



INDUS UNIVERSITY OF HEALTH SCIENCES

INDUS COLLEGE OF PHYSICAL THERAPY & REHABILITATION



PROSPECTUS

2026 - 2027

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Welcome to Indus College of Physical Therapy & Rehabilitation



Indus College of Physical Therapy and Rehabilitation was established by Indus University of Health Sciences in the year 2021. The college achieved affiliation with Jinnah Sindh Medical University in 2021. The college has kept pace with the changing world and has been a pioneering spirit behind many innovations in curriculum delivery. Clinical education is an integral component of the Indus College of Physical Therapy and Rehabilitation, Doctor of Physical Therapy (DPT) curriculum, and the faculty designed a curriculum to meet accreditation expectations and provide optimal learning experiences for the students.

Vision

To produce competent, qualified, and dedicated healthcare personals who fulfill their professional obligation to contribute to excellence in healthcare

Mission

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

Goals

Produce responsible, dedicated and competent Physiotherapist while ensuring academic excellence.

- Improve quality of care at healthcare facilities.
- Enhance the standard of Physical Therapy education.
- Provide Knowledgeable, skilled and dedicated physiotherapists to the medical community.

Message from Dean

Year 2026-27 has seen IHHN move from expansion to evolution. We have enhanced our reach and for this building human capacity has been center stage as we want to shape the future of health delivery in Pakistan. Our efforts in the year just passed have been on improving educational content and means of delivery. We have successfully implemented the Campus Management System making all our processes in IUHS paperless. This is in keeping with the technological advancements as seen on the Hospital side too. Effort has been made to strengthen the faculty and much success has been achieved in this. Our student enrollments have gone up which is a testament of the faith parents have in our educational quality and its delivery.

The FY24-25 saw expansion of space and IUHS managed to occupy some areas made available from the hospital. This has brought us even closer to the new University building under construction which we hope to occupy Inshallah early next year.

The ensuing year saw much activity in research both by the students and faculty. I want to state here that IHHN is built on 3 pillars. Service, Education and Research. IUHS is playing a pivotal role in fulfilling the latter two. Research will be the focus for the next year and at IUHS we will build capacity and skills at all levels to increase research productivity in order to make IUHS a powerhouse of research InshaAllah.



Prof. Syed Zafar Zaidi
Dean IUHS

Message from Associate Dean

The past year has been a period of meaningful progress and strategic development. We are proud to highlight the successful implementation of the Campus Management System, a major milestone in streamlining academic and administrative functions across all colleges. This initiative reflects our continued commitment to digital transformation and operational efficiency.

We are also pleased to announce the commencement of the third batch of the Certificate in health professional education reaffirming our dedication to strengthening faculty development.

Looking ahead, we are actively working to embed research as a core component of our teaching mission. By integrating inquiry-based learning across all colleges, we aim to foster a culture of innovation and academic excellence that prepares students for impactful careers in health and science.

We extend our sincere thanks to our faculty, staff, and students for their contributions to this progress and look forward to building on this momentum in the coming year.



Dr. Ghina Shamsi

Consultant General Surgery

Associate Dean, IUHS

MBBS, MCPS, FCPS (Surgery)

MRCS (Glasgow), MHPE

Indus Hospital and Health Network

Message from Executive Director

Indus Hospital & Health Network has established its reputation in the healthcare sector over the past 15 years. I extend a warm welcome to aspiring students who are keen to pursue a career in the field of physical rehabilitation.

Our mission at the Indus College of Physical Therapy & Rehabilitation (ICPR) is to continue to be recognized as a prominent institute for physical therapy that nurtures quality-focused, and compassionate healthcare professionals.

With the integration of cutting-edge technology and advancements in both educational methods and teaching approaches, the Indus College of Physical Therapy & Rehabilitation (ICPR) is dedicated to providing education that is not only relevant but also at par with international standards.

I encourage you to come forward and become part of this visionary institute.



Dr. Muhammad Amin Chinoy
Senior Executive Director,
Physical Rehabilitation Directorate

Message from Principal

Dear Students,

Welcome to Indus College of Physical therapy and Rehabilitation. It is a proud moment for us to guide young minds who wish to serve society through the noble field of physiotherapy.

Our college gives strong importance to both theory and practical training. We have good facilities, experienced teachers, and a caring learning environment where every student is encouraged to grow.

Physical therapy is a career of service. It helps people recover, move freely, and live better lives. We aim to train our students not just to be good professionals, but also kind and responsible human beings.

