


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

Ref. No.: IUL/IIAHS&R/PT/Workshop/2019/...28









Dated: 10/01/2019

**Notice**

A meeting regarding the planning of Workshop for the month of January 2019, Session 2018-19 is scheduled to be held on 19<sup>th</sup> January 2019. All the faculty members are thereby informed to attend the meeting at the HoD office at 12:00 PM on 13/01/2019.

  
**(Dr. Ashfaq 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. Sadiya Begum 
8. Dr. Shaikh Shohaim Mohd 
9. Office copy

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









Ref. No.: IUL/IIAHS&R/Physio/Workshop/2019/29

Dated: 13/01/2019

**MINUTES OF MEETING**

A meeting regarding conducting workshop for month of January was scheduled on **19<sup>th</sup> January 2018**. The agenda of the meeting was regarding the nomination and selection of Resource Person.


The following members attended the meeting:

- |                              |   |              |   |
|------------------------------|---|--------------|---|
| • Dr. Ashfaq Khan (PT)       | : | Chair Person |    |
| • Dr. Abdur Raheem Khan (PT) | : | Member       |   |
| • Dr. Neeraj Maurya (PT)     | : | Member       |    |
| • Dr. Mohd. Javed Iqbal (PT) | : | Member       |    |
| • Dr. A.M.H.Inam (PT)        | : | Member       |    |
| • Dr. Ammar Faisal Khan (PT) | : | Member       |     |
| • Dr. Namrata Suri (PM)      | : | Member       |  |
| • Dr. Sadiya Begum (PT)      | : | Member       |  |
| • Dr. Shohaim Sheikh Mohd    | : | Member       |    |

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

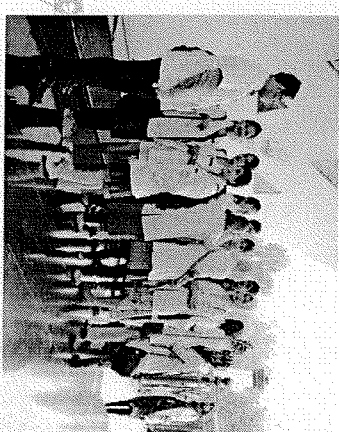
1. The Workshop date is proposed on **19<sup>th</sup> January 2019** by HoD, and timing would be from 09:00 AM to 4:00 PM.
2. The guest faculty proposed for the lecture was **Dr. Ashfaq Khan (PT)**, Head in department of Physiotherapy, Integral University, Lucknow. The nomination was given by **Dr. A. M. H. Inam (PT)**.
3. The topic of presentation upon confirmation from speaker & faculty and members was **"Basic of Peripheral Joint Mobilization & Its Importance"**
4. The responsibility for arrangement of Lecture theatre II with Audio Visuals & couch was allotted to **Dr. A.M.H.Inam (PT)**.
5. Welcome speech will be given by **Dr. Sadiya Begum (PT)**.
6. Vote of thanks will be given by **Dr. Neeraj Kumar Maurya (PT)**.
7. All students from Bachelor of Physiotherapy II, III & IV year and Master of Physiotherapy would be allowed for attending the Lecture.

The Meeting concluded with the vote of thanks.

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



**'Learn without Cost'  
For skills enhancement**



**Workshop (Module-I)**

**On**

# **“Basics of Peripheral Joint Mobilization”**

**19<sup>th</sup> January 2019**

**Venue: Phase-II, Department of Physiotherapy, IIAHS&R,  
Integral University, Lucknow**

**Resource Person:**

**DR. ASHFAQ KHAN (PT)**

**HOD, Physiotherapy**

**Integral University Lucknow, UP Phone No. 9648110592, 9415777190**

**Email: [headbpt@iul.ac.in](mailto:headbpt@iul.ac.in), [ashfaque@iul.ac.in](mailto:ashfaque@iul.ac.in)**

**INTEGRAL UNIVERSITY**

**Kursi Road, Lucknow-226026 (UP) INDIA**

**Admission Cell / ☎ : 9335177775**

**Email : [admission@iul.ac.in](mailto:admission@iul.ac.in)**

**Tel. : +91 522 2890730, 2890812, 3296117, 6451039**

**Fax : +91 522 2890809**

**Web : [www.iul.ac.in](http://www.iul.ac.in)**

*[Signature]*  
Department of  
Physiotherapy  
Integral University  
Lucknow



# INTEGRAL UNIVERSITY

## INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH

### DEPARTMENT OF PHYSIOTHERAPY

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Ref. No: IUL/IIAHS&R/PT/Workshop/Invitation/2019/31

Date: 12/01/2019

To,

**Dr. Sumit Asthana**

Head, Physiotherapy

Era University,

Sarfarazganj, Lucknow – 226003, INDIA

**Subject:** Invitation as a Guest for Workshop on “Basics of Peripheral Joint Mobilization Technique” on 19<sup>th</sup> January 2019.

