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## SUSTAINABLE PHYSICAL THERAPY LABORATORY & REHABILITATION CENTER LAHORE COLLEGE FOR WOMEN UNIVERSITY







# Women's Leadership in Higher Education HESSA

jUNE Workshop and Showcase: Women's Leadership Cohort 11

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### What was your project?

My project was related to establishment of Self sustainable Physical Therapy Laboratory and Rehabilitation Center in Lahore College for Women University, Lahore- Pakistan. This center shall address the health issues of working women within the university and community. Moreover it shall develop and enhance the professional skills of young physiotherapists.

It's sustainable project that may facilitate the society members to enhance their productivity through health and well being. I also address the WHO SDG Goal 3 i.e. Health and wellbeing.

#### **Higher Education System Strengthening Activity**

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## What was your project?

Why is it important?

What did you do and what institutional or partner support did you have?







- What did you do and what institutional or partner support did you have?
- My Vice Chancellor gave me official approvals for allocation of space and purchase of equipment's. The purchase department also supported me.
- Allocation of space as per need of the center
- Enlisting the requirements with specifications and official approvals
- Availability of funds from self support program of physical therapy for purchase of equipment's
- To Organize workshops for introduction of the center among faculty to elobarate its benefits for the institution.
- Advertisements for the purchase of equipment's, furniture and other items
- Procurement as per PEPRA rules
- Technical evaluation of equipments after procurement
- Placement and Inauguration of the Physical Therapy Lab and Rehabilitation center



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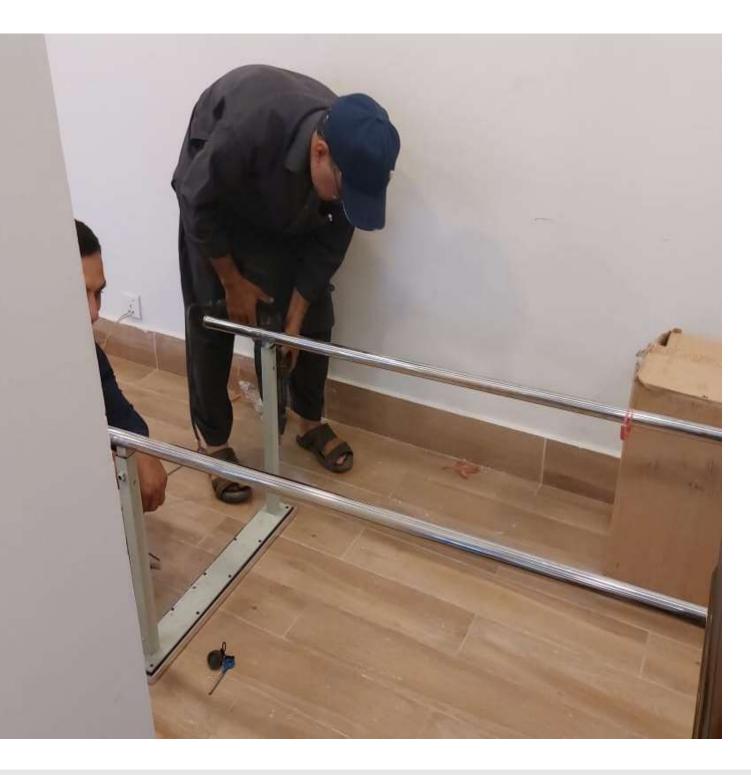
- Why is this important?
- The establishment of Physical therapy Laboratory and rehabilitation center in a women university was the need of the time. It became a source of professional development of young physiotherapists and also gives medical advices on particular issues related to female. As in Pakistan, women prefer to take medical advices from a female professional over male. Female professional physiotherapists may guide faculty members in more detail within the campus. A center may cater the health issues related to pregnancy, mobility, neuropathy and postpartum health issues. It may also enhance the working efficiency of females. It may be a source of revenue generation for the institution..









