

DR. VINUTA R. DESHPANDE, PT, MPT (Paediatrics), (PhD)

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PROFESSIONAL SUMMARY

Senior Paediatric Physiotherapist with over **16 years of combined academic and clinical experience** from reputed Institutions in India. Specialised in **paediatric neurorehabilitation, early intervention, developmental assessment, and evidence-based practice**. And have extensive experience in **research leadership, curriculum development, ethics committees, and regulatory-aligned academic governance**.

Actively involved in **national and international funded research projects**, editorial responsibilities (**Editorial secretary** in the Indian Journal of Physical Therapy and Research), and **innovation in allied health technologies**. Recognised for **academic excellence, teaching leadership, research productivity, and professional ethics**, with **multiple awards (05), patents (02), copyrights (12)**, and **high-impact publications with H Index 2**. Committed to upholding the **standards of education, practice, and professional conduct** envisioned under the **National Commission for Allied and Healthcare Professions Act, 2021**.

PROFESSIONAL EXPERIENCE (16 Years 5 Months)

KLE Institute of Physiotherapy, KAHER, Belagavi

Associate Professor | *November 2024 – Present*

Assistant Professor | *January 2019 – November 2024*

Lecturer | *August 2015 – December 2018*

Academic Responsibilities

- Teaching undergraduate and postgraduate courses in **Paediatric Physiotherapy, Biomechanics, Research Methodology, Biostatistics, Ethics, and Evidence-Based Practice**
- Recognised **Postgraduate Guide (since 2016)** – Guided **22 PG dissertations** and **35 UG research projects**

- Mentored award-winning postgraduate research (Best Dissertation Award)

Institutional & Regulatory Roles

- **Member Secretary – Institutional Research & Development Committee**
- **Member – Institutional Ethics Committee**
- **In-charge – NAAC Criteria 1 (Curricular Aspects)**
- Member – Curriculum Committee, Satellite Centre, Mentorship Committee (Ex)
- Former Editorial Secretary, *Indian Journal of Physical Therapy and Research*

Clinical Experience

The Spastics Society of Tamil Nadu / ADAPT (Formerly Spastics Society of India)

Head – Paediatric Physiotherapy | 2013–2015

Senior Physiotherapist | 2009–2013

- Comprehensive paediatric neurodevelopmental assessment and intervention
- Early intervention programs for **cerebral palsy, developmental delay, NICU graduates**
- Multidisciplinary collaboration and caregiver training

EDUCATIONAL QUALIFICATIONS

Degree	Institution	University	Year
Bachelor of Physiotherapy	SDM College of Physiotherapy	RGUHS	2007
Master of Physiotherapy (Paediatrics)	SDM College of Physiotherapy	RGUHS	2009
PhD (Pursuing)	KLE Institute of Physiotherapy	KLE University	Pre-PhD: 2017

RESEARCH, INNOVATION & SCHOLARLY CONTRIBUTIONS

- **22 Publications (Scopus & WoS indexed);** 6 under review
- **2 Patents (Published) | 12 Copyrights**
- Principal / Co-Investigator for **International & National funded projects**
- Expertise in **RCTs, scale development, validation studies, meta-analysis**
- Key research domains:
 - Early intervention & parenting-mediated programs
 - Cerebral palsy & neurodevelopmental disorders

- Pediatric motor assessment tools
 - Assistive & low-cost rehabilitation device development
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AWARDS & RECOGNITIONS

- **Best Teacher Award – 2025, KAHER**
 - **Manik Sahani Award – Best Scientific Paper (International Conference)**
 - **Significant Contribution to Physiotherapy Profession Award – Physinnova International Conference 2025**
 - **Best MedTech Innovation Award – Physinnova International Conference 2025**
 - **Best Poster & Best Scientific Paper – State & National Conferences**
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PROFESSIONAL CERTIFICATIONS & COMPETENCIES

- **Certified Neurodevelopmental Therapist**
 - **Certified Prechtl's General Movements Assessment**
 - **Trained in BSID-IV Administration & Interpretation**
 - **Certified TMR-Tots, Theratogs Fitter, Headpod Specialist**
 - **Certified Access Auditor**
 - **Advanced training in Clinical Pilates, Myofascial Therapy, IASTM**
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ACADEMIC LEADERSHIP & CAPACITY BUILDING

