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	

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

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

Head
Deptt. of Physiotherapy
Integral University, Lucknow

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

(Through Dean, Faculty of Medicine and Health Sciences)

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 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

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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+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 & Wellness Camp



Wednesday, 06th November, 2024
Village Behta, 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

Dr. Mohd Ahmad & Dr. Farhan Khan

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

Date: 06/11/2024

Attendance Sheets of participants of "HEALTH & WELLNESS CAMP, Extension Activity

Date	Start Time	Venue	Location
06.11.2024	11.30 AM	Behta	Behta, Kursi Road, Lucknow

S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature
1.	Md Hammad owais Ansa	2000101560	Intern	Intern	Hammad owais
2.	Bhuneshwar. Dayal	2300104329	MPT	2nd/3rd	Bhd.
3.	Sufiya Fasheen		Intern	Intern	Sufiya fasheen
4.	Janvi Islam	2000100755	Intern	Intern	Janvi Islam
5.	Mantasha Khan	2400103311	MPT	I st Year	Mkhan
6.	Abdul Salam	1900101629	MPT	"	Salam
7.	Swayamprabha Rajpoot	2400103245	MPT	"	
8.	NOOR SABA	01900108984	MPT	1st year.	
9.	Jyoti Yadav	2000102089	Intern	Intern	Jyoti
10.	Nabeera Syed	2000102782	Intern	Intern	Nabeera
11.	Sanobar Sayeed	2000100190	Intern	Intern	Sanobar
12.	Pakiza Siddiqui	2000100330	Intern	Intern	Pakiza
13.	Ibtsham yusuf	2000101468	Intern	Intern	Ibtsham
14.	Shubhangi Gupta	2000100730	Intern	Intern	Shubhangi
15.	Syed Shaqueb Aftab	2000100359	Intern	Intern	
16.	Reyaz Ahmad	2000102899	Intern	Intern	Reyaz
17.	Kaneez Ayesha Sarah	2000102090	Intern	Intern	K Ayesha Sarah
18.	Umme Saba	2300104334	MPT	2nd Year	Saba Khan
19.	Mohd Arshad	2800101412	Intern	Intern	Arshad
20.	Praveen Singh	1700102091	MPT	2nd year	
21.	Arun Verma	2000101192	~~Intern~~	Intern	Arun
22.	Faizan Ahmad	2000101771	BPT	Intern	Faizan
23.	Shagun Singh	2000101808	Intern	Intern	Shagun
24.	Kyenga Mwape Esther	2000101646	Intern	Intern	
25.	Tripti Jain	2000102831	Intern	Intern	Tripti

Head
Department of Physiotherapy
Integral University, Lucknow

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

S.N.	Name of the Attendee Students	Enrollment No.	Program	Year/ Semester	Signature with Date
26.	Umme Habiba	2000102395	Intern	Intern,	Habiba
27.	Arman Ali	2000101935	Intern	Intern	Arman
28.	Sahiba Parveen	2000101414	Intern	11	S. P. Ansari
29.	Payal Verma	2000101418	Intern	Intern	Payal
30.	Shambhavi Mishra	2000100708	Intern	Intern	
31.	Sneha Srivastava	2000102682	Intern	Intern	Sneha
32.	Shama Parveen	2000101674	Intern	Intern	Shama
33.	Shivani Maurya	2000101706	Intern	Intern	Shivani
34.	Shazee Nadeem	2000102689	Intern	Intern	Shazee
35.	Falak Kainat	2000100549	Intern	Intern	Falak
36.	Sumbul Fatma	2100103488	~~Intern~~ BPT	~~Intern~~ 7th sem	Sumbul Fatma 6/11/24
37.	Shivika Gupta	2100102243	BPT	4th/7th Sem	06/11/24
38.	Swati Singh	2100103799	BPT	4th/7th Sem	Swati 06/11/24
39.	Tamanna Khatoon	2100100726	BPT	4th/7th sem	Tamanna 06/11/24
40.	Tamanna Khatoon	2100101899	BPT	4th/7th sem	Tamanna 06/11/24
41.	Sweekriti Pandey	2100100059	BPT	4th/7th sem	Sweekriti 06/11/24
42.	Tarun Prakash	2100101882	BPT	4th/7th sem	Tarun 06/11/24
43.	Vaishnavi Mall	2100102151	BPT	4th/7th Sem	Vaishnavi
44.	Tazmeen wasi Ansari	2100103897	BPT	4th/7th sem	
45.	Yashasvi Singh	2100103842	BPT	4th/7th sem	Yashasvi
46.	Ilahaz Ahmad	2100100349	BPT	4th/7th sem	
47.	Yasmin Bano	2100102437	BPT	4th/7th Sem	Yasmin
48.	Ahana Khanna	2000101953	I		
49.					
50.					

