




Ref.No. IIAHSR/DO/PT/GL/2023/ 434


Dated: 06/10/2023

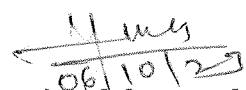
NOTICE

All the faculty members of Physiotherapy are hereby notified that a meeting is scheduled to be held on 07th October 2023, in the HoD office at 12:00 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.) Ashfaque Khan
Director (IIAHSR) Khan
Prof. (Dr.) Ashfaque 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/2023/434A

Dated: 07/10/2023

MINUTES OF THE MEETING

A meeting was held on 07th October 2023, regarding the organization of guest lecture in the month of October 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.) 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. 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 Iftekhar (PT)	Lecturer

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

- The Guest lecture date was proposed on 16th October 2023, by HoD, timing would be from 01:30 PM. 4.00 PM
- The name of the guest faculty proposed for the lecture will be Dr. Nidhi Shukla, Assistant Professor, Department of Physiotherapy, Rama, **University, Kanpur, U.P.**
- Welcome speech will be given by Dr. Sadiya Begum (PT).
- Vote of thanks will be given by Dr. A. M. H. Inam (PT).
- 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
07.10.2023	12.00 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.) Ashfaque Khan
Director (IIAHSR)

CC to:

- All Concerned faculty members
- Office copy



INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH

INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF PHYSIOTHERAPY

Dated: 07/10/2023

ATTENDANCE SHEETS MINUTES OF MEETING FOR GUEST LECTURE				
Date	Start Time	End Time	Location	Verified by
07.10.2023	12.00 PM	12.30 PM	LT-2	Dr. Javed Iqbal
S.N.	Name of the Attendee members	Designation	Signature with Date	
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. 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. Sezal Rahman	MPT Sports (Students)		
17.	Mr. Muntaha Jafri	BPT Final Year Student		

Dr. A.M.H. Inam
Incharge DQAC

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



INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH

INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF PHYSIOTHERAPY

Ref.No: IIAHSR/DO/PT/GL/2023/434B

Dated: 07/10/2023

To,

Dean, IIMSR
Integral University
Lucknow.

(Through Proper Chanel)

Subject: Approval of Guest Lecturer in month of October 2023 in the Department of
Physiotherapy, reg.


Mam,

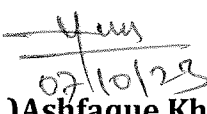
With due respect we would like to state that we are going to organizing Guest Lecture on
“PHYSICAL CHALLENGES OF FEMALE IN SPORTS PHYSIOTHERAPY” by Dr. Nidhi
Shukla, Assistant Professor, Department of Physiotherapy, Rama, University, Kanpur, U.P.,
through offline mode on 16th October 2023, at the Department of Physiotherapy, from 01:30 PM
onward, for the B.P.T.&M.P.T 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


Prof. (Dr.) Ashfaque 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

Ref.No.: IIAHSR/DO/PT/GL/2023/434C

Dated:09/10/2023

From,

Prof. (Dr.) Abdur Raheem Khan

Department Physiotherapy

Integral University, Lucknow

To,

Dr. Nidhi Shukla

Assistant Professor

Department of Physiotherapy

Rama, University, Kanpur, U.P.

Subject: Invitation as a resource person for Guest Lecture on “**PHYSICAL CHALLENGES OF FEMALE IN SPORTS PHYSIOTHERAPY**” on 16th October 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 “**PHYSICAL CHALLENGES OF FEMALE IN SPORTS PHYSIOTHERAPY**” on 16th October 2023. at 01:30 PM onward.

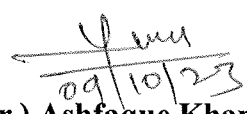
The guest lecture remuneration & TA/DA will be as per the IIAHSR, Faculty of Medicine & Health Sciences, Integral University rules.

