

Curriculum vitae



AQSA MUJADDADI

Designation: Assistant Professor

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DCPTOT registration number: PR-4040

Academic Qualifications

Course	Institute/University	Year	Result
Doctor of Philosophy (Ph.D.)	Jamia Millia Islamia (A Central University), New Delhi, India.	2019-Present	Pursuing
Masters of Physiotherapy (Cardiopulmonary)	Jamia Millia Islamia (A Central University), New Delhi, India.	2017	First division with distinction (CGPA of 8.63)
Bachelors of Physiotherapy (BPT)	Teerthanker Mahaveer University Moradabad, Uttar Pradesh, India	2015	Gold Medalist First division with distinction (81.13%),
AISSCE	CBSE	2010	First division with distinction
AISSE	CBSE	2008	First division with distinction

Academic/Administrative responsibilities:

Role/Responsibilities	Institute/University	Session/year
Member of the syllabus revising committee (BPT and MPT)	Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi	2024-2025
Member of the Admission committee (BPT and MPT)	Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi	2024-2025
Editorial member (Faculty of Life sciences magazine)	Faculty of Life Sciences, Jamia Millia Islamia	2024-2025
Member, committee of studies	Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi	2023-Till date
Organizing committee member for Jamia Foundation Day Celebrations	Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi	2024
PhD research lab in-charge	Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi	2023-Till date
MPT cardiopulmonary lab in-charge	Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi	2023-Till date
Faculty in-charge for organizing world physiotherapy day events	Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi	2024-2025 2023-2024
Teacher Placement co-ordinator	Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi	2023- Till date
Resident Warden	Jammu & Kashmir Girls Hostel, Jamia Millia Islamia (A Central University), New Delhi, India.	2020- 2021

External Examiner for Practical Examination

University/Institute	Programme code and course title	Year
Indian Spinal Injury Centre, Vasant Kunj, Guru Gobind Singh Indraprastha University. New Delhi-110070	MPT (cardio)-253 Dissertation	14.06.2024
Galgotias University, Sector 17A, Greater Noida, Uttar Pradesh-203201	BPT (Basic Principles in Biomechanics)	16.06.2023
Indian Spinal Injury Centre, Vasant Kunj, Guru Gobind Singh Indraprastha University. New Delhi-110070	MPT (cardio)-253 Dissertation	18.07.2022
Indian Spinal Injury Centre, Vasant Kunj, Guru Gobind Singh Indraprastha University. New Delhi-110070	MPT (c)- 251Assessment and Management MPT II nd year	15.07.2022
Indian Spinal Injury Centre, Vasant Kunj, Guru Gobind Singh Indraprastha University, New Delhi-110070	MPT (c)- 251 Assessment and Management	22.10.2021
Centre For Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi-110025	UCC-II Project Development MPT-I st semester	02.09.2021
Indian Spinal Injury Centre, Vasant Kunj, Guru Gobind Singh Indraprastha University, New Delhi-110070	MPT (c)- 253 Dissertation MPT II nd year	26.10.2020
Deen Dayal Upadhyay Kaushal Kendra, Jamia Millia Islamia, New Delhi-110025	Practical V (MEP301) B Voc. Medical Electrophysiology (MEP)	07.02.2020

Reviewer for Journals

- Heliyon (cell press)
- BMC oral Health
- Journal of Bodywork and Movement Therapies
- Comparative Exercise Physiology

- Society of Indian Physiotherapist (7th, 8th and 9th SIPCON)

Publications

- Aysha T, Zaki S, Alam MF, Sharma S, Alnaseer SM, Alqahatn AS, Mujaddadi A, Raza A, Nuhmani S. Effectiveness of backward gait training on body composition, cardiopulmonary fitness, inflammation and metabolic markers in adults: A systematic review and meta-analysis. *International journal of critical illness and injury science*. 2024. 14 (2). 101-111
- Abidi AM, **Mujaddadi A**, Raza S, Moiz JA. Effect of physical exercise on cardiac autonomic modulation in hypertension: A systematic review and Meta-analysis. *Current Hypertension Reviews*. 2023. 19 (3). 149-172.
- Dar J, **Mujaddadi A**, Moiz JA. Effect of inspiratory muscle training in patients with obstructive sleep apnoea syndrome: A systematic review and meta-analysis. *Sleep Science*. 2023. 15 (04)-480-489.
- Orooj M, **Mujaddadi A**, Jain M, Ahmad I. Short term pulmonary rehabilitation among post pulmonary tuberculosis patients during COVID-19 pandemic. *Thoracic research and practice*. 2023. 24 (3). 131.
- Zaki S, Moiz JA, **Mujaddadi A**, Ali MS, Talwar D. Does inspiratory muscle training provides additional benefits during pulmonary rehabilitation in patients with interstitial lung disease. *Physiotherapy Theory and Practice: An International Journal of Physical Therapy*. 2023. 39 (3). 518-528.
- Amber S, **Mujaddadi A**, Moiz JA. Reliability and responsiveness of endurance shuttle walk test to estimate functional exercise capacity in patients with chronic obstructive pulmonary disease. *Oman Medical Journal*. 2023. 31;38(1):e455.
- **Mujaddadi A**, Moiz JA, Veqar Z, Dar J, Amber S. Effect of various exercise training intervention on cardiac autonomic function in obese individuals: A systematic review and meta-analysis. *Obesity Medicine*. 2022. 30(4).100383.
- Kushwaha P, Moiz JA, **Mujaddadi A**. Effect of exercise training on cardiac autonomic function in patinets with coronary artery bypass grafting: A systematic review and meta-analysis. *The Egyptian heart Journal*. 2022. 74(67).

