

Indus College of Physical  
Therapy & Rehabilitation



INDUS HOSPITAL  
&  
HEALTH NETWORK

# Prospectus



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## Message from Dean

# Dr. Zafar Zaidi

DEAN - INDUS UNIVERSITY OF HEALTH SCIENCES  
SENIOR EXECUTIVE DIRECTOR  
INDUS HEALTH NETWORK & HEALTH NETWORK

The source of our passion is our mission, which is centered on Education, Research, and Services. We are determined to educate and create competent and compassionate healthcare providers while providing quality patient care.

With the advancement in technology and treatment innovation, the landscape of healthcare practice has changed over time. The challenge in healthcare delivery is to widen the base of medical education into Physical Therapy & Rehabilitation since physiotherapy professionals play an important role in patient care, mobility, and independence.

At Indus College of Physical Therapy & Rehabilitation (ICPR), students receive career-focused education in a one-of-a-kind environment, not just limited to the classroom.

## **Message from Principal**

# **Farrukh Siddique**

Principal, Indus College of Physical Therapy  
& Rehabilitation

Indus College of Physical Therapy & Rehabilitation is dedicated to the proper growth and development of every student for a better career prospect. The college provides full support to improve students communication skills, critical thinking abilities to inculcate a sense of responsibility. All efforts are made to improve the creativity and problem-solving abilities of the students so that they can contribute to society.

In an era where physical fitness is given a top priority, we at Indus College of Physical Therapy & Rehabilitation aspire to create world-class physiotherapy professionals by providing quality education.

The college is equipped with the modern clinical and scientific laboratories, well-furnished classrooms, and a digital library to create the best atmosphere to learn.

ICPR has a team of highly qualified, experienced, and dedicated faculty who have devoted their time not only to teaching but to the overall development of the students.

## **Message from Executive Director**

# **Dr. Muhammad Amin Chinoy**

Senior Executive Director, Physical Therapy & Rehabilitation  
Directorate - Indus Hospital & Health Network

Indus Hospital & Health Network has proven its mantle over the past 13 years in becoming the front runners in the healthcare sector. Continuing this theme now into education, the Indus University of Health Sciences is now announcing the commencement of admission and classes for its first batch in the Indus College of Physical Therapy & Rehabilitation.

With modern technology and advancement in both education and teaching modalities, the Indus College of Physical Therapy & Rehabilitation promises to impart education that is not only modern and relevant but also the delivery and content of the curriculum that is at par with the leading institutions of the developed world.

The mission of ICPR is to become one of the leading physical therapy institutes for developing competent, excellence-driven, and compassionate healthcare professionals.

I welcome students to come forward and become part of the visionary college and the Indus Hospital & Health Network.



## Vision

**“To produce competent, qualified, and dedicated healthcare persons who fulfill their professional obligation to contribute to excellence in healthcare.”**



## Mission

The Indus College of Physical Therapy & Rehabilitation endeavors to be one of the leading Physical Therapy institutes for developing competent, excellence-driven, and compassionate healthcare professionals.

# Goals

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- To achieve the level of academic excellence and to produce responsible, dedicated, and competent physiotherapists
- To improve quality of care at healthcare facilities
- To enhance the standard of physical therapy education
- To provide knowledgeable, skilled, and dedicated physiotherapists to the medical community





## Indus College of Physical Therapy & Rehabilitation

Physical therapy is an emerging field in medical sciences, which gives new dimensions to solve the challenges being faced by health service providers around the world. Physical therapists work as part of the healthcare team to make the healthcare system function smoothly by providing their services in different specialties to improve mobility and quality of life.

Indus College of Physical Therapy & Rehabilitation offers students programs affiliated with Jinnah Sindh Medical University (JSMU), recognized in major countries (USA, Australia, Britain, and Canada). The College of Physical Therapy & Rehabilitation has established premises with fully-furnished lecture halls and well-equipped labs. The college's environment is aimed at improving the students academic and rehabilitation skills through various curricular activities such as lectures, tutorials, Continuing Medical Education (CMEs), seminars, skill lab courses including "basic and advanced life support", hands-on training, clinical rotation in different wards and OPDs of the hospital.



