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

Ref. No.: IIAHSR/PT/EA/2024/ 105 **Dated:** 20/08/2024

NOTICE

A meeting regarding the planning of Extension Activities for Session 2024-25 (Odd Sem) is scheduled to be held on 21th August 2024. All the faculty members are thereby informed to attend the meeting in the HoD office at 12:30 PM.

Dr. Neeraj Kumar Maurya (PT)
In-charge DQAC, Physiotherapy

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

CC to:

1. Director, IIAHSR
2. All the faculty members of Physiotherapy
3. Office copy

Seen
20/08/24

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

Ref. No.: IIAHSR/PT/EA/2024/ 105A

Dated: 22/08/2024

MINUTES OF MEETING

A meeting regarding Extension Activity for the session 2024-25 (Odd Semester) was scheduled on **21th August 2024**. The agenda of the meeting was planning, objectives, and logistics for each activity.

The following aspects were discussed and accordingly decisions were taken:

Activity	Date	Location	Coordinator	Students	Remarks
Plantation Drive	23- 09-2024	Sansarpur	Dr Ammar Faisal Khan, Dr Zohra Akhtar	BPT 1st, 2nd Year & MPT 1st Year	2 buses required
Camp 1: Health Outreach and Wellness	29-09-2024 (Tentative)	Sahara State, Jankipuram	Dr Neeraj Kumar Maurya & Dr Aafreen	BPT 4th Year, Interns, MPT 1st & 2nd Year	1 bus required
Rally for Social Awareness of Physiotherapy	22-10-2024	Nearby communities of Integral University	Dr Mohd Javed, Dr Taufish Ahmad, Dr Hera Naeem	BPT 3rd, 4th Year	--
Camp 2: Health Awareness	30-10-2024 (Tentative)	Family Court, Kaiserbagh	Dr AMH Inam & Dr Mohd Zafra Akhtar	BPT 4th Year, Interns, MPT 1st & 2nd Year	1 bus required
Camp 3: Health & Wellness	06-11-2024	Behta	Dr Mohd Ahmad & Dr Farhan Khan	BPT 4th Yr, Interns, MPT 1st & 2nd	1 bus required

All proposed activities were reviewed in detail. To secure necessary permissions and permits were asked. All students from Bachelor of Physiotherapy and Master of Physiotherapy would be allowed to register for these activities.

Prof (Dr) Abdur Raheem Khan thanked all participants for their contributions and concluded the meeting.

22/8/24

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

22/08/24

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

Head
Deptt. of Physiotherapy
Integral University, Lucknow

CC to:

1. All Concerned
2. Office copy

OIC
22/08/24

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

Dated: 22/08/2024

ATTENDANCE SHEETS MINUTES OF MEETING FOR EXTENSION ACTIVITIES (2024-25)

Date	Start Time	End Time	Location	Verified by
21.08.2024	12:30 PM	1:15 PM	HOD Office	Dr. Aafreen

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 Farhan Khan (PT)	Associate Professor	
7.	Dr. Namrata Suri (PT)	Assistant Professor	Absent
8.	Dr. Aafreen (PT)	Assistant Professor	
9.	Dr. Ammar Faisal Khan (PT)	Assistant Professor	
10.	Dr. Sadiya Begum (PT)	Assistant Professor	
11.	Dr. Taufish Ahamad (PT)	Assistant Professor	
12.	Dr. Shaikh Shohaim Mohd (PT)	Assistant Professor	
13.	Dr. Hera Naeem (PT)	Assistant Professor	
14.	Dr. Saher Ansari (PT)	Lecturer	
15.	Dr. Salma Iftekhar (PT)	Lecturer	
16.	Dr. Zohra Akhtar (PT)	Lecturer	

22/08/24
Dr. Neeraj Kumar Maurya (PT)
Incharge DQAC, Physiotherapy

21/8/24
Prof. (Dr.) Abdur Raheem Khan
Head, Physiotherapy

Head
Deptt. of Physiotherapy
Integral University, Lucknow

Verified
22/08/24
Prof. (Dr.) Ashfaque Khan
Director
Integral Institute of Allied Health Science & Research
Integral University, Lucknow

Ref. No.: IIAHSR/PT/EA/2024/ 105B
Ref No:- IIAHSR/DOA/2024/90

Dated: 12/09/2024

To,
Executive Director
IIMSR, IIAHSR & IINSR
Integral University
Lucknow.

fwd - to HoD - Community Medicine for collaboratively organizing the activities.
S f. Akhtar
12.09.2024

copy to: DMS.

(Through Dean, Faculty of Medicine and Health Sciences)

Subject: Approval of Extension Activities for the session 2024-25 (Odd Semester) to be scheduled by Department of Physiotherapy.

Respected Sir,

With due respect we are writing to seek your approval for the extension activities planned by the Physiotherapy Department for Session 2024-25 odd semester. We have outlined a series of initiatives aimed at enhancing our department's engagement with both the academic and local communities. These activities are designed to enrich the educational experience of our students and contribute positively to public health awareness. The proposed activities are as follows:

Activity	Date	Location	Coordinator	Students	Remarks
Plantation Drive	23- 09-2024	Sansarpur	Dr Ammar Faisal Khan, Dr Zohra Akhtar	BPT 1st, 2nd Year & MPT 1st Year	2 buses required
Camp 1: Health Outreach and Wellness	29-09-2024 (Tentative)	Sahara State, Jankipuram	Dr Neeraj Kumar Maurya & Dr Aafreen	BPT 4th Year, Interns, MPT 1st & 2nd Year	1 bus required
Rally for Social Awareness of Physiotherapy	22-10-2024	Nearby communities of Integral University	Dr Mohd Javed, Dr Taufish Ahmad, Dr Hera Naeem	BPT 3rd, 4th Year	--
Camp 2: Health Awareness	30-10-2024 (Tentative)	Family Court, Kaiserbagh	Dr AMH Inam & Dr Mohd Zafra Akhtar	BPT 4th Year, Interns, MPT 1st & 2nd Year	1 bus required
Camp 3: Health & Wellness	06-11-2024	Behta	Dr Mohd Ahmad & Dr Farhan Khan	BPT 4th Yr, Interns, MPT 1st & 2nd	1 bus required

