

Dr. Raziya Nagarwala (PT)

SUMMARY

Dr. Raziya Nagarwala (PT) M.P.T. (Cardiovascular & Pulmonary Sciences), Professor and Head of department of Cardiovascular & Pulmonary Sciences. Special interest in management of Cardiac patients and ICU.

EDUCATION

MPT from Rajiv Gandhi University of health science, Karnataka 2014
B.Sc. (PT) from Mumbai University 1980

CONTACT DETAILS

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Teaching Experience

Academic – Working at Sancheti Institute College of physiotherapy from 1996.
Recognized PG guide from 2006 by MUHS
Recognized PG guide from 2004 by Pune University

Clinical Experience

- Worked as clinical Physiotherapist at Ruby hall hospital, Pune
- Breach Candy Hospital, Mumbai
- K.E.M. Hospital, Mumbai
- Government hospital, Kuwait

Certifications

- Cardiac Rehabilitation by Manipal Hospital, Manipal University
- Integrated National Conference on Pulmonary Rehabilitation
- “Basic Life Support” by Bharti Vidyapeet Medical College, Pune
- “International Workshop on Cardiovascular and Pulmonary Competencies: An Evidence to practice update by Elizabeth Dean” Manipal Hospital, Manipal University
- “CPR and Mechanical Ventilation” by Critical Care Society

- “Sensitization Workshop of Health Science Education Technology for student’s Assessment” by MUHS
- “Basic Certificate Course in Health Science Education Technology” by MUHS
- “Advanced Certificate Course in Health Science Education Technology” by MUHS
- “Basic workshop in Research Methodology” by MUHS
- “Advanced Course in Research Methodology” by MUHS
- “Teachers Training Workshop” by MUHS
- ‘Symposium on assessment of health Sciences College on the basis of NAAC parameters’ organized by Maharashtra University of Health Sciences, Nashik.
- “Program objective, Course Objectives and Program Specific Objectives
“Organized by DVVPFS College of Physiotherapy
- “E-Content Development” - Organized by DVVPFS College of Physiotherapy
- “Hands on Workshop on Mulligan Concept” by Capri Institute
- Kaltenborn Peripheral Joint Mobilization
- Mechanical Diagnosis and Therapy of Spine by the McKENZIE Institute

Publications

1) Correlation between core strength and breath holding time in normal young adults

Razia Nagarwala, Prarthana Dhotre, Isha Gelani.

Journal of orthopedic and rehabilitation 2011, 75-78

2) Effects of Pranayama on Bronchial Asthma

Jayesh Parmar , Razia Nagarwala

International Journal of Physiology, Vol 2, No 1 (2014), Pagination: 96-101

3) Comparison of Vascular Doppler and Sphygmomanometer for Measurement of Ankle-Brachial Index

Vidhani N D, Nagarwala R M, Jalan N S, Rairikar S A, Shyam A K, Sancheti P K

Indian Journal of Physiotherapy and Occupational Therapy , vol 8 No.3 July – sept 2014;17 – 19

4) Correlation of Transverses Abdomonis Strength and Endurance with Pulmonary Functions in Healthy Adults

Gotmare Neha, Nagarwala Raziya, Ghodke Aditi, Rairikar Savita, Shyam Ashok, Sancheti Parag
Indian Journal of Physiotherapy and Occupational Therapy - Volume : 8, Issue : 4 Oct – Dec 2014; 77 – 81

5) A comparative study of supine lying, side lying and prone positioning on oxygen saturation, in mechanically ventilated patients, in acute respiratory failure

Prajakta S. Patil, Raziya Nagarwala.

Int J Res Med Sci. 2015; 3(7): 1627-31

6) Comparison between effect of pursed lip breathing and mouth taping on dyspnoea: a cross sectional study

Gaurav Maind PT, Raziya Nagarwala PT, Seemi Retharekar PT, Supriya Gondane PT, Nilima Bedekar PT, Ashok Shyam, Parag Sancheti.

