

# **CURRICULUM VITAE**

**ATHIRA RAMESHAN  
'JANAKI RAM'  
KIZHAKKARA  
CHALA. P.O.  
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## **CAREER OBJECTIVE**

Developing a career in medical service by exploring every available opportunity to test out my academic knowledge. Learn from experience and contribute the best of my abilities to the overall growth of the organization and grow with it. Good communication skills with combination of interpersonal and analytical abilities.

## **EDUCATIONAL QUALIFICATION**

<b>EXAM PASSED</b>	<b>INSTITUTION</b>	<b>PERCENTAGE</b>
10 <sup>th</sup> (ICSE)	Sreepuram English Medium School, Kannur	85%
12 <sup>th</sup> (AISSCE)	Bharathiya Vidya Bhavan, Kannur	78%
BPT	Co-Operative Institute of Health Sciences	70.18%
MPT (OBG)	Dr.MGR Educational and Research Institute	61%

## **INTERNSHIP EXPERIENCE**

<b>INSTITUTION/HOSPITAL</b>	<b>DURATION</b>
JSS Hospital, Mysuru	2 months
EMS Memorial Co-operative Hospital, Perinthalmanna	2 months
Co-operative Institute of Health Sciences, Thalassery	2 months

## **WORK EXPERIENCE**

<b>INSTITUTION/HOSPITAL</b>	<b>DURATION</b>
Sreechand speciality hospital	1 year and 6 months ( still working )

## **RESEARCH STUDY**

“Effect of Balance training to reduce risk of fall in Geriatric population

“A study to compare the effects of Antenatal Swiss ball exercise versus Mat exercise on Low back pain during Pregnancy”

## **CONFERENCE ATTENDED**

58<sup>th</sup> Annual Conference of the Indian Association of Physiotherapists – 58<sup>th</sup> IAPCON 2020- Chennai- at Confluence Convention Centre, Mahabalipuram, Chennai on March 6<sup>th</sup> to 8<sup>th</sup> 2020, organized by Indian Association of Physiotherapy.

Physiogala'16 The National Conference held at Nandha College of Physiotherapy, Erode, on 7<sup>th</sup> May 2016.

Ganga hand therapy course held at Ganga Hospital, Coimbatore, on 10<sup>th</sup> October 2015.

National Physiotherapy Summit, KAPS Meet, held at Namaz International Convention centre, Guruvayoor, on 26<sup>th</sup> April 2015 organized by Kerala Association of Physiotherapy Students (KAPS).

Nitte Physio-Con 2015, National Physiotherapy Conference, Mangalore held at Nitte Institute of Physiotherapy on 30 & 31<sup>st</sup> January 2015.

Physio Congress 2014, held at Mamman Mappila Hall, Kottayam, on 1<sup>st</sup> & 2<sup>nd</sup> November 2014, organized by Kerala Association of Physiotherapists Co-ordination (KAPC)

## **WORKSHOPS ATTENDED**

Kinesio Taping and Polestar Pilates Rehabilitation held at Dr. MGR Educational and Research Institute Deemed to be University, Chennai on 9<sup>th</sup> & 10<sup>th</sup> December 2019 organized by Faculty of Physiotherapy.

Muscle Energy Techniques & Myofascial Release Techniques held at Dr. MGR Educational and Research Institute Deemed to be University, Chennai on 22<sup>nd</sup> & 23<sup>rd</sup> April 2019 organized by Faculty of Physiotherapy and Manual Therapy Foundation of India.

Workshop on Brunnstrom's Approach: Assessment and Treatment for Hemiplegia at Cochin on 12<sup>th</sup> June 2016, organized by Academy of Physiotherapists.

Fitness Testing and Clinical Implications held at EMS Memorial Co-operative Hospital & Research Centre, Malappuram on 12<sup>th</sup> & 13<sup>th</sup> March 2016, organized by Department of Physiotherapy.

## **PERSONAL PROFILE**

Full Name : Athira Rameshan  
Father's Name : Remeshan. K.  
Date of Birth : 19/03/1994  
Religion and Caste : Hindu – Pulayan  
Sex : Female  
Nationality : Indian  
Marital status : Married  
Blood Group : A+ive  
Languages known : Malayalam, English, Hindi, Tamil

## **REFERENCE**

Saji V.T  
Principal  
Co-operative Institute Of Health Sciences  
Thalassery, Kannur  
Kerala  
Email id : cihsthalassery@gmail.com

## **DECLARATION**

I hereby declare that all the statements made in the above Curriculum Vitae are correct to the best of my knowledge and belief.

Place: Kannur

**ATHIRA RAMESHAN**

Date :

