



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 21st August 2024. All the faculty members are thereby informed to attend the meeting in the HoD office at 12:30 PM.

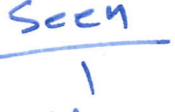

Dr. Neeraj Kumar Maurya (PT)
In-charge DQAC, Physiotherapy


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

Deptt. of Physiotherapy
Integral University, Lucknow

CC to:

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


1
4/8/24
20/08/24

Prof. (Dr.) Ashfaq 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

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

Dated: 22/08/2024

MINUTES OF MEETING

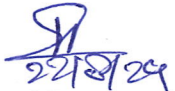
A meeting regarding Extension Activity for the session 2024-25 (Odd Semester) was scheduled on **21th August 2024**. The agenda of the meeting was planning, objectives, and logistics for each activity.

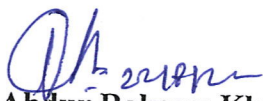
The following aspects were discussed and accordingly decisions were taken:

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

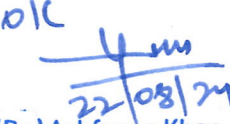

Dr. Neeraj Kumar Maurya (PT)
 Incharge DQAC, Physiotherapy


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

CC to:

1. All Concerned
2. Office copy

Deptt. of Physiotherapy
 Integral University, Lucknow


Prof. (Dr.) Ashfaq 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

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.) 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 Farhan Khan (PT)	Associate Professor		
7.	Dr. Namrata Suri (PT)	Assistant Professor		
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 Iftekhhar (PT)	Lecturer		
16.	Dr. Zohra Akhtar (PT)	Lecturer		

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

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

Deptt. of Physiotherapy
 Integral University, Lucknow.

22/08/24

Prof. (Dr.) Ashfaq Khan



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INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF PHYSIOTHERAPY

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

Dated: 12/09/2024

Ref. No.: IIAHSR/DOA/2024/90

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

*frwd - to HoD - Community Medicine
for collaboratively organizing the
activities.*

S. f. Akhter

(Through Dean, Faculty of Medicine and Health Sciences)

12. 09-2024

*copy to:
DMS.*

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 1 st , 2 nd Year & MPT 1 st Year	2 buses required
Camp 1: Health Outreach and Wellness	29-09-2024 (Tentative)	Sahara State, Jankipuram	Dr Neeraj Kumar Maurya & Dr Aafreen	BPT 4 th Year, Interns, MPT 1 st & 2 nd Year	1 bus required
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Camp 2: Health Awareness	30-10-2024 (Tentative)	Family Court, Kaiserbagh	Dr AMH Inam & Dr Mohd Zafra Akhtar	BPT 4 th Year, Interns, MPT 1 st & 2 nd Year	1 bus required
Camp 3: Health & Wellness	06-11-2024	Behta	Dr Mohd Ahmad & Dr Farhan Khan	BPT 4 th Yr, Interns, MPT 1 st & 2 nd	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

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/PT/EA/2024/105C

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.

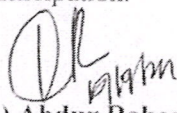
Dear Sir,


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:

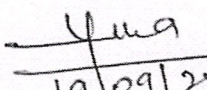
Activity	Date	Location	Coordinator	Students
Plantation Drive	23-09-2024	Sansarpur	Dr Ammar Faisal Khan, Dr Zohra Akhtar	BPT 1 st , 2 nd Year & MPT 1 st Year
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Camp 2: Health Awareness	30-10-2024 (Tentative)	Family Court, Kaiserbagh	Dr AMH Inam & Dr Mohd Zafra Akhtar	BPT 4 th Year, Interns, MPT 1 st & 2 nd Year
Camp 3: Health & Wellness	06-11-2024	Behta	Dr Mohd Ahmad & Dr Farhan Khan	BPT 4 th Yr, Interns, MPT 1 st & 2 nd

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.


