



**SINDH INSTITUTE OF
MEDICAL & ALLIED SCIENCES**



SESSION 2021-2022

D.P.T

DOCTOR OF
PHYSICAL THERAPY

PROSPECTUS



Sindh Institute of Medical And Allied Sciences

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

TABLE OF CONTENTS

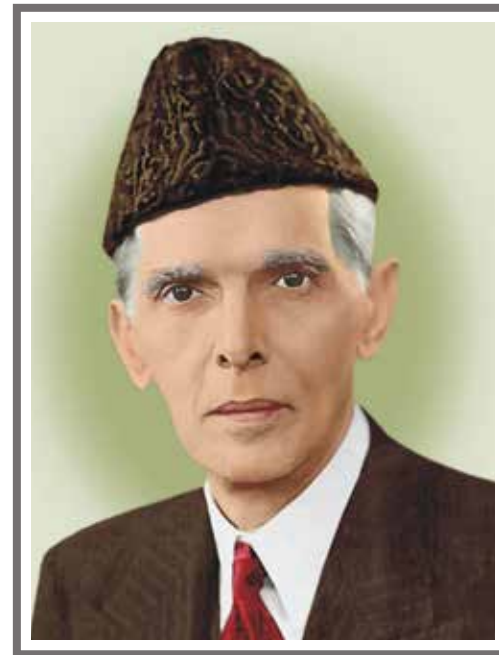
S. No.	Particulars	Page No.
1.	Message from Founder of Nation	01
2.	Message from Executive Director	02
3.	Message from Program Director	03
4.	Message from Principal	04
5.	Vision/MissionStatement	05
6.	Department of Physical Therapy	06
7.	Objective of DPT Programme	07
8.	Scope of Physical Therapy	08
9.	Career Opportunities	09
10.	Future Programs	10
11.	Entry/Admission Requirements for DPT	11
12.	Selection Criteria	12
13.	Seat Allocation	13
14.	Fee Structure	14
15.	DPT Curriculum	15
16.	Examination Rules	18
17.	Salient Features	19
18.	Skills Lab	20
19.	Extracurricular Activities / Workshops & Seminar	21
20.	Our Policies	22
21.	Computer Lab / Library / Auditorium	23
22.	Affiliation	24
23.	Qualified Faculty	25
24.	Transport	26



MESSAGE FROM **FOUNDER OF NATION**

My young friends, I look forward to you as the real makers of Pakistan, do not be exploited and do not be misled. Create amongst yourselves complete unity and solidarity. Set an example of what youth can do. Your main occupation should be in fairness to yourself, to your parents, in fairness to the State, to devote your attention to your studies. If you fritter away your energies now, you will always regret.

(Islamic College, Peshawar - 12th April, 1948)



Quaid-e-Azam

Founder of Nation

THE FOUNDER



MESSAGE FROM **EXECUTIVE DIRECTOR**

I Welcome all students who had been searching for a prestigious institution, to Sindh Institute of Medical And Allied Sciences.

Sindh Institute of Medical and Allied Sciences will provide you a variety of possibilities for growing and learning during the upcoming years, so keep yourselves prepared for availing the opportunities. Here, you will find the best environment for quality teaching, learning and research under some of the renowned competent faculty members of the city. You will be offered various study programs across a greater horizon of professional disciplines. I hope your time here at SIMAS will provide you a foundation for a better tomorrow and set an example for the next generation. Wishing you best of luck for your future endeavours.



Dr. Syed Alamdar Raza Zaidi
Executive Director

EXECUTIVE DIRECTOR



MESSAGE FROM PROGRAM DIRECTOR

Sindh Institute of Medical and Allied Sciences is a unique institution which provides a transformative education for high achieving students. A truly merit-based, SIMAS is committed to equity and inclusion and distinguished by our affiliation agreement with the DOW. Our numerous University partnerships provide exceptional learning opportunities for our students and staff and enable SIMAS to contribute to ground-breaking research and innovation under the leadership of the Five Star Education and Health Foundation. Our students are shaped by an academic program which promotes: citizenship, character, critical thinking, collaboration, creativity and effective communication. Working with our outstanding staff, they continuously challenge themselves and take initiative as socially-responsible global citizens. Through our international connections, SIMAS staff and students understand what excellence looks like globally and are supported to flourish in a rapidly changing world.



