




Ref.No. IIAHSR/DO/PT/GL/2023/ 433


Dated: 25/09/2023

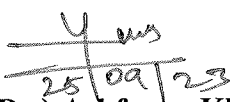
NOTICE

All the faculty members of Physiotherapy are hereby notified that a meeting is scheduled to be held on 26th September 2023, in the HoD office at 12:10 PM. The agenda of the meeting is to organize the guest lecture in the month of October, session 2023-24 (Odd Semester).

You are requested to please make it convenient to attend the same.


Dr. A. M. H. Inam
Incharge DQAC


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


Prof. (Dr.) Ashfaq Khan
Director (IIAHSR)
Prof. (Dr.) Ashfaq Khan
Director
Integral Institute of Allied Health
Science Research
Integral University, Lucknow

CC to:
All Concern



INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH

INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF PHYSIOTHERAPY

Ref.No.: IIAHSR/DO/PT/GL/2023/ 433A

Dated:26/09/2023

MINUTES OF THE MEETING

A meeting was held on 26th September 2023, regarding the organization of guest lecture in the month of September 2023. The agenda of the meeting was regarding the nomination, selection and arrangement of Guest Speaker.

MEMBER ATTENDED: The following members attended the meeting

1.	Prof. (Dr.) Ashfaq Khan	Professor, Director IIAHSR
2.	Prof. (Dr.) Abdur Raheem Khan	Professor, Head Physiotherapy
3.	Dr. Neeraj Maurya (PT)	Associate Professor
4.	Dr. Mohd Javed Iqbal (PT)	Associate Professor
5.	Dr. A. M. H. Inam (PT)	Associate Professor
6.	Dr. Ammar Faisal Khan (PT)	Assistant Professor
7.	Dr. Namrata Suri (PT)	Assistant Professor
8.	Dr. Shaikh Shohaim Mohd (PT)	Assistant Professor
9.	Dr. Sadiya Begum (PT)	Assistant Professor
10.	Dr. Taufish Ahmad (PT)	Assistant Professor
11.	Dr. Aafreen (PT)	Assistant Professor
12.	Dr. Hera Naeem (PT)	Assistant Professor
13.	Dr. Saher Ansari (PT)	Lecturer
14.	Dr. Zohra Akhtar (PT)	Lecturer
15.	Dr. Salma Iftekhhar (PT)	Lecturer

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

1. The Guest lecture date was proposed on 30th September 2023, by HoD, timing would be from 01:30 PM. 4.00 PM
2. The name of the guest faculty proposed for the lecture will be **Dr. Minhaj Tahir (PT)**, Assistant Professor, Department of Physiotherapy, Rama, University, Kanpur, U.P.
3. Welcome speech will be given by Dr. Namrata Suri (PT).
4. Vote of thanks will be given by Dr. Ammar Faisal Khan (PT).
5. All students from BPT & MPT final year would be allowed to attend the Lecture.

The Meeting concluded with the vote of thanks.

Date	Start Time	End Time	Location	Prepared by	Verified by
26.09.2023	12.10 PM	12.30 PM	Head, Room	Haider Ali	Dr. Javed Iqbal

Dr. A.M.H. Inam
Incharge DQAC

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

Prof. (Dr.) Ashfaq Khan
Director (IIAHSR)

CC to:

