



Dr. Bijal Dodia (PT)
Batch 2002

MPT (cardiovascular and respiratory sciences)
Consultant and Unit Head (Inpatient and Critical care Physiotherapy),
Dept of Rehabilitation and Sports medicine, Sir H N Reliance
Foundation hospital and research centre.

After graduating from D Y Patil College of Physiotherapy, I was selected for the post graduate program in cardiovascular and respiratory sciences at Seth G S Medical College and KEM hospital.

Immediately after completion of my post graduation, I worked at tertiary care hospitals like Nanavati Hospital and Saifee Hospital as ICU in-charge for physical therapy. I feel extremely fortunate to work with one of the best tertiary care hospitals in the world, Sir H N Reliance Foundation hospital as a consultant physiotherapist and Unit Head of Inpatient and critical care physiotherapy. Apart from my clinical duties, I also serve as an internal auditor for Quality, Infection control and Medical records for the JCI and NABH accreditation process.

Have played an active and instrumental role in establishing the only escalated rehab center for Inpatients in the city. I have been awarded multiple times as ‘Star of the Quarter’ and WOW Award for exemplary display of organizational values and behaviors.

Along with my deep interest in Critical care rehabilitation and Early mobilization, I am also one of only 12 certified Pelvic floor physiotherapist of Mumbai. I have co-authored a chapter on Rehabilitation in Organ Transplantation in the book Principles and practice of Physical Rehabilitation

Currently, I am focusing on escalating Early mobilization in ventilated patients and recreational rehabilitation in inpatient and critical care unit.

I have no words to thank my Alma mater, D Y Patil College of physiotherapy for enabling me making who I am today and for fixing the bricks of base for my career in physical therapy.

Joining D Y Patil College of physiotherapy in 2002 was a life changing event for me. I was provided with innumerable opportunities to learn and grow in the tenure of 4.5 years of my degree. What set the college apart was a deep academic focus afforded through access to top class faculty and facilities coupled with an equally intense emphasis on all round development through sports tournaments and cultural events. I was very lucky to leverage these opportunities.

More than a decade later, I still remember the memorable time I spent at my Alma mater, encompassing classroom and clinical learning's, cricket tournaments and the festival 'Chaos'. The rigor and depth of BPTTh program have prepared and given me the knowledge, the tools and the confidence I need to go in to any organization and help solve complex clinical challenges.

A heartfelt thanks to all the teachers of D Y Patil College of physiotherapy, who have always provided with solutions to any problem and showed me the correct pathway towards the success.

I am really proud and fortunate to be associated with such a wonderful and intelligent cohort of teachers. What I will always cherish the most is the accessibility and willingness of faculty to connect and help secure many of opportunities I received.

It is hard to say where I would be today without my teachers and Alma mater.



Dr. Nidhi Sanghavi (MPT, Dip MDT)
Batch MPT 2011-2013
*National Clinical Expert,
Clinical Excellence Team,
QI Spine Clinic (India).*

After completing my postgraduate Master of Physiotherapy in Musculoskeletal Speciality from D. Y. Patil College of Physiotherapy in 2011, I started looking for a job. As a fresher, I was very clear about entering a professional setup that specializes in musculoskeletal disorders and manual therapy. My colleague, another alumni of D. Y. Patil, Dr. Rishita Shah told me about an opening at QI SPINE CLINIC. They had decided to branch out and recruit new employees at that time.

The practice was somewhat close to what I was searching for, using evidence-based practice far away from conventional therapy. It is a Spine Rehabilitation set up unique in handling mechanical pain of spinal origin. I was chosen as a spine consultant for their new team, and eventually have become the company's core team member.

I have evolved from a spine consultant to senior spine consultant and then head of clinic and Zonal Head (management of 3-5 clinics) in the last 8.5 years. I took a 5-month sabbatical within these 8.5 years to pursue a Diploma in Mechanical Diagnosis and Therapy aka McKenzie method, a two-year program which included clinical training program in Austin, Texas, USA. In November 2016, I cleared my Diploma after which I resumed at QI Spine Clinic. Here I must mention my mentor, Dr Garima Anandani (Head of Clinical Operations QI SPINE CLINIC) who motivated and supported me through this entire journey.