I welcome you to be a part of our college and promise you full support throughout your journey here.



Dr. Farrukh Siddique (PT)

Principal,

Indus College of Physical Therapy and Rehabilitation

Meet Our Faculty

Passionate Scholars, Innovators, and Mentors

Our highly regarded faculty possess extensive experience and expertise. They are dedicated to fostering active participation from students. In doing so, they equip our students to address real-world challenges.



Dr. Farrukh Siddique (PT)
Principal,
DPT, MSPT, MHPE



Dr. Ammara Rafique
Senior Lecturer
PHD biochemistry



Dr. Sana Subhan (PT)
Lecturer,
MSAPT, DPT



Hafiza Rabia Jameel
Senior Lecturer,
Ph.D. (Islamic Studies) Scholar



M. Mujtaba Zafar
Senior Lecturer Physics,
MSC



Dr. Syeda Amna Iqbal (PT)
Asst. Professor,
MSPT, DPT, CHPE



Morish
Lecturer,
MS(Computer Science)



Nida Ghouri
Lecturer
MS (Microbiology)



**Dr. Syed Muhammad Zaeem
Hasan (PT)**
Senior Lecturer,
MSAPT, CHPE

Meet Our Faculty



Dr. Muhammad Farhan Qureshi
Professor, (Visiting Faculty)
MBBS, MS (Public Health), PhD, CHPE



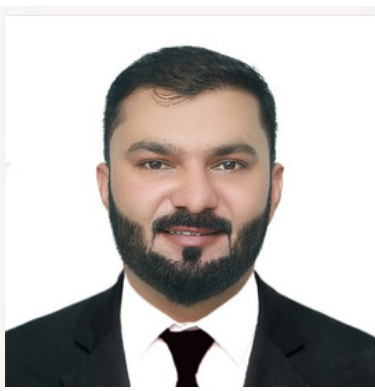
Isra Noor
Senior Lecturer
MS (Molecular Microbiology)



Saania Akram
Lecturer
Pharm-D



Dr. Om Parkash (PT)
Senior Lecturer,
DPT, MSPH, HCPC



Dr. Bheesham Kumar (PT)
Lecturer
DPT



Umair Ahmed
Lecturer,
MA (English)



Dr. Zeeshan Hussain (PT)
Lecturer
DPT



Dr. Maimuna (PT)
Lecturer
DPT



Dr. Shahzaib Mirza
Demonstrator
BDS

Meet Our Faculty



Dr. Ibrahim Selod
Associate Professor
MBBS, FCPS



Javeria Ahmed
Senior Lecturer
M.Phil. (Scholar), CHPE



Noman Ali
Visiting Faculty
M.Phil. (Arts & Social Sciences)



Qurat-ul-Ain
Visiting Faculty
M.A. (Islamic Studies)

Curriculum

Scheme of Studies

SEMESTER I				
S.No.	Course Code	Course	Credit Hours	Category
1	ANA 311	Anatomy – I	3 (2-1)	Major
2	PHY 312	Physiology – I	3 (2-1)	Major
3	KIN 313	Kinesiology – I	3 (2-1)	Major
4	ENG 314	Functional English	3 (3-0)	General Education
5	NSC 315	Natural Sciences	3 (2-1)	General Education
6	ANH 316	Arts & Humanities	2 (2-0)	General Education
7	UHQ 317 / ETH 318	Understanding of Holy Quran – I / Medical Ethics-I	1	General Education
Total Credits Hours = 18				

SEMESTER II				
S.No.	Course Code	Course	Credit Hours	Category
1	ANA 321	Anatomy – II	3 (2-1)	Major
2	PHY 322	Physiology – II	3 (2-1)	Major
3	KIN 323	Kinesiology – II	3 (2-1)	Major
4	ENG 324	Expository Writing	3 (3-0)	General Education
5	QUR 325	Quantitative Reasoning – I	3 (3-0)	General Education
6	PST 326	Pakistan Studies	2 (2-0)	General Education
7	UHQ 327 / ETH 328	Understanding of Holy Quran – II / Medical Ethics-II	1	General Education
Total Credits Hours = 18				

SEMESTER III				
S.No.	Course Code	Course	Credit Hours	Category
1	ANA 411	Anatomy – III	3 (2-1)	Major
2	PHY 412	Physiology – III	3 (2-1)	Major
3	MPH 413	Medical Physics	3 (2-1)	Interdisciplinary
4	BCH 414	Principles of Biochemistry	3 (3-0)	Interdisciplinary
5	QUR 415	Quantitative Reasoning – II	3 (3-0)	General Education
6	ICT 416	Applications of Information & Communication Technologies	3 (2-1)	General Education
7	SCS 417	Social Sciences	2 (2-0)	General Education
Total Credit Hours = 20				