Dr. Ali Farhad

Program Director

PROGRAM DIRECTOR



MESSAGE FROM **VICE PRINCIPAL**

SIMAS, a new speculation for advance studies in physical therapy and rehabilitation sciences. We assure you that we will have a careful and observant look over our students in terms of their academic and extra curricular activities. So, that they reach at the summit of their career. We will provide them with best of knowledge and experience through our qualified and dedicated faculty. We will bestow upon them sufficient chance to improve their clinical work. They will readily distinguish in terms of clinical practice. Academic success aside, we believe and emphasize on over all development of students such as team work, communication skills and public speaking. Students will be groomed so that they can widen their vision and wisdom for their aim of life.



Dr. Asma Hameed
Vice Principal

VICE PRINCIPLE



VISION / MISSION STATEMENT

VISION

The vision of the Physical Therapy Program is to: 1) Maintain the department's long tradition of leadership and excellence in physical therapy education; 2) create innovate educational programs; 3) promote the provision of ethical, efficient and cost effective physical therapy services; and 4) serve the physical therapy needs of the national and international communities.

MISSION STATEMENT

The mission of the Physical Therapy Program of Sindh Institute of Medical & Allied Sciences is: 1) to educate professional doctoral physical therapists who are knowledgeable, self-assured, adaptable, reflective, humanistic, and service-oriented and who by virtue or critical thinking, life-long learning, and ethical values, render independent judgements concerning patient/client needs; and 2) to educate post-professional physical therapists as advanced clinicians, researchers, and educators who are capable of discovering and applying new knowledge about physical therapy and relating physical therapy theory to practice.



DEPARTMENT OF PHYSICAL THERAPY

The Department of Physical Therapy of Sindh Institute of Medical and Allied Sciences has been recently established in the year 2018 . It is located at the mid of city, Karachi.

Sindh Institute of Medical and Allied Sciences offers a five year degree program Doctor of Physical Therapy. In this series of courses, learners will develop the professional behaviours, knowledge and values crucial to become leaders in a dynamic health care environment. Through an understanding of the profession's history and governance, students will have experiences in professional and patient advocacy initiatives. Students will master the crucial skills of patient and professional communication in order to operate effectively in practice. Students will also be grounded in ethical frameworks that can be easily applied to practical situations encountered in clinical practice. This course series also seeks to develop leadership skills necessary to change agents in healthcare practice, management, education, research and advocacy.





OBJECTIVES OF DPT PROGRAM

The chief goal of DPT program is to produce physical therapists able to meet the needs of patients as well as society with participation in both professional and community services. In order to fulfill this goal, the department works on following objectives:

- To create an inspiring and cooperative environment that enhances research skills and leadership qualities.
- To train students with appropriate communication and decision making skills necessary to work in collaboration with patients and members of healthcare team.
- To develop clinical competence in assessment, diagnosis, design and implementation of an effective plan of care .
- To produce physical therapists able to demonstrate critical appraisal skills and incorporate the best available evidence in physical therapy practice.



SCOPE OF PHYSICAL THERAPY

Physical therapists are health care professionals who help individuals maintain, restore, and improve movement, activity, and functioning, thereby enabling optimal performance and enhancing health, well-being, and quality of life. Their services prevent, minimize, or eliminate impairments of body functions and structures, activity limitations, and participation restrictions. Physical therapy is provided for individuals of all ages who have or may develop impairments, activity limitations, and participation restrictions related to conditions of the musculoskeletal, neuromuscular, cardiovascular, pulmonary, and/or integumentary systems or environment related injuries.

Physical therapists play vital roles in today's health care environment and are recognized as essential providers of rehabilitation performance enhancement, and prevention and risk-reduction services. Physical therapists also play important roles both in developing standards for physical therapist practice and in developing health care policy to ensure availability, accessibility, and optimal provision of physical therapy.

