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



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# Women's Leadership in Higher Education

HESSA

*jUNE Workshop and Showcase: Women's Leadership Cohort I I*



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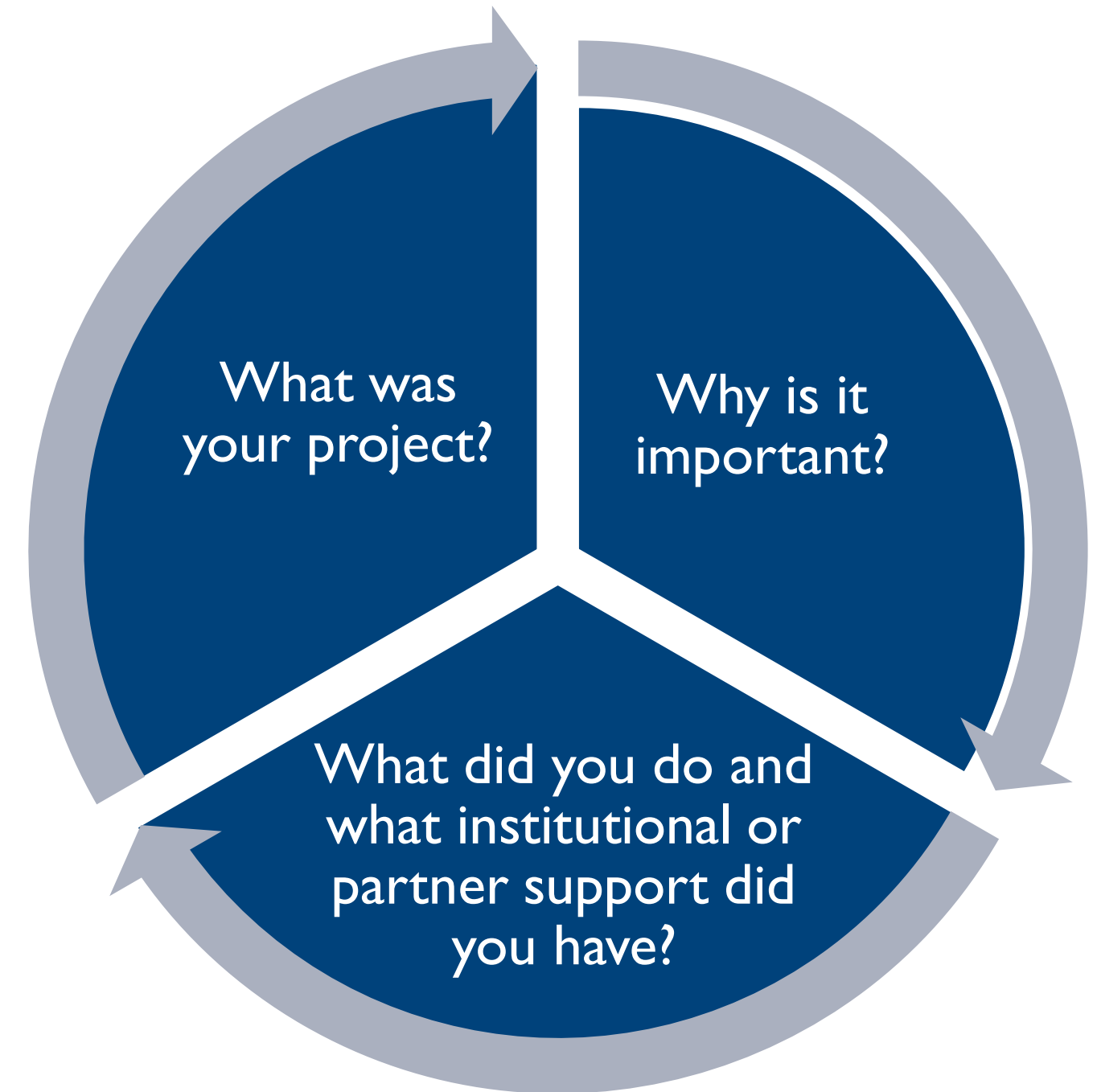
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of International  
Education



## 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.





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- 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 elaborate its benefits for the institution.
- Advertisements for the purchase of equipment's, furniture and other items
- Procurement as per PEPPRA 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 post-partum health issues. It may also enhance the working efficiency of females. It may be a source of revenue generation for the institution..

