

# CURRICULUM VITAE

## DR. MUHAMMAD AZHARUDDIN (PT)

Assistant Professor

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Goggle scholar: <https://scholar.google.com/citations?user=lf36LQ4AAAAJ&hl=en>

## BACKGROUND

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An academic professional with over 10 years of teaching experience, specializing in delivering quality education and mentoring students in both classroom and clinical settings. Along with my teaching expertise, I have an active research background, contributing to the field through several national and international publications in Scopus and Web of Science indexed peer reviewed journals. I have attended numerous conferences and workshops on diverse topics of Physiotherapy. Have also taken on administrative responsibilities, supporting institutional development, coordinating academic activities, and contributing to efficient departmental functioning. My work reflects a commitment to advancing knowledge, improving practices, and promoting evidence-based learning.

## ACADEMIC QUALIFICATIONS

<i>DEGREE/DATE</i>	<i>INSTITUTE</i>
<i>Ph.D. in Physiotherapy</i> Oct, 2019- Pursuing	<i>Centre for physiotherapy and Rehabilitation sciences (CPRS), Jamia Millia Islamia, New Delhi, India-110025</i>
<i>Master of Physiotherapy (Neurology)</i> 2015	<i>Jamia Hamdard, Hamdard Nagar, New Delhi, India-110062</i>
<i>Bachelor of Physiotherapy (BPT)</i> 2013	<i>Jamia Hamdard, Hamdard Nagar, New Delhi, India-110062</i>

## WORK EXPERIENCES

<i>POST/DATE</i>	<i>INSTITUTE/HOSPITAL</i>	<i>RESPONSIBILITIES</i>
<i>Assistant Professor</i> <i>(Regular)</i> Feb, 2025- till present	<i>Regional Institute of Paramedical and Nursing Sciences, Zemabawk, Aizawl, Mizoram, India-796017</i>	<ul style="list-style-type: none"><li><i>Establishment of BPT course</i></li><li><i>Admission committee member</i></li><li><i>Scrutiny member</i></li><li><i>All the charges of the Head of Department</i></li></ul>

<p><i>Assistant professor/ Physiotherapist/ Guest Faculty Feb, 2016 to Feb, 2025</i></p>	<p><i>Centre for Physiotherapy and Rehabilitation Sciences (CPRS), Jamia Millia Islamia, New Delhi</i></p>	<ul style="list-style-type: none"> <li>• <i>Teaching BPT subjects (Electrotherapy, PT Neuro, Sociology), MPT (PT Neurological Conditions, Assessment and Techniques in Neuro, Assistive Technology, Research, Seminar).</i></li> <li>• <i>Conducting Practical classes for the mentioned subjects.</i></li> <li>• <i>Invigilation duties, Clinical Duties.</i></li> <li>• <i>Research Guide for BPT and MPT students</i></li> <li>• <i>OPD duties, assessment, planning, treatment and Rehabilitation of multiple cases of Orthopedic conditions, Neurological rehabilitation, sports injuries.</i></li> </ul>
<p><i>Physiotherapist 16<sup>th</sup> June, 2015 to 30<sup>th</sup> Jan, 2016</i></p>	<p><i>Max Super Speciality Hospital, Press Enclave Road, Saket Institutional Area, Saket, New Delhi- 110017</i></p>	<ul style="list-style-type: none"> <li>• <i>OPD duties, IPD duties in ICU, wards; assessments, treatment, and Rehabilitation of multiple cases of Ortho, Neuro, Cardio conditions</i></li> </ul>