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)

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



Ref.No.: IIAHSR/DO/PT/GL/2023/434D

Dated:10/10/2023

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 16th October 2023, from 01:30 PM onward, on "PHYSICAL CHALLENGES OF FEMALE IN SPORTS PHYSIOTHERAPY" Dr. Nidhi Shukla, 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
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

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

Date: 16/10/2023

Attendance Sheets of Guest Lecture on "PHYSICAL CHALLENGES OF FEMALE IN SPORTS PHYSIOTHERAPY" on 16th October 2023.

Date	Start Time	Venue		Location	
16.10.2023	1.30 PM	LT-2		5 th Floor, Phase-3, Medical Block	
S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/Semester	Signature with Date
1.	Akhilesh Kr. Yadav	2100102772	BPT	V th	Akhilesh 16/10/23
2.	Khuzaima Seelmeier	2100100809	BPT	V th	Khuzaima Seelmeier
3.	Yasmin Beino	2100102432	BPT	V th	Yasmin
4.	Yogita	2200100572	BPT	V th	Yogita
5.	Shilpi Tripathi	2100100940	BPT	V th	Shilpi 16/10/23
6.	Aleena	2100101151	BPT	V th	Aleena
7.	Saurav Kumar	2100103586	RPT	V th	Saurav
8.	Amulya Goswami	2100100051	BPT	V th	Amulya 16/10/23
9.	MD MOAZZAM	2100103687	BPT	V th	Moazzam
10.	Eram Fatima	2100103779	BPT	V th	Eram Fatima
11.	Mohammad Azeiz	2100100893	BPT	V th	Mohd. Azeiz
12.	AKASH SINGH	2100101746	BPT	V th	Akash
13.	Mishipa Soni	2100103374	BPT	V th	Mishipa
14.	Anjali Sonkar	2100103146	BPT	V th	Anjali
15.	Amit Srivastava	2100100748	BPT	V th	Amit
16.	Pankaj Vishwas	2100103162	BPT	V th	Pankaj
17.	Avanish Maurya	2100102336	BPT	V th	Avanish
18.	Md Ejaz Ahmed	2100101462	B.P.T	V th	Md Ejaz Ahmed
19.	Jamail Ashfaq	2100102757	BPT	V th	Jamail
20.	Sameer Khan	2100103484	BPT	V th	Sameer
21.	Ziyauddin Seraj	2100100811	BPT	V th	Ziya
22.	Ahmad Imhad	2100101324	BPT	V th	Ahmad
23.	Mohammad Talha	2100101536	B.P.T	V th	Talha
24.	Manvi Chauhan	2100103071	BPT	V th	Manvi
25.	Andleeb Fatima	2100100057	BPT	V th	Andleeb

1/4

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



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DEPARTMENT OF PHYSIOTHERAPY

Continue...

S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
26.	Shama Khan	2100102257	BPTH	V th	Shama Khan 12/10/23
27.	Saba Tanzeem	2100102540	BPTH	V th	Saba Tanzeem 12/10/23
28.	Kritika Gupta	2100103424	BPTH	V th	Kritika Gupta 12/10/23
29.	Poonam Yadav	2100102524	BPTH	V th	Poonam Yadav 12/10/23
30.	Roshni Oraon	2100100491	BPTH	V th	Roshni Oraon 12/10/23
31.	Mohd Saddam	2100102411	BPT	V th	Mohd Saddam
32.	Richa Singh	2100100705	BP	V th	Richa Singh
33.	Rahnuma Ansari	2100103718	BPT	V th	Rahnuma Ansari
34.	Ramsha Firdous	2100100310	BPT	V th	Ramsha Firdous
35.	Shivika Gupta	2100102243	BPT	V th	Shivika Gupta
36.	Ngma Khan	2100102477	BPT	V th	Ngma Khan
37.	Tamanna Khatoon	2100101899	BPT	3rd/5th	Tamanna Khatoon
38.	Ganiya Khan	2100102390	BPT	V th	Ganiya Khan
39.	Khushi Upadhyay	2100100078	BPT	V th	Khushi Upadhyay
40.	Tamanna	2100102591	BPT	V th	Tamanna
41.	Shahreen	2100100820	BPT	V th	Shahreen
42.	Shalini	2100100862	BPT	V th	Shalini
43.	Laiba	2100100819	BPT	V th	Laiba
44.	Ngma	2100100365	BPT	V th	Ngma
45.	Samia	2100103671	BPT	3rd/5th	Samia
46.	Tamanna Khatoon	2100100726	BPT	3rd/5th	Tamanna Khatoon
47.	Rishu A. Gupta	2100103883	BPT	3rd/5th	Rishu A. Gupta
48.	Mozam	2100103684	BPT	3rd/5th	Mozam
49.	Mahe Falak Hayat	2100102476	BPT	3rd/5th	Mahe Falak Hayat 16/oct
50.	Khushi Singh Kushwaha	2100101067	BPT	3rd/5th	Khushi Singh Kushwaha 16/oct