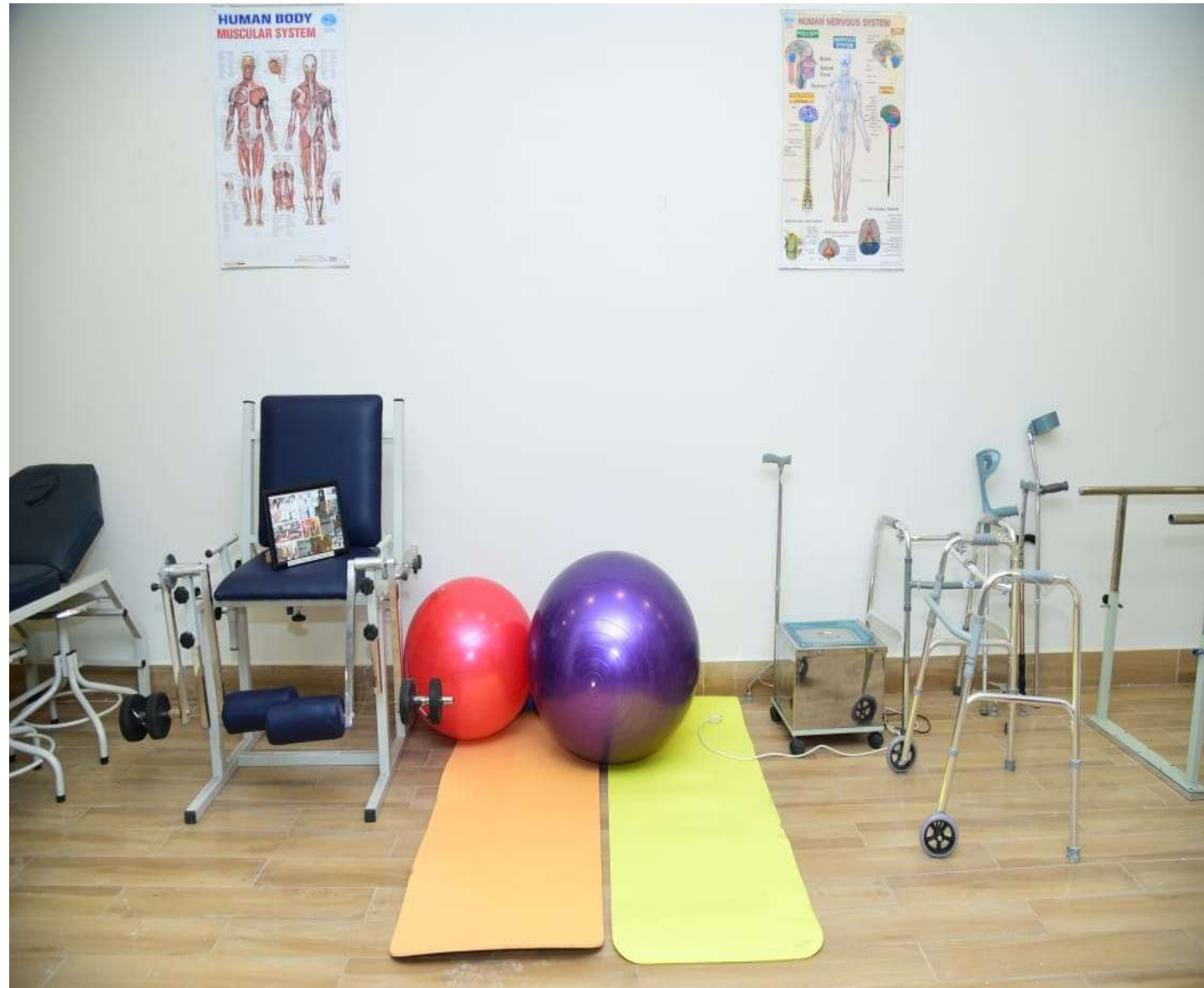




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**Higher Education System Strengthening Activity**



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**Higher Education System Strengthening Activity**





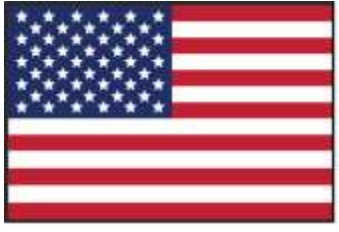
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**Higher Education System Strengthening Activity**



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**Two Days' Hands on Training**  
**"Introduction To Physical Therapy Laboratory & Rehabilitation Center And Sports Trauma Management"**  
**18<sup>th</sup>-19<sup>th</sup> September 2023**  
**Hosted by**  
*Department Of Physical Therapy*  
*Faculty of Pharmaceutical and Allied Health Sciences*  
*Lahore College for Women University, Lahore*

HESSA  
PROJECT



**Webtvlcwu**

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



**Higher Education System Strengthening Activity**



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**Webtv/cwu**

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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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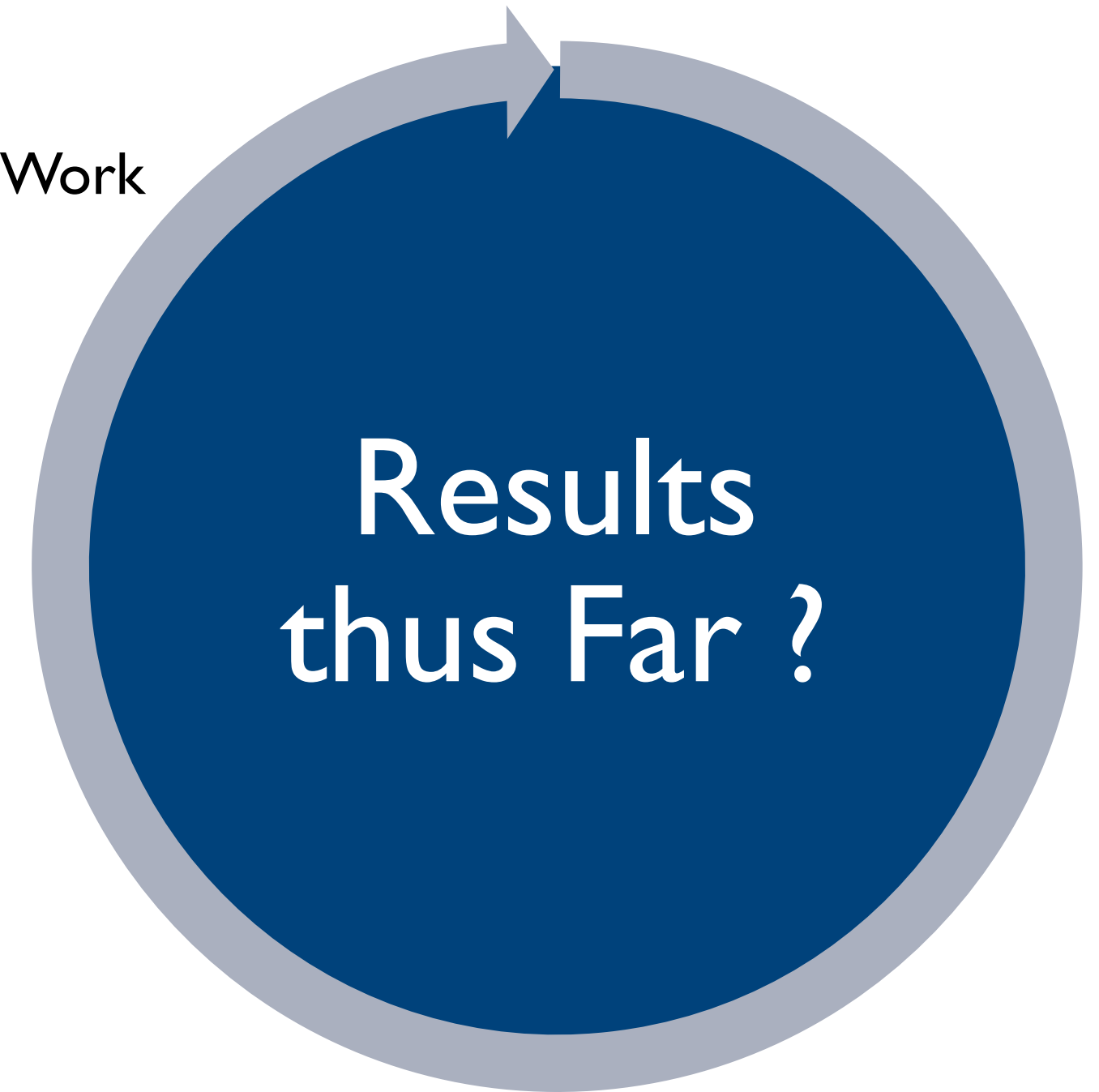


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## RESULTS

- 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 Geriatric female patients
- Empowerment of women by giving jobs as Physiotherapists and train them professionally