## RESEARCH PUBLICATIONS

1. Samnani, A., **Azharuddin, M.**, Parveen, S., Noohu, M. M., & Sehgal, C. A. (2026). Computer Based Sequential and Simultaneous Dual-Task Training for Executive Functions in Elderly: A 2-Arm Protocol for a Randomized Controlled Study. *Physiotherapy Research International*, 31(1), e70146.
2. Arora, P., **Azharuddin, M.**, Parveen, S., Usmani, M., Sehgal, C.A., & Noohu, M.M. (2025). Progressive balance exercises improve muscle activity, postural control, and balance in type 2 diabetes mellitus: a randomized controlled trial. *Comparative Exercise Physiology*, 21(4), 247-262. <https://doi.org/10.1163/17552559-bja10054>
3. Khan, Z., Azharuddin, M., & Hussain, M. E. (2025). Sleep impairment compromises young collegiate's resting-state brain wave activity and prefrontal cognition. *NeuroRegulation*, 12(3), 182-182.
4. Parveen, S., **Azharuddin, M.** & Noohu, M.M. Effect of aerobic training on baroreflex sensitivity, heart rate recovery, and heart rate variability in type 2 diabetes: a systematic review. *Int J Diabetes Dev Ctries* 44, 652–663 (2024). <https://doi.org/10.1007/s13410-023-01292-3>
5. Goswami, A., Sehgal, C. A., Noohu, M. M., Parveen, S., & **Azharuddin, M.** (2024). Effect of vestibular therapy as an adjunct to cognitive therapy to improve cognition in elderly with mild

cognitive impairment (MCI): A Randomized Controlled Trial. *JOURNAL OF GERONTOLOGY AND GERIATRICS*, 72, 173-184.

6. Kaushik, M., Siddiqui, H. A., Chhabra, C. & **Azharuddin, M.** (2025). The impact of smoking on finger dexterity and dual-task activities in elderly adults: a cross-sectional study. *Physiotherapy Quarterly*, 33(2), 34–38. <https://doi.org/10.5114/pq/188468>
7. Firoz, A., **Azharuddin, M.**, Usmani, M., Parveen, S., Sehgal, C. A., & Noohu, M. M. (2024). Comparison of Effects of Balance Training Exercise and Gaze Stability Exercises on Balance and Postural Control in Elderly With Fall Risk: A Randomized Controlled Trial. *Physical & Occupational Therapy In Geriatrics*, 1-17.
8. Yeasmin, S., & **Azharuddin, M.** (2024). Effect of exercise on gait and postural control in patients with chemotherapy induced peripheral neuropathy: a systematic review. *Sport Sciences for Health*, 1-8.
9. Alam, M. F., **Azharuddin, M.**, & Zaki, S. (2024). Effectiveness of shoulder mobilization combined with muscle energy technique in the management of adhesive capsulitis: A randomized control trial. *Saudi Journal of Sports Medicine*, 24(1), 35-42.
10. AKHLAD, M., SIDDIQUI, H. A., & **AZHARUDDIN, M.** (2024). Relationship between Sleep Deprivation and Daytime Sleepiness in different Groups of Population: A Cross-sectional Study. *Journal of Clinical & Diagnostic Research*, 18(4).
11. Parveen, S., **Azharuddin, M.**, & Noohu, M. M. (2023). Effect of aerobic training on baroreflex sensitivity, heart rate recovery, and heart rate variability in type 2 diabetes: a systematic review. *International Journal of Diabetes in Developing Countries*, 1-12.
12. Parveen, S., **Azharuddin, M.**, Sehgal, C. A., Usmani, M., & Noohu, M. M. (2023). A dose–response study of resistance exercise training for brain-derived neurotrophic factor in people with type 2 diabetes mellitus: Study protocol for a randomized controlled trial. *Journal of Diabetology*, 14(4), 226-235.
13. Gupta, R., **Azharuddin, M.**, Khan, F. R., & Noohu, M. M. (2023). Association of Rehabilitation Care Duration and Functional Status of People with Chronic Stroke. *Journal of Modern Rehabilitation*.
14. **Azharuddin, M.**, Parveen, S., & Noohu, M. M. (2023). Effects of Neural Mobilization in Diabetic Peripheral Neuropathy: A Scoping Review. *Journal of Chiropractic Medicine*, 22(4), 313-321.
15. Zainab Khan, **Muhammad Azharuddin, M.** Ejaz Hussain, Anam Aseem, Ashi Saif. Study on neuropsychological and neurophysiological functions: acute effect of aerobic exercise training in

sleep disturbed collegiates. *Neuropsychological Trends*. 2022 (32).  
<https://dx.doi.org/10.7358/neur-2022-032-khan>.