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



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DEPARTMENT OF PHYSIOTHERAPY

Continue...

S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
51.	Anupama Maurya	2100100245	BPT	3 rd /5 ^{sem}	Anu 16/10/23
52.	Anshika Ahmad	2100102203	BPT	3 rd /5 ^{sem}	Anshika 16/10/23
53.	Aspita Singh	2100104234	BPT	3 rd /5 ^{sem}	Aspita Singh 16/10/23
54.	Fatima Shehnaz Khan	2100101654	BPT	3 rd /5 th sem	Fatima 16/10/23
55.	Azaz Ahmad	2100102356	BPT	3 rd /5 th	Azaz 16/10/23
56.	Abu Basem	2100103739	BPT	3 rd /5 th	Abu Basem 16/10/23
57.	Kaif Khan	2100102018	BPT	3 rd /5 th	Kaif 16/10/23
58.	Hansh Kundham Upadhyay	2100100298	BPT	3 rd /5 th	Hansh 16/10/23
59.	Asra Siddiqui	2100102045	BPT	3 rd /5 th	Asra 16/10/23
60.	Kashish Naze	2100102439	BPT	3 rd /5 th	Kashish 16/10/23
61.	Ayush Mani Tripathi	2000100299	BPT	3 rd /5 th	Ayush 16/10/23
62.	Mehma Jawed	2100101368	BPT	3 rd /5 th	Mehma Jawed 16/10/23
63.	Aman Jaiswal	2100103463	BPT	3 rd /5 th	aman jais. 16/10/23
64.	Amanat Hussain Rizvi	2100103452	BPT	3 rd /5 th	Amanat 16/10/23
65.	Kuldeep Rajput	2100100492	BPT	3 rd /5 th sem	Kuldeep 16/10/23
66.	Abdul Hannan	2100100132	BPT	3 rd /5 th sem	Abdul 16/10/23
67.	Aman Yadav	1902300029	BPT	3 rd /5 th	Aman 16/10/23
68.	Falak Shahzadi	2100102956	BPT	3 rd /5 th	Falak 16/10/23
69.	FAIZA AKHTER	2100103714	BPT	3 rd /5 th	Faiza 16/10/23
70.	Ahmer Rizwan	2100100022	BPT	3 rd /5 th	Ahmer 16/10/23
71.	Anushka Mair Rajput	2100102961	BPT	3 rd /5 th	Anushka 16/10/23
72.	Asifa Mustafa	2100103073	BPT	3 rd /5 th sem	Asifa 16/10/23
73.	Anu Yadav	2100101203	BPT	3 rd /5 th sem	Anu 16/10/23
74.	Kahkashan Noor	2100102960	BPT	3 rd /5 th sem	Kahkashan 16/10/23
75.	Mariyah	2100100192	BPT	3 rd /5 th	Mariyah 16/10/23

[Signature]
 Prof. Dr. Anshika Khan
 Director
 Integral Institute of Allied Health
 Science Research
 Integral University, Lucknow



INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH

INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF PHYSIOTHERAPY

Continue...

