

ANWAR PAUL THOMAS

Physiotherapist

Mob : +91-9633621917

anwarpaulthomas@gmail.com



Career Objective

Ready and qualified for the next stage in a successful career where my knowledge, skills and potentials can be extensively applied for better exposure and experience; also looking forward to make a significant contribution as a physiotherapist.

Academic Qualification

- 2010 - 2015** : **Bachelor of Physiotherapy,**
TheTamilnadu Dr.M.G.R. Medical University
K.M.C.H College Of Physiotherapy
- 2010** : **Plus two**
M.K.M Higher Secondary School, Piravom
- 2008** : **SSLC**
M.K.M Higher Secondary School, Piravom

Work Experience

- Institution** :Wellness one Advanced Physiotherapy and Rehabilitation Centre, Calicut (www.wellnessone.in)
Title held : Physiotherapist
(Neuro & Homecare department)
Date : April 2016 – Present

Clinical Exposure

1. Having 4 years of clinical exposure at a multispeciality hospital **Kovai Medical Center & Hospital**(800 bedded) in Coimbatore, TamilNadu, India.
2. Done with 6 months Compulsory Rotatory Internship from March 2015- September 2015 with exposure in various fields of:
 - Physical Medicine and Rehabilitation - Out Patient Unit
 - Neurology and Neurosurgery
 - Pediatrics and Neonatal Care
 - Neuro Intensive Care Unit
 - Surgical Intensive Care Unit/Critical Care Unit
 - Medical Intensive Care Unit
 - Cardio-Thoracic Unit/HDU
 - Liver unit
 - Neonatal Intensive Care Unit
 - Cardiology
 - Cardio-Thoracic Surgery and Pulmonary Rehabilitation
 - Sports Rehabilitation
 - Prosthetics and Orthotics
 - General Medicine and General Surgery
 - Orthopedic Surgery and Traumatology
 - Plastic Surgery and Burns Unit
 - Obstetrics and Gynecology and Women's Health
 - Geriatrics Rehabilitation and Community Based Rehabilitation

SURGERIES ATTENDED:

- ✓ CABG
- ✓ Craniotomy
- ✓ Craniectomy
- ✓ Burr-hole decompressive surgery
- ✓ Lumbar puncture
- ✓ Total knee arthroplasty
- ✓ Deep brain stimulation
- ✓ Club foot corrective surgery
- ✓ Labour
- ✓ Tracheostomy
- ✓ IM nailing for femur fracture

Dissertation

COMPARISON OF STRAIGHT LEG RAISING AND STRAIGHT LEG LOWERING FOR IMPROVING ABDOMINAL MUSCLES STRENGTH AMONG COLLEGE STUDENTS.

Clinical Course Done

Course : Essentials of Physiotherapy in Leprosy

Duration: September 15 – 20, 2014

Venue : Schieffelin Institute of Health Research and Leprosy Centre, Karigiri, Tamilnadu

CME'S & Workshop's

- Attended “ **Stride’13-International Physiotherapy Conference** “held on 18th and 19th October 2013, at Saveetha University organized by Saveetha College of Physiotherapy during Vicennial year celebration.

- Attended the ‘**World Head Injury Awareness Day Workshop**’ held on 20th March 2013, at Ganga Hospital Coimbatore.
- Attended the event on ‘**Orthotics and Prosthesis in shoulder and knee Rehabilitation**’ held on 2nd March 2014, at MEDITEX CONFERENCE-2014.
- Attended conference on ‘**International perspectives on Ageing: Evidence to guide clinical practice**’ held on 6th March 2014, at PSG COLLEGE OF NURSING .
- Participated in 75th Continuous Professional Development program, **National Conference on ‘Traumatic Brain Injury’** held on 30th November which has been Accredited for 10 credit points by the Tamilnadu Dr. MGR Medical University, Chennai.
- Participated in “**National Conference on ‘Rehabilitation for Solid Organ Transplantation**” on 24th January 2015 organized by KMCH College of Physiotherapy during Vicennial year celebration which has been Accredited for 10 credit points by the Tamilnadu Dr. MGR Medical University, Chennai
- Participated in “**CPOC- 2014, 1ST KMCH Coimbatore Paediatric Orthopaedic Conference**” held on 5th and 6th April 2014, at KMCH Coimbatore.

- Participated in the workshop titled **‘European Association for the study of Diabetes(ESAD) DIABETIC FOOT WORKSHOP’** held on 5th November 2013 organized by Kovai Medical Center and Hospital,Coimbatore.
- Completed and passed the examinations conducted at Schieffelin Institute of Health Research & Leprosy Centre Karigiri, Tamilnadu for the course **‘Essentials of Physiotherapy in Leprosy’** held on September 15th,16th,17th,18th,19th and 20th 2014.
- Attended more than 30 **Continuous Professional Development programs** conducted at Kovai Medical Center & Hospital (KMCH) by College of Physiotherapy in different topics.

Extra Curricular Activities

- Culturals: Sports
- Main sports- Javelin throw,Disc throw,Shot put
- Was in school swimming team.
- Participated in various marathons held by Kovai Medical Center and Hospital
- **Interests:** All sports, Reading, Travelling.

Personal Details

- ✓ Sex : Male
- ✓ Date of Birth : 9th August 1991
- ✓ Name of Father : Thomas K Paul
- ✓ Name of Mother : Raechel Thomas
- ✓ Nationality : Indian
- ✓ Marital Status : Single
- ✓ Languages Known : English, Malayalam and Tamil
- ✓ Present Address : Kappikara house,
Kottayam district,
Peruva P.O, Pin Code: 686610

- ✓ Passport Details : Passport No. : N5655243
Place of issue: Cochin
Date of issue: 22-12-15

Declaration

I hereby declare that the above furnished details are true to the best of my knowledge and belief and also willing to give my best for this institution.

PLACE:

DATE:

ANWAR PAUL THOMAS

Reference

Dr. Edmund D' couto. M.B.B.S, D. Phys. Med., MD (PM&R)

Head of the Department,
Department of Physical Medicine & Rehabilitation,
KovaiMedicalCenter& Hospital,
Avinashi Road,
Coimbatore- 641 014.

Mobile: +91-9443910831

Mr.S.Sivakumar MPT (Ortho)

Professor
HOD Dept of Orthopedic Physiotherapy
KMCH college of Physiotherapy
KovaiMedicalCenter& Hospital,
Avinashi Road,
Coimbatore- 641 014.

Mobile:+91-9842274794

Shavan ganapathy

CEO, Wellnesone, calicut

Mobile:+91755800555

Shavan.ganapathy@gmail.com