

Dr. Mehreen Bandmaster



Professional Summary

Passionate practicing Physical Therapist experienced in a broad range of programming, treatments and modalities for restoring function and mitigating disability. Empathic towards patients during their recovery journey. Work with a very high ethical standards of professionalism at all times.

Objective

Seeking an academic position as a researcher and lecturer in the field of Physical Therapy including teaching courses, on-hand practical sessions, developing curriculums and supervising students. Proficient in latest technology, good inter-personal and communication skills and relevant first-hand experience to be shared with aspiring doctors.

Education

Masters of Physiotherapy in Paediatrics

KLE Institute of Physiotherapy, Belagavi

09/2017 – 08/2019

Bachelors of Physiotherapy

C.U. Shah Physiotherapy College, Surendranagar

07/2012 – 03/2017

Employment History

Consultant Physiotherapist- KLE Paediatric Physiotherapy Department

Founder, Owner and Practicing Physiotherapist - PhysioNest, Surat, Gujarat

07/2020 – Present

Consulting Physiotherapist - Divine: Pediatric Physiotherapy and Rehab Center, Surat, Gujarat

09/2019 – 07/2020

Workshops and Conferences Attended

- Pearl Physiocon – organizing committee member November 2025
- Functional Intensive Therapy for Children with cerebral palsy – 7th April 2025
- Attended and presented at Society of Indian Physiotherapy Conference Held at Baroda, Gujarat January 2025
- Cupping Therapy, JP Rehab Academy, Vadodra, Gujarat, 2021
- Jadestone Mobilizers, Non-Abrasive Cupping and Clinical Skills Assessment and Management, In2Canada Season 4, 2020
- International Guide for Monitoring Child Development (GMCD), Ahmedabad, 2020
- Physiotherapy practice in the Canadian Healthcare System, University of Alberta (online)

- course), 2019
- Medinspire, an International Multidisciplinary Medical Summit, Navi Mumbai, 2019
- Brain Gym 101, 2019
- Aquatherapy in Paediatric, KAHER Institute of Physiotherapy, Belagavi, 2019
- Observership at SPASTN (the Spastics Society of Tamil Nadu), October 22, 2018 to November 2, 2018
- Importance of play in children with developmental delay, KAHER Institute of Physiotherapy, Belagavi, 2018
- International Conference of COMHAD, Bengaluru, 2018
- Community-based intervention for children with special needs, Institute of Physiotherapy, Belagavi, 2018
- Matrix Rhythm Therapy (basic and advanced), Belagavi, 2017
- Neuropaediatric Upper Extremity: an update on evaluation and rehabilitation of fine motor function at KMC, Manipal University, Mangaluru, 2017
- Research Methodology Workshop, KLE University, 2017
- Dry Needling, 2015
- Physiofest 2014, RK University, Rajkot, 2014
- 8th Gujstate Conphysc, Ahmedabad, Gujarat 2014
- Padkar Programme (Self-defence for women), Department of Sports, Youth and Cultural Activities, Govt. Of Gujarat, Gandhinagar, 2014
- 7th Gujstate Conphysc, Charusat, Changa, Gujarat, 2013
- Gujstate Conphysc, 2012

Certified Instructor

- Advanced fitness/gym instructor
- Aerobic instructor
- Pre and postnatal fitness instructor
- Spinning instructor
- Primary and Advanced Pilates instructor
- Fitness- Diet and Nutrition
- Yoga and Power Yoga instructor

Achievements and Participations

- Judge for Paper presentation at Pearl Physiocon November 2025
- Resource person at KLS English Medium School for topic” Importance of Physical Fitness for Adolescents” on 31st July 2025
- Resource person at Ophthalmology department for topic” role of Physiotherapy for CVI in children” in October 2024
- Resource person at KLE The Banyan School for Teachers on the topic” Awareness talk on pervasive disorder among children” on 20th November 2024
- Certificate of Merit 2019, MPT Paediatrics (1st class)
- Paper presentation: Effect of a Structured Physical Activity Program on Academic Performance in 10-15 year old children in Belagavi City, Ramaiah Medical College, Bengaluru, COMHAD 2018
- Runner Up Position in Navapravartana Prabarshana- Innovative Exhibition, PhysioFest 2014, R K University, Rajkot, 2014
- 1st Place in Academic Quiz Competition, 10th Annual Day Meet, C U Shah Physiotherapy College, Surendranagar, 2014
- Participated in Scientific Session in Quiz Competition, 8th Gujstate Conphysc, Ahmedabad, 2014

- Certificate of Academic Excellence for Securing 1st Rank in 2nd Year BPT, 2014
- 3rd Place in Youth Parliament of Cultural Event, 7th Gujstate Conphyics, Charusat, 2013
- Certificate of Academic Excellence for Securing 2nd Rank in 1st Year BPT, 2013

Publication

Effect of a Structured Physical Activity Program on Academic Performance in 10–15-year-old Children of Belagavi City

Research Projects

- Effect of a Structured Physical Activity Program on Academic Performance in 10-15-year-old Children of Belagavi City.
- Effect of Fundamental Movement Skills (FMS) Training in 6-10-year-old Overweight Children
- Prevalence of dyslexia among primary school children in Belagavi: an Observational Study
- Correlation of emotional maturity and physical activity in adolescents of working and non-working mothers
- Development and Validation of questionnaire on Parental knowledge and perception about early physiotherapy intervention of babies in neonatal intensive care unit: Ae-Delphi Study
- Prevalence of Chronic low back pain and its associated risk factors among adolescents in Belagavi city
- Comparison of Gross Motor Skills and Balance in Visually Impaired Para Swimmers and Non-Swimmers Children: A Cross-Sectional Study”
- Comparative Effectiveness of Dynamic Neuromuscular Stabilization in Adolescents with Nonspecific Back Pain : A Randomized Control Trial

Personal Details

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- Date of Birth: May 28, 1994
- Current Location: Belagavi, India