- **Mujaddadi A**, Moiz JA, Singla D, Ali MS, Talwar D. Effect of eccentric exercise on markers of muscle damage in patients with Chronic Obstructive Pulmonary Disease. *Physiotherapy Theory and Practice: An International Journal of Physical Therapy*. 2021. 801-807,37(7)
- Letter in reply: Orooj M, Moiz JA, **Mujaddadi A**. A promising intervention for comprehensive pulmonary rehabilitation for Asthma COPD overlap syndrome. *Oman Medical Journal*. 2021. 36 (1); e234.
- Orooj M, Moiz JA, **Mujaddadi A**, Ali MS, Talwar D. Effect of pulmonary rehabilitation in patients with Asthma COPD overlap syndrome: A Randomized control Trial. *Oman Medical Journal*. 2020. 35 (3): e136.
- Ishrat R, **Mujaddadi A**, Ali MS, Talwar D, Hussain ME. Reliability and responsiveness of Incremental shuttle walk test in patients with pulmonary arterial hypertension. *Comparative Exercise Physiology*. 2020. 16(3):179-185.
- Adavampurath F, Raza S, Moiz JA, **Mujaddadi A**, Bhati P. Activity of shoulder girdle muscles during the perfect push up and push up bar exercises using different hand positions in young overhead athletes. *Sports Sciences for Health*. 2020. 16 (1). 65-73.
- Nawaz A, Ganai J, Akhtar N, Davari S, **Mujaddadi A**. Effect of differential music tempo on post-exercise cardiovascular recovery parameters in hypertensive individuals: A Randomized Control Trial. *Comparative Exercise Physiology*. 2019. 15(4).233-241.
- Irshad N, Raza S, Moiz JA, **Mujaddadi A**, Bhati P. Electromyographic analysis of upper trapezius, abductor pollicis longus and abductor pollicis brevis during smartphone use in different positions among young male and female subjects. *International Journal of Adolescent Medicine and Health*. 2019. 33 (5). 20180276.
- Anand Akshay, Bhati P, **Mujaddadi A**, Verma Shalini, Hussain N I, Hussain ME. Physical activity levels independently predicts cardiac autonomic dysfunction in dyslipidemia. *Comparative Exercise Physiology*. 2019. 15(4).1-10. 2019.

Scientific Paper Presentations

- **Mujaddadi A**, Veqar Z. effect of 12 weeks high intensity interval training in obesity related hypertension: A Randomized controlled Trial. International conference on the role of AI and multidisciplinary research in shaping a sustainable future organized by Kaaf University Ghana West Africa in collaboration with International Institute of special Education (IISE), Lucknow, India. Jan 11-13 2024.
- **Mujaddadi A**, Moiz JA. Association between heart rate variability measures and body composition parameters in obesity-related hypertension: A Pilot investigation. Internation E-conference on “Evolving Physiotherapy Practices”, SGT University, Gurugram Haryana-122505, India. July, 30-31,2021.
- Orooj M, **Mujaddadi A**, Moiz JA, Ali MS, Talwar D. Effect of six weeks pulmonary rehabilitation programme on functional exercise capacity, pulmonary function and health related quality of life in patients with Asthma COPD overlap syndrome: A Randomized control trial. 7th International Conference of Physical Therapy (INCPT), AIIMS, 2018, New Delhi, India.
- **Mujaddadi A**, Moiz JA, Hussain IN, Ali MS, Talwar D, Muscle damage in COPD versus older adults following eccentric exercise: A comparative study. 4th International Congress on Gerontology and Geriatric Medicine Asia Pacific Geriatric Medicine Conference 2018, AIIMS, New Delhi, India.
- **Mujaddadi A**, Moiz JA, Hussain IN, Ali MS, Talwar D, Comparison of the effect of eccentric exercise on biochemical markers of muscle damage in patients with chronic obstructive pulmonary disease. Hamdard Physiocon 2017(National conference) at Jamia Hamdard University, New Delhi.

