

RESUME

Name: Miss. Nikita Nitin. Pawar

Mother's Name: Mrs. Aparna Nitin. Pawar

Father's Name: Mr. Nitin Appasaheb. Pawar

Gender: Female

Marital Status: Single

Nationality: Indian

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Professional Objective:

To work with an institution that drives me to constantly improve my medical skills by providing me an opportunity to work on challenging cases thus helping me earn repute and value both for myself and my institution. I would want to bring a positive change in the life of patients affected due to any physiological or pathological conditions and ailments and give them a renewed hope for a better quality of independent life.

Professional Qualification:

Sr. No.	Examination Passed	College/ University	Duration of Course	Year of Passing	% of Marks
1.	Masters in Oncology Physiotherapy	KAHER Institute of Physiotherapy	2 nd year	2021	63.55%
	Masters in Oncology Physiotherapy	KAHER Institute of Physiotherapy	1 st year	2020	60 %
2.	Bachelor of Physiotherapy (Aggregate)	KAHER Institute of Physiotherapy	4 and half years	2018	58.05 %

Educational Qualification:

Sr. No.	Examination Passed	College/ University	Board/ council	Year of Passing
1.	12 th	Govindram Seksaria PU college, Belagavi.	Department of pre-university examination, Karnataka	2012
2.	10 th	Divine Providence Convent high school, Belagavi	Karnataka secondary education examination board	2010

Work Experience:

Sr. No.	Post	Hospital	Duration	Years of Work
1.	Intern	KAHER Institute of Physiotherapy	6 months	August 2018 - February 2019.
2.	Clinical Observership	Tata Memorial hospital, Mumbai	1 month	January 2020 - February 2020.
3.	Lecturer	KAHER Institute of Physiotherapy	Joined on 17 th December 2021	Presently working.

Areas of Interest: Physiotherapy in Oncology.
 Physiotherapy in Musculoskeletal and Sports Sciences.
 Physiotherapy in Cardio-Pulmonary Sciences.
 Physiotherapy in obstetrics and gynaecology.

Research Work:

- 1) “ A randomized clinical trial to compare the effectiveness of yoga therapy and guided mental imagery, with music therapy on pain and quality of life in tension headache subjects” submitted to Journal of Dr. NTR University of Health Sciences. Decision awaited.
- 2) “Knowledge and awareness of cervix cancer and attitude towards HPV vaccination among undergraduate physiotherapy students: an observational study” submitted to Journal of Dr. NTR University of Health Sciences. Accepted for publication.
- 3) “Effect Of Cupping Therapy On Trapezius Spasm In Postoperative Head And Neck Cancer Patients: A Randomized Controlled Trial" submitted to the World Journal of Traditional Chinese Medicine. Decision awaited.
- 4) “MaRhyThe © and cupping - a novel multimodal approach for radiation induced trismus” submitted to the Indian Journal of Medical Sciences. Decision awaited.
- 5) A Tailor-Made Physical Therapy Protocol for A Rare Paediatric Tumor- submitted to BLDE University Journal of health sciences. Accepted for publication.
- 6) “MaRhyThe © and cupping - a novel multimodal approach for breast cancer related lymphedema” submitted to Lifeline Journal of KLES Dr. Prabhakar Kore Hospital and MRC. Decision awaited.

Workshops Attended:

- 1) Attended Cardiopulmonary resuscitation workshop organized by J.N.Medical college and KLES Dr. Prabhakar Kore Hospital, held in November 2018 .
- 2) Certified Matrix Rhythm Therapist. Held at KAHER Institute of Physiotherapy in January 2019.
- 3) Certified Orthopedic Manual Therapist (COMT). Organized by Capri Institute of Manual Therapy. Held at KAHER Institute of Physiotherapy Belgaum, from 24th February to 3rd March 2019 – 64 credit hours.
- 4) Certified functional cupping therapist, (module 1-2 basic and advanced fundamental). Organized by HPE India in collaboration with HPE UK Healthcare and Education Ltd. Held in Mumbai in June 2019 – 16 credit hours - (India with UK).
- 5) Certified functional myofascial release therapist, (module 1-2 basic and advanced fundamental). Organized by HPE India in collaboration with HPE UK Healthcare and Education Ltd. Held in Mumbai in June 2019 – 16 credit hours - (India with UK).
- 6) Certified functional Instrument Assisted Soft Tissue Mobilization (IASTM) therapist, (module 1-2 basic and advanced fundamental). Organized by HPE India in collaboration with HPE UK Healthcare and Education Ltd. Held in Mumbai in June 2019 – 16 credit hours - (India with UK).
- 7) Certified functional dry needling therapist, (module 1-2 basic and advanced fundamental). Organized by HPE India in collaboration with HPE UK Healthcare and Education Ltd. Held in Mumbai in December 2019 – 16 credit hours - (India with UK).
- 8) Certified Reiki and Pranic Healer. Value added course which was held in Belgaum on 10th November 2020.
- 9) Certified Onco-vaginal rehabilitation practitioner (non-invasive pelvic floor rehab) organised by WOW IIPRE recognised by government of India, from 17th - 19th June 2020 – 6 credit hours.

