

BIO DATA

Name: Anil Rachappa Muragod
Age: 40 Years
Gender: Male
Date of Birth: 26TH April 1979
Nationality: Indian
Religion: Hindu
Marital Status: Married
Languages Known: English, Hindi, Kannada,
Email : dranilphysio@rediffmail.com

Educational Qualification:

Bachelor of Physiotherapy (B.P.T.)

Year of Completion : Feb 2001 (4 ½ yr. course)
Institution : J.N.M.C, Belgaum.
University : Karnataka University, Dharwad, INDIA

Masters of Physiotherapy (M.P.T) (Neuro)

Year of Completion : Nov 2006
Institution : NITTE Institute of Physiotherapy, Mangalore.
University : Rajiv Gandhi University of Health Sciences,
Bangalore, INDIA.

Doctor of Philosophy (Ph.D)

Year of Completion : Dec 2017
Institution : K.L.E. Society's Institute of Physiotherapy
University : KAHER(KLE Academy of higher education and
research, karanataka Belagavi. INDIA
Title of the topic : Effectiveness of Tai Chi in the treatment of
peripheral vestibular disorders of ear. Quasi
randomized trial.

Present Designation: Associate Professor

Permanent Address: Anil. R. Muragod.
At /Post – Mamadapur.
Tal – Gokak, Dt – Belgaum,
State – Karanataka.
Pin code - 591233

Present address: Dr Anil Rachappa Muragod
A13/16, Jnmc staff Quarters
Nehru nager, Belgavi
Pin code:590010
Karnataka (India)
Mobile No: Mobile: 91- 9448334248,
91- 9164694970

Place of Work: K.L.E. Society's
K AHER
KLE Institute of Physiotherapy
J.N. Medical College Campus,
Nehru Nagar, Belagavi -590010

Professional Membership:

- Life member of the Indian Association of Physiotherapists. Membership no: **9366.**
(The Indian Association of Physiotherapists - IAP is the only professional body of India, which is affiliated to the World Confederation of Physiotherapists).

Professional Work Experience:

- Working as Associate Professor in **KLE Institute of Physiotherapy** from October 2017 to till the date
- Working as Assistant Professor in **KLE Institute of Physiotherapy** from June 2013 to September 2017.
- Working as Lecturer in **KLE Institute of Physiotherapy** from July 2007 to May 2013.
- Worked as a Physiotherapist at **Wockhardt Hospital, Bannerghatta Road, Bangalore** since May 2006 to Jun 2007.
- Worked as a Physiotherapist for 1year & 6 months (July 2002 to Jan 2004) at **Wockhardt Hospital and Heart Institute, Cunnigham Road, Bangalore.**
- Worked as a Physiotherapist for 1 year 4 months (March 2001 to June 2002) at **Ganga Surgical & Fracture Clinic, Gokak, Belagavi.**

Responsibilities:

ACADAMIC RESPONSIBILITIES

- HOD OF GERIATRIC PHYSIOTHERAY
- SPORTS INCHARGE
- ANTI RAGGING COMMITTEE MAMBER
- ALUMNI VICE PRESIDENT
- BOS MEMBER
- WORKED AS DEPUTY EXTERNAL CHIEF SUPERINTENDENT FOR KLEU AIET
- WORKED AS ASSISTANT CUSTODIAN AND CUSTODIAN
- INCHARGE FOR CRITERIA V (STUDENT SUPPORT AND PROGRESSION)

Teaching Activities:

Subject taught	Year / Class
Clinical Teaching	1 st year, 2 nd year, 4 th year BPT and MPT
Neuro Physiotherapy	4 th (Final) year BPT
Electrotherapy	2 nd year BPT
Neuro physiotherapy and Geriatric Physiotherapy	Master of Physiotherapy

Total Work Experience: Clinical experience: 3 YEARS 10 MONTHS,

Teaching experience: 12 YERARS 2 MONTHS

Clinical and Teaching experience: 16 YEARS

University Assignment:

Invigilator, Internal and External Examiner and Squad and Room superintendent, Paper Evaluator and Paper setter for various universities

Guided UG and PG students for the various projects.

Organized and participated in various Awareness programs camps in the field of Physiotherapy .

