

Iulia Magdalena Toma

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Google Scholar: scholar.google.ro/citations?user=mZzs4WcAAAAJ&hl=en

EDUCATION AND PROFESSIONAL EXPERIENCE

- 2023-present University lecturer, West University (WUT), Faculty of Music and Theatre (FMT), Timișoara.
- 2023 – present Resident Physician, specialty "Physical Medicine and Rehabilitation", Municipal Hospital, Timisoara.
- 2020–2023 Research Assistant, West University (UVT), Faculty of Music and Theater (FMT), Timișoara.
- 2020 – 2022 Associate Teacher, discipline: General piano, year I and II, Music, WUT, Faculty of Music and Theatre, Timisoara.
- 2021 – 202 Level II certification for the teaching profession, DPPD, WUT, Timișoara.
- 2019 – 2020 Associate Teacher, discipline: General piano, year I and II, Music, WUT, Faculty of Music and Theatre, Timisoara.
- 2018 – 2019 Associate teacher, discipline: general piano, year I and II, harp and percussion classes, WUT, Faculty of Music and Theatre, Timisoara.
- 2018 – 2021 Doctor of Music, summa cum laude for the doctoral thesis entitled "Stylistic-interpretative and physiopathological aspects in the solo piano repertoire: Sonata K. 1 by D. Scarlatti, Sonata No. 60 by J. Haydn, Sonata No. 2 by Fr. Chopin and Sonata No. 7 by S. Prokofiev", field of doctoral studies: Music and Theatre, professional doctorate, supervisor: prof. univ. dr. habil. Manuela Iana-Mihăilescu, Doctoral School of Music and Theatre, West University of Timisoara, Timisoara.
- 2016 – 2018 Master in Music, Performance Stylistics, specialization piano, class: Sorin Dogariu, WUT, Faculty of Music and Theatre, Timișoara.
- 2016 – 2022 Graduate of the University of Medicine and Pharmacy "Victor Babeș" of Timișoara, Faculty of Medicine, program of studies: Medicine, Timisoara.

2012-2016	Bachelor's degree in Music, specialization <i>piano</i> , class: Daniel Goiți, Adriana Bera. Music Academy "Gheorghe Dima", Cluj Napoca.
2015	Level I certification for the teaching profession-specialization Musical Interpretation-PIANO, psycho-pedagogical studies program, Ministry of Education and Scientific Research, Academy of Music "Gh. Dima", Cluj-Napoca.
2000-2012	Vocational certificate, class: Molnar Adela, Radu Rotaru, Sorin Dogariu, "Sabin Drăgoi" Music High School, Arad.

POSTGRADUATED COURSES AND CONTINUING EDUCATION

2025, Sept	Training internship at the Lithuanian Academy of Music and Theatre, as part of the "Erasmus for Training" mobility program (FMT and UVT), in Vilnius, Lithuania.
2024, Sept.	Training internship at the <i>University of Szeged – Béla Bartók Faculty of Arts</i> , at the piano class of Prof. Enikő Görög, Szeged, Hungary, "Erasmus Training" scholarship, FMT, UVT.
2023, Oct.	Postgraduate medical course titled "Clinical Correlations: Musculoskeletal Ultrasound and Nuclear Magnetic Resonance in Musculoskeletal Pathology," led by Prof. Dr. Florin Bîrsășteanu and Assoc. Prof. Dr. Claudiu Avram, organized by the "Victor Babeș" University of Medicine and Pharmacy, Timișoara.
2023, Jun.	Traineeship at The <i>Royal Danish Academy of Music</i> , at the piano class of Prof. Marianna Shirinyan, Copenhagen, Denmark, „Erasmus scholarship”, FMT, WUT.
2023, May	Traineeship at the <i>Krzysztof Penderecki Academy of Music</i> , at the piano class of Prof. Marek Szlezer, Krakow, Poland, "Erasmus training" scholarship, FMT, WUT.
2022, May	Training internship at <i>Norway Academy of Music</i> , piano class of Prof. Christopher Park, Oslo, Norway, "Erasmus training scholarship", FMT, WUT.
2021, June	"Problem-based learning", Maastricht University, POCU project, WUT.
2020, Oct-2021	"Teaching and learning brand UVT", WUT, Timișoara.
2020, Sept-Oct.	"Problem-based learning, POCU project, Academic Development Centre WUT, WUT.

INTERDISCIPLINARY QUALIFICATION

- 2022, Sept. Traineeship at *Università di Torino* (UniTO), research centre of the brain through musical stimuli, Turin, Italy, "Erasmus training" scholarship, FMT, WUT.
- 2021, Nov-Dec "Entrepreneurship" workshop, UVT, online.
- 2021, August "25th Summer School in Social Science Methods 2021", Workshops attended: "prof. Horber: SPSS and Statistics Refresher - Preliminary workshop from 13 to 14 August", "prof. Horber: Quantitative methods for Social Research", "prof. Lepori / Rocci: Argumenting Science", certified by "USI Università della Svizzera italiana", Switzerland.
- 2020, August "Neurologic Music Therapy" (NMT) training, certified by "The Academy of Neurologic Music Therapy", Canada.
- 2020, July "Essentials of performing artists" certificate course, PAMA, USA.

COMPETITIONS

- 2025, Oct. Second Prize for the project "Interactive Assessment of Coordination in Parkinson's Disease Using the Blazepod," authors: Iulia Toma, Alexandra Bălescu, Patricia-Andreea Haiduk, Andreea Murgociu, Alexandru Hanus, Anca Dinu, Alina-Daniela Totorean, Andreea Vătăman, and Oana Suci; at the 48th Annual National Congress of Physical Medicine and Rehabilitation, organized by the Romanian Society of Medical Rehabilitation, October 15–18, 2025, in Poiana Braşov.
- 2022, March "Diploma of excellence for professor Iulia Toma", International competition „Mărțișoare muzicale”, 1st edition, Colegiul Național de Muzică „George Enescu”, I.S.M.B, Ministerul Educației Naționale, online.
- 2022, April "Diploma of excellence in recognition to the outstanding contribution to the academic achievement of your students", International competition "Banatus Temesiensis", third edition, Timisoara, online.
- 2020, November "Student prize of the year 2019", at „Gala excelenței UVT”, UVT, Timișoara.
- 2020, July 1st prize in "Music Competition" international competition, piano, Malta.
- 2020, July 1st prize in "'Salzburg' Grand Prize Virtuoso" international piano competition, Salzburg.
- 2020, July 1st prize in "Emil Rotundu" international piano competition, Timișoara.
- 2019, April 3rd prize in "International Piano Competition", WTPA, Finland.

