

CURRICULUM VITAE



Name: Dr. AARTI WELLING BPT, MPT

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 QUALIFICATIONS

- **Successfully completed Introductory course on Research Methodology and Biostatistics organized by Institute of applied statistics in collaboration with ICMR and NICPR from 24th August 2020 to 25th September 2020**
- **Successfully completed course on Matrix rhythm therapy basic and advanced in December 2017**
- **Successfully completed course on PILATES module I Back care in November 2017**

- **Certified in Orthopedic Manual Therapy by Capri Institute of Manual Therapy in November 2016**
- **Successfully completed course on health research fundamentals (NIE- ICMR e – Certificate Course Funded by the Ministry of HRD, Government of India) in March 2016**
- **M2T Certified Practitioner Level I and Level II in January 2016**

ACADEMIC DETAILS

Qualification	University/Board	Institute	Year of Passing	Percentage
MASTERS IN ORTHOPAEDIC PHYSIOTHERAPY	K.L.E.U INSTITUTE OF PHYSIOTHERAPY	K.L.E INSTITUTE OF PHYSIOTHERAPY ,BELGAUM.KARNATAKA	2012-2014	2 nd year MPT 62.5%
MASTERS IN ORTHOPAEDIC PHYSIOTHERAPY	K.L.E.U INSTITUTE OF PHYSIOTHERAPY	K.L.E INSTITUTE OF PHYSIOTHERAPY ,BELGAUM.KARNATAKA	2012-2014	1 st year MPT 62.3%
BACHELORS IN PHYSIOTHERAPY	R.G.U.H.S	K.L.E INSTITUTE OF PHYSIOTHERAPY ,BELGAUM.KARNATAKA	2011	63.89%
HSC BOARD(12 th)	KARNATAKA BOARD	GOVINDRAM SEKSARIA P.U. SCIENCE COLLEDGE BELGAUM	2007	63.56%
SSLC(10 th)	KARNATAKA BOARD	ST. JOSEPH'S CONVENT HIGH SCHOOL BELGAUM	2005	79.84%

EXPERIENCE SUMMARY:

- Worked as a CONSULTANT PHYSIOTHERAPIST in VIJAYA ORTHOPAEDIC & TRAUMA CARE CENTRE in the year 2012
- Worked at KALPAVRUKSHA GERIATIC REHABILITATION CENTER as a CONSULTANT PHYSIOTHERAPIST from 1 September 2014 till June 1 2015
- Worked as a CONSULTANT PHYSIOTHERAPIST in SHAILESH UDAPUDI ORTHOPAEDIC CENTER VISHVA CHETAN PHYSIOTHERAPY CLINIC from 1 January 2015 upto 1st August 2015

- Working as Lecturer in **K.L.E'S INSTITUTE OF PHYSIOTHERAPY, BELGAUM** from 20th July 2015 till 1st August 2018
- Working as Assistant Professor in **K.L.E'S INSTITUTE OF PHYSIOTHERAPY, BELGAUM** from 1st August 2018

ACHIEVEMENTS

- Secures **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 teachers 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

- Resource person for workshop on Geo Tagging for the NSS volunteers of KAHER organized by the NSS unit of KAHER on 4th February 2021
- Resource person for 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
- Resource Person for CME on World Osteoporosis day (Post Fracture Rehabilitation in osteoporosis) organized by Orthopaedic department of KLE Dr Prabhakar Kore Hospital Belagavi on 14th October 2020

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

RESEARCH PUBLICATION

- An editorial on COVID-19 PANDEMIC: AN EMERGING PHYSICAL THERAPY PARADIGM Indian journal of physical therapy and research.2020;2(1):1-3
- An original research on 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;2(1):35-30
- A case report on NOVEL INTEGRATED KINETIC CHAIN CORRECTION PROTOCOL FOR EARLY OSTEOARTHRITIC KNEE: A PREVENTIVE PROSPECTIVE. Indian journal of physical therapy and research.2020;2(1):61-65
- An original research on COMPARITIVE EFFECT OF MAT PILATES AND EGOSCUE EXERCISE IN ASYMPTOMATIC SUBJECTS WITH LUMBAR HYPERLORDOSIS- A RANDOMIZED CONTROLLED TRIAL. Indian journal of physical therapy and research. 2019;1(2):79-88
- 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

