



CURRICULUM VITAE

NARESH BHASKAR RAJ

School of Rehabilitation Sciences, Faculty of Health Sciences,
 Universiti Sultan Zainal Abidin, Gong Badak Campus,
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ACADEMIC QUALIFICATION

1.	Bachelor of physiotherapy(BPT):The Tamil Nadu Dr.M.G.R Medical University,Chennai,India	1998
2.	Master of physiotherapy(MPT):The Tamil Nadu Dr.M.G.R Medical University,Chennai,India	2006
3.	PhD (Exercise and Sports Science) Universiti Sains Malaysia	2016

WORKING EXPERIENCE

1.	Lecturer, Universiti Sultan Zainal Abidin	Mar 2014 - present
2.	Lecturer, Masterskill Global College	Aug 2008 – Feb 2014
3.	Physiotherapist, Madras Race club	Dec 2003 – Aug 2008
4.	Consultant physiotherapist -Easwari nursing home	Jul 2001- Aug 2008
5.	Senior physiotherapist- SKM hospital, Chennai	Mar 2003-May 2004
6.	Physiotherapist part time/ Ananda Physiotherapy Centre	Jul 2001- May 2005
7.	Tutor/ Lakshmi institute of paramedical sciences	Oct 1998- Feb 2000

FIELD OF SPECIALIZATION

1.	Musculoskeletal Physiotherapy
2.	Exercise and Sports Science

PUBLICATION - List 5 Significant Journal Publications (Latest)

1.	Raj, N. B., Saha, S., Shokri, A. B., Saha, S., Sadagatullah, A. N., Hashim, H. A., ... & Liza, C. M. (2016). Isokinetic Exercise Training On Improvement In Muscular Strength In Knee Osteoarthritis-A Meta-Analytic Review. <i>International Journal of Pharma and Bio Sciences</i> , 7.
2.	Raj, N. B., Saha, S., Shokri, A. B., Saha, S., Sadagatullah, A. N., Hashim, H. A., ... & Liza, C. M.(2015). Effectiveness of Electromyography biofeedback in common knee disorders-a review <i>International Journal of Pharma and Bio Sciences</i> ,6(3): (B) 645 – 660
3.	Raj, N. B (2015). Differential rehabilitative approaches to osteoarthritis of Knee-a case report. Naresh Bhaskar Raj, <i>International Journal of Pharma and Bio Sciences</i> , 6(1): (B) 609 - 612
4.	Raj, N. B., Saha, S., Saha, S., Hashim, H. A.(2014). Proprioception and Exercises in Individuals Suffering from Osteoarthrosis of Knee Joint: A Meta Analytic Review. <i>JPASPEX</i> 2(1), 01-06 http://www.jpaspex.com
5.	Raj, N. B., Saha, S., Saha, S., Zahir,N.E.B.M., (2014).Altered reaction ability as a Function of Enhancement in Cortical Activation. <i>Research Journal of Recent Sciences</i> Vol. 3(IVC-2014), 130-136.

RESEARCH / CONSULTANCY / INNOVATION

(maximum of three (3) projects research titles or grant i.e. active/complete project)

1.	Effect of Diaphragm-Pelvic Parallel Breathing Exercise on Pulmonary Function in Competitive Male Athletes,201-2015:Co-Investigator (UniSZA/2016/DPU/17)
2.	Comparison of Electromyographic activities in the quadriceps and hamstring muscles during common leg strengthening exercises, 2015-2017: Principal Investigator (UniSZA/2015/DPU/48).
3.	Effect of closed kinetic chain and open kinetic chain on proprioception in healthy adults, 2013-2015: Co-Investigator (UniSZA/14/GU/002).