

Curriculum Vitae

Dr. Khushboo Sitaram Jangid (PT)

MSOTPT Registration Number: 2020/12/PT/008877

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OBJECTIVE: Working in a challenging field which will make full use of my abilities, developing both personal and interpersonal skills, along with sincere contribution to the organizations growth and goals and for the betterment of the community

PERSONAL INFORMATION:

- MOBILE NUMBER: 9819617418
- ADDRESS: 44/A, Bhomeshwar society, street no. 5, behind government press colony, Jamnagar road, Rajkot - 360006
- Date of Birth: 27th May 1997
- Marital Status: Married
- Languages Known: English, Hindi, Marwari and Marathi

JOB PROFILE:

- Worked as an Assistant Professor in the Department of Community Physiotherapy at TMV's Lokmanya Tilak College of Physiotherapy, Navi Mumbai (December 2023 – July 2024)
- Worked as a Physiotherapist at Shape U Obesity Clinic, Mulund, Mumbai (March 2023 – November 2023)
- Worked as a Physiotherapy Resident at MGM Hospital and Research Center, Navi Mumbai (February 2021 – January 2023)
- Worked as a Junior Physiotherapist in Adhikari Lifeline Hospital, Boisar, Maharashtra (September 2020 – December 2020)
- Worked as an intern as per the rotational internship for a month in the below mentioned hospitals
 - KEM HOSPITAL, PUNE
 - SASSOON HOSPITAL, PUNE
 - POONA HOSPITAL
 - JOSHI HOSPITAL
 - POLICE HOSPITAL
 - MODERN COLLEGE OF PT OPD
 - UNIVERSITY OPD
 - SHIISHYAA SCHOOL

QUALIFICATION:

	YEAR	PERCENTAGE	UNIVERSITY/ BOARD
MPT in Community Physiotherapy	2020 - 2022	56.37%	MGM college of PT, MUHS
4 th YEAR	2018-19	60.62%	Modern College of PT, MUHS
3 rd YEAR	2017-18	61%	Modern College of PT, MUHS
2 nd YEAR	2016-17	67.14%	Modern College of PT, MUHS
1 st YEAR	2015-16	62.94%	Modern College of PT, MUHS
HSC	2013-14	70%	Maharashtra Board of Secondary and Higher Secondary Education
ICSE	2011-12	80.14%	Indian Certificate Of Secondary Education Examination

Also worked in the following hospitals as a part of clinical postings

- YCM HOSPITAL
- SAHAYADRI HOSPITAL, BOPODI
- MEDIPOINT HOSPITAL, AUNDH

PROJECT WORK:

1. "Effect of elastic band exercises for rounded shoulders on chest expansion in young adults at the end of 6 weeks."
2. "Prevalence of Urinary Incontinence and its association with Risk of Fall and Quality of Life in elderly women – A cross-sectional study."

ACHIEVEMENTS:

1. Article published in the "Indian Journal of Applied research" volume 14, issue 2, February 2024 – "Prevalence of Urinary Incontinence and its Association with Risk of Fall and Quality of Life in Elderly Women – A cross-sectional study"
2. Article published in the "International Journal off Community Medicine Public Health" volume 11, issue 3, March 2024 – "Assessment of Functional Outcomes, Level of Fatigue and Risk of Sarcopenia in COVID-19 Patients at Discharge – A cross-sectional study"
3. Article published in "The International Journal of Applied Research" volume 6, issue 4, April 2020 – "Effect of elastic band exercises for rounded shoulders on chest expansion in young adults at the end of 6 weeks"

EXPERIENCE:

- Worked at Pavan Khind Yuva Daud, January 2020 at Savitribai Phule Pune University as an on field physiotherapist.
- Worked as a volunteer for MR Vaccination Camp organised in Pune, December 2018.
- Went for Industrial Camp at Warje, Pune organized for the worker in 2018.

- Worked as a Physiotherapist at Khopoli UHTC and Nere PHC as a part of Community Physiotherapy curriculum.
- Went for Industrial camp in Mumbai organised for IT workers in 2022.
- Worked at Geriatric Homes as a part of Community Physiotherapy curriculum.
- Home visits

OTHER WORKSHOPS:

- Attended a Hands-on workshop on Basic Kinesiology taping course by resource person Dr. Prakkash R. Sharoff – SEPTEMBER 2018.
- Attended a Hands-on workshop on pilates-gateway to core stability (basic course) by resource person Dr. K. Ganesan – SEPTEMBER 2018.
- Attended a Hands-on workshop on cervical spine integrated manual therapy by resource person Dr. Subhash Khatri- MARCH 2019
- Attended Basic Research Methodology Workshop organised by T.P.C.T. Terna Nursing College, Nerul, Navi Mumbai – MARCH 2021
- Attended Resident as Teacher – Basic Workshop in Education Methodology organised by Mahatma Gandhi Mission College of Physiotherapy, Vashi, Navi Mumbai – JUNE 2021
- Attended a Hands-on workshop on Basic Neuromuscular Dry Needling technique course by resource person Dr. Prakkash R. Sharoff – JULY 2021.
- Attended a workshop on Orthopaedic implants and Rehabilitation organised by Musculoskeletal Department, MGM college of Physiotherapy, Navi Mumbai – JANUARY 2022
- Attended a Hands-on workshop on upper quarter and lower quarter course on clinical neurodynamics conducted by Neurodynamic Solutions – APRIL 2022
- Attended webinar series on “A Paradigm shift towards Holistic Health in Women” organised by Community Physiotherapy department, Sancheti Institute College of Physiotherapy, Pune – SEPTEMBER to DECEMBER 2022

REFERENCES:

- Dr. Pranjal Grover, Principal, TMV's Lokmanya Tilak College of Physiotherapy, Navi Mumbai
- Harshali Arya, Dietician & Marketing team member, Shape U Obesity Clinic, Mulund, Mumbai
- Dr. Nikita Shelar, Nikita Physiotherapy Clinic, Dombivli, Mumbai
- Dr. Monu Agarwal, HOD Physiotherapy Department, Adhikari Lifeline Hospital, Boisar, Maharashtra