

## ***CURRICULUM VITAE***

***Dr. Saravanan M., PT***

***Associate Professor & Principal In-charge,***

***The Sarvajanic College of Physiotherapy,***

***Chhada-Ole, Rampura, Surat-395003, Gujarat***

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### ***Educational Qualification***

- ✓ Graduation (1999) from T N Dr. M. G. R Medical University, Chennai, TamilNadu
- ✓ Post-Graduation in Sports Physiotherapy (2003) from Guru Nanak Dev University, Amritsar, Punjab
- ✓ Pursuing PhD from S. P. University, Vallabh Vidyanagar, Gujarat

### **13 years of academic experience**

- ***Worked as Lecturer at*** Shree Devi College of Physiotherapy, Mangalore, under Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka.
- ***Worked as Lecturer at*** The Sarvajanic College of Physiotherapy under Veer Narmad South Gujarat University, Surat, Gujarat
- ***Promoted as Senior Lecturer at*** The Sarvajanic College of Physiotherapy under Veer Narmad South Gujarat University, Surat, Gujarat
- ***Promoted as Associate Professor at*** The Sarvajanic College of Physiotherapy under Veer Narmad South Gujarat University, Surat, Gujarat
- Presently ***working as Principal In-charge and Associate Professor at*** The Sarvajanic College of Physiotherapy under Veer Narmad South Gujarat University, Surat, Gujarat

### ***Conferences attended***

#### **International Conferences:**

- ***World Confederation for Physical Therapy (WCPT) Congress 2015*** – Singapore, 1<sup>st</sup> – 4<sup>th</sup> May 2015
- ***3<sup>rd</sup> RECOUP International Conference on Ergonomics 2014*** – RECOUP Neuromuscular Rehabilitation Center, Bangalore, 1<sup>st</sup> – 3<sup>rd</sup> August 2014
- ***2<sup>nd</sup> International Conference on Evidence Based Education System (EBES)*** - Sumandeep Vidyapeeth University, Piparia, Vadodara, 21<sup>st</sup> & 22<sup>nd</sup> June 2014

- ***International Conference on Emerging Trends in Chemical, Biological, Physical and Life Sciences*** - Bangkok, 17<sup>th</sup> & 18<sup>th</sup> May 2013
- ***International Conference on Evidence Based Education System (EBES)*** - Sumandeep Vidyapeeth University, Piparia, Vadodara, 28<sup>th</sup> & 29<sup>th</sup> March 2011
- ***The 12<sup>th</sup> Asian Federation of Sports Medicine Congress*** - Guru Nanak Dev University, Amritsar, 5<sup>th</sup> & 6<sup>th</sup> December 2009
- ***Asian Conference of Alternative Medicine*** – Chennai, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> July 1998

National and State Level Conferences:

- ✚ ***53<sup>rd</sup> Annual Conference of the Indian Association of Physiotherapists*** – Shimla, 20<sup>th</sup> – 22<sup>nd</sup> March 2015
- ✚ National Physiotherapy Conference ***“PHYSIO SUMMIT”*** - Parul Institute of Physiotherapy & Ahmedabad Physiotherapy College, Vadodara, 19<sup>th</sup> & 20<sup>th</sup> December 2014
- ✚ National Conference on Orthopedic Rehabilitation ***“CONOR-2013”*** – SBB College of Physiotherapy, Ahmedabad, 7<sup>th</sup> & 8<sup>th</sup> December, 2013
- ✚ National Physiotherapy Conference ***“PHYSIO SUMMIT”*** - Parul Institute of Physiotherapy & Ahmedabad Physiotherapy College, Vadodara, 22<sup>nd</sup> & 23<sup>rd</sup> November 2013
- ✚ ***7<sup>th</sup> GUJSTATE CONPHYCS-2013*** - CHARUSAT Campus, Changa, 18<sup>th</sup> & 19<sup>th</sup> October 2013
- ✚ ***6<sup>th</sup> GUJSTATE CONPHYCS-2012*** - C U Shah Physiotherapy College, Surendranagar, 2<sup>nd</sup> & 3<sup>rd</sup> November 2012
- ✚ ***5<sup>th</sup> GUJSTATE CONPHYCS - 2011*** - SBB College of Physiotherapy, V. S. Hospital, Ahmedabad, 14<sup>th</sup> & 15<sup>th</sup> October 2011
- ✚ ***4<sup>th</sup> GUJSTATE CONPHYSCS-2010*** - Shri Babubhai Girdharbhai Patel Physiotherapy College, Anand, November 2010
- ✚ ***2<sup>nd</sup> GUJSTATE CONPHYSCS - 2008*** - Swami Narayan College of Physiotherapy, Surat, September 2008
- ✚ ***Silver Jubilee Congress of Indian Association of Sports Medicine*** – Guru Nanak Dev University, Amritsar, 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> December 2003
- ✚ ***24<sup>th</sup> Annual Conference of Indian Association of Sports Medicine*** – Banaras Hindu University, Varanasi, 15<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup> March 2003
- ✚ ***40<sup>th</sup> Annual Conference, Indian Association of Physiotherapists*** – Indore, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> February 2002
- ✚ ***1<sup>st</sup> Annual Conference of Punjab Branch of Indian Association of Physiotherapists*** – Jalandhar, 12<sup>th</sup> & 13<sup>th</sup> January 2002
- ✚ ***State Level Conference*** - Para Med Rehab Con '98, Chennai, 1<sup>st</sup> & 2<sup>nd</sup> March 1998
- ✚ ***State Level Conference*** – STRIDE '98, Chennai, 25<sup>th</sup>, 26<sup>th</sup> & 27<sup>th</sup> July 1998
- ✚ ***Tamil Nadu Inter Physiotherapy Students and Staff Meet*** - 22<sup>nd</sup> & 23<sup>rd</sup> August 1997

### Seminars / CMEs and Courses attended

- ✓ Workshop on "**Kinesiology Taping**" – Kinesiology Taping Association International, Mumbai, 20<sup>th</sup> & 21<sup>st</sup> June 2015
- ✓ Pre Congress Workshop on "**Sports and Therapeutic Taping Techniques: An Evidence Informed Approach**", World Confederation for Physical Therapy (WCPT) Congress, Singapore, 1<sup>st</sup> May 2015
- ✓ Workshop on "**McConnell Spine, Lower and Upper Quadrant Courses**" - Ahmedabad, 18<sup>th</sup>, 19<sup>th</sup> & 20<sup>th</sup> November 2014
- ✓ Post Conference Workshop on "**TEST THE TEST – Practical Interdisciplinary Course in Reproducibility Studies**" – 3<sup>rd</sup> RECOUP International Conference on Ergonomics 2014, RECOUP Neuromuscular Rehabilitation Center, Bangalore, 4<sup>th</sup> August 2014
- ✓ Workshop on "**Soft Tissue Release**" - PHYSIO SUMMIT - Parul Institute of Physiotherapy & Ahmedabad Physiotherapy College, Vadodara, 22<sup>nd</sup> & 23<sup>rd</sup> November 2013
- ✓ Workshop on "**Multivariate Analysis**" - Dept. of Human Resource Development, Veer Narmad South Gujarat University, Surat, 12<sup>th</sup> October 2013
- ✓ "**Certificate Course in SPSS**" - Dept. of Human Resource Development, Veer Narmad South Gujarat University, Surat. **(Only participant out of 24 to get certified with "A" Grade)**
- ✓ National Workshop on "**Evidence Based Decision Making**" - Sumandeep Vidyapeeth University, 19<sup>th</sup> and 20<sup>th</sup> March 2012
- ✓ CME on "**Rehabilitation in TKR and Gait Analysis**" - Surat, 7<sup>th</sup> January 2012
- ✓ Workshop on "**Research Methodology and Basics of Bio-Statistics**" - Central Research Services (CRS), Charutar Arogya Mandal, Karamsad, 26<sup>th</sup> and 27<sup>th</sup> November 2011
- ✓ Hands on Workshop on "**An Introduction to Brian Mulligan's Concepts- MWM, NAGS and SNAGS**" - Ahmedabad, 27<sup>th</sup> and 28<sup>th</sup> August 2011
- ✓ Workshop on "**Colloquium Programme for Principals**" - Knowledge Consortium of Gujarat, Veer Narmad South Gujarat University, Surat, 24<sup>th</sup> August 2011
- ✓ Hands on workshop on "**Basic Course Kinesiology Taping**" - K-Active Association, Mumbai, March 22<sup>nd</sup> and 23<sup>rd</sup> 2011
- ✓ Workshop on "**Mission Mode Implementation Training Programme**" - Knowledge Consortium of Gujarat, Veer Narmad South Gujarat University, Surat, 17<sup>th</sup> & 18<sup>th</sup> December 2010
- ✓ Workshop on "**NMEICT**" - Knowledge Consortium of Gujarat, Veer Narmad South Gujarat University, Surat, 7<sup>th</sup> September 2010
- ✓ Workshop on "**Laboratory Diagnosis, Physical Therapy and Comprehensive Management of Hemophilic Patients**" - KEM Hospital, Mumbai, 18<sup>th</sup> June 2010
- ✓ Continuing Medical Education on "**Current Rehabilitation Trends in Spastic Cerebral Palsy**" – Surat, March 28<sup>th</sup> 2010