Dr. Neeraj Kumar Maurya
DQAC, Physiotherapy

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

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

Ref. No.: IIAHSR/PT/EA/2024/105G Dated: 07/11/2024

REPORT

The **Health & Wellness Camp** organized by the **Department of Physiotherapy**, **Integral University** at **Behta, located on Kursi Road** on **6th November 2024** was a resounding success. **More than 200 individuals benefited** from the camp's various services, including health assessments, physiotherapy treatments, and wellness education. The event not only served the local community but also provided invaluable practical experience for the students, contributing to their academic and professional growth. The camp was a collaborative effort of faculty coordinators, **Dr. Mohd Ahmad** and **Dr. Farhan Khan**, along with the enthusiastic participation of **47 students**, including **4th-year BPT students, MPT students, and Interns** who made significant contributions to the success of this event.

Throughout the day, students interacted with the local community, performing health assessments, providing physical therapy treatments, and offering practical advice on injury prevention, exercises, and healthy lifestyle choices which highlights the department's commitment to community service and holistic health care.



Physiotherapy team actively conducting Health Camp at Behta, promoting wellness in the community

Head
Department of Physiotherapy
Integral University, Lucknow

07/11/24
Prof. (Dr.) Ashfaque Khan
Director
Integral Institute of Allied Health Science & Research
Integral University, Lucknow





Physiotherapy students conducting musculoskeletal assessments and providing personalized advice to individuals at the camp

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

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

07/11/24

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

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EXTENSION ACTIVITIES

This is to certify that Fatima Kazmi

(ID No. 2300104328*)* *has Participated in* ***Health Outreach and Wellness Camp*** *at Pahadpur, Sector-H, Jankipuram, Lucknow organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***29th September, 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

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

Prof. (Dr.) ABHA CHANDRA
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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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EXTENSION ACTIVITIES

This is to certify that Pratibha Gupta

(ID No. 1800102180*)* *has Participated in* ***Health Outreach and Wellness Camp*** *at Pahadpur, Sector-H, Jankipuram, Lucknow organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***29th September, 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

Prof. (Dr.) Ashfaque Khan
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EXTENSION ACTIVITIES

This is to certify that Vikrant Pandey

(ID No. 2100102284*)* *has Participated in* ***Health Outreach and Wellness Camp*** *at Pahadpur, Sector-H, Jankipuram, Lucknow organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***29th September, 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

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Director
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EXTENSION ACTIVITIES

This is to certify that Bhuneshwar Dayal
(ID No. 2300104329*) has Participated in* ***Health Outreach and Wellness Camp*** *at Pahadpur, Sector-H, Jankipuram, Lucknow organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***29th September, 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

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

This is to certify that Saurav Kumar

(ID No. 2100103586*)* *has Participated in* ***Health Outreach and Wellness Camp*** *at Pahadpur, Sector-H, Jankipuram, Lucknow organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***29th September, 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

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
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SYED M. FAUZAN AKHTAR
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Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that Rifat Usmani

(ID No. 2100102878*) has Participated in* ***Health Outreach and Wellness Camp*** *at Pahadpur, Sector-H, Jankipuram, Lucknow organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***29th September, 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