UDEHP Workshop attended

1. **Fitness evaluation and Prescription for Health Professionals** by UDEHP & KLE University, Institute of Physiotherapy, Belgaum, November 2015.
2. **Effective mentorship to reach out** UDEHP & JNMC, Belagavi, May- 2016.
3. **Stress Management and Relaxation**, UDEHP & KLE University, Institute of Physiotherapy, Belagavi, June- 2016.
4. **Art of setting a question paper**, UDEHP & KLE University, Institute of Physiotherapy, Belagavi, on 1st and 2nd Dec 2016
5. **Physiotherapy in women health**, UDEHP & KLE University, Institute of Physiotherapy, Belagavi, on 9th and 10th Dec 2016
6. **Work ethics and culture** UDEHP & KLE University, Institute of Physiotherapy, Belagavi, 7th April - 2017.
7. **Hydrotherapy A Stress Baster** UDEHP & KLE University, Institute of Physiotherapy, Belagavi, 11th August - 2017.

Workshop attended

1. Attended a work shop on **Evidence Based Physiotherapy** on 9th May 2009 organized by KLES Institute of Physiotherapy Belgaum.
2. Attended the workshop on **Teaching Methodology and Educational Technology** on 10th and 11th June 2009 by KLE University Belgaum.
3. Attended the work shop on **Teaching methodology** on 20th Aug 2009 organized by Nitte Institute of physiotherapy mangalore
4. Attended the workshop on **Sensory Integration** 29th and 30th Jan 2010 by KLE Institute of Physiotherapy Belgaum.
5. Attended the workshop on **E Learning** on 20th Feb 2010 by KLE Institute of Physiotherapy Belgaum.
6. Attended the workshop on **Qualitative Research and Bio ethics** on 10th and 11th May 2010 by KLE University Belgaum.
7. Attended the workshop on **Teaching Methodology and Educational Technology** on 10th and 11th June 2009 by KLE University Belgaum.
8. Attended the work shop on **Teaching methodology** on 20th Aug 2009 organized by Nitte Institute of physiotherapy mangalore

9. Attended the workshop on **Sensory Integration** 29th and 30^h Jan 2010 by KLE Institute of Physiotherapy Belgaum.
10. Attended the workshop on **E Learning** on 20th Feb 2010 by KLE Institute of Physiotherapy Belgaum.
11. Attended the workshop on **Qualitative Research and Bio Ethics** on 10th and 11th May 2010 by KLE University Belgaum.
12. Attended the workshop on **Sports physiotherapy** organized by KLEU Institute of Physiotherapy on 14th sep 2010.
13. Attended the post conference workshop on **Neuro Developmental Therapy** organized by KLE University's Institute of Physiotherapy, Belgaum on 12th ,13th , 14th and 15th Dec 2011.
14. Attended the post conference workshop on **Applying sensory integration- Principles in Paediatric Physiotherapy** organized by KLE University's Institute of Physiotherapy, Belgaum on 17th and 18th Dec 2012
15. Attended the workshop on **personality development and emotional quotient** organized by KLEU Institute of Physiotherapy, Belgaum on 22nd and 23rd November 2013.
16. Attended Hands on workshop on **sensory integration** organized by KLEU Institute of Physiotherapy, Belgaum on 12th and 13rd September 2014.
17. Attended Hands on workshop on **Clinical pilates module - 1** organized at KLEU Institute of Physiotherapy, Belagavi on 17th and 18th November 2017

International workshop

1. Attended the **International workshop on mentorship: Collaborative Learning in Practice** organized under UKIERI (UK-India Education and research Initiative) organized by KLEU Institute of Nursing Sciences, Belgaum on 17th to 21st November 2014.

Resource person

1. I was the resource person in National update on Neurophysiotherapy organized by department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd , 4th , 5th Dec 2009.

