

SUSHIL KUMAR

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ACADEMIC QUALIFICATIONS:

- Pursued 10th from Kendriya Vidyalaya no.2 Minnie Bay Port Blair, Andaman & Nicobar Islands (CBSE Board).
- Pursued 12th from Kendriya Vidyalaya no.1 Aberdeen bazar Port Blair, Andaman & Nicobar Islands (CBSE Board).
- Pursued graduation (BPT) from Dayananda Sagar College of Physiotherapy, RGUHS Bangalore. With an average percentage of 62.5%
- Pursued specialization (MPT) in Orthopedic Physiotherapy at KAHER(KLE) Institute of Physiotherapy

WORK EXPERIENCE

- Worked at Dayananda Sagar University in physiotherapy department as a TUTOR and having an experience of 1 year 9 months as a tutor.
- Worked at Asian Cancer Institute Cumballa hill Branch as a Physiotherapist for 10 months.
- Working as a lecturer at KAHER Institute of Physiotherapy since 8 months.

SKILL SET:

- Hands on experience while treating patients during rotatory posting in a multi – specialty hospital during the 3rd, 4th year, internship along with Orthopedics & Sports specific management with fitness training during post-graduation.
- Ability to do decent diagnosis of orthopedics and sport related injury following structured assessment.
- IT Skill: MS office, good knowledge in operating system for academics and research purpose.

WORKSHOP, CONFERENCE, AND SEMINARS ATTENDED:

- Workshop on “CURRENT TRENDS AND CHALLENGES IN SPINE SURGERY AND SPINE REHABILITATION”, Sagar Hospitals Bangalore 5th Jan 2013.

- Attended conference on “LIVING CONCEPTS & ON-GOING CHANGES”, held at NITTE Institute of physiotherapy Jan 2015
- Attended conference on “THE ART OF SCIENTIFIC PUBLICATION” held on 1st March 2016 at Dayananda Sagar College of Dental Sciences, Bangalore.
- Participated in CPR Handling session on 09 July 2016 conducted by Fortis Hospitals.
- Attended 11th Annual Conference of “THE INDIAN ACADEMY OF CEREBRAL PALSY” on 03 Oct 2016.
- Attended conference in Coimbatore “PHYSIO BLISS 2017” held at PPG College of physiotherapy on 15th & 16th June 2017.
- Attended CME on “KNEE REHABILITATION PROGRAMME” held on 24th June 2017 organized by Bangalore physiotherapy network in association with Manipal Hospitals.
- Completed “RESEARCH METHODOLOGY WORKSHOP – 2017 held from 22nd – 23rd September 2017 at KAHER Institute of Physiotherapy.
- Completed 2 days’ workshop on “CLINICAL PILATES MODULE – 1 BACK CARE” at KLE University Institute of Physiotherapy on 17th and 18th November 2017.
- Participated and completed the “THE CANADIAN SKILL and ASSESSMENT TRAINING WORKSHOP” held in KLE Institute of Physiotherapy on 15th December 2017.
- Completed the basic and advanced training on “MATRIX RHYTHM THERAPY” held at KLE University Institute of Physiotherapy, Belagavi on 21st and 22nd December 2017.
- Completed the CERTIFICATE COURSE IN ORTHOPEDIC MANUAL THERAPY (BASED ON INTEGRATED APPROACH)” held at KAHER Institute of Physiotherapy from 30th January to 6th February 2018.
- Attended and presented poster in “NATIONAL CONFERENCE ON UPDATES IN ELECTROTHERAPY (PHYSIOTRONIX)” held on 9th and 10th march 2018 by Dr. D.Y.Patil College Of Physiotherapy
- Attended the training workshop on “GAMESPEED” organized by KAHER Institute of Physiotherapy on 10th and 11th May 2018.
- Participated in the workshop on “NEURAL FLOSSING” held on 24th July 2018 by KAHER Institute of Physiotherapy.
- Attended 1st Annual International Conference on Sports Physiotherapy – SPORTS ACCORD held at Indira Gandhi Medical College Auditorium, Shimla on 5th-6th Jan 2019.
- Attended international conference on “PREVENTION, EARLY DETECTION and MANAGEMENT OF SPINE DISABILITY: A PATIENT-CENTRIC INTEGRATED APPROACH” held on 18th and 19th January 2019 at MGM Institute of Health Sciences, Mumbai
- Attended hands on Work shop “KINETIC CHAIN SOFT TISSUE MANIPULATIVE TECHNIQUE (PRT, MFR, MET)” organized by department of Orthopedic

Physiotherapy at KAHER Institute of Physiotherapy, Belagavi on 15th – 16th June 2019.