- 2018, May 1st prize in Timiș Council's Euro Regional Festival Competition „Alma Cornea-Ionescu”, 16th edition, in Music College "Ion Vidu", Timișoara.
- 2018, May 11nd prize in International Festival "Sabin Păutza", Music High school "Sabin Păutza", under Metarsis Project, Reșița.
- 2017, May Special prize for musical accompaniment in National Competition for Lied interpretation "Ionel Perlea", 16th edition, of Ialomița Council, Slobozia, Romania.
- 2017 1st prize in Timiș Council's Euro Regional Festival Competition „Alma Cornea-Ionescu”, Music College "Ion Vidu", Timișoara.
- 2017, October Participation in the International Competition „Suzana Syőrenyi”, Section Duo lyrical-dramatic, Majura International Festival, of Music National University of Bucharest.
- 2016, November 1st prize in Anatomy Olympics, of University of Medicine and Pharmacy "Victor Babeș", Timișoara.
- 2015, April The Grand Prize in Chamber Music Competition "Duo Pianistic", Music Academy „Gh. Dima", Cluj Napoca.
- 2014, April 1st prize in Chamber Music Competition "Duo Pianistic", Music Academy „Gh. Dima", Cluj Napoca.
- 2013, April 1Vth prize in Chamber Music Competition "Duo Pianistic", of Music Academy „Gh. Dima", Cluj Napoca.
- 2012, May 1st Prize in Timiș Council's Euro Regional Festival Competition „Alma Cornea-Ionescu”, 10th edition, of Music College "Ion Vidu", Timișoara.
- 2011, June Participation in Piano International Competition „Ella Philpp", of the Faculty of Music and Theater, of West University of Timișoara, Romania.
- 2011, March 111rd Prize in International Competition for Instrumental Interpretation "Craiova - Piano", 5th edition, of Music High school "Marin Sorescu", Craiova, under the Ministry of Education, Research, Youth and Sports.
- 2011, April 111rd prize in The Olympic competition for Instrumental and Vocal Interpretation, of Music Academy "Gh. Dima", Cluj-Napoca, under the Ministry of Education, Research, Youth and Sports.
- 2011, March 1st prize in Internațional Competition "Internet Music Competition", of the *Association of the Pedagogues in Music Primary and High schools of Serbia*, Belgrade.

- 2010, March 11nd prize in National Competition for Instrumental interpretation "Craiova - Piano", 4th edition, of Music High school "Marin Sorescu", Craiova, under the Ministry of Education, Research, Youth and Sports.
- 2008, June 1st Prize in Piano Competition, 6th edition, of Music High school "Sabin Drăgoi", Arad.
- 2007, March 111rd Prize in National Competition for Instrumental Interpretation, of Music High school "Sabin Drăgoi", Arad under the Ministry of Education, Research, Youth and Sports.
- 2006 111rd prize in Olympics for Instrumental and Vocal Interpretation, of Music High school "Sabin Drăgoi", Arad, under the Ministry of Education, Research, Youth and Sports.
- 2006, May 1st prize in Piano Competition, 4th edition, with Music High School "Sabin Drăgoi" Arad.
- 2005, May Special Prize for interpreting a 20th century composition, in International piano competition "Sofia Cosma", with Music High school "Sabin Drăgoi" Arad, and State Philharmonic, Arad.
- 2005, March 111rd prize in National Competition of Instrumental Interpretation and Choreography, of Music College "Ion Vidu", Timișoara, under the Ministry of Education, Research, Youth and Sports.
- 2005, Febr. 1st prize in National Competition of Music Education, of Music High school "Sabin Drăgoi", Arad, under the Ministry of Education and Research.
- 2004, May 1st prize in Piano Competition, 3rd edition, of Music High school "Sabin Drăgoi", Arad.
- 2003, April 11nd prize in National Olympics of Instrumental Interpretation and Choreography, Music High school "Sabin Drăgoi", Arad, under the Ministry of Education and Research.

RESEARCH GRANTS

- 2024, March *Grant develop* no. 17101/March 13, 2024, Department of Scientific Research and Academic Creativity (DSCU), FMT, WUT.
- 2023, January *Grant develop* no. 3905/25.01.2023, Department of Scientific Research and Academic Creativity (DSCU), FMT, WUT.
- 2022, Dec. Didactic grant, project "UVT teaching & learning brand. Reflective & Collaborative Learning into action 2.0", 3rd edition, CNFIS-FDI-2022-0489CNFIS-FDI-2020-ț=0274, Timisoara.
- 2020, Dec. Education research funding, "Teaching & learning brand UVT", CNFIS-FDI-2020-ț=0274.

RESEARCH PROJECTS

- 2024, Jan.–June Unfunded research project “Musicians’ Health,” in collaboration with UMFT, team: Georgiana Vulcu (BFKT student, UMFT), UMFT Assistant Professor Dr. Anca Dinu, Lecturer Dr. Iulia Toma, participants: FMT students, location: FMT.
- 2020, Nov.-Dec. Transdisciplinary research project: “Pattern Sensory Enhancement technique in neurologic rehabilitation”, at “Centrul de asistență și recuperare”, FMT, Timișoara.
- 2019, Aug.-Sept. Partaking in the project “MusicPhysio”, University of Applied Science, Osnabrueck, Germany, Erasmus Placement, UVT.
- 2018, July Transdisciplinary research project “Managing children’s anxiety about interacting with healthcare professionals through musical activities,” in Mantandani S. D. A. School and Health Center, Neno District, Malawi, Africa.
- 2018, June Partaking in the project “Music therapy”, at “Centrul de asistență și recuperare pentru persoane aflate în dificultate”, Timișoara.