- Organised **multiple national-level workshops** on paediatric rehabilitation, ethics, research methodology
 - Resource person for **medical, physiotherapy, and interdisciplinary audiences**
 - Invited speaker at **national conferences and symposia**
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RESEARCH

- **Research Financial Grant Projects:**
 - ✓ **Co-Investigator** for a project **funded by University of Regensburg and The Bavarian-Indian Centre for Business and University Cooperation (BayIND),**
 - The Effect of Parenting Styles On Cognitive Development in Early Childhood- A Cross-Cultural Study. MATCHI (MATERNAL INTERACTION, CULTURE & CHILD)

- ✓ **Co-investigator** for a project **funded** by **Society of Indian physiotherapist**.
- Title: “Sit Down and Play Intervention on Neuromotor Outcome and Parenting Behavior InPreterm Low Birth Weight Infants- Randomized Controlled Trial”
- ✓ **Co-investigator** for an International Collaborative Research project **funded** by **KAHER and Thomas Jefferson University, USA**
- Title: “Impact of Training Community Health Worker (CHW) in Administering the ASQ-3 for Identification of Infants at Risk for Developmental Delay”

● **Research Projects**

Sl.No	Title
1.	Effectiveness of swaddling on pain in neonates during chest physiotherapy: a randomized control trial
2.	Prevalence of pesplanus in children between the age of 5 to 10 years in belagavi city: a cross sectional study.
3.	Effect of affordance in home environment on development of children among 18-42 months in belgavi city.
4.	Prevalence of pre-hypertension and its association with physical activity levels among university going students in belagavi city-a cross sectional study
5.	Comparison of physical activity in children of 8-14 years in urban and rural belagavi-a school based study
6.	Obesity and anxiety in adolescents and its association with general cognition and academic performance : A Cross Sectional Study
7.	Prevalence of Obstructive Sleep Apnea
8.	Prevalence of developmental delay using denver developmental screening tool ii- an observational study
9.	Effect of environmental enrichment on motor proficiency in institutionalized and non - institutionalized children among 4-8 years- an experimental study
10.	Developmental coordination disorder: effect of task oriented fine motor activity on fine manual control
11.	General movement assessment of infant born to mother with gestational diabetes-a cross sectional study
12.	Knowledge, attitude and practice of parents towards prevention of covid 19 in children with special needs.
13.	Effectiveness of parent delivered early movement experience on motor skill development in preterm low birth weight infants - experimental pre post study
14.	"Knowledge , attitude and practice among parents regarding the role of early exposure of play material's in child development: an observational study
15.	Designing a crawling aid
16.	Effect of Transcranial Direct Current Stimulation on motor proficiency and spasticity in children with cerebral palsy - a randomized control trial.
17.	Reach out and read literacy program for infants in neonatal intensive care unit: a pre-post

	study
18.	Impact of early exposure to play materials on motor development in high risk infants a randomized controlled trial
19.	Fine manual control, coordination and function in cerebral palsy children- a cross sectional study
20.	Designing a device to assess foot parameters
21.	Effect of transcranial direct current stimulation on fine manual control, co ordination, grip strength and spasticity in children with cerebral palsy - a randomized control trial.
22.	Development and Validation of an Innovative foot assessment Device "Footmeter"
23.	Cultural adaptation, validation and reliability of marathi, hindi and kannada versions of "affordances in the home environment for motor development- infant scale" (AHEMD-IS) : a cross sectional study.
24.	Cross cultural validity and reliability of affordance for motor behavior of school children (AMBS) scale in Belagavi city- a cross sectional study
25.	Effect of balance training program on eyes closed static balance in healthy children- A Randomized controlled Trial
26.	Effect of physical therapy intervention on sarcopenia in children with acute lymphoblastic leukemia : an experimental study.
27.	Neurodevelopmental status of children born during covid 19 pandemic in belagavi city: a cross-sectional study
28.	Establishment of PED-SARC-F Indian cut off score to classify Sarcopenia in children with Acute Lymphoblastic Leukemia
29.	Effectiveness Of Reach Out And Read Literacy Program On Neurodevelopment In High-Risk Infants: A Randomized Controlled Trial
30.	Reach Out And Read Literacy Programme On Language Development In Infants: Randomized Controlled Trial
31.	Screening For Developmental Delay In Tertiary Care Set Up Using Caregiver Reported Early Developmental Instrument (CREDI):An Observational Study
32.	Effectiveness Of Reach Out And Read Programme On Neurodevelopment At 1 Year In High Risk Infants: A Randomized Controlled Trial
33.	Neurodevelopment Of Children With Retinopathy Of Prematurity In Belagavi City : An Observational Study
34.	Neurodevelopmental Outcomes Of Preterm And Low Birth Weight Infants At 3 Years In Belagavi City – An Observational Study
35.	Effect of Global Intensive Feeding Therapy (GIFT) on Feeding and Mealtime Behaviour in children with Cerebral Palsy: A Randomized Controlled Trial
36.	Effect Of Parent-Delivered Intervention On Fatigue And Quality Of Life In Children With Acute Lymphoblastic Leukemia- A Quasi Experimental Study
37.	Knowledge, Attitude and Practice of Physical Activity among children with Juvenile Diabetes in Belagavi city
38.	Do Parenting Styles Have An Effect On Toddler And Preschool Children's Screen Time Behaviors?
39.	Cross Cultural comparison of motor development of children on PDMS-2: A systematic Review and Meta Analysis
40.	Development Of The Mother Infant Motor Development Interaction Assessment And Intervention Scale In High Risk Infant -A Delphi Study
41.	Effect Of Structural Therapy And Educational Program In Children With Cerebral Palsy (Step-Cp) On Oral Motor Function- A Randomized Controlled Trial
42.	Development of Therapy Cube- A Multifunctional Sensory-Motor Rehabilitation Tool for Children.

