

CURRICULUM VITAE

Prof. DR.ANAND MISRA (P.T.)

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Current Status:

- Working as Professor/ Principal in Dept. of Physiotherapy Indore Institute of Medical Sciences.
- Director, Move on Physiotherapy, sports injury and rehabilitation centre.
- Consultant Ashthimya Spine & Sports injury clinic.
- External Examiner for Ph.D in Saveetha University Chennai
- External Examiner for Ph.D in Pravara Institute of Medical Sciences, Loni.
- External Examiner for Ph.D in D.Y.Patil Vidhyapeeth , Pune
- Reviewer for Ph.D in lovely Professional university.
- Chairman Research committee Sri Aurobindo college of Nursing.
- Member IQAC cell for NAAC at Sri Aurobindo college of Dentistry.
- Member Board of studies Madhya Pradesh Medical Science University Jabalpur.
- Member Board of Studies Devi Ahilya Vishwavidhyalaya Indore.
- Editorial Board member, Journal Indian association of physiotherapy.
- National Treasurer, Indian Association of Physiotherapists.
- Member Exam Panel and paper setter in Madhya Pradesh University of Health Sciences, Jabalpur.
- Member Exam Panel and paper setter in Devi Ahilya Vishwavidhyalaya Indore.
- Member Exam Panel and paper setter in Jiwaji University Gwalior.
- Member Exam Panel and paper setter in Barkatulla University Bhopal.
- Member Exam Panel and paper setter Vikram University Ujjain.
- Member Exam Panel and paper setter Baba Fareed university, Punjab.
- Member Exam Panel and paper setter Manipal Academy of Higher Education.

- Member Exam Panel and paper setter Maharashtra University of Health Sciences.
- Member Exam Panel and paper setter People's University Bhopal.
- Member Exam Panel and paper setter Rajasthan University of Health Sciences
- Member Exam Panel and paper setter Rajiv Gandhi University of Health Sciences, Karnataka.
- Member Exam Panel and paper setter Pravara institute of medical sciences Loni Maharashtra.
- Member Exam Panel and paper setter Sardar Patel University, Anand Gujrat.
- Consultant Physiotherapist Bhandari Hospital And Research Centre a 200 bed multispeciality Hospital .
- Consultant Physiotherapist Sri Aurobindo Institute of Medical sciences and PG institute (1100 bed super specialty Hospital and Medical College) Indore.

ACADEMIC QUALIFICATION

1. Ph.D from Devi Ahilya Vishwa Vidhyalaya Indore

“Effect of core stability exercises in enhancing the performance of fast bowlers and its effectiveness in preventing back injuries.”

2. Master in Physiotherapy (Orthopedics)

From Indore Institute of Medical Sciences, Indore.

Measurement of Lumber multifidus cross sectional area by Real time Ultrasonography in normal subjects & subjects with low back pain – A cross sectional observational study.

3. Bachelor in Physiotherapy:

From Indore Institute of Medical Sciences, Indore Secured 7th position in university merit in Bachelor of Physiotherapy (DAVV, INDORE)

4. Certificate in Manual Therapy

Paper Published-

1. *Effect of virtual reality versus conventional therapy on static and dynamic imbalance in stroke patients – A comparative study.*

Dr. Anand Misra, Dr. Deepti Garg , Dr. Anuja Sharma, Dr. Subhash Garg , Indian journal of physical therapy and rehabilitation ISSN 2248-9460, Vol-8, issue 1, june 2019 p5-15

