

CURRICULUM VITAE

PERSONAL INFORMATION

Name: Dr. Ashika G. Tanna

Father's Name: Gordhanbhai Tanna

Gender: Female

Date of Birth: 13th Nov, 1989

Nationality: Indian

Qualifications: Bachelor of Physiotherapy (K.K.Sheth Physiotherapy College, Rajkot)

Masters of Physiotherapy (M.P.T. in Orthopaedics) – Dr. D. Y. Patil
Medical college & Research Institute, Pimpri – Pune.

Contact Details: 8780505942, dr.ashikatanna89@gmail.com

Permanent Address: 4/9 Indraprasth Nagar, B/H Virani high school, “Raghunandan”, RAJKOT

AIM & JOB OBJECTIVE

LOOKING FOR A CHALLENGING CARRIER AS A PHYSICAL THERAPIST WHICH CAN ENHANCE MY EXPERIENCE IN THE HEALTH CARE INDUSTRIES DAY BY DAY .TO EXCEL IN THE FIELD OF HIGHLY COMPETETIVE AREA AND TO BE A PART OF THE GROWTH – ORIENTED MEDICAL RESEARCH TEAM WITH A CHALLENGING ENVIRONMENT AND TO ESTABLISH A SOUND AND ENTERPRISING CARRIER IN THE WORLD OF HEALTH CARE.

ACADEMIC QUALIFICATIONS

<u>DEGREE</u>	<u>YEAR OF PASSING</u>	<u>INSTITUTE</u>	<u>UNIVERSITY</u>
Masters of Physiotherapy	2012-2014	Dr.D.Y.Patil Medical College	Dr.D.Y.Patil Vidyappeth
Bachelor of Physiotherapy	2008-2011	Shree K.K.Sheth Physiotherapy College	Saurashtra University
HSC	2007	School of Science	Gujarat Board (HSC)
SSC	2005	Shree Kotak Kanya Vinay Mandir	Gujarat Board (SSC)

SEMINARS, WORKSHOPS & CONFERENCES ATTENDED

- 1) **Aerobic/ Group Fitness Instructor** Course, Indian Academy of Fitness Training, Bangalore
- 2) **Antenatal & Postnatal Fitness Instructor** Course, Indian Academy of Fitness Training, Bangalore

- 3) **Yoga Instructor** Course, From shri Krishnan institute, New Sanghavi, Pune
- 4) **Pilates Instructor** Course, By Dr. Prakash Shroff, Talegaon, Pune
- 5) Workshop on **Mulligan** Concept by Dr. Deepak Kumar, held by CAPRI Institute of Manual Therapy, Pune
- 6) **Sports Tapping**, by Dr. Prakash Shroff, Khar Road, Mumbai
- 7) **Neurodynamic** by Dr. Prakash Shroff, Khar Road, Mumbai
- 8) **Neurodevelopmental Therapy** by Dr. Savji Nakum, K.K. Sheth Physiotherapy College, Rajkot
- 9) Basic Workshop in Educational Methodology, Life Point Hospital, Pune
- 10) **“ICU Managemet for Physiotherapist”** by Dr. Vijay Kumar, Life Point Hospital, Pune
- 11) National conference held in Pune, 2014
- 12) International conference held at Belgaon, 2013
- 13) Attended Hands on workshop of **IASTM – Instrument Assisted Soft Tissue Mobilisation**, by Dr. Jatin Patel, Ahmedabad, 2019
- 14) Attended webinar 8 series by Dr. Aditi Srivastava on **Women’s health & Obstetric physiotherapy**, 1st to 8th July 2020
- 15) Attended International virtual E-conference , Physiotherapy – A key of prevention, health promotion & wellness from modern viruses, 8 Credits, 14th June 2020
- 16) Attended webinar on **Orientation to K-CAT** : Kinetic chain activation technique by Dr. K.M.Annamalai, 8th July 2020
- 17) Attended webinar on Role of physiotherapy in Reproductive Health, **WOMEN’S HEALTH PHYSIOTHERAPIST & PERSONAL HEALTH COUNSELOR**, 11TH to 18th July 2020
- 18) Hands on workshop and training on **DRY NEEDLING** by Dr. Jatin Patel, FEB – 2021
- 19) Hands on workshop and training on **CUPPING THERAPY** by Dr. Jatin Patel, FEB - 2021