Conferences / CMEs Attended:

- 1) “ JNMC Scientific Society Annual CME 2017 on Brain and Mind” organized by J.N. Medical college, Belagavi, held on 8th and 9th April 2017.
- 2) 1st International Physiotherapy Conference (IPC-2020). “Recent advancement and research in physiotherapy” held from 13th to 20th December 2020.
- 3) E-conference, “Embedding a Rehabilitative Approach in Oncology care” organized by Srinivas University college of physiotherapy, held on 26th and 27th December 2020.
- 4) “QUADRANS 2021” – International Physiotherapy Virtual Conference, organized by KLE Institute of Physiotherapy, Belagavi, held on 26th and 27th February 2021.
- 5) SIP-e-CON, organized by Society of Indian Physiotherapists, Delhi, held on 17th January 2021.
- 6) National CME on “ Current Concepts in Oncology Physiotherapy” jointly organized by Department of physiotherapy, SDUAHER and Society of Onco Physiotherapists, held on 15th May 2021.

Scientific Presentations:

- 1) Presented a scientific paper “ Knowledge and awareness of cervix cancer and attitude towards HPV vaccination among undergraduate physiotherapy students: an observational study” at QUADRANS 2021- International Physiotherapy Virtual Conference, organized by KLE Institute of Physiotherapy, Belagavi, held on 26th and 27th February 2021.

Webinars Attended:

- 1) Webinar on “Oncology Scientific update in Covid-19 Pandemic”, organized by the International Association of Oncology IAO on 18th July 2020.
- 2) Webinar on “Advanced ovarian cancer prolonging survival in the present decade” , organized by the International Association of Oncology IAO on 25th July 2020.

- 3) Webinar on “Squamous cell carcinoma of Head and Neck: Our own problem” , organized by the International Association of Oncology IAO on 15th August 2020.
- 4) Webinar series on the occasion of “World Physiotherapy Day” , organized by KLE Institute of Physiotherapy, on 8th September 2020.
- 5) Webinar on “Childhood Cancers : reality checks” , organized by the International Association of Oncology IAO on 12th September 2020.
- 6) Webinar on “Influence of Values and Valuing in Patient Care” , organized by KLE Institute of Physiotherapy, on 3rd July 2021.
- 7) Webinar on “Aqua T Relaxation in Fibromyalgia” , organized by KLE Institute of Physiotherapy, on 17th July 2021.

Extra-Curricular Events:

- 1) Attended National Service Scheme Camp in 2016-17.
- 2) Attended National Service Scheme Camp in 2017-18.
- 3) Active participation in blood donation camp in 2018.
- 4) Participated as a physiotherapy volunteer in “Belgaum Run” marathon held in Belgaum, in 2018.
- 5) Participated as a physiotherapy volunteer in the National Roll ball tournament held in Belgaum, in 2018.
- 6) Secured the 1st place in three minute skit competition in “Vivaan-18” organized by KAHER Institute of physiotherapy.
- 7) Received an appreciation certificate from Shantai Vrudhashram, Belgaum, for the generous support, time and assistance extended to the elderly.
- 8) Organized a breast and cervix cancer awareness program for engineering students at Jain Engineering college, Belgaum, in February 2020.
- 9) Organized an oral cancer screening camp at Ashok Iron Works, Mache, Belgaum, in February 2020.
- 10) Attended a guest lecture on “Career Guidance” organized by KAHER Institute of Physiotherapy placement cell, on 14th June 2021.

- 11) Organized a Tobacco awareness program at Angadi Institute of Technology and Management on 28th December 2021.

Achievements:

- Cleared NPTEL Health Research Fundamentals Exam in January 2021 (Score: 60/100)

Seminars delivered at KAHER Institute of Physiotherapy:

- 1) Quality of life and its assessment in cancer.
- 2) Cancer related fatigue and its evaluation.
- 3) Role of physiotherapy in palliative care.
- 4) Virtual reality and its role in cancer.
- 5) Theories and forms of teaching.
- 6) Philosophies of education in India.

Critical Appraisals delivered at KAHER Institute of Physiotherapy:

- 1) Comparison of hospital based and home based exercise on quality of life, and neck and shoulder function in patients with spinal accessory nerve injury after head and neck cancer surgery.
- 2) Sliding-cupping along meridian for lymphedema after breast cancer surgery: A randomized controlled trial.
- 3) Effect of Muscle Energy Techniques V/S Active Range of Motion Exercises on Shoulder Function Post Modified Radical Neck Dissection in patients with Head and Neck Cancer - A Randomized Clinical Trial.
- 4) Effectiveness of exercise-based rehabilitation on functional capacity and quality of life in head and neck cancer patients receiving chemo-radiotherapy.

Strengths:

- 1) Being a good team player and a sincere contributor.
- 2) Dealing with challenging situations with utmost calm and astute professional manner.
- 3) Excellent verbal and written communication skills.
- 4) Diligent and self-motivated.
- 5) Excelling at multi-tasking in a fast paced environment.
- 6) Empathetic and accommodating.

- 7) Having an eye for details enabling me to make accurate diagnoses.
- 8) Knowledgeable about developing individualized plans of care for patients.

Technical skills:

I am satisfactorily equipped with working level of knowledge with computers. Additionally, I am well versed with Microsoft office and Outlook along with other secondary programs required for my profession.

Declaration:

I solemnly declare that the above mentioned particulars are true to the best of my knowledge and belief.

Place: Belgaum, Karnataka, India.

Date: 26/01/2022