

KLE UNIVERSITY, BELGAUM
(Deemed University)

SELF APPRAISAL REPORT

Name of the College : KLEU Institute Of Physiotherapy

Performance Appraisal Report Year: 8th June 2024-8th June 2025

A. General Information

A] Name : DR.VIJAYALAXMI KANABUR

b] Date of Birth : 10/10/1997

c] Address (Residential) : Plot No:482,scheme No:13,NHanuman Nagar
Circle,T.V.Centre,Belagavi
Ph. No: 8867480565

d] Designation : Assistant Professor

e] Department : Community Physiotherapy and Rehabilitation,
Institute Of Physiotherapy

f] Area of Specialization : MPT in Geriatrics Physiotherapy

g] Date of Appointment : 8th June 2023

h] On the Present Post : Assistant Professor since 8th June 2024

i] Honors Conferred -----

B. Teaching:

a] Classes Taught

Class	Period Assigned Per Week	Taught in the year L / T / P / C	Steps taken engaging of Periods missed during absence of leave
	(1)	(2)	(3)
1] B.P.T	L - 2 P - 2 C – all week days	L - 154 P - 95	Co-subject teachers
2]M.P.T	L - 2 P -1 C – all week days T - 0	L - 100 P - 52 T – 0	Co-subject teachers
3]Research Degree	L - 0 P -0 C -0 T -0	L - 0 P - 0 C - 0 T - 0	Not applicable
4]Any Other	L -0 P -0 C -0 T -0	L - 0 P - 0 C - 0 T - 0	-----

(To be filled at the end of every academic year)

L – Lecture, T- Tutorial, P –Practical, C – Clinics

b] Regularity and Punctuality: Always regular and punctual in conducting classes and attending clinics.

c] Details of Course teaching plan, synopsis of lectures and reading lists supplied to students: supplied at the beginning of the academic year and every new topic. Topics taught are circulated after the end of the session.

d] Details of participation in the following:

i] Examinations:

1. Invigilation duty for UG and PG University Examination for Medical, Dental, Pharmacy & Nursing in 2024-2025 academic year.
2. Expert Duty for UG & PG University Practical Examination for KLE University's Institute of Physiotherapy in 2024-2025

ii] Internal Evaluation:

1. Answer paper corrections for internal assessments of BPT 2nd year, and 4th Year for Electrotherapy, CBR respectively 2024-2025 academic year and MPT 1st and 2nd year CBR Physiotherapy.
2. Practical examination and evaluation for internal assessments of 2nd year Electrotherapy, 4th year CBR Subject and MPT 1st and 2nd year CBR Physiotherapy.

iii] Paper Setting:

Internal assessment of BPT 2nd year for Electrotherapy and final year for Community based rehabilitation in 2024-2025 and CBR Internal question paper setting in 2024 -2025

iV] Assessment of Home Assignments:

Home assignment given to the UG students after completion of every new topic in Electrotherapy, CBR subjects.

v] Conduct of Examinations:

1. Invigilation for internal assessment for UG and PG examination
3. Practical examination and evaluation for internal assessments of 2nd Year BPT Electrotherapy.
4. Practical examination and evaluation for internal assessments of 1st & 2nd Year MPT
5. Internal Examiner & External for CBR Subject 2024-2025
6. Institutional Member of the IT team for conduct of Epad exam

vi] Evaluation of Dissertation etc: No

C. Details of Innovations/Contribution in Teaching, during the year:

b) Teaching Methodology:

1. using audio-visual aids
2. Audio CDs of anatomy & physiology of various systems for PG's & 4th BPT students.
3. Chalk and Board
4. PPT
5. Group Discussion
6. Practical demonstration
7. Small Group and Flipped Class Room Methods.
8. Open book reading for PG's

c) Laboratory experiments : NIL

d) Evaluation Methods :

1. For Theory Exams- marks distributed according to presentation, supportive diagrams, Flow chart if any), Clarity in knowledge
2. For practical Exams- case history and presentation, Patient Assessment (Objective and Subjective), identification of problems of the patient and Setting physiotherapy goals for treatment.

e) Preparation of resources /material including books reading materials, manuals etc.