# PROCUREMENT POLICY 2022-23

**LAHORE COLLEGE FOR WOMEN UNIVERSITY, LAHORE**  
 341 Road, Lahore - Pakistan. Tel: 042-9920301-09 Fax: 042-9920307

No. \_\_\_\_\_

Dated: LCWU

To:  
Head of the Department, LCWU, Lahore

**SUBJECT: Annual Procurement Planning for the Financial Year 2023-2024 DPT, ( Plant and Machinery, IT Equipment's, Contingency and General Supply etc.**

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

	Plant and Machinery/ Machinery and equipment	Plant and Machinery/ Machinery and equipment	Procurement Category (Local / Import)	Source of Fund (Budget Head / Project Head / Funded Project)	Estimated Amount	Tentative Delivery Schedule	Remarks
01	Combination Therapy	01	Local/ Imported	DPT			
02	Ultrasound	01	Local/ Imported	DPT			
03	Interferential current	01	Local/ Imported	DPT			
04	Stimulator	01	Local/ Imported	DPT			
05	Laser with probe	01	Local/ Imported	DPT			
06	Traction unit	01	Local/ Imported	DPT			
07	Short wave diathermy	01	Local/ Imported	DPT			
08	Microwave diathermy	01	Local/ Imported	DPT			
09	Tilt table	01	Local/ Imported	DPT			
10	Compression therapy	01	Local/ Imported	DPT			
11	AC	01	Make/Inventor	DPT			
12	Legtop cone	01	Dell	DPT			
13	Fridge PEL	01	Medium King	DPT			
14	LED Samsung / Haier/Sony	01	40 inch	DPT			
15	Treadmill	01	Imported	DPT			
16	Ultrasound Therapy Machine	01	Imported	DPT			
17	Yummy Trimmer double	03	Imported	DPT			
18	Fitness Rubber Expander	03	Imported	DPT			
19	Canon DSLR Camera	01	Digital	DPT			
20	Microscope	01		DPT			

**LAHORE COLLEGE FOR WOMEN UNIVERSITY, LAHORE**  
 341 Road, Lahore - Pakistan. Tel: 042-9920301-09 Fax: 042-9920307

No. \_\_\_\_\_

Dated: LCWU

To:  
Head of the Department, LCWU, Lahore

**SUBJECT: Annual Procurement Planning for the Financial Year 2023-2024 DPT, ( Plant and Machinery, IT Equipment's, Contingency and General Supply etc.**

**Detail for Procurement Less than/- 75,000/- Purchase**

Sr. #	Procurement Name	Plant and Machinery/ Machinery and equipment	Procurement Category (Local / Import)	Source of Fund (Budget Head / Project Head / Funded Project)	Estimated Amount	Tentative Delivery Schedule	Remarks
<b>Plant and Machinery/ Machinery and equipment</b>							
Sr. No							
01	Exercise mat	05	Local/ Imported	DPT	4000/-		
02	Tens Lms county with stim	02	Local/ Imported	DPT	10,000/-		
03	Cold packs/ chilling unit	02	Local/ Imported	DPT	1000/-		
04	Tilting table	01	Local/ Imported	DPT	20,000/-		
05	Shoulder pully	01	Local/ Imported	DPT	90,000/-		
06	Scissors Large	02	Local/ Imported	DPT	3000/-		
07	Tubing band Exercise band level 01 peach 5.5m, Exercise hand level 05 purple 5.5m, Exercise band level 05 purple 5.5 m	01	Local/ Imported	DPT	1000/-		
08	Embryo fetal model	01	Local/ Imported	DPT	10000/-		
09	Brain models	02	Local/ Imported	DPT	10000/-		
10	Stationary Cycle	02	Local/ Imported	DPT	10000/-		
11	Blood Pressure Automatic Monitor	04	Local/ Imported	DPT	20,000/-		
12	Water Dispenser with bottle	01	Haier	DPT	400,000/-		
13	Human Skeleton	01		DPT	50,000/-		
14	Human Muscular Model	02		DPT			



# PROCUREMENT POLICY 2022-23

Item No.	Description	Quantity	Unit	Origin	Estimated Value	Delivery Date
14	Putty green	03	kg	Local/Imported	5600/-	September-onward
15	Putty blue	03	kg	Local/Imported	5600/-	September-onward
16	Tubing set of 90	01	set	Local/Imported	1200/-	September-onward
17	Balance Board	02	unit	Local/Imported	16000/-	September-onward
18	Balance Board round	02	unit	Local/Imported	8000/-	September-onward
19	Stick Cane	02	unit	Local/Imported	3000/-	September-onward
20	Stick torta pod	02	unit	Local/Imported	3600/-	September-onward
21	Mobilization isotope hubs	02	unit	Local/Imported	13000/-	September-onward
22	Wax bath (10-12) LT	02	unit	Local/Imported	55000/-	September-onward
23	Medicine ball 02 KG 04 KG	1+1+1=03	unit	Local/Imported	6000/-	September-onward
24	R.P Appreciates ALPK, Japan	10	unit	UK/japan/korea	5000/-	September-onward
24	Stethoscope	05	unit	Local/Imported	7500/-	September-onward
25	Infrared lamp with stand	02	unit	Local/Imported	16000/-	September-onward
26	Digital weight machine mirror	01	unit	Local/Imported	3000/-	September-onward
27	Tens handset Taiwan	05	unit	Local/Imported	20000/-	September-onward
28	Tens Ems county with stim	05	unit	Local/Imported	20000/-	September-onward
29	Heating pad handset taiwan	05	unit	Local/Imported	3500/-	September-onward
30	Quadriceps chair with weight	01	unit	Local/Imported	55000/-	September-onward
31	Stop watch	05	unit	Local/Imported	20,000/-	September-onward
32	Inclinometer	05	unit	Local/Imported	1500/-	September-onward
33	Cold packs/ chilling unit	02	unit	Local/Imported	1000/-	September-onward
34	Infrared radiator	01	Beurer	Local/Imported	6000/-	September-onward
35	The hand set of 01	02	unit	Local/Imported	2800/-	September-onward
36	Weight scale	02	unit	Local/Imported	4000/-	September-onward
38	Tilting table	02	unit	Local/Imported	40,000/-	September-onward
39	Shoulder pulley	02	unit	Local/Imported	18000/-	September-onward
40	Scissor small	05	unit	Local/Imported	2500/-	September-onward

