

Curriculum Vitae



Name: Dr. Moazzam Hussain Khan

Designation: Assistant Professor

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Centre for Physiotherapy & Rehabilitation Sciences

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Field of Specialization: MPT Sports Medicine

Employment Profile:

<i>S.No</i>	<i>Job Title</i>	<i>Employer</i>	<i>From</i>	<i>To</i>
1	Assistant Professor	Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia	September 2015	Till date
2	Assistant professor cum clinical physiotherapist (Guest faculty)	Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia	August 2012	September 2015
3	Consultant Sports Physiotherapist	Central Reserve Police Force New Delhi	June 2009	July 2012

Academic Qualifications (From Highest Degree to High School):

<i>S.No</i>	<i>Examination</i>	<i>Board / University</i>	<i>Year</i>	<i>Subjects</i>
1	Ph.D. submitted	Jamia Millia Islamia	Enrolled 2017	Physiotherapy
2	Master of Physiotherapy (Sports Medicine)	Jamia Hamdard, New Delhi	2007-2009	Sports Medicine
3	Bachelor of Physiotherapy	Manipal Academy of Higher Education, Manipal, Karnataka	2002-2006	Physiotherapy
4	X- XII	JNV Scholarship from MHRD, Govt. of India	1993-2000	Science

Course Attended:

<i>S. No.</i>	<i>Programme</i>	<i>Duration with date</i>	<i>Organized by</i>
1	Induction Course	One week, 16 th -22 Dec 2016	UGC HRDC Jamia Millia Islamia
2	Special Summer School	3 Week 29 th May- 17 th June 2017	UGC HRDC, Jamia Millia Islamia
3	Induction training programme	One month 20 th Feb-23 rd March 2018	UGC HRDC, Jamia Millia Islamia

Academic/Administrative Responsibilities within the University:

<i>S.No</i>	<i>Position</i>	<i>Faculty/Department/Centre/Institution</i>	
1.	Hony. Dy Director	Games and Sports Jamia millia Islamia	12.11.2015 to 25.02.2020
2.	President	University Basketball team, Jamia millia Islamia	May 2016
3.	Incharge	Physiotherapy journal club	2015-2016
4.	Teacher incharge	Visit to community Hospital, The Leprosy mission hospital, Delhi	9 th February 2016
5.	Teacher incharge	Visit to community Hospital, The Leprosy mission hospital, Delhi	7 th December 2016
6.	Member	Admission cum trial committee basketball, Jamia Millia slamia	15 th July 2016
7.	Manager	Team Manager all India inter university badminton (M&W) Tournament M.D University Rohtak Haryana	27-30 Jan 2017
8.	Vice-chancellor's Nominee	Vice-chancellor's Nominee of Moderation-cum-Grievance committee	14.2.2017
9.	Organizing Secretary	Organizing Secretary Jamia Premier League T20 Cricket tournament	18 th March 2017
10.	Assistant superintendent	Assistant superintendent MPT examination	May 2017
11.	Member	Member of hostel allotment committee	October 2017
12.	Member	Organizing Member of North Zone inter university Basketball (Men) championship, tournament organized by Jamia Millia slamia	2-8December 2017
13.	Member	Member of the Admission cum trial committee Shooting	18July2018,
14.	President	shooting team Sports complex JMI	5July 2019
15.	Incharge	Syllabus updating committee member incharge, BPT (I-IV Years) Syllabus updating at CPRS	2018-2019