SEMESTER IV				
S.No.	Course Code	Course	Credit Hours	Category
1	ANA 421	Neuro Anatomy	3 (2-1)	Major
2	PHY 422	Exercise Physiology	3 (2-1)	Major
3	BNE 423	Biomechanics & Ergonomics	3 (2-1)	Major
4	BST 424	Biostatistics	3 (2-1)	Interdisciplinary
5	CCE 425	Civics & Community Engagement	2 (2-0)	General Education
6	ICP 426	Ideology & Constitution of Pakistan	2 (2-0)	General Education
7	ISS 427 / ETH 428	Islamic Studies / Ethics	2 (2-0)	General Education
Total Credit Hours = 18				

Curriculum

SEMESTER V				
S.No.	Course Code	Course	Credit Hours	Category
1	EBP 511	Evidence Based Practice	3 (2-1)	Major
2	PAE 512	Physical Agents & Electrotherapy – I	3 (2-1)	Major
3	PNM 513	Pathology & Microbiology – I	2 (2-0)	Major
4	PHR 514	Pharmacology & Therapeutics – I	2 (2-0)	Interdisciplinary
5	SNR 515	Scientific Inquiry & Research Methods	3 (2-1)	Interdisciplinary
6	AIH 516	Artificial Intelligence in Healthcare	3 (3-0)	Interdisciplinary
7	SCP 517	Supervised Clinical Practice – I	3 (0-3)	Clinical Practice
Total Credit Hours = 19				

SEMESTER VI				
S.No.	Course Code	Course	Credit Hours	Category
1	THE 521	Therapeutic Exercises & Techniques	3 (2-1)	Major
2	PAE 522	Physical Agents & Electrotherapy – II	3 (2-1)	Major
3	PNM 523	Pathology & Microbiology – II	3 (2-1)	Major
4	PHR 524	Pharmacology & Therapeutics – II	2 (2-0)	Interdisciplinary
5	HNW 525	Sustainable Development Goals: Health & Wellbeing	3 (2-1)	Interdisciplinary
6	MNG 526	Molecular Biology & Genetics	2 (2-0)	Interdisciplinary
7	SCP 527	Supervised Clinical Practice – II	3 (0-3)	Clinical Practice
Total Credit Hours = 19				

SEMESTER VII				
S.No.	Course Code	Course	Credit Hours	Category
1	MED 611	Medicine – I	3 (3-0)	Major
2	SUR 612	Surgery – I	3 (3-0)	Major
3	MPT 613	Musculoskeletal Physical Therapy	3 (2-1)	Major
4	SPT 614	Sports Physical Therapy	2 (1-1)	Major
5	RND 615	Radiology & Diagnostic Imaging	3 (2-1)	Major
6	PNO 616	Prosthetics & Orthotics	2 (2-0)	Interdisciplinary
7	SCP 617	Supervised Clinical Practice – III	4 (0-4)	Clinical Practice
Total Credit Hours = 20				

SEMESTER VIII				
S.No.	Course Code	Course	Credit Hours	Category
1	MED 621	Medicine – II	3 (3-0)	Major
2	SUR 622	Surgery – II	3 (3-0)	Major
3	MTH 623	Manual Therapy	3 (2-1)	Major
4	NPT 624	Neurological Physical Therapy	3 (2-1)	Major
5	PPT 625	Pediatric & Neonatal Physical Therapy	3 (2-1)	Major
6	SCP 626	Supervised Clinical Practice – IV	4 (0-4)	Clinical Practice
Total Credit Hours = 19				

Curriculum

SEMESTER IX				
S.No.	Course Code	Course	Credit Hours	Category
1	CPT 631	Cardiopulmonary Physical Therapy	3 (2-1)	Major
2	EMP 632	Emergency Procedures in Physical Therapy	2 (1-1)	Major
3	CMR 633	Community Medicine & Rehabilitation	3 (2-1)	Major
4	PPH 634	Professional Practice in Healthcare	2 (2-0)	Interdisciplinary
5	PSY 635	Human Psychology	2 (2-0)	Interdisciplinary
6	SCP 636	Supervised Clinical Practice – V	4 (0-4)	Clinical Practice
7	RES 637	Research Project	3	Research
Total Credit Hours = 19				