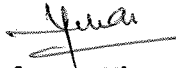
Dear Sir,

We are pleased to invite you to grace the occasion of one day workshop on Basics of Peripheral Joint Mobilization Technique scheduled on 19<sup>th</sup> January 2019 conducted by that Integral institute of Allied Health Science (IIAHS&R), Department of Physiotherapy at Integral University, Lucknow.

Your presence is very much solicited for the success of events.

Waiting for your kind consent.

Thanking you.

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



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Ref. No: IUL/IIAHS&R/PT/Workshop/Invitation/2019/ 32

Date: 12/01/2019

To,

**Dr. Monika Awasthi**

HoD

Saaii College of Medical Science & Technology

Bhindhuri, Kanpur – 209203, INDIA

**Subject:** Invitation as a Guest for Workshop on “Basics of Peripheral Joint Mobilization Technique” on 19<sup>th</sup> January 2019.


Dear Sir/ Madam,

We are pleased to invite you to grace the occasion of one day workshop on Basics of Peripheral Joint Mobilization Technique scheduled on 19<sup>th</sup> January 2019 conducted by that Integral institute of Allied Health Science (IIAHS&R), Department of Physiotherapy at Integral University, Lucknow.

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Thanking you.

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



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Ref. No: IUL/IIAHS&R/PT/Workshop/Invitation/2019/ 33

Date: 12/01/2019

To,

**Dr. Arvind Sonkar**  
Nodal Officer  
Artificial Limb Centre  
Lucknow (INDIA)

**Subject:** Invitation as a Guest for Workshop on “Basics of Peripheral Joint Mobilization Technique” on 19<sup>th</sup> January 2019.


Dear Sir,

We are pleased to invite you to grace the occasion of one day workshop on Basics of Peripheral Joint Mobilization Technique scheduled on 19<sup>th</sup> January 2019 conducted by that Integral institute of Allied Health Science (IIAHS&R), Department of Physiotherapy at Integral University, Lucknow.

Your presence is very much solicited for the success of events.

Waiting for your kind consent.

Thanking you.

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



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Ref. No: IUL/IIAHS&R/PT/Workshop/Invitation/2019/ 34

Date: 12/01/2019

To,

**Dr. Praveen Katiyar**

Coordinator - Paramedical

University Institute of Health Sciences

Chhatrapati Shahu Ji Maharaj University Campus

Kalyanpur, Kanpur – 208024, INDIA

**Subject:** Invitation as a Guest for Workshop on “Basics of Peripheral Joint Mobilization Technique” on 19<sup>th</sup> January 2019.

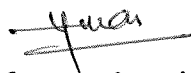
Dear Sir,

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Your presence is very much solicited for the success of events.

Waiting for your kind consent.

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: 16/01/2019

**NOTICE**

This is inform all the students of BPT and MPT that workshop is to be scheduled on 19<sup>th</sup> January 2019, by **Dr. Ashfaq Khan (PT)**, Head in department of Physiotherapy, Integral University, Lucknow on 19<sup>th</sup> January, 2019, in the department of Physiotherapy. No registration Charge for students (certificates, & course material provided by department). Last date of registration is 18<sup>th</sup> January 2018.

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

Head  
Deptt. of Physiotherapy  
Integral University, Lucknow.