1. All Concerned faculty members
2. Office copy



INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH

INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF PHYSIOTHERAPY

Dated: 26/09/2023

ATTENDANCE SHEETS MINUTES OF MEETING FOR GUEST LECTURE				
Date	Start Time	End Time	Location	Verified by
26.09.2023	12.10 PM	12.30 PM	LT-2	Dr. Javed Iqbal
S.N.	Name of the Attendee members	Designation	Signature with Date	
1.	Prof. (Dr.) Ashfaque Khan	Professor, Director IIAHSR		
2.	Prof. (Dr.) Abdur Raheem Khan	Professor, Head Physiotherapy		
3.	Dr. Neeraj Maurya (PT)	Associate Professor		
4.	Dr. Mohd Javed Iqbal (PT)	Associate Professor		
5.	Dr. A. M. H. Inam (PT)	Associate Professor		
6.	Dr. Namrata Suri (PT)	Assistant Professor		
7.	Dr. Aafreen (PT)	Assistant Professor		
8.	Dr. Hera Naeem (PT)	Assistant Professor		
9.	Dr. Ammar Faisal Khan (PT)	Assistant Professor		
10.	Dr. Sadiya Begum (PT)	Assistant Professor		
11.	Dr. Tausif Ahmad (PT)	Assistant Professor		
12.	Dr. Shaikh Shohaim Mohd (PT)	Assistant Professor		
13.	Dr. Saher Ansari (PT)	Lecturer		
14.	Dr. Salma Iftekhhar (PT)	Lecturer		
15.	Dr. Zohra Akhtar (PT)	Lecturer		
16.	Mr. Junaid Shazad	MPT Sports (Students)		
17.	Miss. Kriti Shah	BPT final Year Student		

Dr. A.M.H. Inam
Incharge DQAC

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

Deptt. of Physiotherapy
Integral University, Lucknow



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INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF PHYSIOTHERAPY

Ref.No.: IIAHSR/DO/PT/GL/2023/ 433B

Dated:27/09/2023

NOTICE

All the students of Physiotherapy Bachelor of Physiotherapy third and fourth year and Master of Physiotherapy are hereby informed that the guest lecture is to be scheduled on 30th September 2023, from 01:30 PM onward, on "USE OF VIRTUAL WORLD BASED CARDIAC REHABILITATION TO ENCOURAGE HEALTHY LIFE STYLE" Dr. Minhaj Tahir (PT), Assistant Professor, Department of Physiotherapy, Rama, University, Kanpur, U.P.

All are students are requested to attend the same.

Dr. A.M.H. Inam
Incharge DQAC

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

Deptt. of Physiotherapy
Integral University, Lucknow

Prof. (Dr.) Ashfaque Khan
Director (IIAHSR)

Director
Integral Institute of Allied Health
Science Research
Integral University, Lucknow

Copy To,

1. Executive Director-IIMSR, IINSR, IIAHSR- For Kind Information
2. Dean/ Director IIMSR- For Kind Information
3. Medical Superintendent, IIMSR- For Kind Information
4. Dy. Medical Superintendent, IIMSR- For Kind Information
5. Director, IIAHSR
6. All HOD, IIMSR
7. All Faculty Members Physiotherapy
8. Notice Board
9. Office Copy



INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH

INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF PHYSIOTHERAPY

Ref.No.: IIAHSR/DO/PT/GL/2023/433C

Dated:26/09/2023

To,

Déan, IIMSR
Integral University
Lucknow.

(Through Proper Chanel)

Subject: Approval of Guest Lecturer in month of September2023 in the Department of
Physiotherapy, reg.


Mam,

With due respect we would like to state that we are going to organizing Guest Lecture on
“USE OF VIRTUAL WORLD BASED CARDIAC REHABILITATION TO ENCOURAGE
HEALTHY LIFE STYLE” by Dr. Minhaj Tahir Assistant Professor, Department of
Physiotherapy, Rama, University, Kanpur, U.P., through offline mode on 30thSeptember 2023,
at the Department of Physiotherapy, from 01:30 PM onward, for the BPT&MPT students.

The event will help the students to enhance the clinical skills. Kindly allow to conduct the
guest lecture and sanction the remuneration amount as per the Faculty of Medicine & Health
Sciences, Integral University rules.

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

Thanking you in anticipation.


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

Head
Deptt. of Physiotherapy
Integral University, Lucknow


26/09/23
Prof. (Dr.) Ashfaque Khan
Director (IIAHSR)

Director
Integral Institute of Allied Health
Science Research
Integral University, Lucknow



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INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF PHYSIOTHERAPY

Ref.No.: IIAHSR/DO/PT/GL/2023/ 433 D

Dated: 27/09/2023

From,

Prof. (Dr.) Abdur Raheem Khan

Department Physiotherapy

Integral University, Lucknow

To,

Dr. Minhaj Tahir (PT)

Assistant Professor

Department of Physiotherapy

Rama, University, Kanpur, U.P.

