



# Dr. Ajith Soman

## Assistant Professor Cardiorespiratory Disorders & Intensive Care

### Contact

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## Highlights

e.g.:

- Adapt to ever-changing circumstances
- Exceptional interpersonal skills
- Master of Cardiopulmonary Rehabilitation
- Highly responsible and reliable
- Expert in Exercise Prescription

## Education

PhD • 05-09-2015 • Nitte University, Karnataka, India.

Thesis Title: Impact of body mass index and early chest physiotherapy on pulmonary complications following coronary artery bypass graft.

MPT • 24-03-2007 • Rajiv Gandhi University of Health Sciences, Karnataka, India.

Thesis Title: Physiological Cost Index (PCI) in patients with Chronic Obstructive Pulmonary Disease (COPD) before and after giving three commonly used breathing Exercises.

BPT • 28-03-2000 • The Tamil Nadu Dr. M.G.R Medical University, Chennai, India.

## Experience

- **Assistant Professor** – Department of Health Rehabilitation, College of Applied Medical Sciences, Shaqra University, Saudi Arabia - From 20-10-2017 to till now.
- **Professor/ Ph.D Guide & Head-Department of Cardiopulmonary Physiotherapy & Basic Science** – Nitte Institute of Physiotherapy, Nitte University, India -From 14-11-2016 to 19-09-2017.
- **Associate Professor/Head-Department of Cardiopulmonary Physiotherapy & Basic Science** – Nitte Institute of Physiotherapy, Nitte University, India – From 16-06-2013 to 13-11-2016.
- **Assistant Professor** – Nitte Institute of Physiotherapy, Nitte University, India -From 18-09-2006 to 15-06-2013
- **Lecturer** – Shree Devi College of Physiotherapy, RGUHS, India -From 01-07-2003 to 30-08-2003

## Personal Skills

- Skills in Research
- Exercise Prescription
- Fitness Trainer

## Publications

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1. **Ajith Soman** , Sunil Chandy , Khalid Alkhatami, Baranitharan Ramamoorthy, Bijad Alqahtani. Retro walking treadmill training reduces C-reactive protein levels in overweight and obese young adults: A randomized comparative study. *Health Science Reports*. 2023;6(4):1169.
2. Khalid Alkhatami, **Ajith Soman**, Sunil Chandy, Baranitharan Ramamoorthy, Bijad Alqahtani. Comparing the effects of retro and forward walking on serum adiponectin levels in obese young adults. *Journal of Taibah University Medical Sciences*. 2023; 18(5): 917-925.
3. Mukesh Kumar Sinha, **Ajith Soman**, Vaishali K, Rakesh Krishna Kovala, Monisha Lakshminarayanan, Revati Amin, Ashwani Verma. Global mapping of exercise interventions among COVID-19 survivors: protocol for a scoping review. *BMJ Open*. 2022; 12(11):1-5.
4. **Ajith Soman**, Muhammad Najeeb Kallidukil, Bibin Scaria, Khalid Alkhatami. Effectiveness of Retro Walking and Forward Walking Treadmill Training on Abdominal Adiposity in Untrained Young Adults: A Quasi-experimental Study. *JCDR*. 2021; 15(5): YC07-YC-10.
5. Fayaz Khan, Riziq Allah Gaowgzeh, Amer Al Saif, Mohamed Faisal Chevidikunnan, **Ajith Soman**, Aseel Mazi, Ejla Bin Mulayh; Kirti Sundar Sahu, Haris Anjamparuthikal. Effect of Community Education Program on Stroke Symptoms and Treatment on School and College Students from South India: A Longitudinal Observational Study. *Health Care*. 2021; 9(12): 1637.
6. **Ajith Soman**, Baranitharan Ramamoorthy, Dhanesh Kumar K.U, Khalid Alkhatami, Haripriya Santhakumar. Current Knowledge, Perception and Practice of E-learning among Physical Therapy Academicians in Karnataka, India. *Int J Physiother*. 2021; 8(3):162-169.
7. Mudasir Rashid Baba, Ravindra Mohan Shenoy, **Ajith Soman**, Balakrishna Gurmitkal. Response to the Letter to the Editor concerning "Cross-cultural adaptation and validity of an adapted Kannada (South Indian Language) version of Scoliosis Research Society (SRS-30) Questionnaire for idiopathic scoliosis" by Baba et al. *Spine Deformity*. 2021; 9: 1711-1712.
8. Mudasir Rashid Baba, Ravindra Mohan Shenoy, **Ajith Soman**. Cross-cultural adaptation and validity of an adapted Kannada (South Indian Language) version of Scoliosis Research Society (SRS-30) Questionnaire for idiopathic scoliosis. *Spine Deformity*. 2021; 9(2): 327-331.
9. Mudasir Rashid Baba, Ravindra Mohan Shenoy, **Ajith Soman**. A cost effective and innovative screening approach, for idiopathic scoliosis in girls before their skeletal maturity. *Indian Journal of Public Health Research & Development*. 2020; 11(6): 746-751.
10. Mudasir Rashid Baba, Ravindra Mohan Shenoy, **Ajith Soman**. School based screening for idiopathic scoliosis in premenarcheal girls: A pilot study. *Indian Journal of Public Health Research & Development*. 2020; 11(3): 2248-2253.
11. Haripriya S, Dhanesh Kumar K U, Sanjay Eapen Samuel , **Ajith S**. The effect of a multicomponent exercise program on cognitive function and functional ability in community dwelling older adults. *Int. J. Res. Pharm. Sci*. 2020; 11(1):109-114.
12. Abeeshna Ashok, Sukumar Shanmugam, **Ajith Soman**. Effect of music therapy on hospital induced anxiety and health related quality of life in coronary artery bypass graft patients: a randomised controlled trial. *Journal of clinical and diagnostic research*. 2019 ;13(11): YC05-YC098.
13. **Ajith Soman** , Muhammad Najeeb Kallidukil, Sunil Chandy, Haripriya Santhakumar Bibin Scaria. Effectiveness of retrowalking and forward walking treadmill training on level of c-reactive protein and abdominal adiposity in untrained young adults: protocol for a comparative study. *Int J Physiother*. 2019;6(2) :28-31.

