

# RESUME



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## OBJECTIVE

To excel and grow in an institution where my professionalism and service mind are cherished.

## EDUCATION

**Master in Physical Therapy (2000-2002)** :SRM College of Physiotherapy  
Bharathi Salai, Ramapuram, Chennai-600 089.  
**Pediatric Neurology** The Tamilnadu Dr.MGR Medical University, Chennai

## DISSERTATION

The effect of Artificial Saddle Riding on gait parameters in Cerebral Palsy Children.  
Total Percentage-55%, Cleared all papers in first attempt.

**Bachelor of Physical Therapy (1994-1999)** : Saveetha College of Physiotherapy, Chennai.  
The Tamilnadu Dr.MGR Medical University, Chennai  
Total Percentage-64%

## ADDITIONAL QUALIFICATION

- Diploma in Acupuncture (SUJOK).
- Basic course in Neuro Development Therapy conducted by Dr. Rajkumar, Bobath Therapist
- Certified health care provider by American Heart Association.
- Certificate course in Orthopedic Manual Therapy (COMT) by Dr Deepak Kumar from 24<sup>th</sup> Nov to 1<sup>st</sup> December 2016
- Training in M2T blade done on 7<sup>th</sup> and 8<sup>th</sup> February 2017.

## AWARDS AND HONOURS

- ❖ Recipient of Dr. Mokashi's Best Teacher Award in December 2014 and March 2018.
- ❖ Significant contribution award 2015 in IAP Shimla.
- ❖ Member of scientific committee of IJPOT
- ❖ Chairman/co-chairman for scientific session for National Conference on Physiotherapy update December 2011 and December 2012
- ❖ Contributed as an external reviewer for Physiotherapy- The Journal Of Indian Association Of Physiotherapists in the year 2018

## EXPERIENCE

- ❖ From 2004 till date

- ✚ **ASSISTANT PROFESSOR**, from 2004 to 2008, **ASSOCIATE PROFESSOR** in KLE's Institute of Physiotherapy. Belgaum, from 2008 to June 2015 and **PROFESSOR** in KLE Institute of Physiotherapy. Belgaum since July 2015.
- ✚ **VICE PRINCIPAL** from 2014 till date
- ✚ I have been given the responsibility of **Principal in charge** since 2005 in the absence of Principal.

❖ **From 2003-04**

- ✚ Worked as an Assistant Professor in Maharaja College of Physiotherapy, Besant Nagar, Chennai from July 2003- June 2004.
- ✚ Physical Therapist in Santhosh hospital, Chennai.

❖ **From 2002-03**

- ✚ Worked as a Vice- Principal in White Memorial College of Physiotherapy, Attoor, Kanyakumari district from April 2003-June 2003.

❖ **From 1999-2000**

- ✚ Worked under the guidance of Dr.Kannan Pugazhenth, MSN (Sports Medicine) in YMCA College of Physical Education, Nandanam, Chennai, from January 1999- May 2000.

During this period, contributions to the following sports meets:

- Football-National league 1999.
- Table Tennis – National level in Jawaharlal Nehru Stadium-1998.
- Triathlon Asian Level competition conducted in INS, Adyar in 1998.

### **PG GUIDESHIP**

- ✚ Recognized **Post-Graduate guide** in research work by Rajiv Gandhi University of Health Sciences, since April, 2005 and KLE University since 2007, and has guided 37 PG students till date.

### **RESPONSIBILITIES**

- ✚ MPT Coordinator and Academic in charge.
- ✚ Clinical Coordinator
- ✚ In charge of Pediatric and Neurological physiotherapy in the KLE's Dr. Prabhakar Kore Hospital and research Centre.
- ✚ Member of BOS , Allied courses in KLE university since 2014
- ✚ Member of BOS , Physiotherapy in KLE university from 2007 - 2014
- ✚ Member of Ethical Clearance Committee for Ph.D. from 2007-10
- ✚ Member of Academic Council from 2009 to 2012 , 2014 till date
- ✚ NAAC & IQAC Coordinator
- ✚ Member of Library Monitoring Committee & Purchase Committee

## PUBLICATIONS - 20

### NATIONAL - 9

- Effectiveness of myofascial release in treatment of plantar fasciitis : A RCT Kuhar Suman, Khatri SM, Chitra Jeba IJOPT July Sept 2007
- Effectiveness of Maitland versus Mulligan mobilization technique following post surgical management of Colles' fracture: RCT Varsha Naik, Chitra Jeba, Khatri SM: IJOPT, Oct -Dec 2007
- A randomized controlled trial to study the effectiveness of proprioceptive exercises in osteoarthritis of knee. Gupta Abhishek Rajendra, Jeba Chitra, Khatri Subhash: IJOPT, Oct 2007
- Effectiveness of Artificial horse riding on postural control in spastic Diplegic-RCT Lorraine Fernandes, Jeba Chitra, Deepa Metgud, Khatri S M: IJOPT, Oct- Dec 2008 Vol 2 No 4
- Comparative effectiveness of mulligan's mobilization in weight bearing & non-weight bearing in the treatment of ankle sprains- a randomized clinical trial. Akre Ambarish, Jeba Chitra, Khatri Subhash M:IJOPT,Oct-Dec 2008 Vol 2 No 4
- Double Crossed syndrome in cricketers shoulder- RCT. Sharma Munish, Subhash Khatri, Jeba Chitra :JESP 2008 Vol 2 No 4
- Effect of scapular proprioceptive neuromuscular facilitation on shoulder pain, range of motion and upper extremity function in hemiplegic patients: A Randomized controlled trial. Deepak Joshi, Jeba Chitra. Indian journal of health sciences and biomedical research KLEU2017 Vol:10 Issue 3, Pg 276-282
- Effect of body awareness therapy on depression in geriatric population – a pre post experimental trial. Jeba Chitra, Nathalia Gomes. Indian Journal of Physiotherapy and Occupational Therapy January-March 2019, Vol: 13, No. 1, Pg 93-96
- An observational study to predict the risk of stroke in post-menopausal women using Hs-CRP and Qstroke. Jeba Chitra, Shruti Deshpande. Indian Journal of Physiotherapy and Occupational Therapy January-March 2019, Vol: 13, No. 1, Pg 139-143

