

## **Dr Neha Tanaji Ghugare (PT)**

### **MPT (Musculoskeletal Physiotherapy)**

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### **CAREER OBJECTIVE:**

Aspiring for a challenging job wherein my qualification and acquired skills are put to the best use, providing me with an opportunity to grow professionally to my full potential, also where I can share, contribute, and upgrade my knowledge and experience for the development of organization served as well as for self-development.

### **PROFESSIONAL EXPERIENCE:**

#### **Clinical Experience :**

Total Clinical Experience: 3+ Years

- Working as freelancer physiotherapist doing home visits and consultation from 2016 till date.
- Working as consultant physiotherapist in Ganga Nursing Home from May 2020 till date.
- Worked as a Level 5 clinical physiotherapist in Sancheti Institute for Orthopaedics & Rehabilitation, Pune from January 2019 to February 2020.
- Worked as a consultant physiotherapist with Portea Healthcare from 22 January 2018 to 31 October 2018.
- Worked as clinical physiotherapist in Physio Active Clinic from 27 February 2016 to 20 June 2016.

#### **Roles and Responsibilities: -**

- Independently handled immediate postoperative patients for rehabilitation, mainly trauma and orthopedic disorders.
- Expertise in general OPD- manipulation, mobilization and rehabilitation mainly
- ICU exposure in various cases.
- Handled Gynecology patients (ANC, PNC and other surgeries)
- Also, trained and supervised PG students & intern's for clinical duties.

### **Academic Experience :**

Total Teaching Experience: 3 Years 4 Months

- Working as an Assistant Professor in BVDU School of Physiotherapy, Pune from 15/06/2023 till date.
- Worked as an Assistant Professor in the TMV's College of Physiotherapy, Gultekdi, Pune from 03/08/2020 till 14/06/2023.
- Worked as an Assistant Professor in Dr A.P.J Abdul Kalam College of Physiotherapy, Loni from 10/02/2020 to 31/07/2020.

### **Roles and Responsibilities:-**

- Clinical Training and supervision of students.
- Planning and executing Patient Physiotherapy Treatment in College OPD & various attached hospitals.
- Delivering lectures to 1<sup>st</sup> – 4<sup>th</sup> year BPT students.
- Class Coordinator for 2<sup>nd</sup> year and 3<sup>rd</sup> year batch.
- Member of admission committee of college
- Member of PR Team for TMV university
- Active participation in administration work related to OTPT inspection, LIC inspection, NAAC (criteria III, V & VI), Eligibility, FRA and ARA.
- Active Participation in all college conducted activities like camps, webinar, sports and cultural events.

### **EDUCATIONAL SUMMARY:**

<b>Qualification</b>	<b>Institute</b>	<b>Board</b>
PhD Scholar (Health Science)	KEM Hospital & Research Centre Pune	Savitribai Phule Pune University
MPT in Musculoskeletal Physiotherapy	Topiwala National Medical College	MUHS
BPT(Bachelor of Physiotherapy)	Sancheti Institute College of Physiotherapy	MUHS
HSC	Rosary Junior College	Maharashtra State Board
SSC	Rosary High School	Maharashtra State Board

### **ADDITIONAL CERTIFICATIONS:**

- Certified MAT Pilates & Antenatal Postnatal Pilates Instructor

- Internationally Certified Yoga teacher by USA Yoga Alliance
- Certified Dry Needling Practitioner

### **COMPUTER SKILLS:**

- MS-CIT (2008)

### **MEMBERSHIP:**

Maharashtra state OT PT council 2016/07/PT/00486

### **PUBLICATIONS:**

1. Correlation between functional movement quality and body mass index using functional movement screen in young adults. International journal of science research. June 2022
2. Prevalence of Trunk Side Strain Injury in Cricket Fast Bowlers International Journal of Research and Analytical Reviews (IJRAR) February 15, 2022
3. Prevalence of Lower Cross Syndrome in Indian Professional Jockeys in International Journal of Innovative Science and Research Technology Volume 7, Issue 3, March 2022
4. Effect of manual therapy versus conventional therapy in patient of plantar fasciitis. International journal of allied medical sciences and Clinical Research Dec 2021
5. Quality Of Life In Elderly Individuals With Physical Disability Among Rural Population : A Cross Sectional Study in Turkish Online Journal Of Qualitative Inquiry (TOJQI) in 2021
6. "Should physiotherapists be allowed to prescribe medicines? Physiotherapist's perspective" in International Journal of Applied Research 2021.
7. Awareness of physiotherapy in adults dwelling in Pune city in International Journal of Applied Research 2021.
8. Effect of Myofascial Release and Dry needling on Neck pain and Hand Grip Strength in Sewing Machine Operators in International Journal Dental and Medical Sciences Research 2021
9. Effect of Eccentric Strengthening v/s Mulligan Mobilization on Pain and Grip Strength in Tennis Elbow in Mahratta Journal 2021
10. Published paper on The Relationship between Emotional Status, Pain, Severity of Osteoarthritis on Radiograph and Quality of Life in Patients with Osteoarthritis of knee in IJPOT Jan- March Issue 2020
11. Published paper on Survey of Participation, Perception, Attitude and Barriers towards

