

CURRICULUM VITAE

SHANU PAUL

PARAPPATTU VEEDU

KARUVATTA,ADOOR P.O.,

PATHANAMTHITTA(dist), KERALA

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OBJECTIVES

- Seeking for a position in the field of Physical therapy as **CLINICAL PHYSIOTHERAPIST** that will provide a wide experience.
- to work in an organisation offering a challenge, friendly atmosphere, appreciation of initiative and independent working and an opportunity to utilise the skills attained through past experiences and scope for growth

EDUCATIONAL QUALIFICATION

- **Post Graduation: MASTER OF PHYSIOTHERAPY (MPT- Neurology)** with 55% of marks from **MAHATHMA GANDHI UNIVERSITY (2016-2018)**
- **Graduation: BACHELOR of PHYSIOTHERAPY (BPT)** with 60% of marks from **MAHATHMA GANDHI UNIVERSITY (2009-2014)**
- **Plus Two: H.S.E** with 79% marks in 2009, from **Govt.B.H.S.SAdoor.**
- **SSLC :** with 93% marks from **K.R.K.P.M BOYS H.S & V.H.S.S KADAMBANAD.**

BACHELOR OF PHYSIOTHERAPY

INTERNSHIP:

- Six months of internship training from 24th NOVEMBER 2014 to 30th May 2015 at **Medical Trust Hospital (NABH accredited), Cochin.**

CLINICAL POSTINGS:

- Clinical postings of IInd, IIIrd, IVth year at **Medical Trust Hospital (NABH accredited), Cochin.**

During the period of internship the following departments are covered

- NEUROLOGY & NEURO SURGERY
- ORTHOPAEDICS
- CARDIOLOGY & CARDIAC SURGERY
- BRONCHO RESPIRATORY
- PAEDIATRICS AND GYNAECOLOGY
- PRE OPERATIVE AND POST OPERATIVE ICU'S & WARDS
- GASTRIC AND GENERAL MEDICINE
- PLASTIC SURGERY
- PHYSIOTHERAPY DEPARTMENT
- ORTHOTIC AND PROSTHETIC DEPARTMENT
- DIFFERENTIALLY ABLED CHILDREN SCHOOL POSTINGS
- RADIOLOGY DEPARTMENTS (M.R.I. , C.T)
- E.C.G, E.E.G, P.F.T, & N.C.V.T DEPARTMENTS

- Worked with senior Physical Therapists and other department heads in **MEDICAL TRUST HOSPITAL**, to mould my skills in various areas.

JOURNAL and CASE PRESENTATION

- **Journal:-**INSPIRATORY MUSCLE TRAINING IN COPD
- **Case Presentation:-**BILATERAL BELOW KNEE AMPUTATION

PROJECT DETAILS

- Done project on **TEMPOROMANDIBULAR DYSFUNCTION** in second year.
- Done project on **EFFECTS OF PLYOMETRICS IN PARKINSON'S DISEASE** in third year.
- Done project on **PHYSIOTHERAPIC MANAGEMENT IN CONGENITAL HEART DISEASE** in fourth year.

MASTER OF PHYSIOTHERAPY

CLINICAL POSTINGS:

- Six months of clinical posting (Ist year) from 13th April 2017 to 13th October 2017 at **Mount Zion Medical College Hospital, Adoor**
- Three months of thesis data collection posting (IInd year) from 5th February 2018 to 12th May 2018 at **Believers Church Medical College Hospital (NABH accredited), Thiruvalla**

DISSERTATION :

- “EFFICACY OF KINESIO-TAPING ALONG WITH FOUR WEEK SIMPLE BALANCE EXERCISE ON STANDING BALANCE ABILITY IN STROKE SUBJECTS”

DUTIES AND RESPONSIBILITIES

- To provide assessment, advice and treatment to client groups
- To communicate and interact with all members of the multidisciplinary team for the elderly/acute rehabilitation.
- To liaise with other physiotherapy staffs and to be involved in continuing education including research and development
- To be involved in patient assessment for aids and appliances and maintain accurate stock control and records.

STRENGTH

- Fluent in English, Hindi, Tamil & Malayalam languages
- Updated knowledge in the field of medicine
- Can lead a team with confidence
- Good communications skills
- Close relationship with senior Physiotherapists and colleagues

ACTIVITIES

- Participated in various **national and state level athletic meets** as a physiotherapy trainee.
- Participated in medical team for various **International, national and state level Cricket tournaments** held at Cochin.
- Participated in various **national and state level Football tournaments** held in Cochin (SANTHOSH TROPHY FOOTBALL, ALL KERALA CLUB FOOTBALL, ALL KERALA INTERCOLLEGES FOOTBALL, ALL KERALA C.B.S.E FOOTBALL, etc)

CMEs & WORKSHOP ATTENDED

- Participated in workshop regarding PARKINSONISM DISEASE conducted by KAPC.
- CME on SHOULDER REHABILITATION and SPINAL CORD INJURY.
- CME on ARDS, organized by Medical Trust Hospital.
- Participated in workshop regarding MYO-FASCIAL RELEASE & KINESIO-TAPING.
- CME on BRUNNSTROM'S APPROACH IN STROKE REHABILITATION organised by Medical Trust Hospital.
- Participated in workshop entitled on ANATOMY TRAINS AND ITS THERAPEUTIC IMPLICATIONS, TAPING IN SPORTS INJURIES.
- Participated in workshop entitled on NEURO DEVELOPMENTAL TREATMENT IN ADULT HEMIPLEGIA.

WORK EXPERIENCE

- **SANJEEVANI PHYSICAL MEDICINE AND REHABILITATION CENTRE, CHENGANNUR, KERALA-689121 (24th July 2015 - 24th January 2016)**
- **CMRA, KUNDALAHALLI, BANGALORE (April 4th 2016-September 4th 2016)**
- **SRADDHA HOME CARE, KOTTAYAM, KERALA (5 months)**
- **FORTIS HOSPITAL, B'LORE (15th Dec 2018 – 28th Feb 2019, [trainee])**

PERSONAL DATA

Name SHANU PAUL
Sex Male
DOB 03-05-1991
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Marital status Single
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Religion Christian
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REFERENCES

Mrs. Priya Accal Thomas
Head of the Department
Department of Physiotherapy
School of Medical Education
Centre for Professional and
Advanced Studies
Kottayam
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Mr. M. A. Joseph
Chief Physiotherapist
Medical Trust Hospital
Cochin, Ernakulam.
Ph. 9846091844

DECLARATION

I hereby declare that the above facts given by me are true to the best of my knowledge and belief.

Place: Adoor

Signature

Date: 31-10-2019

Shanu Paul