

CURRICULUM VITAE

Personal Details :

Name : DR. ARATI V. MAHISHALE

Age : 42 years

Sex : Female

Religion : Hindu.

Date of Birth : 20/12/1978

Address: Arati Mahishale
T-3, Nityadeep Comforts, Shivbasav nagar, Belgaum
State – Karnataka.
Pin code - 590010
INDIA.
Mobile: 96328-22622

e-mail : mphysioarati@yahoo.co.in

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) (Physiotherapy in pediatrics):

Year of Completion: September 2005

Institution : K.L.E'S Institute of Physiotherapy, J.N.M.C, Belgaum.

University : Rajiv Gandhi University of Health Sciences,
Bangalore, INDIA.

Conferred PhD: 26th June 2014

Notification No. KLEU/ PhD/ 07- 08/ D-1218-1243 dated 7th June 2007.

“Effectiveness of tailor made exercise intervention in low back pain and pelvic pain during pregnancy- RCT” at K.L.E University, Belgaum, 2007 under the guidance of DR. Shobhana Patted, Dept of OBG, KLE University, Belgaum during the academic year 2007- 2008 as notified in the University.

CERTIFICATE OF EXCELLENCE: For securing FIRST CLASS in Final Year Examination of Karnataka University, Dharwad held in May 2000.

Professional Membership:

- Life member of the Indian Association of Physiotherapists. I.A.P Registration number is **L-12409**. (The Indian Association of Physiotherapists - IAP is the only professional body of India, which is affiliated to the World Confederation of Physiotherapists).

Experience Summary:

- Worked as a Clinical Physiotherapist at **K.L.E’S Hospital, Belgaum** from July 2001 to sept 2004.
- Worked as a Lecturer in **K.L.E’s Institute of physiotherapy, Belgaum** from 23rd Jan 2006 to 28th July 2010.
- Working as Assistant Professor in **K.L.E’s Institute of physiotherapy, Belgaum** from 28th July 2010 to 1st July 2015.
- Working as Associate Professor in **K.L.E’s Institute of physiotherapy, Belgaum** from 1st July 2015.
- Working as Professor in **K.L.E’s Institute of physiotherapy, Belgaum** from 16th August 2019.

AWARDS:

- ▶ Awarded degree of Doctor of Philosophy under the faculty of medicine on 26th June 2014.
- ▶ Awarded Best Teachers Award by KLE University on 5th Sept 2014.
- ▶ Award for Debate competition-Best team runners up prize in KLE's University inter- collegiate debate competition for teacher's day on 5th September 2013.

CERTIFIED TRAINER:

- ▶ Pre and postnatal fitness instructor training.
- ▶ Spinning instructor training.
- ▶ Advanced fitness/ gym instructor training.
- ▶ Fitness- Diet and Nutrition
- ▶ Aerobics instructor training
- ▶ Primary and advanced Pilate's instructor training.

From Indian academy of fitness training (IAFT) from 14/12/2012-28/12/2012.

CERTIFIED IN M2T SOFT TISSUE MANIPULATION IN 2016.

MEMBERSHIP / PARTICIPATION IN BODIES / COMMITTEES

1. HOD, Dept of OBG Physiotherapy.
2. Life Member of Indian Association of Physiotherapy (IAP)
3. Member, Board of Studies
4. Member Editorial Board, KLE Health Science Journal, Belagavi
5. UDEHP Co-ordinator
6. Institutional NAAC coordinator
7. UGC coordinator
8. NSS Program Officer, Unit 5

REVIEWER FOR JOURNALS:

- Journal of Mental Health Elsevier Editorial Board
- Journal of Evidence Based Medicine And Healthcare
- European Journal of Physiotherapy
- Journal of Disability And Human Development
- KLE Health Science Journal

(Reviewed 32 scientific manuscripts of national & International journals)

ANY SCIENTIFIC/RESEARCH WORK:

- Extensive research on PhD topic where classification of pregnancy pelvic pain has been done and Physiotherapy protocol has been designed for each. The work has been published and well implemented clinically.
- Comparison of dimensional changes of foot during late gestation between Nulliparous, primiparous, multiparous women- An observational study.
- Dysmenorrhea screening and education/ awareness of the relieving methods done on routine basis.