14. Santhakumar Haripriya, Dhanesh Kumar, Sanjay Eapen Samuel, **Ajith Soman**. Effect of a Multi-Component Exercise Program on Functional Mobility, Exercise Capacity and Quality of Life in Older Adults. *Journal of Clinical and Diagnostic Research*. 2018; 12(7): YC01-YC04.
15. Abeeshna Ashok, **Ajith Soman**. Efficacy of music therapy on hospital induced anxiety and health related quality of life in coronary artery bypass graft patients: study protocol for a randomized controlled trial. *Int J Pharma Bio Sci*.2018; 9(2):68-72.
16. **Ajith Soman**, Gopalakrishnan Mundyat, Dhanesh Kumar, Haripriya Santhakumar. Does body mass index influence pulmonary function test values and functional exercise capacity after chest physiotherapy following coronary artery bypass graft. *Indian Journal of Thoracic and Cardiovascular Surgery*.2018; 34(2): 116-124.
17. Sumam Sunny, **Ajith S**, Dhanesh Kumar K U. Effect of computerised training on cognition, self-management and quality of life in elderly with type 2 diabetes mellitus: a study protocol for a single blind randomised controlled trial. *Int J Pharma Bio Sci*. 2017; 8(3): 544-548.
18. Mudasir Rashid Baba, Ravindra Mohan Shenoy, **Ajith Soman**. Current concepts of SEAS ( Scientific Exercise Approach to Scoliosis) : Adolescent Idiopathic scoliosis (AIS). *Int J Cur Rev*.2017; 9(4): 33-37.
19. Akhil Mathew, Dhanesh Kumar K U, **Ajith S**, Subhash Chandra Rai. Effect of low level laser therapy in acute low back pain with radiculopathy: A single blinded randomized control study. *IJAMSCR*.2016;4(2): 216-225.
20. Rebecca Elizabeth Santhumayor, Dhanesh Kumar K U, **Ajith S**. Effects of four different hold and rest time combinations of intermittent lumbar traction in the treatment of lumbar intervertebral disc prolapsed: A comparative study. *IJHSR*.2016;6(1):214-220.
21. Zarana Gadhia, **Ajith S**, Dhanesh Kumar K U. Impact of Left Ventricular Ejection Fraction on Pulmonary Function Test Values after Phase I Cardiac Rehabilitation in Patients with Coronary Artery Bypass Graft. *IJHSR*.2015;5(12):259-267.
22. Hardik Anadkat, **Ajith S**, Dhanesh Kumar K U. Effectiveness of Retro walking treadmill training on pain and disability in Knee osteoarthritis: A Randomized controlled trail. *Int J Pharm Bio Sci*.2015; 6(4):43-50.
23. Mahesh V Hegde, **Ajith S**, Kavitha Shetty. A study to evaluate respiratory symptoms and lung function impairment in beedi workers and usefulness of protective mask in reducing respiratory symptoms. *Int J Physiother Res*. 2015;3 (2):986-991.
24. **Ajith S**, Ivor Peter D'sa, M Gopalakrishnan. Impact of Body Mass Index (BMI) and duration of phase I cardiac rehabilitation after Coronary Artery Bypss Graft (CABG). *Int J Pharm Bio Sci*. 2014; 5 (3) : 974 – 979.
25. **Ajith S**, Ivor Peter D'sa, M Gopalakrishnan. Influence of Body Mass Index (BMI) and Early Physiotherapy on Functional Exercise Capacity Following Coronary Artery Bypass Graft (CABG).*Global Journal for Research Analysis*.2014; 3(8):173-175.
26. Haripriya S, **Ajith S**, Padmanabhan Suresh Babu Roshan, Mohamed Faisal C K. Comparison of Epley maneuver and Bradt-Daroff exercises on short-term posterior canal Benign Paroxysmal Positional Vertigo (BPPV)- related quality of life. *IJPOT*.2014; 8(3): 109-113.
27. Mahesh V. Hegde, **Ajith S**, M. Gopala Krishnan, Mohamed Faisal C.K. Case report: Rehabilitation of a patient with Coronary Artery Bypass Graft (CABG) with Axillo femoral bypass. *Int J Cur Res Rev*, May 2013; 05 (09):16-23.

