

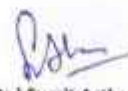
Ref.No.EIAH/Sc&R/10/26/2025 2756 A


ERA UNIVERSITY
ERA INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH
DEPARTMENT OF PHYSIOTHERAPY
TIME TABLE - BPT 4th SEM (2025-26)
 Venue - UG-2, 9th floor, Hospital Building Extension.

W.E.F - 02-02-2026

Days	10-11	11-12	12-01	01-02	02-03	03-04	04-05
Monday 02-02-26	FIRST AID & EMERGENCY CARE (L) CPR, cervical collar, massage Dr. Poonam Pachauria	OPD / WELLNESS (Observational Posting) Dr. Walida Khan	EXERCISE THERAPY II (L) PRE- lab test DR. SHAHEEH FATIMA	L	SKILL Isometric and isokinetic Dr. Walida Khan	BIOMECHANICS & KINESIOLOGY II (L) Hip joint forces Dr. Shalabh Kumar Singh	ELECTROTHERAPY II (L) Nerve conduction velocity studies-I DR. SHAHEEH FATIMA
Tuesday 03-02-26	EXERCISE THERAPY II (L) PRE- Lab test DR. SHAHEEH FATIMA	PATHOLOGY (L) Emphysema Dr. Beenukh Bano	BIOMECHANICS & KINESIOLOGY II (L) Muscle function in stance Dr. Shalabh Kumar Singh	U	FIRST AID & EMERGENCY CARE (P) Transportation of patients & CPR Dr. Poonam Pachauria		ELECTROTHERAPY II (L) Nerve conduction velocity studies- II DR. SHAHEEH FATIMA
Wednesday 04-02-26	ELECTROTHERAPY II (L) EMG-I DR. SHAHEEH FATIMA	PATHOLOGY (L) Embolism Dr. Beenukh Bano	BIOMECHANICS & KINESIOLOGY II (L) Gait/normal stance Dr. Shalabh Kumar Singh	N	SELF STUDY	EXERCISE THERAPY II (P) PNF patterns in upper limb DR. SHAHEEH FATIMA	
Thursday 05-02-26	EXERCISE THERAPY II (L) Circuit training DR. SHAHEEH FATIMA	PATHOLOGY (L) Thrombosis Dr. Beenukh Bano	BIOMECHANICS & KINESIOLOGY II (L) Compensatory lateral lean of the trunk Dr. Shalabh Kumar Singh	C	FIRST AID & EMERGENCY CARE (L) Techniques used in artificial respiration Dr. Poonam Pachauria		ELECTROTHERAPY II (P) NCV test DR. SHAHEEH FATIMA
Friday 06-02-26	PATHOLOGY (L) Infarction Dr. Beenukh Bano	PATHOLOGY (P) ESR(Erythrocyte sedimentation rate) Venue - HLT Lab, 3 rd floor, university building		H	ELECTROTHERAPY II (L) EMG-II DR. SHAHEEH FATIMA	EXERCISE THERAPY II (L) Polymetric training DR. SHAHEEH FATIMA	FIRST AID & EMERGENCY CARE (L) Wound and dressing-I Dr. Poonam Pachauria
Saturday 07-02-26	BIOMECHANICS & KINESIOLOGY II (P) Use of cane - ipsilaterally and contralaterally Dr. Shalabh Kumar Singh		ELECTIVE	-			

1. BPT 401 & BPT 402 - PATHOLOGY (L) - DR. BEENUKH BANO (ASSISTANT PROFESSOR)
2. BPT 402 & BPT 402 - ELECTROTHERAPY II (L) - DR. SHAHEEH FATIMA (ASSISTANT PROFESSOR)
3. BPT 401 & BPT 402 - EXERCISE THERAPY II (L) - DR. SHAHEEH FATIMA (ASSISTANT PROFESSOR)
4. BPT 403 & BPT 403 - FIRST AID & EMERGENCY CARE (L) - DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)
5. BPT 406 & BPT 406 - BIOMECHANICS & KINESIOLOGY II (L) - DR. SHALABH KUMAR SINGH (ASSOCIATE PROFESSOR)
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4. Office of Asst. Dean - E.I.A.H.S&R, E.U.
5. Academic Monitoring Committee - in-charge
6. Attendance Section, E.U.
7. Concerned Batch in-charge
8. Concerned Dept.


