
RACHANA DABADGHAV



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PROFILE

An individual with over 12 years of experience in the healthcare sector and with over 10 years of experience in the research sector.

I am extremely organized and motivated, with the ability to work both independently of my own initiative and as part of a successful team, demonstrating the motivation and multi-tasking abilities required to meet demanding deadlines while maintaining the highest of standards.

I combine a professional and confident approach with excellent interpersonal skills and can communicate concisely at all levels. I am currently looking for a new and challenging position as a research coordinator where I can develop my site-based experience. As I have this background, I can be an asset to the Institute.

SKILLS

RESEARCH

Academic writing and manuscript editing, publication, data analysis, critical reviewing, scientific writing.

PROGRAMMING LANGUAGES

SPSS, NVivo, Microsoft Excel, Word, PowerPoint

CLINICAL

Manual therapy and Mobilization Taping Neurodynamic techniques Bobath technique Diet and weight management

EXPERIENCE

RESEARCH COORDINATOR- SANCHETI INSTITUTE COLLEGE OF PHYSIOTHERAPY, PUNE, INDIA

(January 2019- Present and September 2012- February 2017)

- Have organized and enhanced research in the Institute.
- Co supervised the graduates and post graduate students to do their research projects and helped them writing their manuscripts. Having authored 17 publications including a book chapter in this period has added accolades to the institution.
- Have been regularly taking research methodology and manuscript writing lectures for students, this has improved their skills and improved the number of quality papers.
- Have been a part of the Research Advisory Committee of the Institute, the committee regularly evaluates the quality of the researches conducted in the Institute.

- Have been reviewing papers for peer reviewed journals.
- Have been heading the Research committee of the yearly student's research conference "Scientifca" for the past 6 years.

**CLINICAL THERAPIST- SANCHETI INSTITUTE COLLEGE OF PHYSIOTHERAPY,
PUNE, INDIA**

(September 2012- February 2017)

- Have been a peak performer in managing and treating patients in a busy out- patient department.
- Have given strong and sustainable gains to the physiotherapy department which has helped the institute in development and revenue generation.
- Supervised clinical students and support staff, including certified and licensed fellows and volunteers.

CLINICAL THERAPIST- BHARATI HOSPITAL AND RESEARCH CENTRE, PUNE, INDIA

(February 2012- August 2012)

- Integrated results and proposed intervention plan to treat patients, including short- and long-term goals, frequency and duration.
- Evaluated and treated wide range of conditions, including trauma, arthroplasty, sports injuries, soft tissue injuries and spine injuries.
- Observed and recorded patients' responses to therapies and exercises to report to practitioners and recommended adjustments to the treatment plan.

**CLINICAL THERAPIST-SANCHETI INSTITUTE FOR ORTHOPAEDICS AND REHABILITATION,
PUNE INDIA**

(August 2008-August 2010)

- Planned an integrated approach for patients in group therapy which benefited them and gave maximum results.
- Evaluated and treated patients in a group therapy specifically for knee cases, this group therapy was the knee club.
- Supervised clinical students and support staff, including certified and licensed fellows and volunteers.

**CLINICAL THERAPIST-SAHYADRI SUPER SPECIALITY HOSPITAL, DECCAN GYMKHANA,
PUNE, INDIA**

(March 2008-August 2008)

- Main role was treating pediatric cases.
- Taught patients and caregivers how to live within the limits of capabilities and celebrated success. Planned and administered range of treatments and therapeutic programs involving pediatric neurophysiotherapy cases.
- Demonstrated clear written and oral communications skills when working Healthcare professional, patients and caregivers.

EDUCATION

- Masters- MSc Sport Injury Management and Therapy, Sheffield Hallam University, Sheffield, UK.
- Bachelors- Bachelors in Physiotherapy, Sancheti Institute College of Physiotherapy, Pune, India, affiliated to MUHS, Nashik.

ACCOLADES AND LEADERSHIP ACTIVITIES

- Was invited to write a book chapter on my published work by IntechOpen (UK) in 2019.
- Proactively have been a part of the organizing committee, have been heading the Research Committee of a successful yearly Research Conference, Scientifica since 2015.
- Supervising the graduate physiotherapy students in formulating their projects, writing their manuscripts and guiding them through a successful completion.
- Have a certification in good clinical practice.

PUBLICATIONS

Peer Review Publications

2023

1. Damle AR, Dharmapuri VM, **Dabadghav RP**. Medicolegal knowledge and its practice among physiotherapists in Maharashtra. *International Journal Of Community Medicine And Public Health*. 2023;10(8):2777–83. doi:10.18203/2394-6040.ijcmph20232364
2. Kolke S, Kate R, **Dabadghav R**, Sancheti P. Impact of covid-19 pandemic lockdown on quality of life and perceived stress in undergraduate physiotherapy students: An observational study. *Journal of Society of Indian Physiotherapists*. 2023;7(1):5-12. doi:10.4103/jsip.jsip_11_22
3. Sathe T, Goradia N, **Dabadghav R**, Sancheti P, Shyam A. Awareness and practice of adaptive strategies for acclimatization to environmental conditions among marathon runners. *Journal of Society of Indian Physiotherapists*. 2023;7(1):54-59. doi:10.4103/jsip.jsip_8_22

2022

4. Shah RN, Nagarwala R, **Dabadghav R**. Psychological distress in post covid-19 patients. *International Journal Of Community Medicine And Public Health*. 2022;9(9):3460. doi:10.18203/2394-6040.ijcmph20222207
5. Bapat RS, Bhattad R, **Dabadghav R**. Awareness, knowledge and practice of self-breast examination in young women. *Indian Journal of Gynecologic Oncology*. 2022;21(1). doi:10.1007/s40944-022-00655-8

2021

6. Jain P, Mitra S, **Dabadghav R**. Comparing balance among elderly fallers and nonfallers using modified romberg test: A case–control study. *Indian J Community Med* 2021;46:163-164 . <https://www.ijcm.org.in/article.asp?issn=0970-0218;year=2021;volume=46;issue=1;page=163;epage=164;aulast=Jain>
7. Vaidya V, Gangwal A, **Dabadghav R**, Shyam A, Sancheti P. Comparison between Neurodynamic Therapy and Foam rolling in cool- down sessions for delayed onset of muscle soreness in healthy individuals. *J Bodyw Mov Ther* 2021 Apr 17;26:492-500. <http://dx.doi.org/10.1016/j.jbmt.2020.12.018>
8. Kathar A, **Dabadghav R**, Shyam A, Sancheti P. Knowledge and perception about

physiotherapy in patients coming to the hospital for the first time. *International Journal of Scientific Research and Reviews*. Accepted 2021.

9. Tiwari S, Mitra S, **Dabadghav R**. Effect of Covid-19 crisis on mental health of physiotherapy students. *Physiotherapy-The Journal of Indian Association of Physiotherapist*.2021;15(2):85-88. <https://www.pjiap.org/article.asp?issn=0973-6549;year=2021;volume=15;issue=2;spage=85;epage=88;aulast=Tiwari>
 10. Nagarwala R, Kadam C, **Dabadghav R**, Shyam A, Sancheti P. Effect of abdominal binder on physiological cost index in chronic obstructive pulmonary disease. *Indian Journal of Community Medicine*. 2021;46(4):762. doi:10.4103/ijcm.ijcm_151_21 [SCOPUS]
 11. Pachpor R, Athavale N, **Dabadghav R**. Perception and awareness of physiotherapy in junior college students. *International Journal of Health Sciences and Research*. 2021;11(7):243–8. doi:10.52403/ijhsr.20210733
 12. Hinge P, **Dabadghav R**, Shyam A and Sancheti P. Awareness of ergonomics in Information Technology professionals. *Multi-Disciplinary Journal*. 2021;1(2):1-14
- 2020**
13. **Dabadghav R** and Mehta P. Assessment of Scapular Muscle Strength and Lumbar Core Strength in Gymers. A Case Control Study. *EC Orthopaedics* 11.5 (2020): 111-117. www.econicon.com/ecor/pdf/ECOR-11-00614.pdf
 14. Shanbhogue K, Mitra S, **Dabadghav R**. SEGUE framework for developing communication skills in physiotherapy students. *Journal of Society of Indian Physiotherapists* 2020;4(2):70–73. <https://www.ipinnovative.com/journal-article-file/12018>
 15. Tribhuwan T, Nagarwal R, **Dabadghav R**, Shyam A, Sancheti P. Comparison of Sit to Stand Test and Two Minute Walk Test for the Evaluation of Functional Status in Post Cardiac Valve Replacement Surgeries. *International Journal of Health Sciences and Research*.2020;10(12):314-319. https://www.ijhsr.org/IJHSR_Vol.10_Issue.12_Dec2020/45.pdf
 16. Iyer A, Mitra S, **Dabadghav R**. The effect of rhythmic deep breathing on pain and anxiety in patients with burns. *Indian Journal of Burns*. *Indian J Burns* 2020;28(1):74-78. https://www.ijburns.com/temp/IndianJBurns28174-4114809_112548.pdf

2019

17. **Dabadghav R**, Potdar A, Patil V, Sancheti P, Shyam A. Additional effect of neuromuscular electrical stimulation on knee extension lag, pain and knee range of motion in immediate postsurgical phase (0–2 weeks) in primary total knee arthroplasty patient. *Ann Transl Med* 2019;7(Suppl 7):S253 | <http://dx.doi.org/10.21037/atm.2019.09.79>
18. **Dabadghav R** (November 22nd 2019). Rehabilitation of Lateral Ankle Sprains in Sports, *Essentials in Hip and Ankle*, Carlos Suarez- Ahedo, Anell Olivos-Meza and Arie M. Rijke, IntechOpen, DOI: 10.5772/intechopen.89505. Available from: <https://www.intechopen.com/books/essentials-in-hip-and-ankle/rehabilitation-of-lateral-ankle-sprains-in-sports>
19. Shah M, Mitra S, **Dabadghav R**. Screening Higher Secondary School Adolescents for Factors Contributing to Stress in Pune City. *Indian Journal of Youth and Adolescent Health* 2019;6(3):43-49. <https://medical.advancedresearchpublications.com/index.php/IndianJ-YouthandAdolescentHealth/article/view/239/273>

2016

20. **Dabadghav R**. Correlation of ankle eversion to inversion strength ratio and static balance in dominant and non-dominant limbs of basketball players. *J Sports Med Phys Fitness*. 2016 Apr;56(4):422-7. <https://pubmed.ncbi.nlm.nih.gov/25651898/>
21. Mehta R, Nagrale S, **Dabadghav R**, Rairikar S, Shayam A, Sancheti P. Assessment of Lumbar Lordosis and Lumbar Core Strength in Information Technology Professionals. *Asian Spine J* 2016;10(3):495-500 <http://dx.doi.org/10.4184/asj.2016.10.3.495>
22. Tawde P, **Dabadghav R**, Bedekar N, Shyam A, Sancheti P. Assessment of cervical range of motion, cervical core strength and scapular dyskinesia in violin players. *Int J Occup Saf*

- Ergon. 2016 Dec;22(4):572-576. doi: 10.1080/10803548.2016.1181892.
23. **Dabadghav R.** Plantar Fasciitis: A Concise View on Physiotherapy Management. Clin Res Foot Ankle.2016; 4: 210. doi: 10.4172/2329- 910X.1000210
24. **Dabadghav R.** Treating Lateral Ankle Sprain in Basketball Players-A physiotherapists' Prospective. JSM Foot Ankle. 2016; 1(1): 1002.
www.jscimedcentral.com/FootAnkle/footankle-1-1002.pdf

2015

25. Ghagare J, Oswal A, **Dabadghav R**, Bedekar N, Shyam A. Attitude of Physiotherapy Students towards Disabled Persons. Int J Cur Res Rev. 2015;7(9):71-77.
http://ijcrr.com/uploads/564_pdf.pdf

2014

26. Shimpi A, Writer H, Shyam A, **Dabadghav R.** Role of Physiotherapy in India – A Cross-sectional Survey to Study the Awareness and Perspective among Referring Doctors. Journal of Medical Thesis 2014 May-Aug; 2(2) : 11-15. <http://journalmedicalthesis.com/wp-content/uploads/2014/08/Apurv-Shimpi-1.pdf>

LANGUAGES

English, Hindi, Marathi