

# CURRICULUM VITAE

## BISHWARANJAN DAS

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## PROFESSIONAL QUALIFICATIONS

<b>FAGE</b>	2021	Manipal Academy of Higher Education
<b>MPT (Ortho &amp; Sports)</b>	2020	Alva's College of Physiotherapy, Moodbidri, Rajiv Gandhi University of Health Sciences, Karnataka
<b>BPT</b>	2014	Institute of Health Sciences, Bhubaneswar, Utkal University, Odisha

## PROFESSIONAL REGISTRATION

**IAFTM** **IAFTM190106**

## COURSES

- **PhD (application filed for registration)**- under Manipal Academy of Higher Education.
- **Fitness Instructor**- (Aerobic training, Indoor cycling, Diet & Nutrition, Primary & Advance Pilates training, Pre & Post-natal training)- Indian Academy of Fitness Training, 2019, Mangalore, Karnataka.

## CAREER AIMS

- Patient-centered musculoskeletal physiotherapy care for lower limb joints and sports injuries.
- Awareness and prevention of arthritis.
- Gait analysis post sports injury and joint replacement surgery.
- Academic contribution and research.

## AWARDS

- 2022- Cleared 1<sup>st</sup> stage verification for grant on “Development of indigenous gait analysis device” from Stryker Orthopaedics, India.
- 2021- Selected for grants at Manipal Research Hub “Development of indigenous gait analysis device” from the Department of Science & Technology, Government of India.
- 2020- 5<sup>th</sup> rank at MPT examination among candidates of RGUHS University.
- 2019- Best paper (TKA Wound Dressing) at Podium Presentation in CIOS, Kerala.
- 2015- Volunteer’s training program at Sangankal village, Bellary, Karnataka.
- 2007- Got selected for state-level “Kho Kho” competition (Inter-school level).
- 2003- Got selected for state-level mathematics Olympiad (Inter-school level).

## PROFESSIONAL STRENGTH

- Good command over written and oral communication.
- Sound clinical knowledge.
- Ability to build good relationships with colleagues and patients from diverse backgrounds.

## CURRENT PRACTICE (June 2020 till date)

- **Consultant Physiotherapist (Hip, Knee & Sports injury)** at Comprehensive Knee & Hip care centre, KMC Hospital, Jyothi Circle, Mangalore.
- **Visiting Consultant Physiotherapist** at Durga Sanjeevani Hospital, Kateel

## **Roles & responsibilities:**

- Independent patient assessment and management in OPD and IPD.
- Planning and coordination of learning activities in the department.
- Maintenance of patient documents and regular audits of clinical practice.
- Research and publications.
- Awareness camps on sports injury prevention and joint arthritis in various cities of Karnataka, Kerala, Goa and Maharashtra.

## **EMPLOYMENT HISTORY**

- **12/09/2016- 01/08/2017:** Physiotherapist at Comprehensive Knee & Hip care centre, KMC Hospital, Jyothi Circle, Mangalore, Karnataka.
- **20/07/2015- 20/07/2016:** Consultant Physiotherapist at Physio Prehab & Rehab Centre, Hyderabad, Andhra Pradesh.
- **20/01/2015- 19/07/2015:** Internship at Srinivas College of Physiotherapy and Research Centre, Mangalore, Karnataka.

## **RESEARCH THESES**

- **PhD:** Development of an indigenous gait analysis device to measure knee abnormalities.
- **Post-graduate (2018):** Effectiveness of telephonically reinforcement home exercise program in patients following Total Knee Replacement: - An Assessor Blinded Randomized Controlled Trial.

## **PUBLICATIONS**

1. Hands-free dressing for primary total knee arthroplasty: a retrospective cohort analysis. Koshy N, Eapen F, Das B, Kamat Y. Current Orthopaedic Practice. 2021;33(1):94-98.
2. Avoid post operative bracing to reduce ACL rerupture rates. Naik A, Das B, Kamat Y. Eur J Orth Surg Traumatol. 2019; 29(8): 1743- 47.

## AUDITS

1. Expedited treatments of hip fracture in adults- Completed 5 staged closed loop audit, presented at regional conference
2. Importance of patient moving & handling in preventing injury to staff and patients.
3. (Ongoing) Clinical outcome indicators of knee & hip arthroplasty (Primary & Revision) in current practice.
4. (Ongoing) Clinical outcome indicators post ACL reconstruction surgery.
5. (Ongoing) Post-operative pain assessment in lower limb arthroplasty.
6. (Ongoing) Ring-fencing in the orthopaedic surgical ward.