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

APPROVED
19/09/24



Prof. (Dr.) Ashfaq Khan
Director, IIAHSR

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

Kursi Road, Lucknow - 226026 (U.P.) India
Phone: +91 63900 11283 / 84 / 85 / Ext. 6918

Website: www.iul.ac.in
E-mail: headbpt@iul.ac.in

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Integral University, Lucknow

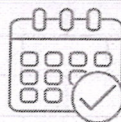
Department of Physiotherapy

in Collaboration with

Department of Community Medicine, IIMSR

are Organising

Health Awareness Camp



Tuesday, 15th October, 2024

Family Court, Kaiserbagh, Lucknow

Organising Secretary

Prof. (Dr.) ABDUR RAHEEM KHAN

Head

Department of Physiotherapy
Integral University, Lucknow

Organising Chairpersons

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

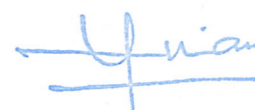
Coordinators

Dr. AHM Inam & Dr. Mohd Zafra Akhtar

Participants

BPT 4th Year, Interns, MPT 1st 2nd Year Students

 **Head**
Department of Physiotherapy
Integral University, Lucknow


Prof. (Dr.) Ashfaque 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

Date: 29/09/2024

Attendance Sheets for Extension Activity –Health Awareness Camp on 15th October 2024.

Date	Start Time	Location			
15.10.2024	11.00 AM	Family Court, Qaiserbagh, Lucknow			
S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
1.	Adiba Hassam	1900104265	MPT 1 st	1 st / 1 st Sem	Adiba Hassam 15/10/24
2.	Mariyam Bano	1800100341	MPT 1 st	1 st / 1 st Sem	Mariyam 15/10/24
3.	Isha Sherkh	1900100336	MPT 1 st	1 st / 1 st Sem	Isha 15/10/24
4.	ESHA MITTAL	1900100230	MPT 1 st	1 st / 1 st Sem	Esha 15/10/24
5.	Riyanshi Singh.	1900100142	MPT	1 st / 1 st	Riyanshi Singh 15/10/24
6.	Islah Islam Mirza	1900100532	MPT	1 st / 1 st	Islah 15/10/24
7.	Ilma Khan	1800103223	MPT	1 st / 1 st	Ilma 15/10/24
8.	Alina Afzal	1800100096	MPT	1 st / 1 st	Alina 15/10/24
9.	KIDOR SABA	1900103984	MPT	1 st / 1 st Sem	Kidior Saba 15/10/24
10.	Yasmeeen Fatima	1900100130	MPT	1 st year / 1 st Sem	Yasmeeen 15/10/24
11.	Sana Inam	1900100118	MPT	1 st year / 1 st Sem	Sana 15/10/24
12.	Swayampreksha Rajpoot	2400103245	MPT	1 st year / 1 st Sem	SP Raj 15/10/24
13.	Mantasha Khan	2400103311	MPT	1 st year / 1 st Sem	M Khan 15/10/24
14.	Mohd Belal Ahmad	1900100017	MPT	1 st yr / 1 st Sem	Belal 15/10/24
15.	Anas Ali	1900103360	MPT	1 st yr / 1 st Sem	Anas Ali 15/10/24
16.	Shashi Prakash Yadav	1900100196	MPT	1 st yr / 1 st Sem	Shashi 15/10/24
17.	Shakeen Christy	1900100103	MPT	1 st yr / 1 st Sem	Shakeen 15/10/24
18.	Abdel Salam	1900101629	MPT 1 st	1 st yr / 1 st Sem	Abdel Salam 15/10/24
19.	Saniya	2300104335	MPT 2 nd	2 nd year / 3 rd Sem	Saniya 15/10/24
20.	Tripti Chauhan	1800101913	MPT	2 nd / 3 rd	Tripti 15/10/24
21.	Yamini Rai	1800102687	MPT	2 nd / 3 rd	Yamini 15/10/24
22.	Afiya Shamsud	1800103005	MPT	2 nd / 3 rd	Afiya 15/10/24
23.	Sumbul	1800101709	MPT 2 nd	3 rd Sem / 2 nd yr	Sumbul 15/10/24
24.	Mohd Asim Raja	2300104326	MPT 2 nd	3 rd Sem / 2 nd yr	Asim 15/10/24
25.	Bhune Shwari Dayal	2300104329	MPT	2 nd / 3 rd	Bhune 15/10/24

Head
Department of Physiotherapy
Integral University, Lucknow

Prof. (Dr.) Ashfaq Khan
Director

Continue...