Prof. (Dr.) Ashfaque Khan
Director
Integral Institute of Allied Health
Science & Research
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Prof. (Dr.) ABHA CHANDRA
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Integral Institute of Medical Sciences & Research
Faculty of Medicine & Health Sciences
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EXTENSION ACTIVITIES

This is to certify that Sumbul

(ID No. 1800101709*)* *has Participated in* ***Health Outreach and Wellness Camp*** *at Pahadpur, Sector-H, Jankipuram, Lucknow organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***29th September, 2024.***

INSPIRING EXCELLENCE

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Integral University, Lucknow

Head
Department of Physiotherapy
Integral University, Lucknow

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

Prof. (Dr.) Ashfaque Khan
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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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EXTENSION ACTIVITIES

This is to certify that Umme Saba
(ID No. 2300104334*) has Participated in* ***Health Outreach and Wellness Camp*** *at Pahadpur, Sector-H, Jankipuram, Lucknow organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***29th September, 2024.***

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Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that Tripti Chaurasia

(ID No. 1800101913*)* *has Participated in* ***Health Outreach and Wellness Camp*** *at Pahadpur, Sector-H, Jankipuram, Lucknow organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***29th September, 2024.***

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Certificate of Participation

EXTENSION ACTIVITIES

This is to certify that Sanoj Singh

(ID No. 2100100293*) has Participated in* ***Health Outreach and Wellness Camp*** *at Pahadpur, Sector-H, Jankipuram, Lucknow organized by* ***Department of Physiotherapy****, Integral Institute of Allied Health Sciences & Research, Integral University, Lucknow on* ***29th September, 2024.***

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DEPARTMENT OF COMMUNITY MEDICINE

Ref no: IIMSR/CM/2024/ 306 **Date: 04/11/2024**

To

The Transport Incharge
Integral University
Lucknow

Through Proper Channel

Subject: Regarding arrangement of Bus for Extension activity Program to be held at Behta.

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 3: Health & Wellness
Village	: Behta
Date	: 06/11/2024 (Wednesday)
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

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

1. The Executive Director, HealthCare, IU
2. The Dean, IIMSR.
3. The Director, Integral Hospital, IIMSR
4. The Director, IIAHSR.
5. The Deputy Medical Superintendent, Integral Hospital, IIMSR
6. Additional Medical Superintendent, Integral Hospital, IIMSR
7. The Head, Dept. of Physiotherapy
8. 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

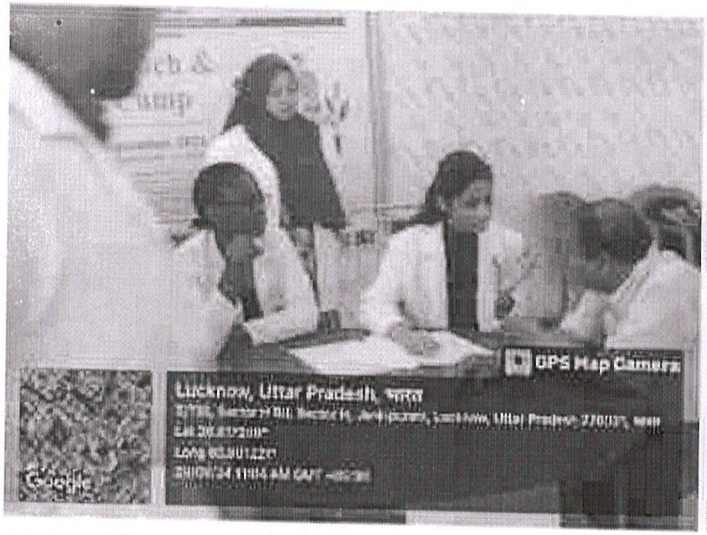
Prof. (Dr.) Ashfaque Khan
Director
Integral Institute of Allied Health Science & Research
Integral University, Lucknow