PUBLICATIONS

- 2024, Oct. Article “The Health of Musicians,” co-authored by Dr. Dinu Anca, in the journal “Medical Market. Physical Medicine and Rehabilitation,” at the National Congress of Physical Medicine and Rehabilitation, 2024, pp. 30–31
- 2023, Dec. Article “Patterned Sensory Enhancement, a Music Rehabilitation Therapy for Elderly Patients with Neuromotor Deficit during the COVID-19 Pandemic: A Pilot Study,” authors: Iulia Toma, Anca Dinu, Ahmed Abu-Awwad, Mihai-Alexandru Săndesc, Simona-Alina Abu-Awwad, Razvan Nitu, and Mihai Popean, in the open-access journal *Diseases* 2024, 12, 11. <https://doi.org/10.3390/diseases1201001>
- 2023, Oct. Article "Music therapy - between myth and reality", co-author Dr. Dinu Anca, "Medical Market. Physical Medicine and Rehabilitation", at the National Congress of Physical Medicine and Rehabilitation, 11-14 October, 2023.
- 2023, Oct. Article "The rheumatic patient treated by musicians", "Medical Market magazine. Rheumatology", at the National Congress of Rheumatology in Cluj Napoca, 5-7 October, 2023.

- 2022, Dec. Book "Analysis of the Sonatas: K. 1 by D. Scarlatti, No. 60 by J. Haydn, No. 2 by Fr. Chopin and No. 7 by S. Prokofiev", *MediaMusica Publishing House*, Cluj-Napoca, ISBN 978-606-645-227-4, 2022.
- 2022, Sept. Article "The Impact of Piano Styles on Muscle Force in Pianist Students", co-authors: Amăricăi Elena, Mihai Popean and Roxana Onofrei, international journal "Symmetry" m open access, link: <https://www.mdpi.com/2073-8994/14/9/1927>.
- 2022, Jul. Book - Course support "Professional pathologies in instrumentalists", *MediaMusica Publishing House*, Cluj-Napoca, ISBN 978-606-645-228-1, 2022.
- 2022, April Study "Investigație electromiografică a extensorului bilateral *digitorum communis*, *abductor digiti minimi* și *abductor pollicis brevis* al unui pianist, după interpretarea sonatei baroce K. 1, de D. Scarlatti", coauthors: Mihai Popean and Claudia Borza, in "Music Cognition", nr. 1/2022, Cluj-Napoca: Media Musica Publishing, 2022.
- 2021, November Study: "Ulnar nerve compression syndrome due to specific cello repertoire", in "Musiq", no 2 / 2020, online, URL: ccmtmusiq.weebly.com/issues—numere.html
- 2021, April Study: "Effects of the Repertoire on the Musculoskeletal System in both High-School and Expert Pianists", in "Music Cognition", coauthor: Mihai Popean, no. 1 / 2021, Cluj-Napoca: Media Musica Publishing, 2021.
- 2020, April Study: "Musculoskeletal Aspects in Measurement-Based Studies on Pianists' Posture and Movement: A Systematic Review", coauthor: Mihai Popean, in "Music Cognition", nr. 1 / 2020, ISSN 2601-3193, Cluj-Napoca.
- 2019, April Pilot study: "Managing Anxiety Interaction with a Medical Professional in Children Through Musical Activities", in "Music Cognition" magazine, no. 1 / 2019, ISSN 2601-3193, Cluj-Napoca.

PRESENTATIONS AT CONFERENCES AND POSTERS

- 2026, March Presentation on "*Musicians' Health*" at the *Faculty of Music and Theater, UVT. Reflections and Challenges* at the *NEUROMELOS International Conference. Interdisciplinary Connections*, 1st edition, March 19–21, 2026, as part of *Brain Awareness Week*, organized by the *Department of Educational Sciences, Faculty of Psychology and Educational Sciences, WUT*, and the *Center for Music and Transdisciplinary Research*, Timișoara.

- 2026, March Presentation of scientific work conducted to date at the *Women in Science @UVT* event, category: early-career researcher (5–10 years of experience); as part of the *Research & Innovation Days*, organized and hosted by WUT, in Timișoara.
- 2025, Oct. Oral communication: "Artists' Health from the Perspective of Medical Rehabilitation: Proposals, Research, and Solutions"; authors: Iulia Țecu, Anca Dinu. Oana Suci and Nilima Rahpal Kundnani; at the *48th Annual National Congress of Physical Medicine and Rehabilitation*, organized by the *Romanian Society of Medical Rehabilitation*, October 15–18, 2025, in Poiana Brașov.
- 2025, Oct. Oral communication: "Innovation and Efficiency in Medical Rehabilitation – Robotic Technology, a New Standard in Neuromotor and Orthopedic Rehabilitation"; authors: Anca-Raluca Dinu, Raul Popa, Bogdan Petritan, Iulia Toma, Horia Haragus, Dan Crisan, Nilima Rajpal Kundnani, and Dinu Vermeșan; at the *48th Annual National Congress of Physical Medicine and Rehabilitation*, organized by the *Romanian Society of Medical Rehabilitation*, October 15–18, 2025, in Poiana Brașov.
- 2025, Oct. Poster presentation: "Interactive Assessment of Coordination in Parkinson's Disease Using the Blazepod"; authors: Iulia Toma, Alexandra Bălescu, Patricia-Andreea Haiduk, Andreea Murgociu, Alexandru Hanus, Anca Dinu, Alina-Daniela Totorean, Andreea Vătăman, and Oana Suci; at the *48th Annual National Congress of Physical Medicine and Rehabilitation*, organized by the *Romanian Society of Medical Rehabilitation*, October 15–18, 2025, in Poiana Brașov.
- Oct. 2025 Poster: "Integration of robotic rehabilitation into the recovery of a patient with postoperative paraparesis following intramedullary tumor resection"; authors: Anca Dinu, Oana Suci, Bogdan Petritan, Raul Popa, Iulia Toma, Horia Haragus, Dan Crișan, Nilima-Rajpal Kundnani, Adina Dușe, Georgeta Sinmărghișan, and Dinu Vermeșan; at the *48th Annual National Congress of Physical Medicine and Rehabilitation*, organized by the *Romanian Society of Medical Rehabilitation*, October 15–18, 2025, in Poiana Brașov.
- 2025, Oct. Poster: "From Coma to Independent Walking: The Role of Robotic Rehabilitation in the Recovery of a Patient with West Nile Meningoencephalitis"; authors: Anca-Raluca Dinu, Raul Popa, Bogdan Petritan, Iulia Toma, and Constantin-Livinel Anghel; at the *48th Annual National Congress of Physical Medicine and Rehabilitation*, organized by the *Romanian Society of Medical Rehabilitation*, October 15–18, 2025, in Poiana Brașov.