Kindly request your approval to proceed with the planning and execution of these activities. 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

12/09/24

Prof. (Dr.) Ashfaque Khan
Director, IIAHSR

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

Ref. No.: IIAHSR/PT/EA/2024/105 C **Dated:** 19/09/2024

To,
In-charge & Program Officer
National Service Scheme (NSS)
Integral University,
Lucknow.

(Through Proper Channel)

Subject: Approval of Extension Activities for the session 2024-25 (Odd Semester) to be scheduled by Department of Physiotherapy.

Dear Sir,

I am writing to seek approval for a series of extension activities planned by the Department of Physiotherapy for Odd Semester of the 2024-25 academic year. We aim to promote health awareness and community engagement through these activities, which are outlined below:

Activity	Date	Location	Coordinator	Students
Plantation Drive	23- 09-2024	Sansarpur	Dr Ammar Faisal Khan, Dr Zohra Akhtar	BPT 1st, 2nd Year & MPT 1st Year
Camp 1: Health Outreach and Wellness	29-09-2024 (Tentative)	Sahara State, Jankipuram	Dr Neeraj Kumar Maurya & Dr Aafreen	BPT 4th Year, Interns, MPT 1st & 2nd Year
Rally for Social Awareness of Physiotherapy	22-10-2024	Nearby communities of Integral University	Dr Mohd Javed, Dr Taufish Ahmad, Dr Hera Naeem	BPT 3rd, 4th Year
Camp 2: Health Awareness	30-10-2024 (Tentative)	Family Court, Kaiserbagh	Dr AMH Inam & Dr Mohd Zafra Akhtar	BPT 4th Year, Interns, MPT 1st & 2nd Year
Camp 3: Health & Wellness	06-11-2024	Behta	Dr Mohd Ahmad & Dr Farhan Khan	BPT 4th Yr, Interns, MPT 1st & 2nd

We believe that these activities will significantly contribute to community health and foster a spirit of service among our students. We request your approval to proceed with these activities under the NSS framework.

Thanking you in anticipation.

APPROVED 19/9/24

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

S.N. AKHTAR, Programme Officer, I.U. LUCKNOW

19/09/24
Prof. (Dr.) Ashfaque Khan
Director, IIAHSR

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

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

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INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH
Dasauli, Kursi Road, Lucknow - 226026, U.P. (INDIA)
+91 7311190006, +91 7311190888 infoiimsr@iul.ac.in www.iul.ac.in

Department of Physiotherapy

in Collaboration with

Department of Community Medicine, IIMSR

are Organising

Health Outreach & Wellness Camp



Sunday, 29th September, 2024

Kisan Samudayik Kendra, Pahadpur Chauraha,
Jankipuram, Lucknow

Organising Secretary	*Organising Chairpersons*	
Prof. (Dr.) ABDUR RAHEEM KHAN **Head** Department of Physiotherapy Integral University, Lucknow	**Dr. SYED BELAL HASSAN** **Assoc. Prof. & Dy. Med. Superintendent** Integral Institute of Medical Sciences & Research Faculty of Medicine & Health Sciences Integral University, Lucknow	**Prof. (Dr.) ASHFAQUE KHAN** **Director** Integral Institute of Allied Health Sciences & Research Integral University, Lucknow

Coordinators	*Participants*
Dr. Neeraj Kumar Maurya | Dr. Afreen	**BPT 4th Year, Interns, MPT 1st & 2nd Year Students**

Prof. (Dr.) Ashfaque Khan
Director
Integral Institute of Allied Health Science & Research

Department of Physiotherapy
Integral University, Lucknow

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भौतिक चिकित्सा विभाग

द्वारा आयोजित

निःशुल्क फिजियोथैरेपी शिविर



मुख्य अतिथि
श्रीमती राजकुमारी मौर्या
पार्षद
जानकीपुरम वार्ड (द्वितीय)

कमर दर्द Back Pain	जोड़ों में दर्द Joint Pain	कंधे का दर्द Frozen Shoulder	घुटना दर्द Knee Pain	गर्दन का दर्द Neck Pain
एड़ी का दर्द Heel Pain	स्लिप डिस्क Slip Disk	गठिया/बाय Osteoarthritis	साइटिका Sciatica	लकवा Paralysis
कोहनी दर्द Elbow Pain	कूल्हों का दर्द Hip Pain	पार्किन्सन्स Parkinson's	खेल की चोट Sports Injury	ऑपरेशन के बाद एक्सरसाइज Post Operative Exercise
चेहरे का लकवा Facial Palsy	सर्वाइकल स्पॉन्डिलाइटिस Cervical Spondylitis	लिगामेंट की चोट Ligament Injury	जोइंट रिप्लेसमेंट एक्सरसाइज Joint Replacement Exercise	पोश्चर की समस्या Posture Problems
नसों पर दबाव व झुंझुनाहट Nerve Compression	माइग्रेन सिर दर्द Headache	फेफड़ो की कसरत Lung's Breathing Exercise	मांसपेशियों का दर्द Muscle Pain	फ्रेक्चर के बाद एक्सरसाइज Post Fracture Rehap

