

ABOUT SNEHA

SNEHA (Society for Nutrition, Education and Health Action) is a Mumbai-based non-profit organization dedicated to improving the health, nutrition, and safety of women and children living in vulnerable urban informal settlements. Our mission is to empower urban women and children through integrated health and nutrition programs, education, and advocacy.

We work through a dual approach—engaging both care seekers and care providers. At the community level, we empower women and families to become agents of change, while simultaneously collaborating with public health and safety systems to drive sustainable improvements in urban health outcomes.

SNEHA's key programs include:

Maternal and Child Health
Empowerment, Health and Sexuality of Adolescent
Prevention of Violence against Women and Children
Public System Partnership
Palliative Care

Between 2016 and 2025, SNEHA directly reached over 620,555 women, children, and healthcare workers, and indirectly impacted a population of over 3.63 million across seven municipal corporations and three municipal councils in the Mumbai Metropolitan Region (MMR).

Today, SNEHA is a 500+ member organization with deep grassroots presence and a strong track record of reducing maternal and neonatal mortality, child malnutrition, adolescent anemia, and gender-based violence—key determinants of health equity for families and communities.

ABOUT THE PROGRAM

'Romila Palliative Care' - supports patients with life-limiting illnesses, primarily those with cancer. 'Romila' means 'heartfelt' and symbolizes the loving, compassionate and competent care that this Project hopes to provide patients to enable them to live a life of dignity and hope through their illness. It will also support their family and care-givers to help them look after the patient better, with greater assurance and confidence.

“WHAT’S IN IT FOR ME” (WIIFM) - AT SNEHA

At SNEHA, our fundamental belief is that prioritizing people is key, demonstrating our strong dedication to nurturing a supportive and growth-driven atmosphere. We uphold an open-door policy that champions transparency and open dialogue. We actively invite employees to voice their ideas, feedback, and concerns, fostering a culture where innovation and teamwork can flourish.

If you value excellence and are passionate about nurturing individuals, SNEHA is the perfect place for you!!

For detailed Information visit our website: www.snehamumbai.org and follow us on:

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PROFILE SNAPSHOT

Designation: Consultant Physiotherapist

-  **Role:** Dedicated and compassionate Physiotherapy professional specializing in comprehensive patient-centered care. Skilled in assessing, planning, and delivering individualized rehabilitation programs to improve functional independence, manage symptoms, and enhance quality of life.
-  **Educational Requirement:** Bachelor of Physiotherapy.
-  **Experience:** 2 to 5 years
-  **Location:** MMR
-  **Apply:** Applications are to be sent via email to belinda.menezes@snehamumbai.org with the Subject line: “Consultant Physiotherapist”

COMPREHENSIVE OVERVIEW OF THE POSITION

DUTIES & RESPONSIBILITIES:

1. Patient Assessment

- Assess physical function, mobility, pain, fatigue, breathlessness, and risk of falls.
- Evaluate muscle strength, joint range of motion, posture, and balance.
- Identify functional limitations affecting daily activities (ADLs).
- Review medical history and treatment plans in coordination with doctors and nurses.

2. Pain and Symptom Management

- Provide non-pharmacological pain relief through:
 - Therapeutic exercises
 - Positioning and posture correction
 - Heat/cold therapy (as appropriate)
- Help manage symptoms such as stiffness, muscle spasms, weakness, and fatigue.

3. Positioning and Pressure Sore Prevention

- Educate patients and caregivers on correct positioning and regular repositioning.
- Provide techniques to prevent bedsores and contractures.
- Advise on supportive devices like cushions and mattresses.

4. Respiratory Care

- Teach breathing exercises to reduce breathlessness.
- Assist with chest physiotherapy when required.
- Educate caregivers on positioning to ease breathing.

5. Lymphedema and Edema Management

- Assess and manage lymphedema using:
 - Gentle exercises
 - Limb positioning
 - Basic manual techniques (as appropriate)
- Educate caregivers on limb care and precautions.

6. Exercise Therapy

- Design individualized, gentle exercise programs based on patient tolerance.
- Encourage safe physical activity to maintain strength and flexibility.
- Monitor response and modify exercises according to disease progression.

7. Caregiver Education and Support

- Train caregivers in:
 - Safe handling and transfers
 - Home exercise programs
 - Positioning and mobility techniques
- Address caregiver concerns and provide emotional reassurance.

8. Multidisciplinary Team Coordination

- Work closely with doctors, nurses, counselors, and social workers.
- Participate in case discussions and care planning.
- Provide physiotherapy inputs for holistic patient care.

9. Documentation and Follow-Up

- Maintain OPD records of assessments, interventions, and progress.
- Conduct check-ups, diagnosis of ailment, physiotherapy sessions, assist in dispensing medication

BEHAVIOURAL COMPETENCIES

- Patience and empathy
- Effective Communication, personal and interpersonal skills
- Team working skills
- Sound values and work ethics
- Effective communication and inter-personal skills
- Ability to manage change and diversity.
- Enthusiasm for community engagement and networking.
- Strong sense of empathy, and negotiation and persuasion skills
- Sound values and work ethics

“Come and be a catalyst for innovation and positive change—apply today to shape the future with us!”