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W.E.F - 02-03-2026

Days	10-11	11-12	12-01	01-02	02-03	03-04	04-05
Monday 02-03-26	BIOMECHANICS & KINESIOLOGY II (L) Pateofemoral Dr. Shalabh Kumar Singh	OPD: WELLNESS (Observational Posing) Dr. Wahida/Dr. Nida	EXERCISE THERAPY II (L) Techniques in PNF 2 DR. SHABEER FATIMA		SELF STUDY	FIRST AID & EMERGENCY CARE (L) Foreign body ear treatment Dr. Poonam Pachauria	ELECTROTHERAPY II (L) Bio-feedback DR. SHABEER FATIMA
Tuesday 03-03-26	HOLIDAY (HOLI & DHULENDI)						
Wednesday 04-03-26	HOLIDAY (HOLI & DHULENDI)						
Thursday 05-03-26	EXERCISE THERAPY II (L) Techniques in PNF 3 DR. SHABEER FATIMA	PATHOLOGY (L) Chronic bronchitis Dr. Deenish Bano	BIOMECHANICS & KINESIOLOGY II (L) Motion of patella and PFL stress Dr. Shalabh Kumar Singh		FIRST AID & EMERGENCY CARE (L) Foreign body nose treatment Dr. Poonam Pachauria	ELECTROTHERAPY II (P) Ultrasound therapy demonstration DR. SHABEER FATIMA	
Friday 06-03-26	PATHOLOGY (L) Asthma Dr. Deenish Bano	PATHOLOGY (P) Preparation of anticoagulation Ms. Humaira Venue – MLT Lab, 5 th floor, university building			ELECTROTHERAPY II (L) Define Ultrasound, Frequency, Piezoelectric effects DR. SHABEER FATIMA	EXERCISE THERAPY II (L) Joint mobilization – definition, indication, limitation DR. SHABEER FATIMA	FIRST AID & EMERGENCY CARE (L) Foreign body throat treatment Dr. Poonam Pachauria
Saturday 07-03-26	BIOMECHANICS & KINESIOLOGY II (P) Osteolaminities of knee joint I Dr. Shalabh Kumar Singh		ELECTIVE				

BPT 401 & BPP 401 – PATHOLOGY (S) – DR. DEENISH BANO (ASSISTANT PROFESSOR)
BPT 402 & BPP 402 – ELECTROTHERAPY II (S) – DR. SHABEER FATIMA (ASSISTANT PROFESSOR)
BPT 403 & BPP 403 – EXERCISE THERAPY II (S) – DR. SHABEER FATIMA (ASSISTANT PROFESSOR)
BPT 405 & BPP 405 – FIRST AID & EMERGENCY CARE (4) – DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)
BPT 406 & BPP 406 – BIOMECHANICS & KINESIOLOGY II (S) – DR. SHALABH KUMAR SINGH (ASSOCIATE PROFESSOR)
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TIME TABLE - BPT 4th SEM (2025-26)
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W.E.F - 09-02-2026

Days	10-11	11-12	12-01	01-02	02-03	03-04	04-05
Monday 09-02-26	FIRST AID & EMERGENCY CARE (L) Wounds and bleeding II Dr. Poonam Pachauria	OPD/ WELLNESS (Observational Postng) Dr. Wahida/Dr. Nida	EXERCISE THERAPY II (L) PNF- Principle, diagonal pattern, Basic procedure DR. SHABEEH FATIMA	L	SKILL Stretching techniques Dr. Wahida Khan	BIOMECHANICS & KINESIOLOGY II (L) Hip joint pathology Dr. Shallabh Kumar Singh	ELECTROTHERAPY II (L) Bio-feedback DR. SHABEEH FATIMA
Tuesday 10-02-26	EXERCISE THERAPY II (L) EE diagonal pattern DR. SHABEEH FATIMA	PATHOLOGY (L) Clau test Ms. Inna Khan	BIOMECHANICS & KINESIOLOGY III (L) Tibiofemoral joint structure Dr. Shallabh Kumar Singh	U	FIRST AID & EMERGENCY CARE (P) Adult CPR Dr. Poonam Pachauria		ELECTROTHERAPY II (L) IFT DR. SHABEEH FATIMA
Wednesday 11-02-26	ELECTROTHERAPY II (L) Principle of Production of IFT DR. SHABEEH FATIMA	PATHOLOGY (L) Shock Dr. Beenish Bano	BIOMECHANICS & KINESIOLOGY III (L) Tibiofemoral ligament Dr. Shallabh Kumar Singh	N	SELF STUDY	EXERCISE THERAPY II (P) Joint mobilization - shoulder joint DR. SHABEEH FATIMA	
Thursday 12-02-26	EXERCISE THERAPY II (L) LE diagonal pattern DR. SHABEEH FATIMA	PATHOLOGY (L) Volkman's ischaemic contracture Dr. Beenish Bano	BIOMECHANICS & KINESIOLOGY III (L) Tibiofemoral joint structure Dr. Shallabh Kumar Singh	C	FIRST AID & EMERGENCY CARE (L) First aid in Asphyxia, Drowning, Shock Dr. Poonam Pachauria	ELECTROTHERAPY II (P) Ultrasound therapy DR. SHABEEH FATIMA	
Friday 13-02-26	PATHOLOGY (L) Blood disorder: concept of Anemia Dr. Beenish Bano	PATHOLOGY (P) Revision ESR(Erythrocyte sedimentation rate) Ms. Inna Khan Venue - M.T lab, 5 th floor, university building		H	ELECTROTHERAPY II (L) Static Interference System DR. SHABEEH FATIMA	EXERCISE THERAPY II (L) Techniques in PNF I DR. SHABEEH FATIMA	FIRST AID & EMERGENCY CARE (L) Injuries of soft tissue, joint and bone Dr. Poonam Pachauria
Saturday 14-02-26	BIOMECHANICS & KINESIOLOGY II (P) Osteokinematics of hip joint II Dr. Shallabh Kumar Singh		ELECTIVE	-	-	-	-

