

## DR. RICHA MAHAJAN (PT)

~ Mobile: 09818221585 ~ E-mail: rch\_mhjn@yahoo.co.in



### Personal dossier

- Date of Birth : 14<sup>th</sup> Dec, 1987
- Father's Name : Vinay Mahajan
- Address : Flat no.22, Kailash Apartment, I.P.Extension, Delhi-110092
- Linguistic Proficiency : Hindi, English
- Nationality : Indian
- Marital status : Single

### Academic qualifications

Course/Degree	Institution	Board/ University	Year of Passing	Percentage/ Grade
<b>PhD scholar in Physiotherapy</b>	GD Goenka university	GD Goenka university	Pursuing (enrolled in Aug 2019)	NA
<b>M.P.T (MUSCULOSKELETAL)</b>	Indian Spinal Injuries Centre, Vasant Kunj, Delhi.	Guru Gobind Singh Indraprastha University	2012	69.52%, first division.
<b>B.P.T</b>	Amity Physiotherapy College, Delhi.	Guru Gobind Singh Indraprastha University	2010	74.15%, first division with distinction.
<b>PG Diploma in Hospital Administration</b>	Medvarsity Online Limited & Apollo Hospital	from Medvarsity Online Limited & Apollo Hospital	2010-2011	Grade A
<b>Senior Secondary examination</b>	DAV Public School, Dayanand Vihar, Delhi.	CBSE	2005	82.2%
<b>Secondary examination</b>	DAV Public School, Dayanand Vihar, Delhi.	CBSE	2003	78.2%

### Certification

- **Certified Manual Therapist** in Integrated Approach (Cyriax, Maitland, Butler, Mckenzie and Mennel concepts) for the Vertebral Column, Neural Tissue and

Extremities by Prof. Umasankar Mohanty (President of Manual Therapy Foundation of India) (Sept-Oct, 2010).

- E-certificate on "COVID-19 - Awareness and Management" by Medvarsity on 28<sup>th</sup> March 2020.
- E-certificate on the topic "Assessment of Clubfoot" by Physioipedia on 27<sup>th</sup> October 2017.
- E-certificate on the topic "Physiotherapy Management of Spinal Cord Injury patients" by ISCoS (International Spinal Cord Society) on 12<sup>th</sup> June 2016.
- **Certificate course in Medical Tourism** from Medvarsity Online Limited & Apollo Hospital (2010-2011).

### Professional Experience

- Currently working as **Assistant Professor** at G.D. Goenka University, Sohna Road, Gurgaon in School of Medical and Allied Sciences since 13<sup>th</sup> Aug, 2018.
- **Assistant Professor** (Grade-I) at Galgotias University, Greater Noida, Gautam Buddh Nagar, Uttar Pradesh, India in Department of Physiotherapy, School of Medical and Allied Sciences from 18<sup>th</sup> June, 2014 to 9<sup>th</sup> Aug, 2018.
- **Clinical Physiotherapist** at Physiorth, Delhi from 1<sup>st</sup> Jan, 2014 to 17<sup>th</sup> June, 2014.
- **Assistant Professor** at Awadh Centre of Education, Institute of Rehabilitation Medicine And Allied Sciences (affiliated with Guru Gobind Singh Indraprastha University) from 5<sup>th</sup> Nov, 2012 to 31<sup>st</sup> Dec, 2013.

### Clinical experience

- During M.P.T (3 months): Akshay Pratishthan, Vasant Kunj, Delhi; Pandit Deendayal Upadhyaya Institute for the Physically Handicapped, Delhi; Charak Palika Hospital, Moti Bagh, New Delhi.
- During INTERNSHIP (6 months): Dr. Baba Saheb Ambedkar Hospital, Rohini, Delhi.
- During B.P.T (3years): Hindu Rao Hospital, Delhi; G.M Modi Hospital, Saket, Delhi.

### Honor/ Achievement

- **External examiner for practical exams** at various universities of repute like Indian Spinal, Injuries Centre, Jamia Hamdard, Sharda University, SGT University, Galgotias University etc.
- **Journal editor/reviewer:**
  - **Editor :** Rivista Orthopaedics
  - **Reviewer:**
    - Journal of Orthopaedic & Sports Physical Therapy
    - Journal of Women's Health Physical Therapy.