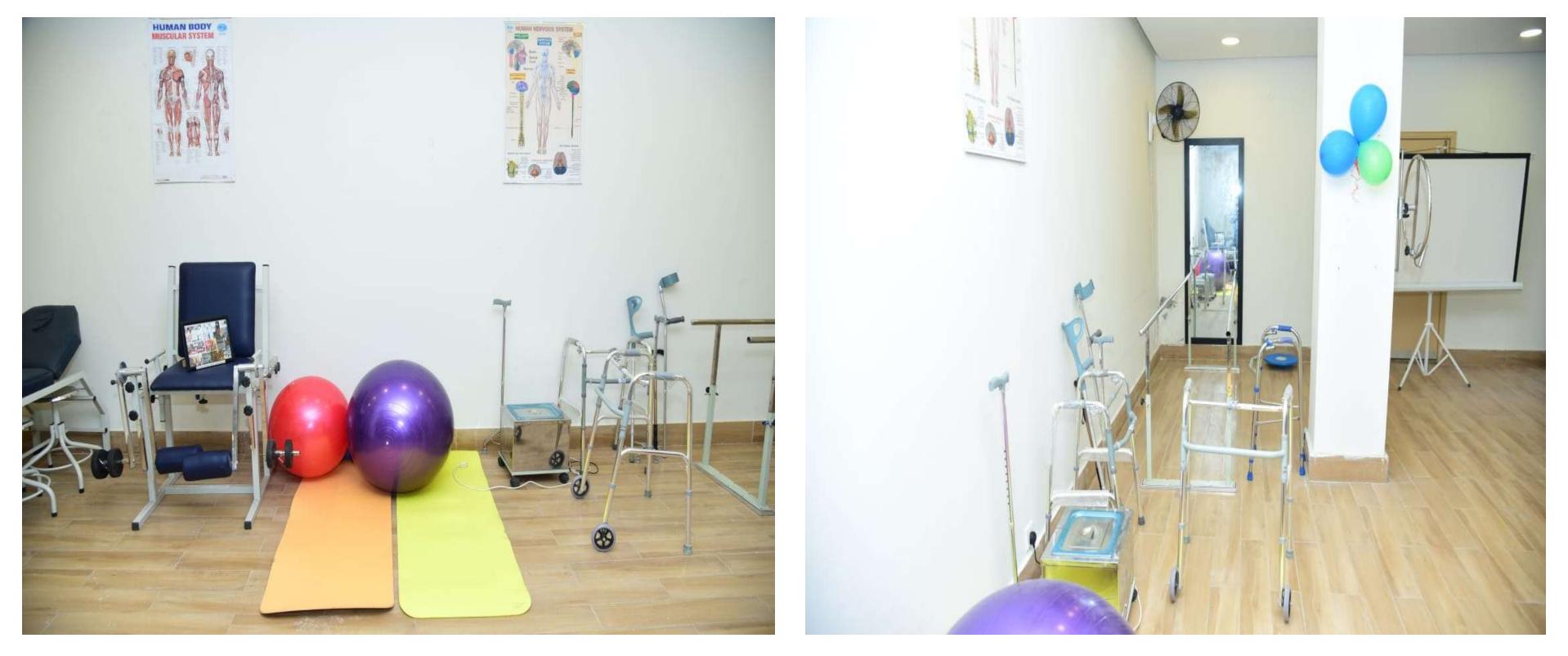












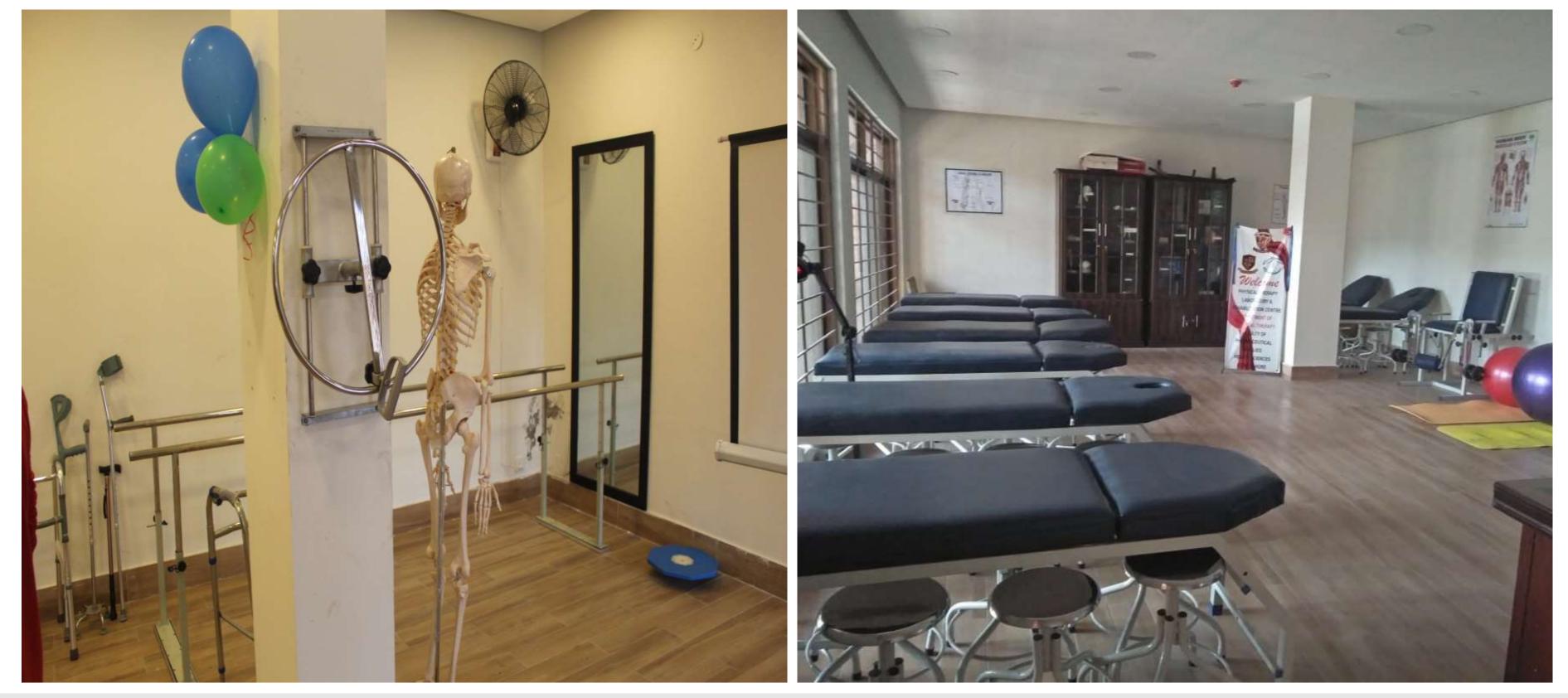
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#### ڈاکٹر آف فزیکل تھراپی اور فزیکل ایجوکیشن کی طالبات کے لیے ایک روزہ عملی ورکشاپ کا انعقاد۔











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### ڈاکٹر آف فزیکل تھراپی اور فزیکل ایجوکیشن کی طالبات کے لیے ایک روزہ عملی ورکشاپ کا انعقاد۔



































#### RESULTS

- Development of Procurement policy 2022-23 for next 05 years
- Establishment of Physical Therapy Laboratory for DPT students for Practical Work
- Establishment of Rehabilitation center for Faculty Members
- Outsource the facilities and expertise of Rehabilitation Center
- To conduct Training Sessions
- Revenue generation to buildup more facilities
- Collaboration with Hospitals
- To address sports Injuries of Sports Women of the University
- To achieve SDG goal 3 i.e. Health and Well being
- Especially designed modalities for Gynecological and Obstetric patients and Giatric female patients
- Empowerment of women by giving jobs as Physiotherapists and train them professionally

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# Results thus Far?







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## **PROCUREMENT POLICY 2022-23**

| LAHORE CO  | LLEGI<br>Nore – Poe   | E FOR WO   | <b>MEN UNIV</b><br>1980-08 (%) 042-8  | 62628077     | LAHORI                            |             |
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|  |   |  |   | 0            | lated JLCWU                       |             |
| of the Department, LCWU, L   | ahore   |  |   |              |                                   |             |
| JECT: Annual Procurement<br>pment's Contingency and (  | Planning<br>Seneral S   | of the Financi<br>upply etc.                                       | ial Year 2023-20  | 24 DPT / Pla | int and Mach                      | hingry, IT  |
| A.   | *****   |  | <u>Than 200,00</u>  |              |                                   |             |
| fant and Machinery/<br>Rachinory and equipment   | Plant<br>and<br>Machi<br>nery/<br>Machi<br>nery<br>and<br>equip | Procuramon<br>1 Category<br>(Local /<br>import)                    | Source of<br>Fund<br>(Budget<br>Head /<br>Project Head<br>(Funded<br>Project) | Estimated    | Tantathre<br>Delivery<br>Schedule | Remark<br>8 |
| ombination Therapy   | meet 01   | Local/Importal   | DPT   |              |                                   | -           |
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| involutor  | 01  | Local Imported   | ATT ON  |              |                                   |             |
| aser with probe  | 01  | Local Inspected  | DPT   | -            |                                   |             |
| action unit  | 01  | Local Imported   | 13471   |              |                                   |             |
|  | 01  | Lond Imported  | DPT   |              |                                   |             |
| nost wave shatteriny   | 61  | Local/Importal   | DPT   |              |                                   |             |
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| ficrowave diathermy<br>ili table   |   | kool/imported  | DPT   |              |                                   |             |
| icrowave diathermy<br>It table   | 01  | Contracting with the prime   | DPT   |              |                                   |             |
| Scrowave diathermy<br>It table<br>coopression therapy<br>C   | 01  | Hater/Invertor   |   |              |                                   |             |
| icrowave diathermy<br>It table<br>conpression therapy<br>C<br>sptop corel3   | 01  | 10v/l  | DPT   |              | -                                 |             |
| icrowave diathermy<br>It table<br>conpression therapy<br>C<br>sptop corel3<br>idge PEL   | 01<br>01<br>01  | Dell<br>Medium Sue   | DPT<br>DPT  |              |                                   |             |
| icrowave diathermy<br>It table<br>coopression therapy<br>C<br>sptop corel3<br>sidge PEL<br>ED Samsong / Heler/Sony   | 01<br>01<br>01<br>01  | Dell<br>Medium Xiao<br>40 Inch                                     | DPT<br>DPT<br>DPT   |              | -                                 |             |
| icrowave diathermy<br>It table<br>coopression therapy<br>C<br>sptop corel3<br>sidge PEL<br>ED Samsong / Heier/Sony<br>readmill   | 01<br>01<br>01<br>01<br>01                                      | Dell<br>Medium Xiao<br>40 Inch<br>Imported                         | DPT<br>DPT<br>DPT<br>DPT  |              |                                   |             |
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| Icrowave diathermy<br>in table<br>compression therapy<br>C<br>reptop contif<br>ridge PEL<br>ED Samoung / Haier/Sony<br>readmill<br>Itracound Therapy<br>fachine  | 01<br>01<br>01<br>01<br>01<br>01<br>05                          | Dell<br>Medium Sue<br>40 Inch<br>Imported<br>Imported              | ОРТ<br>ОРТ<br>ОРТ<br>ОРТ<br>ОРТ   |              |                                   |             |
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| forrowave diathermy<br>in table<br>compression througy<br>C<br>aptop contif<br>ridge PEL<br>ED Samoung / Haier/Sony<br>readmill<br>Itracound Therapy<br>fachine<br>ummy Trianmer double<br>itness Rubber Expander  | 01<br>01<br>01<br>01<br>05<br>05<br>05<br>05                    | Dell<br>Medium Xiae<br>40 Inch<br>Unported<br>Imported<br>Imported | 0PT<br>0PT<br>0PT<br>0PT<br>0PT<br>0PT  |              |                                   |             |
| Short wave diathermy<br>Microwave diathermy<br>Tilt table<br>Compression therapy<br>AC<br>Laptop corel3<br>Endge PEL<br>LED Somoung / Haier/Sony<br>Treadmill<br>Ultrasound Therapy<br>Machine<br>Tummy Trimmer double<br>Fitness Robber Expander<br>Cinon DSLR Camera<br>Microscope | 01<br>01<br>01<br>01<br>05<br>05<br>05<br>05                    | Dell<br>Medfum Size<br>40 Inzh<br>Unported<br>Impuried             | 0PT<br>0PT<br>0PT<br>0PT<br>0PT   |              |                                   |             |

### **Higher Education System Strengthening Activity**

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## **PROCUREMENT POLICY 2022-23**

