

## **Utpal Borah**

**(Physiotherapist)**

**B.P.T; M.P.T (Neuro); MIAP; CMT**



The areas of specialization include Neurological physiotherapy and Orthopaedic manual therapy including complete Mulligan concept and Maitland, Mckenzie, Cyriax, Butler techniques, Kaltenborn's concept and Sports Physiotherapy.

### **C) Workshop/Seminar organized/Conference attended along with photograph**

- National seminar on “Cerebral Palsy Update” organized by SVNIRTAR and CRC, Guwahati in association with Indian Academy of Cerebral Palsy (IACP) and in support with USTM, Meghalaya at USTM Campus, 9<sup>th</sup> mile, Ri- Bhoi, Meghalaya on 7<sup>th</sup> & 8<sup>th</sup> July, 2018
- National Conference of Physiotherapy, “ASSAM PHYSIOCON 2017” on 18<sup>th</sup> & 19<sup>th</sup> March, 2017 at Gauhati Medical College & Hospital (GMCH), Guwahati, Assam.
- Workshop on “ICU Cardiopulmonary Physiotherapy” on 17<sup>th</sup> March, 2017 at Hayat Hospitals, Guwahati.
- 5<sup>th</sup> International Conference of Physical Therapy – AIIMS 2016 organized by All India Institute of Medical Sciences, New Delhi on 10<sup>th</sup> - 11<sup>th</sup> December 2016.
- Paper on “Role of Physiotherapy in treating psychiatric patients” at 5<sup>th</sup> International Conference of Physical Therapy – AIIMS 2016 organized by All India Institute of Medical Sciences, New Delhi on 10<sup>th</sup> - 11<sup>th</sup> December 2016.
- “In –Service Training and Sensitization of Key Functionaries of Central and State Governments, Local Bodies and Other Service Providers” of Central Sector Plan Scheme under the XII Five Year Plan of DEPwD, M/o SJ&E, Govt. of India on 2<sup>nd</sup> - 4<sup>th</sup> November, 2015 organized by LGBRIMH, Tezpur and Rehabilitation Council of India.
- National Physiotherapy Conference “PHYSIOASOM-2014” on 23<sup>rd</sup> - 24<sup>th</sup> May 2014 organized by Dept. of Physiotherapy, GMCH, Guwahati.

- Workshop on “Motor- Re-learning Programme (MRP) for management of Hemiplegic Patients” organized by Composite Regional Centre (CRC), Guwahati on 30<sup>th</sup> November- 1<sup>st</sup> December 2013.
- Workshop on “Kaltenborn’s Concept of Manual Therapy” organized by CRC, Guwahati on 18<sup>th</sup> - 19<sup>th</sup> March 2013.
- Workshop on “Manual Therapy Over Lumbar Spine by Various Techniques (Maitland, Mckenzie, Cyriax, Butler)” organized by Holistic Rehab Centre, Guwahati on 7<sup>th</sup> - 8<sup>th</sup> June, 2010.
- Level-1 Course for Physiotherapists in “National Cricket Academy”, Bangalore on 18<sup>th</sup> -22<sup>nd</sup> February, 2008.
- Certificate in Manual Therapy by Capri Institute of Manual Therapy at Sant Parmanand Hospital, Delhi on 22<sup>nd</sup> August -2<sup>nd</sup> September 2006.
- Certificate in “Upper & Lower Quarter Mulligan’s Concept Course” at Delhi, 2006 on 18<sup>th</sup> - 21<sup>st</sup> August, 2006.

## **E) ANY OTHER INFORMATION**

### **Acted as a Resource Person**

- In Mid-Term CME,2019 with the topic “Rehab in Sports Injuries” organized by Tezpur Orthopaedic Society(TOS) Under the Aegis of North East Regional Orthopaedic Surgeons’ Association(NEROSA) on 3<sup>rd</sup> August,2019
- One Day Training Programme for Rehab Professionals on recent trends in Therapeutic Management for multiple disabilities with the topic “Role of Physiotherapy in Multiple Disabilities” organized by NIPMED, Chennai, in collaboration with the EAST and Dept. of Psychiatric Social Work, LGBRIMH at Asomiya Club, Tezpur on 7<sup>th</sup> June,2018
- Panel member for the panel discussion on “Role of Professionals in the care of Multiple Disabilities” organized by NIEPMD , Chennai , in association with DESTINATION, Guwahati, in collaboration with THE EAST and Dept. of Psychiatric Social Work, LGBRIMH at Asomiya Club, Tezpur on 07/06/2018.

## **Publications**

- “To study the Effects of Forced Used Training and Capsular Stretching to Improve The Movement of The Shoulder Joint in Chronic Stroke Patients” in International Journal of Science and Health Care Research, 2018,Vol 3 ;Issue 4;Oct-Dec.ISSN:2455-7587
- “Anxiety Depression and Burden among the Caregivers of Persons with Neurological Illness” in Indian Journal of Psychiatric Social Work.2018 9(2)

## **External Examiner-ship**

- External Examiner for Industry Oriented Viva-Voce for the Department of Physiotherapy in 5<sup>th</sup> Semester Examination held on 3<sup>rd</sup> and 4<sup>th</sup> January, 2018 at Assam Down Town University, Panikhaiti, Guwahati.
- External Examiner for 2<sup>nd</sup> year B.P.T examination at College of Physiotherapy and Medical Sciences, Bamunimaidan (affiliated to Gauhati University), Guwahati on 14<sup>th</sup> May,2013.
- External Examiner for 2<sup>nd</sup> year B.P.T examination at Down Town College of Allied Health Sciences, Panikhaiti, (affiliated to Srimanta Sankardeva University of Health Sciences), Guwahati on 23<sup>rd</sup> November, 2013.
- External Examiner for 2<sup>nd</sup> year BPT examination under Srimanta Sankardeva University Health Sciences, Guwahati at Down Town College of Allied Health Sciences, Panikhaiti, Guwahati on 10<sup>th</sup> September ,2012.

## Felicitation

- Felicitated by DPRC, Guwahati on 7<sup>th</sup> July, 2013 for contribution as a Physiotherapist towards the society.



## **Awards:**

Awarded Best Paper on “Role of Physiotherapy in treating psychiatric patients” at 5<sup>th</sup> International Conference of Physical Therapy – AIIMS 2016 organized by All India Institute of Medical Sciences, New Delhi on 10<sup>th</sup> -11<sup>th</sup> December 2016.





# 5th INTERNATIONAL PHYSICAL THERAPY CONGRESS

THEME-Physiotherapy Nurturing

8th-12th December

Organized by  
Physiotherapy Unit, Dept. of Anaesthesiology,  
All India Institute of Medical Sciences

In Association with  
Department of Physiotherapy,  
Jangra University, Rajasthan Vidyapeeth (Deemed to be University)  
Partner: International Committee of Physiotherapy (ICRC)

