

CURRICULUM VITAE

Dr. AshwiniShivanandBulbuli_{BPT MPT OBG}
Assistant Professor
KLE Institute of Physiotherapy
Contact No: *919916043325
E-mail: ashwinichougala05@gmail.com

PERSONAL DETAILS

Date of birth: 01/08/1986

Address: A12/16 Building JNMC Quarters, Nehru Nagar Belagavi

Date of appointment: 15th October 2013

Language known: English, Hindi, Kannada and Marathi

Marital status: Married

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 DETAILS

Institution	Board/ University	Year of passing	Degree	Percentage
KLE'S Institute of Physiotherapy, Belgaum.	KLE University, Belgaum	2013	Master of Physiotherapy(OBG)	56.88%
KLE'S Institute of Physiotherapy, Belgaum.	RGUHS Bangalore	2010	Bachelor's In Physiotherapy	60.60%
BasaprabhuKore PU college, Chikodi	Government of Karnataka, Bangalore	2005	HSC(12 th)	57 %
R.M Girls High School, Chikodi	Government of Karnataka, Bangalore	2002	SSLC	80%

LIFE MEMBER

Life member of Indian Association of Physiotherapy (IAP): **L- 40271**

WORKSHOP , CONFERENCES ,SEMINAR ATTENDED, PARTICIPATED

1. Attended Workshop on **“PHYSIOTHERAPY IN WOMEN’S HEALTH”** Organized by Dr. TMA Pai Endowment Chair in Exercise Science and Health Promotion, Physiotherapy, SOAHS, Manipal University, Manipal on 28th September 2013.
2. Attended **UDEHP** workshop on **“PERSONALITY DEVELOPMENT AND EMOTIONAL QUOTIENT”** organized by KLE’S Institute of Physiotherapy, Belgaum on 22nd & 23rd November 2013
3. Attended **UDEHP** workshop on **“NABL ACCREDITATION FOR RESEARCH CENTERS”** organized by basic science research center Belgaum on 22nd November 2013
4. Participated in Hands on CPE workshop on **“PHYSIOTHERAPY FOR PREGNANCY, BIRTH AND BEYOND”** organized by Nitte Institute of Physiotherapy on 3rd May 2014
5. Attended **UDEHP** workshop on **“Organizational & Managerial skills”** organized by Department of Public Health JNMC Belagavi on 7th & 8th April 2014.
6. Attended and participated **ADVENTURE CAMP** organized by **GOVT. OF HIMACHAL PRADESH**, Atal Bihari Vajpayee of Mountaineering & Allied Sports Manali-175131 from 14th September to 23rd September 2014
7. Attended **UDEHP** workshop on **“SELF MANAGEMENT SKILLS”** organized by KLE’S Institute of Physiotherapy, Belagavi on 17th & 18th November 2014
8. Attended and participated workshop on **“PREGNANCY AND PHYSIOTHERAPY”** organized by the department of Obstetrics and Gynaecology Physiotherapy on 4th & 5th March 2015
9. Attended **UDEHP** workshop on **“SKILLS DEVELOPMENT IN LEADERSHIP, ADMINISTRATION SCHOLARSHIP”** organized by JNMC College Belagavi on 16th May 2015.
10. Attended **International Conference** on **“MATERNAL HEALTH ISSUES AND TRANSCULTURAL COMPETENCIES IN MIDWIFERY PRACTICE”** organized by Dept, of OBG Nursing on 28th & 29th October 2015
11. Attended **UDEHP** workshop on **“FITNESS EVALUATION AND PRESCRIPTION FOR HEALTH PROFESSIONALS”** organized by KLE’S Institute of Physiotherapy, Belgaum on 27th & 28th November 2015
12. Attended and participated **54TH IAP CONFERENCE AT SHIRDI-2016** on 19th, 20th & 21st February 2016.
13. Attended and participated in training of **M²T-BLADE IASTM, FITNESS. Movement** on 30th & 31st May 2016
14. Attended **UDEHP** workshop on **“STRESS MANAGEMENT AND RELAXATION”** organized by KLE’S Institute of Physiotherapy, Belgaum on 17th & 18th June 16, 2016.
15. Attended **UDEHP** workshop on **“Work Ethics And Culture”** organized by KLE’S Institute of Physiotherapy, Belgaum on 7th April 2017

