



ANJU SALI JESSO

PHYSIOTHERAPIST

PROFILE

Name : ANJU SALI JESSO
Date of Birth : 03-12-1998
Sex : Female
Marital Status : Single
Email :
anjusalijesso@gmail.com
ADDRESS : Koyickal House
Manganam P.O Kottayam,
Kerala
Pincode : 686018
Contact number :
9902760235

Father's name : Jesso k
varghese
Mother's name : Sali Jesso

STRENGTHS

- Hardworking, punctual and sincere
- Good time management
- Interpersonal skills
- Good communication skills
- Ability to work as a part of a team
- Ability to establish a good relationship with patients and their family.

• Tolerance and patience
• Optimistic and enthusiastic

TECHNICALSKILLS

Basic computer knowledge
MS word

- MS PowerPoint

LANGUAGES KNOWN

- English
- Malayalam
- Kannada

EDUCATION

- BPT Sep 2017-Aug 2022
Laxmi Memorial College Of Physiotherapy , Mangalore
- Plus two July 2015-March 2017
Baker Memorial Girls HSS , Kottayam
- Tenth June 2014-March 2015
Mount Carmel Vidyaniketan , Kottayam

○ CAREER OBJECTIVE

Highly dedicated, skillful and competent physiotherapist seeking a position in the health care field to provide excellent service by making full use of my abilities, developing both personal and interpersonal skills along with sincere contribution to the organization's growth.

RESEARCH WORK

- 1] Final year -Efficacy of pulmonary rehabilitation on patient with COPD
- 2] Internship- Effectiveness of balance exercises versus strengthening exercises with common use of TENS to improve functional ability in osteoarthritis involving knee joint

INTERNSHIP

Completed 6 months of Internship in the following departments of AJ institute of medical sciences and research centre, Mangalore, Karnataka (NABH accredited):

- Orthopedics department
- Pediatrics department
- Neurology department
- ICU and Cardio-Respiratory department
- General Medicine and Surgery department
- Outpatient department and CBR postings
- Palliative Care Unit

NOTABLE HIGHLIGHTS

- Participated in “MANGLORE PHYSIOCON 2018, INTERNATIONAL PHYSIOTHERAPY CONFERENCE” held on 17 and 18th January 2018 at Town hall Mangalore, Karnataka.
- Attended National Physiotherapy Conference "CONFLUENCE 2019 at AJ institute of medical sciences in December 2019
- Attended the webinar on Tele-rehabilitation for older persons on 8th october2021
- Presented E Poster in the National level conference on "VESTIBULAR REHABILITATION"- Laxmi Memorial College Of Physiotherapy , title:- VESTIBULAR REHABILITATION EFFECTIVENESS FOR ADULT WITH MILD TRAUMATIC BRAIN INJURY / CONCUSSION: A LITERATURE REVIEW.
- Attended the webinar on "Splinting to Optimize Hand Function in Children With Cerebral Palsy" held on 27th july 2022
- Certificate course in Manual Therapy Organized by Manual Therapy Foundation Of India, Mangalore- March 26-May 1 2022

HOBBIES

- Athletics
- listening music
- Traveling

DECLARATION

I Anju Sali Jesso hereby declare that above mentioned particulars are true to the best of my knowledge and belief.