- Attended hands on Work shop “MOVEMENT ASSESSMENT AND CORRECTION FOR SI JOINT AND LUMBAR SPINE (Adjuster PRO, Modified Chiropractic and Osteopathic Maneuvers)” organized by department of Orthopedic Physiotherapy at KAHER Institute of Physiotherapy, Belagavi on 15th – 16th June 2019.

ACHIEVEMENTS:

- Won consolation place in poster presentation at National Conference on “UPDATES IN ELECTROTHERAPY-PHYSIOTRONIX” under noncompetitive category held in Dr. D.Y.Patil College Of Physiotherapy on 9th and 10th March 2018

RESEARCH WORK:

- Performed short project on “COMBINED EFFECT OF ANTI PRONATION TAPING AND GASTROC-SOLEUS COMPLEX STRETCHING ON FLEXIBLE FLAT FOOT” in 2018 (published in International Journal of Applied Exercise Physiology DOI: 10.30472/ijaep.v8i1.316)
- Completed thesis on “COMPARATIVE EFFECTIVENESS OF NMES AND RUSSIAN CURRENT STIMULATION OF TIBIALIS POSTERIOR IN INDIVIDUALS WITH FLEXIBLE FLAT FOOT – A PROSPECTIVE RANDOMIZED CONTROLLED TRIAL” in 2019 (not published yet)

MISCELLANEOUS ACTIVITY:

- Also attended Oxfam trail walking event as a physiotherapist organized by Oxfam India in 2014, 2015, 2016 and 2017 in the month of January
- Was part of medical team as physiotherapy volunteers in “ATTEMPT OF GUINNESS WORLD RECORD-LONGEST COOKIE DUNKING RELAY” ON 24th October 2017
- Was part of medical team as physiotherapy volunteers in “ALL INDIA INTER UNIVERSITY CROSS COUNTRY (MEN-WOMEN) CHAMPIONSHIP 2017-2018” conducted by Vivesvaraya Technological University, Belagavi on 30th October 2017.
- Was a part of official team as a physiotherapy volunteer in AN ATTEMPT OF 6 BOOKS OF RECORD FOR THE LONGEST RINK FOOTBALL RELAY 48 HOURS FOR THE CATEGORY OF UNDER 10, 14,17 and 19 held at shivganga roller skating club at Belgaum in Karnataka from 16th – 19th November 2018 organized by Indian Rink Football Federation (IRFF) in Association with Karnataka Rink Football Association (KRFA).
- Was a part of official team as a physiotherapy volunteer in the 3RD ASIAN ROLL BALL CHAMPIONSHIP conducted from 21st – 24th February 2019 held at Shivganga roller skating club Belagavi.

- Was a part of organizing committee of hands-on Workshop “KINETIC CHAIN SOFT TISSUE MANIPULATIVE TECHNIQUE (PRT, MFR, MET)” and “MOVEMENT ASSESSMENT AND CORRECTION FOR SI JOINT AND LUMBAR SPINE (Adjuster PRO, Modified Chiropractic and Osteopathic Maneuvers)” organized by department of Orthopedic Physiotherapy at KAHER Institute of Physiotherapy, Belagavi on 15th – 16th June 2019.

FACULTY DEVELOPMENT PROGRAMME:

- Completed Faculty Development Program on “MANAGING STRESS IN TEACHING PROFESSION” held from 09 January 2017 to 13 January 2017 conducted by Dayananda Sagar University.

I hereby declare that all the above given information is true to the best of my knowledge.

Place: -BELAGAVI

SUSHIL KUMAR