BPT 401 & BPP 401 - PATHOLOGY (S) - Dr. BEENISH BANO (ASSISTANT PROFESSOR)

BPT 402 & BPP 402 - ELECTROTHERAPY II (S) - DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)


BPT 403 & BPP 403 - EXERCISE THERAPY II (S) - DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)


BPT 405 & BPP 405 - FIRST AID & EMERGENCY CARE (4) - DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)

BPT 406 & BPP 406 - BIOMECHANICS & KINESIOLOGY II (S) - DR. SHALLABH KUMAR SINGH (ASSOCIATE PROFESSOR)

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 Office of Asst. Dean - E.L.A.H.Sc&R, E.U.
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W.E.F - 09-03-2026

Day	10-11	11-12	12-01	01-02	02-03	03-04	04-05
Monday 09-03-26	BIOMECHANICS & KINESIOLOGY II (L) Effects of injury and disease Dr. Shalabh Kumar Singh	OPB/ WELLNESS (Observational Posture) Dr. Wahida/Dr. Nida	EXERCISE THERAPY II (L) Principle of matland, mulligan and mckenzie-1 DR. SHABEER FATIMA	LEAVE	SELF STUDY	FIRST AID & EMERGENCY CARE (L) Disaster management I Dr. Poonam Pachauria	ELECTROTHERAPY II (L) Direct, Reverse, Production of U.S. DR. SHABEER FATIMA
Tuesday 10-03-26	EXERCISE THERAPY II (L) Principle of matland, mulligan and mckenzie-1 DR. SHABEER FATIMA	PATHOLOGY (L) Bronchiectasis Dr. Beenuh Bano	BIOMECHANICS & KINESIOLOGY III(L) Ankle joint structure Dr. Shalabh Kumar Singh	LEAVE	FIRST AID & EMERGENCY CARE (P) Assessment of vital signs-1 Dr. Poonam Pachauria	ELECTROTHERAPY II (L) Treatment Dosage parameters DR. SHABEER FATIMA	
Wednesday 11-03-26	HOLIDAY (MARTYRDOM DAY OF HAZRAT ALI (A.S))						
Thursday 12-03-26	INTERNAL EXAMINATION						
Friday 13-03-26							
Saturday 14-03-26							

BPT 301 & BPP 301 - PATHOLOGY (S) - DR. BEENISH BANO (ASSISTANT PROFESSOR)
BPT 402 & BPP 402 - ELECTROTHERAPY II (S) - DR. SHABEER FATIMA (ASSISTANT PROFESSOR)
BPT 403 & BPP 402 - EXERCISE THERAPY II (S) - DR. SHABEER FATIMA (ASSISTANT PROFESSOR)
BPT 405 & BPP 405 - FIRST AID & EMERGENCY CARE (L) - DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)
BPT 406 & BPP 406 - BIOMECHANICS & KINESIOLOGY II (S) - DR. SHALABH KUMAR SINGH (ASSOCIATE PROFESSOR)
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DEPARTMENT OF PHYSIOTHERAPY
TIME TABLE – BPT 4th SEM (2025-26)
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W.E.F – 16-02-2026

Days	10-11	11-12	12-01	01-02	02-03	03-04	04-05
Monday 16-02-26	FIRST AID & EMERGENCY CARE (L) First aid in falls Dr. Poonam Pachauria	OPD/ WELLNESS (Observational Posting) Dr. Wahida Khan	EXERCISE THERAPY II (L) Techniques in PNF 2 DR. SHABEEH FATIMA	L	SKILL Aerobic exercise Dr. Wahida Khan	BIOMECHANICS & KINESIOLOGY II (L) Tibiofemoral alignment Dr. Shalabh Kumar Singh	ELECTROTHERAPY II (L) Dynamic Interference system DR. SHABEEH FATIMA
Tuesday 17-02-26	EXERCISE THERAPY II (L) Techniques in PNF 3 DR. SHABEEH FATIMA	PATHOLOGY (L) Tutorial Ms. Irena Khaw	BIOMECHANICS & KINESIOLOGY II(L) Joint capsule- knee joint Dr. Shalabh Kumar Singh	U	FIRST AID & EMERGENCY CARE (P) Infant CPR Dr. Poonam Pachauria		ELECTROTHERAPY Dosage Parameters for IFT DR. SHABEEH FATIMA
Wednesday 18-02-26	ELECTROTHERAPY II (L) Electrode placement in IFT DR. SHABEEH FATIMA EXERCISE THERAPY II (L)	PATHOLOGY (L) Hemophilia Dr. Beenuh Bano	BIOMECHANICS & KINESIOLOGY II(L) Synovial layer of knee joint capsule Dr. Shalabh Kumar Singh	N	SELF STUDY	EXERCISE THERAPY II (P) Joint mobilization – elbow joint DR. SHABEEH FATIMA	
Thursday 19-02-26	Joint mobilization – definition, indication, limitation DR. SHABEEH FATIMA	PATHOLOGY (L) CVS- Etiopathogenesis & gross pathology of atherosclerosis Dr. Beenuh Bano	BIOMECHANICS & KINESIOLOGY II(L) Ligaments- knee joint Dr. Shalabh Kumar Singh	C	FIRST AID & EMERGENCY CARE (L) First aid in hanging Dr. Poonam Pachauria	ELECTROTHERAPY II (P) Revision Ultrasound therapy DR. SHABEEH FATIMA	
Friday 20-02-26	PATHOLOGY (L) Coronary artery disease Dr. Beenuh Bano	PATHOLOGY (P) Preparation of anticoagulation Ms. Hemaira Venue – MLT lab, 5 th floor, university building		H	ELECTROTHERAPY II (L) Indications & Contraindications DR. SHABEEH FATIMA	EXERCISE THERAPY II (L) Principle of method, nulligan and meriol DR. SHABEEH FATIMA	FIRST AID & EMERGENCY CARE (L) Foreign body ear Dr. Poonam Pachauria
Saturday 21-02-26	BIOMECHANICS & KINESIOLOGY II (P) Arthrokinematics of hip joint II Dr. Shalabh Kumar Singh		ELECTIVE	-	-	-	-