- ✓ Workshop on "*Osteoarthritis Management*" - Surat, 4<sup>th</sup> March 2010
- ✓ State Level Seminar on "*21<sup>st</sup> Century Guru*" – Surat, 5<sup>th</sup> February 2010
- ✓ Workshop on "*AFSM Kinesiology Taping and Mulligan's Concept*" – Asian Federation of Sports Medicine, Amritsar, 3<sup>rd</sup> & 4<sup>th</sup> December 2009
- ✓ Hands on Workshop on "*Introduction of Basic NDT and its Therapeutic Application in Cerebral Palsy and Children with Neuro-developmental disorders*" – Surat, 7<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> November 2009
- ✓ Continuing Physiotherapy Education on "*Yoga & Rehabilitation – A Scientific Approach*" – Surat, 15<sup>th</sup> & 16<sup>th</sup> March 2008
- ✓ "*One Small Step – A CME on Gait and Motion Analysis*" – Mumbai, 16<sup>th</sup> & 17<sup>th</sup> September 2006
- ✓ One day Seminar-Cum-Workshop on "*Quality Assurance in Higher Education: Assessment and Accreditation of Colleges*" - Surat, 6<sup>th</sup> March 2006
- ✓ Hands on workshop on "*Mulligan's Concept course*" – Baroda, November 2004
- ✓ State level Workshop on "*Teaching & Evaluation*" – Surat, 11<sup>th</sup> & 12<sup>th</sup> January 2004
- ✓ Orientation Seminar on "*Electro Therapeutics in Medical Practice*" – Amritsar, 16<sup>th</sup> February 2003
- ✓ Continuing Medical Education on "*Assessment & Management of Hemiplegia*" – Dharwad, 1<sup>st</sup> April 2001
- ✓ "*Post Graduate Course in Exercise Physiology, Sports Physiotherapy and Sports Medicine*" – under IAP, Aurangabad, 26<sup>th</sup> to 30<sup>th</sup> October 1999
- ✓ "*Post Conference course on Osteopathic techniques*" – Chennai, 27<sup>th</sup> July 1998

#### **Invited Lectures/Seminars and Workshops as Resource Person / Speaker**

- ✚ Scientific lecture on "*Core – The Concepts*" at *53<sup>rd</sup> Annual Conference of the Indian Association of Physiotherapists* – Shimla, 20<sup>th</sup> – 22<sup>nd</sup> March 2015
- ✚ Workshop on "*Taping Techniques: Basic Application in Therapy*", "*PHYSIO SUMMIT*" - Parul Institute of Physiotherapy & Ahmedabad Physiotherapy College, Vadodara, 17<sup>th</sup> & 18<sup>th</sup> December 2014
- ✚ Scientific lecture on "*Taping in Patellofemoral Pain Syndrome*" at National Conference on Orthopedic Rehabilitation "*CONOR-2013*" – SBB College of Physiotherapy, Ahmedabad, 7<sup>th</sup> & 8<sup>th</sup> December, 2013
- ✚ Scientific lecture on "*Core – The Concepts*" at "*PHYSIO SUMMIT*" - Parul Institute of Physiotherapy & Ahmedabad Physiotherapy College, Vadodara, 22<sup>nd</sup> & 23<sup>rd</sup> November 2013
- ✚ Scientific Lecture on "*Functional Performance Testing in Sports*" at CONPHYCS '13, CHARUSAT Campus, Changa, 19<sup>th</sup> October 2013
- ✚ Seminar on "*Taping Techniques in Therapy*" at SEMFEST '13, Surat, March 2013
- ✚ Workshop on "*Research Methods for Beginners: A Step by Step Practical Guide to develop your research project*", with Dr. Sagar Naik, Surat, January 2013