16	Member	Organizing Member of 5-10 inter university Hockey (Men) championship tournament 3rganized by JamiaMilliaIslamia	5-10 October 2019
17	Member	Member of technical cum sub purchase committee, Sports complex ,Jamia millia Islamia	10.10.2019
18	Coordinator	Coordinator for Community based activity on chronic pain management	8 September 2019
19	Member	Organizing Member of North Zone inter university Basketball (Men) championship, tournament 3rganized by Jamia Millia Islamia	13-18 December 2019
20	Incharge	Incharge to conduct BPT internal Examination CPRS	2018-2019 2019-2020
21	Teacher Incharge	Teacher Incharge for students posting during North Zone Inter university (Hockey Men) tournament, Jamia Millia Islamia	October 2019
22	Co- ordinator	BPT IV Year class coordinator	2015-2016 2016-2017 2017-2018 2018-2019
23	Member	Admission cum trial committee Shooting, JMI	17/7/2019
24	Teacher incharge	Study visit to National ocean research institute, Goa	9 th –15 th January 2019
25	Teacher incharge	BPT 4 th year Project work allotment incharge	2015-2016 2016-2017 2017-2018 2018-2019
26	Member	Member of Moderation–cum-Grievance/Redrassal committee	21.2.2017 18.9.2019
27	Member	Admission committee (MPT course (Ortho, Sports, Neuro,Cardio), CPRS	2019-2020
28	Moderator	Moderator of Students online talk about “Covid 19” on the occasion of world physiotherapy day 3rganized by CPRS.	8September 2020
29	Co-ordinator	MPT 1 st and IVth Semester class co- ordinator	2018-2019 2019-2020 2020-2021
30	Clinic Incharge CPRS, JMI	Centre for Physiotherapy & Rehabilitation Sciences Jamia Millia Islamia, New Delhi	27.10.2020
31	Clinical posting and Internship	Centre for Physiotherapy & Rehabilitation Sciences	27.10.2020 till now

	incharge for BPT students	Jamia Millia Islamia, New Delhi	
32	Member	Board of studies at Centre for Physiotherapy and Rehabilitation Sciences , Jamia Millia Islamia New Delhi	2015 till date
33	superintendent	superintendent MPT examination	August 2021
34	Co-ordinator	BPT III rd Year class coordinator	2021-2022 2022-2023 2023-2024 2024-2025
35	President	University Basketball team, Jamia millia Islamia	August 2024 - Nov. 2024
36	Member	Admission cum trial committee basketball, Jamia Millia slamia	2024

Academic/Administrative Responsibilities outside the University:

<i>Position</i>	<i>Institution</i>
External Examiner to conduct practical BPT and MPT	Jamia Hamdard University
External Examiner to conduct practical and setting of Questions paper BPT and MPT	Mahatma Gandhi University Medical Sciences & Technology
External Examiner to conduct practical DPT/BPT	Aligarh Mulsim University physiotherapy

Details of Academic Work:

- (i) ***Courses taught at Postgraduate:*** Advanced Therapeutics, Manual Therapy, Evaluative Clinical Practice-I, Manual Therapy, Dissertation work

Courses taught Undergraduate:

Physiotherapy in sports medicine, PT in community medicine and rehabilitation, PT in sports medicine practical, PT in community medicine and rehabilitation Practical

- (ii) **Projects guided at Postgraduate level**

<i>S.No.</i>	<i>Post Graduate degree</i>	<i>Name of students</i>	<i>Year of passing</i>
1.	MPT Orthopaedics	Sheema Saleem	2016
2.	MPT Sports Medicine	Nishank Verma	2016
3.	MPT Sports Medicine	Neda Beg	2017
4.	MPT Orthopaedics	Divya	2017
5.	MPT Cardiopulmonary	Mansoor Ali EK	2017

6.	MPT Sports Medicine	Haris HM	2018
7.	MPT Orthopaedics	Parul sharma	2018
8.	MPT Sports Medicine	Pratyakshi Munshi	2019
9.	MPT Orthopaedics	Mohsin Ali	2019
10.	MPT Orthopaedics	Muhammed Sameer Pulukoo	2020
11.	MPT Orthopaedics	Osama	2020
12.	MPT Sports Medicine	Priya Sirohi	2021
13.	MPT Sports Medicine	Ifrah Ramzan	2021
14.	MPT Sports Medicine	Yogesh	2022
15.	MPT Sports Medicine	Sameer	2022
16.	MPT Sports Medicine	Sameer Mlik	2023
17.	MPT Sports Medicine	Adnana O.P	2023
18.	MPT Sports Medicine	Kamini Sharma	2023
19.	MPT Sports Medicine	Firdus Jawed	2023
20.	MPT Sports Medicine	Nashra Khan	2024
21.	MPT Cardiopulmonary	Priyanka Roy	2024

