

RAVINDER KAUR

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PERSONAL PROFILE:

Name: Ravinder Kaur Ralmila

Father's Name: S.S.Ralmila

Date of Birth: 29th November 1986

Gender: Female

Nationality: Indian

Marital Status: Married

Designation: Working as STA(Clinical Physiotherapist) in Department of Physiotherapy, Punjabi University, Patiala

ACADEMIC DETAILS:

Examination	Institution	Year of Passing	Percentage
10 th , CBSE	K.V. No. 2, Kribhco, Surat, Gujarat	March 2002	86%
12 th , 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%
PhD in Physiotherapy	Punjabi University, Patiala, Punjab	November 2022	Pursuing

PUBLICATIONS:

1. 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
2. **Sonia, S., Ravinder, K., Sorabh, S., Narinder, M.K. and Singh, S., (2020)**. Evaluation of Balance Control and Pattern of Muscle Activation from Functional Perspectives Across the Ages—An Observational Study Protocol. *Indian Journal of Public Health Research & Development*, 11(3).
3. **Kaur, N., & Kaur, R., (2020)**. Impact of Menopause on Quality of Life among Indian Women. *LIFE: International Journal of Health and Life-Sciences*, 6(1), 30-45.
4. **N. K. Multani, Singh Sonia, Sharma Sorabh, Ralmila Ravinder Kaur., (2022)**. Electromyography Based Analysis of the Impact of Ageing on Muscle Activation Pattern during Static and Dynamic Balance Control Tasks: A Systematic Review. *Asian Pacific Journal of Health Sciences*, 9 (3), 71-75.

CONFERENCE PROCEEDINGS:

1. **Ralmila Ravinder Kaur, A G Sinha (2012)**. 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:978-81-302-0133-7** 2012 , pp 92-97
2. **Sarpreet Kaur, N.K. Multani, Ravinder Kaur (2018)**. Prevalence of Menstrual Disorders and its association with % Body Fat in Athletic and Non Athletic Females of Punjabi University Patiala published in Conference Proceedings, *National Physiotherapy Conference on Counteracting Non-communicable Diseases through Physiotherapy*, ISBN 978-93-84789-81-7.

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
3. Topic: *Prevalence of Menstrual Disorders and its association with % Body Fat in Athletic and Non Athletic Females of Punjabi University Patiala*. Presented at National Physiotherapy Conference on Counteracting Non-communicable Diseases through Physiotherapy, 9-10 March 2018 at Patiala and Won Best Paper Award

RESEARCH PROJECT:

Co-Investigator in the Research Project titled **Evaluation of Balance Control and Pattern of Muscle Activation from Functional Perspective across the ages** funded by **DST-SERB** (Department of Science and Technology- Science and Engineering Research Board) from 2018 to 2021

RELEVANT EXPERIENCE:

Sr. No.	Place	Designation	Duties	Duration
1	S.S.G HOSPITAL, Baroda	Full time Physiotherapist Intern	<ol style="list-style-type: none"> 1. Assessment, evaluation and physical therapy of patients in Physiotherapy OPD 2. Assessment and treatment of admitted patients in various wards like burns, plastic surgery, obstetrics & gynecological, surgical and medical wards 	Nov2008- April2009
2	Dr. Zeenat Tinwala PT Clinic	Part-time Fellowship PT	<ol style="list-style-type: none"> 1. Assessment, evaluation and physical therapy of patients in OPD 	Feb 2009 – April 2009
3	School of Physiotherapy, R.K.University	Assistant Professor	<ol style="list-style-type: none"> 1. Conducted lectures of BPT 2. Consultation to patients in the OPD of the University 	Dec 2011- Oct 2012
4	Department of Physiotherapy, Punjabi University, Patiala	STA (Clinical Physiotherapist)	<ol style="list-style-type: none"> 1. Assessment, evaluation and physical therapy of patients in OPD and wards at Rajindra Hospital 2. Practical demonstration of Anatomy subject in BPT 3. Teaching Exercise Physiology subject in MPT 4. Administration work related Internal assessment, admissions, NIRF, NAAC 	Oct 2012 - Present

VOLUNTEER ACTIVITIES:

1. 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
2. Participated in camp organized by Punjabi University, Patiala for the assessment & treatment of geriatric patients

3. 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:

1. Seminar on *C.V.STROKE* organized by Indian Association of Physiotherapists, Baroda Branch.
2. Symposium on *COPD* organized by College of Physiotherapy, Karamsad.
3. Seminar on *SENSORY INTEGRATION TECHNIQUES* at Kashiba children Hospital.
4. Introduction to *NDT evaluation* of Cerebral Palsy children.
5. Physiotherapy & Rehabilitation in General Orthopedics & Arthroplasty.
6. Participated in the following Seminars organized by Indian Association of Physiotherapy
 - a. Comprehensive approach: Shoulder & Neck Pain Syndrome
 - b. Comprehensive approach: Low Back Pain
 - c. Comprehensive approach: Knee Pain Syndrome
 - d. Geriatric Physiotherapy
 - e. Neurological Conditions Assessment & Treatment
7. 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.
8. One Day Workshop on *“Taping Techniques”* by Dr. Mithilesh & Dr. Sandeep.
9. Physiotherapy Conference organized by Gian Sagar College of Physiotherapy in 8-9 Sep, 2010
10. Participated and presented a paper at Chandigarh Physiocon, organized by PGI, Chandigarh in Nov 14-15, 2010
11. Participated and presented a paper at National seminar on theme *“The Role of Physiotherapy in Health Care Delivery: The Need and the Reality”* on 22nd -23rd January 2011
12. National seminar on theme *“Research in Physiotherapy”* on 4th March 2013.
13. One day CME on *“New generation total knee replacement and post surgical rehabilitation”* organized in collaboration with Max Elite Institute of Orthopaedics & Rehabilitation on 8th Feb 2014.
14. Seminar on **Tips of success in Physiotherapy** on 5th October 2016 by Dr. Navneet Arora, Professor, IIT Roorkee
15. Participated and presented a paper at National Physiotherapy Conference on **Counteracting Non-communicable Diseases through Physiotherapy**, 9-10 March 2018 at Patiala.
16. Seminar on **Clinical Radiology in Physiotherapy** on 11th December 2021 by Dr. Shikha Sood, Assistant Professor, Department of Radiodiagnosis, Indira Gandhi Medical College, Shimla
17. Webinar on theme **Standing Up To Harassment: Your Mobile Friend My Ambar** on 21st April 2022

18. Webinar on theme **Menstrual Cups The Eco-Warriors, Lets switch to zero-waste periods** 25th April 2022 by Dr. Sophia Rodrigues, Obstetrician & Gynaecologist, Manipal Hospitals, Goa
19. Workshop on **R software: Advance data analysis tool** on 15th June 2022 by Dr. Sahil Raj, Department of Management studies, Punjabi University, Patiala
20. Seminar on **utilization of SPSS in research** by Dr. Rohtash, Professor, Department of Biostatistics, Punjabi University, Patiala on 3 Feb 2023

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:

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