

DR. SHIVANI PRAKASH PANDEY
Physiotherapist (MPT, MIAP)
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CAREER OBJECTIVE

Seeking new opportunities to apply my expertise and passion for enhancing the quality of life for individuals through physiotherapy and to embrace dynamic challenges, providing an opportunity for me to leverage my abilities, knowledge, and practical experience. I am eager to contribute to the organization's success while furthering my professional growth.

WORK EXPERIENCE

Physiotherapist with 11+ years of hands-on experience in providing comprehensive physiotherapy services. I have successfully contributed to the rehabilitation and well-being of diverse patient populations. Demonstrated ability to assess, plan, and implement effective treatment plans to address various musculoskeletal and neurological conditions.

1	Consulting Physiotherapist – Otters Club, Bandra west, Mumbai	2023 - Present
2	Consulting Physiotherapist at Surya Hospitals, Santacruz, Mumbai	2023 - Present
3	Aquatic therapy network of India (ATNI)-Board Member	2021 - Present
4	Founder of Dr. Shivani's Resilience Physiotherapy and Rehabilitation	2020 - Present
5	Conducted AQUATHON 2018 On 6 th Worldwide Aquathon Day	
6	Guest Lecturer/ Instructor: <ul style="list-style-type: none"> ▪ Basic Dry Cupping Workshop ▪ NMIMS School of Science-Basic of Aqua Therapy ▪ Aqua aerobics and fitness Workshop-Practical course for NUMSS University, Under supervision of Dr. Ali Irani – Goa ▪ International Seminar on Acupuncture and Cupping Therapy 	
7	Worked as a professional therapist: <ul style="list-style-type: none"> ▪ Nanavati Super Speciality Hospital, Dept. Of Physiotherapy and Sports Medicine, Vile Parle (west) Mumbai ▪ My Aarogya Medical and Diagnostic Centre-Bandra East ▪ Apollo Clinic, Andheri East ▪ MIG Club - Cricket Team ▪ Sulabha Trust for Special Education and Research-Tilak Nagar ▪ Conducted Various Corporate lectures ▪ Ultimate Frisbee Mumbai ▪ Mumbai ultra-run 12 hours' Marathon-Shivaji Park ▪ Sai Mumbai Master Premier League ▪ Tata Marathon Mumbai-organised by Asian Heart institute ▪ IDBI Marathon – BKC ▪ 2nd T20 cricket world cup for Blind-Mumbai ▪ Hiranandani Powai run organized by Tiger balm- Mumbai 	

ACADEMIC PROJECTS

1. Correlation of Hypermobility on Balance in Children with Down Syndrome (MPT 2014-2016)
2. Assessment of Grip Strength and Sensation in Computer Users versus Individuals Doing Writing Task (Internship 2012-2013)
3. Architectural Barriers Faced by Differently Abled Persons (4th Year BPT 2011-2012)
4. Poster Presentation at 5th Indian Federation of Neurorehabilitation (IFNR) on Correlation of Hypermobility on Balance in Children with Down Syndrome
5. Presented a CME in Telemedicine on Ergonomics at Telemedicine Department, Nanavati Super Speciality Hospital, Vileparle (West), Mumbai
6. Awarded for the Best Thesis in 2016 at Sunandan Divatia School of Science, NMIMS University.

ACADEMIC QUALIFICATIONS/ EXPERIENCE

Qualifications:

Education	Institution/ University	Year	Marks / GPA
Master of Physiotherapy (Neurosciences)	Sunandan Divatia School of Science, NMIMS University/ Nanavati Super Speciality Hospital.	May'2016	3.93/4
Bachelor of Physiotherapy	Padmashree Dr. D.Y Patil College, Department of Physiotherapy, Navi Mumbai.	Aug'2012	70.25 %

Skills

1. Certification in Soft Skills Training
2. Proficient in Microsoft Word, Microsoft Excel, Microsoft PowerPoint.
3. Familiar with GraphPad InStat for statistical analysis.
4. Fluent in English, Hindi, and Marathi, facilitating effective communication and collaboration.

Projects Handled

1. Correlation of hypermobility on balance in children with down syndrome-**MPT (2014-2016)**
2. Assessment of grip strength and sensation in computer users versus individuals doing writing task-**Internship (2012-2013)**
3. Architectural barriers faced by differently abled person - **4th year BPT (2011-2012)**

❖ **Workshops & Seminars Attended**

1	IFNR conducted at MET
2	International Certified Cupping therapist
3	Certified Course on International Aqua aerobics and Fitness Instructor (AEA)
4	ACLS Certification-American Heart Association
5	Vestibular Rehabilitation-Dr.John Solomon
6	BLS Certification for Healthcare Providers Course-American Heart Association
7	Workshop On Physiotherapy Management of Spinal Cord Injuries-The International Spinal Cord Society
8	CME on Autism awareness and management held at Saifee Hospital.
9	Orthopedic Symposium on Cerebral palsy-Leonard Cheshire Disability, Mumbai.
10	Basic Dry Needling Therapy conducted by Dr.Piyush Jain, Mumbai.
11	2 nd annual New Horizons Conference on Developmental Neurosciences-Indian Association of Paediatrics.
12	Pediatric Orthopedic CME on Scoliosis, OBBV and Gait Pattern in Cerebral Palsy- Organized by Instapit.
13	Head over Meal CME on Diet for Special Needs-Organized by Sneh.
14	Pediatric Orthopedic Symposium held at SRCC Hospital by Bombay Orthopedic Society-Haji Ali.
15	Basic Sensory Integration therapy conducted by Dr. Snehal Deshpande (P.T, PGDHHM, NDTA trained, SI(USC/WPS)-Mumbai.
16	Basic NDT and Handling technique conducted by Dr. Snehal Deshpande (P.T, PGDHHM, NDTA trained, SI(USC/WPS)-2017, Mumbai.
17	5 th Indian federation of Neurorehabilitation (IFNR) conference, held at MET, Bandra
18	Basic Cupping therapy conducted by Dr.Vardhaman Jain (Founder of NMDN), Mumbai.
19	CME on Interventional management programme addressing cerebral palsy-IMPACT - Organized by Sneh.
20	Dynamic taping-Level one workshop conducted by Dr.Mohamed Kasim.
21	Aquatic therapy in musculoskeletal condition workshop conducted by Dr.Prachi Shah.
22	Aqua aerobic and fitness workshop conducted by Dr.Prachi Shah.
23	Continuing physiotherapy education in ICU-held at NMIMS university, Sunandan Divatia School of Science, NMIMS University.
24	3 rd Indian federation of Neurorehabilitation (IFNR) conference, held at MET, Bandra.
25	Neurodynamic Solutions (NDS)-conducted by Dr Kiran Challagundala (MOSMPT), Navi Mumbai.
26	Mulligan workshop on Brian Mulligan 's concept conducted by Dr. Deepak Kumar (M.S.P.T, F.I.A.P, PH.D), organized by Capri institute of manual therapy, Mumbai.
27	Volunteer in Operation Restore 2013 organised by National Burns- Center, (NBC) Airoli.
28	50 th annual conference, Indian Association of Physiotherapists (IAP), Mumbai.
29	National Conference on Sports Physiotherapy and rehabilitation- held at Dr. D.Y. Patil Vidyapeeth, Pune.
30	National Conference on Physiotherapy in community health, Dr.D.Y.Patil University, Navi Mumbai.
31	Cardio pulmonary cerebral resuscitation (CPCR)-BCLS & ACLS workshop organized by Dr. D.Y.Patil Medical College and Hospital, Navi Mumbai.