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S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
26.	Khizwan Ansari	1800101194	MPT	2nd/3rd	15-10-24
27.	Amisha Soni	1800100221	MPT	2nd/3rd	15/10/24
28.	Praveen Singh	1750102091	MPT	2nd/3rd	15-10-24
29.	Naina Singh	1900100512	MPT	2nd/3rd	15/10/24
30.	Shraddha Yadav	2100101057	BPT	4th/7th	15-10-24
31.	Shashank Pathak	1700100544	MPT	2nd/3rd	15/10/24
32.	Shahela Kausar	2100102678	BPT	4th/7th	15/10/24
33.	Qudsia Parveen	2300104327	MPT	2nd/3rd	15/10/24
34.	Umme Sabar	2300104334	MPT	2nd/3rd	15/10/24
35.	Pratibha Gupta	1800102180	MPT	2nd/3rd	15/10/24
36.	Jyoti	2300104360	MPT	2nd/3rd	15/10/24
37.	Siddhi Singh	1800101114	MPT	2nd/3rd	15/10/24
38.	Abdullah Zafar	1800100636	MPT	2nd/3rd	15/10/24
39.	Jagriti Yadav	1800100353	M.P.T	2nd/3rd	15/10/24
40.	Fatima Razmi	2300104328	MPT	2nd/3rd	15/10/24
41.	Shemal Kareem	2100101226	BPT	4th/7th	15/10/24
42.	Shama Khan	2100102257	BPT	4th/7th	15/10/24
43.	Shivika Gupta	2100102243	BPT	4th/7th	15/10/24
44.					
45.					
46.					
47.					
48.					
49.					
50.					

Dr. Neeraj Kumar Maurya
Incharge DQAC

Prof. (Dr.) Ashfaq Khan
Director
Integral Institute of Allied Health

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



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

Dated: 16/10/2024

REPORT

The Department of Physiotherapy, Integral University conducted a **Health Awareness Camp** at the **Family Court, Kaiserbagh**, on **15th October 2024** with the aim to offer health assessments, particularly focusing on stress management and musculoskeletal pain, which is common in the working population. This event was organized as part of the department's extension activities, with the participation of **43 students** from the **Bachelor of Physiotherapy (BPT) Final Year**, and **Master of Physiotherapy (MPT) students**. These students actively participated in patient assessments, treatment delivery, and health awareness talks, gaining hands-on experience in dealing with a wide range of health conditions.

The camp aimed to offer free physiotherapy consultations, advice on posture correction, exercises for common musculoskeletal problems, and awareness about preventive healthcare practices. A total of **126 individuals** were benefited from this camp, receiving valuable guidance and treatment. The event commenced at 9:00 AM and continued until 3:00 PM.

Faculty coordinators, **Dr. AMH Inam** and **Dr. Mohd Zafra Akhtar**, provided guidance and supervision throughout the event, ensuring that all activities were conducted professionally and effectively. The students demonstrated excellent teamwork and communication skills while interacting with the patients, making the camp a success.



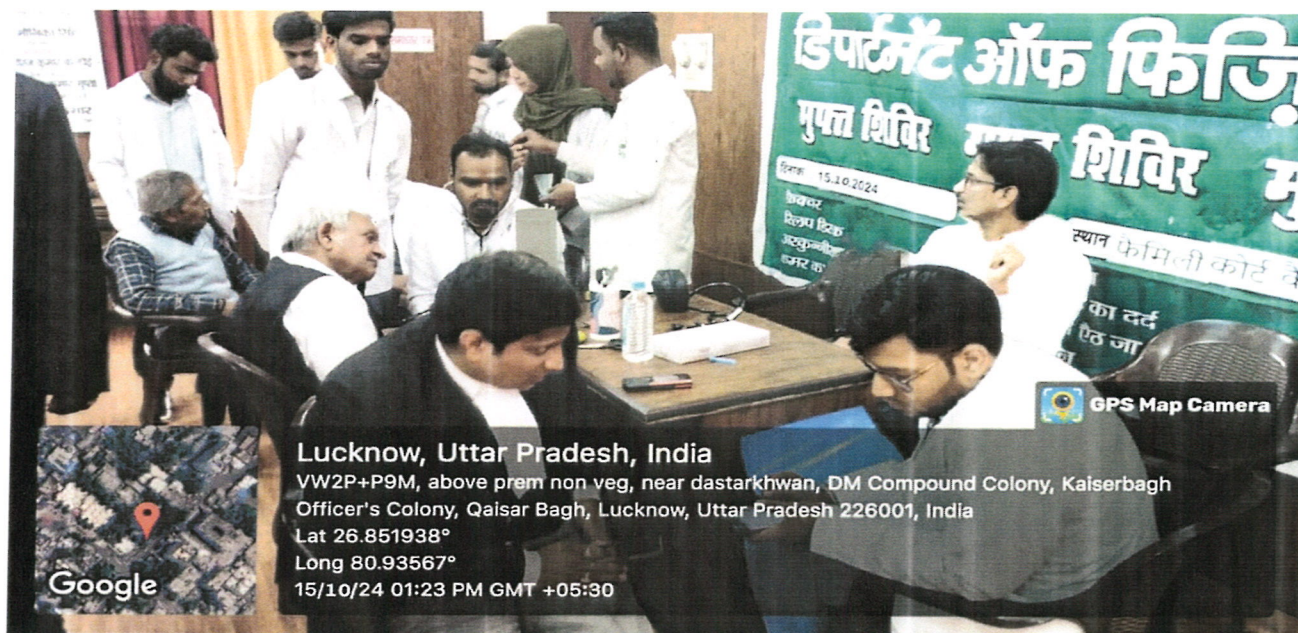
Physiotherapy team conducting a Health Camp at the Family Court