★ फिजियोथैरेपी की आधुनिक मशीनों व एक्सरसाईज द्वारा ईलाज ★

स्थान: किसान सामुदायिक केन्द्र, पहाड़पुर चौराहा, जानकीपुरम, लखनऊ दिनाँक: रविवार, 29 सितम्बर, 2024
समय: प्रात: सुबह 10:00 बजे से दोपहर 02:00 बजे तक +91 9897804465 विशेष सहयोग – किसान युनियन (अवध), राजू गुप्ता

सह-संरक्षक		संरक्षक
प्रो० (डॉ०) अब्दुर रहीम खान विभागाध्यक्ष भौतिक चिकित्सा विभाग आई. आई. ए. एच. एस. आर.	प्रो० (डॉ०) अश्फाक़ खान निदेशक आई. आई. ए. एच. एस. आर. इंटीग्रल युनिवर्सिटी	सै० मो० फौज़ान अख्तर कार्यकारी निदेशक इंटीग्रल युनिवर्सिटी

Department of Physiotherapy
Integral University, Lucknow

Prof. (Dr.) Ashfaque Khan
Director
Integral Institute of Allied Health Science & Research

Date: 29/09/2024

Attendance Sheets for Extension Activity –Health Outreach & Wellness Camp on 29th September 2024.

Date	Start Time	Location
29.09.2024	10.00 AM	Paharpur Chauraha, Sector-H, Jankipuram, Lucknow

S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
1.	Pratibha Gupta	1800102180	MPT	2nd/3rd	Pratibha 29/9/24
2.	Vikrant Pandey.	2100103384	BPTh	4th/7th	Vikrant 29/11/24
3.	Abdullah Zafar	1800100636	MPT	2nd/3rd	29/9/24
4.	Afiya Shamshad	1800103005	MPT	2nd/3rd	29/9/24
5.	Bhuneshwar Dayal	2300104329	MPT	2nd/3rd	29/09/24
6.	Naina Singh	1900100512	MPT	2nd/3rd	29/09/24
7.	Raziya Parveen	2100101292	BPT	4th/VI	Raziya 29/11/24
8.	Praveen Singh	1700202091	MPT	2nd/3rd	
9.	Richa singh	2100100705	BPT	4th/7th	Richa 29/11/24
10.	Amisha Soni	1800100221	MPT	2nd/3 sem	29/09/24
11.	Rifat usmani	2100102878	BPTh	4th/7th	29/9/24.
12.	Jagriti Yadav	1800100353	M.P.T	2nd/3rd	Jagriti Yadav 29/9/24
13.	Saba Taj	2100103416	BPT	4th/7th	29/09/24
14.	Siddhi Singh	1800101114	MPT	2nd/3rd	Siddhi 29/9/24
15.	Saurav Kumar	2100103586	BPT	4th/7th	29/11/24
16.	SAIYAF KAMAL HASHMI	1000100013	MIOT	2nd/III	HASHMI 29/sep/24
17.	Samia Altaf	2100103671	BPT	4th/7th	Samia 29/sep/24.
18.	Umme Saba	2300104334	MPT	2nd/3rd	Saba Khan 29/sep/24
19.	Sadhana Upendra	2100100087	BPT	4th/7Sem	Sadhana
20.	Kizwar Ansari	1800101194	MPT	2nd/3rd	29/9/24
21.	Saniya Khan	2100102390	BPT	4th/7 sem	29/11/24
22.	Sumbul	1800101709	MPT	2nd/3rd sem	Sumbul 29/09/24.
23.	Sahar Qaiser	2100103379	BPT	4th/7th	Sahar Qaiser
24.	Sameer Khan	2100103484	BPT	4th/7th	Sameer 29/9/24
25.	Tripti Chaurasia	1800101913	MPT	2nd/3rd	Chaurasia 29/sep/2024

1/2

Continue...

Department of Physiotherapy
Integral University, Lucknow

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

S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
26.	Yamini Rai	1800102687	MPT	2nd/3rd	Yamini 29/09/24
27.	Mohd Asim Raza	2300104326	MPT	2nd/3rd	Asim 29/09/24
28.	Saroj Singh	2100100293	BPT	4th/7sem	Saroj 29/09/24
29.	Saniya	2300104335	MPT	2nd/3rd	Saniya 29/9/24
30.	SHAFIQULLAH	2100103407	BPT	4th/7th	Shafiqullah 29-01-2024
31.	Shashank Pathak	1700100544	MPT	2nd/3rd	Shashank 29/09/2024
32.	Saransh Sharma	2100102946	BPT	4/7th	Saransh 29/01/2024
33.	Sabiha Nezam	2100103469	BPT	4th/7th	Sabiha 29/09/2024
34.	Jyoti	2300104360	MPT	2nd/3rd	Jyoti 29/09/2024
35.	Sadaf Arshee	2100202745	BPT	4th/7th	Sadaf Arshee
36.	Suman Kr. Modi	2100103158	B.P.T	4th/7th	Suman 29/9/24
37.	Qudsia Parveen	2300104327	MPT	2nd/3rd	Qudsia 29/9/24
38.	Shahreen	2100100820	BPT	4th/7th	Shahreen 29/9/24
39.	Shilpi Tripathi	2100100970	BPT	4th/7th	29/Sept./24
40.	Fatima Kazmi	2300104328	MPT	2nd/3rd	Fatima 29/09/24
41.	Ziyauddin Seraj	2100100811	BPT	4th/7th	Ziyauddin
42.	Dhruv Maurya	2100100074	BPT	4th/7th	Maurya
43.	Jehaviya Alifa Sheem Ali	2100100380	BPT	4th/7th	Jehaviya
44.	Zoya Mobeen	2100101761	BPT	4th/7th	Zoya
45.	Yogita	2200100574	BPT	4th/7th	Yogita
46.	Anam Khursheed	2000101953	B.P.T (Intern)	4th/7th	Anam
47.					
48.					
49.					
50.					