The scope of practice for physical therapists is dynamic, evolving with evidence, education, and societal needs, and has 3 components:

Professional, Jurisdictional, and Personal



CAREER OPPORTUNITIES

Students who are interested in life sciences, believe in diversity of profession, want a professional career that is more than a job and also wish to make a difference in people's life should adopt this profession. Like Specialist Physicians (MBBS with specialization in one of the fields), Physiotherapists are Rehabilitation Professionals who also work directly with the patients ensuring their recovery after surgery, injury, fracture or other acquired disabilities.

- Public Sector (Grade 17 scale jobs)
- Private Hospitals
- Physical Medicine & Rehabilitation centers
- NGOs
- Sports Clubs & Teams
- Academia
- Medical Technology Companies
- International Job Placements
- Private Clinics
- Aid Agencies & Organizations
- Research





FUTURE PROGRAMS

Sindh Institute of Medicine and Allied Sciences has a broad perspective for future generation. It aims to introduce following programs in the field of Medicine and Allied Sciences.

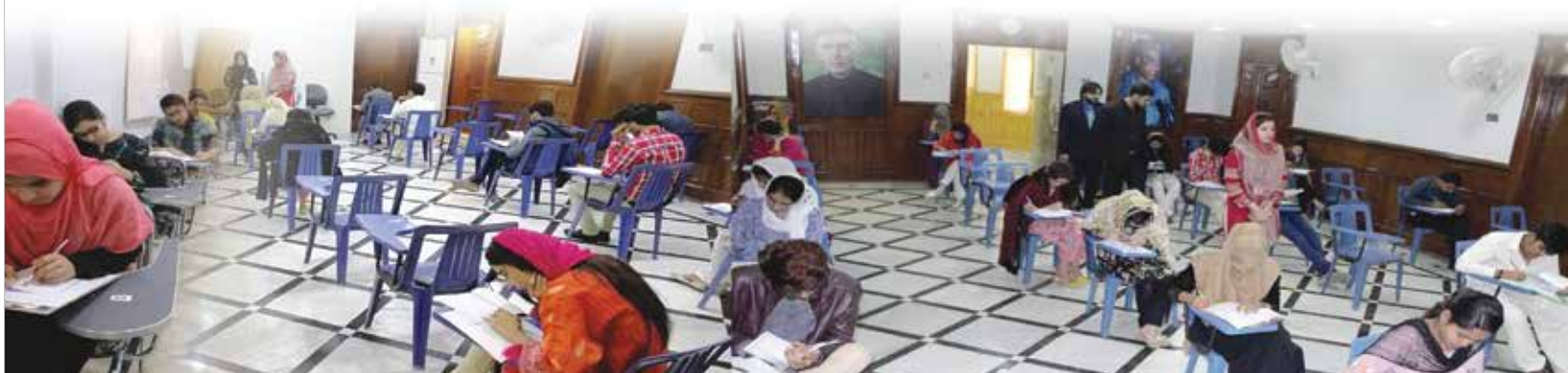
- MBBS
- BDS
- NURSING
- D-Pharmacy
- B.S Biomedical Engineering
- Doctor Speech Pathology
- Doctor Occupational Therapy
- B.S Medical Lab Technology





ENTRY/ADMISSION REQUIREMENTS FOR DPT (DOCTOR OF PHYSICAL THERAPY)

- F.Sc (Pre-Medical minimum 60% marks)
- IBCC equivalent (A-Levels or AKU-EB system) minimum 60% marks for foreign qualification.
- Entry Test is Mandatory.
- Entry Test result of NTS will be acceptable.





SELECTION CRITERIA

S.NO.	CRITERIA	Weightage
1.	Matriculation (SSC)	10%
2.	Intermediate (F.Sc)	40%
3.	Entry Test	40%
4.	Interview	10%
	Total	100%