2. I was the resource person in National update on Neurophysiotherapy organized by department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2010.
3. I was the resource person in **Research Methodology** workshop on 18th and 19th Sep 2014
4. I was the resource person in **Research Methodology** workshop on march 2018
5. I was the resource person in **Neurological examination** workshop on 21st sept 2018 held in Institute of nursing sciences , Belagavi

Chaired the scientific session

1. Chaired the scientific session during **National update on Neurophysiotherapy** organized by Department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2009.
2. I was the co chairman for scientific sessions for **National conference on Orthopaedic manual therapy** and physiotherapy update 2011 organized by KLE University's Institute of Physiotherapy, Belgaum on 9th, 10th and 11th Dec 2011.
3. Chaired the scientific session for **1st International Physiotherapy Conference 2019** at MGM Institute and School of Physiotherapy Aurangabad from 21st and 22nd September 2019.

Organized conferences / workshops

1. I was the Co Organizing secretary for National update on Neurophysiotherapy organized by Department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2009.
2. I was the Co Organizing secretary for National update on Neurophysiotherapy organized by Department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2010.
3. I was the organizing member for National conference on Orthopaedic manual therapy and physiotherapy update 2011 organized by KLE University's Institute of Physiotherapy, Belgaum on 9th, 10th and 11th Dec 2011

4. I was the organizing secretary for work shop on electro-diagnosis on 22nd and 23rd April 2012 organized by KLE University's Institute of Physiotherapy, Belgaum
5. I was the organizing member for National conference on Physiotherapy update 2012 organized by KLE University's Institute of Physiotherapy, Belgaum on 14th, 15th and 16th Dec 2012.

Guest lecture

1. Deleverd guest lecture on Introduction to physiotherapy at Shri Kalabyraveshwara swamy Ayurvedic Medical college Hospital and research center bangalors on Jan 20 th 2011
2. Delevered lecture on **stroke prevention** for Rotatory club of Belagavi mid-town Rotary members on 4th Nov 2015.

Conference attended

1. Attended First Asian conference on Duchene Muscular Dystrophy held at Bangalore on 28thFeb to March 1st 2009
2. Attended in National update on Neurophysiotherapy organized by Department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2009
3. Attended 48th Annual Conference of the IAP 2010 Mangalore from 22 to 24th Jan 2010
4. Attended 48th Annual Post Conference of the IAP 2010 Mangalore from 25 to 26th Jan 2010 on Vestibular Rehabilitation
5. Attended National update on Neurophysiotherapy organized by Department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2010
6. Attended the National conference on Orthopaedic manual therapy and physiotherapy update 2011 organized by KLE University's Institute of Physiotherapy, Belgaum on 9th, 10th and 11th Dec 2011
7. Attended the National conference on Physiotherapy update 2012 organized by KLE University's Institute of Physiotherapy, Belgaum on 14th, 15th and 16th Dec 2012.

8. Attended 54th Annual Conference of the IAP Shirdi -2016 from 19th to 21st Feb 2016
9. Attended 1st International Physiotherapy Conference 2019 at MGM Institute and School of Physiotherapy Aurangabad from 21st and 22nd September 2019

Paper presented

1. Presented paper on The effect of postural restrictions in the treatment of BPPV A randomised control trial at 54th Annual Conference of the IAP Shirdi -2016 from 19th to 21st Feb 2016.

Publication :

1. Anil R Muragod, Sreekumaran. A comparative study on effectiveness of ultrasound therapy and low level laser therapy in the management of second stage pressure sores (IJOPT Jan - March 2012)
2. Patel Neelam Jayash, Anil. R Muragod, Open Kinematic chain exercise for sick Scapula in competitive asymptomatic overhead athletes of 3 weeks (Int J Physiother Res 2014, vol 2(4):608-15)
3. Shamim Shaikh , Anil Muragod. Effect of cognitive rehabilitation for mild cognitive impairment in the geriatric population with early onset hypertension pretest post- test design. (Indian Journal of Health Science. Jan- Jun 2014, vol 7 Issue 1)
4. A Muragod, V RPatil. Immediate effects of static stretching versus myofascial release in ilotibial band tight-ness in long distance runners-a randomised clinical trial (European Journal of Sports medicine Vol 2Issue 1 Sept 2014)
5. Anil R Muragod, Neelam J Patel. Flat foot and posterior tibial tendon length - A correlational study(IJOPT Oct - Dec2015)
6. Mithil V Shah, Sanjiv Kumar, Anil r Muragod. Effect of Constraint Induced Movement Therapy Verses Motor Relearning program for upper extremity function in subacute hemipariatic patients- Randomised clinical trial (IJOPT Jan -March 2015)
7. Anil R Muragod, Sanjiv Kumar. Effect of Tai Chi in the Management of Meniere's Disease (IJOPT April –June 2016)