- 2025, June Presentation of the Position Paper “Health Promotion in Tertiary Music Schools,” Lead author: Raluca Matei, co-authors: over 100 specialists in musicians’ health (including Iulia Țecu), PAMA Symposium 2025, Washington, D.C., U.S.
- 2025, June Poster presentation: “Pilot Study: Prophylactic Exercise for Musculoskeletal Pain in Musicians,” authors: Iulia Țecu, Anca Dinu, and Georgiana Vulcu; PAMA Symposium 2025, online.
- 2024, October Presentation: “Musculoskeletal Pain in Musicians. Preventive methods”, authors: Anca Dinu, Iulia Toma, Georgiana Vulcu, Adina Duse, Georgeta Sinmarghitan, Dinu Vermesan, at the *47th Annual National Congress of Physical Medicine and Rehabilitation*, organized by the *Romanian Society of Medical Rehabilitation*, at Poiana Brașov, Brașov.
- 2024, Sept. Presentation titled “Ways Musicians Can Find Hope for the Future” at the international and transdisciplinary music-medicine conference: *IAMM & ISfAM The Future of Music and Arts in Medicine and Health*, organized by the *International Association for Music & Medicine*, hybrid, Germany.
- 2024, June Presentation of the transdisciplinary project “New Perspectives in Musicians’ Health: Ulnar Nerve Compression Syndrome Caused by a Specific Cello Repertoire” at the 18th World Congress of the ISPRM (International Society of Physical and Rehabilitation Medicine), Sydney, Australia.
- 2024, April Presentation of the topic “The Impact of Religious Music on Health” at the debate on “The Role of Religious Music in the Third Millennium,” organized by the “Religious Music Festival” (4th edition), hosted by the Arad Philharmonic, the “Sabin Drăgoi” College of Arts, and O.S.T.S.M., in the Ferdinand Hall of Arad City Hall, Arad.
- 2024, April Presentation of the project “Patterned Sensory Enhancement, a Music Rehabilitation Therapy for Elderly Patients with Neuro-Motor Deficits during the SARS-CoV-2 Pandemic: A Pilot Study” at the *10th International Conference on Physical Health & Healthcare Management*, organized by *Scientific Meditech*, hybrid, London, UK.
- 2024, Febr. Presentation of the research project “Patterned Sensory Enhancement, a music-based rehabilitation therapy for elderly patients with neuromotor deficits during the SARS-CoV-2 pandemic: a pilot study,” at the *4th International Virtual Conference on Healthcare and Patient Safety*, organized by *Researcher Meetings*, online.
- 2024, Febr. Presentation of the research project “Patterned Sensory Enhancement, a music-based rehabilitation therapy for elderly patients with neuromotor deficits during the SARS-

- CoV-2 pandemic: a pilot study," at the *5th edition of the World Summit on Brain Disorders and Therapies*, organized by *Conferenceseries*, online.
- 2024, Febr. Presentation of the introductory course "Musicians' Health" at the Oradea State Philharmonic Orchestra, Oradea State Philharmonic Hall, Oradea
- 2024, Febr. Presentation of the introductory course "Musicians' Health" to the Oradea State Philharmonic Choir, Oradea State Philharmonic Hall, Oradea.
- 2023, December Presentation of the only course in Romania on the topic of musicians' health in the tertiary universities curricula, held at FMT, entitled: "Musicians' health course for instrumentalists students—is it worth it?" at the international conference "Determinants of the Physical, Mental, and Social Health of Professional Orchestra Musicians and Proposals for Prevention," organized and hosted at the Université Côte d'Azur, Nice, France
- 2023, Oct. Presentation of the research project "Patterned Sensory Enhancement - a rehabilitation therapy with musical stimuli for elderly patients with neuro-motor deficit during the SARS Cov-19 pandemic", at the *46th Annual National Congress of Physical Medicine and Rehabilitation*, organized by the "Romanian Society of Medical Rehabilitation", Bucharest.
- 2023, March Presentation of the topic "Musicians' Health" at the international music research conference *European Platform for Artistic Research in Music Meeting / EPARM*, at the "Royal Danish Academy of Music", Copenhagen, Denmark.
- 2022, April Presentation of the study "Investigație electromiografică a extensorului bilateral *digitorum communis*, *abductor digiti minimi* și *abductorul pollicis brevis* al unui pianist, după interpretarea sonatei baroce K. 1, de D. Scarlatti", *Simpozion de Cognitione Muzicală*, Art and Education Conference, "Gheorghe Dima" Music Academy, Cluj-Napoca, online.
- 2021, Sept. Presentation of the study "Effects of the Repertoire on the Musculoskeletal System in both High-School and Expert Pianists", 4th Festival Conference "Doctors in Performance" (DIP), "Estonian Academy of Music and Theatre" (EAMT), online.
- 2021, June Poster: "The impact of piano styles on muscle force in pianist students", "40th Annual PAMA International Symposium", PAMA, online.
- 2021, April Presentation of the study: "Effects of the Repertoire on the Musculoskeletal System in both High-School and Expert Pianists", "Music Cognition National Conference", Cluj-Napoca, online.

