

Name:-Bineesh Balakrishnan

Date of Birth:-24/03/1983

Age:-37 yrs

Sex:-Male

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Summary:-*I am a young Physiatrist who completed his MD in P.M.R from Government Medical College Kozhikode in July 2016. I completed my Senior Residency in the Department of P.M.R at Government Medical College by August 2017, & also cleared my DNB in P.M.R in May 2017. I have 5 years of experience in this field. I am dedicated to provide ethical & up to date health care to patients.*

Highlights:-

- 1. In Patient rehabilitation management**
- 2. Out Patient rehabilitation management**
- 3. Nerve Conduction Studies**
- 4. Interventional procedures**
- 5. Lifestyle disease management**

6. Sports Medicine

7. Interested in teaching

Degrees:-

M.B.B.S(from Calicut University)

M.D in P.M.R(from K.U.H.S)

DNB in P.M.R(from N.B.E)

Experience:-

- **Studied for M.B.B.S from Government Medical College Thrissur (from 2002-2007).**
- **Completed one year of Compulsory Internship at Government Medical College Thrissur (from December 2007-December 2008).**
- **Completed one year of Compulsory Rural Service.**
- **Worked as Casualty Medical Officer at a private hospital for 3 months.**
- **Studied for MD in P.M.R, at Government Medical College Kozhikode (from July 2013- July 2016).**
- **Worked as Senior Resident in the Department of P.M.R, at Government Medical College Kozhikode (from August 2016- August 2017).**
- **I worked as Assistant Professor at Father Muller Medical College.**
- **Attended around 21 Continuing Medical Education programmes in the last 6 years.**
- **Was Organising Secretary for Rehabcon 2021 (State Annual Conference)**
- **Editor in Chief for Kerala Journal of PMR**
- **Assistant Professor at Sree Narayan Institute of Medical Sciences, Chalakka, Kochi since December 2020**
- **Clinical Club Coordinator at Sree Narayana Institute of Medical Sciences, Chalakka, Kochi**
- **Hostel Warden at Sree Narayana Institute of Medical Sciences, Chalakka, Kochi**

Awards & talks:-

- 1. Gold medal in Pathology during Second M.B.B.S.**
- 2. Distinction in Second M.B.B.S.**
- 3. Best poster award at IAPMR National Conference held at Trivandrum in January 2015**
- 4. First Prize at P.M.R Quiz held at IAPMR State Conference held at Kottayam in 2016.**
- 5. Best poster award at IAPMR State Conference held at Thrissur in 2016.**
- 6. A recent interview <https://youtu.be/d59dkzsZKCY>**
- 7. Presented a session on Sports Rehabilitation in Rehabcon Mid term CME in November 2022**