



# AJAY ZACHARIAH VARGHESE

Padanilathu ( house) Pakkil P.O Kottayam 686012 Kerala  
8078107885 | zachariahajay1999@gmail.com

## OBJECTIVE

A self - motivated, hardworking Physical Therapist to work in a growth-oriented environment which encourages me to succeed and grow professionally where I can utilize my skills and knowledge and is able to communicate effectively and sensitively to patients and caregivers to augment their fast and effective rehabilitation and to improve their quality of life.

## ACADEMIC QUALIFICATIONS

- **Kasturba Medical College, Mangalore - Manipal Academy of Higher Education ( MAHE)**  
2017-2021  
Bachelor's Of Physiotherapy  
7.18 CGPA
- **BMM English Medium Senior Secondary School**  
2017  
Senior School Education (CBSE)  
7.9 CGPA
- **Marian Senior Secondary School**  
2015  
Secondary School Education (CBSE)  
9 CGPA

## CERTIFICATION

- Certification course by Coursera
  - Science of Exercise ( University of Colorado Boulder)
  - Covid Completion Certificate by Intelycare( CME)

Indian Academy of fitness Training (IAFT)

A complete fitness training program

Include:

- 1) Aerobic instructor training
- 2) Pilates instructor training
- 3) Diabetic fitness
- 4) Power yoga
- 5) Diet and nutrition for fitness
- 6) Pre and post natal fitness training
- 7) Spinning certification
- 8) Advanced Gym/ fitness training instructor

## EXPERIENCE

- **Kasturba Medical College**  
August 2021 - February 2022  
Intern

### *Elements of Internship Program*

Kmc Hospital Jyothi circle Mangaluru  
Kmc Hospital Attavar,Mangaluru  
Community camp ,Bloor  
Child development center chethna /Pediatric camp  
Neurosensory development unit -Bejai  
Durga Sanjeevini Manipal Hospital

## **SKILLS**

- Excellent interpersonal skills, • Good Communication skills, • Flexibility, • Timely executing manual skills taking into consideration of individual clinical priorities

## **LANGUAGES**

- English - Full professional proficiency • Malayalam - Native or bilingual proficiency • Hindi - Elementary proficiency • Kannada - Elementary proficiency

## **ROLES AND RESPONSIBILITIES**

- Assessed and treated different types of patients in different fields like :

- Orthopaedics (OPD and IPD)
- Neurosciences(Neurology and Neurosurgery)
- Intensive care unit – CTVS,NSICU,MICU ,Post op ICU and COVID ICU
- General Medicine- PTCD
- General surgery (oncology)
- Women's Health Physiotherapy
- Community •Physiotherapy(Geriatrics/Pediatric camp
- COVID postings

Also includes moderating discussions and case presentations .

- Assessed and treated both inpatient and outpatient by improving physical strength,cognition,mobility and quality of life in patients of all ages
- Evaluating,planning and delivering bespoke physiotherapy plans to cater needs of individual patients
- Formulated plan of care and evaluated patients response to the care
- Administered sound diagnosis and development treatment program along with other health professionals
- Maintained and updated record of patient's history,treatment and follow -up.

## **CONFERENCES / WORKSHOPS ATTENDED**

- CPE on "Recent trends in ACL: Surgical and Rehabilitation Perspective" conducted by Department of Physiotherapy ,KMC Mangaluru held on 12 November 2019
- Webinar on "Pain in elderly : an interdisciplinary approach in evaluation and management" held On 18th September 2021

## **REFERENCE**

- Dr. Abraham M. Joshua, MPT ( Neuro)  
Ph.D, Associate Professor - Senior Scale  
Department of Physiotherapy,  
KMC Mangalore  
Email - abraham.joshua@manipal.edu  
Ph : +919886188221
- Dr. Vijay Prathap Singh, Ph.D. , Fellow FAIMER  
Associate Professor  
Dept. Of physiotherapy  
Kmc Mangalore  
Email - vijaypratap.singh@manipal.edu  
Ph: +918967035789

## DECLARATION

- I hereby declare that all information given in curriculum vitae is true and accurate. It's a fair reflection of my ability.

Yours faithfully  
Ajay Zachariah Varghese