

**SELF ASSESSING/APPRASAL REPORT**

**Name of the College** : KLES Institute of physiotherapy  
**Performance Appraisal Report Year:** 1<sup>st</sup> August 2024 to 1<sup>st</sup> January 2026

**A. General Information**

- a] Name : Apeksha Hungund  
 b] Date of Birth : 08/09/1994  
 c] Address (Residential) : Plot No 21, Adarsh Colony, Vishweshwarayya Nagar,  
 Belagavi.  
 d] Designation : Asst. Prof.  
 e] Department : Orthopedic Manual Therapy  
 f] Area of Specialization : Orthopedic Manual Therapy  
 g] Date of Appointment : 1<sup>st</sup> August 2023  
 h] On the Present Post : Asst. Prof.  
 i] Honors Conferred : NIL

**B. Teaching:**

a] Classes Taught :

Class	Period Assigned Per Week	Taught in the year L / T / P / C	Steps taken engaging of Periods missed during absence of leave
	(1)	(2)	(3)
1] B.P.T	L- 02 P- 01 C -06 T -00	L -47 P -10 C - all days except Sunday (364) T - 00	Have taken extra class to complete topic. In case of leave. Co-teacher of the same subject was the care taker
2]M.P.T	L - 02 P -02 C -06 T -00	L - 00 P -00 C - all days except Sunday (364) T -00	Have taken extra class to complete topic. In case of leave. Co-teacher of the same subject was the care taker
3]Research Degree	L - 0 P -0 C - 0 T -0	L - 0 P -0 C - 0 T -0	-

			Not Applicable
4]Any Other	L -      P - C -      T	L -      P - C -      T -	

(To be filled at the end of every academic year)

L – Lecture, T- Tutorial, P –Practical, C – Clinics

b) Regularity and Punctuality: Regular and punctual for classes and clinical postings.

c) Details of Course teaching plan, synopsis of lectures and reading lists supplied to students.

Provide students reference books, articles and notes if required.

d) Details of participation in the following:

**i. University Examination :**

- Internal Examiner for MPT 1<sup>st</sup> year (OMT) practical examination conducted on 26<sup>th</sup> August 2024.
- 3<sup>rd</sup> Valuation of Biomechanics University Regular Batch Theory Paper – July 2025.
- Paper II MPT1st year Theory evaluation – September 2025

**ii. Internal Evaluation**

1. Theory valuation for internal assessments of BPT first year for Biomechanics Internal examination.
2. MPT paper 3,4 and 5 (OMT) Internal Examination.

**iii. Paper Setting**

1. MPT paper 3,4 and 5 (OMT) Internal Exam

**iv. Assessment of Home assignments**

1. Correct all home assignment and discuss about them in class

**v. Conduct of Examinations**

1. Expert coordinator for BPT and MPT Examinations of KLE Institute of Physiotherapy
2. Practical examination for internal assessments of BPT first year for Biomechanics.

**vi. Evaluation of Dissertation etc.**

1. MPT Dissertation review (Internal).

2. MUHS MPT Dissertation review (External).

**C. Details of Innovations/Contribution in Teaching, during the year:**

- a. Design of curriculum:** Revision of BPT Syllabus as per NCAHP as a Institutional Curriculum committee member.
- b. Teaching methods:**
  - i. Audio Visual Aids (PPT)
  - ii. Demonstrations of techniques
  - iii. Case discussion and presentation
  - iv. Seminars and journal presentation
  - v. Small Group Discussion
  - vi. Game based learning
- c. Laboratory experiments:**
  - i. NIL
- d. Evaluation methods:**
  - i. Internal assessment exam
  - ii. Student's feedback
  - iii. Review of previous topic in form of discussion or question and answer
  - iv. Quiz
- e. Preparation of resource material including books reading materials, laboratory Manuals etc.**

NIL
- f. Remedial Teaching/Student Counseling (academic)**
  - i. How to solve question paper
  - ii. Framing of answers
  - iii. How to handle patients
- g. Assessment and Treatment of Orthopedic patients OPD/IPD with manual therapy approach.**
- h. Any other**

1.NIL

#### D. Improvement of Professional Competence:

1. Attended and implemented workshop conducted by Institute DOPE on New Teaching Methods on 30/07/2025.
2. Attended and implemented workshop conducted by UDEHP on AETCOM on 25<sup>th</sup> November 2025.
3. Enrolled for Part time PhD Programme (Internal) Batch B 2025 – 26 at KAHER.

