

Savita Singh

MPT (Orthopedics &  
Musculoskeletal Rehabilitation)

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House Number-1206  
Sector 21, Gurgaon (122016)  
Haryana.

### ADDITIONAL QUALIFICATIONS

Registered in Haryana  
Council For  
Physiotherapy

IELTS(General):  
Overall 7

IELTS(Academic):  
Overall 6.5

BLS (Certified by Saudi  
Hearth Association).

### Skills

- Interpersonal skills
- Communication Skills
- Empathy
- Organizational skills
- Time management

**Objective:** Seeking a challenging and rewarding position as per my expertise.

### **Career Profile**

I aim to obtain a position as a physiotherapist in a health organization focusing on orthopedics. Professional and dedicated individual with around seventeen years of teaching and clinical experience as a physiotherapist. Demonstrated and articulated sound clinical reasoning in treatment planning, implementation, and monitoring of patient progress. Guided students in the proper functioning of the department, maintained intra and inter departmental discipline and finalized the treatment decisions of patients made by students.

### **Professional strengths:**

Possess around fifteen years of working experience in the mentioned field.

Excellent command of written and oral communication

Ability to build good relationships with students and patients from diverse backgrounds.

Possess excellent problem-solving and practical skills. Broad

- knowledge of new technologies and medical equipment

Extensive knowledge of the techniques for improving body movements, restoring mobility, and strengthening muscles.

- Knowledge of orthotics and prosthetics, hydrotherapy, electrotherapy, and exercise therapy.

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### • **PROFESSIONAL EXPERIENCE**

- **Having more than 16 years of Teaching, Clinical, and administration Experience.**

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**Presently working as Professor cum Head of the Department (Physiotherapy and Paramedical Sciences) at Jagannath University Jhajjar, NCR Bahadurgarh since March 2024.**

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**NOVEMBER 2021 – MARCH 2024:** Worked as an Assistant Professor at Gurugram University, Gurugram Haryana

**FEBRUARY 2010 – AUGUST 2020:**

Worked as an Assistant Professor, in the Department of Physical Therapy in the College of Applied Medical Sciences, Majmaah University, KINGDOM OF SAUDI ARABIA.

**DECEMBER 2004- JANUARY 2010:**

Worked as lecturer in Gaur Brahman College of Physiotherapy, Brahman was Rohtak, Haryana.

**NOVEMBER 2002- NOVEMBER 2004:**

Worked as a physiotherapist at Shri Baba Mast Nath College of Physiotherapy, Rohtak.

**PROFESSIONAL QUALIFICATION:**

**July 2021:** Final Ph.D Submission Completed

**July 2005-July 2007:**

**Masters in Physiotherapy (Orthopedics & Musculoskeletal rehabilitation)**

Passed in 1<sup>st</sup> Class from College of Applied Education and Health Sciences, Meerut (Affiliated to Ch. Charan Singh Meerut University).

**November 1998 – February 2002:**

**Bachelors in Physiotherapy.**

Passed in 1<sup>st</sup> class from Baba Mast Nath College of Physiotherapy Rohtak. (Affiliated to M.D. University, Rohtak.

**24.04.2002 – 24.10.2002: INTERNSHIP**

Had undergone training at the Post Graduate Institute of Medical Sciences, Rohtak Haryana.

**PRE-PROFESSIONAL EDUCATION**

**1995 Higher Secondary**

Passed in 1<sup>st</sup> Class from CBSE (Model School Rohtak)

**1997 High School**

Passed in 1<sup>st</sup> Class from CBSE (Model School Rohtak)

**Responsibilities included:**

- Worked as the Head of the examination committee.
- Worked as the Head of the labs of a college of Physiotherapy.
- Planning and coordination of learning activities in the department.
- Worked as a faculty in Accreditation work.

