

Aatika Khan

MPT (Musculoskeletal)

Jamia Hamdard

New Delhi – 110062

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Education:

Qualification	Year	University	Percentage
Secondary School Certificate (X)	2010- 2011	Aligarh Muslim University (AMU), Aligarh, UP	79.2
Senior Secondary School Certificate (XII)	2012- 2013	Aligarh Muslim University (AMU), Aligarh, UP	76.25
Bachelor of Physiotherapy (BPT)	2015- 2020	Jamia Hamdard, New Delhi	76.55
Master of Physiotherapy (MPT– Musculoskeletal)	2020-2022	Jamia Hamdard, New Delhi	79.8

Awards and accomplishments:

- **Cleared the UGC PhD entrance exam: June 2024**
- Secured **first position** in BPT (2015- 2020) and MPT (MUSCULOSKELETAL 2020-2022)
- Secured **second position** in paper presentation, National Sports Injury Conclave held at BLK MAX Hospital in July 2023
- **Second prize** in poster presentation in GPACON at GNH Hospital organised by World Laparoscopic Hospital, Gurgaon on 8th April 2018

Work Experience:

Currently working as an **Assistant Professor (Physiotherapy), Jamia Hamdard, New Delhi - Jan 2025 onwards**

Worked as a Guest Faculty - Physiotherapy (against the post of Assistant Professor), Paramedical College, AMU: January 2023 to April 2024

Formal: Performed duties as a coordinator of the physiotherapy course at Paramedical College, AMU, Aligarh

Co-curricular: Organized Awareness Programme on the World Physiotherapy Day on 08th September 2023 at Paramedical College, AMU, Aligarh

Also working as **online educator in MPT entrance guidance online coaching programme.**

Research Publications:

1. Effect of Donning Headscarf on Dynamic Balance in Young Females
2. Prevalence of Forward Head Posture and its Effect on Active Mouth Opening in Young Female Weightlifters
3. Elevating sports performance through pelvic floor training: A review of literature

Research Work:

1. **BPT Research Project:** Effect of Donning Headscarf on Dynamic Balance in Young Females
2. **MPT Research Project:** Exercise Therapy interventions for improving Lower Limb Muscle Strength and Functional Performance in Type 2 Diabetes Mellitus: A Systematic Review

Published Chapter:

1. Integrating Gamification into Geriatric Exercise Rehabilitation
2. Towards a Global Understanding: Investigating the Burden of Rheumatoid Arthritis
3. Cognitive Ergonomics: Exploring the Mind-Body Connection
4. Decoding the mental benefits of Exercise therapy in the era of AI advancements
5. Telehealth in COPD Care: innovations in remote monitoring and support
6. Telerehabilitation and Chronic Disease Management: A Paradigm Shift in Healthcare
7. Effect of low-intensity resistance training with blood flow restriction on muscle
8. Neurobics in Traumatic Brain Injury Rehabilitation: Restoring Function

Conferences, Workshops, Webinars and CME attended: 45

Health Camps: Participated as a volunteer: 5

Date: 20 /04 /2025

(Aatika Khan)

References:

1. Prof (Dr). Ibne Ahmad
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2. Dr. Nida Nawaz
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