

ETHICAL APPROVAL LETTER

Reference No.: MRIIRS/SAHS/PT/2024-25/009

11th March, 2025

Mr. GAURAV AMBAWAT
BPT

Department of Physiotherapy, School of Allied Health Sciences
Manav Rachna International Institute of Research & Studies, Faridabad, Haryana (India)

Departmental Ethical Committee Decision: Approved

Research Supervisor: Dr. Pooja Sharma, Associate Professor, Department of Physiotherapy

Dear Mr. Gaurav Ambawat

The Departmental Ethical Committee at the Department of Physiotherapy, School of Allied Health Sciences, in its meeting held on 06th March 2025, has reviewed and discussed your application to conduct the research proposal entitled **"Effect of Instrumental Assisted Soft Tissue Mobilization and Foam Roller on Pain, Range of Motion, Strength and Quality of Life among the People with Plantar Fascitis"**. The Committee agreed on the research proposal's novel concept and prospective outcome, approved it from an ethical perspective, and found it safe for human subject participation. Kindly number the above reference code in all further communications regarding the above subject.

Please note the following standard requirements for approval:

1. Approval is granted for a year term. After this term, if the research project has been completed, abandoned, discontinued, or has not begun for any reason, you must submit a Final Report on the research project. You must submit a Final Report immediately if you accomplish the task sooner than anticipated.
2. However, if the project is still incomplete after one year, you should instead apply for renewal of the approval.
3. Please keep in mind that any changes to the proposal must be communicated to the Committee.
4. You must promptly tell the Committee if any negative impacts on participants or unforeseen developments could jeopardise the project's continued ethical acceptability.
5. You are always accountable for the ethical conduct of your study under the University's requirements.

Yours sincerely,


HEAD-Physiotherapy
School of Allied Health Sciences
Manav Rachna International Institute
Chairperson, Departmental Ethical Committee
Department of Physiotherapy, School of Allied Health Sciences
Manav Rachna International Institute of Research & Studies, Faridabad, Haryana (India)

The following Members were present during this meeting:

Dr Nitesh Malhotra, Dr. Kshitija Bansal, Dr. Jasmine Kaur Chawla and Dr Irshad Ahmad attended the meeting.

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under Section 3 of the UGC Act, 1956)

NAAC 'A++' Grade' Accredited Institution

Administrative Headquarters : 5E/1-A, Bungalow Plot, N.I.T. Faridabad, Phone: 0129-4198600 (30 lines)

MRIIRS Aravalli Campus : Sector-43, Delhi-Surajkund Road, Faridabad, Phone :0129-4198100 (30 lines)

E-mail : info@mriirs.edu.in URL : www.mriirs.edu.in