- Worked in Quality project work.
- Attending workshops & seminars on Self-study reports.
- Participate in teaching and assessment.
- Supervision of students.
- Planning and developing teaching material.
- Guiding and counseling in student matters related to their academic welfare.
- Supervising students on clinical placement.
- Treating and helping patients recover from accidents, illness, or injury.
- Evaluation of treatment of Orthopedic & neurological cases.
- Supervise, instruct, and assess students in clinical work.
- Implementation of college policies as a member of the college management committee.
- Coordination in various fields as per the department's needs and requirements.
- Assigned the tasks of planning and implementing individual intervention in collaboration with the patient by using graded exercises.
- Evaluation of treatment of Orthopedic cases
- Handled the responsibilities of monitoring and evaluating treatment to measure the progress and ensure the effectiveness of the intervention.
- Performed the tasks of going for rounds with the concerned consultant and gaining referrals.
- Assigned the tasks of contributing to decisions concerning client and patient care programs. • Performed various treatments for patients.

## **PATENT**

- Application No. 202411056171 PIVOTABLE TRANSPORT CARRIAGE BASED SYSTEM AND METHOD FOR ALTERNATING HOT AND COLD-WATER IMMERSION THERAPY.
- Application No. 202411048817 SYSTEMS AND METHODS FOR TOUCH-SENSITIVE ATHLETIC TRAINING AND SPORTS VISION ENHANCEMENT.
- Design No. 416681 SWAY METER EFFICACY FOR DETERMINING POSTURAL SWAY.

## **JOURNAL PUBLICATIONS:**

- **Int J Physiother. Vol 5 (3), 98-104, June (2018) :** Patient-rated outcome measure using disease-specific KOOS -PS short form Arabic questionnaire in Knee osteoarthritis.
- Advances in Bioresearch, From Rehabilitation to Regeneration: A systemic exploration of the Current and Emerging Management Strategies for Lateral Epicondylitis.
- International Journal of Research and Analytical Reviews (IJRAR) A study of telephone-based rehabilitation on Grip Strength and conventional treatment in Patients with lateral epicondylitis.
- International Journal of Creative Research Thoughts (IJCRT) Comparative analysis of the effectiveness of telephone-based exercise intervention with conventional treatment in reducing pain intensity with lateral epicondylitis.
- Revolutionizing Spinal Cord Injury Rehabilitation: The Promising Role of Virtual Reality Technology.

## **PAPER PRESENTATION:**

Presented paper at an International Conference, Spine Physiocon 2024

Revolutionizing Spinal Cord Injury Rehabilitation: The Promising Role of Virtual Reality

Technology

## **AWARDS/OTHERS:**

- Honored as Chairperson in PHYSIO BHARAT 2022, the national Physiotherapy Conference on the theme “Unravel the new horizon of physiotherapy in India: Post Covid Era” on 19<sup>th</sup> June 2022 at Artemis Hospital Gurugram, Haryana, India.
- Received Significant Contribution Award at International Conference, Spine Physiocon 2024 held at Raddison Hotel Gurugram, Haryana on 18<sup>th</sup> February 2024
- REHAB HUB: International Women’s Day Appreciation Award- 2024
- Academic Excellence Award (Spine-Physiocon-2024)

## **SEMINARS AND WORKSHOPS**

- May 2013: Attended the course in Seminar Orthopedic on Medical Issues which was held on 6/05/2013 in King Khalid hospital, Al Majmaah, Saudi Arabia.
- Regular Workshops attended in the College of Applied Medical Sciences Al Majmaah University, Saudi Arabia.
- Attended regular **Faculty Development Programs** held in Majmaah University.
- November 2008: Attended workshop on Rehabilitation Care, By, Red Cross Welfare Society, ROHTAK
- November 2008: Attended Blood Donation Camp, By Red Cross society. (3 Days)
- January 2008: Diabetes care and Patient Education, By Post Graduate Institute of Medical Sciences and Research Centre Rohtak.
- May 2005: Workshop on Mulligan Concept of mobilization with movement held in Gaur Brahman College of Physiotherapy Rohtak.
- February 2005: Seminar held on Cardiovascular Orthopedic management held at Manav Rachna Institute, Faridabad.

## **MERITS**

**Projects undertaken:** A dissertation on “Comparative study of Cyriax and Mobilization with Movement in chronic tennis elbow” was submitted and presented during the master's program.