(iii) Others

1. *Dope control committee member, India v/s Australia test series cricket match*, 22-26th March 2013, Ferozeshah kotla ground, Delhi, India.
2. I served as a team physiotherapist for the National football league match div II, 2010.
3. I served as a team physiotherapist for Delhi football league match, 2009-2010

Participation in Workshops/ Symposia/ Conferences/ Colloquia /Seminars/ Schools etc. (mentioning the role)

<i>S.No</i>	<i>Title of Activity</i>	<i>Date</i>	<i>Organized by/place</i>
1	<i>Thera bands, balls & balance, organised by Thera-band Academy</i>	2 nd & 3 rd December 2013	Thera-band Academy at CPRS, Jamia Millia Islamia University. Delhi
2	<i>Neural Mobilisation Technique</i>	2013	NOI Group, Australia, at CPRS, Jamia Millia Islamia University. Delhi
3	<i>Exercise testing and prescription</i>	24 & 25 November 2013	CPRS, Jamia Millia Islamia University. Delhi
4	<i>Current Concepts in hand & foot</i>	23 & 26 October	CPRS, Jamia Millia Islamia

	<i>Rehabilitation</i>	2013	University. Delhi
5	<i>Freddy Kaltenborn's Manual therapy (Cervical, Thoracic, Lumbar spines and pelvis), upper limb and lower limb.</i>	21 st Aug to 2 nd September 2013	USA delegate, CPRS, Jamia Millia Islamia University. Delhi
6	<i>Neurological Disorder & Neuro-rehabilitation</i>	21st March 2013	CPRS, Jamia Millia Islamia University. Delhi
7	<i>Latest Trends In Physiotherapy, Laser And Shock Wave Therapy</i>	13 th Sept 2012	CPRS, Jamia Millia Islamia University. Delhi
8	<i>Advance team physiotherapist course along with Basic life support (BLS)</i>	5 th & 6 th Nov. 2009	International Fedratin of Sports Medicine, New Delhi
9	international congress on Sports medicine 'SPORTS MEDCON	2009	Sports Authority of India, New Delhi
10	<i>Exercise Physiology in Sports Medicine</i>	18 th - 21 st Feb. 2008	Manav Rachna Inst. of Management and technology Faridabad
11	<i>Vestibular Rehabilitation</i>	4 th February 2007	MAHE Manipal, Karnataka
12	<i>Current physiotherapy practice in intensive care unit (ICU)</i>	19 th January 2007	MAHE Manipal, Karnataka
13	<i>Clinical reasoning and Maitland's concepts (Cervical, Thoracic, Lumbar spines and pelvis)</i>	13 th to 17 th Jan 2007	MAHE Manipal, Karnataka
14	<i>Basic life support for health care provider</i>	22 nd January 2007	MAHE Manipal, Karnataka
15	<i>Muscle energy technique (MET)</i>	16 th and 17 th December 2007	MAHE Manipal, Karnataka
16	<i>Basic Life Support</i>	2006	MAHE Manipal, Karnataka
17	<i>2nd All India physiotherapy student</i>	2005	
18	<i>Workshop for soft skills sponsored by Philips</i>	2005	

Workshops/ Symposia/ Conferences/ Colloquia/Seminars Organized (as Chairman/ Organizing Secretary/ Convenor / Co-Convenor):