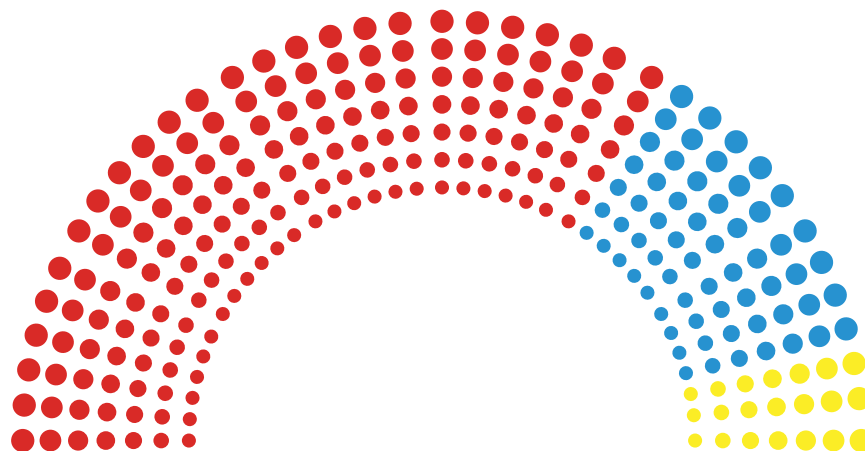
NOTE: Entry test will be taken from following subjects:

- English 20%
- General Knowledge 10%
- Biology 25%
- Chemistry 25%
- Physics 20%



SEAT ALLOCATION

Category	Quantity
Merit (Category –A)	35
Self Finance (Category – B)	10
Overseas (Category – C)	05
Total	50





FEE STRUCTURE

Fees Items	Category A (Regular)	Category B (Self Finance)	Category C (Overseas)
Admission (Non-Refundable)	Rs. 30,000/-	Rs. 50,000/-	\$ 600/-
Security Deposit (Refundable)	Rs. 20,000/-	Rs. 20,000/-	\$ 300/-
Tuition fees/Semester (Non-Refundable)	Rs. 90,000/-	Rs. 120,000/-	\$ 1,500/-
Library / Yearly	Rs. 5,000/-	Rs. 5,000/-	\$ 100/-
Gross Total (At the time of Admission)	Rs. 155,000/-	Rs. 205,000/-	\$ 28,00/-
Annual Fees	Rs. 245,000/-	Rs. 325,000/-	\$ 43,00/-

Note:

- As per Government directive 5% advance Tax will be charged over total fees (The tax will be applicable on the amount of two lacs and above fees). Any additional tax imposed by Government will be liability of the students/parents/guardians. 5.5% package of admission fee will be charged from each students except security deposit which is refundable.
- 10% inflation in fees every year



1ST YEAR

DPT CURRICULUM –2016

FIRST PROFESSIONAL YEAR		FIRST PROFESSIONAL YEAR	
FIRST SEMESTER		SECOND SEMESTER	
ANATOMY - I	4(3-1)	ANATOMY - II	4(3-1)
PHYSIOLOGY - I	3(2-1)	PHYSIOLOGY - II	3(2-1)
KINESIOLOGY - I	3(2-1)	KINESIOLOGY - II	3(2-1)
ENGLISH-I (FUNCTIONAL ENGLISH)	3(3-0)	ENGLISH-II (COMMUNICATION SKILLS)	3(3-0)
PAKISTAN STUDIES	2(2-0)	ISLAMIC STUDIES / ETHICS	2(2-0)
INTRODUCTION TO COMPUTER	3(2-1)	SOCIOLOGY	2(2-0)
Credit Hours	18	Credit Hours	18

2ND YEAR

SECOND PROFESSIONAL YEAR		SECOND PROFESSIONAL YEAR	
THIRD SEMESTER		FOURTH SEMESTER	
ENGLISH-III (Technical Writing & Presentation Skills)	3(3-0)	ANATOMY - IV (NEURO ANATOMY)	3(2-1)
MEDICAL PHYSICS	3(2-1)	BIOMECHANICS & ERGONOMICS - II	3(2-1)
ANATOMY - III	3(2-1)	HEALTH & WELNESS	2(2-0)
PHYSIOLOGY - III	3(2-1)	BIOCHEMISTRY II	3(2-1)
BIOMECHANICS & ERGONOMICS-I	3(3-0)	EXERCISE PHYSIOLOGY	3(2-1)
BIOCHEMISTRY I	2(2-0)	MOLECULAR BIOLOGY & GENETICS	2(2-0)
Credit Hours	17	Credit Hours	16