Item No.	Description	Quantity	Unit	Origin	Estimated Value	Delivery Date
45	Stair case	01	unit	Local/Imported	4000/-	September-onward
46	Walking frame	02	unit	Local/Imported	10000/-	September-onward
47	Walking frame adjustable wheel	02	unit	Local/Imported	12000/-	September-onward
48	Aluminum Try pad	02	unit	Local/Imported	5000/-	September-onward
50	Moligan mobilization belt	02	unit	Local/Imported	3300/-	September-onward
51	Gens mat folding	02	unit	Local/Imported	14000/-	September-onward
52	Exercise tubing level,01 peach 7.5 m, Exercise tubing level,03 green 7.5m Exercise tubing level 7.5 m	01+1+1=03	unit	Local/Imported	3600/-	September-onward
53	Tubing hand Exercise hand level,01 peach 5.5m, Exercise hand level,05 purple 5.5,m Exercise hand level 05 purple 5.5 m	03	unit	Local/Imported	1600/-	September-onward
54	Parallel bar	01	unit	Local/Imported	25000/-	September-onward
55	Walker adjustable Rober	02	unit	Local/Imported	12000/-	September-onward
56	Parallel bar adjustable	02	unit	Local/Imported	66000/-	September-onward
57	Weight scale	02	unit	Local/Imported	6000/-	September-onward
58	Stationary bicycle	01	unit	Local/Imported	30,000/-	September-onward
59	Electric Pest Killer Insect Mosquito Flies Shock Trap Flies Fluorescent Lamp NOGO / Equivalent	02	unit	Local/Imported	10,000/-	September-onward
60	Electric Kettle Philips/Dawlanco/ Hoen/Orient	01	unit	Local/Imported	10,000/-	September-onward
61	Microwave Philips/Dawlanco/ Hoen/Orient	01	unit	Local/Imported	10,000/-	September-onward
62	Dispenser	01	unit	Local/Imported	10,000/-	September-onward





# PROCUREMENT POLICY 2022-23

Supply under Head (3971)							
01	Hip Bone	03	Local/Imported	01	5000/-	September-onward	
02	Femur	03	Local/Imported	01		September-onward	
03	Tibia	03	Local/Imported	01		September-onward	
04	Fibula	03	Local/Imported	01		September-onward	
05	Foot	03	Local/Imported	01		September-onward	
06	Scapula	03	Local/Imported	01		September-onward	
07	Clavicle	03	Local/Imported	1568		September-onward	
08	Humerus	03	Local/Imported	01		September-onward	
09	Radius	03	Local/Imported	01		September-onward	
10	Ulna	03	Local/Imported	01		September-onward	
11	Hand	03	Local/Imported	01		September-onward	
12	Hip joint Model	01	Local/Imported	01		September-onward	
13	knee joint Model	01	Local/Imported	01		September-onward	
14	Ankle joint Model	01	Local/Imported	01		September-onward	
15	Shoulder joint Model	01	Local/Imported	01		September-onward	
16	Elbow Joint Model	01	Local/Imported	01		September-onward	
17	Wrist Joint Model	01	Local/Imported	01		September-onward	
18	Sternum	03	Local/Imported	10,000/-		September-onward	
19	Ribs	02 set	Local/Imported	5000/-		September-onward	
20	Embro fetal model	02	Local/Imported	15000/-		September-onward	
21	Spine each vertebrae	01 set (33)	Local/Imported	20,000/-		September-onward	
22	Brain model set	02	Local/Imported	40,000/-		September-onward	
23	Exercise mats	10	Local/Imported	40,000/-		September-onward	
24	Fibula	02		5000/-			

Detail for Procurement 75,000/- to 200,000 Purchase

Sr. #	Procurement Name	Plant and Machinery/ Machinery and equipment	Procurement Category (Local / Import)	Source of Fund/ Budget Head/ Project Head / Funded Project	Estimated Amount	Tentative Delivery Schedule	Remarks
Plant and Machinery/ Machinery and equipment							
Sr. No							
01	Crutches Aluminum Elbow	01	Local/Imported	01	2000/-	September-onward	
02	Goniometer ( setoff)	02 piece	Local/Imported	01	3400/-	September-onward	
03	Crutches Aluminum adjustable	01	Local/Imported	01	4000/-	September-onward	
04	First Aid Box	02	Local/Imported	01	7000/-	September-onward	
05	Shoulder wheel	01	Local/Imported	01	10,000/-	September-onward	
06	Foams Roller large	01	Local/Imported	01	7000/-	September-onward	
07	Foams roller small	01	Local/Imported	01	4000/-	September-onward	
08	Gym ball	05	Local/Imported	01	7500/-	September-onward	
089	Measuring tape	05	Local/Imported	01	500/-	September-onward	
10	Reflex Hammer	01	Local/Imported	01	250/-	September-onward	
11	Treatment Examination Couches	02	Local/Imported	01	30000/-	September-onward	
12	Wall bar	01	Local/Imported	01	6000/-	September-onward	
13	Putty orange	03	Local/Imported	01	3600/-	September-onward	
14	Putty green	03	Local/Imported	01	3600/-	September-onward	
15	Putty blue	03	Local/Imported	01	3600/-	September-onward	
16	Tubing set of 60	03	Local/Imported	01	1200/-	September-onward	
17	Balance Board	02	Local/Imported	01	16000/-	September-onward	
18	Balance Board	02	Local/Imported	01	8000/-	September-onward	



# PROCUREMENT POLICY 2022-23

08	Humerus	03	Local/ Imported	DPT/Regular/Self Support	September-onward
09	Radius	03	Local/ Imported	DPT/Regular/Self Support	September-onward
10	Ulna	03	Local/ Imported	DPT/Regular/Self Support	September-onward
11	Hand	03	Local/ Imported	DPT/Regular/Self Support	September-onward
12	Hip joint Model	01	Local/ Imported	DPT/Regular/Self Support	September-onward
13	Knee joint Model	01	Local/ Imported	DPT/Regular/Self Support	September-onward
14	Ankle joint Model	01	Local/ Imported	DPT/Regular/Self Support	September-onward
15	Shoulder joint Model	01	Local/ Imported	DPT/Regular/Self Support	September-onward
16	Elbow Joint Model	01	Local/ Imported	DPT/Regular/Self Support	September-onward
17	Wrist Joint Model	01	Local/ Imported	DPT/Regular/Self Support	September-onward
18	Stemum	03	Local/ Imported	DPT/Regular/Self Support	10,000/- September-onward
19	Ribs	02 set	Local/ Imported	DPT/Regular/Self Support	5000/- September-onward
20	Embro fetal model	02	Local/ Imported	DPT/Regular/Self Support	15000/- September-onward
21	Spine each vertebrae	01 set (33)s	Local/ Imported	DPT/Regular/Self Support	20,000/- September-onward
22	Brain model set	02	Local/ Imported	DPT/Regular/Self Support	40,000/- September-onward
23	Exercise mats	10	Local/ Imported	DPT/Regular/Self Support	40,000/- September-onward
24	Fibula	02	Local/ Imported	DPT/Regular/Self Support	5000/- September-onward

