid Malik** with discussion over the standard operating procedure on Hijamah, scientific prospective of Hijamah. And also discussed about the Regima Institute of Speciality Education its vision and mission in the field of Hijamah. the background and history of the Hijamah. He demonstrated different types of equipment and cups used in Hijamah technique.

Post lunch session of the workshop was continued with hands on practice of hijamah technique for facial and beauty care. The first day session windedup with vote of thanks given by **Dr.Aafreen**.

DAY 2 (01/04/2022)

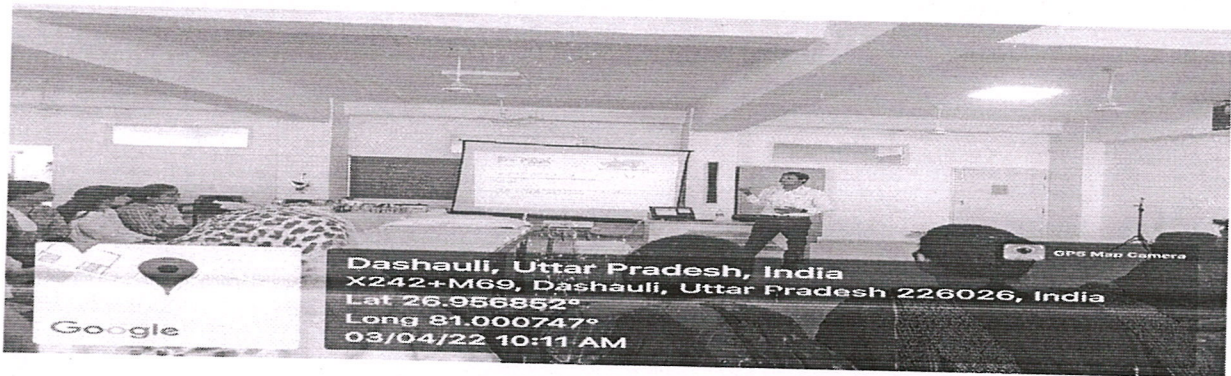


The second-day (01/04/22) session started with welcome speech by **Dr. Mohd Javed Iqbal**, and the session is handover to the resource person **Dr. Mohammad Shahid Malik**. The focused area of day second started on theoretical background of hijamah with the modern medicine along with the deep knowledge of different Cupping technique and its importance while treating the patients with different types of musculoskeletal conditions like LBA, Tennis Elbow and Neck pain. Post lunch session again started with hands on practice of LBA, Tennis Elbow and Neck pain.

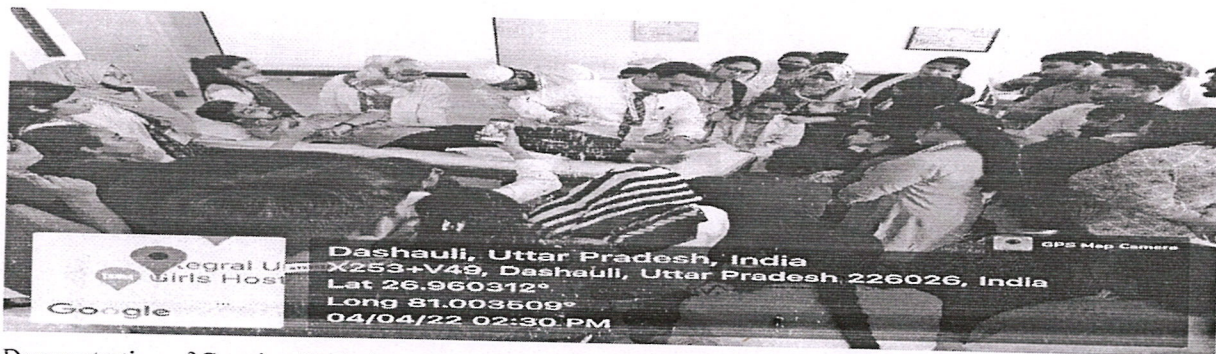
DAY 3 (02/04/2022)

Day third started with discussion over the underlying mechanism of action, physiological and Biochemical changes occur in body before and after the hijamah and emphasize the rational on add various approach that can be adjunct to this therapy.





Lecture on Physiological and biochemical Changes.
DAY 4 (04/04/2022)



Demonstration of Cupping Technique For Ankle Pain

A fourth day session began with the warm welcome of the resource person Dr. Mohammad Shahid Malik with the discussion on clinical reasoning on national and international forum to formulate the plan as how to make it world wide clinical acceptance through the various research and development field of health care sector.

DAY 5 (05/04/2022)





Valedictory Session

Finally not the last but the beginning of new session with the recap of all the previous four session landed up with question answer session with the clinical expert that really bridged the gap between academic and clinical approach on a single platform.



In total, **40 participants** registered for the Workshop(Limited Seats 50). It was a Five day workshop of 40 Credit Hr. Students understanding has been assessed with quizzes. Feedback of the guest and students was also collected for improvement in future academic communication. A separate whatsapp group has been formed for future query and clearing the doubt of registered participants. The Certificates of the program have been successfully distributed to all registered participants.


Prof.(Dr) Abdur Raheem khan
Head,
Department of physiotherapy
Dept. of Physiotherapy
Integral University, Lucknow


Prof.(Dr) Ashfaque khan
Director IIAHSR