ANY SPECIALIZED WORK: (CANCER, WOMEN'S WELLNESS. GERIATRICS, INDUSTRIAL HEALTH)

- Development of OBG PHYSIOTHERAPY specialty in KLE Institute Of Physiotherapy.
- Framed and designed the syllabus for MPT IN OBSTETRICS AND GYNAECOLOGY affiliated to KLE University, Belgaum.
- Have been awarded PhD on scientific work on Women's wellness titled "Effectiveness of tailor made exercise intervention in low back pain and pelvic pain during pregnancy- RCT"
- Have Designed a maternity belt for Diastasis Symphysis Pubis and is well implemented clinically and also published the work.

- Regular screening camps for Dysmenorrhea in schools of Belgaum district.
- Regular Physical Fitness Evaluation of pubertal school girls who have attained ideal menarche and early menarche.
- Screening for urinary incontinence in females athletes and incorporating pelvic strengthening as a regular regime in physical training.
- Awareness talks on preventive health for pre-menopausal and menopausal women.
- Free check up camp for pre-menopausal and menopausal women.
- Free checkup camp for screening of premenstrual syndrome & dysmenorrhea for the female students.

EXAMINATIONS:

1. Ph.D Examiner for Research scholar at Pravara Institute of Allied Health Sciences.
2. PG Examiner at D Y Patil university, Pune.
3. PG Examiner at Manipal School of allied health sciences.
4. PG Examiner at Karad Krishna Institute of Medical Sciences.
5. UG and PG examiner for KLE Academics of Higher Education and Research, Belgaum.

PAPER SETTING:

1. Pravara college of medical sciences
2. NITTE University, Mangalore
3. Baba Farid University, Faridabad

4. Internal assessments of BPT 1st year and BPT 4th year for Biomechanics & PT Surgery, PG paper setting for OBG Physiotherapy.
5. R.K.University, Rajkot, Gujarat

EVALUATION OF DISSERTATION:

Ph.D Thesis valuation of Pravara Institute of Allied Health Sciences- June 28th 2017

MPT Dissertation valuation of KLE University.

Six MPT Dissertation valuation of MGRM University.

RESOURCE PERSON:

1. Participated as a resource person for workshop on “**NEONATAL PHYSIOTHERAPY**” at J.N.Medical College, Belgaum in 2006.
2. Resource person for workshop on “**OBG PHYSIOTHERAPY**” at KIPT, Belgaum on 14th August 2007.
3. Participated as a resource person for workshop on “**NEONATAL PHYSIOTHERAPY**” at K.L.E’s Dr. Prabhakar Kore Hospital & MRC, Belgaum in 2008.
4. Postural issues in women at national update on physiotherapy perspective in Women’s health at Manipal University, Manipal on 3rd January 2010.
5. Participated as a resource person for workshop on **PILATES** Pilates on 23rd January 2011 at KLE University’s Institute of Physiotherapy.

6. Participated as a resource person for workshop on **ANTENATAL AND POSTNATAL EXERCISES** on 4th and 5th June 2011.
7. In service education programme, 6th course on critical care nursing on 2nd to 7th September 2013 at KLE University's Institute of Nursing Sciences.
8. In service education programme, 6th course on critical care nursing on 26th to 31st August 2014 at KLE University's Institute of Nursing Sciences.
9. Guest lecture on Issue related to women's health and role of physiotherapy on 7th March 2014 at Shri B. M. Kankanawadi Ayurveda Mahavidyalaya.
10. Guest lecture on role of physiotherapy in pregnancy on 14-5- 2014 Dept. of Obstetrics and gynecology, Jawaharlal Nehru Medical College.
11. Participated as a resource person for workshop on "PREGNANCY & PHYSIOTHERAPY" on 4, 5th March 2015.
12. Participated as a resource person for workshop on "RESEARCH METHODOLOGY" in 2013.
13. Research methodology held on 18th- 20th September 2014 at KLE University's Institute of Physiotherapy.
14. Participated as a resource person for workshop on "RESEARCH METHODOLOGY" in 2015.
15. Participated as a resource person for workshop on "SYNOPSIS WRITING" in 2017.
16. Participated as a resource person for workshop on "RESEARCH METHODOLOGY" in 2017.