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

Plant and Machinery and equipment	Plant and Machinery and equipment	Procurement Category (Local / Imported)	Source of Fund (Budget Head / Project Funded Project)	Estimated Amount	Tentative Delivery Schedule	Remarks
01	Combination Therapy	Local/ Imported	DPT/Regular/Self Support	200,000/-	September-onward	
02	Ultrasound	Local/ Imported	DPT/Regular/Self Support	200,000/-	September-onward	
03	Interferential current	Local/ Imported	DPT/Regular/Self Support	200,000/-	September-onward	
04	Situbane	Local/ Imported	DPT/Regular/Self Support	200,000/-	September-onward	
05	Laser with mode	Local/ Imported	DPT/Regular/Self Support	200,000/-	September-onward	

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

*Amir*  
26/7/22

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# PURCHASED ITEMS 2022-23

10-11-22 359

**PHYSICAL INSPECTION COMMITTEE REPORT**  
**LAHORE COLLEGE FOR WOMEN UNIVERSITY LAHORE**

NAME OF THE FIRM M/S. New Surgical  
Bill No. Nil Dated: 08-11-2022  
Following items have been inspected and found according to the specification mentioned in the Purchase order and are in good condition

Sr. #	NAME OF ITEMS	QTY DEMANDED	QTY RECEIVED
1.	Surgical stools	25-Nos	25-Nos

Head of Department /Concerned Member

Dr. Asia Shabbir  
Tenured Associate Professor  
Department of Islamic Studies  
Member

Dr. Anjum Tahira  
Associate Professor  
Department of Persian  
Member

Dr. Ayesha Shahzad  
Assistant Professor  
Department of Political Science  
Secretary/ Member

Dr. Asifa Kamal  
Associate Professor  
Department of Statistics  
Secretary/ Member

Dr. Muhammad Fiaz  
Incharge, Department of Management Science  
LCWU, Lahore.  
Convener

*Amir*  
*Asia Shabbir*  
*Anjum Tahira*  
*Ayesha Shahzad*  
*Asifa Kamal*  
*Muhammad Fiaz*

(Pharmacy) 1/11

**PHYSICAL INSPECTION COMMITTEE REPORT**  
**LAHORE COLLEGE FOR WOMEN UNIVERSITY LAHORE**

NAME OF THE FIRM M/S. ALTRADERS  
BILL NO. 618 Dated: 08-11-2022  
Following items have been inspected and found according to the specification mentioned in the Purchase order and are in good condition

Sr. #	NAME OF ITEMS	QTY DEMANDED	QTY RECEIVED
1	Gonioscope (5 Year old)	01-Nos	01-Nos
2	Crotches Adjustable Avialary	01-Nos	01-Nos
3	Step Wedge	01-Nos	01-Nos
4	Staircase	01-Nos	01-Nos
5	Master For Patient Correction	01-Nos	01-Nos
6	First Aid Box	01-Nos	01-Nos
7	Shoulder Wheel	01-Nos	01-Nos
8	Foam Rollers	01-Nos	01-Nos
9	Wedges	01-Nos	01-Nos

Head of Department /Concerned Member

Dr. Mehvish Iqbal  
Tenured Associate Professor  
Department of Biotechnology  
Convener

Dr. Sadia Marwat  
Associate Professor  
Department of Electrical Engineering  
Member

Dr. Saiba Sharif  
Tenured Associate Professor  
Department of Zoology  
Member

Dr. Arkam Shabbir  
Associate Professor  
Department of Pharmacy  
Member

Dr. Hina Chaudhry  
Assistant Professor (Adhoc)  
Department of Environmental Science  
LCWU, Lahore.  
Secretary/Member

Date: 09-01-2022

*Mehvish Iqbal*  
*Sadia Marwat*  
*Saiba Sharif*  
*Arkam Shabbir*  
*Hina Chaudhry*

27/11/22  
1-4-22



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# PURCHASED ITEMS 2022-23

(Pharmacy) ppt

**PHYSICAL INSPECTION COMMITTEE REPORT**  
**LAHORE COLLEGE FOR WOMEN UNIVERSITY LAHORE**

**NAME OF THE FIRM M/S.** A.J TRADERS  
**Bill No.** 110 **Dated:** 02-03-22

Following items have been inspected and found according to the specification mentioned in the Purchase order and are in good condition

Sr. No.	Items Name	Qty Ordered	Qty Received
01	Querdicep chair with weight double	01	01
02	Paralal bed 10 FT chrome,	01	01
03	Cold pack	05	05

checked by  
Ayesh

*Hanani*  
Director  
Institute of Pharmacy  
LCWU, Lahore

*Sadia*  
28/6/22

*Saima*  
28/6/22

*Arham*

*Hina*  
27.6.22

**PHYSICAL INSPECTION COMMITTEE REPORT**  
**LAHORE COLLEGE FOR WOMEN UNIVERSITY LAHORE**

**NAME OF THE FIRM M/S.** FAZZINI HOSPITAL SUPPLIES  
**BILL NO.** 611 **Dated:** 02-03-22

Following items have been inspected and found according to the specification mentioned in the Purchase order and are in good condition

Sr. #	NAME OF ITEMS	QTY DEMANDED	QTY RECEIVED
1.	Crutches Aluminum Elbow	01-Nos	01-Nos

Head of Department /Concerned Member

*Hanani*  
Director  
Institute of Pharmacy  
LCWU, Lahore

Dr. Mehwish Iqtedar  
Tenured Associate Professor  
Department of Biotechnology  
Convener

*Sadia*  
11/4/22

Dr. Sadia Murawat  
Associate Professor  
Department of Electrical Engineering  
Member

*Arham*  
29/3/22

Dr. Saima Sharif  
Tenured Associate Professor  
Department of Zoology  
Member

*Hina*  
1.4.22

Dr. Arham Shabbir  
Associate Professor  
Department of Pharmacy  
Member

Dr. Hina Chaudhry  
Assistant Professor (Adhoc)  
Department of Environmental Science  
LCWU, Lahore.  
Secretary/Member



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# PURCHASED ITEMS 2022-23

(Pharmacy) *YAF* 55

**PHYSICAL INSPECTION COMMITTEE REPORT**  
**LAHORE COLLEGE FOR WOMEN UNIVERSITY LAHORE**

NAME OF THE FIRM/M/S: BMC SURGICAL  
BILL NO: 497 Dated: \_\_\_\_\_  
Following items have been inspected and found according to the specification mentioned in the Purchase order and are in good condition.