BPT 401 & BPP 401 - PATHOLOGY (S) - Dr. BEENU BHANO (ASSISTANT PROFESSOR)
BPT 402 & BPP 402 - ELECTROTHERAPY II (S) - DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)
BPT 403 & BPP 403 - EXERCISE THERAPY II (S) - DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)
BPT 405 & BPP 405 - FIRST AID & EMERGENCY CARE (S) - DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)
BPT 406 & BPP 406 - BIOMECHANICS & KINESIOLOGY II (S) - DR. SHALABH KUMAR SINGH (ASSOCIATE PROFESSOR)
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Monday 16-03-26	INTERNAL EXAMINATION						
Tuesday 17-03-26							
Wednesday 18-03-26	ELECTROTHERAPY II (L) Continuous & Pulsed mode, Intensity of Current DR. SHABEER FATIMA	PATHOLOGY (L) Tutorial Mr. Akhilesh Mishra	BIOMECHANICS & KINESIOLOGY II (L) Capsule & transverse tarsal joint structure Dr. Shalabh Kumar Singh		SELF STUDY/MENTOR-MENTEE SESSION	EXERCISE THERAPY II (P) Mobilization hip joint DR. SHABEER FATIMA	
Thursday 19-03-26	EXERCISE THERAPY II (L) Application technique I DR. SHABEER FATIMA	PATHOLOGY (L) Bones : etiopathogenesis and gross pathology of Osteomyelitis Dr. Beenzil Bam	BIOMECHANICS & KINESIOLOGY II (L) Talocrural joint Dr. Shalabh Kumar Singh		FIRST AID & EMERGENCY CARE (L) Disaster management II Dr. Pooam Pathauria	ELECTROTHERAPY II (P) Ultrasonic therapy demonstration II DR. SHABEER FATIMA	
Friday 20-03-26	HOLIDAY (Eid-Ul-Fitr)						
Saturday 21-03-26	BIOMECHANICS & KINESIOLOGY II (P) Arthrokinematics of knee joint I Dr. Shalabh Kumar Singh		ELECTIVE				

BPT 401 & RPT 401 - PATHOLOGY (L) - DR. BEENZIL BAMB (ASSISTANT PROFESSOR)
BPT 402 & RPT 402 - ELECTROTHERAPY II (L) - DR. SHABEER FATIMA (ASSISTANT PROFESSOR)
BPT 403 & RPT 403 - EXERCISE THERAPY II (L) - DR. SHABEER FATIMA (ASSISTANT PROFESSOR)
BPT 404 & RPT 404 - FIRST AID & EMERGENCY CARE (L) - DR. POOAM PACHAURIA (ASSISTANT PROFESSOR)
BPT 405 & RPT 405 - BIOMECHANICS & KINESIOLOGY II (L) - DR. SHALABH KUMAR SINGH (ASSOCIATE PROFESSOR)
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W.E.F – 23-02-2026

