

Vanshika



Assistant Professor- Physiotherapy
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Profile

Vanshika is a dedicated and professionally motivated Physiotherapist with academic training in physiotherapy and a strong interest in clinical practice, teaching, research, and continuous professional development. She is seeking opportunities in the field of medical services as an Assistant Professor and Clinical Physiotherapist, where she can apply her academic knowledge, clinical skills, and practical experience while contributing meaningfully to patient care and physiotherapy education. Her professional objective is to work in an organization that provides challenging clinical and academic environments, recognizes initiative, encourages professional growth, and offers opportunities to utilize and further develop her skills. She completed her **Bachelor of Physiotherapy (BPT)** in 2021 from **NIMS College of Physiotherapy and Occupational Therapy**, achieving 60.60%. Following her undergraduate education, she pursued a **Master's in Physiotherapy with specialization in Musculoskeletal Physiotherapy** from **Madhav University**, completing the program during 2022–2024. Her academic background has provided her with a strong foundation in physiotherapy assessment, clinical reasoning, therapeutic intervention, musculoskeletal rehabilitation, electrotherapy, exercise-based management, manual therapy, and patient education. As part of her clinical training, Vanshika successfully completed a **six-month Physiotherapy Internship at NIMS Multispeciality Hospital, Jaipur, Rajasthan**, from 17 September 2021 to 31 March 2022. This internship provided valuable exposure to hospital-based physiotherapy services and helped develop practical competencies in patient assessment, treatment planning, therapeutic intervention, pain management, and communication with patients and their families. Her clinical skill set encompasses a broad range of physiotherapy techniques and patient-management approaches. These include **patient assessment, development of individualized plans of care, electrotherapy, therapeutic interventions, pain management, mobilization techniques, chest physiotherapy, myofascial release, muscle energy techniques, spinal manual therapy, and stretching techniques** for various physical conditions. She also has an interest in intensive care physiotherapy and has exposure to the management of patients in specialized critical-care environments, including **MICU, PICU, NICU, SICU, RICU, and CICU** settings. Vanshika has also demonstrated an interest in **research and academic publication**. Her research and publication activities include work on the **impact of cervical stabilization exercises on posture ailments in Text Neck Syndrome**, published in October 2025. Her academic interests also extend to sports rehabilitation and exercise science, as reflected in her work on the **effects of a six-week progressive blood flow restriction training protocol on upper-limb muscular strength and endurance in basketball players**. These scholarly activities demonstrate her interest in evidence-based physiotherapy practice and the application of structured therapeutic and exercise interventions in clinical and sports

populations. In addition to research publications, she has been associated with an intellectual-property initiative titled **“Adaptive pregnancy support apparatus with integrated sensor housing.”** This reflects an interest in innovation and the development of practical solutions related to healthcare and patient support. Her commitment to professional development is demonstrated by participation in numerous conferences, webinars, clinical training programs, and hands-on workshops. She participated in an **International E-Webcon on transforming medical education during COVID-19 through e-learning** in May 2020 and a National E-Webinar on **COVID-19 Crisis and the Law** in June 2020. She subsequently participated in a **10-day Physiotherapy Clinical Training Program at REHABIT Institute of Physiotherapy Clinical Training, Jaipur**, in November 2021. Her continuing education has included specialized workshops in **fascial release techniques, including IASTM and flossing**, as well as **radiological interpretation with clinical correlation in physiotherapy practice**, covering musculoskeletal, sports, and neuroscience applications. She has also participated in professional and educational events such as the Jaipur Learning Festival and World Bioethics Day. Further strengthening her clinical and academic competencies, she participated in a hands-on workshop on **Reflex Release Techniques** at SGT University, Gurugram, and attended a CRE program on **Assistive Technology Emphasizing Abilities** at AIMS, New Delhi. She also completed a hands-on workshop in **Biostatistical Analysis using SPSS Software**, demonstrating an interest in developing research methodology and data-analysis skills. Her professional development continued through participation in **IMPULSE SPORTS REHABECON – 2nd Physiotherapy Conference** in Jaipur in February 2024 and a two-day hands-on workshop on **Spinal and Joint Manipulation** in October 2024. These experiences have contributed to strengthening her understanding of contemporary physiotherapy techniques, manual therapy, sports rehabilitation, clinical decision-making, and evidence-informed practice. From an academic and professional perspective, Vanshika aims to integrate clinical expertise with teaching and research. Her combination of musculoskeletal specialization, hospital internship experience, participation in clinical workshops, research publications, and exposure to statistical analysis provides a foundation for contributing to both **physiotherapy education and clinical rehabilitation services**. She is also competent in basic computer applications and is able to use **MS Office, PowerPoint, and internet-based operations**, supporting her ability to prepare academic presentations, documentation, educational material, and professional communication. Overall, Vanshika can be described as a motivated and continuously learning physiotherapy professional with a particular academic foundation in **Musculoskeletal Physiotherapy**, complemented by clinical exposure, manual therapy skills, rehabilitation techniques, research involvement, and participation in professional development activities. She aspires to contribute to an institution where clinical excellence, academic development, research, innovation, and patient-centred care are valued. Her professional goal is to continue expanding her clinical and teaching competencies while contributing to the advancement of physiotherapy through evidence-based practice, education, research, and compassionate patient care. She is proficient in **Hindi and English**, enabling effective communication in both professional and academic environments.