

VARSHA SOLANKI
FEMALE, 18/01/1993
varshasolanki.vs18@gmail.com

EDUCATION DETAILS		
PhD in Physiotherapy	P.T. School & Center, Topiwala National Medical College & BYL Nair Hospital, Mumbai	Jan 2023 onwards
MPT (Neurophysiotherapy)	P.T. School & Center, Seth G.S.Medical College & KEM Hospital, Mumbai	60.36%
B.P.Th	K.J.Somaiya College Of Physiotherapy, Mumbai	72.5%
Class XII	Kishinchand Chellaram College, Mumbai (Maharashtra Board)	74.83%
Class X	Sir Cowasjee Jehangir High School, Mumbai (Maharashtra Board)	86.00%

WORK EXPERIENCE		
Breach Candy Hospital	Handling patients in various medical and surgical conditions in ICU; respiratory and cardiac conditions and handling patient on OPD basis.	April'17-May'17 (1 month)
Bhatia Hospital	Handling patients in various medical and surgical conditions in ICU, acute and chronic care of COVID- 19 patients in ICU and wards, handling patients with orthopedic, neurological conditions in OPD.	May' 21- Sept'21
K. J. Somaiya College of Physiotherapy	Taking lectures for students and managing patients in OPD and IPD set-up, planning and scheduling exams at college and university level. Participating in extracurricular activity. Preparation for NAAC and other inspections.	1 st Oct'21-present

ACHIEVEMENTS	
Awarded Distinction in Physiotherapy in Neurological Conditions in B.P.Th (4th year)	2016
Awarded Distinction in Orthosurgery in B.P.Th (3rd year)	2015
Awarded Distinction in Kinesiology & Kinesiotherapy in B.P.Th (2nd year)	2014

WORKSHOPS / SEMINARS / CMEs ATTENDED	
IAP- CME-cum-GB meeting on Vestibular Rehabilitation	July 2025
TOT- Competency based physiotherapy education curriculum	April 2025
KJSPARC-2 nd International Conference	Feb' 25
KJSPARC-2 nd International Conference- Preconference-Grant Writing skills for funded research	Feb' 25
ICPT- Neuroconfluence 2025	Jan' 25
IKS- Unlocking the secrets of Indian Medical System	Sept' 24
Basic Cardiac Life Support- Hands on Training	Sept' 24
Physiopedia- Introduction to Environmental Physiotherapy	June 2024
Interactive TL methods for large group	June 2024
LMS (Moodle) Training	April 2024
IPR- Copyrights & Patents	April 2024
NICU management	Feb' 24
Coursera- Managing ADHD, Autism, Learning disabilities & Concussion in Schools	Jan' 24
GCP Workshop for training in ICMR National Ethical Guidelines & NCDT Rules 2019	Jan' 24

ICT- Enabled Tools for Teaching & learning	Jan' 24
Basic Workshop in Health Science Education Technology	Dec' 23
Systematic Review & Meta Analysis	Aug-Oct' 23
Advanced Research Methodology	Oct' 23
Updates in Lymphedema Management	Sept' 23
Google Workspace-Email security awareness	July 2023
Mastering the Art of Teaching	Oct' 22
NIPAM- IP Awareness Training Program- National Intellectual Property awareness Mission	July' 22
MSCIT Training	Feb' 22
KJSPARC- 1 st International Conference	Jan' 22
Neuromuscular Dry Needling (Basic) Workshop by Prakkash Sharoff	Feb'20
Sports injuries, ACL Rehab and Legal Issues in PT conducted by IAP	June'19
Neurodynamic Solutions- Upper quarter and Lower quarter, conducted by Kiran Challagundla	April'19
JPGMCON 2019- Journey from Research to Publication...	March'19
Resident as Teacher- Basic Workshop in Education Methodology organized by P.T. School & Centre, Seth G.S. Medical College	Sept'18
Understanding Parkinson Disease & A Multidisciplinary Model of Therapeutic Approach by IAP	June'18
Orthopedic Symposium on Cerebral Palsy, held at Cheshire home	March'18
Basic Workshop in Research Methodology organized by Seth G.S. Medical College & KEMH	Feb-March'18
Hypertension Update-2018 conducted by Seth G.S. Medical College & KEMH	Feb'18
Sleep Disordered Breathing conducted by Seth G.S. Medical College & KEMH	Feb'18
Resistance Tube exercise conducted by Exercise Science Academy- ACSM	Dec'16
Stability Ball Exercises conducted by Exercise Science Academy- ACSM	Dec'16
Pilates- Gateway to Core Stability conducted by K. Ganesan, MPT (Movement Solutions)	Dec'15
Kinesiology Taping (Basic Workshop) conducted by K. Ganesan, MPT (Movement Solutions)	Dec'15

WORKSHOP CONDUCTED ON	
Resident as Teacher- Basic Workshop in Educational Methodology on Small Group teaching	8-9 Jan' 25
Resident as Teacher- Basic Workshop in Educational Methodology on Small Group teaching	3-5 July'23
Resident as Teacher- Basic Workshop in Educational Methodology on Small Group teaching	5-6 July'22

EXTRA CURRICULAR ACTIVITIES		
Publications	Published a Research article on "Correlation of Static Balance with Knee Proprioception in Elderly." in International Journal of Physiotherapy and Research (IJPR)	April'20
	Published a book on, "Cryotherapy: It's Effect on Functional Performance" – Lambert Academic Publishing	Sept'18
	Published a research article on "Effect of Cryotherapy on Functional Performance of Shoulder in Normals." in International Journal of Physiotherapy and Research (IJPR)	Aug'17
Paper Presentation	Trinity 2017- An All India Student's Medical Conference; Under Graduate Paper Presentation, to present the topic- Effect of Cryotherapy on Functional Performance of Shoulder in Normals.	Feb'17
Other	Physiotherapist at Standard Chartered Mumbai Marathon	Jan'16
	Physiotherapist at Radio Mirchi Monsoon Half Marathon	July'16

Hobbies	Playing Volleyball (District level volleyball player), Drawing and Painting.
Languages Known	English, Hindi, Marathi, Gujarati