Days	10-11	11-12	12-01	01-02	02-03	03-04	04-05
Monday 23-02-26	FIRST AID & EMERGENCY CARE (I.) Foreign body nose Dr. Poonam Pachauria	OPD/ WELLNESS (Observational Posting) Dr. Wahida/Dr. Nida	EXERCISE THERAPY II (I.) Application technique 1 DR. SHABEEH FATIMA	I	SKILL: Balance exercises Dr. Wahida Khan	BIOMECHANICS & KINESIOLOGY II (I.) Bursae- knee joint Dr. Shalabh Kumar Singh	ELECTROTHERAPY II (I.) Bassini Current DR. SHABEEH FATIMA
Tuesday 24-02-26	EXERCISE THERAPY II (I.) Application technique 2 DR. SHABEEH FATIMA	PATHOLOGY (I.) Tutorial Ms. Humaira	BIOMECHANICS & KINESIOLOGY II (I.) Tibiofemoral joint function Dr. Shalabh Kumar Singh	II	FIRST AID & EMERGENCY CARE (P) Monitoring of vital signs Dr. Poonam Pachauria		ELECTROTHERAPY II (I.) Define shortwave DR. SHABEEH FATIMA
Wednesday 25-02-26	ELECTROTHERAPY II (I.) Frequency & Wavelength of SWD DR. SHABEEH FATIMA	PATHOLOGY (I.) rheumatic heart disease Dr. Beenuh Bano	BIOMECHANICS & KINESIOLOGY II (I.) Knee joint kinematics Dr. Shalabh Kumar Singh	N	SELF STUDY	EXERCISE THERAPY II (P) Joint mobilization- wrist joint DR. SHABEEH FATIMA	
Thursday 26-02-26	EXERCISE THERAPY II (I.) Precautions of joint mobilization DR. SHABEEH FATIMA	PATHOLOGY (I.) chronic bronchitis, Dr. Beenuh Bano	BIOMECHANICS & KINESIOLOGY II (I.) Muscles of knee joint Dr. Shalabh Kumar Singh	C	FIRST AID & EMERGENCY CARE (I.) Foreign body throat Dr. Poonam Pachauria	ELECTROTHERAPY II (P) SWD demonstration DR. SHABEEH FATIMA	
Friday 27-02-26	PATHOLOGY (I.) Asthma Dr. Beenuh Bano	PATHOLOGY (P) Revision Preparation of santonogitation Ms. Humaira Venue – MLT lab, 5 th floor, university building		II	ELECTROTHERAPY II (I.) Principle of Production of SWD DR. SHABEEH FATIMA	EXERCISE THERAPY II (I.) Aerobic exercise - definition DR. SHABEEH FATIMA	FIRST AID & EMERGENCY CARE (I.) Poisoning Dr. Poonam Pachauria
Saturday 28-02-26	BIOMECHANICS & KINESIOLOGY II (P) Osteokinematics of knee joint I Dr. Shalabh Kumar Singh		ELECTIVE	-	-	-	-

BPT 401 & BPP 401 – PATHOLOGY (I) – Dr. BEENUHH BANO (ASSISTANT PROFESSOR)
BPT 402 & BPP 402 – ELECTROTHERAPY II (I) – DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)
BPT 403 & BPP 403 – EXERCISE THERAPY II (I) – DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)
BPT 404 & BPP 404 – FIRST AID & EMERGENCY CARE (I) – DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)
BPT 405 & BPP 405 – BIOMECHANICS & KINESIOLOGY II (I) – DR. SHALABH KUMAR SINGH (ASSOCIATE PROFESSOR)
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Monday 23-03-26	BIOMECHANICS & KINESIOLOGY II (L) Calcaneocuboid joint Dr. Shailish Kumar Singh	OPD/ WELLNESS (Observational Posting) Dr. Wahida/Dr. Nida	EXERCISE THERAPY II (L) Application of technique 2 DR. SHABEEH FATIMA		SELF STUDY	FIRST AID & EMERGENCY CARE (L) Disaster management III Dr. Poonam Pachauria	ELECTROTHERAPY II (L) Near field, Far field, Half wave distance DR. SHABEEH FATIMA
Tuesday 24-03-26	EXERCISE THERAPY II (L) Precautions of joint mobilization DR. SHABEEH FATIMA	PATHOLOGY (L) osteoporosis Dr. Beenish Bano	BIOMECHANICS & KINESIOLOGY II(L) Tarsal transverse joint axis Dr. Shailish Kumar Singh		FIRST AID & EMERGENCY CARE (F) Assessment of vital signs Dr. Poonam Pachauria		ELECTROTHERAPY II (L) Attenuation, Coupling Media of US DR. SHABEEH FATIMA
Wednesday 25-03-26	ELECTROTHERAPY II (L) Thermal effects, Non-thermal effects of Ultrasound DR. SHABEEH FATIMA	PATHOLOGY (L) hyperparathyroidism Dr. Beenish Bano	BIOMECHANICS & KINESIOLOGY II(L) Transverse tarsal joint function Dr. Shailish Kumar Singh		SELF STUDY/MENTOR-MENTEE SESSION		EXERCISE THERAPY II (F) Mobilization knee joint DR. SHABEEH FATIMA
Thursday 26-03-26	HOLIDAY (RAM NAVMI)						
Friday 27-03-26	PATHOLOGY (L) Class test Ms. Imita Khan	PATHOLOGY (P) Revision-Preparation of anticoagulation Ms. Hamira Venue - M.T lab, 5 th floor, university building			ELECTROTHERAPY II (L) Principles & Application of US DR. SHABEEH FATIMA	EXERCISE THERAPY II (L) Aerobic exercises - definition DR. SHABEEH FATIMA	FIRST AID & EMERGENCY CARE (L) First aid rescue in floods Dr. Poonam Pachauria
Saturday 28-03-26	BIOMECHANICS & KINESIOLOGY II (P) Osteokinematics of knee joint II Dr. Shailish Kumar Singh		ELECTIVE				

