



## CURRICULUM VITAE

**Dr. Mohammad Miraj**

**PhD, MPTh.(Ortho),MHA,PGD(NGO Mgmt),PGDCR**

Hayyalwadi, Abu Arab Street, Near Exit 6, Riyadh, KSA

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### ✓ Career Objectives:

To achieve distinct heights in the field of Physical Therapy and Healthcare Administration by teaching and research to improve the quality of education in this upcoming new sector.

### ✓ Personal Traits

Self driven, committed and energetic individual, with excellent clinical and teaching skills, coupled with strong research background.

### ✓ Educational Qualifications :

#### Professional Qualifications:

- **PhD. Biosciences** (2016) (Course Work: 72%)  
Barkatullah University (Government University, Bhopal) India
- **Masters in Physiotherapy (MPTh.) Orthopedics** (2005) (65.2%)  
Jamia Hamdard University, New Delhi, India (**University Silver Medalist**)
- **Bachelors in Physiotherapy (BPTTh.)** (2003) (66.8%)  
Kurukshetra University (Government University, Haryana) India

#### Additional Qualifications:

- **Post Graduate Diploma in NGO Management(Health Services)** (2005) 68%  
Jamia Milia Islamia, New Delhi, India (**University Gold Medalist**)
- **Post Graduate Diploma in Child Rights** (2006) 65%  
Jamia Milia Islamia in collaboration with Save the Children, UK.

### ✓ Areas of Expertise and Interest:

- Tele rehabilitation
- Global Health
- Healthcare Quality
- Biomechanics

✓ **Teaching & Clinical Experience: 15 years**

1) **Present Status: Assistant Professor, College of Applied Medical Sciences, Majmaah University, Riyadh, KSA**

2) **Previous Status: Assistant Professor, Rehabilitation Research Chair, College of Applied Medical Sciences, King Saud University, Riyadh, KSA (Oct 2018 – Oct 2019).**

3) **Worked as Assistant Professor, Department of Allied Health Sciences, AIHMS, New Delhi, (Affiliated to Annamalai University, NAAC Accredited A Grade Govt. University, Tamil Nadu, India) (April 2010 – Sept 2018)**

- Job responsibilities (Teaching): My academic responsibilities include teaching the postgraduate students of physiotherapy, public health and hospital administration. It also includes giving assignments, conducting seminars and presentations as well as supervising the projects for the annual exams.
- Engaging in Interdisciplinary Research supervising post graduate students of Physiotherapy and Public Health to produce top notch research articles.
- Administrative Responsibilities included supervising the overall team for arranging for tie-ups with various hospitals, nongovernmental organizations and healthcare institutions for conducting practical trainings of the hospital management, public health and physiotherapy students for their optimal and holistic learning.

Besides this I also **coordinated with the placement cell for the final placements** of the health management and physiotherapy students

✓ **Computer Proficiency**

MS-Office, MiniTab, SPSS, and MS-Publisher

**International Conferences and National Seminars Attended:**

1. Participated as a delegate in hands-on, interactive online e-workshop on, “**Statistical Techniques for Research Study Tool Design**” held online via Google Meet. Organized by Indian Public Health Association, India. 24<sup>th</sup> August – 28<sup>th</sup> August, 2020.

2. Participated as a delegate in **International Conference on Family Medicine and Home Healthcare 2019** (24 CME hours accredited by Saudi Commission for Health Specialties) Riyadh, KSA 23<sup>rd</sup> April – 25<sup>th</sup> April, 2019.

3. Participated in National Workshop on **Basics of Health Economics for Medical Professionals**. Organized by Indian Public Health association (IPHA) & Institute of Development Studies, Kolkata, India 17<sup>th</sup> September – 20<sup>th</sup> September, 2018.

4. Participated and presented a Paper (Oral Presentation) at INTERNATIONAL CONFERENCE On “**Public Health Infrastructure in Transition: Challenges and A Way Forward**” ORGANIZED by Department of Social Work (UGC Centre of Advanced

Study), Faculty of Social Sciences, Jamia Millia Islamia (A Central University), New Delhi, India and School of Public Health, University of Minnesota, USA 18<sup>th</sup> Feb -20<sup>th</sup> Feb 2015.

5. Presented Paper in **Public Health Issues** At National Conference, ITM Universe, Gwalior, India. Feb 2010

6. Attended Conference on **Teaching Methodologies & Pedagogy in Technical Education**, Jamia Hamdard, New Delhi, India 13 – 14 Sept. 2006.

7. Participated in Hands on training in “**Neuro Developmental Therapy BOBATH Technique for treating Stroke Patients**” at ICMR, New Delhi, India 19-20 June, 2004.

8. Paper presented on “**Efficacy of icing and stretch method in managing myofascial trigger point pain**” in International Congress on Regional Anaesthesia and Pain Medicine, AIIMS, New Delhi, India 20 – 22 Feb, 2004.