Dr. Neeraj Kumar Maurya
Incharge DQAC

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

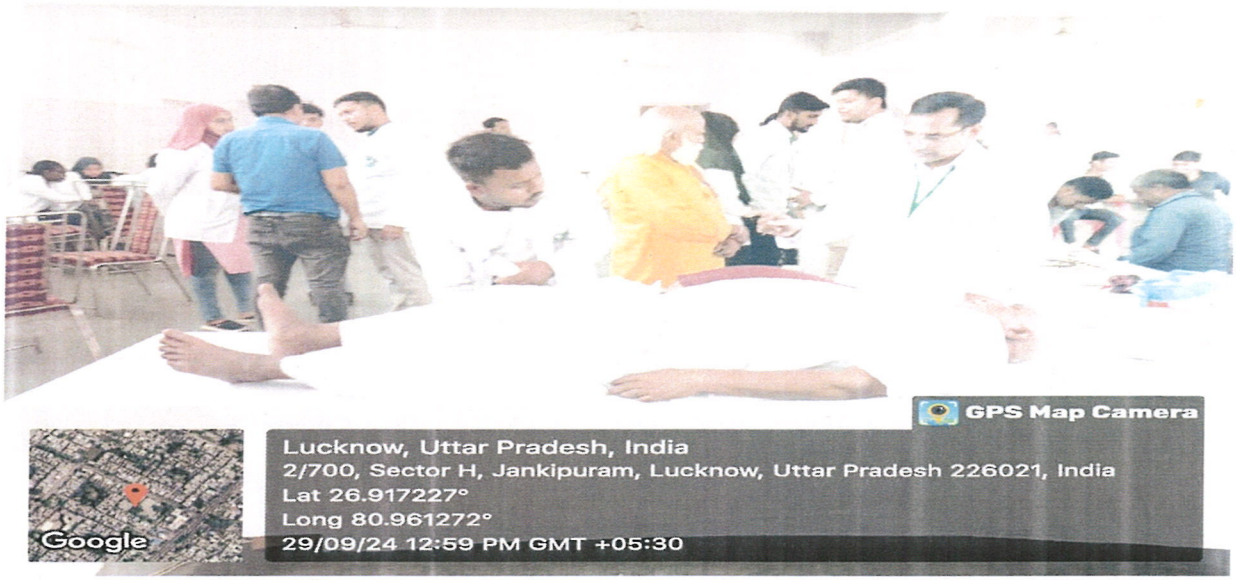
Prof. (Dr.) Abdur Raheem Khan
Head, Physiotherapy

Ref. No.: IIAHSR/PT/EA/2024/105C Dated: 30/09/2024

REPORT

The **Department of Physiotherapy**, **Integral University**, successfully organized a Health Outreach and Wellness camp on 29th September 2024, at Sector H, Jankipuram. The camp aimed at providing free physiotherapy consultations, treatment, and health awareness to the local community. A total of **46 students**, including **BPT 4th-year students, Interns, and MPT students**, participated in the event, which **benefited 182 individuals** from the surrounding areas. The camp was graced by the presence of the **Chief Guest, Smt. Rajkumari Maurya, Parshad, Jankipuram Ward, Sector 2**, who appreciated the initiative and encouraged the participants.

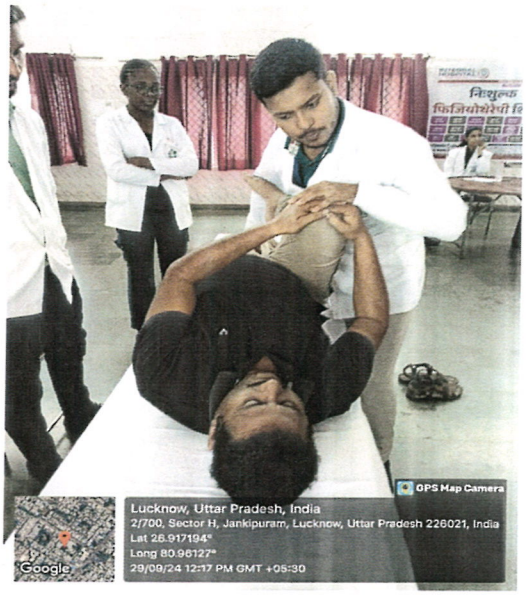




Students actively participating in the Health Outreach and Wellness camp, providing care and raising health awareness

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







Smt. Rajkumari Maurya, Parshad of Jankipuram Ward, acknowledging the hard work and commitment of students delivering physiotherapy care at the community health camp

The physiotherapy team, led by the faculty coordinators, **Dr. Neeraj Kumar Maurya** and **Dr. Aafreen**, set up various stations for patient assessment, diagnosis, treatment, and counseling. The students played an active role in all aspects of the camp, from initial consultations to performing treatments under the supervision of faculty members.

Dr. Neeraj Kumar Maurya (PT)
In-charge DAQC, Physiotherapy

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

Head
Deptt. of Physiotherapy
Integral University, Lucknow.

