

## Curriculum Vitae

**Name & Surname** : Sindhura K Prasanth

**Address** : Delphinium, P.O. Palloor, (VIA) Mahe,  
Puducherry, 673310.

**Contact Number** : 6238356030, 6282573182

**Email** : [sindhuraprasanth@gmail.com](mailto:sindhuraprasanth@gmail.com)

**Applying For** : Assistant Professor in Physiotherapy (Specialized in  
Musculoskeletal & Sports)

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## Personal Data

**Nationality** : Indian

**Sex** : Female

**Date of Birth** : 26-09-1995

**Place of Birth** : Kerala

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## Education

**Completed in 2021** : Master of Physiotherapy in Musculoskeletal & Sports, from Co-Operative Institute of Health Sciences, Thalassery (Kerala University of Health Sciences)

**Completed in 2018** : Bachelor of Physiotherapy, from Sri Venkateshwaraa College of Paramedical Sciences, Puducherry (Pondicherry University)

**2013** : Higher Secondary Examination

**2011** : 10<sup>th</sup> Standard

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## **Professional Experience**

Institution name: Harsha Institution of Physiotherapy, Nelamangala Bangalore

Designation : Lecturer

Period : January 2022 – To date

## **Additional Training**

**25-26<sup>th</sup> May, 2019** : Has successfully attended and completed a Hands-on workshop on 'MUSCULOFASCIAL RELEASE THERAPY', held at Thalassery

**11<sup>th</sup> December 2019** : Has attended Evidence Based Symposium on 'ESSENTIALS IN CRITICAL CARE', held at Father Muller Medical College, Mangaluru

**24<sup>th</sup> February 2018** : Has attended CME on 'STROKE MANAGEMENT- RECENT ADVANCES', held at KG College of Physiotherapy, Coimbatore

**12<sup>th</sup> April 2017** : Has attended National Level Symposium, 'PHYSIO-MAHER 2017', held at Meenakshi University, Chennai

**29-30<sup>th</sup> September 2016** : Has attended 2<sup>nd</sup> National Level Intercollegiate Physiotherapy Conference, conducted by Sri Venkateshwaraa College of Physiotherapy, Puducherry

**21<sup>st</sup> October 2016** : Has attended workshop on 'ACCESSIBLE PUDUCHERRY- 2016, A STEP TOWARDS INCLUSION', organized by Satya Special School, Puducherry

**8<sup>th</sup> September 2015** : Has attended Continuing Physiotherapy Education Program on the occasion of World Physical Therapy Day, held at Mother Theresa Post Graduate & Research Institute of Health Sciences, Puducherry

**26<sup>th</sup> June 2015** : Has attended the CPD program on 'PRACTICAL GUIDELINES IN EMG & NCV FOR PHYSIOTHERAPISTS', held at Sri Venkateshwaraa College of Physiotherapy

**20<sup>th</sup> January 2015** : Has attended CME on ‘THERAPEUTIC POTENTIAL OF YOGA’, held at Department of Physiology & Medical Education, Sri Venkateshwaraa Medical College And Research Centre

**28<sup>th</sup> February, 1<sup>st</sup> March 2015:** Has attended workshop on ‘SPINAL RADIOLOGY IN VIRTUAL ANIMATION FOR PHYSIOTHERAPISTS’, held at SRM College of Physiotherapy, Chennai

**17<sup>th</sup> July 2015** : Has attended industrial visit of the process of manufacturing, testing and calibration of electrotherapy equipments, held at Technomed Electronics, Chennai.

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## **Research Experience**

**2021** : Has done research on A STUDY ON ‘EFFECTIVENESS OF GONG’S MOBILIZATION AND SPENCER TECHNIQUE TO REDUCE PAIN AND INCREASE RANGE OF MOTION IN SUBJECTS WITH FROZEN SHOULDER- A COMPARATIVE STUDY’

**2017** : Has done research on ‘A STUDY TO COMPARE THE EFFECTIVENESS OF BUTEYKO BREATHING EXERCISE VS PAPWORTH PURSED LIP BREATHING EXERCISE IN SUBJECTS WITH BRONCHIAL ASTHMA’

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## **Research Publication**

“Comparative effect of Gong’s Mobilization and Spencer technique to manage frozen shoulder”

Published on Physiotherapy Quarterly Journal

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## **Awards**

**12<sup>th</sup> April 2017** : Was awarded first prize for e-poster titled ‘ROCABADO EXERCISE FOR TMJ DYSFUNCTION’ in the National Level Symposium PHYSIO-MAHER 2017, held at Meenakshi University, Chennai

## **Languages & Skills**

**Languages Known** : English, Malayalam, Hindi and Tamil

**Skills** : Leadership skills, Computer skills, Problem-solving skills, Communication skills, Collaboration skills, Organizational skills, Decision-making skills, Critical thinking skills

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## **Reference**

**Reference Name** : Mr. Jayaprakash Janarthanan

**Title** : Principal

**Name of the Institution** : Harsha Institute of Physiotherapy Nelamangala Bangalore

**Contact Number** : 8310985501