16. Chawla, G., **Azharuddin, M.**, Ahmad, I., & Hussain, M. E. (2022). Effect of whole-body vibration on depression, anxiety, stress, and quality of life in college students: a randomized controlled trial. *Oman Medical Journal*, 37(4), e408.
17. **Azharuddin, M.**, & Zia, N. U. (2021). Correlation between sit-to-stand ability, dynamic balance, gait speed, and quality of life in stroke population: a non-randomized pilot study. *Bulletin of Faculty of Physical Therapy*, 26, 1-6.
18. Waheed, A., **Azharuddin, M.**, Ahmad, I., & Noohu, M. M. (2021). Whole-body vibration, in addition to balance exercise, shows positive effects for strength and functional ability in patients with diabetic peripheral neuropathy: A single-blind randomized controlled trial. *Journal of Diabetology*, 12(4), 456-463.
19. Yaseen, S., Singla, D., Siddiqui, H. A., & **Azharuddin, M.** (2020). Effect of internet addiction on sleep quality and cognitive function: a comparison between healthy males and females. *International Journal of Biomedical and Advance Research*, 11 (11).
20. Tayagi, N. K., Solanky, A., Jamali, S. N., **Azharuddin, M.**, Ali, K., & Ahmad, I. (2020). Aerobic training, in combination with listening music, changes post-exercise cardiac autonomic function in collegiate overweight and obese individuals. *Asian Journal of Sports Medicine*, 11(1).
21. Jamal, A., Ahmad, I., Ahamed, N., **Azharuddin, M.**, Alam, F., & Hussain, M. E. (2020). Whole body vibration showed beneficial effect on pain, balance measures and quality of life in painful diabetic peripheral neuropathy: a randomized controlled trial. *Journal of Diabetes & Metabolic Disorders*, 19, 61-69.
22. AHMAD, I., NOOHU, M. M., VERMA, S., **AZHARUDDIN, M.**, & Hussain, M. (2019). Validity and Responsiveness of Balance Measures using Pedalo®-Sensomove Balance Device in Patients with Diabetic Peripheral Neuropathy. *Journal of Clinical & Diagnostic Research*, 13(6).
23. Sana Saifi, Hammad Ahmed Siddiqui, **Muhammad Azharuddin**. Effectiveness of integrated neuromuscular inhibition technique on headache in college students. *International Journal of Yoga Physiotherapy and Physical Education*, Nov-Dec 2018; 3(6):24-27.

## SCIENTIFIC PAPER PRESENTATION

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1. "Neural Mobilization and resistance exercises improves glycosylated hemoglobin and nerve functions in patients with diabetic peripheral neuropathy: a randomized controlled trial" at International Conference of Physical Therapy, AIIMS, 2023

2. “Effect of Nerve Mobilization on EMG activity and fatigue in Diabetic Peripheral Neuropathy: A randomized controlled pilot study” at 10<sup>th</sup> International Conferences on Neurological Rehabilitation NEURAXIS-2022, held at Constitution Club of India.
3. “Sit to stand ability: its correlation to dynamic balance, walking speed and quality of life among sub-acute and chronic stroke patients” at KASHKON, 2017 organized by IAP J&K Chapter and CRC, Srinagar.

## INVITED LECTURE

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1. Resource person for CRE webinar on the topic “**Strategies to support Sensory and Motor Development in PwDs**” on 28<sup>th</sup> October, 2025, approved by Rehabilitation Council of India organised by Regional Centre NIOH, Aizawl.
2. Resource person on the occasion of World Multiple Sclerosis Day at NILD, Aizawl Branch, Mizoram on 30<sup>th</sup> May, 2025. Topic: **Multiple sclerosis: Physiotherapy management**
3. Topic “**Proprioceptive Neuromuscular Facilitation**” on 19<sup>th</sup> Dec 2022 at National Conference and Workshop, Aligarh Physio Guide- 2 at Aligarh.
4. Topic (Online): “**Body Awareness & importance of Physiotherapy for university students**” on 9<sup>th</sup> June 2022 at the Department of Education, Jamia Millia Islamia, New Delhi.
5. Topic (Online): “**Physiotherapy Management of Parkinson’s Disease**” on 14<sup>th</sup> July 2021, organised by CRC for Skill Development/ Rehabilitation and Empowerment of Persons with Disabilities, Srinagar, under the Ministry of Social Justice and Empowerment, Government of India.