30/09/24

Prof. (Dr.) Ashfaque Khan
Director, IIAHSR

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

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INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH

FACULTY OF MEDICINE AND HEALTH SCIENCES

Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that Mantasha Khan

(ID No. 2400103311*) has Participated in* ***Health & Wellness Camp*** *at Behta, Kursi Road, Lucknow, organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***06th November, 2024.***

INSPIRING EXCELLENCE

Dr. ABDUR RAHEEM KHAN
Professor & Head
Department of Physiotherapy
Integral University, Lucknow

Department of Physiotherapy
Integral University, Lucknow

Prof. (Dr.) ASHFAQUE KHAN
Director
Integral Institute of Allied Health Sciences & Research
Integral University, Lucknow

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

Prof. (Dr.) ABHA CHANDRA
Dean
Integral Institute of Medical Sciences & Research
Faculty of Medicine & Health Sciences
Integral University, Lucknow

SYED M. FAUZAN AKHTAR
Executive Director
Integral University, Lucknow

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LUCKNOW-INDIA

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INTEGRAL INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH

FACULTY OF MEDICINE AND HEALTH SCIENCES

Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that ..... Praveen Singh .....

(ID No. ..... 1700102091 .....*) has Participated in* ***Health & Wellness Camp*** *at Behta, Kursi Road, Lucknow, organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***06th November, 2024.***

INSPIRING EXCELLENCE

Dr. ABDUR RAHEEM KHAN
Professor & Head
Department of Physiotherapy
Integral University, Lucknow

Department of Physiotherapy
Integral University, Lucknow

Prof. (Dr.) ASHFAQUE KHAN
Director
Integral Institute of Allied Health Sciences & Research
Integral University, Lucknow

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

Prof. (Dr.) ABHA CHANDRA
Dean
Integral Institute of Medical Sciences & Research
Faculty of Medicine & Health Sciences
Integral University, Lucknow

SYED M. FAUZAN AKHTAR
Executive Director
Integral University, Lucknow

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LUCKNOW-INDIA

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FACULTY OF MEDICINE AND HEALTH SCIENCES

Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that ..... Sumbul Fatma .....

(ID No. 2100103488 *) has Participated in* ***Health & Wellness Camp*** *at Behta, Kursi Road, Lucknow, organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***06th November, 2024.***

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This is to certify that Swati Singh

(ID No. 2100103799 *) has Participated in* ***Health & Wellness Camp*** *at Behta, Kursi Road, Lucknow, organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***06th November, 2024.***

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This is to certify that Tamanna Khatoon

(ID No. 2100101899 *) has Participated in* ***Health & Wellness Camp*** *at Behta, Kursi Road, Lucknow, organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***06th November, 2024.***

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This is to certify that Shivani Maurya

(ID No. 2000101706*) has Participated in* ***Health & Wellness Camp*** *at Behta, Kursi Road, Lucknow, organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***06th November, 2024.***

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This is to certify that ..... Payal Verma .....

(ID No. 2000101618 *) has Participated in* ***Health & Wellness Camp*** *at Behta, Kursi Road, Lucknow, organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***06th November, 2024.***

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This is to certify that ..... Umme Habiba .....

(ID No. 2000102395 *) has Participated in* ***Health & Wellness Camp*** *at Behta, Kursi Road, Lucknow, organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***06th November, 2024.***

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This is to certify that Kaneez Ayesha Sarah

(ID No. 2000102090 *) has Participated in* ***Health & Wellness Camp*** *at Behta, Kursi Road, Lucknow, organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***06th November, 2024.***

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This is to certify that ..... Mohd Arshad .....

(ID No. 2000100612 *) has Participated in* ***Health & Wellness Camp*** *at Behta, Kursi Road, Lucknow, organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***06th November, 2024.***

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INTEGRAL UNIVERSITY, LUCKNOW
DEPARTMENT OF COMMUNITY MEDICINE

Ref no: IIMSR/CM/2024/275 Date: 25/09/2024

To

The Transport Incharge
Integral University
Lucknow

Through Proper Channel

Subject: Regarding arrangement of Bus for Extension activity Program to be held at Sahara State, Jankipuram.

Dear Sir,

In reference to letter no IIAHSR/PT/EA/2024/105B, IIAHSR/DOA/2024/90, Dated: 12/09/2024, I would like to request you to kindly arrange bus for Extension activities program organized by the Dept. of Physiotherapy in collaboration with Dept. of Community Medicine. The details of the program is mentioned below.

Activity	: Camp 1: Health Outreach and Wellness
Area	: Sahara State, Jankipuram
Date	: 29/09/2024 (Sunday)
Time	: 09:30 AM to 2:00 P.M.
Students	: BPT 4th Year, Interns, MPT 1st & 2nd Year
Buses Required	: 1 Bus is required

Mr. Faizan Ahmad, MSW, (Mob. No. 9935666772) Dept. of Community Medicine

Thanking you

Syed Belal Hasan

Dr. Syed Belal Hassan
Acting Head & Associate Professor
Dept. of Community Medicine

1. The Executive Director, IIMSR, IIAHSR & IINSR- for his kind information.
2. The Medical Superintendent, IIMSR.
3. The Deputy Medical Superintendent, IIMSR.
4. The Director, IIAHSR.
5. The Head, Dept. of Physiotherapy
6. Office file.

