

RESUME

GENERAL

Name of the candidate **Dr.Nainky Bhalla**

Date of Birth **02 Nov**

Father's Name **S. Jagjit Singh Bhalla**

Present Designation **Clinical physiotherapist**
Department of Physiotherapy,
Punjabi university, Patiala

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ACEDAMIC QUALIFICATION

Examination Passed	Name of Board/University	Year of Passing	Distinction if any
Ph.D (Physiotherapy)	RIMT university	2022	
MPT (Neuro)	HNB Garhwal University	2007	FIRST IN UNIVERSITY
BPT	DAVV Indore	2005	GOLD MEDALIST
Matric	CBSE	1998	
10 + 2	CBSE	2000	
Any Other Examination (Acupressure certificate course)	Srilanka University	2003	

WORKING EXPERIENCE

1. Physiotherapy internship from CMC Ludhiana Oct 2004- Mar 2005
2. Lecturer in KSM College of Physiotherapy from August 2007 – Oct 2008
3. Physiotherapist in Tennis Academy near Ludhiana Oct 2008 – Oct 2009
4. Clinical Physiotherapist in Punjabi University Patiala (Punjab) Oct 2009 – Mar 16

5. Head Child Development Centre, Sweekaar Inst of Rehab Sciences, Secunderabad Apr 16 to March 2018

6. Currently working as Clinical Physiotherapist in Punjabi University Patiala (Punjab) Apr 18 onwards (**14 YEARS OF CLINICAL EXPERIENCE**)

AREA OF SPECILISATION

Major.Neurological Disorders, Pediatrics- Early Intervention

Minor. Biomechanics, Rehabilitation.

BOOKS PUBLISHED

1. “Home based management of special children: a parental guide” published in 2022
2. In the process of publication with national press associates,”Hand function and stroke”.

RESEARCH PROJECTS

1. Project manager for project “**Physiotherapy and Occupational Therapy**” by The Hans Foundation from April 2016- Mar 2018
2. Project manager for project “**Early Intervention Services For Children With Developmental Delay**” by The Hans Foundation from April 2016- Mar 2018
3. Completed project on the topic “**Motor and Cognitive Rehabilitation in Stroke and its Influence on Triple Task Performance**” during final year of MPT.
4. Research work as part of Ph.d program on the topic “**Efficacy Of Functional Electrical Stimulation Along With Task Oriented Therapy In Sub Acute Stroke Hand Function As Compared To Modified Constraint Induced Movement Therapy**”.

Courses Undergone

- (a) Manual Therapy on Spine – Mulligan Concept by Kim Robinson, Curtin University,Australia.
- (b) Maitland Concept of Mobilization in Upper and Lower Quadrant by Tim Mann, Curtin University Australia
- (c) Mailand Course of Spine and Periphery by Dr.Dandpani

- (d) Neuro Developmental Technique Course By Dr Saravanan Sivanidhi, NDT (USA)
- (e) Motor Relearning Program by Dr Narkeesh Arumugam
- (f) Diploma Course in Acupressure affiliated to Srilanka University
- (g) Reiki Therapist
- (h) Dry needling course by Dr vardhaman Jain
- (i) Taping and wrapping techniques by Dr A .G .K Sinha
- (j) Attended A Two Day Workshop On “Administration And Interpretation Of Indian Scale For Assessment Of Autism 17-18 June 2017 Organised By Institute Of Mental Health, Sweekaar Academy Of Rehabilitation Sciences.
- (k) Attended 3 day workshop on SPSS software and its clinical application organized by RIMT university Dec 2018

SEMINARS / CONFERANCES

National

1. Presented a paper at national Conference on trends in basic and applied sciences in RIMT University in Dec 2020 on the topic, Comparison of task oriented therapy and modified constraint induced movement therapy along with functional electrical stimulation to improve hand function in sub acute stroke survivors, a randomised control trial.
2. Presented paper on “ Neuromuscular Electrical Stimulation Treatment Of Shoulder Pain In Stroke: a case report in national conference on counteracting pain through physiotherapy. Oct 2019
3. Presented paper on “The effectiveness of Neuromuscular Electrical Stimulation on hand function in patients with Sub Acute Stroke Survivors : a Systematic Review of Randomized Controlled Trial” in national conference on research innovation and sustainable development. Sept 2019
4. Presented Posture On Postural Analysis By REBA Scale In National Conference on physiocon 2014
5. Attended CME on Management of painful hip, department of physiotherapy , punjabi university Patiala
6. Attended a CME on fitness, sports medicine and disaster management
7. National Seminar On Role Of Physiotherapy In Geriatric Opd: The Need And The Reality. Punjabi University, Jan 2011.
8. National Seminar On Role Of Physiotherapy In Stroke: The Need And The Reality. Punjabi University, Jan 2011.
9. Seminar on Role Of Physiotherapy In Old Age Lions Club Jodhpur, 2008

