

DR.NISHAT QUDDUS

Director and advisor of shama foundation

Master of Physiotherapy (Osteomyology), PhD pursuing

DCPTOT PT300

I.A.P Registration NoL16993

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PROFESSIONAL QUALIFICATION

PhD research is on “Effect of Exercise on Foot Posture, Ankle Muscle Strength, Range of Motion, Balance and Functional Performance in middle age Versus old age adults with Type 2 Diabetes

PROFESSIONAL CAREER AT A GLANCE:

23 years of experience as an academician and Physiotherapist.

SPECIAL RECOGNITION/EXPERT REPRESENTATIVE

1. Designed a common curriculum for both U.G and P.G physiotherapy courses as a member of Curriculum **Task Force Committee**, nominated by **Govt of India, Ministry of Health and Family Welfare** in 2014.
2. Served as an **official physiotherapist** in the **Common Wealth Games**, India 2010.
3. **Board of Studies external expert member** in Department of Physiotherapy, University of Science and Technology, Meghalaya, Department of Physiotherapy Noida International University,U.P
4. **Dissertation committee member** of ISIC, I.P University.

AWARDS/RECOGNITION/HONOUR

1. **Member of Curriculum Task Force Committee**-physiotherapy for curriculum designing, **nominated by Govt of India, Ministry of Health and Family Welfare** (nomination year 2014)
2. **Chief Editor of the Journal:** Indian Journal of Physiotherapy and Occupational Therapy, double blind peer reviewed and covered by Index Copernicus (Poland), Scopus and Google scholar.
3. **Received Significant contribution award- Academic** in the International Conference Physio Bharat Spine-Physiocon-2024 on 18th February 2024 at Radisson Hotel, Gurugram. Haryana .
4. **Received Women of Excellence (academic & clinics) award 2023** in 1st National Conference of the Indian Association of Physiotherapists Women Cell, on 6th August 2023

- at Constitution Club of India, New Delhi, organised by Indian Association of Physiotherapist.
5. 2nd Prize in the scientific paper (Title: “Unravel the new Horizon of Physiotherapy in India: Post COVID Era” in Senior category at National Physiotherapy Conference Physio Bharat 2022 on 19th June 2022, organised by Artemis hospital and K.R Mangalam University,Gurgaon
 6. Nominated as the **official Physiotherapist** in the **Common Wealth Games** held in India in 2010.
 7. **Received Women Empowerment appreciation award** in MG Physiocon National Physiotherapy conference at Mahatma Gandhi University of Medical Sciences and Technology, Jaipur on 13th-14th November 2022.
 8. **District Coordinator** of South Delhi zone of the **Indian Association of Physiotherapist Women Cell** since 2018.
 9. **Received Distinguish Service Award-Academic** in “acknowledgement of exemplary proficient contribution in Physical Therapy Profession towards the benefit of society” at National Physiotherapy Conference Physio Bharat 2022 on 19th June 2022, organised by Artemis hospital and K.R Mangalam University,Gurgaon.
 10. **Received Significant contribution in the field of Physiotherapy** from Indian Association of Physiotherapists (IAP) on the occasion of International Women’s day on 10th March 2022 at National Sports Club of India , New Delhi.
 11. **Received Significant contribution academic award** for higher academic contribution in the field of physiotherapy at Gurgaon Physiotherapy Association National Conference GPA CON 18 at GNH Hospital Gurgaon, Haryana on 8th April 2018.
 12. **Received Academic Excellence Award** for services and contribution in the field of Physiotherapy on 18th March 2017 at Gauhati Medical College &/ hospital Auditorium, Guwahati, Assam.
 13. **Received Academic Excellence Award** for higher academic contribution in the field of physiotherapy at Gurgaon Physiotherapy Association National Conference GPA CON 17 held on 9th April 2017 at World Laproscopic Hospital, Gurgaon, Haryana.
 14. 1st prize in **poster presentation** physiotherapy in non communicable diseases expanding horizon in rehabilitation 8th Sept 2014 on the occasion of World Physiotherapy day. Title: Physiotherapy in non-Communicable diseases.: Expanding Horizon in Rehabilitation
 15. Certificate of appreciation for dedicated **services and support to special Olympics Bharat** 25th -26th Feb 2014.

16. **Received Significant contribution award** for Physiotherapy profession at golden jubilee conference March, 2012 New Delhi at Sirifort Auditorium organized ` by national association, The Indian Association of Physiotherapists (IAP).

RESEARCH WORK/ BOOKS authored

1. **(PUBLISHED PAPER): more than 40 publications in scopus ,web of science and UGC care listed journal****ARTICLES IN MAGAZINE: 2 articles**
2. **One E book**

MEMBERSHIPS OF SCIENTIFIC BODIES

1. Registered practitioner under *Delhi Council of Physiotherapy and Occupational Therapy (DCPTOT)*, Registration No. PT300
2. Life Member of *Indian Association of Physiotherapists (IAP)*, Registration NoL16993

PROFESSIONAL CONTRIBUTION:

Invited in more than 80 various national & international CMEsconference/seminar/workshops as **resource person/faculty/ Keynote speaker**

Workshops / conferences/ camps/ webinar attended or organized More than 130.

OTHER ACADEMIC CONTRIBUTIONS

I have been as an Board of Studies member, Dissertation Committee members, examiner (Both practical &Theory) and paper setter for several Universities in the country, viz

- i. **Task force nominated member for the Physiotherapy curriculum development (Nominated by Govt of India)**
- ii. Examiner for University of Sciences & Technology, Meghalaya ,Utkal University, Orissa
- iii. Indraprastha University, New Delhi, DIPSR University, New Delhi, Jamia Millia Islamia University, New Delhi, Guru Nanak Dev University, Punjab,Barkatullah University, Madhya Pradesh., Maharishi Dayanand University, Haryana,Sikkim Manipal University, Sikkim, Integral University, Lucknow, U.P, Lovely Professional University, Jalandhar, Punjab, Manav Rachna International Institute of Research and Studies, Noida International University, Galgotia University.