

VARSHA SATHEESAN

PHYSIOTHERAPIST



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ARIYAMKAVIL (H)
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PERSONAL DETAILS

D.O.B: 11/10/1997

NATIONALITY: INDIAN

GENDER :FEMALE

CIVIL STATUS: UNMARRIED

LANGUAGE

- ENGLISH - Fluent
- MALAYALAM - Native
- HINDI - Basic
- KANNADA - Basic
- TAMIL - Basic

OBJECTIVE

Working in a challenging field which will make full use of my abilities, developing both personal and interpersonal skills, along with sincere contribution to the organization growth and goals

EDUCATIONAL QUALIFICATIONS

- | | |
|-------------|---|
| 2020 - 2022 | Masters of Physiotherapy in NEUROSCIENCE
Yenepoya deemed to be university |
| 2015 - 2020 | Bachelor of Physiotherapy
Yenepoya deemed to be university |
| 2013 - 2015 | Higher Secondary (CBSE BOARD)
Vidya Prakash public school |
| 2012 - 2013 | S.S.L.C(CBSE BOARD) M.E.S RAJA
PAVANGAD |

CLINICAL EXPERIENCE

During the course of PG (03/09/2020 - 01/10/2022)

Attended clinical postings in the various departments
Hospital (1250 bedded Multispecialty Hospital), Mangalore,
Especially in the following departments:

- Neurosurgery
- Neurology
- General Medicine
- Physiotherapy OPD
- COVID ward and ICU

COMPUTER KNOWLEDGE

- Expertise in the usage of MS office tools namely:

Word, Power point etc.

- Have Expertise in using search engine tools and Internet.

PROFESSIONAL SKILLS

- Assess and treat Neuromuscular Paediatric, Orthopaedic and Cardiopulmonary disorders
- Keep records on the initial evaluation, progress and discharge of clients
- Ability to communicate well good speaker and listener -Knowledge of physical therapy modalities, procedure, theory techniques and standards
- An effective team player with excellent patient-relation skills, experience in different treatment protocols, a
- Willing and eager to learn
- Hardworking and Determined
- Liaising with other health care personnel to ensure effective therapy

ADDITIONAL QUALIFICATIONS

- Certified Matrix Rhythm Therapy
- Therapeutic Taping (Basic Module)
- Certified Dry Needling Practitioner
- Advanced fitness / Gym instructor
- Aerobic instructor
- Primary and advanced pilates instructors
- Spinning instructor
- Pre and Post natal fitness instructor
- Yoga and power yoga instructor

Community Postings

- Vitla Paediatrics Centre
- Kumpala Primary Health Centre

During the course of UG (03/09/2019 - 11/03/2020)

Completed 6 months of compulsory rotatory internship

Yenepoya Medical College Hospital (1250 bedded

Mangalore, Karnataka

Attended Rural and Urban area Community postings

RESEARCH ACTIVITY

- PREVALENCE OF RISK FACTORS FOR FALLS AMONG ELDERLY DWELLING IN COMMUNITY AND LONGTERM CARE CENTERS ACROSS SECTIONAL STUDY
- AWARENESS OF SITTING AND STANDING POSTURE RELATED TO CLASSROOM AMONG UNIVERSITY STUDENTS- AN INSTITUTIONAL BASED STUDY

CONFERENCES AND WORKSHOPS

- MEMBER OF INDIAN ACADEMY of fitness training in January 2022
- MATRIX RHYTHM THERAPY practitioner 6th April -7 th April 2022
- 1st International Research E- CON 2021 organized by Indian Clinical Research Association (ICRA) and My Rehab Academy on 27-29 August 2021
- Workshop on "Physical Fitness Assessment" organized by Yenepoya Physiotherapy College on July 05, 2021
- Hands On Workshop on Therapeutic TAPING (Basic) 20th and 21st January 2020.
- Hands on Workshop On' Essential in CRITICAL CARE' Father Muller Physiotherapy College Mangaluru 11th December 2019.
- .Hands On Workshop on NDT ("Function in pediatrics: liberating the limbs and mouth with a strong core") 11th -15th November 2019
- DRY NEEDLING Practitioner, 21st - 25th October 2019.
- Physiocon 2017 - International Physiotherapy Conference organized by South Canara Teachers Association Mangalore on 3rd and 4th March
- 2017

REFERENCE

References available on request

DECLARATION

I hereby declare you that all the details furnished above are true to the best of my knowledge and belief. Any further clarifications regarding any of the above stated data shall be provided if necessary.