



Snehil Verma

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Profile

Dr. Snehil Verma is a dedicated and accomplished professional in the field of Physiotherapy, with a specialized academic background in Neurology and Psychosomatic Disorders and a diverse professional profile encompassing academics, clinical practice, neurological rehabilitation, research, mentorship, and professional development. With experience spanning both academic and clinical settings, she has developed a multidisciplinary approach to physiotherapy that integrates patient care, rehabilitation sciences, teaching, research, and evidence-informed clinical practice. Her professional journey reflects a sustained commitment to advancing her knowledge and contributing to the development of physiotherapy education and rehabilitation services.

Dr. Snehil Verma holds a **Master of Physiotherapy in Neurology and Psychosomatic Disorders**, along with a **Bachelor of Physiotherapy from Bundelkhand University, Jhansi**. She also completed her internship at **Choithram Hospital & Medical College, Indore**, providing her with an important foundation in clinical exposure and practical physiotherapy training. Her academic specialization in neurological and psychosomatic disorders has supported her professional interests in neurological rehabilitation, neuro-pediatric physiotherapy, vestibular rehabilitation, therapeutic exercise, electrotherapy, and patient-centered rehabilitation. Her educational background demonstrates a focused interest in understanding the complex relationship between neurological function, physical rehabilitation, and psychosomatic aspects of patient care.

Professionally, Dr. Snehil has developed experience across both **academics and clinical physiotherapy**. Her CV records approximately **3 years of experience in academics and 4.8 years of clinical experience**, reflecting a professional profile that combines teaching responsibilities with hands-on patient care. She is currently working as an **Assistant Professor at ICFAI University, Jaipur**, where she has been associated since August 2024. Her academic responsibilities represent her continued engagement with physiotherapy education, student development, mentorship, and academic coordination.

Her research portfolio also includes **“A Study to Compare the Effect of Balance Training Exercises on Presbystasis.”** Another research project listed in her profile is **“The Effect of Abdominal Muscle Endurance Exercise in Obese Subjects on Endurance.”**

Dr. Snehil has also contributed to intellectual property through **Copyright Diary Number 1292/2025**, titled **“Protocol to Decrease Pain & Improve ADL Among Patient with Chondromalacia Patella.”**

Academic dissemination is another strong feature of Dr. Snehil’s profile. She has presented scientific papers at multiple academic and professional forums. Her presentations include a case study titled **“Effect of Addition of MWM with MET on ROM & Function in Patient with History of Talus Fracture,”** presented at an international conference on futuristic aspects in science. She has also

presented work on **modified Pilates exercises for trunk control, posture, and balance in children with spastic cerebral palsy** at the 4th International Physiotherapy Conference in Udaipur. These presentations demonstrate her engagement with both musculoskeletal and neurological rehabilitation themes.

Her academic presentation portfolio further includes research on **OTAGO exercises with pelvic floor strengthening exercises in females with urinary incontinence and fall risk**. She has also presented work on the **effectiveness of vestibular rehabilitation interventions in treating BPPV** at MG Physiocon, a national physiotherapy conference held at MGM College, Jaipur. Additionally, she presented a scientific paper at **Neuraxis, the 10th International Conference on Neurological Rehabilitation**. These academic activities demonstrate her engagement with diverse rehabilitation domains including women's health, fall prevention, vestibular rehabilitation, neurological rehabilitation, and musculoskeletal physiotherapy.

Continuous professional development forms an important part of Dr. Snehil's career. Her certifications and training include **Cognitive Behavioral Therapy (CBT) Practitioner Course, Electrodiagnosis through EMG and NCV, Wheelchair Management, Vestibular Rehabilitation, and Pregnancy Yoga**. She has additionally completed Faculty Development Programmes relating to **NEP – Outcomes & Challenges, GI Cancer, and NEP through UGC-MMTTC, University of Delhi**. These certifications demonstrate her commitment to expanding her professional competencies and maintaining exposure to varied areas of clinical rehabilitation, behavioural health, disability management, and academic development.

Dr. Snehil has also participated in several conferences and hands-on workshops, including programmes focused on **clinical neurodynamics, vestibular rehabilitation, electrodiagnosis, wheelchair management, and cupping and Hijamah**. Her participation in national and international physiotherapy conferences has provided additional opportunities for academic interaction and professional learning. Her recent attendance at a hands-on workshop on the Clinical Application of Neurodynamic in April 2026 further reflects her ongoing engagement with contemporary clinical learning.

In addition to teaching and clinical responsibilities, Dr. Snehil has undertaken several **academic coordination and institutional responsibilities**. She has worked as a Session Coordinator at an international conference and has served as a NAAC Coordinator for Criteria 1. At ICFAI University, she is associated with the **NEP Committee**, works as an **NEP Saarthi/Utsah Portal Coordinator**, and serves as a **UBA member**. These responsibilities demonstrate her involvement in institutional activities beyond conventional teaching and clinical roles and reflect her capacity for academic coordination, organizational participation, and institutional engagement.

Overall, **Dr. Snehil Verma** represents a dynamic and multidisciplinary physiotherapy professional whose career combines specialized academic preparation in Neurology and Psychosomatic Disorders with substantial clinical exposure, academic teaching, course coordination, research, scientific presentations, professional certifications, and institutional responsibilities. Her clinical experience in neuro-pediatric physiotherapy complements her academic role as an Assistant Professor, creating a professional profile that connects classroom learning with practical rehabilitation experience.

With her combination of **academic expertise, clinical experience, neurological and psychosomatic specialization, research involvement, scientific communication, professional certifications, mentorship, and institutional responsibilities**, Dr. Snehil Verma has established a strong foundation for continued growth in physiotherapy education, clinical rehabilitation, research, and academic leadership. Her professional journey reflects a commitment to lifelong learning and to contributing meaningfully to the evolving fields of physiotherapy, neurological rehabilitation, patient care, and health sciences education.