

RESUME



Name: Dr. AARTI WELLING BPT, MPT, (PhD)

Specialization: Masters in Orthopedic Physiotherapy

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CAREER OBJECTIVE

To excel in my field through hard work, research, skills and perseverance. To obtain a position of responsibility that utilizes my skills and experience and keen to work in an environment where I can enrich my knowledge as well as to serve my patients and my country with the best of my ability

ACADEMIC & CLINICAL EXPERIENCE (10.5 Years)

- Presently working as **ASSOCIATE PROFESSOR** in **K.L.E INSTITUTE OF PHYSIOTHERAPY, BELGAUM** from 1st November 2024 till date
- Working as Assistant Professor in **K.L. E INSTITUTE OF PHYSIOTHERAPY, BELGAUM** from 1st January 2019 till December 2023
- Working as Lecturer in **K.L.E INSTITUTE OF PHYSIOTHERAPY, BELGAUM** from 20th July 2015 till 31st December 2018
- Worked as a **CONSULTANT PHYSIOTHERAPIST** in **SHAILESH UDAPUDI ORTHOPAEDIC CENTER VISHVA CHETAN PHYSIOTHERAPY CLINIC** from 1 January 2015 upto 1st August 2015
- Worked at **KALPAVRUKSHA GERIATIC REHABILITATION CENTER** as a **CONSULTANT PHYSIOTHERAPIST** from 1 September 2014 till June 1 2015
- Worked as a **CONSULTANT PHYSIOTHERAPIST** in **VIJAYA ORTHOPAEDIC & TRAUMA CARE CENTRE** in the year 2012

ACHIEVEMENTS

- **Felicited at the 46th anniversary** of Shivalaya at KAHER for remarkable contribution to the field of physiotherapy
- **Secured 3rd prize for PhD** paper present at Karnataka Physiocon 2025
- **Secured 1st prize for PhD** musculoskeletal category at Indian association of Physiotherapy conference Nashik
- **Best Teacher award** KAHER University 2024
- Participated and presented a prototype turnbuckle osteoarthritis knee brace, was selected among the **top 10 innovative projects** in the national level Med Tech hackathon 2024
- **Secured 2nd prize** for senior category paper presentation in 1st MGM international Conference PHYSIOCON 2019
- **Secured 2nd prize** in women's empowerment dance competition organized by Swarashakti Women's Empowerment cell, October 2018
- **Best Teacher students' choice** award on 7th September 2017
- **Best team** for the debate completion on the topic today's media boon or bane held on the occasion of teacher's day celebration on 7th September 2016 at KLE university
- **Secured 1st prize** in Patriotic Group Singing Competition held during 2015-2016
- **Secured 2nd prize** in Carrom Mixed Doubles held during Physiotherapy annual sports Meet 2015
- **Secured 3rd prize** in a poster presented on "Effect of Gross Myofascial Release Of Upper Limb And Neck On Pain And Function In Subjects With Mechanical Neck Pain- A Clinical Trial" In The National Conference On Physiotherapy Update 2012.
- **Secured 3rd rank** in the first year MPT examination in the year 2013

RESOURCE PERSON

- Moderator for panel discussion on the topic Radiodiagnosis in Physiotherapy: Enhancing Clinical Decision or Encouraging Over-Reliance for the International Physiotherapy conference Pearl Physiocon 2025
- Resource Person for CME on World Osteoporosis and Osteoarthritis day (Integrated physiotherapy approach in osteoarthritis and osteoporosis) organized by orthopaedic department of KLE Dr Prabhakar Kore Hospital Belagavi on 13th October 2025
- Chairperson for PHYSIO CONCLAVE PGI- CHANDIGARH" 1st and 2nd April 2023
- Workshop on Geo Tagging for the NSS volunteers of KAHER organized by the NSS unit of KAHER on 4th February 2021
- Workshop on How to make Google form and automatic generation of e certificate for the 1st year MPT students organized by NSS unit of KLE Institute of Physiotherapy on October 23rd 2020