IJCRR, 2015, Volume: 7, 1617-21_Index Copernicus

International Journal of Current Research and Review Cited by 9

7) 'Effect of Shavasana in Post CABG Surgery Patients During Phase I of Cardiac Rehabilitation',

Aditi Ghodke, Raziya Nagarwala

Indian Journal of Basic and Applied Medical Research; March 2016: Vol.-5, Issue- 2, P. 225-232
IJBAMR

8) Effects of facial cooling by ice application in management of dyspnoea

Raziya Nagarwala, Nithya Menon IJPOT 2016, Volume : 10, Issue : 3 Article DOI : [10.5958/0973-5674.2016.00103.9](https://doi.org/10.5958/0973-5674.2016.00103.9)

9) Effects Of Respiratory Muscle Training In Post CABG Patients: Phase1 Rehabilitation

Raziya Nagarwala - **INDIAN JOURNAL OF PHYSICAL THERAPY** Vol 4, No 2 (2016)

10) Influence Of Core Strength On Lower Extremity Balance In Young Healthy Adults

Hardi Shah, Razia Nagarwala. Indian Journal of Physical Therapy_ Vol 4, No 2 (2016)

11) Current use of physiotherapy practices in the intensive care units of pune city

Jenisa Ashit Doshi, razia nagarwala, ashok shyam **INDIAN JOURNAL OF PHYSICAL THERAPY** Vol 5, No 2 (2017)

12) Effect of music on physiological parameters and anxiety In patients with chronic obstructive pulmonary disease

Deshmukh Aboli Vivekrao 1,Nagarwala Raziya*2,Shyam Ashok 3,Sancheti Parag 2018, Vol 6(1):2573-76. ISSN 2321-1822 **International Journal of Physiotherapy and Research**
DOI: <https://dx.doi.org/10.16965/ijpr.2017.152>

13) Can coronary artery disease risk factors be used as a predictor For peripheral artery disease? A cross section study

Neha Vidhani, Raziya Nagarwala [ijpr.2017.152](https://doi.org/10.16965/ijpr.2017.152)

- 14) Effects of neural tissue mobilisation and pnf technique of hold-relax on lower extremity flexibility in post stroke patients** Simran Ostwal 1 , Razia Nagarwala Int J Physiother Res 2018, Vol 6(2):2676-81. ISSN 2321-1822
- 15) Effect of Ankle Exercise Program and Proprioceptive Training on Stability, Functional Activity Performance in Elderly Population**
Naik S1 Nagarwala R Journal of the Indian Academy of Geriatrics, 2018; 14: 5-8
- 16) Correlation between 6-minute walk distance and spirometry parameters in stable chronic obstructive pulmonary disease patients**
Ruchita B. Hajare, Raziya Nagarwala, Int J Res Med Sci. 2019 Jan;7(1):34-39
- 17) Comparison of Effects of Continuous and Interval Training on Aerobic Capacity in Healthy, Non Exercising Young Individuals** Saba Khan1, Razia Nagarwala, International Journal of Current Research and Review IJCRR, Vol 11 • Issue 02 • January 2019
- 18) Validation of duke activity status index questionnaire to determine functional capacity in young healthy non exercising individuals.** The Journal of Indian Association of Physiotherapists, 192.168.0.189], 2019;13:14-7 Saba Khan1, Razia Nagarwala
- 19) Correlation between BODE index and stages of COPD,** The Journal of Indian Association of Physiotherapists Ruchita B. Hajare, Raziya Nagarwala,
- 20) A Randomized Trial to Compare Better Effect of Tai Chi Chuan or Pranayama in Improving Lung Function in Normal Individuals**
International Journal of Current Research and Review, Vol 11 • Issue 15 • August 2019
Sharvari N. Chitnis, Raziya Nagarwala ISSN: 0975-5241
- 21) Reduced Ventilatory Muscle Strength- A Risk Associated With Low Back Pain- A Case-Control Study** Isha Shripad1, Razia Nagarwala2, International Journal of Health Sciences & Research (www.ijhsr.org) Vol.9; Issue: 12; December 2019 68-73
- 22) Effectiveness of Pulmonary Rehabilitation in a Patient with Idiopathic Pulmonary Fibrosis: A Case Study** Isha Shripad1, Razia Nagarwala2, International Journal of Health Sciences & Research Vol.9; Issue: 12; December 2019 74-79
- 23) Frequency of depression, anxiety and stress in physiotherapy students and their coping strategies.** Revati Malani, Dr. Razia Nagarwala The International Journal of Indian Psychology, Volume 8, Issue 2, April- June, 2020
- 24) Factors affecting kinesiophobia in coronary artery disease patients**
Natasha Nitin Tungare, Razia Nagarwala. The Journal of Indian Association of Physiotherapists June 29, 2020, IP: 125.99.67.78
- 25) A Reliability Study of Shuttle Walk Test on Field and Treadmill in Healthy Individuals – Are the Responses Interchangeable?** Sayali Rane, Razia Nagarwala
International Journal of Current Research and Review Vol 12 • Issue 14 • July 2020