28. Subhash Chandra Rai, **Ajith S**, K.R. Bhagavan, Deepak Pinto. Cervical traction reduces pain and disability in patients with unilateral cervical radiculopathy. Int J Cur Res Rev. Apr 2013; 05 (07): 33-40.
29. Nikhil Vishwanath, **Ajith S**, Ivor Peter D'Sa, M. Gopalakrishnan, Mohamed Faisal C K. Comparison of quality of life in off-pump versus on-pump Coronary Artery Bypass Graft (CABG) patients before and after Phase II cardiac rehabilitation. IJPOT. Jan-Mar 2013; 7(1): 285-290.
30. Junaid Ahmed Fazili, **Ajith S**, A.M Mirajkar, Mohamed Faisal C K, Ivor Peter D'Sa. Effect of midprone decubitus on pulmonary function test values in young adults with undesirable Body Mass Indices (BMI). IJPOT. Jan-Mar 2013; 7(1):280-284.
31. Mohamed Faisal C K, Mary Sumila, Lawrence Mathias, **Ajith S**. Comparative study on the effectiveness of low level laser therapy versus phonophoresis in the management of lateral epicondylitis. (Accepted to publish in the March -2013 , issue of NUJHS).
32. Bipin Puneeth , Mohamed Faisal CK, Renuka Devi M, **Ajith S**. Efficacy of active cycle of breathing technique and postural drainage in patients with bronchiectasis- A comparative study. Innovative Journal of Medical and Health Science. Nov-Dec 2012,2 (6): 129-132.
33. Mohamed Faisal CK, Priyabandani Neha Om Prakash, **Ajith S**. Efficacy of Functional Neuromuscular Electrical Stimulation (FNMES) in the improvement of hand functions in acute stroke survivals. NUJHS. December 2012, vol.02, No 4:16-21.
34. Mohamed Faisal C K, Nirmal Mathew, Lawrence Mathias, **Ajith S**. Grip strength and hand function changes in unilateral cervical radiculopathy. International Journal of Current Research and Review. November 2012, vol 04(21):82-90.
35. **Ajith S**, Ivor Peter D'Sa, Mohamed Faisal C K, Anandh V, Sreejith Nampoothiri. Physiological Cost Index (PCI) in patients with Chronic Obstructive Pulmonary Disease (COPD) before and after giving two commonly used breathing exercises. International Journal of Current Research and Review. December 2011, vol.03 issue 12:41-48.

## National and international conferences

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***Attended more than 60 continuous professional developmental programmes at various levels.***

***Resource Person:***

1. 2007 –“ Respiratory care in spinal cord injury patients” - Nitte Institute of Physiotherapy, Mangalore, India.
2. 2009- “ Cardiac Rehabilitation” – Bethany College of Physiotherapy , Trivandrum, India
3. 2014- “Scientific Approach to Cardiac Rehabilitation”- Yenepoya University, Mangalore, India.
4. 2016- “ Yoga and Cardiac Rehabilitation”- University of Santo Tomas, College of Rehabilitation Sciences, Manila, Philippines.

***Organizational skills:***

- Organizing secretary of one international conference, one national level conference & 14 state level workshops.
- Organizing secretary of 09 National level workshops.

***Supervision of students:***

- Guided 10 postgraduate Dissertation
- Guided 18 undergraduate projects

***Other professional and scientific appointments/contributions:***

- Academic Council member, Nitte University, Mangalore, India.
- Board of studies member of Physiotherapy Faculty, Nitte University, Mangalore, India.
- Local Inspection committee members of various universities in India.
- Examiner, Paper setter and evaluator for various universities in India and abroad.

***Health care provider programmes:***

- Successfully completed American Heart Association BLS Course ( certificate No:9746)

**Professional Membership:**

- Life Member Indian Association of Physiotherapists (L-22109)
- Life Member Indian Association of Biomedical Scientists (1022/2012)