

Profile	Nagaraj S Professor / Vice - Principal Padmashree Institute of Physiotherapy
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Summary-Career History / Work experience		
Dates	Employer	Title of Post
01.10.2009 – 30.09.2011	Padmashree Institute of Physiotherapy	Asst.Professor
01.10.2011 – 30.09.2016	Padmashree Institute of Physiotherapy	Associate Professor
01.10.2016 – Present	Padmashree Institute of Physiotherapy	Professor

Summary-Previous - Career History / Work experience		
Dates	Employer	Title of Post
01.08.2006 – 30.09.2009	Birla Institute of Medical Research, Gwalior M.P.	Asst. Professor
01.04.2006 – 30.07.2006	Narayana Hrudayalaya, Bangalore	Senior Physiotherapist

Summary-Educational Achievements				
Date	Educational Institution	Conferring Body	Course of Study	Qualification Achieved
01.08.2019	Nitte Institute of Physiotherapy	Nitte (University) Mangalore	PhD	On Going
2005	The Oxford College of Physiotherapy	RGUHS	2 Years	M.P.T
2003	VIMS	NTRUHS	4.5 Years	B.P.T

ADDITIONAL INFORMATION
<p>Board of Studies Member – UG BPT RGUHS, Bangalore.</p> <p>Board of Studies Member – UG BPT, SVYASA University Bangalore. Reviewer of various National and International Journals.</p> <p>Dy. Chief Superintendent of Examination, Centre: Padmashree Group of Institutions, Rajiv Gandhi University of Health Sciences, Bangalore. (Nov 2014 – till date)</p> <p>Scientific Committee member for various Conferences and Workshops (2017 – till date)</p>

Awards & Recognitions

Conferred with the Significant Contribution to Physiotherapy during PHYSIOACCORD 2014 National Physiotherapy Conference organized by Karnataka State Physiotherapists on 17 January 2014

Conferred with the Significant Contribution Award in recognition of the work done to promote the physiotherapy profession, at the 52th annual conference of the Mangalore Physiocon held at Mangalore in 2023.

Books Authored

Authored a Chapter on Post Covid Complications – The Long Haul How India coped with the second wave of Covid-19

<https://www.cambridgescholars.com/product/978-1-5275-1515-4/>

Journal Publication/ Articles Published

1. Sibbala N, Kumar Ku D, Aaron P. A systematic review protocol for chronic low back pain subjects with respiratory muscle involvement. Available at SSRN 4422328. 2022 Nov 20.
2. Nagaraj S, Kumar KD, Aaron P. Role of diaphragmatic breathing exercise in the rehabilitation of chronic low back ache. Asian Journal of Pharmaceutical Research and Health Care. 2023 Apr 1;15 (2):204-6.
3. Vyas A, Sibbala N. Correlation between lumbo-sacral angle and proprioception in subjects with chronic low back pain. Asian Journal of Medical Research & Health Sciences (A-JMRHS). 2023 Nov 1;1(1):16
4. Shraddha S, Nagaraj S. Dosimetry and effect of talocrural thrust manipulation on the range of motion in subjects with chronic ankle instability. International Journal of Academic Medicine. 2023 Oct 1;9(4):209-15.
5. Shyama S, Nagaraj S. Effect of Stabilization Exercises on Craniovertebral Angle and Cervical Range of Motion among Visual Display Users with Forward Head Posture. Bulletin of Rehabilitation Medicine. 2023 Dec 26;22(5):48-53.
6. Gorajjiya KS, Nagaraj S. Effect of Craniocervical Flexor Training on Pain, Strength, and Quality of Life in Subjects with Chronic Neck Pain. Indian Journal of Physical Therapy and Research. 2023 Jul 1;5(2):140-7.
7. Rathnayake JM, Sibbala N. Contralateral Neurodynamic Technique Versus Passive Accessory Intervertebral Movements on Pain and Range of Motion in Subjects with Sciatica. Indian Journal of Physiotherapy & Occupational Therapy Print-(ISSN 0973-5666) and Electronic-(ISSN 0973-5674). 2022 Apr 13.
8. Agarwal N, Sibbala N, Babu A. Vibration foam rolling versus non-vibration foam rolling as a warm-up exercise on performance in collegiate athletes.
9. Goswami K, Sibbala N. Impact of Smartphone Usage on Quality of Treatment Provided by the Physiotherapists and the Physiotherapy Interns in Out Patient Department. Int J Cur Res Rev| Vol. 2022 Apr;14(08):6.
10. Sharma S, Pearlson K, Nagaraj S. Impact of hamstring flexibility on functional performance of collegiate football players. International Journal of Yogic, Human Movement and Sports Sciences 2022; 7(1): 83-86
11. Mujawar IA, Nagraj S, Aaron P. Impact of Load on Craniovertebral Angle in Construction Workers: A Correlational Study. RGUHS Journal of Physiotherapy. 2021;1(1).
12. Singh AK, Nagaraj S, Palikhe RM, Neupane B. Neurodynamic sliding versus PNF stretching on hamstring

