



# LIVIYA K JOJAN

## Physiotherapist

### Contact

🏠 Kannankeril house  
Kumbalangi Kochi  
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### Skill and personal qualities

- Strong knowledge of anatomy physiology and biomechanics
- Proficient in assessing and diagnosing various conditions
- Skilled in developing and implementing personalised treatment plans for diverse range of patients
- Excellent computer skills
- Experience in Manual therapy techniques, therapeutic exercises and modalities
- Excellent communication and interpersonal skills and ability to work efficiently in multi disciplinary healthcare team
- Proficient in providing education and guidance to patient on self management techniques and injury prevention strategies
- Good time management skills

### Objective

Dedicated and passionate beginner physiotherapist seeking opportunities where I can utilize my skills and knowledge to help individuals improve their physical well being and quality of life, whilst improve myself and aiding the institution in achieving its objective along way, I have particular interest in paediatric, neuro and geriatric areas

### Education

#### BACHELOR OF PHYSIOTHERAPY (2018-2023 )

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

#### HIGHER SECONDARY EDUCATION ( 2016 -2018)

St. Peter's H .S.S Kumbalangi

#### HIGH SCHOOL EDUCATION

Kendriya Vidyalaya No.1 Kochi

### Work history / internship

#### AJ Institute of medical science and research centre (AJIMS), Mangalore

01/02/23 -10/08/23 -INTERN

Completed 6 months of Internship in the following departments of AJIMS Mangalore, Karnataka (NABH accredited)

1.Orthopaedics department 2.Neurology department

3. Cardiorespiratory department including ICU and SICU
4. General medicine and surgery department
5. Obstetric department
6. Outpatient department and CBR posting
7. Palliative care unit
8. Dementia care centre
9. Autistic care centre

## References

DR.SANJAY EPEN SAMUEL  
Principal and professor  
Laxmi memorial college of physiotherapy,  
Mangalore  
Karnataka ,565002

DR.HARISH S KRISHNA  
Professor  
Laxmi memorial college of Physiotherapy,  
Mangalore  
Karnataka,575002  
9448327388

DR.PADMANABHAN SURESH BABU  
ROSHAN  
Assistant professor  
Laxmi memorial college of Physiotherapy,  
Mangalore  
Karnataka,575002  
9844716201

## Languages

- English
- Hindi
- Kannada
- Malayalam

## Project and research work

### FINAL YEAR PROJECT

Effect of aerobic exercise in cardiorespiratory fitness in post covid patients -A literature review

### INTERNSHIP PROJECT

Effect of resistance training in improving handgrip in child with developmental delay - case study

### POSTER PRESENTATION -SCINTILLA -23

Effectiveness of neck and flexor and extensor muscle strengthening exercise on pain function in migraine patient

## Additional certifications

### WORK SHOP BY IAFT-INDIAN ACADEMY OF FITNESS TRAINING, Mangalore, Karnataka

27/02/23 – 22/04/23

- Advanced fitness /gym instructor
- Aerobic instructor training
- Fitness – diet and nutrition
- Primary and advanced plates instructor training
- Pre and postnatal fitness instructor training

- Yoga and power yoga instructor training

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### **Conferences /seminars /workshops attended**

- CME on “Evidence based fountain of basic sciences in physiotherapy education” 12 Nov 2018
- National physiotherapy conference “confluence 2019”  
6<sup>th</sup> and 7<sup>th</sup> December 2019
- Webinar on “Tele-rehabilitation For older persons”  
8<sup>th</sup> October 2021
- International physiotherapy conference “PHYSIOSIMCON -2022 An innovative approach to enhance skills in critical care physiotherapy “  
2<sup>nd</sup> and 3<sup>rd</sup> April 2022
- National physiotherapy conference “SCINTILLA 2023  
19 and 20ay 2023