- An original research on COMBINED EFFECT OF GROSS AND FOCUSED MYOFASCIAL RELEASE TECHNIQUE ON TRIGGER POINTS AND MOBILITY IN SUBJECTS WITH FROZEN SHOULDER-A PILOT STUDY. Published in International Journal of Health Sciences & Research. 2019. Volume 9; Issue 4: 52-61
- An original research on COMPARATIVE EFFECT OF CALISTHENIC AND PROPRIOCEPTIVE EXERCISES ON PAIN, PROPRIOCEPTION, BALANCE AND FUNCTION IN CHRONIC OSTEOARTHRITIS OF KNEE. Published in Journal of Exercise Science & Physiotherapy. 2018. Volume 14 issue 2.
- An original research on 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. Volume 7 issue 6: 2341-2343
- An original research on 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
- A original research on “EFFECT OF GROSS MYOFASCIAL RELEASE OF UPPER LIMB AND NECK ON PAIN AND FUNCTION IN SUBJECTS WITH MECHANICAL NECK PAIN- A CLINICAL TRIAL” Published In International journal of dental and medical research. sep-oct 2014, volume 1 issue 3:8-16
- A case report on “POST- TRAUMATIC REHABILITATION OF UNDISPLACED GREATER TUBEROSITY FRACTURE-A CASE REPORT” Published In Lifeline, Journal of KLES DR Prabhakar Kore hospital and MRC Belagavi.

PROJECTS AND THESIS UNDERTAKEN

- Successfully Completed project on EFFECT OF GEOTHERAPY COMBINED WITH CONVENTIONAL THERAPY ON PAIN, FUNCTION AND RANGE OF MOTION IN SUBJECTS WITH KNEE OSTEOARTHRITIS- A RANDOMIZED CONTROLLED TRIAL
- Successfully Completed project on EFFECT OF DORN THERAPY ON PAIN AND FUNCTION IN SUBJECTS WITH NON SPECIFIC NECK PAIN AND FORWARD HEAD POSTURE- A RANDOMIZED CONTROLLED TRIAL
- Successfully Completed project on DETERMINING RELIABILITY AND VALIDITY OF COST EFFECTIVE ALGOCURE AS AN ASSESSMENT AND TREATMENT TOOL

- Successfully completed a project on “COMPARISON OF MAITLAND AND MULLIGAN L4 AND L5 MOBILIZATION AND PASSIVE STATIC STRETCHING ON HAMSTRING AND LUMBAR EXTENSIBILITY”
- Successfully completed a project on “COMPARATIVE STUDY BETWEEN ROCK TAPE AND KINESIO TAPE ON PAIN AND FUNCTION IN CERVICOGENIC HEADACHE”
- Successfully completed case report on “POST TRAUMATIC REHABILITATION OF RIGHT KNEE DISLOCATION WITH ACL, PCL, MCL TEAR AND KNEE STIFFNESS”
- Successfully completed case report on “MUSCULOSKELETAL INTERVENTION FOR A COMBINATION OF CERVICAL AND LUMBAR DISK HERNIATION IN A COBBLER”
- Successfully completed a project on “COMPARATIVE STUDY BETWEEN CALISTHENIC AND PROPRIOCEPTIVE EXERCISES ON PROPRIOCEPTION AND FUNCTION IN CHRONIC OSTEOARTHRITIS OF KNEE”
- Successfully completed a project on “EVALUATION OF LOWER LIMB MUSCLE STRENGTH AND FUNCTION IN INDIVIDUALS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE-AN OBSERVATIONAL STUDY” in the year 2016
- Successfully completed the project 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 year 2012.
- Successfully completed the project on “RELIABILITY OF MANUAL AND INSTRUMENTAL ANALYSIS ON LUMBAR MUSCLE STRENGTH: A SYSTEMATIC REVIEW” in the year 2013
- Successfully completed the project on “COMPARATIVE STUDY BETWEEN MAT, SWISS BALL AND THERA BAND EXERCISES ON ABDOMINAL GIRTH” in the year 2014.
- Successfully completed a case report on “POST- TRAUMATIC REHABILITATION OF UNDISPLACED GREATER TUBEROSITY FRACTURE-A CASE REPORT” in the year 2014.
- Successfully completed the project on EXERCISE PRESCRIPTION AND GUIDELINES DURING ANTENATAL PERIOD in the year 2010.