SEMESTER X				
S.No.	Course Code	Course	Credit Hours	Category
1	CND 641	Clinical Decision Making & Differential Diagnosis	3 (3-0)	Major
2	IPT 642	Integumentary Physical Therapy	2 (1-1)	Major
3	WPT 643	Women's Health Physical Therapy	3 (2-1)	Major
4	GPT 644	Geriatric Physical Therapy	3 (2-1)	Major
5	ETR 645	Entrepreneurship	2 (2-0)	General Education
6	SCP 646	Supervised Clinical Practice – VI	4 (0-4)	Clinical Practice
Total Credit Hours = 17				

SUMMER SESSION / SEMESTER BREAK				
Fourth / Final Year				
S.No.	Course Code	Course	Credit Hours	During break of either Fourth year or Final Year
1	INT 647	Supervised Internship	3 (0-3)	

Credit Hours 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 three 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

Teaching & Learning Strategies:

- Interactive Lectures
- Small group discussion (Tutorials/case-based learning)
- Lab & practical based sessions.
- Bed-side teaching

Assessment Criteria

- Quizzes
- Clinical Skill performance
- Assignments
- OSPE & OSCE

Intensive Care Unit

Physiotherapists are an integral part of the multi-disciplinary team in critical care and are uniquely skilled with skills and expertise to work with the assessment and management of respiratory complications, physical deconditioning, and neuromuscular and musculoskeletal conditions.

Pediatric Physiotherapy

Pediatric Physiotherapy is the treatment of children who have developmental dysfunctions and specific pediatric disorders. The therapy also aims to optimise a child's function 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.

Neurological Physiotherapy

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.

Neurological Physiotherapy

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.

Spine and Back Problems

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.

Amputee Rehabilitation

The Amputee Physiotherapy service provides specialised rehabilitation for patients following the loss of a limb.

Burns and Plastics

Physiotherapists work very closely with other teams to rehabilitate patients who require skin grafts, aps, breast reconstructions and other forms of plastic surgery.

Pulmonary Rehabilitation

Physiotherapy services provide assistance to Pulmonary Rehabilitation patients with Chronic Lung Diseases to improve their functional capacity and quality of life.

Palliative Care

Physiotherapy in the eld of oncology and palliative care plays an important role in both malignant and Non-malignant cases. Physiotherapy optimizestheir quality of life and increases their life expectancy.

Women's Health Physiotherapy

The women 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 and sacroiliac joint dysfunction

Fee Structure

Tuition fee charge are subject to change without any notice.
Current charges are follows:

Fee Title	Amount	Remarks
Admission Fee	47,393	one time
Tuition Fee	126,500	Per Semester
Security Deposit	5,000	Refundable
JSMU Registration / Enrollment Fee	2,000	As per JSMU (one time)
Lab Fee	10,000	One time
Id Card Fee	1,500	-
JSMU Administrative share of Admission fee	2,607	5.5 % of Admission fee (One time)
JSMU Administrative share of Tuition fee	6,958	5.5 % of Tuition fee (Per Semester)
Extracurricular Fee	5,000	Per Year
AHPC Fee	1,000	As per AHPC

Application fee charges are Rs 3,300/-

Note: JSMU final examination fee will be submitted at the end of each semester Rs. 3,500/-

Instructions

1. 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. System will generate unique challan number.
2. Candidate should submit the mentioned fee on challan to any HBL branch.
3. Application needs to upload the image of paid fee challan on the portal.
4. After verification of documents system will generate admit cards.
5. Candidates with incomplete forms, attached unpaid fee or not meeting admission 17 criteria will not be issued admit cards.
6. The decision of the admission committee will be final.
7. Enrolment, Examination, Certification, Degree Convocation and Documents verification all fees to be paid by the candidate as per JSMU rules.
8. Management can change fee charges without any notice.

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

Merit formula: SSC & HSSC (or equivalent): 40%, Entry Test: 40% Interview 20%.

Entry Test:

1. All candidate applying will have to appear in the written one correct multiple-choice question-based entrance test.
2. Candidate must score 60% marks to be selected for the nal interview by the selection committee.
3. Entry test will be based on A Level/Intermediate or equivalent.
4. Entry test curriculum/course content will be from following subjects. Biology, Physics, Chemistry, English, General knowledge & Analytical questions.

