


Integral University, Lucknow
Department of Physiotherapy

Dated: 12/01/2015

Notice

A meeting regarding the workshop for the session 2015-16 is to be scheduled on the 13/01/2015. All the faculty members are hereby informed to available in the HoD office at 12:15PM.


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

CC to:

1. All faculty members of Physiotherapy
2. Notice Board

Integral University, Lucknow
Department of Physiotherapy (PMR)





Ref. No.: IUL/IIAHS/Physio/WS/2015/ 01

Dated: 13/01/2015

Minutes of Meeting
“Manual Therapy & PNF Technique”
24th and 25th February 2015


A meeting regarding workshop for the month of February 2015 will be scheduled on 24th & 25th February 2015.

The following members are attended the meeting:

1. Dr. Ashfaq Khan 
2. Dr. A.M.H.Inam 
3. Dr. Mohd. Javed Iqbal 
4. Dr. Shabnam Jahan 

Following aspects were discussed and planned regarding participating in the Workshop 2015:

1. The team of faculty members will be formed and allotted different tasks with respect to the Workshop.
2. Dr. Mohd. Javed Iqbal – Brouchers, Registration, Attendance sheet & Certificate Bookey.
3. Dr. A. M. H. Inam – Photos, Audio Visual & Room Arrangement, Refreshment Students. Pick and drop Guest from Station.
4. Dr. Ashfaq Khan – Guest House, Welcome Speech.
5. Dr. Shabnam Jahan – Memento for Guest, Vote of thanks.


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



**INTEGRAL UNIVERSITY
INTEGRAL INSTITUTE OF MEDICAL
SCIENCES & RESEARCH
DEPARTMENT OF PHYSIOTHERAPY**



Invites you to hands-on workshop on

**APPLYING BASIC
PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION
IN PRACTICE**



DR. HARPREET SINGH

Resource Person

MPT(Neuro)FAGE,CYT,CKKT,C/NDT

Trained (NDTA,USA),Trained in

PNF(USA),Trained in Neurodynamic Solutions

DR. ASHFAQUE KHAN

Organizing Secretary

MPT(Ortho) HOD, Physiotherapy

Integral Institute of Medical
Sciences & Research, Lucknow

REGISTRATION PROCESS

Before 20th Feb

Rs. 800/-

After 20th Feb

Rs. 1000/-

Including Snacks, Study Kit & Certificate.

Contact No.:

+91 9335967194, +91 7839099391

24th & 25 th February 2015

Venue : Multipurpose Hall

**Integral Institute of Medical
Sciences & Research, Lucknow**

Course Outline & Schedule

Day 1	Program schedule .
09:00	Inauguration Ceremony
09:30	Basic philosophy of PNF
10:15	PNF procedure
11:15	Break
11:30	Techniques of PNF
1:00	Lunch
2:00	Practice of techniques (lab)
2:45	Patterns of UE
3:15	UE patterns practical
4:30	Q&A
5:00	SESSION ENDS
Day 2	Program schedule
9:00	LE patterns
9:30	Practice LE patterns
10:30	Girdle patterns
11:30	Break
11:45	Trunk patterns
12:30	Practice
1:00	Lunch
2:00	Supine & prone progression (lab)
4:00	Treatment in sitting (lab)
5:00	SESSION ENDS

Handwritten signature
Head
Deptt. of Physiotherapy
Integral University, Lucknow



**DEPARTMENT OF PHYSICAL MEDICINE &
REHABILITATION (PHYSIOTHERAPY)**
Integral Institute of Medical Science & Research,
Integral University, Kursi Road, Lucknow-226026

Date: 17/01/2015

To,

Dr. Harpreet Singh

MPT (Neuro), FAGE, CYT, CKKT, C/NDT

Subject: Invitation as a resource person for one day Workshop on “**Manual Therapy & PNF Technique**”

Dear Sir,

We are pleased to inform you that Integral institute of Medical Science & Research (I.I.M.S & R.), Department of Physiotherapy, Integral University, Lucknow, would like to invite as a Resource person to conduct one day Workshop on “**Manual Therapy & PNF Technique**” on 24th & 25th February, 2015.

Kindly give your consent.

Thanking you.

