

## CURRICULUM VITAE

**Dr. Mansi S. Jani**

**Physiotherapist [BPTH]**

**Lactation Consultant [IBCLC]**

**Infant and Child Feeding Counselor [IYCFC]**

**[Overall experience 10+ years]**

**Mobile** : (+91) 96193 01126

**Email** : [janimansi94@gmail.com](mailto:janimansi94@gmail.com)

**LinkedIn:** [Dr Mansi Jani](#)

**Insta** : [dr.mansi\\_thebabyfeedingdoctor](#)

**FB** : [DrMansis-Breastfeeding-Consultancy](#)

**Add** : Thane East

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### **Objective:**

To work for professional experience in order to achieve excellence in the field of Women's Health, Childbirth and Lactation and Young Child Care.

Looking for an opportunity, which increases the build on my skills with hands-on clinical experience and better exposure to shape my career as an International Board-Certified Lactation Consultant , Women's Health Physiotherapist and Young Child Feeding Counselor

To continuously grow in stature- both as a professional and as an individual by working with a reputed and dynamic professional Medical Healthcare Firm.

### **Profile overview:**

Overall 10+ years of extensive experience in Physiotherapy with special interest in women's health, intensive care, medical & surgical physiotherapy, orthopedic rehabilitation, stroke rehabilitation, pregnancy & post pregnancy exercise regime and guidance , childbirth education, labor support, lamaze breathing In labor breastfeeding counseling & guidance, young child feeding guidance, women's health fitness & nutrition.

Effectively consulted and supported 10,000+ Mother and Child Dyads with successful results in optimal nutrition, growth and development of the dyads.

### **Key Competencies – Antenatal, Postnatal & Late Postnatal care:**

#### **Antenatal care:**

- Exercise guidance during pregnancy
- Labor and Childbirth Education
- Lamaze Breathing guidance
- Breastfeeding counseling
- Birth and Baby care Preparation counseling
- Prenatal Yoga and Aerobics guidance
- Pregnancy diet counseling.

#### **Postnatal care:**

- Neonatal resuscitation
- Golden Hour Breastfeeding
- Following WHO and UNICEF protocols for effective breastfeeding and baby care counseling
- Post pregnancy exercise and posture guidance and exercise regime prescription
- Breastfeeding diet counseling
- Guidance on breastfeeding and breastmilk related issues
- Psychological support
- Partner and family guidance on baby care and breastfeeding
- NICU baby feeding guidance.

### Late Postnatal care:

- Getting back to work guidance and counseling
- Complementary foods and baby led weaning
- Sleep training for baby
- Baby growth monitoring and counseling till 2 years of age.

### Educational Qualification& Certification:

| <u>Qualification</u>   | <u>Education Institute</u>  | <u>Passing Year</u> | <u>Grade</u>    |
|--|---|---------------------|-----------------|
| <b>IBCLC:</b> International Board Certified Lactation Consultant                   | <b>IBLCE</b> , International Board of Lactation Consultant Examiners, USA | 2021                | 83% Distinction |
| <b>NRP:</b> Neonatal Resuscitation Provider  | <b>IAP</b> , Indian Academy of Pediatrics                                 | 2021                | NA              |
| <b>ICOG &amp; FOGSI:</b> Certification course on Breastfeeding and Breast Diseases | <b>ICOG &amp; FOGSI</b> – Obstetric & Gynec Society of India              | 2020                | NA              |
| <b>IYCF:</b> Infant & Young Child Feeding Counsellor                               | <b>BPNI</b> , Breastfeeding Promotion Network of India                    | 2019                | NA              |
| <b>BPT</b> : Bachelors of Physiotherapy  | <b>MGM's</b> college of Physiotherapy (Affiliated to MUHS, Navi Mumbai)   | 2012                | 66% First Class |
| <b>H. Sc (12<sup>th</sup> Grade)</b>   | <b>S. K. Somaiya</b> Jr. College, Mumbai                                  | 2007                | 66% First Class |
| <b>S.S.C (10<sup>th</sup> Grade)</b>   | <b>BIM's</b> Paradise High School, Thane                                  | 2005                | 75% Distinction |

### Professional Experience:

#### ❖ Apollo Hospital (Navi Mumbai): From August 2019 till date (2 Years 9 months)

##### **As Lactation Specialist and Child Feeding Counselor**

Handling IPD and OPD Breastfeeding counseling sessions , Nurses Training sessions on Correct Breastfeeding, Active Part in Labour and OT for early breastfeeding and breast crawl , Neonatal ICU counseling sessions, Discharge plan and Follow ups taken care of. Conducting workshops and campaigns (online+ offline) organized by Apollo Hospitals on World Breastfeeding Week , Mother's Day , Women's Day to spread awareness on optimal infant feeding.

#### ❖ Fortis Hospital (Vashi) : From December 2016 – July 2019 (2 Years 8 months)

##### **As Lactation Specialist, Childbirth educator and Fitness Expert**

Centre Manager , Women's health Physiotherapist , Lactation Consultant and Childbirth Educator at Fortis MammaMia Vashi (a vertical branch of Fortis Healthcare – Lafemme Hospitals , specialized in Prenatal and Postnatal care , pre-natal and postnatal fitness, lactation and childbirth education)

#### ❖ Fortis Hospital (Vashi) : From November 2012 – Nov. 2016 (4 Years)

##### **As Senior Physiotherapist**

Senior ICU , IPD , OPD Physiotherapist at FORTIS HIRANANDANI HOSPITAL, Vashi (Navi Mumbai)

#### ❖ Jupiter Hospital (Thane) : From March 2012 – Sep. 2012 (6 months)

##### **As Physiotherapist**

Physiotherapist at JUPITER HOSPITAL, Thane

❖ **Private Practice & Consultation:**

Digital content creator , blogs , videos , short clips on early motherhood , safe birthing , breastfeeding , baby feeding , exercises and fitness sessions , antenatal and post-natal workouts , women nutrition.

Conducting online awareness sessions / webinars on Human Milk Banking , Nutrition in Lactation , Ten Steps to successful Breastfeeding by WHO and related topics.

**Registration No.:**

**2012/08/PT/002462** : Reg. under Maharashtra State Occupational Therapy & Physiotherapy Council, Mumbai

**IBCLC** :Jan'2021 to Dec'2025 [ L 302334 ]

**BPNI Central** :IYCF/CS 1247 [ 2019 ]

**BPNI Maharashtra** : MH 632 [ 2020 ]

**Professional references:**

**Reference-1:**

Dr. Vandana Gawdi (Head – Senior OBGY)  
Apollo Hospitals (Navi Mumbai)  
M: +91 9322296308

**Reference-2:**

Dr. Ashok Gawdi (Head – Sr. Pediatrician & Neonatologist)  
Apollo Hospitals (Navi Mumbai)  
M: +91 9820307841

**Dr. Mansi S. Jani**

**Place** :Thane

**Date** : 3<sup>rd</sup> May 2022

**Declaration:** I hereby mention that the above given data is true to my knowledge. Thanking You.