Always advised students to visit particular Websites related to Community physiotherapy, specific textbook reading for specific topics after each topic has been completed.

f) Remedial Teaching/student counseling (academic):

- Students who don't do well in practical and theory exams are counseled to know their problem areas and give solutions for Improvement in their performance.
- Conducted Extra Classes and One-One counseling for Slow Learners of electrotherapy
- Mentored allotted students from each Year of UG for curricular and Extra Curricular Activities.

g) Any other : NIL

D. Improvement of Professional Competence (Details regarding Refresher / Orientation Courses Attended, participation in summer school, workshops, seminars, symposia etc):

1. Attended workshop on systematic review by UDEBHS KAHAR in November 2024 and submitted a proposal to PROSPERO
2. Attended a workshop on New teaching learning methods, Elearning and E content development
3. Presented guest lectures at many PHC's regarding ergonomics, women's health, non communicable diseases and teaching professionals.
4. Supervised the rural physiotherapy setups at Villages under Mutaga PHC (8 Villages)

E. Research Contributions:

- Research Project for Regular Batch Interns 2020 batch and 2021 batch conducted successfully and manuscript submitted for publication in JCDR(Final review process), Discover public Health(Peer review Process)
- Supervised the PG projects of the Department PG's and was co-author for the publications as listed below:
 - Co-relation between physical fitness level and academic performance in adolescent students of Belagavi City- IJPESH-12(2);79-83
 - Co-relation of Body mass index and abdominal girth with risk of varicose veins among teachers of Belagavi urban - Galore International Journal of Health Sciences and Research- 9(2);14-20

A] Number of students (M.P.T/PhD): MENTORED AND SUPERVISED 3 MPT SECOND YEAR STUDENTS AFTER THE UNTIMELY DEMISE OF THEIR GUIDE

	At the beginning of the year	Registered during the year	Completed during the year
M.P.T	-	-	-
Ph.D.	-	-	-

b] No. of research papers published in peer reviewed journals / presented in conferences (State /zonal/ national/ international) (Please enclose list): 03

National publication: 00

International: 00

PRESENTED IN CONFERENCES: Nil

c] Research Projects:

Title of the Project	Name of the funding Agency	Duration
Development and validation of ICF Corset for Assessment of Forward head and its related musculoskeletal disorders in Dentists	Self –funded	6 month Under the process of Data collection
Chronic Neck Pain in Female School Teachers: Correlations with Activities of Daily Living, Sleep Quality, and Work-Family Conflict - A Narrative Review	Self –funded	Under PEER REVIEW with Discover Public Health
The multifactorial relationship between sleep Quality, work-family conflict, and musculoskeletal Disorders: implications for nursing quality of life	Self –funded	Under Final Proofing with JCDR
Co-relation between physical fitness level and academic performance in adolescent students og Belagavi City- IJPESH-12(2);79-83	Self –funded	Published
Co-relation of Body mass index and abdominal girth with risk of varicose veins among teachers of Belagavi urban - Galore International Journal of Health Sciences and Research- 9(2);14-20	Self Funded	Published

d] Details of Seminars, Conferences, and Symposia organized / attended:

1. Attended DOPE lectures
2. Organized guest lecture on ergonomics, non communicable diseases

e] Patents taken, if any, give a brief description: NIL

f] Membership of Professional Bodies Editorship of Journals etc. : Editorial Staff of IJPTR since March 2025

F. Extension work / Community Service:

A] Please give a short account of your contribution to:

- i] Community work such as values of Nationals :
- Integration, secularism, democracy, socialism, humanism, peace,
Scientific temper, flood or drought relief, family planning,
Public Health, AIDS etc.