BPT 401 & BPP 401 - PATHOLOGY (5) - Dr. BEENISH BANO (ASSISTANT PROFESSOR)
BPT 402 & BPP 402 - ELECTROTHERAPY II (5) - DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)
BPT 403 & BPP 403 - EXERCISE THERAPY II (5) - DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)
BPT 405 & BPP 405 - FIRST AID & EMERGENCY CARE (4) - DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)
BPT 406 & BPP 406 - BIOMECHANICS & KINESIOLOGY II (5) - DR. SHAILISH KUMAR SINGH (ASSOCIATE PROFESSOR)
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ERA UNIVERSITY
ERA INSTITUTE OF ALLIED HEALTH SCIENCES & RESEARCH
DEPARTMENT OF PHYSIOTHERAPY
TIME TABLE – BPT 4th SEM (2025-26)
 Venue –UG-2, 9th floor, Hospital Building Extension.

W.E.F – 29-03-2026

Days	10-11	11-12	12-01	01-02	02-03	03-04	04-05
Monday 30-03-26	BIOMECHANICS & KINESIOLOGY II (L) Tarsometatarsal joint structure Dr. Shalabh Kumar Singh	OPD: WELLNESS (Observational Pooling) Dr. Wahida/Dr. Nida	EXERCISE THERAPY II (L) Physiological response to aerobic exercises DR. SHABEEH FATIMA	L	SELF STUDY	FIRST AID & EMERGENCY CARE (L) First aid rescue in earthquake Dr. Poonam Pachauria	ELECTROTHERAPY II (L) Uses of US DR. SHABEEH FATIMA
Tuesday 31-03-26	HOLIDAY (MAHAVIR JAYANTI)						
Wednesday 01-04-26	ELECTROTHERAPY II (L) Indications & Contraindications, Dangers of Ultrasound DR. SHABEEH FATIMA	PATHOLOGY (L) Rickets/osteomalacia Dr. Beenish Bano	BIOMECHANICS & KINESIOLOGY II(L) Metatarsophalangeal joint Dr. Shalabh Kumar Singh	N	SELF STUDY/MENTOR-MENTEE SESSION	EXERCISE THERAPY II (P) Mobilization- ankle joint DR. SHABEEH FATIMA	
Thursday 02-04-26	EXERCISE THERAPY II (L) Exercise testing DR. SHABEEH FATIMA	PATHOLOGY (L) Tubercle Ms. Humaira	BIOMECHANICS & KINESIOLOGY II(L) Interphalangeal joint Dr. Shalabh Kumar Singh	C	FIRST AID & EMERGENCY CARE (L) First aid rescue in fire accidents Dr. Poonam Pachauria	ELECTROTHERAPY II (P) SWD demonstration DR. SHABEEH FATIMA	
Friday 03-04-26	PATHOLOGY (L) Osteoporosis, osteomyelitis Dr. Beenish Bano	PATHOLOGY (P) Preparation of blood smear Ms Humaira Venue – M.L.T lab, 5 th floor, university building		H	ELECTROTHERAPY II (L) Define LASER, Types of LASER DR. SHABEEH FATIMA	EXERCISE THERAPY II (L) Determinants of aerobic exercises DR. SHABEEH FATIMA	FIRST AID & EMERGENCY CARE (L) First aid rescue in volcanic eruption Dr. Poonam Pachauria
Saturday 04-04-26	BIOMECHANICS & KINESIOLOGY II (P) Arthrokinematics of knee joint II Dr. Shalabh Kumar Singh		ELECTIVE	-	-	-	-

BPT 401 & BPP 401 – PATHOLOGY (S) – Dr. BEENISH BANO (ASSISTANT PROFESSOR)
BPT 402 & BPP 402 – ELECTROTHERAPY II (S) – DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)
BPT 403 & BPP 402 – EXERCISE THERAPY II (S) – DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)
BPT 405 & BPP 405 – FIRST AID & EMERGENCY CARE (4) – DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)
BPT 406 & BPP 406 – BIOMECHANICS & KINESIOLOGY II (S) – DR. SHALABH KUMAR SINGH (ASSOCIATE PROFESSOR)
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W.E.F – 12-01-2026

