

SINCY CHINNS THOMAS



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Chiramukathu Mannil

Opp. Edessa Convent, Edachery Road

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CAREER OBJECTIVES:

Physician/Healthcare Provider with interests in growing needs of complementary and alternative medicine and importance of lifestyle choices like exercises and diet for prevention and rehabilitation in diseases and disorders.

EDUCATIONAL QUALIFICATIONS:

- Passed 10th in 2007 with 88 percent, 12th in 2009 with 72 percent.
- Bachelors In Ayurvedic Medicine And Surgery (2009-2015) , Karnataka, India - passed with first class of 72

percent

- MSc. Physical Activity And Health Promotion (Science and Technology of Sport) , Rome, Italy- completed in 2017 with 110/110 and honors (Thesis done on the topic "effect of exercise in children with ADHD(Attention Deficient Hyperactive Disorder)

SKILLS:

- ◆ Young and ambitious physician accomplished in primary health care and committed to rehabilitative care.
- ◆ Good skills and knowledge in yoga practices and therapeutic massage techniques.
- ◆ Compassionate professional with strong interpersonal skills
- ◆ Good leadership qualities.
- ◆ Expertises in patient counselling for management of lifestyle disorders with interventions including exercise and diet modulations.

HONORS AND ACTIVITIES:

- Received two scholarships , one from University Of Rome Tor Vergata and Other from the Governmental organization of Laziodisu Rome for the year 2015-17.
- Thesis work done on THE EFFECT OF EXERCISES ON CHILDREN WITH ADHD.
- Lecture conducted on the topic Sports nutrition and use of Supplements in exercises.
- Presentations done in subjects like biomechanics, cardiac rehabilitation exercises, uses of NSAIDS in physically active people, Exercise responses to Hormone Cortisol.

WORK EXPERIENCE:

1. Worked with Pediatric department of Policlinico Torvergata from 2016 to 2017 as a part of the research thesis in Children with ADHD.

2. Currently working as a senior associate in medical summarization for workers compensation in an US based corporate firm in Cochin, Kerala, India since January 2018.