

# Tanya CA

HNRWA 51-A, Haritha Nagar, Vayalikkada, Vattiyoorkaavu p.o Trivandrum-695013, Kerala  
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## Objective

To obtain an entry-level position at a respected organization and utilize the educational qualifications I have obtained at Bethany Navajeevan College of Physiotherapy, Trivandrum, Kerala.

## Education

- **Bethany Navajeevan College of Physiotherapy/ Kerala University**  
Bachelor of Physiotherapy  
56% 2016-2021
- **St Goretti Girls High School**  
Biopsychology/ Plus two  
90% 2015-2016
- **Sarvodaya Central Vidyalaya/ CBSE**  
Biomaths/ 10th  
8.8 grade point 2013-2014

## Postings And Internships

- Snehaveed Hospice house and Social Rehabilitation Centre  
April 2018- May 2018
- Centre for Rehabilitation of the Disabled  
May 2018- June 2018
- Arumana Hospital  
June 2018- July 2018
- KIMS Hospital  
April 2019- May 2019
- Ananthapuri Hospital  
May 2019- June 2019
- Sree Ramakrishna Hospital  
June 2019- July 2019
- Sancta Maria Convent Home for Aged  
July 2020- August 2020
- SP Well Fort Hospital  
October 2020- April 2021

## Activities

- Volunteered at 'Snehaveed' Hospice house and Social Rehabilitation Centre as Physiotherapist.
- Volunteered at 'Sancta Maria' Convent home for Aged as Physiotherapist.
- Visited People for Animals(PFA).
- Attended International Physiotherapy Conference "Physio Summit" December 2016 at Girideepam Convention Center, Kerala.

- Attended International Physiotherapy Conference "Stride" October 2017 at Saveetha College of Physiotherapy, Chennai.
- Attended "Spinal Cord Injury Rehabilitation: Practical Approach" December 2018 at Bethany Navajeevan College of Physiotherapy, Kerala.

## Project

- **Effect of core stabilization training on dynamic balance in non professional sports players**  
Did a randomized controlled trial of firstly balance exercises which was tested using STAR Excursion Balance Test. Later core muscle strengthening was given which showed increase in balance and hence performance after core strengthening exercises.

## Experience

- **Sthenos Performance Physio and Rehab** August 1st 2021 - Present  
Physiotherapist

## Skills

- Ability to communicate effectively with people and their family members from various backgrounds
- Hardworking
- Understanding
- Tolerance and Patience
- Caring
- Empathetic
- Team working

## Languages

- Malayalam
- English

## Interests

- Music
- Drawing
- Dancing
- Crafts
- Traveling

## Declaration

- I hereby declare that the above given information is true and accurate to my knowledge.