**Copy To,**

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



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

**"Basic of Peripheral Joint Mobilization & Its Importance"**  
**List of the Students for attending the Workshop**

Date: 19/01/2019

S.No.	Name	Year	Signature	S.No.	Name	Year	Signature
1.	Shreya Gupta	2 <sup>nd</sup> yr.	Shreya Gupta	35.	Neelam Waleem	2 <sup>nd</sup> yr.	Neelam
2.	Sauran Kumar	2 <sup>nd</sup> yr.	Sauran	36.	Nishat Akhtar	II <sup>nd</sup> year	Nishat
3.	Neelam Tiwari	II <sup>nd</sup> yr.	Neelam	37.	Shagufta Parveen	II <sup>nd</sup> year	Shagufta
4.	Neeraj Tiwari	II <sup>nd</sup> yr.	Neeraj	38.	Neha Anjum	II <sup>nd</sup> year	Neha
5.	Saurabh Verma	II <sup>nd</sup> yr.	Saurabh	39.	Zeba Shoaib	II <sup>nd</sup> year	Zeba
6.	Mansi Mishra	II <sup>nd</sup> yr.	Mansi	40.	Sabbuhi Khan	II <sup>nd</sup> year	Sabbuhi
7.	SANDEEP THAKUR	II <sup>nd</sup> yr.	Sandeep	41.	Tahreem Khan	II <sup>nd</sup> year	Tahreem
8.	Alka Yadav	I <sup>st</sup> year	Alka Yadav	42.	Annu Yadav	II <sup>nd</sup> year	Annu Yadav
9.	Himanshu Gautam	II <sup>nd</sup> yr.	Himanshu	43.	Deepak Pandey	II <sup>nd</sup> year	Deepak
10.	Shubham Patel	II <sup>nd</sup> yr.	Shubham Patel	44.	Kanchan Kumari	II <sup>nd</sup> year	Kanchan
11.	Akash Kushwaha	I <sup>st</sup> year	Akash Kushwaha	45.	Ashu Kushwaha	II <sup>nd</sup> year	Ashu
12.	Varsha Kulkarni	I <sup>st</sup> year	Varsha Kulkarni	46.	Sonali Tiwari	II <sup>nd</sup> year	Sonali
13.	Kanishk Yadav	I <sup>st</sup> year	Kanishk Yadav	47.	Shriniketh Chaudhary	II <sup>nd</sup> yr.	Shriniketh
14.	Shipsa Rai	I <sup>st</sup> year	Shipsa Rai	48.	Asmita Tiwari	II <sup>nd</sup> yr.	Asmita
15.	Shivani Singh	I <sup>st</sup> year	Shivani	49.	Fauwaz Masood	II <sup>nd</sup> yr.	Fauwaz
16.	Varshita Pandey	I <sup>st</sup> year	Varshita Pandey	50.	Nitu Lahare	II <sup>nd</sup> year	Nitu Lahare
17.	Mohammatina	II <sup>nd</sup> year	Mohammatina	51.	Divya Saxena	II <sup>nd</sup> year	Divya Saxena
18.	Mariya Shahid	II <sup>nd</sup> year	Mariya Shahid	52.	Sakshi Singh	II <sup>nd</sup> year	Sakshi
19.	Prachi Singh	II <sup>nd</sup> year	Prachi	53.	Deepanshi Yadav	II <sup>nd</sup> year	Deepanshi
20.	Prachi Saxena	II <sup>nd</sup> year	Prachi	54.	Ufat Hakeem	II <sup>nd</sup> year	Ufat
21.	Pragati Mishra	II <sup>nd</sup> year	Pragati	55.	Meharuddin Alam	II <sup>nd</sup> year	Mehar
22.	Kimani Rashmi	II <sup>nd</sup> year	Rashmi	56.	Mohd. Javed	II <sup>nd</sup> year	Mohd. Javed
23.	Faiza Sarwar	II <sup>nd</sup> year	Faiza	57.	Javed Shahzad	II <sup>nd</sup> year	Javed
24.	Rishabh Nigam	II <sup>nd</sup> year	Rishabh	58.	Nilay Kumar Mandal	2 <sup>nd</sup> Year	Nilay
25.	ANJALI YADAV	II <sup>nd</sup> year	Anjali	59.	Ankit Pal	2 <sup>nd</sup> Year	Ankit
26.	Shipsa Mishra	II <sup>nd</sup> year	Shipsa	60.	Anzar Ahmad	2 <sup>nd</sup> year	Anzar
27.	Priya Yadav	II <sup>nd</sup> year	Priya	61.	Faisal Khan	2 <sup>nd</sup> yr.	Faisal Khan
28.	Aisha Khan	II <sup>nd</sup> year	Aisha	62.	Mohammed Akhtar	2 <sup>nd</sup> year	M. Akhtar
29.	Farooq	II <sup>nd</sup> year	Farooq	63.	Anupam Saraj	2 <sup>nd</sup> year	Anupam
30.	Kriti Singh	II <sup>nd</sup> year	Kriti Singh	64.	Bojja Kashudhan	2 <sup>nd</sup> year	Bojja
31.	Albert Ekka	II <sup>nd</sup> year	Albert	65.	Shahana Khatun	2 <sup>nd</sup> year	Shahana
32.	Sarah Saif	II <sup>nd</sup> year	Sarah	66.	Shazia Akbar	2 <sup>nd</sup> year	Shazia
33.	Sana Baig	II <sup>nd</sup> year	Sana	67.	Bhuvan Kumar	2 <sup>nd</sup> year	Bhuvan
34.				68.	Zehman Ahmad	2 <sup>nd</sup> year	Zehman