Research amongst Clinical Physiotherapist in Indian Journal Of Physical Therapy Vol 5  
Issue 1, 2017

### **PAPER PRESENTED:**

- International Conference on Sustainable Development & social Equity 2022, Paper presented on “**Comparison between Animal Flow Exercises and Hatha Yoga on performance of Gymnastic Player**” in Tilak Maharashtra Vidyapeeth.
- National research conference for physiotherapy teachers, Paper presented on “**Effect of Pilates versus Stretching on Pain and Quality of Life in Primary Dysmenorrhea in Young and Adolescent Females**” in Dr. Vitthalrao Vikhe Patil Foundation's College of Physiotherapy, Ahmednagar held on 27<sup>th</sup> October 2020 on Virtual Platform

### **TEACHING TECHNOLOGY WORKSHOP:**

1. “Basic Workshop on Health Sciences Education Technology” by IMETTT, Regional Centre Kolhapur, MUHS. (6th -8th December 2021)
2. “Advanced Course in Research Methodology” by IMETTTT, MUHS (22-29th November 2021)
3. “Basic Research Methodology Workshop” by IMETTT, MUHS (14th-16th October 2020)

### **WORKSHOPS /CONFERENCE ATTENDED:**

- International Conference on Sustainable Development & social Equity 2022
- Scientifica 2022 Conference -12 & 13<sup>th</sup> March 2022
- 1<sup>ST</sup> KJSPARC International Physiotherapy Conference Theme : Beyond the Horizon 12<sup>th</sup> January 2022
- International Conference on “New Edge Education and Experiential Learning”(ICNEEL), 2021
- Webinar on “Physiotherapy In India” By Dr. Ali Irani, Organized by Department of Orthopedic Physiotherapy, DR. APJ Abdul Kalam College of Physiotherapy, Loni Maharashtra 2021
- Basic Course in Biomedical research in October 2020, organized by MUHS
- Hands-on Workshop in Advances on Lower Limb Dysfunction: From Assessment to Management” in January 2020.
- CME on “Brachial Plexus Injury” held at K.E.M Hospital in May 2017
- Workshop on “Administration & Management Of PT Department” held by Sancheti

Healthcare Academy Pune in January 2017

- Workshop on Kinesiology Taping Basic Course By K. Ganeshan Movement Solution in May 2016
- Workshop on “Pilates Matwork Level 1” held by The Mind and Body Pilates Institute in April 2016.
- CPE ii ICU on 6<sup>th</sup> February 2016 at Sunandan Divatia School of Sciences.
- Workshop on “Exercises on Gym Ball” on 20<sup>th</sup> September, 2014 at Sancheti Healthcare Academy, Pune.
- Lecture on “Physiotherapy in Maharashtra: A Legal Professional Perspective” on 24<sup>th</sup> August, 2014 at B J Medical College, Pune.
- Workshop on “Motor Relearning Program (MRP) For Stroke Rehabilitation....A Practical Approach” on 18<sup>th</sup> September, 2014 at Sancheti Healthcare Academy, Pune.
- Symposium “Physio Fitness” on 22<sup>nd</sup> December, 2013 at B J Govt Medical College, Pune.
- “1<sup>st</sup> Workshop of Sports Medicine & Emergency Medical Services” with 29<sup>th</sup> Pune International Marathon held on 4<sup>th</sup> December 2014.
- “Scientifica a Research Conference for Physiotherapy students” held in 2013 & 2015.

**PERSONAL DETAILS:**

- ❖ Date of Birth – 11 July 1992.
- ❖ Languages Known - English, Hindi, and Marathi.
- ❖ Marital status- Married
- ❖ Category – NT-C
- ❖ Address: D-5, Ganga Mansion Society,  
Kalas Road, Pune 411015.

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