43.	Effect of Global Intensive Feeding Therapy(GIFT) on Feeding, Mealtime Behaviour and Nutrition in Children with Cerebral Palsy- A Randomized Controlled Trial
44.	Effect of Virtual Reality and Yoga on pain anxiety and pain catastrophising in paediatric tension type headache: A Randomized Controlled Trial

• **PUBLICATIONS: 22 Published, 6 Submitted in Scopus-indexed Journals**

Sl.No	Cite	Indexing /Status
1.	Exploring the Relationship Between Play Activities and Motor Development in Preschoolers Using PDMS-2: An Observational Study	South Eastern European Journal of Public Health- Scopus/Accepted 1st Author
2.	The Sit Down and Play Intervention Improves Neurodevelopmental Outcomes	Indian Journal of Pediatrics Scopus/Accepted
3.	Kale SS, Deshpande VR . Reach Out and Read Literacy Program for Infants in Neonatal Intensive Care Unit: A Pre-Post Experimental Study. Clinical Pediatrics. 2023 Dec;62(12):1543-50.	Clinical Pediatrics Scopus,WOS- Published
4.	Gadre MS, Deshpande VR . Impact of early exposure to play materials on motor development in high-risk infants: a randomised controlled trial. Journal of Mother and Child. 2023 Jun 1;27(1):64-71.	Journal of Mother and Child Scopus,WOS- Published
5.	Deshpande V , Kalgutkar P, Silva AF, Flôres FS. Construct Validity and Reliability of the Affordances for Motor Behavior of Schoolchildren in South India. Journal of Motor Learning and Development. 2024 Apr 30;1(aop):1-6. Applied	Journal of Motor Learning and Development Scopus/Published
6.	Deshpande V , Shetty P, Teles M. Early Childhood Play Materials: A Study on Parental Awareness, Attitude and Practices towards Child Development in LMIC. Journal for ReAttach Therapy and Developmental Diversities. 2023 May 6;6(4s):276-86.	Journal for ReAttach Therapy and Developmental Diversities. Scopus- Published
7.	Deshpande V , Shejale R. Fine Manual Control, Coordination and Function of Children with Cerebral Palsy-A Cross Sectional Psychology Based Study. Journal for ReAttach Therapy and Developmental Diversities. 2023 May 22;6(5s):306-11.	Journal for ReAttach Therapy and Developmental Diversities. Scopus- Published
8.	Deshpande VR , Metgud D. Impact of home environment on motor development of infants in South India: A cross-sectional study. Sri Lanka Journal of Child Health. 2023;52(3):286-92.	Sri Lanka Journal of Child Health Scopus- Published
9.	Deshpande, Vinuta and Gangane, Gauri Ramesh. ‘Design and Development of a Low-cost Device to Measure Foot Parameters in Children with Disability: A “footmeter”’.Technology and Disability 1 Jan. 2023: 279 – 283.	Technology and Disability Scopus- Published
10.	Cultural Adaptation, Validity and Reliability of Kannada Version of Affordances in the Home Environment for Motor Development- Infant Scale (AHEMD-IS): A Cross-Sectional	Journal of Ecophysiology and Occupational Health/ WOS-