- The International Journal of Indian Psychology.
- Pakistan Journal of Rehabilitation.
- **Best Academician award in field of Physiotherapy** in **Physio Connect 2, National Conference** held on 15<sup>th</sup> May, 2022 at Asian Institute of Medical Sciences, Faridabad.
- **Significant contribution award in field of Physiotherapy** in **World Physiotherapy Congress, 4<sup>th</sup> International Physiotherapy Conference - 2022** held on 16-17<sup>th</sup> April, 2022 at Janardan Rai Nagar Rajasthan Vidyapeeth, Udaipur.
- Certificate of Appreciation for Outstanding contribution and dedicated efforts for Society by Canwinn Foundation.
- Delivered a lecture as **Resource person** on the topic "**MET for back pain**" in **Spine Aid 2020, 1<sup>st</sup> International conference on Spine Health & Spinal Disorders** held on 16<sup>th</sup> Feb, 2020 at C.D Deshmukh Audi, IIC, New Delhi.
- **Clinical education award** in **Physio Connect 2019** held on 5<sup>th</sup> May, 2019 at Medanta The Medicity, Gurugram.
- **Keynote speaker** on the topic "**Pregnancy and Ergonomics**" in **FEMCON 2019 'Female Physio Summit'** held on 31<sup>st</sup> March, 2019 at Jaipur National University.
- **Panel Moderator** on the topic "**Physiotherapy education methods, scope and lacuna**" in **FEMCON 2019 'Female Physio Summit'** held on 31<sup>st</sup> March, 2019 at Jaipur National University.
- **Keynote speaker** on the topic "**Hypothyroidism & PCOS in a Female athlete: Challenges and Solution**" in **1<sup>st</sup> National Sports Physiotherapy Conference** held on 7<sup>th</sup> Oct, 2018 at Constitution Club of India, Delhi.
- **Chairperson** during Scientific session in **1<sup>st</sup> National Sports Physiotherapy Conference** held on 7<sup>th</sup> Oct, 2018 at Constitution Club of India, Delhi.
- **Youth promising award in Academics** in **2<sup>nd</sup> Youth Physio Conclave** held on September 1 & 2, 2018 at Gujarat University, Ahmedabad.
- **Member, Board of Studies** for designing curriculum of BPT & MPT at Galgotias University on 11<sup>th</sup> July 2018.
- **Appreciation award for dedicated service in the field of Physiotherapy** organized by International Wellness Institute on 27<sup>th</sup> June 2018.
- **Team Physiotherapist** for **DLCA Cup-U19-2018 organized by Grass Roots Sports management** at Teevra cricket centre, Noida extension on 8<sup>th</sup> April 2018.
- **Member, Board of Studies** for designing curriculum of BPT & MPT at Galgotias University on 2<sup>nd</sup> July 2015.

### Research publications in journals

1. Mahajan R, Kataria C, Bansal K. Comparative effectiveness of muscle energy technique and static stretching for treatment of subacute mechanical neck pain. Int J Health Rehabil Sci. 2012 Jul;1(1):16-24.

2. Richa Mahajan, Chitra Kataria, Kshitija Bansal. To compare the effect of Muscle energy technique and Static stretching on Neck disability index. *International Journal of Current Research*. Dec 2015;7(12):24806-24810.
3. Bhardwaj Y, Mahajan R. Prevalence of Neck Pain and Disability in Computer Users. *Int J Sci Res*. 2017 Aug;6(8):1288-1290.
4. Richa Mahajan, Shashank Kaushik, Mayank Sharma. Chest expansion and BMI in farmers and Office workers:A cross-sectional study. *International Journal of Research and Analytical Reviews*. July 2018;5(3):65-69.
5. Fahim T, Saharan AK, Mahajan R, Singh AK. The Relationship of Physical Self-Concept with Competition Anxiety of Young Wrestlers.The relationship of physical self-concept with competition anxiety of young wrestlers. *Int J Health Sci Res*. June 2020; 10(6):46- 51.
6. Mahajan R, Singh M, Fahim T, Singh AK. Thumb pain in physiotherapists practicing manual therapy: prevalence and consequences. *Int J Health Sci Res*. June 2020; 10(6):194-200.
7. Mahajan R, Rawat D. Determination of physical fitness index and its relation with body mass index among physiotherapy students. *Physiotherapy-The Journal of Indian Association of Physiotherapists*. 2020 Jul 1;14(2):84-88.
8. Singh AK, Wadhwa K, Kumar S, Fahim T, Mahajan R. Comparison of effectiveness of cyriax physiotherapy and mobilization with movement technique in patients with tennis elbow. *International Journal of Physical Education, Sports and Health*. 2022; 9(2): 147-150
9. Trivedi V, Goyal D, Mahajan R. Effectiveness of electrical muscle stimulation in controlling blood glucose level: A systemic review. *International Journal of Health Sciences*. 2022;6(S3):5597-608. DOI: <https://doi.org/10.53730/ijhs.v6nS3.7120>
10. Mahajan, R., Goyal, D., Trivedi, V., & Aggarwal, D. Pulmonary rehabilitation post COVID-19. *International Journal of Health Sciences*. 2022;6(S3), 9651–9660. <https://doi.org/10.53730/ijhs.v6nS3.8333>
11. Divya Aggarwal, Vishwajeet Trivedi, Divya Goyal, Richa Mahajan. Effect of distal irradiation and task related circuit training on locomotor tasks in post stroke hemiparetic patients. *Neuroquantology*. 2022;20(5): 4840-4848. DOI: 10.14704/nq.2022.20.5.NQ22761
12. Richa Mahajan, Elina Dewanji Sen. Immediate Effect of Neurodynamic Sliding on Balance among Cricketers. *Neuroquantology*. 2022;20(6): 6475-6482. DOI: 10.14704/nq.2022.20.6.NQ22649
13. Pooja Sethi, Jasmine K Chawla, Richa Mahajan, Himani Kaushik. Recommendations of International Guidelines for Exercise Prescription of Type 2 Diabetes Patients: A Literature Review (2010-2021). *Neuroquantology*. 2022;20(8): 317-323. DOI: 10.14704/nq.2022.20.8.NQ44035