- Webinar series on World Physiotherapy Day at KLE Institute of Physiotherapy 8th September 2020
- Webinar series (Integrated Physiotherapy management for Osteoarthritis) on World Physiotherapy Day at KLE Institute of Physiotherapy on 8th September 2020
- CME on World Osteoporosis Day (Post Fracture Rehabilitation in osteoporosis) organized by orthopaedic department of KLE Dr Prabhakar Kore Hospital Belagavi on 14th October 2019
- Research Methodology and Synopsis Writing workshop on 9th and 10th September 2019 at KAHER Institute of Physiotherapy Belagavi.
- CME on Osteoarthritis and Osteoporosis organized by orthopaedic department of KLE Dr Prabhakar Kore Hospital Belagavi on 12th October 2018
- Research Methodology and Synopsis Writing workshop on 20th and September 2018 at KAHER Institute of Physiotherapy Belagavi
- Research Methodology and Synopsis Writing workshop on 9th and 10th March 2018 at KAHER Institute of Physiotherapy Belagavi.

RESEARCH PUBLICATION (Orcid ID: 000-0001-7901-4840) (Scopus ID: 57786139400)

Description: Introduction of treatment protocols and contributing through research, implementing innovative solutions that improve patient outcome

Description: Recognized guide for PG and UG students. Involved in mentorship programs for PGs and UGs. Mentoring teams in academic and research

1. Nithisha G, Gurudut P, **Welling A**, Kage V. A Case Report and Follow-up Study on Myofascial Release of Posterior Chain Muscles for Chronic Sinus Headache. *Int J Ther Massage Bodywork*. 2025 Dec 11;18(4):45-50. [SCOPUS]
2. **Welling A**, Kage V, Gurudut P, Nadaf R, Hulmani S, G N, Chabada N, Math S. Impact of 3-dimensional myofascial release on tumor necrosis factor (TNF) alpha biomarker in nonspecific low back pain: a randomised controlled trial. *European Spine Journal*. 2025 Aug 25:1-2. [SCOPUS]
3. Gurudut P, **Welling A**, Kage V, Patil S, Hulamani S, Desai VN, Aga S, Mathad V. Feasibility of Shockwave Therapy and Standardization of Dosage for Mild to Moderate Forehead Acne. *Journal of Applied Cosmetology*. 2025 Sep 23;43(3):of-print. [SCOPUS]
4. Kulkarni P, **Welling A**, Gurudut P, Kage V. Impact of Virtual Reality and Walking Meditation on Proprioception and Balance in Individuals With Knee Osteoarthritis: A Randomized Clinical Trial. *Alternative therapies in health and medicine*.:AT11486. [Pub Med]
5. Gauns B, **Welling A**, Gurudut P, Kage V, Hulamani S. Three-dimensional Myofascial Release for Musculoskeletal Conditions: An Educational Perspective. *Indian Journal of Physical Therapy and Research*. 2025 Jan 1;7(1):105-8. [UGC]
6. Narulkar R, **Welling A**, Gurudut P, Kage V. Comparing the Efficacy of 3-Dimensional Release Technique and Modified Active Release Therapy on Pain,