Attended Mega Health Check up Camps by KLE Charitable Hospital at Various Villages of North Karnataka from September 2024-march 2025

NSS Unit 5 CAMP Officer since April 2025

Conducted many awareness camps as part of Rural awareness Drive through the Rural Postings.

ii] National Literacy Mission: NIL

b] Positions held / Leadership role played in organizations : NSS CAMP OFFICER UNIT 5
(Linked with Extension work and National service Scheme (NSS) Or NCC or any other similar activity)

G. Participation in Corporate Life: NIL

Please give a short account of your contribution to:

a] College / Institute :

1. Co-Organised cultural Day of KIPT Institute of Physiotherapy in 2025 March

b] Co – Curricular activities: ---

c] Enrichment of Campus Life (Hostels, Sports, Games Cultural activities):

- 2. INCHARGE DEPARTMENT OF CBR**
- 3. Cultural Committee Member 2024-2025**
- 4. Coordinator for Skill Lab from KIPT**
- 5. Member DOPE 2024-2025**
- 6. Member Institutional Website and IT Section**
- 7. Criteria 3 Member – 2024-2025**
- 8. Member Institutional Research and Ethics Committee.**
- 9. Member Institutional Exam Section.**
- 10. Coordinator for the MOU activities with Dharma Foundation**
- 11. BPT First Year class Coordinator**
- 12. Member Institutional Curriculum Committee**
- 13. Member Institutional Purchase Committee**
- 14. Member Club Committee**

d] Student's Welfare and Discipline:

1. Mobile phones strictly not allowed during clinical postings and class room teaching hours.
2. Strict with student's behavior with external and departmental faculty.
3. Dressing code and professionalism.

e] Membership / Participation in bodies / Committees on Education and National Development, Membership of University Bodies and Authorities etc:

1. Cultural Committee Member 2024-2025
2. Coordinator for Skill Lab from KIPT
3. Member DOPE 2024-2025
4. Member Institutional Website and IT Section
5. Criteria 3 Member – 2024-2025
6. Member Institutional Research and Ethics Committee.
7. Member Institutional Exam Section.
8. Coordinator for the MOU activities with Dharma Foundation
9. BPT First Year class Coordinator
10. Member Institutional Curriculum Committee
11. Member Institutional Purchase Committee

H. Assessment:

Steps taken by you for the evaluation of the Course programme taught:

1. Student's Feedback Form.
2. Verbal questioning.
3. Asking regarding the problems encountered during the learning and understanding process of the topic taught.
4. Surprise tests both written and practical demonstration.

I. General Data:

State brief assessment of your performance indicating –

A] Achievements:

1. Improving Domiciliary Patient Care services by CBR Physiotherapy unit.
2. Restarting the Rural Physiotherapy services at Mutaga Village.
3. Conducting Ergonomic Awareness and Physical Awareness Guest Lectures in various schools of City
4. Major role in technical aspects of BPT 1 Epad Exam

B] Difficulties faced:

C] Suggestions for improvement:

1. Enhancing patient input in rural Physiotherapy and arranging workshops on various topics of Community rehabilitation for updating knowledge.

Signature of the Teacher

J. Certification & Recommended by the regular HOD:

a] Teaching ability & Efficiency :

b] Academic & Research aptitude :

c] Conduct :

d] Regularity & Punctuality :

e] Teacher – student relation :

f] Relation with HOD & Colleagues :

**g] What are the KLE University assignments
He / She has done in the last 1 ½ years :**

**h] Hershel taken part in Institutional promotion:
activities**

**i] Has he / she involved in anti – institutional :
activities**

j] His /Her loyalty to the institution :

**k] Whether recommended for promotion :
If not, please substantiate.**

l] Remarks :

Certified that the information furnished by the above Teacher in his / her self – appraisal report is found to be correct.

Name :

Prof & Head :

Signature :

K. Assessment by the Principal / Director:

A] General information :

B] Teaching :

**C] Details of Innovations /
Contribution in Teaching during the year :**

D] Improvement of Professional competence :

E] Research Contributions :

F] Extension work / Community services :

G] Participation in Corporate Life :

H] Any other :

Principal / Dean

Remark of the Reviewing authority :

Vice-Chancellor