

AKASH SINGH

Doctoral Student, Interdisciplinary in Health Science
University of Texas at El Paso, United States of America

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Career Objective

Doctoral student in Interdisciplinary Health Sciences and trained physiotherapist seeking opportunities in research and rehabilitation settings to apply evidence-based approaches to musculoskeletal pain management. Aiming to contribute to high-quality research, patient-centered care, and the advancement of movement-based rehabilitation strategies.

Education

Ph.D. Student in Interdisciplinary Health Science, *2025-present*
University of Texas at El Paso, USA

Master of physiotherapy (Musculoskeletal Disorders), *2023- 2025*
Guru Jambheshwar University,
Hisar, Haryana, India.
Dissertation topic: Comparative Effect of TheraBand Exercises, Stretching and Breathing Exercises in Patients with Rounded Shoulder Posture from Guru Jambheshwar University, Hisar, Haryana, India.

Bachelor of physiotherapy, *2018-2022*
Shree Guru Gobind Singh Tricentenary University,
Gurugram, Haryana, India.

Higher Secondary, (Science stream), *2015-2017*
Laxmi Narayan Dubey college Motihari, Bihar, India.

Computer Literacy

Advanced diploma in Computer application (ADCA), Sachin institute of Information Technology, Motihari, Bihar, India. *2015-2016*

Certifications

Human Subjects Research-Nursing, Pharmacy and Allied Health Researchers. CITI Program. *08/19/2025*

Research Interests

- Pain Management of Musculoskeletal Conditions and Effect of Exercise for individuals with Musculoskeletal Disorders.
- Focus on understanding the mechanisms of pain and musculoskeletal dysfunction.
- Developing movement-based rehabilitation strategies to improve function and health.
- Exploring interactions between physical and psychological factors in pain perception and recovery.
- Integrating physiotherapy, biomechanics, psychology, and biostatistics to inform interventions.
- Translating scientific evidence into patient-centered, innovative rehabilitation approaches that enhance quality of life and support sustainable health outcomes.

Academic Research Experience

- Research assistant at University of Texas at El Paso, USA from 09//1/2025- present
- Working on the project “Comparative Effect of TheraBand Exercises, Stretching and Breathing Exercises in Patients with Rounded Shoulder Posture” as a part of MPT dissertation from Guru Jambheshwar University of Science and Technology Hisar, Haryana, India in 2024.
- Certificate in category of research and innovation Synergy 2022 held in SGT university from 23 Aug- 24 Aug 2022 (my project name Post urography).

Clinical Experience

- Worked as Physiotherapy assistant in “Rehav Physio Healthcare” Gurgaon, Haryana, India, under Dr Jaganjyoti Das for 2.5 year (August 2020 to January 2023)
- Worked as Physical Therapist at “Rehav Physio Healthcare” Gurgaon, Haryana, India, from 25 Feb 2023 to 26 Aug 2023.
- Worked as an intern at Shree Guru Gobind Singh Tricentenary University, Gurugram, Haryana, India from 22 Aug 2022 to 21 Feb 2023.

Workshops and Seminars Attended

- Certification in “Dry Needling” Techniques (16 hours of training from 02 oct 2021-03 oct 2021) Under Dr Jagan Jyoti das.
- Worked as trainee in “Health and Fitness Evaluation” camp on (7 sep 2021) Held in Department of physiotherapy Shree Guru Gobind Singh Tricentenary University, Gurugram, Haryana, India.
- Certificate of participation in “CME World Arthritis Days” in Artemis hospital in 2019.
- Attended workshop on “Spine Alignment & Correction” in sports connect 3 Paras hospital on 23 Feb 2020.
- Participated in “Neurodiagnostic for Physiotherapy” quiz contest on 19 Jun 2020.
- Certification of participation in “International e-conference evolving physiotherapy practices” Shree Guru Gobind Singh Tricentenary University, Gurugram, Haryana, India on 30 & 31 July 2021.
- Certification for participation in the neuroscience webinar on “Parkinson’s Disease Management & Low Back Pain–Sciatica Complex” Artemis hospital on 26 June 2020.

- Certification for participation in “Head and Neck pain” in neurology 25 June 2020.
- Attended webinar in “Early detection and prevention of stroke” held in Artemis hospital on 21 August 2021.
- Certificate of attendance webinar in “Care of professional voice” held in Medanta hospital on 02 June 2020.
- Certification for participation in 6th “Internation yoga day” 2020.

Paper, Poster, and Model Presentations

- Paper Presentation on topic “Effects of Exercise-Induced Hypoalgesia on Pain Threshold and Sensitivity: A Systematic Review” at **MM-Physiocon Conference**, 23–24 January 2026, **Maharshi Markandeshwar University**, Haryana, India.
- Poster presentation on topic “Smart fitness” in conference sports connect 5 on 14 Feb 2021.
- Model presented on topic “Pain management” on the celebration of World physiotherapy Day on 8 Sep 2024 at Guru Jambheshwar University of Science and Technology Hisar, Haryana, India (**Second Prize**)
- Poster presented on topic “Pain management” on the celebration of World physiotherapy Day on 8 Sep 2024 at Guru Jambheshwar University of Science and Technology Hisar, Haryana, India (**Third Prize**)

Professional Engagements / Academic Service

Served as a Judge on the Interview Panel for the Research Assistant position in the Department of Physical Therapy and Movement Science, University of Texas at El Paso.

09/06/2025

Skills

- IBM SPSS Statistics
- Patients Assessment
- Communication skills
- Faculty Development
- Extensive knowledge of the techniques of Manual Therapy
- Experience in rehabilitating afflicted and severely injured patients
- Administrative documentation for organizing workshop/CME
- Teamwork
- Ability to build good relationships and develop rapport with patients from diverse backgrounds

References

Academic References

- Dr. Manoj Malik Assistant Professor- Department of Physiotherapy, Guru Jambheshwar University of Science and Technology Hisar, Haryana, India malik_manoj@yahoo.com

- Dr. Shabnam Joshi Professor- Department of Physiotherapy, Guru Jambheshwar University of Science and Technology Hisar, Haryana, India shabnamphysio@gmail.com

Clinical References

- Dr. Jagan Jyoti Das Director of Rehav Healthcare, Gurgaon, Haryana, India. jaganjyotidas41@gmail.com
- Dr. Varun Poonia HOD, Department of Physiotherapy, Lifeline Hospital, Hisar, India dr.varunpoonias@gmail.com

Declaration

Information submitted above is true to the best of my knowledge.



Akash Singh.