Final decision: Admission decision to be made after a final decision by the admission committee

Documents to be submitted:

Application for admission to the course must be submitted online, available at IUHS website **www.iuhs.edu.pk**
(Online portal link: <https://admissions.iuhs.edu.pk/auth/sign-in>) along with the following documents:

- Intermediate certificate/provisional certificate from a recognised board/institute.
- Marks certificate of intermediate or its equivalent.
- Matriculation certificate.
- Recent passport size photograph.
- Sindh Domicile and permanent residence certificate issued by a competent Authority (for Pakistani nationals).
- Computerised National Identity Card (for Pakistani nationals)/B-Form
- Migration Certificate (Other than Karachi Board)

General Performance Conduct

- Attendance in lectures is compulsory; students with less than 80% attendance will not be allowed to appear in examinations.
- Absences must be accounted for by parents/guardians.
- Students cannot form political or religious societies/organisations.
- No student unions may be formed without permission of the Principal.
- Students must maintain a neat, professional appearance (lab coats are mandatory).
- Any student without a lab coat will be fined.
- Students not meeting program standards may face dismissal or disciplinary action.
- Students are prohibited from private practice or employment; violations will be reported to the disciplinary committee.
- Publications (scientific or literary) require Principal's approval, with a draft copy submitted for record.
- Students may not address the national press on political matters or issues linked to college administration.
- Communication to higher authorities must go through the Principal.
- Smoking and other activities harmful to college discipline are strictly prohibited.
- The Principal may issue additional disciplinary orders as needed.

Student Professional Conduct

- **Academic Integrity** - Students must avoid plagiarism, cheating, and academic misconduct; violations may result in suspension or expulsion.
- **Respect** - Students must respect the dignity of faculty, staff, and fellow students; harassment, bullying, or disrespect will result in disciplinary action.
- **Confidentiality** - Students must protect patient information, research data, and sensitive institutional information; breaches will result in investigation.
- **Use of University Property** - Resources, facilities, and equipment must be used responsibly and only for academic purposes.
- **Punctuality** - Students must attend scheduled classes and clinical commitments; repeated tardiness or unauthorised absence will affect academic standing.
- **Dress Code** - Professional attire or prescribed uniforms must be followed.
- **Zero Tolerance for Harassment** - Any form of harassment, including sexual harassment and discrimination, will face strict disciplinary measures.
- **Alcohol, Substance Abuse, and Smoking** - Prohibited on campus; violations may result in suspension or expulsion.
- **Reporting Violations** - Students are encouraged to report unethical behaviour; reports will be handled confidentially without retaliation.
- **Patients' Rights** - Students must respect patient dignity, confidentiality, and informed consent.
- **Research Misconduct** - Falsification, plagiarism, or fabricating data will be investigated by the Institutional Review Board.
- **Open Communication** - Students are encouraged to report unethical behaviour through official channels; whistleblowers will be protected.

Rustication

A student may be rusticated by the disciplinary committee for up to three years if found guilty of:

- Taking forceful possession, making unauthorised use of, or damaging any property.
- Involvement in agitational activities.
- Indulging in actions detrimental to the good order of the college.
- Adopting unfair means during examinations.
- Disobeying an order of suspension.
- Any other act deemed inappropriate by the Principal or the disciplinary committee.

Suspension

A student shall be liable to suspension of up to six months for:

- Using unfair means during examinations (further action may be taken by the disciplinary committee, and the student will not be allowed to appear in remaining exams until a final decision is made).
- Misbehaviour with faculty, staff, or fellow students.
- Disobedience or spreading false rumours.
- Using indecent or offensive language.
- Inciting violence or raising political/religious slogans.
- Quarrelling, fighting, or abusive behaviour.
- Violation of the dress code.
- Interfering with administration, including examination processes.
- Acts of immorality.
- Involvement in political activity, including displaying posters.
- Continuous absence of more than three weeks without permission.
- Appearance in an FIR for a non-bailable criminal offense (suspension will continue until the case is resolved).

Holidays

Note: These dates are tentative. IUHS will issue an official notification regarding the declaration of the holiday.

Events / Occasion	Day & Date
Ashura	15-Jul-26
Independence Day	14-Aug-26
Eid Milad-un-Nabi (S.A.W.W)	25, August 2026
Death Anniversary of Quaid-e-Azam	11-Sept-26
Iqbal Day	09-Nov-26
Quaid-e-Azam Day / Christmas	25-Dec-26
Kashmir Day	05-Feb-27
Pakistan Day	23-Mar-27
Eid-ul-Fitr	Approx. March 2027 (To be announced)
Labor Day	01-May-27
Eid-ul-Azha	Approx. May 2027 (To be announced)