[Signature]
17/01/15
(Dr. Ashfaq Khan)

HOD, Physiotherapy

I.I.M.S&R, Integral University,

Deptt. of Physiotherapy
Integral University, Lucknow.



Department of Physical Medicine & Rehabilitation
(Physiotherapy)
Integral Institute of Medical Science & Research,
Integral University, Kursi Road, Lucknow-226026

Dated: 24/01/2015

NOTICE

All the students of department of Physiotherapy are hereby inform that the Department of Physiotherapy is going to organized a Workshop on **“PNF TECHNIQUE”** 24th, & 25th February 2015 (9 AM to 5 PM). The Workshop will be taken by **Dr. HARPREET SINGH**, Head, department of Physiotherapy AIIMS, New Delhi. Students of M.P.Th. & B.P.Th. IIIrd & B.P.Th. IVth can participate in this workshop.

Hussain
24-01/15

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

(Note: Registration on the basis of first come first serve, only 40 seats,)

Integral University, Lucknow
Department of Physiotherapy

24th to 25th February 2015

“Manual Therapy and PNF Technique”

Workshop Attendance

S. No.	Name of Student	Year	Signature	
			24 th February 15	25 th February 15
1	Dipali	2 nd	Dipali	Dipali
2	Vivek Kumar	III	Vivek	Vivek
3	Akanksha Sharma	III	Ashu	Ashu
4	PRIYA	III	Priya	Priya
5	Alka Singh	III	Alka	Alka
6	Arpit	III	Arpit	Arpit
7	Akhilesh Kumar	III	Akhilesh	Akhilesh
8	Arshika	III	Arshika	Arshika
9	Faizan Ahmad	III	Faizan	Faizan
10	Meeraj Ansari	III	Meeraj	Meeraj
11	Farah Khan	III	Farah	Farah
12	Aakansha Kumar	III	Aakansha	Aakansha
13	Pooja	III	Pooja	Pooja
14	Suman	III	Suman	Suman
15	Ajay Kumar	III	Ajay	Ajay
16	Anshu	III	Anshu	Anshu
17	Preeti	III	Preeti	Preeti
18	Anshu	III	Anshu	Anshu
19	Neha Yadav	III	Neha	Neha
20	Aparna Singh	III	Aparna	Aparna
21	Prerana	III	Prerana	Prerana
22	Neha	III	Neha	Neha
23	Atul Khan	III	Atul	Atul
24	Pallavi	III	Pallavi	Pallavi
25	Anam Khan	III	Anam	Anam
26	Nikita	III	Nikita	Nikita
27	Anam	III	Anam	Anam
28	Sandhya Khan	III	Sandhya	Sandhya
29	Abhijeet	III	Abhijeet	Abhijeet
30	Farah Asad	III	Farah	Farah
31	Shivansh Rawat	III	Shivansh	Shivansh
32	Ravindra Tiwari	III	Ravindra	Ravindra
33	Jitendra Maurya	III	Jitendra	Jitendra
34	Mitrasen Yadav	III	Mitrasen	Mitrasen
35	Ankita Singh	III	Ankita	Ankita
36	Rehan Ali	III	Rehan	Rehan
37	Mahesh Hashim	III	Mahesh	Mahesh
38	Aman Khan	III	Aman	Aman

Head
Deptt. of Physiotherapy
Integral University, Lucknow

Integral University, Lucknow
Department of Physiotherapy (PMR)

Workshop Report

A two days workshop on the topic “**Manual Therapy & PNF Technique**” was conducted by the department of Physiotherapy, Integral University, Lucknow on 24th and 25th February 2015.

Dr. Harpreet Singh Sachdev, Head, Physiotherapy, All India Institute of Medical Sciences & Research (AIIMS), New Delhi was the invited resource person.

The Speaker demonstrated various important skills in Manual Therapy for excellent Rehabilitation. Dr. Singh also delivered a live presentation on various PNF Techniques in Rehabilitating Neurological & Sports Conditions.

Students from Bachelor of Physiotherapy (BPT) interns and Master of Physiotherapy (MPT) were present at the workshop. Dr. Ashfaque Khan (PT), HoD department of physiotherapy expressed his gratitude to the speaker.



Group Photograph after completion of Workshop

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25/02/2015
(Dr. Ashfaque Khan)
Head, Physiotherapy

Deptt. of Physiotherapy
Integral University, Lucknow.