Days	10-11	11-12	12-01	01-02	02-03	03-04	04-05
Monday 12-01-26	OPD/WARD/WELLNESS Dr. Kainat/Dr. Hemu/Dr. Wahida/Dr. Azra/Dr. Ahuan/Dr. Nida	FIRST AID & EMERGENCY CARE (L) Basics of first aid Dr. Poonam Pachauria	BIOMECHANICS & KINESIOLOGY II (L) Structure of hip jt- I Dr. Shalabh Kr. Singh	L	SDL	EXERCISE THERAPY (L) Resisted exercise - definition DR. SHABEEH FATIMA	ELECTROTHERAPY (L) FG test - I DR. SHABEEH FATIMA
Tuesday 13-01-26	EXERCISE THERAPY (L) Strength, power & endurance DR. SHABEEH FATIMA	PATHOLOGY (L) Cell injury - I Dr. Beenish Bano	BIOMECHANICS & KINESIOLOGY II (L) Structure of hip jt- II Dr. Shalabh Kr. Singh	U	FIRST AID & EMERGENCY CARE (P) First aid kit & basics Dr. Poonam Pachauria		ELECTROTHERAPY (L) FG test - II DR. SHABEEH FATIMA
Wednesday 14-01-26	ELECTROTHERAPY (L) FG test - II DR. SHABEEH FATIMA	PATHOLOGY (L) Cell injury - II Dr. Beenish Bano	BIOMECHANICS & KINESIOLOGY II (L) Hip jt. capsule Dr. Shalabh Kr. Singh	N	SKILL Osteokinematics & Arthrokinematics Dr. Wahida Khan	EXERCISE THERAPY (P) Resisted exercises - demo DR. SHABEEH FATIMA	
Thursday 15-01-26	EXERCISE THERAPY (L) Principles of resisted exercises DR. SHABEEH FATIMA	PATHOLOGY (L) Cell injury - III Dr. Beenish Bano	BIOMECHANICS & KINESIOLOGY II (L) Ligaments of hip jt. Dr. Shalabh Kr. Singh	C	FIRST AID & EMERGENCY CARE (L) Rules & general principles of first aid Dr. Poonam Pachauria	ELECTROTHERAPY (P) FG test - demo DR. SHABEEH FATIMA	
Friday 16-01-26	PATHOLOGY (L) Hypertrophy Dr. Beenish Bano	PATHOLOGY (P) Instruments & equipments used in lab		H	BIOMECHANICS & KINESIOLOGY II (P) Function of hip jt - I Dr. Shalabh Kr. Singh	FIRST AID & EMERGENCY CARE (L) Concepts of emergency Dr. Poonam Pachauria	ELECTROTHERAPY (L) SD curve - I DR. SHABEEH FATIMA
Saturday 17-01-26	BIOMECHANICS & KINESIOLOGY II (P) Function of hip jt. - II Dr. Shalabh Kr. Singh	EXERCISE THERAPY (L) Determinants of resisted exercises DR. SHABEEH FATIMA	ELECTIVE	-			

1. BPT 401 & BPP 401 – PATHOLOGY (I) – Dr. BEENISH BANO (ASSISTANT PROFESSOR)
2. BPT 402 & BPP 402 – ELECTROTHERAPY II (I) – DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)
3. BPT 403 & BPP 403 – EXERCISE THERAPY II (I) – DR. SHABEEH FATIMA (ASSISTANT PROFESSOR)
4. BPT 405 & BPP 405 – FIRST AID & EMERGENCY CARE (I) – DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)
5. BPT 406 & BPP 406 – BIOMECHANICS & KINESIOLOGY II (I) – DR. SHALABH KR. SINGH (ASSOCIATE PROFESSOR)
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5. Academic Monitoring Committee – Incharge
6. Attendance Section, E.U.
7. Concern Branch In-Charge (WhatsApp) – Dr. Poonam Pachauria


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W.E.F – 19-01-2026

Days	10-11	11-12	12-01	01-02	02-03	03-04	04-05
Monday 19-01-26	FIRST AID & EMERGENCY CARE (L) Concept of emergency-II Dr. Poonam Pachauria	OPD/ WELLNESS (Observational Posting) Dr. Wahida/Dr. Nafiz	BIOMECHANICS & KINESIOLOGY II (L) Structural adaptation in weight bearing - I Dr. Shalabh Kumar Singh	L	SKILL Resisted Exercises Dr. Wahida Khan	EXERCISE THERAPY (L) Types of resisted exercises DR. SHAHEEH FATIMA	ELECTROTHERAPY (L) SD Curve DR. SHAHEEH FATIMA
Tuesday 20-01-26	EXERCISE THERAPY (L) Open & closed chain exercises DR. SHAHEEH FATIMA	PATHOLOGY (L) Gangrene Dr. Breenish Bano	BIOMECHANICS & KINESIOLOGY II (L) Structural adaptation to weight bearing - II Dr. Shalabh Kumar Singh	U	FIRST AID & EMERGENCY CARE (P) First aid kit & basics II Dr. Poonam Pachauria		ELECTROTHERAPY (L) Methods of plotting SD curve DR. SHAHEEH FATIMA
Wednesday 21-01-26	ELECTROTHERAPY (L) Characteristics of innervated muscle DR. SHAHEEH FATIMA	PATHOLOGY (L) Inflammation - Introduction Dr. Breenish Bano	BIOMECHANICS & KINESIOLOGY II (L) Anterior & posterior pelvic tilt Dr. Shalabh Kumar Singh	N	SELF STUDY	EXERCISE THERAPY (P) Resisted exercise -short DR. SHAHEEH FATIMA	
Thursday 22-01-26	EXERCISE THERAPY (L) PBE DR. SHAHEEH FATIMA	PATHOLOGY (L) Vascular & cellular phenomenon Dr. Breenish Bano	BIOMECHANICS & KINESIOLOGY II (L) Forward & backward pelvic rotation Dr. Shalabh Kumar Singh	C	FIRST AID & EMERGENCY CARE (L) Instrumentation used in first aid Dr. Poonam Pachauria	ELECTROTHERAPY (P) SD Curve - demo DR. SHAHEEH FATIMA	
Friday 23-01-26	PATHOLOGY (L) Difference between transudate & exudate Dr. Breenish Bano	PATHOLOGY (P) Instruments & equipments used in lab MLT, Histology Venue – MLT lab, 5 th floor, university building		H	ELECTROTHERAPY (L) Partially denervated muscle DR. SHAHEEH FATIMA	EXERCISE THERAPY (L) Isokinetic regions DR. SHAHEEH FATIMA	FIRST AID & EMERGENCY CARE (L) Dressing & bandaging I Dr. Poonam Pachauria
Saturday 24-01-26	BIOMECHANICS & KINESIOLOGY II (P) Coordinated motions of torso Dr. Shalabh Kumar Singh		ELECTIVE	-	-	-	-

