

Personal Details	KSHTRASHAL SINGH
Academic Qualifications	All your degrees. Please include your Universities name Bachelor of physiotherapy-TN.Dr.MGR Medical University. Chennai, India Master of Physiotherapy (Orthopaedics)- TN.Dr.MGR Medical University. Chennai, India
Administrative Duties	Dean/Dep. Dean/Coordinator/etc Portfolios <ol style="list-style-type: none"> 1. Asset maintenance and inventory 2. Academic Planning and Assessment Committee 3. Continuous Quality Improvement-CQI 4. Curriculum Review-BPT 5. CPD 6. Network Linkage and Publicity Committee 7. Assistant exam 8. MPT Coordination
Publications (last 5 years)	Publications including books <ol style="list-style-type: none"> 1. A Multicentral Quasi experimental Study on Impact of Neuromuscular Taping over Neck Pain-Yu Chye Wah, Kshtrashal Singh, Mahesh Hegde, Komala Bakrishnan, Mallisah Kaur, Kamaraj B, Rahul Krishnan Kutty-Indian Journal of Forensic Medicine & Toxicology, October-December 2020, Vol. 14, No. 3-(PG 3343-3349)- ISSN NO. p-0973-9122 and e-0973-9130-http://www.ijfmt.com/issues.html 2. Multicentral Quasi experimental Study on Impact of Neuromuscular Taping over Low Back Pain-Yu Chye Wah, Kshtrashal Singh, Susmitha Govind, Kasmalina binti Mohd, Siva Sangary Murthy, Kamaraj B, Rahul Krishnan Kutty- Indian Journal of Forensic Medicine & Toxicology, October-December 2020, Vol. 14, No. 3-(PG 3350-3356)- ISSN NO. p-0973-9122 and e-0973-9130-http://www.ijfmt.com/issues.html 3. Comparing the Effect of Combined Therapy of Extracorporeal Shock Wave Therapy and Ice Massage with Combined Therapy of Therapeutic Ultrasound with Paraffin Wax Bath in Treating Trigger Finger-Yu Chye Wah, Chen Zhun Yi, Kshtrashal Singh, Koh Kim Hua, Susmitha Govind, Veni Chandrakasan-Medico-Legal Update-(ISSN) 0971- Institute of Medico-legal Publications-720X-Volume 20 Number 4 October-December 2020(1475-1482).

4. To Compare the Effectiveness of Taping and Arch Support on the Flexible Flat Foot on a Random Population-J. Karthikeyan, Kshtrashal Singh, Susmitha Govind, Kaviarasu Mahalingam, Sree Vamsi, Pavithra A/P Annamalai, Yu Chye Wah- Medico-Legal Update-(ISSN) 0971-720X- Institute of Medico-legal Publications -Volume 20 Number 4 October-December 2020(1506-1513).
5. Study on Prevalence and Risk Factors of Neck Pain among Aimst University Malaysia Academic Staffs-Mishalini Nair A/P Sugumaran, Kshtrashal Singh, Susmitha Govind, Yu Chye Wah-March 2019-Volume-8 Issue-5-article number 157-<https://www.ijitee.org/download/volume-8-issue-5/>
6. The Effectiveness of Postural Correction in Improving Para Spinal Muscles Spasm in Dodge Ball Players-Kshtrashal Singh, Susmitha Govind, Yu Chye Wah, Mahesh Hegde, Kavitha Shetty, Christina Lee Siaw Lin-International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1031-1041,-ISSN: 2005-4238 IJAST-<http://serisc.org/journals/index.php/IJAST/article/view/3313>
7. The Adult Ambulatory Chair and Its Influence on Geriatric Population-Kshtrashal Singh, Susmitha Govind, Yu Chye Wah, Low Chia Huei, Nur Fatin Binti Mahamad Radzi, Cheah Yin Joe-International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1053-1062, ISSN: 2005-4238 IJAST-<http://serisc.org/journals/index.php/IJAST/article/view/3317>
8. Effectiveness of Myofascial Release Technique versus Positional Release Technique on Myofascial Pain Syndrome-Jency Sudha Deva Arul, Karthikeyan J, Kshtrashal Singh, Susmitha Govind, Yu Chye Wah, Taranjit Singh Sandhu-International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1063-1070, ISSN: 2005-4238 IJAST-<http://serisc.org/journals/index.php/IJAST/article/view/3318>
9. Age-Related Difference in Proprioception, Muscle Strength and Balance in Diabetic Patient-Karthikeyan J, Jency Sudha Deva Arul, Kshtrashal Singh, Susmitha Govind, Yu Chye Wah, Yeoh eiko-International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1071-1081, ISSN: 2005-4238 IJAST-<http://serisc.org/journals/index.php/IJAST/article/view/3319>
10. Sensor Enhanced Rehabilitation For Knee Injuries-Sankara kumaran Pandian, Sundaresan AN, Kshtrashal Singh, Mahesh Hegde, Yu Chye Wah, Shirana Asmi Farook, Yogardarrshini, Tan Wei Xiang-International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1091-1099, ISSN: 2005-4238 IJAST-<http://serisc.org/journals/index.php/IJAST/article/view/3321>