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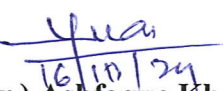
DEPARTMENT OF PHYSIOTHERAPY



Promoting health and well-being at the Health Awareness Camp organized at the Family Court, Kaiserbagh


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


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


Prof. (Dr.) Ashfaque Khan
Director, IIAHSR

Prof. (Dr.) Ashfaque Khan
Director
Integral Institute of Allied Health
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Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that **Aliba Hasan**

(ID No. 1900104265) has Participated in **Health Awareness Camp** at Family Court, Kaiserbagh, Lucknow organized by **Department of Physiotherapy**, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on **15th October, 2024**.

INSPIRING EXCELLENCE

Dr. ABDUR RAHEEM KHAN
Professor & Head

Department of Physiotherapy
Integral University
Integral University, Lucknow

Prof. (Dr.) ASHFAQ KHAN
Director

Integral Institute of Allied Health Sciences & Research
Integral University, Lucknow

Prof. (Dr.) ABHA CHANDRA
Dean

Integral Institute of Allied Health Sciences & Research
Integral University, Lucknow

SYED M. FAUZAN AKHTAR
Executive Director

Integral University, Lucknow



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FACULTY OF MEDICINE AND HEALTH SCIENCES

Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that **Isha Shekh**

(ID No. 1900100336) has Participated in **Health Awareness Camp** at Family Court, Kaiserbagh, Lucknow organized by **Department of Physiotherapy**, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on **15th October, 2024**.

INSPIRING EXCELLENCE

Dr. ABDUR RAHEEM KHAN
Professor & Head

Department of Physiotherapy
Integral University, Lucknow

Prof. (Dr.) ASHFAQ KHAN
Director

Integral Institute of Allied Health Sciences & Research
Integral University, Lucknow

Prof. (Dr.) ABHA CHANDRA
Dean

Integral Institute of Medical Sciences & Research
Integral University, Lucknow

SYED M. FAUZAN AKHTAR
Executive Director

Integral University, Lucknow

FACULTY OF MEDICINE AND HEALTH SCIENCES

Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that Swayamprabha Rajput

(ID No. 2400103245

(ID No. Z400103243) has Participated in **Health Awareness Camp** at Family Court, Kaiserbagh, Lucknow organized by **Department of Physiotherapy**, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on **15th October, 2024**.

DR. ABDUR RAHEEM KHAN

Professor & Head
Department of Physiotherapy
Integral University, Lucknow

Prof. (Dr.) ASHAQUE KHAN (D-106)
Prof. (Dr.) ABHA CHANDRA

Director

Director

Dean

SYED M. FAUZAN AKHTAR

Executive Director
Integral University, Lucknow



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Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that **Abdul Salam**

(ID No. 1900101629) has Participated in **Health Awareness Camp** at Family Court,

Kaiserbagh, Lucknow organized by **Department of Physiotherapy**, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on **15th October, 2024**.