- Scapular Position and Craniovertebral Angle in IT Workers with Scapulocostal Syndrome: A Randomised Clinical Trial'. *Journal of Bodywork and Movement Therapies*. 2025 May 23. [SCOPUS]
7. Mathad V, Kage V, Gurudut P, **Welling A**, Hulamani S. Exploring effectiveness of extracorporeal shockwave therapy for forehead acne. *Physiotherapy-The Journal of Indian Association of Physiotherapists*. 2025 Aug 5:10-4103. [UGC]
 8. Kale R, **Welling A**, Kage V, Gurudut P. Effect of Calisthenic Exercises in a Sedentary Young Female on Abdominal Obesity, Body Composition, Core Strength, and Physical Activity Level: A Case Report. *Journal of Society of Indian Physiotherapists*. 2025 Jun 4:10-4103. [UGC]
 9. Chabada N, Kage V, Gurudut P, **Welling A**, Hulamani S. Effectiveness of Ball Pilates in a Telerehabilitation Setting for Chronic Low Back Pain: A Case Report. *Journal of Society of Indian Physiotherapists*. 2025 Jun 4:10-4103. [UGC]
 10. Punjani A, Kage V, Patil A, Gurudut P, **Welling A** Deep Front Line Myofascial Release Versus Novel Soft Tissue Kinetic Chain Activation Technique (K-CAT) on Pain, Radiological Patellar Position and Dynamic Knee Valgus in Knee Osteoarthritis: A Randomized Clinical Trial. *International Journal of Therapeutic Massage & Bodywork*. 2025 Mar 15;18(1):5. [SCOPUS]
 11. **Welling A**, Kage V, Gurudut P, Narulkar R, Dusane P, Bhutada S. Development and Feasibility of a Novel Comprehensive SPARKS Physiotherapy Protocol for Somatic Tinnitus Associated with Cervical and Temporomandibular Dysfunction: A Randomized Controlled Trial. *Indian Journal of Otology*. 2024 Oct 1;30(4):257-66. [SCOPUS]
 12. **Welling A**, Kage V, Gurudut P, Patil C, Diniz W, Fernandes L, Patil P. Investigating the Effects of Percussion Therapy on Ultrasonography-Diagnosed Thoracolumbar Fascia on Trigger Points and Hyperlordosis in Low Back Pain: A Placebo-Controlled Trial. *Alternative Therapies in Health & Medicine*. 2024 Sep 1;30(9). [PubMed]
 13. **Welling A**, Patil A, Gunjal P, Naik P, Hubli R. Effectiveness of Three-Dimensional Myofascial Release on Lumbar Lordosis in Individuals with Asymptomatic Hyperlordosis: A Placebo Randomized Controlled Trial. *International Journal of Therapeutic Massage & Bodywork*. 2024 Jun 13;17(2):20. [SCOPUS]
 14. Sadare S, Gurudut P, Kage V, **Welling A**. Efficacy of Otago versus Bosu ball exercise protocol on core stabilization, static and dynamic balance in non-specific chronic low back pain: a randomized parallel arm clinical trial. *Comparative Exercise Physiology*. 2024 Oct 31;1(aop):1-1. [SCOPUS]
 15. Aghav V, Gurudut P, Kage V, **Welling A**. Global postural re-education versus Egoscue exercises in upper cross syndrome on neck pain, forward head and rounded shoulder posture: a randomised clinical trial. *Comparative Exercise Physiology*. 2024 Sep 10;1(aop):1-2. [SCOPUS]
 16. Sumedha G, Gurudut P, **Welling A**. Eccentric training vs muscle energy technique in adjunct to low-level laser therapy for lateral epicondylitis. *Physiotherapy Quarterly*. 2024 Apr 1;32(2). [SCOPUS]
 17. Gotecha S, Gurudut P, **Welling A**, Kage V. [SCOPUS]Impact of anti-gravity muscle training protocol on plantar pressure, pain threshold and foot posture on chronic