1. BPT 401 & BPP 401 – PATHOLOGY (L) – DR. BREENISH BANO (ASSISTANT PROFESSOR)
2. BPT 402 & BPP 402 – ELECTROTHERAPY II (L) – DR. SHAHEEH FATIMA (ASSISTANT PROFESSOR)
3. BPT 403 & BPP 403 – EXERCISE THERAPY II (L) – DR. SHAHEEH FATIMA (ASSISTANT PROFESSOR)
4. BPT 405 & BPP 405 – FIRST AID & EMERGENCY CARE (L) – DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)
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W.E.F - 26-01-2026


Days	10-11	11-12	12-01	01-02	02-03	03-04	04-05
Monday 26-01-26	REPUBLIC DAY						
Tuesday 27-01-26	EXERCISE THERAPY (L) DNS & CRC exercises DR. SHABEEN FATIMA	PATHOLOGY (L) Neoplasm-intro Dr. Beenish Rana	BIOMECHANICS & KINESIOLOGY II (L) Coordinated motion of pelvis Dr. Shalabh Kumar Singh	L	FIRST AID & EMERGENCY CARE (P) Dressing & bandaging Dr. Poonam Pachauria	ELECTROTHERAPY (L) Partially innervated muscles DR. SHABEEN FATIMA	
Wednesday 28-01-26	ELECTROTHERAPY (L) Completely denervated muscles DR. SHABEEN FATIMA	PATHOLOGY (L) Benign & malignant tumor Dr. Beenish Rana	BIOMECHANICS & KINESIOLOGY II (L) Coordinated motion of humeral spine Dr. Shalabh Kumar Singh	U	SELF STUDY	EXERCISE THERAPY (P) Open & closed kinematic exercises- demo DR. SHABEEN FATIMA	
Thursday 29-01-26	EXERCISE THERAPY (L) Isometric & dynamic exercises DR. SHABEEN FATIMA	PATHOLOGY (L) Cancer pain syndrome Dr. Beenish Rana	BIOMECHANICS & KINESIOLOGY II (L) Closed chain hip joint function Dr. Shalabh Kumar Singh	N	FIRST AID & EMERGENCY CARE (L) Dressing & bandaging-II Dr. Poonam Pachauria	ELECTROTHERAPY (P) PG 029-101 DR. SHABEEN FATIMA	
Friday 30-01-26	PATHOLOGY (L) Circulatory disturbances- oedema Dr. Beenish Rana	PATHOLOGY (P) Revision instruments & equipment exposure Mr. Himansu Venue - M.T. lab, 5 th floor, university building		CH	ELECTROTHERAPY (L) Chromic & rheoheat DR. SHABEEN FATIMA	EXERCISE THERAPY (L) Isokinetic exercises DR. SHABEEN FATIMA	FIRST AID & EMERGENCY CARE (L) Transportation of injured patients Dr. Poonam Pachauria
Saturday 31-01-26	BIOMECHANICS & KINESIOLOGY II (P) Hip joint musculature-II Dr. Shalabh Kumar Singh		ELECTIVE	-	-	-	-

1. BPT 401 & BPP 401 - PATHOLOGY (L) - DR. BEENISH RANA (ASSISTANT PROFESSOR)
2. BPT 402 & BPP 402 - ELECTROTHERAPY II (L) - DR. SHABEEN FATIMA (ASSISTANT PROFESSOR)
3. BPT 403 & BPP 403 - EXERCISE THERAPY II (L) - DR. SHABEEN FATIMA (ASSISTANT PROFESSOR)
4. BPT 405 & BPP 405 - FIRST AID & EMERGENCY CARE (L) - DR. POONAM PACHAURIA (ASSISTANT PROFESSOR)
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