INSPIRING EXCELLENCE

Dr. ABDUR RAHEEM KHAN
Professor & Head

Department of Physiotherapy
Integral University, Lucknow

**Head
Department of Physiotherapy**
Integral University, Lucknow

Prof. (Dr.) ASHFAQUE KHAN
Director

Integral Institute of Allied Health Sciences & Research
Integral University, Lucknow

Director
Integral Institute of Allied Health Sciences & Research
Integral University, Lucknow

Prof. (Dr.) ABHA CHANDRA
Dean

Integral Institute of Medical Sciences & Research
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SYED M. FAUZAN AKHTAR
Executive Director

Integral University, Lucknow



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FACULTY OF MEDICINE AND HEALTH SCIENCES

Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that **Yamini Rai**

(ID No. 1800101913) has Participated in **Health Awareness Camp** at Family Court,

Kaiserbagh, Lucknow organized by **Department of Physiotherapy**, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on **15th October, 2024**.

INSPIRING EXCELLENCE

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Professor & Head

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Integral University, Lucknow

Prof. (Dr.) ASHFAQUE KHAN

Director

Integral Institute of Allied Health Sciences & 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

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This is to certify that **Noor Saba**

(ID No.1900103984.....) has Participated in **Health Awareness Camp** at Family Court,

Kaiserbagh, Lucknow organized by **Department of Physiotherapy**, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on **15th October, 2024**.

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EXTENSION ACTIVITIES

This is to certify that **Mohd Asim Raza**

(ID No. 2300104326) has Participated in **Health Awareness Camp** at Family Court, Kaiserbagh, Lucknow organized by **Department of Physiotherapy**, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on **15th October, 2024**.

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FACULTY OF MEDICINE AND HEALTH SCIENCES

Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that **Shahreen Chisty**

(ID No. 1900100103) has Participated in **Health Awareness Camp** at Family Court,

Kaiserbagh, Lucknow organized by **Department of Physiotherapy**, Integral Institute of Allied

Health Sciences & Research, Integral University, Lucknow on **15th October, 2024.**

[Signature]

Dr. ABDUR RAHEEM KHAN
Professor & Head

Department of Physiotherapy
Integral University, Lucknow

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Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that **Abdullah Zafar**

(ID No. 1800100636) has Participated in **Health Awareness Camp** at Family Court,

Kaiserbagh, Lucknow organized by **Department of Physiotherapy**, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on **15th October, 2024**.

INSPIRING EXCELLENCE

[Signature]

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Integral University, Lucknow

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EXTENSION ACTIVITIES

This is to certify that **Jagriti Yadav**

(ID No. 1800100353) has Participated in **Health Awareness Camp** at Family Court,

Kaiserbagh, Lucknow organized by **Department of Physiotherapy**, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on **15th October, 2024**.

[Signature]

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Professor & Head

Department of Physiotherapy
Integral University, Lucknow

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Dean

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Executive Director

Integral University, Lucknow

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.