11. The Effectiveness of Rest-Pause Method Vs Traditional Training Method on Muscle Power Development among Badminton Players-Ilyaraja AlagiaThiruvevenkadam, Jaffery Kong Tin Fei, Karthikeyan J, Jency Sudha Deva Arul, Susmitha Govind, Kshtrashal Singh, Rahul Krishnan Kutty- International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1082-1090, ISSN: 2005-4238 IJAST-
<http://serisc.org/journals/index.php/IJAST/article/view/3320>
12. Time-Of-Flight Laser for Presto Measurement of Wound Depth1G.Deepthi,2Sankara kumaran Pandian, 3Sundaresan AN,4Kshtrashal Singh, 5Yu Chye Wah,6Tam Wei Wai,7Lee Aik Chuan1, 2, 3, 4, 5,6,7School of Physiotherapy (FAHP), AIMST University Malaysia.- International Journal of Advanced Science and Technology Vol. 29, No.02, (2020), pp. 2452-2459- , ISSN: 2005-4238 IJAST -
<http://serisc.org/journals/index.php/IJAST/article/view/3783/2581>
- <http://serisc.org/journals/index.php/IJAST/article/view/3783>
12. A Comparative Study Between Breathing Control And Pursed Lip Breathing Among Bronchial Asthma Patients-Lee Wei Jie, Susmitha Govind,Kshtrashal Singh, Yu chye Wah, Gokarakonda Sree Vamsi, Elanchezhian Chinnavan, Rishi Kesavan, Sundaresan Annamalai, Mallisah Kaur 1,2,3,4,5,6,7,8,9 School of Physiotherapy (FAHP), AIMST University, Malaysia-International Journal of Advanced Science and Technology-Vol. 28, No. 16, (2019), pp. 1643-1648-ISSN: 2005-4238 (Print)-ISSN: 2207-6360 (Online)-
<http://serisc.org/journals/index.php/IJAST/issue/view/243><http://serisc.org/journals/index.php/IJAST/article/view/2155/1497>-Publisher: Science and Engineering Research Support Society
13. The Impact of Myofascial Release over Pregnancy-Induced Pelvic Girdle Pain-1Susmitha Govind, 2Tan Chiaw Wen, 3Kshtrashal Singh, 4Yu Chye Wah,5 Mahesh V Hegde, 6 Kavitha Shetty, 7 Gokarakonda Sree Vamsi,8Elanchezhian Chinnavan- Volume 8, No.1.4, 2019-International Journal of Advanced Trends in Computer Science and Engineering(ISSN 2278-3091) <http://www.warse.org/IJATCSE/static/pdf/file/ijatcse13814s12019.pdf> (Scopus Indexed).
14. A study on the effectiveness of paraffin wax bath therapy and intrinsic muscle exercises in reducing pain and increasing precision gripping movements of rheumatoid hand-Journal; Of Pharmaceutical Science And Research-NOV 2018-ISSN 0975-1459-www.jpsr.pharmainfo.in-LINK <https://www.jpsr.pharmainfo.in/issue.php?page=110> . (SCOPUS Indexed).
15. Study on Prevalence and Risk Factors of Neck Pain Among Aimst University Malaysia Academic Staffs-Mishalini Nair A/P Sugumaran, Kshtrashal Singh, Susmitha Govind, Yu Che Wah-March 2019-(Number 157).