16. Attended **UDEHP** workshop on “**Hydrotherapy –A stress Buster**” organized by KLE’S Institute of Physiotherapy, Belgaum on 11th August 2017
17. Attended 1st**National Workshop on Enhancement of Quality of Health Science Journals** on 15th September 2017
18. Attended and participated workshop on “**Clinical Pilates Module-1 Back Care**”organized by KLE’S Institute of Physiotherapy, Belgaum on 17th and 18th November 2017. The workshop was conducted by Revive Physical Health & Wellness, India
19. Attended and participated in training of basic seminar for “**Matrix Rhythm Therapy**” on 22nd December 2017.
20. Attended **UDEHP** workshop on“**Technology trends for future learning**” organized by KLE’S Institute of Physiotherapy, Belagavi on 5th March 2018.
21. Attended and participated workshop on “**Research Methodology and Synopsis writing**”organized by KLE’S Institute of Physiotherapy, Belagavi on 9th and 10thMarch 2018.
22. Attended **UDEHP** workshop on“**Interdisciplinary approach towards recent advancements in clinical research**” organized by KLE’S Institute of Pharmacy College, Belagavi on 3rd May 2018.
23. Attended **UDEHP** workshop on“**Classroom Management**” organized by KLE’S Institute of Physiotherapy, Belagavi on 9th July 2018.
24. Attended and participated workshop on “**Problem based Learning**” organized by KLE’S Institute of Physiotherapy, Belgaum on 21st and 22nd December 2018.
25. Attended workshop on “**Case Based Learning**” organized by KLE’S Institute of Physiotherapy, Belgaum on 16th January 2019
26. Attended and participated workshop on “**Research Methodology**” organized by KLE’S Institute of Physiotherapy, Belgaum on 10th September 2019
27. Attended and participated workshop on “**Trans-vaginal Rehabilitation**” organized by KLE’S Institute of Physiotherapy, Department of OBG Physiotherapy Belagavi on 17th September 2019 to 19th September 2019

RESEARCH CONTRIBUTIONS

1. Guide for intern project Screening of postnatal depression- a clinical trial
2. Guide for intern project on Screening of body mass index and functional flatfoot in adults- an observational study
3. Guide for intern project Evaluation of gait parameters and balance in obese Down syndrome- an observational study
4. Guide for intern project Prevalence of Osteoarthritis of knee in post menopausal women in rural and urban areas of Belagavi- a cross sectional study
5. Guide for intern project - Immediate effect of spray and stretch technique on acute trapezitis: (an experimental study)
6. Guide for intern project- Effect of IASTM Using M2T blade on acute heel pain: A pilot study
7. Guide for intern project-Comparison Of Myofascial Release And IASTM Using M2t Blade On Acute Heel Pain: A Randomized Controlled Trial
8. Guide for intern project- Effect of Hoffman's Exercise on flat or inverted nipples in immediate postpartum mothers- A randomized controlled trail.
9. Guide for intern project- Effect of Extracorporeal Shock wave Therapy in subjects with chronic Trapizitis in college going students- A Randomized controlled Trail
10. Guide for intern project- Effect of butekyo breathing exercise and coherent breathing exercise for primary dysmenorrhhea- A randomized clinical trail
11. Guide for PG Project- Prevalence of Interscapular pain during breast development phase in adolescent school going girls from 13-16 years of age
12. Guide for PG Project- Effect of dry cupping on physical symptom of headache in the premenstrual syndrome among females in the age group of 18-26 years: A randomized controlled trail.

Publications

1. Effect of Therapeutic Ultrasound and Maternal Cooling Gel Pad for Perineal Pain Following Vaginal Delivery with Episiotomy. Published in Journal of Women's Health Care. 2013. Volume 2 • Issue 3 • 1000128
2. Screening of body mass index and functional flatfoot in adult: an observational study. Published in International Journal of Physiotherapy and Research, Year: 2015 | Volume 3 | Issue 3 | Page No. 1037-1041 | Date of Publication: 11-06-2015 | DOI: 10.16965/ijpr.2015.133
3. A randomized clinical trial to evaluate the effect of therapeutic ultrasound and low level laser therapy on perineal pain following vaginal delivery with episiotomy. Published in South Asian federation of obstetrics and gynecology (SAFOG). September- December 2015; 7(3):152-156
4. Evaluation of gait parameters and balance in obese Down syndrome- an observational study. Published in Indian Journal of Physiotherapy & Occupational Therapy, October-December. 2016, Vol. 10, No. 4, Page no 102-106

