

SNEHA S MHETRE

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Determined and enthusiastic, while looking forward to expecting all future endeavours in Kaher Institute f Physiotherapy at providing engaging and informative learning experiences for students while deepening their understanding of physiotherapy. Delivering tailor treatments, implementing evidence based practices to facilitate optimal functioning. Believe in implementing enjoyable game-based rehabilitation techniques while keeping the patient motivated for therapy.

Education

Master in Paediatric physiotherapy (MPT)

SDM University (2022-2024)

Dharwad, Karnataka

Subjects: PT in paediatrics

Recent advances and evidence based practice in paediatrics

Bachelors of Physiotherapy (BPT)

KLE Academy of higher education and research (A graded by NAAC 2016)

2017 - 2022

Pre-university, science

Nava Krishna Valley Junior College, Sangli Maharashtra

2015-2017

Work experience

Paediatric physiotherapy Post graduate

SDM multispecialty hospital

05/2022-05/2024

Achievements/tasks

-Laid a strong foundation regarding the existing knowledge about various conditions and approaches towards paediatric rehabilitation.

-NICU handling which included parent education and counselling, chest physiotherapy, oromotor as well as sensory stimulation with a multidisciplinary team approaches towards paediatric rehabilitation.

-PICU handling that included respiratory physiotherapy, musculoskeletal rehabilitation, neurorehabilitation and sensory therapy.

-Learnt using various assessment tools and skills to assess the effectiveness of treatment.

-Designed physiotherapy programmes individualised to meet specific needs of children.

-Worked one-on-one with children and learnt to manage the goals and outcomes.

-Managed over 600 sessions involving a wide range of conditions including Duvet syndrome, Down syndrome, various forms of cerebral palsy, hydrocephalus, brachial plexus injuries, spina bifida, and orthopedic conditions like arthrogyrosis, post fracture management , CDH, and DHD, as well as post-surgical cases, including cleft lip and palate repairs , heart diseases and burn cases.

-Treated autism and sensory processing disorder cases, while incorporating sensory integration therapy.

-Established good rapport with parents and educated them to do at home exercises.

-Worked in camps at various schools -USHA'S School Hubli
R.N.Shetty School

Physiotherapy Intern

KLE's Dr. Prabhakar Kore Hospital and medical research centre (2460 bedded hospital)

03/2022-09/2022

Belgaum, Karnataka

Achievements/tasks

-Pursued internship at KLE hospital (laying ground work for eventual career in physiotherapy)

-Worked in advanced physiotherapy lab which included Gait lab(Biomedical analysis) advanced modalities such as Virtual reality, Laser, Cryocompression ,Isokinetic, shockwave ,Hydrotherapy and Metrics rhythm therapy.

- Active involvement in planning and executing treatment, while building interpersonal relations.

- Volunteered for orphanage and Special School visits.

Certificates , workshops and Conferences

Participated in poster presentation on national science Day 2024

Presented Paper in 1st Karnataka Physiocon Conference

The abstract has been accepted for presentation at IDF World diabetes congress in 2025(Bangkok)

The international classification of functioning disability and health ICF workshop

by Dr Alaknanda Banerjee, Dr Snehal Dharmayat
Course Duration -16 hours

Neurorehabilitation:Current state of technology assisted the rehabilitation of impaired functions in paediatric to Reacting Geriatric Population by Dr Tony Szturm(Canada)

Workshop On Cerebral Palsy basics and beyond-KIMS Hubli(March 2024)

CME on recent advances and updates on management of children with neurological disorder By Keshav Seva Sadhana, Goa

Workshop on Computer based exercise program in rehabilitation of manual dexterity and dual task, Balance and gait.

Hands on Cadaveric Workshop on Surgical Anatomy of Hand by Anatomy Department of SDM Medical college.

Gut brain axis:Are they really in talking terms?
(June 2023) Credit hours-2

Role Of physiotherapy in Craniofacial and disorders, hands on workshop.

Using Neurodevelopment Treatment to improve function in paediatrics.(Jan 2024)

An overview on pelvic floor rehabilitation in special children- Mundra Kantwala.

Professional development program or academic activity on cardiac rehabilitation
(4 September 2024) by Dr Savita Ravindra.

Dissertation and Publications

Parents perspective about physiotherapy in Neurodevelopment disorder children a qualitative study Under the Guidance of Dr. Sanjay Parmar.

Prevalence of trigger finger and triggered thumb in general population between 40 to 70 age group are living in Belagavi – An observational study under the guidance of Dr Sushil Kumar.

Skills

Cooperate in team environment to best serve patient needs	Adapt crafting impactful presentations
Efficient in handling in NICU or PICU	Updated with recent trends and evidence-based therapies

Languages known- Fluent in English, Hindi, Marathi, Kannada

Extra curricular activities

Participated in various activities throughout both undergraduate and post graduate studies and earned several certificates for the same.

Rajasthan 2019- Second place in 400 m woman completion conducted by KLE Institute of physiotherapy, Belagavi

Kriva – 2023 second place in group dance competition

Kriva– 2024 first place in singing competition

REFERENCE- DR.SANJAY PARMAR(PG guide)
Principal of SDM College of Physiotherapy

DR.JYOTI JIVANNAVAR (Professor)
SDM College of Physiotherapy