



Harikesh Verma

Assistant Professor- Physiotherapy

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Profile

Dr. Harikesh Verma (PT) is an experienced Physiotherapist and academic professional with more than 8.5 years of combined clinical and academic experience in the field of physiotherapy, with particular expertise in musculoskeletal rehabilitation, neurological rehabilitation, therapeutic exercise, pain management, functional assessment, and post-surgical rehabilitation. He is currently serving as an **Assistant Professor at The ICFAI University, Jaipur**, where he is actively involved in undergraduate physiotherapy education, practical training, student mentoring, clinical education, academic coordination, and departmental development. His professional approach combines clinical experience with academic teaching and an emphasis on evidence-based physiotherapy practice. Dr. Verma completed his **Master of Physiotherapy (MPT) in Neurology in 2024 from Atal Bihari Vajpayee Medical University, Lucknow**, following his **Bachelor of Physiotherapy (BPT) in 2017 from Chaudhary Charan Singh University, Meerut**. His postgraduate specialization in Neurology has strengthened his knowledge and clinical understanding of neurological assessment, rehabilitation, functional recovery, gait training, balance rehabilitation, and management of patients with neurological impairments. Since February 2025, Dr. Verma has been working as an **Assistant Professor at The ICFAI University, Jaipur**. In this role, he contributes to the academic and professional development of undergraduate physiotherapy students. His responsibilities include delivering detailed theoretical lectures and practical demonstrations across physiotherapy subjects, preparing structured lesson plans, course outlines, presentations, and teaching-learning materials according to the prescribed curriculum. He is also involved in conducting internal assessments, practical examinations, university evaluations, laboratory teaching, clinical supervision, and case presentations. An important aspect of his academic role is student mentoring. He guides students in improving their academic performance, clinical competence, professional behaviour, communication skills, ethical conduct, and overall development as healthcare professionals. He also participates in curriculum planning, syllabus revision, academic audits, departmental activities, scheduling, research initiatives, student projects, academic documentation, faculty meetings, workshops, Faculty Development Programmes, and institutional development activities. Before joining The ICFAI University, Dr. Verma served as a **Demonstrator at Galgotias University, Greater Noida**, from August 2019 to September 2020. His academic responsibilities included assisting faculty members in practical classes and skill-based demonstrations, guiding students in assessment techniques, therapeutic exercises and physiotherapy modalities, supporting internal assessments and practical examinations, maintaining laboratory records, ensuring equipment readiness and safety, and providing academic and practical assistance to undergraduate physiotherapy students. Dr. Verma has substantial clinical experience in hospital and outpatient physiotherapy settings. He worked as a **Senior Physiotherapist at NEO Super-Specialty Hospital, Noida, from August 2020 to February 2025**. During this period, he was responsible for comprehensive patient assessment, including history taking, physical examination, functional evaluation, and clinical reasoning for musculoskeletal, neurological, and post-operative conditions. He developed and implemented individualized rehabilitation and pain-management programmes according

to patients' clinical requirements. His clinical practice included the application of **manual therapy, therapeutic exercises, electrotherapy modalities, balance training, gait re-education, and functional rehabilitation**. He regularly monitored patient outcomes and modified treatment plans according to individual progress and treatment response. Patient and caregiver education formed an important part of his clinical practice, including home exercise programmes, ergonomic advice, posture correction, and lifestyle modification. He also maintained clinical documentation, progress notes, and discharge summaries and worked collaboratively with orthopaedic surgeons, neurologists, nurses, and other healthcare professionals to ensure coordinated patient care. Earlier in his career, Dr. Verma worked as a **Physiotherapist at PromeHex Multispeciality Hospital, Greater Noida**, where he managed orthopaedic and neurological patients and contributed to post-operative rehabilitation, pain management, functional recovery, posture correction, mobility training, and patient education. His work also involved coordination with medical professionals to support continuity of patient care. He also worked at **Recovery Physiotherapy Clinic, Pune**, where he independently managed outpatient physiotherapy cases. His responsibilities included posture, gait, and functional movement assessment, development of individualized therapeutic exercise programmes, and monitoring patients' progress toward long-term functional improvement. His professional foundation was established during his physiotherapy internship at **Kailash Multispeciality Hospital, Greater Noida**, where he completed rotational clinical postings in orthopaedics, neurology, and general rehabilitation. During this period, he assisted senior physiotherapists in assessment and treatment, monitored patients, maintained clinical records and therapy schedules, and developed essential clinical and professional skills. Dr. Verma's key areas of professional competence include **musculoskeletal and neurological rehabilitation, manual therapy, therapeutic exercise prescription, pain management, gait and posture assessment, electrotherapy modalities, patient education, and professional communication**. His combination of neurological specialization and extensive clinical exposure provides him with a broad perspective on the assessment and rehabilitation of patients with musculoskeletal, neurological, and post-operative conditions. His clinical approach emphasizes systematic assessment, identification of functional limitations, individualized treatment planning, progression of therapeutic interventions, outcome monitoring, and patient education. This approach is particularly relevant to physiotherapy education because it enables students to understand the relationship between theoretical concepts, clinical reasoning, practical skills, and patient-centred rehabilitation. To further strengthen his clinical knowledge and practical competencies, Dr. Verma has undertaken professional workshops and certifications in specialized physiotherapy techniques. His training includes **Proprioceptive Neuromuscular Facilitation (PNF) and Neurodevelopmental Treatment (NDT) at AIIMS New Delhi**, along with a **Certificate in Kinesiology Taping**. These additional trainings complement his postgraduate specialization in Neurology and contribute to his ability to teach and demonstrate specialized rehabilitation approaches. Dr. Verma's professional philosophy is centred on integrating **clinical expertise, academic teaching, practical skill development, ethical professional conduct, and evidence-based physiotherapy practice**. His experience in both hospital-based clinical practice and university-level education enables him to bring real-world clinical perspectives into the classroom and practical laboratory. He is committed to developing students who possess not only theoretical knowledge but also appropriate clinical reasoning, communication, assessment, treatment-planning, and professional skills. As an academician, he is interested in contributing to physiotherapy education through structured teaching, practical demonstrations, clinical case discussions, student mentoring, research-oriented learning, and continuous professional development. His experience in clinical documentation, interdisciplinary collaboration, patient education, and outcome-based rehabilitation further supports his role in preparing students for contemporary healthcare practice.