INTEGRAL UNIVERSITY

S.M. abdullah Haider <smahaider@iul.ac.in>

Fwd: Report on Extension Activities organized by Department of Physiotherapy (Session 2024-25, Odd Semester)

1 message

Aafreen Afrin <aafreen@iul.ac.in>
To: "S.M. abdullah Haider" <smahaider@iul.ac.in>

Wed, Dec 4, 2024 at 2:26 AM

---------- Forwarded message ---------
From: **Communication Cell IUL** <communications@iul.ac.in>
Date: Tue, 12 Nov 2024 at 2:14 PM
Subject: Report on Extension Activities organized by Department of Physiotherapy (Session 2024-25, Odd Semester)
To:

Dear All,

The **Department of Physiotherapy** has successfully organized a **series of extension activities** during the **Odd Semester of the academic year 2024-25**, aimed at benefiting the community, raising awareness about health and physiotherapy, and providing hands-on learning experiences for students. These activities were actively participated in by **90% of our students**, including those from the **Bachelor of Physiotherapy (BPT), Master of Physiotherapy (MPT), and Interns**, contributing their knowledge and expertise to the success of the events. The extension activities were conducted in **collaboration** with the **Department of Community Medicine, IIMSR**, to ensure a comprehensive and community-oriented approach. Additionally, all activities were officially approved by the **National Service Scheme (NSS)**, reinforcing the alignment of these initiatives with the larger goals of community service and social responsibility.

The extension activities offered a practical learning experience for students, enhancing their clinical skills, patient interaction, and public health awareness. The local communities greatly benefited from the physiotherapy services provided, receiving treatment, educational material, and guidance on improving health and wellness.

These extension activities were carried out under the able guidance and leadership of **Mr. Syed Mohammad Fauzan Akhtar**, Executive Director, IIMSR, IIAHSR & IINSR; **Prof. (Dr.) Abha Chandra**, Dean, IIMSR; **Dr. Syed Belal Hassan**, Director, Integral Hospital & Research Centre; **Prof. (Dr.) Ashfaque Khan**, Director, IIAHSR; and **Prof. (Dr.) Abdur Raheem Khan**, Head of the Department of Physiotherapy. Their supervision and strategic direction were instrumental in the successful execution of these events, ensuring that each activity was aligned with both academic objectives and community service goals.

Below is a summary of the extension activities conducted:

Activity	Date	Location	Faculty Coordinator	Objective	Impact
Health Outreach and Wellness Camp	29-09-2024	Sector-H, Jankipuram	Dr Neeraj Kumar Maurya Dr Aafreen	Offering free physiotherapy consultations, promoting wellness, and raising awareness about common musculoskeletal issues.	Several residents of the locality benefited from physiotherapy services, including assessments, exercise guidance, and pain management techniques.

Head
Department of Physiotherapy
Integral University, Lucknow

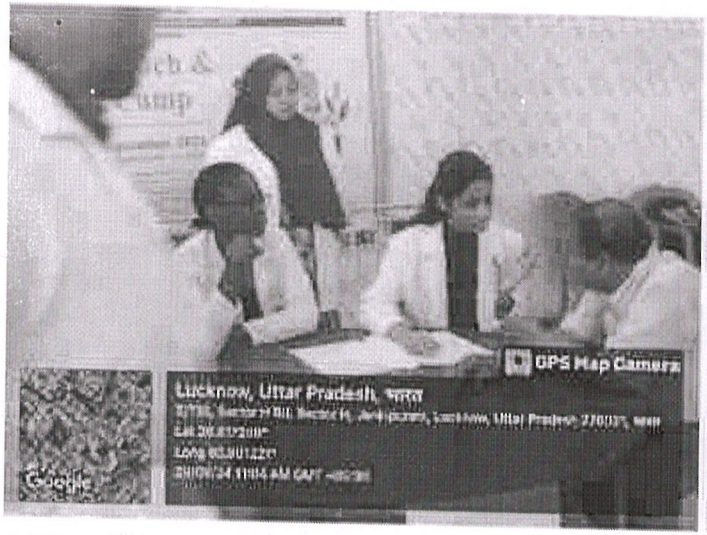
Prof. (Dr.) Ashfaque Khan
Director
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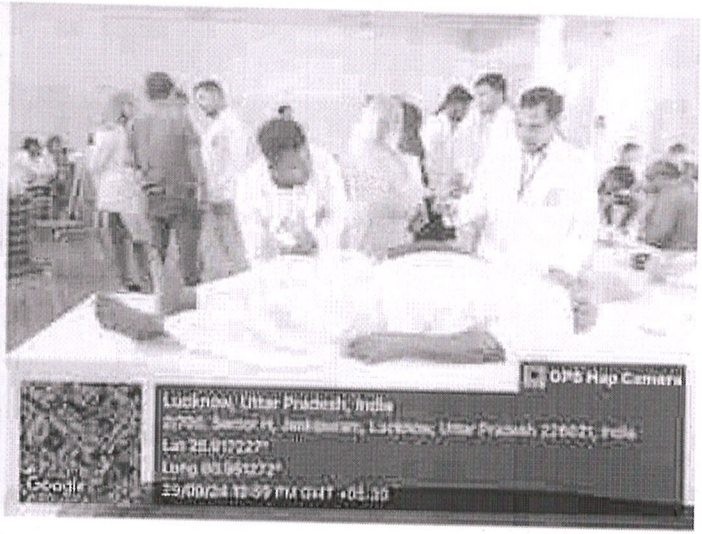
Plantation Drive	01- 10-2024	Sansarpur	Dr Ammar Faisal Khan Dr Zohra Akhtar	Enhancing environmental awareness and promoting sustainable practices. Students and faculty collaborated in planting trees to improve the ecological health of the area.	The initiative not only contributed to environmental health but also raised awareness about the importance of green spaces and their role in physical and mental well-being.
Health Awareness Camp	15-10-2024	Family Court, Kaiserbagh	Dr AMH Inam Dr Mohd Zafra Akhtar	To offer health assessments, particularly focusing on stress management and musculoskeletal pain, which is common in the working population.	Numerous individuals benefited from physiotherapy consultations and learned about preventative measures for common conditions related to work-life balance and physical health.
Rally for Social Awareness of Physiotherapy	22-10-2024	Nearby communities of Integral University	Dr Mohd Javed, Dr Taufish Ahmad Dr Hera Naeem	Spreading awareness about the role of physiotherapy in health care and its benefits in treating various conditions	The rally created significant awareness in the nearby communities about physiotherapy as an essential part of healthcare, helping to dispel common myths and encourage people to seek physiotherapy services.
Health & Wellness Camp	06-11-2024	Behta, Kursi road	Dr Mohd Ahmad Dr Farhan Khan	To promote wellness and prevent lifestyle-related diseases through physiotherapy consultations, lifestyle education, and exercise demonstrations.	The camp emphasized the importance of regular physical activity and proper ergonomics in improving quality of life, especially among the elderly population of the area.

