

Dona N Jeslin

Edathua, Alleppey | 9495220493 | donanjeslin@gmail.com | ORCID iD:0009-0000-9694-402X

BIO-DATA: Female, Christian, unmarried & 24 years old (DOB-25-11-1999)

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EDUCATION

Institute of Physiotherapy, Srinivas University

Bachelor of Physiotherapy CGPA 6.94 | 65.9 %

Mangaluru, Karnataka

Graduation Date: Feb 2024

RELEVANT COURSEWORK

Human Anatomy, Physiology, Psychology, Sociology, Biochemistry, Microbiology, OBG, Pediatrics, Yoga, Electrotherapy, Pharmacology, BLS, Ethics. General Medicine, Surgery, Orthopedics, Neurology, Sports, Exercise therapy, Manual Therapy, Cardio, CBR and Research

HIGHER SECONDARY EDUCATION

St.Aloysious HSS, Edathua

Bio- Maths Stream | Percentage: 71%

Edathua, Alleppey, Kerala

Graduation Date: Apr 2017

PRIMARY EDUCATION

Georgian Public School & Junior College

10th CGPA 9.6 | 91%

Edathua, Alleppey, Kerala

Graduation Date: May 2015

WORK EXPERIENCE (Internship-6 months)

Srinivas Institute of Medical College & Hospital

Physiotherapist

- MICU SICU NICU/CTU & Burns ward
- Orthopedics/Neurology & Neurosurgery wards/ General Surgery

Mukka, Karnataka

Jun 2023 - Jul 2023

Institute of Physiotherapy O.P.D

Physiotherapist

- Physiotherapy OPD (Neurology)
- Under the mentorship of Dr. Thrishala Noronha (MPT, PhD) for posters, assessment & treatment protocols.

Pandeshwar, Karnataka

Jul 2023 - Aug 2023

Prashant Nivas Old Age Homes

Physiotherapist

- Community Posting (Geriatrics)
- Treated mature nuns & differently abled patients at Mariya Nilayam

Mangaluru, Karnataka

Aug 2023 - Sep 2023

Institute of Physiotherapy OPD

Physiotherapist

- Physiotherapy OPD (Musculoskeletal)

Mangaluru, Karnataka

Sep 2023 - Oct 2024

Srinivas Institute of Medical College & Hospital

Physiotherapist

- Medicine Wards/OBG wards
- Spandana school children with special needs

Mukka, Karnataka

Oct 2024 - Nov 2024

Institute of Physiotherapy OPD | Chetana school

Physiotherapist

Physiotherapy OPD (Paeds)

Mangaluru, Karnataka

Nov 2023 - Dec 2023

- Chetana School for children. with special needs
- In Chetana - Collaborated daily with Speech Therapists from NITTE.

PROJECT EXPERIENCE

Published on: Social Health and Behavior

Mangalore, Karnataka

Cross Sectional Observational Study

Sep 2023 - Jan 2024

- Guides: Dr. Premkumar M (MPT, PhD) & Dr. Tamilalagan M
- PREVALENCE OF POST COVID FATIGUE AND PHYSICAL ACTIVITY AMONG COLLEGIATE STUDENTS IN MANGALORE - AN OBSERVATIONAL STUDY
- Subjects were students from our course (interns, PG, juniors), BBA, Aviation, BHM, Speech Therapists, MBBS students etc who were surveyed with FACIT Scale.

Published on: IJRAR

Mangaluru, Karnataka

Literature review

Nov 2023 - Jan 2024

- Assisted in research for colleague's project which involved conceptualization, investigation, methodology, writing- review and typing and mentioned in the publication.
- EFFICACY OF PHYSIOTHERAPY INTERVENTIONS FOR BLADDER MANAGEMENT FOLLOWING SPINAL CORD INJURY – A REVIEW OF LITERATURE

Ongoing researches (reviewed & edited only*)

Mangaluru, Karnataka

Case studies of colleagues I am contributing to:

Nov 2023 - Present

- Effect of posture correction and scapular strengthening exercises on pain and disability in upper crossed syndrome among young adults
- Effect of Forward neck posture assessed using Nordic Park Neck Questionnaire, Headache Index Scale, Neck Flexicurve, Craniovertebral angle and Neck Endurance Test

LEADERSHIP EXPERIENCE

Mangalore Physicon 2023

Lalbagh, Karnataka

Poster Presentation

Sep 2023 - Sep 2023

- First presenter: "Effects of Physical Therapy for Post-COVID-19 Syndrome Patients: A Literature Review"

Institute of Physiotherapy Srinivas University

Mangaluru, Karnataka

Projects Published

Sep 2023 - Jan 2024

- 1. PREVALENCE OF POST COVID FATIGUE AND PHYSICAL ACTIVITY AMONG COLLEGIATE STUDENTS IN MANGALORE - AN OBSERVATIONAL STUDY
- 2. EFFICACY OF PHYSIOTHERAPY INTERVENTIONS FOR BLADDER MANAGEMENT FOLLOWING SPINAL CORD INJURY – A REVIEW OF LITERATURE
- Postings- Patients were handed over to the next batch by me.
- Provided knowledge to juniors regarding treatment protocol for patients.
- Empathetically handled worried patients and communicated effectively by forming good bonds.

SKILLS & INTERESTS

Skills: Microsoft Office (Excel, Word, PowerPoint) | Languages - English, Malayalam, Hindi, Kannada. | Driving License - LMV & MCWOG

Interests: Poster creation, Researching articles | Created Video assignment on " Breathing exercises"

CONFERENCES

Physiocon at Lalbagh, Manipal & Srinivas colleges: 2022 & 2023

WORKSHOPS

Manipal "Physiotherapy Update on Chronic Pain Management"

Qualitative and Quantitative Research Methods Workshop

Certified Therapeutic Taping Practitioner Workshop

CERTIFICATES

Certified Therapeutic Taping Practitioner,

Certificate of International Spine Conference,

Certificate from Mahe, Manipal "Physiotherapy Update on Chronic Pain Management",

Certificates from Physiocon Mangalore 2022 & 2023.

CASE PRESENTATIONS

Detailed Assessment & individualized treatment was done for patients with - Left MCA / Left Hemiparesis, B/L Osteoarthritis with fractures, Scapular Dyskinesis, Lower segment Caesarean section, Pseudoachondroplasia.