17. Participated as a resource person for workshop on “RESEARCH METHODOLOGY” in 2018.

18. Participated as a resource person for workshop on “SYNOPSIS WRITING” in 2018.

19. Awareness talk on Women’s Health in KLE Engineering College, Belagavi in 2018.

20. Guest lecture on Women’s health issues and Physiotherapy at KLE Teachers Training Institute, Belagavi in 2018.

21. Guest Lecture on Menopause and Physiotherapy at Swashakti Women’s cell 2018.

CHAIRPERSON AND CO- CHAIRPERSONS:

-- Chairman of scientific session during National update on Neuro physiotherapy organized by KLE University’s Institute of Physiotherapy on 3rd – 5th December 2009.

-- Certificate of Appreciation awarded in recognition of services rendered as co- chairman for scientific session for national conference on orthopedic manual therapy and physiotherapy update held on 9th- 11th December 2011 organized by KLE University’s Institute of Physiotherapy.

-- Chairperson for the BPN RV PHYSIOUTSAVA- 2012 on 9th and 10th June 2012.

RESEARCH PUBLICATIONS			
Sl.No	Authors	Title of the paper	Journal Details
1.	Santosh Metgud Arati Mahishale	Isolated congenital Aplasia of Patella and its Physiotherapy Intervention- a case report	KLESH Lifeline March 2011

2.	Arati Mahishale Ashwini Chougala Shobhana Patted	Effect of Therapeutic Ultrasound and Maternal Cooling Gel Pad for Perineal Pain Following Vaginal Delivery with Episiotomy	Journal of Women Health Care J Women's Health Care 2013, 2:3
3.	Arati Mahishale Shobhana Patted	Symphysis Pubis Dysfunction during Pregnancy - A Multimodality Physiotherapeutic Approach	IJPOT Year : 2012, Volume : 6, Issue : 1
4.	Arati Mahishale Dinika Mascarenhas Shobhana Patted	Effect of knee chest position in primary dysmenorrhea- a randomized controlled trial	IJPOT, Vol 7, No 3 (2013), Pagination: 40-44
5.	Vinay Mahishale, Arati Mahishale Shobhana Patted	Inspiratory muscle training using deep breathing exercise and Incentive Spirometer on lung function in immediate post-partum mothers	IJPOT 2014, Volume : 8, Issue : 2: 38- 42
6.	Santosh Metgud Arati Mahishale Meera Kamdar Ashish John	Isolated congenital Aplasia of Patella and its Physiotherapy Intervention-A case report	KLESH Lifeline March 2011
7.	Arati V Mahishale, Lume Pereira Antonyna Maria Ulorica, Hema S Patil	Effect of Postnatal Exercises on Quality of Life in Immediate Postpartum Mothers: A Clinical Trial	J. South Asian Feder Obst Gynae 2014; 6(1):11-14.
8.	Arati Mahishale, Neha Kulkarni	Comparison of cardiovascular fitness of children 13-16 years of age from rural and urban areas of Belgaum district: A cross sectional study	2014 Volume : 41 Issue : 2 Page : 79-84
9.	Vinay Mahishale ¹ , Bhagyashree Patil ¹ , Arati Ramannavar ² ,	Lymphangioliomyomatosis: A rare case report	Dr. NTR University, 2014, Volume : 3, Issue : 3 : 189-191
10.	Arati Mahishale Shobhana Patted	Tailor made exercise intervention for low back pain and pelvic pain during pregnancy- RCT	Indian Journal of Physiotherapy & Occupational Therapy Dec 2014.
11.	Vinay Mahishale, Bhagyashri Patil, Arati Mahishale, Avuthu Sindhuri, Ajith Eti	A rare case of lymphangioliomyomatosis with recurrent pneumothorax	Journal of Scientific Society 2015 Volume : 42 Issue : 1 Page : 53-55
12.	Vinay Mahishale, Arati Mahishale	Violence against women: Role of healthcare systems	Journal of the Scientific Society, Vol 42 / Issue 2 / May-August 2015