- painful heel: an RCT study. *Comparative Exercise Physiology*. 2024 Jan 19;20(2):153-62. [SCOPUS]
18. Phadke R, Gurudut P, **Welling A**, Kage V. Comparing callisthenic and motor control exercises for forward head posture on craniovertebral angle and postural stability: a randomised clinical trial. *Comparative Exercise Physiology*. 2024 Jan 12;1(aop):1-1. [SCOPUS]
 19. Kage V, **Welling A**, Desai R. Occurrence of Temporomandibular Disorder in Subjects with Low Back Pain and Spinal Postural Deformities: An Observational Study. *Internet Journal of Allied Health Sciences and Practice*. 2023;21(4):16. [Web of Science]
 20. **Welling A**, Metgud S. Integrating Technology in Physical Therapy Practice: A New Era of Rehabilitation. *Indian Journal of Physical Therapy and Research*. 2023 Jan 1;5(1):1-3. [UGC]
 21. **Welling A**, Gurudut P, Shirodkar G, Shetye N, Khan S. Validation of non-radiographic APECS software in comparison with standard radiographic measurement of full-length lower limb hip-knee-ankle angle in elderly obese women. *Physiotherapy Quarterly*. 2023 Jan 1;31(1):90-4. [SCOPUS]
 22. Kage V, **Welling A**, Gurudut P, Patil S, Phadke R, Joshi M. Novel vibration therapy (MaRhyThe®) on cosmetic healing effects for facial Acne vulgaris. *Journal of Applied Cosmetology*. 2022 Dec 24;40(2):147-60. [SCOPUS]
 23. Chodankar A, Gurudut P, **Welling A**. Bruegger's exercises vs deep cervical flexor training in asymptomatic participants with forward head posture: a randomised controlled trial. *International Journal of Therapy And Rehabilitation*. 2022 Jun 2;29(6):1-1. [SCOPUS]
 24. Metgud DC, Pattanshetty R, **Welling A**. COVID-19 pandemic: An emerging physical therapy paradigm. *Indian Journal of Physical Therapy and Research*. 2020 Jan 1;2(1):1-3 [UGC]
 25. Gurudut P, **Welling A**, Chodankar A. Effect of self-care exercises in forward head posture on craniovertebral angle and craniocervical flexion endurance: A pilot study. *Indian Journal of Physical Therapy and Research*. 2020 Jan 1;2(1):25-30. [UGC]
 26. Gurudut P, **Welling A**, Jaiswal R. A case report on novel integrated kinetic chain correction protocol for early osteoarthritis knee: A preventive prospect. *Indian Journal of Physical Therapy and Research*. 2020 Jan 1;2(1):61-5. [UGC]
 27. Kudchadkar GS, Gurudut P, **Welling A**. Comparative effect of mat pilates and egoscue exercises in asymptomatic individuals with lumbar hyperlordosis: A randomized controlled trial. *Indian Journal of Physical Therapy and Research*. 2019 Jul 1;1(2):79-88. [UGC]
 28. Gurudut P, **Welling A**, Kudchadkar G. Combined effect of gross and focused myofascial release technique on trigger points and mobility in subjects with frozen shoulder-a pilot study. *International Journal of Health Sciences and Research*. 2019:52-61. [Web of science]
 29. Gurudut P, **Welling A**, Naik R. Comparative effect of calisthenic and proprioceptive exercises on pain, proprioception, balance and function in chronic osteoarthritis of knee. *Journal of Exercise Science & Physiotherapy Vol*. 2018;14(2). [SCOPUS]

30. **Welling A**, Kulkarni SV. Evaluation Of Lower Limb Muscle Strength And Function In Individuals With Chronic Obstructive Pulmonary Disease”–An Observational Study. Published in International Journal of Current and Advance Research. 2018. Volume7 issue 6: 2341-2343.
31. **Welling A**, Gurudut P. Comparative study between mat swiss ball and theraband exercises on abdominal girth Published in International Journal of Physiotherapy and Research. 2015 volume 3 issue 4: 1142-1149.
32. Nitsure P, **Welling A**. Effect of gross myofascial release of upper limb and neck on pain and function in subjects with mechanical neck pain with upper limb radiculopathy: A clinical trial. Int J Dental Med Res. 2014;1(3):8-16. [UGC]
33. Heggannavar A, **Welling A**. Traumatic rehabilitation of undisplaced greater tuberosity fracture-a case report Published In Lifeline, Journal of KLES DR Prabhakar Kore hospital and MRC Belagavi.

PATENTS and COPYRIGHT APPLIED

Description: Introduction advancing technologies new treatment protocols and contributing through research, implementing innovative solutions that improve patient outcome

- CERVIDURA Physiotherapy protocol for cervicogenic headache. Diary number 7752/2025-CO/L
Description: A physiotherapy protocol designed to manage cervicogenic headache by targeting the dural tube and the myodural bridge that is a missing diagnosis for cervicogenic headache.
- Comprehensive Assessment tool of history taking skill for healthcare Professionals (CATHS-HCP). L-148378/2024
Description: An assessment and feedback tool designed to train undergraduate student in order to improve their history taking skills
- SPARKS Comprehensive Physiotherapy Protocol For Patients Diagnosed With Tinnitus. L-143772/2024
Description: A physiotherapy management protocol designed and tested in patients diagnosed with Tinnitus
- KWAMPS Comprehensive Physiotherapy Protocol for Post-operative Oral and Maxillofacial Surgeries. L-136896/2023
Description: A post operative protocol that can be used in any Oral and Maxillofacial Surgeries. This protocol has been tested and has resulted in early recovery
- Patent granted PROTOTYPE OF TURNBUCKLE OSTEOARTHRITIS KNEE BRACE WITH SENSOR BASED ASSESSMENT FORCES 202241025897 patent office journal no 19/2022 Dated 13/05/2022
Description: This orthosis is designed to quantify and reduce the compression force on the knee, this orthosis is also used to correct knee alignment. This prototype was