Details of Academic job profile:

Subjects Taught to Postgraduate students:

Paper code	Subject	Course
MPT 102	Exercise Physiology testing & prescription	MPT- I st semester
MPT 106P	Exercise Physiology testing & prescription	MPT- I st semester
MPT 201	Diagnostic Tools in Physiotherapy	MPT- II nd semester
MPT 242	Cardiopulmonary Physiotherapy Techniques	MPT- II nd semester
MPT 243	Pulmonary Physiotherapy and Rehabilitation	MPT -II nd semester
MPT 245	Fitness Training and Health Promotion	MPT -II nd semester
MPT 246P	Practical IV- Cardiopulmonary Examination Evaluation and Physiotherapy Technique	MPT- II nd semester
MPT 247P	Practical V-Evaluative clinical Practice	MPT -II nd semester
UCC-II	Seminar Presentation	MPT-II nd semester
UCC-III	Project Development	MPT-II nd semester
MPT 342	Cardiovascular Physiotherapy and Rehabilitation	MPT- III rd semester
MPT 343	Intensive care Management	MPT- III rd semester
MPT 346P	Practical VI- Evaluative clinical Practice- III	MPT- III rd semester
MPT 347P	Technical Writing	MPT- III rd semester
UCC-IV	Seminar Presentation	MPT- III rd semester
MPT 411P	Dissertation	MPT IV th semester

Subjects Taught to undergraduate students:

Paper code	Subject	Course
BPT 303	Physiotherapy in general medicine and surgery	BPT III rd year
BPT 306	Bioengineering and Ethics	BPT III rd year
BPT 307P	Physiotherapy in general medicine and surgery (Practical)	BPT III rd year

BPT 402	Physiotherapy in cardiopulmonary conditions	BPT IV th year
BPT 407P	Physiotherapy in cardiopulmonary conditions (Practical)	BPT IV th year

Supervisor/co-supervisor for MPT dissertation work:

<u>Title</u>	<u>Session</u>	<u>Student Name</u>
Predictors of exacerbations in patients with chronic obstructive pulmonary disease	2023-2025	Mahima Mayee Tripathi
Effect of whole body vibration on balance and mobility in older adults: A dosimetry trial	2022-2024	Mohammad Asif
Effect of various aerobic exercise bout on short and long term cardiac autonomic recovery in hypertensive individuals.	2021-2023	Homa Nausheen
Efficacy of proprioceptive neuromuscular facilitation during pulmonary rehabilitation programme in patients with chronic obstructive pulmonary disease.	2021-2023	Mansi Rawat
Effect of exercise training on modulation of cardiac autonomic control in hypertensive individuals: A systematic review and meta-analysis.	2020-2022	Ayesha Miraj Abidi
Effect of eccentric exercise on cardiopulmonary, physiological and biochemical responses in patients with chronic obstructive pulmonary disease: A systematic review and meta-analysis.	2020-2022	Anandita Sharma
Effect of inspiratory muscle training in patients with pulmonary arterial hypertension: A systematic review and Meta-analysis.	2020-2022	Shabeeh Naqvi
Effect of exercise training intervention on Pulmonary tuberculosis sequel: A systematic review and Meta-analysis	2020-2022	Mir Shabnum Ara
Effect of inspiratory muscle training in patients with obstructive sleep apnea syndrome: A systematic review and Meta-analysis	2019-2021	Javid Ahmad Dar
Reliability and validity of incremental shuttle walk test to estimate functional exercise capacity in obese: A systematic review.	2019-2021	Nihal Ashraf
Association of cardiopulmonary exercise testing parameters with left ventricular diastolic dysfunction in patients with chronic obstructive pulmonary disease.	2018-2020	Shivpriya Sharma
Reliability and responsiveness of Incremental shuttle walk test in patients with pulmonary arterial hypertension	2017-2019	Rubia Ishrat

Guide for BPT project work:

