

**RAVINDER KAUR**  
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**OBJECTIVE:**

To become an aspiring team worker, hard working and dedicated professional to meet the challenges posted in Physiotherapy field and to make each and every individual fit and healthy.

**PERSONAL PROFILE:**

Name: Ravinder Kaur  
Father's Name: S.S.Ralmila  
Date of Birth: 29<sup>th</sup> November 1986  
Gender: Female  
Nationality: Indian  
Marital Status: Married  
Designation: Working as Clinical Physiotherapist in Department of Physiotherapy,  
Punjabi University, Patiala

**ACADEMIC DETAILS:**

Examination	Institution	Year of Passing	Percentage
10 <sup>th</sup> , CBSE	K.V. No. 2, Kribhco, Surat, Gujarat	March 2002	86%
12 <sup>th</sup> , CBSE	K.V. No. 2, Kribhco, Surat, Gujarat	March 2004	87%
BPT	College of Physiotherapy, M.S.University, Baroda, Gujarat	August 2008	71.54%
MPT (Musculoskeletal)	Punjabi University, Patiala, Punjab	May 2011	72.74%

## **PAPER PRESENTED:**

1. Topic: *Effectiveness of Open versus Closed chain kinetic exercises in Chondromalacia Patellae*

Presented at Chandigarh Physiocon, Nov 14-15, 2010

2. Topic: *Role of Physiotherapy in Low Back Pain*

Presented at Punjabi University, Patiala in National Seminar on Role of Physiotherapy in Health care delivery: the need & the reality

## **PUBLICATIONS:**

1. Ralmila Ravinder Kaur, A G Sinha. Role of physiotherapy in low back pain. In *Physiotherapy in Health Care : Need and The Reality* (Ed) Sinha A G K, Kumar M, Singh S, publication bureau Punjabi university Patiala ISBN : 9788130201337 2012, pp92-97.

2. Ralmila, R. K. Sinha, A. G. K. (2017) Prevalence and associated risk factors of low back pain among employees of Punjabi University, Patiala. *International Journal of Therapies and Rehabilitation Research*, 6 (1), 83-90. [doi:10.5455/ijtrr.ijtrr.000000225](https://doi.org/10.5455/ijtrr.ijtrr.000000225)

## **RELEVANT EXPERIENCE:**

1. S.S.G HOSPITAL, Baroda Nov2008-April2009

Worked as a full time Physiotherapist Intern performing assessment, evaluation and physical therapy of patients in the out patient department as well as admitted patients in the gynecological, surgical and medical wards. Leprosy patients were also treated at Ansuya Leprosy Hospital, Baroda as a part of training. (Dec 2008)

2. Fellowship at clinic of Physiotherapy, Baroda Feb2009-April2009

Worked as a fellowship student under the supervision of Dr. Zeenat Tinwala.

Serving patient as and when required.

Handling Emergency cases in absence of Doctor.

3. Assistant Professor at R.K.University Dec 2011- Oct 2012

Taking lectures & treating patients at OPD at School of Physiotherapy, R.K.University, Rajkot,Gujarat.

4. Clinical Physiotherapist Oct 2012- till date

Treating patients at different OPDs (Orthopaedic OPD, Neurological OPD, Geriatric OPD) run by Department of Physiotherapy, Punjabi University, Patiala and taking lectures of Bachelor of Physiotherapy

### **VOLUNTEER ACTIVITIES:**

-As a member of the Para-medical team, participated in Leprosy camp at S.S.G. Hospital, Baroda for diagnosis of Disability & treatment of various patients of leprosy with deformities.

-Participated in camp organized by Punjabi University, Patiala for the assessment & treatment of geriatric patients.

-Participated in regular camps organized by School of Physiotherapy, R.K.University, Rajkot for the benefit of patients suffering from Parkinson's Disease.

### **SEMINAR & WORKSHOPS ATTENDED:**

-Seminar on ***C.V.STROKE*** organized by Indian Association of Physiotherapy, Baroda Branch.

-Symposium on ***COPD*** organized by College of Physiotherapy, Karamsad.

-Seminar on ***SENSORY INTEGRATION TECHNIQUES*** at Kashiba children Hospital.

-Introduction to ***NDT evaluation*** of Cerebral Palsy children.

-Physiotherapy & Rehabilitation in General Orthopedics & Arthroplasty.

-Participated in the following Seminars organized by Indian Association of Physiotherapy

Comprehensive approach: Shoulder & Neck Pain Syndrome

Comprehensive approach: Low Back Pain

Comprehensive approach: Knee Pain Syndrome

Geriatric Physiotherapy

Neurological Conditions Assessment & Treatment

-Two days workshop on the topic of ***“Concepts and Techniques of Neural Mobilization”*** by Prof. A.G. Dhandapani in Collaboration with IAP Punjab branch organized in Oct 2009.

-One Day Workshop on ***“Taping Techniques”*** by Dr. Mithilesh & Dr. Sandeep.

-National seminar on theme ***“The Role of Physiotherapy in Health Care Delivery: The Need and the Reality”*** on 22<sup>nd</sup>-23<sup>rd</sup> January 2011.

-National seminar on theme ***“Research in Physiotherapy”*** on 4<sup>th</sup> March 2013.

-One day CME on ***“New generation total knee replacement and post surgical rehabilitation”*** organized in collaboration with Max Elite Institute of Orthopaedics & Rehabilitation on 8<sup>th</sup> Feb 2014.

**SKILLS:**

- Well developed communication skills with proficiency in English, Hindi, Gujarati & Punjabi.
- Expert user of Microsoft Office & the Internet for research & communication
- Excellent problem solving skills
- Effective clinical reasoning.

**ACHIEVEMENTS:**

- Gold Medalist in Bachelor Degree of Physiotherapy at M.S.University of Baroda.
- Secured second position in Master Degree of Physiotherapy at Punjabi University, Patiala
- Outstanding academic performance for being among the top 0.1% of successful candidates of All India Secondary School Examination 2002 in Science with Practicals
- Outstanding academic performance for being among the top 0.1% of successful candidates of All India Senior Secondary Certificate Examination 2004 in Biology.

**EXTRACURRICULAR ACTIVITIES:**

Quiz Competition

- Participated in Quiz Competition at Gian Sagar Physiocon on 8-9<sup>th</sup> September, 2010 & won 2<sup>nd</sup> prize.
- Participated in Quiz Competition at Chandigarh Physiocon, Nov 14-15, 2010

**INTERESTS:**

Reading  
Listening music  
Swimming & playing Badminton  
Travelling  
Calligraphy

The above statements are true to the best of my knowledge and belief.