

BIO DATA

PRACHI 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 and did my bachelors degree from Career College Bhopal (Barkatullah University, Madhya Pradesh) in 2014 securing second position in University. 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 in the field of sports and exercise sciences. During my Masters degree Dissertation work I had the opportunity to learn and work on advanced performance assessing and rehabilitation instruments which led me implement better exercise regimes to prevent sports specific injuries. In context to lower limb biomechanics of female athletes I analyzed their physical and biomechanical changes following exercise which had a positive feedback. During these years my focus has also developed that how autonomic physiological changes occur following intense exercise in sports persons. My Future research focus is on assessing the physiological mechanisms and cortical activation patterns through functional near infrared spectroscopy system which will enable us knowing the effects of exercise on cognition at various levels and guide us to devise new model for prevention of cognitive impairment with advancing age.

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 a Tournament Physiotherapist for National CBSE Inter School Swimming Competition in 2016. I was also a part of the Madhya Pradesh Contingent in the 35th National Games of India, Kerala 2015. I was also empanelled as dope control officer in National Anti Doping Agency (NADA).

I keep myself updated through attending several workshops and conferences on topics such as Sports Injury Management and Emergency Care, Muscle Energy Techniques, Theraband Training, Myofascial Release Techniques, Manual Therapy Training, Basic Life Support Management, Neuromuscular Dry Needling, Cupping Therapy, and Cancer Rehabilitation . Presently I have 6 paper publications with 03 citation score and h-index as 1. I have attended 8 conferences and presented 4 paper/poster and have been awarded at 02 times. I have professional memberships of Indian Association of Sports Medicine; Indian Association of Physiotherapists.

My hobbies include Cooking, singing and travelling different tourist places.