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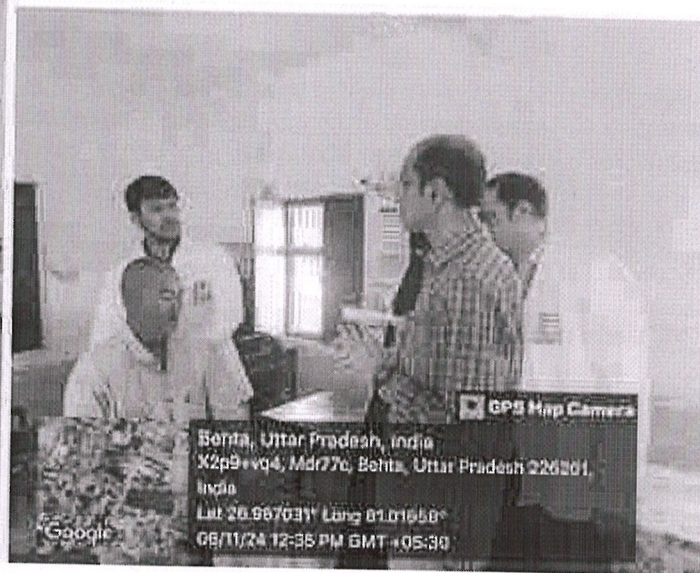
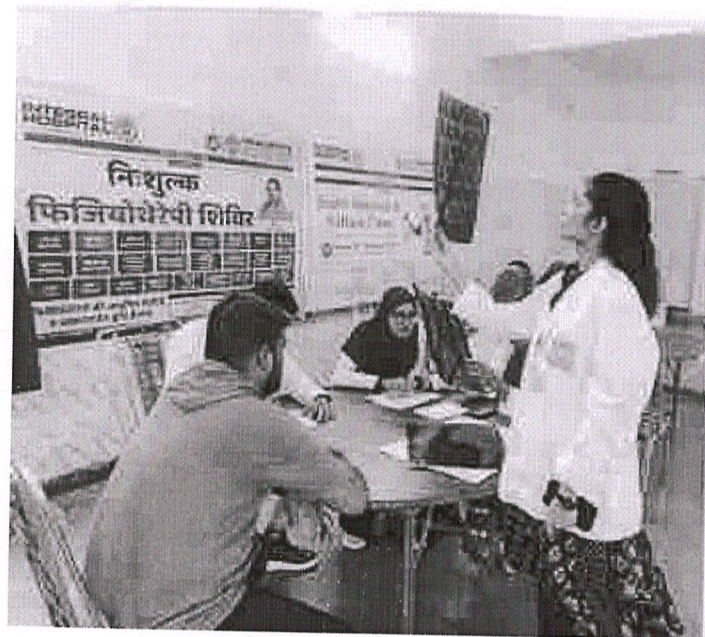
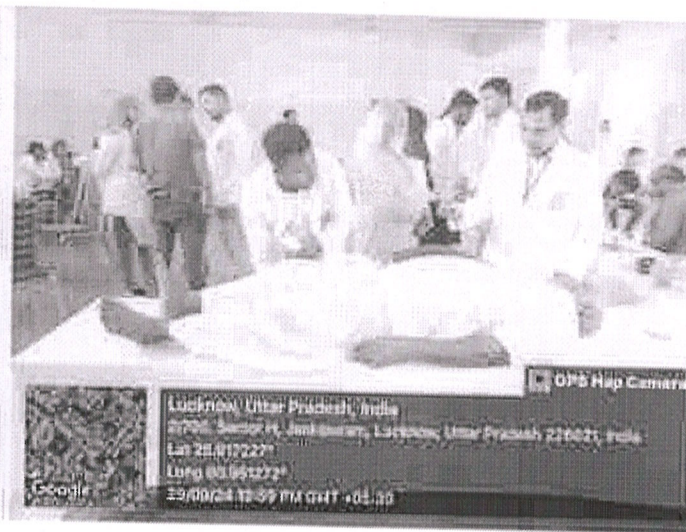
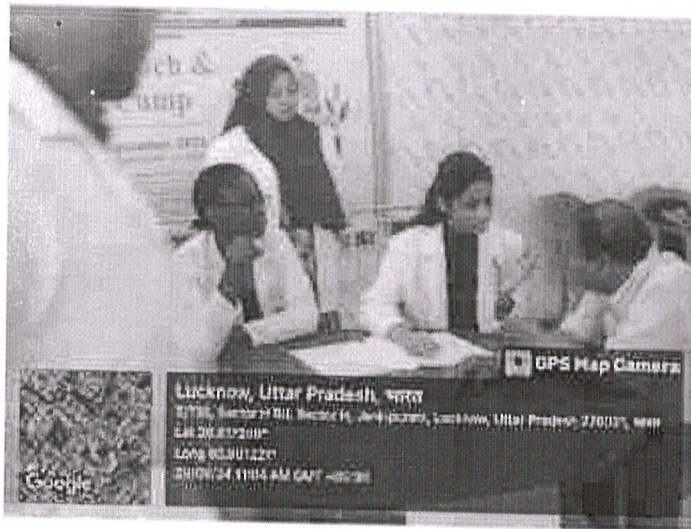
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Plantation Drive	01-10-2024	Sansarpur	Dr Ammar Faisal Khan Dr Zohra Akhtar	Enhancing environmental awareness and promoting sustainable practices. Students and faculty collaborated in planting trees to improve the ecological health of the area.	The 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.

