

## CURRICULUM VITAE

### DR. ASHFAQUE KHAN

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### **Objective**

- For a challenging career in academic and clinical position in the department of physiotherapy and rehabilitation and to dedicate myself and my professional skills towards the organization to produce results for its betterment and growth.

### **Key Skill**

- Expertise in teaching & treatment of Mobilization, Manipulation, Soft tissue release/ Positional release/ Myofascial trigger point deactivation techniques and joint dysfunction treatments and fracture management.

### **Work Experience:** 4<sup>th</sup> August 2009 to till now

- Teaching experience as a HoD, Associate Professor, Department of Physiotherapy), Integral Institute of Medical Sciences & Research (IIMS&R), Integral University, Lucknow.

### **Clinical Work Experience:** Two Years (2 years)

- Majeedia Hospital, Jamia Hamdard, Hamdard Nager, New Delhi (from 1<sup>st</sup> Aug 2005 to 31<sup>st</sup> March 2006) **Part Time 9:00am to 1:00pm. (During Bachelor Degree)**
- Majeedia Hospital, Jamia Hamdard, Hamdard Nager, New Delhi (from 1<sup>st</sup> Aug 2006 to 31<sup>st</sup> March 2007) **Part Time 9:00am to 1:00pm. (During Bachelor Degree)**
- Majeedia Hospital, Jamia Hamdard, Hamdard Nager, New Delhi (from 1<sup>st</sup> Aug 2007 to 31<sup>st</sup> Dec 2007) **Part Time 9:00am to 1:00pm. (During Master Degree)**
- Kailash Hospital and Research Centre, Noida, Delhi (NCR). (From 1<sup>st</sup> Jan 2008 to 30<sup>th</sup> April 2009). **Part Time 9:00am to 1:00pm (During Master Degree)**

### **Clinical Trainings / Internship:** Six months (6 months)

- Majeedia Hospital, Jamia Hamdard, Hamdard Nager, New Delhi (from 1<sup>st</sup> Aug 2006 to 31<sup>st</sup> Jan 2007)

#### **Professional Qualification: M.P.Th (Orthopaedics) / B.P.Th**

- Master of Physiotherapy (Orthopedics) in 2007-2009, from Jamia Hamdard, New Delhi. (Secured first division)
- Bachelor of Physiotherapy (BPT) in 2002-2006, from Jamia Hamdard, New Delhi. (Secured first division)

#### **Educational Qualification: 10+2 (Bio) / 10th**

- 12<sup>th</sup> from F.A.A.I.C. (Gonda), U.P. (Secured first division) in 1998.
- 10<sup>th</sup> from J.M.I.C. (Gonda), U.P. (Secured first division) in 1996.

#### **Research Work / Dissertation**

- Dissertation entitled “Comparison between Integrated Neuromuscular Inhibition Techniques (INIT) and Ischemic Compression Technique (ICT) in managing upper trapezius myofascial trigger point pain in computer user” during MPT (Orthopaedics).
- A research study on “A comparative study between Ultrasound, Laser and stretching on management on plantar fasciitis” during BPT.

#### **Publication**

- An article entitled “Comparison between Integrated Neuromuscular Inhibition Techniques (INIT) and Ischemic Compression Technique (ICT) in managing upper trapezius myofascial trigger point pain in computer user” has accepted for the publication by Indian Journal of Physiotherapy and Occupational Therapy: An International Journal.
- An article entitled “To see the effectiveness of Kinesio Taping and Patellar Correction in Patello Femoral Pain Syndrome” has accepted and published in International Journal of Recent Scientific Research. (Vol. 7, Issue, 3 pp.9798-9805, March, 2016)

#### **Computer skills**

- Good knowledge of computer applications (MS-WORD, MS-EXCELL, MS-POWERPOINT, MS-ACCESS, INTERNET)

#### **Workshops / Seminars / CME Attended**

- Participated as a delegate in “Hand-On on Vestibular Rehabilitation: on 7<sup>th</sup> February 2016, Organized by LPA & IAP at Sky High Hotel Lucknow.
- Participated and served as the Organizing Secretary for the Hands-on workshop titled “Neuromuscular Developmental Technique (NDT)” on 30<sup>th</sup> and 31<sup>st</sup> January, 2016 at Integral University, Lucknow, India.
- Participated as a Chaired person & Judge in 4<sup>th</sup> International Conference & Workshop of Physical Therapy AIIMS 2015 on “Pain, Palliative, and Mobility” organized by Physiotherapy Unit Dr. B.R.A. IRCH, AIIMS on 28<sup>th</sup> & 29<sup>th</sup> November 2015.

