

# VARSHA SOLANKI

FEMALE, 18/01/1993

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709, 7<sup>th</sup> Floor, B-7, 'Sai- Darshan' Building, M.P. Mill Compound, Tardeo, Mumbai 400 034

EDUCATIONAL DETAILS		
MPT (Neurophysiotherapy)	P.T. School & Center, Seth G.S.Medical College & KEM Hospital, Mumbai	60.36%
B.P.Th	K.J.Somaiya College Of Physiotherapy, Mumbai	72.5%
Class XII	Kishinchand Chellaram College, Mumbai (Maharashtra Board)	74.83%
Class X	Sir Cowasjee Jehangir High School, Mumbai (Maharashtra Board)	86.00%

ACHIEVEMENTS		
•	Awarded Distinction in Physiotherapy in Neurological Conditions in B.P.Th (4th year)	2016
•	Awarded Distinction in Orthosurgery in B.P.Th (3rd year)	2015
•	Awarded Distinction in Kinesiology & Kinesiotherapy in B.P.Th (2nd year)	2014

WORKSHOPS / SEMINARS / CMEs ATTENDED	
Neuromuscular Dry Needling (Basic) Workshop by Prakkash Sharoff	Feb'20
Sports injuries, ACL Rehab and Legal Issues in PT conducted by IAP	June'19
Neurodynamic Solutions- Upper quarter and Lower quarter, conducted by Kiran Challagundla	April'19
JPGMCON 2019- Journey from Research to Publication...	March'19
Resident as Teacher- Basic Workshop in Education Methodology organized by P.T. School & Centre, Seth G.S. Medical College	Sept'18
Understanding Parkinson Disease & A Multidisciplinary Model of Therapeutic Approach by IAP	June'18
Orthopedic Symposium on Cerebral Palsy, held at Cheshire home	March'18
Basic Workshop in Research Methodology organized by Seth G.S. Medical College & KEMH	Feb-March'18
Hypertension Update-2018 conducted by Seth G.S. Medical College & KEMH	Feb'18
Sleep Disordered Breathing conducted by Seth G.S. Medical College & KEMH	Feb'18
Resistance Tube exercise conducted by Exercise Science Academy- ACSM	Dec'16
Stability Ball Exercises conducted by Exercise Science Academy- ACSM	Dec'16
Pilates- Gateway to Core Stability conducted by K. Ganesan, MPT (Movement Solutions)	Dec'15
Kinesiology Taping (Basic Workshop) conducted by K. Ganesan, MPT (Movement Solutions)	Dec'15

WORK EXPERIENCE		
<b>K.J. Somaiya College of Physiotherapy</b>	Handling patients with orthopedic conditions; adult and pediatric neurological conditions; acute and chronic respiratory- cardiac medical and surgical conditions; antenatal and post-natal care; obesity and fitness management.	Sept'16-March'17 (6 months)
<b>Breach Candy Hospital</b>	Handling patients in various medical and surgical conditions in ICU; respiratory and cardiac conditions and handling patient on OPD basis.	April'17-May'17 (1 month)
<b>Bhatia Hospital</b>	Handling patients in various medical and surgical conditions in ICU, acute and chronic care of COVID- 19 patients in ICU and wards, handling patients with orthopedic, neurological conditions in OPD.	May' 21- Sept'21
<b>K. J. Somaiya College of Physiotherapy</b>	Taking lecture for students and managing patients in OPD and IPD set-up	1 <sup>st</sup> Oct'21- present

EXTRA CURRICULAR ACTIVITES		
<b>Publications</b>	Published a Research article on "Correlation of Static Balance with Knee Proprioception in Elderly." in International Journal of Physiotherapy and Research (IJPR)	April'20
	Published a book on, "Cryotherapy: It's Effect on Functional Performance" – Lambert Academic Publishing	Sept'18
	Published a research article on "Effect of Cryotherapy on Functional Performance of Shoulder in Normals." in International Journal of Physiotherapy and Research (IJPR)	Aug'17
<b>Paper Presentation</b>	Trinity 2017- An All India Student's Medical Conference; Under Graduate Paper Presentation, to present the topic- Effect of Cryotherapy on Functional Performance of Shoulder in Normals.	Feb'1
<b>Other</b>	Physiotherapist at Standard Chartered Mumbai Marathon	Jan'16
	Physiotherapist at Radio Mirchi Monsoon Half Marathon	July'16
<b>Hobbies</b>	Playing Volleyball (District level volleyball player), Drawing and Painting.	
<b>Languages Known</b>	English, Hindi, Marathi, Gujarati	