## Degrees Offered

- Doctor of Physical Therapy (DPT) – Five-year degree program

## Course of studies

### 1st Professional Year

Semester	Courses	Course Credit Hours			Semester Credit Hours
		Theory	Practical/ Labs	Total	
Semester 1	Anatomy-I	3	1	4	18
	Physiology-I	2	1	3	
	Kinesiology-I	2	1	3	
	English-I (Functional English)	3	0	3	
	Pakistan Studies	2	0	2	
	Introduction to Computer	2	1	3	
Semester 2	Anatomy-II	3	1	4	17
	Physiology-II	2	1	3	
	Kinesiology-II	2	1	3	
	English-II (Communication Skills)	3	0	3	
	Islamic Studies/Ethics	2	0	2	
	Sociology	2	0	2	

## 2nd Professional Year

Semester	Courses	Course Credit Hours			Semester Credit Hours
		Theory	Practical/ Labs	Total	
<b>Semester 3</b>	English-III (Technical Writing & Presentation Skills)	3	0	3	<b>17</b>
	Medical Physics	2	1	3	
	Anatomy-III	2	1	3	
	Physiology-III	2	1	3	
	Biomechanics & Ergonomics-I	3	0	3	
	Biochemistry-I	2	0	2	
<b>Semester 4</b>	Anatomy-IV (Neuro Anatomy)	2	1	3	<b>16</b>
	Biomechanics & Ergonomics-II	2	1	3	
	Health & Wellness	2	0	2	
	Biochemistry-II	2	1	3	
	Exercise Physiology	2	1	3	
	Molecular Biology & Genetics	2	0	2	

## 3rd Professional Year

Semester	Courses	Course Credit Hours			Semester Credit Hours
		Theory	Practical/ Labs	Total	
<b>Semester 5</b>	Pathology & Microbiology-I	2	0	2	<b>18</b>
	Pharmacology & Therapeutics-I	2	0	2	
	Physical Agents & Electrotherapy-I	2	1	3	
	Therapeutic Exercises & Techniques	2	1	3	
	Biostatistics-I	3	0	3	
	Behavioral Sciences (Psychology & Ethics)	2	0	2	
	Supervised Clinical Practice-I	3	0	3	
<b>Semester 6</b>	Pathology & Microbiology-II	2	1	3	<b>17</b>
	Pharmacology & Therapeutics-II	2	0	2	
	Physical Agents & Electrotherapy-II	2	1	3	
	Biostatistics-II (University Optional)	3	0	3	
	Community Medicine & Rehabilitation	3	0	3	
	Supervised Clinical Practice-II	0	3	3	

## 4th Professional Year

Semester	Courses	Course Credit Hours			Semester Credit Hours
		Theory	Practical/ Labs	Total	
<b>Semester 7</b>	Medicine-I	3	0	3	<b>18</b>
	Surgery I	3	0	3	
	Radiology & Diagnostic Imaging	2	1	3	
	Musculoskeletal Physical Therapy	2	1	3	
	Evidence-Based Practice	2	1	3	
	Supervised Clinical Practice-III	0	3	3	
<b>Semester 8</b>	Medicine II	3	0	3	<b>18</b>
	Surgery II	3	0	3	
	Neurological Physical Therapy	2	1	3	
	Scientific Inquiry & Research Methodology	3	0	3	
	Emergency Procedures & Primary Care In Physical Therapy	2	1	3	
	Supervised Clinical Practice IV	0	3	3	

## 5th Professional Year

Semester	Courses	Course Credit Hours			Semester Credit Hours
		Theory	Practical/ Labs	Total	
Semester 9	Cardiopulmonary Physical Therapy	2	1	3	18
	Prosthetics & Orthotics	3	0	2	
	Clinical Decision Making & Differential Diagnosis	2	0	3	
	Manual Therapy	2	1	3	
	Professional Practice (Law, Ethics & Administration)	2	0	2	
	Integumentary Physical Therapy	0	2	2	
	Supervised Clinical Practice V	0	3	3	
Semester 10	Obstetrics & Gynecological Physical Therapy	2	0	2	18
	Pediatric Physical Therapy	2	0	2	
	Gerontology & Geriatric Physical Therapy	2	0	2	
	Sports Physical Therapy	2	0	2	
	Supervised Clinical Practice VI	0	4	4	
	Research Project	0	0	6	
					<b>Total Credit Hours = 175</b>