selected among the top 10 **innovative projects** in the national level Med Tech hackathon 2024

- Patent Publication entitled DEVELOPMENT OF ALGOCURE EQUIPMENT FOR ASSESSMENT AND TREATMENT OF TRIGGER POINTS (Application No 202041006249A) patent office journal no 17/2020 Dated 24/4/2020

Description: An instrument designed for the assessment and treatment of trigger or painful points for the ease of physiotherapist. This instrument can digitally calculate the pressure as well as control the pressure applied during assessment and treatment of trigger points

Research Grants/ Funded projects

- Development of Final Version of Sensor Based Diagnostic and Corrective Turnbuckle Osteoarthritis Knee Brace (National Grant SIP)
- Impact of 3-dimensional myofascial release on tumor necrosis factor (tNf) alpha biomarker in nonspecific low back pain:a randomised controlled trial (Regional Grant)
- Efficacy Of Russian Current on Healing and Blood Flow Parameters on Diabetic Ulcer- Pilot Study (Regional Grant)
- Feasibility of Shockwave Therapy and Standardization of Dosage for Mild to Moderate Forehead Acne (Regional Grant)
- Efficacy of iontophoresis driven topically transferred clindamycin ion for management of upper backne: A placebo randomized controlled trial (Guide for student grant)

WORKSHOPS

- Attended 5 days instructor training workshop on aerobic instructor training, Basic and advance Pilates and nutrition / diet from 24th November to 28th November 2024
- Balancing Professional and personal Life organized by UDEHP on 22nd October 2024
- Workshop on International classification of functional disability and health (ICF) conducted by KLE Institute of Physiotherapy in collaboration with Dharma foundation on 16th and 17th October 2024
- Attended webinar on mastering biomedical systematic literature reviews: Methodologies, challenges and tools on 18th July 2024
- Attended E-workshop on clinical research data analysis using SPSS basic level and validation from 15th April to 17th April 2024 Organized by Med Stat India
- Attended and cleared Intensive Course in Research Methodology and Biostatistics held by Department of Epidemiology and Biostatistics, KAHAR, from 21st December 2023 to 2nd February 2024 and scored 80%
- Attended webinar on EBSCO Medical and health Databases on 22nd January 2024 organized by EBSCO information services