Sr. #	NAME OF ITEMS	QTY DEMANDED	QTY RECEIVED
1	Gyn ball different sizes	01	01
2	Measuring tape	10	10
3	Walking Frame Adjustable, Folding, Standard, Rotating Wheel	01+01+01	01+01+01
4	Stick Grip (Aluminum Adjustable) Standard	01	01
5	Tennis Ball	10	10
6	Resistance Exercise Coaster	01	01
7	Wall Ball	01	01
8	Patty Soft Goggles Blign	01	01
	Patty Medicine Green Blign	01	01
	Patty Soft Blue Blign	01	01
9	Exercise Tying Level 1 Peach 7.5m	01	01
	Exercise Tying Level 2 Green 7.5m	01	01
	Exercise Tying Level Purple 7.5m	01	01
10	Exercise Band Level 1 Peach 5.5m	01	01
	Exercise Band Level 5 Purple 5.5	01	01
	Exercise Band Level 5 Purple 5.5m	01	01
11	Balance Board Straight	01	01
12	Balance Board Round	01	01
13	Scissors Small and Large	01+01	01+01
14	Pelley System	01	01
15	Mobilization Massage Balls	10	10

Head of Department /Concerned Member  
Dr. Mehvish Iqbal  
Tenured Associate Professor  
Department of Biotechnology  
Convener

Dr. Sadia Mirwan  
Associate Professor  
Department of Electrical Engineering  
Member

Dr. Saima Sharif  
Tenured Associate Professor  
Department of Zoology  
Member

*Hussain*  
Head of Pharmacy  
LCWU, Lahore  
11/4/22

*SPT Pharmacy*

**PHYSICAL INSPECTION COMMITTEE REPORT**  
**LAHORE COLLEGE FOR WOMEN UNIVERSITY LAHORE**

NAME OF THE FIRM: BMC Surgical Hospital Suppliers  
BILL No: 916 Dated: 11-03-2022

Following items have been inspected and found according to the specification mentioned in the Purchase order and are in good condition.

Sr. #	NAME OF ITEMS	QTY DEMANDED	QTY RECEIVED
1	Examination Couch	03	03

Head of Department /Concerned Member  
Dr. Asia Shahid  
Tenured Associate Professor  
Department of Islamic Studies  
Member

Dr. Anjum Tahira  
Associate Professor  
Department of Persian  
Member

Dr. Ayesha Shalraz  
Assistant Professor  
Department of Political Science  
Secretary/ Member

Dr. Asifa Kamsal  
Associate Professor  
Department of Statistics  
Secretary/ Member

Dr. Muhammad Fiaz  
Incharge, Department of Management Science  
LCWU, Lahore.  
Convener

13-04-2022

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

*Hussain*  
Head of Pharmacy  
LCWU, Lahore

*Arshad Shikr*  
*Arif*  
*Arshad Shikr*  
*Arif*  
*Arif*



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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

**Next Steps  
in coming  
months?**



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Sr. #	DISEASES	MODALITIES	TREATMENT	FEES
<b>SHOULDER PAIN</b>				
1.	<ul style="list-style-type: none"> <li>Frozen shoulder</li> <li>Acromioclavicular joint dysfunction</li> <li>Scapulothoracic joint</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>Infrared lamp</li> <li>Interferential therapy</li> </ul>	<ul style="list-style-type: none"> <li>Shoulder ROMS</li> <li>Glides</li> <li>Pulley</li> <li>Pendulum movement</li> <li>Finger ladder</li> <li>CogWheel</li> <li>Shoulder distraction</li> </ul>	1000/-
2.	<ul style="list-style-type: none"> <li>Rotator cuff tendinitis</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>Cold pack with EMS</li> </ul>	<ul style="list-style-type: none"> <li>Shoulder ROMS</li> <li>Stretching</li> <li>Resistance training with <u>thera</u> band</li> <li>Kinesiology taping</li> <li>Soft tissue technique</li> </ul>	1000/-
<b>ELBOW PAIN</b>				
3.	<ul style="list-style-type: none"> <li>Tennis and golfers elbow</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>Paraffin wax therapy</li> </ul>	<ul style="list-style-type: none"> <li>ROMS</li> <li>Downward wrist stretch</li> <li>Wrist curl (palm up, palm down)</li> <li>Elbow curls</li> <li>Ball squeezing</li> <li>Forearm pull</li> <li>Kinesiology taping</li> <li>Paraffin wax bath stroking technique</li> </ul>	1000/-
<b>ARTHRITIS</b>				
4.	<ul style="list-style-type: none"> <li>Osteoarthritis</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> </ul>	<ul style="list-style-type: none"> <li>Activity modification</li> <li>weight loss</li> </ul>	1000/-



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		<ul style="list-style-type: none"> <li>SWD</li> <li>EMS</li> </ul>	<ul style="list-style-type: none"> <li>IR</li> <li>Bracing</li> <li>Knee isometrics</li> <li>Patellar mobilizations</li> <li>Quads strengthening</li> <li>Ankle pumps</li> <li>TA stretch</li> </ul>	
5.	<ul style="list-style-type: none"> <li>Rheumatoid arthritis</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>Mulligan Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Finger abduction, adduction, mobilization</li> <li>Hydrotherapy</li> <li>Rest and splinting</li> <li>Aerobic exercises</li> <li>ROMS</li> <li>Strengthening</li> <li>Stretching</li> <li>Isokinetic knee exercises</li> </ul>	1000/-
<b>HEAD AND NECK PAIN</b>				
6.	<ul style="list-style-type: none"> <li>Cervical spondylosis</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>Neck kneading</li> </ul>	<ul style="list-style-type: none"> <li>Head turn</li> <li>Chin tugs</li> <li>Head tilt</li> <li>Neck brace</li> <li>Cervical traction</li> </ul>	1200/-
<b>BACK PAIN</b>				
7.	<ul style="list-style-type: none"> <li>Upper, middle or lower back</li> <li>Lumber spondylosis</li> <li>Lumber spondylolithesis</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Core strengthening</li> <li>Lumbar stabilizing exercises</li> <li>Mackenzie extension exercises</li> <li>Cat &amp; Camel posture</li> <li>Cobra posture</li> </ul>	1000/-