2. ***Effect of euhydration and hypohydration on heart rate recovery in young university athlete.***
Dr. Ronald Bhan, Dr. Anand Misra, Dr. Arun Mozhi, , Dr. Shid Dhar, , Indian journal of physical therapy and rehabilitation ISSN 2248-9460, Vol-8, issue 1, June 2019 P1-4
3. ***“ A comparative study of efficacy of vestibular exercises in BPPV”***
Shenal Kothari, Mishra Anand et al, Physiotherapy-The Journal of Indian Association of Physiotherapists ISSN 0973-6549, Vol 10, Issue 1, Oct 2013 p
4. ***A comparative study of gait characteristics in adolescent children with and without visual impairment.***
Aruna Ravipati, Mewada Shyam , Kumar Vijay D, Mishra Anand, Physiotherapy- The Journal of Indian Association of Physiotherapists ISSN 0973-6549, VOL 10, Issue 1, Oct 2013 p
5. ***Effect of manual therapy versus conventional therapy in patient with plantar fasciitis – A comparative study***
Shashwat Prakash, Anand Mishra International journal of physiotherapy & research, ISSN 2321-1822 Int J Physiother Res 2014, Vol 2(1): p378-82,
6. ***Study of effectiveness of corticosteroid injection in frozen shoulder.***
Dr. Pradeep Chaudhary, Dr. Anand Mishra, (Scientific research journal of India ISSN 2277-1700, VOL 3, ISSUE 1 , 2014 P 58-69
7. ***Effect of Pre-feeding oral stimulation program on pre term infants to accelerate Transition from nasogastric feed to oral feed along with decreased hospital stay.***
Aditi Desai, Anand Misra, Pragati Desai, Physiotherapy- The Journal of Indian Association of Physiotherapists ISSN 0973-6549, Vol 10, Issue 1, Oct 2013 p22-30
8. ***The Effect of Core Stability Training On Balance And Agility In Young Cricket Players.***
Anand Misra, Gulshan Jain, Dr. M.I. Quraishi, Physiotherapy- The Journal of Indian Association of Physiotherapists ISSN 0973-6549, Vol 10, Issue 1, Oct 2013 p12-21
9. ***Comparative study on effectiveness of maitland mobilization technique versus muscle energy technique in shoulder adhesive capsulitis.***
Shah Atika Suri, Misra Anand, Indian journal of Physiotherapy & occupational therapy ISSN 0973-566 Vol 7 Issue 4, oct-Dec 2013 p1-6
10. ***Effectiveness of the exercises in Primary Dysmenorrhoea in college aged females***
Misra Anand, Pandit Mansi Baba Fareed university physiotherapy journal vol 1 number 2, 2013, p 21-28
11. ***Effect of Exercise in cervical postural deviation due to back pack in school children.***
Anand Misra, Megha Nigam, Jagatheesan Alagesan, International journal of current research , Vol 4 issue 8 Aug 2012 p146-149

12. ***Comparison of the lung functions in traffic policemen vs control.***
Rajni Pawar, Anand Misra, Abha Kalia et al, Indian journal of physical therapy and rehabilitation ISSN 2248-9460, Vol-5 ,issue 1, June 2016 p11-17
13. ***Effect of pelvic floor muscle training on pelvic organ prolapse.***
Anand Misra, Rakhi Shiv Kumar, Indian journal of physical therapy and rehabilitation ISSN 2248-9460, Vol-5 ,issue 1, June 2016 p52-7
14. ***Effect of Iliotibial band tightness in lowback pain patients- A cross sectional study***
Anand Misra, Priyanka Tiwari, Jagatheesan Alageasan , Physiotherapy-The Journal of Indian Association of Physiotherapists ISSN 0973-6549, Vol 10, Issue 1, Oct 2013 p10-
15. ***Measurement of lumbar multifidus by real – time ultrasound imaging in indian women with and without low back pain.***
(45 th Annual National Conference of Indian Association of Physiotherapist, Kolkata)
16. ***A comparative study on the efficacy of scapular stabilizing exercises in the management of shoulder impingement syndrome.***
(45 th Annual National Conference of Indian Association of Physiotherapist, Kolkata)
17. ***Comparison of different modes of strengthening on the functional carry over among geriatric population.***
(45 th Annual National Conference of Indian Association of Physiotherapist, Kolkata)
18. ***A comparative study of dynamic lumbar stabilization training over conventional strength training in chronic low back pain.***
(National Conference of Indian Association of Physiotherapist)