Subject: Invitation as a resource person for Guest Lecture on “Use of Virtual World Based Cardiac Rehabilitation to Encourage healthy Life style” on 30th September 2023.

Sir,

We are pleased to inform you that Department of Physiotherapy, Integral Institute of Allied Health Science & Research (IIAHSR), Integral University, Lucknow, would you like to invite as a Resource person for Guest Lecture on “USE OF VIRTUAL WORLD BASED CARDIAC REHABILITATION TO ENCOURAGE HEALTHY LIFE STYLE” on 30th September 2023 at 01:30 PM onward.


The guest lecture remuneration & TA/DA will be as per the IIAHSR, Faculty of Medicine & Health Sciences, Integral University rules.

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
Head, Physiotherapy

Deptt. of Physiotherapy
Integral University, Lucknow


Prof. (Dr.) Ashfaq Khan
Director (IIAHSR)

Director
Integral Institute of Allied Health
Science Research
Integral University, Lucknow



INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH

INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF PHYSIOTHERAPY

Date: 30/09/2023

Attendance Sheets of Guest Lecture on "USE OF VIRTUAL WORLD BASED CARDIAC REHABILITATION TO ENCOURAGE HEALTHY LIFE STYLE" on 30th September 2023.

Date		Start Time	Venue		Location	
30.09.2023		2.30 PM	LT-4		5 th Floor, Phase-3, Medical Block	
S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date	
1.	Muntaha Jafar	2000100335	BPTH	4 th / 7 ^{sem}	Muntaha 30/9/23	
2.	Afia Sheikh Asgar	2000108051	BPT	4 th / 7 ^{sem}	Afia 30/9/23	
3.	Sanobar Sayeed	2000100190	BPT	4 th / 7 ^{sem}	Sanobar 30/9/23	
4.	Shang Parveen.	2000101252	BPTH	4 th / 7 ^{sem}	Shang 30/9/23	
5.	Aliya Parveen	2000102010	BPTH	4 th / 7 ^{sem}	Aliya 30/9/23	
6.	Mariya Khatun	1900100080	BPTH	4 th / 7 ^{sem}	Mariya 30/9/23	
7.	Aisha Rahman	2000102097	BPTH	4 th / 7 ^{sem}	Aisha 30/9/23	
8.	Louisa Khan	1900103503	BPTH	4 th / 7 ^{sem}	Louisa 30/9/23	
9.	Aneem Fatima	2000101953	BPT	4 th / 7 ^{sem}	Aneem 30/9/23	
10.	Kahkasha parveen	2000101000	BPT	4 th / 7	Kahkasha 30/9/23	
11.	Anjali Rawal	2000101329	BPT	4 th / 7	Anjali 30/9/23	
12.	Mamoon Ashraf	2000101756	BPT	4 / 7	Mamoon 30/9/23	
13.	Janvi Islam	2000100755	BPT	4 th / 7 th	Janvi 30/9/23	
14.	Md Hammad Owaisi	2000101560	BPT	4 th / 7 th	Hammad 30/9/23	
15.	Aafia Latif	2000102131	BPT	4 th / 7 th	Aafia 30/9/23	
16.	Aqsa Mansoor Khan	2000103079	BPT	4 th / 7 th	Aqsa 30/9/23	
17.	Sameera Rani	2100103015	BPT	4 th / 7 th	Sameera 30/9/23	
18.	Shamshani Jaiswal	2000101281	BPT	4 th / 7 th	Shamshani 30/9/23	
19.	Dolly	2000100514	BPT	4 th / 7 th	Dolly 30/9/23	
20.	Km Shalini Rai	2000100206	BPT	4 th / 7 th	Shalini 30/9/23	
21.	Laxmi Devi	2000101438	BPTH	4 th / 7 th	Laxmi 30/9/23	
22.	Shazee	2000102639	BPT	4 th / 7 th	Shazee 30/9/23	
23.	Cyjjwac Bhatt	2000100242	BPT	4 th / 7 th	Cyjjwac 30/9/23	
24.	Harsh Gupta	2000100966	BPTH	4 th / 7 th	Harsh 30/9/23	
25.	Tyoti Yadav	2000102089	BPT	4 th / 7 th	Tyoti 30/9/23	

1/4



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Continue...