## SKILLS AND TECHNIQUES

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1. “**NEURO-MANUAL THERAPY FOR NERVE RELATED PAIN**”  
Academy Of Orthopedic Manual Physical Therapist (AOMPT Inc., India) at New Delhi at Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia (a Central University) on 30<sup>th</sup> Sept and 1<sup>st</sup> Oct, 2016. [Course credit hours: 16 Hours]
2. “**NEURO-DEVELOPMENTAL TREATMENT: A PROBLEM-SOLVING APPROACH AFTER STROKE AND TBI**” on 19<sup>th</sup> Dec, 2015 at DCWA Medical Centre, Zamrudpur, New Delhi.
3. “**SCIENCE AND ART OF PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF) – BASIC COURSE**” AIIMS in association with The Indian Association of Physiotherapist, Noida Branch on 1<sup>st</sup> and 2<sup>nd</sup> Nov 2014 [Credit: 15 complete hours]
4. “**NDT/ BOBATH PRINCIPLES FOR ASSESSMENT AND TREATMENT OF ADULT HEMIPLEGIA**” INDIAN HEAD INJURY FOUNDATION in association with Indraprastha

Apollo Hospital and AIIMS, Dept. of Neurology, New Delhi held on 21<sup>st</sup> March 2014 [Credit: 6 hours]

## **WORKSHOPS/CONFERENCES**

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- ❖ Attended 3-day Karmayogi Facilitator Training as Master Trainer by Capacity Building Commission, Govt. of India at RIMS, Imphal on 6-8 October, 2025.
- ❖ Conducted 1 day training as Master Trainer for end participants at RIPANS under the scheme Rashtriya Karmayogi Large Scale Jan Seva Program on 23<sup>rd</sup> Oct, 2025.
- ❖ Attended One day seminar on Sexual Harassment, on 29<sup>th</sup> July, 2025 at Conference Hall, Regional Institute of Paramedical and Nursing Sciences (RIPANS). Aizawl, Mizoram.
- ❖ Attended Staff Development Programme on **“Teaching Methods”**, Department of Nursing, Regional Institute of Paramedical and Nursing Sciences (RIPANS). Aizawl, Mizoram on 24<sup>th</sup> March, 2025 to 28<sup>th</sup> March, 2025.
- ❖ Attended hands on workshop on **“Integrating High-Density EMG techniques for Sports and Rehabilitation”** at Gurugram University Physiotherapy Conclave, on 22-24 November, 2024.
- ❖ Attended **National Faculty Development Programme for Health Professions Educators On Competency Based Teaching-Learning & Assessment Methodologies**. Faculty of Dentistry, Jamia Millia Islamia, New Delhi. 22.10.2024 & 23.10.2024.
- ❖ Attended World Neurosciences Summit- IV, on 23-24 August, 2024 at JW Marriott, Aerocity, New Delhi, India.
- ❖ 2<sup>nd</sup> Annual Workshop on **SPSS for Data Science and Research** organized by Department of Economics, Jamia Millia Islamia on 8<sup>th</sup> Dec, 2023.
- ❖ Attended **“Biostatistics and Hands on Practices on Medical Data Using SPSS software”** on 4<sup>th</sup>-6<sup>th</sup> May 2023 at the Institute of Liver and Biliary Sciences (ILBS), Vasant Kunj, New Delhi.
- ❖ Attended Aligarh National Conference as Delegate at **Physio Guide-2** on 18<sup>th</sup> Dec, 2022.
- ❖ Attended workshop on **“Visceral Mobilization”** at Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi, on 7<sup>th</sup> Sept., 2019.
- ❖ Attended **STROKE NEUROCONNECT-2** on 29<sup>th</sup> Oct, 2017 at Max Superspeciality Hospital, Saket, New Delhi.