(Scopus Indexed) <https://www.ijitee.org/download/volume-8-issue-5/>
<https://www.ijitee.org/wp-content/uploads/papers/v8i5/E3304038519.pdf>).

16. To Compare The Outcome Of Lumbar Traction With Infra-Red Ray In Lumbar Disc Herniation-Rishikesavan, Yokeshwery A/P Muniandy , Elanchezhian Chinnavan, Yu Chye Wah, Susmitha Govind, Kshtrashal Singh- International Journal of Recent Technology and Engineering (IJRTE) ISSN: 2277-3878, Volume-7, Issue-6, March 2019-Article number 215 (Scopus Indexed).

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17. Maitland Vs Kaltenborn Approach in Improving Pain and External Rotation in Adhesive Capsulitis-Kalipravina Sunderamuthy, Susmitha Govind, Yu Che Wah, Kshtrashal Singh- Article Number 5-volume 8-issue 6S2-(Scopus Indexed).

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18. Comparative Study On The Effectiveness Of Ultrasound And Mulligan's Mobilization With Movement Treatment Of Lateral Ankle Sprain- International Journal of Pure and Applied Mathematics Volume 119 No. 14, MAY 2018, 35-39 ISSN: 1314-3395 (on-line version)-URL: [http://www.ijpam.eu-Special Issue- karthick.K, Mrs. R. Azeela Begham, Kshtrashal Singh, Susmitha Govind. \(Scopus Indexed\). \[LINK-https://acadpubl.eu/hub/2018-119-14/issue14a.html](http://www.ijpam.eu-Special Issue- karthick.K, Mrs. R. Azeela Begham, Kshtrashal Singh, Susmitha Govind. (Scopus Indexed). [LINK-https://acadpubl.eu/hub/2018-119-14/issue14a.html)]

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20. History of low back pain during previous pregnancy had an effect on development of low back pain in current pregnancy attending antenatal care clinic of university of Gondar hospital, northwest Ethiopia- Research & Reviews: Journal of Medical Science and Technology. *Eskedar Abebe1*, *Kshtrashal Singh2**, *Mulat Adefires3*, *Mueez Abraha4*, *Hailey Gebremichael2*, *Rahul Krishnan2* ISSN: 2319-3417 (online), ISSN: 2349-1272 (print) Volume 3, Issue 3 www.stmjournals.com-2014-(Google Index).
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 Volume3,Issue2.[http://stmjournals.com/med/index.php?journal=RRJoMST&page=article&op=view&path\[\]=531&path\[\]=213-2014-\(Google Index\)](http://stmjournals.com/med/index.php?journal=RRJoMST&page=article&op=view&path[]=531&path[]=213-2014-(Google Index)). [Link-
<http://stmjournals.com/med/index.php?journal=RRJoMST&page=article&op=view&path%5B%5D=531>]
22. Medico-Legal Practice and Physiotherapy: A Study in Mekelle, Ethiopia.*Kshtrashal Singh*,HailayGebremichaelGebrekidan*.[http://stmjournals.com/med/index.php?journal=RRJoMST&page=article&op=view&path\[\]=390](http://stmjournals.com/med/index.php?journal=RRJoMST&page=article&op=view&path[]=390) Research & Reviews: Journal of Medical Science and Technology ISSN: 2319-3417 Volume 3, Issue -2014-(**Google Index**). [Link-
<http://stmjournals.com/med/index.php?journal=RRJoMST&page=article&op=view&path%5B%5D=390>]
23. Effects of exergaming on repetitive behaviors' and cognition impairment ofautisticchildren.*Kshtrashal Singh**[http://www.stmjournals.com/med/index.php?journal=RRJoMST&page=author&op=submission&path\[\]=256-2013-\]\(Google Index\)](http://www.stmjournals.com/med/index.php?journal=RRJoMST&page=author&op=submission&path[]=256-2013-](Google Index)). [Link<http://www.stmjournals.com/med/index.php?journal=RRJoMST&page=article&op=view&path%5B%5D=256>]
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26. Effectiveness of Abdominal Muscle Exercise in Improving Peak Expiratory Flow in Normal Individuals .*Kshtrashal Singh**
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27. A Comparative Study on the Effectiveness of Therapeutic Ultrasound and Phonophoresis in the Management of Jumper's Knee. *Kshtrashal Singh**<http://stmjournals.com/med/index.php?journal=RRJoMST&page=issue&op=view&path%5>