S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
26.	Anam Prajapati	2000100006	BPT	4th/ 7th	Anam 30/09/23
27.	Sonali Kanaujia	1900103604	BPT	4th/ 7th	Sonali 30/09/23
28.	Kirti Sh	200010367	BPT	4th/ 7th	Kirti 30/9/23
29.	Neelam Zahir	2000102050	BPT	4th/ 7th	Neelam 30/9/23
30.	MD. ORSHAD	2000100612	BPT	4th/ 7th	MD. ORSHAD 30/09/23
31.	Arij Fatma	2000103048	BPT	4th/ 7th	Arij 30/09/23
32.	Iqra Naeem	2000100977	BPT	4th/ 7th	Iqra 30/9/23
33.	Kaneez Ayesha Sarah	2000102090	BPT	4th/ 7th	Ayesha 30/9/23
34.	Gayatri Boinwal	2000102877	BPT	4th/ 7th	Gayatri 30/9/23
35.	Anam Khan	2000100075	BPT	4th/ 7th	Anam Khan 30/9/23
36.	Areeba Akhlag	2000101582	BPT	4th/ 7th	Areeba 30/9/23
37.	Zainab Iqhar	2000100176	BPT	4th/ 7th	Zainab 30/9/23
38.	Shama Parveen	2000101674	BPT	4th/ 7th	Shama 30/9/23
39.	Km. Kirshilata	2000101920	BPT	4th/ 7th	Kirshilata 30/9/23
40.	Sahiba Parveen Anam	2000101414	BPT	4th/ 7th	Sahiba 30/9/23
41.	Anam Tabassum	2000101954	BPT	4th/ 7th	Anam Tabassum 30/9/23
42.	Ayasha Nafar	2000101374	BPT	IV / 7th	Ayasha 30/9/23
43.	Falak Rahman	2000100628	B.P.T.	IV / 7th	Falak 30/9/23
44.	Jaberiya Khatun	2000101112	BPT	IV / VIIth	Jaberiya 30/9/23
45.	Iqra Ayes Siddiqui	2000103059	BPT	IV / VIIth	Iqra 30/9/23
46.	Sadia Qaisar	2000100336	BPT	IV / VIIth	Sadia 30/9/23
47.	Himanshu Maddharia	2000102075	BPT	4th/ 7th	Himanshu 30/9/23
48.	Manish Gupta	2000102749	BPT	4th/ 7th	Manish 30/9/23
49.	Anmol Singh	2000101244	BPT	4th/ 7th	Anmol 30/9/23
50.	Krishna Chandra	2000101493	BPT	4th/ 7th	Krishna 30/9/23

Prof. Dr. Anam Khan
Director
Integral Institute of Allied Health
Science Research
Integral University, Lucknow

2/4



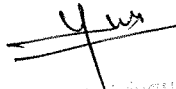
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Continue...