- 2020, July Presentation of the study: "A Study of the Muscle Strength of Pianists Performing Baroque, Classical, and Romantic Piano Sonatas," at the "SCIENTIFIC CONFERENCE ON DOCTORAL STUDIES AND RESEARCH (with international participation)," 2nd edition (online), Timișoara.
- 2020, June Presentation of the study: "Case-study: Electromyography investigation of a romanian pianist's finger and arm techniques, of *extensor digitorum*, *abductor digiti minimi*, and bilateral *abductor pollicis brevis*, as playing Scarlatti's baroque sonata K.1", at "World Piano Conference", Novisad, Serbia, first edition, online.
- 2020, April Presentation of the study: "Musculoskeletal Aspects in Measurement-Based Studies on Pianists' Posture and Movement: A Systematic Review", "Music Cognition International Conference", Cluj-Napoca.
- 2019, April Presentation of pilot study: "Managing Anxiety Interaction with a Medical Professional in Children Through Musical Activities", Matandani campus, Neno District, Malawi, Africa, under "Music Cognition International Conference", Cluj-Napoca.
- 2019, March Presentation of the study: "Musculoskeletal Injuries in Pianists", Science Seminars, Center of Music & Transdisciplinary Research (CCMT), Timișoara.
- 2018, Dec. Presentation of the pilot study: "Managing Anxiety Interaction with a Medical Professional in Children Through Musical Activities", Matandani campus, Neno district, Malawi, Africa; Timișoara Music Education Artistic and Scientific Research International Conference, first edition, West University of Timișoara, Timișoara.
- 2018, Oct. Presentation of the pilot study "Managing Anxiety Interaction with a Medical Professional in Children Through Musical Activities" in CCMT's Symposium, Timișoara.

MEDICINE

- 2026, Jan. United States Medical Licensing Examination (USMLE) Step 2 – Pass (239 points), Budapest.
- 2025, May United States Medical Licensing Examination (USMLE) Step 1 – Pass, Budapest.
- 2023, Sept. Volunteer medical work in various areas of Uganda, *Hearts Without Borders Association*, Uganda.
- 2023, August Participation in the "National Summer School of Balneology" at the *Băile Tușnad Spa Resort*, organized by Dr. Gabriela Dogaru and the *Transylvania Regional Balneotourism Cluster*, Băile Tușnad.

- 2019, July medical stage in Neurology Department of "Barmherzige Bruder" Hospital, Vienna, Austria.
- 2018, July volunteering medical activity in Mantandani S. D. A. School and Health Center, Neno District, Malawi, Africa.

CONCERTS

- 2026, Jan. Television recording for *Speranța Tv*: D. Shostakovich – *5 Pieces for 2 Violins and Piano*, violins: Alexandra Crișan and Iolanda Banyacskay, piano: Iulia Toma; location: *AZS Speranța Church*, Timișoara.
- 2025, Dec. "Harmonies of Bethlehem" concert (*Gloria Dei National Choir and Orchestra*), piano: Iulia Toma, conductor: Sebastian Felea, organized by *AZȘ Romania Church*, at the *Oltenia Philharmonic Hall*, Craiova.
- 2024, June Recording of the trio recital (violin – Roxana Pavel, cello – Andrei Ioniță, and piano – Iulia Toma) by the national television station *Speranța Tv*, location: *Student Cultural Center*, Iași.
- 2024, June Trio recital: violin – Roxana Pavel, cello – Andrei Ioniță, and piano – Iulia Toma, at the *Student Cultural Center*, organized by the "Iași State Philharmonic" as part of the *2024 International Chamber Music Festival*, Iași.
- 2024, June Trio recital "From Baroque to Romantic," featuring Roxana Pavel (violin), Andrei Ioniță (cello), and Iulia Toma (piano), at the *Oltenia State Philharmonic Hall*, organized by the "Oltenia Philharmonic," Craiova.
- 2024, May Recital by the accompaniment class, led by lect.univ.dr. Iulia Toma, *Orpheum Hall*, FMT, WUT, Timișoara.
- 2024, April Accompaniment for the *Gloria Dei choir and orchestra*, conductor: Laurențiu Bischin, Gloria Dei Association, venue: *Seventh-day Adventist Church*, Craiova.
- 2024, Feb. Recital by the Accompaniment Class, led by lect.univ.dr. Iulia Toma, *Orpheum Hall*, FMT, WUT, Timișoara.
- 2024, Feb. Cello-piano recital "One Hour with Rachmaninoff," cello: Filip Papa, piano: Iulia Toma, organized by the *Târgu-Mureș State Philharmonic*, *Small Concert Hall* of the *Târgu-Mureș State Philharmonic*, Târgu-Mureș.

- 2024, Jan. Cello-piano recital "Delicacy and Pathos," cello: Filip Papa, piano: Iulia Toma, organized by the *Oradea State Philharmonic, Grand Concert Hall of the Oradea State Philharmonic, Oradea.*
- 2023, Dec. Accompaniment for the *Gloria Dei choir and orchestra*, conductor Laurențiu Bischin, organized by the *AZS Church* and the *Gloria Dei Association*, at the *Arad State Philharmonic Hall, Arad.*
- 2023, Oct. First world audition performance of Prelude No. 1, by Mihai Popean, during the "Remus Georgescu" International Festival-Contest, 10th edition "Sound Sculptures", organized by the Banatul Philharmonic, October 16-26, *Orpheum Hall, Timișoara.*
- 2023, June Recording of the violin-piano recital by *Speranțatv*, violin: Roxana Pavel, piano: Iulia Toma, *Oltenia Philharmonic Hall, Craiova.*
- 2023, June Violin-piano recital, violin: Roxana Pavel, piano: Iulia Toma, organized by "Filarmonica Oltenia", *Filarmonica Oltenia Hall, Craiova.*
- 2023, June Violin-piano recital, violin: Roxana Pavel, piano: Iulia Toma, organized by FMT, WUT, *Orpheum Hall, Timisoara.*
- 2023, June Special guest at the inaugural concert of the *190th anniversary of the Music Conservatory of Arad*, piano mini recital: Iulia Toma, organized by "Centrul Cultural Județean Arad", *Arad State Philharmonic Hall, Arad.*
- 2023, June Piano accompaniment during the violin recital of the class of Prof. Vlad Popescu, piano: Iulia Toma, organized by FMT, *Orpheum hall, Timișoara.*
- 2023, May Interpretation of *Nocturne et Saltarello* for cello and piano by G. Enescu, on the visit of the President of Germany to Timisoara; cello: Andrei Ioniță, piano: Iulia Toma, *Capitol hall, "Filarmonica Banatul", Timișoara.*
- 2023, April Choral-symphonic concert "Gloria Dei" and soloistic moment from W.A. Mozart's Concerto for Piano and Orchestra No. 21, KV 467, p. II; conductor: Laurențiu Bischin, Piano: Iulia Toma, organized by the association "Gloria Dei" and "Seventh-day Adventist Church", *Auditorium Maximum hall, Cluj-Napoca.*
- 2023, March Violin-piano recital Salut D'amour on the debut of "Radio România Muzical" broadcasting in Iași, violinist: Alexandru Tomescu, piano: Iulia Toma, organized by "Radio România Muzical" and "George Enescu National University of Arts" in