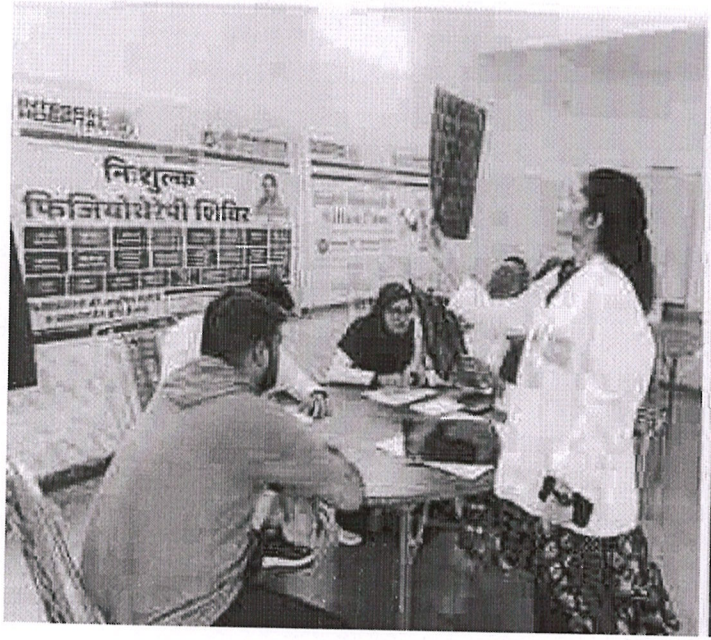
The following images provide a glimpse of the extension activities, showcasing the active participation and engagement of the community members and organizing teams.

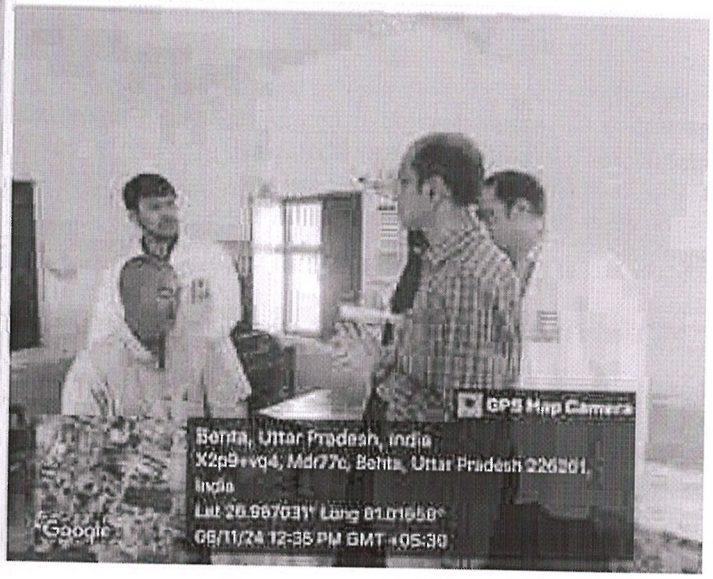
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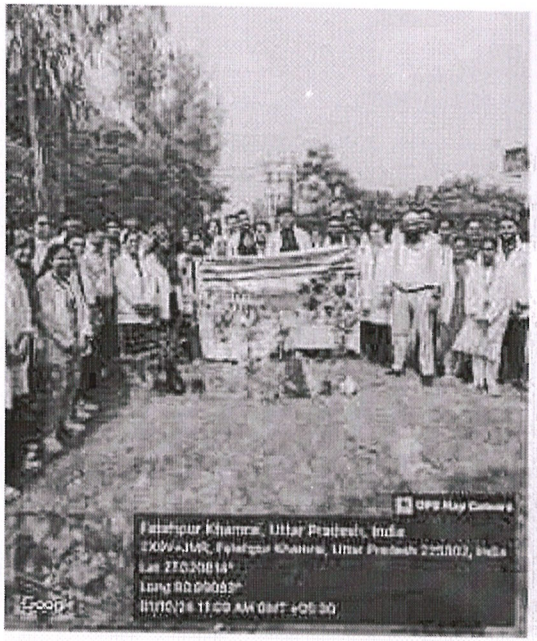


