CURRICULUM VITAE

Dr. AshwiniShivanandBulbuliBPT MPT OBG

Assistant Professor

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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
KLE'S Institute of Physiotherapy, Belgaum.	KLE University, Belgaum	2013	Master of Physiotherapy(OBG)
KLE'S Institute of Physiotherapy, Belgaum.	RGUHS Bangalore	2010	Bachelor's In Physiotherapy
BasaprabhuKore PU college, Chikodi	Government of Karnataka, Bangalore	2005	HSC(12 th)
R.M Girls High School, Chikodi	Government of Karnataka, Bangalore	2002	SSLC

LIFE MEMBER

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

- 1. Attended Workshop on "PHYSIOTHERAPY IN WOMEN'S HEALTH"Organized by Dr. TMA PaiEndowement 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,** AtalBihari 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
- Attended UDEHP workshop on "SKILLS DEVELOPMENT IN LEADERSHIP, ADMINISTRATION SCHOLARSHIP" organized by JNMC College Belagavi on 16th May 2015.
- 10. Attended **InternationalConference** 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 **54**TH **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 1stNational Workshop on Enhancement of Quality of Health ScienceJournals 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
- 28. Attended **UDEHP** workshop on **Equippingtomorrow's Doctor's With soft Skill –What Faculty Needs To Know** organized by KLE'S Institute of Physiotherapy, Belagavi on 19th

 October 2019
- 29. Attended and participated workshop on "integrated and ethics n clinical research and publication" organized by ICMR RIU UNIT-ICMR NEW Delhi & KLE Academy of higher Education and research, Belagavi on 8th November 2019
- 30. Attended and participated 11th National conference on Health Professions Education 2019 held from 21st to 23rd November 2019 at KLE Centenary Convention Centre Belagavi

- 31. Attended and participated UDEHP workshop on "Innovative Pedagogies For Powerful Teaching" on 26th February 2020
- 32. Attended online "Aqauacentric webinar" from 27th April 2020 to 7th May 2020
- 33. Attended online Webinar "Lactation rehabilitation" on 9th June 2020
- 34. Attended National Webinar on "Yoga for Mental and Physical Health" on 28th June 2020
- 35. Attended and participated Lecture on "**Technology trends for developing E content**" on 8th July 2020
- 36. Attended and participated Virtual workshop on "E-Content Development on Google drive" on 22nd July 2020.
- 37. Attended "Advanced Excel" online Training program from 20th July to 24th July 2020
- 38. Attended national Education Policy on 11th August 2020 on zoom platform
- 39. Attended Faculty development program, Teaching, Learning and Assessment Methods on 18th & 19th September 2020
- 40. Attended **Online NPTEL** Exam on 18th December 2020 and cleared
- 41. Attended **International Physiotherapy E Conference- Quadrans** 2021 on 27th February 2021
- 42. Organized online guest lecture on "**Nutrition in Postmenopausal** Women" by the speaker Mariam Lakdawala on 24th April 2021
- 43. Organized Online guest lecture on "Career guidance" on 14th June 2021 by the speaker Vinay Lhase Mr. Vinay Lhase, Head of Central Govt exam department at Karnataka coaching Centre, Belagavi
- 44. Organized and attended guest lecture on "**Imaging techniques in OBG**" by the speaker Dr. Hema Patil, Associate Professor, Dept. of OBG, JNMC Belagavi
- 45. Attended **UDEHP** Workshop on "Research Methodology & Grant Writing" on 25th & 26th November 2021
- 46. Attended **UDEHP** workshop on "Be a Stress Free Teacher-A Stress Management Session" on 29th November 2021
- 47. Organized and attended Webinar on "Uterine Prolapse" by the speaker Dr. Rozina Shaikh, on 17th December 2021
- 48. Organized "**Lactation rehabilitation**" online Workshop on 11th January 2022. Guest speaker was Dr.Harshita Reddy, Hyderbad.

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 dysmenorrhea- 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.
- 13. Guide for Intern: Screening for postural instability during puerperal period in women: A cross sectional study
- 14. Guide for PG: Prevalence of premenstrual dysphoric disorder A cross sectional study
- 15. Guide for PG: Prevalence of cyclic mastalgia and its correlation to psychological distress in young female an observational study
- 16. Guide for PG: Correlation of pelvic floor muscle strength with sexual function in primigravid & multigravid women- an observational study
- 17. Guide for PG Correlation of polycystic ovarian syndrome with pubertal age, BMI, central obesity & physical activity in young females an observational study
- 18. Guide for PG: Correlation of parity and mode of delivery with pelvic floor dysfunction a cross sectional study
- 19. Effect of Changes in Physical Activity and Diet During The covid 19 Pandemic On Menstrual Health in females aged 18-24 years- An Retrospective study
- 20. Correlation of thumb length with hand grip strength, pinch grip strength and hand dexterity in Physiotherapist- An observational study

- 21. Effectiveness of 3 week Neuromuscular core training on Proprioception Peak Muscle Torque and Lower Quadrant alignment in Subjects with Patellofemoral Pain Syndrome : A Clinical Trial
- 22. Mindfulness Meditation in Combination with Routine Physiotherapy for Managing Insomnia and Pain in Gynecological Cancer patients: A Clinical Trial
- 23. Effect of isometric exercises on premenstrual syndrome- An Experimental study
- 24. Effect of High Intensity Interval training on premenstrual syndrome- An Experimental Study
- 25. Effect of Abdominal binder on Constipation in early Puerperium Period- A Pilot Study
- 26. Association of core muscle strength in menopausal women with urge incontinence- An Observational study

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 | Issue3|PageNo.1037-1041Date of Publication: 11-06-2015DOI: 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
- 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 usingM2T 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
- 11. Correlation between Interscapular Pain during the Breast Development Phase, Cup Size, and Thoracic Index in Adolescent School Girls from 13 to 16 Years of Age published in Indian Journal of Physiotherapy Research, Vol 2, Issue 1, page number 31-34
- 12. Prevalence of Premenstrual Dysphoric Disoreder A Cross sectional study published in International Journal of Science and Research (IJSR), Vol 10, Issue 10, October 2021, pg no: 616-619
- 13. Pelvic floor Muscle strength and Sexual Function in Primigravid and Multigravid Women: An observational study published in Caspian Journal of reproductive Medicine, 2021, 7(1):8-12

PAPER AND POSTER PRESENTATIONS

- 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 syndromean observational study in 54thAnnual 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.
- 5. Participated as a resource person on workshop on "Research Methodology & Synopsis Writing" organized by Research Committee on 5th to 7th October 2020.
- 6. **Resource person** for one day **National Webinar on Quality Lifestyle Management During Covid-19 organized** by KLE's Society's RLS & Khel –KPESA on 1st June 2021

7. Participated as a resource person on workshop on "**Research Methodology & Synopsis Writing**" organized by Research Committee on 22nd October 2021

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 activity2017-2019
- ➤ 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, 2019
- ➤ 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- 2017-2020
- ➤ BPT Final year Coordinator 2018- 2019
- ➤ Placement Cell Incharge 2018-2021
- NAAC criteria 1 Incharge 2019-2022
- > Entertainment Member 2020-2022
- > Stalk verification member 2020-2022
- ➤ Member curriculum Committee 2021-
- ➤ Member Research Committee 2021-
- ➤ Member anti ragging Committee 2021-
- Member Institutional R & D Committee 2021
- ➤ Member Institutional Discipline committee 2021

WORK EXPEREINCE

- ➤ 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 KAHER Institute Of Physiotherapy Belagavi since October 2017