



PTR-JUST/IRB/2025/03/192404

February 22, 2025

To
Kazi Md Azman Hossain
Student ID: 192404
Bachelor of Physiotherapy and Rehabilitation
Department of Physiotherapy and Rehabilitation
Jashore University of Science and Technology (JUST)
Jashore- 7408



Approval of documents for the study titled “Comparing effectiveness of two community-based multimodal exercise programs (CMEPs) on physical activity, performance, fall prevention, and quality of life in older adults.” by the Institutional Review Board (IRB).

Dear Kazi Md Azman Hossain,
Congratulations.

The Institutional Review Board (IRB) of the Department of Physiotherapy and Rehabilitation at Jashore University of Science and Technology has reviewed and discussed your application to conduct the research entitled “Comparing effectiveness of two community-based multimodal exercise programs (CMEPs) on physical activity, performance, fall prevention, and quality of life in older adults.” on the first IRB meeting held on February 17, 2025. We have reviewed the latest version of the Ethical statement checklist, Research methodology, Participant Information Sheet (PIS), Consent form, and Questionnaire. The IRB members are satisfied with your research proposal presentation held on February 17, 2025.

We approved the research to be conducted in its presented form with the following clauses-

- I. We confirm that neither you nor your study team members participated in the deliberations of the ethics committee & did not vote on the proposal for this study.
- II. The institutional ethics committee expects to be informed about the progress of the study, any serious adverse effects (SAE) occurring in the course of the study, any changes in the protocol and participant's information/informed consent and asks to be provided a copy of the final record.
- III. Please submit the published article of the study as per EC standard operating protocols.
- IV. The EC is organized and operates according to the requirements of the declaration of the Helsinki and ICH-GCP, local regulatory requirements, and guidelines.
- V. The study is partially funded by Jashore University of Science and Technology, Jashore-7408, Bangladesh.

Yours sincerely,

Dr. Md. Shahadat Hossain
Assistant Professor
Department of Physiotherapy
Dhaka College of Physiotherapy

Dr. Md. Shahadat Hossain
Assistant Professor (Adjunct), Dept. of Physiotherapy and Rehabilitation
Member Secretary, Institutional Review Board (IRB)
Jashore University of Science and Technology,
Jashore-7408, Bangladesh.

IRB of the Department of Physiotherapy and Rehabilitation established on March 27, 2024 and was approved by the departmental academic committee meeting resolution.