13.	Vinay Mahishale, Arati Mahishale	Screening for diabetes mellitus in patients with chronic obstructive pulmonary disease in tertiary care hospital in India	Nigerian Medical Journal, vol 56/ issue 2/ 2015
14.	Nisha Joshi, Arati Mahishale, Basavraj Motimath	Comparative Study Of 4 Weeks Of Dynamic Balance Training Program In Collegiate Football Players: Randomized Clinical Trial	J of Evidence Based Med & Hlthcare, Vol. 2/Issue 10/Mar 09, 2015 Page 1446
15.	Vinay Mahishale, Arati Mahishale	Screening for chronic obstructive pulmonary disease in elderly subjects with dyspnoea and/or reduced exercise tolerance – A hospital based cross sectional study,	Egypt. J. Chest Dis. Tuberc;(2015), http://dx.doi.org/10.1016/j.ejcdt.2015.03.010
16.	Mahishale Vinay, Mahishale Arati	Endobronchial pulmonary mucormycosis diagnosed by fiberoptic bronchoscope: A rare case report	Medical journal of Dr. D. Y. Patil University Year :2016 Volume : 9 Issue :1Page :132-135
17.	Ashwini Chougala, Mahishale Arati	A Randomized Clinical trial to evaluate the effect of therapeutic ultrasound and low level laser therapy on Perineal pain following vaginal delivery with episiotomy	Journal of South Asian Federation of Obstetrics and Gynecology, September – December 2015; 7(3): 152 – 156.
18.	Mahishale Arati, Sudini Borkar	Prevalence of Patterns of Pregnancy induced Pelvic Girdle Pain and Low Back Pain in a Tertiary Care Centre- a Cross Sectional Study,	IJTRR. 2015; 4(4): 122-124
19.	Mahishale V, Patil B, Mahishale A	Endobronchial pulmonary mucormycosis diagnosed by fiberoptic bronchoscope: A rare case report.	Med J DY Patil Univ 2016;9: 132-5.
20.	Mahishale A, Borkar SS	Determining the prevalence of patterns of pregnancy-induced pelvic girdle pain and low back pain in urban and rural populations: A cross-sectional study.	J Sci Soc 2016; 43:70-4.
21.	Arati Mahishale, Himani Dave	Contributing Factors for Urinary Incontinence in Postnatal Women–a Survey	IOSR Journal of Sports and Physical Education Volume 3, Issue 7; Dec. 2016, PP 01-05

22.	Mahishale AV, Bhatt JA	Comparison of level of depression among mothers with lower segment cesarean section and vaginal delivery: A cross-sectional study.	J Sci Soc 2017; 44:15-9.
23.	Arati Mahishale, Rafat Khalid Hussain Jamadar, Rajendra Bapusaheb Nerli, Shridhar Chandrakant Ghagan	Screening of Urinary Incontinence in female dancers- A cross sectional study	Research Journal of Obstetrics and Gynecology 2018; 11: 31-35
24.	Samruddhi Shashikant Barve, Arati Mahishale	Effect of a structured exercise program on pain and quality of life in adult females with cyclic mastalgia: An experimental study	Indian Journal of Health Sciences and Biomedical Research; 2019; Vol : 12/1: 79-84
25.	Arati Mahishale, Pooja Ambre, Kiran Kantanavar	Prevalence of Urinary Incontinence (UI) in males with Type 2 Diabetes Mellitus (T2DM)	Diabetes & Metabolic Syndrome: Clinical Research & Reviews; <i>In Press, Accepted Manuscript, Available online 23 July 2019</i>

PAPER PRESENTATIONS:

03 (1 poster & 2 paper presentations in national & international journals)

Title	Year	Event
Scientific paper presentation on “Scarf ratio measurement in newborns at various gestational ages”	21st to 23rd Jan 2005	43rd annual conference held at Hyderabad
Symphysis Pubis Dysfunction During Pregnancy- A Multimodality Physiotherapy Approach	7-9 Jan, 2011	49 th Annual Con, IAP
Physiotherapy Intervention For Posterior Pelvic Pain during Pregnancy- A RCT	28- 30 th Jan, 2011	55 th Annual National Con of Indian Public Health Association

AWARNNESS PROGRAM: (CAMPUS, T.V. PROGRAM, RADIAO TALKS)

Radio talk on Incontinence and Physiotherapy at KLES Venudhwani.

