

BIO DATA

ABHINAV SATHE

Research Fellow and Ph.D. Scholar

I completed my Masters in Sports Physiotherapy from the Department of Sports Medicine and Physiotherapy, Guru Nanak Dev University, Amritsar, Punjab in 2016 securing silver medal and did my bachelors degree from Ayushman College Bhopal (Barkatullah University, Madhya Pradesh) in 2014 securing first position. I also have a Certification of FIFA Diploma in Football Medicine. I have proficiency in operating gold standard research and rehabilitation instruments in the field of sports sciences.

I have a keen interest in contributing towards the field of sports science. During my Masters degree dissertation work I was introduced to the advanced kinesiological and biomechanical equipments which helped me to develop an effective agility training program and see its effect on biomechanical and physical indices of taekwondo players. During these years my focus has developed upon performance analysis in sports and various recovery techniques used by sports persons and the physiological basis behind it. My future research focus is on how Functional near infrared spectroscopy can provide a window on the dynamics of human brain functioning under different balance task and how in terms of athlete evaluation, fNIRS with balance shall allow to track the evolution of the rehabilitation process, evaluating the effects of training interventions and training capability.

My academic experience includes serving as an assistant professor for a period of two years which included taking masters and bachelor course classes and helping them in their practical and project work. My clinical experience includes being Physiotherapist for the Men's Hockey Team of Petroleum Sports Promotion Board; Bharat Petroleum Corporation; M.P. Hockey Academy (DSYW, Govt. of M.P.) & Sasashtra Seema Bal. I was also empanelled as dope control officer in National Anti Doping Agency (NADA). My experience as team/tournament physiotherapist is of 2 International Level; 13 National Level and 2 State Level Tournaments. I was also part of the Madhya Pradesh Contingent in the 35th National Games of India, Kerala 2015.

Being in sports field I have always kept myself updated as per latest developments and hence attended hands on workshops and training sessions on Sports Rehabilitation , Strength & Conditioning, Muscle Energy Techniques, Theraband Training, Myofascial Release Techniques, Manual Therapy Training, Basic Life Support Management ,Neuromuscular Dry Needling Course and Cupping Therapy. I regularly engage myself in professional development activities. I have till now attended 9 conferences, presented 6 paper/poster and won 4 awards under best paper/poster category. Presently I have 15 paper publications with 07 citation score and h-index as 1. I also have a privilege of being a resource person on 3 instances in which I talked about the importance of prehabilitation and rehabilitation to manage sports specific injuries & importance of physiotherapy during day to day activities. I have professional memberships of Indian Association of Sports Medicine; Indian Association of Physiotherapists.

My hobbies include Photography and visiting places of historical and archaeological importance. I also indulge in regular youth organisation meetings which help me in knowing different people from different places.