I have now moved from Zonal Head to National Clinical Expert where I head Clinical Excellence for QI Spine Clinic along with another D Y Patil alumni, Dr Sejal Thakkar Mistry. Our job is to ensure that clinical excellence of highest order is consistently achieved across 22 centers with team of 180 physiotherapists. We are responsible for ensuring clinical quality, clinical auditing, training our doctors to continue to upgrade themselves clinically, implementing any new evidence based practice in spine and encouraging our teams to conduct clinical research-related work in spine care.

With the COVID pandemic hitting in and shutting down our activities, I currently head the QI Telehealth project. This is my amazing journey in last 8.5 years with a single goal in mind, to bring about a revolution in the world of physiotherapy. What I want to keep on working for is to elevate our profession, have the same esteem as any other medical professional, and raise the earnings of every therapist that is close to that abroad and most important help as many patients as I can.

When I passed my medical entrance, I was clear in my mind that I wanted to pursue either MBBS or Physiotherapy, because I was keen to study about the human body and be involved in a profession which dealt in patient care. I ended up getting Physiotherapy and when I look back I couldn't be happier. My undergraduate college has provided a solid foundation for me in Physiotherapy.

I excelled in my undergraduate studies and continued my postgraduate degree in D. Y. Patil College of Physiotherapy. I decided to do my musculoskeletal specialization because I established my passion for it. D. Y. Patil Physiotherapy College provided me with a combination of academics, exposure to my profession, attitude, and leadership through multi-dimensional learning. The professors are devoted experts in their respective fields, and are committed to your development and truly care for it. I would like to mention here my mentor, Dr Twinkle Dabholkar, who guided me with her best efforts and polished me to be a fine clinician. The experience gained during my two years of post-graduation at D. Y. Patil College of Physiotherapy has greatly contributed to my later years of professional development. It encouraged me to dream and helped me realize that I can achieve them.



Dr. Saurabh Rane
Batch 2009-2013
saurabhrane92@gmail.com

I am Saurabh Rane, and I graduated from the batch of 2009-2013 from DY Patil University School of physiotherapy. Over the years, my curiosity and drive to improve lives have led me to experiment outside clinical practice. I worked as a sports physiotherapist with multiple sports teams. I was at the peak of my career when I was hired as the youngest physiotherapist for the Indian national football team. I was lucky to experience beautiful moments like - winning the silver at South Asian Games after winning the 12 years and also winning an away match after 16 years.

Throughout my clinical practice, I worked in the public health space to drive systemic changes to help more and more people. After deliberation, I decided to jump into the other boat full time and worked with top-notch consulting firms like IPE global and McKinsey and Co. My work focused on addressing challenges in healthcare systems for state governments through NITI Aayog. It consisted of diagnosing problems and providing innovative solutions. Through these years, my interest in health-tech grew as I worked extensively with innovators. I decided to work in the program management and product development space to bring the power of emerging technologies to the communities.

Currently, I am working with a non-profit applied research organization that builds Artificial-intelligence based solutions in healthcare, agriculture, financial inclusion, and infrastructure. Apart from this, I also involve myself in national and international level advocacy towards the elimination of tuberculosis. I have worked with the World Health Organization, Bill & Melinda Gates Foundation, McGill University, The Union, and many other international organizations towards this mission. For my efforts, I have won multiple awards and grants like Harvard India US initiative social impact award, D-Prize, and TEDx platforms. Recently I was nominated as a finalist under the 'Rising Champion' category by REACH international awards and was felicitated by the Crown Prince of Abu Dhabi and Bill gates.

The roots decide how strong and tall the tree might grow. My time at the school of physiotherapy, strengthened my foundation in medical sciences and the principles of clinical practice throughout my graduation, instilled a discipline within me. The extended exposure to practical coursework built empathy, a crucial component of my personality. The large pool of rich experiences that the faculty bring into the classroom contributed to my character beyond just academics.

Looking back, my teachers, peers, seniors, juniors, and the support staff at the School of Physiotherapy, have contributed in shaping me as a person. They will always hold a special place in my life.



Dr. Utsav Shah (PT)
Batch 2006

Musculoskeletal & Sports Physiotherapist

When I pursued physiotherapy back in 2006, it wasn't quite well respected among people. We as physios didn't have our own identity; sometimes we were called kasratwalas, sometimes maalishwalas and it was a very female dominated profession. However, I didn't allow myself to get affected by it. As its said that one must find a profession that one finds his passion in, I started my journey in this profession as my passion was cricket ever since childhood. The sight of a physio running on the field and treating players with his magical hands always amazed me and that is when I decided to be a sports physiotherapist.