## INVITED LECTURES

12.10.2022	Symposium on Knee Osteoarthritis- Rehabilitation in knee replacement	Nitte Institute of Physiotherapy, Mangalore
29.09.2022	Knee arthritis & lifestyle	Sanmarga news (Kannada news channel)
28.05.2022	Complete on-field evaluation & physiotherapy management of Hip & Knee Injuries	Nethaji College of Physiotherapy, Mangalore
20.08.2020	Total Knee Replacement & Physiotherapy: The Uncanny Relationship	Vikas College of Physiotherapy, Mangalore
29.07.2017	Management of common orthopaedics emergencies	Kasturba Medical College, Mangalore

## TRAINING EDUCATION / PUBLIC SPEAKING

2022	Sports injury prevention- An innovative training program - Mangalore	Sports Trainers
	Awareness on sports injury- Shivmoga	Athletes & Coaches

	Knee arthritis & its management- Honnavar	Rotarians
	Joint replacement surgery: Can we prevent it? - Panji, Goa	Doctors
2021	Awareness talks on sports injury prevention- Hassan	Sports Trainers
	Importance of Ergonomics- Mangalore	Hospital employees
	Ergonomics and work habits	Infosys & Canara bank employees
2020	Safe moving and handling of patients in the emergency department & orthopaedic ward	Nurses
2019	Full Monty in TKR	Nurses & Doctors

## MANAGEMENT & LEADERSHIP EXPERIENCE

- Organised patient education and awareness event for post-total knee/hip replacement quality of life- 2022
- Organizing committee member for Mangalore marathon- 2022

## WORKSHOP

24.05.2022	Instrumented analysis of gait and balance- Recent advances	GITAM school of Physiotherapy, Viisakhapatnam
30.12.2017	Writing research proposal and grant proposal	Alva's college of physiotherapy, Moodbidri
09.09.2017- 10.09.2017	Sports injury with emphasis on ankle assessment and management	Dept of Physiotherapy, KMC, Mangalore
22.09.2017- 23.09.2017	Proprioceptive Neuromuscular Facilitation and its Clinical Implications	Justice K S Hegde Charitable Hospital, Mangalore

23.09.2016- 24.09.2016	Essentials of Hand Therapy with emphasis on Stiff hand	Dept of Physiotherapy, KMC, Mangalore
31.10.2015- 01.11.2015	Anatomical linkage and pain points; A hands-on analysis and treatment	Holy Family Hospital, Mumbai
15.03.2015	Trunk control influences balance and mobility post-stroke; NDT/Bobath perspective	Srinivas College of Physiotherapy & Research Centre, Mangalore
22.06.2014	C0-C1, C1-C2 testing and treatment techniques	Mangalore
27.04.2013- 28.04.2013	NDT approach (Part- I)- Treatment of children with cerebral palsy	Bhubaneswar, Odisha
30.03.2013- 31.03.2013	Sacro-iliac joint assessment and manual management	Igophysio centre, Hyderabad
07.08.2011	The Geometrical significance of human skeleton architecture, its related biomechanics and pathomechanics	Dept of physiotherapy, SOA University, Bhubaneswar

## CONFERENCE

November 2021	Trans- disciplinary medical device & technology, Father Mullar Research centre, Mangalore	Development of indigenous gait analysis device
December 2018	Kshema Stemcon, Mangalore	Articular Cartilage lesions- Corelating MRI reporting with arthroscopic findings
January 2018	Mangalore Physiocon, Mangalore	ACL reconstruction Rehab- To brace or not to brace
January 2014	Physioaccord, Bangalore	Oscillatory positive expiratory therapy by using RC-Cornet

## OTHER SKILLS

Languages	Can speak, read and write – English, Odia, Hindi Can speak- Bengali, Kannada, Malayalam, Konkani
Hobbies	Hiking, Travel
Sports	Kho-Kho, Cricket, Badminton

## REFEREES:

### 1. Dr. Yogeesh D. Kamat

*(MBBS, MS, D(Orth), DNB, FCPS(Orth), FRCS(Orth), MD(Res), CCST(UK))*

Consultant Knee & Hip Specialist Ortho Surgeon, KMC Hospital, Mangalore

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### 2. Dr. A. Joseph Oliver

*(BPT, MPT (Ortho), PhD)*

(Former Principal of Alva's College of Physiotherapy, Moodbidri)

Dean, Abhinav Bindra Sports Medicine & Research Institute, Bhubaneswar

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