



## ANN ANNA VARGHESE

**Nationality:** Indian **Date of birth:** 31/07/1999 **Gender:** Female

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**Home:** KALLUNGAL (H) U.C.COLLEGE P.O ALUVA, ERNAKULAM, 683102 ALUVA (India )

### ABOUT ME

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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 height of popularity and respect

### WORK EXPERIENCE

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#### Physiotherapist - INTERN

*A.J. Institute of Medical Sciences, Karnataka* [ 01/07/2023 – 20/01/2024 ]

City: Mangalore

Country: India

#### WORK HISTORY / INTERNSHIP:

**AJ Institute of Medical Science and Research Centre (AJIMS), Mangalore.**

**Completed six months of internship in the following department of AJIMS, Mangalore, Karnataka [NABH accredited]:**

- Orthopaedics department.
- Paediatrics department including PICU.
- Neurology department.
- Cardio-Respiratory department including ICU and SICU.
- General Medicine and Surgery department.
- Outpatient department and CBR posting.
- Palliative Care Unit.
- Dementia Centre.

### EDUCATION AND TRAINING

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#### BACHELOR OF PHYSIOTHERAPY

*Laxmi Memorial College of Physiotherapy ( Rajiv Gandhi University of Health Sciences )* [ 2018 – 2023 ]

City: Mangalore

Country: India

#### Class 12 (BOARD OF HIGHER SECONDARY EXAMINATION, KERALA)

*THE ALWAYS SETTLEMENT H.S.S, ALUVA* [ 03/2018 ]

City: ERNAKULAM

Country: India

#### CLASS 10 (SSLC)

*THE ALWAYS SETTLEMENT H.S.S, ALUVA* [ 03/2016 ]

City: ERNAKULAM

Country: India

## **LANGUAGE SKILLS**

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Mother tongue(s): **Malayalam**

Other language(s): **English | kannada**

## **CONFERENCES AND SEMINARS**

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**Mangalore Physiocon 2023: Connect to unlock the potential of Physiotherapy**

**Mangalore Physiocon 2022: Normalizing Life Post COVID-19**

**CME on Evidence Based Foundation of Basic Sciences in Physiotherapy Education.**

**57th Annual Conference of India Association of Physiotherapists 2019.**

**National physiotherapy conference confluence 2019**

## **PROJECTS**

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**Final year: Effectiveness of low level laser therapy in carpal tunnel syndrome: A literature review.**

**Internship project: Effect of activation of deep neck flexor muscle exercise on neck pain due to smartphone addiction: A case series.**

**Presented scientific poster: Effectiveness of low level laser therapy in carpal tunnel syndrome: A literature review.**

## **CERTIFICATIONS**

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**Certification course in " Mechanical Radiological difference diagnosis and its DRY Needling therapy in musculoskeletal disorders " conducted by sharp Insight Rehabilitation Research Center.**

**Certification course in " Myokinetic therapy- Kinesio Taping techniques in Musculoskeletal Disorder " conducted by sharp Insight Rehabilitation Research Center.**

## **REFERENCE**

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### **Principal and Professor**

Dr. Sanjay Eapen Samuel - Laxmi Memorial College of Physiotherapy, Mangalore, Karnataka, 575002

### **Associate Professor and Co-ordinator**

Dr. Haripriya S - Laxmi Memorial College of Physiotherapy, Mangalore, Karnataka, 575002

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