I pursued my Bachelor of Physiotherapy from D.Y. Patil University and graduated in 2011. I worked in Breach Candy Hospital, Mumbai and in cricket tournaments affiliated with Mumbai Cricket Association. To further enhance my skills, I decided to pursue my Masters in Musculoskeletal & Sports physiotherapy from University of South Australia (UniSA).

My journey wasn't as smooth as it seemed to be since I had to procure loans to fund my education abroad. Thereafter, I worked in Tugun Physio Clinic, Gold Coast for 2 years which not only helped me to sharpen my skills but also helped me to be aware, dedicated and responsible towards my profession. I wanted to apply all this knowledge and expertise, help the people relive their pain back in India and serve my society.

Also, I carried along certain values and Indian culture i.e. 3F'S; Family, Friends and Food that teach me to be grounded and elevate my pride at the same time and hence I decided to return to India after 2 years even though I was eligible for PR (permanent residency).

Milestones after coming back to India:

- 1) Physiotherapist for North East United Football Club (NEUFC); owned by John Abraham in ISL - 2015
- 2) Physiotherapist for Northern Warriors in T -10 Cricket league, Dubai - 2018
- 3) Assistant physiotherapist for Kings XI Punjab - 2019
- 4) Physiotherapist for Bandra Blasters in Mumbai T 20 League - 2019
- 5) Physiotherapist for Australian Legends Cricket team in Road Safety World Series - 2020
- 6) Certified Level 1 cricket physiotherapist - approved by BCCI
- 7) Senior physiotherapist in Alchemy clinic, Mumbai (2016-Current)

"It is the ultimate luxury to combine passion and contribution. It's also a very clear path to happiness." - Sheryl Sandberg



Dr. Jenesis Dias Dacosta

BPT MPT (Neuro) C/SI-USA C/BGI-USA NDT trained
Batch B.P.T (2007-2012), M.P.T Neuro (2012-2014)

Director: Senseability Pediatric Therapy Center (Mumbai)

I completed my graduation and then Post Graduation in Neurosciences from D Y Patil University, School of Physiotherapy and secured the highest grade in the specialty. My love for children had me working in the field of paediatrics since my internship days. I have worked with children across myriad spectrum of ages and conditions including Cerebral Palsy, ADHD, Autism, and much more.

I got certified in Sensory Integration from University of Southern California (USC/WPS) and went on to become an internationally recognized Brain Gym Instructor. I am also certified in level 1DIR-FLOORTIME (USA), (GENERAL MOVEMENTS) GM PRECTL BASIC (AUSTRIA).

Looking back, D Y Patil school of Physiotherapy has been instrumental in laying the foundation of my career .It gave me unforgettable student years and amazing teachers .They moulded ,shaped and filled us with knowledge and skill and above all to dream and aim higher .Just the perfect combination to push you harder and out of your comfort zone. The confidence to experiment in your formative years and the trust to handle projects went a long way in making me realize my potential and qualities .

It's always has and will always remain my joy to always be a part and give back to the college in the best way possible.



Dr. Vaishnavi Chiddarwar
Batch MPT 2017-2019

I had always been an ardent sports enthusiast if not an athlete since my childhood. There wasn't ever going to be any doubt that I would choose healthcare as my life's purpose. To be of service to a sportsman was on my list next and it was very early into my PT studies that I decided I would want to pursue sports physiotherapy.

DY Patil University hence turned out to be my obvious choice, owing to its reputed sports academy! Through my journey as a master's student from 2017-2019, I learnt physiotherapy in a way that could help make world a small place for me! Nothing was out of reach for me and the opportunities I could access gave me a bright shot at my future.

It was the leverage provided to me by my teachers and colleagues that helped me bag a mentorship program with Vald Performance Labs in Australia during the course of my post graduation . I currently work as a remote consultant physiotherapist for the same organisation who've carved a niche in the field of athletic performance. I helped them develop their tele rehabilitation application which is turning out to be of great help in a situation that has compelled healthcare to change its approach to delivery.

I also work as a clinical consultant for Apollo Clinics, Pune where I look after the PT department. My tenure as a master's student at School of Physiotherapy has largely paved the way to where I am today and has let me take a huge leap as a professional. I intend to work in injury prevention research in the future and have turned in my application for a PhD program at University of New England, Armidale, Australia.

I sincerely believe that this institution will continue to facilitate and fulfill many dreams and ambitions of students who truly wish to make a sincere contribution to the society.