	Study	Accepted 1st Author
11.	Correlation of Grip Strength and Inspiratory Pressure in Preterm School-Going Children	Journal of Ecophysiology and Occupational Health/ WOS Accepted 1st Author
12.	Effectiveness of parent-delivered early movement experience on motor skill development in preterm low birth weight infants: Experimental pre-post study	International Journal of Child Health and Human Development/UGC Care Accepted 1st Author
13.	Deshpande, Vinuta ; Patait, Sughra; Bannur, Sumitra. Prevalence of Developmental Delay in Less Than 6-Year-Old Children in South India – A Community-Based Cross-Sectional Study. Indian Journal of Physical Therapy and Research 6(2):p 135-139, Jul–Dec 2024. DOI: 10.4103/ijptr.ijptr_5_25	IJPTR/UGC Care-Published 1st Author
14.	Effect of Dual Site Trans Cranial Direct Stimulation on Motor Proficiency and Spasticity in children with Cerebral Palsy: A Randomised Control Trial”	Journal of Society of Indian Physiotherapist/ UGC Care-Accepted 1st Author
15.	Establishing Normative Values for Core Muscle Strength in Children Aged 8 to 12 years from Belagavi City- An Observational Study	Archives of Medicine and Health Sciences/ UGC Care Accepted 1st Author
16.	Deshpande V , Metgud D, Gadre M, Kale S. Effectiveness of Peabody Developmental Motor Scale-2 as an outcome measure: A systematic review. Indian J Phys Ther Res 2023;5:125-31.	Indian J Phys Ther Res UGC Care Published 1st Author
17.	Deshpande V , Agarwal S, Ukkojikar S. Knowledge, attitude and practice of parent towards prevention of COVID-19 in children with special needs: A cross-sectional study. J YSR Univ Health Sci 2023;12:211-7.	J YSR Univ Health Sci UGC Care Published 1st Author
18.	Kumar R, Banerjee A, Deshpande V . Role of physiotherapist in health literacy. Indian J Phys Ther Res 2020;2:71-2.	Indian J Phys Ther Res UGC Care- Published 3rd Author
19.	VinutaDeshpande , RafatJamadar. Effectiveness of swaddling on pain in neonates during chest physiotherapy-A Randomized control trial.JMSCR: Vol-04: Issue 11:Page 14096-14102:November 2016.	JMSCR
20.	VinutaDeshpande , Aditi swami, Tanayaprabhu, Vivekneelgund. Prevalence of pesplanus in children between the age of 5 to 10 years in belagavi city: A Cross Sectional study. IJAR, Volume:VII, Issue:IV,Page 264-266 April-2017	IJAR
21.	Chitra J, Deshpande V , Crasta SQ. Association of Anxiety with Cognition and Academic Performance in Overweight and Obese Adolescents-A Cross Sectional Study. Indian Journal of	Journal of Physiotherapy & Occupational Therapy

	Physiotherapy & Occupational Therapy. 2020 Oct 1;14(4).	
22.	VinutaDeshpande , DeepaMetgud. A case report-Effectiveness of Matrix Rhythm Therapy on spasticity and functional activity in spastic diplegic cerebral palsy. KLE LIFELINE,XXIX,Page 55-58, August-2016.	KLE LIFELINE

- **TEACHING:**

- Recognized **PG Guide Since 2016 and have guided 22 Pgs till date**
- **Guide for 35 Undergraduates**

PROFESSIONAL COMPETENCY:

- Certified TMR- tots level 1
- Certified Neuro Developmental Therapist.
- Certified Prechl's Method on the Qualitative Assessment of General Movements (Basic)
- Trained on the administration, scoring and interpretation of BSID IV
- Certified Access Auditor.
- Certified Functional Myofascial Practitioner and Certified IASTM (M²T- Blade)
- Certified headpod Specialist and Theratogs Fitter (Level 1)
- Trained in Clinical Pilates (Back Care)

A. Workshops Attended

- Sample size and multivariate analysis by SPSS/ EXCEL, Belagavi, 22- 26 August 2016.
- Physiotherapy in Women's health, UDEHP, 9th and 10th December 2016.
- Work Ethics and Culture, UDEHP, 7th April 2017.
- **Certified Headpod Specialist-** Succuessfully completed the certification course for the use of the device Headpod.
- **Certified Theratogs Fitter (Level 1)** - successfully completed the Posture and Torso Alignment for Paediatricneuromotor Training.
- Participated in workshop **Dynamic Support Systems- newer paradigm in Rehabilitation as adjunct therapies**, 16th -17th May 2017
- Hydrotherapy- A Stress Buster, UDEHP, KLEU's Institute of Physiotherapy, Belagavi, 11th August 2017.
- First National Workshop on Enhancement of Quality of health Science Journals, 15th September 2017.