- lași, organized by "Radio România Muzical", at Casa Balș, *Eduard Caudella hall*, lași.
- 2022, Oct. Performance of "Momentului muzical" by N. Kirculescu, orchestra of Dr. Ermil Nichifor, "Medicine and Music" Foundation, Romanian Opera, Timișoara.
- 2022, Sept. Piano accompaniment, concert of the choir and orchestra "Gloria Dei", conductors: Laurențiu Bischin and Albert Codreanu, organizers AZS church, *House of Culture*, Ploiesti.
- 2022, August Recital for piano and violin „In the mood for love”, violin: Alexandru Tomescu, *Romanian Athenaeum*, Bucharest.
- 2022, June Recital for piano and violin „In the mood for love”, violin: Alexandru Tomescu, *Banatul Philharmonic*, Timișoara.
- 2022, April Concert for piano and orchestra, no. 23, A major, KV.488, W. A. Mozart, conductor: Radu Zaharia, Philharmonic Orchestra of Arad, *Arad State Philharmonic*, Arad.
- 2021, December Piano accompaniment, "Ora muzicii sacre apusene în Bocșa natală" concert, VIth edition, "Josef Gabriel Rheinberger" project, Music conductor: prof. Marius Manyov, Bocșa.
- 2021, December Piano accompaniment, "Amicus charitable concert", Amicus Association and choir, Soloists: Gina Oniță and Ștefan Szekely, conductor: Lucian Oniță, Arad and Timișoara.
- 2021, September Piano accompaniment, "Gloria Dei" choir and orchestra, conductors: Laurențiu Bischin and Albert Codreanu, "Adventus" University, Bucharest.
- 2021, June Micro-recital, "Participant performances", 40th Annual PAMA International Symposium, PAMA, online.
- 2021, June Micro-recital, Open-air piano concert, FMT, UVT, "Liberty Square", Timișoara.
- 2021, June Recital, Piano concert of class prof. Mariana Toma, "Arts school", Arad, Cultural Council, Arad.
- 2020, January Piano Recital, "Arts school" Arad, under Cultural Council of Arad.
- 2019, December Concerts with "Gloria Dei" Choir and Orchestra, conductors: Laurențiu Bischin and Albert Codreanu, Radio Hall, Bucharest.
- 2019, December Piano accompaniment, „Cantate Deo” choir, conductor: Sebastian Felea, Seventh day Adventist church, "Balta Albă" church, Bucharest.

2019, November	Piano solo in "Teachers recital", "Timișoara Academică" festival, West University of Timișoara, Faculty of Music and Theatre, Timișoara.
2019, November	Piano solo in Recital of Faculty of Music and Theatre, in "Eugen Todoran" Library, Faculty of Music and Theatre, Timișoara.
2019, September	Piano Recital, in "PathoTim" International Conference, Timișoara.
2019, June	Chamber music recital with Dorel Iuga, Banat Museum, Banat Philharmonic, Timișoara.
2019, March	Piano recital in "Eugen Todoran" Library, Faculty of Music and Theatre, Timișoara.
2018, December	Piano accompaniment for OncoHelp Association's Project "Art Fighting Cancer", in Music College "Ion Vidu" Hall, Timișoara.
2018, December	Piano accompaniment for "Amicus choir", "Choir Music Days", XXVth edition, in "Capitol" Hall, Banat Philharmonic, Timișoara.
2018, October	Concert with the Pitești Philharmonic Orchestra's Project "Young Soloists on stage", Pitești Philharmonic, conductor Tiberiu Oprea, Pitești.
2018, October	Educational Concert with the Pitești Philharmonic Orchestra, in Pitești Philharmonic Hall, conductor Tiberiu Oprea, Pitești.
2018, September	Concert under Eufonia Festival's Masterclass, in Music College "Ion Vidu" Hall, under a project of Association TRIB'ART, Timișoara.
2018, August	Concerts for University of Music and Performing Arts Vienna, ISA International Festival Masterclass, in Reichenau and Gloggnitz, Austria.
2018, January	Concert with orchestra of the Faculty of Music and Theater, Timișoara, in Banatul Philharmonic Hall, conductor Laurențiu Muntean.
2018, June	Concert of the Faculty of Music and Theater's Graduates, with the Philharmonic Orchestra Banatul Timișoara, at their premises, conductor Gheorghe Costin.
2018	Partaking in Timișoara Faculty of Music and Theater's Recitals, in Library UVT "Eugen Todoran" Hall, Timișoara.
May, 2018	Partaking in Music Festival of Balassi Institute, under the Hungarian Institute, Bucharest.
2017, July	Concerts with "Gloria Dei" Choir and Orchestra, in Reformed Church in Debrecen and Bekescsaba, "Emanuel" University of Oradea Hall, Gloria Dei Association in Debrecen, Bekescsaba and Oradea, conductor Tiberiu Oprea.

