

CURRICULUM VITAE

Namrata S. Wankhade

MPT (Community Physiotherapy)

Objective:

I thrive to make a meaningful contribution towards our community through kindness and compassion.

I intend to use my skills, knowledge and experience and apply it practically to explore newer horizons of Physiotherapy in healthcare and community.

Qualifications:

Masters in Community Physiotherapy with **10 years of clinical experience**, especially in **Community health** (IPD, ICU, OPD, PHC & Outreach setups, Multispecialty Hospitals), Sports injuries and Research. And **two and a half years' experience in academics** at LSFPEF College of Physiotherapy, Pune.

Project Work:

- B.P.TH (PES Modern College of Physiotherapy, Pune) - Two projects in preventive physiotherapy; studying prevalence of pre-hypertension and pre-diabetes in healthy individuals.
- M.P.TH (Sancheti Institute's College of Physiotherapy, Pune)
 - Two thesis work on Sports Community (elite tennis players) with a motive of **Injury Prevention** and **Sports Specific Neuromuscular Training on a larger sports population**.
 - One of the studies is an attempt to develop a sports specific training program which targets most aspects of fitness at once using a neuromuscular training equipment called BOSU.
 - Another study is an evaluation-based study to determine the correlation of shoulder injuries and scapular placement aiming to prevent injuries in racquet sports on a community level. (Currently Working on resubmitting manuscripts for a publication in PubMedindexed journals)

Practice:

- Experienced in developing and co-managing 3 Multispecialty Physiotherapy & Rehabilitation setups in Mumbai and Akola, Maharashtra. Familiar with management of physiotherapy department & coding and maintenance of equipment available at an institute.
- Experienced in heading and managing Physiotherapy OPD & IPD at a multispecialty hospital in Pune, Maharashtra. Experienced in treating and managing patients in Intensive care unit including the COVID 19 pandemic and post-COVID rehabilitation in OPD setting.
- 6 months experience in Onco Physiotherapy and Rehabilitation in patients undergoing Cancer treatment and care.
- Was a member of student teacher mentorship program in college while working as an Assistant Professor. Experienced in developing an exclusive **physiotherapy observership program** for students and freshers in a clinical setting. Mentored and guided 3 interns and 1 MPT fellow from different parts North East to gain exposure and work opportunities according to the interest of the students.
- Experience in delivering talks to professional as well as amateur audiences with much emphasis on awareness of Health and Preventive Physiotherapy. Familiar with managing collaborations with various Industrial, Sports and Health organizations.
- Knowledge of physical therapy techniques with updated advanced techniques like K-taping, Dry Needling, use of BOSU, Gym Ball, and other modes of neuromuscular training and a certified Lymphedema Therapist.
- Experienced in developing physiotherapy protocols specifically for athletes, women, and geriatric population. Development & implementation of innovative therapeutic activities for both individual and group protocols for promoting health to prevent lifestyle diseases.
- Experienced in handling patient records, documentation and medical claims for patients undergoing Physiotherapy treatment.
- Experienced equally in rural and urban setups. A member of the physiotherapy team at a three-day cerebral palsy screening camp in a rural region of Maharashtra. Involved in outreach camps conducted to treat and rehabilitate kids diagnosed with cerebral palsy and having delayed milestones. Visited old age homes during master's program for neurological, geriatric and environment assessments; and to assist awareness talks and group therapy for institutionalized old age people.
- Experienced in working in Physiotherapy rehabilitation setup as well as individual home treatment. A focused approach towards making patients achieve and maintain independent living. (Managed physiotherapy rehabilitation of a patient with Spinal cord injury; based in Tanzania, Africa)
- During Master's program, was a part of the physiotherapy team involved in rehabilitating persons with disabilities through sports.
- Passionate towards being the change the profession needs to grow and improve in all aspects. Member of Indian Association of Physiotherapists, 2 Alumni associations, and Maharashtra State IAP women's cell. Ethical practitioner with proper state licensure and additional qualifications.

Work Experience:

- Currently working as clinical **Physiotherapist at NEIGRIHMS**, Shillong, Meghalaya since April, 2024.
- Worked as Consultant Physiotherapist (Tele-consultation and visiting basis) and co-managed **Navaansh Physiotherapy & Rehabilitation Centre, Mumbai**.
- Worked as **Assistant Professor at LSFPEF College of Physiotherapy, Pune**.
- Worked as an Intensive care Physiotherapist at **NESCO COVID Centre**, Goregaon (E), Mumbai.
- Worked on a two weeks Ergonomic and Health promotion project for surgeons, staff, and employees at **Aravind Eye Care (Largest Eyecare System in the world)**.
- Worked as an offshore admin for **Therapycare Physical Therapy services**; which is a US based Indian chain of Physical Therapyclinics in **New York state**.
- Worked as Head of Physiotherapy department at **Unity Hospital**, Pune and as Consultant Physiotherapist at **Iris Healthcare, Pune**.
- Worked as a Sports Physiotherapist at **Deccan Gymkhana, Pune**.
- Worked as an official Physiotherapist for Team India at the **Asian Para-Cycling championship, Myanmar**, February 2018 and as a part of team for two national level Para-Sports events. (A joint venture of Border Security Forces and an NGO- Infinity ride 2017 and National training camp, Bangalore 2017)
- Worked as an official Physiotherapist for **6 International, over 15 national and 3 state level Tennis tournaments**.

Co-Curricular Activities

- Certified practitioner of sport specific **K-taping** and **Dry needling** along with other manual therapy techniques.
- **Recently completed a certification in Management of Lymphedema at Tata Memorial Centre, Mumbai.**
- Sports rehabilitation, with sport specific neuromuscular training **on balance training devices like BOSU.**
- **Poster presentation at an International Sports conference, at Avishkar (state level university competition at Maharashtra University of Health Sciences, Nashik), Scientifica 2017** (national level conference) and at an Institute level competition (**NEIGRIHMS, Shillong**). Besides continue to attended international and national level sports, orthopedic and neuro conferences, and CMEs.
- Delivered talks on various instances on **Injury prevention and Antenatal care, sports, and geriatric health.**
- Co-ordinated and conducted **Industrial health and women's health awareness** events.
- Volunteered in marathons like 28th Pune International Marathon 2013.

Extra-curricular Activities:

- Represented Maharashtra state as Sargent at **Thal Sainik Camp, Delhi in 2006.** (National Cadet Corp)
- Represented 11 Maharashtra Battalion, Akola at a **National Integration camp**, Annual training camps and state level preparation camps. (National Cadet Corp)
- Represented Akola district at a **state level volleyball tournament.**
- Participated and won in various inter and intra college sports and cultural events like half pitch Cricket, Throwball, Dance, Singing etc.

Personal profile:

- Gender- Female.
- Date of birth- 06/08/1992.
- Languages known- English, Hindi, and Marathi. (Very basic Swahili and currently learning Khasi- of Meghalaya)