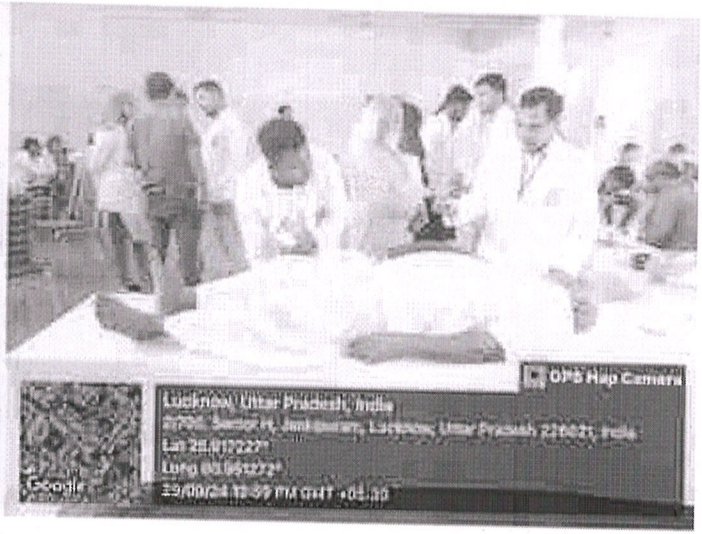
Plantation Drive	01- 10-2024	Sansarpur	Dr Ammar Faisal Khan Dr Zohra Akhtar	Enhancing environmental awareness and promoting sustainable practices. Students and faculty collaborated in planting trees to improve the ecological health of the area.	The initiative not only contributed to environmental health 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.

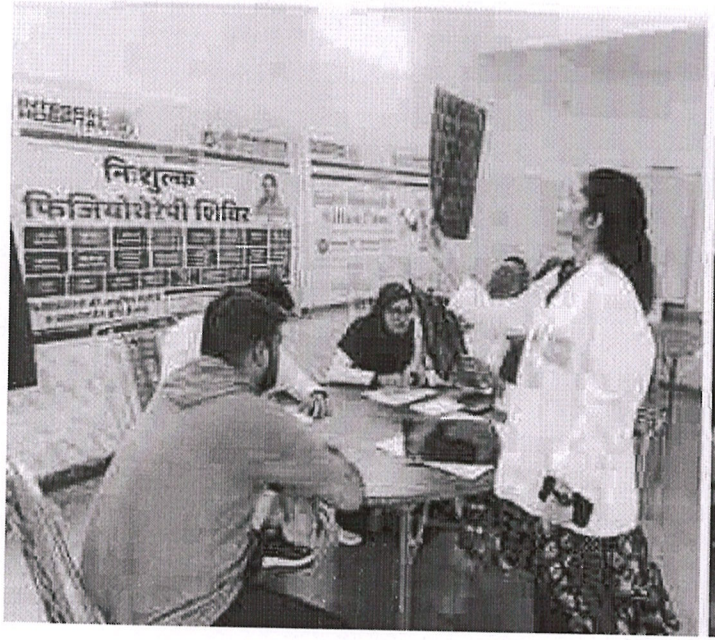
The following images provide a glimpse of the extension activities, showcasing the active participation and engagement of the community members and organizing teams.