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[http://www.stmjournals.com/med/index.php?journal=RRJoMST&page=article&op=view&path\[\]=1-8-\(Google Index\)](http://www.stmjournals.com/med/index.php?journal=RRJoMST&page=article&op=view&path[]=1-8-(Google%20Index)) [Link-
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29. A Descriptive Approach on the Relationship between Facebook and the Well-Being of Undergraduate College Students, Mekelle, Ethiopia 2016. *Kidane Tadesse, Rahul Krishnan Kutty, Kshtrashal Singh*.
[http://stmjournals.com/index.php?journal=OSMJ&page=article&op=view&path\[\]=7343](http://stmjournals.com/index.php?journal=OSMJ&page=article&op=view&path[]=7343)](**Google Index**) -[Link-
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30. Functional History of Consumer Disputes Redressal Machineries of Tamil Nadu: An Analytical Study M. Anto Auxcelian¹, Albin Jerome^{2*}, Kshtrashal Singh³, Susmitha Govind⁴- Omniscience: A Multi-disciplinary Journal ISSN: 2231-0398 (Online), ISSN: 2347-9949 (Print) Volume 7, Issue 1 www.stmjournals.com-april2017.](**Google Index**). [Link- <http://stmjournals.com/index.php?journal=index&page=search&op=titles&searchPage=70>

31. Impact of Virtual Reality Training in Rehabilitation of Stroke Patients: A Cross Sectional Review-Research and Reviews: Journal of Neuroscience-ISSN: 2277-6427 (Online), ISSN: 2348-7925 (Print)-Volume 8, Issue 1- www.stmjournals.com-Shirana Asmi Farook, Kshtrashal Singh*, Susmitha Govind, Yu Chye Wah, Rishi Kesavan, Elanchezian Chinnavan, School of Physiotherapy, Faculty of Allied Health Professions, Asian Institute of Medical, Science and Technology University, Kedah Darul Aman, Malaysia.](**Google Index**)-[LINK-
<http://medicaljournals.stmjournals.in/index.php/RRJoNS/article/view/263>

Book publication

1. Pregnancy-Induced Pelvic Girdle Pain & Myofascial Release: The Impact of Myofascial Release over Pregnancy-Induced Pelvic Girdle Pain Paperback – May 16, 2020
by Kshtrashal Singh (Author), Susmitha Govind (Author), Tan Chiaw Wen (Author), Yu Chye Wah (Author), Mahesh V Hegde (Author), Kavitha Shetty (Author), Gokarakonda Sree Vamsi (Author), Elanchezian Chinnavan (Author)

	<p>Product Details Paperback: 56 pages Publisher: Eliva Press (May 16, 2020) Language: English ISBN-10: 1952751063 ISBN-13: 978-1952751066 Product Dimensions: 6 x 0.1 x 9 inches Shipping Weight: 4.8 ounces (View shipping rates and policies) Customer Reviews: Be the first to write a review Amazon-https://www.amazon.com/dp/1952751063 Eliva Press SRL Address: Bd. Cuza-Voda, of.21, Chisinau, Republic of Moldova, Europe Registration No. 1020600000328 https://www.elivapress.com/en/book/book-7243192683 a.melnic@elivapress.com www.elivapress.com</p>
On-going Research	On-going research Nil
Completed Research	Completed Researches-as mentioned above
Research Grants	Research Grants -nil
Consultancy	nil
Awards	nil
Professional Membership	Of any professional society – 1. Indian Association of Physiotherapists Membership No. - L-26874 2. Ethiopian physiotherapy association. 2015 Onwards
Supervision	Postgraduates students- 1
Teaching	The courses (including Postgraduate)

	<p>BPT</p> <ol style="list-style-type: none"> 1. Electrotherapy I 2. Exercise Physiology 3. Exercise Therapy 4. Research in Physiotherapy 5. Neurological Physiotherapy I 6. Paediatric Physiotherapy 7. Occupational Health and Sports 8. Kinesiology <p>MPT</p> <ol style="list-style-type: none"> 1. Advanced Physiotherapeutics 2. Advance musculoskeletal assessment & Management I
Areas of Expertise	Musculoskeletal physiotherapy
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