- Participated as a delegate in 4<sup>th</sup> International Conference & Workshop of Physical Therapy AIIMS 2015 on “Pain, Palliative, and Mobility” organized by Physiotherapy Unit Dr. B.R.A. IRCH, AIIMS on 28<sup>th</sup> & 29<sup>th</sup> November 2015.
- Paper presented in 4<sup>th</sup> International Conference & Workshop of Physical Therapy AIIMS 2015 on “Pain, Palliative, and Mobility” organized by Physiotherapy Unit Dr. B.R.A. IRCH, AIIMS on 28<sup>th</sup> & 29<sup>th</sup> November 2015.
- Participated in as a Chaired person & Judge in International Conference on “7<sup>th</sup> Asia Pacific Conference on Exercise & Sports Sciences” organized by Manav Rachna International University, Faridabad on 14<sup>th</sup> & 16<sup>th</sup> October 2015.
- Participated in International Conference on “7<sup>th</sup> Asia Pacific Conference on Exercise & Sports Sciences” organized by Manav Rachna International University, Faridabad on 14<sup>th</sup> & 16<sup>th</sup> October 2015.
- Attended National seminar on “Professional of Pharmacy: Challenge & Opportunities” held at IPSR, Unnao on 18<sup>th</sup> September 2015.
- Participated in as a Chaired person & Judge in National Conference on “Nobel Tool Clinical Skill Update on safe and Effective Physiotherapy” organized by collaboration with Integral University, Lucknow, on 12<sup>th</sup> & 13<sup>th</sup> September 2015 at scientific convention center King Georg Medical University, Lucknow.
- Attended National Conference on “Nobel Tool Clinical Skill Update on safe and Effective Physiotherapy” organized by collaboration with Integral University, Lucknow, on 12<sup>th</sup> & 13<sup>th</sup> September 2015 at scientific convention center King Georg Medical University, Lucknow.
- Attended National Conference on “Nobel Tool and Treatment Approaches in health care’s system” organized by department of Pharmacy at Integral University, Lucknow, on 3<sup>rd</sup> March 2015.
- Participated in workshop titled “Data Analysis by SPSS” on 25<sup>th</sup> February, 2015 Organized by department of Mathematics at Integral University, Lucknow, India.
- Participated and served as the Organizing Secretary for the Hands-on workshop titled “Proprioceptive Neuromuscular Facilitation Technique” on 24<sup>th</sup> and 25<sup>th</sup> February, 2015 at Integral University, Lucknow, India.
- Participated and served as the Organizing Secretary for the Hands-on workshop titled “Manual Therapy and Taping Techniques for Knee and Ankle Dysfunctions” on 22<sup>nd</sup> and 23<sup>rd</sup> November, 2014 at Integral University, Lucknow, India.
- Participated and served as the Organizing Secretary for the Hands-on workshop titled “Cyriax technique & Soft Tissue Dysfunction” on 21<sup>nd</sup> November, 2014 at Integral University, Lucknow, India.
- Participated and served as the Organizing Secretary for the Hands-on workshop & Conferences titled “Manual Therapy Technique & Its Implementation” on 5<sup>th</sup>-8<sup>th</sup> September, 2014 at Integral University, & Era Medical Collage, Lucknow, India.
- Participated and served as the Organizing Secretary for the orientation program on Wheelchair service training & delivery as per WHO guidelines on 25<sup>th</sup> August, 2014 at Integral University, Lucknow, India.