S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
51.	Tayati Manvya	2000100513	BPT	4th / 7th	Tayati
52.	Priya Singh	2000101791	BPT	4th / VIIth	Priya
53.	Shaukat Parveen	2000101113	BPT	4th / VIIth	Shaukat
54.	Mayla Suhail	2000101331	BPT	4th / VIIth	Mayla
55.	Noorul Haq	2000100334	BPT	4th / VIIth	Noorul Haq
56.	Dupak Kumar Sharma	2000100223	BPT	4th / VII	Dupak
57.	Mohammad Umar	2000101728	BPT	4th / VII	Umar
58.	Nawaz Ahmad	2000100968	BPT	4th / VII	Nawaz
59.	Mo Jaish Malik	2000102746	BPT	4 / 7th	Jaish Malik
60.	Faira Siddiqui	2000100492	BPT	4 / 7th	Faira
61.	Huda Khalid	2000100329	BPT	4 / 7th	Huda
62.	Hardik Gupta	2000100348	"	4th / 7th	Hardik
63.	Rishabh Rai	2000101849	"	4th / 7th	Rishabh
64.	Kashif Arsalan	2000101561	"	4th / 7th	Kashif Arsalan
65.	MD. Haroon	2000100389	"	4th / 7th	Haroon
66.	Faisal Khan	2000101883	"	"	Faisal
67.	Umra Nizam	2000102434	"	"	Umra
68.	Asif Kamal	2000101950	"	"	Asif Kamal
69.	Mel. Harish Khan	2000101770	BPT	4th / 7th	Harish Khan
70.	Zeba Khatoon	2000100726	BPT	4th / 7th	Zeba
71.	Mohammad Saadique	2000101930	BPT	4th / 7th	Saadique
72.	Shubhasini Rawat	2000101134	BPT	4th / 7th	Shubhasini
73.	Shivangi Singh	2000100790	BPT	4th / 7th	Shivangi
74.	Shambhavi Mishra	2000100780	BPT	4th / 7th	Shambhavi
75.	Rishi Singh	2000100085	BPT	4th / VIIth	Rishi Singh


 Dr. Saadique Khan
 Director
 Integral Institute of Allied Health
 Sciences Research
 Integral University, Lucknow



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Continue...

S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
76.	Royal Verma	2000101210	BPTH	4th/VII sem	Royal
77.	Sapana Singh	1900103462	BPTH	4th/7 th Sem	Sapana
78.	Shaikh Bilqis Ansarali	1900100795	BPTH	4th/7 th sem	Shaikh
79.	Ankit Kumar Verma	2100100014	BPTH	4th/7 th sem	Ankit
80.	Suryash Mishra	2000102958	BPTH	4th/7 th sem	Suryash
81.	Mr. Swahn	2000100605	BPT		
82.	Danish Shakeel	2000100901	BPT	4th/7 th sem	Danish
83.	Umme Habibah	2000102395	BPTH	4th/7 th sem	Umme
84.	Zainab Nabi	2000100618	BPT	4th/7 th sem	Zainab
85.	Shubhangi Gupta	2100100730	BPT	4th/7 th sem	Shubhangi
86.	Ibtisam Yusuf	2000101468	BPTH	4th/7 th sem	Ibtisam
87.	Nigabe Afreen	2000101250	BPTH	4th/7 th sem	Nigabe
88.	DARAKHSAN	2000102909	B. PT	4th/7 th sem	D
89.	Shagun Singh	2000101808	BPT	4th/7 th sem	Shagun
90.	Palak Khuram	2000100541	BPT	4th/7 th sem	Palak
91.	Shruti Menya	2000100706	BPT	4th/7 th sem	Shruti
92.	Mirza Ali	2000102738	BPT	4th/7 th sem	Mirza
93.	Shoeb Khan	2000100828	BPT	4th/7 th sem	Shoeb
94.	Aditya Pandey	2000101994	BPT	4th/7 th sem	Aditya
95.	Ashish Narayan Maurya	2000101118	BPT	4th/7 th sem	Ashish
96.	Faizun Ahmad	2000101991	BPT	4th/7 th sem	Faizun
97.					
98.					
99.					
100.					

Prof. (Dr.) Ashfaq Khan
Director
Integral Institute of Allied Health
Science Research
Integral University, Lucknow

4/4



Ref.No.: IIAHSR/DO/PT/GL/2023/ 433E

Dated: 02/10/2023

Brief Report on the Guest Lecture

**“Use of Virtual World Based Cardiac Rehabilitation to Encourage healthy Life style”: A
Physiotherapy Prospectives**

**Organized by Department of Physiotherapy, Integral Institute of Allied Health Science &
Research, Integral University, Lucknow on 30th September 2023**

