



DELNA BRIJIT BOSE



CONTACT

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9188862265

Thakadiyel (H) Josegiri P.O. Josegiri Idukki (Dt)



PROFESSIONAL SUMMARY

To work with a center of therapy that give a chance to improve knowledge and skills as a physiotherapist and climb up the ladder of success along with taking my organization to heights of popularity and respect.



WORK HISTORY

A.J. Institute of Medical Sciences , Mangalore, Karnataka

01/02/2023 - 09/08/2023

Physiotherapist - intern

- Collaborated with hospital department and community agencies to deliver coordinated care
- Diagnosed, assessed, and treated patients' physical problems and conditions.
- Reviewed training programs that encouraged exercise and movements by the use of various techniques.
- Educated patients on how to prevent/improve conditions.
- Wrote case notes and reports. Performed tests and measures to identify potential and existing problems.
- Restored, maintained, and promoted optimal physical condition and optimal quality of life-related to movement and health.
- Obtained patients' medical history to ensure reliability.
- Monitored and recorded patients' vital signs.
- Efficiently communicated patients' progress notes to the attending physician.
- Clean treatment areas and set up therapy equipment.
- Demonstrated expertise in all of the below department
 - Physiotherapy OPD, Orthopaedics, Neurology, Cardiology Respiratory Care Unit including ICU, SICU, General Medicine/General Surgery, Paediatrics including PICU, Community Based Rehabilitation, Paliative care



CERTIFICATIONS

3rd June 2023 - 25th June 2023; Certificate course in "Mechanical, Radiological differential diagnosis and it's Dry Needling therapy in musculoskeletal disorders" conducted by Sharp Insight Rehabilitation Research Centre

3rd June 2023- 25th June 2023; Certificate course in Myokinetic therapy - Kinesio Taping techniques in Musculoskeletal disorder conducted by Sharp Insight Rehabilitation Research Centre

27th February 2023 - 22nd April 2023 Completed workshop of: * Advanced Fitness/ Gym Instructor Training *Aerobics Instructor Training *Primary and advanced Pilates Instructor Training *Fitness - Diet and Nutrition *Spinning Instructor Training *Pre and Postnatal Fitness Instructor Training *Yoga and Power Yoga Instructor Training



REFERENCE

Dr. Sanjay Epen Samuel - Laxmi Memorial College of Physiotherapy, Mangalore, Karnataka, 575002
Principal and Professor

Dr. Harish S Krishna - Laxmi Memorial College of Physiotherapy, Mangalore, Karnataka, 575002
Professor
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EDUCATION

Laxmi Memorial College of Physiotherapy (Rajiv Gandhi University of Health Sciences)

2018- 2023

BACHELOR OF PHYSIOTHERAPY

Christhu Jyothi Senior Secondary School, Rajakad

2016-2018

Higher Secondary Education

RESEARCH WORK

- Final year: Effectiveness of hold relax techniques to improve hamstring flexibility among college students.
- Internship project: Effect of lumbar stabilization and dynamic lumbar strengthening exercises in patients with chronic low back pain.
- Presented Scientific Poster: Effectiveness of hold relax techniques to improve hamstring flexibility among college students.

SKILLS

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

CONFERENCE

- DSU Physiocon 2023: National Physiotherapy Conference
- CME on Evidence Based Foundation of Basic Sciences in Physiotherapy Education
- 57th Annual Conference of Indian Association of Physiotherapists
- Mangalore Physiocon 2022: Normalizing Life Post COVID-19
- National Physiotherapy Conference CONFLUENCE 2019

LANGUAGE

- English
- Malayalam
- Hindi
- Kannada