

## CURRICULUM VITAE

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**Date of Birth** : 1st January 1974  
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### **EDUCATIONAL QUALIFICATION :**

- B.Sc.(Physical Therapy) : L.T.M. Medical College,  
Hospital, Mumbai
- Year of Passing : May 1994
- M.Sc.(Physical Therapy) : Seth G.S. Medical College, K.E.M  
Hospital, Parel, Mumbai
- Year of Passing : May 1997

**SPECIALITY OF PRACTICE** : Cardiovascular and Respiratory  
Physiotherapist

### **WORK EXPERIENCE :**

- 11<sup>th</sup> Jan 2018 to till date : Principal cum Professor at K.J. Somaiya  
College of Physiotherapy Sion, Mumbai
- 20<sup>th</sup> July 2012 to 10<sup>th</sup> Jan 2018 : Associate Professor at K.J. Somaiya  
College of Physiotherapy Sion, Mumbai
- 02<sup>nd</sup> July 2007 to 19<sup>th</sup> July 2012 : Lecturer at K.J. Somaiya College of  
Physiotherapy Sion, Mumbai
- 09<sup>th</sup> July 1998 to 30<sup>th</sup> June 2007 : Clinical Physiotherapist at G.S.M.C.  
KEM Hospital
- 05<sup>th</sup> May 1998 to 08<sup>th</sup> July 1998 : Clinical Physiotherapist at T.N.M.C

## **CLINICAL WORK EXPERIENCE :**

### **General**

As an undergraduate student as well as during and after my post-graduation, I have worked in various fields like neurology, general medicine and surgery, neonatal care, hand surgery, cardiothoracic surgery, cardiology, respiratory medicine and orthopedic cases.

### **Specialized**

Whilst posted in cardiovascular surgery I.C.U., I treated cases like C.A.B.G. corrective surgeries for congenital and rheumatic heart diseases, myocardial infarctions, valve replacements and vascular surgeries like embolectomy, grafting etc. In respiratory I.C.U., I got to treat various cases like O.P.C. poisoning, bronchial asthma, C.O.P.D., pneumothorax, respiratory distress, pneumonectomy, lobectomy etc.

For all these patients chest physiotherapy was given with routine techniques like nebulisation, humidification, postural drainage, and percussion as per requirement of the patient, Cardiac & pulmonary rehabilitation was also done in recovery phase.

Surgical I.C.U. included cases of abdominal surgeries, head injuries, amputations etc., while Medical I.C.U. included cases of tetanus, G.S.B., O.P.C. poisoning, acute stroke, myasthenia gravis. These patients were given chest physiotherapy & mobilization to prevent complications of immobilization or prolonged bed rest. I have worked in artificial kidney transplant unit where patients with acute or chronic renal failure, those who are on dialysis, patients with kidney transplant were given chest physiotherapy.

In paediatric section, paediatric surgical, medical and neonatal I.C.U. In neonatal I.C.U. physiotherapy was given for preterm babies, babies on ventilator care, asphyxiated babies etc.

### **Indoor Cardio Respiratory Services**

In cardiology I have treated patients of myocardial infarction, on pacemakers, angina, C.A.B.G. etc. Physiotherapy treatment was given in the form of chest P.T., cardiac mobilization, home programme after the discharge.

In respiratory unit, bronchial asthma, C.O.P.D., bronchiectasis, I.L.D., lobectomy, pneumonectomy patients were treated with nebulisation, postural drainage, breathing exercises.

Cardiac and pulmonary rehabilitation O.P.D. was conducted where exercise tolerance testing was done and exercise programme was given to each patient as per the requirements and limitations. Patients following discharge were asked to come for these O.P.D.S for regular evaluation & further rehabilitation on follow up basis.

#### **PARTICIPATION IN PROFESSIONAL FORUMS :**

- Life member of Indian Association of Physiotherapists
- Attended 35<sup>th</sup> Annual Conference (1997) of I.A.P. held at Calcutta
- Two-phase course on Manipulations by Dr. Anand Jyoti conducted by Somaiya Hospital
- Course attended on CPR at Mumbai.
- MET 3 days basic workshop conducted by MUHS in 2007
- MET 7 days advanced workshop conducted by MUHS in 2008
- WCPT – AWP & IAP Congress (International Conference) in 2009
- Good Teaching Practices (MUHS conference) in 2009
- Research Methodology workshop (MUHS) 2011
- Poster presentation at INDUS-EM (International Critical Care conference by MUHS) in 2012
- Expro Conference (Manipal) in 2012
- Research Methodology workshop participation (MUHS) in 2013
- Organized Critical care workshop (KJSCOPT) in 2015
- Pulmonary rehab workshop participation (Seth GSMC and KEMH) in 2016
- Mindfulness certification (online certificate course) in 2016
- MUHS workshop on Quality Assurance for achieving sustainable health sciences education development in 2018
- MUHS Basic workshop in Research Methodology in 2018
- Advanced GCP training and Recent updates on Regulatory requirements in 2019
- JPGMCON – Journey from Research to Publication in 2019

#### **HONOURS :**

- Awarded with certificate for paper presentation in scientific session at 35<sup>th</sup> Annual Conference of I.A.P. held at Calcutta in 1997.
- Poster Presentation in INDUS – EM 2012 , 8<sup>th</sup> Annual INDO – US Emergency medicine summit in 2012

**SOCIAL ACTIVITIES :**

- Volunteered for rehabilitation of Latur earthquake victims through Sion Hospital P.T. Department.
- Volunteered for the sports conducted for paraplegics through Paraplegic Foundation, Sion Hospital.
- Conducted a number of fitness and respiratory camps in and outside Somaiya hospital

**PUBLICATIONS :**

- Physical Fitness in Community Dwelling Elderly and Institutionalized Elderly using Senior Fitness Test (SFT)
- Assessment of Level of Physical Fitness and Level of Mental Stress in Exercising and Non-Exercising Individuals.
- A Comparative Study on Effect of Suryanamaskar and Aerobic Dance on Physical Fitness.

**AWARDS :**

- Guest Speaker at NESCON Conference (Chest Medicine Conference) 20011 & 2013
- “Excellence in teaching” award (on Somaiya Foundation Day) 2017
- Speaker for International Yoga Day (KJSCOPT) 2017
- Guest speaker for “Mindful eating for weight reduction” (Dr. L.H. Hiranandani Hospital in 2017