The Guest lecture committee, department of Physiotherapy (IIAHSR) organised a Guest Lecture as a part of the Professional Skills. The session was on the topic „ **Use of Virtual World Based Cardiac Rehabilitation to Encourage healthy Life style** The Guest speaker for the session was Dr. Minhaj Tahir Assistant Professor, Department of Physiotherapy, Rama, University, Kanpur, U.P. He also chaired technical session in National and International Conferences along with number of publication in national and international

The programmed geared up with the warm welcome of Dr. Minhaj Tahir by Prof. (Dr.) Ashfaq Khan, Director, IIAHSR and Prof. (Dr.) Abdur Raheem Khan, Head Physiotherapy and the session started in the presence of the faculty member and students. The speaker explained about cardiac rehabilitation which pose a severe health problem worldwide and are expected to grow in importance. The secondary prevention CR model is a useful option to reduce mortality and disability. CR brings about many benefits for the individual, including sustained self-sufficiency and improved QoL and acts at the system level, for example, by reducing hospitalizations and cutting overall healthcare costs . He also focused by analyzing each country's situation, barriers to CR in different population subgroups could be identified, allowing for a tailored utilization of new options emerging from current progress in both science and technology. The findings so identified could thus be used to develop even more efficient CR strategies and potential personalized alternatives along with emphasized the programme The most widely used programme in the UK is the *Heart Manual* a six week intervention that uses written material and a



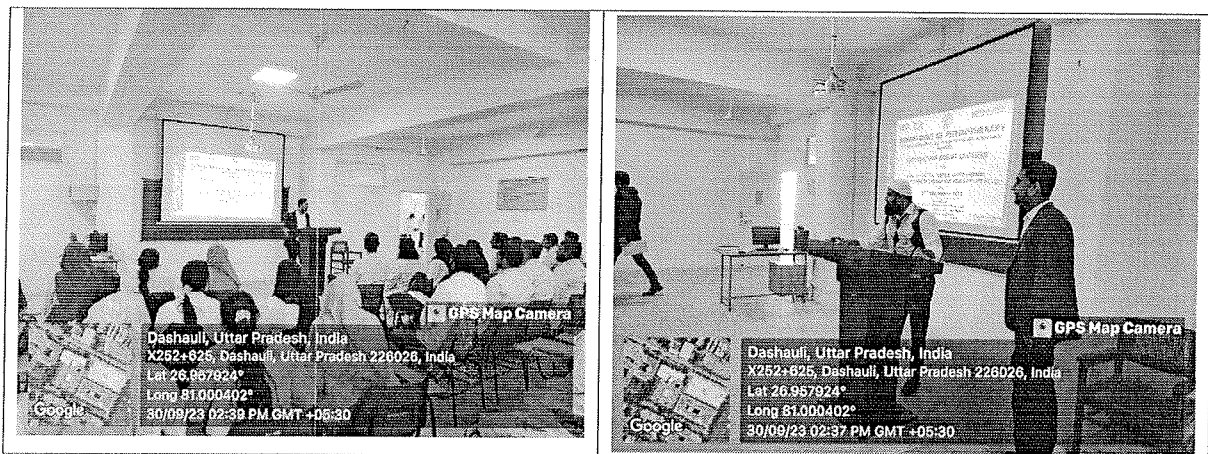
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relaxation CD and is delivered by a trained healthcare facilitator who makes home visits and provides telephone support—which has been shown to be just as effective as centre based programmes.

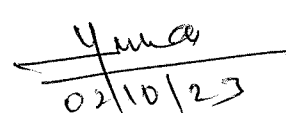
After his lecture the students were given time to interact with him. Students felt that the session was more informative and interactive. The event was concluded with a vote of thanks by **Dr. Ammar Faisal Khan**. The program was actively supported by all the members of the Department.



Continue...


Dr. A.M.H. Inam
Incharge DQAC


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


Prof. (Dr.) Ashfaq Khan
Director (IIAHSR)

Prof. (Dr.) Ashfaq Khan
Director
Integral Institute of Allied Health
Science Research
Integral University, Lucknow