9. Attended 42<sup>nd</sup> IAP Annual National Conference, Jaipur 13-15Feb,2004

10. Attended clinical program - **Clinical Reasoning in Manual Therapy**, AIIMS, New Delhi 16 Nov,2003.

11. Attended **International Sports Medicine Workshop** and Hands on Training by Sports Authority of India, New Delhi 6-8 April,2001.

### **List of Full Research Publications in National & International Peer Reviewed Indexed Journals with Impact Factor**

#### **Research Publications :**

**1.Miraj M**, Alghadir A., Ali S. (2020) efficacy of Curcumin with Iontophoretic application on paw edema and hematological responses in collagen induced arthritis rat models. Evidence Based Complementary and Alternative Medicine. 2020:4606520. Published 2020 Apr 9. doi:10.1155/2020/4606520

**2.Miraj M** and Miraj SA(2020) Corona Virus Disease-19: The New Challenge for Saving the Human Race. Biosci. BioTech. Resea. Comm.13(1): I-V.

**3. Miraj M.** et al. (2020) Comment on : Body mass index and periodontal health status among young Saudi adults : a cross sectional study. Annals of Saudi Medicine 40(2), 164 -164.

**4.Miraj M**, Jakkala L (2015) On the role of clinical total quality management in clinical research and healthcare Biosci. Biotech. Res. Comm. 8(2):133 -137.

**5.Miraj M**, Ali SA, Choudhary RK, Naaz I, Khan N, Sajid M, Galgut J, Jakkalad L and Ali AS (2015) Comparative characterization and scientific validation of certain plant extracts from their biomedical importance Biosci. Biotech. Res. Comm. Vol 8(1) 57-64.

**6.Miraj M** and Ali SA (2015) Role of curcumin in alleviation of carrageenan induced arthritic inflammatory responses in rats. International Conference on Translational Medicine in 21<sup>st</sup> Century, Barkatullah University , Pg.70.

**7.Miraj M**, Choudhary RK, Naaz I, Sajid M, Khan N, Ali AS and Ali SA(2015) Comparative HPTLC validation of active ingredients of certain Indian plants and their medicinal efficacies Accepted In Bioscience Biotechnology Research Communications Vol 8 (1)

**8.Miraj M**, Mohanty S and Patil O, (2015) Integrated Telemedicine and Solutions for Community Health, “Public Health Infrastructure in Transition : Challenges and a way forward” Int. Conf. JMI, India & UMN , USA , 2015 ,Pp . 23

**9.Miraj M**, Jakkala L, Khan N and Ali AS (2014) On the toxicity of certain metals and its amelioration through herbal extracts Bioscience Biotechnology Research Communications (IF 3.48) Vol 7 (2) 99-107.

**10.Miraj M** and Ali SA (2014) Body weight responses of induced arthritic rats during their treatment with different applications of *Curcumin* Bioscience Biotechnology Research Communications IF 3.48 Vol. 7 (2) 179-181.

**11.Miraj M.**, N.Khan, L. Jakala & AS Ali (2014) On the toxicity of certain metals and its amelioration through herbal extracts BBRC Vol. 7(2) , Pg. 99-107.

12. Miraj M., Islam R., Quddus N., Anwer S(2013) Efficacy of deep cervical flexor strength training versus conventional treatment in cervicogenic headache. Int. J. Cur. Res. Rev 5(08), 84 -90.

**13.Miraj M.**, Anwer S, Quddus N, Equebal A (2011) Effectiveness of electromyographic biofeedback training on quadriceps muscle strength in osteoarthritis of knee Hong Kong Physiotherapy Journal 29(2):86-93.

**14.** Effectiveness of Electromyographic Biofeedback Training on Quadriceps Strengthening using VMO in Osteoarthritis of Knee. Archives of Physical Medicine and Rehabilitation 92(10):1733.Doi : [10.1016/j.apmr.2011.07.171](https://doi.org/10.1016/j.apmr.2011.07.171)

**15. Miraj M.**, Anwer S, Quddus N (2011) Efficacy of electromyographic biofeedback training on pain and functional status in Osteoarthritis of Knee. Indian Journal of PT & OT 5(2) : 150 -154

**16. Miraj M** and Miraj SA (2010) Public Health Education : Some Problems and Solutions in India Nat Conf. ITM Universe Gwalior Feb 2010. 28-31

**17. Miraj M** and Miraj SA (2010) Public Health Scenario in India :Challenges for the 21<sup>st</sup> century – A Review article , Biosc. Biotech. Res. Comm. 3(1) Pp.1-7.

**18. Miraj M.** Iqbal A. and Khan SA.(2010) Efficacy of ischaemic compression technique in combination with strain counterstrain technique in managing upper trapezius trigger point pain. Indian Jour. of PT & OT 4(2) : 10-15.

19. Miraj M, Chadrasekar R, Nair UN (2007) Participated in Study , Self-reported motorcycle riding behaviour among school children in India. *Accid Anal Prev.* Mar;39(2):334-9.
20. **Miraj M** (2005) Comparing the effectiveness of different manual techniques in relieving Myofascial Trigger Point Pain , MPTTh. *Dissertation Thesis* , Pp. 1-220, Jamia Hamdard , New Delhi

✓ **References: To be provided on request**