ACHIEVMENTS :

1. Received **Fellowship Award, The Indian Association of Physiotherapist 2019.**
2. Received **Physio Vibhushan Award** at 3rd International conference 2019 , organized by Janardan rain agar rajasthan vidhyapeeth Udaipur.
3. Received **Swabhiman Samman** at 1st State conference of physiotherapists-2019, organized by Bhopal branch of IAP.
4. **Received Physio Ratna Award** at Ist International conference organized by IAP Aligarh Branch- 2018
5. **Received Best Speaker Award** at Ist International conference organized by IAP Aligarh Branch- 2018
6. Received **Highest State Distinction Award, 3rd TRIPCON Physio Forced 2017.**

7. Received **Physio Excellence Award** at 5th international conference, **AIIMS Delhi-2016**
8. Received **Physio State Excellence Award, Physiotherapist forum and IAP tripura Branch 2015**
9. Received **Physio Leadership Award at National congress of Physical Therapy , Ghaziabad- 2015**
10. Received **Physio State Excellence Award, Physiotherapist forum and IAP tripura Branch 2014**
11. **Received Best academician award** at international conference at Janartha rai nagar rajasthan vidyapeeth Udaipur.
12. **Organising Secretary** 1st Corporate conference of IAP at Indore.
13. **Organising Treasurer** 1st Professional Conference of IAP at Delhi
14. **Organising Secretary** 52nd Annual conference of IAP at Indore.
15. **Organising Treasurer** 50th, 51st , 53rd Annual conference of IAP.
16. **Organizing Chairman** 56th Annual Conference of IAP Agartala, Tripura.

PROFESSIONAL EXPERIENCE

1. Worked at various designations in **Indore Institute of Medical Sciences**, Indore since **may 2003**.
2. Working as a consultant physiotherapist in **Bhandari Hospital and research center** Indore .
3. Working as a consultant physiotherapist in **Shri Aurbindo Institute Of Medical Sciences** Indore .
4. Worked as a State Physiotherapist for **M.P. Cricket association**.
5. Ex-Consultant physiotherapist **State Bank of India**.
6. Worked as official Physiotherapist For Various State and national level events at Devi Ahilya vishwa vidhyalaya Indore
7. Worked as Official Physiotherapist for in **housesports events of Grasim Industries**.
8. Worked as Official Physiotherapist for **National Karate event**.
9. Worked in health camp at C.I.S.F training center Barwah (M.P.)
10. Worked as an intern in Bhandari hospital & research center, ESI hospital Indore.
11. Worked as an intern in Govt. medical college Nagpur .
12. Worked in the Health Mela Organized by M.P. Agrawal Samaj Shivpuri.
13. Worked in the BHRC Health Mela at Indore (2,3, & 4th Feb 2002).

14. Worked in Maa Amba Lions Physiotherapy Center Robert Nursing Home & Research center Indore
15. Worked in earthquake relief at Anjar (Gujrat).
16. Clinical experience & worked in various Department of ESI General Hospital Indore, which is a 300-bedded Government run Hospital.
17. Clinical experience & worked in various Department of Bhandari Hospital & Research Center as a Physiotherapy Student.
18. Ex – chairman board of studies DAVV Indore.
19. Ex – Member Academic council DAVV Indore.
20. Ex-Officer on Special duty Central valuation centre Devi Ahilya Vishwavidhyalaya Indore

WORKSHOP CONDUCTED :

Conducted workshops as resource person on “*core stability and sports conditioning*” –

1. Dolphin Institute of biomedical and natural sciences, Deharadun.
2. Bethel Institute of Physiotherapy, Bangalore.
3. Sri Aurobindo institute of medical sciences , Indore.
4. Institute of Applied Medicine and Research , Ghaziabad.

AREA OF INTEREST

- 1). Orthopedics Physiotherapy
- 2). Manual Therapy
- 3). Sports physiotherapy
- 4). Ergonomics