- Participated in a Hands-on workshop titled “Physiotherapy in obstetrics and Gynecology” on 8<sup>th</sup> and 9<sup>th</sup> July 2014 at Uttar Pradesh Rural Institute of Medical Sciences and Research (UPRIMS&R) Saifai, Etawah, U.P.
- Attended as a special Guest on Workshop on Geriatrics Rehabilitation & Counseling for Caregiver on 25<sup>th</sup> January 2014 at Samarpan Varistha, Jan parisar, Lucknow.
- Attended Workshop on Geriatrics Rehabilitation & Counseling for Caregiver on 25<sup>th</sup> January 2014 at Samarpan Varistha, Jan parisar, Lucknow.
- Participated in the workshop on “Muscle energy Technique” At Babu Banarsidas Chaniwala New Delhi, on 18-20 June 2010.
- Participating in quiz competition on “Aging & Health on world Health day 2012 on 4<sup>th</sup> April 2012, at IIMS&R, Integral University Lucknow.
- Participated in the National Seminar on “Right of parents & old people in Islamic society” held at Lucknow on 14<sup>th</sup> October 2012.
- Attended workshop/seminar on “Aging & Health on world Health day 2012 on 7<sup>th</sup> April 2012, at IIMS&R, Integral University Lucknow.
- Attended workshop/seminar on “Economics Empowerment of the Deprived through timely information and its utilization” held at Integral University Lucknow on 2<sup>nd</sup> February 2011.
- Attended National Conference on Cerebral Palsy (CPCON-2010) organized by Samvedana Trust, Allahabad on 4<sup>th</sup> & 5<sup>th</sup> December 2010.
- Attended a seminar on Motor Control & Motor Learning by Dr G. Venuvengan at Integral University, Lucknow in October 2010.
- Attended a National Conference on Minority Education in India held at Integral University, Lucknow in April 2010.
- Participated in the workshop on “Manual Therapy Concept” in Integrated approach for full body held at Dehradun, on 25 May to 5 June 2010.
- Staff Training Program by DR. M.M. Khan on Personality Development at Integral University, Lucknow in 2010.
- Participated in the National Seminar on “minority status in India” held at integral university, Lucknow on 24<sup>th</sup> - 25<sup>th</sup> April 2010.
- Participated in the workshop on “Principals of Comprehensive neuro-muscular evaluations and treatment in lower quadrant” by Dr. Maneesh Arora in Integral university, Lucknow on 18-20 Nov 2009
- Participated in the workshop on “Advance Trends in Physiotherapy Management” held at National Science Museum Pragati maiden New Delhi in October 2009.
- Participated in the CME on “Neural Mobilization Technique” held at Pacific physiotherapy college, Gorakhpur in October 2009.
- Participated in the workshop on “Sport Fitness and Nutrition” held at Gandhi Bhawan, Kesarbagh Lucknow on 1<sup>st</sup> & 2<sup>nd</sup> February 2009.
- Member of organizing committee on Workshop on treatment & evaluation of Lower quadrant held at Integral University Lucknow, in 2009.

- Participated in the Seminar on “Sports Medicine” held at Jamia Hamdard, New Delhi on 6<sup>th</sup> September 2008.
- Participated in the workshop by “Arogydham Heart Care” held at Escort Hospital, New Delhi on 18<sup>th</sup> March 2007.
- Attended a National Conference on Fundamental of Biomechanics, in March 2007, at Jamia Hamdard, New Delhi
- Participated as a Delegate in the conference “Comprehensive Rehabilitation of Spinal Cord Injury Patients” held at ISIC Institute of Rehabilitation Sciences, Vasant Kunj, New Delhi on January 20, 2007.
- Participated in the international Seminar on “naturopathy” held at Talkatora stadium, New Delhi on 27<sup>th</sup> Feb. 2006
- Participated in hands-on Workshop (21 hours) on “Manual therapy in a Clinical Reasoning Perspective” held at Jamia Hamdard, New Delhi from October 21<sup>st</sup> to 23<sup>rd</sup>, 2005.

### Association / Council Membership

- Lifetime Membership of Indian Association of Physiotherapist ( MIAP)  
Registration No: 22227 - L
- One year membership of Delhi council of PT &OT  
Registration No: PR – 1142

### Extracurricular activities

- Worked as a Volunteer in “Rural Health Check up Programme” under guidance of Dr. Sailesh Kumar, Cardiologist, Escort Heart Institute and Research centre, Okhla, New Delhi.
- President of NGOs titled “Society of education Health and training working in Lucknow.
- Represented in inter and intra University Cricket tournaments.
- Represented in inter and intra University Football tournaments.
- Winner captain of University Cricket tournaments in 2005.
- Winner captain of University Football tournaments in 2005.

### Personal Data

Father’s Name : Jamal Khan  
 Permanent Address : Near Jiger Inter College Faizabad Road Bypass Gonda,  
 (U.P.) -27001  
 Nationality : Indian  
 Marital status : Married  
 Date of Birth : 16-07-1981.  
 Languages known : English, Hindi and Urdu.