<i>S.No.</i>	<i>Title of Activity</i>	<i>Date (s)</i>	<i>Role</i>	<i>Venue</i>
1	workshop of Neuro manual therapy for nerve related pain at centre for physiotherapy and Rehabilitation Sciences	22-23 December 2015	Coordinator	CPRS, Jamia Millia Islamia, New Delhi
2	Symposium on Physical activity and exercise for better health on the occasion of world physiotherapy day	8 th September 2016	Assisted	CPRS, Jamia Millia Islamia, New Delhi
3	Workshop for MPT students on	30 th Sept-1 st	Coordinator	CPRS, Jamia

	“Neuro manual therapy for nerve related pain”	Oct 2016		Millia Islamia, New Delhi
4	Workshop for BPT students on “Neuro manual therapy for nerve related pain”	7 th -8 th October 2016	Coordinator	CPRS, Jamia Millia Islamia, New Delhi
5	Workshop for BPT Students ‘Theraband – Extensive application of theraband modalities in clinical settings	25-26 November 2016	Coordinator	CPRS, Jamia Millia Islamia, New Delhi
6	Workshop for MPT Students ‘Theraband – Extensive application of theraband modalities in clinical settings	23-24 February 2018	Coordinator	CPRS, Jamia Millia Islamia, New Delhi
7	Workshop for BPT 4 th Year students “Neuro manual therapy for nerve related pain	27-28 February 2018	Coordinator	CPRS, Jamia Millia Islamia, New Delhi
8	Workshop of MPT Students , Neuro manual therapy for nerve related pain	16-17 March 2018	Coordinator	CPRS, Jamia Millia Islamia, New Delhi
9	workshop for BPT Students ‘Theraband – Extensive application of theraband modalities in clinical settings	8-9 th March 2019	Coordinator	CPRS, Jamia Millia Islamia, New Delhi
10	workshop for MPT Students ‘Theraband – Extensive application of theraband modalities in clinical settings	22-23 March 2019	Coordinator	CPRS, Jamia Millia Islamia, New Delhi
11	Online Student talk about “Covid 19” on the occasion of world physiotherapy day	7-8 September 2020	Moderator	CPRS, Jamia Millia Islamia, New Delhi

Invited Talks delivered:

<i>S. No.</i>	<i>Title/Topic</i>	<i>Date</i>	<i>Agency</i>
1.	Resource person for workshop on taping techniques musculoskeletal conditions.	2010	All Indian Association of physiotherapy New Delhi
2.	Resource person for workshop Vestibular Rehabilitation	December 2010	All India Association of physiotherapy. December 2010
3.	Public lecture: Effects of bad posture on health and performance on the occasion	October 2015	Jamia MilliaI Islamia

	talimi mela organized by during 95th Foundation day		
4.	Physical Activity in Life Style Medicine.	8th September 2016	CPRS, Jamia Millia Islamia
5.	Physical Activity and its Effects on Health,	21May 2017	Sharda University, G.Noida U.P
6.	Ergonomics and Health, 123 rd 4 Week Orientation Programme for Teachers,	18 December 2018	UGC HRDC Jamia Millia Islamia, New Delhi
7.	Ergonomics and its effects on performance, 122 nd 4 Week orientation programme	18 th October 2018	UGC HRDC Jamia Millia Islamia, New Delhi
8.	Effects of bad posture on Health, 121 st 4 Week orientation Programme	6th August 2018	UGC HRDC Jamia Millia Islamia, New Delhi
9.	Environment and Health, One week professional development programme for senior faculty	27 December 2018	UGCHRDC , Jamia Millia Islamia, New Delhi
10.	Health and Hygiene for Sr. Madarsa Teachers	24 March 2018	HRDC Jamia Millia Islamia in collaboration with Maulana Azad Education Foundation, New Delhi
11.	Effects of chronotype on the physical performance of male students at university level at different time of the day. A National conference PHYSIO BHARAT SUMMIT,	14 th May 2023	Gurugram Haryana, India.
12.	The effect of chronotype on VO ₂ max and vertical jump performance in response to high intensity interval training (HIIT). KANPUR PHYSIOCON	10 th September 2023	UP, India