#### E. Research Contributions:

a] Number of students (M.P.T/Ph.D) :

Course	At the beginning of the year	Registered during the year	Completed during the year
MPT	-	3+3	NIL

b] No. of research papers published in peer reviewed journals / presented in conferences

(State/zonal/national/international) (Please enclose list):

Year	S.No	Topic	Authors Name
2025	1	Immediate effect of stretching using leg flex adjustable board versus self stretching in subjects with asymptomatic gastrocnemius tightness – A randomized Controlled Trial	Dr. Apeksha Hungund Amisha Dhotre Shreshtha Arlekar Elvira Fernandes

c] Research Projects:

Title of the Project	Name of the funding Agency	Duration
The Effect Of 3-Dimensional Myofascial Release Therapy On Pain And Range Of Motion In Subjects With Non-Specific Low Back Pain:	NIL	6 months

A Randomized Controlled Trial		
Effect Of Mckenzie Versus Kendall Exercises In Text Neck Syndrome: A Randomized Clinical Trial	NIL	6 months
Effect Of Neil Asher Technique Versus Spencer Technique On Pain, Range Of Motion And Functional Disability In Frozen Shoulder: A Randomized Clinical Trial	NIL	6 months
Effect of Neural Mobilisation versus Gross Myofascial release of Upper limb and neck in patients with cervical radiculopathy on pain, Range of Motion and Function: A Randomized clinical trial	NIL	12 months
Effect of Myofascial Release versus Dry cupping on hamstring tightness in non-specific low back pain: A randomized clinical trial	NIL	12 months
Effect of Integrated Neuromuscular inhibition technique versus Dry cupping and ischaemic compression on pain and function in subjects with myofascial trapezius trigger point: A Randomized clinical trial	NIL	12 months

d] Details of Seminars, Conferences, and Symposia organized/attended: Organised International Physiotherapy conference – Pearl Physiocon 2025 in November 2025.

e] Patents taken, if any, give a brief description: patent published - Designing and Development of an Instrument to Assess and Treat Proprioception Deficit (PAT Device).

f] Members

Membership of Professional Bodies: IAP

Editorship of Journals etc: NONE

**F. Extension work / Community Service:**

a] Please give a short account of your contribution to:

1. Community work such as values of National integration, secularism, democracy, socialism, humanism, peace, scientific temper, flood or drought relief, family planning, Public Health, AIDS etc.

2. National Literacy Mission: NIL

3. Positions held / Leadership role played in organizations Linked with Extension work and National service Scheme (NSS) or NCC or any other similar activity: NIL

**G. Participation in Corporate Life:**

Please give a short account of your contribution to:

a] College / Institute :

- i. Maintaining students discipline at all times
- ii. Teaching Research Methodology, biostatistics, ethics and Fundamentals of exercise modalities for third year and first year BPT.
- iii. Co-ordinator for the 4<sup>th</sup> year BPT from December 2025.
- iv. Member of the Institutional Research Committee, curriculum committee, Examination section, extramural committee Incharge, student council entertainment committee, member gender equality committee, member kanada balaga committee and Incharge IQAC NAAC criteria 2.

b] Co – Curricular activities:

- i. Participated in Ganpati Celebration, Navratri celebration and Fun – week.

c] Enrichment of Campus Life: NIL

d] Student's Welfare and Discipline: NIL

e] Participation in bodies /Committees on Education and National Development, Membership of University Bodies and Authorities etc: Member of Institutional Curriculum Committee.

**H. Assessment:**

- a. Steps taken by you for the evaluation of the Course program taught –

- i. Surprise tests,
- ii. internal assessment exam,
- iii. students feedback,
- iv. Review of Previous topic in form of discussion or question and answer

### **I. General Data:**

State brief assessment of your performance indicating –

a) Achievements: Been the active contributor for the growth of institute in both curricular and Co-curricular activities, participated in several workshops and guest lectures, organized intern and post graduates research methodology workshops, organized COMT workshop and guest lecture by Dr. Deepak Kumar. Was a part of International Physiotherapy Conference – Pearl Physiocon 2025 as an organizer.

b) Difficulties faced: NIL

c) Suggestions for improvement: NIL

Signature of the Teacher

### **J. Certification & Recommended by the regular HOD:**

- a) Teaching ability & Efficiency :
- b) Academic & Research aptitude :
- c) Conduct :
- d) Regularity & Punctuality :
- e) Teacher – student relation :
- f) Relation with HOD & Colleagues :
- g) What are the KLE University assignments :  
He / She has done in the last 1 year.
- h) He/She taken part in Institutional promotion :  
Activities
- i) Has he / she involved in anti – institutional :  
Activities
- j) His /Her loyalty to the institution :

k] Whether recommended for promotion :  
if not, please substantiate.

l] Remarks :

Certified that the information furnished by the above Teacher in his / her self – appraisal report is found to be correct.

Name : \_\_\_\_\_

Prof & Head : \_\_\_\_\_

Signature : \_\_\_\_\_

**K. Assessment by the Principal / Director:**

A] General information:

B] Teaching :

C] Details of Innovations / Contribution in Teaching during the year:

D] Improvement of Professional Competence:

E] Research Contributions:

F] Extension work / Community Services:

G] Participation in Corporate Life:

H] Any other:

\_\_\_\_\_  
Principal

Remark of the Reviewing authority

\_\_\_\_\_  
Vice - Chancellor