S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
76.	fatima kausher	2100102570	BPTH	3 rd / V th	fatima 16/10/23.
77.	Atif Hameed	2100102184	BPTH	3 rd / V th	Atif 16/10/23
78.	Ansari Alqama	2100103620	BPT	3 rd / V th sem	Alqama 16/10/23
79.	Khan Nazish	2100100984	BPT	3 rd / V th sem	Nazish 16/10/23
80.	Khusboo	2100103120	BPT	3 rd / V th sem	Khusboo 16/10/23
81.	Mohd. Rameez	2100101668	BPT	3 rd / V th	Rameez 16/10/23
82.	Aamir Geyash	2100101163	BPT	3 rd / V th	Aamir 16/10/23
83.	Addhayan chandelhary	2100100020	BPT	3 rd / V th	Addhayan 16/10/23
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Prof. (Dr.) Ashfaque Khan
Director
Integral Institute of Allied Health
Science Research
Integral University, Lucknow



Ref.No.: IIAHSR/DO/PT/GL/2023/434E

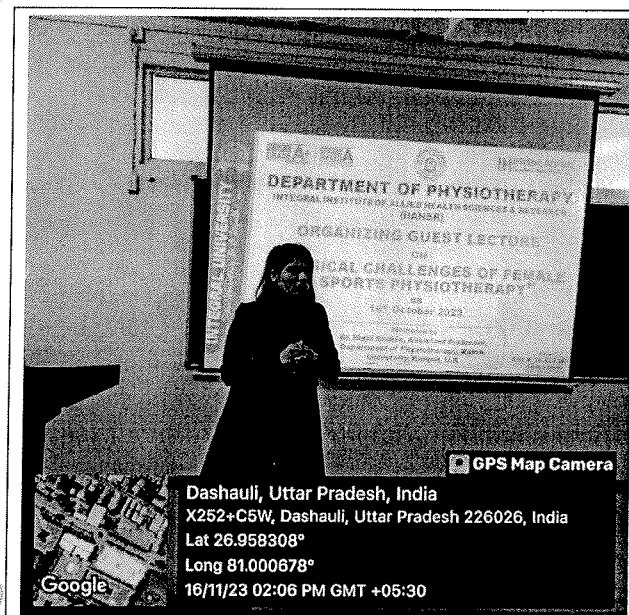
Dated:18/10/2023

REPORT

Brief Report on the Guest Lecture "PHYSICAL CHALLENGES OF FEMALE IN SPORTS PHYSIOTHERAPY"

Organized by Department of Physiotherapy, Integral Institute of Allied Health Science & Research, Integral University, Lucknow on 16th October 2023

The Department of Physiotherapy (IIAHSR) organized an educational and interactive 'Guest Lecture' on 16th October 2023. The Guest speaker was Dr. Nidhi Shukla, Assistant Professor, Department of Physiotherapy Rama, University, Kanpur, U.P. She has worked as a sport physiotherapist in organization and published number of papers in National and International Journals.



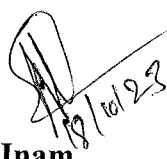
The event started with welcome address by Dr. Sadiya Begum which was followed by Prof. (Dr) Ashfaq Khan, Director and Prof.(Dr.) Abdur Raheem Khan HoD, Physiotherapy, Integral Institute of Allied Health Sciences & Research. Dr. Nidhi Shukla started her lecture with overview about the challenges and how to overcome it. She explained about the how Female athletes may face specific physical challenges in sports physiotherapy, both related to their physiological differences and unique injury patterns. She also explained about that how hormonal changes, Bone health, Muscles Imbalances, Joint Laxity etc. She also elaborated how a Female athlete may experience changes in strength, flexibility, and injury susceptibility during different phases of the menstrual cycle. Sports physiotherapists need to tailor rehabilitation programs accordingly




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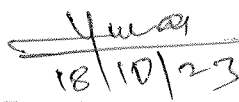
She also focused about the importance of sports physiotherapists to adopt an individualized approach, taking into account each athlete's specific needs and addressing gender-specific factors to optimize performance and reduce the risk of injuries. Additionally, ongoing research and education in sports physiotherapy can contribute to better understanding and management of these challenges.

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


Dr. A.M.H. Inam
Incharge DQAC


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

Head
Deptt. of Physiotherapy
Integral University, Lucknow


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

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