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|--|--|----------|--|---|----------------|---------------------------------|---|
| 4  | Putty green  | 03       | Local/Importud   | of the pair of the part   | 3600.4         | Septorebus nanoard              |   |
| ġ  | Putty blue   | 03       | Local/<br>Imported   | OPD spate that<br>Support   | 3600/-         | September-<br>onward            |   |
| 6°.,   | Tubing set of 03   | 03       | Local?<br>Imported   | ETTERALAN (AN)  | 1200/-         | September-<br>onward            |   |
| 7  | Balance Board  | 02       | Local?<br>Imported   | Der Frigda (tak)<br>Lagran  | 16000/-        | September-+                     | - |
| н  | Balance Board  | 02       | Local/<br>Imported   | EPT Bagalarian'   | R000/-         | September-<br>onward            |   |
| 9  | Slick Cane   | 62       | Local/<br>Imported   | FETERAL ANTAN   | 3000/+         | September-<br>ionward           |   |
| 10-  | Stick terta pod  | 02       | Local/<br>Imported   | DPURgudative"   | 1600-          | September-<br>onward            |   |
| 21   | Mobilization<br>enaligions heles   | 02       | Local/<br>Imported   | Brit Begedartick'   | 15000/-        | September-                      |   |
| 22   | Wax bath (10-<br>12) I.T   | 02       | Local/<br>Imported   | CPT Biographics   | 55000/-        | September-                      | - |
| 23   | Medicine ball 02<br>KG 04 kG   | 1+1+1=03 | Local/<br>Imported   | Division Self   | 2008           | ionward<br>September-<br>onward |   |
| 24   | B.P Appreciates<br>ALPK, Japan   | 10       | Uk/japan/kona)   |   | 5000/-         | September-<br>onward            |   |
| 24   | Stethencope  | 05       | Local/<br>Imported   | TTERADAR ST   | 7500/-         | September-<br>ionward           | - |
| 25   | Indiand lamp<br>with stand   | 02       | Local/<br>Imported   | CPC Superior Soft   | 16000/-        | September-<br>conward           |   |
| 26   | Digital weight   | 01       | Local/<br>Insported  | RT1/Reprise/tolf  | 1000/+         | September-<br>onward            |   |
| 27   | l'ens basmet<br>Taivan   | 05       | Local/<br>Imported   | FT/Apple/HK   | 20000/-        | September-                      |   |
| 28   | Tens Ems comty<br>with stim  | 05       | Local/<br>Imported   | Of the princh of the property | 20000/-        | September-                      |   |
| 89   | Heating ped<br>basset taiyan   | 05       | Local/<br>Imported   | of Chapman Salt   | 3500/-         | September-                      |   |
| 10   | Quadriceps chair<br>with weight  | 01       | Local/<br>Imported   | Of Thipstochail<br>Name1  | 55000/-        | September-                      | - |
| 11   | Stop watch   | 05       | Local/<br>Imported   | OPT/RepriseTerl<br>Reprint  | 20,000         | September-                      |   |
| 32   | Inclinoeseter  | 05       | Local/<br>Imported   | Coff ( Despaces Tail)<br>Suggins (  | 1900/-         | September-<br>poward            |   |
| 00   | Cold packs/<br>chilling unit   | 02       | 40.00 D-10000-00-00-00-00-00-00-00-00-00-00-00-  | THE CONSTRUCTION OF T   | 1000/-         | September-<br>onward            |   |
| 94   | Infrared radiator  | 01       |  | UVI Rispitaciati<br>Inggori   | 6000/-         | September-<br>onward            |   |
| 5  | The hand set of  | 02       | Local/<br>Imported   | 11/19/spaké (lad)<br>Napposti   | 2800/-         | September-<br>nowied            |   |
| 16   | 0.00   | 02       | Local/   | Infection polyrithint<br>Report   | 4000/-         | September-<br>noward            | - |
| 18   | Tilting table  | 02       | printport near   | 11971 Forgula Sudi  | 40,000%        | September-<br>onward            | - |
| 19   | Shoulder pattey  | 02       | Local/<br>Emported   | 171 Bayar Car   | 18000/-        | September-<br>onward            |   |
| 10   | Selesor small  | 05       | the late of the la | 11/18 upda dak  | 2500/-         | September-                      | - |

| 95    | Stale cane   | 01   | Local/              | NYT-Reputational<br>Neuropean |            | September-<br>onward   |
|-------|--|--|---------------------|-------------------------------|------------|--|
| 40    |  |  | Imported            | Privanske traff.              | 100004-    | Sectomber-   |
| 10    | Walking finme  | 02   | Local/<br>Imported  | Logia:                        | 10000-     | energy and a second sec |
| 17 .  | Walking frame  | 02   | l.ocal/             | TITTY Ingela (hat)            | 12000/-    | September  |
| •/    | adjustable wheel   | 1  | Imported            | (internet)                    | 1 and a    | enward   |
| 18    |  | 02   | Local               | bernundenfort                 | 5000/-     | Soptamber-*  |
| 12.0  | pad  |  | Imported            | Payment.                      |            | buward   |
| \$0   | Moligan  | 02   | Local               | OFT/Blahlwith/R               | 3300/-     | September-   |
|       | mobilization belt  | 15   | Imported            | product (                     | a tease -  | onward   |
| ŝì    | Gens mat folding   | 02   | Local               | White appropriate Well        | 14000/-    | September  |
|       | State State Ver  | 1. Section of the sec | Imported            | happet                        |            | onward.  |
| 52    | lovel,01 peach<br>7.5 m,<br>Exercise tabing<br>lovel,03 green<br>7.5m<br>Exercise tabing   | 01+1+1=03  | Local/<br>Imported  | Der Trogenker Half            | 3600/-     | September-<br>onward   |
| 53    | level 7.5 m<br>Tubing band   | 03   | Local               | (FU Replay for                | 3600/-     | Septamber-   |
|       | Exercise hund<br>level,01 peach<br>5.5m,<br>Exercise hund<br>level,05 purple<br>5.5,m<br>Exercise hund<br>level 05 purple<br>5.5 m |  | Imported            | hoped                         |            | onward   |
| 54    | Parallel bar   | 01   | Local/<br>Imported  | 1000 Begelawiter              | 25000/+    | September-<br>onward   |
| 55    | Walker adjustable<br>Rober   | 02   | Lescal/<br>Imported | BRY Beginstein<br>Seight      | 32000/-    | September-<br>onward   |
| 56    | Parallel bar<br>adjustable   | 02   | Local/<br>Imported  | OTTON spatial field           | 66000/-    | September-<br>onward   |
| 87.   | Weight scale   | 02   | Local/              | DP*Chapulatilul               | 6000%      | September-   |
|       |  | 1  | Imported            | happit.                       |            | onward   |
| 58    | Stationary hicycle   | 01   | Local/<br>Imported  | SSTERAL deltab                | 30,000     | September-<br>onward   |
| 59    | Electric Pest Kille<br>Insect Mosquito<br>Flies Shock Trap<br>Flies Fluorescent<br>Lamp<br>NOGO /<br>Fluorescent                   | 102  | Local/<br>Imported  | 30°N iyyalar Tuli<br>Dagoor   | 10,000/-   | September-<br>onward   |
| 60    | Equivalent<br>Electric Kettle  | 01   | Leen/               | Printigal at his              | 10.0004    | September  |
| and . | Philips/Dawlance<br>Haler/Orient   | The second secon | Imported            | Page 1                        | i otraito. | onward   |
| 61    | Microware  | 01   | Local/              | OC September                  | 30,000/-   | September-   |
| -     | Philips/Dawlance<br>Hater/Oriest   |  | Imported            | Separat.                      | - and      | onward   |
| 62    | Dispenser  | 01   | Local/              | 18-19 Applie Cal              | 10.000     | September-   |

### **Higher Education System Strengthening Activity**

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## **PROCUREMENT POLICY 2022-23**

| Supply<br>under Head<br>(3971) |  |  | 1                  |                            |          |             |
|--------------------------------|--|--|--------------------|----------------------------|----------|-------------|
| 01                             | Hip Hone   | 03   | Local/             | OPT/highbertley            | 5000/-   | Septembers  |
| 172                            | Transie and  | 100  | Imported           | Property                   | Ponese.  | onwant      |
| 02                             | Femur  | 00   | Local/             | Of Deprise Berl            | -        | September-  |
|                                |  |  | Imported           | Segurate 4                 |          | konvunt .   |
| 03                             | Tibia  | 03   | Local/             | WY Granten Ball            |          | September-  |
| 11                             | State -  |  | Imported           | Trease 1                   |          | onward      |
| 04                             | Fibula   | 03   | Local              | OFT Mapping Ball           | -        | September-  |
| 86                             | 0953071  | 1  | Imported           |                            | 1        | beward      |
| os                             | Foot   | 03   | Local/             | COTTAL AGAINTARY           |          | September-  |
|                                |  |  | Imported           |                            |          | onward      |
| 06                             | Scapula  | 03   | Local/             | (PT) Original and P        | 1        | September-  |
| 14                             | and the second   | 10   | Imported           | - Contractor               |          | onward      |
| 07                             | Clavicle   | 63   | Local/             | Distance for               | 1568     | September   |
|                                |  | -  | Imported           |                            |          | ionward     |
| 08                             | Humena   | 0.0  | Local/             | Phylosophie Soll<br>Second |          | September-  |
|                                | 100000   | 0.0  | Imported           |                            |          | onward      |
| 09                             | Radius   | 0.3  | Local/             | AWT/Repairs betty          |          | September-  |
|                                | 100  | 10   | Imported           | - 0.01                     | -        | onsward     |
| 10                             | Ulna   | 03   | Local/             | OFT/Reprise Init           | -        | September-  |
|                                |  | -  | Imported           |                            |          | conward     |
| 11                             | Hand   | 03   | Local              | PPOlycphic60<br>English    |          | September-  |
|                                | 100 - 10 - 10 - 10 - 10 - 10 - 10 - 10   | 1  | Imported           | 147300                     | 1        | onward      |
| 12                             | Hip joint Model  | 01   | Local/             | 10PTILipatorital           | 1        | September   |
| 18                             |  | 1.5  | Imported           |                            | 1        | onward      |
| 13                             | knee joint Model   | 10   | Local/             | CONTRACTOR INTERNAL        |          | September-  |
| 111                            |  |  | Imported           |                            |          | onward      |
| 14                             | Ankle joint  | 01   | Local/             | NOSCIPTUS INT              |          | September-  |
| 15                             | Model  | 1000   | Imported           |                            |          | conward     |
| 19 3                           | Shoulder Joint   | 01   | Local/             | 1917 Report for 1          |          | Soptember-  |
| 16                             | Model  | 1  | Insported          |                            | -        | ceiward     |
|                                | Elbow Joint  | 01   | Local/             | LPT-Report Self            |          | September-  |
| 17                             | Model  |  | Imported           | 1000                       |          | orreard     |
| 11 E                           | Wrist Joint  | 01   | Local/             | Del Orgalia tait           |          | September-  |
| 8                              | Model  |  | Imported           |                            | courses! | unward      |
| 9                              | Sternuna   | 03   | Local <sup>2</sup> | 1PTEque llaf               | 10,000/- | September-  |
| 19                             | D.D.   | 1  | Imported           | Trapest.                   |          | onward      |
|                                | Ribs   | 02 set   | Local/             | (PTP-sydefial)             | 5000/-   | September-  |
| 20                             | Part of the L  |  | Imported           | big-4                      |          | conward     |
| er. 2                          | Contraction of the second s  | 02   | Local/             | O'll Reprint for           | 15000/~  | September-  |
| 1                              | model  | and the second s | Insported          | (wight)                    |          | onward      |
|                                | Spine each   | 01 set (33)s   |                    | OFT Reprint Ball           | 20,000%  | September-  |
| 2                              | vertebrae  | 14   | Imported           | Singun 7                   | -        | bureard     |
|                                | Brain model net  | 02   | Local/             | DPT/Acpalye/Set1           | 40,000/- | Neptentber- |
| 3                              | and the second se  | 100  | Imported           | Neppon                     | man      | buwand      |
| 44. S                          | Exercise mats  | 10   | Local              | Dfr/depalacian)            | 40,000/- |             |
| 4                              | and the second sec | 100  | Imported           | Negurit                    | 1        | onward      |
|                                | Fibula   | (12  | Contraction of the | 1                          | 5000/-   |             |