Dr. Ashfaq Khan  
Head  
Department of Physiotherapy  
Integral University, Lucknow

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


**"BASICS OF PERIPHERAL JOINT MOBILIZATION TECHNIQUE"**

**ONE DAY HANDS ON WORKSHOP**

19<sup>th</sup> January 2019

**LIST OF THE EXTERNAL STUDENTS FOR ATTENDING THE WORKSHOP**

S.No.	Name	Year	Institute/ College/ University	Signature
1.	NEHA CHAUDHAN	I	KGMU	Neha Chaudhary
2.	SHIVANI SINGH	I	KGMU	Shivani Singh
3.	HARSHITA	I	KGMU	Harshita Pandey
4.	AIKA	Ist	KGMU	Aika Yadav
5.	ARADHANA	Ist	KGMU	Aradhana Yadav
6.	Varsha Kumari	Ist	KGMU	Varsha Kumari
7.	Kavitarshi Yadav	Ist	KGMU	Kavitarshi Yadav
8.	Akash kushwah	Ist	KGMU	Akash kushwah
9.	MOHD. DANISH	Ist	K.G.M.U.	MOHD. DANISH
10.	Shreya Rai	Ist	K.G.M.U.	Shreya Rai
11.	Shreya Gupta	II <sup>nd</sup> yr.	S.C.M.A.T., Kanpur	Shreyagupta
12.	Neelam Tiwari	II <sup>nd</sup> yr	S.C.M.A.T Kanpur	Neelam
13.	Nansi Alishea	II <sup>nd</sup> yr.	S.C.M.A.T Kanpur	Nansi
14.	Neeraj Tiwari	II <sup>nd</sup> yr	SCMAT Kanpur	Neeraj
15.	Shubham Patel	II <sup>nd</sup> yr	SCMAT Kanpur	Shubham
16.	Saurabh Verma	II <sup>nd</sup> year	SCMAT Kanpur	Saurabh
17.	SANGEET THAKUR	II <sup>nd</sup> yr.	SCMAT, Kanpur	Sangeet
18.	Himanshu Chauram	II <sup>nd</sup> yr	SCMAT Kanpur	Himanshu
19.	Sawan Kumar	II <sup>nd</sup> year	Savitri college of Medical Science and Tech.	Sawan
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 Dr. Ashfaq Khan  
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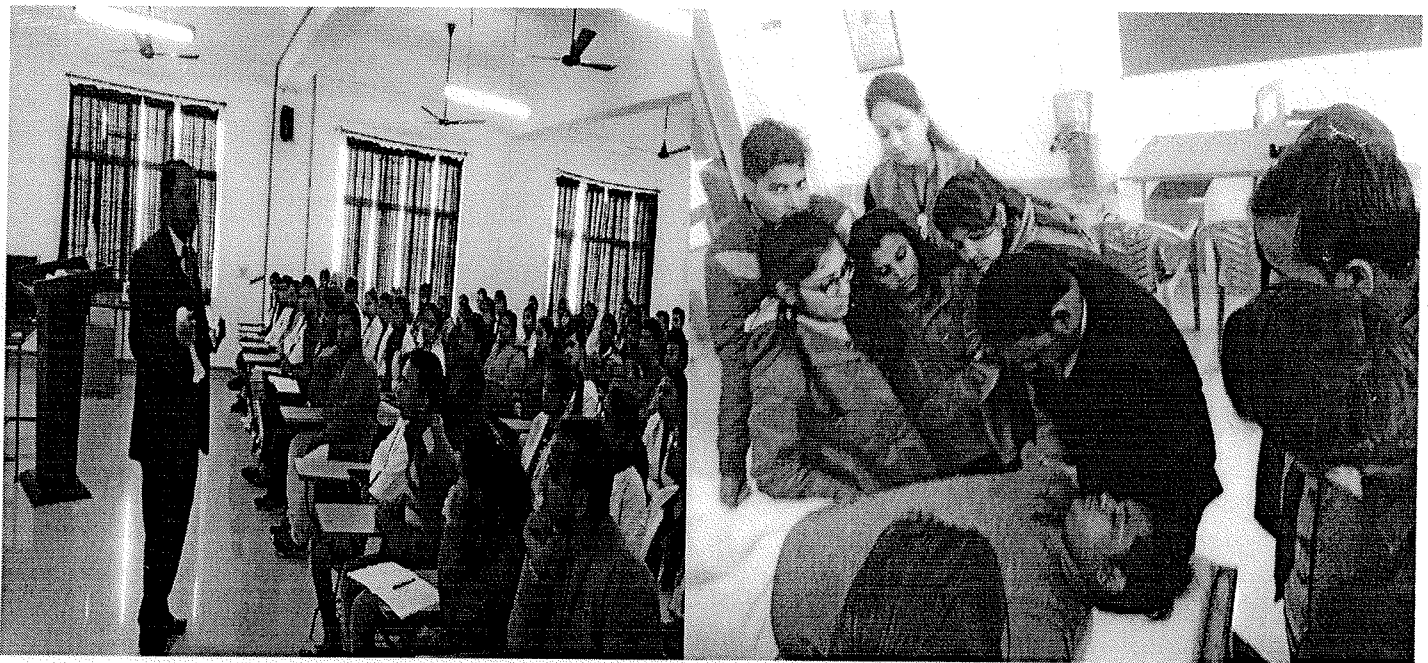
**Integral University, Lucknow**  
**Integral Institute of Allied Health Sciences & Research**  
**Department of Physiotherapy**