Membership of Learned Societies:

<i>Membership</i>	<i>Organization</i>	<i>Membership No.</i>
Life time Membership	Indian Association of Physiotherapy	22149-L
Registered Member of DCPTOT	Delhi Council for physiotherapy and occupational therapy	PR- 32324
FAGE	Fallow of Academy of general education (FAGE), Manipal Karnataka	

Research Publications

<i>S.No</i>	<i>Author(s)</i>	<i>Title of Paper</i>
1.	Khan, M. H. , Sharma, S., Alsubaiei, M. E., Sahely, A., & Nuhmani, S	The impact of chronotype on VO ₂ max in university students at two different times of the day. <i>Pedagogy of Physical Culture and Sports</i> . (2023). 27(5), 402-407.
2.	Jawed, F., Ansari, S., Aziz, R., Khan, H. , Khan, M. H., Sharma, S., & Nuhmani, S.	An evaluation of physical performance in collegiate athletes: A randomized controlled trial comparing backward and forward running. <i>Clinical Epidemiology and Global Health</i> . (2024), 29, 101740.
3.	Ali, K., Ali, M., Kaushik, H., & Khan, M. H.	Effectiveness of posterior pelvic tilt exercise on stable and unstable surface in patients with chronic low back pain. <i>Journal of Musculoskeletal Research</i> . (2024), 27(2).
4.	Khan, M. H. , Sharma, S., & Saleem, M	Chronotype and Its Relationship with Sleep Quality among Professional Students at Indian University. <i>Indian Journal of Physical Therapy and Research</i> . (2023). 5(2), 198-202.
5.	Munshi, P., Khan, M. H. , Arora, N. K., Nuhmani, S., Anwer, S., Li, H., & Alghadir, A. H	Effects of plyometric and whole-body vibration on physical performance in collegiate basketball players: a crossover randomized trial. <i>Scientific reports</i> (2022) Mar 23; 12(1):5043.
6.	Nuhmani, S., Khan, M. H. , Ahsan, M., Abualait, T. S., & Muaidi, Q.	Dry needling in the management of tendinopathy: A systematic review of randomized control trials. <i>Journal of Bodywork and Movement Therapies</i> . (2023). 33, 128-135.
7.	Sirohi, P., Khan, M. H. , Sharma, S., Nuhmani, S., Al Muslem, W. H., & Abualait, T.	A systematic review of effects of daytime napping strategies on sports performance in physically active individuals with and without partial-sleep deprivation. <i>PeerJ</i> , (2022). 10, e14460.
8.	Ramzan, I., Khan, M. H. , Sharma, S., & Nuhmani, S.	Effects of circadian rhythm on anaerobic performance and blood lactate level: a systematic review. <i>Sleep and Breathing</i> . (2023). 27(3), 799-816.
9.	Waheed, J., Arora, N. K., & Khan, M. H.	Comparison of Leg Muscle Activity During Level and Uphill Walking in Individuals with Flat Foot and Normal Foot: A Cross-Sectional Study. <i>Polish Journal of Sport and Tourism</i> , (2022), 9(1), 14-19,
10	Amar, A. K., Nuhmani, S., Khan, M. H. , John, M., Kachanathu, S. J., Kadyan, G., & Muaidi, Q. I.	Comparison of instability resistance training, traditional resistance training and plyometric training on athletic performance parameters. <i>Journal of Complementary and Integrative Medicine</i> . (2021) 18(3), 593-598.
11	Saleem, S., & Khan, M. H.	Effect of Lumbar Stabilization Exercises using the