## Credit Hour Distribution:

**Theory:** One credit hour shall be equal to one hour of teaching per week throughout the semester.

**Practical/Lab:** One credit hour shall be equal to two hours of lab work per week throughout the semester.

**Clinical:** One credit hour shall be equal to three hours of clinical work per week throughout the semester.

**Research:** One credit hour shall be equal to three hours of research work per week throughout the semester.



# Scope of Physiotherapy

<b>Area</b>	<b>Role</b>
<b>Intensive Care Unit (ICU)</b>	<p>Physiotherapists are an integral part of the multi disciplinary team in critical care and are uniquely qualified with skills and expertise to work with the assessment and management of respiratory complications, physical deconditioning, and neuromuscular and musculoskeletal conditions.</p>
<b>Pediatric Physiotherapy</b>	<p>Pediatric Physiotherapy is the treatment of children who have developmental dysfunctions and specific pediatric disorders. The therapy also aims to optimize a child's functions as they grow, irrespective of their physical condition. It takes into consideration the impact of growth and growth spurts on the child and uses this knowledge to treat each child accordingly.</p>
<b>Neurological Physiotherapy</b>	<p>Neurological Physiotherapy is focused on working with individuals who have a neurological disorder or disease. These include Alzheimer's disease, brain injury, Cerebral Palsy, Multiple Sclerosis, Parkinson's disease, spinal cord injury, and stroke.</p>
<b>Geriatric Physiotherapy</b>	<p>Geriatric Physiotherapy covers a wide area concerning older adults. Many conditions affect people as they grow older such as Arthritis, Osteoporosis, Alzheimer's disease, hip, and other joint replacements, balance disorders, incontinence, etc.</p>

<b>Area</b>	<b>Role</b>
<b>Spine and Back Problems</b>	Physiotherapy can help by decreasing the spasm of the musculature of the spine. Physical therapy can also help to improve posture and decrease mechanical back pain.
<b>Amputee Rehabilitation</b>	The Amputee Physiotherapy service provides specialized rehabilitation for patients following the loss of a limb.
<b>Burns and Plastics</b>	Physiotherapists work very closely with other teams to rehabilitate patients who require skin grafts, flaps, breast reconstructions and other forms of plastic surgery.
<b>Pulmonary Rehabilitation</b>	Physiotherapy services provide assistance to Pulmonary Rehabilitation patients with Chronic Lung Diseases to improve their functional capacity and quality of life.
<b>Palliative Care</b>	Physiotherapy in the field of oncology and palliative care plays an important role in both malignant and non-malignant cases. Physiotherapy optimizes their quality of life and increases their life expectancy.
<b>Women’s Health Physiotherapy</b>	The women’s health physiotherapy team provides an extensive in-patient and out-patient service to obstetrics and gynecology patients. This includes a series of antenatal classes, pelvic floor muscles exercises, treatment for pregnancy-induced discomforts such as low back pain, symphysis pubis dysfunction, carpal tunnel syndrome, sacroiliac joint dysfunction, and health promotion in the postnatal ward.



## Faculty Members:

**Syeda Amna Iqbal**  
Lecturer Kinesiology

**Tooba Hassan**  
Lecturer Physiology

**M. Usman Khalid**  
Lecturer Anatomy

**Zaheer Khan**  
Lecturer English

**M. Mujtaba Zafar**  
Lecturer Physics

**Rabia Jamil**  
Lecturer  
Pakistan Studies/Islamiat



## Tuition & Fees:

Tuition and fee charges are subject to change without notice. Currents charges are as follows:

Fee Components	Fee (Batch 2021-2025)	Remarks
Admission fee	Rs. 35,000	One time
Laboratory fee	Rs. 5,000	One time
Security deposit	Rs. 5,000	Refundable
Semester tuition fee	Rs. 90,000	Per semester
	<b>Total = Rs. 135,000</b>	

### Please note

- Admission fee charges are Rs 2,200. Fee can be submitted in any HBL branch.
- Every applicant will be issued with a unique challan number which will be generated after the candidates submit their CNIC or phone number in the online portal. CNIC or phone number system will generate unique challan number.
- Candidates will need to take the printout of the auto-generated receive slip of application form to any HBL branch for fee submission.