PERSONAL EXPERIENCE

- 1) Completed rotating internship training for the period of 6 months from Saifee Hospital, Charni Road, Mumbai
- 2) **IPD Exposure** (ICU, Peadiatric Ward, Orthopaedic Ward, Medicine Ward, Dermatological Department, Psychology Ward etc...) **OPD & Special clinic handling** (Knee clinic, Spine clinic, Shoulder clinic, Women’s clinic etc...) during 2 years of MPT at Dr. D.Y.Patil Medical college & Research Institute, Pimpri –Pune
- 3) **Home visit** from August 2012 for the patients with Stroke, Arthritis, Upper limb & lower limb fractures (Mumbai, Pune – Maharashtra)
- 4) Part time clinical job for 2 years (during Masters) at **Physiohealth clinic** at pimple saudagar (Reference. Dr. Kaushik – 07756839456)
- 5) Full time job as Physiotherapy Resident in **Portea Medicals** for 6 months, PCMC – Pune
- 6) Own Clinic **VRAJKANT PHYSIOTHERAPY CLINIC**, 4 Indraprasth nagar, B/H Virani high school, “Raghunandan”, RAJKOT
- 7) **Assistant Professor**, School of Physiotherapy, RK University, Tramba, Rajkot (From 1st July 2015- Aug 2018) (Reference. Dr. Priyanshu Rathod, Dr. Amit Sharma)
- 8) Part time physiotherapist at **Surya physiotherapy clinic**, Satellite, Ahmedabad
- 9) Full time work as **HOD, J.J. Physiotherapy Advanced Clinic**, Prahlad nagar, Ahmedabad
- 10) **Home visits** in various areas of Ahmedabad, Rajkot
- 11) Own clinic at South Bopal, Ahmedabad

CURRENT JOB PROFILE

Consultant Physiotherapist at Shiv Hospital – Centre for Orthopaedic Super speciality and Trauma, Rajkot

DISSERTATION

M.P.T. Dissertation topic – “EFFECTS OF PILATES V/S YOGA IN FIBROMYALGIA PATIENTS: A PILOT STUDY”

PAPER PUBLICATION

1. To compare Stott's Pilates v/s Yogic Exercises in Fibromyalgia patient: Pilot Study, Int J Physiotherapy Res 3(5), 1250-57, 2015
2. To find out prevalence of Dysmenorrhea and its effect on Quality of Life in college going girls, International journal of current advanced research, 5(7), 1093-96, July 2016
3. Awareness of use of mantoux test for the diagnosis of tuberculosis in medical practitioners of PCMC area of pune healthy pre and postmenopausal females – cross sectional study, international journal for research in health sciences and nursing 2(3), 01-18,2016
4. A study to find out the relationship between physical performance and menopause amongst healthy pre and postmenopausal females – cross sectional study, International journal for research in Health Sciences and Nursing 2(3), 01-18, 2016
5. Poster Presentation on “Incidence & Prevalence of Urinary Incontinence in college going girls, in national conference, Belgaon, 2013

LANGUAGE KNOWN:

Gujarat, Hindi, English, Marathi

COMPUTER SKILL:

Microsoft Office, Photoshop, CorelDraw, Net surfing

HOBBIES:

- ✓ Recent Advances in Professional Topics.
- ✓ Interest in studying Journals & recent advancements in Medical fraternity
- ✓ Surfing on Internet on recent updates

EXPECTED JOB TITLE: Full time Physiotherapist / Cons Physiotherapist

EXPECTED SALARY: As per the norms in field of physiotherapy

I hereby declare that information furnished above is true to the best of my knowledge and I bear the responsibility for the correctness of the above mentioned particulars.

Current Place: Rajkot

Date:

Signature of Applicant: