

CURRICULUM VITAE

Dr. Rucha Pande

M.PT (*orthopedics*)

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OBJECTIVE

To utilize the acquired skills of Physiotherapy in the service of community because I believe “Without community service, we would not have a strong quality of life. It’s important to the person who serves as well as the recipient. It’s the way in which we ourselves grow and develop. So I look forward for an opportunity, which will expand and challenge my knowledge. I would like to exercise my skills, ability to communicate ideas and commitment to perform quality work.

PROFESSIONAL QUALIFICATION

Course	Year	College/University
Master of physiotherapy	Nov 2013	Padmashree Dr. D.Y. Patil college of physiotherapy, Pune
Bachelor of Physiotherapy	May – June 2010	V.S.P.M’s College Of Physiotherapy, Hingna Road, Nagpur
HSC	March-2004	Maharashtra Secondary & higher secondary Education Board (Nagpur)
SSC	March-2002	Maharashtra Secondary Education Board(Nagpur)

EXPERIENCE:

- **Presently working as a Clinical Physiotherapist at Bharati Hospital & Research Centre, Pune since March 2015.**
- **6 months of experience as an Intern in various physiotherapy centers in Nagpur which includes: NARCODE, Orange City Hospital, Lata Mangeshkar Hospital (Hingna, Wadi, Jaitala), Panchvati (Old Age home)**
- **Social work for Anathalaya at Nagpur for 2 years**
- **Worked as Clinical Physiotherapist at Ramkrishna Math at Nagpur for 6 Months**
- **Worked as Acting In charge from June 2019 to November 2021.**
- **Total 6.5 years of Clinical Experience as Clinical Physiotherapist at Bharati Hospital, pune.**
- **Worked in COVID Area (ICU, WARDS)**
- **Delivered two guest lectures on Neck pain and radiculopathy & Ergonomics for GP's at Bharati Hospital, Pune**

ACTIVITIES AND ACHIEVEMENTS:

Won second prize in poster presentation (sleep disturbances in chronic low back pain patients)

Participated and won runner up prize in quiz competition for physiotherapists at National Conference, Sancheti, Pune.

Won First Prize in Singing at College Level.

Ranked 3rd in University Examination in 3rd year B.P.Th

Participated in Cultural Events at college level and won 1st prize at IMA singing competition, Nagpur.

Achieved Special "PRAVINYA" in Yogasan Exam conducted by Janardan Swami Yogabhyasi Mandal, Nagpur.

Ranked 1st in entrance examination for M.P.Th conducted by Dr. D.Y.Patil college, Pune.

PROJECTS WORK ON:

Sleep disturbances in patients with chronic low back pain.

Association Of Body Composition Components With Menopausal Status Of Women With Low Back Pain.

**Effectiveness Of Global Postural Rehabilitation In Patients With Chronic Low Back Pain.
Recently working on Patient Satisfaction after physiotherapy treatment at Bharati hospital.**

GENERAL MANAGEMENT SKILLS:

Strong written and oral communication skills

Excellent ability to deal with patients and give proper treatment.

Good team player and excellent co-ordination skills.

OTHER QUALIFICATIONS

- Completed course of “mulligan concept” at Pune, 2012
- Completed course of “ MS-CIT” in 2021
- Hands-on Techniques for Maitland, Myofascial Release Techniques.
- Mckenzie Techniques for Low back pain
- Certified Yoga Practitioner.

ATTENDED WORKSHOPS

- Attended a workshop on “Skill development in Human Resource Management” in 2019 at Bharati Hospital, Pune.
- Attended a conference MPHYSCON 2020 crutches to Robotics at b v p, Sangli in Feb 2020
- Attended Hands-on Manual Therapy workshop on “ High Velocity Thrust Techniques” in 2019 at Pune
- Attended national conference on orthopedic manual therapy and physiotherapy in KLE Belgum 2011-2012
- Attended National Conference On Sports Physiotherapy and Rehabilitation at Pune 2012.
- Attended conference Research Conference SCIENTIFICA at Feb 2010.
- All India Physiotherapy Conference (2006-2007)

PERSONAL INFORMATION

Name	Rucha A. Pande
Date Of Birth	01.03.1987
Languages Known	English, Hindi, Marathi
Marital Status	Married
Nationality	Indian

Referees, Recommendations

Dr. Tushar Palekar

M.P.T in Hand,
Principal
Dr. D.Y.Patil College of Physiotherapy
Pune
Mobile : 98 22 606 869

Dr. C.V. John Franklin

M.P.T in Orthopedics,
Associate Professor,
Dr. D.Y.Patil College of Physiotherapy
Pune
Mobile : 98 81 038 044

Dr. Pallavi Kumar

MPTh in Community Based Rehabilitation
Professor,
V.S.P.M. College of Physiotherapy, Nagpur.
Mobile number: 9860058817

DECLARATION

➤ **I hereby declare that the information furnished above is true and I will contribute my best efforts to the fullest extent in achieving the objectives of the concern to work.**

(RUCHA PANDE)