- ✚ Scientific Lecture on "*Ergonomics for Physiotherapists*" at CONPHYCS '12, organized by C U Shah College of Physiotherapy, Surendranagar, 2012
- ✚ Inaugural Lecture on "*Physiotherapy - Today & Tomorrow*" at SIAP, Surat, January 2012
- ✚ Scientific Lecture on "*Therapeutic Taping: Trends and Recent Advances*" at CONPHYCS '11, organized by SBB College of Physiotherapy, V. S. Hospital, Ahmedabad, October 2011
- ✚ Workshop on "*Taping Techniques: Basic Application in Therapy*", Surat, August, November 2011 & April 2012
- ✚ Seminar on "*Journal Club: Introduction and Guidelines for Presentation*" - The Sarvajanic College of Physiotherapy, Surat, June 2011
- ✚ Lecture on "*Geriatric Health Concerns and Fitness*" - Gangeshwar Club for Senior Citizens, Surat, March 2010
- ✚ Lecture on "*Importance of Health and Fitness among youth*" - Sir P.T. Science College, Surat, January 2010
- ✚ Invited to discuss in a *Panel Discussion* on syllabus of different universities of Gujarat at CONPHYCS '08, organized by Swaminarayan College of Physiotherapy, Kadodara, Surat, September 2008
- ✚ Seminar on "*Fitness: Basic assessment procedures*" - The Sarvajanic College of Physiotherapy, Surat, April 2007
- ✚ Lecture on "*Chikunguniya and its management*" - Indian Association of Physiotherapists, Surat Branch, September 2006

#### **Awards & Honors**

- ✚ Presented with "*Scroll of Honor*" in appreciation and recognition of valuable contribution and total dedication towards the promotion of specialty of Physiotherapy services and education, at *53<sup>rd</sup> Annual Conference of the Indian Association of Physiotherapists* – Shimla, 20<sup>th</sup> – 22<sup>nd</sup> March 2015
- ✚ Received Jury's "*Best Paper Award*" - at 3<sup>rd</sup> RECOUP International Conference on Ergonomics 2014 – RECOUP Neuromuscular Rehabilitation Center, Bangalore, 1<sup>st</sup> – 3<sup>rd</sup> August 2014

#### **International Presentations**

- "*Prevalence, Job risk factors and coping strategies of Work Related Musculoskeletal Disorders among Physiotherapists in Surat – India*" at 3<sup>rd</sup> RECOUP International Conference on Ergonomics 2014 – RECOUP Neuromuscular Rehabilitation Center, Bangalore, 1<sup>st</sup> – 3<sup>rd</sup> August 2014

- ***“Isokinetic characteristics of Quadriceps and Hamstrings in Athlete and Non-athletes at different angular velocities”*** at the International Conference on Emerging Trends in Chemical, Biological, Physical and Life Sciences - Bangkok, 17<sup>th</sup> & 18<sup>th</sup> May 2013
- ***“Effect of Bilateral upper limb exercise on Blood pressure among prehypertensive and normotensive Indian Adolescents”*** at the International Conference on Emerging Trends in Chemical, Biological, Physical and Life Sciences - Bangkok, 17<sup>th</sup> & 18<sup>th</sup> May 2013