- 2017, March Concert with "Gloria Dei" Choir and Orchestra, in "Capitol" Hall, Timișoara, conductor Tiberiu Oprea.
- 2016, Febr. Concert with "Gloria Dei" Choir and Orchestra , in Pitești Philharmonic Hall, Gloria Dei Association , Pitești, conductor Tiberiu Oprea.
2016. Jan. Concert for two pianos and orchestra, 1st audition of "Blue uncertain" by Răzvan Metea, conductor Ștefan Novak, with Philharmonic Orchestra "Dinu Lipatti", in Concert Hall of Philharmonic "Dinu Lipatti", Satu Mare.
- 2015, December Concert with "Gloria Dei" Choir and Orchestra , in Auditorium Maximum Hall, Cluj-Napoca, Gloria Dei Association, conductor Tiberiu Oprea.
- 2015, October Concert with "Gloria Dei" Choir and Orchestra , in the Palace of Pomanian Parliament, Bucharest, Gloria Dei Association, conductor Tiberiu Oprea.
- 2015, Sept. Concert with the choir "Gloria Dei", House of Culture Făgăraș, Făgăraș, Gloria Dei Association, conductor Albert Codreanu.
- 2015, May Franz Liszt's Concerto no. 2 for piano and orchestra, with Orchestra „Antonin Ciolan”, in Auditorium Maximum Hall of Music Academy „Gh. Dima”, Cluj-Napoca, conductor Vlad Agachi.
- 2015, March Concert with "Gloria Dei" Choir and Orchestra, in Craiova Philharmonic Hall, Gloria Dei Association, conductor Tiberiu Oprea.
- 2014, July Recital in International Music Festival "Musical Holidays in Piatra-Neamț", 41th edition under Neamț Council, Piatra-Neamț.
- 2014, July Concert with "Gloria Dei" Choir and Orchestra, in Brașov Philharmonic's Hall, Gloria Dei Association, conductor Horia Andreescu.
- 2012 Recitals for Music High school "Sabin Drăgoi" Arad, " Arts School" Arad and the Faculty of Music and Theater, Timișoara.
- 2012 Partaking in Instrumental Bands' Festival, Banat AZȘ Church Conference, Covăsânt, Arad.
- 2011 Instrumental recital, for Classical Theater Festival of "Ioan Slavici" Theater, Arad.
- 2011, January Concert with the State Philharmonic Orchestra Arad, in the Cultural Palace Hall, Arad, conductor Dorin Frandeuș.
- 2010, January Concert with the State Philharmonic Orchestra Arad, in the Cultural Palace Hall, Arad, conductor Dorin Frandeuș.
- 2009, April Partaking in Pedagogical, Artistic and Cultural Stage Project, of Ecole de beaux arts „Filaret Barbu”, Lugoj.

OTHER ACTIVITIES

- 2023, July Interview "Iulia Toma - exploring the connection between music and medicine", on the PerHol project and musicians' health, in the "Portraits and Portraits" program (13.07.2023), organized by the national television *Speranțatv*, Bucharest.
- 2021-2023 Peer-review member of "Music Quality Enhancement".
- 2021, July Piano accompaniment, "Fluier din Sion" national *blockflöte* camp, 7th edition, Centrul de tineret și misiune Coșna, România.
- 2021, July Interview "Iulia Toma – între muzică și medicină", "Portative și portrete" show (30.07.2021), *Hope channel Romania*, Bucharest.
- 2021, Febr. Interview "Muzica între pasiune și carieră – Iulia Toma", "Dimineața cu Speranță" show (12.02.2021), *Hope channel Romania*, Bucharest.
- 2020, Febr. Interview "Arte muzicale – Iulia Toma", Daniela Marchetti, *ARTE Paper*, no. 2 (19), February 2020, ISSN 2601-8489.
- 2018-present assistant editor of *Musiq Journal*, *CCMT*, Timișoara.

MASTERCLASSES & WORKSHOPS

- 2026, March Presentation of workshop: "Reflections on Musicians' Health" at the *University of Novi Sad*, Academy of Arts, as part of the *Erasmus teaching mobility* program offered by UVT, in Novi Sad, Serbia.
- 2025, Nov. Presentation of workshop: "The Art of Sustainable Music-Making: Achieving Injury-Free Performance" at the *Iceland University of the Arts*, as part of the *Erasmus training mobility* program offered by UVT, in Reykjavík, Iceland.
- 2023, Nov. Presentation of workshop "Music & the Brain – Obsession or Mystery?" at the University of Central Africa, Rwanda, online.
- 2023, Nov. Presentation of workshop "Music & the Brain" at the Amicus National Festival, organized by the Amicus Association and AZS Church, First Baptist Church, Timișoara.
- 2023, Oct. Presentation of workshop "Musculoskeletal injuries in performing artists," organized by the "Al & Malka Green Artists' Health Centre," Toronto, Canada, online

- 2023, Sept. Presentation of the project "PerHol interviews" at the first world meeting of specialists in musicians' health, *PAMathon*, project "PAMA around the world", organised by the *PAMA association*, online.
- 2022, Nov. Presentation of *PAMA's work in Romania*, only representative of the country, international workshop "PAMA around the world", organized by *PAMA association*, online.
- 2022, August Presentation of course „Piano is for everyone”, at *West University of Timișoara (late) Summer School*, CNFIS-FDI-2022-0193, UVT, FMT, Timișoara.
- 2022, July Presentation of workshop „Professional pathologies of artists”, at *West Summer University*, ROSE/AG393/SGU/PV/III/2020, FMT, Timișoara.
- 2022, April Presentation of workshop „Essentials of performing for artists”, at Colegiul de artă „Sabin Drăgoi”, project *Caravana FMT*, UVT, Arad.
- 2022, April Presentation of workshop „Essentials of performing for artists”, at Colegiul de artă „Ion Vidu”, project *Caravana FMT*, UVT, Timișoara.
- 2020, October Participation in workshop „MusiQueE Peer Reviewers Training”, Music Quality Enhancement, online.
- 2019, September Participation in “Mental training” and “Music therapy” workshop's, *Eufonia Festival*, Timișoara.
- 2018, September Participation at *Eufonia Piano and Chamber music Masterclasses* – pianist: Thomas Hoppe, *Faculty of Music and Theater*, Association *TRIB'ART*, Timișoara
- 2018, August Participation at *International Summer Academy* – pianists: Avedis Kouyoumdjian, Boris Berman and Stefan Vladar, Payerbach-Reichenau, *University of Music and Performing Arts Vienna*, Austria.
- 2017 Participation at piano masterclasses with: Sveinung Bielland, Nariaki Sugiura, Josu Solaun and Cristina Marton Argerich, *West University of Timișoara, Faculty of Music and Theater*, Central University Library „Eugen Todoran”, Timișoara.
- 2014, December Participation at piano masterclass, teacher: Martin Hughes, „Gh. Dima” Music Academy, Cluj-Napoca.
- 2014, October Participation at piano masterclass, teacher: Andrei Gavrilov, *Lipatti Evenings*, Romanian Atheneum, Bucharest.