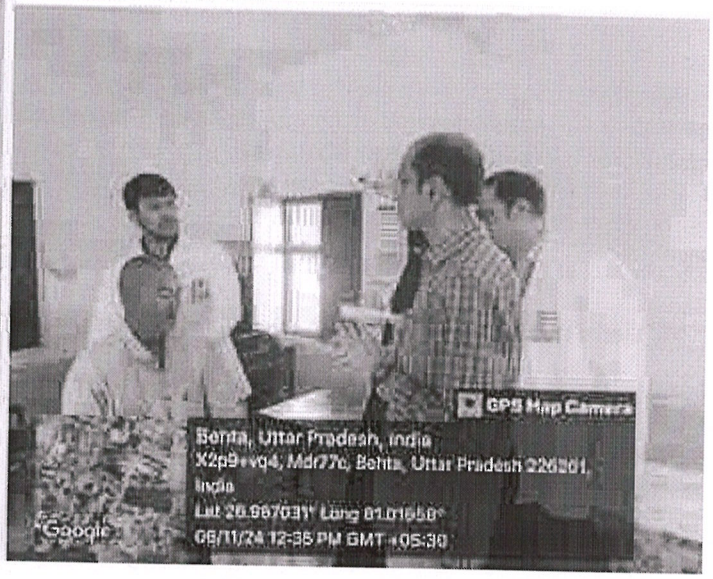
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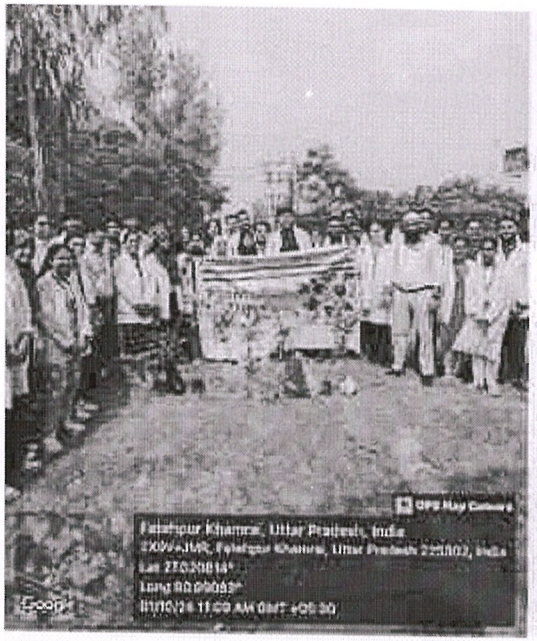


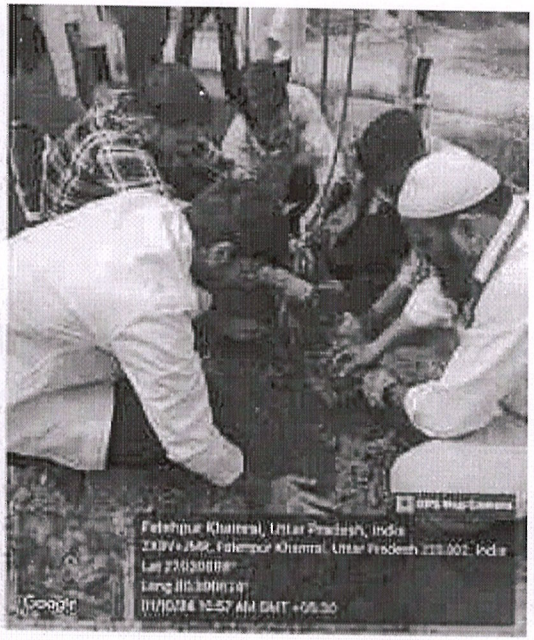




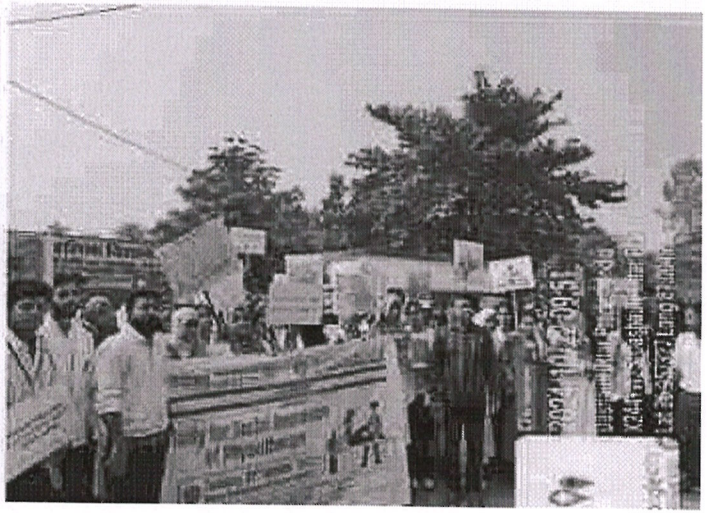
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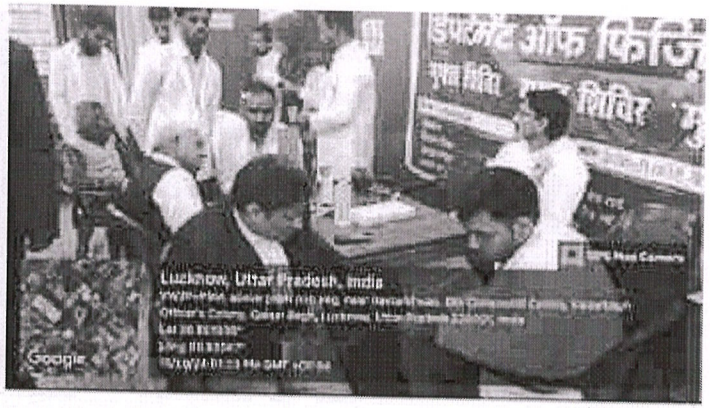