3RD YEAR

THIRD PROFESSIONAL YEAR		THIRD PROFESSIONAL YEAR	
FIFTH SEMESTER		SIXTH SEMESTER	
PATHOLOGY & MICROBIOLOGY - I	2(2-0)	PATHOLOGY & MICROBIOLOGY - II	3(2-1)
PHARMACOLOGY & THERAPEUTICS - I	2(2-0)	PHARMACOLOGY - II	2(2-0)
PHYSICAL AGENTS & ELECTROTHERAPY - I	3(2-1)	PHYSICAL AGENTS & ELECTROTHERAPY - II	3(2-1)
THERAPEUTIC EXERCISES & TECHNIQUES	3(2-1)	BIostatISTICS II (university optional)	3(3-0)
BIostatISTICS I	3(3-0)	COMMUNITY MEDICINE & REHABILITATION	3(3-0)
BEHAVIORAL SCIENCES (PSYCHOLOGY & ETHICS)	2(2-0)	SUPERVISED CLINICAL PRACTICE II	3(0-3)
SUPERVISED CLINICAL PRACTICE I	3(0-3)	Credit Hours	17
Credit Hours	18		

4TH YEAR

FOURTH PROFESSIONAL YEAR		FOURTH PROFESSIONAL YEAR	
SEVENTH SEMESTER		EIGHTH SEMESTER	
MEDICINE - I	3(3-0)	MEDICINE - II	3(3-0)
SURGERY - I	3(3-0)	SURGERY - II	3(3-0)
RADIOLOGY & DIAGNOSTIC IMAGING	3(2-1)	NEUROLOGICAL PHYSICAL THERAPY	3(2-1)
MUSCULOSKELETAL PHYSICAL THERAPY	3(2-1)	SCIENTIFIC INQUIRY & RESEARCH METHODOLOGY	3(2-1)
EVIDENCE BASED PRACTICE	3(2-1)	EMERGENCY PROCEDURES & PHARMACY CARE IN PHYSICAL THERAPY	3(2-1)
SUPERVISED CLINICAL PRACTICE III	3(0-3)	SUPERVISED CLINICAL PRACTICE IV	3(0-3)
Credit Hours	18	Credit Hours	18



5TH YEAR

FIFTH PROFESSIONAL YEAR		FIFTH PROFESSIONAL YEAR	
NINTH SEMESTER		TENTH SEMESTER	
CARDIOPULMONARY PHYSICAL THERAPY	3(2-1)	OBSTETRICS & GYNAECOLOGICAL PHYSICAL THERAPY	2(2-0)
EMERGENCY PROCEDURE & PRIMARY CARE IN PHYSICAL THERAPY	2(2-0)	PAEDIATRIC PHYSICAL THERAPY	2(2-0)
CLINICAL DECISION MAKING & DIFFERENTIAL DIAGNOSIS	3(3-0)	GERONTOLOGY & GERIATRIC PHYSICAL THERAPY	2(2-0)
MANUAL THERAPY	3(2-1)	SPORTS PHYSICAL THERAPY	2(2-0)
PROFESSIONAL PRACTICE (LAWS, ETHICS & ADMINISTRATION)	2(2-0)	SUPERVISED CLINICAL PRACTICE - VI	4(0-4)
INTEGUMENTRY PHYSICAL THERAPY	2(2-0)	RESEARCH PROJECT	6
SUPERVISED CLINICAL PRACTICE - V	3(0-3)	Credit Hours	18
Credit Hours	18	Total Credit Hours	174

Total Theory/Lectures for Ten Semesters 130
Total Practical Hours for Ten Semesters 44

NOTE:

This scheme of curriculum is also applicable to annual system; in which two consecutive semesters will be considered as one professional year.

Credit hours distribution is as following:

- 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 research work per week throughout the semester.

HOUSE JOB

One year of house job will be incorporated at the end of five year degree programme.



EXAMINATION RULES

INTERNAL EVALUATION SYSTEM

SEMESTER EXAMINATION

- | | |
|------------------|-----|
| • BCQs | 50 |
| • SAQs | 30 |
| • Viva/Practical | 100 |

INTERNAL EXAMINATION

Examination will be taken up to 20th Week of each Semester:

- | | |
|--------|----|
| • BCQs | 70 |
| • SAQs | 30 |

For continues assessment of students regarding their course, a series of 3 continues assessment tests (CATS) will be conducted by SIMAS. Which will start from third week of 1st month. By the end of course work, internal evaluation will be made from their CAT results. 20% of internal evaluation marks count in semester.