**ORCID ID:** <https://orcid.org/0000-0003-2208-6477>

**Google scholar index/ Citations**

- h-index : 2
- i10-index: 1
- Total citations till Nov 2022: 90

### Articles published in newspaper

- Article on "**Hidden pioneers of healthcare industry**" in the e-newspaper "The Rehab World" in May 2018 edition.
- Article on the topic "**PAINFUL SELFIE: Love for selfies may land you in elbow pain**" in the e-newspaper "The Rehab World" in April 2018 edition.
- Article on the topic "**The less trodden path in healthcare sector: Job opportunity in International scenario**" in the newspaper "The Rehab World" in March 2018 edition.
- Article on the topic "**The importance of Master's degree in Healthcare sector: How does it helps in career growth?**" in the newspaper "The Rehab World" in Feb 2018 edition.

### Affiliation / Membership of scientific forum/ newspaper

- **Former Editor** in the e-newspaper **The Rehab World**.
- **Member of IHFA (International Health and Fitness Association)** – Membership ID – IHFA18585

### Membership of Physiotherapy council

- Registered with Delhi Council for Physiotherapy & Occupational Therapy.
- Life member of the Indian Association of Physiotherapist.

### Major Conferences/Workshops/Seminars/ Symposium

- **Paper presentation** on the topic "**Prevalence of static balance among athletes: A Descriptive study**" in **REACH 2022, 4<sup>th</sup> International Conference** held from 22<sup>nd</sup> - 23<sup>rd</sup> Aug 2022 at GD Goenka University, Gurugram, India.
- **Paper presentation** on the topic "**Effect of Neurodynamic sliding on hamstring tightness and static balance among cricketers**" in **World Physiotherapy Congress, 4<sup>th</sup> International Physiotherapy Conference - 2022** held on 16-17<sup>th</sup> April, 2022 at Janardan Rai Nagar Rajasthan Vidyapeeth, Udaipur.
- Certificate of participation in 1week FDP on unfolding the perspectives of Research in Physiotherapy from 23-27<sup>th</sup> Nov, 2021 by SGT University, Gurugram.
- Certificate of participation in 1week FDP on Research and Innovation in Paramedical and Allied Health Sciences from 22-26<sup>th</sup> Nov, 2021 by Galgotias University, Greater Noida.
- Certificate of participation in a webinar on Muscle Energy Technique Expectations and Outcomes on 10<sup>th</sup> July, 2021 by Exercise testing and prescription.