### INTERNATIONAL - 11

- Effect of mCIMT for lower limb on weight bearing symmetry and balance in stroke patients-A pre-post experimental study. International Journal of scientific Research Vol 3 Issue6 June2014
- A comparative study on the effect of resistance training and PNF to improve balance in Parkinson's patients –A RCT. Arpita Ghalop, Jeba Chitra International Journal of science and Research Vol 3 Issue 7 1535-1539 July2014
- Effect of Compelled Body Weight Shift Therapy on weight bearing symmetry And balance in post stroke patients: An Experimental pre-post study. Jeba Chitra, Siddharth Mishra. International Journal of physiotherapy and Research Vol 2 Issue 6 781-86 December 2014
- Role of Remedial Exercises and Mobilization to Reduce Pain and Improve Functional Abilities in Idiopathic Polyarthritiis – A Case Study. Sanjiv Kumar, Jeba Chitra, Siddharth Mishra. SEAJCRR Sept-Oct 2014, 3 (5)

- Effect of Proprioceptive Neuromuscular Facilitation technique on core strength in patients with Type II diabetes- An Experimental study. Jeba Chitra, Rohit Das, IJTRR, Aug 2015 4(4), 167-171.
- Screening of proprioception of ankle joint in patients with Diabetic Neuropathy- An Observational study. Jeba Chitra, Suchit S Shetty, IJTRR, July 2015, 4(4), 104-107
- A comparative study on the effect of Compelled Body Weight Shift Therapy and mCIMT on weight bearing symmetry and balance in stroke patients. Siddarth Mishra, Jeba Chitra. IJTRR, Sept 2015, 4(4), 209-218
- Comparison of the Effect of Neural Mobilization and Kinesio Taping on Pain and Quality of Life in Subjects with Sciatica – A Randomized Clinical Trial. Chitra Jeba, Joshi Diker Dev. International Journal of Neurologic Physical Therapy. 2016; 2(3): 19-23
- Influence of Music Therapy on Spasticity, functional independence and quality of life in subjects with hemiplegia. Chitra Jeba, Deepak Joshi. International Journal of Neurorehabilitation. 2016 Volume 3 Issue 4
- Effect of IFT and HMP vs Faradic current with an exercise program on abdominal obesity in centrally obese individuals – A Randomized Clinical trial. Jeba Chitra, Caeteana Moniz, Vishwesh Bapat, Bhakti Patil. International Journal of Applied Research. Vol 3, Issue:12, December 2017:377-381
- Effect of scapula Hold-Relax technique on shoulder pain in hemiplegic subjects- A Randomized controlled trial. Jeba Chitra, Deepak Joshi. Journal of Indian Association of physiotherapy. Vol 11, Issue:2, July-Dec 2017:49-53
- Immediate Effect of Buteyko Breathing Techniques in Dysmenorrhic Females. Jeba Chitra, Tanaya Prabhu. International Journal of Current Advanced Research. Vol 8, Issue:4, April 2019;18363-18365

### **PAPER PRESENTATIONS -3**

- The effect of Artificial Saddle Riding on gait parameters' in Cerebral Palsy Children – An Experimental Study. (IAP, Goa 2013)
- Effectiveness of Cognitive Rehabilitation in patients with frontal and temporal tumors undergoing chemotherapy and radiation therapy – An Experimental design ( IAP in Shimla 2015)
- A Comparative study on the effect of mCIMT and dual task training on hand function and balance in stroke patients- A RCT ” in Dr MGM International Physiocon 2018, held on 2nd and 3rd February 2018, Shillong

### **INVITED AS RESOURCE PERSON**

- Guest lecture in the Leprosy CME on account of World Leprosy Day 30<sup>th</sup> Jan 2016
- Workshop on Pregnancy and Physiotherapy organized by KIPT held on 4<sup>th</sup> -5<sup>th</sup> March 2016
- Workshop on Hands on Pediatric Physical Therapy organized by SVIMS, Tirupati on 14<sup>th</sup> -15<sup>th</sup> June 2013
- National conference on Physiotherapy update organized by KIPT on 14<sup>th</sup> -16<sup>th</sup> December 2012
- CPE titled Hippotherapy on 2<sup>nd</sup> May 2012 organized by KIPT
- Guest lecture on Geriatric Update organized by KLESH and MRC on 1<sup>st</sup> October 2010
- National update on Neurophysiotherapy organized by KIPT held on 3<sup>rd</sup> -5<sup>th</sup> December 2009
- Workshop on Research Methodology organized by KIPT on 30<sup>th</sup> November 2008

- CME titled Neonatal Physiotherapy and Neonatal Resuscitation on 21<sup>st</sup> September 2008 organized by KLESH and MRC

### **PERSONAL DETAILS**

**Name** : **JEBA CHITRA**  
**Date of Birth** : 7<sup>th</sup> May, 1976.  
**Marital Status** : Married.  
**Correspondence Address** : 4859/S-3, **Sri Vignarajendra Apartment, 2<sup>nd</sup> floor, 2<sup>nd</sup> Main, 4<sup>th</sup> cross, Sadhasiva Nagar, Belgaum - 590**  
**Languages Known** : English, Hindi, Tamil, Malayalam and Kannada