#### **Research Papers presented in National Conferences**

- ***“Comparison of Concentric Isokinetic Peak force of Quadriceps and Hamstrings using KIN-COM Isokinetic dynamometer at different angular velocities”*** at the 24<sup>th</sup> Annual Conference of Indian Association of Sports Medicine, held at Banaras Hindu University, Varanasi on 15<sup>th</sup> – 17<sup>th</sup> March 2003
- ***“Comparison of Quadriceps to Hamstrings ratio (Q/H ratio) among sports persons and its effect on concentric force production using KIN-COM Isokinetic dynamometer at different angular velocities”*** at the Silver Jubilee Congress of Indian Association of Sports Medicine – Guru Nanak Dev University, Amritsar, 7<sup>th</sup> December 2003
- ***“Training effects on the efficiency of peak concentric force production in Quadriceps measured isokinetically”*** at the 1<sup>st</sup> Annual Conference of Punjab Branch of Indian Association of Physiotherapists, held at Jalandhar on 12<sup>th</sup> – 13<sup>th</sup> January 2002

#### **Publications as Author/Co-author**

- **Saravanan M.** Isokinetic characteristics of Quadriceps and Hamstrings in Athlete and Non-athletes at different angular velocities. Intl J Multidisc Res 2013; 2(1): 7-10, ISSN: 2277-9302
- **Saravanan M,** Arva B, Nupoor U, Seema D, Shalini D, Uma S. Effect of Bilateral upper limb resisted exercise on Blood pressure among prehypertensive and normotensive Indian Adolescents. Intl J Multidisc Res 2013; 2(1): 25-31, ISSN: 2277-9302
- **Saravanan Murugan,** Dhrumika Patel, Kinjal Prajapati, Madhuri Ghoghari, Pranjali Patel. Grip strength changes in relation to different body postures elbow and forearm positions. Int J Physioth Res 2013; 1(4): 93-98, p ISSN: 2321-8975, e ISSN:2321-1822
- **Saravanan M.,** Rangwala MT, Deepti S., Oves P., Prerana S., Rajiv L., Ravi S., Thangamani A. Prevalence of Anthropometric and Blood Pressure related Health issues in school going children from Surat city, India. International Journal of Health Sciences and Research 2013; 3(11): 18-23, ISSN: 2249-9571
- Prerana S, **Saravanan M,** Seema TK. Health related Fitness components of female Physiotherapy students - An Institution based Pilot study. Intl J Multidisc Res 2013; 2(1): 14-18, ISSN: 2277-9302
- Oves Patni, **Saravanan M.,** Aliya Sheikh, Ankita Juneja, Nazrana Sheikh, Ruchi Patel. Effects of single bout of passive stretching and Mulligan's Bent Leg Raise (BLR) on Hamstring flexibility in young adults with asymptomatic bilateral Hamstring tightness.

### **Additional Responsibilities**

- ✚ Peer reviewed original research articles for BMC
- ✚ As paper setter/evaluator/examiner for B. PT examinations at Veer Narmad South Gujarat University, Gujarat University, MAHE University, Rajiv Gandhi University of Health Sciences, S. P. University, Sumandeep Vidyapeeth University, Charotar University of Science and Technology and Saurashtra University.
- ✚ As paper setter/evaluator/examiner for M. PT examinations at Gujarat University, Devi Ahilya University, Sumandeep Vidyapeeth University, S. P. University and Saurashtra University.
- ✚ **Recognized PG teacher** – Veer Narmad Chairman South Gujarat University, Surat
- ✚ Presently, **Chairman - Board of Studies in Physiotherapy**, Faculty of Medicine, Veer Narmad South Gujarat University, Surat.
- ✚ Editor - in - Chief **SCOP(E) - A Physiotherapy Outlook**, a quarterly newsletter published under The Sarvajanik College of Physiotherapy, since 2011
- ✚ **PHYSIOINQUEST** - A State level Physiotherapy Quiz Competition was initiated in 2011 and continuing
- ✚ Initiated **SEMFEST** - Seminar festival for Physiotherapy students organized under The Sarvajanik College of Physiotherapy.

### **Associated with**

Indian Association of Physiotherapists (MIAP) - **L-5716**

Indian Association of Sports Medicine (MIASM) - **PY-476**

Indian Society of Ergonomics (MISE) - **L 388**

International Association for Academician and Researchers (INAAR) - **637**

### ***Declaration***

I declare hereby that the above furnished details are true to the best of my knowledge.

**(Saravanan M.)**