8. Anil R Muragod, Sanjiv Kumar. Comparative Study of Effectiveness of Epleys Maneuver Verses Gans Maneuver In BPPV(IJOPT April –June 2016)
9. Anil R Muragod, Reshma V Thachiladi, Kartik Swami. Effect of low level laser therapy for pain following tooth extraction(International journal of multidisciplinary education research April 2016)
10. Anil R Muragod, Mana Y, Yashashree Apte, Yulia Gomes. Effect of progressive resistance training and balance training on balance performance in young old adults: randomized clinical trail(Int J Physiother Res 2016, vol 2(4):608-15)
11. Anil R Muragod, Salma Mahrukh. Compare the effectiveness of pilates and conventional balance training in young old geriatric population(Indian journal of Preventive medicin, Val 4 Nub 2 July Dec 2016, 69-740)
12. Anil R Muragod, Kartik Swami, Reshma V Thachiladi. Effect of low level laser therapy and low intensity, pulsed ultrasound on pain following tooth extraction: single blinded study(Int J Physiother Res 2016, vol 4(4):1578-82)
13. Sanjiv Kumar, Jorida Fernandes, Rishabh Sharan, Gaurav Mhaske, Anil R Muragod , Jeba Chitra, Development of a Functional Assessment Scale for Indian Population (IJOPT Jan -March 2015)
14. Anil Muragod , Oshin Mathias, Prachi Bhoir, Effectivenesss of Transcutaneous Electrical Nerve Stimulation and Diadynamic Current on Primary Dysmenorrhea : A Randomized Clinical Trial. JMSCR Vol 05Issue 03 Page 18557-18562 March 2017
15. Anil R Muragod. Sanjiv Kumar, The Effect Of Postural Restrictions In The Treatment Of Benign Paroxysmal Positional Vertigo: Randomized Control Trial Int J Physiother Res 2017, Vol 5(3):2051-56. ISSN 2321-1822
16. Anil R Muragod, Akhil A. K. Screeningof depression in old age home environment using geriatric depression scale Zung self rating Depression scale modified kuppuswamys socio ecominic status scale , A observational study. JMSCR Vol 05Issue 06 June 2017 Page 23424-23429
17. Anil R Muragod and Tanvi Pathania, Effects of static stretching and neurodynamic mobilization on hamstring flexibility in elderly population A randamised clinical trial: International journal of applied research 2017:3(8):520-523

18. Dhanya Thelakkad Mana, Sanjiv Kumar and Anil R Muragod Correlation between migraine originated disability and coping up startigies in early adult female population: European journal of physiotherapy
<https://doi.org/10.1080/21679169.2018.1468812>
19. Andrea R.Hegde, Ganesh B.R, Anil Muragod. Effect of 4 Weeks Suboccipital Muscle Inhibition Technique on Hamstring Tightness in Male Recreational Basketball Players - A Clinical Trial, International Journal of Medical Science and Innovative Research (IJMSIR) Volume – 3, Issue –4, August - 2018, Page No. : 102 – 109
20. Anil Muragod, Prajakta Patil, Shikha Ashish Raval, PrateekHiremath. Effect of muscle energy technique and active relies technique on hip internal and external rotation ROM and strength in competitive football players. A randamised clinical trial, IJOPT Oct -Dec 2018: 51-56
21. Tanvi Pathania, Anil R. Muragod Comparative effect of foam roller and M2T blade on hamstring flexibilityin elderly population: A randomized control trial, Indian Journal of Health Sciences and Biomedical Research KLEU - Volume 12, Issue 2, May-August 2019:160-65
(DOI:10.4103/kleuhsj.kleuhsj_118_18)

Certificate courses

1. Under went Tai Chi apparent instructor course on 14th Feb 2009.
2. M²T – Blade, Instrument Assisted Soft Tissue Mobilization, International workshop. Belagavi on 30 and 31st May 2016.
3. Basic and advance course on Matrix rytham Therapy Held on Dec 21 and 22 2017