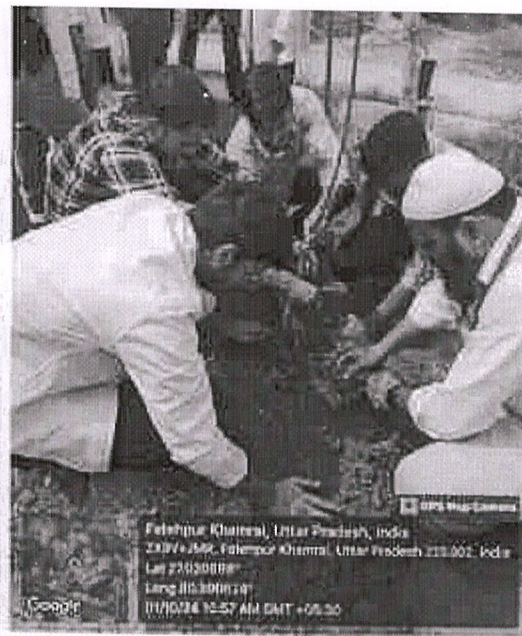
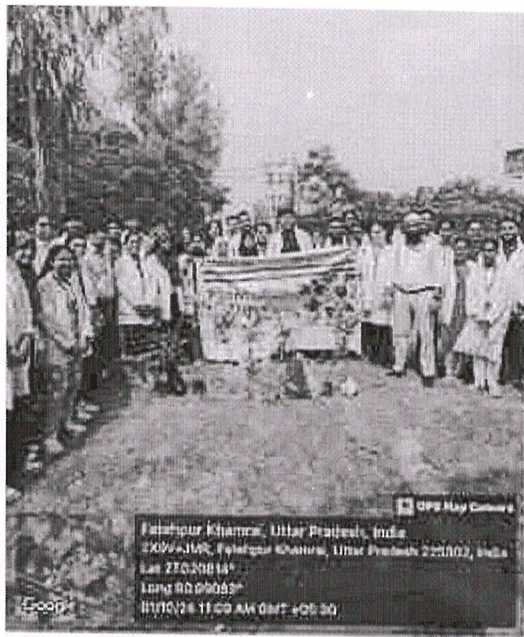
 Head
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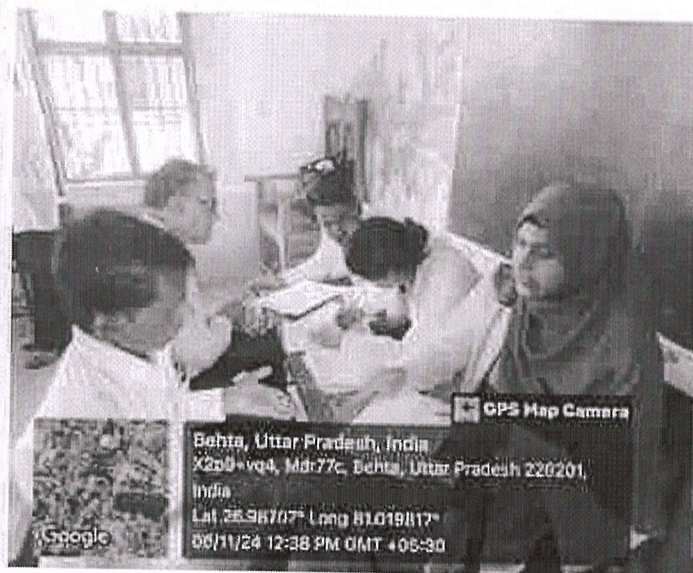
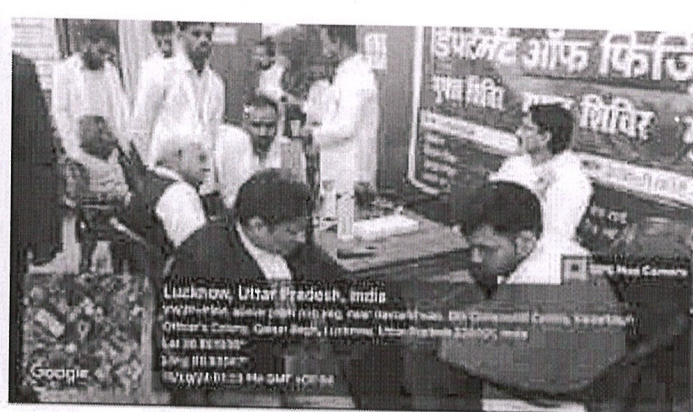
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DM
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Ashfaque Khan
 Prof. (Dr.) Ashfaque Khan
 Director
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Moving forward, we plan to continue these efforts and expand our outreach to more communities, fostering the growth of both our students and the communities we serve.

Thanks and Warm Regards

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