

ALTRIS V T

PHYSIOTHERAPIST

PROFILE

Name :

Altris V T

Date of birth:

23-02-2022

Sex:female

Marital status: single

Email: altristhomas23@gmail.com

ADDRESS:

Vazhappily house puthenvelikara p.o

Ernakulam(Dis). Pin code :683594

Contact number: 9902759965,

9744110740.

Father's name: Thomas V J

Mother's name: JessyThomas

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
- Hindi

EDUCATION

BPT Sep 2017-Aug 2022

Laxmi memorial college of physiotherapy,Mangalore

Plus two

July 2015-March 2017

St.Antony's HSS Mala Thrissur

S.S.L.C

June 2014-March 2015

Soccroso Convent Girls High school
Kottakkal Mala Thrissur

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 - Effectiveness of end-range mobilization and Coracohumeral stretching in patient with Adhesive Capsulitis.
- 2) Internship- Effect of ultrasound therapy and end range mobilization patient with Adhesive Capsulitis.

INTERNSHIP

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

- Orthopaedics 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

- Attended CME on "Evidence based foundation of basic sciences in physiotherapy education at AJ institute of medical sciences, Mangalore in November 2018.
- Attended International physiotherapy conference "PHYSIO ON 2018 at Mangalore
- Attended National Physiotherapy Conference " CONFLUENCE 2019 at AJ institute of medical sciences in December 2019
- Presented scientific poster in national level conference conducted by Indian Association Of Physiotherapy, title:- Interactive gaming for balance and gait training in elderly Parkinson's disease: A narrative review.
- Certificate course in Manual Therapy Organized by Manual Therapy Foundation Of India, Mangalore- March 26-May 1 2022
- Certificate course in Basic emergency care and life support Organized by Rajiv Gandhi university of Health Sciences and Vivekananda Youth Movement's Initiative - September 15 2022.

HOBBIES

- Reading
- listening music
- Traveling

DECLARATION

I Altris v t hereby declare that above mentioned particulars are true to the best of my knowledge and belief.