



PAKISTAN PHYSIOLOGICAL SOCIETY

16th Biennial Conference (Supplementary)

REGISTRATION/ACCOMMODATION FORM

(Please see the guidelines on page 2 before filling the form)

I confirm my attending the PPS-16 (Supplementary) to be held on 21–22 June 2019 at AJK

Medical College, Muzaffarabad. My particulars are as following:

Name: _____ Designation: _____

Institution: _____

Date of Arrival: _____ Date of Departure: _____

Stay at*: _____ for _____ Nights

Accompanied by†: _____ Relation: _____

I enclose a Bank Draft No. _____ amounting to Rs. _____ as Registration Fee, drawn
at _____ Bank in the name of '**Pakistan Physiological Society**'.

I shall be **presenting/not presenting** a paper at the Conference (Strike out which is nor applicable)

Travel guide to Muzaffarabad

1. Travel to Rawalpindi/Islamabad by any means, Air, Train or Road. Reach **FAIZABAD Bus Terminal, on IJP Road**, at the junction of the Twin Cities!
 - a. From the airport, Standard taxi service is available including Careem, Uber, and local.
 - b. From Daewoo Bus Terminal, Radio Cab service is also available besides above ones.
 - c. From Rawalpindi Railway Station, take taxi to Murree Road Saddar Metro Bus Terminal, take Metro Bus to **Faizabad Metro Station**.
 - d. If coming from Lahore, the Best carrier is **Skyways** or **Faisal Movers**; Muzaffarabad Terminal is adjacent and within the premises of these bus terminals!
 2. Take **Qadri Coach** or **Sangu Travel** from Faizabad Bus Terminal to Muzaffarabad. The coaches are non-AC but mostly AC is not required! Drop at **Bank Square** near **Civil Secretariat Muzaffarabad** —the first stop about 200 meter after entering Muzaffarabad City area on the double road.
 3. Driving own car? Reach Islamabad through M1 or M2, take Kashmir Highway (Road connecting Airport/Motorway to Islamabad) and continue on N-75 (Murree Expressway) to Jheeka Gali and proceed on Kashmiri Bazar-Gharryal Camp-Bhurban-Kohala-Muzaffarabad (S2).
- **Please keep your NIC ready for presentation if asked for at any check-post.**

***Hotel accommodation:**

- **PC Muzaffarabad** at standard PC rates. Please visit <https://www.pchotels.com/pcmuzaffarabad/> for booking
- **Sangam Hotel:** PKR 3,000 to 3,200 per night for Double and Twin sharing rooms, Neelam River beneath. Situated 500 meters from Conference venue, at meeting point of River Neelam and River Jehlum.
- Two **Army Messes** for army personnel only. Our AMC guests may like and are encouraged to stay there.
- **State Guest House:** Subject to availability, PKR 1,300 per night for single room. Booking is cancelled at times if official guests arrive.
- **Faculty Hostel:** A few rooms available, PKR 800 per night, PKR 150 per head for breakfast. Accommodation subject to availability only.
- **Boys Hostel:** Adjacent to College, some rooms will be available for undergraduate boys only.
- **Girls Hostel:** Government hostel at the corner of the city, about 4 Km away from College. A few rooms available for girls only. Two private Girls hostels are already engaged by the AJK Medical College students and can be hired on nominal rent from the owners. Good for undergraduate girls. Unaccompanied female Lecturers/ Demonstrators and PGs can also stay if they wish to keep company with their students.

Registration Fee:

- Professor: Rs. 3,000
 - Associate/Assistant Professor/Senior Lecturer: Rs. 2,000
 - Lecturer/Demonstrator/PG Trainee: Rs. 1,000
 - Undergraduate Student: Rs. 500
- Please add Rs. 1,500 for each Accompanying Person

Weather and Clothing:

Muzaffarabad is situated ~2,200 feet ASL. Temperature varies in various parts of the city. Higher places away from the river are pretty hot during the day and temperature rises up to ~36 °C while comes down to ~18 °C at night. In deeper areas like Faculty Hostel, it fluctuates between ~15 °C and ~28 °C. Hill top nearby (9,500 feet ASL) is still having snow in shades while last snowfall on mountains in view was on 18 May 2019, tops yet covered with snow. Please bring your light summer dress if you wish to visit Muzaffarabad only with a short visit to Pir Chinasi tomb at the hill top over the City. If you plan to proceed further to Neelam Valley or Kaghan/Naraan, add light winter dress to your suitcase.

Journey Forward:

If you plan to go further to Neelam Valley, Hiace Van/Coaster (up to metallated road), and Pajero/Jeeps are available on rent. (Some delegates have already arranged Tourist Package from Lahore and back with families @Rs. 10,000 per head for one night break and stay in Muzaffarabad and travelling forward next afternoon to Neelam Valley!). Kaghan/Naraan is connected via Garhi Habibullah/Balakot. Normal car drive is open and good up to Naraan. Babusar top is expected to be opened around 30th June this year because of heavy snowfall and closure of the road. You will be lucky if it opens before the expected dates!

Please feel free to call on 0314-5000900 (Prof. Muhammad Ayub) for any further information if need be.