- After fee submission, applicants need to upload the bank slip on the portal.
- The admission office will generate an electronic copy of the Admit Card and email it to the candidates.
- Candidates with incomplete forms or not meeting admission criteria will not be issued Admit Cards.
- The decision of the Admission Committee will be final.

## Admission Requirements:

**Eligibility criteria:** 12 years of education, Intermediate (Pre-Medical) or A-level with at least 60% marks

**Age limit:** 17-22 years on admission

**Interview:** Final dates for the interview to be sent via email to shortlisted candidates.

**Merit formula:** Intermediate Science Pre-Medical or Equivalent Examination - 30%  
Entry Test - 60%  
Interview/Viva - 10%

### Entry test:

1. All candidates applying will have to appear in the written Multiple Choice Questions based entrance test.
2. Entry test paper will be conducted at Indus College of Physical Therapy and Rehabilitation.
3. Candidate must score 60% marks to be selected for the final interview by the selection committee.
4. Entry test will be based on A Level/Intermediate or equivalent.

5. Entry test curriculum/course content will be from following subjects.

Biology, Chemistry, Physics, English, General Knowledge & Analytical Questions.

**Final decision:** Admission decision to be made after a final decision by the Admission Committee.

## Facilitated With:

- Science Training Labs
- Charts
- Overhead projectors
- Students books
- Student Loan/Qarz-e-Hasna
- Computer Lab

## Documents to be submitted:

Application for admission to the course must be submitted online, available at IUHS website [www.iuhs.org.pk](http://www.iuhs.org.pk) along with the following documents:

1. Intermediate certificate or its equivalent from a recognized board/institute.
2. Marks certificate of intermediate or its equivalent.
3. Matriculation certificate.
4. Recent passport size photograph.
5. Domicile and permanent residence certificate issued by a competent authority (for Pakistani nationals).
6. Computerized National Identity Card (for Pakistani nationals).

## Other instructions:

- Admission to the university will only be confirmed after the confirmation of the authenticity of the documents.
- No residence or accommodation will be provided.
- Original documents must be provided at the time of submission of the admission fee.
- Tuition fee of every semester is payable in advance.
- Caution money is refundable after completion of program or on cessation of registration after clearance from the current department.
- Fee once paid will not be refundable in any case and claim to refund will not be acceptable.
- Any discrepancy found in documents will automatically cancel the admission.
- Degree will be awarded by Jinnah Sindh Medical University at the end of the program.

## Academic Supporting Services:

### **Skills Lab:**

To make training more effective and sustainable, the Skills Lab is well-equipped with basic and advanced manikins and apparatus to give students hands-on learning experience and develop competencies according to healthcare professional standards.

### **Kinesiology Lab:**

It consists of therapeutic exercise equipment such as an electronic treadmill, elliptical and recumbent bike for aerobic activities, parallel bar and staircase, exercise balls, wheelchairs, and electrotherapy apparatus to meet the students' needs

### **Physiology Lab:**

The Physiology Laboratory is well equipped and able to conduct various teaching demonstrations and scientific research studies and has all major equipment in the lab.

### **Digital Library:**

At Indus College of Physical Therapy & Rehabilitation, teaching is not limited to just "listening and learning," students are provided with opportunities to explore, practice and learn, in a well-equipped digital library. Students can easily get access to the digital lab based on the institute's ID Card.

### **Library:**

Library is available in college which possess, all the latest edition with reference book It is very helpful for group study & Self-directed studies.

### **Lecture Halls:**

Lecture halls are equipped with comfortable seating, multimedia, etc. These halls can also be used for seminars/CMEs etc.

