

# NASEEMA BAI J

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Address No.8 ,Gopalapuram 3rd main road, Pattabiram, Chennai-600072 |  
Location Chennai TamilNadu India

## Summary

As a recent graduate, I am seeking a role which will allow me to continue learning and help to improve my skills as I provide high quality work, and encourages me to flourish in my field

## Work Experience

### Muthu Multispecialty Clinic | Chennai TamilNadu India

Physiotherapist  
Oct.2020 - Oct.2021

Worked as a Physiotherapist managed patients single handedly . Assessed the patients , planned their management and treated them .

## Education

### The TamilNadu Dr. M.G.R Medical University | Chennai TamilNadu India

Allied Health Sciences , Bachelor of Physiotherapy  
May.2015 - Sep.2020

Completed UG with a percentage of 68.1%  
Project - To compare the effects of retrotreadmill walking with or without ultrasound, stretching for plantar fasciitis

### St. Francis Xavier Anglo Indian Higher Secondary School | Chennai TamilNadu India

, Higher Secondary  
May.2013 - Apr.2015

Completed Higher Secondary with a percentage of 84%

### St. Kevin's Anglo Indian High School | Chennai TamilNadu India

, High School  
May.2012 - Apr.2013

Completed my High Schooling with a percentage of 94%

## Internship and Clinical postings

### INTERNSHIP :

Synergy Physio Care and Rehabilitation Centre  
Rajiv Gandhi General Government Hospital, Chennai  
Institute of Obstetrics and Gynaecology, Chennai  
Mohamed Sathak A.J, College of Physiotherapy

### CLINICAL POSTINGS :

Adyar Cancer Institute  
Kalyani Hospital  
A.G.Hospital  
Indian Red Cross Society  
Sunder's Vishalayam Special School  
Vijaya Hospital  
Mercury Hospital

## Conferences and Workshops attended

### CONFERENCES ATTENDED

International physiotherapy conference at Christian College of Physiotherapy in 2016.  
International Conference IAP -Madurai chapter in 2018.  
CME on Early intervention for special children held by The TamilNadu Dr.M.G.R. Medical University in 2019.  
CME on Exercise medicine sports science surgery rehabilitation and nutrition as part of 3rd IARH academic session by Apollo Hospitals and International Association of Rejuvenating Hands in 2019.  
Intercollegiate CME program - Ensemble 2019 by U.C. College of Paramedical Sciences in 2019.

### WORKSHOPS ATTENDED

Early intervention for special children by The TamilNadu Dr.M.G.R Medical University in 2019.  
Training in Cardiopulmonary Resuscitation held on 2016 in Saveetha University as part of Save a life Movement.

## Skills

Team Work \_\_\_\_\_  
Punctuality \_\_\_\_\_  
Hardworking \_\_\_\_\_

## Languages

English ★ ★ ★ ★ ★  
Tamil ★ ★ ★ ★ ★  
Urdu ★ ★ ★ ★ ★  
Hindi ★ ★ ★ ★ ★

## Interests

Drawing  
Cooking  
Gaming  
Crafts  
Listening to music's

## Declaration

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

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