PAPER & POSTER PRESENTATIONS

- Presented paper on COMPARITIVE EFFECT OF MAT PILATES AND EGOSCUE EXERCISE IN ASYMTOMATIC SUBJECTS WITH LUMBAR HYPERLORDOSIS- A RANDOMIZED CONTROLLED TRIAL in 6th Global conference on Physiotherapy, Physical rehabilitation and sports medicine on 23rd October 2020
- Presented paper on EFFECT OF DORN THERAPY ON PAIN AND FUNCTION IN SUBJECTS WITH NON SPECIFIC NECK PAIN AND FORWARD HEAD POSTURE- A RANDOMIZED CONTROLLED TRIAL in 1st MGM international Conference PHYSIOCON 2019
- Presented paper on COMPARATIVE STUDY BETWEEN ROCK TAPE AND KINESIOTAPE ON PAIN AND FUNCTION IN CERVICOGENIC HEADACHE: A RCT in NCPT 2017
- Presented poster on in “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 a 3rd prize)
- Presented poster on “RELIABILITY OF MANUAL AND INSTRUMENTAL ANALYSIS ON LUMBAR MUSCLE STRENGTH: A SYSTEMATIC REVIEW” in PHYSIO PG CON 2013.
- Presented poster “COMPARETIVE STUDY BETWEEN MAT, SWISS BALL AND THERA BAND EXERCISES ON ABDOMINAL GIRTH” in PHYSIO ACCORD 2014.

RESEARCH GUIDE (Intern project)

- Effect of geotherapy combined with conventional therapy on pain, function and range of motion in subjects with knee osteoarthritis -A Randomized Controlled Trial
- Effect of Dorn therapy on pain and function in subjects with non-specific neck pain and forward head posture- a randomized controlled trial
- Determining reliability and validity of cost effective Algocure as an assessment and treatment tool
- Comparison of Maitland and mulligan L4 and L5 mobilization and passive static stretching on hamstring and lumbar extensibility

- Comparison of rock tape and kinesio tape in individuals with cervicogenic headache
- Evaluation of lower limb muscle strength and function in individuals with chronic obstructive pulmonary disease an observational study

WORKSHOP ATTENDED

- 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 Nursing sciences on 22nd 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 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 manueuvers) 14th and 15th June 2019
- Workshop on Kinetic soft tissue manipulative technique 14th and 15th June 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
- 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
- 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 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
- 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
- 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.
- 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.

CONFERENCES:

- 6th Global conference on Physiotherapy, Physical rehabilitation and sports medicine on 23rd October 2020
- 11th National Conference on Health Education 21st -23rd November 2019
- 1st MGM International Conference Aurangabad 21st and 22nd September 2019
- National Conference of Physical Therapy Mumbai December 2017
- Indo Global Education and Skill Summit and Expo 2017 Bangalore
- PHYSIO ACCORD, Bangalore 2014.
- 9th International Conference On Geriatric Care 2012.
- National Conference On Physiotherapy, Belgaum, 2012
- Physio PG Con, Mysore, 2013

WORK ALLOTMENT

- In charge Institutional criteria 6 from January 2021
- III Coordinator from August 2020 till date
- Organizing member International Physiotherapy conference QUADRANS 2020
- Member Institutional Curriculum Committee August 2020 till date
- Member IQAC August 2019- August 2020

- Editorial secretary for Indian Journal of Physical therapy and research from 2018 till date
- II BPT Coordinator August 2018- August 2020
- Extramural In-charge January 2018 – August 2020
- Shantai Vrudhashram In- charge 2018 - 2017
- Member of institutional research committee 2015- till date
- Member of institutional exam section 2015-2018
- Member of institutional cultural committee 2017-2018

EXTRA- CURRICULAR ACTIVITIES:

- Participated on women's empowerment dance competition organized by Swarashakti Women's Empowerment cell, October 2019
- Participated on women's empowerment dance competition organized by Swarashakti Women's Empowerment cell, October 2018
- Participated in throw ball competition at Shatam-Centenary celebration of KLE University, November 2016.
- Participated as organizer in All India intercollegiate students Cultural, literary and sports fest TRINITY 2016
- Participated in PATRIOTIC GROUP SINGING Competition held during 2015-2016
- Participated in CARROM MIXED DOUBLES held during Physiotherapy annual sports Meet

REFERENCE

Dr. Sanjiv Kumar
Principal

KLEU Institute of Physiotherapy, Belagavi

Email id: sanjiv3303@rediffmail.com

PERSONAL DETAILS

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

DECLARATION:

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

Dr. Aarti Welling (PT)