5. Prevalence of Osteoarthritis of knee in post menopausal women in rural and urban areas of Belagavi- a cross sectional study. Published in Indian Journal of Physiotherapy & Occupational Therapy, October-December. 2016, Vol. 10, No. 4, , Page no 6-10
6. Immediate Effect of Spray and Stretch Technique on Trapezits: An Experimental Study. Published in International Journal of Medical science and clinical research, Page 20591-20596 Volume 05 Issue 04 April 2017
7. Effect of IASTM Using M2T Blade on Acute Heel Pain: A Pilot Study, Published in International Journal of Medical science and clinical research, Page 20631-20636, Volume 05 Issue 04 April 2017
8. Comparison of Myofascial Release and IASTM using M2T Blade on Heel Pain : A Randomized Controlled Trial Published in Indian Journal Of Applied Research, page no 13-18 Volume 7 Issue 10 October 2017.
9. Effect of Effect of Hoffman's Exercise on flat or inverted nipples in immediate postpartum mothers- A randomized controlled trail. Published in Indian Journal of Physiotherapy & Occupational Therapy, July-September 2018, page No: 82-92 Volume 12, Number 3.
10. Immediate effect of Buteyko breathing exercise and coherent breathing exercise on subjects with primary dysmenorrheal: A randomized clinical trial published in Journal of Exercise Science & Physiotherapy, Vol 15 No1(January to June) 2019, page No: 62-65

PAPER AND POSTER PRESENTATIONS

1. Presented poster on Effect of Therapeutic Ultrasound and Maternal Cooling Gel Pad for Perineal Pain Following Vaginal Delivery with Episiotomy in National conference on Orthopedic Manual Therapy and Physiotherapy update 2011
2. Presented paper on A randomized clinical trial to evaluate the effect of therapeutic ultrasound and low level laser therapy on perineal pain following vaginal delivery with episiotomy in National conference on Physiotherapy update 2012.
3. Presented paper on Evaluation of gait parameters and balance in obese Down syndrome- an observational study in 54th Annual Conference of the IAP, Shirdi -2016

RESOURCE PERSON

1. Participated as a resource person on workshop on “**PREGNANCY AND PHYSIOTHERAPY**” organized by the department of Obstetrics and Gynaecology Physiotherapy on 4th& 5th March 2015
2. Participated as a resource person on workshop on “**Research Methodology & Synopsis Writing**” organized by Department of Physiotherapy Education and Research Committee on 9th and 10th March 2018.
3. Participated as a resource person on workshop on “**Research Methodology & Synopsis Writing**” organized by Department of Physiotherapy Education and Research Committee on 5th- 7th October 2018.
4. Participated as a resource person on workshop on “**Research Methodology & Synopsis Writing**” organized by Research Committee on 10th September 2019.

OTHER CURRICULUM ACTIVITIES

- Incharge of CPE documentation 2014
- Incharge of question bank 2014
- Incharge of art & literary and Cultural committee of KLE Institute of Physiotherapy 2015-2016
- Organizing member of Trinity 2016
- Incharge of Designing committee of Trinity 2016
- Cultural committee member of Trinity 2016
- Won 2nd prize in throw ball women in annual sports 2013
- Won 2nd prize in Badminton singles held during annual sports 2013
- Won 3rd prize in Badminton doubles held during annual sports 2013
- Attended and participated **ADVENTURE CAMP** organized by **GOVT. OF HIMACHAL PRADESH**, AtalBihari Vajpayee of Mountaineering & Allied Sports Manali-175131 from 14th September to 23rd September 2014
- Won 1stprize in Badminton mixed held during annual sports 2015
- Won 1st prize in Badminton doubles held during annual sports 2015
- Won 1st prize in Badminton mixed held during annual sports 2015
- Won 2nd prize in Badminton singles held during annual sports 2015
- Conducted dysmenorrhea camp in school in January 2015
- Organized guest lectures on various topics on Placement cell activity 2017-2019
- Got appreciation letter from ShantaiVrudhashram, old house in 2016
- Organized and attended Guest Lecture on Over Active Bladder on 27th May 2017
- Had organized guest lectures
- Had got Certification of Appreciation for conducting Intercollegiate Cultural competition on 10th October 2017.

- DOPE Member 2017
- Won 1st prize in Badminton for teaching staff 2018 (University level)
- Won 3rd prize in table tennis for teaching staff in 2018 (University level)
- Student Council College Cultural Incharge- 2017-19
- BPT Final year Coordinator 2018- 2019
- Placement Cell Incharge 2018-2019
- NAAC criteria 1 Incharge 2019

WORK EXPERIENCE

- Worked as consultant Physiotherapist in Vijaya Orthopedic & Trauma Care Centre in Belagavi in 2010 for 8 months
- Worked as a Lecturer at KLE'S Institute Of Physiotherapy College Belagavi for 4 years
- Now presently working as Assistant Professor at KLE'S Institute Of Physiotherapy College Belagavi since October 2017