- Certificate of participation in 1week FDP on Nurturing Entrepreneurs in Physiotherapy from 12-17<sup>th</sup> July, 2021 by GD Goenka University, Gurugram.
- Certificate of participation in 1week FDP on Developing effective research skills from 21-25<sup>th</sup> June, 2021 by CT group of institutions, Punjab.
- Certificate of participation in **SIP-e-con** on 17 Jan, 2021 organized by Society of Indian Physiotherapists.
- **Organizing secretary of World Physiotherapy Day** (Free physiotherapy Tele-consultation camp, Physiotherapy Reels: Video competition and a webinar on the topic "Reclaiming space of Physiotherapy in Post Covid Era"on Facebook live) on 8 Sept, 2020 at G.D Goenka University, Sohna road, Gurugram.
- Certificate on five days online Workshop on Essential skills for research writing and publishing from 15-19<sup>th</sup> June, 2020 by Bennett University, Udaipur
- Certificate on One week online National FDP cum Workshop on Quantitative methods for research from 10-15<sup>th</sup> June, 2020 by Pacific Academy of Higher education and Research University, Udaipur.
- Certificate of participation in **Panel Discussion on Role of Physiotherapy in Sports Injuries & General Challenges Post Covid** on 6<sup>th</sup> June, 2020 by Kota.
- Certificate of appreciation as COVID-19 warrior on 2<sup>nd</sup> May, 2020 by Haryana Chartered Association of Physiotherapists.
- Certificate of participation in 1st Youth Physio Webicon 2020 from 26-30<sup>th</sup> April, 2020 by Haryana Chartered Association of Physiotherapists.
- Participated in a workshop on Revised NAAC Accreditation Framework and Research proposal writing from 31<sup>st</sup> May – 1<sup>st</sup> June, 2019 at G.D Goenka University, Sohna road, Gurugram.
- **Contributed as member of organizing team** in "**REACH -2019** – 2<sup>nd</sup> National conference on Recent Advances and Challenges in Healthcare" on 16<sup>th</sup> March, 2019 at G.D Goenka University, Sohna road, Gurugram.
- **Organizing secretary of Aqua Aerobics and Fitness workshop** on 14-15 March, 2019 at G.D Goenka University, Sohna road, Gurugram.
- Participated in All India Physiotherapy seminar on "ANTI-DOPING" on 25<sup>th</sup> Feb, 2018 at DPSRU, New Delhi.
- **Contributed as Organizer** in "**4<sup>th</sup> Annual Conference of Society of Indian Physiotherapists**" on 15-17 Feb, 2019 at India Habitat Centre, New Delhi.
- **Organized a workshop on Introduction to Basic Life Support and First Aid** by Dr. Jatin Maheswari on 20<sup>th</sup> Nov, 2018 at G.D Goenka University.
- Participated in the "Physiotherapy sewa camp" for creating awareness at Gurudwara Nanak Piao Sahib, New Delhi on 9<sup>th</sup> Sept, 2018.
- Faculty of BPT organized a **Physiotherapy camp** on 8th Sept 2018 at a school at Sohna village.

- Participated in a workshop on "Integrated Joint Mobilization" organized by International Wellness Institute on 27<sup>th</sup> June, 2018.
- **Member, Student's forum of OMPTCON 2018**, 1<sup>st</sup> International Conference of Academy of Orthopaedic Manual Physical Therapist in collaboration with Centre of Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi on 11<sup>th</sup> March, 2018.
- Participated in "International Symposium on Physical Rehabilitation and Assistive Robotics Technologies-2018" at Bennett University, Greater Noida, India on 11<sup>th</sup> Jan, 2018.
- **Organizing secretary** in an event on **World Physiotherapy Day** (Health awareness and Fitness camp, logo and quiz competition) at Galgotias university on 8<sup>th</sup> Sept 2017.
- Attended seminar on "Hidden Opportunities in Physiotherapy" and "Physiotherapy Department Management" at Safdarjung Hospital on 28<sup>th</sup> Aug, 2017
- Participated in National Conference on "Recent Advancements in Pharmaceutical Sciences and Clinical Research" at Galgotias university on 15<sup>th</sup> April, 2017.
- Participated in the event "National Science Day" at Galgotias university on 28<sup>th</sup> Feb, 2017.
- Participated in "Spine Physiotherapy" at Jaypee hospital, Noida on 23<sup>rd</sup> Sept 2016.
- Participated in "Cardio Conect" at Max Super Speciality Hospital, Saket on 18<sup>th</sup> Sept 2016.
- **Organizing secretary** in an event on **World Physiotherapy Day** (poster and and quiz competition) at Galgotias university on 8<sup>th</sup> Sept 2016.
- Poster presentation in the event of "Immunophilia'16" at Galgotias university on 29<sup>th</sup> April 2016.
- Participated in CME on "Bio-mechanics of weight bearing joints with special reference to Knee" at Govind Ballabh Pant Hospital, Delhi on 5<sup>th</sup> Feb 2012.
- Attended an introductory class on "Brian Mulligan's Concept" in Delhi on 6<sup>th</sup> & 7<sup>th</sup> Sept 2011.
- Participated in a workshop on "PNF in Sports Injuries and Musculoskeletal Conditions" held at ISIC, New Delhi on 17<sup>th</sup> & 18<sup>th</sup> March 2011.
- Participated in a workshop on "Comprehensive management of SCI" held at ISIC, Delhi from 1<sup>st</sup> -3<sup>rd</sup> Nov 2010.
- Participated in a national seminar on "World's Physiotherapy Day" held at Amity Physiotherapy College, Noida on 8<sup>th</sup> Sept 2008.
- Participated in a seminar on "Clinical Reasoning and Spasticity" held at Amity Physiotherapy College, New Delhi on 25<sup>th</sup> Jan 2008.