Dated: 19/01/2019

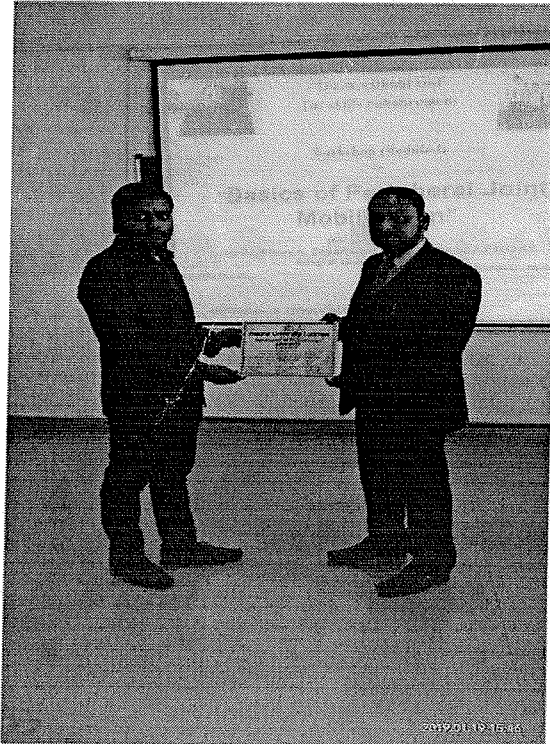
**Workshop Report**

A one day hands on workshop on the topic **“Basics of Peripheral Joint Mobilization Technique”** was conducted by the department of Physiotherapy, Integral University, Lucknow on 19<sup>th</sup> January 2019.

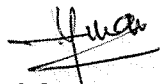
**Dr. Ashfaque Khan (PT)**, Associate Professor, Head, Department of Physiotherapy, Integral University, Lucknow was resource person. Dr. Ashfaque Khan demonstrated Basics of Peripheral Joint Mobilization Technique. He also provided hands on training for treatment of different joint mobility related problem of peripheral joints.



Cont. 2



Students from Bachelor of Physiotherapy (BPT) interns and Master of Physiotherapy (MPT) and other Institutions and Universities were present at the workshop.

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