

Parnika Gulabani



Assistant Professor
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Profile

Dedicated Master of Physiotherapy (Orthopaedics) graduate with clinical, academic, research, and teaching-oriented experience. Seeking an opportunity in physiotherapy education where I can utilize my clinical expertise, academic knowledge, communication skills, and evidence-based approach to contribute effectively to student learning, patient care, research, and institutional development.

EDUCATIONAL QUALIFICATIONS

I completed my **Master of Physiotherapy (MPT) in Orthopaedics** from Mahatma Gandhi University of Medical Sciences & Technology, Jaipur, in 2025. I completed my **Bachelor of Physiotherapy (BPT)** from Jaipur National University, Jaipur, with an aggregate score of 68% in 2023. I completed my **Senior Secondary (Class XII) in Science under CBSE** from Sophia Senior Secondary School, Bikaner, in 2017–2018, securing 75%. I completed my **Secondary (Class X) under CBSE** from Sophia Senior Secondary School, Bikaner, in 2015–2016, securing 89%.

CERTIFICATIONS, CONFERENCES & WORKSHOPS

I have actively participated in academic conferences, professional training programs, research presentations, and community awareness activities. I presented a research poster at an **AIIMS Conference, New Delhi, in 2024**. In 2022, I completed certification as a **Weight Management and Expert Instructor** from the Indian Academy of Fitness Training and secured **2nd Rank**. I also obtained certification as a **Fitness, Diet & Nutrition Instructor** from the Indian Academy of Fitness Training in 2022. I participated in **FEMCON, Jaipur, in 2019**, where I also presented a research poster. In addition to academic activities, I conducted a **Nukkad Natak at Bassi** to promote awareness regarding physiotherapy and organized a **one-day free Physiotherapy Camp** for the local community during World Physiotherapy Week in 2021.

CLINICAL EXPERIENCE

During my internship at **Mission Life Rehabilitation Center, Jaipur**, I worked as part of a multidisciplinary rehabilitation team and gained clinical exposure in orthopaedic,

neurological, and geriatric rehabilitation. I was involved in patient assessment, assisted in planning individualized physiotherapy programs, and gained hands-on experience in long-term rehabilitation and functional recovery.

During my **Clinical Internship at Jaipur National University Hospital and Associated Centers from 2022–2023**, I gained experience in managing OPD and IPD patients under supervision. My responsibilities included patient assessment, treatment planning, rehabilitation, patient education, and participation in community health camps and physiotherapy awareness programs. This experience helped me develop practical skills in clinical documentation, patient communication, and rehabilitation planning.

During my **MPT in Orthopedics from 2023–2025**, I developed further expertise in orthopedic assessment and management. I gained clinical exposure to various musculoskeletal conditions and developed individualized treatment protocols based on patient requirements. My clinical skills include manual therapy, joint mobilization, therapeutic exercise prescription, rehabilitation planning, and evidence-based clinical reasoning.

RESEARCH EXPERIENCE

As part of my MPT dissertation in Orthopedics, I conducted a comparative clinical study titled **“Effectiveness of Isometric Neck Exercises Along with Myofascial Release Technique Versus Dynamic Neck Exercises Along with Myofascial Release Technique on Pain, Function, and Quality of Life in Cervical Spondylosis.”** The study involved patient-based clinical research and evaluation of treatment outcomes using validated outcome measures including the **Numeric Pain Rating Scale (NPRS)**, **Neck Disability Index (NDI)**, and **Short Form-36 (SF-36)**. Through this research, I gained experience in research methodology, patient recruitment and data collection, outcome assessment, statistical analysis, interpretation of results, scientific writing, and evidence-based physiotherapy practice.

PROFESSIONAL SKILLS & STRENGTHS

I possess good clinical knowledge and practical skills in orthopedic physiotherapy assessment, musculoskeletal rehabilitation, manual therapy, joint mobilization, therapeutic exercise prescription, clinical reasoning, and individualized treatment planning. I have strong communication, interpersonal, presentation, and public-speaking skills, along with a confident approach to teaching and academic presentations. I have an interest in evidence-based physiotherapy practice, research methodology, patient education, and community health awareness. My involvement in organizing health camps and awareness programs has strengthened my leadership, teamwork, coordination, and event-management abilities. I also possess creative thinking and effective public engagement skills through activities such as anchoring, art, dance, and awareness programs.