| Sr. Ø  | Procurement<br>Name                                   | Plant and<br>Rashinwry'<br>Machinery<br>and<br>opplyrount | Procorement<br>Category<br>(Local /<br>Import) | Econor at<br>Fan Lifestyn<br>Huel<br>Project Heat<br>Fandet<br>Projectj  | Fallensted<br>Arbenste | Tantathen<br>Delivery<br>Schedule | Records |
|--------|---|---|--|--|------------------------|-----------------------------------|---------|
|        | Plant and<br>Machinery/<br>Machinery and<br>equipment |   |  |  |                        |                                   |         |
| ir, No |   |   |  |  |                        |                                   | 1       |
| a      | Crutches<br>Aluminum<br>Elbow                         | 01  | Local/<br>Imported                             | 1875 Bag de Sul<br>Segun   | 2000/-                 | September-<br>onward              |         |
| i2     | Goniometer (<br>setoff)                               | 02 piece  | Local/<br>Imported                             | territespalantial?<br>Topperi  | 3400/-                 | September-<br>unward              |         |
| 0      | Crutches<br>Aluminoen<br>adjuctable                   | 01  | Local/<br>Imported                             | C#10hqutur5d7<br>Nooperi   | 4000/-                 | September-<br>oesward             |         |
| н      | First Aid Box   | 02  | Local/<br>Imported                             | (17), Wagerlan Dy W<br>Designed  | 70005-                 | September-<br>ionward             |         |
| 15     | Shoulder wheel  | 01  | Local/<br>Imported                             | 11'l Bygoda Colf.<br>Taggodi   | 10,000%                | September-<br>onward              |         |
| M      | Foana Roller<br>Jarge                                 | 01  | Local/<br>Imported                             | Contraction of the second s  | 7000/-                 | September-<br>onward              | 1       |
| 07     | Foams coller<br>small                                 | 01  | Local/<br>Imported                             | forrithophis/fair<br>Incomi  | 4000/-                 | September-<br>onward              |         |
| 08     | Gym ball  | 05  | J.ocal/<br>Jasported                           | Letterappine Test<br>Societ  | 7500/-                 | September-<br>onward              |         |
| 089    | Measuring tape  | 95  | Local/<br>Isoported                            | 1977,Reprint To V<br>Proposi   | 500/-                  | September-<br>onward              | -       |
| 10     | Reflex Hammer   | 01  | Local/<br>Imported                             | NTTRANA OLD  | 2504                   | September-<br>onward              |         |
| n      | Treatment<br>Examination<br>Couches                   | 02  | Local/<br>Imported                             | 1971 Progodantiadi<br>Rogeniti   | 30000/-                | September-<br>ouward              |         |
| 12     | Wall bar  | 01  | Local/<br>Imported                             | NYTHINGTON THE   | 6000/-                 | Signember-<br>onward              |         |
| 13     | Putty orange  | 03  | Local' Imported                                | Support  | 3600/-                 | September-<br>onward              |         |
| 14     | Putty green   | 00  | Local/ Imported                                | and the second s | 1600-                  | printages-man                     |         |
| 15     | Putty blue  | 03  | Local/<br>Imported                             | (atthought) for<br>Loppon  | 3600/-                 | September-<br>onward              |         |
| 16     | Tubing set of 03                                      | 03  | Local/<br>Imported                             | EPT Brightertal<br>Page 41   |                        | September-<br>onward              |         |
| 17     | Balance Board   | 112   | Local/<br>Imported                             | EVERY Happen Carl<br>Prepart   | 16000%                 | September-<br>onward              |         |
| 18:    | Balance Bourd   | 02  | Local/   | ENT Nepsile hit  | 8000/                  | September-                        |         |

### **Higher Education System Strengthening Activity**

#### THE UNIVERSITY OF ALABAMA°









## **PROCUREMENT POLICY 2022-23**

1

| No. |                         | 20           | Imported           | Charles and the second                 |          | lonward  |
|-----|-------------------------|--------------|--------------------|--|----------|--|
| 08  | Humerus                 | 03           | Local/<br>Imposted | Martin Federal Tall                    |          | September-<br>onward   |
| 09  | Rodius                  | 03           | Local/<br>Imported | All Trippe per per la di<br>Designa di |          | September-<br>onward   |
| 10  | Ulna                    | 03           | Local/<br>Imported | Performante la P                       |          | September-   |
| ii. | Hand                    | 03           | Local/<br>Imported | felt di quanchell<br>Impira            |          | September-   |
| 12  | Hip joins Model         | 01           | Local/<br>Imported | ATT Reprise for all                    |          | September-<br>convard  |
| 1)  | knee joint Model        | 01           | Local/<br>Imported | Period and Period                      |          | September-   |
| 14  | Ankle joint<br>Model    | 01           | Local/<br>Imported | (WV/Require but<br>Suppose             |          | September-   |
| 15: | Shoulder joint<br>Model | 01           | Local/<br>Imported | Cart Aspeta Sold<br>Depict             |          | September-<br>cerourd  |
| 16  | Elbow Joint<br>Model    | 01           | Local/<br>Imported | Property lists                         | l i      | September-   |
| 17  | Wrist Joint<br>Model    | 01           | Local/<br>Imported | CV17Acquiries/hal-F<br>Siggines        | 1        | September-<br>onwurd   |
| 18  | Stennor                 | 03           | Local/<br>Imported | Orritagéo/Sel F                        | 10,900/- | September-<br>onward   |
| 19  | itiba                   | 02 sot       | Local/<br>Imported | FORT Magnese Tally<br>Displays         | 50004    | September-   |
| 20  | Embro feial<br>roodel   | 02           | Local/<br>Imported | DPT Ocyalor Salt<br>Report             | 150004   | September-<br>onwird   |
| 21  | Spine each<br>vertebene | 01 set (33)s |                    | Diff Tableaddorffield<br>Pograph       | 20,000/- | September-<br>onward   |
| 22  | Brain model set         | 02           | Local/<br>Imported | DPT hispater(half<br>Septem            | 40,090/- | September-   |
| 23  | Exercise mats           | 10.          | Local/<br>Imported | Dir Ditayake Gadi.<br>Response         | 40,000/- | A STATUTE AND A ST |
| 24  | Fibula                  | 02           |                    |  | \$000-   |  |

| 10 | Compression lind                              | 01 | Local/ Imported    | DPT/Regular/Self<br>Support | 1082000/-       | September-<br>onward |
|----|---|----|--------------------|-----------------------------|-----------------|----------------------|
| 11 | Therapy<br>Hydrocalators ss                   | 01 | Local / imported   | DPT/Regular/Self<br>Support | 87000/-         | September-<br>onward |
| 12 | Quardicip bench with single arm               | 01 | Local / imported   | DPT/Regular/Self<br>Support | 80,000/-        | September-<br>onward |
| 13 | Quardicip bench with<br>double arm            | 01 | Local / imported   | DPT/Regular/Self<br>Support | <u>103800/-</u> | September-<br>onward |
| 14 | Double pully sustem<br>with adjustable weight | 01 | Local / imported   | DPT/Regular/Self<br>Support | <u>92000/-</u>  | September-<br>onward |
| 15 | Tilting bed electric<br>with high- low option | 01 | Local / imported   | DPT/Regular/Self<br>Support | <u>109900/-</u> | September-<br>onward |
| 16 | Air Conditioner 1.5 ton                       | 01 | Haier/Orient/Gree/ | DPT/Regular/Self<br>Support | 90,000/-        | September-<br>onward |
| 17 | Quadriceps chair<br>with weight               | 02 |                    | oupport                     | 10,00000/-      |                      |