## Teaching & Learning Strategies:

- Large group discussion
- Small group discussion
- Lab and practical-based sessions
- Case-based discussion
- Clinical skills session.
- Hospital visits
- E-learning and self-directed study

## Assessment Criteria:

- Quizzes
- Clinical skill performance
- Home Assignment
- Structure Viva
- Presentations

## Student Professional Conduct:

1. The college will have a disciplinary committee to deal with all disciplinary matters.
2. The disciplinary committee of the college is empowered to take any disciplinary action on a case reported by the Principal/Director of the respective institute.
3. Any student whose name appears in the F.I.R pertaining to any non-bailable offense as specified to the criminal procedure code will be suspended. During the tendency of the case, he/she will not be allowed to attend classes or take up any examination.
4. The action for situation warranting suspension, rustication, or expulsion will be according to the specified procedures as follows:
  - The principal may initiate action against any student of the college and recommend the case to the disciplinary committee for suspension rustication or expulsion, as the case may be.
  - Before taking any action, the principal shall serve a show cause to the student indicating the charges against him/her. The concerned student will have to submit a written response within seven days, after which action will be finalized by the disciplinary committee. The student will be entitled to a personal hearing after this.



## General Performance Conduct:

1. Attendance in lectures is compulsory. Students with less than 80% attendance will not be allowed to appear in the university examination. All absences from lectures or practical/labs must be accounted for by guardians/parents.
2. No student shall form a political/religious society/association/organization.
3. No outside person will be invited by the students to address any meeting of the college.
4. No student union will be formed without the permission of the principal of the college.
5. Students are required to maintain a neat professional appearance and all educational activities (lab coats are mandatory).
6. Any student found without a lab coat will be charged with a fine.
7. Any student who does not meet the program standards may be dismissed or disciplinary action will be taken.
8. The principal can issue disciplinary orders from time to time of permanent or temporary nature for regulating the conduct of the students within the college.
9. Students will not be permitted to do any private practice or job; such cases will be reported to the disciplinary committee.
10. If any student wants to publish his/her scientific or literary article, he/she must get it approved by the principal. He/she is also required to submit a copy of the draft for record purposes.

11. Students will not be allowed to address the national press on the following subjects:

- Political or allied subjects.
- Matters directly or indirectly connected with the administration of the college.
- Matters pertaining to the policies of the government.

12. Students are forbidden to address higher authorities directly. Any communication intended for authorities needs to be enrooted through the principal.

13. Smoking and other activities prejudicial to the conduct of the college are prohibited.

14. Students must follow the dress code policy of the college.

## **A. Suspension**

**A student shall be liable for suspension up to six months if he/she commits any of the following acts:**

1. Using unfair means during examination. Further action against him/her will be taken by the committee for breach of the rules and regulation. He/she will not be allowed to appear in the remaining examination till the final decision by the committee.
2. Misbehavior with any teacher or member of the staff.
3. Is found to be disobedient.
4. Spreads false rumors.
5. Uses unbecoming, indecent, or filthy language.

6. Incites other students to violence.
7. Violation of dress code.
8. Shouts, abuses, quarrels, or fights with fellow students.
9. Raises slogans to hurt others, politically or religiously.
10. Interferes with the administration, including the mode or schedule of examination.
11. Indulges in act of immorality.
12. Indulges in any kind of political activity including displaying posters or placards within the college.
13. Remains absent continuously for more than three weeks without prior permission.

## **B. Rustication**

**A student may be rusticated by the disciplinary committee of the college for three years due to any of the following acts:**

1. Taking forceful possession, making unauthorized use, or damaging any property.
2. Involving himself in any agitational activity.
3. Found indulging in activities, prejudicial and detrimental to the good order of the college.
4. Adopting unfair means during examination.
5. Disobeying an order of suspension passed against him/her.
6. Any other act, which the principal or the disciplinary committee considers inappropriate.

## **\*Note**

Any student suspended or rusticated for the reasons mentioned above shall not be allowed to appear in the examination.

## **For more information, please contact:**

Email: [icpr.info@tih.org.pk](mailto:icpr.info@tih.org.pk)

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