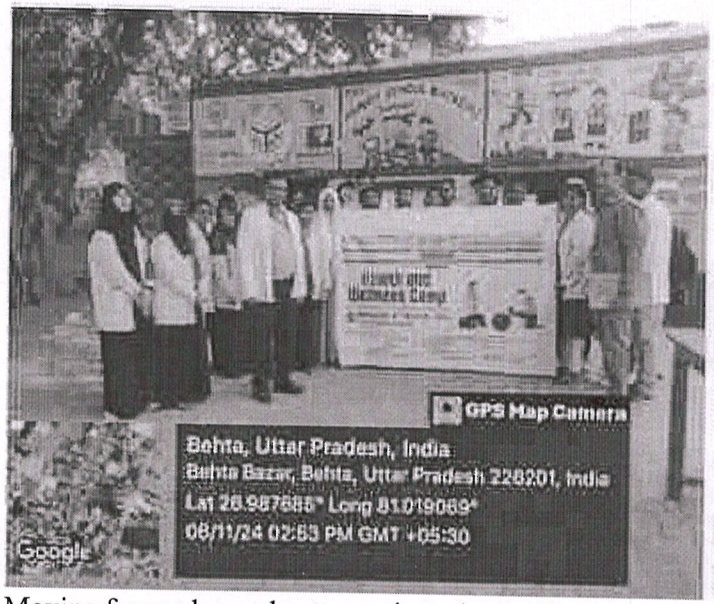


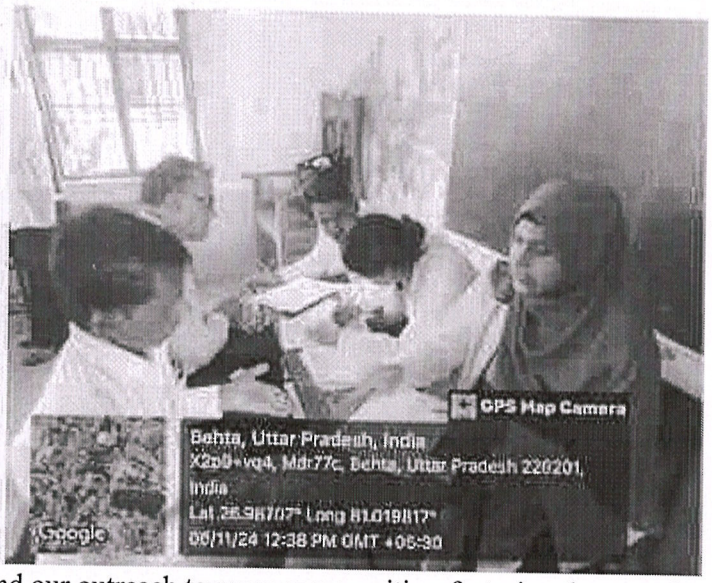
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Moving forward, we plan to continue these efforts and expand our outreach to more communities, fostering the growth of both our students and the communities we serve.

--

Thanks and Warm Regards

****

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Lucknow, U.P, India-226026
Phone:-0522-2890730,2890812
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