

MINITTA YOPPAN

PHYSIOTHERAPIST

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PERSONAL PROFILE

Physiotherapy graduate with a strong academic foundation and hands on clinical experience. Efficient in providing comprehensive rehabilitation services through assessing patient conditions, developing treatment plans and implementing evidence-based interventions and providing therapeutic exercises, manual techniques and patient education. Good communication and interpersonal skills to collaborate with multidisciplinary teams. With a CGPA of 7.02 and 215 credit scores, completed Bachelor of Physiotherapy from SRM College of Physiotherapy, SRMIST [NAAC++], Kattankulathur and completed 6 months of Internship in Physiotherapy through which I'm able to use my theoretical knowledge to address various musculoskeletal, neurological, cardiopulmonary, sports and woman's health related issues in a multispeciality hospital or a clinical setup to help the individuals in improving their optimal physical health and function.

EDUCATION

Bachelor of Physiotherapy, SRM College of Physiotherapy, SRMIST, Kattankulathur

07/2019 – 01/2024

INTERNSHIP

- SRM Medical College Hospital and Research Centre, Kattankulathur [07/2023 – 01/2024]
- Y.M.C.A College of Physical Education, Chennai [07/23 – 08/23]
- National Institute for Empowerment of Persons with Multiple Disabilities [NIEPMD], Muthukadu, Tamil Nadu [09/23 – 09/23]
- Chennai Special School for Muscular Dystrophy [12/23 – 12/23]

PROJECTS

Effect of High-Intensity Interval Training [HIIT] Exercises in the Management Of Polycystic Ovarian Syndrome [PCOS]

Done experimental research to find the effectiveness of [HIIT] Exercises in woman over a period of 3 months who were having PCOS. The result of the study showed a significant improvement in the functional outcome in the PCOS patients.

LANGUAGES

Malayalam

English

Tamil

COURSES

Hands on workshop on Functional Taping Concepts and Techniques, Soundarapandian Bone and Joint Hospital, Chennai