- APAC customer success hub webinar, Beyond Borders: How to promote interdisciplinary & international collaborative research to contribute to the achievement of the SDGs on 1st February 2023
- Attended E-Workshop on AI-Powered tools in medical research literature reviewers: Revolutionizing insights and efficiency on 23rd February 2023 Organized by Med Stat India
- Attended E-workshop on excel forum Wizardry: Mastering data entry with forms and validation on 18th March 2024 Organized by Med Stat India Workshop on e-content 27th June 2023
- Webinar on diabetes and Obesity 26th May 2023
- Workshop on intellectual property rights organized by UDEHP by KLE Institute of Physiotherapy on 3rd May 2023
- APAC customer success hub webinar, Beyond Borders: How to promote interdisciplinary & international collaborative research to contribute to the achievement of the SDGs on 1st February 2023
- Workshop on Be an Effective Presenter: Presentation Skill Enhancement 20th and 21st October 2022
- Workshop on Research Methodology & Grant Writing 12th to 15th September 2022
- Workshop on Kinetic Chain Activation technique organized by Department of orthopaedic KIPT on 8th and 9th June 2022
- Workshop on stratups and Innovations in health care organized by KLE Institute of Nursing Sciences 29th April 2022
- Workshop on Professional Development organized by UDEHP organized by KLE Institute of Physiotherapy on 22nd April 2022
- Workshop on environment and mental health by UDEHP organized by KLE Institute of Physiotherapy on 24th March 2022
- Ethics in research by UDEHP organized by KLE College of Pharmacy on 15th December 2021
- Workshop on Astrika website for developing e resources organized by KAHER Institute of Physiotherapy on 3rd December 2021
- Be a stress-free teacher- A stress management session by UDEHP organized by KAHER Institute of Physiotherapy on 29th November 2021
- Workshop on PPT based animation organized by KAHER Institute of Physiotherapy on 8th November 2021
- Workshop on Explore the untapped within you by UDEHP organized by KAHER Institute of Physiotherapy on 16th March 2021
- Workshop on Advance Excel organized by KAHER Institute of Physiotherapy in collaboration with proficient minds from 20th July 2020 to 24th July 2020
- Workshop on E content development of Google drive organized KAHER Institute of Physiotherapy on 22nd July 2020
- Technology trends for developing e content organized KAHER Institute of Physiotherapy on 8th July 2020
- Workshop on How to write a Review article organized by DR. M.G.R Educational and Research Institute Deemed to be University on 11th July 2020
- Workshop on Technology trends for developing e content organized by KAHER Institute of Physiotherapy on 8th July 2020
- Workshop on Innovative Pedagogies for powerful teaching by UDEHP organized by KAHER Institute of Physiotherapy on 26/02/2020
- Canadian Certification workshop on non abrasive cupping, jade stone mobilizers organized by dep't of Orthopaedic Physiotherapy on 23rd and 24th January 2020
- Workshop on incorporating PREZI App in lecture presentation organized KAHER Institute of Nursing sciences on 11th December 2019
- Workshop 11th National Conference on Health Education 21st November 2019

- Workshop on Accreditation in Education for 11th National Conference on Health Education 21st November 2019
- Workshop on Leadership skills for health professionals by UDEHP organized by department of public health on 17th and 18th September 2019
- Workshop on Functional movement assessment and correction for SI joint and lumbar spine (adjuster pro, modified chiropractic and osteopathic maneuvers) 14th and 15th June 2019
- Workshop on Kinetic soft tissue manipulative technique 14th and 15th June 2019
- Workshop on google apps for presentation organized KAHER Institute of Nursing sciences on 14th March 2019
- Workshop on Neural Flossing on 24th July 2018 at KAHER Institute of Physiotherapy
- UDEHP Workshop on Classroom Management on 9th July 2018 at KAHER Institute of Physiotherapy
- Seminar on Know Safety For No Accident organized by Dept of Public Health JNMC belagavi on 10th May 2018
- Workshop on Technology Trends for Future Learning by UDEHP at KAHER Institute of Physiotherapy on 5th March 2018
- Workshop on Matrix Rhythm Therapy Basic and Advanced KAHER Institute of Physiotherapy on 21st and 22nd December 2017
- Workshop on Intellectual Property Rights by UDEHP & KLE University Institute of Pharmacy, Belagavi, on 21st November 2017.
- Workshop on PILATES Back Care module 1 on 17th and 18th November 2017
- First national workshop on Enhancement of quality of health science journals organized by Indian journal of health sciences and biomedical research on 13th September 2017
- Workshop on sample size and multivariate analysis by SPSS/ EXCEL organized by KLE University department of epidemiology and biostatistics from 28th September- 1st Aug 2017
- Learning management software (LMS) workshop organized KAHER Institute of Physiotherapy on 11th December 2017
- Attended Indo Global Summit in Bangalore July 2017
- Workshop on Aquatic therapy by UDEHP & KLE University, Institute of Physiotherapy, Belagavi in August 2017
- NABH Workshop at KLE University Institute of Nursing, Belagavi 25th and 26th May 2017
- Organized and attended Workshop on work ethics and culture at KLE University, Institute of Physiotherapy, Belagavi, April 2017
- Workshop on use of KAHOOT for student evaluation organized KAHER Institute of Nursing sciences on 19th April 2017
- Workshop on Women's Health by UDEHP & KLE University, Institute of Physiotherapy, Belagavi, December 2016.
- Workshop on Mulligan's Mobilization by Department of Orthopedic Manual Therapy, KLEUIPT Belagavi, Nov-Dec 2016
- Organized and Attended Research Methodology Workshop by KLEUIPT Belagavi, Oct 2016
- International conference on Bioethics by Public Health Department, JNMC Belagavi, November 2016
- Stress Management and Relaxation, UDEHP & KLE University, Institute of Physiotherapy, Belagavi, June- 2016
- Workshop on how to use Slide share organized KAHER Institute of Physiotherapy on 21st July 2016