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			<ul style="list-style-type: none"> <li>Postural training</li> </ul>	
8.	<ul style="list-style-type: none"> <li>Sciatica in pregnant women</li> </ul>	<ul style="list-style-type: none"> <li>TENS below S3 OR above T10</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Glutes strengthening</li> <li>Hamstrings strengthening</li> <li>Brace support</li> <li>Ankle pumps</li> <li>SLR</li> <li>Nerve flossing</li> <li>Back up strengthening</li> </ul>	<ul style="list-style-type: none"> <li>1500/-</li> </ul>
9.	<ul style="list-style-type: none"> <li>Sacroiliac dysfunction</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>SWD</li> <li>IF Therapy</li> </ul>	<ul style="list-style-type: none"> <li>Sacroiliac belt</li> <li>Distraction</li> <li>Stretching of quadriceps</li> <li>Strengthening of quads and hams</li> <li>IT stretch</li> <li>Rolling</li> <li>Ankle pumps</li> <li>piriformis stretch</li> </ul>	<ul style="list-style-type: none"> <li>2000/-</li> </ul>
10.	<ul style="list-style-type: none"> <li>Scoliosis</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>SWD</li> <li>EMS</li> </ul>	<ul style="list-style-type: none"> <li>Pelvic tilts</li> <li>Arm and leg raises</li> <li>Camel&amp;cat</li> <li>Dog bird</li> <li>Butterfly</li> <li>Latissimus dorsi stretch</li> <li>Bracing</li> </ul>	<ul style="list-style-type: none"> <li>1000/-</li> </ul>
11.	<ul style="list-style-type: none"> <li>Coccydynia</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>IF Therapy</li> </ul>	<ul style="list-style-type: none"> <li>Ice coccyx</li> <li>Glutes stretches</li> <li>Bridging</li> <li>Lumbar rotation</li> <li>William</li> </ul>	<ul style="list-style-type: none"> <li>1500/-</li> </ul>

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			<ul style="list-style-type: none"> <li>Spikey ball on your piriformis</li> <li>SLR</li> <li>IT stretch</li> </ul>	
<b>DISC PROBLEMS</b>				
12.	<ul style="list-style-type: none"> <li>Disc herniation</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>EMS</li> <li>STIMULATIONS</li> </ul>	<ul style="list-style-type: none"> <li>Ambulation and resumption of exercise</li> <li>Aerobic activity</li> <li>Cycling</li> <li>Tilt board exercises</li> <li>Glute bridge</li> <li>Lateral pillar bridge</li> <li>Plank with arm lift</li> </ul>	<ul style="list-style-type: none"> <li>2500/-</li> </ul>
<b>ORTHOPAEDIC REHABILITATION</b>				
13.	<ul style="list-style-type: none"> <li>Muscle strain and sprain</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>Massagers</li> </ul>	<ul style="list-style-type: none"> <li>Cryotherapy</li> <li>Core strengthening</li> <li>Back stability</li> <li>Bridging</li> <li>Pectoralis stretch</li> <li>Wall clocks</li> <li>Chin tugs</li> <li>Lower traps lift off</li> <li>Thoracic extension</li> </ul>	<ul style="list-style-type: none"> <li>1000/-</li> </ul>
14.	<ul style="list-style-type: none"> <li>Joint pains</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Cold packs</li> <li>Ultrasound</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Mobilizations</li> <li>Joint strengthening exercises</li> <li>Stretching of proximal and distal muscles</li> </ul>	<ul style="list-style-type: none"> <li>1500/-</li> </ul>





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			<ul style="list-style-type: none"> <li>Resistance training with <u>thera band</u></li> </ul>	
15.	<ul style="list-style-type: none"> <li>Fractures</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>SWD</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Pre-operative phase:</li> <li>Ambulation</li> <li><u>Effluage</u></li> <li>Isometrics</li> <li>Ankle pumps</li> <li>Post-operative:</li> <li>Hip abduction</li> <li>Leg extension</li> <li>Ankle <u>goraj</u> and planter flexion</li> <li>Getting in and out of bed</li> </ul>	<ul style="list-style-type: none"> <li>1000/-</li> </ul>
NEUROLOGICAL REHABILITATION				
16.	<ul style="list-style-type: none"> <li>Stroke</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Nerve Stimulation</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Wrist curls</li> <li>Aerobic exercises</li> <li>Chair based movements</li> <li>Stair climbing</li> <li>Gait training</li> <li>Lunges</li> <li>Backups</li> <li>Bridging</li> </ul>	<ul style="list-style-type: none"> <li>2000/-</li> </ul>
17.	<ul style="list-style-type: none"> <li>Parkinson's disease</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>IF therapy</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Bicep curls</li> <li><u>Tricep dips</u></li> <li>Kick backs</li> <li>Extensions</li> <li>Assisted pull ups</li> <li>Stand ups</li> <li>Squats</li> <li>Leg presses</li> <li>Rowing</li> </ul>	<ul style="list-style-type: none"> <li>1000/-</li> </ul>

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			<ul style="list-style-type: none"> <li>Coordination exercises</li> </ul>	
18.	<ul style="list-style-type: none"> <li>Spinal cord injuries</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>DL2 machine</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Circuit training</li> <li>Rowing</li> <li>Stretching</li> <li>Strengthening</li> <li>Weight lifting</li> <li>Cuffs or wraps</li> </ul>	<ul style="list-style-type: none"> <li>1500/-</li> </ul>
19.	<ul style="list-style-type: none"> <li><u>Guillain barre</u> syndrome</li> </ul>	<ul style="list-style-type: none"> <li>Interferential therapy</li> <li>Hot pack</li> <li>Balance board</li> </ul>	<ul style="list-style-type: none"> <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>	<ul style="list-style-type: none"> <li>1500/-</li> </ul>
20.	<ul style="list-style-type: none"> <li>Muscular dystrophies</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Pilates</li> <li>Deep 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>	<ul style="list-style-type: none"> <li>1200/-</li> </ul>
21.	<ul style="list-style-type: none"> <li>Bell's palsy</li> </ul>	<ul style="list-style-type: none"> <li>Interferential therapy</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Frown assisted</li> <li><u>Puffa</u></li> </ul>	<ul style="list-style-type: none"> <li>1500/-</li> </ul>