- ❖ 4<sup>th</sup> Conference on “**Developments in Neuro-rehabilitation: Present and Future**” by INDIAN HEAD INJURY FOUNDATION in association with Indraprastha Apollo Hospital and AIIMS, Dept. of Neurology, New Delhi held on 21<sup>st</sup> March 2014
- ❖ 2<sup>nd</sup> International Conference and Workshops of PHYSICAL THERAPY, AIIMS 2013; “**THEME: PHYSIOTHERAPY: Metamorphosis with Vision in Public Health**” organized by AIIMS, Dept. of Neurology and JAMIA HAMDARD, NEW DELHI on Dec 13<sup>th</sup> and 15<sup>th</sup> 2013.
- ❖ INDO-JAPANESE CONCLAVE-2 at MANAV RACHNA INTERNATIONAL UNIVERSITY in association with UNIVERSITY OF TSUKUBA, JAPAN; “**THEME: NEUROTHERAPEUTICS-LEADING THE CONNECTIONS**”

### **WEBINARS/ ONLINE WORKSHOPS**

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- ❖ One-week online workshop on **Advance Statistical Data analysis using SPSS** Organized by Uttar Pradesh University of Medical Sciences, Saifai, Etawah, UP, India on 21-27<sup>th</sup> January, 2024.
- ❖ “**Data analysis with SPSS**” conducted by COMMACAD on 13-14 Aug, 2022.
- ❖ **Academic Publishing and Enhancing Research Effectiveness** organized by Dr. Zakir Husain Library, Jamia Millia Islamia, New Delhi held on 9th June 2020
- ❖ Online Workshop for **Research Methodology & Bio-Statistics (Level - II)** organized by Morarji Desai National Institute of Yoga, Ministry of Ayush, Government of India.
- ❖ **Publishing Ethics in Biomedicine & Life Sciences Research**, organized by Springer Nature in collaboration with Delcon, a DBT e library consortium on Sept 16, 2020
- ❖ **Abstracting and Indexing – How to get indexed and how to increase research impact**, organized by Springer Nature in collaboration with Delcon, a DBT e library consortium on Sept 9, 2020.
- ❖ Online Webinar on “**A systematic review of clinical trials and evidence synthesis**” on 5<sup>th</sup> Dec 2020, organized by ExRxIndia in collaboration with Physiotherapy Centre, Sri Samraj Institute of Medical Science.

### **COUNCIL REGISTRATION**

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1. Delhi Council for Physiotherapy and Occupational Therapy (DCPTOT) Registration No.: **PR-3106**

### **SUPERVISION OF RESEARCH/PROJECT WORK**

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1. Master of Physiotherapy: 14 students
2. Bachelor of Physiotherapy: 22 students

## **PATENT AND CHAPTERS**

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1. Patent: 1
2. Chapter published: 2

## **EXTERNAL EXAMINER**

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<b>INSTITUTE/UNIVERSITY</b>	<b>ACADEMIC SESSION</b>
Galgotias University, Greater Noida, UP	2024, 2023, 2022
Jamia Hamdard, New Delhi	2024, 2023, 2022, 2020, 2019, 2018, 2017
Amar Jyoti Institute of Physiotherapy, New Delhi	2024, 2023
Manav Rachna International Institute of Research and Studies, Faridabad, Haryana	2024, 2022, 2021
Amity University, Noida, UP	2018

## **RESPONSIBILITIES AND CONTRIBUTIONS**

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1. Invigilation duty: UG NEET 2025
2. Invigilation duty: Nursing Officer test, RIPANS
3. Organizing Committee member of the Delhi Physiotherapy Conference, 2022, organized by IAP, Delhi State Branch on 6<sup>th</sup> Nov, 2022.
4. Scientific committee member of Physio Guide-2 on 18<sup>th</sup> Dec, 2022.

## **ADMINISTRATIVE ROLES AT PRESENT**

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1. Head of Department, Physiotherapy, RIPANS
2. Member, Admission Committee, RIPANS
3. Member of BOS, Physiotherapy, MZU
4. Chairman, Gym Committee, RIPANS

I hereby declare that the information provided are correct.

Dated: 05-02-2026

Dr. Muhammad Azharuddin (PT)