2013, May Participation at: Piano masterclass (teacher: Guido Scano), Musical Aesthetics (teacher: Zuzana Martinakova), The Style of music (teacher: Janina Tatarska), Musical Composition (teacher: Edgar Alandia), Ethnomusicology (teacher: Ioan Haplea and Doina Haplea), under „Sigismund Toduță” International Festival „Gh. Dima” Music Academy, *Sigismund Toduță Foundation*, Cluj-Napoca.

2008 & 2009 Participation at piano masterclass, teacher: James Kirby, *Arad Philharmonic*, Arts National College „Sabin Drăgoi”, Arad.

ASSOCIATIONS

September, 2020-currently Active member of the “Performing Arts Medicine Association Young Committee”.

March, 2020 Active member of the “International Society of Physical & Rehabilitation Medicine”.

2018 Member of the Research Center for Music and Trans-disciplinary Proceedings Timișoara.

2018 Member of the Foundation “Medicine and Music”.

LANGUAGES

2025, September Staff Training Week, English language course, organized by SpainBcn-Programs in Spain, through the “Erasmus Training Mobility for Teachers” grant (FMT and UVT), Barcelona, Spain.

2021, September “English for Professional Communication” English language course, organized by “Atlantic Language School” through the “Erasmus Plus Staff Training Mobility” grant, Galway, Ireland.

2021, September English course: “English for Professional Communication”, at „Atlantic Language School”, Galway, Ireland, “Erasmus Plus Staff Training Mobility”.

Native Romanian

Foreign	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2
German	B2	B2	B2	B1	B1
Goethe Institute, B1					

Hungarian

B1	B1	B1	B1	
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Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

Common European Framework of Reference for Languages

COMMUNICATION SKILLS

- 2014-2015 Expertise in interaction with children, acquired through practice sessions in National Art College „Sigismund Toduță” Cluj-Napoca, under a university level psychological - pedagogical module, BBU Cluj- Napoca.
- 2010-2011 Debate abilities, practiced under the musicology symposiums of Music High School „Sabin Drăgoi”, Arad.
- Adaptability to a wide variety of different social environments, developed under various volunteering activities run, as herein quoted.

MANAGEMENT SKILLS

- 2026 Member of the research team at the *IT & Music International Laboratory (MIT Lab)*, established by CCMT through UVT.
- 2026, March Chair of the Piano Instrumental Committee at the 4th edition of the *ArtsOn International Music Competition*, held March 13–29, 2026, organized by UVT, FMT, and *Radio România Timișoara*, Timișoara.
- 2026, March Member of the scientific committee of the *NEUROMELOS international conference. Interdisciplinary Connections*, 1st edition, March 19–21, 2026, as part of *Brain Awareness Week*, organized by the *Department of Educational Sciences*, Faculty of Psychology and Educational Sciences, UVT, and CCMT, UVT, Timișoara.
- 2024, March Member of the organizing committee for the *ArtsOn competition, Piano section*, organized by: CCMT, FMT, and UVT, online.
- 2023, March Member of the jury for the 3rd edition of the “Banatus Temesiensis” International Piano Competition, organized by: the *Center for Music and Transdisciplinary Research* at the *Faculty of Music and Theatre (FMT)* of the West University of Timișoara (UVT) and the “Ion Vidu” High School of Arts, online.

2023	Member of the organizing committee for the international conference “Technology in Music Performance and Education,” organized by: CCMT, FMT, and UVT, online.
2023, May	Member of the organizing committee for the international conference “Mastery in Chamber Music Practice: Transdisciplinary Perspectives,” held as part of the <i>18th edition of the Chamber Music Festival</i> , organized by CCMT, FMT, and UVT, online.
2022–present	Introduction and teaching of the first course in university-level vocational education in Romania on the topic of musicians’ health (elective course, FMT).
2021, June	Jury member of the international charity music and arts festival "Child's Flight", online, <i>Adventist Development, Rehabilitation and Relief Agency</i> (ADRA), online.
2021, April	Secretary of „Studii teoretice”, <i>ArtsOn</i> competition for 9 to 12 grade, Timișoara, UVT, online.
2020, November	Secretary in the comitee for “Prestissimo international violin online competition”, FMT, UVT.
2018, November	Member in the Committee for “TIMSONIA” International Contemporary Music Festival, Timișoara.
2019, June	a member in the Committee for “Education Conference”, West University of Timișoara, Timișoara.
2018, December	active member in the committee for “Timișoara Music Education Artistic and Scientific Research International Conference”, first edition, West University of Timișoara, CCMT, Timișoara.
2015	Organizational expertise, as working with the Association “Get up and walk” Arad, dedicated to special needs people, disabled in motive power.
2013-2016	Leadership in a volunteering team activities, of fellow musicians in Cluj-Napoca.
2014-2015	Leadership in Association “Amicus”, Cluj-Napoca, organizing volunteering activities.

ANOTHERS SKILLS

Passionately helping people understand the universe of music and the medical principles needed for an efficient music performance.

HOBBY

Playing the harp.