**Field of special interest** - Musculoskeletal rehabilitation

**Clinical Experience** - Attended patients in the Rehabilitation Centre, King Khalid Hospital, and Hawta Hospital.

### **Administration Experience:**

- Worked as an Academic Advisor.
- Worked as Head of Community Activity Programmer □
- Worked as a Head of the Examination Committee.
- Worked as a Head of Laboratory Committee. □

### **PARTICIPATION IN UNIVERSITY/COLLEGE/DEPARTMENT**

- Active member in the Examination unit of the College of Applied Medical Sciences.
- Worked as Head of the Examination Unit in the female section, Majmaah University.
- Member of Academic Committee- Department of Physical Therapy & Health Rehabilitation
- Member of the Lab Committee Unit and Head of Physiotherapy Labs in the Female section.
- Attended Community service activities in IISM, Majmaah Mall and in Niagra College Al-Majmaah
- Responsible for activities held by students of Physical Therapy in female section, Majmaah University.

### **Job Duties in Majmaah University:**

#### **Clinical Responsibilities**

- Taking students of Graduation level (BPT) for clinical classes to the Hospital and Rehabilitation Centre.
- Demonstration of therapeutic exercises and modalities on patients for different interventions.
- To be professionally and legally accountable for all aspects of my own work, including the management of patients.
- To assess patients, using clinical reasoning skills and manual assessment techniques to provide a physiotherapy diagnosis of their condition.
- Giving physiotherapy treatment and rehabilitation to patients of different age groups in King Khalid Hospital and Rehabilitation Center, Majmaah.
- To formulate a prognosis and recommend the best course of intervention.
- To evaluate a patient's progress, reassess and alter treatment programs if required, developing reflective practice.
- Discussion of patient care, patient progress, and involvement in discharge planning.
- To motivate and encourage patients in an active approach to regaining and maintaining independence. This requires empathy, sensitivity, and good interpersonal skills.
- Communicating with patients of all ages who have a range of physical and psychological barriers to understanding.

- To attain competencies for safely using all equipment and techniques before use.
- To maintain accurate and comprehensive patient treatment records as Logbook.

### **Teaching Responsibilities:**

- Working as a member for German Accreditation in Majmaah University.
- To be responsible for maintaining a portfolio.
- Working as a member of “Framework for NCAAA” accreditation.
- To be responsible for the examination schedule and acting as a member of the examination committee.
- To be responsible for the therapeutic exercise laboratory.
- Responsible for taking lectures of various courses:
  - Orthotics & Prosthetics.
  - Medical massage, Occupational therapy & Therapeutic exercise.
  - PT for disorders of orthopedics and rheumatology.
  - PT for sports and Traumatology, Rehabilitation Psychology.
  - Women’s Health
- Responsible for handling files and maintaining records of various activities conducted in college.
- Working as a faculty member on a Quality project.
- To upload students' work on the website of D2L and e-portal, blackboard, and academic system of the university.
- Demonstration of therapeutic exercises and modalities to students for different interventions.
- To actively participate in the service training programs, tutorials, individual training sessions, external courses, and peer review.
- To deliver specific training to students and other professionals.
- To maintain and develop current knowledge of evidence-based/best practices in the areas of each rotation, demonstrating competent use of the Internet.
- Working as a Head of Final Examination Unit (Female section)

### **Job Responsibilities in Shri Baba Mast Nath College and Gaur College, Rohtak**

- Treating OPD patients includes the application of modalities (Ultrasound, laser therapy, TENS, stimulation, short wave diathermy, traction unit orthosis, and prosthesis) and advising home program.
- Taking care of patients admitted in IPD, applying physiotherapy treatment twice a day (morning & afternoon sessions).

- Treating patients of different disorders, applying modalities, treatment by chest physiotherapy, by prescribing exercise regimens.
- To be responsible for the maintenance of records for patients of IPD & OPD.
- Prescribing exercise as a home program and advising precautions to be taken by the patient and supervising specialist therapies such as hydrotherapy, electrotherapy, and exercise therapy.
- Delivering lectures to Graduate level students in various courses (exercise therapy, electrotherapy).

**All the above-mentioned information is true to the best of my knowledge. All my documents including experience and degrees are confirmed via Data Flow.**

**Dr Savita Singh**

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