#### Detail for Procurement More Than 200,000/- Tender Case

|      | Plant and Machinery!<br>Machinery and<br>equipment | Plant and<br>Machinery/<br>Machinery and<br>equipment | Procurement<br>Category<br>(Local Cimport) | Source of<br>Fund (Badget<br>Hand / Propect<br>Hand / Funded<br>Project) | References | Tentative<br>Detrocy<br>Schodule | Hennesha |
|------|--|---|--|--|------------|----------------------------------|----------|
| 01   | Combination Thangy                                 | .01   | Losal/ Importat                            | DPDRegalarbeit<br>Suppor   | 399,0007   | September-                       |          |
| 02   | Ultrasound   | 01  | Local Imported                             | DPDReputation<br>Sepport   | 299.0950   | September-                       |          |
| 60   | Interferential current                             | 01  | Local Sepond                               | DPDRoplamble<br>Septen   | 200.8665   | September-                       |          |
| 64   | Stimulator   | 0)  | Local Imported                             | DPD/kigolaciioff<br>Support  | 29188      | September-                       |          |
| 05.0 | I age with ninke                                   | 10  | Emril/ Investor                            | FUET Brown Amiltad P   | 100.000    | Bigtark                          |          |



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### **PURCHASED ITEMS 2022-23**

| NAME OF THE FIRM M/S. New Surgical<br>Bill No. Nil<br>Following items have been inspected and found accord | Dated: 08-11-2022<br>ding to the specification mentioned in the | LABORE COLL<br>SAME OF THE FIRM MIS.<br>BILL NO. 518<br>Following mems have been im   |
|--|---|---|
| Purchase order and are in good condition  # NAME OF ITEMS Surgical stools                                  | QTY<br>DEMANDED RECEIVED<br>25-Nos 25-Nos                       | The Princhase order and are in p<br>Nr. 0 NAME OF<br>1 Container ( 3 Mary or<br>2 Container Alaminedi A<br>3 Story Wales)                             |
| Head of Department /Concerned<br>Member  | the and the second and the                                      | 4. Maximilie ¥<br>5. Marrier For Pentaer Car<br>6. First Aid Byn<br>7. Storedder Wheel<br>8. Foars Rollers<br>9. Wedgerst                             |
| Dr. Asia Shabbir<br>Tenured Associate Professor<br>Department of Islamic Studies<br>Member                 | Atra Shabber  | Head of Department Concerns<br>Member<br>Dr. Matwidth Ispadar   |
| Dr. Anjum Tahira<br>Associate Professor<br>Department of Persian<br>Member                                 | Anjizh  | Tenarul Associate Professor<br>Department of Biotochaology<br>Convenue<br>Dr. Sadip Marinvat<br>Associate Professor<br>Department of Electrical Engle |
| Dr. Ayesha Shahzad<br>Asaistant Professor<br>Department of Political Science<br>Secretary/ Member          | Alche Sherter   | Manufer<br>Dr. Saima Sharif<br>Tameral Associate Professor<br>Department of Zoology<br>Member   |
| Dr. Asifa Kamal<br>Associate Professor<br>Department of Statistics<br>Secretary/ Member                    | - Hair 2 Rom. x   | Dr. Arham Shalibir<br>Associate Professor<br>Department of Pharmary<br>Member   |
| Dr. Muhammad Fiaz<br>Incharge, Department of Management Science<br>LCWU, Labore.<br>Convener               | - main  | Dr. Hins Chandbry<br>Assistant Professor (Adheet)<br>Department of Environmenta<br>LCWU, Labors.<br>Secretary/Member                                  |
| V  | /   | (Deta: 09-49-2622   |

#### **Higher Education System Strengthening Activity**

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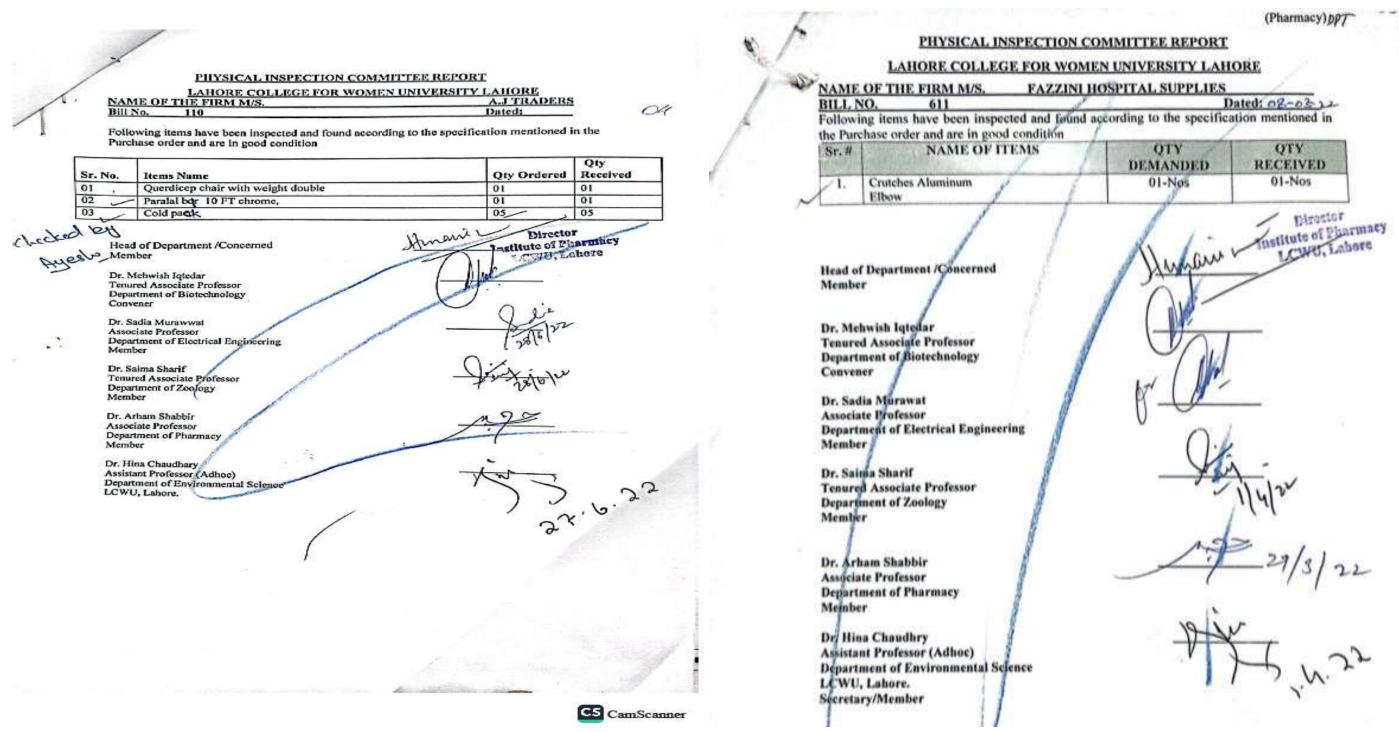


|   | undang to the specifics | tion mentioned in |
|---|-------------------------|-------------------|
| - | UTY                     |                   |
|   | DEMANDED                | RECEIVED          |
| - | OS-Page.                | R5-Net            |
| 9 | 41-41                   | 10+10             |
| _ | 01-54                   | 01-Nes            |
| - | 01-Nep<br>01-Nep        | 01-Net            |
| - | 40                      | 01-Nes            |
|   | UL/Mas                  | 01-Nes            |
|   | #1-hps                  | \$1-New           |
|   | 01-Nes                  | 01-Nes            |
|   | 8°-0                    | <u>k</u>          |
|   | Jik                     | 4/22              |
|   | Vie                     | 1.1.4             |





## **PURCHASED ITEMS 2022-23**



#### **Higher Education System Strengthening Activity**

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### **PURCHASED ITEMS 2022-23**

| Ollowing items have been impacted and found summing to the specification mentioned is       be Perchase order and are in good condition       Sr. ft     NAME OF ITEMS     OTY     OTY       1     Gens hall different states     0/     03       2     Measuring May     14     16       3     Welking Franke Adjurable, Folding Standard, B1+001     81+01+01     81+01+01       4     Stick Orne (Absciration Adjustable)     Bipriderd     6V     61       5     Refers the Constraint Counter     10/     10     10       6     Transmit Foundation Counter     10/     10     10       7     Wall DM     00     01     01       8     Party Soft Gauges Biggs     00     01     01       8     Party Soft Gauges Biggs     00     01     01   | 15 |
|---|----|
| DEMANDED         RECEIVED           1         Gym halt diffacent sizes         0.0         0.0           2         Meanwing total         10         10           3.         Wolking Franke Adjustable, Folding, Standard,<br>Relating,<br>Wheelyd         01         00         00           4.         Stick (does (Abscringen Adjustable) Biprided         01         01         01           5.         Reflex Barrenet         30         00         00           6.         Transment Educination Coucher         00         00         00           7.         Walt DA         00         00         00           8.         Perty Soft Genes Bippin         00         00         00           9.         Perty Soft Genes Bippin         00         00         00  | 13 |
| 2     Meanwing total     10     10       3.     Wolking Franke Adjustable, Folding, Standard,<br>Relating,<br>Wheeligh     01+01/01     01+01+01       4.     Silck (long (Abaretrane Adjustable) Bipodard     0/     01       5.     Reflex Barener     30/     10       6.     Transmeric Editionation Coucher     00/     01       7.     Wall DA     00/     01       8.     Perty Soft design Biggs     00/     01       9.     Perty Soft design Biggs     00/     01   |    |
| 1.     Walking Fragle Adjustable, Folding Standard, Bit-starfell     Bit-starfell       9.     Witesing     Bit-starfell     Bit-starfell       4.     Stack Gree (Abarringen Adjustable)     Bitridard     Bit       5.     Reflex Barrene     300     Bit       6.     Transmert Education Coather     CD     00       7.     Walt DM     DD     Bit       8.     Perry Soft Gaussian Bigst     DD     Bit       8.     Perry Mediality Green Bigst     DU     Bit  |    |
| Relating         B1+004-001         B2+001+001           Winstaff         Winstaff         B1+004-001         B2+001+001           4. Stick Gree (Ahamimum Adjustation) Bigriderd         BV         B1           7. Reflex Barrow         300         B0           6. Transment Educionation Counter         CD1         B0           7. Wall DM         00         B1           8. Perty Soft General Bigst         D0         B1           9. Perty Soft General Bigst         D1         B1   |    |
| A Stick Gree (Abenimum Adjustable) Bariderd      V  |    |
| Tetre For         10         10           3. Reflex Marcane         300         10           6. Transment Experimention Couchers         610         65           7. Wall D.M.         00         61           8. Perty Soft Grasses Flags         61         61           9. Perty Modulus Couchers         61         61  |    |
| Year Soft Georgen Wight     Percy Soft Georgen Wight     Percy Modulus Gross Wight     Of     Of     Of     Of     Of   |    |
| Year Soft Georgen Wight     Percy Soft Georgen Wight     Percy Modulus Gross Wight     Of     Of     Of     Of     Of   |    |
| 8. Percy Soft Georgen Hight Rev Modeling Groups Hight Rev Modeling Groups Hight Rev   |    |
| Party Medidie Grans Right 01  |    |
| Patry Soft OkceSthern / 01 01   |    |
| 9. Exercise Tuping Level/ Peach 7.5m 01 01 01   |    |
| <ul> <li>Exercise Tighing Lovel J. Onen T. Im</li> <li>With the second second</li></ul> |    |
| Exercise People 7.5m 01 01  |    |
| 10. Exercise Band Level 1 Peach 5.5m 01 01 01<br>Exercise Band Level 5 Peeple 5.5 01 01 01  |    |
| Derevine Rand Lavel 5 Parrie 5.3m B 01 BI   |    |
| 11. Balance Brieght 01 01 01<br>12. Balance Brieght 01 01 01  |    |
| 12. Bulance Divert 01<br>13. Scisson Small and Lorge 01+01/ B1+01   |    |
| 14. Pelley System / 01  |    |
| 15. Mobilizzation Metricante Delte 10 10  |    |
|   |    |
| T The second sec  |    |
| 11 ALAN SWATTER STATE   |    |
| Icad of Department Concerned Homeway & Lower Stranger   |    |
| dentur /  |    |
|   |    |
| br. Michwich Liptedar   |    |
| Securet Associate Professor   |    |
| Davener 1   |    |
|   |    |
| hr. Sadia Murawat   |    |
| epartment of Electrical Engineering   |    |
| Sembar A  |    |
| br. Saina Sharif  |    |
|   |    |
|   |    |
| resured Associate Professor   |    |

PHYSICAL INST LAHORE COLLEGE NAME OF THE FIRM BMC St 916 Bill No. Following items have been inspected Purchase order and are in good condit NAME OF ITEMS Examination Couch Head of Department /Concerned Member Dr. Asia Shabbir Tenared Associate Professor Department of Islamic Studies Meniber Dr. Anjum Tahire Associate Professor Department of Persian Monher Dr. Ayesha Shahrad Assistant Professor Department of Political Science Secretary/ Member Dr. Asife Kamsl Associate Professor Department of Statistics. Societary/ Member

> Dr. Muhammad Fiax Incharge, Department of Management LCWU, Labore. Convener

#### 13-04-2022

**Bill forward Inspection Committee\_** Bill Receive Back from Inspection Committee

#### THE UNIVERSITY OF ALABAMA°





| 3                              |  |
|--------------------------------|--|
|                                | SPT. Planteney                                   |
| ECTION COMMITTEE               |  |
| FOR WOMEN UNIVER               |  |
| gical Hospital Suppliers       | -  |
| and a second second second     | Dated: 11-03-2022                                |
| nd found according to the<br>m | e specification mentioned in the                 |
| - Station                      | OTY OT NET OT N                                  |
|                                | 60 03  |
|                                | VDD I Connetter<br>Department of Physical Theory |
|                                | fasting merendes States                          |
|                                | 201 A  |
| /                              | P Alshe Sherer                                   |
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| 2101005                        | /  |
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## **NEXT STEPS**

- To Commercialize the facilities for General Public and make it Sustainable
- Approval of Rates for Each Modality from Finance & Planning Department
- To Conduct Awareness Sessions for General Public
- To start Research and Trainings in collaboration with University of Utah and Alabama focusing Health and Wellbeing of USA and Pakistani Women

**Higher Education System Strengthening Activity** 

ALABAMA





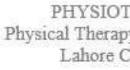
# Next Steps in coming months?

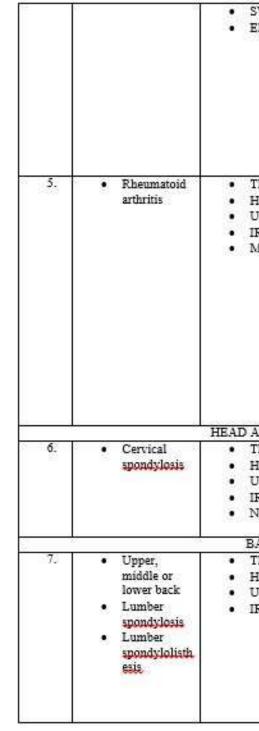






| Sr.<br># | DISEASES  | MODALITIES   | TREATMENT  | FEES    |
|----------|---|--|--|---------|
| Ŧ        |   | SHOULDER PAIN  | *  |         |
| 1.       | <ul> <li>Frozen<br/>shoulder</li> <li>Acromioclavi<br/>cular joint<br/>dysfunction</li> <li>Scapulothora<br/>cic joint</li> </ul> | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>Infrared lamp</li> <li>Interfrential therapy</li> </ul> | <ul> <li>Shoulder<br/>ROMS</li> <li>Glides</li> <li>Pulley</li> <li>Pendulum<br/>movement</li> <li>Finger ladder</li> <li>CogWheel</li> <li>Shoulder<br/>distraction</li> </ul>  | 1000    |
| 2.       | Rotator cuff<br>tendinitis  | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>Cold pack with EMS</li> </ul>               | <ul> <li>Shoulder<br/>ROMS</li> <li>Stretching</li> <li>Resistance<br/>training with<br/>thera band</li> <li>Kinesiology<br/>taping</li> <li>Soft tissue<br/>technique</li> </ul>  | 1000/   |
| and M    |   | ELBOW PAIN   | \$ <u></u>   |         |
| 3.       | <ul> <li>Tennis and<br/>golfers elbow</li> </ul>  | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>Paraffin wax therapy</li> </ul>             | <ul> <li>ROMS</li> <li>Downward<br/>wrist stretch</li> <li>Wrist curl<br/>(palm up,<br/>palm down)</li> <li>Elbow curls</li> <li>Ball<br/>squeezing</li> <li>Forearm pull</li> <li>Kinesiology<br/>taping</li> <li>Paraffin wax<br/>bath stroking<br/>technique</li> </ul> | • 1000/ |
|          |   | ARTHRITIS  |  |         |
| 4.       | <ul> <li>Osteoarthritis</li> </ul>  | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> </ul>   | Activity     modification     weight loss  | • 1000/ |





### **Higher Education System Strengthening Activity**

#### THE UNIVERSITY OF **ALABAMA**°





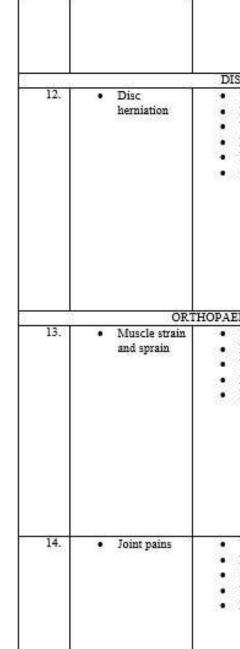
| SWD  | • IR.  | 10            |
|--|--|---------------|
| EMS  | <ul> <li>Bracing</li> </ul>                  |               |
|  | <ul> <li>Knee</li> </ul>                     |               |
|  | isometrics                                   |               |
|  | <ul> <li>Patellar</li> </ul>                 |               |
|  | mobilizations                                |               |
|  | Quads  |               |
|  | strengthening                                |               |
|  | Ankle pumps                                  |               |
|  | <ul> <li>TA stretch</li> </ul>               |               |
|  | - In sector                                  |               |
| TENS   | <ul> <li>Finger</li> </ul>                   | • 1000/-      |
| Hot pack   | abduction,                                   | 41 9/66738339 |
| Ultrasound   | adduction,                                   |               |
| IR   | mobilization                                 |               |
| Mulligan Mobilization                              | Hydrotherapy                                 |               |
| and the second the second                          | <ul> <li>Rest and</li> </ul>                 |               |
|  | splinting                                    |               |
|  | <ul> <li>Aerobic</li> </ul>                  |               |
|  | exercises                                    |               |
|  | ROMS   |               |
|  | <ul> <li>Strengthening</li> </ul>            |               |
|  | <ul> <li>Stretching</li> </ul>               |               |
|  | <ul> <li>Isokinetic</li> </ul>               |               |
|  | <ul> <li>Isokinetic</li> <li>knee</li> </ul> |               |
|  | exercises                                    |               |
|  | 1970.090002CU                                |               |
| AND NECK PAIN                                      |  | С.            |
| TENS   | <ul> <li>Head turn</li> </ul>                | • 1200/-      |
| Hot pack   | <ul> <li>Chin tugs</li> </ul>                | 5.2 25/389-7  |
| Ultrasound   | <ul> <li>Head tilt</li> </ul>                |               |
| IR.  | Neck brace                                   |               |
| Neck kneading                                      | <ul> <li>Cervical</li> </ul>                 |               |
| 115-14-127-151-15-15-15-15-15-15-15-15-15-15-15-15 | traction                                     |               |
| ACK PAIN   | 2  | 3             |
| TENS   | <ul> <li>Core</li> </ul>                     | • 1000/-      |
| Hot pack   | strengthening                                | 25352548      |
| Ultrasound   | <ul> <li>Lumbar</li> </ul>                   |               |
| IR   | stabilizing                                  |               |
|  | exercises                                    |               |
|  | <ul> <li>Mackenzie</li> </ul>                |               |
|  | extension                                    |               |
|  | exercises                                    |               |
|  | <ul> <li>Cat &amp;Camel</li> </ul>           |               |
|  | <ul> <li>Cobra</li> </ul>                    |               |
|  | posture                                      |               |







|     |  |   | <ul> <li>Postural<br/>training</li> </ul>  |          |
|-----|--|---|--|----------|
| 8.  | <ul> <li>Sciatica in<br/>pregnant<br/>women</li> </ul> | <ul> <li>TENS below S3 OR<br/>above T10</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>        | <ul> <li>Glutes<br/>strengthening</li> <li>Hamstrings<br/>strengthening</li> <li>Brace support</li> <li>Ankle pumps</li> <li>SLR</li> <li>Nerve<br/>flossing</li> <li>Back up<br/>strengthening</li> </ul>                               | • 1500/- |
| 9.  | <ul> <li>Sacroiliac<br/>dysfunction</li> </ul>         | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>SWD</li> <li>IF Therapy</li> </ul> | <ul> <li>Sacroiliac<br/>belt</li> <li>Distraction</li> <li>Stretching of<br/>quadriceps</li> <li>Strengthening<br/>of quads and<br/>hams</li> <li>IT stretch</li> <li>Rolling</li> <li>Ankle pumps<br/>pitiformis<br/>stretch</li> </ul> | • 2000/- |
| 10. | Scoliosis  | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>SWD</li> <li>EMS</li> </ul>        | <ul> <li>Pelvic tilts</li> <li>Arm and leg<br/>raises</li> <li>Camel&amp;cat</li> <li>Dog bird</li> <li>Butterfly</li> <li>Latissimus<br/>dorsi stretch</li> <li>Bracing</li> </ul>  | • 1000/- |
| 11. | • Coccidynia   | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>IF Therapy</li> </ul>              | <ul> <li>Ice coccyn</li> <li>Glutes<br/>stretches</li> <li>Bridging</li> <li>Lumbar<br/>rotation</li> <li>William</li> </ul>   | • 1500/- |



### **Higher Education System Strengthening Activity**

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|  | <ul> <li>Spikey ball<br/>on your<br/>piriformis</li> <li>SLR</li> </ul>   |          |
|--|---|----------|
|  | <ul> <li>IT stretch</li> </ul>  |          |
| SC PROBLEMS<br>TENS<br>Hot pack<br>Ultrasound<br>IR<br>EMS<br>STIMULATIONS | <ul> <li>Ambulation<br/>and<br/>resumption of<br/>exercise</li> <li>Aerobic<br/>activity</li> <li>Cycling</li> <li>Tilt board<br/>exercises</li> <li>Gilute bridge</li> <li>Lateral pillar<br/>bridge</li> <li>Plank with<br/>arm lift</li> </ul>   | • 2500/- |
| EDIC REHABILITATION<br>TENS<br>Hot pack<br>Ultrasound<br>IR<br>Massagers   | <ul> <li>Cryptherapy</li> <li>Core<br/>strengthening</li> <li>Back stability</li> <li>Bridging</li> <li>Pectoralis<br/>stretch</li> <li>Wall clocks</li> <li>Chin tugs</li> <li>Lower traps<br/>lift off</li> <li>Thoracic<br/>extension</li> </ul> | • 1000/- |
| TENS<br>Hot pack<br>Cold packs<br>Ultrasound<br>IR                         | <ul> <li>Mobilizations</li> <li>Joint<br/>strengthening<br/>exercises</li> <li>Stretching of<br/>proximal and<br/>distal<br/>muscles</li> </ul>   | • 1500/- |







| 194 C |   |  | <ul> <li>Resistance<br/>training with<br/>thera band</li> </ul>   |          |
|-------|---|--|---|----------|
| 15.   | Fractures                                   | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>SWD</li> <li>IR</li> </ul>        | <ul> <li>Pre-operative<br/>phase:</li> <li>Ambulation</li> <li>Efflurage</li> <li>Isometrics</li> <li>Ankle pumps</li> <li>Post-<br/>operative:</li> <li>Hip<br/>abduction</li> <li>Leg<br/>extension</li> <li>Leg<br/>extension</li> <li>Ankle dorsi<br/>and planter<br/>flexion</li> <li>Getting in<br/>and out of<br/>bed</li> </ul> | • 1000/- |
| 16.   | Stroke                                      | ROLOGICAL REHABILITATIO<br>TENS<br>Nerve Stimulation<br>Hot pack<br>Ultrasound<br>IR           | <ul> <li>Wrist curls</li> <li>Aerobic<br/>exercises</li> <li>Chair based<br/>movements</li> <li>Stair<br/>climbing</li> <li>Gait training</li> <li>Lunges</li> <li>Backups</li> <li>Bridging</li> </ul>   | • 2000/- |
| 17.   | <ul> <li>Parkinson's<br/>disease</li> </ul> | <ul> <li>TENS</li> <li>IF therapy</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul> | <ul> <li>Bicep curls</li> <li>Tricep dips</li> <li>Kick backs</li> <li>Extensions</li> <li>Assisted pull<br/>ups</li> <li>Stand ups</li> <li>Squats</li> <li>Leg presses</li> <li>Rowing</li> </ul>   | • 1000/- |

| 1.52 |  |   | <ul> <li>Coordination<br/>exercises</li> </ul>  |          |
|------|--|---|---|----------|
| 18.  | <ul> <li>Spinal cord<br/>injuries</li> </ul> | <ul> <li>TENS</li> <li>DL2 machine</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul> | <ul> <li>Circuit<br/>training</li> <li>Rowing</li> <li>Stretching</li> <li>Strengthening</li> <li>Weight<br/>lifting</li> <li>Cuffs or<br/>wraps</li> </ul>   | • 1500/- |
| 19.  | • Guillain<br>barre<br>syndrome              | <ul> <li>Interferential therapy</li> <li>Hot pack</li> <li>Balance board</li> </ul>             | <ul> <li>ROMS</li> <li>Core muscle training</li> <li>Fish</li> <li>Cobra</li> <li>Camel and cat</li> <li>Dog and bird</li> <li>Fish</li> <li>Butterfly</li> <li>Gait training</li> <li>Stair climbing</li> <li>SLR</li> <li>Coordination exercises</li> <li>Ball squeezing</li> </ul> | • 1500/- |
| 20.8 | <ul> <li>Muscular<br/>dystrophies</li> </ul> | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>                      | <ul> <li>Pilates</li> <li>Deep<br/>breathing</li> <li>Strengthening</li> <li>Cycling</li> <li>ROMS</li> <li>Squatting</li> <li>Heel raise</li> <li>Toe raise</li> <li>Leg balance</li> <li>Step ups</li> </ul>  | • 1200/- |
| 21.  | <ul> <li>Bell's palsy</li> </ul>             | <ul><li>Interferential therapy</li><li>IR.</li></ul>  | Frown     assisted     Duffa  | • 1500/- |

### **Higher Education System Strengthening Activity**

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|     |   |  | <ul> <li>Eyebrow lift</li> <li>Smile one<br/>side with<br/>assistance</li> <li>Kissing pout</li> <li>Clench teeth</li> <li>Eyes<br/>focusing in<br/>multiple<br/>directions</li> </ul> |          |
|-----|---|--|--|----------|
| 22. | <ul> <li>Cauda equine<br/>syndrome</li> </ul> | <ul> <li>Interferential therapy</li> <li>IR</li> </ul>                     | <ul> <li>Pelvic floor<br/>exercises</li> <li>Ambulation</li> <li>Gait training</li> <li>William</li> <li>Deep squats</li> <li>Glute bridge</li> <li>Kegel<br/>exercises</li> </ul>     | • 2000/- |
| 1   | PEI   | DIATRIC REHABILITATION   | 1  |          |
| 23. | <ul> <li>Cerebral<br/>palsy</li> </ul>        | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul> | <ul> <li>Calf stretch</li> <li>Quads stretch</li> <li>Hams stretch</li> <li>Arm over<br/>chest</li> <li>Trunk tilts</li> <li>Trunk twists</li> </ul>                                   | • 1000/- |
| 24. | • Spina bifida                                | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul> | Hams stretch     Overhead     stretch     Pulling     Rowing     Strengthening     exercises     Balance     exercises     Bench press   | • 1500/- |
| 25. | <ul> <li>Delayed<br/>milestones</li> </ul>    | <ul> <li>EMS</li> <li>Hot pack</li> <li>IR</li> </ul>                      | Crawling     Bridging     Ball exercises     Wedge     standing  | • 1200/- |

|            |   |   | <ul> <li>High kneel</li> <li>Cruising</li> <li>Hands and<br/>knees</li> </ul>  |          |
|------------|---|---|--|----------|
| 26.        | <ul> <li>Down<br/>syndrome</li> </ul>                               | <ul> <li>EMS</li> <li>Hot pack</li> </ul>   | <ul> <li>Balancing</li> <li>Coordination<br/>exercises</li> <li>Motor<br/>planning</li> <li>Skipping</li> <li>Hopscotch</li> </ul>   | • 1500/- |
| 27.        | Club foot   | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>            | <ul> <li>Stretching<br/>exercises</li> <li>Heel down</li> <li>Dorsiflexion</li> <li>External<br/>rotation</li> <li>Stroking</li> </ul>   | • 1000/- |
| 000,536.54 | ć   | ARDIAC REHABILITATION   |  |          |
| 28.        | <ul> <li>CVS aerobic<br/>and<br/>functional<br/>training</li> </ul> | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>            | <ul> <li>Brisk<br/>walking</li> <li>Jumping rope</li> <li>Flexibility<br/>training</li> <li>Basic<br/>stretches</li> <li>Tai Chi</li> <li>Resistance<br/>bands</li> <li>Body weight<br/>exercises</li> </ul> | • 2000/- |
| 29.        | Breathing<br>exercises  | <ul> <li>PuFF machine</li> <li>Blowing technique</li> <li>Valsulva manuver</li> </ul> | <ul> <li>Pursed lip<br/>breathing</li> <li>Equal<br/>breathing</li> <li>Deep breath</li> <li>Roll<br/>breathing</li> <li>Tiger<br/>breathing</li> <li>Skull shining<br/>breath</li> </ul>                    | • 1500/- |





PHYSIOTHERAPY INTERVENTIONS Physical Therapy Laboratory & Rehabilitation center Lahore College for Women University





|     | GI  | ERIATRIC REHABILITATION   | 12 × 6  |             |
|-----|---|---|---|-------------|
| 30. | GERIATRIC<br>REHABLIT<br>ATION                              | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>SWD</li> <li>Interferential therapy</li> </ul> | <ul> <li>Neck stretch</li> <li>Shoulder<br/>raises</li> <li>Arm stretch</li> <li>Trunk stretch</li> <li>Hip stretch</li> <li>Hip stretch</li> <li>Arm circling</li> <li>Shoulder<br/>push outs</li> </ul>                             | • 1500/-    |
| 6   |   | SPORTS REHABILITATION   | 22 - 24<br>72 - 2   |             |
| 31. | <ul> <li>Ligamentous<br/>Sprains and<br/>Strains</li> </ul> | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>Cold sprays</li> </ul>                         | <ul> <li>Endurance<br/>training</li> <li>Flexibility</li> <li>Mobility</li> <li>Strengthening</li> </ul>  | • 2500/-    |
| 10. | OBS.  | AND GYNAE REHABILITATION  | N   | 3. <b>e</b> |
| 32. | <ul> <li>Pre and post-<br/>natal<br/>exercises</li> </ul>   | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>  | <ul> <li>Pelvic floor<br/>exercises</li> <li>Breathing<br/>exercises</li> <li>Pectoral<br/>stretch</li> <li>Piriformis<br/>stretch</li> <li>Hamstring<br/>stretch</li> <li>Calf stretch</li> <li>Butterfly</li> <li>Squats</li> </ul> | • 1200/-    |
| 33. | <ul> <li>Pregnancy<br/>related LBP</li> </ul>               | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>  | <ul> <li>Pelvic tilts</li> <li>Knee pull</li> <li>SLR</li> <li>Curl up</li> <li>Lateral SLR</li> <li>Water<br/>aerobics</li> </ul>  | • 1500/-    |
| 34. | <ul> <li>Diastasis<br/>recti</li> </ul>                     | <ul> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>  | <ul> <li>Plank</li> <li>Dead bug</li> <li>Heel taps</li> <li>Crunch</li> <li>Cat cow</li> </ul>   | • 2000/-    |

|  | <ul> <li>Toe tap</li> <li>Knee drops</li> <li>Reverse<br/>crunch</li> </ul> |        |
|--|---|--------|
| Modalities used in NEUROP  | ATHIES  |        |
| 1. TENS therapy     2. Laser therapy     3. Mirror therapy     4. Electrical muscle     stimulation     5. Electrical nerve     stimulator[DL-2] |   | 3000/- |

#### **Higher Education System Strengthening Activity**









### What Will Success Look Like ?

- Finding peace and happiness.
- My definition of success has changed since the pandemic. I now define success as being healthy and mentally happy.
- Freedom. The freedom to make my choices without major constraint, the freedom to live the life I want rather than the one I'm forced to settle for, the freedom to use my time in the ways of benefit to myself and those around me and not merely to widget factories.
- Money is merely a means to that end. I do not define success by the amount of things I have and the self-imposed "status" others perceive that I have. Success is when Me and the People around are happy, balanced, excited and interested in life and don't feel like they are living it for anyone else and against will.

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# What will success look like?





- What Challenges Did you Face?
- The biggest challenge was to create awareness and need among administration and faculty & complete the Project within frame of time.
- Statutory Approvals
- Allocation of Funds
- Procurement Planning and Purchase of Equipments as per Rules
- To make the Project Sustainable & Accessible to all

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What challenges did you face?





- How did you address the Challenges?
- I made a step wise plan starting from approvals from High Ups
- To conduct Awareness sessions, trainings and Lectures addressing need and applicability of Center
- I made allocate the Funds from DPT program in Financial Fiscal Year Budget
- I made a Procurement Planning for coming years as per available funds and need

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# How did you address the Challenges?





- What Have you Learned about Leadership?
- Leadership is based on continuous and focused efforts to change lives with patience, dedication and sincerity.
- A leader is someone who is capable of influencing a bunch of people into working towards a common goal. They set a direction, build an inspiring vision, and create something new. They help others and themselves do the right thing.A great leader exudes self-confidence, sense of pride and love to work together.

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What have you learned about leadership?





## LAST BUT NOT LEAST

- IAM THANKFUL TO MY MENTORS
- Dr. Susan Carvalho, The Team Leader
- HESSA TEAM
- USAID TEAM
- LCWU
- ALL MY FACULTY MEMBRS AND STUDENTS WHO STOOD BY ME
- AND MADE ME LEARN THAT I DID NOT KNOW



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