RULES & REGULATION OF SEMESTER EXAMINATIONS SHALL BE FOLLOWED TO THE POLICY OF DOW:

- All the dues must be clear
- Minimum attendance 75% attendance for eligibility to appear in the semester examination.
- If Minimum attendance is not maintained by the students as approved by the Sindh Institute of Medical & Allied Sciences his / her examination form shall not be forwarded to the Controller of Examinations (UG) of DOW University of Health Sciences, Karachi.
- Mid Term Examination will be conducted after six (06) weeks and each student has to obtain minimum 70% marks positively in each.



SALIENT FEATURES

Clinical Facility

- A memorandum has been signed between Sindh of Medical & Allied Sciences.
 - Civil hospital, karachi
 - DUHS, Ojha campus
 - Ibne sina hospital
 - Ashfaque memorial hospital
 - Ateeq Orthopaedic hospital
- Well equipped Physiotherapy OPD





SKILL LABS

Skill labs are the innovative rooms where students develop and polish their skills with the help of experienced trainer.

- These are innovative areas where students are facilitated by experienced and talented trainer to demonstrate and improve, students clinical work that is:

- Anatomy
- Physiology
- Kinesiology
- Electrotherapy
- Medical Physics





EXTRACURRICULAR ACTIVITIES

Hyderabad Institute of Medical and Allied Sciences lays great emphasis and encourages on extracurricular activities.

- Recreational Trips

- Celebration of National Days

- World Physical Therapy Day

- Sports Week

- Student's Festival

WORK SHOPS & SEMINAR

Workshops and seminars aid a great knowledge in students. These widen students way for thinking and develop wide range of ideas and innovations.





JOURNEY TOWARDS HEALTHCARE CAREER

- ORIENTATION DAY
- WHITE COAT CEREMONY

A ritual that is a rite passageway towards the start of medical career. It is a necessary adoption for students to wear white coats during classes also it enthuses students regarding their duties from being good student to an honest healthcare provider/professional.





COMPUTER LAB

Computer lab is also there for further ease of students to increase their knowledge and rapid source of information indeed. Latest updated software in PCs will benefit students to complete their projects or assignments more efficiently.

LIBRARY

A room of different sources of information with accessible resources. Library contains books related to subjects. Other than these students will be able to read newspapers, magazines

LECTURE HALL & AUDITORIUM

Sindh Institute of medical and allied sciences offers fully equipped laboratories for both basic sciences and clinical specific courses, where the students can learn, practice and polish their practical and clinical skills.

The lecture halls are equipped with teaching aids, Every classroom is fully air-conditioned and is provided with multimedia facility.





AFFILIATION



DOW UNIVERSITY OF HEALTH SCIENCES

DUHS



QUALIFIED FACULTY

Sindh Institute of medical and Allied sciences has recruited professional and qualified faculty for its students. They will help them acquire knowledge, competencies and values.

FACULTY MEMBERS:

● **Dr. Alamdar Raza Zaidi**
(MBBS, M.phil, MCPS) Assistant Professor-Anatomy

● **Dr. Shabnam Khan**
(BDS, M.phil) Assistant Professor-Anatomy

● **Dr. Asma Hameed**
(DPT, M.phil) Assistant Professor and Viceprincipal

● **Dr. Naveed Ahsan**
(MBBS) Assistant Professor Biochemistry

● **Dr Tayyaba**
(DPT) Lecturer Anatomy

● **Dr Sundus Arshad**
(DPT) Lecturer Kinesiology

● **Ms. Amna Amjad**
(BS, M.SC) Lecturer Physiology

● **Dr. Batool Hassan**
(DPT, Mphil) Lecturer Physical Therapy

● **Dr. Beenish**
(DPT, Mphil) Lecturer Physical Therapy

● **Mr. Affan Jamil**
Lecturer Biostatistic

● **Mr. Shoaib Rana**
Lecturer English

● **Mr. Salman Farhad**
Lecturer Islamiat



TRANSPORT

Transport: Transport Facility is provided for female students from campus to their Residence.

Van facility will be provided to the student.