<u>Title</u>	<u>Session</u>	<u>Student Name</u>
Evaluation of functional exercise capacity by 6MWT in obese versus obese diabetic patients: A comparative study	2024-2025	Lakshita Arora
Evaluation of Health related quality of life by saint George respiratory questionnaire in patients with Asthma	2024-2025	Kritya sudha sharma
Evaluation of functional exercise capacity by six minute walk test in elderly individuals	2023-2024	Md. Zaki Anwar
Evaluation of Health related quality of life by saint George respiratory questionnaire in chronic obstructive pulmonary disease	2023-2024	Misbah
Evaluation of functional exercise capacity by six minute walk test in morbid obesity	2023-2024	Md Fauzan Akmal
Evaluation of functional exercise capacity by incremental shuttle walk test in obesity-related hypertension	2022-2023	Mohammad Waris Malik
Pulmonary Function test in patients with Type II Diabetes Mellitus	2022-2023	Nida Fatima
Evaluation of functional exercise capacity by conducting six minute walk test with and without facemask among healthy volunteers	2022-2023	Aysha
Effect of whole body vibration on functional capacity in patients with chronic obstructive pulmonary disease	2020-2021	Tabassum Fatima
Effect of pulmonary rehabilitation on patients with idiopathic pulmonary fibrosis	2020-2021	Nikhil chawdhary
Effect of inspiratory muscle training in patients with heart failure.	2020-2021	Md Aman
Effect of pulmonary rehabilitation on anxiety and depression in patients with chronic obstructive pulmonary disease	2020-2021	Ayman
Evaluation of pulmonary function and body composition parameters in obese hypertensive individuals.	2019-2020	Humaira
Evaluation of functional capacity and peak oxygen uptake by Incremental Shuttle Walk Test in recreational athletes versus sedentary adults.	2019-2020	Fabeha
Estimation of functional exercise capacity by Incremental shuttle walk test in patients with Type-II Diabetes mellitus.	2018-2019	Faizan-ur-rab

Orientation Programs, Workshops and Training

- One week NEP 2020 orientation and sanitization program (04.04.2014-14.03.2014) organized by MMTC
- British Thoracic Society “Fundamentals of Pulmonary Rehabilitation” course and RECHARGE on 29th January, 2020, at Metro Centre for Respiratory Diseases, Noida, India.
- Workshop on Visceral Mobilization organized by Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi, India, September, 2019
- Workshop on Muscular Dystrophy (TMMCRC, Moradabad).
- Workshop on Basic Life Support training (Ansari Health centre, New Delhi).
- Seminar on Chiropractic (TMMCRC, Moradabad).
- Workshop on Biostatistics and research methodology (Jamia Millia Islamia).
- CME on Biomechanics and fracture management (ISIC, Delhi).

Conferences/Seminars attended

- International conference on the role of AI and multidisciplinary research in shaping a sustainable future organized by Kaaf University Ghana West Africa in collaboration with International Institute of special Education (IISE), Lucknow, India. Jan 11-13 2024.
- International Conference on evolving physiotherapy practices organized by SGT, University, Gurugram, Haryana, July 29-31, 2021
- Webinar on Physiotherapy and Recommendations guidelines in Acute care in COVID-19. *Organized by Department of Rehabilitation Sciences, Jamia Hamdard University, June 2020*
- 8th INCPT, AIIMS, 2019, New Delhi, India.
- 4th International Congress on Gerontology and Geriatric Medicine Asia Pacific Geriatric Medicine Conference 2018, AIIMS, New Delhi, India.
- 7th INCPT, AIIMS, 2018, New Delhi, India.
- Hamdard Physiocon 2017(National conference) at Jamia Hamdard University, New Delhi

Awards and Honors

- Gold medalist in BPT program, Teerthanker Mahaveer University, Delhi-Road, NH-24, Bagadpur, Uttar Pradesh- 244001, India
- Fellowship awarded during MPT program for meritorious student (2015-2017 batch), Jamia Millia Islamia (A central University), New Delhi-110025, India
- Best Scientific oral presentation award, International conference on the role of AI and multidisciplinary research in shaping a sustainable future organized by Kaaf University Ghana West Africa in collaboration with International Institute of special Education (IISE), Lucknow, India. Jan 11-13 2024.
- Third award in scientific oral presentation, International conference on “Evolving Physiotherapy Practices”, SGT University, Gurugram Haryana-122505, India.

- Gold medal in oral presentation, senior category, 7th International conference on Physical Therapy, AIIMS, New Delhi, India.
- UGC NET qualified

Research Interest

- Chronic respiratory disease
- Cardiopulmonary rehabilitation
- Cardiac autonomic function
- Metabolic disorders
- Sleep
- Delayed onset muscle soreness
- Exercise and cardiovascular physiology

Dr. Aqsa Mujaddadi