RESEARCH GUIDE:

Guide for 40 PG projects and 25 UG projects

ORGANIZED & ATTENDED UDEHP WORKSHOP:

- Grant Writing, 2015
- Teaching & Evaluation, 2015
- Workplace Ethics and Culture, 2015
- Hydrotherapy-A Stress Buster, 2016
- Women's Health Physiotherapy, 2016
- 2017
- 2017
- Technology Trends in Future Learning- 2018
- Classroom Management- 2018
- Outcome Based Education- 2019

PANALIST for First National workshop on Enhancement of Quality of Health science journals- 2017

- Enhancement of quality of health science journals organization by: Indian journal of health sciences and biomedical research held on 15th September 2017 attended the workshop and participated as Panelist.

Organized

Trinity 2016

EVENTS ORGANIZED- (WORKSHOP, CAMPS, AND CONFERENCES)-

- Organized scientific programme titled National update of Neuro physiotherapy at KLE University's Institute of Physiotherapy on 3rd – 5th December 2009.
- Dysmenorrhea screening camp on 20th July 2010 at Marathi Vidya Niketan High School, Belgaum.

- Member of organizing committee at 2nd National update on Neuro physiotherapy at KLE University's Institute of Physiotherapy on 3rd – 5th December 2010.
- E- Learning conducted by KLE University's Institute of Physiotherapy on 20th February 2010.
- Active volunteering at Trinity '11 Grande Ora at KLE University, Belgaum on 12th- 15th October 2011.
- Organizing member for National conference for orthopedic manual therapy and physiotherapy update on 9th- 11th December 2011 organized by KLE University's Institute of Physiotherapy.

Workshop Attended –

- Management of Back pain due to spine and spinal cord related causes held on 17th September 1998 at Dept. of Physiotherapy, Jawaharlal Nehru Medical College, and Belgaum.
- Early intervention in high risk babies on 25th-26th September 1998 at Dept. of Physiotherapy, Jawaharlal Nehru Medical College, and Belgaum.
- Hands on training workshop on C.P.B.R. held on 28th January 2001 at Dept. of Anaesthesiology, Jawaharlal Nehru Medical College, and Belgaum.
- Vojta's Neurokinesiological diagnosis and therapy held at St. John's Medical College 23rd -25th February 2003.
- Manual Therapy of Cervical Spine on 7th September 2003 at Dept. of Physiotherapy, Jawaharlal Nehru Medical College, Belgaum.
- National CME programme in Rheumatology on 8th February 2004 conducted by Dept. of clinical immunology and rheumatology, KLE Hospital and MRC, Belgaum.
- Stroke Rehabilitation organized by the KLE's Institute of Physiotherapy on 5th June 2005.
- Monitoring during anaesthesia held on 14th- 15th May 2005, held at KLE's Society's JNMC and KLESH and MRC.
- Lumbar Spine Manual Therapy organized by KLE's Institute of Physiotherapy on 11th May 2005.