- Ethical Guidelines in Biomedical Research, UDEHP, KLEU's college of Pharmacy, Hubli, 24th -25th November 2017.
- **Certified Precthl's Method on the Qualitative Assessment of General Movements (Basic)**, 27th February to 3rd march 2018, Bangaluru.
- Technology Trends for future Learning, UDEHP, 5th March 2018, Belagavi.
- Systematic Review and Meta Analysis using Revman Software, 11th -15th March 2019 Public Health Foundation of India, New Delhi.
- Administration, Scoring and Interpretation of BSID IV, 26th&27th February 2021, Belagavi
- Explore the untapped within you, 16th March 2021, Belagavi
- Innovative Teaching and Assessment methods, 16th&17th Nov 2021, Belagavi
- Be a stress free teacher- A stress management session, 29th November 2021, Belagavi

B. Workshops Organized:

Contemporary Baby Treatment	4 th -5 th February 2016	KLE University Institute of Physiotherapy, Belagavi.
Transdisciplinary Approach In The Management Of Person With Disability	4 th -5 th May 2016.	KLE University Institute of Physiotherapy, Belagavi
Adjunct Therapies In The Management Of Children With Disabilities.	16 th -17 th May 2017	KLE University Institute of Physiotherapy, Belagavi
Community Based Intervention For Children With Special Needs	3 rd April 2018	KLE University Institute of Physiotherapy, Belagavi
Importance Of Play In Children With Developmental Delay.	21 st July 2018	KAHER Institute of Physiotherapy, Belagavi
Aquatic Therapy	25 th January 2019	KAHER Institute of Physiotherapy, Belagavi
Learning through Movement- "Brain Gym 101" Certification Course	22 nd -24 th March 2019	KAHER Institute of Physiotherapy, Belagavi
Dance Movement therapy in Autism	16 th - 17 th July 2022	KAHER Institute of Physiotherapy, Belagavi
Multidisciplinary Approach in the management of children with Cerebral palsy	17 th July 2023	KAHER Institute of Physiotherapy, Belagavi
TMR-tots	27 th &28 th July 2023	KAHER Institute of Physiotherapy, Belagavi

C. Conference Attended

6th Annual Conference of Society of Indian Physiotherapist, Chennai

7th Annual Conference of Society of Indian Physiotherapist, Bhubaneshwar

D. Conference Organized:

Organizing member of “QUADRANS 2021” International Physiotherapy E- Conference 2021

RESOURCE PERSON:

- **Guest speaker for the Workshop “ Movement Disorders ” organized by Department of Pediatric Neurology, JN Medical College, Belagavi and Belagavi Association of Paediatrics on 21st December 2025 on the topic “Paediatric Physiotherapy in Movement Disorder”**
- **Guest Speaker at “Ayurpraveshika” delivering lecture on topic "Cultural competence & Disability Awareness Empathy as a Therapy to Disability Care & Rehabilitation" 10/11/2025 from 12:00 - 01:00 PM.**
- **Guest speaker for the Workshop “ Cerebral Palsy- Basics and Beyond” organized by Department of Pediatric Neurology, JN Medical College, Belagavi and Belagavi Association of Paediatrics on 10th Sept 2023 on the topic “Paediatric Physiotherapist- What a Neurologist should know”**
- **Guest Speaker for the focused Symposia during SIPCON 2022, Hilton Chennai from April 9 to May 1, 2022 on the topic title” System specific physical anomalies as a result of long COVID: suggestions for management”.**
- **For In house workshops on research methodology**

LANGUAGES

English | Hindi | Kannada | Marathi | Tamil

PERSONAL DETAILS

Date of Birth: 19 May 1983

Marital Status: Married

DECLARATION

I hereby declare that the above information is true and correct to the best of my knowledge and belief.

Dr. Vinuta R. Deshpande