## INTEGRAL UNIVERSITY, LUCKNOW DEPARTMENT OF PHYSIOTHERAPY

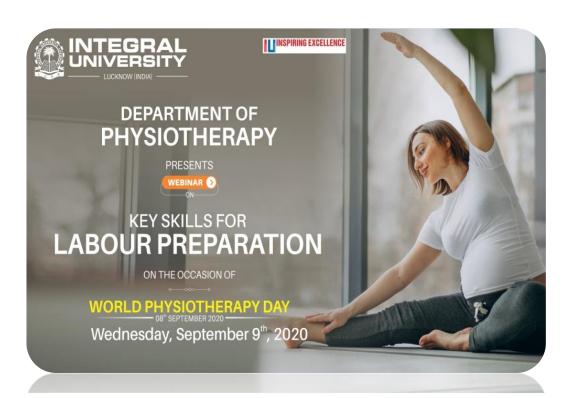
## **GUEST LECTURE REPORT**



Speaker
(Dr. Shagufta Parveen, PT)

A Guest Lecture on the topic "**Key Skills for Labour Preparation**" was conducted by the department of Physiotherapy, Integral University, Lucknow on **09**<sup>th</sup> **September 2020** on the occasion of **World Physiotherapy Day**.

**Dr. Shagufta Parveen (PT)**, **Co-Founder**, The Birth Home Midwifery Care & Birth Center, **Director & Founder**, Herwellness, India's best Maternity services provider chain, **Director (Women's Health)**, International Health Fitness Association IHFA was the invited resource person.



She explained about correct body posture and pelvic alignment for

promoting normal labour. She also emphasized on the exercises and its

modification in regards to the head position of the fetus from breech to cephalic.

She discussed many more informative topics regarding labour.

This Guest Lecture was conducted at the Youtube Channel of Integral

University. (Link: <a href="https://youtu.be/Pk3WGFSJJBA">https://youtu.be/Pk3WGFSJJBA</a>) which is still available. The

total people registered were 610 approx.

The students from Bachelor of Physiotherapy (BPT), Interns and Master of

Physiotherapy (MPT) and many others attended the online guest lecture.

Dr. Ashfaque Khan (PT), HoD department of physiotherapy expressed his

gratitude to the speaker.

(Dr. Ashfaque Khan, PT)

Head, Physiotherapy

Dated: 10/09/2020