- CME on Gait and Motion Analysis on 16th- 17th September 2006 at Holy Family Hospital, Bandra, Mumbai.
- Surgical Management of Cerebral Palsy organized by KLE's Institute of Physiotherapy on 4th February 2007.
- Teaching Methodology held on 7th - 10th January 2008 organized by KLE's Institute of Physiotherapy.
- Clinical Research workshop and ICH - GCP Guidelines on 5th July 2008 conducted by Centre of Advanced Medical Sciences of KLES Dr. Prabhakar Kore Hospital and Medical Research Centre.
- Review of Research Methodology on 13th – 15th March 2008 organized by KLE's Institute of Nursing Sciences, Belgaum.
- Evidence Based Physiotherapy on 9th May 2008 organized by KLE's Institute of Physiotherapy.
- Women's Health - Nation's Wealth on 12th – 13th April 2008, held at Jawaharlal Nehru Medical College, Belgaum.
- CME attended on World Arthritic Day on 12th October 2009, Jawaharlal Nehru Medical College and KLES Dr. Prabhakar Kore Hospital and Medical Research Centre.
- Workshop on sensory integration conducted by KLE University's Institute of Physiotherapy on 29th – 30th January 2010.
- Microteaching on 25th February 2010 Organized by Jawaharlal Nehru Medical College.
- E- Learning conducted by KLE University's Institute of Physiotherapy on 20th February 2010.
- Workshop on Cardiac Rehabilitation organized by KLE University's Institute of Physiotherapy 20th and 21st February 2010.
- Sports Physiotherapy On 14th September 2010 conducted by KLE University's Institute of Physiotherapy, Belgaum.
- Cyriax, Muscle Energy Technique and Postural Release Therapy held on 5th – 6th December 2010 at KLE University's Institute of Physiotherapy.
- Pilates (Mat and ball Course) on 27th- 28th November 2010 at Physio Health Research and Teaching Institute.

- Writing Grant Application on 5th- 6th December at KLE Academy of higher education.
- Advanced Bladder and Bowel Dysfunction Management conducted on 26th June 2011 Padmashree Institute of Physiotherapy.
- Medical Professional and Legal Awareness on 21st January 2012, KLE Academy of higher education.
- Quality Assurance in Health Science Institution on 2nd – 3rd January 2012 by KLE Academy of higher education and Research.
- Personality Development Programme on 21st June 2012 at Swashakti Empowerment Cell for Women.
- MCQ Writing and Validation on 1st October 2012 organized by KLE Academy of higher education.
- Empowering the Family Physician on 13th – 14th April 2013 organized by Jawaharlal Nehru Medical College at KLE University's Institute of Physiotherapy.
- Personality Development and Emotional Quotient on 22nd- 23rd November 2013 organized by KLE University's Institute of Physiotherapy.
- Art of Exercise Prescription held on 19th January 2015 organized by KLE University's Institute of Physiotherapy.
- Enhancement of quality of health science journals organization by: Indian journal of health sciences and biomedical research held on 15th September 2017 attended the workshop and participated as Panelist.

(CME'S AND CPE'S Attended) 2010- 2015

- CME on Neonatal Neurology on 13th – 14th June 2014 Organized by Dept. of Pediatrics, Belgaum Institute of Medical Sciences Belgaum.
- In service education programme, 6th course on critical care nursing on 2nd to 7th September 2013 at KLE University's Institute of Nursing Sciences.
- Research Methodology Workshop held on 22th- 24th August 2013 at KLE University's Institute of Physiotherapy.
- National Seminar on “Quality Assurance in Health Science Institutions” on 2nd- 3rd January 2012 held at KLE Academy of higher education and Research.

- Workshop on Medical Professional and Legal Awareness on 20th - 21st January 2012, organized by dept. of Public Health at KLE Academy of higher education.
- Pre- Conference CME “Endocrinology Update”, held on 19th October at KLE University J. N. Medical College, Belgaum.
- Writing Grant Application on 5th- 6th December at KLE Academy of higher education.
- Advanced Bladder and Bowel Dysfunction Management conducted on 26th June 2011 Padmashree Institute of Physiotherapy.
- Microteaching on 25th February 2010 Organized by Jawaharlal Nehru Medical College.
- Pilates (Mat and ball Course) on 27th- 28th November 2010 at Physio Health Research and Teaching Institute.
- Cyriax, Muscle Energy Technique and Postural Release Therapy held on 5th – 6th December 2010 at KLE University’s Institute of Physiotherapy.
- Research Methodology Workshop held in 2014, 2015, 2017 at KLE University’s Institute of Physiotherapy.