- 26) **Knowledge, attitude and practice towards exercise in young females diagnosed with polycystic ovary syndrome.** Preet V Davda, Razia M Nagarwala
Indian Journal of Obstetrics and Gynecology Research 2020;7(3):1–4
- 27) **“Evaluation of academic motivation in physiotherapy students.** Payal Dalal, Raziya Nagarwala **The International Journal of Indian Psychology.** December 31, 2020
- 28) **Evidence based national consensus: Recommendation for physiotherapy management in COVID 19 in acute care Indian setup** Mariya Jiandani, Bela Agarwal Raziya Nagarwala
Indian Journal Of Critical Care Medicine Vol 24 No 8 August 10071 – 23564
- 29) **Comparison of Sit to Stand Test and Two Minute Walk Test for the Evaluation of Functional Status in Post Cardiac Valve Replacement Surgeries** Tulika Tribhuwan1 , Raziya Nagarwala, **International Journal of Health Sciences and Research (www.ijhsr.org)**pg 315 Vol.10; Issue: 12; December 2020
- 30) **Correlation between Barthel Index based on dyspnea (BI-d), COPD Assessment testN(CAT), BODE and GOLD classification as a staging system of COPD.**
Shraddha Lahoti, Dr. Raziya Nagarwala, **2021 IJCRT | Volume 9, Issue 2 February 2021**
- 31) **Does obesity affect the respiratory muscle strength? An observational study**
Isha Shripad*, Raziya Nagarwala. **International Journal of Community Medicine and Public Health . 2021 Apr;8(4):1880-1884**
- 32) **Effect of Abdominal Binder on Physiological Cost Index in Chronic Obstructive Pulmonary Disease.** Chaitali Kadam, Raziya Nagarwala **Indian Journal of Community Medicine | Volume 46 | Issue 4 | October-December 2021**
- 33) **Translation and Validation of the Modified Borg Scale (CR-10) in Hindi Language in Healthy Indian Adults.** Riddhi R Shah, Raziya Nagarwala. **Indian Journal of Respiratory Care** Volume 11 | Issue 1 | January-March 2022
- 34) **Agreement between Duke Activity Status Index and Modified Veterans Specific Activity Questionnaire in Healthy Individuals: A Cross-sectional Study.** Poonam R Navbade, Raziya M Nagarwala. **The Journal of Medical Sciences; Volume 7 Issue 1 (January–March 2022)**
- 35) **Knowledge, attitude and perception of menopausal changes in middle age women of urban population.** Sayali Bandole, Raziya Nagarwala **Indian Journal of Obstetrics and Gynecology Research**
- 36) **"Prevalence of foot problems associated with wearing safety footwear in factory employees".** Shruti A. Dumbhare, Dr. Raziya M. Nagarwala,
International Journal of Community Medicine and Public Health