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			<ul style="list-style-type: none"> <li>• Eyebrow lift</li> <li>• Smile one side with assistance</li> <li>• Kissing pout</li> <li>• Clench teeth</li> <li>• Eyes focusing in multiple directions</li> </ul>	
22.	<ul style="list-style-type: none"> <li>• Cauda equine syndrome</li> </ul>	<ul style="list-style-type: none"> <li>• Interferential therapy</li> <li>• IR</li> </ul>	<ul style="list-style-type: none"> <li>• Pelvic floor exercises</li> <li>• Ambulation</li> <li>• Gait training</li> <li>• William</li> <li>• Deep squats</li> <li>• Glute bridge</li> <li>• Kegel exercises</li> </ul>	• 2000/-
PEDIATRIC REHABILITATION				
23.	<ul style="list-style-type: none"> <li>• Cerebral palsy</li> </ul>	<ul style="list-style-type: none"> <li>• TENS</li> <li>• Hot pack</li> <li>• Ultrasound</li> <li>• IR</li> </ul>	<ul style="list-style-type: none"> <li>• Calf stretch</li> <li>• Quads stretch</li> <li>• Hams stretch</li> <li>• Arm over chest</li> <li>• Trunk tilts</li> <li>• Trunk twists</li> </ul>	• 1000/-
24.	<ul style="list-style-type: none"> <li>• Spina bifida</li> </ul>	<ul style="list-style-type: none"> <li>• TENS</li> <li>• Hot pack</li> <li>• Ultrasound</li> <li>• IR</li> </ul>	<ul style="list-style-type: none"> <li>• Hams stretch</li> <li>• Overhead stretch</li> <li>• Pulling</li> <li>• Rowing</li> <li>• Strengthening exercises</li> <li>• Balance exercises</li> <li>• Bench press</li> </ul>	• 1500/-
25.	<ul style="list-style-type: none"> <li>• Delayed milestones</li> </ul>	<ul style="list-style-type: none"> <li>• EMS</li> <li>• Hot pack</li> <li>• IR</li> </ul>	<ul style="list-style-type: none"> <li>• Crawling</li> <li>• Bridging</li> <li>• Ball exercises</li> <li>• Wedge standing</li> </ul>	• 1200/-

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			<ul style="list-style-type: none"> <li>• High kneel</li> <li>• Cruising</li> <li>• Hands and knees</li> </ul>	
26.	<ul style="list-style-type: none"> <li>• Down syndrome</li> </ul>	<ul style="list-style-type: none"> <li>• EMS</li> <li>• Hot pack</li> </ul>	<ul style="list-style-type: none"> <li>• Balancing</li> <li>• Coordination exercises</li> <li>• Motor planning</li> <li>• Skipping</li> <li>• Hopscotch</li> </ul>	• 1500/-
27.	<ul style="list-style-type: none"> <li>• Club foot</li> </ul>	<ul style="list-style-type: none"> <li>• TENS</li> <li>• Hot pack</li> <li>• Ultrasound</li> <li>• IR</li> </ul>	<ul style="list-style-type: none"> <li>• Stretching exercises</li> <li>• Heel down</li> <li>• Dorsiflexion</li> <li>• External rotation</li> <li>• Stroking</li> </ul>	• 1000/-
CARDIAC REHABILITATION				
28.	<ul style="list-style-type: none"> <li>• CVS aerobic and functional training</li> </ul>	<ul style="list-style-type: none"> <li>• TENS</li> <li>• Hot pack</li> <li>• Ultrasound</li> <li>• IR</li> </ul>	<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Jumping rope</li> <li>• Flexibility training</li> <li>• Basic stretches</li> <li>• Tai Chi</li> <li>• Resistance bands</li> <li>• Body weight exercises</li> </ul>	• 2000/-
29.	<ul style="list-style-type: none"> <li>• Breathing exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Puff machine</li> <li>• Blowing technique</li> <li>• Valsalva maneuver</li> </ul>	<ul style="list-style-type: none"> <li>• Pursed lip breathing</li> <li>• Equal breathing</li> <li>• Deep breath</li> <li>• Roll breathing</li> <li>• Tiger breathing</li> <li>• Skull shining breath</li> </ul>	• 1500/-



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GERIATRIC REHABILITATION				
30.	<ul style="list-style-type: none"> <li>GERIATRIC REHABILITATION</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>SWD</li> <li>Interferential therapy</li> </ul>	<ul style="list-style-type: none"> <li>Neck stretch</li> <li>Shoulder raises</li> <li>Arm stretch</li> <li>Trunk stretch</li> <li>Hip stretch</li> <li>Arm circling</li> <li>Shoulder push outs</li> </ul>	<ul style="list-style-type: none"> <li>1500/-</li> </ul>
SPORTS REHABILITATION				
31.	<ul style="list-style-type: none"> <li>Ligamentous Sprains and Strains</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> <li>Cold sprays</li> </ul>	<ul style="list-style-type: none"> <li>Endurance training</li> <li>Flexibility</li> <li>Mobility</li> <li>Strengthening</li> </ul>	<ul style="list-style-type: none"> <li>2500/-</li> </ul>
OBS. AND GYNAE REHABILITATION				
32.	<ul style="list-style-type: none"> <li>Pre and post-natal exercises</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Pelvic floor exercises</li> <li>Breathing exercises</li> <li>Pectoral stretch</li> <li>Piriformis stretch</li> <li>Hamstring stretch</li> <li>Calf stretch</li> <li>Butterfly</li> <li>Squats</li> </ul>	<ul style="list-style-type: none"> <li>1200/-</li> </ul>
33.	<ul style="list-style-type: none"> <li>Pregnancy related LBP</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Pelvic tilts</li> <li>Knee pull</li> <li>SLR</li> <li>Curl up</li> <li>Lateral SLR</li> <li>Water aerobics</li> </ul>	<ul style="list-style-type: none"> <li>1500/-</li> </ul>
34.	<ul style="list-style-type: none"> <li>Diastasis recti</li> </ul>	<ul style="list-style-type: none"> <li>TENS</li> <li>Hot pack</li> <li>Ultrasound</li> <li>IR</li> </ul>	<ul style="list-style-type: none"> <li>Plank</li> <li>Dead bug</li> <li>Heel taps</li> <li>Crunch</li> <li>Cat cow</li> </ul>	<ul style="list-style-type: none"> <li>2000/-</li> </ul>

			<ul style="list-style-type: none"> <li>Toe tap</li> <li>Knee drops</li> <li>Reverse crunch</li> </ul>	
Modalities used in NEUROPATHIES				
		<ol style="list-style-type: none"> <li>TENS therapy</li> <li>Laser therapy</li> <li>Mirror therapy</li> <li>Electrical muscle stimulation</li> <li>Electrical nerve stimulator [DL-2]</li> </ol>		
				3000/-



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## 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.

What will  
success  
look like?



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- **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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- **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

How did  
you  
address the  
Challenges?



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- **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.

What have  
you learned  
about  
leadership?



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## **LAST BUT NOT LEAST**

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