		Stable and Unstable Surface on Pain, Disability and Electromyography (EMG) Activity in Chronic Low Back Pain. <i>Int J Cur Res Rev Vol</i> , 13(20), 66, 2021.
12	Nuhmani, S., Khan, M. H. , Kachanathu, S. J., Bari, M. A., Abualait, T. S., & Muaidi, Q. I	Reliability and validity of smartphone applications to measure the spinal range of motion: A systematic review. <i>Expert Review of Medical Devices</i> . (2021), 18(9), 893-901,
13	MH, H., Khan, M. H. , Tanwar, T., Irshad, N., & Nuhmani, S.	Acute effects of weighted plyometric exercise on sprint, agility and jump performance in university football players. <i>Physical Activity Review</i> . (2021), 1(9), 1-8.
14	Parveen, A., Nuhmani, S., Hussain, M. E., & Khan, M. H.	Effect of lumbar stabilization exercises and thoracic mobilization with strengthening exercises on pain level, thoracic kyphosis, and functional disability in chronic low back pain. <i>Journal of Complementary and Integrative Medicine</i> . (2021), 18(2), 419-424.
15	Amar, A. K., Nuhmani, S., Khan, M. H. , John, M., Kachanathu, S. J., Kadyan, G., & Muaidi, Q. I.	Comparison of instability resistance training, traditional resistance training and plyometric training on athletic performance parameters. <i>Journal of Complementary and Integrative Medicine</i> . (2021), 18(3), 593-598.
16	Nuhmani, S., Khan, M. H. , Kachanathu, S. J., Bari, M. A., Abualait, T. S., & Muaidi, Q. I.	Reliability and validity of smartphone applications to measure the spinal range of motion: A systematic review. <i>Expert Review of Medical Devices</i> . (2021), 18(9), 893-901.
17	Khan, M. H.	How to deal with heterogeneity in people with low back pain? <i>Saudi Journal of Sports Medicine</i> . (2020), 20(1), 29-30.
18	Saleem, S., & Khan, M. H.	Effect of lumbar stabilization exercises using the stable and unstable surface on pain, disability and electromyography (EMG) activity in chronic low back pain. <i>Int J Cur Res Rev. Vol</i> , (2021), 13(20), 66.
19	Bhatt, A., & Khan, M. H.	Preferential vastus medialis oblique activation and its effectiveness in patellofemoral pain syndrome: a review of literature-an update. <i>Saudi Journal of Sports Medicine</i> . (2015), 15(2), 117-122.
20	Khan, M. H. , & Nuhmani, S	Frozen Shoulder—A Review of Current Concepts. <i>Journal of Musculoskeletal Pain</i> . (2014), 22(3), 308-313.
21	Ali, K., & Khan, M. H.	The effects of grass and clay plyometric training on jumping, sprinting and agility in collegiate cricketers. <i>Int J Biomed Adv Res</i> . (2013), 4(12), 902-908.
22	Ahmed, N., Tufel, S.,	Effectiveness of neural mobilization in the management

	Khan, M. H., & Khan, P. B.	of sciatica. <i>Journal of Musculoskeletal Research</i> . (2013), 16(3).
23	Nuhmani, S., & Khan, M. H.	Lateral ankle sprain-an update. <i>Journal of musculoskeletal research</i> . (2013). 16(04), 1330003.
24	Khan, M. H., Nuhmani, S., & Kapoor, G.	Comparison of two different warm-up protocols on functional performance in athletes. <i>Medicina Sportiva: Journal of Romanian Sports Medicine Society</i> . (2012), 8(4), 1963.
25	Khan, M. J., Nuhmani, S., Garg, C., Lodwal, M., & Khan, M. H.	Comparison of the effect of prophylactic knee brace on static balance among collegiate football players using dominant and non-dominant leg. <i>Int J Current Res and Rev</i> , (2012), 4, 162-6.
26	Khan, M. H., Nuhmani, S., Kapoor, G., Ahmad, N., & Agnihotri, D.	Effects of ice with active warmup and active warmup alone on performance in football player. <i>Int. J. Biomed. Adv. Res.</i> (2012), 3(11).

Dr Moazzam Hussain Khan

15th November 2024