10. 3 RD in QUIZ 40 th Annual Conference, IAP Indore2002
11. 42 nd Annual Conference, IAP Indore year 2004
12. National Acu Symposium ,AAI Indore year 2003

International

1. 1st prize in paper presentation in INTERCOMAT, 1st International Conference On Manual Therapy Dehradun 2005 on the topic “Role Of Smwam’s In ULTT1”.
2. Paper Presentation in INTERCOMAT, 2nd International Conference on Manual Therapy New Delhi 2006 on the topic “Role of MET And MET With HVT On Lumbar Spine Mobility”.
3. Podium Presentation in International Conference of Physiotherapy and Sports science Punjabi university Patiala 2007 on the topic “Motor and Cognitive Rehabilitation in Stroke and Its Influence on Triple Task Performance”.
4. Podium Presentation in International Conference of Physiotherapy and Sports Science Punjabi University Patiala 2007 on the topic “Clinical Significance of Electro Diagnosis in Lumbar Disc Herniation.”

Resource person

1. CRE on identification and management of developmental disorders sept 2017 delivered a talk on home based strategies for developmental delays.
2. CRE on identification and management of developmental disorders sept 2017 delivered a talk on early intervention assessment of children with development delays.

Social Work/Camps Organised

1. Organized free physiotherapy camp on physiotherapy day in sweekaar academy of rehabilitation sciences in 2017
2. Organized fancy dress and talent show for children with developmental delay on occasion of physiotherapy day 2016
3. Organized quiz on international women day for physiotherapy students in 2015
4. Organized physiotherapy camp for old aged home badungarh in 2015
5. Participated in social work at medical camp organized by Social Welfare Department Uttranchal Government At Rishikesh
6. ESI camp organized by KSM college at Jodhpur
7. Certificate of appreciation by Sarava Sikha Abhiyanfor free physiotherapy services in rishikesh,2010

Paper published

1. *Bhalla Nainky; Narkeesh: A Cognitive Rehabilitation in Left Hemiplegics.*

Published The Physiotherapy Post ,VOL 2,No 2, April-june 2010 pp 33 -37.

2. Nainky bhalla: Kaur R & Narkeesh A ; Clinical significance of Electrodiagnosis In lumbar disc herniation.
Published in Indian Journal of Physiotherapy and Occupational Therapy(IJPOT) Volume : 4, Issue 3,July to Sep-2010,pp57-59(An International Journal)
3. Nainky Bhalla, Narkeesh Arumugam; Motor and cognitive rehabilitation in stroke and its influence on triple task performance.
Published in Published in IJPOT Volume : 4, Issue 4,Oct to Dec-2010,pp67-69(An International Journal)
4. Nainky bhalla: Physiotherapy for Housewives.
Published in Sangini magazine 20th edition AFWWA:Airforce Wives Welfare Association.
5. Nainky bhalla:Cognitive and motor rehabilitation in Rett syndrome. *IJPOT Jan 2015*
6. Nainky bhalla:. Gaurav Thapliyal:Janarthan A Case study on Cri Du Chat Syndrome: Early Intervention and rehabilitation
International Journal of Indian Psychology ,Oct 2017
7. Nainky bhalla:. Gaurav Thapliyal:Janarthan A Case study on Dandy walker Syndrome: Early Intervention and rehabilitation *International Journal of Indian Psychology ,Dec 2019*
8. Nainky bhalla:Navkaran singh.The effectiveness of neuromuscular electrical stimulation on hand function in patients with sub acute stroke survivors;a systematic review.*Journal of exercise science and physiotherapy feb 2020*
9. Nainky bhalla:Text neck syndrome.
Published in Sangini magazine AFWWA:Airforce Wives Welfare Association 2019
- 10 Nainky bhalla,Navkaran shergill(2020) *Comparision of Task oriented Therapy and modified Constraint induced moment therapy along with functional electrical stimulation to improve hand function in sub acute stroke survivors: A randomized control trial. Indian Journal of Physiotherapy and Occupational Therapy, Volume 14 No 4*
11. Nainky Bhalla, Navkaran Shergill 2020 *Epidemology of stroke in India: a review. Aayushi International interdisciplinary research journal Vol 7Issue 10*
12. Nainky Bhalla, Navkaran Shergill (2021) *Effect of functional electrical stimulation on hand function in sub acute stroke: a study protocol. A journal of oriental research MadrasAug 2021, Page 18*

INTERNSHIP RESEARCH SUPERVISION

1. Effect of financial status on quality of life of women : a survey study (Naveena , Ranjot,2019)

2. A survey on the risk of work related musculoskeletal disorders in physical therapy students by Rapid entire body assessment (REBA) in Punjabi University ,Patiala. (Manvir Kaur,2020)
3. Preserving Hand function and Functional Hand Capacity in Sub acute stroke survivors using DEXTERIA Mobile Application.(Upasana,Harpreet 2020)
- 4 .Rheumatoid arthritis : a case report (Maninder kaur,2021)

Date. 24 FEB 20

Nainky bhalla