flexibility in collegiate students: a comparative study. Int J Phys Educ Sports Health. 2017;1(1):29-33.

13. Elbkheet SA, Mallikarjunaiah HS, Nagaraj S. Mulligan mobilization versus stretching on the management of piriformis syndrome a comparative study. International journal of physiotherapy. 2016 Jan 1;3(2):222-7.
14. Sah MK, Nagaraj S, Pearson K. Gong's mobilization versus cyriax manipulation on range of motion and function recovery in subject with frozen shoulder-a comparative study. International Journal of Development Research. 2017 Apr 19;7:13260-8.
15. Sharma, Anshul Babu and Sibbala, Nagaraj and Agarwal, Nidhi, Effect of CricFit Intervention Program on Throwing and Running Performance in Non-Elite Adolescent Cricket Players (February 10, 2022). International Journal of Physical Education, Sports and Health 2022; 9(2): 07-13, Available at SSRN: <https://ssrn.com/abstract=4396634>
16. Sarkar A, Sibbala N. Examining Sensory-motor Training Versus Impairment-based Training on Pain and Function in Subjects With Knee Osteoarthritis. Physical Treatments-Specific Physical Therapy Journal. 2022 Apr 10;12(2):103-12.

CME & Conferences

1. Attended in the RVPG CON – 2024 1st National Physiotherapy PG Convention held on 16 & 17 Feb 2024 at Bangalore, Karnataka, India
2. Participated in Nitte Physio Panacea 2022 conducted by Nitte Institute of Physiotherapy Deralakatte Mangalore.
3. Participated in Mangalore Physiocon 2023 conducted by Indian Association of Physiotherapists at TMA PAI Hall Mangalore during March 2023
4. Attended Nitte Physio Con organized by Nitte institute of Physiotherapy held at Mangalore from 27 – 28 January 2015.
5. Attended in the 48th Annual Conference of The Indian Association of Physiotherapists (Member of World Confederation for Physical Therapy) held on 22, 23 & 24 January 2010 at Mangalore, Karnataka, India

Resource Person / Invited Lectures

1. Resource person for the workshop on Cumulative Trauma Disorders in Physiotherapy at Padmashree Institute of Physiotherapy, Bangalore on November 2012.
2. Resource person for the workshops on Spinal Radiology (Lumbar Spine) in Physiotherapy at Padmashree Institute of Physiotherapy, Bangalore on August 2013.
3. Resource person for the workshop on Ergonomics at Padmashree IKON College of Nursing, Bangalore on August 2015.

Dissertation Guided :

50 + Dissertations have been guided postgraduate students under Rajiv Gandhi university of health sciences. Bangalore Karnataka

Roles and Responsibilities:

Creating syllabi, developing lesson plans, conducting lectures, leading discussions, and organizing practical demonstrations. They also contribute to curriculum development to ensure alignment with industry standards and best practices.

Engaging in research activities to advance the field of physiotherapy. which includes conducting research, publishing papers in peer-reviewed journals, presenting findings at conferences, and applying for research grants to fund projects (UG / PG) and also supervise graduate students' research and guide them through the process of academic publication.

Include clinical placements or internships. Professors oversee students during these practical experiences, providing guidance, feedback, and evaluation. They also serve as mentors to students, offering career advice, academic support, and professional development opportunities.

As an administrative roles within the academic departments or institutions. Serving on committees, participating in faculty meetings, and contributing to strategic planning initiatives.

Broader physiotherapy community through professional service and outreach activities. Which includes serving on professional organizations' boards or committees, participating in community health initiatives, and providing continuing education workshops for practicing physiotherapists.

As a Professor uphold ethical standards and professional conduct within their teaching, research, and clinical practice. promoting integrity, honesty, and respect for diversity among students, colleagues, and patients.