- Hands on workshop on “M²T- Blade”, KLE’s University Institute of Physiotherapy, Belagavi, 30th-31st May 2016
- Organized and attended Workshop on SURFACE ANATOMY 2016 organized by department of orthopedic physiotherapy KLE’s University Institute of Physiotherapy, Belagavi
- UDEHP Workshop on Good Laboratory practices and laboratory safety 5th may 2016
- Workshop on Orientation for NEWLY RECRUITED FACULTY 11 august 2015
- UDEHP Workshop on Training on HEALTH PROMOTION 6th November 2015
- Fitness evaluation and Prescription for Health Professionals by UDEHP & KLE University, Institute of Physiotherapy, Belgaum, November 2015
- Workshop on use of flash presentation organized KAHER KAHER Institute of Physiotherapy on 1st October 2015
- Workshop on use of teaching videos in presentation Lectures KAHER Institute of Physiotherapy on 18th September 2015
- Attended workshop on DRY NEEDLING IN MYOFASCIAL PAIN SYNDROME OF SHOULDER JOINT conducted by Dr Ruchit Sanghvi in the year 2013.
- Attended workshop on KINESIO TAPING and MULLIGANS TAPING conducted by Dr Pradeep Shankar in the year 2013.
- Attended hands on workshop CPR technique in the year 2013.
- Attended workshop on DEVELOPMENTAL ASSESSMENT SCALES IN PAEDIATRICS in the year 2013.

WORK ALLOTMENT

- Attended the workshop on “MUSCULOSKELETAL MANIPULATIVE THERAPY – AN AUSTRALIAN APPROACH “by Dr Ananda Jothi in the year 2012.
- Attended hands on workshop CPR technique at KLE’S HOSPITAL Belgaum in the year 2011.

Description: Mentoring teams in academic and research setting

- Research grant coordinator from 2024 till date
- Assistant clinical coordinator from 2021 - 2024
- Member Institutional research committee
- BOS member 2023 till date
- Coordinator for research grant project 2024 till date
- Managing Editor Indian Journal of Physical therapy and research from July 2021 till date
- Member secretary Institutional exam section from 2020 till 2023
- NAAC institutional criteria 6 in-charge 2020- 2024
- In charge Institutional criteria 6 from January 2021 till date
- Cultural committee in-charge 2022 till 2023
- III year Coordinator from August 2020 till 2021
- Assistant clinical coordinator 2021 till date
- Member curriculum committee August 2019 to 2022
- Organizing member International Physiotherapy conference QUADRANS 2020
- Member Institutional Curriculum Committee August 2020 till date
- Editorial secretary for Indian Journal of Physical therapy and research from 2018 till July 2021
- Member IQAC August 2019- August 2020
- II BPT Coordinator August 2018- August 2020

- Extramural In-charge January 2018 – August 2020
- Shantai Vrudhashram In- charge 2017 - 2018
- Member of institutional research committee 2015- 2021
- Member of institutional exam section 2015-2018
- Member of institutional cultural committee 2017-2018

PERSONAL DETAILS

Name : Dr Aarti welling
Date Of Birth : 15th November, 1988
Sex : Female
Nationality : Indian
Marital Status : Married
Languages Known : English, Kannada, Hindi
and Marathi
Residence Address : BC 90 Thimmayya road
Camp Belgaum

DECLARATION:

I hereby affirm that the information in this document is accurate and to the best of my knowledge.

Dr. Aarti Welling (PT)