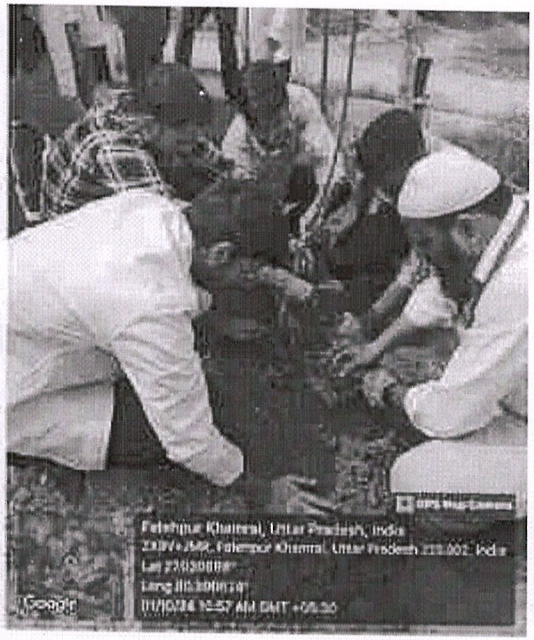




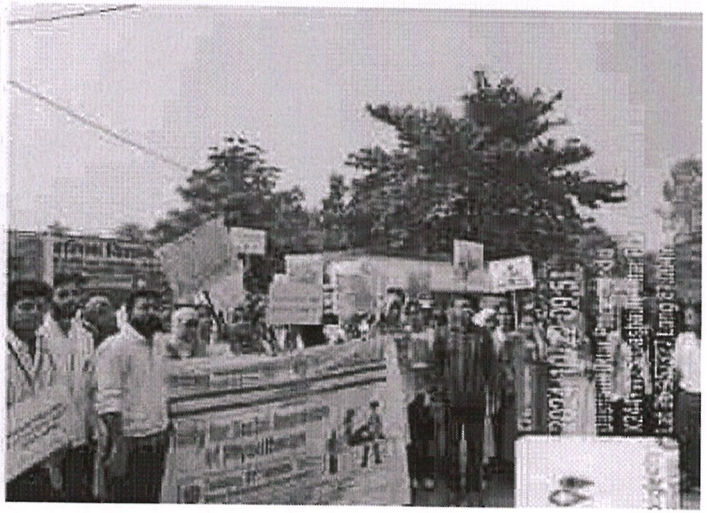
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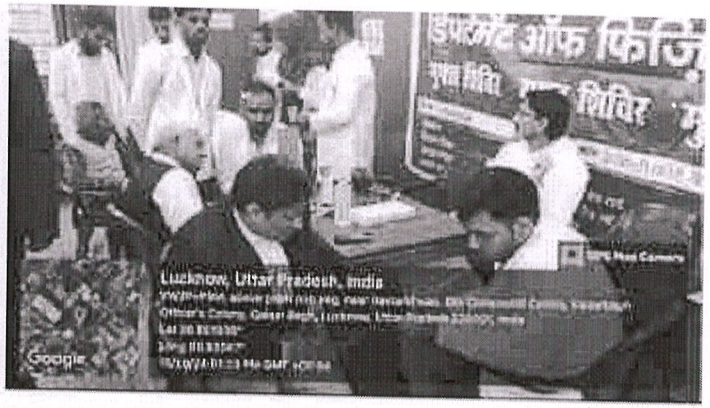


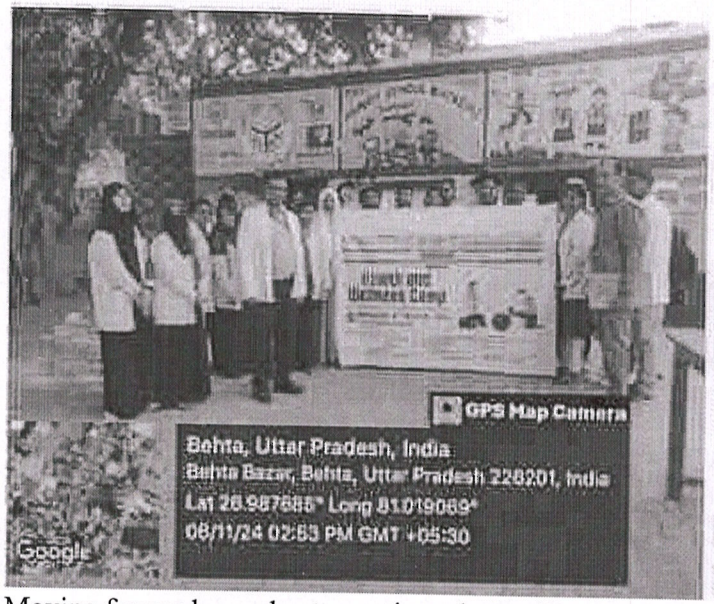


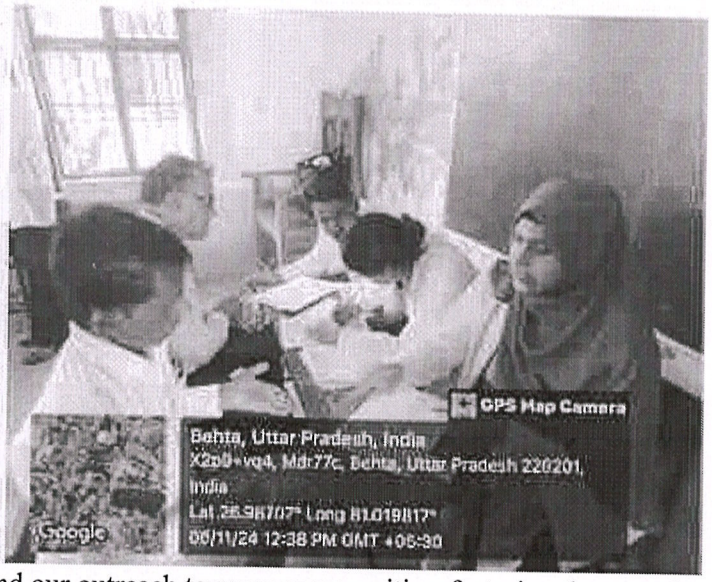
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Moving forward, we plan to continue these efforts and expand our outreach to more communities, fostering the growth of both our students and the communities we serve.

--

Thanks and Warm Regards

****

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